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NMIMS
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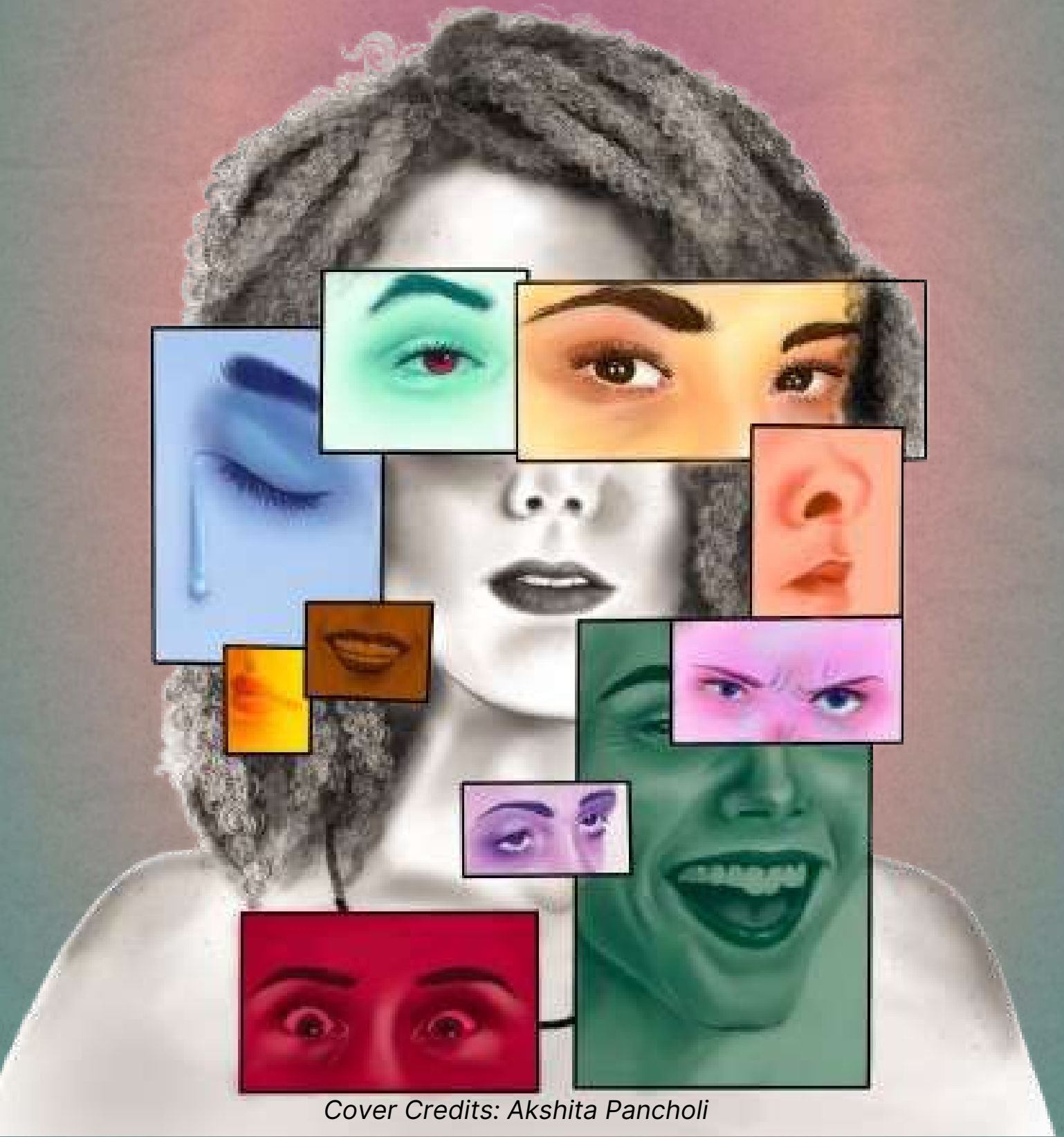
JYOTI DALAL
SCHOOL OF LIBERAL ARTS



EDITION 5

THE PSYCHLIC ZONE

Mood Mosaic



Cover Credits: Akshita Pancholi

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PREFACE



In the ever-evolving world of emotions and human experience, the psychology department of Jyoti Dalal School of Liberal Arts warmly welcomes you to the vibrant pages of the fifth edition of The Psychlic Zone! With great enthusiasm, we unveil our theme for this year: **Mood Mosaic**. This edition is all about exploring the rich and colorful tapestry of emotions, guiding you through the intricacies of emotional life with a sense of adventure and discovery.

Dive into *Theory in Practice*, exploring how emotional theories apply in real life, challenging your intellect. In *Artistry in Words and Verse*, immerse yourself in essays, stories, and poems that reveal the transformative power of emotions. Embark on *Emotion in Motion*, where movies, music, books, and art offer deep insights into emotional experiences. Take a look at *PsychEye*, our photography section, capturing vivid emotions through striking visuals. Connect with *Humanity in Touch*, featuring personal stories and interviews that highlight resilience and growth. Celebrate successes in *Achievement Alley*, showcasing milestones and accomplishments of our readers. And don't miss *From the Chalkboard*, where teachers share their insights, experiences, and lessons that shape the journey of emotional learning.

We are deeply grateful to our incredible contributors for their passion and creativity. As we share this edition with you, we take pride in being part of this emotional journey. We hope every page sparks reflection, fuels your imagination, and guides you on your own colorful adventures, both within yourself and out in the world.

ACKNOWLEDGMENT



We would like to begin by extending our heartfelt gratitude to our esteemed Dean, **Dr. Achyut Vazé**, for creating an environment that fosters innovation and growth. Our mission has been to create a space that not only recognizes but celebrates the exceptional talent within the Jyoti Dalal School of Liberal Arts, especially the dynamic Psychology Department, which continues to inspire with its diverse and vibrant community of learners.

A special note of thanks is due to our Head of Department, **Dr. Ruttuja Karkhanis More**, whose steadfast guidance and encouragement have been instrumental throughout this journey. Her leadership has been a beacon, consistently motivating us to push boundaries and strive for excellence. We are also deeply grateful to our mentor, **Dr. Deepti Puranik**, whose invaluable insights and thoughtful feedback have shaped our vision and enriched the content of this magazine. Our appreciation extends to Psych committee faculty incharges, **Ms. Labdhi Doshi**, **Ms. Anushka Arakal**, and **Ms. Shivani Shinde**, whose wisdom and encouragement have been vital in navigating the challenges we faced. We would also like to extend our gratitude to our faculty **Ms. Sayli Gurav**, **Ms. Mayola Rodriguez**, **Ms. Nidhi Dedhia** and **Ms. Ananya** and all JDSOLA faculty.

We would like to extend our deepest gratitude to all of the contributors and team members who have worked tirelessly to make this magazine a reality.

Lastly, we would like to thank all the contributors who chose to submit their works in this edition of the magazine whether through writing, artwork, research, or photos, each contribution has played a crucial role in reflecting the vibrant spirit of our community.

Thank you to everyone involved for helping bring this vision to life and for making this magazine a true celebration of the talent, creativity, and passion within our school.

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FROM THE CHALKBOARD

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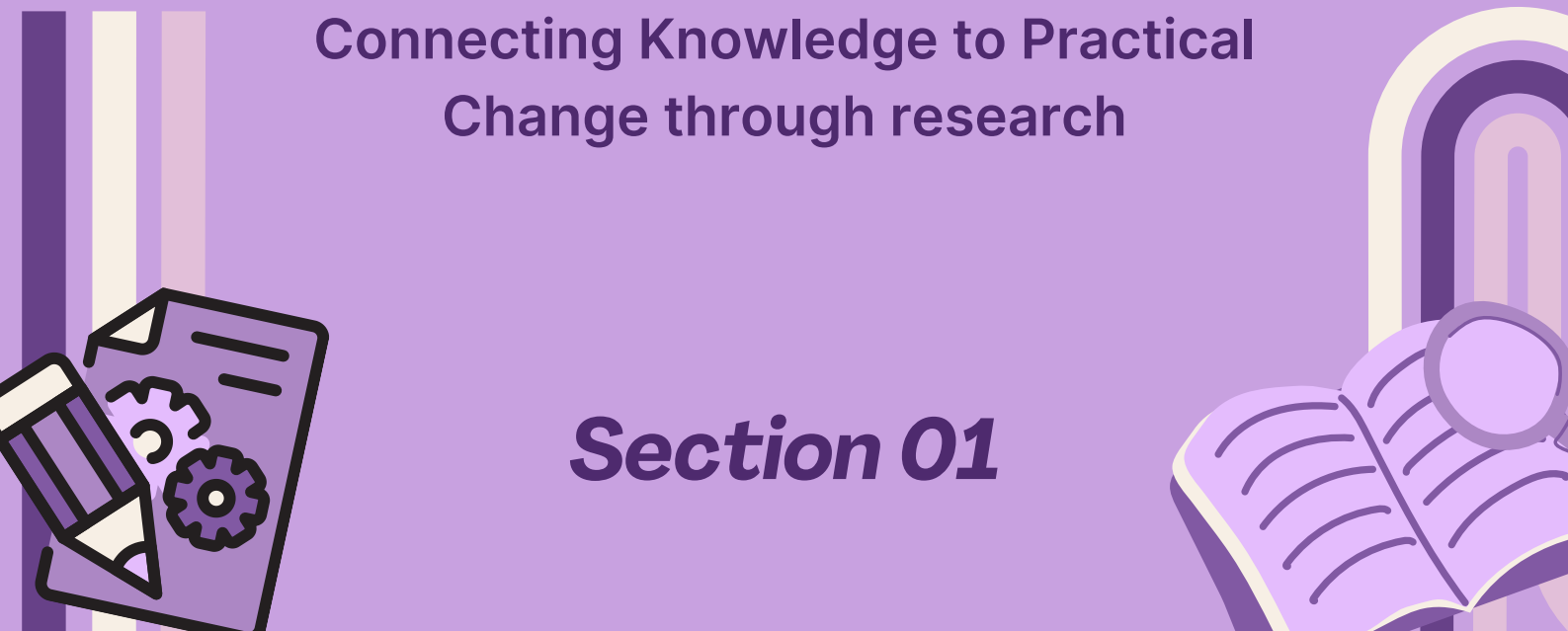
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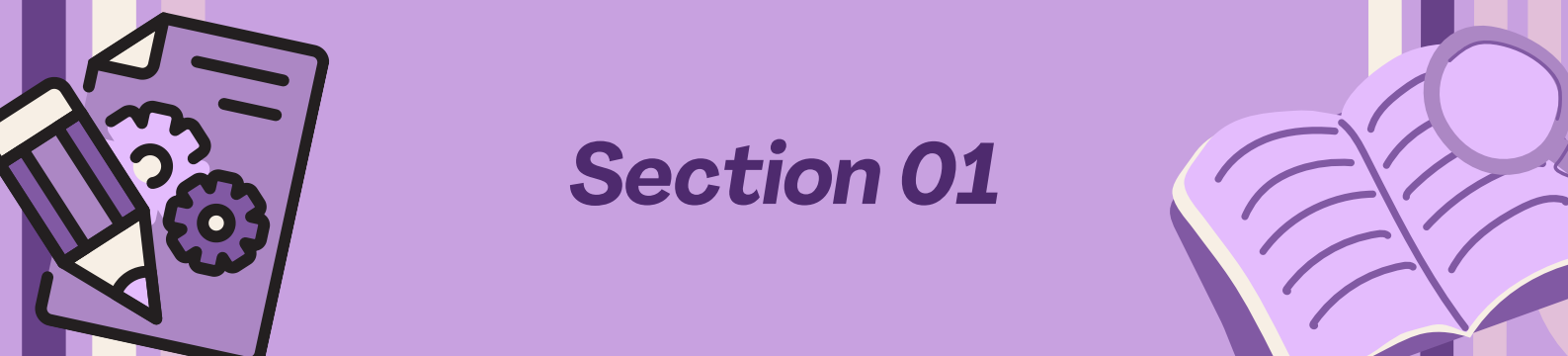
A Visual Journey Through Human
Expressions



Theory in Practice



Connecting Knowledge to Practical
Change through research



Section 01

WHAT HAPPENS IN VEGAS STAYS IN VAGUS

Feel the Flow: Role of the Vagus Nerve in Parasympathetic Harmony and Emotional Regulation.

Yukta Gandhi
BSc Year 3

The next time you're overwhelmed with joy or caught in the grip of fear, remember: it's not just in your head—it's in your heart, your gut, and your nerves. Even though we associate emotions primarily to our mind, it is crucial to recognize the role of the body in producing, recognizing, and regulating emotions. Here's where the vagus nerve comes in: The vagus nerve is the tenth cranial nerve, the vagal nerves are the main nerves of the parasympathetic system and contain 75% of the parasympathetic nervous system's nerve fibers. Metaphorically speaking, the vagus nerve is like the body's emotional "highway," connecting the brain and the heart. Just like a well-paved road allows smooth travel between two places, the vagus nerve ensures a steady flow of signals between our emotions and our physical body, helping us stay calm and balanced, even when life's traffic gets overwhelming.

Talking about just how overlooked the vagal nerves are, let's shed some light on their functions. Charles Darwin proposed that the vagus nerve had an evolutionary role of recognizing emotional facial expressions; it serves the crucial adaptive function of non verbal communication (Colzato et al., 2017). A study conducted by (Colzato et al., 2017) demonstrated the role of the vagus nerve in emotional recognition in humans by transcutaneous vagus nerve stimulation (tVNS), which influences brain activity from the body upwards. tVNS improved emotion recognition, suggesting it helps pick up on key social cues, hence proving what Darwin once suggested.

Another VNS study shows that the vagus nerve also plays a role in reducing emotional bias. It was found that transcutaneous vagus nerve stimulation reduces emotional attentional bias (tendency for our attention to be more easily drawn to emotionally charged stimuli—whether positive or negative—compared to neutral stimuli.) in individuals towards faces expressing sadness and happiness. Since emotional attentional bias is found in individuals suffering from mood disorders, implications of the role of the vagus nerve can be made in mood disorders (Johnson & Steenbergen, 2022).

Perhaps, one of the most important functions of the vagus nerve is to regulate our emotions. The maladaptive functioning of an individual's emotional field can lead to emotional disturbances such as anxiety and depression. The Polyvagal theory developed by Stephen Porges explains the regulatory role of the vagus nerve best. There are three bodily states: Social Engagement System (Ventral Vagal Pathway), Fight or Flight, and Freeze/Shutdown (Dorsal Vagal Pathway).

According to this theory, the Sympathetic and Parasympathetic systems are in constant dialogue. However, maladaptation occurs when our bodies remain in a state of perceived danger and our defenses are engaged, which leads to development of cognitive issues, mood disorders, sleep disturbances and other physiological and psychological problems.

The polyvagal theory, hence argues that in order to heal, one should focus on giving cues of safety to the nervous system so that it aids the parasympathetic system to return to a state of homeostasis (Sutton, 2024). Finally, the vagus nerve also plays a crucial role in digestion through the Microbiota-Gut-Brain Axis. The microbiota, gut, and brain communicate through the microbiota-gut-brain axis via the autonomic nervous system. The vagus nerve, a part of the parasympathetic nervous system, senses gut signals and sends them to the brain, which then generates a response. It also helps reduce inflammation and modulates the gut microbiota. Stress inhibits the vagus nerve, worsening gastrointestinal issues like Irritable Bowel Syndrome and Inflammatory Bowel Disease, both linked to gut dysbiosis. Low vagal tone in these conditions increases inflammation, and vagus nerve stimulation could help restore balance in the microbiota-gut-brain axis (Bonaz et al., 2018).

Serving such an important role, one might think that stimulating the vagus nerve would require complex technology and resources. However, it is attainable without fancy stimulators and massages, only by tweaking a few daily habits. First and foremost, incorporating meditation and exercise into one's daily life increases the vagus nerve activity and regulates the nervous system to make it less nervous and more relaxed. An alternative therapy called reflexology that applies pressure to specific points on the feet, hands, or ears can increase vagal tone (Lu et al., 2011). Since the vagus nerve is connected to your vocal cords, the muscles at the back of your throat and passes through your inner ear, it is speculated if music tones the vagus nerve or not, however the research is inconclusive (Ellis & Thayer, 2010).

By nurturing our vagal tone—whether through breathwork, mindfulness, or even a comforting hug—we gain access to a powerful tool for emotional resilience. In the end, the vagus nerve is not just a biological structure; it is a gateway to understanding the profound interconnectedness of our bodies, minds, and emotions.



Need a breather? Escapades brings you quick and quirky activities to mix things up as you read. Dive in and enjoy a little fun between the pages.

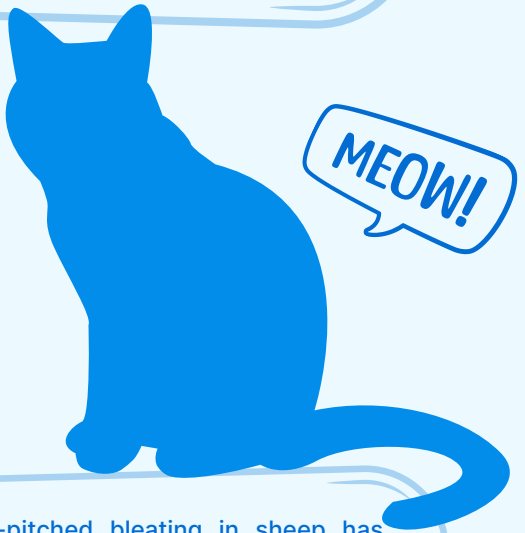


HAHA!

Research with rats has revealed that under particular conditions, they emit 50-kHz ultrasonic vocalisations (USV) which have been postulated to reflect a positive affective state (emotion) analogous to primitive human joy; these calls have been termed "laughter".

The 50 kHz USVs in rats are uniquely elevated by hedonic stimuli—such as tickling, rewarding electrical brain stimulation, amphetamine injections, mating, play, and aggression—and are suppressed by aversive stimuli. Of all manipulations that elicit 50 kHz chirps in rats, tickling by humans elicits the highest rate of these calls.

Domestic cats' vocalizations, like purring, are commonly associated with positive experiences, such as mother-kitten bonding, interactions with familiar companions, or tactile stimulation, like rolling and rubbing against objects. Hence, purring is generally regarded as an indicator of "pleasure" in cats.



MEOW!



Similarly, low-pitched bleating in sheep has been linked to positive-valence situations, occurring in instances such as males responding to the approach of an estrous female or lactating mothers licking and nursing their lambs.

THE NEUROSCIENCE BEHIND EMOTIONS & FILM

Vinney Godiwalla
MSc Year 1

Films and shows possess a unique ability to not just transport us to a world unburdened by our daily stressors but also transform a series of frames into profound emotional experiences. Do you remember the last time you were moved to laughter, anger, or tears, feeling as though you are experiencing the life of a character you see on screen? Have you ever wondered why the cinema can evoke such strong emotions even for fictional characters? The answer lies within all of us - **The Brain**.

Neuroscience and Psychology together can provide a comprehensive understanding of why we emote when consuming content on our screens. Films engage our multisensory modalities and the brain integrates all of this information from auditory and visual pathways. But this is just the first step in understanding how cohesive emotional experiences are elicited by films.

There are several areas of the brain involved in this complex process. I will attempt to break it down for you!

The Lobes:

The journey begins with the visual stimuli being processed in the occipital lobe, located at the back of the brain. It helps us make sense of basic elements of what we are watching - like colours, shapes, and motion. This rudimentarily processed information is carried to the temporal and parietal lobes which help us process faces and visuo-spatial relationships respectively. Simply put, these areas help us recognise characters' faces, understand movement, and also be able to follow the plot visually as it progresses. Furthermore, the temporal lobe also contains the auditory cortex which helps us interpret speech and sound. This helps us perceive the tonality in the character's speech thereby making the context clearer.

The Limbic System:

The main areas involved in helping us experience emotions constitute what is known as the Limbic System. The triarch includes the amygdala, the hippocampus, and the hypothalamus. Let's get into the functioning of each part:

The amygdala is a tiny almond shaped mass of grey matter which is typically involved in processing and responding to emotional stimuli related to fear, anxiety, and aggression (LeDoux, 2007). It helps us identify threats in our surroundings. So, it makes sense that this region is highly activated when we are watching intensely violent or scary scenes on screen. The amygdala is rapidly processing the visual and auditory stimuli and sets off a chain of events by triggering physiological responses like increased heart rate. It does this by sending commands to the hypothalamus to trigger the fight-or-flight response.

The hippocampus is shaped like a seahorse and it plays a crucial role in emotional memory. While watching emotional scenes which may evoke memories of past experiences, the hippocampus links these two. This enables the scene to resonate deeper by enhancing our emotional engagement.

The hypothalamus is mainly involved in homeostasis but it also regulates our body's physiological responses created by the autonomic nervous system. Once it is stimulated by the amygdala when we watch intense scenes, it activates the sympathetic nervous system which triggers the release of adrenaline and cortisol. These hormones are involved in our response to stress. This is why we experience jump scares, or palpitations when we watch horror films. Eventually, we calm down when the hypothalamus activates the parasympathetic nervous system which is involved in the rest-and-digest phenomenon.

Can we regulate our emotional responses?:

Yes! Our Prefrontal Cortex (PFC) can actually regulate emotions! A 2005 study by researchers Kevin Ochsner and James Gross called *The Cognitive Control of Emotion* revealed that the Ventromedial Prefrontal Cortex (vmPFC) can modulate the activity of the amygdala. This gives us a brief moment to reappraise emotion-evoking situations and also regulate our response to them. This is exactly why we can enjoy horror or thriller films without being completely overwhelmed by fear. The vmPFC lets us remain aware that what we are watching on screen is not real!

Empathy:

Another interesting aspect of watching films is why and how they evoke empathy. This can be credited to the **Mirror Neurons** located in the frontal, premotor, temporal, and parietal cortices of the brain. These specialised nerve cells were discovered in the early 1990s by neuroscientist Giacomo Rizzolatti. Mirror neurons fire when we perform certain actions and also when we see others performing those actions. So essentially, they are involved in empathetic responses by allowing us to step into another's shoes and feel what they are feeling by activating the same brain areas that would get activated during firsthand emotional experiences. Researchers Vittorio Gallese and Michele Guerra in their 2012 paper *The Neuroscience of Film* proposed that mirror neurons fire when we watch emotional scenes in films and create a sense of "embodied simulation" thereby enabling emotional engagement with the characters and empathy for them.

Another phenomenon that could explain empathy is the **Emotional Contagion** - our unconscious mimicking and synchronisation of our own emotional expressions with those that we observe in others. A 2003 study conducted by Bruno Wicker and his colleagues showed that a brain region involved in awareness of emotions and empathy, called the insula, was highly activated when viewers were exposed to odours which caused disgust and also when they watched emotionally charged scenes such as disgust.

But why do we cry while watching films?:

Crying is a form of emotional response and it involves a complex interaction of various brain regions. Much of the instances when we cry while watching films is because we feel sympathy or empathy for the characters. We demonstrate an increase in activity in the insula and also in the anterior cingulate cortex (ACC), a region associated with processing emotional distress and pain perception when we are experiencing grief (O'Connor et al, 2008; Gracinin, et al, 2014). The ACC is associated with the autonomic nervous system and this provides a possible explanation for why we experience physical sensations like a lump in the throat or heaviness in our chest before we begin to cry.

On the other hand, some psychologists propose that crying is a form of catharsis - a release of emotions. So, when we cry while watching films, it could be because we are trying to process unresolved emotions (Vingerhoets & Bylsma, 2016) or because we are trying to let go of the emotions that were built up because of the film. This explains why some people may actively seek sad films.

The Role of Music:

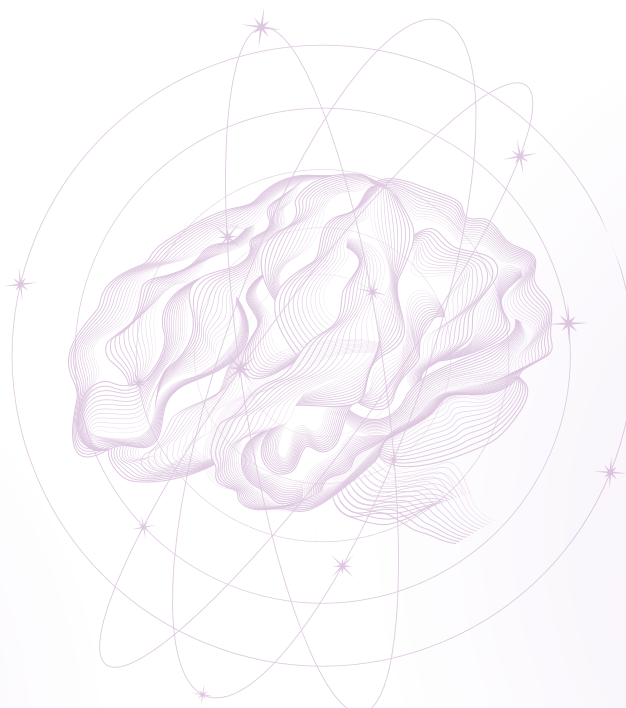
Music in the form of songs or background scores enhance or amplify our emotional experience by supplementing the visual contents of films. They heighten the intensity of scenes. In 2001, researchers Anne Blood and Richard Zattore found that the combination of visual stimuli in films and emotionally evocative music activates the auditory cortex and the nucleus accumbens, a region involved in pleasure.

A 2013 study by Lars Kuchinke and his colleagues called *Emotion and Music in Narrative Films: A Neuroscientific Perspective*, revealed that music provides clarity of context when visual information is ambiguous and also that at times, music can overpower visual aspects of a scene in influencing emotional responses. This is why scary scenes do not feel as scary without background scores or if you edit and add contextually irrelevant music.

Individual Differences in Emotional Experiences:

Everyone does not react to emotional scenes in the same or even similar way. Research has shown that genetic factors that influence sensitivity to emotions like the variations in serotonin transporter genes, are linked with higher activity in the amygdala's reactions to emotional stimuli (Hamann & Canli, 2004). This could imply that some people are more sensitive than others and may even cry more easily.

Furthermore, our cultural backgrounds and personal experiences can also shape our responses. A 2008 study showed that participants showed more amygdala activation in response to facial expressions of characters belonging to their own culture.



Our Furry Friends and Films:

Animals, especially dogs, show similar emotional responses to films as humans. They share some neural structures like the prefrontal cortex, limbic system, caudate nucleus, and mirror neurons. They also have an emotional bond with humans which has deepened over centuries. They are also highly receptive to auditory cues like human voices on screen and music which can cause emotional reactions. Dogs also exhibit something known as behavioural and emotional synchrony - a tendency to mimic human emotions. This has had evolutionary value by fostering closeness. This could explain the viral videos of some pet dogs that were visibly sad or even crying at the scene of Mufasa's death in 'The Lion King'.

Cats also share similar brain structures, but their emotional responses to human behaviour are more subtle. This can be attributed to their unique evolution and independent or aloof nature (some of them, not all!). Cats can recognise human emotions even on screen but they do not mimic them like dogs do - probably because they have never really felt the need to.

In conclusion, our emotional reactions to films are highly complex and involve interactions between several brain areas. They are impacted by biological and environmental factors. Insights into these processes help us better understand human psychology. These findings are being increasingly incorporated by filmmakers to create more emotion-evoking and engaging films by carefully crafting the narrative, making use of context-appropriate emotion-arousing music, and cinematography.

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Artistry in Words & Verse



Where Words Paint the Depths of the
Human Experience

Section 02



NOTHING EVER LASTS FOREVER

Aameya Kapoor
BSc Year 3

They say home is where the heart is, and mine is.

For 2 years, my heart has been home, in a place where I could forget about my worries and pains for 2 hours every day.

The place I would run to when I needed to escape.

The people I met, the friends I've bonded with, the memories I've made; it has made my heart so full.

I can't imagine going anywhere else.

Why would I ever need to leave when I've been given so much love here; if not here then nowhere else.

It isn't the most conventional place for comfort but hey, to each their own.

But now, home is shutting down, for good.

Everyone I talk to believes that I should move on.

But how can I expect anyone to understand?

Home is shutting down.

Yes, I know there are better things to come in life but home is shutting down.

I know I'll find somewhere else but **home** is shutting down.

I know I should move on, I know it's not healthy but home is shutting down.

I know it makes no sense to dwell on this but don't you understand? **HOME IS SHUTTING DOWN.**

HOME IS SHUTTING DOWN.

I haven't stopped crying about it;
I don't think I will.

That day,
He clutched the paper with shivering hands,
Making his way towards the end
Dreams that were once bold,
Now stood difficult to hold

The walls of the class echoed his screams in
silence,

The voices screamed out critics but not
guidance. The whispers of "not enough"
surrounded the air heavy,
Suppressing his voice, hammering his fragile
self- belief.

Waves of doubts shore against his will,
The hope of all seemed far and thin
But even in his darkest hour,
A little voice whispered, slow but sound
You are not your marks upon the page.

Somewhere beneath the laughs,
He found his trembling steps
Piece by piece he rebuilt his fragmented world
Reviving the yearning for the vision which was
blurred,
He started small, rewriting the ambitions that
were dear.

Through the scars that were deep and feelings
of sorrow, He chose to rise, to learn, to grow
For the strength that was not in perfect shape,
He steered the path fuelled with courage and
faith.

With every tear and every scar, he carried heart
on fire,
Turning his wounds into shining stars

FROM ASHES TO STARS AGAIN

Nidhi Panchal
MSc Year 2

Journal Prompts - Activity

1. What's something that felt like a winning moment?
2. What had you cracking up and left you feeling like a giggly mess?
3. When was a time you were totally freaking out?
4. Someone did something sweet for you—what was it, and how did you let them know they're awesome?
5. What's something that left you scratching your head?
6. What flipped your mood into full-on grump mode?
7. What's something that made you feel all warm and fuzzy with memories?
8. What's a moment where you were cringing inside? Did you laugh it off or just silently pray no one noticed?
9. When did something completely catch you off-guard?
10. When was the last time things didn't go as planned? What happened, and how did you bounce back?

PILLS THAT ARE HARD TO SWALLOW

Riddhi Chitroda
BSc Year 3

Coldplay tickets are available on- Now that I have your attention, let's talk about cancer. As a psychology student, entering the neuro-oncology OPD for the first time was quite an experience. Many complex emotions hung in the air like a dense cloud: worry, confusion, distress, impatience, exhaustion, but also hopefulness. If maladies had a personality, Hans Eysenck would label cancer as an unstable, neurotic extrovert. It never comes alone and seeks all the attention. It is also often accompanied by financial pressure, disturbed family, work & social life, and uncertainties about survival & the future. For brain cancer patients, cognitive deficits like memory lapses, chronic headaches and confusion, further deplete the coping resources to deal with their diagnosis. Medical oncologists, surgeons, consultants, nurses etc. join forces to make sure the patients reach a point of recovery, although, the need for a smoother recovery path is often paid little heed. The pills prescribed are indeed hard to swallow but living with the diagnosis is an even harder-to-swallow pill.

I noticed that every patient coming in post-surgery for cancer radiation therapy had scars. The physical scars got abundant acknowledgement by everyone. The psychological scars got ignored by many. Although, they were too obtrusive and lurid for me to overlook. I am referring to the unappeasable mental distress that is either left behind by cancer, like residue or like a scar that heals quite slowly. Unfortunately, fervent attempts at concealing painful scars and brushing the residue under the rug, like dust, often proves futile. Enduring and playing pretend doesn't make the cancer go away.

The case of a 38-year-old female patient I came across during my internship experience still takes up a lot of my headspace. Mrs. K.S. was diagnosed with Glioblastoma, a Grade IV brain tumour responsible for the 6-inch scar on one side of her head. A plethora of psychological symptoms was evident even to laymen but most considered it as 'madness'. Nurses revealed that the patient didn't hesitate to ask the same set of questions after every 8-10 minute interval and repeated the same stories over & over again to the same person. She talked relentlessly about the smallest inconveniences such as her conversations with her husband, bland breakfasts and also claiming the radiation therapy staff used 'faulty' equipment to treat her. Not a day went by without rambling on about her beloved 7-year-old son; making sure everyone at the nursing counter was aware of his endearing antics. "The one with the big scar on her head has lost it!" said a nurse while referring to her. "Don't even try to talk to her or else she won't let you know peace!" said another, who had heard the same stories about her husband at least 7 times.

People tend to sympathize with her. However, in their eyes, it was not something that could be fixed. These psychological scars are hard to hide, unlike the physical ones that you can tie a headscarf around. Even in plain sight, most turn a blind eye to them.

Upon analysis, it was found that the patient exhibited signs of logorrhoea (excessive and incoherent talkativeness), occasional short-term memory loss, chronic stress, and mild paranoia. These changes could either have roots in the disease, the side effects of radiation on her hippocampus, or a trauma response.

The dreams she wanted to fulfil with her loved ones, the memories she looked forward to, and the love she was yet to give her family couldn't possibly be crammed up in the two years that she was given to live.

This case particularly makes one reminiscent of the plight of an Indian mother, with calloused hands, welding the chains of togetherness in her family and society. When a woman like her becomes the weakest link in the chain, there's very little to hold on to for her. Unfortunately, it is labelled as 'hysteria and madness'.

"What will become of my family once I am gone?" Patient K.S. said with worry lines on her forehead, "The last thing my son needs is a sorrowful childhood."

Another woman in her late 20s, Ms. S.D. was excitedly looking forward to getting married in a year after a recent engagement with the love of her life. Her eyes glowed when she told me about her dreams of having a grand wedding by the sea, completing the rituals under palm trees and finally watching the sun go down as they finish the ceremony by swearing to spend their life together. However, a sudden diagnosis of breast cancer surged in like a wave and trapped her in a riptide of shock and despair. To her absolute dismay, her fiancé broke off the engagement since the shared stress was not something he wished to sign up for plus, the removal of breasts didn't sit right with him. Months of treatment proved fruitful and she was successfully able to beat the cancer.

Just when she thought things were looking up, the cancer knocked on her door yet again, and this time it was in her throat. Her body started wasting, leading to a loss of muscle tone. She lost 12 kgs in a few weeks owing to anorexia. Months later, she was found lifeless on her bed. The reason for death was not cancer but cancer cachexia.

For young women like Ms. S.D., their bodies and appearance hold immense importance to them. The cancer was not only life-threatening but also pushed her to-be-husband away & stole her invaluable sense of femininity.

"I'm not pretty anymore," She complained to her mother a few days before her death. "My breasts are gone and I look hideous, look at me."

While physical symptoms of cancer cachexia take the bigger part of the pie when it comes to emphasis, psychological symptoms like anorexia, tumbling self-esteem and body image issues require more spotlight. As a member of the department of psychology, building grit in patients so that they find survival something worth fighting for, is a goal I look forward to achieving.

Every terminally ill patient comes to the OPD with a will to survive, wishing to challenge the figure that represents their survival rate. While oncologists strive to add days to their lives, psychologists help them live fruitfully during these hard times. From the problems of a woman's copious responsibilities, to a terminally ill child's possible loss of childhood; from an old man who wishes to relieve his children from the 'burden' that he thinks he is, to the ill young man who is the sole breadwinner of his family: All of these predicaments could be the last straw. With the right support and interventions, it could get easier by embracing acceptance, positivity and hope.

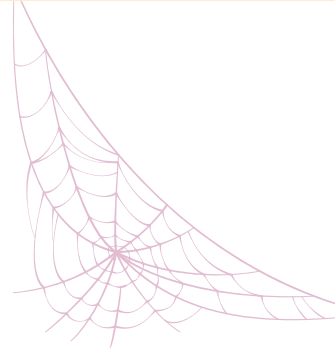


THE TASTE OF IT

Ira Mepani
MSc Year 1



Today I woke up, a salty taste in the back of my throat, like grief
My morning coffee, that much more tasteless
As I pack for the day, I don't forget my essentials
A book of melancholy, old and dusty
A pouch of light, only opened ever so slightly, even brightness has limited glory
A box of trinkets, somehow collected by anxiety, joy and sorrow
Zipping the bag, the weight brings down my shoulders
But how am I to go around, without the very charms and chronicles
That let me manoeuvre through the complex cobwebs of my mind?
How can one walk handsfree? When this weight rests on my back every waking- and
resting moment of existence?
One step forward, and I feel the weight of it
A constant reminder of the joy, sorrow, mirth, and everything in-between
Somewhere, the burden is solace
The darkness, light, sparkles and drab make their home on these weighed down shoulders.



REMORSE

Avani Kandhari
BSc Year 1

I've walked through this route a thousand times
Got stabbed each time while searching for the parasite.
Mistakes occur abundantly
Don't know where the boat sinks abruptly
Clashes with my dreams of reaching the shore
But unfortunate is the only word that exists in my dictionary
There I fail again under the shadows of my own
Spills the word that embodies my core
Despite the awareness of my sinking boat,
my pride gains a reputation evermore.
You are my biggest sickness and cure
Still puts me through this plunge hole,
To collapse into my very home.
In the search for the ultimate upgrade,
I lost my only curable resource.
Despite all the holes, my boat remains unsink
As to give a last message before the water secedes the very nature of my boat.



CHASING HOME BEYOND THE FOUR WALLS.

Krishna Bulani
MSc Year 1

they say, "There's no place like home",
a phrase recited time and again.
I like to think that as we stride,
we discover a newfound space,
build profound connections,
and gather mysterious untold treasures.

While building a new sanctuary,
we unveil new arenas,
proclaim new passions,
amidst the tapestry of life,
We find our place in the human race.

As we move along the endless labyrinth,
we rediscover home in many forms.
with every step, a revelation is made,
with every shared laughter, our hearts expand,
with every tear we shed, we remodel,
with every sunset that paints the sky,
we're weaving a home of experience.

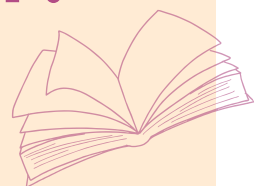
So we wander,
locating home everywhere we go,
it's the hearts we touch,
the warmth we experience,
the lives we change,
and the lives that change us,
we build a magical collection of homes!

In the silence of books and the glow of
screens,
A student wonders, feels, lost in the spaces
between.
Dreams too big, weighed down by grades,
Endless days, sleepless nights.
Scrolling through lives that seems picture
perfect,
But behind the likes, behind the fame,
Lies the truth: we are all the same.
A mind that's burdened, hearts heavy,
The pain endures in the race of success.
Comparing myself to a filtered face,
Forgetting your journey, your unique pace.
The pressure feels like a rising tide
To be the best and at the top—but at what
cost?

Yet in the darkest of nights, remember this:
There's more to life than what you miss.
We all know that you are more than your
marks, more than a scroll,
More than the image that's not in your
control.
The struggles are real; we can only imagine
the pain.
Hold on tight! Keep fighting the fight.
Talk to someone, let them in—
A friend, A teacher, helps you win.
Your worth is beyond what number say;
You matter more than you know today.
When the world feels heavy, too much to
bear,
And it feels like no one is there,
Pause for the moment, take a deep breath—
Why our story is unfolding; it's not over yet!

IT'S NOT OVER YET!

Namya Manchanda
BSc Year 1



HOPE

Ayushi L Kothari
MSc Year 1



Fire in her heart,
Hope in her eyes
A million thoughts blowing up her mind
None of them which could be defined.
There's a lot she had heard, a lot she had
been told and a lot she had seen.
And now just left there alone,
Wondering what could have been.
Craving for the perfect family she never
had.
And her schools there just to add.
To make things work she always strived,
But evil eyes always arrived.
As her eyes fell upon a ray of hope
Damn. Too many emotions,
she couldn't even cope.
Just when she thought her
life was taking a beautiful course.
She was shown doors. Doors that lead to
emptiness and not happiness.
Once again, when she was left alone,
She didn't realise but she had grown
Though tears were still rolling down her
puffy face, she had found her solace.
She started writing, it gave her peace
She knew where she belonged
There's no love for which
she anymore longed
Her heart was still loaded
But her hope, her hope never faded.

Everytime I visit a strange or new place and
encountered new folks, I rejuvenated a
heart throbbing fear in me. I was familiar, it
wasn't the 'introvert fear', rather a fear I
don't seem to find the term of but here's
how I explain it. Something about the new
surrounding made me feel disturbed,
anxious and super uneasy; wanting to
barge out of there and head home.
Balloons, cakes and candles in an innocent
birthday party horrified me; which most
kids usually fancied and awaited for. In fact
even Santa terrified me and couldn't seem
to work it out, couldn't seem to understand
how everything with me is feeling so
unusual, or maybe it's not unusual. As a kid
I didn't think much, I was incapable of
thinking much. Most of the things around
me were monstrous to me who can cause
me harm, haunt me, and devour me. It felt
like an ongoing, never ending racing track
for no matter how much I run away from
those fears they kept creeping back. When
I dance, when I sing, when I eat, when I
sleep, in my dreams; the monster never
stopped growing, the terror never stopped
rising. Maybe the fear wasn't outside, the
fear was in me. The monster wasn't the
outside;
The Monster was me.

MONSTER

Ishita Jain
BSc Year 1



SILHOUETTE OF CHAOS

Zoya Khan
BSc Year 2

On every creaking floorboard, footsteps appear,
of those familiar faces, those faces, so dear.
On every wall, hand prints linger,
embedded with experiences in every finger.

As whispers echo throughout the humble abode,
memories fade away as the paint erodes.
This haven is my cage,
Bound by heavy words of rage.

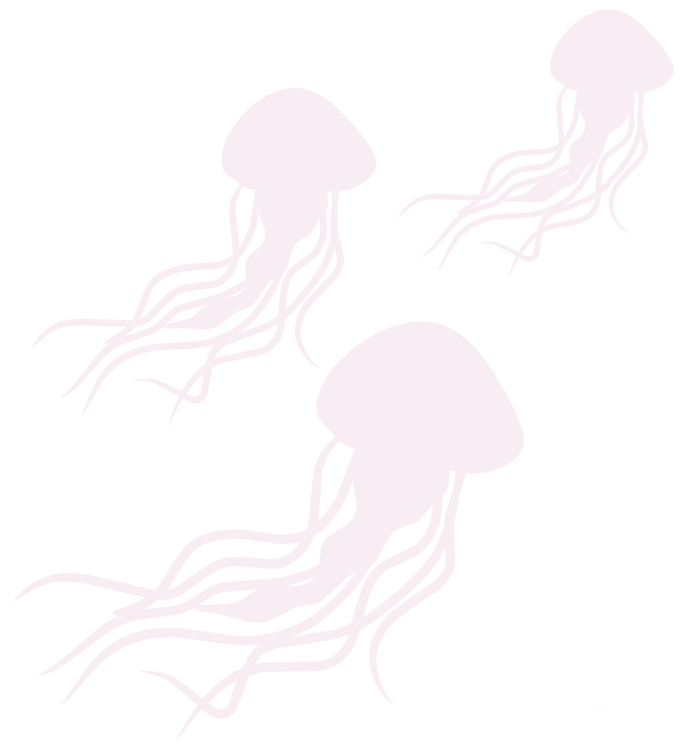
Home.... home is where the heart is, that's what they say,
but this rotting structure makes my heart decay.
Each room has tales to tell,
of tragic truths that cast a spell.

Figurines that curtain the walls,
those eyes of theirs have seen me fall.
Years of tears stain the floor
and damage the furniture made of sycamore.
But,
One day, I hope, these walls collapse,
along with all my woes enwrapped.
One day, I hope, my spirit is set free,
and soars under the tree canopy.

One day I shall step out the door,
and let the house end in uproars.
For now I'd like to start afresh
and let my decaying heart rest.

I'd like to form new memories
to rinse out all that history.
I'd like to build a new house on the beach,
where my emotions aren't splattered at the hands of mercy.

Standing by the calm ocean front,
With the crunching of sand beneath my sole,
no more the need to bear the brunt,
for things are now in my control.

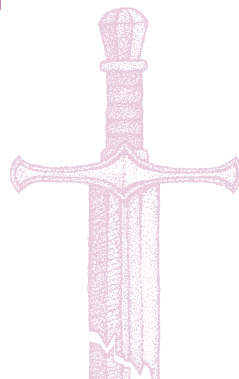


IT'S OKAY TO NOT BE OKAY

Shania Shaikh
BSc Year 1



it's high time we normalise not being fine
normalise being okay in telling people you're not
not everybody can fit the narrative of
being perfectly fine
not everybody masters hiding themselves behind imaginary walls
listening to music may heal some while dig pre existing wounds deeper for others
some may totally lose their appetite or eat more than they ever would
reading books can motivate a few to improve on themselves while break many down
it's okay to deal with your problems in ways that give you comfort
it's okay to eliminate your rage
it's okay to withdraw yourself
but it shall all terminate to you picking up the pieces
and sharpening up your swords
for another war, waiting to roar



RAGE

Hrishika Jain
BSc Year 2

Rage is a dangerous feeling
Brings in negative craving.
But why does one feel rage,
Maybe because their trust was at stake?
Anger issues is what they call,
But what if rage is not what they want.
Obscenity and aggression is what people see,
Hurt and disappointment is what they feel.
Things will never be same for them.
Past is what they hold to till the end.



The first (extremely pixelated) emoji were created by Shigetaka Kurita in 1999 for cellphones and pagers. They are now housed in the Museum of Modern Art in New York City. These glyphs, designed for pagers made by the Japanese mobile provider NTT DoCoMo and released in 1999, were the first pictographs to make their way into mobile communication.



Researchers have found that when an individual views an emoji, the parts of the brain that become activated are the same as when seeing human facial expressions. This means that emojis play an important role in expression when communicating digitally.

DEEWARI

Deewari is my take on the evolution of human emotions and behavior over time. I have chosen to speak from the point of view of the walls, since the truest emotions usually reveal themselves within the confined spaces between these walls. It is a poem that speaks to the inevitability of emotional friction, that almost all individuals face in their lives at some point. It takes a melancholic approach to reflect on the past efforts to control this chaos, all in vain.

Jatan Shah
BSc Year 2

Kya rakha hai inn andhero mai?

Aksar yuhi poochte hai hum inn khandaro se;

Poochte hai kya chupa hai inn berang deewaro mai, inn bedhang nazaro mai?

Muskura kar jawab deti hai ye deeware hame
Ki inn khandaro mai waqt ke guzarne ki yaade hai.

Yaade hai uss behki gungunahat ki, uss muskurahat ki;

Yaade hai uss dard bhari aahat ki, uss dard se rahat ki;

Yaade hai unn haseen phoolo ki hauli mehek ki, yaade hai unn aazad panchiyo ki ittrati chehek ki;

Yaade hai unn sangeen raato ke gehre raazo ki, yaade hai sabke badalte se andaazo ki;

Yaade hai unn khamosh daawato ki, yaade hai unn behosh chahato ki;

Yaade hai insaano ke jang ki, yaade hai unke chehro pe lagti zang ki;

Aaj khadi ye berang deewaro ne itne rang dekhe hai, ki uss rang mai dhalte dhalte deewaro ke rang dhal gaye, dhang badal gaye.

Yuhi khadi hai ye deeware apne rang kho kar, inn andhero mai apna dhang paa kar;

Muskurati rehti hai inn puraani yaado ki kashmakash par.



OCEAN

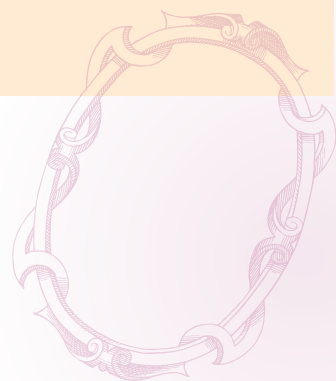
By Heer Maru
BSc Year 2

The ocean is my sanctuary. Its waves calm my mind.
When I'm stressed, I picture the sea. The rhythm of the tide reminds me to breathe. Each wave is like a thought - it comes, then goes.
Sometimes, dark clouds cover the sun. But they never last forever. The sun always finds a way to shine through.
This reminds me of my mental health journey. Bad days can feel endless. But like the sun, better times always return.
The ocean's vastness shows me I'm not alone. Its constant change teaches me to adapt. And when the sun sparkles on calm waters, I remember: peace is always possible.
Even after the roughest storms, the ocean finds its balance again. And so can I.

SANJH

Srushti Jyoti Suresh Shah
BSc Year 1

Lost in the surging crowd,
Busy in this competitive world.
Struggling to cope up with emotional and mental health.
Got some time during the weekend, searching for myself where I lost.
Amidst all the household chores and studies,
Business and relationships,
Running between places, juggling things, I was about to fall. Luckily, I managed and didn't.
Looking at my reflection in the mirror, realizing that Miss Perfect of school has turned into Miss
"It really doesn't matter."
Still single and loyal to that one guy who doesn't know my love for him still exists.
Stopped visiting places and people I loved the most.
Got a little time during the weekend, and still, I am searching for myself where I lost.



TO LIVE.

Anonymous
BSc Year 1

you hear the voices rise and you try to think of when they lulled you to sleep but that was 17 summers ago, when the weight of September didn't crush your ribs and you didn't grow to hate sounds and noises and the smell of bitter coffee and burnt rum.

somedays, you wake up and think,
"what's the point?",
completely oblivious to the sunsets you haven't seen, the person you haven't held, the hands you haven't fit in your hands, each like a missing puzzle piece.

you're oblivious to the person that looks at you
like you're the sun, bright and beautiful and radiant, and to the roses that lilt when you walk.

you crave to be the muse and not the poet but you're oblivious to the hands that scribble love letters in their mind,
you're oblivious of how the salt in the sea tastes better than the salt in your tears, and it makes you wonder if you are the ocean; always taking and never giving.

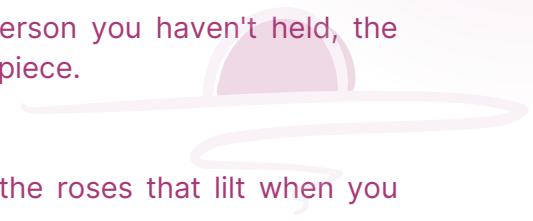
but my love, you're oblivious to the fact,
that you're the whole world.
do you not see the hazel in your eyes, in the earth?
or the brown of your hair, in toasted chestnuts?

do you not see the ridges of your hands in hills and the "crow's feet" near your eyes in the waves on the beach?

you're free to live, you have so much to give.
there's always going to be someone else to love you,
there's always going to be something else to love, a book or a song or a poem.

but nothing will compare to the smell of the air when you're alone on a pier,
watching your dreams unfold,
like a slow burn romance with your own self.

just trust me when I say,
if you need a reason to stay alive,
it'll always be,
"to live."



DUSK AND THE MOON

Kanak Motwani
BSc Year 1

Dusk,

The most beautiful time of the whole day,
I still don't understand the magic of that ray.

Why do people think that Dusk signifies the dark?
For me, it lights hope, in the form of a tiny spark.
Why do people consider it as something inauspicious?
For me, it's the only thing that brings me closer to my heart.

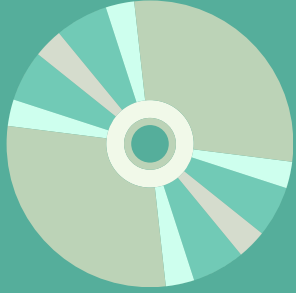
Why are we afraid of the dark?
After all, without the dark, we'd never see the moon and the stars.
Stars that keep falling, despite knowing the fact that the world won't care,
Why? Just to make sure that we never lose faith in the magic of a prayer.

The Moon,
With all its phases,
And without its own light,
Never fails to bring with itself, so many smiles.

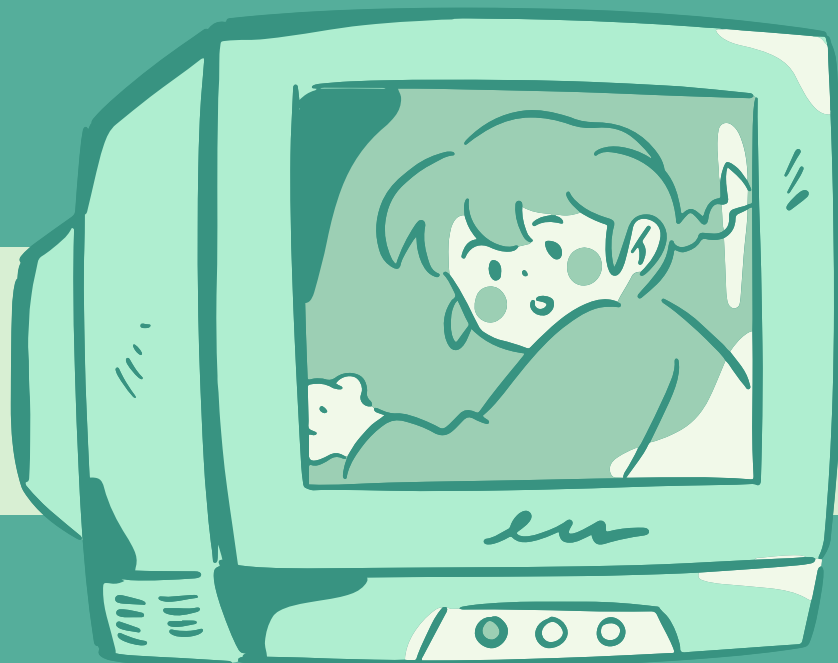
But we shall never forget how that one beautiful thing,
Miles away from us in the sky,
Lights up the hope of a new beginning, a new start,

A NEW BRIGHT AND BEAUTIFUL DAY.





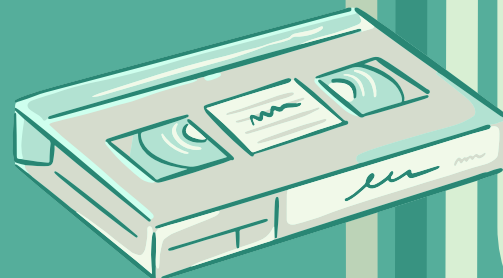
Emotion in motion



Revealing Life's Depths Through
Popular Culture



Section 03



WHIPLASH

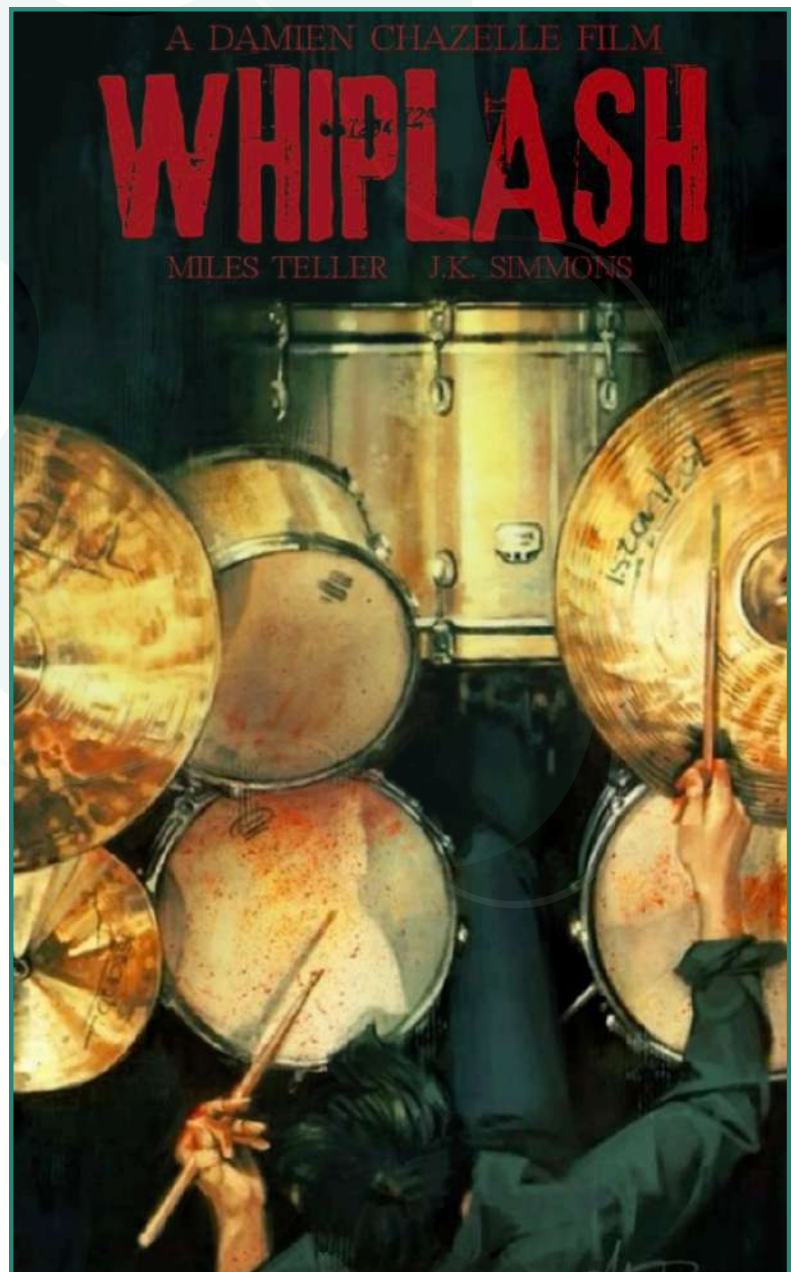
Vidhi Makwana
BSc Year 3

Cinema is a huge part of me and I truly believe cinema is one of the best art forms. Watching a film is an out of the body experience and it takes us into the lives of other people. We become so deeply connected with the characters that we not only feel the emotions they're experiencing but also resonate with them, often sharing the emotional journey portrayed in the film. Emotions is such a vast word in itself and when I came to think about films depicting emotions, the film that came to mind was Whiplash, Damien Chazelle's directorial debut, and a three-time Oscar winner.

Whiplash explores themes of manic obsession, the fine line between passion and self-destruction, and the cost of achieving greatness.

The movie is a psychological drama that revolves around two individuals, the protagonist Andrew (played by Miles Teller), and his band conductor Terence Fletcher (played by J. K. Simmons). Andrew - a young adult with a dream of becoming one of the greatest jazz drummers, following the footsteps of legends like Buddy Rich. Soon his dream turns into an unhealthy obsession when he interacts with Fletcher and is criticised by him. After the criticism, Fletcher invited Andrew to play for his jazz band.

Fletcher uses extreme methods to push his students, believing greatness comes only from relentless discipline and pressure. His teaching tactics often involve public humiliation, verbal abuse, and physical exhaustion, which leads Andrew to practice obsessively, sometimes to the point of injury.





This film beautifully portrays how the path of passion leads to mania. The need to be perfect takes a toll on Andrew and his entire life. Andrew breaks off with his girlfriend excusing that he needs to become one of the greatest and cannot have any distractions. His relationship with his father and other family members is also tormented. This continues as Andrew desperately seeks attention from Fletcher. For the upcoming competition, Andrew wishes to secure the lead drummer position but fails to do so as he gets into a horrific car accident on the day of the competition. Bleeding and injured, he still arrives at the competition but is unable to perform well. After a confrontation with Fletcher, Andrew snaps and physically attacks him on stage. Following the attack, Andrew is expelled from Shaffer.

Andrew gives up on drumming and drifts away from music. He later encounters Fletcher at a jazz club, who invites him to perform at a jazz festival.

However, Fletcher sets Andrew up for humiliation by announcing a song he doesn't know. Despite the setback, Andrew confidently returns to the stage and delivers an intense drum solo, finally earning Fletcher's approval. The film ends on an ambiguous note, with Andrew seemingly achieving greatness, but at the potential cost of his mental and emotional well-being, leaving the true nature of his "victory" in question.

Every time Fletcher appeared on the screen, I would feel nervous, almost anxious. I felt rage when Andrew was being picked on by his family for choosing his passion as a career choice.

I felt sympathetic when Andrew's ride broke down on his way to his competition and not only that, but also when he forgot his drumsticks. Funny how something on a screen can make you feel so deeply that you are left with a feeling of void after the movie is over.

A philosophical debate emerges, prompting the question: "To what extent will an individual willingly cross the boundaries of humanity in the pursuit of greatness?"

However the movie gives a sense of motivation to some individuals, for some, it's just being 'crazy.' It spreads the message to become unstoppable, and relentless. The title of being the 'Greatest' isn't just achieved like that, you have to be obsessive about that, you have to be obsessive about that. Andrews talks about being great, he said and I quote - "I'd rather die drunk, broke at 34 and have people at a dinner table talk about me than live to be rich and sober at 90 and nobody remembered who I was."

To be remembered as one of the greatest mattered more than life itself. How do you view this movie? - My answer is, motivational. There is no doubt that Fletcher's behavior was cruel towards his students and totally unjust, although I felt a sense of motivation to become obsessive to achieve my goals.

The thin line between obsession and mania is hazy however obsession drives you to be the best. This highlights how one's personality determines their perspective on films. I am a gritty and disciplined individual, I value the importance of self-care although one needs to be a little hard on oneself. Once you let yourself loose, you find yourself giving excuses for every small mishap. Whiplash taught me to be passionate and obsessive to become the best version of myself. Someone who has a negative outlook might truly miss out on the good teaching of a film.

Watching films with an open mind to accept the good and the bad teachings, to let yourself feel the emotions and be connected to yourself is vital. When you watch movies like the social network, the pursuit of happiness, and the imitation game, you are left feeling motivated. You can see the obsessive drive of these characters to become the greatest. This movie teaches me how to be obsessive yet not cross the line of insanity in the pursuit of becoming 'perfect'.

I take away teachings from both the good and the bad. Learn what to do and what not.

Have the passionate Andrew in you, not the manic.

The performance delivered by Simmons is astounding, his character is just as well written as it is acted. This role has led Simmons to receive his first Oscar. The chemistry between Andrew and Simmons makes the movie so engaging, Not once did I feel a hint of boredom.

The film so rightly portrays the impact of psychological trauma caused to cross the line of insanity to become perfect, to be the greatest. This movie is probably one of the best movies ever; it is phenomenal how it portrays an emotion so strong that you are left with goosebumps. The movie's cinematography is one of the best I've probably ever seen. The direction and editing do justice to the outstanding writing of the movie. It's a psychological thriller set within a musical drama, portrayed with the intricate beauty and rhythm of a mesmerizing jazz piece.



To be remembered as one of the greatest mattered more than life itself. How do you view this movie? - My answer is, motivational. There is no doubt that Fletcher's behavior was cruel towards his students and totally unjust, although I felt a sense of motivation to become obsessive to achieve my goals.

E	M	B	A	R	R	A	S	S	M	E	N	T	R	N
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R	S	X	Y	H	Q	L	I	Y	E	O	C	U	Q	O
A	S	J	I	F	B	O	P	S	O	F	S	Y	H	H
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S	H	F	S	Q	R	E	L	I	E	F	N	X	D	C
M	S	S	E	N	I	L	E	N	O	L	D	A	R	D

Word Search: Emotions

Find the words in the puzzle.

Words can go in any direction. Words can share letters as they cross over each other.

Anger

Confusion

Excitement

Gratitude

Joy

Pride

Surprise

Anxiety

Disgust

Fear

Happiness

Loneliness

Relief

Worry

Calm

Embarrassment

Frustration

Hope

Love

Sadness

ELEMENTAL

Adhvika Nariya
BSc Year 2

Elemental (2023) directed by *Peter Sohn* is an American Animated romantic comedy drama film produced by Pixar Animation Studios.

'Elemental' is a heartwarming film that takes place in an 'Element City' where fire, water, land and air residents live together. Fire elements (Bernie and Cinder Lumen) immigrate to 'Elemental City' where they face dislike from other people in the city. Ember lumen, a fiery young woman was born to them. She wants to take over her father's convenience store once she grows up (Fireplace Store).

Bernie does intend to give Ember the store, when she can control her fiery temper. Once he handed over the store to her, her fiery temper made her outburst and that led to the water pipes breaking. The water pipe outburst summons Wade, the water element who files a report of his findings about the improper management of the pipes in the store to the air element who will eventually close the convenience store (Fireplace Store). Despite these elemental differences and problems, Ember and Wade form a close bond and navigate their life together. The film 'Elemental' reflects and influences our emotional live through Ember's emotional journey which includes:



Suppressing Of Her Emotion:

During the start of the movie she was excited to take over the convenience store but she suppressed her emotions, specifically her anger and frustration because of the expectation she has to live up to handling the store. Ember's challenge reflects how keeping in emotions leads to emotional outburst showing the need for healthy expressions.

Fear of Disappointment:

Ember constantly feels fear of not wanting to disappoint her father by pursuing her interest which was glassmaking elements because he also dreams of his daughter taking over/running the convenience store. This challenge of Ember highlights how the fear of disappointing loved ones stops one from pursuing one's interest.

Self Acceptance/ Self Realization:

Main part of Ember's emotional journey is her realization that she doesn't need to conform to anyone's expectations and that she can navigate her own path. In the end Ember embraces her unique qualities and desires and finds satisfaction with who she is and what she wants to be a part of.

Another part of Ember's emotional journey is her acceptance and confession to her father about her interest in glass making, not in taking over or running the convenience store. This acceptance and realization of Ember encourages viewers to embrace and follow their true selves and pursue the interest they want without being under pressure of expectations.

This film has influence and focus on interracial relationships, journey of love, self discovery, self realization, expressing and suppressing emotions and weight of traditional and generational expectation. Ember's story reflects and influences emotional challenges one faces in balancing expectation and interest, as well as the power of self acceptance and realization leading to satisfaction and eventual happiness in one's life .



LITTLE WOMEN

Mimisha Deka
MSc Year 1

"Little Women" was, and will always be, timeless. Written by Louisa May Alcott in the 1860s, the book is heavily based on the real-life tales of her and her sisters' lives. It's Christmas Eve when we first meet the March sisters, who are seen complaining about the hardships the nation is facing due to the Civil War and the loss of their family's wealth. It is up to their mother, Marmee, to keep the family together and educate them on what it means to be a loving and supportive family because their father is abroad fighting. This is where we get to know the outspoken Jo, the fragile Beth, the stunning Meg, and the spoiled Amy. Through their highs and lows, as well as their unique battles to survive as young ladies in New England with various goals, the March sisters remain devoted to one another and the ties that connect them. We support all of them equally because we see in Jo a young woman who wants to go out on her own, and in Amy a young woman who still has a lot to learn.

The narrative of four sisters during the Civil War is told in such an effective way that they all feel like a part of you or someone you've known for a long time. Meg longs for a life free of poverty; Jo is a tomboy and writer; Beth is quiet and compassionate; and Amy has sophisticated taste in both art and life. With their mother's assistance, these four daughters learn life lessons that enable them to bear their hardships with gratitude and rely on one another during difficult times. The March family and their acquaintances are followed throughout the course of the ten-year book. It emphasizes growing up, experiencing new experiences both domestically and overseas, losing someone you love, and falling in love. Alcott captivates the reader with her incisive, heartfelt, and humorous writing while freely imparting her wisdom. "Little Women" is a heartbreaking and humorous account of everyday life that seems hard to convey. Though it was written almost two centuries ago, it not only helps readers understand life in perspective, but it also has relevance for today's youth. At least one of the March sisters will resonate with any audience, particularly young women. Alcott writes with warmth and familiarity, describing the sisters as though they were a part of her family and paying close attention to tiny details. The storyline may not boast of anything grand or out of the ordinary, but it unites people of all ages and still surprises and delights us years later, as it is both grounded in reality and timely, with many of the characters finding resonance in our own lives.

One of the aspects of the entire story that primarily struck me is how these girls survive in their surroundings. While tomboy Jo finds it frustrating that women are mistreated and confined to their place during this era, she doesn't need to fully rebel in order to achieve progress or pursue her goals. As a writer, her own ideas, goals, ambitions, dreams, failures, and attempts to improve herself genuinely lie in the way of her work most of the time.

If we want to write historical fiction in the present era, we have to write about women who aren't only put in boxes but are frequently wild and outrageous (at least until they meet that one man who can get along with a lady who won't wear a dress or go to any formal events). That's probably one of the main qualities about Jo that I adore. She is not portrayed as a damsel in distress; none of the women are. They all try their hardest to build a path for themselves, which does not necessarily mean being unruly and 'loud' but includes finding love and trying to find a middle ground between being a family person and an individual.

I also think it's great that the March sisters make an effort to improve themselves for most of the narrative. Despite their extreme poverty, they promise to be content with what they have and not to complain, even as they give themselves hope that they will eventually become wealthy and content in some way, which panned out differently for the four sisters.



There is a certain comfort in reading this book. You find yourself rooting for Jo, Beth, Amy, and Meg all together, even though none of their goals align with each other. You catch yourself thinking about these characters as more than just print on paper; they have lives and desires they are destined to fulfill. You are filled with nothing but hope and love for all of the characters. Arguably the most contentious issue in the novel is Jo's rejection of Laurie. While I never regretted this decision, I always found it odd that he chose to wed young Amy. After reading this book, though, I believe Louisa May Alcott did a fantastic job laying out the plots of the numerous romances. It was evident to me that Jo had no romantic feelings for Laurie and that she had reasonable doubts about their happy marriage.

Near the end, when Jo finds herself feeling all alone with just her thoughts, she tries to seek comfort through Laurie. She was never romantically in love with him, but Jo mentions to her mother that, for her, it almost didn't matter that she is not in love with him; she just wants to be loved. She was tired of being in solitude, and even when her writing career was on a successful path, she simply needed to be wanted by somebody. It was beautifully said by Jo in a moment of weakness: "Women, they have minds, and they have souls, as well as just hearts. And they've got ambition, and they've got talent, as well as just beauty. I'm so sick of people saying that love is all a woman is fit for." Jo is a character you don't come across often; she defies the strict social norms that were in place for girls in the era by strolling with her hands behind her back, using slang, whistling, and indulging in other gender-bending behavior while still wearing long skirts and petticoats. Jo resonated with me the most as a character. She was just a young girl who wanted to have it all, and through the course of the book, you see her learn and go through all the trial and error methods humanly possible to find comfort with her present.



THE HAUNTING OF BLY MANOR

Mimisha Deka

MSc Year 1

Cast: Victoria Pedretti, Amelia Eve, Rahul Kohli, T’Nia Miller, Oliver Jackson-Cohen, Amelie Bae Smith, Benjamin Evan Ainsworth, Kate Siegel and many more.

Creator: Mike Flanagan

Genre: Psychological Horror, Drama, Supernatural, Romance, Mystery.



“It’s not a ghost story; it’s a love story.”

We live in a world where media has a profound impact on our lives. There are some shows, some endings, some performances that just stay with you forever. The Haunting of Bly Manor will always be one of those shows for me.

Directed by Mike Flanagan, this eight episode series premiered on Netflix in 2020.

It has a wonderful cast with Victoria Pedretti, Amelia Eve, T’Nia Miller, Rahul Kohli, Oliver Jackson-Cohen and many more wonderful actors who have given their best in the series.

The series follows a constant poignant tone throughout the nine episodes with a mesmerising background score by the Newton Brothers.

The plot revolves around Dani (Victoria Pedretti), a teacher battling guilt and trauma from her past, looking for an escape from her life. She takes up a job as an au pair to two young children, Flora (Amelie Bae Smith) and Miles (Benjamin Evan Ainsworth) at a beautiful manor in a small town called Bly.

The children are struggling with their own grief of losing their parents at such a young age. To Dani, initially, this job is an attempt to run away from her past to a town where no one knows her, and no one can remind her of what happened. However, the ghosts of her past follow her to Bly. It is not long before Dani realises the manor comes with a few ghosts of its own. Dani sees all the trauma that the Wingrave family never dealt with, present in the house, and present with the children. This series depicts trauma in a very unique and subtle way.

The show is a blend of multiple emotions. In Bly, Dani feels fear, but she also finds love, love for her partner, Jamie (Amelia Eve), love for the children and most importantly, love for herself. It is a beautiful depiction of how one truly needs to deal with their grief or fears, and running away from them will not make the trauma go away. We see the crystal clear transformation in her character by her actions towards the end of this series.



The show highlights the thin line between true love and obsessiveness, with obsessiveness beautifully demonstrated by the relationship between Rebecca Jessel (Tahirah Sharif) and Peter Quint (Oliver Jackson Cohen) and acts of true love portrayed by Dani and Jamie. It also shows how one's childhood is a defining factor in personality as an adult. It enables you to look at the antagonist's backstory from their own perspective as well.

It touches upon emotions of guilt and regret in a way that resonates with you. Regret does not spare anyone, even the antagonist, and this is depicted on multiple occasions.

It reminds you that no matter what you feel about yourself, you matter to someone. You could make a big difference in someone's life without even knowing it. The love that Dani has for the children, the sacrifices she makes reveal the deep nature of this story.

One extremely important emotion that is blended in here is peace. Moments of peace for the characters are indicated during their character development. By the end of the series, you feel for each character, you really hope for the best for each of them.

It does such a wonderful job showing every person's perspective that you actually learn to forgive through this series. You start seeing everyone as people who have been through their fair share of troubles and evolved, rather than merely characters in a story. All of the actors have acted extremely well, especially the young children.

The soundtrack by the Newton Brothers is captivating. It really adds multiple layers to every scene of this series. Everything, from the title track to the background music between scenes, is perfectly splendid.

Does this show only make you sad? No, it does not. It gives you a sense that even after everything, you will survive. It presses on the importance of sometimes, letting go. You can't fix everything, and everything might not necessarily need to be fixed. It is best to let go sometimes. Everything might not be as you expected it to be or as you pictured it, but it will still be beautiful.

It makes you value the people you love and those who love you. The series does have some supernatural elements, but it makes you wonder, who are the real ghosts? The beings seen in the dark? Or the ones in our mind that haunt us even in broad daylight?

"Change is a constant, but true love is eternal." This is something that I took away from this story. This is not only true for romantic love between a couple, but also love for oneself, love for family, love that the au pair had for the children in this case. Hence, in some way, it is a psychological horror, but mostly, it is an emotionally complex love story. I would rate it a 5/5 for its brilliance.

The Haunting of Bly Manor is currently available on Netflix and is a must watch!

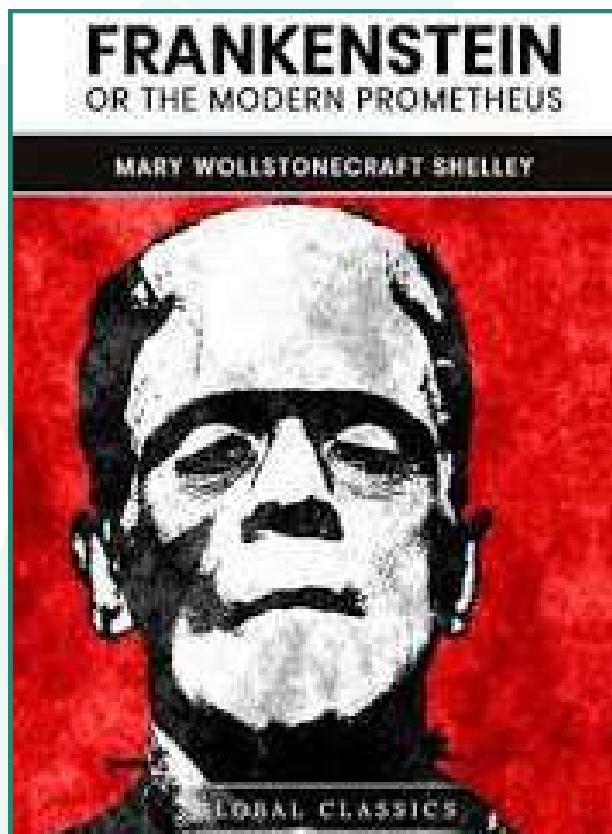
FRANKENSTEIN; OR, THE MODERN PROMETHEUS

Raybbha Kapur
BSc Year 3

Synopsis:

In the midst of the year 1816 AD, also known as the Year Without a Summer, which was spawned by the devastating eruption of Mount Tambora, Mary Shelley, along with her friends, quarantined themselves in the heart of Geneva, Switzerland, to escape from the smothering misery of the aftermath of the volcanic winter. This is where the sole inspiration for one of the most gothic pieces of literature came to life and soon became the ultimate cultural canon, with its references still in the air, ranging from Boris Karloff's work to the satirical **Penny Dreadful** and the 21st century's blockbuster **Oppenheimer**.

The novel grapples with the themes of unbridled scientific ambition, alienation, struggles of identity and belongingness, and the existential feelings tangled in loneliness and alienation, which are explored through the dynamic of a creator and his creation, the former being Dr. Viktor Frankenstein himself and the latter being the monster he creates, fashioned by his thirst and fascination with anatomy and galvanism. Blinded by hubris, Frankenstein ends up creating something so macabre that he is scared by his own doing and faces the repercussions of tampering with forces beyond human control.



About the characters and their unique arcs:

Just like the Greek Olympian figure Prometheus (the creator of humankind) who defied the status quo by stealing fire from the gods and giving it to humans, a consequence of which wasn't just warmth or food but the apex of knowledge, progress, and technology that carried the weight of the potential misuse and destruction, Frankenstein is also seen to bear the similar gift and curse of his intelligence that drives him to unanticipated catastrophes and a loss of control over his invention, whom he disowns the moment it sees light.

The lunacy starts with his arrival at Ingolstadt University, where his hunger for knowledge in the areas of natural philosophy and alchemy pushes him to pursue experimentation and debates, but in a parallel manner, also leads to severe detachment from society and his own family and friends.

According to me, the character arc of Frankenstein is a cautionary tale that screams: knowledge without compassion breeds monsters, both human and animal. With as much heed given to the creator, let's move on to the creation. The monster, which remains an entity without a name in the book, launches a scare initially, given its chilling description, which is as follows: With as much heed given to the creator, let's move on to the creation. The monster, which remains an entity without a name in the book, launches a scare initially, given its chilling description, which is as follows:

"His yellow hair grew unevenly over his bald head, and fell like lightning on his shoulders; broad lines of black marked his forehead, which his yellow eyes, shining like balls of fire, glared through the strong yellow lashes that surrounded them. A thick crust of foul matter covered his lips, his teeth were white and fangs."

What one slowly unfolds about the creature is the actual twist to all the madness. The monster, in principle, is not really a monster but a deeply troubled, lonely, and alienated presence who desires connection and acceptance from others. Ironically enough, his motivation to kill stems from the horrific abuse he endures at the hands of people until he is taken in by a French peasant family, the De Laceys, who show him much more than a strip of humanity and kindness. At the exact moment of the Creature's animation, Dr. Frankenstein abandons him, leaving the living, breathing example of a newborn to fend for himself in the shadows. The conflict between Frankenstein and the Creature symbolizes the struggles between parents and children, the self and the other, love and hate, science and morality, and acceptance and desertion. It serves as a warning to respect all living beings at all times.

But what makes it so rhetoric, almost irresistible to read?

It's the writing style of Shelley that adds to the lure of the book. The key characteristics she explores throughout the story are somewhat individualistic and relevant to her own life. Her literature is laden with death, which casts a shadow over ideas, characters, and narratives. Having experienced personal loss, she imbues death with a double meaning that inspires both character growth and existential reflection.

In the book, Victor is further fueled by his remorse and misery through the recurring reminders of mortality that surround him. However, death also represents a force for transformation, inspiring Victor's conceited triumph in creating the monster and signifying the rejection of innocence through the monster.

What resonated with my interest was how Shelley stirs people's spirits and paints goosebumps. She explores the depths of philosophy, evokes gothic settings, and delves into a romantic sensibility. "Frankenstein" screams against the dangers of science while its characters writhe in agonizing pain, making it the most authentic writing of its time.

Enter the "Psychological Analysis and Perspective":

As someone who belongs to this field, I couldn't help but deconstruct the psyche of everything I stumbled upon in the book. Psychoanalysis's scalpel in *Frankenstein* rends not just flesh and bone but also minds and souls, exposing a frightening dance of desire and devastation.





The monster, Victor's compulsive creation, is the terrible offspring of the forbidden ambition that tore him from his mother's arms and bears the twisted stamp of an Oedipal battle. Victor's unrepressed Id has created a distorted image of himself that both desires and unleashes havoc.

This is seen in the frantic appeal:

"My vices are the children of a miserable origin; I am the slave of an unconquerable enemy that dwells within me."

For the monster, navigating Maslow's hierarchy becomes a terrifying ascent. His demands shift from basic hunger and shelter to a profound need for belonging, expressed both in his yearning for the warmth of the De Lacey family and in his stolen education.

"Who was I? What was I?" the creature asks, his existential terror mirroring Victor's cry, *"I became the wretch I am!"*

The power relations change when viewed through a feminist lens, revealing the cultural norms that drive the tragedy. Victor's scientific aspirations, which prioritize invention over connection, align with a patriarchal disdain for empathy and care. The monster embodies society's fears about the "other," yet he is also deemed horrific simply for defying conventional appearances.

Should you give it a wide berth?

Other than the overly graphic depictions of violence and death, Shelley was a member of the Romantic movement in the 18th century, which means the wall of texts isn't entirely a slow horror; instead, they are highly introspective and melodramatic in nature. So if you're someone who doesn't particularly enjoy dark, deep, and villainous themes, then this might not be for you.

Another aspect of the conservative anxieties of society concerning scientific advancements makes it "a hideous and repulsive fiction," according to the **Edinburgh Magazine**. However, in my defense, as much as it may seem backward to read, it also serves as one of the most original sources to glimpse the buried world of the pre-industrialists.

Concluding remarks:

This book covers everything from the monster's predicament to the novel's ongoing importance. Even if this book dates back to the dawn of time, it's shocking how it foreshadows the bane and boon of the industrial revolution and the inevitable curse of the technological era in which we live.

Frankenstein's legacy ultimately lies in its unsolvable mysteries, which will always resonate with the monster's cries of "Who was I? Who was I?" This thought-provoking investigation compels us to confront the intricacies of the cosmos, the ethical quandaries of scientific progress, and the fundamental nature of humanity itself.



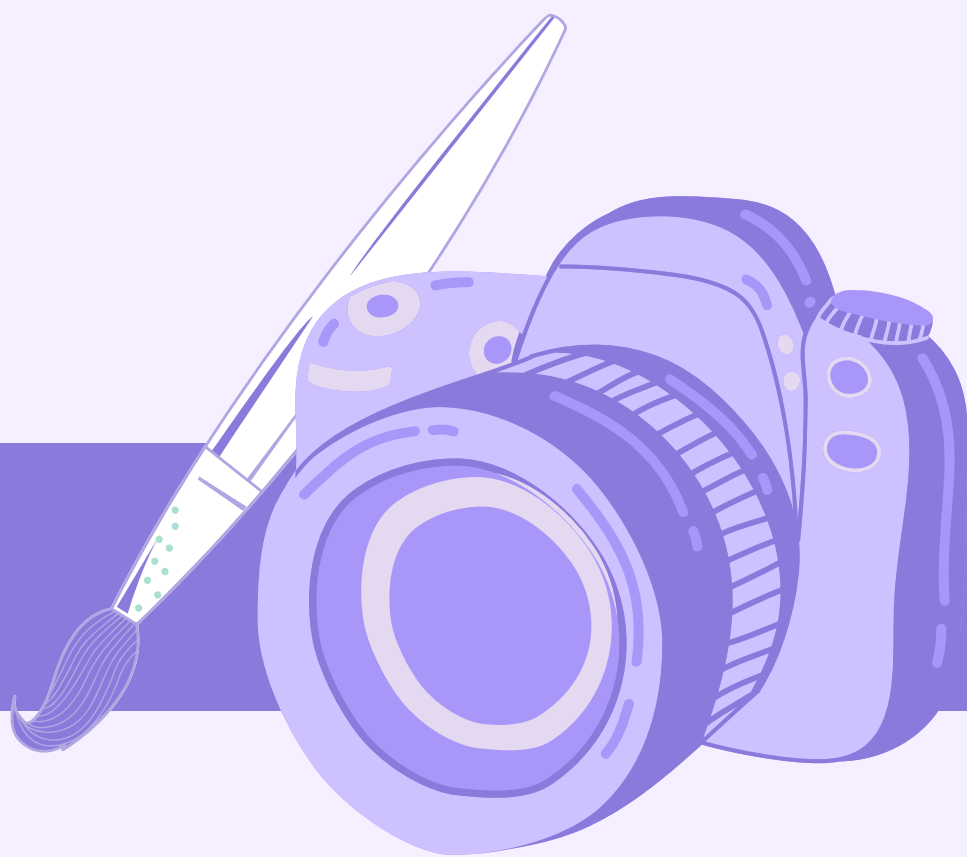
Mood Booster Bingo

Instructions: Cross off each square as you experience or do these things throughout the week. Try to get five in a row! What surprises you about the moods these moments created?

Ate Your Favorite Snack	Laughed So Hard You Snorted	Stayed in Pajamas All Day	Got a Compliment from Someone	Found Money in Your Pocket
Heard a Song That Gave You Chills	Sent a Meme That Made Someone LOL	Took a Nap That Turned into 3 Hours	Talked to a Friend You Haven't Seen in Ages	Had an "Aha!" Moment
Did Absolutely Nothing & Loved It	Walked Around Like You're in a Music Video	Bought Something You Didn't Need	Spontaneous Dance Party	Said No to Something & Felt Empowered
Cried Over a Movie/Series Scene	Stared at the Ceiling Contemplating Life	Had a Random Nostalgia Flashback	Did Something Outside Your Comfort Zone	Made an Overly Dramatic Face
Felt Super Confident for No Reason	Stayed Up Way Too Late	Got Inspired by Something	Got Super Invested in a TV Show	Ate Ice Cream Right Out of the Tub



PsychEye



A Visual Journey Through
Human Expressions

Section 04





Aishwarya Jeet
MSc Year 1

Mother's love towards her child and how curious the child is about the world.



Keyosha Anchan
MSc Year 2

As the sun dips below the horizon, the Ganges River transforms into a shimmering ribbon of gold and silver. The air is thick with anticipation, a palpable energy that vibrates through the gathering crowd. People of all ages, from different walks of life, converge by the banks, their faces illuminated by the soft glow of flickering diyas.





Soumya Datar
BSc Year 1

Art is the equivalent of journaling for me. It's the way I retrospect. Painting brings about certain emotions in me that I never knew I had. In my journey of battling depression, painting has almost acted like a remedy for me. Each brush stroke healed a part of me. It was very difficult for me to go through such complex emotions, painting acted like a medium for me to figure them out. I had multiple thoughts and conflicts going around in my mind, but when I used to put up my canvas all of them used to vanish. Being a psychology student, each of my paintings has some or the other psychological messages rooted in them.

If you take a look at the fish painting, it depicts internal conflicts. The fish is in a bubble that can be broken very easily and set him free. But he is afraid to do so, because he has made up his mind that everyone else's bubble is still intact. But as you can see, the other ones don't have a fish inside. Which proves that all his notions were preconceived and untrue. This particular lesson is something I would not have learned if I had never painted this piece. I have been painting for the longest I can remember! I remember my childhood self, picking up crayons whenever I used to feel sad, and the next moment I used to be uplifted again!



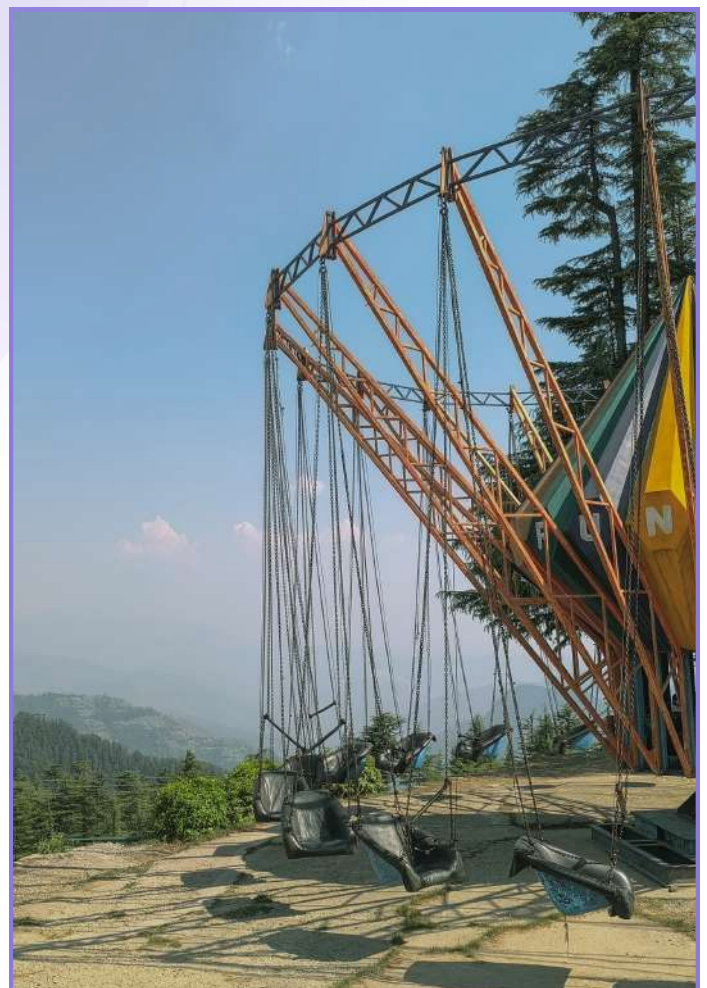
Anvi Sharma
MSc Year 2

"As the day passes, the serenity of blue and the rage of red blends in the hue of purple dawn giving the sky its own rainbow of emotions with some glitter of cloud." - Anvi



Drishti Haldia
MSc Year 2

"All of us, humans, try to find the little joys everywhere. Handing me a snowball from the open window of my taxi to greeting me with words of motivation as I climb on that mountain. Money makes us desperate but having bought that adventure ride at the edge of the mountain, away from the cities, still elated all; from old couples on a retirement trip to those with a young marriage and that kind little soul seeing things for the first time. I'd like to go back to that feeling of seeing them all scream with joy, on that ride at the edge of the cold mountains!" ~Drishti



Mansi Sutar
PG Diploma

"Faces of Resilience: The Strength in Struggles"

This photograph captures the heart and soul of our community—people who work tirelessly, often in the shadows, to support their families and build better futures. These individuals come from low socio-economic backgrounds, but their stories are rich with perseverance and quiet courage. Their eyes hold both the weight of daily struggles and the spark of hope for a better tomorrow. Look closely at their hands—hands that have toiled, cared for, and endured. Every line tells a story of labor, love, and survival. Yet, no matter how hard life has been, they move forward with a grace and dignity that deserves to be seen and celebrated. This work honors their unspoken contributions, reminding us that behind every face is a life filled with hope, dreams, and resilience.

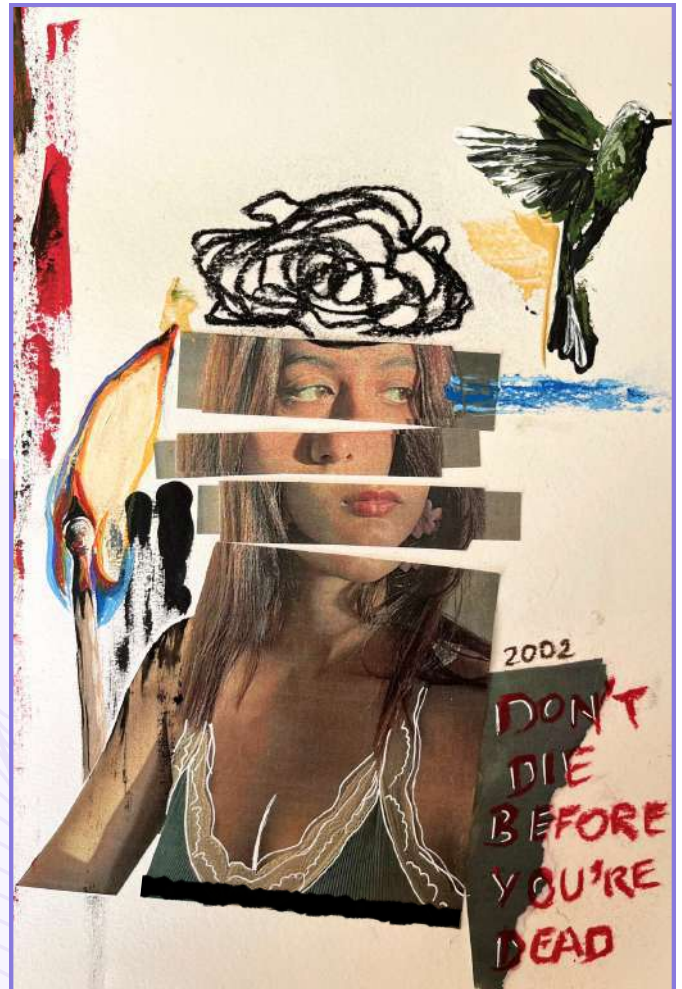


Sharvari Kadikar
BSc Year 1

This picture was captured at my native place. I feel it makes you feel nostalgic. The house in this picture is quite old but I feel it symbolizes warmth and affection just like our grandparents (living in villages), who are old but provide us with utmost warmth and care.

Nakia Koita
MSc Year 1

The artwork explores deep emotional states, ranging from suffering and introspection to resilience and vulnerability. The artwork conveys themes of inner turmoil, pain, and the importance of mental strength in navigating life's challenges.



Vipasha Vora
MSc Year 1



Rancid

Just how fruit spoils and sours, we have unpleasant and rank festering emotions that are our own "rotten juice" of sorts.



Aashna Kinger
BSc Year 2

All possess the innate capacity to express emotions, yet not all are endowed with the courage to express them



Ishita Jain
BSc Year 1

The sketch is a powerful description of the different stories each of us experience which build our own unique realities. The eyes depict the emotions of the characters living their distinct lives. It leaves me humbled to wonder about the billions of untold stories on earth which have died with their own secrets and precepts, billions are still living their eccentric realities worthy to them and billions of other experiences which will take birth in future yet remain unknown to most of mankind. Astonishing it is, to realize that we live in a world which is a mosaic of uncountable distinct worlds. It makes me feel overwhelmed yet amazed.



Amolika Jain
MSc year 1

In the painting, the central figure is a young boy sitting on a donation bed, looking calm yet focused. The colors surrounding him are warm and inviting, symbolizing hope and compassion. As he donates blood, his eyes are closed, conveying a sense of dreaming or imagining. Above him, a vivid and imaginative scene unfolds. In this dreamlike vision, his blood transforms into a bright, flowing river of red, branching out toward a distant figure—a patient in a hospital bed, who is pale but hopeful. The background of this vision is filled with soft, ethereal light, symbolizing healing and life.



Saumya Sundar
BSc Year 3

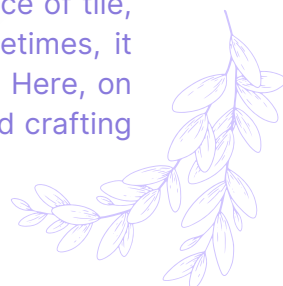


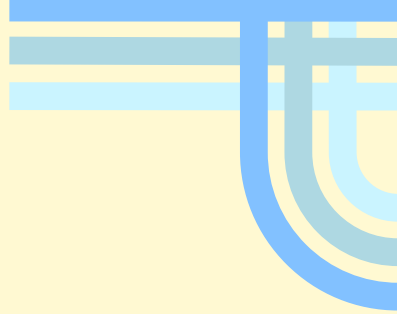
Have you ever watched the waves in the ocean and how they shine when they move under the sunlight? The ocean waves rise and fall, or sometimes stay stagnant. While standing at the edge of the beach, the water hits us with such force that we sometimes fall. But then, it slows down and we are able to stand once again. That's how life is too. I'd like to call this painting 'Ebb and Flow'. We have our ups and downs, and at times, it may feel like life has paused for a second. Whether it's a good thing or a bad thing that's happening in our life, it's all temporary and will pass. Thus, the "Ebb and Flow of Life!" The idea of 'Ebb and Flow' stays with me strongly and helps me get through difficult times, knowing that they will definitely go away soon because a high tide does not last forever. I hope this helps you on your difficult days and encourages you to wait for your high tides to recede.



Harshika Jain
PhD

Nature's Palette for the Soul In the gallery of life, moods are the masterpieces we paint, each one formed from delicate strokes of experience, memory, and feeling. The image before us, an untouched coastal vista framed by white sneakers, reminds us that nature is the artist, offering us the hues to craft our emotional landscapes. Here, the sky stretches like an endless canvas, painted in a brilliant blue that holds the weight of serenity. The horizon blurs, where the sea meets the sky, dissolving the edges of worry and stress. This is the blue of deep breath, of calm washing over you like a quiet tide. It's not just a color, it's a feeling, a mood, a moment that holds you steady in its vastness. Beneath, the grass is impossibly green, lush and untamed. It's the green of growth, of renewal, of grounding yourself in the present. It speaks of life's ebbs and flows, how we, like the blades of grass, bend and sway but always find our way back to the light. As your feet rest on this green carpet, you feel anchored to the earth, yet somehow lighter, as if nature is piecing together your scattered thoughts, one gentle breeze at a time. And then there are the white sneakers. Simple, unassuming, yet they tell a story of pause. Of stepping away from the relentless pace of life to simply be. They are the symbol of stillness, where all the mosaic pieces of your mood, joy, reflection, peace can settle into place. White, the color of clarity, is the blank space you need to reorganize the chaos of life into something meaningful, something beautiful. This moment, this view, is more than a picture. It's a reminder that our moods are not static; they are mosaics in constant flux. Every emotion, like a piece of tile, has its place in the larger pattern, creating a story unique to each of us. Sometimes, it takes stepping outside, shoes kicked off, to see the masterpiece forming within. Here, on this cliffside, we are both the observer and the artist finding calm in the view, and crafting peace in the silence.



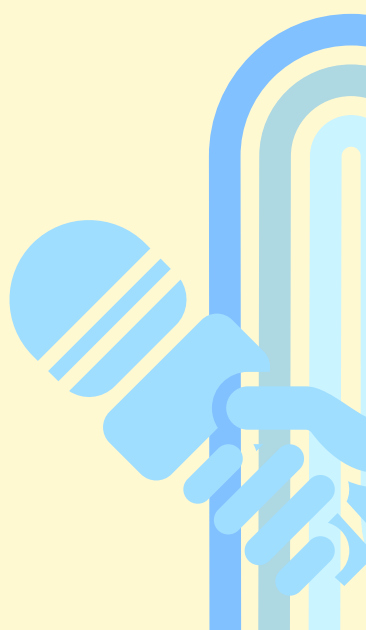


Humanity in Touch



Personal Stories That Resonate
Beyond Words

Section 05



UNVEILING THE EMOTIONAL DYNAMICS OF THE WORKPLACE

"People bring their whole selves to work—whether we like it or not, emotions are always part of the equation."

Yagya Kakani
MSc Year 1



This thought-provoking statement by Anupriya Jain sets the tone for an insightful conversation about the role of emotions in the workplace.

Anupriya, an I/O psychologist with vast experience at companies like Google and Lenskart, shares her expertise on how emotions influence productivity, decision-making, leadership, and overall well-being in workplace environments.

Y: Hi, I'm Yagya, a first-year MSc Applied Psychology student at NMIMS, and we're very excited to have you here with us today. We'd love to discuss the often-overlooked role of emotions in workplace dynamics. So, to start, how do emotions directly impact employee performance and productivity in the workplace?

AJ: *"People bring their real selves to work, whether we like it or not."* In today's age, it's not only acceptable but even encouraged for individuals to bring their whole self to work. Suppressing any part of your personality or emotional journey tends to have more negative than positive outcomes. Studies show that when employees experience positive emotions—whether from their personal lives or workplace interactions—it leads to better creativity and productivity. They perform better, engage more deeply, and are generally more successful in their roles.

On the flip side, negative emotions tend to hinder performance. When an employee is feeling stressed, anxious, or demotivated, it reflects in their work output. But there's another layer to this: the absence of emotion can be just as harmful. Employees who feel disconnected, demotivated, or lack purpose can be just as unproductive as those dealing with negative emotions.

As an I/O psychologist, I focus more on collective emotional trends within the organisation. We analyze how prevalent emotions shape the culture, leadership, and processes that ultimately influence the productivity and success of the organization.

Y: That's fascinating. Could you elaborate on how different emotions influence decision-making and leadership styles?

AJ: *"Leadership styles define how emotions are expressed in the organization."* It's not about the emotion influencing leadership style, but the reverse. Leaders decide whether to be open or more restrained in expressing emotions, and both approaches can be effective. For instance, some leaders wear their hearts on their sleeves, sharing personal stories or even emotional struggles with their teams. I've seen senior leaders, even founders, break down in front of their employees, and that authenticity fosters a sense of trust and openness in the team. Others absorb stress and selectively decide what messaging to convey to their teams. What matters most is that the expression of emotion is a choice—a leader should express emotions deliberately, not because they are emotionally stunted. I've seen both types of leaders succeed, but what defines great leadership is emotional intelligence and the ability to consciously manage emotional expression.

Y: What are the most common emotional challenges that employees face at work? How do these challenges affect their motivation and behavior?

AJ: There are several emotional challenges, but one of the most significant right now is job insecurity. With the current economic climate, frequent layoffs, and hiring freezes, employees are often plagued with doubts: "Am I good enough? Will I lose my job? Will I be able to support my family?" This constant state of uncertainty creates an emotional burden that weighs heavily on employees' motivation and well-being.

This insecurity often leads to stress and burnout. Employees start pushing themselves harder than necessary because they feel the need to prove their worth and stay relevant. They internalize these external pressures, which leads to emotional exhaustion. The workplace becomes not just a source of stress, but a battleground where they're constantly fighting to stay afloat. This impacts not only individual performance but also the emotional climate of the team.

Y: You've worked with big companies like Google and Lenskart. Can you provide us with an example where emotions played a significant role in organizational dynamics?

AJ: At Google, during a period of intense focus on mobile-first growth strategies in India, my team faced significant stress due to the pressure of delivering success in uncharted territories. Fortunately, we were able to draw from earlier research at Google that had identified the importance of psychological safety—where teams with an open, trusting environment performed far better.

Applying these insights to my team during this challenging time was a game-changer. By fostering a psychologically safe space where team members felt comfortable expressing themselves and addressing challenges openly, we saw a 30% increase in productivity. This approach not only helped us manage the stress but also shaped a more collaborative and successful working environment.

At Lenskart, we conducted mid-management trainings to ensure that managers were equipped to address emotional concerns during significant transitions. For example, during a major pay system change, we openly addressed employee anxieties and created a safe space for expression. This proactive approach prevented resistance and fostered trust. Leaders who are emotionally attuned can navigate such changes far more effectively.

Y: That's incredible. How do I/O psychologists typically intervene to help organizations address these emotional dynamics?

AJ: Our role differs from counsellors and HR professionals. We are not focused on individual coaching but on analyzing the macro environment of the organization. We assess leadership dynamics, team interactions, and the organizational culture to determine if the work environment fosters productivity and well-being. For instance, at Lenskart, I helped design leadership training to ensure leaders could address emotional issues within their teams effectively.

We also use employee listening platforms like Infeedo, an AI-based chatbot that assesses employee well-being and assigns mood scores based on real-time interactions. These insights help us create targeted interventions that promote emotional resilience across the organization.

Y: In terms of emotional resilience, how can organizations help employees manage emotions and avoid burnout?

AJ: First, organizations need to accept that employees will bring their whole selves to work. Managers often love the enthusiasm of passionate employees but struggle when those same employees' express frustration or disappointment. Leaders need to understand that this is a double-edged sword. Hiring for cultural alignment, listening mechanisms, and leadership development are crucial in creating environments where employees can express emotions without fear of negative repercussions.

Y: What strategies can leaders use to manage emotional conflicts and foster resilience among employees?

AJ: Leading by example is the most effective strategy. Employees are always observing their leaders, whether consciously or unconsciously. When a leader handles stress or conflict well, employees learn from that behavior and replicate it. It's similar to how children learn from their parents—what leaders do matters more than what they say. Leaders need to be transparent, share their experiences, and show vulnerability when appropriate. Additionally, sharing personal stories can be incredibly powerful. I've had managers who would talk openly about their struggles and failures, which made them more relatable and approachable. It builds a sense of trust and emotional safety, which in turn fosters resilience within the team.

Y: Finally, how can employees themselves become more aware of their emotions and manage them better in the workplace?

AJ: This is something I'm still learning myself, but I believe it comes down to self-acceptance. People often stress about how they're perceived, believing they're the central character in everyone's story—this is known as the 'personal fable.' In reality, most people are focused on their own lives. The first step toward emotional resilience is letting go of that constant self-monitoring and becoming more at ease with who you are.

"You build resilience as a person, not just as an employee." Resilience isn't compartmentalized for work; it's a personal journey that spans all aspects of life. The key is being less conscious of how others see you and more in tune with your emotions. The corporate world is only as daunting as you make it in your mind.



Elephants are known for their empathy toward others, showing concern for distressed or deceased individuals of their species. They may exhibit self-awareness, as suggested by mirror self-recognition tests, though this remains debated. Elephants also express emotions through vocalizations, with rumbles indicating negative emotions or heightened emotional intensity during social interactions.

Research shows that babies can understand each other's emotional signals at five months of age. This ability to perceive emotions in their peers suggests that even at such an early developmental stage, humans possess a foundational capacity for empathy and social awareness.



Research suggests that domestic dogs experience negative emotions similar to humans, such as depression and learned helplessness, as demonstrated by Martin Seligman's studies on conditioned responses to stress. Dogs also display complex emotional recognition abilities, like interpreting human facial expressions and vocalizations, and possess distinct personality traits such as playfulness, curiosity, sociability, and aggressiveness.



MASTERING EMOTIONS IN A THERAPIST'S JOURNEY

"You know when they say- "when a child is born a mother is born too? So for the first time when you meet a client, you become a therapist too."

Saachi Maheshwari
MSc Year 2

Akshata Alva is a practicing psychologist and an international career counsellor. She founded "Aakar", where she provides individual therapy, couples therapy, child and adolescent counselling, parental counselling, family counselling, career guidance and relaxation techniques and also conducts corporate mindfulness programs with the integrity of maintaining and creating an emotionally safe space for individuals.

Saachi: Hello! Good Evening. Today we are going to tap into the topics that WHO has also spoken about for the world mental health day- the theme being of prioritizing mental health at work place setting, trying to gain a deeper understanding of how professionalism and how work life balance is working. So as a therapist could you explain what emotional regulation is and why is it crucial in both professional and personal settings?

Psychologist: Before we dive into emotional regulation, one very important aspect of regulation of emotions is to basically understand what emotions one is feeling, and to understand and process the emotions we must also learn to accept our feelings and recognize that we are feeling something. Because of the kind of society we have grown up in and from the culture we come from, it is very difficult for us to accept certain emotions which are termed as negative emotions, for example anger, being the most common one. We try to suppress these emotions as much as possible and it could be in a personal as well as professional setting. Now what happens is that we suppress these emotions and they come out in the most disastrous way possible. Trying to suppress how we feel or why we feel in a certain way would lead to more confusion. So the most important aspect of emotional regulation is to accept that an individual can feel whatever they want to and understand why they are feeling so. And then comes the important part which is responding. A lot of us tend to react rather than respond. Responding involves expression of emotions in a healthy manner that not just safeguards our interest, but also does not hurt people around us. This is what emotion regulation means in personal and professional life. For an individual the most important aspect should be no frustration due to suppression of that emotion. You know when we feel a little light, we will also be able to understand as it makes us more sensitive towards the emotion of others.

Saachi: So it's definitely important for us to normalize feeling different emotions to begin with.

Psychologist: Absolutely! Because we have spent decades asking individuals to suppress emotions either based on their gender, community, cast and creed. The thing is, learning about it all is so deep rooted- 'we have to suppress certain kinds of emotions or show it only in a certain way' or a so-called universal code of conduct. In the midst of all this, we forget that we are human beings and our basic fundamental rights includes the right to expression. Emotions are one of our basic innate abilities that makes us human and it's all the more important that we learn how to feel them rather than feeling guilty or disgusted. I always tell my clients that it is not the feeling of emotion that is wrong, but the expression of it that can be right or wrong.

Saachi: As you spoke about your clients, what do you think are some common emotional challenges that you see your clients face in their professional settings?

Psychologist: The most challenging aspect in a professional setting is I think learning the art of diplomacy because for a lot of people it includes buttering up their bosses. That is a big emotional turmoil for them because they feel like their real self is contradicting the ideal self. I don't know where this myth came from, 'emotions have no space in your workspace'? Like 'you're not supposed to be emotional', 'We need to keep professional life separate', etc.? It is not possible due to the kind of fast paced lives we lead, it is actually not possible to keep these two separate all the time. So letting people feel what they want and giving them time to process that emotion and then get back on track is better because trying to suppress an emotion actually wastes more energy and time. Processing of emotions happens faster if it is a practice that has been cultivated. The most common emotional challenge that I have witnessed in my clients is balancing out how to separate their professional life from their personal life and also trying to fight the whole concept of "cannot be emotional at work".

Saachi: Oh yes, makes sense, I'm sure everyone tries to build a lot of facade in their workplace and personal environment which actually makes it worse for them.

Psychologist: There is a very deep rooted conditioning in every setting. There is a certain kind of role we are expected to play- for example if you are at leadership position in your workplace you will be expected to be assertive, you would be expected take quick decisions, they want you to be strict and caring at the same time, if she is a woman then there is even more. When she comes back home, she is expected to take a 180 degree turn and become a completely opposite person. When we have so many conflicting roles to play and each role brings its set of demands, human beings definitely stay confused as to which emotion goes with which role. When we try to alter these conditionings, it gets difficult for people to understand this and that also becomes a challenge.

Saachi: Which brings me to an understanding of emotions being in multiple layers so how is that tackled by you with your clients?



Psychologist: Unfortunately not all emotions are accepted by society so if you would notice, the societal point of view plays a huge role in how individuals regulate emotions because they regulate their emotions based on what is socially accepted and what is not accepted.

Saachi: So that also plays a role in the way that we perceive our emotions and try to express them because they are also carried with a lot of preconceived notions that society has put forward. Which makes me curious to know, as a therapist how is it for you managing these boundaries with your clients because a therapist is always perceived as composed and well presented. How do you match this with your personal and professional boundaries with your clients while also embracing empathy and understanding towards them?

Psychologist: Okay I will answer this question with utmost honesty- in my initial years I couldn't. As a therapist, I was learning. I was understanding my own boundaries. You know when they say, when a child is born a mother is born too? So for the first time when you meet a client, you become a therapist too. Like playing the role of the therapist, your boundaries change with each client. Initially, I just knew the areas I couldn't venture into and I definitely did not know how much I can or cannot take. So today when I have students or interns coming in, the only suggestion I give them is that you are not a good therapist if you know it all, it is when you know when to stop. That is how I started understanding my boundaries with a client. Certain things become some kind of a classical conditioning so these boundaries have also sort of become a muscle memory for me. Now I know when I need to take a step back or how to process my emotions regarding this. For example, in therapy there are certain times where therapists use the technique of silence, I use it to process what my client is trying to say, to sometimes put myself in the client's shoes but at the same time maintain those boundaries. My father truly helped me shape my boundaries, he is a doctor himself. He made me understand that I'm not a therapist 24/7, I have a life outside of my therapy space and this helps to distinguish the multiple roles I play in my life apart from just being a therapist. I would like to tell all the young therapists out there who do not learn these things immediately, that we all make a lot of mistakes, or dig deep into areas we are not supposed to, but that's the beauty of therapy; it is not just the client who grows, it is also the therapist who grows with every session, and becomes a better therapist with each. We need to embrace this slow process.

Saachi: Like you've mentioned before, even you learn a lot from your own clients and I think that's the beauty of this profession.

Psychologist: It takes a lot of courage to acknowledge that there is a problem and then take a step in order to resolve the problem. So coming to therapy is active courage and I think every client of mine teaches me something and makes me a better person by the end of their therapy sessions.

Saachi: That's really sweet! I love this because as a budding therapist this is something that I would look forward to so much and I feel like it's an eye-opener because we've always been taught to view it from one particular lens so I'm really amazed by this, because it truly increased my horizon. We would definitely like you to share any personal experiences where you found it challenging to process these emotions and how you actually handled it because it would be a great intake for us as budding psychologists!

Psychologist: Definitely, I was extremely close to my paternal grandmother. She passed away due to cancer and I remember I was studying in my final year of post graduation. Her only dream was for her granddaughters to study and do well. I remember when my results came after her passing away, and I was on top of my class and I felt sad instead of happy because she wasn't here to celebrate that with me. I have always remembered this incident, because it makes me realize that there will be times when things don't go my way but there is something better that is going to happen. And post this experience whenever I get a cancer patient, it's definitely a little difficult because it refreshes certain memories of my grandmother. I have learned to cope with it because my grandmother taught me how to cope with it before she passed away. She taught me how to cherish people rather than cry over them when they are not around. She taught me how to be grateful and live in the present. In the field of psychology we call it gratitude. This made me understand a very important element of grief, as it's not always about the moving on concept, no one can help us move on from a void that's created but we just learn how to live with it better. I even take therapy myself, because it's important to take help when you want to process emotions, a therapist also needs a therapist. I deeply believe that it takes courage to be vulnerable and it takes character to understand vulnerability.

Saachi: How has your understanding of these emotions or emotional regulation actually changed over the course of your career and how has this evolution impacted you in your personal life as well?

Psychologist: To begin with, my family would be surprised to witness how patient I am now because initially as a child I was really impulsive, I was very emotional as well. This has helped me understand who I am first, what I like and what I don't like and I have viewed it from my lens. It has helped me understand my worth. I learned to embrace my emotions which helped me accept myself. Learning how to process emotions also helped me develop a great bond with my sisters. They are like my two babies, it helped me understand that instead of having expectations it's better to have goals which are realistic. I still have a lot to learn, I have definitely grown to become a more calm and patient person. I have learned how to embrace anger and jealousy- I use it to motivate me and just keep doing things at a pace I am comfortable with. It's so important to give yourself the space to make mistakes as it helps you grow deeper and better in this profession- because at the end of the day you are dealing with human lives.

Saachi: If you could give advice to your younger self as a therapist about managing emotions, managing how you cope with things, what would it be and why?

Psychologist: Well the most important advice I would give myself would be that I am not going to be the best therapist for everyone and a good fit for every client. In my initial days, I would get really sad when a client would drop; I would take this upon myself. Over the years I have realized that clients also have their own pace when it comes to dealing with their issues. I also considered the fact that I may be a good therapist but I may not be in the position to help everyone. Earlier I would feel really disappointed when a client would stop showing up for sessions after putting in so much effort and hard work, but now I've started understanding that I am putting my hard work, but they are the ones who are going through it and sometimes it is natural to get overwhelmed and that's why they need their space and time to deal with things. People do tend to have very different expectations and different processing times. So I would just tell myself to keep faith in myself and to keep working.

LETTER TO THE MENTAL HEALTH PROFESSIONAL

A letter to mental health professionals, a gentle reminder for them to remember that they're human too - it is okay not to manage themselves well ALL THE TIME

Komal Jain
MSc Year 1

This one's for you—the psychologist, psychiatrist, or therapist who spends every day supporting others with their mental and emotional health, yet somewhere along the way, may have forgotten that you are human too.

I hear you - you're expected to be
calm
composed
always in control

But here's the truth - you are allowed to
have bad days
feel overwhelmed
feel tired
feel uncertain

Time to pour our own cups so we are abundant to pour into others', no?
It's okay to not have all the answers.
It's okay to set boundaries.
It's okay to seek support for yourself when you need it.
Believe. Be magic. Be you.
Outside of your profession, you're human too.



Achievement Alley



Highlighting Milestones on the
Journey to Growth

Section 06





FAIZA BELAL

MSc Year 1

In February 2024, I won 4 gold medals and 1 bronze medal at the Tata Institute of Social Sciences' Sports Week, IGNIS'24 (Guwahati campus).

Gold in: Basketball, Mixed Carrom, Mixed Relay Race, Kho-Kho

Bronze in: 400m Women's Single Race



DIYA THAKKAR

BSc Year 3

In the academic year 2023-24, I had the privilege of serving as the President of the Rotaract Club of Mumbai Ghatkopar. Leading a club of over 100 members, we successfully executed more than 150 impactful projects. Notable among them was Project Udaan, where we raised funds to support girl child education at a local school. Our club also sent four members for an international exchange program in Sri Lanka, celebrated Raksha Bandhan with cancer patients, and spread joy during Diwali at an old age home.

Under my leadership, the club achieved the milestone of being ranked as the 3rd best community-based club in Rotaract Mumbai, a district comprising over 14,000 Rotaractors and was honored with the Best President award. I was also a finalist in the Ms. Rotasia competition held in Bengaluru.

Looking forward, I am excited to take on a new role as a District Council Member in the international Service Avenue of Rotaract Mumbai.



TANISHA MEHTA

MSc Year 1

My name is Tanisha Mehta. In February, 2024, I launched my book "In My Skin" which talks about my journey with Psoriasis, a skin condition that took over my life 8 years ago. Psoriasis is a chronic condition, which means it has no permanent cure. It causes red, flaky patches all over the body. I had to make lifestyle changes, diet changes, go for lengthy ayurvedic treatments and feel surges of low confidence and painful skin from time to time. My book talks about what exactly went through my mind, as I navigated how to gracefully and confidently bloom, despite my skin condition. I gave a number of talks after my book was launched, spreading awareness about the difficulties and struggles faced by people living with skin conditions. I believe that my skin condition is a part of me, it does not entirely define me. My book "In My Skin- My Journey With Psoriasis" is available on Amazon India. Please do give it a read!

Mixed emotions are real. In a recent study, the USC Dornsife neuroscientists found that brains display distinct neural activity when experiencing emotions such as bittersweetness.

Mixed feelings elicited unique neural activity in the amygdala and nucleus accumbens areas of the brain. This activity was different from the brain activity seen when a subject reported a purely positive or negative emotion.

You have 43 facial muscles expressing the whole spectrum of emotions.

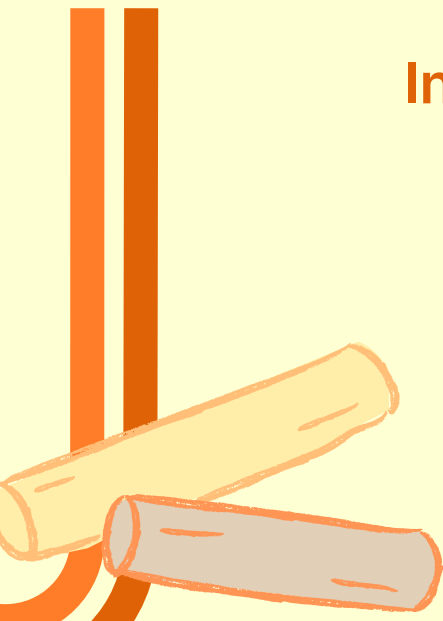


From the Chalkboard



Insights That Shape How We
Learn and Grow

Section 07





Dr. Ruttuja Karkhanis More
Head Of Department

This captures the intricate, sometimes overwhelming nature of emotions and moods. On first view, this kaleidoscope of colorful glass shapes represents an instantaneous portrayal of a 'full of life' movement, much like one encounters inside themselves.

As a matter of fact, huge shapes and colors are found in this installation. Emotions come in all forms: sharp and fluid, and some seem more prominent than others. The colors themselves encompass the ranges of emotions one has. Vibrant yellows and reds speak of joy, excitement, or passion, while deep blues and purples evoke a sense of calm, introspection, or sadness.

What appears to be salient within this series is how those fragments are grouped together. It is not a single thing that stands alone, nor, for that matter, are our emotions. It is much more common than it is not when we find ourselves experiencing a number of emotions simultaneously: happiness and nostalgia, anger and sadness, elation and fear. This sense of multiplicity can be seen in the way the panes of glass overlap with one another, creating new colors and profiles that might not necessarily look like any of the component pieces but indicate something entirely different about what was used to create them.



LEARNINGS OF A PROFESSOR FROM STUDENTS



Ms. Sayli Gurav

Psychology is something that got introduced to me when I was young, around grade 8, when I stumbled upon an article in the Marathi newspaper my mother ensured I read. It spoke about some theory which I do not remember for the life of me now, but it introduced me to someone called a psychologist. This was a person who could understand the human mind and the brain. I only understood the difference between the human brain and mind (if you know, you know) much later as I began my formal education in the field. I thus announced that this is what I wanted to pursue. Not knowing much, not having an action plan. Not that an 8th grader should have had one. My parents were extremely supportive of this choice when it was finalized around 10th grade and time had arrived for me to pick a stream.

By then, my parents who were both from the accounting/commerce stream background had begun their research, asking around with friends and family. They wanted to know what the best way would be to approach this, what would be the best college, what would be the career prospects, etc. They were proactive and hands-on. They got me connected to people who were pursuing this and that helped. My schoolteachers were not incredibly happy that I was going to pick the Arts stream. Unfortunately, back then that was the route to pursue Psychology. They could not digest the fact that one of their top 10 ranking students wanted to pick Arts and not science, or at least commerce.

Geez! I had a lot of explaining to do to them, friends, and extended family, thankfully not to my parents. I managed to overcome all this, explaining to people how the Arts stream is not all about drawing and painting. Yes, I had those kinds of questions thrown at me. To quote,

“Oh, so you’re taking Arts, so you must be great at drawing and painting!” Sailing through all this, building my curiosity around the subject, I completed my graduation.

During the first year of my Master’s, we were introduced to the NET/SET exams (National/State qualifying exams for PhD or teaching positions). I was told you can give these exams; they have a lifetime validity and could help if I ever wanted to pursue either. I spoke to my father about it and very nonchalantly I was told, what is the harm in giving the exams? If anything, it will be an experience. Why worry about the results if it is not something that you are seriously wanting to pursue? A little bit of context to this is that I had a sharp vision that teaching and research (which were the other two dominant career prospects in the field) were not my ball game whatsoever.

I did not think I held the acumen for teaching, nor did I have an interest in research because statistics was not my strongest suit, and I thought that research was all about the numbers and data analysis. My goal was to have a private practice eventually once I had gained enough experience while working in the field. Of course, I was wrong, naïve about this whole “statistics is what research is all about.” I took the NET exams, successfully cleared it, while in the first year of master’s with minimal prep and did not give it a second thought after it was done.

As I was nearing the end of my Master’s, I got an offer to be a teaching assistant to a professor who eventually became my mentor. I wondered why I got offered this and I spoke to my father about it. Again, I got the answer why not try it? You have some time after your master’s to get into your practice and since it is just a teaching assistant position, you can also intern and learn on the job. I succumbed, took the teaching assistant role and there was no looking back. I fell in love with teaching. It has been 6 years since I embarked on the journey of teaching and learning. More learning than teaching to be honest. And I enjoy everything that comes with the job. So, here are the things I learnt, some taught by colleagues, some on the job and a lot from the students I interacted with.

Patience

Oh, so much patience. Inherently, I am not the most patient person. However, I realized I had to be patient because my students had even less patience than I did. And now that I was on the other side, I had to be patient. Patience also made me a better listener. It gave me time to think and make better decisions. It made me more observant and receptive and through that I was constantly learning a lot through it all.

Technology

I learnt so many tech and internet-related things from my students. Cool apps/websites cool features on them and just how to get the most out of technology. Not only for psychology but to get the job done quicker and better. I get updates on pop culture, and we manage to always somehow connect it to psychology.

The ability to multi-task

I see my students excelling at so many things. Just within the department with the committee and outside may it be sports, performing arts, photography, etc. I am extremely motivated by this just to see how my students are constantly upskilling. Pushing me to upskill and do something beyond academics or work.

Teamwork

The students have depicted the strengths that teams hold. Yes, it is tough to work with people (especially with the kind of diversity that we always have). But the strength of team is in its members and the strength of the members is in the team. I also see students hyping each other, whether it be during performances at events or just the daily hustle, in moments of solitude and in moments of joy. That to me is how teams should work. I learn the importance of unity and the strength in being together and achieving together. There is so much that I am learning everyday and so much that I am yet to learn. And that is what makes my job enriching and keeps me motivated to keep coming back. And I cherish all the interactions I have with my students may it be in class, outside class or wherever we end up meeting while they are part of the department or even after they graduate. I am grateful for my job because every day is a new day with new possibilities.

ACT AND FLOW THROUGH YOUR EMOTIONS

Ms. Mayola Rodrigues

Imagine you have a box, which contains all your difficult emotions and experiences. What would happen if you kept that box close to you all the time or you tried to push that box away, but it just wouldn't go? Quite often we try to do this with our emotions and experiences that have been distressing. We try to fight them. This struggle to keep our worries at bay can get exhausting, but what's the solution to living a life that's fulfilling while not constantly struggling with our emotions? This is where **Acceptance and Commitment Therapy (ACT)** comes in. Instead of fighting with our emotions, we learn to work with them.

Accept it, Don't Fight it!

The harder we try to suppress or avoid our difficult emotions, the stronger they seem to get. We try to tell our mind to stop or distract ourselves by usually engaging in maladaptive behaviours. ACT teaches us to be aware of these emotions and accept them by engaging in more mindful activities. Similar to keeping that box of difficult emotions in the room and being aware of it but not constantly engaged with it.

Our thoughts are just thoughts.

Look at thoughts and feelings as you look at clouds passing by. You don't need to constantly cling to these thoughts. This simple shift helps us stay calm when our emotions overwhelm us, and we can carry out our daily routine.

Stay in the Present.

Constantly ruminating over the past and worrying about the future can make our lives tough. Focus on the here and now, emotions live in the present. Using mindfulness techniques (which does not just involve mindful relaxation) try to stay in the present and notice how much calmer you feel.

Follow your values and take ACTION.

What is it that you value the most in life? Honesty, Freedom, Connection, Creativity, Love, Self-development or something else? Knowing your values guides you through your emotional storms. Take steps in alignment with these values. This helps you get through the emotional turmoil which is part of life.

So next time, no matter where life's roller coaster takes you, acknowledge your emotions as they are without any judgement, accept them and continue to take steps in line with your values. ACT is not just a therapeutic approach, but also a way of living a fulfilling life.



Mood #2

The Borivali slow train pulls in, and, as usual, it's not too crowded. The first-class compartment gives me enough space to stand comfortably and send a "good morning" to my "besties" group, along with a picture of one of Bandra's cats. A boy in front of me with headphones on feels like a semicolon, bridging music with the rhythmic clatter of the train.

An old man stares out the window as we pass Santa Cruz station, wanting to speak—stories, unspoken.

Mood #3

I decide to buy flowers for myself today. On the long skywalk to the university, a woman hurries by, and her umbrella shunts my tote into the long lilies I'm carrying. A bud breaks off. I want to scream. I stop, searching for chai or a smoke. My lecture starts in 12 minutes. It will be a long walk—broken pavements, puddles, unfinished metro construction, my crumpled notes, these stubborn lilies, my clammy hands, and an unsent message to... a story, still in progress.

Mood #1

Adira. My neighbor Reuben's cat, who bids me goodbye every morning as I lock the door of my apartment. I hop into a rickshaw heading to Bandra station, passing through Ranwar village. I take in the sights—old and new bakeries, smiling faces—stories, untold.



Picture Credits: Palaq Dixit
MSc Year 2

3 MOODS (IN MOTION) ON A DAMP DAY

Mr Gourab Ghosh

ABOUT THE PSYCHOLOGY DEPARTMENT

The Psychology Department at the Jyoti Dalal School of Liberal Arts (JDSOLA) offers a dynamic learning experience, with nearly 20 student-led committees dedicated to different aspects of psychology. These committees give students opportunities to engage in research, outreach, events, and peer support, fostering leadership and a deep understanding of psychological concepts.

A key event hosted by the department is Mental Illness Awareness Week in early October, featuring a series of activities aimed at destigmatizing mental health conditions. Through discussions, seminars, and workshops, the event highlights the importance of mental health care, self-care strategies, and community support.

Another major observance is Suicide Prevention Day, which raises awareness about suicide risks and emphasizes early intervention. Workshops, expert talks, and interactive activities help equip the community with the knowledge to support those at risk.

The department also hosts the Psych Film Fest, where student-created films explore psychological themes, sparking dialogue between attendees and mental health professionals about the portrayal of psychology in media.

With these key events and the backing of its committees, the Psychology Department at JDSOLA emphasizes experiential learning, community engagement, and practical applications of psychology, ensuring students graduate with both academic knowledge and real-world skills to impact mental health and well-being.



ABOUT THE EDITORS



Drishti Haldia

With seven years of experience and a deep passion for psychology, Drishti's academic journey has significantly shaped her creative path and writing pursuits. She expertly manages the editorial process, combining meticulous planning with her extensive knowledge to ensure that our readers receive top-notch, engaging content. Outside the editorial room, Drishti immerses herself in the world of art, including photography, has a passion for creatives and loves diving into the world of books.

Girisha Kamboj

Stepping into the role with five years of hands-on experience, Girisha's dedication to psychology has been honed over time, driving both her passion for the subject and her writing pursuits. With a solid foundation of expertise, she efficiently guides her team in crafting content that resonates with our readers. Beyond her professional life, Girisha thrives on creativity, indulges in her appreciation for performing arts, a playful sense of humor, and an adventurous spirit, always ready to try something new.



THE MAGAZINE COMMITTEE



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Drishti Haldia and Girisha Kamboj

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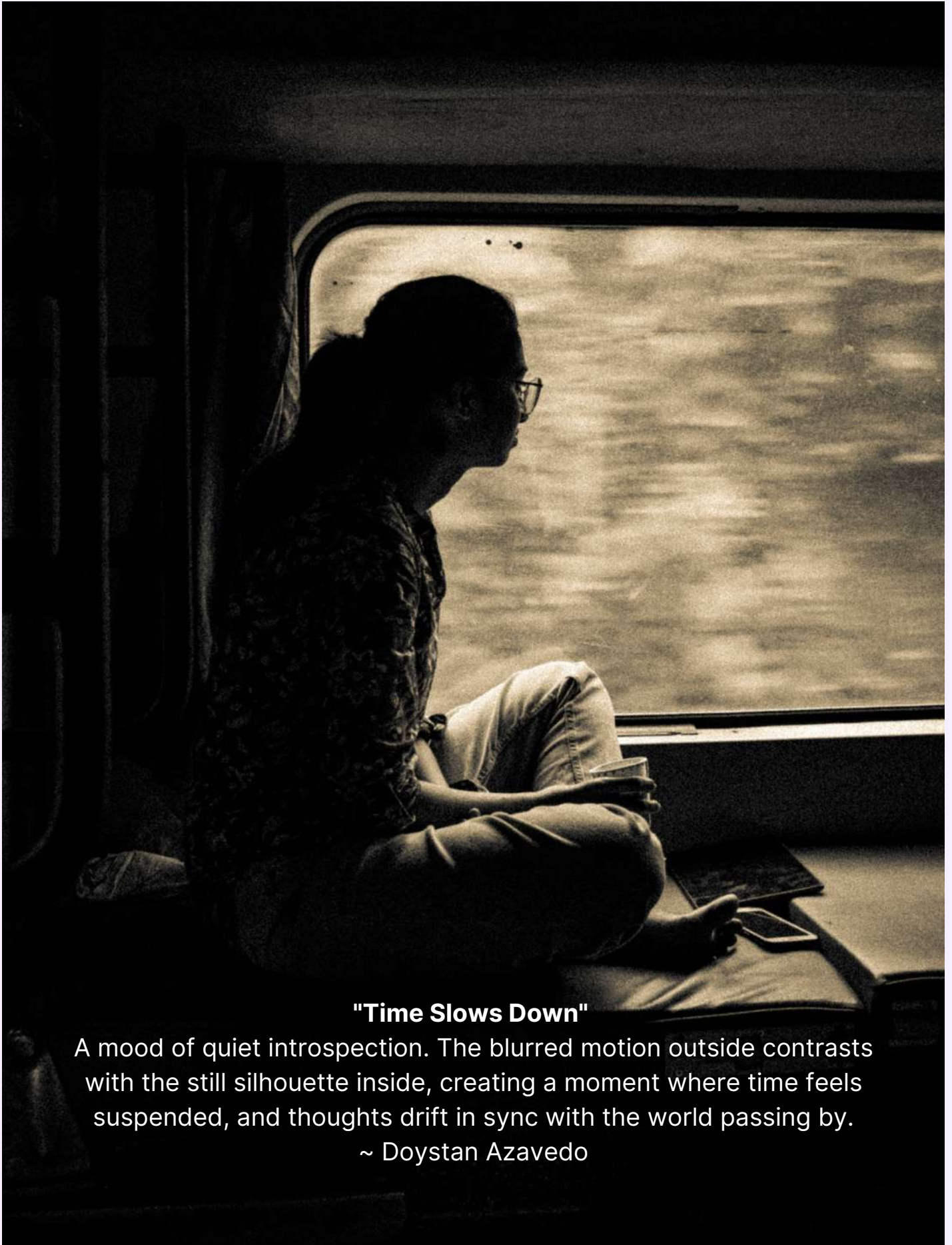
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"Time Slows Down"

A mood of quiet introspection. The blurred motion outside contrasts with the still silhouette inside, creating a moment where time feels suspended, and thoughts drift in sync with the world passing by.

~ Doystan Azavedo