



7TH EDITION OF THE PSYCHLIC ZONE PRESENTS

CHRONOS & KAIROS

Time, Memory & Mind

Cover Credits: Aameya Kapoor, M.Sc. FY

PREFACE

Welcome to the Seventh Edition of *The Psychlic Zone*, presented by the Department of Psychology at the Jyoti Dalal School of Liberal Arts.

This year, we step into the timeless dialogue between *Chronos*, the ticking and measured time that governs our schedules, and *Kairos*, the fleeting and meaningful moments that shape who we are. Together, they weave the intricate fabric of memory and mind.

Have you ever wondered *why* an hour of laughter feels like seconds, while minutes of waiting stretch into eternity? Or *why* some memories remain etched in vivid detail while others dissolve like smoke? In this edition, we *unravel these paradoxes of time and memory*: how the brain perceives time, why nostalgia tugs so strongly at us, and how collective rituals preserve what individuals may forget.

Cognitive Clocks explores the neuroscience of time perception. In *Chronically Online*, we examine how technology reshapes our relationship with time and memory. *Parallel Memories* brings contrasting perspectives, such as nostalgia versus letting go, productivity versus procrastination, and remembering versus forgetting. Through *Timeless Testimonies*, we invite personal reflections and poetic musings, while *ChronoCine* uncovers how films, novels, and art twist, stretch, and fold time itself. Visual storytellers find their place in *Visual Vignettes* and *Time Capsule*, while expert voices echo in *Living Libraries* and *Legacy of Thought*.

This edition also holds a special place in our hearts as it features reflections from the founders of *The Psychlic Zone*, whose words remind us how the passage of time continues to connect every editor, contributor, and reader in this enduring legacy.

As you journey through these pages, we invite you to pause and reflect: are you living by the clock, or by the moment? Here's to memories cherished, seconds savoured, and stories that outlast time!





ACKNOWLEDGEMENT

The creation of this magazine has been a testament to the beauty of collaboration, patience, and timeless dedication. It is only fitting that *we pause to honour the remarkable minds* whose efforts have shaped this edition of *The Psychlic Zone*.

We extend our deepest gratitude to our esteemed Dean, *Dr. Vijay Negi*, for fostering an environment that celebrates curiosity, innovation, and reflection, the very qualities that lie at the heart of exploring time, memory, and the mind.

Our mission this year has been to unravel how moments are perceived, how memories are preserved, and how meaning is made. This endeavour would not have been possible without the vibrant *Psychology Department* at the *Jyoti Dalal School of Liberal Arts*, a space where ideas flow freely across time and generations.

A special note of appreciation goes to *Dr. Deepti Puranik* and *Dr. Ruttuja Karkhanis More*, whose leadership has been a steady compass, reminding us that while time moves forward, wisdom helps us carry the past meaningfully into the future. Their guidance has encouraged us to explore, reflect, and rethink *what it means to live both by the clock and by the moment*.

We are equally grateful to our Magazine Mentor, *Ms. Mayola Rodrigues*, whose invaluable insights and constructive feedback have sharpened our vision and ensured that each piece resonates with clarity and purpose. Our sincere thanks also extend to the M.Sc. Psych Committee Faculty-in-Charges, *Ms. Shivani Shinde*, and *Ms. Nidhi Dedia*, and our B.Sc. Psych Committee Faculty-in-Charges, *Ms. Labdhi Doshi*, *Ms. Anushka Arakal*, and *Dr. Sanchi Agarwal*, whose support has anchored us through this journey. We are indebted as well to our faculties, *Ms. Sayli Gurav*, *Dr. Ananya Mohanty*, and *Ms. Pallavee Joshi*, along with all JDSOLA faculty, for their continuous encouragement and contributions.

We would also like to honour the legacy of *Asma Syed*, *Dhwani Jain*, and *Tanvi Raichura*, the visionary founders of *The Psychlic Zone*, who wove the first threads of this tapestry years ago. Their legacy endures like memory itself, constantly reshaped, yet never forgotten.

This magazine would not be possible without the *voices of our contributors*, who transformed fleeting thoughts into words that will live on these pages. Each submission has added to the collective chronicle of time, memory, and mind. Thank you for entrusting us with your stories and insights.

Most importantly, this edition stands as a reflection of the tireless efforts of the team behind it. Our heartfelt thanks to the *Design, Logistics, and PR departments of The Psychlic Zone*, as well as our dedicated *Central Incharges*. This magazine lives and breathes because of the creativity, perseverance, and passion of those who poured themselves into its making.

Here's to moments remembered, time well spent, and a legacy that continues to unfold!

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MESSAGES FROM HOD & FACULTY IN-CHARGES

MESSAGE FROM PROGRAM CHAIRPERSON, **Dr. Deepti Puranik**

It gives me great pleasure to introduce the seventh edition of our Psychology Magazine 'The Psychlic Zone', a platform that not only showcases the academic and creative talents of our students, but also reflects the growing relevance of psychology in today's world. Psychology is more than a discipline - it is a lens through which we understand human thoughts, emotions, and behavior. In an increasingly complex world, the insights drawn from psychological research and practice are essential in promoting mental well-being, fostering empathy, and guiding meaningful social change.

This issue explores a particularly thought-provoking theme: how time and memory shape our lives. From childhood recollections to the way we anticipate the future, our perception of time and the memories we carry deeply influence our identity, decisions, and relationships. Understanding these psychological constructs offers us powerful tools for healing, growth, and self-awareness.

This magazine represents the collaborative spirit of our students and faculty, who have come together to explore and express the multifaceted nature of the human mind. From research-based articles to reflective essays, the content within these pages highlights both scientific rigor and deep personal insight.

MESSAGE FROM FACULTY-IN-CHARGE, **Ms. Mayola Rodrigues**

The Psychlic Zone helps our students link their academic knowledge to their creative abilities and is a true testament to the department's vision of critical thinking and experiential learning. Every student's contribution is a reminder of the creativity that our students bring to the department. I feel immense pride in what the Magazine team has created and the valuable contributions that our students have shared to make this edition complete. I could not be prouder of the editorial team for their unwavering dedication and of everyone who has contributed to making this edition a success.

This edition's theme, Chronos & Kairos - Time, Memory & Mind, makes us reflect on the measurable passage of time while also reminiscing about moments that last with us as time passes. The scientific field of Psychology helps us understand both the measurable and the subjective, and this theme has helped us achieve that. The theme may help the readers come to the realisation of how time is not just about living a fast-paced life with the steady ticking of the clock, but also learning to grab the opportunities that present themselves in this constant flow of time.

So, my dearest readers, I hope that as you read, you reflect on your own Chronos and Kairos moments. Happy reading!



MESSAGE FROM THE EDITORS

By Krisha Bulani & Jiya Nandu

Hello beloved readers!

As we stepped into our roles as editors, our vision was simple yet profound: to create something that would make readers pause, reflect, and perhaps see themselves in a new light. Each edition has been a journey into uncharted corners of psychology, stitched together with passion, creativity, and collective effort.

This year feels especially meaningful. *Chronos & Kairos: Time, Memory & the Mind* is not just the theme of our seventh edition, but also a *mirror of our own journey as editors-in-chief*. Time has raced by, filled with countless meetings, brainstorming, edits, and laughter. Yet, within that rush, there have been those *Kairos moments*, fleeting but profound, that we will carry with us long after this edition is published.

This is our *final magazine as editors-in-chief*, which makes it all the more special. What began as scattered ideas grew into something much larger than we ever imagined, thanks to the brilliance and dedication of our subheads, members, and contributors. Every article, every design, every word here is a testament to what can be created when many voices come together to tell one story.

As we hold this edition in our hands, it feels like both a *culmination and a time capsule*, one that captures not only the theme of time and memory but also our own memories of building this magazine. We couldn't be prouder.

So, welcome to this edition. *Read it slowly or all at once*. Let it remind you of your own timeless moments, your fleeting seconds, your unforgettable memories. And above all, thank you for letting us be a part of your journey as much as you've been a part of ours.

After all, what is a magazine if not a memory frozen in time?

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COGNITIVE CLOCKS

This section combines theoretical depth with real-world application. It will feature literature reviews on cognitive psychology and neuroscience of memory and time perception, while also highlighting famous and contemporary case studies — from Clive Wearing's amnesia to eyewitness memory in courts and collective memory in social movements.

Together, these pieces bridge research with lived experience.





FROM SYNAPSES TO STARS, THE MARCH OF ENTROPY

Harshika Papne, B.Sc. TY

Have you ever pondered over *what is the exact connection between our past and our future?* If your answer is the *present*, you are only partially correct! It is our perception, memory and anticipation that connect us to 'time', and it is believed that *time must flow only forward*. Every person has, at certain points in their life, come across the phenomenon of time travel and have tried to find out why it still does not exist, even after the amount of movies and shows dedicated to it. *Do you believe it is possible?*

Why do we remember our pasts, but not the future? The future is something that has not happened, yet is permanently and unchangeably connected to the past and present. The most we can do is predict it. '*Entropy*' is a phenomenon that refers to disorder or randomness. It is linked to the passing of time in a way that the more time that passes, the more entropy has occurred. Things tend to go from order to disorder, and not the other way around. This refers to anything and everything, such as how a balloon can explode, expelling the air inside, but it cannot be reversed to become a gas-filled ball again. After reading this, you have understood the '*thermodynamic arrow of time*', a concept in physical science!

Our Universe is a special one. It took birth in a very fine-tuned, extraordinary configuration, even though most possible 'arrangements' at that time could only have been messy and unstructured. *This special configuration was the low entropy and high structure*, which gave room for more entropy and hence growth to take place. This is *how we got the arrow of time*, because if there already existed a high entropy, i.e. maximum disorder state, there would be no preferred direction for the arrow (of time) to pick from. The arrow can only go forward. In a *state where maximum randomness exists, there is stagnancy*, and hence no change. Time is inevitably just 'change'.

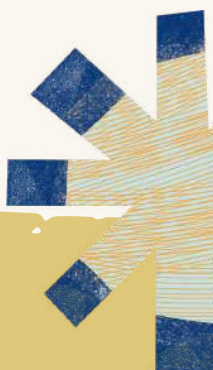
This 'change' is how our brains were able to notice how time works! We use them to *anchor* ourselves to our physical and psychological environments. Our senses aid our perception in accommodating the changes happening in our lives. If you know a person who often loses track of time, it is likely that they have very few anchors to the changes around them. Memory is a faculty of the brain to store, encode and retrieve one's experiences and information collected by their senses. Connecting this faculty to the physics of time, memory can only be formed in the present tense. This is because *every present has more entropy than its past*, and our brains work to reduce entropy locally through encoding. You may be thinking right now, *if entropy is being reduced, does that mean that we're going backwards?* No! Focus on the word '*locally*' here.

Even though the stimulus received by the brain is being ordered to reduce randomness, there is the *simultaneous burning of heat and breaking down of glucose happening in our body*, which contributes to the increase in entropy. 'B' is greater in amount as compared to 'A', strictly following the physical laws of time.

To be a bit more specific about the brain, it is the *hippocampus*, the seahorse-shaped cerebral structure that is prominently involved in the memory processes and, hence, navigating time. It organises our memories into a sequence and makes past information accessible, through which we *get a sense of continuity and coherence*. This essentially *mirrors the psychological arrow of time*, according to which the future is a product of one's present actions and past experiences.

Experiencing damage to this brain structure would hence automatically damage one's memory processes. For example, the *famous musician Clive Wearing* suffered a viral brain infection that ended up damaging his hippocampus and a few other areas. This resulted in damage to his memory formation process, specifically the short-term memory. With his short-term memory lasting for only a few seconds, he was permanently incapable of forming any long-term memories. This *inevitably damaged his perception of time*, as he could not register any significant changes around him, *forever living in the 'present'*.

The above case fundamentally demonstrates how our neural mechanisms that *store subjective experiences are still inherently linked to the natural progression of entropy*. We can perceive our world only because the arrow of entropy *allows* it to progress in one direction, hence creating the psychological arrow of time. Ultimately, we can view time as an ever-expanding force that is capable of connecting things as small as the brain and as big as the cosmos. Time is a *keeper of memories for many*, and *for me*, it is also a *keeper of my interests!*



TEMPORAL TANGO:

How Minds Stretch Moments into Memories

Siddhipriya Chatterjee, M.Sc. SY

Time, silent clockmaker by day, inscrutable thief by night, keeps weaving the tapestry of our lives just as it keeps slipping through our fingers. To get inside time, memory, and mind, one must up and *dive in to the swirling dance*, a choreography sometimes orderly, sometimes chaotic, where psychological theory meets personal nostalgia.

Images of the internal clock in a human's mind paint a picture of a mechanism that measures time in the *most complex manner-clockwise or counterclockwise*. The *Scalar Expectancy Theory* affords a perspective in which our internal stopwatches measure time with some degree of statistical accuracy, seconds extending into minutes, minutes into hours. For us, time exists for the mind, is a matter of being felt, and is an elastic concept stretched by happiness or shortened by sorrow (Time Perception Theory appearing in the field of cognitive psychology), so in other words, the *in situ* perception of our internal "chronometers" is altered through mood, attention, and context to give rise to "temporal illusions."

Memory is the instantaneously captured polaroids and vivid movie of the experiences through time. If *time is the canvas*, *memory is the painter with styles* sometimes cubist and at other times pointillist, but always one of subjectivity. The *Multistore Model of Memory* by Atkinson & Shiffrin and *Working Memory Theory* by Baddeley & Hitch illuminate how impressions journey into sensory registers, and into giant libraries of long-term memories, but of course, the paint of memory never dries. In our growing *mental tapestries of cognitive fluency*, meaning we tend to remember things easily when they are presented clearly, adds more ink to those memories that are clear and felt deep into consciousness.

Over the *generations*, collective memory becomes much like an 'echo chamber,' in which emotional recollection colours both personal and collective history. The *Schema Theory*, as proposed by Bartlett, alleges that we do not simply remember discrete fragments of the past; we *rebuild* an event in the framework of what we expect, believe, and socially accept. Through this ocular and *emotional association*, nostalgic ads such as the iconic "Nirma" jingle stimulate both individual and collective recall.

In a *digital era*, chronicles of human lives are literally drifting along with memories; there are virtual libraries, algae-filled time capsules, and scrolling visual snippets. The *Google Effect*, the so-called digital amnesia, suggests that an unconsciously acting technology modifies how we remember, often making us less reliant on internal memory and somewhat more connected to shared stories. *Farallel memories* instrument each other as photographs, memes, and threads, allowing each of us simultaneously to hop from one temporal pop-up to another.

One can say that life speaks through the milestones and mindsets that are fundamental to our sense of self. *Being forged at the intersection of memory and time*, identity is coined out of the self in the traumatic happenings of one's personal milestones, as stated in the psychosocial development theory of Erik Erikson. *Living libraries* keep memory alive in the form of mentors, memoirists, and storytellers, who now transform this memory into a legacy.

The interaction between *time, memory, and mind* is a *rhythmic dance*: fast one day, slow another-the combination of perception, meaning, and longing. *Every second we live* bites its way through a cognitive concept of time, mutates through emotion-induced recall, and is essentially grafted into the very architecture of our creative design. In the *intertwined dance of chronos and kairos*, we remain not only the dancers but also the audience, *witnessing the constant changing of the narrative of our lives*.



CONCEPTUALISING CHRONOCEPTION:

Reviewing theories of Time Perception

Vinney Godiwalla, M.Sc. SY

Have you ever wondered why certain periods in life seem like they pass in a blur, but others feel like they're being dragged on endlessly? For instance, an uninteresting seminar that seems never-ending versus an evening with your friends or loved ones feels like it sped past in a jiffy. The answer lies in the *phenomenon of time perception or chronoception*, which refers to one's subjective experience of the passage of time. *The Ancient Greeks* were the first to differentiate between actual chronological time, *chronos*, and subjective time, *kairos*. Our daily lives are filled with such paradoxes, which reveal an important truth - the perception of time is not fixed but is malleable. It is influenced by several factors such as the environment, temperature, emotion, attention, memory, neural mechanisms and more. This article attempts to review and shed light on some important theories of time perception. Theorists, psychologists, and neuroscientists have proposed and developed many models to explain how our minds bend the clock. In the late 1860s, psychologist *Karl Vierordt* proposed a systematic bias (*Vierordt's law*) such that individuals tend to overestimate shorter durations and underestimate longer ones (Vierordt, 1868; Glasauer & Shi, 2021). Soon after, *William James* proposed the idea of the "specious present", which stated that one's experience of the present or "now" in fact spans a brief interval of time rather than an instant (Andersen & Grush, 2009). These early insights were significant in that they highlighted the subjectivity of chronoception.

By the mid-20th century, emphasis was shifted towards information-processing accounts. *Robert Ornstein* suggested that the *perceived* estimation of duration depends on the amount of information one is processing, such that *richer or more novel experiences feel like they last longer* (Ornstein, 1969; Kulieva et al., 2025). Treisman and colleagues proposed an *internal clock model* wherein a neural pacemaker of sorts emits regular "ticks" that accumulate and enable us to estimate time (Treisman, 1963; Treisman et al., 1990). Such models considered time to be a measurable signal inside our minds that was translated into judgments or estimations about seconds and minutes.

Through the 1970s to 1990s, these ideas and many more crystallised into the *Scalar Expectancy Theory (SET)* proposed by *John Gibbon and his colleagues* (Gibbon et al., 1997; Rakitin et al., 1998). As per the SET, we keep a track of the time passed using *an internal clock consisting of 3 parts* - a pacemaker that produces pulses, an accumulator that counts these pulses, and a memory and decision system which compares the present count with stored counts of known durations. The scalar property refers to the notion that the errors an individual makes in estimating time grow in proportion to the length of the interval. Advances in science have provided rich information through neuroimaging research (Rao et al., 2001; Buhusi & Meck, 2005; Wiener et al., 2009; Coull et al., 2010) that reveals a network of brain areas working in concert.

The *basal ganglia*, through the dopaminergic systems, encodes intervals of time, acting like an internal stopwatch. The *cerebellum* fine-tunes motor timing and synchronisation, especially for very short intervals. The *parietal cortex* directs attention to temporal information while the dorsolateral prefrontal cortex enables us to compare and make decisions about intervals. The *suprachiasmatic nucleus* regulates our circadian rhythm, while some evidence points to the existence of dedicated neurons in early sensory brain areas that process very short (millisecond) durations (Heron et al., 2011; Heron et al., 2013).

However, for the broader and more subjective flow of time and self-continuity, another network known as the Default Mode Network (DMN) takes centre stage. The DMN becomes active when an individual is at rest and engaging in internally-focused thought processes like introspection, self-reflection and so on. Some researchers have proposed that the DMN is the hub for inner time consciousness (Northoff et al., 2025). The *DMN integrates the past, present, and future*, allowing us to feel a sense of continuity of self in time. *Alterations* in its neural rhythms can reshape subjective chronoception. For instance, in depression, its sluggishness can make time feel heavy and slowed, while in mania, it becomes overridden by faster sensory networks, making time feel accelerated. Furthermore, under the influence of *psychedelics* (Siegel et al., 2024), the DMN's functional connectivity can be reduced, *leading to a dissolution of the boundaries of past and future*, which converge into a timeless present.

I would like to conclude by sharing some insights from neuroscientist *David Eagleman's article*, which states that our brain processes sensory inputs at different speeds because they arrive at different times, but it waits briefly (about 100 milliseconds) before integrating the information and then “post-dicts” the event series to create a coherent timeline (BRAIN TIME | Edge.org, n.d.). This can be understood with the example of a simple finger snapping exercise - when you snap your fingers, the vision and sound of it seem to reach you simultaneously. But when you apply the laws of physics, we know that light travels faster than sound, which means the visual input reaches your brain before the audio. But your brain waited and post-dicted that series to make it seem like a simultaneous and coherent experience. This phenomenon underlies illusions of time as well, such as *Vierordt's Law*, the *Kappa Effect*, the *Telescoping Effect*, *Chronostasis*, the *Flash-lag Effect*, the *Odball Effect* and many more.

A black and white photograph of a person with short, curly hair wearing large headphones, sitting at a desk and looking at a computer monitor. The monitor displays a video editing software interface with multiple tracks and a preview window. The person's hands are on a keyboard. The scene is dimly lit, with the primary light source being the computer screen. The overall mood is focused and somewhat somber.

CHRONICALLY ONLINE

Time in the Digital Era

From doom-scrolling to binge culture, this section explores how technology warps our sense of time and alters the way we remember.

HOW TECHNOLOGY DISTORTS TIME AND MEMORY

How to Take Back Control

Heer Maru, B.Sc. TY

Spending most of their time on the internet is increasingly becoming a habit for many individuals today, particularly students who spend a significant amount of time online. This interaction of the technology with our brains *not only alters how we live over time, but also how we remember and extract the experiences we have*. It is intriguing and even frightening to know that the established devices and platforms, which are designed to keep us informed and entertained, have distorted our perception of time and memory in such ways that we usually do not notice them until we step back and process them.

A very glaring example of how technology is playing with our perception of time is the so-called doomscrolling. *Doomscrolling* occurs when we are incessantly scrolling through bad news or stressful material. It is initially like simply staying abreast of things, but it quickly turns hypnotic and fatiguing. *Minutes turn into hours without our notice*, and yet, how much time has passed, and we do not seem to have gotten anything of substance out of it.

The never-ending negative information flow has produced a loop of stress in our minds that slows time down and, at the same time, speeds it up. Other significant influences on our distorted perception of time are the binge culture. *Binge culture*, be it binge-watching shows, scrolling through social networks endlessly, or spending hours and hours watching videos, is the result of which time loses its habitual order. Our days, when we binge, are likely to fall in each other and make it difficult to remember what we did when. These *prolonged consumption periods* provide our brains with constant stimulation and, consequently, our desire to get immediate gratification is more pressing.

This *change* not only distorts the way we experience time, but it also *alters* our memory capacity of events. *Technology* also alters our remembrance of ourselves and the world we live in. When something special happens, we are likely to recall through the photos we have captured, the posts we have shared or the remarks we have written on the internet. This is because of the fact that we *externalise memory*; that memory is not stored in our own minds but is stored in digital records. This change influences the degree to which we identify with our own past and the extent to which we gain insight as to our own identity.

There is a psychological effect of being constantly online, which makes it like a *background noise* in our heads. The brain becomes accustomed to notifications, alerts, and new stuff, and it is difficult to forget about them. It is this constant distraction that breaks our time and puts us in a superficial state of mind. We get *addicted to the stimulation of dopamine* by likes and comments, which

consumes us even though we want to quit, or even decelerate, due to the very structure of applications and websites. This *gives us the illusion that we are in a race* to never leave the house without doing something online, having no chance to be bored, rest or reflect, yet as it turns out, these are the keys to healthy brain development and formation of memory.

Due to this unending digital interaction, it is more difficult to make a substantial and cohesive story about our lives. Rather than living experiences that shape our identity, *we accumulate disconnected experiences and responses in the online world*. These isolated times do not fit our minds, and thus, any personal development and emotional comprehension becomes harder.

We can take some *practical steps* to overcome these challenges. One useful intervention is to establish *particular boundaries on screen time* and have technology-free areas or times of the day. This will aid in regaining our concentration and concentration. The other one is *mindfulness or meditation* to train the brain to slow down and discontinue the constant urge of notifications. It is also possible to schedule time to do offline activities such as reading, exercising, or hanging with friends to get a *natural rhythm of living and forming memories*.

Above all, it is useful to keep in mind that technology is *not a master, but a tool*. It is in our hands to establish limits and define our online behaviours to make them compatible with wellbeing rather than harming it. *With minor adjustments, we create space to focus more*, have more memories and meaningful relationships with ourselves and others. The *future* does not necessarily need to be full of scrolling and timepieces. Rather, it can be about *discovering* balance and living in the moments that actually mean something. This *equilibrium* may result in a sense of being more grounded, clear-headed and alive

WHY THE WEEKEND DISAPPEARS IN A BLINK

Kiara Gulati, B.Sc. TY

A weekend seems to vanish in the blink of an eye, especially for those who are chronically online. *Weekends* should be rejuvenating, the days you look forward to as soon as the week begins. However, *in this modern day and age*, they are often characterised by work and mental “carryovers”. As we need a break from our work week, *we anticipate relaxation*. We create personal to-do lists, engage in social commitments or just rot in bed to compensate for the lost “me time”. This creates a paradox: *the harder one tries to maximise the weekend, the faster it seems to disappear*.

This time is *anticipated as sacred and important*, yet when leisure time is overrun by errands or digital activities, it feels lost and empty at a primary level. The dread of the upcoming Monday, having to resume work, known as the “*Monday Blues*” or “*Sunday Scaries*”, shortens the sense of freedom and adds to the feeling that the weekend simply slipped away. Individuals who are chronically online experience an even greater time warp. Digital platforms are made to be endlessly engaging, taking over your processes of attention and causing time distortion. Hours can slip by unnoticed when watching videos, doom scrolling, bed rotting or endlessly switching between apps. This affects our brain since it becomes *addicted* to clips as each entertaining clip sends a rapid burst of dopamine (the neurotransmitter responsible for feelings of pleasure and motivation), which *reinforces* the urge to keep watching. This *repeated release of dopamine activates* the brain’s reward pathways (the same paths involved in addiction to a variety of substances), which can make everyday activities seem boring. Over time, this *rewires the brain and produces a reduced ability to feel satisfaction from less stimulating experiences*, making the habit self-reinforcing.

Frequent interaction with the digital world interrupts our leisure time, which can lead to a sense of being “*robbed*” of *free time* with little recollection of how many hours were spent, lowered ability to recover mentally and higher anxiety, social comparison and self-criticism which is intensified by increased exposure to the lives of others.

Research provides evidence that *how one spends the weekend shapes* not only their physical recovery but also their mental health. The brain requires downtime from not only physical stress but also psychological stress to *fully reset*. Time away from social media for as short as two weeks has led to better sleep quality, reduced anxiety, better mood and enhanced sleep quality.

Yet, most people spend far more time online on weekends, carrying fatigue into Monday. To combat *the vanishing weekend*, one must establish healthy digital boundaries. They must schedule a few hours away from technology to allow the mind to experience the natural release of dopamine. Using leisure time for creativity, engaging in social relationships and closing all mental “work” files till Monday helps in allowing the weekend to be an actual break. Furthermore, consistent sleep schedules and spending time in nature promote psychological recovery.

Weekends vanish so quickly, not only because of busy schedules but also because of our relationship with digital media, which accelerates time and fractures attention. By treating the weekend as days to relax and unwind, one can help bring about meaning and a sense of fulfilment in what feels like 48 fleeting hours. The *solution* is not to do less but rather to be more intentional on how your time is spent, especially when *technology threatens to make all weekends feel like a blink*.



THE INVISIBLE TIME THIEF

Mehak Soni, B.Sc. TY

Time often feels like sand slipping through an *hourglass*. After a long and exhausting day at college, I came home and only wanted one thing: to have some ‘*me time*.’ I wanted to scroll on my phone and recharge myself. Hours slipped by, and I didn’t even realise it. It often felt like *I was stuck in a loop, like I was a robot*: I would wake up, attend lectures, come home, scroll, sleep, and then repeat the same thing the next day.

The amount of time social media takes away from our lives is terrifying. I *never looked at the clock before opening Instagram*, but I always said it was going to be only for a few minutes. My mom had asked me the time one evening as she prepared to leave for an event. Hours later, she returned to find me glued to the same spot, scrolling endlessly. It was at that moment that I realised I had just lost four hours of my day, only scrolling. *Four hours. Gone in a blur*. I couldn’t even recall what I’d seen. That night hit me harder than I expected.

After that, I *began “timing” myself*. I would set limits: fifteen minutes of scrolling and then back to my work. But fifteen minutes rarely stayed fifteen. *Apps are clever*. They are designed in a way to keep you hooked to them. Sometimes I would accidentally swipe to the top of my feed due to an error and see just how many (hundreds) of reels I had scrolled through. What felt like “two or three scrolls” had turned into hundreds.

What *unsettles* me most is how little I remember *afterward*. I can vividly recall a patient I met months ago during my internship, or the way a friend and I burst into laughter over something silly. But I can’t recall a single reel from the night before. The hours spent doomscrolling *dissolve into nothingness*, leaving no trace in memory. We often think that technology is the villain, but that’s not the case. It might have created traps to make sure we remain hooked for hours. But recognising these traps gives our sense of power back. I have started asking myself small questions: *Do I really want to open this app right now? Is it a want or a need? Is this moment better spent scrolling, or could I use it to talk to my mom, write a thought down, or just sit quietly with my tea-pakoda?*

Sometimes I still choose the scroll, but at least now I notice when I do. For me, *the challenge is learning to reclaim time, to resist the quicksand of endless feeds, and to collect moments that actually matter.*

Because at the end of the day, I *won't remember* how many reels I watched. But I *will always remember* the conversations and laughter when life felt real. And *maybe that's the kind of time worth guarding!*



CHRONICALLY ONLINE

Palak Khullar, B.Sc. SY

I can't count the number of times I've picked up my phone to check one notification, only to "wake up" hours later, dazed from an endless scroll of reels. What began as a one-minute check somehow devoured an entire evening. If that sounds familiar, it's because it has *quietly become the story of our generation.*

Reports suggest *Indian Gen Z spends anywhere between four and eight hours online daily*, longer than many of us sleep. *Classes, Chats, Shows, Reels: digital life weaves into every nook of our day.* But the deeper we absorb ourselves into screens, the more slippery time feels, and the blurrier our memories become. *Technology* is no longer just a tool; it has become the very lens through which we perceive life.

Lost in Time

Time bends online. Hours vanish like smoke, yet scrolling can feel repetitive, dull, strangely numbing. Psychologists call this time distortion, and we live it daily. Think *doomscrolling*: that compulsive pull to consume endless news and gloom, born during the pandemic and fed by our fear of missing out. Does it help? *Hardly.* It breeds anxiety, leaves us empty, and steals whole evenings. Streaming platforms engineer traps of their own. *Cliffhangers and autoplay* leave us whispering, "just one more episode." One becomes three, then five, until we're bleary-eyed, startled by how late it's gotten. *Notifications*, too, splinter our attention. Each ping lasts seconds, but the distractions slice our day into what writer *Brigid Schulte* calls "*time confetti*," scraps of focus that never add up to anything whole.

A 2024 study by *Sharma and Srivastava* found that extended screen use among Indian Gen Z was linked to higher anxiety, worsened by constant comparison with curated online lives. Add late-night scrolling, and the result is poor sleep, more stress, and fatigue. In chasing connection and clarity, we end up exhausted and adrift.

Borrowed Memories

If *time is the first casualty, memory is the second*. Why bother remembering when Google, Notes apps, or Instagram will do it for us? This is called “digital amnesia.” Studies like the *Kaspersky Lab* report show we forget facts because we know they’ll always be stored somewhere online. We *no longer commit* phone numbers, recipes, or birthdays to heart. Instead, we *rely on algorithms and reminders*. And while it *seems convenient, it subtly strips meaning*. Looking at Instagram “Memories” to recall a trip feels oddly hollow, like outsourcing my own life to a server farm. What should *anchor us*, our lived experiences, risk being overwritten by *curated versions designed for likes, not for living*.

Hijacked Attention

Attention has become the *hottest commodity*. Platforms, borrowing tricks from casinos, dole out little dopamine bursts through likes, shares, infinite scrolls, and autoplay. Psychologist B.F. Skinner called it “*variable rewards*”, an unpredictable reinforcement so addictive it hijacks our brain. The cost? *Distraction is our default*. Microsoft once claimed our attention span had dropped from 12 seconds to 8, shorter than a goldfish’s. Whether exact or not, the pattern is clear: we struggle to stay with anything long enough to create a lasting memory. You’ve lived it. Sitting down to study, you glance at your phone “just for a minute.” Before you know it, half an hour is gone, momentum shattered. *What remains isn’t clarity but confetti*.

A Personal Pause

One Saturday, I promised myself “just a few reels.” The next thing I knew, the sun had set. Strangely, I couldn’t recall a single meaningful moment from those hours, just clips of strangers cooking or dancing, *stitched together by an algorithm*. Another time, after a trip with friends, I caught myself scanning Instagram’s “Memories” more than my own. The digital version was brighter, smoother, but farther from my reality. It felt as though *my phone remembered more of the moment than I did*. Both times I wondered: *Am I living for the experience itself, or for how it will appear online?*

Choosing Presence

Technology has given us incredible access, but in doing so, it *has blurred our time, outsourced memory, and splintered our attention*. The question is painfully simple: Do we own our time online, or does it own us? We don’t need to abandon the digital world, but we can *reclaim* it. Turning off unnecessary notifications, setting screen boundaries, scheduling “detox days,” these aren’t about rejecting tech, but choosing when to be present. More importantly, we can learn to *choose kairos*, those rare, meaningful instants of real presence *over chronos*, scrolling, where hours slip by unnoticed. *Because in the end, life doesn’t need a filter to be memorable*.

BORROWED ATTENTION

Supriya Arora, M.Sc. SY

We often find ourselves drifting through an endless cascade of posts, videos and moving from one notification to another, where hours slip away unnoticed, and yet our *mind is hyper alert, absorbing every trend*. This is what I call “chronically online”.

This constant flow of information triggers the mind into a *habit of immediacy, where every moment and everything feels urgent*, even if it's a trivial task. Reading heavy news online, we usually retain the weight of emotions more than the details themselves. *Doomscrolling*, immersing in binge-worthy shows and reels, turns distinct moments blurred. *Time* begins to feel like elastic, days stretching or shrinking, measured less by lived experiences and more by screen time. The memory fragments into *fleeting impressions of digital footprints rather than memories or experiences themselves*.

Being chronically online offers connection while quietly reshaping the way we perceive, remember and inhabit our own lives. This strange fascination with digit immersion, the scroll, the binge, the click, is addictive because it offers that *illusion of stimulation and novelty all at the same time*. Simultaneously, raising the question about *how much of the attention truly belongs to us, and how much is borrowed by a constantly shifting digital landscape*.





TICK TOCK TRIVIA

1. Time Dilation is Real

According to Einstein, time moves slightly faster at higher altitudes. Astronauts on the International Space Station actually age milliseconds slower than people on Earth.

2. The 4-Minute Mile Myth

For decades, people believed humans couldn't run a mile under 4 minutes. Roger Bannister proved it wrong in 1954, showing time isn't always a limit - it's a challenge.

3. The 7-Day Week

We use a 7-day week largely due to ancient Babylonian astronomy, which observed seven celestial bodies: Sun, Moon, Mars, Mercury, Jupiter, Venus, and Saturn.

4. Time Perception in Animals

Small animals with fast metabolisms, like hummingbirds, perceive time as slower, which helps them react quickly to threats.

PARALLEL MEMORIES

Paired perspectives on themes like nostalgia
vs. letting go, productivity vs. procrastination,
or remembering vs. forgetting.



A PART OF ME....

Anandita Agarwal, M.Sc. FY

A part of me wants to hold to the memories of while growing up;
Swinging high, touching clouds,

Meandering carelessly in crowds.
Playing out until dusk,

Hearts light and free, nothing to discuss.
The smell of rain, and grandmother calling to eat,

The smile on my face after getting a birthday treat.
Crayons in hand,

Building castles in sand.
Chasing butterflies, climbing every tree,

Ice cream melting, faster than we could eat.
A corner of my soul still softly pours,

But in my mind the past loudly roars.
Like, the shadows haunting me behind closed doors,

My tears blending with the grey floors.
The whispers of fears I dare not to speak out loud,

How lonely I felt in a crowd.
The constant voices in my head,

The secrets which stayed under my bed.
Holding them like stones in my chest,

Looking for peace yet denying rest.
But the wounds don't hold me, they help me heal,

Time softens the edges of how I feel.
I now walk forward with the pieces of both in my hand,

A heart that's wiser, wanting to understand.



CHRONOS, KAIROS, AND THE DANCE OF TIME:

Understanding Our Relationship with Time

Ananya K Murarka, M.Sc. SY

Ever notice how an hour spent with a close friend goes by quickly, yet an hour spent in the library seems to last forever? That's how time is slippery. It can sprint, crawl, or disappear so totally that you're left wondering where it went. In actuality, time isn't merely an external entity that passes on calendars and clocks. It resides in our thoughts, where it is influenced by meaning, memory, and attention. Psychologists may refer to it as subjective interpretation, perception, or attribution, but in short, time feels the way we tell ourselves it does.

The majority of us are accustomed to rigorous schedules, deadlines for assignments, phone reminders, and Zoom's "five minutes left" alerts. *Chronos is required.* It helps us maintain our discipline, gets us to the required places on time, and makes sure we don't miss the deadlines. However, there is a drawback to chronos: if you live in it too much, you'll become autopilot. Get up, eat, study or work, scroll, go to sleep, and so forth. We become machines as a result of routines, going on without realising why we are doing so. However, life swiftly turns into chaos if there is no schedule at all. Lack of structure leads to guilt, procrastination, and constant doom scrolling, which makes us feel empty.

Somewhere between these extremes lies *kairos, the time of presence.* It's the period of time when you're totally engrossed, such as when you're painting and realise three hours have passed, but you're strangely energised rather than exhausted, or when you're in the middle of an excellent conversation after class and don't even notice the cafeteria closing. This condition, which psychologist Mihaly Csikszentmihalyi named flow, occurs when ability and difficulty are so well balanced that time ceases to be a cage and becomes a canvas.

The catch? At the finish line, we are frequently instructed to pursue our goals as though they are our awards. We strive for "end results," thinking that the process isn't worthwhile unless it produces the desired outcome. But consider this: wasn't the true pleasure the excitement of finally grasping a complex concept, the late-night brainstorming sessions with your group, or the laughs at careless errors? We deprive ourselves of the satisfaction that is hidden in the process when we reduce time to deadlines and accomplishments. Instead of viewing time as a companion walking alongside us, we perceive it as an adversary counting down.

Perception truly takes centre stage at this point. A presentation that piques your interest feels brief and appealing, whereas one that you fear feels interminable. *You have changed, not the clock.* Block and Zakay (1997) demonstrated how emotion and attention skew how time is perceived, explaining why being in love makes hours seem to fly by while sadness makes days feel heavier. The intriguing thing is that we can change this perception by rephrasing.

Time becomes oppressive when you tell yourself, "I'm so behind." It becomes breathable when you tell yourself, "I'm moving at my own pace." This internal dialogue is not ignored by our brains; rather, they pay close attention. Positive self-talk literally changes the way we perceive obstacles, maintain motivation, and even the importance of deadlines.

Have you ever experimented with mixing music to this mix? Until you turn on your favourite soundtrack, a lengthy reading list seems intolerable. After that, it seems manageable. Music distorts perception, giving the impression that effort is lighter and more rhythmic. It serves as a gentle reminder that although time passes at a set rate, our perception of it is flexible, fluid, and influenced by the glasses we wear.

When discussing healing, this *adaptability becomes even more crucial*. Chronos might tell us that therapy consists of 12 once-weekly sessions. However, healing in practice doesn't follow calendars. Some revelations come like lightning, a sudden "aha" that transforms everything. Others gradually accumulate like rain until the earth is eventually softer, more tranquil, and more fertile than it was. Like life itself, healing requires both chronos and kairos. *Its existence gives it soul; its structure gives it rhythm.*

The good news is that this is a global problem, not limited to just students who have to balance deadlines. Mornings may seem dull to a retiree until they are brightened by an impromptu narrative told to a grandchild. Teenagers may spend entire afternoons lost in the abyss of social media before realising that a half-hour of journaling or sketching feels more authentic than hours of browsing. Back-to-back meetings may smother a working professional's week, but a stolen half-hour coffee with an old buddy can bring actual rebirth. The lesson is the same throughout generations: how we use our time to create meaning is more important than how much time we have.

Furthermore, meaning is not solely derived from high goals or exceptional outcomes. It originates from the way we talk to ourselves, how we perceive the passing of time, and how we decide to present the commonplace. We have depth with kairos and order with chronos. Timelines are important, but so is presence. We gain discipline from routines, but we gain freedom from flow. Both spontaneity and patience are necessary for healing. The question is more about how deeply we experience time than it is about how it passes.

According to Miles Davis, "*time isn't the main thing.*" It is all that exists. Perhaps he was correct. The true question, though, may be this: can we learn to paint with time, stretch it, enjoy it, and make it our own, rather than allowing it to rule us?



HOLDING ON, LETTING GO

The Science of Mental Contradictions

Ishwi Sukhnani, B.Sc. FY

Our *memories* have a sense of humour. One moment, they give us focus, and the next, they ambush us with distractions disguised as feelings of *nostalgia*. Sit down to work, and suddenly you're listening to songs you didn't even realise you remembered. The *mind is more of a deceiver than a calendar*; folding past, present and the future into a single spiral.

We choose to look at emotions and thoughts as simple: good or bad, productive or lazy, past or present. However, the reality is far messier. Our mental lives are complex - nostalgia and letting go, productivity and procrastination, clarity and fog. Oddly, both sides come from the same mind.

Nostalgia, for instance, on a good day, it feels like a warm time machine: an old memory that reignites motivation, a photograph that reminds you why you began in the first place. *Nostalgia* is said to activate the *brain's reward system*, releasing dopamine and oxytocin, the chemicals that, according to neuroscientists, surge when we fall in love or have a piece of chocolate. No wonder it feels sweet.

On the other hand, *this feeling holds a darker edge*. Nostalgia can trap us in reruns, where the past tangles. Instead of fostering growth, it holds us behind, repeating old loops until moving forward seems impossible. Psychologists call this '*Rosy Retrospection*', the tendency to paint the past brighter than it existed, even as it blinds us to the present.

This rivalry between comfort and growth doesn't stop at memory. It shows up at our desks. Productivity and procrastination aren't opposites. When the *prefrontal cortex* performs its function, tasks fall into place, lists fall short, and we feel the satisfaction of getting work done. Although when anxiety or choice overload hijacks the same system, the brain stalls. Our brain freezes, not out of laziness but out of overwhelm, or as psychologists like to call it, *overload*. Under pressure, the prefrontal cortex short-circuits. A lot of tasks to do, multiple decisions to make and suddenly the system seizes. This is known as '*Task Paralysis*' – the state where the want and ability to work split apart.

Just how work can go *from motion to paralysis*, memory holds its own disputes. It may be razor sharp, thanks to hacks such as mnemonics or repetition, that strengthen our neural pathways until recall feels effortless. Or at times, the same brain collapses under its own weight. Stress hormones such as cortisol overwhelm the *hippocampus*, impairing recall, resulting in a state called '*brain fog*,' a cluttered mind, yet empty like a browser with a hundred open tabs and none loading. Staring blankly, aware that something prevails but unable to grasp it.

And then there's *attention*. At its best, attention unlocks '*Flow*,' a state, psychologist Mihali Csikszentmihalyi described as a balance between skill and challenge, merging actions and awareness. Hours go by, self-consciousness fades, and focus feels effortless.

Brain scans indicate that this *state is driven by dopamine and norepinephrine*, a cocktail of motivation and alertness. At its worst, attention scatters, distracted by every ping and vibration, rendering us suspended with no focus.

What makes these disparities fascinating is not their differences but their similarities. They all stem from the same system of memory networks, emotional circuits and survival wiring. The mind is not a contrast between “good” and “bad” states; it is a *single framework carrying both its strengths and weaknesses*.

Now the question arises: what do we do with this knowledge? The answer, *maybe*, is not to conquer one end or evict the other, but to recognise the flip. Nostalgia can aid us if we let it inspire rather than confine. Procrastination may, at times, help us realise that the task might be too vague or overwhelming, pushing us to break it down for better efficiency. Distraction, too, has value; revealing what our brain craves when work seems misaligned.

Parallel memories nudge us to understand that complexity is not a weakness but a possibility. To exist with the mind is to walk the *thin line between* mastery and paralysis, clarity and fog, letting go and holding on. The flips will always remain; *the ploy is learning when to catch and when to hold on to*.



WHY WE CLING TO YESTERDAY

Kiara Gulati, B.Sc. TY

Nostalgia is a universal experience. It is elicited by cues such as sights, smells, sounds, or even scrolling through old photos, which can serve as an *anchor* during periods of uncertainty or change. But *why is it so difficult to let go and embrace the present?*

Nostalgia is a feeling that *has a close association with memory and social connection*. It can be understood as a “*bittersweet longing*” where pleasant memories are blended with the bygone moments. *Research* has provided evidence that nostalgia may have a significant role to play in well-being because it enhances belongingness and connectedness. People also resort to nostalgia when life seems unpredictable, such as during stress or loneliness, recalling happy memories as an emotional consolation.

What makes the past seem better, you ask? Well, cognitive biases shape and distort how we remember experience, and nostalgia often draws upon these biases. *Rosy retrospection* is the ability to look back at past experience with a filter that adds highs and reduces lows.

For instance, individuals may remember a childhood vacation as an unadulterated pleasure, ignoring the flight delays or rows.

Selective memory is another bias, which means remembering some facts while disregarding others, often those viewed as embarrassing or disadvantageous. When someone feels low, they're more likely to reminisce about happier times, which makes their present circumstances feel adverse. Biases like recency and confirmation also make people hold onto well-known narratives of the past more dearly. These biases play on our emotions, making it more difficult for us to move beyond past times.

However, *nostalgia has mental health benefits*. When practised mindfully, it builds resilience, invites social connection and gives life meaning. However, being too entrenched in the past leads to issues such as being unable to adjust to change and accept the now, experiencing anxiety, depression or being stuck in rumination and compromised motivation that ultimately leaves one feeling "stuck". This makes the skill of letting go inevitable despite being hard.

Letting go is not really about forgetting the past or erasing one's memories, but rather a process that involves acceptance. Some steps in letting go include practising mindfulness, which can help in savouring current joys and achievements, no matter how small. Creating new traditions and investing in new relationships can help in changing the narrative of being fulfilled and valued. However, the most important step in letting go is seeking support. Sharing nostalgia and grief with friends or professionals can help in rebuilding the void created by the loss, leading to acceptance. Sharing sorrow and nostalgia with friends or experts can assist in filling the space left by the loss, resulting in acceptance.

Nostalgia is a part of daily life, like in fond memories, songs, stories or old photos. It is evidence of a life well lived and able to let go to open doors for creating new memories. Accepting both means respecting the past but also creating room for the future.



THE WEIGHT OF TIME, THE PULL OF PRESENCE

Komal Jain, M.Sc. SY

Chronos is the ticking clock we live by: deadlines, schedules, meetings. *Kairos* is its quieter cousin: the moments when you're so absorbed in what you're doing that time stops mattering. *That's flow*. In psychology, we call it intrinsic motivation and deep engagement. And in practice? It's that sweet spot where working, creating, or problem-solving feels almost effortless.

But *flow is fragile*. And distraction has home-court advantage. It's not just social media; it's the *subconscious hum of being "always on."*

I remember one evening when I was writing out a framework that I was genuinely proud of. For a brief while, I was fully in it, you see. Time stretched, and everything clicked. Then my phone buzzed. A call. Followed by a string of WhatsApp messages. *None of it is urgent*, but enough to break the rhythm.

By the time I returned, the thread of clarity was gone. Flow doesn't pause and wait for you. It simply slips away.

As young professionals, we often confuse responsiveness with responsibility. We believe *being instantly available is what makes us reliable*. But the truth is, it leaves us scattered.

The parallel memory I hold is this:

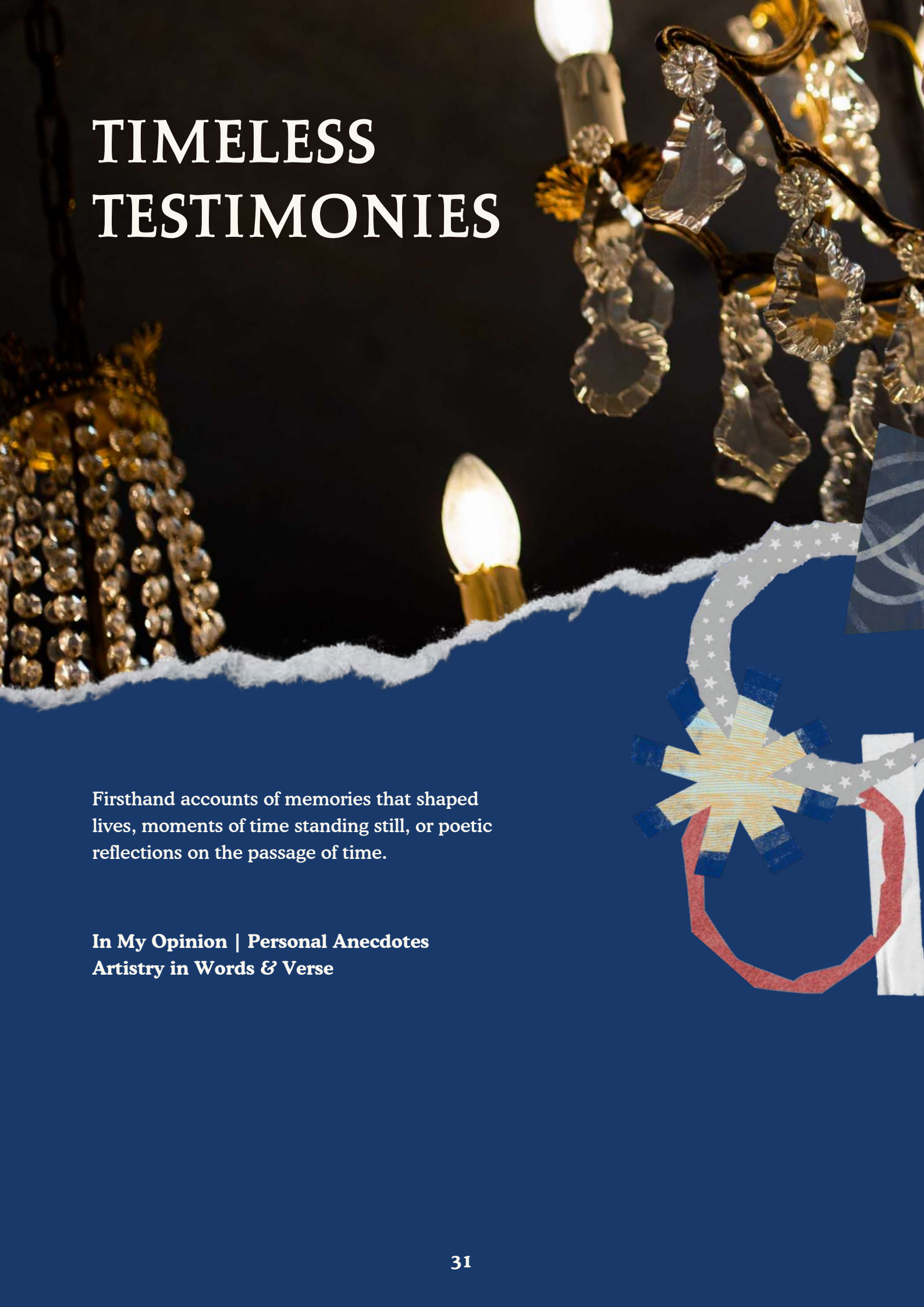
The me that chases *Kairos*, creating work that feels alive.

& the me that bends to *Chronos*, reacting to every vibration in my pocket.

Maybe this is where structure and surrender come in. *Chronos* gives us routine, but *Kairos* demands we surrender... stop tracking every hour and start inhabiting it. Leaders especially need to model this. Hustle culture glorifies the grind, but real leadership values depth over speed, presence over pings.

Because Chronos will always tick. The real win lies in choosing when to surrender to *Kairos* and protecting it like it matters. Because it really does.

TIMELESS TESTIMONIES



Firsthand accounts of memories that shaped lives, moments of time standing still, or poetic reflections on the passage of time.

In My Opinion | Personal Anecdotes
Artistry in Words & Verse



PAST, PRESENT, FUTURE

Sawleha Diwan, M.Sc. SY

We talk about the *past, present, and future* like they're still in our school grammar textbook. Spoiler: they're not. They're *messy, judgmental, and occasionally hilarious*, because the past, present, and future aren't just grammatical notions - they're our lives. The story we are writing for ourselves, and whether we accept it or not, we love being the main character.

Our past... oh, our past. Our gallery is filled with questionable fashion choices, a random haircut (or even bangs, if you were a victim of that phase). Our past sometimes lives in our phone gallery or in old photo albums our parents made for us. *We love going through it because it's our book, it's our initial chapters.* We look at our failures and successes & compare them to our current situation. After all, *a good background and origin story make the book more interesting.*

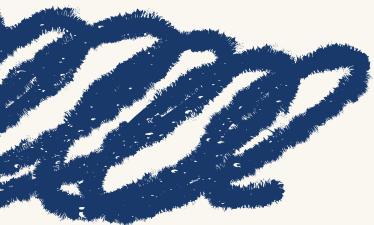
The present is, unfortunately (or fortunately) is a rat race. You blink, and three hours have disappeared while doomscrolling, or maybe you're stressed out about hustle culture. "How are people my age already achieving so much? Why am I still so behind?" Remember that conversation with yourself? Meetings, deadlines, college, assignments, chores, relationships, it's all chaos. We still make bad decisions and say, *"I did it for the plot."* I know you do it, and I do it too. It's an insane roller coaster, all at once, and you have a *love-hate relationship with this stage.* Some might even call it character development when it gets too stressful, but you manage. *Mostly!*

The future? That's the "perfect" ending we strive to build. And when I say perfect, I fully believe perfect endings are subjective. What I aspire to do might be your worst nightmare, but as long as you have a vision & work toward it, *I'd just say: you do you.*

We do aspire, but you want the truth? I would be lying if I didn't acknowledge that even a subjective ending is terrifying. *Self-doubt & fear suddenly become our best friends.* Because we are dramatic like that, rather than take it one step at a time, of course, we might stress out & retreat to our favourite coping mechanism.

But here's a fact: past, present, future, *it's your book, it's your story, you are the main character,* and believe it or not, this is one of those times where the process is more important than the outcome.





OUT IN THE SAND

Manya Gopesh, M.Sc. FY

When I was out in the sand, *far away from home and from people*, I was standing in the middle of a desert known to none as closely as to me. I had travelled for hours, feeling everything around me as deeply as none. The greenness of the cacti, with just the right amount of fade in its texture. *For what is life without the glory of colour, yet the misery of separation?* The blinding power of the sun is trying to lay me down on the ground with all its force, reminding me to conquer the world yet stay clear of what I cannot conquer. The soundless wind steals all the elements of the earth that it can, *to convince the world that she has a voice*. In reality, she's muted till her rage *peaks into a storm*. As a storm, she's effortless in making her presence known. As a storm, she knows *how to make her rage everyone's problem*. The world is truly at fault when she becomes a storm. As I *walked ahead towards finding an end*, I saw what some at the same time would've been seeing on the highway from afar. *I saw the oasis*. I didn't run towards it, of course, for I knew of its phony, and wasn't it disheartening? It was so disappointing to have known about it already. *At times, all you really want is, to not know*. Even though something isn't good for you in the long run, wouldn't it be nice not to have known about it beforehand itself? However, I had already filled my cup with water on my own, so it was fine.

I walked some more and reached a settlement, met some people, shared my tales and not my thoughts, flew back home, and here I am with my thoughts, back to you.

THE TRICKS OF TIME

Pal Gandhi, B.Sc. SY

Time is a funny thing. One moment you *are 06*, trying to figure out your way in school & another moment you *are 16*, waiting to leave the house you grew up in. But people just blame it on teenage rebellion & never really try to understand what goes on in that person's mind. They have so many conflict memories at the place they once called 'home' that they don't know what to feel anymore. The mind plays its tricks as always, the deep ocean of dilemma. Somewhere in between this vast ocean lies the comfort of being with people who accept you for who you are. But as time passes, those moments are turned into memories, and y'all settle with planned video calls, which is strange because once you imagined doing life with them, under the same roof, but now it's just a mere idea that is laughed off. So you sit by your window, the evening wind blows your hair away from your face, holding an old photo of your people, feeling the nostalgia in your bones. *And with a heavy heart, you yearn*. You yearn for that time to be back, you yearn for those memories to be made all over again, you yearn for the time that you wasted hating over everything in your life.

But you can just yearn, because time never turns back.



KAASH... TUM AB BHI YAHAAN HOTE

Ehsas Kadyan, B.Sc. TY

Kuch din pehle hi,
Ek bheeni si muskaan thi,
Kuch khatti-meethi yaadein thi,
Aur wo pyaar bhari mulaaqaatein thi.

Har raat ke dhalne pe,
Dheron si hoti baatein thi,
Aise haste-khilkhilaate,
Jaise bachpanaa dikhlaati thi.

Fir waqt kuch aisa badla,
Maano sab kho daala ho,
Kaise maan loon tum na rahe...
Kaise maan loon tum na rahe?

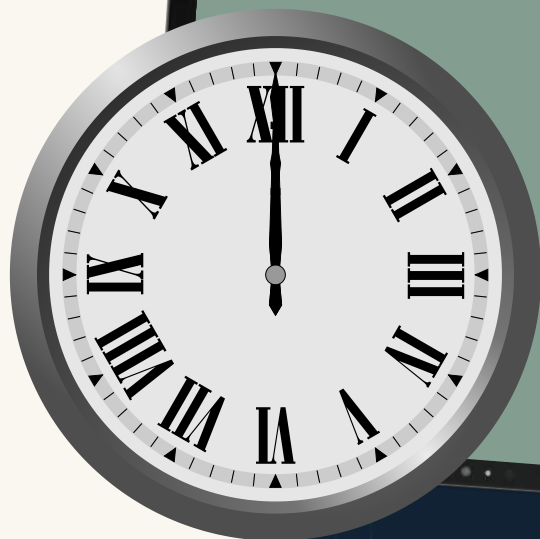
Neela aasmaan ab kyu na raha,
Kyu rukh badla iss hawaa ka,
Bin Mausam barsaat ke saath aksar ye sochta hu
Ki kisne di thi tumhe ijaazat?

Fir waqt ne ye khaalipan
Khud hi see daala
Socha tum na ho
Tumhaare-sang yaadein toh hain.

Par aksar aisa lagta hai
Ki kuch adhoora sa hai life mei
Kash Tum ab Bhi yahan hote
Kaash.. kuch na badla hota.

Do pal.. bas do pal
Jahaan sirf mai hota
Jahan sirf tum hote
Kaash, kuch na badla hota

Shayad yahi toh hoti hai
Yaadon ki asli taaqat
Ki waqt guzre, aur pal bikharte rahe,
Aur hum phir bhi unn yaadon ko jeete rahein.



WHY I DOCUMENT

Aaryaman Jatav, M.Sc. SY

Life's filled with too much happening
The moments I live are intense
Another comes along so soon
The previous becomes past tense

No matter how high or low I go
I try cherishing both ends
It won't be long before my mind
Distorts the times I've spent

I fear forgetting my former days
I find it easier to pretend
That I need to post or share each thing
An excuse to document

I document my everyday
From food to fits to friends
I'm young still I lose track of things
I'd rather keep forev'



TIME IS A _____

Krishna Bulani, M.Sc. SY

what is time?
a fleeting moment, slipping through my hands,
or that churning that never rests, or never lands?
am I a victim of it,
or just a passerby, caught where worlds may collide?

what is time?
a mere coincidence, like a slap in the dark,
or a blank canvas, untouched and bare?
it drags me, it mocks me:
"you're ageing faster than you think?"

what is time?
a prankster, a thief or wait maybe a joke?
I chase it, dodge it and it laughs at my assumption,
as time is just a big blank.



Ishita Jain, B.Sc. SY

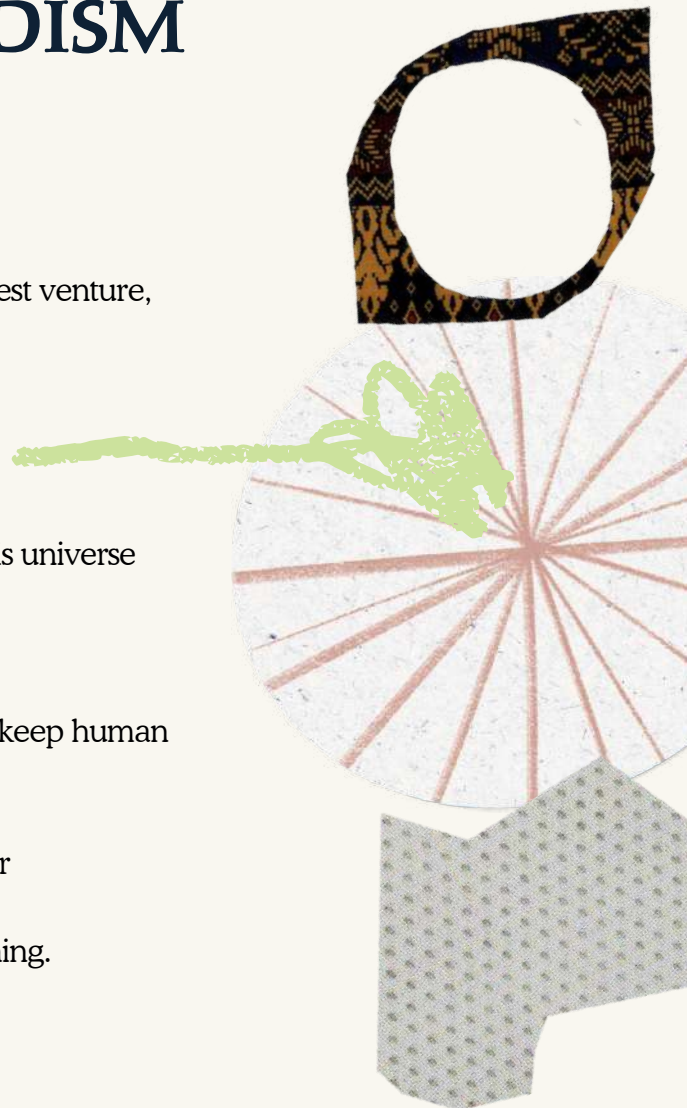
BITTERSWEET

The bitterness of my coffee is escapism for me. *It opens a portal, a void, having me and completely me, the bitterness being the hollow cave to give myself utter freedom. Freedom to think, to recover, to simply be. I sip once, I sip again, and again, and again, because the bitter void is sinking me in.*

Gifting monastic calm and tranquillity, it's my meditation. It's switching between universes, people usually having dreams and reality respectively; however, *my unique favourite is bitterness. I'm looking out of my window and sipping until I reach the bottom of the cup. I snap out of my universe and wake up in the noisy reality. However, the bitterness on my tongue remains, reminding me to return when needed. Feudal, it is to glorify addiction, but what do I do when I'm forced undeniably? If bitterness is this pretty, maybe I should call my coffee sweet.*

LOST IN THE LABYRINTH OF ABSURDISM

I'm aware,
nothing makes sense.
yet I find myself looking for meaning,
in every swift motion happening around me,
I look for meaning in the slightest bit of movement the smallest venture,
tiniest possible stimuli falling into my observance,
and I find meaning.
I associate,
I dogmatically associate,
and there, at that point,
it is somewhat comforting to be reminded that nothing in this universe
makes sense. no miseries,
no happiness,
it's all, just our game,
probably just regularly occurring emotions and situations to keep human
consciousness busy. hah, mere distraction.
am I just a puppet? maybe I am
and I indulge myself in art and music to validate my quest for
meaning, a quest with a blurry, undefinable end.
I'm just an animal you see, a foolish animal looking for meaning.
all while knowing it does not exist.
I'm knowingly inane.



TO BE SEEN.

Manya Gopesh, M.Sc. FY

The ink spilled blooded words somehow
And I wailed from the deepest crypts of my soul,
I groaned so loud, it made them cry, it made them see
And my lips whispered, "Finally!"

I stood up next and fell right back
"It seems tough!" they cried for me
Now they know why at the horizon every time,
I disappear right after they see me.

"We wish we could help you out!" they said So I told
them by thanking them a thousand times I said,
"You saw my grief and me,
That's how you've helped me, that is the only need."

HASEEN LAMHEIN!

Rujula Rawool, B.Sc. TY

Mohabbat toh thi tumse beintehan,
Jataya bhi karte the.
Aate jaate haste gaate,
tumhe bataya bhi karte the.
Mohabbat thi iss kadar ki dil jaan jigar sab luta diya tha,
Itna ki tumhare samne sab berangi mein dhaal diya tha.
Tum raat ko subah bolte toh kaali andhiyari bhi suraj ki
roshni lagti;
Sham ki woh tumhare haath ki chai, fiki hokar bhi amrit
ki pyali lagti.
Khair! Humari kadar ki kabhi kadar ki nahi tumne.
Mohabbat beintehaan, kabhi samjhi hi nahi tumne.
Ab bas ek yaad hai, unn haseen lamhon ki.
Jo kabhi muskurahat lati, toh kabhi rulati hai;
Par har shaam dil ke kohre se uthkar, darwaze par
dastak de hi jati hai.
Mohabbat hoti ek bar sab kehte hai,
Lekin hum toh Mohabbat se Mohabbat karte hai!



STORMS, SCARS & STRENGTH

Preesha Bohra, M.Sc. FY

To the part of me that still tries,
She hid her pain behind that fake ass smile.
Little did they know those glittery eyes,
were carrying drops of tears she knows so well to hide.
She tried breaking chains,
(ohh poor girl she didn't know it pains)
tried melting them down
But that fiery liquid ripped her skin out.
And now when the flesh and bones were gone , it was time for the soul.
And so, her story was told.
Her needs were met but their love was tough.
She said not a word but her path was rough.
Here soul was pure with patches now dark . all the trauma surely left it's mark.
She cried alone when no one was home.
If only her soul was protected by the philosophers stone.
She sits all numb - acting all dumb.
But her poor little throat always carries that lump.
With an absent father and a hand tied mother.
A complex uncle and no brother.
With a family so close & yet so far,
she ain't sure if she can go any further.
She left her house looking for home
But somedays she still waits for her fathers phone
With situations , She switches up roles , always on survival mode.
But , a daughter can never be a son - so is the genetic code.
She knows the world is beautiful but , cruel so.
She wonders what if her problems are troublesome
No matter how loud she wants to shout "my soul is sore"
But fears , what if people leave when she tells her lore?
She walks through the storms , naked and unarmed.
"Idk when things go wrong" - she's always alarmed.
She feels at peace thinking about the souls she has calmed
But what about the ones that harmed?
And so , she goes around and about helping people
Ohh the number of times she's been told "you're a keeper"
But in the darkness of the night she still questions
Will someone ever see , her true emotions.
And so she fights & gets up everyday,
Coz life's a stage and she got a warrior to play.





THE PRESENTATION



Ishita Jain B.Sc. SY

This anecdote is a finale to 03 integral days of Semester 03, when I was tensed to my core. We were asked to form groups and formulate a board game based on a psychological theory, which sounds fun, until the timings do not collide, and *all that you end up with is a deadline and no game*. Anyway, usually I spend college hours with my staple group of 07, and that's how we end up in every project together. Unfortunately, we couldn't for this one. I was unexpectedly troubled with a new set of people, with issues irrelevant to share, and a non-existent game, or even an idea for the sake of it. All this while I had been reluctant to converse about what was disturbing me, even beyond my friends' persistent bother, but *hiding your emotions in front of friends is like trying to hide your set of cards during a game, and the person beside you gets a peek anyway*.

It was my turn to present the game with my group that day, and I'm usually not nervous when it comes to presentations, but this time I was, not because of scrutiny that people might observe me, but the horrifying possibility of disappointing myself with a project I was so thrilled about and of course, marks. I stood by the smart board, facing the class, with a desk in front of me to keep the game. My teammates and I had tried to instil courage into one another; this might just be the wimpiest, or must I say, erudite form of war you will read about. I was supposed to begin explaining, so I held the board up to my chest and looked at my fellow classmates. I noticed their anticipatory expressions, and some were anxious, for next was their turn. I began explaining, and proceeded to feel the tension growing in everybody, including the professor, trying to figure out the manner and plot of our game.

Just then, I looked to the left row and noticed 06 people, huddled together due to the cold of the air conditioner; big, proud eyes, admiring me as I proceeded with my pitch. I don't know if I paused while speaking, but I did in my mind, time slowed, and I saw each one of them cheekily grinning at me, but at the same time nodding to signify that I'm doing good. It is funny how friends manage to be serious and foolish simultaneously, even with mere expressions. *It was a spark*, like how there is always an iconic golden riff in every record-breaking rock song ever. Or morning music with exquisite acoustics, for which you are forced to place your hand on your chest to even feel your heart beating, which has slowed with calmness. My nervousness eluded from my psyche like a deer that prances away from the field on the alarming roar of a lion, and all I was left with was tons of excitement and passion for something we built. I am unaware if the shift in my mood and behaviour was evident, but with shared teamwork and soaring support from the remote corners of the classroom, our game proved to be a hit. *The faculty joyfully appreciated our attempt, and we successfully helped 19-year-olds travel back in time to when they were 10, to play the game like children residing within an adult exterior*.

No, I never admitted to my friends how exuberating their presence felt, I'm too shy, despite how I have extensively written about a moment that barely lasted three seconds. Mostly because I am habitual of writing than confronting when the scenario is significantly personal to me. I'm not sure if they will read this, too. I doubt I'll let them. However, post the presentation, they did congratulate me and I thanked them in response. *We went home laughing at mindless jests like we do on any normal day, except that particular day, it meant a lot more than it ever had*.



A TALE OF TIME TRAVEL.

Ishita Jain B.Sc. SY

Time travel is real. I remember standing right in the middle of that bridge with you. There was a pond beneath us, where ducks and fish swam; they made a sound of their own, conversing to one another. You are tall, you know that. I had to tilt my head a little upwards to catch you gazing right at me through your black rimmed glasses. It is raining today, and the air smells strangely sweet, just as it did that breezy evening on the bridge. *The fragrance pushes me to travel back in time, and here I am*, back at the bridge, you standing beside me, me looking at the pond, just to catch you admiring me strangely, like no one has ever done. You're a geek, you know. I am too. We like that about each other.

God, I hated you so much for always being perfect with your stories. Do you remember? The story of the mortician. You said you met a man in the crowded general berth of the train, who asked you to guess his profession. You failed, and he said he's a mortician. He buried around 3-4 bodies each day, with a team of 3-4 men. You looked at me, straight in the eyes, so soft, the strings of the puppet to my attention were tied to your fingers. You said, "The man told me he worked in both the cemetery and the kabristan. He said that he finds no difference in humans after death, all seem the same, common corpses. What makes the point to mind it?" I blinked, awestruck. An involuntary smile on my face, followed by a cheeky one on yours. You tell me those stories because you know I'll like them, don't you? We walked down the bridge, out of the park, while we were talking about our lives. Yours, set in a remote village, and mine, being a city girl. *How we were brought up so far from one another, just to end up like each other.* You were a long-lost friend, so familiar, and comforting while interesting. Like a character from a Ruskin Bond book. I often recall the anecdote of Aalok. Let me help you remember, hold my hand, I'll take you through the story. You used to sit on the threshold of your house in the village, intentionally, during the time kids came home from school. You used to call them and ask them to sit and study, so that you'll tuition them. To create a rapport, you asked a child for his name. "Aalok", he replied.

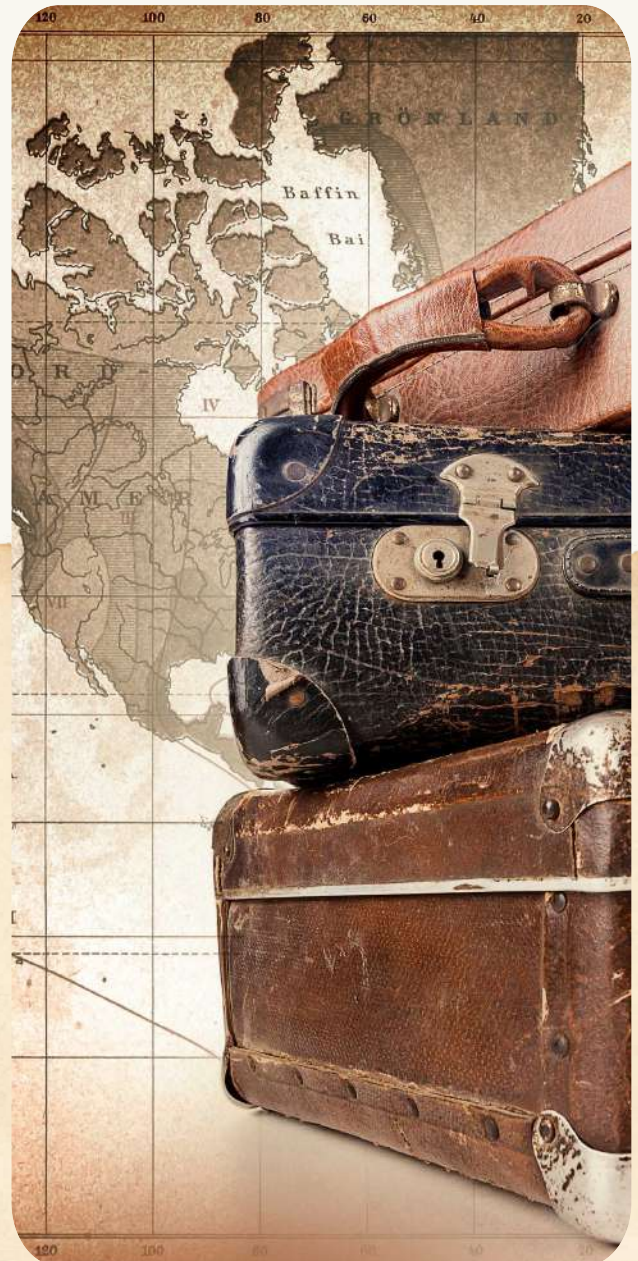
You proceeded to ask him whether he knew the meaning of his name, and he said no. You said, "Your name means light". Bewildered, his friend listening to the conversation asks you, "If his name means light, why isn't he lighted up?" You told me this, we chuckled together, and you said, *"That's the reason why I love conversing with kids. They are creative, they help broaden your imagination."* That's the thing about you, you learn from everyone you encounter. You're good, you're so good. And you must barely think of me, with the same wonder I think of you. To my surprise, I don't mind. May I stay in this past more? I don't wish to travel back anytime soon. *The end to that day is still imprinted in my photographic memory.* We strolled together with the aim of finally bidding goodbye, when you paused in a quiet corner to turn and look at me. You slipped your right hand into your overcoat and took out a petite book. You handed it to me, saying it's a gift for me. I felt shy about the thoughtfulness as well as not having any gift for you. But you looked so happy, when I held it in my arms safely, close to me.

While leaving, you helped me catch a rickshaw. I sat in, preparing to say bye to you. You bent down, peeking into the rickshaw through the opening and asked for my hand.



I held yours, like princesses do, my hand above and your hand gently and protectively below. *You glazed your thumb on my palm and said, "Read the book".*

I nodded yes, and we smiled at each other, just when you said bye and I said "See you!", because I wanted to see you. My heart thumping and mind racing, I slowed down when I found myself on my own. The next morning, I opened the book with the intention to start reading it. To my surprise, I found a note on the first page. In the note, you called me beautiful. That I am as beautiful as a dew that sits on the leaf of a plant. You said the book changed your life and asked me to accept this gift, for it is all the wealth you behold. I sighed, I felt so loved, even while we're friends; we're friends, I know. I'd stay within the bitter limit of our friendship *when I say I realise time travel is real, for each time I open the book, I travel back to the day we stood together on the bridge.*





THE ETERNAL TERRACE



Kavya Udaiwal, B.Sc. FY

There is a *photograph*, tinted with brown and yellow hues, tucked inside an old album at my home. It shows my younger self sitting on the terrace with a book, the sunlight making my 10-year-old hair look golden. The photo does not capture any extraordinary event. Just me lounging on a chair, trying to make sense of my mom's *Pride and Prejudice*. Yet when I hold the picture, that humid breezy afternoon comes back to me with precise vividness.

The season was summer. From the terrace overlooking the street, I could see kids my age busy playing cricket and kho-kho and the vendor selling kulfi ice cream. I remember pausing occasionally to wonder at the sight of weirdly shaped clouds when I was unable to comprehend Austen's witty and ironic commentary.

Even though it seemed like only minutes, hours went by. But in *retrospect*, it may have been the other way around. The memory, so natural and so close to home, has managed to stay still despite the unnaturally large passage of time.

What makes that day unforgettable was *not the extraordinary but the ordinary*. Nothing special occurred. Yet it remains in my mind as a moment of pure existence, a time when I was fully present and happy.

We *often believe memories only shape us when they are dramatic*, like winning your first medal or losing a loved one. But *sometimes, it can be the quiet afternoons, the natural yet most needed pauses, that stick with us*. They remind us that life is not just about its peaks, but also about its rests, its silences, and all the in-betweens.

As I grew older, time began to rush. Days blurred into weeks and semesters and deadlines into years. Yet, in the middle of all the chaos, I find myself going back to that humid afternoon. That *memory* reminds me that not every moment needs to be productive. *Some are just meant to be lived, to sit in the sun, listen to the quiet rustle of pages, and perhaps try to look for the good in the bad when a crow decides to poop on your head.*

Maybe this is how memory shapes us: *by slowing down what time speeds up and bringing us back to places where we unknowingly learned what it means to be alive*. Truly alive. The terrace afternoon didn't teach me a lesson in words. But in its silence, it showed me the value of pausing and taking my time, but most importantly, the richness of the ordinary hours. As I hold the crinkly picture, I can't help but think to myself that time really does fly by quickly, without us noticing. One minute you're stressing about submitting your projects for grade 10th, and the next minute you find yourself in a frenzy applying for internships.

However, memory, with its quiet strength, holds onto certain moments if you're lucky enough. *And sometimes, it's the smallest moments, like a child reading a book under a sky filled with drifting clouds that become something lasting forever.*

'THE SPEECH THAT CHANGED MY LIFE'

Nisa Panthaki, B.Sc. SY

About a year ago, I saw an application for 'CenterStage' at college. I was just a first-year student and had never gone up on a stage and given a speech to such a large audience before, all by myself. I didn't even know if I was a good orator. I always felt so nervous, so anxious all the time. How would I give a speech in front of a hundred people?

But as a wise person rightly said, "What's meant to be will always find a way." That day, I didn't doubt, I didn't second-guess myself, it just felt right, and I just knew, deep down, *that this was the time and the opportunity to share my story*, that feeling has become a memory that I won't ever let go of.

After months of anticipation, the day finally arrived. I woke up with excitement, with butterflies in my stomach, with adrenaline rushing through my veins. Was I anxious? Certainly. Did I think I could pull it off? Not really. But my mom was sure that I could. I got dressed, went to college and waited. Then, something happened. The moment my name was announced, I walked on to the stage. At that moment, I didn't feel nervous, I wasn't scared, I wasn't unsure; in fact, I was the most confident I had ever been in my entire life. It felt like I just belonged right there. There I was, on the stage, and an audience of about a hundred people on the other side. My eyes first spotted my parents, who were there for me, cheering me on, just like they always had. I gave them a smile and started speaking. It was my story, my journey, and I used my experience to spread awareness, so that even if one person could relate to my speech, they would know that they were not alone. I didn't feel pressured about remembering words or forgetting sentences; it just came so naturally that day.



"A memory I will cherish forever"

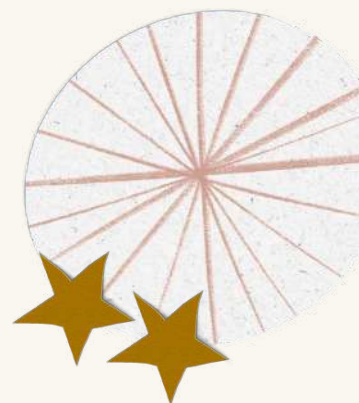
At one point, when the audience applauded and cheered, in the middle of the speech, I knew that it had touched them and I had achieved my goal. *I knew that they had not only heard me, but also listened.*

At the end of the speech, all I could think about was, “Hey! You actually did it! And look at them, they loved it!” It was like I had discovered this side of me that I didn’t even know existed.

After that speech, after that day, a newfound confidence began to radiate within me. I finally could tell myself, “You don’t need to be afraid of speaking up. What you say matters. People will listen. Sometimes, even if they don’t, you don’t need to doubt yourself or feel anxious because, no matter what, I’m proud of you!”

I never looked at life from this perspective before. After CenterStage, I felt like a new person, a little less afraid of speaking and way more confident about myself. *The memory of that day replays in my head almost every day, and I wish I could live it again.* That day taught me how much I love being on stage because that is one place where, for me, there is no nervousness, no self-doubt, just confidence.

So thank you, CenterStage.



TIME CAPSULE PICKS

Recommendation by Editors

BOOKS

1. **The Man Who Mistook His Wife for a Hat by Oliver Sacks-** Real-life case studies that reveal the strange, fragile, and fascinating nature of the human mind.
2. **In Search of Lost Time by Marcel Proust-** Memory and nostalgia in literature.
3. **The Body Keeps the Score by Bessel van der Kolk-** Trauma and memory in the body.
4. **Still Alice-** Struggles of living with disorders that lead to deterioration of memory.
5. **Notes on the Underground by Fyodor Dostoevsky-** Memory warped by the man's bitterness and doubt.

MOVIES

1. **Paprika-** A dazzling anime film where dreams blur into reality, twisting memory, time, and perception.
2. **Eternal Sunshine of the Spotless Mind-** Memories, love, and erasure.
3. **Arrival-** Language, memory, and nonlinear time.
4. **Memento-** Memory loss and fragmented identity.

PODCAST

1. **The Happiness Lab with Dr. Laurie Santos-** Explores how our minds perceive happiness, memory, and time.
2. **Hidden Brain-** Narratives on psychology, memory, time perception, and human behavior.
3. **Radiolab-** Brilliant episodes on memory, perception of time, and the mysteries of the mind.

TIME CAPSULE PICKS

Recommendation by Peers

MOVIES

- **The Shawshank Redemption-** The movie explores various themes like friendships, hope, corruption and resilience. It's a beautiful movie that shows how prison life is, how life can get once you break through the prison or are released, and how difficult it is to keep up with the running world. It shows the gray areas of life, how a good person does bad things at times. The movie really had me stuck to it for weeks, and I never miss a chance to bring it up! -Pal Gandhi
- **Kho Gaye Hum Kaha-** After years of watching Bollywood rom coms and cringe action dramas, this movie stole my heart! The friendship, the relatability of the mundane life and the need for validation made me pause, reflect and ponder that am I really living my life or merely surviving? -Anandita Agarwal
- **8 Am Metro-** A beautiful yet not a mass movie per se, it didn't receive its audience but it was surely a watch that stayed with me for the longest time. 8 A.M. Metro tells the story of Ira, a housewife battling panic attacks, who befriends Preetam, a stranger she meets on her daily commute. Their bond, built on poetry and empathy, shows that friendship between a man and woman can be pure, healing, and free of stereotypes. -Agraja Sawant
- **Everything Everywhere All at Once-** A movie that takes you through all the possible versions you could be and still makes you want to be exactly where you are right now no matter how much you wished you weren't here in the first place. -Amanda Rosario

BOOKS

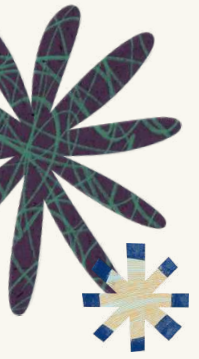
- **Anxious People by Frederick Backman-** I'm not much of a book reader because I've tried reading but nothing truly gets to me in the way this one book did. It has gotten everything that you need to know about life, and about relationships in general. Trust me on this and you will not regret reading it. -Manya Gopesh
- **'Am I Normal Yet?' by Holly Bourne-** It focuses on how we talk about mental illness, friendship and feminism. The storyline is gripping and the timeline alternates between the past when the protagonist, Evie, was very ill and the present, where she tries hard to avoid a relapse. I really related to Evie and was so invested in each character that I just couldn't put the book down. I feel it is a must-read, not just for psychology students, but for everyone. -Nisa Pathanki

CHRONOCINE

Pop Culture & Literary Lens

This section explores how time and memory are represented in culture — from time loops in films like *Tenet* or *Russian Doll*, to memory loss in novels like *The Sense of an Ending* or *One Hundred Years of Solitude*. It bridges mass media and classic literature to show how both pop and high art grapple with memory, nostalgia, and time travel.





INTERSTELLAR:

Time, love & The spaces between



Krishna Bulani, M.Sc. SY

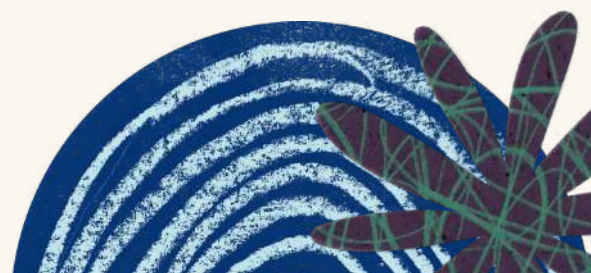
Christopher Nolan's *Interstellar* isn't just a sci-fi spectacle; it's a *profound meditation on time, memory, and human experience*. At its core, the film explores the tension between *Chronos*, the linear, measurable time that governs physics and daily life, and *Kairos*, the qualitative, opportune moments that define meaning and emotional depth.

However, the film also explores the interior, significant moments that constitute human experience. *Cooper's relationship with his daughter, Murph*, communicated in terms of love, memory, & intuition, informs his decisions more than mission procedure or scientific rationality. These moments are detached from the clocks; they embody emotional weight, define identity, and motivate behaviour. Psychological research supports the distinction between meaningful moments and chronological time. Chronological time shapes routines, chores, and tasks, but moments that communicate personal value have an outsized impact on memory, motivation, and our ability to make decisions. As a society, humans tend to judge life by those moments that mattered, not by the total amount of time passed.

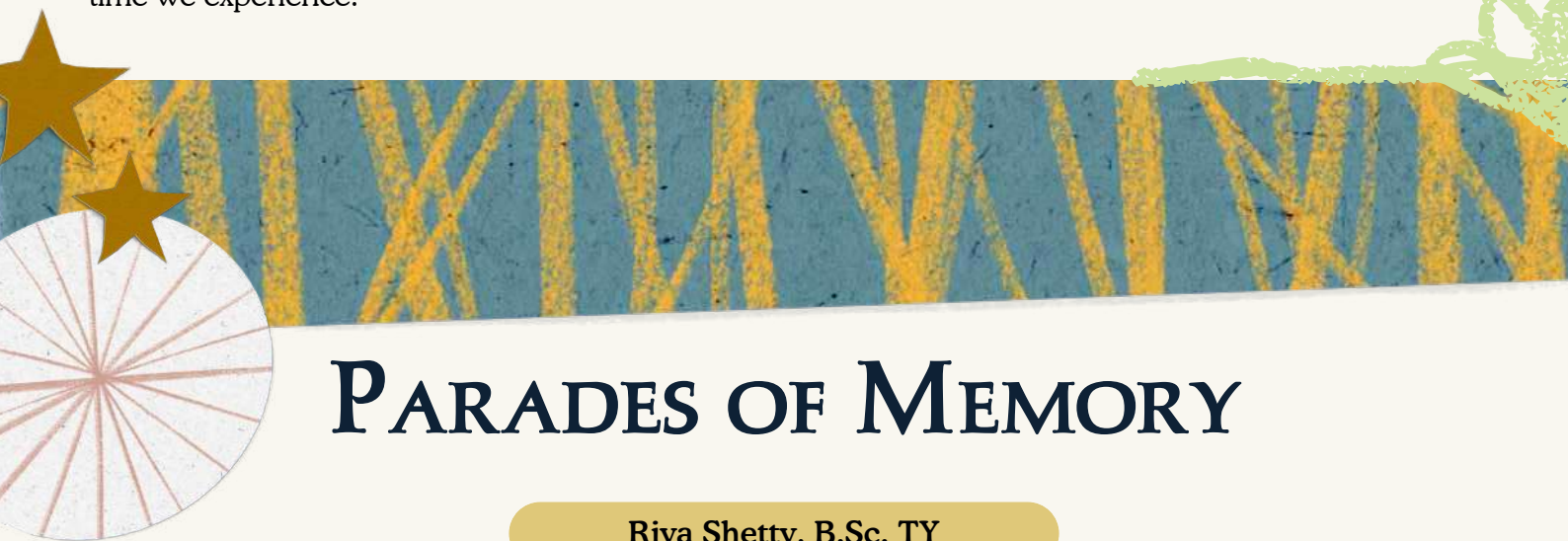
The conflict between measurable time and experiential time is heightened by Nolan's story and imagery. Radical time dilation on far-off planets, past messages, and the relativity of travel through space compel observers to consider how time influences priorities, relationships, & mental health. The film stresses the *psychological burden of time passing*: Cooper's absence should be understood as more than a professional sacrifice; it is a personal struggle that he endures, facing lost milestones and irreparable distance from his family. The film touches on psychological issues related to temporal perspectives, the way in which events are located in the past, present, and future, all of which drive stress, attachment, and decision making.

Interstellar also invites viewers to reflect on their own perception of time and meaning:

- Think of a moment in your life that felt timeless. Why does it stand out in your memory?
- How do you balance the measurable pressures of daily life with moments that feel emotionally significant?
- If you could prioritise one type of "time" in your life, would it be structured & predictable, or meaningful & memorable?



In the end, *Interstellar* is a *reflection on what really matters*. Mankind is constrained by linear time, but those filled with love, connection, and purpose are what define us and direct us. The movie gets us to pay attention to and appreciate these moments and argues that life is not only in hours & years but also in the richness of the experience that leaves a lasting mark. *Interstellar* examines the measurable & meaningful parts of time and demonstrates an extremely valuable psychological insight: moments hope or hurt us, but only the quality of the moments deserves our time versus the quantity or measure of the time we experience.



PARADES OF MEMORY

Riya Shetty, B.Sc. TY

One of my favourite anime movie directors ever, Satoshi Kon, deeply explores concepts of identity and often mixes reality with fiction in a way that leaves the viewer questioning, intrigued, yet satisfied. One of his films, released in 2006, called *Paprika*, does the same through its complex and twisted visuals, unwinding a complex storyline. The story revolves around a revolutionary device called DC Mini, created by scientists at a psychiatric institute, which allows therapists to enter their patients' dreams and explore their subconscious in order to plan treatment for their patients. However, before the device could be launched, some of its prototypes were stolen. These prototypes did not consist of safety limits and enabled anyone to invade and manipulate others' dreams, causing chaos through the blending of reality and dreams. To end this catastrophe, Dr. Atsuko Chiba, one of the lead scientists, secretly uses her alter ego Paprika, a lively and fearless dream detective, to dive into the dreamscapes. Along with detective Konakawa, a patient haunted by recurring nightmares, and her colleagues, Paprika uncovers who stole the DC Mini and why.

As this movie progresses, the line between dream world and reality begins to blur, eventually leading to the ultimate fusion of both the worlds. This fusion of reality and dreams brings characters in the movie face-to-face with their subconscious fears and desires. This intertwining of both worlds showcases the *distortion of memory people experience as they suppress their inner urges and the mayhem it creates when fantasy meets reality*.

The portrayal of dreams in the movie could represent a psychological time machine as the characters try to relive past events and imagine their future. For example, detective Konakawa experiences a recurring nightmare where he is always running from something or someone in different contexts. He tries to relive his past career as a filmmaker through his dreams, which makes him involuntarily rethink his regrets and guilt about his past. To add on, the rapid transitions between different dreams in the movie impersonate temporal disorientation, leaving the viewer's experience of watching the movie very similar to dreaming.

The movie also emphasises the link between identity and memory. Dr. Atsuko and her alter ego Paprika are widely different from each other and represent identities made of different sets of memories; while Atsuko presents herself as professional and responsible, *Paprika is a representation of her memories that involve freedom and playfulness.*

Towards the end of the film, the dream world and reality collapse into this huge parade of people, different timelines and objects that have come to life; the line between dreams and reality has dissolved. In the scene, the idea of past, present and future no longer exist and memories are rather this collective and jumbled, which, although it may seem senseless, actually carries a lot of weight. This parade of toys, appliances, religious icons, animals, dolls and other cultural artefacts represents the collective unconsciousness where memories, symbols, and objects of multiple people are now one with absolutely no order or boundary.

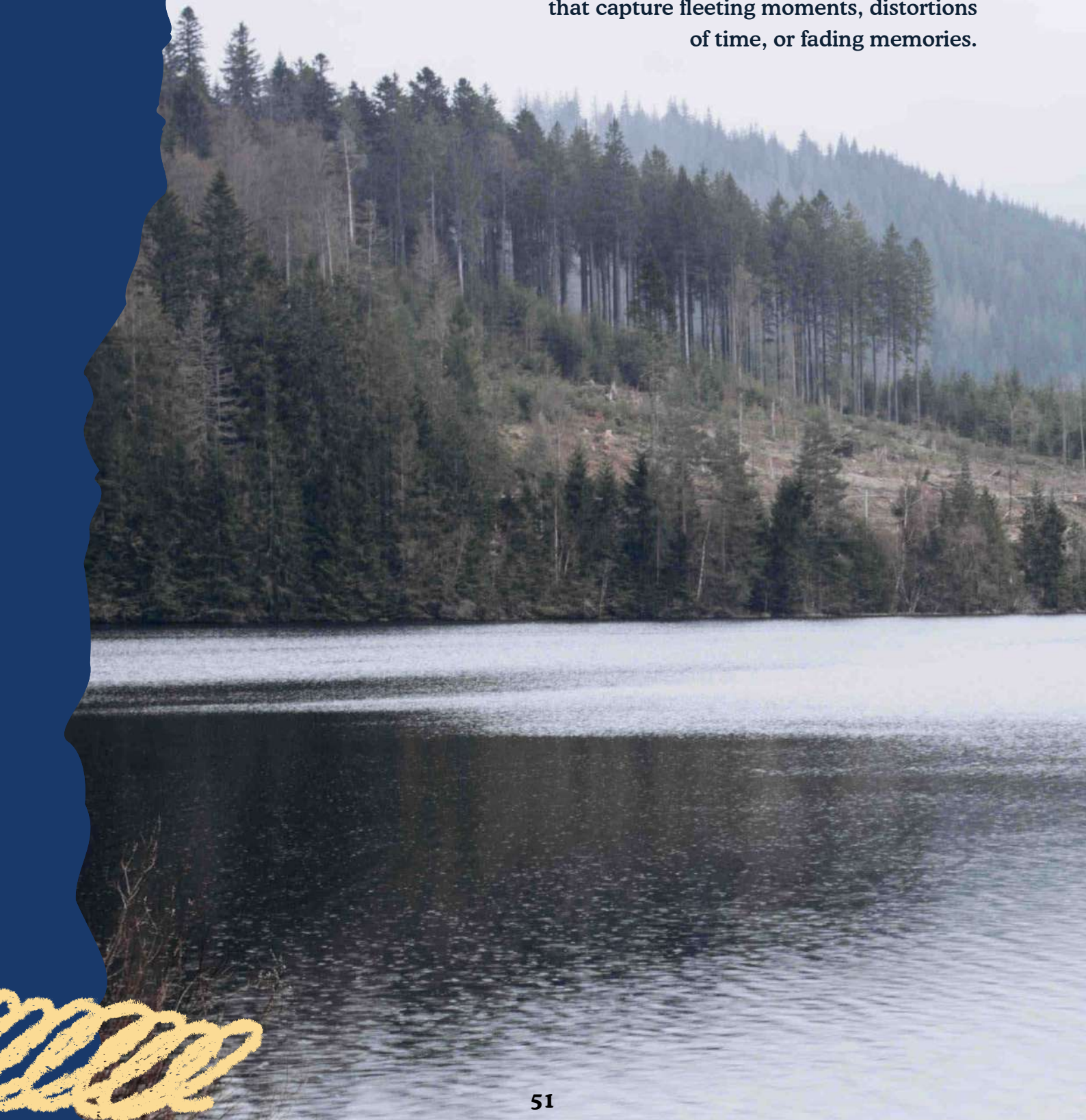
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The ending of the movie displays acceptance of suppressed memories and their addition to an individual's identity through characters' healing from their past trauma. *As the characters learn to embrace every part of themselves through different timelines and finally face themselves, they are no longer stuck in the past, and the world is restored as the dream world and reality separate. The characters continue moving forward in balance.*



VISUAL VIGNETTES

Photography, illustrations, and art pieces
that capture fleeting moments, distortions
of time, or fading memories.



The forever chase of
this feeling in my
memories is never
really met. The wait
every year to look up
at the lit tree never
really matches the
feelings I felt last year.
And there I am chasing
the same high the
memories gave me last
year and will be, every
year after that."

This piece represents
the nostalgic memories
of festivals that we
chase every year but
never really feel again
once they pass.



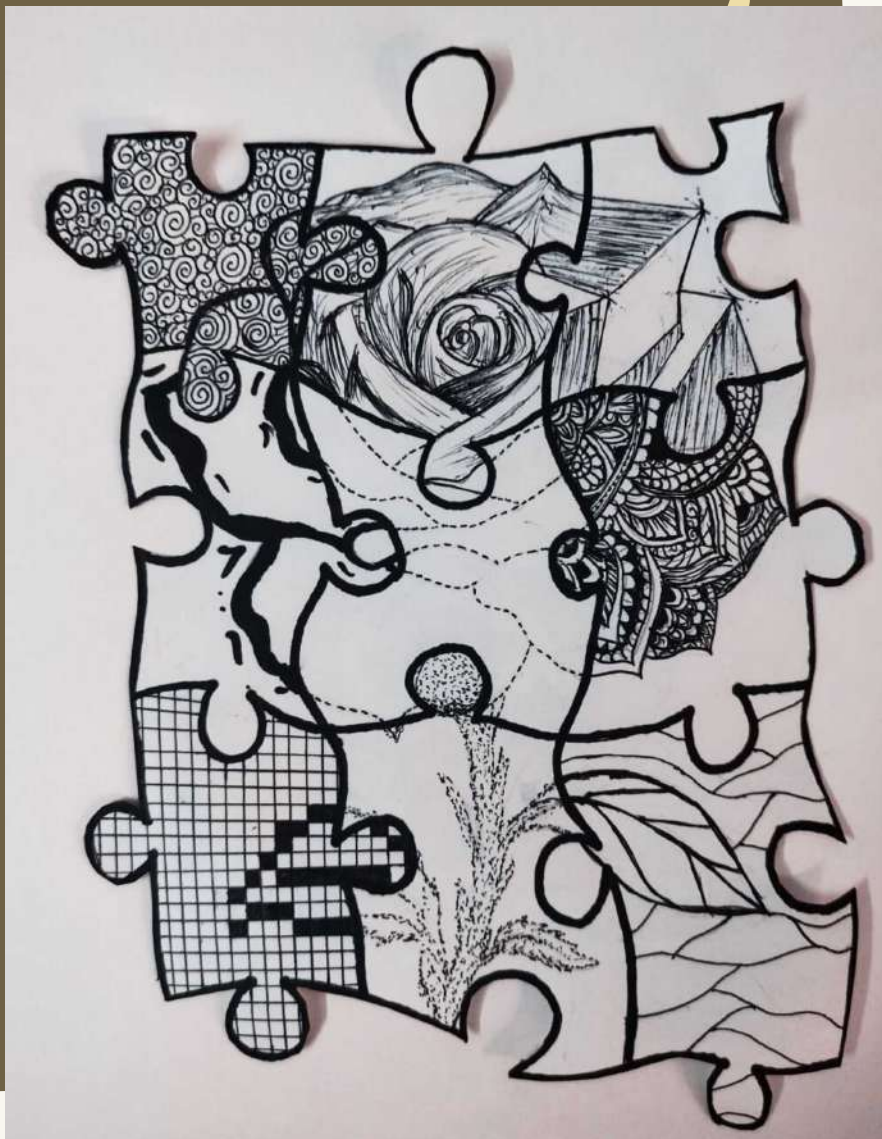


The light on the lamp, like a memory in our mind, that only comes on in the dead of night when everything else is dark. They fade just as quick when the daylight starts to pour in. A new day with new memories."

This piece represents memories that surface when we go to bed at night when we are alone with ourselves. These memories fade away like a lamppost in the mornings when we realize we have a new day of memories ahead of us.

This is a cycle that repeats everyday like a lamppost.

Amanda Rosario, B.Sc. TY



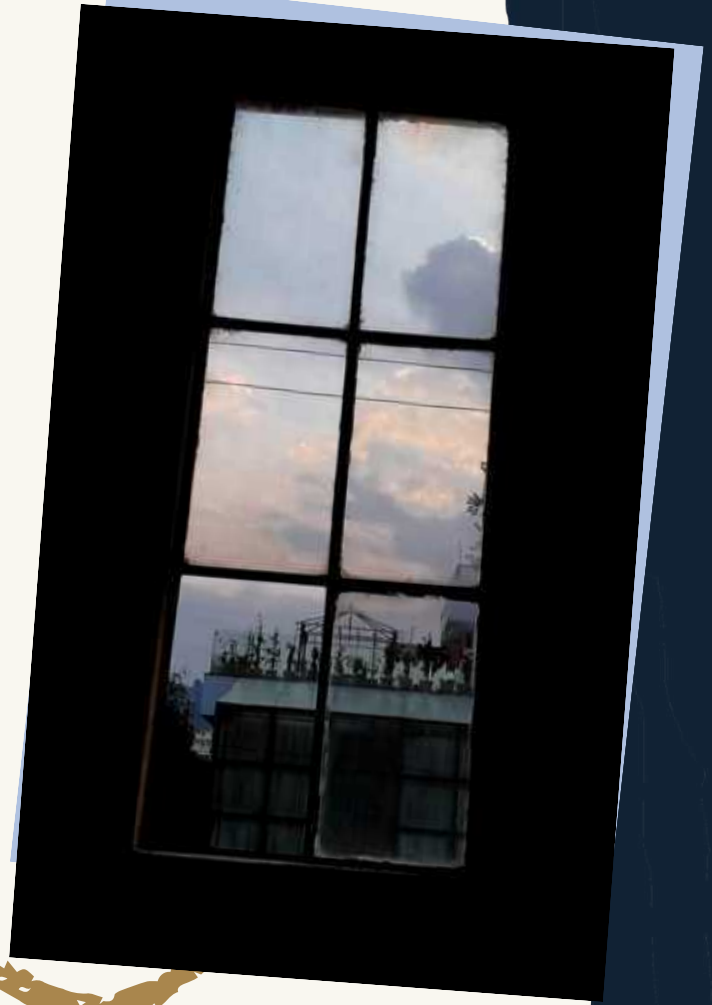
This artwork features a single rose, delicately divided into nine puzzle-like sections, each drawn in a different artistic style – from minimal linework to deeply intricate patterns. Each part reflects a unique emotional texture, representing how individuals experience the same event in vastly different ways – some moments feel light and simple, others dense and overwhelming. The puzzle layout signifies that no experience stands alone. Each fragment – whether joyful or painful – is a necessary part of something larger: a personal truth, a shared memory, or a collective reality. Together, the disjointed styles come together to complete the rose, revealing how diverse emotional responses form a unified experience.

Anushree Rane, M.Sc. FY

This piece reflects on the fleeting nature of time and memory, using the imagery of a window, sky, and drifting clouds to symbolize the tension between past and present. It suggests that while moments may pass, memory transforms them, shaping how we perceive our experiences.

A window divides the present from the past, yet the sky beyond whispers that nothing can last.

Clouds drift like thoughts the mind can't confine, reminding us gently that memory reshapes time.



"In shadows and shimmer, the mind softly finds, that what once was lost still lingers in minds." These lines explore the delicate interplay between memory and presence, highlighting how experiences that seem lost often continue to live within the mind. Through imagery of shadows and shimmer, it reflects on the persistence of thoughts and emotions, offering readers a contemplative glimpse into the resilience of the human psyche.



This picture is a frame within a frame, showing how this particular moment of childhood will be preserved forever.

The people are just silhouettes, depicting how this beautiful time of our lives will soon become just a memory. Just like the family in the picture, cherishing the view together, we must cherish childhood while it's here.

The innocence of the child between two guardians reminds us that this period of our life, where we are loved and cared for the most, is fleeting!

This picture captures the past, present, and future in a single frame. The reflections in the wet sand are the past which has already been lived. The sea stretching to the horizon is the future, which is unknown and unpredictable. The people themselves are the present.

Time doesn't stop for anyone. It's easy to get trapped in the web of past regrets and future anxieties, but this golden moment reminds us to just be in the present and be happy before it fades away.

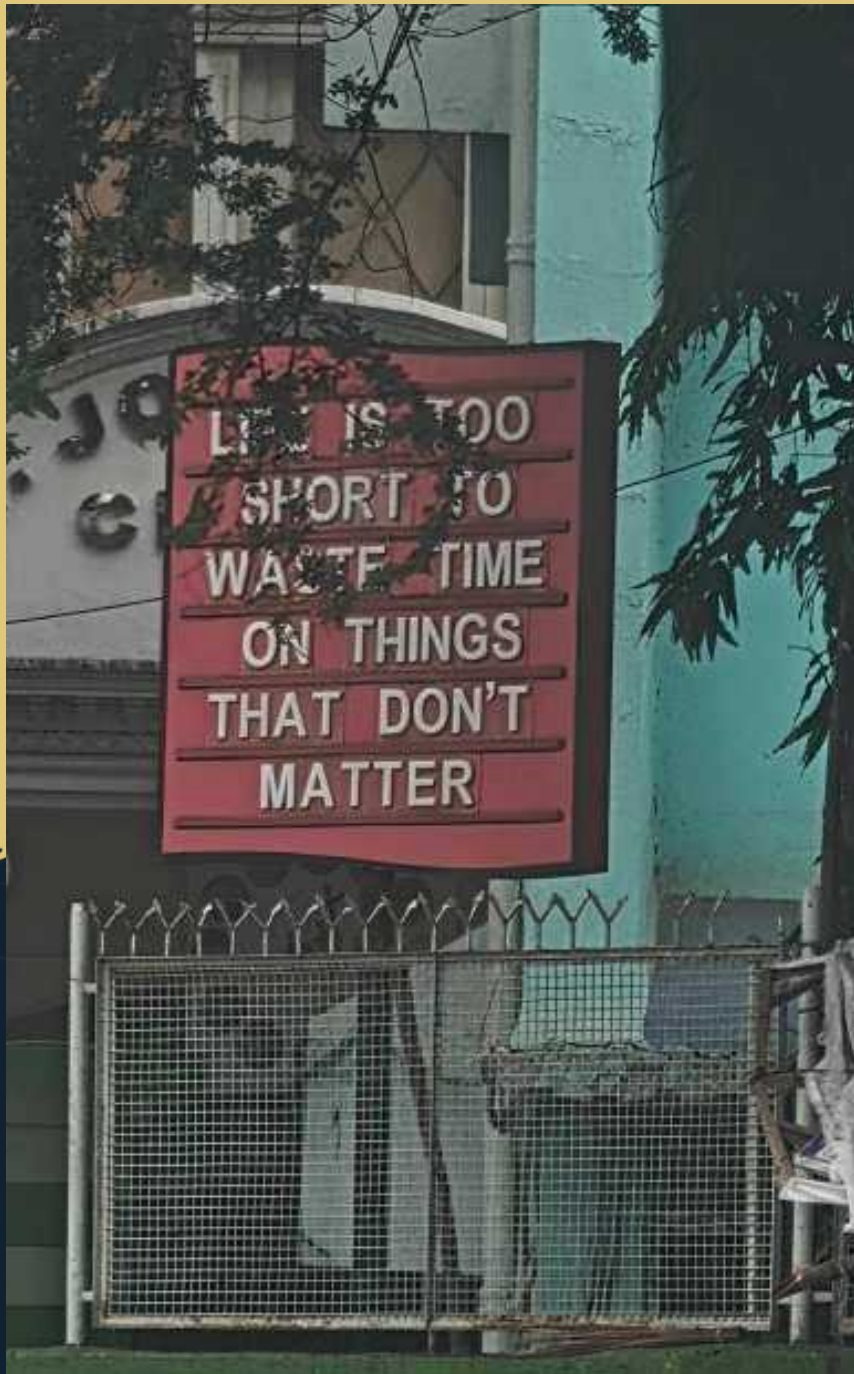


Pale sky bleeds into pale sea, all colours drained away. A tiny boat on the horizon and two people walking are barely visible. It represents how our memories eventually become faded and distant.

The only thing we can do is accept it and enjoy what we have while it's still vivid.



Sharvari Mukund, B.Sc. SY



Time, the only subject to change and the constant companion of everything in this universe, manifests in different forms. It can be a measurable linear construct like a clock and a calendar (Chronos) yet be preserved through memories (Kairos).

Time is beyond its objective and biological sense. It is eternal, it is the construct that gives meaning to our lives as well as our existence and it is the sole governor, for which, all laws of the universe bow down.

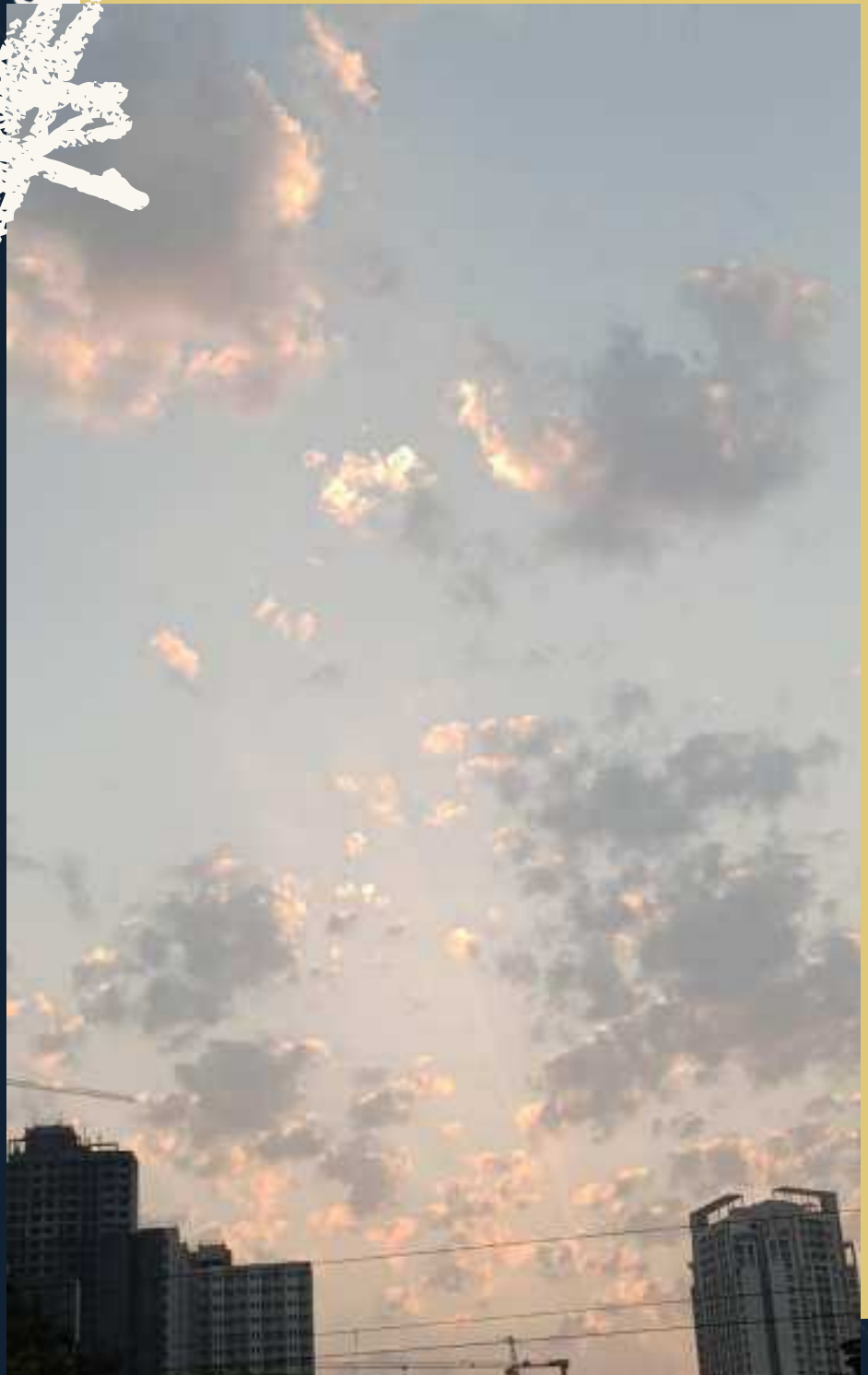
It doesn't stall, nor does it stop or wait.
But at times we don't realise until it's too late that we let it drip through the cracks of life.

Sharvari Sonawani, B.Sc. SY



Supriya Arora, M.Sc. SY

Last week a thought struck me, one that I couldn't shake. At first, it carried a pang of sadness, a quiet unease that has never held me for this long. It was the inseparability of human thought, memory and time. A reminder that cognition unfolds within the temporal limits, that memory is both a product of what has passed and a foundation for what is yet to come. I drew it and it came across like this: features shift and erode as sand falls, a fragile testament to the impermanence of memory and identity. It merges the dynamic nature of passing time with the personal process of remembering and forgetting. Every grain is like a fragment of what we were, what we are and what we will never be again. And yet a question came: what drives us to run, to chase, when all that we are will one day dissolve into sand and become one with Earth? Time slips, memories fade, identity drifts; And still we move, we reach, As if the fleeting moment itself were enough,
To carve meaning into impermanence.



Tanishq M.Sc. FY

Amidst the gentle awakening of dawn, time flows like a quiet river: measured, inevitable.

Yet in the soft glow between moments, a spark flickers, a chance to embrace change, to seize the rare and precious now.

The city stands still, breathing in the magic of this fragile, unfolding instant.



Diva Vora, B.Sc. TY

we locked away our childhood to
unlock our future - a beckoning light
that overwhelms the dimness shining
through from the past. but it still shines
in the scars on our knees and the
candies that spark a moment of joy; the
past shines.

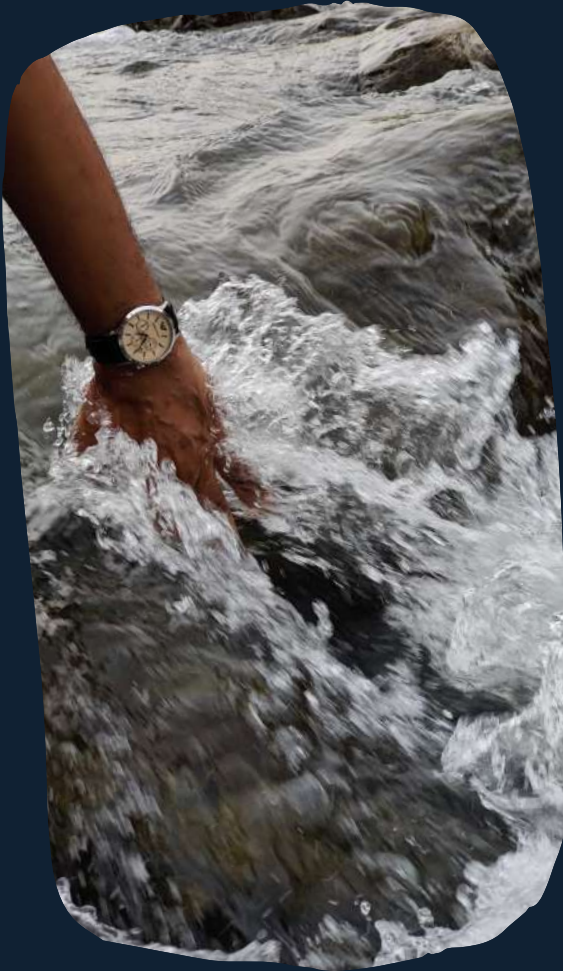
who am I now, and who was i then; a
facade of facets of people I've been none
lasting longer than I can remember the
last. i am them all. i am none





I sketched this picture live one evening of a rather tedious day. This rough pen-sketch is of my favorite bench in the park, under an old tree that frequently sheds white flowers. Usually when I sit here, time falls still and all is calm. I liked the idea of spending time solitarily on that bench, as the falling flowers interrupted my personal time. The tree was like a companion uncalled for but never uninvited. Winter seasons are my favorite to spend beneath the tree, and I perceive the bench as my anticipatory seat, for usually I sit there while waiting for a friend or companion to arrive. It seemed unfair considering the admiration I felt from a mere tree and a bland bench beneath it, that I decided to allocate time that evening, to photograph the place with the originality of my own hands.

Ishita Jain, B.Sc. SY



Mitanshi Mehta B.Sc. TY

No matter how hard we try to capture a moment or point in time, it's always going to keep flowing. It is impossible to "capture" anything really.

The top half of the page is symbolic of how the memory is stored in our head. The bottom half is symbolic of how the retrieval happens. The reflection only captures the tip of the mountain.

Could be symbolic of distortions in memory, but still having just an aspect that is clearly remembered.



TIME CAPSULE



Space for one “memory capsule” piece (a short reflection, image, or letter to their future self).

MEMORIES IN ITS FLEETING MOMENTS

Agraja Sawant, M.Sc. SY



I *remember* the smell of my grandmother's handmade food, the school corridors echoing when my friends called out my name and the warmth I felt when a friend of mine hugged me on a gloomy college day. *Memories* are something that we live with, and *nostalgia* is *always* a special place to be in. But I always wondered why these meant so much to me when I could have just moved on and lived life in the present as well as they say on Instagram, "Living in the moment"

Every time I could recollect a memory with my grandparents, it *always* brings a smile to my face, and every picture of my school life is just another roller coaster memory lane flashing in front of my eyes. Well, all of us carry those small jars of smiles and laughter with us, be it the smiles on people's faces around us or that laughter I had when I just joyed to be around someone.

Well after this thought popped up in my head, when I went back to my friends on a random Sunday afternoon, every moment I spent with them just *felt like a new memory building in progress*, that fleeting moment when I see through those laughs and those unhinged conversations, I could always think of time just passing by in a minute with them, even when I tried my best to live the moment to the fullest.

Why was it like this, that every time I encountered a happy space to be, it *always* felt like the day was just 12 hours long? Well, this question haunts me to date. Actually, I tried to find an answer in everything around, an Instagram post, asked a friend, or even just pondered on it for hours late at night.

And if I tell you I did find an answer, this answer wasn't something I expected, but I surely accepted it. Life is full of all the memories that we carry; they are like the puzzle pieces that make a beautiful me who I am today. Perhaps I have *stopped* asking the question of why the time seems condensed when I am happy, but a *beam of hope that happiness will find me in a fleeting moment* makes my heart grow more.



A LETTER TO MY SELF

Nisa Panthaki, B.Sc. SY

Dear Future Me,

I hope that when you're reading this, you're thriving and happy. I hope you've got your dream job, and you have people around you who not only love you but are, also, always there for you.

Remember how difficult it used to be for you to sit with uncertainty? I'm sure that by now you have gotten much better at it.

I want you to come back to this letter every time you feel stuck, every time you feel lost or underconfident. Remember how, throughout exams, you always put so much pressure on yourself to be perfect? Remember how you always were so unsure of whether or not you'll make it? But, you did. 10th boards, you made it. 12th boards, you made it. Dream college, you got in. Look how far you've come.

I hope you haven't lost your spark and you've learned to go a little easier on yourself, learned to love yourself more and believe in yourself more.

I want you to remember how you transformed into that confident woman from a shy, soft-spoken girl. Hold on to those memories and let them guide you. There will be ups and downs forever — that is a given. You will not succeed every day. No, things will not always go according to plan. You might feel broken, countless times, and you will make mistakes. But go one step at a time, don't compare yourself to others, and grow at your own pace. I know that it won't be easy — responsibilities will increase, stress will increase exponentially, but please don't lose your shine. I hope you're still playing the guitar, singing, enjoying horror movies, reading and doing all the things that make you YOU.

Always remember that, no matter what happens, whether or not you get that dream job, whether or not things go according to plan, no matter how many people you have around you, I believe in you, I love you, and I'm proud of you.

*Yours lovingly,
Nisa*



ME — then, now, tomorrow

QUOTE-O-CLOCK

"Time can be a greedy thing-sometimes it steals the details for itself."

~**Khaled Hosseini, The Kite Runner**

"Right now I'm having amnesia and déjà vu at the same time.

I think I've forgotten this before."

~**Steven Wright**

"The advantage of a bad memory is that one enjoys several times the same good things for the first time."

~**Friedrich Nietzsche**

If recollecting were forgetting

Then I remember not.

And if forgetting, recollecting,

How near I had forgot!...

~**Emily Dickinson**

"I wish it need not have happened in my time," said Frodo.

"So do I," said Gandalf, "and so do all who live to see such times. But that is not for them to decide. All we have to decide is what to do with the time that is given us."

~**J.R.R. Tolkien, The Fellowship of the Ring**



LIVING LIBRARIES

Interview

Talks with neuropsychologists, trauma researchers, memoir writers, or even people with extraordinary memory (or memory loss).



THE DOPAMINE DIARIES

Dr. Jay Shasrti & Isha Chheda, M.Sc. FY

Dr. Jay Shastri, a practising psychiatrist with expertise in neuropsychology, shares his insights on how time, memory, and the mind intertwine in today's fast-paced world. In this conversation, he reflects on procrastination, attention, and the neurological impact of our digital habits.

1. We live in an era of constant notifications, binge culture and doom-scrolling. According to you, how are these habits reshaping not just time perception, but mental health?

It's a big concern, especially in today's time and maybe more specifically for the younger generation, where they are quite comfortable with these modalities and social and cultural changes. What this probably does at the neurochemical level is give you those *small dopamine hits*, and those hits make you go back to these activities again and again, which is typically seen in substance abuse-related behaviour. Of course, it takes away your time in a very big way. We have had many cases where people describe their morning routine starting with picking up the mobile, not being able to go through the structure that was there earlier, and facing the consequent impact on reaching their destination or executing their activities. So, as mentioned, time perception definitely changes. But what this phenomenon also does is bring about neurochemical changes in the brain, *setting homeostasis at a different level altogether* and making you more vulnerable to mental health conditions like depression and anxiety. That is definitely on the rise when we correlate it with doom-scrolling and other screen-related behaviors. So, it is a real concern, and in the coming days, we may need to take strong steps to ensure that, at the individual level, we become more aware and avoid engaging in these behaviors that impact our day-to-day functioning and overall mental health.

Asked about later behavioral issues that might be seen in individuals in their 60s who were glued to screens when younger: When we talk specifically about screen-related behaviors, we also see *individuals in their 40s and 50s getting accustomed to the same patterns*. That was the generation when social media and screens were introduced. With their overall cultural connections and cognitive abilities, these problems are not as frequent or severe, but they are still present. It's not that this age group is immune. We have even seen older adults becoming addicted to these behaviors. Earlier, they would spend time on spiritual or religious activities or social interactions, but now they spend much of their time on screens. What this tells us is that even if you have a strong background and early exposure, it does not make you immune. The brain *retains the propensity to get hooked on screens and turn them into habitual behavior, even as you get older*.

2. Many students describe procrastination as being trapped in 'time paralysis.' What are your thoughts about the brain when it toggles between procrastination, distraction, and flow?

Many students describe procrastination as being trapped in "time paralysis." The brain undergoes a lot of turmoil when toggling between procrastination, distractions, and flow. Research and observation show that certain *individual traits make people more vulnerable to procrastination*. For example, individuals across different spectrums of intellectual ability, whether high intellect or borderline, may exhibit procrastination behaviours.

Distractions in the environment amplify these tendencies, as people often skip reviewing their routines or schedules and get pulled into engaging with these readily available distractions. Attentional dysfunction is another key factor. People biologically prone to attentional deficits often fall into procrastination and distraction, making entering a flow state even more challenging. Once entrenched in these habits, *escaping them requires strong motivation, intent, environmental support, and resources*. Ideally, *one wants to be in a “time control” phase*, maximising productivity and progress while staying connected to purpose. To *overcome* time paralysis, it is crucial to return to the “drawing board”: identify priorities, break them into smaller achievable targets, assign timelines, and track progress. Each achievement triggers dopamine reinforcement, helping establish a structured routine. Even if a student avoids certain classes or activities during their procrastination journey, maintaining a routine is critical to recovery. *Avoidance strengthens the procrastination loop, making recovery slower*. For parents, the focus should be on promoting positive routines rather than emphasising problem behaviours. *Late adolescents respond better* to guidance framed as a friend or philosopher rather than as a parent giving repeated instructions. Target one behaviour at a time, such as screen-related habits, with patience and consistent support. Understanding that distractions are part of today’s environment and fostering structured habits gradually will enable meaningful change.

3. If our sense of self is shaped by memory, what does it mean for mental health when memory is impaired: in Dementia, Depression or Trauma?

If our sense of self is shaped by memory, impairments in memory can have profound effects on mental health, as seen in dementia, depression, and psychological trauma. In dementia, *memory forms the core of cognitive dysfunction*. The condition often begins with recent memory loss, gradually affecting long-term memory and other cognitive functions, leading to progressive negative outcomes. In depression and trauma, *memories can also become dysfunctional*, particularly emotionally charged memories that interfere with day-to-day functioning. These memories are embedded in core cognitive belief systems and often need therapeutic intervention to facilitate recovery. With appropriate interventions, individuals with depression or trauma can manage these memory-related difficulties and achieve reasonable recovery. Ideally, life would be filled with positive, supportive, and progressive memories, but humans are inevitably *exposed to a mix of experiences* that shape emotional and mental health. Managing memories effectively involves *evaluating their relevance* in the present: determining whether a memory is important today, or whether it can be addressed later, helps individuals cope with symptoms more effectively. *Family and caregiver support* play a crucial role in recovery. Understanding the disorder and providing realistic, supportive guidance rather than applying undue pressure can facilitate progress. Caregivers can either help or hinder recovery, depending on how they approach the situation. Therapists often work with both the individual and their caretakers, fostering awareness of the process, ensuring gradual change, and emphasising patience, realism, and long-term support.

4. In today’s generation, how do collective memories of war and pandemics shape the mental health of communities decades later?

In today’s generation, collective memories of war and pandemics have profound, long-lasting effects on the mental health of communities. Unlike past conflicts that resolved quickly, many contemporary wars have become chronic, *leaving persistent trauma*. Similarly, the COVID-19 pandemic lasted years, disrupting routines and creating widespread fear and negativity even among those not infected. These events have triggered illness-related anxieties, general anxiety disorders, adjustment disorders, and depression.

For instance, behaviours like the *routine use of pulse oximeters reflect an increased obsession with health, highlighting how perceptions of safety and risk have shifted*. War leaves deep imprints on the brain, sometimes even affecting genetic material. Chronic exposure to conflict has been shown in studies such as those in the Gaza Strip to induce genetic changes, which may carry over to future generations. This can increase vulnerability to conditions like post-traumatic stress disorder (PTSD). These effects are not merely reactive; they leave enduring marks on individuals and communities, shaping collective mental health. Looking forward, societies must find effective ways to prevent war and manage pandemics. While the long-term effects of vaccinations or diseases on subsequent generations remain uncertain, early evidence suggests that phenomena like long COVID can influence mental health and may even have implications for future generations. Ongoing research is needed to fully understand these intergenerational impacts.

5. What cognitive strategies are most effective for individuals struggling with memory problems tied to depression or ageing?

So, two different things here we are talking about ageing, which is a physiological phenomenon, and depression. *Cognitive strategies* mainly focus on your day-to-day routine and lifestyle very strongly. Sometimes people get so focused on one activity or exercise for mental or cognitive health, but in reality, it's your overall lifestyle that becomes very important. It starts with *sleeping habits*; having a good eight hours of sleep is crucial for your brain health. Eating the right kind of food is also very important. By that, I mean a balanced diet, preferably home-cooked or non-processed foods. *Processed foods are not good for brain health*, and though research is still in early stages, limiting them helps. *Socialisation* is another important cognitive strategy. With screens and digital life, we've stopped being as social as before, and enhancing social connections can improve cognition. *Following life goals and routines* in a structured, organised way also supports brain health. Physical activity is strikingly important; even just 30 to 40 minutes of active exercise strengthens the brain and cognition. Engaging in *hobbies, learning a new language, or picking up musical instruments, even in your 40s*, can make cognition stronger. Music therapy, for example, helps dementia patients improve their daily functioning. The key is having *basic awareness, inclination, and resources to engage in these measures*, which overall support cognitive health for both depression and ageing.

6. Is multitasking an illusion of time efficiency, and what does it do to our cognitive and emotional well-being?

Well, I think earlier multitasking was hailed as some sort of superpower and a great ability, especially concerning time efficiency. You could manage a lot of tasks in a small amount of time. But recent research suggests the opposite. Many studies are showing that efficiency goes down, overall focus and concentration suffer, and the supposed *time efficiency actually reverses; you end up spending more time completing multiple tasks*. Today, with so many distractions around, multitasking happens naturally: people walk while looking at their mobile, study while listening to music, or cook while talking on the phone. This *multitasking tendency is almost wired* into us now. It's very *important to disengage from this* and focus on whatever is happening at that moment, ensuring that the task is completed properly and fully, which gives a sense of achievement and positivity even for small tasks like reaching somewhere or completing a meal. For example, eating while viewing screens has become extremely common, often encouraged by parents in young children. Many parents now report that their child cannot detach from the screen even when prompted. This culture is being developed by us, and it needs to be reconsidered: Is it really efficient? Is it really helpful? Research clearly shows that it is not, and we should focus on one activity at a time.

7. How can we train our attention span in an age of endless distraction?

I think it is all about being in the moment. Attention is one attribute that naturally goes through a lot of fluctuations. Our brain is tuned to pick up everything in our environment, and focusing on a particular task requires a lot of training and skill-building. Being mindful of your current situation, the importance of it, and your overall drive toward it becomes key to a longer attention span.

Distractions are there, so if you want to improve attention, they should be out of sight and out of mind. Many consultants consciously ensure their phones are not around when practising or talking to clients so they can be fully attentive and provide the right kind of resolutions. Being fully present and recognising the importance of the moment becomes key. For example, if a student wants to succeed in exams, the process starts with clarifying why they want to succeed and why mastering the degree matters. Once that clarity is there, other things follow. Timetabling the day and adhering to schedules also helps improve attention. Meditation practices show that attention can improve, but it is ultimately an individual choice. *Meditation is not necessarily tied to specific asanas; it is a state of mind connecting you with the activity at hand.* Even doing cardio mindfully, or playing sports like badminton or cricket, can be meditative if you are fully present. The idea is to *train your brain to stay in the moment*, and with consistency, the generalizability of these traits is strong. Regarding mood boards, making realistic boards helps individuals connect with themselves. Expression can vary from words, pictures, and symbols. Honesty and creativity don't need a strict structure. Allowing creativity provides awareness and strengthens connection to the present moment.

8. Are there strategies for entering “flow states” more often, so that our time feels more fulfilling?

I think a lot of the strategies we have spoken about earlier in many of the questions apply here as well. The basics are that it all depends on two things: A, your overall brain health, and B, the kind of targets that you want to achieve. The behaviours and motivation that drive your flow states become central to this process. Your basic abilities, such as structuring your day-to-day routine and following it consistently, are also important. Additionally, managing your sleep better, exercising regularly, and maintaining a proper diet all help keep your brain in an optimal, healthy state. With these foundations in place, shifting into a flow state becomes much less of a challenge.

9. How can we apply neuropsychology insights to reduce everyday stress and improve our relationship with time?

I think the insights about neuropsychology, especially about *neuroplasticity*, have become very important here. The fact that your brain cells are highly dynamic, they can change their character with the right kind of stimulation, and undergo degeneration when stimulus is missing, is a key insight. This is where managing your day-to-day stress with *basic awareness and resilience becomes important*. It gives your brain the ability to undergo neuroplastic changes and makes it more resilient, reducing the risk of developing mental health issues. Everyday stress is something you can't escape, but *being aware of your limitations and leveraging your strengths is key to managing it better*. At times, we engage in too many activities, overcommit, or take on tasks that are outside our abilities. This can negatively affect both time management and stress vulnerability. Knowing yourself, while also ensuring regular engagement in stimulating activities, is crucial. *Avoid smothering yourself with inactivity*. A structured day-to-day routine with continuous, manageable, and structured stimulation provides the brain with optimal results.



Interveiw with Dr. Jay Shastri

LEGACY OF THOUGHT

Psychological, philosophical, and
experiential reflections from faculty and
alumni on the passage of time and the
persistence of memory.



MENTAL HYGIENE:

A Daily Workout for the Mind

Dr. Satishchandra Kumar

Mental health issues emerged as the top global health concern in a 2024 survey, even surpassing physical health concerns like cancer, obesity, diabetes, and heart disease. This shows that psychological well-being is no longer secondary to physical health but a central issue in modern life. This growing awareness reminds us that looking after our mind is just as vital as caring for our body, and a useful solution lies in India's traditional knowledge system. Instead of only focusing on illness, they guide us toward ways of living that bring happiness and contentment. One such approach that I find particularly meaningful as a psychology student is the practice of *Maitri, Karuna, Mudita and Upeksha*.

Maitri means friendliness – cultivating the habit of treating others as companions rather than adversaries. Karuna means compassion, both towards oneself and others. Muditha refers to the joy we experience in the happiness and success of others. Upeksha is the ability to remain calm and balanced in the face of life's inevitable ups and downs. It encourages acceptance of change while preventing overreaction and emotional exhaustion.

A well-known story illustrates this principle beautifully. An anthropologist once told children in an African tribe that whoever reached a basket of fruits placed under a tree first would win the prize. Instead of competing, the children held hands, ran together, and shared the fruits. When asked why, *one child replied with the word "ubuntu", meaning "I am because we are"*. Their response highlights a profound truth: happiness is complete only when shared collectively. This lesson aligns with the spirit of Maitri, karuna, Mudita, and Upeksha. In today's world, *where "I" often dominates over "we", such values remind us that wellness is rooted in cooperation, empathy, and balance*.

I once came across a line on a gymnasium wall that said, "fitness is 100% mental" and "a one-hour workout is only 4% of your day." In the same way, we can think of Maitri, Karuna, Mudita, and Upeksha as daily mental workouts. By including them in our daily routine, whether at home or at work, we strengthen our mental hygiene, reduce toxicity, and bring more compassion and joy into our lives.

FERRIS WHEEL

Ms. Sayli Gurav

There was a time we wanted what we have today,
The ups and downs,
The highs and the lows, all alternating like a Ferris wheel
The lows are spent in the anticipation of the high,
The high spent in the dread of the low,
We need to make this work,
For those times when we didn't have this,
For those times when we knew what it felt like to be lonely,
For those times when we longed for companionship,
For those times when we longed to love and to be loved,
For those times we owe our today and our future, the efforts.
Like the spinning Ferris wheel.



TRANSACTIONAL TIMING:

A Balanced Approach at Work

Ms. Shivani Shinde

Imagine you are at your work desk, and the time is marching on, when an urgent email pops up demanding a report by the end of the day. While blocking out distractions, you focus and try to work with perfect clarity. In this moment, everything aligns, and you are at your best at your task. Here, the two concepts of time, '*chronos*' and '*kairos*', can be applied, especially viewed through the lens of Eric Berne's Transactional Analysis (TA).

A constant force governs employees' daily routine. At that point, it is very crucial to have logic and practicality, *which is an adult ego state rather than a parent ego state* from the TA framework. Such an *adult mind* helps in organising tasks, managing time, and balancing work and personal life. It responds to the external expectations, "*the ticking clock*," calmly and logically; this is the *chronos at the workplace*. On the other hand, *kairos* is about the opportunity and *a moment where everything aligns*, and you feel everything is going perfectly in what you need to do. This is the ideal situation for involving yourselves in creativity, innovation and completing tasks with maximum optimisation. *According to the TA framework*, here you are responding in a child ego state like a "little professor", being intuitive, almost in a flow state. The outside pressure has temporarily disappeared as you are immersed in what you are doing.

The *major challenge* in organisations is to maintain the *balance between these two dimensions of time*. Most people invest their time in the *chronos* mode. It is often important to strike a balance between the two, considering whether to respond from an adult, child, or parent ego state. The *parent state* represents the internalised voices, which are often associated with *chronos* that demand urgency of the work. It can be a feeling of external expectations aligning with the perspective of time. The *adult ego state* is a logical one, which rationally understands time, compartmentalises tasks, and is efficient. At the workplace, this can be seen through being organised and making sure that work is done promptly. The *last ego state, i.e. child ego state*, seeks enjoyment, spontaneity, and creativity. It can be a space where there is hardly any time pressure to meet any deadlines. At this ego state, fresh ideas can flourish, and creativity can lead to better workspaces.

Additionally, our memories shape how we perceive the work environment, interpersonal trust, and our response towards stress. In TA, the *life script approach* explains how an individual's life script, which is formed during childhood, *unconsciously drives their behaviours in the future*. For instance, when a boss criticises an employee, the employee gets back into their childhood shame, *reacting emotionally rather than logically*.

The unresolved conflicts and unconscious time travel often lead to misalignment of the two dimensions: Chronos and Kairos. Here, the TA approach will be a powerful tool for one's professional and personal development.

Thus, it is getting very important in today's fast-paced world to engage oneself in mindful time management by setting *SMART* goals. In addition, it is very important to step away from the workspace, brainstorm and schedule blocks of uninterrupted time to think creatively and create a personalised 'kairos culture'. Lastly, cultivate awareness of your own ego states and recognise the perfect moment. To create a work environment that balances the urgency of chronos with the inspiration of kairos.

A final thought: The engaging and meaningful work does not always work with the calendar deadlines. They slowly progress in conversations, reactions and gradual decision-making influenced by memory, emotions and timing. The result will be efficiency, creativity and harmony at the workplace. Think about it!



Dr. Eshita Mandal

When dream is wrapped in pride and sentiment...
Your thoughts spiral without a pause.
When voice is raised against patriarchy, prejudice & the social norms...
The very foundation of your being, is challenged.
When its time to wear your legacy and be relevant...
The pressure of life gets to you.
When you need a day, a moment to yourself...
Things around you become overwhelming.
When it's time to balance what you need today
with what you need tomorrow...
Shame, guilt and anger disrupts your energy.
When a glowing sun-kissed complexion is all that you want...
Sudden fear, doubt and panic wave creeps in.
When the goal vision is clear and path is known,
Caveats are attached casually and automatically inhibiting the growth.
When the inner strength is magnetic...
You choose to wallow in the low-vibe feeling of rejection.
As the valley whispers,
and the chinar lights up the path...
Experience the calmness
and promise to show-up for yourself
With A Curated Positive perspective, illuminating your mind.
Choose your purpose & focus on your goal
As you owe your style.

TIME, MEMORY & THE MIND:

A Gen Z Field Report

Dr. Rohan Mehra

If time were a TikTok challenge, no one would ever win. Blink, and the clock fast-forwards from 09 AM to existential crisis hour, otherwise known as 02 PM, when you realise lunch was three hours ago and deadlines are now living rent-free in your head. *For Gen Z, time is everything our phones promise: fast, slippery, and gone before we remember why we picked them up in the first place.*

Let us be real: *memory is a trainwreck of Snapchat stories we thought would last forever but now exist only as “on this day” throwbacks. Some call it “digital brain rot.” I call it selective wisdom.* Our brains save only the essentials: WiFi passwords, awkward childhood stories, and the plot twists of that series everyone has already forgotten about. *But ask us where we put the charger, nope, file not found.*

Our parents complain we never remember “important things,” like birthdays or, say, taxes. But give us half a second, and we will quote memes, song lyrics, and the entire drama that unfolded on last week’s group chat, because *Gen Z memory is built for efficiency.* Why stash facts when Google is a tap away? Why memorise a poem when you can remix it, add lo-fi beats, and post it to Reels for instant validation?

And then there is the *mind, arguably the most overworked*, underappreciated multitasker of the century. Pinged with notifications, bombarded with calories (those snacks are not going to eat themselves), and somehow still expected to sort through life’s big questions. It is a wonder any of us can focus long enough to tie our shoelaces without asking Siri for directions. Yet despite digital chaos, *Gen Z finds meaning in the mayhem.* Meet the meme generation: we cope with life’s absurdities by screenshotting our most unhinged moments and sending them to friends with six “crying laughing” emojis and a “mood” caption. We nurture nostalgia for school days spent dialling landlines, attempting to talk to our friends but ending up trapped in conversations with their parents, a rite of passage millennials remember vividly, but for us, it *reads like* a Black Mirror episode. *Humour*, for Gen Z, is not just self-defence; it is a survival strategy. We make jokes out of our own memory lapses, laugh about “brain rot,” and use dark, meta irony when things get heavy. If it cannot be turned into a meme or a group chat inside joke, is it even worth remembering? We think not.

So, here is an expert takeaway: time will slip by, memory will betray, and the mind will roam, but if you fill your days with laughter, random factoids, and dance routines only your phone camera will see, maybe that is the ultimate #LifeHack. *Live in the moment, meme the past, laugh at the chaos, because, really, who has time for anything else?*

THE COGNITIVE TAPESTRY:

Weaving Time, Memory, and Mind

Dhwani Jain, Founder



Time is a tapestry. *Unlike a canvas that begins and ends, a tapestry can be revisited and rewoven by many hands across generations.* This magazine gives us the temporal fluency to add new patterns, voices, and textures in each edition, extending its journey into futures never imagined.

As a psychologist, I have come to see *that we don't experience time as numbers on a clock or as tidy as calendar squares.* Think about it, an hour of laughter feels like minutes, while waiting in boredom can feel endless. We view time and memory through an egocentric lens. *To the mind,* the past folds into memory, the future shines as anticipation, and the present pulsates through perception, weaving our individual narratives. *Time,* in its essence, isn't just measured; it's lived, as a story we constantly tell ourselves.

Seen this way, memory is not just recall but reconstruction. *Each return adds something new, reshaping the old into something alive.* That is how *collective memory becomes legacy.* A magazine, then, is more than bound pages; it is proof of how time, memory, and the mind converge, *private reflections becoming shared imagination.*

And so, *I am deeply grateful* to the authors, the editors, and the visionaries who continue to weave their voices into this tapestry. *By inviting us, the early stitchers, to add our threads again, you remind us that legacy is not fixed but living, growing with every hand that touches it, every voice that carries it forward.*



ECHOES THAT CARRY US

Asma Syed, Founder

Time moves forward quickly and relentlessly. The very instant you began reading this article to the moment your eyes landed here, nearly five seconds must have already slipped away. *Moments dissolve the second they arrive, each one falling quietly into the past.* And yet, *here's the paradox: while time has moved on, you still carry the moment with you.* You can recall the act of reading that first line, almost as if it's happening again, right now. This is the fascinating nature of memory: it allows us not only to remember time, but to re-experience it.

Ever noticed how one smell of rain-soaked earth can transport you back to your childhood, or how a song from your teenage years instantly revives a flood of emotions? *That's not random, it's your brain reactivating neural patterns that were fired during the original event.* Your brain, in a way, is replaying the past like a movie on an internal screen. That's why memories don't just feel like information; they feel like experience.

But this gift is *double-edged*. While it allows us to savour the warmth of nostalgia, it also explains why traumatic memories can feel so raw. Instead of a gentle revisit, the brain can make us relive the distressing experience as if time itself has returned, with all the fear, grief, and pain intact. It's *as if the moment is happening again*, right here, right now. Here's where something remarkable comes in: *Memory Reconsolidation Therapy*. Our brains aren't static archives; they're dynamic storytellers. When a memory is reactivated, there's a window where it can be updated. In therapy, this means *traumatic memories can be gently revisited, re-experienced with safety* and new perspectives, and integrated in a way that reduces their emotional charge. Essentially, the echoes of the past can be *rewritten, not erased*, but reshaped so they no longer control the present.

Perhaps the most human truth is that we are not just moving through time, but carrying it, curating it, and allowing its echoes of sorrow, hope, and courage to guide us in ways that only memory can.

Try this out: Close your eyes for a moment and go back to 'a beginning'. Maybe it was the day you got into college, the first time you walked into a new job, the moment you started something you'd been dreaming about. Can you feel it? That mix of excitement, nerves, and hope? That version of you carried dreams and intentions that made you take the first step.

Now ask yourself: What was I chasing then? What did I believe was possible for me? If that "past me" could see me today, what would they want me to remember?

Life gets heavy. *Stress, routines, and deadlines blur the spark we started with.* But those early echoes of joy, courage, and the sense of possibility are still alive inside us. So here's something to try for yourself: Write down one dream or motivation from your past that still matters to you. Then, write one small thing you can do this week to honour it.

Because when we pause and listen closely, our echoes don't just remind us of where we've been, they can also remind us why we are here.



YAADEIN

Tanvi Raichura, Founder

Yaadein, mithai ke dibbe ki tarah hoti hain! Kholo toh ek mithai se kaam nai chalta. Bollywood and cheesy lines they use, right? That's what I thought for the longest time, too, till it was my time to move away from home for the first time for my job. Anyone who has lived through the rollercoaster of living in a place you call an apartment as opposed to HOME knows that Bollywood definitely was onto something with that. The pressure, stress and strain often leave me drained. I'd come back to my apartment tired, craving the feeling of familiarity, comfort, and belonging. *Wanting to sneak in* a few moments of joy with my friends and loved ones. Smile, laugh, reminisce about the same memories that are close to our hearts, spilling tea about a few individuals who got on our nerves years ago. As I think of these moments, a faint smile follows. I think to myself how memories seldom need meaningful moments to register. *The more foolish, carefree you are, the crazier moments you remember.* It's almost like living the moment again. Following the whole saga of living through mental and digital pictures, *I pause*, a brief sense of relief, happiness! Soon to be followed by a sense of grief, a vacuum, the realisation that these are simply memories and that my loved ones are still miles away.

According to studies, *nostalgia*, however, is not all about sentimentality either it is what we'd call *a psychological buffer*. When we recall happy memories, the *brain releases chemicals* that uplift us and our mood, dopamine and oxytocin. It's also notable *that it's not always happiness and sunshine*, and that memories are often categorised according to state, and thus experts believe they're state-dependent. In simpler words, emotions at the time of the event often get locked in with the memories, and later, when you *open the dibba of memories*, it comes with the *flavour of the mood of the memory you've picked*. And you can rarely change this flavour. So if a mithai has a flavour you don't enjoy, well, too bad, it has already worked up your mood. We also don't replay the exact moments; it's generally played to best suit our mental image. So all of us are basically filmmakers and storytellers in our individual capacity, which is pretty cool, I guess.

So essentially, memories act like biographies to our life, consisting of montages that we admire, love, and cherish, along with snippets of life that leave us in pieces.





THAT'S MY TIME

Ayush Sawant, Class of 2024

time, what is it?
well, who am i to know?
certainly not the one to explain it.
if we get into discussing how time works and turns
it's a whole another rat race we're not ready for.

as i live in it, let me tell you how i see it.
i say, "we hold onto time, but forget that it carries us."
keeps us still and afloat
flowing towards the edge
throws you over the waterfall
doesn't look back
as it flows farther than you.

we carry on different speeds
as some take their time
some chase it
as if we already lost it.
stop it! can't! it's obvious!
you fight with time for some time
in the war with time, we're the martyrs.

to gain clarity over insanity
we do anything, everything and nothing
as time goes wrapping around things
we fall anytime, but we swim every time
wasting no time realise that it carries you
save some breath, you can float for a while.

legends say time is of the essence
so i'll try to save you some this instance.
if you ask me about it,
i will need some of it,
to tell you about it.
until i run out of it,
as you reach the end of it,
you stand there with your question unanswered,
going back to the start while questioning my answer,
asking, "time, what is it?" "a monster"?



AN ANTI-HERO

Mayuri Shelar, Class of 2024



they say,
"when the time's right"
as if he were a gentleman,
waiting at the door,
hands in his pockets,
quite patient evermore,
to heal cracks that hurt & mend things that are sore.

they sigh,
"oh, maybe it was a bad timing"
as he showed no mercy,
struck as no fool,
leaving lovers mid-sentence,
bending every rule when Peter reached through the shadows,
but Gwen slipped away,
& lingered in the silence,
as the moment turned gray.

they exclaim,
"right person, wrong time!"
as he grins in the corner, sharp & sly,
a trickster who loves irony's play,
he lets your stars align & suddenly slips away
to begin a silent war at night,
& shares a smirk the next day.

time's an anti-hero,
neither cruel nor kind in turn,
he teaches us through loss and makes our hearts burn,
he steals our moments & yet shapes who we are.

we curse him,
we chase him,
and still bow to his art,
as time is the sorcerer
and the keeper of the heart.



TIME SETTLES IN CORNERS

Namya Manchanda, Class of 2025

Solace found in physical spaces echoes a memory,
where comfort once given by people
now lingers as a hole for connection.

As time softens trust and makes those bonds fragile,
solace drifts from steadiness of friendships
to steadiness of walls and corners.
The familiarity of some places,
the way sun rests on those places each day,
offer the peace that now people cannot.

This quiet comfort, while real, carries a sadness,
every moment here seems to coexist with a
memory,
a gentle acknowledgement,
a reminder that refuge now lies not in a person,
but a place

And in learning to lean on spaces,
the mind learn to forget the absence.
The walls with their silence endurance,
teaches us the art of moving on, and
how memory naturally folds into time, & now
time itself becomes a keeper of peace!



NOSTALGIA

A Comfort or a Cage?

Nuvera Shaikh, Class of 2024

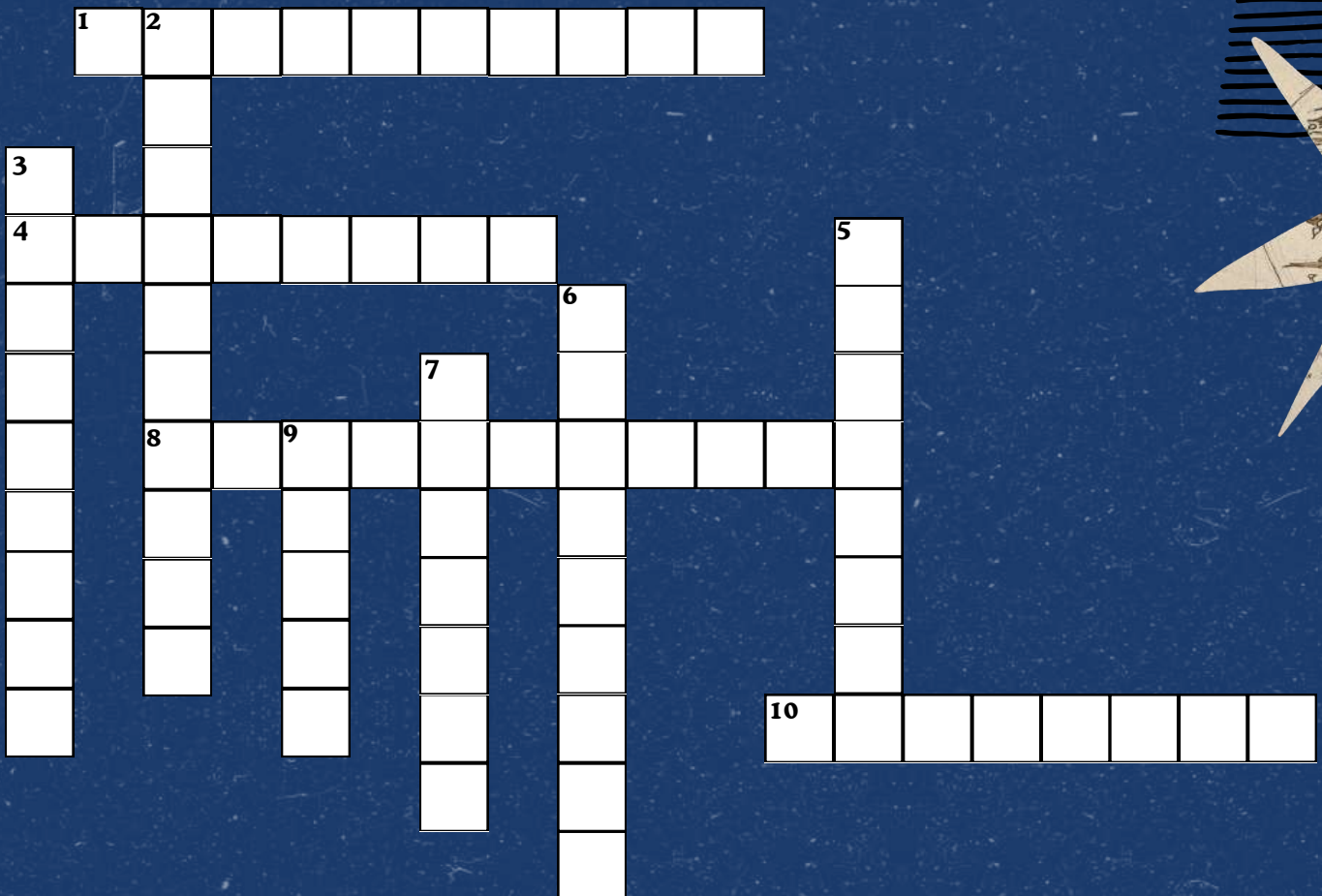
They say that you have to *let go of the past* so that you can *make way for the future*. Only if you clear the old space can you make space for new things, new memories. But letting go comes with the fear of neglecting the good parts, unintentionally distorting them, and eventually forgetting them- forgetting the feeling of *“that time when...”*. *Nostalgia*. All of us have these moments where something we experience takes us back to “the good old times”. A song introduced to you by someone special, the fragrance of that perfume you now hate, or a mere instance of *you crossing “the spot”* where you used to hang out with your friends regularly.

After three years of spending time in college, with the same people every day, *I re-lived visiting the same place for one more year*. Same classrooms, same professors, same events, different people. *Same environment, different people*. Every day screamed “nostalgia”. Every single day was a reminder of some memory from the past, whether it was while passing by “928”- a classroom that had become our second home, or the corridors where dance rehearsals had turned into bonding sessions, or the staircases where group projects were brought to life. The annual events were the biggest blows of nostalgia. The silence in the auditorium, for there was no one to chant *Batch2’s-collectively-accepted-anthem*, or the absence of students from our class being the epicentre of chaos during events. *None of it was the same without these people*. This one year was a living representation of what they mean by “it is nothing else but the people who make the memories good”.

This batch has given me so many special ones that recollecting memories with each would require a few more pages to write. Today, 09 out of 10 of us are living miles apart, but the everlasting memories continue to come back to me once in a while. And letting go would mean *making the people who gave me the best memories, a memory*. Hence, nostalgia? BIG TIME. Letting go? Someday, maybe.



CROSSWORDS



ACROSS

1. Types of amnesia involving loss of pre-injury memories. **(10)**
4. Type of long-term memory for personal experiences. **(8)**
8. Brain Structure critical for memory formation. **(11)**
10. The process of transforming information for memory storage. **(8)**

DOWN

2. Pioneer of memory research, known for the forgetting curve. **(10)**
3. Effect where unfinished tasks are better remembered. **(9)**
5. Physicist whose theories reshaped our concept of time. **(8)**
6. Extremely vivid memory of an emotional event. **(9)**
7. Active memory system for short-term manipulation. **(7)**
9. Philosopher who compared memory to a wax tablet. **(5)**

MILESTONES & MINDSET

Stall Day, Suicide Prevention Day 2025



The Creatives and SOC stalls ran from 10:00 am to 6:00 pm, featuring Stories of Tomorrow (sharing hopes), Paper Hearts (stress-relief and kindness), What's Your Yellow Today? (gratitude wall), and the 1000 Commitment Challenge, where participants made personal pledges for mental well-being and supporting others. Over 1,200 commitments were collected, promoting resilience, community care, and awareness.

Classroom Facilitation, Suicide Prevention Day 2025



Sessions across 10 classrooms introduced Psychological First Aid, addressed suicide myths, and encouraged open discussions. Students ended by making pledges under the #1000CommitmentsChallenge.

1000 Commitment Challenge, Suicide Prevention Day 2025



The 1000 Commitment Challenge Walkathon spread suicide prevention awareness across campus. Volunteers engaged the community, collected pledges, and fostered conversations of hope and resilience.

Narratives of Hope, Research Committee 2025

A joint event by the Book Club and Research Committee, featuring discussions on Viktor Frankl's logotherapy, the "Tree of Life" narrative therapy activity, and musical performances. Students reflected on resilience, hope, and personal growth.



Komal Jain, M.Sc. SY



Addressed 300+ students of Rotaract Club of Mumbai on 'From Confusion to Clarity - My 10Ps Life Framework'



SPD Panel Discussion 2025

Experts discussed survivor grief, self-injury, and community impacts of suicide. The Hope Kit activity closed the event, reinforcing compassion and resilience.



Shirpur Camp, M.Sc. and B.Sc PsychCamp Committee



The camp reached 2,418 students with safety education, 110 with career counseling, and 412 teachers with stress management. It promoted awareness, resilience, and well-being across the community.



Neurodiversity Sensitisation and Integration Camp, M.Sc. PsychCamp

Our recent camp promoted Neuro-diversity Sensitisation and Integration, empowering over 150 students to understand, accept, and appreciate individual differences. Through interactive sessions and activities, we fostered a more inclusive and supportive environment, breaking down barriers and building a stronger community.



PSYCH FILM FEST-2025

At a Glance



B.SC. FY A & B

Anidra

The movie follows Tara, a young woman battling anxiety, societal pressure, and perfectionism, faces marriage pressure at home and criticism at work. Overwhelmed by burnout and sleeplessness, she spirals into overstimulation. After a panic attack, she finally takes a step toward healing by booking a therapy appointment.

Delayed Departure

Delayed Departure: An Hour to Nowhere transforms a routine bus stop delay into a journey through human perception. Strangers, each lost in their own reality, find their perspectives shifting through shared moments. Dialogue and silence reveal unseen depths. As time slows, stepping into another's shoes sparks profound change. In stillness, they discover that nowhere can lead to everywhere.

The 'I' in me

Riya, a college student, struggles with identity as she changes herself to fit in with different social groups, leading to an identity crisis. Suppressing her true self causes emotional distress, culminating in a breakdown. Highlighting the psychological struggle between social conformity and self-acceptance, she eventually embraces authenticity realising she doesn't need to be anyone but herself.

Dis(connected)

Kiah immerses herself in her brother's brand new video game, confronting characters that form a trauma bond. With every increasing level, reality blurs. Upon exiting, she's shocked to meet the same characters in real life, realizing the cycle wasn't just in the game.

Man ki Baat

(MAN)मन की बात. In Hindi, ""मन"" means ""inner voice,"" while in English, ""Man"" refers to males. The film explores how societal norms force men to suppress their emotions. Fear of judgment and past ridicule silence their inner struggles. Daily stress and unspoken emotions build up, leading to emotional outbursts. This repression takes a toll on their mental and physical health, shedding light on anxiety and emotional suppression in men.

Dost Dost Na Raha

Dost dost na raha is the story of a young woman, Pritha, battling the challenges of adolescence. She finds herself exploring the web of friendships and betrayal. As secrets unravel and trust shatters, Pritha learns that sometimes, losing a friend means finding yourself.

Prada

How many times have you felt lost among people?
How many times have you wondered TO BE OR NOT TO BE? You're not alone and this is what we're here to address. The masks that we wear to feel accepted. Are they really necessary? Own your story, live your truth.

In Hindsight

Aisha, an 18-year-old navigating college and adulthood, lives mostly in her head—unaware of her abnormal thought patterns. In Hindsight redefines "overthinking," raising awareness and mindfulness. Will her toxic ex isolate her, or can new friends pull her back? Will Aisha's toxic ex be successful in manipulating her to lose her dear ones? Or will her new friends save her from deleting her social life?

Toxick

The film follows 18-year-old Suhana, thrown out of her home, starts college and forms close friendships. A dating app leads her to Aryan, whose charm turns controlling. Isolated and manipulated, she struggles between love and friendship. As loved ones try to help, breaking free feels impossible. The film explores manipulation, attachment, and self-worth.

Please

Meet Nia, the friend who never says no, always putting others before herself. She's so used to saying 'yes' that she's forgotten how to say 'no.' Step into a day in her life—the life of a people pleaser.

The Space Between the Words

Two people, one silence—lost in assumptions, searching for proof of their fears. Every pause is a question, every glance a verdict. Communication is never an option. Tension peaks, a storm erupts... then ice cream by the beach. Peace or just another illusion?

Raison d'être

Val always thought love was all about relationships the spark —until a bad date with Kabir. Calling her best friend, she realizes love isn't just sparks and partners. It's in a friend's support, a father's worries, a mother's care—the little moments she never noticed.

Echoes in Envy

Aisha and Natasha, once the "perfect pair," were trapped by comparison. Natasha thrived, while Aisha struggled under the weight of expectations —until a heartfelt confrontation redefined their bond. No longer competitors, they embraced individuality and true support.

B.SC. FY C & SY A

Manzil

Naina, a recent graduate, feels lost as friends move ahead. Torn between stability and her passion for music, she battles doubt and pressure. As she faces setbacks and self-doubt, she learns to carve her own path, redefining success on her terms. Manzil is her journey of identity, ambition, and the courage to chase one's dreams.

Echoes of Home

Echoes of Home is a gripping family drama about love, loss, and the weight of unspoken grief. After their father's death, Meera and her daughters struggle to cope—some clinging to the past, others running from it. As tensions rise, buried truths surface, forcing them to confront their pain before they lose themselves completely.

Pinjara

Aarohi, a simple girl from a small town, moves to Mumbai to fulfill her parents' dreams, only to finally get rid of the misogyny holding her back and finding herself in her one true love—music. She is ready to soar after finally realising that her wings aren't clipped any longer.

Error 404

Niya, a woman living in a secluded wellness retreat who discovers journals detailing a past she cannot recall. As she pieces together fragmented memories, she realizes others may also be living with false narratives. Exploring cognitive dissonance and false memory, the story unravels the struggle between belief, identity, and reality.

Mujhse Dosti Karoge?

Devangi and Shravani form a close bond in college, but misunderstandings and personal struggles test their relationship. As emotions run high, they are forced to confront their differences and what they truly mean to each other. A journey of love, loss, and healing, and the importance of self-discovery in the face of change.

Unsaid

Unsaid is a psychological crime thriller that unfolds against the backdrop of an ordinary residential building through the lens of its residents. Each resident holds a seemingly trivial piece of information, which, when pieced together, helps resolve a larger mystery.

CTRL + BELIEVE

Ctrl+Believe dives into the minds of college students as their beliefs are tested against opposing evidence, exploring reactions of defiance, reflection, or reinforcement, revealing surprising outcomes. The film examines the backfire effect, resilience, and our understanding of human perception.

The Reflection Paradox

This short film is a social experiment on Perception Gap, the disconnect between self-perception and external perception. It explores the fluidity of self-image, revealing how perception is not fixed but influenced by external voices and internal dialogue. By contrasting perceived personal insecurities, the film sheds light on the distortions that shape our reality and the narratives we construct about ourselves.

Andekha

Andekha explores the often-overlooked lives of blue-collar workers, highlighting their unrecognized contributions. Through a social experiment, we analyzed the impact of positive feedback on their job satisfaction and self-esteem. The findings are presented alongside the story of Aarti, a blue-collar worker who experiences moments of joy and transformation despite her invisibility to those around her.

Survival Trials

Kiah immerses herself in her brother's brand new video game, confronting characters that form a trauma bond. With every increasing level, reality blurs. Upon exiting, she's shocked to meet the same characters in real life, realizing the cycle wasn't just in the game.

The Rejection Project

What happens when the dating game is reversed? This bold social experiment flips the script on dating norms, testing whether men reject women for behaviors they commonly exhibit themselves. The experiment displays three women approaching men in real-world settings, through real-world encounters, the film uncovers implicit double standards, revealing how attraction, rejection, and gender biases shape modern romance in unexpected ways.

Perception - Eye Within

Our movie explores how perception shapes thoughts, behaviors, and relationships through a social experiment. Participants answer questions about family, friendships, and life, revealing how external influences impact interactions and the ability to form meaningful connections.

B.SC. SY B & C

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Spotted in Bias

An experiment on the representative heuristic tested how appearance affects café service. Participants dressed as influencers, normal casuals, or unkempt visited two cafés and ordered pizza. Influencers received better treatment, including a free cake in one café, showing how visual stereotypes influence service quality.

The Quiet Influence

This experiment explores the mere exposure effect, where people develop a preference for things due to familiarity. Repeated exposure leads participants to favor familiar stimuli over new ones, even if they don't consciously recall seeing them before.

Marks ke liye Kuch Bhi Karenge

How well do you really know yourself? This experiment explores the fascinating phenomenon of overconfidence bias. Watch as participants confidently assess their abilities, only to be challenged by unexpected results. It's a revealing look at how self-perception can be distorted and the surprising impact this has on our decisions.

The Comparison Conspiracy

This experiment investigates how a brand's perceived value changes when presented alone versus alongside a higher-value brand. Participants first rate a brand individually and then re-evaluate it in a comparative context. By analyzing rating shifts, this social experiment explores the contrast effect and its impact on perception, marketing, and decision-making.

Deception of Perception

This short film is a psychological experiment brought to life. It explores how our first impressions shape the way we judge people; sometimes making us overlook their flaws or see them as better than they really are. Through real interactions and analysis, this film reveals how hidden biases influence our daily decisions, often without us even realizing it.

Touch Me Not

Touch Me Not is a movie that explores the psychology of human curiosity and defiance. When a simple game of Jenga is placed in a public space, an unexpected pattern emerges, challenging our understanding of rules, temptation, and the unseen forces that shape our decisions. Some urges are irresistible.

B.SC. TY A & B

What Comes Next

Three strangers. One Saturday. Detention leads to an escape, to crashing waves, stolen laughter, and a friendship they never saw coming. As the tide rolls in, so does hope, hope that this bond, this day, this feeling, won't disappear with Monday's sunrise. Some moments don't fade. Some friendships are forever.

Numbers

Kanika has perfected the art of control—every smile, every bite, every excuse. Raised under her mother's gaze, food feels more like a battle than nourishment. Then comes Joon, her quiet, steady roommate, who never pries, never judges—just stays. In shared silence and gentle presence, Kanika finds something she never expected: the freedom to eat, to heal, to simply be.

Wake up, Ayesha

Every man must decide whether he will walk in the light of creative altruism or in the darkness of destructive selfishness.

- Martin Luther King Jr.

Our film explores the transformative power of self-relationship and the dangers of toxic altruism. It follows Ayesha's journey as she learns to set healthy boundaries and, ultimately, how to say NO.

Aasmaan

This movie is set in the heart of Mumbai, where four individuals- Kiran, Megha, Chandni, and Tara- find their lives unknowingly related by their actions and fate. Exploring the theme of spirituality and unknown human relationships, the movie highlights how even the smallest actions of one individual can transform the lives of others in unimaginable ways.

All That Was Ours

When grief reopens old wounds, four friends must find the courage to face pain, regret, and memories. But some bonds endure beyond absence, proving that certain stories don't end—they transform. All That Was Ours is a story of love, loss, and the fragile threads that hold us together.

Tides Within Us

Different moments, same person, different emotions. Each and every person experiences these tides of emotions. But one thing that is predictable is the care and love a person has for another. This movie is more than just a love story, it's a story of two people learning to navigate these unpredictable tides and fall in love with each other with all their flaws.

Dobaara

A tragedy has taken place. Would you try and change it if you were given a second chance? This film follows the story of Apoorva, a woman who has a complex relationship with her family - her parents & younger brother Agastya. As she realises that she has been granted a second chance to fix these relationships, she sets out to make things right, the question remains: will this change the trajectory?

Mosaic

When the spark in their marriage begins to fade, Samaira and Ayush must confront their flaws and mistakes. As they navigate the complexities of relationships, forgiveness, and personal growth, they discover that love can be redeemed and strengthened through compromise, empathy, and resilience.

Ritually Misguided

"Ritually Misguided" follows a group of students drawn to an unconventional spirituality course. Led by the enigmatic Dr. Sen, they seek enlightenment but stumble into an eerie ritual that blurs reality and illusion. As they confront hidden fears and unsettling truths, they must decide: is transformation worth the cost?

Aise Kyun

"Aise Kyun?" tells the poignant story of a loving couple, Vaani and Kiara, who find themselves at a crossroads. With a blend of humor, heartache, and hope, "Aise kyun" explores the true meaning of love, courage, sacrifice, and personal growth. We're all taught how to deal with bad people leaving, but what happens when a good person leaves?

Khudg(q)arz

The life of a cruel, selfish businessman takes a surprising turn when a mysterious pair of chopsticks compels him to do good deeds. He struggles with his newfound generosity and challenges his old beliefs about mankind, emotions, and success. He must confront the most important question as his change progresses: who is he really?

M.SC. FY & SY

The Glass-Shoe Effect: A modern take on a classic fairytale

The Glass Shoe Effect™ is a modern reimagining of a classic tale, exploring family dynamics, identity, and breaking free from inherited narratives. It challenges the idea of fitting into predefined roles, showing that true transformation isn't about finding the perfect fit—it's about choosing your own path and rewriting the story.

Keeping Up With the Kapoors

When real emotions collide with their carefully curated content, the Kapoor family's seemingly ideal influencer existence is questioned. In this chaotic, hilarious journey, they learn that behind #famgoals lies a true, deeper and honest connection as they rediscover the real meaning of family using help of family therapy.

Royal Treatment

"Royal Treatment" is a narration and depiction of the wrongs and rights in a Royal Family. The story of betrayal, guilt, hurt, pain and so much more, all between the duties that these Royals must adhere to.

Kabhi Therapy Kabhie Gham

Delve into a compelling narrative where each dialogue explores the complexities of the human mind. The story sheds light on burnout and compassion fatigue, revealing how emotional exhaustion silently impacts relationships. Through powerful conversations and psychological depth, it offers a thought-provoking reflection on healing, empathy, and the resilience of the human spirit.

Cheeni

Cheeni – A Tale of Bittersweet Realities

Family dynamics shape individuals, leaving deep imprints. This fictional yet realistic tale explores generational struggles and evolving values. As a newcomer seeks recognition, the story unravels entrenched patterns, revealing transformation and deeper connections within relationships, ultimately leading to growth and understanding.

The Three-Legged Chair

The movie talks about the dynamics between the three siblings and how certain arguments could escalate into something big. The irrationality of the eldest and the youngest sibling creates problems for the one in the middle. Can they sort this out by themselves or is therapy the only way out?

Rent A Family

Three strangers, fed up with their families, agree to a therapist's bold experiment —Rent-a-Family. As they step into the roles of mom, dad, and daughter, life seems simpler. But soon, cracks appear, forcing them to question: Can family be chosen, or are they running from what they truly need?

The Cost of Caring

Mental health professionals dedicate their lives to helping others, but what happens when they face burnout? This documentary explores their struggles, their hesitation to seek therapy, and the urgent need for better support. Through expert insights and real stories, we ask: Who heals the healers?

Charting Change

As mental health awareness grows, treatment approaches are evolving. This documentary explores the insights of a psychologist, a neuropsychologist, and a psychiatrist on emerging trends, integrated therapies, and the impact of awareness on their practice. Charting Change sheds light on the shifting landscape of mental health care and its broader societal impact.

Beyond Conversations: The Unseen Side of Therapy

Imagine walking into a therapy session, but instead of sitting on a couch and talking, you're painting your emotions onto a canvas, dancing through your anxiety, or even interacting with horses to process trauma. While traditional talk therapy remains the foundation of psychological healing, unconventional therapy modalities are challenging the norm, offering creative, immersive, and sometimes surprising ways to address mental health concerns.

Unfollow the pain

"Therapist Influencers: Healing or Harming?" explores the growing influence of social media therapists and the potential risks of mass-disseminated mental health advice. Through expert interviews with certified therapists, we examine the rise of therapy-speak, misinformation, and the blurred lines between professional guidance and online trends.

The Making of a Psychologist

An interview-documentary starring NMIMS' in-house psychologists (in the making).

Can AI Chatbots Replace Therapy?

With the rise of AI-powered chatbots offering mental health support, a critical question emerges: Can they truly replace human therapists? This documentary explores the growing role of AI in therapy, weighing its benefits, limitations, and ethical concerns. Through expert interviews we examine whether AI-driven counseling is a breakthrough in mental healthcare or a dangerous shortcut. Can technology provide genuine emotional support, or is human connection irreplaceable?

PGDM & PH.D

Vikruti

In the late 1960s India, Ritika Agarwal, suffering from paranoid schizophrenia, commits a gruesome crime driven by her delusions. As the legal case runs its course, the film highlights the defective justice system's inability to identify mental illness disorders and underscores the necessity for reforming law and treatment.

The state vs. Radhika Kulkarni

A young mother, a brutal crime, and a mind teetering on the edge—was it madness or something far more chilling? As the courtroom battles truth and deception, one question lingers: What really happened that night?

The Daily Life of a Researcher

The daily life of the researcher that goes through the ups and down to discover well-being and self-care

Secrets of Happy Researcher

A documentary based movie on Researcher's Wellbeing

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