



# PSYCHE CHRONICLES

## THE MONTHLY BULLETIN



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-By Sanjana S T

## Top News

- *Paper, case and therapy Presentations- Students of KAPMI-AHS revealing their potentials through exploration.*
- *Empower Her. Shaping a Better Future Together.*
- *Emotional Echos- MSc and MPhil Clinical Psychology students showcased their creativity through their artworks.*

## INNOVATE TO ELEVATE



Ms. Isha Jain, a 2nd MSc Clinical Psychology student, attended the two-day international conference on 100+ Years of Psychology: Reflection and Moving Forward, conducted by Department of Studies in Psychology in collaboration with University of Mysore Psychology Alumni Association on 7th-8th March 2025. She presented her research paper on Assessment of Love Addiction and Its Relationship with Nomophobia, showcasing insightful findings on modern psychological dependencies. Her presentation was highly appreciated, earning her the **'Best Paper'** Award. This achievement highlights her dedication to psychological research and academic excellence.



## TOUCH TALK: KNOWING WHAT'S OKAY



A session on "Good Touch-Bad Touch" was conducted by Ms. Isha Jain, a 2nd MSc Clinical Psychology student, for intellectually disabled students at Manaspoorthi in March. The session aimed to educate students about personal safety, appropriate boundaries, and how to seek help in uncomfortable situations. Using interactive methods and visual aids, the session ensured better understanding and engagement. The initiative was well-received, contributing to the students' awareness and empowerment.

On March 7, 2025, Ayushi Viren Shah presented a therapy case under the moderation of Ms. Vithika Jhingon. The case focused on a diagnosis of severe depression with emotionally unstable personality disorder, borderline type. Ayushi utilized an integrative approach combining Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT). On March 21st, 2025, B.K. Aishwarya delivered a therapy case presentation under the guidance of Ms. Aditi Usha Tigga. The case centered on diagnosis of alcohol dependence, leveraging Motivation Enhancement Therapy (MET) and Relapse Prevention Therapy (RPT) in a comprehensive treatment approach. The presentations were well-received, sparking interesting discussions and feedback from the audience.

## THERAPUTIC ENGAGEMENT



## UNLOCKING THE MIND



Ms. Rajeshwari N, Ms. Bindu, Mr. Sudhanva K, and Ms. Varsha J, students of 1st and 2nd M.Sc Clinical Psychology, attended INSIGHT 2025 – International Conference on Mental Health at Work on March 27th –28th, 2025, at Kristu Jayanti College. The event was organized by the Department of Psychology in collaboration with the Clinical Psychology Society of India (CPSI). The conference featured talks by renowned experts such as Dr. Annette Smolinski, Dr. Upinder Dhar, Dr. R. Karthikeyan, and Dr. Rajani Parthasarathy. The students also presented a paper on the impact of smartphone addiction. The event offered valuable insights into the role of clinical psychology in workplace settings.

Ms. Isha Jain, a 2nd MSc Clinical Psychology student, attended the two-day multidisciplinary conference on AI Revolutions: Innovations, Insight, and Impact, conducted by Christ College, Mysore, on 19th–20th March 2025. She presented a research paper on The Role of Artificial Intelligence (AI) in Suicide Prevention, highlighting AI's potential in mental health interventions. Her presentation was well-received, sparking discussions on technology-driven approaches to suicide prevention. The conference provided a valuable platform for interdisciplinary learning and knowledge exchange.



## SYMPTOMS TO SOLUTIONS



On March 13th, 2025, N.L. Sameeksha presented a case on a severe depressive episode without psychotic symptoms, moderated by Dr. Naveen, Consultant Psychiatrist at MNH. And on March 27th, 2025, a case presentation was conducted at Bahumukhi auditorium, presented by Navyata which was moderated by Dr. Naveen. The session focused on a case of

Undifferentiated Schizophrenia, highlighting it's symptomatology. These sessions provided an interactive platform for students to refine their case-history taking and diagnostic skills. Engaging discussions enriched the learning experience, fostering a deeper understanding.

On the occasion of International Women's Day, the 2nd-year MSc Clinical Psychology students, DNB Psychiatry students, and nursing staff participated in the community outreach program at Konaganavalli, a village adopted by the Manasa Trust. The camp featured a free health check-up facilitated by Subbaiah Medical College and Hospital. This initiative aimed to promote both physical and mental well-being among the local community. As part of the program, MSc students conducted two interactive sessions: a Session for ASHA Workers and a Session

for Grade 5 Students, which fostered an enriching knowledge about the menstrual cycle and emotional & bodily changes that occur during puberty. The event successfully contributed to spreading awareness about mental health and strengthening community support systems.



## NURTURING CHANGE:



## PAUSE, BREATHE, REFLECT:



On March 19, 2025, Ms. Anupa Shenoy, Clinical Psychologist, conducted an insightful session on Anger Management at Bahumukhi Auditorium. The session highlighted how stress levels can impact one's ability to manage tasks, both with and without time constraints. As mental health trainees, we were also provided with valuable tips on how to handle the anger of our clients and patients, as well as strategies for managing our own anger and frustration in daily life. The session fostered a deeper understanding of our own emotions.



## CLUB ACTIVITIES

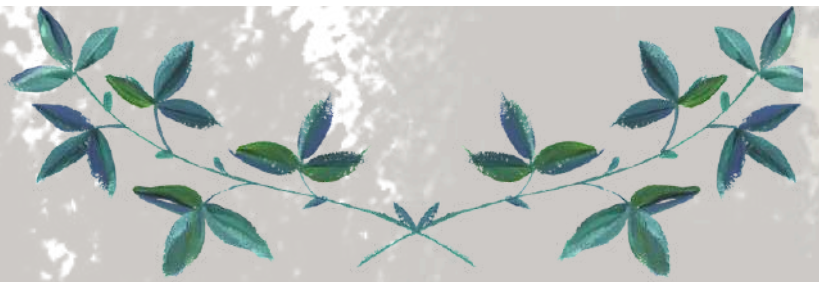


The Department of Clinical Psychology hosted a club activity, Express-O-meter, on March 8, 2025, at Bahumukhi Auditorium. This dynamic event centred on the significance of emotions, highlighting their expression and regulation through a series of interactive rounds. Through this, students gained valuable insights into emotional expression and it's role.





# EMOTIONAL ECHOS



What if one could see colours with emotions? Would it look the same?

Our unique experiences shape how we feel, and over time, I began to associate certain colors with specific emotions. These connections, being deeply personal, vary from person to person.

Some emotions have a strong presence, taking up space and demanding attention, while others are wild and free, flowing uncontrollably across the canvas.

Once these emotions are let loose, they fill the space. Only when we consciously decide to regain control can the emotional landscape shift, but by then, the colors have already claimed most of the space.

Avanti S H  
I Msc CP

Mandala art, often characterized by intricate, symmetrical patterns radiating from a central point, holds deep psychological significance. In psychology, especially in the work of Carl Jung, mandalas are seen as representations of the self and the unconscious mind. Jung believed that creating mandalas helped individuals connect with their inner selves, restore balance, and promote personal growth.

The process of drawing or coloring a mandala can be meditative, reducing stress and anxiety while enhancing focus and mindfulness.

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