



PSYCHE CHRONICLES

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FOUNDATIONS & FUTURES : ORIENTATION SESSION



The Orientation Day held on 1st December warmly welcomed the MPhil batch 2026 to the KAPMIAHS institute. The program began with an introduction to the institute's history, vision, and achievements. Faculty members Professor Baliga (Administrator), Dr. Shwetha Rai (Principal, KAPMIAHS), Dr. Hariharan V (HOD) DCP, and Assistant professors, Dr. KT Shwetha, Ms Anagha Suresh, Ms Rachna Gopi, provided an overview of the academic environment and available facilities. Students were briefed on the MPhil course structure, objectives, and semester plan

Details regarding subjects, research components, and evaluation methods were explained. Emphasis was placed on research ethics, discipline, and academic integrity. Guidance was given on selecting research topics and supervisors. Information about library resources, laboratories, and digital platforms was shared.

Rules, regulations, and attendance requirements were clearly outlined. The session concluded with motivating remarks from senior faculty, making the program informative and engaging.



The Orientation program for the new MSc Clinical Psychology Batch 7 was conducted on December 5th, 2025. The program began with a guided tour of the hospital, during which the seniors took the students around and introduced them to the various wards and departments. This tour helped the students gain a basic understanding of the hospital environment and its functioning. The program successfully helped the freshers feel welcomed, informed, and confident as they began their,

new academic journey. In the afternoon, a formal orientation program was organized. During this session, the students were briefed about the curriculum, academic structure, and the overall functioning of the college. The program was guided by Dr. K. T. Shweta, Dr. Rajendra Chenni, and Ms. Rachna, who addressed the students and shared valuable information. The session was informative and helped clarify many initial doubts of the students. The seniors played an important role throughout the day by guiding the students and making them feel comfortable in the new environment. Overall, the orientation program was well-organized and served as a meaningful introduction to the students' academic journey.



The Department of Clinical Psychology, organised fresher's party for the new batch of MSc Clinical psychology on 13 January 2026. The program was held to welcome the fresh batch with warmth, joy and enthusiasm. The event was presided over by Dr. Rajani Pai, Prof. Ramachandra Baliga,

Dr. Swetha Rai, Dr. V Hariharan, Dr. KT. Swetha, Ms Rachana Gopi, Ms Keerthana, Ms Razia along with seniors who extended their best wishes to the new batch for a successful and memorable academic journey. The celebration was filled with laughter, music, dance and cheerful participation. The seniors presented gifts as token of love and welcomed their juniors with games and dance. The freshers gave individual and group performances to showcase their talents. The program concluded with the celebration of togetherness, positivity and new beginning.

Fresher's Day celebration was organized for MPhil I year students on 17th of January. The evening began with a symbolic gesture of watering the plant, followed by inspiring speeches from, Professor Baliga, Dr KT Shwetha, and Ms Anagha Suresh, who shared their experiences and words of encouragement.



Some of the first-year students also shared their thoughts. The formal segment concluded with a pleasant surprise gifts from seniors. Later the event was joined by Dr. Naveen, Psychiatrist and DNB Psychiatry residents who added to the warmth of the evening. After dinner, the informal session started off with the games, the energy was electric and laughter was contagious, the losing team was given a fun dare. The night ended with an impromptu dance party, with everyone grooving to their favorite tunes.



COGNIVITA: CLUB ACTIVITY HIGHLIGHTS



The M.Sc Clinical Psychology students hosted an engaging club activity on January 24th. It was organized by the group 3, the session featured challenging psychology crossword, followed by non-verbal communication through mime-based performances of psychological terms and mind Match which tested students' reasoning abilities, giving students a chance to relax and bond. Overall, the session successfully strengthened academic skills bringing together the study of the mind and the spirit of teamwork.

DE-ADDICTION SUPPORT SESSIONS



2nd MSc clinical psychology students Jahnvi and Hanumanth conducted de-addiction sessions at Manasadhara Rehabilitation Trust, which not only focused on just "quitting", but also on how to building a new life. It began by assessing each participant's unique motivation to change, ensuring they have the mental foundation needed for success. By exploring the biopsychosocial impact of alcohol.

Patients were able to learn how the substance use affects their physical health, mental clarity, and family bonds. The program provided actionable tools for lower alcohol intake and to silence the noise of daily cravings through proven coping techniques. It also tackled the practical side of recovery by helping participants repair their finances and set ambitious long-term goals. It's not just about removing a habit; it's about investing in a stable, purposeful future. Patients were also taught through skits with active participation on how to control and be assertive in their decisions and statements. Overall it was a good opportunity for students and the enthusiasm of the patients to learn made it a fruitful session.

THE SPIRIT OF REPUBLIC



Republic Day is celebrated annually on 26th January, commemorating the adoption of the Constitution of India and the nation's transition into a sovereign, independent republic. This year marked India's 77th Republic Day, celebrated with grandeur across the country. The highlight of the celebrations is the Republic Day Parade at Kartavya Path, New Delhi, showcasing India's cultural diversity, military strength, and democratic values. A major attraction of the parade is the Indian Air Force Flypast, featuring breathtaking formations such as Trishul and Brahmastra, symbolizing the nation's technological and combat excellence. This year's celebrations were unique with multiple Chief Guests. Republic Day also marks the presentation of prestigious civilian honours including the Bharat Ratna, Padma Vibhushan, Padma Bhushan, and Padma Shri.

Republic Day serves as a reminder to the struggle of those that came before us and their sacrifices that resulted in the birth of our nation.

EMOTIONAL ECHOES

We all want the same things

We all want to be okay.

Not perfect.

Just okay.

We want mornings that don't feel heavy
before they even begin.

We want nights where our thoughts
let us rest.

We want someone to ask,

"Are you fine?"

and stay long enough

to hear the truth.

We want to laugh without checking the
time,

cry without feeling weak,

and rest without guilt.

Some of us are chasing dreams.

Some of us are still finding them.

But somewhere in between,

we all want the same thing

to feel like we belong.

To a place.

To a person.

To ourselves.

And maybe that's enough for now.

To be here.

To feel.

To try. Because on different paths,

with different stories,

we're all just learning

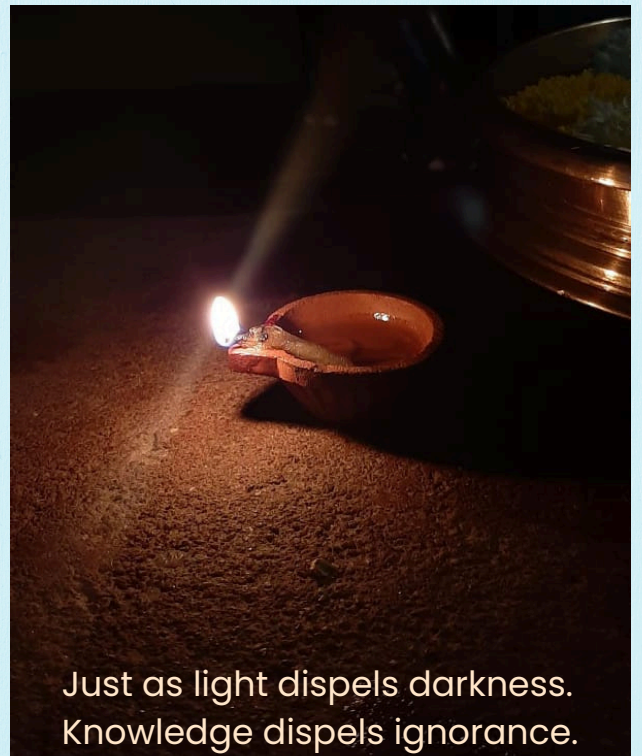
how to be okay.

How to be okay.

Sanjana Shetty
I M.Sc CP



Ananya
I MSc CP



Just as light dispels darkness.
Knowledge dispels ignorance.

Varsha J
II MSc CP