



IF YOU WANT TO TEASE
YOUR BRAIN TRY
CROSSWORD ON PAGE NO:08

BORED??? GO TO PAGE
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IF YOU WANT TO TICKLE
YOUR FUNNY BONE GO TO
PAGE NO:19

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E-MAGAZINE

EDITOR'S NOTE

With great enthusiasm and passion, the Department of Clinical Psychology is presenting the very first edition of our monthly e-magazine, 'YenPsyche' — a name that captures the intricacies of the human soul. 'Psyche' comes from the Greek word *psukhē*, which originally meant soul, spirit, or mind.

The vision for this magazine is to create a space that reflects the essence of psychology: the creativity, the intellect, and the compassion that the world of psychology has to offer. The mission is to build a platform that brings together diverse voices across all art forms, to engage, inspire, and inform through articles, poems, interactive and educational content, psychological cases, and related topics. The aim is to illuminate the varied and purposeful aspects of mental health and human behaviour. This publication serves as a window into what we do here in the Department of Clinical Psychology. The department believes in education beyond textbooks and classroom settings. Through this magazine, we hope to showcase our academic pursuits, community outreach programs, and dynamic activities presented by the Psychology Club. From organizing awareness campaigns to conducting modules in schools, the department is constantly buzzing with efforts to bridge the gap between theoretical knowledge and real-world application.

YenPsyche hopes to spark meaningful discussions and ignite creative expressions through literature and art, to shed light on current affairs in the field of psychology, feature insights and articles, and share updates on the happenings of the department and the club.

Let's nurture our curiosity and compassion, and learn about ourselves, one edition at a time.

-Aysha

BSc Clinical Psychology -23



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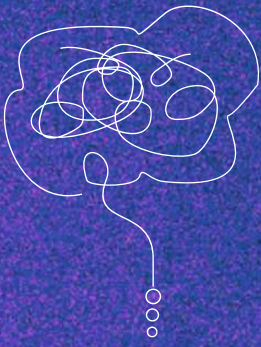
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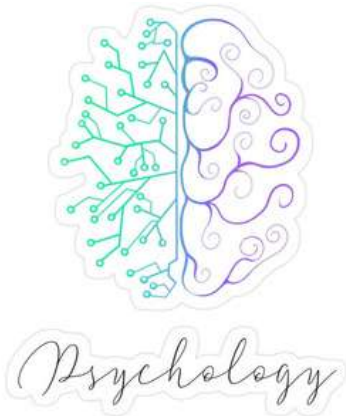
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Branches of the Mind: Discovering Psychology's Core Fields

1. Clinical Psychology

The core of mental health treatment. Clinical psychologists diagnose and treat a wide range of emotional, behavioral, and psychological disorders, from anxiety and depression to more serious diseases such as mental disorders.



2. Cognitive Psychology

Have you ever wondered how memory works, or why we forget? Cognitive psychology studies mental processes such as reasoning, learning, perception, language, and problem solving.

3. Industrial-Organizational Psychology (I/O Psychology)

Where business meets behaviour. I/O psychologists investigate workplace dynamics, employee behaviour, motivation, leadership, and productivity in order to improve organizational performance.





4. Developmental Psychology

From infancy until old age, this field investigates how humans grow, evolve, and adapt physically, emotionally, and cognitively.

5. Counselling Psychology

Like to clinical, but focuses on assisting people with everyday life concerns such as marital troubles, career choices, or personal development.

6. Criminal Psychology

Inside the criminal's thoughts. Criminal psychologists investigate the ideas, intentions, and behaviours of offenders. They aid law enforcement in understanding why crimes are done, and may focus on suspect profiling, pattern analysis, or interrogation. This field combines psychology with criminology, making it essential for crime prevention and justice.

7. AI Psychology (Human-AI Interaction)

Where thoughts meet machines. AI Psychology studies how people engage with artificial intelligence systems such as chatbots, virtual assistants, and robots. It looks at trust, emotion, decision-making, and the psychological implications of relying on intelligent computers. As AI advances, this field contributes to ethical, user-friendly technology that values human behaviour and cognition.



Mind Munchies

Unlock cool psychology terms that'll make your brain go 'Aha!'

Capgras Delusion

A belief that someone close (like a spouse or parent) has been replaced by an identical-looking impostor.



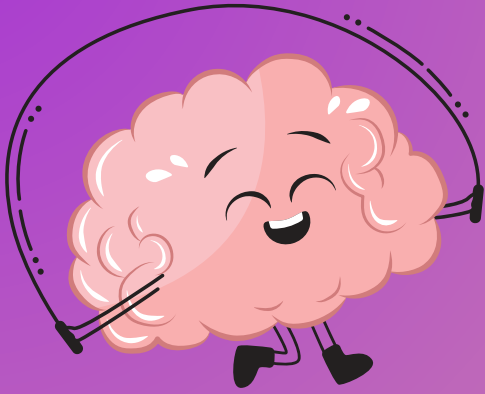
Alice in Wonderland Syndrome

A rare condition where people experience size and shape distortions of their own body or the surrounding environment

Nomophobia

A modern psychological condition where a person has an extreme fear of being without their mobile phone or unable to use it.

-Sidra Fayis
BSc Clinical Psychology-23



PSYCH PLAY ZONE

"Fuel your brain with fun – decode, discover, and play!"



PSYCHE WORDSEARCH

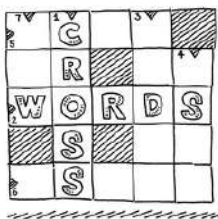
"CALL DR. FREUD—SOMEONE'S REPPRESSED ALL THE PSYCHOLOGY WORDS!"

NOTE: WORDS RUN FORWARD, BACKWARD, DIAGONAL AND VERTICAL TOO



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

Words to find



ANXIETY	THERAPY	JUNG	STRESS
EMOTION	PTSD	AUTISM	DEPRESSION
BEHAVIOR	MASLOW	COGNITION	OCD
FREUD	MEMORY	ATTENTION	PHOBIA
	PAVLOV	BIPOLAR	



GUESS THE DISORDER



"MENTAL HEALTH DETECTIVES, REPORT FOR DUTY
— WE'VE GOT A DISORDER TO IDENTIFY (AND IT
WON'T BE EASY)!"

Meera, 26, is a talented graphic designer but avoids social events and rarely speaks in meetings, fearing embarrassment. She longs for friendships but believes people wouldn't like her if they truly knew her. Though she does well at work, her fear of rejection and criticism keeps her isolated and anxious in social settings.



"Put your psych hat on — what disorder is this?"



Find the objects



Shh! The objects have gone undercover—find them before they escape!





SERAPHIC

"The Silent Patient" by Alex Michaelides

This story is about a woman who suddenly stops talking after she is accused of killing her husband. A therapist becomes curious and tries to find out what really happened. As he talks to people in her life, secrets begin to come out. The story is full of mystery and surprises. It shows how the mind can hide the truth.



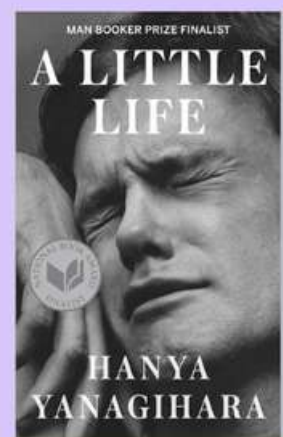
"Never Lie" by Freida McFadden

A couple gets stuck in a big house during a snowstorm while trying to buy it. The house belonged to a missing psychiatrist who used to record her patient sessions. She dealt with patients who has Narcissistic Personality Disorder, Post Traumatic Stress Disorder and Obsessive Compulsive Disorder. She also believes in Stanley Milgram's experiment done on obedience. The woman finds the old tapes and listens to them, trying to learn the truth. As she hears more, dark secrets start to come out. The story shows how lies and hidden pasts can be very dangerous.



"A Little Life" by Hanya Yanagihara

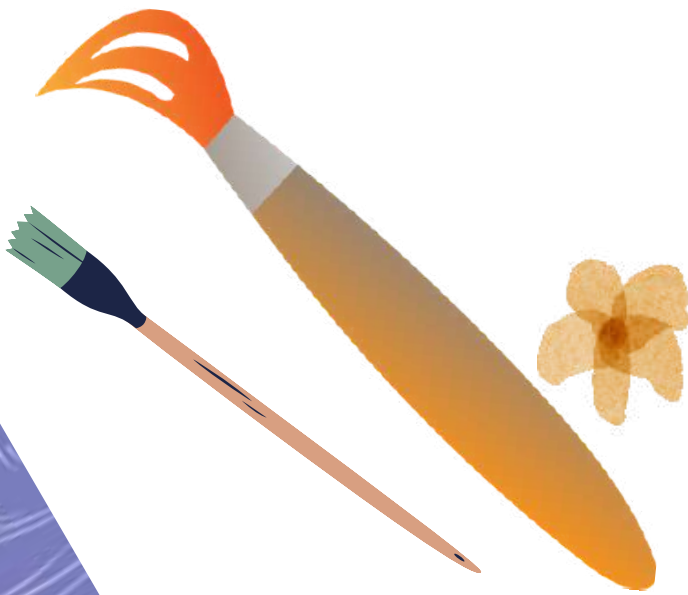
This book follows four college friends as they grow older in New York City. One of them, Jude, has a very painful past that he hides. His friends try to help him, but his pain goes very deep. The story shows how trauma, love, and friendship shape a person's life. It is emotional, heavy, and shows how the mind holds on to hurt.

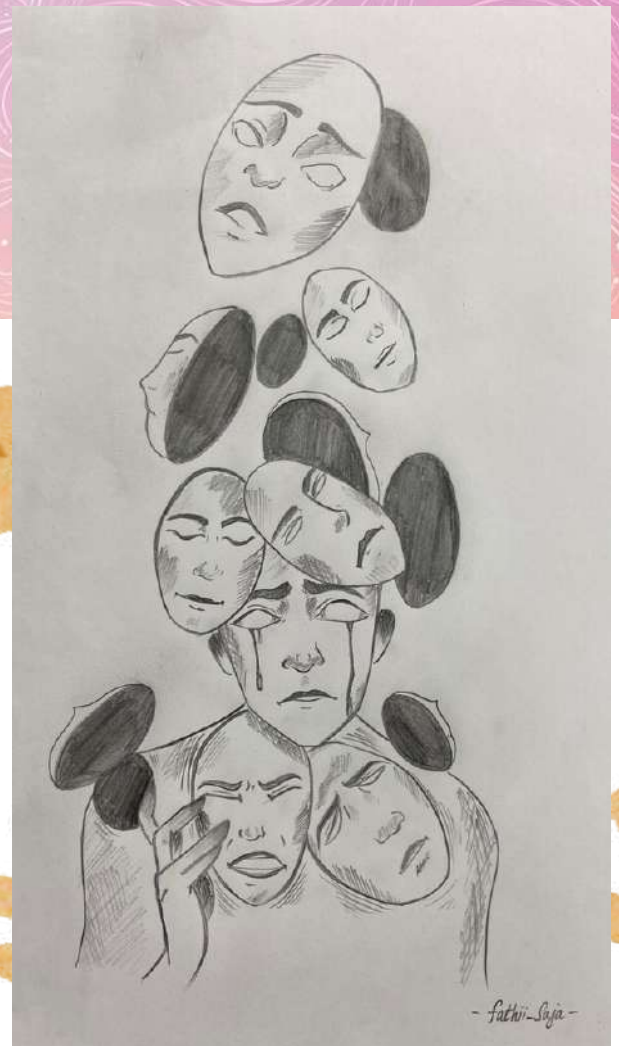


MINDSCAPE

“From doodles to deep thoughts – all art lives here.”







MILES OF REGRET

I looked into the mirror and I didnt
see me.

I saw a tired old man
Waiting for something that would bring
him glee.

I wanted to tell tales of dragons and
clans

Wishing on wells and shooting stars
To have a life worthy enough of
laughter and smiles.

But instead ended up with plenty of
scars.

Each scar told tales of the number of
miles

My life took roads that others haven't
taken.

No I haven't seen dragons
But I have walked into too many
nightmares that got me shaken.

RAFA SAJITH
BSC CLINICAL PSYCHOLOGY-23



“Movies that leave a mark – chosen for you.”

P.S.Y.C.H F L I X

•Manichitrathazhu (Malayalam)

A landmark psychological thriller blending traditional beliefs with science. A gripping tale of dissociative identity disorder, drama, and suspense with unforgettable performances and direction.



•Paprika (Anime - Japanese)

A VISUALLY STUNNING FILM ABOUT DREAMS, CONTROL, AND THE UNCONSCIOUS MIND. A PSYCHEDELIC EXPLORATION OF PSYCHOLOGY AND TECHNOLOGY — A MUST FOR SCI-FI LOVERS



•Good Will Hunting (English)

A MOVING STORY ABOUT A MATH GENIUS BATTLING PAST TRAUMA. A SOULFUL LOOK AT THERAPY, RELATIONSHIPS, AND UNLOCKING POTENTIAL.



Nurturing minds and hearts

The Department of Clinical Psychology has always believed in taking learning beyond the four walls of the classroom. This month, our journey of outreach and experiential learning continued through our life skills modules and community initiatives, reflecting our core commitment to mental health education and social connection.

As part of the course, students regularly visit various schools to conduct modules based on the 10 life skills outlined by the WHO, which include self-awareness, empathy, critical thinking, creative thinking, decision making, problem solving, effective communication, interpersonal relationships, coping with stress, and coping with emotions. These sessions are thoughtfully designed to be interactive and engaging, using activities, discussions, and real-life examples to help young minds understand and apply these essential skills in their daily lives. Each module becomes an opportunity for our students to both teach and learn, growing in confidence, creativity, and compassion.





Adding to this enriching month, on 30th June, the department organized a movie screening of Sitaare Zameen Par in collaboration with the Lions School of Special Kids, Surathkal. The event served as a gentle yet powerful reminder of the importance of empathy and understanding neurodiversity. Children from the Lions School were warmly welcomed, treated to popcorn, and joyfully participated in photo sessions after the screening. The movie, with its poignant depiction of learning differences and emotional growth, deeply resonated with everyone present.



Mangaluru, Karnataka, India
Old Main Road, Surathkal, Mangaluru,
Karnataka 575014, India
Lat 12.981188, Long 74.799188
06/30/2025 01:05 PM GMT+05:30
Note : Captured by GPS Map Camera



Through these initiatives, whether it is conducting modules that impart vital life skills or hosting events that celebrate inclusivity, we continue to uphold the spirit of psychology: fostering awareness, empathy, and human connection. This month's endeavours stand as a testament to how learning can be beautifully intertwined with compassion and community engagement

-Raseen
BSc Clinical Psychology-23





"BRAINY JOKES, WITTY STROKES – WELCOME TO MEME CORNER!"

Giggle Therapy.



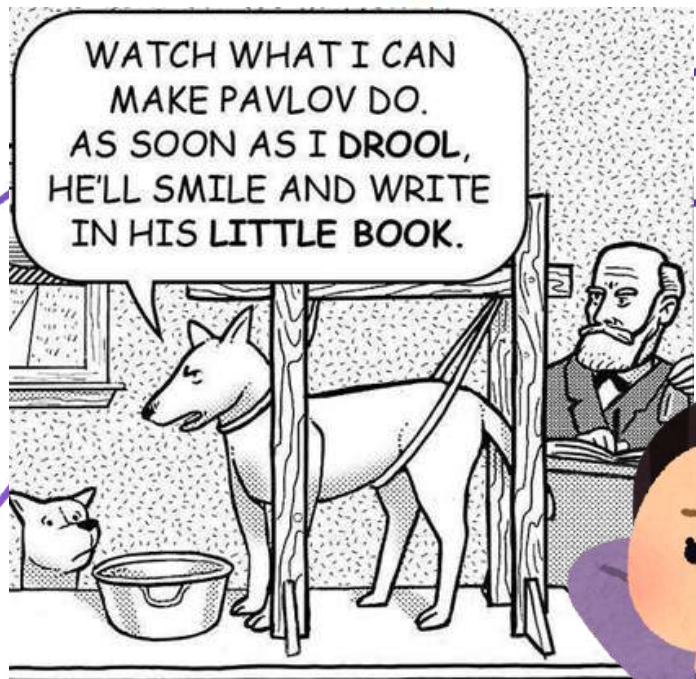
WHY WAS PAVLOV'S
HAIR SO SOFT?



CONDITIONING



LOL



**AND
THAT'S
A WRAP —**

**FREUD WOULD BE
PROUD**

SPOTLIGHT

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