

YENEPOYA SCHOOL OF ALLIED HEALTH SCIENCES

DEPARTMENT OF CLINICAL PSYCHOLOGY

PRESENTS

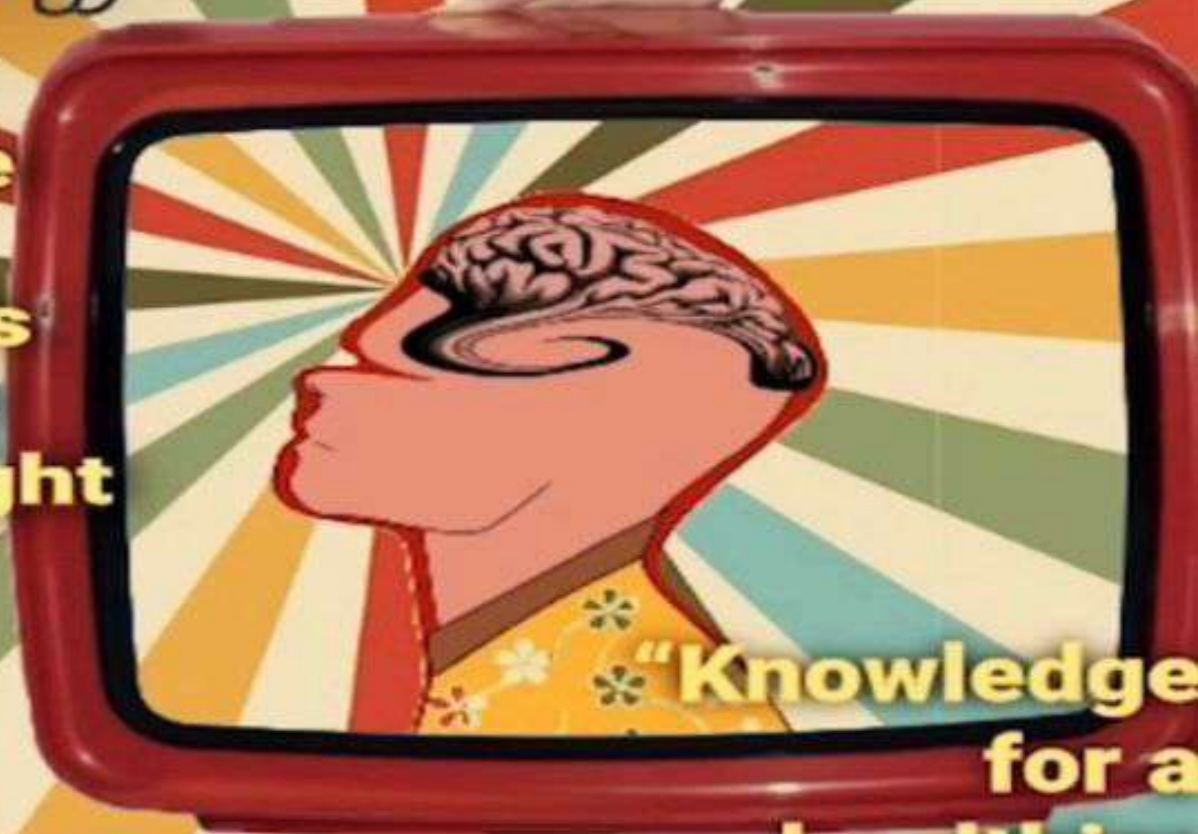


YEN PSYCHE

ISSUE #2

COGNIVERSE
psychology
CLUB :

**Because
your
thoughts
deserve
a spotlight**



**"Knowledge
for a
healthier
mind"**

*from feelings to facts,
psychology for you*

*Psychology decoded for
students and seekers*

*Myths, Minds and
Mysteries*

EDITOR'S NOTE

Dear Readers,

Welcome to this vibrant edition of our magazine, where the wonders of the human mind come to life through captivating stories, insightful research, and a touch of curiosity. Here, psychology is not just a field of study, it's an adventure into what makes us think, feel, and behave the way we do.

In this issue, we invite you to journey with us beyond the textbooks, exploring fresh perspectives and engaging topics that connect science with everyday experiences. Whether you're a seasoned professional or simply fascinated by the mind's mysteries, there's something here to inspire and challenge your understanding.

Thank you for being part of our community of curious minds. Dive in, enjoy the discoveries, and remember, understanding ourselves better is one of life's greatest adventures!

Warm regards,

Aamina Asra

(the coolest person)





INDEPENDENCE DAY



ON THIS INDEPENDENCE DAY, AS WE BOW OUR HEADS IN RESPECT TO THE COUNTLESS SACRIFICES THAT GAVE US FREEDOM, WE ALSO REFLECT ON ANOTHER JOURNEY OUR NATION IS EMBRACING; THE JOURNEY OF HEALING THE MIND. INDIA IS SLOWLY BREAKING THE SILENCE AROUND MENTAL HEALTH, MOVING BEYOND STIGMA, AND OPENING SPACES OF AWARENESS, CARE, AND COMPASSION. TRUE INDEPENDENCE IS NOT JUST FREEDOM FROM EXTERNAL CHAINS BUT ALSO FREEDOM FROM THE BATTLES WE FIGHT WITHIN OURSELVES. THIS INDEPENDENCE DAY, LET US CELEBRATE NOT ONLY THE SPIRIT OF OUR NATION BUT ALSO THE STRENGTH THAT COMES FROM NURTURING THE MINDS AND HEARTS THAT MAKE INDIA TRULY SHINE.

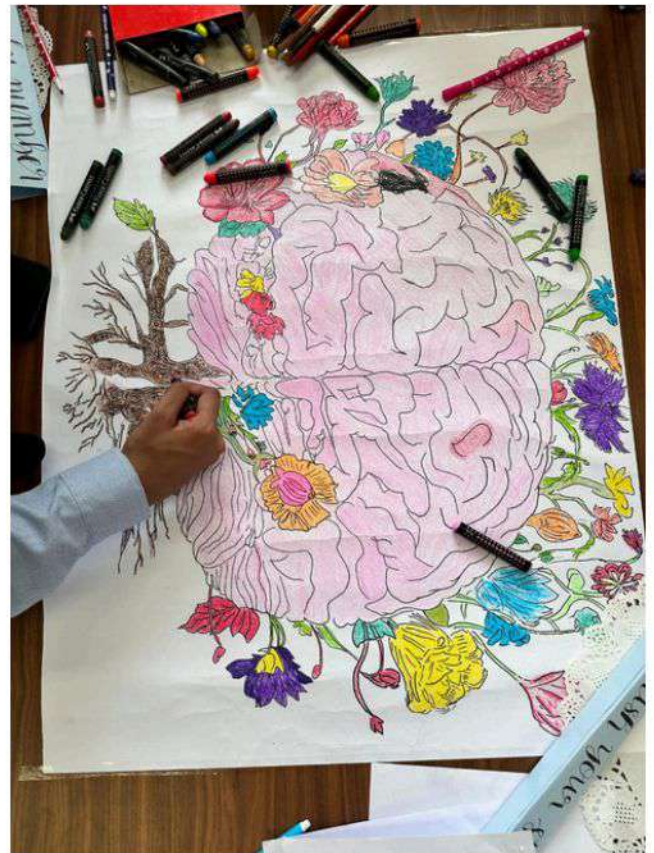
“HEALING HEARTS, FREEING MINDS, STRENGTHENING INDIA.”

LET US NOT FORGET THE RICH HERITAGE OF OUR COUNTRY
AND FEEL PROUD TO BE PART OF THIS NATION.

PRARTHANA

WORLD MENTAL HEALTH DAY

Being part of the World Mental Health Day program was an unforgettable experience. Although the official day is observed on 10th October, our department celebrated it on both the 9th and 10th. The entire program was led by the postgraduate students, and as freshers, we were given the wonderful opportunity to contribute. For us, the 24th batch, it was our very first event, which made it even more special. Our booth was called Mindscape Realm, and the vision behind it was to encourage people to take part in small yet meaningful activities that could ease their stress. From folding origami and writing gratitude cards, to making bracelets, coloring pictures by numbers, and even crumpling away worries in the “crush your stress” activity, each idea carried a spark of joy and relief. Seeing people participate wholeheartedly and leave with smiles made the event feel truly successful, and we felt proud to have been a part of something that touched lives in such a simple, beautiful way.



YOUTH ICON 2025 INTERNATIONAL CONFERENCE



Another deeply cherished memory was participating in YOUTH ICON 2025 International Conference held at Yenepoya (Deemed to be University), organized by the NSS team. Our class presented a dance drama titled *The Voice Within*, which told the story of a young girl fighting against her inner fears and insecurities, and eventually discovering self-confidence and realisation by quieting the shadow within her. The preparation for the performance was just as memorable as the stage itself. The countless practice sessions, creative exchanges, and the time we spent together outside rehearsals brought us closer as a class. It was during this time that we truly began to feel like one, bonded not only by the performance but also by the joy of creating something meaningful together. Stepping onto that stage, with all of us moving as one, was a moment of pride and unity that we will always carry with us.

LEARNING BEYOND CLASSROOMS

MANIPAL MUSEUM OF ANATOMY AND PHYSIOLOGY

On 14th August 2024, our B.Sc. Clinical Psychology batch set off for an exciting academic trip organized by the Clinical Psychology Department to the Manipal Museum of Anatomy and Physiology. After a lively two-hour bus ride, we arrived eager to explore.

The museum turned out to be a treasure of knowledge. Established in 1953 by Dr. T.M.A. Pai, KMC Manipal's rich history added to the experience.

- **Anatomy Section:** From animal skeletons and a giant whale jaw to a fully preserved human body and dissected brain structures, the displays were both fascinating and awe-inspiring.
- **Circulatory & Excretory Systems:** Models of organs like the heart and kidneys highlighted the complexity of the human body, while the brain exhibit felt like a 3D textbook.
- **Embryology Section:** Preserved embryos, including human, dog, and cow, along with examples of genetic anomalies, offered a rare insight into development.
- **Pathology Section:** Preserved tumors, cysts, and cancers gave us a chilling glimpse into disease.
- **Infection Section:** Cases of elephantiasis and parasitic infestations left a lasting impression.

The trip was a blend of learning and discovery—an unforgettable experience that deepened our appreciation of human anatomy and pathology.





After exploring the museum, we recharged with lunch and then visited Baliga Memorial Hospital, Udupi, known for its commitment to affordable mental health care and reducing stigma.

A nurse gave us an eye-opening session on Electroconvulsive Therapy (ECT), explaining how it has evolved into a safe, anesthesia-assisted treatment.

The hospital had two main sections:

- Female Psychiatric Ward (First Floor): Patients with depression, schizophrenia, and ASD were admitted here.
- Deaddiction Ward: Mostly male patients, some with ASD, where the walls were decorated with motivational quotes and patient-made artwork—symbols of hope and recovery.

By evening, we returned home, tired but enriched with new insights and experiences.



”

The trip wasn't just educational—it was an experience that brought us closer to understanding both the science of the body and the depth of the human mind. Not just the sciences but also within our class.

A day well spent, indeed!

Yenepoya Museum and Forensic Lab

The CP 23 batch recently visited the Yenepoya Museum and Forensic Lab, and the experience turned out to be both fun and enlightening. The students were fascinated to see the practical applications of concepts they had only read about in books, from analyzing fingerprints and studying forensic tools to observing crime scene investigation techniques. The visit sparked their curiosity and gave them valuable insights into the real-world applications of forensic science. The trip was not only educational but also joyful, as everyone enjoyed exploring new ideas together and sharing the excitement of discovery. Overall, it was a memorable experience that combined learning with enjoyment.



Aamina

MOOD ON A PLATE: HOW TO FEED YOUR FEELINGS (WITHOUT EATING THEM)



Zanha & Azza

EVER NOTICED HOW A NETFLIX HEARTBREAK SCENE FEELS 10 X SADDER WHEN YOU'VE BEEN LIVING OFF VENDING MACHINE WAFFLES AND SODA? TURNS OUT, YOUR STOMACH ISN'T JUST HOLDING SNACKS — IT'S HOLDING THE REMOTE CONTROL FOR YOUR MOOD.

SCIENCE IS CLEAR: FOOD DOESN'T JUST FUEL YOUR BODY, IT FINE-TUNES YOUR BRAIN. FROM GUT BACTERIA THAT MOONLIGHT AS THERAPISTS TO CARBOHYDRATES THAT SNEAKILY MANAGE YOUR SEROTONIN LEVELS, WHAT'S ON YOUR PLATE IS SHAPING WHAT'S IN YOUR HEAD.

LET'S BREAK IT DOWN, COURSE BY COURSE.



1. Carbs: The Frenemy

Carbs have been unfairly dragged through every diet trend — but here's their redemption arc. Complex carbs (think oats, sweet potatoes, quinoa) are serotonin's favorite fuel, slowly releasing sugar so your brain doesn't scream "Why are we awake at 3 p.m.?" Skip: sugar-bomb pastries that give you a quick high, then gut-punch you into a mood crash.

Choose: whole grains, fruit, brown rice.

Mood vibe: Like curling up in a cozy blanket instead of accidentally snapping at Becky in accounting.

2. Protein: Your Personal Trainer for the Brain

Protein is basically the motivational speaker of food groups. Its amino acids are the building blocks of dopamine and norepinephrine — chemicals that keep you sharp, focused, and less likely to blank on your own ATM PIN.

Skip: mystery hot dogs and overly processed meats.

Choose: fish, eggs, beans, poultry, tofu.

Mood vibe: Inbox conqueror, not desk napper.



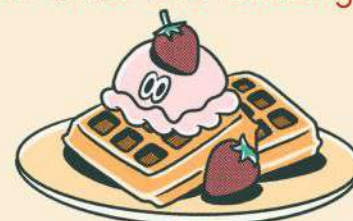
3. Omega-3s: The Brain's Besties

Your brain? Picture an oily sponge. And Omega-3 fats are the oil it actually likes. These fatty acids keep neurons chatting smoothly, dialing down stress and boosting happy brain waves.

Skip: fried mystery nuggets.

Choose: salmon, walnuts, chia seeds.

Mood vibe: Zen monk, but with Wi-Fi.



4. Probiotics: The Gut Whisperers

Your gut is basically a bustling city of microbes — and they're mood managers. Feed them right, and they'll text happy signals to your brain via the gut-brain hotline.

Skip: ultra-processed junk that throws your microbiome into chaos.

Choose: kimchi, sauerkraut, yogurt, kefir.

Mood vibe: Stomach and brain, finally working as a team.



**WE ARE
OPEN**

7:30 AM UNTIL
8:30 PM

— ZANHA & AZZA —

MOOD ON PLATE

*How to Feed Your
Feelings*

*Best
Food*

Snackable Mood Boosters

PRE-MEETING JITTERS? GREEK
YOGURT + BERRIES.

AFTERNOON SLUMP? ALMONDS +
A SQUARE OF DARK CHOCOLATE.

FEELING WIRED AND ANXIOUS?
CHAMOMILE TEA + BANANA.

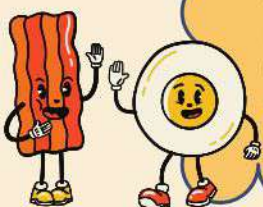
THE TAKEAWAY

THINK OF YOUR MEALS AS BUILDING YOUR BRAIN'S DREAM TEAM. MIX COMPLEX CARBS, QUALITY PROTEIN, HEALTHY FATS, AND MICROBIOME-FRIENDLY FOODS — AND YOU'RE NOT JUST NOURISHING YOUR BODY, YOU'RE PROTECTING YOUR PEACE.

FOOD ISN'T THERAPY (YOUR THERAPIST IS SAFE FOR NOW), BUT IT IS DAILY MOOD MAINTENANCE. EAT SMART, AND YOU'LL BE CALMER, HAPPIER, AND FAR LESS LIKELY TO SEND A "WE NEED TO TALK" TEXT AT 1 A.M.

FUN FACT

DID YOU KNOW 90% OF YOUR
SEROTONIN IS MADE IN YOUR GUT?
TRANSLATION: YOUR STOMACH IS
BASICALLY A MOOD FACTORY.



5. Caffeine: Your Frenzied Frenemy

Caffeine can make you feel like a superhero... until it turns you into an anxious squirrel. A little = sparkle. Too much = heart palpitations and questionable emails.

Skip: five giant coffees before noon.

Choose: one to two cups, ideally before 2 p.m.

Mood vibe: Productive, witty, and less likely to spiral into "why did I just Google my ex at work?"

THE MOOD-FOOD CYCLE

FOOD AND MOOD ARE A
TWO-WAY STREET.

- Feeling low? You'll crave high-sugar, high-fat comfort bites.
- Eating poorly? Your mood spirals further, thanks to inflammation and missing nutrients.

Basically, emotional eating feels like a quick fix, but spoiler: it's a boomerang.





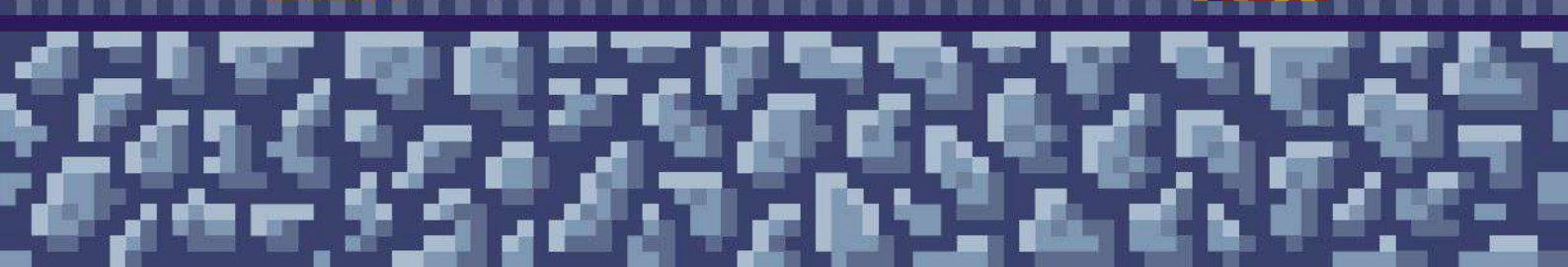
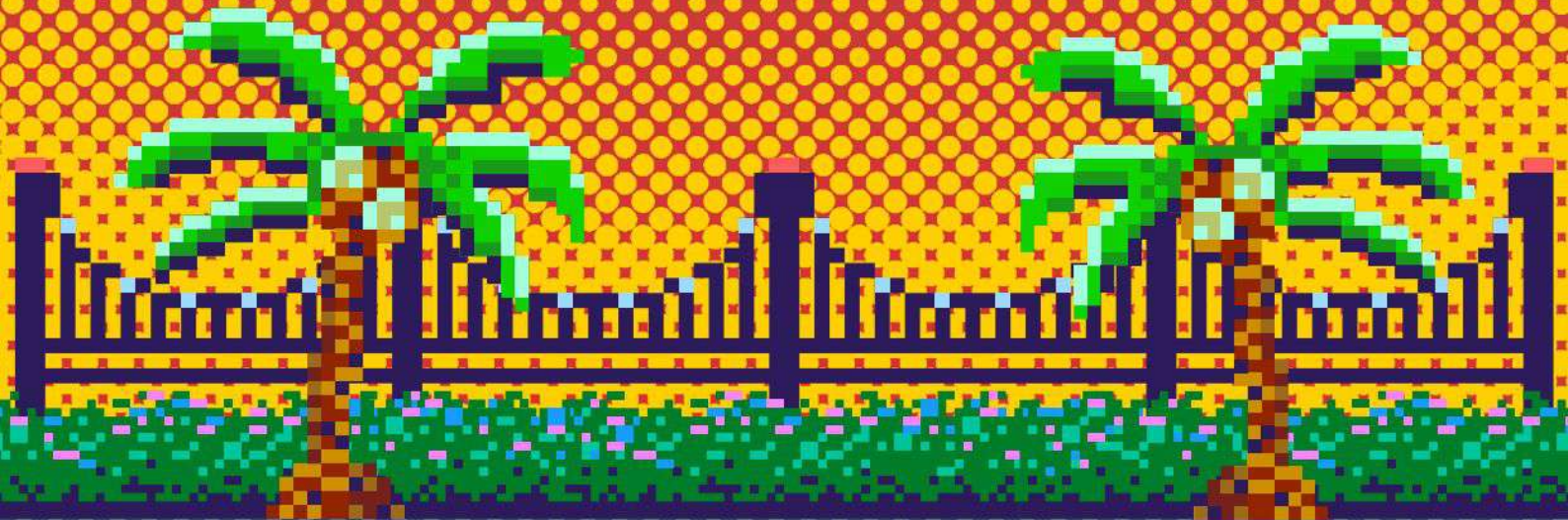
PRARTHANA & ZYMA



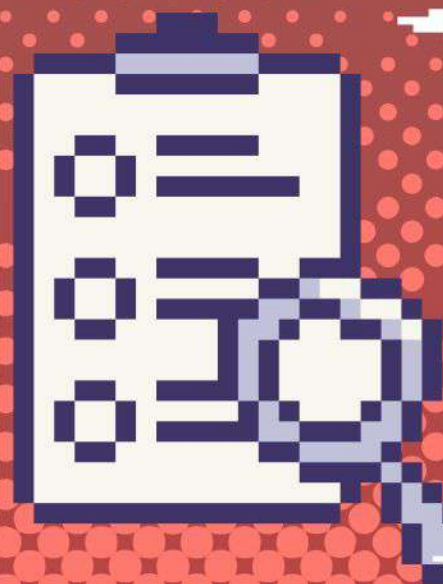
PERSONALITY QUIZ

WHICH
ARCHETYPE
ARE YOU?

Start



WHICH ARCHETYPE ARE YOU?



Every story has its cast of characters:

- The trickster who bends the rules
- The sage who knows more than they say
- The wanderer always searching for something new
- The jester who keeps spirits alive

We recognize these types instantly in books and movie, but they exist in real life too.

So what role do you secretly play in life's story? Let's find out.



INSTRUCTIONS

PICK THE ANSWER THAT FEELS MOST LIKE YOU. COUNT YOUR CHOICES, AND CHECK WHICH ARCHETYPE YOU MATCH AT THE END!



1. You walk into a room full of strangers. What's your move?

- a) Crack a quick joke to break the tension.
- b) Quietly observe the energy before choosing where to sit.
- c) Wander over to someone interesting and start a curious conversation.
- d) Stir things up with a bold comment to grab attention.



2. A rule you're most likely to break:

- a) "Don't laugh too loud."
- b) "Don't ask too many questions."
- c) "Stay in one place."
- d) "Don't challenge authority."

3. Which object feels most you?

- a) A whoopee cushion hidden under a chair.
- b) An old book filled with strange notes in the margins.
- c) A pair of worn-out boots with a map tucked inside.
- d) A microphone that's never switched off.

4. Conflict breaks out in your group. What do you do?

- a) Lighten the mood with humor before it explodes.
- b) Sit back, read the situation, then offer a quiet truth.
- c) Walk away—you'll find a new space to breathe.
- d) Step in, challenge the loudest voice, and take control.



5. Someone dares you to do something risky.
You...

- a) Make it ridiculous so everyone laughs.
- b) Decline politely but secretly analyze who suggested it.
- c) Say yes—adventure is always worth it.
- d) Accept instantly, because rules are boring.

6. Which setting feels most like home?

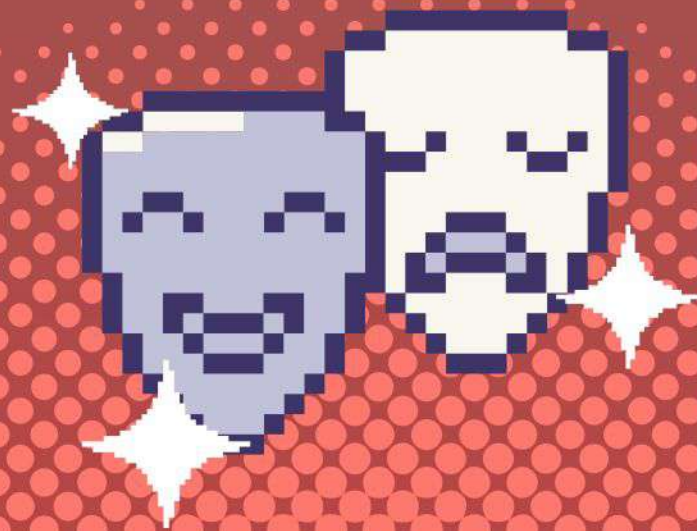
- a) A comedy club or karaoke night.
- b) A library no one else knows about.
- c) A backpack and an open road.
- d) A stage, a megaphone, or anywhere with a crowd.

7. Your friends count on you to...

- a) Defuse tension when things get heavy.
- b) Offer advice that seems random but hits the truth.
- c) Suggest the next trip or idea to shake up the routine.
- d) Say the thing everyone else is too scared to say.



RESULTS



Mostly A's → The Jester, The Light Bringer

You're the humor, the spark, the one who refuses to let life get too heavy. People count on you to break tension and bring joy. Beneath the laughter, though, is someone who sees truth more clearly than most.

Mostly B's → The Sage, The Quiet Seer

You carry knowledge, whether from books or intuition. You're thoughtful, observant, and people often seek your perspective. Just be careful not to stay in your head so long that you forget to act.

Mostly C's → The Explorer, The Restless Spirit

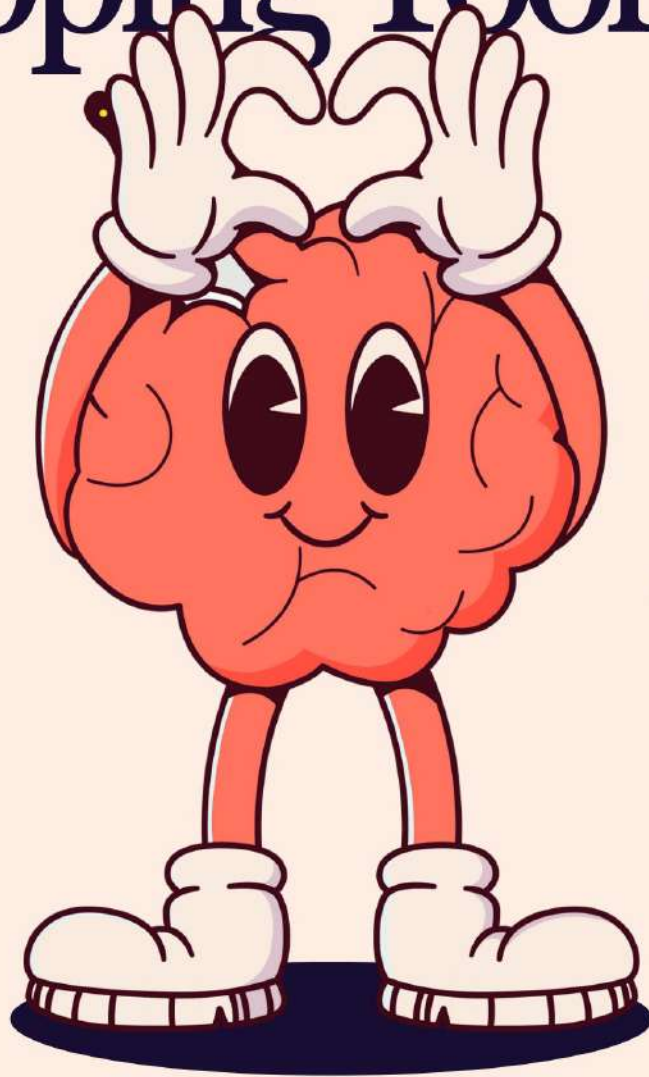
You crave freedom, discovery, and the unknown. Whether it's a new place, new people, or new ideas—you're always chasing horizons. The challenge is learning when to stay.

Mostly D's → The Trickster, The Chaos Shaker

You thrive on disruption and challenging norms. Fearless, witty, and a little dangerous—you shake things up wherever you go. People may not always understand you, but they never forget you.



Boundaries, Beats & Brisk Walks: The Coping Toolkit



BONUS? NONE OF THEM INVOLVE OVERLY COMPLICATED ROUTINES, JUST EVERYDAY TOOLS TO GET YOUR BRAIN TO CHILL..

THINK OF THESE AS MENTAL HEALTH “LIFE HACKS” — SMALL, DOABLE MOVES THAT CAN MAKE THE CHAOS FEEL MORE MANAGEABLE. BONUS? NONE OF THEM INVOLVE OVERLY COMPLICATED ROUTINES, JUST EVERYDAY TOOLS TO GET YOUR BRAIN TO CHILL..

Coping Mechanisms

NADHA & SANIHA



DON'T JUDGE ME, DEAR DIARY

Grab a notebook, scrap paper, or even the back of a receipt – and start dumping every thought circling in your head. This is not school; grammar rules don't matter. Write in emojis, doodles, or half sentences if you want. The point? To declutter your brain so it stops spinning like an overloaded washing machine.

THE HAPPY PLAYLIST

Music is therapy you can dance to. Whether it's your carefully curated "stay sane" playlist or shameless guilty pleasures, hit play and let your mood shift. Singing along – loudly and off-key – is strongly encouraged.

SLEEP, SNACKS, AND SANITY

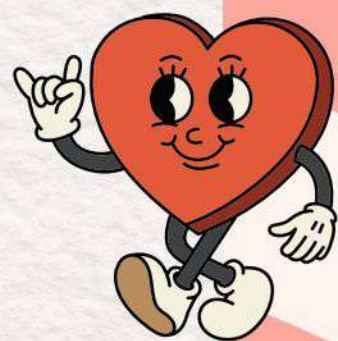
A tired, dehydrated, hangry version of you is never your best self. Sleep like it's your side hustle, keep your water bottle within arm's reach, and never underestimate the miracle of a good snack. A handful of nuts, a slice of dark chocolate, or even a PB&J can sometimes work better than pep talks.

THE SACRED "NO"

Repeat after me: No. You don't have to attend every occasion, say yes to every extra project at work, or join your neighbor's 5 a.m. house party (yes, that's a real thing, and no, you're not obligated). Protecting your energy is not rude – it's essential. Boundary-setting is actually a form of self-care in disguise.

WALK LIKE YOU MEAN IT

Exercise doesn't have to be sweaty gym selfies or fancy class passes. A brisk walk around your block counts. Endorphins – your body's built-in happy pills – kick in after even a few minutes of movement. Pro tip: Pop in your headphones. Strangers will assume you're on an intense business call, not actively escaping your responsibilities.



Self-care isn't bubble baths and candles; sometimes it's just saying no, eating something green, and remembering water exists

COLOUR PSYCHOLOGY : MORE THAN JUST A PRETTY PALLETE

- Seanna Grace Monteiro

Color psychology studies how colors subtly influence our mood, behavior, and decisions. It's more than choosing paint, colors trigger deep emotional responses influenced by age, culture, personality, and past experiences.

A Journey Through Time and Colour

Historically, colors have long held significance: Ancient Egyptians and Greeks linked red to energy and green to growth; Ayurveda used color for emotional balance and chakra healing. Isaac Newton revealed white light is made of all colors, and Goethe explored colors' emotional effects—blue calms, red excites. Later, Faber Birren applied color psychology in workplaces, and Carl Jung used color in art therapy to access the unconscious. Today, color psychology informs marketing, design, healthcare, and therapy, with neuroscience uncovering new insights.

See Color Without Even Thinking About It

Scientifically, colors are seen when light reflects off objects and stimulates the eye's cones. Good lighting helps us see colors vividly, while darkness dims them.

Different colors evoke common emotional reactions worldwide:

- Red: love, passion, energy, but also danger
- Yellow: joy, optimism, mental stimulation
- Orange: happiness, warmth, social energy
- Blue: calming, peaceful relief
- Green: balance, renewal, contentment
- White: purity, simplicity, relief
- Black: sadness, elegance, mystery
- Brown: stability, earthiness, sometimes disgust
- Purple: pleasure, royalty, spirituality
- Pink: softness, nurturing, warmth

Color therapy uses colors to support well-being: red for energy, yellow for mood uplift, orange for vitality, blue for stress reduction, and indigo for calming.

Colors are more than decoration—they lift spirits, calm nerves, and spark creativity, shaping how we feel in the world around us.

Healthy Reminders

Give me some healthy reminders!!!

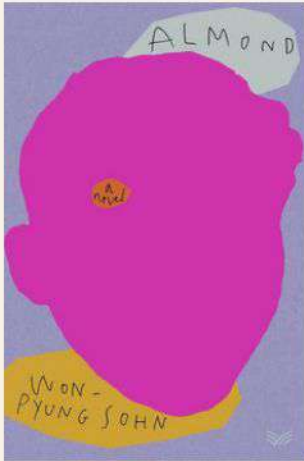
- Pause and take three slow breaths — your mind will thank you.
- Rest is part of the process, not a distraction from it.
- Small steps forward are still progress.
- Speak to yourself the way you'd encourage a friend.
- Boundaries are a form of self-respect.
- Your worth is not tied to how much you do.
- Gratitude makes space for joy in the everyday.
- Healing isn't a race, move at your own pace.
- Laughter is medicine too, find moments to smile.
- You are enough, exactly as you are today..

Thank you so much naina <33

ofc :)

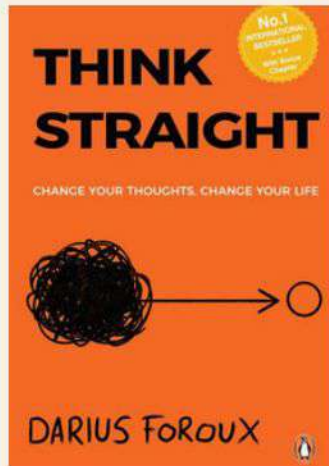


FROM THE BOOKSHELF: REVIEWS YOU CAN'T MISS



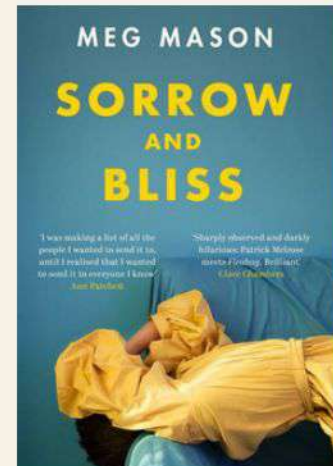
The book *Almond* by Woon-Pyung Sohn explores the life of Yunjae, a boy with alexithymia, a brain condition that prevents him from feeling or expressing emotions.

I found the portrayal very moving — it shows not only the challenges of living without fear, anger, or love, but also how others perceive and misunderstand him. The story made me reflect on how essential emotions are to human connection, and how empathy can bridge even the widest gaps. A powerful and insightful read.



The book *“Think Straight”* by Darius Foroux is a practical and straightforward book that focuses on training the mind to think clearly and avoid unnecessary overthinking.

I liked how the author breaks complex ideas into simple, actionable lessons about clarity, decision-making, and focus. It reminded me that most of our problems come from the way we think, not the situations themselves. With just around 100 pages, it's a short but powerful read.

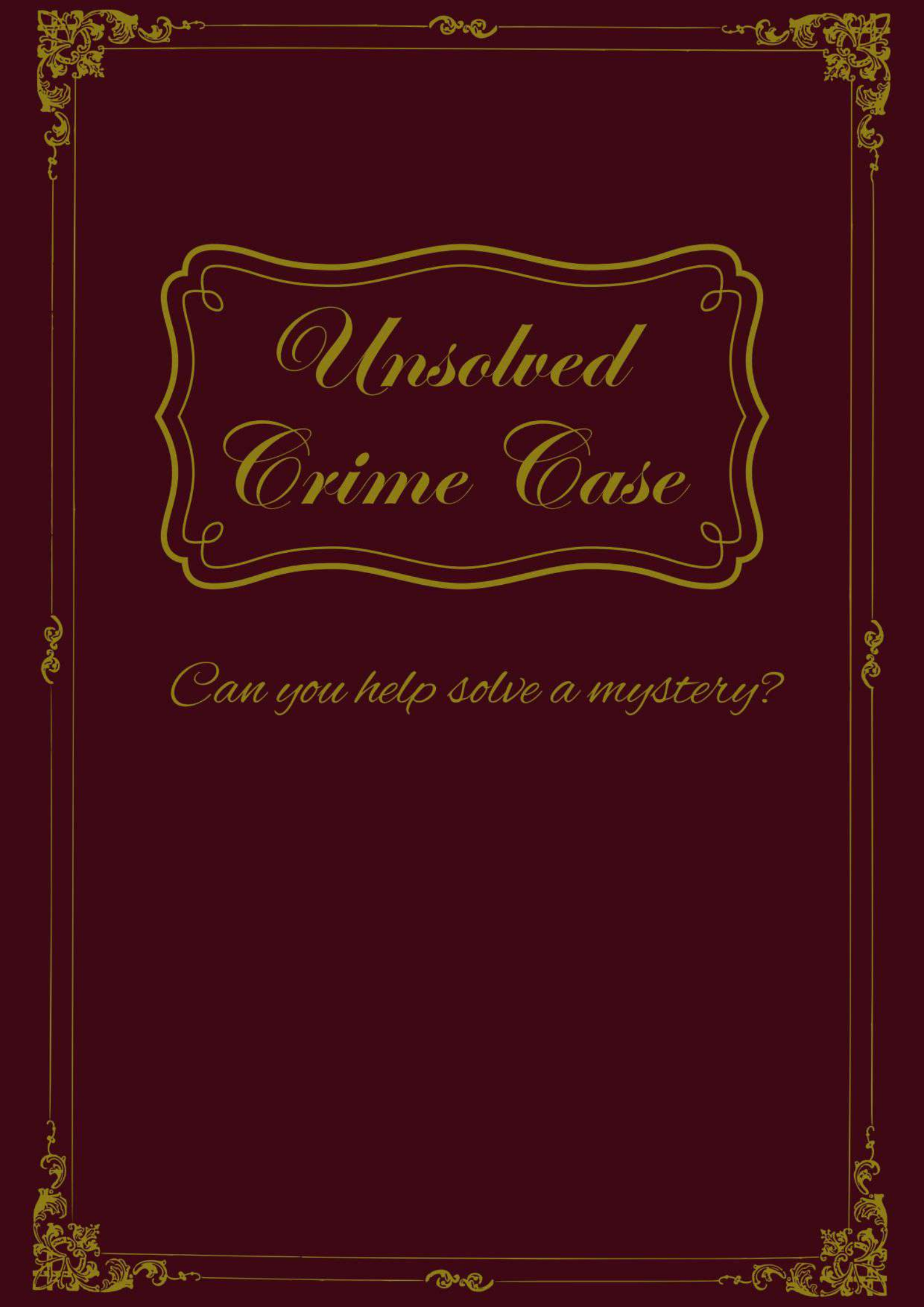


Sorrow and Bliss by Meg Mason is a beautifully written story about Martha, a woman living with an unnamed mental illness that deeply affects her marriage, family, and sense of self and the importance of a correct diagnosis and treatment plan.

Honestly the novel shows the weight of living with such a condition, while still balancing it. It felt raw and real, showing that mental illness doesn't erase love, but it complicates it. This novel is a reminder that healing is messy but still possible.

Ayesha Usman





Unsolved Crime Case

Can you help solve a mystery?



INSIDE THE CRIMINAL MIND

The Case of Missing Psychologist Amy

BACKGROUND:

Amy, a respected psychologist at a top research institution, has mysteriously disappeared. She was working on a sensitive project, and suspicion falls on one of her patients.

THE SUSPECTS:

Patient 1: Bob Skabob

Diagnosed with schizophrenia, Bob has been Amy's patient for over six months. He often refuses medication, misses sessions, and has no close family support. His untreated symptoms include psychosis and paranoia, intensified possibly by substance use.

Patient 2: Chinky Chunky

Struggling with depression, Chinky recently began therapy. She shows deep demotivation and lack of hope but has no history of violence or aggression and is in the early stages of treatment.

Patient 3: Shalini

Diagnosed with OCD, Shalini has been in therapy for a year. She experiences severe anxiety and negative thoughts but has not exhibited harmful behavior.



CLUES

Dear Amy,

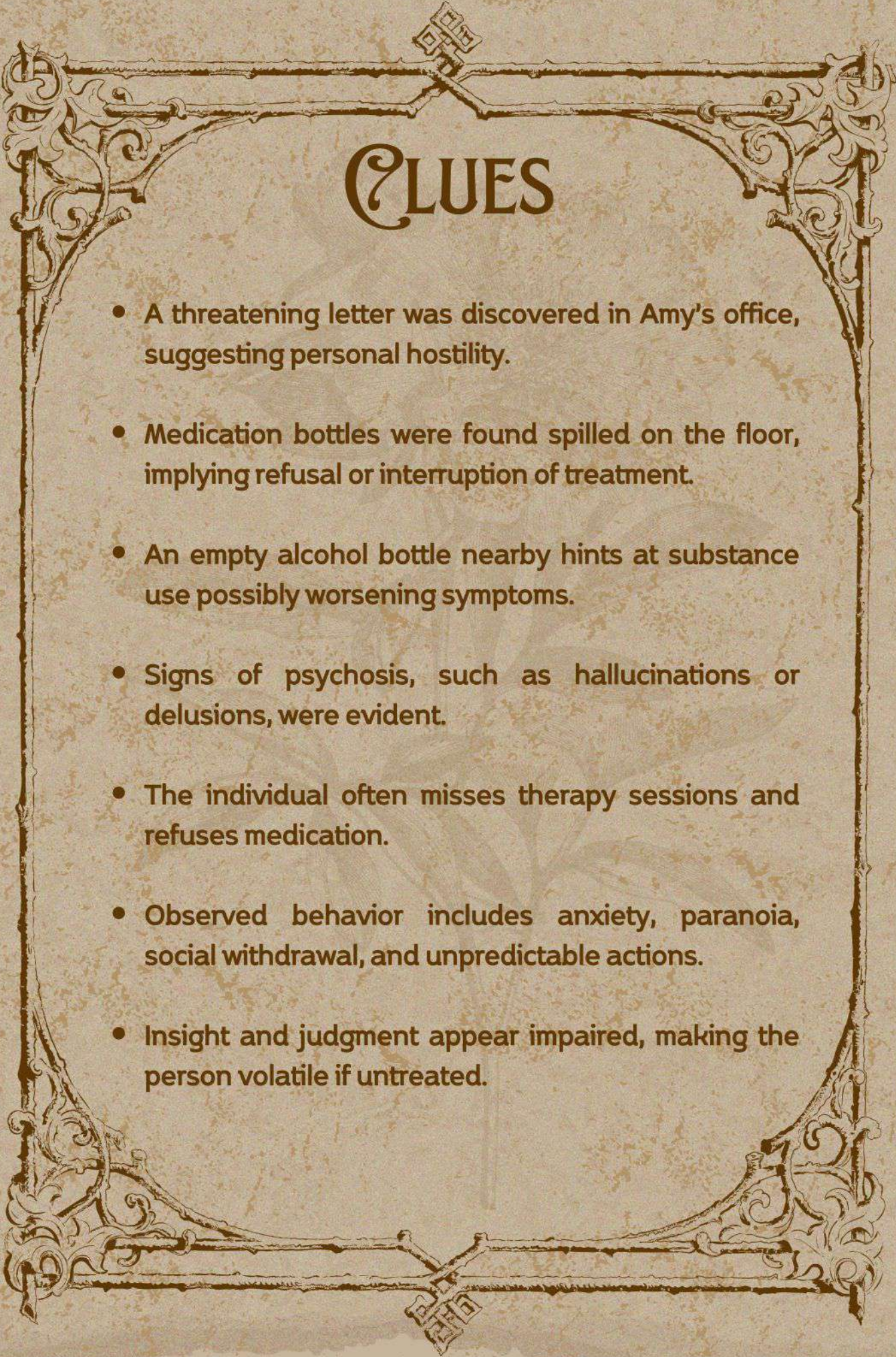
You think you hold all the power, don't you? But you don't know the darkness I wrestle with, the chaos inside me that you try to tame with your cold pills and empty words. Your so-called care is a cage I refuse to live in. Every session you push me harder into madness, and I'm done swallowing your lies.

This is your last warning. Stay away, or face what happens when the beast inside breaks loose. I'm running out of control, and when I snap, no one will be safe, least of all you.

Be careful where you step, Amy. Some doors, once opened, never close again.

– The One You Failed





CLUES

- A threatening letter was discovered in Amy's office, suggesting personal hostility.
- Medication bottles were found spilled on the floor, implying refusal or interruption of treatment.
- An empty alcohol bottle nearby hints at substance use possibly worsening symptoms.
- Signs of psychosis, such as hallucinations or delusions, were evident.
- The individual often misses therapy sessions and refuses medication.
- Observed behavior includes anxiety, paranoia, social withdrawal, and unpredictable actions.
- Insight and judgment appear impaired, making the person volatile if untreated.

ANSWER IN THE NEXT PAGE.



THE CULPRIT

Bob Skabob , suffering from schizophrenia and untreated due to medication noncompliance, is the most likely culprit in Amy's disappearance. Schizophrenia, if left unchecked and unmanaged, can lead to severe complications including hallucinations and impaired judgment that may escalate to harmful acts. This case underscores the critical importance of early diagnosis, adherence to treatment, and ongoing support for individuals living with serious mental illness.

Unchecked schizophrenia poses significant risks not only to the individual but also to those around them. Timely intervention and medication compliance are essential to managing symptoms and preventing adverse outcomes.

This psychological mystery highlights the delicate balance between care and danger in mental health treatment and the profound impact of mental illness on lives.

- Hiba & Diya



PROVIDING COUPONS

Athira & Sharika

COUPON

DEBUNKED! CLEARING UP POPULAR
MISCONCEPTIONS



FACT CHECK: WHAT'S REAL AND WHAT'S NOT

ADMIT ONE

USE AS YOU LEARN

DEBUNKING MYTHS



ONLY FACTS

MYTH:

If a person has a mental health condition, it means the person has low intelligence.

FACTS:

Mental illness, like physical illness, can affect anyone regardless of intelligence, social class, or income level.

DEBUNKING MYTHS



ONLY FACTS

MYTH:

Left brained or right brained?

FACTS:

You do not have a dominant brain hemisphere.

DEBUNKING MYTHS



ONLY FACTS

MYTH:

You only need to care about mental health if you have a diagnosed condition.

FACTS:

Everyone benefits from maintaining their mental well-being through active, healthy habits, just like physical health.

DEBUNKING MYTHS



ONLY FACTS

MYTH:

Mental health conditions are a sign of weakness.

FACTS:

Mental illness is not about weakness or willpower. Seeking help requires strength and courage; anyone can develop these conditions.

DEBUNKING MYTHS



ONLY FACTS

MYTH:

Teens with good grades and many friends don't face mental health issues.

FACTS:

Depression and anxiety can affect anyone, regardless of success or social life, often due to complex social, psychological, or biological factors.

DEBUNKING MYTHS



ONLY FACTS

MYTH:

Bad parenting causes mental health problems in teens.

FACTS:

Many factors such as poverty, violence, and migration influence mental health. Supportive caregivers play a crucial role in helping adolescents overcome challenges, regardless of home environment.



Canvas of the Psyche: Art as Self-Expression and Healing

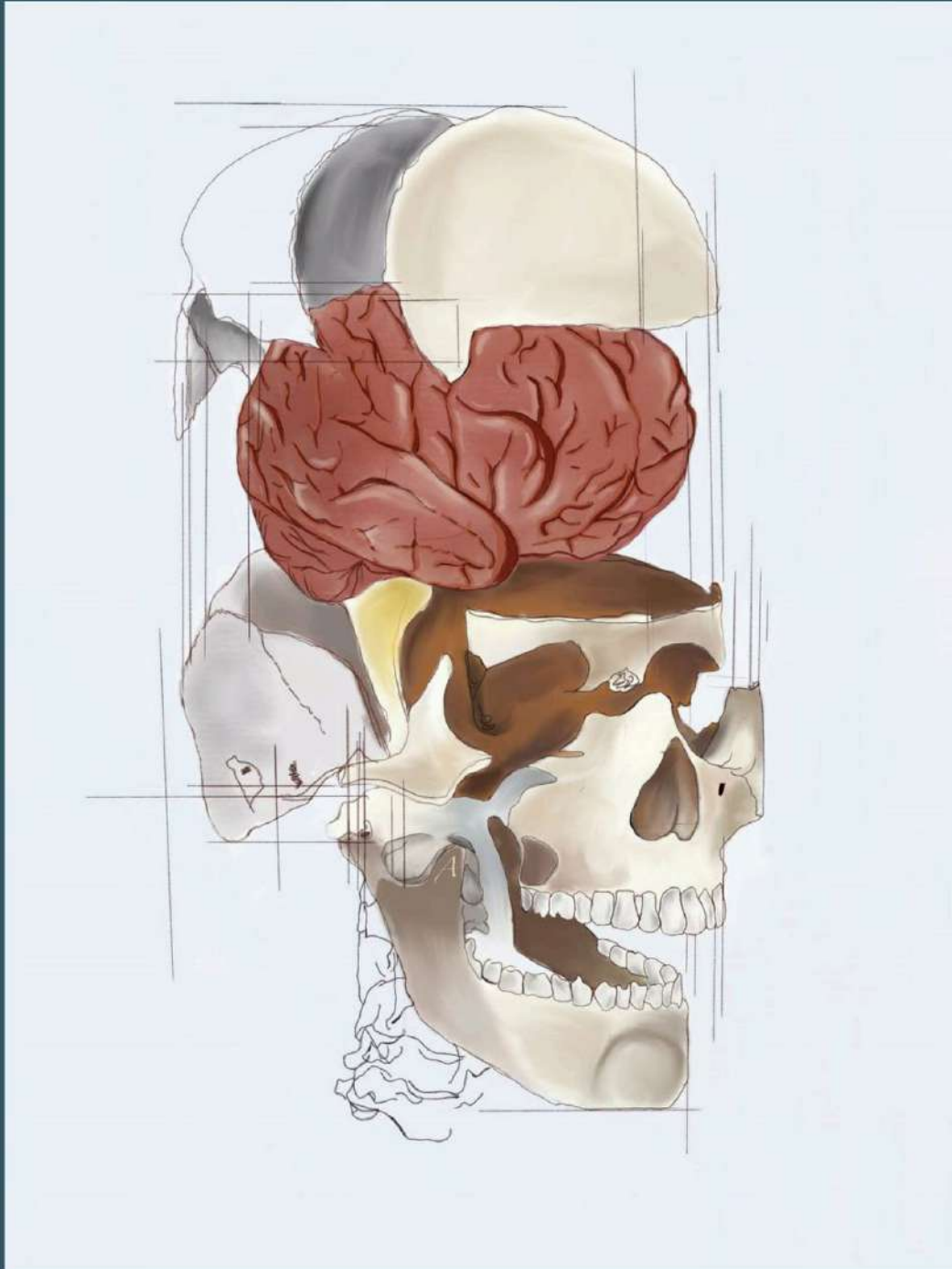


Storm Within - If only the
storm within could be seen,
maybe then the silence
wouldn't feel so heavy.



Scar that grow gardens-
Every scar carries a
seed, waiting to bloom.

Shaima



bones and all

In marrow and memory, we are never
truly gone

Ashley

Where wonder begins- Through
little hands, the world becomes
infinite.





Blooming Faces

From cracked faces and silent tears,
a rose blooms,
pain reshaped into beauty,
fragility into growth.

Ishita



THE OLD AGE *of* Realization

"Hasn't she grown old? Let her stay quietly in a corner."

Recalling what he once said to his aged mother, the son's eyes welled up with tears as he sat alone in a broken chair at the old age home.

That poor old woman, abandoned halfway to the old age home just because his wife told him to...

Inside the walls of their home now lies a smile, covered in dust, untold and unheard by anyone.

Even after all these years, in eyes that still leak tears, the final words of motherly love echo softly..Amma

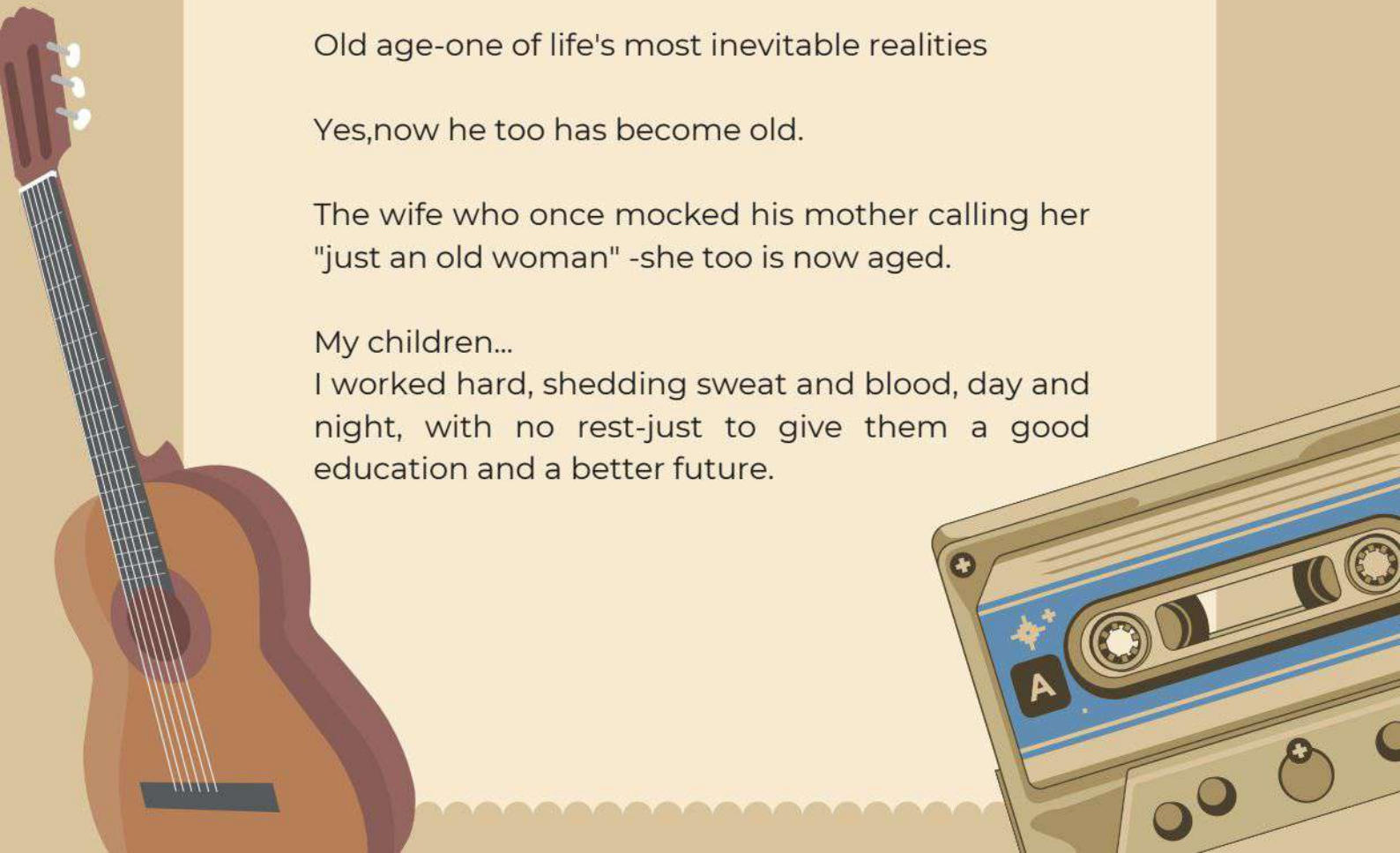
Old age-one of life's most inevitable realities

Yes,now he too has become old.

The wife who once mocked his mother calling her "just an old woman" -she too is now aged.

My children...

I worked hard, shedding sweat and blood, day and night, with no rest-just to give them a good education and a better future.





But I didn't realize back then...

That isolating my mother was a mistake I would pay for. That I too would one day become a burden to my children.

That the same fate would fall upon me and the very wife who once forced me to abandon my mother midway.

Destiny

This small word holds a weight we should never forget.

We never know how God might test us tomorrow.

Not just me, everyone treats old age like some disease to be avoided.

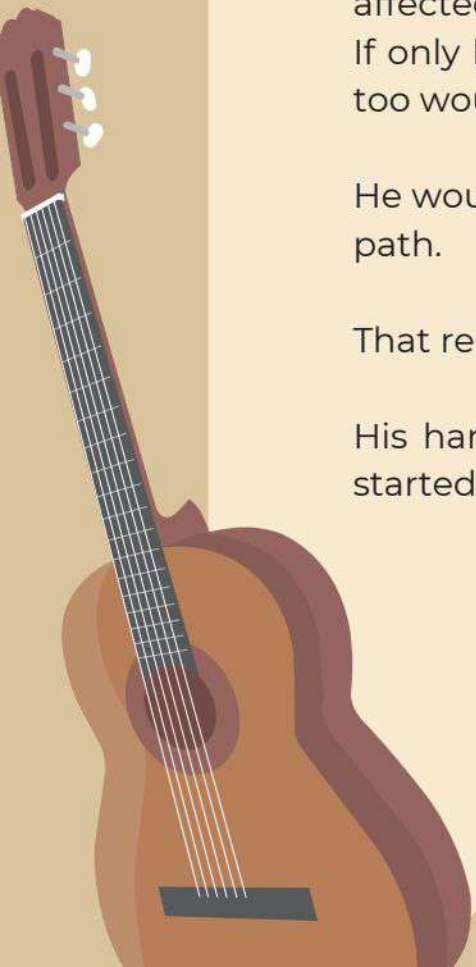
But no-we must embrace and hold close those affected by old age.

If only he had thought back then that one day he too would reach this stage of life...

He would never have left his mother on that lonely path.

That regret now haunts the old man.

His hands have turned to skin and bone. He has started to forget even letters.





His vision is fading..

But still-

Only memories remain, clearlike a rainbow...

The moment he abandoned his mother, that one painful memory still burns in his heart.

Now, his children send a few meagre coins each month to this old age home, "Amma Thanal," where he and his wife live.

If the money gets delayed, even their next meal becomes uncertain
The caretakers here work so hard-

Cleaning the urine and waste of these old couples with so much patience and effort
And yet..

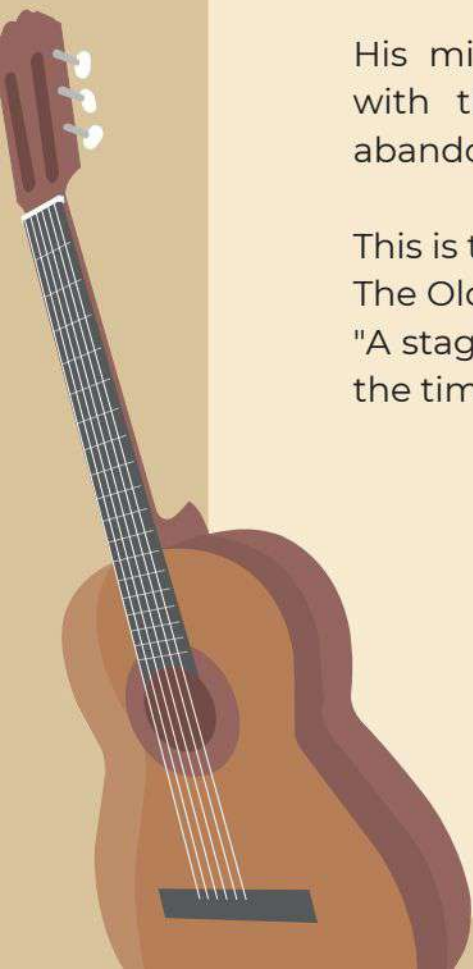
His mind burns like an endless fire, consumed with the thought that he should never have abandoned his mother.

This is truly..

The Old Age of Realization

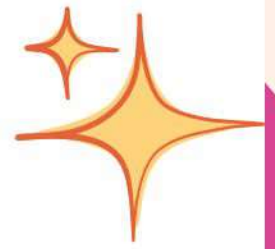
"A stage of life where we are forced to account for the time we spent and the health we lost."

- Rana



VERSES
OF THE
MIND

Whispers of the mind



When the mind begins to whisper low,
A storm of thoughts begins to grow.
It feels so much, yet words won't stay,
They slip and drift, then fade away.

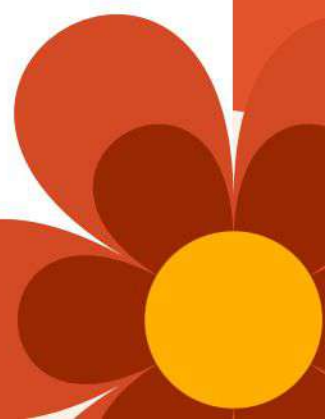
I dive within, to seek the sound,
But silence is what I mostly found.
A swirl of feelings — deep, unclear,
Sentimental... blank... and near.

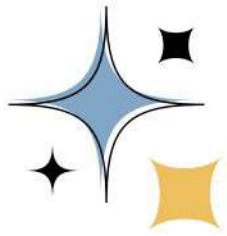
Is it my heart that softly cries?
Or just my brain that questions why?
The deeper I look, the less I see,
The echo dims inside of me.

The voice within begins to blur,
Its message lost, unsure, unsure...
I try to listen, try to feel,
But can't make out what's false or real.

So here I stand, both still and torn,
Between the heart and thoughts I've worn.
For when I try to understand,
It fades like footprints in the sand

- Grinda Rose Shaibu





Torch

The night is heavy, dark and deep,
a voice that whispers, "Let it sleep."
A weight that pulls, a tide so strong,
a hurt that sings, "You don't belong."

But then-your name, a gentle sound,
a love that fights to keep you bound.
Their faces flash behind my eyes,
their laughter soft, their worried cries.

I see my mother, tired and torn,
the way she held me when I was born.
I hear my father call my name,
his voice a shield against the pain.

So though the storm still grips my chest,
though every breath still feels a test,
I hold on tight, I fight, I stay
for love still lights the darkest day.

- *Aliya Zainab*



The Soundtrack of the Mind



A soothing blend of English and Hindi songs to calm the mind and uplift the spirit. This mix offers gentle melodies and heartfelt lyrics that create the perfect atmosphere for relaxation and peace.

1. **Mad World** – Gary Jules/Michael Andrews
2. **Such Great Heights (cover)** – Iron & Wine
3. **Holocene** – Bon Iver
4. **Possession** – Sarah McLachlan
5. **Wicked Game** – Chris Isaak
6. **Love You Zindagi** – Jasleen Royal (Dear Zindagi)
7. **Tu Hi Hai** – Dear Zindagi
8. **Ae Zindagi Gale Laga Le** – Dear Zindagi / Sadma
9. **Phir Le Aaya Dil** – Barfi!
10. **Kesariya** – Brahmastra

Haniya, Thanishma and Dishita



UNTIL THE NEXT ISSUE...

SPOTLIGHT

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