



EMBRACING UNCERTAINTY

PRINCIPAL'S MESSAGE:

Dr. Sr. Mary Louisa S



Dear Students and Colleagues,

As we embark on a new academic year, I am delighted to extend a warm welcome to all, especially to our first-year students who have joined us. Your presence enriches our vibrant academic community, and we are excited to witness the contributions you will make in the years ahead.

In our ever changing world, uncertainty is a constant companion. It challenges us, propels us toward growth, and often leads to profound discoveries about ourselves and the world around us. We will encounter many unknowns in your studies and future careers. Rather than fearing these uncertainties, I encourage you to view them as opportunities for learning and development. It teaches us to remain open-minded, resilient, and adaptable—qualities that are essential for both personal and professional growth. Embrace it with curiosity and enthusiasm. Seek guidance and support from your professors, mentors, and fellow students.

We are committed to fostering an environment where you feel valued, supported, and inspired to reach your full potential.

As we move forward, let us all strive to cultivate a mindset that welcomes uncertainty as a catalyst for innovation and growth. Together, we can create a community where exploration and discovery are at the heart of our endeavours.

Welcome to the new academic year! Let us embrace the journey ahead with optimism and a shared commitment.

EXPLORE HOW INDIVIDUALS NAVIGATE UNPREDICTABILITY AND THRIVE IN A RAPIDLY CHANGING WORLD

“Nothing is permanent. Only change is constant”. We grew up listening to these words. It was more than just a reminder. It was a warning that the world around us is constantly shifting- evolving as time moves on. Seasons change. People come and leave. A plant dies while the seed grows. That is just how our destiny was etched onto the pages of this universe. The future is never certain, and rarely predictable. At every turn we take in our path, we meet something new, a surprise. Now you have two options- run or embrace. I suggest you choose the latter. Here is why.

Picture yourself standing at the edge of an ocean, watching the beautiful sunset nature has painted for you. You have no control over the wind that brushes past you; you cannot silence the beautiful calls of the seagulls; you cannot stop the waves that try to move you. But the funny part is, you do not want to in the first place. Because over here, the unpredictability of nature does not ruin the moment for you. It adds to the magic of it. My point is, embracing the changes in life, allows us to see the beauty of it.

Changes could range from small to big. Mere rain drops on a bright sunny day is change. Having to sit in the front row of a class despite being a renowned backbencher is change. Traveling to the other side of the globe for a job is change. Now at first, change is scary. Change makes you feel lost. You're so unprepared that your mind is in chaos. Where do you go? What do you do? Who do you ask for help? Questions after questions with absolutely no answers. That is how sometimes, change could make you feel defeated.

But what if we switched our perspectives? What if we managed to see this as a chance to grow or a lesson to learn? Our todays never really look like our yesterdays and probably wouldn't look like our tomorrows either. I understand how that could get overwhelming sometimes. But if we could just look at life as a journey filled with discoveries, maybe every challenge we face would be less scary.

Learning to embrace the unknown helps us welcome an adventure. We find peace in knowing that it is okay not to have control. We find strength in knowing we hold the power to adjust and adapt to whatever comes our way. Only if we welcome ‘the uncertain’ into our lives, could we thrive and not just survive. To be able to live each moment to its fullest, and to be able to craft a life with meaning and purpose, we must be able to accept the shadows instead of constantly trying to find the light in them.

It also helps that you are never really alone in this walk. Everyone around you swims through the same ocean of unpredictability right beside you. And that's what brings us all closer. It creates a sort of connection amongst us all. You may not be able to understand that bond, but you'll surely feel it.

Uncertainty is not a black canvas. It is a white one filled with possibilities. We the artists, add in the color of acceptance and create our own masterpiece.

~ **Abhirami Anilkumar (III Integrated BSc-MSc Psychology)**

GUIDE TO EMBRACING UNCERTAINTY

PRACTICAL TIPS FOR FIRST YEAR STUDENTS TO MANAGE STRESS



The transition to college life is a pivotal moment filled with excitement and challenges. As a first-year student, you may feel overwhelmed by the unfamiliar environment and new expectations. However, embracing uncertainty and effectively managing stress can transform these challenges into opportunities for growth.

First, accept that uncertainty is normal. Recognise that feeling unsure is common among new students and that it's okay not to have everything figured out. Develop a growth mindset, viewing challenges as learning opportunities rather than insurmountable obstacles.

Practice mindfulness to stay grounded in the present moment. Incorporate meditation or deep breathing exercises into your routine to reduce anxiety about the future. Establish a structured schedule balancing academic commitments, self-care, and social activities to provide stability amidst unpredictability.

Set realistic goals by breaking large tasks into manageable steps. Celebrate small accomplishments to maintain motivation and build confidence. Don't hesitate to seek support when needed. Connect with classmates, join clubs and associations, and utilise campus resources like counseling services and academic advisors.

Prioritise your physical well-being through regular exercise, a balanced diet, and adequate sleep. A healthy body contributes significantly to stress management and overall well-being. Practice self-compassion by being kind to yourself when facing difficulties. Avoid harsh self-criticism and comparisons with others.

Stay flexible and open to changing your approach when necessary. JNC life often requires adaptability, so cultivate a willingness to adjust your strategies as you encounter new situations. Focus on aspects of your life that you can control, and learn to let go of things beyond your influence.

By implementing these, you can develop resilience, adaptability, and a positive outlook. Remember that personal growth often occurs outside your comfort zone. Embrace the challenges and uncertainties as opportunities for learning and self-discovery. With the right mindset and tools, you can navigate your first year with confidence and lay a strong foundation for future success and most importantly do not forget to prioritise your mental health.

All the best for your next three years at Jyoti Nivas College!

~ Sylvia Singh (III Integrated BSc-MSc Psychology)

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ADAPTING TO COLLEGE LIFE, SEEKING HELP WHEN NEEDED

In college, building a support system is essential to adapting to this new environment. Do not be afraid to speak to your new classmates for they are in the same boat as you. Investing your time in joining any of the several clubs the college can have fun and fruitful results. Attending campus events will also provide one with opportunities to meet interesting new individuals. Making friends will help deter the loneliness that you may come across in this new stage of your life.



Managing your time effectively is crucial. Effectively balancing academics, social activities, and personal time takes practice. We implore you to not seek academic achievements at risk of your social life and mental peace. Spending time with your friends and doing things that interest you are just as important. To stay on top of academics, try using planners or apps like 'To Do' to keep track of assignments, deadlines and extracurricular activities.

Living alone for the first time can be daunting. As you start to settle in, try to put a routine in place that will bring structure to your daily life. Make simple habits like regular meals and daily calls to your loved ones as staples of your day for it can significantly impact your well-being. Also, make your living space comfortable and personal, with decorations, to create an environment that feels like your own.

When the going gets tough, don't hesitate to seek help. Your college offers resources like the free counselling services for students and an understanding faculty that are eager to help you thrive. Talking to someone can provide clarity and comfort. Remember, adapting to college life is a process. Approach it with curiosity and reach out for support when needed. This journey is about growth, resilience, and discovering your potential.

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~ Tiana Gauri (III BA PYSY)

MOVIE RECOMMENDATION

In a world where change is the only constant, embracing uncertainty becomes necessary. This is especially true when it comes to career and life choices. Here are some movies that beautifully capture the essence of navigating the unpredictable and making meaningful decisions amidst the chaos.

The Pursuit of Happiness (2006)

Starring Will Smith, this biographical drama is based on the life of Chris Gardner, a man who faces tremendous hardships and uncertainties. Struggling with homelessness while raising his son, Gardner's determination to create a better future against all odds is inspiring. This movie highlights the importance of perseverance and resilience in the face of uncertainty.



Up in the Air (2009)

Starring George Clooney, this film tells the story of Ryan Bingham, a corporate downsizer who leads a life of constant travel. When his way of life is threatened, he is forced to confront his own beliefs about work, relationships, and what it means to have a home. This movie is a thoughtful exploration of the transient nature of modern careers and the need to adapt to change.

Eat Pray Love (2010)

Based on Elizabeth Gilbert's memoir, this film follows the journey of a woman who, after a painful divorce, embarks on a quest around the world to find herself. Through Italy, India, and Indonesia, she learns to embrace the unknown and discover new facets of her identity. It's a perfect illustration of how stepping out of one's comfort zone can lead to profound personal growth and clarity in life choices.



La La Land (2016)

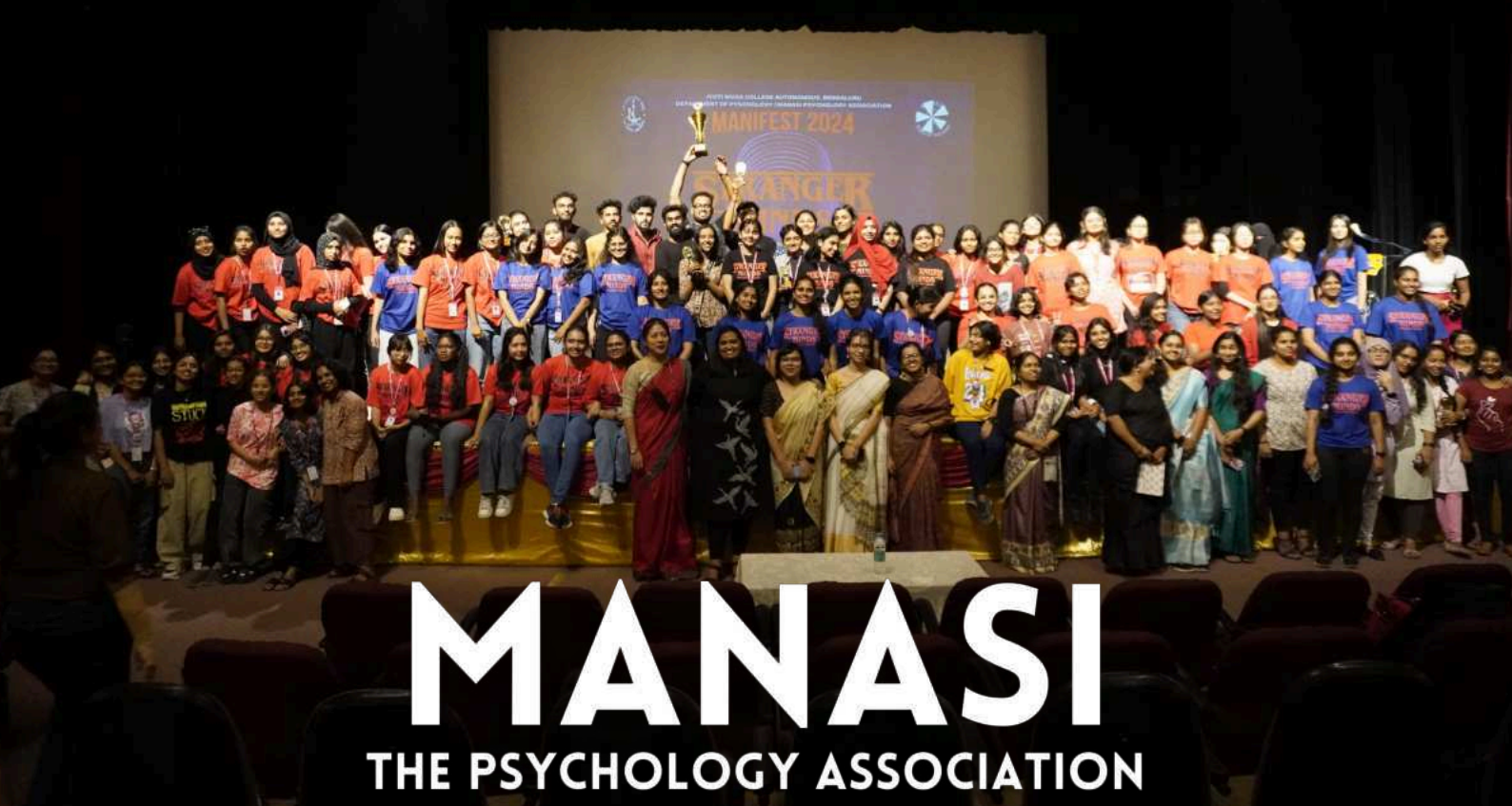
This modern musical, starring Emma Stone and Ryan Gosling, tells the story of two aspiring artists trying to make it in Los Angeles. As they pursue their dreams, they must navigate the uncertainties of their careers and relationships. The film beautifully portrays the highs and lows of chasing one's passions and the tough choices that come with it.

The Worst Person in the World (2021)

This Norwegian film, directed by Joachim Trier, is a modern coming-of-age story that follows Julie, a young woman navigating the complexities of career, love, and identity in contemporary Oslo. As she approaches her 30s, Julie grapples with indecision and the pressures of societal expectations. The film's nuanced portrayal of her journey highlights the beauty and messiness of embracing uncertainty and making life choices that align with one's true self.



-Hita P (III Integrated BSc-MSc Psychology)



REPORT 2023-24:

Manasi encompasses the entire psychology department of Jyoti Nivas College, so if you're a psychology student, you are an assured part of Manasi. Last year, Manasi embarked on yet another exciting academia with a pop-themed Freshers' Day. The day was enchanting with fashion, food, quizzes, cultural from both teachers and seniors, extending a warm welcome to the psychology freshman students.

Manasi has been collaborating with institutions like Inspiron, Eka, and Happiest Health, conducting numerous workshops and seminars. "Suicide Prevention and Help Facilitation: The Role of Peers as Gatekeepers" stands as a noteworthy workshop, featuring professors from NIMHANS, successfully reaching across departments in initiating sensitive conversations.



Multiple seminars throughout the academia covered diverse topics such as 'Inclusion of Art in Therapy' by Eka Foundation, 'CPR training' by Manipal Hospital, and 'Emotional intelligence' in collaboration with the Rotaract Clubs of Bengaluru HSR and Jyoti Nivas College.

Field visits have been an integral part, given the included trips to Kshema Mind Care, NIMHANS Science Day, and an industrial visit to Kodaikanal. Manasi also organised a job fair with Eka Foundation and Growing Minds.

During Suicide Prevention Month, a dance drama titled "So Tonight That I Might See" was staged to emphasize on the awareness around the topics of depression and suicide prevention, alongwith a broader approach towards suicide discernment. Manasi also launched a conversation starter 'Discussion box' for students to submit their queries.

~ V Sreenidhi (II Integrated BSc-MSc psychology)

VOLUNTEERING OPPORTUNITIES EKA AND DREAMS



Volunteering is a voluntary act of an individual or group freely giving time and labour, often for community service. It proves essential to enhance our profile, seek opportunities, build connections with like-minded people, learn in the process and gain credits. The psychology department along with MANASI psychology association facilitate us to volunteer in two organisations EKA and DREAMS.



EKA educational and charitable trust is an institute that works toward making the society sensitive towards inclusion by showcasing the ability and talent of PwD. It organises field trips for JNC students so we can learn more about their work and their students. We get first hand exposure to their environment, teaching styles and inclusivity. It also provides internships and short-term courses which adds to our profile.

Let us DREAMS is a non-profit focused on community development. Our mentors work with 6th, 7th, and 8th graders over three years, developing their intrapersonal, interpersonal, and leadership skills. Volunteers also contribute as content writers, editors, and in operational roles, building meaningful connections.



-Ayushi Kumari, III BSc Psychology

STUDENTS' CORNER

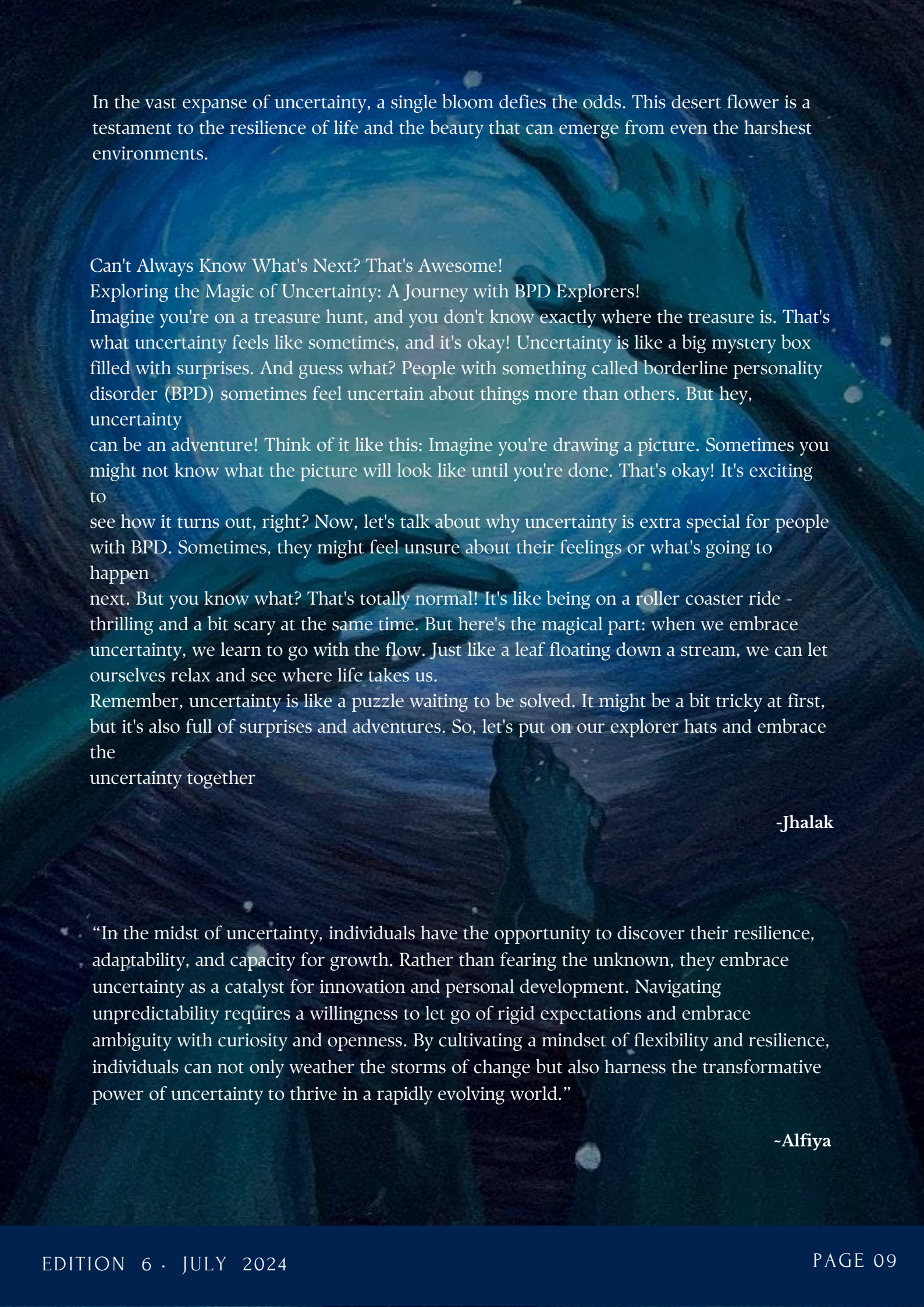
One last time as I hit the pillow,
as I allow the bhetaal to take over.
As I crumble under mere thoughts,
As I fall, again, on bruising knees, Still
sounds of silent screams
infect the room, all over again.
"How does it affect you?"
Trust me, even I want an answer,
Is it easy? To feel this way?
To not even tell out what's
feeding off my head...
just because I'm not sure.
Each screech crawls up
my throat with chipped nails,
as not let it melt out my eyes.
It doesn't matter, really. (?)
A lump, acidic than ever, against
feeble guardians of the bleeding heart,
I don't know how long I can stay
I don't know how long I'd fall apart.

-V Sreenidhi
(II Integrated BSc-MSc psychology)



Embracing Uncertainty
A chaotic world
Never stable and inevitable
Coping, Was always an adventure
Thriving, Was a war
Yet, I navigated through the uncertainty
With all the courage I hold, I strived
With self reflection, I realised with mindfulness,
I became aware
Through art, I expressed just to foresee
What awaited for me..
In the end,
I was certain about the uncertainty
I travelled embracing it!!

~Sanjana Mahadev



In the vast expanse of uncertainty, a single bloom defies the odds. This desert flower is a testament to the resilience of life and the beauty that can emerge from even the harshest environments.

Can't Always Know What's Next? That's Awesome!

Exploring the Magic of Uncertainty: A Journey with BPD Explorers!

Imagine you're on a treasure hunt, and you don't know exactly where the treasure is. That's what uncertainty feels like sometimes, and it's okay! Uncertainty is like a big mystery box filled with surprises. And guess what? People with something called borderline personality disorder (BPD) sometimes feel uncertain about things more than others. But hey, uncertainty

can be an adventure! Think of it like this: Imagine you're drawing a picture. Sometimes you might not know what the picture will look like until you're done. That's okay! It's exciting to

see how it turns out, right? Now, let's talk about why uncertainty is extra special for people with BPD. Sometimes, they might feel unsure about their feelings or what's going to happen

next. But you know what? That's totally normal! It's like being on a roller coaster ride - thrilling and a bit scary at the same time. But here's the magical part: when we embrace uncertainty, we learn to go with the flow. Just like a leaf floating down a stream, we can let ourselves relax and see where life takes us.

Remember, uncertainty is like a puzzle waiting to be solved. It might be a bit tricky at first, but it's also full of surprises and adventures. So, let's put on our explorer hats and embrace the uncertainty together

-Jhalak

“In the midst of uncertainty, individuals have the opportunity to discover their resilience, adaptability, and capacity for growth. Rather than fearing the unknown, they embrace uncertainty as a catalyst for innovation and personal development. Navigating unpredictability requires a willingness to let go of rigid expectations and embrace ambiguity with curiosity and openness. By cultivating a mindset of flexibility and resilience, individuals can not only weather the storms of change but also harness the transformative power of uncertainty to thrive in a rapidly evolving world.”

-Alfiya

Pursuit

After a storm comes a calm — a common line which rules our lives.
Life, people, or weather come in unexpected and hold out an emotional speech of honesty to stay together.
Each speech said, we believe, as it's the unsaid rule of the universe.
The world runs on hope and faith, settling in the storm, embracing them completely.
We somehow don't remember how we got committed to this affair in the silence.
This affair of connect grows in our lives like creepers; the memories curl.
When suddenly the directions of destiny puppet show our living, abandoned hand searching for company.
Why is life like this lingers on our face?
Faith has no answer but, "Embrace the uncertainty, nothing stays permanent.
It's this uncertainty that crafts your charisma.
Don't let the past fuel you down.
Enjoy the beauty of becoming.
As often uncertain roads have been life-changing pages.
Keep the pursuit.
When nothing is certain, anything can be possible."

~Khushi



Editorial Board 2023 - 24

CURRENT ELECTED STUDENT COUNCIL

The Manasi Psychology Association is proud to announce the elected student council for this academic year.



President: Kavya Eswar (III PYCS)

Secretary: Lavanya Sharma (III Int BSc Psy)

Treasurer: Samiksha J (III PYCS)

Media & Publicity Head: Ritul Chauhan (III Int BSc Psy)

Extended Council:

Madhurima, Thrisha, Ifra

This council is committed to upholding the values of the Manasi Psychology Association and working towards creating a supportive community for all students.

UPCOMING ACTIVITIES:

Upcoming Events and Important Dates

10th September: World Suicide Prevention Day

This day will focus on raising awareness and promoting supportive resources for those in need.

10th October: World Mental Health Day

We will be highlighting the importance of mental well-being and advocating for mental health awareness and support. **Our next issue will be released in honor of World Mental Health Day, focusing on the theme of "Wellbeing in the Workplace."**

ALL CONTRIBUTIONS ARE OPEN

Drop them at: manasistudentcouncil2324@gmail.com

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