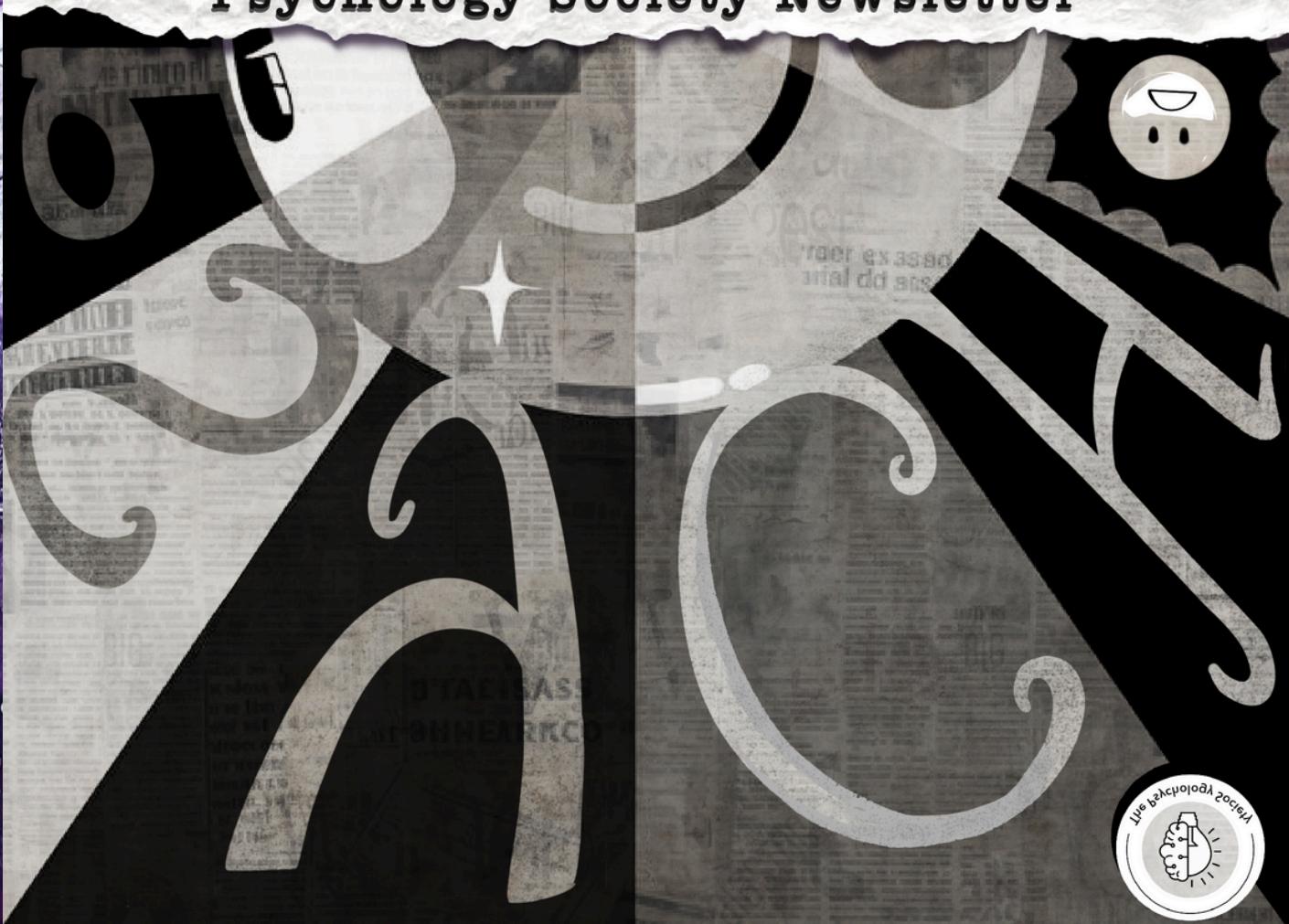


Psychology Society Newsletter



Ashoka University



PSYCH!

SYNAPSE 2025

The Psychology Fest





WELCOME TO OUR NEWSLETTER

PSYCH!

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About Us

Welcome! As a part of the Psychology Society of Ashoka University, we are thrilled to bring to you our newsletter. Fueled by our passion for psychology, we aim to create a space to share knowledge and foster collaboration in our community. As we delve into the human mind and behavior, we are thrilled to bring you a diverse range of insights, research findings, and practical tips that we hope will enrich your understanding of the fascinating world of psychology. Whether you are an aspiring Psychology Major or simply someone with a passion for the understanding of the human mind, this newsletter is for you! Happy Reading!

SYNAPSE 2025 RECAP



EVENTS



(PSYCHSOC X AURA)



PSYCHOPOLY

By Gurnoor Kaur

Synapse 2025 went big, quite literally, with its life-sized Psychology themed Monopoly set up in the Atrium. Each element was thoughtfully curated while keeping the original idea, and accessibility to concepts in mind. The four corners of the game were— Passing Go (which entailed you to pass regularly), Freudian Jail (that meant you had to skip your next turn), Just Passing (a neutral passing point), and Free Therapy (which gained you additional points for when you were at a risk of losing some as the game progressed).

People had to come in groups of at least 4, with the largest one being 6 and compete with each other to land on places in the game that were all Ashoka themed while also having a psychological connotation. Similar to the original Monopoly, the game had Chance Cards, of two varieties- an extra credit one to gain extra points, the other kind entailed answering psych trivia, or doing a fun task. For example- drawing a Pavlov card which meant you had to bark every time someone said ‘um’ for the next round. A plushie dice was an added element exclusive to this game, and it was a hit. Despite the afternoon heat beating everyone up, people showed up in huge numbers as the game observed 8-10 teams showing up with utmost enthusiasm. Everyone left giddy having itched their competitive bones.

EVENTS

SIP & PAINT

By Anoushka Malik & Astha Agarwal

The Sip & Paint event at Synapse 2025 offered its attendees a relaxing evening from the hustle and bustle of college life. Held at the Open Amphitheatre from 3-5 PM, the event created a calm, creative space where students could unwind with lemonade in hand and a paintbrush in the other. Organised by PsychSoc in collaboration with Siyah, the session invited attendees to explore psychology-themed painting prompts, using art as a form of mindfulness and self-expression. Canvases and painting materials were available for purchase, ensuring everyone had the tools they needed to tap into their creativity.

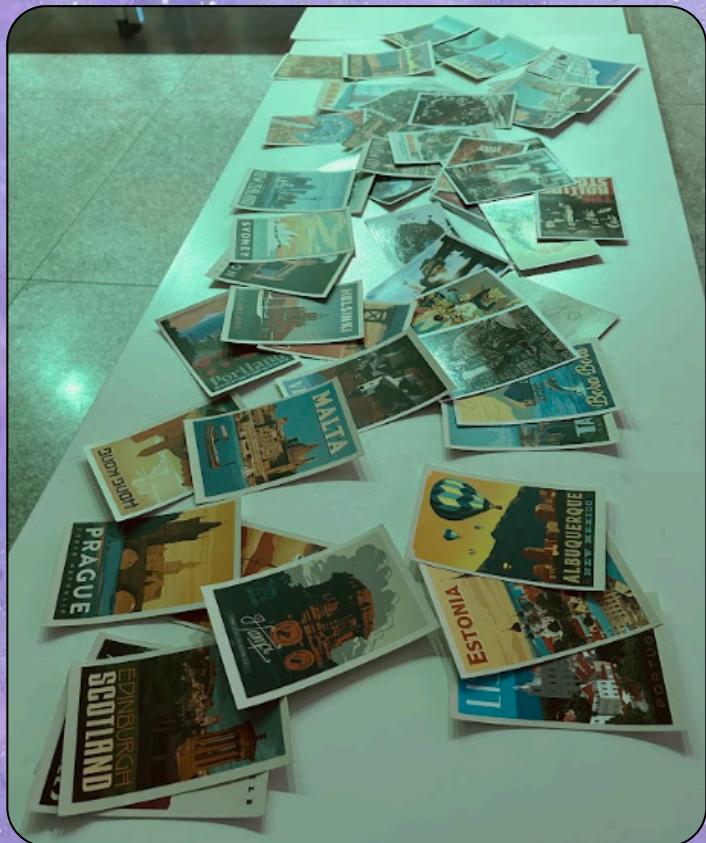
The event allowed students to relax with a brush in one hand and a glass of lemonade in the other, transforming the Open Amphitheater into a serene canvas at this year's Synapse. Painting was only one aspect of the event; other activities included stopping, expressing, and reestablishing connections with others and with oneself. Sip & Paint turned into a kind reminder that art can serve as a means of self-expression and self-care when canvases were set up and creativity was allowed to flow. The event stood out for its relaxing atmosphere, positive energy, and the way it merged art with mental wellness, leaving participants with beautiful memories and even more beautiful artworks.



(PSYCHSOC X SIYAH)



EVENTS



MIND ESCAPE ROOM

By Sridhari Deorah & Gurnoor Kaur

The Mind Escape Room at Synapse 2025 invited participants to step into the complex psyche of Alex, a first-year undergraduate student trying to navigate college life. Designed around Freud's three levels of consciousness- the conscious, subconscious, and unconscious, the escape room required participants to overcome these stages in real time. Each layer presented progressively cryptic clues, mirroring the increasing ambiguity and depth of the human mind. Players uncovered pieces of Alex's story through journal entries, memory boxes, and symbolic artifacts that revealed hidden truths and emotional experiences.

The three layers of consciousness were separated by tables and the kind of clues that ascertain to the stage of consciousness the player was in at the moment. Within the stipulated time period of twenty minutes, teams worked to interpret memories, solve complex puzzles, and piece together the narrative that shaped Alex's mind. A total of five teams participated in the event, engaging deeply with its themes of identity, memory, and perception, and they all left more or less satisfied with their efforts. Safe to say, picking at people's minds is great entertainment, indeed.

EVENTS

DANCE MOVEMENT THERAPY SESSION

By Ananya Dubey & Sridhari Deorah

The Dance Movement Therapy (DMT) session at Synapse 2025, provided participants with a unique opportunity to explore the connection between mind and body through expressive movement. The kind of movement that is made use of in dance movement therapy enhances emotional, cognitive and social well-being.

Facilitated by Sumit Kumar, a certified Dance Movement Therapy Practitioner from TISS, Mumbai, and a professional dancer based in Delhi, the session focused on stress release, self-expression, and embodied awareness. He has previously worked with people of all ages including children as well as shelter home residents. Regardless of prior dance experience, the workshop encouraged participants to engage with their emotions through free-flow of movement and rhythm.



EVENTS



PSYCHOLOGY DISPLAY MUSEUM AT SYNAPSE

By Anoushka Malik & Myrah Sahni

The Psychology Display Museum at Synapse 2025 offered an immersive glimpse into the fascinating world of psychological tools and techniques. From classic instruments like the mirror drawing apparatus, memory drum, and tachistoscope to modern innovations like eye-tracking systems, Muse neuro headbands, and a pupilometer, the event showcased the evolution of psychological research.

Attendees explored tools used to study motor control, attention, reaction time, and problem-solving, including the precision error steadiness tool, dual-task choice reaction setup, and normal distribution models. The brain model served as a visual highlight, tying theory to tangible understanding. It wasn't just about looking—it was about experiencing. One moment, we tracked flashing patterns, and the next, we saw how fast we could respond to red vs green lights or different sound frequencies. The hand-eye coordination station, which measured how many mistakes we made and how long we took, was both humbling and hilarious. More than just a museum, it was a space where theory met reality, where we could play, learn, and finally understand how these concepts actually work in practice.

EVENTS

PSYCH RELAY RACE

The Psych Relay race was a mix of psychology, chaos, and questionable coordination. Inspired by The Squid Game, the event included teams racing through six stations of time-crunched games, all while tied together in 3-legged pairs. Each game came with a sticker reward, which had to be shown to move on. The event can be described as the perfect scavenger hunt which engages not only your mind but your body as well.

From memory challenges to perceptual tricks, it was a full brain-body workout. But honestly, the best part? Watching people try to sprint while tied together. In the end, it wasn't about winning, it was about not completely falling apart but doing it together and having lots of fun with your friends.



COMPETITIONS



(PSYCHSOC X CFE)



SHARK TANK

By Mohadisa Rizvi

There was an exciting Shark Tank-style event that brought together psychology and entrepreneurship in a showcase of ideas filled with creativity, critical thinking, and practical problem-solving. Four teams pitched creative solutions under the themes of AI and Psychology and Consumer Behavior and Psychology competing for a prize pool of ₹10,000.

The ideas were judged by alumni Ambika Agnihotri, Shorya Sehgal, and Akhil Bhardwaj. The winning pitch came from a team of four—Aisha Lowe, Sia Mordekar, Sanjna Sridhar, and Reva Agarwal—who introduced MindMax, a smartband and application designed to support the mental health and well-being of athletes. Their thoughtful integration of psychology and tech impressed the judges and audience alike.

COMPETITIONS

THE FORENSIC CRIME LAB

The Forensic Crime Lab was a challenge that dropped participants straight into the thick of a high-stakes psychological investigation. This competition was hosted in collaboration with Ashoka Data Society. The participants took on the role of forensic scientists and then teams sifted through case files, cognitive inconsistencies, and behavioral patterns using a detailed cheat sheet to uncover the truth behind a fictional crime. The lab turned psychology into detective work which can be described as engaging, methodical, and incredibly fun.

Split into clue analysis and case presentation, the event tested participants' ability to apply psychological concepts like memory reliability and cognitive impairments to real-time problem-solving. Teams wrapped up their investigations by presenting their suspect, backed with forensic reasoning and psychological insight. Events like these bring theory to life, showing how psychology can be both analytical and thrilling in practice.



(PSYCHSOC X DATASOC)



COMPETITIONS



(PSYCHSOC X ABIT)



NUDGEATHON

Nudgethon was an exciting competition hosted by the Psychology Society in collaboration with Ashoka Students Behavioural Insights Team. The competition was an exhilarating blend of creativity, strategy, and psychological insight. Participants stepped into the shoes of behavioural strategists, crafting innovative pitch decks in Round 1 to tackle real-world challenges. With limited time and high stakes, teams brought forward bold, thoughtful solutions that impressed both peers and judges alike.

The final round saw shortlisted teams present their ideas in a 12-minute showdown, judged by Junofy Anto Rozarina who is a renowned expert in behavioural economics and decision-making. From critical analysis to imaginative interventions, each team showcased sharp thinking and strategic brilliance. Events like these push students to apply psychology beyond the classroom and engage with the real-world impact of behavioural science.

SPEAKER SESSIONS



VIPIN VIJAY NAIR

Professor Vipin Vijay Nair's session at Synapse was an eye-opener into the world of forensic psychology and its real impact on law, policy, and justice in India. From criminal profiling and lie detection to investigative interviewing, he walked us through the tools of the trade which were paired with compelling case studies from the Indian legal system that brought theory to life.

The talk also touched on how forensic psychology shapes policy in areas like juvenile justice, cybercrime, and gender-based violence. Students got a glimpse into career paths across academia, law enforcement, and corporate risk assessment. With engaging discussions and practical insights, the session truly showed how psychology can drive meaningful change in the justice system. Talks like these are very crucial as they open students up to new fields of psychology and allow them to venture deeper into what they all have to offer.



SPEAKER SESSIONS



MANAVI KHURANA

By Srishti Ladha

At Synapse, Ashoka University's Psychology Society hosted Manavi Khurana, founder of Karma Care, for a powerful and thought-provoking talk: Understanding Pleasure-Centred Care and Queer Affirmative Therapy. A specialist in queer and kink-affirmative therapy, Manavi brought an inclusive and pleasure-positive perspective to mental health, advocating for care rooted in affirmation, consent, and joy. She challenged traditional, often exclusionary frameworks that stigmatize queer identities and alternative expressions of desire.

Drawing from her diverse experience across schools, and community settings, Manavi emphasized the need for intersectional, culturally grounded approaches. Through her workshops and supervision, she continues to open up conversations around often-taboo topics, integrating safer sex psychoeducation and inclusivity into her practice. As a psychologist, educator, and lifelong learner, she remains committed to reshaping mental health narratives to center marginalized voices. The session was informative, educational and drew from cases Manavi took which helped the attendees ground the content and concluded with an insightful interactive Q&A.

SPEAKER SESSIONS



ANANT JAIN

A Professor Anant Jain's talk at Synapse was a fascinating deep dive into the molecular underpinnings of memory formation, showing the intersection of cutting-edge technology and neuroscience. He revisited Hebb's classic theory on learning and took us through how modern-day neuroscientists are testing it. He elaborated on using synaptic plasticity as a key to understanding how fleeting experiences turn into lasting memories. From protein signaling to the role of hippocampal place cells, the talk unpacked the science behind how and what we remember.



We also got a glimpse into exciting research happening at CHINTA, where advanced imaging and electrophysiology in mice are helping decode a newly discovered behavioral timescale plasticity mechanism. These insights could pave the way for breakthroughs in treating neurological disorders. This incredibly valuable talk introduced students to interdisciplinary areas of psychology and biology and encouraged them to explore how closely mental processes and brain biology are intertwined.



SPEAKER SESSIONS



SUBHASIS RAY

By Chitrangada Tiwari

On 22nd March, 2025 as part of the Psychology Fest of Ashoka, 'Synapse,' Professor Subhasis Ray from TCG Crest, Chinta gave an excellent talk on Human Behaviour and Simulation. Navigation and mobility is often a phenomenon taken for granted by humans. Despite millions of years of evolution spent optimizing navigation for animals, humans chose to use decades of research to develop autonomous robots and self-driving cars. This suggests that our relationship with navigation is not as simple as it seems.

Professor Ray's research aims to study these complex neural pathways involving animal navigation and combines behavioural and electrophysiological experiments with computational modelling and simulation. The session outlined how experimental data is used to create digital models that depict how navigation - related information processing occurs in animal brains.



SPEAKER SESSIONS



ISHITA UPADHYAY

By Ananya Dubey

As a part of the first ever Psychology Fest, we conducted various speaker sessions for the students and professors at Ashoka. Professor Ishita Upadhyay, an associate professor in the Psychology Department at Delhi University, joined us at Synapse for a talk about Data. More specifically, her talk focused on the science and the art of qualitative research, which is data.

Professor Ishita began the session by talking about the evolution of the method of qualitative data, moving onto the idea of objectivity. “The term ‘Data’ in Qualitative Inquiry transpires more than mere information. It is a confluence of rigour, nuanced interpretation and reflexive observations, saiced into patterns.” Professor Ishita also spoke about how data, in qualitative research, covers abstractions including everyday lives as well as cultural contexts. The talk delved into subjectivity, the idea of objectivity and “ethical imperatives beyond discrepancy”.

SPEAKER SESSIONS



YASHPAL JOGDAND

Professor Yashpal Jogdand's talk at Synapse was a powerful and much-needed reflection on the role of psychology in confronting caste and untouchability in India. He critically examined how, unlike in Euro-American contexts where psychology has begun to reckon with its role in structural oppression, Indian psychology still remains largely disengaged from caste realities. The session highlighted how the discipline often distances itself from caste, ignoring the legacies and insights of anti-caste thinkers like Dr. B.R. Ambedkar.

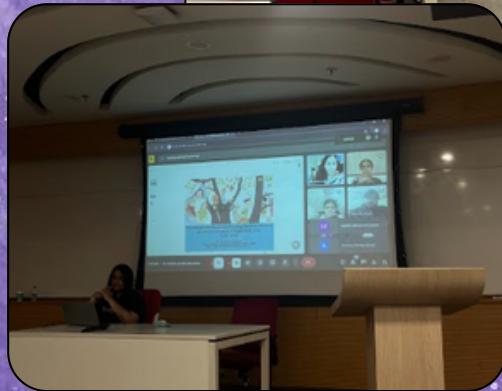
Professor Jogdand challenged students to rethink the foundations of psychological research and practice in India, calling for a more inclusive and socially aware discipline. With clarity and urgency, he emphasized the need for psychology to shed its elitist tendencies and actively contribute to radical social change. The session was essential as it doesn't just beg us to question the status quo, but also reminds us of the responsibility we hold as future psychologists to build a more equitable and just society.

Harnessing Psychology to Annihilate Caste and Untouchability

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Indian Institute of Technology Delhi, India
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Ashoka University
22 March 2025

SPEAKER SESSIONS



DR. NISHTHA LAMBA

By Mohadisa Rizvi

Dr. Nishtha Lamba conducted an insightful and engaging session on surrogacy, held in hybrid mode to include both online and offline participants. The session began with Dr. Lamba laying a strong foundation by exploring the cultural, social, and economic dimensions that shape the global discourse on surrogacy. Her approach encouraged students to think critically about the ethical and emotional complexities involved in the practice.

A central part of the session focused on her longitudinal qualitative research on cross-population surrogacy, particularly where Indian women serve as surrogates for non-Indian intended parents. Her findings highlighted the nuanced relationships, power imbalances, and socio-economic factors that influence these arrangements.

The session concluded with an interactive Q&A, during which Dr. Lamba engaged deeply with students' questions. Her clarity and warmth made the session both educational and reflective.

STALLS



By Astha Agarwal

The colorful stalls outside the mess demonstrated that Synapse was a full-sensory experience apart from being merely a celebration of the mind. Every inquisitive mind could find something to enjoy, from captivating games and books with a psychology theme to adorable jewelry. Wandering between stalls, students drank refreshing beverages, selected rings and necklaces, and delved into books that restored Freud's sense of style. What would a celebration be without food, of course? Everyone was drawn in for a quick snack in between activities by the aroma of delectable treats. This pop-up lane of happiness, education, and luxury gave Synapse's celebration of psychology a little more individuality.



CORE TEAM 24-25



SYNAPSE TEAM 24-25



MEET OUR TEAM



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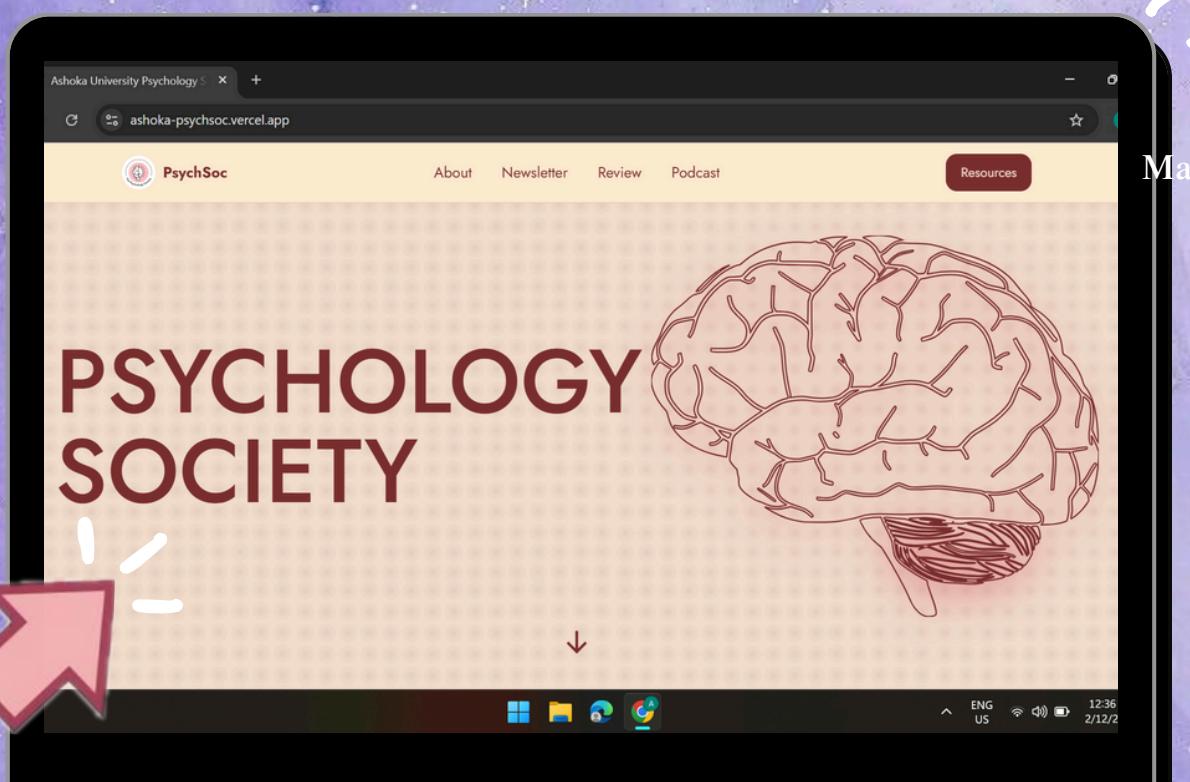
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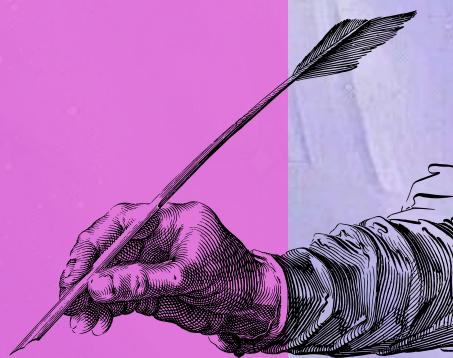


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