

Psychology Society Newsletter





WELCOME TO OUR
MONTHLY NEWSLETTER

PSYCH!

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Dear Reader,

We're so excited you're here and reading the seventh edition of our newsletter! For the first-years, don't worry, this is just the beginning. You'll find a fresh issue waiting in your inbox every month! This one really is a labor of love, from nights spent arguing over fonts to carefully putting together stories we hope everyone can enjoy. We've been part of the department since day one, and what keeps us going is the same thing that brought us here in the first place: a genuine love for psychology and for sharing it with others. This space is our way of sparking conversations, building connections, and geeking out together over the fascinating ways our minds work. Inside, you'll find everything from research and insights to practical tips and a peek into all that PsychSoc has to offer. And definitely read all the way through because, we've added our monthly book and movie recommendations at the end. So grab your fuelzone coffee (or whatever keeps you going), get comfy, and dive in.

Happy reading!

Myrah & Ananya ❤

MEET THE CORE



Mannat Bahl

President



Parvi Takkar

President



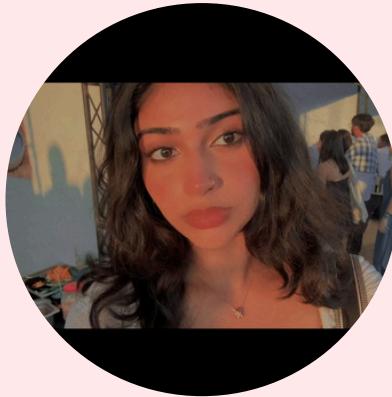
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Vice President



Cheryl Joshi

Vice President



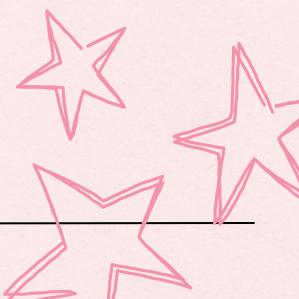
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MEET THE CORE



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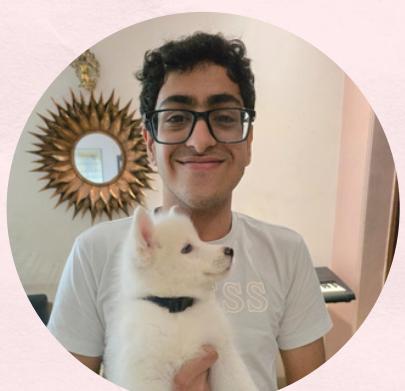
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HOD, Research



Madhunisha Majumder
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HOD, Finance



MEET THE CORE



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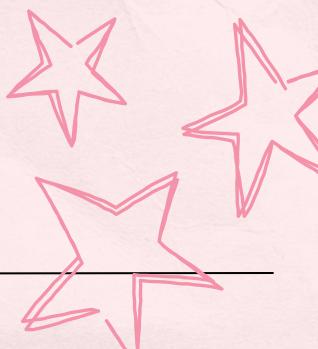
Manavi Jain
HOD, Outreach



Mihir Eshan
HOD, Social Media



Priyanka
HOD, Social Media





MEET THE DEPARTMENTS



EVENTS

The Events Department anchored the Society's mission of making psychology accessible and engaging by curating activities that ranged from lighthearted pop-ups to the large-scale fest, Synapse. Their work ensured that psychology had a visible, interactive presence across campus, drawing in students from diverse disciplines. Some of the key initiatives included:

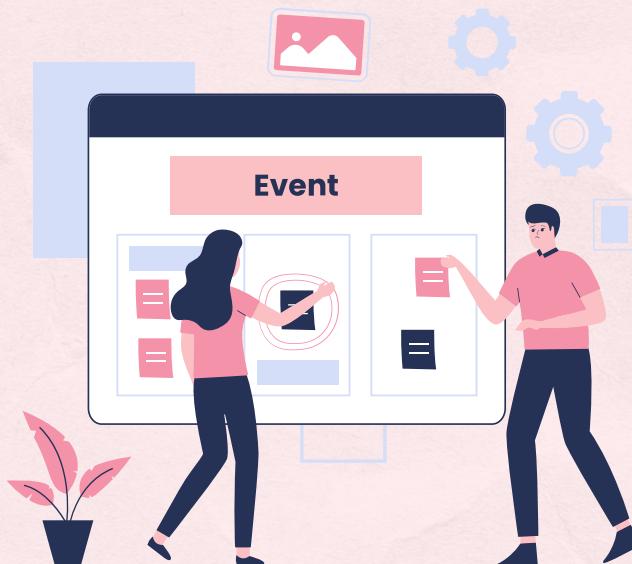
- Gratitude Wall: A campus-wide initiative inviting students to share reflections of gratitude, fostering positivity and community connection.
- Run for a Cause 2.0: The events department worked in collaboration with IEEE & NEEV for this initiative wherein Activity and sticker stalls where proceeds supported STEM education for children in Asawarpur village.
- KIND Marketing Event: A social media-driven engagement activity that involved the student body posing as the letter "I" in the word kind.



EVENTS

- Psych Out 3.0: An intimate discussion series with Prof. Dipanjan Ray, bridging classroom knowledge with faculty insights on psychology and life. This was the 3rd edition of our yearly flagship event, an informal and intimate discussion series with faculty members in the Psychology department, who shared their insights into the intersection of psychology, life, and academia. These sessions provide students with opportunities to engage directly with professors outside of the classroom environment.
- Zehen: Psych Haat: A self-care fair with reflection-based activities and collaborations with Raah, Mad Batter, and the Ministry of Community Well-being.
- Synapse 2025: The first Psychology Fest at Ashoka, featuring academic speaker sessions, competitions like Nudgeathon and Crime Lab, creative events such as Psychopoly and Sip & Paint, and an immersive Psychology Display Museum.

Over the course of these initiatives, the events department managed to turn psychology into something students could experience beyond textbooks—whether through reflection, play, or community. In doing so, they built excitement for Synapse and set the stage for what we hope will become a lasting tradition at Ashoka.



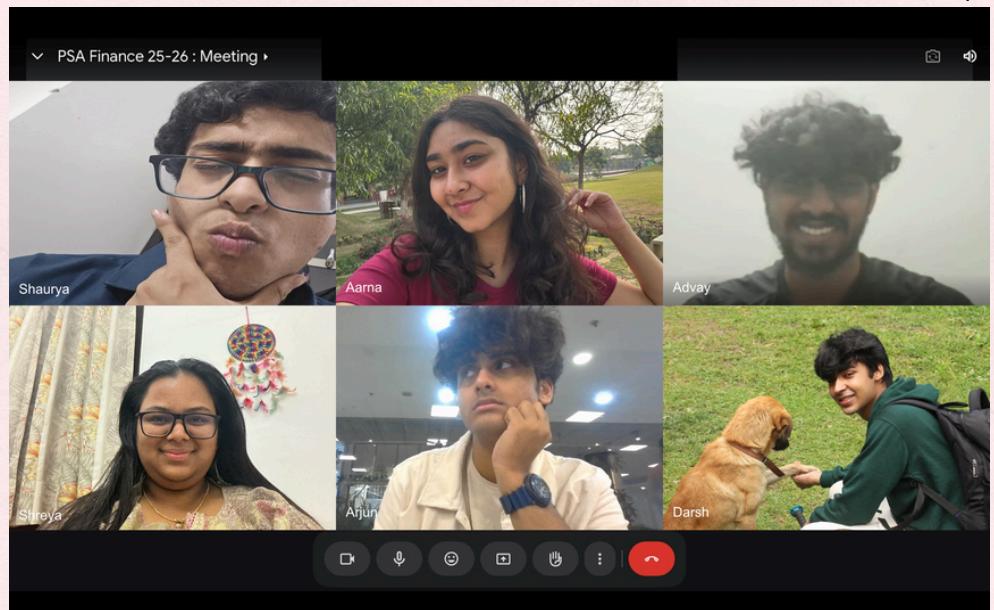
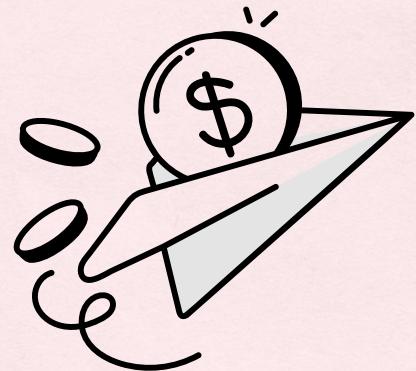
FINANCE

At the heart of every successful initiative in the Psychology Society lies the Finance Department, building the foundation of responsible financial management. Their work involves strategic budgeting, precise record-keeping, and fundraising to turn the society's ideas into reality. They ensure the creation and review of the annual budget, coordinate fair fund allocation across departments, and serve as the primary point of contact for all finance-related matters, both within and outside the Society.

Last year, the department worked to make our first flagship event, Synapse, a success. While they handled the expected responsibilities of budgeting, inventory management, and reimbursements, they also introduced a first for the Society, a sponsorship pitch deck and database to streamline future outreach. They were successfully able to secure valuable partnerships with organisations such as Beyond Nudge and MindPeers.

Their role extended far beyond numbers. The team coordinated and managed many stalls, and worked closely with the logistics and decor teams to ensure smooth vendor setup, security and transportation. Once the festivities concluded, the department then proceeded to wrap up all reimbursements, distribute cash prizes, and confirm that every rupee was accounted for and used effectively. Their dedication ensured that Synapse was not only memorable but also financially transparent.

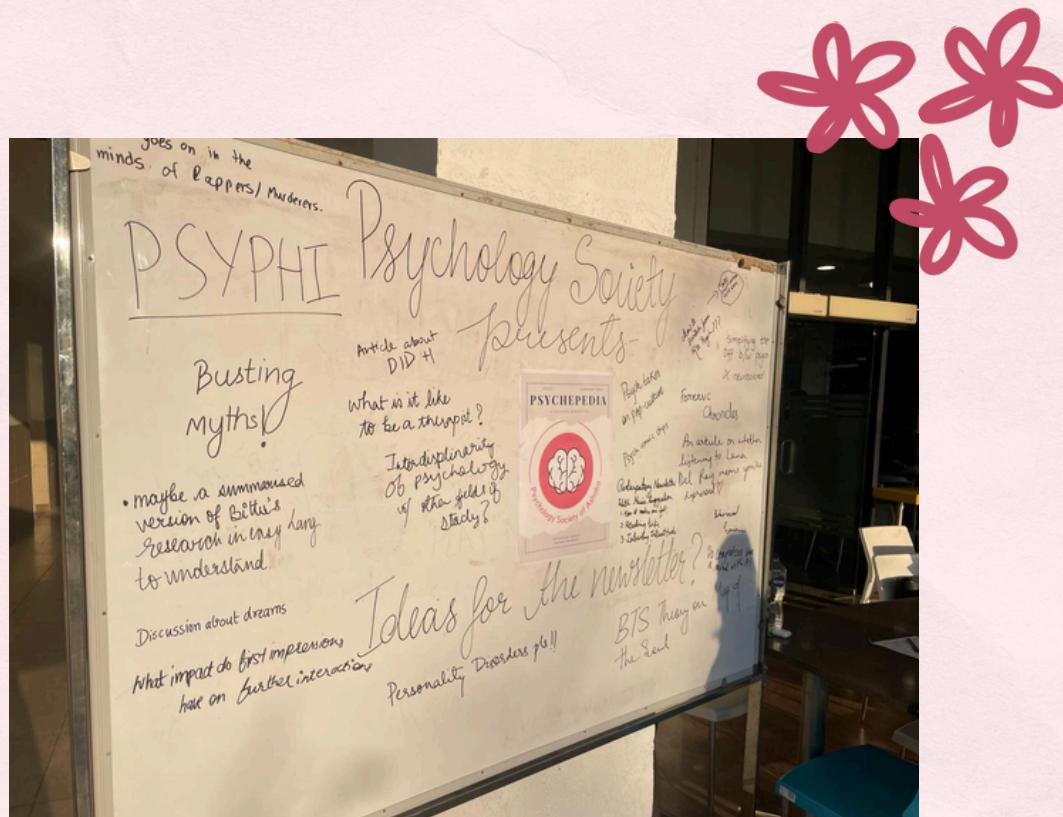
Currently led by Shreya Singhal and Shaurya Taneja, the Finance Department continues to power the society's visions with strategy, resourcefulness, and on-ground involvement. Always open to fresh ideas and diverse skills, the department thrives on teamwork and innovation, making sure that every project makes a lasting impact.



NEWSLETTER

The Newsletter Department of the Psychology Society is all about making the subject more engaging, fun, and easy to dive into for anyone curious about why people act the way they do. Each edition features long, well-researched articles, shorter fun pieces, as well as interactive elements like crosswords. The articles aim to break down complex theories you study in class into easy-to-understand and relatable material, so whether you're a psychology student or someone who is just curious about the human mind, the newsletter has something for everyone!

In our past editions, we have explored a diverse mix of topics chosen to surprise and challenge our readers. From social loafing and existentialism to criminal case studies and pseudosciences like manifestation and handwriting analysis, we make sure to keep everyone engaged. The articles also delve into fascinating sensory phenomena like chromesthesia and explore the relationship between popular media and eating habits.

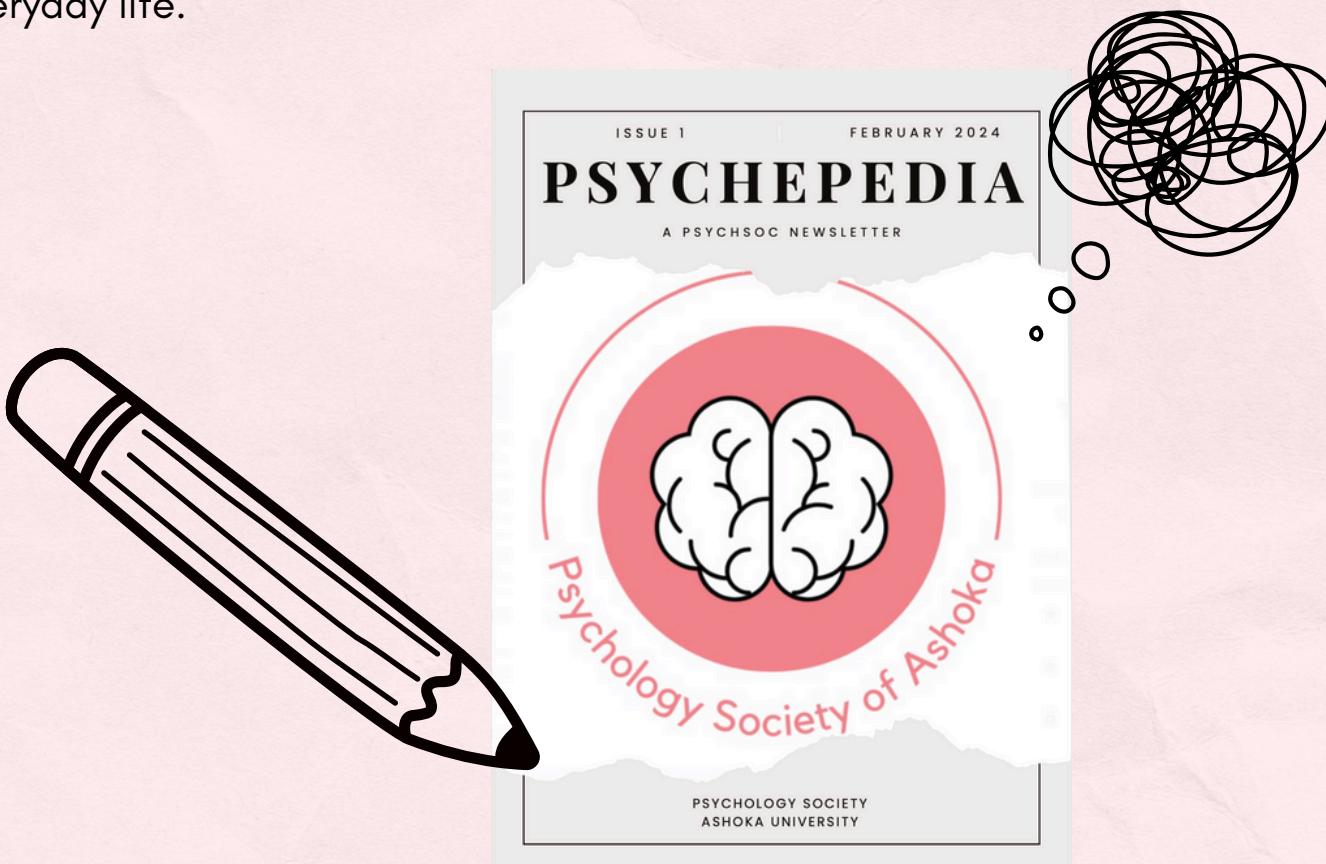


NEWSLETTER

We welcome any and every type of creative expression, including poems and artworks. The designers and illustrators of the newsletter curate each edition to make it visually appealing and interactive for the readers. Their functions entail carefully choosing the layout of the newsletter and tailoring the graphics according to the theme and feel of each article.

The Newsletter also acts as the society's archivist, recapping events and providing snapshots hosted across all departments like marketing, events, research, outreach, and more, so the readers are kept updated with the latest happenings in our community. Moreover, every edition features a fun movie and books recommendation section and a 'Myth Busting Section', which debunks myths related to psychology.

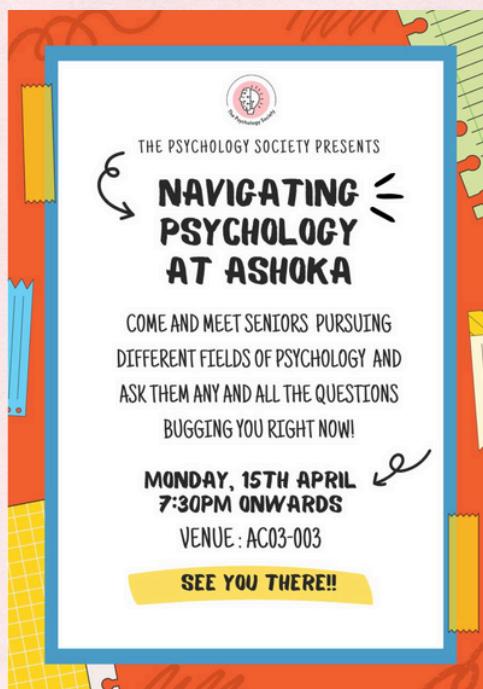
The Editors-in-Chief for this year, Myrah Sahni and Ananya Dubey, are eager to welcome fresh perspectives and creative voices that can add new dimensions to our work. With every edition, we aim to share stories that ignite curiosity, raise awareness, and start conversations bridging the road between psychology and everyday life.



HELPDESK

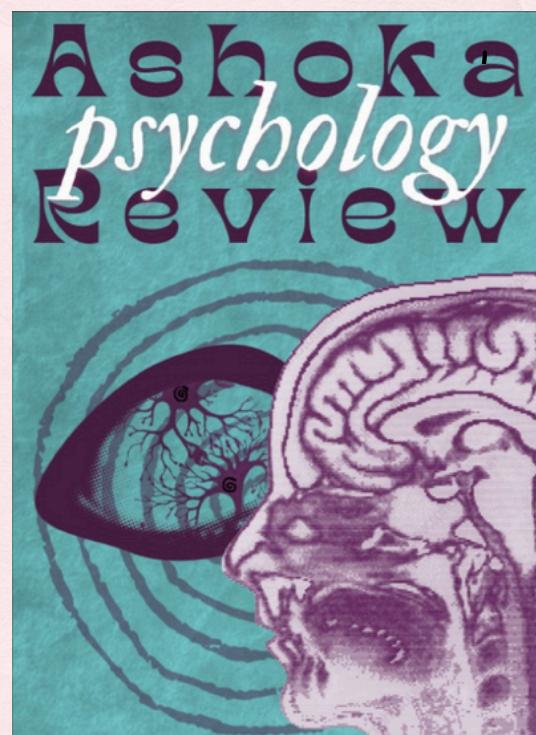
The Helpdesk Department is a peer-driven initiative under the PSA that aims to support students through various academic and co-curricular decisions. It offers one-on-one guidance for course planning, trajectories, ISMs, research, internships, summer abroad, and more. These slots are staffed by tutors in their 3rd and 4th years at Ashoka and can help students navigate any confusion or questions that may come up during their academic journey. The department has been an integral part of the society and has achieved great milestones in the previous academic year, including:

- Admissions 101 with Alumni: In collaboration with the Office of Postgraduate Studies, the Helpdesk Department hosted an interactive admissions session with alumni who answered questions related to postgraduate studies.
- Preregistration Desk and Open Office Hours: Starting from preregistration and continuing until the end of the semester, the department held regular office hours to help psychology students plan and navigate their journey at Ashoka.
- Addition of Future Plans: A “Future Plans” section was added to the Helpdesk sheet so that students could access more career-related information and advice from their peers.
- Formal Outreach: During Synapse, the department handled the formal outreach branch and hosted speaker sessions for the event.
- Overall, the department has served as a reliable, accessible, and student-friendly resource that continues to help students navigate queries relevant to psychology.

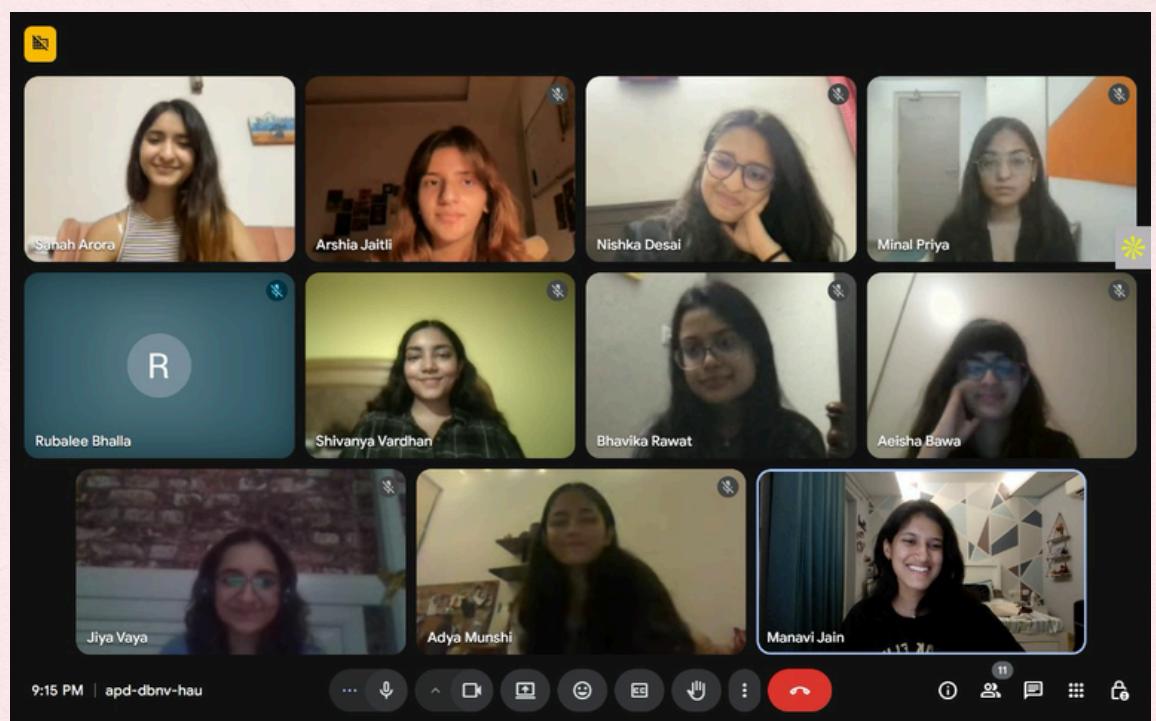


REVIEW

The Review department was started under the Psychology Society in the last academic year, 2024-2025, with the task of curating the Ashoka Psychology Review, a semesterly academic publication showcasing commentaries, lab reviews, research articles and scholarly papers contributed by the university's student body. In the last year, they have published two editions and an additional special edition in collaboration with Prof. Mary Arnaeud. They also worked on an exclusive marketing and review series, and conducted in depth interview sessions with PhD and Master's students on how they arrive at and establish research questions. In conversation with the heads for this academic year, Srishti Upendra and Pratyusha Gupta, they describe their goals for this year to be actively involving incoming first-years in the editorial process via a shadow program. They are planning to curate a workshop in collaboration with Centre for Creative Writing (CWC) as well as provide mentorship to the incoming writers from the senior Editors within the team. This will help members find their footing in the department and sharpen their skill set to navigate the world of academic literature and research. We are excited to see everything in store for the Review!



The Outreach department was newly established this academic year, 2025-2026, to strengthen relationships within the university as well as externally. This department is currently being led by Manavi Jain and Sanah Arora and their main goal is to build awareness and subsequently increase participation for Psych Soc's annual fest, Synapse. Their work includes establishing relations and building a network of likeminded individual in universities across delhi who are interested in psychology. The goal is to build lasting relationnships across colleges to ensure a long-term network fostering growth and partnership. Additionally, the department is also working on building a repositeoty of professionals from the industry. These include well known counselling and clinical psychologists but we also aim to bring attention to the more niche fields of psychology, including but not limited to professionals in forensic psychology, startup founders, behavioural and design psychologist. By building this extensive network of industry professionals they hope to guide and mentor Ashokan students through events and networking opportunities that pique every individuals interest. Some upcoming events for the semester include an inter-collegiate online Psychology quiz and a speaker panel event with experts from more niche fields to cultivate an environment fostering learning.



RESEARCH

The Psychology Society Research Department was introduced in August 2024 with the aim of creating a peer-reviewed compilation of review papers, analytical essays, artwork, op-eds, original research, and other contributions. The impact of this department has been multifaceted—it has brought together students from diverse backgrounds, united by a shared passion for psychology, and given them a space to express their ideas, interests, and questions. The department's enthusiasm for psychology has been evident in all its initiatives, which include:

- *Two Editions of Academic Papers:* The society published two editions of academic papers exploring a range of topics. Alongside the papers, the team compiled five lab reviews, covering research from CSBC, studies on zebrafish, habituation learning in *C. elegans*, and gender and identity performance on social media.
- *Research Reading Circle with Professor Dipanjan:* A presentation followed by a discussion on the latest developments in AI therapy. Under the theme of *Artificial Intelligence and Mental Health*, participants critically explored the potential and limitations of AI in clinical practice.
- *Admissions 101 with Alumni:* An interactive session with alumni from reputed institutions such as the London School of Economics, Johns Hopkins University, and Christ University. These sessions offered practical application tips and personal insights into life after Ashoka.



RESEARCH

- Support for Synapse: The department led logistics and decor for the Psychology Society fest, ensuring the event ran smoothly and was visually engaging.
- Independent Research Project: The department initiated a long-term study aimed at improving mental health interventions on campus, with the goal of creating actionable recommendations for enhancing student well-being.
- Guest Speaker Database: The department compiled a list of potential speakers, which has already proved invaluable for planning events such as Synapse.

In just one year since its inception, this department has achieved several milestones and provided students with an accessible space to engage in research. By fostering a culture where questions and diverse opinions are welcomed, it serves as a strong starting point for students aspiring to build careers in psychology. We look forward to seeing even greater achievements in the upcoming academic year.



If the Events team brought the ideas, the Media & Marketing crew made sure the whole campus (and beyond) knew about them. They were the creative engine behind our posters, reels, social media campaigns, and even merch.

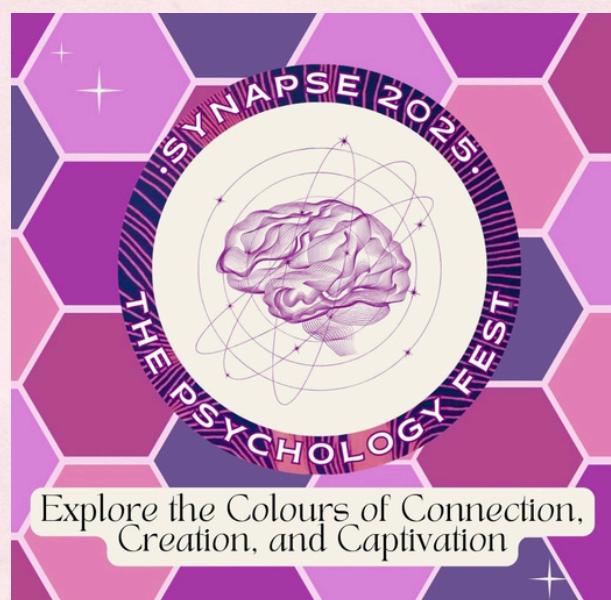
Some of their biggest highlights included:

- **Zehen & Zehen 2.0 (Psych Haats):** The team built the energy for both editions, designing campaigns that made the self-care fairs stand out as vibrant, community-focused spaces.
- **Synapse 2025:** The department pulled out all the stops for Ashoka's first Psychology Fest, with striking on-ground posters, coordinated branding, and a full-fledged digital campaign across Instagram and LinkedIn. Their efforts gave the fest a polished identity and drew impressive engagement
- **Merchandise Design:** From concept to execution, the team extended Synapse branding to the merchandise, ensuring students carried a piece of the fest home.

Across the year, the team produced 69+ pieces of content, with 9,200+ impressions on LinkedIn alone, alongside strong traction on Instagram. By combining creativity with consistency, the Media & Marketing Department turned every initiative into something bigger than an event—they made it a story students wanted to be part of.



logos and poster designing

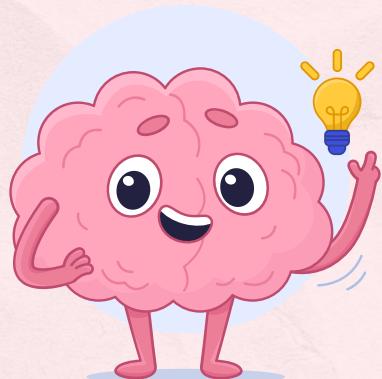


The first iteration of Ashoka's Psychology Society's Annual Fest, Synapse, took place during the Spring 2025 semester. The fest was a day-long affair, packed with interactive experiences, competitions, speaker sessions, and vibrant stalls set up across the lawns opposite the mess. On the eve of the event, the campus came alive with preparation—brain-themed banners, pink and purple streamers, the fest's title banner, and other decorations carefully put together by the logistics and décor team to bring the vision of the fest to life.

By the following morning, the campus buzzed with excitement as the speaker sessions kicked off the day's agenda. Meanwhile, Psychopoly—a life-sized, psychology and Ashoka-themed version of Monopoly set up in the atrium—drew groups of students eager to enjoy the game with their friends. Out on the lawns, vendors selling everything from second-hand books and jewelry to food attracted their own lively queues. Another major highlight was the Mind Escape Room, modeled on Freud's three levels of consciousness in psychoanalytic theory, which kept pairs and groups engaged throughout the afternoon and into the evening.

As the day progressed, the lawns became a space for relaxation and creativity with a sip-and-paint session in collaboration with Siyahi, the Art Society. At the same time, Sumit Kumar—a certified Dance Movement Therapy Practitioner from TISS, Mumbai, and a professional dancer based in Delhi—conducted a dance therapy workshop. Open to students across batches, the workshop welcomed beginners and experienced dancers alike, offering participants an outlet to release stress through movement.

Adding to the array of immersive experiences, a museum of psychological equipment invited visitors to explore tools designed to measure attention, problem-solving, and more, guided by volunteers throughout. Alongside this, a psychology trivia-themed relay race challenged participants to coordinate and compete across three levels of a scavenger hunt—all while tied together in three-legged pairs.

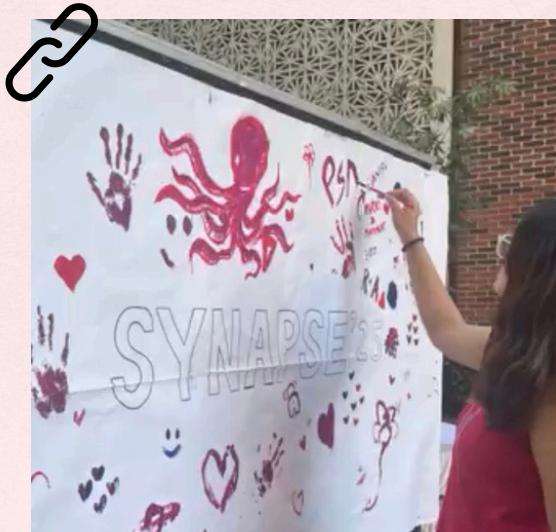


Building on this spirit of engagement, a set of events leaned more toward cerebral invigoration. Shark Tank in collaboration with CFE—with a prize pool of Rs. 10,000—The Forensic Crime Lab in collaboration with the Data Society, and Nudgeathon in collaboration with the Ashoka Students Behavioural Insights Team, all put participants' critical thinking, innovation, and problem-solving skills to the test.

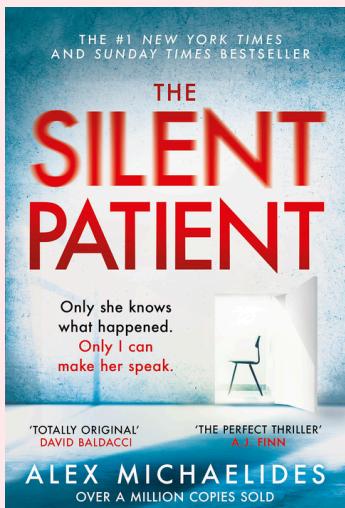
Complementing these activities, the speaker sessions, peppered throughout the day, offered insightful and intellectually stimulating discussions by professionals in their respective fields. Professor Vipin Vijay Nair's session shed light on the world of forensic psychology and its impact on law, policy, and justice in India. Manavi Khurana, founder of Karma Care and a specialist in queer and kink-affirmative therapy, spotlighted a pleasure-positive approach to mental health. Professor Anant Jain explored the molecular underpinnings of memory formation, while Professor Subhais Ray shared incisive insights into his research on the processes that facilitate navigation in animals.

In her talk, a Professor at Delhi University, Ishita Upadhyay, gave an acute insight into qualitative research, focusing on the role of data in the process. Professor Yahpal Jogdand's extremely relevant speaker session covered the lack of integration of caste realities into the discipline of Psychology in India. Lastly, but not least, Dr. Nishtha Lamba in her speaker session talked about her longitudinal research into surrogacy in India, specifically cross-population surrogacy.

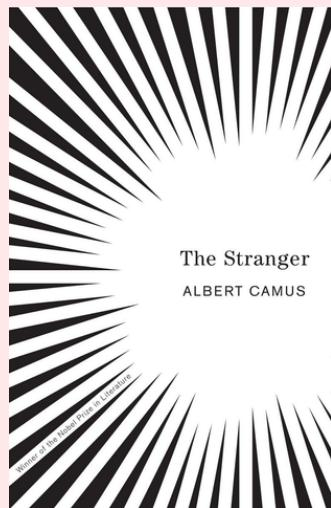
As the evening approached, all the teams that had tirelessly collaborated to ensure the smooth running of the events of the day, met in the lawns to get their team photos taken. Tired, and joyous alike that the first successful iteration of the psychology fest had finally come to fruition.



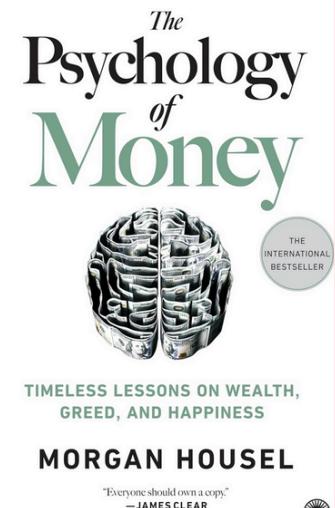
BOOKS

**The Silent Patient**

Alex Michaelides

**The Stranger**

Albert Camus

**The Psychology of Money**

Morgan Housel

MOVIES/SHOWS

**Gone Girl**

David Fincher

**It's Okay to not be Okay**

Park Shin-woo

**Adolescence**

Philip Barantini

Drop in your recommendations here!

CROSSWORD

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Crossword



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MEET THE WRITERS



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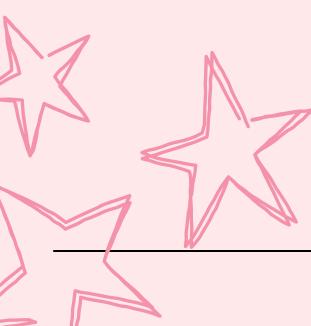
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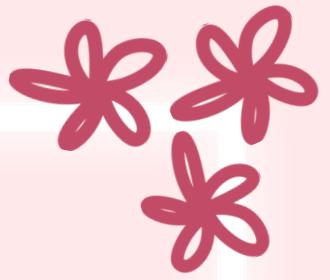


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