



THE LIMINAL MIND

VOL. 1, NO.6

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BRIDGING BORDERS: A TRANSFORMATIVE JOURNEY AT UNITAR MALAYSIA

As part of the Global Immersion Program, we, students of the Psychology Department, had the opportunity to participate in an enriching academic and professional experience in Malaysia.

This program was designed to provide hands-on exposure to real-world field projects, allow students to understand international work culture, and foster meaningful cross-cultural learning.

Our partner institution, UNITAR International University, provided an inspiring academic environment. The university operates on a dual-mode learning system, with many classes conducted online and a diverse international student community. From the moment we arrived, we were impressed by the institution's professionalism, structured planning, and the warm hospitality extended by the coordinating team. Every day was carefully scheduled, ensuring a balance of academic engagement and professional exposure.

During the program, we worked collaboratively with MedLav, a healthcare organization, on a project focused on improving patient conversion rates and sustainability. As a team, we actively engaged in market research and analysis to understand the company's operational challenges and opportunities for growth.

Our contributions included assisting in aspects of their hiring processes, supporting the creation and development of their social media presence, and helping design and implement content strategies. This experience provided us with valuable insight into real-world organizational functioning and allowed us to apply theoretical knowledge in a practical setting. One of the most enriching aspects of the immersion program was participating in several round-table conferences with distinguished professionals and leaders in Malaysia. These interactive sessions provided us with a deeper understanding of employability skills, leadership, and workplace ethics.

Despite their eminent positions, the speakers were incredibly approachable, sharing their experiences with humility and encouraging open dialogue. Through these discussions, we gained invaluable perspectives on global work culture, professional adaptability, and the importance of continuous learning and innovation in today's dynamic world.

This global immersion experience was not only academically rewarding but also personally transformative. It allowed us to step beyond classroom learning, develop practical skills, and gain confidence in working within an international professional setting. The exposure to diverse ideas, work environments, and cultural perspectives has undoubtedly broadened our horizons and strengthened our readiness for future careers.



Lebana Biju
Koottala Ananya Iyer
Saveri S Pillanjan

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EDITORIAL



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FAREWELL TO THE FINAL YEAR B.SC. STUDENTS OF PSYCHOLOGY

...and their memories, friendships, and contributions will continue to inspire and strengthen the spirit of our department for years ahead.



EVENT REPORT: GUEST TALK ON POSITIVE PSYCHOLOGY

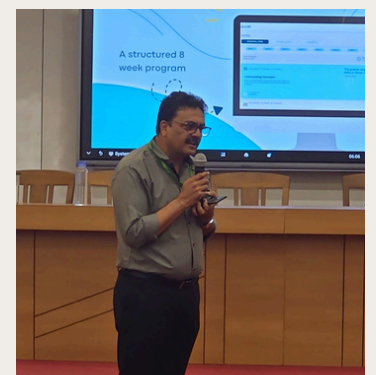
The Postgraduate Department of Psychology at Sacred Heart College, Thevara, organized a guest talk on the topic “Positive Psychology” on 03 March at 10:30 AM in Fr. Aggaeus Hall. The session was delivered by Ms. Hridaya H Kumar and was attended by the students and faculty members of the Psychology Department.

The talk focused on the concept of positive psychology and its importance in promoting mental well-being. During the session, the speaker introduced several online psychological support platforms developed by NIMHANS that are accessible to the public. These included platforms such as PUSH-D, Let’s Talk Life, and Mind Notes, which provide psychological resources, self-help tools, and support for individuals dealing with mental health concerns.

Ms. Hridaya explained how these platforms can be used to promote emotional well-being, seek guidance, and access reliable mental health information. She also emphasized the importance of making mental health resources easily available through digital platforms, especially for young people and students.

The session was highly engaging and interactive, with the speaker presenting the information in an entertaining and relatable manner. The talk provided valuable insights into positive psychology and the practical tools available for mental health support.

Overall, the session was informative and beneficial for the students, helping them gain awareness about accessible mental health resources and the role of positive psychology in everyday life.



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POWER OF MUSIC: PSYCHOLOGICAL AND EMOTIONAL IMPACT

Music is a universal form of expression found in every culture across the world. From traditional folk songs to modern digital compositions, music plays an important role in human life. It influences emotions, thoughts, behavior, and even physical health. In psychology, music is studied not only as entertainment but also as a powerful tool that affects the brain and emotional processes. One of the strongest impacts of music is on emotions. Slow, soft music tends to calm the mind, while fast-paced music can increase alertness and excitement. Because of this emotional influence, music is widely used in therapy and mental health treatment.

Music is more than entertainment, it is a powerful psychological and biological phenomenon, as it influences emotions, brain function, social interaction, and overall well-being. From reducing stress to strengthening cognitive abilities, music plays a vital role in human life. Understanding its impact helps psychologists use music effectively in therapy, education, and mental health care. Music has a unique ability to trigger memories. A particular song can remind us of childhood, school days, or special moments with loved ones.

Research shows that music activates areas of the brain related to memory, such as the hippocampus.

at is why music therapy is often used for patients with memory-related conditions. As an example: many people remember their school lessons better when they are taught in song form (the alphabet song). Music also shapes personality and identity, especially among teenagers. The type of music a person prefers often reflects their values, emotions, and social group. For example, some may prefer classical music for relaxation, while others enjoy pop or hip-hop for energy and expression. Music helps individuals express feelings that they may not be able to say in words.

Moderate background music can improve concentration for some students. Instrumental music, especially without lyrics, can enhance focus during studying. However, very loud or distracting music may reduce attention and memory performance. The impact depends on the individual and the task. Music has a deep psychological impact on human life. It influences emotions, memory, stress levels, identity, and learning ability. Whether we sing, dance, or simply listen, music affects our brain and behavior in powerful ways. In simple words, music is not just sound, it is a psychological experience that connects the mind and heart.

Saibhadra Dileep Nair
I BSc. Psychology

REFLECTION

So at last,
the end is near.
Was it a great run?
But the race goes on my dear.
Tired feet with a heavy heart,
rest, I might somewhere here.
To think of what fell apart
what once was, never will.
Tales of glory we've heard plenty,
witnessed a few, though made almost none.
Will I ever be remembered?
Will I ever look back, say I won?
That's something in these lines that you read,
and the ones on my palm shall decide.
Shook a lot of hands, let go of a few.
I'd wanna look back once in a while,
but we've got a mountain to climb up to.
Why? I don't know, though keep running I will,
for that's where the answers might be found.
The 'why' won't matter then, but only the wait,
and the weight,
of the final judgement.
The taste of your deeds.
These words shall have no meaning,

Karthik Salim Nair
III BSc. Psychology



Nihala Nasrin
II BSc. Psychology

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✧ **ACHIEVEMENTS** ✧

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Elvis D'Arjuja

I BSc. Psychology

Elvis D'Arjuja wins the 1st place for "IMPULSIA- the mind and body challenge", which was an obstacle course conducted as part of the psychology fest "PSYESTA" held at RAJAGIRI COLLEGE OF SOCIAL SCIENCES, KALAMSSERY.

Congratulations to him!



Anika Thomas

I BSc. Psychology

Students from Sacred Heart College, Thevara, representing the College Union, secured 1st Prize in traditional dance thiruvathira at the Mahatma Gandhi University Kalolsavam. Congratulations to Anika (UG 1st Year, Psychology) and the entire team on this prestigious win!



Advitha Ajith

III BSc. Psychology

Advitha Ajith, a third-year Bsc Psychology student, under the guidance of Co-Author Mrs Manjusha Mohan, presented her research paper titled "Relationship between Empathy, Ambivalent Sexism and Homophobia Among School Teachers" at the 9th APSPA International Conference, held at Kristu Jayanti University. Congratulations to the team!



Revathi Mohandas & Sreya A

I MSc. Psychology

Students from the Department of Psychology at Sacred Heart College successfully presented their research at the APSPA International Conference, hosted by Kristu Jayanti. The paper, "Exploring the Relationship between Personality Variables and Alcohol Use among College Students," was authored by M.Sc. students Revathi Mohandas and Sreya A, in collaboration with Dr. Mohandas M. Congratulations to the team!



Anju Abraham & Angel Godfer

I MSc. Psychology

Students from the Department of Psychology at Sacred Heart College successfully presented their research at the APSPA International Conference, hosted by Kristu Jayanti. The paper, "Early Exposure to the Sexual Content Effect on Relationship Perception and Socio-Emotional Well-Being," was authored by M.Sc. students Anju Abraham and Angel Minnuttu Godfer, in collaboration with Ms. Deena Dixon. Congratulations to the team!



Adya M Sidharth

I MSc. Psychology

Adya M Sidharth, 1st year MSc Psychology student, under the guidance of Co-Author Ms. Deena Dixon, successfully presented their research paper titled "Students' Experiences of Favoritism, Peer Support and Parental Understanding in Learning" at the 9th APSPA International Conference, held at Kristu Jayanti University. Congratulations to the team!



Ms. Manjusha Mohan & Ms. Ajisha Sara Mohan

Assistant professors, Manjusha Mohan and Ajisha Sara Mohan from the Department of Psychology, won the Best Paper Presentation Award at the 9th APSPA (Asia Pacific School Psychology Association) International Conference held at Kristu Jayanti, in collaboration with the APSPA, with their award-winning paper titled "Neurodiversity Attitudes and Compassion Fatigue among School Teachers of Children with Special Needs." Congratulations on this impressive achievement!

Issac Joseph

III BSc. Psychology

Issac Joseph, a third-year Bsc Psychology student, under the guidance of Co-Author, Mrs Ajisha Sara Mohan, presented his research paper titled "Differences in Productive Thinking among Students with Different levels of AI reliance" at the Junior Behavioural Scientist Competition, held at Rajagiri College of Social Sciences. His paper was selected as one of the ten papers for presentation from more than 40 entries from across India. Congratulations to the team!

