



Kristu Jayanti College

AUTONOMOUS

Bengaluru

Reaccredited A++ Grade by NAAC | Affiliated to Bengaluru North University



DEPARTMENT OF PSYCHOLOGY  
PRESENTS

# pravaha

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Technological Revolution - Opportunities and Challenges for Family and Student  
Community

# S T . K U R I A K O S E   E L I A S C H A V A R A

1805-1871



## LIGHT AND PROSPERITY

*“Let there be no day in your life in which you did no good to others.”*

# OUR COLLEGE



Kristu Jayanti College, founded in 1999, is managed by "BODHI NIKETAN TRUST", formed by the members of St. Joseph Province of the Carmelites of Mary Immaculate (CMI). The College is affiliated with Bengaluru North University and is reaccredited with grade 'A++' in 2021 by NAAC in the Third Cycle of Accreditation. The College is recognized by UGC under category 2(f) & 12(B). The College was accorded Autonomous Status from 2013 by the University Grants Commission, Government of Karnataka & Bangalore University. For its contribution in the field of Education, Kristu Jayanti College was recently given the Heroes of Bengaluru award. In the India Today - MDRA survey 2020, Kristu Jayanti College, Bengaluru is awarded as the Best Emerging College of the Century at National Level and the college is ranked 4th Best BCA, 11th Best MSW, 18th Best Arts, 19th Best Commerce, 19th Best BBA and 25th Best Science College in India. The College also ranked 2nd Best in BCA & MSW, 3rd best in Commerce & Arts, 4th Best in Science and 5th best in BBA among the colleges in Bengaluru.

The institution strives to fulfil its mission to provide educational opportunities to all aspiring youth to excel in life by developing academic excellence, fostering values, creating civic responsibility and building global competencies in a dynamic environment.

# OUR DEPARTMENT

The Department of Psychology at Kristu Jayanti College was established in the year 2002. The department was started with the objectives to provide an environment that is “learner-centric”, to provide value-based education, to help students communicate effectively and to sensitize students regarding various contemporary psychological tools. The program in the department aims to develop the ability to realize one's complete potential mentally, physically, and emotionally. Also, it promotes creativity, scientific temper, and environmental sensitivity.

The department is well equipped with a large faculty strength, who are well equipped with teaching-learning pedagogies as well as professional strengths, which makes the education at par with professional needs. The Department of Psychology offers 4 Undergraduate programmes under the Denary of Humanities and 3 Postgraduate programmes. The undergraduate programme offered are Bachelor of Arts (BA) Psychology, Bachelor of Arts (BA) Psychology and Journalism (PYJO), Bachelor of Arts (BA) Psychology and English Literature (PYEN) and Bachelor of Arts (BA) Psychology and Performing Arts (PYPA). The Postgraduate programmes offered are Master of Science (M.Sc.) in Clinical Psychology, Master of Science (M.Sc.) in Counselling Psychology, and Master of Science (M.Sc.) in Psychology with two major specializations where students can choose from their area of interest. The specializations provided are Clinical Psychology and Industrial Psychology & HRM.

Department of Psychology aims to provide an environment that facilitates comprehensive quality education to students aspiring to understand themselves and others.

# ABOUT

# PRAVAHA

*“The best moments in our lives are not the passive, receptive, relaxing times... The best moments usually occur if a person’s body or mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile.”*

- Mihaly Csikszentmihalyi

**Pravaha** - The Sanskrit word meaning ‘flow’, is extremely significant in today’s world. It is a state whereby creativity and productivity spring from one’s mind when an individual’s level of skill and the challenge at hand is equal. The experience of flow in day to day life is the key component of creativity and well-being. It gives us a sense of being, that seems as volatile as the wind. Being in a state of flow is also intrinsically rewarding, thus, the more we practice it, the more we seem to replicate the experience we attain by being in this state which in turn will help lead a fully engaged, happy life.

# PRINCIPAL'S MESSAGE



## REV. DR. AUGUSTINE GEORGE

Technological Revolution remains an epicentre for growth and innovation. It has forced each family and the student community to reinvent itself or at least picturise what the future holds. The student community has begun to realize the importance of technology to be backed by the right processes, culture and talent to take advantage of it. Mapping the journey of Technological Revolution includes the realization that there are humans at the end of it.

To upscale the requisite technological knowledge one needs to have data which is the most important juncture where technology has a role to play. The core mission of Kristu Jayanti College is to furnish educational opportunities by nurturing academic excellence, fostering values, creating civic responsibility to develop one's skills. In this context, it gives me immense joy to know that the Department of Psychology has embraced the theme "Technological Revolution – Opportunities and Challenges for Family and Student Community" for their 6th edition of the annual departmental magazine 'Pravaha'2022.

I am confident that it will be an experience to upgrade and enhance knowledge for the readers at large. I would like to congratulate the Department for their commendable work, and I trust that Pravaha 2022 would remain a treasured memento for all of us.

# **DIRECTOR, KRISTU JAYANTI COLLEGE OF LAW**

The COVID-19 pandemic significantly shifted education from traditional to an online version, which was an emergent state for teachers and students. The substantive situation thus raised the importance of technology integration in education, and teachers are required to update their competencies, respectively.

Technology became essential during the COVID-19 pandemic. During a time of isolation and social distancing, the world relied on technology to learn, live, and stay connected. Technology is best used to leverage and maintain social, physical, emotional, intellectual, and spiritual wellbeing for children, in an environment where children are co-engaged with an adult.

Undoubtedly, our life changed and technology is the backbone. I am very glad that the Department of Psychology in bringing this amazing magazine ‘Pravaha’ with remarkable and timely concern for the topic - ‘Technological Revolution - Opportunities and challenges for Family and Student community’.



## **REV. FR. EMMANUEL P.J**

The hard work of the entire Department is evident and the quality with which this magazine has come up is commendable. I wish this initiative reaches a good number of audience and spreads the light of awareness in society.

# DEAN OF HUMANITIES

*'Its not that we use  
technology, we live  
Technology'  
- Godfrey Reggio*



**DR. GOPAKUMAR AV**

The COVID-19 pandemic forced people to adopt internet and internet-based services to communicate, interact, and perform their official duties from home. It also brought a noticeable surge in the time people.

With the help of the technology, we started participating in virtual Classes, conferences and workshops from home became a new culture and we gradually became familiar with terms like “You are on mute” on Zoom, MS Teams and Skype meetings.

However, this increased dependence on technology also led to unwanted stress.

This is against the purported comfort of the conventional work from office culture.

I am very glad about the Department of Psychology in bringing this amazing magazine ‘Pravaha’ with a remarkable and timely concern on “Technological revolution – Opportunities and challenges for Family and Student community”. The hard work of the entire Department is evident and the quality with which this magazine has come up is commendable. I wish this initiative reaches a good number of audience and spreads the light of awareness in society.

# HEAD OF THE DEPARTMENT

Throughout the COVID-19 pandemic, there has been a growing reliance on the use of technology to learn, live, and stay connected.

From young to old, everyone's life changed. For a child, play is an essential part of their physical and social development. Closures of parks and playgrounds were not uncommon throughout the COVID-19 pandemic. It just seems unconscionable to see an ordinary, innocent playground condemned as if it were a safety hazard.

On the positive side, families seem to be spending more time together, walking, biking, and completing school work. Indeed, family dynamics have changed. And so has our dependence in our technology.

Speaking about education, Even before COVID-19, there was already high growth and adoption in education technology. However, traditional means of education was still prevailing in most parts of the country. With this sudden shift away from the classroom in many parts of the globe, some are wondering whether the adoption of online learning will continue to persist post-pandemic, and how such a shift would impact the worldwide education market.

Kristu Jayanti College has constantly striven to establish an epitome in the realm of education and our splendid march into the future. We proceed to advocate the customs established and nurtured over the years. The theme 'Technological revolution – Opportunities and challenges for Family and Student community' drives and stimulates an understanding of personal development in the students regardless of their demographic background.



**DR. MOLLY JOY**

# PG COORDINATOR

The world as we knew has become more digital in the last two years. Learning had gone online, therapy sessions were happening over calls, and consultation and diagnosis are happening through video calls. The family dynamics and communication pattern has changed as well. The time when we used to crave to meet our loved ones is now being quenched with the calls and messages.

Speaking of education, both students and the teaching community has drastically changed due to the pandemic and we had beautifully taken up the challenge won over the impediments. Technological involvement is now the backbone of continuous educational growth.



**MR. VIGRAANTH BAPU K.G.**

Pravaha, the annual magazine of the Department of Psychology is a platform to showcase the skills of the undergraduate and postgraduate students. This edition of Pravaha carries a very important theme “Technological revolution – Opportunities and challenges for Family and Student community” during these turbulent times. The creativity unleashed during the pandemic season has been put here in forms of essays, poems, and drawings.

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# TECHNOLOGY AND HUMAN INTERACTION



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*“New technology is not good or evil in and of itself. It's all about how people choose to use it.” - David Wong*

Humanity has continuously transformed in the manner in which we live, the nature of our relationships with each other, and the way in which we interact with our environment. This transformation began when human beings made their first tools. A technological revolution occurs when one or more existing technologies are replaced by a new technology in a short period of time. This was a period of rapid technological development characterized by new innovations that disrupted society abruptly by their rapid application and diffusion.

The first industrial revolution used steam and water power to automate production. Electricity played an instrumental role in the second industrial revolution. Electronics and information technology were used in the third industrial revolution to automate production. Now, we are in the midst of a fourth industrial revolution, which builds on the third, the digital revolution that began in the middle of the last century.

“There is a convergence of technologies blurring the lines between the physical, digital, and biological worlds.” It could easily be a quote from an Apple or Microsoft executive about the future of computers. However, in fact, it is a quote from Thomas Edison speaking 75 years ago about the motion picture.

As far as the impact of technology on education is concerned, history shows two absolutes: first, many prognosticators will predict the radical rebirth or the inevitable demise of the educational system, and second, they are usually wrong. A timeline for the adoption of technology in education is dotted with both unexpected failures and unexpected successes. Americans seem to believe that any new technology can, by itself, solve all their problems.

"The home is the place where worship of god begins: the place where we remember and recite God's word, as well as where we learn to respond to god with our heart, mind, soul, and strength." Technology focuses primarily on making our lives easier, so it discourages us from discipline, especially practices that involve disengaging from technology itself. Technology may have the following impacts on families: eliminating domestic drudgery, simplifying and transforming the methods of preparing domestic tasks, and creating new opportunities such as pursuing interests outside the home. In addition to better health and nutrition, farming (the main activity in developing countries) has benefited from the use of machinery for formerly long hours of menial work. With the use of better farming methods, e.g. fertilizers, improved seeds, pesticides, etc. the populace has been able to double or triple the production. Families are better informed by improved dissemination of information - radio, television, video, cassette, etc.; and they have time and facilities to acquire new skills. As a result, the family's quality of life is enhanced due to the acquisition of improved knowledge and skills, healthier nutrition, and more effective health care. There are better opportunities for children to learn to improve their knowledge, participate in recreational activities, and learn new skills. In addition to eating better food and drinking clean water, they have better opportunities in life.

Educational institutions are not only places for students to acquire knowledge and skills but also serve as a field where students can be equipped to compete in the era of industrial revolution. It is where they are trained to become professionals. Therefore, educational institutions should devise a variety of initiatives to enhance student awareness of these changes, such as courses, seminars, and forums. Students must be exposed to design principles such as virtualization, decentralization, real-time capabilities, service orientation, and modularity which will be able to utilize for cutting edge robots and autonomous transport, artificial intelligence, biotechnology and the "genome" that relates to automation, simulation, system integration, internet of things, cyber security, cloud computing, augmented reality, large data analysis, and vertical and horizontal system integration. Experts expect that human labor will be replaced by robotic energy, and millions of people will lose their jobs, particularly in the manufacturing sector.

Therefore, all parties should be prepared for the challenges ahead by preparing themselves with the appropriate skills and competencies. Today, every classroom needs technology in every student's and teacher's hands, because it is the pen and paper of the future. We see all of life through it. Students of today can use technology to create the world of tomorrow.



With our digital skills, students will work in careers we haven't even considered yet, and build new technology we can't even imagine. To make this future a reality, educators, parents, and technology companies have a responsibility to provide them with the best education and tools. Technology is the key to helping our students succeed, think creatively, and ultimately create a better world.

The last few decades have belonged to a certain kind of person with a certain kind of mind—computer programmers who could crank code, lawyers who could craft contracts, MBAs who could crunch numbers. But the keys to the kingdom are changing hands. The future belongs to a very different kind of person with a very different kind of mind—creators and empathizers, pattern recognizers and meaning makers. These people—artists, inventors, designers, storytellers, caregivers, consolers, big-picture thinkers—will now reap society's richest rewards and share its greatest joys.

# TECHNOLOGICAL REVOLUTION IN THE SOCIOECONOMIC PERSPECTIVE

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Change is inevitable in the world. It happens in all aspects of life. The change that technology has brought upon us is invincible. The technological revolution in the past decades has been bewildering. The revolution still continues. It has a profound impact on human lifestyle and patterns. Talking about human lifestyle, economy is a crucial part of it. Technology couldn't have developed without the economy.

From deciding the affordability of technology to usage of various available technology, it is the economy that is involved. The socioeconomic status of individuals is highly connected to the use of technology by them. The income of families decides the social class they belong to and depending on that is the technology they use.

Middle class makes up most of the families in India. The growth and development in the past decades have contributed to a rise in the number of middle-income families in India. It can be said that technology played a role in this growth as well as their involvement also influenced technological revolution.

The technological revolution opened doors of new opportunity for the families to move up the ladder of social class. New jobs with better incomes were made available as the industry for communication and technology developed in new ways. Education also started using technology to provide efficient classes for students and equip them with new skills, study courses based on technology were begun, distance education was also introduced and made it possible for those not able to attend physical classes engage in the learning process and this again contributed to better job opportunities.

Interpersonal relationships between individuals improved thanks to technology-based communication. The virtual modes of communication nowadays are just amazing enabling real time face-to-face communication, with those near and far.

The world technology has brought upon us is astonishing. The generations are even being named based on technological development. In the early 2000s, middle class families could afford only a few technological gadgets and mostly only the earning members of the family had access to them. Nowadays the situation is different, almost all members of the family carry a smartphone, smart gadgets like smartwatch, Bluetooth earphones, voice enabled devices like Alexa, have become common in middle income households. Not only are the gadgets available, but the knowledge to use it has also increased with even most of the housewives benefitting from it through shopping, learning and handling their own small-scale business to support themselves.

The surge in access and affordability of air transportation by middle income families in the current years also indicates a hint of technological advancement tied to the economy.

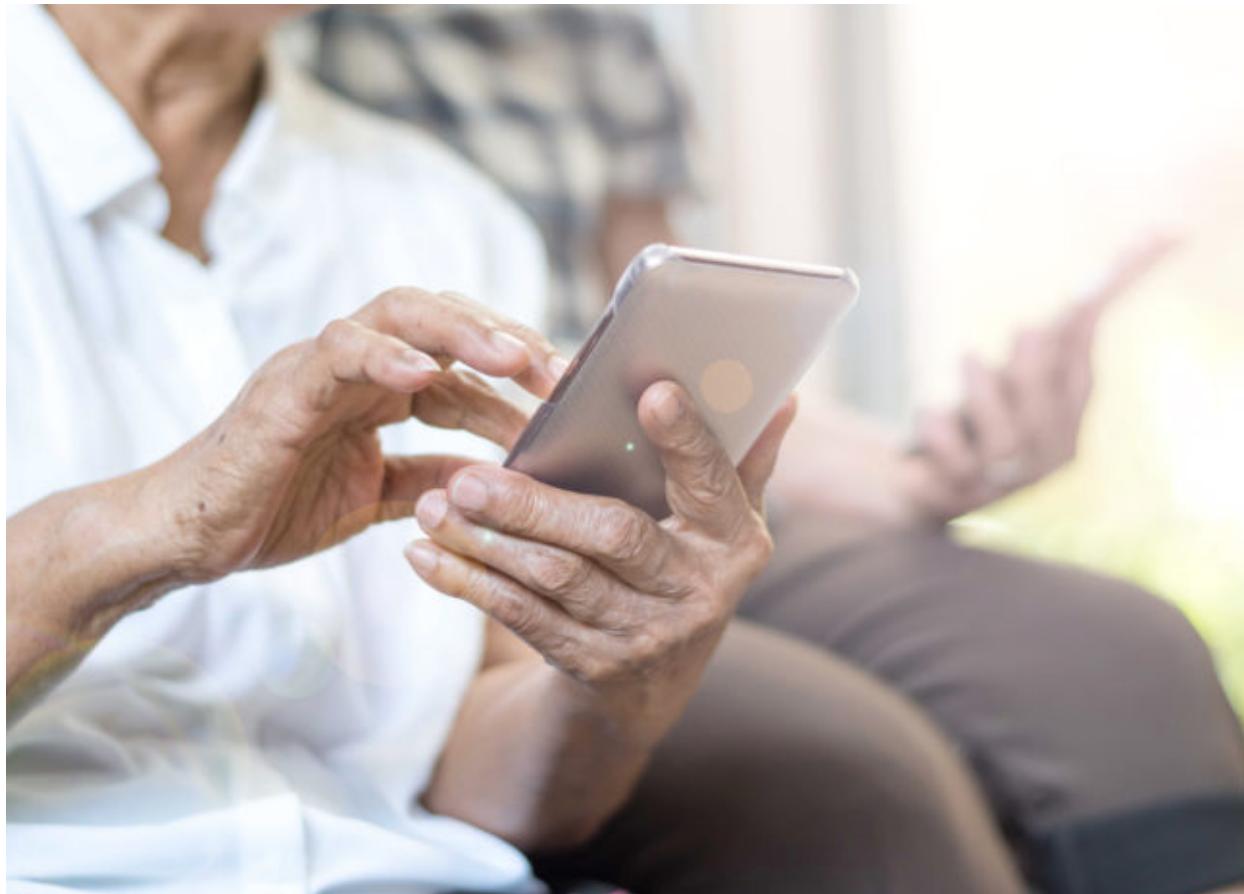
In a student's life, the change can be compared before and after the covid-19 pandemic. Before the pandemic, the child depended on common smartphones and other gadgets in the household. But during and after the pandemic, it is like the child has got its own set of gadgets to allow virtual mode of learning and connecting smoother. The pandemic has also seen an upsurge in online and work from home entrepreneurs. From students to housewives and families, many of them have taken up a small-scale business of some sort ranging from craft supplies to customized gift packs. Many families were able to increase their household income and many youths became independent, all thanks to the wide reach of social media.

Another thing that had a growth spurt during the pandemic is the subscription to online screening platforms such as Netflix, Amazon Prime Video, Disney, Hotstar, etc. Being locked in homes increased the need to connect and spend time in one way or the other, and that was satisfied through these video streaming services. These services have grown so much that their subscription plans are even according to the social class, especially targeting the middle class, which has been the target for other forms of consumption in technology too.

On a national level, the current proposed budget for the year 2022 focuses on tele-counselling to deal with mental health issues which have increased during the pandemic, and is also an example of expansion in the communication technology.

However, there are some aspects to be wary of, the main issue is that of overdependence on technology. People rely on technology too much even for minor things. Empathizing with others has also become technology dependent. Virtual face to face interaction has increased but the real face to face interaction has drastically declined. It is as if humans have been consumed by the technology that they developed.

It is difficult to live without technology in this 21st century but humans are caught up in the dilemma in keeping a balance between essential use and leisurely use of technology. For the middle class, the dilemma lies in either upgrading the technology or living without it, which might mean having to regress due to their socioeconomic status. Even a small difference in income can decide their access to technology, hence they can neither fully use it nor afford other plans available. There also lies the lack of full knowledge on usage of the technology and



this increases the possibility of falling into traps laid by scammers or misuse of data easily. Some of the current developments in technology are too technical to be handled by laymen and the policy regarding data privacy is also difficult for them to understand and use accordingly.

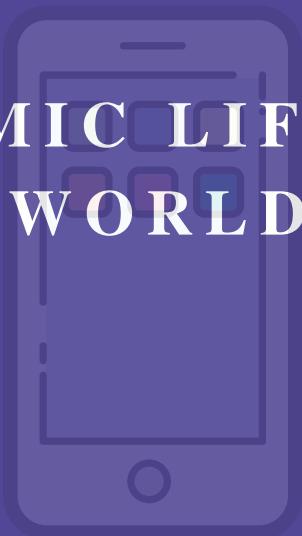
Technology is also slowly replacing manual labor especially those involved in the working class and hence reducing job opportunities. Overall, it is as if the world has been turned into a technological loop and made more materialistic because of technological advancement.

All these does not stop here, the revolution still goes on, taking one step after another. The future of the world will be highly based on technology in every nook and corner of life. Be it planning a vacation involving a trip to space or a hologram communication, the advancement that technology is creating is breath-taking. Metaverse weddings will soon take over the latest trends in wedding style, space tourism will be the talk of town turning into a hotspot for vacations, virtual reality will dominate most fields, artificial intelligence will be at work and many more wonders to come, all driven by technology. Metaverse is a digital space represented by digital representations of people, places, and things. Metaverse weddings with themed settings, virtual reality weddings with NFT (digital collectibles) and invitations recently went viral in India and Asia and made huge collections and sales within nanoseconds of its drop.

The middle class caught between the elite, who have both affordability and accessibility to technology and the lower class, who can barely afford a single smartphone, have a lot to ponder regarding technology usage. They are hit hard by any change that takes place be it positive or negative.

# FAMILY AND ACADEMIC LIFE IN TECHNOLOGICAL WORLD

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According to Wikipedia, technological revolution is a period in which one or more technologies are replaced by another, novel technology in a short amount of time. It is an era of accelerated technological progress characterized by new innovations whose rapid application and diffusion typically cause an abrupt change in society. Thanks to technological advancements, I could gather this definition in no time.

As a student, one of the most useful things about technological advancements is that I do not need to spend hours browsing in the library, all I need to do is a quick google search. And if I am feeling particularly lazy, I may just ask (literally). I can learn about anything, anytime, anywhere. There are no constraints whatsoever. The technological revolution has transformed the way we work, study and achieve goals. During the pandemic, these new developments have come especially handy for the student community. Even when schools and colleges were shut, learning was not disrupted. Yes, there were a couple of lags, but considering the magnitude of the shift from offline classes to online classes, how quickly online classes replaced the uncertain halt was impressive. And when seeing each other physically was close to impossible, the video calling facility helped students stay in touch with their family and friends. Like for anything, the cons of all these advancements are inevitable.

While social media has helped us to stay connected, it has also made us constantly compare ourselves, criticize ourselves and has shattered our self-esteem. The pressure to be on social media and keep up with the trends is huge for the youth, especially students. Despite being a huge distraction, many students continue using it because of peer pressure and as an attempt to be perceived as 'cool'. Almost all use their phones the first thing in the morning and the last thing at night, and have screen time of 3 hours and 15 minutes a day (Source: 11k rescue time's study). The availability of online jobs have helped students make money and juggle academics hand-in-hand.



One cannot disagree if somebody argues that all these advancements have not only helped people stay connected, but have also left people in their own shells, further away from the real world. In a family, people talk to each other very rarely because they are busy in their own digital world. It affects the relationship between parents, children, and other family members. Many parents use screens to keep their children engaged or distracted. Screens reduce their ability to read human emotions and control their frustration, detracts from activities that boost their brain power like play and interacting with other children. It is also to be noted that the access to devices depends on the social and economic situation of the family. For example, a child from a low-income family may watch television with family while a child from a high-income family will have television or devices exclusively for them. While many discoveries like the CCTV cameras are useful for adults with old parents, to help monitor them and their health and security, applications like WhatsApp and Skype help people engage in relationships to stay connected and to pass on familial knowledge.

While technological advancements have provided excellent opportunities for families to stay connected despite the distance between them, the numerous pitfalls come at great cost. The very tool that can be used to stay connected and to increase knowledge can have the exact opposite effect if not used wisely. Advancements in technology are intended to make our lives easier and not as an escape from reality. In the new age where one cannot live without making use of these advancements, knowing where to draw the line is principal. Nothing can ever replace the joy of meeting people physically and spending quality time with them.

This life has meanings the digital world doesn't provide and the world has so much beauty outside of the screens.

# DIGITAL MENTAL HEALTH UPRIISING

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Digital mental health start-ups may have the appearance of large tech enterprises, but is their economic worth matched by their effect and therapeutic value?

It is a vexing question with a succinct answer: It's too soon to tell. There is little doubt that the most successful start-ups are disrupting mental health care delivery by providing access and ease. And why shouldn't they? Unlike medical or surgical specializations that are founded upon procedures, most mental health care comprises an interview followed by medication and counselling. Every aspect of this may be completed remotely, providing faster response times and greater convenience than typical office-based operations.

It's no wonder, therefore, that cerebral, which debuted with remote medicine and treatment less than two years ago, is already one of the nation's leading suppliers of mental health care.

However, digital mental health is still in its early stages, with the same service being transferred from the office to the internet to increase access and convenience. If digital mental health is to genuinely alter treatment, the next chapter must focus on outcomes improvement. How will this be accomplished? Here are a few thoughts that have developed from my six years of juggling the worlds of technology and mental health treatment.

I identify three issues that need to be addressed in order to enhance mental health outcomes. Each of these may be addressed when technology undermines the old mental health care system, but not by another app or algorithm. The solutions, however, are as much a product of the computer industry's culture as it is of its goods.

The first issue is one of involvement - or a lack thereof. People who need mental health therapy the most are the least inclined to seek it. Almost two-thirds of persons who die by suicide and more than half of young people who attempt suicide do not receive mental health care. Any visitor to a public or private mental health centre will see that little attention is paid to the patient's trip.

Tech businesses understand how to drive engagement, sometimes too well. As digital mental health start-ups challenge traditional mental health treatment, they may leverage technology's established ability to connect and engage people by understanding user experiences and designing solutions for (and with) them, rather than simply for payers or clinicians.

The second issue is care quality. Better quality, like any other area of medicine, would include educating practitioners in evidence-based care, assessing treatment outcomes, and refining practice based on this input – none of which have been typical in traditional mental health care.

Although technology may be utilized to scale training at a never-before-seen rate and depth, monitoring and feedback may be the most essential breakthroughs for digital mental health. Tech organisations may be overly adept at gathering data and using feedback to iteratively enhance performance. A component of this culture might go a long way toward improving a science that currently lacks biomarkers and has failed to adopt objective measures of mood, cognition, or behaviour. Natural language processing and digital phenotyping, i think, may turn teletherapy 1.0 into a real-time measurement-based care system, resulting in teletherapy 2.0.

Instead of keeping individuals in treatment, digital mental health enterprises should promote producing outcomes. In mental health, value-based payment, which will be dependent on the capacity to properly quantify results, remains an objective. The culture of technology businesses might also guide the way to remedies in this case. Of course, these firms are concerned with responsibility to their boards and shareholders. Their execution methods, on the other hand, are specified by targets and key results or some comparable, thorough strategy for demanding internal responsibility.

In the last five years, digital mental health companies have begun the transition to a better model from a dysfunctional delivery system that ignores consumers, ignores quality, and avoids accountability. Small impact sizes or a lack of regulation are frequently mentioned in academic studies regarding technology and mental health. These pieces remind us that we must manage expectations and avoid misuse, both of which are critical concerns in the first chapter of the digital mental health playbook.

The larger issue is that the established system of mental health care delivery has failed patients and families for far too long. The next generation of digital mental health may employ the tech industry's new methods of engagement, quality, and accountability to provide mental health care that improves results.

# THE EFFECT OF TECHNOLOGY ON STUDENTS IN RECENT YEARS

Hannah Ann Johny

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21PSYH19



We live in a world with rapidly advancing technology, both sectoral and universal. Ever since the invention of microprocessors; replacing huge computers, technology has drastically improved over a short span of time. In 1937, the first electronic digital computer was designed by John Atanasoff but it took 37 years in 1974 for the computers to have the first protocols for data transmission, which later came to be known as the internet. As of 2022, almost all the sectors of society function through technology and it has become an integral part of our everyday world. It plays an important role in the development of profit and non-profit organisations to the striking development of an individual. Artificial intelligence is taking over the world by replacing manual labour especially in the manufacturing sector. We can access, manage and control our finances, education, social network, professional and personal work, book tickets for travel, listen to our favourites, create and edit videos, shop across the globe, stay connected to people miles away and have the entire world's knowledge of over thousands of years right at our fingertips.

Over the last few years, the world has faced a new challenge: the COVID-19 pandemic. Although it has caused great stress and an overall imbalance in the habitual way of life, the technology certainly helped ease our sufferings. The advent of the pandemic however has particularly exerted its influence on the psychological, cognitive and behavioural domains of the younger generation.

Children who have begun their schooling online therefore having minimal to no exposure to social interaction are seen to attain the developmental milestones later than those who have gone to nursery to do their foundational schooling. Children are anxious and feel isolated due to zero real-life interaction with other children and adults. Parents

are suggested to introduce productive and creative games in their homes to help build the social skills of their children. It is also exhausting for the parents to manage their professional work and ensure their child's proper educational development, especially one that is in primary school. The sudden shift in teaching patterns and methods from offline to online has also taken a toll on the teachers.

Students in their teen-age have suffered due to the inconsistency of proper learning environment by having an increased irritability, shortened attention span, anxiety, insomnia, restlessness, frequent mood swings, deteriorating eyesight, obesity and poor health, lack of sleep which can lead to depression and if prolonged, to manic episodes. Thus increased use of technology has its own drawbacks. One of the ways to lessen the drawbacks is by strictly monitoring the number of hours spent online. The radiation from the smart devices risks the possibility of brain tumor. Technology therefore affects the psychological, neurological, cognitive and behavioural spheres of an individual.

Technology in daily life has led to many of the interactions to happen in the online world or more specifically, cyberspace. Social networks are very important in expanding one's connections around the world. A mature and calculative mind is necessary to take it up to one's own advantage. For the same reason, social media networks are a dangerous place for teens and the pre-teens



to explore. The ratio of valuable and useful content to malicious and spiteful content is indeed very drastic. It is of human nature to strive to adapt into whichever environment they're put in. It is necessary for survival. Teens demean the interactions among the family members and feel the need to be accepted virtually, however vile they may be. This leads to the creation of someone by the individual whom they wish to be portrayed as likeable and acceptable in the virtual reality, thus leading a double life. This has caused tremendous pressure, self-doubt and self-blame in young teens. They are exposed to the atrocities like pornography and is made to believe in a hoax expression of "perfection", idealising crazy standards of life. Porn consumption is associated with the adulation of violent sexual practices leading to compulsive actions. Right and wrong have become subjective, self-harm and cyberbullying are glorified.

However, it has served as a platform for talented artists and thinkers to showcase their talents in different art forms, gain recognition and motivation, follow their dreams and not conform entirely to the strict norms of the society. Students can also gain access to readily available knowledge to expand their information spectrum, improve their writing skills, engage in critical thinking and problem solving thus developing high-order thinking skills. Differently abled students are able to use technology as a tool to learn and become independent.

By filtering, censoring, managing and revolutionizing the content available and by increasing the efficiency of learning in a short amount of time, edtech will prove to be successful in the near future. It is of no doubt that the pandemic was made a little easier by the growing technologies around us through innovative ideas and so life continues.



# INTERVIEW REPORT- EXPERT PSYCHOLOGIST INTERVIEW

With Fr. Dr. Bobby Xavier  
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A message was sent to a practising psychologist via WhatsApp requesting if he was available to be interviewed briefly on how the revolution of technology has impacted us families and student community, especially during this pandemic. The psychologist was more than happy to share. A voice call was scheduled on 02/02/2022 at 5:15pm with Fr. Dr. Bobby Xavier, a counselling psychologist based in Kerala, India and the conversation was enriching. On being asked how the technological revolution has provided opportunities to families and students, he replied “we can be connected” and how distance is not an issue anymore. He emphasized on how we can learn and widen our knowledge despite the pandemic. On being asked how the revolution has challenged us, he explained how the same technology can cause severe “addiction” among the student community and can cause actual physiological “distance within families, specifically between parents and their children in the same house.”

On being asked whether the perception of therapy has changed or not, he answered by stating that it has changed for the better, yet there is a stigma around it and he mentioned “counselling is the new way”.

He also emphasized on how students are more likely to need therapy due to the situation the pandemic has put the student community in, now that online counselling sessions are more affordable and approachable, and felt that he senses a lot of “suffocation” among his student community-based clients.

This interview was truly a useful and enriching conversation to have had with Fr. Dr. Bobby Xavier.

From the above narration it was obvious to me on how this technological revolution is both a curse and a boon. We can utilize technological advancements to our advantage by connecting to sites and people who will contribute towards the well-being of our physical and mental state. It is very important for us to realize and accept what kind of content we are put through on social media and those with whom we connect with and have a detox as needed and not be a victim of the challenges caused by the same technological revolution.

# TECHNOLOGICAL REVOLUTION



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Technological revolution simply refers to a period in which one or more technologies are replaced by a newer version in a relatively small window of time. The most important element of such a revolution lies in how rapidly these innovations are internalized by all industries and applied efficiently. Such major revolutions tend to have perplexing and profound effects on all of mankind.

Unlike its definition, this revolution impacts us in ways that can juxtapose one another. Such advances can majorly impact things such as familial relationships as they lead to reduced family. Socializing in real-time also diminishes noticeably. It will also yield inequality amongst the working class as labourers, who would be replaced by fancy gadgets hence leading to the disruption of labour markets. This further would result in increasing frustration in the working class and an increase in criminal activities specially robbery, burglary, assault with deadly weapons , unauthorized usage of weaponry and domestic violence. At the same time, it also improves one's quality of life opening the door to facilities such as remote medical services, distance learning, rapid accumulation of human capital, increase in opportunities to obtain knowledge from all around the world amongst various other positive outcomes.

Another aspect of this revolution that must be taken into account is its effects on student life and education. It makes learning more participatory and collaborative along with widening the horizon of school learning significantly. There's an answer to every problem and content for people from all walks of life. It is inclusive of people from remote places and unusual ages just as it is to a fifteen years old child learning mathematical theorems on YouTube. However, it can also lead to isolation and a lack of real human interactions. The massive amount of information available universally on the internet can find its way to children's screens and lead to premature exposure to things that they shouldn't even be aware of.

In conclusion, technology and its never-ending revolution just like any other variable in this universe has its perks as well as perils. The advantages are so revolutionary that we need them to achieve any kind of progress in any field of life. So, the smartest thing to do would be to acknowledge this need for technology with its negative effects. Only if we acknowledge this can we do any good with it. Once that is done there will be plenty of room on the table to discuss interventions that can be used to the advantage of those who suffer from this revolution negatively.

# DAILY LIFE OF A TECHNOLOGICALLY DEPENDENT WORLD



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From the Industrial revolution to the Information revolution, the world has come a long way. At present, an access to internet connection, brings the entire world to a person. The world is currently in the midst of a technological revolution, changing everything around us, as we know it. Perhaps education is the field that has gone through the most transformative phase. Unlimited information resources e-books, research papers, to the latest happenings in the field, this is what the 21st Century technological revolution has to offer to its students. It has transformed education, right from the introduction of computers in the classrooms to hosting sessions, educational affairs, from the comfort of your homes. Education is now engaging and flexible like never before, a much-needed change.

The idea of embedding technology with education was not accepted by people initially. They wanted to retain the traditional methods of education, afraid that their children would become an experimental batch at the hands of technology. The advent of the pandemic dismantled every organized plan, and forced everyone to adapt at a pace that didn't allow a trial period, everyone was now in the same boat. Technology was no more an experiment; it was now the way of life. Children who were used to the sound of the chalk on the board, were now in front of a 14-inch screen. This new phase, also gave a boost to the opportunities available to children to enhance their skills. Education was no longer just the syllabus; it could be tailored to suit their various interests and talents. Mainstream education has been replaced by combination subjects, being learnt from the best professors across the globe. Blended learning ensures that students get the best of both worlds, learning how to interact in a real life setting, engaging in activities with peers and still have access to resources online, that also allows for self-paced learning. Along with students, their families also went through a period of technological change, which brought its own set of opportunities and challenges. Every corner of the house had a different reality, like that of television channels, classrooms at one end and workplace at another. For parents, technology provided them with a helping hand. Various tools that are available, like video lectures and presentations, enable them to teach their young children more efficiently. Students

in an online mode also reduces the financial burden on the family to pay for their hostel fees, living expenses. Digitalization of education also gave parents and children more time together.

This whole idea seems wonderful until we stumble upon the question, what if a student does not have access to the internet? Poor connection, inadequate data, not being able to afford a laptop and a mobile phone, can all hinder education. Some houses have many people in the same room, lack of personal space, noise in the background, all these become a hassle, when working or presenting to an online audience. With technological advancement, taking everything to a digital platform, it can have grave effects on interpersonal relations. Children tend to get used to being alone with their gadgets and prefer sitting at home than going out for playing, or going out for a walk. This reduces their exposure to sunlight, leading to Vitamin D deficiency. Maintaining eye contact, proper social skills are all essentials to survive in this world. Physical contact has been limited, depression and anxiety can creep in when students are locked within their four walls with digital tools, with no social contact. Since education has been digitized, parents find that students are at a risk of getting into trouble online. Monitoring their screen time has been a difficult time for most parents. Addiction to phones is a growing concern among students' families. They are glued to the screen, be it academic or personal time. "Take the device away", seems like good advice to give to these parents, until they tell their parents, "My lecture starts in the next 5 minutes".

Every revolution was born in a time of need. The current technological revolution arose out of such a need. Each revolution brings with it a set of opportunities and challenges. At present, the technological revolution is an integral and indispensable part of our lives, circling every area of our life, especially education. Students and their families all need to step forward and be a part of this technological revolution, making the best out of every opportunity and facing all challenges it presents.



# TECHNOLOGY AND FAMILY



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In *Homo Deus*, historian Harari (2016) extrapolates from current trends to predict how technology might influence humanity's future. As society continues to succeed in reducing disease, poverty, and violence, Harari argues that more resources will likely be devoted to extending the human lifespan and fostering well-being. In other words, enhanced individuals may differ from the non-enhanced not only in degree – but also in kind. The most well-known umbrella term for the scientific study of well-being is Positive Psychology.

Technology plays a major role in hindering family relationships. It profoundly affects the family by decreasing family time, reducing socialization, and face-to-face interaction. Technological advancements are transforming the ways families interact. Media and other forms of technology are creating a divide in the family as children are viewing “division” as independence and freedom from their parent’s intrusion in their social lives. On the other hand, parents are also immersed in their own technological lives rather than trying to connect with their children. Hence, technology is destroying the parent – child relationship and reducing communication among family members. Technology is also filling the gaps in many people’s lives. It is slowly becoming an inescapable tool as more and more people are finding it hard to live without technology. Nevertheless, technology is also changing family habits and disturbing family time. Children are discovering their own ways of entertainment and parents are getting busy with their own lives ranging from watching T.V to talking on the phone. This results in family members spending less time with each other and more time with technology.

Family socialization is severely affected due to the inappropriate use of technology by family members. Socialization in a family is important because it builds a stronger bond, teaches each member about their values, norms, beliefs, and helps them realize the support and guidance they have throughout their lifetime. Family is the most important part in an individual’s life. If someone believes in spending more time with artificial intelligence than with their family because they believe that technology is way cooler than their family and that it can help them gain more freedom and independence, then one will suffer later on in life. They will feel lack of love, support, and guidance throughout their life, especially during their hard times. Absence of communication can create blurred lines in a parent and a child’s relationship. The ramifications of the distancing that occurs due to the mix of technology with family socialization are profound. Reduced interaction leads to reduced connection and it also becomes very hard for families to build strong relationships.



Technology is constantly advancing throughout the years, and so there are always developments happening to make everyone's lives easier and faster. Developments in this topic are occurring as many researchers are trying to figure out how to reduce the problems related with technology, and how to create more interactive environments in families. Technology developments like automation, artificial intelligence, and many other tech devices are being developed to make human life better.

Technology plays a significant role in affecting family life. Individuals should spend more time with family but instead choose their social and technological worlds over their families. Technology destroys family relationships and can even leave them hanging. It has the ability to control an individual's life without them even being aware of it. Understanding the pros and cons of using technology and its role in families reduces family problems and allows each member to become aware of it. Having technology rules and regulations make it easier for parents to connect with their kids or even two individuals to connect with each other. It is very important to be able to develop a further understanding of this complex topic in relation to the invisible barriers it produces, the disturbance it causes between families and the effects it has on parents and their children. With a deeper understanding, comes a more educated and knowledgeable opinion on the use of technology and its effect on the future of family structures. Technology is inevitable and is forever present, so it is very important to let go of technology and spend some quality time with family and make some unforgettable memories because the clock is ticking. Technology increases the barriers, lessens the time and most importantly distances an individual from its loved ones.

# CYBERPSYCHOLOGY- CYBERBULLYING

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Cyberpsychology is the study of the human mind and behaviour and how the culture of technology, specifically, virtual reality, and social media affect them. Cyberpsychology is a subfield of psychology concerned with the psychological effects and implications of computer and online technologies such as the Internet and virtual reality; that includes behaviour on social media, Internet addiction and the psychological phenomena which emerge as a result of human interaction with digital technology, particularly the internet. The interdisciplinary approach has received significantly more attention in scholarly circles because of its exploration of topics like:

- Online dating and relationships
- Self-perception in an online space
- Social media and cyberspace addiction
- Regressive and problematic behaviour types online

As individuals increasingly engage with the world through cyber technology in many areas of their lives, research on online behaviour has also increased. These investigations include the ways in which



people behave in cyberspace relative to face-to-face and the relationship between personality characteristics and a range of online behaviour such as social media preferences and use, dating activity, cybersecurity measures, and online bullying. People often behave differently in cyberspace versus offline. The online disinhibition effect is a term used to describe the lowering of psychological restraints in online social environments reflected in reduced behavioral inhibitions and lowered regard for behavioral boundaries in cyberspace. The lack of eye contact and anonymity in cyberspace are two factors that reduce inhibitions and result in cyber-specific behaviour, including self-disclosure. Individuals may engage in viewing content (e.g., pornography, violent sites) or seeking information (e.g., healthcare) online that they would not do offline.



A number of studies have explored the complex relationship between aspects of the online environment (i.e., reduced cues and controllability), personality characteristics, and online behaviour. Other investigations have included exploring social psychological factors that contribute to online criminal activity and ways in which fraudsters deceive their victims, cyberattacks, and cyber terrorism; the social psychological impact of cybercrime victimization; factors that influence privacy precautions such as perceptions of risks and rewards; and evidence-based practices for helping to raise public awareness and promote related precautions. Literature on cyberbullying has examined the prevalence of cyberbullying among youth, prevalence estimates across demographic factors (e.g., sex, race), the overlap between face-to-face bullying and cyberbullying, and predictors of cyberbullying. Texting and social media seem to be the most commonly used venues for cyberbullying. The psychological and behavioral impact of cyberbullying is significant. Research on personality and online behaviour is ripe for further investigations as qualities beyond the Five-Factor Model are considered. This includes both personality and environmental factors that influence an online disinhibition effect, particular online personas, and the regulation of online behaviour.

Telepsychology is defined as the provision of psychological services using telecommunication technologies. Terms such as telepsychology, tele mental health, e-therapy, cyber therapy, email therapy, computer-mediated interventions, and online therapy are oftentimes used interchangeably in the literature. Telecommunication technologies include, but are not limited to, telephone, mobile devices, interactive videoconferencing/webcam, email, chat, text, and internet (e.g., self-help websites, blogs, and social media).

The Cyberspace is a unique environment which calls for consideration of dimensions that do not necessarily relate to offline behaviour. The relationship between social media use and psychological functioning, especially anxiety and depression, has demonstrated varied results. Some studies have found that social media use has a positive impact on well-being by facilitating online social connections and/or enhancing physical (offline) interactions.

# EMPLOYMENT, TECHNOLOGY AND FAMILY

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India is one of the largest and fastest-growing markets for digital consumers, but adoption is uneven among businesses. As digital capabilities improve and connectivity becomes omnipresent, technology is poised to quickly and radically change nearly every sector of India's economy. By many measures, India is well on its way to becoming a digitally advanced country. Propelled by the falling cost and rising availability of smartphones and high-speed connectivity, India is already home to one of the world's largest and fastest-growing bases of digital consumers and is digitizing faster than many mature and emerging economies.

At the same time, private sector innovation has helped bring internet-enabled services to millions of consumers and made online usage more accessible. Lower-income states like Uttar Pradesh and Jharkhand are expanding internet infrastructure such as base tower stations and increasing the penetration of internet services to new customers faster than wealthier states. Despite these advances, India has plenty of room to grow. Only about 40 percent of the populace has an internet subscription. While many people have digital bank accounts, 90 percent of all retail transactions in India, by volume, are still made with cash.

ICT (Impact of Information and Communication Technology) permeates family life, especially for married couples with minor children. ICT helps today's busy families stay connected with each other. Parents can check in with kids at all times to see where they are and what they are doing. Kids can easily reach parents if there is an emergency or a problem. However, ICT can also keep families apart. Imagine today's family gathered in the kitchen for dinner. Maybe the TV is on, a laptop on the kitchen counter and everyone has their phone with them. Mom and dad are keeping an eye on emails even though the work day is technically over. So, this family is physically together, but they are not totally focused on and paying attention to each other.

For many, work is no longer something we do at a certain time or place; work can be anytime, and anywhere. Technology blurs the boundaries between home and work and can negatively impact employees and their commitment to their organizations, as well as their partners, and children. A 2010 study found that more frequent use of ICT (computer, email, cell phones, Internet) results in being more effective at work, but also generates increases in workload and the pace of work demands.

The proportion of working mothers with dependent children is increasing, especially among those with children under the age of five. Although the majority of mothers work part-time, increasing numbers are working full-time. Dramatic increases in mothers' employment are seen as having important effects on family life. The mothers' understanding about the meaning of work was shaped by their workplace ethos. For example, those working in the hospital had a strong investment in, and commitment to, caring for the local community. They talked about their work as "making a difference" and "playing a part", reflecting the hospital's mission of "serving the community". By contrast, the mothers working in the accountancy firm had a far more individualistic relationship to work.

While technology might have its positives and negatives, it's important to cultivate familial connections without it. Parents may want to familiarize themselves with their child's daily schedule in order to be able to ask specific, open-ended questions at dinnertime. However, remember that kids are growing up in a digital world and parents should try to incorporate technology into the family as best as they can. The crucial lesson is that caregivers and children must use technology wisely and responsibly.



# ONLINE EDUCATION

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Stuti, a bright eyed government school student in grade 6, mainly conversed in the local language, Kannada. She was curious, ready to learn at any time, and passed all of her classes with great ease. Seeing the potential in her, her teachers offered to enroll her into a summer camp hosted by a group of junior school teachers from an English medium school. Not knowing what to expect, Stuti agreed to join.

"The summer camp is going to be held online; do you have a device you can join through?", asked Stuti's teacher. The only compatible device Stuti had access to belonged to her father who needed his phone for when he went out at work. Seeing that she didn't have a device, her teacher managed to get hold of a second hand phone and gave it to her only so she could take part in the summer camp. Overjoyed, Stuti familiarised herself with her new device, and the application through which she would have to attend the camp. She felt confident in her abilities to be the best student in the summer camp.

The day the camp started, Stuti waited with nervous excitement to experience this new mode of learning. The teachers were very soft spoken, kind and gentle, and managed to invoke the spirit of learning through videos, live experiments, constant encouragement, and all things fun in the education process. However, Stuti found it difficult to keep up because both the teachers as well as the rest of the students only seemed to speak in English; some with accents Stuti was unfamiliar with. This dampened her spirit. She wouldn't speak up like she used to in class, and quite frankly, she was afraid of being judged. After the first day's class, she felt an increasing sense of insecurity. She'd thought she was not good enough only because she couldn't communicate in English. But she wasn't about to let up yet. She was determined to learn. The next day, she gave it her best. The teachers took notice of her work, and complimented her in front of the whole class. What elation she felt! She decided to chase after the feeling. Class after class, Stuti managed to pick up on bits of English from the conversations happening in the class, and eventually managed to form proper, and complete sentences.



Additionally, there were noticeable changes in her behaviour as well as in her surroundings. There was a conscious effort put into being physically presentable for class, finishing homework for the next day. She even went to the extent of changing where she attended class from in order to match that of her current classmates.

There was a noticeable change in her behaviour, conduct, and in her want to learn that seemed to be brought about simply by the change in environment brought about by the device she was loaned. The proper and full utilisation of the opportunity presented to her, led to her personal growth into a new person with new capabilities and skills, winning her a certificate. When the pandemic hit, many children across the world lost access to such basic necessities as education, mainly due to the lack of tools that help facilitate education. There suddenly emerged a dire need for technology and e-devices to be a must in every household, without which there was a massive loss of opportunities. Stuti is still privileged when compared to her classmates, who along with their families still live in the age of dial-pad phones with no internet connectivity.

There is a deep contrast in the lives we live, and we do not have to look too far to find it. On one hand, a certain population of India was forced to press pause on the usual growth in the realm of education, setting them back a year or two in their progress; the others were able to access not only basic education from their schools and colleges, but also from external sources found online and other educational institutes.

It is difficult for every individual in an entire nation to keep up with the advancements in technology, and this difficulty needs to be recognised.

# LIFE OF A TECHNOLOGICALLY EQUIPPED GENERATION DURING COVID- 19



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Technology was introduced in our world with some particular purposes; to be productive, innovative and efficient to human kind. Indeed people are able to connect with each other in ways we never imagined or expected and this is what technology has made so easy for us. But then just as a coin has two sides, so does technology. While technology has given us various advances, it has given us some setbacks as well. The overuse of technology among students has laid adverse effects in the shaping of their future. While it has really bad effects on us as teenagers it has also helped the older people to be able to connect with the world in conditions where they couldn't.

Taking the present scenario of the pandemic, where everything has shut down and travelling is prohibited, technology has not only given the opportunity for older people but younger people to connect as well. With technology, it has been so easy to know what is happening around the globe during the pandemic, it has also made learning more engaging and collaborative. Rather than memorizing facts, students learn by doing and through critical thinking. It has even helped patients stuck in COVID wards to be able to communicate with their loved ones. Technology has indeed given us opportunities but with drawbacks of its own.

But technology has been a challenge for those who couldn't use it well. Students who tend to spend most of their time on social media, on phone, television and their laptop mostly end up either getting addicted to it than using it for actually good causes.

A research on students aged 15-16 found that those who had high digital media use had an increased chance of developing symptoms of attention-deficit hyperactivity disorder (ADHD). On top of it, the fear of missing out on things on social media which makes the teens impatient, can now be seen in the older age group. And with all this comes anxiety, inattention and hyperactivity. Alongside for free, comes depression, irritability, isolation. It ends with a messed up sleeping schedule which results in bad effects on one's mental health and cognition.

Technology has increased our communication with the outer world while it has limited our conversations at home. Families have lost the right amount of affection which used to exist before technology revolutionized us according to it. We use social media to remember birthdays of our loved ones. This is how we have ended up.

Technology has become part of our lifestyle. We use it every day to accomplish our tasks, or to get us places. One major component of this are the applications that we download on our phone whether it's for pleasure, work, or learning. Children can relate to technology because they are being exposed to it at home as well when they are watching television, playing video games, or playing with their parents' phone. They are also being exposed to technology at school when they are playing games on the computer while learning their vocabulary, or working on math. Children find it interesting and fun because they see it as playing a game. Lastly, technology exposes children to different learning experiences. But then on the other hand you'll realize how students these days spend more time with technology instead of the teachers. Too much exposure to the media can lead to cognitive problems.

According to researchers Tiffani Pittman, and Trudi Gaines, students in third grade have the cognitive and fine-motor skills necessary to begin to use technology in sophisticated ways and are at an age when their experiences with technology may have a lasting impact. The more things that one is exposed to by using technology can alter one's reality.

In conclusion, technology has revolutionized various things in our favor as well as against us. Technology is everywhere, and it allows us to stay connected to one another. It serves for many purposes, and even though not everyone has access to it, there are some actions that can be implemented to solve these problems.



# TECHNOLOGICAL GROWTH AND ADOLESCENT'S SLEEP

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Technology has become a vital and irreplaceable part of our lifestyle. Whether it is to catch up with the latest celebrity drama with our morning tea or to finish that one last episode, we can see that humans cannot survive without being active consumers of technology. Technology has revolutionized our world and without its development, we would still be waiting for our crush to write back to us. However, it's an age-old saying that everything that has a pro also has a con.

This article will briefly explain how technology has harmed our sleep schedule which in turn, affects our day-to-day activities. In a research conducted by the American National Sleep Foundation in 2011, it was found that almost 97% of respondents used some form of technology. Increased consumption of technology was significant in a person's sleep patterns, and could result in individual's waking unrefreshed and experiencing daytime sleepiness.

Keeping in mind the remarkable advancement in technology in the 21st century, a research was conducted for 12-18 years old. It was found that 66% had a television in their rooms, almost 30% had a computer setup and 90% had cell phones. In another survey, 76% adolescents were found using phones before sleep. Usage and consumption of technology after 9:00pm was related to causing disturbance in the circadian cycle. Once the natural clock is disturbed, it leads to the people experiencing various sleep disorders including insomnia. There's enough evidence to also suggest that older adolescents prefer a later bedtime and hence a later wake-up time. Insufficient sleep in the adolescent years can lead to increased risk of anxiety, depression, panic attacks, mood swings, lack of motivation and poor judgement to name a few.

Studies also suggest that a few of the main culprits behind the low quality sleep in adolescents is the harmful blue light emitted by devices and stimulating content on the internet. A study compared the sleep habits of individuals who read books before bedtime. It was found that the participants who read e-books, that emit blue light, had poorer quality sleep than the participants who read printed form of books. It was also evident that the e-book readers took longer to fall asleep and felt less alert in the morning.



Dimming LED lights at night also helps sleep better according to studies. The household LED lights are a major source of blue light emission. Video games and movies that are violent are found to increase heart rate which makes it difficult to fall asleep. That's why researchers suggest not to watch horror or thriller genre movies at night. So, how can one avoid all of these?

The answer is simple. Psychologists suggest that the best way to prevent sleep disorders is to stop using technology 2 hours prior to going to bed. Furthermore, apps should have a feature to switch from blue light to softer pink shades.

Passive use of technology such as listening to music and watching a light-hearted movie is less harmful than active usage such as playing an e-sport or texting or video chatting. Maintaining a bedtime routine and sticking to it has also been found helpful in most cases as suggested by various surveys conducted.

To sum it all up, a human in this day and age cannot go without consuming technology in everyday life. But one can try to enhance the way the consumption takes place by practicing safer alternatives.

# TECHNOLOGY AND EDUCATION: THE DIGITAL DIVIDE



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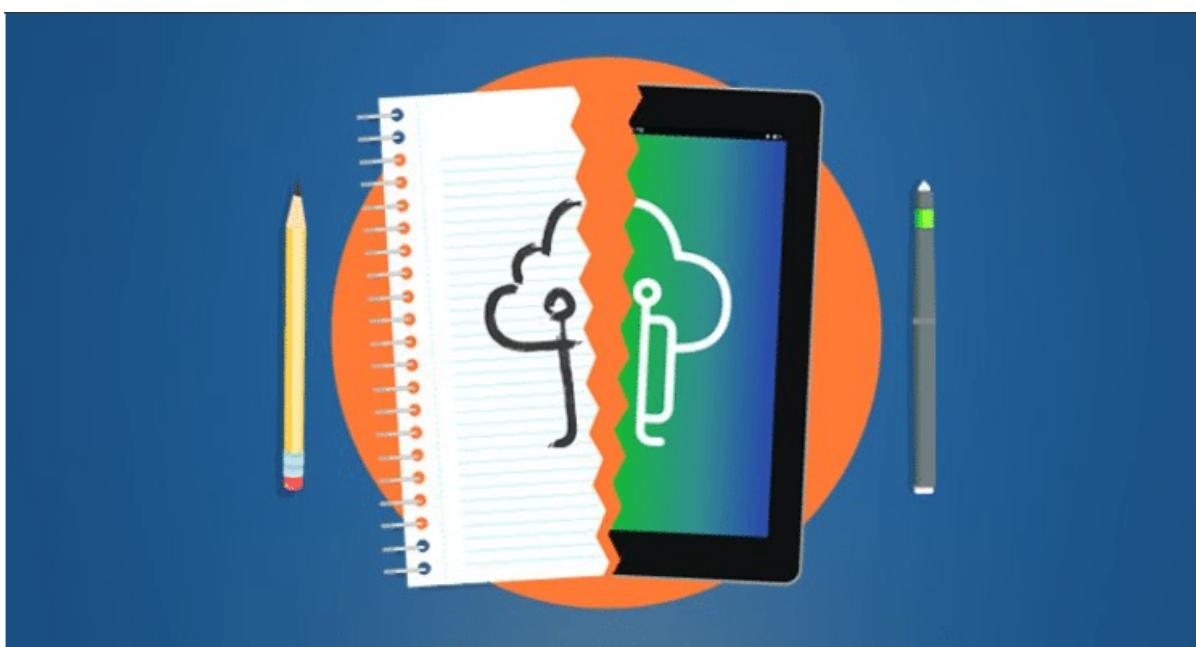
I watched the 2022 budget in my hostel room in Bangalore, the Silicon Valley of India. The word ‘digital’ was repeated so many times, it was hailed as Modi’s digital currency budget for New Digital India. They spoke about digital education, digital health, a digital telecom revolution, and even mentioned digital currency. Earlier in January, the person who sweeps our hostel rooms had started bringing her daughter to work because offline classes were halted and she did not have a spare phone for attending online lectures. Her daughter is part of an overwhelming majority of students and families in India who are simply left out of this technological revolution.

In February 2021, UNICEF released a report showing that only 8.5% of school students in India have internet access. Azim Premji Foundation and Learning Spiral (online examination provider) ran the numbers again and confirmed the fact that cyberspace is not big on equality. This lack of access is tied to not just income, but also gender, caste, and literacy. Moreover, the switch to online learning during the pandemic has undoubtedly deepened this divide.

The effect of this disparity? Dropouts in the short term, unemployment in the long term. Those who fail to complete formal education have difficulty finding jobs. A lot of them settle for jobs in the informal sector without social security. But their voices are seldom heard amidst the blind optimism surrounding digitalization. Recently, Wheebox, an online assessment platform for employers, released an ‘India Skills Report 2021.’ Their team had diverse members on board, ranging from private enterprises to bodies like the AICTE and UNDP. The report generously praised the digital medium and hailed it as the future of the Indian workforce. But the glaring lack of inclusivity in their data was given away by a fun fact at the bottom of the page: 86.7% of WNET test takers have a computer at home.

Another obstacle in this technological revolution is the blocking of access for politically marginalized groups. A political scientist at the University of Konstanz in Germany, Nils Weidman, was studying protest movements in 2016. He wanted to see how they depend on internet connectivity. He reported on the percentage of people having access to the internet from around 20 politically marginalised communities across different countries. Only 4% of Kashmiri Muslims in India had access to the internet.

The technological revolution is a welcome innovation in the field of education. The only danger lies in assuming that it will automatically level the playing field for all. It is important to ask the question, is the internet really a free and fair resource? Are there political and economic forces controlling access to technology? If yes, what can be done to rectify this disparity?



Politically motivated blocking of internet is a whole new topic tied to government decisions and attitudes. But as far as the economic disparity is concerned, we have some proposed solutions from different parts of the world. Some options include zero rating websites, waiving internet charges, providing additional data, Google's Loon Balloons and television educational programmes.

A 2015 report by the Organisation for Economic Cooperation and Development read, "...even with equal access, not all students have the knowledge and skills to be able to benefit from the resources that are available to them ... if current gaps in reading, writing, and mathematics skills are not narrowed, inequalities in digital skills will persist, even if all Internet services were available free of charge." Hence, mere presence of technology and gadgets is not enough. Training and guidance on utilising these resources is crucial to bridge this gap in the truest sense.

# RESEARCH FACTS

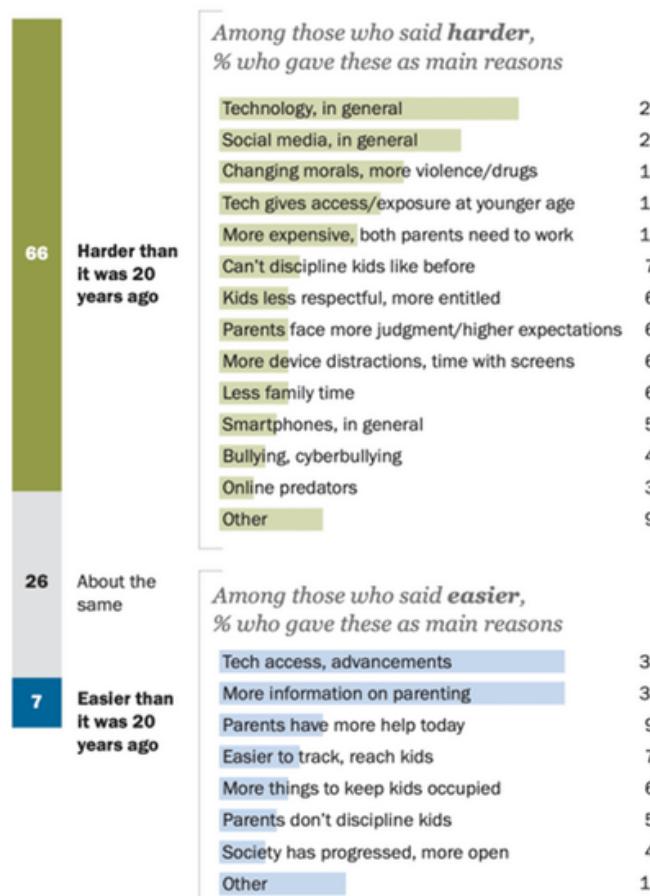
Ritwika Barik

21MPSL47

I MSc Clinical Psychology



% of U.S. parents who say that for most parents, parenting is ...



Note: Based on parents who have at least one child under the age of 18 but may also have an adult child or children. Those who did not give an answer are not shown. Verbatim responses have been coded into categories and figures may add up to more than 100% because multiple responses were allowed.

Source: Survey of U.S. adults conducted March 2-15, 2020.

"Parenting Children in the Age of Screens"

PEW RESEARCH CENTER

1. Two-thirds of parents say parenting is harder today than 20 years ago, with technologies like social media and smartphones being cited as a reason, just 7% say it is easier, and 26% say it is about the same.

2. A recent paper published in the Journal of Communication, 2014, found that between 30%-40% of parents were taught how to use the computer and Internet from their children.

3. Due to the plasticity in childhood, there is a lot of concern about technology “rewiring” children’s brains. Fortunately, major brain changes and “rewiring” resulting from screen time is unlikely (Mills, 2014).

4. Researchers have found that typically the use of ICT leads to more cooperation among learners within and beyond school and there exists a more interactive relationship between students and teachers (Grégoire et al., 1996).

5. A recent review of the literature suggests that reducing screen time may not motivate adolescents and children to engage more in physical activity (Kardefelt Winther, 2017)



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# MOVIE REVIEWS!

The background features a large white star shape containing the title text. A film strip is visible along the bottom left edge of the star. In the top right corner, there's a red and white striped container overflowing with yellow popcorn, with the word "POPCORN" in red inside a white oval. At the bottom center, there's a black Oscar statuette base with a yellow statue of a person standing on it, surrounded by small stars.

# # HOME

Bijina Ann Varghese

21PYEN18

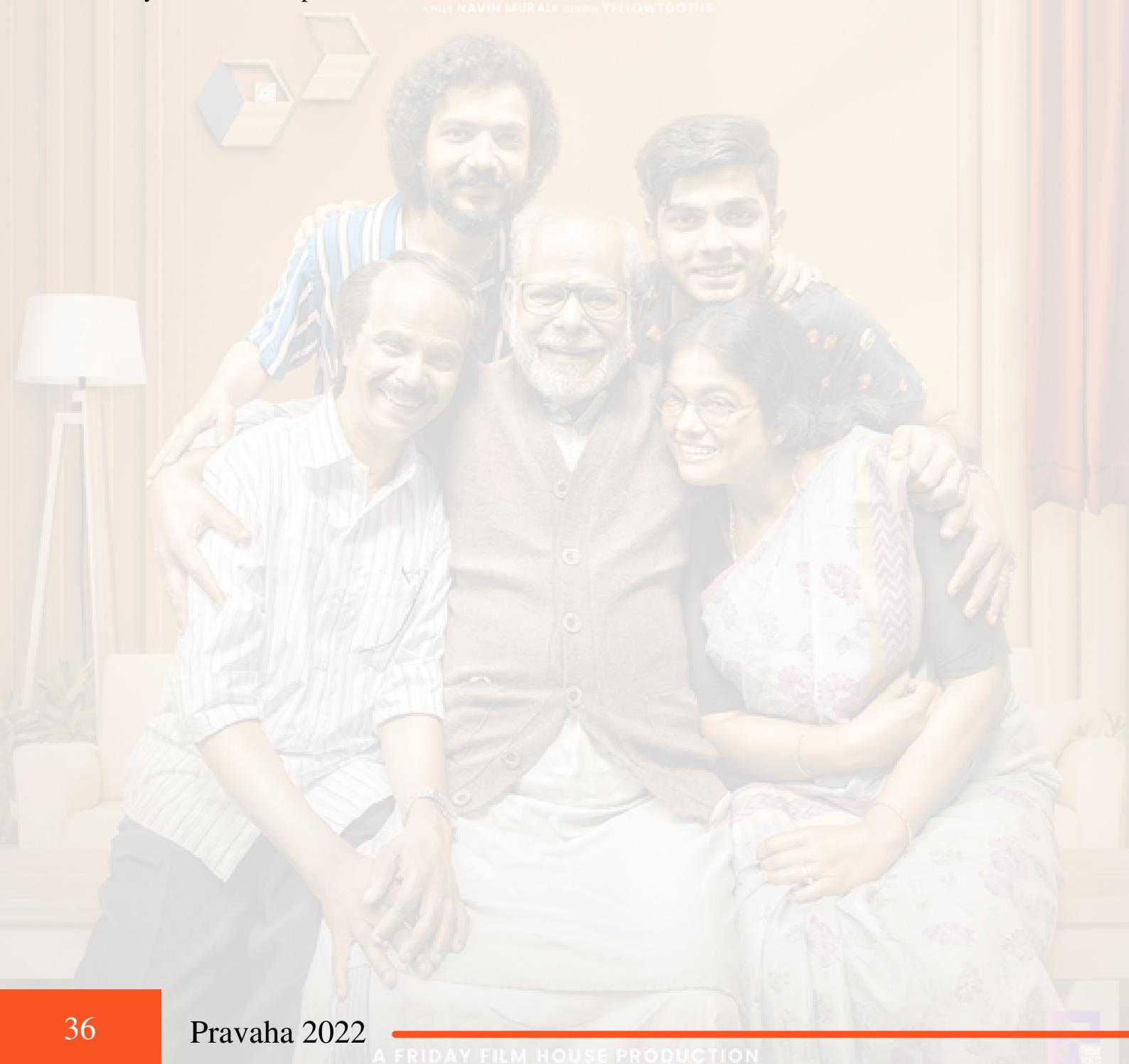
II BA PYEN



Home, staying true to its title this movie leaves the audience with a sense of homely-ness and warmth. The story follows the life of a middle class Indian family from Kerala and their everyday moments. Oliver Twist (played by Indrans), the father of two sons Antony (played by Sreenath Bhasi) and Charles (played by Nasleen) is a nuanced portrait of an Indian father, post retirement, trying to find ways to catch up with his sons and the technologies their lives revolve around. The film very carefully portrays the parents' constant struggle to try to spend more time with their children, and how the children sometimes unknowingly takes them for granted. The story follows Sreenath Bhasi's character Antony, a promising young director who's sent home by his producers to cure his two yearlong writer's block.

Anthony's character feels somewhat detached to his parents and tries to make his detachment known to them, by his subtle actions, making them feel worthless and too ordinary in his life, to the point it leads the mother (played by Manju Pillai) lose her temper and lash out on her sons calling them out on their behaviour towards the elders of the family. Rojin Thomas very successfully shows the constant struggle the parents face technologically and their sons' reluctance to the point it resonates deeply with the audience. Another notable aspect of the movie is how it encourages its viewers to get psychological help when needed and that it was okay to go to a therapist for help.

The screenplay seems a bit long and laggy but the family's relatability to everyone watching, makes it worth the wait till the end. Rojin Thomas does an impeccable job in portraying a true Indian family and their struggles and nuances in a way not throwing blame to any of the characters but at the same point reminding us, the audience, of the value of family and of the irreplaceable value of #home.



# #EYEWITNESS

Yashika Menon Pandey  
IV BA JPENG B  
20HU6A2097



"Dude, so many comments."

"The video is viral, good for my personal branding."

Ever since mobile phones have come into being, they have become an inseparable part of our lives sometimes to an extent where they control it. With the advent of high-quality smartphones, high-quality cameras have also become a reality. We can now capture every bit of our lives (good and bad) sometimes intentionally, sometimes not.

The short film, titled #Eyewitness was made by the Amsterdam creative agency Vertov Media and founder/filmmaker Martijn Winkler. The 15-minute film is fully told via phone. It is about a young man who captures a car accident which turns out to be an attack. The protagonist of the film, Karim goes about his day by capturing every minute detail in his surroundings. He captures random people, kids, plants etc. While doing so he witnesses an accident which is eventually revealed to be a planned attack. The film follows Karim as he deals with the aftermath of recording and uploading the video of the attack and threats from the perpetrator. It stars Roy Kaneza and Samer Fahad. The film was shot in The Netherlands. acts of technology on the young generation #eyewitness is a must-watch.

The makers of the film claim that all the shots were taken as single takes, without any VFX, with a camera attached to the phone. If someone is looking for a new age thriller that includes the impact of technology on the student community is very well showcased in the film.

Throughout the film, Karim navigates his day through his phone. At the beginning of the film, he bumps into a man while using his phone. This little accident shows our preoccupation with technology, where the only reality known to us is virtual. The effect this technological revolution has had on us is magnified even more when Karim records the accident, instead of helping the injured. I don't think only the protagonist is to be blamed here. I don't think any of our reactions would have been any different. Karim definitely felt the need to help, but the fast-paced circumstances halted his thinking. I think, as a society, we know it is important to help, but not how to help. We are so habituated with resolving issues with a click, that helping someone with the heart, mind and soul seems tough.

While technology has its flaws, it also helps one know about the important events of the world. In the movie, Karim uploaded the video of the accident online, which brought it to public attention. Towards the end of the movie, we see that Karim had to finally delete the video because of blackmails from the perpetrator.

#Eyewitness is a mirror of the technological revolution in our society. It is a film that keeps one engaging throughout and makes one question the reality of technology in our society.

# SOCIAL MEDIATION

Yashika Menon Pandey

IV BA JPENG B

20HU6A2097

When you share a life with someone, you share it physically, mentally, emotionally and socially, both in the real and virtual world. It becomes a status quotient on the internet.

'Social Mediation' is a 2020 short film directed by Matt Pittroff starring Allegra Edwards, Mark Gessner, Nadia Gan and Charlie Pollock. It follows the discussions and arguments of a couple about their currency upon their separation with the help of two lawyers. They don't fight over any normal currency, but social currency, their identities and images on social media. The couple shares a joint social media account and wants custody of the images on it. The heavy files storing their images show the amount of involvement the couple has on their social media.

The film is an apt expression of how our lives have become mere assets for the world to see. We have forgotten to live for ourselves but for the world. Every moment of the couple's life is over the internet for which they are now fighting.

The film clearly highlights the importance of social media on our relationships. An eye-opener for the youth of the day, Social Mediation is a must watch with your family and friends.



# FREE GUY

Mahima Jhabak

21MPSL30

I MSc Clinical Psychology

'Free Guy' is like a hyperactive puppy. It really wants to be your friend. It's easy to like and fun to hang out with. It also has a habit of running around in circles, losing its focus, and shitting on the floor. A family action movie that targets the Fortnite Generation, "Free Guy" also preaches the importance of individuality while not only feeling like a dozen other movies but literally incorporating some of their imagery. An enjoyable cast, including movie-stealing work from Jodie Comer, holds it all together, but one can still see just enough glitches in this matrix to wish it was better.

With a set-up that feels distinctly like that of "The LEGO Movie," "Free Guy" introduces us to the very likable Guy (Ryan Reynolds), an NPC (Non-Player Character) in a wildly successful open world video game called "Free City." He wears the same outfit every day, orders the same coffee, and goes to work at the same bank, which gets robbed multiple times a day by actual players in this "Grand Theft Auto"-esque game. He doesn't care. Everything is awesome for Guy and his best pal Buddy (Lil Rel Howery) until the cheery fella spots a real player who goes by the handle Molotov Girl (Comer) and breaks his pattern, following the captivating woman down the street. As he becomes more interested in Molotov Girl and where she might be going, he gets his hands on a pair of sunglasses that reveal what the actual players see in this world, including missions, medikits, hubs, and other things that will be familiar to modern gamers, even if some of the tech here already looks dated. (Note: It was a brilliant move to incorporate actual gamers and streamers like Ninja, Pokimane, and DanTDM, cameos that will have kids who know those personalities jumping out of their seats.)

Back in the real world, we learn that Molotov Girl is a programmer named Millie, who used to work with another tech genius named Keys (Joe Keery) on the development of a truly ambitious virtual game, one that would replicate the actual world instead of just giving gamers violent missions to perform. She's in "Free City" trying to find evidence that the game's egocentric publisher Antwan (Taika Waititi) stole her code and deformed it into this bland experience when Guy proves to be the perfect inside man. The Trinity to his Neo, the two form an alliance to basically break "Free City" apart from the inside, starting with Guy's refusal to raise his rank through violence. Guy chooses only the positive missions in the game, and becomes an internet success in the process as the world tries to figure out who this mysterious gamer might be, without realizing that he's actually the most remarkable breakthrough in artificial intelligence in history. As Millie and Keys discover what has been created here, they endeavor to save true advancement from brash capitalism.

Director Shawn Levy does an admirable job of keeping “Free Guy” clicking and humming through several entertaining scenes in the first half, including a great montage of Guy’s “good” missions and a funny sequence in which Keys and his programming partner Mouser (Utkarsh Ambudkar) go after Guy, but he really starts to lose the pace around the hour mark, circling back to a lot of the same plot points and themes. Rather than developing its own personality, the film struggles to shake the clear influence of other projects like “The Matrix,” “Ready Player One,” and even “The Truman Show” while also dropping in actual gaming and pop culture references with increasing regularity. The film’s best moments embrace the potential of this concept; its worst seem to be mimicking better projects.

“Free Guy” might not have wowed movie critics this year, but it certainly impressed a lot of fans. Furthermore, it also presents a technological phenomenon that people have been thinking about for decades: self-aware artificial intelligence. In the movie, a non-player character (NPC) played by Ryan Reynolds suddenly comes “alive” because he’s technically a very advanced AI. But is this kind of technology actually possible in real life? Can an entity made of code really become self-aware like a normal human?

The answer lies in how NPCs in video games are programmed because modern technology has actually made these background gaming characters way smarter over the years.

Game developers will predetermine the actions that the NPC artificial intelligence will take based on potential player actions. As such, the character will always react the same way because, essentially, it’s just navigating some sort of flow chart. But to the player’s eyes, the AI is giving the illusion that it is making its own decisions when it, in fact, doesn’t.



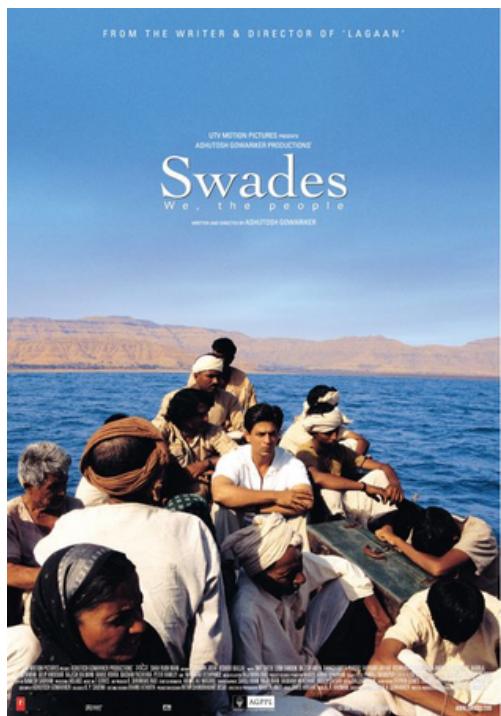
# SWADES

Chandu S  
21PYEN19  
II BA PYEN

'Swades' was released in 2004 and it was written and directed by Ashutosh Gowariker. It was the follow up to his ground-breaking historical sports epic 'Lagaan' which was one of three Indian films to ever reach the final nominees of the Academy Award for Best International Feature Film.

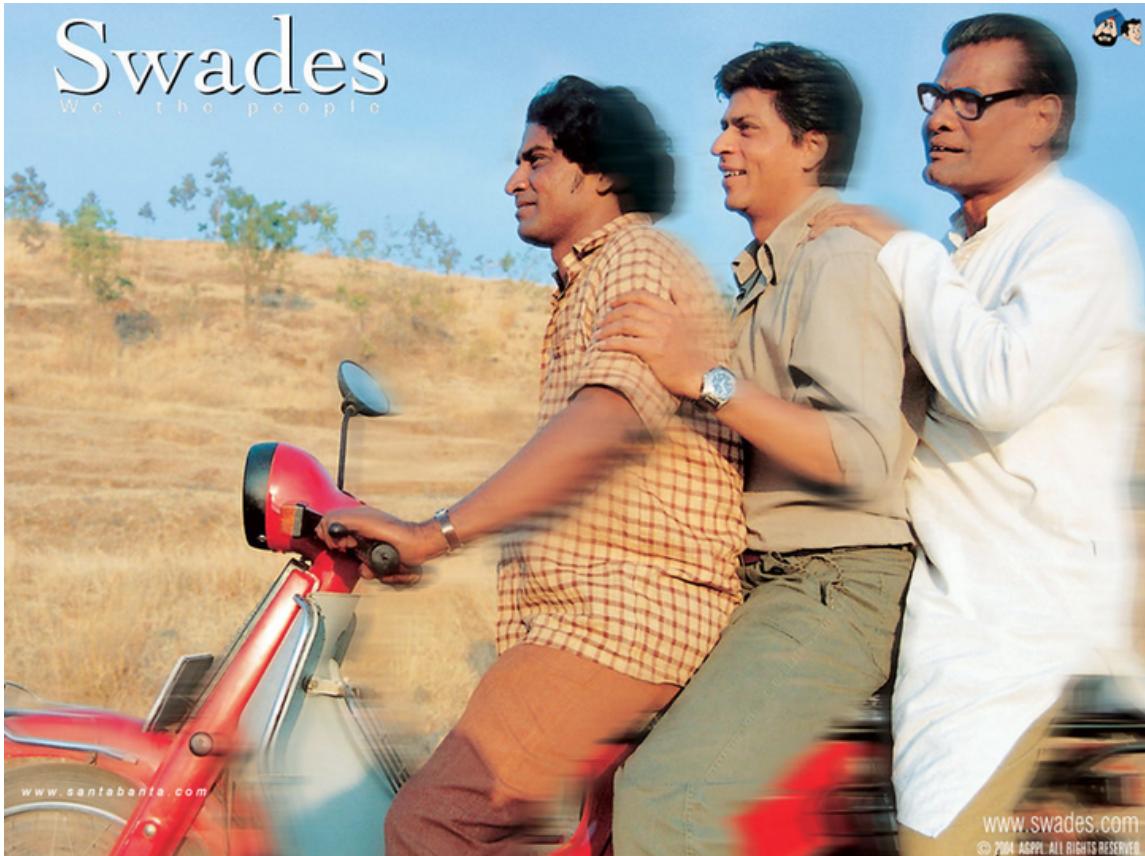
Starring Shah Rukh Khan it shows us the story of Mohan Bhargav, a Non-Resident Indian working at NASA who returns to India to find the woman who raised him as a child and bring her back with him to America so he can look after her. When Mohan reaches India, he finds not just his Kaveri Amma but a village that faces various issues and a lack of access to basic facilities. Mohan, seeing the state the villagers are living in, decides to convince the villagers that their lives can be much better if they just made the choice together.

Unlike many patriotic dramas made in the 2010s, 'Swades' is a movie of such gentle moving nationalistic ideas. It accepts that India is a flawed nation but states that it could reach such great heights. Even 18 years later, it remains incredibly relevant. The problems that arise among the villagers are problems faced by the oppressed everywhere but even then Gowariker does not present their condition as pitiful as many filmmakers do now. Instead, he presents them as being used to living in such bad conditions that to them it has become the norm, and they are unaware they are suffering from the lack of basic amenities.



Mohan Bhargav, exemplarily portrayed by Shah Rukh Khan, I might add is an educated, well brought up man who has character and feels that he has a sense of duty to these people and his nation to improve their conditions in whatever way he can. Although, Mohan is what one might call a perfect protagonist, he is not a demigod or a saviour. At the beginning of the movie he travels to the village in an RV, after years of staying in America, he cannot live in subpar conditions and there are moments in the movie where this elite-class behaviour of Mohan is called out by other characters in the movie. Even though he is educated he chooses not to stay in India and help his fellow men but he moves to America. Mohan is someone who all of whom are privileged enough to have education and luxury can easily find within themselves.

Many of the problems that the village faces are solved by Mohan using his technical brilliance. He constructs a generator to conduct electricity for the village without the help of the government leading the members of the village and getting their help. With the help of Mohan, the village seems to have moved from one century to another. Another brilliant aspect of the movie that elevates it, has to be the brilliant score and soundtrack by A R Rahman. 'Yeh Jo Des Hai Tera' might be one of his best songs released this century and it fully reflects what the movie is about. It's not just the technological development and the building of facilities and the drive inculcated in the villagers by Mohan that made the village better but the people themselves choosing to love instead of hate, building instead of destroying, encouraging instead of restricting. These values were ones Mohan found within himself when he realised he needed to help this village. It was not his technological prowess and education that helped the village, it was these values that he could find within himself as a true citizen of this country he was able to create a home for himself, a home that he could be proud of. The final shot of the movie will linger in my mind for a long, long time because it shows me what we as a nation could achieve.



# THE SOCIAL DILEMMA

Kashish Kataria  
21MPSC21  
I MSc Counseling Psychology

“If you are not paying for the product, then you are the product.”

This is a 94 min running time documentary-drama which was released in the midst of the pandemic, ironically, when the whole world started to depend on technology for livelihood and education.

This docudrama begins by showing a few former employees of giant tech companies coming together expressing a common concern about ethics in the industry. They each tell us how they contributed (with good intentions) to laying out the trap which is sucking all humanity into it and how the business model of such companies benefits from our addiction. There is dramatic suspenseful music in the background to grasp your attention to the seriousness of this issue. Alongside this typical documentary setting runs a storyline of a guy named Ben who is a puppet in the hands of an algorithm designed by the social media giants. It demonstrates how the dials of an individual's brain are in hands of people running technology.

The documentary throws light on the dark underbelly of the tech industry with whistle-blowers talking about how technology is impacting our daily life more than we can fathom. On a smaller level, (yes, smaller) it records our every single click, every single scroll to modify our behavior and cognition and on the larger scale, it is crippling the democracy of the nations, leading to violence and chaos. Many fear that it is becoming an existential threat if we don't do anything about it. But nobody tells us what are we supposed to do? Is deleting social media accounts a solution or is it even an option in this day and age?

There is a great flaw in the movie that it only shows one side of the coin, the dark side. Despite its flaws, it is a must watch. Even if you don't agree with the concept, at least it will challenge your brain which social media rarely does.



# DO AANKHEN BARAH HATH

Shweta Sharma

20PS201051

IV MSc Counselling Psychology



Inmates' names:

- Paul Sharma as Kishan
- S. K. Singh
- Gajendra
- Ingawale
- Chandarkar
- Tyagraj as Bahadur
- Asha Devi as Inmate's mother
- Shankarrao Bhosle as Chhotu
- Samar
- Sunil
- Keshavrao Date

Directed by: V. Shantaram

Year of Release: 1957

Written by: G.D. Madgulkar

Produced by: V. Shantaram

Cinematography: G. Balkrishna

Music by: Vasant Desai

Production Company: Rajkamal Kalamandir

Running Time: 143 minutes

Country: India

Language: Hindi

Theme of the Movie: This movie is based on humanistic psychology and the need of open jail concept and humane prisons. Moral Reformation and Rehabilitation of prisoners and their reintegration into the society.

Movie rating: 9/10

Cast:

- V. Shantaram as Adinath, Jail warden
- Sandhya as Champa
- Baburao Pendharkar as Superintendent
- Ulhas as Shanker Passi
- B. M. Vyas as Dalia

### What is the movie about?

It is a 1957 Indian Hindi-language drama film directed by V. Shantaram. It is considered to be one of the classics of Hindi cinema and is based on humanistic psychology. The inspiration for this movie was a real experiment conducted by Maurice Frydman, who refused to have his name credited at the end of the film. He went so far as to tell the movie maker, V Shantaram, that he would sue him in court if his name were to appear anywhere in the credits.

The film was inspired by the story of an "open prison" experiment: Swatantrapur in the princely state of Aundh near Satara. Now, Swatantrapur is part of Atpadi tehsil in Sangli district of Maharashtra. It was recounted by screenwriter G. D. Madgulkar to V. Shantaram.

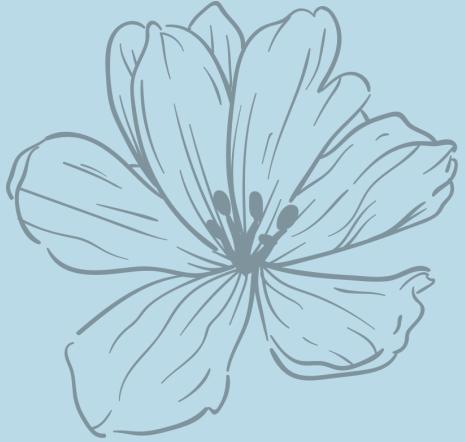
**Plot:** Jailor Adinath (Shantaram) believes in second chances. After much persuasion, he is reluctantly given an opportunity by his superintendent (Baburao Pendharkar) to try a radical experiment away from the traditional jail he manages, in exchange for his superior's consent to this experiment, Adinath pledges to forfeit all of his assets in the event of failure. Adinath is to take six prisoners, serving sentences for murder (section 302 IPC), to a plot of barren land, called Azad Nagar, where they will be free of physical restraints and barriers and set up a farm to wrest fruit from the arid soil. Adinath showed great belief and unbelievable trust in the convicts to begin his rehabilitation plan. With this he made clear to the six convicts that he has put his faith in their hands and they will strive to be worthy of it. It elegantly depicted the need of humane treatment for the prisoners and the reason that they are in prison doesn't make them any less of a human.

Adinath showed humane behaviour towards these six men and it was evident from the first scene of the movie where one prisoner tried to attack on Adinath but he managed to handle the criminal and instead of getting angry, he stayed calm and rang the bell, asking the security person to stand near the gate. Then he asked the prisoner what he wanted and why he attacked him? To which the prisoner replied that he had been waiting for so long to meet his children. This scene emphasized the basic human rights of a prisoner for which he asked and at the same time highlights the pain of imprisonment while being separated from their family, loved ones and how it damages their self-esteem. Observing his face, the jailor told him to check the papers on his table and then he read them and was elated and apologised to the jailor.

There were many scenes in the movie that exhibited the need of humane treatment of prisoners, there was a scene where in open prison, Azad Nagar the jailor asked convicts their names but they gave their fingerprints on the sheet and stated the jailor that if they run away their names won't help but fingerprints would. The jailor again asked their name and they called out their numbers as they were so accustomed to it and they felt respectable when they said their real names and couldn't even sleep that night without the chains as they were habituated and it didn't feel like they were sleeping on earth without the chains. It exposed the condition of Indian jails and treatment of prisoners. It is commendable the way this movie portrayed the emotions of prisoners, the urgent need of reforms in the Indian prison system and how the convicts faced particular hardships, such as separation from loved ones, deprivation of needed resources, and loss of freedom. Living in confinement with antisocial others and supervision by antagonistic staff presents substantial barriers to developing a prosocial future life and difficulty adjusting to the absence of family and friends, especially their children. One of the best Hindi classic movies ever made but the plot of the story seems unrealistic in today's era. It's a story of hope and speaking of optimism, Do Aankhen Barah Haath is the film that gave us the prayer "Ae Malik Tere Bande Hum." Composed by Vasant Desai and sung by Lata Mangeshkar, the song carries the theme of the film as it emphasizes faith as the strongest power. As the gradual awakening of the soul happens, the story becomes believable and lively. At times the inmates were incapable of living up to the jailer's expectations and he felt that his experiment would fail but the truth of Adinath's eyes always coerced his men to return to the moral path. A comparison is made to the all-pervasive presence of God. The interplay of light is mesmerising. Sandhya as the toy-seller brings in the entertainment quotient. Her one-liners and skirmishes with the prisoners kept the atmosphere light. Do Aankhen Barah Haath is a historic film for Indian cinema as this was the first film from India that won at the prestigious Berlin Film Festival and also won at the Golden Globes. While watching the film, the performances might appear a little theatrical today, but the thought makes it a timeless piece, it is still the essence of the film that counts.

**Concluding Remark:** It brings in the notice that Indian states need many more open prisons as there is evidence to suggest that these institutions are a cost-effective and humane alternative. Open jail system can also reduce overcrowding in prisons which is one of the major issues in Indian prisons. With most jails having 70% undertrial prisoners and 30% convicted prisoners on an average, the research has also shown that one of the major causes of overcrowding remained the large population of under-trial prisoners in prisons. It was highlighted in the movie the way open prisoner's family involvement could help the criminal to gradually heal the community's wounds associated with their crime. Prison violence, poor medical facilities and other amenities, incarceration of undertrials for long periods, forced hard labour on undertrials, abuse of discretionary powers by prison officials, poor access to legal aid were some of the major issues highlighted in the movie. The movie also brings the fact that rather than concentrating on dysfunction, the humanistic approach strives to help people fulfil their potential and maximize their well-being. A belief that when people are free to think for themselves, using reason and knowledge as their tools, they are best able to solve this world's problems.

# POETRY



# AN AROMATIC MUG OF COFFEE

Lekha Ramyaa R

I MSc Psychology

21MPSY33

Just another morning, where dew dwelled over petals  
The window sill awaited the advent of little sparrows.

Much like the chirping sound,  
The mobile buzzed showing a notification.  
Silence prevailed over empty lawns,  
As toddlers and tabs made a cohesive bond.  
When a man's laborious week craved for relaxation,  
A long television series replaced laughter, a natural  
medication.

Eyes that once read manuscripts,  
Now flashed with luminous touch pads.  
Families nested together,  
Yet afar from one another.  
Time has been merely confined to the ticking clock,  
Dawn and dusk lost their distinctiveness  
Just as the world shrunk itself into an immortal device.

A super power that speeds up life,  
Broke the momentary brink of joy.  
Thousands of stars adorned the night sky,  
Alas, none admired the sight.  
The blot of ink that embellished fingers,  
Now nudges the dryness of alphabetical keys.

A horizon of questioning young minds doomed,  
Just as answers bled over the computer screens.  
Riddles are no more a mystery,  
The thirst for facts left unabridged,  
Just as thoughts arouse,  
Over an aromatic mug of coffee.

# IT'S TECH 'O' CLOCK!

P. Shwetha  
21PSYH51  
II BA Psychology

There ran a black and white television in the colourful world

And sat before it, a tiny girl with her hair neatly braided  
Her uniform still on, as she excitedly sat down  
To watch her favourite show, "Teletubbies".  
Her dreamy eyes turned dull when the show was over,  
And there went her Saturday's one-hour show,  
With 7 days to wait for the next one.

Decades later, the tiny girl grew into a young lady  
And there stood her little musketeer  
All set to watch her favourite show, "Popeye the sailor man".

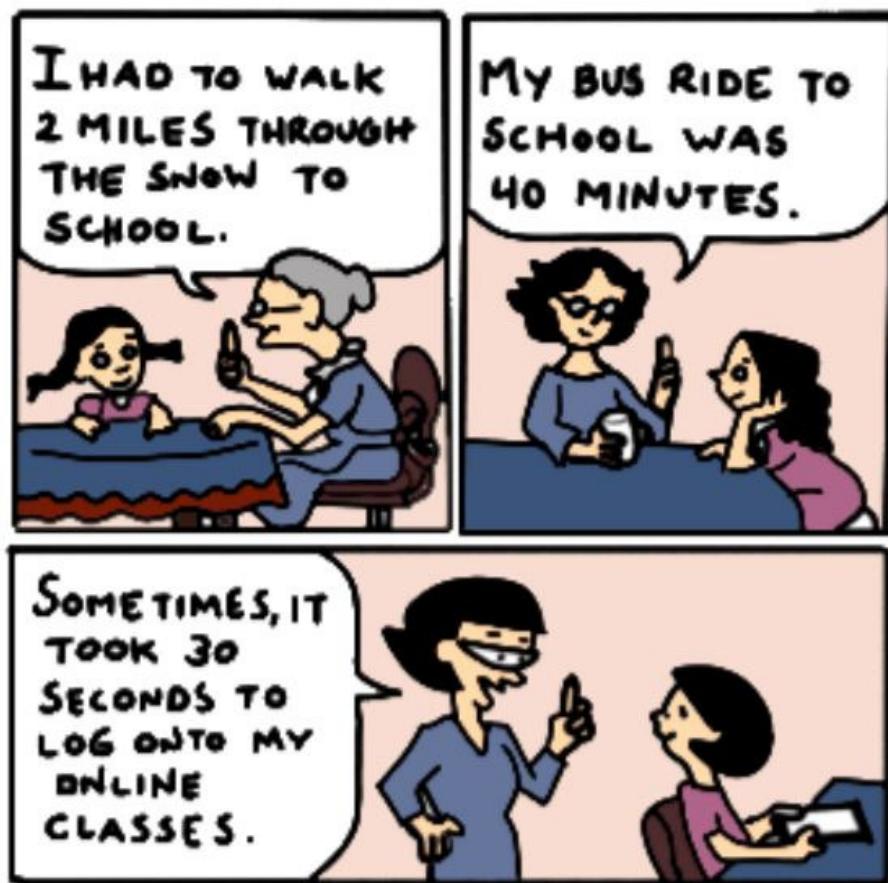
Her dreamy eyes turned dull when the show was over  
And there went the day whining to go to sleep  
To wait eagerly 24 hrs, for the next one.

Again, decades passed by, the young lady turned into  
An old granny knitting the sweaters sitting on her rocking chair.

The little musketeer was now the woman on rule,  
With her sweet toddler sitting on the sofa  
With the gadget on hand, oh it was her phone.  
There she sat playing her favourite cartoon, "Tom and Jerry".

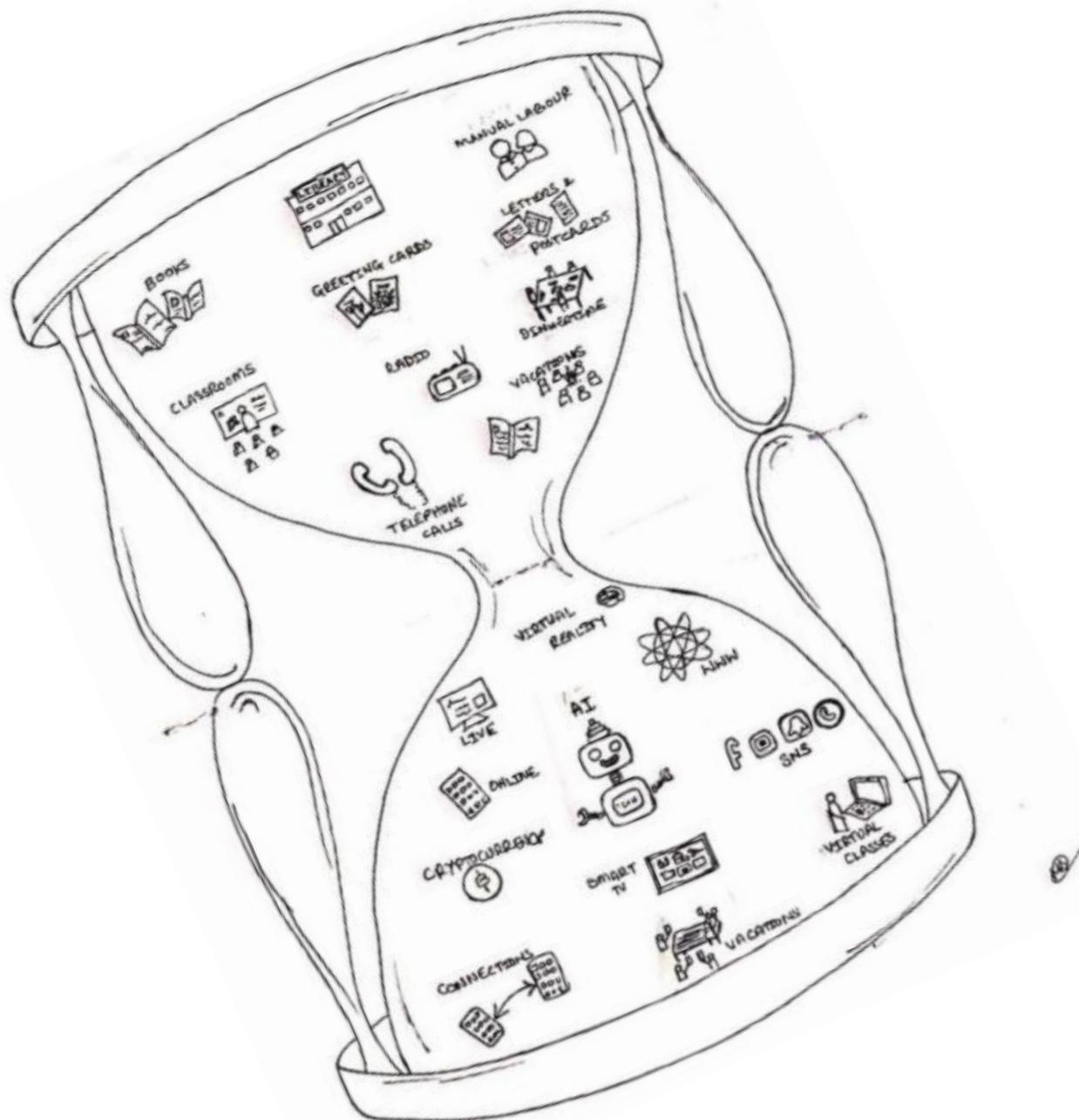
On YouTube, she continued to the next episode  
But then came the intervention of the Un-skippable Ad  
And there she went sulking in the mean  
To wait eagerly two minutes for the next one.

# Comic Strip



*Pai Mihir Giridhar  
I Sem, MSc Counselling Psychology*

# The Timetravel of Tech Revolution



**Maushmi S**  
*I Sem, MSc Psychology*

# Intelligence: Real or Artificial?



***Joshua R Abraham***  
***II BA PYEN***

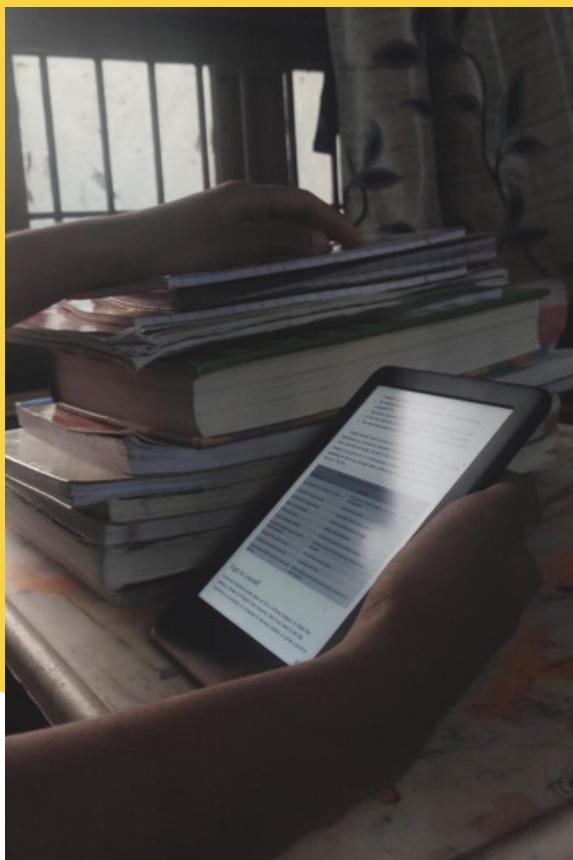
# PHOTOGRAPHS

## TECHNOLOGY REVOLUTION

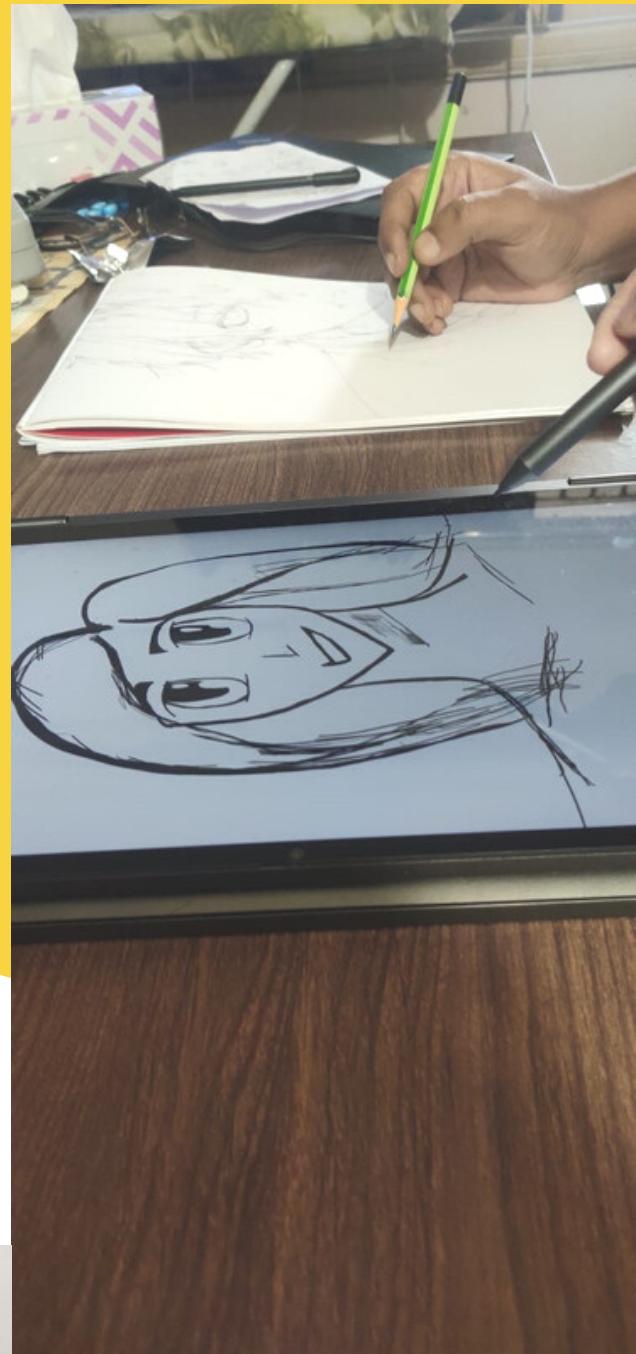


*Farhana M  
IMSc Psychology*

## PHOTOGRAPHS



Library in the palm of my hand



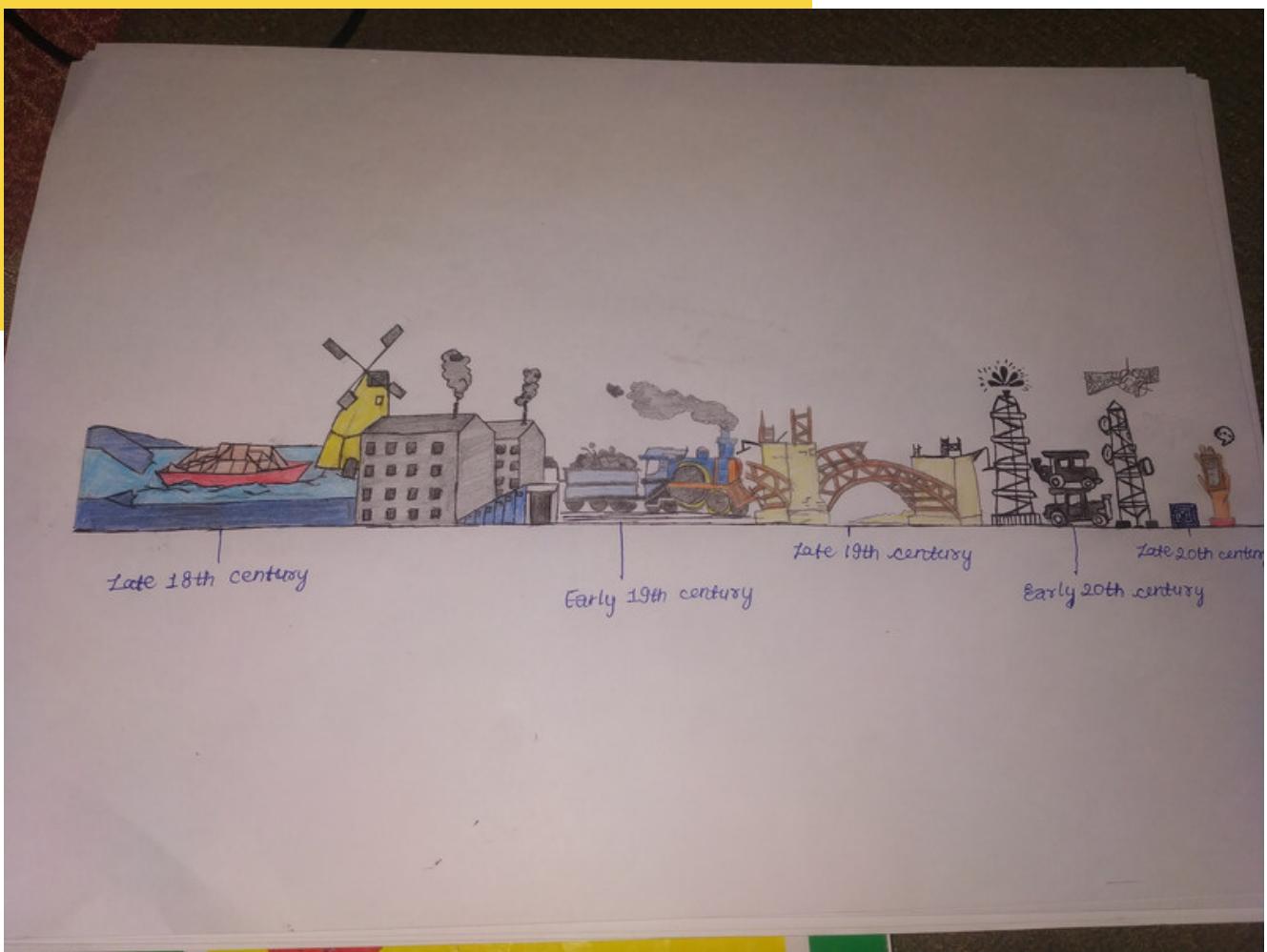
Pen and paper to Digital Art



Manual to automatic life

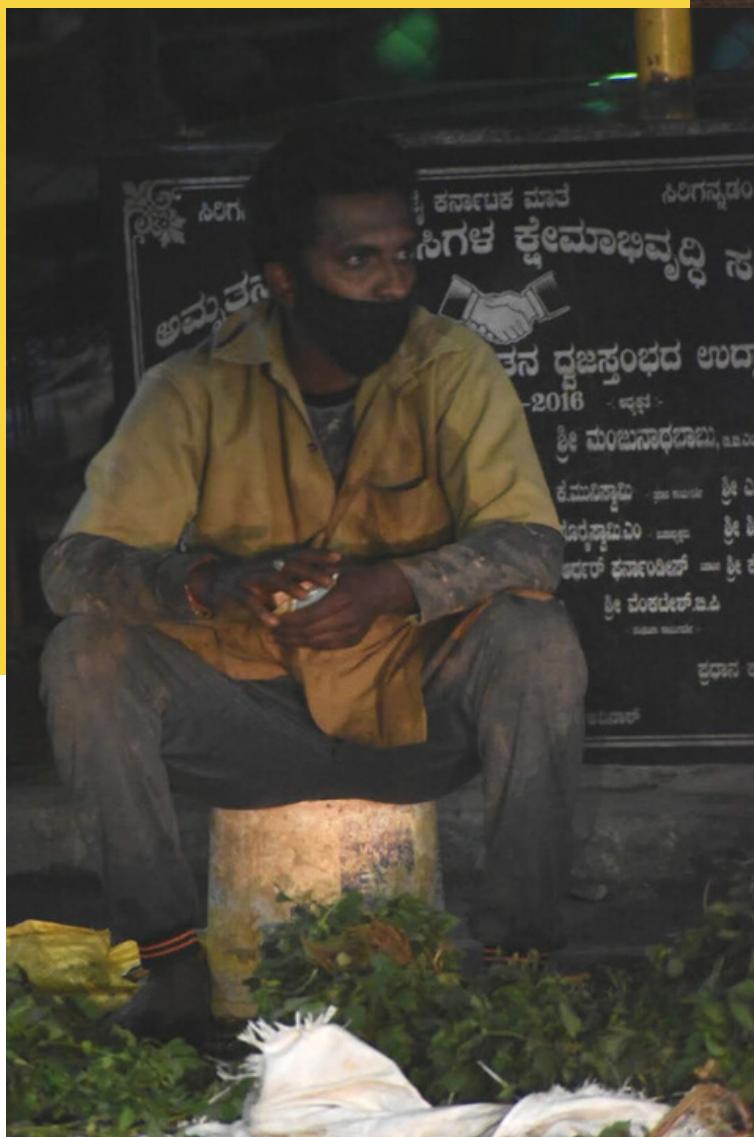
*Vishal Benhur Vunnamatla  
VI BA JPCS*

## PHOTOGRAPHS



**Shruti Shreya**  
**II BA PYJO**

## PHOTOGRAPHS



Working to make ends meet



Time doesn't stagnate. Why  
should tech?

**Haritha M**  
**VI BA JPEng B**

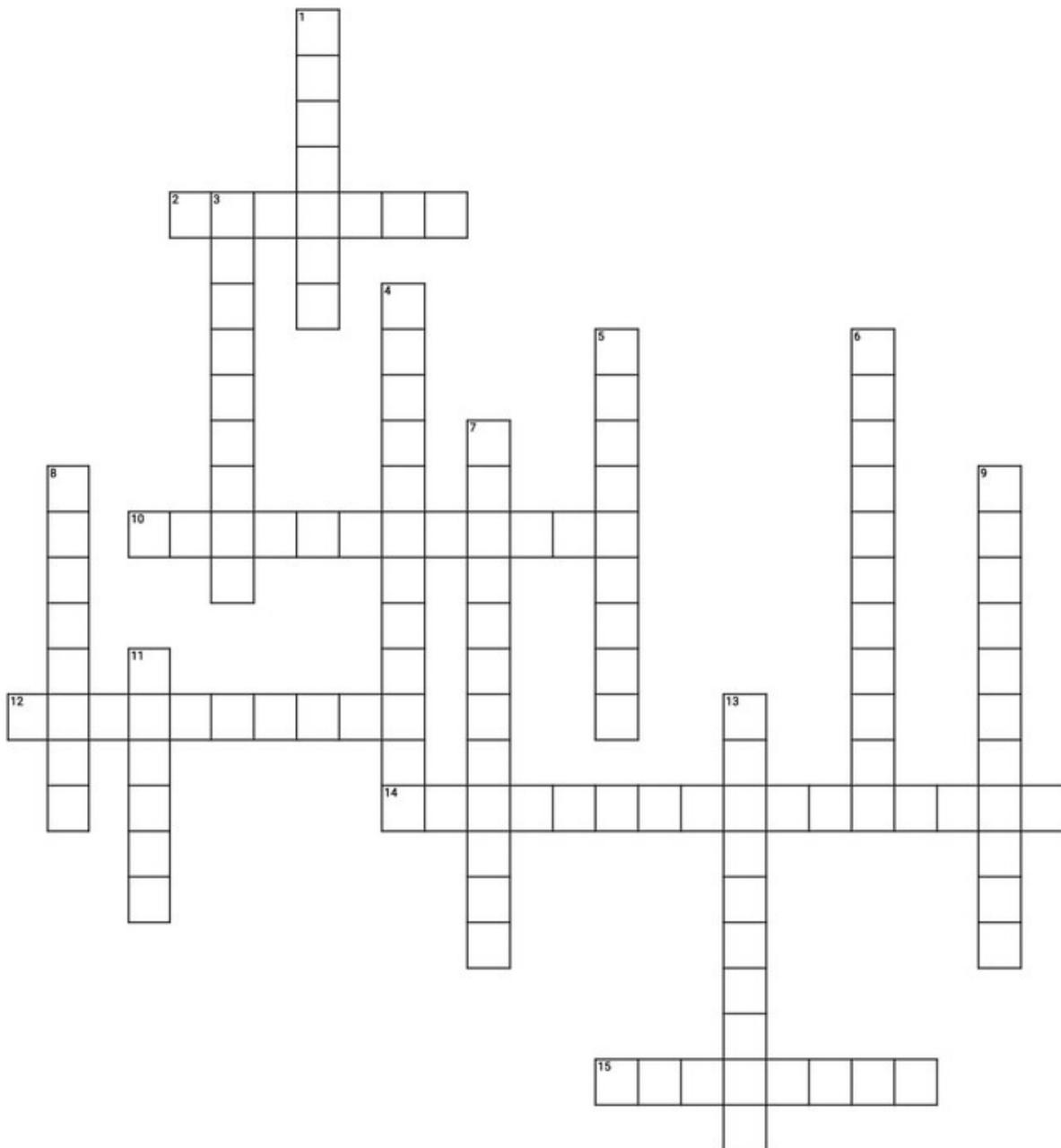
# Young or Old, Let us Unite!



***Abhiram A R***  
*I MSc Counselling Psychology*

# CROSSWORD

*Contributed by: Sai Vaishnavi D, I MSc Psychology*



*Turn Page for Clue*

## Across

2. The word 'research' is derived from a french word
10. Data that is consistent and standardised and uses large samples in its research
12. Helps comparison of two or more variables
14. Section of a research paper that discusses the literature used and is organised through themes
15. Reliability of a research result implies its

## Down

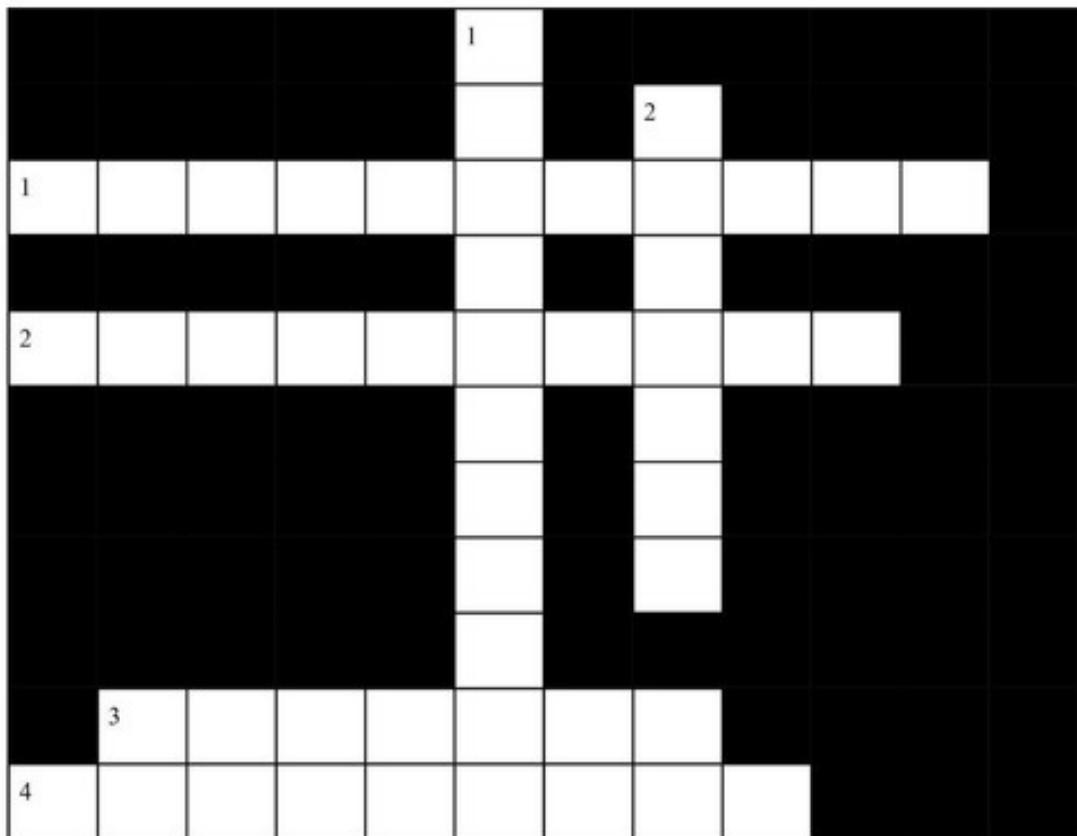
1. Researchers and participants enter into a social contract
3. Information acquired by experience or experimentation is called as
4. Research carried on for a long period of time
5. Part of the method sections that explains how to go about collecting data
6. Data that is open ended, in-depth, and insight oriented
7. Section of a research paper that introduces the topic and tells of its importance
8. Sampling used for heart to reach populations
9. Sampling sometimes known as grab accidental or opportunity sampling
11. Also known as a questionnaire
13. Test used for data normally distributed of normal data

*Submit your answers at sharmili@kristujayanti.com*

*Correct answer contributors will be mentioned in the upcoming issue of 'Meraki'- Department of Psychology Newsletter*

# CROSSWORD

*Contributed by: Nidhi, I MSc Clinical Psychology*



## ACROSS

1. State of being effective
2. Action or process of innovation
3. Form of written communication
4. Piece of equipment designed to perform specific task

## DOWN

1. Platform to create and share content
2. Electronic- device, tool, or system

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# QUIZ

*Contributed by: Mahima Jabak R., I MSc Clinical Psychology*

**1.What is the other name for the Web 3.0 ?**

- A. Inter Web
- B. Semantic Web
- C. WiMax
- D. Social Web

**2. In which science fiction novel, the term "metaverse" was used for the first time?**

- A. Destiny to Future
- B. The Matrix
- C. Snow Crash
- D. 2001: Space Odyssey

**3. The father of Artificial Intelligence is?**

- A. Alan Turing
- B. Charles Babbage
- C. John McCarthy
- D. Albert Einstein

**4. Which company invented the QR Code?**

- A. Denso Wave
- B. SoftBank
- C. Rakuten
- D. Marubeni

**5. The growing application of MRI is MRA, which stands for?**

- A. Magnetic Resonance Amplification
- B. Minimal Radiology Application
- C. Medical Research Assistance
- D. Magnetic Resonance Angiography

**6. Bitcoin is created by**

- A. Vitalik Buterin
- B. Saifedean Ammous
- C. Satoshi Nakamoto
- D. None of the above

**7. What is Blockchain?**

- A. Centralized digital ledger consisting of records called blocks
- B. Digital database consists of records called class
- C. Decentralized,distributed, digital ledger consisting of records called blocks
- D. None of the above

## **8. Who is the father of cloud computing?**

- A. Sharon B Codd
- B. Edgar Frank Codd
- C. J.C.R. Licklider
- D. Charles Bachman

## **9. In which learning method in the following, those neurons which respond strongly to input stimuli have their weights updated?**

- A. Hebbian Learning
- B. Gradient Descent Learning
- C. Stochastic Learning
- D. Competitive Learning

## **10. In 5G NR, the NR stands for?**

- A. Net Revolution
- B. New Revision
- C. Narrow Range
- D. New Radio

*Submit your answers at sharmili@kristujayanti.com*

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# pravaha

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Technological Revolution - Opportunities and  
Challenges for Family and Student Community

