



Kristu Jayanti College

AUTONOMOUS Bengaluru

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



Department of Psychology

presents

pravaha

~Ubuntu: We Rise By Lifting Others~

VOL 7 | APRIL 2023



**ST. KURIAKOSE ELIAS
CHAVARA
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

2023

Theme: UBUNTU

We rise by lifting others

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.

"Ubuntu is an ancient African word meaning 'humanity to others'. It also means 'I am what I am because of who we all are'. We are connected in ways that are invisible and our actions have an impact on others more than we realize." - Archbishop Desmond Tutu.

PRINCIPAL'S MESSAGE



REV. FR. DR. AUGUSTINE GEORGE, CMI

'Ubuntu'- We rise by lifting others. It is a call out to those who are struggling, to stand on the shoulders of those who have risen. To give back, to give a hand up, not a hand out. To walk with, not walk by. When teachers develop relationships with students, support them as whole beings, and touch their souls, students are motivated and inspired to learn, think critically, discover, question, succeed academically, graduate from college, and flourish personally, socially, spiritually, and civically.

The learning environment is extremely important for a student's personal, social, and academic success. Although students come from a wide range of neighbourhoods and schools across the country, their shared desire to make a positive difference in the world allows them to bridge their disparate backgrounds and experiences and engage thoughtfully and energetically with one another.

Our earnest attempt should be towards upholding academic integrity, accountability and being sensitive to social responsibilities. In this context, it gives me immense joy to know that the Department of Psychology has embraced the theme "UBUNTU- We Rise by Lifting Others" for their 7th edition of the annual departmental magazine 'Pravaha'2023.

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 2023 would remain a treasured memento for all of us.

VICE PRINCIPAL'S MESSAGE



FR. LIJO P THOMAS

Ubuntu's underlying values include humanity, trust, empathy, respect, tolerance, and compassion. I would like to express my sincere and heartfelt congratulations to the department of Psychology on its 7th edition of the yearly magazine - "Pravaha".

Many congratulations to the department of Psychology and its magazine team on the completion of seventh edition of its publication.

The Magazine committee, over these years has done commendable work in bringing to its readers information, reports and opinions so vital in this age of media.

On this occasion, we wish department and the magazine team greater success in times to come. Keep bringing to us the good stories and keep expanding your readership!

Best wishes.

DIRECTOR, KRISTU JAYANTI COLLEGE OF LAW



REV. FR. EMMANUEL P.J.

“Ubuntu” – a concept in which your sense of self is shaped by your relationships with other people. It’s a way of living that begins with the premise that “I am” only because “we are.”

Ubuntu is essentially about togetherness, and how all of our actions have an impact on others and on society. Everyone in society needs to play a part, regardless of how small one may think it is. We all have a role to play and it is of vital importance that our actions inspire others to want to be a part of a better and brighter future. We are willing to exert/invest as much effort as is necessary to improve the academic climate in India and we believe that one of the many powerful tools for bringing about societal change is education.

It is a matter of pride that the department magazine committee has put in their best efforts to bring out “Pravaha” with the theme “Ubuntu” for the academic year 2023. I congratulate the entire department of Psychology on having successfully brought out the magazine.

DEAN OF HUMANITIES



DR. GOPAKUMAR A.V.

Ubuntu is a philosophy that encourages working together amongst people in various settings and can help teachers manage classrooms effectively. Embodying such values would allow teachers to connect with their diverse students more effectively, which would have a significant impact on teaching learning outcomes.

I am very glad about the Department of Psychology in bringing this amazing magazine 'Pravaha' with a remarkable and timely concern on "Ubuntu- We Rise by Lifting Others'. 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



DR. MOLLY JOY

Kristu Jayanti College and the department of Psychology 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.

Pravaha 2023 with the theme 'Ubuntu' - We rise by lifting others, drives and stimulates an understanding of personal development in the students regardless of their demographic background.

Congratulations to everyone for successfully completing this milestone of the department. It's an honour to see everyone working as a team and performing their tasks. Thank you for the hard work and the support.

PG COORDINATOR



MR. VIGRAANTH BAPU K. G.

Kristu Jayanti College and the department of Psychology 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. Pravaha 2023 with the theme 'Ubuntu' - We rise by lifting others, drives and stimulates an understanding of personal development in the students regardless of their demographic background. Congratulations to everyone for successfully completing this milestone of the department. It's an honour to see everyone working as a team and performing their tasks. Thank you for the hard work and the support.

UG COORDINATOR



DR. SRUTHI SIVARAMAN

In the perception of a particular world which structures behavioural expression of humanity and enabling social scientists to understand the broader aspects of mental health. Ubuntu, a concept, lets the authors of Pravaha to share connectedness, competency and consciousness. In the fast changing world, learning about inclusive concepts of positive mental health strives to bring harmony amongst students and stay focused on their goals.

This edition of Pravaha carries a very important theme “Ubuntu- We Rise by Lifting Others”. I hope that this magazine will help you get motivated throughout your journey. I would like to congratulate team Pravaha for the publication of the yearly department magazine.

EDITOR'S NOTE



MS. LAJWANTI M JETHWANI

It's the 7th Edition of Pravaha ! It has been a pleasure leading this magazine over the past years. I have previously celebrated the indicators suggesting how the magazine has strengthened its scholarly foundation and esteem, so I will not do that again here.

This editorial contains reflections of both , students and faculty on the theme "Ubuntu" - We rise by lifting others.

I had a lot of fun doing what I did but the success of our magazine is the result of a configuration of causes, all of which I am tremendously grateful for. They include a more diverse than ever group of editorial board members, authors, and reviewers. They have made the work of the Executive Editors and myself not only possible but also enjoyable.

The editorial team of the magazine is delighted to share the seventh edition to mark yet another remarkable milestone.

EDITOR'S NOTE



DR. ANJANA SINHA

“The mind is not a vessel to be filled, but a fire to be kindled.” – Plutarch

Pravaha is designed to showcase the creativity, talents of our students and faculty members. With a sense of immense pride and satisfaction I would like to share that with the active support of the department and students, Pravaha has come alive. The efforts and contributions put in by the students, I truly hope that the pages that follow will make some interesting reading.

We express our deep sense of gratitude to the Rev. Fr. Principal, Dr. Augustine George and Fr. Lijo Thomas Vive Principal for giving us an opportunity to bring out the magazine. We are also grateful to Rev. Fr. Emmanuel P J, Dr. Gopakumar AV, Dean, Humanities, Dr. Molly Joy, Head, Department of Psychology for their constant encouragement and support in our endeavour to bring out the magazine. We are also thankful to our programme Coordinators and colleagues for their cooperation. We strongly hope that the magazine will be received well by one and all. I congratulate the student editorial team for making PRAVAHA innovative and inspiring.

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Η Ελλάδα μενέει ακόμη με τις τράπεζες ακόμη πιο πίσω...



Από τον Ηλία Κομπουράκη
Οικονομολόγος μετ. Σ. Ο. Ε.

ARTICLES



Ubuntu: A Psychology of Interconnectedness and Community



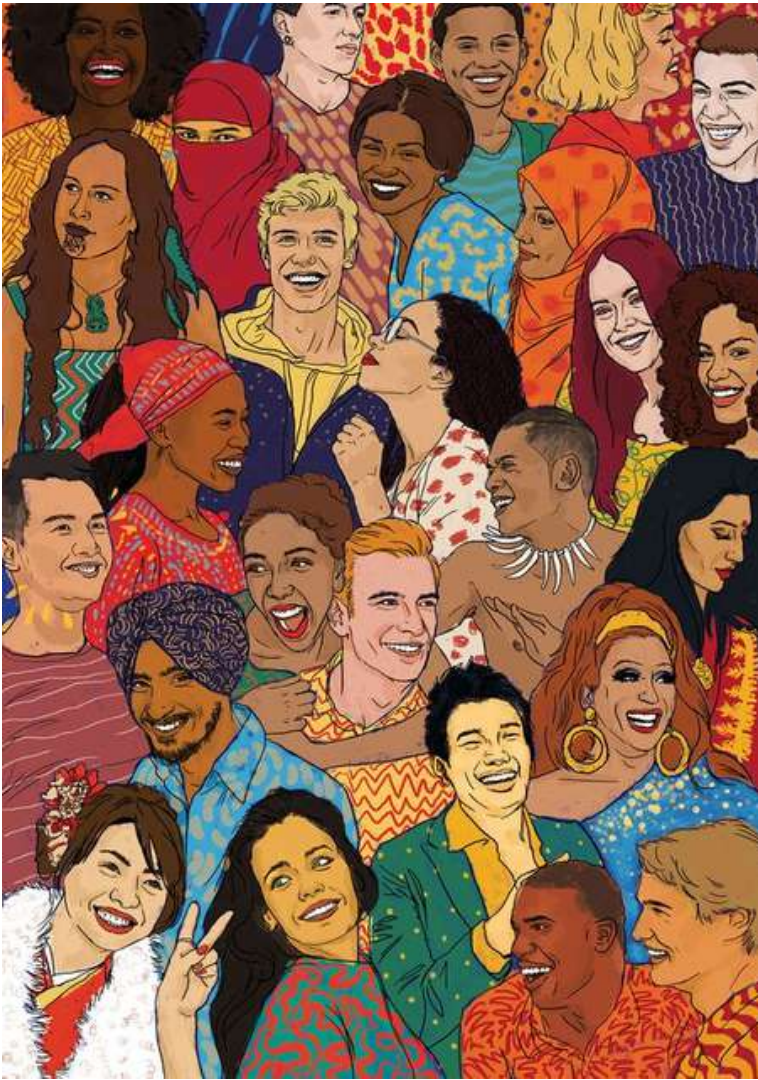
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Emphasizing the connectivity and interdependence of individuals and communities Ubuntu was created as a cultural idea. It is inspired by the South African idea and has been described as a philosophy or worldview since the mid-19th century. The concept of Ubuntu has had an impact on numerous domains, including philosophy, politics, and psychology. Psychology and Ubuntu are two distinct concepts, but they can intersect in interesting ways.

While psychology is the scientific study of human behavior and mental processes seeking to understand how people think, feel, and behave in different situations and environments. It encompasses various fields such as social, developmental, clinical, cognitive, and neuropsychology, among others; Ubuntu emphasizes the interconnectedness and interdependence of people, and the idea that we are all part of a larger community. It values compassion, empathy, and the importance of relationships and social connections.

The story of Ubuntu is about two buddies named Tendai and Simba, who had grown up together and shared a special affinity. When Tendai's farm was afflicted by drought, Simba suggested an idea: he would teach Tendai how to produce pottery in exchange for Tendai teaching him how to successfully cultivate his crops. They spent a lot of time together over the next few months, focusing on their various talents. Tendai acquired the craft of pottery-making and began selling his work in the market, while Simba boosted his harvest by learning new farming practices. They both became successful in their companies and even began to collaborate, creating exquisite pieces of pottery for Tendai to sell in the market. This was the epitome of Ubuntu, an African concept that emphasizes the interdependence of all people and the value of community. The community began to come together and people began to work together to assist one another, and the town thrived as a result. They were no longer alone, and everyone helped each other. In the context of psychology, the concept of ubuntu can be seen as a way of promoting social harmony, cooperation, and community. It is a psychology of interconnectedness that emphasizes the importance of relationships and the impact of our actions on those around us.

Compassion is one of Ubuntu's guiding principles. Compassion is defined as the ability to understand and empathize with the suffering of others, and it is an important component of mental health and well-being as well. It has been known through studies that those who practice compassion are more likely to experience pleasant emotions, have greater social interactions, and manage better with stress and adversity.



Generosity is also another value of Ubuntu; it requires being willing to share resources and help people less fortunate than ourselves. Acts of generosity, according to studies, can boost pleasure and well-being, and helping others can also act as a vital component in improving our own sense of purpose and meaning in our life.

Respect is yet another important included in the Ubuntu ideology. Respect includes treating others with dignity and taking into account their needs and viewpoints. Research shows that those who feel respected by others are more likely to have positive feelings, have higher levels of self-esteem, and be more driven to engage in pro-social activities.

Ubuntu appreciates hospitality as well. Hospitality includes greeting strangers and making them feel welcome, as well as caring for our families and communities. Social support, according to studies, is a powerful predictor of mental health and well-being, and individuals who feel linked to others are more likely to have pleasant feelings and a sense of purpose in life.

Ubuntu stresses the importance of interconnectedness as well. Interdependence is the understanding that we are all interconnected and that our actions have an impact on others. This is a crucial concept in psychology because it emphasizes the importance of social interactions and the consequences of our actions on others.

In its essence, Ubuntu is a profound idea with implications for psychology and mental health. It emphasizes the importance of compassion, kindness, respect, hospitality, and interdependence, which are the key components of Ubuntu and it also promotes community psychology and connectedness. By embracing Ubuntu values, we may help to build a more compassionate, supportive, and connected world



Are You Happy?



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ARE YOU HAPPY?

We, humans, are interdependent beings. We depend on many things and many people to thrive. Be it a straightforward task or a complicated one, we need someone or something to help us out. We strive to become independent as we grow. Yet, we depend on someone or something to feel happier. But, Happiness has to come from within!

Guess you and your friend making plans to hang out one evening. Now you are a person who isn't actually happy with yourself and your current situation in life. You will meet your friends, assuming they cheer you up and make you feel better. Now there are a few things that may happen:

Situation #1

You meet your friend; you notice they are very stressed or going through a rough phase in their life and are in no mood to cheer you up. Their energy levels are lower than yours. You end up having a depressing time listening to them all evening, apart from what was already bothering you.

You feel the outing was a waste of time, and you might have been happier if you chose not to meet!

Situation #2

You meet your cheerful friend who has that positive energy all over themselves. But you can't match their energy level and convert any positive statement into a negative one. For example, she says, "Next month, my sister is getting married to a perfect guy. Currently, he is working in Australia.". At this, you sound, "Wow! Australia, I cannot go to Andaman also!". Now your friend thinks of you as not worth sharing positive news with. She will develop a notion that you were thinking about yourself while she was sharing an important event in her life. Fewer and fewer people will want to meet you if you have that kind of negativity.

Situation #3

You meet your friend, and both of you are waiting, thinking, "boost me up, buddy". You guys wonder what to say to each other and hope to create some positive energy. The meeting may go either positively or negatively altogether (if you both share your depressing life stories and make others feel more miserable).

In some situations, both produce that kind of positive vibe despite having low energies. If this ever happens, it will be a fantastic evening!

Let's say it was a good evening, you spent your time well, and then it's time to head back home. For many people, it does not take long before the mind returns to the state they were in, a few hours before the evening.

So, why does this happen?

As we approach our everyday life, things start returning to the bland, boring and not-so-interesting life. But why is it so? Why do we get the same feeling we used to get as children when summer break was over, and school was due to start?

Most of us constantly try to find Happiness in someone or something else. Always looking for something exciting to happen or someone to make us happy. We are on a constant journey to find dopamine. This feel-good chemical is released in our body when we take actions that give us the feeling of a reward, pleasure or satisfaction, such as listening to music, biting into that warm brownie or playing video games. We soon start depending on things to keep us happy and to feel good all the time. We eat food but need another source of entertainment while we eat. We click pictures to capture the moment, but when we post the photos, we await the likes and comments that aid dopamine release. Every like and comment adds some more. Soon, all our actions are based on whether they will make us happy or satisfied. Priorities or the importance of the tasks take a back seat!

I'm not saying that being happy and doing things we enjoy are wrong; they are essential in our lives. But being aware of how much and when we need these things to keep us happy matters. We should not become slaves of the chemical that makes us feel good.

Why?

Once our actions are oriented based on whether we will be happy after performing them, we will always want to do things that please us. Soon we get so glad only when we are around things that keep us happy. We start ignoring that we can find Happiness in little things in life. Or there may be things we must do even if it doesn't make us happy. A meal we make for ourselves, a sunrise, a walk or meditation, or some exercise can make us feel pleasant within. We don't need to rely on a person or a gadget to be cheerful.

It is crucial to disconnect from social media and gadgets that consume our attention and instead focus on savouring the taste of our food, being attentive to the sounds in our environment, or engaging in activities that promote mindfulness in our actions.

Many meditation techniques involve controlling our breath; we observe every breath and calm the thoughts that run through our mind. When we follow these steps, we can become aware of what we're doing and feeling as we have minimal distractions. We appreciate the shades of the sky, the various forms of life, and our very own skills and abilities. We need to learn to be present and mindful. One of the easiest ways to learn to be aware is a simple exercise that I call the ratatouille exercise. In the movie ratatouille, Remy gets his brother to taste every ingredient separately and understand each flavour and how they taste combined together. Similarly, we need to spend some time and relish enjoying every element and flavour that comes by.

As we become mindful, we also become more productive. We aren't always thinking about something upsetting us or constantly trying to find Happiness. Or aren't distracted by a gadget continually seeking our attention that tempts us to tap on something, which leads to something else and then something else and so on...

When we learn and master how to be happy from within, we will become more confident about ourselves and our capabilities. Being alone isn't much of a problem anymore, and we can perform better at tasks that require us to be more productive. We start valuing the taste of the food on our plate or enjoying the few sunset moments. These things don't instantly stimulate dopamine but need you to go slow, feel, observe, and go through them. We enjoy the result, if not necessarily the process (by process, I mean the hard work that goes into cooking something or waking up early in the morning to witness the sunrise. This need only sometimes be a gratifying process).

Incorporating such practices into our routine can foster an appreciation for the small things in life and cultivate contentment with what we already possess rather than constantly longing for material rewards. Experiencing a sunrise after a long trek is an experience money can't buy us. We need to put in some effort to see the reward of sunrise. An exercise session in the gym also takes a lot of effort and energy to perform. Still, in the end, we feel happy after making progress towards a healthier body. We did not achieve this Happiness after immediate gratification of our needs. It took a certain amount of time and effort.

These little things that become part of our routine give us sustained Happiness because the reason behind those actions is not something we bought/ate/played/watched. We do it by putting in some effort to achieve something we want. Otherwise, we expect things to happen randomly to keep us happy.

Thus, we must find Happiness within ourselves and not depend on external stimuli. I'm not writing this to keep people away from people or the fun they derive from social media and gadgets. I hope that people find a balance, and if they feel lonely or unhappy at times and no options are available, they can still be content on their own. Yes, some of this takes time and dedication, but you can lead a much more peaceful and happy life.

If you find someone similar to this article's narratives, please encourage them to find their balance! Let's make a difference in our life too...



Eleos



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As human beings, the feeling of melancholy is so enormous that it can immensely affect our life. Despite how much we try to depart from negativity it is by nature that things like these are meant to be a part of our life. Though it is a matter of fact that these emotions are supposed to happen sometimes it is hard to accept them. Acceptance is hard on its own and each and every one of us struggles on the road to accepting various things in life. Acceptance is the first step in climbing up the stairs of positivity.

Negative things are meant to happen in our life but not to stay but to help us grow and learn, many of us human beings have a hard time accepting this and it is completely understandable as the negative thoughts in our mind feed us numerous lies playing different kinds of tricks to fool us. Human beings are so impatient that we cannot wait for the divine and right timing that the universe has for us that it came to where people conceal themselves in the shadow and in these moments of sadness the waves of negative emotions hit them. These thoughts and emotions have one job and that is to make them believe all the lies that it tells but fighting it and convincing ourselves by taking every big and little positive things in life and assuring ourselves that just as how a new day arises each day, slowly we will overcome the negative walls that have been building up around us. Trying to find the way out of the negative pit hole can be awkward and strange but it is important to not give up on the new pathway of positivity even if it has bumpy roads. What we believe about the world we live in shaped our thoughts and mind meaning that we sometimes have to fight for better days to come.

In our way of banishing these heavy storms of negativeness, it is okay to ask for help. As social animals, we all need each other for the pluses and minuses of life and understand how even similar situations can have contrasting effects on different people. Our actions and words matter a lot and they can have either a positive or negative outcome. People often underestimate the impact they can have in this world just because they think they need to change the whole universe. Helping out people is healing the wounds of people. Our love and care for others can in turn help a person in loving and taking care of themselves. Facing the battles of life alone can be a part of growing up but at the end of the day, even a few minutes of leaning on someone can relieve our pain in innumerable amounts even though it is very common to be unaware of it. We are all struggling in this life which is so harsh to us that it is sometimes hard to stand alone so we must remind ourselves that it is okay to ask for help and lean on somebody. Leaning on someone can help us in overcoming the negativity and on our way to the healing boulevard. Every day is a new day for us to find the beauty of life and the motivation for our dreams and ambitions. We are capable of everything if we try and every new day can be the start for it.



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Supporting Your Loved Ones During Mental Illness

Once scrolling through social media, I came across a video in which a woman going through anxiety attack was lying on the driveway in rain. After some time, her mother came there and laid beside her and waited till her anxiety subsided. This was something that caught my attention. Sometimes it is so important for us to have someone to be with us while we are going through our tough times. A disorder like anxiety is something that a lot of people suffer around the world and it is sad that in most cases they go through these alone. In this video all the mother did was to be with her daughter instead of asking a series of questions. It is so important to give emotional support to our loved ones during mental health. The period of mental illness is equally challenging for both the one going through it and their close ones.

While being therefore someone going through mental illness, it is important for us to be aware of the illness and the complications associated. We can provide them help only by educating ourselves about the issue so that you know what exactly the person is going through. Sometimes the person going through the illness might be ashamed or embarrassed about talking about it. It can only be possible for us to initiate the conversation only if we are aware of the issue. Another thing we can do is to express them our concern. Let them know that you are there for them and that they can talk about it whenever they feel to. But while doing so we should make sure that they are okay talking about it rather than pressuring them if they are not ready for it. But let them know you will be there if in case he/ she is ready for the conversation. And when the someone talks about what they are going through, what they look for is never a solution to their problems. Try to empathize with them by being a nonjudgmental listener. Giving them a safe space to express their emotion is the best thing you can do to comfort them during these times. Try not to give them advice because this may discourage them from opening up. Instead reassure them that their feelings are valid and that things will get better with time.

Finally try to encourage them to seek professional help. Despite the awareness about mental health there are still stigma associated with it in our society, so even though these teeny tiny things you may do seem small they actually do create a huge impact on the lives of our loved ones. All the small things you do can be rays of light that may lead them through their dark times.

Cryptomnesia



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CAN YOU PLAGIARISE A CONTENT SERIOUSLY?

Our brain is an amazing organ compared to all the parts of our body. It has billions of neurons working simultaneously to carry out an action. We learn millions of things every day, forget some in the process, recall them whenever necessary, and store them in our memories. The information that we know about our brain is very minimal and most of our brain's function is suspicious.

Just Imagine, you want to start something unique and original. You spend hours brainstorming ideas and finally find a perfect one. You are so sure that no one has ever thought about this and planned to go on with it. But, you discover that the idea was already introduced by someone a couple of years ago. Have you ever wondered what the hell is happening?

Does it mean you plagiarised without remembering? Can something like this happen? Yes, of course, It can happen. It is a creative process that happens in our brains.

Psychologists formally call this process Cryptomnesia. It means unconscious Plagiarism. Cryptomnesia has been a tabooed topic in terms of plagiarism. It is very difficult to differentiate people who knowingly plagiarise from those who unconsciously plagiarise. Everyone was afraid that when we say 'cryptomnesia is real' it makes many plagiarisms unintentional and also ensures that it's possible to accidentally plagiarise. "Cryptomnesia is a process by which things are learned, forgotten, and mistaken for original ideas and inspiration when recalled". It is also called concealed recollection.

Great personalities like Ed Sheeran, Sam Smith, and Helen Keller have been accused of the same. Helen Keller, as we all know was born in 1880 and she went blind and deaf during the early part of her life. But, with the help of her teacher Anne Sullivan, she learned to read and write. When Ms. Keller was 11 years old, she wrote a story named The Frost King and sent it to the head of Perkins School for the blind for publication. It was published in the school's alumni magazine and everything was fine. But after so many years, people started discovering that Keller's story is very much similar with at least some lines being exactly the same as another story "The Frost Fairies" by Margaret Canby. Keller doesn't remember having read the book herself and had no idea that she plagiarised. Everyone said she was lying. Does this mean Helen Keller plagiarised or she is lying?

So Next time, if you know anyone who has experienced this, psycho-educate them about Cryptomnesia and spread the word.

Kindness in Awareness



SUCHETA DAS
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22MPLA50

"Why do we shame people for their lack of mental health awareness?

By calling people out for apparent insensitivity, are we discouraging free expression?

As mental health professionals, it is our social duty and responsibility to educate or raise awareness about mental health and sensitise people towards the same.

Similarly, being able to discriminate between blatant and intentional insensitivity, in comparison to something that may stem from possible lack of awareness or disparity in perspectives. As representatives of the community, it would be hypocritical to "call out" insensitivity in an insensitive manner, especially in professional spaces.

Here are some practices I keep in mind, while addressing someone who I am interacting with for the first time, or does not have a long-standing history of the "problem behaviour".

1. Seek Clarity - Ask questions and request clarification or elaboration.
2. Openness and Curiosity- What is the perspective that led to their statement? Also, how closely are they connected to a psychological background?
3. No personal attacks- Avoid language that actively targets the person on an individual level. Address the statement, not the person.
4. Avoid condescending tones- If it is established that the person was not aware of the about information, it is a result of systemic failure at creating awareness of that information. Insinuating that the person should have known the information already, can lead to feelings of shame and discourage expression.
5. Context - The context in which the statement is made may impact the "sensitivity" of the statement.
6. Educate, rather than criticize. Pretty self explanatory. Compassion is key.
7. Reflect before you hit send- How would you feel if you received this comment? Would you feel informed or judged? (can be subject to perception, of course)
8. Consider the possibility of bias- Is the statement inherently insensitive, or do "I" find it insensitive on a personal level.

These steps help us ensure that we are creating awareness within people without inducing guilt and shame. Mental health is still being understood by our society. In due time, we can expect marvels, but for now, we are the stakeholders in creating a space of awareness that is kind and inclusive."

Snowball



KOENA DAS

BA PSYCHOLOGY HONS

22PSYA23

As a snowball rolls on the snow-clad ground, it keeps getting bigger; collecting all the snow in its way and getting larger each second until it hits a wall and falls apart, all over the place, helplessly.

We humans are like that snowball; the only difference is that we bear the ability to collect ourselves again and get back on track and that is what we all have been doing since Adam and Eve. But just because we collect ourselves once it does not mean that we don't break again.

It may seem like our lives are a never-ending process of breaking and getting back up and so there's no point in all this. But in this what we miss out is how we keep getting stronger every time. Otherwise, most of us wouldn't have been able to be here, going through each day with or without a smile on our faces.

We are humans of several different shades of a colour. If you're blue then you have dark blue, light blue, royal blue, sea blue and so many different shades in you. You can have dark blue tinted thoughts but that does not mean you are incapable of having light and bright blue one. You're not just dark or bright. You can also be midnight and royal. They are all a part of you and its on you to embrace any or all whenever you want to or need to.

It's not important whether we are always optimistic about everything or if we are always kind and honest to others, and we don't even have to force ourselves to be so because we are no Cinderellas and our world is not some Utopian world.

And it's not possible to be like that, the only thing that we can instead try to do is be kinder to ourselves. Accepting the fact that yes, we are breaking down, yes that is hurting us and it is okay because we are only humans. We feel pain and it is only natural to get hurt in this process, but it does not mean that we deserve it. What we deserve is the most beautiful life filled with love and happiness, with a non-judgmental society and a healthy environment, but we all know how impossible that sounds like.

And we don't need it because if everything was always perfect, we would've never been able to understand its value. You can't taste what is sweet without tasting bitter. If you bake a cupcake from scratch then you will see that every added ingredient is not something sweet, in fact most of the ingredients are bitter or tasteless, the only thing that gives it the last touch for that sweetness is sugar.

Our life is about learning from all these hard experiences, toughening ourselves and in the process slowly trying to accept and love ourselves, because if we don't

do it first then no one will. If we don't pick ourselves up, no one will. We will stay lying, broken like the snowball otherwise. Cold and helpless.

Tip: It might sound foolish, but try hugging yourself sometimes, or crossing your arms in front of your chest and patting your shoulder, it genuinely feels nice.

The Constant K of Home in Erikson's Theory



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21PYEN32

The semantic dysmorphia of the word home follows us through the period of what we terminalize as emerging adulthood in life span development studies. From womb to the grave all a life searches for is security. As a 20 year old the definition of home scatters all around the life, partly in a place you grew up, partly in a place you chose to go to yet none of them prove to be half as complete as your definition of home. There is always one or two elements that miss or lack, that create a hollow of the hallowed definition.

Erikson gives eight stages that a human goes through in order to live a stable life but little has he mentioned that the parallels of trust vs mistrust, autonomy vs shame etc goes on in each period in a crosssectional manner making altogether life but emotionally abusive. What I believe a truth to be in this theory is, that the early adulthood rings huge bells in our heads and forgetting all we had learnt of life in childhood we begin a new journey within a journey through the eight stages mentioned by Erikson. All through the eight stages whether taking our life in its chronology or not, one thing remains constant. A search for definition of HOME.

Now mathematically speaking, let us assume our constant home as K, something which seems to remain ambiguous throughout life, with an exception that in this equation one individual you can never be close to accuracy (the actual definition of home).

I may be mixing up two revolting subjects to unison but what I mean to convey here is, the constant k (our definition of home) seems to permeate all throughout the eight stages of Erikson namely:

Trust vs mistrust

Autonomy vs Shame

Initiative vs Guilt

Industry vs Inferiority

Identity vs Role confusion

Intimacy vs Isolation

Generativity vs Stagnation

Ego integrity vs Despair

- Touches ears twice in sorry "Erikson, don't hate me"*

To a twenty year old living in a new city, psychosocial development accords them in a different manner when they are in search of the constant K.

The definition of home we all search for in clubs, with roommates, friends, a supposedly "new life" seems to dilute as we go through these:

- There is a mistrust that your passions will not be validated hence at the parent's place, in the warm cushion of embrace, you sneak into the washroom and wash your cries of heartbreak- over the sound of rushing tap. But when alone and isolated in the dorm room, when the roommate does not come for four nights straight in a row, you know the privacy is enough, very enough to make the silence a haunting echo and then the pretense seems to look better than the haunting silence.

$K\sqrt{\quad} + Kx = K?$

When the burning self doubt over a trashed day of adulting hatches its consequences, you drive yourself into a pit deciding that it is exactly where you belong relentless. Shame engulfing the capabilities you hold then an autonomy comes to behold when a motherly laden call with just a simple question of "how are you" comes to be and somehow everything seems to replenish a free. Ironically, the question which saved the day never remains answered truthfully.

$K\sqrt{\quad} - Kx = K\sqrt{\sqrt{\quad}}$

We all by now may be familiar with the sweaty paws, shaking hands and a nervous face when we step up to initiate and persuade our crush into a date. As exciting as the process sounds it is accompanied by a heavy possibility of guilt, either embarrassing oneself to core or taking as "yes" as a gift. In quest for a partner who comforts and builds that home, we twenty year old do put a lot on hold.

$K? + K? = K?$

And as the exams near, inevitably procrastination stays by our rear, showing up when we need to work the most, killing our industrious self as our roommates manoeuvre through the books. One way calls the half completed season of an unfinished series and one way sits the books with requesting a thorough practice. You give in to the most tempting ones at times, try out a reward system of studying yet break it off every time. The tug of war naming industry- inferiority strikes each six months when the may and December cross at length. It takes three years to get used to it, to feel like home to the hard work and when you do the degree almost fares you well.

$Kx + Kx = Kx$

The placements come over and a job starts to hover, which one to choose- and if you choose would they accept, if they accept would you be able to perform, if you perform would you be able to keep up, while keeping up what if you worn out, what if the pay remains such, what if I do not go beyond and such are the questions that resurrect. Little do we know that knowing who we are in an identical aspect takes time, to even clear the role confusion that comes with it takes much amount of time. It may tumble down the sandcastles of home this way, build a better and stronger one not leaving you astray.

$K\sqrt{\quad} - Kx = K\sqrt{\quad}$

And then you meet someone, a wonderous, magical person- sweeps you off your feet in a go and places in a pedestal that floats. "Do they love me or they not", "Am I enough for them or not", "should I share this grave detail?", " Would they be concerned about who I used to date?" Questions of such arise when a want for intimacy is to uprise, they bring with them isolation and tears, blinding pain but your realise that when it's a home you look for , you eventually figure.

$Kx + K\sqrt{\quad} = K$

There comes a time when you stop, no matter what age or situation your hearts returns, wanting to seep into the blanket of low lights and cold rooms, when self criticism turns into physical harm and guilt forces you to stay shut. The stagnation occurs when you run out of faith, in yourself and questions how to accelerate. the comfort closed eyes provide an intoxication, a hopelessness, which sometimes may subdue, you, to a pain you did not deserve to go through. Stagnation may hit but i hope you eventually realise that what you're looking for outside, is nowhere else but the home you build for yourself inside. I hope if you find yourself there, you find a way to generate your way through it and celebrate- your victory and strength, your sadness and your revels.

$K < 3$

And if you have, but been through at least six of those mentioned all of the above may come rushing to you when despair of not leaving a mark deepens. When you realise that despite the umpteen efforts it all turned back, that despite push you seem to not be glad. The ego is built of many layers and integrity tags along when you finally do build a home that you had dreamt of all along. Though one clause holds a place that it's not how you used to face, your definition of home has only been to disintegrate. Disintegrate into something entirely unexpected, into surprises and partners you never thought would last, dwelling into experiences and practices you thought you would outlast.

$K\sqrt{\quad} + Kx = K?$

The lingering problem that was raised back as a thirteen year old, the early twenties awaken, in ways you never would've imagined. The resolutions that come haunting of the i-would-becomes and I-pledge-to laugh at your mediocrity of hoping life to be simpler. The constant K remains still ambiguous, the definition amidst half definitions of their own. Partly complete, partly left to life's encore.

Law Of Attraction



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Is it true that +ve thoughts and +ve visualization will have a direct impact on yourself??

We all heard everyone saying “ If you think about something strong enough, you will get it ”. I liked this concept personally but when I didn't become a doctor as I have always wanted, I was devastated and thought this is just another fake one. But one day I realized, maybe I didn't think about becoming a doctor strong enough.

When you think about something strong enough and it keeps running in our minds all the time, you will definitely get it. Think about when you wanted to eat chicken but you know that it's a vegetarian meal in your home. But, you think about it all the time, visualizing it in your mind, dreaming that you are actually eating it, then your neighbor knocks the door and gives you a bowl of chicken telling you that she just tried a new recipe. This is called LAW OF ATTRACTION. It means that whether we realize it or not, we are responsible for bringing both positive and negative influences in our life. When you focus on something positive, what happens to you will also be positive.

Your thoughts have a strong influence on you. If you spend your days feeling sad and wallowing in regrets about the past or fears of the future, you will see everything happening negatively but if you are a person who likes the concept of sweet lemon, and starts to see the silver lining in every experience, then you'll see everything happen positively around you every day.

Life is just like cooking, you have control over how the meal turns out. If you put the right ingredients in the right amount, the meal will be good but if you add the right ingredients in the wrong amount, the meal will be spoiled.

Train your brain to see the positive in everything which in turn allows your mind to have room for mental growth and happiness and it, in turn, improves your physical health and helps you take control of what's happening to you.

So, the next time you want something, think about it strongly enough and make sure you visualize and think about it all the time. When you do this, you will automatically start working towards the goal and achieve it eventually.

To know more about this concept, I would recommend reading the book “THE SECRET”. THINK POSITIVE, BE POSITIVE

Flaws Abided

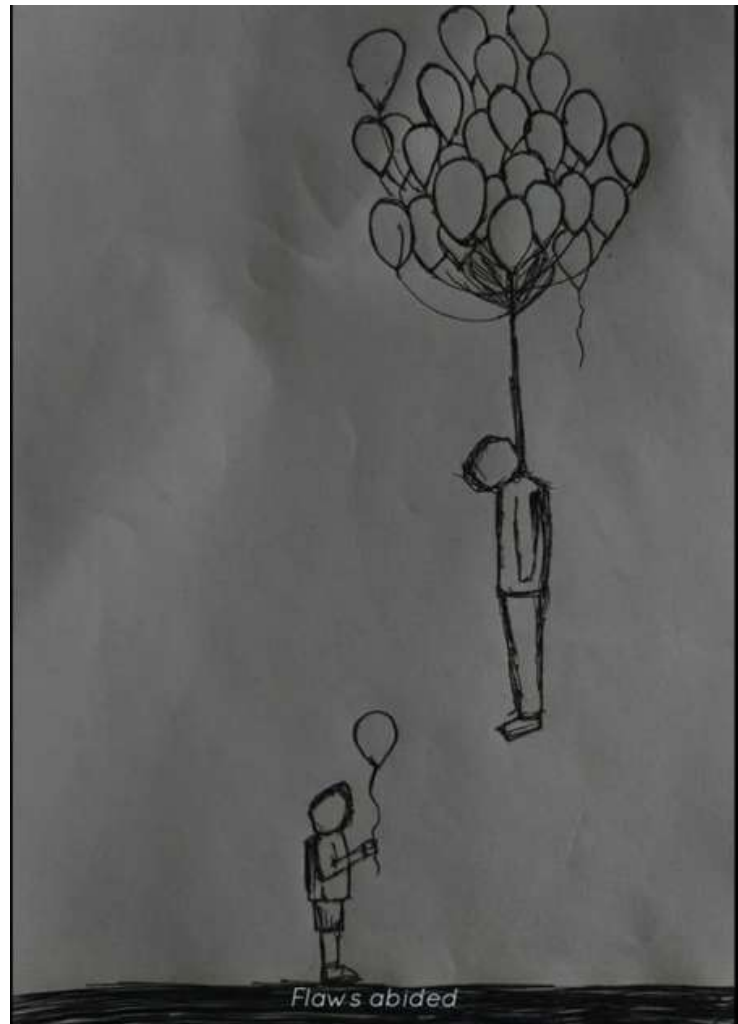


SWAFVAN A
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21MPSY54

"Now I envy the kid who had to bear only the guilt of not being good enough.

I still try to believe that it is better to be this way as I have always adored the ones who were strong enough to let go, perhaps it was just my envy in disguise. As it seems like, it's not about being strong but to be numb.

It's true, one can find comfort in dismay
When it's worst to win over one's own lies"



I Am Because You Are



SERIN SUSAN SHAJI
BA PSYCHOLOGY HONS
21PSYH45



A hand reached me when most needed
One that felt warm, kind yet unknown
The distrust within left me affrighted
When doubts of wickedness were sown

Time and time again I fell for people's lies
Leaving my soul always in a disguise
Once more I shall become fool to deception
Clutched my thoughts in face of your compassion

A feeling of disbelief shrouded my mind
At the thought that someone could be so kind
But the warmth and gentleness of your hand
Felt more like the sun's rays on the sand.

Still, you gave all that you could
For me to grow, learn, and live
Your sincerity knows no bounds
This heart of mine is yours to give

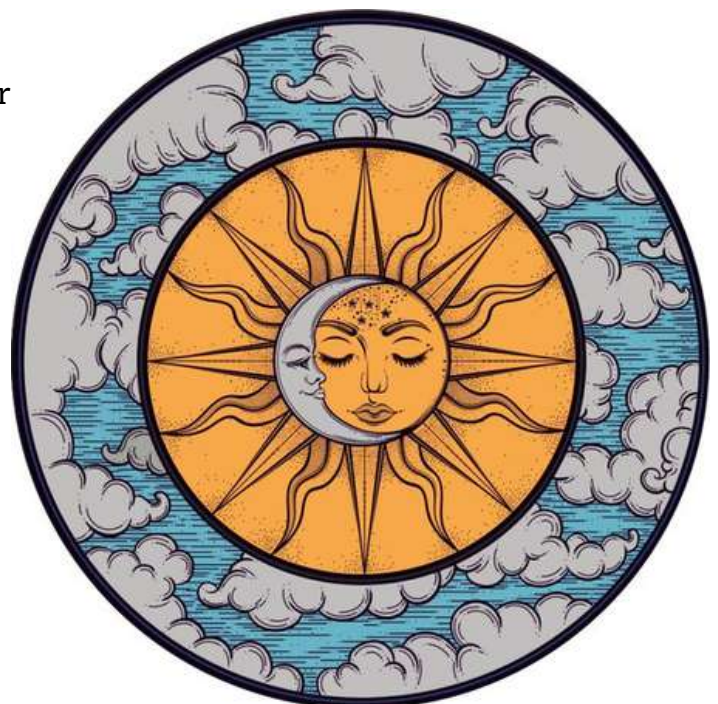
Now I lend a warm hand to those in need
Like what had been done once to me
When they ask me who I am
I say I am because you are.

Lend me a hand, will you?



SWETHA PARTH
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21PSYH51

Some days,
We have been the sunshine to hundreds, Who shines and
takes away the darkness of their life
But in this process, we did burn ourselves little by little just
like the sun did.
Some days,
We have been the healer of the wolf pack, Who would
take any pain to just heal the pack mate.
Some days,
We have been the Phoenix on the war field,
Who would fire her enemies and die a fighter.
But everyday,
We have been always there to lift others when they fell
hard
cause of those withering gazes
Cause of those societal norms
Cause of all those things that burried you alive in your
mind





But someday,
Someone is going to be YOUR
Sunshine
Someone is going to be YOUR healer wolf mate
Someone is going to be YOUR Phoenix protecting you
from those arrows that life throws at you.
For hoping is the source of your light
If not being for each other why are we the social beings?
why are we the humans?
Cause there is always going to be someone to lift an other
Cause if there is someone to push you down
there is always going to be someone rising with you just
from the scratch
Cause that's the name of the game
Cause that's the name of life!

Rise

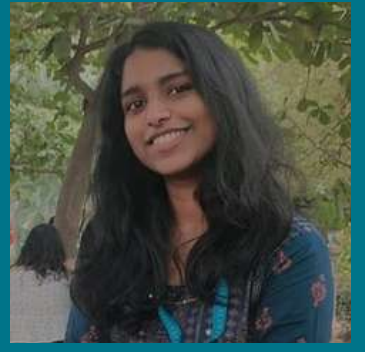


SHRUTI SUNIL JOSE
BA PSYCHOLOGY
22PSYB35

Brother, Sister
Listen closely.
There are going to be days
when sandstorms flood your way,
Times when this life
feels like a cruel game.
Nights that are cozy,
only from the grave,
But if your heart is still beating,
your lips still quivering,
and you'll give your soul another go,
Tell me when you want to sleep,
and I'll be your bed.
Are your flowers not growing?
I will be their stem.
Always remember,
Two hands make one clap,
We rise not alone,
but together, as a clan.



The Walls Whispered To Me, As I crept Up The Stairs



SONA ELSA SUNNY
BA JP ENG (B)
20HU6A2092

When young,
It was exciting to turn a year old,
Now,
It's just reality waiting at the edge of the door
To take us in
And shut the door of happy young days of sublime beauty,
For ever more

We want to show them we're happy
And eat our sadness alone
We want people to know without letting them know
Let them assume that we need help

The bitter truth about our generation is that,
We are all empty inside,
Hiding behind a façade

We need people to fill our void,
Who can hear our unspoken words
Who can read our unwritten words



Phoenix



AMISHA SHAKYA
BA PYEN
22PYEN70

Phoenix
It's moon for all
But it's you for me
Too far from me
But I want for me
It's rain for all
But it's your tears for me
Too hard for me
When you cry on me
It's wind for all
But it's your touch for me
Too hard to breathe

When you're not here with me
They are birds for all
But they are your letters for me
When they make sounds
I feel you are calling me
It's sun for all
But it's your pain for me
When rays comes out
They harsh me deeply
I feel what you feel
It burns my wings
I want to fly high

But your thoughts comes in between
I'll show them all, what I am
I'll stay strong
And I will give them a smash
Cause mom, only you know the thing
That I'm a baby of phoenix
Who reborns from ash

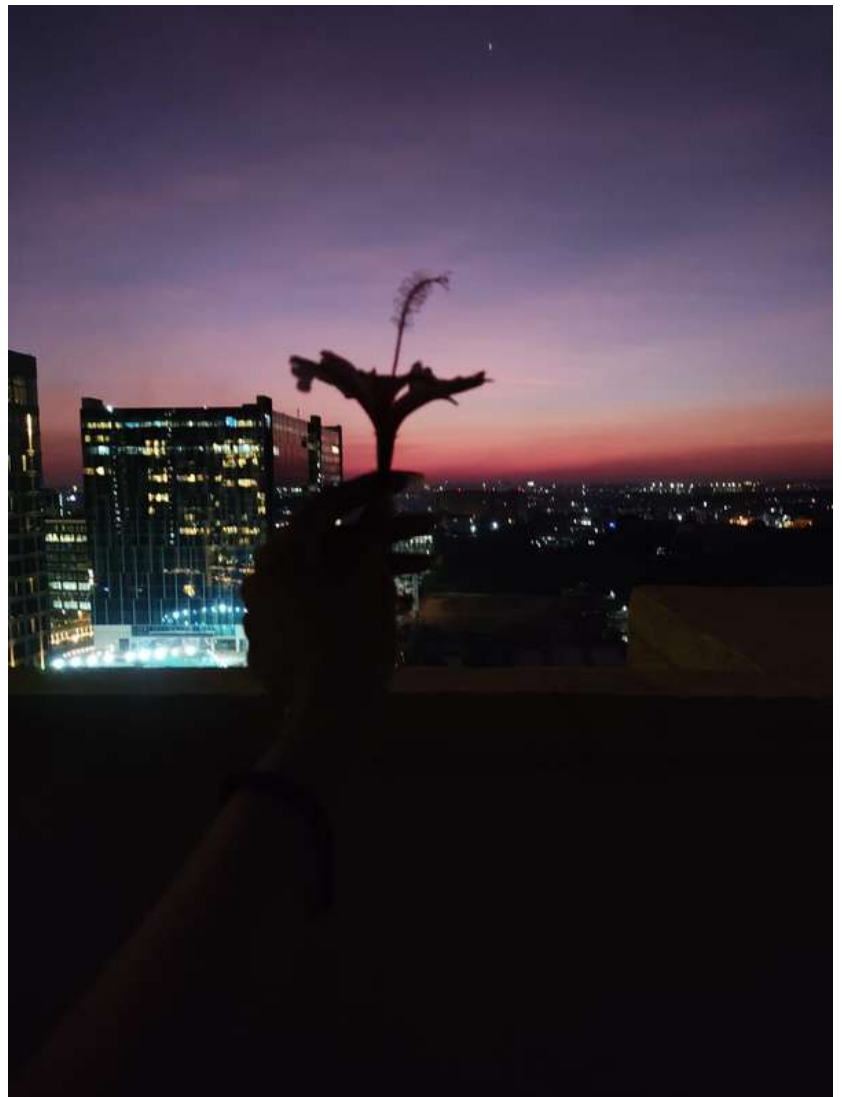


The Rise



SHRUTI NARSHINVH MOKASH
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22MPLA34

The sky above is so serene,
While down on land it's chaotic.
The gravity pulls everyone down.
It's our will that stops us from a huge drown.
Isn't it same for everyone?
No one forever is the powerful one.....
It's us who give each other the crown,
To keep the light glowing in the town.
This is how humanity is alive,
Otherwise it's always a struggle to strive!



The Phenomenal Child



CAREN MASCARENHAS
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22PYEN12

I was often told I'm a special child
That I was free to explore the roads
but only with faces I could recall.

Until one day i walked along,
And stroked upon a silenced crowd
with chaos shaped clouds
that moved like a destined song
With perfume felt poetry
In a house that I finally belong

Yes indeed I was a special child
Whose sanity has often put to the test
with creed of acceptance I was often denied
Of slurred words and eyes of wild
my hands and legs tied, a strangled lie

Who was to see and who was to stay?
When compared to metaphors I dare not say
For to you I was music from a broken record
in a loop of colors from orange to grey,
Until I turned by the corner the other day.

Manifestations often mistaken
for emotions in range
Yet not a sight of a helping hand
All alone left in a barrenness of land
To you I'm just a special child with needs
Of "fixing" me to your wants as you please.

I am a special child indeed, only with dreams and hopes I dare to achieve



The Art of Uncovering



PRERANA NANDISH
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21MPSY43

Not letting my tangled mind rest
A dog barks in a distance
The clock ticks too fast
and I hear myself breathing
The lights slip into my room
Through the spaces of the drapes
I am awoken into reality
An ocean of breath
Invisible in front of me
They light up my skin like waves
They remind me of the journey I've been
The story I've lived
In a dilemma of not knowing who I am
I freeze and I melt
Trying too hard to breath
While my feet are frozen
I'm stuck in the ground
A drop of tear flows down my cheek
And I trace my finger through its path
I couldn't be more familiar with anything else



A bird screeches to the skies
Without the hope of a response
Leaving me thinking
If I'm anything like it
A nocturnal nobody
without the freedom to fly
When the world sleeps
And you walk the path
Of all those unknown roads
Undiscovered by you
who has been hidden from the world
A journey equally tearing me into pieces
Am I a mosaic or a collage?
With colours and stories,
Journeys and memories
Yearning to be caught
By a traveller's view
On an unknown journey
On another wondrous story

Draped In Humility



CAREN MASCARENHAS
BA PSYCHOLOGY PYEN
22PYEN12

In grief that I so often called home
taught me truth through tears of fall
showed me the choice of freedom
where one does bask in pride
yet my humility is what shined
among the silence, in fading light
I prevailed through ache, if I dare say
in scars of bloom, that guided the way

Across humility I stumbled one day
in delicate touches
and silver linings,
dangling by a thread, waiting for its calling
For a while, being hidden in a corner afar
only to see it slowly sail apart
In mankind I see, in myself too, I believe
through grief that slowly wove my heart
carved me a human in a different path



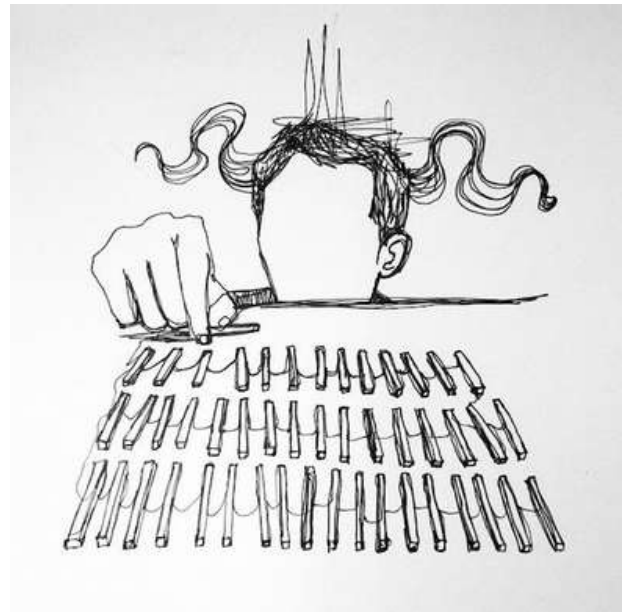
In grief that I so often used to call my home
broke the barriers of gushed in tears
tested faith and provoked fears
yet I was being draped in nature's womb
a dress being made out of humility
through it's mundane yet exotic loom.
Humanity too shall be drenched in same
in abundance to be blessed,
in abundance not to blame
the universe's purpose is served
when the dress is draped to one and all.

OCD- A frenemy



SHRUTI NARSHINVH MOKASHI
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22MPLA34

Stubborn steps I make as I hitch,
Oh no would they die if I don't flick the switch.
These things just cause me to freeze.
I need to go back and forth,
So that my brain allows me to release.
"Just don't do it" they say,
But this battering is not my choice!
It's my inner voice.
The professionals call it OCD,
I am panicking.
Is it threatening to my life,
Or am I danger to my child and wife?
Am I really that unbecoming,
It's me sometimes just counting,
Sometimes the need for ordering and rearranging,
And sometimes a reassuring.
These are things which are comforting,



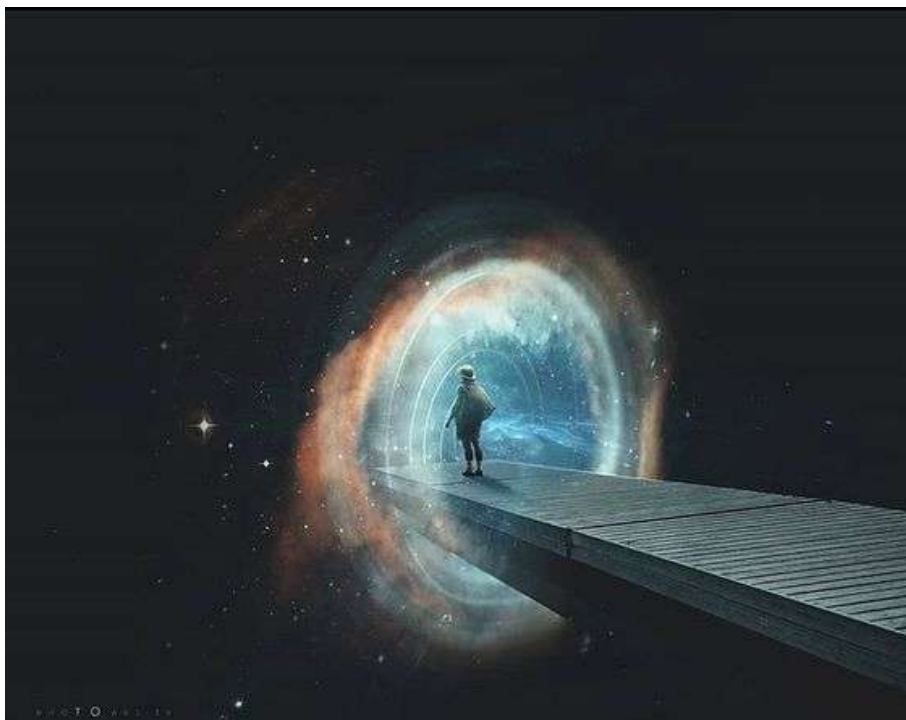
But sometimes so unjustified,
Yet keeps me so anxious.
My heart beat races with time,
If I don't hear that chime at Nine.
I have a counsellor,
They are trying to put me back together!
Sometimes I feel it's getting better,
The other times I just stop,
Because the office might not be mopped!
I just reach the office to see everything's alright!
They might say it's my habit of exaggeration,
How do I explain?
It's not my choice, It's a compulsion!

A Little Bit of Everything



GARDYLIA GRACIA SAHKHA
22PSYA15
BA PSYCHOLOGY

And it was at that moment. I stepped back.
I should have stood there, that's what I thought, sometimes.
The screams and loud cries.
It's the little bit of everything that slowly gradually circles around you and pulled you in
enclosed
bottoms that could never be free.
And it was at that moment. I screamed.
I let turbulence held me in places I cannot see.
I let opinions that makes me suffocated to take it.
It's the little bit of everything that can either hold you tight or let you drown.
And a little bit of a song that screams or a soul that cry out for help can make a little bit of
change.
It's a little bit of everything that can make a change.
Again and Again.



Euphoria



ANNE ANANYA
21PYPA03
BA PYPA

Thought I was lost in euphoria I had never known
But was it euphoria or darkness?
My eyes felt heavy with uncertainty
But hope made my eyes wide open
Tore my soul in search of light
And had found nothing but darkness
Pressure of what felt like an ocean suffocated me
But was I drowning in water or pain?
Knocking on the wrong doors
And world wouldn't help me
Perhaps world is people like me, struggling
Only my thoughts and choices can help me now

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.
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If u don't know

The thing to do is not to get scared but learn.

Only those who risk it and walk through the path will know how it feels
up there.

EUPHORIA

My Secret Place

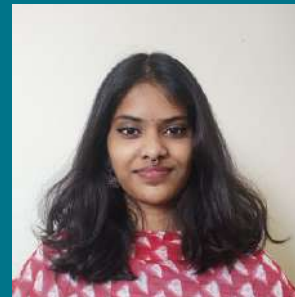


NASEER AHMED BHALDAR
MSC PSYCHOLOGY
22MPSY07

I go to a place that no one else knows about, where mystery reigns supreme and excitement grows.
A location beyond the reach of any man,
Safely hidden in the countryside,
Out of reach of potential robbers.
Its abundance of power and life-altering wonder.
I travel alone to my secret location,
Leaving no trace for someone to follow and discover my space.
Where I keep my secrets, worries, and regrets
Away from the world and its perils.
It is entirely and solely mine!
It's the only place I've ever called home.
This location I'm describing is exactly as it seems,
This wonderful place is what I call my dreams.



Waves



ANNE ANANYA
21PYPA03
BA PYPA

They see beautiful waves
They don't know what's inside
They don't know how dark it is
They don't know how suffocating it is
They think they figured it out
But those who have been there knows how hard it is to come back



Sleeping Disorder



SHREYA RAY
BA PSYCHOLOGY
22PSYA44

I didn't realize when it started taking place,
I kept falling asleep without a trace.
I'd wake up hours later in a daze,
I used to be so confused it felt like I was in a maze.
Sometimes I used to be woken up from my slumber,
Just to drown in my sleep again, a 100 feet under.
"How much more will you sleep?" my mother used to say, How could I explain it wasn't something that I could keep at bay.
School was probably the worst of all,
It makes me bitter even today when I recall.
I slept through most of my classes,
It becomes worse as time passes.
"Don't you sleep at night?" my friends used to ask,
How could I tell them staying awake for me was such a task.
Sometimes I used to be woken up by squeals of laughter, They were laughing at me sleeping I realized after.
I missed out on a lot in the process,
I was deep asleep while people were making memories during recess.
With peers I wasn't able to be make strong bonds,
For you needed to be awake to communicate and respond.
"You're so lucky you fall asleep so easily" they complained, Only if they understood my plight and how because of it I was drained.
My family mocked the way I slept,
And with a smile their mockery I did accept,
Ah but deep within I quietly wept.
I must mention some angels though,
They took pity on my condition and empathy is what they showed.
Even after I was diagnosed with the disorder,
Even after they knew it was something I couldn't immediately reorder,
To stop making fun they didn't bother.
A person may be in a situation deeper than it seems, Keep an ear out and maybe you'll get to listen to their silent screams.



Never Love Travelers



NAMRATA GOSWAMI
BA-JP ENGLISH (B)
20HU6A2084

They'll bring the stench of distant soils
They'll make memories replacing others',
They'll catch a cold from a foreign air
They'll make more hearty brothers,
Never love travellers.

They'll lose the taste of familiar food
They'll find comfort in a stranger's tent,
They'll confuse the idea of what's good
They'll wander around; never content,
Never love travellers.

They'll visit you once in a year
They'll look strange, smell different,
They'll keep quiet and barely hear
They'll not settle for something permanent,
Never love travellers.

Oh, but love them
Love them, for they always know the way
Love them, for they are never lost
Love them, for they can make your day
Love them, for they survive, at any cost.



Friends- A Monologue



HIZANA FAYAZ
MSC CLINICAL PSYCHOLOGY
22MPLA22

Where did all of the happiness go?
I have seen your eyes shine
brightly at the sight of a child,
a small smile gracing your lips.
I have seen you run to people to
help them whenever they needed you.
No matter what people said,
you always believed that
there was good in people.
In the eyes of others, you were
irreplaceable and a gift.

But now that I see you, I feel lost.
Where did my friend go?
All I see now is the cold look in your eyes.
The light in them seemed to have vanished.
You, who used to be so selfless,
now no longer turn to anyone
when they need you.
You have now built these walls around you
which before were non-existent.
Your calm words and exterior
now no longer exist,
and all that remains
is an empty shell of yourself.



I do not know of the events that occurred
that caused you to be this way,
Nor do you even bother to tell me.
You have shut me off
just like you did with the world.
You must feel that I too have betrayed you.

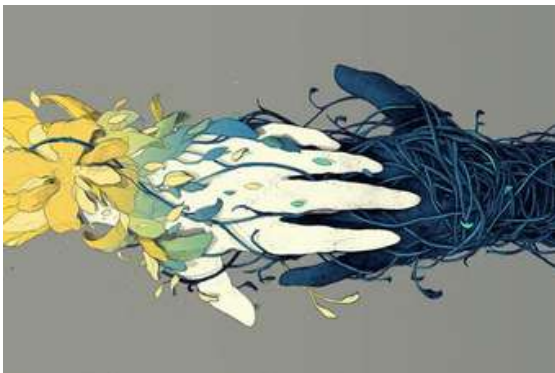
I apologize for not being present
when you truly needed me.
I feel like I have lost a part of myself
along with you.
But know that I will keep trying
to knock on the door that you have built up,
even if that means I get no reply.
I will keep trying
till I see my friend back again.

Him



ALIA S
MSC CLINICAL PSYCHOLOGY (A)
22MPLA05

I was mesmerized by his gentleness
He was a being that could connect with beings so lower than him
Is that not modesty?
By the way, he cared, I felt he was not cared enough
I stepped into his world, where I saw
he was empathetic to all beings but himself.
he was with me for some time,
I guess he was just trying to figure out who I was
I thought we were being friends.
At the perfect moment I thought he was definitely fond of me, he left
I guess he sensed I was a human too.



But his heart deserved the warmth of a hug,
He deserved pampering after a long day,
He deserved a person to confide in his fears and joys.
A person to share his world that he created away and safe from humans.
A world where,
Everyone was heard
Everyone was cared for



A human that could hurt him or abandon him.
I tried so that he understands that I came to love and to stay.
But his empathy was not for the human race.
He did not dare to trust another human
I never asked what happened.
I just wanted him to stay
I was sad that he left and did not choose to stay
He thought why can't I just forget and move on like he does,
If he can then why can't the rest?
He looked upon in contempt.
He had long lost the trust in humans

Where everyone mattered
Where no one would judge
Where no one would bully
Where there was not just him and his rules but also a lot of love
He deserved his world to turn into
plenty of love, him, and his soulmate
He has to take courage to let in love
To forgive, to heal and to grow one can't hold onto what that hurt

Alzheimer's



SHREYA RAY
BA PSYCHOLOGY
22PSYA44

I remember my grandma's voice call out to me,
Every morning just in time for tea
Now she sits and looks at me blankly
At times smiling from the corner of her lips, blandly
I remember her wrinkled yet skilled hands knit wonders
Now she's so forgetful that they only do blunders
I miss her divine laughter
Which is departing even faster
Seeing her this way, has left my heart with a void
But she'll always be my grandma, the one who once left me overjoyed.



Warmth of Unknown



AAGA SUSAN ELDOSE
BA PSYCHOLOGY PYEN
22PYEN01

Eyes that bleed and cheeks that are soaked
Voices remain muffled as screams are in vain
Lies thy darkness 'round the corner,
All that's known for her is an oblivion with no end
Chills down her spine as her eyes sting
An arm around her, forgetting her scars
A breath that was stalled
A flaw that was ignored
Unaware of whose warmth
All that remains is her in broken shackles
She's free and she has no bounds
Her lips tremble in prayer that it never ends
Alas I could only remember to embrace the unknown
And set myself to be worshiped to a trance
If I could, I would do it again
To be the one to embrace the unknown.



Where did I go wrong?



RITIKA LODH
BA PSYCHOLOGY
22PSYA41

I cried again tonight
Hoping we don't fall further apart
I wish we could go back
To the times you'd make me smile
Days I didn't have to wonder
Wouldn't think twice to ask..
Where did I go wrong?
I miss those days
When I didn't have to be unique
To be your lovely daughter,
When I didn't have to dance around
I didn't have to sing out loud,
Just to earn your smile
Where did I go wrong?
I still am the same
The one who wouldn't spend a day without you
Yet I live here alone
Pushing you away every day
Searching for answer
As I ask myself
Where did I go wrong?
"Why don't you call anymore?"
You ask ever time we talk
Cause no matter what I do
I don't see the same person
Looking back at me no more
I want to ask one last time
Where did I go wrong?



LOSS



AMISHA SHAKYA
BA PSYCHOLOGY PYEN
22PYEN70

I wrote this poem when I lost two precious diamonds in my life.

As always I took a pen and a paper and began to pour my feelings with black ocean ink. Well, when a writer or poet starts writing, he or she never write only for himself or herself, they writes according to everyone's thoughts and feelings.

This piece of writing is for every single person who lost their most beloved heartbeats and never imagined breathing without them.

It is especially for the ones who are unable to understand how to deal with life without their dear ones.

Before reading the poem, I want you to close your eyes, imagine that person who you love the most and for those who lost their loved one, I want you to remember the beautiful moments you spent with them and then start reading the words that are only meant for your feelings, that person and for you :)

For You mom and nonna :)
On your birthday
March 15th



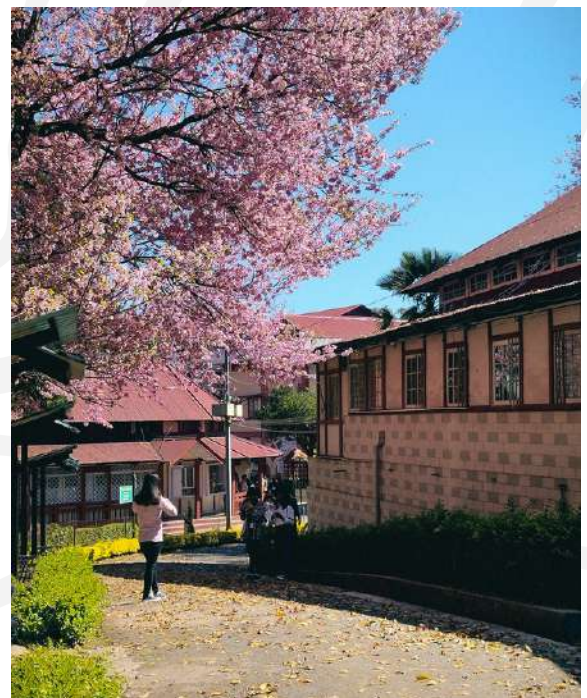
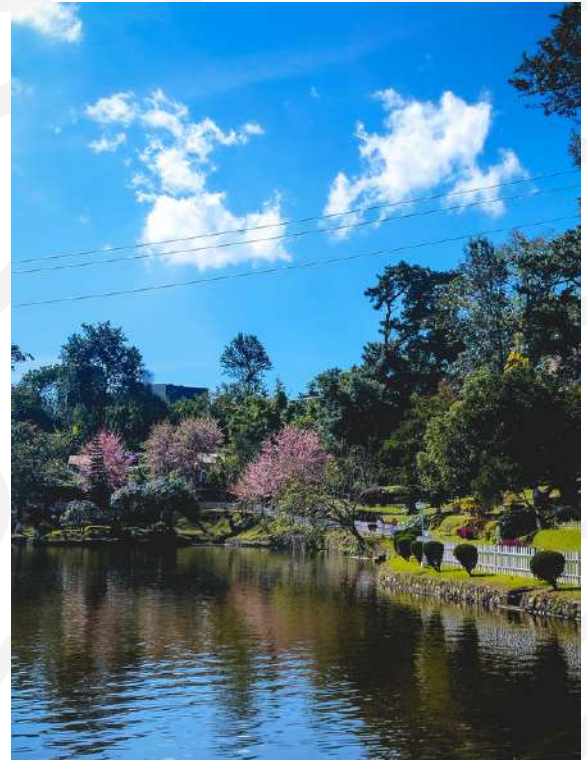


PHOTOGRAPHY

Blossoms



GARDYLIA GRACIA SAHKHAR
BA PSYCHOLOGY
22PSYA15



An Oasis of Tranquility



PRERANA NANDISH
MSC PSYCHOLOGY
21MPSY43



Home



GARDYLIA GRACIA SAHKHAR
BA PSYCHOLOGY
22PSYA15



People



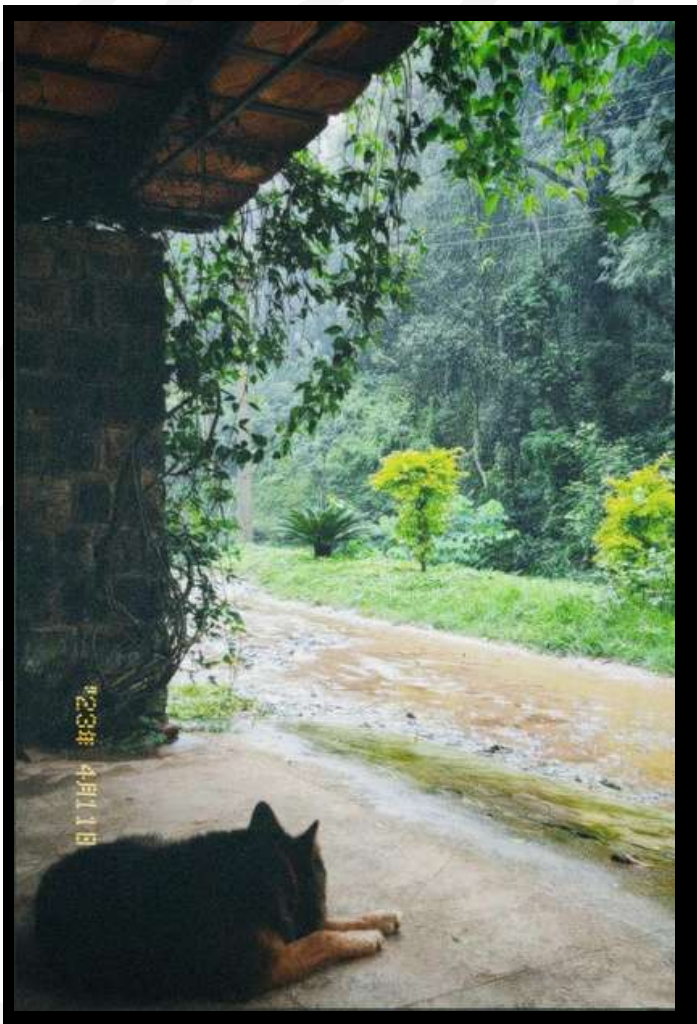
ANANYA REDDY
MSC CLINICAL PSYCHOLOGY
22MPLB17



Safe Space



ANANYA REDDY
MSC CLINICAL PSYCHOLOGY
22MPLB17



Burst of Color and Life



PRERANA NANDISH
MSC PSYCHOLOGY
21MPSY43



A Cosmic Dance



NATHANIEL PHILIP
MSC. CLINICAL PSYCHOLOGY
21MPSL34



A New Beginning



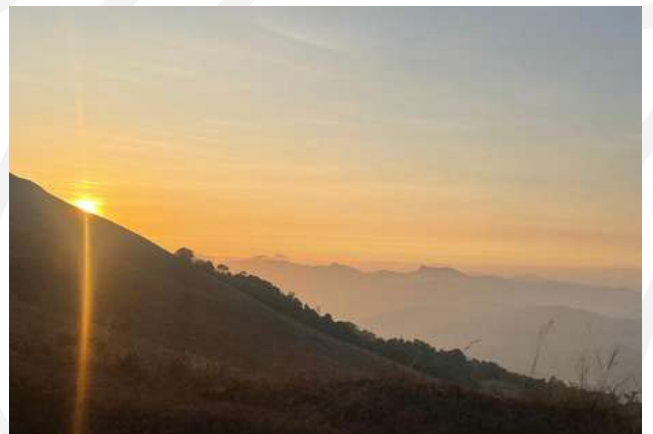
KARTHIK RAIKAR
MSC PSYCHOLOGY
21MPSY28



A Sense of Achievement



PRERANA NANDISH
MSC PSYCHOLOGY
21MPSY43



One of the most rewarding aspects of trekking is the sense of community and camaraderie that develops among hikers. This shared experience can create a powerful bond that lasts long after the trek is over. When we help those around us, we not only make their journey easier, but we also create a positive impact that extends beyond ourselves. By working together and supporting each other, we can achieve things that we might not have thought possible on our own. When we finally reach our destination, the sense of achievement is all the sweeter because we know that we did it together. So as you embark on your next trekking adventure, remember that you are not alone and that by lifting each other up along the way, we can all reach new heights and achieve great things together.

Hills



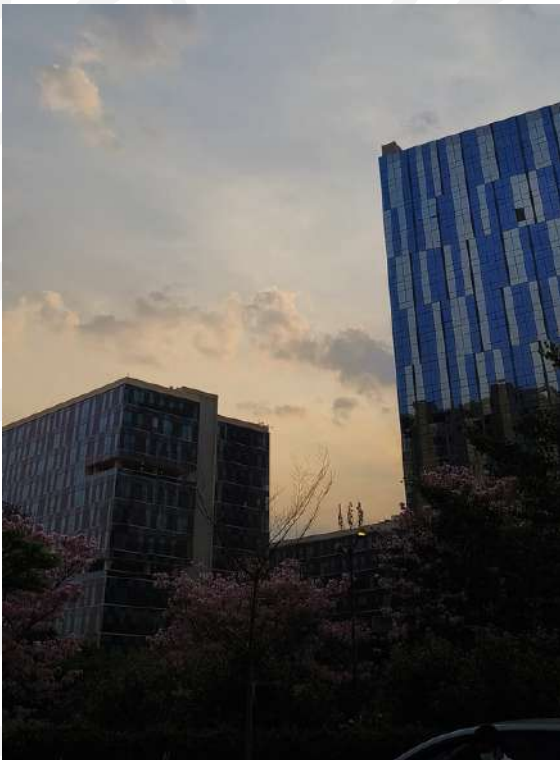
RATHOD ISHA JASMIN
MSC PSYCHOLOGY
21MPSY45



A Journey



KARTHIK RAIKAR
MSC PSYCHOLOGY
21MPSY28



Light



MAUSHMI.S
MSC PSYCHOLOGY
21MPSY36



Your littlest light, let it shine! Who knows! It might light up someone's darkest moments...



Sunsets always remind us to reflect on the present day and of a better version of ourselves to cherish for a better tomorrow.

Nature's Art



ANISH SALIL RUNDA
BA PSYCHOLOGY HONS
21PSYH07



A Moment of Serenity



ARJUN SIDDARTH
BA PSYCHOLOGY HONS
21PSYH10

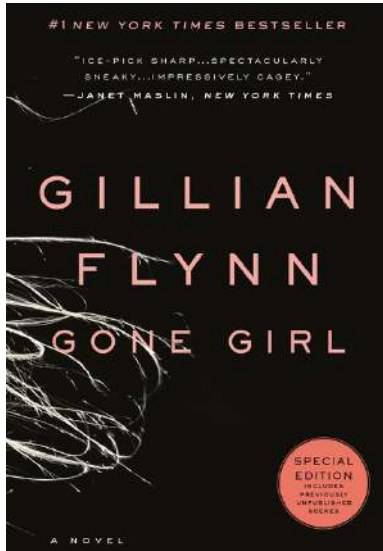


Gone Girl



SHREYA NAIR
BA PSYCHOLOGY HONS
21PSYH49

“There’s something disturbing about recalling a warm memory and feeling utterly cold.”



Gillian Flynn's *Gone Girl* is a 2012 dark psychological thriller that unfolds from the perspective of the two main characters Amy and Nick. They are complex and well-developed characters and the story centres around their strained marriage. The story starts on the morning of the Dunnes' fifth wedding anniversary, the same morning Amy abruptly goes missing and Nick claims to have no idea what's happened to his wife. As the case is more investigated Nick's side appears to be weak and things start getting worse for him. She is missing but he is not devastated and this insufficient display of grief mounts to his overall image in the media. Amy's perspective is known through her diary entries lodged before her disappearance. We see her earlier, happier days in New York where she led a life of luxury.

The beginnings of her relationship with Nick are also known through the entries. Amy is revealed through her diaries, and Nick narrates his experiences as he follows the clues in the anniversary treasure hunt laid out by his wife before she disappeared. The book was also adapted into a film by David Fincher starring Ben Affleck and Rosamund Pike in leading roles which was released in 2014. The book is filled with forensic and psychological details. The events, voices, thoughts, and actions of Nick and Amy seem real. Through her story, Flynn lays out cruel manipulative techniques that spouses give into over time and how marriage is viewed as a performance of sorts. This is well described by Nick through the lines - "We weren't ourselves when we fell in love, and when we became ourselves - surprise! - we were poison. We complete each other in the nastiest, ugliest possible way."

The book is interesting as it is not just a mystery thriller. It talks about the nasty cruel sides that relationships bring out of a person. It sheds light on the toxicity and the cycle that you get stuck in when in a toxic relationship. Flynn can surprise you in the most unexpected ways. Her strength mainly lies in her ability to create multidimensional characters and how she changes the way her readers perceive her protagonists. One of the most clever things about the book is the way Flynn changes who we root for and how we root for them.

Two pages before the book ends, Flynn throws a huge twist. The ending of *Gone Girl* is very unexpected. Some people will love it and some will hate it. But what can't be argued is that it is one of those books that you finish and you can't stop thinking about. The book takes time to pick up the pace but it's worth the wait.



**MOVIE / SERIES
REVIEW**

**POP
CORN**

The Last Of Us



SHREYA NAIR

BA PSYCHOLOGY HONS

21PSYH49

"We Can Just Be All Poetic And Lose Our Minds Together"



The Last of Us is a live action adaptation of the critically acclaimed and beloved game of the same name that was released in 2013. The HBO adaptation released this year was created by Craig Mazin and Neil Druckmann. The creators of the game were also involved with the production of the series.

The show starts 20 years into a global pandemic caused by a fungal infection that destroyed civilization. The infection causes people to turn into zombie-like creatures. In this vision of the post societal world, nature has reclaimed the remains of human society.

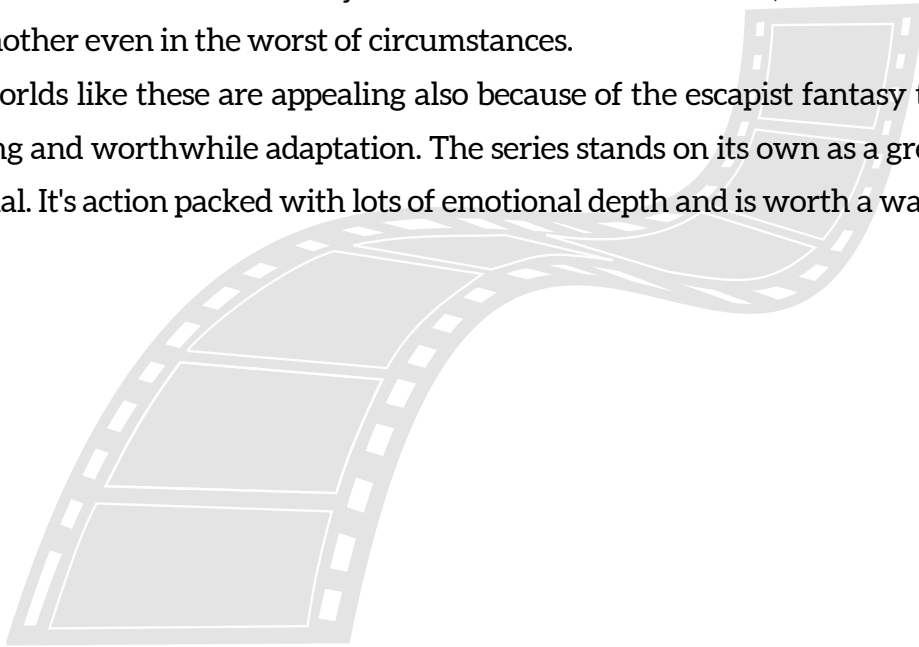
The first season adaptes the events from the first game and consists of 9 episodes. The show is narrative driven and focuses on its characters , the relationship they share with each other and their relationship with the world. The show stays true to its source material while giving more depth and nuance to its characters and their dynamics. The show follows Joel, (played by Pedro Pascal) who is tasked with escorting Ellie (played by Bella Ramsey) across a post-apocalyptic country. Their journey

throughout the show is heart wrenching to witness. The show also follows smaller storylines of several other characters which seamlessly flows with the rest of the story. The world of The Last of Us is violent, harsh, unnerving and emotional. It is a finely made adaptation from its performances, to storytelling to its visuals. It depicts a world where people do whatever it takes to survive. Yet in the midst of this horror, there is humanity and hope, and that is where the beauty of the show lies.

The Last of Us presents us with a world that turned hostile and dangerous but it is also a story that explores how we nevertheless find meaning and love, how we still long for connection and how we are willing to sacrifice everything to safeguard them. It is emphasized more when one of the characters says "I Was Never Afraid Before You Showed Up."

The show is filled with moments of despair but between those moments there is hope. Just like it is filled with pain and loss, the show is also filled with small moments of humor, kindness and beauty. The relationship between Joel and Ellie shows abundance of hope as they begin to support and care for one another throughout their journey. After everything that Joel went through, it was Ellie who brought back light into his life. The Last of Us is not just about its action or zombies, it is about selflessness to love and care for one another even in the worst of circumstances.

Post apocalyptic worlds like these are appealing also because of the escapist fantasy that they offer. The Last of Us is a strong and worthwhile adaptation. The series stands on its own as a great series regardless of its source material. It's action packed with lots of emotional depth and is worth a watch.



One Day



SHREYA NAIR

BA PSYCHOLOGY HONS

21PSYH49

“She made you decent, and in return you made her so happy, so happy, and I will always be grateful to you for that.”



We grow. We evolve. People develop new habits, outgrow each other over time or sometimes grow together. How people grow is a topic that isn't much touched upon through cinema and Lone Scherfig's *One Day* attempts to do just that. It is adapted from David Nicholls' 2009 best selling novel of the same name. The film starring Anne Hathaway as Emma and Jim Sturgess as Dexter was released in 2011.

The movie follows Emma and Dexter when they first cross paths in college in 1988 and continues to check in on them on July 15 each year. This way every single event is not shown. Success, failure, marriage, divorce, all of it takes place off-screen. The film focuses on their accumulating effects. The soundtrack for the movie, *We've Had Today* by Rachel Portman, is gorgeous. It plays again in the opening and closing sequences of the movie, bringing warmth and tenderness to each one.

The film mainly centers around the idea that love is friendship and how you can live your whole life not realizing that what you're looking for is right in front of you. It is a friendship shared by people who value and care about each other. Despite their issues, disagreements, and breakdowns, they are always together. The thread is never broken. There's an

unacknowledged tension between Emma and Dexter that smells of romance. They love each other but from a distance. It is the kind of fondness and affection that stays no matter what feelings they have for each other. They are not black and white characters. They are grey, and that portrayal makes them real. They make mistakes, and they feel real.

The various facets of the two characters are not overlooked in the movie. The movie does a wonderful job of capturing the essence of time, growth, change, and transitions. Despite their flaws, Dexter and Emma are nonetheless loveable. You support them and want them to be happy and together.

With some people, we are destined to become lifelong friends. But it can't be planned that way, chance plays a role too. But as Emma says 'Whatever happens tomorrow, we had today.'

MOVIE REVIEW

Luca

“Some people, they’ll never accept him, but some will and he seems to know how to find the good ones.”



SHREYA NAIR
BA PSYCHOLOGY HONS
21PSYH49

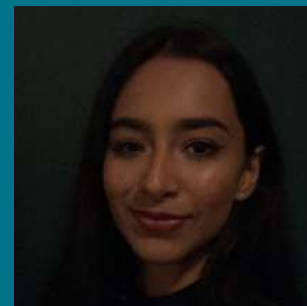


Disney and Pixar’s original feature film Luca directed by Enrico Casarosa is a coming-of-age story about a boy experiencing an unforgettable summer. The fun is threatened by a closely-guarded secret: they are sea monsters from a planet beneath the water’s surface. It is a touching tale about acceptance and friendship. The film is a visual splendor. There is no grand quest or reflections on the nature of life, it really is one of the simplest movies Pixar has ever made. It is so wonderful to get something from the studio that is not only straightforward and endearing by nature, but also not tedious or pointless. Seeing Luca, his bond with Alberto, the quirky girl they meet and the outcast friendship they all form together is all very enjoyable.

The villain of this story is over the top and nothing but a goofy bully who thinks everyone loves him and this is so refreshing to see. Not just the characters are simple and enjoyable but even the storyline is simple to follow. Set in fictional town Portorosso. The narrative follows the adventures of Luca and Alberto as they learn about the pleasures and perils of the world of humans. The topics that Luca presents convey ideas that speak to all audiences. It usually takes a straightforward approach, yet its storytelling is really powerful. Some would interpret it as a story about finding yourself or pushing yourself, while others might take it as a lesson in how your dreams shouldn’t be affected by the outside world. It is the kind of film where whatever theory you put into it doesn’t really contradict the story. Together with comedy, fantasy, and friendship themes, the movie makes comments on society issues. The movie underlines the widespread cultural anxiety about trying to fit in and finding oneself. The idea that Portorosso is a dangerous site for sea creatures represents an overarching issue in the real world. The community of Portorosso embraces Luca and Alberto as both humans and sea monsters in the film’s concluding moments, which offers hope for the numerous minority groups who feel undesired in society.

It is a unique story, a story of making a friendship which eventually starts to grow apart. It is a story for people who feel outcast, for those who feel left behind and alone. It is a story that deals with learning about yourself. The essence of the film can be felt through its end credit where it shouts out to ‘all the friends who pulled us out of the water and helped us find our way.’

The Fundamentals of Caring



YACHANA GOYAL
20HU6A1046
BA JPENG

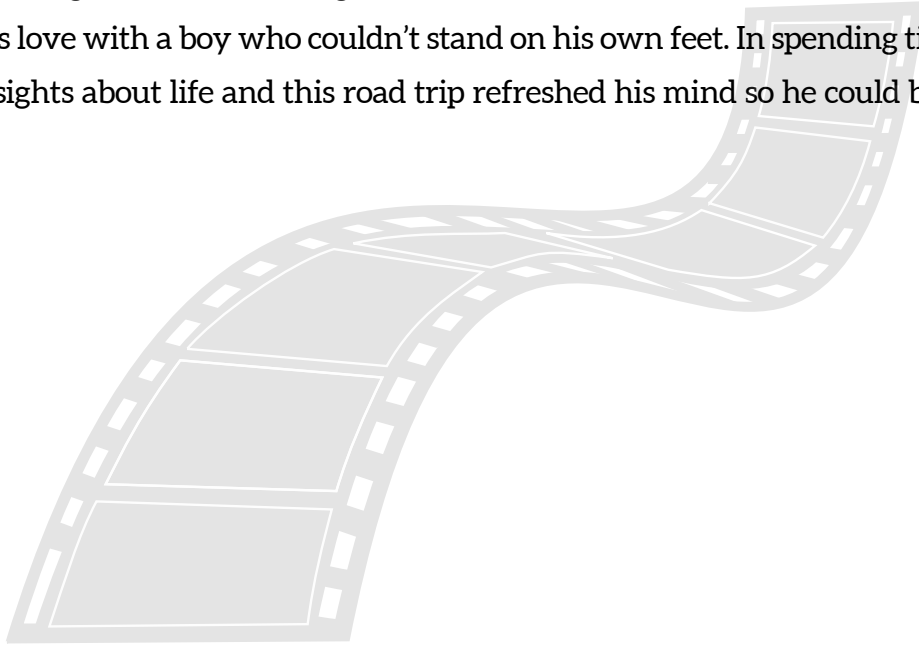


The Fundamentals of Caring (2016) is a comedy-drama film seasoned with delicious wit and eye opening insights about life. Revolving around Ben (Paul Rudd) and Trevor (Craig Roberts), this film dives into concepts like self belief and social support. It provides perspective about how one must accept one's own strengths and limitations. Trevor is born with Duchenne Muscular Dystrophy (DMD), which restricts his mobility but not his acute sense of (sometimes, well mostly dark) humor. Ben and Trevor are troubled with the past and have different ways to cope. Ben is struggling to come to terms with his impending divorce and is traumatized by his son's death. Trevor struggles with his genetics as well as his father's abandonment when he was diagnosed with DMD. Ben becomes a caregiver as a way to cope with his trauma.

Trevor might be asking himself if his condition makes him less deserving of love. But the question he chooses to express repeatedly throughout the film is "Pick a number between 1 and 3,500". Embarking on a road trip to ensure Trevor goes beyond the confines of his Home, Ben arranges for an adventurous journey along which they meet Dot (Selena Gomez) and Peaches (Megan Ferguson). The four of them form a natural bond filled with wholesome moments of support and laughter. Along the way, they also halt to meet Bob Richardson, Trevor's father. His brief reunion with his father was facilitated because of the road trip. This film reveals the beauty of a goal, no matter what it is. It can be anything that has meaning to you or simply your desire. Wanting to visit the world's deepest pit and meeting the world's biggest bovine, Rufus, kept the four of them together. Trevor shows much bravery in confronting his father. In such ways, The Fundamentals of Caring is inspirational. Seeing Trevor gather the courage to meet his father and process uncomfortable emotions, Ben is inspired to face his past as well. This journey also provides perspective about various ideas about life such as confronting and dealing with our pasts. Ben and Trevor uplift each other. Ben is disturbed by the trauma of his son's death and is haunted by a flashback. Shown bit by bit, this flashback is completed when Ben delivers Peaches' baby. The birth of Peaches' son didn't overtake the death of Ben's son. Instead it helped him accept that where there is death, there is also life. At the end of this eventful and emotional road trip, Ben is finally ready to sign the divorce papers. Ben's idea to help Trevor explore his life, freed him from his own pain.

During the journey, Trevor also learns to break the monotony of his routine. He gains the ability to be free in his choices, if not from his wheelchair. This road trip facilitated other events that were significant to the characters. Ben helps with Peaches' delivery in the middle of nowhere. Dot reunites with her father through this journey

as well. Trevor was able to briefly meet with his father and gain bitter but important closure. Ben rose by lifting others. He finally stopped running from confrontation and faced his trauma. This film provides perspective about how one must accept one's own strengths and limitations. Trevor shows us that while it is natural to be insecure about ourselves, it is important that we learn to be comfortable in our own skin. What makes us different, doesn't make us weak. Trevor's mother, Elsa (Jennifer Ehle) showers her son with unconditional love, while enjoying his rather frightening pranks. This portrays the importance of social support especially in such cases of restricted mobility which can have lasting effects on one's self esteem and confidence, while also acknowledging the immediate physical dependence. It is understandably difficult to accept reality when one is struck by a rare condition - DMD affects 1 in every 3,500 males. By donning the role of a caregiver, Ben didn't want to become Trevor's father. Instead, he wanted to share his love with a boy who couldn't stand on his own feet. In spending time with Trevor, he gained priceless insights about life and this road trip refreshed his mind so he could begin his new life of acceptance.



Psychology

Abnormal Psychology

Discrimination

Schizophrenia

Personality

Borderline

Antisocial

Prejudice

Symptoms

Disorder

Therapy

Stigma

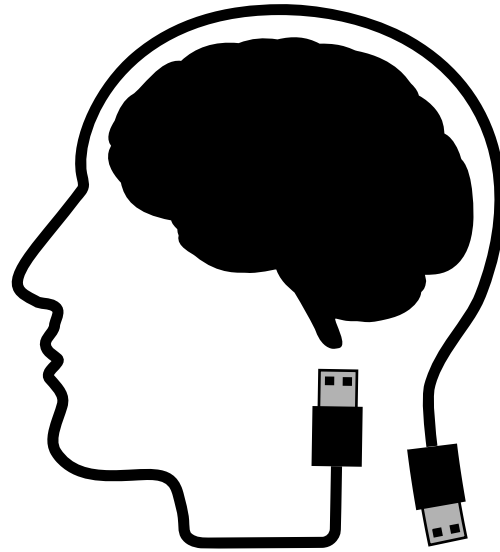
Phobia

Panic

PTSD

OCD

GAD



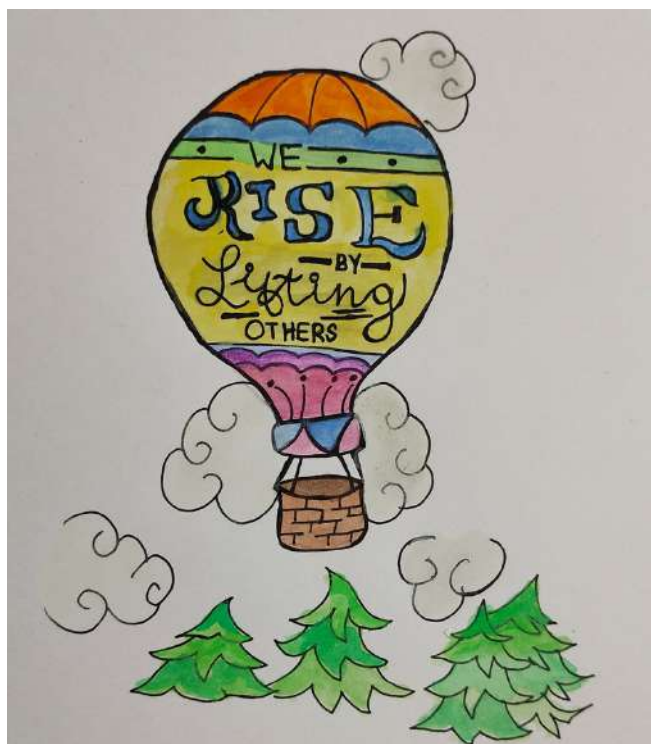
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MALEK SAMIRA 22PSYA26

ART



The Art of Hope



ASFIYA INAZ H
21PSYH13
BA PSYCHOLOGY HONS

The Broken Blessing



PAMELA DORAIN R
BA PSYCHOLOGY
22PYEN37



The Helping Hand



Krishna



SHWETHA
BA PSYCHOLOGY HONS
21PSYH51



Help Others

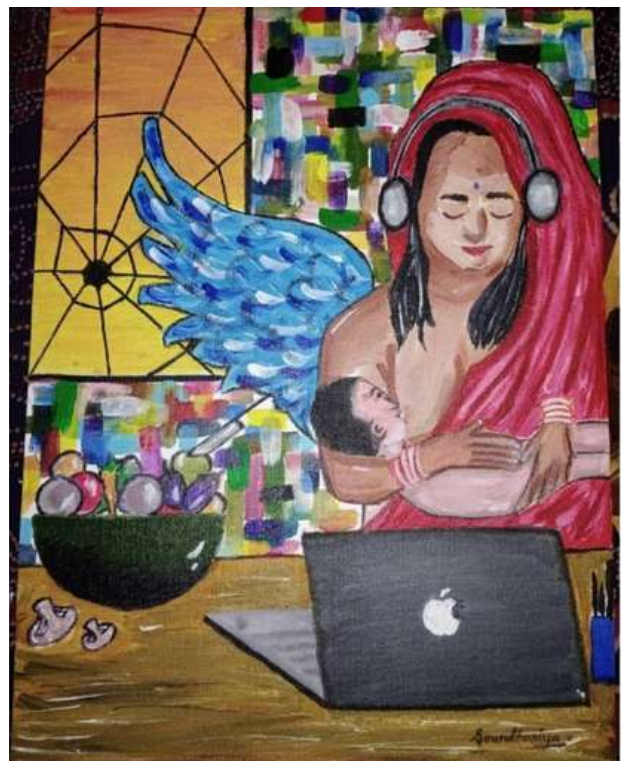


DECHEN CHOZOM
21PYJO20
BA PSYCHOLOGY

She is a Poem



SOUNDHARIYA P
MSC CLINICAL PSYCHOLOGY
22MPLA48





TEACHER'S
CORNER

Inner Silence



DR. R KRISHNAN BHATT

The word 'Inner Silence' refers to a state of harmony within and without. There are many schools of thought which have different approaches to inner silence. To understand inner silence the key word is a high degree of self awareness. It encompasses EI and goes beyond and much deeper, to the core of the being constantly moving from basic consciousness to universal consciousness. Awareness starts as attention. Attention, which is initially based on fear, anxiety and concern. Activity striving for perfection releases the elements of anxiety, fear and the associated tension in attention. Gradually, relaxation floods attention and awareness brings in ease and poise in work. Awareness gradually spreads. Working in awareness becomes a part of life. The growth of awareness makes possible a sustained and unbroken awareness during the performance of any action. The subtle layers of the mind stay in awareness (silence) while the outer layers of the mind continue all the necessary activities. Inner silence surrounds around the personality and the environment in a dynamic state. Maintaining this inner state of awareness under fast changing interactions with the external world. This inner purification of retaining awareness under all circumstances leads to a deep inner silence. In the state of inner awareness there is no turbulence of the emotional state. It is a constant action in relaxation and maintaining equanimity amidst fast changing external circumstances. 'Inner Silence' is the understanding of the self and the world, in relation to the external world. It is a meditative state wherein the actions originate from understanding and wisdom. It is not a reaction to circumstances but a basic 'source code' of the personality. It is the state of understanding in silence in which speech becomes superfluous. Inner silence has been described and dealt at length in all spiritual approaches to life. Inner silence was greatly described and practiced in all forms of Buddhist approaches to spiritual progress. According to Bodhisattava, 5 "Speak not, until it improves on silence". The 14th Dalai Lama states, "Sometimes one creates a dynamic impression by saying something and sometimes one creates as significant an impression by remaining silent". Mystics and Sufis all over the world have expounded the concept, "Inner Silence" as a key to self-realization; therefore, inner silence constitutes a very key attribute of emotion intelligence that it opens the emotional competencies leading to a heightened state of self awareness and understanding of the external environment with insight and wisdom. These qualities empower action and adaptability of high emotional quotient.

MAJOR EVENTS OF THE DEPARTMENT

“Stimuli” – An Inter-Collegiate level Psychology Fest.



“Cognizance” – An Intra-Departmental level Psychology Fest



MAJOR EVENTS OF THE DEPARTMENT

“Manodarshan” -The Psychological Assessment Exhibition



“Insight” - The annual conference of the Department of Psychology



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