



Kristu Jayanti College

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DEPARTMENT OF PSYCHOLOGY

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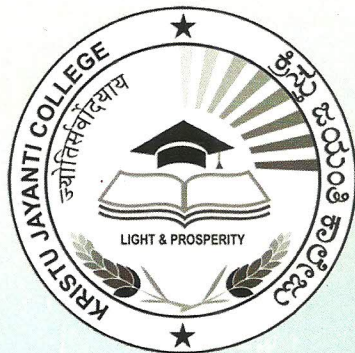
MARCH 2015

pravaha



SAINT KURIAKOSE ELIAS CHAVARA

OUR FOUNDING FATHER



LIGHT & PROSPERITY

“
To provide intellectual and moral leadership by igniting the minds of youth to reach their potential and make positive contributions leading to prosperity of the society and the nation at large.

“

pravaha

”

“The only way to make sense out of change is to plunge into it, move with it and join the dance”

Allen W. Watts

When we are actively involved in trying to reach a goal that is challenging and best suited to our skills we experience a joyful state of consciousness-signifying *pravaha* or the conscious streaming of flow. What a human actually needs is not a tensionless state but rather the striving and struggling for goal worthy of him. For a profound *pravaha* to take place, one must see life voluntarily and enjoy being with it. We cannot create *pravaha* of our own but in order to do so one must remove the obstacles of life. *pravaha* has to do with deep play and not with a shallow play and deep play has to do with an extraordinary attitude towards life, thus swept by *pravaha* one feels balanced, creative, aware and focused.



FR. JOSEKUTTY P.D

PRINCIPAL

“

It gives me immense pleasure to pen a few words as a prologue to the Psychology magazine. The holistic approach in the training methodology of this institution aims at the Empowerment of students for their all round development. The college aims to provide ample opportunities to stimulate innovation among students by inspiring fresh ideas with different perceptiveness, creative thinking and strong conviction to achieve true success.

‘PRAVAHA’ is exclusively meant for creative and scholarly expressions of the latent talents which bear immense potentiality of sharpening the cognitive flow of thoughts.

I congratulate, the Department of Psychology, all the contributors and the editorial board for their determined efforts in bringing out this magazine.

Wishing you all the best.

”



DR. MOLLY JOY

HEAD,
DEPARTMENT OF PSYCHOLOGY

“If you have a good idea, use it so that you will not only accomplish something, but so that you can make room for new ones to flow into you.”

Deng Ming-Dao

I am pleased to note few lines on the first endeavour of publishing a Psychology magazine based on Positive Psychology with a theme “Flow or Pravaha”

Flow happens when the mind escapes its boundaries and sets the imagination free. Flow does not attend to the barriers, flow moves past them. Flow is effortless absorption in the task, in the moment, in the potential. Flow is the fluid emotional strength that energizes and synergizes interests, aptitudes, and talents perfectly aligned with the task, and wholly absorbed by it. When students are fully engaged in the learning process, working to find the solution or finish the project, there is learning flow. When the student’s heart, mind, muscle, and soul synchronize the learning, the student is flowing and overflowing.

A Lot of effort has gone into conceptualizing the content of the magazine .I would like to thank the management , the magazine committee, the editorial board, students and teachers for contributing to the release of this magazine

Chief Editor: Fr. Jose Kutty P D

Staff Editors:
Dr. Molly Joy, Head dept of psychology
Dr. Rema M K, Faculty Dept. of Psychology
Ms. Smitha A G, Faculty Dept. of Psychology
Ms. Ramani Balu, Faculty Dept. of Psychology
Ms. Abisheka M, Faculty Dept. of Psychology

Student Editors : Ms. Juhi Chakrabarty IV Semester M.Sc. Psychology
Ms. Karishma .p. Benny VI Semester B.A.(JPEng)
Ms. Karishma Tomy VI Semester B.A. (JPEng)
Ms. Shruthi H R IV Semester B.A. (JPEng)
Ms. Divya Raju II Semester B.A. (JPEng)
Mr. Sylvester Renold B.A.(JPEng)



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THE QUEST TO CHANGE ONESELF

-Karishma Tomy(3rd year B.A JPEng)

It is a saying that "Better to do something imperfectly ... than to do nothing", provoked me to write this article, and I believe all experiences are opportunities to learn and grow. And now understand the saying "Human mind is like a parachute, it only works when it is open."

We are not born with attitudes but we have to develop them as we mature. Environment, experience and education are the factors that form our attitudes. Each person lives in a different environment, so we cannot change our environment. Our behavior changes according to our experiences with various people. In our day to day life we used to overcome with so many situations or experiences. Some gives us happiness, while others not. Still some gives us chances to think over and over again. It is painful when you get hurt from your close ones, but the pain silently tells you how much you love and care those persons. Education is to form integrated human beings. Every person is sacred. Knowledge translates into wisdom which in turn translates into success. People with positive attitudes are caring, confident, patient, humble and are like fruits of all seasons. Don't change with the change, but change before the change. Human nature generally resists change. It is uncomfortable. We are born with five senses: touch, taste, sight, smell and hearing. But successful people have a sixth sense which is called the 'common sense'. Success is not measured by our position in life, but by the obstacles we overcome to get there. It is not an accident, it is the result of our attitude. You want to change everything and everybody. That is what makes you unhappy. Realize that you can't change anybody or any situation. But you can do one thing, you can change yourself and your life will change on its own. To change ourselves, we don't want anybody's permission. It's upto us. To change everything, simply change your attitude and try to see the positive side of each experience. Then you will be happy always.

To change ourselves we need to improve our character also which is reflected in your behavior and in your actions. Character building starts from infancy and goes on until death. In today's materialistic world of cut throat competition, we run after money and in this mad pursuit, we trample underfoot, all our values. Albert Einstein says "Try not to become a success, but rather try to become a man of values". Today is tomorrow's past, tomorrow is today's vision. The secret of a happy life is in the simplification of our wants, and a calm and collected attitude towards life. We should remember that a well lived life is not a life full of luxury, is what man wants. Noble actions and good deeds are always remembered. Always count your blessings, not your troubles.

I believe that the greatest service is to share with others the joy of living. No one is guaranteed happiness. Life just gives each person enough space. It's upto to us to fill it with joy. Man is the only creature endowed with the power of laughter. God gave us a beautiful face but we have to provide the expression. There are many expressions such as calm, peaceful, exalted, sad, uncertain, bored, angry, worried, depressed, confident, impatient, and ashamed. rejected ,hopeless to name a few. It is each of us who have to decide which expression to take on each day. Our life is God's most precious life. So think of today and make all the hours as happy as you can,for tomorrow is not promised to us. We get anything in life if we help enough other people to get what they want from life. We all know that happiness make our life long, and it is never complete until it is shared.

Service to humanity is the best work of life. If we cannot find peace inside ourselves, it is useless to find it elsewhere. There is no rose which has no thorns. Similarly in today's world, practical aspects of life weigh more than the theoretical. Life is full of hazards, to overcome the obstacles of life, a person must strive to be practical. Time is precious. It must be converted into moments of action for real success in life. No man is perfect. To

err is human and to forgive is divine.

Be happy and always try to wear a smile...

Not because life is full of happiness to

Smile...

But because your smile itself is a reason for many

Others to smile...



A LOVELY WAY TO FEEL ALIVE

IMELDA TARZANIA, 1ST YEAR, M.Sc. PSYCHOLOGY

A lovely way to feel alive,
To enjoy every budding life around
And enjoy every sight and sound
The ways of life so pure and true
That means a lot to more than few
It's the ways of man that makes a difference
In life's true love-hate conference
A crucial point of life's decisions
Is the thrilling task of man's mission
The path of life of wear and tear
Is just a matter of love and care
To who so ever plays it fair
Life would pay its end most rare .



BERYL VARUGHESE, 3RD YEAR BA JPCS

"MAY WHAT I DO FLOW FROM ME LIKE A RIVER, NO FORCING AND NO HOLDING BACK, THE WAY IT IS WITH CHILDREN."

RAINER MARIA RILKE

WHY PSYCHOLOGY???

DEBORAH JYOTSNA 3RD YEAR B.A JPENG

People have a concept that psychology is plainly the study of mind and deals with facts that are abstract. But psychology is actually the study of human behavior and factors effecting behavior , not something supernatural. Therefore it helps us to understand ourselves and in turn others and tell us why we behave the way we do.

It is funny how all of us study various subjects and fail to study ourselves. We discover so much in the world and forget how undiscovered we are. Why do we dream? where is the mind? Why are some of us so afraid of crowd? How can some people be so brutal? Why are we depressed? Why do we suddenly forget where we are or what we are doing? What is a delusion? There is so much that we don't know about ourselves.

Have you ever asked the question 'why doesn't anybody understand me?' the truth is we don't understand ourselves, because we hardly take any time or effort to do so. Then how can the other people understand you. We think we know ourselves well enough, but actually we don't. Each and every one of us are so unique- in appearance, character, behavior and thinking pattern. So do you know yourself? Are you sure? How is it that some of us remember the title of this article and some of us don't? The human brain is amazing. Psychology gives an answer for all these questions ..Isn't psychology interesting????



BERYL VARUGHESE, 3RD YEAR BA JPCS

"FAITH DOES NOT NEED TO PUSH THE RIVER BECAUSE FAITH IS ABLE TO TRUST THAT THERE IS A RIVER. THE RIVER IS FLOWING. WE ARE IN IT"

RICHARD ROHR

THE GIFT

Enbok lang pyugrope ,2nd year BA Jpeng

“Honey, you’re late for school” shouted my Mother, Anne. She’s my everything, my mother, my father, we have each other and that’s enough for us. I ran down the stairs, it was drizzling outside but I’m excited for school like always. I took a bite of the pancakes that smelled so good and a sip of the mango juice kissed my mother goodbye and left for school. One part that makes school so interesting is Uncle Jack. He’s like my best friend who would greet me every day and would give me chocolates and tell me to stay out of trouble. I live in downtown Winchester and I go to Little Lads School, an all girl’s school. Uncle Jack works in the factory nearby (I guess) something to do with delivery for he always have a package with him. He would wear his green cap and would wave it at me every time he passes by. I met Uncle Jack three months ago, the story goes, I felled on the foot lane for it was wet, all the girls were laughing at me where it only made me cry harder, I suddenly felt a strong arm that pulled me off the ground wipe my tears and brushed my clothes, I looked up and saw a smiling face, He said to me “shush, big girls don’t cry”, and he handed me a chocolate bar. I was taught not to take things from strangers but he seemed different. I soon got along with him very well and we would have our regular encounter. On the days where he’s busy he’ll just say a “Hi pretty lady” and would go his way. Months pass by and June came, Father’s day mania, all the girls in school got together to decide about gifts for their father, I was stranded. I’ve never felt so bad about not having a father. I walked home with a gloomy face and I met Uncle Jack. He took one look at my face and understood that something’s troubling me. He immediately asked what happen saying “What’s wrong little princess”. I poured my heart out and he laughed, he said it’s a silly thing to cry over, I was annoyed at this. And he lit up and said “Hell, I can be your father for a day”. Joy grew in my eyes like I got diamonds. I told my mom about it and she thought it was very sweet of Uncle Jack. Father’s day came and I had chocolates and cards and flowers with me. I promised Uncle Jack to meet him on the rose tree near the fountain. I urged my mother to come along and meet Uncle Jack.

“ENJOYMENT APPEARS AT THE BOUNDARY BETWEEN BOREDOM AND ANXIETY, WHEN THE CHALLENGES ARE JUST
BALANCED WITH THE PERSON’S CAPACITY TO ACT”

RAINER MARIA RILKE

She hesitated at first but soon obliged. When we reach the fountain, Uncle Jack was already there with his hat and for some reason mother did not want to come along. I couldn't care much for I was hung up on Uncle Jack, my father for the day. I hugged him tightly and showered him my gifts. Then we heard a loud whimper from behind the tree we ran to see what happened to mother. Uncle Jack froze when he saw mother, she mumbled something, and then it got clearer "Jack, Jack, this is our Rose, this is your Rose." I've never felt so bad about not having a father. I walked home with a gloomy face and I met Uncle Jack. He took one look at my face and understood that something's troubling me. He immediately asked what happen saying "What's wrong little princess". I poured my heart out and he laughed, he said it's a silly thing to cry over, I was annoyed at this. And he lit up and said "Hell, I can be your father for a day". Joy grew in my eyes like I got diamonds. I told my mom about it and she thought it was very sweet of Uncle Jack. Father's day came and I had chocolates and cards and flowers with me. I promised Uncle Jack to meet him on the rose tree near the fountain. I urged my mother to come along and meet Uncle Jack. She hesitated at first but soon obliged. When we reach the fountain, Uncle Jack was already there with his hat and for some reason mother did not want to come along. I couldn't care much for I was hung up on Uncle Jack, my father for the day. I hugged him tightly and showered him my gifts. Then we heard a loud whimper from behind the tree we ran to see what happened to mother. Uncle Jack froze when he saw mother, she mumbled something, and then it got clearer "Jack, Jack, this is our Rose, this is your Rose."

MAKE SPACE FOR EMOTIONS

SR.PRISILLA TIGGA(3RD YEAR B.A JPENG)

People are moved and motivated by emotions. Our living is a constant process of satisfying emotional needs. We want personal space. Positive emotions give a lift-off to one's life. They reveal much more potential than we realize. Our relationship should not be stifling or claustrophobic. Remember the old song with the line, "Give me land , lots of land- don't fence me in".

We cannot live without emotions, both negative as well as positive. We have five senses to animate our feelings, and a heart of flesh to be fully alive in our relations. When negative emotions mount, worry, stress, depression, jealousy, frustration, solitude and other problems seem to threaten your balance and sanity move about. It is important to keep them under control. For that engage in some other activities that can divert your mind and bring back to normal like doing some sort of work, walking, jogging, eating, telephoning your friends and chatting with them. Talk in itself is therapeutic. Keep moving physically, emotionally and spiritually.

Dr. John A Shindler in his best seller 'How to live 365 days a year', points out that "the medical value of good emotions cannot be overestimated. Good emotions make us well, bad emotions make us ill". Keep a youthful mind, don't exchange your emotions for symptoms. Ponder over the following lines from "IF" , a poem by Rudyard Kipling:

"If you can force your heart and nerve and renew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the will which says to them: 'Hold on!'
Yours is the earth and everything that's in it,
And which is more –you'll be a man, my son!"

"Nothing that is good can become stuck – and if it is stuck, it can't be any good!"

Silvia Hartmann

Emotions are psychological strengths .They are mighty stimulants. It is obvious that they need to be channeled into creativity. This implies mind and body, dream and action to create a new tomorrow. We are not ourselves ,when nature being oppressed , commands the mind to suffer with the body” –says Shakespeare in his famous play ‘king Lear’.

Emotions , as driving forces, help to overcome the dross and dreariness of one’s daily routine. Don’t let negative emotions sap your enthusiasm for living. Be positive always, share your emotions , show emotional support, offer to help in time of need, repay favours and compliments and let there be a lot of joking and teasing.



Pavithra Joakims, 3rd year BA Jpeng

“The essence of socialization is to make people dependent on social controls, to have them respond predictably to rewards and punishments.”

Mihaly Csikszentmihalyi

ROBERT STERNBERG

ANN ANGELIN MATHEW, 3RD YEAR BA JPENG

It's always interesting to read about people that have made an impact on history. I chose the individual that provide intriguing facts.

“Successfully intelligent people discern their strengths and weakness and then figure out how to capitalize on their strengths and to compensate for or remediate their weakness. Successfully intelligent individuals succeed in part because they achieve a functional balance among a triarchy of abilities moreover ,all of these abilities can be further developed” – Robert Sternberg.

An American psychologist and Psychometrician name Robert SternbergRobert sternberg was born in New Jersey on December 9,1949. His interest in psychology began early in life. After suffering from test anxiety and doing poorly on an exam he realised that the test was not an accurate measure of his actual knowledge and abilities when he retook the same test in a different room with a group of younger students , he found that he felt more confident and was scored much higher as a result .The next year ,Sternberg developed his first intelligent test ,which he named the Sternberg test of mental ability(STOMA).

His later academic experiences further demonstrated that standard tests were often poor measures of mental abilities . He actually performed so poorly in his introductory psychology class that his professor advised him to pursue a different major. Undeterred , Sternberg went on to graduate from Yale with a BA in psychology in 1972 and to earn his PhD from Stanford in 1975.

After earning his degree, he returned to Yale as a professor of psychology. He later became the dean of the school of arts and sciences at Tufts university.He is currently provost and professor of psychology at Oklahoma state university.

Sternberg is perhaps best known for his research on intelligent, love,cognitive styles and creativity. His triarchic theory of intelligence focuses on what he refers to as “successful intelligent” which is composed of three elements analytical intelligence , creative intelligence and practical intelligence. Robert has not gained a lot of support among mainstream intelligence researches..

Sternberg is also known for his research on love. His triangular theory of love identifies commitment, passion and intimacy as the three main component of love. When these three elements are combined in various ways, they results in different types of love. For example passionate love is composed of passion and intimacy, while compassionate love is a mix of intimacy and commitment

THE CHOICE OF EXIT

Prince .N .Raju(1st year B.A jpeng)

Your mind has to deal with all types of negative energy and situations throughout life. Because you have not yet realized your full potential, your mental energy cannot sustain a harmonious state of balance within your mind.

Experience teaches us that we have no control of others, only the power to manipulate our own mental energy, to lead it to where we wish. The secret of preserving mental energy is by detaching and creating a space around it. This permits us to choose through which exit doors we move when faced with negativity.

A lack of awareness forces you to exit the place within your mind and enter a room which may be an "I feel insulted door", Then your mental energy enters the "angry room" or a "I feel hurt room."

In other words, lack of awareness leads your mental energy to a lower level of your psyche. Your spirit is driven to negative corridors of the mind.

"So when you are treated rudely - You may choose to find an exit room which may represent compassion.

Choosing compassion obviously requires empathy, knowledge to determine why a person is rude. This then permits your compassionate door to be opened.

There are many forms of depression, but let's consider a person who feels down in the dumps.

Now people in a depressed state need to lift their spirit but have worn deep grooves in their mind that lead their mental energy to rooms such as:

Self-destruction
Feeling sorry for themselves
Hopelessness and
Procrastination

These people need to create a space and search for a door in their mind which leads to:

Courage
Faith
Love
Focus
Determination

"Of all parts of wisdom the practice is the best."

John Tillotson

HOPE

Nemthian song zalal (2nd year B.A jpeng)

These days nothing is ever certain,
Fights , aggression and wars that cannot be maintained
Colors all turn to grave,
And no one has much to say.
The world is nothing but a shadow
Happiness and laughter is quite low.

I know ,I know my dear friend
But don't lose hope and don't bend
There is some light and some love
Take that light and fly like a dove
The world will see a change some day
The sun will shine again every may
Light your candle my dear friend
And others will someday follow and not bend.



MY LOST CHILDHOOD

CEPHAS VICTOR SAMUEL (3RD YEAR B.A JPENG)

I was born to a home filled with darkness and divorce;
my mother was living her fifth so called happy married life.
My actual father I never saw;
My mother in her drunken ravings told me that
he found a woman more pretty than her and started living with her.
My father whips me day and night telling that
I was more of a curse and a burden to his house.
I grew up in this environment not knowing or feeling love
Thus, I never was able to give love to any one.
I always had an abusive comeback for anything told.
Being to prison more than a dozen times and
always protesting before going to my cell that I am always right and never wrong.
Then came a bearded man in my life told me that
he wants to help me to earn a character and living right in his house.
At first I was a tough nut to crack then when he started asking me about me
I had nothing but tears left in me to tell him about my abused childhood story.
And it was then I realized that this bearded man
was the first one to show me what love really is;
and it is by his example that I am about to love everyone therefore

INFLUENCE OF PSYCHOLOGY ON CULTURE

NIVEDITHA DAVID (1ST YEAR B.A JPCS)

Psychological processes influence culture and in turn culture influences psychological processes. Culture is the characteristics of a particular group of people. How an individual thinks is influenced by cultural norms and practices. These practices also shape our thoughts and actions. Every culture differs with the kind of population. According to Campbell, "humans have an evolved tendency towards the establishment of shared beliefs, behaviors and normative structures that help hold social collectives together".

The upbringing of individuals reflects the mind set of our ancestors; this has been instrumental in shaping these specific social norms and practices. Beliefs and behaviors that are better than others at solving adaptive problems remain culturally normative. A few of the defining beliefs regarding morality, social skills, reciprocity, attitudes are based on our upbringing and experiences in society. The current scenario shows that culture provides a set of values and norms against which an individual may be judged, this affects the thought process and outlook of that individual.

Each individual has the need to be socially accepted but if there is a constant legalistic approach, one's self esteem would be scarred. This in turn leads to rebellion. Culture is derived from interpersonal interaction; these practices have resulted due to mutually agreed rules. Some followed what they are influenced by, as people communicate with those around, some would be more convincing and persuade people to agree with them. This influence leads to the emergence of different clusters and beliefs, which may give rise to a new culture or addition to their prevailing ones. As said by Latané in 1996," the dynamic process and its specific outcomes vary as a function of the number and proximity of individuals within any given population as well as their potency as sources of social influence ". These norms actually prescribe how people should manage their selves on an everyday basis

It is shown that Westerners are self contained and autonomous. East Asians are a more interdependent group whereas European North Americans are more independent. Being broad minded, proud, having an orthodox outlook on life, being pessimistic or optimistic, and their basic thought process definitely depends on the nature of the individual but this nature is shaped and developed due to the cultural paradigms that suggest and subtly influence people. The goal of psychology is to better understand people, the way they think, feel and behave. Hence learning about the various cultures does help in attaining that goal. The rate of cognitive development varies from one culture to another. We are brought up by our families in line with their beliefs and cultural backgrounds. We are taught to think and behave in that way, thus shaping our cognitive processing. To a certain extent these cultures are the reason for our outlook on life. But as one matures and steps out into the world, one encounters various others lifestyle and practices, norms and may be lead by them. Each one develops their own ways of thinking, emotional behaviour and it can be traced down to their upbringing. Cultural paradigms influence future thoughts and actions of an individual which then influence persistence and change of culture over time. When this particular individual who has embedded various values or cultural changes to their persisting one, develops a whole new way of thinking based on his experiences. This in turn paves way for the start of a new form of culture. Basically cultural diversity is complementary to all aspects of human behaviour. Hence psychology and culture are interdependent.

VISUAL PERCEPTION OF GESTALT PSYCHOLOGY

NIVEDITHA DAVID (1ST YEAR B.A JPCS)

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.In 1929 he became a professor at university of Frankfurt. He conducted courses and research in social and experimental psychology as well as seminars on fundamental problems of mathematics, logic and productive thinking. In March 1933, two days before Hitler became the chancellor he listened to one of Hitler's speeches for the first time. The speech disturbed him so much that on the way back home he decided to depart secretly the next morning. Leaving all his professions, he and his wife and their children went to a summer resort in Czechoslovakia where he received an invitation from Alvin Johnson to join the New School for Social Research in New York and became an American citizen in 1939.His publications are On Truth Social Research,Some Problems In The Theory Of Ethics ,Productive Thinking ,Gestalt Psychology respectively.

In 1946 psychologist Solomon Asch wrote that "thinking of Max Wertheimer has penetrated into nearly every region of psychological inquiry and has left a permanent impression on the minds of psychologists and on their daily work .The consequences have been far-reaching in the work of the last three decades, and are likely to expand in the future".One of the most important thing that impressed me about Max Wertheimer,as a psychologist is that he discovered that feeble minded children can solve problems when they can grasp the overall structures involved, and he began to formulate the ideas that would later take root in Gestalt psychology. His contribution to psychology brought several social changes in the society. He continued as professor in New School for Social Research in New York City where he remained till his death. Wertheimer devoted himself to the problems of psychology and social ethics during the last years of his life. He died on October 12, 1943

A ROLLER COASTER RIDE

Two years and eight months ago, there was this boy who just finished his 12th grade and joined Kristu Jayanti College. Little did he know that this was going to be an amazing 'roller coaster' ride. In another few months, the journey will soon come to an end. Throughout his ride, there were many 'ups' and 'downs' and steep curves, and though they scared him, it brought out the best in him. They taught him many lessons and helped him to become a 'man'.

Life in the new environment soon got into him as he adapted with all the activities around him. The teachers provided him with a lot of opportunities that would help him to be a better person. There were a few teachers who had etched a deep imprint in his mind. When he faced any problems, he could always approach and share it with them. Though a few of them are not in the college at present, the memories and the love that they have showered still remain.

The knowledge and the exposure that the teachers have given him is always what he acknowledges with a grateful heart. The support and the 'push' that they gave him was what made him achieve his targets. The way in which they guided him to move on in life is still reflected in his life. All the good and bad experiences in his life played a major role in modifying his personality and led to a pronounced change in his life. It helped him to be a person who stands out in society and able to face life's challenges boldly.

Sport was one of his favorite areas. He played in the Cricket Team of the college and also twice represented the college at the Bangalore University Athletic meets. These opportunities helped him to blossom as an athlete and also to know much more about various events and games.

Being appointed as the Secretary of the Sports and Games Club was a big moment in his life, and under the guidance of the Director of Physical Education, and with the help of his colleagues, he was able to organize the Sports Meet in a wonderful way, thanks to the support he got and the blessings of the Almighty. It was an event that he would cherish in his memories.

Academics were equally important too. Choosing the combination of Journalism+Psychology+Literature was because he had studied Psychology in his 11th and 12th grades and with a dream of continuing in the field of Psychology. But the subjects that he studied put him in a dilemma as to what he would choose – it was as if he was standing at the crossroad – because there was always something more to study and to learn. Each of them had its intrinsic beauty.

Throughout his endeavour, there were two main characters that boosted up the ride and helped maintain its course- his parents. They were there with him during the ups and downs, those undulating moments that engulfed him. It is his protective cocoon- his parents who guided him and is helping him complete his holistic journey. Without them, this journey would not have been possible even in his dreams.

This journey also helped him earn many friends with whom he shared wonderful moments. The tiniest of the moments are the ones that would make it cherishable. They too were there with him in his 'hard times' and the 'rough patches' of his life and supported him with their love, encouraging words and also through prayers. Without their support and care, none of the success that he had- would be a reality. They taught him many lessons and values of life. They are the wealth that he promises to keep with him in his heart throughout his lifetime.

* Rise up and fight your battle- no one else is going to fight for you- you are on your own. There will be your fellow comrades to support you, but you have to take the bold step to go forward and to fight the battle with all your might.

* When doing certain things, do it with perfection and with all your heart- the effort and the hard work you put into it would pay off. Do it because you want to do it- not because you want to show others what you are capable of.

* Life is not easy- take it as it comes. Hardships are an essential part of life- without which life would be incomplete and meaningless. They help in bringing out the best in you, and in moulding you.

* Be grateful to those who were with you during your hardships and never forget the help they gave you.

* Teachers and Mothers know what is best for you- though they are strict and sometimes hard on you, it is out of love and is to make you a person who is of a great value to the society, and to see you successful in life. Make them feel proud of you.

* Not all who are sweet are sincere, they are cunning and plot differently in their minds- beware of them, but trust the ones who get angry when they see a fault in you- they are sincere and want to see you prosper.

These are some of the lessons learnt by him during the days of his 'loooooooooooooooooong ride'.

And that is the story of my life in Kristu Jayanti College- my ride on the 'Roller Coaster to success'.

THOUGHTS FROM NON PSYCHOLOGISTS



FR. LIJO P THOMAS

Financial Administrator

““If we are taught everything, we will learn nothing”; Life by necessity is a ‘do – it – yourself’ project. The human mind being one of the multifaceted objects is the source of thought and behavior. The study of psychology helps an individual to introspect on a wide gamut of things. It helps a person to become aware of ‘castles’ that come in the garb of fear, indecision, procrastination, lack of self-confidence to name a few.

Psychology helps an individual to get on with life and to appreciate and implement the beauty of their dreams. It acts as a ‘sheet anchor’ of social life. It helps an individual to leverage one’s performance to a higher standard overwhelming the odds.

It helps individuals to have faith in their ideas, to be open to change without compromising on values. It initiates a thought process instead of succumbing to self-pity and despair and helps an individual face the situation with courage and dignity. Psychology helps to study one’s self and focus on how accurate we are at determining our own emotions, personality and attitude. It helps us learn more about ourselves and trying to see ourselves in the eyes of other people. Research in psychology has also helped in knowing ourselves better.

To enable one to understand human behavior and the skills to understand and comprehend the same, one has to undertake a psychology curriculum. This will definitely improve critical thinking, skeptical inquiry and proper approach to problem solving related to behavior. It also helps in tackling organizational issues, understand complexity of diversity, effectively perform in a concerted environment, flexibility of thought, increase our tolerance and most importantly respect for values of others.

Psychology channelizes us to a positive growth trajectory and is indeed a boon to the society. I am sure that in the present world, understanding psychology will solve many rising issues as depression and anxiety and help us serve our society in a better way





DR. CALISTUS JUDE A.L

HEAD
DEPARTMENT OF LIFE SCIENCE

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I have been intrigued, from when I was in my 20's by the human mind and always looked at Psychology as a fascinating subject. This interest has been enhanced because of my passion in animal physiology, behaviour and genetics. The subject is special because it lies in the intersect of many disciplines. I feel the subject affects and effects many day-to-day and long-term activities of a person. Understanding psychology has helped me handle many intricate situations in my life as a student, friend, teacher, husband and a parent. I admire the variety of branches this subject has and also that it has samples of different faculties.

Psychology encapsulates every aspect of our lives. In my purview some psychic patterns may be innate and some acquired. In today's alarming situation where there is a rise in number of cases and issues related to psychological problems, one can apply life's psychology lessons to find ways to identify and help anyone whom we encounter with such issues

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MR. GOPAKUMAR A V

DEAN,
DEPARTMENT OF HUMANITIES



Psychology to me is a discipline with immense applications, and helps to harness the fathomless mind. Dreams, temporal hallucinations, insights find a concrete shape in its forte. As an art lover, this discipline has enabled me to understand subjectivity in creative works, and logic in visualization and presentation. Furthermore, it has given me the liberation to come out of stereotype mindsets, and also to explore the subtleties in thinking.



MS. SHILPA RAO C

FACULTY
DEPARTMENT OF MANAGEMENT



Knowledge of psychology can prepare us for almost any kind of public interaction in life: it can help you to know how to communicate to large audiences which is beneficial to areas like educators, politics, and media etc. It can even impose our personal life, if we know how to prevent it.

Motivating yourself is also extremely psychological we may physically do the thing but first we may have to decide in our mind that we are going to do it. Keeping ourselves motivated is the only way to succeed and its also a major way to avoid self-esteem issues and depression.





MR. SUKU THOMAS SAMUEL

FACULTY
DEPARTMENT OF MANAGEMENT

“I am a psychologist”. It’s a statement that sends shivers down my spine. I have always perceived psychologist as magical wizards who could see right through your soul. I have always made it a point to keep an arm length from people who knew and studied psychology. My opinion changed due to the television show “The mentalist” starring Simon Baker as Jane , a consultant for the California Bureau of Investigation. In the various episodes of the Sitcom Jane uses his in depth knowledge of the human behavior, body language and mannerism to identify criminals in murder mysteries. I realized that psychology as an amazing field that can be used to help and serve people better. This is probably the reason why subject such as organizational behavior are mandatory in management program of BBM and MBA.



MS. SUSAN SANNY

HEAD,
DEPARTMENT OF ENGLISH

“ Psychology is the need of the hour as it helps an individual to traverse beyond the visible vistas and helps in nurturing human resource .It helps us to use the ‘six thinking hats’ approach by looking at the situation from multiple points of view including rational ,emotional ,intuitive ,creative ,positive and negative perspectives. The voyage of discovery of oneself is not in seeking new landscapes but in having new eyes. Communication skills are enriched and it places a person on the trajectory of self-motivation. To conquer oneself is the best and noblest victory and one can achieve by understanding the intricacies of life. An understanding of Psychology-helps us to raise our vision to greater heights and travel into the unexplored path.

NOAM CHOMSKY

PIMA MOLLY PAUL, 3RD YEAR BA JPENG

“if we don't believe in freedom of expression for people we despise, we don't believe in it at all”

Noam Chomsky is a contemporary psychologist, linguist known for his theory of innate grammar. He has great influence on linguistics, specifically the development of transformational grammar. He is presently an institute professor and professor of linguistics. He held several different titles during his long career with MIT, including Institute professor and Ferrari p ward professorship. Chomsky believed that formal grammar was directly responsible for a person's ability to understand and interpret mere utterances. He did theorize that animals and humans were both capable of similar type of comprehension when exposed to specific linguistics information, but only humans could continue to develop those abilities through a process he called a “language acquisition device”(LAD).

Avram Noam Chomsky was born on December 7,1928 ,in philadelphia.His parents were Hebrew scholars,and Chomsky and his brother were stepped in jewish culture and tradition.He attended the oak lane county day school and graduated from the central high school of Philadelphia. He enrolled in the University of Pennsylvania and focused his studies on linguistics and philosophy,earning his bachelor's and master's degree.He completed his Phd in 1955.

Through his research on linguistics he points to the fact that children develop a competent use of language even though they are often exposed to incomplete or inaccurate grammar and they may not receive much direct teaching about how to speak. In his older times also he remains a popular speaker, particularly among progressives and liberals,and his political views continue ot spark controversy.Heis one of the best known psychologist who influence on linguistics.

DON'T FAIL TO TRY

Imelda Tarzania, 1st Year M.Sc Psychology

DON'T FAIL TO TRY
TO ALL THOSE WHO WANDER AND LINGER
ALONG PATHS OF AMBITION
WITH THOUGHTS OF FAME AND RECOGNITION
YOU PLAY YOUR ROLE IN A SEA OF CHALLENGES
YOUR MIND AND WORKS MAKES THOSE CHANGES
FOR THIS WORLD NEEDS NOT POWER ALONE
BUT EFFORTS MADE TO THE DEPTHS OF YOUR BONE
DONT FAIL TO TRY, DONT FAIL TO TRY
UNTIL THEY ALL HEAR YOUR CRY
TO CHANGE THIS WORLD AND MAKE IT WORTH
FOR ALL THOSE TALENTS THAT TAKE NEW BIRTH.

"We are what we repeatedly do. Excellence, therefore, is not an act but a habit."

Aristotle

A JOURNEY TO SELF ACTUALIZATION

GOURI .V.NAIR (1ST YEAR B.A JPENG)

We were not born into the earth packed in carton boxes, embossed with the name of a religion but rather, we tie ourselves up into the paradox of a virtual world created by the virtuous and conquered by the narrow minded. We are taught not to question the wrong, we are taught to protect the lord who taught us to love- our protector indeed. We are asked to take weapons and harm the innocents! But none of us dare to question back as to which god has ever asked to harm each other to disguise the petty evils and personal favours of one's life. And finally man seeks himself!

Spirituality is something that pulls us away from the decorations of artificiality and ego. It is a feeling of oneness and the realization that we are nothing but mere organisms with flesh and blood that can easily be swallowed by the earth. People often seek of spirituality and end up having nothing. Contemplation, meditation, prayer rituals and other spiritual practices has the power to kindle the "inner forces" of our mind. It does not end in prayers and rituals, spirituality can also be attained through music, poetry, art, literature, nature and intimate relationships.

Spirituality is the fastest growing--one of the only growing--sector of the publishing industry, with literally millions of readers buying books on the theme. Television programs such as Bill Moyers' "Genesis: a Living Conversation" and Hugh Hewitt's "Searching for God in America" have attracted large audiences. Newspapers and national magazines, including Newsweek, Time and the New York Times Magazine publish stories on "Faith and Healing," "Science, God, and Man" and "Choosing My Religion."

As spirituality spreads, psychology as a field of science finds it difficult to decide on whether to adapt it or to just leave it as it is! Back then, when it was a new science, psychology tried to distance itself from theological explanations of behaviour and discover its own truth through scientific inquiry. Freud, the founder of psychoanalysis, even declared religion to be nothing but a form of pathology--an obsessional neurosis that grew out of feelings of infantile helplessness. Mental health professionals have learned from their own clinical experience that Freud was at least partly right--religion can be neurotic. But some of the most respected individuals in the history of psychology--William James, Gordon Allport, Erich Fromm, Viktor Franklyn, Abraham Maslow and Rollo May--have made spirituality a major focus of their work. And Carl Jung went so far as to say that spirituality was such an essential ingredient in psychological health that he could heal only those middle-age people who embraced a spiritual or religious perspective toward life. Even today opinions of psychologists vary, but they confirm that religion plays a major role in curing mental illness.

The word spirituality comes from the Latin word "spiritus" which means 'breath'- referring to the breath of life. It involves in opening our inner conscience and cultivating our ability to experience awe, reverence and gratitude. It is the ability of our mind to discover the extraordinary in the ordinary, to feel the poignancy of life and to take our minds to a greater level of existence. Spirituality aims to bring about compassion and results in good physical and mental health! Spirituality has the power to both construct and destruct man, it has healing powers that helps in rejuvenating disturbed minds through music, art and various other forms.

But spirituality is not just about healing, it is about bringing back the lost innocence to an individual. It is a point of self-actualization where people hold hands to maintain the existence of the world and not to destroy it for personal joy. It is the process of seeing the sacred in ourselves and living a life with passion and depth

"If you have built castles in the air, your work need not be lost; that is where they should be. Now put foundations under them."

Henry David Thoreau

ROYAL ROAD TO UNCONSCIOUS

Ann Maria Avarachan (2nd year B.A jpeng)

Dreams can be both fascinating and baffling. No wonder they have attracted the attention of philosophers, artists, writers and poets for thousands of years. Dreaming process has been studied scientifically only recently by researchers and remain as a topic of interest for psychologists, researchers, students and anyone who wonders about the reason behind their dreams.

But I wonder as what exactly is a dream? A dream can include any of the images, thoughts and emotions that are experienced during sleep. They can be extraordinarily vivid or very vague, filled with joyful emotions or frightening imagery; focused and understandable or unclear and confusing. We have several of dreams in one night, each lasting between 5-20 minutes, unfortunately we hardly remember any.

In the study of dreams, one of the most significant contributions by was made by the 'Father of Psychology' - Sigmund Freud. He conceptualized dreams to our unconscious mind, where we bury down our several thoughts, desires, and wants. Positivism was a dominant trend during the 19th century, which claimed the people could accumulate real knowledge about themselves and the world around, and exercise rational control over both. Freud suggested that we are not even aware of what we think, and often act for reasons that have nothing to do with our conscious thoughts. He proposed that awareness existed in layers and there were thoughts occurring 'below the surface'. In his book, 'The Interpretation of Dreams', Freud argued that unconscious existed and developed a method for gaining access to it.

So wondering about the dream you had last night? Most people don't give a second thought to dreams, dismissing them as fantasies, while there are many who lose their sleep, trying to understand them.

The Bible has nearly 700 references to dreams. Greek philosopher, Aristotle believed that dreams were a result of our physiological functions. Dreams were able to diagnose illnesses and predict the

On several occasions throughout history, dreams have been credited for helping to foresee important events and aiding some inventions. Some of the inventions which came about thanks to dreams are Mary Shelly's Frankenstein; the sewing machine; The Terminator film; Structure of Benzene; The Double Helix structure of DNA; Twilight etc. The creators were inspired by dreams which prodded them to go forward in specific directions to reach their goal. Many may write them off as mere fantasises, problem-solving, decision-making and apparent precognitions etc are some of the benefits of dreams.

Dreams can be mundane, surreal or even on the verge of terrifying. But as the saying goes the fortune favours those who dare to dream.

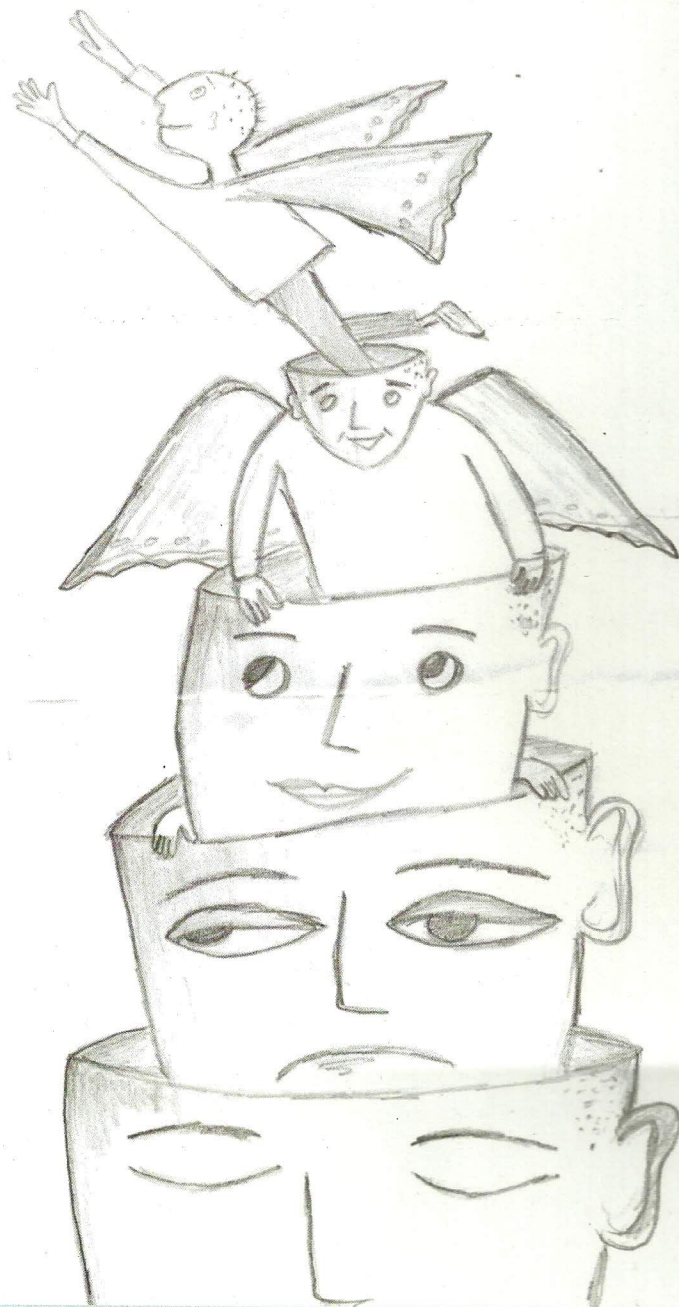
So friends do not stop dreaming!!!!

"Life is like a game of cards. The hand that is dealt you represents determinism; the way you play it is free will."

Jawaharlal Nehru

A MAN'S INNER CHILD BEING RELEASED

RINI GRACE ROY, 3RD YEAR BA (JPENG)



“Experience is the child of thought, and thought is the child of action.”

Benjamin Disraeli