



Kristu Jayanti College

AUTONOMOUS

Bengaluru

Reaccredited 'A' Grade by NAAC | Affiliated to Bangalore University

# prāvāhā

Department of Psychology





**ST. KURIAKOSE ELIAS CHAVARA**  
**1805 - 1871**

## LIGHT & PROSPERITY

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

## OUR COLLEGE



Kristu Jayanti College is an incarnation of the educational dreams of Saint Kuriakose Elias Chavara (1805-1871), the founder of the religious congregation, Carmelites of Mary Immaculate (CMI). The motto of the college, 'Light and Prosperity', aims at the synthesis and the harmony of the spiritual and the physical mind and the body. The curriculum and the co-curricular activities are the basic structures acting as springboards to step into the mystery of human life and beyond. The very name, Kristu Jayanti, as the college was started in Anno Domini 1999, is the commemoration of the two millennia of the birth of Jesus Christ, the Son of God, who invites each of us to attempt to reach the perfection of the heavenly father, God himself: "Be perfect, therefore, as your heavenly Father is perfect" (Mathew 5:48).

The college is affiliated to Bangalore University and is reaccredited with highest grade 'A' by NAAC in Second Cycle of Accreditation. The college is recognized by UGC under the category 2(f) & 12(B). The college was accorded autonomous status from 2013 by the University Grants Commission, Government of Karnataka and the Bangalore University.

## OUR DEPARTMENT

Department of Psychology aims to provide an environment which facilitates comprehensive quality education to students aspiring to understand themselves and others. The department aims to develop a holistic outlook toward life and prepare the students for their careers by imparting in-depth knowledge, critical thinking, research inquiry, and skills in various fields of psychology and to develop sensitivity to psychological dynamics for better individual and societal well being. Psychology was introduced as one of the core subjects for the Under Graduate programme during the academic year 2002-2003 and the post graduate programme with specializations in Clinical Psychology, Industrial Psychology and Counselling Psychology. In 2018 an additional course in MS.c Psychological Counselling has been added based on the high demand from student community. To inculcate experiential learning we have a well-equipped Psychology Lab which is periodically modernized to impart state of art learning. We have tie-ups with Hospitals, NGO and Industries for interning during the PG course. The department achieved 100% placement for the students as per their specialization.

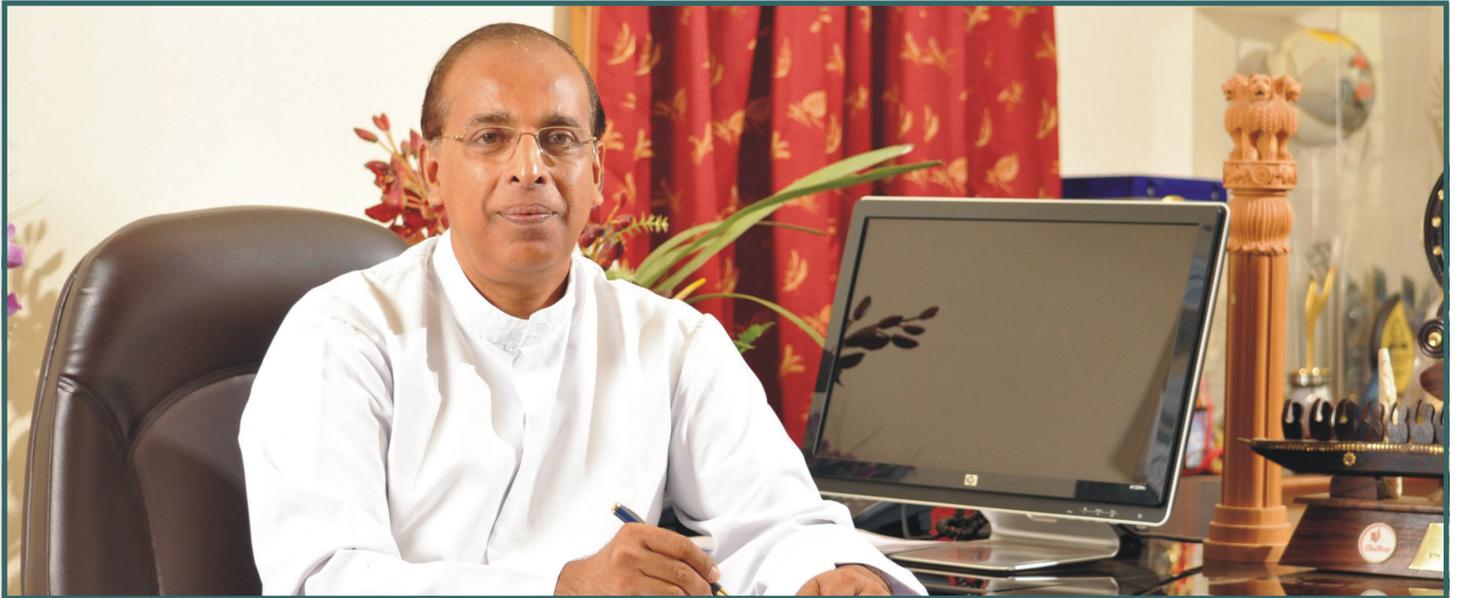
## ABOUT PRAVAHA

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

~Mihaly Csikszentmihalyi

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

## PRINCIPAL'S NOTE



**REV. FR. JOSEKUTTY P.D.**

Light and prosperity is the motto of Kristu Jayanti college. Enlightening minds we usher the holistic prosperity of an individual. Psychological formation is an integral part of this process. It helps individuals to nurture their unique qualities and traits thus opening up new arenas where they can succeed. It will help them to see the world around them with a different perspective and galvanize them to develop new skills, knowledge, attitudes and beliefs that will be helpful for the society at large.

I am glad to know that the department of psychology has chosen the theme 'Uniqueness' for its annual departmental magazine 'Pravaha' which provides the students a platform to unearth their unique qualities.

My sincere appreciations to the editorial team for yet another publication proving their relentless efforts.

**~Fr. Josekutty P.D**

The Principal

## VICE PRINCIPAL'S NOTE



**REV. FR. AUGUSTINE  
GEORGE**

The youth are the future of tomorrow understanding their world view is essential for holistic education. There is a constant struggle in their minds to find similarity with their peers and at the same time to be distinct in relation to other people. This conflict often leads them to a state of uncertainty. Psychology as a discipline deals with the study of human behavior and helps individuals gain awareness about their distinctiveness and unique traits. It helps them to have a balance between their similarity and distinctiveness with other individuals and thus establish a sense of uniqueness.

I am happy to know that department of psychology is focusing on the theme 'uniqueness' in its annual issue of the magazine 'PRAVAHA'. I am sure it will be an enriching experience for the readers at large. I congratulate the staff and the students of the department of psychology for their hard work and commitment in bringing out this magazine.

**~Fr. Augustine George**

Vice Principal

## DEAN'S NOTE



**DR. GOPAKUMAR AV**

It's a great feeling to be a part of this publication, and congrats to the editorial team of 'Pravaha' for another successful edition. Through these years, this publication has given space and life to many creative talents in the field of psychology. As a communication teacher, I can understand the creative relief and catharsis our students are getting out of this magazine. Furthermore, this edition's theme "uniqueness" will add a different perspective to this creative endeavour. '

Uniqueness' is all about one's distinctiveness, and it also reflects one's specialness in this world. Hope, through your creative and critical writings, drawings and paintings, you will be getting a platform to proclaim your unique identity in this edition. I also take it as an opportunity to credit the contributions of Dr. Molly Joy, and her team, who are compassing the department in the right direction.

**~Gopakumar AV**

Dean of Humanities

## HEAD OF THE DEPARTMENT'S NOTE

To become 'Unique,' the challenge is to fight the hardest battle which anyone can imagine until you reach your destination.

~A. P. J. Abdul Kalam

Every human being living on earth has a particular personality that makes them unique. As creatures of both nature and nurture, it's important to consider that there are a variety of factors that contribute to the development of our personality to be unique.

History has witnessed some of the most outstanding achievements by people with disability to be unique

and level the fame of any ordinary man, some of them are John Nash - Schizophrenia ( Renowned American Mathematician), Christy Brown - Cerebral Palsy ,(Poet, Painter and Author), Demosthenes - Stammer (Orator), Vincent van Gough - Mental Illness (Painter) Stevie Wonder - Blind (Musician, Singer)

The annual magazine of the department of Psychology, Pravaha is defined as 'go with the flow' in Sanskrit. It is themed as Uniqueness which brings out the artistic and creative talents of the Psychology students.

Pravaha or go with the flow is grounded on the theme creative nature of an individual-Uniqueness. The flow of Uniqueness will never restrict the creativity of any individual to achieve intangible things in life.

The purpose of this magazine is to facilitate our reminiscence of the past year and the role of Psychology in today's society. A lot of hard work and dedication made this magazine into reality. I thank the management, editorial board, magazine committee, teachers, and students for their effortless perseverance.



**DR. MOLLY JOY**

~**Dr. Molly Joy**

HOD, Psychology

## FACULTY'S NOTE

'Empty boat', a famous metaphor, has its value lie in its implementation. We all need some time to do the examination or observation of our own emotional and creative processes. The true introspection will make us aware of our potentials and shortcomings. Knowing and believing in our own potential can be part of our journey to being successful. If we start to believe in ourselves and our potential more, we can become more motivated to prove ourselves. When we think we can't reach our potential, we may not even try.

The Department of Psychology since its inception is providing our Jayantians a platform to introspect, explore and progress in their professional skills and train passionate learners to enhance their knowledge. Pravāha, the Psychology Magazine, is trying to encourage the students of Psychology to realize their potentials, creativity, talents and insights and express them in various formats.

As the name Pravāhaindicates the uninterrupted flow, I wish that through the vast pages of the Magazine, the creativity coupled with innovative ideas and unique talents of students may flow here. Because I believe that our Journey of education is like a stream and a flow. It is a continuous passage.

I appreciate the hard-work and efforts of the teachers and students who contributed to the 4th edition of Pravāha. I also congratulate everyone for producing it with all your heart, love, soul, and with complete devotion.

Let us all work together to make this world, a better world.

**~Fr. Emmanuel P. J.**

Director,

Jayantian Extension Services.



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

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## Uniqueness v/s Universality in Personality

~Anugraha Joseph, IV sem M.Sc. Psychology

In psychology, personality refers to individual differences in patterns of thinking, feeling and behaving. The study of personality in psychology looks at different aspects of human nature. Some common dimensions that are studied include the stability of personality, determinism and uniqueness of characteristics as opposed to their universality. The various theories of personality that have been proposed also make assumptions about these and other aspects of human nature. These include a pessimistic versus an optimistic view of human nature, causality or teleology (personality in terms of past experience or future goals), personality as governed primarily by the conscious or the unconscious, biological influences versus social influences and stage versus non-stage development of personality.

With regard to determinism, for example, some theorists say that our personalities are shaped by factors outside our control, either external or internal. The psychoanalytic theory, for example, posits that we are at the mercy of our unconscious instincts and repressed thoughts (an internal factor that is outside our control). Behavioural theorists such as Skinner, on the other hand, say that our personality is determined by our experiences or through learning (an external factor that is also outside our control). On the other end of the spectrum are the humanistic theorists such as Maslow and Rogers, who say that human behaviour is entirely under our own control.

When we say that the study of uniqueness versus universality is a dimension of personality psychology, it means that some theories focus on how individuals are unique or different from all others, while other theories focus on how some things about the personality are common to all humans. Trait theories fall under the former category, while Maslow and Skinner's theories fall in the latter category. Often, theorists (including those mentioned above) prefer to take a balanced position on the issue.

The following are some theorists who look at the uniqueness angle of human personality.

Although Freud recognized universality in human

nature, in that we all pass through the same stages of psychosexual development and are motivated by the same id forces (pleasure-seeking principle), he asserted that part of the personality is unique to each person. The ego and superego perform the same functions for everyone, but their content varies from one person to another because they are formed through personal experience. Also, different character types can develop during the psychosexual stages.

Among the neo-Freudian psychologists, Adler, Jung and Erikson looked at the uniqueness perspective on personality.

Adler's image of human nature is an optimistic one, simply that people are not driven by unconscious forces. We possess the free will to shape the social forces that influence us and to use them creatively to construct a unique style of life. This uniqueness is another aspect of Adler's flattering picture; Freud's system offered a depressing universality and sameness in human nature.

In Jung's view, each individual is unique, but only during the first half of life. When some progress toward individuation is made in middle age, we develop what Jung designated as a universal kind of personality in which no single aspect is dominant. Thus, uniqueness disappears, and we can no longer be described as one or another particular psychological type.

Erik Erikson's theory delineates basic human strengths and possesses an optimistic view of human nature. He believed that although not everyone is successful in attaining hope, purpose, wisdom, and the other virtues, we all have the potential to do so. Nothing in our nature prevents it. Nor must we inevitably suffer conflict, anxiety, and neurosis because of instinctual biological forces. Thus, we have the potential to consciously direct our growth in ways that are unique to each one of us.

Carl Rogers's personality theory is rooted in humanistic psychology, and is optimistic about human nature. Rogers also recognized universality in personality when he noted that fully functioning persons share certain qualities.

However, we may infer from his writings that there is opportunity for uniqueness in the ways these characteristics are expressed. The ultimate and necessary goal of life is to become a fully functioning person, to actualise, to develop our abilities and potentials, from the strictly biological to the most sophisticated psychological aspects of one's being. Since these aspects of life differ from person to person, there is uniqueness and there are differences among fully functioning individuals.

George Kelly's personal construct theory of personality differs greatly from other approaches. His theory of personality said that each person creates a set of cognitive constructs (mental representations) about the environment. On the basis of these constructs, we make predictions about ourselves and about other people and events, and we use these predictions to formulate our responses and guide our actions. Therefore, to understand personality, we must first understand our patterns, the ways we organize or construct our world. Kelly's personal construct theory is presented in a scientific format, organized into a fundamental postulate and eleven corollaries. The fundamental postulate states that our psychological processes are directed by the ways in which we anticipate events. Of the eleven corollaries, some point to uniqueness in human personality while others speak of universality.

The commonality corollary states that people in the same culture develop similar constructs, whereas the individuality corollary emphasizes the uniqueness of many of our constructs and therefore of the self.

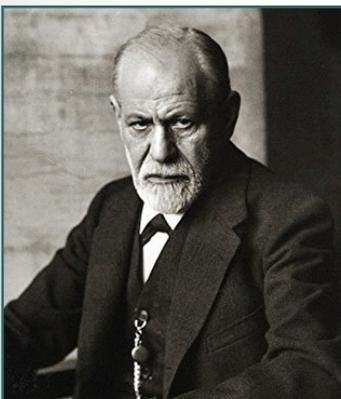
For example, an Indian, being raised in a culturally

diverse setting, might be more open to people from different walks of life than himself than someone from a less diverse setting. At the same time, there may be an Indian who, for his own reasons, is not tolerant of differences. Raymond Cattell defined traits as relatively permanent reaction tendencies that are the basic structural units of the personality, and derived by factor analysis. On the uniqueness-universality issue, Cattell also took a moderate position, noting the existence of common traits, which apply to everyone in a culture, and unique traits, which describe the individual.

With the great emphasis placed on the uniqueness of every individual, particularly in today's educational settings and motivational talks, it is curious to note that not many theorists argue solely for the uniqueness angle as Skinner, Bandura and Maslow did for universality (for the most part). Of course, one must keep in mind that personality is only one of many things that define an individual. One's interests, goals, abilities, skills, intelligence and social relationships all together determine who we are as people. It is also important to remember that a theory of personality that looks only at how all individuals are different from each other, without attempting to find some commonality among them, would not be of much use in predicting behaviour or studying it. It is the universalities of the human race— such as empathy and morality— that makes it unique among all the living creatures that populate this planet.

References:

Schultz, D.P., Schultz, S.E. (2005) Theories of Personality (8th Ed.) California: Wadsworth



*“One day, in retrospect, the years of struggle will strike you as the most beautiful.”*

*~Sigmund Freud*

## I am Jamie

~Sharon Boves, IV sem M.Sc. Psychology



Hi, I am Jamie  
 A teenager at the Scrupulous Secondary School  
 Hey, that's not your school name  
 That's not how you talk in public  
 called out a voice  
 Oh, I am sorry, let me correct  
 A teenager at the St. Bernard School  
 Good! That's more like it.  
 Said the voice again.

Isn't it funny  
 How there are voices inside you, outside you—rule  
 you  
 Telling, and scaling your actions  
 Oh, the very thoughts in you are filtered for you  
 Oh, how very well they know and understand you.

Isn't it funny  
 How they try to make you like them  
 But wait what's the point in being  
 Another charlatan,  
 What's the point of masking like them.

I was born different  
 To a life completely, different from you  
 So are my thoughts and my opinion.  
 Life teaches me,  
 And I shall walk in them lifelong.  
 But, let me do it my way of being good.  
 Help me, shape me, pick me up,  
 To be the Jamie who stands out;  
 And not another Jamie in the crowd  
 Because, that's not me.  
 Because, I am not who they are.

But isn't it safe, to be in this mask  
 Nobody will be against you  
 No one will judge you for who you are,  
 You will be approved by others.

But I believe,  
 Each person is beautiful,  
 And that is witnessed,  
 When you are, who you are.  
 Don't worry about what they'll think  
 Stand strong on the truth, you hold,  
 Our uniqueness is Our power.  
 It's the confidence to our voice.

I shall be like the bird,  
 Soaring high, piercing through these voices  
 Why? Said the voice abruptly,  
 Because that's who I am.

## Chaos in the calm

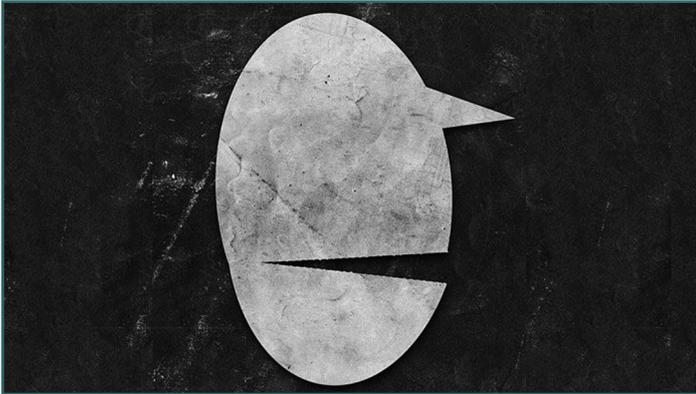
~Sarah Shabbir, IV sem M.Sc. Psychology

Yes! she was different.  
 Her struggles were real,  
 heart, broken and battered.  
 She saw the darkness,  
 got lost in it, But  
 never gave up on the search.  
 Search for Light. Hope.  
 Deep rooted faith,  
 they cut the branches

Couldn't shake the roots.  
 Demons kept feeding on  
 her soul,  
 but the fighter was alive.  
 The road ahead was rocky,  
 steady she remained.  
 Held by the shackles,  
 her feet never stopped moving  
 forward.

## Talk

~Steffanie Grimes,  
IV sem M.Sc. Psychology



### Talk,

To the ones who laugh a little hard,  
To the ones who don't laugh at all,  
To the ones who just keep laughing,  
To the ones who never cries.

### Talk,

Because sometimes there are no  
13 reasons why.

### Talk,

To the ones who drinks too much,  
And smoke just as much,  
To the ones who run away from  
Social interactions.

### Talk,

To the ones who are submerged in a zillion  
different distractions,  
Because, all of us are in the same boat,  
With a hole, swimming in unhealthy coping  
mechanisms.  
During all those screwed up days.  
Not all wrists will have slits,  
Hiding under full sleeved shirts,  
Not all eyes spend sleepless nights,  
Some eyes sleep too much.

### Talk,

So you could maybe resuscitate  
Some hearts drowning in sadness  
And  
Out of breath.

## Being Alone

~Nisha Susan Mathew,  
IV sem M.Sc. Psychology

Being alone has always been the one thing I  
have been scared of  
Now though after seeing you loving it  
Going with the flow  
It makes me want to explore more of the lonely  
walk which are no longer lonely,  
Which are now walks which let me rediscover  
my self  
Now being alone is exploring myself  
Being alone is now transcending into being me  
Being alone now transcends to being me.



## Does anyone ever die?

~Nisha Susan Mathew,  
IV sem M.Sc. Psychology

Made with parts of the universe  
Each one is the universe  
The universe is made of its each being  
Being recycled  
Again  
And again  
Each cell, each atom  
Built upon something that already exists  
Each 'mouthful' that I consume, is part of  
another being that existed.  
Some of me contains some of you  
Some part of me is in you  
Hence  
Does anyone ever die?

## Her!

~Sarah Shabbir,

IV sem M.Sc. Psychology

Solid as a rock she stood,  
no wind could blow,  
no man could break her.  
Was admired by all,  
strong mind  
and a beautiful soul,  
she seemed to have it all.  
A soft heart,  
was it a weakness?  
With pride she carried it all along.  
She danced, as if,  
she was all alone.  
Puffy eyes and wet pillows  
narrated her story,  
but the world never knew  
they cherished her glory.  
Sleepless nights and  
hopeful mornings,  
was all about her.  
She was moving ahead  
without any fear,  
with a painful smile,  
or a happy tear?

## A Paradox

~Sarah Shabbir,

IV sem M.Sc. Psychology

She was the autumn leaf,  
in a garden full of greens.  
  
She was a butterfly,  
in a sky full of flying birds.  
  
She was a shade of rainbow,  
in a portrait full of greys'.  
  
She was a flame of candle,  
in a festival full of bursting crackers.  
  
She was keeping faith,  
in a world full of believers.  
  
She was a conflicted contradiction,  
in a world full of consistency.

## Uncertainty

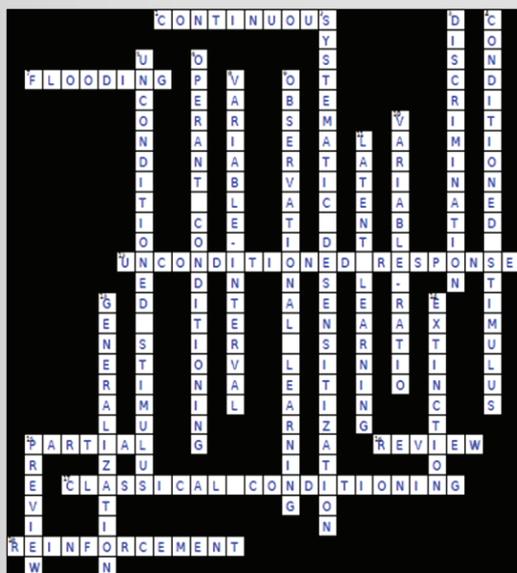
~Nisha Susan Mathew,

IV sem M.Sc. Psychology



Wearing the cloak of uncertainty,  
I walk the pavement of life.  
I can vouch for what I do now  
I cannot vouch for what I will  
or will not do in certain time in the future  
As I am not the same person I was one minute  
ago  
I am changing,  
With new neural networks being created every  
millisecond.  
These accumulative changes are assimilating  
and accommodating information new and old  
efficiently, At least trying.  
I cannot vouch for what this soul guided body  
will or will not do  
In the certain futuristic sphere of time  
I don't and I won't burden myself of the future  
with expectations which my present self has  
had to carry from my past self  
The ones the present has failed to achieve,  
it's for the present to feel burdened about,  
Hence no other timely form of me  
And not to burden the future with things it was  
not efficient enough to accomplish.  
Hence wearing the cloak of uncertainty I walk  
the pavement of life.  
Without any rulebook or guidelines  
On how I should walk or the pace I should finish  
in.

**Answer for Crossword  
Puzzle 2 (Pg 11)**



**Desire**

**~Mariya Samreen,**  
II sem M.Sc. Psychology

A dream under the daylight sky,  
wanting nothing else but to be by his side,  
it is true that feelings can be over-powering,  
but is it fair that we're rewarded with sufferings.

For feelings are not for me  
but to feel is a gift for all.  
The mind goes astray in a raging war;  
the heart says 'can't I have it all?'  
The soul has its thirst,  
the path we've chosen will quench it, trust.

For feelings are not for me  
but to feel is a gift for all.  
Looking out the window, someone on my mind,  
to not think so much, let them fly ,  
my desire in disguise tells me he's mine  
hence, worth the price.

For feelings are not for me  
but to feel is a gift for all.  
Enter the world of fantasy,  
all the wants are turned to fallacy,  
trying to make up my mind,  
it's bitter but you're mine and I'm yours falsely.

For feelings are not for me  
but to feel is a gift for all.

**POTENTIAL**

**~Steffanie Grimes,**  
IV sem M.Sc. Psychology

Look at you, walking around with all that potential,  
stored in your bones, to be more than just broken.  
Something that you've started to associate yourself with,  
because people have made you believe that all the suffering is worth it.  
Look at you, walking around with all that potential,  
behind the bars of your damaged ribcage,  
to be something other than damaged.  
Something you're made to believe that you need,  
In order to grow but you never got the chance.  
Stuck in regression,  
you never had your innocence with you.  
It was stolen by hungry glances of strange men  
and rough touches of familiar faces.  
Now you're tangled up in messed up memories of a time  
you just can't get out of.  
Look at you, walking around with all that potential,  
buried deep within your cracked up skin,  
To be something more, to be something great.  
BUT all that got lost somewhere,  
as people snatched away your confidence  
and made you believe in  
WORTHLESSNESS of your Existence.  
Look at you, holding all that potential,  
just in the hope to feel something.



## One Moment

~Sheba Ann Santhosh,

II sem BA. JPENG B



As I stood there on cliff below which the beautiful waves of the Arabian backwaters hit the walls of the cliff. The sun touching the sea covering it with a blanket of blazing orange, the birds were flying overhead in groups and chirping in harmony. I could hear kids playing and shoppers bargaining in the background, Kochi fort looked beautiful. But my mind didn't allow my lips to smile and my selfish heart didn't allow my eyes to sparkle. As it wanted my whole being to mourn with it in its pain, its pain of being broken.

I stood there at the edge of the cliff with no more tears left to cry, with no more words left to speak. I saw the one person I loved truly, giving his love to another. He told me he loved me but maybe that wasn't me after all. I couldn't see any meaning to life. As those visuals ran through my mind I couldn't bear the stone that was on my already broken heart anymore so I jumped, without another thought I jumped.

The waves hit my face, the salt from it went into my eyes and pained my eyes but cleared the fog that had covered my eyesight. Reality hit, I wanted to live, and I wanted to get out alive. I saw my mom with her beautiful smile and the annoying yet cute hug she gave me. I saw my dad sitting next to me and kissing my forehead. My annoying yet protective brother who would give up anything to irritate me but would be ready to lose himself and fight for me against the world. Their faces appeared in front of my eyes urging me to fight for my life, giving me the strength to fight. I started screaming and flailing my arms and I

could see glimpses of people surrounding the shore. I couldn't hold on much longer I was beginning to lose the fight. I felt myself being pulled by the waves downwards and downwards, the last I saw was a silhouette of a person jumping then I went into the salty water my eyes closed.

I opened my eyes I saw a roof made of straw. I got up startled. I didn't know where I was, my head was still groggy like a drunkard. I closed my eyes and opened them again, this time it was more focused I realized I was in a hut. The second thought was, "I Am Alive!" I was so excited, relieved and very grateful to the person who saved me. I got up and walked around the room then I realized I wasn't wet, "that's weird" I thought.

I looked out the sun was blazing up in the sky and I realized it was noon. But that too wasn't right it was evening. A feeling of fear crept in my heart, how long was I out? My thoughts suddenly went to my parents. I didn't think about anything else, I ran. I ran a distance of 30 minutes of bus ride from Kochi fort to my house. My mind fixed on my parents, they might be so worried, my mom must have cried almost 10 times, my dad must have gone in and out of the police station a 100 times with my brother, trying to find me. I could imagine in what state my parents would be in and the relief they would have when they see me, my brother hitting me for scaring him. In the excitement of being alive and seeing my family I forgot to thank the man who saved me. I felt a pang of guilt but I ignored it and promised myself to return back with my family and thank the man for saving my life. I also promised myself to get him a huge gift or something that will make him happy.

I ran for what seemed like days without stopping even for a breath. I finally reached home. I was so overjoyed that I would reunite with my family. I ran in but I was stopped by a huge crowd that was in front of my home. I could feel fear and anxiety taking the place of my happiness and joy.

I ran in hoping my family was safe or that this whole crowd had not gathered there to look for me. I walked in but nobody seemed to pay attention to me. I reached inside the house and there in the middle of the room I saw a sight that stopped me in my tracks. There in the middle of the room laying lifeless in white sheets was ME. I screamed but nobody seemed to notice. I saw my dad sitting next to my lifeless body touching my forehead just the way he used to do when I fell sick. My mom sat next to my body looking aimlessly at the ceiling with a single tear hanging from her tearless eyes. My brother sat afar on the staircase with his head between his arms and his shoulders shaking, holding my favourite doll. I wanted to tell

them I was here, I wanted to touch them, wipe their tears, but I couldn't. I stood there hopelessly watching the broken smiles, the broken hearts and their broken lives, realizing with great difficulty that I was the reason it was broken.

As I sit on the edge of the cliff that changed everything I dream of scenarios where I took a step back or where I was saved in time. I enacted them sometimes hoping for time to change and fates to rewrite the story. But it was all in vain I was still invisible to the world, dead to the universe. I think of that one moment where a veil of emotions hid away the design of judgement in me and all I can do is watch my tears fall hopelessly drop by drop into the vast ocean.

## Love: A antidote to life

~Blessy Thomas Anjilmoottil,  
II sem M.Sc. Psychology



When we hear the word love what is it that comes into our minds, the beautiful memories from our childhood like the first day of our school, the first time you ever made a friend or the first time you ever developed a crush on someone in your class. But is that real love, have we ever tried to know what love really is? Some say love is unconditional, it is selfless but is it really that selfless or is love selfish? Does love build us or does it often become the reason that we find ourselves ruined and broken. Some say the love is an antidepressant but have we ever thought maybe it was the love that had caused the sadness in life.

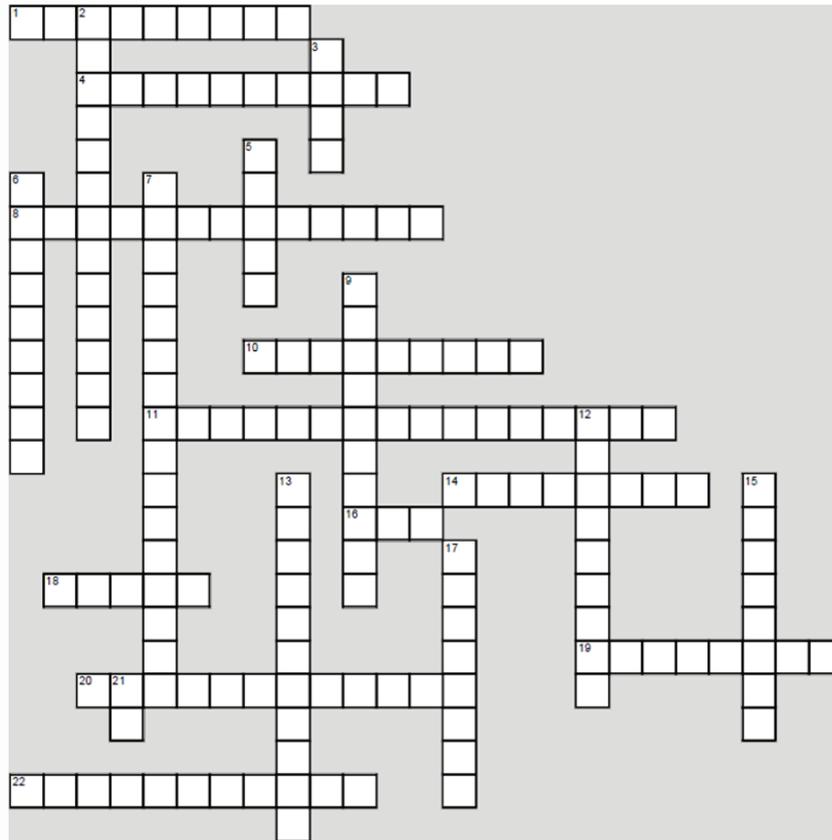
It's often said that love is the most powerful emotion that a person experiences, it's an affection that one sees in the eyes of a mother when she finally gets a glimpse of the face of her new born

baby. When you ask any teenager they will say love is a feeling of butterflies erupting in the pit of their stomach when they see their crush. If you ask an adult, they will say love is when seeing a certain person or just by their one single smile can make their day and make them forget about all their stress that they had thought the day. But have we ever thought what love really is? We have only seen and heard of the filmy or cliché aspect of love. But love is something that can destroy more than it can ever restore someone. Love often hurts us in the long run. Mothers' claims, it was their love for their unborn baby that made them kill the baby for the fear of the society. A man hits his wife in the name of love or leaving behind old aged parents in care houses in the name of love. Lovers become so blind in love that in one minute they forget their parents and just run away with each other.

But still we keep falling in love every day, we fall in love with the darkness of the night or when it's the first sight of the rain drops. But what is love? It is the feeling of seeing kids with excitement when they are given a hand full of chocolates or it is the feeling you see in the eyes of a grandparent when they receive a call from their kids and grandkids who are living far away from them. The Bible say love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

## Crossword Puzzle 1

Theme: Developmental Psychology



### ACROSS

1. The type of intelligence invoked in expressing understanding and regulating emotions.
4. The type of word leaning style; that focuses more on social phrases.
8. Gardner would argue that Oprah Winfrey excels at the type of intelligence.
10. The study of words and their meaning.
11. A psychologist who specializes in psychological assessments.
14. \_\_\_\_\_implant is a devise that picks up speech sounds and converts them to electrical impulses.
16. A morpheme.
18. \_\_\_\_\_intelligence tends to decrease in the elderly
19. A theorist who focuses on the biological aspects to leaning Language.
20. A property of symbols.
22. Children's ability to connect new words to their meanings so rapidly.

### DOWN

2. A child calling all motor vehicles trucks.
3. The most likely intelligence test that world be administered to a child in Canada.
5. Test results from a Large group of people.
6. Being able to think of all the different uses for a pencil would be an example of \_\_\_\_\_ thinking.
7. Gestures to make a demand.
9. Knowing how long to maintain eye gaze during a conversation.
12. Someone who immigrates to Canada and can speak German fluently.
13. An example of a learning disability.
15. Speech-like sound that has no meaning.
17. One of Sternberg's three types of intelligence.
21. The ratio of mental age to chronological age multiplied by 100

## The Cactus in me

~Pankhuri Mathur,

IV sem BA JPENG B



Every time I sat there, cheering amongst the crowd,  
I wondered would I ever, make my kin proud.  
I adored my siblings, who could draw and paint  
And wondered how my work, always had some complaint.

I tried to play guitar, it was all in the trend,  
But then soon I realized, no notes I could blend.  
My mirror, mirror on the wall, answers it gave none,  
I wished for beauty of the moon, and glow of the sun.

I enquired others on what I could do,  
And surprisingly, answers I found very few.  
My mind got stuck, on who I really was,  
It made me wonder, and take a pause.  
Perhaps the paintbrushes, weren't meant for me,  
And guitar strings, weren't my cup of tea.  
Then the cactus in the garden, which I could see,  
Made me wonder, how things could possibly be.  
No beautiful flowers, only thorns one could find,  
Yet could catch my eyes, was only one of its kind.  
I realized then, there was a cactus in me too,  
Different and unique, in my own way I grew.  
We are all very different, in our own beautiful ways,  
Just what is required, is to appreciate and praise.

## Sorry, No Mentalists Here

~Anugraha Joseph,

IV sem M.Sc. Psychology

No mind readers or psychics or magic tricks either.

So what do psychologists do? Well, we study human behaviour systematically and scientifically, and use our conclusions to predict and control behaviour, that is, to help people.

So what about those performers on stage who can tell what number or name you're thinking of, sometimes long before you even thought of it? (There are loads of them out there and they're very impressive; check YouTube.) What are they doing? Is it supernatural, can they actually read minds? Is it magic tricks? Is it related to psychology in any way?

(Answers: No, kind of, yes-and-no.)

Simply put, mentalists are stage performers who seemingly read minds using two techniques: influencing people and reading their body language. And these techniques do have psychological principles behind them; any mentalist will tell you that. Most mentalists would be quite sceptical about someone claiming to have a

supernatural power of reading minds, also called being psychic (pronounced SAI-kick). "I can't look into your mind and tell you what you're thinking," one famous performer said. "But I can get you to think what I want you to think with subtle signals. Then I ask questions that seem unrelated, but your responses cause mini-muscle effects that I can read." A mentalist's confidence is also an important part of creating the illusion that they can read your mind.

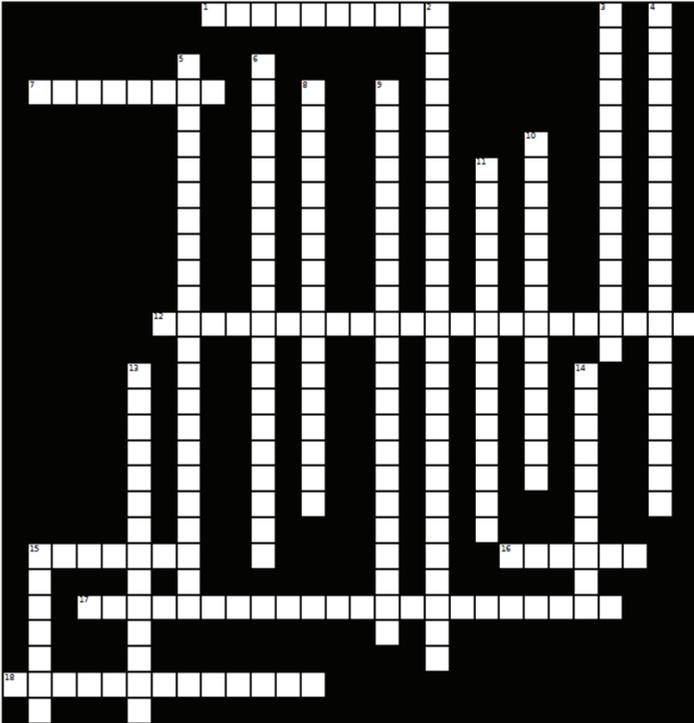
Oh, and what's the difference between magicians and mentalists? Magicians use props and sleight of hand, while mentalists use their audience as their props and perform tricks of the mind such as reading your thoughts or planting a thought in your mind.

While the work of mentalists is fascinating and fun, it isn't what psychologists usually do. Clinical psychologists and counsellors work a whole different kind of magic—one that heals and causes growth. As one mentalist said, "Can psychologists be mentalists? Well, I'd say rather that a mentalist can be a good psychologist."

...By the way, mentalism for psychologists means something completely different. But that's a story for another day.

## Crossword Puzzle 2

Theme: Learning



### ACROSS

- 1 Marked by uninterrupted extension in space, time, or sequence.
- 7 Based on the principles of classical conditioning, a fear-reduction technique that involves exposing the individual to a harmless stimulus until fear responses to that stimulus are extinguished.
- 12 In classical conditioning, the conditioned response is the learned response to the previously neutral stimulus.
- 15 Of or relating to a part rather than the whole, not general or total.
- 16 To go back and look to see what you went over.
- 17 Conditioning in which the conditioned stimulus (as the sound of a bell) is paired with and precedes the unconditioned stimulus (as the sight of food) until the conditioned stimulus alone is sufficient to elicit the response (as salivation in a dog).
- 18 To strengthen by additional assistance, material, or support : make stronger or more pronounced.

### DOWN

- 2 Is a type of behavioral therapy used in the field of psychology to help effectively overcome phobias and other anxiety disorders.
- 3 The process by which two stimuli differing in some aspect are responded to differently.
- 4 Is a form of associative learning that was first demonstrated by Ivan Pavlov. The typical procedure for inducing classical conditioning involves presentations of a neutral stimulus along with a stimulus of some significance. A stimulus that evokes an unconditioned response.
- 6 Conditioning in which the desired behavior or increasingly closer approximations to it are followed by a rewarding or reinforcing stimulus.
- 8 A factor that is measured or controlled in a scientific method in a space between objects, units, points, or states.
- 9 Is learning that occurs as a function of observing, retaining and, in the case of imitation learning, replicating novel behavior executed by others.
- 10 A factor that is measured or controlled in a scientific study in a certain percentage.
- 11 Learning that is acquired through observing and imitating others.
- 13 The act or process whereby a learned response is made to a stimulus similar to but not identical with the conditioned stimulus.
- 14 The process of eliminating or reducing a conditioned response by not reinforcing it
- 15 To see beforehand; specifically : to view or to show in advance of public presentation.

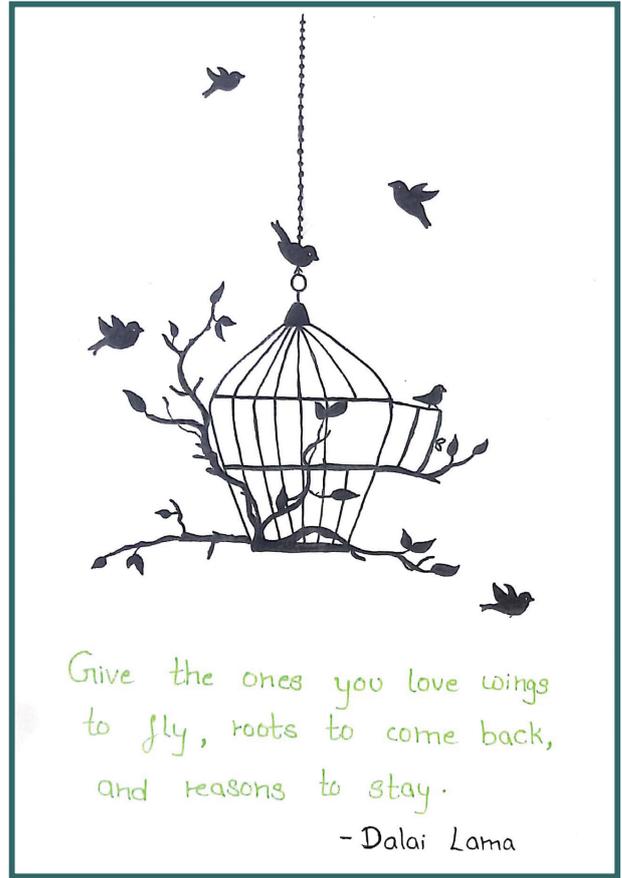
*“Act as if what you do makes a difference. It does.”*

*~ William James*

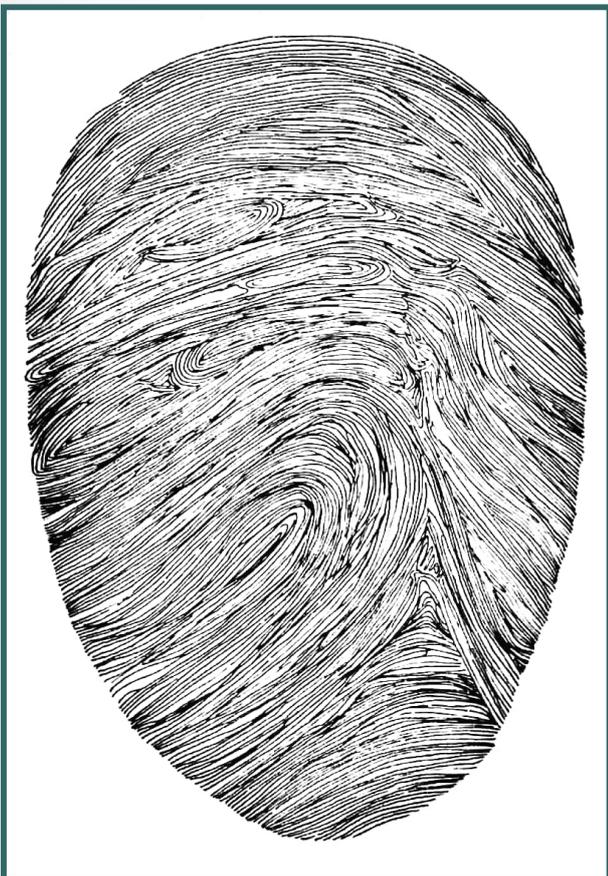




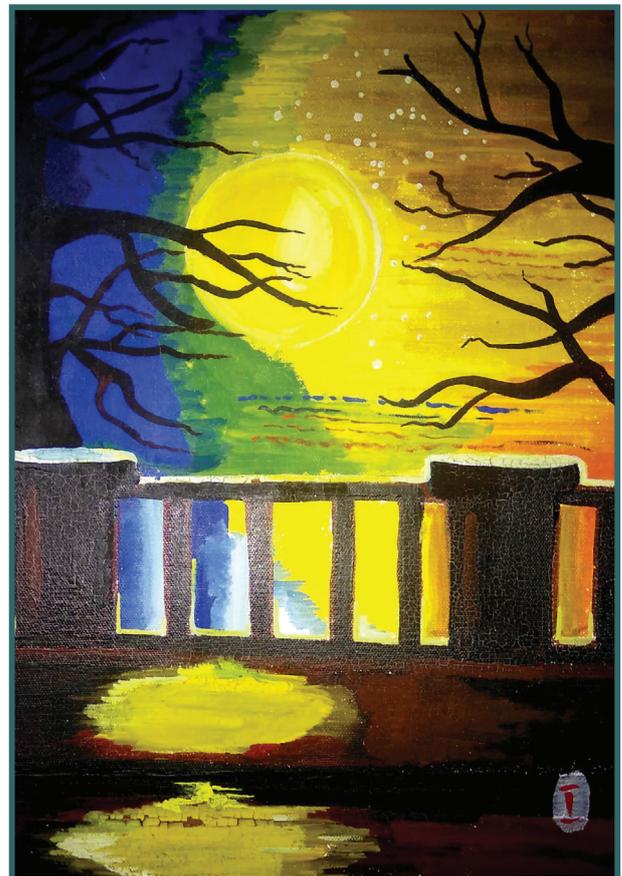
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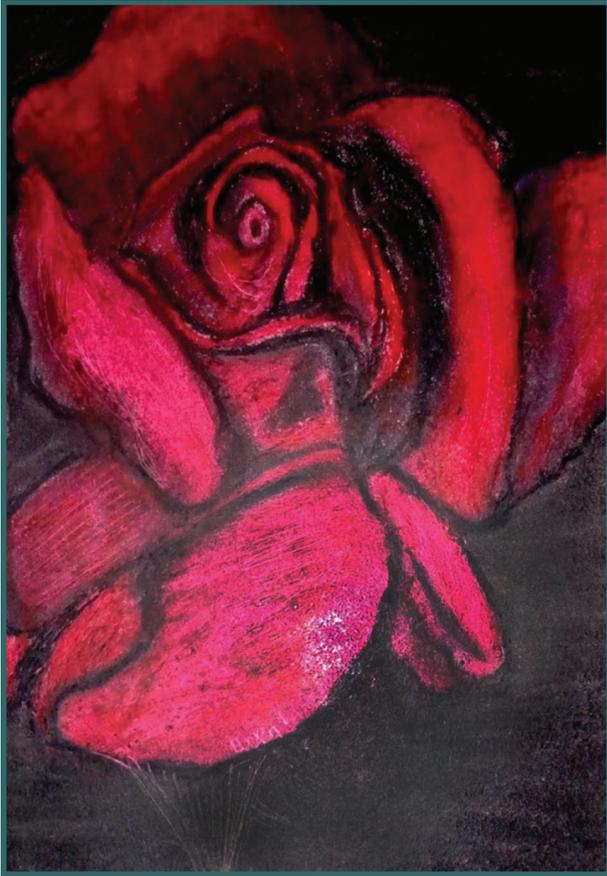
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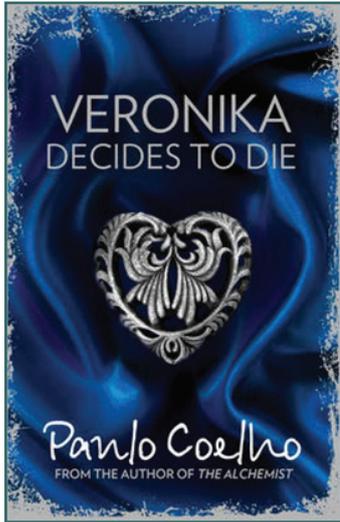
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## Veronika Decides to Die (1998), Paulo Coelho

~Varsha Baiju,  
VI sem BA. JPENG A



"Collective madness is called sanity." - Veronika decides to die.

Unlike the obvious understanding of the title, Coelho uses this book to help the readers in understanding the universe and life as it seems. It inspires the readers to 'to strive not to settle into the kind of routine they don't wish to be in.' according to

Longblog's review. The top of the line Brazilian creator of *The Alchemist* gently scratches this dour in any case elevating story of the self-destructive Veronika, who crawls along the limit among life and passing, rational soundness and frenzy, satisfaction and sadness.

*Veronika Decides to die* is about a young Slovenian woman, Veronika, who endeavors suicide, fails, then institutionalized, and is educated that her endeavored suicide harmed her heart and she has just five days to live. In the healing center, she needs to grasp between biting the dust, and additionally being crazy.

The book deals with the effect of Veronika's death sentence diagnosis on her as well as on other patients with whom she interacts. The first patient Veronika interacts with is a burdensome named Zedka who offers Veronika exhortation and understanding. At that point there is Maria, a lady who pulled back from her expert and family life to be systematized in light of the fact that she was having odd fits of anxiety. At long last, there is Eduardo, a schizophrenic who is for all intents and purposes non-utilitarian when he meets Veronika, yet who winds up in an association with the young lady in any case. These patients come to understand that they are hanging out at the healing center. They remain in the clinic since they are allowed to resist standards without judgment. At the point when Veronika chooses she wouldn't

like to kick the bucket hanging out, it profoundly affects the others.

The book obtains vigorously upon Coelho's own involvement. He was admitted as a young guardian who was bothered when he went diletantish and started spending time with nuisances. Curiously, Coelho has an appearance job in the book as himself. In the book, he composes an article that energetically makes the inquiry, "Where is Slovenia?" When Veronika is holding on to bite the dust from her overdose, she peruses the article and chooses to compose a letter to the supervisor asserting that she executed herself as a result of the discouraging impact of Coelho's proposal that no one who's anyone knows or considerations where Slovenia is found.

At last Veronika finds that she is genuinely free. Veronika appears to have everything toward the start of the story: a job, a love life, and popularity. In any case, it's those things that she comes to feel subjugate her, and that is the thing that prompts the endeavored suicide. As it were, Veronika is doubly liberated. She is free since she is biting the dust, and what would one be able to do to a withering individual. Second, she has been marked insane, and, having such a name, individuals anticipate that she should demonstration strangely. She has the opportunity to do those things she has been too panicked to even think about doing for her entire life.

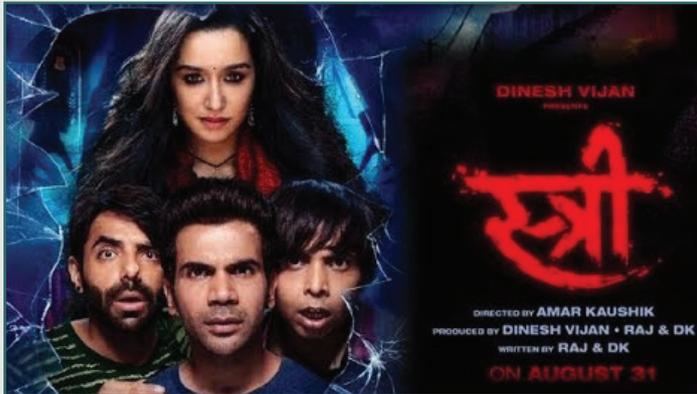
'Veronika decides to die' is a 200 page reflection on life and individuality. The book is an absolute must-read for anyone who has every stumbled upon the idea of committing suicide or the mere thought alone. It makes one feel grateful to be alive, moreover makes us understand that existence is a gift to not be wasted. It focuses on Life from an angle where in it's a blessing, miracle or even a cosmic phenomenon perhaps. Coelho's masterpiece is a simple, but deep perspective into the power of change and the connection to the thread of life.

The book was also adapted into a major motion picture in the year 2015, with Sarah Michelle Gellar playing the lead of Veronika.

## STREE (2018)

~Merlyn Thomas,

VI sem BA, JPENG A



**Cast:** Rajkumar Rao, Shraddha Kapoor, Pankaj Tripathi, Asha Saini  
**Director:** Amar Kaushik

### SYNOPSIS:

Rajkumar Rao takes on the role of Vicky who hails from a village called Chanderi where during the days of Durga Puja it is believed that a woman whom everybody calls 'Stree' attacks men who are alone at night and they disappear leaving their clothes behind. So as to prevent this from happening, they write 'O Stree Kal Aana' which means 'O woman come tomorrow'. Vicky is a tailor who falls in love with a girl who only comes during the puja days but due to her mysterious coming and going, this prompts Vicky's friends to believe that his crush is Stree. From there on Vicky and his friends are on a roll to discover the real truth behind the real 'stree'.

### REVIEW:

Rajkumar Rao portrays a typical young man of the Indian society called Vicky who hails from a small village and is a very well established Ladies garment tailor. Unlike Rajkumar's other movies where he usually goes in for a comedic aspect, in this movie he tries out a different genre mixed with comedy. His character Vicky is shown as a village boy who goes out frequently with his two best friends after work and looks forward to drinking and stays out late during the festival days.

As the plot develops, the audience is introduced to the myth of a woman who everyone calls 'Stree'

and from there on the movie presents different aspects of the society in a new light to the audience. What makes the movie very entertaining is that it has a very unusual set of actors. The main actors are not usually seen in such movie of horror genre and this makes it quite interesting to watch. The acting of Rajkumar Rao is quite phenomenal.

The movie mostly focuses on themes such as protecting girl children, targeting women abuse, beliefs in superstitions and the patriarchal mentality of men and women. The movie makers have brilliantly brought sexism against women through nonchalant conversations of Vicky and his friends. The most iconic character is Shraddha Kapoor's who remain unnamed all throughout the movie. In fact nobody has any idea of from where she hails, what's her name, what does she do etc. Nothing. Period. Her mysterious character helps build suspense and keeps the audience on edge because at every point everyone is in a continuous game of guessing. She does not say much dialogues nor does she have much of a presence all throughout the movie but she is the turning point in the movie who brings out different kinds of changes in the characters as well as she paves way for the possibility of a sequel.

The timeline of the movie is pretty clear. The characters explore the idea of mythology and delve deep into the cause of the trouble. They even figure out that the entire phenomena takes place due to the conservative mentality of the villagers who oppress women. Even though one such oppressed dead is back for revenge, her end goal is only one thing: Love. The movie shows us that even the dead craves to be loved and respected. In total, I would give the movie a rating of 9.2/10 and it's a must watch. It's worth a couple of times of watch because the ending leaves room for multiple possibilities and the entire movie is very thought-provoking and the characters are well-structured.

## Life at KJC

~Sheba Ann Santhosh,

II sem BA. JPENG B

The journey in Kristu Jayanti College has been like sitting on a rollercoaster, to say the least. When I first walked into the campus as an MSc Psychology student, little did I know of what was in store for me. Adjusting to the seven-hour schedule to maintaining a minimum 85% attendance and the never-ending list of rules. Life at KJC seemed tough at first.

Then, came the people who changed my life for the better: Our teachers from the Department of Psychology, who never asked us to focus on academics alone, rather continuously motivated us to push our boundaries and take part in a variety of activities, workshops, seminars, department fests, the list goes on. A special mention to our HOD, Dr. Molly Joy, who always supported us and pushed us to do better.

The friends I found in the college were people whom I will cherish for my whole life. Each and every industrial visit had us singing and dancing in the bus and after the successful completion of each fest or workshop, there was a celebration to look forward to.

From running to the canteen for a coffee in the 10

minutes break, to hurrying to complete all the assignments right on the deadline, the two years passed in a blink of an eye. From being nervous to give the first seminar in front of 33 of my classmates to later giving a speech in the SKE amongst hundreds of people, KJC moulded me to be a better version of myself.

The journey in KJC would be incomplete without mentioning the class trip we went to that had us exploring dark caves, climbing rocks, rappelling and so much more. The dissertation we had to complete seemed like an uphill battle in the beginning but ended with all of us beaming with pride and relief as we held the completed piece of work in our hands.

Coming from Ahmedabad, a city 1700kms away, to a new city, made me apprehensive initially but the lessons learned in this college transformed me into a confident and outspoken woman.

Words like - Life Skills Training, Fresher's, CCD, UG & Block, Sargotsav, Cognizance, Stimuli, farewell and last but not the least graduation day, will evoke a memory at least, for everyone. And that is exactly how my journey in KJC was-memorable.





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