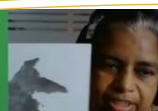


## Material Required

- ❖ Rorschach cards arranged serially.
- ❖ Back of the first card should be at the top of the pack.
- ❖ Recording/ answer sheet.
- ❖ Stopwatch/ clock.



## WHAT'S INSIDE

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## Webinar on Rorschach Inkblot Test

The Department of Psychology of Kristu Jayanti College organised a two day Webinar on the 'Rorschach Inkblot Test', on 1 & 2 July 2020. Dr Rema M.K., Assistant Professor, Kristu Jayanti College, and Mr. Vignanth Babu K.G, Assistant Professor, Kristu Jayanti College were the resource persons for the webinar.

Mr. Vignanth Babu gave an introduction to the Rorschach Inkblot Test and its administration. He explained the details of personality assessments in the light of projective techniques and further elaborated on the history and various techniques

used in the Rorschach Inkblot Test.

Dr. Rema M.K emphasized on the use of the Exner's method of administering and interpreting the test. She elucidated on the coding and analysis of the Rorschach Inkblot Test.

A total of 85 students, professors, research scholars, and mental health professionals from various organizations across the country actively participated in the programme.

Source:

[http://glimpses.kristujayanti.edu.in/KJCnews/glimpses/volume\\_6/issue\\_1/stories/story\\_sub\\_2.php](http://glimpses.kristujayanti.edu.in/KJCnews/glimpses/volume_6/issue_1/stories/story_sub_2.php)



## Plug In..

**Our fellow Indian Psychoanalyst Girindersekhar Bose was in letter conversation with Sigmund Freud and his daughter Anna Freud.**

He went on to discuss various points and argued about the application of Psychoanalysis in India. The conversation started when G S Bose sent his Doctoral Thesis titled "Concept of Repression" where he blended Hindu thought with Freudian concepts. He was also responsible for the formation of Indian Psychoanalytic Society in 1922 at Calcutta, India. Thus pioneering the start of Psychoanalysis in India.

**Contributed by**

**Mr. Vignanth Babu KG**  
Assistant Professor,  
Kristu Jayanti College



Image source: [www.wallpaperflare.com](http://www.wallpaperflare.com)

Stress is a natural feeling of not being able to cope with specific demands and events. These demands can come from work, relationships, financial pressures, and other situations, but anything that poses a real or perceived challenge or threat to a person's well-being can cause stress.

Stress can be a motivator, and it can even be essential to survival. The body's fight-or-flight mechanism tells a person when and how to respond to danger. However, when the body becomes triggered too easily, or there are too many stressors at one time, it can undermine a person's mental and physical health and become harmful.

"Stress Management" signifies that stress is constant and there is a need to "manage" it. But what a lot of people fail to realize is, with a continuous pace and a routine of healthy habits, stress is something that is capable of not even occurring at all.

There are a lot of instances where people come in contact with drugs, alcohol or other stimulants as a distraction to try and cope up with stress. But bear in mind, that causes long term, and in most

## How to Manage Stress?

**-Mr. Pratik Singhal (II BA JPCs)**

health damage. Here is a scientific set of stress management techniques along with my own personal coping mechanisms.

**Exercise:** relaxes body and mind, improves mood

**Relaxation:** getting a massage, stretching, having a hot shower or even perfect sleep

**Eating well:** certain foods like turmeric, yogurt, dark chocolate, fish, eggs etc. help in stimulating cortisol (Stress Hormone)

**Listening to Music:** Whenever I feel overwhelmed, I take a break and listen to some soothing and relaxing music to calm myself

**Taking a break:** if we take a break, recharge ourselves and get to work, we can usually do better and fulfill our tasks more effectively

**Talking about yourself:** Venting out your problems, and the causes of your stress to a friend, a family member, an acquaintance, or a Therapist could be a huge relief.

**Eliminating Triggers:** the best way to manage stress is to identify and reduce the stressor as per our capacity.

**Taking it easy:** Accepting the fact that even if you do everything perfectly, some things are beyond our control and focusing on the things that you can work can help you feel more relaxed.





# Are our perspectives scientific?

Ms. Amani K  
Assistant Professor, Department of Psychology

As humans have evolved cognitively with the development of the prefrontal cortex, there is an innate potential for scientific outlook and understanding, which is required for the progress of the human community and the advancement of civilization. This development is the ability bestowed by nature exclusively on human-beings. However, often people seek easy ways to arrive at an outcome whether it is understanding, thinking, or working. The scientific approach requires a logical, systematic way of thinking and demands objectivity. Since this requires time and effort, often people lay an anchor built on prejudices, biases, stereotypes, and other unproductive cognitive shortcuts to deal and to interact with the external world which leads no growth further, enhancing the intolerance and confusion. Implicitly, people have potential and encourage scientific thinking e.g when buying a product we

analyze many parameters such as the quality, durability, etc. of the product; even children want to explore, experience and think rather than mere imbibing what is said by others. Scientific thinking comprises multi-dimensionality and objectivity i.e. it encourages facts rather than relying on unauthentic attributes that are subjective to oneself. Though we have innate abilities we must be conscious and aware of our thoughts and other cognitive functions to have a scientific perspective/approach. Some of the practices like introspection of one's self, giving some time for thinking before acting or making decisions, discussing with experts or reading relevant sources for varied viewpoints towards any subject, questioning before believing, not clinging on unauthentic beliefs and not generalizing. Discipline and focus on life aid a person to think out of the box. Scientific thinking facilitating the decision-making process which benefits better adaptation, creativity, and a better understanding of people and the world around leading to collective progress and enhanced well-being.

## Hear the Expert

Ms. Ishani Sanghvi (2<sup>nd</sup> year,  
M.Sc.Counselling Psychology)  
interviewed Ms. Ameena

Ms. Ameena is a research scholar. She is currently working in Aster MIMS hospital, Calicut. She runs a clinic named 'Absolute mind' which has two branches, one in Calicut and the other in Manjeri, Kerala. She is also connected through online platform called 'MindGuru' for online Psychological Care Services. She completed her M.Phil in Clinical psychology from Sweekar Academy of Rehabilitation Sciences, Hyderabad.



**Q. Can you tell us what substance abuse means?**

A. Anything you use more than a limit and which is harmful level for ur health it is abuse.

*Continued..*



**Q. Why do only some people get addicted to drugs? Can a person get addicted if he does drugs once in a while?**

A. Well, it is individualistic. It is mostly because of the neurobiology and personality of a person.

**Q. What physical or psychological changes occur after drug use?**

A. Many drugs have many different effects. Once drug release into the body it starts showing up changes in physiology and Psychology, even it differs person to person.

**Q. What instigates a teenage or an adolescent to consume drug?**

A. Good peer support they will get from the drug user gang.

**Q.Can any exercise or technique be used as a tool to prevent/ treat**

**drug abuse or substance abuse?**

A. Finding good ways for pleasure seeking is the best way. We all need pleasures in our life. Drug gives that. Find some other way for pleasures in life.

**Q. How do I know if someone is addicted to drugs?**

A. If they try to stop they gets psychological feelings like anger, irritation etc. And also bodily changes like shivering sweating etc.

**Q. If a person is a drug addict wishes to get rid of this habit then what are the different ways he/she can resort to?**

A. One should try scheduling. Allow yourself using drug on prior decided date and time only Control should be in your hand. If you couldn't achieve this way get therapeutic help.

**If you are interested to work with *Meraki*..**

Kindly email to

[dr.molly@kristujayanti.com](mailto:dr.molly@kristujayanti.com)

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[anithamary@kristujayanti.com](mailto:anithamary@kristujayanti.com)

## The Brain Game!



### Across

1. Most drugs have an effect on this organ
3. The unpleasant physical reaction that accompanies the process of ceasing to take an addictive drug.
6. Need to use an increased amount of a substance in order to achieve the desired effect
8. Substances that can alter the consciousness, mood, and thoughts of those who use them
9. Any time someone consumes alcohol or drugs
10. International Day Against Drug Abuse and Illicit Trafficking

reated using the Crossword Maker on TheTeachersCorner.net

### Down

2. When a drug user can't stop taking a drug even if he wants to
4. Reversible substance-specific syndrome due to recent ingestion of a substance
5. Over-consumption or dependence on an addictive substance, especially alcohol or drugs.
7. A depressant with stimulant effects

**Answers will be published in the next issue.**  
**You may mail us the answers.**

### Editors of the Issue:

- Dr. Molly Joy- HOD
- Ms. Sharmili Chatterjee
- Ms. Anitha Mary Mathew

