



Kristu Jayanti College

AUTONOMOUS

Bengaluru

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

prāvahā

Department of Psychology





ST.KURIAKOSE ELIAS CHAVARA
1805-1871

LIGHT AND PROSPERITY

"Let there be no day in your life
in which you did no good to others"

About College



Kristu Jayanti College, founded in 1999, is managed by the “Bodhi Niketan Trust”, formed by the members of the St. Joseph’s Province of Carmelites of Mary Immaculate(CMI). The college is affiliated to Bangalore University and reaccredited with the highest grade “A” by NAAC in the Second Cycle of Accreditation. The college is recognized by UGC under the categories 2(f) and 12(b). The college was accorded the autonomous status from 2013 by the University Grants Commission, Government of Karnataka and Bangalore University. In the India Today-MDRA survey, the college is ranked as the 5th best BCA, 13th best MSW, 15th best BBA, 16th best Commerce, 18th best Arts and 26th best Science College in India. The college also ranked 2nd best in BCA and MSW, 3rd best in Commerce, 4th in Arts and BBA, and 5th best in Science, among the colleges in Bengaluru. The institution strives to fulfill its mission, to provide educational opportunities to all aspiring youth to excel in life by developing academic excellence, fostering values, creating civic responsibility, and building global competencies in a dynamic environment.

About the Department

Department of psychology aims to provide an environment which facilitates comprehensive quality education to students aspiring to understand themselves and others. Psychology was introduced as one of the core subjects for the undergraduate programme during the academic year 2002-2003 and the post graduate programme with specializations in Clinical Psychology, Industrial Psychology and Counseling Psychology. In 2018, an additional course in MSc Psychological Counselling has been added based on high demand from student community. To inculcate experiential learning, we have a well equipped psychology lab which is periodically modernized to impart state-of-the-art learning. We have tie-ups with various hospitals, NGOs and industries for interning during the PG course. The department 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 the 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

Faith, Integrity, Dignity, and Excellence are the core values of Kristu Jayanti College. A radically inclusive environment ushers the holistic growth of individuals. Faith in oneself and others is an essential component to galvanize inclusiveness in society. A culture of inclusion is built on the solid moral ground of trust and integrity that aids in uplifting the marginalized and the underprivileged through genuine love and service. The diversity of thought boosts creativity and excellence.

It gives me immense pleasure to know that the department of Psychology has chosen the theme 'Inclusiveness' for their 5th edition of the annual departmental magazine 'Pravaha'. I am sure it will be an enriching experience for the readers at large.

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

-Rev. Fr. Josekutty P.D.

The Principal

VICE PRINCIPAL'S NOTE



REV.DR.AUGUSTINE GEORGE

“When I is Replaced by We, Illness Becomes Wellness!”-Malcolm X
The joy of togetherness, amidst diversity in society, is what helps all of us to empathize and accept every individual. An inclusive learning environment promotes holistic learning and overall development of the students. Diversity with radical inclusiveness is what an individual, as well as the society must strive for. True inclusiveness is shown by being non-judgemental and accepting the differences and providing a space for all to grow at their best.

I am glad to know that the department of psychology has chosen the theme ' inclusiveness ' for its annual department magazine ' Pravaha '. We must value diversity and differences and strive to achieve an environment in which all individuals are treated fairly and respectfully, having equal opportunities and resources to contribute fully to the welfare of society.

I congratulate the staff and students of the department of psychology for their hard work in bringing out yet another successful publication.

Rev. Dr. Augustine George
Vice Principal

Dean's Note

Congratulations for sustaining the quality of this publication, and my heartfelt appreciation for taking a novel theme “inclusiveness”, which has a greater significance in the present day higher education scenario. And the theme is also synchronizing with our college's annual academic theme. Through inclusiveness, we are embracing



Dr. GOPAKUMAR A.V

our diverse cultures and giving representation to all the cultural identities irrespective of their relative prominence. This could also create a level playing field for all the denominations. Hope, this magazine will help its readers to build an inclusive mindset to accommodate the viewpoints of every section of the society. As you all know, higher education in India has undergone a tremendous massification in the last two decades, and we are ranked third in the world, next to the USA and China. Our Country is expecting a Gross Enrolment Ratio of 30% by 2020. GER in developed countries are above 50%, and we can reach these figures only through inclusive education by providing space for all sects like, race, sex, caste and intellectual disabilities. Furthermore, only through the support of inclusive pedagogies which can transform societies, inclusive campus with multicultural representation, inclusive curriculum which consider the needs of different social sectors. I strongly believe that psychology as a discipline can do wonders with this theme, as they have a pivotal role in meta-cognition. I also take it as an opportunity to credit the contributions of Rev.Fr. Emmanuel PJ, Dr. Molly Joy, and their Editorial team, who are spearheading the department to a creative and innovative dimension.

HEAD OF THE DEPARTMENT'S NOTE

Inclusiveness

'We are all born with a divine fire in us. Our efforts should be to give wicks to this fire and fill the world with the glow of its goodness.'

-Dr. A.P.J Abdul Kalam



Dr. Molly Joy

Kristu Jayanti has always endeavored to establish an

exemplar in the sphere of education and in our glorious march into the future, we continue to confidently uphold the traditions established and nurtured over the years.

The theme "inclusiveness" motivates and promotes a sense of belongingness for the students to be a part of their community and get better prepared, irrespective of the challenges they are to face in life.

All students learn differently and this is the principle of inclusive education which we wanted to showcase through our magazine 'Pravaha' and it is clearly a testimony that such strategies bring out the best in students in varied forms. It has indeed helped students develop stronger skills and confidence and hone their abilities and talents.

'Pravaha' magazine continues to accomplish the legacy established over the previous years, that has been filled with new and challenging experiences, which have broadened our horizons and also emphasizes the role played by Psychology in the lives of students.

I acknowledge with utmost gratitude the hard work and commitment with which this magazine has been assembled. I thank the management, editorial board, magazine committee, teachers and students for their patience and endurance.

-Dr. Molly Joy

HOD, Department of Psychology

FACULTY'S NOTE

India is considered as the sixth largest economy at present and aspired to take its place besides United States and China as the third largest economy by 2030 at over ten trillion USD. This growth will not be dependent on natural resources alone but mostly driven by knowledge

resources. Education plays a key role in building sustainable, inclusive and

resilient societies. It contributes to improved physical and mental health; promotes peace and respect for human rights and increases the productivity of individuals and strengthens the potential for economic growth by developing competencies and professional skills for sustainable development. The education policies and training practices of a country's workforce is a major factor in determining how well the country's economy will perform. To meet the challenges of future, Higher Educational Institutions need to ensure a culture of lifelong learning and inclusive educational opportunities for all.

The 'unity in diversity' is the success-mantra of our motherland India, which teaches us to embrace diversity and to foster Inclusiveness. It is understood that inclusiveness is the practice or policy of including people who might otherwise be excluded or marginalized. Ironically, all of us would have had the feeling of being excluded or left out, at some point in our life. It is the mission of education, that we may begin to work on bringing together a community, where everyone is included.

It is believed that learning is neither age-bound nor classroom-bound, but it takes place throughout life and in all kinds of situations. It not only enhances social inclusion, active citizenship, and personal development, but also self-sustainability, rather than competitiveness and employability.



Rev. Fr. Emmanuel P. J.

FACULTY'S NOTE

Kristu Jayanti College-Autonomous, strives to provide educational opportunities, without any discrimination, to all aspiring youth to excel in life, by nurturing academic excellence and values to mould individuals into integrated personalities. Department of Psychology, as one of the leading departments of the College, through various academic and co-curricular activities, exhorts students that inclusion should be an intentional act of each of the students and that only by breaking all demarcations and boundaries, one can grow and let others grow.

Pravaha, the Annual publication of the Department, enables the students to voice their opinions, ideas and research as well as to share their creativities in the process of their own moulding as better citizens. I am sure that each and every student is greatly blessed with initiatives like these, as it enhances their growth and development. Appreciating all those who are behind this effective venture, I wish that it may promote inclusiveness and lifelong learning that touches the expectations of youth, who look at education as a force to change their life's values and expectations.

Rev. Fr. Emmanuel P. J.
Director, Kristu Jayanti College of Law
Faculty, Department of Psychology

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INCLUSIVITY IN EDUCATION AND SOCIETY

-Nathaniel Philip, IV sem BA. JPEng B



We, a beheard generation, afloat the ship of time, veering towards a more understanding age. Inclusivity is an ideal hope for tomorrow, yearned by so many for so long. The disenfranchised and the different seek a way to survive in the modern world, but why not thrive?

Inclusivity aims to educate society, to accept people regardless of their creed, religion or sexual orientation. It doesn't ask the different to fit into societal constraints, rather, that society learns to respect them for who they are. This new age thought seems to be a sudden area of interest for businesses and educational systems alike. 'Social media', a boon to our generation, has magnified the struggles faced by the minorities, giving them a voice that can be heard across the world. Now society faces the challenge of facing conversations that they have put aside for far too long.

The very roots of discriminatory thought come from a dark place. The different have always been downtrodden over the centuries, from the Jews to the Africans, a history painted with the blood of minorities. A civilization built on the shoulders of the weak and defenceless; now a civilization righting its' wrongs and trying to correct its course of late.

It seems to be human nature for us, to be cautious of what we don't understand, and we often treat new thought with a sense of hostility, yet change is a relentless reality that we struggle to accept. It has started with the understanding that those in minorities are humans too, a process of humanizing the wrongly demonized. They're humans like us, go through the same struggles that we face but with the additional serving of bigotry from the intolerant. For all the humanity we possess, we have been irresponsible with the freedom we have and denying it of others.

The beauty of what democracy is, is a self-correcting system that strives to uphold a moral standard that aims to protect its citizens, regardless of who they are. Inclusivity hopes to promote diversity in the workplace, or at schools and colleges, with the goal of focused and equal development of the minorities.

Inclusivity is now a term, synonymous with progressive systems, where the focus is to change mindsets and to bring about an awareness that will lead a generation of people to build systems, where all humans rights are understood and met. If being 'different' was a controversy yesterday, it's the same controversy that we're looking at today, except, with a new perspective, where we accept this not as an anomaly, but as reality and life. The ultimate aim of inclusion is equity –to be fair and impartial to all people, despite their differences and this is the world we hope to thrive in. It does seem like some chimerical or absurd hope for the future.

Hope always seems absurd, when in a world filled with a plethora of evil; but it is hope that keeps us going. The ability to strive in the dark is what defines courage; courage to push on till tomorrow and the day after that. We may never reach a point in our existence, when equity for all is reached, but the effort we take can get us closer to the utopia we yearn for. For those who feel ignored and forgotten, I say, "take heart, for a new day is around the corner."

MILLIONS OF PRAYERS

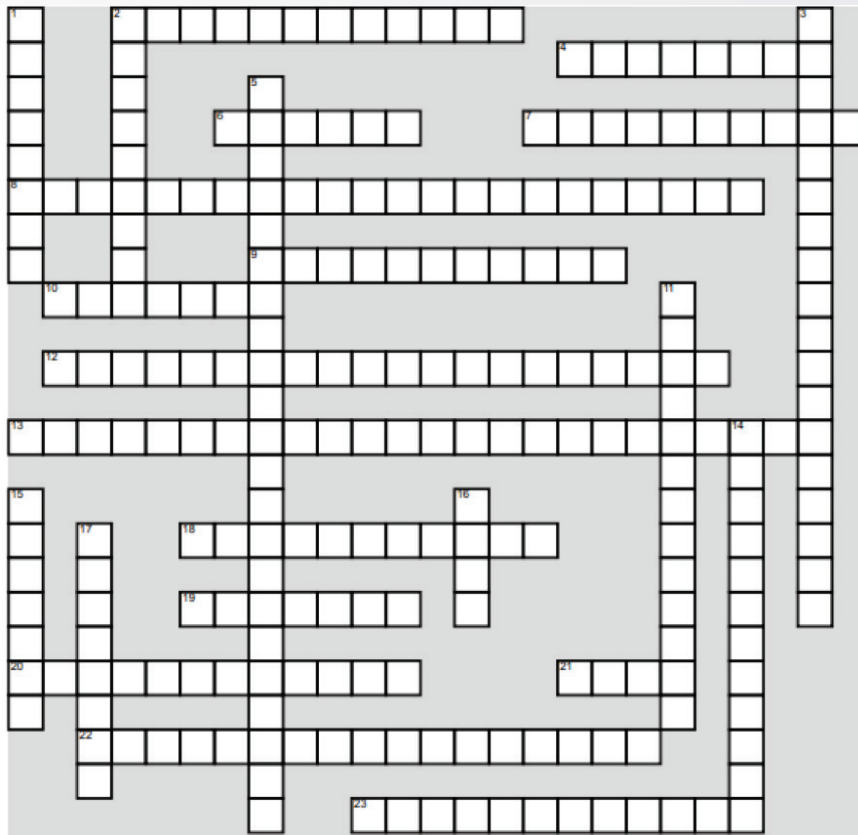
- Neha Poonacha, BA JPEng- B

Millions of prayers
Loud and clear,
Buzzing into my ears
Distracting my own prayers.
Requests flow from different streams
All flow into a single purpose of river,
He who invited these guests
With the same love,
All fighting the same war,
Whether you belong or not.
Has no idea that he is blamed
For the boundaries created by these guests.
Even with these thoughts
In my head I hear clearly,
"I wish my life ain't this"



Crossword Puzzle 1

Theme: AP Psychology



Across

- 2 part of your brain controls your five senses of sight, smell, taste, touch, and hearing.
- 4 a short branched extension of a nerve cell, along which impulses received from other cells at synapses are transmitted to the cell body.
- 6 specialized cell transmitting nerve impulses; a nerve cell.
- 7 controls the voluntary movements of skeletal muscles; cell bodies of the pyramidal tract are found on this gyrus.
- 8 the part of the nervous system responsible for control of the bodily functions not consciously directed, such as breathing, the heartbeat, and digestive processes.
- 9 the elongated ridges on the floor of each lateral ventricle of the brain, thought to be the center of emotion, memory, and the autonomic nervous system.
- 10 junction between two nerve cells, consisting of a minute gap across which impulses pass by diffusion of a neurotransmitter.
- 12 the complex of nerve tissues that controls the activities of the body. In vertebrates it comprises the brain and spinal cord.
- 13 releases two hormones within the body in response to stress, resulting in an "adrenaline rush", or a sense of urgency that occurs during stressful conditions. These hormones are called epinephrine and norepinephrine, which help your body perform optimally during such events.
- 18 each of the paired lobes of the brain lying immediately behind the forehead, including areas concerned with behavior, learning, personality, and voluntary movement.
- 19 a fluid- or air-filled cavity or sac, in particular.
- 20 a complex system of nerves and networks in the brain, involving several areas near the edge of the cortex concerned with instinct and mood. It controls the basic emotions (fear, pleasure, anger) and drives (hunger, sex, dominance, care of offspring).
- 21 the long threadlike part of a nerve cell along which impulses are conducted from the cell body to other cells.
- 22 a chemical substance that is released at the end of a nerve fiber by the arrival of a nerve impulse and, by diffusing across the synapse or junction, causes the transfer of the impulse to another nerve fiber, a muscle fiber, or some other structure.
- 23 having the shape of a three-sided pyramid and containing the visual center of the brain.

Down

- 1 a roughly almond-shaped mass of gray matter inside each cerebral hemisphere, involved with the experiencing of emotions.
- 2 a compound present in blood platelets and serum that constricts the blood vessels and acts as a neurotransmitter.
- 3 portion of the brain that is located in the central core of the brain stem. It passes through the medulla, pons, and stops in the midbrain. Its functions can be classified into 4 categories: motor control, sensory control, visceral control, and control of consciousness.
- 5 the nervous system outside the brain and spinal cord.
- 11 a compound that occurs throughout the nervous system, in which it functions as a neurotransmitter.
- 14 each of the paired lobes of the brain lying beneath the temples, including areas concerned with the understanding of speech.
- 15 the continuation of the spinal cord within the skull, forming the lowest part of the brainstem and containing control centers for the heart and lungs.
- 16 part of the brainstem that links the medulla oblongata and the thalamus.
- 17 a compound present in the body as a neurotransmitter and a precursor of other substances including epinephrine.

Inclusiveness and Psychology

-N Sneha Mol, II sem BA JPEng A

Inclusiveness refers to the inclusion of people in the society who are marginalized and segregated due to some disabilities or better say special traits that are not so common.

Exclusion may be social, economical, political as well as biological.

Why can't we all live together accepting the beauty in everyone's imperfection? Why can't we celebrate such a huge diversity? Is it so difficult to accept people who are different from us? Why are there separate



schools for differently abled people? Why can't transgenders not be accepted by the society completely?

With the help of the subject Psychology, we can understand the needs and thoughts of the marginalised and secluded people. It may help us to treat them with the care they need. They do not need sympathy for a moment, they need love, care and respect for a lifetime. And don't you think that love, care and respect is needed by every human being on this planet? So why are some set of people denied such universal needs and are neglected as if being themselves is a crime? If being different is a crime, then everyone of us must be punished because we are all diverse and different in a way or the other. Is it justified? No, right? Then, why does a need arise for neglect and injustice in their case?

We need to take our species ahead together, leaving none behind. Each one deserves respect and opportunities, just like the other accepted ones. Why can't we expand the norms and hallmarks that have been made by ourselves? It's not a difficult task to do. We have to understand that each one is different and unique in their own way. We have to understand that they too have feelings. May it be the rich or the poor, the transgender or

cisgender, everyone has feelings. First of all, we all are human beings. We share our home, earth, together. Humans are the only beings that possess humanity. It's our primary responsibility. We must go with the idea -'live and let live'. They too are humans.

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ACCEPT INCLUSIVENESS

-Pratik Singhal, II sem BA JPCs

Inclusiveness, I feel, is all about acceptance and spectrum. There are a wide range of people around the world and in this case, psychologically different people. An individual's personality is comprised of his/her beliefs, issues, problems, disorders, gifts ,etc. The range of all the people with specific psychological combinations is the spectrum of the world and then comes the need for acceptance. The

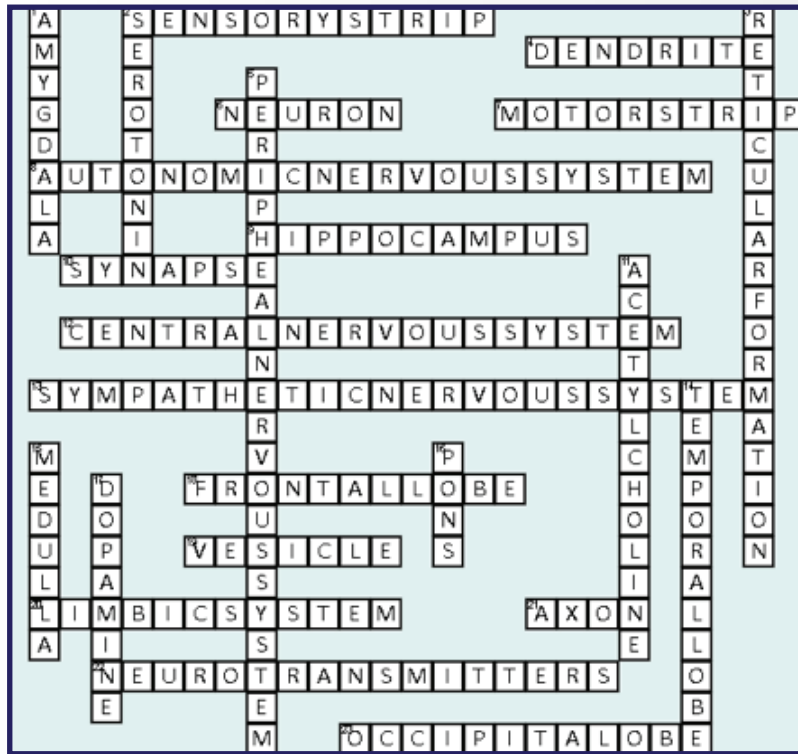


fact is, people are different and most of the times, we are not able to accept people who do not follow the mostly followed social pattern and norms. Inclusiveness is all about accepting and embracing the whole spectrum of people around. But why

isn't there acceptance? What I feel, is that fear plays a major role of being a barrier in inclusiveness. Fear is a natural barrier to accepting different things. When early men saw something like a dark cave, they wouldn't enter because they didn't know what it was. It was fear that saved them from threats. It's an evolutionary defence mechanism. Similarly, when people think of psychologically different people or people with extreme issues or disorders, they feel unsafe. They feel people with issues are violent and destructive and it's a completely natural and normal response. What I think can be done about this is that, if people can be made more aware about everything, they would be less reluctant to accept the special population and we could truly be an inclusive society with nothing but growth. But I'm inclined to look at this the other way around. I feel that the people who are different also need to include us in their lives. I feel like they have gone through so much that they fear us too. now. We have mocked them, made fun of them and treated them miserably so I think it's about time that we start accepting them and at the same time, ask for their acceptance. We should all feel equal and fulfilled to be a part of something bigger than ourselves.

Answer Key : Crossword

Theme: AP Psychology



Looking at their scars and
wounds; and bruises
What a beautiful world it
would be.

The quest for perfection is
unrelenting and endless
We're not meant to judge
or be judged.
We will never achieve
perfection,
But then again, we're not
meant to.

It is in failure that we find
immense strength
And maybe if we tried to let
go of all the negativity,
The hate and the pain,
Then acceptance and
healing will come



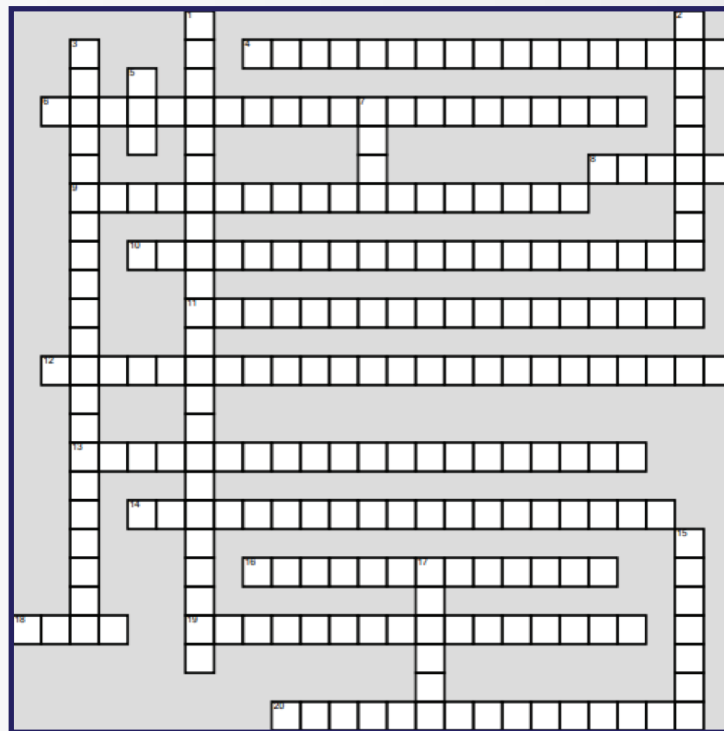
PRECIOUS SCARS

-Zephora, IV sem, M.Sc Psychology

We're constantly shown what we
don't have,
Who we aren't and what we don't
look like;
We believe in this untrue meaning of
perfection
This constant need to do more, to be
more
But looking beyond all the pretences
and lies
Seeing people for who they really are

Crossword Puzzle 2

Theme: Abnormal Psychology



Across

- 4 case in which one loses contact with reality and experiences irrational ideas and distorted perceptions
- 6 deviant, distressful, and dysfunctional patterns of thoughts, feelings, or behaviors.
- 8 a mood disorder marked by a hyperactive, wildly optimistic state
- 9 a rare somatoform disorder in which a person experiences very specific genuine physical symptoms for which no physiological basis can be found.
- 10 psychological disorders characterized by inflexible and enduring behavior patterns that impair social functioning
- 11 psychological disorder in which the symptoms take a somatic (bodily) form without apparent physical cause
- 12 tendency to blame unfortunate circumstances on self and see problems as enduring; can feed the cycle of depression
- 13 People's intensely negative assumptions about themselves lead them to magnify bad experiences and minimize good ones.
- 14 positive psychological changes as a result of struggling with extremely challenging circumstances and life crises.
- 16 a group of severe disorders characterized by disorganized and delusional thinking, disturbed perceptions, and inappropriate emotions and actions
- 18 an anxiety disorder characterized by haunting memories, nightmares, social withdrawal, jumpy anxiety, and/or insomnia that lingers for four weeks or more after a traumatic experience.
- 19 A person's characteristic way of explaining his experiences. Consistently attributing bad experiences to internal, global, and stable causes may increase vulnerability to depression
- 20 a mood disorder in which the person alternates between the hopelessness and lethargy of depression and the overexcited state of mania. (Formerly called manic-depressive disorder)

Down

- 1 a mood disorder in which a person experiences, in the absence of drugs or a medical condition, two or more weeks of significantly depressed moods, feelings of worthlessness, and diminished interest or pleasure in most activities.
- 2 false beliefs, often of persecution or grandeur, that may accompany psychotic disorders.
- 3 disorders in which conscious awareness becomes separated (dissociated) from previous memories, thoughts, or feelings
- 5 anxiety disorder marked by unwanted repetitive thoughts and/or actions
- 7 key symptoms: extreme inattention, hyperactivity, and impulsivity
- 15 a widely used system for classifying psychological disorders
- 17 anxiety disorder marked by a persistent, irrational fear and avoidance of a specific object, activity, or situation

LONELINESS SHOULD BE EXCLUDED BY INCLUSIVENESS

-Zacharia Johnson IInd sem BA JPEng A

Loneliness is the most horrible thing a person could face in life. It says in the Bible, "It is not right for man to be alone". Loneliness could trigger one's mind into anger, jealousy and depression. We are living in a world where people are being segregated based on many grounds. These norms have divided us into a thousand pieces just like a jigsaw puzzle. Unless we bring all these pieces together, the world would be a huge mess. The solution to the problem is inclusiveness.

Inclusiveness is the glue of the society. It is possible through accepting people the way they are and not just tolerating them. Tolerance is different from acceptance. Tolerance comes from a disturbed heart that wants to fight back but refrains from doing so, due to the influence of super ego. Acceptance, on the other hand, does not seek to fight back, it comes from a heart of love.

Most of the psychic disorders that we see people suffering in to-



day's world are because of exclusion and discrimination. The only cure to these mental sicknesses, is practicing inclusiveness in our society.

Some people have a point of view that this world belongs only to certain types of people who follow the rules and regulations set up by the society. But this world belongs to all it's inhabitants. Every person has the right to live on this planet without being marginalised.

How can inclusiveness be possible? The change must start within us. Mahatma Gandhi has rightly said, "Be the change, you wish to see in the world".

day's world are because of exclusion and discrimination. The only cure to these mental sicknesses, is practicing inclusiveness in our society.

PSYCHOLOGY AND INCLUSIVENESS, HAND IN HAND

Christine Ann Brills BA JPCs, III sem

The main purpose or aim of psychology and its use in our lives, is to apply this knowledge so that it can be used to understand events, treat mental health issues, improve relationships, and generally gain a better understanding of people and the way they function and think. To understand people and help them, psychologists must be open minded and unbiased.

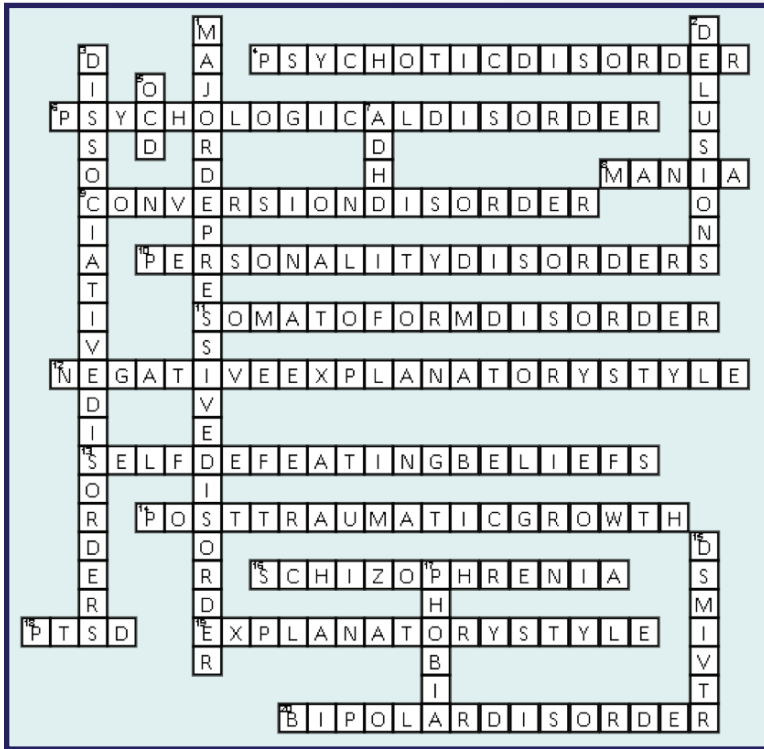
This means that they have to set aside their subjective feelings and help others and counsel and guide them in ways that show no judgement. The fact that a term such as "inclusiveness" exists, only proves that there is the action of exclusiveness in our society. It is these excluded people that need to feel welcome and at home in this world where we all breathe the same

air and have the same colour of blood. In the end, we are all humans and it is we who have to treat others like how we would want ourselves to be treated. In this manner, Psychology not only helps the excluded feel included, but it also makes the rest of society more aware of and accommodating of these so called "excluded ones"

Psychology as a discipline is so vast and extensive that it has so many fields and branches. There is sports psychology, women psychology, developmental psychology, animal psychology and even more recent is the LGBTQ psychology field. There are so many more, the list goes on. The very fact that Psychology has so many sub divisions in its discipline goes to show that it is a very inclusive discipline, and it aims at accommodating more in the near future. Therefore, we can say that Psychology and Inclusiveness go hand in hand.



Answer Key : Crossword Theme: Abnormal Psychology



So, why live a life of separation,
when it only tears the
bond of happiness,
instead tie hands with one an-
other,
without restlessness,
And create an entire new
world, of inclusiveness.

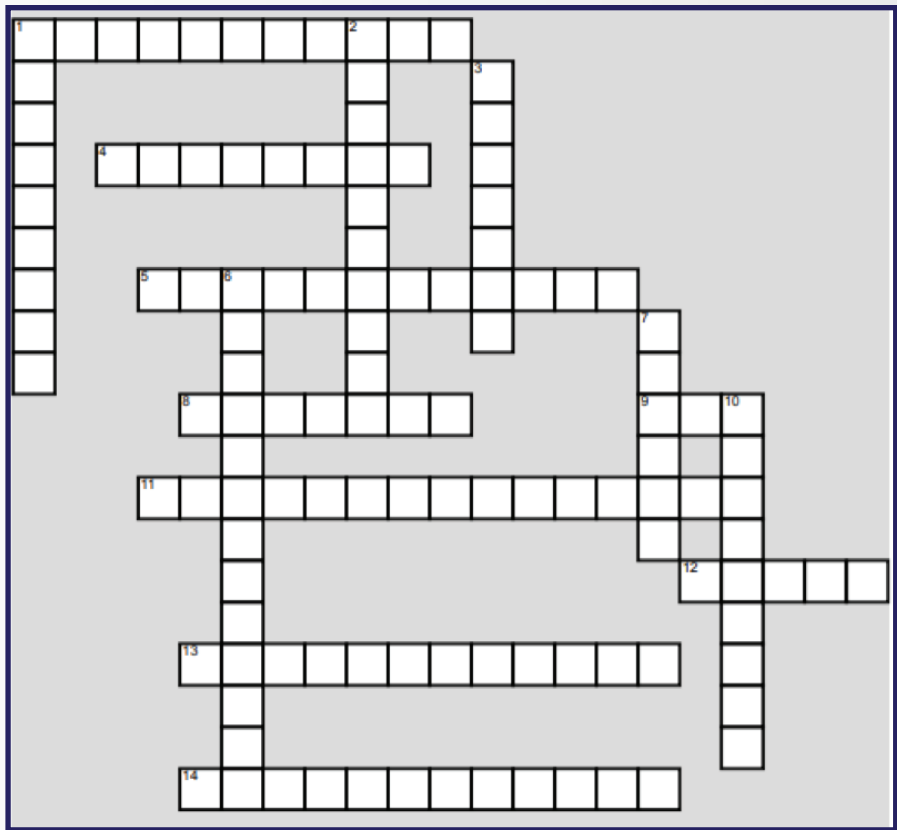


INCLUSIVENESS

-Beulah Mathew, IIIrd sem, BA JPEng A

There is life after death,
where there is no feel of regret,
here there is no division
of Jews and Gentiles,
we stand there on a judgement inclined.
Soon great book of name is unfolded,
and there are no divisions
on the basis of races,
A man's fate is decided by his work,
and not by the heights
he gained or jerked.

Crossword Puzzle 3
Theme: Psychological disorders



Across

- 1 Minutes-long episode of intense dread.
- 4 Disorder that allows one to think rationally and function socially.
- 5 Disorders in which conscious awareness becomes separated from previous memories, thoughts, and feelings.
- 8 A mood disorder in which the person alternates between hopelessness and an overexcited state of mania.
- 9 Anxiety disorder characterized by unwanted repetitive thoughts and actions.
- 11 Perspective that combines biological, psychological, and sociocultural factors.
- 12 Widely used system for classifying psychological disorders.
- 13 Physical causes that can be diagnosed, treated, and cured.
- 14 A mood disorder characterized by a hyperactive, wildly optimistic state.

Down

- 1 Disorder that a person loses contact with reality, experiencing irrational ideas.
- 2 Personality disorder in which a person exhibits a lack of conscience for wrongdoing.
- 3 Distressing, persistent anxiety or maladaptive behaviors that reduce anxiety.
- 6 Disorders characterized by delusional thinking, disturbed perceptions, and inappropriate emotions.
- 7 Anxiety disorder marked by a persistent, irrational fear.
- 10 False beliefs that accompany psychotic disorders.

IT TAKES TWO TO TANGO

-Anna Felix, IV sem BA. JPEng

It doesn't take all that much to help someone feel included. All you really need is a little bit of care, an open mind, and the awareness, that you're holding someone else's emotions in your hands. People are precious and should be treated as such.



I met a 65 year old man named John in a tango class today. To understand how this nice old man made me feel included, we'll first need to understand why I was in that class and what tango is all about. Trying to describe tango is like

trying to describe something ethereal. How do you go about it? How do you start? And how do you even begin to give it the reverence it deserves? For the lack of a better analogy, tango is sort of like being one with music. You can sit for hours, just watching people tango. The footwork is mesmerizing and the dance in itself is simply extraordinary.

I happened to be a part of this particular class because a friend invited me to accompany him. While he was caught up in his own learning curve, I was sitting on the sidelines, watching, observing. It's almost impossible to watch people tango and not want to be a part of it. But I was a beginner, with no knowledge whatsoever about tango, apart from a steady adoration for the art form. Besides, it really does "take two to tango", and without a partner, there was hardly anything I could do, other than watch wistfully.

The dancers went a few rounds, switching partners, practicing moves. In tango, men are the ones who are usually tasked with leading, while the women follow. For the next round, John ended up next to me because he was lacking a partner. I struck a conversation with the nice old man,

asking him how long he'd been dancing for. He told me that he had only been doing this for a few months! I was shocked! The man was moving with the expertise of someone who had been at this craft for years! And that's exactly what I told him. He was all smiles. He promptly asked me for a dance. I repeatedly told him I'd only slow him down and that he should probably wait for an experienced partner who wouldn't put a kink in his learning process. He wouldn't hear any of it. He looked at me and calmly said, "I need the practice hon, you'd be doing me a favor." And how could I say no to that?

We soon got to dancing. I cannot describe the feeling that tango gives you. It leaves you feeling warm, and loved. It gives you a sense of belonging. Like you belong in that moment, with the music. I was comically terrible at first, having missed the first SIX classes. Thankfully, John was a patient man, never getting frustrated, always guiding me when I stumbled, sometimes even physically helping me pivot in the right direction (very tricky). He was with me for over 4 rounds, while the other dancers were asked to switch partners. Despite me imploring him to find a more experienced partner for his own good, he just looked at me and said "We started this together hon, now we gotta see it through." How do I reply to that? So I thanked him and kept dancing. To me, it felt as though he was an angel, sent to help me break out of my shell.

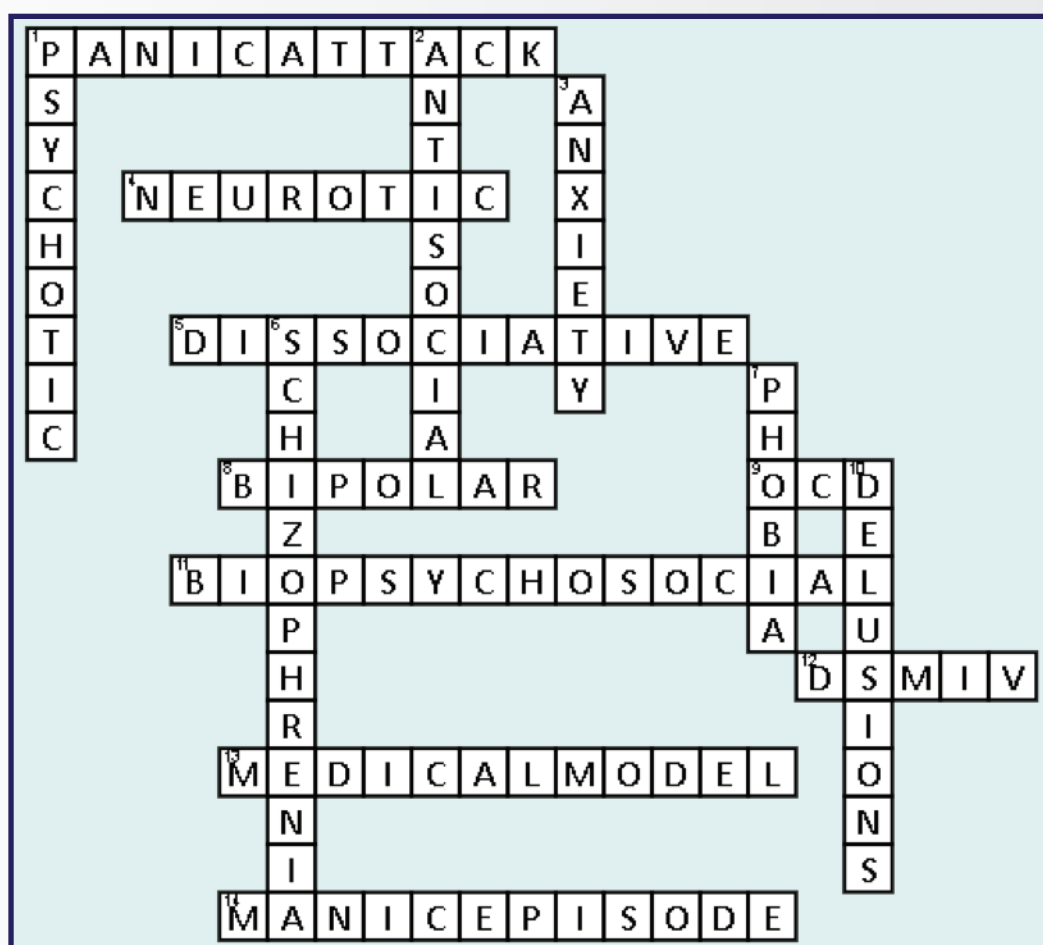
This whole experience got me thinking about how we could all be Johns. Without him, I would have just sat on the sidelines, admiring people do something I love, never having a go at it myself, from fear of embarrassment.

There will always be people on the sidelines, who no doubt feel like outsiders looking in. As a person who is rather familiar with how that feels (not just in this instance but in many others as well), I can confidently say that all they're really looking for is a kind word, someone to welcome them into the circle. Someone to take them off the bench and give them a chance. As far as tango is concerned, I got rather good at the end of the class. All thanks to John.

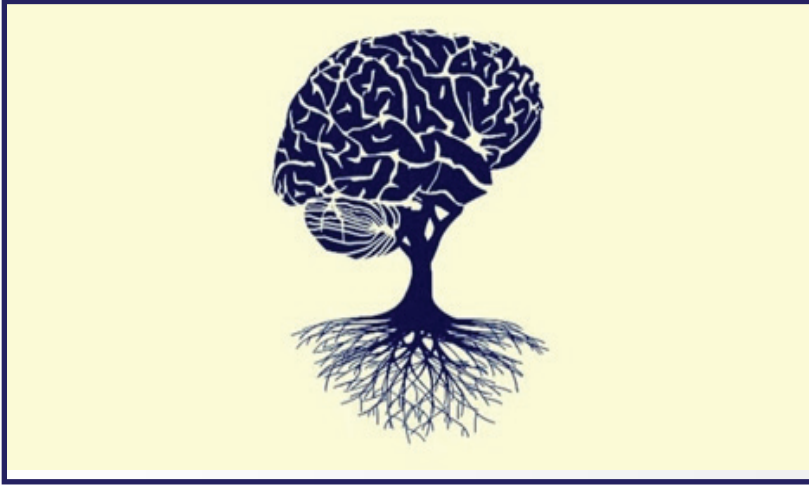
A little patience goes a long way. We all feel lost at some point in time. If we look back at one of those times, and try to remember what got us through it, we'll most probably find a John, coaching us out of our shell. With a few kind words and lots of guidance, John helped me experience something amazing. We are all capable of helping people experience the same sort of belonging. We just need to put in a little time and work. When the goal is helping an "outsider" feel included, there is really nothing more gratifying than working together to finally achieve that goal.

Answer Key : Crossword

Psychological disorders



INCLUSIVENESS AND PSYCHOLOGY



-Nilutpal Timsina, V sem,
BA JPEng A

The biggest problem with youth right now is feeling isolated and lost in the crowd. The lack of inclusiveness, at times, has

prevented the creativity flow. This has directly influenced the productivity of an individual. Inclusiveness is felt, when people with diverse background come together and works for a greater good. It is about respecting and valuing the full spectrum of human diversity in race, religion, ethnicity, special ability, gender identity and

expressions, body-type, sexual orientation, age, socio-economic background and nationality. Accepting the full spectrum helps in making people believe and making them feel valued which ultimately increases their talent, innovation and creativity.

Inclusiveness is also about everybody having equal access to all opportunities. It also helps in fighting against evil in society.

Inclusiveness has helped me in adjusting to the way in which others communicate by which I can get connected with people from diverse cultures, build a better relationship, speak up to challenge the stereotype and evil in the society. Inclusiveness in Psychology is an add-on, as it helps to understand the person sitting opposite to the table better and more easily.

Exclusively Included



-Sarah Shabbir, Alumni

It was when I joined a school as a support teacher for a child with special needs that I realized- it's not just getting the child included...that is just one small step in the process. By definition, inclusion includes

careful identification of the needs of a child and then implementing a strategic plan in the general classroom setting in order to help the child. This is achieved by a special education team and not just by one general teacher. The team would offer solutions such as teacher training programs, inculcating special education instructions, accommodations in the classroom for the child and a support teacher. But what was actually being provided in many schools was just a support teacher who is also absent at times due to the significant costs incurred or the unwillingness of the parents to accept that the child requires additional support for learning.

Many teachers and parents do not really understand the pedagogy behind inclusive instructions. Inclusion is not about tossing a disabled child into a general education classroom without “appropriate support or tool” and expect the child to function in line with his/her peers, and later leaving teachers to clean up the resulting chaos. If schools were to integrate thoughtlessly they will not meet anyone's need.

A support teacher can provide optimal learning support to the student in his/her academics by helping fill in the gaps in the learning process, to

Exclusively Included

help the student build self-confidence as well as promote positive interaction in the classroom by helping the student focus on important concepts and overall help the student to develop academic and social skills.

In the absence of a support teacher, when a child with special needs is left in the class with a general teacher, it is seen that the teachers face a lot of difficulties. No one explicitly indicates teachers how to train children with "unique needs". Not only are the teachers hesitant to put in efforts to help such children because of time constraints, high academic standards and a lack of support given to them; they do not even know how to do so. The requirement for teachers who have both the knowledge and the potential to teach students with special needs is more critical today than ever before. A national push to take students with disabilities out of isolation is resulting in most now spending the majority of their days in general schooling classrooms, as opposed to in separate special education classes. That means general education teachers are teaching more students with disabilities. But training programs are doing little to prepare teachers. In the words of Ignacio Estrada: "If a child can't learn the way we teach, maybe we should teach the way they learn." This can only be achieved if teachers are well trained to teach not just students with different needs but to teach differently to meet every student's needs.

Inclusion needs the involvement of teachers, educators, and the overall system of the school. It requires training and a general change of perspective about the role of education, the inherent value of each child and his/her learning experience irrespective of their disability. Studies show that when inclusion is done well, the whole class benefits. As Pablo Picasso rightly said "There is only one way to look at things until someone shows us how to look at them with different eyes".

RECIPE OF LIFE

-Sarah Shabbir, Alumni

Was there a recipe for parenting?
or we just forgot to add certain ingredients?
Did we mix hatred instead of love? or we got so busy making good kids we forgot to be good parents?
How did we get so busy criticizing and correcting that we missed celebrating and appreciating?
How did we end up intensifying fear of failure instead of a hope for success?
Messy, carefree little adults turned into obedient, organized robots, how did we end up being so reckless?
Love has no boundaries, then how did we end up building walls around us?
Was the burden of expectations too heavy that the wings built to fly high was crushed beneath it?



I wonder sometimes, if there was a recipe...
Would we really follow all the steps?
Would we care enough to add all the required ingredients?
Would we have enough patience to let it have its own time to be prepared?
But most importantly would we ever be satisfied with what we made???



Sketched by Aparna B Dilip
III sem , BA JPeng A



Skeched by Shreya Batra
II sem, M.Sc. Psychology



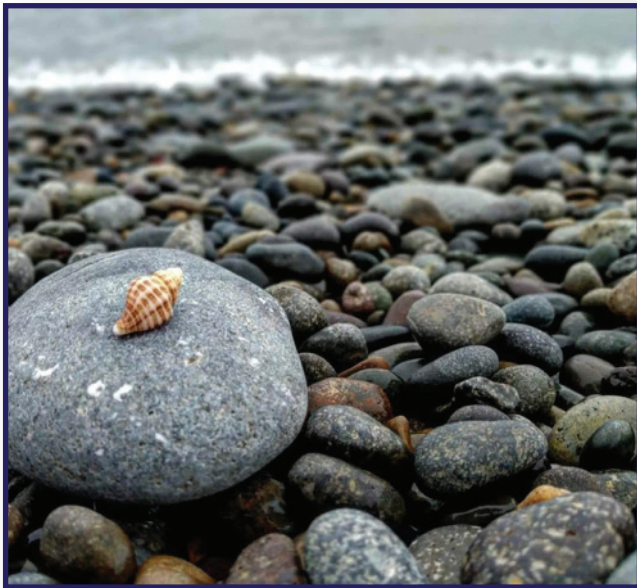
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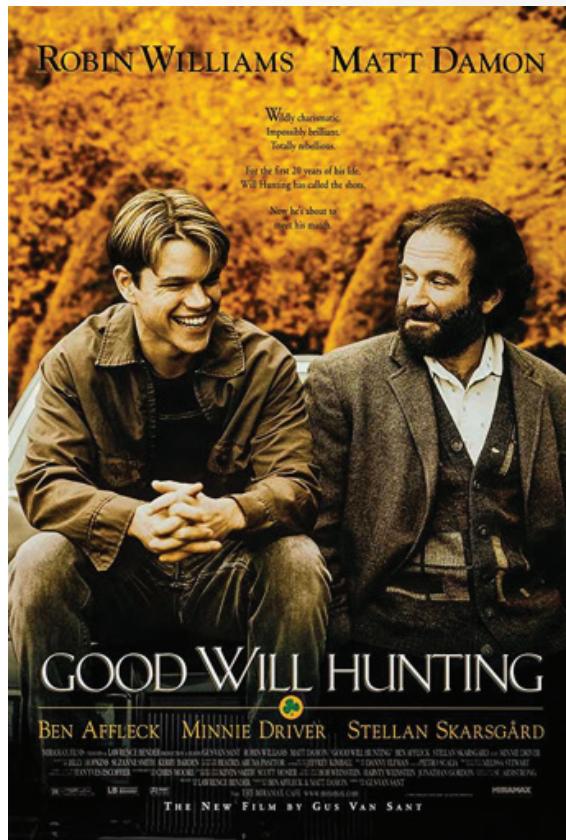


**-Captured by Samson Mosses,
IV sem, MSc Counselling Psychology**





Good Will Hunting



-Ahmed Abdullah Asif
II sem, MSc Counselling Psychology

In the beginning of the movie, we see that none of the counselors or therapists have the patience to deal with the character Will, and nor does the therapy even work on him as we see that even hypnosis didn't work on him and he in turn annoyed and angered the therapists off. Later we see that Will is brought to Sean, a professor who left practicing, after his wife passed away or was diagnosed with cancer. The only reason he agrees to give Will a shot is because his friend insists by saying that he's just like him- a genius from the same place Sean was from.

During the first meet we see that Will is all chill, he comes in and starts smoking and starts

Director: Gus Van Sant
Cast: Robin Williams, Matt Damon,
Ben Affleck, Minnie Driver,
Stellan Skarsgard

criticizing the counselor about his book collection and starts doubting his knowledge, but to his shock he realizes that the counselor is just like him and takes the conversation forward. We see that he tries to mess around with the counselor, but the counselor understood the kind of person Will is, the moment he entered, from his attitude and the way he questioned everything. Sean uses witty answers spontaneously to Will's questions and baffled him. He even uses sarcasm when Will asks him whether he lifts weights? And he replies that he lifts 235kgs, which made Will speechless, as he did not expect this from a counselor.

We then see some counter transference that happens when Will judges Sean based on the painting in his room and tries to deduce his personality and life, looking at the painting and also the army picture in his room. At this instance, we see Sean lose it and choke Will when he mentions about his wife, after he warns him the first time.

From the first day itself, we see Sean go out of his way to get a hold of Will's

Good Will Hunting

mind, when he mirrors and adapts to his behavior and the way he talks although he is as aggressive as Will. Next day we see them at a lake, and moving out of the counselor's room, we see that Sean explains to Will ,how he is not aware of what real love is and we see how Will reacts to it.

The next meeting, we see Will and Sean in their session but nobody talks. Will wanted to waste time and Sean didn't want to force anything on him and wanted him to take initiative. The whole hour passes and no conversation takes place. This shows that you need to give time for the client to open up on his own and not to force anything on him till he is comfortable enough.

Next day the same thing happened, nobody spoke and Sean fell asleep, that's when Will started joking and said a joke. Even Sean continued the conversation with another joke. We basically see the counselor adjusting his behavior to match that of the client's, from irrational use of language, which is unethical, but most importantly, reflected the content and emotions very accurately.

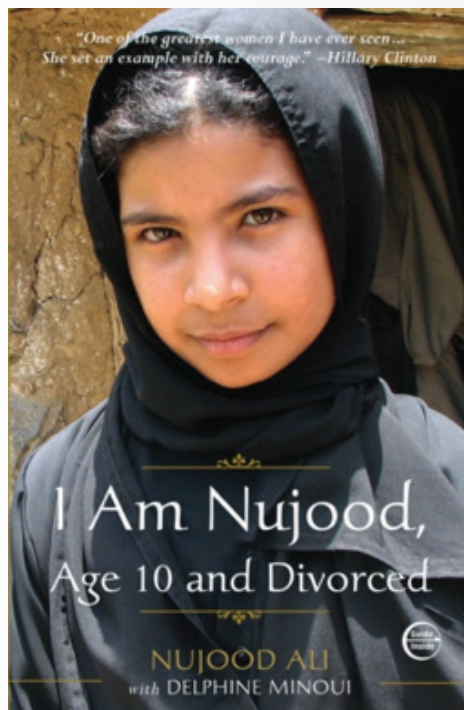
He questions him about his job at the college and why he chose that specific college as he wanted to a part of it.

Will later tells how he was abandoned by parents and has trust issues with everybody, owing to which, he hangs out with his friends. He was also physically abused by his foster parents to which Sean self-disclosed that even he was beaten up by his father. They connect on a very emotional level and Sean kept telling Will that it is not his fault, over and over again until Will broke down and started crying, that's when Sean hugged him and became a shoulder for him to cry on. That was the breakthrough in their counseling session. Further ahead, Will is comfortable and opens up. He also finalizes his job in one of the firms and comes to meet Sean for the last time and gives him a hug and leaves. Lastly he goes to Seans house and leaves a letter in his mail box, informing him that he left his job and was going to meet this girl.

I also noticed that the seating arrangement before had a lot of space between the two and later as the process of counseling continued and progress was being made, the distance kept lessening both in terms of their counselor-client relationship and also the seating arrangement.

We see that once Will deals with his issues, he's more clear on what he wants out of life as he accepts a job and also is willing to risk it all for the girl he loved, which shows us how much a person has learned to let go and start trusting people again.

Im Nujood, Age 10 and Divorced



-Akhila R Krishna, II sem, M.Sc. Psychology

"Are you still a virgin" In the court, the judge asked the little girl, who was only 10 years old. "No I was bleeding ".She replied.

Im Nujood, Age 10 and Divorced is a memoir written by Nujood Ali and Delphine Menoui. The book is a horrifying tale of a Yemeni girl sold into marriage. With the help of Middle East journalist Minoui, Ali tells the stressful tale of her marriage and subsequent divorce—all by the age of ten. The narrative could be surprising to many Westerners—a young Yemeni woman from a

poor own family, married off on the age of ten to a man three times her age. Even though the wedding contract stipulated that the husband now not consummate the marriage till Ali had reached puberty, the young woman was again and again raped and beaten. He raped and abused her brutally, "You are my wife! From now on, I decide everything."

In her heart, she prayed and pleaded for help, but nobody heard her. Once when she met her father, told him everything, and wanted a divorce, the father simply replied, "If you divorce your husband, my brothers and cousins will kill me! Sharaf, honour, comes first. Honour? Do you understand?"

Steadfastly refusing to just accept her terrible destiny, a fate that many others had

suffered earlier than her, "I have always obeyed the orders of my father and brothers. Since forever, I have learned to say yes to everything," she thought, "Today I have decided to say no." With this declaration, she gathered her courage and started the journey of daring escape. She went to court and would speak to anyone – judges – who then eventually take noticed of her and her miserable story. For the rest of the story, read this

Im Nujood, Age 10 and Divorced

exciting book. You'll be angry, you'll cry (men probably cry in their hearts), you'll be filled with love then hope – hope for humanity amidst evil systems, traditions, and even religions.

Nujood dreams to become a lawyer, she said, "When I grow up. I'll be like a lawyer, like Shada [Nujood's lawyer], to defend other little girls like me. If I can, I'll propose that the legal age for marriage be raised to eighteen. Or twenty. Or even twenty-two! I will have to be strong and tenacious. I must learn not to be afraid of looking men right in the eye when I speak to them. In fact, one of these days I'll have to get up enough courage to tell Abba that I don't agree with him when he says that, after all, the Prophet married Aisha when she was only nine years old... I hope to go to college and study law. If I work hard, I'll get there."

Delphine in the Epilogue, writes that "in neighbouring Saudi Arabia, one year after

Nujood's historic court case, an 8-year-old Saudi girl married off by her father to a man in his 50s, successfully sued for divorce – the first time such a thing has happened in that ultraconservative country." In the Arab and African countries, child marriages are customary, even (sadly) normal. In September 2013, The Guardian reported that an 8-year-old Yemeni child (identified only as Rawan) married to a 40-year-old, "died of internal bleeding on her wedding night." Arwa Othman, an activist, said, "On the wedding night and after intercourse, she suffered from bleeding and uterine rupture which caused her death. They took her to a clinic, but the medics couldn't save her life." In Yemen, there is a tribal proverb that say: "To guarantee a happy marriage, marry a 9-year-old girl."

The unimaginably lousy tale is told in the voice of the lady, actually and clearly. To read of such distressing events, defined with the language and information of a ten-year-vintage, heightens the effect of the tale, however some readers will notice the shortage of perspective, since the storyteller isn't yet vintage enough to have it. However, this does not undermine the extraordinary bravery of this sort of young child within the face of exceedingly grown up circumstances. Despite the stylistic simplicity, this memoir will move readers.



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