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**Kristu Jayanti College**  
**AUTONOMOUS** Bengaluru  
Reaccredited A++ Grade by NAAC | Affiliated to Bengaluru North University



## DEPARTMENT OF PSYCHOLOGY

*Presents*

# PRAVAHA'24

**Cognition & Emotion-**  
**Through Developmental Perspective**





Kristu Jayanti College

**AUTONOMOUS**

**Bengaluru**

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

# Hearty Congratulations

**Kristu Jayanti College, Autonomous  
Bengaluru**

is awarded

**A++ Grade**

with CGPA of **3.78** out of 4

in the 3<sup>rd</sup> Cycle of  
Assessment and Accreditation  
by NAAC

**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."*

**PRAVAHA 2024**





## **OUR COLLEGE**

Kristu Jayanti College, founded in 1999, is managed by BODHI NIKETAN TRUST, formed by the members of St. Joseph Province of the Carmelites of Mary Immaculate (CMI). The institution strives to fulfil its mission to provide educational opportunities for all aspiring young people to excel in life by developing academic excellence, fostering values, creating civic responsibility, inculcating environmental concern and building global competencies in a dynamic environment.

The College is affiliated to Bengaluru North University and is reaccredited with grade 'A++' in 2021 by NAAC in the Third Cycle of Accreditation. The college is recognized by UGC under the category 2(f) & 12(B). The University Grants Commission, the Government of Karnataka & Bangalore University, has accorded Autonomous Status the College since 2013.

In the NIRF 2023 College rankings, the college was placed among the top 100-150 colleges in the country and ranks as one of the five colleges from Karnataka. The institution received first prize at the National Level for Clean and Smart Campus Award from Shri. Dharmendra Pradhan, Minister of Education, Govt. of India.





Kristu Jayanti College  
B O N O M C B U T U  
Affiliated to Bengal University  
Re-Accredited by NAAC A++ Grade



#PROUDTOBEA  
JAYANTIAN



## OUR DEPARTMENT

The Department of Psychology at Kristu Jayanti College was established in the year 2002. The department was started with the objectives to provide an environment that is “learner-centric”, to provide value-based education, to help students communicate effectively and to sensitize students regarding various contemporary psychological tools. The program in the department aims to develop the ability to realize one's complete potential mentally, physically, and emotionally. Also, it promotes creativity, scientific temper, and environmental sensitivity.

The Department of Psychology offers 4 Undergraduate programme under the Denary of Humanities and 3 Postgraduate programme.

The undergraduate programme offered are Bachelor of Arts (BA) Psychology, Bachelor of Arts (BA) Psychology and Journalism (PYJO), Bachelor of Arts (BA) Psychology and English Literature (PYENG) and Bachelor of Arts (BA) Psychology and Performing Arts (PYPA)

The Postgraduate programmes offered are Master of Science (M.Sc.) in Clinical Psychology, Master of Science (M.Sc.) in Counselling Psychology, and Master of Science (M.Sc.) in Psychology with two major specializations where students can choose from their area of interest. The specializations provided are Clinical Psychology and Industrial Psychology & HRM.

The department of psychology while promoting academic excellence also emphasizes on holistic personality development of the students. One of the most important roles the department plays is to offer psychological support to the students. Counselling and guidance are offered to any student of the college who requires emotional support.

## **ABOUT PRAVAHA 2024**

Welcome to our latest edition of Pravaha, where we delve into the fascinating interplay between cognition and emotion. From the moment we are born, our minds are engaged in a complex dance between understanding the world around us and navigating the myriad emotions that color our experiences. In this edition, we explore the developmental perspective of cognition and emotion, examining how these two fundamental aspects of human experience evolve and interact from infancy through adulthood. Join us as we journey through thoughts and feelings, gaining insights into how they shape our perceptions, decisions, and relationships at every stage of life. Whether you're a parent, educator, psychologist, or simply curious about the inner workings of the human mind and heart, this issue promises to offer thought-provoking perspectives and valuable insights into the rich tapestry of cognition and emotion. So, sit back, relax, and prepare to embark on a journey of discovery as we uncover the wonders of the mind-heart connection.



## PRINCIPAL'S MESSAGE



**FR. DR. AUGUSTINE GEORGE**

I am delighted that our Department of Psychology has chosen to explore the theme of 'Cognition and Emotion – Through Developmental Perspective' for our annual departmental magazine, 'Pravaha'. The department aims to create the ability to realize one's complete potential through a learner-centric environment. The theme holds significant relevance as it delves into the intricate interplay between cognitive processes and emotional development across the lifespan.

Understanding how cognition and emotion evolve and interact from infancy to old age is crucial for gaining insights into human behavior and experiences. By exploring this developmental perspective, we aim to deepen our understanding of the complexities of the mind and soul. This theme aligns perfectly with our college values as it emphasizes the importance of holistic development and exploring wide opportunities within various contexts. By delving into the theme 'Cognition and Emotion – Through Developmental Perspective', we aim to enrich our comprehension of psychology and strengthen our commitment to nurturing well-rounded individuals.

I extend my sincere appreciation to the Psychology Department for their thoughtful selection of this theme and their commendable efforts in bringing 'Pravaha 2024' to fruition. I am confident that this edition will offer readers an enriching experience, gaining new insights and outlook.

## **VICE PRINCIPAL'S MESSAGE**



### **FR. LIJO P THOMAS**

With Immense joy and pride I present to you our latest edition of the Magazine by the department of Psychology – Pravaha 2024. This magazine is not just a collection of articles and artwork rather a celebration of the intellectual and emotional milestones achieved by our students. As the theme suggests “Emotion and cognition: A developmental perspective” this magazine is a window into the world of perspectives.

In the vibrant pages of this edition, you will witness the evolution of thought and feeling. Our contributors have skillfully navigated the complexities of cognitive development, shedding light on the fascinating processes that shape the young minds within these hallowed walls. From the first spark of curiosity to the blossoming of critical thinking, each page reflects the intellectual milestones achieved by our students.

As we celebrate this magazine, let us also celebrate the dedicated educators, editors who have played a pivotal role in shaping Pravaha 2024. It is through their guidance, mentorship, and unwavering support that we could come together in the making of this magazine.

Let Pravaha 2024, be a reminder that education is not just about acquiring knowledge; it is about understanding oneself and others, about navigating the dynamics between cognition and emotion. Let it serve as an inspiration for future generations.

Appreciating all the teachers and students involved in the creation of this exceptional magazine. May it inspire and enlighten all who have the privilege of reading Pravaha.

**PRAVAHA 2024**



## **DIRECTOR, KRISTU JAYANTI COLLEGE OF LAW**



**Fr. EMMANUAL P J**

Happy indeed to introduce the latest edition of our psychology magazine which delve deep into the intricate workings of the human mind and behavior. As I observe, this issue embark on a captivating journey through the dynamic interplay of cognition and emotion, viewed through the lens of developmental psychology. As we often say, from infancy to adulthood, the developmental perspective offers invaluable insights into the ways in which these fundamental aspects of our psyche evolve and intertwine over time.

Through thought-provoking articles, research insights, and personal reflections, this magazine aims to illuminate the multifaceted relationship between cognition and emotion, unravelling the mysteries of human nature and the mechanisms underlying our thoughts, feelings, and behaviors.

Whether you're a seasoned psychologist, a curious student, or simply someone intrigued by the complexities of the mind, this issue of magazine of the psychology department will inspire you, challenge you, and deepen your understanding of yourself and others.

I take this opportunity to extend my deepest gratitude to all the faculty members and students of the Department of Psychology of Kristu Jayanti College and all the contributors, editors who have made this issue possible. Your passion for psychology and dedication to advancing our understanding of the human psyche are truly commendable.

Wishing you all the best for a successful launch and hoping the magazine sparks insightful conversations and new perspectives.

Congratulations on the release of Pravaha' 24!

Happy reading!

**PRAVAHA 2024**

## **DEAN of HUMANITIES**



**DR. GOPAKUMAR A V**

It is with great pleasure that I extend my heartfelt congratulations to the department of Psychology on the auspicious completion of the seventh edition of “Pravaha,” with the theme ‘Cognition and Emotion – Through Developmental Perspective.’ Over the years, the Magazine committee has displayed remarkable commitment and expertise in curating content that delves deep into the nuances of cognitive growth and emotional maturation, offering invaluable insights to our readership. Your efforts in disseminating knowledge and fostering understanding in this vital aspect of human experience are both admirable and impactful.

On this joyous occasion, I wish to express my utmost appreciation for the department and the magazine team. May your endeavors continue to flourish, and may you inspire even greater discourse and exploration in the realm of cognitive and emotional development within the humanities. May “Pravaha” continue to serve as a beacon of enlightenment, enriching our understanding of the human condition and fostering empathy and compassion in our community.



## HEAD OF THE DEPARTMENT



**DR. SRUTHI SIVARAMAN**

Dear Readers,

As we embark on another edition of Pravaha, the annual magazine of our Psychology Department, it is with great pleasure that we present this year's theme: "Cognition and Emotion - Through Developmental Perspective." In this issue, our goal is to explore the complex relationship between cognition and emotion envisaging living well at every context.

Through insightful articles, poems, art and personal reflections, this edition aims to illuminate the developmental nuances that influence how we perceive, interpret, and respond to the world around us. By examining the intersection of cognition and emotion, we gain a deeper understanding of changing human behavior and its correlates.

We invite you to join us on this enriching journey as we navigate the fascinating terrain of cognition and emotion through a developmental lens. May this edition of Pravaha inspire curiosity, foster insight, and spark meaningful conversations within our community and beyond.

**PRAVAHA 2024**

## **PG COORDINATOR**



**MR. VIGRAANTH BAPU K.G.**

Pravaha the annual showcase of talent and intellect from our esteemed Department of Psychology promises a captivating journey through the intricate play between cognition and emotion across human development.

As the PG Programme Coordinator, I am astonished by the depth of exploration and richness of insights our students have poured into this theme. Their diverse contributions – from thought-provoking articles exploring theories and research to moving poems capturing emotional nuances – offer a multi-faceted lens on this fascinating topic. Be captivated by compelling book and movie reviews that dissect the complexities of human cognition and emotion. Witness the raw talent shining through in creative photography that visually represents the explored themes. For a mental challenge, tackle engaging puzzles designed to stimulate your cognitive processes.

Prepare to be inspired, your curiosity piqued, and your understanding of the intricate interplay between cognition and emotion deepened. Each page pulsates with the passion and dedication of our undergraduate and postgraduate students.

My heartfelt gratitude goes to the editorial team for their tireless efforts in bringing this edition to life, and to each student who contributed their voice and vision to make Pravaha 2024 a resounding success.

Embrace the journey, and let Pravaha guide you through the captivating intersection of cognition and emotion!

**PRAVAHA 2024**



## UG COORDINATOR



**MS. VIMALA M**

As the Undergraduate Programme Coordinator, I am thrilled to extend our department's contribution to the upcoming edition of Pravaha, focusing on the intriguing theme of Cognition and Emotion through Developmental Perspective. Our department takes great pride in the academic prowess and creative talents of our students, and we believe that Pravaha provides an excellent platform to showcase their work. The theme resonates deeply with the ongoing research and exploration within our department, aligning with our commitment to advancing knowledge in the fields of cognition and emotion from a developmental lens. Our students have been actively engaged in studying various aspects of cognitive and emotional development, contributing valuable insights to the scholarly discourse. We anticipate that their contributions to Pravaha will offer readers a rich tapestry of perspectives, from theoretical insights to empirical findings, and from critical analyses to creative expressions.

By delving into the intersection of cognition and emotion through a developmental lens, our students aim to unravel the complexities of human experience and contribute meaningfully to the academic dialogue. We believe that Pravaha embodies the spirit of inquiry, creativity, and academic rigor that define our department ethos. We are confident that they will enrich the magazine and resonate with your readership.

## EDITOR'S NOTE



**MS. DEENA DIXON**

### Celebrating Pravaha 2024

As I write this note for our 8th volume of the annual magazine by the department of Psychology- Pravaha 2024. I'm filled with a sense of pride to announce the theme "Cognition and emotion- Through Developmental perspective", which align with the Psychology Conference of this year- Insight'24.

In this edition of our magazine, we celebrate the inseparable duo – cognition and emotion. We are delighted to take you on an intellectual journey that will awaken your minds and fill your hearts with joy. It is indeed with immense excitement that we present a collection of exhilarating articles, thought-provoking essays, ravishing poetry and captivating artwork that collectively explore the intricate journey of cognitive and emotional growth.

We extend our heartfelt gratitude towards our Psychology Department and Kristu Jayanti Management for the unwavering support provided to us. Pravaha 2024 would have been possible without the relentless dedication of our incredible team of students and teachers. Their hard work and commitment have been the pillar of our success, ensuring that every page surpasses the last.

Here, we invite you to continue the journey with us as you root up in reading. Thank you for joining us on this intellectual exploration. We trust that the pages will not only inform but also stimulate your curiosity about the captivating world of psychology. Let's explore another year of captivating storytelling and exciting discoveries, together.

Wishing you a fruitful enriching reading experience.

**PRAVAHA 2024**

## EDITOR'S NOTE



**MS. MEGHA D PRASAD**

Welcome to the eighth edition of "Pravaha," our annual magazine dedicated to exploring the fascinating realms of cognitive and emotional development within the field of psychology. I am thrilled to present yet another eclectic collection of articles, art, poetry, puzzles, short stories, and book and movie reviews that delve deep into the multifaceted nature of human cognition and emotion from a developmental perspective.

In this edition, alongside thought-provoking articles and insightful reports, you will find a diverse array of creative expressions that reflect the richness and complexity of the human experience. From evocative poetry that captures the essence of emotional growth to captivating short stories that explore the intricacies of cognitive development, each piece offers a unique perspective on the journey of self-discovery and understanding.

We are particularly excited to showcase the innovative artwork and literary creations contributed by members of our vibrant community. The fusion of art and science in this edition serves to highlight the interconnectedness of creativity and cognition, inviting readers to engage with these themes in new and exciting ways.

We extend our heartfelt gratitude to all the fathers and the Department of Psychology, the Magazine committee, our contributors, and our readers for their unwavering support and enthusiasm. It is through your collective efforts that "Pravaha" continues to thrive as a platform for sharing knowledge, fostering creativity, and promoting a deeper understanding of the human experience.

Thank you for joining us on this journey. We hope you find this edition of "Pravaha" both enriching and enlightening.



## EDITORIAL TEAM



As the editorial team of "Pravaha," we are delighted to present to you the eighth edition of our annual magazine. In this edition, we have endeavored to curate a diverse and engaging collection of articles, art, poetry, puzzles, short stories, and book and movie reviews that reflect the richness and complexity of the human experience. From thought-provoking discussions on cognitive milestones to evocative expressions of emotional growth, each piece invites you to embark on a journey of exploration and discovery. As editors, we are particularly proud to showcase the talent and creativity of our contributors, whose insightful contributions have enriched the pages of "Pravaha" and brought to life the themes of cognition and emotion in captivating ways. We hope that their work inspires you to ponder the mysteries of the mind and reflect on the myriad ways in which we perceive and experience the world around us.

We would like to extend our sincere gratitude to the department of Psychology, the Magazine committee, and all our contributors for their unwavering dedication and enthusiasm. It is through their collective efforts that "Pravaha" continues to serve as a platform for intellectual exchange, artistic expression, and personal growth.

To our readers, we offer our heartfelt thanks for your continued support and engagement. It is your curiosity and passion for knowledge that drives us to push the boundaries of exploration and creativity with each edition of our magazine.

We hope that you find this edition of "Pravaha" both enlightening and inspiring. May it spark new ideas, provoke insightful conversations, and deepen your understanding of the human mind and heart.

**PRAVAHA 2024**

# Kristu Jayanti College, Autonomous Bengaluru

*Celebrating*



## Silver Jubilee

**[www.kristujayanti.edu.in](http://www.kristujayanti.edu.in)**

**Kristu Jayanti College, Autonomous**

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# Articles

# From Catfights to Camaraderie: Exploring Social Dynamics Through Bus Window Panels

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22MPSC16

As a fairly recent inductee to this concrete jungle, for me, the primary mode of getting through this bustling city, were the buses. Long hours spent on commute were peppered in with moments of oddities, camaraderie and of course the usual catfights and scruffles. Perched safely by the window and quietly observing the ways of this confusing mix of people and the eccentricities, I'd often wonder about the 'why', the 'what', the 'how' and a little bit of 'what' am I even seeing in my daily observations. Spectacled with a rudimentary interest in social cognition and a proclivity for being drawn into conversations and situations, there was never a lack of interesting scenarios, where the spectrum ranged from people being people with different shades of humanity, be it with fights and thundering arguments or subtle offerings of helping hands or an exchange of understanding glances or words of kinds between strangers. More often than not, there would be people who'd strike up conversations with me, a total stranger, and share a piece of their life for me to carry back with me. Through these interactions, conflicts, and expressions of emotion that I've witnessed, and in many ways highlighted how deeply rooted the role of emotional intelligence is in me, in others, and of course its lack of, in understanding and navigating social situations. The instances of strangers offering a helping hand or engaging in deep conversations showcased a side of empathy that I would not get to see in my session observations. Furthermore, there were levels of interpersonal communication that I otherwise missed out on in my trainee life due to my scant exposure to the multicultural dynamics and how it along with shared experiences, contribute to the formation of social bonds. These daily encounters in many ways served as a real-world theater for my viewing as an observer and participant in the complex dance of human social cognition. Cherry-picking from the vast concepts under social cognition, I'd settle on social perception, a fundamental requirement to differentiate between entities governed solely by physical forces, where their actions are entirely explicable, and individuals who possess inner experiences such as motivations, reasons, and intentions.

The latter group's behaviour, characterized by factors beyond mere physical forces, remains incompletely predictable. Let's briefly go over this with an example of a conversation I had with an elderly female during my daily bus commute. What started with her briefly inquiring about the time, to it ricocheting off into a detailed narration of her life, offered me some food for thought on social perception. Although, I may be biased with no way to cross-check as I cannot go back and get her corroboration on this. The conversation went along the lines of her grievances and the hardships she faced in life, all the abuse, the ill-treatment, the



ailments, and the worries that dogged her. There wasn't much I could do, as I was barely keeping it together myself that day, but offer her an attentive ear and enquire about her feelings. The conversation dragged on for the longest 30 minutes of my life concluding with her talking about god, an entity that I am altogether not so sure of, and how I was a god-sent moment of reprieve for her. The lady had essentially attributed me with the quality of a good listener and had formed an impression of what kind of person I was for her to have delved so deeply into her life. If we look at it from the concept of internal and external attribution, internal attribution involves considering the woman's detailed narration of her life in terms of her personal characteristics, personality, character, or attitude. If one were to make an internal attribution, one might interpret her sharing as a reflection of her individual need for expression, connection, or emotional release. On the other hand, external attribution involves looking at the situation or context to understand the woman's behaviour. Considering external attribution in this scenario, one might empathize with the hardships she faced and recognize that her detailed sharing could be influenced by the challenging life situations she has encountered. The assumption here is that most individuals, placed in similar circumstances, might respond similarly by seeking solace or sharing their burdens. To conclude it is always a pleasure, well... mostly, to witness this vibrant spectrum of humanity unfold before me— from thundering arguments to subtle gestures of kindness and shared glances between strangers. Amid this spectacle, strangers often became storytellers, weaving narratives of their lives into the fabric of my own experiences. In the grand theatre of daily bus encounters, these poignant interactions stand in conjunction with social cognition, empathy, and the unpredictable dynamics of human connection. It is a testament to the intricate dance where our roles as observers and participants intertwine, leaving an indelible mark on the canvas of shared human experiences in this urban jungle. So next time, when you hop on a BMTCbus, who knows what it might hold for you (at your own peril, of course, I don't recommend rush hours). We've reached the last stop, hope this was an engaging journey



# Emotional Intelligence

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*“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”-Victor Frankl*

Emotional intelligence is the ability to understand, use, and manage our emotions in positive ways. Having high Emotional Intelligence helps relieve stress, communicate effectively, empathise with others, overcome challenges, and defuse interpersonal conflicts. Emotional intelligence contributes to building stronger relationships, succeeding at school and work, and achieving our career and personal goals. It also helps individuals connect with their feelings, turn intention into action, and make informed decisions about what matters most to them (Smith, 2023). Oftentimes we engage in tasks and may not perform optimally because of stress and difficulty in regulating our emotions effectively. Emotional intelligence influences various aspects of our lives such as our physical health, mental health, relationships and social intelligence. When it comes to our physical health as mentioned before EI (Emotional Intelligence) significantly influences how we manage stress. Uncontrolled stress raises blood pressure, suppresses the immune system, increases the risk of heart attacks and strokes, contributes to infertility, and speeds up the ageing process. Uncontrolled emotions and stress can also impact mental health, making us vulnerable to anxiety and depression. If we are unable to understand, get comfortable with, or manage our emotions, we also struggle to form strong relationships. This in turn can lead to feelings of loneliness and isolation and can further exacerbate mental health problems (Smith, 2023).

Thus, having good Emotional Intelligence, allows us to communicate more effectively and forge stronger relationships, both at work and in personal life. In terms of social intelligence, being in tune with our emotions serves a social purpose, connecting us to other people and the world around us. Social intelligence enables us to recognize friends from foes, measure another person's interest in us, reduce stress, balance our nervous system through social communication, and feel loved and happy.

Emotional Intelligence unlike Intelligence Quotient can be increased or developed. It can be achieved by developing the ability to manage our institutions of stress where our ability to make sound decisions is impaired. Being an expert at managing our emotions involves, actively trying to control our impulsive feelings and behaviours, managing our emotions

in healthy ways allowing us to take initiative, follow through on commitments, and adapt better to changing circumstances (Smith,2023). The next important aspect to improve on is being able to recognize our own emotions and their effects on thoughts and behaviour. Another factor that contributes towards emotional intelligence is “Social Awareness” which helps us pick on social and emotional cues, feel comfortable in social settings, and recognize the power dynamics in a group or organization which helps us understand the operation within the group or organization.

Emotional Intelligence can benefit individuals working in leadership roles as leaders with high Emotional Intelligence connect better with their team members which helps them form trust and care. One of the best examples of a CEO showing Emotional Intelligence is when Elon Musk urged his employees to report all of their work-related injuries, which he would personally tend to by visiting the factory floor and helping the injured employees with their tasks. This was a response to the claims of a more-than-average injury rate at Tesla’s Fremont factory. Although time-consuming for a CEO known for working 80-90 hours a week, this exercise builds empathy and can be motivating for disgruntled employees and builds trust with them. PepsiCo CEO Indra Nooyi is another great example, she wrote thank you notes to each employee and their parents expressing gratitude for raising such individuals who are a great value and contribution to PepsiCo(Morey,2021). Hence, Emotional Intelligence helps an individual navigate both their personal and professional relations effectively, empowering their growth.





# Stockholm Syndrome

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Stockholm Syndrome isn't a psychological diagnosis. It is a coping strategy whereby captives form a psychological bond with their captors during confinement. These bonds can lead to gentle treatment and less harm from the abuser since they might also create a positive bond with their victims.

Psychologists believe that this bond is initially forged when a captor threatens a captive's life, contemplates, and then chooses not to kill them. The captive's relief at the absence of the death threat is transferred into feelings of gratitude toward the captor for sparing his or her life. Psychiatrists use the term Stockholm Syndrome to define a set of psychological characteristics first noticed in hostages during a 1973 bank robbery, in Stockholm. Two men held four bank employees, hostage, at gunpoint for six days inside a bank vault. When the standoff came to an end, the captives seemed to have positive feelings for their captors and even compassion toward them.

As the Stockholm bank robbery incident suggests, it takes only a few days for this bond to form, proving that, early on, the victim's need to survive overpowers the desire to hate the person who created the situation. The survival instinct is at the heart of this syndrome. Victims stay in imposed dependence and perceive small acts of kindness amidst terrifying conditions as good treatment. They often become hypervigilant to the needs and demands of their captors, creating psychological links between the captors' happiness and their own. They might also have confusing feelings toward the abuser, including love, sympathy, empathy, and a desire to protect them.

I understand it as a survival mechanism. A few experts may even encourage those in a hostage situation to act as if they are experiencing Stockholm syndrome to increase their chances of survival since a connection with the abuser can potentially make the condition more tolerable for the victim and make the captors more likely to fulfil the captive's basic needs.

# Balancing Emotions and Logic: The Art of Decision-Making with Emotional Intelligence

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22MPSY08

Emotional intelligence (EQ) is the ability to understand, use, and control one's own emotions in constructive ways to reduce stress, communicate effectively, empathize with others, overcome obstacles, and diffuse conflict. Emotional Intelligence enables one to strengthen relationships, thrive in school and work, and achieve professional and personal goals. It can also help one connect with their emotions, put intentions into action, and make educated decisions about what is most important to them.

Most of us do not consider decision-making to be an Emotional Intelligence talent, although emotions frequently impede smart decisions. Using Emotional Intelligence to guide decisions can help achieve greater results. Emotional Intelligence also includes the ability to empathize with others, which is critical for making decisions that affect the well-being of people in emergencies. Understanding the feelings and views of others allows decision-makers to make more informed decisions, that prioritize the needs and safety of the people involved.

Using Emotional Intelligence is being conscious of how one is feeling when making decisions. It also entails thinking about how others may react to their decisions. Being emotionally intelligent entails asking oneself, "Are my emotions helping or hindering me here?", "Will other individuals want to help or hinder me?"

The ability to manage emotions is critical for managing decision-making processes in emergencies. Emotional regulation skills are necessary for people to recognise and manage their emotions in high-stress situations effectively.

Self-awareness is one such strategy that entails analyzing one's current emotions, thoughts, and bodily sensations. Self-awareness allows people to recognize their emotional condition and its impact on their decision-making abilities. This understanding enables individuals to take the required steps to manage their emotions and avoid making rash or unreasonable judgments. Deep breathing, mindfulness exercises, and cognitive reappraisal are among more approaches for regulating emotions. These approaches help people be calm and clear, allowing them to make more rational and effective decisions in emergencies. Emotional intelligence allows people to efficiently regulate their emotions, preventing them from becoming overwhelmed by stress or terror in emergencies. Staying calm and composed allows decision-makers to think more clearly and rationally, resulting in more effective and efficient decision-making. Emotions have a direct impact on decision-making because they can provide useful intuitive information and influence on risk-taking behaviour. Emotions like fear, enthusiasm, and irritation convey vital cues that can help students make decisions. However, uncontrolled emotions can impede the efficient use of such information.

# Emotional Intelligence: Transformative Power

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Emotional Intelligence (EI) has been marked as a form of necessity, both in the professional field of psychology and habitual situations of daily life, over the recent years, but why is this important and exactly what does it mean? In simple words, emotional intelligence is the ability to understand, manage, and efficiently express emotions to others and ourselves. Mayer, Caruso, and Salovey (2000) have considered it as an ability to process information about one's own emotions and those of others. Emotional Intelligence helps one understand and connect with a person based on the current circumstances/situations people encounter, as they can identify and control their experienced emotions, which in turn allows them to remain calm and concentrate on the present situation. It comprises a set of basic skills, which are quite often neglected due to our ignorance in the present day, such as self-awareness, self-regulation, empathy, relationship management, and social skills of interaction and compassion, which can be also classified as interpersonal-awareness, interpersonal-management, intrapersonal-awareness and intrapersonal-management.

## **The Structure**

Emotional intelligence can be modelled into an architectural multi-layered structure, consisting of two broad areas: a) intrapersonal intelligence and b) interpersonal intelligence

- **Intrapersonal Intelligence:** Refers to recognizing one's own emotions, understanding triggers, the impact of a course of events on thoughts and actions, and being self-aware. Self-regulation also plays an important role as it is the ability to manage emotions constructively, control impulses, and stay motivated in different outcomes and scenarios.
- **Interpersonal Intelligence:** Refers to the ability to empathize, understand the emotions of others, navigate and avoid social situations effectively according to the requirement, and explore other perspectives to make valid and efficient decisions.

## **The Elements:**

The different elements of emotional intelligence are self-awareness, self-regulation, motivation, empathy and social skills:

**Self-Awareness:** Refers to the capability of an individual to recognize their strengths and weaknesses. This critical component helps understand their feelings, particular triggers, and how their actions due to uncertain expression of specific emotions might affect others. It also allows a person to process and engage in critical thinking, thereby bringing out an appropriate reaction. It is self-observation and identifying of feelings that are experienced.

- **Self-Regulation:** It is the regulation and ability to manage, understand and control their reactions, feelings and behaviour. It is intentionally choosing the response or reaction that we produce to a particular stimulus. Managing disruptive emotions, impulses, and proceeding by choosing a better alternative as a set of responses. Self-regulation helps in compromising, and taking accountability for one's actions and staying calm to lead with a positive action or reaction.
- **Motivation:** Refers to an individual's commitments and goals, initiative, intrinsic satisfaction, the drive to seize opportunities, optimism, resilience and determination to improve and achieve. Motivated individuals tend to be consistent and accepting of new lessons, as they tend to be open and optimistic to new experiences by being able to perceive benefits in most situations.
- **Empathy:** The ability that helps an individual to observe and comprehend a situation from the other person's perspective, and is usually phrased as putting oneself in someone else's shoes. This capability assists an individual in challenging and overseeing stereotypes or unfair assumptions to deliver critical and properly constructed feedback. The process of developing the skill set of empathizing with others helps us to be better listeners and provide better responses as we understand the other person and ourselves.
- **Social/Soft Skills:** It is the art of emotional connection and communication. The ability to act according to the circumstances or the social situation. These abilities include suitable forms of verbal and non-verbal communication, which can be speech, gestures, facial expressions and body language. Social skills help in socialization with competence and avoiding social awkwardness.

#### **Advancing Emotional Intelligence:**

Psychological intervention can help improve Emotional Intelligence. Even though there is a belief that Emotional Intelligence is an innate ability, it can be developed for better enhancement of life.

Some such methods are:

**Mindfulness Practices:** This means cultivating awareness for living in the present. This elevates the life experience as we tend to notice and enjoy the little and important things that we miss out on while racing through our busy lives. This practice helps us to be more self-aware and self-regulatory as we observe and evaluate our thoughts, sensations, feelings and situations. One of the ways to practice mindfulness is meditation which has shown great progress in the betterment of lives.



- **Emotional Regulation Strategies:** Regulating one's emotions to a positive outcome rather than a negative action can be used to advance Emotional Intelligence. Techniques include relaxation exercises, journaling, assertiveness training and much more, which can help deviate the emotional tension to a better alternative or comprehend and break down any difficult situations to reach closure.
- **Social Skill Training:** Inculcating conflict resolution skills, communication, empathy, accepting feedback and criticism, assertiveness, and active listening skills through practice and feedback makes individuals more likely to achieve most of their goals, meet their needs for affiliative relationships, and develop certain roles required for independent living.

### **Conclusion**

Emotional Intelligence helps us navigate various occurrences and landscapes of life provided we foster and understand its components since it is a complex and essential aspect of our day-to-day life. Emotional literacy is the key to mental well-being, as the methods and skill sets described as part of Emotional Intelligence aid in stronger relationships with others and ourselves, ensuring a thriving personal and professional sphere of life. For an individual with properly enhanced and cultivated Emotional Intelligence, the world will present itself as a vast, evolving and exciting set of opportunities along with several happening that lead to further exploration as well as growth.



# Stress & Forgetting

Aman Rasheed  
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23PYJO04

Prospective memory (PM), the cognitive ability to remember and execute intentions or plans in the future, plays a crucial role in our daily lives from remembering to take medications to meeting appointments. Recent research has delved into understanding how stress influences this vital aspect of memory, particularly in both healthy individuals and those suffering from post-traumatic stress disorder (PTSD).

PM involves several distinct phases: planning, retention, performance, and sometimes an evaluation phase. During the planning phase, individuals encode intentions and plans for future actions. The retention interval refers to the period between planning and execution, where intentions must be maintained. The performance phase involves retrieving and executing the intended action, while the evaluation phase assesses the success of the plan and its outcomes.

Recent studies have aimed to dissect how stress may selectively influence PM, considering factors such as the nature of the stressor, whether the PM task is time-based or event-based, and which phase of PM is affected. In healthy participants, findings suggest that acute stress induced by methods like the Trier Social Stress Test could potentially enhance PM performance, with effect sizes notably greater than zero.

However, when examining everyday stress levels, results are more varied, lacking a consistent average effect. In contrast, individuals diagnosed with PTSD, a condition known to disrupt memory and cognition, consistently exhibit impairments in overall PM. Studies focusing on PTSD patients, particularly combat veterans, underscore the significant negative impact of the disorder on PM, with an average effect size indicating substantial impairment.

In conclusion, the interplay between stress and PM appears to hinge on several factors, including the nature of the stressor, the type of PM task, and the specific phase of PM processing involved. Further exploration of these relationships, along with investigations into the influence of cortisol and other hormones, holds promise for advancing our understanding of stress-related cognitive impairments, ultimately aiding in the diagnosis and treatment of PTSD.

# Addiction and Cognition

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23PYJO33

Addiction profoundly impacts cognition, altering how individuals think, perceive, and make decisions. At its core, addiction hijacks the brain's reward circuitry, leading to compulsive drug-seeking behaviours despite its adverse consequences. The cognitive processes involved encompass various domains, including attention, memory, and executive functions.

Attentional biases towards drug-related cues are common, diverting focus away from other stimuli. Memory processes are also affected, by drug-associated memories often becoming deeply ingrained and triggering cravings. Executive functions such as self-control and decision-making are impaired, leading to impulsive actions and difficulty in resisting drug use.

Moreover, chronic substance abuse can result in structural and functional changes in the brain, further exacerbating cognitive deficits. Over time, these alterations may persist even during abstinence, contributing to the chronic and relapsing nature of addiction.

Understanding the intricate interplay between addiction and cognition is crucial for developing effective interventions that target cognitive processes, alongside traditional approaches focusing on behavioral and pharmacological treatments, to address the complexities of addiction comprehensively.



# Short Story





# The Imposition

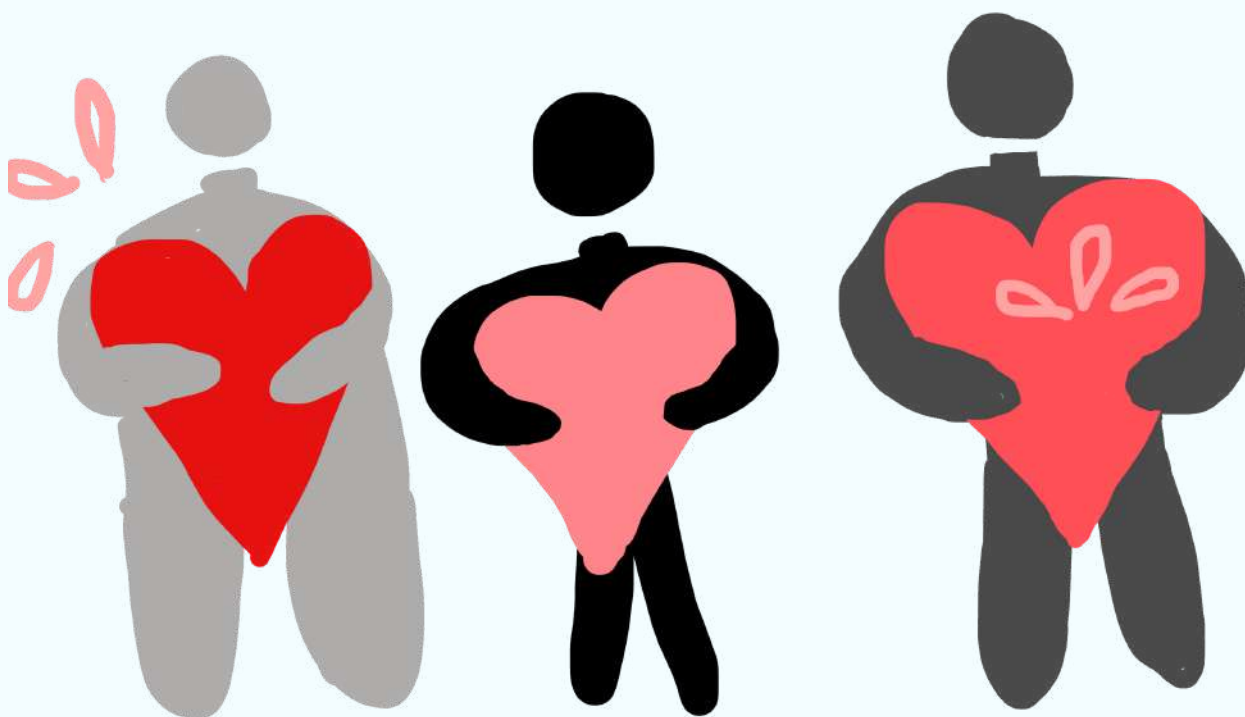
Ann Zenobia Abraham  
MSc Psychology  
23MPSY10

It's 6 a.m., and Becca woke up to Dandelions by Ruth B playing pretty loud in the background, and she knew it was her shot to get ready for college. The morning conversations had already started with a good cup of decoction which led her to the kitchen for breakfast. "Mom, what is it for breakfast today?" she asked. "Guess something you don't like but your dad loves?" Her mom replied. "What else could it be, Idly and Sambar? Well, Mom can you please make some Dosa for me instead?" Becca asked with an innocent face. "Becks, I have been your mother for the past 20 years, I'm sure of your likes and dislikes. You will get Dosa instead, why are you asking?" her mom asked with a smile. "Umm...I don't know just wanted something I like?!" Becca replied. "Here you go, take chutney from the kadai kept on the dining table." "Thanks, Mommy!" she said with a big smile on her face. Becca was reading the news feeds while sitting at the table when her dad came up for conversation with her on very random topics while her brothers took off for work. Eventually, the conversations didn't end up well as they both had a clash of opinions which annoyed Becca and she left for college with a long face. She stopped at the usual tea shop to light coffin nails to calm herself. She met Paul and Harpy there and had a nice talk with them for a while and reached college. Before entering the class, she received a long text from Andy making her five minutes late for her class but she managed to enter the class taking help from a few of her good old stock of excuses. After the professor took attendance, the class began with a round of questions and Becca was the first fish to be caught. "Rebecca, what did we do in the last class?" asked the professor. "Umm...I'm not sure ma'am." She replied with a straight face. "But you were present in the last class. Why don't you know what's been taught?" The professor asked with an annoyed voice. "Because I was hardly interested and felt quite bored," Becca replied with an attitude of ignorance. The professor felt humiliated and asked Becca to leave the class along with writing an imposition of all units taught to date five times and submitting by the end of the week. Without any hesitation, Becca left the class as she could not care less. Becca felt that her whole day had been wasted since morning. She went to her usual sitting area, and that's when Mathew, Shiva, Tom and Raju showed up after learning about the incident that happened in the class. They started to cheer her up and asked what happened in the class. She was confused and did not know what to say so she remained silent. Although Becca had a short temper, she was usually fun, loving, caring, and respectful. This made her friends worry about what was it that made her react so impulsively and disrespect a teacher by walking out of class. Suddenly, her phone started to ring and it was Andy, her boyfriend...she decided not to pick up the call as she felt that could break her down in front of her friends.

Even though Becca tried to change the subject, she couldn't pull the act completely which made the boys very suspicious. Mathew tried all kinds of wiles of calling Andy which got Becca into talking, but understood that she needed coffin nails to have this conversation. "Andy: Becca, I need to talk to you about us...I don't know what to say but I have to... well I want to do this over call and not face to face or text. Becca: "Umm...okay but why not face to face?" Andy: "No, I want to do this over call, and I shall call you once classes get over." Becca: "Well babe, is it good or bad?" Andy: "I don't know dude it depends on how you take it." Becca: "Haan, let's see whatever it is." Andy: "Should I text? No... I shall call you in some time then." Becca: "Haan, let's see whatever it is." Andy: "Should I text? No... I shall call you in some time then." Becca (she got some kind of hints but wasn't ready to believe it: "Anything is fine with me, however, you feel comfortable!" Andy: "OK... I shall text then; Becca I really need you to be open about this, ok?! I'm just trying to be open with you, well I don't think I can be in this anymore as I need some space and time for myself. I thought I was ready to be in a relationship but I'm not, well It's not because I have feelings for my ex which I am definitely sure that I don't. I don't want you to be waiting for me because I don't know anything for sure...I'm really sorry, please understand! I know you put in lots of effort but I feel bad that I can't do it as you, and I wasn't able to thank you for all of it. I don't want to lose this friendship as I'm really grateful for everything, it was really good but for the past few days, I am not in a good headspace. I wish I could tell you that...I hope I did not give you much HOPE and please don't feel bad because you deserve much more. Thank you, Rebecca, for everything! Becca (she couldn't take it all in but hadn't seen zoned him before she went to class): "It's fine and I understand, you should take care as well as find yourself in time." After reading Tom and the boys wanted to fight Andy but Becca stopped and said "I'm not in desperate need of a man and if you fight now, you are forcefully asking him to love me. Why do we need violence for this? Let's leave it to it. Okay?" They knew she was hurt but didn't want to show it, as she has never rung the blues and tried to cheer up the kiddo. Shiva tried to comfort her and also advise her about the increased usage of toxic substances which didn't end up well in her mind. Becca left home earlier than usual just to burst out but she ended up tanked with Mary Jane and Moonshine. Well, this time it affected her emotionally and physically, she had a low mood, stayed home 24/7, and had very little appetite. After a few days, Mathew and Raju showed up at her place, but she decided to stay in her room, as she didn't want them to see the failure she had become. After a few weeks, she fell unconscious and had to be hospitalised. Dr Han visited her for the first time that day when she neither spoke nor had any kind of emotions. Her parents and friends were worried a lot; they were clueless about what they had to do. The doctor was from Shiva's neighbourhood and knew him. He asked him about Becca, he found her personality very interesting and wanted to know more about her but this time through her.

“She is fine, her unconsciousness occurred due to less intake of food. Nothing else to worry about right now but she has to reduce the toxic substances she uses. If you guys don’t have any objections, I want to know more about her, I can take her in for hospitalization for a couple of days and understand how we can overcome this issue without any kind of rehabilitation centre.” the doctor said. “We have no problem if our daughter is fine with it. We want to leave the decision to her...so it’s better if you convey this to her because we don’t want her to think that she is a disappointment to us.” Becca’s Dad (Mr. Paul) said. “That is very thoughtful of you folks, not every parent thinks like this.” said the doctor. With the help of Becca’s friends, the doctor coaxed her into talking to him. Becca was hesitant to talk at first. but once she started there couldn’t be a stop to it. She liked speaking to the Doctor as he was pretty good at conveying and advising. It was the fifth day after Becca was admitted and she started to view conversations and perspectives in different ways, the Doctor could help her out to figure how some matters or issues should be dealt with. The Doctor understood that she lacked just one important factor in her life and everyone took that as an advantage. She would give more importance to others and never got it herself. She gave out her soul, and heart for others to be happy. However, she never knew or felt it herself, and never cared for herself, it was always others who were dominant in life. She was a strong woman but she was also a quiet and sensitive girl, who not many had seen. The Doctor then had a conversation with her folks and told her a way to understand herself and feel the importance of self-worth. It was the last day for Becca in the hospital as she was getting discharged, all her close friends were waiting with all the things she loved. All the procedures and formalities were done and she got ready to leave the hospital. But, how could she leave without meeting the Hero? Dr Han got her sunflowers with a pack of Dairy Milk and an Archies journal to scribble down anything she likes. Becca stood up and said with a smile “I respect you as a man and a doctor, I wish you the best because you made me feel the best!” She also asked him if they could be “pen pals” as they shared common interests. The Doctor agreed with a smile and left the rest to her parents and friends. While they travelled back home, they made a few pit stops, which gave her a pure sense of reality and she felt good about herself. She reached back home and decided to re-arrange her room, and bought herself many necessary and unnecessary items. It made her quite happy, and she started to write her missed notes, assignments, and of course the imposition as well as an apology letter for her inappropriate behaviour. The next day, Becca woke up with a smile and finished up her daily routine. She got ready for college after a month, had a good conversation with her parents and left for college. She was tempted to go back to her old habits but decided to stick with coffee, that’s when she bumped into Andy, who was quite worried about her because he didn’t know about what had happened in the past month and had no contact with her or any others.

She got him a cup of tea, talked over it and left for class. She felt relieved as she entered her class five minutes early, everyone had their curiosities about Becca and she patiently spoke to each one of them. The most important job for Becca was to apologise to Prof. Teresa, as she believed what she did was wrong. Therefore, when the Professor entered, she apologised in front of the class and submitted the imposition along with Prof's favourite dahlias and Bournville. Along with the chocolate, she left a note saying, "Once again, I am really sorry ma'am, I mean it with all my heart and I hope you can forgive me." The Professor was overwhelmed and appreciated Becca. Rebecca remains clean and Dr. Han is still her pen pal. She has felt the need for people to realise that loving themselves first is a very important task in life as self-worth is the most basic thing in one's life. Becca now writes books based on Self-love and will be ready to publish it soon.



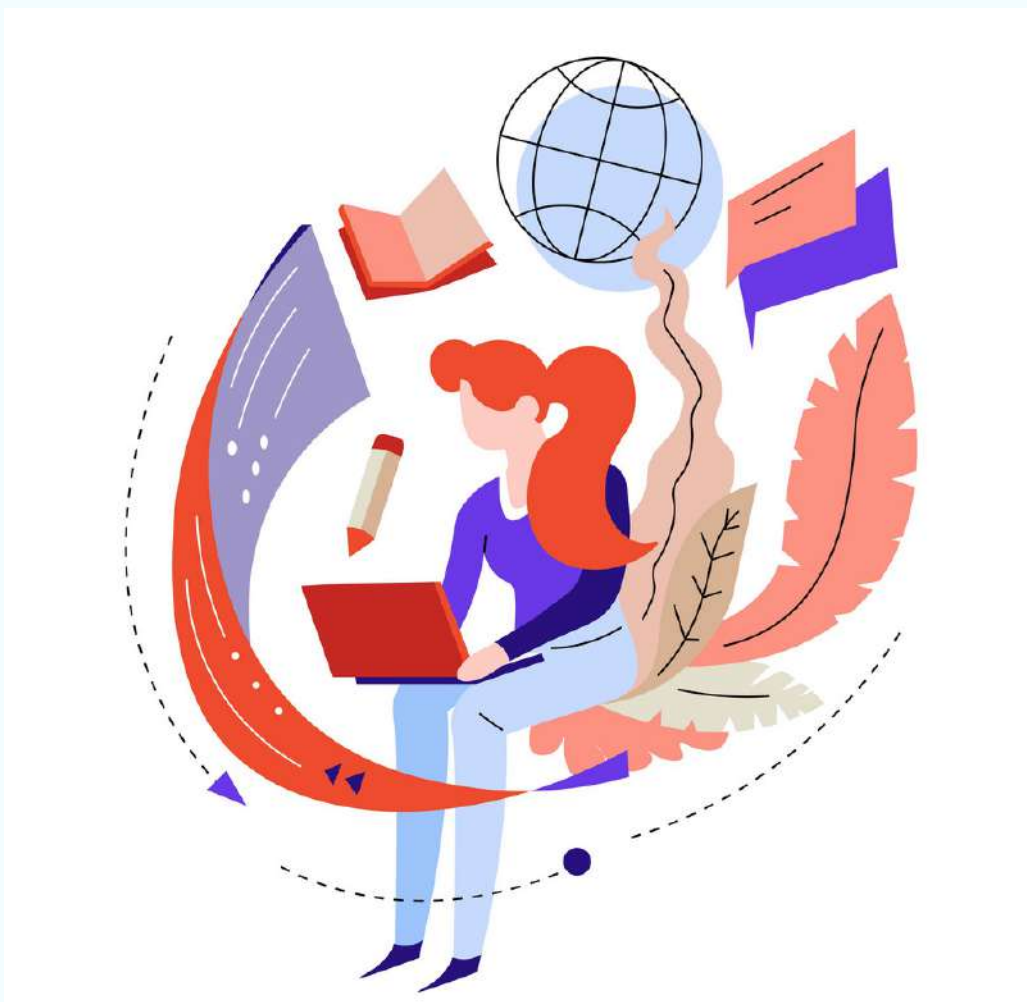


## Breaking Boundaries

Rohini Jaiswal  
MSc Psychology  
23MPSY45

“As she stood on the balcony of her 8th-floor flat, the Mumbai sunset seemed more radiant than ever. But her heart pined for his presence by her side. The lockdown had separated them for almost a year now. Even video calls could not reflect the aura of his persona in real life. She gulped down a lump in her throat and gazed long at the setting sun, thinking about her dearest brother, Arvind. Although she had three more brothers, he was the one who had a great impact on her life. The bond between a brother and sister is not just limited to amusement, love, care, protection, or irritation, brothers cannot just be a protector, armour, or shield but also a life changer and maker for their sisters. She recollected all her memories gazing at the sunset. Asha was the youngest in her family and Arvind was very much attached to her. He had a comparatively different mindset about females. He considered them divine, powerful goddesses and held them on a superior pedestal. Thus, he thought his sister to be blessed. However, their parents had a traditional mindset, the father being a strict businessman with a rough idea of not letting females step out of the house, and the mother was a passionate housewife who spent day and night in the kitchen cooking a variety of dishes for the family. Hopefully, little Asha was given home tuition in that rural village where they lived. Arvind, a boy, had no such restrictions, so he went to Kolkata to pursue his studies. One pleasant evening he was sitting outside on his campus, watching the college girls he went into a deep thought about how lucky these girls are and don't have as many restrictions as her sister. He thought that these girls had an opportunity to construct their life and career into a bright future, which his sister was denied. He was thinking about his sister in the village for whom her father is a huge hindrance for not letting her go to explore the world outside. She can't ever be independent or construct her future. He kept thinking about this the whole evening. After completing his graduation he abruptly burst towards his village, crossing all the boundaries of rules set by the head of his family, he took his sister to Kolkata and got her enrolled in a girl's school in the 5th standard. Arvind worked overtime, part-time, day in and out, to build his sister's future. He became the crucial benefactor to pay her fees. He remained her benefactor till the end of her academic journey. Whether it would be summer break, winter break or visiting, only he would attend to her. Most of the time because of this reason she was often teased by her classmates who said "Where are your parents? Why aren't they coming to receive you? Are they busy chasing cows and buffaloes in the village!" They used to bully her and make sarcastic remarks about her. Poor Asha would just sit on a bench in the corner of her dormitory and keep weeping. But she put a strong foot ahead and kept moving forward. After 15 long years passed, she became a software engineer. She is now obtaining a handsome salary.

Arvind has also now become a wealthy businessman. They used to live together in Kolkata before. Their parents had also moved there with them.. But their father never talked to Arvind, as he didn't forgive him for crossing his boundaries. He hoped that their father would understand them someday or the other. After Asha's marriage, Arvind went to Delhi and she departed to Mumbai. He still managed to visit his dear sister thrice a year. But because of the lockdown, they had been separated for the past year now. Arvind was a blessed and divine personality for her. As a brother, he not only protected her but also shaped her life. He gave a new definition to their relationship. He always stood by her side. She is forever and ever indebted to him. Glaring at the sun she pondered "He made me a bright and shining crystal like you."



# The Silent Call

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23MPSY50

“Mumma,” my voice rang through the house as I called my mother and engulfed her in a tight hug. It had been a year since I met her and I had missed her miserably. I smiled at my father as he stood in the doorway, watching us interact. “I got you a gift,” I informed my mother as I searched my bag to find her gift. “And what did you get for your father,” she asked. I looked up and told her that he didn't need anything as he already had everything. My mother smiled softly. It would take me years to understand what that smile meant. I happily spent my days at home and went back to Mumbai for my job. Years passed and I got married. My wife gave birth to a beautiful baby boy.

“Where is mumma?” My baby boy who had grown up, asked from college. My heart broke as I silently handed over the phone to my wife.

“Why does he never talk to me?” I complained. “He only calls to talk to you. Whenever he calls me, it's either for work or to ask about you.” And I realized, with a heavy heart, that fate had dealt me with the same hand that it had dealt my father.

I picked up the phone and called my father. “Let me give the phone to your mother,” he said as soon as he received the call. I shed a silent tear as I realized how ruthlessly I had neglected him. “I want to talk to you,” I told him. I could sense the joy and surprise in his voice as we talked for a few minutes and continued to stay silent on the call. And through the silence, he communicated all the hidden feelings he felt throughout the years. I continued to call him for years after, and we stayed on call silently, as I understood that sometimes, silence speaks way more loudly than words.



# Poetry



# Brushed Emotions

Yashika Menon Pandey  
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23MPLA62

.....

I met you through the shine of yellow  
I felt a spark and my heart was mellow  
You looked at me with eyes full of love  
I felt a sweet pinch in my chest and my senses were dove  
We roamed the world with hands tied  
I looked at you with my pink glasses and saw a serious knight  
You asked me to cry less and become strong  
You asked me to care less and not love for long  
I wondered a little but still came along  
Little did I know I would slowly lose my resolve  
I tried to silence my thoughts and brush my emotions  
I tried living your way only to cloud up more confusion  
I asked myself what was wrong with my expressions  
Why was my love received by aggression?  
But I wavered this restlessness and loved you from my core  
Only to see you walking out because you loved me no more  
I was shattered, I was numb  
I wanted to cry from my lungs  
I wanted to scream in anger and ask you  
Where did you lose my diamond tears? How did you fade my infectious smile?  
I lived my days in this agony  
But when the brightest moon became sunny  
I could finally roll the diamonds off my cheeks  
I wept in the face of beams  
I screamed in the moonlit streams  
I could finally feel my heartbeat  
I could finally feel my blood heat  
I could cry, I could laugh  
I could smile, but I could not  
Oh my brushed emotions were back  
My silenced feelings had a voice  
And I expressed them with all my will  
For I loved them till I lived  
I hope I don't meet you through the shine of yellow  
And not feel a spark to make my heart mellow

# Winter

Pavithra Venkitaraman,  
MSc Clinical Psychology,  
23MPLA43

.....

Winter was a game changer.

We were doing really well.

We were cold and empty

And no one could stop us.

Our icy claws latched on to her heart  
Bleeding it out silently.

Our empty halls crept into her soul

Reducing her voice to an echo.

Our lifeless breath engulfed her lungs

Choking her out slowly.

The summer's heat kept her warm,

Kept her insulated,

And kept us safe

To do what we were doing-

Overwhelming her.

But winter was a game changer.

With scaly skin

And icy winds,

We were exposed.

She started to see us.

Name us.

Pick us apart one by one-

Anger. Guilt. Fear. Hurt.

Our better halves were few,

But she saw them too.

Called them out with a glimmer of hope.

Joy. Love. Pride.

We knew this day was coming.

They started to heal her heart.

Fill her soul.

And free her lungs.

We learnt to co-exist.

She learnt about us.

She realized,

That she finally knew us-  
emotions.

With a deep inhale

And a wholesome exhale,

She felt free.

Winter was indeed a game changer.

# Behind the Curtain

Joshua R Abraham

BA PYEN

21PYEN37

.....

That little thin ray of light  
passed through the slit  
Beneath the curtain,  
Unaware of those behind.  
It was all dark behind,  
with no clue about all those around.  
Silent cries and showering tears aren't a matter there,  
neither does a smile make any difference.  
How does it feel  
to have an eye all good and well,  
But sees no thing in its blinded dark.  
What is the dark...?  
I thought for a while...  
My fears, insecurities,  
incapabilities, glooms or pains?  
Maybe...  
Or Am I the dark that blinds all those around?  
Killing the sight and insights of the enlightened?  
I cannot define the dark,  
it's depth I cannot put in words.  
All it takes is just that thin line of light and  
it's dark no more.

# A Destine Hope

Ashlesh Chhabra  
BA PYEN  
21PYEN11

.....

Struggling with self-infliction,  
In alcohol's drowning addiction.  
Impaired memory, thoughts confined,  
A thick smoke, a heavy bind.  
No escape from loud voices,  
Withering, crumbling, in a shroud.  
Yearning to find a humble way,  
Beyond the darkness, a hopeful ray.



# Pain

Meril Sharlet  
MSc Clinical Psychology  
23MPLA33

.....

I have a strange connection with pain  
Neither can I bear it nor leave it.  
The stronger my will the weaker my heart gets  
For life, it beats or for pain, none knows.

When pain becomes unbearable  
Hatred becomes uncontainable.  
Every spark of hope diminished.  
Dragged down to the vortex of a chasm.

You hurt me so bad that pain lost its meaning.  
The very core of life turned upside down.  
Pain and hurt have been woven into the very fabric of my existence  
Betrayal and deceit became my truth.

The bruises of the heart are hard to heal  
The scars of the past are a token of pain  
The present, is nothing but a reflection of past sorrows  
The future, a test to be endured.

The embers of hate rise from the ashes of love  
The scar I wear I cannot bear  
For it is my heart that you broke in two,  
My soul that wept.

You notice my cuts, not my scars  
You notice the smile, not the pain  
You are the cause of my pain and relief  
You are the epitome of my hatred.



# Lifeless

Flavia Furtado,  
MSc Clinical Psychology A,  
23MPLA17

.....

Unhealthy crawling the edges  
stiff in the clutches  
numb in the blotches  
smug in the stitches  
steeped over the precarious

Your scalp is stranded,  
It's wisps of hair  
your nails are jaded  
the polish faded

Pierced skin, burns and scars  
callous heart, jags and bars  
inadequate bones, jitters and snaps  
scorned flesh, moulds and flaps

The gall to crave normalcy  
resides in absurdity.  
addicted to inertia,  
subjected to malady.  
latent resolve -  
desolate is carved.  
you are, a work of art.

# Seasons

Sneha K  
MSc Counselling Psychology  
23MPSC52

.....

As like seasons  
People change.  
At times they are warm like an early summer.  
Sometimes they're cold as winter,  
And make us pour like rain,  
And they finally  
Fall like an autumn.  
But still, stay strong!

Season spring,  
May arrive soon  
With blooming of smile  
And blossoms of happiness.



# Guilty Pleasure

U Charanya  
Msc Clinical Psychology B,  
22MPLB53

.....

I was out in the sun, today. The warmth felt so good that I lost myself in a familiar comfort. Just lazily, soaking up the sun, like a child; still gullible and artless, fading away into her background. You were like the sun, warm, blazing, and brilliant. All of the things that I wished to be, but could never be. I was like the black sky, sombre, dull, and dark. All of the things you would try to cushion yourself from, but it so happened that I fell in love with your warmth, and you with my storm. You found my chaos intoxicating, and I found tenderness in your heat. The sun reminded me of you; of your kindness, of your gentle kisses and softest smiles. It reminded me of your affection, of our whispered promises and your crinkled eyes.

I wish I had sat out in the sun, a little longer.

Maybe, a little sooner.

Just a little more.



# Trapped

Aditi Goyal  
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23MPSC07

.....

Trapped in my head, in my own house, in a place from where it is impossible to come out.

Trapped in a blank space, in a void, in a place where there is no light.

Trapped in sunlight, in water, in a place where everywhere they slaughter.

Trapped in hell, in heaven, in a place that is god given.

To experience good, one should know what is bad.

To know what happiness feels like, one should know the feeling of sadness.

To be positive, one should know what negativity is.

Without knowing the latter, the former will never come by.

Knowing the variance between the two is what will tell you the veracious meaning of it.





# Silent Spirits

Aaron Jacob Abraham  
BA PYEN  
23PYEN02

.....

Shy pots prepared with hazy portions within,  
When known or unknown faces stands in front,  
While creating pleasing gestures,  
For those usual moments of joy,  
Without lacking any kind of belief,  
And shutting off their warmth and respect,  
By avoiding my tightened mouth and bashful soul as much as possible,  
Through peaked times of dilemma,  
As to why such moments of inner imbalance,  
Leading me into an incertitude state filled with alien mouths,  
When even the known becomes a distant being,  
That reality comes to a pointless inner monologue,  
Where no words take a chance between cramped souls,  
While I remind time to hurry up,  
Just to escape muted mind and detached atmosphere,  
And erase such times filled with broken thoughts,  
For there are no predesigned reactions in progression,  
Throughout the existence of a silent spirit within.





# My Slivered Noumenon

Ann Zenobia Abraham  
MSc Psychology  
23MPSY10

.....

You stood over there,  
Wanting to be fair  
But I cannot sit by your side  
Knowing that you'll leave me in a tide

Before you came in,  
I was sitting by myself fine  
As you decided to form a line,  
You got me all dreary.

We sat over there talking,  
Taking long coffin nails.  
Reminding me of what beauty is,  
When you wanted this.

I was running late,  
You hung around knowing it all  
And gave me high hopes,  
For the call.

Now we wonder,  
If any of this was true.  
As I find it all funny,  
Trying to prove.

Wandering in the midst,  
Of worldliness,  
You divulged in,  
And brought liveliness.

My soul spread her wings,  
Felt your presence and love  
I clinched above my heart,  
Of a man who sings.

Passing over  
I spaced out to clean the mess.  
But you decided to call it quits,  
Bringing me into quilts.

On Sylvester's day,  
Got tanked on Joe and Mary Jane.  
As you took a part away,  
Trying to never feel thy presence.

All I tried,  
Has me tired and dried.  
As excitement brought Melancholy,  
When you got me all Holy.  
Taking it all away,  
Got me slivering.

# Anticipation's Prelude

Sathya Gowda  
BA PYJO  
23PYJO38



In the vast expanse where thoughts take flight,  
Our anticipation ignites, a beacon bright  
Through corridors of our mind, we wander free  
Exploring the depths of the psyche's sea  
With Freudian whispers and Jungian lore  
We delve into mysteries, craving for more  
In labs and classrooms, our curiosity soars  
Unravelling the secrets that lie at our core.

But oh, the joy of what's yet to be found  
In the vast expanse where minds abound  
With hearts aflutter and minds in sync  
We await the revelations that make us think  
In the domain of psyche, where wonders amass  
Anticipation dances, a vibrant mass  
For in the quest for insight and delight  
Meaning and humor converge, always shining bright



# Kaleidoscope

Aamong  
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.....

What if, the living perceps, the living through colours,  
Not by symmetries of the tangible beings,  
But through colours, we decode the persona of the living.  
A Kaleidoscope being, for colours, paints our emotions.

Like the achromatic child imprints the chromatics of a paragon,  
A monochromatic puerile endeavours to find its perfect shades of yellow.  
As every living strives to paint the perfect shades of yellow,  
It becomes a kaleidoscope being, for it unfolds the mysteries of colours

With every shade, a persona is told.  
And with every shade decoded, paints a different view.  
For every eye sees colours in its ways,  
A unique kaleidoscope is carved.

For every living holds a palette,  
That seeks to paint a canvas with vibrant shades.  
With each experience, a new shade of colour is added to the persona  
And with each shade, a unique story is told.

For in chromatic perception, we decode the Living through Colours  
A kaleidoscope of the human mind, a colour for each soul



# Symphony of Life

Mehana Thasneem Musthafa  
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23MPLA32

.....

In hearts doth dwell a realm unseen,  
Where emotions reign, a lively stream.  
Joy dances with a carefree grace,  
While sorrow weaves a sombre space.  
Love's tender touch, a gentle breeze,  
Binds souls in sweet, harmonious tease.  
Anger roars with fiery might,  
Yet fades with the evening's calming light.  
Fear, a shadow lurking near,  
Whispers doubts in waiting ear.  
Hope, a beacon shining bright,  
Guides us through the darkest night.  
Emotions, vast in their array,  
Shape our lives in night and day.  
In hearts and minds, their echoes ring,  
A symphony of life's deepening.



# Those Old Happy Days

Rohini Jaiswal  
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23MPSY45

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Those old happy days  
Won't you come back?  
I remember how I used to have great fun,  
And my dear aunt  
Used to make those tasty buns.  
With my cousins  
I enjoyed it a lot,  
And today I feel  
Alone in this huge plot.

Those old happy days  
I think of you and gaze.  
We used to have a sweet time in that large house  
That looked very royal,  
The house was even guarded  
By a dog that was quite loyal.  
In the beautiful garden  
We used to play games  
But today all that amusement blew in flames.

Those old happy days  
Please come back  
With a fresh haze.  
That time I found myself quite lucky,  
As we all get together to play hockey.  
Such fascinating was the house  
Belonging to my uncle,  
But at present, I feel isolated as if I was lost  
In a jungle!

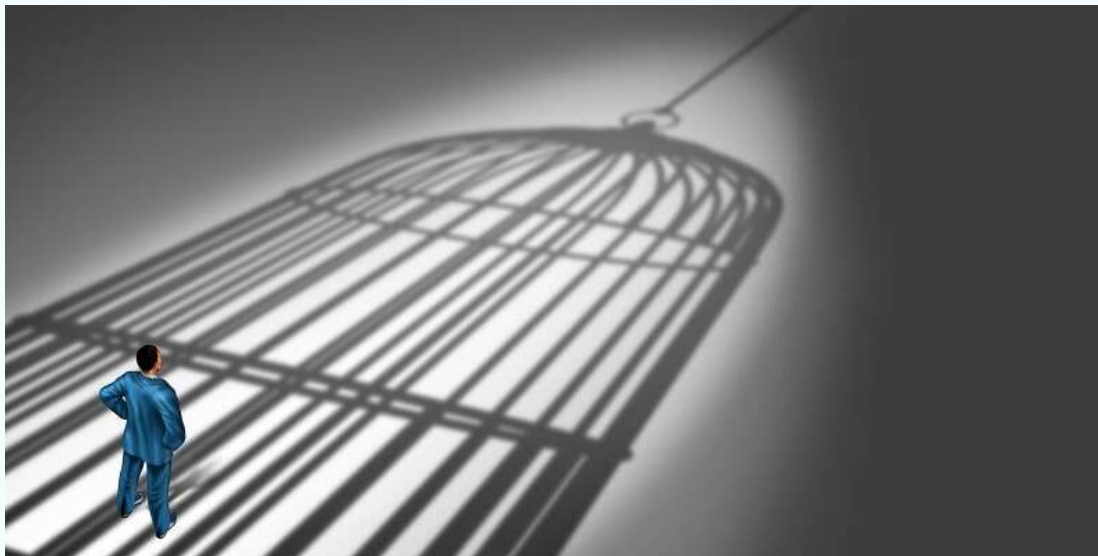


# Confined Me

Megha S P  
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23MPLB31

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I am alone today in a four-walled room.  
Whose selfishness is the reason for my iron shackles?  
Is it the stumbling feet when climbing the steps of life?  
Or my toxic friendships?  
Or wounds in the unconscious's mind,  
Don't know  
Two unknown people are chaining my legs,  
And they left me alone with a dark mind in a dark room.  
The form of sight appears in the dark,  
Voices ring out to hear,  
Someone is freaking out in the hospital bed.  
These shackles reduced body strength.  
As if the mind is tossed and tossed in a violent wind  
Days passed, and people changed on the rim of light.  
And here I am, waiting for the light of hope like an abandoned person.



# Someday

Ria Saji  
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22MPSC50

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One dark sleepless night  
Stormy thunders in my mind  
Anxious were my feeling and thoughts  
Needed help, cried and mourned.

Suddenly came Death as a friend  
Knocked the door pulled me out  
Everything felt blissfully calm  
Saw 'My God' heavens found.

Morning came but not me  
Far away as meant to be  
Maybe smiling maybe not  
Watching over all the loved  
Oh God! Nothing happens to them at all.

But one wish left incomplete  
The eternal love I craved a lot  
Though it hardly happened on earth  
Thankfully had God's love that is great of all

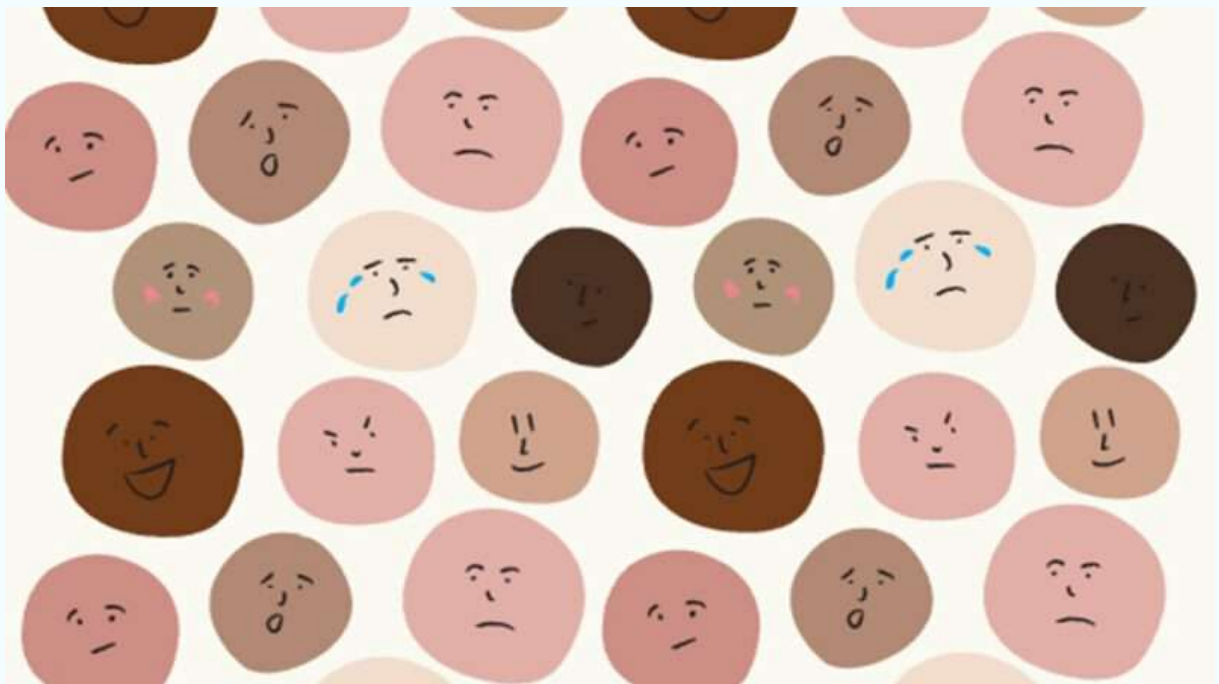


# Emotions

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Why is that I feel this  
Do your orbs perceive it,  
what lingers in my core?  
The ridges on my face  
Is it because I am brimming with happiness or  
Falling in the murky despair?  
Through seasons and falling leaves,  
changing clouds and calendar sheets.  
Stagnant, shaky and smooth  
All that I flow through  
For a fact I know , these emotions make me grow.



# Driven

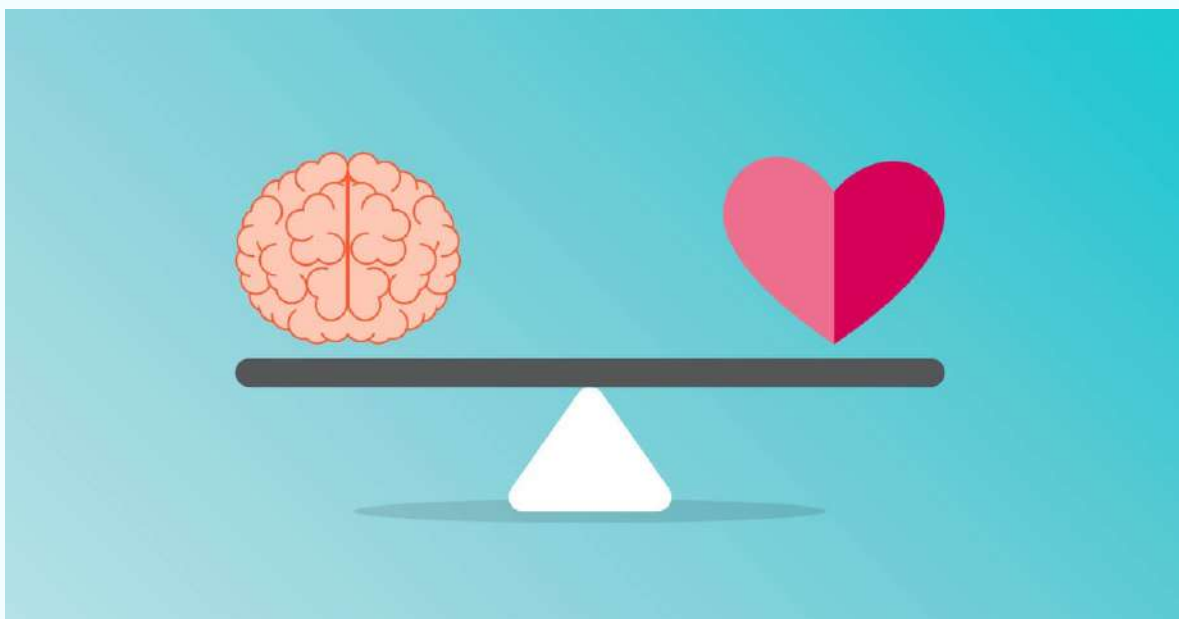
Priya Sinha  
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“Why would you not smile, the way I asked you to?”  
Becoming a reflection of what they expect me to.  
Fire is my forte!  
Why don't I use it as a weapon?  
Play with it and cook some new notions.  
But why am I always driven by emotions?

“Check the flow of water”, they said  
While knowing what they meant by that clause  
I wonder if it is the beginning of an end  
To my days of Santa Claus.

I end up following the stream  
Crushed by my fellow stones  
How selfish of me  
For always trying to ace perfection  
For in the end, for all the convections  
I am always driven by emotions.





# *Movie Review*



# The Father

## “There’s something funny going on”

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The 2020 film, *The Father*, showcases an unflinching exploration of the devastating effects of a condition that strips you of your power and your control and is led by the stellar performances from Anthony Hopkins and Olivia Colman. Directed by Florian Zeller, the film is a haunting portrayal of the disorienting world of Anthony, a man who descends into dementia, and his daughter, Anne who is torn between love and the harsh realities of caregiving.

*The Father* is a thought provoking exploration on dementia. It explores the psychological implications of dementia on identity and sense of self, the concept of subjective reality and caregiver’s stress with grace, empathy and profound insight. It is an empathetic portrayal of dementia providing valuable insights into the lived experience of individuals affected by the condition.

The film delves into the themes of identity, familial love, aging and time, leaving the audience with questions about the nature of reality, time and the strength of human connections. It skillfully captures the emotional turmoil and psychological complexities of its characters.

Zeller’s direction effectively captures the spatial and temporal disorientation depicting Anthony’s cognitive decline. The performances in the film are mesmerizing, capturing the nuances of one’s mental state with sensitivity and depth. Anthony is brutal, cruel and at the same time helpless and extremely vulnerable. Anne, Anthony's daughter, is a daughter who has to accept the fact that the person who she loves the most is slowly falling apart. Colman conveys a mix of vulnerability and resilience with depth and sincerity.

We follow a regular routine assuming that what we see is what is real, until you slowly start losing grip on reality. The film puts you in Anthony’s head, making you experience his helplessness and his struggle to hold onto reality and making sense of what is happening. This makes the storytelling unique as Anthony’s confusion and disorientation becomes ours.

In a heartbreaking scene, a confused and vulnerable Anthony asks, “What about me? Who exactly am I?” forcing you to live in the depths of helplessness he feels. As the director Florian Zeller said, ‘What I try to do in The Father is to put the audience in a unique position as if the audience was going through a labyrinth. And as a viewer, we have to question everything we are seeing. We do not know what is real and what is not real.’ The film heartbreakingly blends fear and sadness. A scene where Anthony completely breaks down, he says, “I feel as if I’m .... I feel as if I’m losing all my leaves.... The branches and the wind and the rain. I don’t know what’s happening anymore. Do you know what’s happening?” and you as an audience can’t do anything but witness the man, live in his shoes and feel as distressed as him. The film intentionally masks reality with its non linear structure of narration and is focused more on its experience than on its story as if making the audience get a taste of what dementia feels like.



## Stutz

### “Meet a different kind of therapist”

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“The whole purpose of making this film is to give therapy, and the tools I’ve learned in therapy,

to a wide audience for private use through an entertaining film.” – Jonah Hill

Jonah Hill's 2022 documentary film, *Stutz*, is a personal project about Dr. Phil Stutz, his therapist. In this film, Stutz talks about certain cognitive and emotional tools that help him get through his life, such as "Life Force," "The Snapshot," and "The Grateful Flow." Stutz demonstrates these concepts using animations on note cards drawn by Stutz himself. These strategies, involving visualization, offer unique paths to deal with grief or anxiety, by requiring us to close our eyes and imagine, providing unexpected ways to overcome challenges.

Analyzing these tools, we understand that he has integrated Freudian and Jungian psychology and Buddhist philosophy amongst others. He comes up with various quick-fix tools that focus on capturing your thoughts, redirecting them and being creative in communicating with oneself. Around 20 minutes into the film, it is hard to fail to notice the transparency of the film making. We understand the dynamics in play when the roles are shifted, from that of a therapist and client to that of an interviewer and subject when Hill intended to mimic a therapeutic session. The entire showcase of that conversation navigates through vulnerability, affection, creativity, honesty and transparency as it breaks the “4th wall.” Stutz highlights the sensitivity needed to create a film about vulnerability. It dwells deeply into the real lives of them both. It is so beautifully crafted to show the life experience of Stutz, specifically his life with Parkinson’s disease.

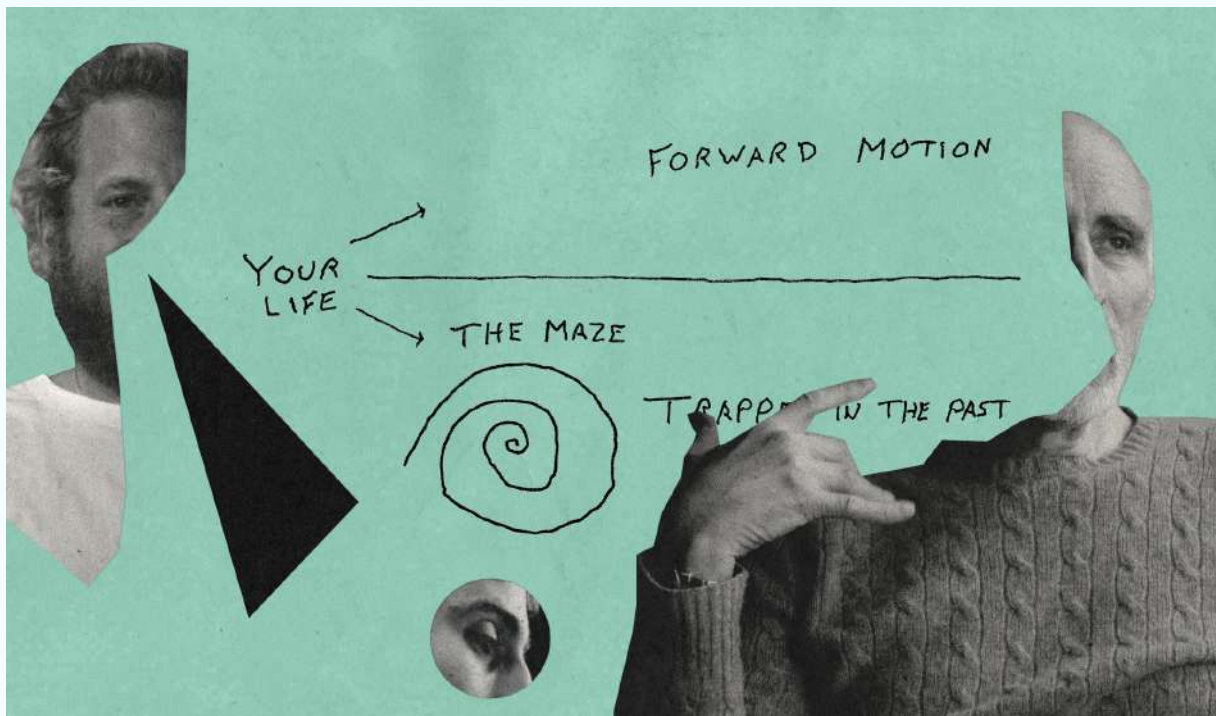
He lived almost all his life with the symptoms of a disease that can never be cured. This has immensely affected his understanding of the reality of life, in which he mentions “pain”, “uncertainty” and “constant work” being the three aspects of it.

Stutz’s priority in every session is to give the confidence to his clients that change is possible. He does that by giving them the courage to take steps forward or “putting the next pearl on the string of life”. His tools help in resisting “Part- X”. Stutz defines Part X as an invisible force that keeps you from changing. “True confidence is living with uncertainty and moving forward”, says Stutz. Every effort you put into something has the risk of producing “a turd”. Every move, every decision, can contain either the wonderful pearl or “a turd”. This is visualized as a pearl covering over a turd indicating one can redirect their mind to obtain and focus the positive over the negative.

He ensures every client goes back feeling confident of growing from various aspects in their life by activating their “life-force” which is essentially the relationship with their physical body, with the people around them and their cognitive and emotional selves. He talks about how the quest for fairness puts one’s life on hold and how one must get satisfaction from the process of growth. He also emphasizes radical acceptance, stressing that from every event, one can learn and grow. Everyone goes through loss and Stutz stresses that we all lean towards non-attachment while also never wishing to achieve it. The movie also guides us through Hill’s life, the insecurity of his body weight, his anxiety and the bond he gradually builds with his “shadow”. He calls himself “undesirable to the world” at the age of 14. He embraces his most vulnerable self and shows the viewers how important it is to communicate and attend to our shadows: the part we desperately try to hide.

Emerging from this project, both Phil Stutz and Jonah Hill bond over the loss of their brothers, radiating warmth and deeper connection to their frequent “ I love you”s. The depth in their relationship is captured in the teases, jokes and witty remarks made by them to each other. Jonah and his therapist's connection as equals allows for a candid and honest study of their own inner work providing us a sense of relatedness. This is a documentary that demands revisiting for our own benefit. It captures the nakedness of human complexities and the tangled strings of life.

“There is unlimited potential inside every person. when we transform ourselves, we not only fulfill our own potential, we lift up all of humanity.” — Phil Stutz & Barry Michels



# Tamasha

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The world is a stage where everybody is the hero and heroine of their own stories, but in the ordinariness of their lives, they become their own villains, falling prey to societal pressures and tending to conform themselves to the roles of others. Often burdened by the dullness of daily chores, until one day they realize that it has all started to slip away. And then, most of them would try to yell their lungs out, but no one would hear them from their coffin of insecurities and anxieties, for it's all dark and soggy there.

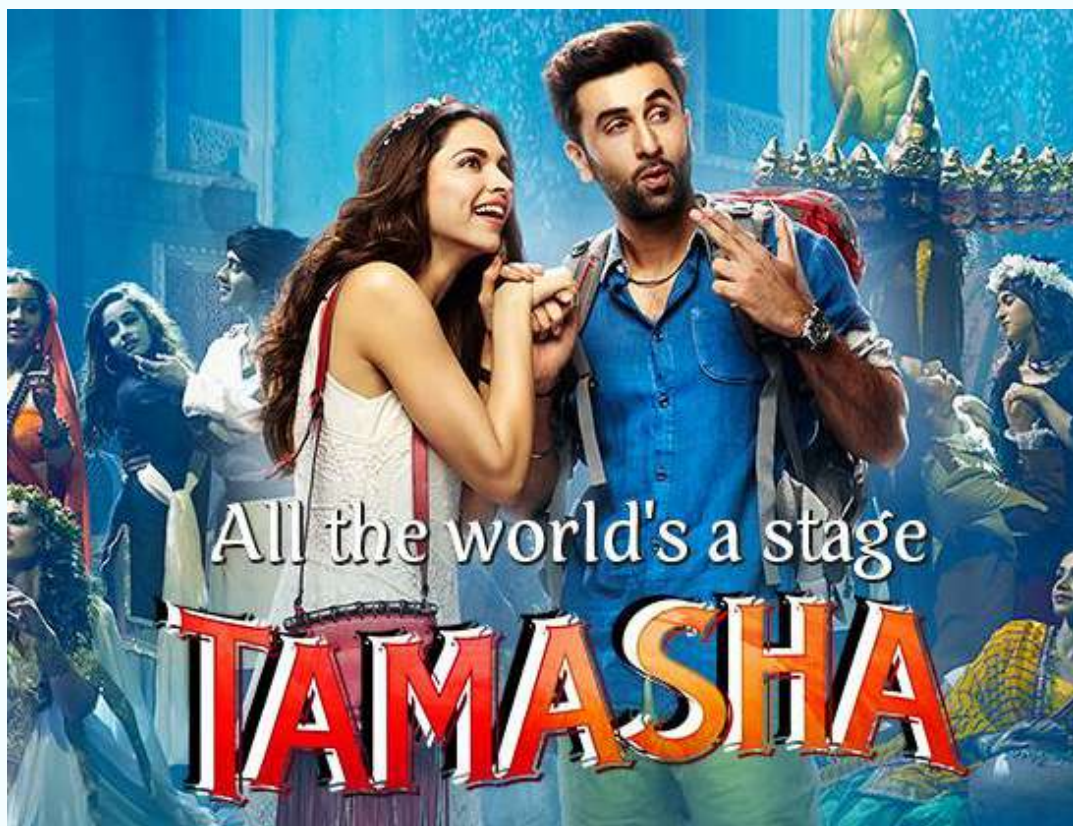
The movie revolves around Ved, a storyteller trapped in the body of a corporate mechanical product manager, like a hamster spinning on a wheel. The question was whether to stop or to continue living a lie in the shoes of a person he wasn't. All the faith he had within himself had drained away, and he was slowly drowning, all by himself, "kyuki woh ved nahi tha, koi aur tha, Ved toh nadi me muh daal ke paani peene tha, pahado se baate karta tha."

Ved, the corporate, is obedient, well-behaved, groomed, and has a good image among colleagues. While the Ved we see in Corsica is a nomadic soul, expressive, outgoing, the ideal self he always wanted to be. The conflict between these two different characters within him, or the incongruence between these two, resulted in him acting just like a bipolar person in the midst of every decision he made quickly in the movie. From throwing books and crying in the room, giving away a ring to the transgender at the traffic signal, shouting violently at Tara's place, to leaving Tara in the cafe scene, he made many quick decisions throughout the movie. Bipolar is a clinical condition termed for someone who's mentally ill, but here he was ill with himself.

Ved, a boy who just didn't know what to do in his life, later turned into a guy who lost his identity in the corporate world. A boy who never allowed himself to follow dreams, a boy whose dreams were killed in college itself, and now he has molded himself to fit into the mad rat-race. He's the one who wakes up, brushes his teeth, eats cereal, wears a tie, stops at the traffic light on the way to work, keeps the elevator door open for others, smiles politely at colleagues, and delivers numbing PowerPoint presentations.



If looked at closely, Tamasha is more about life than about love. The movie delves into psychological disorders we encounter in our everyday lives. Everyone in the story is so messed up, imperfectly going about their day-to-day activities just to fit into the monotony of life. The movie resembles a mirror. Every time Ved is in confusion or something similar, there's a mirror. The mirror reflects Ved, but more than that, it reflects us. In the Hindi movie "Tamasha," Ved's character is not diagnosed with bipolar disorder. The film explores themes of self-discovery, identity, and the conflict between societal expectations and personal desires. While Ved exhibits behavior that may appear erratic or inconsistent, the film does not explicitly diagnose him with any specific mental health condition like bipolar disorder. Instead, his actions are portrayed as a result of inner turmoil and a struggle to reconcile his true self with societal expectations. Tamasha serves as a poignant reminder of the complexities of human nature and the ongoing quest for authenticity in a world that often demands conformity.



# Split

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"Split" is a psychological thriller film directed by M. Night Shyamalan, released in 2016. The film's plot revolves around a man with dissociative identity disorder (DID), played by James McAvoy, who exhibits 23 distinct personalities.

The story begins when Kevin Wendell Crumb played by James McAvoy abducts three teenage girls, Casey Cooke (Anya Taylor-Joy), Claire Benoit (Haley Lu Richardson), and Marcia (Jessica Sula), and locks them in an underground facility. The girls soon realize that their captor has multiple personalities, each with its own quirks and dangers. As the girls struggle to escape, they interact with various personalities, including Dennis, Patricia, Barry, Hedwig, and others. It becomes clear that some of Kevin's personalities are working together, while others are unaware of the situation.

Throughout the film, flashbacks reveal Casey's troubled past, including her abusive uncle. Casey's past trauma has given her resilience and a unique ability to understand and communicate with Kevin's different personalities. This connection becomes a key element in the plot.

Meanwhile, Kevin's therapist, Dr. Karen Fletcher (Betty Buckley), is concerned about her patient's increasingly unstable behaviour and the emergence of a powerful, dangerous 24th personality known as "The Beast." She tries to uncover the truth behind Kevin's condition and protect him from himself.

As the climax approaches, Casey and the other girls make a desperate attempt to escape while dealing with the unpredictable shifts in Kevin's personalities. "The Beast" personality takes over, revealing superhuman abilities and a belief in the purification of humanity through pain and suffering. The film's tension builds as the girls' lives hang in the balance, and Dr. Fletcher's investigation deepens. In the final showdown, Casey confronts "The Beast" and uses her understanding of Kevin's fractured psyche to her advantage.

In summary, "Split" is a psychological thriller that explores the complexities of dissociative identity disorder through a tense and suspenseful plot, with a focus on the interactions between the captor's multiple personalities and one of his captives who possesses a unique understanding of his condition.

At the heart of the film is the portrayal of DID, formerly known as Multiple Personality Disorder. Kevin Wendell Crumb's character exhibits 23 distinct personalities, each with its own set of traits and behaviours. The film portrays the complexity of DID, how different personalities can coexist within one person, and the challenges it presents both for the individual and those around them. It also raises questions about the potential for DID to result from childhood trauma, which is a topic of debate in the field of psychology.

Casey Cooke, one of the captive girls, is revealed to have a traumatic past marked by abuse. The film explores how trauma can shape a person's psyche and coping mechanisms. Casey's ability to adapt and understand Kevin's personalities is portrayed as a result of her own traumatic experiences, highlighting the concept of resilience in the face of adversity.

The film then explores the ethical and moral dilemmas surrounding DID. When some of Kevin's personalities commit violent acts, it raises questions about culpability. To what extent are these personalities responsible for their actions, and should they be held accountable? This touches upon the broader debate within psychology and the legal system regarding the responsibility of individuals with severe mental disorders. The emergence of "The Beast" personality in Kevin, with superhuman abilities and a belief in the purification of humanity through suffering, reflects the power of belief systems and delusions in shaping one's behaviour. It raises questions about how strongly held beliefs, even if delusional, can drive actions.

The film talks about how therapeutic alliance plays a crucial role. Dr. Karen Fletcher, Kevin's therapist, plays a central role in the film. Her character represents the therapeutic relationship and the responsibility of mental health professionals to understand and support individuals with complex disorders. Her attempts to help Kevin and her growing concern over his condition illustrate the complexities of treating individuals with severe psychological disorders.

In conclusion, we can say that the film "Split" and its portrayal of dissociative identity disorder (DID) serve as a crucial platform for shedding light on the condition. Unlike some movies where DID identities are merely plot devices, "Split" goes beyond, affirming trauma as a potential cause of the disorder. Dr. Karen Fletcher's role in the film further raises awareness, showcasing the lack of understanding surrounding DID among mental health professionals. While the movie's depiction may be exaggerated, its validation of DID is significant. However, it's essential to acknowledge the potential negative impact of the film's violent portrayal on DID sufferers.

# The Girl On The Train

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The Girl on the Train(2016) is the story of three women: Rachel, Megan and Anna. The plot uses multiple perspectives from each of these women to tell its story. Rachel, Paula Hawkins' protagonist, is an unusual central character. Alcoholic, unemployed, unable to move on from her ex-husband, and a history of violence — Rachel is not the everyday commuter on the train to London. She travels to hide the fact that she's unemployed, and in effect, unable to pay her share of the rent.

Yet, you'll be amazed by her keen observations and taut narration of everyday events that keep her engaged during the short journey. Rachel's drinking dates back to the time when her marriage had started its fateful downward journey. Led into depression by her inability to conceive a baby, Rachel's occasional mood swings quickly morph into full-time drunkenness. Not long afterwards, her relationship with her ex-husband Tom ends. In the present time, Tom has moved on and now has a family complete with a child; only, Rachel wants them to get back together.

It is on these train journeys back and forth that she catches her first glimpse of Jess and Jason; a young couple that she watches every day from her comfortably hidden position in the train. She doesn't know their name — but she knows when they go up on their roof when they drink coffee and when they talk. She imagines what they could be talking about, what they could be drinking. Perhaps coffee. Perhaps milk. She wonders what their names could be. Perhaps Jess and Jason. Inevitably, the sight of a couple, safe and happy in their home, wrenches Rachel's heart as she inadvertently travels back in time to when she and Tom looked just like that — a happy young couple who lived in a beautiful house, not far from where Jess and Jason lived now. Except their happiness didn't last.

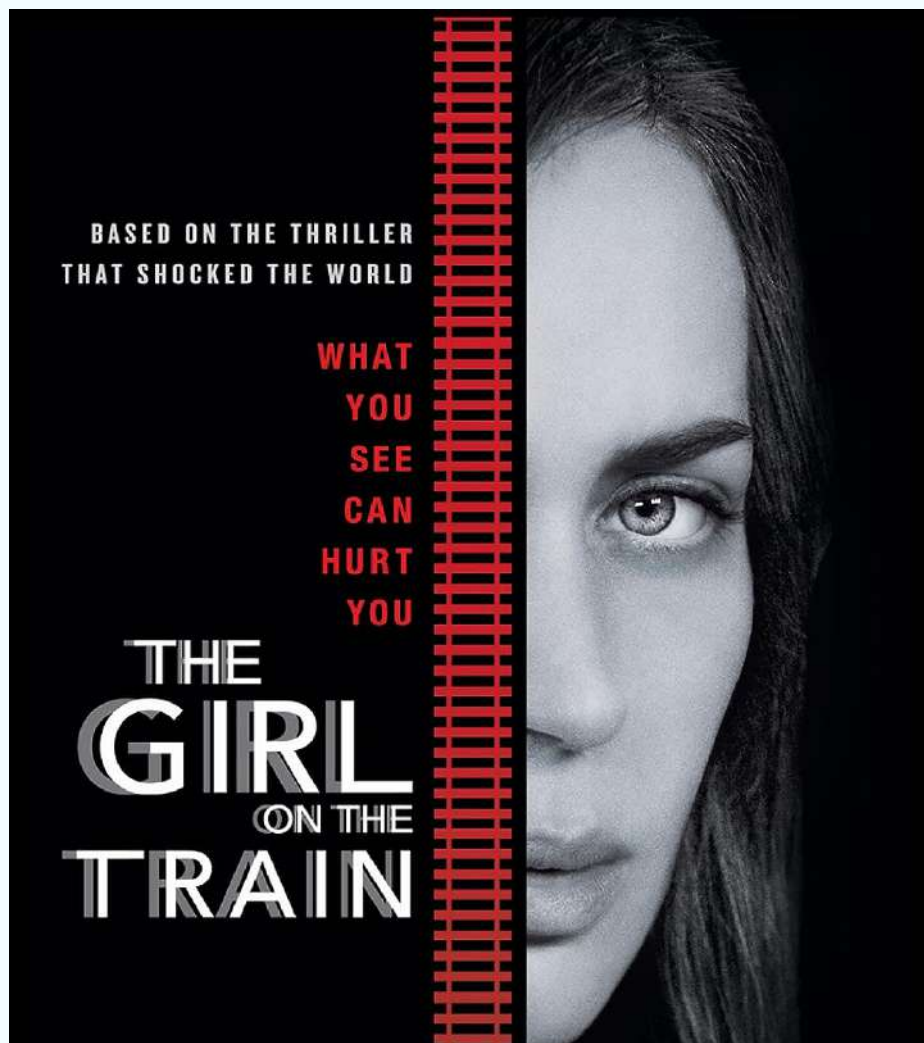
In her endless cycles of depression and revival, we get to see and feel the intensity of her loss, hysteria, and chaotic relationship with herself. Rachel might be a complex character, but as the story winds through the perspectives of three women whose lives are intertwined beyond repair, you see her uncoil and shed layer after layer of skin until you're left only with her truth. The story's pace picks up when, in one of her drunken train journeys, Rachel sees something that shatters her image of Jess and Jason. Suddenly chastened by a sense of responsibility, she approaches the cops. However, the police hold no value for the unreliable statement of a woman who looks like a disaster and reeks of alcohol. Turned away, she retreats to her tired and drunken self, borrowing money from her mother and sending job applications to people who would never hire her.



Days later, in one of those nights when she's in her drunken stupor, Rachel chances upon something vital to the mystery unfolding right before her. Only, she has absolutely no recollection of it afterward. However, this much is clear: what she saw has far-reaching consequences, and maybe she wasn't ready for it to come crashing down on her. All you can ask yourself from the melancholic beginning to the hair-raising finish is this,

“What did she see?”

Rachel's story is not just a mystery, thriller, or a psychological deep-dive. The Girl on the Train is one strong tale of survival and grit that will have you rooting for and against the confusing central character in a dynamic landscape that keeps shifting perspectives. This movie beautifully talked about the issues that people face in their daily lives and portrayed the symptoms that can help us diagnose someone suffering from alcoholism. I would recommend it to anyone who wants to sink their teeth into a thoroughly engaging story, but more importantly, likes to appreciate how there can be many dimensions to many characters and how people deal with mental health issues.





## *Veruthey Oru Bharya*

Shruthi Keerthi  
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The film starts by showing us the daily routine of a typical Indian housewife named Bindu (Gopika gives a very natural performance in the role), with a nice song “Omkaram shamkhal” playing in the background. Her husband, Sugunan played by Jayaram, considers her just as a servant (Bindu once says that she is lesser than a servant, because a servant gets paid, but she doesn’t even get any appreciation from her husband). Sugunan has many specific tastes – he prefers to keep a cow at home instead of buying ‘packet milk’ and grinding coconut on the ammi kallu instead of using an electric mixer-grinder. Bindu must take care of all these tasks alone, and when she complains, he asks: “What job do you really have all day? Am I not the one who works hard all day and makes money?”

The first half of the film portrays the relationship between Sugunan and Bindu in a realistic way and provides a good perspective. The director doesn’t depict this relationship as a typical case, and as a contrast, he shows Sugunan’s friend, who is beaten up by his wife (though not shown on screen). At the end of the first half, Bindu declares that she has taken a 'voluntary retirement' from the 'job of a wife,' after '14 years of service!'

In the second half, the director starts getting confused regarding whether to make a realistic film or a comedic one. Initially, we see that Jayaram has been let loose to show a few pathetically clichéd comic scenes like singing some mimicry song in front of Bindu to attract her, trying to get tips from a lady in the neighborhood regarding washing clothes, etc. Bindu leaves his home and goes back to her parents, and the director decides to go for a 'serious track'. By then, he no longer seems sure regarding what the basic theme of the film is and starts addressing many different subjects. Reminiscent of Blessy’s aimless film *Palunku*, Akku Akbar touches upon the lack of respect towards women in Kerala society, the negative influence of mobile phones and the Internet on young students, and many such things, with Ganesh Kumar (playing a psychiatrist) and Rehman (playing a police officer) making guest appearances to give two discourses. There is not much trace of the realism that was present in the first half, and we even see scenes like a gang of goons chasing Sugunan’s daughter through some forest road, and Sugunan landing in front of her just at the right time to rescue her, etc. Then, the director thinks of adding a psychological angle to the story; Sugunan is soon mentally broken down (reminiscent of *Vadakkunokkiyanthram*). Bindu comes back, the psychiatrist comes in the climax with his analysis and solution, and then, 'they live happily ever after'.

A top-down view of a cozy reading nook. Several open books with cream-colored pages are scattered across a white surface. Some pages show dense text, while others are blank or have decorative patterns. A bundle of dried lavender with small purple flowers lies diagonally across the center. In the bottom right corner, a small, round, lit candle in a glass holder casts a warm glow. A semi-transparent dark grey rectangle is centered over the image, containing the text 'Book Review' in a white, elegant serif font.

# *Book Review*

# Room

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*'We're like people in a book, and he won't let anybody else read it.'*

The helplessness of a mother under unimaginable circumstances when her youth was stolen away from her and her struggle to not let the same happen to her son is the central storyline of the 2010 novel *Room* written by Emma Donoghue. The compassionate bond of parenthood and the power of maternal love are the central themes of this gut-wrenching story. It tells the tale of a mother and her son Jack who is held captive by a mysterious kidnapper whom they refer to as Old Nick. Five-year-old Jack, who views the Room as his entire universe, is the book's narrator. It is where he was born and grew up. It's where he lives with his Ma.

The story is told entirely in the language of the five-year-old Jack so we as readers know only what Jack knows. As Jack learns, so does the reader. The moment Jack turns five, his entire world changes. Ma begins "unlying" to him. Jack calls Room home, while Ma sees it as the jail where she has been imprisoned by Old Nick for seven years. The child narrator in Donoghue's book is endearing and written in a way that brings out his sweetness without making him coy. Although Ma has tried to build a life for Jack, she is aware that it is insufficient for both her and Jack. She comes up with a daring escape strategy that depends on Jack's bravery and a lot of luck.

Despite its difficulties, parenthood offers one's life meaning, purpose, and motivation. Emma Donoghue's *Room* also implies that, in many situations, parents need their children just as much as their children need them. It is an ode to love, resilience and the limitless bond between parent and child. It is not a story about escaping and going home, it is about what they lived through and how they seemed to survive it and move on with their lives without letting their past affect their future.

The book was also adapted by Lenny Abrahamson into a movie by the same name in 2015. The movie was nominated at the 2016 Oscars in the category of Best Picture out of several other nominations.

Donoghue's story comes to a stirring conclusion that is perfectly fitting. It offers a unique perspective to explore love all while offering us a unique, expansive perspective on the world in which we live.

# The Nine Chambered Heart

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‘There is something in your eyes that terrifies me. You think this is love.  
I think it is too. But I know it’s short-lived. And you, I fear, don’t.’

The Nine Chambered Heart is a 2017 book written by an Indian author Janice Pariat. The book explores the story of a woman and is a map of her life from the perspective and memories of nine different people who knew her. The story is set in what Pariat calls “familiar, nameless cities, moving between east and west”. Throughout the book, you do not get to meet the woman or know her name, nationality or hometown. She is described by those nine people which includes people who were with her in different stages of her life.

It's unusual for modern fiction to be written fully in the second person, as is the case with this book. Pariat’s writing is so poetic that it might trick us into thinking that it is a romance book, but it is not. It's about momentary associations you make in your life and how sometimes we become how other people perceive us. It shows the selfishness of love and desire and how we see other people the way we want to and not how they really are, hence making a fragmented identity of the women.

The book is very interesting since we as readers will never know the woman who is sort of a lamented protagonist of the book. According to me, the book tries to portray the evolving and growing nature of humans and how you never fully know a person inside out. It demonstrates how shattered one's identity is and how other people just get a piece of what we are. By the end of the book, you form judgements about the woman without ever knowing her perspective. Showing how we as humans too tend to do the same when interacting with others.

Overall the book is an interesting read, giving you a new perspective to think from.

# Project Hail Mary

Diya Thomas  
MSc Counselling Psychology  
23MPSC39

.....

*An organism consuming the sun's radiance, Earth on the brink of doom and a former middle school science teacher turned into an astronaut leading the mission alone, with an alien best friend!*

Embark on an out-of-this-world adventure with 'Project Hail Mary' by Andy Weir! The novel crafts a thrilling narrative around Ryland Grace, a middle school teacher who became an astronaut, on a mission to save Earth from a star-eating alien.

Weir unfolds through futuristic tech like light-powered spaceships, health robots, and Xenonite—a metal with limitless possibilities. The story weaves political intrigue and social chaos against the backdrop of a united world facing impending catastrophe.

The communication between Ryland and Rocky, an alien bestfriend, adds a unique charm with their harmonic language. The novel's twists, featuring the discovery of Taumoeba, which can restore the sun's energy and it elevates the speculative elements, while a global crisis unfolds, pushing humanity to desperate measures.

"Project Hail Mary" is a celebration of resilience and ingenuity. Weir's storytelling brilliance making complex concepts understandable. The conclusion is a triumph of hope and scientific marvel, leaving readers thrilled by the wonders of the universe. The novel wonderfully talks about human being's capabilities of finding unique solutions at the most desperate and stressful times; even at the extent of the Earth's doom



# A Man Called Ove

Shreya Nair  
21PSYH49  
BA Psychology

.....

*Something inside a man goes to pieces when he has to bury the only person who ever understood him. There is no time to heal that sort of wound*

Published originally in Swedish, A Man Called Ove is a 2012 book that explores themes such as youth, aging and loss. This is the debut novel by Swedish author Fredrik Backman, who creates believable, imperfect characters and knits them into a found family. The book was translated into English by Henning Koch.

The book opens with the following description of its protagonist which gives a helpful and right introduction to the character: “Ove is fifty-nine. He drives a Saab. He’s the kind of man who points at people he doesn’t like the look of, as if they were burglars and his forefinger a policeman’s torch”.

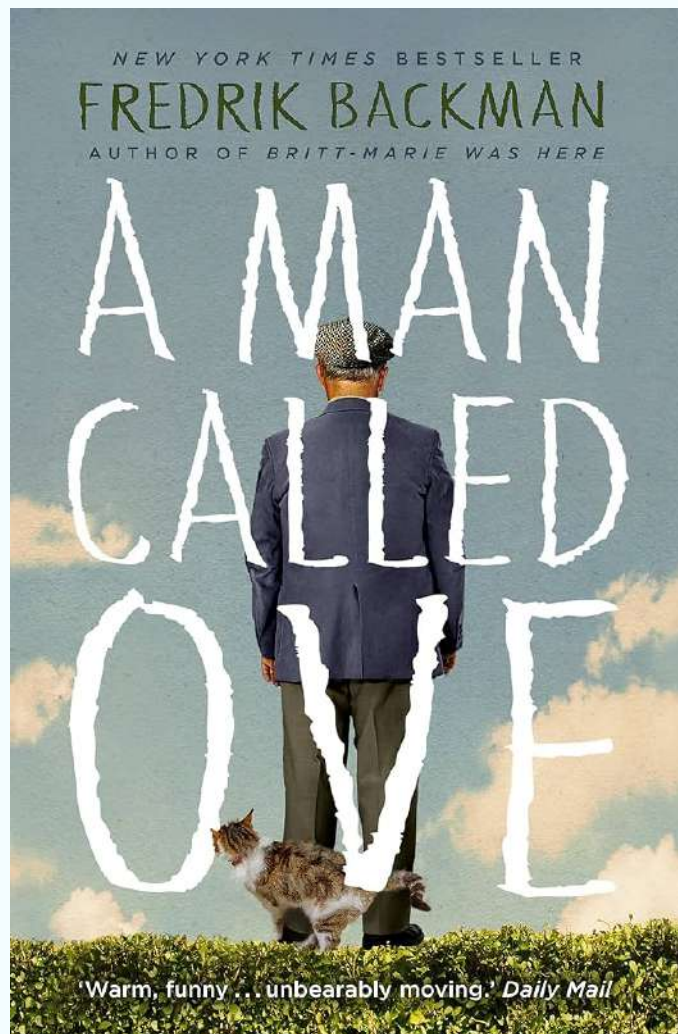
The novel is a heartwarming tale of a grumpy bitter old man who is a stickler for the rules but has a heart of pure gold. He is mourning the recent loss of his wife and lives a very solitary life. On the surface, he’s extremely rude and says things you don’t agree with. But over the course of the novel, you end up just really warming up to him. We empathize with his loneliness, and his motivations and understand the reasons for the way he is. Depression and loneliness among the elderly are something that often goes undetected and Backman has realistically explored them through his writing.

No one in this book is the ‘hero’ of the story. They all are flawed and lose their temper, have undesirable character traits and say mean things. But through the novel, Backman shows us how despite such flaws people can still be loveable and be worth caring for because that is the true essence of humanity. The novel at its core is an exploration of unexpected ways people can impact each other’s lives.

The novel has been adapted into a 2015 Swedish film by Hannes Holm and another in English by Marc Forster titled A Man Called Otto, starring Tom Hanks which was released in February 2023.

Ove's tale serves as a gentle reminder to be patient with those in our lives whom we may not fully comprehend. The author shows the fragile nature of human connections in this modern world and how easy it is to become isolated. But he also narrates how easily we can be led back into society through compassion, empathy, affection and simple human connections. Backman understands the relationship between society and its members and how it is interconnected with individuals on a personal level.

The book contains a number of phrases on love and grief that cause you to pause and reflect. At times it is funny, at times it's moving and sometimes it's both. It is a beautiful reflection on loss and love and how one man tries to navigate the world.





*Art*

## The Quite Solitude of Loneliness.



ABHIRAMI  
22PYJO03  
IV BA PYJO

## Unveiling the Facade



SHRABONI RANA  
23PYJO39  
II BA PYJO



## Pawsitive Bonds



SWETHA R  
23PYEN66  
BA Psychology

## Capturing Feelings at a Glance



DEEPTI R MENON

22MPSC16

IV MSc Counselling Psychology



## Unlocking Inner Harmony



PILLAI AAYUSHI AJITHKUMAR  
22MPSC45  
IV MSc Counselling Psychology

## Roaring Resilience



PRAISLIN TABITHA RAJAKUMAR

22PSC46

IV MSc Counselling Psychology



## Emotions Bloom in Hues



RIA DAGA

22MPSY08

IV MSc Industrial Psychology



## Rooted Reflections



CHETHNA VIVEK  
23MPLA10  
II MSc Clinical Psychology A

## Toxic Attraction



TANISHA PATIL

22MPLB26

IV MSc Clinical Psychology B



## Where Myth and Humanity Intertwine



KEERTHIKA K

22MPLB26

IV MSc Clinical Psychology B

## Emotional Kaleidoscope



BHAVANA G  
23PYJO13  
BA PYJO



## Cleansing Currents



MEGHANA DEEPAK

23MPSC27

II MSc Counselling Psychology



## Loner Hustle



MARDOLKAR ESHA VISHNU BHAVANA

23MPSC23

II MSc Counselling Psychology

A top-down view of a wooden surface covered with various vintage and travel-related items. In the upper left, a black camera with a lens is visible. Next to it is a large black lens cap. Scattered around are several Polaroid-style photographs showing various scenes: a person on a boat, a sunset over a body of water, a person in a boat, a person on a beach, and a person in a boat. A small black box with a white sailboat logo is also present. In the lower left, there is a smartphone with a brown case featuring a white compass rose design. Next to it is a brown leather compass with a metal ring. A folding knife with a wooden handle lies horizontally in the center. In the lower right, there is a white cup of black coffee on a white saucer. Below the cup is a black journal with the word "Journal" written in a gold, serif font. The word "Photography" is written in a large, white, serif font across the center of the image, overlaid on a semi-transparent grey rectangular background.

# *Photography*



AARON ABRAHAM  
23PYEN02  
II BA PYEN

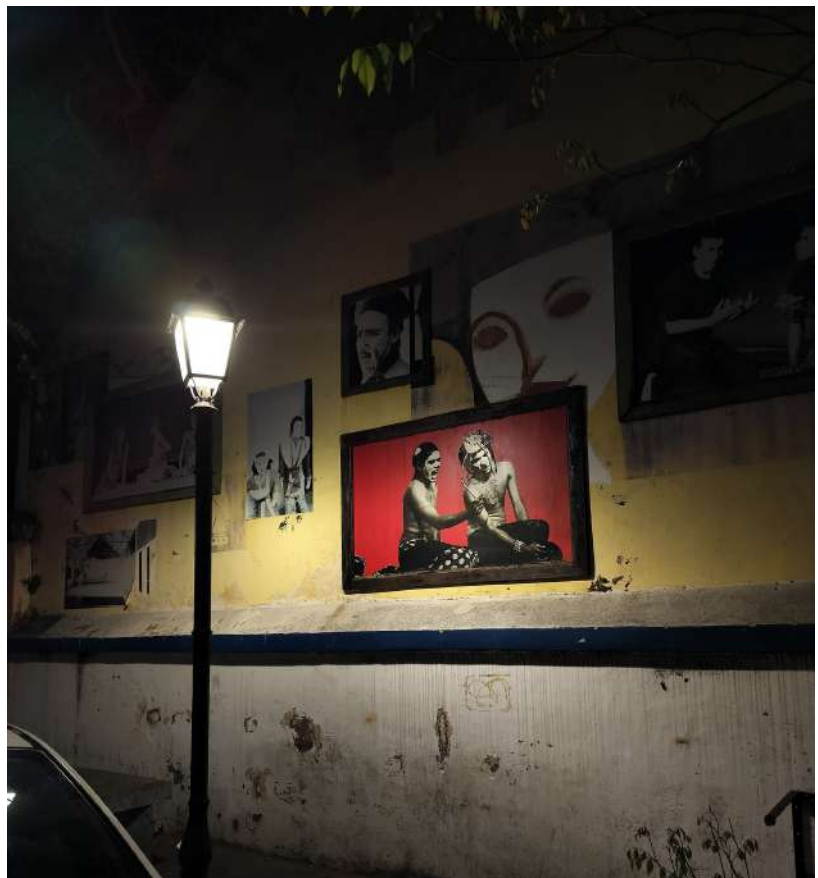


REJO REJI  
22MPSC49  
IV MSc Counselling Psychology





SRIKRUTHI C H  
22MPSC65  
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Specialisation)



GAYANA  
22MPSC20  
IV MSc Counselling Psychology



ANANYA Reddy  
22MPLB17  
IV MSc Clinical Psychology B

NYANA MARY JOHN  
22MPSC37  
IV MSc Counselling Psychology







ARJUN SIDDARTH  
21PSYH10  
VI BA Psychology

ANANYA Reddy  
22MPLB17  
IV MSc Clinical Psychology B









# Word Search: Effects In Psychology

Dishee Chowhan  
M.Sc. Clinical Psychology (B)  
23MPLB14

T	V	J	D	J	A	S	R	E	W	N	M	L	K	G	H	H
E	X	B	K	E	R	P	R	I	M	I	N	G	E	B	R	T
F	C	R	E	S	P	I	S	M	E	R	P	I	S	Y	S	P
K	O	S	T	R	O	O	P	J	R	E	T	H	E	S	T	R
L	I	S	Y	A	O	R	T	B	E	K	P	T	K	T	E	A
P	Y	G	M	A	L	I	O	N	C	M	L	O	A	A	R	T
R	E	P	V	I	E	R	O	N	E	A	A	D	C	N	I	F
I	N	S	I	T	E	R	H	H	N	D	C	F	E	D	S	A
M	U	N	E	I	T	H	A	T	C	H	E	R	S	E	P	L
A	R	Y	I	H	G	N	L	D	Y	A	B	X	L	R	O	L
C	L	V	S	F	E	D	O	S	Y	R	O	O	C	Y	T	W
Y	O	B	O	O	M	E	R	A	N	G	F	P	I	R	L	F
O	P	K	J	R	A	T	S	W	U	H	O	L	E	A	I	I
Y	C	O	C	K	T	A	I	L	P	A	R	T	Y	Z	G	T
R	B	R	A	N	T	P	A	Y	L	J	H	F	S	C	H	S
W	N	Y	A	B	H	A	I	D	C	U	U	I	P	L	T	J

Stroop

Placebo

Bystander

Thatcher

Cocktail party

Pratfall

Priming

Halo

Pygmalion

Primacy

Recency

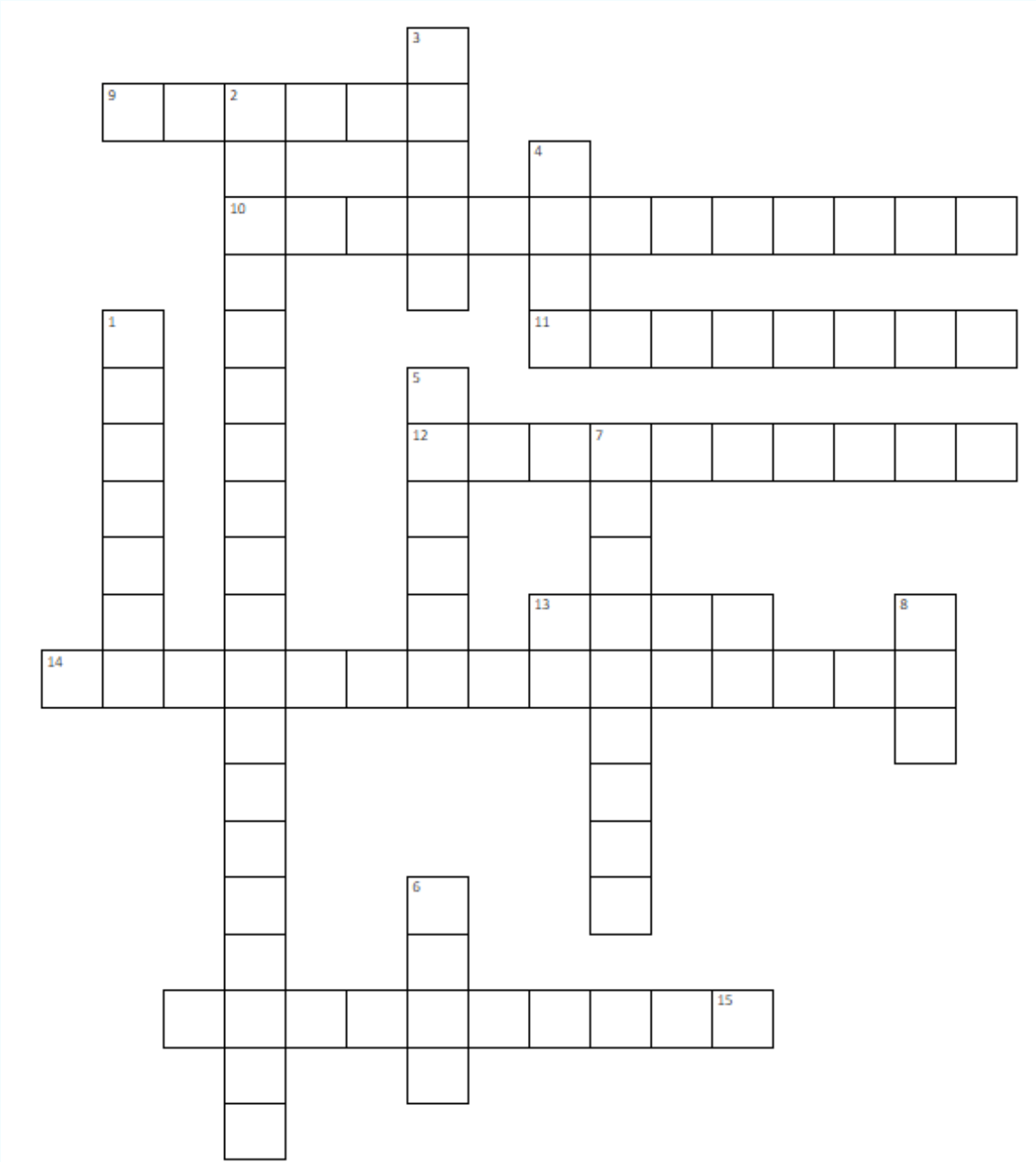
Spotlight

Crespi

Boomerang

Puzzle Your Mind: Exploring Psychological Disorders

Candida Antonetta D'souza  
MSc Counselling Psychology  
23MPSC11





**DOWN:**

1. Excessive worrying and physical symptoms such as restlessness and muscle tension
2. Recurrent, unwanted thoughts and repetitive behaviours
3. Sudden and repeated attacks of intense fear accompanied by physical symptoms such as a racing heart and shortness of breath
4. Alternating episodes of depression and mania
5. Mood disorder involving extreme highs, including symptoms like elevated mood, increased energy, and risky behaviours
6. Symptoms of inattention, hyperactivity and impulsivity
7. Personality disorder characterized by attention-seeking, exaggerated emotions, and excessive need for approval.
8. Short form of “Diagnostic and Statistical Manual of Mental Disorders Fifth Edition”

**ACROSS:**

9. Term for an irrational fear of specific objects or situations
10. Distorted thinking, perception, emotions, and behaviour
11. Decline in cognitive function and memory loss
12. Neurocognitive disorder with progressive decline in memory, thinking, and reasoning skills
13. Disorder that can develop after exposure to a traumatic event such as warfare, assault, or disaster
14. An illness anxiety disorder involving excessive worry about having a serious illness despite medical reassurance
15. Disorder that involves sexual interest in prepubescent children

13. PTSD, 14. Hypochondriasis, 15. Pedophilia  
9. Phobia, 10. Schizophrenia, 11. Dementia, 12. Alzheimers,  
Across:

5. Mania, 6. ADHD, 7. Histrionic, 8. DSM-5  
1. Anxiety, 2. Obsessive Compulsive, 3. Panic, 4. Mood,  
Down:

Answers:

# Sudoku With A Twist

Dishee Chowhan (23MPLB14)

Divya Desai (23MPLB15)

M.Sc. Clinical Psychology (B)

	6			7	i.			1
8			1	3	6	h.		
		b.	4					
j.			6	d.			3	
		6			7		1	
			2			c.	6	4
a.		7		8	g.			
		8			9		7	
	f.		7	2			8	e.

**Fill in the coloured boxes using these hints, then follow standard sudoku rules:**

- There are \_ intelligences in Howard Gardner's Theory
- Dispositions proposed by Gordon Allport: \_.
- \_ stages of development in Erik Erickson's theory
- Maslow originally introduced \_ needs.
- Number of ossicles in the middle ear: \_
- Psychosexual stages proposed by Sigmund Freud: \_
- Ventricles in the brain: \_
- The NEO-FFI is based on the Big \_ Factor Theory of Personality
- The capacity of short term memory is 7 +/- \_
- The central fissure divides the brain into \_ number of parts.

4	6	5	8	7	2	3	9	1
8	9	2	1	3	6	5	4	7
7	1	3	4	9	5	6	2	8
2	4	1	6	5	8	7	3	9
3	8	6	9	4	7	2	1	5
5	7	9	2	1	3	8	6	4
9	2	7	3	8	4	1	5	6
1	3	8	5	6	9	4	7	2
6	5	4	7	2	1	9	8	3

Solution:

**PRAVAHA 2024**

## Mind's Maze: Unravelling the Riddle of Psychological Disorders

1. I'm not really there but I cause trouble everywhere.  
I make you do things you don't want to.  
You have no control with me about.  
What am I?

2. My mood changes all the time  
Happy and sad, up and down like a rhyme  
My emotions are intense, my actions impulsive,  
My relationships unstable, my self-image distorted.  
What am I?

3. I see and hear things others around me do not.  
Voices and visions are very real to me.  
It makes it hard for me to think or communicate a lot.  
What am I?

4. I feel very sad and empty most days, even when good things come my way.  
I sleep too much or struggle falling asleep, my appetite increased or totally gone.  
Simple things seem difficult, concentration's all but gone.  
What is this persistent low mood?

5. Small spaces make me anxious, my heart races fast.  
I fear embarrassment so I avoid things from my past.  
Perfectionism causes distress, orderliness gives me peace.  
What condition plagues me without cease?

6. I think I'm worthless and lack confidence.  
I feel guilty when I stand up for myself.  
I let others control and manipulate me.  
I don't know who I am or what I want to be.  
What am I suffering from, can you help identify?

7. Everywhere I go, danger I see.  
 I can't relax and constantly worried be.  
 My anxiety levels are very high.  
 Panic attacks can happen anytime, I fear I may die.  
 What is this condition described in this rhyme?

8. My mood shifts greatly in cycles it's true.  
 Sometimes I'm manic and feel on top of the world,  
 Other times depressed and suicidal for days.  
 My energy, activity levels, sleep patterns do change in phases.  
 What disorder explains my shifts in mood?

9. I binge eat way more than I should.  
 I hide it from others which helps my bad mood.  
 Then guilt makes me throw up all the food.  
 This cycle repeats and is difficult to change for good.  
 What disorder is this destructive behaviour a sign of?

10. My mirror makes me miserable, I hate what I see.  
 No matter how thin, it's never enough for me.  
 I still see myself as overweight which cannot be.  
 I deny myself food until wasting away.  
 What fatal disorder won't let perceptions change?

Answers:  
 1. Obsessive Compulsive Disorder (OCD), 2. Borderline Personality Disorder (BPD), 3. Schizophrenia, 4. Clinical Depression, 5. Anxiety Disorder (like Social Anxiety or OCD), 6. Low self-esteem/Passive Personality Disorder, 7. Generalized Anxiety Disorder, 8. Bipolar Disorder, 9. Bulimia Nervosa, 10. Anorexia Nervosa



## Quiz Time

Mehak  
MSc Counselling Psychology  
23MPSC28

1. What is the final level to be achieved according to Maslow's original hierarchy of needs?

A: Self-actualization

2. The defence mechanism, wherein there is a reversal of motives by which people attempt to cope with conflict.

A: Reaction formation

3. Which psychologist conducted studies on obedience to authority?

A: Stanley Milgram

4. 'Dolorology' is the study of what?

A: Pain

5. Who developed the biosocial theory of crime in 1964?

A: Hans Eysenck

6. The theory of emotion that proposes emotions and arousal occur at the same time

A: Cannon Bard's Theory of Emotion

7. Name the proposal that states that prosocial behaviour is motivated by the bystander's desire to reduce his or her own uncomfortable negative emotions.

A: Negative-state relief model

8. What is the street name for MDMA or Ecstasy?

A: Molly

9. Which renowned psychologist laid the foundation for the psychodynamic perspective for the treatment of disorders?

A: Sigmund Freud

10. Theory with three types of cones which respond to red, green, or blue light

A: Young-Helmholtz Trichromatic Colour Theory

11. Name the behaviour directed towards the goal of harming another living being physically, emotionally or verbally.

A: Aggression

12. Nomophobia is the fear of:

A: Not having a mobile phone. It is an abbreviation of no-mobile-phone phobia

13. The type of learning pattern that resulted in children hitting a Bobo doll after seeing cartoon characters being aggressive is called?

A: Observational Learning

14. The body's natural 24-hour cycle of sleep and wakefulness.

A: Circadian Rhythm

15. Name the behaviour pattern consisting primarily of high levels of competitiveness, time urgency and hostility.

A: Type A Behaviour Pattern

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