



Kristu Jayanti College

AUTONOMOUS

Bengaluru

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



PSYCHOLOGY TODAY

prāvāhā



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prāvāhā



Department of Psychology

FEB 2018





### LIGHT & PROSPERITY

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



# pravaha

*“They didn't know it was impossible so they did it”*

- Mark Twain.

Pravaha - the Sanskrit word meaning “Flow”, is the significance of to-day's world. Human nature is to never accumulate, but master the uncontrollable by experiencing it flow through the state of our consciousness. 'Nothing stays but everything flows' is the key to success. For Pravaha to take place, one must yield to commune with the changing world and become an instrument of love.



Sketching by **Lani Zena Fernandez**

III Year BA





## Message Desk



Kristu Jayanti College aspires excellence in every realm of a student's life; curricular, co-curricular and extra-curricular. I'm very happy to know that the Department of Psychology is releasing its annual magazine **PRAVAHA** with the theme of "**Psychology Today**".

Kristu Jayanti College, bestows the best possible opportunities for the holistic development of the students and the psychology department helps mould and unravel such talented youngsters as they strive towards a better understanding of the psychology of today's enriching minds. **PRAVAHA** unveils the achievements and the diverse activities of the Department

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

**Fr. JOSEKUTTY PD**  
Principal



## Message Desk

### *Growth in All Aspects*

Since its inception, Kristu Jayanti College has strived to build a firm foundation for the students to burgeon into mature adults who have a promising future. Apart from the quality education our college provides, it always aims to augment the student's potentialities through various creative endeavours.

I am elated to present the 3rd edition of '**PRAVAHA**', an initiative by the psychology department of our college that provides a platform for students to share their insights on key issues and delve into their creative side. Essentially, the theme for this year

'Psychology Today' focuses on the growing need of psychology in our lives, to have the ability to understand human behaviour in its true form and to enable individuals to thrive with the unique characteristics they possess.

I congratulate each and every member of the Department of Psychology who has worked tirelessly in bringing out this magazine.



**Fr. AUGUSTINE GEORGE**  
Vice Principal

### *Dream Big, Budding Science Writers*

It's a matter of pride that the psychology students of our college are bringing out the third edition of psychology journal "**PRAVAHA**" with a focus on 'Psychology Today'. I strongly believe that this platform will bestow our students an opportunity to discuss the myriad possibilities and opportunities in this discipline. Psychology as a subject has the magical prowess to understand the different levels of thought processes, and it fascinates researchers from all streams.



When you give an opportunity to write, you are allowing the author to be concrete about an idea he or she is fondling with through critical reasoning and analysis, and this kind of crystallized expression gives life to a dormant thought deeply embedded in them. Furthermore, when expressed through an article, it paves ways to others to interfere in your thought, leading to further refinement or triggering others to dream big.

As a media student, I am of the opinion that the art of writing is more conscious than other forms of expression, and hope that the budding science writers of the department will achieve 'conceptual clarity' through their writing. Moreover, we expect a steady stream of quality science writers and quality research through this publication. In addition, I take it as an opportunity to credit the contributions of Dr. Molly Joy, and her team, who are spearheading the department to a creative and innovative dimension.

**Dr. GOPAKUMAR AV**  
Dean of Humanities





## Message Desk

*"The more in harmony you are with the flow of your own existence, the more magical life becomes"*

– Adhyashanti.

Martin Seligman was the founder of Positive psychology, a field focusing on human strengths and virtues. Aaron Beck was the pioneer of Cognitive Behavioral Therapy- the most frequently used and promising therapy till date. Late. Dr. APJ Abdul Kalam, the missile man of India, was the first to develop launch vehicle technology and run nuclear tests in India. I have mentioned these great personalities due to the magnitude of their work and its influence on our society.

This year's edition **PRAVAHA**, the annual magazine of the Department of psychology, is aptly themed **"Psychology Today"**. Pravaha- the Sanskrit word defining 'flow' brings out the artistic and Creative talents of the psychology students.

Pravaha or the continuity happens when the mind, body and soul are in unison to the rhythm of life. The flow does not restrict imagination, consciousness or emotions of the individual. Psychology today, the theme reassures us that human life will definitely experience such rich flow and meaningfulness supported by the various development in the field of psychology.

This magazine is purposed to facilitate our reminiscence of the past year and the role of psychology in today's society. A lot of hard work and dedication has made this magazine into a reality. I thank the management, Editorial Board, Magazine committee, teachers and students for their perseverance. So Pravaha 2017 is a stone we set up to mark the end of a beautiful journey to remember and celebrate the almighty's guidance.

**Dr. MOLLY JOY**  
Head of the Department



*"To achieve anything we must grind, to enjoy anything we must flow"*

- Chris Matakas, a Tao of JuiJitsu

We are so privileged to be a part of Kristu Jayanti college, which enriches and facilitates young minds to both enjoy and achieve a global competency system of education. Our college is one of its kinds to deliver a holistic development that aims to transform benevolent leaders to build a bright future and empower the society.

The department of psychology since its inception is providing our Jayantians a platform to explore and progress in their professional skills and train passionate learners to enhance their knowledge. Pravaha- the brain child of the psychology department is a forum that provides students an opportunity to express their creativity, talents and insights. "Psychology today"-the year's theme indeed has brought out new ideas and creative explorations into the present psychological approaches. Our students' opinions, innovative ideas and unique talents flow through the vast pages of the magazine.

I congratulate each and everyone who contributed to the third edition of Pravaha, with all dedication and determination in bringing it out this year. Wishing you all the best.

**Fr. EMMANUEL PJ**  
Faculty of Psychology



## Message Desk

Psychology in lay mans term is the science of the mind. As a journalist working with News 9 channel I have to confess that I have had a great fascination for Psychology. I have come to realize that it is so vital for a person to be aware and educated about psychology.

On my part I try to incorporate the truths of psychology specially the applied parts in my panel discussions This is with the intention of educating and informing.

For example I read a portion of the book by Martin Seligman called Authentic Happiness and I have tried to convey some of the truths illustrated in this book to our viewers. For example the nun study demonstrates how positive emotions and temperament are a great aid in leading meaningful happier and longer lives. I have used some of these learnings in my debates to highlight these hidden truths and inform the viewers about it. Another example that I have picked up and used is the measure of happiness index of how eating your favourite ice cream is less rewarding than helping a blind man across the road.

As a journalist I take my responsibility seriously about educating the viewers about the importance of marriages. Here I would like to reveal that I have a great burden for marriages and consider it a bedrock of our modern society. The healthier the marriages the stronger the nation. Broken marriages it is needless to say are breeding grounds for juvenile delinquency, substance addiction, prostitution, crime even terror.. So I work as an honorary volunteer with groups and initiatives that seek to strengthen marriages. I give talks, hold seminars and even offer my services to counsel couples in pain or distress to make their marriages better.

Additionally as mentioned earlier I use my discussions and debates to highlight this point that marriages are important and are non-negotiable permanent institutions. I offer these truths in discussions while moderating the panel discussions. I ask questions and bring out these points or stress it when one of the panellists make the point.

I would also like to mention that this knowledge of psychology was not always available to me. For example when a woman called me at The Times of India on the landline and said she had consumed tablets to commit suicide I just rushed up there very concerned. Thankfully my wife Arathi is a full time psychological counselor and I have read up on some of the notes and study material that is with her. But not all journalists are so fortunate. I would go so far as to urge you at Kristhu Jayanti or at Christ College to tailor a short program for media persons titled basics of psychology that you could conduct on weekends. Media is hungry and issues like taboo or fear of going to a mental health professional like a counsellor or psychiatrist could be dealt with among the more critical and pressing issues.

**Regards**

**BANSI KALAPPA**  
Reporter Tv9





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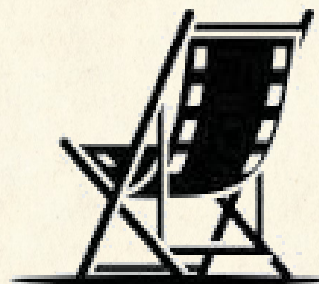


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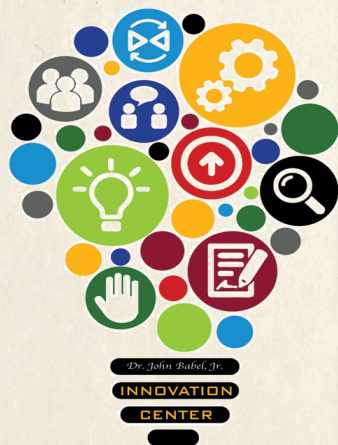
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# YOUNG MINDS

## UNTIL I FOUND HAPPINESS

Things were not fine ,something major felt missing , not everything seemed to be on the right place, everything around was not so peaceful .But what troubled the most was the fact that even after trying to figure out much ,the reasons behind all these happenings remained unknown. The pleasing light of the moon and composed soothing night also did not provide peace .Everything seemed to be like a huge maze, where paths shown were only puzzled .In fact every thought that knocked the mind made enough efforts to make things gloomier. Nothing, precisely nothing was getting the right track .The only thing that was known was that happiness was missing.

I started the search ,probably my life's toughest one .I had heard people found it in wealth .I considered it an easy task and set myself to the goal .I started working in a company .They offered me a sound pay enough for me to relish all ,that wealth could give me. Moreover my expenses were not much and I could make much money of all the hard work I did. I was really excited that since I owned wealth I will be finally happy .Days went by, months too walked past and so did years .I earned a lot of wealth but could not earn what I wanted. I still lacked happiness. I thought of all men to be stupid who claimed that wealth gave them happiness .But then, all medicines do not work on everybody in the same manner, some bodies might get cured while some might just react in a not so favorable way and so I thought I would try something else to gain happiness.

The other day I went to a friend's birthday and everyone there seemed happy to me .I concluded that being around people and interacting with them brought smiles and laughter which I considered to be signs of happiness. My next step was to search happiness in people .I started to socialize. Facebook, WhatsApp , Instagram etc became my tools. I joined various clubs and associations .This time it felt, I would find what I was looking for. I made a nice group of friends and tried to spend maximum time of the day with them. Every giggle, every laughter made me thinks on what made them happy. I tried all means .I was offered a glass of wine and was given a packet to smoke ensuring to provide happiness .They even took me to all lovely places on earth to make me experience what they did .But all the time spent ,all oxides taken and all places visited did not really make the real worth. I still felt something lacking deep within me. And I knew what I was looking for the , real happiness. After a failed attempt of finding happiness in people, I started to wander more to search for what I wanted.

While walking back home one day after my search , I met a priest and landed into a random conversation with him. I told him about the treasure i was looking for . He simply smiled and asked me to look for my answers in God . I thought of trying this too and got along with him to the temple doors. He asked me to give away all pleasures in life and commit myself completely to the service of God. Every morning after a dip in the river I was asked to clean the temple and wash the ideal . The day ahead , went with chanting and prayers . They said , the sounds of the bell and aroma of the incense sticks that filled the air ,gave peace and provided happiness. I could not deny the fact that sounds of the bell were more pleasing than the sounds of car horns but it still failed to give me what I desired for, true happiness. Here I would reveal that I had turned to be more confused than I was ever before . Instead of finding happiness , I felt it moving away from me because of the fact that all I was trying was going in vain . I left the temple the very moment and started walking towards nowhere.







My feet were moving in a rapid rhythmic pattern following the instructions of my brain unknown of the destination .The night turned darker and the moon seemed mocking at me . I could hear my own puzzled thoughts running across my head. I felt like being at the same place where it all started, until the cool breeze patted me from the back . I saw the sea shore and my steps started towards it. I walked and felt all sounds around me fading. All I was able to hear was the rustling of the waves . The wet rock nearby invited me, to let me get the view. I slowly sat on it . The cool breeze touched my face and waters reached my toes. And soon I felt my eyes close and my cheek muscles pull up. I was smiling wide , I felt peace. It seemed I was out of a storm. It was finally there. Yes I was feeling what I lacked so long. I had experienced happiness ,the true happiness I was looking for. But what gave me that happiness? Where did it come from ? I had been to that sea shore several times earlier and had experienced those winds and water . But it was not the same experience earlier. A huge realization struck me.

After all my attempts to look for happiness everywhere , I realised that happiness was not something to be found at any place or with any person . I had searched for it everywhere except one place and that was within me . I realized nothing and anything could make me happy but only if I really wanted to. I figured out that our mind is really strong and does everything we want and all things and people around us only effect us if we want them to. A thing as small as a hug from her kids made a mother happy while a word of appreciation from the boss made an employee happy. But all this happened because they wanted it to happen. People around us are happy because they want to be happy .And that is where the treasure lies , within us. I had found the answer to my question and I moved back home and sat to write. My pencil was not really sharp and it made it difficult for me to write ,so I did what was required I picked up a sharpner and sharpened my pencil myself . And all I realized was .....HAPPINESS IS LIKE THE NIB OF A PENCIL, YOU WILL HAVE TO SHARP IT ALL BY YOURSELF , TO NOT LET LIFE TURN BLUNT.

- PANKHURI MATHUR

1<sup>st</sup> BA (JPEng), B Sec



## THE HEALING POWER OF THE MIND

Do our thoughts have power? Is it possible to heal through the power of the mind? Can our mind influence our physical body to such an extent that the body starts correcting itself and eliminate the diseases affecting it? Understanding the healing power of the mind and intentionally activating mind healing potential has long been a dream of many healers, researchers and people seeking to be free of illness. Yet, there are more questions than answers.

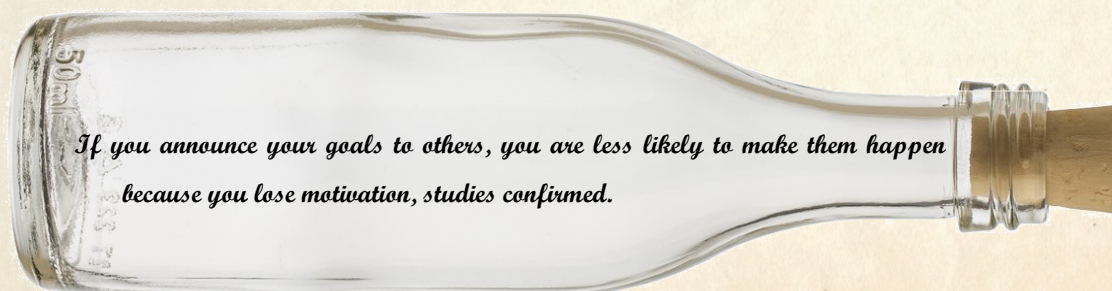
Very often, we take for granted the self-healing capabilities of the mind and the body for certain illnesses and injuries. What we do not realise is that, our body heals itself and fight off invaders all the time. For instance, when we bruise our knee, it will scab up and heal, if our finger gets cut with a sharp object, the wound heals itself, if we get a cold, our body immediately starts fighting against it as well. In short, our mind body system is designed to heal itself. How does that take place?

The most fundamental unit of a human body is the cell. Each cell is a dynamic, living unit which is continuously monitoring and adjusting its own processes. It works ongoing to restore itself as per the original DNA code it was created with, thus trying to maintain a balance within the body. Our cells have the ability to heal themselves by making new cells which replace those that have been permanently damaged or destroyed. Even when a large quantity of cells is destroyed, the surrounding cells replicate themselves to make new cells, hence rapidly replacing the cells that were destroyed.

A lot of research has been done to understand when and how mind healing works. What appears to come out of these research works is that mind healing powers lie within our subconscious. Our subconscious aims to create agreement or coherence between what it believes and reality. It has been found that our subconscious accepts what we believe as truth and manifests according to those beliefs. One very good example of how the subconscious mind works to bring about healing in the body is the placebo effect. The latter is a beneficial effect produced by a placebo treatment or drug that cannot be attributed to the properties of the placebo itself. Thus, it can only be attributed the patient's belief in that treatment. The *Scientific American* magazine reported that placebos have helped alleviate pain, anxiety, depression, inflammatory disorders, Parkinson's disease, and even cancer. Indeed, in one study, it was shown that simply thinking that a placebo will help relieve pain will trigger a person's brain to release more natural painkillers, known as endorphins.

Hypnosis is one more technique that demonstrates what a powerful tool our mind is for healing. According to the American Psychological Association (APA), hypnosis is a therapeutic technique in which clinicians make suggestions to people who have undergone a procedure intended to relax them and focus their minds. Even though hypnosis has been controversial, most clinicians now agree it can be a powerful, and effective therapeutic technique for a wide range of conditions. It has been seen that hypnosis can also help people change their habits, such as quitting smoking. It also includes anxiety, mood disorders and pain.

So how does hypnosis help healing that take place in our body? Our brain produces electrical signals to convey information from one area to another. This electrical activity is measured in Hertz (Hz). Hypnosis takes advantage of the highly suggestible state of the brain that results in a specific Hz range. This high suggestible state is termed as the alpha state of mind. When the brain is in the alpha state, the dominant operating frequency ranges between 8 to 13 Hz. Below the alpha is the theta state of mind which is between 4 to 7 Hz. Therefore, hypnosis is a method of inducing the mind into a trance by lowering the dominant frequency. The deeper a person gets, the better and it in this state that when the mind is given a suggestion to heal, it actually does take place.





## YOUNG MINDS

For instance, research shows that hypnosis works as part of treatment programs for several psychological as well as medical conditions, with pain relief being one of the most investigated areas, as demonstrated in a 2000 study by psychologists Steven Lynn and his colleagues. In recent years, there has been evidence from well-controlled experiments for the effectiveness of hypnosis to decrease sensitivity to pain which is known as hypno-analgesia. In cases of acute pain, hypnosis has proven effective in interventional radiology, several surgical procedures, the treatment of burns, bone marrow aspiration pain, child-birth labour pain and pain related to dental work, especially with kids. Chronic pain conditions for which hypnosis has been successfully used include backache, headache, fibromyalgia and mixed chronic pain etc. Thus, hypnosis can alleviate the sensory and affective components of a pain experience by using our mind as tool.

Meditation is yet another process that clearly demonstrates how effective our mind is as a healing tool. Meditation is a practice where a person trains the mind or induces a mode of consciousness. Meditation often involves an internal effort to self-regulate the mind in a certain way by turning one's attention to a single point of reference. There exist different types of meditation that help keep our body and mind healthy, to name a few: zen meditation, mindfulness meditation, transcendental meditation, visualisation meditation and deep breathing meditation, guided meditation amongst others. During meditation, our minds are turned inward and slowly with the help of the various meditations techniques mentioned above, the mind calms down. Eventually, when we reach a state of deep meditation, our breathing slows down considerably and our body and mind start existing in the present moment. In this altered state of consciousness, many beneficial effects occur in our body as well as in the mind. The first thing that many people have experienced is a deep sense of relaxation both within the mind and the body.

On a physical level, studies have found that meditation Lowers high blood pressure, Decreases any tension-related pain like tension headaches, insomnia, ulcers, muscle and joint problems, Increases the production of serotonin which improves mood and behaviour, Improves the immune system in general and helps fight diseases, Increases the energy level and so.

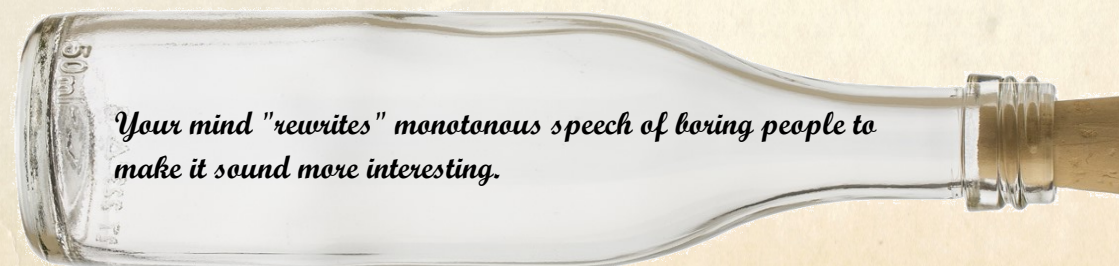
On a mental level, it has been found that meditation decreases anxiety, Improves emotional stability, Increases attention span, Promotes joy and happiness, Increases peace within the mind, Gain clarity of mind etc.

Through this the Brainwave in alpha state promotes healing within the body.

Throughout the history, Mind has been seen as a separate entity, independent of the body and brain with specific functions. Mind and body are interdependent. Our mind has the universal power to heal our body and meditation is one of the key to enhance our health.

- BHAVNEESHA HEERAMUN

2<sup>nd</sup> MSc Psychology



## YOUNG MINDS

### HEARTBEAT

From the time you were conceived  
To now that you are born,  
You stole my breath and embraced my heart.  
It never mattered to me  
If you were a girl or a boy.  
You always had my heart  
And I loved from the very start.

From every kicks to every hiccups of yours  
I cherished it all.  
I felt you with every beat of my heart  
Knowing nothing of it will never be the same,  
And not forgetting there's a last time for everything.

The baby bump I looked at,  
Wanting to know so many things.  
Every time you jumped and kicked  
My heart skipped beat.  
If I already loved you so much  
That you even existed,  
Imagine how much I would love you  
That you are now amidst us!

The wait to feel a touch of yours,  
The sound of your cry  
Has now come to an end.  
  
Nine months seemed like a blink of an eye.  
And there you are,  
Crying aloud, conquering the world.  
And our whole world fell into place  
With a blessing of a baby boy in our family.  
I love you with all my heart and always will.

- CHINNU KURIAKOSE

2<sup>nd</sup> MSc Psychology



# YOUNG MINDS

## MOVIE REVIEW PHOBIA

Phobia, a movie released without any fanfare holds you on the edge of your seat right till the very end. A taut psychological thriller that springs in a lot of surprises, Phobia scares you as the drama unfolds. This is a movie without any exorcist, no graveyards and no ugly make-up is almost like a breath of fresh air. Finally some can scare people without using the quintessential paranormal props. Director Pawan Kripalani does a fine job of weaving the story of a woman who is overpowered by her phobia. That's where Phobia scores. The sound, lighting, performance and drama makes you scared and that's where the good thing lies.

Mahek played by Radhika Apte is an artist. Some drastic incidents in her life have a very disturbing effect on her coming life experiences. She is suffering from agoraphobia which is an anxiety disorder characterized by anxiety symptoms in reaction to situations where the sufferer perceives the environment to be dangerous, uncomfortable or unsafe. She makes you buy into her world of eerie laughter, black cats, a cut finger amidst ice cubes and the story of a dead woman who had lived in her house before and had mysteriously gone absconding. Her agony and her helplessness look palpable as her life goes through a different path.

Treatments could not set her suffering right that forces Mahek's boyfriend to find an apartment for her that would allow her to fight the problem on her own. But she starts experiencing strange things at the new home. What happens next is a nerve cracking and spine-chilling thriller that is neatly portrayed by director Pawan Kripalani.

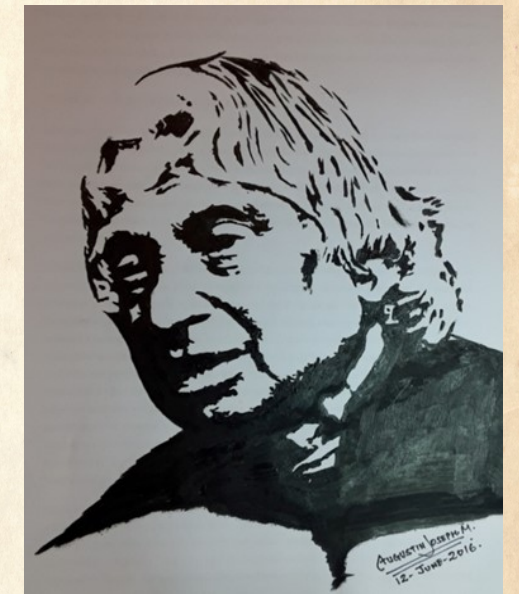
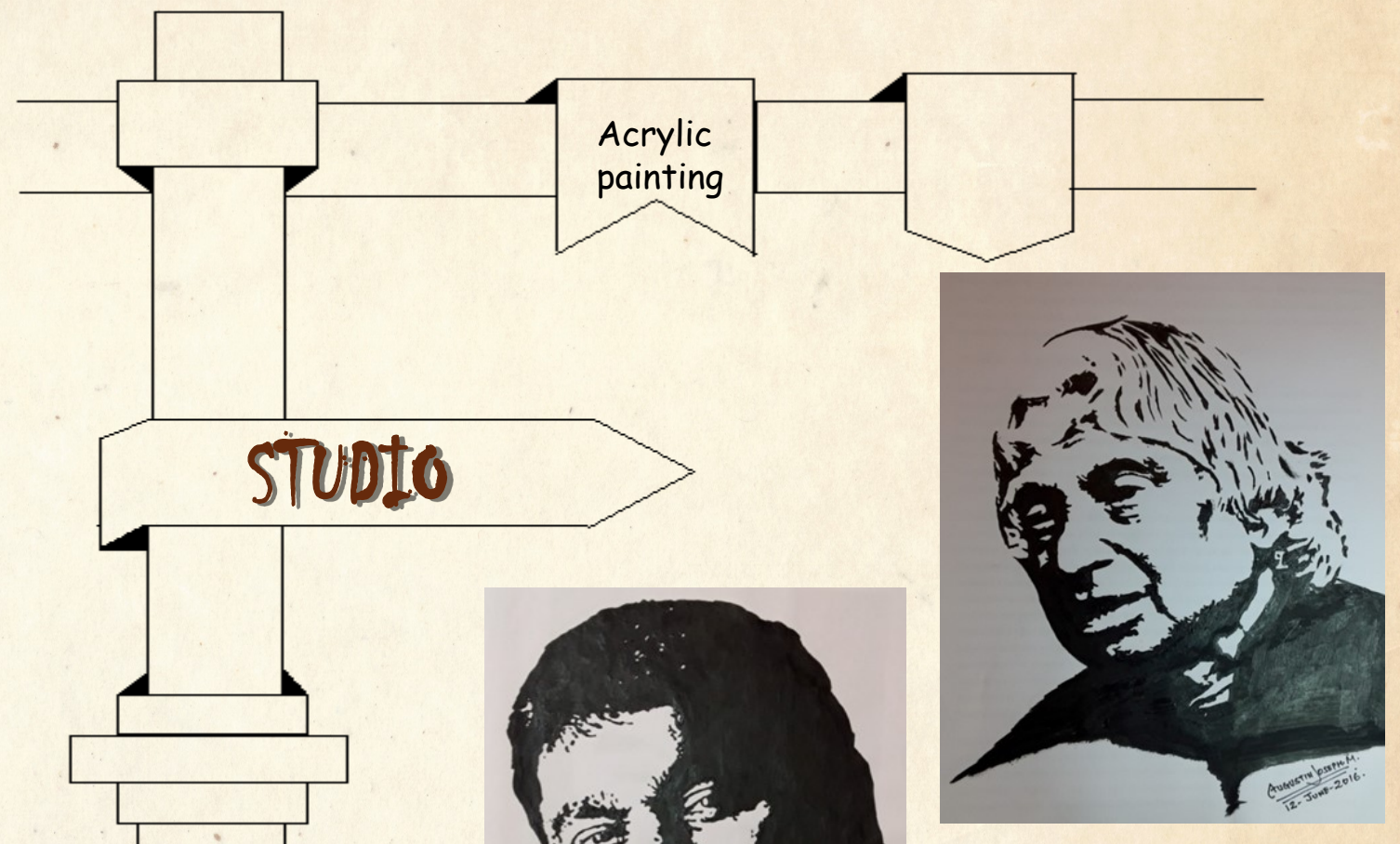
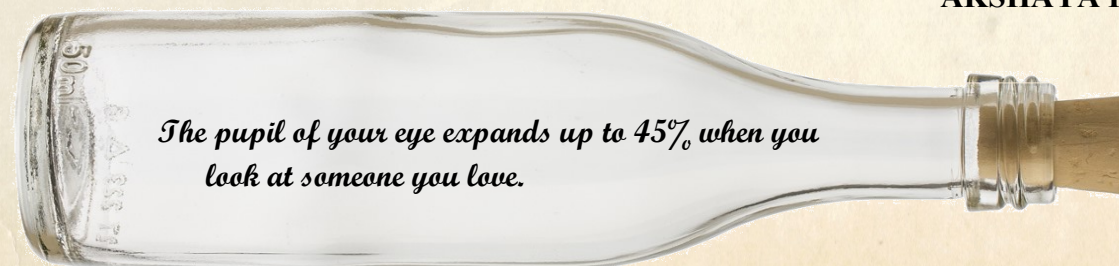
There are many questions that are left unanswered in the screenplay. Also, the way in which Mahek foresee things in advance has not been properly conveyed and lacks clarity. But these are all minor faults that need not be cared much as Phobia turns out to be an intense thriller that can scare you and makes for an intriguing watch right from the start till the final scene is complete. Radhika Apte is the soul of the film giving a stellar performance. It is clear that she has singlehandedly taken the film to another level. Almost close to ninety percent of the film has the character of Mahek under focus and its not a mean task when the primary focus of the film is on a single character. The actor in her made sure that Phobia doesn't suffer because of a bad performance.

Only three or four characters are there apart from Mahek in the entire film. Among them, her boyfriend, her chirpy female neighbour and a male neighbour are the important ones and the actors who performed these roles were adequate.

Technically a sound film with brilliant background score, cinematography and sound design. A very good story with a neat screenplay, Phobia has an excellent first half followed by a somewhat matching latter half in a screenplay that has few glitches that were left open.

Barring these few things in the script that lacked clarity, Phobia overall is a neat thriller that plays on the fear factor of the protagonist and on her mind with success. I am going with three and a half out of five and thumbs up to Pavan and his team.

**AKSHAYA RAMACHANDRAN**  
1<sup>st</sup> MSc Psychology



by

Augustin Joseph. M

Alumni



## SOCIAL MEDIA: THE WAY TO LOSE ONESELF

Social networking literally means “the relationships that exist between networks of people”. According to Wikipedia, it is an online platform that is used by people to build social relations with other people who share similar personal or career interests, activities, backgrounds or real-life connections.

But is social media really used for this purpose? Or is it used rather, to enhance one’s sense of self-esteem and boast about what is happening in one’s life? People are living their lives through a virtual filter which only contributes to an anxious mindset of not being able to do enough to fit-in.

Whether it is uploading pictures frequently or checking-in one’s location, this trend has become *de-rigueur* among the young adults.

Social media has transformed into a drug in itself. The times when people are not in school or colleges is spent on their phones, aimlessly scrolling through one social media platform after the other. How many times do people feel the incessant need to open their instagram, snapchat accounts to see who has updated what recently? How many times do people resort to social media to check on others, to fill the gaps between experiences, when they have no actual work to do.

Social media has also created an environment where self-obsession thrives. It’s sickening to see people upload countless of pictures every week and then get upset over not receiving as many “likes” or “comments” as they had expected. That shows how much their sense of self-worth is governed by what others think. Gen-Y today are focusing on instant gratification—in feedback and likes—that social media offers at the expense of everything else around them. Self-obsession isn’t something that twenty-something’s are particularly ashamed of anymore, rather they are even proud of it.

This can be traced back to Ivan Pavlov’s classical conditioning theory, when people experience approval and immediate validation every time they get a like or viewer, and they cannot turn off that sense of reward. People unconsciously associate each “like” with the sense of satisfaction they feel. This tends to motivate them to engage in the same behavior again.

A recent study scanned the brains of youngsters when they used a social networking app –Instagram. It showed that brain areas associated with reward and motivation including the nucleus accumbens was activated when they got more “likes” on their pictures.

Accepting friend requests or follow requests from absolute strangers is the norm in order to expand one’s social network and potential audience. In doing so, people are not broadcasting their world so much as they are broadcasting themselves.



Whether it’s searching for the perfect instagram filter or the most attention-grabbing hashtag or the perfect status for Facebook, people engage in self-presentation strategies to portray an “ideal-self” that is far removed from their “real-self”. The Humanistic Theory talks about how people strive to reach their ‘ideal-self’, but in reality people are already portraying their life as being “ideal” while at the same time gawking at the lives of others whom they feel have it far better than them. Passive browsing through other’s profiles and pictures can actually trigger a sense of loneliness and envy and in turn increased social anxiety. A 21<sup>st</sup> century term to address this issue

is FOMO (Fear of missing out). ‘Fear of missing out’ is when people feel ‘others as having more fun which they are not a part of’ and ‘a desire to be continually connected to others’.

When people are so tuned into what everybody is doing they forget to live their own lives and in a way lose their authentic sense of self.

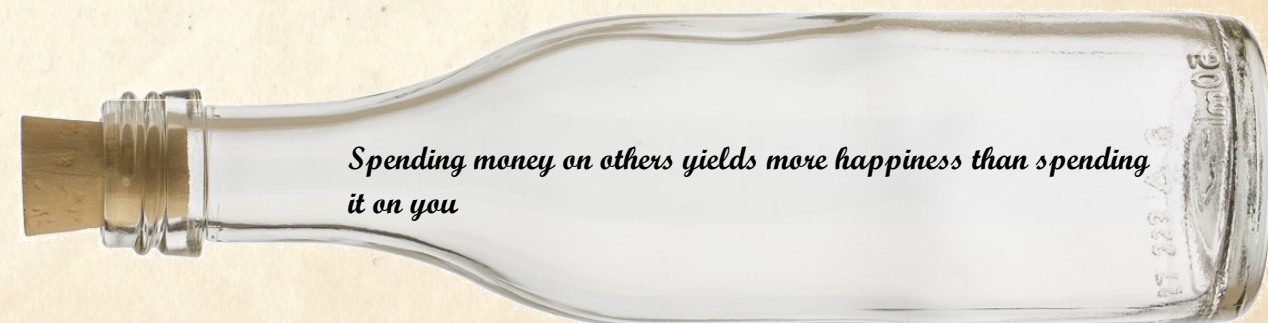
If the millennials today had even a modicum of sense, they would stop this unceasing cycle of yearning for acceptance from people who hardly matter and not let them dominate their lives. Rather, Social media should be used to reflect on aspects of your identity that are meaningful and to form and maintain social connections with loved ones.

- SOUMYA SHASHIDHARAN

2<sup>nd</sup> MSc Psychology

Reference for the study mentioned in the article:

Sherman, L. E., Payton, A. A., Hernandez, L. M., & Greenfield, P. M. (2016). The Power of the Like in Adolescence . *Psychological Science* ,27(7), 1027-1035.





## HER SMILE, MY STRENGTH

I stood there watching her every day  
Day after day  
When they first hit her  
When they first slapped  
When they burned her

But she fought the world  
With her smile  
That smile that hid away  
The pain the sufferings and her tears  
That smile became my strength.

I stood there watching every night  
She cried to herself  
No one to talk to  
Nobody to comfort  
No one to wipe away her tears

I stood there watching  
When he touched her  
Without her will  
When they abused her  
With their mouths

Yet I could not do anything  
I watched as they  
Broke her strength  
Broke her wings  
Broke her soul

- **BLESSY THOMAS**  
3<sup>rd</sup> year BA (JPEng)



## Book Review

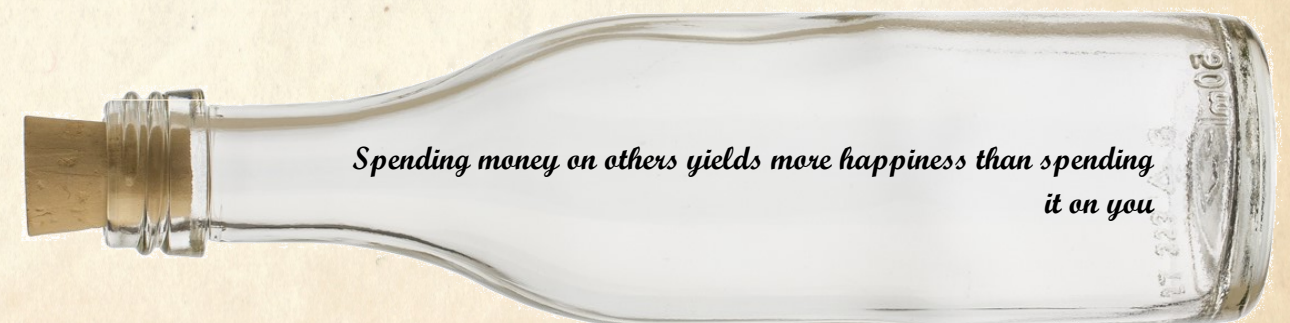
### EM and the big HOOM by Jerry Pinto



The backdrop of Mahim, Bombay during the last decades of the 20<sup>th</sup> century is the Mendes family with an extraordinary story to tell. Em and the big Hoom is the story of Imelda Mendes and how her internal as well as external struggles shape the content in the familial context, especially their children. A beautifully narrated study of mental illness with its dark comedy and suicidal tendencies and chaotically bring the family together while the big Hoom as the dependable father tries to hold things together as much as he can.

The mother is the heart of the home. Everything revolves around her routine. In this case, the mother happens to be ill which turns the structure of the home into chaos. The unnamed narrator's point of view captures the reader from the very beginning bringing light onto a more innocent outlook on the lives of everyone around them. I personally love this little purple book for its narratives as well as strong characters. It describes a huge part of what it feels like to live with somebody who is mentally ill, the challenges they face as well as the minute moments of sanity that act as the strongest of memories to the rest of the family. It is a book deeply anchored on personal experiences, with its flashbacks of courtship and life events and contemplated episodes of Imelda Mendes, its portrays the strength of their familial bonds. It is a story filled with endearing and eccentric characters, marked by restrained emotions and exemplary dialogues, it is a wonderful piece published by an Indian author.

- **RACHANA M**  
2<sup>nd</sup> year MSc Psychology







### ADDICTIONS IN ALTERNATIVE WAY OF UNDERSTANDING

When an individual is addicted, the society blames them, also isolating them from the mainstream society. Social isolation is an issue that further complicates the whole picture in which the individual is already suffering now is also left alone, which fosters addiction. An experiment was done on rat where one group of rats were put in a cage in isolation, and one group of rats with lots of activities to engage in, there were other rats, which is called "Rat Park".

This study was done rats to study drug addiction, in late 1970's, by Canadian psychologist Bruce K Alexander et al. Alexander's hypothesis was that drugs do not cause addiction, and that the apparent addiction to opiate drugs commonly observed in laboratory rats exposed to them is attributable to their living conditions, and not to any addictive property of the drug itself.

To test his hypothesis, Alexander built Rat Park, a large housing colony, 200 times the floor area of a standard laboratory cage. There were 16–20 rats of both sexes in residence, food, balls and wheels for play, and enough space for mating. The results of the experiment appeared to support his hypothesis.

In both the cages there was a leaver with water and one with morphine. It was seen that the rat in isolation drank more morphine mixed water than the rats in cage with varied stimulations. From 100% use of morphine induced water and dying of overdose it changed to 0% overdose when they had other mice to connect with and loads of food.

Also, Morphine is given in hospitals to the patients at large amounts, that too in pure form, most of us here have being given that in large amount and for a long time in many cases though it did not induce addiction. Hence, the substance by itself cannot induce addiction.

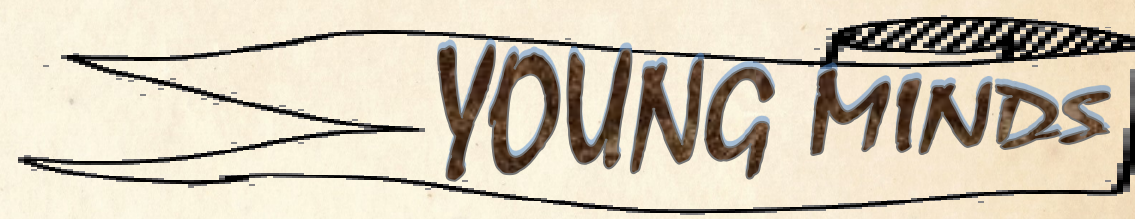
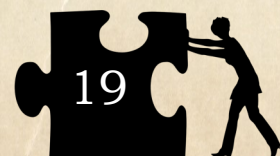
Another example would be as in the Vietnam War heroin addiction among the American soldiers was high was cause of worry. So the soldiers were studied extensively, which revealed that when they came back after the war, there was seen a stark decrease in the number of people who were still addicted to the substance, and it was noted that the ones who were still addicted had other social problems.

Here we see that when there was environment change, the addiction pattern also changed. There as there was a lot of stress and availability of heroin was there hence they used it, also as it was given to them by the commanders to boost their strength and wake hours. However, after coming back, the level of stress decreased and the number of people using it decreased as well.

When we look deeper as to why most use these addictive behaviours in the streets is more as they use these drugs as either, as stress relief, or as self-medication, as many drugs work as calming agents. The addictive behaviours work as stress relief for the many that use stimulant.

Drugs for many is a solution to their misery, if you take Crystal meth you have no appetite, which is best for street kids who have no food. If you have to work late night to earn livelihood it keeps you up for days, which we can also see among the users of truck and taxi driver in Punjab where drug issue is mayhem. For people who are away from their community have no social communication, use these as it gives them the street community to connect with, so drugs are used as temporary fixes to stress, which in the short term seems beneficial but creates trouble on long term.

Therefore, to understand the pattern of addiction, and why some people are susceptible to addiction we need to understand a few things, one is the brain biology of addiction, which is the interaction of the three components, which guide behaviour- motivation, reward circuitry, and release of chemical dopamine in the brain. For example if one take heroine as the substance which is obtained from poppy seeds, here the receptor which is targeted is endorphin receptors, the dopamine of heroin resemble endorphin, these release pain, also provides a nurturing effect which is what makes bonds between child and parent bonds.



Once they get hooked to the substance they don't have much choice, it's not easy to say no which gives rise to high cortisol level which is stress hormone leading to increased likelihood to reinforce the performance of addictive behaviour.

One social reason which could be accounted for is that the community feeling is lost now, earlier children were raised by the community, but now with nuclear family and its financial needs mostly both the parents are working and children spend more time alone. Now the children have peers as their role model, this peer orientation is leading to addictive behaviour, some researchers claim. Be it cigarette smoking or drinking alcohol or smoking marijuana.

What do the addict seeks from engaging in these behaviours. It in most cases is relief from unbearable consequences of life. The opioid drugs work at the pain relief in both physical and emotional level. All the addictive behaviours work as pain relievers/ killers. So the question on which we should focus is not why addiction but why pain, what is the discomforting factor which is yielding the addictive behaviour.

Behaviour addictions like sex addiction, gambling addiction and food addiction among the many. Brain scans of shopping addict and drug addict show same circuit lighting up, which is release of dopamine, which is released by satisfaction of purchase.

We live in a very addictive society. Social issues prevalent in the environment out earlier foster addiction as pointed. So to redeem addictions we as a society need to carter loving compassionate and nurturing attention. In such environment, it is easier to face the truth or pain, which was the main reason to maintenance of the addictive behaviour.

Humans are vulnerable so brain protects itself from the vulnerability by shutting down in situations of excessive stress, so it seeks external support, when this support is lacking, enhancers (substances or addictive behaviours are adopted). A sex worker explained once to a psychologist that her experience with heroin as a 'warm soft hug'.

It very easy judge people for their choices, as humans are reaction machines. We are most judgemental when one is not looking after oneself, so internal work of people working as caregivers is very important.

There is a general outlook among hard addicts where they are not afraid of dying and are afraid of living. In one of the vice videos on krokodile the deadliest drug, published 2012, there were these youth of our age 18-22, who ran away from various orphanages when the turned 18, engaged in selling drugs, then themselves started using it. They sell scrap metal or anything they can find which is sellable to buy drugs. So while interviewing them one of them while injecting the drug said "I don't care if I die next week, he said he owes 310 Euros, hence they will kill him anyhow, as he won't be able to pay them back". The thing one needs to understand is that an addict does know that what he she is taking in is killing him/her, also they have clear knowledge (most of time) that this could be a hindrance towards them having a fruitful life. However, they are unable to stop themselves.

The use of sisa a psychogenic substance prevalently used in Greece, the people who use it know that it is ruining them but they do not have enough money to buy heroin, which there is a much safer drug than the other cheaper ones according to the users. Same goes for krokodil in Russia a drug of which heroin addicts stay away, as with its usage skin turns scaly dry and eventually rots right off the body. Though the knowledge of the same is not stopping them.

So in interviews with addicts, they state that they know that the substance is only doing them harm, and they all wanted to stop. They all want to have a stable life, a healthy and a happy one. They also dream to have a family of their own, but they just don't know how to stop, how to seek help from the government. Government in most cases is not so helpful towards the addicts, as they don't view them as human beings as they are labelled as criminals. Hence rehabilitation programs are just theoretical ideals in developing countries.





# YOUNG MINDS

However, we need to understand they also want to live not just survive. They also want to fix it in a healthy way, not the faulty fixes.

People do not learn from negative consequences, so the government body and people wanting to help need to understand that the policy that is in place will not give out any positive outcome. With news flooded with drug abuse and death increasing because of overdose of the same increasing, with the government policies with tag line of “war against drug” being quite a failure to decrease its abuse. On the contrary some countries view drug issues as mental health issues, in these we see a chance happening with reduced drug abuse.

As addiction is engaging in behaviour despite of the negative consequences, so just dismissing addiction as self destructive and maladaptive will not do any good toward their growth or towards the betterment of the society and proclaiming war on drugs won't work as it means mainly war on addicts who are already stressed and suffering, putting more pressure on them will not do any good on the contrary will only increase such behaviour.

I would like to end with the quoting Mr. Gabor Mate, Canadian physician who has worked extensively in this field. “If we understood addiction, its universality its utter humanity, the suffering that gives rise to it and the suffering that it imposes and if we actually put our hearts and brains, our compassion and scientific knowledge together, we will not only be providing better care for addicts but will be living in such humane and companionate society.”

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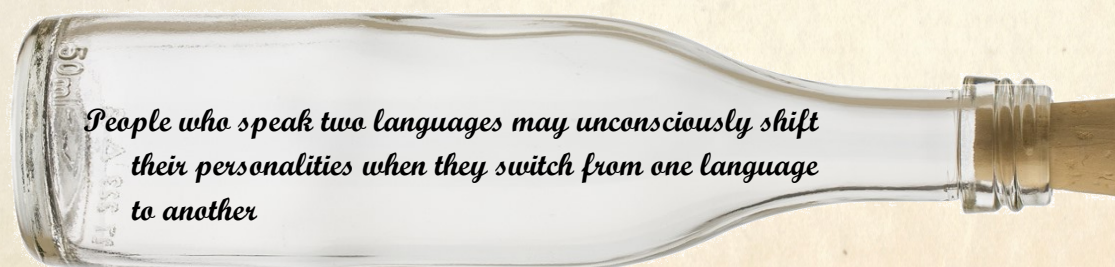
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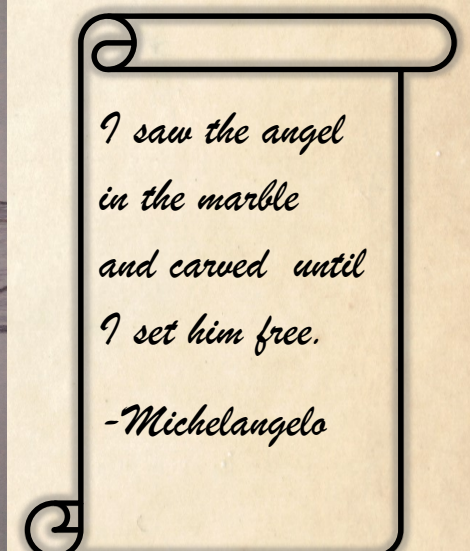
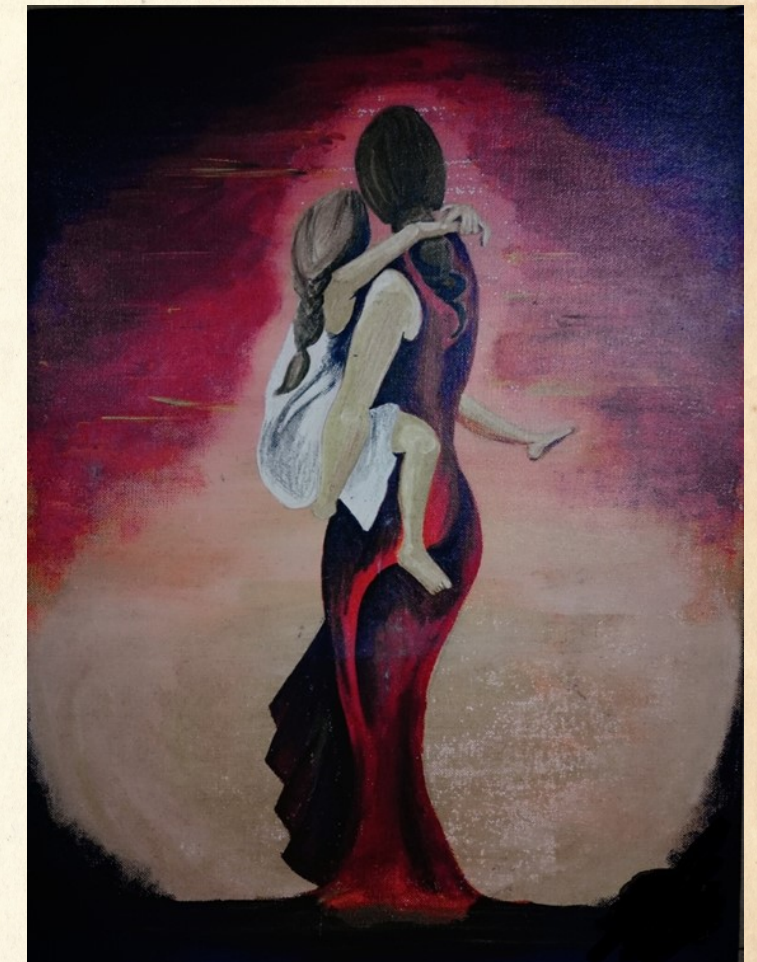
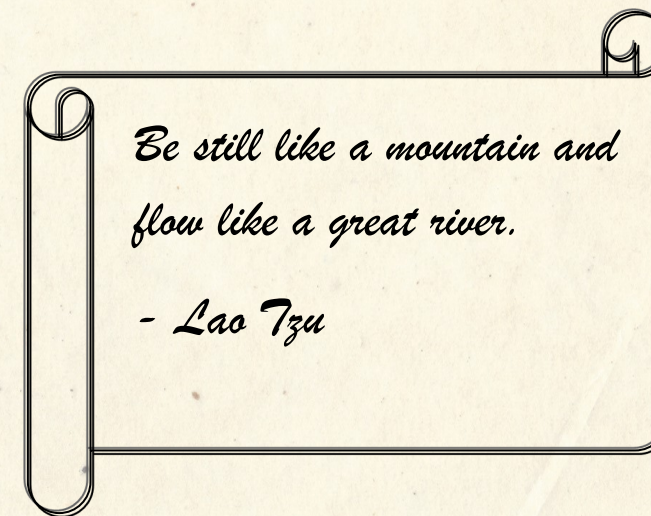
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-NISHA SUSAN MATHEW  
1<sup>st</sup> MSc Psychology



# STUDIO







## NOSTALGIA

"For everything can be killed, except nostalgia;  
we carry it in the colour of our eyes, in every love affair  
and in everything that deeply torments"  
- Julio Cortazar

Now and then I think of all that's come and gone- the laughter, the courage, the pain and the rage; our darkest secrets and our happiest days- its everything that makes us who we are. We live within juxtaposed realities intricately woven with our own interests, experiences, concepts and lies. Its a series of unfinished pursuits and never ending quests that shape us for better or for worse during which, we as humans are bound to regress to a former state of being. The very core of this regression is what draws out the concept of nostalgia.

In Greek, nostalgia literally means the pain from an old wound; described as a twinge in your heart far more powerful than memory. It is the ache of wanting to go back to what once was. Back when the term nostalgia was coined in the 18<sup>th</sup> century, it was used to describe a pathology- not so much a sense of lost time, but a severe homesickness. It was a disease similar to paranoia and melancholy, in which the sufferer was manic with longing that was specific to an object or place. Whats even more fascinating was the apparent cure for nostalgia : inciting pain and terror into the one suffering from it. It was believed that one could "scare it out of them". Ironically enough, today nostalgia is often used as a form of escape from a current state of pain.

But what is Nostalgia, if not a mental time machine that we use to go back and forth, defying the physical laws of time and space to that perfect moment. That moment, the eclipse of which leaves a familiar ache in our hearts; An ache we carry with us for the rest of our lives. The way I see it, our mind is so powerful that it can take us through a whole paradigm shift back to a former state of being where you can vividly experience how that moment felt, smelled or tasted from the future. Then again, the ultimate question is, what is this wound that we're bleeding from? Where does the ache come from? I've come to think of it as an enigma, a black hole, a breeding ground of insecurity and emotion and above all, it's the birth place of our fears. It is a strange thing though: a vivid memory from the distant past, haunted by people who have grown up or grown old or are no more, doing things that are no longer done in a world that no longer exists. Nostalgia, in all sense of the word, is nothing if not paradoxical in its form and design- supplying us with substance and texture, but also reminding us of its lack and death; For we are homesick for the places we have never known and hungry for the life we have never lived. Its much more than just memories, its our Garden of Eden, the lost paradise that we yearn to seek in all our pursuits, its our utopia- our end and our beginning. The magnitude of this is far greater if we over-indulge in it, in which case we like to call it "Living in the past" where we are trapped in a single blissful moment of our choosing, pulling and pushing the boundaries of sanity and reality which acts like a video tape of our thoughts and memories, playing in loops, enslaving us in a heaven or hell of our own making.

All of this said, at the end of the day our ability to reminisce is what facilitates survival and learning and therefore is everything that makes up life, as we know and understand it. **For I am not only blooming from the wound I once bled, but rather thriving on the memory of it.**

- ANNA VARGHESE  
2<sup>nd</sup> year MSc Psychology



## REACH OUT, SPEAK UP

Another celebrity commits suicide and we shout "MENTAL HEALTH IS IMPORTANT" over social media. Then we go back to sending other artists we dislike hate mails.

Another celebrity comes up with a sexual harassment allegation. And we start shouting '#metoo' over social media.

A male celebrity finally comes up with his own incident. And we make jokes about how he should have liked it.

What is wrong with us?

What is really happening to us?

Why have we become so desensitized to everything?

Nobody cares until someone ends up dead.

We don't TALK about it.

We just SPEAK about it.

2-3 months and that's it! It's all forgotten.

"REACH OUT", "SPEAK UP" is what we harp on about. But constantly ignore all the jokes they make. All the songs they write.

The signs are on our faces like those billboards showing happy families. And we just learn to ignore it.

Speak up if someone harasses you, assaults you or hurts you. Speak up because reaching out is the first step.

You can always find a helping hand..

I have done my bit. How about you?

Take care and always think positive.



-STEFFANIE GRIMES  
1<sup>st</sup> year, MSc Psychology





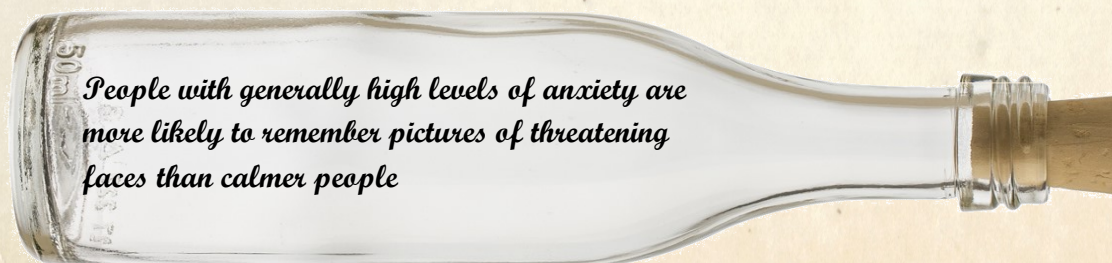
## YOUNG MINDS

### THIS FEELING OF DEPRESSION

I have the pain so deep you'll never see,  
I locked it away and hid the key.  
If I really would share it,  
You wouldn't look at me in same way I swear it.  
I've seen things that are not fine,  
But the problem is I can't take it out of my mind  
I faked a smile everyday  
For I couldn't stand for you to see me this way  
I buried my emotions deep inside my soul  
It's this hate I have, that keeps me whole  
If I truly show you what's inside  
I'd run away fast and quickly hide  
No matter where I go these feeling stay inside  
All I want to do is close my eyes  
It's like eternal torture that never dies  
These voices that fill my head  
Tells I'm better off dead

This pain of living hurts my heart  
I should have ended it from the start  
It's like when I get home I take off the mask  
Faking happiness is merely a task  
But somehow I manage to get by  
Trying hard all the time, not to cry  
One day may be it will be okay  
But of course that day is not today  
How much blood can I shed?  
Before I am lying on the floor dead  
Will this pain ever go away?  
May be tomorrow, but not today.

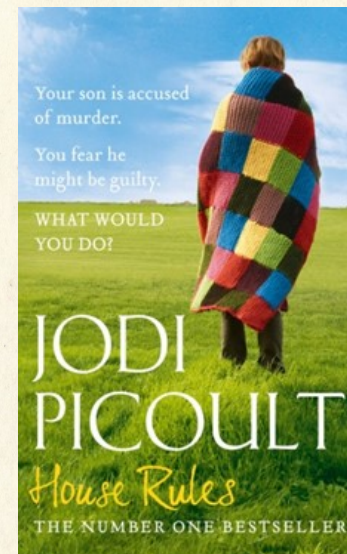
- SAMEEKSHA RAJEEV BIJALWAN  
I year BA (JPEng), B Section



## YOUNG MINDS

### BOOK REVIEW

### HOUSE RULES



**Synopsis:** The book revolves around the Hunt's family. Emma hunt, a separated wife and a mother of two boys, Jacob Hunt and Theo Hunt. Jacob is a curious forensic knowledge seeker, a child with Asperger's syndrome. Asperger's syndrome is a developmental disorder characterized by significant difficulties in social interaction and nonverbal communication, along with restricted and repetitive patterns of behaviour and interests. As a milder Autism spectrum disorder (ASD), it differs from other ASDs by relatively normal language and intelligence. Jacob's dad left the family when realized Jacob's clinical concern just when Theo was about to be born. Emma runs pillar to post to support her sons education, especially Jacob's concern. Jess Ogilvy is Jacob's social skill tutor, whom Jacob feels comfortable and home. Jess dies by slipping her bathroom's wet floor when Jacob was in one of his social skill sessions with her. Society accuses Jacob to be her killer, including the attorney. Jacob cannot make eye contact as a symptom of his Asperger's, which is taken against him that he, is the killer and cannot face the truth. The law imprisons Jacob not considering his concern. His mum Emma bails Jacob out on the condition of "House Rules", where both the boys should not leave home and support each other, and keep them safe. Finally, Jacob with Theo's help and support tells his mum that he did not kill Jess and Theo confesses that he saw her slip and breaks her head. The family unites together, where the father accepts Jacob's concern and gives monetary support to them.

**Review:** The book is a beautiful work by Jodi Picoult compared to all her other books. It is a masterpiece to students pursuing psychology subject. The book gives minute details of how the world is perceived by a child with Asperger's syndrome. Example, Jacob is a fan of Forensic analysis, where he would make his mum set up his secret crime lab and read word to word from every crime magazine. In fact it was funny when he would suggest ideas to the detectives just by reading books. The characteristics of Asperger's are like Perfection, arranging things in order and so, are well written. For instance, Jacob's innocence of giving away his rainbow colour blanket to cover his tutor's dead cold body to keep it warm, when Theo saw Jess lying on the floor, he ran away frightened, pushing the rack of CDs (Which Jacob arranged it in order just because he couldn't handle mess), One of the symptoms, No or less eye contact and socializing is seen when Jacob has to witness in the court and could not meet the Judge's eye ( which is a sign of truth from the convict) are well written.

Jodi has weaved the life and world of Children with Asperger's syndrome in a stereotypical way, where it is broken only through consistent care and family bond.

The emotional aspect from Jacob is minimal and is seen only when it comes to his near ones like Jess, Theo and Emma. Emma's emotions as a mother, worried and anxious reflects the real situation of every mother with a child like Jacob. Jodi emotionally captivates the readers through



# YOUNG MINDS

Emma saying “Only in sleep, my son becomes one with everyone. He becomes a normal child, just like everyone else”.

Personally, this book has given me the depth knowledge of children with Asperger’s, their emotional state and issues they face in society. The book ends by breaking the stereotypes that centers around children with Developmental disorder. It was only through Jacob’s honesty, perfection; obsession in forensic crime, and love, the world knew the truth behind Jess’s death. This book is must read to all budding counselors and psychologists as they would learn to empathize and relate more, and also gain knowledge in the field of their passion.

**-EVELYN BRAND**

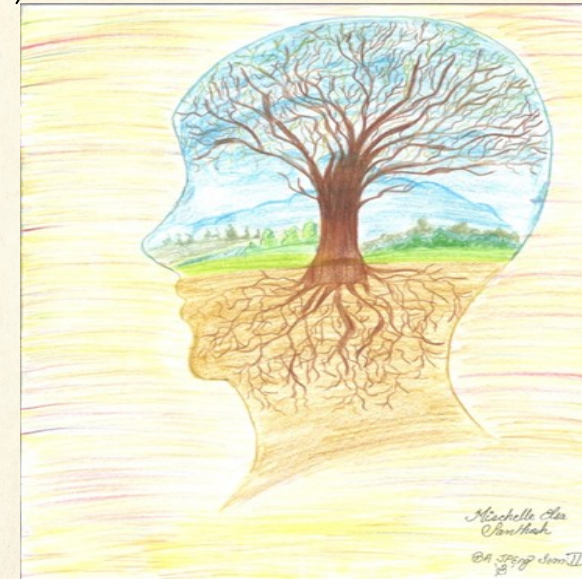
2<sup>nd</sup> Year Msc. Psychology



Dance and Movement Therapy workshop’s Group Photo

People who speak two languages may unconsciously shift their personalities when they switch from one language to another

# STUDIO



WE KNOW WHAT WE  
ARE BUT NOT WHAT  
WE MAY BE

*Mischelle Elsa Santhosh*

1<sup>st</sup> BA (JPENG) B Sec

BE THE MASTER OF YOUR  
LIFE, PUT YOUR  
HAPPINESS FIRST..

WELLBEING FOLLOWS

*Manjushree*

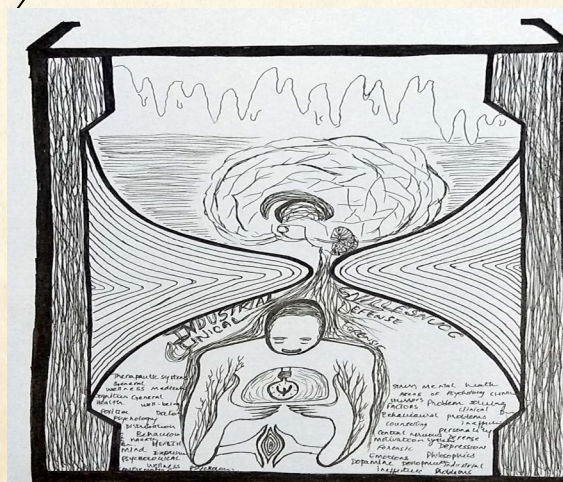
1<sup>st</sup> MSc Psychology



WE ARE THE PRODUCT  
OF OUR THOUGHTS

*Lani Zena Fernandes*

3<sup>rd</sup> BA (JPENG)





# YOUNG MINDS

## READERS FAVOURITE

Fun, to change behavior for better

In a time where everything goes into fast motion, people do not take the time to appreciate the little things of everyday life unless, for some reason, they are removed from their comfort zone, or caught by surprise with something unexpected which makes them take a pause on the road.

“The fun theory” (2009) (Rolighetsteorin), an initiative of Volkswagen Sweden, created by DDB Stockholm, Decided to make people make time and enjoy those little things. A simple, unique and innovative concept that is able to produce many ideas, many metaphors of everyday situations, but each and every one of them with a single purpose: to positively change human behavior through fun design interventions to common elements like lane discipline etc.

The project involved the development of the concept of emotional or affective commitment. Each user gets an experience that is designed to evoke an emotional response, encouraging participation through enjoyment and pleasure.

Few of the successful fun ideas implemented were:

**Piano stair experiment:** The fun theory initiatives set up musical piano steps on the staircase of a Stockholm, Sweden subway station to see if more people would be more willing to choose the healthier option and take the stairs instead of the escalator. That day, 66 percent more people took the stairs than usual, proving that fun is the best way to get people to change their ways.

**World’s deepest Trash bin:** Can you get your entire street to dump their trash in the public garbage bin? Making it fun, yes you can. The Volkswagen initiative designed a trash can to sound like the deepest bin in the world, so when you throw your trash, it sounds like it’s travelling to the earth’s deepest pit. Isn’t that cool? On the day of installing this trash can, 42kg extra trash was collected, than the normal waste!!

**Bottle Bank Arcade -Loads of Fun to Glass Recycling:** A glass bottle collection bin was refitted to resemble an arcade machine in Sweden – complete with console, sound effects, and flashing points counter. The result? People were so amused and inspired by the idea that in one single evening, over one hundred people used the arcade machine/recycler compared to just two people using an ordinary bottle bank nearby. I imagine people searching all over their houses for empty glass bottles to deposit and recycle, just to be able to play the contraption.

Well, where are we going? To change a lazy behaviour, all it cost would be just “fun”? Maybe!. These initiatives of fun theory really inspired and changed the behaviour of the society for a long term run. The psychology behind the initiative is that” Behaviour change is easy when you weave some fun into it”. You can design your own fun theory and integrate it in your intervention, just wait for those amazing results!

Have your own fun theory too? get back to us, let’s do it and see the difference J

P S: Get online, and watch those videos of the fun theory, and see it for yourself.

# MEMORIES

INSIGHT 2017



WINNERS  
SARGOTSAV 2017





"...a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity."

- The World Health Organization

### WHAT IS WELLNESS?

Wellness is an active phenomenon of becoming aware of and making choices toward a healthy and satisfying life. Wellness is more than being free from illness; it is a dynamic process of a healthy change and growth.

### WHY IS WELLNESS IMPORTANT IN STUDENTS?

Students can be quick to let their health fall to the wayside when they start college, but staying aware of good and bad health habits will serve you well in the long-term. Physical health and nutrition are directly connected to mental health, effective study habits, and regular sleep patterns.

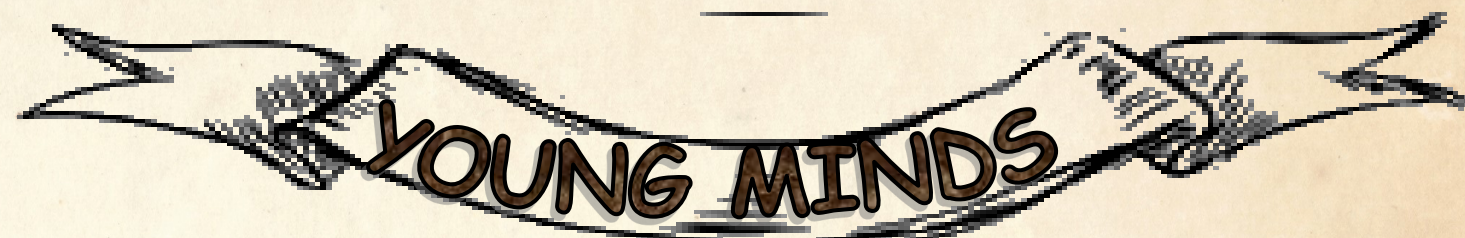
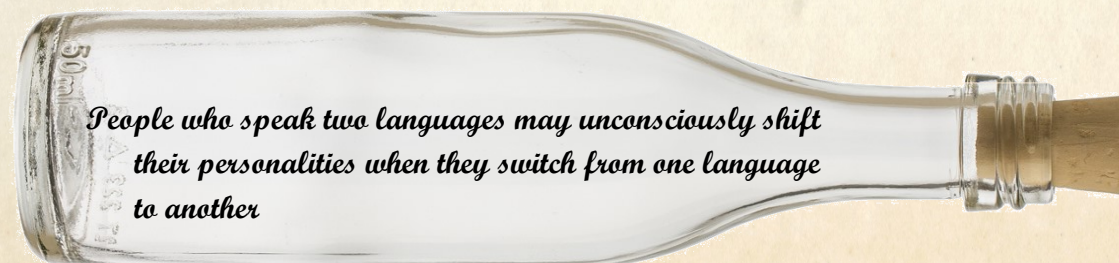
### COMMON DOWNFALLS

A balanced diet and exercise can be missed due to tight schedules and pressure from studies, but this time of our lives can be made useful to make certain regimens of healthy behaviours. Work to avoid the following pitfalls to maintain a balanced mental and physical health.

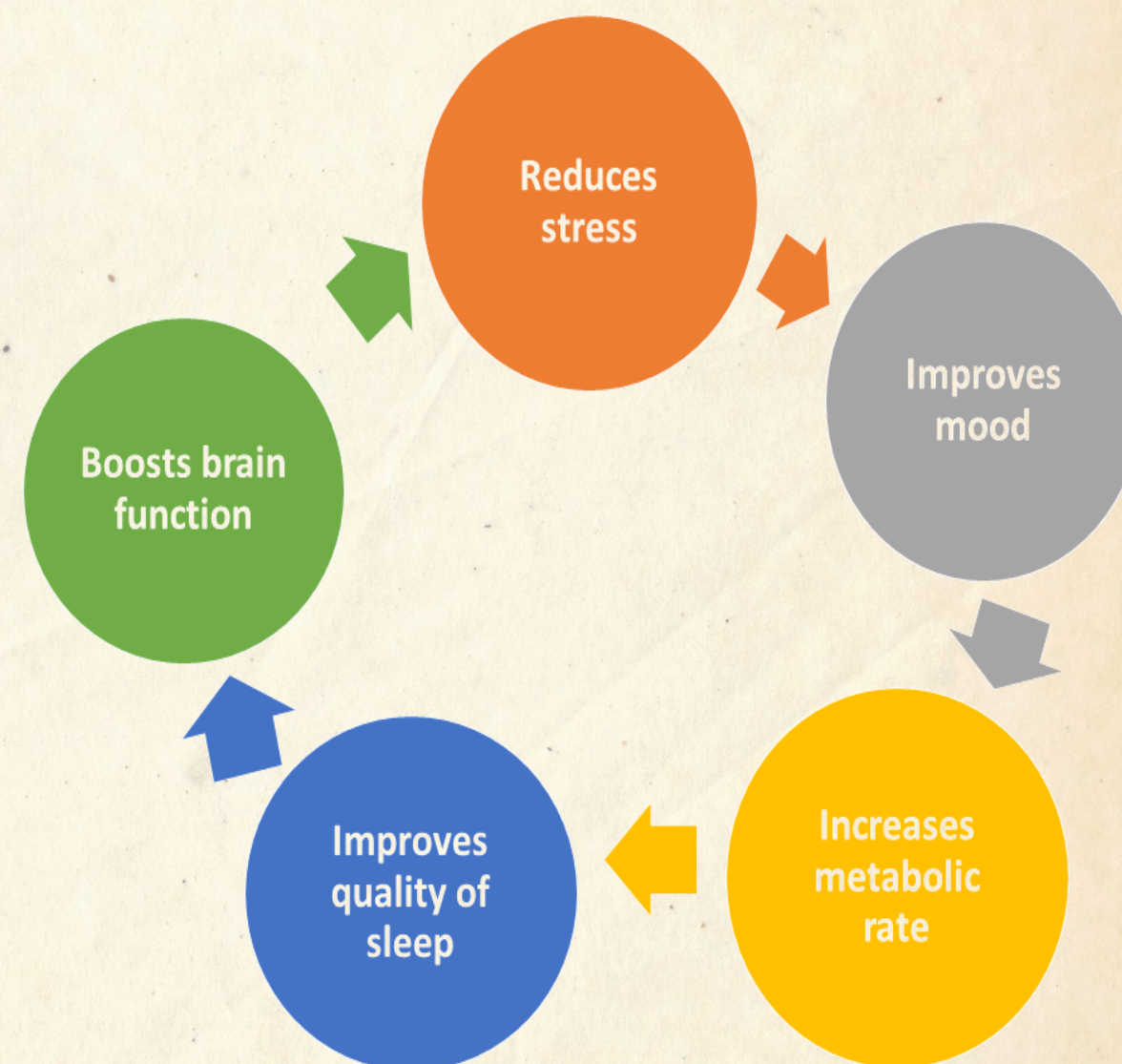
**Lack of sleep:** A complete sleep is now fading away especially in the life of students, where it is most required. This leads to low motivation, fatigue and laziness in the next morning.

**Poor eating habits:** While typical fast food and similar dining options seem like time and money savers, adding a lot of these meals to your diet means a lack of the nutrients you need to keep yourself physically strong and mentally alert.

**Getting over-stressed:** Throughout your time at school or college, you will face some anxious times, be they from exams or any number of academic requirements. Learning how to manage such stress takes both practice and patience, but doing so results in a healthier approach to reaching your goals.



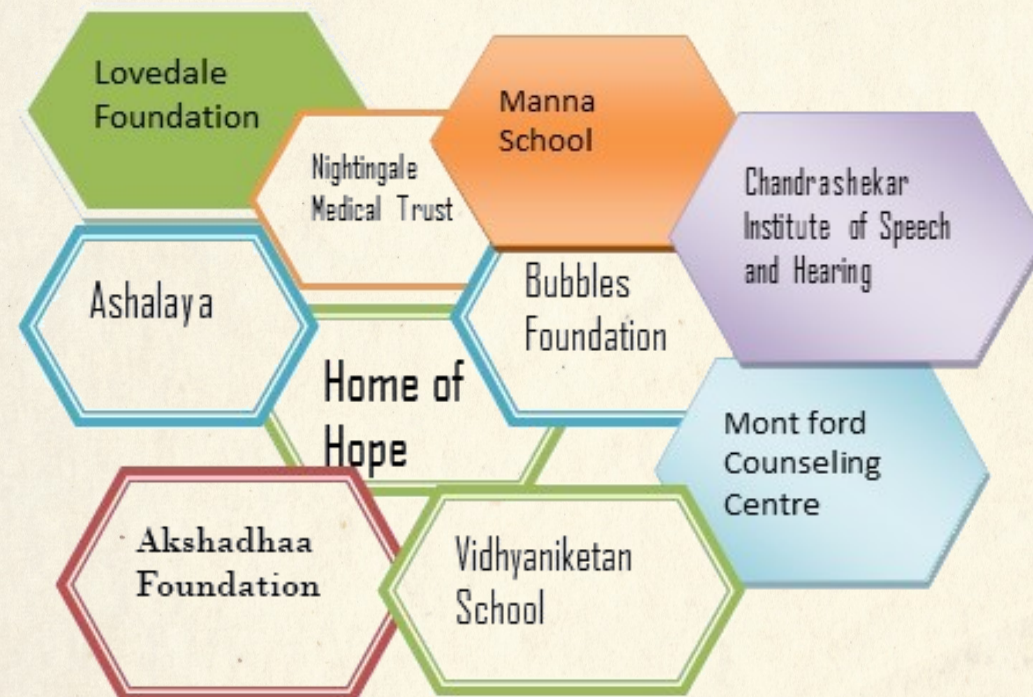
## IMPORTANT TIPS FOR BETTER WELLNESS





# ANNUAL REPORT

## The various institutions and organizations visited by our students



## Activities carried-out in the Department

**NSS Camp**  
 The Faculty of Department of Psychology joined to extend their support to the NSS Camp where they interacted with 60 tenth standard students of the Siddaganga high school, Purusharalli. Our teachers extended their support and encouragement to students appearing for their public examination. The visit nourished and built confidence in the young minds to face the future with hope and meet their dreams.

**WIPRO**  
 The MSc Psychology students ventured on a one day industrial trip to WIPRO, Bangalore. The visit expanded the knowledge on work process flow and Industrial functioning of the organization. Mr.Prathish Nair, financial planning manager and Mr.Praveen Kamath, Talent transformation officer, WIPRO, provided the students a clarity on Human Resource Planning, Training and Development, and Talent Acquisition. The ambience of the corporate world met the questions of young industrial and organizational behaviour psychologists.

The Students of MSc Psychology as a part of their field work, has worked as volunteers in various organizations, NGOs and Institutions. The field work duration from the month of August till October, strengthened the various professional, observation and assessment skills of our students. It was the most experiential learning, where the students visited the organizations twice in a week and interacted with the differently able children and adults with concerns by learning about tailor made approaches to facilitate basic needs.

*Research shows that just thinking about a Plan B can make it less likely that you'll achieve Plan A*



# SEMINAR SERIES

## EXHIBITION ON WORLD SUICIDE PREVENTION DAY



**Fr. Biju Sebastian**  
Professor in Psychology  
Montford college ,Bangalore

The seminar discussed the ontological philosophical stance of qualitative research. The resource person gave a hands-on experience with scoring and interpreting the qualitative data as a part of professional assessment and experienced the aesthetic aspects of the therapy

29<sup>th</sup> August, 2016



**Dr Jayashankar Reddy**  
Professor in Psychology  
Christ University,Bangalore

The wonders of Brain function and its dysfunctions were the major talk of the seminar. All the psychology students actively engaged in the discussion and expressed their ideas and opinion which strengthened their knowledge about Brain.

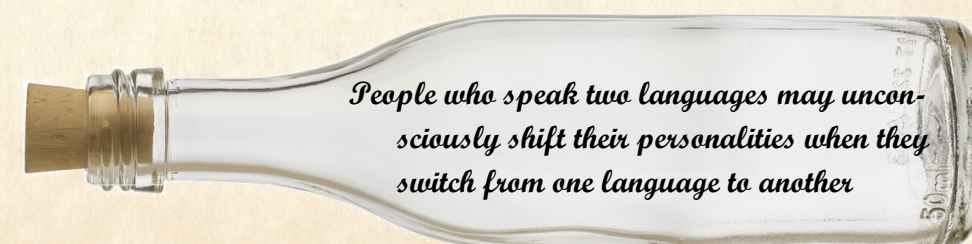
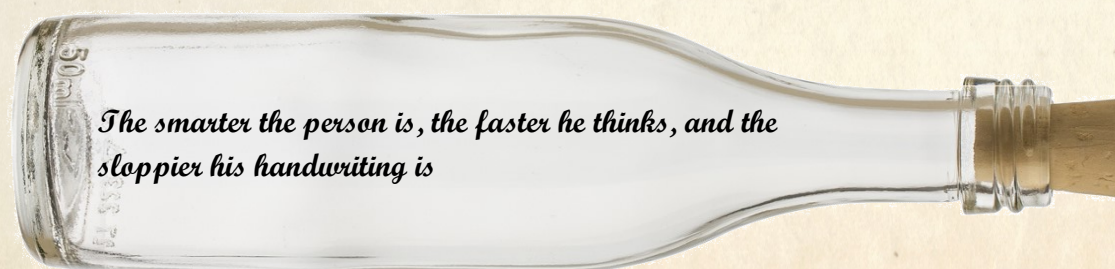
29<sup>th</sup> August, 2016



**Dr. Kishore Adhikari,**  
Assistant Professor, Christ  
University, Bangalore

A two day workshop on Projective Techniques, Rorschach Inkblot techniques and Thematic Apperception Test Techniques were conducted. It focused on the enhancement of practical administration and assessment skills of the psychology students and faculties

29<sup>th</sup>& 30<sup>th</sup> August, 2016





# WORKSHOP

MOBK2HOB

# SERIES

2EBIE2



**Dr. Elizabeth Daniel**

Professor and Consultant Clinical Psychologist,  
Department of Health and Family Welfare  
Karnataka

The seminar was organized on current scenario in child and adolescents mental health disorder as part of suicide prevention day. The resource person addressed the gathering with an interactive question and answer session where Dr. Daniel dispelled several myths that society has regarding suicide and the nature of the people who attempt it. The theme for World Suicide Prevention Day - 'Connect, Communicate, Care', was brought out through skits and Exhibition to make awareness among students

8<sup>th</sup> Spetember, 2016



**Ms. Tripura Kashyap,**

Co- Founder, Creative Movement  
Therapy Association of India,  
Delhi / Bangalore,

Creative Movement Therapy is an alternative approach to mainstream Psychotherapies. The two day workshop kindled the budding psychologists to create and learn the underlying mechanism of movement as an effective therapy.

29<sup>th</sup> & 30<sup>th</sup> September, 2016



**Dr. Sridhar .P.D**

HOD, Dept. of Hindi, Kristu  
Jayanti college

The core concepts of Jain philosophy like jiva, ajiva, pudala, Prakruthi came to life as the seminar slowly proceeded. The resource person stressed on the significance of ahimsa and how this concept is very different and dealt in depth in the philosophy.

6<sup>th</sup> October, 2016



**Dr. Cathy Fernandes**

Fellow of the Higher Education  
Academy Program Leader for  
MSc Genes ,Kings College  
London.

One of its kind ever since its inception debates on Nature vs Nurture . The seminar broke down the ancient debate into how the modern researches have validated interdependent phenomena that interacts with each other to evolve itself.

11<sup>th</sup> November, 2016



**Dr. Arun Tipandjan**

Research Psychologist,  
International Centre for  
Psychological Counseling and  
Research, Pudhuchery.

The workshop on Research and SPSS application strengthened the statistical skills of the students. Young researchers were given a broad in-depth knowledge from understanding the SPSS processor to executing and interpreting the data.

7<sup>th</sup> & 8<sup>th</sup> March, 2017

*Negative reinforcement works better than punishment as a disciplinary measure.*

*The Truman Syndrome is a psychological disorder in which patients believe they're living in a reality TV show*



# INSIGHT 2017

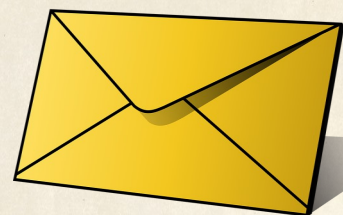


The PG students organized an Intra-collegiate Fest **Cognizance 2016**, on 24<sup>th</sup> August 2016 with the tagline "Think Beyond" for the UG Students. The Fest was inaugurated by **Dr. Manoj Kumar Sharma** Clinical Psychologist, NIMHANS, Bangalore in the Mini Auditorium II, who addressed the gathering about the growing need for awareness on using technology safely. The inauguration was followed by stage events which included Quiz, Spell Bee, Turn Coat, Personality, and Psychodrama. The off stage events included Face painting and Poster Making.

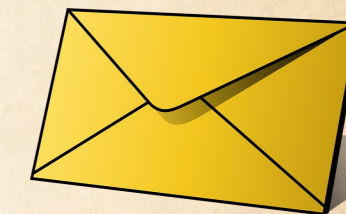
The department of psychology organised the biggest inter collegiate national level conference "INSIGHT 2017" on February 1<sup>st</sup> and 2<sup>nd</sup> with a dynamic theme "DECONSTRUCTING PROFESSIONAL PSYCHOLOGY: BIG FISH IN SMALL POND". The guest of honour was **Shri. Prahlad Rao**, Director, Thomas Assessments, Bangalore. The two day conference provided a remarkable insight into the current professional trends in the field of psychology. Various eminent speakers blessed the day with their abundant knowledge by giving the students a sense of hope and direction for their future endeavours.







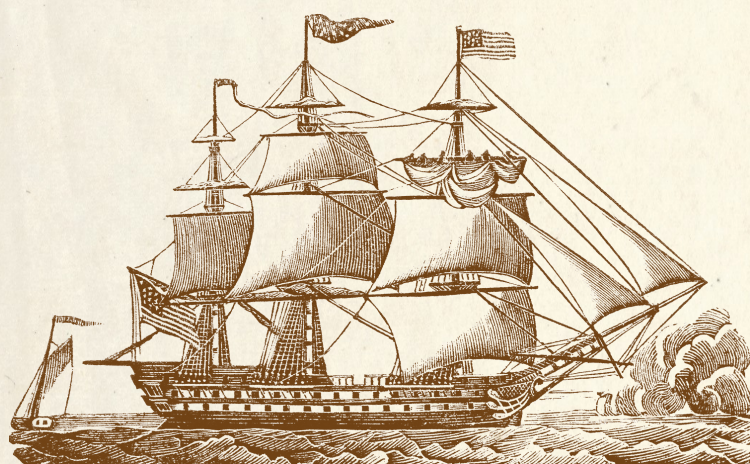
# Messages from Alumni



## *The Ship*

*"Education is not preparation for life but life itself."*

This quote always brings me a nostalgic feel, recollecting the beautiful days spent in my college. Kristu Jayanti College, the department of psychology is the cornerstone for my career. Post graduation is a dynamic phase that transforms an adolescent into an adult. My Masters life at Kristu indeed rendered me a holistic development. Recollecting from the first day of college, a series of exciting events knit the whole two years with wonderful memories. Strangers become friends, assignment submissions and late night studies become the lifestyle, finally the whole department becomes your family. I should say that my friends and teachers helped me in making it a smooth sail when I faced storms. Classroom teaching is never boring unless you taste the essence of the subject and the passion with which your mentor teaches. We grew together, laughed and learned through all our thick and thin. Mastering the subject happens only when we can apply it in our everyday lives. This has been the famous and most unforgettable saying that shaped us into who we are today.



When your department becomes your immediate family, remember they never leave you alone. Teachers are the most dynamic and integral part of the department. Be it in our sickness or any other minor issues, we always had their support. They made sure to bring us nutritious food and love. I have always considered Exam as a huge burden, but at Kristu, my nightmares changed. I secured second rank in my 1<sup>st</sup> year Master's in Psychology, a cherishing result of revisiting my potentials. I credit this achievement to my teachers in psychology department for guiding me into realising my capabilities. The department created innumerable measures to enhance our talents and experiences. We

were given many opportunities like teaching children from a less privileged school, intern with the organisation of our choice, visit other libraries and the most exciting part is to attend workshops. Intra/Inter collegiate literary and cultural fests were other few activates organised by the department for us. In a nutshell, the department engineered us into skilful diplomats and granted us a holistic life. Today, the world is rapidly changing, predisposed in individuality. My advice to the students joining the department is to understand the value of the department and the lessons for LIFE that are being taught by our dear faculty members.

Ever noticed a **ship** anchored in the coast? A ship is safe and secure as long as it is anchored in the coast. But it is not meant to rest on the shore. Only when it ventures into the seas, face storms and rough waters, it realises its true purpose and destination. My life is a ship that once anchored the coast, and now it sails our strong in the ocean, taught to face the raging sea.

Jisha Mariam Philip

Proud alumni of the Dept. of Psychology



## *THE DEPARTMENT OF PSYCHOLOGY: Blessing in disguise*

Tiny little saplings sprout under the silhouette of the knowledge of psychology. The farmhand and nourishment of these saplings are none other than the teachers of this precious little department who put in their hearts and minds in everything they do to make a difference in the lives of their students.

Apart from academics, life's values and it's reality is given to us in the form of a mould, with a freedom of choice to choose the right mould what we students desire. Right from our emotional support to that of our curriculum, we are shown the easier way around but with unforgettable experiences of the student life. What holds the deepest of my memory is the way in which the whole department blends into one where the teachers and their students give in their best to make something happen in the best way. It's the unity of this department that presents a view of togetherness and zeal to take on what comes as a challenge. A small contribution towards a large progress, little steps taken to make our college proud and to hold it's name higher each year. The department of psychology is definitely a unique body of activity, just like the neurons of a body work to function a larger whole, this small unit works as one to serve the larger purpose of its home – Kristu Jayanti College.

Imelda Tarzarina

Alumini



#wellbeing #pravaha  
#kristujayanti  
#camshot  
#psychologytoday  
#Ψ

Parishmita Neog  
2<sup>nd</sup> MSc Psychology



<b>FEBRUARY</b>  12 - International Day of Women's Health  26 - March 4, 2017 -National Eating Disorders Awareness Week	<b>MARCH</b>  5 - Multiple Personality Day 2 - 9 - Sleep Awareness Week 15 - World Disability Day 21 - World Down Syndrome Day 30 - World Bipolar Day	<b>APRIL</b>  2 - World Autism Awareness Day 7 - World Health Day  11 - Parkinson's Disease International Awareness Day
<b>JUNE</b>  18 - Autistic Pride Day  26 - International Day Against Drug Abuse and Illicit Trafficking	<b>JULY</b>  16 - Disability Awareness Day	<b>SEPTEMBER</b>  10 - World Suicide Prevention Day 21 - World Alzheimer's day 25 - International Psychotherapy Day
<b>OCTOBER</b>  5 - World Day of Bullying Prevention  10 – World Mental Health Day	<b>NOVEMBER</b>  1 - Stress Awareness Day 18 - International Survivors of Suicide Day 18 - World epilepsy day	<b>DECEMBER</b>  3 - International Day of Persons with Disabilities

## Ψ DAYS TO REMEMBER



## THE MAGAZINE TEAM



<b>Chief Editor :</b>	Fr. Josekutty P.D, Principal, Kristu Jayanti College
<b>Staff Editors :</b>	Dr. Molly Joy, Head, Department of Psychology. Dr.R. Krishnan Bhatt, Faculty, Department of Psychology. Mr. Vigraanth Bapu K.G., Faculty, Department of Psychology. Mr. Shinto Thomas , Faculty, Department of Psychology. Ms. Soumya Simon, Faculty, Department of Psychology.
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