



**KESHAV MAHAVIDYALAYA**

NAAC Accredited Institution- 'A' Grade

University of Delhi

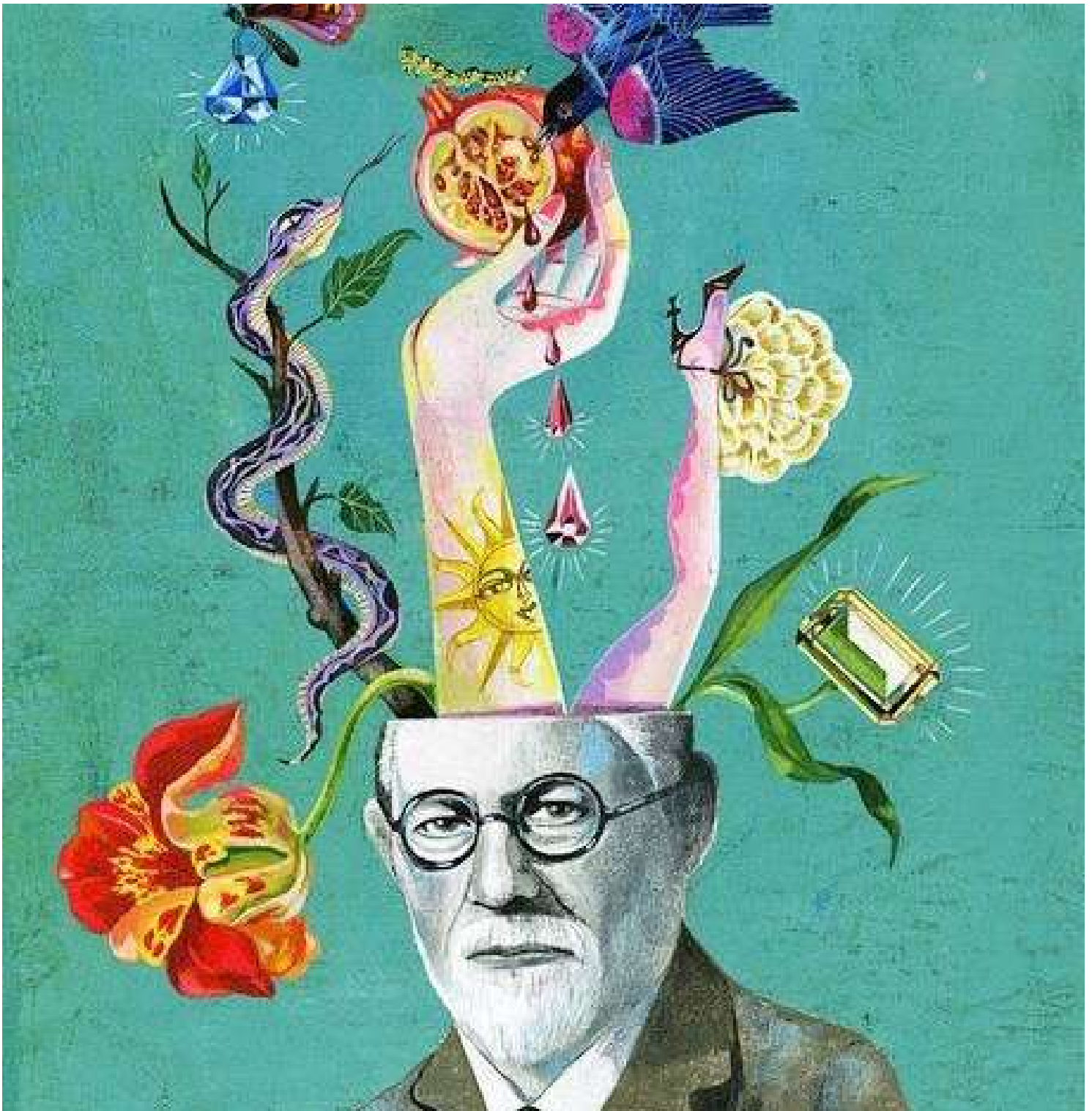


# PSYNDOPSIS

**2018-2019**

An Annual Publication of

**InPsych, The Society of Department of Psychology**



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## *ABOUT THE COLLEGE*



Established in the year 1994, Keshav Mahavidyalaya is wholly funded by the Government of NCT, Delhi. The college has an impressive infrastructure, e-enabled lecture halls and air, conditions, well equipped laboratories. An air-conditioned seminar hall with LCD projector, interactive board and Audio Conferencing Public Address System is used to host a variety of events throughout the year.

Apart from three computer laboratories equipped with LANs running on Windows NT/2000 Server and Unix Server, the college also has OHP as well as LCD. We feel proud to announce that the computer laboratories are completely networked on a Wi-fi LAN.

The college maintains a well-stocked double story, spacious library comprising of two large reading rooms and a separate magazine section. The library has more than 15000 books, a rich collection of text, reference materials and encyclopaedias of various fields. Large number of dailies, weeklies and periodicals are being subscribed by the library on regular basis.

The college believes that for over-all development of students, it is necessary to involve them in some extracurricular activities. In this direction, the college organises fresher's welcome, annual cultural festival, computer festival, annual day and annual farewell every year.



# *MESSAGE FROM THE PRINCIPAL*



The Department of Psychology of Keshav Mahavidyalaya has fostered the adaptation of exciting and wholesome methods of learning from the time it was established. Inpsych, the society of the department has been diligently working for the overall development of students, making them proficient in the discipline of Psychology.

The society, being run by the psychology students and the industrious faculty members, has always been successful in holding up new ideas. Introducing eminent speakers and professionals to students through various programmes and workshops has been some of the initiatives of the society. It has organized and managed various engaging events leading to an insightful learning. It has also worked with the view that these students will be working and creating in their near future, thus giving them the right exposure to enable them to achieve heights in the practical world. The society believes in stimulating analytical and skillful minds by enabling them to build and work on the applications of their academic knowledge.

The annual publication of Inpsych, PSYNOPSIS, brings to you a spectrum of students' writings and understandings. This new issue of PSYNOPSIS displays the manifestation of the earnest work of students and faculty members. I congratulate the department for releasing PSYNOPSIS '19 and extend my warm wishes to Inpsych for all its forthcoming endeavours.

- Dr. Madhu Pruthi



## *MESSAGE FROM THE TEACHER-IN-CHARGE*



It gives me immense pleasure as Inpsych, the society of Department of Psychology, releases its fifth annual magazine – PSYNOPTIS '19. Inpsych has grown tremendously over the past years, directing the students to achieve greater heights. The recent launch of Anubhav, the Internship Cell of the Department and Consulenza, the Counselling Cell encouraged the department to not only foster the holistic development of our students but also pursue the discipline of Psychology earnestly.

PSYNOPTIS enables the students to draw their research and understandings into creating articles that stand as a testimony of their potentials. The magazine facilitates the students to express their interests and opinions. The belief of Inpsych to flourish inquisitive and skillful students becomes transparent with the release of its annual publications. The research-based magazine manifests the enthusiastic approach of students towards exploring the various domains of psychology and its reach.

I would like to congratulate all the members of Inpsych for their diligent work upon presenting PSYNOPTIS '19. I wish Inpsych continues to progress and the students of the department continue to perform outstandingly.

- **Dr. Harpreet Bhatia**



# *MESSAGE FROM THE ADVISOR*



Inpsych, the Psychology society of the college has been through a remarkable journey. It has truly evolved over the years with the persistent hard work of our students and all the committed faculty members.

Inpsych is a society which not only facilitates the students' development with regard to the academic discipline, but also opens vicarious ventures for them to discover and create. The vital exposure students get from the multifarious workshops and events enables them to expand their horizons. Realizing one's potentials, stepping up, and performing to one's best levels is what Inpsych harbors. PSYNOPTIS, the annual publications of Inpsych, is born out of that space of students where they can explore, research, critically analyze, and express their perspectives.

I would like to congratulate all my colleagues and students for their dedicated efforts. With this new issue of PSYNOPTIS, I believe that the work of the society will continue to shine just like the undying aspirations and hard work of its members. I wish Inpsych achieves towering heights, continuing to aspire and inspire.

- **Dr. Daisy Sharma**



# MESSAGE FROM THE FACULTY MEMBERS



Inpsych has been a visionary platform for the students to learn and expand their potentials. With the release of PSYNOPSIS '19, I would like to congratulate all the students of the department for their commitment and perseverance. I believe Inpsych has many more milestones to accomplish.

*-Dr. Vandana Gambhir Chopra*



Congratulations to all the students for bringing another issue of Psynopsis. I wish my third year students all the very best for your future endeavors. Hope you reach greater heights. My best wishes to all first and second year students. Hope you continue to grow and learn with the same enthusiasm and zeal. I feel proud to be a part of such a vibrant group of teachers and students!

*-Dr. Shailja Rana*

I am very happy to have such enthusiastic students. I want to wish you to do your best in your life, and also to have the quality to know what you want because there is only one quality that you must possess to win, and that is the definiteness of purpose, the knowledge of what one wants and a burning desire to possess it. All the very best.

*-Mr. Ved Prakash Maurya*



Students of psychology department are the best part of the college and you people are the source of energy and power, you have innovative thinking and creative mind because of that you people can face any challenge brilliantly. College life is a wonderful time to enjoy the life at its fullest, but don't forget your aim and stay focused. I am glad to have such enthusiastic and energetic students. My best wishes are always with all of you. Good luck.

*-Dr. Pallavi Raj*

# *MESSAGE FROM THE PRESIDENT*



InPsych - the Society of Department of Psychology, Keshav Mahavidyalaya, is not just a group of people belonging to the same department, it is a group of hardworking people with a creative outlook of Psychology and the will to show that Psychology is not what most people perceive it to be. I feel proud to be a part of such a set of people first, and then being privileged enough to lead the team and work with them to achieve this goal.

The Department has seen a lot of 'first times' this year, such as the Investiture ceremony of the office bearers, Departmental fest - PSYPHORIA'18 and online Mental Health Awareness Week which was carried out on our social media handles. All these achievements would not have been possible without the constant efforts put in by the whole team of InPsych, as well as the extended members of this society. I would like to extend a heartfelt gratitude towards the support they have been to me as well as to each other during all the ups and downs that this journey brought.

Students are full of ideas and enthusiasm when it comes to doing something for their department, something new, something interesting. But the person who always made this possible is the one who always stood by us, Dr Daisy Sharma - the Advisor of InPsych. I would like to take this opportunity to thank her for being a constant support to our team throughout.

This journey had its own ups and downs, which gave us very important teachings, as a student, team member and leaders. I wish all the success to all the students and teachers for the upcoming endeavors and congratulate all for the successful year.

**-TANVI JAJORIA**



## *FROM THE EDITOR'S DESK*



I feel immense pleasure as I present the fifth edition of Psynopsis 2018-19, the annual publication of Inpsych, the society of department of psychology, Keshav Mahavidyalaya. I feel proud as I release this magazine, upholding the massive hard work of the entire editorial team. I would also like to extend this opportunity to thank the faculty members for their constant support and guidance. I would also like to thank my team members - Riya, Arushi, Anvita, Priya, Amya, Lakshay, Muskan and Pratibha for their immense hard work and dedication.

Psynopsis 2018-19 is a big leap for the success of the department's endeavours. With this, I would also like to thank our advisor, Dr. Daisy Sharma for the abiding faith she showed in us. I'm grateful for the efforts of each and every person who contributed to the shaping of this magazine.

I wish this issue achieves to display a wider perspective on various spheres of the discipline of psychology.

- **Somya Sardana**

### *THE EDITORIAL TEAM*

Working towards making this magazine from a dream to a reality has been an exhilarating experience for all of us. We are proud to present the fifth edition of Psynopsis and would like to thank our faculty members for constantly guiding us. We are grateful to the editor of this magazine, Somya Sardana and the sub editor, Riya Khanna for their meaningful insights and support during the designing of this magazine. We hope this magazine will provide the readers with a fascinating perspective of psychology beyond the curriculum and will help them broaden their horizons.

# ANUBHAV

## *The Psychology Internship Cell*



Small steps in the right direction leads us closer towards the goal. Keeping these words in mind the faculty of Department of Psychology has worked hard to establish ANUBHAV – The Psychology Internship Cell. The aim of this cell is to provide the students with better opportunities to expand their horizon and solve their common problems while looking for internships.

The event of launch of Anubhav was held on 28<sup>th</sup> August'18, in the college premises. It was divided into morning and evening batches. Team Anubhav invited several organisations, NGOs and hospitals for the same. The organisations that showed include 'The Peaceful Foundation', 'Soul, Mind, Power', 'Leaders for Tomorrow', 'Genesis Hospital', 'Brain Pundits', 'Anubhuti', 'Adharshila', 'Pals clinic', 'Psycare', to name a few.

The event was started by lighting of the lamp followed by a music and dance performance by the students of the department. Dr. Swati Jain delivered a welcome note for all present. Then the representatives from different organisations were welcomed at the podium to introduce themselves and their organisation. They talked about their work fields, internship programs, incentives offered and goals of the organisation. To make the event interactive, the organisations were given their stations, where the students could approach them for a one-to-one interaction and to clear their doubts or ask questions. The organisations gave away some brochures, visiting cards or forms for further contact and information.

The launch continued till evening and was concluded by a vote of thanks by the faculty. After conclusion, the glass cubicles were transformed into a working cell for Anubhav. There was a small ribbon cutting ceremony for the cell and it was inaugurated by the Principal ma'am and the department faculty and students.

Anubhav was highly appreciated by the organisations and the Principal ma'am as it is uncommon to have heard of such an initiative by a college. With Anubhav, the department plans to conduct several events and workshops for the betterment of the students, to solve many queries faced by them and to provide them opportunities for improving their skills and work.

# *INVESTITURE CEREMONY'18*

In the words of Edward Everett hale, “coming together is a beginning; keeping together is a progress; working together is success.”

**INPSYCH – The Society of Department of Psychology, embarked upon its journey of 2018, with the first event of investiture ceremony to felicitate the office bearers for the session 2018-2019.**

The event was held on 17<sup>th</sup> September '18 in the seminar room. The ceremony was graced by the presence of principal ma'am, Dr. Madhu Pruthi, Dr. Daisy Sharma, Advisor of inpsych and the faculty of the department of psychology.

The event marked the beginning for the journey of INPSYCH tenure 2018-19. It started with the welcome of principal ma'am and the faculty members, followed by the felicitation of office bearers and distribution of badges, which was followed by the role descriptions of each post holder.

The event was concluded by Dr. Harpreet Bhatia, the teacher in charge, addressing the society members and marking yet another eventful year of INPSYCH ahead of us.



# PSYPHORIA'18

As the term suggests Psyphoria means an intense feeling of happiness and excitement in exploring the different aspects of psychology by unconventional methods. The year 2018 marked the beginning of Psyphoria as the Annual Departmental Fest of InPsych – the Society of Department of Psychology. It was a day long fest held on 31st of October'18.

The fest provided a platform where budding psychologists can come together and interact. Psyphoria aims to celebrate and promote the fields of psychology and also encourages students from various fields to share their viewpoints on important issues.

The event started with a workshop on **Handwriting Analysis** by Dr. Nabhit Kapur, founder – Peacful Mind Foundation. With the growing interest of students in the field of graphology, the workshop gave them a gist of what the field is all about. It was an interactive and highly engaging workshop. Students got to learn about various aspects of handwriting like slants, pressure, incline, etc.

However, this was not all. To depict the unconventional means of understanding Psychology, certain competitive events were held for students from different fields, which included:

- **Psyquest** – Psychology Quiz
- **Esperanza** – Slam poetry competition
- **Curtain's Up** – Mono acting competition
- **Paradox** – Turncoat Debate competition
- **Canva** – Mask painting competition



The objective behind these competitions was to give people a platform to share their ideas through unique ways like painting, acting, debating and poetry.

The event was concluded on an enthusiastic note with the prize distribution ceremony and vote of thanks. It was yet another feather added to the cap of InPsych.

# Hypnotherapy:

## Can a person be hypnotised out of pain?

The idea of hypnosis as a means of treatment sounds odd to many, and a joke to most of the people who are unacquainted with its medical applications. It has become synonymous with the mental image of a magician putting an audience into a trance and making them do embarrassing things. Contemporary movies and T.V shows project hypnosis as wizardry, or a way to fool people. This has damaged the way the public views hypnotism.

Hypnosis is a procedure which induces an alternate state of consciousness which is characterised by a high degree of involuntariness and authenticity. During such a trance, an individual's behaviour and cognitions become modifiable due to the person's increased suggestibility. Although hypnosis is not psychotherapy, it can be tailored along with several methods, like cognitive behavioural therapy to help reduce symptoms of various physical and psychological ailments. It can facilitate the creation of focused attention and high inner concentration, which patients can use to their benefit in self-hypnosis to reduce chronic pain, improve sleep, and reduce symptoms of depression and anxiety.

For centuries, hypnosis has been used for pain control. During the Civil War in America, arm soldiers hypnotised injured soldiers before amputations. Recent studies have also confirmed its effectiveness as a tool to reduce pain. In one such study, Montgomery and his colleagues (2007) tested the effectiveness of a 15 minute pre-surgery hypnosis session versus an empathic listening session in a clinical setting with 200 Breast cancer patients. The team reported that patients who received hypnosis reported less post surgical pain, nausea, fatigue and discomfort.

A systematic review of the meta-analyses on the efficacy, safety and applications of medical hypnosis done by Häuser and colleagues (2016), concluded that medical hypnosis is a safe and effective complementary technique for use in medical procedures. It provided robust evidence, corroborating to the efficacy of medical hypnosis for reduction of pain and emotional stress, duration of interventions, drug consumptions during medical interventions and reduction of irritable bowel symptoms. An individual's heightened suggestibility, facilitated by the waking suggestions during a hypnosis have a pain reducing effect in diagnostic and therapeutic interventions.

In addition to this, it has been found that there is 90.6% success rate for smoking cessation through hypnosis (Barber, 2001). Johnson and Karkt (1994) examined the facilitation of smoking cessation through hypnosis and found that at 3 month follow-up, 86% males and 87% females reported abstinence from tobacco use. A meta-analysis of more than 600 studies of about 72,000 people noted that on average, hypnosis was over three times as effective as nicotine replacement methods and fifteen times as effective as trying to quit alone (Viswesvaran & Schmidt, 1992). Hypnosis has also been found to be effective in weight loss programs when used for ego strengthening, decision making and motivation (Gordon, 1986). Along with its significant ability to help with physical conditions and addiction, hypnosis has also been found to raise self esteem and serenity by lowering impulsivity and anger (Pekala et al., 2004).

Modern hypnotherapy is also used reduce irrational fears, insomnia, breaking bad habits and coping with stress. Isn't it amazing how altering one's state of consciousness can aid so much positive change in their lives?

**-PRIYA RATTI, III Year**

## *Feminism and Psychology:*

### *A Relevant Concoction*

The notion of gender, its components and its perceptions in the minds of people is a function of social and political aspects of the society. Feminist psychology challenges the traditional perspective of viewing males as the norm to understand the different psychological phenomena. It allows us to gain an insight into a person's psyche within the larger frame of reference of the society.

In academic literature, Karen Horney had coined the term 'Feminist Psychology', where she presented women's beliefs, roles, and expectations in society on the forefront. She explained how women didn't object to their oppression because they were conditioned to believe in the subjugation and didn't realize they were being violated. Though she died before the feminist movement gained momentum, her views were considered with great regard eventually. Amongst the several concepts she gave disagreeing with Freud's perspectives, a major standpoint was that males and females aren't born with inherent personality differences. Instead of quoting biological or genetic variation, she emphasized on societal and cultural factors. According to her, there were absolutely no differences between men and women apart

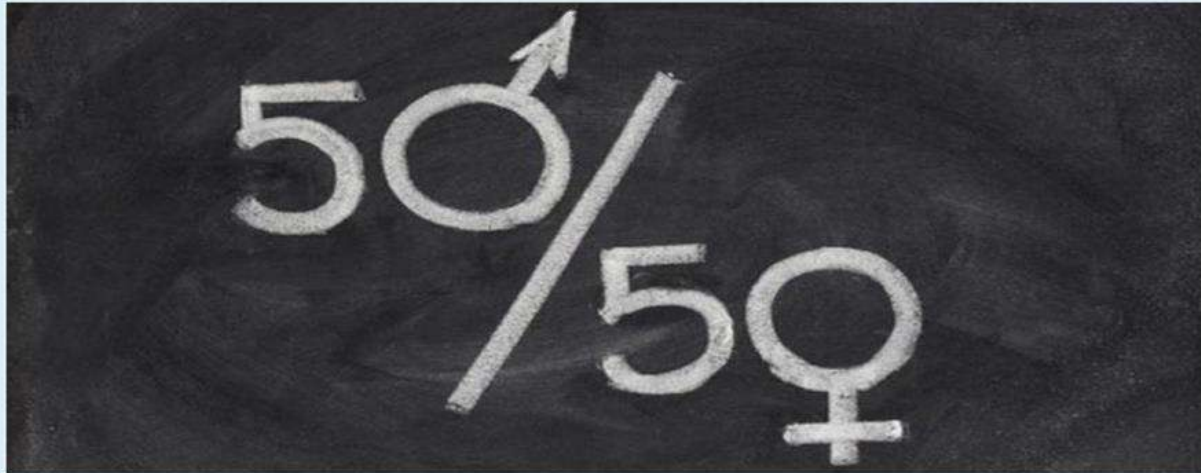


from the stereotypes, discrimination and expectations that burden women. Despite the fact that her opinions weren't considered appropriate during her time, they were progressively very relevant as a means to seek gender equality. Gradually, the post second world war period brought in awareness about the need to consider female prototypes and perspectives in academic studies. However, the gradually accelerating development met with immense resistance as women with strong opinions, a sense of individuality and independent thoughts threatened the rigid patriarchal structure of society.

In the present-day scenario, women fight subjugation, violation, inequality and harassment on a daily basis in their endeavor to attain pinnacles of success in various fields. Women are now passing through a phase that encompasses subjugation and as well as liberation at the same time. Examining the psychological foundations of both these aspects is the need of the hour to tackle the discrimination they endure. Despite the constant pursuit by women, at 17% of GDP, the economic contribution of Indian women is less than half the global average. Various psychological factors can explain why India's rapid urbanization has not yet encouraged more women to join the labor force. On one hand, several archaic theories justify hormonal variations and the presence of high levels of testosterone in men as the cause for high aggression and competitiveness in them which makes them occupy powerful and assertive positions in society. Nevertheless, on the other hand, contemporary viewpoints paint a different picture. Psychologist, Steve Taylor in his

book 'The Fall', talks about majority of people suffering from an underlying psychosis which he termed 'humania'. Subjugating women can also be considered as a facet of this disorder. Occupying high ranks and commanding positions in the society is different from perceiving women negatively and demeaning their existence.

Nonetheless, while we discuss the issues and challenges faced by women vehemently, we must not forget that feminism speaks of equal rights and opportunities irrespective of gender. It shouldn't be used as a modus operandi to bash men or put them down by any means. Ideas of toxic masculinity and societal expectations of confirming to the



Men also differ in their values, attitude and behavior towards women highlighting the role of individual differences in socialization process, experiences and upbringing that may be responsible for the manner in which they treat the opposite gender.

Ideals of how a man should be are equally hazardous to men. Psychological foundations of gender roles must be examined from an objective and comprehensive perspective for fruitful conclusions.

**-MEGHNA GANESH, III Year**

# *LISTENING COLOURS AND TASTING SHAPES - SYNESTHESIA*

Have you ever come across somebody who had the experience of seeing Music, or viewing a certain coloured alphabet which looks otherwise colourless to everyone? If the answer is yes, then you are already familiar with Synaesthesia.

Synaesthesia, literally meaning “Perceiving Together”, is defined by Wikipedia as “a perceptual phenomenon in which stimulation of one sensory or cognitive pathway leads to automatic, involuntary experiences in a second sensory or cognitive pathway.” In simple terms, it is a condition in which one sense co-activates other senses and many senses become inter-related. This is perceived as “seeing colours in music” and “feeling distinct sensations while smelling certain scents”.

Over 60 types of Synaesthesia have been found but the most common type is grapheme-colour synaesthesia in which alphabets and numbers take up a specific colour. Other types include Chromestheisa (association of sounds with colours) and Auditory-tactile Synaesthesia (feeling certain bodily sensations upon hearing distinct sounds). A more severe type is Misophonia where a person might experience negative emotions such as anger, fright, hatred and disgust which are triggered by specific sounds.

Estimates for the number of people with synaesthesia range from 1 in 200 to 1 in 100,000. The people having synaesthesia are known as synesthetes. They are probably many people who have the condition but do not realise what it is. On the other hand, about 40% of synesthetes recall having it since their childhood.

But why does this condition arise? One feasible explanation is that our brain has different sensory areas that are responsible for different sensory experiences, such as the auditory cortex and the visual cortex. For people that resonate with synaesthesia, these areas are “neurologically stronger connected”. For example, if a Synesthete hears a sound, the **auditory area is activated**. And additionally, **the visual area is also co-activated**. This leads to a visual experience while listening to sounds or music.

Synaesthesia is not listed in either the DSM-IV or the ICD since it most often does not interfere with normal daily functioning. It is not a disorder; it is always classified as a condition. Being synesthetic doesn't always mean that you are ill. Many celebrated personalities have been reported stating that being synesthetic has actually helped them to increase their creativity and has been a great help in what they do. “If it was taken from me suddenly I'm not sure that I could make music”, says the musician Pharell Williams. I wouldn't have a measure to understand”. Hence, this condition has been a gift for many and has shaped their life in an entirely different and unique manner.

So if you have your senses connected together, you are in for the ride!

-RUPAL SHARMA ,III Year



# THE FEAR OF MISSING OUT

We humans are the unsatiated souls, who are rarely satisfied with what we have. We always crave for more, we always desire for something else, we always fear missing out something. 'FOMO' an acronym accepted by Oxford dictionary (2013) stands for fear of missing out, was coined to describe anxious feeling that can arise when you feel there is a more exciting prospect that is happening elsewhere and unfortunately, you're not there. This social anxiety is characterized by "a desire to stay continually connected with what others are doing".

FOMO often originates in unhappiness. Research findings show those with low levels of satisfaction of the fundamental needs for competence, autonomy, and relatedness tend towards higher levels of fear of missing out as do those with lower levels of general mood and overall life satisfaction (Przybylski et al., 2013).



Have you ever been through such situation where you are scrolling through your facebook feed and checking other social media apps and you see people doing things: going to attend events, concerts, taking solo trips or watching their favorite shows and movies while having delicious food and all with perfectly filtered photographic evidence to show it all. It can often create a stir in your mind and you may ask yourself – why am I not doing these things?

We often doubt our priorities and ourselves. We wonder why our social and personal lives aren't as happening as theirs, and how exactly we can achieve that elusive balance of living a productive, covetable, and vigorous life, all while remaining sane.

The problem with FOMO is that it prevents a person from actually experiencing what is happening. That might sound crazy, since FOMO is often what drives people to try to accumulate as many experiences as possible, but it simultaneously robs those same experiences, which are significant or have a lasting meaning.

## Face Your FOMO

There are certain ways one could get over it.

Admit that you have a problem: A person should understand that being everywhere doing all the cool things at the same time is not possible. Admitting and accepting the anxiety can take

the burden off your shoulders. Sooner you acknowledge the insecurity, better you are able to resolve it.

Keep away the chatterbox Yes, your mobile phone. Keep it away for sometime and devote that time to yourself. One cognitive-behavioral therapy technique prescribes setting aside a certain time of day to check all your social media outlets. Find a time of day that works for you to catch up with Facebook, and stick to it.



**Practice Gratitude:** Look around for few minutes and you'll realize all those things that you are taking for granted. Friends, family and home. Now imagine what if these things are taken away from you. You will feel bad. Therefore, to some degree one is lucky to have what they need. Research shows it works. Mentally subtracting cherished moments from your life makes, you appreciate them more, makes you grateful and makes you happier.

**Practice Mindfulness:** Mindfulness is a therapeutic technique that refers to a nonjudgmental observation or awareness that focusses on the present experience. Take a mundane daily activity like washing the dishes and try to sense the muscles you use to wash, the scent of the soap, and the feeling of bubbles between your fingers. Rather than multitasking or hurrying up this task to get on to the next one, appreciate your current state of being. Mindfulness can help those with major FOMO enjoy what they are doing in the here and now, instead of yearning for what is not being done.

Fear of missing out is real and it often shadows our life with misery and despair. Life is meant to live and not just exist and therefore rather than worrying for what is being missed out, we should bask in the glory of present for no matter how much you try, you'll miss something or the other.

**-MUSKAN TULI, III Year**

# *Is It Time to Quit Social Media?*

In August 2016 I realized I'd had too much of social media and decided to quit Facebook. A year and a half later, I started reducing my involvement on Instagram, another social media platform, until January 2019, when I was away from social media for a total of 4 months. Being off of social media changed a lot for me, mentally.

Dealing with excessive exposure to content and other people's lives in the 21st century is a whole new task in itself. We are constantly exposed to the provision of being able to snoop into other people's lives and check what they are up to. Is your best friend traveling to Goa on a holiday? Did your cousin just get another first prize at a debating competition? You will know it all. Facebook, Instagram, WhatsApp are three of the most popular windows people let you peep into their lives through; and indeed, they paint a rosy picture.

Scrolling past miles of content that portrays the best of people, filtered and captioned with near perfection makes you wonder why you're sitting at home in pyjamas, without having showered, in all your unglamorous glory with nothing else to do. Meanwhile, 'literally everyone' is out there in the world, having the best of it. We do tend to think like this, don't we?

This is how we let social media affect our mental health. While everyone is busy portraying their best selves, we are busy comparing ourselves with them. Feelings of inadequacy and self-doubt creep up involuntarily as we find ourselves at the bad end of the bargain. Social media is more detrimental to our mental and physical health than we can imagine. Excessive social media use is linked to increased amounts of anxiety and depression in people. Moreover, as mentioned before, the continued social comparison can also lead to loss of self-esteem. Moreover, increased screen time has been found to cause a significant amount of thinning in the cerebral cortex. Children who were known to be exposed to longer screen times were later also found have lower IQs.

Regulating the use of social media is extremely important. On average, a mobile user in India spends 200 minutes everyday on mobile apps. 70% of this time is spent checking Facebook, Whatsapp, etc. Balancing these figures with increasing statistics of mental illness in the Indian population is not a huge task. Social media is engaging people, true, but at the same time it is isolating individuals. People admit to fumble with their phones when they find themselves at the awkward end of a conversation- a phenomenon known as 'phubbing'. This isolation brings a divide between individuals and their families as well, leading to loneliness, a new age epidemic. University of Pittsburgh School of Medicine found a similar link between perceived isolation that leads to loneliness, and social media use in 2017. In addition, a 2017 study found that between 2010-2015, the time when smartphone sales were on the rise in market for teens, the number of teenagers with depressive symptoms increased by 33%.

Personally, keeping away from social media has allowed me to make time for better, constructive and creative activities that I can invest my time in. It has given the peace of mind and self-security that one needs to work at their own pace and be confident in their own skin. I'm not urging anyone to quit social media; I've laid bare the facts, and am here to tell you that the apparent Fear Of Missing Out some people experience from not being social media is actually a great feeling of bliss if you come to terms with it.

**-PRIYA RATTI, III Year**

# CAREERS IN THE BACKDROP

Most aspiring Psychology students start with the idea of having 'Clinical Psychologist' written as their designation in the following future. While Clinical Psychology plays the protagonist in every child's mind, other career options take a backseat.

Psychology Students have an edge over others since they can understand and probe into other people's thoughts and behaviour. This is a major reason why knowledge base of psychology contributes to approaching problems as well as achievements of everyday life in a healthier manner.

A career can only be important to a person when they explore it and satisfy the competencies needed for it. Every subfield contributes to the discipline as a whole. So, choose wisely something that'll fascinate you every day.

## Unconventional Therapists

- not many clinics offer therapy options apart from the general approaches like CBT, and Humanistic-Existential. When art and psychology meet, unconventional therapists are formed. It includes Art, Music, Dance, Laughter, Yoga and Meditation, Psychodrama, or any other art form

## Hypno-therapist

- It requires the client to enter a trance-like state so that he/she can enter parts of subconscious (and even the unconscious) after some efforts and entering into a comfortable state. It is highly effective because it directly taps into the client's thoughts while allowing him to accept and be open to learning at the same time.

## Psycho-metrician

- is a career option for people who want to construct, administer, analyse, and standardise a psychological test. Experimental Psychologists also indulge in testing, but it's for the purpose of research work and adding to the existing research base of psychology

## Psychology in Media

- There is a significant relationship between how media can be moulded to attract and understand minds of viewers through the knowledge of psychology.

## Special Educator

- comes under Educational Psychology, specifically dealing with children with disability and providing training and strategies for inclusive education in an institution. Education systems are still devoid of special educators, who are really necessary in proper development of a child

## Forensic Psychology

- The appointed person is required to provide detailed analysis using his/her expertise in psychology. Criminal Psychologists also work in a similar structure, that is, involving law. However, they specifically study criminals and the locus of control is very different from that of forensic.

## *Ek Ladki Ko Dekha To Aisa Laga*

The title *Ek Ladki Ko Dekha To Aisa Laga* immediately brings to mind a heterosexual relationship where the boy manages to fall in love with the girl upon seeing her for the first time ever, but this movie was slightly different from the drab romance of heterosexuals so common in Bollywood. Everyone was expecting a big fat Indian wedding replete with gende ke phool, pastel shades, good food and catchy music but the happiness on the surface doesn't hide the underlying mentality of Indian parents.

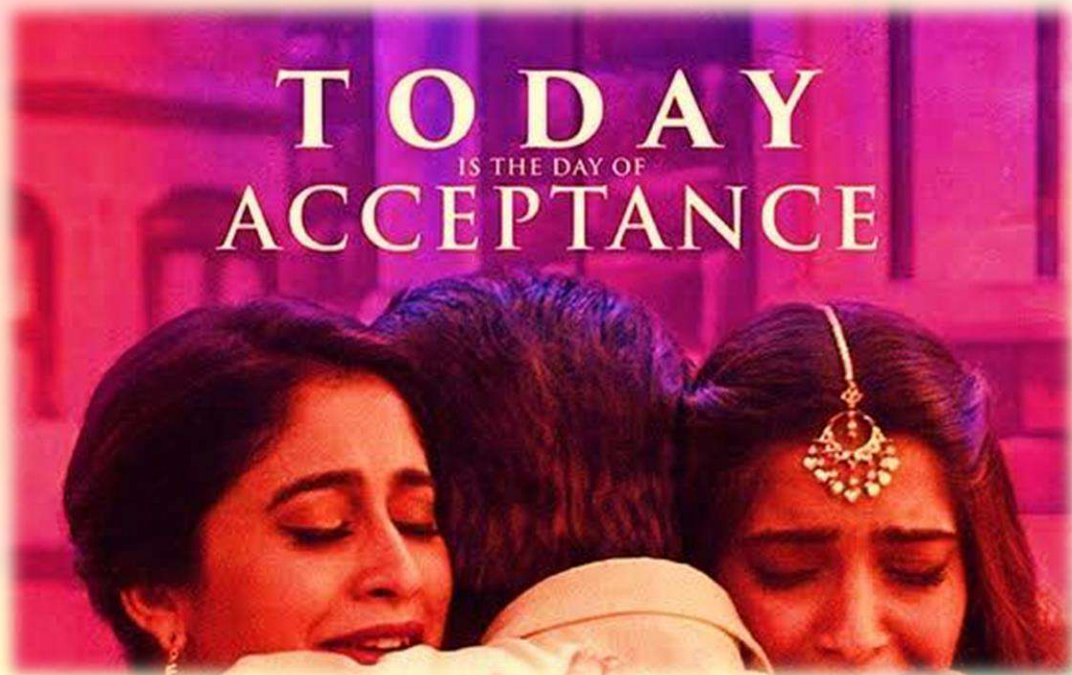
The fact that everyone expects Sonam Kapoor to marry a guy like it's the most obvious thing in the world is funny because there are rishtas pouring in from every source throughout the movie while she hides a secret of her own. Throw in the most unaccepting, homophobic character in the movie, Kapoor's brother, who is totally against her being queer and unsuccessfully tries to set her up with every guy he can manage to.



But the main crux of the movie centres around the very apparent homophobia in desi families as the thought alone of their children in love with someone of the same sex is ghastly for parents. The story centres on a family belonging from *Moga*, a small town in Punjab, where same sex relationships are unheard of, and showcases somewhat successfully the struggles of being queer in India, especially in such a small town. The bullying that they have to go through and have to live in the constant fear of not being accepted by their friends and the society harms their self-esteem and confidence to such levels that they spend their whole lives being scared of ending up alone.

This movie aims to shatter the strongly kept beliefs and prejudices about homosexuality while empowering the LGBTQ community. This movie comes in the light of the Supreme

Court abolishing the section 377 which is a power move by the Indian judiciary to move towards modern progressive times.



Written by Gazal Dhaliwal; a trans woman, this movie brings to light beautifully the condition of LGBTQ in our country and how we can actually work towards making this country a safe space for them.

Other offbeat movies such as Purple Skies, Amen, Margarita with a straw, and Ladies and Gentlewomen also focus on homosexuality and LGBTQ in India.

**-SOMYA SARDANA, III Year**

## *INDIAN ROOTS OF HOMOSEXUALITY*

Recently newspapers, magazines and televisions are flooded with LGBT(Lesbian, Gay, Bisexual, Transgender) rights in India after the supremecourt's decision of suspending section 377 of the Indian Penal code which criminalizes sexual activities against the order of nature on September 8, 2018. However, the topic of LGBT is not new and its traces can be found in Indian mythology. There are number of ancient Indian texts which emphasise homosexuality and religion has played an important in role in forming traditions, values and beliefs.Hinduism looked at homosexuality from various angles diversifying from inclusion of homosexual characters and themes in its texts to being neutral or hostile towards it. **Rig-Veda**, an ancient Indian collection of Vedic Sanskrit hymns and one of the four canonical sacred text of Hinduism stated

*'vikritiEvamPrakriti'* meaning what seems unnatural is also natural which some scholars believes to be recognising the aspect of homosexuality. Another ancient Indian text **kamasutra**, the book emphasising human sexuality written by Vatsyayana an ancient Indian philosopher dedicates a complete chapter on erotic homosexual behaviour. The **Arthashastra**, an ancient Indian treatise on statecraft, economic policy and military strategy mentions a wide variety of sexual practices and recognises homosexual intercourse as a minor offence. While the sexual intercourse between women was considered as a minor offence, the homosexual intercourse between men was considered as a sin and as an apology those men were asked to take bath with one's clothes on and eating the five products of the cow and keeping a one-night fast.

Third century was marked by the origin of **Koovagamfestival** which celebrates the story of Krishna taking the form of woman (Mohini) to marry Aravan (as he requested to be married before his death) before the battle of Mahabharata. This festival continues even today in Tamil Nadu marked by the largest gathering of Trans people in India. In fact, Mahabharata one of , the Indian epic masterpiece also throw light on the concept of homosexuality in one of its episodes where Arjuna, the main hero, is cursed to spend ayear of his life as a **eunuch (hijra)**, and is transformed into Brihannala, a music and dance teacher. In the PadmaPurana –one of the eighteen major Puranas, a genre of texts in Dharmic religions- Arjuna, after asking Krishna about the nature of the Gopis spends his life doing meditation, Tantric yoga and prayer until his rebirth in the body of a woman called Arjuni.

The cravings and depictions in the famous temples of Khajuraho(Madhya Pradesh), Konark (Odisha) provide evidences for homosexuality in earlier times. Therefore, we can see the roots of homosexuality in India.

**-MANASVINI SINGH, II Year**

# HOW TO REINVENT YOURSELF

People enter your life and leave, some too early and some a bit late. All that remains is their memory, the memories of those moments, days and years spent together. However, sometimes, apart from memories, what is left behind is the Broken You, probably because of the happiness you had when they were with you is lost. Not only this, you forget how you used to be with them. You become completely changed and transformed, make efforts to regain your self-worth. However, there is something which stops you from making those efforts. It is nothing else but you yourself. Yes, the world wouldn't stop. Rivers would flow, birds would fly, and Sun would rise. Then why do you stop trying? People generally get broken to the extent that they detach themselves from the world. Why? The probable answer is "MYSELF" because over the years we have lacked the ability to reinvent ourselves amidst adverse circumstances; we have forgotten our abilities to rediscover our potentials and dreams; we have underestimated our own talents and skills. That morning, when you wake up with a vision to leave behind the crowd of people and walk towards fulfilling your goals, that day you'll have an entirely new life and new aura. The day when you start feeling the throbbing of your heart, the rhythm of your breathe and the flow of your veins, that day, You'll hear a voice asking you to listen to your dreams; a stronger hand grasping you and guiding you to walk on the right path to achieve it. That day you'll reinvent an entirely new "ME". Reinvention is neither easy nor always smooth. Often, we face resistance because we don't want to let go, even of things that cause us pain. Those things which have caused us harm in the past continue to act as barriers, obstructing our paths from reaching our goals. However, whenever you feel low, unable to think, self-critical, lonely, depressed, tired or disappointed; take a deep breath and ask yourself, "what can I do to keep moving forward?" "What lies ahead for me in future?" All you have right now is your present. Live it to the fullest. Chase your dreams. Conquer the world. So that when you grow up and look back, you can proudly say "Yes, I did it." "Yes, I chose the life I'm living and I didn't settle for it." Surround yourself with visual reminders of what kind of life you want to create for yourself. Don't stop yourself by thinking what others might think. The day you realize that you have the power to create; the power within you which can illuminate the entire world. That day, no matter how depressed and disappointed you have been, you'll be UNSTOPPABLE.

-AMYA MADAN, II Year



# *INSIDE OUT-ALL EMOTIONS ARE IMPORTANT*

Many directors have attempted to explore psychological concepts through their movies and have sometimes created thriller masterpieces like 'The Shutter Island' or depicted cliched roles of psychotherapists as in the movie 'The Sixth Sense'. But only a few have had the courage to make a movie with such a complex psychological concept as 'emotions' as its fulcrum. Inside Out (2015), an unconventional Disney movie has moved a step beyond and presented four basic emotions (Joy, Sadness, Fear and Disgust) as independent entities existing within the mind that can think for themselves, and can control how a person is feeling.

The movie revolves around the life of a young girl named Riley who is born with just one emotion-Joy. As she grows up, the other three emotions join in, each with a specific role. Moreover, Riley's personality is based on five 'Islands'- Family, Honesty, Friendship, Goofball and Hockey, which are the aspects of her personality that define who she is. Everything goes well in Riley's life until the age of 11, when her family has to move to San Francisco and she has to leave behind her friends, her favourite sport, her city, and adjust to a new city with a new life. Frustrated, stressed and numb- Riley decides to run away.

At this point, the movie brings into light the fact that a shift to adolescence means a quest for understanding one's own emotions which can be stressful, and a person going through this change may feel misunderstood at times. And if proper social support is absent, in Riley's case her over-exhausted parents and a lack of friends, an adolescent may find it very difficult to deal with.

The viewer also notices that there is a constant conflict between sadness and the other emotions- nobody wants Riley to be sad! However, as the story progresses, one realises that all emotions are important, and it is okay to be sad sometimes- an important lesson for kids watching the movie. Critics call this juncture as 'too depressing for a kids' movie'. But they fail to recognise that a child can experience an array of emotions, and may sometimes find it difficult to deal with them. Identifying with Riley, a child undergoing something similar, they may also realise how important it is to express their true feelings in front of their loved ones. It is a tough task to simplify this life lesson and make a movie about it, and the director has done a commendable job in this respect.

- RUCHI VASHIST, II Year

# SOFTTEST WEAPONS

Fire,  
Inside my chest,  
Enough fire to melt my rib cages down,  
Ironically, takes the shape of a water droplet  
rolling down my cheek.  
Clear, transparent water droplet,  
Just like the air is,  
Just like my thoughts might never be.  
The droplets roll down my cheek and fall on  
the ground,  
From where emanates petrichor,  
and I wonder if I should like the rain?  
Then I take a look of the sky,  
so large, so huge,  
as if it were a confined space,  
And I, a mere claustrophobic.  
This sky seems to be standing over my head,  
exerting on me, the pressure of existence.  
But did you notice how the world, magically,  
Serves you the reminder of your own  
existence in a tiny tear droplet?  
Crying is for the weak, they say, you must  
learn how to rebel.  
But I wonder who's supposed to ring the  
victory bells  
If I decide to rebel against my own self, one  
day?!  
Yesterday, I saw my mother rubbing a lot of  
salt on bitter gourd

Saying that the salt reduces its bitterness.  
Which, I guess, explains why the tears are  
salty.  
So darling, I love how we've started fighting  
With the softest, yet the sharpest of all our  
weapons.  
These weapons shoot from me,  
Leaving the light smoke behind.  
Lighter than air.  
Much lighter than pain.  
So I want to exist,  
just for a moment, just for today.  
And I know I'm a fighter,  
I'm courageous enough to not guard my  
weapons  
When the need be.  
And isn't that all it takes to be fighter,  
sometimes?!  
I know it. I'm a fighter.  
And it's not just me.  
You see, our generation is known for wanting  
to die.  
People say it a lot, almost everyday, every  
time,  
'I want to die.  
I want to die.  
I want to die.'  
As if all they want is to LIVE,  
just for a moment, just for today.

-ARUSHI GUPTA, II Year

# *THE BLUEBERRY DONUT*

I met you on the corner street  
Behind the café with the neon lights  
Where the blueberry donut winked at me  
As if to say that the coffee is bitter here  
As bitter as the taste in my mouth  
When I think about my mother  
And how her words hit a nail in my eyes  
Every time she speaks  
And I smear that blood like happiness  
On my face  
Trying to make myself believe that red must  
be  
The colour of love and not anger  
The donut winks at me again  
As if to tell me that  
Don't try the sandwiches here  
For they are as confused as you are  
When you think about that last touch from  
her  
And how her eyes closed in bliss and she  
Swallowed that last breath  
As if to tell me that caressing a girl is  
forbidden

But she enjoyed it while it lasted  
How she purses her lips and shields her eyes  
From me in public  
Which makes me believe that rainbow colours are  
Not for public use  
And pink is my rightful identity  
The donut winks at me again  
As if to rightfully claim  
That blueberries reflect the colour of sadness  
Which might be my true identity  
And I'm supposed to feel deep, empty sadness  
After an anger episode  
Instead of feeling nothing at all  
But being numb is new to me  
Like loneliness  
So I swallow the donut whole  
As if to tell it  
That sadness might be the only emotion  
I'm capable of feeling.

-SOMYA SARDANA, III Year

# MANDALAS

## *A Portrait of Your Inner Self*

Mandala is a type of art form. It is a symbolic picture of the universe. It generally consists of intricate patterns which are usually in circular or square form. They're mostly geometrical.

The word "Mandala" is of *Sanskrit* origin meaning "circle" or "completion". This term appeared in Rigveda and in Vedic rituals use of mandalas such as the Navagraha mandala.

Psychologist Carl Jung was the first person to introduce Mandala as a form of *self discovery*.

Mandalas are generally made for focusing attention one on particular task. It's intricate design requires a lot of careful concentration. It helps in experiencing calmness as you make repetitive patterns.

Mandalas play a great role in *art therapy* and are the most widely used methods. These are best for known for their therapeutic effects. It is used for healing purposes. It also has meditative benefits.

While creating a mandala you are reflecting yourself because you reflect your inner self at the time of creation. No doubt the repetitive and intricate patterns and designs requires a lot of patience but every time you make a mandala you are doing with your feeling and it will always turn out to be beautiful. Most importantly its not about the final product its about the journey, the journey of feelings you experience while making a mandala.

You can do any mandala whether it is colourful or simple black and white. while doing mandalas you can create any type of pattern the flower patterns are always beautiful. *Dot mandalas* are a type of mandala where you create patterns with dots instead of drawing lines. They are relatively easy to do because you just have to put dots. Dot mandalas are also.

So to make a mandala you will need a pencil, eraser, compass, protactor, scale, colours(acrylics), brushes, black or white pen, micron pens (for much intricate patterns), dots can be made with help of brushes or dotting tools. There are some basic rules to draw a mandala. First, you divide the whole page into four parts. Second, you take the centre point of the four points then start drawing concentric circles with the help of a compass. Third, then bisect the circles and divide the circles into various parts. Fourth, start drawing various patterns and designs. The same is used for dot mandala. Now, start the journey of discovering yourself through intricate patterns and beautiful mandalas .

-KAJAL SINGH, II Year

# *DID YOU KNOW??*

•G.S. Bose formed the Indian psychoanalytical society in 1922.

•In 1905, Sir Ashutosh Mukherjee, the Vice President of Calcutta University, Realised the importance of psychology and introduced experimental psychology in the syllabus of M.A Philosophy.

N.N. Sen Gupta founded the Indian Psychological Association in 1924 and Started the first journal-“Indian journal of psychology” in 1925.

•UNESCO sent Gardner Murphy(later President of APA) to India in 1951 when Nehru asked for help to study the causes of social tension in independent India.He spent 6 months in India and formed 6 research teams to study the same.

•1 in 4 LGBTQ employees report hearing derogatory jokes and negative comments while at work.

•The term LGBT or GLBT or LGBTQ was adopted in the 1990s and refers to lesbian, gay, bisexual, and transgender (and queer or questioning) people.

•In 1961, Illinois became the first state to abolish its laws against consensualhomosexual sex.

In 1973, the American Psychiatric Association decided that homosexuality should no longer be classified as a mental disorder.

Clinical psychology is the largest practice area is psychology.

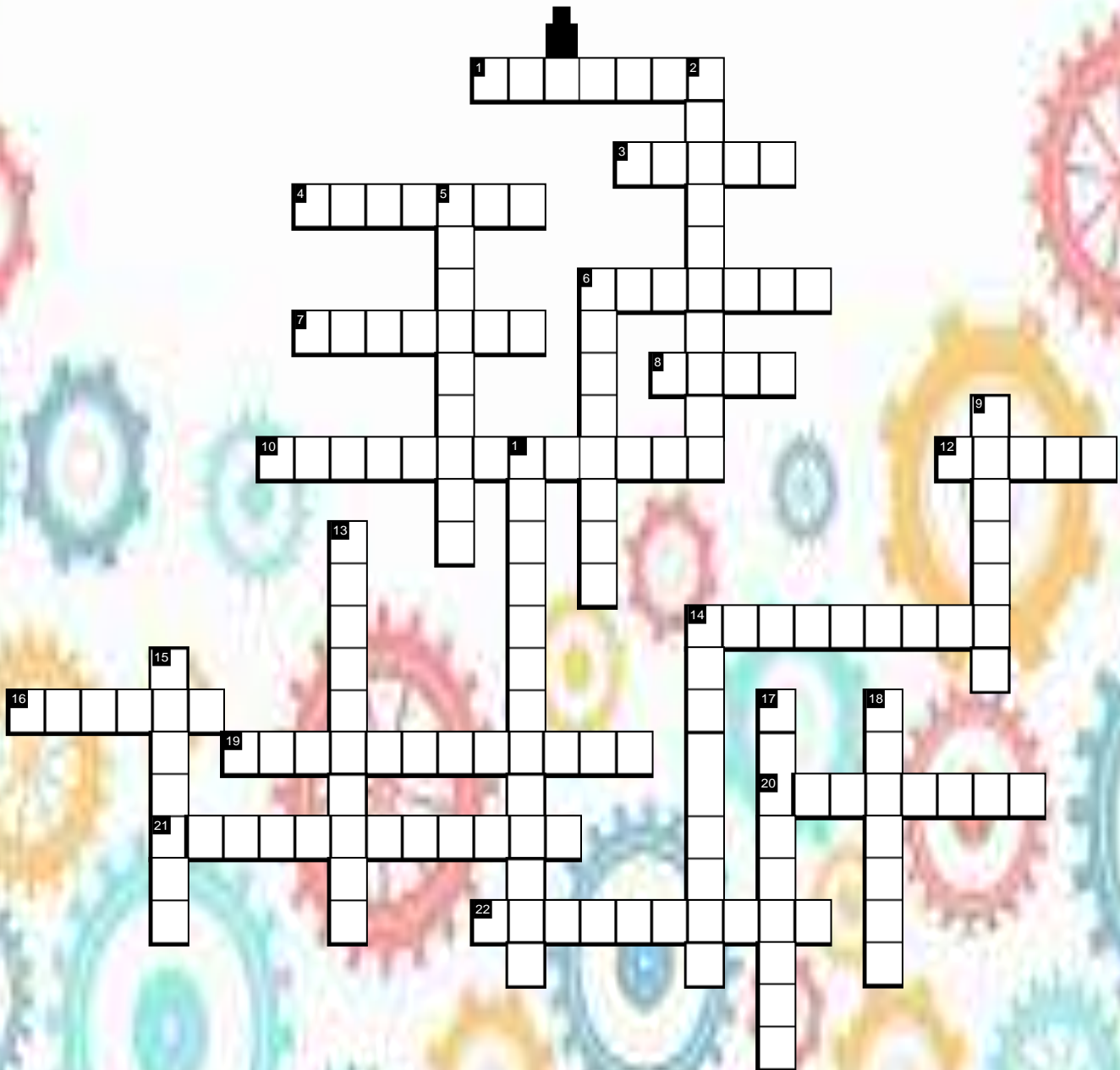
•According to the research by Gay and lesbian Vaishnava association(GALVA) it was during Vedic age(3102 B.C) that homosexuality was recognised as “Tritiya prakriti”or third nature.

In 1962, Erikson first came to India to conduct a psychology seminar in Ahmadabad

•Elder LGBTQ members in Mumbai are being offered a safe space to meet for “a chai and a Chat” to tackle loneliness through a social group -MUMBAI SEENAGERS.

-ATUFA KHAN, II Year

# CROSSWORD



## ACROSS:

1. Influence of environment on personality, physical growth, intellectual growth, etc.
3. Person who is ambitious, time conscious. extremely hardworking and have high hostility and anger.
4. Chemicals released into the bloodstream by endocrine glands.
6. Sudden perception of relationships among of various parts of a problem.
7. German word meaning "an organised whole".

- 8. Section of DNA having same arrangement of chemical elements.
- 10 Any event or stimuli when following a response, increases the probability that response will occur again.
- 12 A part of central nervous system.
- 14 Robert Sternberg's theory of intelligence.
- 16 Stages of cognitive development.
- 19. Father of modern psychology.
- 20. Russian psychologist.
- 21. Followers of Freud who developed their own Competing theories.
- 22 The scientific study of human mind and behavior.

### **DOWN:**

- 2 Deliberate manipulation of variable.
- 5. The sense of smell.
- 6. The inability to get to sleep.
- 9 The effect of tendency to remember information at the beginning of a body of information better.
- 11 Awareness of everything going on around him or her.
- 13. Any event or object when following a response, makes the response less likely to happen again.
- 14. Branches at the end of the axon.
- 15. The effect of tendency to remember information at the end of a body of information better.
- 16. Type of thinking in which we start from one point and come up with many different ideas.
- 18 The tendency to complete figures that are incomplete.

- **RIYA KHANNA, II Year**

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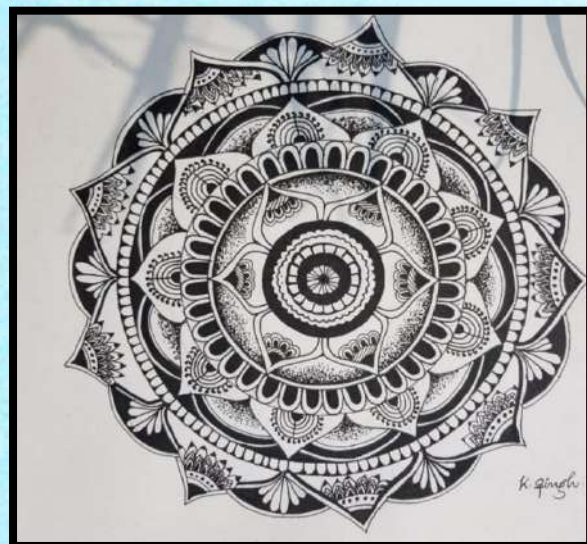


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**III Year**

**KAJAL SINGH**

**II Year**

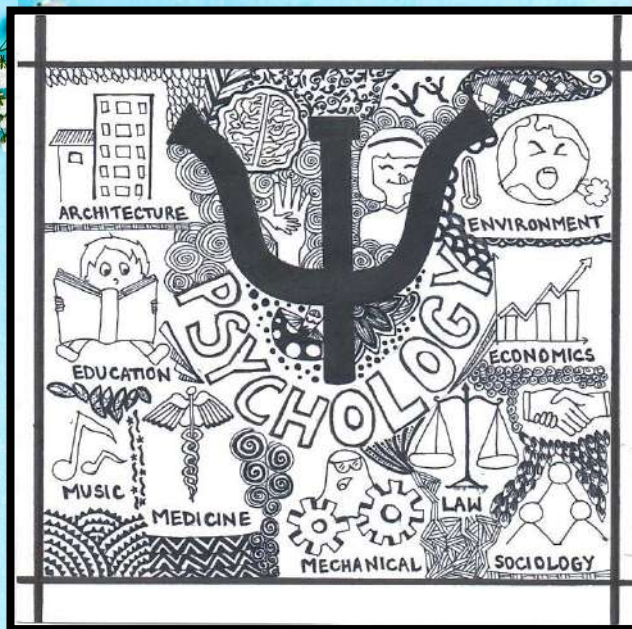


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