

KESHAV MAHAVIDYALAYA

NAAC ACCREDITED INSTITUTION - 'A' GRADE
UNIVERSITY OF DELHI

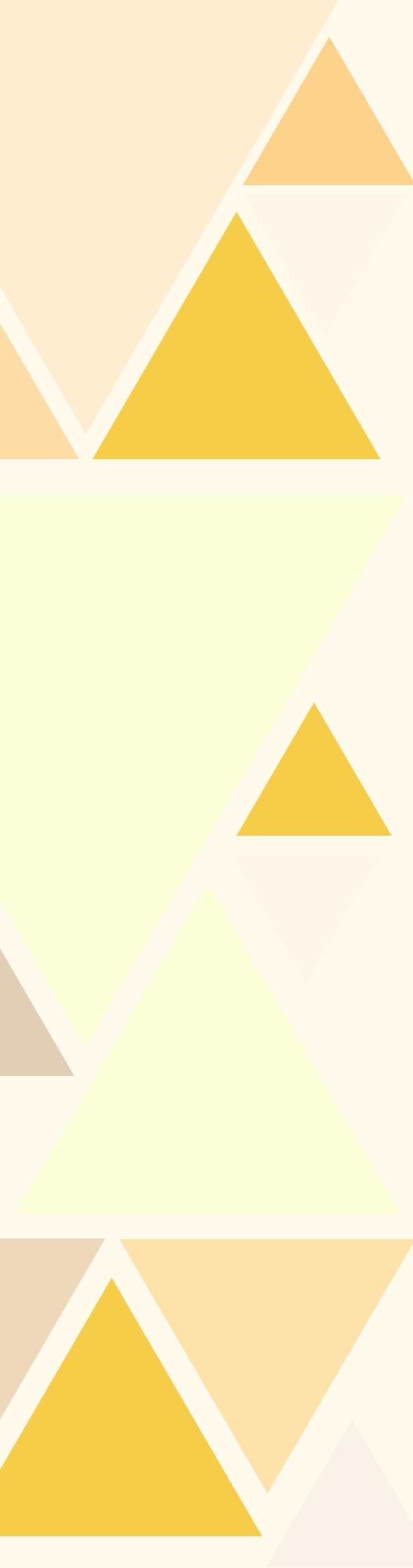
PSYNO Ψ PSIS



2020-2022

AN ANNUAL PUBLICATION OF
THE DEPARTMENT OF PSYCHOLOGY





CONTENTS

- 1. ABOUT THE COLLEGE**
- 2. ABOUT THE DEPARTMENT**
- 3. PRINCIPAL'S MESSAGE**
- 4. TEACHERS' NOTES**
- 5. PRESIDENTS' NOTES**
- 6. DEPARTMENTAL EVENTS**
- 7. POETRY**
- 8. TO PAINT OR NOT TO PAINT!**
- 9. EPIPHANIES FROM THE
SOUL**
- 10. OUT OF LOCKDOWN**
- 11. IF YOU KNOW WHAT I MEME**
- 12. INTERACTIVES**
- 13. SNAP-O-SHOT**

About The College

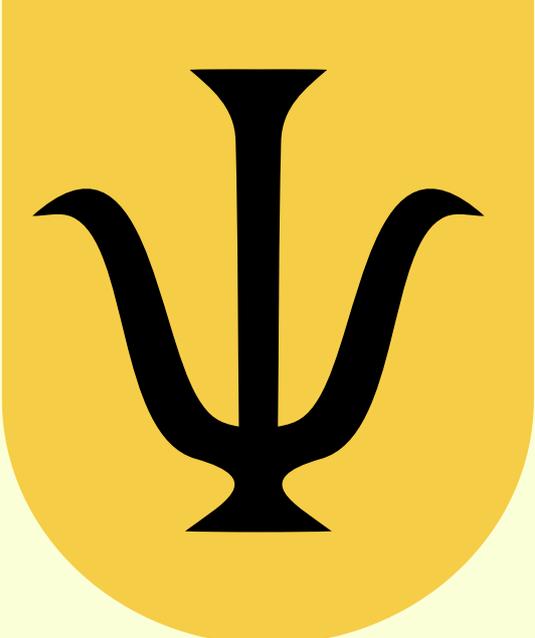


Keshav Mahavidyalaya, a constituent college of the University of Delhi, has continued to uphold a standard of excellence since its establishment in 1994. Boasting a central amphitheatre and a fully air-conditioned auditorium, the college provides ample opportunity for its students to express their creativity.

The college also maintains dedicated chemistry, computer, physics, and psychology labs, each equipped with the latest apparatuses. Large grounds and other facilities for sports have also been set up.

A sprawling library- which gives students access to both, hardcopies and virtual copies, of books spanning a breadth of fields- offers students the resources they require to expand their knowledge. Interaction between students is also encouraged, with an affordable cafeteria and the girls' hostel being prime sites for such exchanges.

Thus, through its infrastructure, Keshav Mahavidyalaya emphasises the holistic growth of its students. Extracurricular activities (in the form of festivals and celebrations) are also held regularly to promote this growth.



About The Department

The Department of Psychology strives to build a foundation of theoretical psychological concepts as well as instill confidence in the ability to apply said concepts in our students to inculcate a habit of introspection, a deeper understanding of the world and oneself, and more compassion and regard for other human beings.

InPsych is the primary society of the department and has been actively organising events, workshops, seminars, fests, and even national conferences for the students. It organised its first investiture ceremony on September 17, 2018, wherein badges were given to the office bearers of InPsych. The year also marked the beginning of Psychhoria, the annual departmental fest of InPsych, on October 31, 2018. The department publishes an annual magazine, Psynopsis, for internal distribution within the college and essentially works as a template for the students' bubbling creativity and imagination.

The department boasts several important cells. Consulenza, the counselling and guidance cell aims to provide psychological support to college students related to their emotional issues and conflicts. It also provides students training to enhance their abilities as professional counsellors. Anubhav, the psychology internship cell aims to help and guide students in gaining practical experience in the areas they wish to work in. Mimansa, the research cell, is the department's newest addition and was launched on 9th April, '22.

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 holistic development of students, by making them proficient in the application of psychological concepts.

The society, being run by psychology students and industrious faculty members, introduces eminent speakers and professionals to students through various programmes and workshops. It has organised and managed various engaging events leading to insightful learning. It accommodates the mindset that these students will be working and creating in their near future and attempts to give them the optimal exposure to enable them to achieve heights in the practical world. The society believes in stimulating analytical and skilful minds by enabling them to build and work on the applications of their academic knowledge.

The annual publication of the Department of Psychology, 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 '20 and extend my warm wishes to InPsych for all its forthcoming endeavours.

Professor Madhu Pruthi

Teachers' Notes



DR. HARPREET BHATIA

The Department of Psychology, Keshav Mahavidyalaya, has always strived to achieve holistic development of the students as well as the faculty. We extend our learning approaches through seminars and interesting workshops. I feel proud to be a part of the department and wish it the very best in its future endeavours. I hope the students will extend their legacy for times to come and achieve greater heights in the sky of limitless freedom.

DR. DAISY SHARMA

I feel extremely proud to be a part of this incredible department, for coming out with yet another fruitful version of the legacy-PSYNOPTIS. The students have worked immensely hard towards achieving excellence holistically. Their acts of taking initiative for the department activities are commendable and highly appreciated. They have, and I say that proudly, fulfilled the purpose of PSYNOPTIS by entailing their creative and thoughtful expressions. I wish a wonderful time for all the readers, in hopes of enlightening them with our vision.





DR. PALLAVI RAJ

I would like to congratulate all the students of the department for bringing one more fresh issue of PSYNOPSIS, it equips the students to articulate their perspectives and perceptions more clearly and creatively. I must appreciate the enthusiasm and zeal of the students of the Psychology department, and I feel proud to be a part of such an effervescent group of teachers and students. My best wishes are always with you all.

DR. VANDANA GAMBHIR

I congratulate the students for successfully coming out with yet another edition of our much-awaited departmental magazine, PSYNOPSIS. The students have put in immense effort and hard work to bring this magazine to fruition. The purpose of PSYNOPSIS is to help students unleash their creativity and express themselves using words and art forms in such a way that you, the reader, can relate to them. I wish a wonderful time ahead to all the readers of this magazine.



MS. PINKI

I want to congratulate all of you for bringing out Psynopsis. I feel proud to teach students like you who are highly energetic, enthusiastic, and dedicated to their work. It is always a pleasure for me to interact with you people. Always shine like a moon in the night of stars. All my good blessings are with you.





DR. MONA RANGA

It gives me immense joy and pleasure to impart information related to Psychology to you. We both, teachers and students, through the journey of learning, will discover the hidden secrets of human cognition, behaviour, and emotions through academics and research. I want my students to achieve success at the international and national levels through research. Let the world know that India has the best Psychology achievers and researchers. We, as a faculty, always believe in nourishing you with empathy, compassion, abilities, and self-competency with ruthless determination. Take ownership, take action with firm self-confidence. You can do it.

MS. AKANKSHA MENDIRATTA

I am delighted and honoured to introduce yet another wonderful edition of the departmental magazine, Psynopsis, brought to life by the ceaseless hard work of the students. The magazine, which functions as a blank canvas to promote and encourage the artist in our students, looks promising through its riveting articles, funny memes, and many other forms of entertainment. The students have fulfilled the purpose of the magazine and exceeded my expectations by realising their creative potential. I wish an introspective, emotional, and entertaining journey to all the readers of this magazine.



An Insight into InPsych

To say that serving as the President of InPsych, the Society of Psychology Department, has truly been one of the most humbling and enriching experiences would be a huge understatement, because it was so much more than words can contain. This society and my time spent as part of it will always be in my heart and have the warmest place in it. Our teachers have been an inspiration for all of us to become our best selves.



It has always been made sure that all of us were readily equipped with the resources we needed for growth and learning. Extensive training sessions, interesting seminars, conducted both online and offline, and social media campaigns, are a testimony to the commitment of our department towards sheer excellence. The students of our department, with their contagious zeal and enthusiasm, have been ever so encouraging by always giving their best in everything that they do.

The team of InPsych, with its burning passion to excel, has been extremely efficient at the tasks that they have undertaken. The support of the entire team and the extended members has made this tenure incredible, and I am grateful for their glorious presence beside me on this journey. From volunteering for events back in 2019 to this day, when I look back at my journey, I think we take with us a box full of beautiful memories, lasting friendships, and lifelong learnings. I take pride in everything that our department has been able to accomplish so far and wish for it to touch unprecedented heights in the times to come.

Astha Arora
President
InPsych

Journey through the realms of research

Greetings!

“Research is the distance between an idea and its realisation.”- David Sarnoff

I am highly obliged that MIMANSA:
The Research Cell of the Psychology
Department came into existence

during this tenure, which happens to be my final year at Keshav Mahavidyalaya. Our esteemed faculty and their ideas for the cell are as consummate as their research experience itself. I believe that my fellow juniors and the great minds that will step in here in the years to come shall benefit from this cell immensely.

I am grateful that the teachers deemed me suitable to be the first president of this cell. With the launch and the first event on “Workshop on SPSS and G-Power” in this session, MIMANSA is off to a great start. If someday, I have the opportunity to work on some research at any point, I would be extremely grateful to be back here to discuss my findings. I wish the next post holders all the very best and hope that they do even greater things with the cell!

Ishita Vashisht
President
Mimansa



Normalising the Not Normal

A vast majority of us lead autopilot lives, wherein we follow our everyday schedules without ever stopping to check in with ourselves or our loved ones. Social interaction is forced and awkward, our bodies are sunlight and nutrition deprived and we have bottled away our unhealed traumas. Very rarely do we seek help, and in case we do, barriers such as mental health stigma, accessibility, affordability, and inability to find a compatible therapist hold us back.



This is a cause that binds the faculty and students of our psychology department together: our shared sensitivity to mental health struggles. A lot of us have had either direct or vicarious experiences that propel us to shift from an atmosphere of mental health anonymity to creating a safe space where we feel heard and find acceptance.

We hope this magazine issue dispels certain myths about mental health by normalising 'not being okay', while also making concepts of everyday psychology understandable to the general public. Happy Reading!

Anindita Audhkhasi
President
Consulenza



REVISITING PSYCHOLOGICAL HEALTH DURING COVID-19

Due to the COVID-19 pandemic, universities and schools had to go through the phase of 'Online mode', and thus adjusting to the 'new normal' was more difficult than we expected. And, in order to adjust to the new phase, we were able to conduct only one online event, which was a webinar to understand the effect of COVID-19 on psychological health. The webinar started with an inaugural speech by Dr. Harpreet Bhatia, TIC, Department of Psychology, Keshav Mahavidyalaya, University of Delhi. She expressed her gratitude to the faculty and the students for being a part of this special occasion and also welcomed the guest of honour, Dr. N.K. Chadha with her words of praise.

The speaker for this event, Dr. N.K. Chadha, a renowned psychologist with more than 38 years of experience, is a former HOD, at the Department of Psychology, University of Delhi. At present, Dr. Chadha is the Chairperson of the Doctoral Programs and Dean of International Relations at MRIIRS. He graced the event with his presence and spoke about the necessity of understanding and managing psychological health, especially during the present times when the world is fighting a pandemic.

Dr. Chadha, in this webinar, extended his support to students and faculty and enlightened us about the psychological health problems gripping all of us during this current scenario. He shared some of the findings from his recent research work that he carried out during the lockdown period, where he found that most people who responded reported feeling increased anxiety, depression, boredom, and sleep disturbances during the ongoing coronavirus pandemic. These findings warrant the consideration of easily accessible low-intensity mental health interventions during and beyond this pandemic. However, without understanding the symptoms associated with them, it is difficult to determine the best interventions. Therefore, Dr. Chadha urged the participants to recognise the symptoms of anxiety and depression within themselves with the help of the checklist curated by him.

The webinar culminated with a vote of thanks by our TIC, Dr. Harpreet Bhatia. She thanked Dr. Chadha for taking out time of his busy schedule to conduct this webinar. It was followed by a vote of thanks by the Respected Principal Madam, Prof. Madhu Pruthi, and IQAC coordinator, Dr. Anju Arora. They both extended their gratitude to Dr. Chadha for enriching us with pearls of his wisdom and putting together such a wonderful presentation.

Question, Persuade, Refer- The Three Steps to Saving a Life

Consulenza, the Counselling Cell, organized a QPR training event with the counsellor and licensed QPR Gatekeeper Trainer, Ms. Devika Khanna. QPR is analogous to CPR as it, too, is a crisis mitigation technique. Although not a form of therapy/counselling itself, administering QPR can be critical when dealing with individuals who show suicidal thinking.

The event was commemorated by the principal, Prof. Madhu Pruthi. The speaker, Ms. Khanna, reiterated that any experiences shared would remain confidential, and that, considering the sensitive nature of the topic, attendees could reach out to her in case they felt uncomfortable. After a short introduction and opening speech by the Secretary of Consulenza, Ms. Khanna disputed some myths surrounding suicide, before delving into the three stages of suicide, and then turning to the warning signs which indicate that an intervention is necessary. The various causes of suicide were also explored, with the participants pitching in with their thoughts and experiences. Protective factors that prevent suicidal behaviour were also touched upon.

After providing the necessary background information, Ms. Khanna elaborated on each step of “QPR”- Question, Persuade, and Refer. She also emphasised the need for good rapport formation and outlined some ways to establish trust. The importance of safety planning as a tool for mitigating suicidal feelings and urges was explained, and some tips for generating a safety plan were disseminated. The participants also engaged in discussion about the best path to take in hypothetical scenarios pertaining to suicide.

The event was extended to encourage ongoing open and insightful discussion. It culminated with the speaker requesting everyone to generate a list of mental health resources and emergency services, which can be consulted in crises.

KNOWLEDGE SPHERES: EQUIPPING FOR EXCELLENCE

‘To be equipped is to be free, for the true meaning of life is in having knowledge.’

In an ode to cater to this potent credence, Inpsych, the psychology department of Keshav Mahavidyalaya, organized a workshop on SPSS and G-Power on 18th April 2022.

The session started with an introduction to research methodology and quantitative research and then further delved into the intricacies of research software. First, SPSS, a statistical package for social sciences, was taken up by Dr. Daisy Sharma. Under this, differences between varied data types and a multitude of descriptive statistics functions were added to the students' knowledge sphere. After a rigorous session, students were provided with refreshments, and the workshop proceeded.

The next session, taken up by Dr. Vandana Gambhir, consisted of G-Power, where research methodologies under inferential statistics were taught to the students while ensuring a practical approach to the concepts to acquaint students with the software.

The event came to a gracious end by enriching students' knowledge with the two software and equipping them with optimal skills to enhance their research journeys in their future endeavours.



MIMANSA: A CATAPULT INTO THE REALM OF RESEARCH

The launch of Mimansa, the Research Cell of the Department of Psychology, Keshav Mahavidyalaya, was a resounding success.

The event included two truly cerebral sessions. The first of these introduced the students to a whole new avenue in psychology: the human-computer interface. Through an engaging, humorous, and informative presentation, Mr. Animesh Tripathi (Senior Designer at Dr. Reddy's) put forth the exciting prospects human-computer interactions provide to budding psychologists. The role of perceptual processes and accessibility in designing user interfaces were demonstrated through fitting examples.

The final session took the form of a panel discussion, with alumni of the college serving as panelists. Sampling techniques and their challenges were discussed- as well as the different forms of research (vis-à-vis, qualitative and quantitative methods), the research projects the alumni had engaged in, and the complexities of funding.

The event demonstrated the interest of students in research, and also served to broaden their horizons and worldview to incorporate the valuable knowledge disseminated by the speakers.

Memories of my future self

I found a sketchbook today,
scribbled with words
a teenager could once not say.

The pain she kept hidden away
from the eyes
Of people's dismay.

I wonder what made her hide
Was it the judgement
Or, the fear inside?

She let her pen glide
as her heart cried,
as if it would suffice

If only I could go back in time
and make her realise
"Darling, you'll be alright."

The now yellowed-out pages
and the worn out ink
bleed through me.

Burning those pages,
I finally set myself free
from the anguish
that rages inside me.

I found a sketchbook today
scribbled with words
I can finally say.

"Hang in there friend, you never
know what the future holds for
you. Don't miss out on getting
to know it."

- Khushi Sibal, 1st Year



The Within

Who is that man that I see?
Who is that man that
watches me?
He looks suspicious and
very strange.

I look at him.
He glares at me.
I begin to see.
I see his hate
as he walks towards me.
I stand and wait.
I look into his eyes.
They are red like the Demon
of Lucifer.
He wants me to do things.

People say that I cook
stories.
And, my parents agree to
this.
They've sent me to a hostel.
The rooms here feel small
as I've to live with the devil.

No friend frightens me.
I feel lonely even though the
devil is always behind.
But, I have no one beside
me.

It's now time for my move.

My body now lays
peacefully down here.
With angels and no devil.

People say the devil killed
me but it's not the truth, I
killed the devil in me.

-Maitry Sharma
IInd Year

Is it just a phase?

I will be 18 in a few months,
that is when we are supposed to be
adults.

The right to drink, drive, vote is
declared.

But, are we young adults actually
prepared ?

People say that our phase is full of
confusions.

We do take actions without thinking
about the repercussions.

They are there to question us all the
time;

Judgements are all in the air after a
crime.

But, how are you better with all this
experience?

Don't relevant issues cause
inconvenience?

Yours is the first knock on the door
when the results are out,

Suicide under pressure....is it really
our fault ?

I question this society a lot maybe,
That does not mean I am a cry baby.

Before expecting everything, do you
check if we are ready?

Is there any backup or, once a failure
is for life already?

So, is the phase the one to be
blamed?

Or, how easily 'outspoken', 'into
drugs' or 'characterless' are we
named?

Your experience must tell you there
is always a back story.

Peeping into someone's before
judging... does it question your
glory?

Hormones may be messing with our
minds

But, the pressure is what actually
grinds.

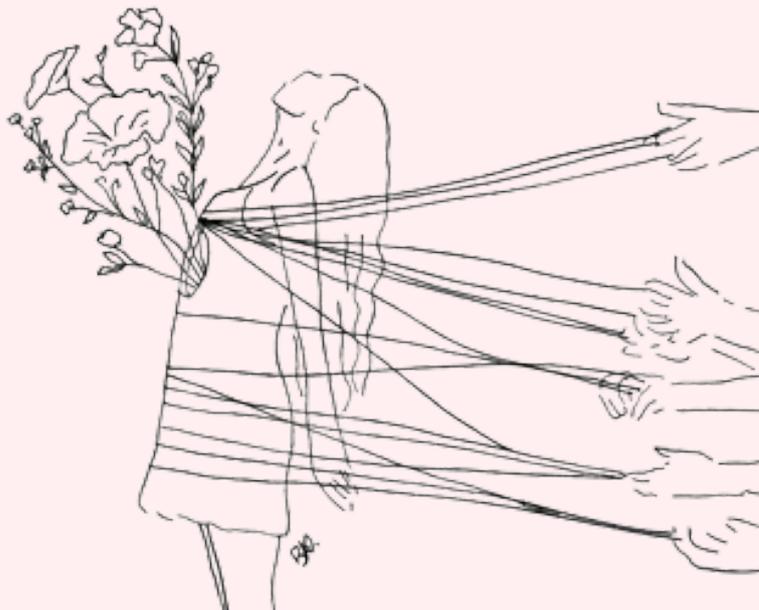
I don't question the wisdom of age
at all

But, listening to us does not take it
away after all.

We beg to differ and that does not
mean we are rebels.

Happy nurturing environments are
what will make us capable.

- Mehar Gulati, IInd Year



Designing a Supportive Society

This is someone you know,
who's feeling low,
and who may or may not show.
When he is going through gloomy days,
and the heartache stays,
Let him know that the pain will eventually go away,
that he can always take a holiday,
from life's everlasting chaos,
and that no loss is a permanent loss.
"I know that today is rough,
but you, my friend, are equally tough,
you surely are worthy of all the love,
believe in the existence of God above,
I'm with you and you are surely not alone,
don't give significance to your fears unknown,
your life is precious, and people are your own,
it's your life and you are the one sitting on the throne,
you have the power to change things,
for giving up can never be a fix,
so better get going and step on the gas,
and know that this weight too shall pass."
You can always support him,
and 'him' could be a 'her' or 'they' or 'them',
so let us all rise and shine,
in a supportive society that we design;
For mental health is not a joke,
support them before they choke,
for nothing should fall apart,
I lend you my hand and my heart.

- Kinjal Agarwal, Ist Year

HEALING

IS NOT

LINEAR

Life Amidst COVID

The world has turned upside-down,
Everything halted when Covid struck the town,
Much has changed in a year,
A virus appeared and I learnt to keep my loved ones near,
I'm tied to a moral chain that keeps me from going out,
Survival is all that this is about,
The college corridors are hushed,
It's been months since anyone at the college rushed,
Rushed - to meet friends or to get home early,
Now being stuck at home feels so whirly,
Used to celebrate my birthday giving away treats,
Now the world is filled with gloomy streets,
I never knew I would miss my friends this much,
With classes all day I find it hard to stay in touch,
It's the last year of school - I know that well,
Which is why - I hope to attend a farewell,
I hope this homestay doesn't extend,
Because I soon want to meet my best friend,
They tell me this is an event of great history,
And I just wait for the day of victory,
The day when masks are no longer needed,
The day when Covid is defeated,
I long for the day that I can fearlessly go outside,
And look at the world shining so bright,
I long to get far, far away,
On a warm and perfect holiday,
I long to go to college once again,
I long to escape the moral chain.

- Kinjal Agarwal, Ist Year



TO PAINT OR NOT TO PAINT!

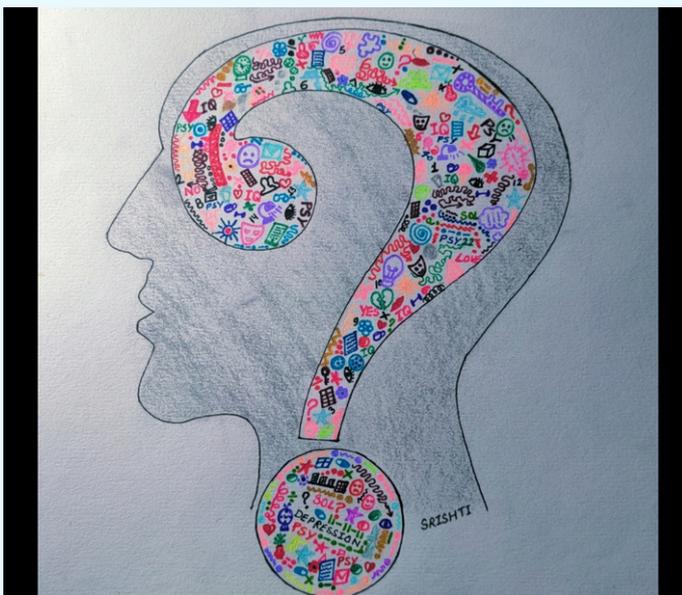
A WALK FULL OF ARTISTIC ENDEAVOURS



"The Vibrant season"
Nandini Kumari, 1st Year



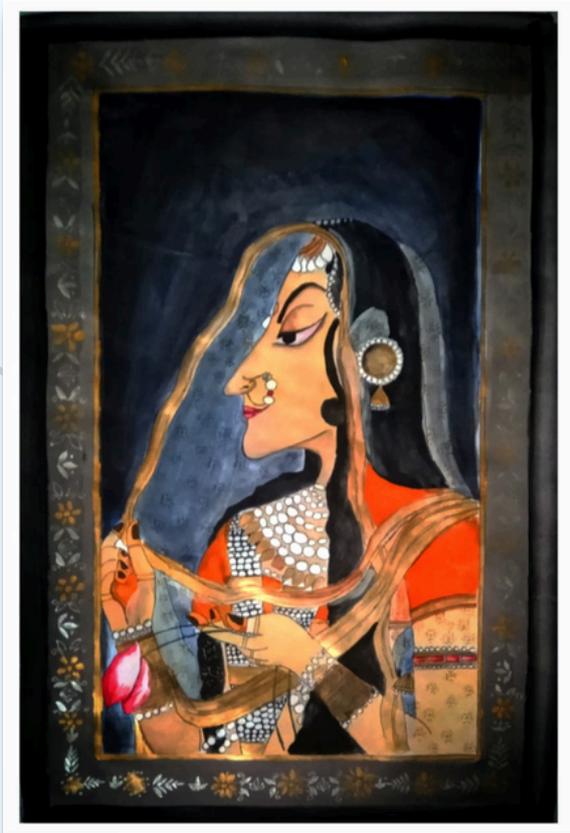
"A Road To Envisage"
XYZ, Year



"Confused State of Mind"
Srishti, 1st Year



"The Yin in Its Yang"
Nandini Kumari, 1st Year



"Longingness"
XYZ, Year



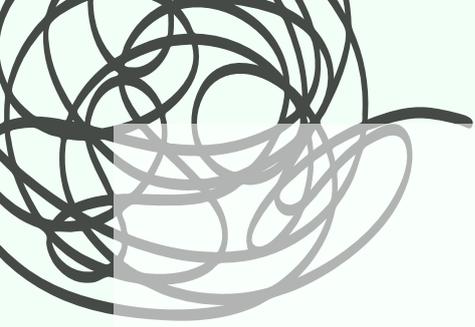
Still Life
Nandini Kumari, 1st Year



"To Cherish, To Conquer"
Nandini Kumari, 1st Year



Still Life
Nandini Kumari, 1st Year



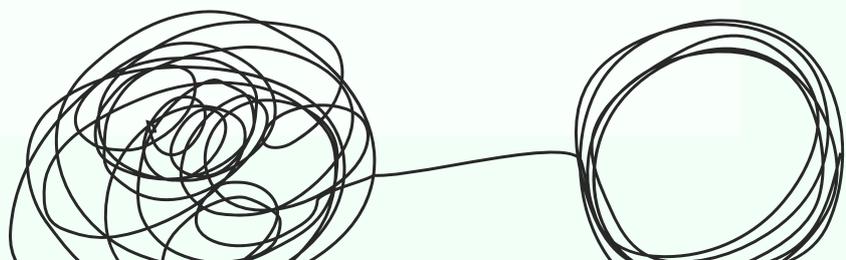
T A N G L E D

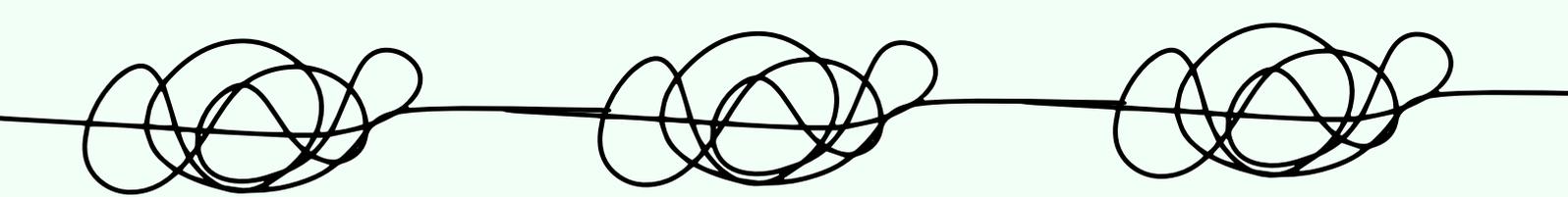
I came across this beautiful saying that goes, "We can forgive someone and yet not want anything to do with them. People need to understand that forgiveness is for past reconciliation and not for future consideration." It kind of like hit me.

And then my over-dramatic Id jumped in and questioned me, "Oh, hey, you?! How can you forgive someone who chose to hurt you?"

My Superego argued- "Don't you see that forgiveness is not about accepting or excusing their behaviour, it's about letting go and preventing their behaviour from destroying our heart."

Ah! Then came my Ego and whispered softly into Superego's ears- "Aargh! Only if letting go was as easy as you've put it, dear, we wouldn't have cried hoping things would get back to what they once were. We wouldn't have longed for them to return.





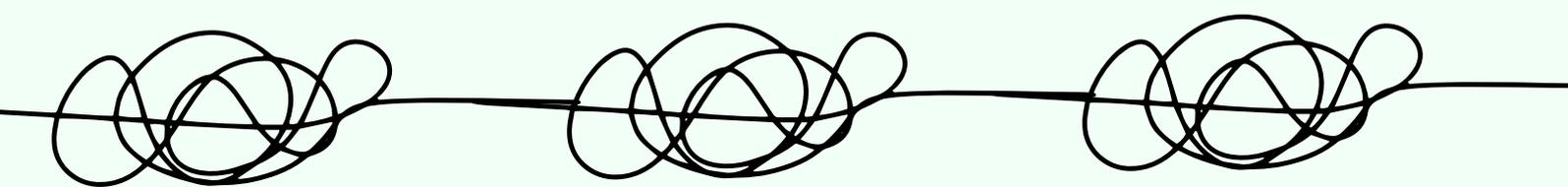
Whoever we meet, we take a part of them along with us wherever we go. We may move on with life, but those moments when everything was fine always make us smile or cry. It's like a feeling in the stomach like it's full yet empty.

'Letting go' is just a phrase we use to prevent our weak hearts from being broken again. It's just a farce. We just learn to hide things well."

And, oh! The Id? The Id has gone off to sleep- let's just let it sleep a little longer. Because that idiot still craves things that aren't good for it.

Let me just caress it a little longer with soothing lullabies, as I wait for the three of them to get untangled and come to terms with each other.

- Navya Tyagi
IInd Year





SELF REFLECTION

Do you know how it feels when someone jumps to conclusions about you without even making an effort to know you?

An experience is an event or occurrence which leaves an impression. Even a minor experience has the potential to change us. A seemingly unimportant experience may change how you feel on a certain day, which can end up altering your behaviour on that day, and your behaviour on a particular day can have major ramifications on your life as a whole.

I know the feeling of being misunderstood one can experience when people judge without knowing what you are going through- because of this, I always try to empathise with people in an attempt to look at things from their point of view. However, this tendency was one I acquired only after I started studying psychology.

I don't know the exact moment when this turning point came. Through the process of learning about psychological concepts, I gained a deeper understanding of how a person's experiences affect their thoughts, actions, and behaviour. We cannot even begin to understand a person by just observing their behaviour. We have to take into consideration what antecedent conditions led them to act in a certain manner.

Studying psychology not only helped me to understand other people better but also aided me in my quest to understand myself better. I know now why I am the way I am. I think the most important thing in life is to understand yourself better than anyone else since knowing one's worth is the most important part of life.

- Ashneet Kaur, 1st Year



The Markathon

"Survival of the fittest", or the Darwinian evolutionary theory, is not limited to the biological world. Darwin, in his time, considered biologically healthy people to be "fit", but, for Hitler, the ones who lacked power were misfits. Modern-day examinations have twisted the meaning of the phrase to indicate those whose report cards cannot be flexed in front of the world. It is either 90+ or standing nowhere.

Every year, in March, various buildings are converted into grounds for the markathons to commence. We term them as "examination centres". The rules of this markathon are clear. There is a specific time allotted to complete each round (each paper you have opted for), and you need to be well prepared with bookish knowledge; or else you'll sit there, staring at the walls, because all that you have learned till now does not count if the words on your answer sheet aren't exact. Like every marathon has warm-up rounds, so does this one, and the energisers given to the student are reminders that they need to score high if they want to be perceived as "worthy". With this heavy baggage, students enter the hall of a centre where their fate is decided.

Imagine running a race, with a stone-filled bag on your shoulders, knowing that if you do not run fast enough, the bag will be emptied upon you. Now you know what being a student in the present times feels like. I have been friends with the toppers in my class. I have seen them fall prey to the vicious markathon, running after high scores- but as soon as they entered the exam halls, their confidence evaporated, and they were cloaked by pessimistic thoughts.

Their condition was exacerbated by a panic attack. Students who had initially enrolled for a marathon that involves fighting for marks were left fighting for their breath. Asking for the competition to end is not reasonable, and it would be wrong on the part of students to ask for this. But attempts can surely be made to terminate this markathon. This can be brought about by changing the perception of academic fitness and placing emphasis on other aspects of a student's life. Further, counsellors should be available at each examination center so that, in case the situation worsens, immediate help is available for the students.

The system cannot be held fully accountable. The willpower and self-belief of each student should be strengthened. There exist people who have proved that academic achievement is not a marker of success, or indeed, intellect. One such example is Albert Einstein. He surely passed Darwin's theory of fitness by living a life of 76 years. He was born into a Jewish family and was one of those considered "powerless" by Hitler- but, through his contribution to the nuclear weapon world, Einstein proved him wrong. Though not living to see the present education system, he, in his lifetime, proved the modern world wrong as well. He failed at school multiple times, and yet, words cannot summarise his greatness. Such encouraging examples should be brought into the limelight so that students know that once a failure is not always a failure.

- Mehar Gulati, IInd Year

ONE STEP AT A TIME

“It doesn't matter how many times you get knocked down. All that matters is you get up one more time than you were knocked down.” – Roy T. Bennett.

In a world of monotonous regimes and caged spirits, we often find ourselves questioning our existence. "Will I ever be good enough?" is a thought that has crept into our minds a million times. We have been crushed by societal pressure that has led us to believe that we must 'prove' ourselves to be worthy. Worthy for what though? For being born into this rat race? Or for wanting to fulfill the dreams that break the chains of this restrictive system? The reason why our self-esteem dwindles day by day is our inability to prevent ourselves from keeping tabs on who is doing better than us. Our thoughts, actions, choices, and situations make us unique. So, why do we expect to walk down a path more befitting of someone else's shoes?

In our race to the top, we have forgotten that those whom we idealise- the 'toppers' we envy- are not our competitors. Conquering our past is our greatest challenge, and we are our own toughest opponent. Adding to this is the never-ending dread that those living in the COVID era are well acquainted with.

As a student, I can say that it is mind-numbing to have to go through the same mental ordeal repeatedly without any in-person interaction. Ideas of self-doubt and self-hatred creep in when we cannot find a way to break out of the imaginary ropes that are holding us back. And it is at those times when we feel truly beaten down, amidst the never-ending pressure to conform to societal norms. Slowly, an inferiority complex sets in, lowering our self-esteem even more. "Don't compare yourself with others", is what people usually tell us- an oversimplified 'solution' for overcoming these feelings. But the problem is, no matter how hard you try to repress these thoughts, they never cease to appear at the most inopportune of times.

It is at these times that we must remind ourselves that everything is going to be okay. It is okay to take a break, to not have the energy to get up and get that task done that has been on hold for so long. It's all right if you couldn't meet the deadline because even getting out of bed seemed like a burden. And if you can't get yourself to believe these words, believe the fact that if you got the bare minimum done, it's good enough. Persistence to follow our passion is the hardest thing to maintain because there are innumerable hurdles set in our path that try to make us fall- but what sets us apart is the courage to get back up and keep walking ahead. On days when we are ready to give up, we must keep reminding ourselves to take it one step at a time.

- Khushi Sibal, 1st Year

I'M STUCK IN A LOOP

I've been stuck in a loop. Not in the cute, "I'm stuck in my old ways" manner that I'm sure your favorite influencer has cried on camera about on more than one occasion. More so in the Groundhog Day, literal time-loop manner; the morbid, frightening manner that so many movies have tried to capture because so many people have dreamt of and been terrified of that exact eventuality. I wake up on the same bed, wash my face with the same water, step out onto the same balcony, step back into the same living room, do the exact same mundane tasks, go to sleep in the same bed, and wake up in the same bed, ad nauseam. This might seem like everybody's pandemic story—we're all used to living what seems like the same day over and over again. But while you might have to sit down at your desk attending what FEELS like the same meeting, I have to attend the EXACT same meeting, finish the EXACT same assignment, and water my plants while they remain the EXACT same height as they were the last time the sun set in the west.

I've tried everything I possibly could to break this loop. I've slept on the streets, tried reaching out to friends, and even cut off all my hair hoping that the change would persist into the following day. But none of it has helped. I have woken up in my bedroom with all my hair back, with my friends having forgotten all about our previous interaction which ended in them asking me if I needed medical attention. I've lost track of how many times I've tried to escape, and I've even forgotten about most of the measures I took to end my misery.

I've been stuck in a loop, and I was about to accept my fate when I realised that something had changed- and it wasn't just the dark circles under my eyes turning an ever-worsening shade of black. A few cycles back, I woke up and caught something moving out of the corner of my eye. I ran to where I thought the figure had been, but there was nothing to see except the same white wall that I had tried to paint green in an act of desperation ages ago. I couldn't shake the feeling that something had disturbed the equilibrium of this cycle I was fated to repeat. It was small things at first- the 'A' and 'B' sections of the books I had organized in alphabetical order being the wrong way around; or my miraculous recovery of that one sock from a pair which had gone missing before the loop ever began.

"The Presence", as I have begun to novelly- call the figure I saw, has also been around since my first encounter with it. I don't see it as much as I SENSE it. I'll be alone in a room, doing my daily chores, when suddenly I'll feel a wave of cold wash over me. It gave me goosebumps the first couple of times it happened, but now I welcome it like the embrace of an old friend (like the ones whose messages I've been ignoring).

The more I think about it, the more it seems like a cruel joke. As soon as I start to grow comfortable with my status quo- the habit I had established what feels like years ago- something comes along and disrupts it. But maybe I have nothing to worry about. Maybe the Presence will also give up on me and leave me alone in my safe haven. Maybe it, too, will lose hope- maybe it will realize that I have been stuck in this loop by choice; that no divine intervention can help me break out.

Because I've been stuck in a loop. Not in the cute, "I'm stuck in my old ways" manner that I'm sure your favorite influencer has cried on camera about on more than one occasion.

More so in the "it feels like I'm underwater and it's getting harder to breathe and I have nobody left to reach out to" manner. And now I don't know if I'm ready to go back.

- Simar Bhullar, IInd Year



IMPORTANCE OF FAILURES IN LIFE

*Success is an addiction,
Failure is a challenge.*

In the FBB Femina 'Miss India' Contest (2018), a recurrent question for the finalists was what was more significant for them- success or failure? All the models agreed that, for them, failure was more significant than success.

“Failures are the pillars of success”. One who fails surely knows the importance of failing. It is more than a negative experience; it is an opportunity to improve and do better. Although success and failure are both significant, what makes failure a more valuable experience than success is that it encourages the one who faces it, making them more daring and courageous as a result.

Failure haunts you, but it also gives you a chance to realise your mistakes and makes you begin your journey with new hope and a fresh mood. It also helps in eliminating negative qualities like— ego problems, overconfidence, laziness, and casual attitude.

C.V. Raman's optimistic attitude towards mistakes led him to become one of the most prolific scientists of all time. Through the ages, there have been many other philosophers and thinkers who have described the value of failure.

One must follow such ideals to achieve success in life. Don't lose hope when you encounter failure, learn from it and use it to achieve success.

REMEMBER, FAILURE IS THE KEY TO SUCCESS, SECOND ONLY TO HARD WORK.

-Nandini Kumari
1st Year

ASSUMPTION IS A SILENT KILLER

Mental health has a stigma attached to it. People are embarrassed by the fact that they need to visit a therapist. One needs to understand that mental health is as important as physical health. People can visit a doctor for something as simple as a cold but are hesitant to visit a therapist for a problem that needs to be treated at the earliest. The human body has an immune system to fight off physical illnesses, but what about mental ones? Who is going to fight them?

Even when people are aware of the fact that they need a therapist- and even when they are consulting one- they are frequently ashamed of doing so. Why? Because society assumes that the person visiting a therapist is 'insane'- it assumes that they are dangerous- and, based on these assumptions, they distance themselves from them. Many times, clients refuse to acknowledge their therapist in public because of these assumptions.

As a society, we need to bring about a change. We need to understand that visiting a therapist is as important as a regular dentist appointment. A person who is mentally unhealthy is usually the one who is vulnerable to danger and not the other way around.



- Anvesha Chouksey, 1st Year

What Got Me Through

Lockdown

For most people, lockdown presented an opportunity to stay at home and spend more time with family- and this was true for me as well. But, since I prefer to spend time by myself, being constantly surrounded by family members turned into a struggle.

It is not easy for me to talk about my feelings with my family, and I needed an outlet for my emotions, as the world went through such an unimaginable catastrophe. Unable to confide in anyone, I started journaling. Not in the typical sense- I didn't write about my day, or what happened during the day. I just wrote what I felt at that moment.

This helped me a lot. I felt so relieved after writing everything. I let all my emotions out on loose sheets of paper. In a state of flow, I wrote things that I didn't even know I felt. I felt peace in myself after noting my thoughts down.

Another thing that helped me was taking long walks on my terrace and talking to myself. I found that when you write or talk to yourself about your feelings and emotions, you learn new things about yourself- and you find solutions to problems that you never knew existed.

During the pandemic, many of my relatives died- including my grandfather. What I felt when I got the news of his death cannot be described in words. It was extremely difficult to get out of that negative state of mind. But, talking to myself and expressing my love for him helped ease the pain. I reminded myself of how much he loved me, and how he would encourage me to achieve everything I desired.

Sometimes we don't even admit our feelings to ourselves. Journaling provides us with a kind of stability that no one else can.

- Ashneet Kaur, 1st Year

The Ride Home

Traveling home, earphones plugged in, songs making the perfect background melody, my heart feels a bit heavy today. We imagine a million possibilities about how a single moment will turn out, but when it arrives, it still manages to turn the world topsy-turvy. And so did mine, on 9th February, 2022.

We commenced with our college classes amidst the pandemic. The experience of online learning had been strenuous- opposite to what we had imagined it would be. Every day of the pandemic college life, I believed that offline college would be a bliss, with offline interactions and a truckload of exposure. But little did I know how overwhelming an experience it would be leaving a quiet city like the one I call home, and moving to one with a population density of 10,000 per sq km. Even though shifting to Delhi is one of the best decisions I have made (owing simply to the amount of self-reflection that living alone has allowed for), my heart still longs for the place where it belongs.

The train is gaining and losing its pace, and my heart imitates its motions as I return to my true home.



- Mehar Gulati, IInd Year

OUT OF LOGKDOWN

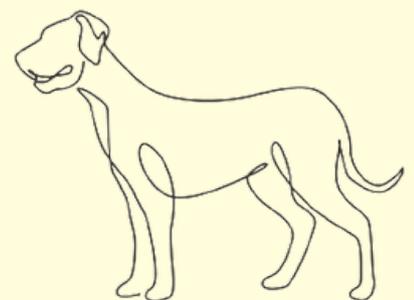
My Furry Friend

With the imposition of the infamous lockdown in 2020 and 2021, I found myself growing irritable. Embroiled in uncertainty, unable to meet friends, or even visit the college campus- these were rough times in the lives of many. The most positive thing in my life during this period came in the form of a canine: my first pet dog.

In November 2021, when rumours about the reopening of Delhi University started to spread, I found it difficult to join in on the elation that my peers experienced. Not only was I worried about making friends, but my greatest concern came in the form of my dog. Who would take care of him when I was gone? As the rumours subsided, though, so did my anxiety.

Eventually, I assimilated into the culture of online college, making friends and joining societies. But, once the notice came that classes would soon commence offline, I was forced to confront the doubts I had in November once more. Any apprehensions I had faded once I entered the crimson gates of my college for the first time. Even as I write this, I am looking forward to my next day in college. It doesn't matter whether it takes me 2 hours to reach, I will always show up at 8:45 AM at those same crimson gates, looking forward to another exciting day.

- Lubna Bhatli, 1st Year



IF YOU KNOW WHAT I MEME

The meme-obsessed Gen-Z expresses their creative freedom through a series of relatable and witty memes.

Me, when friends and family expect me never to get angry because i study psychology



Me in 1st sem BA psychology

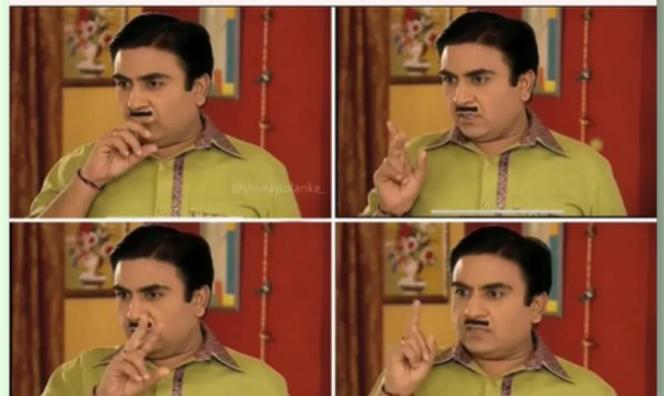
Relatives- beta abb batao koi aise kyu behave krta h

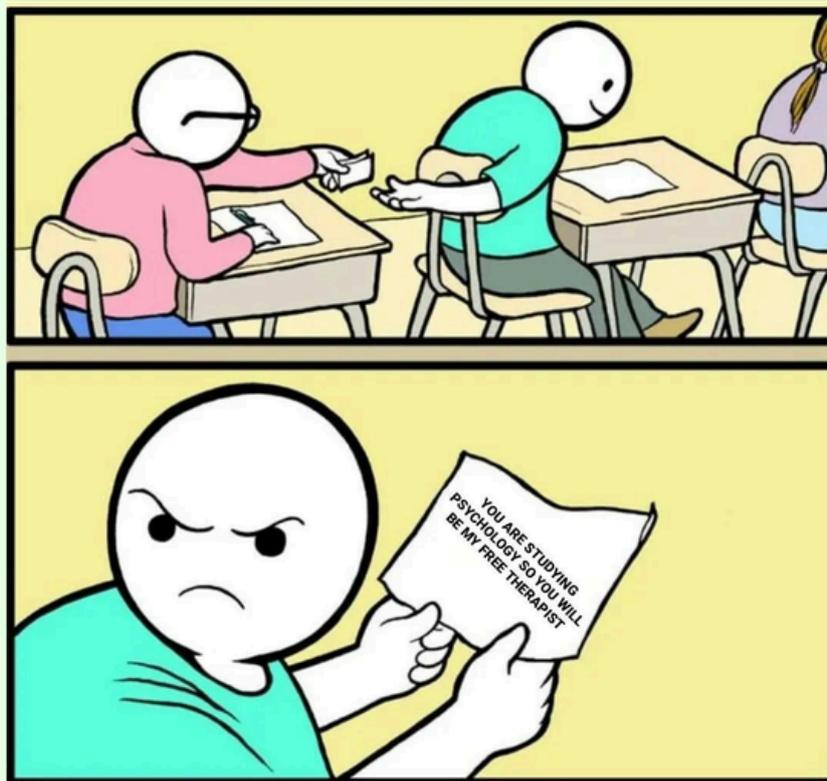
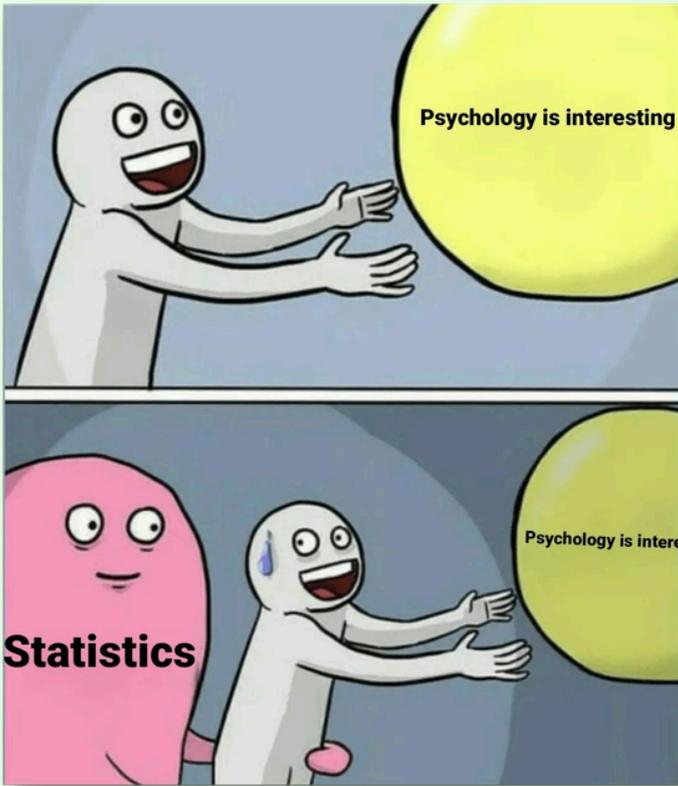


**Le Psych students when PCMB students say behavioural science is not true science



Psychology students calculating how many units in Statistics they can cover in one night to pass the exam :





WHY ARE HOMOSEXUALS/TRANSGENDERS MORE SUSCEPTIBLE TO MENTAL HEALTH ISSUES?

The study of homosexuality in psychology can be traced back to the works of Sigmund Freud. Freud believed that all individuals are innately bisexual, and only figure out their sexual orientation through interactions with their parents and social groups. These views of Freud have been rejected by other psychologists over the years. Back in 1935, Freud also wrote that homosexuality was nothing to be ashamed of and that there are many popular men and women in history who have identified themselves as homosexuals or transgenders- like Plato, Michelangelo, and Leonardo da Vinci. Despite his beliefs, it still isn't uncommon to find psychologists or psychiatrists who still hold negative opinions about LGBTQIA+ people. Empirical evidence suggests that homosexuality is not the illness it was once believed to be. This evidence led to its removal from the DSM's (Diagnostic and Statistical Manual of Psychological Disorders) third edition in 1980.

Generation Gap

Millennials and Generation Z mostly accept their own (and others) identity as LGBTQIA+ and many of them consider themselves to be "allies". The trouble comes at the time of having "the talk" with family members who have a hard time accepting that their child is queer. The prevalent belief among our parents' generation is that the community should get equal rights; but that their child shouldn't be one of "them". Their child's non-heterosexuality is a disappointment to them. This leads to major mental health problems among teenagers who find it difficult to put forth the truth about their sexuality to their families for most- if not all of their lives. Unfortunately, this can also result in suicide in such youth. In the 21st century, there is nothing more worrisome than the fact that there exist numerous societies which still don't accept LGBTQIA+ people as equal or "normal".

Acceptance

Accepting your own sexual/gender identity is the first step. You don't need to have a sexual experience to be aware of your sexual orientation. It is also not essential to engage in sexual activity before assigning a label to your orientation. Although there is no solid evidence, most scientists believe that sexual orientation is the result of an interplay between one's

genes, the environment, and one's social surroundings. Before you criticise someone for their identity- or question yours- please know that no one has control over it, and it is just as "normal" as being straight.

Queer therapy can help

One faces several challenges while "coming out" about their sexual/gender identity; a process usually associated with adolescence. Above all, facing discrimination and prejudice from family, friends, and society at large can be terrifying. Even if people around you are supportive, they might be inefficient in providing the kind of help you need. Therefore, queer therapy can turn your life around and make things way easier. It will facilitate your understanding of all the different sexualities, and help make you feel comfortable in your skin. Queer therapy is not just for people having a problem discovering or accepting their identity. Straight people can also partake in queer therapy to gain a better understanding- and acceptance- of all sexual orientations.

How to be an ally to the LGBTQIA+ community

- Begin with learning about all the sexualities.
- Participating in pride parades and sharing posts about the rights of queer people- as well as of brutalities against them- can have a great impact.
- Ask your friends how they identify and then stick to using the pronouns they have chosen for themselves.
- Remember that, if someone shares their story of coming out with you, it does not give you the right to share it with your friends.
- You might find it hard to empathise but always listen.
- This one is obvious, but please don't ask why there isn't a "straight pride month".

Always remember that you are not alone in your struggle. It is hard to estimate the exact number of people who belong to the LGBTQIA+ community, but it is substantial enough for us all to advocate for queer rights.

SELF-AWARENESS IS BEYOND "SELF"

When we hear the term "self-awareness", we naturally think of it as an act of self, for self, by self alone. But this is not the case. Self-awareness is brought by the self but with assistance from society. Let's understand how.

Two Types of Self-Awareness:

Internal self-awareness: How well we understand our emotions, reactions, values, passions, etc.

External self-awareness: How well we understand others' opinions of us.

High internal self-awareness	Low external self-awareness INTROSPECTORS They are clear within themselves, but don't take feedback. This may affect their relationships negatively.	High external self-awareness AWARES They have a clear view of inside and outside perspectives about themselves, and can thus balance own and others' demands. They realise the true benefits of self-awareness.
Low internal self-awareness	SEEKERS They have a poor internal and external view of themselves, which leaves them with a lack of direction or clarity. They remain perplexed and frustrated with work and relationships.	PLEASERS Since they are not well in touch with their own passions, wills, values, etc., but know what others' seek of them, they may end up being what is expected of them, rather than what they want themselves to be.

Thus, it is clear that self-awareness is not just a product of introspection of the self in a vacuum, but introspection of self in the social environment one is surrounded by.

Ways To Use Social Interactions To Gain Self-Awareness:

Appreciate feedback- When someone lets you have another perspective of your demeanor, either positive or negative, take it positively and appreciate it. It is important to understand that many times people hint feedback through their behaviours instead of stating them explicitly. You can, also, always ask for feedback yourself when you can't figure out why you are feeling off, etc. This increases your external self-awareness.

Catch what triggers you in social interactions- as Carl Jung said, "Everything that irritates us about others can lead us to an understanding of ourselves". Often, something about others that triggers us may be a projection of traits that we dislike in ourselves/our fears and insecurities. Ex- if A is irrationally triggered by B who comes late to work every day, it is possible that A is actually frustrated by how he is being too hard upon himself about being strictly punctual. His frustration with himself is manifested through irritation upon B.

- Dhriti Adlakha, 1st Year



INTERACTIVES

WORD SEARCH

The following word search is about some of the most famous experiments conducted in the field of psychology. Look out for the clues and display your intellectual prowess.

INSTRUCTIONS

- Words can go in any direction
- Words can share letters as they cross over each other.

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

CLUES

1. An experiment relating to delayed gratification
2. An experiment done by Harlow to study the attachment bonds in early stages of childhood
3. The _____ effect states that people generally assume that people who are physically attractive are more likely to be intelligent, friendly, and display good judgment.
4. An experiment done unethically that were used to determine the effects of positive and negative speech therapy on children
5. To study the depth of perception in infants
6. An infamous experiment conducted by Philip Zimbardo
7. An experiment conducted at Harvard to study selective attention
8. The most unethical experiment conducted to develop an irrational fear in an infant
9. The experiment premise is that human subjects in an experiment change their behaviour simply because they are being studied.
10. An experiment conducted to prove that human behaviour is largely based upon social imitation rather than inherited genetic factors.

Movie Review:

Badhaai Do



The fact that I'm not a movie buff makes the lasting emotional impact that "Badhaai Do" had on me that much more impressive. The plotline of the movie revolves around the difficulties faced by many closeted LGBTQIA+ people. Forced into a lavender marriage, the protagonists- Shardul (Rajkumar Rao) and Sumi (Bhumi Pednekar)- clandestinely explore their sexualities as they pretend to be in a happy marriage to keep their families satisfied. The movie sheds light on the reality of many LGBTQIA+ people who are forced to conceal their true selves in a bid to keep in line with societal expectations. The stigma surrounding same-sex marriage and adoption by same-sex couples is also explored. This candid representation of the struggles of LGBTQIA+ individuals in India is absolutely a must-watch.

- Ayush Chauhan, 1st Year



Book Recommendations



With summer break just around the corner, we have gathered a list of books featuring mental health and relatable characters to keep you entertained at home.

Turtles all the way down

Aza Holmes is a 16-year-old high school student with OCD and anxiety who is on the search for a fugitive billionaire.

Fangirl

Cath and her twin, Wren, have just started freshman year at University. While Wren instantly makes friends, Cath struggles to adjust due to her social anxiety and spends most of her time writing fanfiction.

Eleanor Oliphant is completely fine

Eleanor is a social misfit with a traumatic past who thinks nothing is missing from her carefully timetabled life. Except, maybe everything.

Darius the great is not okay

Darius Kellner is half Persian on his mom's side and is going on his first-ever trip to Iran. He has never really fit in at home and is sure things are going to be the same in Iran, especially with his clinical depression.

All the Bright Places

Theodore Finch constantly thinks of ways to kill himself. But each time, something stops him. Violet Markey counts the days until her graduation, when she can escape her town, as well as the grief of her sister's death. When Finch and Violet meet on the ledge of the bell tower at school, it's unclear who saves whom.



AUTOBIOGRAPHY OF A SAMSUNG SMARTPHONE

I am a Samsung Smartphone, and I belong to an eighteen-year-old boy named Arun. I first met him about a year ago at a mobile shop, where I was displayed on a glass case along with other newly released smartphones. Arun had come in with his parents to get a birthday present. Awestruck by my shiny chassis and the latest features I possessed, he immediately chose me.

Arun was supposed to give his 12th standard board exams this year, but he was able to sit for only one due to a pandemic called coronavirus or COVID-19; a disease that disrupted the daily lives of all humans across the globe. In India, a nationwide lockdown was imposed. At first, Arun was happy to relax and have more time to study for his remaining exams. He aimed to get good marks, make his parents proud, and go to a prestigious university. Colleges are a hot topic among students his age. He would look up various colleges for hours on end. However, as cases skyrocketed daily, and the lockdown stretched on longer and longer, the hope of ever resuming the exams felt like a distant dream. Around us, people fell ill, others lost their jobs, and ambulance sirens could be heard every day. The environment was healing, but the physical and mental health of the masses was deteriorating.



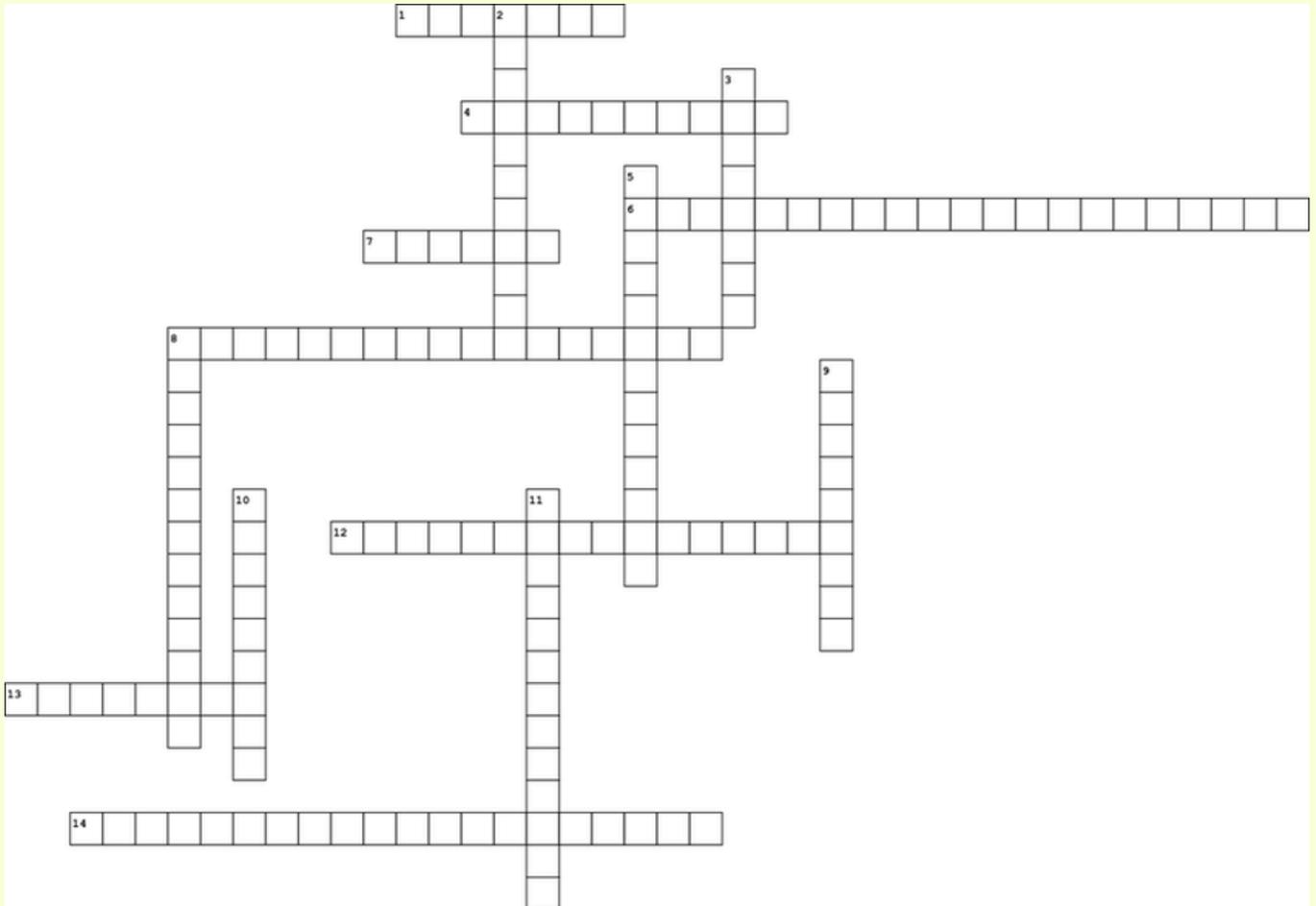
One day, there was a news report that all exams were to be cancelled. Marks would be given based on the exams students had already attempted. This was bad news. The first exam that Arun gave was of a subject he hated. He froze in shock as his parents scolded him for not studying well from the beginning. In a society where parents love boasting about their children's achievements, where scoring anything less than 95 percent in exams is considered to be "shameful", this was a huge disappointment to Arun's parents.

They made it a point to remind Arun of their disappointment every day. I was the only one who truly knew how Arun felt. Whenever his parents shouted at him or insulted him, he would come to me and scroll through Instagram, YouTube, or any other social media with glazed, hollowed eyes, desperately trying to find something that would ease the hurt in his heart. He never searched for his dream college anymore. When the results were released and his friends celebrated their success, Arun sat alone at the dinner table and ate a cold meal for dinner.

Although Arun managed to secure his place in a decent college, he now suffers from anxiety, low self-esteem, and an ever-worsening eyesight. I have become more important than ever since he now has to attend online classes- a byproduct of the pandemic. His classes go on for the entire day, and he gets tons of assignments, and I have to work tirelessly with him. Due to a lack of rest, my system is not functioning properly anymore. I don't have much time left. I just hope that Arun gets better soon and that he never forgets me.



CROSSWORDS



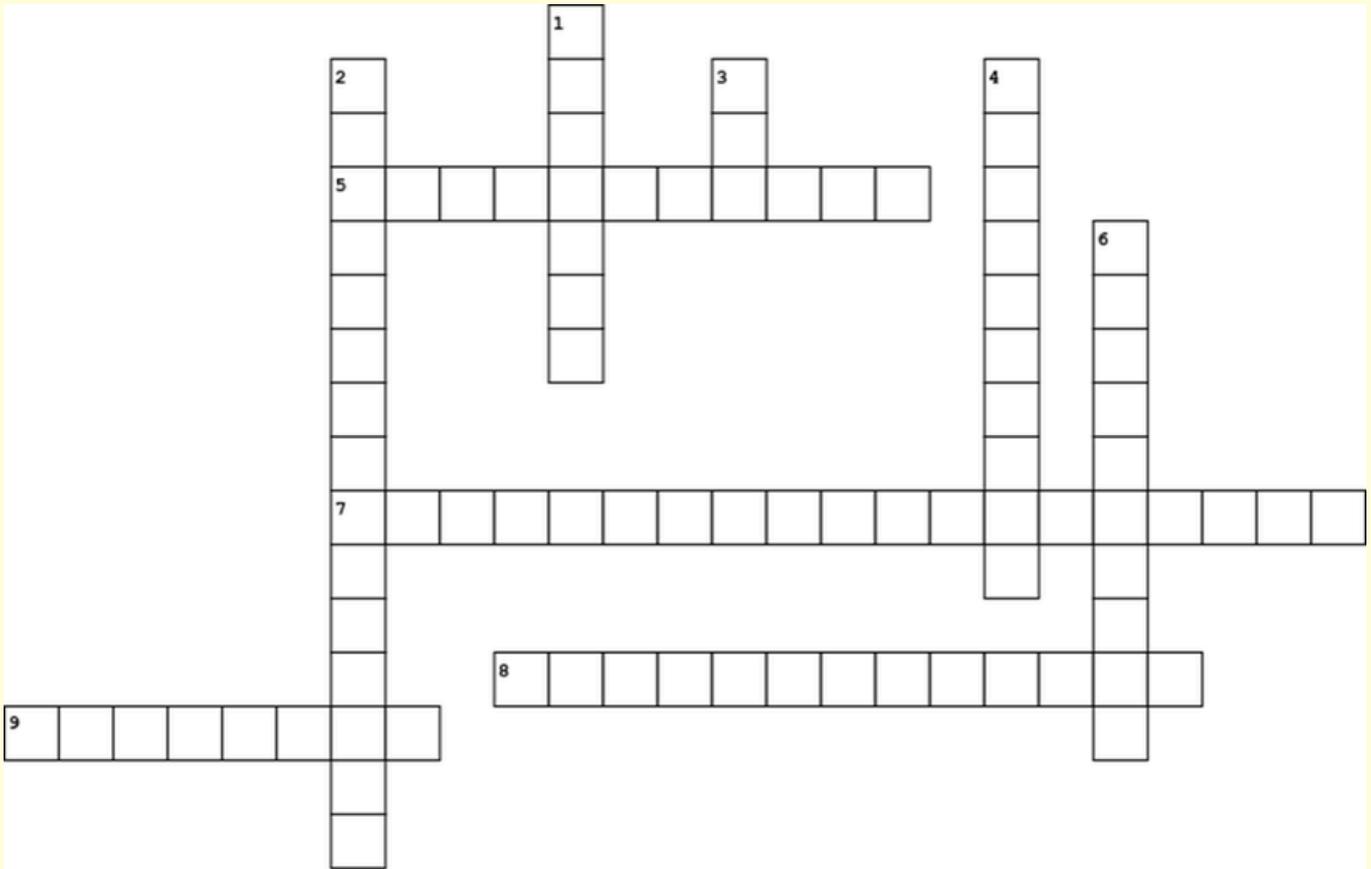
Across

1. intellectual understanding of another person's situation
4. primordial images, a part of collective conscious
6. conclusion of little Albert experiment in humans
7. life instinct
8. minimum value required for a stimulus to activate a sensory system
12. projective test using designs of symmetrical blots
13. lobe of the cerebral cortex concerned with auditory information processing
14. Stanford prison experiment was done to study _____

Down

2. theorist who coined "individual psychology"
3. false beliefs held on inadequate grounds
5. a group of psychotic disorders in which personal, social and occupational functioning deteriorate
8. bobo dolls experiment
9. the way an individual's genotype is expressed in measurable and observable characteristics
10. father of modern stress research
11. false sensory perceptions

Therapeutic Methods



Across

5. The goal of THIS THERAPY is to help the patients to find meaning and responsibility in their life irrespective of their life circumstances
7. The client's distress has its origins in the biological, psychological, and social realms
8. Based on the structure of the psyche, dynamics between different components of the psyche, and the source of psychological distress
9. The use of more than one technique to cater to the client's needs

Down

1. The therapist IN THIS ENCOURAGES the client to act out fantasies about feelings and conflicts
2. The flow of ideas, desires and conflicts of the unconscious, which had been suppressed by the ego
3. The central thesis of this therapy is that irrational beliefs mediate between the antecedent events and their consequences
4. The method in which the therapist establishes antecedent operations and consequent operations
6. It is concerned with unconditional positive regards, empathy and self-actualization

SNAP - - SHOT

AN INSIGHT INTO THE TEAM THAT STAYS TOGETHER AND
GROWS TOGETHER ...

YEAR BOOK

BATCH OF '24



*"If four minds were so simple
that we could understand
them, we would be so simple
that we couldn't."
- Dhriti*



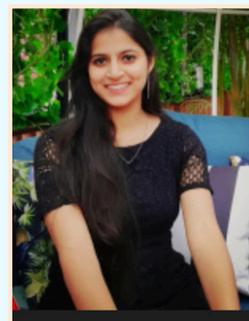
*Life is like a soup... and I
am the fork!!
- Kriti*



*"Be still, my heart; you
have known worse than
this."
- Kinjal*



*Bloom with grace .
- Alena*



*Jiyo! Khush Raho!
Muskurao! Kya Pata Kal
Ho Naa Ho.
- Nikeeta*



*It's not the friends in your life
that matters;
It's the life in your friends.
- Shivam*



*"If You Want To Know What
A Man's Like, Take A Good
Look At How He Treats His
Inferiors, Not His Equals."
- Shreya Mohanan*



*"It's necessary to see what
we don't want to."
- Aashish Bhatnagar*



*HAPPINESS is found when
you stop COMPARING
yourself to other PEOPLE.
- Srishti*



*If you can't convince them,
confuse them.
- Abhiti Chadha*



*Tell me how all this, and
love too, will ruin us.
- Lubna*



*Have little hope in your
heart, life will be better.
- Gargie*



*The giant in front of you is
never bigger than the god
inside of you.
— Muskaan Puri*



*"I know it has been tough,
but my dear, you are tougher."
- Shreya Puri*



*"One's way of living and expressing
things can never be regarded as right or
wrong, it is just quite distinctive from
others."
- Nandini Kumari*



*Even if I can't give you a solution to move on,
I can give you my shoulder to cry on.*
-Kartikeya Chaudhary



One thing about stress is that it's constant, but the intensity keeps changing.
-Kartikay Sharma



You only live once, but if you do it right, once is enough.
-Dikshita nagar



"And they were roommates."
-Swati Madaan



Would I rather be feared or loved? Easy. Both. I want people to be afraid of how much they love me.
-Anvesha Chouksey



The only thing I have learned in my first ug year is how to make good powerpoint presentations! Glad .
-Ishita Gupta



You can't blend in when you were born to stand out.
-Gushmeet Singh Anand



Keep going, love. All this hard work will be worth it in the end.
-Rhythm Soni



I want more Friday's and pancakes.
- Avishi Goyal



Every next level of your life will demand a different you.
-Yashasvi khurana



All we have is now.
-Manju



Wild Spirit, Soft Heart, Sweet Soul - 3 elements to live a life immensely.
-Thaneesha Mehta



Time is the greatest teacher of life, because no one can teach what time teaches.
-Harsh sharma



If you have power to make someone happy, do it. The world needs more of that.
- Ayush Chauhan



We must not allow other people's limited perceptions to define us.
- Ayush Raj

BATCH OF '23



Happiness is not by chance, it's by choice. -Rahul



Annarasumanara! I can become a magician for at least one person.
[Yoon Ah-yi (the sound of magic)]
-Syeda Anayah Hisnat



- Gracy Gulati



I am Unstoppable
-Muskaan Joshi



Unless I am myself, I am nobody.
-Ananya Suri



Like Elle Woods once said, "Most importantly, you must always have faith in yourself".
-Elroi Roluahpuii Chawngthu



I don't think I can romanticize my way out of this one...
- Bhavya Chadha



A hectic affair, wasn't it?
-Akshat Shukla



*In every ending
There's a new beginning* ❤️
- Srishiti Goswami



I'm way cuter in person.
- Kanupriya



One in a sea of unnecessarily prolix half-sentences.
-Simar Bhullar



Done and dusted.
-Vidhi Sawhney



To be alive is the strange and wondrous miracle we forget.
-Yahvi Jakhodia



*"Never be so polite, you forget your power
Never wield such power, you forget to be polite"*
- Enaa Juneja



Eventually, everything connects.
-Tanvi Markan



You are stronger than you know!
-Ishangi Kapoor



- Hansa Batra



The happier we get, the less we see..
-Garima Arora



You know what's better than staying still? Failing forward.
- Annie Aggarwal



- Neha



There'll never be a moment spent in mindfulness that you'd regret.
-Karishma Kalesh K



Find forgiveness and acceptance in your heart or darkness will seep in and destroy you!
-Tannu



"Stay positive. Better days are on their way."
-Dorothy Hamsmaiti Reang



For some things you just gotta let the universe decide.
- Pranjal Srisvastava



- S V Pallavi



- Gyatri Chandok



*Babumushoi, zindagi badi honi chahiye ... lambi nahin
Jab tak zinda hoon tab tak mara nahi...
Jab mar gaya sala main hi nahi*
-Maitry Sharma



A negative Mind will never give you positive life.
-Shruti Bidla



A Freudian slip is when you say one thing and mean your mother.
- Swati



*Perform your obligatory duty, because action is indeed better than inaction.
Or
Hard work beats Talent!!*
-Simmi



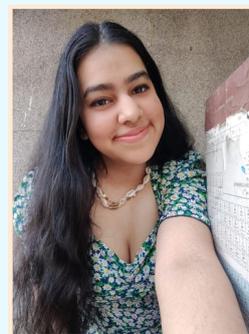
- Nandini Chaudhary



Live life to the fullest, make a difference along the way.
- Deepanshi Gupta



Just keep swimming
- Kashish Goel



- Vridhika Sachdeva



- Gargi Khandelwal



College was easy. It was like riding a bike. Except the bike was on fire.
- Anishka



I want people to be afraid of how much they love me!
- Vaibhav Sharma



Is this due at 11:59 PM as well?
- Aadya Sarup



"There's a lot of beauty in ordinary things. Isn't that kind of the point?"- Pem Bessley
- Hitika Saini

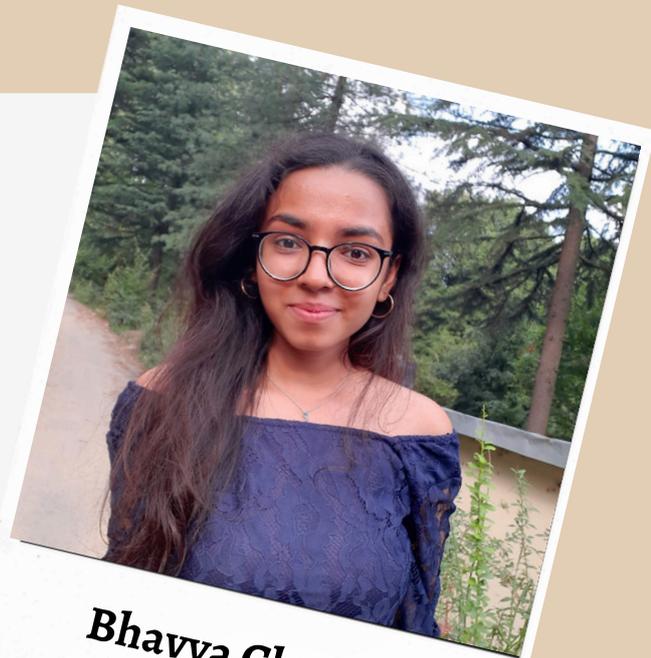
EDITORIAL TEAM



Simar Bhullar

As a part of the editorial team, the majority of my work entailed editing articles sent in by students to help them better express themselves. Being an editor was also the perfect excuse to break my long hiatus from writing. However, this magazine would not have been possible without the joint efforts of the team; editing is an entirely collaborative process, and seeing our vision for the magazine realised piece-by-piece has been extremely gratifying for us all.

Editing is more than just rewriting words. It is about capturing the writer's essence. This thought became an embodiment of me, to the extent that while organizing information, understanding subtle nuances of words, and internalizing intricacies of language, the magazine transcended into a cathartic- deep work, turning this into a transitional journey. All this became possible only because of a headstrong team willing to work together, bringing out the best in each of us and making this magazine come to life.



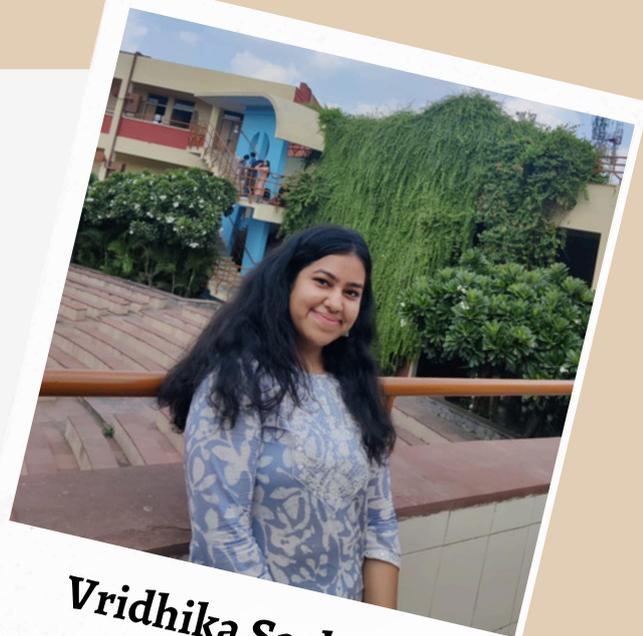
Bhavya Chadha



**Elroi Roluahpuii
Chawngthu**

Words are simply not enough to describe my fondness for Psynopsis and the people I met during my journey as a member of the editorial team. I learned so many things through this society. Most importantly, I felt like I really belonged here and feel grateful that I was able to contribute to the fruition of this magazine.

Being a part of the editorial team for Psynopsis proved to be more than a mere learning experience. It was beautiful to see each member work earnestly to bring out the best in each writer. Each page of the magazine is a reflection of our collective love for the Psychology department and the immense talent of its students. It was a pleasure to watch the word-wonder up close and be a part of it. I cannot wait for everyone to bask in the warmth of this year's edition of Psynopsis!



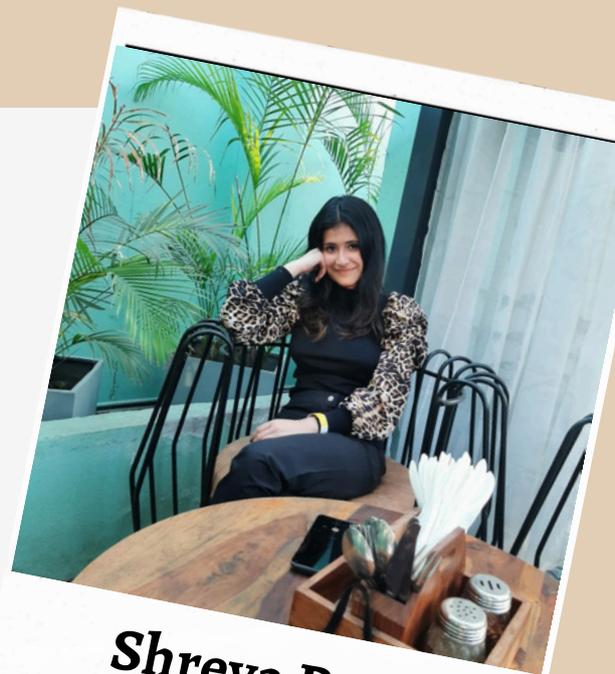
Vridhika Sachdeva



Lubna Bhatli

My journey as a part of the editorial team for Psynopsis has been enthralling. Crafting all those pure emotions into words and weaving those words full of experience into stories and narratives was overwhelming in its own beautiful ways. Not only did I fulfill my duty of being a member of the editorial team by helping out in selecting, editing and screening articles, but as time passed by, I also got to learn a lot more. Be it exploring through the realms of Canva to search for that perfect element or interacting with our classmates and seniors for articles and interactives, each moment was a stepping stone to a new vista of learning in general. In the past few months, I have cherished all the moments that I could possibly get hold of and everything that I've learnt, leaves me with nothing but gratitude in my heart.

I had a wonderfully eventful time working on Psynopsis. From spending time pouring over and editing articles and poems that alternated between passionate and deeply inspiring, to enjoying creative challenges and playing around with ideas to make the magazine more entertaining and contemplative at the same time, to collaborating and working in sync with our hardworking seniors and getting more face-time with the teachers, I cannot wait to start work on the next edition and experience it all again!



Shreya Puri



KESHAV MAHAVIDYALAYA
NAAC Accredited Institute- 'A' Grade
University of Delhi

H-4-5 Zone, Pitampura, New Delhi-110034

Ph: 011-27018805, Telefax: 011-27018806

Email: principal@keshav.du.ac.in,

Website: Keshav.du.ac.in
