



# MANASWINI

OCTOBER | 2024

ISSUE 02



Employing  
**PSYCHOLOGY,**  
Empowering  
**MINDS!**



*"Issues about race run deep and rarely rise to the level of reflective consciousness; nevertheless, they inform and impact our individual and collective psyche in terms of our cultural beliefs, our communications, and what we perceive about what is 'true' about the other and ourselves."*

*~ Salman Akhtar*

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rightful owners.



## Manager's MESSAGE

I derive great pleasure in extending good wishes to **Manaswini Club** & Department of Psychology the successful publication of the second edition of E-Manaswini.

This publication represents the dedication, curiosity, and creativity of our club members and participants under the guidance of faculty members who have worked hard to bring forth a collection of insightful articles, research pieces, art works and reflections on various aspects of holistic well-being.

This magazine serves as a platform for members to share their knowledge, engage with contemporary issues, and highlight the impact of psychology on our daily lives. From mental health awareness to cognitive sciences, each contribution is a testament to the passion and commitment of our students.

I encourage you to dive into these pages, not only to expand your understanding of psychology but also to appreciate the diverse perspectives and voices within our club.

I congratulate the entire team for this impressive achievement and look forward to witnessing how this magazine will continue to inspire and inform.

**Manager**  
**Smt. Uma Bhattacharyya**

# Principal's MESSAGE

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It is with great blissfulness that I introduce this second edition of the **e- Manaswini Magazine**, The official magazine of Manaswini Club, Department of Psychology, VKM. This publication is a reflection of the passion and intellectual curiosity of our students who are eager to explore the intricacies of human behavior and the mind.



The topics covered are thought-provoking, and the quality of work demonstrates both the depth of research and the creative perspectives of our students.

I encourage everyone to read this magazine with an open mind, as it presents valuable insights and fosters a deeper understanding of human nature. This is more than just a collection of articles— it's a celebration of learning, collaboration, and pursuit of knowledge in promoting awareness about mental health issues in our college.

I render my best wishes to the Department of Psychology and Manaswini Club for a bright future ahead. I appreciate the sincere contribution of students in the publication of e- Manaswini and congratulate the earnest efforts of the Manaswini Club.

**Principal**  
**Prof. Rachna Srivastava**



# INTRODUCTION TO FACULTY



Dr. Shubhra Sinha  
Associate Professor and Head



Dr. Anju Lata Singh  
Associate Professor



Dr. Ram Prasad Sonkar  
Associate Professor



**Dr. Khushboo Mishra**  
Assistant Professor



**Dr. Shashi Prabha Kashyap**  
Assistant Professor



**Mr. Deepak Kr. Gond**  
Laboratory Assistant



**Mrs. Sakshi Gupta**  
Laboratory Assistant



**Ms. Sakshee Singh**  
Laboratory Attendant

# WHAT MANASWINI ENTAILS

## A JOURNEY OF OUR PSYCHOLOGY CLUB

“Through winding Paths, we dare to tread,  
With open minds and spirits led.  
Each voice a note in harmony,  
Together crafting our symphony...”

Founded in July 2023 at Vasant Kanya Mahavidyalaya, the club Manaswini has embarked on a transformative journey to promote mental health awareness and foster a supportive community among students. The name "Manaswini," derived from Sanskrit, signifies "One with a peaceful mind," reflecting the club's mission to address mental health issues and provide effective strategies for managing them.

### **Establishment and Early Activities:**

#### **Inauguration (06/07/2023)**

The official launch of Manaswini marked a significant milestone, led by the principal and founding members. During this inaugural session, members were introduced, and the club's objectives were outlined, setting the tone for future activities focused on psychological well-being.

#### **Re-living Childhood (19/07/2023)**

This session encouraged members to reflect on their childhood experiences, fostering discussions about the lasting impacts of early life events. By sharing personal memories, members cultivated a sense of community, emphasizing themes of acceptance and healing.

#### **Art Therapy Experience (22/07/2023)**

An engaging art therapy session allowed members to express their emotions through painting, creating a unique collection of artworks representing their journeys. This creative outlet not only strengthened bonds among members but also highlighted the therapeutic benefits of artistic expression.

### **Focus on Positive Emotions and Mental Health:**

#### **Exploring Positive Emotions (28/07/2023)**

Members participated in activities centered around understanding emotions. They created an emotion wheel to dissect complex feelings, learning to address insecurities and fears effectively. This session underscored the importance of emotional intelligence in personal development.

### **World Mental Health Day Celebration (10/10/2023)**

On this significant day, Manaswini hosted an event featuring esteemed guest speakers who discussed mental health as a universal human right. The occasion also marked the launch of the club's e-magazine, furthering its commitment to mental health advocacy.

### **Community Engagement and Awareness Initiatives:**

#### **Mental Health Camp for Non-Teaching Staff (13/10/2023)**

Demonstrating its commitment to holistic well-being, Manaswini organized a mental health camp assessing stress and happiness levels among non-teaching staff. The initiative aimed to provide insights into improving mental health within the college community.

#### **Body Image Discussion (15/10/2023)**

This session tackled sensitive topics such as body image, eating disorders, and media influence on self-perception. The session contributed as a safe space for discussion, and facilitated the members being comfortable in their own skin. The activity attributed to a range of awareness around societal pressure and stood as a glass-breaker in appreciating us the way we are.

### **Continuing Education and Inclusivity:**

#### **Alumni Meet (04/11/2023)**

The club collaborated with the Department of Psychology to host an alumni meet, allowing current students to connect with successful graduates. This event highlighted the importance of mentorship and networking in professional development.

#### **Panel Discussion on Self-Image (08/11/2023)**

A thought-provoking panel discussion explored how conformity and societal expectations shape self-image. Engaging dialogues helped members understand the complexities surrounding these issues, promoting critical thinking.

### **Celebrating Diversity and Holistic Well-Being:**

#### **World Disability Day Collaboration (03-05/12/2023)**

In a demonstration of inclusivity, Manaswini partnered with Deva International Society for Child Care to celebrate World Disability Day. Members actively participated in various activities with children, showcasing unity and support for diverse abilities.

#### **Awareness Program on Holistic Being (18-19/03/2024)**

This comprehensive program featured expert talks on topics such as social media addiction and health concerns affecting Generation Z. The initiative emphasized the interconnectedness of physical, mental, and emotional health, encouraging active participation from both students and faculty.

### **World Suicide Prevention Day (10/09/2024)**

This day included awareness programs focusing on identifying individuals at risk and creating supportive environments. A panel discussion and open mic session concluded the event, encouraging dialogue about mental health.

### **Self-Harm Awareness (24/09/2024)**

Led by Ananya Chattopadhyay, this session emphasized self-compassion as a vital aspect of suicide prevention. Participants engaged in writing personal notes to loved ones, highlighting the importance of being kind to oneself. On 26th of September, a conclusive session was taken by Kajal, making us observe an experimental understanding in identification of individuals prone to self-harm. She delivered points notifying the need in embracing a non judgemental, careful and healthy community for promoting preventive measures against suicidal ideation and self-harm.

### **World Mental Health Day (10/10/2024)**

A lecture by Prof. Sandeep Kumar addressed workplace mental health, stressing the need for supportive community practices to enhance employee well-being. The program highlighted various issues around the workplace and effective ways of promoting collective well-being.

I am proud to share our journey towards fostering a community rooted in acceptance, understanding, and shared experiences beyond textbooks. Despite facing financial and operational challenges, our dedicated team has made significant strides in promoting a fun and functional approach to psychology. I extend my heartfelt gratitude to our head of the department and faculty members of the department of Psychology for their unwavering support. Together, we envision a brighter future filled with creativity and collaboration. Best wishes to all as we continue this meaningful journey. Bon voyage!

**Dishari Biswas**  
**Founder & President**  
**2023-25**



# EDITOR'S NOTE

## KNOW YOUR HISTORY & PRESENT

Every year, on the 10th of October, World Mental Health Day is celebrated in order to raise awareness for mental health issues, and advocate for mental health education and support. This day paves the way for expounding mental well-being, doing away with stigma surrounding mental health, and promoting improved accessibility to mental healthcare and services. World Mental Health Day is not marked on the 10th of October by mere chance. The history of this day dates back to 1992, when the World Federation for Mental Health (WFMH) launched this golden initiative and selected this day to coincide with the foundation day for WFMH itself, that emerged a good 44 years prior, in 1948. Ever since 1992, World Mental Health Day has taken a successful stride to address various aspects of mental health and has emphasized on numerous themes and issues to reflect the ever-evolving state of mental health across the globe. This year's theme for World Mental Health Day 2024 is:

“Mental Health at Work”

This is a joint endeavor by World Federation for Mental Health and World Health Organization or WHO to throw light upon the vital connection between mental well-being and work. The importance of work-life balance has been spoken about time and again. Especially in today's society where individuals are working outlandish hours to make a living. In India, a chilling spike in suicide as well as natural deaths has been seen as a result of work stress. Such has not only been seen in steady startups but also in leading marketing firms like The Big Four. Some of the recent incidents like- the tragic death of a 26-year-old woman working at EY Pune, an MNC employee losing their life due to work stress, and another heartbreaking death of an IIT IIM graduate; have gut-wrenchingly shaken the county, sparking a nationwide social media outrage demanding an immediate change in workplace practices.

This raises a number of questions including why is wellness conditional? An individual may choose to not dip their feet into this rat race and make a smaller living, but is that even sustainable in today's economy? A number of factors influence the state of today's job market, namely, overpopulation leading to saturation of jobs, underpaid workers, dispensability of workers in the eyes of the company, and an overall insufficient return on investment in oneself. The newer generations are often seen breaking out of the social conditioning where an individual has no work-life balance, they are seen calling out toxic workplace cultures, disrespect of one's free time by confusing it with availability, handing in resignations to look for better opportunities that are more suited to their needs, but they often fall prey to their basic needs and end up working in such jobs to make ends meet.

“The International Labour Organization (ILO) estimates the global average hours worked per week to be 41.1 total, with 43.7 for men and 37.2 for women.”

-World Population Review (2024)

A noteworthy social phenomenon that seems to be the common denominator in unsatisfactory work-life balance is the “hustle culture”. This phenomenon is nothing but a decorated word for qualities like “going the extra mile” or “taking one for the team”, qualities that are momentarily applauded in workplaces, and exploited the very next. Fundamentally, hustle culture is about work dominating your time in such an unnatural way that we have no time to live our lives. Hustle culture carries this overarching belief that the more you do, the more valuable you are, and sadly workers nowadays are falling into this trap in order to afford basic amenities while consistently saving a percentage of their salary. While hustle culture glorifies overworking as a badge of honour, it often sets up an environment of fear, guilt and shame, especially when you don’t feel like running at the same pace as everyone around you.

Hustle culture leads to burnout which in turn results in decreased productivity, procrastination, committing errors while working, losing interest in work, and feelings of anxiousness and/or depression. I, myself have fallen into the slippery slope of hustle culture as an undergraduate student- interning at two places simultaneously, working part-time as a research assistant, and focusing on a personal research project, all while attending regular classes and trying to maintain my grades.

The question still remains, how to break away from hustle culture, because after all a very rich and successful man, also known as Elon Musk once famously tweeted, “Nobody ever changed the world in 40 hours a week.”

What one can do is define what “success” is to them. We have grown up listening to quotes like “Health is Wealth” and “Time is Money”. We must ask ourselves what success means to us for our career, personal and social life, and other aspects as well. We must also keep track of our energy levels, and try our best to prioritize our physical and mental well-being before that of our boss or our company. And, to do that, clear boundaries must be set. This might help us gain some insight and clarity into what we want from our life, and prioritize healthier.

Thus, the theme for this year is extremely befitting being the need of the hour. When the constant grind becomes over-glorified, it can be tough to slip out of the rat race. In the end, life can be so much more than just about work despite what hustle culture has to say. While hard work can certainly reap benefits, we can still make more room to appreciate the little things that have us feeling fulfilled.

Therefore, this World Mental Health Day, I urge you to think what your ideal, realistic work-place would be like?

**Roshni Sengupta**  
**Editor & Vice-President**  
**2023-25**





**मनोविज्ञान के सिद्धांतों को आत्मसात करने पर बल**

वसंत कन्या महाविद्यालय में आयोजित एलुमनाइ मीट में शिक्षिकाएं व छात्राएं • कालेज वाराणसी : वसंत कन्या महाविद्यालय के मनोविज्ञान विभाग में प्रथम एनुअल एलुमनाइ मीट 'सानिध्या' का आयोजन किया गया। शुभारंभ करते हुए महाविद्यालय की प्राचार्या प्रो. रचना श्रीवास्तव ने मनोविज्ञान के सिद्धांतों को आत्मसात करने पर बल दिया। मुख्य अतिथि डा. सुधा श्रीवास्तव ने कहा कि मनोविज्ञान विभाग की निरंतर उन्नति में सभी पुरातन छात्राओं की महत्वपूर्ण भूमिका हो सकती है। डा. माधुरी अग्रवाल ने आज के चुनौतीपूर्ण माहौल में मनोविज्ञान की महत्वपूर्ण भूमिका है। कार्यक्रम की थीम मनोविज्ञान की विभागाध्यक्षा डा. शुभा सिन्हा ने प्रस्तुत की। संचालन प्रियंका ने किया। इस दौरान डा. अंजुलता सिंह, डा. मिश्रा, खुशबू, अशोक कुमार एवं डा. शशिप्रभा कश्यप मौजूद रही। धन्यवाद डा. राम प्रसाद सोनकर ने किया। (जास)

## मधुमेह व उससे होने वाली अन्य बीमारियों पर चर्चा



**वाराणसी।** मनोविज्ञान विभाग, वसंत कन्या महाविद्यालय कमन्स एवं मनिस्वनी क्लब के द्वारा संयुक्त रूप से दो-दिवसीय 'अवेयरनेस प्रोग्राम ऑन होलिस्टिक वेल-बीईंग' कार्यक्रम का आयोजन किया गया। कार्यक्रम का शुभारंभ करते हुए महाविद्यालय की प्राचार्या प्रो. रचना श्रीवास्तव ने इस कार्यक्रम की सराहना करते हुए इसे व्यापक स्तर पर कराने की सलाह दी। आज के प्रथम सत्र के मुख्य वक्ता प्रो. परिमल दास, सेन्टर ऑफ जेनेटिक्स डिर्साइंडर, आईओएस, बीएचयू ने 'द जेनेटिक्स बेसिस ऑफ मेण्टल डिर्साइंडर' विषय के अंतर्गत मनोविज्ञान एवं विज्ञान के अंतः विषय के मिश्रण की सहायता से मानसिक विकारों के आनुवांशिक आधार को विस्तार से समझाया। दूसरे मुख्य वक्ता डॉ. नीरज खन्ना, एमडी (इंटरनल मेडिसिन) होलिस्टिक डायबिटीज सेण्टर, वाराणसी ने 'डायबिटीज: एन अन्निवर्गि कन्सर्न फॉर जेन जी' पर विचार व्यक्त करते हुए मधुमेह और उसके साथ होने वाले अन्य बीमारियों की विस्तार से चर्चा की एवं उसके निवारण के उपाय भी बताए। कार्यक्रम के अंतर्गत पुष्पा खन्ना मेमोरियल एवं मनिस्वनी क्लब द्वारा मधुमेह जाँच शिविर का आयोजन किया गया जिसमें महाविद्यालय के अनेक शिक्षक/शिक्षिकायें एवं छात्राओं ने अपनी निःशुल्क जाँच करायी। कार्यक्रम का विषय संयोजक डॉ. शशिप्रभा कश्यप द्वारा प्रस्तुत किया गया। कार्यक्रम का संचालन दिशारी ने किया। अतिथियों का परिचय डॉ. शुभा सिन्हा ने कराया। धन्यवाद ज्ञापन डॉ. आरपी सोनकर द्वारा किया गया। कार्यक्रम के सफलतापूर्वक सम्पन्न होने में डॉ. अंजुलता सिंह, डॉ. खुशबू मिश्रा ने महत्वपूर्ण भूमिका निभाई। इस दौरान महाविद्यालय के अन्य शिक्षक/शिक्षिकायें भी मौजूद रहे।

## विश्व आत्महत्या रोकथाम दिवस पर वी के एम मे आयोजित हुआ जागरूकता कार्यक्रम

आत्म हत्या के रोक थाम हेतु आशा की तलाश, चुनौतियों का सामना और भावनात्मक शक्ति के निर्माण पर दिया गया जोर  
डॉ राम संकर सिंह

वाराणसी। वसंत कन्या महाविद्यालय में विश्व आत्महत्या रोकथाम दिवस पर समाजशास्त्र विभाग एवं ओसियन शैल के संयुक्त तत्वाधान में एक जागरूकता कार्यक्रम का आयोजन किया गया। कार्यक्रम का शुभारंभ प्राचार्या प्रोफेसर रचना श्रीवास्तव के उद्बोधन से हुआ। अपने जीवन के महत्ता पर जोर देते हुए दैनिक जीवन की चुनौतियों का सामना करने संबंधी उपायों पर प्रकाश डाला। प्रो रचना ने जीवन को पूर्णता के साथ जीने और आवश्यकता पड़ने पर मदद लेने और दूसरों को मदद करने की सलाह दी। मुख्य व्याख्यान समाजशास्त्र विभाग की



डा. कल्पना आनन्द द्वारा आशा की तलाश - चुनौतियों का सामना और भावनात्मक शक्ति का निर्माण विषय पर दिया। उन्होंने आत्महत्या को रोकने के लिए सामुदायिक जीवन और सामुदायिक स्तर पर प्रयासों के महत्व को बताते हुए भावनात्मक शक्ति के निर्माण और आत्महत्या रोकने के लिए आशा की भावना के महत्व पर चर्चा की। डॉक्टर अखिलेश राय ने भी इस दिवस पर जीवन के महत्वपूर्ण पहलुओं को साझा किया और इस खास दिन के महत्व के बारे में बताया। कार्यक्रम मास्टर ऑफ आर्ट्स (प्रथम वर्ष) के छात्राओं द्वारा आयोजित किया गया था, जो समाज में आत्महत्या की दर को कम करने पर केंद्रित एक जागरूकता अभियान था। इस दौरान एमए प्रथम वर्ष की छात्रा मृणालिनी ने आत्महत्या रोकथाम के विषय पर

एक मार्मिक कविता प्रस्तुत की, जिसमें जीवन के महत्व को रेखांकित किया गया। छात्राओं ने मानसिक स्वास्थ्य समस्याओं से जुड़े रहे लोगों की मदद करने और समाज में आत्महत्या रोकने में योगदान देने की शपथ ली। छात्राओं ने कॉलेज परिसर में एक जागरूकता अभियान भी चलाया, जिसमें मानसिक रूप से अकेले महसूस करने वाली को मदद करने और उन्हें मनोवैज्ञानिक समर्थन देने के लिए प्रेरित किया गया। तत्पश्चात कार्यक्रम के समापन हेतु समाजशास्त्र विभाग की डॉ. अनुराधा बापुजी ने सभी श्रोतागण एवं छात्राओं को धन्यवाद ज्ञापित किया। महाविद्यालय के अन्य शिक्षक एवं शिक्षिकाएं डॉ. रिमल सेठ, डॉ. अनन्या पाण्डेय, डॉ. आरती चौधरी, डॉ. प्रतिभा ने भी सक्रिय रूप से भाग लिया और इस सामाजिक मुद्दे के प्रति अपनी प्रतिबद्धता व्यक्त की।



वसंत कन्या महाविद्यालय में आयोजित एलुमनाइ मीट में शिक्षिकाएं व छात्राएं • कालेज वाराणसी : वसंत कन्या महाविद्यालय के मनोविज्ञान विभाग में प्रथम एनुअल एलुमनाइ मीट 'सानिध्या' का आयोजन किया गया। शुभारंभ करते हुए महाविद्यालय की प्राचार्या प्रो. रचना श्रीवास्तव ने मनोविज्ञान के सिद्धांतों को आत्मसात करने पर बल दिया। मुख्य अतिथि डा. सुधा श्रीवास्तव ने कहा कि मनोविज्ञान विभाग की निरंतर उन्नति में सभी पुरातन छात्राओं की महत्वपूर्ण भूमिका हो सकती है। डा. माधुरी अग्रवाल ने आज के चुनौतीपूर्ण माहौल में मनोविज्ञान की महत्वपूर्ण भूमिका है। कार्यक्रम की थीम मनोविज्ञान की विभागाध्यक्षा डा. शुभा सिन्हा ने प्रस्तुत की। संचालन प्रियंका ने किया। इस दौरान डा. अंजुलता सिंह, डा. मिश्रा, खुशबू, अशोक कुमार एवं डा. शशिप्रभा कश्यप मौजूद रही। धन्यवाद डा. राम प्रसाद सोनकर ने किया। (जास)



# बचपन की स्मृतियां हमेशा रहे तरोजा

## ● 'इनर चाइल्ड' विषय पर संगोष्ठी का आयोजन

वाराणसी (जनमुख डेस्क)। वसंत कन्या महाविद्यालय, कमच्छा के मनोविज्ञान विभाग और छात्राओं द्वारा संचालित क्लब 'मनस्वनी' ने मिलकर 'इनर चाइल्ड' विषय पर एक सफल संगोष्ठी का आयोजन किया। इस आयोजन का उद्देश्य

छात्राओं में उनके भीतर छिपे बचपन को पुनर्जीवित कर, उनकी आंतरिक चंचलता और सृजनात्मकता को जागृत करना था। इस संगोष्ठी के मुख्य अतिथि डॉ. पूर्णिमा, सहायक प्रोफेसर, अंग्रेजी विभाग, और पंडित सौम्यकानती मुखर्जी, शास्त्रीय गायन विभाग के थे। कार्यक्रम के प्रारंभ में मुख्य वक्ता डॉक्टर पूर्णिमा ने अंग्रेजी कविताओं द्वारा अपने विचार व्यक्त करते हुए सबको स्वयं से प्यार करने और अपनी बचपन

की यादों को फिर से जीवित करने का महत्व बताया। तदुपरांत पंडित मुखर्जी ने गीत संगीत के द्वारा अपने उद्बोधन में जीवन में बचपन की खूबसूरती और महत्व पर विस्तार से प्रकाश डाला। कार्यक्रम में स्नातक एवं परास्नातक की लगभग 100 छात्राओं ने सहभागिता की। कार्यक्रम का विषय संयोजन एम ए मनोविज्ञान विषय की छात्रा दिशारी द्वारा प्रस्तुत किया गया। धन्यवाद ज्ञापन डॉ० शुभ्रा सिंह द्वारा किया गया।

## सोशल मीडिया का बढ़ता एडिक्शन और युवा जगत्

### ● वसंत कन्या महाविद्यालय में जागरूकता कार्यक्रम

वाराणसी (जनमुख डेस्क)। मनोविज्ञान विभाग, वसंत कन्या महाविद्यालय, कमच्छा, वाराणसी एवं मनस्वनी क्लब के द्वारा संयुक्त रूप से दो-दिवसीय 'अवयरनेस' प्रोग्राम ऑन होलिस्टिक वेल्-बीईंग कार्यक्रम का आयोजन किया गया। कार्यक्रम का शुभारम्भ करते हुए बच्चों महाविद्यालय की प्राचार्या प्रो. रचना



श्रीवास्तव ने इसे व्यापक स्तर पर कराने की सलाह दी। प्रथम सत्र की मुख्य वक्ता डॉ. दिव्या सिंह, आई.एम.एस., बी.एच.यू. ने अपने विचार व्यक्त करते हुए बच्चों एवं युवा जनसंख्या में सोशल

मीडिया के बढ़ते एडिक्शन के बारे में अवगत कराया। दूसरी मुख्य वक्ता डॉ० सरिता सिंह, प्रेसिडेंट-ब्लिसवेदा ने अपने उद्बोधन में आयुर्वेद के होलिस्टिक दृष्टिकोण को ध्यान

में रखते हुए हार्मोन संतुलन, आहार एवं जीवन शैली को महत्वपूर्ण बताया। कार्यक्रम में स्नातक एवं परास्नातक की लगभग 150 छात्राओं ने सहभागिता की। कार्यक्रम का विषय संयोजक डॉ. शशि प्रभा कश्यप द्वारा प्रस्तुत किया गया। कार्यक्रम का संचालन राधिका द्वारा किया गया। धन्यवाद ज्ञापन डॉ. अंजू लता सिंह एवं डॉ. खुशबू अशोक कुमार मिश्रा द्वारा किया गया। कार्यक्रम में डॉ. शुभ्रा सिन्हा एवं डॉ. राम प्रसाद सोनकर ने महत्वपूर्ण भूमिका निभाई।

### विश्व दिव्यांगता दिवस समारोह

## पहला उद्देश्य होना चाहिए कि दिव्यांगजनों संग न हो भेदभाव

वाराणसी (एसएनबी)। अंतर राष्ट्रीय दिव्यांगता दिवस देवा केंद्र के प्रांगण में देवा इंटरनेशनल सोसायटी फॉर चाइल्ड केयर के द्वारा दिव्यांग समागम का आयोजन किया गया। आयोजन का मुख्य उद्देश्य जनता में इस बात को दिखाना था कि 'दिव्यांगों के साथ समाज का विकास' संभव ही नहीं बल्कि हो रहा है। इस अवसर पर प्रांगण में विभिन्न प्रकार के दिव्यांगता से ग्रस्त लगभग सौ वयस्क दिव्यांगों ने अपनी पहचान भी बनाई।

मुख्य अतिथि पद्मश्री सुभास सुपकार ने कहा कि हम सभी का पहला उद्देश्य होना चाहिए कि इन दिव्यांगजनों के साथ कोई भेद भाव न हो, ये भी समाज की मुख्य धारा से जुड़ सकते हैं। कार्यक्रम में प्रोफेसर कुलदीप सिंह कहा कि दिव्यांगजन समान अनुभूति का अनुभव करें।

से आए सामाजिक कार्यकर्ता एवं मनोवैज्ञानिक) ने अपने आशीर्वाचन में कहा कि इन बच्चों को स्नेह के साथ रखें, ये बच्चे प्यार के सूचक हैं।



समारोह में आये अतिथियों का स्वागत डॉक्टर तुलसी संस्था अध्यक्ष ने करते हुए कहा कि आज का यह कार्यक्रम संस्था के विगत 40

श्रीभास सुपकार एवम प्रोफेसर कुलदीप सिंह, अध्यक्ष सक्षम, काशी प्रांत, रोटरेयन रवि नंदन तिवारी, अध्यक्ष, रोटरी क्लब, शिव गंगा, विशिष्ट अतिथियों जॉन मैक्स टस्सेल, डॉक्टर आनंद शील, मिशेल द्वारा दीप प्रज्वलन कर दिव्यांग समागम समारोह की शुरुवात की गई। समारोह का मुख्य आकर्षण दिव्यांग वयस्कों के साथ उनके हुनरों के बारे में जनता के साथ संवाद था जिसका प्रमुख आकर्षण वसंत कन्या महाविद्यालय के 'मनस्वनी क्लब' के मनोविज्ञान की छात्राओं द्वारा दिव्यांग के साथ मिल कर फैशन शो, डांस, म्यूजिकल चेर, फेस पेंटिंग तथा मिस्ट्री बॉक्स था।

अचार के स्टॉल, स्कार्फ बैग, स्टेशनरी के स्टॉल आकर्षण के केंद्र थे। कार्यक्रम में यूथ फॉर जॉब चेशायर डिसेबिलिटी ट्रस्ट द्वारा वयस्क दिव्यांग जनों के लिए जॉब फेयर लगाया गया था। कार्यक्रम का धन्यवाद ज्ञापन संस्था सचिव श्री श्याम लाल पटेल ने किया। अंत में राष्ट्र गान के साथ कार्यक्रम का समापन किया गया। कार्यक्रम में मुख्य रूप से प्रोफेसर योगेंद्र पांडेय, शिक्षा संकाय बीएचयू, डॉक्टर सी दीपिका दास, प्रोफेसर शुभ्रा सिन्हा, राम नारायण, विजय, प्रमोद, पूनम, मोनिका, विद्या पटेल, आईडिया के सोनू पटेल, राजीव, प्रदीप, अनुपमा, साधना, शिवांगी व्यास, दिशारी, दृष्टि बनोला, सत्या, दिव्याता, अन्विता, जीविका, रितिका, आर्या, श्रद्धा, वयस्क दिव्यांग जनों में तौहीद आलम, मनीष, सुची, कृष्ण, जय कुमार,

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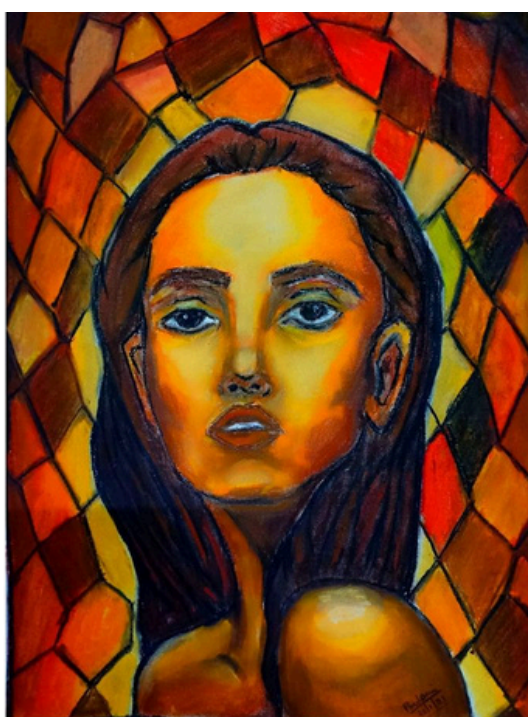
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# ARTICLES & POEMS

# Boundaries - are not created to offend others but to honour ourselves

Freya Vyas

2023-25



Boundaries are the essential component of self-care. We create boundaries in our house, to protect us from outside harm and ensuring our safety. Likewise, we need abstract boundaries to protect our mental peace. Boundaries set the limits for acceptable behavior from those around us. Boundaries help us to realize who is taking advantage of our nature, forcing us to do something we aren't ready for. It helps others understand how they should treat us.

There can be Physical boundaries to help us determine who may touch us and under what circumstances. Mental boundaries that give us the freedom to have our own thoughts and opinions, and Emotional boundaries help us to deal with our own emotions and safeguarding from the manipulative emotions of others.

It became tough for people with low self-esteem, to create boundaries. There are some ways to do so: List few things you want people to stop doing to you, for example – being rude, ignoring you, criticizing your efforts, etc. Try to know your needs and opinions, be polite but assertive to keep your opinions in front of others. Lastly, be consistent with your new boundaries. Here are few examples like:

“I appreciate your input, but my decision is different.

I'm not comfortable in sharing this thing with you.

I'm excited to spend time together but would only have a few hours.

Kindly understand I need my space, Etc.”

Boundaries are not always simple and can look a little different for everyone so be self-aware and create boundaries accordingly. Remember, the only people who get upset when you set boundaries are those who benefited from you having none.

~ Artwork by Poulami Das

# Self-Care: A Blueprint for a Happy and Healthy Life

Mehak Makker

2024-26

We are all told to be nice, kind, and helpful towards others, but why aren't we ever told to carry the same attitude towards ourselves? Being kind and nice to ourselves is the first step in being kind and nice to others. People who are judgmental and critical of themselves tend to display similar behavior towards others. Only when we take good care of ourselves can we truly take care of others.

However, taking care of ourselves should not be seen just as a means to an end—i.e., being nice to others; it should be seen as a separate priority and goal in our lives, independent of whether we are helpful to others or not.

Taking care of ourselves can manifest in different forms: physically, mentally, emotionally, and spiritually. So, let's explore the different ways we can take care of ourselves.

## Exercise

Engaging in daily exercise is a great way to keep ourselves fit and healthy. Not only does it help us physically, but it also makes us mentally agile and resilient. It's an excellent way to destress and decompress. Exercise improves our metabolism and digestion, deepens our breaths, enhances the quality of our life, and ensures that we lead a happier and healthier life, free of diseases. Regular exercise also delays aging and enhances longevity.

## Healthy Eating

Another crucial aspect of self-care is healthy eating. Who doesn't know the benefits of eating healthy? But in a fast-paced world where everyone is trying out a new food outlet every day, it can be hard to stay on track. Adding more vegetables and fruits to your diet while staying away from high-cholesterol items, fried foods, excessive amounts of sugar and salt, and aerated drinks can do wonders for our organs. Avoiding such things prevents many diseases, delays aging, and reduces the load on our digestive system, liver, and kidneys, keeping them more efficient for years to come.

SELF-CARE SELF-CARE SELF-CARE SELF-CARE

Enough talk about physical health; now let's look at how to maintain our mental and emotional health.

### **Hobbies**

All of us have one or more hobbies; in fact, many of us have multiple. Engaging in our hobbies every day not only helps to ease our minds and reduce stress from the daily hustle and bustle of life, but it also helps to develop our skills. Your hobby could be anything from reading, painting, and dancing to music and sports. All of these have one thing in common: they bring us joy and make us happy.

### **Nature and Relaxation**

Spending time in nature has been proven to have significant benefits for the mind. Not only does it ease the mind, but it also makes us feel refreshed. One may simply sit in a park and admire the beautiful sky and trees around oneself. Or one could add walking or light running to this process for added physical benefits. Just sitting in the park while enjoying tea or coffee can be as meditative as formal meditation.

### **Deep Breathing**

Deep breathing is one of those practices that provides both physical and mental benefits. Deep breathing increases the lung capacity of our body, which refers to the efficiency of our lungs in providing and supplying oxygen to our organs. We can't stress enough how essential oxygen is for our bodies to heal and survive. Apart from this, deep breathing creates such relaxation in the mind that its benefits are comparable to those of meditation.

### **Healthy Relationships**

Our quality of life and happiness are largely determined by the relationships we have. The most lonely and unhappy people are those who don't have good and healthy friendships or relationships. That's why it's important to have a support system around us that we can rely on during both good and bad times. Having people who add happiness to your life is like medicine for your body. Healthy relationships not only keep us happy but have also been shown to decrease the likelihood of diseases and improve recovery in patients by speeding up the healing process and increasing our lifespans.

With that said, I hope you are now more determined to take care of yourself and lead a happier and healthier life. Have a great life ahead!



# Unveiling Crying Norms

Sakshi Singh

2022-25



"Crying is the way to hug your soul."

We all cry at some point in our lives. There can be many reasons for crying, but after shedding tears, we often feel a sense of peace and tranquility, as if a heavy burden has been lifted from our hearts. Isn't it true?

Since childhood, I have often cried after listening to someone's sorrowful story. Because of this, my classmates and friends teased me a lot and told me to control my emotions. I also heard similar comments from teachers, saying that I shouldn't be so emotional. At home, I received the same statement.

But the truth is that I have never faced any harm from this process of crying. It has always helped me. You could say that it has greatly assisted me in understanding my own feelings and myself. After crying, I feel a sense of peace and lightness, as if I have embraced myself. It is also a way to express oneself. I have often noticed that as boys grow older, they start to hide their tears. I have always felt that if we are stopping ourselves from crying, we are choking our feelings. It creates a heavy feeling in the heart. Therefore, it is important to understand that if someone is crying, they are not weak; it shows their humanity. They are conscious of their actions and the things happening around them.

However, the question arises: why do we always see crying in a negative sense?

When someone cries, we often hear comments like "Are you a child who is crying? Be strong, man! boys don't cry." There are many such remarks that lead us to hide our emotions. We find it hard to express our feelings or even to cry because, in our society, crying is often perceived as negative. When these emotions are not released, they erupt in negative ways.

So let's explore some positive aspects of crying.

Emotional tears contain higher levels of stress hormones and other toxins that are flushed out of the body when we cry. This helps in reducing stress levels.

Crying activates the parasympathetic nervous system, which has a calming effect and triggers the release of feel-good chemicals like Oxytocin and endorphins.

These natural painkillers can help reduce physical and emotional pain. The act of crying, particularly sobbing, regulates body and brain temperature, which directly affects mood. Crying helps sort through emotions and process them in a healthy way.

## Gender stereotypes on crying

At a very young age, boys are told that men do not cry. When these boys grow up, they may muster their feelings deep inside and make themselves emotionally unavailable, or sometimes self-medicate with alcohol or drugs or take extreme steps. Therefore, men need to learn the skills of reconnecting with their emotions.

In the 90s, the poet Robert Bly presented a lecture in seminars in which he taught the participants the way to get in touch with their long-buried feelings of sadness and loss and to weep openly if they needed to.

Researchers found that on an average American women cry 3.5 times each month, while men cry about 1.9 times each month. According to the National Institute of Mental Health, By 2021 40% of men with a reported mental illness received mental health care services in the past years, compared to 52% of women with a reported mental illness. Men who adhere more strongly to masculine ideals see getting psychological help more negatively, which can result in feelings building up without an escape valve.

A study conducted by Wood et al. in 2017 found a clear intolerance for mental illness among the "macho culture" of professional footballers, who confessed to need to hide their struggles due to shame and fear of rejection.

A review by McKenzie et al. in 2022 found a workplace culture of "not being sick" was associated with masculinity, which subsequently made men feel that to safeguard their careers, they need to hide their mental illness from employees and not take necessary time off.

A significant body of clinical evidence suggests that men feel more comfortable expressing hostile emotions in response to emotional trauma such as anger and aggression. Men often feel unable to express feelings that display vulnerability and openness, which may be perceived as weakness.

Crying in response to a movie reveals high empathy, social awareness and connection - all aspects of emotional intelligence. As such, it is an indicator of personal strength rather than weakness. So, empathy is a sign of strength not weakness.

So, What now?

It's time for action. It's time to confront toxic masculinity.

We must teach our boys that it's okay to cry and discourage them from bottling up their emotions. We must be kind to one another. We all experience sadness and anxiety, and it's okay to open up about it, and recognize that feeling this way does not make you any less of a man. Ideally, such education should begin from childhood at home or at school, with adults making it safe for boys to talk about difficult feelings.

## How crying helps in psychotherapy?

Crying in therapy is a healing method that supports emotional release through tears. This approach helps people work through and let go of emotional pain, which may be helpful for managing mental health challenges.

Origin behind these sessions:

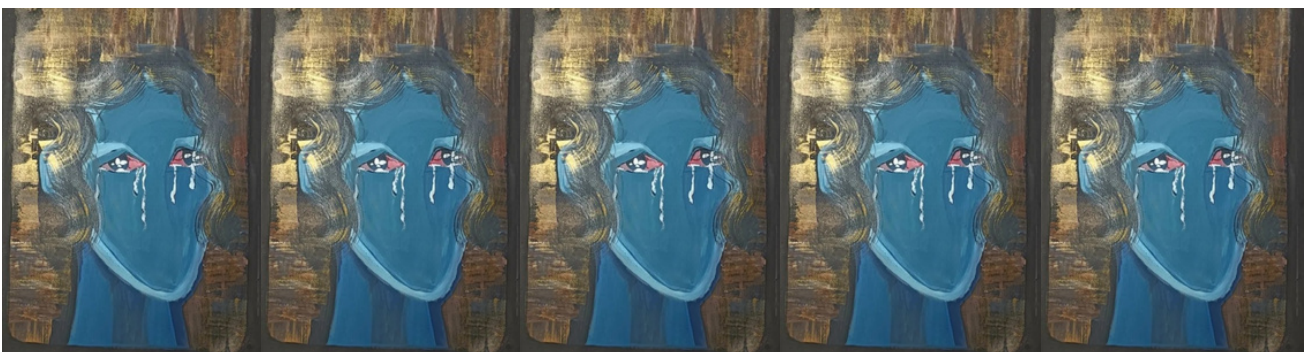
The concept of crying therapy has its roots in various cultures and traditions. One notable example is Japanese cry therapy. In Japan, Hidefumi Yoshida, known as the "tears teacher," led crying sessions to help people cope with stress and experience more positive mental health. These sessions are often accompanied by sad films or stories that encourage emotional release through tears.

Crying clubs, known as Rui- Katsu in Japan, emerged in 2013 as a response to the cultural tendency to repress emotions.

The first event was organized by Hiroki Terai inspired by the emotional release observed during divorce ceremony.

Crying in therapy may offer several different health benefits for people experiencing anxiety, depression, or other types of emotional pain. This form of therapy can help manage mental health conditions and improve both emotional and physical health. Such as it reduces anxiety and depression, strengthens the immune system, reduces stress and tension, releases emotional pain etc. In fact, research shows that people cry in about 21% of therapy sessions, highlighting the importance of crying as a tool for personal growth and more positive mental health.

In some cases, crying can be a sign of healing, especially during grief. However, it can also be important to recognize when crying might be an indication of a deeper issue. If crying becomes overwhelming or uncontrollable, it can be crucial to seek help from a doctor or mental health professional. If one feels like crying is obstructing one from managing one's day-to-day activities, it is recommended to seek help. However, for many people, crying can be an effective form of therapy. A mental health professional, such as a therapist or counselor, can help guide you through therapy. Trained professionals can provide support, techniques, and a comfortable environment for emotional healing and personal growth.



~ Artwork by Harshita Sahu

# Echoes of the Unconscious: A Jungian Exploration of Culture, Cognition, AI, and the Neural Nexus

Priyanka Roy  
2024-26

Unravelling the Threads of Human Cognition: A Jungian Odyssey Through Culture and Neuroscience

*"Until you make the unconscious conscious, it will direct your life and you will call it fate."* —  
Carl Jung

The human mind, with its intricate patterns and subconscious depths, has long fascinated psychologists, neuroscientists, and philosophers alike. Carl Jung, a luminary in psychology, famously delved into the enigmatic realm of the collective unconscious, proposing that our minds are not mere tabula rasa at birth but are embedded with archaic symbols and archetypes that span across cultures and time. This article takes you on an exploration of cognition through Jung's lens, weaving together interdisciplinary threads from neuroscience, AI, linguistics, neuro-archaeology, genetics, and social psychology to unravel the mysteries of human consciousness.

- The Collective Unconscious: A Reservoir of Archetypes:

Jung introduced the concept of the collective unconscious as a “psychic system of a collective, universal, and impersonal nature which is identical in all individuals.” This reservoir, according to Jung, houses archetypes—primordial images and symbols that resonate with us on a subconscious level. These archetypes, such as the Hero, the Mother, and the Shadow, are not just psychological constructs but are deeply embedded in our cultural narratives, influencing literature, art, and religion across the globe.

*"We meet ourselves time and again in a thousand disguises on the path of life."* — Carl Jung

Neuroscience offers compelling evidence supporting Jung's theory. A study conducted by Dr. Joseph Campbell, a leading mythologist and psychologist, found that stories from different cultures often contain remarkably similar themes and characters. This “monomyth” or “Hero's Journey,” as Campbell termed it, echoes Jung's archetypes. Functional MRI studies



reveal that when people engage with these archetypal stories, specific neural networks, particularly in the limbic system and the prefrontal cortex, become activated. These areas of the brain are associated with emotion, memory, and complex cognitive functions, suggesting that archetypes are indeed linked to deeply ingrained neural processes that influence our behavior and perception.

- Language and Symbolism: The Building Blocks of Thought:

*"Language is the house of Being."* — Martin Heidegger

"Language is the blood of the soul into which thoughts run and out of which they grow," Oliver Wendell Holmes once said. For Jung, language was the vehicle through which the unconscious expressed itself. Words are more than mere communicative tools; they are symbols laden with cultural meanings that shape our cognition. Linguistics, therefore, becomes a key to understanding how culture influences thought.

The Sapir-Whorf hypothesis, which posits that language shapes our perception of reality, aligns with Jung's ideas. Language, in Jungian terms, is a conduit for archetypes, embedding cultural symbols into our cognitive framework.

*"The limits of my language mean the limits of my world."* — Ludwig Wittgenstein

A groundbreaking study by Lera Boroditsky, a cognitive scientist, demonstrates how language influences cognition. In one experiment, she found that speakers of languages that use cardinal directions (north, south, east, west) instead of egocentric directions (left, right) are remarkably good at orienting themselves in space. This finding suggests that language can shape not just how we think but also how we perceive and interact with the world.

Neuro-scientifically, the Broca's and Wernicke's areas in the brain are responsible for language production and comprehension, respectively. These regions are also involved in processing abstract concepts and symbolic thinking, central to Jung's theory of the unconscious. The neural networks connecting these areas with the prefrontal cortex enable the complex interplay between language, symbolism, and cognition, allowing us to navigate the intricate web of cultural meanings.

- The Neural Architecture of Mythos and Literature:

*"Myths are public dreams; dreams are private myths."* — Joseph Campbell

Mythos and literature are not just stories but cognitive maps that guide human behaviour. Joseph Campbell famously stated, echoing Jung's belief that, "myths are expressions of the collective unconscious, representing universal truths about the human experience."

Neuro-archaeology, a burgeoning field that combines neuroscience with archaeology, provides evidence for this claim. Ancient cave paintings, religious texts, and epic tales, when analysed through neuroimaging techniques, reveal patterns of neural activation that

correspond to the processing of archetypal images and narratives.

- AI and the Simulation of Collective Consciousness:

*"The pendulum of the mind oscillates between sense and nonsense, not between right and wrong."*

— Carl Jung

In the age of artificial intelligence, the simulation of human cognition presents both possibilities and challenges. Can machines replicate the nuanced interplay of culture and cognition that defines the human mind? AI algorithms, particularly those based on neural networks, attempt to mimic the brain's architecture, learning from vast datasets to recognize patterns and make predictions. However, these models lack the depth of the collective unconscious—a reservoir of cultural and symbolic knowledge integral to human cognition.

Jung's ideas suggest that for AI to truly simulate human consciousness, it must incorporate cultural symbols and archetypes into its learning algorithms. For instance, the GPT models trained by OpenAI, while highly sophisticated, still struggle with understanding cultural contexts and symbolic meanings. This limitation highlights the importance of integrating archetypal knowledge into AI systems to create machines that can truly understand and interpret human emotions, cultural contexts, and subconscious motivations. However, this also raises ethical concerns about the potential for AI to manipulate or reshape collective consciousness in ways that are not yet fully understood.

- Genetic Imprints: The Inheritance of Cultural Memory:

*"We cannot change anything until we accept it. Condemnation does not liberate, it oppresses."*

— Carl Jung

Epigenetics, the study of how gene expression is influenced by environmental factors, reveals that cultural experiences can leave biological imprints on our DNA. These imprints, passed down through generations, influence not only our physical traits but also our cognitive and emotional responses.

A study by Dr. Rachel Yehuda on the descendants of Holocaust survivors found that trauma could be inherited epigenetically, affecting stress hormone levels in subsequent generations.

Jung's concept of the collective unconscious can be seen as a metaphor for this genetic inheritance. The archetypes and symbols embedded in our cultural memory are not just psychological constructs but are also encoded in our genes, shaping our cognitive processes and behavior in subtle yet profound ways. This genetic-cognitive interplay underscores the importance of understanding culture not just as a social construct but as a biological imperative.

- The Cognitive Processes Behind Cultural Nuances:

Cultural nuances—the subtle differences in behavior, language, and thought patterns across societies—are a product of the intricate dance between cognition and culture. Social

psychology provides insights into how these nuances are formed and maintained. Cognitive dissonance, conformity, and social learning are some of the psychological processes that drive cultural continuity and change. These processes are influenced by the archetypes and symbols that dominate a culture's collective unconscious.

*"The world will ask you who you are, and if you do not know, the world will tell you." — Carl Jung*

A famous experiment by Solomon Asch demonstrated the power of conformity in shaping cultural norms. Participants were asked to match the length of a line with three other lines of varying lengths. When confederates deliberately chose the wrong line, participants conformed to the incorrect choice nearly 75% of the time, highlighting the strong influence of social and cultural pressures on individual cognition.

Neuroscience adds another layer to this understanding by revealing the neural mechanisms behind these processes. The mirror neuron system, for example, plays a key role in social learning, allowing us to imitate and internalize cultural behaviors. The prefrontal cortex, involved in decision-making and self-regulation, helps us navigate cultural norms and expectations. Together, these neural systems enable us to adapt to and influence the cultural contexts we inhabit.

- A Predictive Glimpse into the Future:

*"One does not become enlightened by imagining figures of light, but by making the darkness conscious." — Carl Jung*

As we stand on the brink of unprecedented technological and cultural shifts, the future of human cognition is both exciting and uncertain. Imagine a world where AI not only understands human emotions but also influences the collective unconscious, subtly shaping societal norms through digital narratives. Envision cultures evolving at breakneck speeds, driven by global connectivity, yet grounded in ancient archetypes that refuse to fade.

In this emerging reality, our neural architecture may adapt to the rapid influx of information, with future generations possibly developing enhanced cognitive abilities to process the complex interplay of symbols, languages, and cultural memes. The collective unconscious might expand, encompassing digital archetypes that resonate as powerfully as ancient myths once did. Yet, the core of human cognition—the interplay between culture, archetypes, and neural processes—will remain a constant force, guiding our evolution as a species.

In conclusion, the story of human cognition is a dynamic interplay between biology, culture, and consciousness. Jung's lens offers a unique perspective on this intricate dance, revealing the deep connections between our minds, the symbols we create, and the cultures we inhabit. As we move forward, understanding these connections will be crucial in navigating the complexities of the human experience in an ever-changing world.

*"Your vision will become clear only when you can look into your own heart. Who looks outside, dreams, who looks inside, awakes." — Carl Jung*

# Men's involvement in parenthood: Identifying the antecedents and understanding the barriers.



Nisha Pandey  
2024-26

Men's role in parenting has been the topic of considerable controversy and discussion throughout the years. While multiple studies have demonstrated that fathers' engagement in their children's lives has various favorable consequences for the children, including greater social, emotional, and cognitive development, there are still hurdles that hinder men from being active in their children's lives. In this article, we will look at the factors that drive men to be involved in parenting as well as the hurdles that prohibit them from doing so.

Empirical research indicates that involved and loving dads are critical to children's optimal development. Whether biological, adoptive, or stepfathers, living in or out of the family, dads have an effect on their children at every stage of development, and their absence has long-term consequences.

However, simply knowing that fathers are involved in their children's lives is not enough to ensure such involvement: research has also highlighted the many barriers to parenting those men face, as well as key areas in which men require encouragement in order to be the type of involved and caring parent their children require.

## ANTECEDENTS:

- **Social support:** Studies have indicated that males who receive social support from their family and friends are more likely to be active in their children's lives. This assistance can take various forms, including emotional, financial, and practical assistance.
- **Attitudes and beliefs:** Men with favorable views and ideas about parenting are more likely to be active in their children's lives. These views may include the conviction that fatherhood is vital, that dads have a special role to play in the lives of their children, and that fathers should be active in childcare.



- **Personal traits:** Men who exhibit caring, empathic, and patient characteristics are more likely to be active in their children's life. These traits can develop through time, but they can also be impacted by cultural and societal conventions.
- **Men with access to economic resources:** such as secure job and financial stability, are more likely to be active in their children's lives. This is because these tools may help men sustain their families and spend quality time with their children.
- **Work-family conflict:** Men who have inflexible work arrangements or who are unable to balance work and family responsibilities may find it difficult to be involved in parenting.

## **BARRIERS:**

- **Cultural and societal norms:** Many cultures and communities believe that childcare is predominantly the job of women. This concept might present obstacles for males who wish to be active in their children's life since they may believe they are not meant to.
- **Lack of time:** Many men are preoccupied with work and other commitments, making it difficult for them to devote time to their children's life. This may be especially difficult for single fathers who are often responsible for all aspects of childcare.
- **Lack of support:** Men who do not have support from their partners, family, or friends may find it difficult to be involved in their children's lives. This lack of support can leave men feeling isolated and overwhelmed, making it difficult for them to be present for their children.
- **Gender stereotypes:** Men who do not conform to traditional gender stereotypes may face barriers to being involved in their children's lives. For example, men who are seen as too sensitive or emotional may be perceived as less capable of being good fathers.
- **Stigma:** Men who are involved in parenting may face stigma or negative reactions from others who view their involvement as unusual or inappropriate. Dads in fatherhood program reported feelings about their cultural and racial identities, their position as dads in society, and their prison history. These types of stigmas and prejudice can have an impact on the lives and relationships of dads.

Moreover, a range of antecedents and impediments impact men's engagement in motherhood. While social support, positive attitudes and beliefs, personal attributes, and economic resources all encourage males to be engaged in their surroundings, a lack of time and support, and gender stereotypes can all present impediments. It is critical to continue investigating these aspects and working towards a culture that recognizes and promotes dads' engagement in their children's lives. With a view to promote excellent parenting outcomes for children and families, it is critical to address both the antecedents and barriers to men's engagement in parenting. This might include attempts to challenge established gender norms, offer dads with education and support, and encourage family-friendly workplace regulations.

# Rising Escapism among the Youth

Debasmita Dutta

2023-26

The American psychological journal defines escapism as,

“The tendency to escape from the real world to the delight or security of a fantasy world.”

Today's youth has been plagued by the worst of mental health issues and there's been a downward trend in the state of their emotional well-being.

Under such circumstances, the desire to seek a break from reality on its own is only a normal tendency, common to all, like daydreaming. However, when it leads to habitual ignorance towards responsibilities and emotions is when it takes an unhealthy turn.

A study done by Jean Twenge, professor of Psychology at San Diego State University, back in 2019, showed how between 2005 and 2017, serious psychological distress, including depression, and suicide rose considerably among teens and young adults. Various other studies have been done over the years regarding this issue only to land with similar findings. This becomes concerning because it is the age of learning, growing and transforming, not of dealing with mental issues.

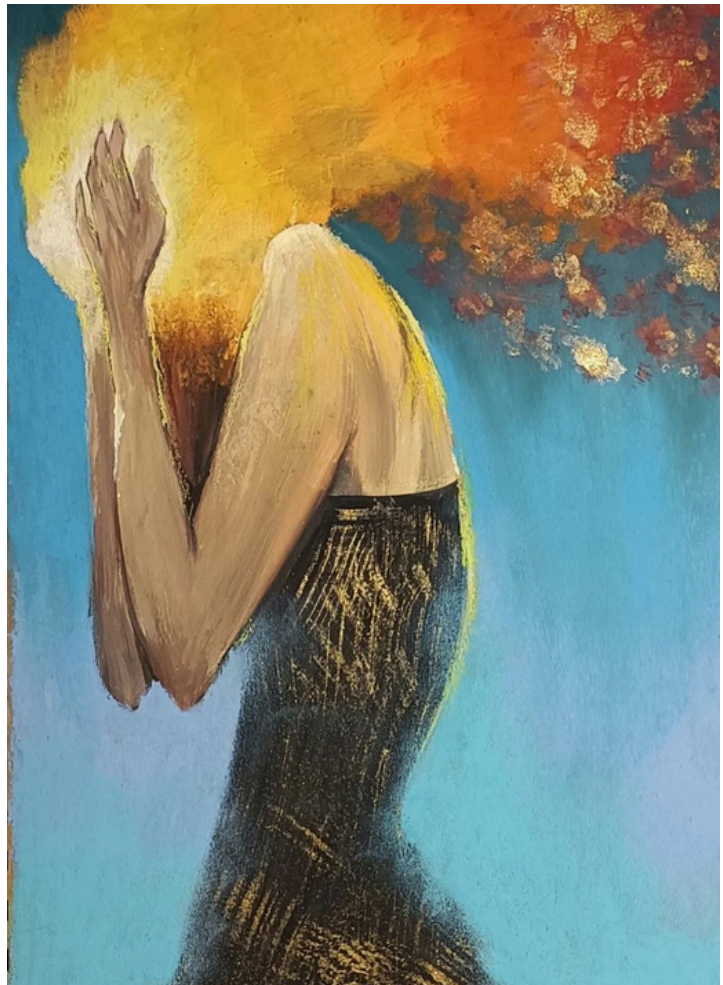
One might just simply blame social media and say, “It's that phone causing this.” And although it is true that idealized lifestyles shown in social media causes harm, but studies also show that a rise in stress results in more screen time. Thus, making it a circle with no way out.

On delving into the causes behind it, we find that the factors such as one's socio-economic status, dysfunctional family, work life imbalance, lack of support system, traumatic experiences, societal expectations, dealing with chronic illnesses along with racism, sexism, bullying etc., are all possible reasons that can lead to sadness, stress, frustration and worry. This, in turn, takes the form of anxiety, depression and other mental health problems. And to cope with such issues, a person seeks avoidance and escapism.

On one hand, escapism in the form of a creative outlet such as writing, painting, reading can, in fact, be positive. Other than this, indulgence in daydreams, media, work, physical activities are also common ways in which escapism takes form.

But, when this momentary desire to escape results in ignorance of responsibilities, poor performance in spheres of life, lack of motivation to do better, relationship challenges, not fulfilling goals, is when it takes a downward turn. Sometimes, it even takes forms of addiction, obsession, substance use etc. which is only harmful. This way of escape from life and mental health problems backfires and results in more problems instead of decreasing and helping in dealing with them.

Coping and escapism, both can be done in healthier ways. Being aware and accepting that there is a problem is the first step. Reaching out and getting professional counselling greatly helps. Regarding work related issues, they should be divided and balanced. Rather than avoiding the problem, one should try facing them. Something as simple as sharing one's problems with close-ones can improve their condition. In the end, escapism is only human nature. But how we manage to pull through with it, is what truly matters.



~ Artwork by Harshita Sahu

# The Impact of Emotional Intelligence in the Workplace: A Review

Nisha Pandey

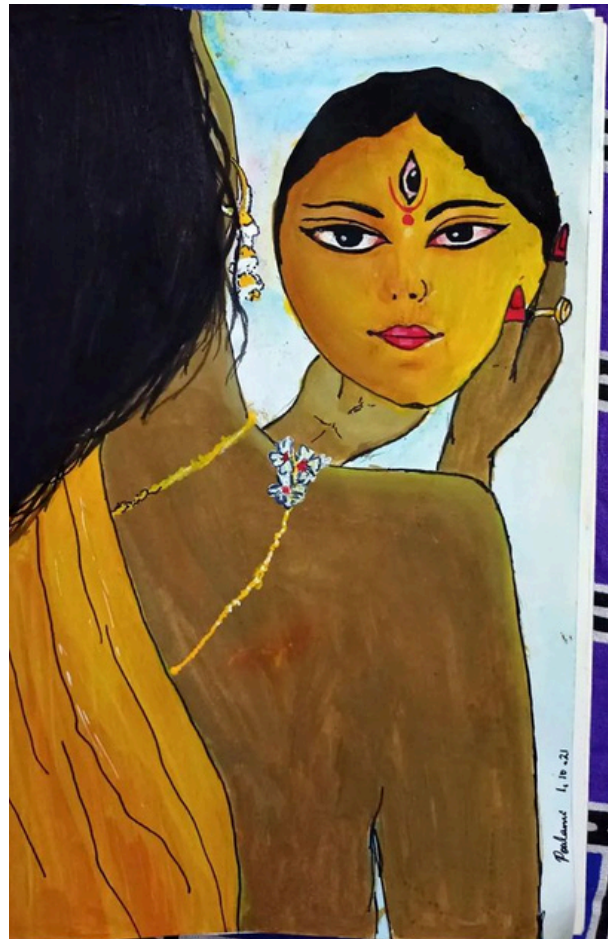
2024-26

Over time the nature of work has changed dramatically placing a greater emphasis on emotional intelligence in addition to technical skills as a crucial factor in determining one's ability to succeed in the workplace according to Salovey and Mayer 1990 emotional intelligence is the capacity to recognize comprehend regulate and make good use of emotions emotional intelligence is crucial in the workplace because it influences decision making leadership interpersonal interactions dispute resolution and job happiness understanding emotional intelligence many facets and how it affects workplace dynamics is becoming more and more important as businesses realize the impact it has on worker performance and wellbeing. The aim of this research study is to investigate the complex interaction between emotional intelligence (EI) and the workplace. The main objective is that emotional intelligence influences many aspects of the business world, such as decision-making, interpersonal communication, effective leadership, and conflict resolution. Additionally, the study aims to identify practical ways to help employees improve their emotional intelligence, which will ultimately contribute to happier, healthier, and more productive workplaces. Successful leadership is essential for every organization to succeed. Leaders with high levels of emotional intelligence have the ability to understand their team members, understand their problems, and inspire trust and confidence. Goleman's research on emotional intelligence (1998) emphasizes the importance of self-awareness, self-control, motivation, empathy, and social skills in effective leadership. Leaders who display these traits disclosure can create a positive work environment, encourage open communication, and foster innovation and cooperation among team members.

Interpersonal relations are the cornerstone of a healthy workplace. Employees with greater emotional intelligence can navigate complex life situations, understand the feelings of their co-workers, and respond appropriately. By recognizing and resolving their emotions, individuals can build strong and supportive relationships based on mutual trust and respect. Such relationships contribute greatly to teamwork, employee morale, and organizational cohesion. Every workplace is bound to see conflict. However, by understanding the emotions and subconscious minds of all people involved, people with high emotional intelligence can solve problems peacefully. They can help mediate conflicts, identify points of compromise, and reach fair agreements for all parties due to emotional understanding.



According to Jordan and Troth (2002), emotional intelligence capabilities, especially emotional awareness and emotional regulation are important in the conflict resolution process. Making good decisions is a complex process that involves balancing many variables, including emotions. People with high levels of emotional intelligence are able to weigh emotional and cognitive factors when making decisions. People can recognize the emotional consequences of such actions and make decisions that meet the emotional requirements of stakeholders and organizational objectives. Decision models based on emotional intelligence have been shown to lead to good and good social skills (Ashkanasy & Daus, 2005). An important factor in employee engagement, retention, and overall organizational performance is job satisfaction. Employees with great emotional intelligence are better able to manage stress at work, overcome obstacles, and maintain a positive attitude even under pressure. According to a 2009 study by Carmeli, Yitzhak-Halevy and Weisberg, there is a positive correlation between emotional intelligence and job satisfaction, suggesting that those with high levels of emotional intelligence are generally in overall well-being better and better job satisfaction.



Emotional intelligence is definitely a valuable skill in today's workplace. Its influence spans many aspects of the business world, shaping a leader's personality, developing interpersonal relationships, mediating disagreements, improving decision-making, and ultimately increasing job satisfaction and overall organizational performance. Workplaces can create a peaceful, supportive environment where people thrive, work well together, and contribute to meaningful organizational goals by developing emotional intelligence.

By acknowledging and cultivating emotional intelligence among employees and leaders, organizations can create a workplace culture that fosters empathy, effective communication, and collaborative problem-solving. Such a culture not only enhances the professional growth and job satisfaction of employees but also contributes significantly to organizational success. Moreover, in an era marked by increasing diversity and global collaboration, emotional intelligence serves as a bridge, facilitating understanding and cooperation among individuals from varied cultural backgrounds.

~ Artwork by Poulami Das

# The Science behind Overthinking

Shreya Maurya  
2024-26

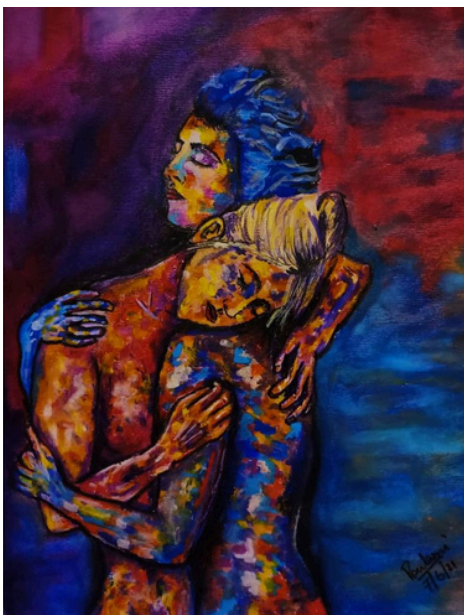
Research suggests that 73% of 25–35-year-olds are overthinkers.

Studies also show that women tend to over think more than men do given that we all have a tendency to overthinking, some perhaps more than other.

**Let's understand how our biology and psychology play a role in overthinking.**

women have more active brain than men. All women overthink things. Our thought tends to go into overdrive, and we become super analytical about the smallest detail: than conversation, body language, a cyber exchange memory, anything. It's a common stereotype that is often humored, but it turns out there is actually scientific backing to it.

A study reported in the Journal of Alzheimer's Disease has confirmed that women over think more than men do, due to their brains having more activity. The study found that the brains of women were especially more active in the frontal cortex, which is involved with focus and impulse control, as well as the limbic emotional areas of the brain which are linked to more and anxiety. It also found that blood flow was higher in women's brains compared to men's, meaning they are more likely to empathize, be collaborative, be intuitive and be more focused. Thought this also increases their susceptibility to develop anxiety, depression, insomnia and eating disorders.



Have you ever been told, “you’re overthinking it”? it’s not just you. Even if we have not labelled it as such, many of us have experienced overthinking. Overthink is a term used to describe repetitive, unproductive contemplation. As thought could be about a variety of subjects, research has traditionally distinguished between “rumination” about the past and present and “anxiety” about the future. Regardless of the terminology we use, what we are referring to are persistent thought loops that don’t seem to have an end.

If you think you are the only one up at night, replaying that conversation from earlier in the day, in your head- you are not alone.

We have all experienced some instances are periods of overthinking.

How does overthinking affect mental health?

Overthinking is associated with depression and anxiety. In a study conducted by researchers from the University of California San Diego found that people who overthink tend to ruminate about their problems more than those who don't they also had higher levels of anxiety and depression. In fact, rumination-the repetitive thought process-is one of the leading factors in a developing chronic depression. Rumination can also exacerbate feelings of shame, guilt, and worry as they cause a false perception of things going wrong, even when they are not.

### **How to overcome overthinking?**

Asking yourself the Questions might help:

1. Which of my thoughts are helpful and which are not?
2. Am I thinking about a problem in a way that helps solve it?
3. Am I trying to find any easy solution where none exists?
4. Is it time for a different approach?



~ Artworks by Poulami Das

# The Psyche of players mind during competition

Anjali Rashmi  
2023-25

As a sports person, I can say that the psychology of competitive athletes is a complex tapestry woven from emotions, thoughts, and physical responses. Understanding the psyche of players during competition can provide valuable insights into their performance, mental resilience, and overall well-being. Here I wanted to highlight some of the mental landscape athletes navigate as they prepare for and engage in competition, some psychological key factors and strategies that influence their performance. So firstly, I say the pressure of competition, as per I experienced athlete have heightened expectations from their selves, they often face immense pressure to perform, whether from coaches, fans, or personal ambition. This pressure can lead to anxiety, affecting focus and decision-making. The mental burden of expectations can create a cycle of self-doubt, especially when performances do not meet these high standards. After heightened expectation, fear of failure plays great role in developing competition pressure, the fear of losing or not meeting expectations can be paralyzing. Athletes may experience intrusive thoughts about failure, which can distract from their preparation and performance. Understanding and managing this fear is crucial for maintaining confidence and focus. So here the role of mental preparation can give a great lead mental preparation using some psychological techniques such as Visualization Techniques Many athletes use visualization to mentally rehearse their performance. By imagining themselves executing skills successfully, they can boost their confidence and reduce anxiety. This technique helps to create a sense of familiarity with the competition environment, enhancing readiness, and mindfulness like Staying present is essential for optimal performance. Mindfulness practices, such as deep breathing and meditation, help athletes manage stress and improve concentration. Some players also use techniques like systematic desensitization to deal with their fear and anxiety of competition, but this technique will only perform in front of trained sports psychologists. These techniques can anchor them in the moment, allowing them to respond to challenges more effectively.

Another key aspect is Emotional Regulation Managing Emotions during Competitions often trigger a wide range of emotions, from excitement to frustration. Successful athletes develop emotional regulation strategies, allowing them to channel their feelings positively. Techniques such as positive self-talk and reframing negative thoughts can transform anxiety into motivation. and also, they must have to Build their Resilience it is vital for overcoming setbacks. Athletes who view challenges as opportunities for growth are more likely to bounce back from defeats. Cultivating a growth mindset can foster perseverance, enabling athletes to push through adversity and maintain a competitive edge. The influence of team dynamics can also affect the psyche of players such as social support, for team athletes, the dynamics within



the group can significantly affect individual performance. A supportive environment fosters camaraderie and reduces anxiety, while negative interactions can heighten stress levels. Building strong relationships within a team can enhance collective performance and individual mental health, and communication because Effective communication during competition can mitigate misunderstandings and foster trust among team members. Athletes who feel heard and supported are more likely to perform at their best, as they can focus on their roles without distraction.

And one of the major factors is Post-Competition Reflection, after a competition, athletes often engage in self-reflection, analysing what went well and what didn't. This process helps them learn from experiences and adjust their training strategies. However, it's essential to balance critical analysis with self-compassion to avoid excessive self-criticism, and they must have learned to cope with defeat is a crucial aspect of an athlete's psyche. Acknowledging emotions related to loss, while focusing on lessons learned, can foster growth. Resilient athletes view setbacks as part of their journey, using them to fuel future success.

The psyche of athletes during competition is a multifaceted domain influenced by pressure, emotions, mental preparation, and team dynamics. Understanding these psychological factors can help athletes optimize their performance and well-being. By developing effective coping strategies, maintaining strong support systems, and embracing the journey of competition, athletes can navigate the mental landscape with resilience and focus, ultimately enhancing their chances of success.

At the end I want to conclude my words with a small poem i.e.,

“ On the field where dreams take flight,  
With every heartbeat, the thrill ignites.  
Sweat like diamonds, grit on display,  
A warrior rises, come what may.  
Chasing the echoes of cheers in the air,  
Pushing through limits, fuelled by the dare.  
With every step forward, the past fades away,  
In the moment of battle, they find their way.  
Through trials and triumphs, they learn to embrace,  
The beauty of struggle, the will to keep pace.  
Each setback a lesson, each victory sweet,  
A testament to courage, a rhythm, a beat.  
Under the pressure, they stand tall and brave,  
With passion as fire, they dance on the wave.  
For every fall taken, there's strength to arise,  
A champion's heart, where the spirit never dies.  
So, here's to the dreamers who strive and who fight,  
With hope as their compass, they blaze through the night.  
In every competition, their legacy starts,  
A tapestry woven from unbreakable hearts. ”

# Social Media Influencing the concept of Self

Nisha Pandey

2024-26

## Social Media and Self-Concept

Social media is a collection of programs that employ internet and web technologies to allow users to produce and distribute content. Facebook, Twitter, YouTube, WhatsApp, WeChat, Line, BBM, and Instagram are some of the most popular social media platforms in the globe. Social media allows people to disseminate a variety of information by creating and sharing content in various applications such as blogs, wikis, ratings, or questions and answers on the website. As the use of social media continues to grow and expand due to its diversity and mobility of 4,444 (Nielsen, 2012), the proportion of online information filtered in some way through social media is growing rapidly. Self-concept is defined as an individual's judgement, opinion, or self-assessment of self. The self-concept is extremely significant, especially throughout adolescence, because during this stage, teenagers experience a crisis moment in order to find one's self-identity and grow into grownups. In this case, adolescents will learn what, who, and what will happen throughout this time. They become who they are as a result of their close friends and family in their culture. Adolescence is a time of growth for one's self-concept, job of adapting to their larger social surroundings. This in everyday life, the adjustment process involves a social interaction. Social adjustment is the hardest development task in adolescence.

### How it influences self-concept?

The use of social media in adolescence is needed an awareness. Adolescents built their identity, formed a good picture of themselves by using social media, such as showing their intelligence, happiness, hobby or activity that they are interested in, posting activity that they have done, and revealing private problems on social media. Studies found that the frequency with which senior high school students use social media, such as Instagram, had a favorable link with their self-image. Self-concept includes self-image, self-identity, role, self-esteem, and self-ideal.

Depression seems to be a major concern among professionals as the association between suicidal tendencies, social costs, and their impact on the overall functioning of those experiencing the symptoms becomes apparent. I will be. The recent surge in depression in young people today is the target of media speculation, as well as the idea that social media is at least partially responsible. However, the literature depicts intricate pictures of this connection.



Certain aspects of social media, rather than the explicit use of social media itself, can predict depression in young adults with certain risk factors. For example, if you're visiting Instagram, Facebook, or other social media sites and you're flooded with images of beautiful Kardashianstyle women, check your profile and not just your social media profile, but very much. Notice that you are busy. But to yourself, and you want to have the abdominal muscles instead of the abdominal muscles self-concept, and therefore have an image of your body.

A study by Valkenburg, Peter, and Schouten (2006) looked into the effects of friend networking sites on adolescent self-esteem and well-being. An online survey of 881 Dutch adolescents aged 10 to 19 years old was undertaken by the researchers. The researchers looked at social self-esteem, well-being, use of social networking sites, frequency of profile reactions, and tone of profile reactions. According to the findings, 49.3 percent of responses to their profile were primarily negative, while 28.4 percent were predominantly positive. The percentages show the relationship between self-esteem and social media.

Belk's thesis describes the re-embodiment of the self through a digital presence that is distinct from that which is displayed in person. As time passes, an individual's online self becomes more identifiable, and the online self is co-created with others through online interactions (Belk, 2013). While some people use social media as an extension of themselves, others (particularly minority groups) may be more likely to portray a "double identity" in situations where they can express themselves without fear of being judged in person (Kelly, 2018). The use of social media to present a fake persona has been linked to with problematic use (Kircaburun, Alhabash, Tosuntas, & Griffiths, 2018). Milyavskaya and colleagues (2018) suspect that this behavior is related to FOMO, such as envious users engage in "social one-upmanship," in which they write posts that exaggerate their good feelings in order to compensate for the feeling of missing out on social events.

To summarize the findings presented in this study, growing up in the digital age creates new formats that allow young people to shape their identities. Faced with unique risk factors, digitally connecting the while separating it from face-to-face interactions and socializing through the new subtle digital format of communication plays a role in the coming process of the new generation.

The clarity of self-concept was more consistent among older teens than younger teens, and those with low self-esteem experimented more with self-expression. Beneficial in some respects, but harmful in other respects, social media promotes new -style interactions that allow individuals to experiment with self-expression, and the truth behind that presentation is shown.

Misrepresentation of self and the consequent decline in self-concept can contribute to the influx of adverse effects seen in young people. The important thing is to consider how students perceive their role in the problematic SMU. Previous studies have shown that students are actually experiencing their cell phone addiction, but self-awareness of addiction and problematic use of are in the context of social media use alone not investigated.

# The Psychology of Communication: The Interplay Between Language and Culture Through Time

Rinki Singh

Human behavior is significantly influenced by language, which serves as a means of communication and a way to represent thoughts and knowledge. The concept of linguistic relativity and the Sapir-Whorf hypothesis suggests that language plays a role in shaping individuals' worldview and perceptions.

## **Language and Worldview:**

Language is a symbolic representational system that conveys concepts and understanding. It abstractly represents knowledge, beliefs, and processes, with the primary goal of effective communication.

Linguistic relativity posits that language structures our perception of reality. Different languages may lead to distinct cognitive frameworks and ways of thinking.

The Sapir-Whorf hypothesis suggests that language influences thought. For example, the presence of specific words in a language can affect how people perceive and categorize the world.

## **Culture's Role:**

Culture significantly moderates behavior through language. Cultural beliefs, norms, and ideas shape how language is used and understood.

Cultural groups sanction and regulate specific language expressions, reinforcing particular worldviews. The interplay between language and culture influences human behavior, cognition, and communication.

## **Research and Future Directions:**

Scholars have explored how culture moderates' behavior through language. Research papers, chapters, and books have highlighted these connections.

A developmental perspective on language learning helps us understand how language, culture, and thought interact.

Researchers continue to investigate linguistic relativity and the relative impact of language versus cultural influences on cognitive processes.



# Dear comrade: The uncovered TRUTH

Arya  
2023-26

"Nobody ever asked what I want " a frequently used phrase in our times .

We are all familiar with the fact that how these 21st century movies have been an open stage for depicting diverse psychological scenarios. The line above is taken from a popular movie "Dear comrade", 2019. The main theme of this movie revolves around the term "comrade". A comrade is the person who supports us in all our fights and struggles. The two leads of the story "Bobby" and "lily" fall in love and there are various phases of their complex relationship. Many of us perceived this from a romantic angle, but now let's dive into the depth of the message sent to the viewers . The characters face challenges related to mental health, societal expectations, and personal demons. Bobby , who becomes a permanent pillar of support for lily who had been a victim of mental and sexual abuse. This movie addresses social issues and emotional struggles, emphasising the importance of mental well-being. Lily embodies the experience of nearly every girl who has encountered any form of abuse, wherein their choices about the future are often disregarded by others.

"Violators cannot live with the truth: survivors cannot live without it." The line above expresses the blatant scars left on the bodies and the mind of the survivors of any kind of sexual or mental abuse . Everybody is well aware of the consequences faced by them in such cases, but we have failed to protect and fulfill the emotional needs of the wonderful girls of our society. We often focus on preventing and punishing abuse, taking satisfaction in seeking retribution against the wrongdoers. What we overlooked , is the emotional and mental well-being of the survivors. Why don't we discuss their feelings and state of mind? The fact that we haven't even considered this as a question leaves us without an answer.

It's high time that we comprehend the fact that these events make the survivors emotionally vulnerable to a greater extent.



~Artwork Ishita Agarwal



It messes with their psychological state of being, trusting people becomes scary, interacting or coming out in the world itself seems like a nightmare. The thoughts of any such encounters scares them deeply. The safe and good touches even by the most trusted ones don't seem safe or good any longer. They say, time heals everything but it is something which is never healed. Unfortunately, nothing can be done instantly . Being empathetic to an extent that their emotional and mental wellness is regained might help.

If the girls out there are courageous enough to share their traumatic experiences , we should be strong enough to acknowledge their fears, anxieties ,insecurities and traumas and empathise with them .

Despite the support offered by certain families and a segment of the society ,we are still lacking in providing the essential psychological assistance they need . Not mistaking this with the "bechaari" factor but actually accepting it as a mental aid.

Beyond empathy and validation, providing access to professional help is crucial. Mental health professionals can offer tailored support, helping survivors navigate the complex emotions and traumas associated with the complex emotions and trauma associated with mental abuse . We can also play a role in it , by lending our ears and spending time with the needy.

To sum up, the recurring phrase "Nobody ever asked what I want" echoes the unaddressed emotional needs in our society, particularly for those who have faced abuse. Beyond mere prevention and punishment, our society needs to actively empathize with victims, offering essential professional assistance. It's imperative to transcend silence, promoting open communication and awareness to create an environment where survivors can access the necessary help for genuine healing and recovery.

# Awaken the Mind

Aatreyee Kundu  
2023-26

In a world that often looks away,  
From silent struggles faced each day,  
We must rise and clearly see,  
The hidden wounds of you and me.

Beneath the smiles, behind the eyes,  
A myriad of unseen cries,  
Mental health, a silent plea,  
Deserves our love and empathy.

No shame in seeking help or care,  
In minds that sometimes wear and tear,  
For we are human, every one,  
Beneath the moon, beneath the sun,

Let's break the chains of stigma's hold,  
Embrace each story, new and old,  
A listening ear, a hand to lend,  
Can help a broken heart to mend.

Awareness starts with every voice,  
In speaking up, we make the choice,  
To build a world where all can find.  
Peace in heart, and peace in mind.

So let us be the light that guides,  
Through darkened paths where pain resides,  
With understanding, let us pave,  
A future bright, a world more brave.

~ Artwork by Poulami Das

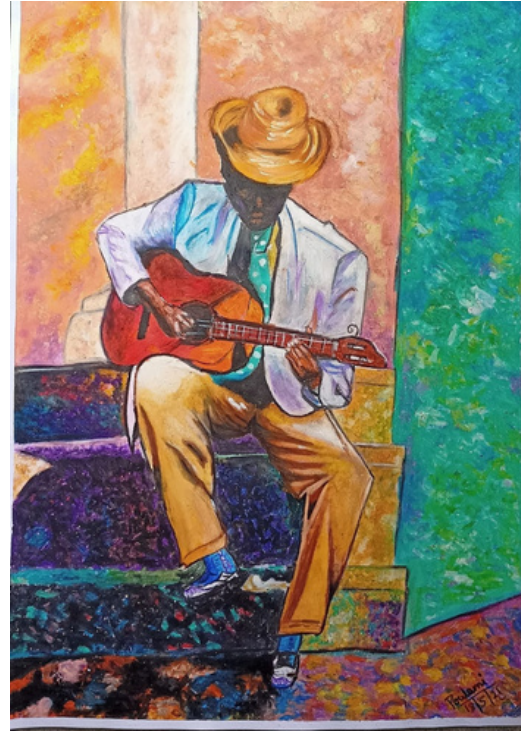
# जिंदगी- एक सफर

Arpita Mukherjee

2023-25

जिंदगी एक रास्ता नहीं, एक रेल की तरह है-

कुछ अपनों को पीछे भी छोड़नी पढ़ती है,  
कुछ नए लोगों से दोस्ती हो जाती है,  
ये मंजिल सबर करवाती है,  
इसी सफर से हमें बेचैनी सी होती है,  
इसी सफर में हमें परेशानियाँ भी होती है,  
ये रेल हर मोड़ पर रुकती है,  
और कुछ लोगों को पीछे छोड़कर आगे भी बढ़ती जाती है,  
जिंदगी भी कुछ ऐसी ही होती है,  
चाहे सफ़र जैसी भी है, पहुंचने पे सुख मिलती है,  
कभी कभी लगती है, रुक सी गयी है,  
मगर बढ़ानी पढ़ती है,  
और चलानी पढ़ती है,  
और जब मंजिल मिल जाए तब,  
सफर की याद भी आती है।



~ Artworks by Poulami Das

## Fly

Freya Vyas

2023-25

Looking at the Sky, I hope to fly,  
Fly freely like birds, fly freely in the sky.  
I hope to fly high, I hope to fly untouched,  
I hope to fly passionately, I hope to fly  
earnest.  
I understood it's my time to live, leaving  
all the burdens,  
It's my time to achieve, leaving all the  
indecisions.  
It's frightening when I continuously failed,  
But I experienced and learnt by myself.  
All the hardships,  
All the devil's own luck, gave me firmness.  
I learnt it's insignificant to fly high in the  
sky,  
What's important is to fly freely in the sky.  
It's my time to fly, fly freely in the sky.



# Echoes of the Mind

Aatreyee Kundu  
2023-26

In the labyrinth of thought, I tread, where shadows whisper words unsaid.

A mirror to the soul I find.  
Reflecting echoes of the mind.  
Beneath the surface, calm and clear,  
Lies a sea of dreams and fear.  
Each ripple tells a silent tale,  
Of courage, joy, and times we fail.


Awareness blooms like mumming light...  
Dispelling darkness, taking flight.  
Emotions rise, a gentile tide,  
In this vast ocean, I confide.

The heart beats out a steady song.  
In rhythm with a mind grown strong.  
Embracing all, the dark, the bright,  
I navigate the depths of night.

In every thought, a seed is sown,  
From consciousness, new paths are grown.  
Through self-reflection, I shall find,  
The boundless echoes of the mind.



~ Artwork by Ashmita Pandey



# **MOVIE & CHARACTER ANALYSIS**



# Words on Bathroom Walls

## A Sensitive Take on Mental Health

**Nisha Pandey**

**2024-26**

"Words on Bathroom Walls," directed by Thor Freudenthal, is a heartwarming and emotional movie that explores the struggles of living with schizophrenia, a mental illness that affects how people think, feel, and perceive the world. The story follows Adam Petrazelli, a teenager diagnosed with schizophrenia during his senior year of high school. Based on Julia Walton's novel, the film highlights both the challenges of dealing with mental illness and the stigma that often surrounds it.

The film opens with Adam, played beautifully by Charlie Plummer, experiencing his first major episode of psychosis in a chemistry class. This moment marks a turning point in his life, as he is diagnosed with schizophrenia—a mental health condition where people may see or hear things that aren't real (hallucinations) or believe things that aren't true (delusions). From then on, Adam's life becomes a delicate balancing act as he tries to manage his symptoms while keeping his diagnosis hidden from the outside world.

One of the most unique aspects of "Words on Bathroom Walls" is how it visually shows Adam's experiences with schizophrenia. His hallucinations are represented by imaginary characters who often appear in his day-to-day life, including a carefree hippie, a protective bodyguard, and a wild party guy. These characters bring humor and tension to the story, but they also reflect the constant noise and confusion in Adam's mind. This portrayal helps viewers better understand what someone with schizophrenia might go through, making mental health feel more real and relatable.

Adam's biggest challenge is accepting his illness while trying to live a "normal" life. The movie does an excellent job of showing the emotional struggles that come with mental health issues, like fear, isolation, and the desire to fit in. Adam feels ashamed of his condition and worries that people will see him as "crazy" if they find out. This fear reflects the stigma surrounding mental health, which often prevents people from seeking the help they need or being open about their struggles.

Adam's relationship with his mother, played by Molly Parker, is central to the story. She loves Adam deeply but is understandably worried about his future. The film captures the tough reality of being a caregiver for someone with a mental illness, showing the stress, fear

and frustration that families often face. It's clear that both Adam and his mom want the best for each other, but they also struggle to cope with the challenges of his condition.

At school, Adam meets Maya (Taylor Russell), a bright and determined classmate who helps him with his studies. As their friendship grows, so does their trust in each other. Maya becomes a source of comfort for Adam, someone he can open up to about his illness without fear of judgment. Their relationship shows the importance of understanding and compassion when it comes to mental health. Maya's acceptance of Adam's condition plays a huge role in his journey to finding peace with himself.

Throughout the film, Adam's journey highlights the ups and downs of managing a mental illness like schizophrenia. It shows how difficult it can be to find the right treatment, including the side effects of medication, and how important it is to have a strong support system. The movie doesn't sugarcoat the challenges, but it also gives hope by showing that people with mental illness can live full, meaningful lives if they receive the right care and support.

In conclusion, "Words on Bathroom Walls" offers a thoughtful and sensitive look at mental health, particularly schizophrenia. It shines a light on the realities of living with a mental illness while encouraging empathy and understanding from those around us. For anyone interested in mental health or wanting to learn more about the emotional experiences of those who live with schizophrenia, this film is a must-watch. It reminds us that everyone, no matter their struggles, deserves to be seen, heard, and understood.



~ Artwork by Poulami Das

# A Social Life

Nisha Pandey

2024-26

Nowadays, social media has taken over our lives in recent years. Are you living the life you portray on social media? Many of us ask this question on a daily basis. This short film follows a career-driven woman who is living the life she has always imagined. But there's a catch: she's doing it all online. She wakes up one day to discover that her reflection is nothing more than a collection of images she has shared with others. Is that her day-to-day life? Is it her social life, or is it something else?

A tracking shot rolls inside a woman's bedroom to start the short film. The audience can see the entire bedroom in this tracking shot, which is portrayed to be highly elegant and expensive. The bedroom is quite vast, and as the young girl lies in the king-sized bed, she is immediately depicted as alone and small. This shot lasts about 20 seconds, during which time suspense is developed and the audience is able to decipher the initial enigma codes revealed. After she has awoken, the following shot is of her glancing at her phone. She looks at a series of photographs that have been manipulated onto the screen so that the audience can see what she's looking at, as social media is becoming more and more popular people tend to check it more frequently. As the short film progresses the girl is shown taking photos of herself and things she is doing as the short film progresses, then uploading them and adding a caption. As an audience member, you may believe she has a healthy active lifestyle and enjoys every day. However, as the short video unfolds, this shifts and she no longer accomplishes the things she posts. She is attempting to depict a wonderful life online, but this is not the case.

Kerith Lemon is a multi-platform storyteller and creator with extensive experience in creative narratives and multi-platform storytelling. Lemon is drawn to storytelling that elevate women and spark debates among a broad audience because she is passionate about stories that emotionally connect. Her directorial debut, *A Social Life*, premiered at the Canberra International Short Film Festival, where it won Best International Actor, and most recently at the Lady Filmmakers Festival in Pacific Grove, CA, where it won Best Ladies First Short. Throughout 2016, it was screened at film festivals.

The film undoubtedly raises a number of questions about our social lives. Do not become engrossed in social media's "dream world." Sometimes all you need to do is live your life and ignore social media. Meredith aspires to live a balanced life, which includes being active, working hard, and connecting with her friends; she is developing her "image" among her social media pals. But one day she wakes up and realizes that her reflection is nothing more than a collection of photos she's shared with others. Is this what she wants to do with her life? Or is it simply a neatly crafted self? Are you living the life you portray on social media?.

Technology has altered how individuals engage with one another in their daily lives, but it hasn't impacted the fundamental need to build supportive bonds with others. The varied relationships that a person has with others, such as family, friends, community members, and strangers, make up a person's social life. It can be measured by the frequency and quality of their regular social interactions, both in person and online. Humans are social animals, and the quality of one's social life has a significant impact on one's mental and physical well-being. Both minds and bodies can fall apart if they do not have great, long-lasting relationships. Individuals begin life reliant on the quality of their relationship with their primary caregiver, usually their mother, to ensure their survival.



The concept of social media depression has just been validated by new research. The majority of research has focused on distinguishing causation from correlation. According to the former, social media raises the likelihood of mental health problems. The latter suggests that lonely and unhappy persons are more prone to use social media. Social networking platforms are a symptom of depression in this situation, not the cause. The most current research suggests that there is a link between the two. According to a 2015 poll of 736 college students, Facebook causes sentiments of jealousy, and envy leads to depression symptoms. People who viewed Facebook late at night lost sleep and were more likely to feel depressed and unhappy, according to a 2019 study from the United Kingdom. FOMO refers to Fear of Missing Out in social media is one of the variants that causes people to constantly check and recheck their social network feeds to avoid missing anything.

To avoid the traps of social media, we must first recognise that it can have a real detrimental impact on our health, and that this risk increases as we spend more time online. Start by examining your own habits. How much time do you spend each day on social media platforms, exploring, publishing, and engaging? Even if you don't spend long periods of time on Facebook, you might be

surprised at how much your frequent visits build up over the course of a day. For a week, keep track of how much time you spend on social media. Number of ways by which we can avoid this depression is:

### **1. Set a daily limit for how much time you spend on social media-**

Try having your social media time if you spend two hours a day on it. You might be surprised to learn that even if you set an apparently harsh limit, such as reducing the amount of time you spend online, you won't feel the change. With continually renewing content on Facebook, Twitter, Instagram, and other social media platforms, we can easily get into mindless browsing mode. It's impossible to reach the "end" of the updates. Because the longer time you spend on these platforms, the more money these firms gain from advertising, their goal is to persuade you to scroll for as long as possible.

### **2. Modify your social media usage-**

The way we utilise the platforms is one of the distinctions between the harmful and positive consequences of social media (since there are some positive effects as well). Social media can have a negative impact on our lives when we spend more time comparing ourselves to others and feeling envious, accepting form partners as social media friends, publishing frequently (particularly with negative updates), and becoming obsessed with our virtual identity.

### **3. Find news sources outside of your social media feeds-**

Many people nowadays acquire their news from social media feeds. Having a single online source for our social connections and news may appear handy, but it also means that we are more likely to become side-tracked from our efforts to keep informed. When you keep your news sources distinct from your social feeds, you'll be less likely to get drawn into the social surfing abyss. Browse right to the website of your favourite newspaper or online magazine the next time you want to check out the top news stories of the day.

Alternatively, watch a news broadcast on television. You may also use Google News or newsfeed apps to curate the topics that are relevant to you. Everyone will take something different away from it and interpret it differently. therefore it will have an effect on everyone.





# Geheraiyaan (The Deeper it gets the darker it is)

Freya Vyas  
2023-25

The movie essentially talks about generational trauma and its effects on our lives.

## Plot:

The movie revolves around the lead character - Alisha, a Yoga instructor, who is facing her childhood trauma. Alisha is a strong, independent and responsible woman but deep down she is carrying her emotional baggage. During childhood, she saw her mother commit suicide by hanging herself. She often felt stuck in her life due to her childhood traumas. Alisha is facing the effects of her childhood trauma in the form of anxiety issues and panic attacks. And, in the entire movie she is nervous, impulsive and negatively self-critical about herself.

Her relationship with his boyfriend (Karan) is not good. It's filled with regular fights and misunderstandings. Since childhood, Alisha took care of her father and later in her adult relationship she was stuck with the guy where she used to take care of his boyfriend and fulfil all household and financial responsibilities. She feels she is unlucky.

After a long time, she met her cousin (Tia) and her boyfriend (Zain) after for the trip. Alisha, Karan and Tia were childhood friends. Her cousin, Tia is an insecure girl who gets easily manipulated by her mother and boyfriend. In the entire movie her boyfriend manipulates her for money. She isn't able to make appropriate decisions and gets emotional easily. On the other side Zain, is an opportunist who manipulated Tia to get into her family business. He used to gas light and manipulated Tia and Alisha in the entire movie. In his Childhood, Zain saw his mother facing physical abuse by his father. He left his family and never returned. He has the anger issues like his father.

On the trip, Zain get attracted towards Alisha's maturity and beauty. Alisha too felt connected to Zain and his childhood story. Zain confronts Alisha and asks her to give him 6 months by which he would return Tia's money and break things off with her. After doing fraud in business, he got stuck and the only one who could help him financially is Tia so he secretly tried to kill Alisha. As a result of an accident on the cruise, he fell into the water and died. After this incident, Alisha tried to commit suicide but stayed back when she was guided by her father.

It's rightly said by Alisha's father at the end of the movie, "We can't run away from our past we have to face it". Batra's Gehraiyaan is a bold attempt to tell us about the messed-up life of people, how the past affects our present, how unresolved traumas lead to the repeated patterns of similar events, and how professional and personal life are inter-dependent, and our actions have consequences.

**Message of the Movie:** To resolve our traumas and moving on in life instead of getting stuck in the past.



# Qala (Qala, 2022)

Varsha Rao & Manasvi Verma

2024-26

In the movie Qala, the titular character Qala Manjushree, played by Triptii Dimri, is a deeply complex character whose psychological struggles form the crux of the narrative. The film delves into her inner turmoil, exploring themes of trauma, guilt, and the desperate longing for validation, especially from her mother. Digging into the detailed psychological analysis of Qala's character:

**Early Life and Emotional Neglect:** Qala's psychological issues are rooted in her childhood, particularly in her relationship with her mother, Urmila.

**Maternal Rejection and Emotional Neglect:** From a young age, Qala is subjected to cold emotional neglect from her mother, who values talent over love. Urmila makes it clear that Qala is not her first choice for musical success and instead focuses on Jagan, a prodigy she brings into the home. This favoritism creates feelings of rejection in Qala, who constantly strives for her mother's approval. The psychological impact of such neglect is profound, as Qala develops low self-esteem, and the absence of unconditional love shapes her adult personality. The mother-daughter dynamic in Qala is a textbook case of how emotional neglect can lead to lasting psychological scars.

**Conditional Love and Worth:** Urmila's conditional love based on whether Qala can achieve musical perfection leads Qala to tie her self-worth entirely to her achievements. She constantly seeks external validation, a psychological pattern known as contingent self-esteem, where self-worth fluctuates based on external successes or failures. Her mother's withholding of affection unless Qala excels in music reinforces this unhealthy dynamic, causing Qala to associate love with achievement.

**Feelings of Inadequacy and Perfectionism:** Qala's sense of self is defined by deep feelings of inadequacy and the constant pressure to be perfect.

**Perfectionism as a Coping Mechanism:** Throughout the film, Qala strives for perfection in her music, believing that excelling in this area will earn her mother's approval. Perfectionism becomes a defense mechanism to cope with the feelings of not being "good enough." In psychology, this relentless pursuit of flawlessness is often a coping strategy for individuals who seek to control their environment to avoid feelings of worthlessness or failure. However, Qala's perfectionism ultimately becomes her undoing. As she rises in the music industry, the pressure to maintain her success intensifies, leading to crippling anxiety and a deteriorating sense of self.

**Imposter Syndrome:** Despite her public success, Qala feels like an imposter. She believes she does not deserve the accolades, particularly since her rise to fame is tinged with guilt over Jagan's death. This psychological phenomenon, where an individual doubts their accomplishments and fears being exposed as a "fraud," is known as imposter syndrome. For Qala, this feeling stems from her unresolved guilt and the sense that her success is built on betrayal and deception.

**Envy, Rivalry, and Guilt:** A central aspect of Qala's psychological complexity is her relationship with Jagan, the talented young singer whom her mother adopts as a protégé.

**Sibling Rivalry and Envy:** Although Qala and Jagan are not siblings, their relationship is marked by intense rivalry, primarily due to Urmila's favoritism toward Jagan. Qala is envious of Jagan's natural talent and the maternal affection he receives—something she has craved all her life. This rivalry feeds into Qala's feelings of inadequacy, making her desperate to outshine Jagan and win her mother's love. However, the envy she feels toward Jagan also fuels a sense of guilt, particularly as she becomes complicit in his downfall.

**The Burden of Guilt:** Qala's involvement in Jagan's tragic fate becomes a source of overwhelming guilt. Psychologically, guilt can lead to intense self-loathing and mental breakdowns when left unaddressed. In Qala's case, this guilt manifests as hallucinations of Jagan, a haunting reminder of her moral failing. The film uses these hallucinations as a way to externalize Qala's inner guilt and the weight of her conscience, which she is unable to escape. These visions are a psychological manifestation of her repressed guilt, showing how unresolved trauma and remorse can fracture a person's sense of reality.

**Hallucinations and Psychological Breakdown:** Qala's descent into madness is a central arc of the film, with her hallucinations symbolizing her fractured mental state.

**Psychotic Symptoms:** Qala experiences visual and auditory hallucinations, primarily of Jagan. These hallucinations represent a break from reality, symptomatic of a deeper psychological disorder. The hallucinations can be interpreted as a symptom of severe guilt and post-traumatic stress disorder (PTSD), where Qala's unresolved trauma manifests as a distorted perception of reality. Her mind projects Jagan as a ghost or apparition, representing the unshakable guilt that haunts her.

**Paranoia and Self-Sabotage:** As her hallucinations become more frequent, Qala's paranoia escalates. She begins to doubt the intentions of those around her, believing they may discover her involvement in Jagan's death. This paranoia further isolates her from reality and from the people who care for her, such as her mentor and colleagues in the music industry. This self-isolation is part of her broader psychological breakdown, where she sabotages her own career and mental well-being.

**The Need for Validation and Emotional Void:** Throughout the film, Qala's need for validation from her mother and society drives many of her actions.

**External Validation and Self-Worth:** Qala's sense of identity is built around receiving approval from others. Her psychological need for validation stems from the emotional void left by her mother's rejection. Even as she achieves success in the music industry, Qala remains unsatisfied because she has not received the one form of validation she craves the most—her mother's love. This reliance on external validation leaves her vulnerable to feelings of emptiness, even as she appears successful.

**The Symbolism of the Moth:** The recurring motif of the moth in the film is symbolic of Qala's fragility and self-destructive tendencies.

**Emotional Void and Loneliness:** Despite her public success, Qala is intensely lonely. She lacks meaningful emotional connections, particularly with her mother. This loneliness becomes a driving force behind her emotional and psychological decline. As her guilt and paranoia grow, Qala's isolation deepens, and she becomes trapped in a cycle of self-destructive thoughts and behaviors. Her hallucinations are also symbolic of this loneliness, as they become the only "companions" she has left as her mental state deteriorates.

**Moth to a Flame:** Moths are drawn to light, often to their own detriment. Similarly, Qala is drawn to the “light” of fame and her mother’s approval, even though pursuing these desires ultimately leads to her destruction. The moth symbolizes her fragile mental state, her vulnerability, and her tragic fate. The image of the moth being consumed by the flame mirrors Qala’s own psychological unraveling as she chases validation and success to the point of self-destruction.

**The Final Act: Suicide and Psychological Surrender** The culmination of Qala’s psychological descent is her suicide, which can be seen as an act of surrender to her overwhelming guilt, unresolved trauma, and mental illness.

**Suicide as Escape:** Psychologically, Qala’s suicide can be interpreted as an escape from the unbearable burden of guilt and the pressure of maintaining the facade of success. Her guilt over Jagan, her failure to win her mother’s approval, and her disillusionment with fame all converge in her final act. Her death is a tragic acknowledgment of her inability to cope with the psychological weight of her experiences.

**Depression and Despair:** By the film’s end, Qala is consumed by depression, characterized by feelings of hopelessness and worthlessness. Her suicide is a response to the profound despair she feels, unable to find a way out of her emotional and psychological pain.

In conclusion, Qala’s character is a tragic exploration of the psychological toll of trauma, guilt, and the unfulfilled desire for love and validation. Her journey is marked by emotional neglect, a desperate need for perfection, and unresolved guilt that ultimately leads to her downfall. Psychologically, Qala’s story is a cautionary tale about the dangers of ignoring mental health, unresolved trauma, and the toxic effects of seeking validation from external sources rather than cultivating self-worth from within.



~ Artwork by Harshita Sahu



# RESOURCES



# Internship Opportunities for Psychology Students in Varanasi

## OFFLINE

### 1. Rajkiya Mental Hospital

As a government-run mental health facility, this hospital offers offline internships for psychology students, focusing on psychiatric care, patient counseling, and clinical assessments. Contact: Visit their center directly or get in touch via local listings.

### 2. Sparsh Psychological Centre

Sparsh focuses on mental health awareness, counseling, and therapeutic interventions. They offer offline internship opportunities in counseling psychology and mental health advocacy.

Contact: +91 98380 28540

### 3. Psychological Care

This center provides a welcoming environment for psychology students seeking internships, with a strong focus on comprehensive mental health services, offering practical experience in the field.

Contact: +91 94153 88280

### 4. Deva International Society for Child Care (DISCC)

DISCC offers internships for psychology students interested in child care. Interns will work with mentally challenged children, assisting with rehabilitation and therapeutic programs. This opportunity provides hands-on experience in a supportive environment.

Email: [tulsi\\_discc\\_cv@hotmail.com](mailto:tulsi_discc_cv@hotmail.com), [tulsi@disccindia.org](mailto:tulsi@disccindia.org)

Website: (<http://www.disccindia.org>)

### 5. Dr. Pooja Singh - Mann Neuro Psychiatry Clinic

This clinic offers psychiatric services and may provide internship opportunities for psychology students. Contact them directly for more information.

Phone: +91 63878 99384

## **6. Deva Institute of Healthcare and Research**

This institute offers mental health and rehabilitation services, including psychiatry, child psychiatry, and psychological services. They may have internship programs available.

Contact: +91 542 231 3652

## **7. Ravi Neuro Psychiatry Centre**

Specializing in Psychiatry This center may offer internship opportunities for psychology students interested in this field.

Contact them directly for more information.

## **8. Adding Ability Centre**

This center focuses on rehabilitation and may offer internships for psychology students interested in working with individuals with disabilities.

Phone: +91 72668 30819

# **ONLINE**

## **1. Happyimynd**

Provide opportunity for work from home job as a Pathfinder

## **2. Pukaar Global Foundation**

Is a training internship where a lot of content based on different therapies is taught.

Cost of internship- 1000

Duration- 1 month

## **3. ICHARS Support Foundation**

This 6-week internship focuses on practical skills in clinical and counseling psychology. It's unpaid but offers extensive learning experiences with live client interactions and therapeutic practice.

## **4. Fortis Healthcare (Fortis National Mental Health Program)**

Fortis runs the Fortis School Mental Health Program and offers online internships in counseling, mental health awareness, and public engagement. You can check for affordable or stipend-based internships through their mental health initiatives.

These internships are not just about building your resume; they're about discovering your passion and making a positive impact in the community. Take advantage of these experiences, connect with mentors, and embrace the journey ahead. Your future in psychology is bright—let's make the most of it together!!

~ Curated by Drishti Banaula & Nisha Pandey



# **PROFESSIONAL OPINION**

# Understanding Suicidal Behavior in Young Adults

**Ms. Shinjini Samajdar**  
**RCI-registered Clinical Psychologist**



Ms. Shinjini Samajdar is an RCI-registered Clinical Psychologist. She is currently pursuing her PH.D. from St. Xavier's University Kolkata and working as visiting faculty member in the Department of Psychology at Amity University Kolkata. She has previously held positions as an assistant professor at the Sweekar Institute of Rehabilitation Sciences in Hyderabad. Ms. Samajdar's clinical expertise includes working with chronic medical conditions such as Chronic Obstructive Pulmonary Disease (COPD) and diabetes mellitus. With over 25 publications in peer-reviewed journals, she is a prolific contributor to psychological research. Her specializations include Cognitive Behavioral Therapy (CBT), elderly care, and cognitive retraining.

## **Understanding Suicidal Behavior in Young Adults**

Suicidal behavior in young adults is a complex issue that often unfolds over time, shaped by various emotional, cognitive, and environmental factors. As psychotherapists, it is vital to recognize that suicidal thoughts rarely arise suddenly; they usually build gradually, often masked by everyday struggles. These thoughts can manifest as both active and passive behaviors, each requiring careful consideration during assessment and intervention. Active suicidal behaviors include clear, intentional actions such as making a plan, preparing for an attempt, or overtly expressing the desire to die. Passive suicidal behaviors, on the other hand, are more subtle.



A person may wish they weren't alive, or engage in self-neglect, such as not caring for their health, avoiding social interactions, or taking unnecessary risks without a direct plan for suicide. These passive signals can be just as dangerous as active behaviors, and ignoring them may lead to escalation. In recent studies, loneliness has been highlighted as a significant factor contributing to suicidal ideation among young adults aged 16-24. This age group is particularly vulnerable to self-harm, as feelings of isolation and social disconnection intensify emotional pain, contributing to the development of both passive and active suicidal thoughts. Impulsivity also plays a critical role in suicidal behavior. However, impulsivity related to suicide is not the same as what we observe in ADHD.

While ADHD-related impulsivity is typically linked to hyperactivity or difficulty controlling urges, impulsivity in suicidal behavior is more about emotional overwhelm and a lack of emotional regulation. Suicidal actions are often sudden responses to an unbearable emotional state, without consideration of the consequences. For therapists, it's essential to adopt a comprehensive approach, considering both active and passive suicidal behaviors. Planning interventions based on prominent symptoms, rather than focusing solely on diagnosis, ensures a more tailored and effective therapeutic response. Recognizing the nuances of suicidal behavior allows us to offer better support and reduce the risk for young adults navigating this delicate period of life.



# **ALUMNI CORNER**

# Ms. Payel's journey

**Ms. Payel**  
**(Batch of 2013-15)**



Ever since childhood, I had only one ambition: to become a civil servant. Like most students, I aligned my education with this goal, completing my schooling and applying for graduation. Fortunately, I secured admission to Vasant Kanya Mahavidyalaya, BHU, and everything seemed on track throughout my undergraduate years. I prepared for the UPSC exam diligently and eventually appeared for it.

However, as some people say, their career paths find them rather than vice versa. This rang true for me. Gradually, my focus began to shift towards psychology. I found my self increasingly drawn to the subject, investing

more time in learning and exploring its various facets. By the time I enrolled in my Master's program, I was still at a crossroads-unsure whether to pursue a career in civil services or psychology. It was during my post-graduation internship that everything became clearer. The exposure I gained from my mentors' guidance and hands-on training gave new direction to my aspirations.

After completing my Master's degree, I finally realized where my true passion lay. I went on to pursue an M.Phil. at Gautam Buddha University.

In 2017, I began my professional journey as a Clinical Psychologist. Along the way, I had the opportunity to work with several prominent organizations. In 2019, I was appointed Vice President at The Psychologists-An Association of Psychology. Clinical Psychology requires a diverse group of individuals with a range of traits. Hence, my suggestion to the young Psychology enthusiasts would be to make connections and gain knowledge from others. Be mindful of your own limitations and act modestly. Never forget to look for yourself and know what you are about to embark onto. During your career, you should anticipate continuing to study. Therefore, it is challenging! Get ready to put in a lot of work. Best wishes!

# The Journey continues for Miss Arpana Lakhmani: Life is all about Learning

**Arpana Lakhmani**  
(Batch of 2013-16)



Once upon a time, in the vibrant halls of Banaras Hindu University (BHU), I found myself beginning to uncover my passion for psychology. From an early age, I experienced the ups and downs of life, often witnessing friends and peers settle into comfort, compromising their dreams. Deep down, I knew life was meant for chasing aspirations—especially those that could make a difference in the world. As I navigated my studies at Vasant Kanya Mahavidyalaya (VKM, BHU), I was fortunate to be surrounded by dedicated teachers who ignited my curiosity. I remember how I would sit on the front bench with my friends, always eager to ask questions and delve deeper into our subjects.

We were so curious and hungry for knowledge. I often found myself among the top three students in my class, always trying to come prepared and looking for any opportunities to engage and participate.

My time at VKM was also filled with laughter and camaraderie. Whenever I had free moments, my friends and I would take pictures around campus—under the trees, in classrooms (of course, only after the teacher had left), and around the grounds. We just kept clicking, capturing the essence of our shared experiences. I still cherish the album I made for my friends; it holds so many beautiful memories from those unforgettable days.



This vibrant community not only nurtured my academic growth but also supported me through life's challenges. Yet, life was not always smooth sailing. I faced my share of hardships, moments that truly tested my resolve. But in the midst of these trials, I discovered the power of psychology. It became my anchor, a source of strength that helped me navigate the storms. Embracing a positive mindset, I learned to believe in my abilities, finding resilience in the very struggles that sought to hold me back.

Through my journey, I learned invaluable lessons about grit and determination. I realized that it was okay to stumble and fall; what mattered was getting back up and continuing to move forward.

With each setback, I cultivated humility, compassion, and gratitude—qualities that inspired me to strive for personal improvement.

One evening, as I sat in a quiet corner of the campus, I reflected on my philosophy: to never give up. I understood that life would always present challenges, but I chose to focus on larger, meaningful objectives. Even in the darkest moments, I discovered pockets of light—values and purpose that guided my way.

With each passing day, my commitment to psychology deepened. The principles I learned became not just theoretical concepts but practical tools I could apply to my life. My experiences at VKM equipped me with the knowledge and confidence to navigate life's complexities, and I felt a renewed sense of determination to pursue my dreams.

Now, as I stand at the threshold of my future, I reach out to those who follow in my footsteps. To the juniors embarking on their own journeys, I want to share my story—a reminder that each of you holds unique dreams and perspectives. If something ignites your heart, trust that instinct. Don't hesitate to seek guidance; you may find unexpected support from those around you.

I encourage you to embrace an open mindset, appreciate diverse viewpoints, and learn from one another. The world is a canvas of possibilities, filled with potential waiting to be explored. Individually, we each possess immense potential, often unrecognized. Together, we can create meaningful change.

So, with renewed hope and determination, I say to you: rise—again and again. My journey is just beginning, and every step I take is a testament to the strength that lies within.

# The girl who (sort of) lived

**Ms. Sunita Singha Roy**  
**(Batch of 2022-24)**

They say the part of the past that's most intriguing to talk about was the hardest to live through. Well, maybe they don't say that, but I definitely do.

The thought that comes to my mind whenever I find a chance to share my story is that why'd someone be interested in that? I don't have a gallant tale of conquering lands, nor do I consider myself to be an altruistic Samaritan. Then again, maybe the simplest story of the most common-man (or woman, or whoever you want to be) interests one the most. One man's cliché is another man's fairytale.

My journey with the subject psychology has been somewhat of a roller coaster. My initial days of studying the subject in school have



been filled with disbelief. “Wait! Not the mother! C’mon Freud!”, said teenage Sunita, probably. Her little pro-scientific brain couldn't comprehend such ideas and concepts. But that didn't stop her from looking for answers. So, after securing a good enough marks (quite good actually, but I don't boast) in HS, I decided to pursue further in Psychology for Honours. College started. And there came the lockdown. And while everyone was busy making weird coffees and finding imposters, I kept studying. This is when I truly came face to face with the subject, and man! It was a love at first sight. In the following months, I kept unraveling one layer after another of my beloved subject, and kept getting more and more intrigued. Then when BSc. Ended, I was determined to go as far as possible with Psychology.

But I soon realized that that endeavor was easier said than done. CUET became quite a hardship, I did what I could do, but had a tinge of a feeling that I could have done better (I don't have General Aptitude; all my aptitudes are specific, sorry UGC). Then I worked my hardest for DUET and actually got quite a high rank. But due to my love for Banaras Hindu University, I decided to stay here. A decision I totally do not regret. Heh. These two years of BHU have taught me a lot about psychology, both inside and outside of the curriculum. The naïve dreamer girl has turned into a reality oriented woman now.

And through this journey, albeit a memorable one, I have come across beautiful friends and dedicated professors, who have made me understand the subject and the world around it a lot more.

So, you see, the story of my journey might not be a script for the movies (no biopic anytime soon folks), but it is a real one. It is a story of self discovery, and an account of facing your fears. And trust me, I have been absolutely terrified of what could happen, of what is yet to come. But... ...“But I have promises to keep And Miles to go before I sleep, And miles to go before I sleep.”

# Celebrating Growth: A Journey of Gratitude and Motivation

**Isha Tiwary (Batch of 2021-2023)**  
**Institute of Medical Sciences, BHU**



As an alumnus of Vasant Kanya Mahavidyalaya, I look back with immense admiration and gratitude. Having completed both my graduation and master's here, I can confidently say that these classrooms shaped not only my academic knowledge but also my personal growth. The faculty of the department of Psychology deserves special mention—they have consistently been a pillar of support, offering guidance both in achieving academic excellence and extracurriculars. Their motivation has helped countless students, including myself, navigate through challenges and emerge stronger. It was this strength that helped me pursue my goal starting my higher education in the field of research. Currently I am working as a research scholar performing hospital-based study in Surgical Oncology and Psychology at the Institute of Medical Sciences, BHU.

Coming to Manaswini, it fills me with pride to see how far this Club has come. When I was a student here, the club was just beginning its journey, and the road ahead seemed uncertain. Today, witnessing it launch its second magazine and organize impactful workshops, seminars, and awareness programs is truly inspiring. Manaswini has become a crucial platform for promoting psychological awareness, enabling individuals to incorporate mental health practices into their daily lives.

Through this article, I wish to extend my heartfelt congratulations to the Club and its members. It would be an honour for me to give back to this institution by offering my guidance and support to current students in any capacity. I want to encourage you all to persevere, especially in this evolving landscape of higher education. The path may not always be easy, but remember—the best way out is through.

As we look back upon the festive season of Durga Puja, let us all channel our inner Shakti—our mental strength—to defeat the evils of procrastination, fear, and self-doubt. With this power, we can achieve great heights.

Wishing the Club continued success and a bright future ahead. Thank you for allowing me to be a part of this incredible journey!





# **PSYCHOLOGY CALENDER**

# OCTOBER

## Psychological Events

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**01** 1921: Publication of Hermann Rorschach's Inkblot Test  
1912: Formation of the American Psychological Association (APA)  
International Day of Older Persons

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**02** 1869: Birth of Mahatma Gandhi

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**04** 1927: Wolfgang Köhler Publishes "The Mentality of Apes"  
1957: Publication of B.F. Skinner's "Verbal Behavior"

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**05** 1902: Birth of Ray Birdwhistell

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**07** 1923: Birth of Donald T. Campbell (social scientist)  
1949: Establishment of the World Federation for Mental Health

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**08** 1859: Birth of John Dewey, an American philosopher, psychologist, and educational reformer

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**09** 1896: Birth of G. H. Hardy (mathematical psychology)  
1917: First Use of the Rorschach Inkblot Test in Clinical Practice

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**10** 1963: World Mental Health Day Observed for the First Time  
World Mental Health Day Established by the World Health Organization (WHO)  
1994: Publication of Martin Seligman's "What You Can Change and What You Can't"

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**12** 1943: Jean Piaget Publishes "The Child's Conception of Physical Causality"



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**13** 1890: William James Publishes “The Principles of Psychology”

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**14** 1953: John Bowlby Publishes “The Nature of the Child’s Tie to His Mother”

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**15** 1923: Birth of Albert Bandura

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**16** 1944: Death of Edward Thorndike

---

**17** 1936: Birth of Philip Zimbardo (Stanford prison experiment) born.  
1936: Publication of “The Interpretation of Dreams” by Sigmund Freud

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**18** 1927: Birth of George A. Miller  
2000: Publication of Daniel Goleman’s “Emotional Intelligence”

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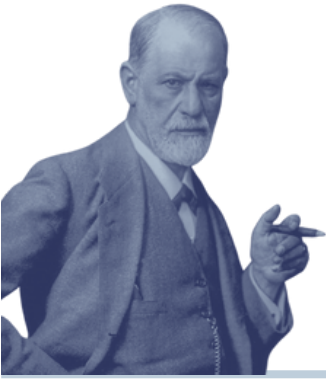
**19** 1931: Birth of Richard Lazarus

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**20** 1949: Karen Horney Publishes “Neurosis and Human Growth”  
1972: Formation of the Society for Industrial and Organizational Psychology (SIOP)

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**22** 1953: Publication of B.F. Skinner’s “Science and Human Behavior”



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**23** 1856: Birth of Sigmund Freud

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**24** 1920: John B. Watson Publishes "Psychology from the Standpoint of a Behaviorist"  
1969: Publication of Erik Erikson's "Identity and the Life Cycle"

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**25** 1881: Birth of Pablo Picasso  
1955: Publication of "The Psychology of Intelligence" by Jean Piaget

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**26** 1920: Death of Max Wertheimer

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**27** 1984: Death of Hans Eysenck

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**28** 1949: Establishment of the Nuremberg Code

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**29** 1938: Birth of Daniel Kahneman

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**30** 1895: Wilhelm Wundt Found the First Experimental Psychology Laboratory  
National Day of Remembrance for Victims of Crime (U.S.)

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**31** 1961: Publication of Thomas Szasz's "The Myth of Mental Illness"  
1955: Publication of "The Psychology of Intelligence" by Jean Piaget

"Information is based on current sources; please verify with updated references as details may change."

~ Curated by Akansha





# 07

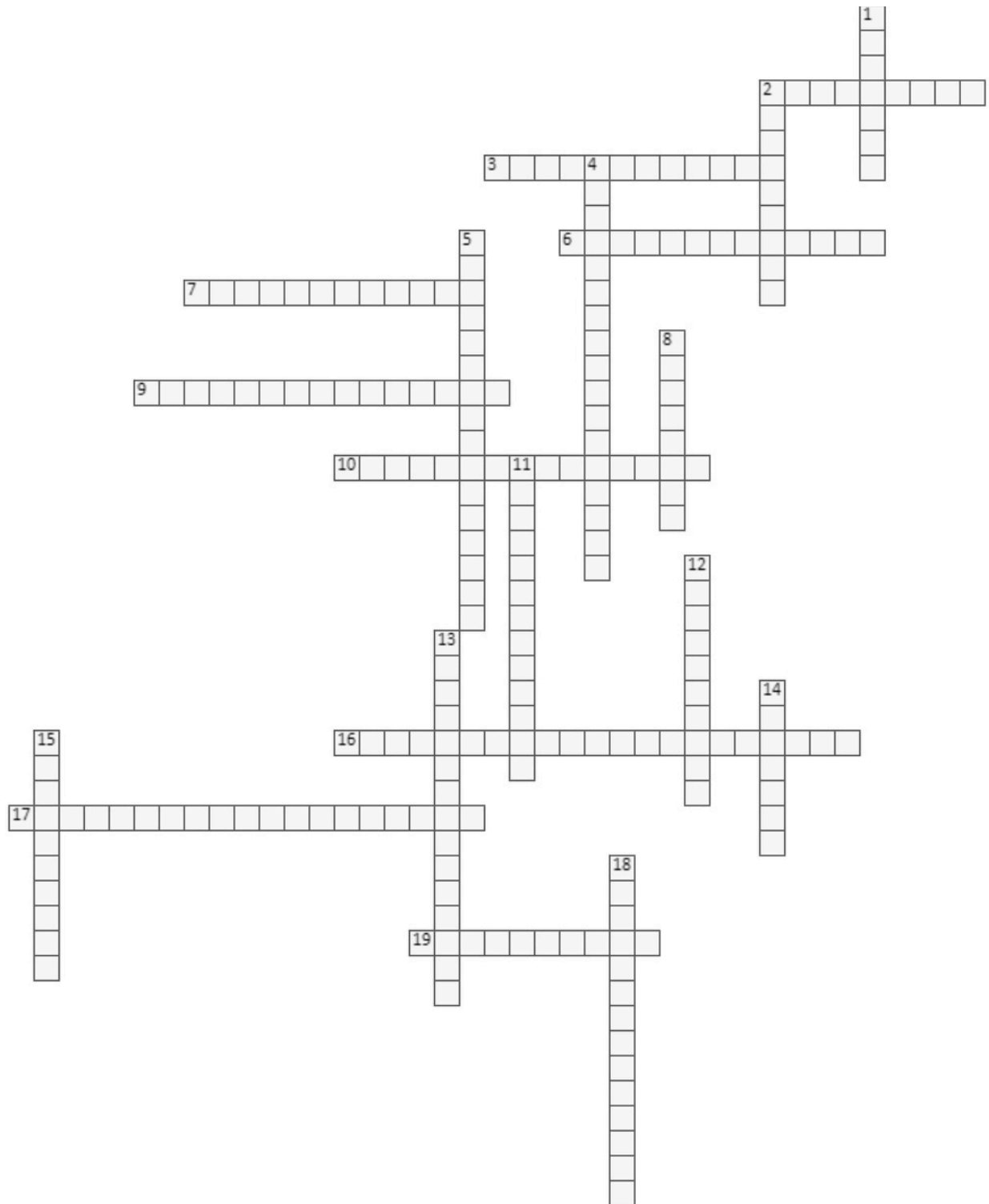
## CROSSWORD

## Across:

2. A forensic technique involving the study of a criminal's past behaviors to predict future actions
3. This term refers to a person's belief in their own ability to succeed in workplace tasks and challenges
6. When individuals in a team contribute less because they assume others will pick up the slack-think freeloaders
7. The fear of public speaking, often affecting employees during presentations and meetings
9. A common defense mechanism where a person justifies their poor work performance by blaming external factors
10. A mood disorder with alternating periods of high energy and deep depression, often seen in high-pressure workplaces
16. A disorder that causes people to avoid social gatherings for fear of judgment and embarrassment
17. This theory in organizational psychology explores job performance, broken into skill, motivation, and environment factors
19. In forensic psychology, this type of evaluation assesses a person's mental state at the time of the crime

## Down:

1. A major mental health issue that can arise from excessive work demands, leading to withdrawal and lower performance
2. In forensic psychology, a test used to detect lies during investigations; it's all about measuring stress levels
4. This type of workplace intervention is designed to improve employee well-being and reduce stress through regular breaks and exercises
5. This leadership style encourages creativity, collaboration, and emotional intelligence
8. The type of power that comes from respect and admiration, rather than authority- think social influence
11. When employees feel completely disconnected from their work and experience emotional detachment, this kicks in
12. This therapy helps employees cope with workplace stress and trauma by using breathing and mindfulness techniques
13. In job satisfaction research, this theory is famous for identifying motivators and hygiene factors
14. This phenomenon happens when workers share emotional exhaustion, similar to flames spreading
15. In workplace psychology, this theory suggests that employees will perform tasks if they expect good outcomes
18. Term for the glass ceiling effect experienced by women or minorities in organizations, linked to barriers in promotions



Answers:

Across:

2. Profiling 3. Self- efficacy 6. Social loafing 7. Glassophobia 9. Rationalization 10. Bipolar Disorder 16. Social Anxiety Disorder 17. Performance Equation 19. Competency

Down:

1. Fatigue 2. Polygraph 4. Ergonomics Program 5. Transformational (leadership) 8. Referent (power) 11. Disengagement 12. Meditation 13. Two-factor theory 14. Burnout 15. Expectancy theory 18. Discrimination

# ACKNOWLEDGMENT



We, the Manaswini sorority, are deeply grateful to each member who has walked this journey with us, dedicating their time, energy, and talent to enrich our departmental club. Your unique contributions—be it through design, editing, or content creation—have truly made a difference. A special thank you to our alumni for responding swiftly to our outreach and to the professionals who generously shared their insights on current trends in the field.

We extend our heartfelt thankfulness to our Manager of the Institute, Smt. Uma Bhattacharyya ma'am, and Principal of the Institute, Prof. Rachna Srivastava ma'am, for their unwavering trust and support in publishing this magazine. Our gratitude also goes to the Head of the Department and faculty members for their guidance throughout this process.

This collaborative effort has not only been a remarkable learning experience but has also strengthened our bonds as a community. Thank you for being an integral part of this journey; your contributions have been invaluable.





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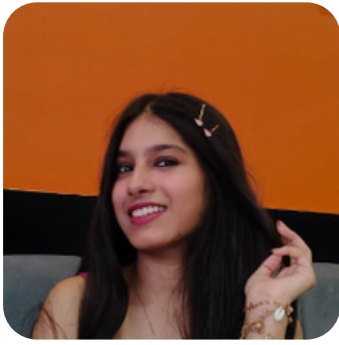
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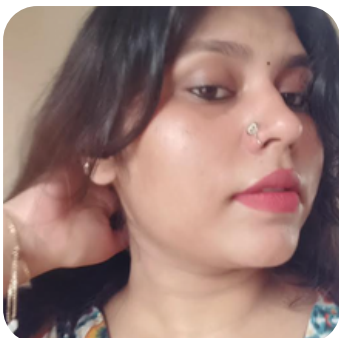
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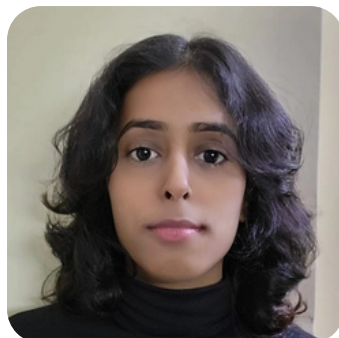
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**Employing psychology, empowering minds!**

October 2024

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