

# *Proem From The Principal*



**Dr. Manoj Sinha**

The grand achievement of the Department of Psychology in launching a new magazine is a colourful feather in the cap of the Aryabhata College. It vivifies novelty of activities conducted by the department and a mapping out of the futuristic plans incubated by the students and the teachers together. I'm fully sure that this magazine is going to create a niche for itself in the educational life of the Aryabhata College.



# SRJAN Psychology Association 2017

We are a part of the youngest department of psychology in Delhi University therefore when we entered this college we were not only here to graduate with our degrees but also to establish a department that would be recognized as one of the best departments of psychology of university of Delhi. With this magazine we take a step forward to establish our department and our psychology society SRJAN.

## President



Being the very first General Secretary of the Psychology Association of Aryabhata College, I'm proud to be a part of all of this. From creating this organization to being a part of its growth, it gives me immense happiness to be a part of something so young and amazing.

From starting everything from the scratch to organizing a whole fest on our own in a college of University of Delhi, this has helped me grow as a person myself and I'm sure this will come to be one of the best experiences of my college life.



## General Secretary

It's been a great honor to be the first joint secretary of SRJAN, and I would like to thank all my teachers and comrades whom I have worked with and learn new things, having had a very successful first year and here is to making another one



## Joint Secretary

I couldn't decide how I should open this note. Readers, all I want to say is that we are the first batch of this course in our college so cut some slack when you read this magazine. Every child of this course is unique a special way and we are trying everything we can to uplift the name of our department. That's all, I hope you relish the hardwork of our fellow students on the latter pages



## Treasurer

# Editorial team



It is truly an honor to be the first editor in chief of the SRJAN's magazine Psyched.

Psyched is the first step of the association to appeal to a larger audience as written word touches the heart of many people at a faster rate. We hope that through this magazine we will be able to spread awareness about the psychological events that surround daily life and color people's imaginations in a new perspective. I hope everyone enjoys reading it.

-Kamala Shataadal  
- (Chief Editor)

We as budding psychologists hold the power to change perceptions and thus contribute to bring about a change for the betterment of individuals, the society and humanity as a whole. Being a part of SRJAN is an experience itself. Psyched is a platform for the members of SRJAN to contribute their bit. This is the beginning of what promises to be a legendary journey and an amazing experience, this being the first step.

- Akanksha Rajguru

I am sure our department of psychology will become a fount of excellence in the near future. Cheers and happy reading.

-Vidushree Srivastava

Being a college student is something every child dreams of. As we now venture on this journey, a new environment, a new phase and milestone of life. I feel a storm of emotions inside of me. adding to this storm is the feeling of being however which comes from being the Editor of Aryabhata College's Psychology Association. SRJAN's annual magazine. This new venture wouldn't have even partly been possible without the magnanimous support and guidance of our teachers. Having being given a platform to not only hone and embrace our skills but also to explore furthermore is just the cherry on top. I am so proud to be such a significant part of this journey, that too such a nascent one, being the very first. This is our first step on this anomalous journey and I believe we are just beginning.

-Riya Dhillon





# *Passages*

- Poem from the principal
- Exordium from the head of SRRJAN
- Psychology Association (2017)-SRRJAN
- Editorial team

## *Events*

- Teachers and freshers' welcome party
- Mental health prevention month
- Workshop: Archana Sharma on 'The art of coping'
- Mental Health Week (5<sup>th</sup> of Oct 2016 - 6<sup>th</sup> of Oct 2016)

## *Street play*

- Struggle of Mental Health
- Media and Mental Health
- Psychological First Aid
- Youth for Health (Panel discussion)
- Depression and Suicide Prevention
- Know Yourself: The Indian Perspective

## *Brain Teasers*

- Did you know?
- Walk through
- Stories en herbe
- Coming Up next!
- Sygala '17

The Academic year 2016-17 has proven to be a challenging yet very rewarding and successful milestone for the SRRJAN. The journey that started on the 5<sup>th</sup> of September 2016 as the new bud of creativity and ideas blossomed and now is working towards growing into a fully bloomed flower. The following is a glimpse of what was it like to be a part of this wonderful experience.



# Teachers' Day And

# Freshers' Welcome

“when we stride or stroll across the frozen lake, We place our feet where they have never been. we walk upon the unwalked, but we are uneasy, who is down there but our teachers? Water that once could take no human weight- we were students then- hold up our roots, supporting us, the teachers, and around us the stillness”



Our teachers, our pillars of success, our guiding lights who thrive to build a better society and work at the grass root level to nurture the bright budding minds.

Our honourable Principal Dr. Manoj Sinha set the ball rolling, encouraging and inspiring the first batch of Psychology students of Aryabhata College. With this began a new journey with new hopes, aspirations and expectations. He commended the teachers for their relentless efforts into making this department, as starting something new requires courage and perseverance.

Dr. R K Dwivedi elucidated our responsibilities pertaining to the code of conduct we as students need to abide by. The students wished their beloved teachers a very Happy Teachers' Day.

Dr. Shivani Vij formally introduced the association. And Behold! SRIJAN was born!! SRIJAN, derived from the Sanskrit word "SRJ", which means 'getting to the root and making something unique', was adopted as the name of this newly-formed association. Though SRIJAN is still in its infancy, through the sheer dedication and hardwork of the enthusiastic and determined members, guided by their teachers, is bound to reach great heights.

The departmental Fresher's was one of a kind, organized and hosted by our teachers. Being the first batch of psychology, with no seniors to look up to, we were hailed and welcomed by our teachers. Followed by a small cultural programme by the members of the association which included a skit; on how the world is not segregated into just black and white but instead is in the shades of grey. A feet tapping dance performance by the students lightened up the atmosphere filling it up with zeal and charisma. To conclude the event a ramp walk was organized which saw the spirited participation of the students, giving us our Mr. and Miss. Fresher's, Saptaishi Gargari and Ishna Verma, respectively.

By- Akanksha Rajguru & Vidushree Srivastava





# Suicide Prevention Month

The first World Suicide Prevention Day was held in 2003. It was an initiative of the International Association for Suicide Prevention and the World Health Organization (WHO). Since then, World Suicide Prevention Day is observed on 10th September every year.

Suicide is the act of taking one's life on purpose whereas suicidal behavior is any action that could cause a person to die. Mental disorders are often present at the time of suicide with estimates ranging from 27 to more than 90%. In Asia, rates of mental disorders appear to be lower than in Western countries. Half of all people who die by suicide may have major depressive disorders; having this or one of the other mood disorder such as bipolar disorder increases the risk of suicide 20-fold. Other conditions implicated include schizophrenia (14%), personality disorders (8%), and bipolar disorder. Others estimate that about half of people who complete suicide could be diagnosed with a personality disorder with borderline personality disorder being the most common. About 5% of people with schizophrenia die of suicide. Eating disorders are another high risk condition.

The way society views suicide varies widely according to culture and religion. For example, many western cultures and other religions tend to view killing oneself as quite negative. Some societies also treat a suicide attempt as if it were a crime. In some cultures such as Japan, suicide is viewed as acceptable way of dealing with disgrace. Some cultures encourage people to talk openly about thoughts of suicide, but many people keep their feelings secret. There is a misconception that people who talk about suicide won't really do it but almost everyone who commits or attempts suicide has given some clue or warning signs. Another misconception is that if a person is determined to kill him /her-self, nothing is going to stop them but in reality even the most severely depressed person has mixed feeling about death, wavering until the very last moment between wanting to live and wanting to die.

**REGISTRATION for THE ART of COING SEMINAR**  
 DATE AND TIME - 21st Sept. 11 2.00 pm

**YOU CAN'T RESCUE THE ONE WHO'S DROWNED**  
 YOU'VE GOT TO PREVENT IT!  
 HOPE

Most suicidal people do not want death; they want the pain to stop. The impulse to end it all, however empowering, does not last forever. Talking openly about suicidal thoughts and feelings can save a life. A suicidal person may not ask for help, but that doesn't mean that help is not wanted.

If a person is suicidal, the best way to help is by offering an empathetic, listening ear. Let that person know that he or she is not alone and that you care. You can't support, you can't make it better for a suicidal person. He or she has to make a personal commitment to recovery. Some warning signs could be that the person has a persistent feeling of worthlessness, guilt, shame, and self-hatred, the person withdraws from others, thinks suicidal thoughts, and displays self destructive behavior.

Get professional help by calling a crisis line for advice and referrals (suicide helpline number, India - 022227548889) and encourage the person to see a mental health professional.

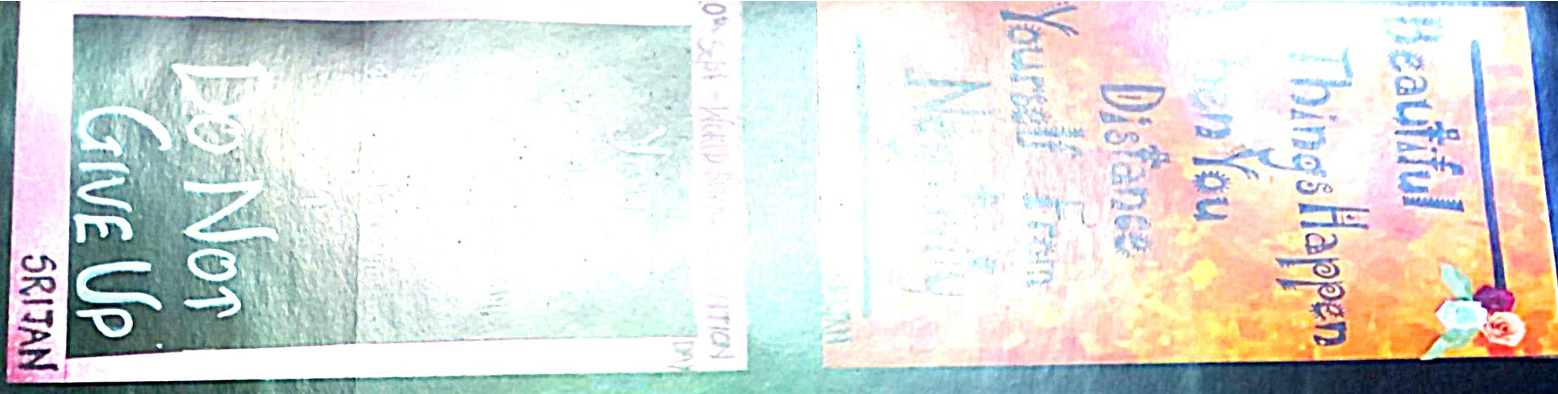
Do not give advice like, "cheer up" or "pull yourself together." Instead, show that you understand they have a serious problem and uplift their thoughts by saying things like, "you are really important to me" or "I don't want you to die." Let the person know that his or her life is important to you. Convince them that death is not the only solution. Offer hope. Reassure the person that help is available and that the suicidal feelings are temporary.

In spite of all the facts a person may get suicidal thoughts. All one needs to do is "Place your hand over your heart", you are alive. There is a reason and purpose. So don't ever give up. We all have higher purposes in life which we often fail to recognize. We all are souls on our journey. Destiny has good, bad and ugly things stored for us. Our aim is to cross each and every obstacle with all that we have to overpower and overcome our weakness, fears and apprehensions and grow with every experience, learn from your own mistakes and preach what is right. In order to elevate ones soul and grow spiritually it becomes important to find that one reason to live and do all that can be done to make life better and happier. The person, who commits suicide, dies once, those left behind die a thousand deaths, and they live and relieve those terrible moments and understand why suicide is permanent solution for temporary problems.

**NEAR LET A STIMPLE IN THE ROAD BE THE END OF THE JOURNEY**  
 SUICIDE PREVENTION MONTH

**NO ONE ELSE CAN PLAY YOUR PART**  
 With all your might  
**RAGE, RAGE**  
 against the things of THE LIGHT  
**WORLD SUICIDE PREVENTION DAY**  
 by Psychology Association - SEAT

**Your Life Is Not Over. Your Life is Important**  
**DON'T TAKE YOUR BEAUTY FROM THE WORLD**  
 National Suicide Prevention Helpline: 1-800-273-8289  
 Suicide Prevention Day is Celebrated on 10th September





# TALK BY AN EXPERT

To help students cope with the stress of the pressurized environment of today's world, the Psychology Association, 'SRJAN' of Aryabhata College, Delhi University conducted a talk on 'the art of coping' on Sept. 29, 2016 in the seminar room of Aryabhata college, South Campus of Delhi University.



Dr. Manoj Sinha, principal of Aryabhata College, warmly welcomed Dr. Archana Sharma, practicing psychologist, Action Balaji Hospital as she honored us by her presence, enlightening the budding psychologists during a brief interactive session on stress management.



# ART OF COPING

She engaged the audience of students from both psychology and non psychology backgrounds alike with her charismatic personality, and her vast knowledge and experience. The talk revolved around the fact that 'stress is transient to the human nature and is a matter of one's perception'. The different coping strategies were discussed at length during the talk. Namely self-talk, self-introspection, socialization, meditation, yoga, exercise and seeking help whenever required.



The talk concluded with a question answer session where the enchanted and enthusiastic audience clarified their doubts spanning all topics relating to stress and coping. The event was a grand success and the first step by the SRJAN in making a name for itself in the Academic Realm. It opened a plethora of opportunities for a brighter and better future.

BY - Kanaka Shatadal and Aakanksha Raiguru  
Edited by- Vidushree Srivastava

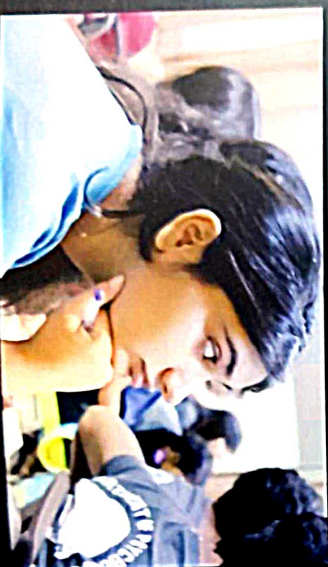




# The Mental Health



The mental health week was the academic endeavor of the Department of Psychology of Anyabhatta College of Delhi University. The 4-Day program was convened by Dr. Shivani Vij and was initiated with a street play portraying the stigmatism attached to the mental issues and proper psychological aide in the Indian society.

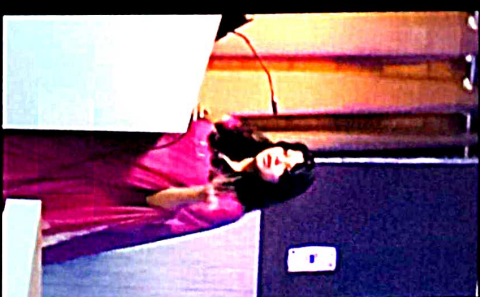


# Week

(3<sup>RD</sup> OF OCT 2016 – 6<sup>TH</sup> OF OCT 2016)



Many activities were held throughout the week such as 'Bring a friend' campaign , expert talks on struggle of mental health, mass media and mental health, psychological first aid. The highlight of the week was the panel discussion on 'Youth for Health' . The workshop was concluded by an interactive session involving role play conducted by Sumaitri, an NGO, on depression and suicide prevention.





# Nukad Natak



A street play titled "Dukhad Dastaan" was the first event of the mental health week. It aimed at spreading awareness amongst the masses regarding the importance of accepting the mentally ill and the imperative need to treat them with respect and dignity and also understand that cutting them off from the society only worsens the situation. A big component about the campaign was about the friend aspect, because people are more likely to reach out to a friend whom they can talk about their mental health with, than visit a counselor. The process involves building a friendly atmosphere for people to freely express themselves in.

The best way to combat the shame attached to mental illness is by openly discussing it; shame needs three things to grow exponentially in our lives: secrecy, silence and judgment. Shame cannot survive being spoken and it cannot survive empathy. This *Nukad Natak* broke the ice and opened up a platform for people to come up and discuss their problems openly without an iota of doubt and shame. The play was appreciated by one and all.

- Akanksha Rajguru

"People in theatre society did a really great job! Others were good too."

Nitya Menroia, Pol sc hons, 1st year

"Best performance was of Anubhav, Ishita and Sameer did really good as well"

Tarun Kumar, Ba Prog, 1st year

# Struggle of Mental Health



## THE STRUGGLE OF MENTAL HEALTH

Dr. Poonam Phogat  
Gargi College

On the 3rd of October 2016, SRUAN, the psychology Department of Aryabhata college marked the beginning of the Mental Health Awareness Week by arranging a talk by Dr. Poonam Phogat, a lecturer in Gargi College, for the college students, wherein she shed light on the importance of treating mental illnesses just as treating any other physical ailment.

Dr. Poonam Phogat was invited to present a talk in the college. She spoke about the social stigmas floating around psychological health in the olden times. People believed that the lunar cycle controlled the mental health of the people. Also, mental illnesses were not recognized and acknowledged. Mentally ill were often perceived to be possessed by evil powers, and the practice of blood-letting was quite common until the early 20th century. Because these stigmas existed, they prevented the growth of psychology as a science. She then explained how psychology has developed over the years.

We learnt about the Shahdra Mental Asylum as an evidence of the progress India has made in the field of psychology. The Shahdra mental asylum, where only the "mad" used to be admitted, has now been converted to Institute of Human Behaviour and Allied Science where the mentally ill are given proper treatments. Then, Dr Phogat spoke about stress and told us about various stress management techniques. We learnt about the stress that is healthy and keeps us motivated to do things, and how stress takes a toll on our physical health as well. She highlighted the importance of yoga and meditation as stress busters. She also emphasized on the importance of maintaining a positive attitude. It was an informative session and a successful event.

Written by: Ishita Malik  
Edited by: Kanaka Shatalal & Vidushree Srivastava

"It was very interesting and knowledgeable. I did not know about half the things before."

Ashut, BA prog 3rd year

"That was a very different outlook on psychology."

Mohit BA honrs(applied psychology), shri aurobindo college

"It was a very wholesome experience"

Mudit, BCom prog, 3rd year



# Mass Media and Mental Health

The second day of The Mental Health Awareness Week 1<sup>st</sup> to the 4<sup>th</sup> of October, organized by SRIJAN, the Psychology Association of Ayazbhatta College was also marked a success. Dr Naveen Kumar who is a widely experienced teacher was heartily welcomed to our college and was invited to bestow his wise words upon the topic of Mass Media and Mental Health. He commenced the talk by giving us words of encouragement and commended our efforts for the Mental Health Week. He spoke about the background of Mass Media and how it is neither all negative nor all positive. It has both its benefits and cons as well, it is changing our social life immensely and forcing us to neglect reality but also is a vast means of communication. It holds truth that somewhere in the midst of Mass Media we are losing our traditions.



I further highlighted the importance of Mass Media in our daily lives – social and cultural communication, role in performance and connectivity. Dr Kumar highlighted the topic of how Mass Media is related to the human mind and is sensation producing. He shared with us the importance of social media and how technology based communication influences our perception and behavior. Adolescents are most prone to being affected by mass media and it is of paramount importance to understand the dynamics, especially as students of Psychology. We also discussed the irony of Mass Media, how it connects and binds us all in a seemingly close-knit global village virtually, but in a way is the reason for disconnecting us with each other in real life – it is creating gaps between all kinds of relationships, friendships and families. He also shed light on how mass media alters the content of stories to suit the convenience and shape the sentiments of the viewers. It is also a threat to language as abbreviations or "text language" is soon taking place of proper syntaxes. But in today's time and world we as humans are incapable of surviving without Mass Media. He concluded by saying that Mass Media is neither all negative nor all positive, in all it was an extremely interactive and informative session and we were pleased to have sir on board with us.

BY: Riva Dhirgiri  
Edited by: Vidushree Srivastava

"It was so educating"

"Unique to the end degree"

Richab haiti,  
bcom prog,  
3rd yr

Sangeev, ba  
prog, 3rd year

"It was a new perspective towards the things I enjoy watching so much"

Mudit, bcom prog, 3rd  
year

# Psychological First Aid

The SRIJAN on the 4<sup>th</sup> of October 2018 opened new doors to learning by allowing the students to interact with a well renowned person in the field of psychiatry and medicine, Dr Anjali Nagpal, on the topic of 'Psychological First Aid'.  
The talk included a colorful discussion on the definition of 'First Aid' as well as 'Psychological First Aid'. Dr Anjali Nagpal focused on the three action principles - LOOK, LISTEN, and LINK. She even highlighted on what Psychological First Aid is NOT (it is not something only a professional can do, it is not a clinical or psychiatric intervention, it is not pressurizing people to tell you their story). She even spoke on why is Psychological First Aid important and who can benefit from it and when.



She further elaborated the 'defence mechanisms' which gathered immense attention from the present audience. Denial, Reaction Formation, and Rationalization was discussed in great detail. The non-psychology students who attended the talk also felt benefited from the talk as they got to know what they can do to provide their close family and friends whenever psychological help is required.

Moreover, Ms. Adeshree, who had a plethora of knowledge in psychology and its dimensions, gave some very vital points on personality and its kinds. She also guided the audience on how to behave with the people requiring psychological help.

The discussion was concluded with an interactive Q&A session wherein all the attendees gained insight into psychological aid. Overall, it was a well managed session with such an interactive audience accompanied by some non-psychology students and some of the staff including Dr. Divyesh, Dr. Shrivani Vij, Mr. Hriday Singh Thakchom and Mr. Ravi Bhushan, with everyone appreciating every bit of it.

BY: Bhavika Bhamari

Edited by: Kanaka Shatadal & Vidushree Srivastava

"Really loved the talk, very interactive and knowledgeable"

"It was amazing! So much to gain from the talk"

Kunal, bcom  
, prog 3rd year

Neomika ba prog 1st  
year

"Really loved the way they communicated with us"

Ayjun bcom,  
prog 3rd year



# Youth for Health



SRIJAN, the psychology association of Ayabhatia College, on the 6th of Oct, 2016 concluded the 4 day of mental health week events with a panel discussion on "Youth for Health". The esteemed panelists included Dr. Ruchi Chaturvedi (Endocrinologist), Dr. Deepali Batra (Clinical Psychologist), Mrs. Deepa Nangia (Nutritionist) and Smt. B.K. Vijay Lakshmi (Spiritualist), they were welcomed by Dr. Dwivedi, a senior lecturer at Ayabhatia College, and he imparted words of wisdom and also gave his interpretation, perspective and insight on the topic.

It commenced with all the speakers giving their perspective on good health and health. Dr. Ruchi Chaturvedi (The Endocrinologist) mentioned how the endocrine system in the body plays a vital role in maintaining good health. Dr. Deepali Batra (Clinical Psychologist) talked about the importance of mental health and how it affects our physical health. Mrs. Deepa Nangia (Nutritionist) talked about the importance of a healthy diet and how it affects our health. Smt. B.K. Vijay Lakshmi (Spiritualist) talked about the importance of meditation and how it affects our health. The speakers also discussed the importance of a healthy lifestyle and how it affects our health. The students were very engaged and participated actively in the discussion. The event was a great success and the students learned a lot from the speakers. The event was held in a hall and the students were seated in rows. The speakers were seated on a stage and the students were seated in front of them. The event was held in a hall and the students were seated in rows. The speakers were seated on a stage and the students were seated in front of them.

The speakers were followed by an interactive session where the students and the panelists discussed various topics at length. The students gained a lot of insight into this matter. In addition, the students were also given a chance to ask questions. The event was a great success and the students learned a lot from the speakers. The event was held in a hall and the students were seated in rows. The speakers were seated on a stage and the students were seated in front of them.

By : Akansha Raiguru  
Edited by : Kanaka Shatadal & Vidushree Srivastava

"Really loved the talk, all 4 were so good in their respective fields. It was a very interesting presentation!"

Komal, bcom, 1st year

"Really innovative and interactive. It was good to gather info about issues we sometimes fail to crack."

Vikas Kaushik,  
bcomprog, 3rd yr



# Depression And Suicide Prevention



The Mental Health Week's events organized by the SRIJAN came to an end on the 6th of Oct, 2016 by a guest lecture by volunteers from Sumatiri an NGO dedicated towards preventing suicides and saving lives. It was an interactive talk which included a small roleplay wherein the students participated and discussed as to how one should handle and talk to a person who needs help. Multiple volunteers participated in this role play. Members of Sumatiri also emphasized on the fact that we as students of psychology must look for the warning signs because committing suicide doesn't mean that the person does not want to live; it means that he needs help and wants someone to be at his/her side, listen to his/ her problem and help them get out of the situation. They emphasized on the fact that we must listen to what an individual has to say rather than judge him or suggest potential solutions for their problems. They also urged the students to voluntarily contribute in such NGOs and work for cause of saving lives.

In the end Dr. Shivani Vij concluded all the events that took place during the week and delivered a vote of thanks to our respected principal Dr. Manoj Sinha as well as Dr. Dwivedi, Mr. Ravi Bhushan, Mr. Halley Singh Thokchom and the students of the association for all their help and support to make this event a grand success. She also thanked the authorities of Ayabhatia College for all the infrastructural and financial aid and most importantly the motivational support that was constantly provided by them.

Written by: Akansha Raiguru  
Edited by : Kanaka Shatadal & Vidushree Srivastava

"The talk helped me understand the role mass media plays in my health"

All, eng hons, 1st yr

"It was really eye opening. I gained so much from her talk"

Parul, Bcomprog, 3rd yr

"It was a good talk, she was really influential"

Sanjeev, baprog, 3rd year



# MENTAL HEALTH BILL

Imagine a child sitting in an examination hall who is unable of remembering something. He is being termed mentally ill. He being given a guardian and is asked to write a 'will' as to how he wants to be treated. He is taken to mental health centres. Cake walk for him, right?

Let us discuss each clause of the mental health bill in detail and analysis.

The law states that every individual has the right to specify the way he wants to be treated.

I am sure everyone has a WILL ready for that time because I am pretty sure we making one at that time won't be very convenient. Right?

The bill also makes no claims about the Guardianship.

Lo behold!

Wait I see a silver lining to this. Students perusing psychology and psychiatry are going to have a boom time. We have great job prospects... thanks to this bill.

Would request the authorities to add my name to the list. At least I have a good source of livelihood.

The bill ensures access to primary mental health care facilities and the right to be treated with dignity and respect.

We live in a country where people lack access to basic PRIMARY health care facilities.

The prime minister of this country spearheaded the Swachh Bharat Abhiyaan and other initiatives to prevent open defecation and here we are only talking of MENTAL Health! Not very far ... only a few centuries to go.

The financial memorandum of the bill does not lay down the estimated expenditure for the fulfillment of the objectives mentioned in the bill.

No financial support... wow. Utopian dreams I must say!

The bill decriminalizes suicide. It states that any individual who tries to commit suicide would be presumed to be under severe stress and thus must not be punished.

The only LOGICAL CLAUSE in the bill.



From the above discussion it is pertinent to note that life is full of crests and troughs. There are times when the thresholds are crossed and it becomes difficult to monitor, control and curb events taking place in life. The bill greatly recognizes the same but what I contradict and challenge here is the implementation. In conclusion, the bill is full of vague ideas, full of big talk and is yet another bill which cannot and will not be implemented. What we need here is in depth knowledge, research, pilot projects, surveys, debates. Otherwise if we try to implement this bill the way it is we will end up adding a couple of people to the lost of the victims who themselves would not be able to derive any benefit from the bill.

- Akanksha Rajguru

## 'Know Thy Self: An Indian Perspective'

**"Kustavam Ko'ham Kuta ayalam."**

Who are you? Who am I? Where do I come from? Dr. Shefali Mishra enlightened us about 'Know Thy Self: An Indian Perspective'

SELF can be defined on three levels:

**SOCIAL** ↔ **PSYCHOLOGICAL** ↔ **BIOLOGICAL**

She emphasized on the different loci of human identity - 'aham dehat' (I am body); 'aham jivah' (I am soul); 'aham brahmasmi' (I am Brahman) which leads to cultivation of values, our traditions and culture teach us.

The ultimate goal of life is to expand the empirical self, which is the socially embedded aspect of the existence, context sensitive and subject to change, and identify with the spiritual self or the true, transcendent self, also described as Sat-Cit-Ananda. (existence - consciousness - bliss)

Inability to perceive one's existence makes identification rigid and hence provides no scope for expansion of consciousness which in turn leads to existential crisis and mental pathologies.

She also discussed the relevance of self as stated in Upanishads, samkhyas and how the Indian culture imbues the values important for attaining transcendence from the very birth of an individual. Dr. R.K Dwivedi, by his words of wisdom,

emphasized on the role of the Indian Mythologies in shaping our mindsets and setting benchmarks of socially acceptable behavior. This was followed by a very informative & interactive question and answer session between the guest speaker, teachers and the students.

The event was concluded by Dr. Shivani Vij, with her interpretation of self, also she thanked the students for their hard work and endeavors for making this event a success.

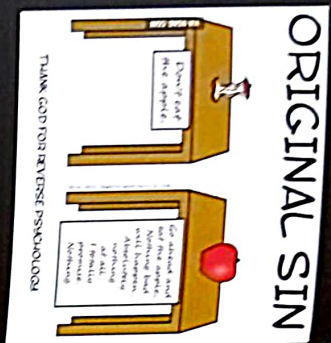
- Akanksha Rajguru







Day 19  
I have successfully  
conditioned him to  
smile and write in  
his book every time  
I drop!



## Reverse Psychology

# Did You Know?

1. Placebos can often offer as much relief as actual treatments.
2. Maslow's study of 3000 college students found that none met the "self-actualization" criteria.
3. Most people experience déjà vu about a conversation or a dream.
4. Posting a calorie chart in fast food restaurants leads people to choose less healthy foods.
5. Most "identical twins" are not "identical."
6. John F. Kennedy Jr. and his wife Caroline died due to a vestibular illusion.
7. Over 50% of the U.S. population believes in psychic phenomena.
8. Almost half of all married couples 75 and older still have sex on a regular basis (with each other).
9. Alcohol is involved in 90% of cases of sexual assault on college campuses.
10. Cats have almost 2X the number of neurons in their cortex than dogs.

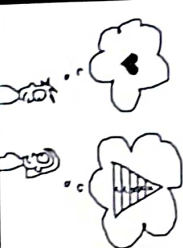
# Walk Through

1. Imagine yourself on board a boat that is sinking. You manage to swim to a life boat and climb in. How many people do you see in the life boat with you?
2. You row to the shore and see a vast desert before you. You collect some belongings and supplies, and head out across the desert in search of salvation.
3. After much hard travel, you climb a rise of dunes and see a city in the distance. You also notice an oasis not too far away.
4. Do you stop and rest at the oasis for as long as you want, only rest there for a minute, or keep heading towards the city?
5. Upon entering the city, you see a castle that intrigues you and decide to go to it. After passing the gates you find yourself walking down the length of a long corridor leading to the throne room. You enter and see a king and a queen sitting side by side on the throne.
6. What do both the king and the queen look like?
7. What characteristics do they seem to embody?
8. You leave and go down a spiral stairway. It's dark and shadowy, with torches lit intermittently along the walls. As you're walking down a lady (if you are a man) or a knight (if you are a woman) from the court passes you by. You only catch a glimpse of their face, and they remind you of someone you know.
9. Who did you see?
10. The stairs lead you to a banquet room and you see this long table with a golden goblet in the middle of the table.
11. Looking inside the goblet, how full of wine is it?
12. How many true friends you perceive you have.
13. How many true loves you'll have before getting married.
14. Your personal work ethic.
15. What you imagine your ideal mate to be like.
16. This is the person you'll never get over for the rest of your life.
17. How full it is represents how much of yourself you give in a relationship

How many Psychologists does it take to change a lightbulb?

One, but the lightbulb has to want to change.

The trouble with  
dating a  
psychology student



What do you mean this is  
our last session?





# PSYCHOLOGY SAYS APPS ARE MAKING IT HARDER TO FIND LOVE

With the vast number of dating apps out there, each with tons of eligible profiles, why does it seem like it's even harder to find love now than it used to be? There are specific psychological effects that are keeping you from the digital love of your life. One such theory being, The Paradox of Choice - popularized around 10 years ago - This theory states that the more options a person has, the more likely they will not make a decision and the less happy they will be with the one that they choose. Excessive choices can cause anxiety and reduce satisfaction with your decisions.

Rather than liberate someone with a greater freedom of options, we are so inundated with choices that we can't move.

When it comes to the modern dating scene, one of the biggest places to find a ton of potential options is the realm of dating apps and websites. Furthering the theory that more options isn't better, scientists recently found that the more dating profiles a person looked at, the more likely they were to remember details of the profiles incorrectly. They also found that people typically expect more difficulty, less enjoyment, and more romantic regret when they have a lot of people to choose from.

From Psychology Today

From Psychology Today

can't believe how convenient

online dating is! Now, my

dream of finding love can

be crushed more efficiently

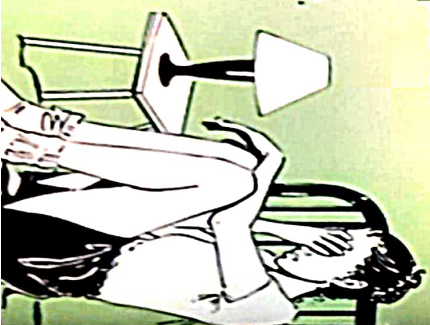
than in the privacy of my own

home.



I accidentally swiped left  
and now my  
soulmate is gone.

Forever.



# The First Step!



The first step taken towards achieving a goal is half done because starting something takes way more courage, and as ending it takes perseverance. Life is full of new experiences, dreams and hopes and to realize ones full potential, it is imperative to take the first few steps.

It is also a necessary part of this journey to fall into a few craters or pit falls which is a part of the learning experience. Imagine what would the world be if Neil Armstrong hadn't taken his first steps on the moon, had J.K. Rowling not written the first book of Harry Potter and had Larry Page and Sergey Brin ... hadn't started Google. Had they not embraced the primary opportunities they got or feared failure we would have been deprived from this world of creativity and greatness. Imagine if Thomas Edison hadn't taken his first few steps because his first few steps came around to him 10000 times.

So look back at your life and introspect as to how many times you have looked away from the road not taken and how many times did u just stare at that road hoping you don't have to take it. (exam times) :P

So therefore, my friends fear not. Life is too short to fear starting something new. Look greatness right into the eyes and conquer because you can.

- Kanaka Shatadal and Akanksha Rajguru

WAITING TO BELONG

Forlorn and aching I write...

Of a lost heart waiting to belong...

I wake up traversing God for another day,

Another day to look out at the dancing tress to the hum of the breeze,

To raise my face to the warm kiss of the Sun,

To share an unspelled love with the flowers the bees and my dog

Another day to respect my temple I neglected for many years,

Another day to tell the world , how beautiful is life.

I knock at a door , see a frown and turn around, To knock at another door, and see loving smiles, I search the eyes for some understanding ...but find it submerged under the noise,

Noise of voices. Of opinions. Of judgements. Of Egos. Of discrimination. I slowly turn around, dejected and lost

The spring in my footsteps turning into a shuffle. The shine in my eyes taken over by the sheen of moisture. The joy in my heart covered by a dull ache. I retreat. Retreat into the solace of the cocoon of my soul,

Searching searching to see the understanding, the silence of acceptance in the eyes that follow me some distance with puzzlement, till they find something more engaging more noisy more worldly.

- Riva Divyagra



# stories on members

**Vidushree Srivastava**  
1<sup>st</sup> in class

Currently interning at Asha school Delhi Cantt. And at IIM, Bangalore

Attended seminars for:

- Psychological first aid
- Innovative approaches and treatment of mental difficulties in adolescence and adults
- Cognitive behavioural approach with couples and families
- Recent advances in the global nomenclature of mental health disorders.

**Kanaka Shatadal**  
2<sup>nd</sup> in class

Convenor of editorial team  
Social work with SOS organization for children

Attended seminars for:

- Psychological first aid
- Japanese relations and mental health cooperation among countries

**Akanksha Rajguru**  
2<sup>nd</sup> in class

•Member of Astronomical club Aryabhata college

•Member of zero hour debate society

•Member of picwic photography society

•Part of research on Aryabhata

•Organized intra college debate competition as the officiating president.

**Riya Balan**

Member of dance and sports society

**Karan Singh**

Member of the college football team.

**Charvi Sethi**

Part of Wave tricks dance society and entrepreneur society.

**Ruchita hazrati**

•Internship with roast media private ltd. As content writer.

•Internship with Aatma Prakash as intern head

•Internship with Hindustan times as ground reporting intern

**Vasudha Sehgal**

Internship at Iivon serum and part of dance society

**Aanandita Pande**

•Senior executive for content writing, Enactus Aryabhata college

•Social media head at you're wonderful project

•Working as a core team member for dreamathon at the Kalam center

**Udaykaran Salwan**

Cracked the CLAT examination.

**Suyashvi Singha**

•Part of the dance society

•Attended mental seminar for psychological first aid.

•Participated in various competitions.

**A T Vaishali**

Member of the music society

**Anubhav Motilal**

•Content writing internship at Scoop Whoop  
•Member of dramatics team Aryabhata college  
•Treasurer of SRIJAN

**Sameer Shah**

•Class representative  
•Part of Rang manch

**Riva Dhingra**

•Head Volunteer at East-West Rescue (affiliated with Rotary Club) – Afghan Refugee Vaccination Camp.

•Interning at IIM Bangalore in Psychology

•Volunteer for social service at The Lioness Club NGO

•Internship at Faagio

**Rishu Saini**

Member of the nibs and brushes society

**Tanya Grover**

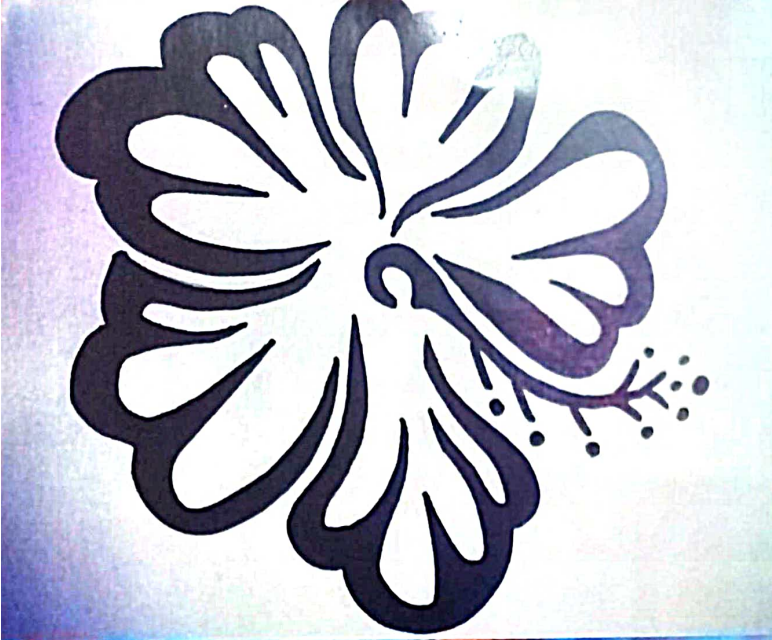
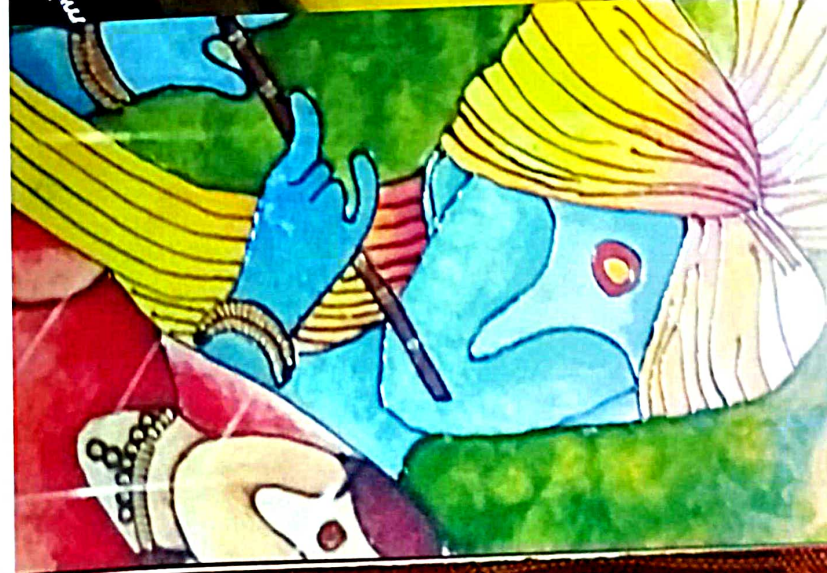
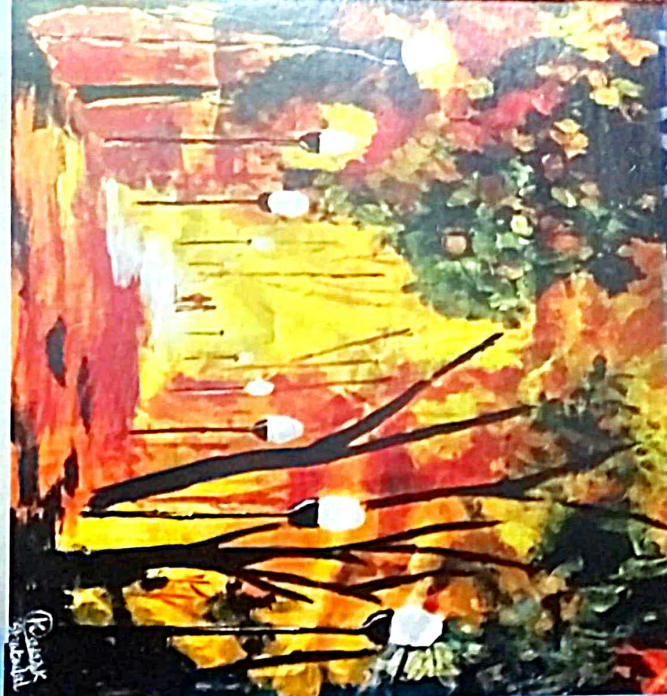
•An intern at Aatma Prakash mental health foundation  
Part of college's photography society

**Saptarshi gargari**

•Part of Enactus Aryabhata college  
•Representative of psychology department in student council of Aryabhata college



# CREATIVE CORNER





you should take our boys not our girls. Because if we take our boys, then our girls will be safe.

of the word is a *metonymy* for the person. This is a "metonymy of materiality" in that these few words "materialize" meaning and emotions that reside in the body of the person who have enough brains to understand the meaning of respect that each and every individual has to offer.

and their various symptoms are apparent and more specific. In many ways, we are in a country like India, where politics and business activity and the autocrats dominating them were free to indulge in and the politicians and the businessmen's society fosters.

The participants suddenly start knowing a really hard thing: fitting in. As soon as they decide not to fit in, the social expectations set around them and decide what to do next. The expectations are created by the standards that the so-called society sets up for them.

With me doing most of the talking the Indian sex/life style has been a revelation. Women who makes decisions for herself and does not let the way she wants to and not the way her society wants her to is NOT a characterless woman. One can have any woman, single, married or working as a sex worker, irrespective of what she has done, had to share or even her sexual history, possesses a fundamental right to respect and consent, and when someone does NOT, it means ND and you stop.

the machine and that we cross through the fiscal system. One that we've seen so clearly following over the years, where more and more things dominated the system, and the society and where we now have things come down over, and their voices and their screams have been transformed by their dirty hands.

Thinking about it that way, I hope perspectives like these that are coming out and growing like it nowadays, at least the beginning of the end of years of suppression and indignities that our women have been going through.

### Notes

Life is like a ...

Life is like a road  
On which you are walking,  
Its like a river and  
you flow

But successful is the man who challenges the currents and the trees that stand in the high and low

Life is like a cave of rocks  
Blocked at the end  
Successful is the man is the man who can...

dig out his own way  
to the opening of a new land  
Life is like a storm

and the thunder is the opportunity  
successful is the man who can hear  
the sound in the musical rain and has

courage to walk up to it  
Life will be a bed of roses  
but roses come with thorns

Successful is the man who can use both in their stride

by Kanaka Shatadal

DISPICABLE MINIONS AND

MINIONS

**LIFE IS TOO SHORT TO BE  
SERIOUS ALL THE TIME.  
SO IF YOU CAN'T LAUGH AT  
YOURSELF, CALL ME  
AND I WILL LAUGH AT YOU!**



**Coming Up Next!**  
**PSY GALA'17 PRESENTS "OFFBEAT"**



The Annual Academic Festival- PSYGALA- would be celebrated on March 8, 2017. SRJUAN would take this opportunity to inaugurate the magazine Psyched. The theme for PSYGALA- 2017 is 'Alternative Therapies in Psychology'. Celebrating this theme would give us many opportunities to learn about therapeutic roles played by music, art, play, dance and so on in dealing with mental health related issues. Experts would be invited over to talk about Music Therapy and Art Therapy as used for therapeutic purposes in Psychology. Further, the day would continue with students' activities and competitions related to the theme of the PSYGALA.

Talk on Music therapy: Credentialed therapists use music interventions to help clients access their creativity and emotions and to target clients' individual goals, which often revolve around managing stress, alleviating pain, expressing emotions, improving memory and communication, promoting overall mental and physical wellness. To enlighten the students regarding the same, Dr. Madhusudan Singh Solanki MBBS MD (Gold Medalist) Consultant Psychiatrist at the "Department of Mental Health & Behavioral Sciences Max Smart Superspecialty Hospital Saket, New Delhi would be delivering a talk and would be sharing the music composed by him for therapeutic purposes. Apart from excellence in medicinal treatment of psychiatric and mental disorders, his expertise lies in cognitive behavioral therapy, various psychotherapies and he had a keen interest in the development of alternative therapies like music therapy and he strongly believes in the holistic approach and patient empowerment and is a strong proponent of preventive mental health and has been very active in mental health awareness campaigns, seminars and stigma reduction in society.



# SHOE PLUS

Deals in :- Branded Shoes

J-1, Central Market, Lajpat Nagar II, New  
Delhi-24

Art therapy: it uses the creative process to help clients explore and reconcile their emotions, develop self awareness, reduce anxiety, cope with trauma, manage behavior, and increased self-esteem. Ms. Sonia Bhandari, is a practicing and leading Art therapist, Parenting Expert and Early Childhood Educator in India. She has over 23 years of experience and education in art, early childhood and counseling in parenting, designing, creating, Curriculum, preschools, teaching, trauma intervention, healing low self esteem and disorder and other integrative approaches to mental, psychological, intellectual and emotional health.

Students' presentation based on review of literature in the field of Alternative Therapies in Psychology: Students of the Psychology Department would be giving a research based presentation on the role of Alternative Therapies in Psychology. The presentation will comprise of an interactive session along with session small interview videos made by students to know the relevance of alternative therapies (music, dance, art and so on) in one's life. Further, there would be a Music performance by the students of Psychology Department for the experiential touch.

This would be followed by Students' activities and competitions such as:

- (a) A Personality and Intelligence testing stall.
- (b) Bollywood quiz.
- (c) Online photography competition on "Shades of Affection"
- (d) Poster Making Competition on "A Minor Fall, A Major Lift"





# Academic Year 2016 – 2017

## Department of Psychology