

NEXT IPS

DIG LEARNINGS MADE EASY

AN INITIATIVE OF **SHREE PRASH JYOTI** • UNDER THE GUIDANCE OF MR. B. SINGH KAPOOR, MAJOR EASY GROUP

General Studies

Pre cum Main Batches for CSE 2019

Regular Batches from

27th May / 18th June, 2018
at Saket and Old Rajinder Nagar Centre

Weekend Batches from

23rd June, 2018 at Saket Centre

- Well framed modules with systematic subject sequence.
- Timely completion of syllabus.
- Team of experts for guidance on improving answer writing skills for Main exam.
- Conceptual approach as a pivot for targeted preparation.
- Daily editorial updates (with analysis) of important newspapers, appraisal for both Pre and Main exam.
- Weekly Mock tests for both Pre and Main exam.
- Individualized Mains test series for G.S.
- Flexible payment in installments.

Civil Engineering

Advanced

Study Material

- One to one attention
- 300-350 hrs. class
- Class duration: 41 weeks
- Well framed modules with systematic subject sequence for timely completion of syllabus.
- Team of experts for guidance on improving answer writing skills for main examination.
- Subject wise tests for self improvement and better performance in CSE main exam.
- Chance to attend a few lectures, interact with teachers, feel the difference and then enroll.

Class Venue: Old Rajinder Nagar | Batch Commencing from 11th June, 2018

CSE Main 2018

Advance Course for Mechanical Engineering & Electrical Engineering

covering all the important concepts and topics.
Use Tests and time bound result.
is included with 8 Main Optional tests.

of individuals.

Old Rajinder Nagar Centre :
Saket and Old Rajinder Nagar
Saket Metro Station, New Delhi-110016
011-49816612, 8800318096

Saket Centre (Classes) : 316/274, Westend Marg
(Opp. MADE EASY Centre), Saket, New Delhi-110016
Admission & Enquiry : 44-A/1, Kalu Sarai, Near Hauz Khas Metro Station,
New Delhi-110016, Ph: 011-451324642, 8800776445



Proffessors

Aryabhatta College

Dr. Manoj Sinha



The Department of Psychology seems to be going from strength to strength. The regularity of the classes, the convening of the workshops and the seminars on a regular basis have helped the students relish the intricate patterns of the curriculum of psychology in an easy and enjoyable manner. This is the second annual magazine of the department, in the second year of its existence. I hope that the department will continue to add colorful feathers of achievement in the subsequent years also. I wish them best of luck.

Professors

Department of Psychology

Dr R.K Dwyvedi



The magazine by the Department of Psychology is the result of creative efforts by the students and the teachers to expand and explicate the popular, esoteric and nebulous aspects of human orientations and beliefs in a crystal clear manner.

The various activities undertaken by the department finds elaborate exposition and multiple point of views have been given adequate space. I appreciate the strenuous, difficult task undertaken by the whole department to publish the magazine every year. The department has steadfastly believed the philosophy of always undertaking the task that seemed difficult. I wish them best of luck for all their renewals and setting new standards of success and excellence.

ASSOCIATION MEMBERS:



"Serving as the President has been a great eventful journey. It has been a pleasure to be a part of such a budding psychology association. I express my deep gratitude to all the members of SRIJAN for their excellent cooperation, support and enthusiasm."
Saptarshi Gangari
 (President)

"To another year of being the General Secretary of SRIJAN, it has been a long and eventful ride. The experience of working as a part of the psychology association has been real close to my heart and will be cherished till the end. I hope SRIJAN reaches great heights in the future. My best wishes will always be there."
Anandita Pande
 (General Secretary)



"It has been a great pleasure to serve as the treasurer of SRIJAN. The best thing about our team is that we are a family. We have also been gifted with a new batch of super talented and dedicated juniors. I believe better things are coming to Srijan and it will be famous in every college of Delhi University soon."
Anubhav Motilal
 (Treasurer)



"Change your expectation for appreciation and the world changes instantly. That's what SRIJAN has taught me. Proud to be a part of this amazing association bound to achieve greater heights in the future to come."
Simran Jha
 (Joint Secretary)



EDITORIAL TEAM



It is a matter of great privilege for us to be on the editorial board of "PSYCHED"- The Annual Magazine of SRIJAN: The Psychology Association of Anyabhatta College. This magazine attempts to be an apt medium to portray the image, ethos and achievements of the department in various fields for the session 2017-18.

We would like to take this opportunity to express our gratitude to all the teachers for their unstinted support and able guidance. It is under their persistent and able tutelage that this department is surging ahead proudly.

We hope that through this magazine we will be able to spread awareness about the psychological events that surround daily lives and colour peoples' imaginations in a new perspective. We hope everyone enjoys reading it.

Akanksha Rajguru, Vidushee Srivastava, Kankaka Shatadal, Muskaan Datta, Titiksha and Suyashvi Singhaa.



LOGISTICS



PUBLIC REALTIONS



SPONSORSHIP TEAM



CREATIVE TEAM

INSIGHT



- ❖ **FROM THE PRINCIPAL.**
- ❖ **EXORDIUM, FROM THE HEAD OF SRIJAN.**
- ❖ **PSYCHOLOGY ASSOCIATION (2018) AND TEAMS**
- ❖ **EVENTS.**
- ❖ **STUDENTS' SECTION**
- ❖ **CREATIVE CORNER**
- ❖ **ÉTOILES EN HERBE**
- ❖ **UPCOMING**

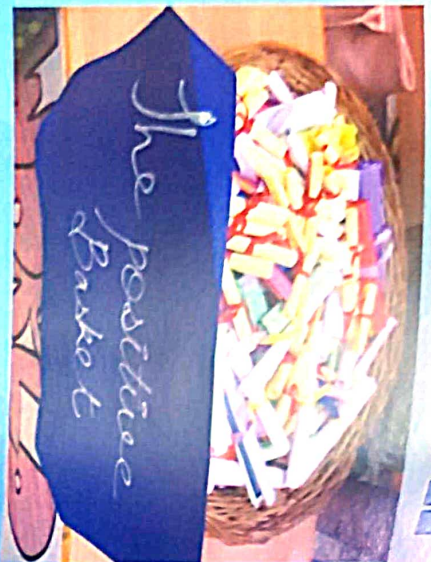
FLYSI

AN



Suicide Prevention

14th of September, 2017 marked Srijan's celebration of The Suicide Prevention Day. This was our endeavor to address some of the most common mental ailments that trouble the youth like depression, anxiety, low self esteem etc. and shower them with positivity and warmth. The idea was appreciated by one and all.



The spirit of strength and courage was celebrated wherein each and every individual was made to feel that they are special and beautiful in their own way.

The celebration emphasized that all we need to do is embrace our unique beauty and accept life the way it comes, face it with grace because this is a just world where there is always hope! Have Faith!

NEW TRENDS



AN ARASA WEEK

Dr. Gaurav Gill, who is a Neuropsychologist, spoke about sleeping and eating disorders. He focused on three sleeping disorders, namely, Narcolepsy, Insomnia and Sleep Apnea. The eating disorders spoken upon were Pica, Bulimia Nervosa, Anorexia Nervosa and Binge Eating. He also elucidated the multidisciplinary nature of these disorders and how we can play our part in fighting the battle against them.



A talk was given by Dr. Shagun Suri on substance-related and addictive disorders. She shed light on the core characteristics of substances, the kinds of substances there are, why people turn to substances, the different patterns of substance use, the diagnoses of such patterns, and the much needed psychological intervention.



11th Oct, 2017

Psychological Disorders

Dr. Dhirendra Kumar

A documentary screening followed next. It was a 13-minute insight into the plight of the mentally ill Indian females regarding their obscured social status, the way they're ill-treated at home, and how the government blatantly ignores their predicament while sanctioning funds. It also showed how our society looks upon this problem as a spiritual one and not a medical one despite us having progressed in the field of Psychological well being.

Dr. Dhirendra Kumar enlightened us on psychological disorders. It was an interactive session where everyone shared their knowledge and experience of the



common mental disorders. He even shared his personal experience from his school years to make the talk more relatable. At the end, he concluded with a meditation exercise which came as the final embellishment of his talk and left everyone on a soothing note.

Anxiety Disorders:

Dr. Pooja Nath

The first talk of the day was delivered by Dr. Pooja Nath, a clinical psychologist. She began an interactive session on Anxiety Disorders. She started out by shedding light on the pressing needs for dissemination of information about the different mental health issues and a sense of awareness that needs to be generated when it comes to educating people about the disparate number of cases of mental disorders in the public. By pointing out the differences between fear, anxiety and stress; everyday anxiety and anxiety disorder; distress which can thereupon lead to anxiety disorder; she made us realize how



even diminutive situations can lead to an anxiety disorder. She concluded the session by employing the autogenic relaxation technique which relaxed the audience and created a calm and peaceful atmosphere

ART



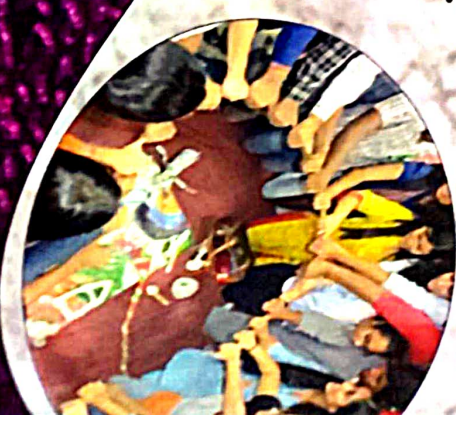
The last event of the day on Expressive Art therapy was the most enthralling one. No words can describe the extent to which Ms Hyun Hee, the art therapist, made all those present, seven-years old again, including the professors. Her activities, starting with a normal game of 'What-you-like-and-why!', escalated into energizers involving games like bouncing balls with an extended parachute.



WORKSHOP



and a host of activities with newspapers. The most fun part of the event though, was creating something with shreds of newspapers. Every attendee turned into their own versions of Picasso. The workshop ended with a photograph session with Ms Hyun Hee and all the teachers and students present. Indeed, the second day filled the air with creative energy.



Mr. Nitin Yadav on Relationships

The first session was conducted by Mr. Nitin Yadav. Our most enthusiastic speaker shed light on the importance of relationships in our life and the effect they have on our lives, surroundings and mental health. His captivating talk comprised of several personal anecdotes which kept the students interested throughout the talk. The energetic and lively session made the students relate to the speaker on several levels. He encouraged the students to use their setbacks to improve and grow in life.



**When people say,
"you've changed,"**

**there's a
95% chance**

**that you just stopped
acting the way
they wanted you to.**

THEHAPPYCHANGING.COM

Happiness & Well being:

Ms. Mehak Arora

Our second speaker was Ms. Mehak Arora who conducted an insightful and introspective session on Happiness and Well being. The speaker with her two colleagues emphasized on the impact happiness has on one's life. There were several interesting activities like rating one's happiness and blowing balloons to indicate that.



The session was quite informative as the speaker focused on several theories of happiness and demonstrated "the fundamental happiness paradox". The speaker made the students realise how happiness can be taking a back seat in today's rapidly changing world.

Positive Psychology – Dr. Navin

Dr. Navin Kumar shared his vast knowledge on Positive Psychology with the students. The 30 minute session mainly focused on the theory behind this field of psychology and how it is based on the belief that

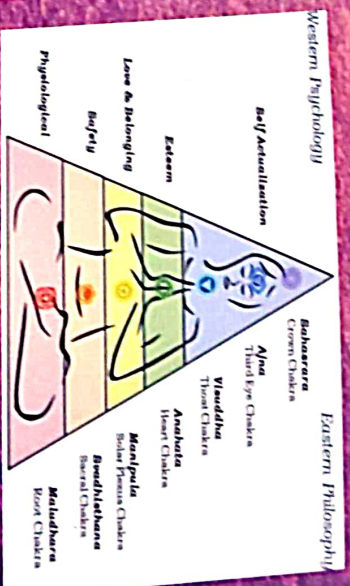


people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves and to enhance their experience of love, work and life in general. The eminent psychologist, who has twenty years of teaching and has written several books, gave an enriching and interactive lecture on positive psychology which was an eye opening experience for the students.

Eastern and Western Perspectives of Psychology – A Panel Discussion



MHAW'17 concluded with a panel discussion wherein Dr. Arvind Kumar Mishra and Dr. G.S. Kaloilya who spoke about the eastern and western perspectives of psychology and how they can be



conclusively interpreted so as to bring about awareness of the various facets of mental health. They also emphasized that revamping the syllabus for universities will be a major step towards bringing about mental health awareness.

Prof. Nick Hopkins' talk : Social Identity



Professor Nick Hopkins is a social psychologist from the University of Dundee, Scotland, UK, who talked about his experiments with the Asian minority groups in Scotland itself. In his talk, he emphasized the need

to focus on informal citizenship rather than the formal one. He started with defining diversity as a problem in society and gave examples like that of the US where the heterogeneous social obligation is hard. But is diversity really a problem? He argued that there is no intrinsic level problem in diversity, it's a matter of interpretation.

He also stated that groups can be drawn. He cited an example of a British Muslim girl who was viewed as a Muslim and not as a British citizen.

He talked about an experiment that he conducted with two students at the University, Jan Shen and Chris Muir. Both held the same views and were Scottish, but Jan Shen, because of her Asian features and surname, wasn't accepted as prominently as Chris Muir. So this was a typical example of "civic conception vs. ethnic conception of diversity".

He finished his presentation by telling us about how these groups face the burden of integration into the British society. Even though they are British citizens formally, they are only seen on the basis of one dimension, their ethnic identity.



WHAT YOUR HANDWRITING SAYS ABOUT YOU

SIZE OF LETTERS AND WORDS

Large Letters

Small Letters

- ▶ You want to feel understood and noticed. You're people-oriented.
- ▶ You have strong focus and concentration. You're introverted.

SLANT

Right

No Slant

Left

- ▶ You are heart-centered, friendly, sentimental, and impulsive. You highly value friends and family.
- ▶ You are ruled by logic, not emotion. You're very solid and pragmatic.
- ▶ You prefer to work with things over people. You are introspective and reserved. You're more "me-oriented."

UPPER ZONE

Looped l
Retraced l
Looped t
Retraced t

- ▶ You have big hopes and dreams for the future.
- ▶ You may have had your hopes and dreams squashed.
- ▶ You are sensitive to criticism and might be paranoid.
- ▶ You are a good worker, disciplined, and self-controlled.

LOWER ZONE

Slender y
Broad y
long y
Short y

- ▶ You are selective in who you call a good friend.
- ▶ You have a large circle of friends.
- ▶ You love to travel.
- ▶ You're a homebody.

CONNECTIONS OF LETTERS

Connected

▶ You are logical, methodical, and make decisions carefully.

Not Connected

▶ You are intelligent and intuitive.

PRESSURE

Heavy Pressure

▶ You have strong emotions and feel things very intensely. You can be quick to react.

Light Pressure

▶ You move easily from place to place and don't wear yourself out emotionally.

o
i
i

▶ You are childlike and playful. You're also artistic and like to stand out.

▶ You don't like clutter and pay great attention to detail.

CROSSED t'S

T
t

▶ You have high goals and self-esteem.

▶ You aim low and have strong insecurities.

LINE SPACING

spittle
Even
Spacing

▶ You have poor time management.

▶ You are aware of boundaries.

Dream

A Analysis

FALLING



Minds way of alerting you to a situation in waking life where you feel out of control

Look at your relationships, finances, career, etc. and decipher which area is going in the wrong direction

Try to redirect the situation immediately

BEING CHASED



Indicates that you are avoiding something in waking life

WHO is chasing you? Are you trying to avoid a confrontation in waking life? A responsibility or obligation?

Stop running. Face the situation and get it over with

NAKED



Represents an inflated sense of self or vulnerability

Are you pretending to be more than you are? This dream diminishes the lies you may be leading.

In primitive terms, being naked in public puts you at a disadvantage – you have nowhere to hide a weapon, for example

PREGNANT



Indicates that you need to tap into your creative side

You have an unacknowledged desire to come up with a new idea, create a piece of art, or embark on a new creative project

Men who dream of being pregnant may be craving the power that women are able to wield by becoming a mother

TEETH FALLING OUT



Represents survival challenges and instincts

You need good teeth to eat, to attract mates and therefore to reproduce. Dreams about teeth exercises your instincts to protect yourself and your appearance

Is there a waking life situation that is eroding your confidence?

LOST



Being lost or searching for something denotes anxiety

Are you embarking on a new challenge that you feel unprepared for?

Dreaming that another person is lost could mean that you have unresolved feelings about this person

DEATH



Indicates the symbolic ending of something. Does not suggest you will actually die

Dying in a dream = looking for a new start or going through a spiritual transformation

Death of a loved = this person is no longer part of your life, or that you lack a certain quality that this person embodies.

BEING LATE



Suggests you feel that you're losing the opportunity to experience some sort of fulfillment in your waking life

May also indicate an inability to make a connection, regret about a missed opportunity, or a need to get your life in order

Focus on engaging in things you care about - do not overbook yourself

She is my best friend.
Or shall I say my only friend.

We laugh, we cry, share
every moment of our life.
She stays with me always
In darkness and in light.

But I hear them
Their whispers
They think I don't hear...
They say I'm mad.
Some say I'm possessed.
But nothing matters because
she is there

With me.
Oh no! They want her to
leave.

She says she is real.
They say she is not.
Overcome with desperation,
humiliation, grief and
depression

I decide to go with her.
To a land far off where we
will be untroubled and loved

- Suyashvi Singha

My arms...
I felt
Ignored a fierce fire.

Cool breath,
Eyes Closed,
Nimble fingers,
Tickles, shivers.
It wasn't long
But all of me
Craved for her.
So, like a queen
About to fall, I walked
With unsure steps

And I let go.
Mind-body-soul united.
Hidden pain,
The bothersome world-
She washed it all away.
Soaking wet,
Body drenched.
Drizzle first
Thunder next.

I was a passionate lover
And so was the rain.

- Adya

I think I should get on
bed today, even though I don't
really feel like
because staying in bed for the
entire day is what sad people do
And I don't come under sad
people

because my eyes always shine
extra bright
and my smile is said to bring a lot
of light
and if today, my eyes don't shine
bright and my smile doesn't bring
light
then that's something that faces of
sad people do
And I don't come under sad
people

because I'm always extra loud
and I always talk happy things
and I end up laughing more than
the joke requires me to
so if today, my laugh is a bit low
and I prefer talking slow,
and I don't find the joke funny at
all
then that's something which sad
people do
And I don't come under sad
people

because I'm someone who'll talk
to you.
if you come sit by, I'll say "hey,
how are you?"
and if the answer isn't "good" or if
it's "just good", I might even try to
make it better for you

so if today, you're sitting next to
me and I don't really look at you,
then that's something that sad
people do

And I don't come under sad
people
because I'm someone who will
never settle for anything less
and I'll always move mountains
for the things that matter
so today, if you see me not
questioning something that I
don't deserve
and you find me being okay with
things when I shouldn't be
then that's something that sad
people do
And I don't come under sad
people
because I don't "just" breathe, I
LIVE

and I try to perceive rainbows
and flowers in everything I see
and the world always seems a bit
extra colourful to me,
but if today, I tell you that I find
the air around so heavy that it
seems quite difficult to breathe
and I see shadows and darkness
where flowers and rainbows used
to be

and the world looks too grey
through these eyes, no matter
how much I try
then that's something that sad
people say
and I, don't come under sad
people
I never have
I just didn't know I never could.

- Anandita

I'm a newborn,
I smile, I giggle
I laugh and I cry

Then I learn to speak
I chatter a lot
Without any prejudice,
What my ears hear,
My mouth produces

Dad laughs at everything I say
So does everyone else
They find it adorable

I'm a child
And I'm innocent

I speak just one language
Truth - they call it

What is the other language,
I wonder...

I have grown up now
I still chatter a lot
But they are no more
amused by what I say

Dad gives me a scornful look
"It's high time
you learn to choose
Your words before you speak".

They teach me segregation
And selection and flattery,

I learn to play
With my words

Honesty is the best policy,
They say, but -
With common sense

I carry multiple personalities
And display them
At the right time, to the right
man,

In the right way'.
I have learnt a lot over the
years

But my innocence is lost.

Still, I learn
And I practice
I say something
Mean something else
And hypocrisy is born.

-Adya.

LIFE
Infested with the ingredients
Joy and sorrow,
It's the life!
But the life not an im-
one.

Joy covers it all, only
At the very beginning
Joy attained
with peace of mind

Sorrow too appears
In the journey towards
end of life.
With joy, sorrow
with sorrow, joy
Its the dignity

So why not work hard
but make it memorable if not
immortal.

- Khangenban Sidharth

A man who has not passed
through the inferno of his
passions has never overcome
them.

Carl Jung

Little voices telling me why
little voices telling me daily,
go.

Little men visiting gaily.

Little men playing piano,

Little ghosts paying soprano,

Little ghosts singing pills,

Little nurses carrying me I'm ill.

Little nurses telling me I'm ill.

Little doctors shaking their
heads;

Little doctors wishing I were
dead.

Little parents both over the hill
Little parents worrying about
bill.

A twitch of an eye, the skip
beat, pressure building up
you want to flee

A thousand words to sa-
million feelings to mani-

Upholded, verging and w-
A thought, word, an act
and it all passes into
nothingness

Riva Dhingra

SEEING FACES IN OBJECTS - PAREIDOLIA

-Vidushee Srivastava



Do you see faces in these objects? If you said yes, don't panic. You are not going crazy! You just experienced a very common phenomenon that psychologists call 'Pareidolia' – seeing faces where there are none. Pareidolia is a type of apophenia, which is a more generalized term for seeing patterns in random data.

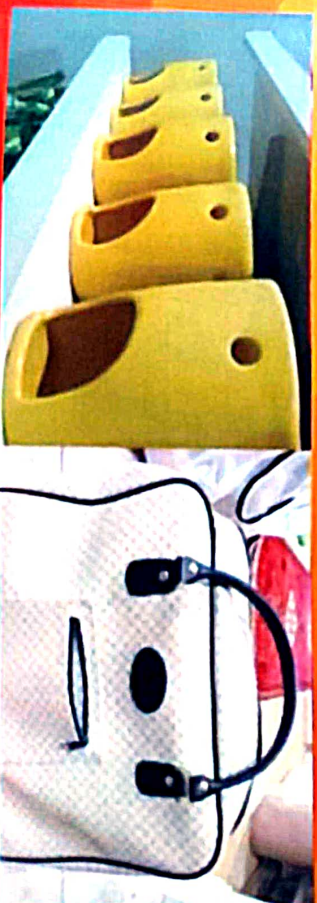
Face perception is a very important human attribute. Our brains it would seem are hard-wired to help us recognize the presence of a face from birth; newborn babies for instance will automatically focus attention towards any face-like pattern. This deep-rooted face detection system remains operational throughout our lives.

There are a number of theories as to the cause of this phenomenon. Experts say pareidolia provides a psychological determination for several delusions that involve the senses.

They believe that Pareidolia could be behind numerous sightings of UFOs, Elvis and the Loch Ness Monster and the hearing of disturbing messages on records when they are played backwards. Sometimes artists use this phenomenon to their advantage by embedding hidden pictures in their work. Observers often view other objects in Georgia O'Keeffe's flower paintings, for example. The Rorschach Inkblot test uses pareidolia in an endeavour to gain insight into somebody's mental state. Since the cards are designed without any specific image in mind, this is an example of "directed pareidolia". Pareidolia often has religious overtones. A study in Finland found that people who are religious or believe strongly in the supernatural are more likely to see faces in lifeless objects and landscapes.

Similar studies show that neurotic individuals, and people in bad moods, have a higher chance of experiencing pareidolia. The reason for this seems to be that these people are on high alert for danger, so are more likely to perceive something that isn't there.

Lastly, when too many people seem to be more prone to seeing faces where there are none, this may be linked to the fact that they have a better ability to recognise emotions through deciphering facial expressions. Who knows, you are, whatever you're doing, you can experience pareidolia. Don't let it shock you; it's simply your ancient survival instincts kicking in!



CREATIVE CORNER



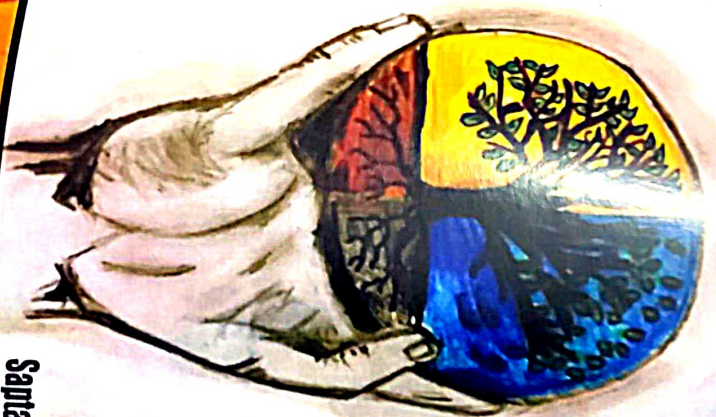
"Unexpressed emotions will
never die. They are buried
alive and will come forth
later in often ways."

- Sigmund Freud

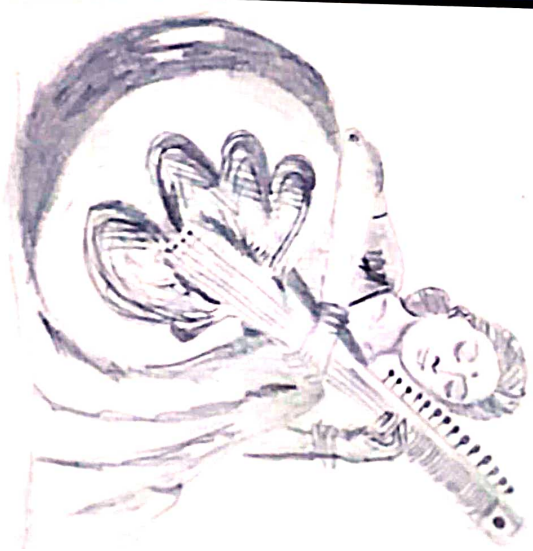
Kranqemban Sidharth



Wudshree



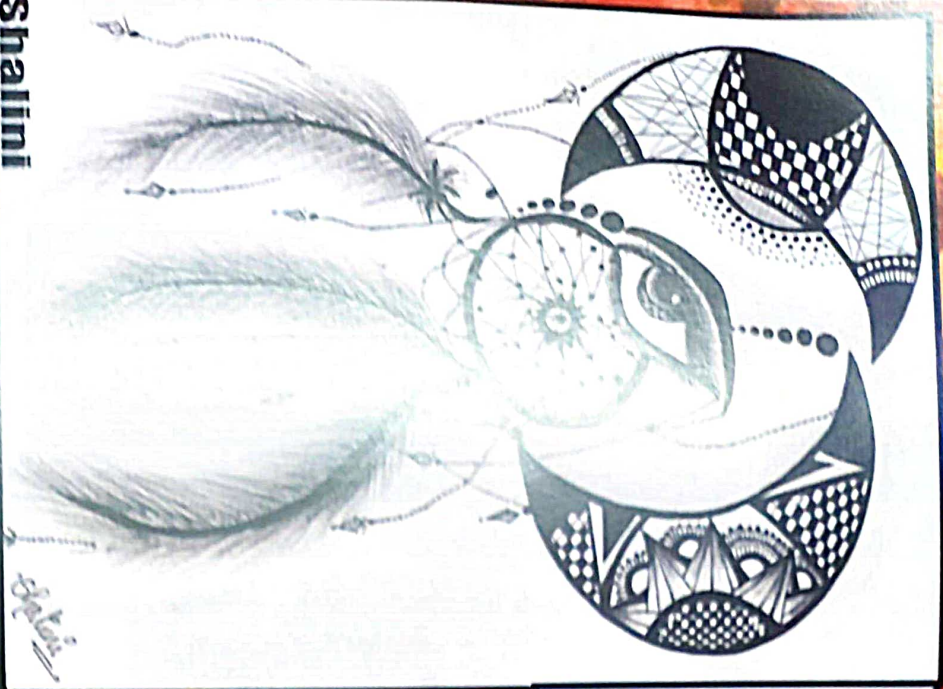
Sapanshi Gargari



Ishiaa Mali



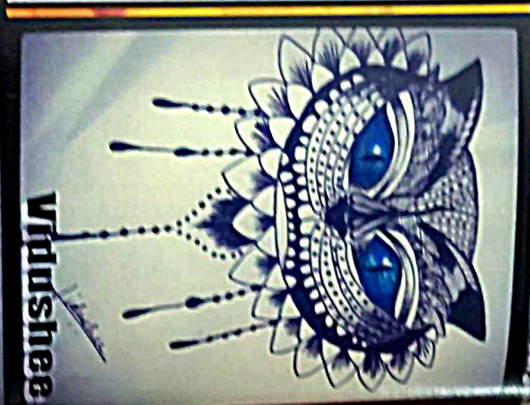
Arshika



Shalini



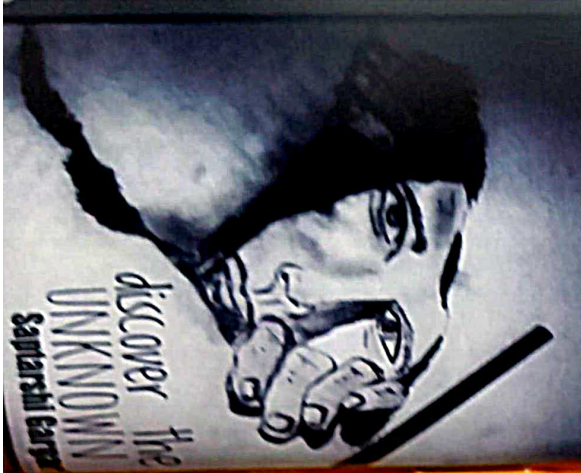
Santoshini Barua



Vidusha



Vidusha



discover the
UNKNOWN
Santoshini Barua



Vidusha Srivastava

étoiles en herbe

MUSKAAN DATTA

- 1st in class. (1st Sem: 8.36, 1st Year)
- Attended the Mental Health Festival at AIIMS
- Attended seminar on psychological identity/ in Jesus and Mary college.
- Content writer for Enactus Aryabhata Content writing lab with Crunchlabs

AANANDITA

- Internship at Hospital, Swadeshi
- Volunteer at Jamghat NGO
- Social Media head at You're

ADYA

- Music Society.
- Sponsorship

VIDUSHEE

SRIVASTAVA

- 1st in class (2nd Sem: 9.09)
- 2nd in Class (1st sem: 8.29)
- Interned at Karma Centre of Counselling and Wellbeing.

HALINI JAISWAL

- Member at Mental Health Foundation of India.

AKANKSHA RAIGURU

- 1st in class (3rd sem: 9.36)
- President debate society, Aryabhata college.
- Editor-in-chief, Srijan.
- Member at Mental Health Foundation of India.

SHEFALI VERMA

- Central Government merit Scholarship holder.
- Dainik Jagran Education Scholarship.
- Member of Sponsorship Team, SRIJAN.

VASUDHA

- Dance Society Class Representative.
- Media team head.
- Moolchand internship.

BHAVIKA

- Volunteer at U&I.
- Rivaayat & Design & PR.
- Internship at Swadeshi.
- Internship with ecosphere lahaul-spili.
- Internship with youth for seva.
- Member of Ideation and creation team, Tedx Aryabhata college.

GAURI NAGYAL

- Internship with ecosphere lahaul-spili.
- Internship with youth for seva.

MINCY

- Attended seminar and Volunteer Mental Health Foundation Of India
- Campus Ambassador at Karma Center for Counselling and Wellbeing.
- Completed Psychology Graduate training Program at Karma Center for Counselling and Wellbeing
- Member of Dance Society (Way mix)
- Member of the Design Team- SRIJAN

RUCHITA HAZATI

- Class Representative.
- HR Internship at Hyatt Residence.
- Clinical Internship at Fortis.
- Volunteer at Dream Girl.
- Member of Tedx Aryabhata College and Rivaayat (Cultural Society)

- Member of ribs and brushes

UDAYKARAN

SALWAN

- Internship with youth for seva.
- Member of Media team, Tedx Aryabhata college

SWATI YADAV

- Attendee at the 1st Mental Health Festival.
- Completed Psychology Graduate training Program at Karma Center for Counselling and Wellbeing.

- Completed Psychology Graduate training Program at Karma Center for Counselling and Wellbeing.

RIVA DHINGRA

- Interned with U&I as a teacher.
- Volunteer teacher at Bal Vikas Kendra (affiliated

- Football team
- Logistics team head.

- Tournaments (Reliance foundation, BITS Pilani)
- Winner at Futsal in Deen Dyal Upadhyay College

LAREB

- Representative of psychology Department. Students council 2017-18.

KUSHBOO ARORA

- Member of Rivaayat (Cultural Society) & PR team- SRIJAN.
- Attendee at the 1st Mental Health Festival.
- Member of Mental Health Foundation of

UPCOMING

SRIJAN

THE PSYCHOLOGY ASSOCIATION

ARYABHATTA COLLEGE

PRESENTS

metaMIND

"EXPERIENCE BEYOND EXISTENCE"

AT

PSYGALA 2.0

ANNUAL FEST

19TH AND 20TH MARCH, 2018

Various Competitions: Online Photography, Bilingual Slam
Poetry, Bollywood Quiz, poster making and much more....."



"My mind is plenty open, Grandma.
But not so much that my brain falls out."

You don't get frustrated because of a situation. You get frustrated because of how you frame the situation. If you watch how you upset yourself & slipping into irrational thoughts, demands, you can just about always stop getting frustrated at anytime.

Metapsychology is a speculative psychology which seeks to understand the structure of the mind in terms which may not be empirically verifiable. Metapsychology is used today to treat a number of conditions such as resolution and relief of traumatic experiences, better relationships, personal growth, more success, or increased awareness. Metapsychology uses a person - centered approach when treating patients.



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