

PSYCHOVISION

The psychology magazine

Issue Number 3

2023-2024



SHYAMA PRASAD MUKHERJI COLLEGE FOR WOMEN
UNIVERSITY OF DELHI
DEPARTMENT OF APPLIED PSYCHOLOGY



TARANGANA



TARANGANA

Celebrating Women

Dear Readers,

Welcome to this year's edition of Psychovision, brought to you by the talented members of team Psychspire! This annual magazine, envisioned and crafted by students from the Department of Psychology, is dedicated to celebrating the remarkable contributions of women in the field of psychology and beyond.

Our theme, "Tarangana - Celebration of Women in Psychology," aims to shine a spotlight on the extraordinary achievements and insights of women in this diverse and dynamic discipline. Throughout the pages of this magazine, you'll encounter inspiring stories, thought-provoking articles, and engaging activities that explore the various roles of women in psychology.

This edition of Psychovision is not just about reading; it's about participation. Dive into our interactive activities designed to challenge your understanding and spark your curiosity about psychology and gender dynamics.

Come, join us in this celebration of women's brilliance and resilience. Let's explore, reflect, and honor the legacy of those who continue to inspire us all.

Happy Reading !

REGARDS,

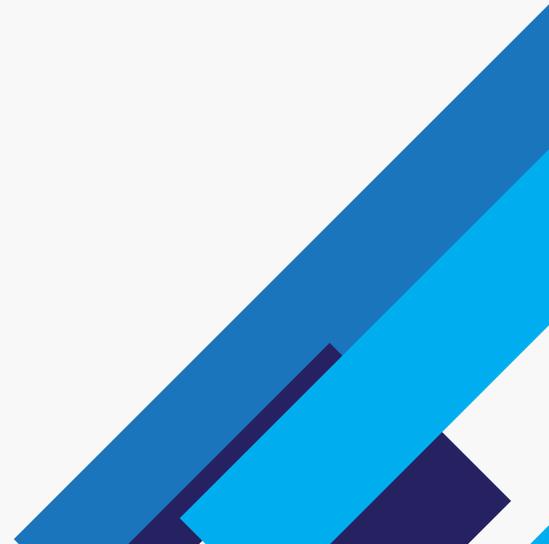
Shreeyanshi

EDITOR-IN-CHIEF



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From The Principal's Desk



I am delighted to announce the release of this year's magazine ,'Psychovision' by the Department of Applied Psychology. This publication stands as a testament to the hard work and creativity of our students, offering them a platform to showcase their diverse talents. The content promises to enrich readers by providing fresh insights into the field of psychology, alongside literary contributions. I extend my heartfelt congratulations to everyone involved in this endeavour, adding yet another remarkable chapter to the department's legacy. Well done, and best wishes for continued success

Prof.(Dr.) Sadhna Sharma

From The Head of Department



It gives me great pleasure to introduce the yearly magazine 'PSYCHOVISION' of our department of Applied Psychology. The students have put in tremendous effort coupled with the guidance of their teachers. With massive insights, perspectives, musings, ideas, and experiences, I am sure it will be an informative and enjoyable read. The importance of mental health and well-being have even more being realised in the contemporary times. With rapid rising of a competitive, demanding and fast paced world, humans have become stress prone resulting in detrimental effects on health, strain in interpersonal relationships and challenges in the daily life. The magazine not only serves as an opportunity for the students to explore their creative pursuits but also as a great learning platform for readers to be more aware about mental health concerns and how to care for oneself and others.

Lastly, I congratulate the editorial team and the contributors for a remarkable work and making this edition a timeless treasure.

Dr Houshou Suzen

From The Faculty



I have great pleasure in conveying my best wishes to the Department of Applied Psychology for releasing the magazine 'Psychovision' which brings all the students on a common platform to share and display their ideas and creative talents in the domain of psychology. I hope this magazine will excite the readers and add another angle to their perspective on psychology.

The release of this spectacular issue of this magazine has added value to their constant efforts. I express my compliments to the editors and their valuable efforts in bringing out the issue. Students have been given opportunities to develop a global outlook, which is required in today's competitive and digital age. This magazine has provided the students a forum to pen down their thoughts, imaginations and aspirations. It has given them an opportunity to unfold their creative side and work as a team. It is the culmination of their hardwork, literary skills, desire to learn, and pursuit of excellence.

Through this message, I wish them "All the very Best" for their future endeavours to and hope that the students of Shyama prasad Mukherjee College bring more laurels to the college.

Dr. Ekta Bhambri Marwaha

From The Faculty



I'm looking forward for the upcoming edition of our department magazine, an exciting showcase of our collective creativity and scholarly endeavors. As faculty, I've had the privilege of witnessing your dedication and passion firsthand, and I'm eager to see your contributions come to life in this publication.

This magazine is more than just a collection of articles and artwork; it's a reflection of the vibrant intellectual community we've built together. Whether you're sharing research findings, personal reflections, or artistic expressions, your contributions enrich our department's identity and inspire future generations of students.

I encourage you to seize this opportunity to share your unique perspectives, celebrate your achievements, and foster connections within our academic community. Your voices matter, and this magazine is the perfect platform to amplify them.

Thank you for your continued dedication to excellence, and I look forward to celebrating your contributions in the pages of our department magazine.

Dr. Suruchi Bhatia

From The Faculty



"Success comes to those who work hard and stays with those who don't rest on the laurels of the past."

We live today in a world that is so very different from the one we grew up in, the one we were educated in. The world today is changing at such an accelerated rate and we, as educators, need to pause and reflect on this entire system of education. It was Margaret Mead who said

"Children must be taught how to think, not what to think," and to enable this, our motto of Knowledge, Imagination, and Innovation must be accomplished through a holistic approach

towards our pedagogies, methodologies, and technologies. Motivating our students to achieve high and assimilate bleeding-edge knowledge is the cornerstone of the teaching vision of our department.

Dr Garima Shukla

From The Faculty



I am indeed glad to see the departmental magazine "Psychovision" which widely covers the different domains of life through the broader spectrum covered in its content and delivery of diverse viewpoints.

It is noteworthy to say that this magazine reflects the original, authentic, and novel creation of young minds. Hope this brilliant step taken by the students to disseminate the knowledge about psychology will be helpful in bringing positive changes in society at large.

I extend a warm welcome to all the authors for their contribution. In giving the shape this magazine into reality and convey my best wishes to the entire team of students, staff, and faculty of the department of Applied Psychology for putting in their best efforts to publish this magazine in its best form. I am sure that the readers will have stimulating and enriching experiences while going through this creative piece of writings!

Dr. Virendra Pratap Yadav

From The Faculty



It has been my great pleasure working with these young and enthusiastic minds of the Department of Applied Psychology, Shyama Prasad Mukherji College for Women. They constitute the editorial team and proudly present the annual departmental magazine PSYCHO-VISION this year. This magazine presents the diversified spaces and corners of creativity inherent in our college's academic and extracurricular activities. It is a platform to represent the thoughts and feelings of these young undergraduates and faculty members towards their surrounding society in the present era. We strongly feel that there is a wide scope and need to explore various fields of psychological sciences and helping people to improve their mental well-being.

Finally, I would like to thank you, the authors, readers, and the content providers, who have made this magazine the best possible. I also extend my congratulations to the entire team working religiously and constantly to bring this to a success. My heartfelt wishes for the entire department for its future endeavors, excellence, and achievements in the fields of HUMANITY and WELL - BEING of society.

Dr. Anamika Rai

From The Faculty



I would like to extend my heartiest congratulations to the entire student fraternity of the Applied Psychology Department for their tremendous effort in bringing up the magazine. I am sure through this magazine the readers will get a bird' eye view of the world of psychology and its wonders. I wish all the best and super success for the magazine.

Dr. Aashima Sharma

From The Faculty



To the esteemed members of our departmental community, As we embark on the creation of our departmental magazine, Psychovision, I am reminded of the exciting journey ahead of us. Fuelled by curiosity and passion, we are dedicated to exploring the diverse aspects of psychology together.

I want to commend our students for their dedication and enthusiasm in studying psychology. Your commitment is truly admirable, and I am inspired by your growth as scholars and individuals. Remember, every challenge you face is an opportunity for growth, and every success reflects your resilience and determination.

I am grateful to my colleagues for their guidance and collaboration, which have been crucial to our department's success. Your expertise and passion drive our collective achievements, and it is a privilege to work alongside each of you.

As we contribute to Psychovision, let's celebrate the diversity of perspectives within our community. May this magazine showcase our accomplishments, share insights, and inspire future psychologists.

I look forward to seeing our shared vision come to life in the pages of Psychovision.

Warm regards,

Dr. Shaheen Parveen

From The Faculty



Departmental magazine is a perfect blend of literary articles, art, photography, personal experiences and wonderful memories of students which reflects their creativity and potential. I am very happy to convey my congratulations and best wishes to all the students and faculty for their endeavors in bringing out this wonderful magazine. One of the key features of this magazine is the inclusion of student voices. We believe that the best way to understand diversity is to hear directly from those who have experienced it. Our students have shared their personal stories and reflections on how their background and identity shapes their worldview. We have included articles, essays, and poetry that highlights different aspects of diversity, such as culture, language, ethnicity and, moreover, healthcare.

We hope that this magazine will encourage all members of our community to engage in meaningful conversations about diversity and inclusion. By embracing our differences and learning from each other, we can create a gracious and equitable climate for the applied psychology department. I want to extend my gratitude to everyone who has contributed to this magazine, including the writers, artists, and editors. Their dedication and hard work are evident on every page. Thank you for reading, and I hope you enjoy this edition of the college magazine

Dr. Nitin Kumar Verma

From The Faculty



Creativity is more than just being different. Making the complicated simple -that's creativity' -By Charles Mingus.

Department magazine provides a safe space for students and faculty members to showcase their artistic and literacy talents while influencing the thoughts and emotions of their readers. In order to leave an everlasting impression in the heart and mind of the readers it becomes essential to make the content both attractive yet attainable. I wish that the efforts taken up by the students and faculty members to structure and frame the magazine in an aesthetic manner with rich content would be appreciated by all. I applaud the synergy and zeal behind the team to bring out this issue. Best wishes.

Dr. Namita Tayal

From The Faculty



It's been more than a decade of being in the department and witnessing these young adults grow , graduate every year and reach new heights of success, including this magazine, gives me immense pleasure. As the departmental lab assistant, my most fulfilling task is providing them with academic assistance whenever possible. I extend my best wishes to all the students for success and happiness in their lives and for a bright future.

Ms Geeta Saini



PSYCHSPIRE

Psychspire, the Society of the Department of Applied Psychology at Shyama Prasad Mukherji College, University of Delhi, was founded in 2006. The department is dedicated to raising awareness about various facets of psychology through a wide range of initiatives, both within the college and in the broader community.

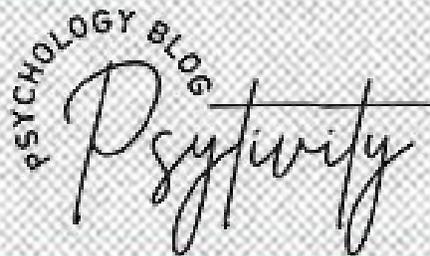
Driven by a profound interest in psychology, Psychspire is committed to promoting mental health and disseminating knowledge on diverse psychological topics. The society's sustained efforts, determination, and passion have led to the achievement of numerous milestones, fostering important conversations on significant issues.



PSYTIVITY

The Blog of the Department of Applied Psychology, an initiative by Psychspire launched in March 2019, is dedicated to promoting mental health awareness through digital media. This platform explores the psychological dimensions of various topics and works tirelessly to dismantle the deep-rooted stigmas and stereotypes associated with mental health.

Team Psyitivity brings fresh and innovative ideas to the forefront, encouraging readers to introspect and providing insights that leave a profound impact on their lives. Additionally, Psyitivity aims to broaden the understanding of mental health by highlighting various dimensions of health and well-being, thus expanding the horizon of mental health discourse.





PSYCHOVISION

By Psychspire

Psychovision, the student-led magazine created by Psychspire—the cultural society of the Department of Applied Psychology at Shyama Prasad Mukherji College, University of Delhi—offers a dynamic platform for exploring the profound influence of psychology and mental health on people's lives. Serving as a space for both students and educators, the magazine encourages the exchange of thought-provoking ideas through articles, poetry, and artwork.

EDITOR'S NOTE



ANUSHKA BHATIA

It's been an honor and privilege to contribute to Psychovision magazine. This journey has been extraordinary, with creative freedom allowing us to explore and present psychological concepts innovatively and engagingly.



SHRUTI SHARMA

Working with the Psychovision magazine team has been enlightening and rewarding, teaching me valuable skills in content curation, design, attention to detail, communication, and time management. I hope you enjoy this edition as much as we enjoyed creating it.



SHREEYANSHI

Welcome to this exciting edition of Psychovision! We've had a blast putting together a mix of thought-provoking articles, creative designs, and a sprinkle of fun just for you. Our team has poured their hearts into every page. Dive in, explore, and enjoy the wild ride through the fascinating world of psychology.



ANANYA CHAUHAN

I'm truly grateful to be part of Psychovision, which allowed me to contribute and experience the whole process. Kudos to the team for their dedication and motivation. I hope you enjoy this unique vision.



SHAURYA SINGHAL

Working on Psychovision allowed me to contribute my skills and foster incredible teamwork. Thanks to everyone who supported and contributed. The dedication and passion have been invaluable.



PALAK GOSWAMI

I'm thankful to be a part of Psychspire, which allowed me to contribute to Psychovision magazine. This experience deepened my understanding of psychology and honed my skills. Our team's passion shines through in every page. Enjoy reading!

EDITOR'S NOTE



KASHVI MAGAN

Creating this edition of Psychovision was a gratifying experience. I learned and contributed skills from designing to content ideation. The teamwork and dedication are commendable. Delighted to be a part of this project.



AMBICA NAGPAL

Creating Psychovision will always remind us of our collective efforts and commitment to psychology. I'm grateful to be a part of this brilliant team. Enjoy this blend of unique ideas and perspectives.



TANYA SINGH

Creating Psychovision with Psychspire Society was an incredible journey. With care and passion, we poured ourselves into each page, learning and growing together. We proudly present the culmination of our dedication.



MANSHA KAPOOR

I'm truly grateful to be part of Psychovision, which allowed me to contribute and experience the whole process. Kudos to the team for their dedication and motivation. I hope you enjoy this unique vision.



VASUDHA SHARMA

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Meet The Team



Psychospire Coordinators

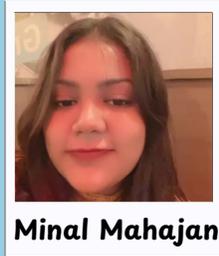


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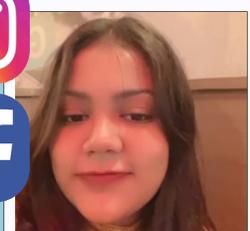


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Khushi Yadav

Senior Social Media Handler



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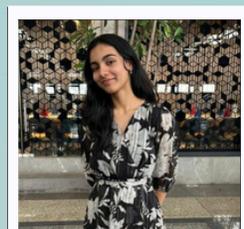
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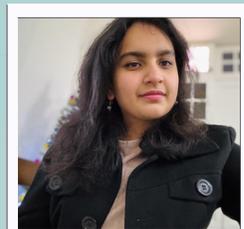
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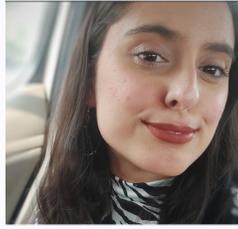
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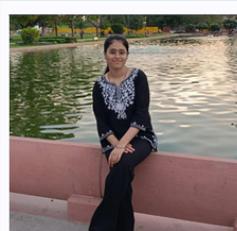
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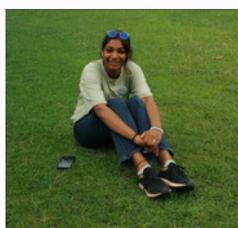
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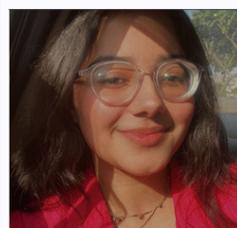
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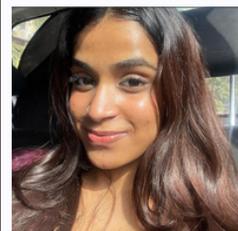
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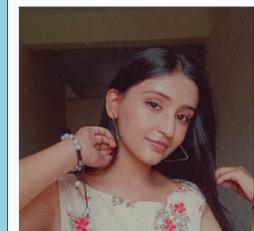
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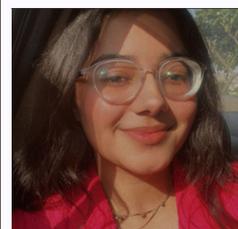
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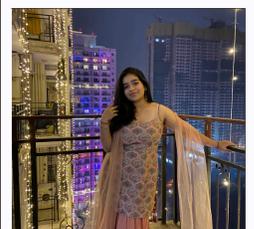
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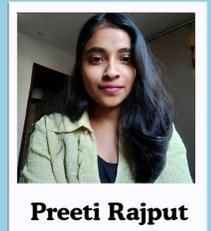
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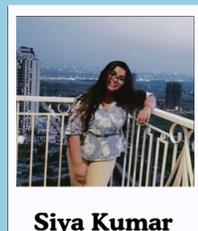
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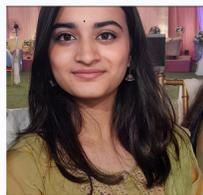


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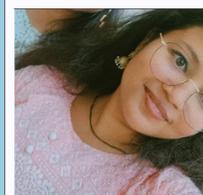
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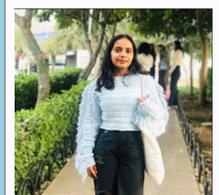
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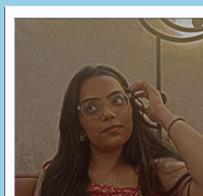
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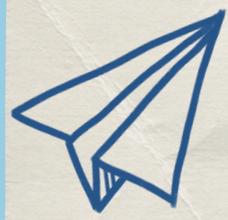
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Student Council



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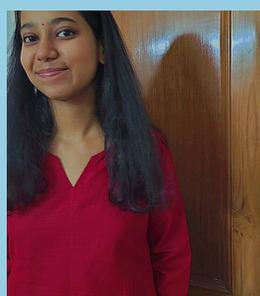


Koena Gulabani

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Shreya Srivastava



Barkha Verma



Jiya Verma

CULTURAL HEAD



Jaya Kumari

DEPARTMENTAL ACTIVITIES

ORIENTATION



Shyama Prasad Mukherji College's Department of Applied Psychology hosted an orientation program on August 16, 2023, to welcome new first-year students. The event included faculty introductions, program structure details, and recognition of academic achievements. The program concluded with student-senior interactions, fostering a sense of belonging for incoming students.

TEACHERS DAY



Students of the Applied Psychology Department celebrated Teachers' Day on 5th September 2023, expressing gratitude for teachers' dedication. The event featured speeches, cultural programs, and a special ceremony where students presented handmade cards and tokens of appreciation, promoting a positive learning environment.

WORLD SUICIDE PREVENTION DAY

The Family Counselling Centre and the Department of Applied Psychology collaborated on September 13, 2023, to organize an activity centered around the theme of suicide prevention. The event successfully conveyed the importance of positivity and joy through activities like storytelling, visualization, and self-love gestures.



CULTIVATING HOPE THROUGH EXPRESSIVE ARTS



On September 20, 2023, the Department, in collaboration with the Family Counselling Centre, organized an event celebrating the International Day of Peace. Engaging activities, including a street play and gratitude scavenger hunt, effectively conveyed messages of hope and unity, leaving participants with a sense of optimism.

EMOTIONAL WELLNESS PROGRAM

On October 11, 2023, the Department, in collaboration with the Family Counselling Centre, organized an interactive session on the 'Emotional Wellness Program' to commemorate World Mental Health Day, facilitated by the Institute of Psychometric Assessment and Counselling. The session highlighted the importance of identifying and regulating emotions, while promoting coping mechanisms and a positive outlook.



MENTAL HEALTH AND WELL-BEING FOR OUTSTATION CHILDREN



An interactive workshop on October 18, 2023, addressed the mental health and well-being of outstation students. Dr. Suruchi Bhatia guided students through activities, emphasizing acculturation over assimilation and providing valuable techniques to overcome challenges associated with starting a new chapter in an unfamiliar place.

A MOMENT OF CALM: MEDITATION IN THE BUDDHIST TRADITION

On October 21, 2023, the Department organized a session on 'Meditation in the Buddhist Tradition' by Dr. Sera Sonam Ongmo Wangdi. The session included teachings on various meditation processes, relaxation techniques, and autogenic imagery, providing a valuable learning experience for participants.





FELICITATION CEREMONY

A felicitation ceremony on November 6, 2023, honored members of Psychspire and the Student Council, instilling a sense of responsibility and commitment. The ceremony successfully promoted unity, dedication, and a deeper understanding of leadership within the department.

DIWALI MELA

The Diwali Mela on November 8, 2023, organized by Psychspire and the student council, aimed to celebrate cultural richness and build a sense of community. Various activities, including games, crafts, and performances, not only met objectives but also fostered lasting bonds among department members.



FILM WORKSHOP

The film workshop, 'The Stolen Star,' on January 31, 2024, highlighted the issue of bullying and its impact on childhood mental health. The event sensitized attendees to the consequences of bullying, fostering a sense of community and a commitment to combat bullying.



POSTER MAKING COMPETITION

The 'Mental Health Matters' event on February 28, 2024, engaged students in creating thought-provoking posters on mental health. The competition not only celebrated creativity but also encouraged open conversations about mental well-being within the academic community.



BIOFEEDBACK AND NEUROFEEDBACK WORKSHOP



Biofeedback and Neurofeedback for 'Brain Awareness Week,' led by Ms. Diksha Joshi from the Federation of Indian Psychology organized on 6 March 2024 demonstrated medical technology to measure physiological responses, featuring live demonstrations with student volunteers. One device monitored temperature, pulse, and skin conductance, while another measured brainwave activity. The session included a detailed explanation, and interactive Q&A, and concluded with photos to commemorate the enriching experience.

HER STORY, HER MIND : WOMEN'S PSYCHOLOGICAL JOURNEY

An Open Mic Event was organized on 24th April 2024 for 'National Psychology Day at the UN,' focusing on women's daily struggles. The event featured performances, poems, personal experiences, and open mic discussions. Participants also wrote about inspiring women on post-it notes, which were displayed as a lasting memory. The session concluded with a photography session and an appreciation note for all.



WOMEN IN Psychology

DR ANJALI CHHABRIA

Dr. Anjali Chhabria is widely regarded as one of India's most accomplished and respected psychologists. With over two decades of experience in the field, she has made significant contributions to mental health awareness. A graduate of the Grant Medical College and Sir J.J. Group of Hospitals in Mumbai, Dr. Chhabria went on to pursue further studies in psychiatry and psychotherapy. She has received numerous awards and accolades for her work, including the prestigious Nari Shakti Award.



Dr Anjali Chhabria



Anjhula Mya Bais

ANJHULA MYA BAIS

Anjhula Mya Bais is an Indian psychologist who is the Chairperson of the Board of Amnesty International. Dr. Anjhula contributes as a trauma specialist and also a human rights activist. Apart from contributing to mental health awareness, she has received the American Psychological Association Global Citizen Psychologist Citation Award 2020. In 2019, Bais was named a World Economic Forum Young Global Leader. Her work involves an intricate amalgam of holistic mental health, spirituality, and climate change.

DR. PRERNA KOHLI

Dr. Prerna Kohli is an Indian clinical psychologist, social worker and author. She was awarded the '100 Women Achievers of India' in 2016 by the President of India for her work on mental health. Kohli is the author of a book on mental health called Psychologist Musings. She has helped the prison inmates and the prison officers of Tihar Jail and Aligarh Jail cope with and overcome several mental health pro



Dr. Prerna Kohli

NALINI AMBADY

Nalini Ambady- Was an Indian-American social psychologist and a leading expert on nonverbal behaviour and interpersonal perception. She was born in Calcutta, India and earned her bachelor's degree at Lady Shri Ram College for Women, Delhi University. She later received her PhD in social psychology from Harvard. Ambady specialised in the study of intuition. Her research found that humans perceive nonverbal cues in response to novel people or situations and that the information gleaned from an instant impression is often as powerful as information gleaned by getting to know a situation or person over a longer period of time. She and Robert Rosenthal coined the term "thin slices" to refer to such instantaneous non-verbal cues.



Nalini Ambady



RADHIKA CHANDIRAMANI

Radhika Chandiramani- is the founder of TARSHI, a New Delhi-based NGO that works on issues of sexual and reproductive health and rights. She is a clinical psychologist, writer and editor. Her published works on sexuality and human rights have been covered in media and scholarly reviews. Chandiramani received the MacArthur Fellowship in the year 1995 for leadership development. She is also the recipient of the 2003 Soros Reproductive Health and Rights Fellowship from Columbia University Mailman School of Public Health.



Radhika Chandiramani

SHOBA RAJ

Shoba, with a background in psychology and a Master's in Medical and Psychiatric Social Work from the Tata Institute of Social Sciences, Mumbai, has 35 years of experience in Mental Health, Development, Disability, and Health. Over 20 years were in leadership roles. She has worked in India and internationally and has been an invited member of global mental health expert committees, including the World Bank-WHO Advisory Group on Scaling Up Mental Health. Shoba advises CreateCATT on strategic partnerships, bridging the researcher-practitioner gap, and measuring impact.



Shoba Raj

PROF. GOPA BHARDWAJ

Dr. Gopa Bharadwaj hold a PhD in Industrial Psychology. She completed M.A. in Psychology and M.Sc. in Applied Psychology from Banaras Hindu University and received B.H.U. Gold Medal for securing the first position in M.A. she has also received U.G.C. Research Scholarship and the Commonwealth Scholarship. Also Awarded recognition plaque for significant contribution to Human Resource by NIPM. And also received Lifetime Achievement Award from BHU Alumnus Association 2011. She taught in the Department of Psychology, University of Delhi, since November 1975. She has published 72 papers and articles in National and International Journals and also published 6 book chapters.



Dr. Gopa Bharadwaj

PROF. NANDITA BABU

Nandita Babu is a professor, Department of Psychology at the University of Delhi. She was awarded the prestigious Canadian Commonwealth Scholarship for her doctoral research in Ontario Institute for Studies in Education, University of Toronto. As a Fulbright Visiting Fellow, she has worked as an adjunct faculty in San Diego State University, United States. As a developmental psychologist, she has keen interest in areas such as socio-cognitive development in children, literacy acquisition during early childhood and adolescent psychology. Her passion for and expertise in teaching and research are reflected in her many publications and community outreach program .



Nandita Babu

DR. ARUNA BROOTA

Dr Aruna is an internationally acclaimed psychologist recognised as an expert in mental health, personal transformation and employee engagement for over 40 years. She has created and conducted seminars and workshops on self-management, life-stage responsibilities, mental illness, crisis counselling, and holistic health. She is a popular columnist, author, researcher and radio/TV expert who is much in demand among companies seeking to support and nurture their employees. Dr Aruna has run community programs related to substance abuse, children's behavioural problems and women's health, and has served as a consultant to corporations, law enforcement agencies, international bodies and educational institutions.



Dr. Aruna Broota



Dr. Honey Oberoi Vahali

DR. HONEY OBEROI VAHALI

Dr. Honey Oberoi Vahali is a highly respected psychologist and psychoanalyst known for her groundbreaking work with Tibetan refugees, exploring their inner worlds and the impacts of exile. Her acclaimed book, *Lives in Exile: Exploring the Inner World of Tibetan Refugees*, has garnered international attention for its deep psychoanalytic perspective. Vahali is dedicated to an empathetic, experience-based approach to teaching, advocating for accessible mental health services, and bridging psychotherapy with social and emotional justice. She has received multiple honors, including the M.V. Govindaswamy Memorial Award and several gold medals, and has published widely on topics such as refugee trauma, play therapy, and the integration of spirituality in psychoanalysis.



UNBOXING EMOTIONS

USE THESE QUESTIONS TO INTROSPECT HOW YOU INTERPRET EMOTIONS LIKE ANGER, JOY, SADNESS, DISGUST AND FEAR AND EXPLORE YOUR PERSONAL STRATEGIES FOR MANAGING THEM.



ANGER

How does anger make you feel?

What can you do if you feel angry?



JOY

How does joy make you feel?

What can you do if you feel joy?



SADNESS

How does sadness make you feel?

What can you do if you feel sad?



DISGUST

How does disgust make you feel?

What can you do if you feel disgust?



FEAR

How does fear make you feel?

What can you do if you feel fear?

TIPS TO TACKLE EVERYDAY STRESS

Manage everyday stress more effectively and improve your overall quality of life.

1 Get Moving!

Aim for 30 minutes of moderate activity most days. Activities like walking, jogging, or yoga can boost mood and reduce stress.



2 Mindfulness Magic!

Practice paying attention to the present moment without judgment. This can involve simple activities like focusing on your breathing, or structured practices like mindfulness meditation. Use apps like Headspace or Calm for guided sessions.



3 Eat Smart!

Enjoy a variety of fruits, vegetables, whole grains, and lean proteins. Avoid excessive sugar and processed foods.



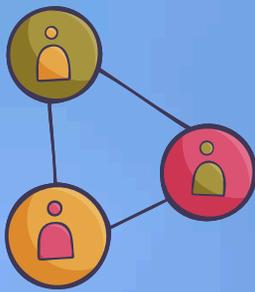
4 Sleep Like a Baby:

Aim for 7-9 hours of quality sleep each night. Establish a regular sleep routine and create a relaxing environment.



5 Stay Connected:

Social support can provide emotional comfort and practical help, reducing the impact of stress. Spend time with friends and family, and engage in social activities to receive emotional support.



6 Organize and Prioritize:

Breaking tasks into smaller steps and prioritizing can prevent feelings of overwhelm and improve productivity.

Techniques:

- To-do lists
- Time management with calendars or planners
- Delegation of work among team members



30 Day

GRATITUDE Challenge.

1. Note 3 things you are grateful for



2. Thank-you note for a positive impact in your life



3. Spend 10 minutes in nature and list five things you appreciate about it.



4. Start a gratitude jar and add one note every day



5. Reflect on a challenging experience and identify positive outcomes that resulted

6. Show gratitude to a family member.



7. Write about one person you're grateful for and why.



8. Write down five qualities you love about yourself.



9. Treat yourself to your favorite snack.

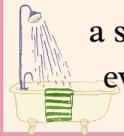


10. Spend 30 minutes doing an activity you love.



11. Write a letter of appreciation to yourself, highlighting strengths.

12. Take a relaxing bath or have a self-care evening.



13. Practice positive affirmations in front of a mirror.



14. Create a vision board of your goals and dreams.



15. Draw/paint something that represents your current mood.



16. Write a poem or a short story about your favorite memory.



17. Try a new creative hobby like knitting, pottery, or photography



18. Share a personal story with a friend or family member

19. Dance to your favorite music for 15 minutes.



20. Write a letter to your future self.



21. Spend time journaling about your feelings and thoughts.

22. Reach out to a friend you haven't spoken to in a while and catch up.

23. Volunteer for a cause you care about



24. Focus on your breathing and presence for 10 minutes.



25. List things you're proud of accomplishing this year.



26. Spend a day offline and engage in face-to-face interactions.



27. Write down three things you admire about someone you know and tell it to them.

28. Reflect on your personal growth and write about it.



29. Video call with friends or family to share positive stories



30. Plan a small reward for completing the 30-day challenge.



ARTICLES

The Hidden Forces: How Religion Shapes Our Minds and Mental Health

By Mansha Kapoor

Religion has existed in one form or another ever since human beings have lived in a social setting. It dates back to prehistoric times even before the invention of writing by the Sumerians around 3000 BCE. Religion has survived, that too with great success, because it helps humans form increasingly large social groups that share common beliefs and motives. It exists in every culture, with more than 85% of the world's population embracing some sort of religious belief. Members of the same religious group experience a sort of 'Bandwagon Effect'. They feel that their opinions and beliefs are validated by the majority so they develop a liking for their fellow peers, and thus a social force is created that enables one another.

Most of us don't realize how evident the role of religion is in our lives. Even if you are not a believer as an adult of the religious practices that your parents have enforced on you ever since you were a kid, a part of you would still (for example), turn your shoes if they were facing the wrong way and this is how generation after generation these practices, beliefs, myths and stereotypes prevail.

Dating back to Sigmund Freud, some psychologists have described religious beliefs as pathological. Research is actively going on in the fields of neuroscience and psychology to try to explain why these beliefs are so enduring. It has been found that religion might be a result of the way our brains can grow from cognitive tendencies to seek an order from chaos, to believe that the world around us was created for our use and in the process anthropomorphize our environment.

According to neuroscientist Lisa Feldman Barrett, our 'cognitive equipment' biases us toward certain kinds of thinking and leads us to believe in pre-life, God, the afterlife, and so on. Thus, according to her theory, we are predisposed to believe. A series of studies done by Deborah Keleman showed that young children tend to believe that even trivial aspects of the world were created with a purpose. They think that for example, a group of rocks are pointy so animals won't sit and break them. Research has further shown that adults also search for meaning in times of uncertainty and despair. A 2008 study by Jennifer Whitson and Adam Galinsky found that people were more likely to see patterns in a random collection of dots if the researcher made them feel that they had no control thus suggesting that people are 'primed to see signs in the world around them. Most researchers, however, don't believe that the cognitive tendencies that bias us toward religion evolved specifically for religion. They serve other adaptive purposes. People are quick to believe that the sounds of leaves rustling in the wind might be a potential predator and so in evolutionary terms, it was better for people to mistake the wind as a predator rather than risk getting killed. This same cognitive tendency makes us believe in the Almighty God. Andy Tix in 'The Pursuit of Peace' talks about three different variables affecting the psychology of religion, the first of which would be one's genetic predisposition. Research showed that identical twins even if reared apart were more similar in religious beliefs than fraternal twins. 30-50% of individuals' differences in religiousness are due to their genetic factors thus making it the most powerful variable.

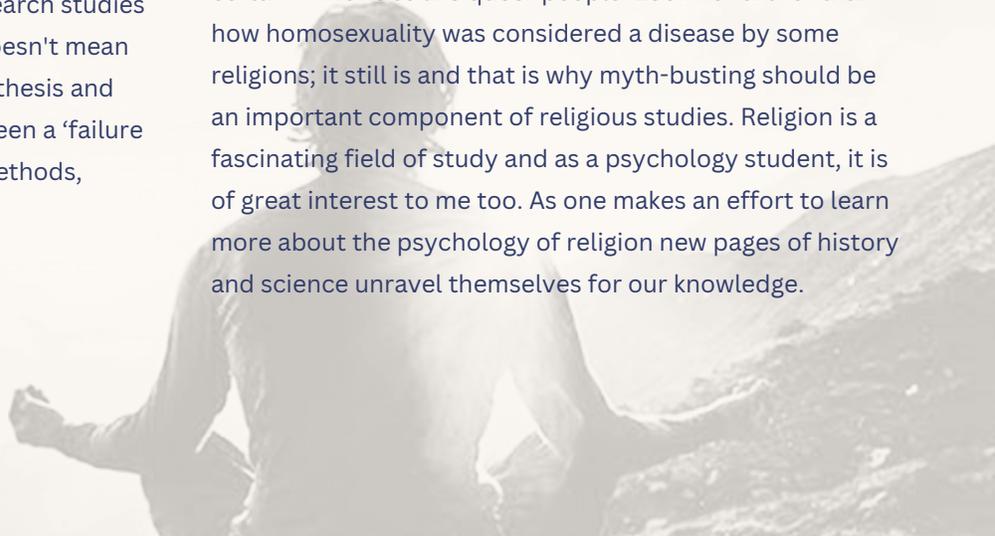
Religiousness, however, is not inherited but features affecting it such as openness and proneness may be genetically predisposed. The second variable as mentioned above is the need for control as individuals primed to have a strong sense of self-control and self-efficacy are less likely to believe in an all-controlling God. The third and final variable would be our reference groups, i.e. the groups with which we identify. For example, when asked if religion is an important part of their daily life, over 99% of Egyptians said yes as compared to 66% of Americans and only 16% of Swedes.

Carl Jung, the creator of Analytical Psychology developed a variety of concepts through which he was able to present his view on the human psychological makeup which he called the Psyche and it is through these views that he studied religion. His most prominent work was the theory of 'Archetypes'. According to Jung, an archetype is a disposition in the collective unconscious to produce such an image in consciousness. These are not individually acquired but rather inherited through the arts, dreams, and myths of all mankind. Jung stated that the God archetype and the Self archetype are near congruent thus an image of God is also an image of Self and vice versa.

Jung viewed religion as 'an appearance of the combined lifelessness of man'. It is through religion an individual can undergo the 'individuation process' by which their psyche is synchronized and happiness is finally realized. Thus, it can also be seen how through the years psychologists have considerably changed how they approach understanding religion. Psychologists of Jung's time tried to wrap the concept through a more theological and philosophical lens while modern psychologists have several research studies backing up their statements. That however doesn't mean that modern studies all follow the same hypothesis and come out with the same findings. There has been a 'failure to replicate' i.e. with different samples and methods, findings are not always consistent.

Coming to the correlation between religion and mental health, it has been seen how religious practices are contributory to the development of certain psychiatric disorders and this aspect of psychopathology is not talked about enough. Freud observed a similarity between obsessive behavior and religious practices in terms of their rigid character, meaninglessness, and the anxiety that follows when a specific action is not taken properly. Taking the case of Hindus in India who grow up in an environment where sexual intercourse outside marriage is highly frowned upon, this kind of repression leads to sexual hypochondriasis 'Dhat' (WIG 1958) which is incredibly common in Indian men. Hindus' excessive preoccupation with cleanliness also gives rise to gastrointestinal hypochondriasis. Due to rigid conformism and suppression of aggressive impulses sudden outbursts in the form of acute psychosis are also common. On the other hand, an interesting use of Hindu mythology in psychotherapy can be seen in what is known as the 'Hanuman Complex'. Hanuman did not know his full power until he was reminded by Jambavan. N.N. Wig named this part of Ramayana as the Hanuman Complex and used to treat patients who have lost confidence and are unable to deal with life's challenges.

To sum up everything, I feel that with advances in research into religion, and how it shapes our cognitions and affects our mental health processes, it is very important to understand the detrimental impacts of myths and harmful religious practices on human beings. While mythology has in one way, helped us to understand the philosophy of life better, it has also led to the cultivation of some dangerous beliefs and groups of people that are actively harming certain minorities like queer people. Look no further than how homosexuality was considered a disease by some religions; it still is and that is why myth-busting should be an important component of religious studies. Religion is a fascinating field of study and as a psychology student, it is of great interest to me too. As one makes an effort to learn more about the psychology of religion new pages of history and science unravel themselves for our knowledge.



Your Storyline: Self-Concept and Belief as Plot Twists



By Kashvi Magan

A lot of people are generally offended by the idea that “we create our reality.” They see it as a version of victim-blaming. I understand the title here might sound confusing to some and triggering to others, but let’s just go step by step.

Before we move ahead, there are a few topics I would love to define to help simplify and better understand the background of the title.

Self-concept is an image or an idea we hold of ourselves. It consists of an evaluation or perception of our abilities, behaviours, characteristics, roles, and competencies and helps us draw an image or an outline of who we are physically, mentally, socially, emotionally, and in many other areas of our lives. Our self-concept is made of “I am” and “I can” statements. These statements create stories and narratives that we tell ourselves every day. They run our course through the day and influence our thoughts, feelings, and actions without our notice.

Belief is a practiced thought that, when repeated frequently, forms a cognitive lens or filter through which information matching the belief is filtered. Though beliefs require both interior and exterior validation to thrive, once these beliefs become core beliefs, we start engaging in what is known as ‘confirmation bias.’ Information that does not conform to our beliefs is automatically ignored or discarded in favor of information that does. This confirmation bias further pushes us into a trap of something called “negativity bias.”

This bias has been evolutionarily hardwired as, in the early days of our species, thinking of what could kill us rather than what would help us lead a happy and healthy life was a means of self-protection and survival.

Our beliefs and our self-concept influence each other and work together to shape our reality. Let’s take an example to elucidate this. Imagine you are consecutively ignored by your teacher to answer questions in class, even though you know the answer to all of them, and raise your hand every single time. Has this happened to you? Considering you don't have a positive self-concept and a core belief that “I am never considered,” which was maybe formed way back in childhood or due to some other experiences, this leads you to think, “Maybe this teacher doesn’t like me,” “maybe I am not smart enough,” and whatnot. These thoughts further reinforce the core belief that “I am never considered.” This reinforcement leads you to feel irritable or bad about yourself. The more these thoughts go through your brain, the more the core belief is reinforced and your feelings magnified. Now you are in a state of constant unrest, and your feelings guide your behavior. You get irritated at your family and friends over small things and end up in a fight over trivial issue. This also leads you to hold grudges against the teacher, form a negative image of them, and develop negative feelings for the subjects taught by that teacher, which also deteriorates your performance in the particular subject, no matter how much potential you have. Such a fuss, right?

But just for a moment, think—what if you took a deep breath when the teacher was not asking you to answer their questions and thought to yourself, “My teacher is aware that I know all the answers and I am good at this particular subject. Maybe they are just trying to assess the knowledge of their other students.” Imagine the amount of trouble you would have saved yourself.

We cannot control situations all the time, and we surely don’t have a hundred percent control over any situation, but that doesn’t mean we cannot control how we perceive it, feel about it, deal with it, the narrative and meaning we give to it, and the amount of control it has over us. Reality

exists in the brain, and the brain is crafting its reality through our self-concept and beliefs. We don’t even realize it, but we engage in this process of crafting our reality around the clock. It functions on autopilot, and breaking out of this is never easy, but awareness of this process can help you change your narratives and bring about significant changes in your life. With awareness comes choice, and who doesn’t want to choose to empower themselves?



Why Positive Affirmations Might Not Be Working For You

By Aana

With growing awareness about mental health and a holistic well-being, the popularity of positive affirmations is also increasing. They are a simple yet powerful tool that can be used by anyone looking to cultivate a more positive and resilient mindset, improve their mental and emotional well-being, and enhance the overall quality of life. Not only are they integrated into therapy (CBT) and counselling, but are also endorsed by life coaches and influencers on digital platforms. While this method has reached a wide audience, thanks to the recent self-care trends, it is noteworthy that positive affirmations do not work for everyone or in every situation.

When positive affirmations do not prove to show the results promised, it can be disheartening. Affirmations failing may cause more discouragement and stagnancy. It is understandable how frustrating it can be for people when they try all the mantras advocated online but their life doesn't transform magically. Nowadays, it is crucial to spread awareness and put out the whole truth.

Some of the common reasons why positive affirmations do not work are being resistant to change or having stubborn fixed notions. Mismatched affirmations where people choose affirmations that are ingenuine to their values to please others, choosing unrealistic, impractical, or irrelevant affirmations naturally do not work. Lack of belief in one's own abilities which arises from deep rooted self-esteem issues, or not taking meaningful actions congruent with the affirmation are common, yet usually unexplored reasons. Some may be skeptic about the technique itself.

To counter the disbeliefs, positive affirmations are substantiated by years of research on neuroplasticity conducted by renowned psychologist Karl Lashley and neuroscientist Michael Merzenich among many others. The brain is composed of neurons and the neural links in it keep reorganizing regardless of our age (however plasticity reduces as one matures). This is the regenerative ability of our minds that enables recovery even from severe physical or mental trauma. The variables that impact neuroplasticity include perception, thoughts, behavior, surroundings, etc., what the subconscious mind has been built upon. Neuroplasticity is evident in short term (for example, mood, short term memory) but long-term changes in mindset require persistence and consistency. Therefore, to harness the power of positive affirmations, one must do it the right way.

Firstly, identifying the problematic beliefs and wanting to shift status quo is important, then comes goal setting. Whatever positive statement one chooses to practice must be relevant to themselves. Ensure that the affirmations you try to manifest are realistic. For example, instead of saying "I am a millionaire" when you are in drowning in debt, modify it to "I take sound financial decisions." Brain is vigilant and aware of our behaviors so, "fake it till you make it" isn't as promising as desiring something and working for it. Essentially, it isn't possible to transform overnight but small steps towards the goal can be taken. Actions reaffirm the positive affirmations one makes to themselves daily.

As the subconscious brain observes patterns of change in the behavior, slowly but surely, the negative beliefs subside. Affirmation requires one to be compassionate towards self and learn to internalize the affirming beliefs rather than just writing or speaking them. At the end of the day, each one of us is unique. We possess our own individual differences. What works for one does not necessarily suit the other as well. If one is unable to seek the benefits of positive affirmations, instead of completely resigning on any hope for change, try other closely related methods of psychological conditioning like Visualization.

Visualization involves picturing ourselves in our mind the way we desire to be. We can visualize by creating vision boards (collage of real images that help us imagine a better future) which serve as a reminder every time we come across them and our goals register subconsciously too. One can draw out their vision too and meditate on it. Visualization is nothing but imagining how the desired outcome is going to look like. Unlike uttering positive

affirmations repeatedly which can become monotonous and routinely, visualizing invokes positive emotions and makes the achievement of the desire more believable. However, it should be a realistic image of working towards the goal desired. For e.g., if someone is aiming to finish a marathon, they should not just envision crossing the finish line but add pictures of the unglamorous hustle and preparation on their vision board too, like the image of an early morning alarm, training, running even in bad weather, sweating, going to a physiotherapist etc. to prepare themselves.

Positive affirmations and visualization are wonderful psychological techniques. They are harmless and can be practiced by anyone seeking to become a better version of themselves irrespective of the age. When done right, they can greatly improve mental health, help achieve goals and contribute to overall well-being.



Woes and Worries caused by Wars: Its impact on people's mental health

By Vasudha Sharma

Imagine waking up in a makeshift tent to the sound of firing guns, a roaring distant bomb blast, injured people all around you, and numerous armed men patrolling the areas where you live. We cannot imagine this, right? But, an estimated 14% of the world's population was within 5 kilometers of violent conflicts in the year 2023. This means that around 1.1 billion people in the world have been exposed to wars and conflicts so close to where they live. In this article, we take a closer look at wars, why they happen, historically famous as well as the current ones, and the effects on civilians.

A war has been defined as an intense armed conflict between states, governments, societies, or paramilitary groups such as mercenaries, insurgents, and militias. It is generally characterized by extreme violence, destruction, and mortality, using regular or irregular military forces. It is also marked by considerable duration and magnitude. The world had in the years 1914 to 1918, experienced the ravages of World War 1, which was between the Allies and The Central Powers and ended with the defeat of the latter. It has been quipped as one of the deadliest wars in world history. In the same century, the World War 2 was also witnessed from 1939 to 1945. The war between the Axis powers and the Allies thus became the bloodiest conflict and the largest war in world history. It was also when first atomic bombs were created during WW2 and subsequently dropped by the United States on Hiroshima and Nagasaki in Japan. Around 1.1 lakh people were killed and many injured. The Holocaust, the systematic

killing of six million Jews and millions of others by Nazi Germany and its collaborators during World War II is another example of tragic atrocities towards humankind. The Germans called this "The final solution to the Jewish question." Many such wars have occurred thus, killing, and injuring a huge amount of people, and destroying civilizations and properties.

In recent times, the ongoing Russia-Ukraine war since the last three years is a testament to the large-scale wars that have taken no lessons from the past and have added to the mass destruction to life on earth. On 24 February 2022, Russia invaded Ukraine in an escalation of the Russo-Ukrainian War that started in 2014. The invasion became the largest attack on a European country since World War II.

Another large-scale war is the Israel-Hamas war which started in October 2023 and is an armed conflict between Israel and Hamas-led Palestinian militant groups that has taken place chiefly in the Gaza Strip. The amount of destruction caused, with more than 32,000 people killed, damages to infrastructure, food insecurity, health concerns, etc. are worth noting.

"I yearn to be the girl I used to be before the war" – a 19-year-old college student, who was displaced with her family from her home in East Gaza. Such accounts of women in Gaza suffering in the war have left me wondering about the actual essence of wars and how they always affect the innocent civilians more than

rationales given for war, and a free press in a democracy must exercise eternal vigilance in reporting on these rationales. According to critics, the press and the public were far too acquiescent in the decision to go to war in Iraq in 2003, just as they had been acquiescent a generation earlier when the Vietnam War began being waged (Solomon, 2006). To prevent a potential war, the press and the public must always be ready to question assumptions about the necessity of war. The same readiness should occur regarding militarism and the size of the military budget.

In this regard, history shows that social movements can help prevent or end armament and war, and limit the unchecked use of military power once war has begun (Breyman, 2001; Staggenborg, 2010). While activism is no guarantee of success, responsible nonviolent protest war and militarism provides an important vehicle for preventing war or for more quickly ending a war once it has begun. It might sound rather idealistic to say that governments and their citizenries should respect ideological differences and not be prejudiced toward people who hold different religious or other ideologies or have different ethnic backgrounds. However, any efforts by international bodies, such as the United Nations, to achieve greater understanding along these lines will limit the potential for war and other armed conflict. The same potential holds true for efforts to increase educational attainment. Because prejudice generally declines as education increases, measures that raise educational attainment promise to reduce the potential for armed conflict in addition to the other benefits of increased literacy. In addition, it is also vital to reduce the size of the US military budget. Defense analysts who think this budget is too high have proposed specific cuts in weapon systems that are not needed (Arquilla & Fogelson- Lubliner, 2011; Knight, 2011; Sustainable Defense Task Force, 2010). Making these cuts would easily save nations hundreds of billions annually without endangering national security at all. This large sum could then be spent to help meet the nation's many unmet domestic needs. People who have lived through war and survived are not able to go back to

patient is a way to show support. Avoiding stereotypes and spreading negative stories is crucial to not add to the negativity and stress.

There are numerous reasons to why nations go to war. It has been argued that a nation will go to war if the benefits of war are deemed to outweigh the disadvantages, and if there is a sense that there is not another mutually agreeable solution. More specifically, some have argued that wars are fought primarily for economic, religious, and political reasons. Others have claimed that most wars today are fought for ideological reasons. We often find a familiar list: bumbling leaders, ancient hatreds, intransigent ideologies, dire poverty, historic injustices, and a huge supply of weapons. War seems to be their inevitable result. Some other reasons that have deemed wars to be the "ultimate answer" are ethnic cleansing and other ideological mass killings, commitment problems and asymmetric information, and economic advantages and prowess.

Wars have been going on since ancient times and have become much more violent with the advancement of technology and weaponry. World leaders must find ways to resolve disputes and minimize misunderstandings by engaging in political discussions and meetings, and minimizing chances of any rifts with other countries and/or political parties. The immediate effect of wars is felt by the civilians whose lives become uprooted from their normalcy, facing deaths and loss of people, homes, and jobs.

Political scientists and international relations experts usually suggest arms control and diplomacy to prevent wars. But approaches to these two strategies also vary in their actual and potential effectiveness. The roots of the war must also be addressed. To elaborate, war is a social, not biological, phenomenon and arises from decisions by political and military leaders. There is ample evidence that deceit accompanies many of these decisions, as leaders go to many wars for less than noble purposes. To the extent this is true, citizens must always be ready to question any

those who initiated the war. People, especially women, have terribly suffered due to deprivation of the necessities of life- water, electricity, sanitation, healthcare, etc. Having held jobs earlier, living in clean homes, filled with the necessities of life, their lives have been thrown upside down by the ongoing war. Along with this, the loss of loved ones and family leads to harrowing effects on their mental health. There is a constant distress and uncertainty of the future. The effects on children are much worse. At a time when they should be going to schools, playing, learning new activities, they are dealing with harsh conditions, no education, no proper food, and are cooped up in the shells of an uncertain future.

The ways to help people in wartime situations include offering financial support to those in need. One of the most straightforward and impactful methods to create a positive impact and uplift individuals is by providing a generous contribution explicitly designed for those in need. There are many associations such as UNHCR, international committee of Red Cross among others that accept contributions to refugees in war-torn areas. They are provided with food, clothes, blankets, health kits, clean water, etc. Camps to help children are also set up. Children need time to adapt, and the worries and behaviors they exhibit in response to stress require acknowledgement. Useful leisure activities for children (such as drawing, crafting, sports games), as well as a daily routine helps them get back to normalcy. People who have fled from wartime places and taken shelter in other countries can be provided with community programmed to help them slowly overcome the grief and loss.

People suffering through difficult times, such as wars, go through nervous system dysregulation and are on survival mode which works like an alarm system, activating stress hormones to help escape the situation (fight, flight, flee) resulting in a heightened sensitivity to stimuli. This may cause the individual to experience increased irritability, anxiety, difficulty concentrating, or trouble focusing. There may also be a tendency to feel overwhelmed or easily triggered by everyday situations. Being responsive and

being how they were before, minus the baggage of having experienced a war. Post Traumatic Stress Disorder (PTSD), depression and anxiety are experienced by most people who go through such traumatic events. A few measures can be taken to ensure that they slowly recover and heal from the traumas and fears they faced. Some of the most basic psychotherapeutic principles include providing a secure environment in which the individual can talk about the traumatic experience, giving them the opportunity to share their experience with others, giving the chance to realize that their reactions are normal and commonly experienced by peers in a similar way, and helping them to develop feelings of security and reinforce their self- esteem. These can be provided by people who are a part of the person's natural support network. In natural social groups, people comfort each other and provide mutual support, debrief, and correct the perception of traumatic events through discussions. Support from family, conversations with them, therapy and counseling sessions, meditation, adjusting to a regular routine, connecting with nature, etc. can help people cope.

As wars continue to dig their claws onto mankind, causing irreparable and permanent scars and damages to people's lives, we can only hope and wish that leaders and people in power realize its impact on civilians and take decisions wisely.

Intolerances of Biased Divisions - Cases of Female Foeticide in a Developing Country

By Patmateertha

Adoption of various policies and practices has been a fundamental aspect of the government regime in order to maintain peace and tranquility. But these policies are misinterpreted and cause rebirth of many other practices out of line. Within a span of time, an increased hatred towards females has grown widespread, having a foreboding notion of ending their lifespan. This is known by the name of 'Female Foeticide'.

Female foeticide is the abortion of a female child before her birth, which may be caused due to various reasons such as family norms and societal pressures. It is the selective abortion/ elimination of the girl child in the womb itself, done deliberately by the mother, after the detection of the child's gender through medical means. With a deteriorated level of the sex ratio from 949 to 893 females for 1000 males, high biasness of gender divisions and least probability of equality stands unveiled. These activities stand intolerable to the normal functioning of a developing country, with the repercussions yet to be unravelled. In this article, we will take a look at such intolerances of increased rates of female foeticide in a developing country like India, and the implications it can generate for the country in future. Every year, as millions of women marry, they dream of starting a family, of having their homes filled with tiny feet and the joy that a child brings. In India, however, pregnancy is often followed by the question of whether the unborn child is a girl or a boy. The deeply rooted phenomenon of violence against women is one of the great crimes of humanity. The World Health Organization estimates that globally 1 woman in 5 will be the victim of

rape or attempted rape in her lifetime. Female foeticide and infanticide is one of the serious violences against women.

'Raising a female child is like watering your neighbour's plant' is a popular proverb that is still in use in many parts of India. Historically, traditional pattern of neglect and deprivation of females including infanticide, was a part of society. Daughters were the expendable offering as sons were more valued. Female infanticide kept the size of family small. This is usually done under pressure from the husband or the in-laws or even the women's parents. Unplanned pregnancy is generally the reason behind abortion. However, female foeticide is a far more heinous sin than the age-old practice of killing an unwanted child, even before it's born. The social, cultural and religious fibre of India is predominantly patriarchal contributing extensively to the secondary status of women. The patrilineal social structure is based on the foundation that the family runs through a male and makes the male a precious commodity that needs to be protected and given special status. Another important pillar of the patriarchal structure is marriage wherein women are given subordinate status having no say in the trajectory of their life or any control over their body or bodily integrity. The causes for elimination of girl child indicate that the reasons are similar and different depending upon the geographical location in which female infanticide is practiced. An exorbitant dowry demand is one of the main reasons for female infanticide. Some of the other reasons are the belief that

it is only the son who can perform the last rites, lineage and inheritance runs through the male line, sons will look after parents in old age, men are breadwinners etc.

Strong male preference and the consequent elimination of the female has continued to increase rather than decline with the spread of education. Female foeticide is a resultant activity of the heinous gender biasness prevailing in the country. Gender bias is an inherent characteristic of a patriarchal society. As of now most of the societies of the world are based on patriarchy. It is a form that demeans women in a variety of ways. Since time immemorial, a girl child has been considered as an unwanted entity and a burden that the parents would not mind doing away with. The male dominant society of India makes its women inhabitual of this discrimination. As a result, most women fail to understand their own rights and freedom. India ranks 141st out of 142 nations and 2062 districts in the world that are categorized as gender critical when it comes to health and survival of women as compared to men. The country ranks 127th on gender inequality index and 114th on gender gap in the world (Global gender gap report, 2015). Gender economists call this phenomenon as 'disempowerment of women'. The report finds declining sex ratio to be the most worrying issue giving rise to gender inequality. The decline has been shocking—in 1987-88, the sex ratio was 32.2% whereas it fell to 24% in 2014.

Child sex ratio (CSR) is defined as the number of females per thousand males in the age group of 0 to 6 years. It serves as an effective indicator for the socio-economic development in a particular region. In India, the sex ratio had plummeted to an all time low of 927 girls for 1000 boys in 2001. If that statistic is a matter of concern, the current figures are towing the danger line with only 914 girls per 1000 boys in 2011. In 2021, it was only 894 girls for 1000 boys as per latest studies. This has also increased the threats of prostitution and human trafficking in the country. As a result of declining sex ratios, rapes, molestations and inappropriate behavior against women in both rural areas and cities have increased sharply over the years. Women empowerment groups are fighting for an

amendment in the existing laws - the terminology of verbal and physical molestation needs to be changed from eve teasing to sexual harassment. With fewer women, their representation in places of importance like Parliament, civil services, will decline with girls being hidden behind closed doors, for fear of the outside world that is out to harm them, we will have generations of women not reaching their true potential. Women's representation in reduced numbers has resulted in their culmination of voices before authorities. A study found that 78% of the women were aware of the law against identifying the sex of the foetus. Most of them believed that the act of the sex determination followed by abortion was punishable under the law. This may indicate that the respondents are not aware that finding out the sex of the foetus itself is punishable under the law. All India Study by the Abortion Assessment Project found that women and service providers were aware of the details of the Act, interestingly they had a greater degree of awareness regarding this Act as compared to the MTP Act.

In ancient society, the Vedic Aryans had preference for men because a pastoral society of warriors needed men for the protection of the race and the survival in a new country. Yet, vedic literature does not bemoan the birth of a girl child. In fact, special mantras exist in the Rigveda, the recitation of which is supposed to lead to the birth of a girl child who will grow up to be a learned lady. Accordingly, instances of Namakaran (naming ceremony) were conducted for girl children and there are instances of Yagyopavit being performed for them. The position of the girl child seems to have deteriorated after the first millennia, especially in the north Indian states, due to a change in political equations. The reformists of the nineteenth century, however, advocated a ban on early marriage of girls, supported widow remarriage and opened schools for girls. The effort was continued more aggressively in the twentieth century with support of Indian national congress leading the struggle for independence. In spite of all the efforts gender equality has not been achieved and girls are discriminated against in all the spheres of life. Due to population explosion and lack

of resources, people were either left with little or with bare minimum to satisfy basic needs. So, women were refrained from education and were asked to manage households. Men were the breadwinners. They were asked to acquire basic knowledge at least. This notion of women being household managers has not left the households yet. Till now, the literacy rate of women stands less when compared to their counterparts. According to the 2011 census, the female literacy rate was 65.46% compared to 82.14% for males. The underlying thought is that educating women is of no value as they will only serve their husbands and family in future. It makes the parents unwilling to spend on a girl's education. The Constitution of India has granted Right to equality (article 14), Right to freedom (19-22), Right to freedom of Speech(19(1)),etc to uplift the status and security of its citizens. The grant of equal rights by the Constitution does not bring any significant change in women's position and respect in the society.

According to Nobel Laureate, Prof. Amartya Sen (2001), there are seven types of gender inequalities at present in India. First is Mortality Inequality, in this there is inequality between women and men which directly involves matters of life and death, and takes the brutal form of unusually high mortality rates for women. Second is Nataly Inequality, in this kind of inequality a preference is given to boys over girls. It is ardent in many of the male dominated societies and this manifests in the form of parents wanting their newborn to be a boy rather than a girl. Third is Employment Inequality, in this in terms of employment as well as promotion at work women often face greater handicap than men. This is clearly exemplified as men getting priorities in getting better work opportunities and pay scale than their female counterparts. Fourth is Ownership Inequality, in many societies ownership of property can also be very unequal. Since ages the traditional property rights have favoured men in most parts of India.

The absence of claims to property can not only reduce the voice of women, but also make it harder for women to

enter and flourish in commercial, economic and even some social activities. Fifth is Special Opportunity Inequality, even when there is little difference in basic facilities including schooling, the opportunities of higher education may be far fewer for young women than young men. Indeed, gender biasness in higher education and professional training can be observed in India. Sixth is Basic-Facility Inequality, even when demographic characteristics do not show much or any anti-female bias, there are other ways in which women can have less than a square deal. Seventh is Household inequality, the family arrangements can be quite unequal in terms of sharing the burden of housework and child care. Additionally, fewer women were entitled to better career options. Very few were sent to higher education. If a girl child is born, she is either asked to take care of her parents and siblings, and anything beyond those boundaries seems like a blurry fate.

With the declining sex ratios, the country is in a high crisis of grave inequalities in gender divisions. With numbers declining, proper marriages won't take place, causing illegal human trafficking. Also forced prostitution will not be a wilder term to the new generation, as the requirement won't reduce but availability will. Gender inequality cannot be fully eliminated merely by the legal and administrative measures. The educated people should develop a national consciousness of the positive impact of gender equality. There is a need for changes in perception towards women. Human society would be most advantaged only if women are treated equally and are not deprived of their rights. Let us hope for a society where women are not discriminated against because of their gender. Taking away a life before she is even born should be strictly banned and offenders must be punished accordingly. A country without women participation cannot achieve its full development. If gender discrimination is rooted out, women will use their knowledge, skills, potential to the best of their capabilities to serve their family, society and the country at large. Let us all let her see the world and let her explore her potential within.

Beyond the Score: Embracing Life's Transitions with Courage and Resilience

By Gayatri Kumar

In a world where a number scribbled on a test defines much more than just academic ability, the shadow of exams like the CUET, CAT, GATE and others casts a long, daunting presence over students. These numbers carry with them not just grades but the weight of futures yet unwritten—whispers of what could be, or dread of what might not. As these students stand on the brink of transitions—from high school to college, from undergraduate to graduate school, or from academia to the workforce—each step feels fraught with uncertainty, each result a verdict on their worth.

The chase for academic excellence is more than a pursuit of knowledge; it's often seen as a quest for approval. Think of the student who spends sleepless nights poring over books, not just driven by a thirst for knowledge but haunted by the fear of letting down those whose expectations weigh heavy on their shoulders. Or the graduate, who, despite having a degree in hand, feels a gnawing anxiety about stepping into the world of work, terrified that they might not measure up. These fears aren't merely about failing to achieve high scores but are tied to a much deeper dread of losing one's place in the world. In a culture where worth is often measured by achievements, the fear of failure is a crippling force. It is not just a personal battle but a societal spectacle where every misstep is scrutinized. Why is this fear so pervasive? It's because, from a young age, many are taught that love and approval are rewards for success. The message is clear and unforgiving: "Achieve and you shall receive."

But what if we reframe these transitions not as ordeals but

as gateways to new beginnings? After all, life is not a series of pass-fail tests but a continuous journey of growth and learning. Each academic or professional milestone, while significant, is not the sole determinant of future success or happiness. The paths to fulfillment are as varied as the individuals walking them, and sometimes the road less traveled is the one that leads to the most beautiful destinations.

Real success isn't about never failing but learning how to rise when we fall. It's about understanding that a setback is not the end of the path but a bend in the road. Consider the entrepreneur who failed multiple times before finding the right formula, or the artist who struggled for years in obscurity before their talent was recognized. Their stories resonate not because they are unique but because they mirror the struggles of anyone who has ever dared to dream.

To every student staring down the tunnel of exams and transitions, know this: you are more than your grades, and your worth transcends academic scores. As you navigate these changes, focus on fostering resilience and redefining what success means to you. Cultivate a mindset that values growth, embrace your passions, and seek fulfillment in achievements that bring you joy, not just accolades. And remember, change is the only constant in life. Embracing it doesn't just prepare us for the next exam or job interview; it readies us for the myriad surprises life has to offer. So take a deep breath, and step forward with confidence. Build a support

network of friends and mentors who see your value beyond your CV. Explore hobbies that restore your spirit and engage in activities that strengthen your resilience. You are capable, you are resilient, and you are worthy—regardless of any score. And as you move through life's transitions, carry with you the belief that you can and will

make it through. Life is vast, filled with potential and possibilities waiting to be discovered. Embrace it all with an open heart and an eager mind, for the true measure of success is how you bounce back from setbacks and how you choose to define happiness for yourself.



Self Efficacy, Optimism and Hope

By Prapun Aheer

Bandura (1997) explained self-efficacy to be “people’s beliefs in their capabilities to produce desired effects by their own actions”. Similarly, Maddux (1992) has described self-efficacy as “what I believe I can do with my skills under certain conditions”. Self-efficacy can be caught on as a learned human design of thinking rather than a genetically endowed one. It begins in infancy and continues throughout one’s lifespan. The concept of self-efficacy is based on the premises of The Social Cognitive Theory, which holds that humans actively shape their lives rather than passively reacting to environmental forces (Bandura, 1986; Barone, Maddux, & Snyder, 1997). Bandura (1989) proposed that the developmental antecedents of self-efficacy include- previous successes in similar situations, modelling on others in the same situations, imagining oneself behaving effectively, undergoing verbal persuasion by powerful, trustworthy, expert, and attractive other people as well as arousal and emotion. In the Seligman Theory of Learned Optimism (1990), the optimist uses adaptive causal attributions to explain negative experiences or events. The optimist explains bad things in such a manner as

- (1) to account for the role of other people and environments in producing bad outcomes which is known as an external attribution,
- (2) to interpret the bad event as not likely to happen again, referred to as a variable attribution, and
- (3) to constrain the bad outcome to just one performance area and not others which is a specific attribution. Learned optimism, therefore appears to have roots in the environment. Furthermore, optimists tend to use the

‘approach-oriented. coping strategies’ of positive reframing and seeing the best in situations, whereas pessimists are more avoidant and use denial tactics (Carver & Scheier, 2002). Optimists appraise daily stresses in terms of potential growth and tension reduction more than their pessimistic counterparts do. When confronted with really wild circumstances, positive thinkers tend to acknowledge their predicaments, while doubters effectively deny their issues and subsequently tend to make them more awful (Carver & Scheier, 1998). In other words, an optimist knows when to give up and when to keep plugging, whereas the pessimist still pursues a goal when it is not a smart thing to do. The Snyder Hope Theory of Optimism (1994) and the definition of hope emphasize cognitions that are built on goal-directed thought. We define hope as goal-directed thinking in which the person utilizes ‘pathways thinking’ (the perceived capacity to find routes to desired goals) and ‘agency thinking’ (the requisite motivations to use those routes). High hoppers tend to have positive emotional sets and a sense of zest that stems from their histories of success in goal pursuits, whereas low hoppers have negative emotional sets and a sense of emotional flatness that stems from their histories of having failed in goal pursuits. High- or low-hope people bring these overriding emotional sets with them as they undertake specific goal-related activities. Snyder (1994) proposes that hope has no hereditary contributions but rather is entirely a learned cognitive set about goal-directed thinking. The

instructing of pathways and agency goal-directed thinking is an inalienable portion of child rearing, and the components of hopeful thought are in place by the age two in children. Brain researchers now believe due to substantial evidence that what happens in the body can affect the brain, and what happens in the brain can affect the body. Hope, purpose, and determination are not merely mental states of a person, rather they have electrochemical connections that play a large part in the workings of the immune system and, indeed, in the entire economy of the total human organism. Self-efficacy, Optimism, and Hope as Life Enhancement Strategies- The future is fascinating, precisely because it holds the prospect of positive possibilities. Unlike the past and present, the future offers the chance to change things-to make them different and even better. People want to feel as if they 'can make things happen' to their satisfaction. Self-efficacy, optimism, and hope provide the momentum needed to pursue a good life. We already possess these to improve functioning in important domains of our life like the following:

LOVE

- Build new confidence in your relationships by observing a model who is quite skilled in managing friendships and romantic relationships. Emulate his or her behavior as appropriate.
- Approach your following visit with extended family with a adaptable illustrative fashion. When positive occasions happen, be beyond any doubt to distinguish your part in the family success.

- Set goals for important relationships that will enable you to grow closer to others. Be sure to identify multiple pathways and sources of agency for pursuing these aims.

WORK

- Develop new skills for work or school by attending training sessions that will help you approach your assignments and projects with increased confidence.
- When a new project is assigned to you, expect that the best will happen i.e. be optimistic. Support those hopeful contemplations every day as you work toward fruitful completion of the project
 - Break down a big task into small goals, and direct your energy toward pursuing small goal after small goal.

PLAY

- Watch an hour of educational television for children. Attempt to identify the many messages designed to enhance self-efficacy in children.
- Play a board game or a sport with a friend, and attempt to respond to poor outcome with a flexible explanatory approach.
- Identify a personal goal associated with your favorite leisure activity that you hope to attain in the next month. Identify and procure all the resources you need to make progress toward that goal.



The Biological Facet to Mood: How the Nutrients We Intake Impact Our Mental Health.



By Charu

It is not uncommon for us to feel good when having our favorite food, nor is it new to find ourselves indulging in some “comfort food” when feeling low. And while we are aware that our lifestyle affects our mental health, what we usually do not think of is that the food we eat actually has a significant impact on our mental health. The vitamins, carbohydrates, proteins, and minerals we consume do link to our brain’s mechanisms.

The brain is an organ with very high metabolic and nutritional demands. It consumes 20% of an individual’s daily calorie intake on an average, so we do need to consume carbohydrates and fats as a regular part of our diets, think of them as a fuel that drive the brain’s mechanisms.

Omega-3 fatty acids form an integral part of neuronal cell membranes, having influence over a number of essential processes in the central nervous system namely regulating neurotransmission, influencing gene expression, and more. Easily found in grains and seafood, they also act as antioxidants and have anti-inflammatory effects.

Western diets tend to be abundant in Omega-6, and not Omega 3. The shift from traditional diets to industrial and processed food has caused an increase in the consumption of many vegetable oils like corn oil and soy oil, rich in Omega 6. Studies have compared the traditional Japanese diet to a typical Western diet, revealing that the risk of depression is 25% to 35% lower in those who eat a traditional diet. Reason being, these traditional diets tend

to be high in vegetables, fruits, unprocessed grains, and seafood, and contain only modest amounts of lean meats and dairy. They are also void of processed and refined foods and sugars, which are staples of the “Western” dietary pattern. When we are told to not have much fast and processed food, this is one of the reasons why. Sugar and processed foods can lead to inflammation throughout the body and brain, which may contribute to mood disorders. To make it simple, notice the health of people who lead a sedentary lifestyle, don’t often cook and depend on outside sources and packaged foods. You will note that this is a common lifestyle for those living in the west and so-called urban cities. They mostly eat packaged food, not only because they lose the desire and time to cook for themselves, but also because the processed food is rich in a simpler form of carbohydrates that are easier for the body to break down which gives an individual a momentary but high level boost and because sugars break down quickly, so do our energy levels thereby impacting the mood. This instant and intense increase in energy levels makes processed and packaged food an addictive and preferred choice. While undergoing therapy, people are advised to cut out packaged foods and start making fresh meals. This improves not only the physical health of the person by providing sustained energy levels and lifts their spirits for longer periods of time, for vitamins, fats and proteins are complex substances that take longer time to break down.

But how does protein come to play in how we feel? The production of monoamine neurotransmitters including serotonin, norepinephrine, and dopamine, depends on adequate building blocks of amino acids, mineral dependent cofactors, and several vitamins such as Folate and B vitamins. Most of these neurotransmitters are produced in the gastrointestinal tract. Because the inner lining of our intestinal tract is covered with neurons throughout, it makes sense that the functions of the digestive system not only affect digestion, but guide our emotions too.

According to the American Dietetic Association, people tend to either eat too much or too little when depressed or

under stress. Eating too much causes the person to feel sluggish and gain weight. Eating too little results in exhaustion, further making this a hard habit to break. This vicious cycle makes one's conditions only worse. To boost your mental health, focus on eating plenty of fiber, protein and healthy fats along with foods rich in omega-3 fatty acids. Green leafy vegetables protect brain function. Nuts, seeds and legumes, such as beans and lentils, are also excellent brain foods. A balanced diet is crucial not only for physical health but also for maintaining the well-being of the mind. And don't forget to be mindful and present while you eat because what you eat matter but so does how you eat!





Floral Ties: The Strength of Female Friendship

By Gayatri Kumar

Imagine a garden where each friendship is a different type of flower. Each bloom, distinct in shape and colour, contributes uniquely to the garden's overall beauty and resilience. This garden thrives through seasons of joy and adversity, much like the rich, interconnected web of female friendships—a nurturing space where emotions are tended and vulnerabilities are sheltered.

Female friendships delve deeper than simple social interactions; they form a sanctuary of emotional expression and mutual support. These relationships are profound because they do more than provide a shoulder to cry on; they multiply our joys and divide our grief, making the good times more radiant and the hard times more bearable. Their importance stretches beyond individual well-being, acting as a vital support network that fosters emotional resilience and mental health amidst life's demands.

Research consistently highlights that women who maintain strong social networks, including close female friends, experience lower levels of anxiety and depression, along with higher self-esteem. This support network acts as a buffer against stress, enhancing a positive, resilient mindset. The 'tend and befriend' response to stress, facilitated by biological factors like oxytocin, is more prominent in women. This response not only reduces stress but also improves overall well-being.

Consider how a simple evening spent chatting with a friend can rejuvenate your spirit or how a long phone call with a

close girlfriend can shed light on a seemingly insurmountable problem. These interactions boost our emotional resilience, helping us to see solutions and gain insights that might not have been apparent when facing challenges alone. Retrospect on a time when you faced a personal crisis—perhaps a job loss, a missed deadline, a breakup, or a challenging family dynamic. It's often the conversations with close female friends that provide not just sympathy but also shared experiences, making you feel understood and less isolated. Each friendship cultivates a unique emotional landscape in our lives. These landscapes, strengthened over time through shared experiences and mutual affection, often outlast life's many changes. Stories abound of friends who provide daily check-ins during tough times or organize heartfelt gatherings to uplift someone's spirits, demonstrating the real-life impact of these bonds. As you navigate through college and beyond, cherish these relationships. They are more than a source of fun; they are a critical part of your mental and emotional health. Continue to nurture this garden with kindness, empathy, and joy. The next time you share a moment with a friend, remember that each laugh and every understanding nod weaves your emotional garden into a more vibrant and resilient space.

So let us celebrate these friendships, for they are not just blooms in a garden but the very roots that sustain and beautify our lives, making each personal journey more prosperous and more connected.

THE PRISM OF CONSCIOUSNESS

By Dhwani Waghela , Neha Yadav and Shalini Sharma.

The statue was as scary as a demon,
enough to make my heart thump like a
drum;
But the only thing that motivated me to go
through,
was their smile as beautiful as a rose;
I looked at them and held their hand;
Telling myself that all is well,
walked the next few steps with all my
might to pass through that tunnel.
I was soon out of breath from all that
sprinting I did to ignore my fear;
I now knew that I needed some fuel to my
gear;
I drank the last droplet of water from my
thermos,
and tried to face the reality;
“I can do this, I can’t back out now.’ I said
to myself as I walked through that tunnel.
I could finally see a ray of light,
which gave me the hope of it not being my
own end but the dark and creepy tunnels’;
I held on that hope so tight,
tight enough to take the last sprint;

I knew I had responsibilities to fulfil
and I looked so dull;
Despite all the difficulties, I held on that
thinnest string of hope to pass through
that never ending tunnel.”
What is the inner self? It is what you are
not something that we can define in
words but something we know exists.
We are often masked by various roles
and responsibilities we undertake in the
society we live in. We are so busy in
justifying our various identities, that we
forget who we actually are and what we
aspire from life. They don't represent
who we fundamentally are inside.
Remember, you are a poetry the world
hasn't understood the depth of. Hence,
Train thy thoughts thoroughly,
Tie thy tension to the trees,
Think twice through tough times,
Trust thy talent totally.

THE SEVERED PROMISE

Shyla Shrivastava

The flowers blossomed under the light
A swollen eye showed an inevitable sight
The scar engraved dowsed the flames
She neglects his pleads and the false claims
She climbs a step and tries to touch the sky
She takes a leap of faith but is it worth the try?
The fuse now melts, and the house is on fire
It never turned into a home, just a vague desire
The conversations she had were all in vain
She sees him enjoy as she crosses the lane
Agony builds up and she is in rage
She tries to come out of her robust cage
She vents it all out with no one to listen
Her smile grows wide as she came out of prison
It's all dark and the flowers wilt
The home she dreamt was never built
It's hailing outside and nobody's wet
She is trembling inside and has past regrets
If only she could see but she was born blind
It's not the body, but the pieces inside





BLESSING IN DISGUISE !



Shyla Shrivastava



I looked at the girl three meters away
Her eyes shined bright, and her body looked frail
Surrounded by bars, she can't move
Every single time she gets fooled
The scream the pain all was endured
One single cell has its life all secured
She bears the ulcers and wakes up afresh
The nonchalant violin and the trivial stress
The bleeding body enters the home
She gives the warmth to someone unknown
The files the documents all are stacked
The coal is burning, and the ashes are packed
I was sleeping tight when I heard the noise
She hugs me tight and ignores this screeching voice
It's not the body but the resplendent soul
The gold transforms after a million holes





WAR AND PEACE

By Parul Singh

At the depth of the self, tumult rules,
A front where conviction clashes.
Emotions whisk, like explosive seas,
Fear and vexation intertwined, a gale release.

Yet amidst the chaos, an urge emerges,
For peace to settle the storm within.

A quest align the broke self,
To find consonance in the loud mind.

In understanding and acceptance lies the path,
To transcend the wars waged within, and embrace tranquillity.

Mindscapes

MOVIE RECOMMENDATIONS



WAITING

Elizabeth Kubler-Ross outlined five stages of grief- Denial, Anger, Bargaining, Depression and Acceptance. The story revolves around Shiv, a retired professor and Tara, a young woman still building her career and how similar fate help them relate. The movie beautifully highlights uncertainty, end-of-life decisions, non-linearity in the experience of stages of grief and reconciliation.

2015 | 1h 32m

INSIDE OUT

You thought an animated Disney movie was enough to make you feel like a child again? Well, you are wrong! Riley's story gives every adult a chance to finally understand the preplexing emotions the felt as a kid. Inside out part 1 focuses of basic emotions- joy, anger, disgust, fear and sadness, how children navigate through these emotions alongside building a sense of self and the tendency of humans to chase joy constantly. In part 2, Riley is a teenager and is introduced to complex emotions like Envy, Anxiety, Embarrassment and Ennui. Both the parts highlight the catastrophe of emotions and how core memories and experiences and continuous chase of joy maintains the balance.

2015 | 1h 35 m



MARGARITA WITH A STRAW

Margarita with a straw follows laila, a young woman with cerebral palsy, as she navigates her sexual identity and independence. The film explores psychological challenges such as self-acceptance, the complexities of desire and struggle for autonomy. Laila's journey highlights the intersection of disability, sexuality and social expectations, offering a poignant look at personal growth and resilience

2014 | 2h 20m



SERIES RECOMMENDATIONS

THIS IS US

A wholesome watch that targets minute aspects of life from parenthood and sibling feuds to unique personal and interpersonal struggles but how life just somehow makes sense. There's going to be one character you're going to relate with the most, they will make you vicariously live through them and heal your soul.

2016 | 6 SEASONS



ATYPICAL

Where media is obsessed with showing people with neurodivergence having extraordinary capabilities, Sam's story provides a mediocre but refreshing point of view. A teenager on the Autism spectrum going through school, friendships, college and romantic encounters tries to understand the twisted world with his typical mind but you know what will make your heart melt? How people in his environment help him make sense of the world! It is a great watch to understand how we as people can empathise and help with those on the spectrum.

2017 | 4 SEASONS

IN TREATMENT

Psychotherapist Paul Weston has a private practice where he carries out sessions with his patients in his Baltimore home. He begins to question his own abilities and motives, so he seeks help from his former mentor and therapist Gina Toll, whom he has not seen for ten years.

2008 | 4 SEASONS





BOOKS

RECOMMENDATIONS



FURIOUSLY HAPPY

Furiously Happy is about "taking those moments when things are fine and making them amazing, because those moments are what make us who we are, and they're the same moments we take into battle with us when our brains declare war on our very existence. It's the difference between "surviving life" and "living life".

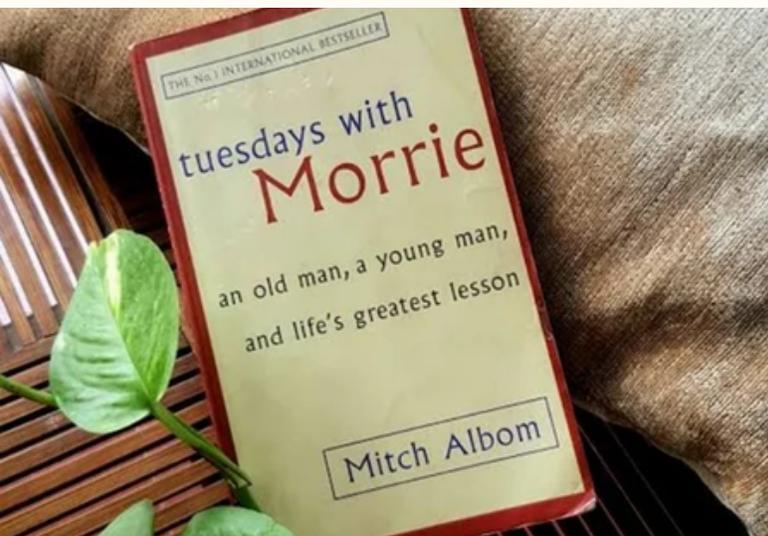
-- JENNY LAWSON



TUESDAYS WITH MORRIE

Mitch Albom is a successful sports columnist. In 1995, Albom contacts his former sociology professor, Morrie Schwartz, after seeing him on Nightline afflicted with amyotrophic lateral sclerosis (ALS). Albom is prompted to visit Schwartz in Massachusetts, where a coincidental newspaper strike allows him to visit every Tuesday. The book, divided into 14 different days, recounts each of Albom's fourteen visits to Schwartz. Each visit includes lectures from Morrie on life experiences with flashbacks and references to contemporary events. Schwartz's final days, ultimately, are spent giving Albom his final lesson of life.

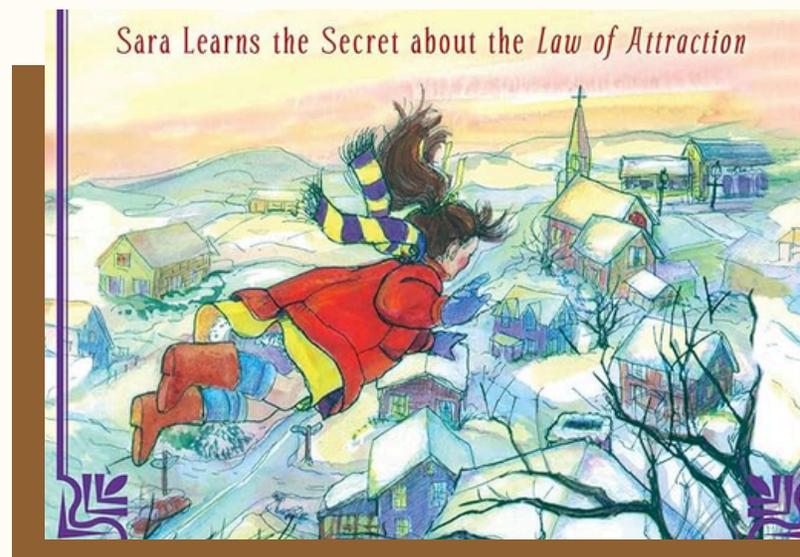
-- MITCH ALBOM



SARA

A cute little story about a young introverted girl who meets a beautiful white owl who quickly becomes her much needed best friend, teacher and confidante. With his love and patience, she learns the truth about life and the Law of Attraction. "A constant steady stream of well-being flows to you at all times and in any moment you are allowing it or resisting it". Through Sara's thoughts and experiences, the reader is taken back to their childhood days, when their hopes and dreams were once very strong, and the simple lessons taught here awaken them once again.

-- ESTHER AND JERRY HICKS



STAR ALUMNI OF 2023-24



PAVANI TYAGI
Batch of 2013

ASSISTANT PROFESSOR
DEPARTMENT OF PSYCHOLOGY,
INDRAPRASTHA COLLEGE FOR
WOMEN, UNIVERSITY OF DELHI



SMRITIKA SAGGI
Batch of 2017

COUNSELLING PSYCHOLOGIST
DELHI PUBLIC SCHOOL
DWARKA

On behalf of the Department of Applied Psychology of Shyama Prasad Mukherji College, University Of Delhi, We would like to extend our heartiest congratulations to Ms. Pavani Tyagi and Ms. Smrittika Saggi for being recognized as star alumni of 2023-24. The department is exceptionally proud of their achievements and the benchmark they have set for others to follow



Deepti Arora
2008-2012

Counselor in the
directorate of education
Delhi

MDU Rohtak



Tripti Jaiswal
2009-2012

Clinical psychologist -
Ottawa River Integrated
Mental Health Inc., Canada

Punjab University
Chandigarh, PhD



Junmoni Borgohain
2009-2012

IIT Kharagpur, West
Midnapore, West Bengal, India
MS by Research and PhD

Assistant Professor
KIIT Deemed to be University,
Bhubaneswar, Odisha



Namita Aggarwal
2014-2016

Assistant professor at Shyama
Prasad Mukherjee College for
Women

University of Delhi



Smriti Saggi
2014-2017

MA Psychology
Indraprastha College for
Women

Counseling Psychologist at
Delhi Public School, Dwarka



Roshni Jadon
2014-2017

Msc HR/OB
Management Consultant @
Accenture Strategy

London school of economics
and political Science



Kriti Sachdeva
2015-2018

Ministry of Education , NZ

University of canterbury,
New Zealand (psychology)



Tanuja Karnatak
2015-2018

MA Psychology
Social Care Project Worker at
Peter McVerry Trust, Ireland

University of Limerick,
Ireland (2019-2020)



Ishita Motilal
2015-2018

Consultant Neuro-Psychologist
at Sri Balaji Action Medical
institute

**University of Delhi (North
Campus)**



Dhwani Narula
2015-2018

M.A. Clinical Psychology

**Tickles India:Child Therapy
Centre, Noida**



Yamini Gururani
2016-2019

MA in Clinical Psychology

**Assistant Professor
IILM University, Gurugram**



Shriya Dixit
2017-2020

Masters (MSc in Industrial
Psychology and HRDM)

Harvard Business Publishing
India Pvt Ltd (Gurgaon)

**Christ University,
Bangalore**

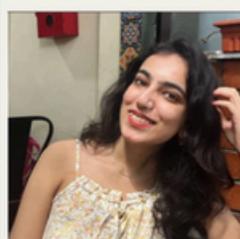


Ritika Srivastava
2018-2021

MA Psychology

Land Ports Authority of India,
Ministry of Home Affairs, New
Delhi.

**Banaras Hindu University,
Main Campus**



Manvi Mehrotra
2019-2022

UX Research Intern at Park
Plus

**Senior UI/UX Designer at
Outshade Digital Media**



Geethika Pillai
2016-2019

MA Psychology

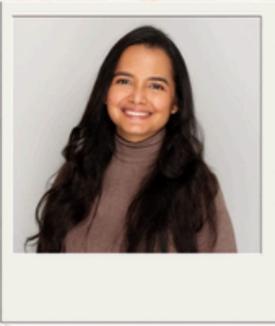
**School Counselor,
St Gregorious School, Delhi**



Asis Kaur Sethi
2019-2022

Amity University Noida
MBA in Marketing and Sales
Management

**Marketing Executive at RNF
Technologies**



Anisha Bhardwaj
2014-2017

Masters in Global Media
Communications
University of Melbourne

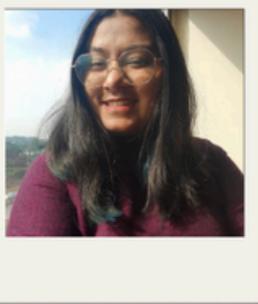
Applied Corporate
Responsibility
Harvard University



Asmita Narang
2015-2018

Senior Software developer in
Eemagine Medical Imaging
Solutions, Berlin, Germany.

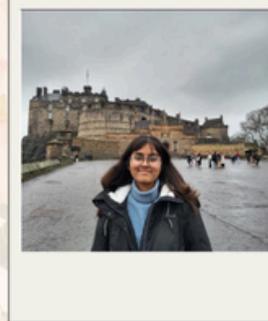
Ulm University, Germany



Kuhu
2015-18

MA Social Work
Tata Institute of Social Sciences,
Mumbai (2018-20)

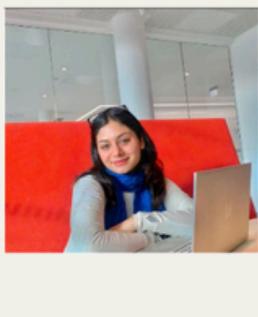
MA in Human Rights and
Democratisation.
Global Campus of Human Rights,
Italy (2024-25)



Shriya Hatipkar
2020-2023

Msc in Cognitive
Neuroscience and Human
Neuroimaging

University of Sheffield,
South Yorkshire, England



Priyal Surroch
2020-2023

MSc Organisational
Psychology

University of Manchester



Pallavi NimBappa
Honkanadavar
2020-2023

MA in Industrial/Organizational
Psychology

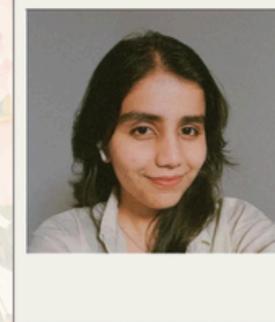
Montclair State University,
New Jersey, USA



Bhoomi Chawla
2020-2023

Masters of Counselling and
Psychotherapy

University of Queensland,
Australia



Akansha Choudhary
2021-2024

Masters of Science in
Industrial/Organizational
Psychology

University of Hartford,
Connecticut, USA



Pavani Tyagi
2013-2015

MA Psychology,
Pursuing PhD
Daulat Ram College,
University of Delhi

Assistant Professor,
Indraprastha College
University of Delhi



Ananya Pant
2018-2021

Junior Research Fellow
AIIMS (All India Institute of
Medical Sciences)

MPhil, Clinical Psychology
Institute of Human
Behaviour and Allied Sciences



Somya Sharma
2019-2022

MA Psychology (psycho social
clinical studies)

Ambedkar University



Sanaa Batra
2020-2023

MA Psychology

Indraprastha college for
women , Delhi University



Anushka Sharma
2020-2023

MA psychology

Department of Psychology
University of Delhi, North
Campus



Preeti
2020-2023

MSc. Neuropsychology

National Forensic Science
University



Labhanshi Mittal
2020-2023

MSc.Educational psychology

Christ University ,
Bangalore



Maansi Rohilla
2021-2024

MA Applied psychology Clinical
and counselling practice

Tata Institute of social
sciences

Department Of Applied Psychology

FACULTY MEMBERS



Department Of Applied Psychology

BATCH PHOTOGRAPHS



BATCH 2021-2024





BATCH 2022-2026



BATCH 2023- 2027

DISSERTATIONS

GAMING & GROWTH: INFLUENCE ON COGNITIVE SKILLS & LONELINESS IN YOUTH

Bhumika Yadav

The present study was designed and formulated to explore the impact of gaming on cognitive abilities and loneliness. It also aims to determine the relationship between gaming, loneliness, and cognitive development. A sample of 200 individuals was selected through purposive sampling, employing a quantitative approach. Three scales were used for assessment. The results indicate a significant difference in gaming, cognitive abilities, and loneliness between males and females. Additionally, there is a notable difference in gaming and loneliness between college students and school students. The findings suggest that increased gaming correlates with higher cognitive abilities and greater feelings of loneliness among players



DIVERSITY & INCLUSION: EXPLORING WORKPLACE DYNAMICS

Tanvee Verma

This research examines the impact of workplace diversity and inclusion initiatives on employee engagement and performance, considering demographics like age, gender, ethnicity, religion, region, job position/role, and length of employment within the organisation. Statistical analysis reveals no significant differences in engagement and performance based on gender, ethnicity, religion, or region, indicating effective inclusion strategies. However, notable differences appear across job roles and tenure, suggesting the need for targeted interventions. Qualitative data shows diversity initiatives boost engagement, motivation, creativity, and innovation, despite ongoing discrimination challenges. The study highlights the critical role of diversity and inclusion in driving organisational success and employee satisfaction. Recommendations include ongoing evaluation, training, equity promotion, and tailored strategies to foster inclusive work environments that encourage respect and innovation.



DIGITAL DILEMMA”: THE EFFECT OF SCREEN TIME ON QUALITY OF SLEEP AND ACADEMIC PERFORMANCE AMONG UNDERGRADUATE STUDENTS

Kanishka Jusyal

Quantitative analysis was done to investigate the effect of Digital device usage on sleep quality and academic performance of Undergraduate students by considering differences in gender, year of graduation and place of residence. For the present study sample of 120 UG students was collected using Digital Addiction scale, Pittsburgh Sleep quality Index and Academic Performance Scale. Results indicated a significant difference in digital addiction, sleep quality and academic performance between genders, year of graduation and place of residence. The result showed relationship between digital addiction, sleep quality and academic performance. Overall, findings highlight the importance of limited digital device usage for better sleep quality and good academic performance among undergraduate students.



CARING & CAREGIVING: A CAREGIVER’S PERSPECTIVE

Ishika Tanwar

Caregiving is a process of providing care and the major focus is on the receiver rather than the provider. This study was conducted with the aim of understanding the caregiving process from the perspective of the caregivers. The data was collected through online mode from 74 caregivers who had been providing care to their chronically ill family members. The data was analysed on a quantitative basis using both descriptive as well as inferential statistics. The results of the study indicate that there exists a significant difference between the DAS and Compassion levels of males and females. On the basis of employment status and family structure, a significant difference was found in only the dimensions of stress and anxiety. Lastly, on the basis of the availability of social support, a significant difference was found in all three dimensions of DAS-21. Overall, the findings of the study revealed the impact of caregiving practices on caregivers.



PERCEIVED PARENTING, SELF EFFICACY AND RESILIENCE IN INDIAN YOUTH

Paridhi Gupta

The purpose of this study was to understand the relationship between perceived parenting, self-efficacy, and resilience in Indian Youth, as well as to assess the factors which influence levels of perceived parenting in the domains of involvement, warmth, and autonomy support, along with self-efficacy and resilience in youth. The sample consisted of 154 men and women in the age group of 15-29, based in urban areas of India (mostly Delhi NCR). Perceived parenting, self-efficacy, and resilience were assessed on the basis of gender, parental gender, parental employment, and family structure using the Perception of Parents Scale, General Self-Efficacy Scale, and Brief Resilience Scale. Significant correlations were found between perceived parenting, self-efficacy, and resilience. Significant differences were also found in the perception of mothers and fathers in the domains of involvement, warmth, and autonomy support. Differences were also found in the perception of working and non-working parents (particularly mothers) in the domain of involvement.



PSYCHOLOGY OF WARDROBES : EXPLORATORY STUDY

Maansi

The increasing use of social media has both advantages and disadvantages, including the Fear of Missing Out (FoMO), which is the feeling that others are having more rewarding experiences. FoMO can affect decision-making, including clothing preferences. Clothes are not just for covering the body but serve as a language that communicates ideas and influences mood, cognition, and behavior, known as enclothed cognition. To explore the relationship between FoMO, clothing preferences, and enclothed cognition, a mixed-method approach was used. This included in-depth interviews, the FoMO scale by Przybylski et al. (2013), the Clothing Preference Scale by Payal Kanwar Chandel and Yogita Sharma (2021), and a newly developed scale to measure enclothed cognition. The study sampled 306 individuals aged 14 and above with an active social media presence, conducting in-depth interviews with eight participants. Results indicated that enclothed cognition significantly impacts clothing preferences, with FoMO influencing these preferences.



RESPONDING TO TRAUMA: PSYCHO-SOCIAL DYNAMICS OF ADOLESCENTS BELONGING TO NAXALITE AREA

Shruti Purwar

The present study aims to explore the psycho-social dynamics of the male adolescents belonging to naxalite regions and living far away from their homes. The study also focuses on the life skill development, and coping approach to the situational factors. For the present study mixed approach was used that includes both qualitative and quantitative methods, the data was collected through questionnaires formed by Brief-COPE scale, IIP Aggression scale and life skill scale. A total sample of 102 male adolescents living far away from their home place and belonging to north eastern naxalite regions were taken. A significant correlation was found between life skill and coping dimensions. Overall, the relationship was found between the different dimensions in accordance with the sample division. The future implications of the study were discussed which focused on the need of well being programs in institutions, and the need to encourage life skill programs.



FITNESS INTROSPECTION AND BODY SCHEMA INFLUENCE OF SOCIETAL IDEALS OF BODYISM

Ananya Saini

Body image is inclusive of not only physical but also the emotional, mental and social aspect with it. Though, there is no criteria for a perfect body shape, people still crave for perfection in their body and thus, they themselves create a standard body ideal and call it epitome of body image. A major problem that starts from here is that people forget the boundary of reality and create unrealistic and unachievable societal standards for body acceptance which can even cost their own health, time and even life. The problem of societal stereotyping and pressure has led to severe consequences on the health of the people, both mentally and physically. Apart from this, just as individual differences exist, there are differences in the lifestyle and habits of the people. With this, the influence of physical activity on the body image was also studied to get a comparison of body image issues and perspective of people of both physically active and Physically inactive background. The study has been very insightful to highlight the body image and related concepts.



THE ROLE OF PERCEIVED PARENTING ON RESILIENCE AND WELL-BEING: A COMPARATIVE STUDY BETWEEN THE CHILDREN OF MILITARY AND CIVILIAN PERSONNELS.

Jaya Kumari

A comparative study was conducted between the children of military and civilian Personnel through with we analysed the role of perceived parenting (affected by parental occupation) has on a child's resilience and well-being.



THE KALEIDOSCOPE OF ORGANIZATIONS: NAVIGATING CONFORMITY AND INNOVATION

Pallavi Bisht

Organizations today empower employees to embrace change and rethink old practices. Balancing conformity with innovation is crucial, enabling employees to align with goals while exploring new and creative approaches. This study aimed to explore the complex relationship between conformity and innovation in organizations. In this study, 103 participants, comprising private and public employees residing in India, were sampled using snowball sampling. Three scales were employed: The Conformity Scale, Constructive Non-Conformity Scale, and Innovative Work Behavior Scale. Statistical techniques like Pearson's product-moment correlation (N=103) and t-test (N=80) were employed to analyze the data. Our findings revealed a significant, positive relationship between Innovative Work Behavior and Constructive Non-Conformity. Gender analysis showed men had higher conformity, while women exhibited more constructive non-conformity and scored higher in Innovative Work Behavior. Sector-wise, the public sector displayed more conformity and less innovation compared to the private sector, which had higher levels of constructive non-conformity and innovative work behavior. These insights enhance our understanding of the dynamics between conformity and innovation in organizations.



BINGE WATCHING AND QUALITY OF SLEEP

Angela Annie Emmanuel

This study assesses the relationship between binge-watching and sleep quality among undergraduate students. It is a quantitative cross-sectional study involving 172 students aged 18 to 25 from various colleges. The study examines the correlation between binge-watching and sleep quality, as well as differences across gender, academic streams, and years. Results indicate a positive correlation of 0.472 ($p < 0.01$) between binge-watching and sleep quality. There is a significant gender difference in psychological changes due to binge-watching, with a t-value of 0.314 ($p < 0.05$), but no significant gender differences in overall binge-watching. Additionally, there are no significant differences across streams and academic years. In conclusion, while binge-watching positively correlates with sleep quality, there are no significant differences across gender, stream, or academic year. Future studies could include qualitative data for deeper insights and conduct longitudinal research to better understand the effects over time and inform interventions.



UNFOLDING THE PERSONALITY VARIABLE AS A DETERMINANT OF JOB SATISFACTION

Alafiya



This quantitative study has attempted to examine the role of Core Self-Evaluation in job satisfaction of the employees working for Punjab National Bank. The study's findings demonstrated that there is a Positive, high and significant correlation between the dimensions of job satisfaction and core self-evaluation

PARENTAL STRESS AND QUALITY OF LIFE AMONG PARENTS OF ADOLESCENTS

Sunidhi Puri

The current study aims to understand the relationship between parental stress and quality of life among parents of adolescents. The study employed cross-sectional quantitative methodology, and gathered data from 191 parents of adolescents aged 12-18 years. The data consisted of 109 mothers, and 82 fathers. The relationship and the differences between parental stress and quality of life were assessed along gender and employment status. The results of the study indicated that a moderate negative correlation exists between Parental Stress and various domains of Quality of Life namely, Physical Health, Psychological Health, Social Relationships, and Environment. The findings of the study highlighted that mothers possess higher parental stress as compared to fathers at statistical significant value of $5.16, p < .001$. Moreover, significant differences were found in Quality of Life domains across gender. Working mothers showed higher parental stress as compared to Home Makers ($t\text{-value}=4.26, p < .001$). Thus, study provides various nuances related to stressors associated with raising adolescents and thus it is pertinent to support parents in navigating the challenges of modern parenting- thereby promoting the well-being of both parents and adolescents for healthier family dynamics.



ART ENGAGEMENT, RESILIENCE AND EMOTIONAL REGULATION AMONG COLLEGE STUDENTS

Shreya Chaudhary



Mental health of college students is increasingly becoming a critical concern due to the multitude of stressors they encounter. Despite these challenges, certain psychological qualities such as resilience and emotional regulation are instrumental in enabling students to overcome stress and prosper. Artistic activities have also been shown to reduce stress and improve well-being by enhancing such qualities. Thus, the present study aims to understand the role of art engagement in resilience and emotional regulation among Indian college students. It comprehensively explores both participatory and receptive forms of arts engagement using a quantitative approach. The sample consists of 241 undergraduate and postgraduate students from various regions across India. The Brief Resilience Scale and Emotion Regulation Strategies for Artistic Creative Activities (ERS-ACA) scale were utilized to assess resilience and the use of emotional regulation strategies, respectively. Results indicate that active arts engagement was associated with higher levels of resilience compared to receptive arts engagement. Male students generally exhibited slightly higher resilience than female students in any form of art, but females showed higher resilience in active arts engagement. Gender-specific differences in emotional regulation usage for active arts engagement were also found, with females using more avoidance and overall strategies. Significant correlations between resilience and emotional regulation strategies were observed in active art engagement, male students, and postgraduate students. Resilience showed correlations with avoidance strategies across various categories, including general art engagement, active arts engagement, male participants, and postgraduates. Additionally, resilience correlated with approach strategies exclusively among postgraduate students.

A PSYCHOSOCIAL INSIGHT INTO RELIGION: RELEVANCE AND TOLERANCE

P a a k h i G a r g

The present study aims at understanding the various beliefs and perceptions that individuals of different age groups hold towards religion and related practices. The study is also designed to determine and thematically analyze the relevance and tolerance of religion in a metropolitan Indian society. A mixed method approach was used for the study, where quantitative data was collected through circulation of Hindi adaptation of Centrality of Religiosity Scale (CRS) and data collected through six semi- structured interviews followed by thematic analysis. This study explores the multifaceted role of religion, analyzing its importance across various demographic variables such as genders, occupation, educational level, and relationship status. The significance of religiosity was analyzed across intellectual, ideological, public practice, private practice, experience and total centrality of religion ($p < .01$). The results suggest that adolescents aging 12-18 years hold a stronger conviction regarding the existence of the transcendent reality. The thematic analysis underscores the need for balanced media representation and fostering inclusive attitudes towards religious minorities. The findings of this study suggest a complex tapestry of acceptance and conflict between religious tolerance and freedom of expression.



EFFECT OF RELIGIOUS BELIEFS AND PRACTICES ON LIFE SATISFACTION: A QUANTITATIVE STUDY

M o n i k a

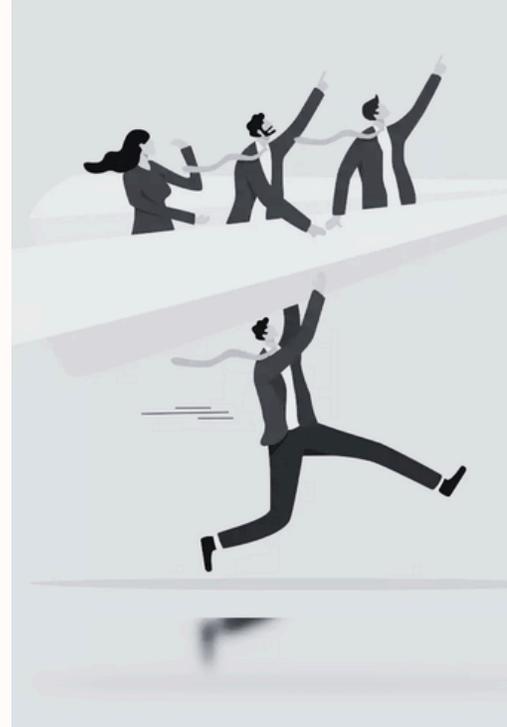
This study investigated the effects of religious beliefs and practices on life satisfaction. The study attempted to investigate the gender, age, religion, education, and profession difference pertaining to religious beliefs and practices and life satisfaction. The sample consisted of 190 participants comprising 96 females and 94 males residing in delhi. For this study three age groups were chosen. Two measures which are used are : religious beliefs and practices, satisfaction with life scale. Findings revealed a significant correlation between religious beliefs and life satisfaction with life scale. And also a significant difference between gender, age, religion, education and profession on some dimensions of scale.



DYNAMIC INTERPLAY OF TRANSFORMATIONAL LEADERSHIP AND ORGANISATIONAL CITIZENSHIP BEHAVIOUR IN STARTUP ORGANISATIONS

Ananya Razdan

The present study delves into the dynamic interplay of transformational leadership and organisational citizenship behaviour (OCB) within startup organisations in India. The study aims to understand how transformational leadership influences OCB in the competitive and fast-paced landscape of startup organisations in India. Through a quantitative research approach and survey data collection from 181 employees in startup organisations, the study provides empirical evidence on the impact of transformational leadership on OCB. The findings reveal a positive correlation between transformational leadership dimensions and OCB, emphasizing the significance of cultivating transformational leaders to promote OCB, creativity, and employee citizenship behaviour in startup organisations.



IMPACT OF YOGA ON AHAMKARA AND ANASAKTI - AN EXPERIMENTAL STUDY.

Navya Anand



In the world and individuals perception can be hindered in many way however yoga is the medium by which a person attain a complete balance between the mind and the body the objective of the study was to examine the influence of yoga on Ahamkara (the perception of self) and Anasakti (non attachment). A sample of 80 college students located in delhi was used in an experimental research design.

UNTANGLING PARASOCIAL INTERACTION, CELEBRITY-PERSONA IDENTIFICATION, LONELINESS, AND PERSONALITY

Preeti Rajput

As individuals across the globe navigate the vast expanse of media content, they often feel drawn to and develop close connections with media personalities. This study investigates Celebrity-Persona Parasocial Interaction (CPPI), Celebrity-Persona Identification (CPI), loneliness, and personality across diverse demographic groups and media personas, and based on romantic or platonic feelings toward the admired celebrity or character. Data were collected from 179 residents of India, aged 12-59 years, using established scales such as the Celebrity-Persona Parasocial Interaction (CPPI) Scale, the Celebrity-Persona Identification (CPI) Scale, the Revised UCLA Loneliness Scale, and certain traits and facets from NEO Five-Factor Inventory 3 Scale (NEO-FFI 3). Results indicated that individuals in the 12-19 age group exhibited the highest levels of CPPI and neuroticism, while those aged 40-59 reported heightened feelings of loneliness. Males demonstrated greater CPPI and CPI compared to females, and individuals with lower educational attainment displayed elevated CPPI scores. Non-working individuals exhibited a higher CPPI, whereas their employed counterparts reported increased loneliness. Musicians emerged as the most influential figures in terms of CPPI, followed by fictional characters, sportspersons, and actors. Furthermore, platonic sentiments towards media personas were associated with heightened CPPI. The analysis also revealed a strong, negative, significant relationship between CPI and loneliness; a moderate, negative relationship was found between CPI and neuroticism, and a moderate, positive relationship also emerged between CPI and fantasy. Therefore, these findings helped gain insights into engagements and identification with media persona, perceptions of loneliness, and individual characteristics, highlighting the importance of understanding these dynamics in the context of contemporary media landscapes.



FAMILY FOOTPRINTS: TRACING PARENTAL REARING PATTERNS IN ADOLESCENT GENDER IDEAL

Somya Chauhan



Parental rearing patterns have a significant impact on the personal development of a child. The present study aimed to investigate the relationship of gender ideals and parental practices by using a sample of 86 adolescents. Purposive sampling method was used to collect data of 43 males and 43 females within the age group of 13 to 19. The Gender Role Belief Scale was used to analyse the traditional or egalitarian gender beliefs of teens. For assessing parental rearing pattern, short EMBU was employed. Descriptive statistics and Pearson correlation was applied to analyse results. It was found that gender was a basis of difference in the gender beliefs and parental practices, with females showing slightly more feminist or egalitarian beliefs. Family set up like joint family or nuclear family had no influence on either of the variable. Further, there was no relationship found between parental practices and gender role beliefs.

Awards & Achievements



NAME	YEAR	AWARD/ACHIEVEMENTS
Pakhi Garg	3rd Year	Best Student of Artistry Society
Anshu Yadav	2nd Year	Certificate for organizing FCC events
Anshu Yadav	2nd Year	Certificate for active participation in FCC events
Patmateertha	2nd Year	Certificate for Essay writing by Rashtriya Kala Manch
Parul Singh	2nd Year	Certificate for Aerobics Performance
Priyanshi Gupta	2nd Year	Academic Award for securing 2nd position in 1st year
Priyanshi Gupta	2nd Year	Consolation prize in poster making
Priyanshi Gupta	2nd Year	Awarded for magazine editor of FCC e-magazine
Priyanshi Gupta	2nd Year	Media head of Photography Society
Shruti Sharma	2nd Year	Academic Award for securing 1st position in 1st year



Awards & Achievements

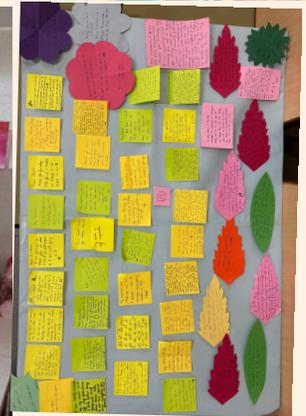
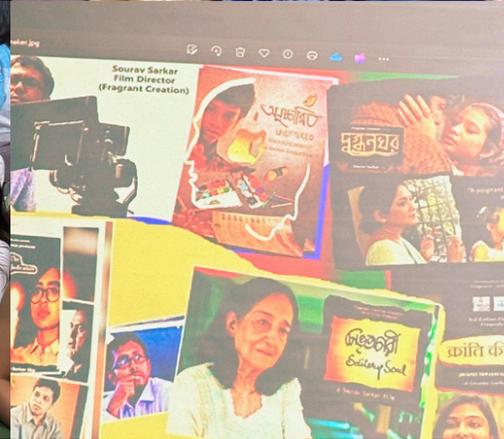


NAME	YEAR	AWARD/ACHIEVEMENTS
Anshitaa Gadhri	1st Year	Secured 3rd position in state level swimming competition
Mansha Kapoor	1st Year	Secured 1st position at intercollege debate competition
Pragya Juneja	1st Year	Received Certificate of Honour from FCC as an active member
Simranjeet Kaur	1st Year	Received Certificate in Basketball on Sports Day
Vrinda Malik	1st Year	Secured 1st position in fashion show competition at annual fest



Photo Gallery





SHYAMA PRASAD MUKHERJEE COLLEGE UNIVERSITY OF DELHI



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