

# PSYCHOVISION

THE PSYCHOLOGY MAGAZINE

MANODAY ~ EK PEHCHAN

मनोदय ~ एक पहचान



*Department of Applied Psychology,  
Shyama Prasad Mukherji College for Women,  
University of Delhi*

**REPRESENTING**

Vision &  
Voices

**AMAZING  
WRITE-UPS**

PSYCHSPIRE





# MANODAYA

**Manodaya- an amalgamation of two words that join together to mean 'rising mind'. The desire, purpose, intention, thought, and inclination of the mind are embodied by Manodaya. It is an attempt to encourage individuals to be more mindful of their thoughts and behaviors, and how it affects themselves as well as the people around them. People are like mirrors, what we see in others has more to do with us than with others. In the fast-paced robotic times we live in, we require a constant reminder to step aside and take a breather. It is essential to form a positive intrapersonal relationship, we need to show ourselves the same empathy we would show to a dear friend. This magazine showcases the very same by displaying vivid shades of human life- people and their stories in the form of poems, articles, art, facts, and much more to promote a healthier and happier society.**

मनोदय, दो शब्दों का मेल है, जो एक साथ मिलकर उभरते हुए मन को दर्शाते हैं। मनोदय मन में चलती निरंतर असीम इच्छाओं, उद्देश्यों, विचारों, इरादों और अनुभवों की एक झलक है। यह हमारे अंतरमन के विचारों और व्यवहारों के बारे में व अधिक जागरूक और सजग बनने के लिए, प्रोत्साहित करने का एक प्रयास है। मनोदय ना सिर्फ़ खुद को समझने का एक ज़रिया है वरन यह समाज की मनोदशा का एक दर्पण भी है। आज के इस तकनीकी युग में जहां हम सब का जीवन सोशल - मीडिया प्लैटफ़ॉर्मस के इर्द-गिर्द चल रहा है, वहाँ हमें अपने आप से और अपने अंतरमन से एक सकारात्मक सम्बंध बनाने की ज़रूरत है, ताकि हम अपने समाज को एक नई दृष्टि से देख सकें, इसकी एक अलग परिकल्पना कर सकें, उसे एक नए आयाम तक लेकर जा सकें। यह पत्रिका एक स्वस्थ और खुशहाल समाज को बढ़ावा देने का एक ज़रिया है जिसे लोगों की कहानियों, कविताओं, लेखों, कलाकृतियों, के माध्यम से समझा और अनुभव किया जा सकता है।





# SHYAMA PRASAD MUKHERJI COLLEGE FOR WOMEN

SPM College is a well-known women's college at the University of Delhi. It was established in 1969 in memory of distinguished academician and statesman Dr. Shyama Prasad Mukherji. It has no affiliation with any sect, religion, political group, or thinking. The college motto "tejasvi naa vadhi mastu" in Sanskrit has a profound meaning. It is derived from the Taittiriya Upanisad. It means - let our efforts at learning be luminous (Tejasvi) and filled with joy and endowed with the force of purpose (Vadhi Mastu). Shyama Prasad Mukherji College has 112+ well-furnished classrooms, 7 seminar halls, a fully air-conditioned state of the art auditorium with a nice ambiance, well equipped & fully computerized library, a well-equipped gym, laboratories such as computer labs, psychology lab, food & technology lab, etc. All the labs, 6 seminar halls, and 32 classrooms are equipped with projectors. Today, our college has evolved into one of the most progressive and dynamic institutions of the University of Delhi.



# PSYCHO VISION

BY PSYCHSPIRE

Psychovision is the magazine initiated by PSYCHSPIRE- The Department of Applied Psychology, Shyama Prasad Mukherji College, University of Delhi. It is a compilation of divergent visions & voices of how psychology and mental health has a grave impact on people's lives. It aims to serve as an interactive platform for students & teachers across the country to showcase their thought-provoking ideas through articles, poetry, and artwork.

# TABLE OF CONTENTS

<b>From the Principal's Desk</b>	01
<b>From the Head of the Department</b>	02
<b>Psychspire - Our faculty</b>	03-12
• Dr. Ekta Bhambri Marwaha	03
• Dr. Suruchi Bhatia	04
• Dr. Virendra Pratap Yadav	05
• Dr. Garima Shukla	06
• Dr. Houshou Suzen	07
• Dr. Aashima Sharma	08
• Dr. Shaheen Parveen	09
• Dr. Namita Tayal	10
• Dr. Konsam Gangarani Devi	11
• Ms. Geeta Saini	12
<b>Our Editorial Board</b>	13-18
<b>Psychspire : The department of Applied Psychology</b>	19-25
• Faculty Coordinators 2022- 23	20
• Senior Coordinators 2022- 23	21
• Coordinators 2022 - 23	22
• Kalamkar : Content & Editing Team	23
• Social Media and Graphics Team	24
• Kalakriti : Art and decoration Team	25
<b>Psyitivity - The Blog of department of Applied Psychology</b>	26-53
• We all are here for one another' – Role of social support in building resilience during COVID 19 by Gayatri Rajput	27
• Positive Psychology - Enhancing Mindsets and Attitude by Palak Singla	30
• Pick your words as they pick their battles by Jasmine Kaur	33
• Seek Therapy - Do not struggle in Silence by Himani Verma	37
• Is happiness a choice? by Jaya Kumari	41
• Skip the Stress and Shine! by - Vanshika Kumar	46
• Adapting to changes by Bhavi Takkar	50
<b>A - Z of Psychology</b>	54-57



<b>Brain Teasers</b>	58-61
• Quick Quiz	59
• Bingo	60
• 30 day Mental Health Challenge	61
<b>Dissertations</b>	62-76
• ‘Perceived parenting styles and personality’ by Darpan Mehandiratta, Supervisors Dr. Suruchi Bhatia and Dr. Houshou Suzen	63
• Impact of Exercise on Physical Appearance Comparison, State Self Esteem, and Social Physique Anxiety by Palak Sharma, Supervisor Dr. Virendra Pratap Yadav	64
• Academic Procrastination, Anxiety, and Self-Efficacy Among College Students: An Exploratory Study by Rupal, Supervisors Dr. Ekta Bhambri and Dr. Aashima Sharma	65
• Job Satisfaction and work life balance: A pandemic perspective by Oshin, Supervisors Dr. Ekta Bhambri and Dr. Aashima Sharma	66
• Influence of Appearance-related social media consciousness on body-esteem and self- esteem by Himani, Supervisor Dr. Virendra Pratap Yadav	67
• Psychological well-being of women in different spheres of life by Priyanka Yadav, Supervisor Dr. Garima Shukla	68
• Perceived Parenting styles and Resilience by Megha Bansal Supervisors, Dr. Suruchi Bhatia and Dr. Anamika Rai	69
• Internet Pornography and Body Image by Priyal Surroch, Supervisor Dr. Virendra Pratap Yadav	70
• Heart of romantic relationships: Anxiety, Trust and relationship Satisfaction by Somya Sharma, Supervisor Dr. Ekta Bhambri Marwaha	71
• Role of Perceived Parenting Styles on Child's Sense of Self by Pragya Kumar, Supervisors Dr. Namita Tayal and Dr. Suruchi Bhatia	72
• Happiness, Resilience and Quality of life by Manvi Mehrotra, Supervisors DR. Anamika and Dr. Houshou Suzen	73
• Role of attachment styles on sense of self by Ishika, Supervisors Dr. Namita Tayal and Dr. Virendra Pratap Yadav	74
• Interplay between BMI and Appearance Schema and its Association with Self esteem by Yashika, Supervisor Dr. Virendra Pratap Yadav	75
• Covid - 19 Stress, Self - Compassion & Resilience by Kirti Singh, Supervisors Dr. Ekta Bhambri and Dr. Aashima Sharma	76

<b>Articles</b>	77-112
• Solitude vs Loneliness by Bhavi Takkar	78
• Inferiority Complex by Akshita Tanwar	80
• Dark side of positivity by Himani Verma	83
• Imposter Syndrome by Akshita Tanwar	87
• Break the Bias by Bhavi Takkar	91
• The breakup Chemistry by Syed Farha	95
• Climate Anxiety: A New and Peculiar Fear by Shreya Chaudhary	100
• How forced pregnancy affects Women's Mental Health by Bhoomi Chawala	104
• Psychology: The secret of effective healing by Priyanshi	108
<b>Poems</b>	113-119
• The Highs and the Lows by Jaya Kumari	114
• Illusion by Jaya Kumari	115
• You feel too much by Manya Jain	117
• Amidst the nature by Akshita Tanwar	118
<b>Awards and Achievements</b>	120-139
<b>Events</b>	140-119
• Art Competition	141
• Photography Competition	142
• Movie Screening	143
• Webinar on career opportunities in defence services by Dr. Y. Aditi	144
• From Just Baat to जड़बात	145
• World Mental Health Day - "VIZHIPUNARVU"	146
• Webinar on Music and Meditation by Upendra Arya Ji & Dr. Rajnandini	147
• Hands on training session on SPSS by Dr. Tushar Singh	148
• Freshers' 2022	149
• Website Launch' 2022	150
• Shades of Women "Break the Bias"	151
• Farewell'2022	152
• Breathe: One step at a time	153
• Interactive Session on "Mental Health: Need for Self-Care" by Dr. Aruna Broota	154
• Felicitation Ceremony	155
• International Mental Health Day	156
• Department Orientation Batch of 2022-25	157
• 54th Annual Day	158
• Career Avenues in Psychology	159
• Introduction to Photography	160
<b>Psychspire: The department of Applied Psychology</b>	161-168
• Faculty	162
• Batch of 2020-23	163
• Batch of 2021-24	166
<b>Counselling Help Desk</b>	169
<b>Tele - Counselling Helpline</b>	171

# FROM THE PRINCIPAL'S DESK



**PROF (DR.) SADHNA SHARMA**

It gives me great pleasure that the Applied Psychology Department has entered into the noble tradition of bringing out a magazine. It's a platform for students to explore their talents and creative abilities. The readers would be greatly benefitted as the content of the magazine is going to unfold for them many doors like new information about the subject and literary aspects also. I heartily congratulate all those who have contributed to publishing this magazine and adding a glorious chapter to the history of the department. Keep it up, and all the very best.

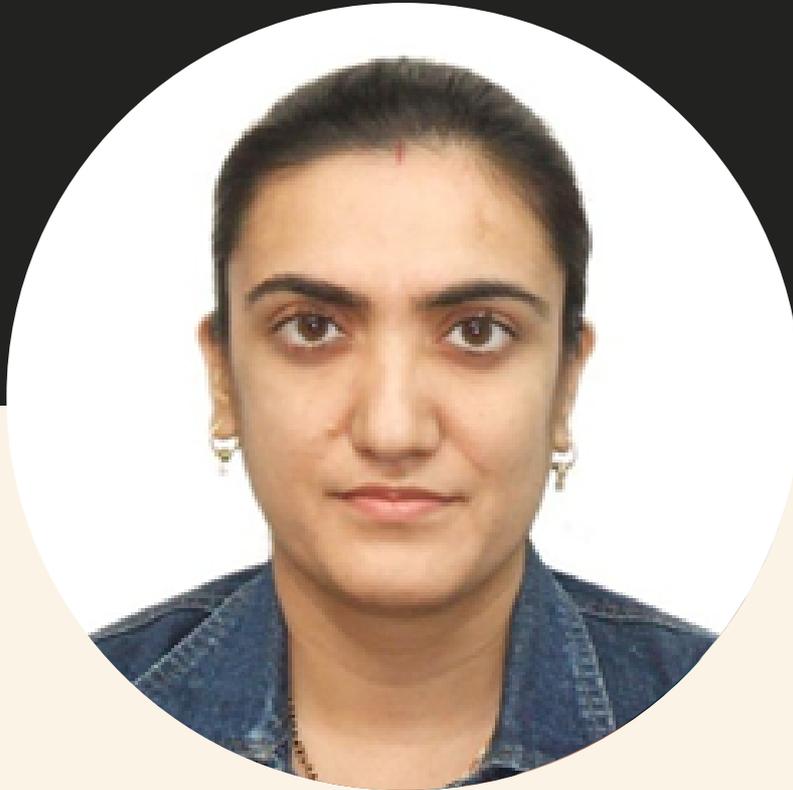
# FROM THE HEAD OF THE DEPARTMENT



**DR. ANAMIKA RAI**

It has been my great pleasure to work and mentor the PSYCHSPIRE team of 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 magazine presents the creative spaces and corners of students' academic and extracurricular activities. It is a platform to represent the thoughts and feelings of young undergraduates and faculty members toward 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 help people to improve their mental well-being. Finally, I would like to thank the authors, readers, and content providers, who have made this magazine the best possible. I extend my congratulations to the entire editorial team for working religiously and constantly to bring this to success. I extend my heartfelt wishes for future endeavors, excellence, and achievements.

# OUR FACULTY



**DR. EKTA BHAMBRI MARWAHA**

In keeping with the ethos and values of Shyama Prasad Mukherji College, the Department of Applied Psychology has strived to develop learning through inquiry, research, and analytical thinking. 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 with a forum to pen down their thoughts, imaginations, and aspirations. It has allowed them to unfold their creative side and work as a team. It is the culmination of their hard work, literary skills, desires to learn, and pursuit of excellence. They have worked tirelessly in writing, editing, and designing the magazine. I would like to commend the students of the Department of Applied Psychology for their successful endeavor in publishing this magazine.

# OUR FACULTY



**DR. SURUCHI BHATIA**

My greetings to everyone in the department. The Department is blooming over time. Our Alumni and present students are reaching heights and blossoming in their fields. visualize this ground as a fruitful unit that will bring on thinkers, scholars, and psychologists. I also hope this process of transformation and growing up never takes away the innocence, truth, and child within you. Rooting for you all to gain varied experiences in life. My compliments to everyone who has been instrumental in taking out this issue.

# OUR FACULTY



**DR. VIRENDRA PRATAP YADAV**

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 and perspective of psychology to the masses will help bring positive changes in society at large. I extend a very warm welcome to all the authors for their contribution. I 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 enjoy reading the magazine!

# OUR FACULTY



**DR.GARIMA SHUKLA**

"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.

# OUR FACULTY



**DR. HOUSHOU SUZEN**

It gives me immense joy to learn that our department is bringing out a magazine, 'PSYCHOVISION' which will serve as a platform for the interplay of creative expressions and insightful knowledge. I am very certain that this positive and progressive venture would be a grand platform to explore, engage, inspire, and share ideas, visionary thoughts, and practical knowledge; which would greatly enhance learning and enrich everyone.

I wish the student authors and everyone involved in the publication of this magazine the very best in your educative and epoch-making endeavors. May the publication of the new magazine be a grand success and be a source of enlightenment to every reader.

# OUR FACULTY



**DR. AASHIMA SHARMA**

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's eye view of the world of psychology and its wonders. I wish all the best and super success for the magazine.

# OUR FACULTY



**DR. SHAHEEN PARVEEN**

It gives me immense pleasure in applauding the amazing effort put in by the department students to make this magazine a reality. It is a culmination of ideas that are going to inspire the readers to think and explore the world of psychology. The students have always brought laurels to the department through their sheer hard work and I believe they will continue to make the college proud.

# OUR FACULTY



**DR. NAMITA TAYAL**

"The mind is not a vessel to be filled, but a fire to be kindled." - Plutarch.

A deep sense of appreciation, gratitude, and joy surge through my heart to learn that our department is bringing out yet another edition of the magazine 'Psychovision'. The magazine is an eloquent expression of the progress and outstanding achievements that a department has to its credit. It exemplifies the voyage transverse and exhibits the potential for creativity and literary skills of young scholars. It is quite inspiring to witness the potential of our students unfolding in various personal as well as professional settings. I earnestly trust that this magazine is a platform for all creative minds to exchange their knowledge, ideas, and learnings to achieve the ultimate goals of the disciple of psychology and life at large. I am sure the untiring efforts put in by the editorial team, magazine staff, authors, and students will be highly admired. I extend my heartiest congratulations to the entire 'Psychovision' team for their successful endeavor.

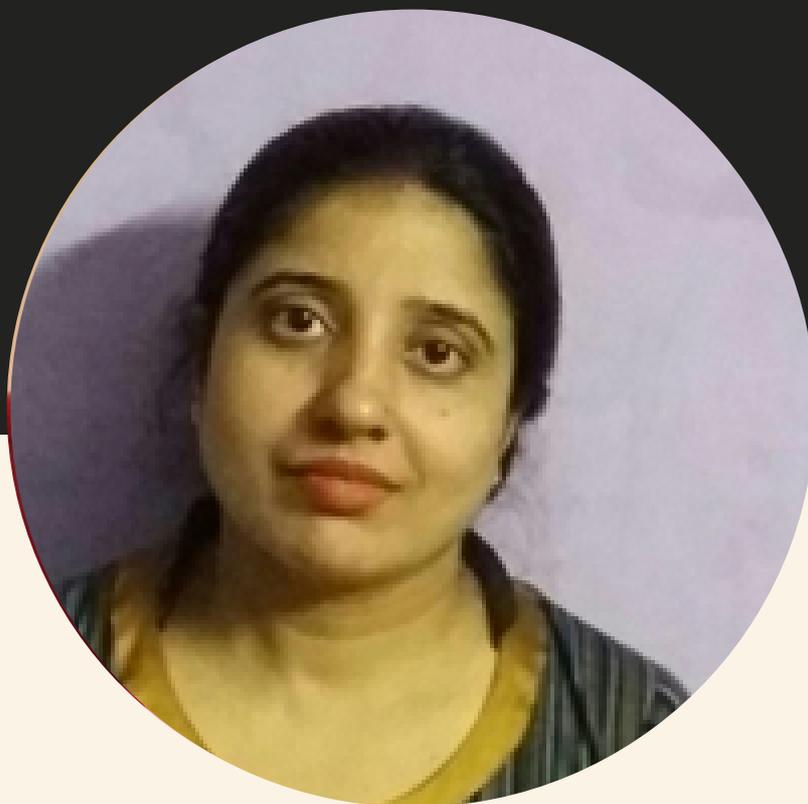
# OUR FACULTY



**DR. KONSAM GANGARANI DEVI**

I express my heartiest congratulations to the whole team behind 'Psychovision' on achieving this feat and I hope the students of the Applied Psychology department will continue to express and keep publishing the magazine regularly in the years to come. am hopeful that the magazine will also be a platform through which various psychological issues and problems faced in society are discussed and highlighted. I wish the team the very best for the grand success of their magazine.

# OUR FACULTY



**MS. GEETA SAINI**

It's almost a decade of being in the department and seeing these young adults growing and graduating every year. Seeing them achieving new heights of success, one in the form of this magazine gives me immense pleasure. Being at the level of the departmental library in charge, my best satisfactory deed is to provide them with academic help wherever possible. I convey my best wishes to all the students for achieving success and happiness in their life.



# OUR EDITORIAL BOARD



# Palak Singla

Working on Psychovision-II has truly been one of the most enriching and valuable experiences. We started with exploring the various choices of topics we had and contemplating what topics would be most relevant in a magazine that talks about the nuances of psychology and aims to spread awareness about the same. Our entire team has worked extremely hard to make this magazine a success. It has been my utmost pleasure to have received the opportunity to work on this magazine to create a safe space for students of the Applied Psychology Department, to express themselves and pen down their thoughts and ideas; their art and creativity, to be presented before a community of students, teachers, practitioners, and scholars. This has undoubtedly been a beautiful journey!



## FROM THE EDITOR'S DESK

# Khushi Chopra

Working on "Psychovision," our department's magazine has always been a meaningful experience. We began our quest with the heartfelt desire to gather voices from our department and present them respectfully. The magazine is the result of meetings, brainstorming sessions, and—most importantly—the teamwork that our teams showed while working so carefully on the magazine. Through our magazine, we aim to highlight varied ideas, skills, and accomplishments. You will undoubtedly get a sense of the department's energy as you turn the pages and see the efforts that each person has made to simplify the ideas.



# Maansi Rohilla



I'm glad to be a part of the Psychology Department of our college, Shyama Prasad Mukherji which allowed me to work on our magazine Psychovision, helping me develop and polish my skills. The experience was wholesome and Psychovision would be your wholesome companion as psychology is not mere words and theories but life.

## FROM THE EDITOR'S DESK

# Minal Mahajan

I feel privileged to be a part of our very esteemed psychology department "Psychspire". It has provided me with umpteen opportunities to hone my skills and instilled confidence in dealing with different things on my plate promptly. It brings me joy to see how our team is working so hard in making the annual magazine "Psychovision" a great hit and source of inspiration.



# Jaya Kumari



I am grateful for the opportunity to be part of the Department of Applied Psychology of this esteemed college, it provided me with this delightful work experience with team Psychspire. It helped to explore different aspects of learning and polish my skills in different domains. The support of my teachers and peers encouraged me to understand the world and myself. Contributing to this magazine was one of a kind learning experience, being able to see our thoughts on the paper made us recognize our potential not only as an individual but also as an efficient team. I will forever be thankful for this wonderful experience.

## FROM THE EDITOR'S DESK

# Bhavi Takkar

I feel honored to be a part of the Applied Psychology department of the college which provided me the opportunity to work on the magazine 'Psychovision'. It has broadened my horizons and contributed immensely to my growth as an individual. Putting this magazine together allowed me to explore my potential and led my creative juices to flow freely. It has truly been an enriching experience, one that I truly cherish!



# Santushti Anand



Psychovision-II has been a journey. The team took up this challenge and helped create something incredible. All of us have put in many hours of effort to make this vision come true and I am extremely grateful for this experience. It seems like yesterday that I was worried if we were going to get enough content to make this version as great as its predecessor. The flood of articles and gripping content that we received was incredible. Editing all the content has been extremely enjoyable to me and I am so excited to share all of this with everyone. I would also like to thank everyone from the bottom of my heart who put in the hours and helped create this piece of art. I hope that we have left our mark and legacy on the department.

## FROM THE EDITOR'S DESK

# Yashita Ahuja

Being a part of the Psychspire team has added to my skills as an editor and to my knowledge as a student of psychology. The articles that we get to edit are full of interesting facts so it is always exciting to work on them. I am glad to be a part of a team that is so supportive and encouraging.



# Siya Kumar



When I read a magazine, I often skip to the juicier parts i.e, articles, quizzes, and poems, I won't necessarily seek out the editor's note and that is expected as editing is an art that many times go unnoticed. But this job required editing, real editing, the editor-writer dialogue, the many last draft, and last-minute revisions, and the chance to help articulate words that often go unarticulated with the help of bonafide professionals tools (Thank you Grammarly and Plagiarism detector). This magazine is indeed very near to me.

## FROM THE EDITOR'S DESK

# Akshita Tanwar

To work on the magazine has been amazing, both as an editor as well as a learner of psychology. The submissions that we received were interesting. If they weren't, the task would've been, well, like a task. But this was not the case and without any doubt, I liked working on them. I have never witnessed the making of a magazine so closely before and I am glad that I did it this way and at the given point in time.





## DEPARTMENT OF APPLIED PSYCHOLOGY: PSYCHSPIRE

Psychspire- The society of the Department of Applied Psychology, Shyama Prasad Mukherji College caters to the interests of psychology enthusiasts of our College. It is a great way to become acquainted with the college faculty, know more about the world of psychology through various events, and meet people with diversified interests. It is cohesive and incredibly flexible in its form and function. Students and teachers attempt to explore the practical applications of theoretical knowledge. Through Psychspire, members can unleash their creative potential and expand their horizons by working on multiple psychology-related endeavors. Both students and teachers make use of this medium to destigmatize and promote mental health. Psychspire is a non-judgemental safe space where everyone is welcome to voice their opinions and feel at home.



***Dr. ANAMIKA RAI***

## FACULTY COORDINATORS



***Dr. SURUCHI BHATIA***



***PALAK SINGLA***  
***(Senior Editor &  
 Coordinator -Content Team)***



***KHUSHI CHOPRA***  
***(Senior Coordinator- Social  
 Media & Graphics Team)***

## **PSYCHSPIRE SENIOR COORDINATORS (2022-2023)**



***SANTUSHTI ANAND***  
***(Senior Deputy Editor &  
 Coordinator - Content Team)***



***HIMANI VERMA***  
***(Senior Outreach Coordinator)***



**JAYA KUMARI**  
*(Content Coordinator &  
 Editor in chief)*



**MAANSI ROHILLA**  
*(Social Media & Graphics  
 Coordinator)*

# PSYCHSPIRE COORDINATORS (2022-2023)



**BHAVI TAKKAR**  
*(Deputy Content Coordinator &  
 Editor in chief)*



**MINAL MAHAJAN**  
*(Deputy Social Media &  
 Graphics Coordinator)*

# KALAMKAAR ~ CONTENT AND EDITING TEAM



PALAK SINGLA



SANTUSHTI ANAND



JAYA KUMARI



BHAVI TAKKAR



BHOOMI CHAWALA



GAYATRI SINGH



HIMANI VERMA



PRIYANSHI



TANISHKA



MAANYA JAIN



ANANYA RAZDAN



SHREYA CHOUDHARY



SUNIDHI PURI



PREETI RAJPUT



ANANYA KALRA



YASHITA AHUJA



SIYA KUMAR



AKSHITA TANWAR

# SOCIAL MEDIA AND GRAPHICS TEAM



KHUSHI CHOPRA



MAANSI ROHILLA



MINAL MAHAJAN



AAKRITI SAINI



ISHITA ARORA



KHUSHI ARORA



MANVI NAGPAL



PALLAVI SHARMA



SYED FARHA



JAHANVI MISHRA



LABHANSHI MITTAL



KHUSHI YADAV



SHRESHTHA KHANNA



VIDHU



SHRESHTHA JAIN



CHEHEK PRASHAR

# KALAKRITI ~ ART AND DECORATION TEAM



SNIGDHA SOOD



SOMYA CHAUHAN



PALLAVI BISHT



AAKRITI SAINI



CHANCHAL



SHREYA CHAUDHARY



PREETI



ANSHIKA RASWANT



DEEPIKA



ANJALI YADAV



ADITI SAINI



ANGELA  
ANNIE EMMANUEL



# PSYTIVITY: THE BLOG OF DEPARTMENT OF APPLIED PSYCHOLOGY

The blog is the output of a random class conversation that took place one day during the class. A discussion was going on with Dr. Anamika Rai about the issues and problems surrounding mental health and the need to create awareness among the masses. The discussion was about how people are unaware of the facts related to mental health. Everyone was putting their perspectives and their experiences. Out of the blue, the professor came up with the idea of initiating a Departmental Blog. This is how the blog was officially established on 8 March 2020 with Aasis Kaur Sethi and Manvi Mehrotra as its founding members. Since then, the blog has touched upon a lot of topics including; resilience, autism, LGBTQIA+, etc. The blog was then carried on by the current Senior Blog Coordinators- Khushi Chopra, Palak Singla, Santushti Anand & Himani Verma who have broadened the horizons of the blog.

### 'WE ALL ARE HERE FOR ONE ANOTHER' – ROLE OF SOCIAL SUPPORT IN BUILDING RESILIENCE DURING COVID 19

GAYATRI S. RAJPUT

"THE TIME WHEN THE WORLD HAD TURNED UPSIDE DOWN, WITH BLACKNESS SWEEPED OVER EVERY TOWN THE TIME WHEN THE LAUGHTER HAD SUDDENLY DISAPPEARED LEAVING ALL OF OUR DREAMS IN A SUDDEN FEAR"

The beginning of this new decade has been a turning point in our lives. The pandemic has brought an ocean full of challenges and difficulties. Many of us are suffering because of this tough time. Sailing through rough waters was not easy at all. The feeling of helplessness, hopelessness, loneliness, and uncertainty was gradually looming larger each day. We all were struggling to keep ourselves away from the negativities around us and tried our best to not let the external locus affect us. But at the same time, living through the same life every day has become somewhat monotonous and stressful.

However, did you ever wonder that what is the one instrument that has helped us cope with this distress? How we all felt connected and could relate to the sufferings of one another?

It is all because of the social network that provided us immense social support and this support is an important instrument in combating our distress and helping us to cope with it. It is a way of making us believe that we are loved and cared for. Any form of help is available to us in difficult times. Social support ranges from providing emotional support to being instrumental in terms of providing tangible aid and assistance. It has proved to be an effective stress buffer in times of COVID when we all were going through the same scenario. It is one of the most effective ways of assuring us that we are not alone and we have a handful of people around us who love us and care for us.

Supporting each other in times of need is instrumental in binding us all together especially in this COVID 19 Pandemic, which has proved to be disastrous. Thousands of people have lost their loved ones. Hundreds of children have lost their parents and have nothing to look up to. In such a situation when we all feel stuck in life and bound due to the constraints of the pandemic, it's important to extend our hands further

and join in with the people who need us. When things look fine but they may not be great for others. Therefore, checking upon people is necessary because we hardly can predict what a person is going through. We never know the extent to which the pandemic has been bitter to some.

One of the simpler ways of taking care of our mental health is to support and provide help to others. By social support we do not only mean to say, extending hands to others and helping others to overcome challenges while forgetting about ourselves. Social support is a two-way process. It requires us to unmutely ourselves and ask for help when one is suffering rather than struggling all alone. Talking to our loved ones and relating to their experiences helps us to ensure that we have people standing strong beside us.

Now the question posted is how we will support each other without being physically and substantially present?

Social support does not require us to be physically present. There are so many subtle ways in which one can contribute to improving their mental well-being and those around them.

We can have a live chat where people are interacting an life experiences or vent frustration and exhaustion done through various di readily available to us. To to each other in these to can engage in various activities. Activities such online games, taking p sessions together, b together, etc.

All this will help in adding to our monotonous routi some essence of fr composure to our mix from the burden and hel relaxed and free for some kind of stress. At the l upon each other frequ messaging and calls is a the struggler that, the b yet to come and they a r



The purpose of this article was not just to cater to the needs of the people having huge social networks around them. We should also take into consideration all those people being left out, having no one to rely upon. For those people who don't have their families and friends around, it is important to mark out here that social support is not necessarily gained only through our loved ones. All the communities around us working for the welfare of the people are worth connecting. Joining hands with welfare institutions and interacting with them by sharing our lifestyles with the people who could relate to us and listening to the lives of others can help us to cope better in these times of uncertainty.

The notion of social assistance is based on the fact that our mind looks for constant reassurance from our surroundings that we are not only the ones being challenged by the situations around us and this reassurance helps us to come out slowly and steadily from every obstacle being faced.

On an ending note, it is worth remarking that every time we feel distressed and stuck, we should connect with the people around us who would never make us feel alone and encourage us to come out stronger from our distress. It helps us in adapting better to the novelties of life.

#### 'OUR LAUGHTER CAN NEVER DISAPPEAR IF WE ALL ARE TOGETHER COPING UP WITH OUR FEAR.'



### POSITIVE PSYCHOLOGY - ENHANCING MINDSETS AND ATTITUDE

PALAK SINGLA

"EVEN A HAPPY LIFE CANNOT BE WITHOUT A MEASURE OF DARKNESS, AND THE WORD HAPPY WOULD LOSE ITS MEANING IF IT WERE NOT BALANCED BY SADNESS." -CARL JUNG (FOUNDER OF ANALYTICAL PSYCHOLOGY)

#### POSITIVE PSYCHOLOGY

Positive psychology is the branch of psychology that focuses on the behaviour and strengths which can help people to have meaning and purpose in their lives, going beyond the realms of mere survival. It is a humanistic movement by famous psychologists like, Abraham Maslow and Carl Rogers, which revolved around encouraging a more optimistic and happy, well-being and positivity.

It's a common belief that psychology a science, gives attention to weaknesses tries to improve maladaptive behaviour and focuses on reducing human misery which by the nature of the very science stands true. But what we often overlook is that psychology also stands the promotion of the best in human behaviour, by giving attention to strengths and by promoting the stud and understanding of healthy human functioning.

#### MISCONCEPTIONS REGARDING POSITIVE PSYCHOLOGY.

What's important to keep in mind is that positive psychology doesn't disregard other branches of psychology. It does not intend to undermine any of the very real problems and issues that people face, but rather it seeks to highlight the positive aspects of what makes life worth living.

Positive Psychology promotes positivity, but it does not promote a naive positivity, which is the belief that no matter how serious or difficult a situation is, people should try to see the good in every situation.

To avoid positive psychology from promoting the idea that if you are not to find a way to feel better, you are doing something wrong. Psychology would never promote such misleading ideas which can cause so much more damage to people who are already struggling.

#### CONCLUSION

Happiness lies within us, it's not available outside or it isn't a consequence of a successful life. Good mental health is not about always being happy; it's about feeling and accepting

all kinds of emotions, including negative ones, and still finding the strength to move on without giving up. At the end of the day, a good life is not just the absence of problems, it's about trying to figure out more ways to make life more joyful. Positive psychology can assist us in reaching these goals in life by helping individuals unleash their inner potential and be happier and happier each day.

THE AIM OF POSITIVE PSYCHOLOGY IS TO CATEGORIZE THE POSITIVE PSYCHOLOGY AS A PRE-OCCUPATION OF THE WORST THINGS IN LIFE. -MARTIN SELIGMAN (FATHER OF POSITIVE PSYCHOLOGY)



Science of Happiness and Human Strength. London, UK: Routledge.

Snyder, C.R., Lopez S. J., & Pedrotti, J. T. (2011). Positive psychology: The scientific and practical explorations of human strengths. New Delhi: Sage.

#### FOUNDER OF POSITIVE PSYCHOLOGY-

Martin Seligman may have been the first contemporary psychologist to call this new perspective 'Positive Psychology'. Martin was also known as the "Father of Positive Psychology".

During his 1998 presidential address to the American Psychological Association, Seligman made a plea for a major shift in psychology's focus. Seligman argued that the focus in Psychology which was to give enough significance in the lives of the people, he asked his audience that why psychology shouldn't study things like 'Joy and courage'. He was hopeful that positive psychology would help and the science of psychology.

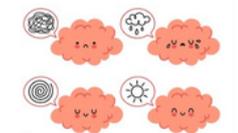
#### DIFFERENCE BETWEEN POSITIVE PSYCHOLOGY AND OTHER FIELDS OF PSYCHOLOGY.

Positive psychology is different from other areas of psychology because it focuses on identifying and building mental assets and not just addressing weaknesses and problems. This field is vast since it is not limited to people who are facing mental illnesses; it caters to the needs of everyone in general. Hence in culmination, psychology is a science concerned with strengths as well as

weaknesses, interested in repairing the worst things in life but also in this process trying to build the best things in life, finding ways to improve the lives of people and make them fulfilling and satisfying, along with healing them.

#### IMPORTANCE AND NEED FOR THIS FIELD-

As much as it's important to focus on the worst, it's also important to work on the best and to know the direction to it, how to get there meant to be lived and to just to be survived. Every individual yearns to achieve self-actualization which is a complete realization and development of one's potential, abilities, and appreciation for life. This concept lies at the top of Maslow's hierarchy of needs, and this need motivates each individual to make their lives better. Study shows that people facing mental illnesses can benefit more from positive psychology than healthy people (Resnick, & Rosenheck, 2006)



### PICK YOUR WORDS AS THEY PICK THEIR BATTLES

JASMINE KAUR

Myths seem hard to believe, at least when you're not a child anymore. Instead, picture someone pulling themselves out of their weak frame, lying in their bed, and running out of tears to spare. Close your eyes and see - they close their eyes, and it makes them able to see nothing. Nothing inside, nothing around. Words from your mouth from years ago form a string. A few knots, and now they have a noose to tighten around their neck. "You don't deserve to be loved because you don't know how to love."

"You're selfish, nothing else, just selfish."

"You are a disappointment."

"You are"

You.

How hard does that seem to believe? It becomes as familiar as one's name - conjured by everybody else but them.

Words spewed by a tongue may be construed harshly by the conscience of the listener. This is the unwritten tragedy, rejected by most.

Language is an essential means of communication through which individuals can express their thoughts, emotions, and intentions while also being equipped to understand and interpret their thoughts, feelings, and intentions. Often, language is accompanied by non-verbal yet observable inputs, adding a refined meaning to the conversation.

Blessed with such powerful weaponry, it becomes crucial that people realize the severity of the impact of their use of language. However, the act of making errors in terms of allowing a misinterpretation of the ideas conveyed by the speaker seems to be fixated on human nature.

A notorious distinction seems necessary to grasp the crux of this article: "I intended to vs I didn't intend to." If one intends to say what they said, then that means they were completely aware of

the worst possible influence their words could've had on the target, whereas if one didn't intend to hurt the listener, then there has been merely a misunderstanding.

#### SCENARIO ALPHA: A HYPOTHETICAL SITUATION

Person X and Person Y are peers at school. They're turning 18 soon, and within a few weeks, they will get a chance to attend the high school prom. X is popular in school, having wider social circles and tremendous confidence. Y is a shy individual who doesn't have many friends, wears glasses, and struggles with bulimia. Often, X bullies Y since they see them as weaker individuals and love the sense of power they enjoy over them. Once, X made fun of Y in front of everybody and said, "Look at that ugly brat, fatter than a Sumo". Now, everybody ridicules Y by calling them "Sumo". This troubles them deeply and worsens their bulimia, thus making them overeat irregularly while crying, and then looking at themselves in the mirror and finally purging. This constant routine has made them so vulnerable that now that they're admitted to a hospital, their body cannot accept food anymore.

#### SCENARIO BETA: A HYPOTHETICAL SITUATION

Person R is the mother of Person S. S's father is abusive towards S, yet R isn't aware of the same. Often, in front of R, S tends to shout at and disrespect their father, thus, making it seem like the father is the victim in this scenario. S doesn't feel comfortable enough to share the truth with their mother, R. Unaware of the issue, one day, R slams S for their behavior and says, "You are not worthy of a father. He loves you beyond your understanding and you, sploit kid, are not someone who deserves love. You're irrevocably selfish". Eventually, S, hurt by R's words, writes a note, confessing to the truth, packing their bag, and runs away. On reading the note, R feels crushed and betrayed and begins to blame herself.

#### SCENARIO GAMMA: A HYPOTHETICAL SITUATION

Person C is the husband of Person D. One day, over breakfast, C begins talking about the rise in the number of divorces in the city. To which, D surprisingly responds, "Sometimes I feel like I don't want to live anymore." C is shocked to hear their husband's expression. Not knowing what to say, they take their time, fumble, and then utter, "You should try harder. Things will be okay, it's just in your head. I know you're strong enough to get over this phase."

All of the above situations have been elaborated as examples to allow the readers to glimpse the concerns that need pinpointing, in Scenario Alpha, it becomes evident that the bully intended to say what they said. This means that they were entirely responsible for the consequences faced by the other person. People need to realize that one of the most essential qualities that make us human is empathy. Empathy is the ability of an individual to be able to see themselves in somebody else's situation, through their point of view, and in their shoes. It is a skill that is mastered only by the most emotionally intelligent beings.

Often, we fail to put ourselves in the shadows of the one in front of us, which leaves us exposed to a sense of entitlement. There are doors hiding things one isn't aware of, yet, they decide to knock over them countless times till the hinges fall apart and those things begin to crawl out. Each individual is trying to frame a life that makes a living as painless as possible, and to neglect that effort made by others would intensify the pain for everybody involved. Thus, it becomes imperative to develop a sense of empathy in oneself. We need to realize that everything said or uttered from our mouth can not have a 'word of caution' hung over it.

We need to be accountable for the thoughts later claimed as a 'slip of the tongue'. The following scenario is particularly concerning the first one. The father plays the role of a catalyst and the mother, an innocent yet frustrated character. The victim is their child, who is unable to express through words or voice. This inability is a serious one, yet not something that has been opted for. Often, people force themselves into a space that has more than four walls. Facing the struggles of their own lives, playing ping-pong with the walls and the nightmares - they hear everything the world has to offer through those walls, yet the world out there seems to turn deaf to their screams. Perhaps, these screams and commotions are so deeply rooted that they fail to exceed their limits of invisibility. This indicates that it isn't always true that the individuals who don't "show" signs of psychological distress aren't going through one. Indeed, empathy seems to be a superhuman profession in this context; however, one can do less and at least try to be sympathetic. An escape can be orchestrated by a lamb who is fearful of the wolf, as well as by a wolf who is afraid of himself. The mother, in this scenario, fails to listen to the silence of the child. Unfortunately, her misinterpretation of the situation leads her to commit a crime - degenerating the rotten soul. Of course, she never intended to do the same, and this leaves an opportunity for amendments.

To mend the broken bond, it is important to take the initiative. Thus, if people face a situation where their words were wrongly placed in the context, they must immediately, i.e., after the realization, gear up to fix what has been destroyed. Sympathizing with the individual who is closeted within their multidimensional table tennis room would do more good in this situation, rather than empathizing with them since one isn't aware of their frame of mind. To put it in simple words, the size of the shoe they wear isn't compatible with your size. The last scenario is where a depressed person is expressive of their issue and quite vocal about it. Fortunately, the husband is also reciprocating and adding to the conversation through sympathy. However, the fault in this conversation arises when we realize how sympathy is oddly placed in that context. This isn't a place for empathy either. Then what's the poor husband do to help his partner out? Taking a step back is one of the most significant help one can provide to a distressed call. Often, people who are willing to be free with their expression tend to require somebody who would simply listen. This means that curbing your words and listening to the other person with nothing but compassion can also relieve them. Hence, sometimes it is just better to allow a role reversal and be a good listener.

A listener might even face a situation where they do not understand speaker's expression; however, attempt to do the same would be a hand over their shoulder, letting know that you're there for them. them to fix things themselves same as letting go of their ear isolating them in a dark room. It is an art - communication. Selected words do not mean an more than the helpline suggests provided by a search engine mechanistic view towards the wouldn't do any good, no matter carefully the thoughts were an before expression. Feelings of empathy, and compassion are pi and profound, and to use their choose to omit their use requires to make the issue itself quite pi and profound. Closing your eyes and imagining words to speak that cut deep to somebody's body and soul graphic and exultating on it. However, once in a while, it is to close your eyes and see the truth can not see it with your open eyes.

**"IF GOD IS BUSY KILLING ME AND I'M BUSY KILLING GOD WOULD YOU STILL MIND IF I K SOMEBODY, AND BLAME IT ON A**

## SEEK THERAPY - DO NOT STRUGGLE IN SILENCE

HIMANI VERMA

What do you think, who goes for therapy? The words that will strike your mind would probably be crazy, unstable, someone having mental disorders or someone who needs fixing. These are some misconceptions that become prohibiting factors for consulting a therapist. Now, this begs an explanation to the question: 'What is therapy?'

Therapy is a space wherein you can unleash your inner conflicts, vent down your bottled-up emotions, comprehend and transform yourself into a person you have always wanted to become. Therapy can help you strengthen your resilient muscles while they are healthy enough to be flexed; issues are much easier to prevent than they are to fix. Without the fear of getting judged and manipulated, therapy is a relationship with a trained professional that helps you achieve your desired life. Therapists are well equipped with mental health and related fields. They are trained to listen to you and help you resolve your issues. Professionals provide a comfortable and confidential space to give a person validation and support to heal

themselves. Mental health professionals uncover your embedded emotions and thoughts. They help you in magnifying your consciousness. The unexplainable emotions, loss of sensation and hold on your behaviour, constant worries, unhealthy patterns of relationships, traumas endured, the pain inflicted; all can leave us with the discomfort that, in turn, lead to varied kinds of mental health issues and disorders.

Therapy provides a room where one can open the heart and mind. Therapists help you understand the beautiful yet complex thing called 'MIND'. Despite all the efforts of mental health professionals worldwide and imploring people to prioritize their mental health, people still show reluctance and resistance to therapy. The problem lies in how individuals perceive therapies. We often perceive therapies as going to the hospital to get our broken parts mended. The pattern in which we perceive our environment plays an integral role in the formation of our attitude. The term 'mental health' is equated with mental health issues, but instead of just mental fixes, we should

be thinking about mental fitness. You do not have to be completely mentally and emotionally shattered to have access to therapy. One can consult a therapist to prevent the stage of absolute burnout. You do not have to be anything but curious and ready to level up and move closer towards the version of yourself that you want to be.

We live in a culture that fantasizes about happiness, and if we are not thrilled all the time, we are made to believe that something is wrong with us. But it's important to realize that happiness is not a sustainable end goal. Happiness is one of the many healthy and pleasant emotions in therapy, you have the permission and support to feel the full range of human emotions instead of just one small slice. It might be challenging to understand how transformative that is until you see the magic it can spark in your life.

Therapy is a blessing rather than an embarrassment. It is a stepping stone in meeting your inner self and realizing your inner potential. It is a courageous and empowering act of addressing your mental and emotional imbalances and seeking help to resolve them. Therapy is not just about having a conversation; it is way more than that.



For maintaining our physical health, we go to the gym, follow a diet, and incorporate every necessary lifestyle change to not fall into the hands of any diseases. Then why do we hold back when it comes to maintaining our mental health? The answer lies in the misconceptions that have led to the deeply embedded stigmas that many of us carry. They cause harm to the individual themselves, more than anyone else. Therapy is often considered an act of shame and people consulting therapists are seen as unfit and defiant from society. They are being mocked upon and targeted for addressing their issues. Although many of the stigmas and myths are being busted lately with growing awareness of people about mental health, still people hesitate to make a much-needed call to a mental health professional for assistance.

Here are some common myths that hold people back from reaching out for help:

**"Therapy is only for crazy people."**

Many people think that therapy is only for those acting differently or those who have serious problems. The way television and golden screen have portrayed the image of therapy is one of the biggest reasons for growing misconception among people. Sitting on a couch while a person is hypnotizing and psychoanalyzing, screaming, crying, acting insubordinately, that is being shown in one of the most serious problems or for the people who have hit "rock bottom." In reality, therapy is for those who want to attain self-growth, those who are living with the willingness to solve their conflicts, and active better life. Therapy helps gain insight about yourself by assisting us in making compassionate choices and maintaining healthy relationships.

**"I can talk to friends and family for free; why should I consult a professional for that?"**

This misconception stems from a belief that therapy is all about talking and listening. Therapy is not all about having

a conversation with someone. More it is a professional relationship that helps you cope with your imbalances and discrepancies. Talking with friends about your mental health issues can be comforting and give you the needed support and warmth. However, when it comes to resolving them, acquaintances, family, and friends are incapable of helping you to deal with your problem. Therapists are trained and expert in helping people deal with their mental and emotional health issues. They bring an empathetic judgmental mind, professional not to be any type of healing mental health issues. They can only provide some advice or support. However, they are not the ultimate solution and never replace the essence of the holds.

On the other hand, friends and family can be biased in offering advice. They can also use moments when they are either emotional or unintentional as the best professional and the not to be any type of healing mental health issues. They can only provide some advice or support. However, they are not the ultimate solution and never replace the essence of the holds.

**"Only wealthy people can afford therapy."**

One of the major hindrances consulting a therapist is people's belief that therapy is only for rich people or

elite class. The reality is that it depends on whom you are consulting. Therapy can range from low to high rates. It is like consulting a doctor for your physical illness. You can choose which service you want. Also, a therapist charging low rates for their services does not necessarily indicate their lack of professionalism or skills. With all the online services and organizations working to eradicate stigmas encircling mental health, you could easily access affordable therapy with confidence. Therapy makes forever

Therapy is for your benefit and is carried out at your convenience. Just like a cough or any physical illness, cannot be left untreated. Similar to physical illness, mental health issues also need to be treated. Ignoring mental health issues can lead to more serious complications. When you realize that your therapy journey has been successful and you feel healed, you can go back to work with well-functioning mind and soul. Then you can ask your therapist to terminate the therapy.

### Conclusion

Therapy is something that can help you become more comfortable. Therapy can drastically increase the depth and authenticity of your happiness. It will honor the cathartic beauty of your sadness and make a profound necessary space for every feeling that lives within you. However, many of the stigmas surrounding therapy are lifting away with the growing concern for mental health. There are still a need for handling issues that are busting stigmas and myths which are embedded inside the mind of people. Therapy is not a sign of weakness, and it is instead an act of bravery and empowerment. Therapy is a blessing in the form of the belief that you can heal in your life. Therapy is the first step towards evolving your will and strong enough to address their issues and seek professional help. A client once asked me if I would carry them to the finish line. I answered, "I won't carry you, but I will support you along the side. When you feel you can go any further, I will hold you the way you want to go. I will cheer you on and remind you of your goal. When you reach that finish line, I will celebrate with you. Cause you did it. No one else. You. That's my role as a therapist."

-Clarinda Brandao

## IS HAPPINESS A CHOICE?

JAYA KUMARI

### WHAT IS HAPPINESS?

What is happiness? Everyone is in a quest to find an answer to this question. Happiness has always been a topic of discussion; the answer to this question varies from person to person; what makes one person happy may not be the same for others, but it is no less important that happiness is a choice, there is no wrong answer. Happiness formally is defined as a state of emotional well-being that a person experiences. When people from around the world are asked the most important things to be happy, the answer consistently pops up as "love".

The study of Happiness comes under Positive psychology, which is defined as a scientific approach to studying human thoughts, feelings, and behaviours, with attention on strengths rather than weaknesses, building the great in life rather than repairing the bad, and taking the lives of average people up to "great" rather than focusing solely on moving those that are struggling up to "normal" (Peterson, 2008). It was a response to Negative Psychology.

### WHERE CAN IT BE FOUND?

**"THERE IS NO PATH TO HAPPINESS. HAPPINESS IS THE PATH." - GAUTAMA BUDDHA**

It is said that happiness is a state of mind and there are things that come from within. We have to actively choose happiness and seek it over all the negativity in our lives. It can be found in the little moments in our daily life. Happiness is contagious; studies show that we are more likely to be happy when we are around people who are happy, so embrace those who bring the joy and let it rub off on you. Happiness is what you believe in, your values, and your truth. Hope for the best, as your inner positivity can channel through your behaviour, which can influence the result. Do what you love as it contributes to your mental well-being. Welcome life changes, as change is constant.



We need to keep in mind that happiness does not mean suppressing our negative emotions but rather understanding the cause of the negative emotion, accepting it, and then working upon it, in the most positive way possible. It is not always rainbows and sunshine, there are always going to be some gloomy days. During those gloomy days we can just feel those emotions and not avoid or deny them, as it is not a healthy way of dealing with them, and can do more harm than good to one's mental well-being. You are not obligated to stay happy all the time and should not pretend to be happy when you are hurting, as it would add to the emotional baggage you carry. During the sad moments of your life, you should count on all the happy moments you have experienced and hope for more to come in the future. The problems in our lives will never suddenly disappear, what we can do is face those problems with a smile on our face, not to be brave but just to be happy, the problem we face today will become our lessons for tomorrow.

### FACTORS INFLUENCING HAPPINESS

**"I HAVE CHOSEN TO BE HAPPY BECAUSE IT'S GOOD FOR MY HEALTH." - FROM VOLTAIRE**

For decades, researchers tried to reveal and understand happiness predictors. Some researchers believe that happiness is influenced by genetic and inherited factors and others believe that happiness is caused by environmental factors. Results of previous studies suggest that happiness is caused not only by one or two factors but rather a result of integrated general factors influence emotions in individuals.

### INTERNAL FACTORS

#### Genetic factors-

In recent years a new branch of human psychology appeared: a genetic approach to well-being and happiness. Twin studies suggested that genetic factors count for 35% to 50% of happiness. Studies suggested an association between 5-HTTLPR and life satisfaction as a cognitive dimension of happiness. This gene codes serotonin distribution in brain cells and results in mood regulation. MAO-A is introduced as a gene that is involved in regulating happiness. This gene is located on chromosome X, which is involved in mood regulation and it is a catabolic enzyme for serotonin, dopamine, and noradrenalin.

### Brain and Neurotransmitters

All of the activities are managed by the brain. Thoughts, feelings, activities, learning, and love are all conducted by the brain. Mood and emotions are not except for this role. Research has particularly focused on the prefrontal cortex, where asymmetric activation in relation to positive and negative emotions is shown unlike most other brain regions involved in emotion processing. The limbic system that is placed in the central area of the brain, has the most influence on identifying the form of emotions. Increasing metabolism of the limbic system leads to depression in individuals.

Studies showed that positive and negative moods are affected by the chemicals in our brain in several ways. Dopamine and serotonin are two of the important neurotransmitters involved in mood. Positive moods and negative moods are mediated by dopamine and serotonin levels. The following are also known as happy hormones:

Dopamine, also known as the "feel-good" hormone, is an important part of our brain's reward system. It is associated with learning, memory, motor system functions as well pleasurable sensations. A balanced dopamine level is essential for a stable mood.

Serotonin is a neurotransmitter that mediates optimism, happiness. Serotonin is also involved in depression. It also is involved in emotions, mood, digestion. Research indicates an increase in serotonin in positive mood.

Endorphins are continuous exercise, chocolate-eating. Increased level of endorphin in the body and endorphin inhibited pain.

Melatonin, also known as the "sleep hormone", is made by the brain during the dark. Studies showed that related to happiness is a role in depression, it increases of melatonin reduces depression.



### HORMONES AND ENDOCRINE GLAND

Cortisol has been shown as one of the consistent markers for depression. High levels of morning cortisol have been linked to depression and neuroticism. Researchers suggest that happiness is related to the level of Cortisol in the body. Research indicates that atypical Cortisol secretion patterns are linked to depression, stress, and anxiety. While less salivary Cortisol is a good predictor of happiness.

Adrenaline produces similar effects to Cortisol, such as immune system suppression and increased heart rate. Research indicates that urinary adrenaline is a good predictor of happiness, it is also closely related to Dopamine.

Oxytocin, often referred to as the "cuddle hormone" facilitates the relationship with others and is associated with positive social behaviours, so it assumes that it is related to happiness. Oxytocin can be a mechanism that produces happiness by facilitating social relations, as a significant correlation can be found between happiness and social relationship.

### Physical health

Recently, several studies concluded that there is a significant correlation between positive mood and physical health. Researchers stated that people with happiness experience a long life. People with happiness behave healthier than others. Some researchers used music therapy to increase positive emotions in individuals with cancer; they conclude that music therapy has a positive effect when dealing with cancer.

### EXTERNAL FACTORS

Factors that seem to affect happiness are- economic status, social and personal relationships, the health of oneself and our loved ones, spirituality, sense of independence, environment, etc. Seligman (2002) describes that there are eight external factors that affect individual happiness. The research found that these factors contribute to happiness but only by a very small margin. A person who expresses a positive evaluation and a person who expresses a negative evaluation of their life, both experience happiness through these external factors to the same extent.

### HOW TO OVERCOME HURDLES AND ATTAIN HAPPINESS

Happiness and sadness are the two sides of the coin which we experience throughout our lives. What we need to realise is that they coexist, we can't overcome sadness if we deny its existence. Every cloud has a silver lining and similarly every negative situation has a positive aspect to it as well, we might not recognize that aspect of it at the very moment but when we look back at it we realise it for what it was.

### "LIFE IS LIKE A MIRROR, SMILE AT IT AND IT SMILES BACK AT YOU"

Studies show that smiling can trick your brain into believing you're happy which can then spur actual feelings of happiness. It was also found that depression weakens your immune system whereas happiness has been shown to boost our body's resistance. Not only does smiling help you but also the people around you. Studies have found that we are more likely to feel happy when we are among happy people, this can be due to the presence of the mirror neuron, which mimics what you see around yourself, for e.g.: If you see me beam a big smile at you, you have neurons in your brain that would stimulate a big smile at me or somebody else

One should try to assess any situation as an individual event rather than overgeneralizing it. Depression can tinge recollections with negative emotions. It magnifies the one thing that went wrong while ignoring the many things that went right. We need to ask ourselves questions as our feelings and emotions might be real to us, but not stand true when logically evaluated. Love yourself. You accept the happiness or sadness you think you deserve; you will choose happiness only if you think you deserve it and you do deserve it. Doing things you enjoy, prioritizing your physical and mental well-being, and being a lenient critic of yourself might help you attain it along the journey called life.

### BECAUSE HAPPINESS

Happiness is something you actively choose, regardless of the negatives in your life because it is not something that is ready-made but rather something you make from scratch. So out of everything you are given to choose, choose happiness even if it's not an option.

### REFERENCES

Argyle M (2001) The psychology of happiness East Sussex, UK: Routledge (Original work published 1987) [Google Scholar]  
Bradburn, N. M.: 1969. The Structure of Psychological Well-Being (Alpine, Chicago).

## SKIP THE STRESS AND SHINE!

VANSHIKA KUMAR

### "WE LIVE IN A TEST-CONSCIOUS, TEST-GIVING CULTURE IN WHICH THE LIVES OF PEOPLE ARE IN PART DETERMINED BY THEIR TEST PERFORMANCE." (SARASON ET AL., 1960)

### HAVE YOU EVER FELT NERVOUS IN A ROOM WHEN TESTS ARE MENTIONED?

Think of the time when you were going to give the final exam of your most difficult subject. During the preparation time, did you get sick with fever or have an upset stomach, or maybe constant headaches? Were there any emotional breakdowns, sleepless nights or excessive fatigue? Ever experienced a lack of concentration? Did you feel dizzy on the way to the examination centre or maybe got nausea the moment you got the question paper?

If yes, then you MIGHT be having something known as Examination Stress.

### STRESS: THE BASICS

While it is quite common to get the nerves before or during exams, one thing which is not common is being so stressed out of one's mind, that the functioning abilities go down the drain, leaving the mind blank, resulting in fear and anxiety levels getting off the roof.

Stress itself is a common and, dare I say, an important phenomenon in our life. It is what one would call "a necessary evil". It refers to two things: our perception of pressure caused by any event, and the way our body responds to it.

Stress can help an individual to meet and respond to a threat or danger as aptly as possible, whether in a life-threatening situation like meeting a bear in a forest or in daily life, such as having a punctured tire right when one must go to work. This stress is called Eustress. But when it starts affecting life to the point where we can't function adequately, then we have a problem which is Distress. And it's worse if it is chronic. Chronic stress causes our muscles to be more or less in a state of constant tension. Muscle atrophy, panic attacks, cardiovascular problems.

depression, and various kinds of anxiety disorders are common side-effects of stress.

### IN THE WORLD OF EDUCATION..

Examination stress is a student's interactions between environmental stressors, the student's cognitive appraisal of and coping with the academic-related stressors, and psychological or physiological response to the stressors (Lee & Larson, 2000).

That's a lot of words here, so let's simplify it: Examination stress is simply the way students perceive an environmental stressor and an academic stressor, and how they perceive their coping mechanisms and psychophysiological responses to the stressors. Exam stress causes our perception to get muddled up as we negatively appraise the environmental stimuli (for example, "What would people say if I get a low score?" "I won't get my favourite hoodie because mom said low score means no hoodie") and the academic stimuli (for instance, panicking and having negative thoughts of impending doom and failure, after not being able to solve a math equation, or not being able to remember the

stages of cognitive development in Piaget's theory).

Though, in all honesty, exam stress is not the only thing making the students miserable. For some, even the thought of studying can be nerve-wracking. There can be a disinterest in attending classes, a lack of comprehension of subjects even after rigorous practice, and an apprehension of the potential failure in academics. Thakkar (2018) in an article on Medium described tests, grades, homework, academic and achievement expectations and parental pressure as students' biggest academic stressors. A study conducted by Misra and Castillo (2004) revealed that American college students have self-imposed academic stress (due to the tendency to compete and win) due to the competitive American culture.

As a whole, academic stress is multifactorial, arising from both academic and non-academic factors, including socio-cultural (such as the student's gender, nationality, religion, even sexuality), environmental (such as the workplace, college facilities, faculty, and the overall ambience), and psychological attributes (whether the student has any previous mental health problem or their attitude towards studies) (Brand and Schoonheim-Klein, 2009).

### EXAMINATION STRESS ACROSS THE GLOBE

India has a board exam system, much similar to the one faced by British students. But school-goers are not the only ones suffering from bouts of anxiety and self-doubt here. The study conducted by Jain and Parihar (2018) revealed that college students, especially from the Behavioural Sciences field, experience the high level of stress and anxiety caused before or during exams.

In South Korea, the learning façade of K-pop has the daily tips and unreasonable expectations faced by teens, irrespective of their career choices, who give CSAT when they pass high school each year. It leads to feelings of helplessness, extreme academic stress, low motivation, heavy pressure, and over-competition amongst students (Shin et al., 2018).

Even though the UK is dropping speaking tests from its GCSE examination of different languages from next year to reduce anxiety, it is still important to note that the British students, just like Indians or Koreans, have the same fear of societal judgments, career implications, and future consequences.



### TIPS TO REDUCE EXAM STRESS

Now that we have learned the basics of exam stress, I'd like to provide some tips to reduce stress as well, which are:

- Take breaks: Even the busiest student schedule can squeeze in a 10-minute break. Go out, drink water, play your favourite Spotify Mix Playlist. Chillax, and forget you have exams for a few minutes.

● (Not) The End of The World: Thinking about your future while preparing is legit. But overthinking about what might happen would potentially just ruin what is going on at the moment, which is your preparation for studies. So stop spinning in the rabbit hole and instead, kick it.

● Clean and Clear: When we are trying to concentrate, it is common to be distracted by stimuli around us. So, clean up your space, and while you are cleaning, do your things and make a to-do list for actions that are blocking your productivity. Track one topic at a time.

● ALL IS WELL: Amir Khan in 3 Idiots said, "The four of us are scared and it gets shared with every difficulty. When someone says, 'All is well', our brain has been wired by evolution to appraise the negative outcomes first. To beat it, just think of all the positive things you have achieved in your preparation. And tell your heart 'All is well, all is well', as our Mr Khan says :)

● Touch some grass: No, quite literally, go and sit in a garden, or cycle around. Just try going out of the house and doing some physical exercise. The more you let out that unnecessary tension by



### ADAPTING TO CHANGES

BHAVI TAKKAR

### ONLINE TO OFFLINE TRANSITION

At first, during the transition time, nothing short of a miracle kept us afloat. The pandemic brought a drastic change in the teaching-learning mechanism. From the monotonous online classes and endless bouts of assignments to every student's dream come true of the offline mode, we have finally got to meet our teachers, engage all teachers, all of these subjects made us bounce with happiness. But once this initial high subsided, apprehension took the front stage. Online to offline transition was proving to be more challenging than we had imagined.

So when the notice declaring reopening the University was issued, the primary response was that of absolute elation. Most students were thrilled and relieved at the idea of finally being on campus. The first-year students (who passed out of school online) couldn't contain their joy about getting to experience college life. The second and third-year students who had spent a majority of their college life online and somewhat made peace (albeit begrudgingly) with the fact

that they would graduate online was also over the moon. Even though the online mode of education has its own merits, online classroom teaching is unparalleled. This was especially a welcome relief for the students who faced regular network glitches and the ones who couldn't keep up with online teaching due to lack of resources. Finally getting to meet our teachers, engage all teachers, all of these subjects made us bounce with happiness. But once this initial high subsided, apprehension took the front stage. Online to offline transition was proving to be more challenging than we had imagined.

Prepping for college, waking up early (covid has messed up our sleep cycles among other things), and hassles of commuting are only some of the problems most of us are facing. Now, it can be argued that these aren't legit "problems" and rightfully so, but what needs to be taken into account here is the two-year-long hiatus and consequent disconnect from the offline world which has made these menial tasks seemingly cumbersome. Being stuck in our homes, haywire routines, limited social interactions, and lack of

physical activity owing to the pandemic have changed us in ways more than one.

The troubles of outstation students are on another tangent altogether. From packing in haste and booking tickets on short notice to finding affordable and secure accommodations coupled with tearful goodbyes, their woes are more than reasonable.

Concerns of first-year students are probably a notch higher than others. We are sailing in two boats, one foot online and the other offline. With our online exams and practicals just around the corner and the sudden change in the mode of classes along with having to settle in college life, things have been all over the place. It is especially tough for our outstation peers who are hesitant to shift to Delhi given the limited time and online exams soon approaching. Consequently, they are missing out on lectures. For the second and third-year students too, appearing for offline exams shortly under an invigilator's watch would be anxiety-ridden, to say the least. The transition is taking a toll on all of us. Distress is bound to arise in such a scenario. Foreheads marred with lines and voices filled with trepidation have become a common sight. Adding to that is the still prevalent fear of the spread of the virus. The mental health of



Students in a classroom setting during an offline exam.

Now, after a few weeks of resuming offline classes. It is safe to say that most of us haven't found our footing yet. We thought it was difficult to concentrate in online classes and that offline teaching would make things better but things haven't panned out exactly. Sitting still for lectures at a stretch and directing concentration seems foreign when we are used to being bundled up in sheets and attending classes from the comforts and confines of our homes. Experiencing campus life was something we had been craving for so long and now that it is our reality, we are struggling to keep up with it. Just the fact that we have to attend college regularly now and being around so many people after so long will take some time to process and get habitual to. Interacting with teachers and peers without the disruption of a screen has been a pleasant change though so has spending leisure time lazing around the lush green gardens amidst the lap of nature.

Online to offline hasn't been the smoothest of transitions (still an ongoing process) rather it has been an overwhelming one, courtesy of the pandemic which has increased the uncertainty of life tenfold. What needs to be understood and accepted here is that change is the only constant. But adapting to life changes is easier said

than done, so rushing and stressing won't help. Getting back in the groove at our own pace with a positive mindset will, with the belief that eventually, we will get there.

Here are a few tips that will hopefully make this transition a little easier:-

### 1. MEDITATION

You might call it too mainstream and cliché but meditation will help in relaxing your body from these stressors. A few simple breathing exercises will go a long way. See the change for yourself.

### 2. ME TIME

Amidst the chaos of life, we forget to spend some time with ourselves. Take a breather and sit with yourself. It will allow self-reflection and help bring clarity of thoughts to cope with the transition.

### 3. ACTIVE EFFORTS

At times we tend to get too comfortable in our lives, and even a small life change becomes hard to deal with, making us suik and complain. It is essential to understand that adapting to changes is a part of life. Yes, it is tough but we can begin by recognizing, acknowledging, and then working towards adapting to such life changes. So let's make active

efforts to ease this transition process.

### 4. PATIENCE

Getting habitual to the offline way of life again will take time. It is not an overnight process. So patience is the key. Try to view the situation as the glass half full and keep moving forward.

### 5. SEEK HELP

It is okay if you are finding it difficult or are unable to deal with the transition. Talk to your peers, friends, and family about your feelings and problems. If not then seek help from a professional.

Here's to hoping we all make the transition even if it is with a few bumps and hiccups!

### REFERENCES

Singh, A. (2022, February 21). Why online to offline a bumpy transition for kids. The Times of India.

EducationWorld. (2021, October 22). Challenges faced by students while switching from online to offline classes.



---

## ‘WE ALL ARE HERE FOR ONE ANOTHER’ – ROLE OF SOCIAL SUPPORT IN BUILDING RESILIENCE DURING COVID 19

GAYATRI S. RAJPUT

‘THE TIME WHEN THE WORLD HAD  
TURNED UPSIDE DOWN, WITH  
BLACKNESS SWEEPED OVER EVERY TOWN  
THE TIME WHEN THE LAUGHTER HAD  
SUDDENLY DISAPPEARED LEAVING ALL  
OF OUR DREAMS IN A SUDDEN FEAR’

The beginning of this new decade has been a turning point in our lives. The pandemic has brought an ocean full of challenges and difficulties. Many of us are suffering because of this tough time. Sailing through rough waters was not easy at all. The feeling of helplessness, hopelessness, loneliness, and uncertainty was gradually looming larger each day. We all were struggling to keep ourselves away from the negativities around us and tried our best to not let the external locus affect us. But at the same time, living through the same life every day has become somewhat monotonous and stressful.

However, did you ever wonder that what is the one instrument that has helped us cope with this distress? How we all felt connected and could relate to the sufferings of one another?

It is all because of the social network that provided us immense social support and this support is an important instrument in combating our distress and helping us to cope with it. It is a way of making us believe that we are loved and cared for. Any form of help is available to us in difficult times. Social support ranges from providing emotional support to being instrumental in terms of providing tangible aid and assistance. It has proved to be an effective stress buffer in times of COVID when we all were going through the same scenario. It is one of the most effective ways of assuring us that we are not alone and we have a handful of people around us who love us and care for us.

Supporting each other in times of need is instrumental in binding us all together especially in this COVID 19 Pandemic, which has proved to be disastrous. Thousands of people have lost their loved ones. Hundreds of children have lost their parents and have nothing to look up to. In such a situation when we all feel stuck in life and bound due to the constraints of the pandemic, it's important to extend our hands further

---

## PSYCHOVISION

---

and join in with the people who need us. When things look fine but they may not be great for others. Therefore, checking upon people is necessary because we hardly can predict what a person is going through. We never know the extent to which the pandemic has been bitter to some.

One of the simpler ways of taking care of our mental health is to support and provide help to others. By social support we do not only mean to say, extending hands to others and helping others to overcome challenges while forgetting about ourselves. Social support is a two-way process. It requires us to unmute ourselves and ask for help when one is suffering rather than struggling all alone. Talking to our loved ones and relating to their experiences helps us to ensure that we have people standing strong beside us.

Now the question posted is how we will support each other without being physically and substantially present?

Social support does not require us to be physically present. There are so many subtle ways in which one can contribute to improving their mental well-being and those around them.

We can have a live chat session where people are interacting and sharing their life experiences or venting out their frustration and exhaustion. This can be done through various digital platforms readily available to us. To feel connected to each other in these tough times, we can engage in various sorts of fun activities. Activities such as organizing online games, taking part in various sessions together, binge-watching together, etc.

All this will help in adding some novelty to our monotonous routine and to give some essence of freshness and composure to our mind, lessening it from the burden and help our mind feel relaxed and free for some time from any kind of stress. At the least checking upon each other frequently through messaging and calls is a way to assure the struggler that, the better days are yet to come and they are not alone.



## PSYCHOVISION

---

The purpose of this article was not just to cater to the needs of the people having huge social networks around them. We should also take into consideration all those people being left out, having no one to rely upon. For those people who don't have their families and friends around, it is important to mark out here that social support is not necessarily gained only through our loved ones. All the communities around us working for the welfare of the people are worth connecting. Joining hands with welfare institutions and interacting with them by sharing our lifestyles with the people who could relate to us and listening to the lives of others can help us to cope better in these times of uncertainty.

The notion of social assistance is based on the fact that our mind looks for constant reassurance from our surroundings that we are not only the ones being challenged by the situations around us and this reassurance helps us to come out slowly and steadily from every obstacle being faced.

On an ending note, it is worth remarking that every time we feel distressed and stuck, we should connect with the people around us who would never make us feel alone and encourage us to come out stronger from our distress. It helps us in adapting better to the novelties of life.

**'OUR LAUGHTER CAN NEVER  
DISAPPEAR IF WE ALL ARE TOGETHER  
COPING UP WITH OUR FEAR.'**



# POSITIVE PSYCHOLOGY - ENHANCING MINDSETS AND ATTITUDE

PALAK SINGLA

**'EVEN A HAPPY LIFE CANNOT BE WITHOUT A MEASURE OF DARKNESS, AND THE WORD HAPPY WOULD LOSE ITS MEANING IF IT WERE NOT BALANCED BY SADNESS.' ~CARL JUNG (FOUNDER OF ANALYTICAL PSYCHOLOGY)**

Since time immemorial people have been wondering about questions such as- "What is happiness? Where can it be found?"

Happiness can be directly linked to finding positivity in one's life because it's a state of mind that involves positive emotions and a positive attitude. Happiness is a subjective term and it can mean different things to different people. Each has to find what's happiness for them on their own, it's a search left for all to do. Happiness can be linked to positive psychology, as Positive Psychology tries to answer questions like "What can one do to find joy and happiness, that eventually would lead to a more meaningful and fulfilling life?"

## POSITIVE PSYCHOLOGY

Positive psychology is the branch of psychology that focuses on the behaviour and strengths which can allow people to have meaning and purpose in their lives, going beyond the realms of mere survival. It builds on the humanistic movement by famous psychologists like, Abraham Maslow and Carl Rogers, which revolved around encouraging the importance of happiness, well-being, and positivity.

It's a common belief that psychology as a science, gives attention to weaknesses; tries to improve maladaptive behaviour, and focuses on reducing human misery, which by the nature of the very fact stands true. But what most of us overlook is that psychology also studies the promotion of the best in human behaviour, by giving attention to strengths and by promoting the study and understanding of healthy human functioning.

---

## PSYCHOVISION

---

### FOUNDER OF POSITIVE PSYCHOLOGY-

Martin Seligman may have been the first contemporary psychologist to call this new perspective "Positive Psychology." Martin was also known as the "Father of Positive Psychology".

During his 1998 presidential address to the American Psychological Association, Seligman made a plea for a major shift in psychology's focus. Seligman noted the imbalance in Psychology which failed to give enough significance in improving the lifestyle and the quality of life of individuals. He asked his audience that why psychology shouldn't study things like "joy and courage". He was hopeful that positive psychology would help expand the scope of psychology.

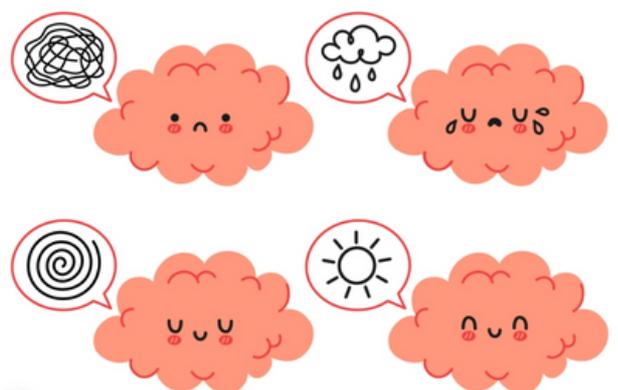
### DIFFERENCE BETWEEN POSITIVE PSYCHOLOGY AND OTHER FIELDS OF PSYCHOLOGY-

Positive psychology is different from other areas of psychology because it tries to focus on identifying and building mental assets and not just addressing weaknesses and problems. This field is vast since it is not limited to people who are facing mental illnesses; it caters to the needs of everyone in general. Hence in culmination, psychology is a science concerned with strengths as well as

weaknesses; interested in repairing the worst things in life but also in this process trying to build the best things in life, finding ways to improve the lives of people and make them fulfilling and satisfying, along with healing them.

### IMPORTANCE AND NEED FOR THIS FIELD-

As much as it's important to focus on the worst, it's also important to work on the best and to know the direction to it, because after all, life is meant to be lived and not just to be survived. Every individual yearns to achieve self-actualization which is a complete realization and development of one's potential, abilities, and appreciation for life. This concept lies at the top of Maslow's hierarchy of needs, and this need motivates each individual to make their life better. A study shows that people facing mental illnesses can benefit more from positive psychology than healthy people (Resnick, & Rosenheck, 2006)



## PSYCHOVISION

---

### MISCONCEPTIONS REGARDING POSITIVE PSYCHOLOGY-

What's important to keep in mind is that positive psychology doesn't disregard other branches of psychology. It does not intend to undermine any of the very real problems and issues that people face, but rather it seeks to highlight the positive aspects of what makes life worth living.

Positive Psychology promotes positivity in life but it does not promote toxic positivity, which is the belief that no matter how dire or difficult a situation is, people should try to see the good in every situation.

Toxic positivity causes harm by promoting the idea that if you aren't trying to find a way to feel positive while facing a tragedy, you are doing something wrong. Psychology would never promote such misleading ideas which can cause so much more damage to people who are already suffering.

### CONCLUSION-

Happiness lies within us, it's not available outside or it isn't a consequence of a successful life. Good mental health is not about always being happy; it's about feeling and accepting

all kinds of emotions, including negative ones, and still finding the strength to move on without giving up. At the end of the day, a good life is not just the absence of problems, it's about trying to figure out more ways to make life more joyful. Positive psychology can assist us in reaching these goals in life by helping individuals unleash their inner potential and be happier and happier each day.

**THE AIM OF POSITIVE PSYCHOLOGY IS TO CATALYZE A CHANGE IN PSYCHOLOGY FROM A PREOCCUPATION ONLY WITH REPAIRING THE WORST THINGS IN LIFE TO ALSO BUILDING THE BEST QUALITIES IN LIFE. ~MARTIN SELIGMAN (FATHER OF POSITIVE PSYCHOLOGY)**



### REFERENCES

- Carr, A. (2011). Positive Psychology: The Science of Happiness and Human Strength. London, UK: Routledge.
- Snyder, C.R., Lopez S. J., & Pedrotti, J. T. (2011). Positive psychology: The scientific and practical explorations of human strengths. New Delhi: Sage.
-

---

# PICK YOUR WORDS AS THEY PICK THEIR BATTLES

JASMINE KAUR

Myths seem hard to believe, at least when you're not a child anymore. Instead, picture someone pulling themselves out of their weak frame, lying in their bed, and running out of tears to spare. Close your eyes and see – they close their eyes, and it makes them able to see nothing. Nothing inside, nothing around. Words from your mouth from years ago form a string. A few knots, and now they have a noose to tighten around their neck.

“You don't deserve to be loved because you don't know how to love.”

“You're selfish, nothing else, just selfish.”

“You are a disappointment.”

“You are”

You.

How hard does that seem to believe? It becomes as familiar as one's name – conjured by everybody else but them.

Words spewed by a tongue may be construed harshly by the conscience of the listener. This is the unwritten tragedy, rejected by most.

Language is an essential means of communication through which individuals can express their thoughts, emotions, and intentions while also being equipped to understand and interpret their thoughts, feelings, and intentions. Often, language is accompanied by non-verbal yet observable inputs, adding a refined meaning to the conversation.

Blessed with such powerful weaponry, it becomes crucial that people realize the severity of the impact of their use of language. However, the act of making errors in terms of allowing a misinterpretation of the ideas conveyed by the speaker seems to be fixated on human nature.

A notorious distinction seems necessary to grasp the crux of this article: “I intended to” v/s “I didn't intend to.” If one intends to say what they said, then that means they were completely aware of

---

## PSYCHOVISION

---

the worst possible influence their words could've had on the target, whereas if one didn't intend to hurt the listener, then there has been merely a misunderstanding.

### **SCENARIO ALPHA: A HYPOTHETICAL SITUATION**

Person X and Person Y are peers at school. They're turning 18 soon, and within a few weeks, they will get a chance to attend the high school prom. X is popular in school, having wider social circles and tremendous confidence. Y is a shy individual who doesn't have many friends, wears glasses, and struggles with bulimia. Often, X bullies Y since they see them as weaker individuals and love the sense of power they enjoy over them. Once, X made fun of Y in front of everybody and said, "Look at that ugly brat, fatter than a Sumo!". Now, everybody ridicules Y by calling them 'Sumo'. This troubles them deeply and worsens their bulimia, thus making them overeat irregularly while crying, and then looking at themselves in the mirror and finally purging. This constant routine has made them so vulnerable that now that they're admitted to a hospital, their body cannot accept food anymore.

### **SCENARIO BETA: A HYPOTHETICAL SITUATION**

Person R is the mother of Person S. S's father is abusive towards S, yet R isn't aware of the same. Often, in front of R, S tends to shout at and disrespect their father, thus, making it seem like the father is the victim in this scenario. S doesn't feel comfortable enough to share the truth with their mother, R. Unaware of the issue, one day, R slams S for their behavior and says, "You are not worthy of a father. He loves you beyond your understanding and you, spoilt kid, are not someone who deserves love. You're irrevocably selfish!". Eventually, S, hurt by R's words, writes a note, confessing to the truth, packs their bag, and runs away. On reading the note, R feels crushed and betrayed and begins to blame herself.

### **SCENARIO GAMMA: A HYPOTHETICAL SITUATION**

Person C is the husband of Person D. One day, over breakfast, C begins talking about the rise in the number of divorces in the city. To which, D surprisingly responds, "Sometimes I feel like I don't want to live anymore." C is shocked to hear their husband's expression. Not knowing what to say, they take their time, fumble, and then utter, "You should try harder. Things will be okay, it's just in your head. I know you're strong enough to get over this phase."

---

## PSYCHOVISION

---

All of the above situations have been elaborated as examples to allow the readers to glimpse the concerns that need pinpointing. In Scenario Alpha, it becomes evident that the bully intended to say what they said. This means that they were entirely responsible for the consequences faced by the other person. People need to realize that one of the most essential qualities that make us human is empathy. Empathy is the ability of an individual to be able to see themselves in somebody else's situation, through their point of view, and in their shoes. It is a skill that is mastered only by the most emotionally intelligent beings.

Often, we fail to put ourselves in the shadows of the one in front of us, which leaves us exposed to a sense of entitlement. There are doors hiding things one isn't aware of, yet, they decide to knock over them countless times till the hinges fall apart and those things begin to crawl out. Each individual is trying to frame a life that makes a living as painless as possible, and to neglect that effort made by others would intensify the pain for everybody involved. Thus, it becomes imperative to develop a sense of empathy in oneself. We need to realize that everything said or uttered from our mouth can not have a 'word of caution' hung over it.

We need to be accountable for the thoughts later claimed as a "slip of the tongue." The following scenario is particularly concerning the first one. The father plays the role of a catalyst and the mother, an innocent yet frustrated character. The victim is their child, who is unable to express through words or voice. This inability is a serious one, yet not something that has been opted for. Often, people force themselves into a space that has more than four walls. Facing the struggles of their own lives, playing ping-pong with the walls and the nightmares - they hear everything the world has to offer through those walls, yet the world out there seems to turn deaf to their screams. Perhaps, these screams and commotion are so deeply rooted that they fail to exceed their limits of invisibility. This indicates that it isn't always true that the individuals who don't "show" signs of psychological distress aren't going through one. Indeed, empathy seems to be a superhuman profession in this context; however, one can do less and at least try to be sympathetic. An escape can be orchestrated by a lamb who is fearful of the wolf, as well as by a wolf who is afraid of himself. The mother, in this scenario, fails to listen to the silence of the child. Unfortunately, her misinterpretation of the situation leads her to commit a crime - degenerating the rotten soul. Of course, she never intended to do the same, and this leaves an opportunity for amendments.

---

## PSYCHOVISION

---

To mend the broken bond, it is important to take the initiative. Thus, if people face a situation where their words were wrongly placed in the context, they must immediately, i.e., after the realization, gear up to fix what has been destroyed. Sympathizing with the individual who is closeted within their multidimensional table tennis room would do more good in this situation, rather than empathizing with them since one isn't aware of their frame of mind. To put it in simple words, the size of the shoe they wear isn't compatible with your size. The last scenario is where a depressed person is expressive of their issue and quite vocal about it. Fortunately, the husband is also reciprocating and adding to the conversation through sympathy. However, the fault in this conversation arises when we realize how sympathy is oddly placed in that context. This isn't a place for empathy either. Then what must the poor husband do to help his partner out? Taking a step back is one of the most significant help one can provide to a distress call. Often, people who are willing to be free with their expression tend to require somebody who would simply listen. This means that curbing your words and listening to the other person with nothing but compassion can also relieve them. Hence, sometimes it is just better to allow a role reversal and be a good listener.

A listener might even face a situation where they do not understand the speaker's expression; however, a mere attempt to do the same would provide a hand over their shoulder, letting them know that you're there for them. Asking them to fix things themselves is the same as letting go of their hand and isolating them in a dark room.

It is an art – communication. Selectively chosen words do not mean anything more than the helpline suggestions provided by a search engine. A mechanistic view towards the same wouldn't do any good, no matter how carefully the thoughts were arranged before expression. Feelings of empathy, sympathy, and compassion are personal and profound, and to use them and choose to omit their use requires people to make the issue itself quite personal and profound.

Closing your eyes and imagining your words to spear that cut deep through somebody's body and soul can be graphic and excruciating on yourself. However, once in a while, it is better to close your eyes and see the truth if you can not see it with your open eyes.

**“IF GOD IS BUSY KILLING ME,**

**AND I'M BUSY KILLING GOD;**

**WOULD YOU STILL MIND IF I KILL  
SOMEBODY, AND BLAME IT ON GOD?”**

---

# SEEK THERAPY - DO NOT STRUGGLE IN SILENCE

HIMANI VERMA

What do you think, who goes for therapy? The words that will strike your mind would probably be crazy, unstable, someone having mental disorders or someone who needs fixing. These are some misconceptions that become prohibiting factors for consulting a therapist. Now, this begs an explanation to the question; "What is therapy?"

Therapy is a space wherein you can unleash your inner conflicts, vent down your bottled-up emotions, comprehend and transform yourself into a person you have always wanted to become. Therapy can help you strengthen your resilient muscles while they are healthy enough to be flexed; issues are much easier to prevent than they are to fix. Without the fear of getting judged and manipulated, therapy is a relationship with a trained professional that helps you achieve your desired life. Therapists are well equipped with mental health and related fields. They are trained to listen to you and help you resolve your issues. Professionals provide a comfortable and confidential space to give a person validation and support to heal

themselves. Mental health professionals uncover your embedded emotions and thoughts. They help you in magnifying your consciousness. The unexplainable emotions, loss of sensation and hold on your behaviour, constant worries, unhealthy patterns of relationships, traumas endured, the pain inflicted; all can leave us with the discomfort that, in turn, lead to varied kinds of mental health issues and disorders.

Therapy provides a room where one can open the heart and mind. Therapists help you understand the beautiful yet complex thing called 'MIND'. Despite all the efforts of mental health professionals worldwide and imploring people to prioritize their mental health, people still show reluctance and resistance to therapy. The problem lies in how individuals perceive therapies. We often perceive therapies as going to the hospital to get our broken parts mended. The pattern in which we perceive our environment plays an integral role in the formation of our attitude. The term 'mental health' is equated with mental health issues, but instead of just mental fixes, we should

---

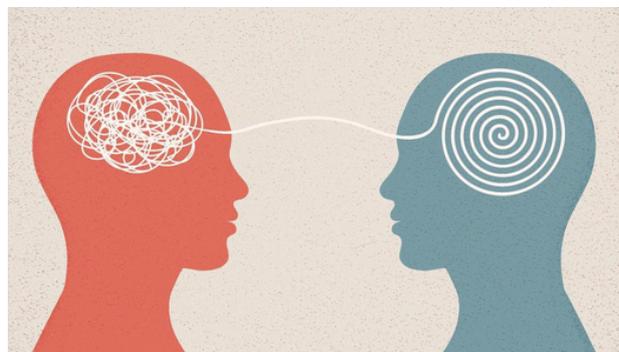
## PSYCHOVISION

---

be thinking about mental fitness. You do not have to be completely mentally and emotionally shattered to have access to therapy. One can consult a therapist to prevent the stage of absolute burnout. You do not have to be anything but curious and ready to level up and move closer towards the version of yourself that you want to be.

We live in a culture that fantasizes about happiness, and if we are not thrilled all the time, we are made to believe that something is wrong with us. But it's important to realize that happiness is not a sustainable end goal. Happiness is one of the many healthy and pleasant emotions. In therapy, you have the permission and support to feel the full range of human emotions instead of just one small slice. It might be challenging to understand how transformative that is until you see the magic it can spark in your life.

Therapy is a blessing rather than an embarrassment. It is a stepping stone in meeting your inner self and realizing your inner potential. It is a courageous and empowering act of addressing your mental and emotional imbalances and seeking help to resolve them. Therapy is not just about having a conversation; it is way more than that.



For maintaining our physical health, we go to the gym, follow a diet, and incorporate every necessary lifestyle change to not fall into the hands of any diseases. Then why do we hold back when it comes to maintaining our mental health? The answer lies in the misconceptions that have led to the deeply embedded stigmas that many of us carry. They cause harm to the individual themselves, more than anyone else. Therapy is often considered an act of shame and people consulting therapists are seen as unfit and defiant from society. They are being mocked upon and targeted for addressing their issues. Although many of the stigmas and myths are being busted lately with growing awareness of people about mental health, still people hesitate to make a much-needed call to a mental health professional for assistance.

---

## PSYCHOVISION

---

Here are some common myths that hold people back from reaching out for help:

**“Therapy is only for crazy people.”**

Many people think that therapy is only for those acting differently or those who have serious problems. The way television and golden screen have portrayed the image of therapy is one of the biggest reasons for growing misconception among people. Sitting on a couch while a person is hypnotizing and psychoanalyzing you, screaming, crying, acting insanely. This is what is being shown in the name of mental illness and therapies. Therapy is not only for serious problems or for the people who have hit “rock bottom.” In reality, therapy is for those who want to attain self-growth, improvise their way of living, have the willingness to resolve their conflicts, and achieve a better life. Therapy helps you gain insights about yourself by assisting us in making compassionate choices and maintaining healthy relationships.

**“I can talk to friends and family for free; why should I consult a professional for that?”**

This misconception stems from a belief that therapy is all about talking and listening. Therapy is not all about having

a conversation with someone. Moreover, it is a professional relationship that helps you cope with your imbalances and discrepancies. Talking with friends about your mental health issues can be comforting and give you the necessary support and warmth. However, when it comes to resolving them, acquaintances, family, and friends are incapable of helping you to deal with your problems. Therapists are trained and have expertise in helping people deal with their mental and emotional health issues. The skills of being empathetic, non-judgmental make professionals different from others and specialized in their work area.

On the other hand, friends and family can be biased in offering advice. They can also cause more harm than good. Whether intentionally or unintentionally as they are not professionals and they do not have any expertise in dealing with mental health issues. They can only pull some advice or support. However, they are not the ultimate solution and can never replace the essence that therapy holds.

**“Only wealthy people can afford therapy.”**

One of the major hindrances in consulting a therapist is people’s belief that therapy is only for rich people or the

---

## PSYCHOVISION

---

elite class. The reality is that it depends on whom you are consulting. Therapy can range from low to high rates. It is like consulting a doctor for your physical illness. You can choose which service you want. Also, a therapist charging low rates for their services does not necessarily indicate their lack of professionalism or skills. With all the online services and organizations working to eradicate stigmas encircling mental health, you could easily access affordable therapy at your convenience.

### **“Therapy takes forever.”**

Therapy is for your benefit and is carried out at your convenience. Just like a cough or any physical illness cannot fade away overnight. Similarly, mental illness takes time to recover. You are unleashing inner conflicts, designing treatment plans, and eliciting and discovering the sources of mental illnesses. All this takes time and effort. When you realize that your therapy objectives have been fulfilled and you have healed, you can get back to work with a well-functioning mind and soul. Then you can ask your therapist to terminate the therapy.

### **Conclusion**

Therapy is something that can help you become more comfortable. Therapy can drastically increase the depth and authenticity of your happiness. It will honor the cathartic beauty of your sadness and make a profound necessary space for every feeling that lives within you. However, many of the stigmas surrounding therapy are lifting away with the growing concern for mental health. There is still a need for expanding awareness and busting stigmas and myths, which are embedded inside the mind of people. Therapy is not a sign of weakness, and it is instead an act of bravery and empowerment. Therapy is a blessing and one of the best things that you can have in your life. Therapy is the first step towards evolving as a willing and strong enough to address their issues and seek professional help. A client once asked me if I would carry them to the finish line. I answered, “I won’t carry you, but I will support you along the sidelines and when you feel you can’t go any further, I will hand you some water. You will want to quit, but I’ll be there to cheer you on and remind you of your goal. When you reach that finish line, I will celebrate with you. Cause you did it. No one else. You. That’s my role as a therapist.”

~Clarinda Brandao

---

---

# IS HAPPINESS A CHOICE?

JAYA KUMARI

## WHAT IS HAPPINESS?

What is happiness? Everyone is in a quest to find an answer to this question. Happiness has always been a topic of discussion; the answer to this question varies from person to person; what makes one person happy may not be the same for others, but it is no less important than others as well, there is no wrong answer. Happiness formally is defined as a state of emotional well-being that a person experiences. When people from around the world are asked to list the most important things to them, happiness consistently tops the list.

The study of Happiness comes under Positive psychology, which is defined as a scientific approach to studying human thoughts, feelings, and behaviours, with attention on strengths rather than weaknesses, building the great in life rather than repairing the bad, and taking the lives of average people up to "great" rather than focusing solely on moving those that are struggling up to "normal" (Peterson, 2008). It was a response to Negative Psychology.

## WHERE CAN IT BE FOUND?

**"THERE IS NO PATH TO HAPPINESS.  
HAPPINESS IS THE PATH." - GAUTAMA  
BUDDHA**

It is said that happiness is a state of mind, and therefore it has to come from within. We have to actively choose happiness and seek it over all the negativity in our lives. It can be found in the little moments in our daily life. Happiness is contagious, studies show that we are happiest when we are around those who are also happy, so embrace those who are joyful and let it rub off on you. Hold on to what you believe in, your values, and your truth. Hope for the best, as your inner positivity can channel through your behaviour, which can influence the result. Do what you love as it contributes to your mental well-being. Welcome life changes, as change is constant.



## PSYCHOVISION

---

We need to keep in mind that happiness does not mean suppressing our negative emotions but rather understanding the cause of the negative emotion, accepting it, and then working upon it, in the most positive way possible. It is not always rainbows and sunshine, there are always going to be some gloomy days. During those gloomy days we can just feel those emotions and not avoid or deny them, as it is not a healthy way of dealing with them, and can do more harm than good to one's mental well-being. You are not obligated to stay happy all the time and should not pretend to be happy when you are hurting, as it would add to the emotional baggage you carry. During the sad moments of your life, you should count on all the happy moments you have experienced and hope for more to come in the future. The problems in our lives will never suddenly disappear, what we can do is face those problems with a smile on our face, not to be brave but just to be happy, the problem we face today will become our lessons for tomorrow.

### FACTORS INFLUENCING HAPPINESS

**"I HAVE CHOSEN TO BE HAPPY  
BECAUSE IT'S GOOD FOR MY  
HEALTH."- FROM VOLTAIRE**

---

For decades, researchers tried to review and understand happiness predictors. Some researchers believe that happiness is influenced by genetic and inherited factors and others believe that happiness is caused by environmental factors. Results of previous studies suggest that happiness is caused not only by one or two factors but rather a **result of integrated several factors. As a whole, two interactive general factors influence emotions in individuals.**

### INTERNAL FACTORS

#### Genetic factors-

In recent years a new branch of human psychobiology appeared: a genetic approach to well-being and happiness. Twin studies suggested that genetic factors count for 35% to 50% of happiness. Studies suggested an association between 5-HTTLPR and life satisfaction as a cognitive dimension of happiness. This gene codes serotonin distribution in brain cells and results in mood regulation. MAO-A is introduced as a gene that is involved in regulating happiness. This gene is located on chromosome X, which is involved in mood regulation and it is a catabolic enzyme for serotonin, dopamine, and noradrenalin.

## PSYCHOVISION

---

### Brain and Neurotransmitters

All of the activities are managed by the brain. Thoughts, feelings, activities, learning, and love, are all conducted by the brain. Mood and emotions are not except for this role. Research has particularly focused on the prefrontal cortex, where asymmetric activation in relation to positive and negative emotions is shown unlike most other brain regions involved in emotion processing. The limbic system that is placed in the central area of the brain, has the most influence on identifying the form of emotions. Increasing metabolism of the limbic system leads to depression in individuals.

Studies showed that positive and negative moods are affected by the chemicals in our brain in several ways. Dopamine and serotonin are two of the important neurotransmitters involved in mood. Positive moods and negative moods are mediated by dopamine and serotonin levels. The following are also known as happy hormones:

Dopamine, also known as the “feel-good” hormone, is an important part of our brain’s reward system. It is associated with learning, memory, motor system functions as well pleasurable sensations. A balanced dopamine level is essential for a stable mood.

Serotonin is a neurotransmitter that mediates optimism, satisfaction, and happiness. Serotonin levels are reduced in depression. It also seems to play a role in emotions, mood, appetite, and digestion. Research indicated that an increase in serotonin level was related to positive mood.

Endorphins are released during continuous exercise, fear, love, music, chocolate-eating, laughter, etc. Increased level of endorphin restrains pain in the body and a reduced level of endorphin inhibited positive feelings.

Melatonin, also known as the sleep hormone, is made by the pineal gland in the brain during the night. It is linked with how our body gets ready for sleep. Studies showed that melatonin level is related to happiness level. Melatonin has a role in depression, it was found that an increase of melatonin in the blood reduces depression.



## PSYCHOVISION

---

### HORMONES AND ENDOCRINE GLAND

Cortisol has been shown as one of the consistent markers for depression. High levels of morning cortisol have been linked to depression and neuroticism. Researchers suggest that happiness is related to the level of Cortisol in the body. Research indicates that atypical Cortisol secretion patterns are linked to depression, stress, and anxiety. While less salivary Cortisol is a good predictor of happiness.

Adrenaline produces similar effects to Cortisol, such as immune system suppression and increased heart rate. Research indicates that urinary adrenaline is a good predictor of happiness, it is also closely related to Dopamine.

Oxytocin, often referred to as the “cuddle hormone” facilitates the relationship with others and is associated with positive social behaviours, so it assumes that it is related to happiness. Oxytocin can be a mechanism that produces happiness by facilitating social relations, as a significant correlation can be found between happiness and social relationship,

### Physical health

Recently, several studies concluded that there is a significant correlation between positive mood and physical health. Researchers stated that people with happiness experience a long life. People with happiness behave healthier than others. Some researchers used music therapy to increase positive emotions in individuals with cancer; they conclude that music therapy has a positive effect when dealing with cancer.

### EXTERNAL FACTORS

Factors that seem to affect happiness are- economic status, social and personal relationships, the health of oneself and our loved ones, spirituality, sense of independence, environment, etc. Seligman (2002) describes that there are eight external factors that affect individual happiness. The research found that these factors contribute to happiness but only by a very small margin. A person who expresses a positive evaluation and a person who expresses a negative evaluation of their life, both experience happiness through these external factors to the same extent.

---

## PSYCHOVISION

---

### **HOW TO OVERCOME HURDLES AND ATTAIN HAPPINESS**

Happiness and sadness are the two sides of the coin which we experience throughout our lives, what we need to realise is that they coexist, we can't overcome sadness if we deny its existence. Every cloud has a silver lining and similarly every negative situation has a positive aspect to it as well, we might not recognize that aspect of it at the very moment but when we look back at it we realise it for what it was.

### **"LIFE IS LIKE A MIRROR, SMILE AT IT AND IT SMILES BACK AT YOU"**

Studies show that smiling can trick your brain into believing you're happy which can then spur actual feelings of happiness. It was also found that depression weakens your immune system whereas happiness has been shown to boost our body's resistance. Not only does smiling help you but also the people around you. Studies have found that we are more likely to feel happy when we are among happy people, this can be due to the presence of the mirror neuron, which mimics what you see around yourself, for e.g.: If you see me beam a big smile at you, you have neurons in your brain that would stimulate a big smile at me or somebody else

One should try to assess any situation as an individual event rather than overgeneralizing it. Depression can tinge recollections with negative emotions. It magnifies the one thing that went wrong while ignoring the many things that went right. We need to ask ourselves questions as our feelings and emotions might be real to us, but not stand true when logically evaluated.

Love yourself. You accept the happiness or sadness you think you deserve; you will choose happiness only if you think you deserve it: and you do deserve it. Doing things you enjoy, prioritizing your physical and mental well-being, and being a lenient critic of yourself might help you attain it along the journey called life.

### **BECAUSE HAPPINESS**

Happiness is something you actively choose, regardless of the negatives in your life because it is not something that is ready-made but rather something you make from scratch. So out of everything you are given to choose, choose happiness even if it's not an option.

### **REFERENCES**

Argyle M (2001). The psychology of happiness East Sussex, UK: Routledge (Original work published 1987). [Google Scholar]

Bradburn, N. M.: 1969, The Structure of Psychological Well-Being (Alpine, Chicago).

---

---

# SKIP THE STRESS AND SHINE!

VANSHIKA KUMAR

**“WE LIVE IN A TEST-CONSCIOUS, TEST-GIVING CULTURE IN WHICH THE LIVES OF PEOPLE ARE IN PART DETERMINED BY THEIR TEST PERFORMANCE.”  
(SARASON ET AL., 1960)**

**HAVE YOU EVER FELT NERVOUS IN A ROOM WHEN TESTS ARE MENTIONED?**

Think of the time when you were going to give the final exam of your most difficult subject. During the preparation time, did you get sick with fever or have an upset stomach, or maybe constant headaches? Were there any emotional breakdowns, sleepless nights or excessive fatigue? Ever experienced a lack of concentration? Did you feel dizzy on the way to the examination centre or maybe got nausea the moment you got the question paper?

If yes, then you MIGHT be having something known as Examination Stress.

## STRESS: THE BASICS

While it is quite common to get the nerves before or during exams, one thing which is not common is being so stressed out of one's mind, that the functioning abilities go down the drain, leaving the mind blank, resulting in fear and anxiety levels getting off the roof.

Stress itself is a common and, dare I say, an important phenomenon in our life. It is what one would call “a necessary evil”. It refers to two things: our perception of pressure caused by any event, and the way our body responds to it.

Stress can help an individual to meet and respond to a threat or danger as aptly as possible, whether in a life-threatening situation like meeting a bear in a forest or in daily life, such as having a punctured tire right when one must go to work. This stress is called Eustress. But when it starts affecting life to the point where we can't function adequately, then we have a problem which is: Distress. And it's worse if it is chronic. Chronic stress causes our muscles to be more or less in a state of constant tension. Muscle atrophy, panic attacks, cardiovascular problems,

---

## PSYCHOVISION

---

depression, and various kinds of anxiety disorders are common side-effects of stress.

### IN THE WORLD OF EDUCATION...

Examination stress is a student's interactions between environmental stressors, the student's cognitive appraisal of and coping with the academic-related stressors, and psychological or physiological response to the stressors (Lee & Larson, 2000).

That's a lot of words here, so let's simplify it: Examination stress is simply the way students perceive an environmental stressor and an academic stressor, and how they perceive their coping mechanisms and psychophysiological responses to the stressors. Exam stress causes our perception to get muddled up as we negatively appraise the environmental stimuli (for example, "What would people say if I get a low score?" "I won't get my favourite hoodie because mom said low score means no hoodie") and the academic stimuli (for instance, panicking and having negative thoughts of impending doom and failure, after not being able to solve a math equation, or not being able to remember the

stages of cognitive development in Piaget's theory).

Though, in all honesty, exam stress is not the only thing making the students miserable. For some, even the thought of studying can be nerve-wracking. There can be a disinterest in attending classes, a lack of comprehension of subjects even after rigorous practice, and an apprehension of the potential failure in academics. Thakkar (2018) in an article on Medium described tests, grades, homework, academic and achievement expectations and parental pressure as students' biggest academic stressors. A study conducted by Misra and Castillo (2004) revealed that American college students have self-imposed academic stress (due to the tendency to compete and win), due to the competitive American culture.

As a whole, academic stress is multifactorial, arising from both academic and non-academic factors, including socio-cultural (such as the student's gender, nationality, religion, even sexuality), environmental (such as the workspace, college facilities, faculty, and the overall ambience), and psychological attributes (whether the student has any previous mental health problem or their attitude towards studies) (Brand and Schoonheim-Klein, 2009).

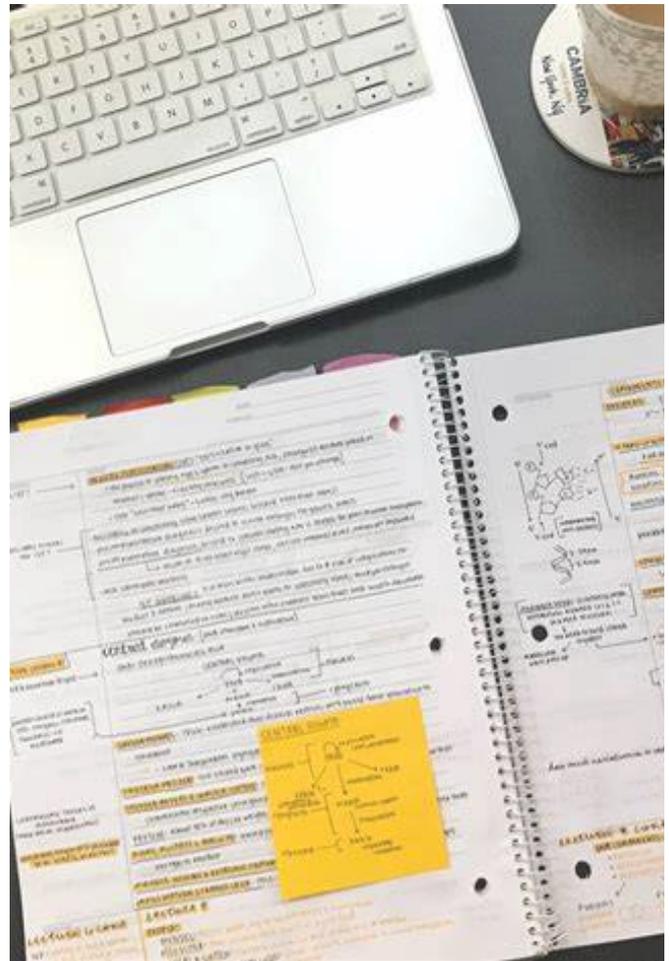
---

## EXAMINATION STRESS ACROSS THE GLOBE

India has a board exam system, much similar to the one faced by British students. But school-goers are not the only ones suffering from bouts of anxiety and self-doubt here. The study conducted by Jain and Kumari (2014) revealed that college students, especially from the Arts or Social Sciences field, experience the highest level of stress and anxiety caused before or during exams.

In South Korea, behind the gleaming façade of K-pop, lies the daily hardships and unreasonably high expectations faced by teens, irrespective of their career choices, who give CSAT when they pass high school each year. It leads to feelings of helplessness, extreme academic stress, low motivation, heavy pressure, and over-competition amongst students (Shin et al., 2018).

Even though the UK is dropping speaking tests from its GCSE examination of different languages from next year to reduce anxiety, it is still important to note that the British students, just like Indians or Koreans, have the same fear of societal judgments, career implications, and future consequences.



### TIPS TO REDUCE EXAM STRESS

Now that we have learned the basics of exam stress, I'd like to provide some tips to reduce stress as well, which are:

- **Take breaks:** Even the busiest study schedule can squeeze in a 10-minute break. Go out, drink water, play your favourite Spotify Mix Playlist. Chillax, and forget you have exams for a few minutes.

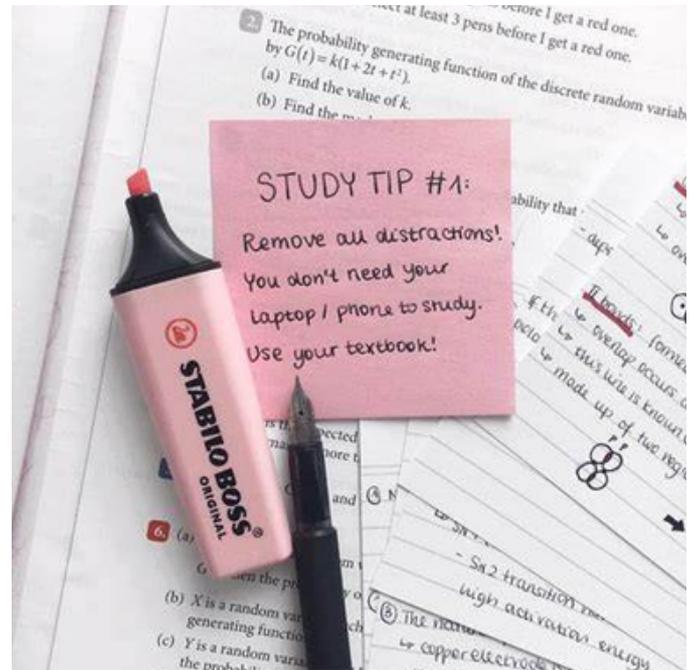
## PSYCHOVISION

● (Not) The End of The World: Thinking about your future while preparing is legit. But overthinking about what might happen would potentially just ruin what is going on at the moment, which is your preparation for studies. So, stop spiralling into the rabbit hole and instead lock it.

● Clean and Clear: When we are trying to concentrate, it is common to be distracted by stimuli around us. So, clean up your study space. And while you're at it, clear up your thoughts and make a proper plan of action. Instead of becoming a jack of all trades, master one topic at a time.

● ALL IS WELL: Aamir Khan in 3 Idiots pointed out that our heart is a coward and it gets scared with every little difficulty. While romanticized, it is true. Our brain has been wired by evolution to appraise the negative outcomes first. To beat it, just think of all the positive things you have achieved in your preparation. And tell your heart "All is well, all is well", as our Mr Khan says :)

● Touch some grass: No, quite literally, go and sit in a garden, or cycle around. Just try going out of the house and doing some physical exercise. The more you let out that unnecessary tension by



breaking a sweat, the more relaxed you'll be, and hence more able to focus on your studies. After all, it is a proven fact that exercise does make you smarter.

In the end, I would like to add that there is nothing wrong with being stressed out about exams. Just like getting married, having kids, getting a job, or even the first day of school or college are important and stressful events in our lives, so are exams. The world is competitive and whether we like it or not, our exam grades can affect our lives. But they do so to a certain extent after which, it's all about how we adapt to the difficulties and develop our skills. Remember, exams and grades are temporary, it is education that is permanent.

# ADAPTING TO CHANGES

BHAVI TAKKAR

## ONLINE TO OFFLINE TRANSITION

Student life during the covid time has been nothing short of a rollercoaster ride. The pandemic brought in a drastic change in the teaching-learning mechanism. From the monotonous online classes and endless bouts of assignments to every student's dream come true in the form of online exams to the ironic field trips, we have been through it all. It did take a while but for the most part, we got accustomed to the online revolution as the new normal. The third wave in the form of Omicron didn't help the matter either and experiencing campus life seemed like a far-fetched dream.

So when the notice declaring reopening the University was issued, the primary response was that of absolute elation. Most students were thrilled and relieved at the idea of finally being on campus. The first-year students (who passed out of school online) couldn't contain their joy about getting to experience college life. The second and third-year students who had spent a majority of their college life online and somewhat made peace (albeit begrudgingly) with the fact

that they would graduate online were also over the moon. Even though the online mode of education has its own merits, offline classroom teaching is unparalleled. This was especially a welcome relief for the students who faced regular network glitches and the ones who couldn't keep up with online teaching due to a lack of resources. Finally getting to meet our peers, seniors, and teachers; all of these aspects made us bounce with happiness. But once this initial high subsided, apprehension took the front stage. Online to offline transition was proving to be more challenging than we had imagined.

Prepping for college, waking up early (covid has messed up our sleep cycles among other things), and hassles of commuting are only some of the problems most of us are facing. Now, it can be argued that these aren't legit "problems" and rightfully so, but what needs to be taken into account here is the two-year-long hiatus and consequent disconnect from the offline world which has made these menial tasks seemingly cumbersome. Being stuck in our homes, haywire routines, limited social interactions, and lack of

---

## PSYCHOVISION

---

physical activity owing to the pandemic have changed us in ways more than one.

The troubles of outstation students are on another tangent altogether. From packing in haste and booking tickets on short notice to finding affordable and secure accommodations coupled with tearful goodbyes, their woes are more than reasonable.

Concerns of first-year students are probably a notch higher than others. We are sailing in two boats, one foot online and the other offline. With our online exams and practicals just around the corner and the sudden change in the mode of classes along with having to settle in college life, things have been all over the place. It is especially tough for our outstation peers who are hesitant to shift to Delhi given the limited time and online exams soon approaching. Consequently, they are missing out on lectures. For the second and third-year students too, appearing for offline exams shortly under an invigilator's watch would be anxiety-ridden, to say the least. The transition is taking a toll on all of us. Distress is bound to arise in such a scenario. Foreheads marred with lines and voices filled with trepidation have become a common sight. Adding to that is the still prevalent fear of the spread of the virus. The mental health of

students is being affected by this transition. According to a report by UNICEF, 14 percent of young Indians are depressed in COVID times but are unwilling to talk about it. The same has been found among students, most of them are finding the transition phase from online to offline education difficult and refrain from participating in various class activities and would rather keep to themselves due to the lack of human connection. As the return to in-person teaching and learning rolls out, things will not simply spring back to the way they were. Outpatient departments of psychiatry units in hospitals have been reporting a sharp increase in visits by teenagers coming for counselling in recent weeks due to behavioural changes and the anxiety that the return to offline mode has been setting off after two years of virtual classes.



## PSYCHOVISION

---

Now, after a few weeks of resuming offline classes, it is safe to say that most of us haven't found our footing yet. We thought it was difficult to concentrate in online classes and that offline teaching would make things better but things haven't panned out exactly. Sitting still for lectures at a stretch and directing concentration seems foreign when we are used to being bundled up in sheets and attending classes from the comforts and confines of our homes. Experiencing campus life was something we had been craving for so long and now that it is our reality, we are struggling to keep up with it. Just the fact that we have to attend college regularly now and being around so many people after so long will take some time to process and get habitual to. Interacting with teachers and peers without the disruption of a screen has been a pleasant change though so has spending leisure time lazing around the lush green gardens amidst the lap of nature.

Online to offline hasn't been the smoothest of transitions (still an ongoing process) rather it has been an overwhelming one, courtesy of the pandemic which has increased the uncertainty of life tenfold. What needs to be understood and accepted here is that change is the only constant. But adapting to life changes is easier said

than done, so rushing and stressing won't help. Getting back in the groove at our own pace with a positive mindset will, with the belief that eventually, we will get there.

Here are a few tips that will hopefully make this transition a little easier:-

### 1. MEDITATION

You might call it too mainstream and cliché but meditation will help in relaxing your body from these stressors. A few simple breathing exercises will go a long way. See the change for yourself.

### 2. ME TIME

Amidst the chaos of life, we forget to spend some time with ourselves. Take a breather and sit with yourself. It will allow self-reflection and help bring clarity of thoughts to cope with the transition.

### 3. ACTIVE EFFORTS

At times we tend to get too comfortable in our lives, and even a small life change becomes hard to deal with, making us sulk and complain. It is essential to understand that adapting to changes is a part of life. Yes, it is tough but we can begin by recognizing, acknowledging, and then working towards adapting to such life changes. So let's make active

---

## PSYCHOVISION

---

efforts to ease this transition process.

### 4. PATIENCE

Getting habitual to the offline way of life again will take time. It is not an overnight process. So patience is the key. Try to view the situation as the glass half full and keep moving forward.

### 5. SEEK HELP

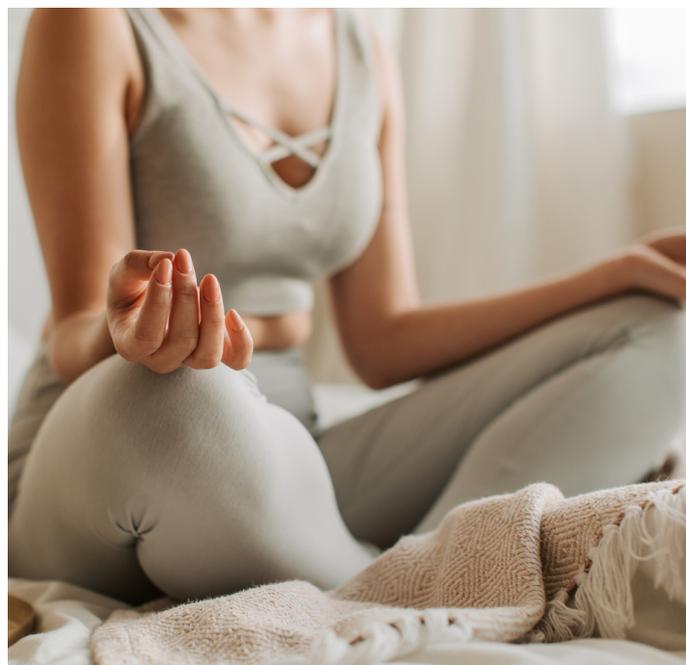
It is okay if you are finding it difficult or are unable to deal with the transition. Talk to your peers, friends, and family about your feelings and problems. If not then seek help from a professional.

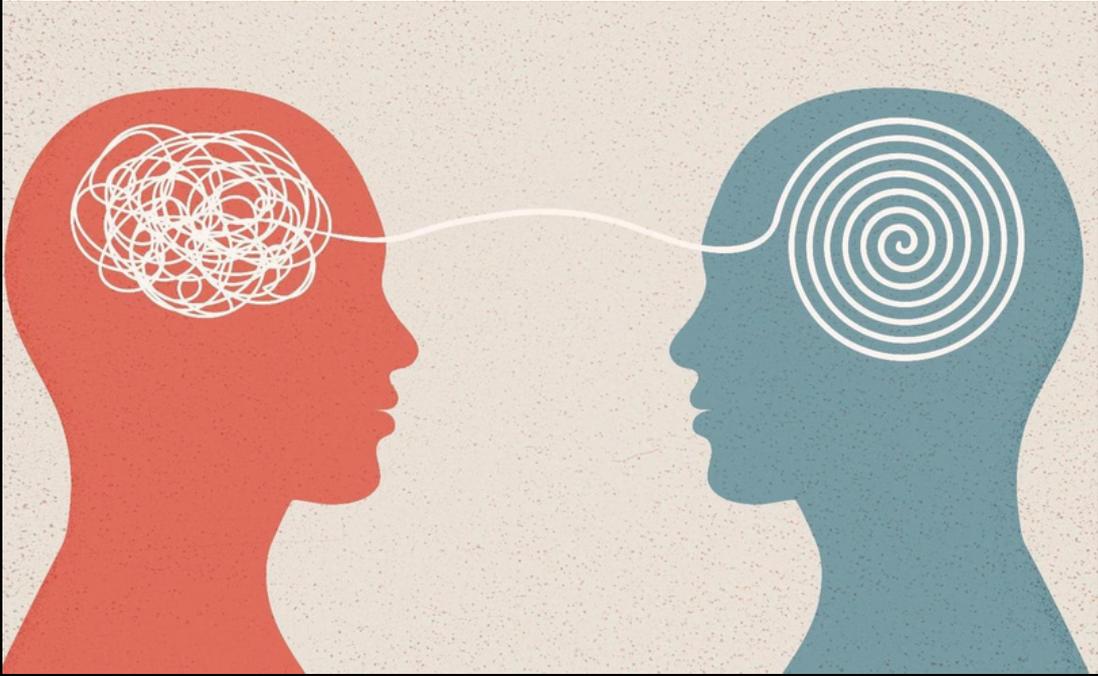
Here's to hoping we all make the transition even if it is with a few bumps and hiccups!

### REFERENCES

Singh, A. (2022, February 21). Why online to offline a bumpy transition for kids. The Times of India.

EducationWorld. (2021, October 22). Challenges faced by students while switching from online to offline classes.





# A-Z OF PSYCHOLOGY



# Affect

Any experience of feeling or emotion, from the simplest and the most normal to the most complex sensations and reactions. Often described in terms of positive affect or negative affect, both mood and emotion are considered affective states.

# Behaviorism

An approach to psychology, formulated in 1913 by John B. Watson, based on the study of objective, quantitative, and observable facts rather than subjective, qualitative processes.

# Catharsis

The release of strong, pent-up emotions.

# Denial

A defense mechanism in which unpleasant thoughts, feelings, wishes, or events are ignored or excluded from conscious awareness.

# Empathy

Understanding a person from their frame of reference rather than one's own, or vicariously experiencing that person's feelings, perceptions, and thoughts.

# Free-will

It is a state or the power or capacity of a human being for self-direction which suggests that inclinations, dispositions, thoughts, and actions are not determined entirely by forces over which people have no independent directing influence.

# Groupthink

A strong concurrence-seeking tendency that interferes with effective group decision-making.

# Hallucination

A false sensory perception that has a compelling sense of reality despite the absence of an external stimulus.

# Introspection

The process of attempting to directly access one's own internal psychological processes, judgments, perceptions, or states.

# Judgement

The capacity to recognize relationships, draw conclusions from evidence, and make critical evaluations of events and people.

# Kleptomania

An impulse-control disorder characterized by a repeated failure to resist impulses to steal objects that have no immediate use or intrinsic value to the individual, accompanied by feelings of increased tension before committing the theft and either pleasure or relief during the act.

# Logotherapy

An approach to psychotherapy that focuses on the “human predicament,” helping the client to overcome crises in meaning.

# Mindfulness

Awareness of one’s internal states and surroundings.

# Nature–Nurture

The dispute over the relative contributions of hereditary and constitutional factors (nature) and environmental factors (nurture) to the development of an individual.

# Obsession

A persistent thought, idea, image, or impulse that is experienced as intrusive or inappropriate and results in marked anxiety, distress, or discomfort.

# Persuasion

An active attempt by one person to change another person’s attitudes, beliefs, or emotions associated with some issue, person, concept, or object.

# Quality of life

The extent to which a person obtains satisfaction from life. The following are important for a good quality of life: emotional, material, and physical well-being; engagement in interpersonal relations; opportunities for personal development; exercising rights and making self-determining lifestyle choices; and participation in society.

# Recency effect

A memory phenomenon in which the most recently presented facts, impressions, or items are learned or remembered better than material presented earlier.

# Schema

A collection of basic knowledge about a concept or entity that serves as a guide to perception, interpretation, imagination, or problem solving.

# Trauma

Any disturbing experience that results in significant fear, helplessness, dissociation, confusion, or other disruptive feelings intense enough to have a long-lasting negative effect on a person's attitudes, behavior, and other aspects of functioning.

# Unconditional positive regard

An attitude of caring, acceptance, and prizing that others express toward an individual irrespective of his or her behavior and without regard to the others' personal standards.

# Visualization

The process of creating a visual image in one's mind (see visual imagery) or mentally rehearsing a planned movement in order to learn skills or enhance performance.

# Wellness

A dynamic state of physical, mental, and social well-being. It is the result of four key factors over which an individual has some control: biology, environment, lifestyle, and health care management.

# Xenophobia

A strong and irrational, sometimes pathological, fear of strangers.

# Yoga

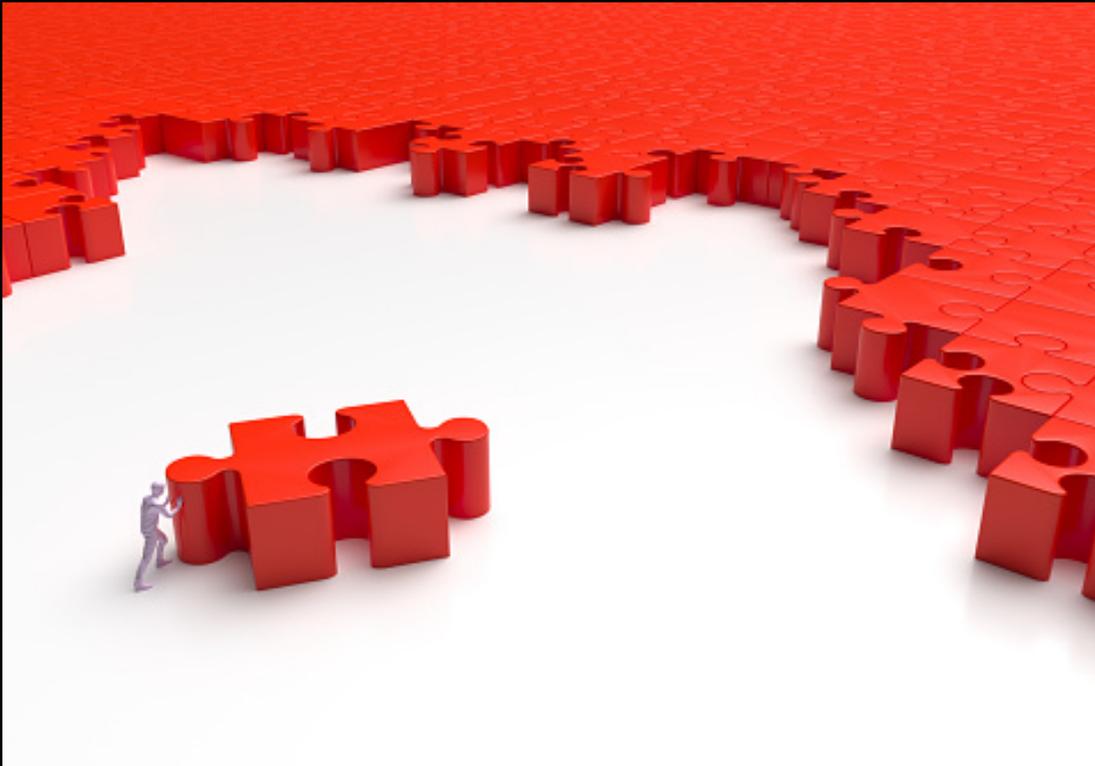
A school or tradition of Hindu philosophy and practical teaching that ultimately seeks to achieve mystic union of the self with the Supreme Being, or of the human spirit with the universal spirit, through a prescribed mental discipline and physical exercises.

# Zoophobia

It is an intense, uncontrollable fear of animals.



# BRAIN TEASERS



# QUICK QUIZ

- Q1- Who proposed that the birth order affects personality?
- Q2- Flooding is a method under?
- Q3- According to Jung, the archetype representing the feminine side of males is called?
- Q4- Two- Factor theory of Emotion has been proposed by?
- Q5- In \_\_\_\_\_, one creates new schemes or adjusts old ones after noticing that the current way of thinking does not capture the environment completely.
- Q6- An individual's belief that he or she can perform some behaviour or task successfully is called?
- Q7- The uncomfortable state that arises because of a discrepancy between an attitude and behavior or between two attitudes is called?
- Q8- \_\_\_\_\_ are mental frameworks, formed through experience, that help us to organize and make sense of social information.
- Q9- In Carl Roger's theory, a therapeutic atmosphere that communicates that a person will be respected or loved regardless of what he or she says or does is called?
- Q10- When making the "attribution error," we tend to overestimate the importance of \_\_\_\_\_ when judging the behaviors of others.

**ANSWERS**

1-Alfred Adler, 2-Behaviour Therapy, 3-Anima , 4-Schachter and Singer,  
5-Acomodation,6-Self efficacy, 7-Cognitive dissonance, 8-Schemas,  
9-Unconditional positive regard, 10-Personal factors

# BINGO

PRACTISED BEING MINDFUL	 HAD FUN	LAUGHED	RELAXED 	EXERCISED
WATCHED A MOVIE	TALKED TO A FRIEND	WENT OUTSIDE 	BRUSHED MY TEETH	DID A HOBBY
WENT FOR A SWIM 	TRIED SOMETHING NEW	DRANK WATER	HAD A SOCIAL MEDIA FREE DAY	DANCED
WATCHED A MOVIE	COOKED A HEALTHY MEAL	 TOOK A BREAK	ASKED FOR HELP	HAD A HOT DRINK
READ A BOOK 	LISTENED TO MUSIC	SUNG	SPENT TIME WITH A FURRY FRIEND	 GOT A GOOD NIGHT SLEEP

# 30 DAY Mental Health CHALLENGE

---

<b>DAY 1</b> Do a deep breathing exercise.	<b>DAY 2</b> Catch up with a friend.	<b>DAY 3</b> Schedule something fun.	<b>DAY 4</b> Donate something you never use.	<b>DAY 5</b> Do 30 minutes of yoga.
<b>DAY 6</b> Plan a healthy meal.	<b>DAY 7</b> Ask for help.	<b>DAY 8</b> Listen to your favorite music.	<b>DAY 9</b> Take 10 minutes to read.	<b>DAY 10</b> Go for a walk.
<b>DAY 11</b> Budget 20 minutes of at-home spa time	<b>DAY 12</b> Practice a favorite hobby.	<b>DAY 13</b> Get distracted by a movie.	<b>DAY 14</b> Go to bed 30 minutes earlier.	<b>DAY 15</b> Drink just water today.
<b>DAY 16</b> Schedule a game night.	<b>DAY 17</b> Set a mini goal.	<b>DAY 18</b> Cross an item off your to-do list.	<b>DAY 19</b> Compliment someone.	<b>DAY 20</b> Plan a zoom catch-up with friends.
<b>DAY 21</b> Try a 5-minute meditation.	<b>DAY 22</b> FaceTime with family.	<b>DAY 23</b> Do something outside.	<b>DAY 24</b> Order in and watch a movie with your s/o.	<b>DAY 25</b> Unfollow negative social media accounts.
<b>DAY 26</b> Say no to something.	<b>DAY 27</b> Have a phone-free night.	<b>DAY 28</b> Watch a silly video.	<b>DAY 29</b> Write down something good that happened.	<b>DAY 30</b> Adopt a new habit.

# DISSERTATIONS

# 'PERCEIVED PARENTING STYLES AND PERSONALITY'

DARPAN MEHANDIRATTA

SUPERVISOR - DR. SURUCHI BHATIA AND DR. HOUSHOU SUZEN

The present study was conducted to understand the relationship between perceived parenting styles and personality factors of adolescent girls in the Indian context. The difference between parenting styles with respect to parental education was also examined. Authoritarian, authoritative and permissive were the three parenting styles studied. Openness, conscientiousness, extraversion, agreeableness, neuroticism were the five personality factors studied. Data was collected from 150 females (18-21 years old) using Parental Authority Questionnaire (PAQ) and Big Five Inventory (BFI). Correlation analysis showed a significant relationship between perceived parenting styles and personality factors of adolescent girls. One way ANOVA showed significant difference between parenting styles with respect to education of father while an insignificant result with respect to education of mother. The results were studied at three levels: Mother, Father and Parent's overall parenting style. Openness personality dimension showed a significant relationship with mother's, father's, parent's overall authoritative parenting style; with father's, parent's overall authoritarian parenting style; and with mother's permissive parenting style. Conscientiousness personality dimension showed a significant relationship with mother's, father's, parent's overall authoritative, authoritarian and permissive parenting style. Extraversion personality dimension showed a significant relationship with mother's, father's, parent's overall permissive parenting style and with mother's, parent's overall authoritarian parenting style. with father's, parent's overall authoritarian parenting style; and with mother's permissive parenting style.

Conscientiousness personality dimension showed a significant relationship with mother's, father's, parent's overall authoritative, authoritarian and permissive parenting style. Extraversion personality dimension showed a significant relationship with mother's, father's, parent's overall permissive parenting style and with mother's, parent's overall authoritarian parenting style. Agreeableness personality dimension showed a significant relationship with mother's, father's, parent's overall authoritative and permissive parenting style. Neuroticism personality dimension showed a significant relationship with mother's, father's, parent's overall authoritarian, permissive parenting style and with father's, parent's overall authoritative parenting style. The findings of the present study can be used to create interventions to ensure healthy personality development of adolescent girls. The results can be used in counseling the parents and enlightening them regarding possible impact of their parenting styles.



---

# IMPACT OF EXERCISE ON PHYSICAL APPEARANCE COMPARISON, STATE SELF ESTEEM, AND SOCIAL PHYSIQUE ANXIETY

PALAK SHARMA  
SUPERVISOR - DR. VIRENDRA PRATAP YADAV

The present study aimed to study the impact of exercise on physical appearance comparison, state self-esteem, and social physique anxiety. Three objectives were formulated in this study: the first objective was to investigate the impact of exercise on physical appearance comparison; the second objective was to investigate the impact of exercise on state self-esteem; and the third objective was to investigate the impact of exercise on social physique anxiety. Based on these objectives, the subsequent hypotheses were formed: the first hypothesis was that non-exercisers and exercisers will differ significantly on physical appearance comparison; the second hypothesis was that Non-exercisers and exercisers will differ significantly on state self-esteem; and lastly, the third hypothesis was that Non-exercisers and exercisers will differ significantly on social physique anxiety. The sample of the study consisted of 120 participants aged between 18-25 years, who were divided into two groups, i.e., 60 exercisers and 60 non-exercisers. The participants were assessed on three scales: Physical Appearance Comparison Scale-Revised (PACS-R), State Self Esteem Scale (SSES), and Social Physique Anxiety Scale (SPAS). t-test was employed to see the difference between participants who exercise and participants who do not. The results of the study showed a significant difference between exercisers and non-exercisers in physical appearance comparison, state self-esteem and social physique anxiety. The present study is relevant in providing the fact that exercise has a role in boosting self-esteem and reducing anxiety.



---

# ACADEMIC PROCRASTINATION, ANXIETY, AND SELF-EFFICACY AMONG COLLEGE STUDENTS: AN EXPLORATORY STUDY

RUPAL

SUPERVISOR - DR. EKTA BHAMBRI AND DR. AASHIMA SHARMA

The purpose of the present study was to explore the relationship exhibited between academic procrastination, anxiety and self-efficacy amongst college students pursuing an undergraduate degree. The participants were 140 undergraduate students, with their age ranging from 18-25 years, enrolled in universities in Delhi, NCR. Academic procrastination, Anxiety and Self-Efficacy of the participants were measured using Procrastination Assessment Scale for Students, Beck's Anxiety Inventory, and General Self-Efficacy Scale. The findings of the study showed that there was a positive relationship between Academic Procrastination and Anxiety. The results also showed that academic procrastination was negatively linked to self-efficacy. A mildly negative relationship was also found to exist between anxiety and self-efficacy of college students.



# JOB SATISFACTION AND WORK-LIFE BALANCE: A PANDEMIC PERSPECTIVE

OSHIN

SUPERVISOR - DR. EKTA BHAMBRI AND DR. AASHIMA SHARMA

This study aimed to examine the differences in Job Satisfaction and Work-Life Balance between employees of Non-Essential and Essential Services. The objectives of this study were to find the difference between Job satisfaction of essential workers and non-essential workers; To study the Work Interference with Personal Life, Personal Life Interference with Work and Work Personal Life Enhancement of essential and non-essential workers; To investigate the relationship between Job Satisfaction and the sub scales of the Work Life Balance scale (Work Interference with Personal Life, Personal Life Interference with Work and Work Personal Life Enhancement). The sample consisted of 84 working adults in Delhi - NCR where 42 belonged to non-Essential service category and 42 belonged to Essential service category. Convenience sampling, Snowball sampling, and Purposive sampling were utilised to gather participants. The tools utilised in this study were the Work Life Balance Scale by Hayman (2005) and Shresthya and Ganguli's Job Satisfaction Scale (1994). The Mean, Standard Deviation, Student's t - test and Pearson's Correlation were utilised for data analysis. There was significant difference in the Work Interference with Personal Life between Essential and Non-Essential workers. There were moderate but insignificant difference in the Job Satisfaction dimension and the Personal Life Interference with Work sub scale among the two groups. There was a minor insignificant difference in the Work Personal Life Enhancement subscale between the Essential and Non Essential workers. Additionally, Job Satisfaction had a significant relationship with Work Interference with Personal Life and Personal Life Interference with Work sub scales but not with Work Personal Life Enhancement.



# INFLUENCE OF APPEARANCE-RELATED SOCIAL MEDIA CONSCIOUSNESS ON BODY-ESTEEM AND SELF-ESTEEM

HIMANI  
SUPERVISOR - DR. VIRENDRA PRATAP YADAV)

The present study investigates the influence of appearance-related social media consciousness on body-esteem and self-esteem of young adults. The study also attempts to investigate the gender difference pertaining to appearance-related social media consciousness, body-esteem and self-esteem. The sample consist of 140 participants, comprising 70 males and 70 females who are the residents of Delhi (NCR). Since, social media is most prevalently used by the youth population, the age range chosen for the study was 18-25. The following three tools were administered in the study: "Appearance-related social media consciousness scale (ASMC)", "Body-esteem scale for adolescents and adults (BESAA)" and "Rosenberg Self-esteem scale". Data was analysed using SPSS and correlation was computed to investigate the association of appearance-related social media consciousness with body-esteem and self-esteem. Also, to find out the gender difference, t-test was performed. The findings revealed a significant correlation between appearance-related social media consciousness, body-esteem and self-esteem. Also, it was found that males and females differ significantly on the administered variables.



**KEYWORDS: APPEARANCE-RELATED SOCIAL-MEDIA CONSCIOUSNESS, SOCIAL MEDIA, BODY-IMAGE, BODY-ESTEEM, SELF-ESTEEM**

# PSYCHOLOGICAL WELL-BEING OF WOMEN IN DIFFERENT SPHERES OF LIFE

PRIYANKA YADAV  
SUPERVISOR - DR. GARIMA SHUKLA

The saying "a healthy mind in a healthy body" highlights the importance of positive mental health and having positive mental health is an undeniable right for all human beings. However, the importance placed on women's mental health and psychological well-being is less or sometimes completely overlooked. According to an Indian government report, women need to be socially, economically, educationally and politically empowered, which can help them make decisions about mobility, economic independence, political participation, voice in public and raising awareness of the exercise of their rights. The aim of the present study was the psychological well-being of women (working in private and government sectors, and homemakers). The study is exploratory in nature and random sampling is used to select participants. The sample size for the study is 90 {women working in the government sector (n=30), women working in the private sector (n=30) and homemaker (n=30)}. Ryff & Keyes, 42-item version psychological well-being scale (1995) was used to measure the psychological well-being of working women (working in the private sector and working in the public sector and homemakers). The tool consist of six factors (autonomy, mastery of the environment, personal growth, positive relationships, purpose in life and self- acceptance) of psychological well-being proposed by Ryff & Keyes (1995) and are administered on working women and homemakers Through SPSS statistical methods(ANOVA and descriptive statistics were used to get the results of the study. The results indicates that there was no significant difference on age wise .

and psychological and also there was no significant difference on psychological wellbeing dimension wise. Concluding, role of women should be mor emphasized in the society and their psychological wellbeing should be considered as fact of matter and topic of discussion in policy making and in achieving national goals.



**KEY WORDS: PSYCHOLOGICAL WELL-BEING, WORKING WOMEN'S, HOMEMAKERS.**

---

# PERCEIVED PARENTING STYLES AND RESILIENCE

MEGHA BANSAL

SUPERVISOR -DR. SURUCHI BHATIA AND DR. ANAMIKA RAI

The transition from school to university education comes with various challenges. Resilience is an asset that helps an individual to face adversity. Parenting is a multidirectional, multidimensional, and versatile construct that holds power on the child throughout their life to influence their thoughts and actions. The purpose of this study was to investigate the perceived parenting styles and resilience among university students. The study also aimed to examine the relationships between perceived parenting styles of mother and father and resilience for boys and girls, differences in perceived parenting styles of mother and father by gender (boys and girls), and difference in resilience between boys and girls. A sample of 106 university students (53 boys and 53 girls) of Delhi/NCR was taken using convenience sampling technique. Buri's Parental Authority Questionnaire (PAQ) and the Brief Resilience Scale (BRS) were used to gather data. To examine the relationships between perceived parenting styles of mother and father and resilience for boys and girls Pearson's correlation coefficient was calculated. The results showed significant and positive relationships between fathers' authoritative and permissive parenting styles and resilience for girls ( $p < 0.05$ ). The result also showed a significant and negative relationship between father's perceived authoritarian parenting and resilience for girls ( $p < 0.01$ ). These findings can be helpful in the counselling setup to reach a more comprehensive understanding of a person and their experiences, and in educating parents and teachers about how they can create positive and enriching environment for the child and/or student.



---

# INTERNET PORNOGRAPHY AND BODY IMAGE

PRIYAL SURROCH  
SUPERVISOR - DR. VIRENDRA PRATAP YADAV

The present study was carried out to discover the relationship between internet pornography and body image. The sample size comprised 160 participants, consisting of 80 males and 80 females. The age range of the participants was 18-25 years. Participants were assessed on two scales: PPCS-18 (Problematic Pornography Consumption Scale) developed by Bothe and Zsila in 2018, and MBSRQ-34 (Multidimensional Body-Self-Relations Questionnaire) developed by Thomas Cash in 2000. The gathered data was analysed with the help of SPSS, using descriptive as well as inferential statistics. To explore and study the difference between males and females, a t-test was carried out on different variables: body image and internet pornography. Whereas, Pearson's correlation coefficient was employed to explore the relationship between internet pornography and body image. The results exhibited a negative correlation between internet pornography and body image. Results also exhibited that pornography consumption was higher among males in comparison to females. Males and females were found to be significantly different on body image related questionnaire (MBSRQ). Prior researches indicate an association between idealized media content and body concerns in the youth by examining the role of internet pornography. In that context, the present study provides significant inputs regarding the pornographic consumptions and its impact on body and self.



---

**KEYWORDS:** INTERNET PORNOGRAPHY, PORNOGRAPHIC CONSUMPTION, BODY IMAGE.

---

# HEART OF ROMANTIC RELATIONSHIPS: ANXIETY, TRUST AND RELATIONSHIP SATISFACTION

SOMYA SHARMA  
SUPERVISOR - DR. EKTA BHAMBRI

Anxiety is often explained as an unexplainable feeling of fear and apprehension, nervousness, or unease about something with an uncertain outcome. Trust is the confidence in another person's ability that they will come through in times of hardship and needs. On the other hand, relationship satisfaction is the overall appraisal of one's relationship. The present study aimed to investigate anxiety, trust and relationship satisfaction of young adults during the pandemic. The objectives of the study were that one, we wanted to study anxiety, trust and relationship satisfaction in young adults during the pandemic. Secondly, we wanted to examine the relationship between anxiety, trust and relationship satisfaction in young adults. Third objective of the study was to investigate the anxiety, trust and relationship satisfaction in young adults of two age groups (18-28 and 29-39). Fourth was to investigate the anxiety, trust and relationship satisfaction in males and females. Finally, the fifth objective was to study the anxiety, trust and relationship satisfaction in young adults based on number of years they have been in the romantic relationship (0-2 years, 3-5 years, 5 and above years). This research was conducted on a sample of 150 individuals who are currently in a romantic relationship and belonged from Delhi-NCR. The tools used in this study were The Self-rating Anxiety Scale (SAS) by Zung (1971) for measuring anxiety, Relationship Assessment Scale (RAS) by S.S. Hendrick (1988) for measuring relationship satisfaction and Trust in Close Relationship Scale by Rempel, Holmes and Zanna (1985) for measuring trust in the sample.

A descriptive level analysis was also done by looking at the mean and standard deviations, frequency, graphs and other modes of representation of the sample. The study yielded the results that there were substantially significant correlations between anxiety and trust (inverse i.e., negative), anxiety and relationship satisfaction (inverse i.e., negative relationship) and trust and relationship satisfaction (positive). While there were no differences found in anxiety, trust and relationship satisfaction due to age, there were found significant differences between the three when seen on the basis of gender and number of years spent in the relationship.




---

**KEYWORDS: ANXIETY, TRUST, RELATIONSHIP SATISFACTION, PANDEMIC**

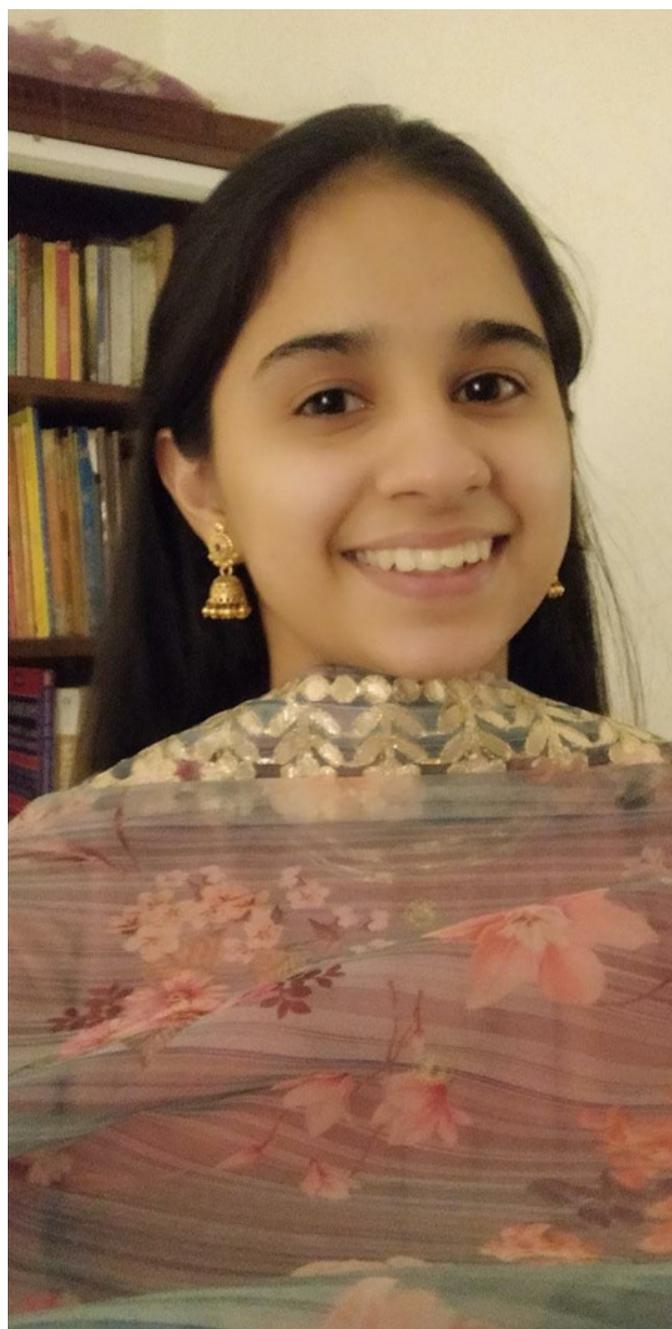
---

# ROLE OF PERCEIVED PARENTING STYLES ON CHILD'S SENSE OF SELF

PRAGYA KAPUR

SUPERVISOR - DR. NAMITA TAYAL AND DR. SURUCHI BHATIA

An individuals' relationship with his/her caregivers serves as the foundation for the development of their emotional, psychological, social, physical and personality development. Caregivers teach the infant how to approach difficulties in life, help form worldviews, and foster the development of the child's self, that is, the understanding of his or her existence and self-worth. The aim of the present study was to investigate the role of parenting styles on sense of self of university students. For this purpose, data was collected from 131 undergraduate university students from Delhi NC. Perceived Parenting Style Scale by Divya & Manikandan, 2013, and Sense of Self scale by Flury & Ickes, 2007 were used to evaluate the relationship between the variables. ANOVA was computed using SPSS-21. The analysis reveals that students with permissive parenting style show a high sense of self when compared to those with authoritarian parenting style, who portray a low sense of self. However, students with authoritative parenting style show a moderate sense of self. The findings can be implied in parent training, educational programs, child counselling, family therapy and many other related areas. For instance, parents who are emotionally available And supportive to their children, but who also set fair boundaries and consequences for their children, are more likely to raise children who have healthy sense of themselves and others.




---

**KEYWORDS:** PARENTING STYLES, AUTHORITATIVE, AUTHORITARIAN, PERMISSIVE, SENSE OF SELF

# HAPPINESS, RESILIENCE AND QUALITY OF LIFE

MANVI MEHROTRA

SUPERVISOR - DR. ANAMIKA AND DR. HOUSHOU SUZEN

The mental health of the youth has been a rising concern in India. For a long time, the focus has been on the issues they face like choosing career paths, dealing with academic pressure, and balancing between academic and personal life. The growing field of positive psychology enables us to solve these problems by focusing on their strengths so that they can cope better with stressful situations. The present study was conducted to understand the relationship between happiness, resilience, and quality of life, in the context of Indian youth. A sample of 120 undergraduate students (60 males and 60 females) was selected using convenient sampling technique. Oxford Happiness Questionnaire developed by Hills & Argyle (2002), Resilience Scale by Wagnild & Young (1993), and WHOQOL BREF developed by WHO (1995) were used to gather the data. Both descriptive and inferential statistics were used to obtain results. The correlation analysis revealed a significant relationship between happiness and resilience, happiness and quality of life domains, and resilience and quality of life in undergraduate students ( $p < 0.01$ ). Independent sample t-test showed a significant difference in resilience and psychological health domain of quality of life between STEM and NON-STEM students ( $p < 0.05$ ) as well as between female and male students ( $p < 0.05$ ), whereas no significant difference was found in happiness and physical health, social relationships, and environment domain of quality of life. The study highlights, female students and NON-STEM students are more resilient and thus, have better mental health as compared to the male students and STEM students respectively. In summary, the findings reveal the role of gender and stream of study during the undergraduate period of the youth from different parts of India, on their

happiness, resilience and quality of life. On the basis of the findings of the current study, the researcher proposes and recommends the introduction of a "happiness curriculum" at college level. Further educational policies may be modified such that they focus on enhancing resilience as well as the quality of life of university students.



KEYWORDS: ANXIETY, TRUST, RELATIONSHIP SATISFACTION, PANDEMIC

---

# ROLE OF ATTACHMENT STYLES ON SENSE OF SELF

ISHIKA

SUPERVISOR - DR. NAMITA TAYAL AND DR. VIRENDRA PRATAP YADAV

Attachment style is an emotional/ affectionate bond that is significantly impacted by the early relationships of the child. These attachment styles later influences an individual's sense of self. Sense of self refers to having an idea about one's traits, values, beliefs, abilities, and so on. Previous research suggests that the individual's upbringing and the attachment style significantly impact one's self-esteem, self-concept, and sense of self. The objective of the research is to explore the role of attachment styles namely secure, fearful, preoccupied, and dismissed, in relation to the sense of self of undergraduate students. For this purpose, a sample of 150 university students from Delhi was chosen through convenient sampling. Sense of Self Scale by Ickes and Flury (2007) and Relationships Scale Questionnaire by Griffin and Bartholomew (1994) was utilised for data collection. The data obtained were further assessed by ANOVA through SPSS-21. The results revealed a significant difference between the secure, fearful, preoccupied, and dismissing attachment styles concerning the sense of self. Moreover, the findings suggest that the securely attached individuals exhibit a moderately high sense of self and fearful have extremely high sense of self. Furthermore, preoccupied attached participants have a moderately low sense of self whereas participants with dismissing attachment style have an extremely low sense of self.



---

**KEYWORDS:** SENSE OF SELF, SECURE, FEARFUL, PREOCCUPIED, DISMISSING

---

# INTERPLAY BETWEEN BMI AND APPEARANCE SCHEMA AND ITS ASSOCIATION WITH SELF ESTEEM

YASHIKA  
SUPERVISOR- DR.VIRENDRA PRATAP YADAV

A study was carried out to investigate the interplay of body mass index (BMI) and The present study appearance schema and its association with self-esteem. The gender differences were also investigated for the same variables i.e. (BMI), appearance schema, and self-esteem. The sample size comprised 120 participants, consisting of 60 males and 60 females in the age range of 19. 25 years. Participants were assessed on the two scales: Appearance Schema Inventory-Revised by T.F. Cash (2003) and State Self-Esteem Scale by Heatherton and Polivy (1991). Data was analyzed with the help of SPSS, using descriptive as well as inferential statistics. To see the difference between males and females, t-test was carried out on these variables: BMI, appearance schemas, and self-esteem. Whereas, Pearson's correlation coefficient was employed to explore the relationship between BMI, appearance schema, and self-esteem. Findings of the study suggest that levels of BMI and self-esteem are more in males whereas appearance schema was higher in the female population. Further, the results exhibited a significant negative correlation between BMI and appearance schema with respect to self esteem for both males and females.



---

**KEYWORDS: BODY IMAGE, APPEARANCE SCHEMA, SELF-ESTEEM, BODY MASS INDEX, BODY IMAGE DISSATISFACTION**

---

# COVID-19 STRESS, SELF-COMPASSION & RESILIENCE

KIRTI SINGH  
SUPERVISOR -DR. EKTA BHAMBRI AND DR. AASHIMA SHARMA

The aim of the study was to explore the effect of Covid-19 stress, resilience and self compassion. To explore if affective factors, resilience and self-compassion might provide a buffer against Covid-19 stress. The study was done on 160 undergraduate college students and nature of the study was exploratory. The study found out that Covid-19 stress and resilience were inversely correlated. Females experienced higher levels Covid-19 stress than males. There were differences in levels of resilience based on gender as well as living space. The study suggests that resilience provides a buffer against covid-19 stress.



---

KEYWORDS: RESILIENCE, COVID-19 STRESS, SELF-COMPASSION, COLLEGE STUDENTS

# ARTICLES

---

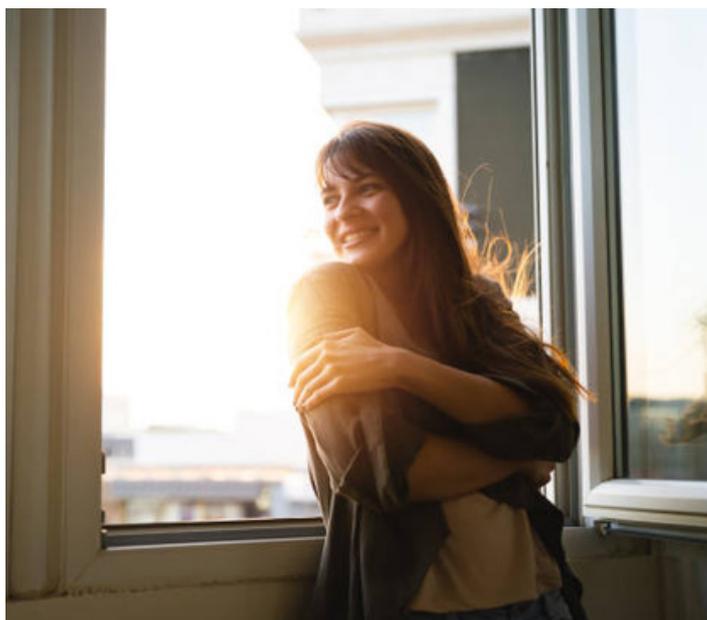
# SOLITUDE VS LONELINESS

BY BHAVI TAKKAR

**LONELINESS IS THE POVERTY OF SELF;  
SOLITUDE IS THE RICHNESS OF SELF.  
-MAY SARTON**

It is a truth universally acknowledged that humans are social animals. We all possess an innate tendency to form groups, forge relationships and seek companionship. Abraham Maslow's prominent psychological theory, the hierarchy of needs, also talks about social needs including love, acceptance and belonging that drive human behaviour. But along with social needs, solitary requirements are equally significant for self-development. More often than not, we prefer to be in the vicinity of others in order to gain validation and a sense of security. Even the thought of being alone, separated from others, is something that scares most people. We all know a coin has two sides, and so does solitude. The negative aspect of the same is loneliness, a state of mind where one is involuntarily isolated and craves human contact and social interactions. It can lead to unhappiness and in extreme cases, even depression.

The positive aspect is solitude, a voluntary state of being alone without feeling lonely, and a pleasant, constructive engagement with oneself. It leads to inner peace and calmness. It is important to note that simply being physically alone does not equate to loneliness. On the one hand, an individual can be surrounded by a crowd and still feel lonely while on the other hand, they can be alone and still savour the solitary experience.



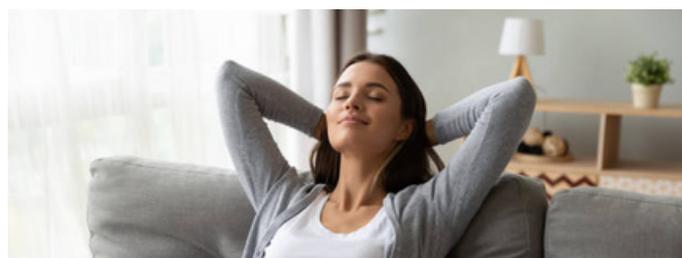
## PSYCHOVISION

---



Many people consider solitude to have a negative connotation and mistake it for being lonely. Loneliness and solitude are like opposite ends of the same spectrum and must not be used interchangeably or misconstrued for one another. Loneliness is unwanted and unhealthy for the well-being of an individual while solitude is essential for the comprehensive personal growth of an individual. Solitude can even be healing or therapeutic in a lot of ways. It leads to self-awareness, self-reflection, newer opportunities, gratitude, and a boost of creativity. Especially now with the fast-paced and robotic lives everyone is leading, surrounded by social media, hustle culture, and toxic positivity,

taking some time out for oneself has become even more essential to soak it all in, gain a sense of perspective and work out problems. Solitude is also not something that only introverts prefer and relish. It is crucial for everyone to take a breather and spend time with their own selves for clarity of thoughts. It frees the mind from distractions, helps unwind, and combat restlessness. We are surrounded by noises all through the day that can corrupt our minds, just a few moments of solitary peace of mind can prove to be immensely beneficial and cathartic. It is about time we understand that solitude is an undervalued virtue not many advocates, but one that must be instilled. Solitude is about consciously and actively taking time out for oneself whilst balancing and maintaining social relationships. It allows us to embrace our true selves and be comfortable in our own skins. It provides an opportunity for us to let our minds wander, sit with our thoughts and reflect on them. Journaling can be a simple yet effective way of practising solitude. A firm resolve to inculcate solitude in our routines can go a long way, enhancing our quality of life.



# INFERIORITY COMPLEX

## How complex is it really?

BY AKSHITA TANWAR

It is not unusual to listen to people talk about how they feel undermined and unrecognized or how they feel they don't measure up to someone else. Living in a fast-paced world, some of us might feel insecure or insufficient sometimes. The rest of us, however, might end up with that feeling of insecurity and inferiority glued to our minds. In the simplest of words, this is what one might call an inferiority complex.

In verbatim, the inferiority complex comprises a plethora of feelings that cause us to feel inadequate, incompetent, insufficient, and inferior. The American Psychological Association defines an inferiority complex as "a basic feeling of inadequacy and insecurity, deriving from actual or imagined physical or psychological deficiency." The term 'inferiority complex' was coined by

Alfred Adler in 1907. Since then, it has been associated with people who constantly seek validation and are relatively sensitive to compliments as well as criticism. They are so conscious of their abilities that they often withdraw themselves from social contact. They also have low self-esteem because of which inferiority complex is sometimes also referred to as chronic low self-esteem. Such individuals might try to make others feel insecure in an attempt to make up for their insecurities and their self-claimed insufficiencies.



## PSYCHOVISION

---

All these feelings of insecurity are not said to be caused by a single event. Psychologists believe that there are several events or factors that shape up to form what we call the inferiority complex. Imagine a child who has been told that he is not as talented as the boy living down the street. At the age of 18, he is told that he is not as tall as the guys his age. When he gets into college, the students exclude him because he doesn't drive to college in a luxury car. He is 24 now and when he gets into the interview room, he feels that he can't get the job over all the people he saw interviewing for it so he decides to drop out. This child is truly fictional but it is important to know that the situations he had been in are very real. Childhood experiences, body shaming, and economic disparities are among the most common reasons why certain individuals are more conscious than others. Social setbacks are also believed to be a leading cause of inferiority complex in adults.

There are namely two types of inferiority complexes- Primary inferiority and Secondary inferiority. Primary inferiority is based on the early stages of life when children are subjected to assertions that undermine them.

Secondary inferiority is based on the later stages of life when adults find themselves unable to reach their goals because of their preconceived inadequacies. A brief example of both these types can be taken from the instances of the fictional child we talked about earlier.

An inferiority complex can last from a few years to one's whole lifetime. It takes time to make someone view themselves positively when they have such negative beliefs etched within their minds. It is like shattering a belief system if one might say so. During the time it lasts, it keeps the individual on the brink of poor social life, destructive work-life, and even depression.



## PSYCHOVISION

---

This strengthens our concern about coping with or treating inferiority complex. Attending therapy sessions is considered to be a good step when it comes to coping individually. Therapy can make it easy for them to challenge their beliefs and change them for good. Psychotherapy or talk therapy is a more specific point to start. According to the American Psychiatric Association, "Most people who receive psychotherapy experience relief and are better able to function in their lives." Yoga is another option to gain a sense of self-assurance and self-acceptance. It is believed that rhythmic movements and breath control help us stay calm and reorganize ourselves internally.

If we are friends with someone or know of someone who shows signs of inferiority complex, we must validate them and assure them about their capabilities. Dr Aron, who is a renowned psychologist, published a statement in the journal 'Psychological Science' that tells us why we should- "I don't think anyone with a real inferiority complex can psych themselves out of it alone. You have to have another person to validate and affirm your worth so that it becomes believable."

We started with a question as to how complex inferiority complex is. I hope we can realize its complexity, noting the fact that it can give birth to an internalized sense of self-loathing and even a state of depression or anxiety. I also hope that we individuals remind ourselves to be grateful for everything that we have. We should make sure that we are not the reason why someone feels insecure about their physical appearance or their skills and abilities. We must know that every single one of us is a different individual with a range of abilities and skills. Although we might have just agreed that inferiority complex is indeed complex, I'd like to suffice that it can be made simpler if we all collectively put our efforts into it.

### REFERENCES

Alberts, N. (2020). What is an inferiority complex: symptoms, causes, diagnosis and treatments Everyday Health

Plumptre, E. (2018). What is an inferiority complex? \_Verywell Mind\_

---

---

# DARK SIDE OF POSITIVITY: TOXIC POSITIVITY

BY- HIMANI VERMA

An obsession with positive thinking: toxic positivity, a word that has become omnipresent. It has captured a lot of attention and has become viral all-over social media and is one of the most notorious words among mental health professionals. Now, this begs an explanation to the question; “what exactly is toxic positivity?” Toxic positivity is a way of taking a positive approach to the extreme, where there is no place for undesirable emotions; Creating an unrealistic and fake pool of happiness while denying the existence of authentic emotions. ‘Fake it till you make it ’ is a prominent phrase in the hustle culture we live in, where success, hard work, and optimism have been overgeneralized. Toxic positivity is a recipe for creating a thick, dense shadow that harbours all the undesirable traits that you are not supposed to have. It pushes you to a mental state in which you only experience and show positive emotions.

It is a tendency to react to others’ suffering and struggles with diminutive statements of optimism.

Having a positive outlook and approach is not a bad thing but denying and refusing the feelings of sorrow, anxiety, and loss for idealistic ‘positive vibes’ is problematic. Maintaining a positive mindset is an integral part of self-improvement and claiming success. But when the same mindset deliberately ignores the unwelcoming emotions then it results in forming a fake reality.

**“WHAT IS EVEN WORSE IS THE ‘GOOD VIBES’ KIND OF PEOPLE THAT HAVE ZERO TOLERANCE FOR ANYTHING THAT THEY PERCEIVE AS ‘NEGATIVE,’ INSISTING THAT THEY ONLY SURROUND THEMSELVES WITH CHEERFUL, AND UPBEAT PEOPLE. WELL, GOOD LUCK WITH THAT. I AM NOT SAYING THAT THEY SHOULD SURROUND THEMSELVES WITH UTTERLY CYNICAL OR DESTRUCTIVE SOULS, BUT IT’S KIND OF NAIVE TO EXPECT THAT HUMAN BEINGS ARE PERPETUALLY HAPPY OR HAPPY ON COMMAND” SAYS EINZELGANGER.**

---

## PSYCHOVISION

---

According to society standards at a fundamental level, we need to carry the baggage of positivity even if it involves shutting off the emotions and feelings that make us human. By performing this deliberate act of self-destruction, we often end up concealing our authentic emotions deep inside our unconsciousness; making us mere puppets radiating positivity all around. In a society where mental illness is already subjected to stigma, wherein people are conditioned to keep any kind of emotional and mental discrepancies hidden; toxic positivity has further acted as a catalyst to maintain such a toxic mindset. "Suffering in silence" has been hyped for a long time, shutting millions of emotions and feelings across society. The tendency of people to try to ease down others' sufferings by giving them positive affirmations and directing them towards the positive side, without actually listening to their grief and pain is an act of indulging in toxic positivity. For example, people approaching their loved ones considering the feelings of bereavement, grief, and pain they have been experiencing, get to hear statements like 'stay positive', and 'you will get over it, it is just a phase of life.' Or a cancer patient being told that the disease is not severe and they will be okay.

So, I don't think that there's something innately wrong with wishing another person happiness and freedom of suffering. However, I suspect that statements like these come from a place of love but also chuffed ignorance that, when we look closer, isn't blissful as it seems. The problem, however, is that these phrases contain a certain level of denial of an irrefutable part of life that is 'suffering'. In general, humankind experiences deep grievances and sorrows of loss and death that we simply cannot deny seeing, so are the refusals of such authentic emotions that make a person human; a healthy position to take?

Denying, invalidating undesirable emotions, and putting them into a box of unconsciousness is an extremely disastrous act. The pretentious act of faking smiles when your soul is burning inside is the biggest step back in your well-functioning. Life is not all about positive vibes. It is just about vibes, sometimes good, sometimes bad. As Swiss psychologist, Carl Jung had quoted "I'd rather be whole than good". Rather than being in a fanaticized world filled with fake peals of laughter and positivity, get in touch with your true emotions. Instead of refusing the feelings of pain and suffering, accept and develop an understanding of them. This will not only help you with insights but also support your holistic development.

---

## PSYCHOVISION

---

Positivity is maintaining an optimistic outlook while dealing with the challenges of life; building room for every emotion so that proper processing can be done. Toxic positivity, by contrast, claims positivity regardless of the challenges a person is experiencing, silencing unexplainable emotions and preventing people from seeking support.

According to a study made by Michigan State University (2017), eighty per cent of our minds are brimming with negativity. Suppressing emotions can lead to life disruptions, such as hostility and stress-related illness (Freud as cited in Feist & Feist, 2013). Catharsis enables people to address the negative effects adhered to the issue. Hence, it prevents the simmering tension inside before detonating and lashing out. It releases pent-up emotions by talking them out (Bushman, 2002). Language has an integral part to play in instilling a healthy approach toward the processing of emotions. By bringing a change in the way we communicate and offer help to people; significant developments in the world of toxic positivity can be built. We unknowingly sometimes despite hearing out the person, indulge in giving false positive hopes and doing more harm than good.



## PSYCHOVISION

---

Some statements that can be used to provide social and moral support and avoid transferring toxic positivity are as follows: instead of saying 'you will get over it' replace the phrase with 'I understand it is hard for you to cope but you have done it in the past and I know you will overcome it again.' Another phrase that is being normalized is 'Just stay happy.' Rather than denying that the person needs validation and support, all you can do is be there and hear out the person that will provide more support than advising them to conceal their emotions in darkness. Acknowledgement of each emotion is an important step in the holistic development of a person. Not accepting or acknowledging negative emotions won't send them away rather will stay with you creating a monster deep inside that will eat you slowly and gradually. Toxic positivity shut millions of emotions and feelings across society. People often try to be more attracted toward the positive door than the door to emotions of grief and pain because it's easier for them to do so. Undesirable emotions bring feelings of devastation, agony, sorrow, and pain. And that's the exact reason why people tend to stay positive even if they know subconsciously that something is not right. There is an awakening needed to get to know and understand the genuine and authentic emotions coming out of the inner self.

The culture of fake positivity has adversely affected the mindset of the people, especially youngsters who tend to get easily influenced by their fellows. Just in the temptation of looking cool and matching the vibe of their generation, they tend to indulge in a culture of toxic positivity.

Excess of anything is considered lethal, toxic positivity is one of the excesses that can be lethal if not driven out of your life. Instead of putting your undesirable emotions into a box, unbox it, understand the sources of those emotions and seek necessary help at the right time.

### REFERENCES

- Einzelganger, E.[ Einzelganger]. (2019, September 15).The shadow of toxic positivity.[video].YouTube.  
<https://youtu.be/VJud03V7nNA>
- Khedr, M.[TEDx Talks]. (2019, November 23). How toxic positivity leads to more suffering.[video]. YouTube.  
<https://youtu.be/5EOj2Z7hw5w>
- Marks, T.[Dr. Tracey Marks]. (2022, February 2).Toxic positivity: The Reality of suppressing emotions.[video]. YouTube.  
[https://youtu.be/-\\_6N9pnj5Ek](https://youtu.be/-_6N9pnj5Ek)
-

---

# IMPOSTER SYNDROME

## Are you really reading the article I wrote?

BY AKSHITA TANWAR

We've all come across at least one person on our social media who has in some way or the other talked about having imposter syndrome, particularly relating to their achievements.

At a basic level, we understand their stories in the sense that they were not particularly feeling like themselves at the moment and felt unreal when it happened. But what exactly is it? What are the facts and the 'science' behind it?

Psychologically, we define it as a belief that people struggling with imposter syndrome don't deserve their achievements and are not as competent as others. Imposter syndrome hasn't been recognised as a mental disorder in DSM-5 but it is very common. Studies have suggested that around seventy per cent of adults come across feelings of impostorism at least once in their lifetime.

According to the American Psychological Association, such people credit their achievements to their luck rather than their abilities. People usually feel like a fraud in such circumstances of low self-esteem.



They'd rather attribute their success to extrinsic factors than to attribute it to their hard work and skills. Although they are full of self-doubt, they are overachieving and are relatively successful. It also fills them with a strong sense of motivation and drive.

---

## PSYCHOVISION

---

This raises many questions: 'Isn't imposter syndrome good then?' 'Doesn't that make imposter syndrome an individual's strength?' Well, it can be an individual's greatest strength and having it can be made a good thing too but it takes some things to be done. It requires the individual to change their mindset in terms of acceptance, self-efficacy, and self-doubt, only then can it be considered a 'strength'.

A number of factors can contribute to an individual having imposter syndrome. It can occur in anyone regardless of their age, gender, social status, mental health history, etc. Studies have shown that children who have spent their childhood with parents who are overly critical, as well as overly appreciating, grew up with greater feelings of impostorism. Controlling and overprotective parents can also give rise to such feelings. People coming from families that are not supportive of their choices may be more likely to be consumed by impostorism. Some parents put their children into competitive circumstances which can be a cause of the condition too. New opportunities have also been shown to trigger feelings of imposter syndrome in an individual who is going through changes, desirable or undesirable, in their life.



When given a new role or duty, they are overpowered by the will to meet everyone's expectations, and hence, they overperform. Even after they've performed well, they contain self-doubt and refuse to believe that their efforts actually paid off.

Certain personality traits are often found common in people with imposter syndrome. Three of them are most prevalent, namely self-efficacy, perfectionism, and neuroticism. Self-efficacy is literally defined as the individual's belief in their abilities. Imposter individuals show low self-efficacy and hence, less belief in their abilities.

Perfectionism is another trait characteristic of imposter syndrome. It is also regarded as the trait that largely induces imposter syndrome. They believe that everything has to be done perfectly, without any flaw whatsoever. They refuse to ask for anyone's help. They either procrastinate out of fear of doing it 'imperfectly' or end up overperforming, putting in more work than was necessary.

---

## PSYCHOVISION

---

Neuroticism is the third major trait that refers to a person's individual stability. It is generally put on the negative side of personality traits, considering the fact that it mainly comprises negative emotions, poor self-regulation, and struggling with stress and anxiety. It can be considered to be one of the many causes, if not the root cause, of an imposter individual feeling insecure and guilty over the 'imperfection' caused.

Anxiety, social anxiety, to be precise, often go hand-in-hand with impostorism. While talking to people, usually someone new, they are constantly conscious of their social incompetence. They cripple with anxiety and guilt if they fumble while talking to people. However, it is essential to know that everyone with social anxiety doesn't necessarily need to have imposter syndrome. People struggling with imposter syndrome seem to get more anxious.

As previously mentioned, imposter syndrome isn't considered a mental disorder according to DSM-5. This restricts its official psychiatric or psychological diagnosis. But it can be quite readily self-diagnosed. One can simply ask themselves questions like-

Answering such questions might lead them to a conclusion. For individuals with imposter syndrome, coping becomes essential as it inhibits their potential and growth by preventing them from taking up new opportunities in the fear of expectations and performance which are not supposed to be work or career-related. These opportunities can be personal too. Talking to people and sharing our feelings can be a great step towards overcoming imposter syndrome. It helps us to confront the irrational beliefs and fears that we develop because of imposter syndrome. Especially talking to people who support us and recognise our efforts can be more effective. Their perspective about our efforts can give us a reality check. Recognising our field of expertise and remembering what we do well assists us in facing impostorism. Fueled by perfectionism, imposter individuals might think that they should do whatever task they are assigned flawlessly. Awareness of the fact that they might not be well at doing a certain task and amazing at the other provides them with the knowledge of their abilities.

---

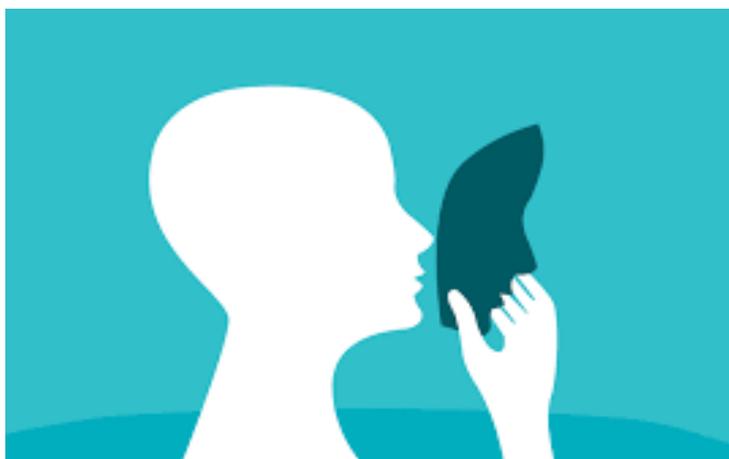
## PSYCHOVISION

---

“Do I downplay my efforts and hard work?”, “Do I turn away from appreciation thinking that I don’t deserve it?” , “Do I let go of the things I do because I think that I am not doing them perfectly?”.

A change in our thoughts and thinking process is a much-needed change when it comes to coping with imposter syndrome. Deep-rooted feelings of self-efficacy and self-doubt are not easy to unroot. Therefore, a gradual change in thought can greatly help. Realizing that no one is perfect and that flaws are a part of natural existence is important.

Even with all the hints of prevalence and commonality, imposter syndrome goes unnoticed which makes it important to recognise its existence. It is important to tell that one friend of yours who constantly complains about their work that it isn’t always supposed to be great. Make not only them but everyone around you realise that they deserve their achievements and you are willing to be a catalyst in their growth. Make sure you tell yourself too that you are worthy of the success you get and your efforts are a major cause for it.



## REFERENCES

- Cuncic, A. (2023) What is Imposter Syndrome? Verywell Mind
- Weir, K. (2013) Feel like a Fraud? Gradpsych Magazine, 11
-

---

# BREAK THE BIAS

BY BHAVI TAKKAR

.  
Get ready to experience a bout of déjà vu!

"Don't sit with your legs positioned apart."

"Learn how to cook, it will help after marriage"

"Don't wear such clothes, you look like a man."

"Being a woman, it is you who should learn to adjust."

"Reduce your weight, else no one will marry you."

.  
The list is endless.

Sounds eerily familiar, right?

We have all been there.

Are there.

Still, year after year.

One of the few factors common to women across all walks of life is the bias faced by them on a day-to-day basis. Now, the extent of this bias is circumstantial but its very existence is unfortunately indisputable.

It is startling how it all begins at a tender age and stems right from our own homes. Right from childhood, girls are fed with umpteen rules and codes of conduct- to sit 'properly', speak softly, dress in a 'sophisticated' manner, help around the house, and so on. Most of our naive minds never questioned these instructions. Growing up in an environment where gender roles and rules are so apparent, stringent, and normalized, a young girl inadvertently believes it to be the only way of life. But as the latter developmental stage approaches, this scenario changes. The development of moral reasoning and critical thinking forces young women to question their predicament, the gender disparities, and the shocking revelation of how they have been wronged and socially conditioned.



## PSYCHOVISION

---

It is bewildering how everything is gendered, from traits and colours to activities and professions. Women are stereotyped to be docile, soft, love shopping and the colour pink, and not having physical strength. Women have to meet a plethora of societal expectations and possess set qualities, barring which they are not deemed 'ideal women'. From early on, we are groomed to be loving, caring, giving, and sacrificing all the time. A woman is by default equated to being motherly and nurturing. Ordinary hospitable manners like serving the guests are also attributed to women. In financially strained homes, a girl's higher education is compromised for her brother's even if she is more competent. We are deterred from working as it would hinder us from accomplishing our 'fundamental duties' of managing the home, keeping the husband happy, and nourishing the children. If 'allowed' to work, it comes with its own set of select professions and other restrictions. Even in the workplace, gender discrimination is evident and men are hesitant to work under women as it would bruise their male ego. Men are encouraged to work hard while women are told to be good wives.

The obsession with the marriage of a woman is a whole separate conversation on a different tangent altogether. So many women are discouraged from attaining higher education on the pretext of getting them married off in a few years. Shouldn't marriage (to whomsoever) be an option and not an obligation? But no, once 'marriageable age' is attained, families begin sharing their words of wisdom about how a woman is incomplete without embracing the joys of marriage and motherhood. A woman's existence is ultimately just boiled down to procreation as if there is no merit to her life apart from being a potential mother. Why is everything pre-decided for us as if we have no agency of our own? Why does our survival have to be dependent on the men in our lives? We have the right to lead our lives the way we want to but we are constantly judged for everything we do. Women who challenge or deviate from these 'norms', let alone defy them, find themselves at the receiving end of fury and disdain. They are labelled as being 'too modern, 'slipping out of hand' and 'tarnishing the family's reputation'. Men are supposed to build the family's reputation and the women have to safe keep it. The glaring hypocrisy.

---

## PSYCHOVISION

---

From the darkest slums to the limelight lives, bias hasn't spared anyone. In the film industry, the political arena, and sports, to no one's surprise, gender bias exists in these spheres as well. Female actors have spoken countless times about the disparities that exist in the film industry in terms of pay, accommodation, and overall treatment based on their gender. While there are women in Indian politics at a high stature, the gender bias is quite apparent in political rows, and the fact that India hasn't had a woman Prime Minister since her very first, Indira Gandhi, is a testimony to the very same. In a country where cricket is worshipped, it is jarring how women's cricket is disregarded and undermined.

What is even more baffling is how this gender bias is largely imposed by women on women, the prime example of which can be found right in our homes. The root cause of gender imbalance is patriarchy but women themselves have also played a role in passing it on, one generation after the other. This is not to disregard the woes of women who tried, failed, and ultimately succumbed but this harsh reality cannot be denied and must be pondered about.

Education plays a key role in the development of society. So, it was disappointing to see India's largest educational board, CBSE, including a misogynistic comprehension passage in their class 10 question paper. The said passage included statements like "emancipation of women destroyed the parent's authority over the children" and "it was only by accepting her husband's way that a mother could gain obedience over the younger ones", among others. Are we really teaching this to the children? It just goes on to show how deep gender bias is embedded and why it is still a grave problem.



## PSYCHOVISION

---

Something that is so deeply ingrained in society is hard to uproot. But society consists of people, these norms are man-made so if there is anyone who can bring about the change, it is us. We have to raise our voices. We have to stand up for ourselves. We have to educate the people better to eradicate the bias. We have to bring about gender equality in our homes first to seek it outside. We have to take that first step today for a better tomorrow. For us. For our future generations. For the upliftment of society as a whole. It is high time we say enough. We refuse to bow down. We refuse to suffer. We refuse to succumb.

This Women's Day,

Let's celebrate and cherish being a woman.

Let's take a moment out for ourselves. Close our eyes, breathe and reflect on our lives.

Let's make use of this common bias to bind us together and fight against it. Let's make our choices, the choices that will define us, and the choices that will empower us. Even the will to fight and the seemingly small steps will lead us the long way and help



break the shackles of the vicious cycle we are trapped in. Each day would be a new battle, one different from the other. We would falter but there is no turning back. Yes, the ride would be a wild one full of bumps and potholes but one has to endure the thorns to relish the roses. Gender equality today for a sustainable tomorrow is our motto.

Together, we will **BREAK THE BIAS!**



---

# THE BREAKUP CHEMISTRY

BY SYED FARHA

**"KNOWING WHEN IT IS  
OVER IS THE  
BEGINNING OF A NEW  
LIFE AND THE END OF  
AN OLD ONE."  
-MICHAEL PENN**

Relationships are the most beautiful gift a human being can ever have, be it with a person or a pet. The support and back it has for us - that we always have someone to rely on - is the most peaceful feeling in the battle of everyday life.

Certainly, it has both the potential to be a person's strength as well as weakness respectively. For example, some people have reached the heights of their success with the support of

their loved ones whereas somewhere people have accepted toxicity in their lives just because of the attachment to their partners as their weakness.

Relationships directly affect your mood and personality or as to quote " people glow differently when they are loved in a relationship ".

But perhaps nothing is meant to be forever - not even the sun, the earth - and most relationships face downfalls & breakups. Being in love, the brain bathes in bliss but when the one you love leaves, the supply of feel-good hormones dries and the brain releases stress hormones such as cortisol and epinephrine.

## A BREAKUP CAN HURT-

The emotional pain (caused by a breakup) & the physical pain (caused by an injury) both have something in common - they both share the same neural pathways.

---

## PSYCHOVISION

---

"Research has shown that regions of the brain that get activated in response to physical pain also get activated in response to a break-up. Whether we've broken a bone or gotten dumped, many of the same neurological structures are involved. This translates to the conscious experience of being in pain," says Dr Bianchi. Whenever you think about your partner leaving you, it sends a distress signal to your nervous system causing elevated heart rate and chest pain.

### YES, YOUR PAIN EXISTS, IT IS REAL AND TERRIBLE & IT MATTERS.

It is as if we were an addict going through withdrawal. When a person goes through a breakup they experience a drop in the production of neurotransmitters like dopamine and serotonin (the feel-good neurochemicals). These relative deficits in the neurotransmitters associated with pleasurable feelings can even rise to symptoms that resemble clinical depression.

### YES, A BREAKUP CAN CREATE HURDLES

It sometimes makes your daily life difficult and some people find comfort in logic and being able to pinpoint the cause and effect of what went wrong. In this path, people start blaming themselves for what went wrong but they need to understand the relationship is a mutual thing two individuals started and whatever happens in it, both parties share responsibility for it. Therefore, it's next to impossible to pinpoint what went wrong. Also going over the memories and details of a relationship can not only hurt you more but also hinder the healing process.

### HARD TO LET GO

Post-break-up involves losing sight of clarity because when we become so intertwined with one another it can be hard for us to remember who we are when we are alone.



## "GETTING OUT OF A HORRIBLE RELATIONSHIP IS NOT ONLY GOOD FOR THE MIND BUT IT IS ALSO GOOD FOR THE SOUL."-SIMON WASH

Knowing when to let go of a toxic relationship is not only important for your life but also a healthy mind. Most people are afraid to let go of a relationship just for the sake of what other people will comment about their decision in ending a long relationship, they need to understand that it doesn't matter what a person was in your life a year ago or how much dependable and interlinking lives of you two have become, if you don't feel it going right, if you are not happy about it, if you know that this is not what you wanted or how you wanted, then it is certainly the time to terminate the relationship because then there will be no point in being with each other if you two aren't feeling the need to be with each other. Still deciding to continue the relationship will only create frustrated chaos, unnecessary arguing and disloyalty.

But while making such a big decision in life, we must not forget to take this step as gently as possible. A breakup is going to hurt indeed but one can always try to be kind, keeping each other's mental state in mind.



## FOLLOWING ARE SOME TIPS TO BREAK UP MORE PREFERABLY:

- End the relationship as soon as you know it can't go on - putting off the inevitable will only cause more pain & hurt.
- Always Breakup in person - it is important to be physically present to show that the relationship mattered to you; also it helps you to prevent confusion and misunderstanding in online texts or calls.
- Be clear & certain about your reason for the breakup - don't use words like I am not sure about you, it not only creates doubts in your relationship but also in the other person's self-esteem about what is the problem in them which is causing them to be not sure about them.
- Listen to the other person's point of view too while defending yours - it is necessary to care about the other person's point of view too instead of just one's own.
- Be honest about your feelings - do not try to hide any inner feelings with your partner, the relationship belongs to both of you and both have the equal right to know each and everything about the relationship.
- Most importantly, if your body feels like it's being impacted by a breakup, it's especially important to make sure you get enough sleep & eat well . Feeling out of sorts during a post-breakup period is normal but you should contact a health professional or a counsellor if your emotional distress is causing a lot of difficulty in completing daily functions.

## MOVE ON :

Moving on after a breakup is the most difficult and crucial task to do especially when you face a sudden unexpected breakup.



## NEVER RUN FROM THE PROBLEM

Some people tend to use escapism as a technique by indulging themselves in alcohol addiction or sleeping pills to avoid the intense negative emotions, but this will only worsen the situation. Acceptance is very important here, accepting that some things in life do not go as we planned. One can think of a breakup as a way where you are just one step closer to meeting your love of life by experiencing what not to do next time.

### SELF LOVE :

The most important tip is to shift that love for your partner to yourself, start engaging and nurturing yourself and that's why people always suggest you start focusing on yourself like studies or exercises which will help you a lot in moving on indeed.

### BOTTOM LINE

After all, love is a chemical reaction that comes and goes but here's the good news - so is the heartbreak, and your body chemistry changes back to normal.

Or as a quote from the movie 'chemical hearts' -

**"WE TEND TO THINK OF SCARS AS UGLY OR IMPERFECT, AS THINGS WE WANT TO HIDE OR FORGET BUT THEY NEVER GO AWAY. THOSE SCARS ARE NOT REMINDERS OF WHAT'S BEEN BROKEN, BUT RATHER WHAT'S BEEN CREATED".**



# CLIMATE ANXIETY: A NEW AND PECULIAR FEAR

BY SHREYA CHAUDHARY

DO YOU REMEMBER  
WHEN WE WERE KIDS  
AND MADE POSTERS IN  
CLASS COMPETITIONS  
ABOUT SAVING THE  
EARTH AND POLLUTION?  
WE LAUGHED WHILE  
MAKING IT AND SAW  
HOW WE DIDN'T MAKE A  
PERFECTLY ROUND  
EARTH OR HOW THE  
CARS WERE NOT  
PERFECT. WE USED TO  
WRITE THE PHRASE  
"THE NEED OF THE  
HOUR" WHILE WE  
DIDN'T UNDERSTAND  
THE REAL MEANING  
BEHIND IT.

## WHAT IS CLIMATE ANXIETY?

Today, when we understand the concerns that climate change entails and how it poses a threat to humanity, many of us are crippled with fear and anxiety which is Climate Anxiety. Climate change poses threats to human health and natural disasters precipitated by it, including hurricanes, heatwaves, wildfires, and floods. It leads to direct psychological effects, such as increased rates of depression, anxiety, post-traumatic stress, and other mental health disorders. "Eco-anxiety" is referred to as climate distress and anxiety, and the symptoms of it include panic attacks, insomnia, and obsessive thoughts.



## WHAT DOES CLIMATE ANXIETY FEEL LIKE?

Common symptoms include-

- Spiraling thoughts
- Hopelessness
- Stress
- Tension in social relations
- PTSD

Climate anxiety is a fear that is becoming all too common among young people around the world. Adolescents of this generation are likely to experience three times more natural disasters due to climate change than previous generations. Also, they are the ones who haven't contributed to it and are left to fix it up and suffer from the mistakes of others. This fear, having experienced it, feels like your stomach has dropped and you spiral downwards.

A survey conducted on 10,000 young people from ages 16-25 in 10 countries revealed in a landmark survey that at least 60% of them felt "extremely worried" about climate change. 45% of participants felt that their feelings and anxiety about climate change impacted their daily lives. 68% of people from India felt "extremely worried" about climate change. The keywords associated with climate anxiety were "sad", "afraid", "anxious", "angry", "powerless" etc.

Climate anxiety also stems from a fear of uncertainty and a lack of reassurance. In November 2020, Cop26 took place to address climate change and prevent the fast rate at which global warming is happening, but seeing how world leaders refused to take action and risked future generations' lives just to gain economic gains now, puts a lot of feelings of hopelessness and despair.

In an environment where everything seems to be going wrong and young people feel powerless, it is very easy to lose sight of things and have existential issues. But as the future generation, we must not lose hope. The day young climate activists realized that Cop26 was set to fail, over 100,000 of them marched in a protest and provided hope for the future.

## HOW CAN YOU OVERCOME IT?

Ways to overcome generally include:

- Take action

The best way to overcome this anxiety is to take action. Eco-anxiety scares people into action, which is the best-case scenario as it helps not only the people experiencing it overcome their fear but also helps the earth.

## PSYCHOVISION

---

-Spend time in nature.

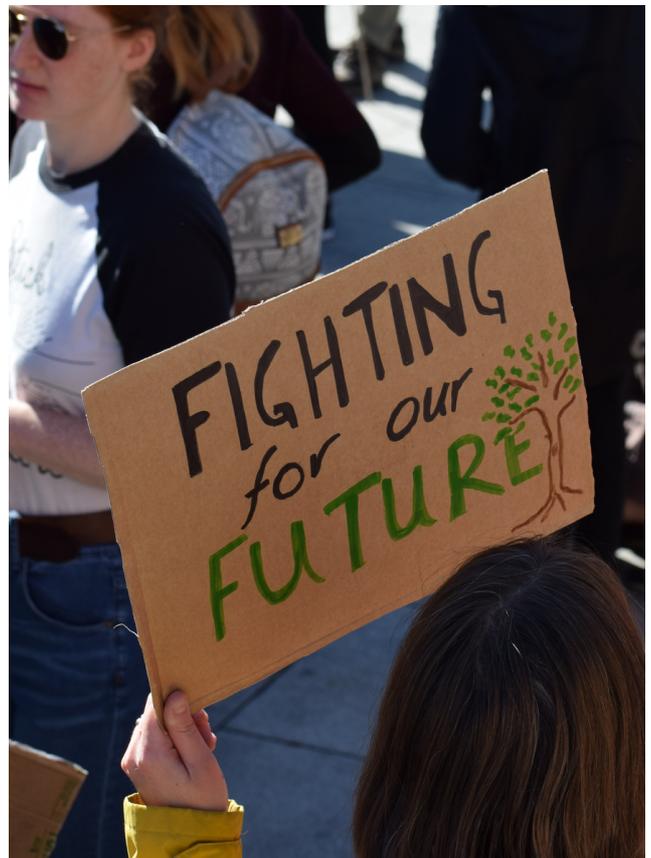
Other ways to overcome eco-anxiety are to spend time in nature and connect with the environment to rejuvenate.

-Meditation

Meditation is often overlooked as something spiritual, which might not actually work, but studies have shown that it helps in reducing anxiety.

-Learn

Children shouldn't be just taught about the environment when they are small and creative enough to make posters; they should be taught the same when they grow older too. Rather than just teaching about the way things are, we should also be taught what our contribution can be and what practices we can adopt to help the environment. A simple action such as using a cloth bag prevents the use of a lot of plastic bags. If this action is collectively done by everyone, it can actually reduce plastic disposal. Although educational institutions do inculcate these topics, focusing on more practical knowledge rather than only theoretical knowledge can act as a core factor for improvement.



## PSYCHOLOGICAL ADVANCEMENTS

Ten years ago, some psychologists did predict an increase in climate anxiety but lacked empirical evidence. Today, it has been proven by science and surveys, that psychology is trying to catch up. New methods are being developed to deal with it, making a combination of CBT for treating “anxiety” and existential therapy. Though this fear is an existential one, it poses implications due to its nature being rational too. The field is expanding rapidly to deal with this new kind of anxiety but has met with resistance due to a lack of understanding of “eco-anxiety” and what it exactly deals with.



## CONCLUSIONS

Eco anxiety is what some of us never expected to experience or be triggered by, yet here we are. It's frightening, it's scary and it cripples you, but to deal with it you have to take action. Just informing yourself and learning about it can be counted as an action. Awareness is very important and a tool in fighting eco-anxiety. Believe me, sitting around will make you more miserable and question your purpose, so take action and find your purpose yourself. If you believe that you cannot do anything right now or can't contribute, take care of yourself first, focus on yourself and when you feel in power, take action then. It's never too late!

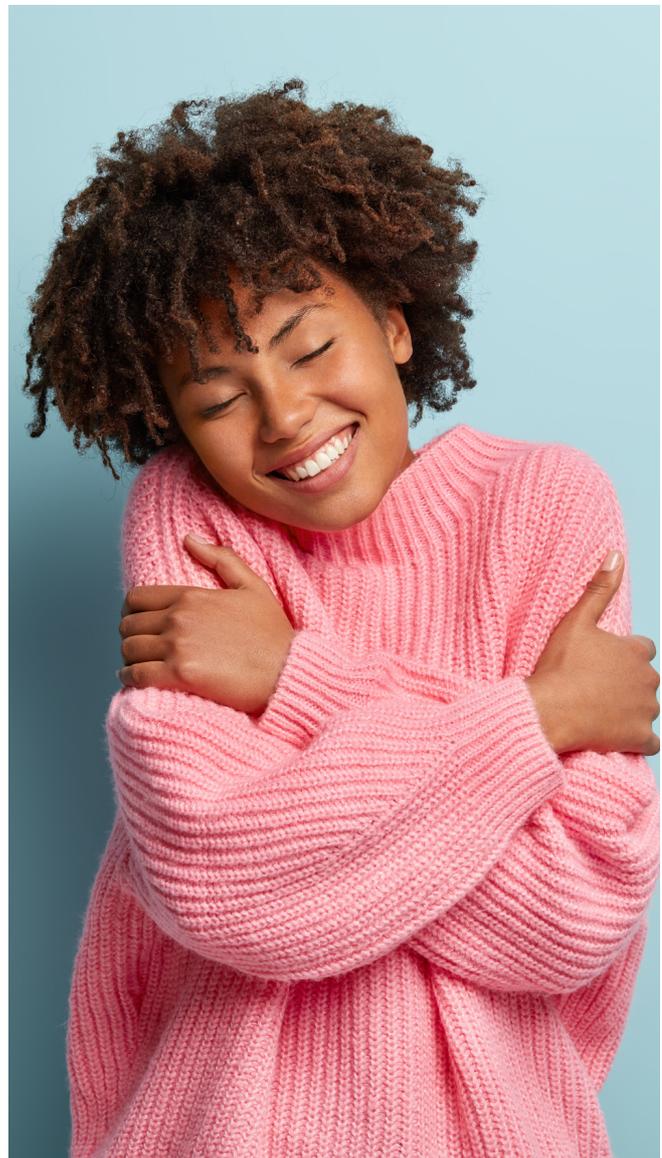
## REFERENCES

- Barry, E. (2022, February 10). Climate Change Enters the Therapy Room. *The New York Times*.
- Naik, A. (2022, October 24). What is 'Climate Anxiety', and what can you do about it? *Mental Health UK*.
- Thompson, T. (2021). Young people's climate anxiety revealed in landmark survey. *Nature*,

# HOW FORCED PREGNANCY AFFECTS WOMEN'S MENTAL HEALTH

BY BHOOMI CHAWLA

“WE EXPERIENCE  
EVENTS AS TRAUMATIC  
WHEN WE ARE NOT  
ABLE TO ESCAPE THEM  
OR ARE NOT ABLE TO  
EXERCISE CHOICE  
ABOUT WHAT HAPPENS  
TO OUR BODIES AND  
WHEN AND WHY”  
— ELISABETH  
NETHERTON, MD



## PSYCHOVISION

---

Every individual deserves to reach their fullest potential and they have all the right to write their own story of lives. Still, numerous social, economic, and cultural issues in our society make it hard to achieve, especially for women. For years, forced pregnancy has been a contentious issue. Forced pregnancy is the practice when a woman or a girl becomes pregnant without their willingness and abortion is denied, hindered, or delayed. Forced pregnancy is a distressing condition that severely impacts the impact health of women. These pregnancies are caused by various factors, including lack of education, pressure from families and relatives, access to contraceptives, or sexual violence. Most people believe that forced pregnancies result in physical suffering as well as long-term emotional distress, including irritability, mood swings, disturbed sleeping patterns, and even some significant changes in behaviour. The individual is caught in the cycle of sadness, worry, guilt, and shame.



It often becomes difficult for women to cope with the distress and the consequences of forced pregnancy. The majority of individuals, however, are unaware that refusing to have an abortion or being made to take an undesired pregnancy can lead to medical, mental, social, financial, and emotional problems. Women who are forcefully pregnant, if unable to get an abortion, have a continual stressful trigger. In other words, they are being forced to do something potentially dangerous. In the above statement, Elisabeth Netherton explains that people who cannot terminate their pregnancy may have a higher chance of postpartum mental health issues.

**“PREGNANCY IS  
KNOWN TO BE A  
TIME OF  
INCREASED RISK  
FOR MOOD  
DISORDERS,  
PARTICULARLY IN  
WOMEN WHO HAVE  
A HISTORY OF  
DEPRESSION OR  
BIPOLAR  
DISORDER”**

**— DR. GAIL SALTZ, A  
PSYCHIATRIST**

---

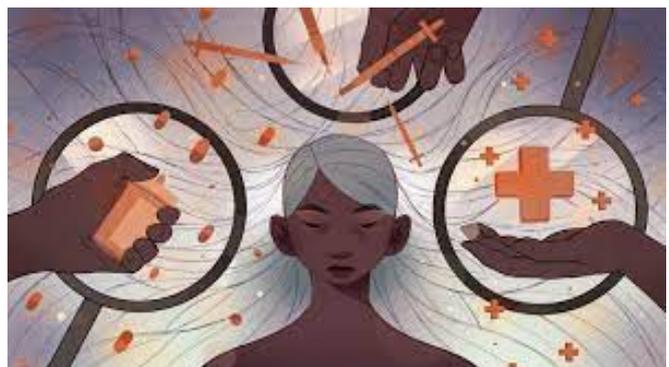
## EFFECT ON WOMEN'S MENTAL HEALTH

Forced pregnancy is prevalent worldwide, mainly in developing countries. The mental health of a woman may worsen even further if the pregnancy is caused by rape or if the baby or pregnant woman has severe medical conditions that lead to complications in pregnancy as well as in the optimal functioning of the baby and mother. Currently, every country has its abortion law. In addition to this, there is an international law serving this purpose.

Adoption is no substitute for abortion. There are various types of emotions people face around adoption and its risks. A woman may experience guilt, fear of regretting their decision, or stress about what has become of their child. These kinds of feelings may arise soon after giving birth or later on in life. For people, carrying out unwanted pregnancy adoption may be the right option for them but it is not the case for all. People face huge risks and lose control of their lives, mind, and body without having access to safe, legal abortions.

## DENIED ABORTION LEAD TO HIGHER EXPENSES

The Guttmacher Institute reported in 2016 that over half of the abortion patients fall within the federal poverty level, and 26% fall within the low-income group. According to several studies, refusing a woman an abortion causes increased economic uncertainty that lasts for years. It also shows the trouble that women face when obliged to bear pregnancies confront. The survey also discovered that women who are forced to carry pregnancies have raised their expenses, putting their families in worse financial situations. Women who experience abortions or are forcefully pregnant were three times more likely to be unemployed. In the long run, no salaries and increasing expenses lead to even more financial issues and mental health problems. This also gives rise to depression and anxiety in women.



**“ANY WOMAN OR  
GIRL DYING OR  
BECOMING  
DISABLED FROM AN  
UNSAFE ABORTION  
IS ONE TOO MANY”**

**- DR JAYDEEP TANK,  
CHAIR OF FIGO  
SAFE ABORTION  
COMMITTEE**

An extensive study conducted in 2016 by the American Journal of Public Health indicates that women who completed their pregnancies before abortion became legal. As compared to women with wanted pregnancies, those who had unwanted pregnancies were more likely to have poorer and more vulnerable mental health later in life. As Gersh explains, pregnant people experience “a higher state of stress and are more likely to have pregnancy-related complications. Stress can impact every aspect of mental and physical health, and can negatively affect fetal development and the health of the child throughout their life.”

In the end but not least, every woman has the right to choose what to do with her body is both fundamental and endangered. If abortions are controlled further or made illegal, they won't stop. Instead, it will result in the growth of dangerous, unregulated practices or procedures.

**“OUR GOAL AS  
MENTAL HEALTH  
PRACTITIONERS IS  
TO HELP OUR  
PATIENTS PLAN FOR  
THEIR  
PREGNANCIES  
WITH THEIR  
MENTAL HEALTH IN  
MIND,”**

**- NETHERTON.**

#### References

<https://www.apa.org/topics/abortion>  
<https://www.apa.org/pubs/journals/features/amp-64-9-863.pdf>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4815713/>  
[https://jag.journalagent.com/ejm/pdfs/EJM\\_25\\_3\\_477\\_483.pdf](https://jag.journalagent.com/ejm/pdfs/EJM_25_3_477_483.pdf)

# PSYCHOLOGY: THE SECRET TO EFFECTIVE HEALING

BY PRIYANSHI

Healing is challenging, complex, and at times a chaotic path that we often have to go through alone. Healing can mean different things to different people. For some, walking again after a spine injury can be considered healing while for others regaining their trust in social relationships could serve as healing. What does healing mean to you?

Hippocrates is considered the first scholar to define healing. To him, healing was a natural process leading to the restoration of wholeness, creating harmony between body and soul. Originating from the English word *haelen*, healing means “wholeness”. Healing is the process of moving towards the desired state of wholeness and restoration after illness, injury, or disease. It has multiple dimensions and various levels. The process of healing is not just physical.

It involves the recovery of the mind, body, and soul. Finding purpose in life and experiencing greater wholeness are some of the many positive impacts of healing. Healing takes place at three different levels- physical, emotional, and spiritual healing.

## PHYSICAL HEALING

Ever experienced that cruel paper cut? You would have noticed how the pain begins to lessen a few minutes after and the bleeding stops too. Within a week, the wound is completely healed. Here physical healing comes into play. It involves the healing of wounds after an injury and the body's recovery after an illness. During the healing of physical wounds, the platelets clot the blood. The white blood cells (WBCs) help fight infection and begin to repair the wound.

---

## PSYCHOVISION

---

In case of a foreign invasion, the body's immune system becomes activated. When the body first comes in contact with a pathogen, it stores information about the pathogen and how to fight it in the form of antibodies. Then if this pathogen re-enters, the body recognizes it and acts faster. The innate immune system provides defence against such pathogens. It mostly fights using immune cells like natural killer cells and phagocytes. The adaptive immune system makes antibodies and uses them to specifically fight certain germs that the body has previously come in contact with. A similar process of antibody formation takes place in patients recovering from or who have recovered from COVID-19.

## EMOTIONAL HEALING

Often we encounter emotions that are too heavy or complex for us to feel and process. Emotional healing refers to the process of recognizing, accepting, and processing one's emotions. The major stage of emotional healing is surrendering to the painful emotions, becoming aware of such emotions, further confrontation and expressing difficult emotions, and finally the acceptance of all the painful memories and difficult emotions.

Some common life events that may require emotional healing are the loss of a loved one, marital separation or breakups, vocational loss, abuse, and illness.

## SPIRITUAL HEALING

Many people complain about the lack of happiness and loss of direction in their lives despite good physical and emotional health. Such people require spiritual healing. Spiritual healing involves greater integration with one's inner core and acquiring a sense of purpose in one's life. It can help individuals in becoming fully functioning and achieve self-actualization.

Apart from these levels, people also long to heal their social ties, improve their living environment and enhance their communal involvement. All the spheres of human life require healing. However, how is psychology associated with healing?



## ROLE OF PSYCHOLOGY IN HEALING

Do you ever wonder why some patients can go back home the day after their surgery while others need to deplete their finances sitting in hospitals for over a week? Psychology plays a crucial role in physical healing. Wound healing requires pro- and anti-inflammatory cytokines. The suppression of pro-inflammatory cytokines harms the inflammatory stage of healing. Researchers have found that chronic stress leads to an increase in the number of inflammatory cytokines leading to prolonged wound healing time.

Stress also harms immunity. The immune system consists of cells, proteins, organs, and tissues that help the body by fighting off pathogens. In times of acute stress, certain cells are activated in the bloodstream, preparing the body for injury or infection as part of the fight or flight response. This response can last for a few minutes and increase the blood levels of proinflammatory cytokines.

However, these increased levels can also be linked to chronic stress, which may last days or years and dysregulate the immune system. Consequently, enabling individuals to comprehend the relationship between stress, wound healing and the immune system can have a significant effect on improving outcomes. A healthy mindset is essential for a healthy body and it is important to understand an individual's self-perception in the health setup. Fascinated by how a placebo works? Welcome back to the territory of psychology in healing. A placebo is any pill or injection that seems to be a real medical treatment but is not. Placebos do not contain any active substance meant to affect health. Still, at times individuals show a response to a placebo. This response can be positive or negative. Such responses are called the "placebo effect." Social context and even the patient's expectations about healing can drive placebo responses. Research related to the placebo effect dwells on the relationship between mind and body. Neurobiological research over the past three decades has shown that the placebo effect triggers certain brain areas associated with anxiety and pain. This trigger activates the physiological effects leading to healing outcomes.

---

## PSYCHOVISION

---

Psychology also plays an important role in emotional and spiritual healing. Emotional healing through relaxation is effective for people with depression. Meditation, Vipassana, and Yoga are effective in spiritual healing. Positive psychology is also effective in emotional and spiritual healing.

## WAYS TO ENHANCE THE OVERALL HEALING

By now we all know that healing is quite complex and requires a lot of time, effort, and energy. Even a simple paper cut has to pass so many levels of stress and mental manipulations before eventually healing. So here are some techniques involving a mix of biology and psychology that will help you in your healing process:



**Exercise:** Exercise fosters mental and physical health. The typical exercise prescription for a normal adult is 30 minutes or more of moderate-intensity activity on most or all days of the week (U.S. Department of Health and Human Services, 2009). Exercise has weighty health benefits. A mere 30 minutes of exercise a day can decrease the risk of several chronic diseases, including heart disease, diabetes, and cancers. Exercise accelerates wound healing in those with injuries, and can be critical to recovery from disabilities, such as a hip fracture. Because of its beneficial effects on mood and self-esteem, exercise has even been used as a treatment for depression.

**Eating a balanced diet:** A balanced diet refers to a diet that contains different kinds of foods in appropriate quantities and proportions so that the body's nutrient requirement is fulfilled. Diet is an important factor for many of the leading causes of death and contributes greatly to the risk for disease.

Dietary change can improve health. For instance, a diet high in fibre can prevent obesity and cardiovascular disease by lowering insulin levels.

---

## PSYCHOVISION

---

**Seeking social support:** Social support refers to various types of aid and succour provided by members of one's social networks. Over the last two decades, multiple researchers have found evidence that social support is favourably related to physical health. Positive correlations between high social support and greater immune functioning have been observed in quite a several studies with diverse samples. Contrary to this, loneliness and social isolation are associated with immune dysregulation and increased inflammation.

**Psychotherapy and counselling:** Traditionally, psychotherapy has focused on serious problems associated with intrapsychic disorders, internal conflicts, and personality issues. In modern psychotherapy, psychologists apply research-based techniques to help people develop more effective habits. Counsellors help individuals, couples, groups, families, and social systems that are experiencing situational, developmental, and long- or short-term problems. In present times, the distinction between psychotherapy and counselling is fading. Both psychotherapy and counselling are important ways to achieve emotional and spiritual healing.

Mindfulness, stress management, time management, positive thinking, and seeking timely medical help are some other ways to achieve healing. On a closing note, here is a little reminder for you all. Always remember that you deserve to and you can heal. It may seem distant at the moment but you have it in you as Tori Amos says too.



**"HEALING TAKES COURAGE,  
AND WE ALL HAVE  
COURAGE, EVEN IF WE HAVE  
TO DIG A LITTLE TO FIND IT." -  
TORI AMOS**

### REFERENCES

Blanchfield, T. (2022). How to find emotional healing. Verywell Mind.

Gladding, S & Batra, P. (2018). Counselling: A comprehensive profession. New Delhi: Pearson

Health, N. (2021). How to maintain a balanced diet. Narayana Health Care.

---

# POETRY

# THE HIGHS AND THE LOWS

BY JAYA KUMARI

On some days the sky shines bright,

chirping birds fly in the beautiful blue empyrean,

the carefree waves crash against the shore,

And the trees dance along with the fresh breeze,

Helios peek through the clouds smiling at the serene sight.

On other days, it's the darkest dusk,

The sky cries in pain and moans in agony we shared,

The waves go oblivious, wild and restless like never before,

Wanting to escape from everything they have ever known.

The destructive storm comes

and so does the thunder roaring full of rage.

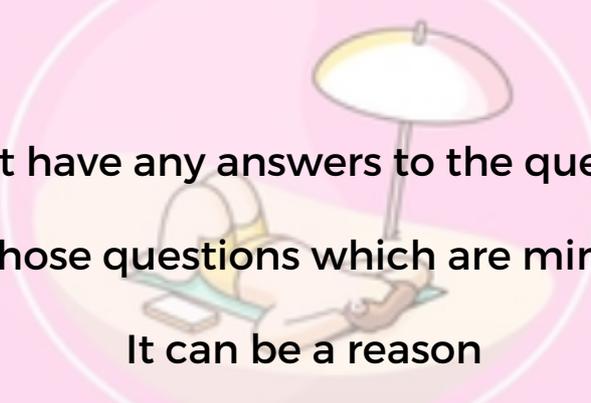
I witness both of these days, sometimes in one.

---

---

# ILLUSION

BY JAYA KUMARI



I don't have any answers to the questions  
Those questions which are mine,  
It can be a reason

For me being in agony for no reason

Still believing in fairy tales knowing that they are untrue,  
Knowing that believing in a so-called beloved is stupid,  
Yet, trusting them all again and again and once again,  
Knowing that one fine day it will be broken, as always...

I don't know why I feel so uncomfortable,

I tried to hunt down my shadows and reflections

It seems as if it's not me anymore but just a ghost of my  
past...

I feel trapped

---

PSYCHOVISION

---

Might be because of this era I am stuck in,

Why is it just so tough?

I don't know anything anymore

How do I even explain?

I can't understand myself anymore

I feel so lost in this world, is this all even real?

I just want to find my home

The place where I can breathe a sigh of relief,

It gets frustrating at times:

pretending to be someone, who is not me

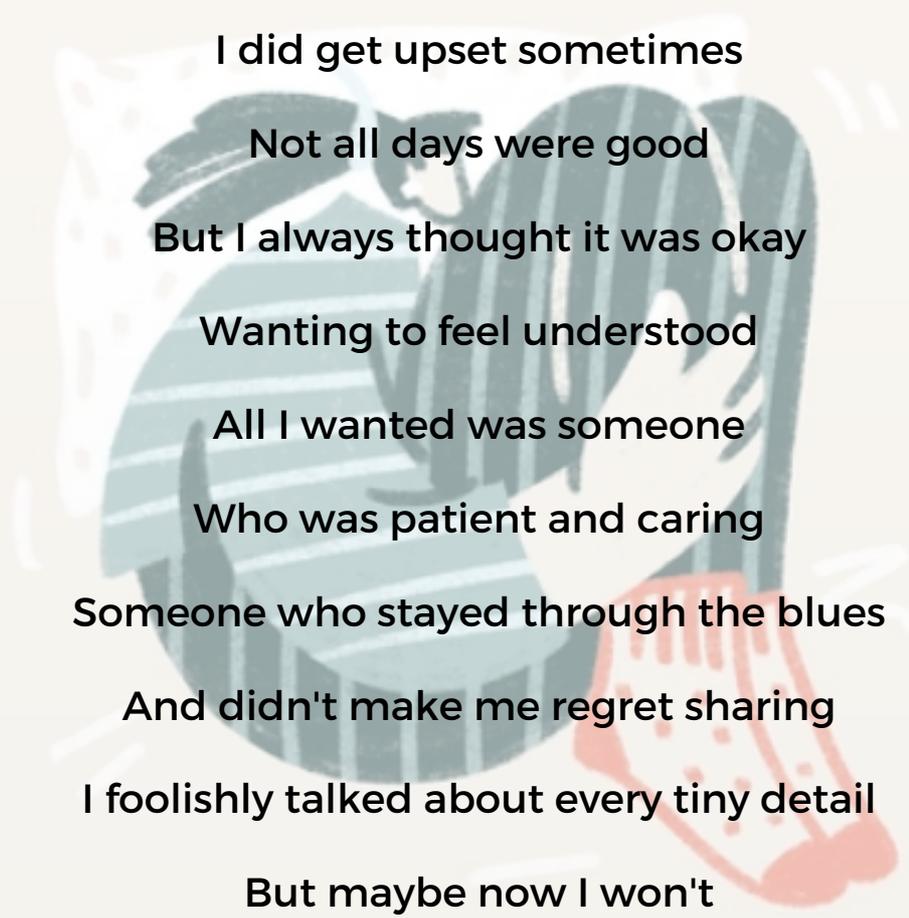
For no real reason

Is it all an illusion?

---

# YOU FEEL TOO MUCH

BY MANYA JAIN



I did get upset sometimes  
Not all days were good  
But I always thought it was okay  
Wanting to feel understood  
All I wanted was someone  
Who was patient and caring  
Someone who stayed through the blues  
And didn't make me regret sharing  
I foolishly talked about every tiny detail  
But maybe now I won't

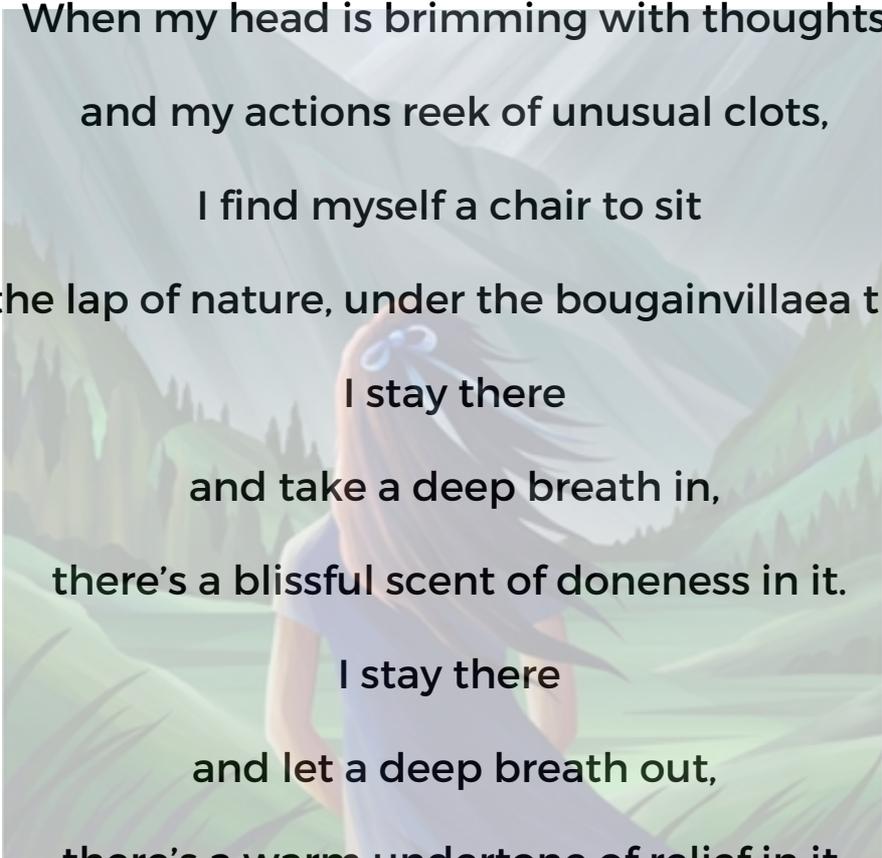
Because when you jokingly said "you feel too much"

That's when I felt the most.

---

# AMIDST THE NATURE

BY AKSHITA TANWAR



When my head is brimming with thoughts  
and my actions reek of unusual clots,  
I find myself a chair to sit  
in the lap of nature, under the bougainvillaea trees.  
I stay there  
and take a deep breath in,  
there's a blissful scent of doneness in it.  
I stay there  
and let a deep breath out,  
there's a warm undertone of relief in it.  
I close my eyes  
to mindfully touch the stars on my lids.

---

PSYCHOVISION

---

to mindfully touch the stars on my lids.

I open them

to find a better world in front of me.

It's insanely mesmerising

what the leaves on summer trees

or the clouds in spring

can do to you.

It comforts me to know

that outside the brick walls of my home,

there is a home, so abstract,

in every wisp of wind, under every tree,

wherever you are, anywhere you can be.

---



# AWARDS & ACHIEVEMENTS

**The students of the Applied Psychology Department have received numerous accolades for their incredible academic performances and co-curricular achievements. We feel immense pleasure and pride in showcasing the accomplishments of these talented individuals who have brought laurels to the department and have added to its glory. Our heartiest congratulations to all the winners!**



# BATCH (2018-2021)

## III RD YEAR



**MAHIMA SINGHI**  
**9.02 CGPA (85.69%)**



**VASUNDHRA DUTTA**  
**8.87 CGPA (84.26%)**

# BATCH (2019-2022)

## II ND YEAR



**BAREER NADEEM HUSAIN**  
**9.46 CGPA(89.97%)**



**YASHIKA JAIN**  
**9.36 CGPA(88.92%)**

# BATCH (2020-2023)

## I ST YEAR



**PRIYANSHI**  
**9.32 CGPA (88.54%)**



**SANAA BATRA**  
**9.18 CGPA (87.21%)**

# BATCH (2019-2022)

## III RD YEAR



**YASHIKA JAIN**  
**9.28 CGPA(88.16)**



**BAREER NADEEM HUSAIN**  
**9.08 CGPA(86.26%)**

# BATCH (2020-2023)

## II ND YEAR



SHIVATMIKA SHUKUL  
**9.07 CGPA(86.16%)**



SANAA BATRA  
**8.96 CGPA(85.12%)**



PALAK SINGLA  
**8.96 CGPA(85.12%)**



KHUSHI CHOPRA  
**8.96 CGPA(85.12%)**



DEEPIKA  
**8.79 CGPA(83.50%)**



ANUSHKA SHARMA  
**8.79 CGPA(83.50%)**



TEENA GARG  
**8.79 CGPA(83.50%)**



HIMANI VERMA  
**8.79 CGPA(83.50%)**



PALLAVI NIMBAPPA  
**8.79 CGPA(83.50%)**

# BATCH (2021-2024)

## I ST YEAR



**KANISHKA JUSYAL 8.73**  
**CGPA(82.93%)**



**PARIDHI GUPTA**  
**8.64 CGPA(82.08%)**



**MINAL MAHAJAN 8.59**  
**CGPA(81.60%)**



**LABHANSHI MITTAL**

Labhanshi is the social media manager & public speaking trainer at Aspirant Learning (A.I.I. Learning Foundation) from 2021 to present; Vice president of Artistry, the fine arts and crafts society of Shyama Prasad Mukherji College, University of Delhi from 2021 to 2022; Editor in chief and blog coordinator of Psychspire from July 2021 to February 2022; Website designer for Psychspire & Philosophia, the applied psychology and philosophy departments of Shyama Prasad Mukherji College, University of Delhi. She secured 1st position In Dolphin Pool, Plan B Competition held by Vivekananda Institute of Professional Studies, ENACTUS, Guru Gobind Singh Indraprastha University (GGSIPU). She is also the winner of the Logo Designing Competition organized by FINOMENAL, the Finance and Investment Cell, Shyama Prasad Mukherji College, University of Delhi



**KUMUD SHARMA**

Kumud was the President of the Thirkan Classical Wing, Dance Society of Shyama Prasad Mukherji College, University of Delhi.



**ANANYA KALRA**

Ananya was a member of Navrang, the theater society of Shyama Prasad Mukherji College, University of Delhi. She secured 1st position and won a cash prize in the intercollegiate competition- 'SETTLE THE DISPUTE' held by Aryabhatta College, University of Delhi. She secured 2nd position and won the silver medal in the district taekwondo competition, 1st Republic Championship 2023 held by Shinkan International.



**MINAL MAHAJAN**

Minal was awarded the Honorable Delegate excellence certificate at International Model United Nations (IMUN) recognized by United Nations (UN). She won the title of 'MS. FRESHERS 2021' of the Applied Psychology Department of Shyama Prasad Mukherji College, University of Delhi. She secured 2nd position and won a cash prize in the intercollegiate competition- 'KARYANEETI' held by Jesus and Mary College, University of Delhi. She secured 1st position and won a cash prize in the intercollegiate competition- 'SETTLE THE DISPUTE' held by Aryabhata College, University of Delhi. She secured a special mention in the open mic competition held by Shyama Prasad Mukherji College, University of Delhi.



**KANEEZ**

Kaneez secured 3rd position in the inter college University games competition.



**ANUSHKA SHARMA**

Anushka is the President of Eco-Club, Shyama Prasad Mukherji College, University of Delhi; Placement Cell - Graphic Head, Shyama Prasad Mukherji College, University of Delhi. She received the award for Best Performing Campus Ambassador for AIESEC at the University of Delhi. She also secured 3rd Position In the " WHEN WE SPEAK "- Reel Making Competition.



**SOUMYA KOHLI**

Soumya is the ambassador and co-lead for the events team of Saamarthya Foundation as well as Director for Human Resources at Rotaract Club of Resilience.



**KHUSHI ARORA**

Khushi won the silver and bronze medals in Gi and No-gi, National Grappling Championship held at Ayodhya; Secured 1st position in State Grappling, Delhi wrestling federation of India, Grappling Committee Of India - GCI; Secured 3rd position in the intercollegiate competition- Verses Vs. Verses Slam Poetry Competition! organized by Expressions, The English Creative Writing Society of Kamala Nehru College, University of Delhi. Khushi Arora secured 2nd position in the English slam poetry competition organized in Srijan' 23, the annual cultural fest of Shyama Prasad Mukherji College, University of Delhi.



**SNIGDHA**

Snigdha secured the first position in the creative writing competition organised by the book club- Guftgu under the literature fest Shabd pakhi in collaboration with IGNC. The theme for the same was 'my hero from the Indian freedom struggle'.



**MAANSI ROHILLA**

Maansi was the office secretary of NSS, Shyama Prasad Mukherji College, University of Delhi, and Executive Member of ABVP, Shyama Prasad Mukherji College, University of Delhi.



**NAVYA ANAND**

Navya secured 2nd position in the group event in the Yogasana championship, Shyama Prasad Mukherjee College, University of Delhi. She secured 2nd position in the Yoga intercollege competition organized by Vivekananda College, University of Delhi.



**SHIYA**

Shiya secured 1st position in the handball competition, an inter-class competition in the college organized on sports day, and 3rd position in the intercollege handball tournament.



SHRESHTHA KHANNA

Shreshtha secured 1st position in the intercollegiate sports competition held in April 2022- 'INVITATIONAL INTER COLLEGE TOURNAMENT' organized by Kalindi College, University of Delhi. She secured 3rd position in the intercollegiate sports competition held in February 2023- 'INVITATIONAL INTER COLLEGE TOURNAMENT' organized by Kalindi College, University of Delhi.



BHOOMI CHAWLA

Bhoomi Chawla secured the 2nd position in Inayat- the fashion show competition organized in Srijan' 23, the annual cultural fest of Shyama Prasad Mukherji College, University of Delhi.



SHIVATMIKA SHUKUL

Shivatmika Shukul, a 3rd year student has been awarded for her exemplary academic performance in the Delhi Police Week 2023. Gratitude to our respected Principal ma'am for recommending her name.

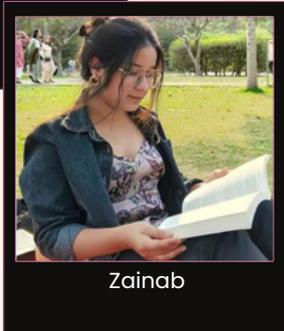


Awardee Ms. Shivatmika Shukul with respected Principal Dr. Sadhna Sharma Ma'am, Faculty Dr. Virendra Pratap Yadav, and Teacher In Charge Dr. Anamika Rai.

# FLOWER ARRANGEMENT



Zainab and Siya - Won the prize for best eastern style in the flower arrangement competition held by the garden committee of Shyama Prasad Mukherji College, University of Delhi.



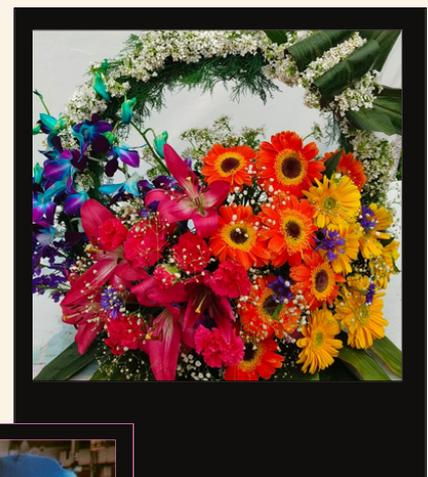
Zainab



SIYA KUMAR



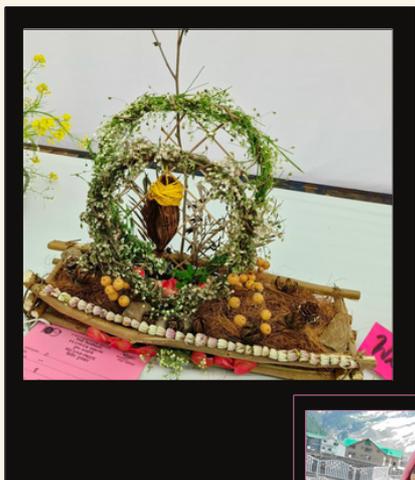
Pallavi and Shreya - Won the prize for best western style in the flower arrangement competition held by the garden committee of Shyama Prasad Mukherji College, University of Delhi.



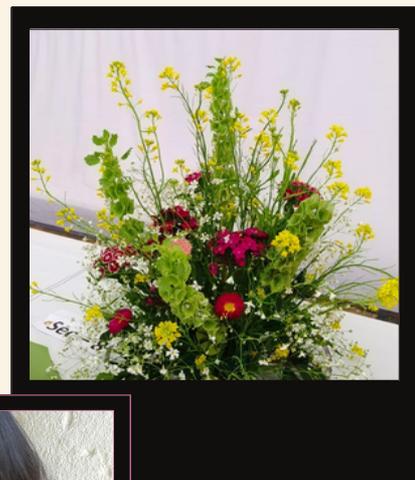
PALLAVI BISHT



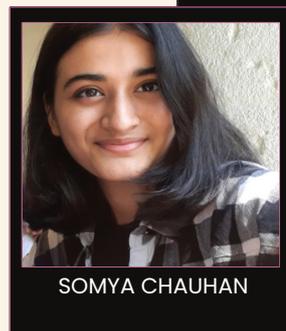
SHREYA



Alafiya and Somya - Won the prize for best eastern style in the flower arrangement competition held by the garden committee of Shyama Prasad Mukherji College, University of Delhi.



ALAFIYA



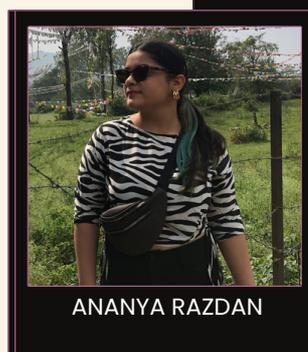
SOMYA CHAUHAN



Angela and Ananya - Won the prize for best western style in the flower arrangement competition held by the garden committee of Shyama Prasad Mukherjee College, University of Delhi.



ANGELA



ANANYA RAZDAN

# PAPER PRESENTATION

On 23-24 February 2023, the IQAC of Shyama Prasad Mukherjee College for Women in collaboration with Indira Gandhi National Centre for the Arts organized a two-day National Seminar on “Indian Knowledge System: Dialogue with time” under the Aegis of Delhi University Centenary Celebration. The event aimed to bring practitioners, philosophers, academicians, research scholars, and students to share views on the Indian Knowledge System. The primary objective of the seminar was to make the audience understand the importance of the Indian knowledge system conquered by western perspectives and its necessity.

The event's start was marked with lamp lighting by the Principal Prof (Dr) Sadhna Sharma, along with the Chief Guest Prof. Rajnish Kumar Mishra. Prof. Sadhna Sharma gave a warm welcome and presented planters to the dignitaries. The first plenary session was delivered by Prof. Sandeep Chatterjee, Registrar, NIEPA, and Prof. Anand Burdhan, School of Heritage Research and Management, AUD. The second plenary session was held by Prof. Ujjwal K Singh, Department of Political Science, Delhi University, and Prof. Suneet Varma, Department of Psychology, Delhi University. In the end, Dr. Virendra Pratap Yadav (convenor) presented a summary of the session and gave a vote of thanks. On 24 February 2023, the first session was moderated by Prof. Anand Kumar, JNU, The delegates of the seminar presented papers on diverse subject areas that have profoundly dealt with the traditional Indian system. Shri Shankaranad Ji delivered the next session. Furthermore, the Valedictory session took place after lunch and was attended by all. The principal Prof. Sadhna Sharma gave a warm welcome to the speakers. The Valedictory session was graced by the presence of Prof. KP Singh, Director, Gandhi Bhawan, DU, and Shri. Pranay Kumar. This was followed by a general discussion with the audience where the speakers shared their expertise, guided the audience, and distributed certificates to the participants for participation and paper presentation. In the end, a vote of thanks was given to all by the convenor and co-convenor of the seminar.



# PAPER PRESENTATION

**Bhoomi Chawla (supervised by Dr. Virendra Pratap Yadav and Dr. Namita Tayal) -**

Working Shifts and its Association with Bedtime Procastination

**Chetna (supervised by Dr. Virendra Pratap Yadav) -**

Relationship of Conflict Management Styles with Individualism/ Collectivism

**Deeksha Harit -**

Analysing the Effect of COVID-19 on the Well-being of Young Adults

**Khushi Chopra (supervised by Dr. Suruchi Bhatia and Dr. Anamika Rai) -**

Relationship Satisfaction and Personal Growth

**Khushi Sharma (supervised by Dr. Ekta Bhambri and Dr. Aashima Sharma) -**

Role of Value and Culture in Adjustment of College Students

**Pallavi N. H. (supervised by Dr. Suruchi Bhatia and Dr. Shaheen Parveen) -**

Mental Health in Indian Organizations

**Pallavi Sharma (supervised by Dr. Virendra Pratap Yadav and Dr. Namita Tayal) -**

A Study of Body Image among Cancer Patients: A Multidimensional Perspective

**Priyanshi (supervised by Dr. Suruchi Bhatia and Dr. Anamika Rai) -**

Family Environment and Emotional Competencies in Indian context

**Shivatmika Shukul (supervised by Dr. Suruchi Bhatia and Dr. Ekta Bhambri) -**

Internet Addiction and Psychosocial Correlates

**Snigdha Sood (supervised by Dr. Virendra Pratap Yadav) -**

Body Modification Practices and its Association with Body Image



# STAR ALUMNI



**NAMITA TAYAL**  
**BATCH 2013**



**SUMEDHA KATHPALIA**  
**BATCH 2014**

On behalf of the Department of Applied Psychology, Shyama Prasad Mukherji College, University of Delhi, We would like to extend our most sincere congratulations to Miss Namita Tayal and Miss Sumedha Kathpalia for being recognized as Star Alumna in the alumni meet. The department of applied psychology is exceptionally proud of their achievements. They have truly set a benchmark to follow.



Awarded the APA Grant for International Psychologists and psychology students to attend the APA Annual Convention for its 126th Annual Convention in San Francisco, USA (August 2018), awarded the Shri Satyapal Malhotra Award (best publication award for the year 2019) by the editorial board of Indian Journal of Psychology and Education and awarded the Shastriya Student Internship Project (SSIP) Grant for pursuing a Graduate Research Training in Experimental Medicine (Psycho-social- oncology) at MC Gill university by Shastri Indo- Canadian Institute (March 2019).

She received ERASMUS grant for research assistance at the University of Bergen (UIB) and went to Germany for MSc in Cognitive Systems and specializing in the field of Neurotechnology as a freelance researcher. Now, She is currently doing an independent project in collaboration with UIB to explore how music enhances neural entertainment of brain networks involved in various cognitive faculties and studying its efficacy to act as a treatment for Parkinson's patients.





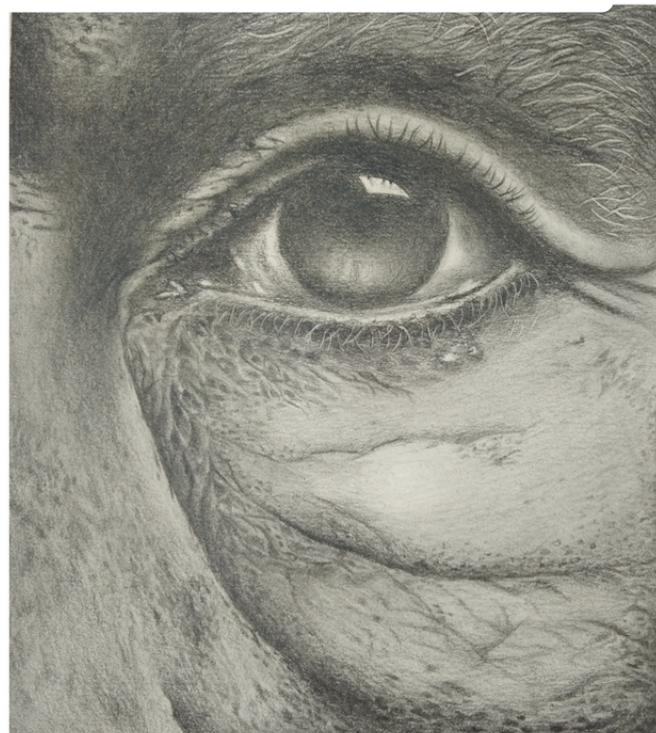
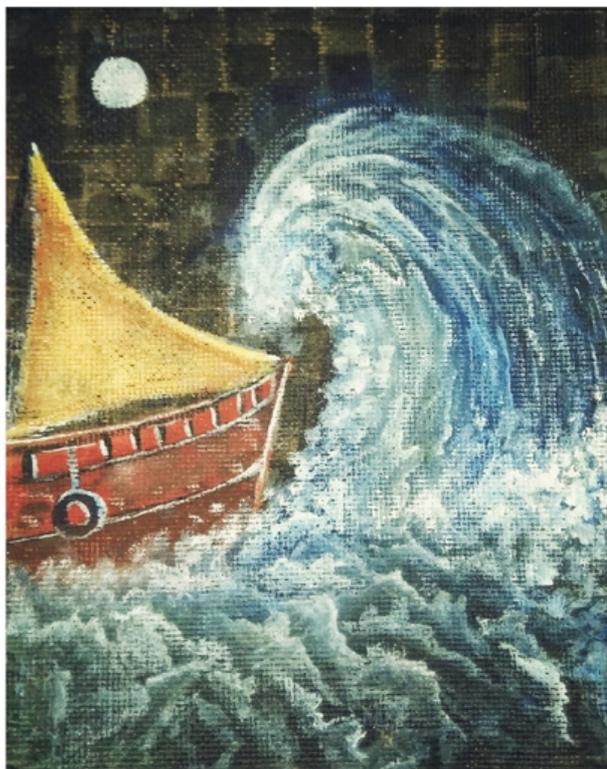
# EVENTS





## ART COMPETITION

The Department of Applied Psychology, SPMC, DU organized an INTER COLLEGE ART COMPETITION as a part of the chain of events for the suicide prevention and awareness week. The theme of the event was “PAINT YOUR EMOTIONS” wherein students had to expand the horizons of their thought and emotional expression and strive to portray them on a piece of paper. The fundamental aim of the event was to promote artistic abilities among students along while acknowledging the need for emotional expression in youth. This competition brought together a diverse set of young people and provided them with a platform to showcase their talent. Entries from various colleges across the country were received and the participants provided inexplicably phenomenal captions for their artwork. The entries were judged by Dr. Virendra Pratap Yadav and Ms. Superna Gupta and a proper objective system was followed for the evaluation. After the evaluation, the results were announced through online platforms and a compilation of all the entries was showcased on the social media platforms.



## PHOTOGRAPHY COMPETITION

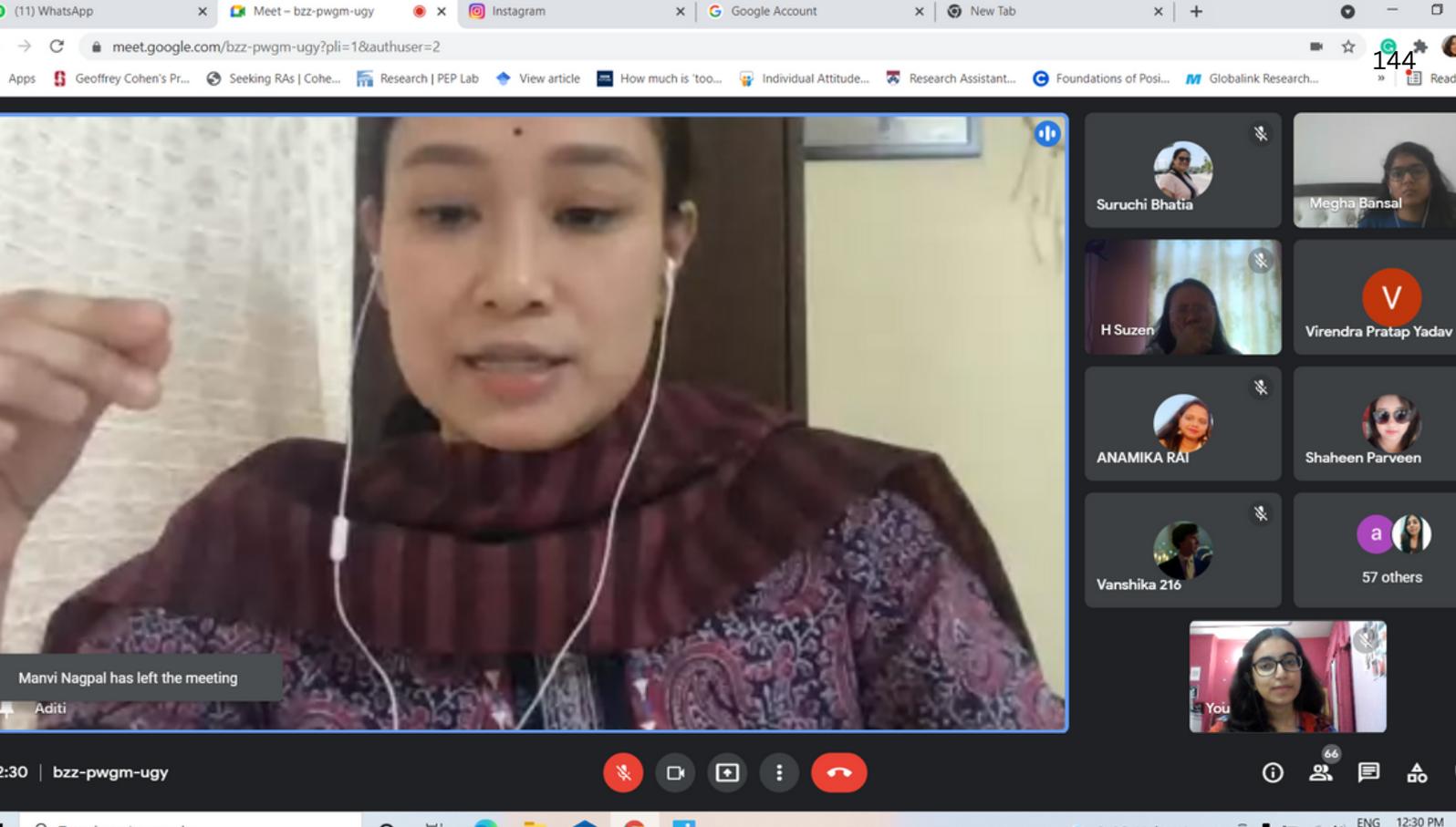
The Department of Applied Psychology, SPMC, DU organized an INTER COLLEGE PHOTOGRAPHY COMPETITION as a part of the chain of events for the suicide prevention and awareness week. The theme of the event was “CAPTURING EMOTIONS” wherein students had to submit their entries that depicted the world from a psychological perspective exhibiting a thousand emotions. Photography can enhance our way of perceiving the world around us and a camera can surely capture the world in a way no one can even imagine. It can highlight the beauty of the world and make us appreciate it in uniquely fascinating ways. Entries from various colleges across the country were received and the participants provided inexplicably phenomenal captions for their photographs. The entries were judged by Ms. Renu Aggarwal & Dr. Suruchi Bhatia and a proper objective system was followed for the evaluation. After the evaluation, the results were announced through online platforms and a compilation of all the entries was showcased on the social media platforms.



# MOVIE SCREENING *the Karate Kid*

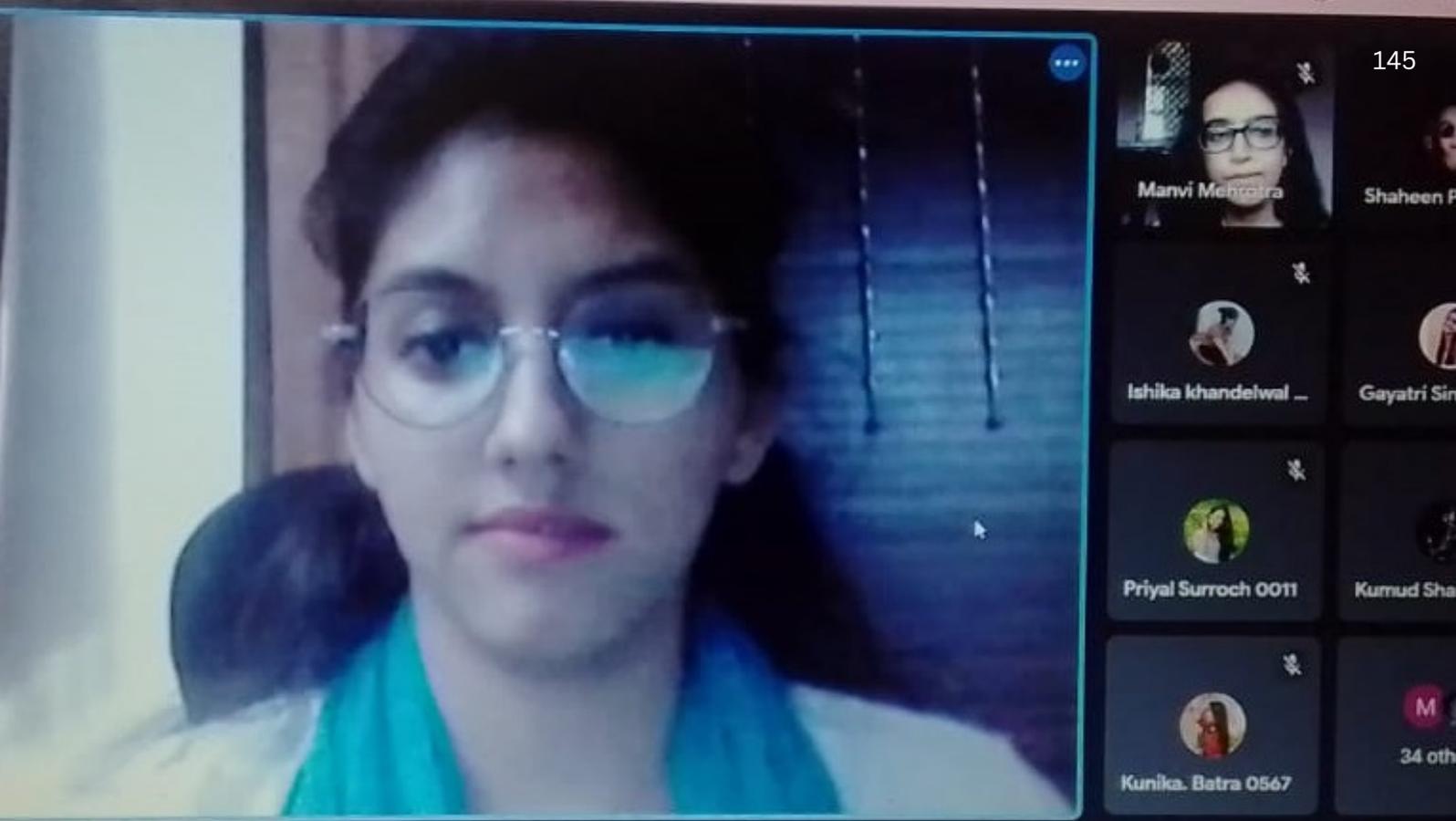
## MOVIE SCREENING

The Department of Applied Psychology, SPMC, DU organized a movie screening on 8th September 2021 as a part of the chain of events organized for Suicide Prevention Week. The event was conducted through the google meet platform and the movie was presented in the presence of the students and teachers of the department. Throughout the event, students and teachers were encouraged to share their views about the movie through the chat box. The specifics of how resilience and determination can enable a person to fight with whatever comes their way could be witnessed throughout the event. In the end, all the teachers were individually asked to throw some light on the psychological perspective of the movie and the explicit and implicit message it carries. The event ended with the students sharing their perspectives on the same.



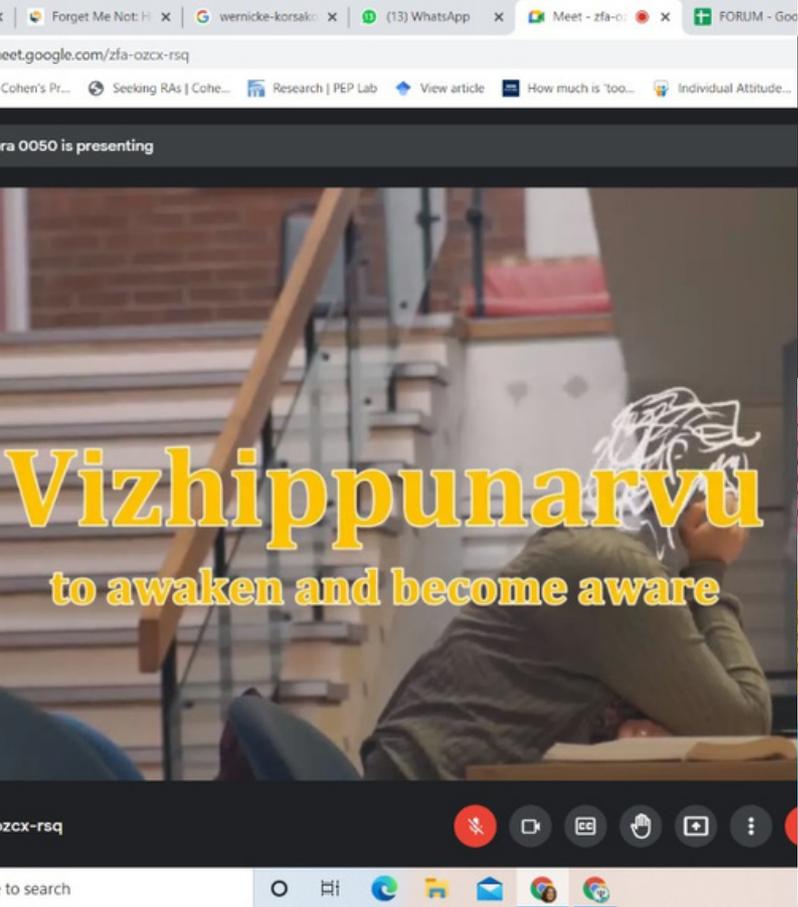
# WEBINAR ON CAREER OPPORTUNITIES IN DEFENCE SERVICES

On 22nd September 2021, the Department of Applied Psychology, Shyama Prasad Mukherji College for Women organized a Webinar on Career Opportunities in Defence Services; as a part of initiatives to guide students for various career and educational prospects post their graduation. Dr. Y. Aditi (Scientist C, Air Force Selection Board, Mysuru) was invited to conduct the webinar. It aimed to enlighten the students about the career prospects for students from the field of Psychology in the Indian Defence Services. The webinar started with a welcome note from the Teacher In Charge, Dr. Anamika Rai, followed by an introduction from the speaker. She had prepared a presentation enlisting all the important information she planned to share with the students. She briefed about DRDO and DIPR and their history, positions in these two organizations (Defence scientists, JRF, and RA), and Commissioned Defence Officer posts (in all three, Army, Navy, and Air Force). The session was highly informative for the students as it also gave them detailed information about eligibility criteria, application and selection procedures, and brief information about what the jobs entail and offer.



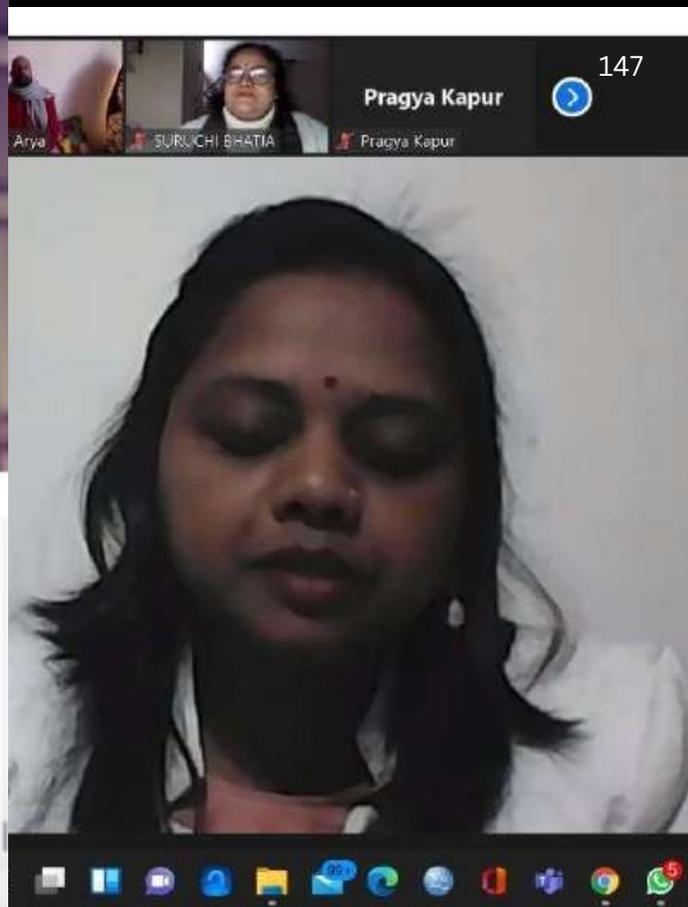
## FROM JUST BAAT TO जड़बात

On 10th September 2021, The Department of Applied Psychology, Shyama Prasad Mukherjee College conducted a Talk on “From just baat to Jazbaat” as a part of Suicide Prevention Week. The session was presided by Ms. Ramni Kaushik, a mental health facilitator and alumni of the Applied Psychology Department, SPMC. This session was aimed to provide insight to students on emotional management. It aimed to serve as an interactive platform for students and teachers of our department where they all can share their emotions and talk about them freely. The speaker started the session with general discussions with students. It was followed by the making of an iceberg which symbolizes our hidden emotions on the surface of the iceberg. It also helped us to identify our concealed emotions. The motive behind this entire session was to provide a non-judgemental platform to students where they can share their experiences that lead to emotional management. The event was interactive, delightful, and engaging.



# WORLD MENTAL HEALTH DAY "VIZHIPUNARVU"

On 16th October 2021, The Department of Applied Psychology, Shyama Prasad Mukherjee College Celebrated World's Mental Health Day. The title of the event was VIZHIPUNARVU, to awaken and become aware, and was attended by all the students and teachers of our department. The event aimed to promote mental health advocacy in an unequal world and educate the students on relevant issues. To shed light on the alarming rise in mental disorders, the event focused on mental illness and the effects it has on a majority of the global population. It was majorly celebrated to understand the importance of mental health and just how necessary it is to ensure its well-being. The teachers and students were assigned breakout rooms where they shared their views and perspective on various issues and highlighted the aspects of mental health illness and how we can overcome them. Towards the end, the teachers addressed the students and guided them with their inspirational words. Students were really happy to hear such a diverse spectrum of thoughts presented to them. The event concluded with a formal vote of thanks.



# WEBINAR ON MUSIC & MEDITATION

On 15th January 2022, the Department of Applied Psychology, Shyama Prasad Mukherjee College organized a National Webinar on "Music & Meditation" under the aegis of Azadi ka Mahotsav. Following a heartfelt welcome by Principal ma'am, Dr. Anamika Rai and Dr. Ekta Bhambri warmly welcomed the esteemed speakers and the participants. Around 90 participants joined the online session via zoom, whereas others attended it via YouTube live streaming. The first speaker, Upendra Arya ji began the session by encouraging all the attendees to chant OM. Various techniques like pranayama, mantra chants, hatha yoga, and karma yoga were explained, stressing the importance of each on the individual's body and mind. The session was beautifully concluded with a few breathing exercises from Patanjali's Yoga, that were demonstrated to the attendees. The second speaker Dr. Rajnandini gave a beautiful introduction about awareness and dhyana (concentration) being quintessential to practicing music. The participants were asked to fill up a feedback form following which, certificates were issued.



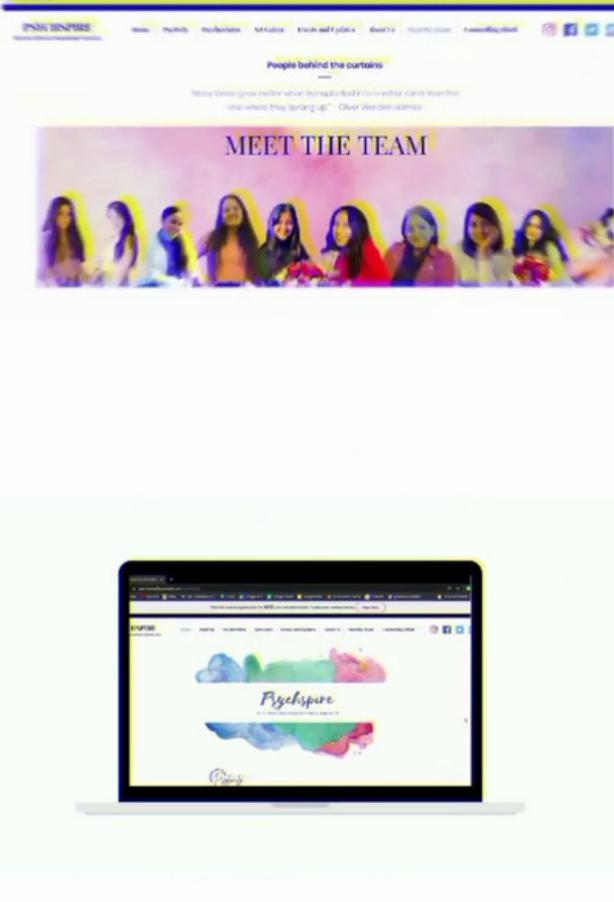
## HANDS-ON-TRAINING SESSION ON SPSS

The Department of Applied Psychology, Shyama Prasad Mukherji College, University of Delhi organized a workshop “Hands-on-Training session on SPSS” on June 9, 2022, from 11 am to 2 pm respectively in Conference Hall Number 2. The event was patronized by our honorable Principal Ma’am, Dr. Sadhna Sharma, and was supported by our respected Head of the Department Dr. Anamika Rai Ma’am. Guest Speaker Dr. Tushar Singh, Assistant Professor, (Dept. of Psychology) from Banaras Hindu University was invited. The session started with which the speaker adopting an interactive mode of discussion to instruct students about SPSS. The speaker gave an introduction to SPSS and informed students about its usage in handling data. He step-by-step instructed students about how to enter data in SPSS and taught various conversions of the same. Subsequently, he assisted students how to analyze data using SPSS and was apprised of possible errors committed in data handling and analysis. This session continued for approximately two hours and then a doubt session was conducted in which the speaker specifically addressed the students who had any confusion related to SPSS. The session was concluded with a vote of thanks.



## FRESHERS EVENT

On 22nd January 2022, the Department of Applied Psychology welcomed another batch of young minds. The barriers of covid 19 didn't stop us from celebrating the new members of the Psychology Family; the department set itself to get the celebrations going through an online platform. The students of the second and third years worked together to give a beautiful welcome to the new batch. The event was packed with games, poetry, dance, and music to keep our freshers entertained and enthusiastic. The event started with anchors giving a warm welcome to the professors and the lovely freshers. As the event unfolded, the anchors got the freshers rolling into the games specially designed with a hint of psychology. No event is complete without the essence of music and dance so keeping that in mind; wonderful dancers from the second and third years with their grace got us groove from the screen. To add up to the cheerful vibe, poetry, and music got everyone together enjoying the rhythm. And then the most awaited part of the event, "Ms. Freshers" unfolded. Ms. Freshers (**Minal Mahajan**) was awarded the title and the gift.



## WEBSITE LAUNCH

On 22nd January 2022, the Department of Applied Psychology had the "Website Launch". A team of three students from the department, Ms. Manvi Malhotra (Ideator), Labhanshi Mittal (Website developer and Ideator), and Palak Singla (Content Writer) came up with the idea for a departmental website. The idea was very well received by the faculty members and therefore turned into reality. The website is commonplace for all the departmental blogs (Psyitivity), our departmental magazine (Psychovision), Art Galore, Events and updates, and the Counseling Block. The team worked tirelessly day and night to create the website they envisioned for the department. In the Launch, the team members shared their journey and experience of working on the website in their respective speeches. The faculty members also addressed the audience by expressing their joy and pride upon Psychspire achieving this milestone. The Applied Psychology department of the college is one of the very few departments in the college which came up with its own departmental website.



## SHADES OF WOMEN- "BREAK THE BIAS"

Psychspire: The Society of Department of Applied Psychology, Shyama Prasad Mukherji College, University of Delhi, organized an event “Shades of Women” on the occasion of International Women’s Day. The event took place at 11:30 am, on 8th March 2022, in the Central Plaza of the college. With the support of our Principal ma'am, Dr. Sadhna Sharma, and our Head of Department, Dr. Anamika Rai, this event was possible. The event was moderated by the teachers of the department and it was attended by the students and faculty members of the college. The Theme of the event was “Break The Bias” wherein the students of the department tried to create awareness using posters and slogans to challenge the various prevalent gender biases and stereotypical beliefs. Students moved around in circles in the central plaza to catch the attention of the audience. Students wore pink, blue, and purple attires and stood in a manner to show the amalgamation of pink and blue into purple which is the symbolic color of international women's day, 2022. This was done to depict different shades of women, break the stereotypical belief of pink being the color for females and highlight the equality of genders.



## FAREWELL EVENT

On 20th April 2022, The Department of Applied Psychology, Shyama Prasad Mukherji College conducted a farewell for the batch 2022. The event was attended by all the students and teachers of the Applied Psychology Department, SPMC. Welcoming the students with a “tikka” on their forehead marked the start of the event. It was followed by various dance performances by the Ist years and IInd years. A group of students also presented various songs. The IIIrd year students were facilitated by different titles that go along with their personalities. As a token of a gift from the faculty and juniors, they received a framed batch photograph. The student council and members of the Psychspire team were facilitated by certificates. The event was interactive, delightful, and engaging. Toward the end, all the teachers of the department addressed the students wished them luck in their future endeavors, and guided them with inspirational words. Students were really happy to hear such positive thoughts presented by the teachers. The event was concluded with a formal lunch with teachers of the department. All the students enjoyed the farewell. Indeed, the event was a great success.



## "BREATHE- ONE STEP AT A TIME" ROLE PLAY

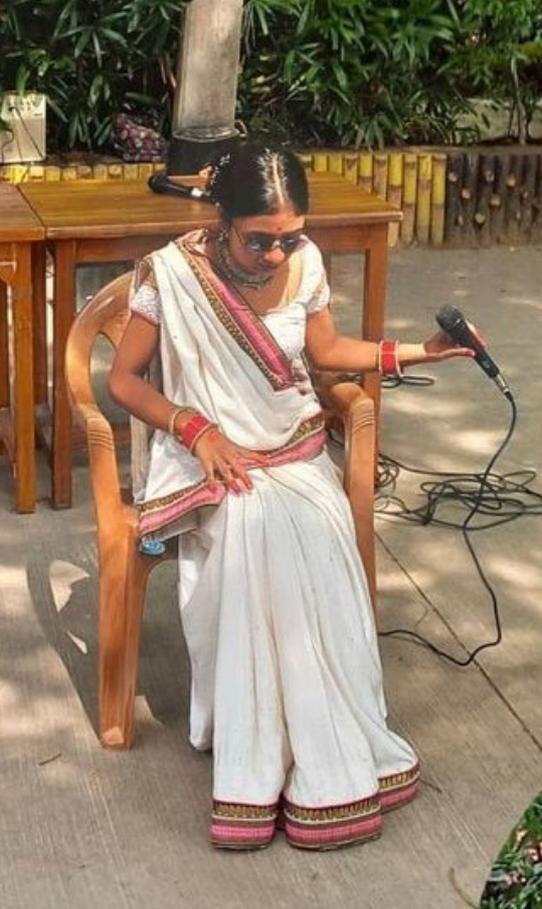
On 6 September 2022, The Department of Applied Psychology, Shyama Prasad Mukherji College conducted a Roleplay on the topic: "Breathe-One Step at a time". The Roleplay and dance were a part of Suicide Prevention Week. The event gave insight to students on spreading awareness about suicide prevention week and understanding the sensitivity of the same. It aimed to serve as an interactive platform for students and teachers which was evident through roleplay followed by a gist of dance. To shed light on the alarming rise in suicide rates, the event focused on spreading awareness about the topic and the effects it has on a majority of the global population. It was majorly celebrated to understand the importance of mental health and just how necessary it is to ensure its well-being. The start of the event was marked by roleplay and was followed by an incredible dance performance by the students of our department. The event was attended by all the students and teachers of our college. The event was interactive, delightful, and engaging.





## FELICITATION CEREMONY

Brief Report: The Psychspire Society of the Department of Applied Psychology of Shyama Prasad Mukherji College for Women Organized a Formal Felicitation ceremony in the college psychology lab on 26th September 2022, for the batch 2022-23. The event was felicitated under the guidance of conveners- Dr Anamika Rai and Dr Suruchi Bhatia. The event aimed at fostering a supportive and encouraging environment for the members of the Psychspire Society as well as the students of Applied Psychology to participate more in activities conducted by the department. Later, they introduced the Coordinators for the batch of 2022-23. The newly assigned Coordinators spoke about their experience as Psychspire Society members and what roles and responsibilities they hold as coordinators. The felicitation ceremony also entailed updates about the renaming of different teams of Psychspire along with the introduction of a newly formed Art and Decoration team named Kalakriti. All the members of the Society were acknowledged for their contribution to the growth of the Psychspire Society. The event ended successfully with enlightened words by the Faculty Coordinators of the Psychspire Society along with the Faculty of Applied Psychology on maintaining a sense of belongingness in the team and encouraging a positive work environment.



## INTERNATIONAL MENTAL HEALTH DAY

The Psychspire Society of the Department of Applied Psychology of Shyama Prasad Mukherji College for Women Organized a semi-formal Bollywood-inspired event in the college psychology lab on 14 th September 2022, for the batch 2022-23. The event was felicitated under the guidance of conveners- Dr. Anamika Rai and Dr. Suruchi Bhatia. The event aimed at promoting and enhancing the mental health and overall well-being of teachers as well as students on the occasion of Suicide Prevention and Awareness Week. A third-year student carried the event forward by reading a poem from her self-written book. She was dressed up as Akshay Kumar a.k.a Dr. Aditya from the Bollywood movie "Bhool Bhulaiya". She talked about her character and why she chose to be Dr. Aditya. Another student read a self-composed poem on the importance of little joys in life. A second-year student narrated a mythological story with the underlying lesson that "Attachments lead to sorrow". All the dressed-up students talked about their characters and what motivated them to be that characters. The teachers of the department enthusiastically participated in the event.



## DEPARTMENT ORIENTATION BATCH OF 2022-25

The freshmen of the Department of Applied Psychology, Shyama Prasad Mukherji College for Women, University of Delhi, were wholeheartedly welcomed to the esteemed college. The TIC of the department, Dr. Anamika Rai, commenced the departmental orientation by congratulating the students for their achievement in acquiring a seat in one of India's most prestigious universities with a huge round of applause. All the faculty members introduced themselves to the students with a warm demeanor. The students were briefed about their academic syllabus and the facilities available to them. They were informed about their subjects and daily class schedule for their first semester. Academic achievers were also included in the presentation. A great emphasis was given to co-curricular activities along with academic growth. Events organized by the department in the past academic year both online and offline were displayed in a PowerPoint presentation; from just baat to jasbaat, art and photography competitions, Breathe: One step at a time, Manodaya, etc, were all the events organized and well received by the audience. The students were encouraged to participate in the activities and events offered to them.



## 54TH ANNUAL DAY

Shyama Prasad Mukherjee College for Women, Delhi University celebrated its 54th Annual Day on 22nd March 2023 in the college auditorium. The event began with a joyous welcome of the chief guests, and a parade in their honor by the NCC cadets. The welcome speech was followed by performances from the music society of the college, Sangeetika, in collaboration with the music department, and dance performances presented by the classical wing of Thirkan, the dance society. The performances were much appreciated by the audience. Kumud Sharma from 3rd year was one of the main dance performers. The cultural performances were followed by speeches, through which the guests of honor motivated and enlightened the gathered students. Principal Prof. Dr. Sadhna Sharma listed the accolades achieved by the department during the academic session and congratulated all the faculty members for their accomplishments as well. The prize distribution ceremony took place afterward, in which the toppers of the college from all departments and batches were felicitated by the respected principal as well as the dignitaries present. Finally, the event was concluded by thanking all the teachers, non-teaching staff, students, and committees for their support in the successful execution of the Annual Day event.



## CAREER AVENUES IN PSYCHOLOGY

The Psychology Department of Shyama PrasadMukherjee College for Women conducted an event on April 12, 2023, on the topic of "Career Avenues in Psychology." The event started at 11:30am and was attended by a large number of students and faculty members. The event featured two guest speakers: Ms. Shweta Sharma, an Assistant Professor in the Department of Psychology, and Ms. Anisha Chaturvedi, a Student Counselor in the same department at Apeejay Styra University, Gurgaon. Both speakers provided valuable insights into the various career avenues available in the field of psychology and discussed the different courses offered by their university. Through a PowerPoint presentation, they informed students about many new and coming subfields under Psychology like aviation psychology, defense psychology, fertility psychology, etc, which the students found to be very interesting. The speakers also spoke about the new education policy and the concept of liberal arts which places much emphasis on interest and vocational skills that are required for holistic development and success in one's career. They emphasized the importance of choosing the right career option that aligns with one's strengths, interests, and other important factors. The event was highly interactive, with students asking a wide range of questions. The speakers answered all the queries and provided additional information to help students make informed decisions about their future careers.



## INTRODUCTION TO PHOTOGRAPHY

Fotographia: The Photography Society of the Department of Applied Psychology at Shyama Prasad Mukherji College, University of Delhi, conducted an introduction to photography session for the team of Fotographia. Many members of the society attended the session which was delivered by Ms. Labhanshi Mittal (President) and Ms. Chehek Parashar (General Secretary). They started with a brief about the history of photography and delved into modern day photography. Apart from that, they discussed the equipment and techniques along with different genres of photography. Covering the rules and basics of the pro mode of phone photography, the session ended with feedback of the pictures that were clicked by the students previously. The member students were quite happy with the session and they felt quite confident after the session.

# THE APPLIED PSYCHOLOGY DEPARTMENT



PSYCHSPIRE

# FACULTY OF APPLIED PSYCHOLOGY



# BATCH OF 2020 - 23





Aakriti Saini



Aas Kaur



Akansha Soni

Akansha  
Chaudhary

Anjlee Yadav



Anushka Sharma



Anushka Singh



Assa Komut



Avleen Kaur



Bhoomi Chawla



Chetna



Deeksha harit



Deepika



Diksha Jamal Puria



Gayatri Singh

Harshdeep  
Kaur

Himani Verma



Hrishika chaubey



Ishita Arora



Kajal



Kanishka



Khushi Arora



Khushi Chopra



Khushi Sharma



Kumud Sharma



Labhanshi Mittal



Lhamo Richoe



Mansi Yadav



Manvi Nagpal



Minaz Hussain



Muskan Gondayn



Palak Singla



Pallavi Nimbappa



Pallavi Sharma



Plaksha



Preeti



Priyanshi



Sakshi



Sanna Batra



Sanskriti

Santushti  
Anand

Shivatmika Shukul



Sirisha



Snigdha Sood



Surabhi Gupta



Syed Farha



Taanya Upadhyay



Tanishka Tanwar



Teena Garg



Vidhi Talwar

# BATCH OF 2021 - 24





Aajolie Chakma



Aditi Saini



Akshita Tanwar



Aalafiya



Ananya Gulati



Ananya Kalra



Ananya Razdan



Ananya Saini

Angela Annie  
Emanuel

Anjali Yadav



Anshika Rasawant

Anushree  
Langoo

Ayushi Bharti



Akshata Upadhaya



Bhavi Takkar



Bhumika Yadav



Chanchal



Chehak Parashar



Deepika



Garima Khurana



Gayatri Kumar



Ishika Tanwar



Jahanvi Mishra



Jaya Kumari



Jhanvi Chaudhary



Kaneez Fatima



Kanishka Jusyal



Kashish Gupta



Khushi Ruhela



Khushi Yadav



Maansi Rohilla



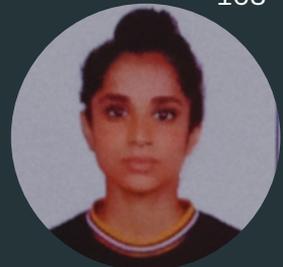
Manya Jain



Minal Mahajan



Monika Yadav

Mayuri Sanjay  
Aeer

Navya Anand



Nisha



Paakhi Garg



Pallavi Bisht



Paridhi Gupta



Preeti Rajput



Sanya Sachdeva



Shivani Patra



Shiya Bishnoi



Shreshtha Jain



Shreshtha Khanna



Shreya Chaudhary



Shreya



Shruti Purwar



Siya Kumar



Soumya Dahiya



Somya Chauhan



Soumya Kohli



Sunidhi Puri



Tanvee Verma



Toyashee Kapoor



Vasvi Jain



Vidhu



Vrinda Sharma



Yashita Ahuja



Zainab Hashim



# Shyama Prasad Mukherji College For Women

UNIVERSITY OF DELHI



169

## COUNSELLING HELPDESK



**Dr. Sadhna Sharma**

Principal

"As we know that the COVID-19 pandemic has engulfed the whole world. This is indeed an unprecedented time for all of us, especially for students who face an enormous disruption to their studies. We are taking the best care of our students with the support of faculty members of the college, who are providing e-notes, online classes, and assistance to them. In this period of distress, students may experience worry, anxiety, and stress. Owing to this, their studies may get affected due to mental health issues arising out of the current situation. Taking care of these concerns, a help desk has been set up under which the department of Applied Psychology will be providing counseling services to enhance the morale and productivity of the students so that they can perform well in their studies at optimum levels. I wish this facility will be very helpful to the students. I request all colleagues to send such messages to the students which can boost their mental and intellectual abilities. We can create a platform where students, teachers, and non-teaching staff also can share their views if they want to interact with each other. This is the time to understand the importance of human relationships in our life. Thanks and take very good care of your health."



# Shyama Prasad Mukherji College For Women

UNIVERSITY OF DELHI



170

## COUNSELLING HELPDESK

"The crisis is generating stress among all. It is natural to feel stressed due to the lockdown and uncertainty. Students have been largely affected as their studies and interaction with the academic and external environment are interrupted. The constant stream of news related to COVID-19 is adding to their anxieties. I feel that students suffering from distress deserve attention, compassion, and support from their teachers. I believe that assisting students will help them to cope with the challenges. Feeling stressed under such circumstances can be normal. But, it shouldn't mean that we feel helpless and weak. In these hard times, we need to take better care of our physical as well as mental health. We have to find opportunities to amplify positivity and hope among the student community. Through this help desk, the SPM College will facilitate and provide psychological support to the students to deal effectively with the situation. We are hopeful and confident that our endeavor will bring positive outcomes."



### **Dr. Anamika Rai**

Head of the Department  
Assistant Professor

Department of Applied Psychology



# SHYAMA PRASAD MUKHERJI COLLEGE FOR WOMEN UNIVERSITY OF DELHI



Department of Applied Psychology

PRESENTS

## TELE COUNSELLING HELPLINE



**Prof. (Dr.) Sadhna Sharma**  
Principal

As we all know, the pandemic of the novel corona virus (COVID-19) has affected all of us. After the second wave of COVID –19, students, in particular, were significantly disrupted in their studies at higher education institutions, and got affected both physically and psychologically. As a result of pandemic, students may experience sadness, dread, anxiety, helplessness, uncertainty, lack of interest, and hopelessness. In this period of distress, I feel that students require attention and support of their teachers. This will aid them in dealing with the issues. Looking at the mental health concerns of students, with the help of faculty members we are setting up a telephonic helpline service under which the department of Applied Psychology will be providing support and address mental health issues of students. I hope that this facility would be extremely beneficial to the students. Thanks and take good care of yourself.



**Dr. Anamika Rai**  
Assistant Professor  
Dept. of Applied Psychology

We all have witnessed an alarming 'second-wave' of COVID-19. This age of crisis is causing worry among everybody because of the unusual difficulty of the global pandemic. Due to lockdown, place teaching got restricted and especially students got affected as their academics, college environment and interaction with the outside world was disrupted. No doubt, online teaching platform provided a possible path for educational activities. However, due to this technological shift in education, combined with the pandemic scenario is having a tremendous impact on students' mental health, leading to a variety of psychological issues. We must prioritise our physical and psychological well-being in these hard times. We need to figure out how to encourage students to be happy, hopeful, and resilient. The SPM college is taking all necessary steps to assist students in enhancing their educational experience. With this Counselling Helpline initiative, the college will aid and provide psychological assistance to students so that they can deal well with the situation. We are hopeful that our efforts will yield positive outcomes.

### Tele Counselling Helpline

Day & Time - Every Wednesday, 11:00 am -1:00 pm

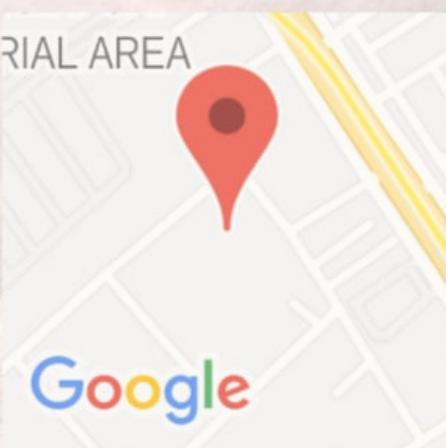
Students wishing to seek guidance can get in touch with the faculty members on contact numbers provided below:

**Dr. Suruchi Bhatia** +91 9899330699  
**Dr. Virendra Pratap** +91 8586951651  
**Dr. Anamika Rai** +91 8285476739

**Dr. Ashima Sharma** +91 9312206624  
**Ms. Shaheen Parveen** +91 99118 84754  
**Ms. Namita Tayal** + 91 9811573433



GPS Map Camera



Shyama Prasad Mukherjee College for Women

Lat 28.729494°

Long 77.157823°

12/10/22 11:47 AM



# SHYAMA PRASAD MUKHERJI COLLEGE (W)

## University of Delhi



## THE DEPARTMENT OF APPLIED PSYCHOLOGY



**Psychspire**

Psychspire, the Applied Psychology Department is now available on the following social media platforms:



**Psytivity**

Psytivity, the Blog started by the Applied Psychology Department (Psychspire) is available on:



**Psychovision**

Psychspire, the Applied Psychology department released the second issue of their magazine PSYCHOVISION:



**Psychspire**

Psychspire, the Applied Psychology department launched its official website:

