



# THE CATALYST

Psychology for Awareness, Education, and Change  
2014-2015



## **VISION**

Our vision at the Department of Applied Psychology and Counselling Centre, University of Mumbai is to function as professional and socially conscious psychologists and behavioural scientists who achieve excellence in knowledge generation, serve the society by making innovative contributions in the field of mental health and actively participate in the documentation and process of social change.

## **MISSION**

The mission of the Department of Applied Psychology and Counselling Centre, University of Mumbai, is to prepare human resource with capacity for knowledge creation with cutting-edge research of human behaviour, to initiate socially relevant action and evolve into competent professionals across contexts.

# FOR E W O R D

Dear Readers,

The Catalyst, a psychology magazine, is an initiative undertaken by the students of the University Department of Applied Psychology and Counselling Center at the University of Mumbai. The term 'catalyst' now enjoys wide usage, and in Psychology, generally refers to any person or set of stimulus conditions that influences some social or cognitive process. Psychology is one of the most influential subjects of the 21st century in the social, economic, political and holistic development of the society. It is evident that there exists a tremendous interest in the scientific field of psychology, but there are some individuals in India who do not have a comprehensive understanding of what psychology entails.

The present work of this psychology magazine is an attempt by postgraduate and doctoral students to spread awareness about the field of psychology through a collection of articles, poems, artwork, and other forms of expression in the magazine. It also endeavors to dispel some myths often held by community members. Furthermore students through their expression have attempted to iterate how psychology as a professional field transcends and can be applied to all walks of life. The magazine also attempts to connect psychologists from different specializations of psychology and areas of interest in the field of psychology. The magazine gives a platform to the students to express their ideas and also aids them in their journey of being "Professional Psychologists in the Making."

The journey of psychology as a professional field completed hundred years in India, with Mumbai as the torch bearer of the same. Psychology has moved from an illness approach to a wellness and enhancement approach; the focus has now shifted from 'How to fix people's weaknesses' to 'How to develop people's strengths'. I congratulate the students for coming up with the idea of the magazine, and converting this idea into reality.

Dr Satishchandra Kumar

Head of Department,

University Department of Applied Psychology & Counselling Centre,  
University of Mumbai



*"I would like to congratulate the M.A. Psychology students from the batch of 2014-15 for coming up with this initiative in the form of a Departmental Magazine 'The Catalyst'. The E-magazine is not only creative and intellectually enriching but also an eco-friendly medium of reaching out to the society through articles, poems and other engrossing material. This magazine is in line with the vision of our Department which emphasizes on the need "to function as professional and socially conscious psychologist and behavioural scientists who achieve excellence in knowledge generation, serve the society by making innovative contribution in the field of mental health and actively participate in the documentation and process of social change". I'm sure that the batches to come would help this magazine grow and would come out with simultaneous editions of the magazine."*

Dr. Gautam Gawali

Professor

Department of Applied Psychology and Counselling Centre

University of Mumbai

*"It gives me immense pleasure to write a few lines on the psychology magazine 'The Catalyst'. It is a significant contribution in the history of our department to bring out an issue where the young and old have an opportunity to express their views and their talents to reach out to the public at large. I believe that this magazine has the potential of becoming a key instrument in empowering our present generation."*

Dr. Pricilla Paul

Associate Professor

Department of Applied Psychology and Counselling Centre

University of Mumbai

*"The Catalyst' is a new initiative taken by the University Department of Applied Psychology and Counselling Centre in an attempt to reach out to the masses and disseminate information related to psychology. I commend all those involved in this endeavour."*

Dr. Neelkanth Bankar

Associate Professor

Department of Applied Psychology and Counselling Centre

University of Mumbai

*"There is a pressing need to acknowledge the significance and impact of psychology and how it affects various aspects of our lives. This magazine not only serves as a creative outlet, but is also a medium to increase awareness about issues related to psychology."*

Dr. Vivek Belhekar

Assistant Professor

Department of Applied Psychology and Counselling Centre

University of Mumbai

*"Today's youth are no longer playing a passive role with respect to varied social issues especially-when it comes to sharing and expressing their views in public sphere. The Magazine that we are going to start is in line with the view to provide a platform where students can voice their concerns and express themselves on issues of interest. This could be one way to nurture and take forward their sensitivity towards vital issues at hand, and to make them responsible citizens in the long term."*

Mr. Umesh Bharte

Assistant Professor

Department of Applied Psychology and Counselling Centre

University of Mumbai

*"Young Minds think loud, think fresh and think different. They have many questions brewing in their minds and a lot to express. Talking to them gives us a new perspective, which some fail to understand and mistake for lack of direction and confusion. "The Catalyst" is in its first phase and is expected to be the impetus for these young minds to come out and reach out. Its cut out with perseverance and through the medium of creative expression, not bound in the shackles of perfectionism. These thoughts are raw, yet cut deep in the complexity of human thoughts, feeling and behaviours. "The Catalyst" would grow and evolve, because we do not value stagnation and yet we are realistic and know how to gradually raise our expectations".*

Dr. Wilbur Gonsalves

Assistant Professor

Department of Applied Psychology and Counselling Centre

University of Mumbai

# THE TEAM

## **Faculty Incharge**

Dr. Satishchandra Kumar (Head of Department)

Dr. Priscilla Paul

Mr. Umesh Bharte

Dr. Wilbur Gonsalves

## **Outreach team**

Paras Gala

Akshaya Parthasarathi

Aslesha Sumbe

Bhakti Soni

Manasi Deshmukh

Meenal Varangoankar

Moitrayee Das

Mugdha Niphadkar

Neha Rao

Radhika Das

Riddhima Dar

Runjhun Pandit

Soniya Kishor Surti

## **Editorial Team**

Tejaswi Shetty

Avalanne D'souza

Karen Fernandes Almeida

Madhwa Galgali

Amrapali Tendolkar

Shruti Billava

Maryjane De Souza

Harnain Arora

Yamini Rohatgi

Shubhra Mehta

## **Creative team**

Zarna Sanghrajka

Alisha Shail

Maurelle D'sa

Ruchi Gandhi

Nicole Menezes

Yakuta Merchant

Shalet Rosario

Dhwani Parikh

Divya Ramasubramanian



1. Let's do it! (Page 8)  
2. A hope fulfilled (Page 11)

3. Influential psychology (Page 13)  
4. Monochrome muddles (Page 15)

6. Liberation in depression (Page 16)  
5. Mental health: a taboo (Page 17)

7. The girl (Page 19)

8. The struggle within (Page 21)  
9. Love thyself: click click! (Page 22)

10. The lost life (Page 24)  
11. Picture perfect? (Page 25)

12. The looking glass (Page 27)  
13. What do social psychologists do anyway? (Page 28)

14. The power of gratitude (Page 30)  
15. Thoughts of a victim (Page 32)

16. It's too loud: please turn down the volume of the critic in you (Page 33)  
17. What happened to us? (Page 35)

18. Should psychology be introduced in schools (Page 36)

19. A love letter (Page 38)

20. Mann Maaze (Page 40)

## Let's do it!

A: *"What are you studying?"*

B: *"I am studying Psychology!"*

A: *"Wow! Can you read my mind?"*

This is an everyday occurrence in the lives of students of psychology. It is amazing that so many people in all seriousness believe that psychologists are mind readers. Why does such an erroneous association between psychology and mind reading actually occur? It is this very question that I have been asking myself for quite some time and believe that other students of psychology should be doing same. If psychology has been in India for the past 100 years or so, why do so many people I meet ask me the same wrong questions? Why are so many people unaware of what I, as a psychologist, am supposed to do? Though these questions are straightforward, their answers remain elusive and multi-layered. The aim of this article is to try to explore the answers to these very baffling questions.

Taking into account the Indian context, I believe, the two primary reasons are firstly, our failure to establish psychology as a scientific discipline and secondly, our failure to utilise the potential of psychology as a scientific discipline to bring about social and political change. Though these two reasons are inter-mingled; I would prefer to elucidate them one by one and

simultaneously attempt to arrive at solutions (based on my very limited observations) to these very problems.

To me, the fact that we have failed to establish ourselves as a scientific discipline in India is painfully obvious. In my opinion, this problem is two-fold. *The first fold of the problem* is concerned with the lack of scientific rigour and cross-cultural research in our country which is manifest in a variety of ways. For instance, there is still some reluctance among Indian researchers in psychology to adopt modern developments in the field of psychometrics. For instance, a majority of them till date, continue to study and use null-hypothesis significance testing. Another example of this lack of scientific rigour in our country, could be the very striking absence of ethics committees to keep a check on ethical aspects of research in University settings. Furthermore, even when ethics committees are present, their function is far from optimal. Reluctance to adopt modern advancements or dysfunctional ethics committees is clearly indicative of a lack of scientific rigour on our part. On the other hand, the lack of cross-cultural research is something we all lament about. It is a problem which all of us face and we are surely making some progress in this area and yet, there is a long way to go! Some very popular scales like the 'Just World Scale' and the 'Rosenberg Self-Esteem Scale' are still being used by a large number



of Masters students for their research despite knowing the drawbacks of the scales when used in Indian settings.

While discussing the second fold of the problem I would like to draw a distinction between the problems within the theoretical aspects of psychology in India and its applied counterpart. The problems differ when we consider the field of applied psychology. The abundance of quack psychologists or the existence of professionals from the field of psychiatry or Human Resource Management encroaching upon our domain of 'career counselling', are problems that are typical of the field of applied psychology and help to enhance the reputation of psychology as an unscientific discipline. If all of this is to be stopped, we need: stringent and well-defined criteria so as to determine who can be called a psychologist and what his /hers functions entail in a particular setting. To achieve these goals, the simplest and the most efficient way perhaps would be the formation of a licensing system for all psychologists. And for this we need a voice, one voice so that we can make ourselves heard.

It is at this juncture where the two primary reasons, which I elucidated upon earlier, converge. We as a community of psychologists need one voice and want to be able to contribute our knowledge and skills to bring about social change. Cannot our

field contribute to solve the problem of superstitions in India? Cannot we advocate as a discipline for equal rights of the LGBT community based on our research work in that area? The answer is YES. Then why aren't we making our efforts to work for these causes visible ? One possible explanation could be that, to make these efforts visible and influential, we need an 'association'. We also need it to make applied psychology a scientific discipline and weed out the unwanted elements, which under the banner of psychology are doing more harm than good. If we want to make the public aware of the importance of psychology we need to prove that psychology is capable of contributing to positive changes not only at an individual level, but also at a social and political level. Isn't it ironic that we as clinical and counselling psychologists are aware of the advantages of group psychotherapy and even emphasize the role of family and social support systems in mental health and well-being, as social psychologists, we have extensively studied group behaviour and effects of social cohesion, and as industrial psychologists, we place importance on team goals and team leadership, yet we as psychologists are unable to form one single association!

We as young psychologists have a lot to do. We have to establish psychology as a scientific discipline, which involves

inculcating scientific rigour in theory and practice, focusing on cross-cultural research and solving the problems typical of applied psychology. We also need to be more involved in activism, connect with society and most importantly, come together! The responsibility of allowing psychology to claim its significance and contribute on a broader level lies with us. As young psychologists wouldn't we feel privileged to be the generation that ushered in groundbreaking changes? There is a lot left to be done. So-Let's Do It!

-Paras Gala  
MA -Part II, Semester IV  
2013-2015

### **MYTH BUSTER**

#### **Some people are left-brained, others are right-brained.**

There is good amount of evidence that the two brain hemispheres differ in their functions. Brain imaging studies have found out that when people engage in different tasks, separate brain regions show activation. This provides evidence of how hemispheres share work.

Lilienfeld, S. O., Lynn, S. J., Ruscio, J., & Beyerstein, B. L. (2011). 50 great myths of popular psychology: Shattering widespread misconceptions about human behavior. John Wiley & Sons.



Amrapali Tendolkar  
M.A Part I, Semester II 2014-2016

### **A Hope Fulfilled**

Away from the hustle and bustle of town,  
Closer to the earth beneath and open sky  
above,

Amidst the ocean and clean thin air,  
Watching the sunset marking the days end,  
I feel united and one with them all.  
Extremely calm, serene, pure and  
absolutely perfect at last,  
I ponder over the days gone by,  
Reminiscing how my black thick hair  
turned grey,

I got everything that I ever wanted  
Just always too late to realize  
I prayed for happiness and you showed me  
sorrow  
Cause only when I did confront sorrow did  
I value and understand true happiness  
Today I search no more joy and am  
content  
Cause I know someone out there is less  
happier than I am  
I asked for love and you gave me hatred  
Only to experience the true selfless,  
unconditional love  
Upheld at the top and considered most



sacred  
I wished for friends and you surrounded  
me with foes  
Only to be protected by the true friends  
who proved to be my  
own  
Meeting them was simply my destiny  
But holding on to them forever has been  
my sensibility  
I asked for the best education and  
nurturing  
And what best than to be blessed by such  
wonderful, fulfilling  
parents  
Love you mom and dad sincerely  
The sun has set and the sky turned black  
Lit by thousand stars much further away in  
the distant sky  
A hand outstretched in the dark  
With a pleasant smile and loving spark  
I knew it was time to go back home  
Grasping that hand and getting up timidly  
I bid farewell to my past sweet and sour  
memories  
Resting my head on the strongest  
shoulders I have ever known  
The one whose stood by me in the good  
and bad times all along  
Arm in arm we walk towards our now  
accomplished dream home  
We've lived our lives and are now  
complete  
Offered whatever best we could and what  
was in our ability

Guided by the divine light towards are  
next journey  
Overcoming all of Maslow's hierarchical  
needs  
Elevated to be all above and finally  
Self-Actualized!!

Ojasvita Khaparde  
MA -Part I, Semester II  
2014-2016

### **MYTH BUSTER**

#### **Playing Mozart's music to infants boosts their intelligence.**

The original study of Mozart effect was conducted on college going students. It predicted that Mozart's music will improve the spatial ability at that point in time. It said nothing about long term spatial ability, let alone the IQ. This idea was then used to capitalize on the market full of parents who wanted to improve the Intelligence Quotient of their infants.

Lilienfeld, S. O., Lynn, S. J., Ruscio, J., & Beyerstein, B. L. (2011). 50 great myths of popular psychology: Shattering widespread misconceptions about human behavior. John Wiley & Sons.

## Influential Psychology

I always wanted to study something that I could apply in my own life and those around me, which led me to the realisation that I always wanted to be a psychologist as I am an application oriented person. That is, whatever I learn I always try to see how it could be used in my own life.

Although there are many components of psychology that has influenced me, I would list just a few here that have astonished my thinking patterns. I would start with social psychology. You know the best part of this field is that it has been in use so consistently. For example, the concept of compliance techniques is something that we have used on everyone right from our parents to our relatives. Another social psychology concept that we cannot forget is conformity which is "the act of matching attitudes, beliefs, and behaviors to group norms which are implicit, unsaid rules, shared by a group of individuals that guide their interactions with others." This is something that does not just happen in front of others, but also occurs when a person is alone. For example, if a person who has gone out with his friends for a movie starring his favourite actor and loved his acting in it; but his friends hated the movie and blamed the actor for his poor acting. Then changing his own views, the person would agree with his friends that the actor acted poorly even when he thought

otherwise.

Industrial psychology wherein psychology is applied to a workplace has always intrigued me. Be it in recruiting, training and development, performance appraisal, motivation, job satisfaction, stress management or even consumer psychology, which is applicable to all human beings—from a toddler to an old person, as everyone of us is a consumer. It has changed my perception of looking at advertisements, as now I understand which advertisement is tapping into what emotion and to what extent.

Personality psychology is something that I cherish as it has not only helped me in understanding myself, but also helped me understand individual differences which are a crucial aspect of psychology as a whole. It also has a distinct history of theories which are not only based on clinical theoretical orientations, say that of Jung's Theory of Personality Types, but based on empirical standards using statistics such as factor analysis such as Big Five. One of my favourite theories has been that of Freud's Psychoanalytic Theory of Personality, according to which personality is composed of three elements which are: Id (pleasure principle) is the set of uncoordinated instinctual trends, Ego (reality principle) is the organized, realistic part that mediates between the desires of the id and the super-ego and Superego (moral principle) plays a

critical and moralising role. An example for explaining this could be say a student sitting in a lecture is hungry, the id would tell the student to eat then and there, the superego would react saying 'how can you even think of that', and ego would try to fulfill both by asking the student to wait till the bell rings. Experimental psychology reminds me of Piaget's Theory of Cognitive Development wherein in one stage he states that "the whole world is a laboratory and the child is the experimenter". You get the same feeling when you design an experiment as you have full autonomy of creating any experiment you wish. The excitement of exploring theories in a unique manner is something worth conducting an experiment for. Evolutionary psychology has opened a new window for me to observe things from an evolutionary perspective. If I have to list down the number of questions that have been answered by this field, the list would be endless. It has provided a new thinking perspective in the sense that now when I observe a behaviour, I try to speculate whether it's an adaptation, by-product (or concomitants) of adaptation, or random effect. These are nothing but the three products of evolution. I never understood why I and some of my female friends always get confused when it came to understanding left and right signs; whereas my male friends have never gotten confused at all. I came to understand it through the Hunting-and-

Gathering Hypothesis. I understood it could be simply because females were more prone to gathering things as they stayed at home and took care of the children, while the males went out to hunt in far off places and so to return home, they had to remember the way back. Thus they are better at giving directions. It also explains how females remember the exact location of things while men are not good at remembering them. This is the most concise way of explaining psychology's influence on me. I would like to conclude with a quote from Sigmund Freud whose work has undeniably influenced what psychology is today. "Whoever loves becomes humble. Those who love have, so to speak, pawned a part of their narcissism." Sigmund Freud.

Bhavna Suleria  
MA-II, Semester IV  
2013 - 2015

#### References

Cialdini, R. B., & Goldstein, N. J. (2004). Social influence: Compliance and conformity. *Annual Review of Psychology*, 55, 591–621.

<http://www.brainyquote.com/quotes/quotes/s/sigmundfre151800.html>



## Monochrome Muddles

My bellows roar to the walls, to the room,  
hitting the space,  
Emptiness seeping in, stabbing and  
reaching out  
to me as stalactites,  
Piercing the knife to reach the skin deep,  
like an  
adrenaline rush,

A moment of buoyancy, takes a flash to  
retreat in a slump darker of all nights.  
A man so beautiful would tread my way,  
as beautiful as a Mozart croon,  
Grins ear-to-ear, pancakes, love-making,  
mere days of sunshine and rainbows,  
Until rainbows go murky and the once  
symphony is now a dastardly speck of  
dust, Once bitten and twice never shy, an  
abandon coming too soon.

To tame the blues, settled for another  
symphony but in vain,  
I blued him and he blued and purpled me,  
lifted the blues and the vacuum in me,  
I lay here still, mulling over popping a  
Xanax or the fastened noose to defeat the  
scourge

As still as a kid sprawled on the floor,  
flesh torn to red between legs and a  
lifetime of maim.

Bestowed a salvage, they label it  
borderline  
Seemingly balled and chained for eternity,  
The self-righteous and self-proclaimed

sane stigmatize you for life.  
I urge the music on, shuffle to hush my  
racing  
thoughts and take me away,  
Take me on a magic carpet far off, beneath  
a Wisteria tree,  
With a shoulder to rest on, when gone is  
all the  
wine.

*Disclaimer: Individuals with Borderline Personality Disorder have a dysfunctional pattern of personality. This is evident in their moods swinging back and forth, indulgence in impulsive acts such as cutting oneself (or even attempting suicide), questioning one's identity due to recurring ambivalent feelings self-worth, and extremely volatile relationships. Their relationships are like "a ship in a stormy sea without a keel" and they move on from clinging to hating their partners. Such emotional instability and dysregulation is at the core of this disorder, and it may surface in a person during early childhood or adolescence.*

Yashna Vishwanathan  
MA Part I, Semester II  
2014 – 2016

## **Liberation in Depression**

When I care no more,  
I open the cage's door.  
When with weight I'm pulled right down,  
And in my own tears I drown.  
Its then that feathers begin to grow. And  
up above the clouds I flow.

The heart, its chains and burdens shed  
When I become uncouth, unread.  
Not future, nor gone, nor now, me bothers  
Not covers, nor bricks, nor suppers.  
It's timeless, mass less, an infinite  
freedom. I experience, when I've crossed  
the sanctum.

What is the sanctum, as one might ask. It's  
a bridge a sort of ark.  
Most of us live, on this end, stably.  
To be pushed to the sanctum happens  
rarely. It's crossing this bridge that is the  
challenge. That's when your inside rots  
with stench.

It's like the rotting of a dead.  
'Cause deathness is where the sanctum  
begins. There develops a massive black  
hole. That sucks your inside solid and  
whole. All that's left is the squeezing  
vacuum  
All understanding, logic, turns to fume.

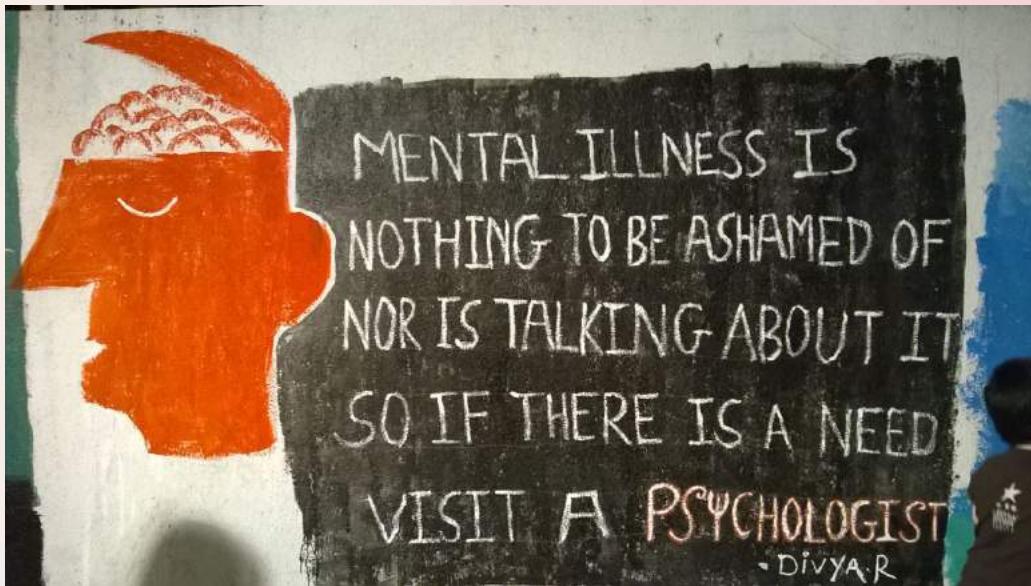
Its post this, the phoenix rises,

In all its glory strong and broad.  
It's when 'musts', worries and time cease.  
You blow like the wind and flow like the  
water. Love and ideas fill you up.  
As if gems within you begin to glitter.

They'll try to pull you out of sanctum,  
'Cause normal it's not, as says their  
theorem. But let them do it not to you.

It feels like pain and bad at first.  
But when you've gone, all the way  
through You'll find the freedom that's real  
and true.

Anugrah Edmonds  
MA Part II, Semester IV  
2014-2015



Divya Ramasubramanian  
M.A Part II, Semester IV 2013-2015

## **Mental Health: A Taboo**

We take every single precaution possible to ensure that we remain physically healthy and fit. Hordes of people flock to the gym; hundreds subscribe to various nutritional regimens or weight loss programmes; innumerable dietary plans are adhered to and every form of treatment from Ayurveda and homeopathy to something as frivolous as palm reading is sought as a cure to one's ailments. I know of many people who in the slightest case of cold or fever visit a doctor for a checkup. There is also the aspect of self-care and the one-too-many beauty regimes that exist. Hours are spent getting ready, fixing every blemish and obsessing over how one looks in an attempt to present our best face forward. But the second we shift our focus from physical appearances or

physical health to psychological or mental health, an attitude of apathy, indifference, or nonchalance is adopted. Mental health is an issue that is often taken for granted. There is a feeling of shame and guilt attached to suffering from a mental disorder. It is very important to raise the question of why this occurs.

Widespread ignorance about mental illness further perpetuates the problem. Very often, in cases of psychological problems, people prefer to visit a religious leader, a traditional healer or an astrologer. A visit to a clinical psychologist, counseling psychologist or psychiatrist is considered a last resort. There is also a lack of education and knowledge regarding mental illnesses. People with mental disorders, or in that case, even those with mild psychological disturbances refrain from visiting mental health



professionals, and thus remain undiagnosed- suffering in silence, with no one to support them. Children with learning disabilities or mental retardation demonstrate an acute difficulty in coping with school pressures and are blamed for their inability to perform according to expectation. People with mood disorders, such as major depressive disorder are asked to snap out of their 'sad mood'. Individuals with anxiety disorders such as phobias are asked to relax and unwind without understanding the mental state of the person or empathizing with them. People with debilitating disorders like schizophrenia are called 'mad' and are avoided or abandoned. Significant others in an individual's life - teachers, employees, parents and relatives display a complete lack of awareness and an attitude of apathy towards individual's with such problems. Thus, the stigma attached to being mentally ill hinders their social, occupational and personal life. I think it's safe to say that mental health and mental disorders are a taboo topic in India. Even when individuals visit a psychotherapist or a psychologist, they hesitate to openly admit mental health related issues, out of fear that they will be ridiculed or viewed as incompetent and unable to handle their own problems, leading to their dependence on a 'shrink' for help.

Why is it that something so intrinsic to us, our psychological wellbeing, is taken for

granted? We are all guilty of doing it. We ignore people in our lives, blame them for their illness and keep them at arm's length in fear of catching their "deadly disease". Are they really to blame for their illness? It should be remembered that a person is not responsible for the occurrence of a mental illness. A combination of genetics and the environment together leave a person susceptible to the development of a disorder. If a person is genetically predisposed to develop a disorder or is exposed to detrimental environments such as bad childhood experiences, illnesses or traumatic experiences and social interactions, then can he /she really be blamed for his illness? In conclusion, I would like to iterate that awareness should be generated regarding what factors in the environment precipitate or predispose an individual to mental health problems, how they can be prevented, how mental disorders can be identified and what professionals should be contacted to deal with such problems. It is time we give our mental health as much importance as our physical health.

Tejaswi Shetty  
MA -Part II - Semester IV  
2013-2015

## The Girl

There was a girl, sitting in a corner of an empty room and rocking in that spot. She was staring at the floor and muttering, "What's wrong with you? Why are you so black and hard? That's not good, you should be soft. Maybe it's not your fault, maybe because the world isn't soft that you have become hard too. No no! I'm not blaming you, how could I blame you! I guess it's just the two of us, in this sad cruel world."

She looks at her palms, and her expression turns to disgust, then to anger, and then she yells, "Why am I so fat!"

She starts scratching herself, yelling more, "Why am I so fat!"

She gets up and starts pacing along the room yelling, "Why are you screaming at me! Why are you screaming at me! Fine! You want to be cruel to me as well, then go ahead, I don't need you, I don't need anyone. Have they coaxed you into becoming stupid too? Their rules and laws? You follow them too? Is that why you're screaming, because you don't want to follow them, but you can't help them? Well, there is an escape. The only thing you can do in this insane world is embrace insanity, because anything else would be just insane."

She begins laughing hysterically.

"So they have coaxed you into becoming one of them, but don't look so glad, all the bright lights are nothing but darkness, what

are you going to do? You're a tile now, you will make many more small tiles, and then those tiles will make more tiles, and what will you achieve? They will tell you that you that this is your future. But you have no future, this is all you have, here being stuck with me. These four walls is everything you will ever be, they will tell you the rules, they will force you to follow, and then they will force you to say that 'I'm free', but I know, I know, my insanity is fake, their's is real, and soon so will you."

The students had been brought for a field visit to a mental institution, some were appalled on the display of this patient, while the others couldn't have been more excited. "So students, what do you understand from her behaviour?"

"That she is not right in the head?"

"If she was do you think we'd be keeping her here?"

A hand goes up.

"Yes?"

"According to her the floor is yelling at her, which could imply her mind is trying to tell her that she's wrong, thus she's arguing with her own mind and the mind has manifested itself to her in the form of the floor, her mind is telling her to conform, but she doesn't want to."

"That's an interesting take on what just happened, so she's basically someone who has lost touch with her reality."

"You mean our reality."

"Is there any other?"

"Why can't there be?"

"Then that would mean we could all be insane as well without knowing it."

"Exactly."

*Disclaimer: This article is a work of fiction, and bears no resemblance to any incident that has occurred in real life or to any person dead or alive.*

Aziz Salim  
MA Part II, Semester IV  
2013-2015

## MYTH BUSTER

### **Hypnosis is useful for retrieving memories of forgotten events.**

Instead Hypnosis creates false memories, increase recall errors. It can increase eye-witnesses' confidence in inaccurate and accurate memories. Most researchers find that hypnosis inflates unwarranted confidence in memories to some degree.

Lilienfeld, S. O., Lynn, S. J., Ruscio, J., & Beyerstein, B. L. (2011). 50 great myths of popular psychology: Shattering widespread misconceptions about human behavior. John Wiley & Sons.





Zarna Sanghrajka  
M.A Part II, Semester IV 2013-2015

### **The Struggle Within**

His cherubic face, his radiant smile;  
Masked those desires, fiendish and vile.  
A deceitful persona, a mind so sly;  
Two-faced yet cautious, he was living a  
lie.

He attempted to immerse himself,  
Into a sea of normalcy.  
Secretly he wished to be a common soul;  
Accepted, mundane, and ordinary.

But he was beyond the realm of control,  
His malignant self found its way through.  
His eyes declared contempt.  
Into a vicious monster, he grew.

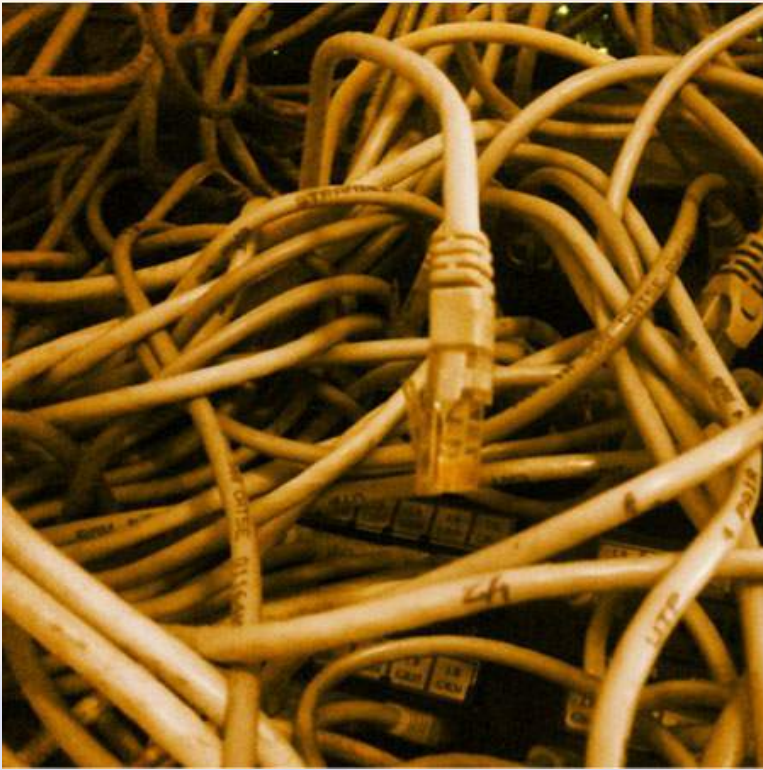
The world was blinded by the obvious.  
For they couldn't look any further  
Than his conspicuous portrayal,  
Of a soul with raging fervour.

The world was oblivious to the reasons,  
That may have driven him to transform.  
His once selfless spirit,  
Was now camouflaged by a spiteful norm.

The world was his mirror,  
for it reflected his inner goons.  
The world was also his blind spot,  
for it failed to see his emotional wounds.

What the world couldn't notice,  
Was a struggling angel beneath  
Those devilish horns concealed a halo;  
And forever he hid under a false sheath."

Shweta Srinivasan  
MA Part I, Semester II  
2014-2016



“ No matter how much you try to  
run away,  
Attachments keep running behind  
you,  
And one day when its dark, you  
look back at your shadow only to  
realise,  
You are already TANGLED”

Alisha Shail  
M.A Part II, Semester IV  
2013-2015

### **Love Thyself- Click Click!**

Recently I attended a social gathering and I was taken aback by the fact that people were preoccupied with themselves more than they were in the so called gathering. Everywhere I turned, I was blinded by the flash. This made me wonder, what have we made of the technology at our disposal? No doubt cameras are meant to capture “the moments” for future referral, but that doesn’t imply, missing out on being in the “here-and-now.”

Earlier cameras were a rarity as a possession, but now we see every second person with camera in hand. In the year 2000, the cell phone received a revamp when quality lens was attached to it, and thus was born the first ever phone with built in

camera. This didn’t stop here, inventors went a step ahead with a front- facing camera (latest phones have up to 13 MP camera lens) and made cameras an affordable commodity. We had a new tool to explore and expand our horizons- a built in camera phone served a dual purpose.

Smart phones are the hottest selling cake in the market today, and people look out for features such as camera lens and its quality, availability of good front facing camera for selfies, than other vital details. Even the cell phone ads focus on the camera quality and try to sell their products. It works and how! Everywhere you look, you will find people posing for a selfie, for a picture to post on instagram or twitter or facebook. We don’t need to use the cliché line anymore, "excuse me, could you please click a photo for me?"

Instead, all we need is long arms or a friend with long arms, and we are all set to get a picture taken.

The rate at which pictures are being clicked and uploaded on social media is alarming. Internet addiction has a new cousin- “selfie addiction”. There is still a debate over whether constant update of self to the world outside through photos is a mental disorder or not. Whatever the conclusive reports are, there is still a reason to worry about our changing outlook towards self and others. Is it our insecurity that forces to put ourselves in front of the world with the help of camera lens? Or is it deep seated narcissistic tendencies that each of us was born with but have shed over a period of time with increasing social contact, raising its head again? A study by Gonzales and Hancock (2014) revealed that selective self-presentation in digital media and viewing it over and over again leads to self- esteem enhancement. Another research by Madden et al., (2013) revealed that teens as high as 52% feel good about themselves with the online experience while there was a sharp rise seen from 79% in 2006 for posting a photo of self to 91% (2013).

Happiness is now measured by the number of likes our pictures receive- whether it gets highest views or not. We believe in “pose-click-use filters-check-edit-upload and repeat”. This cycle has gained momentum recently and it is a serious matter to consider.

This narcissism which borders on the constant need to be clicked is palpable and so is the insecurity. To love thyself is not wrong, but to what extent? If one becomes obsessed with oneself, and seems to forget the world around, the day isn’t far when we all will be left connected only through the virtual world because real connections would have been severed by constant shutter and flash.

It is okay to not pose for a picture while sightseeing and instead look around with the naked eye and enjoy; it is also okay to eat mouthwatering desserts without clicking a picture and for a change enjoyed the sweet taste. You will not love yourself or others less if you click less. Instead, photos clicked in times of need will help in filling up the memory gaps of the event, and serve their actual purpose. Cameras are a boon, no doubt, but it still is a piece of technology. A picture may speak a thousand words, but communication and memories need not be a picture album altogether.

Forum V. Lalka  
MA-Part II, Semester IV  
2013-2015

References:

<http://www.ncbi.nlm.nih.gov/pubmed/21329447>

<http://www.pewinternet.org/2013/05/21/teens-social-media-and-privacy/>



## The Lost Life

To get up in the morning from my  
incomplete slumber;  
Making my way towards the coming day's  
rush hour.  
To people, I'm quick and energetic and  
always at toe,  
But deep inside I'm slow and tired and  
simply going with the flow.  
I comb my ruffled hair and style it  
properly,  
Getting dressed for the day ahead quite  
unwillingly.  
I leave my residence with that perfect  
plastic smile,  
Which makes people believe that I have  
no issues in life.  
Bold, confident and head held high,  
I move amongst the crowd giving a deep  
sigh.  
In the calmness of my mind I go back to  
the flashback of my childhood memories,  
When the words 'perfect, organized,  
systematic and plastic' were not a part of  
my dictionary.  
When in the mornings I woke up after a  
complete, restful sleep,  
Pushed by my mom to catch the school  
bus honking beep beep.  
My hair tied loosely and my dress a bit  
shabby,  
To get ready in the bus, uncaring about  
people around me was as if it's my hobby.

No fake smiles and no unwanted worldly  
mannerisms,  
To be straightforward and real was for me  
true liberalism.  
Those times when mom and dad were the  
entire world to me,  
Quarrelling with my brother and friends  
just too frequently.  
But today I stand as any person would  
dream to be,  
Educated, successful, satisfied, and  
surrounded with people always ready to  
help me.  
So why is it that I feel so lost and lonely?  
It's this pain of parting ways from my  
long lost life, this intense hurt to be  
separated from  
those forgotten peaceful natural times.  
My heart swells and aches at this self  
established misery,  
Yelling within, gasping for breath,  
sobbing in silence involuntarily.  
Hope somewhere, someday, someone will  
realize that what they see, what they hear,  
and what they perceive,  
Isn't me, isn't me, isn't really me!  
But simply manifestations of jeopardizing  
social conformity.

Ojasvita Khaparde  
MA part I, Semester II  
2014-2016

## Picture Perfect?

You glance at yourself in the mirror in the restroom at your local movie theater. The setting is perfect - your skin glistening and flawless in the perfect lighting. With a grin akin to self-actualization, you conclude that you have finally achieved just the right shade of sepia. You maintain that pose, afraid to move a muscle lest that picture perfect moment pass you by. You scan the vicinity, give yourself the 'all clear' signal and slowly glide your hand into your pocket, take out your smartphone, make a funky duck face coupled with a weird hand action and then begin the repetitive attack of the camera button on your cellphone chasing that elusive 'perfect' selfie.

Let's face it; we are all guilty of taking the occasional selfie. From the President of the United States of America to Ramu kaka, the chaiwala down the road everyone wants to jump onto this particular attention grabbing bandwagon. This insatiable need to capture 'the self' in all its states, has not gone unnoticed by psychologists who have now begun to question whether this new phenomenon is merely a form of self-exploration or the beginning of something more sinister.

On the bright side, some state that selfies enable us to present ourselves in a favourable light, possibly leading to a halo effect in the mind of another. Other

researchers purport that taking a selfie is normal and is merely an attempt at self exploration. Take for example C.H. Cooley's conceptualization of the 'Looking Glass Self', which states that the view of oneself comes from the contemplation of personal qualities and impressions of how others perceive us. In other words, how we see ourselves does not come from who we really are but rather from how we believe others see us. By posting selfies, we present who we are on a wide platform and enable others to comment on the same, thereby providing a glimpse into how others view us and in turn offering a crucial component in the formation of the self concept.

Keeping this in mind then, 'the selfie' appears to be modern day man's essential means of answering that age old existential question— Who am I? Well, a picture being worth a thousand words, our existential question gets answered and crisis resolved! But I guess we can't just be defined by a mere thousand words, so if one picture gives us a tiny glimpse into who we are then, if one is good, more must be better!

But is more really better? In a study by Houghton et al, (2013) increased frequency of sharing selfies, on a social networking site was directly related to a decrease in intimacy in relationships and was associated with having shallower personal relationships. Other studies, like that by Fox and Rooney (2015) revealed that men who posted more

photos of themselves online than the rest of the group studied, scored higher on measures of narcissism and psychopathy. Innumerable websites, blogs, vlogs, computer software and cellphone apps are devoted to enabling individuals to take the perfect selfie, somehow trying to simultaneously imbibe in its users the idea that if the selfie isn't perfect, the self isn't either. So, we edit, crop and slice off parts of ourselves, remove a blemish here, brighten a facial feature there, eliminate a pesky wrinkle, add a filter and voila through our selfies we market ourselves in a pretty little package with not a flaw in sight. However psychologists like Hemmen iterate that this attempt at marketing the self often causes us to lose touch with our authentic identities and creates impediments to building relationships with others. Further, she stresses that insecure individuals are more likely to post staged or even sexualized photos than secure, mature individuals. Insecure individuals are caught in an endless loop as they become consumed by their desire to take more selfies, fueled by the comments and likes they receive on social media. In essence then, this could have a deleterious impact on an individual's self-esteem. This very fixation with the act of taking the 'perfect' selfie can have deadly effects as was seen in a patient who allegedly spent 10 hours a day attempting to capture the perfect selfie which eventually led to a

suicide attempt. The patient was later treated for Obsessive Compulsive Disorder, technology addiction and Body Dysmorphic Disorder

As I write this, I fear that I too am guilty of having hopped, skipped and jumped onto the selfie bandwagon along with the rest of the masses. And as I try to erase every selfie I have ever taken, I quizzically wonder how one would ever resolve this looming debate: Are our selfies a façade behind which we hide and serve as indicator of something sinister or are they in actuality an exploration of ourselves? Probably all we can do for now is remember when trying to capture a moment we mustn't forget to live in it and attempt to delve into our true motivations behind clicking a selfie in the first place.

Karen Fernandes Almeida  
MA- Part II - Semester IV  
2013 - 2015

#### Reference

- Fox, J. & Rooney, M.C. (2015). The Dark Triad and trait self-objectification as predictors of men's use and self-presentation behaviors on social networking sites. *Personality and Individual Differences*, Vol. 76, 161-165
- Houghton, D., Joinson, A., Caldwell, N., & Marder, B. (2013). Tagger's Delight? Disclosure and liking in Facebook: The effects of sharing photographs amongst multiple known social circles.



## The Looking Glass

I touched the glass with my hand,  
Trying to see if I could go through it;  
I was unsuccessful, yet I continued,  
Pushing through the glass wall  
Trying to connect in some way,  
With myself on the other side.

She is looking back at me, smiling  
sardonically;  
Making me feel like a stranger,  
Unwanted, a nuisance.  
But I insist, trying to reach out to her  
Telling her that we could work this out;  
That everything will be fine- just like  
before.

But she smiled again, this time with  
finality,  
And turned around, walking away,  
Taking away the only source of hope  
Dimming the light around me.  
But I struggle nonetheless,  
Pushing through the glass,  
To go to the other side.

And when I'm tired, I fall on my knees,  
Looking through the glass, seeing the  
people I love;  
Watching her with anxiety, love and pity  
While she does things they can't  
comprehend.  
So I rise up again and start pushing

Trying to get through the glass  
Hoping that someday I'll win;  
Even though deep within me,  
I know that day is far away.

Radhika Das  
MA Part I, Semester II.  
2014 - 2016

### MYTH BUSTER

**Most people with amnesia forget all details of their earlier lives.**

There are 2 types of amnesia – retrograde and anterograde. The primary problem with people who suffer from head injuries is not retrograde amnesia (loss of memories from past), but anterograde amnesia (loss of memory for new information). People with amnesia usually have trouble forming new memories.

Lilienfeld, S. O., Lynn, S. J., Ruscio, J., & Beyerstein, B. L. (2011). 50 great myths of popular psychology: Shattering widespread misconceptions about human behavior. John Wiley & Sons.

## **What Do Social Psychologists Do Anyway?**

In India, the role of a psychologist is one that is filled with myths and misconceptions. Some consider psychologists to be equivalent to medical doctor, while on the other hand, some take them to be mind and face readers. The role of a social psychologist within the field of psychology, I believe, is comparable to that of psychologist as a whole in India. It's relatively easy to understand the role of clinical psychologist (to diagnose and treat psychological disorders) or say a counseling psychologist (to provide clients appropriate therapy and psychological counseling) or that of an Industrial Psychologist (to deal with various problems in organizational settings through a psychological lens). This is not say that people studying in these fields are or should be limited to studying topics concerning these specific areas; however they do have a well-defined sub-field within psychology to work for. What about Social Psychologists? What do social psychologists do? Social psychologists are looked at with respectful amusement by others. Respectful because they know social psychology is kind of a big deal, and amusement because most of them don't know what the big deal is about. So what is it that social psychologists do?

I will not attempt to define social

psychology here, but instead my idea is to present to the readers the type of work and research that social psychologists engage in and let the readers themselves get a feel of what social psychology entails. Social psychology as a sub-field mainly took hold in early 1950s in America, led by a group of psychologists who were highly influenced by the Gestalt school of thought. These psychologists rejected the contemporary behaviorist school of thought which assumed that studying the objective environment was the best way to predict behavior. Instead social psychology assumes that to understand people one has to get into their heads, namely understand their thoughts, beliefs, biases and desires. Hence one of the most important assumptions in social psychology is that: to understand what it is that people do and why they do it, it's not only important to study the environment but also the constructions of the world that people have built in their heads. This approach was considered to be radical since things like beliefs and thoughts were deemed unscientific by the largely dominant behaviorist school of thought. But as the demise of behaviorism began, social psychology was on ascent. One of the main reasons for the demise of behaviorism was cognitive psychology. The nativist approach championed by Noam Chomsky and the others had a crippling effect on behaviourism; and social psychology,

instead of shunning, embraced cognitive psychology.

Both cognitive and social psychology have over the years collaborated and brought about changes in just about everything that has happened in the field since then. One of the main changes that were brought about was a methodological one. For years psychologists had conducted research on abstract cognitive concepts like memory, perception and attention in laboratory settings. But social psychologists took it a step forward. Adapting rigorous laboratory study methods used by cognitive psychologists they studied phenomena like social interaction, social influence, obedience and persuasion, an idea which was considered quite novel at the time. Results of this ranged from the famous study by Milgram on obedience to authority, to Zajonc on mere-exposure effects, to Bandura's insight on social-cognition and many more! What actually happened was social psychologists showed that you could use scientific methods to study how the mind worked in social contexts. Research done and insights offered since then have contributed highly to the field of psychology, making psychology more relevant to the general public, and demystifying it to a large extent. Also what is important to note are the contributions that social psychologists can make in the field of policy making.

So what is it that social psychologists do? To me, they study everyday behavior, quirks and cognitions of the people that everyone takes for granted. The rest I will leave up to the readers to decide for themselves.

Madhwa Galgali  
MA Part II, Semester IV  
2013-2015

### MYTH BUSTER

**If you are unsure of your answer while taking a test, its best to stick with your initial hunch.**

Research evidence in fact points in the opposite direction. More than 60 studies lead to the verdict that when students change answers on multiple choice questions, they are more likely to change from a wrong to a right answer.

Lilienfeld, S. O., Lynn, S. J., Ruscio, J., & Beyerstein, B. L. (2011). 50 great myths of popular psychology: Shattering widespread misconceptions about human behavior. John Wiley & Sons.



## The Power of Gratitude

I will narrate to you an incident about my under-graduate year- the year when I happened to realize the crucial importance of an emotion called ‘Gratitude’.

It was just like any another day. I came to college, attended a few classes and then it was lunch-time. I reached my usual spot- which was the backstage stairs, where all my friends gathered around for snacks and chit-chat. All my friends were already there, talking about something. Well, as I reached, we got carried away and spoke about some random topic. As always, I started complaining about how life is full of problems and the world is an “ideal- cruel- place” for evil creatures.

When I looked up, I saw one of my friends in a thoughtful trance and after a pausing for a few seconds, she finally broke her silence and said, “You know Smruti, yesterday I was reading a book, it’s a self-help book actually. You must read it. You’re going to love it.”

“Self- help book? Eh, I have read many and never found any help in those so-called “self- help” books. They are all the same, just another source of making money” I replied indifferently.

“That’s the attitude!! That is exactly why I want you to read it. Have you ever noticed you always focus on the dark-side of life? Ever wondered why?? Well I am sure you

did not, because this is how you are and have always been. See, I know life does not always go the way we have planned but stressing oneself out and complaining about each and every thing is not going to help you either. It just destroys you; slowly, each and every second and we are not even aware of it. Instead of focusing on things which aren’t going as you desired, why not focus on the billion tiny cells in your body, which without complaining about the physical and mental harm you are causing them, are working daily day and night- just to keep you alive. They are doing their best job, always providing without asking anything in return; only and only to help you achieve your set goals and is this how repay? By ignoring all their good deeds???” she thundered.

I was stunned. A little shocked with her sudden unexpected speech, but I knew she was right. The way she emphasized on each and every sentence, I could see the color of her face changing according to her emotions. With a soft sigh she continued, “See, it’s very obvious that we cannot always have what we want or how we want. Instead of worrying and nagging about unfavorable situations, won’t it be better if we cherish the small things we have in our life? Feel grateful about what we have, even if it’s a very miniscule thing like the functioning of a cell in our body? Well, I know that sounds quite stupid but I hope you

get my point.” She chuckled at the end of her sentence. We both laughed and changed the topic.

After that incident, I started thinking a lot about the example she gave and found that it actually worked! It motivated me and made me feel good about my situation. We generally hear things like "Be positive" but take them for granted without even trying to understand them. So, I started reading more on positive psychology and found how important a role it plays in an individual's well-being. A very small example of “billion tiny-tiny cells” left me with such incredible blossom of feelings. I just wonder the good it will do to others. Even though these feelings, astonishingly, still made me feel guilty for my behavior; they also helped me realize the existence of things I can always feel good about. The fact that there is always something, at least something, we can always be grateful or thankful for. All we need to do is wish to find it!

Smruti M. Bodhi

M.A – Part II- Semester - IV

2013-2015

### MYTH BUSTER

#### **People can learn information, like new languages, while asleep.**

Researches demonstrates when people are supplied with external stimuli, which causes them to wake up shortly after, the stimuli is remembered when they wake up. However when tested later researches have not found out any evidence which could prove that brain would process complex tasks like mathematics etc. while asleep.

Lilienfeld, S. O., Lynn, S. J., Ruscio, J., & Beyerstein, B. L. (2011). 50 great myths of popular psychology: Shattering widespread misconceptions about human behavior. John Wiley & Sons.

## Thoughts of a Victim

Host of things happen around me,  
I am but a silent spectator,  
And despite the sympathetic sadness there  
is some security,  
That I am safe and secure in my own  
world.

Earthquakes crack up some places,  
Destroying lives, families and homes,  
Can one help the thoughts in traces  
That those killed were not my very own??

Terror attacks and bomb blasts are so  
common today,  
Thousands of lives they take,  
And all I do is go and pray,  
That give their souls peace and keep us  
safe.

Girls and women abused,  
It makes me tearful, restless and angry,  
But above everything all that I care  
Is that thank God it was not me!

That experience that left me shattered,  
And put me in a traumatic phase,  
Before that all that had mattered,  
Was that me and my people were not that  
victimized case.

Is that why it happened to me?  
To give me that important lesson to learn,

That when 'it all happens to others' I feel,  
I also am that 'other' for someone!!

Amrapali Tendolkar  
MA Part I, Semester II  
2014-2016

## MYTH BUSTER

### **The defining feature of dyslexia is reversing letters.**

Dyslexia is a learning disability marked by difficulties in processing written language. The children with dyslexia find it difficult to sound out or identify printed words. Research indicates letter reversals are not distinctive to dyslexia but instead commonplace in early phases of spelling and writing of all children aged 6 and younger.

Lilienfeld, S. O., Lynn, S. J., Ruscio, J., & Beyerstein, B. L. (2011). 50 great myths of popular psychology: Shattering widespread misconceptions about human behavior. John Wiley & Sons.



## **It's too loud! Please turn down the volume of that critic in you!**

*You can search through the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person will not to be found anywhere. You yourself, as much as anybody in the entire universe, deserves your love and affection.*

- Buddha

It's easier to provide a gentle and supporting shoulder to a friend or a dear one in need than to ourselves when we are in need. Throughout the years, we have conditioned that tiny yet the most powerful critic- the voice in the back of our heads - to be harsher to ourselves when things go wrong. It's okay to strive to reduce our pain and suffering or to be better, but it's not okay when we deny the presence of pain or despair in our lives and try to grow out of it without accepting it first. It is in this light that self compassion comes in. The term, though used in many ancient scriptures of different religions, was first operationalized by Dr. Kristin Neff very recently. Self compassion means being gentle and supportive towards oneself in all scenarios, understanding that the connecting ground for all human beings is their imperfection, and being mindful of the present moment, both the pleasurable and painful ones, non-judgmentally (Neff,

2003).

Research has shown that people with self compassion have better psychological health, better coping strategies, and are more adaptive and grateful (Neff, 2004). Well, if kindness towards self comes with so many perks, then why is it not more prevalent? This is mainly because of the many myths surrounding this concept. One can argue that loving oneself, irrespective of one's mistakes and situations, will only lead to self-indulgence and eventually to narcissism. But self compassion is a concept that goes beyond the concept of self-love and self-acceptance. While self compassion definitely emphasizes on accepting one's own mistakes and flaws supportively, it nowhere lays emphasis on covering them up and letting them be. It definitely means loving oneself unconditionally, but that doesn't imply loving oneself by harming others. It allows one to act on one's mistakes and suffering by accepting them absolutely as they are, without being oblivious to them. One can also argue that self-criticism is healthy for improving one's performance and that it acts as a source of motivation for our own good. Definitely, but with many side effects in the long run such as perfectionism, hastiness, experiencing anger, aggression, depression, stress, anxiety etc. Self compassion, on the other hand, is realizing that one is humanly imperfect, accepting and embracing that

fact, being supportive and encouraging to the self nonetheless, and helping oneself to improve without being harsh. It helps one observe negative thoughts and emotions in mindful awareness without suppressing or exaggerating them.

Self compassion helps the individual to take responsibility for his/her behavior, embrace the situation no matter how bad it is, and work on his/her goals without allowing emotions like guilt, despair, hopelessness, and anger to hamper his/her actions. This makes it different from self-pity, wherein one tends to victimize oneself. (Neff, 2011). Research has also shown that self compassion gives rise to more consistent feelings of self-worth than self-esteem; because self-esteem may depend on comparing oneself with others and trying to put others down to make oneself feel worthier. As self compassion is an intrinsic acceptance of one's self, it has no place for social comparison and ego-defensive anger (Neff, 2011).

Why am I like this ? Why am I not like that ? Questions like these and many are the foes of self compassion. Carl Rogers' quote -“The curious paradox is that when I accept myself just as I am, then I can change” - encompasses the importance of self compassion for personal growth. With all said and done, self compassion seems to be like a piece of cake for us to develop and practice, right? Well, it is not. All thanks to

our old habit patterns of constantly blaming, pushing, victimizing and straining ourselves- and old habits die hard. Fortunately, practices like mindful meditation, body awareness, yoga, guided meditation, self-affirmations help in developing self-compassion when practiced consistently.

Pain and suffering form inevitable parts of our lives as human beings, and being able to love forms our intrinsic nature. So what if our pain also needs our love? What if our suffering also needs a warm hug from our side? At least, we can try.

Heena S.A. Kamble.  
PhD Research Scholar,  
UDAP, Mumbai University.

#### References :

- Neff, K. D. (2003). Development and validation of a scale to measure self compassion. *Self and Identity*, 2, 223-250.
- Neff, K. D. (2004). Self-compassion and psychological well-being. *Constructivism in the Human Sciences*, 9, 27-37.
- Neff, K. D. (2011). Self-compassion, self-esteem, and well-being. *Social and Personality Compass*, 5, 1-12.

#### Website references :

- <http://www.mindfulselfcompassion.org/>
- <http://self-compassion.org/>



Hope Behind the Dark  
Shubhra Mehta  
M.A Part II, Semester IV 2013-2015

## What Happened To Us?

The morning came,  
the morning went.  
The sun so tame,  
No help to lend.  
The future seemed  
In itself a dream,  
A wish, A plea,  
In a swish, Pledged we.  
Alliance we coined,  
For a term so,  
Defiance adjoined,  
With a lot less woes.

The flowers, then,  
Now shrivelled and dry,  
The aroma, hence,  
The eccentric lie.  
A dream we dreamt,

But reality obscure,  
It seemed ardent,  
But still allure.  
A thought we rose,  
Of not action,  
But action we chose,  
To be minds contraction.  
Change we wanted,  
Change we achieved,  
Change then taunted,  
Us with conceit.  
The beginning then,  
A lot less vague,  
Now an end,  
A conscience plagued.  
A question we ask,  
A question lay thus,  
A shatter, the glass,  
What happened to us.

Aziz Salim  
MA Part II, Semester IV  
2013-2015



## Should Psychology Be Introduced in Schools?

A question that often comes to me as a budding psychologist is, 'How do we get people in India to visit a psychologist?' This especially concerns me that the only possible reason you could consider seeing a psychologist is if you were "mad". I have even heard of psychologists being referred to as mind readers (wonder where that came from?), and the average person doesn't even know the difference between a psychologist and a psychiatrist. The fact is that an Indian is more likely to visit an astrologer or tarot reader before visiting a doctor, financial advisor or a lawyer. I know I sound harsh but at this point, it is really a concern that I feel. I know that India and Indians are making progress everyday and I know a lot of people who don't believe in soothsayers but my question is, 'How do we reach the majority?' While thinking about this I could see a possible solution, including psychology as one of the subjects in schools. I remember as a child being introduced to physics, chemistry and biology in the 8th standard. I know it feels like they are only subjects we learn in school but really how many of us would ever go near hydrochloric acid? If you remember why, I have made my point. What we learn is always stored somewhere in our brains. Wouldn't it be nice if we learned how our minds function? After all we spend more

time in our heads than we do anywhere else. Introducing psychology in school would expose most of the public to the functioning of 'the mind' in an empirical and scientific way. Learning Freud's structure of the mind, Erikson's developmental stages and how behavior can be learnt and unlearned with a little help from reinforcement, of course. We are only introduced to psychology if we pick arts as our field, and with most of the population choosing commerce or science, the average individual doesn't ever learn anything of the mechanisms of human thinking, feelings and behaviour. But by having psychology as a subject in school, we could increase the awareness of the role psychology and a psychologist can play in our lives.

Most of us spend our entire lives rooted in the past. Our unconscious mind driving the car on full speed and we are just hanging in there wondering why we haven't reached our destination yet? We could avoid an identity crisis and wouldn't spend our lives trying on professions like we try on clothes. Wouldn't we be more equipped to deal with failure or regaining our self-esteem so we could be functional human beings? We would realize the importance of role models in our lives and find appropriate ones to follow in case our parents didn't live up to our mark, after all they too are just human beings capable of the same mistakes everyone else makes.

I will conclude by saying that our thoughts, emotions and behaviour are just as important as our computers, our bodies and our medicines. After all ‘prevention is always better than cure’.

Avalanne D’souza  
Ma Part I Semester II  
2014-2016

### **MYTH BUSTER**

**During “out-of-body” experiences, people’s consciousness leaves their bodies.**

A lot of people report that while having an “out-of-body” experience, they can see their own body or even the activities that people around are doing. Researchers have found out that when a person experiences such a state he loses touch with his own senses of touch and vision. Along with this the sensation of own physical body is also disrupted causing such illusions.

Lilienfeld, S. O., Lynn, S. J., Ruscio, J., & Beyerstein, B. L. (2011). 50 great myths of popular psychology: Shattering widespread misconceptions about human behavior. John Wiley & Sons.

## A Love Letter

Dear Kiss (oops sorry about the Freudian slip!) Miss Catherine,

Hi! Today my id finally wins, my ego permits, and super ego subsides; and here I am freely associating with you without any restraints on my repressed thoughts and feelings. You have become my core archetype capturing my conscious, preconscious and unconscious effortlessly. The first time I saw you, you set my heart rapidly racing, my temperatures rising and all my motor abilities gave way to a progressing display of acrobatics. My panic attack receded with amnesia about this incident (only until one of my friends narrated it to me) as its withdrawal symptom after you disappeared. I was provoked again by your reappearance in the hallway with altogether a completely different, contrasting manifestation of catatonic rigidity, acenesthesia, and agnosia. In my mind I kept drawing closer to my bizarre delusions wherein I lay prey to your beauty and brains totally passive and transfixed-ready to do whatever you say, bestowing on you the steering of my life. I remember the first time you smiled and said hello, and my dysphasic self could only return an acknowledging nod. Our interactions give me a feeling of déjà vu and I think there's some significant collective unconscious that we both share. You have disrupted my sleep-

wake cycles and turned me into an insomniac. I have been binge eating continuously to distract myself from your infectious thoughts but all of it seems to be a waste. I am swinging back and forth between what Erikson would call a conflict of isolation versus intimacy. I am like the rat in Skinners box awaiting some positive reinforcement from you. I am like the securely attached child of described by Mary Ainsworth and you are my primary object or caregiver in my life- of utmost importance for my healthy living. You are my Freud- who has made me aware of my sexual drives and the intricacies of my unconscious that are affecting my conscious. You are my Jung to make me believe that I have a soul, mind and spirit; helping me overcome my shadows befitting the criteria of my LOVE archetype. You are my Rogers who with true congruence, care, trust, respect and empathy, are always showering me with unconditional positive regard. You are my Adler to have made me aware of my responsibilities towards our society. Let's take a step together towards social interest and make a healthy, harmonious and happy family keeping in mind the influence of family constellations, parenting and early childhood experiences on every child. Let us forge ahead on Maslow's need hierarchy and together bear the fruits of self actualization. Only you can help me become a fully functioning person



and put all my suffering and symptoms to rest. I wish and hope we can come together and compile a DSM-6 which includes an additional section on "love psychology". Rebt, Cbt, Ect, EMDR, art therapy, drama therapy, play therapy, and group therapy have all failed me. SSRI's, benzodiazepines, antipsychotics, neuroleptics, and tranquilizers too have given up on me. I am available for diagnosis, assessment, analysis, interpretation and treatment. Now you are my last hope so please accept my application for your therapy (i.e. love) and make our study of psychology even more fun

Your love (no Freudian slip!)

Ojasvita Khaparde  
MA Part I, Semester II  
2014-2016

## MYTH BUSTER

**The polygraph (lie detector) test is an accurate means of detecting honesty.**

Polygraph machine records the physiological response of the body like blood pressure, sweating etc. This does not indicate if a person is being dishonest. All it can measure is, if the person is nervous while answering because of the changes in the physiology.

Lilienfeld, S. O., Lynn, S. J., Ruscio, J., & Beyerstein, B. L. (2011). 50 great myths of popular psychology: Shattering widespread misconceptions about human behavior. John Wiley & Sons.

## मन माझे

मन माझे झिजत गेले  
विरघळत राहिले तुझ्या पायी

हसत माझे ओठ राहिले  
अश्रु वाहिले तुझ्या पायी

हरवून सारे जग गेले  
आठवणी राहिल्या तुझ्या काही

मनी जे जे जिरले ते ते झरले  
तरी झुलत राहिलो तुझ्या पायी

शांत आहे रात्र तरीही  
अस्वस्थ डोळे तुझ्या पायी

आठवांच्या रानवाटा  
घनदाट झाल्या तुझ्या काही

कोंडमारा पावलांचा  
वनवासही तुझ्या पायी

तोडल्या मी सव्ण शपथा तरीही  
पिरत वाहिली तुझ्या पायी

पाहून काही विसरून सारे  
आता तुटता ताराही ऐकत नाही  
तुटता तारा ऐकत नाही

## MYTH BUSTER

**Adolescence is inevitably a time of psychological turmoil.**

Conflicts with parents escalate during adolescence. Adolescents report more mood changes, and take more physical risks than others do. Hence, adolescence can be a time of heightened psychological struggles for some teenagers. However, research data shows that these difficulties are confined to a small minority of teenagers.

Lilienfeld, S. O., Lynn, S. J., Ruscio, J., & Beyerstein, B. L. (2011). 50 great myths of popular psychology: Shattering widespread misconceptions about human behavior. John Wiley & Sons.

Prem Sandhya Kailash Mahapadi  
MA Part I, Semester II  
2014-2016

## Activities

### Career Guidance and Counselling Programme

A 'Career Guidance and Counselling Programme' was organized by the Department of Applied Psychology for the students of standard IX, X, XI and XII on 28<sup>th</sup> of May and 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> & 9<sup>th</sup> of June, 2014.

The Department of Applied Psychology organized an educational fair in collaboration with the Director of Technical Education and the Government of Maharashtra at Sakal Media Group's "Praveshacha Gateway" from 31<sup>st</sup> May to 2<sup>nd</sup> June, 2014. Two Career Guidance and Counselling stalls were put up for students and parents.



### Suicide Prevention Campaign

The Department of Applied Psychology and Counselling Centre along with the Department of Student Welfare, University of Mumbai, observed World Suicide Prevention Day on 10<sup>th</sup> September, 2014.



The theme was "One World Connected".

As a part of this campaign, a street-play based around the central theme of suicide prevention and awareness was performed at various venues including prominent public spaces like Shivaji Park, Marine Drive, D. G. Ruparel College and S. I. E. S. College. A myriad of issues ranging from teenage suicides to geriatric suicides were presented through the play and the causes and preventive measures were also elaborated. The public response to the street-play was strongly positive and it was a rich learning experience for all the students.

A **Flash Mob** was also organized by the Department of Applied Psychology students for Suicide Prevention Day, which was held on 10<sup>th</sup> September 2014. The students from both M.A. Part I and Part II took part in it. The flash mob served as an attraction for the street play that came after it. Overall, the event was very successful. This event was also published in Maharashtra Times.





## 102<sup>nd</sup> Indian Science Congress

The 102<sup>nd</sup> Indian Science Congress was held from the 3<sup>rd</sup> to the 7<sup>th</sup> of January, 2015 at the University of Mumbai, Kalina Campus. The theme was “Science and Technology for Human Development”. Our honorable Prime Minister, Mr. Narendra Modi inaugurated the event. Eleven Nobel Laureates from all over the world were invited to be a part of the conference. Students from various parts of India participated in the event making it a grand success.



The Department of Applied Psychology and Counselling Centre participated in the paper presentation section of Anthropology and Behavioural Sciences. The department also organized a Poster Exhibition, and three Street Plays were also performed by the students of M.A. Psychology during the Indian Science Congress. The plays were titled as follows:

1. Female Feticide and suicide prevention
2. Superstition and social stigma
3. Drug addiction and effective parenting



## Guest Lectures

### PROF. JITENDRA MOHAN

Prof. Jitendra Mohan addressed the students of Mumbai University on “Positive Psychology”, on 14th July, 2014. He is well recognized as Professor Emeritus of Psychology, Punjab University, Chandigarh. He is also the President of International Society of Mental Training for Excellence, among various other academic accomplishments. He had given an encouraging speech of working not only towards the Illness model but also on the Wellness model.



### MAJOR DHARAM DUTT-GOEL

The Department of Applied Psychology and Counselling Centre had organized a Guest Lecture by Major Dharam Dutt-Goel, a commissioned officer of the Indian Army, on 16th August, 2014. He began his speech by sharing his personal life experiences as a student of this department and how he decided to join the Indian Army. He presented to us the career opportunities in the Indian Armed Forces and its selection procedure. He thoroughly explained the role of psychology especially REBT in helping

military personnel to cope with high amount of stress and anxiety. He believed that each one of us should go through the selection procedure of becoming an Officer in the Indian Armed Forces once.



### DR. G. G. PRABHU

Dr. G.G. Prabhu is the former Dean and Professor of Clinical Psychology at NIMHANS. He has held two seminars on “Psychology as a profession in India” at the University of Mumbai, on 21st of August 2014- one in the department of Political Science and the other at J. P. Naik Bhavan. He spoke about his educational background and explained why he was fascinated by the field of psychology. He threw light on the state of psychology in India and added that it was the responsibility of the students of psychology to make themselves competent enough to excel in the global market. According to him this is the only way psychology will gain as much importance as engineering or medicine. Both the seminars were very helpful to the students, who gained a lot of insight from Dr. Prabhu’s experiences





### **DR. ANDREW JOHANSON**

A guest lecture by licensed marriage and family therapist, Dr. Andrew Johanson Jr. was arranged by the Department on 16th of February 2015. Dr. Johanson's lecture focused on discussing 'his journey as a psychotherapist'. The highlights of the lecture were two real-life clinical cases- one concerning 'erectile dysfunction in a male' and the other concerning- 'a man's fear that Satan would kill his baby' which he elaborately shared with the audience. Hearing his deep understanding of the problem from the psychoanalytic perspective and his successful attempts at solving these problems using psychoanalytic techniques was truly a learning experience for all of us young psychologists.



### **PROF. P.A.BHAGWATWAR**

Prof. P.A. Bhagwatwar, former Professor and Head, Department of Applied Psychology at the University of Mumbai addressed the students of MA Part I and II on 21<sup>st</sup> February, 2015 on the topic "Connectivity between Psychology and Society". He shared his experiences in the department and how he was driven to bring about revolutionary changes in the Industrial Psychology syllabus as well as technological changes in the structure of the department. He briefly mentioned how Management as a subject tries to dominate industrial psychology in the corporate world. He also discussed the meaning and connotations of the word 'manage' and the grave need for psychology to reach the common individual.

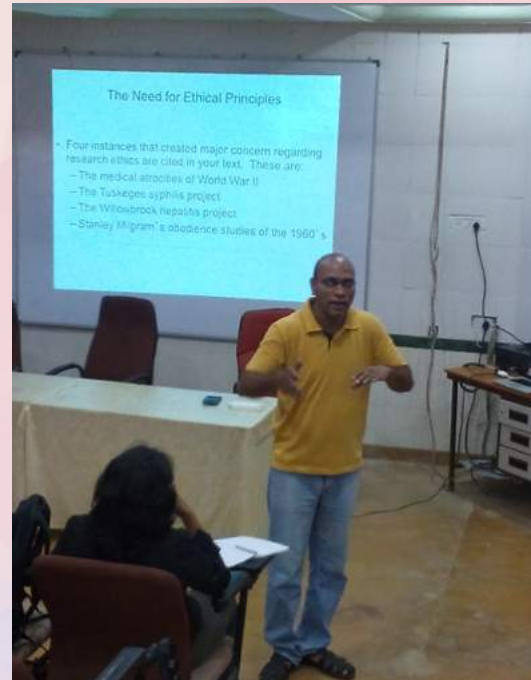


## Seminars & Workshops

Six day workshop on “Computer Applications for Experimental Psychology” was held from the 14th to the 19th of July, 2014. The workshop was attended by the University College Teachers and Research scholars from all over India.

Two day workshop on “Ethical Issues in Psychological Practice” was conducted on the 5th & 6th of August, 2014. Practicing Psychologist, Faculty members, students and counselors attended the workshop.

A refreshers course in Psychology and Education was coordinated by Dr. Sudha S. Pingale and Dr. Neelkanth Bankar. It was based on “Human Development and Wellbeing: Psycho-social and Educational perspective”. This programme was conducted from the 10th to the 30th of September, 2014.



# GAMES

## GUESS WHO AM I?

### **Guess the famous psychologists from their work:**

1. I was a crook earlier, but then reformed my ways to be known as the Father of Behaviourism.
2. I was the 82nd President of the American Psychological Association, most cited living psychologist today. I am known for my theory on self efficacy and the famous Bobo doll experiment.
3. I am an American psychologist, noted for my work on the Need Theory. I have also developed scoring system for the Thematic Apperception Test.
4. I am a Swiss psychiatrist & psychotherapist who founded analytical psychology. I am considered to have had an indirect role in establishing Alcoholics Anonymous.
5. I am a German social psychologist, psychoanalyst, sociologist, humanistic philosopher, and democratic socialist. I was associated with what came to be known as the Frankfurt School of Critical Theory.

## ***JUMBLE-ICIOUS!!***

Unscramble the four jumbles to form four words. Then arrange the circled letters to form a new word.

1. NVTOOIEU

--	--	--	--	--	--	--	--

3. DTNODACII

--	--	--	--	--	--	--	--

Now arrange the circled letters: 

--	--	--	--	--	--

2. RHICSUECTI

--	--	--	--	--	--	--	--

4. C PIEJDURE

--	--	--	--	--	--	--	--

1. OCRHCRSAH

--	--	--	--	--	--	--	--

3. TPLONIETA

--	--	--	--	--	--	--	--

Now arrange the circled letters: 

--	--	--	--	--	--	--

2. RGTERICI

--	--	--	--	--	--	--	--

4. LHECLGENA

--	--	--	--	--	--	--	--

1. TMIATOVINO

--	--	--	--	--	--	--	--

3. SIDNACSONE

--	--	--	--	--	--	--	--

Now arrange the circled letters: 

--	--	--	--	--	--	--	--

2. ECPRNIPOET

--	--	--	--	--	--	--	--

4. SELNREICIE

--	--	--	--	--	--	--	--



## WORD SEARCH

How many psychology related words can you find in the grid?

G	E	Q	K	G	L	T	I	T	C	S	Y
H	S	R	M	J	E	A	L	O	U	S	A
L	H	B	R	L	I	R	F	O	L	D	G
W	Y	A	T	A	M	L	I	F	N	U	G
N	E	E	P	Q	A	C	E	P	W	R	R
F	V	I	T	P	S	Y	C	H	E	M	E
Q	P	L	E	N	Y	R	L	G	Y	J	S
U	R	U	O	T	M	I	N	D	O	D	S
A	S	C	N	W	H	A	Y	R	A	E	I
P	N	B	D	H	S	K	U	L	T	G	V
U	I	M	A	S	S	E	R	T	I	V	E
W	K	I	Q	L	T	S	J	E	C	L	A

# ANSWERS

## Guess who I am?

- 1) John Watson
- 2) Albert Bandura
- 3) David McClelland
- 4) Carl Jung
- 5) Erich Fromm

## Jumble-icious!

- 1) EVOLUTION, HEURISTIC, ADDICTION, PREJUDICE. – JOHARI
- 2) RORSCHACH, GERIATRIC, POTENTIAL, CHALLENGE. – INSIGHT
- 3) MOTIVATION, PERCEPTION, DISSONANCE, RESILIENCE. – VARIATION

## Word search

The words are- HAPPY, JEALOUS, ANGER, FEAR, SHY, AGGRESSIVE, ASSERTIVE, MIND, PSYCHE, and UNCONSCIOUS.

										S	
	S			J	E	A	L	O	U	S	A
	H		R					O			G
	Y	A					I				G
	E		P			C				R	R
F				P	S	Y	C	H	E		E
				N	Y			G			S
			O		M	I	N	D			S
		C				A					I
	N										V
U			A	S	S	E	R	T	I	V	E



**Department of Applied Psychology and Counselling Centre,  
University of Mumbai**

**Vidya Nagari, Kalina, Santacruz East, Mumbai, Maharashtra 400098**