



The Catalyst

*Importance of
Wellbeing...*

2015 - 2016

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.

Foreword

The Catalyst is the annual magazine of University Department of Applied Psychology, University of Mumbai. “Catalyst” means the person or thing that precipitates an event. This magazine provides a way to the students of the department to express their feelings and ideas about the psychological issues of our society. The students use this magazine as an opportunity to share their thoughts and feelings in their poems, articles, and other literary works.

“When wellbeing comes from engaging our strengths and virtues, our lives are imbued with authenticity.” ~ Martin Seligman

The magazine’s theme for this year is ‘Wellbeing’. The dictionary definition of wellbeing is “the state of being comfortable, healthy, or happy.” This point clearly towards the physical, economical, social, and psychological aspects of an individual’s existence. The holistic wellbeing of an individual, therefore, includes all these facets of life.

Wellbeing is that one aspect of human-life that is inseparable and mostly neglected, right from womb to tomb. The concept of wellbeing has taken special importance since the turn of the century. The new century has brought with it a shift from the illness model to the wellness model. However, since the past two decades or so, psychologists have started paying more attention to developing the human potential and virtues. It has been realized that a balance must be struck between identifying and enhancing human strengths, and healing the weaknesses.

In Chemistry, catalyst is considered as an agent that brings about a change in the rate of reaction. On the same lines, we hope that this issue of Catalyst will help in increasing the rate at which wellbeing is perceived, understood and implemented amongst the masses.

Dr. Satishchandra Kumar
Head of Department

Faculty Speak

I feel extremely privileged to put my thoughts in words and throw up some light upon the 'THE CATALYST' which is UDAP's magazine. The students of UDAP have launched its second edition which is based on the theme of 'Wellbeing'. 'Wellbeing', being the most relevant topics of discussion today fully deserves to draw the attention of people through the medium of this magazine. This magazine with its potential to highlight important phenomenon, showcase student's talents and creative expression of thoughts, can have an insightful impact on its readers. I am sure this magazine would disseminate as much knowledge and information as it's capable of and enlighten it's recipients.

Dr. Priscilla Paul
Professor

As a sequel to the first issue of *The Catalyst* that we brought forth last year, the present account continues to share and express the minds of the youth on a variety of themes- ranging from their personal narratives on different life experiences to their critical observations about varied societal concerns, with 'Wellbeing' as an overarching idea for this year. We look forward to receiving similar response as that of the first issue which was well received in & outside of the academia.

Dr. Umesh B. Bharte
Assistant Professor

The Catalyst in its second year, is a wellspring of our student's thoughts, ideas and perspectives on 'Wellbeing'. Young minds are vibrant and give a fresh outlook to life, through their ideas of travel, adventure, novelty of experience, curiosity and concern for humanity. As we move through the monotony of life by consistently executing routines; carrying the baggage of our past and allowing it to dictate our present; religiously adhering to what we were made to believe is the norm, it's time to think differently. Yes, one must look up to the experienced and the elderly for guidance, however one must also listen to the youth, because they will shake you off your throne of thorns, redefine and refresh your life.

Dr. Wilbur Gonsalves
Assistant Professor

C O N T E N T S

1. Being Mindful: The Beauty of Now – (7)

2. Physical Activity: Food for the Brain – (8)

3. The Psychologists! – (10)

4. Poetry and Grieving – (11)

5. Choice – (13)

6. A Metamorphosis – (14)

7. Dawn in the Dusk – (15)

8. The Palliative Care Counsellor – (16)

C O N T E N T S

9. Well and Good – (17)

10. Being a Psychology Student –
(18)

11. The Light in You – (19)

12. Love That Stranger –
(20)

13. New Trends in
Performance Management –
(21)

14. Wellbeing – (23)

15. Music and Wellbeing – (24)

16. Self Love: A Reflection – (25)

C

O

N

T

E

N

T

S



17. Meaningfulness at work
– (26)

18. Girl Child – (27)

19. Wellbeing Through Travel –
(28)

20. When the Demons of
the Inside and the
Outside Unite – (30)

21. Sukh Mhanje Kag? – (31)

22. A Heartfelt Tribute – (33)

23. Events – (35)

24. Department Diary – (39)

Being Mindful: The Beauty of Now



If you are depressed, you are living in the past.

If you are anxious, you are living in the future.

If you are at peace, you are living in the present.

-Lao Tzu

Being in "Now," living in the moment sounds like a piece of cake to do, but is not. Why? All thanks to the pace at which we have set our lives under the context of competition, survival, recognition and conventional happiness. If we look at ourselves and our actions very closely, we shall realize that we are multi-tasking almost every moment. We never simply walk while walking; never simply talk while talking, never simply eat while eating, never simply bathe while bathing. Our thoughts – of wanted/ unwanted past and of wanted/unwanted future – are all over the place and we don't even realize it, which ultimately decreases the quality of human well-being.

Mindfulness, as it is called, is that one aspect that can significantly alleviate our well-being. One of the most widely used definitions of mindfulness has been provided by Jon Kabat-Zinn, "awareness that emerges through paying attention on purpose, in the present moment, and non-judgmentally to the unfolding of experience, moment by moment" (Kabat-Zinn, 2003, p. 145). He also quotes that mindfulness includes being aware of what is arising with an intention of changing the relationship to the experience and not wanting to change the experience itself (Kabat-Zinn, 1990, 1994).

Intentional and objective observation of whatever is happening inside and outside us – be it thoughts, emotions, feelings, people – forms one of the cores of mindfulness; which in turn emphasizes the shift in perspective (termed as re-perceiving) from subjectivity to objectivity. This shift in perspective, when consistent, helps in the

when consistent, helps in the development of the beginner's mind – the ability of looking at anything and anybody as if one was looking at them for the first time. A Beginner's Mind is a mind that is devoid of all the past beliefs and preconceptions that one tends to hold while experiencing any present moment. With a Beginner's Mind, one enjoys the 20th bite of a cookie, as much as the 1st bite – i.e., by seeking novelty in every bite and being enthusiastic and receptive about the same, every time. One can also extend this logic to responding to an unwanted situation in a way different than the one that often leaves one distressed, thereby implying that being mindful of one's actions and thus developing the Beginner's Mind can help inculcate creativity in problem-solving and decision making abilities.

Mindfulness, a blooming concept in Positive and Health Psychology these days, has got an array of benefits – facilitating ethical behaviour by increasing awareness of self and others, strengthening qualities like love, empathy, wisdom, care, compassion and altruism (Shapiro & Walsh, 2003); and many more. Mindfulness is the key element of Jon Kabat-Zinn's famous Mindfulness Based Stress Reduction (MBSR) program, which is proven to have significant effects in alleviating several health issues (Kabat-Zinn, 1993).

After reading all this, one might think that being mindful is difficult, however the difficulty does not lie in being mindful, it lies in constantly making oneself remember to be mindful. Realizing the fact that one is not mindful is in itself an act of mindfulness. Mindfulness helps one live all the life's moments, thoughts and emotions, even the most painful ones; to their fullest and in their absolutely raw forms. Be it love, joy, compassion or hatred, anger and malice, mindfulness helps one to observe each aspect non-judgmentally and accept the reality in its real form. Such an

acceptance of the self and the circumstances smoothen many cracks.

Being mindful means being able to love the present moment of one's life. The instance we expect the present moment to be different than the way it actually is, we lose touch with reality and this brings forth dissatisfaction and unhappiness. "Now," if realized is as good as any other moment one has ever had and can ever have, holds one of the strongest untapped sources of human development. The world is already a beautiful and miraculous place – the blooming of the flower, the curious eyes of a child, the blades of grasses, a thank you from a stranger, the silent sound of breezes, our own breath, everything holds beauty and happiness if only we slow down and attend to all of them, one at a time, by being in the moment.

So the next time you sit to drink your tea, remember the words of Thich Nhat Hanh - "Drink your tea slowly and reverently, as if it is the axis on which the Earth revolves - slowly, evenly, without rushing towards the future; live the actual moment. Only this moment is life".

Heena Kamble
PhD Research Scholar
2015 – 2016

References:

- Kabat-Zinn, J. (1990). *Full catastrophe living: Using the wisdom of your body and mind to face stress, pain and illness*. New York, NY: Delacorte.
- Kabat-Zinn, J. (1993). Mindfulness meditation: Health benefits of an ancient Buddhist practice. In D. Goleman & J. Gurin (Eds.), *Mind/body medicine* (pp. 239-276). New York: Consumer Reports Books.
- Kabat-Zinn, J. (1994). *Wherever you go there you are: Mindfulness Meditation in everyday life*. New York, NY: Hyperion.
- Kabat-Zinn, J. (2003). Mindfulness-based interventions in context: Past, present, and future. *Clinical Psychology: Science and Practice*, 10, 144–156.
- Shapiro, S. L., & Walsh, R. (2003). An analysis of recent meditation research and suggestions for future directions. *The Humanistic Psychologist*, 31 (2-3), 86-114.

Physical Activity: Food for the Brain

The evening routine of most kids in our neighbourhood is pretty typical. We see them running away from their homework and their parents, to the building playground. Often they spend an hour or two, engaging in physical activity or some sport, and experience pure enjoyment; pure bliss. This seemingly simple, easy and fun activity has a number of varied benefits.

Physical activity is defined, by the World Health Organization (WHO), as any bodily movement produced by skeletal muscles that requires energy expenditure. Physical activity is an integral part of sports. According to WHO, regular moderate intensity physical activity – such as walking, cycling, or participating in sports – has significant health benefits.

Especially in this age where technology, TV and mall-culture are gaining precedence, it is

important that we encourage such healthy sports-loving behaviour. Why, you ask? Of course, as almost everyone knows, being physically active has a host of physical benefits for oneself, not to mention the social benefits of being perceived as strong, healthy and 'in shape'. However, along with this, it has important psychological benefits. Sibley and Etnier (2003) conducted a meta-analysis of 44 studies of physical activity and cognition, and found an overall effect size of 0.32, with highest effect sizes for children up to high school, thus proposing that a significant positive relationship exists between Physical activity and cognition. They studied seven categories of cognitive assessments and found the largest effect on perceptual skill tests; smallest effect on memory tasks.

Research has shown that physical activity

enhances executive functioning. Positive support has been found in studies conducted right from children to aged people. Executive functions is an umbrella term for regulation and control of cognitive processes such as reasoning, planning, decision making, problem solving, and goal directed behaviour. A meta-analytic study by Colcombe and Kramer (2003) found that aerobic fitness training enhances the cognitive vitality of healthy but sedentary older adults. They found that it had robust but selective benefits for cognition, with the largest improvement in executive-control processes. The main neurological structure for executive processes is the prefrontal cortex and research conducted using neuroimaging techniques, on aged people between 60-79 years of age, showed that aerobic exercise training for 6 months increased volume in both grey and white matter primarily located in the prefrontal cortex (Colcombe et al., 2006). Bherer et al. (2013) concluded that “physical exercise is a promising non pharmaceutical intervention to prevent age-related cognitive decline and neurodegenerative diseases.” It can also have a facilitating effect on academic achievement, as shown by a longitudinal study of 546 children, progressing from grade 1 to grade 6. Children who participated in physical activity for 5 hours a week performed better than control children throughout grades 2 through 6 (Sheperd et al, 1984). Although research about the benefits remains inconclusive, researchers agree on the finding that physical activity causes no detrimental effects on cognition.

While all the above mentioned beneficial effects are at an individual level, sports can be used as an effective tool for individual or social reform. In today's world, young children and young adults fall prey to a number of vices like excessive drinking, smoking and use of drugs, for many reasons such as ‘excitement’ and ‘thrill seeking’, to be able to manage stress, to ‘belong’ to their peers etc. Engaging in physical

activity through participation in sports can be an effective form of rehabilitation, or to prevent youngsters from falling prey to these vices and to develop a positive lifestyle instead. B. F. Skinner, in his book ‘Beyond Freedom and Dignity’ (1972) has quoted “The trouble is that when we punish a person for behaving badly, we leave it up to him to discover how to behave well...” (p. 69). Thus, merely punishing the behaviour is not enough, it is important that we substitute the negative behaviour with an equally stimulating and rewarding positive behaviour, and sports is one such alternative.

Group physical activity i.e. sports can provide them the excitement they seek for, it can help them relate and bond with their peers and the society in a positive way, and help them in managing stress. The United Nations Office for Drug Control and Prevention, in 2002, proposed this view of utilising sports as a means to prevent drug abuse. Some of the benefits of sports they identified were ‘play and have fun, relieve boredom by giving structure to free time, promote socialization by introducing rules to be followed, cooperate with others to achieve goals, make friends and strengthen relationships with others, reduce stress and maintain good mental health. Students who took part in interscholastic sports were less likely to be regular and heavy smokers than were others who had not participated (Escobedo et al, 1993). It can have positive consequences for themselves like the ones mentioned earlier and more, like improvement in self-esteem (Ekeland et al, 2005).

It can also serve as a medium for developing moral values, which in turn will have better consequences both for the self and society. According to Siendontop et al (2004), a sport person learns to value the rules, rituals, and traditions of sports and activities, and learns to distinguish between the good and bad practices. They believe that values such as fair play, following the rules, respecting the teammates and coaches, participating always with

Poetry and Grieving



"You will not 'get over' the loss of a loved one; you will learn to live with it. You will heal and you will rebuild yourself around the loss you have suffered. You will be whole again but you will never be the same. Nor should you be the same, nor would you want to."

-Elisabeth Kübler-Ross

Poetry, according to Freud, arises from the unconscious, which was discovered by the poet. Jung opines that the soul precedes a poem. It is an artistic expression of one's thoughts, opinions, and feelings. It provides the poet with an emotional release- a catharsis of sorts. But that's not all- it was believed by the Greeks that poetry heals, because of the poet's divine inspiration: it was believed to cleanse, and drive people into being better versions of themselves (Tatarkiewicz, 1962, as seen in Czernianin, 2013). It is no wonder, then, that most of us feel intense emotions when we hear songs with lyrics that seem like they're calling out to us: because even if we didn't write those lyrics, some have the power to move us into cathartic release.

Poets have, like most of us, faced death in some form- their family members or their closest friends, and they have been moved by death. Many of them have written about death, and reading them helps us realize that they are indeed just like us. We may realize that we're not the only ones suffering, and that someone else understands what we feel. While poetry may not help us 'get over' the immense loss, it may help us in the long road towards coping. Elizabeth Kubler Ross and David Kessler have done a lot of work on grief and grieving, and coping with the loss of a loved one, and have identified five stages in the process of grieving. While they have been misunderstood and misrepresented over the years in popular media and have been generalized across various

situations, they clarify that the stages were not 'meant to help tuck messy emotions into neat packages' (Kessler, year?), rather all of us cope uniquely in our own individual ways. We can observe that some of the poems written about death and dying do fit into these stages, perhaps reflecting how the poets themselves coped through their personal losses. While they (obviously) may not fit neatly into the stages, they do certainly reflect upon characteristics of some stage more than others.

The first stage identified by Kubler Ross and Kessler is *denial*. We are generally shocked when we hear about the loss of a loved one, and often do not believe it. We may go numb, and this, according to them is an effective survival mechanism, as it helps us stabilize ourselves. One of the poems that may echo this sense of numbness and a sort of emptiness is Seamus Heaney's *Mid Term Break*. The protagonist seems to be brought back home from boarding school at the news of his baby brother's death. "When I came in, and I was embarrassed; By old men standing up to shake my hand; And tell me they were 'sorry for my trouble'," he writes. This shows the kind of detachment you'd probably experience according to Kubler-Ross and Kessler in the earlier stages of your healing process.

The second stage is labeled *anger*. It generally stems from how unfair you feel that someone you love has been snatched away from you. It could also spring from a feeling of abandonment and helplessness. Anger could be directed towards a person, such as a doctor, or towards friends, family or as in Dylan Thomas's *Do Not Go Gentle Into That Good Night*, may be directed towards a higher power. In this, the protagonist's father is lying on his deathbed, and he (Thomas himself, as is known) is asking his father to 'Rage, rage against the dying of the light'. According to Kubler-Ross and Kessler, underneath anger is the pain we feel. They recommend us to embrace it, because it can give a structure to the void, albeit transient.

Bargaining is the next stage that we generally

experience. Bargaining may be seen as a temporary truce- when we try to bargain the death of a loved one with something else. We may, for example, say that 'If you'd let him live, I'd never trouble him again,' guilt underlying it all. We may flow in a river of 'if only' statements- if only I'd been in the car with her, if only we'd not ignored the symptoms etc. We may try to negotiate and may want to go back in time, in order to not feel the pain. As Robert Herrick writes in *To Daffodils*, 'Stay, stay; Until the hasting day; Has run; But to the even-song; And, having pray'd together, we; Will go with you along.', we may try to restore life to how it was before their loss.

After bargaining, we tend to face *depression* (not to be confused with clinical depression), embodied by feelings of intense sadness and emptiness, as if we're engulfed by a fog of hopelessness. We may feel as if there's no point in moving forward. One of the poems that best exemplify this kind of grief is W.H. Auden's *Funeral Blues*. He feels so moved by the death that he wishes that the world stops functioning: 'The stars are not wanted now: put out every one; Pack up the moon and dismantle the sun; Pour away the ocean and sweep up the wood. For nothing now can ever come to any good.' It imitates our thoughts when we wonder why something so huge has actually not stopped everything, when it should- the policemen and the doves, the entire world must stop because how can they function? These kinds of feelings are normal and appropriate in such a situation.

The final stage is *acceptance*, which essentially is the acknowledgement of the reality of the death of a loved one- that this reality is undeviating and permanent, and we have to live with their absence. One of the poems that cover such an emotion is *Do Not Stand By My Grave And Weep* by Mary Elizabeth Frye. The protagonist helps the reader accept her death by saying, for example, 'I am the sun on ripened grain, ; I am the gentle autumn rain,' meaning that she's not truly gone, and that she's alive in the reader's memories, and that should be enough. This stage in no way means that they're alright or okay- most of us can never get over, or be okay with the loss of a loved one. This stage simply means acceptance.

One of the most common misconceptions about the stages is that it is a linear phenomenon, when in reality, we may be at one stage at some point and at another just the next minute. We generally tend to flip through the stages one after the other. We also need to understand that healing is a process, and it takes time, and we all cope in different ways, and take different amounts of time to heal. As Kessler says, "Just remember your grief is as unique as you are."

Arathy Puthillam

M.A. Part – I

2015 – 2017

References:

- Mid-Term Break. Heaney, S. (n.d.). Mid-Term Break. Retrieved January 12, 2016, from <http://www.poetryfoundation.org/poem/2786>
Do not go gentle into that good night. Thomas, D. (n.d.). Do not go gentle into that good night. Retrieved January 12, 2016, from <http://www.poets.org/poetsorg/poem/do-not-go-gentle-good-night>
To Daffodils. Herrick, R. (n.d.). To Daffodils. Retrieved January 12, 2016, from <http://www.poetryfoundation.org/poem/176773>
Funeral Blues. Auden, W. (n.d.). Funeral Blues. Retrieved January 12, 2016, from <http://allpoetry.com/Funeral-Blues>
Do Not Stand At My Grave And Weep. Frye, M. (n.d.). Do Not Stand At My Grave And Weep Poem. Retrieved January 12, 2016, from <http://www.poemhunter.com/poem/do-not-stand-at-my-grave-and-weep>
Czarnianin, W. (2017). Catharsis in Poetry Therapy. *Polish Journal of Applied Psychology*, 14(2), 25–38.
David, K., & Kibler-Ross, E. (n.d.). THE FIVE STAGES - Grief.com - Because LOVE Never Dies. Retrieved January 12, 2016, from <http://grief.com/the-five-stages>

**Seeing ourselves as others see
us would probably confirm
our worst suspicions about
them.**

- Franklin P. Adams

Choice

"What is the difference between a falling stone and a drowning man?"

"The speed, or effect of force of gravity and resistance from the mediums."

"These are physical differences, what I think the difference is, is choice. A man can choose to not drown, while a stone has no choice but to fall down. A stone and a human body have a limited defined time of existence. That is, a limited, time bound life, not immortality."

"For a stone to fall, something must exert a force on it, so what makes the stone attract this force?"

"But stone is more stable than man, man interacts more, that is, its consciousness is more unstable."

"But what's there in the stone is present in the man too, it's just its formation differs, and thereby its replicative ability."

An amoeba doesn't replicate by choice, while we believe that we do, but do we really?"

"We are more free than beings below our level, be we aren't completely free. There may be more beings that are freer than us."

"What is more or less free?"

"Might, power of choice; the more choice you have, the more flexible choices you can make, hence the more you are free."

"Can you do any action without any chemical? Are you moving by yourself or is the chemical moving you towards its brethren? Making you interact with them, so you're drowning without a choice, and the stone is choosing for you to make it fall."

Aziz Mukadam

Teaching Assistant

Clinical Psychology

2015 – 2016



'The ray of happiness and hope shines everyday on everyone...it's just a matter of your decision whether to absorb it or not.'

Smruthi Murali

M.A. Part – 1

2015 – 2017

A Metamorphosis

A sixteen year old amateur lad, who never travelled in his own country suddenly, faces a challenge to 'prove' himself, showcase his culture in an unknown land at the International Folk Dance Festival in Switzerland by shouldering the responsibility of representing Indian Folk culture.

With a heavy heart, I left India and eventually reached Zurich Airport, where we received a warm welcome by the organizers of the host country; amidst the flashes of press reporters. But somewhere down the line I was nervous: different language, food and culture. I remembered Swami Vivekananda; who won the hearts of the people in 1893 in spite of being alone. Fortunately I had my entire crew. There were chills down my spine; I needed to believe in myself!

Initially we were looked down upon by the dancing groups of different countries. We felt they kept distance from us, making us feel inferior. I suppose, they had some typical stereotypes about us and the countrymen who had come to cheer us.

The opening ceremony of the festival changed the entire scenario. Our dances were full of vigour and vibrance, bright costumes, upbeat melodies and some exceptional acrobatics. We

made a statement by showcasing the dance forms, right from Kashmiri to Karghattam, north to south; we recreated the entire nation. A standing ovation by the audience followed naturally. The snobbish attitude was transformed, other dancers wanted to click pictures with us, as a memoir. Dine-time scenario increased the respect for India when they saw our disciplined etiquettes. Overnight, all the competitors from various countries wanted to genuinely be friends with us.

With my several opportunities to represent India in Switzerland, Italy, Poland, Austria, France, Germany and Finland at the respective International Folk festivals/competitions, we won many laurels for our motherland. Presently, as a choreographer of the versatile Indian Team it's an honour to continue to make an impact on the international folk arts arena. The countries which we encountered were full of exuberant opulence but they lacked some integral components: warmth, love, belongingness and cohesiveness, which are in fact the foundations of our Indian culture. I felt lucky being an Indian.

A metamorphosis took place during this journey which is still helping me to grow, learn and excel.

Mohaneesh Pitre

M.A. Part – I

2015 – 2017

***If you think you are too
small to make a difference,
try sleeping in a closed room
with a mosquito.***

- African Proverb

Dawn in the Dusk



Depression, they say I had depression;
But I thought I needed compassion.

This worried my mother and father,
I was always there, but where were they, when
lonely was their daughter?

This worried my sister and friend,
But did they ever know how I always managed
to pretend?

Psychiatrists could diagnose,
Psychotherapist made me understand,
"Life doesn't end where you stand"

I was tired of pills
And the never ending bills

They all said, they could empathize;
But only I knew,
No one would be able to take deep dives

They said, "No one else can; only I have to
change"
But I had always known this fact.

They said, "I have the power to appraise, things
may be the same,
But my perception will change".
I had always known this fact,
But... "How to bring about that change?"

I remember the early battles of loneliness,
There were people around me,
And I felt nothing but emptiness.

Whom to blame? I thought,
Was it the absence of my parents which I ultimately
got?

Or the lover that ditched in the love story plot.

The dependency on the drugs increased,
The worries of my parents decreased.

The thought of something is wrong crossed my
mind,
I decided to clean the mess,
That plagued my mind.

Why do they say there will always be someone?
I could see only me being the one.

I peeped inside,
I found a lot of skills and talents,
I was still alone but now that was no more of my
interest.

With people or without people,
Within a club or within a hot bath tub,
Did that really matter?

I started expecting more from myself and less from
others.

It pushed me to explore myself;
And this is how I define my well-being best suited for
me.

Sakshi Kaur Hira

M.A. Part – I

2015 – 2017



LOL moment #1
*You talk to God,
you're religious.
God talks to you,
you're psychotic.*
-Doris Egan

The Palliative Care Counsellor

Palliative Care is a multidisciplinary approach, with a team consisting of professionals from the fields of medicine, psychology and social work. This support system caters to terminally ill patients. It is a call to the patient and most importantly his/her family, to help them work on rekindling their beliefs to enhance their mental strength. Counsellors play an important role in the team, either working in group or individual sessions. According to this perspective, their focus is to not make life 'longer' but 'larger'. They do not encourage the patients and their families to equate the disease with complete rest and immobility. Contrary to people's expectations, the patient is encouraged to engage in activities that pleases him/her, taking care that there is someone to monitor the patient's energy levels, so that he/ she is not fatigued. In a nutshell, the concept of 'care' does not mean 'restriction' but means 'freedom'. All personnel work on the foundations of reality and logic. Neither the patient nor his/her family is tied to false hopes. He is given regular and accurate updates regarding the condition of his/her health. All sorts of questions are entertained and their doubts and worries are acknowledged.

Another milestone in this approach is to build 'trust'. It is generally seen that it works like a mediating factor between the counsellor and the patient's family. There are certain issues that the patient might be hesitant in discussing with his/ her spouse and family. For example, in the case of a young wife who is diagnosed with stage 4 cancer and is under Palliative Care worrying about her husband's well-being post her demise and wishes for his remarriage. Many a times such complicated issues may be difficult to address directly, thus with the counsellor's assistance, either the patient discusses the issue himself/herself or the counsellor takes the responsibility to interact

with the respective family members. Similarly, making the child aware of circumstances at home regarding the patient's ill health becomes necessary, for the child must not find his/her needs unattended.

Palliative Care is the thrust to any terminal illness, which perpetually with time helps the patient and his/her family to compensate for the time lost during the treatment. One must see the jar half full and not half empty. Palliative Care tries to make one's life at present worthwhile, without any concern about the past or the future. As it is said, the past is bygone, the future is yet to come but the present is your choice.

Ritika Gupta

M.A. Part – I

2015 – 2017



'Solace'

Manasi Kamat

M.A. Part – II

2014 – 2016

Well and Good

In an era when instant gratification of needs is a top priority, the importance of living a balanced life seems to have waned. With idols like Mark Zuckerberg to emulate, the thirst for success has started developing at a younger age, and so the aim to achieve greatness becomes ever higher. Ambition is encouraged and humility is unappreciated. However, as James Faust said in 1993, "A grateful heart is the beginning of greatness. It is an expression of humility. It is the foundation of development of such virtues as prayer, faith, courage, contentment, happiness, love and well-being."

Wellness is not simply the lack of illness (physical or psychological); it is a state of well-being. Even the people, who are apparently in perfect health, may have days when they don't feel well. Wellness to me implies an integration of our mind, body and spirit. It includes the feelings of freedom and independence on one hand, and also the feeling of belongingness on the other. Along with the feeling of personal fulfillment, the need to share the success with friends and family should also be fulfilled.

As our society moves from a collectivist mindset to an individualist mindset, we see a rise in depression and suicide victims. According to the Accidental Deaths and Suicides Report (National Crimes Records Bureau, Government of India), a total of 1,31,666 suicides were reported in India in 2014. Out of these, the highest ratio (44,870 suicides) was that of the age group of 18-30 years. The major cause of these suicides was found to be family related issues (21.7%). This indicates a weakening of the support system available to a person. People reminisce about their college days, when they were carefree and were surrounded by friends and family; lamenting about their present situations, where they don't find the time to relax with friends.

But, immersing oneself completely into the greater cause may not be everyone's cup of tea. The ideal situation, therefore, is a society where individualism is nurtured and supported so that the entire community can benefit from the fruits of various unique flavors. Ambition should be encouraged, but with that, one should be guided through dissemination of knowledge and counseling, in order to realistically pursue their dreams. After all, ambition without knowledge is like a boat without a rudder.

In our quest for success, we search for the paths that will take us to our destination the fastest; but we may forget that life is about the journey, and not about the destination. Living in the present means having a meaningful life, and research shows that it leads to a better quality of life with an increased sense of well-being. Wellness to a great extent relies on the kind of life we live. Being kind, helpful, cheerful, assertive, compassionate, empathetic, just, humble, adaptive as well as true to the self, all in their own small part help people have a wholesome life. Martin Seligman (2011) has rightly said, "Well-being cannot exist just in your own head. Well-being is a combination of feeling good as well as actually having meaning (to life), good relationships, and accomplishment."

Anjali Majumdar
PhD Research Scholar

2015 – 2016

References:

- Faust, J.E. (1990). *An Attitude of Gratitude*. Retrieved September 22, 2015, from BrainyQuote.com Web site: <http://www.brainyquote.com/quotes/quotes/j/jamesfaust16.html>
Ministry of Home Affairs, National Crime Records Bureau. (2015). *Accidental Deaths and Suicides in India in 2014*. Retrieved September 21, 2015, from <http://ncrb.gov.in/ADSI-2014/adsi-2014%20full%20report.pdf>
Seligman, M.E.P. (2011). *Flourish: A Visionary New Understanding of Happiness and Well-Being*. New York: Free Press.

Being a Psychology Student

Being a psychology student has its own pros and cons. It's a different world all together. First of all, you don't become a psychology student just by studying it for a couple of years; you become a psychology student when you realize you are 'into' it. Having a crush on this subject may help you survive junior college, but to get a degree in it and to enter into masters, you need to be 'in love' with psychology. Here you are engaging with mental disorders, at the same time marveling at the capacity of humans to thrive despite adversity. You get fascinated by Freud, intrigued by behaviorists and inspired by humanists.

Studying psychology makes you kinder towards other people. It helps you accept flaws in others, as well as in yourself. You do not take sides in and argument. The reason? You understand both the points of view. When you start understanding other people's perspectives, in psychological terms, when you start empathizing with people, that's when you stop judging them. You understand why they did, what they did and I think this understanding is an important part of growing up.

Being a psychology student has its own cons too. Firstly, after all these years of studying Freud and psychoanalysis, you can't really use defense mechanisms for yourself anymore.

A paper goes bad and you say, "that teacher always sets a difficult paper" and your subconscious shouts, "Wait! Stop projecting!"

Once you are a psychology student, according to your parents, you lose all the right to be sad or angry or upset! ("You study psychology and you behave like this?"). If your uncles or aunts have any complaints about their children, you are called to 'teach some wisdom' to those poor kids. All your relatives, if any, have only two ideas about your profession- that you will be counseling people and conducting IQ tests!

But despite of these little cons, it feels amazing to be a part of such a wonderful field. When you study psychology, each and every person you meet seems interesting. Every person has their own childhood experiences, their own conditionings, their own attachment styles, their own thinking pattern, their own motivation, their own story! As a student, you see people who are actually working in this field who may not be getting a six digits salary, but you see the happiness and satisfaction on their face and you realize it is all worth it. Being a psychology student makes you a better person, indeed.

Darshana Kulkarni

M.A. Part – I

2015 – 2017

***People forget what you say,
they forget what you did,
but they never forget how
you made them feel.***

-Maya Angelou

The Light in You



This world is full of twists and turns,
You just don't know if you will ever return.

You take a path and wander away;
Will this lead to the end or another way?
You look up to the stars, asking for guidance,
They lead you astray and say, "Good riddance!"

Your eyes are burning and your heart is in
pain...
The world is laughing at your miserable bane...

Your anger is uncontrollable;
And you have a thirst for revenge!
But you get dreams at night,
And a voice tells you, "Don't avenge!"
You wonder whose voice is that,
So motherly and sweet,
It calms you down and makes you sleep.

Finally a day comes when it dawns on you,
An answer is found for your thoughts askew...

You realize whose voice it is,
That has been giving you so much peace...
Calming you, instilling hope;
Reducing your fears, helping you cope.
You look up to the stars again and smile,
And express your gratitude for helping you
overcome this mile.

You look within and pray,
"Give me strength and let me not go astray..."
You look forward with a strong heart and eager eyes,
Life seems more mysterious, challenging and nice.

No one has told you that life will be easy,
No one has told you that life will be clear.
But everyone said that she will make life breezy,
And everyone said that she will always hold you
dear...

She is the one, who gave you life,
She is the one, who will never leave your side,
She is the power that resides within you,
She is the source that rejuvenates you,
She is a small spark as well as the Universe,
She is the destroyer of all your inner demons,
She is the strength in all your strife,
She is you and your life.

Radhika Das
M.A. Part – II
2014 – 2016

**Minds are like parachutes.
They only function when
they are open.
- Sir James Dewar**

Love that Stranger

Love that Stranger...
Love that stranger,
Who is with you all the time.

The one,
Who loves you incessantly,
And you never realize why.
He has seen your happy cheeks,
And has wiped sorrow off them.
You pour your heart out to him,
Yet unnoticed goes his company.

Love that Stranger.
Love that stranger,
Who never leaves you alone.
You may hurt others or shed tears for your
beloved;
He is always there to console you.
He yearns for that attention,
Which he deserves from you,
Which you never give him.

Love that Stranger.
Love that stranger,
Who you forget even exists.
Who you always take for granted.
You curse him,
And sometimes even hate him,
But he never lets go of you.
He trusts you,
With all his heart and soul.

Love that Stranger.
Love that stranger,
Who you left out for others.
Most people discouraged him,
Tried to bring him down,
Betrayed his trust,
Threw him offshore.
And you did the same to him.
So just for a change,
Love that Stranger.

Talk to him,
About your thousand dreams.
Feed him,
With recognition and love.
Appreciate him,
For his undying efforts
To be with you.
Forgive him,
For his unintentional sins.

Love that Stranger,
Who is You...
The one who is alienated,
The one you have abandoned.
You don't even know this,
But, yes...you do exist.
'Cause
You...of all people,
Deserves your own love as well.
Love that Stranger...
Love yourself.
You need it as well.

Heena Kamble
PhD Research Scholar
2015 – 2016

**Everything that
irritates us about
others can lead us
to an understanding
of ourselves.
- Carl Jung**

New Trends in Performance Management



Performance Management has always been an area with its share of controversies and differences of opinions, amongst both academics and practitioners. Even the most modern, large and established corporations and organizations do not agree on a 'Golden Standard' that they can adopt.

The last three decades saw the 'Bell Curve' approach to performance evaluation, making the relationship between rewards and performance stronger and more prevalent globally, especially amongst large multinational corporations. Companies went through a detailed and often complex ritual of trying to 'scientifically' assess individuals, teams and work performance against pre-defined and measurable goals. The initial performance ratings given by line managers were then moderated to fit the normal or bell curve so that rewards and recognition could be differentiated on the basis of performance.

The theory behind this is that like many naturally occurring phenomena, individual performance is also normally distributed around a mean or average performance. This implied that a majority of the employees were within a band of average performance, with both high-performers and low-performers being relatively rare.

However, many industrial professionals have not been satisfied with this approach due to its limitations in both improving corporate performance and motivating employees to work better. The main lacuna of this approach, despite purporting to be scientific, was the dissatisfaction it caused in a large majority of employees. In the last couple of years, it seems that the Bell Curve led approach to performance management is starting to wane out, with many global multinationals like the global IT consulting firm Accenture,

abandoning it in favour of newer systems.

There are many reasons for the bell curve based approach not delivering as expected. Firstly, while the approach tries to define a quantitative and statistical framework to an inherently subjective and qualitative activity, there is nothing particularly scientific with the assumption that employee performance is always normally distributed.

While academic research is, at its best ambivalent; anecdotal evidence from many practitioners suggests that employee and team performance is not normally distributed with a pre-defined standard-deviation in many cases in real life. Many examples are cited of teams with relatively low or high deviation amongst individual performances or with a high skew towards the left or right of the mean. Such teams cannot be fitted into a normal curve without being unfair towards the members of the team in some way. Such force fitting of individuals causes not just ethically wrong managerial decisions at the corporate level but also reduces motivation and satisfaction levels in individual employees, ultimately reducing performance and eroding corporate value.

Another criticism of the bell curve approach is its lack of flexibility and consequently lack of ability to deal with the fluid and ever-changing corporate priorities. Bell-curve based annual appraisal systems rely on performance metrics being defined and quantified in advance before start of the performance cycle (typically the financial year). However, in today's fluid and ever-changing business environment, corporate priorities and consequently individual goals and targets keep changing rapidly. In this context trying to measure an individual's performance against metrics that are no longer relevant at the end of the year produces sub-optimal results. Also a significant component of individual performance in today's complex business environment cannot be quantified, either due to the requirement of soft skills or due to the dependencies on other internal or external parameters. In this

context, either rewarding or punishing individuals based on out-dated performance metrics that do not take into account externalities and qualitative factors leads to wrong decisions, again adversely affecting employee motivation and corporate values.

Corporate HR departments have tried to address these lacunae by either increasing the frequency of performance management process or trying to be more exacting and detailed about the process of goal-setting. However, the cost imposed by this in terms of time and

resource utilization do not clearly justify themselves by significantly better outcomes in relation to employee motivation and productivity levels.

Perhaps, in today's ever more complex and fast-paced business environment, the time has come to recognize the inherent subjectivity of a performance appraisal and devise systems that are more practical, simple and respond to the ground realities of corporate performance.

Mayuri Mangaonkar

M.A. Part – II

2014 – 2016

LOL moment #2
Every time you call
your boyfriend
Daddy, Sigmund
Freud's ghost gets a
little bit stronger.
- Anonymous



In Search of Wellbeing

In the temple of the human heart,
Happiness is the idol,
Joy the hymns and Well Being the prayer.
In the back breaking labour of stone cutters,
In the icy homes of igloo dwellers,
In the desert dunes of weary nomads,
The song that never dies is the dream of Well
Being.
When young plant saplings sleep in mist,
When cute puppies open their eyes in the
sun,
When freshly dewed flowers open their heart,
The fragrance without scent is the joy of Well
Being.
Alas! This effusive joy of natural living,
Is now buried behind infinite walls of
concrete,

Mutilated in myriad layers of automobile
exhaust,
And buried in the din of a million TV
channels.
The fake pursuits of modern man,
The glaring phantasms of advertisement
billboards,
And the needless acquisitions of a
consumerist society,
Are verily poisons for the tree of Well being.
In the lap of bountiful nature of yore,
In the simplicity of childlike wonder and in
the prayer songs of morning birds,
There shall you find the golden key,
To the natural treasure trove of Well Being.

Keerti Rathore
JRF Scholar
2015 – 2016

***As long as anyone believes that his
ideal and purpose is outside him, that it
is above the clouds, in the past or in the
future, he will go outside himself and
seek fulfilment where it cannot be found.
He will look for solutions and answers
at every point except where they can be
found – in himself.***

- Erich Fromm

Music and Wellbeing

"Without music, life would be a mistake"

~ Friedrich Nietzsche

Music is something that has the power to touch lives, to change people, and to move our soul. One can lose themselves in the melody, drown in the mellow voice or dance to its beats. It can move someone to tears, but it can also make someone ecstatic. This makes music almost magically enchanting, with people experiencing varied emotions coursing through them.

Apart from the entertainment it provides, the benefits of music on the body and mind have been recognized right since the period of the early Greek philosophers. According to Plato, music "gives soul to the universe, wings to the mind, flight to the imagination, a charm to sadness, gaiety and life to everything."

Ever since then, researchers have been exploring the different ways in which music affects emotions, cognitive functioning and well-being. More recently music therapy is also being used as a method of intervention, where music therapists have been researching and delivering therapeutic interventions across a vast range of clinical settings (Blunt and Hoskyns, 2002).

The therapeutic effects that music seems to have has been largely attributed to its ability to reduce stress and modulate arousal levels. For example listening to 'relaxing music' (generally considered to have slow tempo, low pitch, and no lyrics) has been shown to reduce stress and anxiety in healthy subjects as well as patients undergoing invasive medical procedures like various surgeries, dental treatments etc. It was also found that listening to music after a painful surgery is effective in reducing pain (Chanda and Levitin, 2013).

Music therapy has also been used as an intervention with people suffering from Parkinson's disease.

Music acts as a specific stimulus to obtain motor and emotional responses by combining movement and stimulation of different sensory pathways. Pacchetti et al (2000) explored the efficacy of active music therapy on motor and emotional functions in patients with Parkinson's disease. Their results showed that music therapy had a significant overall effect on bradykinesia, which is slowness of movement and one of the chief manifestations of Parkinson's disease.

Past literature also shows that most individuals with Autism Spectrum Disorders (ASD) respond positively to music. Children and adolescents with ASD who have significant limitations in forms of verbal and non-verbal communication are found to respond positively to music therapy intervention. The structure and predictability which is found in music helps in reciprocal interaction, which in turn helps increase tolerance levels and the flexibility to build social relationships, which in turn helps to promote appropriate and meaningful interpersonal responses. (Wilgram and Gold, 2006)

Evidence is also beginning to emerge that music therapy can improve the mental health of people with depression. In one study for instance, participants with an ICD-10 diagnosis of depression were randomized to receive individual music therapy plus standard care or standard care only, and followed up at baseline, at 3 months (after intervention) and at 6 months. Results showed that participants receiving music therapy plus standard care showed greater improvement than those receiving standard care only, in depression symptoms, anxiety symptoms and general functioning of participants, after the 3-month follow-up (Erkkilä et al, 2011).

Thus, music therapy is an emerging intervention which has been found to be effective in various

clinical settings and in treating various disorders. But aside from the clinical implication it has on well-being, even in daily life music plays a powerful role. Personally, different genres of music help to regulate the various moods I experience. Whether it is acoustic music to help working on an assignment or instrumental music to help me calm down or electronic music to make me want to let my hair down and dance away my frustrations for the night; music therefore continues to act as a great source of influence

in my life, constantly promoting my well-being.

Arundhati Debnath

M.A. Part – I

2015 – 2017

References:

- Chanda, M. L. & Levitin, D. J. (2013). The Neurochemistry of Music. *Trends in Cognitive Sciences*, 17(4), 179-193.
- Erkela, J., Punkanen, M., Fachner, J., Ala-Ruona, E., Pontio, I., Tervaniemi, M., Gold, C. (2011). Individual Music Therapy for Depression: Randomised controlled trial. *The British Journal of Psychiatry*, 196(2), 132-139.
- Pacchetti, C., Mancini, F., Aglieri, R., Fundaro, C., Martignoni, E. & Nappi, G. (2000). Active Music Therapy in Parkinson's Disease: An Integrative Method for Motor and Emotional Rehabilitation. *Psychosomatic Medicine*, 62(3), 386-393.
- Wigram, T. & Gold, C. (2006). Music therapy in the assessment and treatment of autistic spectrum disorder: Clinical application and research evidence. *Child: Care, Health and Development Child Care Health Dev*, 32(3), 533-542.

Self Love: A Reflection

Today I am going to stand in front of the mirror
and look at my body.
I will apologize,
For every hurtful thing I have thought about it,
For every little inch of fat that I pinched,
For being where it was,
For every bad decision I made it go through for me.

My body has borne the collateral damage,
In the wars of my mind.
I will not allow it.
Today I will love my body.
Tomorrow I will love it again.

Saiber

M.A. Part – I

2015 – 2017

Meaningfulness at Work

There are many factors that would draw a person towards a job. More often than not, pay scale acts as the deciding factor, especially for fresh recruits looking out to establish themselves financially. Though it might reel in talent, pay alone isn't sufficient to retain them. The work dynamics have undergone a drastic change in the last two decades with rampant mergers, acquisitions, downsizing and competition at the global level. The expectations and demands from both the employers and employees has changed. With longer working hours, a virtual workspace and work team, employees are no longer satisfied with just monetary recompense. The lure of a hefty paycheck is eclipsed in the wake of other needs that they have.

In a stable economy, the market is employee driven. When there isn't a scarcity of jobs, the employees are in a state to put forth their requirements and leave the organization if they are not fulfilled. Baumeister, in his 1991 article states that employees wish to derive meaning out of their jobs. This desire for meaningfulness is based on four needs, namely, a sense of purpose, a set of values that justify action, a sense of efficacy; and a sense of self-worth.

The current societal trends that are marked with weakening family ties and increasing proclivity towards virtual networking,

workplace has become one of the few remaining means for nurturing social contact and meaningful relationships. With individuals spending more than 70% of their time working, they look for companionship, cohesiveness and value based growth at the workplace. A deficit of these factors lets cynicism creep in, causing a dip in employee morale and a host of other physiological and psychological problems.

However, organizations that provide employees with meaningfulness in their jobs pave the way for their well-being. Subjective well-being refers to how people view the quality of their life and it includes within its purview both emotional reactions and cognitive judgements of an individual. Organizations that foster a culture of inclusion, where employee emotions and values are not suppressed, but where they are given an opportunity to express themselves and their ideas increases meaningfulness at work. Such organizations also provide employees autonomy and a chance to work towards their passions and strengths. Meaningful work creates a foundation of positive attitude towards work, with individuals being more receptive to change and building meaningful relations with co-workers.

Shruti Billava

M.A. Part – II

2014 – 2016

***When well-being comes from
engaging our strengths and virtues,
our lives are imbued with
authenticity.***

- Martin Seligman

Girl Child



I wander off, be lost in my thoughts
What's wrong in our heads?
Aren't we supposed to be wise?

Why is she so unwanted?
She gives more love, than what she gets.

Why is she a born sinner?
You teach her to walk now; She'll be your
walking stick later.

Why does she have to go away one day?
She will feed you even with her last bread, when

she's gone away
Why is she a curse to you?
She bleeds and sobs, yet spreads happiness and
comfort all around.

Innocence, when her innocence died,
With a world watching from the outside.
Born to be hated, hit and injured,
She pleads for mercy,
To which she seems to have no right.
After all she is only a girl child!

I wander off, be lost in my thoughts
What's wrong in our heads?
Aren't we supposed to be wise?

All this, just because she was a girl child.

Mayuri Samant
M.A. Part – I
2015 – 2017



‘To revel in Solitude...’

Rajeshree Kalkumbe
M.A. Part – I
2015 – 2017

Wellbeing Through Travel

Sitting by the window of the train, scenes pass by! Who would have imagined that you could see such varied shades of white. It's only when you witness it do you realize that it's possible too. When you visit a new place or witness a new landscape of Nature, you realize that there could be shades to the colors that you've probably never seen before. The snow in Switzerland which is fondly called "heaven on Earth" is mesmerizing. As soon as you visit a place that you have read or heard so much about, you try to fit it into your pre-conceived ideas you had. But surprisingly it usually will surpass that expectation and give you an experience and loads of memories for a lifetime.

It happened with me as well. My first visit to this beautiful country shunned and broke all my expectations and how! The moment we landed in Zurich, there was a blanket of fresh snow alongside the runway of the airport. It was October, the locals told us that it had snowed for the first time in the entire week, which was not usual in that month. It was almost as if the snow Gods sprinkled fresh snow just to welcome us. This was one of the most amazing experiences, we had during our stay there. Having traveled from a young age I took a quick and easy liking for it all, thanks to my parents who are keen travelers themselves. Our family has traveled to most parts of India and we've slowly started conquering the world as well. The amusing part about travelling, I realized, was that the more you travel, the more you get addicted to it. The more places you visit, the more you crave to see. You don't seem to be easily satisfied by just a few places, you always want more.

And why not? Traveling around the world helps you grow. It exposes you to the things you never thought or knew existed or better yet, gives you a new perspective of things you have already seen or experienced before.

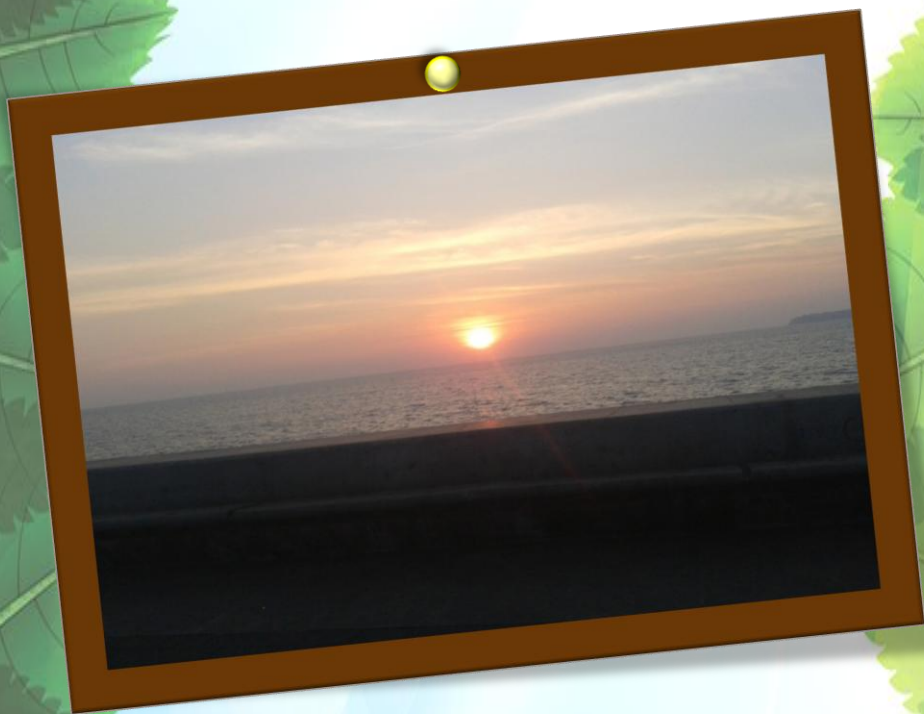
Travelling is not everyone's liking though. Some people may prefer to remain in their comfort zone or the familiar environments of one's house. However, it may do us well to get out of the confines of the walls of our home; also the confines within our minds that we create or those that get created by the rut and monotony of daily routine.

It's ironic that sometimes the most chaotic places can bring within you a calm like never before and while experiencing the serenity around you, a storm of thoughts begins to stir deep within you. That's where all the beauty of traveling lies. No matter what terrain you choose to visit; deep blue oceans, high rise monstrous mountains, harsh deserts, or serene forests, there is always something somewhere for someone. Almost as if it's been hiding there for you to be discovered. And while you are at it, you discover something hidden within you. And it opens you up like never before or closes something within, that long needed to be closed down. Travelling helps you see the brilliance of the human mind through the beautiful artworks, monuments and their design and architecture. Visiting a new place and seeing the lifestyles of people who live there gives you a chance to be introspective and you begin to appreciate even more what you have in your life. What I learnt through the numerous trips I took with my family was the importance of silence, the importance of words and how both must be used appropriately at the given time.

Traveling does not necessarily mean pre planning a trip for months, choosing a far off place in another state/country, bookings, arrangements etcetera. It could simply mean taking time out from your busy life and heading out to someplace new or someplace familiar that comforts you. It could very well be a place in your own city that you've never been to. It could also mean taking a stroll along your

old school or college lane which reminds you of good old days that have gone by. I see traveling as a way of creating wellbeing into our lives and I want to continue to do so. So get out, get going and bring out the best within you!
Happy Traveling!

Sayli Gurav
M.A. Part – 1
2015 – 2017



‘A new hope for
tomorrow...’

Rajeshree Kalkumbe
M.A. Part – 1
2015 – 2017

When the Demons of the Inside and the Outside Unite

The unsettling pain in my head kept increasing
by leaps and bounds,
And I lay there succumbing to the pressure that
spinned my head around!
Medical reports showed nothing, contented I
thought why to fear?
But the pain still slithered in my head, there
was something wrong I was clear!
Agglomerate archives of my thoughts and
worries said I wouldn't stand a chance,
Frantic anxiety gave a blow to shambles,
making it seem like a publicity stance,
"She is faking", people said shooting at me a
glance!
There rolled a dubious suspicion by medical
professionals, bewildered by the malady,
Arose the notion of 'somatoform disorders', of
which psychological stress was the tragedy!

Disabled life functioning accrues from brutes like
anxiety, let alone physical stress!
Why don't explore the undercover mess?
The importance of physical wellbeing is highly
prominent,
I wonder why the relevance of mental wellbeing
suffers from debasement?
There exists an exigency to create awareness about
sound mental health;
Until people overcome their antediluvian tendency
to underestimate emotional wealth!

Harnain Arora
Teaching Assistant
Industrial Psychology
2015 – 2016

***All human beings should try
to learn before they die, what
they are running from and to
and why...***

- James Thurber

सुख म्हणजे काय?

सुख म्हणजे दुधावरची तरंगती साय.

दुधा वरून साय जशी अलगद बाजूला करता येत नाही, तसेच सुखाची व्याख्या शब्दात करणे ही काही सोपी गोष्ट नाही. बऱ्याचश्या लोकांच्या सुखा बाबतच्या वेगळ्या संकल्पना आहेत. “सुखम्हणजे प्रेम, समाधान, शांती, जिवाळा, एकोपा, सहवास, की श्रीमंती?”

या पृथ्वीवर माणूस नावाचा प्राणी जन्मताच सुखाच्या मागे धावत आहे. काही माणसं आपल्या गरजा पूर्ण करण्या मध्ये सुख शोधतात तर काही माणसे खूप पैसे कमवण्या मध्ये सुख शोधतात. काही माणसं दान-धर्म व समाजकार्य करण्या मध्ये सुख शोधत राहतात, तर काही माणसे बंगला, गाडी, पैसा, नाव, कमवण्या मध्ये आयुष्यभर सुख शोधत भटकत राहतात. ‘सुख’ ही एक मानसिक किंवा भावनिक स्थिती आहे. मानसशास्त्रा च्या दृष्टीकोणाने यामध्ये सकारात्मक समाधानी भावना दर्शवल्या जातात.

समाधान हे प्रत्येक व्यक्तीच्या मानण्यात आहे. एखादी खुप मोठी गोष्ट केल्याने जे समाधान एखादया व्यक्तीला मिळते तेच समाधान काही लोकांना छोट्याश्या घटने मधूनही मिळते. उदा.- एखाद्या वृद्ध व्यक्तीला स्वतः रस्तापार केल्याने जे समाधान मिळते, तेच समाधान दुसऱ्या व्यक्तीला लहान मुलांना मैदिराची घंटी वाजवण्यात मदत केल्याने मिळते. ज्या घटने मधून मनाला शांतता व समाधान मिळते तेच खरे सुख असते.

काही व्यक्तींना शांत झोपे मध्ये समाधान मिळते, काहींना पावसात

भिजल्यावर गरम-गरम चहा पिण्यात, तर काहींना कडक उन्हात एखादया झाडाची सावली मिळाल्यावर जे समाधान मिळते तेच समाधान म्हणजे सुख. आणि एक महत्वाची गोष्ट म्हणजे सुख पैशाने विकत घेता येत नाही.

निरागस् प्रेम ही सुद्धा सुखाची सर्वात मोठी बाजू आहे. ह्या मधील सुख दर्शवण्यासाठी बऱ्याच कवी आणि लेखकांनी प्रेमावर कविता, लेख लिहिले आहेत. प्रेमही भावना शब्दात मांडण्याचा प्रयत्न केला आहे. आई आपल्या मुलावर करते, ते निरपेक्ष प्रेम. एक कलाकार आपल्या कलेवर करतो, ते स्वताला झोकून टाकणारे प्रेम. तसेच एक भक्त आपल्या देवावर करतो, ते निस्सीम प्रेम. मग तो देव किंवा ते प्रेरणा स्थान कोणत्या धर्माचे असले तरीही त्याच्या समोर उभे राहिल्यावर भक्ताच्या मनात कोणत्याही प्रकारचा विचार येत नाही त्याच्या मनामध्ये कोणत्याही प्रकारची अपेक्षा, हेवेदावे व मागणी नसते. डोळे मिटल्यानंतर तो स्वताचेही अस्तित्व जो विसरतो, तो भक्त आणि ती व्यक्ती या जगातील सुखी व समाधानी व्यक्ती आहे. परंतु या विरुद्ध एखादी व्यक्ती देवा समोर उभी राहिल्यावर सुद्धा फक्त काही तरी मिळवण्याची अपेक्षा ठेवते ती व्यक्ती कितीही श्रीमंत असली तरी सुखी व समाधानी असू शकत नाही. सुख म्हणजे ‘एकोपा’ या जगातील बऱ्याच व्यक्ती एकटेपणाची जाणीव कमी करण्यासाठी इतर व्यक्तींशी नाते जोडण्यात सुख शोधत असतात. काही व्यक्तींना आई वडिलांच्या

तसेच भावंडांच्या सहवासात समाधान मिळते ते मुलांच्या किलकिलाटाने सुद्धा सुखी होतात. पण या विरुद्ध काही व्यक्ती स्वतःच्या सुखासाठीच, समाधानासाठी रक्ताच्या नात्यांवर सुद्धा विश्वास ठेवत नाहीत.

जगातील प्रत्येक व्यक्तीची सुखा बाबतची संकल्पना वेगळी असते कारण प्रत्येकाची विचार सरणी वेगळी असते. काही व्यक्ती या आपल्या आई वडिलांपासून दूर राहून घरातील स्वतःचे सुख व शांती टिकवण्याचा प्रयत्न करतात तर काही व्यक्ती आई वडिलांच्या शेवटच्या काळात त्यांच्या बरोबर राहून त्यांची सेवा करण्यात सुख व समाधान मानतात.

पूर्वीच्या काळी साधू-संत बरेच वर्ष एका जागी ठामपणे उभे राहून तप करायचे. ते फक्त परमार्थाची प्रचींती यावी यासाठी. त्यांनी राग, लोभ, काम, क्रोध या सर्व भावनांचा त्याग करून सुख शांती व समाधान प्राप्त केले. गौतम बुद्धानी सुखाच्या शोधासाठी आपल्या संपूर्ण साम्राज्याचा त्याग केला व सुखाचे मूळ शोधण्यासाठी तपश्चर्या केली आणि शांतीचा मार्ग शोधून काढला आणि तो मार्ग मिळाल्यावर जे मिळाले ते म्हणजे सुख!

जी व्यक्ती मानसिक व शारीरिक रित्या सुट्ट व संतुलित असते ती व्यक्ती या जगातील सुखी व्यक्ती असते. आयुष्यात सुखाची अपेक्षा ठेवणाऱ्या प्रत्येक व्यक्तीने स्वतःला एक प्रश्न नक्की विचारावा “आपण कोणाला सुख देऊ शकलो का?” उत्तर जर नाही असे असेल, तर आपले सुख शोधण्यात आपण कोणाला दुःख तर दिले नाही ना ह्याचा विचार करावा. तुमच्याकडे तुमच्या प्रश्नांची समाधानकारक उत्तर असतील तरच तुम्ही खरोखर सुखी व्यक्ती असाल.

आपण आयुष्यात खूप काही कमावले, तसेच खूप काही गमावले असाल त्या प्रत्येक गोष्टीचा हिशोब करा आणि स्वतःला “आपण खरंच सुखी आहोत का?” हा प्रश्न नक्की विचारा.

आपल्याला सुख म्हणजे काय ते कळेल.

Pooja Ghag
M.A. Part – I
2015 – 2017

LOL moment #3

*I used to think
that the brain was
the most
wonderful organ in
my body. Then I
realised who was
telling me this.*

- Emo Phillips



A Tribute to the Professor with Passion and Compassion



“Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house.” Evidently it manifests that light can never be hidden under a bushel, and I believe it glows ever more resplendent through the wick of humility. It serves us amply to pen our humble tribute to none other but the one and only Professor Dr. Priscilla Paul.

At the outset, even as we contemplated on writing about Professor Dr. Priscilla Paul, there were mixed feelings of trepidation and elation. Trepidation because we felt inept to truly hold a candle to the greatness of this gentle woman we

are just about to unveil. A feeling of elation, because we were privileged to brush our fragile shoulders with the great.

The candle of her life, well - lit, well - bred with values and qualities of head and heart; and deep learning, weren't to be relegated but burn instead, in the sense of letting herself be consumed on the candlestick of academia- in pursuit of research, education and scholarship, giving light, illuminating hearts and minds, sharing enlightenment to all and sundry, without discrimination, distinction or favor, within the precincts and corridors of learning. The canvas of her life's achievements are varied

and vast, spanning 32 years of toiling dedication an accomplishment and therefore even if modestly summed up in a nutshell would run in a long trail. The scroll of her achievements run as follows; Dr. Priscilla Paul began her teaching career in 1987, as a Counseling and Social psychologist at the prestigious Department of Applied Psychology at the University of Mumbai. She then later went on to serve as the Head of the Department for a 3 year tenure from 2005 – 2008. She has also served as the President of the Bombay Psychological Association from 2012-2015. Recently in November 2015, she was also honored with the School Psychology Best Performance Award. And most recently, I was privileged to witness her receive the Bombay Psychological Association lifetime Award in January 2016.

Many who left their homes and came to study at the University of Mumbai found a home within a hostel, homely and comely, under the aegis of Dr. Paul whom some students knew not only as a Professor but also as a hostel warden; the M.D.K. Karve Girls' Hostel to which she has been warden of, for 24 long years and Pandita Ramabai Girls' Hostel where she also has been a warden for 13 years, both she served relentlessly from the time she took up the responsibility till her retirement.

It is said that even the most exquisite of Persian carpets have a hidden story of knots underneath to tell. The carpet of Dr. Paul's life, similarly was not devoid of the knots of struggles, upheavals and sleepless nights before she could weave what she has woven – a well- fulfilled life in service, churning out students who today themselves are on a pedestal, but who in deep reverence point out to Dr. Paul's motherly guidance.

The salient features that touched all of us about Dr. Paul was her accessibility, unassuming nature, her humility, shunning limelight and perhaps none would dispute that all her students are and have been the beneficiaries of her immense good will and the bond she nurtured and cherished.

Abraham Lincoln had remarked "In the end it is not the years in your life that count, it's the life in your years". As Dr. Paul completes the Diamond Jubilee of her life, it can undoubtedly be said that this fact is well borne by her many contributions which stand as a resounding testimony to the life in her years, a meaningful life, a life indeed well spent.

Karenina Cotta
M.A. Part – II
2014 – 2016





Exploring psychology through movies

A week long intensive programme was organised, named 'Exploring Psychology through Movies' from 29th June to 3rd July, 2015, in order to understand psychology through the medium of movies. Five movies named 'The Brook Ellison Story', 'A beautiful mind', 'Bol', 'Up in the air', and 'Project Nim' were shown in order to explore different fields of psychology. Movie screenings were followed by insightful discussions which made the understanding of psychology much deeper.

Group captain P. Parthasarathi

Group captain P. Parthasarathi addressed the students on 6th August, 2015. The session was titled as 'Careers in Armed Forces'. He started with an introduction about himself and how he started his career in the armed forces. He spoke about the disciplined life that all officers and their families live during the tenure of the officer. He further discussed the career opportunities in the Indian Air force and the qualifications that are required by people to apply. His wife Mrs. Revathi Parthasarathi had also accompanied him to the lecture. Moreover, he also shared some personal memories about how things are in the defence life.



Suicide Prevention Campaign, 2015

World Suicide Prevention Day was observed by the M.A. Part – II students along with the Department of Student Welfare, University of Mumbai, on 10th September, 2015. The theme this year was – ‘**Reach Out and Save Lives**’

The campaign consisted of a **Street Play** and a **Flash Mob** which were performed at various public places such as at the University of Mumbai, Vidyanagari Campus, Santacruz (E), S.P.N. Doshi Women’s College, Ghatkopar (W), Thakur College, Kandivali (E) and Oberoi Mall, Goregoan (E).

The street play highlighted the issues regarding the stressors that act as possible factors leading to suicide and the various preventive measures like sources for help and assistance.

The flash mob beautifully depicted the concept of suicide and its prevention. It emphasized the fact that every life is precious and unique.

The audiences were moved by the performances and greatly appreciated our efforts.





Being Happy: A Cinematic Exploration

A five day workshop on Being Happy: A cinematic Exploration was organized from 14th December to 18th December, 2016 by the Department for the community. Through the medium of movies, this workshop tried to discuss and educate the masses regarding different perspectives of happiness and ways to achieve it life.



Seminar on Mental Health and Book Release function

On the 17th of December, 2015, a seminar was organized on Mental Health as well as a function for the Book Release of Dr. C.G. Deshpande. Dr. Deshpande is a retired professor and former Head of the Department as well as the Principal Investigator of the project “Treatment Resistant Schizophrenia”. Dr. Avinash D’souza was the Chief Guest of the function.



Women's Day, 2016

A seminar on International Women's Day was conducted on the 8th of March, 2016 titled 'Women and Work: Experience, Contribution and Challenges'. Five women from the world of work named- Ms. Upasna Saraf, Ms. Swapna Desai, Ms. Supriya Devasthali, Dr. Farida Khan and Ms. Yogini Ghare were invited to cover various arenas of work to highlight the role and status of women. Topics like 'women in social context, governance, corporates, technological women empowerment, social outreach' were covered which were very insightful.



Department Diary

Days planned and celebrated by the students to promote bonding and wellbeing...



Sari Day!!



Bollywood Day!!



Pyjama Day!!



Traditional Days!!



Superhero Day!!



Team Blue!!



Farewell 2016!!

Magazine Committee

Faculty In Charge

Dr. Satishchandra Kumar
(Head of Department)

Dr. Priscilla Paul

Dr. Umesh Bharte

Dr. Wilbur Gonsalves

Editorial Team

Harnain Arora

Keerti Rathore

Radhika Das

Shraddha Mahadik

Avalanne D'souza

Shruti Billava

Saiber

Outreach Team

Riddhima Dar

Arti Amin

Mohanesesh Pitre

Design & Layout

Radhika Das



University of Mumbai



Department of Applied Psychology and Counselling Centre

C.D. Deshmukh Bhavan,
Vidya Nagari, Kalina, Santacruz (E), Mumbai, Maharashtra
400098

Tel. No. — +91-022 -26523441/3438