

संचयन



Department of Applied Psychology

Sri Aurobindo College (Eve.)

2019

Cognition

Emotion

Behaviour

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About the Department

The Department of Applied Psychology was started in 1993 with one ad-hoc teacher, one lab attendant and five students. In 1996 college appointed three permanent faculties. After that one more faculty was appointed in 2005. In 2000 college provided full-fledged psychological lab. Various students of the department after completing their course got admission in premier institutions of abroad and India as well. They are pursuing their higher education by fellowships. The department has been successfully completed three innovation projects and currently applied for one more innovation project. The department has successfully organized two national seminars. The department continuously organizes lectures and workshops by inviting eminent faculties / experts from various fields for enhancing the students' knowledge. The department motivates and ensures the involvement of the students for internship and projects related to current psycho-social problems. The department also tries to address psycho-social problems through field visits, psychodrama, street plays etc. The departmental faculties and students participated and presented their papers in various national and international seminars and published research papers in various leading national and international journals.

DEPARTMENTAL ACTIVITIES

(ACADEMIC YEAR: 2018-19)

A. Social Outreach Programme

1. Participatory Rural Appraisal Study at Jaisalmer, Rajasthan

65 Students and 6 teachers visited at Udaipur, Rajasthan during 1st March 2019 to 5th March 2019. Purpose of the visit was to understand various rural psycho-social issues using Participatory Rural Appraisal Methodology. This PRA Study was carried out in two different phases i.e. feasibility phase and action oriented phase. Study was conducted at Palodra Village of Udaipur District, Rajasthan. Briefly, following activities were carried out under PRA Study:

1. Rural community members were interviewed using different techniques of PRA. Burning psycho-social issues were explored such as poverty, unemployment, female infanticide, gender inequality, poverty and dehumanization, intergroup conflict, caste discrimination etc.
2. In second phase of the study, students conducted street plays and group discussions using posters on various social and psychological issues in rural communities. The aim of the street plays and group discussions was to create awareness in community towards nature and dynamics of burning psycho-social issues prevailing in rural areas.
3. Slogans circulated and cited on walls of houses and institutions at the village.

B. Workshops / Special Lectures:

1. **Workshop on Hypnotherapy and Past Life Regression:** A workshop was conducted by Mr. Navneet Wallabh on 9th August 2018. Hypnotherapy works by accessing the subconscious mind, taking the client to the source of their issues by attaining valuable information that can help promote relaxation, comfort, and healing. Hypnotherapy is incredibly effective, but also underutilized. Mr. Navneet Wallabh said that hypnotherapy has been proven to be the most effective and efficient path to creating lasting change from virtually all issues, including trauma, PTSD, anxiety, addictions, weight issues, depression, shock, phobias, and many more. Students were sensitized about the hypnotherapy and past life regression.
2. **Interactive Session on Social Relationship:** An interactive session was conducted on 7th September 2018 by Prof. Gopa Bhardwaj. Prof. Bhardwaj is a distinguished professor of social psychology. She taught at the Department of Psychology, University of Delhi. The aim of the session was to understand the complex nature of social relationships. She

interacted with students and taught the complexities and dynamics of relationship in a systematic and practical way. This session was insightful and remarkable.

3. **“Old Age Care” Program:** The program with exhibition cum interaction session through film “Nibhritochari was conducted on 24th September 2018 at the seminar hall by filmmaker Mr. Sourav Sarkar. It provided an exposure to the students on the psycho social aspects of active and community ageing. The students participated freely to share their own views also in writing as well as through verbal interactions. The discussions focused on the visual literature of film medium as well and its utility in knowledge building and experience building. The relevant national policies on welfare and development of life of senior citizens in India were discussed as well in this context, causing socio academic benefits of students. The entire session was addressed by Mr. Sourav Sarkar in an effective way.
4. **Interactive Session on Leadership:** An interactive session was conducted by Prof. Kavita Singh on 20th September 2018. Prof. Kavita Singh is a distinguished professor of management at Faculty of Management Studies, University of Delhi. Dr. Singh stressed upon various skills of leadership. She said that leaders need to inspire their workers to go the extra mile for their organizations; just paying a fair salary to employees is typically not enough inspiration (although it is important too). She said that leadership does not rely on one’s title, seniority, or ability to exert power. Rather, leaders emerge at any level; they cultivate a desire in those with whom they collaborate to strive toward a common goal—which can be accomplished successfully through any number of styles of being. Recent research on leadership skills establishes the increasing importance of inner resources such as self-awareness and self-mastery.
5. **Mental Health Day “10thOctober”2018:** This day is celebrated world mental health day with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health. The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide. On this occasion department invited Dr. Dinesh Tyagi and Dr. Uma to sensitize students about mental health. Dr. Tyagi is Head and Professor of Psychiatry, Department of Psychiatry, Baba Saheb Bhim Rao Ambedkar Hospital and Medical College, New Delhi. Dr. Tyagi said that mental health of young people is essential. The day provides an opportunity "for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide. This investment should be linked to programmes to raise awareness among adolescents and young adults of ways to look after their mental health and to help peers, parents and teachers know how to support their friends, children and students. Dr. Uma (Associate Professor, Miranda House) stressed that reading books about mental illness can motivate students and teachers to be aware of the power of language choices and to become empowered to confront the stigma associated with mental illness and

confront bullying of those struggling with depression, anxiety, and others living with mental illness.

6. **Workshop on “Counselling Skills”**: One day workshop on ‘Counselling Skills’ was conducted on 4th January 2019. Resource person of this workshop was Dr. R. K. Prajapati. Dr. Prajapati is a consultant and lecturer at Pacific TAFE , The University of South Pacific (USP) Fiji Island . Primary objective of the workshop was to sensitize students about counseling skills. Dr. Prajapati said that counselling is a **helping approach** that highlights the emotional and intellectual experience of a client, how a client is feeling and what they think about the problem they have sought help for. This workshop gave an idea about practical aspects of counseling.
7. **Workshop on Projective Test “Thematic Apperception Test as Diagnostic Tool”**: One day workshop on ‘Thematic Apperception Test’ was successfully organized from 23rd January 2019. Workshop was conducted by Senior Clinical Psychologist and Associate Professor, Dr. Surender Kumar Dhalwal from NIVH, Dehradun. Workshop was formally inaugurated by Dr. Namita Rajput. She felicitated to Mr. Dhalwal and stressed the importance of TAT. She encouraged students to be the part of such workshops. TAT is very effective test. This test is frequently used in various disciplines of psychology diagnosing underlying conflicts, motives and needs of human beings. Primary objective of the workshop was to sensitize students about TAT. This workshop added clinical assessment skills to the students.
8. **Workshop on “ MSE and Case Study”**
Department of Applied Psychology organized a workshop on “Mental Status Examination and Case Study” dated 04/02/2019. Workshop was conducted by Prof. Gaurishankar Kaloiya .Currently, Professor Kaloiya is Associate Professor, De-Addiction Centre, AIIMS ,New Delhi. The primary objective of the workshop was to inculcate fundamental skills of case taking and mental health examination among students. Professor Kaloiya said that MSE is conducted to obtain a comprehensive cross-sectional description of the patient’s mental state, which when combined with the biographical and historical information of the psychiatric history, allows the clinician to make an accurate diagnosis and formulation. Students were sensitized about the various aspects of mental health examination and case study.
9. **Interactive Session on Applications of Psychology for Social Change** : An interactive session was conducted by Dr. Ruchika Varma on 1st April 2019. Dr. Varma is working as Assistant Professor in the Department of Psychology, CMP PG College, a constituent college of University of Allahabad. Dr. Varma shared her practical experiences with students and discussed thoroughly on frameworks of psychology which may be used for creating a change in society. She said that social psychology should serve as the connection between changes in individual minds and social transformations. Social scientists must first focus on conceptualizing social change in a manner that includes both

macro and micro processes in order to understand individuals' adaptation to social change. Thus, as the first *step* in moving toward a psychology of social change.

C. Departmental Annual Function “*Psychedelia*” 2019

The annual function of department of applied psychology ‘Psychedelia’ was celebrated on 27th and 28th March, 2019. This departmental event is celebrated every year on burning psycho-social issues. The theme of the event was ‘breaking the stereotypes’. This theme was selected aiming to understand the relevance of stereotype in social life. In the discipline of Psychology stereotype is considered a critical mindset which has serious implications on human life.

This function was started with the Ganesh *Vandana* followed by lightening of lamp. Prof. Radhey Shyam was the chief guest of the function. Prof. Radhey Shyam is a renowned psychologist, social scientist and author in the field of Psychology and has a remarkable teaching experience of more than 30 years. Guest of honors were Prof. Naved Iqbal (Department of Psychology , Jamia Milia Islamia) and Dr. Dinesh Chhabra (Department of Psychology, University of Delhi). Speakers shared their experiences about stereotypes and sensitized students about various mechanisms about breaking stereotypes. Dr. Namita Rajput (Principal) gave an insightful talk and appreciated the efforts of the Department.

Day two was scheduled with fun and entertaining games and quizzes based on theme of the event. Psy flix was a psychological thriller movie quiz. Breaking out was a talent show associated with the theme of the fest where students using different form of art presented how stereotype affected the society. Minutiae was a game where the participants came up with ideas for currently prevailing stereotypes and prejudice. And the last was psychology around the block which was a quiz related to psychologist and different psychology text material. The two day event was fruitful and ended on a happy note.

Teachers' Column

Caring of the Caregivers

By
Dr. Monika Rikhi
Associate Professor, University of Delhi



According to WHO (1987) “Elderly” is a person aged 60 years or more. The global phenomenon of demographic ageing populations is now also an Asian reality. In India, the past two decades have seen rapid socio-economic and demographic changes, including a shift in the population age structure whereby the older population is growing more rapidly than the younger. Following are the issues and challenges faced by elderly persons .

Widowhood: The loss of a spouse is mostly to be experienced by elderly women. The outlook for the lives of elderly widowed women is still gloomy. Widows usually undergo socio, psychological, cultural and economic deprivation.

Disintegrating Family Structure: The family which has been the main support for meeting, economic, social, health and emotional needs of the elderly is limiting its role.

Financial Insecurity: The problem of income security is far more accurate in the case of elderly women since even in normal course women have limited control of household resources.

Health Problems: In advancing years, many age related disabilities began to appear different organs as well as different systems lose their capacity at varying rates. No. of changes occur in the sense organs including taste buds and gastro intestinal organs that affects the appetite and digestion and absorption hence nutritional status.

Care and Support Systems in India: Viewing socio economic and health implications in elderly women a quantum leap in efforts, money and social and emotional support is required.

Institutionalizations /Old Age Homes: With the value system and lifestyles in a state of flux and with decline of family solidarity, institutions are being established to care for the sick, the unwanted and the aged. The entry into an old age home represent a turning point in the life of an individual and is commonly thrust upon a person by unfavourable circumstances such as lack of family support, lack of financial resources etc.

Emotional/Psychological Effects: A survey in Delhi revealed that most of the institutions are inhabited generally by widows, single, very old without children or with children who have migrated and face problems of caregivers. They have greater feelings of loneliness, depression and hopelessness as compared to the aged who are living either with their children or independently.

Nutritional Consequences: A study on institutionalised elderly women of Delhi revealed inadequate intake of energy, protein, vitamin B6, fibre and iron intake while fat and calcium intake were meeting the requirements (Asija et al 1999).

Suggestions for their Care

Family is a vital institution for the care of aged, however viewing socio- economic changes and pressures of modernisation and other factors. The support services could cover a wide range day care services. Help Age India is supporting day care centres but these are paid and how often are being used by elder women needs exploration. Elderly women need advice and counselling on legal and financial matters, use of protective devices for security of life and property and protection from fraudulent means exploiting their ignorance and helplessness.

Volunteerism: Need of the Hour By

Dr. Mahesh Kumar Darolia, Associate Professor

Swami Vivekananda says “Ask nothing; want nothing in return. Give what you have to give; it will come back to you – but do not think of that now, it will come back multiplied a thousand fold – but the attention must not be on that. Yet have the power to give; so give willingly. If you wish to help a man never think what that man’s attitude should be towards you.”



The spirit of volunteerism is at the heart of cultural and religious practices in India. Volunteerism is fused with a value system that reflects the culture, philosophy and faith beliefs of the country. The sense of what volunteerism is has been developed through the relationship of self to society. Volunteerism refers to *seva* (service), *dana* (voluntary contribution) and *sharaamdaan* (voluntary labour) which are intrinsic parts of community activities. Volunteerism had its roots in the idea of *swantaukhaya* (one’s own happiness lies in another’s). The motivation for volunteerism in India has significantly been related to *aparigrah*, a Sanskrit word, is opposite to *Parigraha*, which implies the act to take or accept solemnly. It is a socio-psychological bridge connecting the self and the individual consciousness to the collective consciousness of the community. Indian society has always faced countless socio-political challenges. Many of these challenges have been systemic and are directly linked with some peculiar social and cultural practices. Subsequent governments have never been successful in addressing all of these challenges. In this context, the volunteer efforts, both individual and collective, play a remarkable role in addressing such challenges. These efforts continue to have a considerable impact when it comes to addressing the needs of the downtrodden. Considering the importance of this spirit of volunteerism, the United Nations declared year 2001 as the ‘International Year of Volunteerism’. Through following ways we may strengthen the spirit of volunteerism. There are numerous benefits of volunteerism. Studies have shown that Volunteerism makes a significant contribution to the global economy. Volunteerism enhances the social connections between different sectors, builds the bridges for governments, enterprises and employees. Volunteerism builds a more cohesive, safer, stronger community, increase the social network between communities and neighborhood. Volunteerism makes individuals to be more active in civic engagement and to work on psychosocial issues. The spirit of Volunteerism delivers some part of public services, encouraging more people work in public section, helping raise the educational performance of youth, leading environmental movement and adapting to climate change risk. Volunteerism also has positive effects on volunteers as individuals, increase their self-esteem, enhance various skills and capacities, expand career paths and be healthier physically and mentally. So we should work collectively to promote the spirit of volunteerism.

Importance of Forgiveness in Life

By
Mr. Pragyendu , Assistant Professor



Forgiveness refers to decision to let go of resentment, anger, and thoughts of revenge as a result of a real, or perceived offense, hurt, or wrongdoing against you. Researchers have shown that people who forgive are happier and healthier than those who hold resentments. It improves physical health. When people think about forgiving an offender, it leads to improved functioning in their cardiovascular and nervous systems. Forgiveness is an important teaching in most religions. In Buddhism, forgiveness is seen as a practice to prevent harmful thoughts from causing havoc on one's mental well-being. Buddhism recognizes that feelings of hatred and ill-will leave a lasting effect on our mind karma. It has numerous benefits. Forgiveness helps us regain a sense of wholeness. Forgiveness allows us to move on with your life. It lifts anxiety and depression. Forgiveness helps us on our path to inner peace. Following are some tips which may help in achieving the state of forgiveness.

Work through the emotions : As well as acknowledging the event, acknowledge the anger, frustration and myriad emotions, but do not get stuck in them. Practice stress management techniques such as exercise, yoga, deep breathing, guided meditations, or anything else you find soothing and relaxing. Using cognitive strategies like writing in a journal, or talking to a wise friend or counselor, is also very beneficial.

Commit towards letting go : Remember first that the act of forgiving is more for your own benefit than anyone else's. Secondly, forgiveness and letting go take time, so be patient with yourself. Certainly, it can be difficult to separate what you feel emotionally with what makes sense to do logically. However, if you commit to putting your energies on focusing on the benefits of forgiveness and letting go, you can more easily move forward with your life.

Meditate: You can't change the past, but you can choose how you react today. Making the decision to begin meditating is a very wise first step on the path to experiencing the powerful healing that you can experience from forgiveness.

Write it out: Writing can be immensely healing. Writing in a journal can help to clarify your thoughts and feelings so that you become clear about why you feel the hurt you do. There are many resources available online and in print that can help with guided journal writing.

Burn it up: Rituals have strong healing powers. When you are ready to say goodbye to your resentment for good, then you are ready also to start planning your healing ritual. It is important that this is a personal act so make it individual to you. You might think about writing a letter to the person you need to forgive.

It may be concluded that forgiveness is not always easy, especially when you feel you have been wronged. But holding on to hate and resentment can sap your energy, affect your health and prevent you from getting on with your life.

Revolution of Technology and Students' Life Challenges

By
Dr. Sujit Ram Tripathi, Assistant Professor



We are living in post modern era which is well equipped with advance technology. Technology has facilitated our life and augmented numerous benefits in each endeavor of life but simultaneously it has created certain constraints which are influencing our psychological processes in an adverse way. Specifically , students life has been altered and modified continuously in terms of technology dependency and such technology dependency has brought many issues and challenges among students . These are as following ;

- Cognitive Distortions: Due to technology dependency, students' cognitive processes like memory, language, logical reasoning, comprehension and production processes etc. have been deteriorated.
- Problems in Emotional Regulation: Students impulsivity, faking of emotions, accessive use of emogi , showing extreme level of aggression, self harming nature etc. have been increased .
- Psychological Disorders: Researches have shown that technology dependency is positively associated with nocturnal activeness, sleep disorders, eating disorders, panic attacks, narcissism, attention seeking behavior , suicidal tendencies etc.
- Social Health: Technology dependency has deteriorated students interpersonal relationship, social capital, social niceties of language. Technology dependency leads to social problems such as rumors, stereotypes , prejudiced behavior consequently social health of students are decreasing .

It can be concluded that technology dependency related challenges must be tackled scientifically.

Sustaining Motivation in Life: A Major Challenge

By

Dr. Shailendra Kumar Sharma, Assistant Professor



We know that motivation requires for each and every action. This is an inner force through which we accomplish our goal in life whether it is short term or long term. We start to attain our goal with high level of enthusiasm but gradually our enthusiasm goes down. We come back again in our comfort zone. We become unconsciously a ‘psychic prisoner’ and promises are broken. This self deceptive tendency prevents the path of our goal attainment. Many times in our life, it happens with us but if it will happen frequently then life will be problematic and it may decrease our ultimate goal ‘happiness’. As Lord Krishna says “A man is made by his belief. As he believes, so he becomes.” Let’s discuss factors which contribute in creating such kind of perceptual set.

Sometimes Goal is too High: It is said that our goal must be moderate in nature. Goal which is beyond as per our competencies and resources cannot be achieved. So while setting our goal we have to be cautious. We should seek information and analyze our competencies then based on our competencies we should set our goal.

- **Misperception of the Nature of Motivation:** Motivation does not come in a bottle. There is no medicine for it. But it's something you can tap into by design then harness. We have to understand the true nature of it then it may be long lasting. We start thinking like ‘I can achieve everything! But when situation becomes little bit harder we lose our motivation and hope but we must keep patience in any condition as Victor Frankl has stated in his Book “*Man’s Search for Meaning*” that life holds a potential meaning under any conditions, even the most miserable ones.
- **Lack of Consistency in Visualization of Goal:** This is another crucial factor. We lose our motivation because we fail to visualize our goals consistently. Success begins with realizing what we want to accomplish. Consistent visualization of goals directs us in motion to work toward those goals. Through visualization we identify our goals visibly, leading to a better chance of success.
- **Give up Attitude:** Such attitude is more likely to give up hope and abandon a successful system. Due to some failures, we surrender against the situations. We forget our “Personal Heroism”. Thomas Alva Edison, who is regarded as being one of the most prolific inventors of all time once, said “I have not failed. I’ve just found 10,000 ways that won’t work”. Hence, we should develop a tendency of never give up in life.
- **Low Self Regulation:** Self regulation helps us to supervise and direct our energy, emotions, thinking and behaviors consequently constructive results are produced. Strong self regulation will help in dealing with stressors and will lay the foundation for all other activity and sustained motivation and low self esteem restrains our goal attainment.
- **Absence of Self Appreciation:** Finally, absence of self appreciation can be an important contributor in distorting the self image of an individual. Further it creates a conditioning in which we forget our strengths. So self appreciation must be incorporated at each and every successful step towards goal attainment.

It can be concluded that sustained motivation can excel each and every endeavor of our life. Considering above factors and changing our attitude, we can sustain our motivation. We should

remember the words of Lord Krishna "For one who has conquered his mind, a mind is best of friends, but for one who has failed to do so, a mind is the greatest enemy."

Stress in everyday life and how to cope with it

By
Mr. Manu Chauhan, Assistant Professor,



In Today's globalised world we already a very fast pace life with little or no time to meet, appointment to keep, promises to keep and target to achieves In this process, on knowing, we are putting burden on our body.

Daily hassles, relationship and conflict, techno stress, academic and financial burdens put our body in a state of chronic stress. This chronic stress not only impacts our physical health but also impair our cognitive abilities. Stress leads to deterioration of physical functioning like cardio vascular disease, weight gain, hair loss, diabetes, different problems like ulcer and impaired immunity and reduce libido and acute phase stress can cause heart attack and stroke stress, both chronic and acute also impaired your cognitive ability such as deterioration in memory and an ability to concentrate, low attention span, headache, migraines, irritability, disturb sleep and suicidal tendencies.

In today's life it's impossible to escape from stress. So it's more pertinent that to have a healthy body and mind we should engage in some stress management techniques. We can work on following areas:

- Establishing and adhering to routine which includes time for exercises, relaxations, meals and sleep.
- Setting your priorities right with proper planning of resources and time like making daily and weekly plans.
- Calibrating your expectation by setting up realistic goals and avoid being a perfectionist by accepting failures and trying again with new insight.
- Accepting changes as a part of life as change is inevitable. Believe in ourselves and our potentials and view every change as an opportunity to do something great in life.
- Adopting a healthy life style by eating healthy food, getting regular exercises, proper sleep and avoid using alcohol and narcotics.
- Practicing yoga and mindfulness meditation and find time for other relaxing activities like gardening, listening music and dance.
- Checking negative thoughts as they balloon into negative and frightening emotions by focusing your concentration on some positive memory and substituting the negative thoughts with a positive one.
- Share your thoughts with family and friends who understand you and support you.
- Identifying early signs and triggers of stress like headaches, irritability, and short tamped, muscular tension.

- Seeking professional help if you feel you are not able to handle it on your own.

Treatment of Mental Disorders through Herbs

By
Dr. Deepa Sharma, Assistant Professor



The use of plants as medicines antedates history. The present day knowledge about medicines is considered to be a gift of early humans. It is estimated that more than 70,000 plant species all over the world, from small lichens to towering trees have been used to treat various ailments including mental disorders. In recent years, after some decades of inexorable decline in the use of herbal medicines, there has been a study revival of traditional health care systems throughout the world, due to the fewer side effects, better compatibility with human body and due to the fact that many traditionally used drugs have shown remarkable curative properties. It is reported that herbal medicines are used in treating a broad range of psychiatric disorders including anxiety, depression, obsessive-compulsive, Post-traumatic stress disorder, affective, bipolar maniac-depressive, Seasonal affective disorder, psychotic, phobic and somatoform disorders and Schizophreniac Disorders.

Some Commonly Used Medicinal herbs for the Treatment of Mental Disorders:

***Mucunapruriens*(Velvet bean):** Mucuna contains L-dopa, a precursor to several neurotransmitters including dopamine. Dopamine an important neurotransmitter that is essential for sleep, improve brain function and support memory. Antioxidant properties linked to Mucuna also contributes to its anti-aging effect.

***Bacopamonnieri*(Bacopa) :** Commonly known as Brahmi, used to improve memory, reduce stress and support cognitive function. Researchers observed that cortisol, the body's stress hormone, decreased in study participants who took bacopa compared with those taking a placebo.

***Rhodiolarosea* (Kings crown):** This traditional medicinal herb contains two powerful natural compounds that have been proven to play a role in brain health. Salidroside(potent antioxidant) and Rosin reduce inflammation of neural cells by protecting against neurotoxicity. Both the compounds reduced fatigue, improved mood and lowered stress hormonesand lead to better mental performance.

***Scutellarialateriflora*(Skull cap):** Native to North America, this plant has a history of use for calming nerves, easing stress, lifting the mood and aiding sleep. Further, its antioxidant properties provide significant protection of brain cells against the age related damaging effects.

***Piper methysticum*(Kava):**Kava is used traditionally to relieve stress, anxiety and insomnia. Kava contains compounds known as kavalactones. These compounds offer non-opiate alternatives against anxiety.

***Crocus sativus*(Saffron):** Besides adding color and flavor to food, it has a long history of usesin mood disorders, stress and anxiety.

In conclusion, a significant number of herbal extracts derived from medicinal plants have been known to be effective in treating various mental disorders. Therefore, a dire need to encourage the recommendation and use of these medicinal plants, as they are relatively safe, efficacious and readily available; particularly in the depressed economic and poor resource setting prevalent in developing countries.

Students' Column

Self Handicapping: Handle with Care

By

Ravi Kumar

B.A. (Hons.) Applied Psychology, IV Semester

Did you ever go to a party just before the day of examination, or you wanted to be sick before the examination because you were not prepared for the test ? Well you might have or haven't. But most of the college students do or want so. In psychology such types of behaviour are known as self handicapping behaviour . Self handicapping behaviour refers to putting obstacles in the way of one's own performance so that anticipated or possible failure can be blamed to the obstacle instead of lacking of ability . So when you are not prepared for the examination, and still you will have to appear for it then chances are there that you would show such kind of behaviour . Such behaviour may operate at conscious or unconscious level ; even you don't want to go to movie before examination but still you go and , it might be possible that you wouldn't be aware of why did you go . Psychology says the reason is you don't want to ruin your self -image , by denying the genuine facts and so to maintain your image you behave in that way either consciously or unconsciously . Researchers conclude that this is a common tendency in student who already has achieved a reputation for being smart or capable, so there is a direct positive relation between reputation and tendency to use self handicapping behaviour , if the person is not ready to encounter the event. For e.g., suppose you have got very good grades in the previous semester exam and everybody praised you and your marks , but this time you are not well prepared , so what will you do to save your reputation , you will need something or someone to blame for your poor performance in the examination and you won't sleep before the examination , you will try to become ill , you will go outside with friends etc. So that , the failure or getting less marks could be attributed to that lack of sleep , sickness or going outside with friends and not to the lack of your ability . Therefore even after getting less marks you maintain your image of being smart and intelligent . But this will not help you every time as it is a negative technique of impression management .

It is essential to understand that in the long run self handicapping behaviour leads to self defeating tendency . Also , this will not help you to make or maintain positive images every time. If you are tend to use it more often and give excuses for your performance in hopes of getting other people to 'cut you some slack' in their evaluation of you , then this type of behaviour may boomerang on you. And , thus instead of creating more positive evaluation of you, you may actually be creating more negative evaluations. So, it is very essential that you avoid such practices .To get rid of such behaviour , you will have to devote your energy and time to prepare for major events than to making excuses ahead of time for potential poor performances . Putting values to the events may also help you to avoid such practices ; for e.g., if you understand the importance and value of internal examinations , chances are there that you will avoid such negative technique, and prepare well for the examination. Another suggestion given by psychologists is , be with conscientious and achievement focused classmate , it will definitely help you to overcome these faulty impression management techniques, because psychology does believe in social influences .

Reflecting on My Experience with Psychology

By
Rashika Sharma
B.A. (Hons.) Applied Psychology
Semester: VI

It has been 5 years since I am studying Psychology ; although I never thought I would pursue it so far! Being a science student, I always wanted to be Doctor. Choosing psychology as my 5th subject in 11th changed my perspective, However Psychology as a subject was something I had no clue about at that time. Definitely, it was something I was looking forward to explore. So, for 2 years at school I learnt the basics of psychology- theories, assessment and counselling techniques . Apart from the theoretical aspect, the whole idea that human behaviour was something that could be studied, assessed and a person could be counselled as well if the behaviour was not adaptive was very intriguing. After 12th I realized that Psychology is something that I would like to study further. I took admission in Sri Aurobindo College [eve] ,Delhi University to pursue my graduation in psychology. These 3 years seemed an exploration for me. I personally felt that most of the psychology students feel connected to this subject ; there is greater sensitivity that one develops towards others and you also tend to develop keen observational skills. A psychology student is trained to be empathetic, have an unconditional positive regard and remain non-judgemental towards people who are in need for help in the form of counselling.

Psychology to me seemed like a course that I wanted to explore further, so I am preparing for my entrances for getting into a good college to pursue my master's in psychology. Psychology is an exploration; the more you study it, the more you enjoy studying it. Honestly, I have never met a fellow student who had taken up psychology and regretted their decision. Once you have studied psychology, you feel more connected to yourself and to others. And in such fast-paced times, where everyone is part of the rat race and has the desperation to be at the top , pursuing something that makes life look meaningful is a wiser decision in my opinion. I myself have experienced self-growth when I look back in time.

I'm sure that if you take up psychology you would surely fall in love with it just like me!

Why Psychology

By

Akhil Biju

B.A. (Hons.) Applied Psychology

Semester: VI

Psychology is the study of people's behaviour, performance, and mental operations. It also refers to the application of the knowledge, which can be used to understand events, treat mental health issues, and improve education, employment, and relationships. The subject lies at the intersection of applied, educational, and theoretical science. The subject involves other areas of study, including humanities, natural sciences, and the social sciences. There are many misconceptions regarding the field of psychology, especially because of its diversity and the different careers associated with the study of psychology. Psychology is actually a science and a discipline in both academic and applied field which deals with the human mind and its relation to human behaviour. The aim of psychology is to understand, explain, and predict the thought, emotion, and the behaviour of man. Psychology is involved in various areas of study and application in different subjects.

Top reasons to study Psychology

- **You learn why People can act strangely**
This is what makes psychology, especially social psychology, fascinating. For instance, you will learn about the bystander effect which explains why you are more likely to be helped when one person sees or hears you in your hour of need than when a large group is watching.
- **You learn about really cool experiments**
One of the best known is the Stanford prisoner experiment, which studied the psychological effects of the power dynamic between prisoners and guards by having volunteers simulate a prison situation, or that of Little Albert, a little boy who was taught to fear a little rat. Little Albert ended up being afraid of fluffy white animals for the rest of his life.
- **You learn to conduct research**
One of the most important tools that a psychologist has to his disposal is research. Research provides insight into human behaviour, provided the psychologist makes use of scientific methods.
- **You learn about mental disorders and treatment options**
Mental disorders are many and can have a debilitating effect on people's lives. Fortunately, various psychological treatments have been developed for many mental issues. Best practices have been written down in treatment and diagnosis protocols. The prospect of being able to help others in their struggle to live a "normal" life appeals to many students.
- **You gain insight into people's behaviour**

Doing, thinking, feeling, and acting—as a student of psychology, you will get to study all aspects of human behaviour. You will learn not only about the general characteristics of human behaviour, but also about the differences.

Nature, Causes and Treatment of Insomnia

By

Akshat Chowdhury, Batch: 2006-09
Presently Counsellor at Govt. of Delhi

Insomnia takes place when there is problem to initiate and maintain sleep. In Insomnia people frequently remain awake during the night. Insomnia might also take place in the mornings. Here people are frequently awake in the early morning hours. In Insomnia a condition called Non-restorative sleep takes place. Non restorative sleep is a condition where a person has a feeling that he has not rested fully. This happens despite having an adequate sleep duration.

Causes of Insomnia:

1. Heart diseases in men can cause Insomnia.
2. Respiratory diseases in men causes Insomnia
3. Mania causes Insomnia in which there is a decreased need to sleep
4. Major depression takes place in which there is a difficulty in maintaining sleep.
5. Dysthymia can cause Insomnia.
6. Anxiety disorder causes Insomnia in which there is a difficulty to initiate sleep.

Effects of Insomnia on men's health and wellbeing-

Insomnia is seen to impact the quality of life of men in the following ways:

1. It is seen that people with insomnia have trouble in maintaining sustained attention.
2. People with insomnia get frustrated and irritated time and again.
3. People with insomnia lack motivation. This can include anything like they might lack motivation to perform their daily activities, they might lack motivation to go to office.
4. Insomnia can also cause problems in interpersonal relationships which might affect family and marital life.

Treatment for Insomnia-

1. Insomnia can be treated by following a **sleep hygiene pattern** which will helps to promote good sleep.
2. Sleep hygiene consists of avoiding taking caffeine and heavy meals before bed time, avoiding reading or watching television in bed, trying to sleep in a quiet comfortable environment and trying to follow a regular time for sleeping and waking up.
3. Trying relaxation exercises before sleeping like doing **Progressive Muscle Relaxation**. Here we focuss on all our muscles starting from our lower body to the upper body.

4. **Cognitive Behavioral Therapy (CBT)** can be done to treat insomnia. In cognitive behavioral therapy we help people to challenge their negative thoughts, fears and beliefs related to sleep and teach rational positive thinking.
5. **Dark Therapy** can be done to treat people with insomnia. Here we keep people in extreme darkness for longer time periods.

The Power of Self Affirmations

By

Anisha Maheshwari

B.A. (Hons.) Applied Psychology

Semester : IV

A self-affirmation is an act that demonstrates one's adequacy and thus affirms one's sense of global self-integrity. (Steele 1988; see also G.L. Cohen & J. Garcia). The two most powerful words in this universe are "I AM " whatever you put after them shapes your reality. The first question that strike everyone mind is how those two little words could have such a tremendous power of either breaking us or making us . Lets do an exercise to demonstrate you the power of words and your thoughts to you :- Close your eyes and just imagine you are holding a fat ,juicy ,fresh lemon in your hand .Put your hand infront of your mouth. Imagine that you are smelling that great, wonderful smell of that lemon , squeezing it with your hands. Then put that lemon into your mouth ,start sucking it, biting it , chewing the flesh ,suck out that flesh, chew it and Now just become aware of your mouth .Is that saliva in your mouth ? Yup isn't it your mouth had started making saliva to a thought . This is how our body reacts to a thought .both our mind and body influences each other so each thought of yours bring a physical change in your body and that further more enhances our thoughts .In order to understand this lets take an example of a situation i.e suppose you underperformed in one of your exam and now you are having negative thoughts like I am a failure and this all happened because I procrastinated my studies ,how could I do this to myself ,I m a looser and I won't be able to do perform well in my upcoming exam too and now I am feeling anxious about tomorrow's exam. Now the interesting thing here is that your mind does what it thinks you want .

Self-Affirmation Theory

It states that people are motivated to maintain self-integrity rests at the center of self-affirmation theory (Steele 1988; see also Sherman & Cohen 2006). Self-integrity is a sense of global efficacy, an image of oneself as able to control important adaptive and moral outcomes in one's life. Threats to this image evoke psychological threat (see Steele 1988, Sherman & Cohen2006). Three points about this motive merit emphasis. First, the motive is to maintain a global narrative of oneself as a moral and adaptive actor ("I am a good person"), not a specific self-concept (e.g., "I am a good student") (cf. Aronson 1969). Second, the motive for self-integrity is not to be superior or excellent, but to be "good enough," Third, the motive for self-integrity is not to esteem or praise oneself but rather to act in ways worthy of esteem or praise. People can import into a threatened domain the sense of personal integrity that they feel in another. Thus they can sustain a global sense of adequacy while adaptively confronting a specific

threat. Many studies have proved the benefits of practicing self affirmations and that are :- It enhances will power, self control, social confidence, creativity ,problem solving , reduce defense mechanisms such as denial and rationalization (p. 290; Steele, 1988), reduced physiological stress responses, and facilitated academic performance among students experiencing identity threats etc.

Psycho-Oncology: Need of the Hour

By

Arpita Singh

B.A. (Hons.) Applied Psychology, VI Semester

Have you ever heard of this term? The term psycho-oncology is the field which deals with psychological, social and ethical aspects of cancer. Famous author and oncologist Siddharth Mukherjee quoted cancer as emperor if all maladies. Indeed, it is true. With Every year 1.1 million people are diagnosed with cancer, it is now one of the leading causes of death India. We don't really have a specific reason about from where and what is the cause of this illness. Cancer is caused by uncontrolled growth of cells in our body. Cancer has more than 100 types. The most prevalent in India are lung cancer and breast cancer. Many contributors towards this disease along with genetic disposition are environmental factors, unhealthy lifestyles etc. A cancer patient undergoes a lot of physical pain and problems. But what is about their mental health? Cancer is a word itself which no one would like to hear. The illness is a fight for survival and it causes a great impact on the mind of the person. In the beginning of the diagnosis it is a shock for the patient himself as it will tough for him to absorb the news. Later mental health deteriorates in the course of treatment during the chemo sessions. And as life of a cancer patient is uncertain, it becomes more important to understand and take care of their mental health along with physical issues. Psychological distress can cause suffering in patients and can affect their treatment as well. Family caregivers also suffer from mental and physical burden that cause poor health, leading them to become second order patients. Apart from psychological issues like anxiety and depression, patients also suffer from certain psycho-social issues like financial crisis, body image issue, stigmatization etc. In my final year I chose the topic related to this, studying about source of positive emotions, motivation and meaning in life in cancer patients. this might help in future application of how about to go for the devising psychological therapies and counselling for patients and their caregivers. Considering the large number of cancer survivors and the distress thy go through, psycho oncology plays an important role in improving the quality of life of patients and caregivers. However, there are many issues, like inadequate number of psycho-oncologist in the country. But in recent times, where famous personalities like Yuvraj singh, Manisha Koirala and sonali Bendre who are now cancer survivors, talk about their experience and their emotional state then openly. This will help people to overcome the stigma and talk freely about their feeling and emotional trauma they are going through while suffering from this dangerous illness. As quoted by cancer survivor, Actress Sonali Bendre "in this illness, mental pain is more than the physical" it is important to consider mental health of cancer patients

as positive thoughts and wellbeing will help them grow and fight this battle of cancer with courage.

Strategies to overcome Gender Stereotype

By

Gurleen Kaur

B.A. (Hons.) Applied Psychology, VI Semester

Many people feel that gender equality has already come to most industrialized countries. Nothing could be further than the truth. Instead, women and men alike deal with gender stereotypes at work, in their communities, and even at home. What can you do to overcome these stereotypes?

- **Emphasize Accomplishment over Physical Attributes:** Too often, people put their attention on "being pretty" when speaking to and about girls and too little attention to their capabilities. The same is true of adult women. Focusing on a boy's or men physical strength can be just as harmful, especially if the male isn't as physically strong as the culture expects him to be.
- **Choose Colors Based On Personal Preferences:** the colors for boys and girls have changed over the years based on nothing more than the whims of the fashion industry. If you're a male and want to wear a pink shirt, do it unapologetically. If you're a woman and prefer to decorate your home in brown corduroy, do what appeals to you.
- **Encourage Young Women to Excel In Science and Math Subjects:**By encouraging your daughter to study STEM subjects, you open up a whole new world to her.
- **Expect Men and Women to Share Fairly In Household Chores:**It's also unfair to expect that men should do all the yard work if they'd rather contribute in some other way. So, who do the chores no one wants to do? Decide that fairly so that both men and women take a part of the burden.
- **Be Friends with People of Both Genders:**Friendships between men and women can be just as satisfying as those between women and other women or men and other men. When you choose your friends based on shared beliefs, interests, and activities, you may find that you enjoy spending time with someone not of your gender in a non-sexual way. At the same time, you may come to understand and respect the other gender more.
- **Acknowledge and Help both Women and Men Who Are Victims of Domestic Violence:**Both men and women can be the victims of domestic violence. Yet, many people find it hard to get past the gender expectation that men should be able to defend themselves. If a man is a victim of abuse, he deserves the same help in getting out of the abusive relationship as a woman.
- **Build Your Self-Esteem Based On Who You Are As A Person:**When you build your self-esteem based on your gender, you limit yourself to only seeing the good in yourself if it reinforces your preconceived notions of what you should be as a man or a woman. Yet, many parts of who you are have nothing at all to do with your biological sex. If you celebrate every good thing about yourself, you'll likely find yourself going well beyond gender stereotypes.

- **Recognize Men's Needs to Be Parent Figures Too:** Men need to be given opportunities to parent and spend time with their children just as women are given those opportunities. If you're a male and feel you're being shut out of your child's life, there's no reason you should go along with it. If you're a female, you need to make room for your children's father to play a part in their upbringing.

Explanations aren't Excuses: Asperger's Thinking

By

Prathyusha

B.A. (Hons.) Applied Psychology, II Semester

Actually it's my first time to know about Asperger's or non verbal learning disability (neurodiverse).this usually happens when parents (and spouses) are frustrated by a family member's behaviour, resistance to what seems to be reasonable needs and expectations. They want to have things go more smoothly and are frustrated by refuses and meltdowns. In tern the neurodiverse individuals are frequently frustrated by the expectations they face. They often feel that if their needs were better understood, the demands wouldn't be made ; problems such as difficulty transitioning, social anxiety and sensory issues would be taken into account.They may feel that their meltdowns are a direct result of their environment. On this account suppose considering myself as a translator of the perspective of the neurodiverse individual to the parent of spouse,then I as a translator of the perspective of the neurotypical to those who are neurodiverse, I should be free of judgement in simply try to help people understand each other. I think becoming a neurotypical is a great job to understand a neurodiverse perspective. However I have also known that clarifying the situation from the neurodiverse point of view is simply making an excuse for the neurodiverse person's behaviour. It's like as if I am excusing rather than explaining.the idea that the neurodiverse perspective is only an excuse ,rejects the reality of the needs of the neurodiverse person. I am saying that these needs aren't real but represent oppositionalism ,avoidance ,an attitude problem or even selfishness.

Mind blindness (not understanding the others thinking) can go in both directions even though there is mutual caring in love. There are problems when there is competing needs that are urgent.parents know that transition are often problematic for those who are neurodiverse but sometimes there is a need for a rapid unexpected transition like going out to do an unexpected errad or picking someone up who is not feeling well. The need is a reasonable one but it's unlikely that a neurodiverse person will suddenly stop having trouble with flexibility and transition. It can help to present the need as a request rather than a demand the but transitioning flexibility and quickly might still be too difficult. Sometimes there is just not a great answer ,but it's not because someone is holding out or purposefully defiant. Life in relationships with someone from a different neuro type can be more successful and rewarding if neurodivergent perspectives and needs aren't perceived as obstinate or manipulative, so there's a conversation as opposed to an argument or meltdown. No one in the relationship intends to be unreasonable.

Getting past the communication barrier might first phone on the neurotypical to be clear and listen to the response of the neurodiverse person, experiencing the respect and acceptable rather than blame can make it less dense and easier for the neurodiverse person to communicate as well.

Thoughts on Psychology as a Choice of Discipline

By

Purva Tekkar

B.A. (Hons.) Applied Psychology, VI Semester

Psychology as a discipline have been a pretty good mix of arts and science of knowledge which serves right to me as I have always been interested to study both and could never choose between either fields. The most fascinating thing about this discipline is that it is not restricted to a rigid perspective but takes a multidisciplinary approach in dealing with every issue. It opens up point of views and is very inclusive of extreme line of thought ranging from as pessimistic as Psychoanalysis to as optimistic as Humanistic. As a person who wants to learn about a diverse range of opinions with respect, it help me to broaden my perspective, to realise that a question can have multiple answers. It allows me to wonder and ask questions instead of taking things at their face value and allows me to surpass my mediocrity and enhance myself to become a better person and grow as an individual, not just for my own betterment, but for the indirect benefit of those around me. In the past three years of studying psychology I have come to realise a sense of genuine nature and elimination of bias and stigma from my sense of understanding the world, proving its impact on me as an individual. I aim to become equipped with the skills and resources required to understand first, oneself and others. Having studied Applied Psychology as a major has made me realise the importance of application. Because the ultimate purpose of gaining knowledge is to apply it at suitable context. Otherwise it is of no use to humanity.

Goals of Life

By
Rishika

B.A. (Hons.) Applied Psychology, II Semester

If we ever take a moment to sit back and wonder what we truly expect from our lives, what are all those objects and capabilities that we ultimately want ourselves to be equipped with, a number of answers may pop up in our minds. These may include acquiring a huge amount of wealth or experiences of travelling the world or mastering the art of keeping a peaceful mind.

In my opinion, the ultimate objective in life is to achieve the following three things: “knowledge”, “wealth” and “destiny”. Out of the three gems, the knowledge that we acquire each day and the wealth that we accumulate during our lifetime will remain with us till the day we die. Unfortunately, no one has the power to take these with himself after his death. But the third gem, destiny, can be taken along with oneself even after death.

Now to achieve these goals, sincere effort has to be put in, each day. Knowledge in this world of advancement can be acquired through a number of sources like going to schools and colleges, skill development institutions etc. Wealth can be acquired by applying this knowledge in the real world to sell commodities, services or ideas. But think of destiny. How can one earn destiny? Destiny, or the things that happen to one in life which one cannot control, is a combination of luck and hard-work. Working hard is purely in our hands. We can do as much of hard-work as we desire. But being lucky always, is a not a matter of our control. The simplest way of increasing the luck factor to earn destiny is “performing good deeds”.

Performing good deeds has a positive impact on our minds. It has a scientific explanation too. Research suggests that giving to others has health benefits and can make us happy – surprisingly even happier than giving to and doing for ourselves. Helping somebody else is an infinite category with infinite possible returns. Scientists believe that giving behaviour releases endorphins and oxytocin, feel good hormones, in the brain producing a helper’s high that can last for hours and even be socially contagious. Our deeds are like a boomerang, whatever we do definitely comes back to us in some form or the other. Therefore, one should always do good to receive the best and earn destiny. Robin Sharma’s lines are well suited here: “A little fragrance always clings to the hand that gives roses”.

Fighting to be one

By

Saniya Azim

B.A. (Hons.) Applied Psychology, IV Semester

One of the champions of history, who devoted his entire life working towards breaking the shackles of prejudice, Nelson Mandela once said “ We slaughter one another in our words and attitude, we slaughter one another in stereotypes and mistrust that lingers in our head, and the words of hate we spew our lips.”

Focusing on contemporary times, we see the world divided between people with rigid, unidirectional stereotype and people constantly working to make the world better by breaking the stereotype. We can easily see in the society how the breaking of stereotypes helps in creating an inter sectional space which then allows a safe space for ideas in mind of people to grow. Working towards dismantling prejudice also provides an opportunity for exclusivity, better mental health and more acceptance from society and peers, hence enabling a better, fuller life.

Development over the years have successfully made us more civilised and advance but still when it comes to treating people with equal rights and also with equal duties, we lack a lot.

Moving towards an inclusive society is a difficult task but definitely not an impossible one. Day to day prejudices and discrimination may pull us back but with constant efforts to eradicate unjustified discrimination and prejudices we will be able to fulfil the dreams of people who constantly fight against this injustice. Being a student of psychology it's our ground level duty to raise the first step and stand against all irrelevant practices.

Concluding in the words of Father of Nation, Mahatma Gandhi that “Be the change you wish to see in the world”

Broken Heart Syndrome

By

Shelly Thakur

B.A. (Hons.) Applied Psychology, VI Semester

Are you familiar with the way your chest tightens up and heart starts to ache when your partner tells you he wants to end the relationship? Or the way you break down and become breathless with the inability to function properly for a while just after you hear your spouse has met with an accident and is critical? This tightening up of our chest, breathlessness and irregular beating of the heart are common symptoms of broken heart syndrome also referred to as Takotsubo cardiomyopathy (TCM), apical ballooning syndrome or stress cardiomyopathy by doctors. First described in Japan in 1990 as 'takotsubo' which means 'pot used for trapping octopuses'. The name was kept so because stressful situations cause changes in the shape of heart which tends to look like a fishing pot. TCM is caused by stressful events that are devastating or burdensome and challenging. Triggers of this condition may include psychological causes like shock, change in relationships, fear, helplessness, sadness, grief, anger, guilt, shame, etc. and physiological causes like illness, surgery, sudden drop in blood pressure etc. There are so many people who have had their heart broken at least once or twice by the time they turn 30 years old. A 'broken heart' is often linked to fall outs in relationships, death of loved ones, infidelity, betrayals, etc. which further may get associated with a syndrome of broken heart causing physical illness and even, though in rare cases, cause death.

Emotional trauma or physical trauma induces a response so strong that it affects the tissues in our heart and causes conditions similar to a heart attack. Electrocardiogram abnormalities that mimic those of a heart attack is one of its features. Heart attack involves blockage of arteries that supply blood to the heart and no such blockage is found in individuals with broken heart syndrome but the left ventricle distorts and enlarges, it balloons outward at the bottom hence the name apical ballooning syndrome and narrows down the left ventricle at the top creating hindrance in pumping of the blood.

As the heart is physically weak mostly the medication used to treat TCM are similar to what is used for treating heart attacks like diuretics (water pills), beta blockers (or combined alpha and beta blockers) and ACE inhibitors. Aspirin is also recommended to some who have plaque buildup in their arterial walls. Of course a person with broken heart syndrome recovers faster than a person with heart attack (Wittstein et al., 2005).

Broken heart syndrome shows the brain-heart connection and how the heart signals brain to release stress hormones into our blood stream to deal with stressful situations. This condition reveals fragile links between the heart and the brain which we earlier thought did not even exist.

Non Attachment in Youth

By

Simranjeet Kaur

B.A. (Hons.) Applied Psychology, VI Semester

Youth is an emerging age where the person is more energetic , enthusiase , compassionate and desire for needs occur but during this phase of age there most of the emphasise is on their relationships , materialism , career and on themselves too but in this topsy turvy they come so indulge in world that they become far away from a sense of realising their true self and paradoxical meaning of life is eating to live , house for shelter or degrees to feed their family in future they attached themselves with this materialistic world and unable to come across the ocean of worries , needs , desire so there life become remain detached from the true meaning is to perform all your responsibilities or fulfil your needs but without having any effect of this world on you .Non attachment is a state in which a person overcomes his or her attachment to desire for things people or concepts for the world and thus attains a heightened perspectiveA Non attached person exhibit different aspects , You just relate to them differently because you understand their nature expectations no longer rule your life , person have a clarity of mind and able , person is able to follow life unfold without needing to control everything . All though its also true it is utmost difficult to achieve this stage at youth rather its seen mostly seen among late adulthood people where after doing all their duty and their incline towards religion make them divert little towards detachment. Non attachment is a state in which a person overcomes his or her attachment to desire for things people or concepts for the world and thus attains a heightened perspective .Lastly I would say if non attachment is not a cup of tea for youth write now but they should lead their life with a sense of true meaning and goal without having the negative effect of the world on them.

Scope of Military Psychology

By

Sonam Yadav

B.A. (Hons.) Applied Psychology, VI Semester

Weeks, months, and years of active military service can often lead to emotional and mental stress, for both military personnel and their loved ones. These military men and women aren't the only ones that suffer. Family members and loved ones are also often affected by being separated for long periods of time. The military is a group of individuals who are trained and equipped to national security in unique and often chaotic and trauma-filled situations. These situations can include the front-lines of battle, national emergencies, allied assistance, or the disaster response scenarios where their task is to provide relief-aid to the populations of both friendly and enemy states.

Military psychology is the application of psychological theories and empirical data towards understanding, predicting, and countering behaviors in friendly and enemy forces, or in civilian populations. There is particular emphasis on behaviors that may be undesirable, threatening, or potentially dangerous to the conduct of military operations. Military psychology utilizes multiple different psychology sub-disciplines to encourage resiliency among military troops and counteract enemy forces for military victories.

Military psychology is necessary in order to help choose the best men and women for this job. Professionals in this field are also there to help ensure that the enlisted individuals are in the best mental and emotional shape possible. Mentally and emotionally healthy military personnel are much more productive, effective, and stable. Soldiers often face unique combinations of stressors within combat and war settings, and may go on to experience disorders. Specific examples of the issues faced by military personnel include Post Traumatic Stress Disorder (PTSD), guilt, family and partner difficulties, and nightmare and flashbacks. Applied military psychology is especially focused on counselling, and treatment of stress and fatigue of military personnel and their families. Military psychologists often study the dynamics, train people in, and consult on hostage negotiations.

Research in military psychology may be geared toward figuring out which personality traits are best for certain military positions. It may also focus on how to effectively treat some common mental ailments in the military, particularly Post-Traumatic Stress Disorder (PTSD). Military psychologists might work anywhere that military individuals are. This can include hospitals and military clinics. Some military psychologists also work on military bases and in government research facilities. Groups of military psychologists might also travel with troops overseas during wartime. These combat stress detachments typically stay with troops in or near the battle zone and provide mental health services. Given the large armed forces, the scope of military psychology in India is vast.

The Psychological Repercussions of Menopause

Sonica Tyagi, Batch: 2012-15

Presently Research Scholar, Jamia Milia Islamia , New Delhi

Menopause is the transitional period in a female's life when her ovaries begin delivering less of the sex hormones estrogen and progesterone. Menopause is pronounced when a female stops to have a menstrual period for 12 sequential months, denoting the termination of her conceptive years. Any woman who has her ovaries medically dissevered instantly enters menopause.

Natural menopause is a steady process, starting with perimenopause, or premenopause, typically beginning in a female's 40s or even 30s. Perimenopause can last up to ten years, as the menstrual cycle decreases and menopausal side effects, for example, hot flashes, night sweats, and emotional episodes may start.

As a female approaches the time of menopause, encountering her first hot flush can be a turning point in her life. It is an indication of the start of the menopause, and with it, there can be a feeling of immense loss of youth, appeal, womanhood, and for some an existential crisis where the lady may knowingly or unknowingly evaluate where she stands in her life and what future holds for her. This might be with a feeling of recharging of the start of another part or a feeling of disappointment and fear and dread of what lies ahead. For a childless woman, it is the last step in understanding that parenthood is not a possible thing anymore. Notwithstanding for other people, who have had kids, there might be anguish and deprivation around the cessation of that part of their lives -the potential to support and bring a new life into the world.

Menopause is often a stressful time for any woman, however support from friends and family can make the transition easier. Some women believe that depression is a natural by-product of menopause; members of the family should encourage them to seek treatment instead of enduring their symptoms. Family members may also facilitate menopausal women maintain healthy lifestyles by offering to exercise with them or keeping unhealthy foods out of the house. Many changes that occur with climacteric are caused by middle age and aren't necessarily directly caused by hormonal changes. Family members ought to be sensitive to women's feelings concerning these changes. Children can make a special effort to frequently talk to mothers experiencing empty nest syndrome. Spouses should also be aware that hormonal changes can impact their wives' responses to sex, but clear communication and seeking help from a doctor as necessary will keep a physical relationship in good health.

Alumni Column

From the Eyes of Alumni

Ms. Ganga Tiwari

Batch: 2011-14
Research Scholar, CBCS, University of
Allahabad

With an uncertain, shaky beginning of my bachelor's in applied psychology in Sri Aurobindo College (Eve.) to becoming a confident and self efficient individual, the journey of three years in the psychology department has been a memorable one. From thought provoking lectures to being the part of organizing committees in national seminars and conferences, the department has helped me in experiencing almost all the important segments of a student life. The quality of student – teacher interaction in the department allowed for free and healthy discussions on both professional and personal front and made me an integral part of the psychology family in the college. The department not only helped me with clear understanding of the subject matter but also provided me an opportunity to be the part of the initiatives like the innovation project which encouraged engaging in the department activities outside classroom and use the applied part of psychology in the real world scenario, I guess it is quite right that the most important learning takes place outside the classroom and the department believed in incorporating that whenever and wherever possible. The immense support of the faculty and friends helped me in achieving the desired outcomes in all three years and later also in getting the best place to pursue my post graduate degree in Cognitive sciences in India.

Ms. Jahnvi Kataria

Batch: 2015-18
PG Student at Kingston University, UK

My experience with the university probably would have been nothing special if I wasn't a part of the psychology course in Sri Aurobindo College. It was a journey in which I learned many things and made some lifelong friends.

Ms. Ezgi Sahin, Turkey
Batch : 2015-18

It was honour to be part of Applied psychology department student of Sri Aurobindo College (Evening). I am a foreign student and I would like to say being student in different education system, learning another language and adapting to another culture and country because of these differences, beginning of the college life was quite difficult time for me but at the same time it was full of life experiences. I am interested in psychology from secondary school, from my point of view psychology can make us understand every step of life. Studying psychology in English was tough for me because when I was in my country (Turkey) I was studying in my mother tongue (Turkish) and we do not use English in daily life. When I came to Delhi I have studied English for 6 months but the time was not enough to speak fluently in another language. Thankfully my honourable professors and friends supported to me too much, I thank all of them in deep of my heart. After adapting to my new life, I was trying to handle my studies but it was not good enough. May be I could not get good marks but I have learned many things about life it means more than everything for me

From the Eyes of Alumni

Ms. Anwesha Sanyal
Batch: 2015-18
PG Student, BHU

Before taking up Psychology in higher secondary, little did I know that it deals with the study of mind and behaviour. Just like everyone, I too felt that by pursuing Psychology, I would be able to read people's minds and know what they think about me. Come on readers! Haven't we all been through the 'adolescence' stage where we only wanted ourselves to be loved, accepted and acknowledged by people around us? Yes, no? Same was the case with me. I felt very special when my professor had asked me if I would like to present a paper at an International Conference in 2015. I couldn't say a 'No' and my first paper was "Effect of Internet Addiction on Life Satisfaction".

Today, I am more than happy to say that pursuing Psychology in both Bachelors and Masters has been the right decision. I am more than happy to say that being a part of the Psychology department of Sri. Aurobindo College (Evening) has taught me a lot of things like presenting papers in conferences, studying the subject, Psychology and applying Psychology to myself.

Snigdha Dutta
Batch : 2015-18
JMI, New Delhi

Life is a great teacher, but an even better teacher is a Guru that guides you to take life in your hands and mould it beautifully. I'm grateful to this department. All my life I worked only hard but this department taught me to work smart, way to carve knowledge and interest such that everything I touch is owned by me. Running up and down, fighting myself ahead in the rat race, teachers of the Department reminded me what was more important was to see the opportunity not as a path to success but learning. This department hasn't only unleashed my hidden potential but given me opportunities to level up, strive, become patient and cherish the good and bad days. Everyone normally enjoys college days out of college, my days were spent here, my best moments were experienced here. One call from this department, and I can leave all task to attend that call. After all this department taught me nothing precedes contentment. No psychology students get out of this course and say, the subject wasn't interesting. A psychology student remains one till the end of time. I am a proud alumna of this department. At the end I would like to just say "Good things are coming"

Visuals


