

DEPARTMENT OF APPLIED PSYCHOLOGY
CENTRAL UNIVERSITY OF TAMILNADU



PsyNOVA

Vol 5 | Issue 1 | June 2022



MESSAGE FROM THE HEAD OF THE DEPARTMENT

It gives me immense joy to present the fifth volume of PsyNova, e-newsletter of the Department of Applied Psychology. The newsletter provides an insight into the department's activities, achievements and artistry of our students, scholars, alumni, and faculty. Over the years, our newsletter has provided an opportunity for students to portray their topics of interest and share their ideas, thereby fostering innovation through the amalgamation of creativity along with curriculum. I take pride in the active participation of our students in the extracurricular activities of the department.

The COVID-19 pandemic has put unforeseen pressures on us. Although the storm clouds of pandemic still hang heavily, after a long while, the department is back in full swing, with the resumption of offline classes. The students are now able to cherish their university life. May this be the beginning of a post-COVID era, strengthened by our recuperation and resilience that eases the transition to the new 'normal' life.

I applaud the Editorial Board of this newsletter for successfully completing this daunting task of putting together the multifarious thoughts of our students and faculty into a visual feast. I also extend my heartfelt congratulations to students for their fruitful efforts and participation.

I welcome you all to explore the opus of our creative minds.

Dr. Mamman Joseph C.

Head-in-Charge
Department of Applied Psychology
Central University of Tamil Nadu



FROM THE EDITORIAL TEAM

After the past two years of a global pandemic that became a common experience of all humanity, we all are making collective efforts to restore the sense of normalcy back in our lives. With the newfound ways of going about our everyday life, it is to be lauded that we did not let our creativity take a backseat and had it steer our views and values through tumultuous times.

PsyNova was initiated with a vision to provide the creative minds with an opportunity to tell tales of their experience and knowledge, and contribute to the reader's mind with an ingenious collection of enriching psychological and social pieces of work. PsyNova also makes it an opportunity to introduce and cherish the achievements of the students as well as the educators of our department.

Taking the baton from our predecessors, we, the Editorial Team of PsyNova 2022-Volume 5, Issue 1, present you with the e-newsletter of the Department of Applied Psychology.

We express our gratitude to all those who amidst their busy schedule found time to contribute their work to the current newsletter. We also acknowledge the efforts of the editorial teams of preceding editions of PsyNova, which served as a precursor for the current edition

And at last, before we begin exploring this opus, we are very much obliged to the faculty, students, research scholars, alumni and non-teaching staff for their guidance and cooperation in this endeavor.



Amruta Prabhakaran
M.Sc. Applied Psychology



Devu Rajeev
Faculty Editor



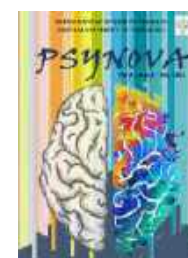
Pooja B.
M.Sc. Applied Psychology



Anusree K.P.
Research Scholar



Amala Sudarsan
Research Scholar



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Arif S.



FACULTY AND THEIR RESEARCH INTERESTS



**Dr. Mamman Joseph C., Head i/c
Assistant Professor**

Thrust Areas: Disaster Mental Health, Suicidology, Environmental Psychology, Family Studies, Positive Psychology

**Dr. Vithya V.
Assistant Professor**

Thrust Areas: School Psychology, Disaster Mental Health, Counseling, Developmental Psychology, Positive Psychology, Maternal Mental Health



**Dr. Padiri Ruth Angiel
Assistant Professor**

Thrust Areas: Health Psychology, Positive Psychology, Adolescents' and Women's Mental Health, Mental health needs of LGBTQI+



**Mr. Saravanan Priyan T.
Guest Faculty**

Thrust Areas: Attention, Working Memory, Visual Awareness



**Ms. Devu Rajeev
Guest Faculty**

Thrust Areas: Gender diversity and inclusion, Health Psychology, Women's Mental Health



Departmental Achievements

Achievements of Alumni, Students, Scholars and Members of faculty since November 2021

UGC-NET Holders

Name	Batch	Institution
Amritha M.	2020-'22	UGC-NET (November, 2021)
Sarika P. S.	2020-'22	UGC-NET (November, 2021)
Vaishnavi V.	2020-'22	UGC-NET (November, 2021)
Megha V .C.	2018-'20	UGC-NET (November, 2021)
Dhanya N.	2018-'20	UGC-NET (November, 2021)
Alma Reeba Joseph	2018-'20	UGC-NET (November, 2021)

SET Holder

Haleemath Saharban N.	2019-'21	SET (January, 2021)
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DEPARTMENTAL ACHIEVEMENTS

ICSSR Doctoral Fellowship



Theres Santy
Research scholar

STUDENTS PURSUING HIGHER EDUCATION

Name	Course	Institution
Sarika P. S. (2020-'22)	M.Phil. Clinical Psychology	NIMHANS, Bangalore
Unnikannan P. Santhosh Kumar (2018-'20)	Ph.D.	Central University of South Bihar
Jeevan David Maxim (2017-'19)	Ph.D.	Christ University, Bangalore

DEPARTMENTAL ACHIEVEMENTS

PLACEMENTS

Name and Batch	Designation	Institution
Varada Mukesh (2020-'22)	Assistant Professor	Mount Carmel College, Kothamangalam, Kerala
Merlin Joseph (2019-'21)	Lifestyle Mentor	Phablecare, Bangalore
Jithin Prem (2019-'21)	Associate Counselor	Max Minds, Kannur, Kerala
Haleemath Saharban N. (2019-'21)	Psychology Apprentice	Krishna Menon Memorial Government Women's College, Kerala
Induja P.R. (2019-'21)	Research Assistant	NIMHANS
Sona Varghese (2018-'20)	Assistant Professor	Patrician College of Arts and Science, Chennai
Aju Nair (2018-'20)	Consultant Psychologist	Self-employed



DEPARTMENTAL PUBLICATIONS

- **Amala, S., Neethu, P.S. & Vithya, V. (2022). Corona anxiety, corona obsession and psychological wellbeing among adults. *Indian Journal of Psychology*, 17-21.**
- **Mamman, J. C., & Anagha K. T. (2022). Personality and Mental Health during COVID 19. In Panda, P.K., Padmanaban, S., Subudhi, C., & Adom, D. (Eds.). *COVID 19 and its Impact on Health, Economy and Society*.**
- **Neema, A. P., Vithya, V. (2021). Loneliness and Risk Behaviours among Adolescents during Covid-19 Pandemic: Indian Perspective. *Indian Journal of Psychology*, 138-144.**

DEPARTMENTAL ACHIEVEMENTS

World Social Work Day

THINAI 2022

Organized by Department of Social Work, CUTN



Poster Competition
First Prize
&
Cartoon Competition
Second Prize



Quiz Competition
Second Prize

DEPARTMENTAL ACHIEVEMENTS

Women's Day Celebration



Sainaba P.
Research Scholar

FIRST PRIZE

Break The Bias

Photography Competition



Neema Ann Philip
Research Scholar

RUNNER UP

Badminton Doubles

DEPARTMENTAL ACHIEVEMENTS

World No-Tobacco Day

Organized by Department of Social Work, CUTN

Treasure Hunt

Third Prize



MICHAEL JOHN

M.SC. APPLIED PSYCHOLOGY



PRETTY SURENDRAN

M.SC. APPLIED PSYCHOLOGY



STEEFENA ROSE

M.SC. APPLIED PSYCHOLOGY



ARIF SUBAIR

M.SC. APPLIED PSYCHOLOGY

DEPARTMENTAL EVENTS

OBSERVANCE OF **WORLD MENTAL HEALTH DAY**

World Mental Health Day is observed yearly on October 10th, with an overall objective to raise awareness of mental health issues and to mobilize efforts in support of mental health. Amid this disastrous pandemic, the need for observing this day was inevitable. The challenges put forth by COVID 19 are evident in almost all fields of human functioning. Considering these circumstances, the World Federation of Mental Health came up with the theme for World Mental Health Day 2021 as 'Mental Health in an Unequal World'.

Department of Applied Psychology has been putting initiatives for spreading the waves of mental health awareness among the public. For serving the same purpose, this year, the department organized an observance of mental health day. As part of this observance, a National Webinar themed 'Mental Health in an Unequal World' focusing on the inequalities of mental health and issues of different sections of the society, was conducted on October 10th. The department also organized competitions to raise mental health awareness through engaging activities for the youth.



DEPARTMENTAL COMPETITIONS

To observe World Mental Health Day, the Department of Applied Psychology organized various competitions to raise mental health awareness.



QUOTE MAKING COMPETITION

Quote making competition 'Heat Up The Pen' was organized by the department, with "Resilience" being the theme. The entries were posted on the department's official Instagram page and winners were chosen by a panel of judges.



MEME MAKING COMPETITION

'Meme-O-Mania' meme making contest was organized on the theme "Mental Health Stigma" as a fun way to challenge the stigma surrounding mental health. Entries were shared on Instagram page and the winners were chosen based on the likes their entry received.



INSTAGRAM REEL MAKING COMPETITION

Keeping up with the trend, the department also organized 'Reels on Real Her' Instagram reel making contest. For this contest the theme was "Mental Health of Women" and the winners were chosen on the basis of likes their entry got.





NATIONAL WEBINAR

ON

MENTAL HEALTH IN AN UNEQUAL WORLD

10th October 2021

Resource Persons



Dr. Najamus Saquib

Consultant Psychiatrist
Asha Geriatric Psychiatry &
Memory Unit
Asha Hospital, Hyderabad



Dr. Jeyavel Sundaramoorthy

Assistant Professor
Department of Psychology
Central University of
Karnataka



Dr. Chelli Kavya

Assistant Professor
Department of Psychology
Banaras Hindu University,
Varanasi



Anand Ampeethara

Board member of Queerala
Founder member of Gay
Malayalee Association
(GAMA).

Department of Applied Psychology organized a National Webinar on '*Mental Health in an Unequal World*', on 10th October 2021. The programme was inaugurated by Prof. R. Karpaga Kumaravel, Dean, School of Behavioral Sciences and the invocation was by Dr. Padiri Ruth Angiel, Assistant Professor, Department of Applied Psychology. The programme included four plenary sessions. The first was by Dr. Najamus Sadique (Consultant Psychiatrist, Asha Geriatric Psychiatric Unit & Memory Clinic, Asha Hospital, Hyderabad) on the topic - *Vulnerability, Relegation, and Wellbeing of Geriatric Population: Challenges and Opportunities*. The second plenary session was by Dr. S. Jeyavel, Assistant Professor, Department of Psychology, Central University of Karnataka on the topic *Mental Health in Digital Era: Prospects and Dangers*. The third plenary session was handled by Dr. Chelli Kavya, Assistant Professor, Department of Psychology, Banaras Hindu University on the topic *Redefining and Normalizing Caregiver Burden*. The last plenary session was by Dr. Anand Ampeethara, Board Member of Queerala and Founder Member of Gay Malayalee Association on the topic *Mental Health Needs of LGBTQ+ Community*.

WEBINAR SERIES

NIMHANS Neuropsychological Battery

DEC 5 , 2021

A webinar on “NIMHANS Neuropsychological Battery”, was conducted on December 5, 2021. The session was handled by Ms. Naima Nazar, clinical psychologist trained at NIMHANS, currently working in Mindport, Thiruvananthapuram. Resource person discussed about each individual test of NIMHANS battery in terms of the instructions and procedure to use it, as well as scoring and interpretation. Despite the difficulties of learning to use a battery in an online medium, she explained everything in a way that was easy to understand. Students were enthusiastic and cleared their doubts throughout the session.



RESOURCE PERSON

MS. NAIMA NAZAR
CLINICAL PSYCHOLOGIST,
MINDPORT

Domain	Function	Test
	Working memory	N Back test (verbal & visual) Self ordered pointing test
	Planning	Tower of London test
	Set shifting	Wisconsin card sorting test
	Response inhibition	Stroop test
Comprehension	Verbal comprehension	Token test
Learning and memory	Verbal	Auditory verbal learning test Passages test
Visuo-spatial construction		Complex figure test
Learning and memory	Visual	Complex figure test Design learning test

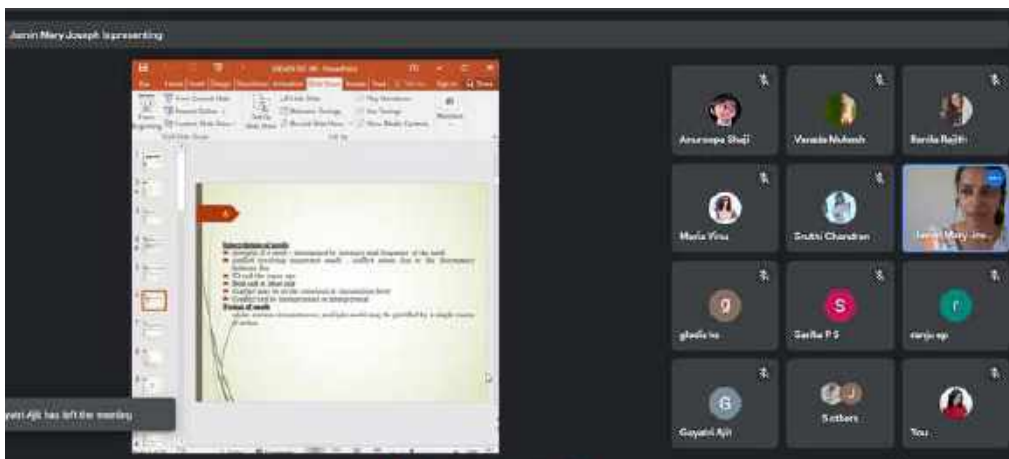
Webinar I



RESOURCE PERSON

Ms. Jumin Mary Joseph
 Lecturer/ Clinical psychologist,
 National Institute of Speech and
 Hearing
 (NISH)

Ms. Jumin Mary Joseph, psychologist, and lecturer at National Institute of Speech and Hearing, who has M.Phil. in clinical psychology and in learning disabilities, and has several years of experience in clinical settings, conducted a webinar on Thematic Apperception Test. Thematic Apperception Test is a projective test used to reveal a patient's dominant motivations, emotions, and core personality conflicts. It contains 20 different cards. Ms. Jumin explained each card in detail, with respect to the scenario it represents, scoring, and interpretation. She also described the theoretical background and the development of this test. Students were curious to know about this test as it is one of the famous projective techniques. They attended the session with a lot of interest and enthusiasm.





DEPARTMENT OF APPLIED PSYCHOLOGY

Central University of Tamil Nadu

WEBINAR

INTRODUCTION TO RORSCHACH INKBLOT TEST

DEC 10 , 2021



RESOURCE PERSON

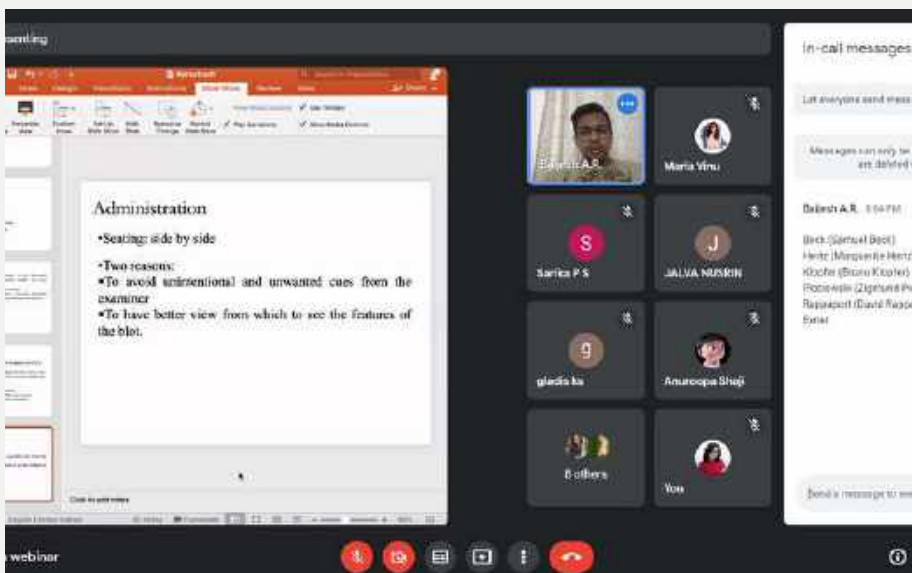
Mr. Baijesh A. Ramesh

Clinical psychologist,
Physiotrix De Care

Mental Health Advisor,
Minerva University, California

Visiting Faculty,
Central University of Karnataka

A webinar on Rorschach Inkblot Test was organised . The resource person of this webinar was Mr. Baijesh A. Ramesh, licensed clinical psychologist working at Physiotrix De Care, Hyderabad. He is also a mental health advisor at Minerva University, California. He started the session with the history of Rorschach inkblot test. It is a projective test in which a person is asked to describe what they see in ambiguous inkblot images. The session was very interesting as he showed us a sample report of his client and also asked each student to describe what they see in each inkblot. He also described the different types of interpretation systems for the test. He explained the strengths, weaknesses and uses of this test. Overall, the webinar was very interactive and students thoroughly enjoyed the session.



GINGER CANDY 2K22



Freshers' day "GINGER CANDY" was organized on April 8, 2022, for the 2021-23 M.Sc. Applied Psychology students. The event was attended by all the faculty members, scholars, and students. The event was made memorable with a variety of games and performances for the freshers. In the end, students had fun dancing together.

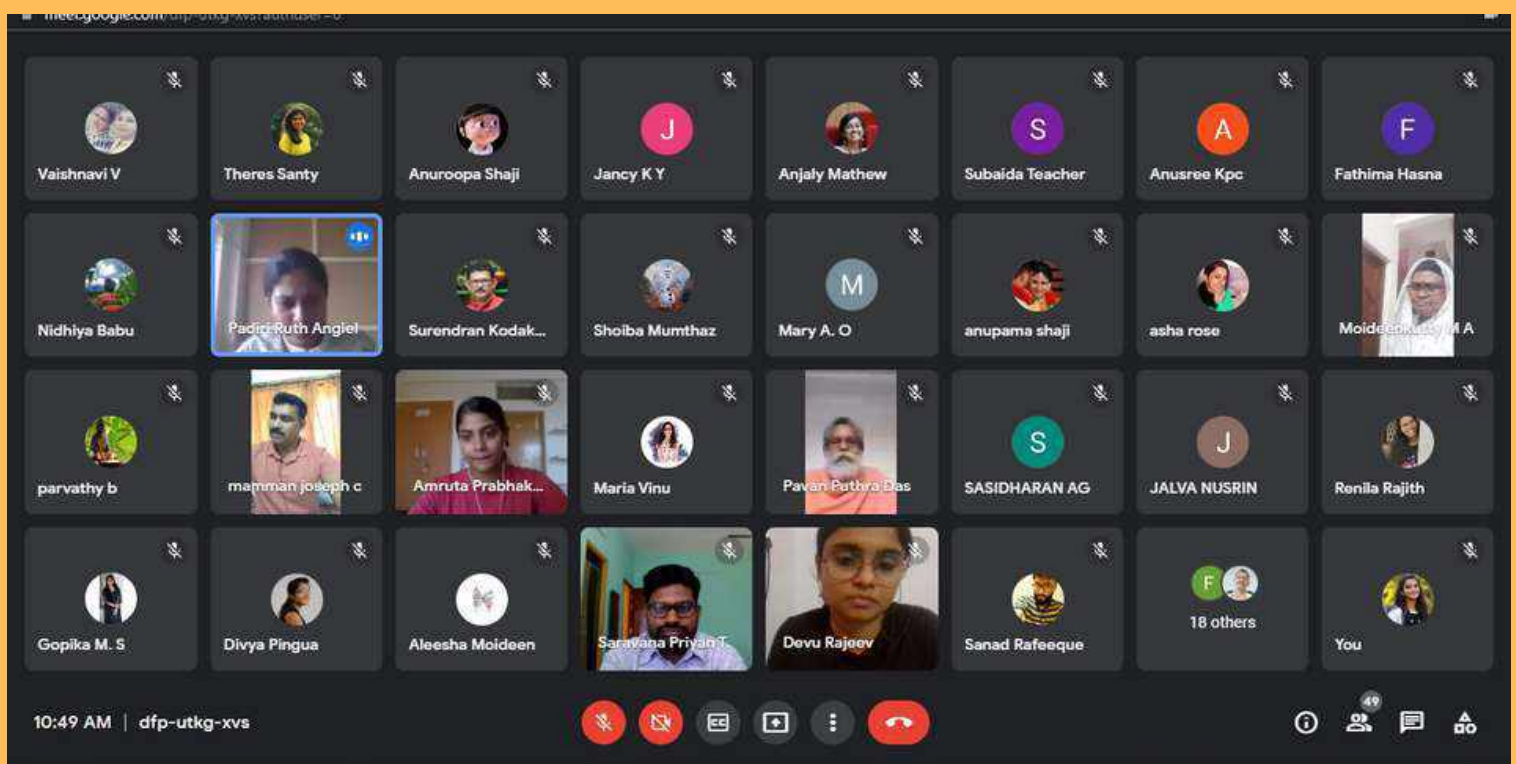
PTA MEETING

14 May 2022



The Department of Applied Psychology organised a virtual parent teacher meeting on 14th May 2022, Saturday at 10:30 am, via google meet. The meeting was organized to get feedback and suggestions from the parents regarding academic, co-curricular and extracurricular activities. The meeting started at 10:30 am with the Tamil Thaaai Vazhthu. Dr. Padiri Ruth gave a welcome speech and invited all the faculties, parents, and students to the meeting. She encouraged the parents to share their feedback, suggestions, and concerns. Dr. Mamman Joseph C. addressed the gathering and invited the parents for a fruitful discussion about the University and the department.

Parents were requested to provide feedback regarding the curriculum and general functioning of the department. All the parents were proactive in the discussion. Most of them were satisfied with what the Department was offering to the students. A few grievances were also shared, which were addressed by the faculty members. Following the interactive session, research scholar Ms. Theres Santy gave the vote of thanks. The virtual parent-teacher meeting concluded with the National Anthem at 12 pm.



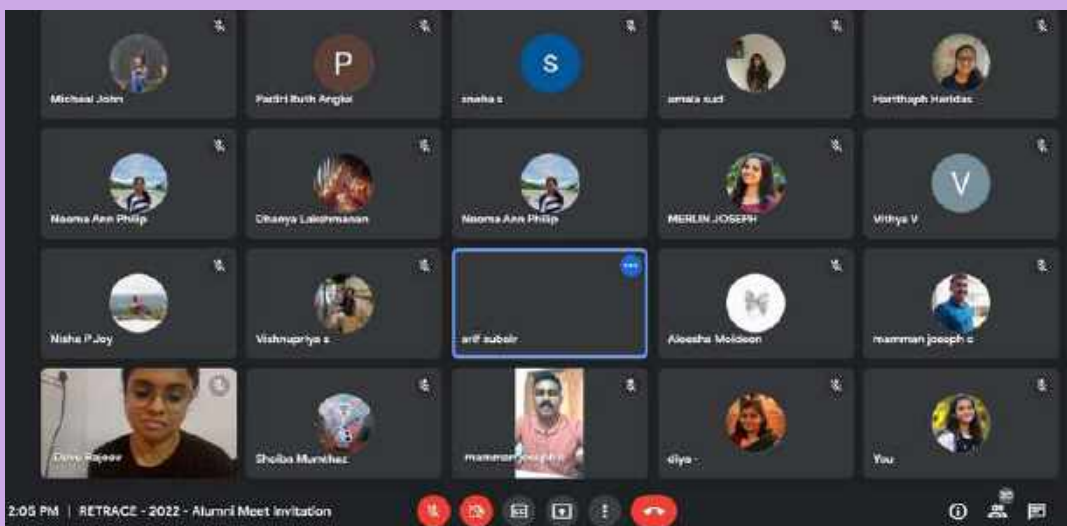


RETRACE

Alumni Meet

14 May, 2022

Department of Applied Psychology conducted a virtual Alumni meet on 14th May 2022. The programme started at 2 pm with the welcome address of Dr. Vithya V. Alumni were asked to share their experiences. All of them came forward and shared their experiences happily. Most of them are well established in the field. They work in different positions such as assistant professors, teachers, behavior therapists, trainers, research scholars, clinical psychologists, etc. They talked about the department, faculty, and its growth. They were really happy to see all the faculties and cherished their memories. They offered their unconditional support and services for the development of the department. The programme was over by 3.45 pm. This alumni meet helped to reassure the statement *"Once a CUTNite, always a CUTNite."*



ALVIDA 2K22



Farewell function, “ALVIDA” was organized on 19th May 2022 for the batch of 2020-22 M.Sc. Applied Psychology students in the presence of all faculty members, scholars, and students. The event was filled with enjoyable games and performances. In the end, student's of the out-going batch shared their experiences of the department and the university. Overall, a memorable adieu was bid to the last year students.



APRÈS SECTION 377:

THE CHANGING DYNAMICS IN THE FAMILIAL AND ORGANISATIONAL SUPPORT FOR THE LGBTQ+ COMMUNITY AFTER THE DECRIMINALIZATION OF SECTION 377



Pic Courtesy: Google images

BY DEVU RAJEEV

Psychology was one of the early disciplines to study homosexuality as a distinct phenomenon. Common standard psychology viewed homosexuality as a mental illness prior to and throughout most of the 20th century. But researchers were consistently unsuccessful in generating any empirical or scientific basis for homosexuality as a disorder or abnormality. The shifting views with the psychological studies of sexual practice are evident in its placement within the 1st version of the Diagnostic and Statistical Manual (DSM) in 1952, and subsequent removal in 1973.

Section 377 of the Indian Penal Code (IPC) is a draconian law that criminalizes homosexuality and was introduced in the year 1861 during British rule. In the name of morality, homosexuals are forced to bear the prejudices, violence, exploitation, and torture from society. They were kept devoid of their fundamental rights, which also affects their

development, personality, emotional lives, and happiness. Section 377 also curbed their right to live with dignity and respect (Article 21) and right to privacy (Motwani, 2017). However, in a historic verdict, the Supreme Court of India on September 6, 2018, decriminalized Section 377 of the IPC and allowed gay sex among consenting adults in private. We tried to understand the present status of the LGBTQ+ community and whether or not decriminalization has made an effect in their lives through a qualitative study.

Before the decriminalization of section 377, members of the LGBTQ+ community used to experience a lot of sexual abuse, harassment, social exclusion, and discrimination in society. They were not given equal status as other citizens of the country. The LGBTQ+ community has been relentlessly raising their voice against the section wherein they were denied the rights to establish a physical relationship with same

sex in private. They did not get acceptance in society, in their families, workplace, or in educational institutions. After decriminalizing homosexuality from Section 377, the question arises, is there a reduction in social discrimination and an increase in familial acceptance as a result of this decriminalization of homosexuality? Besides the general optimism about the decriminalization of homosexuality, it does not show any significant impact on the acceptance of homosexuals by their families. In previous research after the decriminalization, some homosexual respondents admitted that after the disclosure of their identities or admittance about homosexuality, they faced severe discrimination from their families.



Pic Courtesy: Google images

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To bring a change in this attitude, as suggested by the participants, sex education should be incorporated into curriculum.

Some families seem to think that if they marry their child through heterosexual marriage, it could change or correct their child's sexual orientation. Some homosexuals also responded that if their families knew about their homosexuality, they will never accept them. So, they are hiding their true identity from their parents for years and even sometimes marry for their appearance's sake. One of the major reasons for the non-acceptance of homosexuals by their families is the fear of social alienation. These families fear the loss of respect in society and hence force them into heterosexual marriage or disown them.

Decriminalization can gradually, but steadily lead to the acceptance of homosexuals within their own families as it can remove much of the stigma associated with homosexuality and by increasing awareness about every individual's fundamental rights including homosexuals.

Based on the common responses from the participants in our study, we understood that decriminalization of homosexuality was not enough. It is the initial step to a long series of reforms, yet to come. Most of the community members are not satisfied with this legal change. They are happy that they will not be called a criminal anymore. However, they are still harassed and threatened. This suggests that a legal change can be beneficial only if it is followed by an open-minded acceptance from society. It was observed that many families were ready to accept their child as gay/lesbian, but they are afraid to do so because of 'what would people think?'

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It was observed that many families were ready to accept their child as gay/lesbian, but they are afraid to do so because of 'WHAT WOULD PEOPLE THINK?'

Even parents who work for the community welfare take a different stand when it comes to their daughter. To bring a change in this attitude, as suggested by the participants, sex education should be incorporated into the curriculum. Children, as well as adults, should be made aware of the different varieties of sexual orientations. They should understand that homosexuality is not abnormal or unnatural. Major laws that could help the community are, the legalization of same-sex marriage and changes in adoption policies. Since homosexuality is not considered a criminal activity anymore, they should also enjoy the same rights as heterosexuals, such as the right to marry. As stated by the contact hypothesis (Allport, 1954) intergroup contact under appropriate conditions can effectively reduce prejudice between majority and minority group members. Thus, we should create a safe environment for diverse sexual orientations and gender identities to come up. When more and more queer community members come to the mainstream, contact with them would reduce the stigma.

Overall, we can understand that decriminalization of homosexuality under 377 has not brought many changes in the day-to-day lives of homosexuals. Except for a few, there were no major changes in familial support, acceptance in institutions, or attitude of society; specifically due to repealing of 377. However, there is now an open conversation, and debate about the queer community that had not been before. Government could come up with more policies so that the community members would feel accepted in the society and live a life with dignity. As every participant in our study responded, decriminalization is not enough. It is just the initial step to change.

“

**Decriminalization is
NOT ENOUGH.
It is just the initial step
TO CHANGE.**



Devu Rajeev
Guest Faculty

“History owes an apology to the members of the community and their families, for the delay in providing redressal for the ignominy and ostracism that they have suffered through the centuries. The members of this community were compelled to live a life full of fear of reprisal and persecution”

-Justice Malhotra

What brought us **together** will also tear us **apart!**



Pic Courtesy: Google images

BY SOWMYA S

Human lives have become intertwined with technology! From homemakers to spiritual gurus everyone feels the need to ‘connect’ with others. This is also the fundamental human need to connect with fellow human beings and strive for interdependence. If there is some invention ‘ground-breaking’ to me it is the smartphone. For it has changed the way we eat, sleep, play, interact, procreate and live. Unfortunately for the not-so-good reasons.

Now, I am neither a pessimist nor old school. But, as a millennial, I can not just quietly let it pass how things have changed. My parents’ generation is largely oblivious to the power of technology and has spent a good larger part of their lives in peace before the ‘noise’ (read WhatsApp forwards) took over. My children will never know we used devices like calculators, alarm clocks, tape recorders, torch lights, or landline phones. These are now obsolete and can be only seen in houses that have both grandparents and young children. The two generations mock each other for using their ‘preferred’ devices. I am often confused about whom to pity in this bout.

I am happy that the world is thriving with technology. From academia to research, blogging to business, communication to conservation, everywhere smartphones lead the way. But it pains me to see how they spread like treacherous cancer in the body, silently yet aggressively, before it can consume us stealthily. All the while we will keep basking in the glory of their ‘superpowers’. So, I took some resolves within me and call out when these happen in my house. That way I can reduce at least some of my cognitive dissonances.

I will intervene..

When children are fed with smartphones as companions...

When at the dinner table two people sit facing each other, yet aren’t facing each other...

When parks, playgrounds and sports places are having ‘virtual’ interaction...

When people respond to notifications faster than nature’s calls...

When we spend more time with a smartphone than out in a natural environment...

These are some simple questions I ask myself repeatedly and answer myself reassuringly. Will these questions change the world? Definitely not. But can undeniably positively influence the small ecosystem I have developed, in the long run. I am not trying to hide here from technology, but safely social distancing, to not be unduly impacted by it. Because, I too wish to see the world grow because of a smartphone and not in-spite of a smartphone.

I continue to ponder over my irresistible and all-consuming question:

“Phones have indeed become smart. But have we?”





Pic Courtesy: Sainaba P

THE KID

Not grilled by super ego,
Let the kID sleep in sound
Not baffled by the ego
Let the kID wobble in cradle
Let it fan the palms out
Fearless,
Amid the throng
Amid the tempest
Let it listen to the waves



Sainaba P.
Research Scholar

~Sainaba P.

WHY DO WE BECOME BLIND TO THINGS HAPPENING RIGHT BEFORE OUR EYES?

By Saravana Priyan T.

Picture this, a new driver, cruising down a familiar road, keeps his attention focused on the speedometer, the rearview mirror, the oncoming traffic. Suddenly, he notices a cow standing on the road. He slams on the brakes but can't avoid striking the animal. Later, the driver insists that his eyes were on the road—he was paying attention to his driving. He just never saw the animal.

During a flight, an airline pilot and his crew notice a bulb flashing on the control panel. Immersed in a search for the cause, they fail to notice the rapidly approaching ground.

The person making such errors is likely to be held negligent but it does little to explain why such accidents are so commonplace. Why do even experts, diligent and thorough people so often fail to see the obvious?

The answer lies in a relatively recent discovery in the field of psychology called Inattention blindness, a condition that all people unknowingly exhibit every waking moment of their lives. As the name implies, it is the failure to see objects located on or near the sightline because it does not engage our attention. So in the earlier examples as the pilot's attention was engaged in identifying the cause of the flashing bulb and the new driver's attention was engaged in driving properly they end up missing prominent and important physical objects even though their eyes were looking directly at it. Such prominent misses are truly surprising for both scientists and laypeople because they're so at odds with how we assumed vision worked.

Intuitively, people believe that as long as our eyes are open, we are seeing. Even as we recognize that the brain does a lot of processing behind the scenes, we expect that at least salient objects—a large animal in our path, for example— to always be perceived. Psychologists once thought the same way. They thought our visual perception acted much like a videotape recorder with the brain recording everything the eyes take in. We now know that this is not the case. More and more, perception studies are demonstrating how little people actually see when they are not paying attention.



One of the best-known experiments demonstrating inattention blindness is the "invisible gorilla test" carried out by Christopher Chabris, Ph.D., and Daniel Simons, Ph.D. In this experiment, researchers showed participants watched a video of a group of people in white shirts playing basketball with a group wearing black shirts. The researchers instructed participants to count how many times the basketball was passed between members of the team wearing black shirts while ignoring the other team.



Pic Courtesy: Google images

Afterwards, the participants were asked if they had noticed anything unusual while watching the video. Across all the tests, approximately 50% of the participants reported seeing nothing out of the ordinary. But in reality, something odd had happened. In some instances, a woman dressed in a gorilla suit strolled through the scene, turned to the camera, thumped her chest, and walked away. While it may seem impossible that the participants missed such a sight. Since their attention was focused elsewhere on a demanding task of counting the passes, the gorilla basically became invisible.

Similarly, aviation psychologist Christopher Wickens, PhD, at the University of Illinois at Urbana Champaign, has examined how pilots in flight simulators perform while using head-up displays—equipment that projects information such as airspeed and altitude onto the windshield. His research has shown that when experimenters put something unexpected but important in pilots' field of vision, such as an airplane on the runway, pilots often miss such objects. Since pilots have such an incredibly high visual attention load, we now know that just even the presence of a large plane in the visual field will not always be detected.



Pic Courtesy: Google images

**MACK AND ROCK (1998)
FOUND THAT "ON
AVERAGE, 25% OF THE
OBSERVERS
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INATTENTION".**

HOW DOES VISUAL PERCEPTION WORK?

Imagine you are driving in a congested road full of other vehicles, the amount of information that can be taken in by our senses is limitless. Our senses send much more information than can possibly be processed by our brain. Our brain has very limited resources when it comes to performing difficult tasks such as driving in traffic that involves both planning and working memory. To combat this information overload, the brain often focuses only on few pieces of selected information to perform any task.



Pic Courtesy: Google images

In deciding what to focus on, our attention filter selects just a small amount of relevant information to process, and anything leftover gets ignored. The rest of the unattended information never reaches our consciousness. Inattention blindness occurs when attention mistakenly filters away important information and the brain fills in the gaps. Thus, in the examples above, the brains of the individuals involved in the errors filtered out important information and filled in the gaps with erroneous information leading them to miss prominent objects.



**INATTENTIONAL
BLINDNESS OCCURS
WHEN ATTENTION
MISTAKENLY FILTERS
AWAY IMPORTANT
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THE BRAIN FILLS IN
THE GAPS.**

WHAT CAPTURES OUR ATTENTION?

EXPECTATION

Expectation has a powerful effect on our ability to pay attention and notice information. Errors occur when new or unusual circumstances happen in highly familiar situations. One of the reasons why people so often "miss the gorilla," is simply because the stimulus does not fit into their idea of what a basketball game is supposed to look like. A gorilla showing up in the middle of a basketball game is unlikely to happen in a real-world setting, so we are less likely to notice it. It is essentially ruled out as a component that will help you better understand or carry out the task at hand.

CONSPICUITY

The degree to which an object or crucial piece of information is distinct from other objects in its environment determines whether it captures our attention. Factors such as bright colors, movement, and flicker to some extent attract our attention and reduce chances of missing the crucial information.

TASK INTERFERENCE

Inattentional blindness is more likely to occur if part of your attention is diverted, Speaking on a cell phone, adjusting a radio, or carrying on a conversation with someone in the back seat can absorb large attentional resources and lead to inattentional blindness. Any mental workload, such as just thinking about what to make for dinner, can also reduce available attention.

MULTI TASKING

We all learn to function amazingly well while multi-tasking, but more complicated tasks require our full attention. Critical errors can occur in situations such as answering the phone while entering prescriptions into the computer, or even thinking about your dinner plans while transcribing a medical order.

WORKLOAD

High workload cause fatigue and reduces our ability to sustain attention for long periods of time, increasing the chances of Inattentioal blindness. Low workload causes boredom and reduces the attention given to tasks, especially when carrying out highly practised tasks, such as driving. In fact, we spend a large majority of our waking life functioning with the equivalent of an automatic pilot, with occasional conscious checks to ensure tasks are being carried out properly. Thus, increasing automation and reliance on technology could have the negative side effect of making us more prone to inattentional blindness errors.

CAPACITY

The capacity to pay attention varies from person to person and is influenced by age and mental aptitude. From time to time, attentional capabilities of an individual fluctuates due to influences such as distractions, alcohol, drugs, and fatigue.

As such it is difficult to reduce errors due to inattentive blindness. You can tell a driver to be sure to check the oncoming lane before turning, but the advice will do little good if the driver is looking for a specific address, is in a hurry and in an unfamiliar part of town. There was a case where a paramedic became involved in a fatal accident because he was confused about directions and failed to see a pickup truck coming toward him down the opposite lane. He had just come off a training course on driving the ambulance. So, efforts to reduce inattentive blindness should centre on increasing conspicuity of critical information, decreasing diversions of attention and reducing secondary tasks when carrying out complex tasks.



Pic Courtesy: Google images

**INATTENTIVE BLINDNESS
IS A NATURAL
CONSEQUENCE OF OUR
ADAPTIVE ABILITY TO
DEFEND AGAINST
INFORMATION OVERLOAD.**

CONCLUSION

Inattentive blindness is a natural consequence of our adaptive ability to defend against information overload. Often times we are able to consciously perceive only a small percentage of the available information that flows into our senses and are blind to the rest. As further research in perception makes us aware of such limitations, we can take steps to improve it wherever possible, or better yet, recognize these limitations and make changes to reduce the adverse effects.



Saravana Priyan T.
Guest Faculty



Pic Courtesy: Google images

HOW SOCIAL MEDIA BECAME A TOXIC MIRROR

By Gopika M. S.

Social media is the widest platform where people of all ages spend most of their time. Apart from its positive effects, it may also expose us to some negative effects. The overuse of social media can result in many problems. One of those is the unrealistic perception of body images and beauty ideas. We could see a lot of content being uploaded that creates these unrealistic body images. It can lead to various toxic lifestyle changes, resulting in total mental and physical imbalance.

A decade ago social media was in its early years and had not yet gained attraction. A couple of decades ago, large amounts of money would be spent on phone calls, and people used to wait for months to receive letters. All of this has changed partially due to the influence of social media. It has brought about a drastic change in the way people communicate with one another. Social media also erased the problem of geographical boundaries that were once there.

Not only the communication strategies, but the emergence of social media also changed what and how much information can be accessed. This may not always be a good thing, as being exposed to all this information can lead to unrealistic expectations and confusion regarding what are the expected norms.

Users usually access social media services via web-based apps on desktops and laptops or download services that offer social media functionality to their mobile devices like smartphones and tablets. As users engage with these electronic services, they create highly interactive platforms through which individuals, communities, and organizations can share, co-create, discuss, participate and modify user generated content of self curated content and post online.



Social media can help to improve an individual's connection with real or online communities and can be an effective communication tool for corporation entrepreneurs, non profit organizations, advocacy groups, political parties and governments. Observers have also seen that there has been a rise in social movements using social media as a tool for communicating and organizing in times of political unrest.

Social media is highly visual and interactive. Many social media platforms are based on a currency of likes and followers. Social media networking is the primary way young people connect and communicate. It can be considered their main channel to the outside world. It has been previously reported that greater usage of sexually objectifying media may be associated with a higher levels of self objectification. Social media permits its user to see the world through a filter rather than real life. It is largely responsible for what the public sees as the ideal man and woman. Many of the advertisements that use social media as a medium to convey their message put heavy emphasis on physical appearance and the importance of being considered physically attractive, this in turn puts pressure on men and women to conform to unattainable standards that have been set.

Body image has been defined as the internal representation of your own external appearance, and as your perception of your body. It may also be defined as the attitudes, emotions, perceptions, and reactions an individual has to her or his own body. Body satisfaction is often measured by asking a person to rate their current body compared to their ideal shape; similar to social comparison theory, the difference between these two is the amount of body dissatisfaction. Body image is closely related to psychological health. A person can be either satisfied with their body or dissatisfied. Body dissatisfaction is largely based on the individual's negative feelings about their body, which are often determined by social experiences such as media images .

Body dissatisfaction has become a major concern in recent years in both genders, particularly in females. Previous research suggests females are more likely to want to be thinner or remain the same, rather than to be heavier. Similarly, McCabe and Ricciardelli (2005) found adolescent girls reported pressure from the media to lose weight, while the opposite was found for adolescent boys. Many factors contribute to a person's body image including family dynamics, mental illness, biological predisposition and environmental causes for obesity or malnutrition, and cultural expectation (eg, media and politics).

People who are either underweight or overweight can have poor body image. However, when people are constantly told and shown the cosmetic appeal of weight loss and warned about the risk of obesity, those who are normal or overweight on the BMI scale have higher risks of developing poor body image.



Pic Courtesy: Google images

Social media may force [narrower] standards of beauty than ever before. Users are constantly bombarded by notifications, posts, and photos about the lives of others. Seeing messages about what we could, should, or would be if we only purchased certain products, made certain choices, or engaged in certain behaviors. Despite the ability to create and control the content on social media, the same unattainable body ideas we see in traditional media are also reflected in the online environment. Engagement with social networking platforms and images will therefore encourage the psychological adoption of unrealistic beauty ideals, which can lead to poor body image and low self-esteem.

Applications such as Instagram have become a “body image” battle ground, while the “selfies” are now the universal lens that individuals use to criticize their bodies and others. Facebook and Snapchat also allow users to receive appearance and community acceptance through the ratio of view comments and likes. Instagram has come out as the worst platform for mental health in recent studies. The increased use of body and facial reshaping applications such as Snapchat and face tune has been identified as a potential cause of body dysmorphia. Recently a phenomenon referred to as “Snapchat Dysmorphia” has been used to describe people who request surgery to look like the edited version of themselves as they appear through the Snapchat filters. According to research by the Renfrew Center Foundation, 50% of men and 70% of 18 to 35-year-old women edited their images before uploading. So social media has a considerable role in the body image satisfaction of people irrespective of gender, age, culture etc.



Gopika M.S.

M.Sc. Applied Psychology

METAMORPHOSIS



I was born melancholic, truly since my toddlerhood, I can't spot a single photo of mine with a smile. Maybe because the day I found the meaning behind that "facial muscle exercise", I stopped smiling. I felt that nothing was worth a smile. I remember carrying an invisible burden throughout my childhood till my late adolescence. I thought of myself as an old soul in a kid's body. I felt as if I am under a spell, like the prince who turned into a frog. My nirvana came to me during my late adolescence. One fine morning, like Mr. Sreebudhan, I woke up to something new. It was like a new birth. My metamorphosis!

From that point, I began to live the life of my ideal self. I pretended to be like her, and guess what, months after, I turned out to be something different, close to ideal I should say. It may sound exaggerated, but ask anyone who has known me till high school, you will get to know the other version. And if you know the current version of me, never try to get a glimpse of the older one, it may ruin your fantasy. So, first of all, get that thought out of your mind and admit the fact 'none of you know me', but happily, I know myself to be the guiltiest and the best, like each of you knows about yourselves. So just keep in my mind, it is 'YOU' that matters, it is yourself that you should impress and consider. So love yourself like I do, and live your childhood right now if you never had one!



Amala Sudarsan
Research Scholar

PENNING THE MISERY



She scribbled down a sonnet,
words filled with never-ending sorrow.
A sonnet of tears and swallowed in weeps.
Why is it always melancholic?
Pain, sufferings, anguishing heaps.
Is it her last agony?
Please leave her a chance of harmony,
let it linger through her mind and soul.
Flashing the light of hope,
A silver lining to console.
One must know her delicacy,
to put down the fire burning her tranquility,
and to pour back in the lost jovial,
As to replace the melancholy with love and faith...



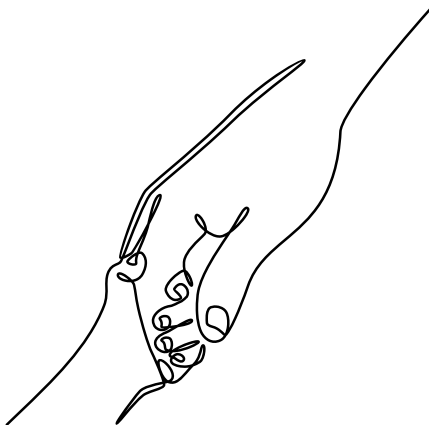
Advocating a Meaningful Change in Maternal Mental Health

By Theres Santy

Research in maternal mental health is a public health priority, for its influence on both mother and child (Satyanarayana et al., 2011). Pregnancy is a time of emotional upheaval (Ding et al., 2014; Rubertsson et al., 2014) and is regarded as both a situational crisis as well as an enriching experience for women (Manookian et al., 2019). If this crisis is not effectively handled, it could become a long-term crisis with several repercussions for the expectant mother and offspring (Bayrampour et al., 2015; Glover, 2015).



The World Health Organization defines maternal mental health as “a state of well-being in which a mother realizes her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her community” (World Health Organization, 2004, p. 1195). Mental health promotion approach calls attention to this well-being through the enhancement of resources, capabilities and competencies (Barry, 2014) and rousing worth for mental health (World Health Organization, 2004). Mental health promotion stratagems target at enriching the potential for health and quality of life rather than reducing the symptoms and deficits. Review of the existing literature discloses that promotion of maternal mental health is a necessity which has long been ignored. Although, in recent years, evidence base for mental health promotion is increasing; (Clelland et al., 2007), it remains substantially immature in the pregnant population.



One of the most significant events in a woman's life-cycle is her pregnancy. Promotion and prevention approach extends a great scope for pregnant population especially in resource-constrained countries for a positive sustainable mental health. Prevention of mental health disorders during pregnancy is critical, but promotion of psychological well-being is even more crucial, though traditionally not well addressed. Many studies have indicated the effects of psychological interventions on the population at-risk; few studies have concentrated on universal prevention. Regrettably, none has focused specifically on universal prevention in pregnancy (Yasuma et al., 2020).

According to Antonovsky’s ‘salutogenesis’, well-being is not a fabric which can be tied along with the idea of health, but is greater than that. He mourned that health promotion has “succumbed to the powerful but unfortunate flaw which flows from the dichotomous classification: the all-consuming concern with risk factors, with pathogens” (as cited in (Mittelmark & Bull, 2013)). Mental health promotion is at a crucial period, demanding a transference from the existing central emphasis on disease, disability as well as poor functioning, to a further balanced approach in which psychological well-being also stimulates research’s interest.

“

Let us give more value to mental health promotion and change the dialogue of the meaning of health.



Many positive psychological interventions have shown incredible results in enhancing well-being and quality of life. It’s important to explore the contributing factors to pregnant women’s well-being. Let us give more value to mental health promotion and change the dialogue about the meaning of health. Society should become more open to understanding the vulnerability of women to mental illnesses during pregnancy period. The existing challenges in implementing informed mental health services to perinatal women can be addressed only by political will, social awakening, and a public movement. This ‘intergenerational’ concern is a significant public health priority that requires far more attention than it has received yet. This article reiterates that the mental health promotion approach has a great potential and a role in attaining a positive sustainable mental health for expectant women as well as of the forthcoming generation.



Theres Santy
Research Scholar

FINDING YOU

I didn't know, finding you was difficult
I kept on searching for you here and there
Wandering like a madman!

Where are you, my love?
Why are you hiding from me?
Why did you go away from me, leaving me all alone??

I thought you are impartial
I thought you are inside everyone
But I can't find you in me!

Trapped between hell and heaven
But can't find you anywhere
Where are you, my love.....where are you?

Feeling tired, searching for you
Feel like giving up, but something stops me from it!
Waiting for you with my open hands.....
To hug you and kiss you
To make you my own, forever!

~ Gayatri Ajit



Gayatri Ajit
M.Sc. Applied Psychology



ARE WE REALLY RAISING 'UP' CHILDREN?

By Nisha P. Joy

Begin with an important lesson. 'Son, this is going to be an important turning point in your life'. Our parents started saying this decades ago. What do they actually mean by repeating this many times? Is there really something to take a turn? If so, can't they convey it in some other way? Are our children happy hearing this?

Anyway, the child took a turn but the remarks did not vanish. Excited about their achievements, mom said "this fool is like his dad, good for nothing", whereas dad complimented "she has got all the foolishness of his mom", "she would have scored above 90 if she had got my brain". For some parents, the ultimate happiness is "Look at Sita's son. He scored 99%. He is very smart and intelligent, not stupid like you".

**Suddenly, a rocket launch of self-esteem in children fell into the Pacific.
A feeling of 'useless and good for nothing' stem inside them.**

Can a mere exam evaluate a child's whole ability? Many of us think so. There is a pressing need to create awareness about intelligence. A student attends an exam based on what his teacher taught and what he himself prepared. All these exams measure how much he could retrieve. Here what is being tested is memory, not intelligence. Then what is intelligence?

Of course, it's something that makes individuals different. It discriminates the social animal from other animals. Psychologically speaking, intelligence is the ability to think abstractly and learn from experiences. An individual is intelligent if he could adapt and learn from any situation whether it is physical, social, or emotional. This ability is not completely biological. Both nature and nurture equally contribute to it. Intelligence is not fixed, but it is flexible in terms of how we use our abilities.

For a growing child, family is the first social group where one gets all acceptance, appreciation, and attention. Self-esteem adds to better utilization of their abilities. Primarily a child should be taught to face any toil, tackle any hurdles and make wise decisions.

Remember a child has potential above their abilities. That is why Albert Einstein said, "Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid."



For children, dreams are their sky. So never set limits to it. Their wings are not to be cut down even if you helped them grow. **Let them really rise!**

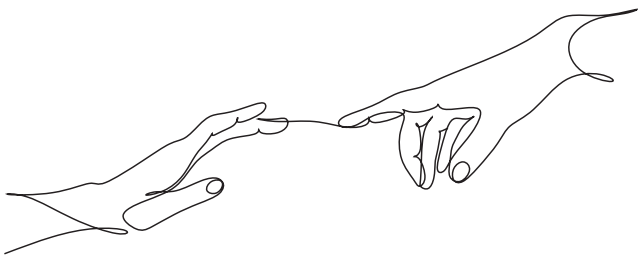
"Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid."



Nisha P. Joy
M.Sc. Applied Psychology



HOPE TREE



I DON'T KNOW HOW IT WOULD BE,
A BLUR VISION IN HEAD IS ALL I SEE.

DON'T HAVE MUCH TO CONTRIBUTE,
ALL I CAN DO, IS STRENGTHEN THE ROOTS.

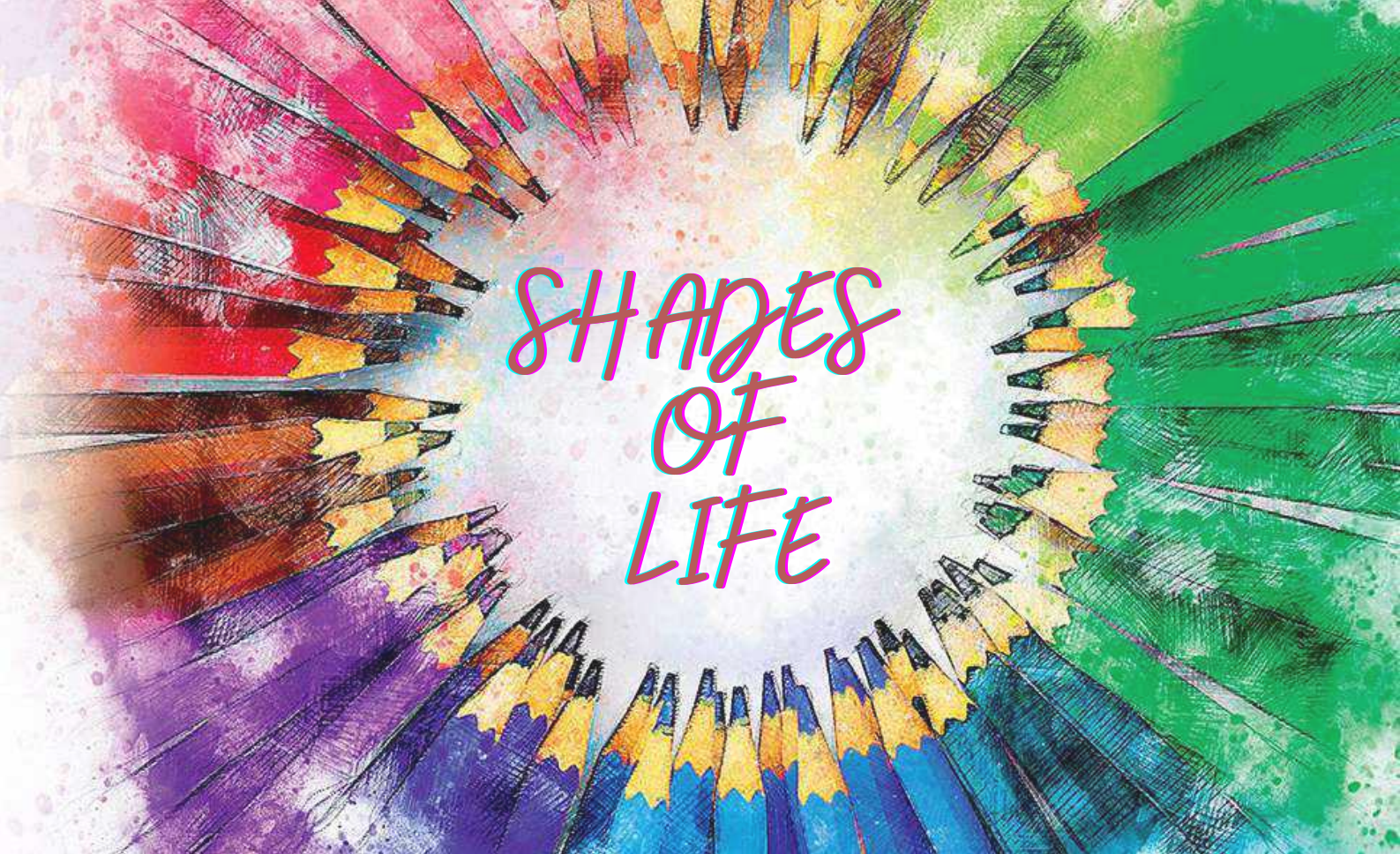
MAYBE SOMETHING SMALL,
BUT SOMETHING, THAT'S FOR ALL.

SO TODAY, I PLANT A HOPE TREE.
IN THE MEMORY OF VIRTUOUS AIR. THAT
MY FUTURE WILL BREATHE.

~S. KAVITHA



S. Kavitha
M.Sc. Applied Psychology



SHADES OF LIFE

Life is crazy, isn't it?

Every day we are going through a lot of instances that we aren't aware of. But at some point, everything has to reach its culmination. This is something inevitable...

"Just when the caterpillar thought it was the end, it became a butterfly." Well, that's just the world teaching us in its own manner that 'Every end is a new beginning....'

As the great poet Shelley penned down "If Winter comes can Spring be far behind?", every ending can be indicative of a new beginning in our life. For fresh flowers to bloom it is necessary for the old ones to wither away.

Happiness and sorrow are different shades of one's life. To date, whatever has happened, whatever trauma you have been through, is in the past. So one should not lose hope in their trial times, rather they should struggle for a better future and remain positive in such conditions.

Try to leave a footprint so that others may get a burning desire in their heart and it makes them think so as to 'if they can do it, then why can't I'?

Let your life be the star that guides others home. Be a light to give light.



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Pooja B.
M.Sc. Applied Psychology

Who's dying?

*I still run up to those hills,
And sit on the grass under those windmills.
Remember the last time, We got up there?
I envied the zephyr that touched your hair.
Remember how I asked you to stay?
You said, "It's not my choice to make."
You know?
That was the only day, I saw you crying.
It made me feel like, it's not you, it's me,
Who's dying.*

~Fathima Hasna Chulliyil



Fathima Hasna Chulliyil
M.Sc. Applied Psychology



Pic Courtesy: Google images

FAMILY PACK

KARIKKU'S ROLE IN REDEFINING GENDER ROLES

BY ANJALY MATHEW

Karikku is an Indian-based YouTube channel in Malayalam language. The team is famous for their humorous web series and has more than 6 million subscribers on YouTube. Family Pack is the latest YouTube video uploaded by Karikku which tells the story of a family. The elder brother in the family does not have a job and the video takes us through the hardships in his life. Even though the main plot that Karikku portrays is not of gender roles, the theme is prevalent from the beginning till the end. Here, the mother had a job and father is the homemaker and this idea is portrayed in a very simple and natural manner.

Representation of gender by different media is a widely discussed and studied topic. Its importance has risen even more now as gender roles are getting redefined. Gender roles stereotypes are when a person is expected to act in a certain way based on society's expectations related to their gender. Traditional gender roles go back to a time when there were clear and at times unequal rules about people who were expected to act based on their gender. People who were born male were expected to be strong and aggressive, not emotional and to love sports. People who were born female were expected to be kind, domestic and emotional. The paper analyses how a YouTube video redefines the traditional gender roles through humour. Karikku's role in redefining gender roles.

1. Referring to the house as women's property.

In the very beginning of the video a marriage broker is seen looking for Savithri's house. Usually a household is not referred to as a female's property which may be because the male is usually the breadwinner of the family. But here the female of the house, Savithri is the breadwinner. Hence from the beginning of the video we are portrayed this idea that this household is quite different from the normal households that we see. This theme is not forced on the audience as something different. They are shown as a normal household.



Pic Courtesy: Google images

2. Cooking

The cooking of the house is entirely done by the father. We see the father asking both his sons what they want for breakfast the next day. The usual stereotypical gender role performed by a female is done by a male in the video. Unlike usual movies or entertainment videos, here the female is not just there in the video to be a support to the male actor. Both of them are given their Karikku's role in redefining gender roles own character and personality which makes this short humor video a lot more interesting and engaging to the audience.



Pic Courtesy: Google images

3. Emotional scenes

When the elder someone leaves the house, we see the father being portrayed as more emotional than the mother. He is seen crying while the mother is trying to console him. Here the stereotype associated with a particular gender is shattered and it also points to the audience that men too cry.



Pic Courtesy: Google images

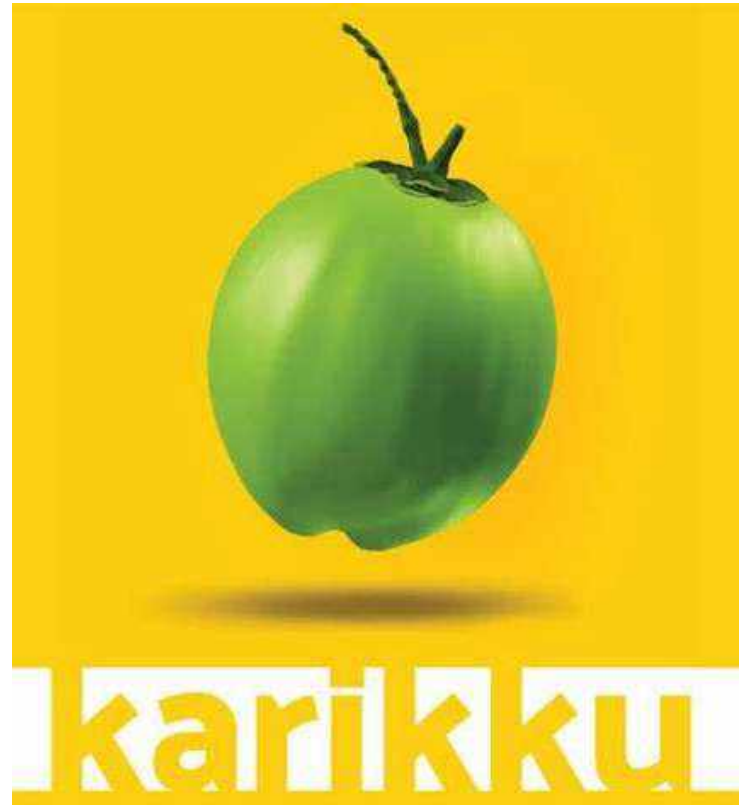


Pic Courtesy: Google images

Hence, it can be concluded that the video titled 'Family Pack', despite being a comedy video and having an entirely different theme, tried and successfully redefined the traditional gender roles. They showcased a healthy media narrative about gender roles. Media plays an important role in creating a healthy narrative about gender roles. So they should avoid increasing stereotypical depictions of gender and gender roles even as humour as it can be harmful to the viewer. Karikku's role in redefining gender roles.

4. Visual representation

In any media, visual portraits get more attention than linguistic elements. In the video we see the man giving tea to his wife and also his crying when the elder someone leaves the house. Even though these scenes are for a few seconds, it has a strong impact on the audience.



Pic Courtesy: Google images



Anjaly Mathew
M.Sc. Applied Psychology

DON'T KNOW...

*Maybe I was trapped in a magical ring of the Universe
Without my consent I was already in it
I know love is pure and eternal
But I was never into that..*

*Splendid life with loved ones dragged me back
May be this is the very reason why I was trapped.
Universe made me feel the purity of love
Not even easy to come out of it.*

*May be it's coincidental to meet him
I manipulated myself as it's an illusion.
I never put across a line.*

*Circumstances provoked me to confess.
I thought I never be bothered by the answer
Because I just want to be vocal.*

*But the very answer striked me like a hurricane.
What happened -Don't know.
Whenever I spoke to him I just want to remain the same.*

*And stop the time
It was comfortable and jovial
What happened -Don't know
I learned, enjoyed every bit of it.
No daily chitchat. But feel pretty much special every
moment.
After all I just remain still*

*Restricted myself to him..
It's a trap of universe. Life taught me
The little sparkles and fun of universe
What happened ?-Don't know
Am I happy?- Don't know...*



GOPIKA M.S.

M.Sc. Applied Psychology



Pic Courtesy: Google images

GENERATIVITY

By Amruta Prabhakaran

It is the vivid memory of her carefully adding all the spices to her betel leaf and placing it in her mouth with a smile that stayed with me. My grandmother, or my beloved “Dimma” was a sensitive and docile woman. Her husband’s commands and children’s wishes overpowered any desire she had, but whenever anyone cared to ask, she would proudly identify herself as a wife and a mother.

Her life was not exactly a calm stream, it was rather a stormy ocean where she, along with my Dadu (Grandfather) struggled to keep their boat afloat with five children in it (Birth control? What’s that?). This struggle seemed more haunting considering that they were rowing this boat in the city of dreams- Mumbai. Her routine went something like this; wake up at five to fill water, make breakfast for the family of 9, get kids

ready for school, go to Chembur to buy vegetables, then travel to Govandi to post mails to her maternal home, come back, cook lunch, take some rest, prepare snacks for the hungry little monsters, start preparing the dinner, help the kids with homework (Note: she was illiterate but knew how to swing her chappal if homework was not done on time), serving dinner to her lil monsters, put them in bed, wait for Dadu (a really long wait), serve him dinner when he arrives, then at last was Dimma’s turn (Phewww...!). Now this is what the regular life was. Apart from this regularity, 7 out of 12 months of the year my mum's home used to be flocked by guests. From immediate to distant relatives, everyone used to come to our house as if it was their vacation home in Mumbai. My Dimma being the sweetheart she was, welcomed each and every person with the

same warmth (as if they all are arriving straight from her maternal home).

Although she didn't have a formal education, there was no doubt that it is because of her intellect and management that my grandfather was able to reach unimaginable heights. Her happiness knew no bounds the day her child, my mother, became a graduate. Jumping with joy, she went door to door to hand out *Saundesh* and boast about my mother's milestone (more like Dimma's milestone!). My mother recalls, "The lady who used to lecture us about being a good wife and mother was reconsidered all her beliefs while looking at my degree certificate. She truly saw me as an independent girl who can do anything."

Hearing all these amazing stories of my Dimma's adventurous womanhood, I never even bothered to imagine if something was missing from this perfect *rags to riches* fairytale, but you are never too old to know about the disappointments in your family. The messy new detail to my favorite childhood story was that my Dimma was the heroine, but the hero (Dadu) was the one who was showered with all the praise and respect. My Dadu was not the exact hero I wished to see, he took pride in his work and never felt that it was necessary to put their long standing companionship under the spotlight of the society (Sounds like patriarchy? Is Patriarchy!)

Now this whole thing is very unfair and unjust from my point-of-view, but for my Dimma? She was just happy with the fact that she got to hold and care for all her grandchildren. When my aunt was about to deliver my youngest cousin, Dimma was in her last few days in the hospital. Immediately after he was born, my baby brother was taken to her room. Along with all her kids in

the room, her weak arms reached out to hold this newborn. Weak but firm. While looking at the baby and her children she said, "*Eta amar sonsaar, Thakur rokkha koruk*" (this is my world, may god protect it). It was at that moment everyone realized that, while they were cherishing their new world, someone was cherishing them as her own world.

If someday in future I'm to become a mother or adhere to the duties of a care-giver, I would cherish and fulfill them just like my grandmother did. Not by treading other things that give meaning to my life, but by adding my vivid experiences to my generativity.

Dimma was, is and always will be MY HERO!

Old Lioness

On an old cot she sat whole day
Weaving the yarn her own old way.
Once sheen black locks are now gray,
Now being treated as an old stray.
Once the lioness is now a frail prey,
The iron lady is now a puppet of clay.
My anger asked her if she had nothing to say?
She answered by not waking up the next day.



Amruta Prabhakaran
M.Sc. Applied Psychology



HOPE

*I see no masks on street dog's face,
And no social distancing in murmuration of birds.
Here I am, lying on my bed scrolling Instagram,
Away from the outer world, covered in sanitizer.
People call it quarantine life,
I just want my wanted life back.
Everything is moving with nature's rhythm,
But people are living with the fear of the virus.
Here I am closed in a room like Schrödinger's cat,
Hoping it is not the end.*



PRETTY SURENDRAN
M.Sc. Applied Psychology

Regulation

WHO CAN REGULATE US?
FRIENDS? FAMILY? TEACHERS? WHO CAN?
NO ONE CAN, BUT WE CAN
BUT HOW TO REGULATE?
BREAKING COMFORT, GETTING INTO DIFFICULTIES,
REMEMBERING DREAMS, LEADS US TO REGULATION



Anusree K.P.
Research Scholar



Let's Heal the World

When you're depressed
You gotta repress

Pain on the heart
Slow down the pursuit

Loss of hope in soul
Being no more goal

Don't be sad
Nor be dread

Let's heal the world
With all the heart



Shoiba Mumthaz
M.Sc. Applied Psychology



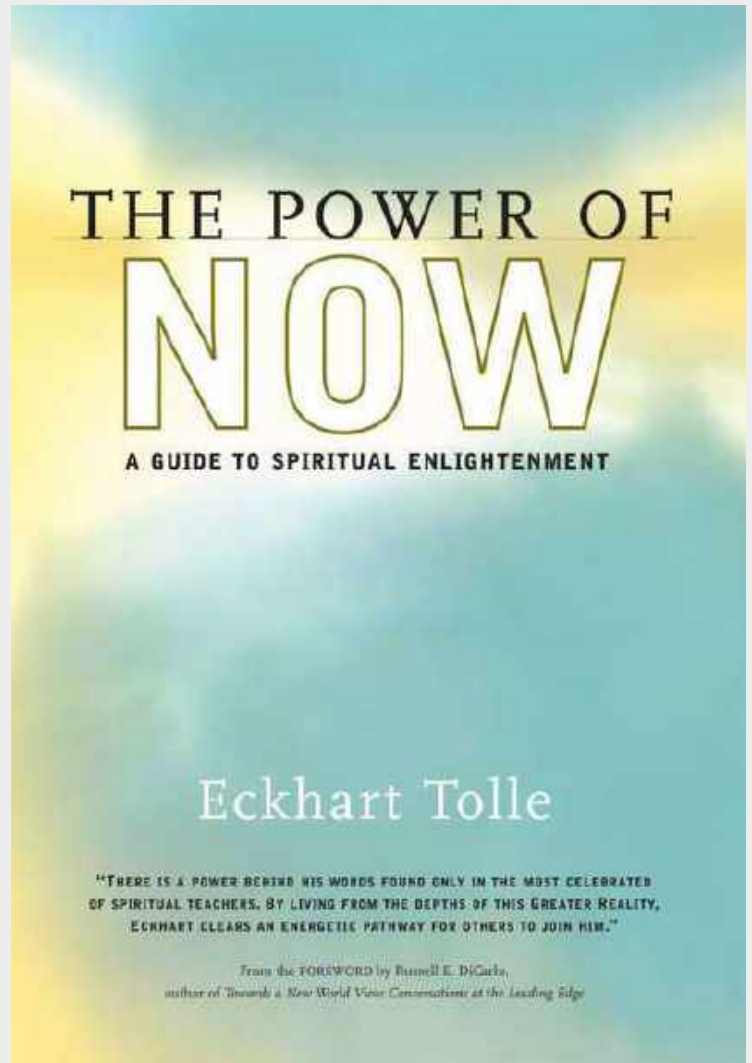
POWER OF NOW

BOOK REVIEW

'The power of now' is a book written by Eckhart Tolle. This book leaves a huge psychological impact which is similar to what a mental and spiritual guide would impart. The author constantly reminds us about the importance of the present moment, the only thing that we really have in our life. The author also says that we are not our mind. The mind is a powerful tool that has immense potential but what happens is that we are being used by our mind.

We are not even aware of what is happening with us. We identify ourselves with everything that happens in our mind which creates constant chaos.

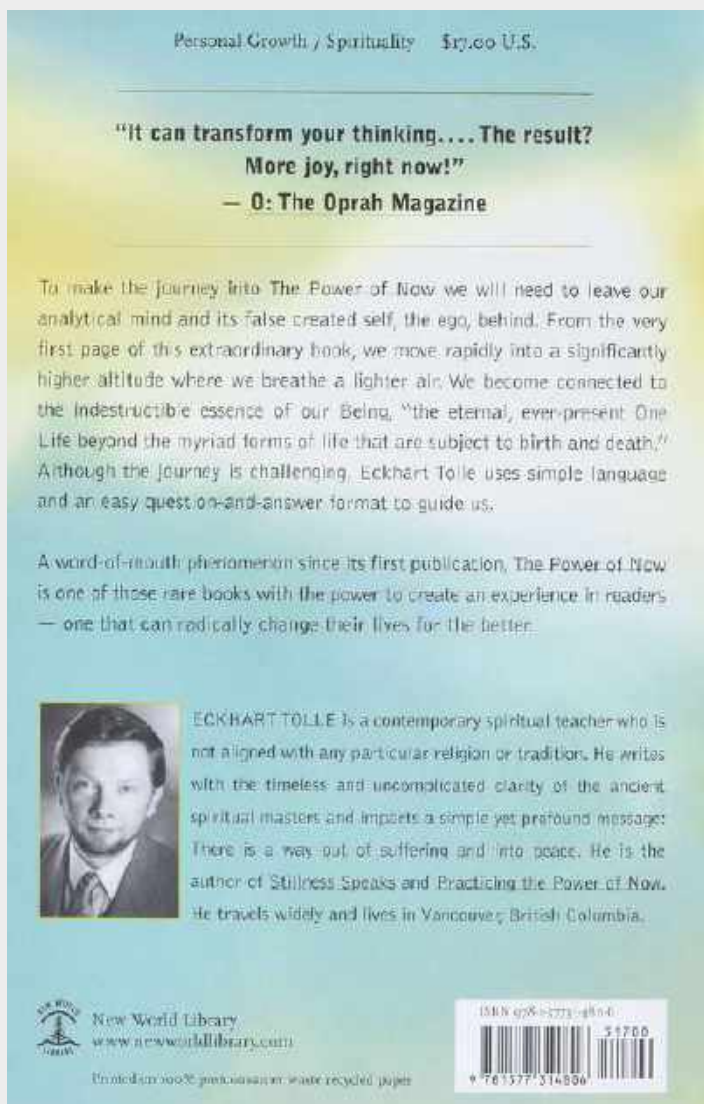
The author stresses the importance of becoming a witness of present. This means, watching what is happening within oneself, rather than identifying everything happening within the mind. Human beings have the potential to go beyond the mind. Most of the problems in our life are created by our minds because there is no existence of mind when there are no problems. So, we undergo constant suffering and pain by not identifying with the mind. Becoming more aware is the solution to this. The mind always wanders in the past or future. Bring it back to the present, to this moment, where you can find your real self.



Pic Courtesy: Google images

Most of the human pain is unnecessary and self-created. Unless and until we become a witness of the present, we will be continuously reliving the past emotional pain and sufferings. The problems of the mind cannot be solved within the mind. Steadying your mind in the present will give you an immense sense of awareness. This is something that we need to learn and practice in our life so that we can become more aware and present in the moment. Then, we will have fewer problems in our life. We will also feel that we really are alive in this world. Most of the things in this world will be a wonder for us. And also there will be less conflict in this world. There will be more compassion and love.

Eckhart talks about new earth where we can create a heaven of our own. Yes, it's possible! Come back to your true self, at this moment. Don't get trapped by the illusionary world which is created by your mind. Be in the reality and in the present moment. That is the greatest advice Eckhart puts forward to this world.



Pic Courtesy: Google images

SERENDIPITY

Arises a ray of hope,
giving a better scope.
Hey Sunshine, give me vision,
that even turn rock to cushion.
Deeply trusted in my mind
turning my wrath, kind.

A life boat in the dreary sea,
surpassing storms free
into a land of dreams,
where memories scream
relieving in pain, throwing hope out of the clouds.



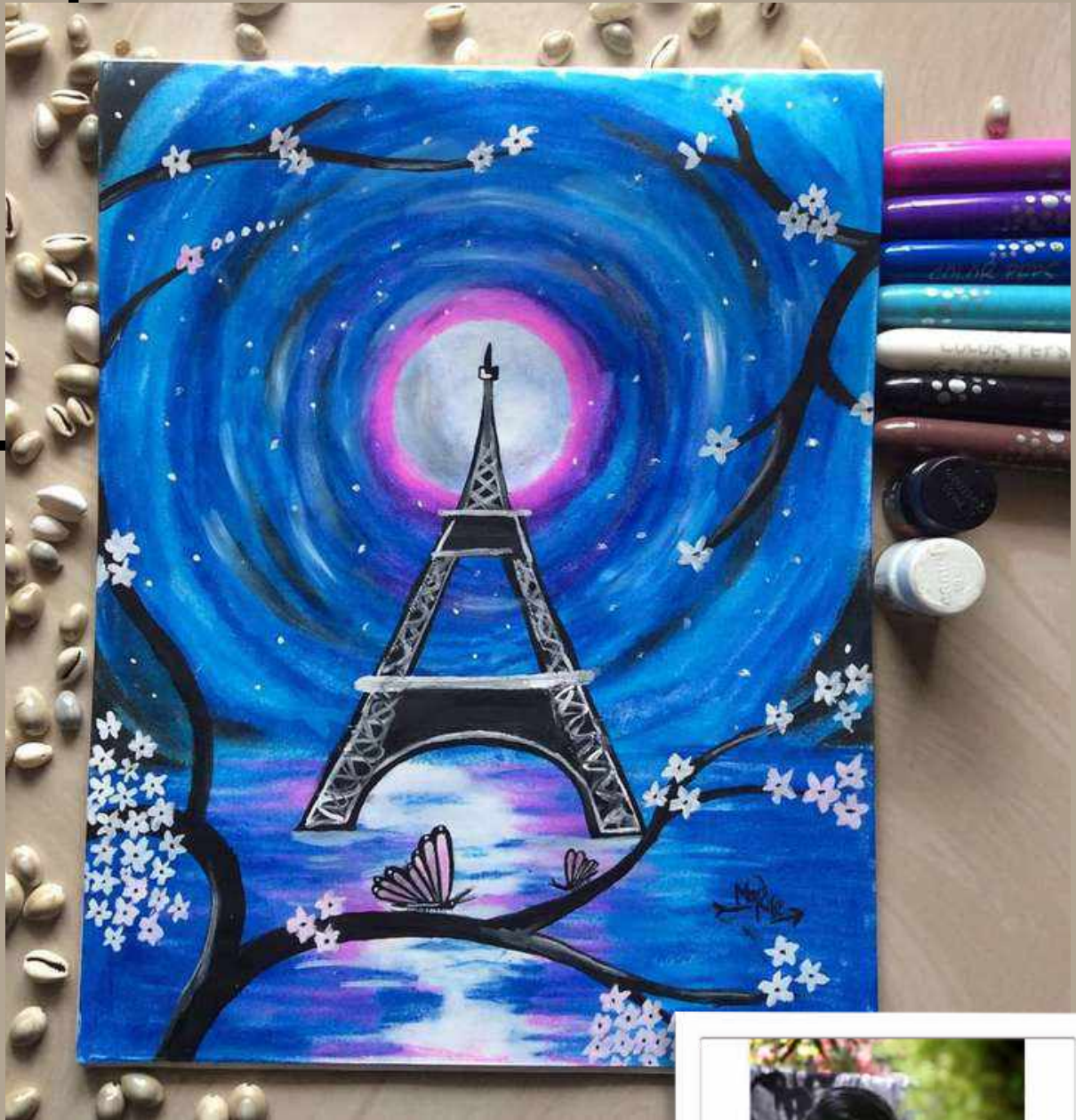
Pooja B.
M.Sc. Applied Psychology

Master Strokes



Maria Vinu

M.Sc. Applied Psychology



Akhila K.V.
M.Sc. Applied Psychology





Stefeena Rose
M.Sc. Applied Psychology



Aleesha Moideen
M.Sc. Applied Psychology



Every canvas is a journey all its own....



Shifa Sherin K.
M.Sc.. Applied Psychology

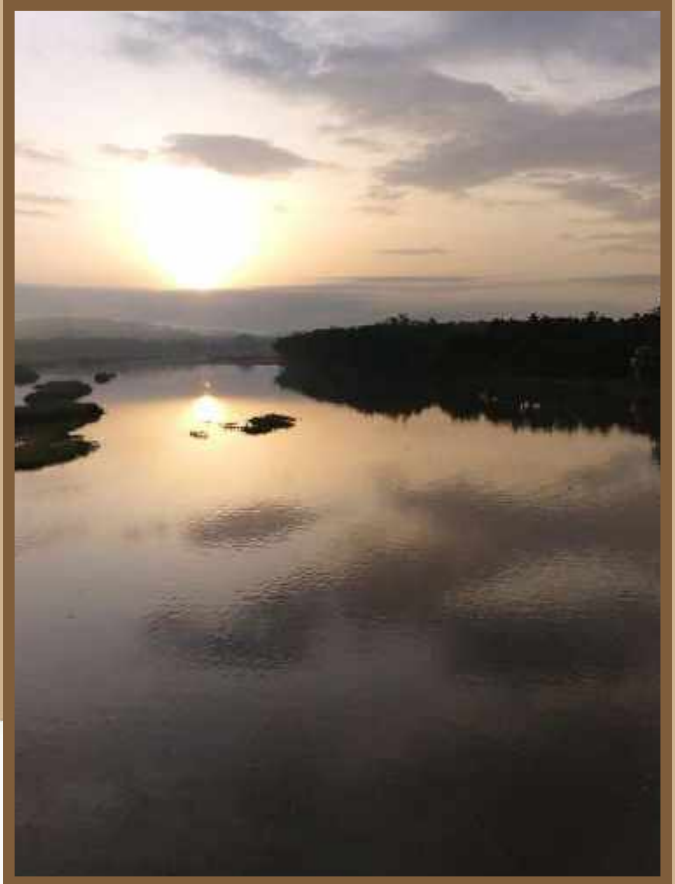
What a Shot!

“

Light makes photography. Embrace light. Admire it. Love it. But above all, know light. Know it for all you are worth, and you will know the key to photography.

– George Eastman

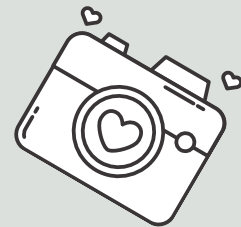
SERENITY



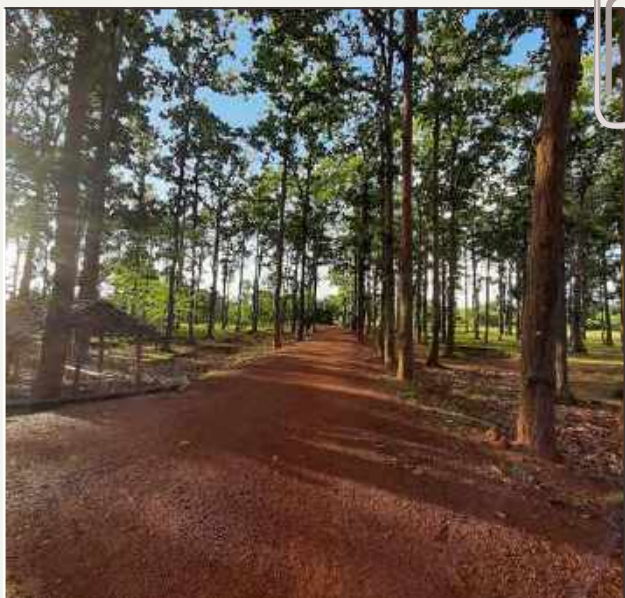
INTO THE CROWD



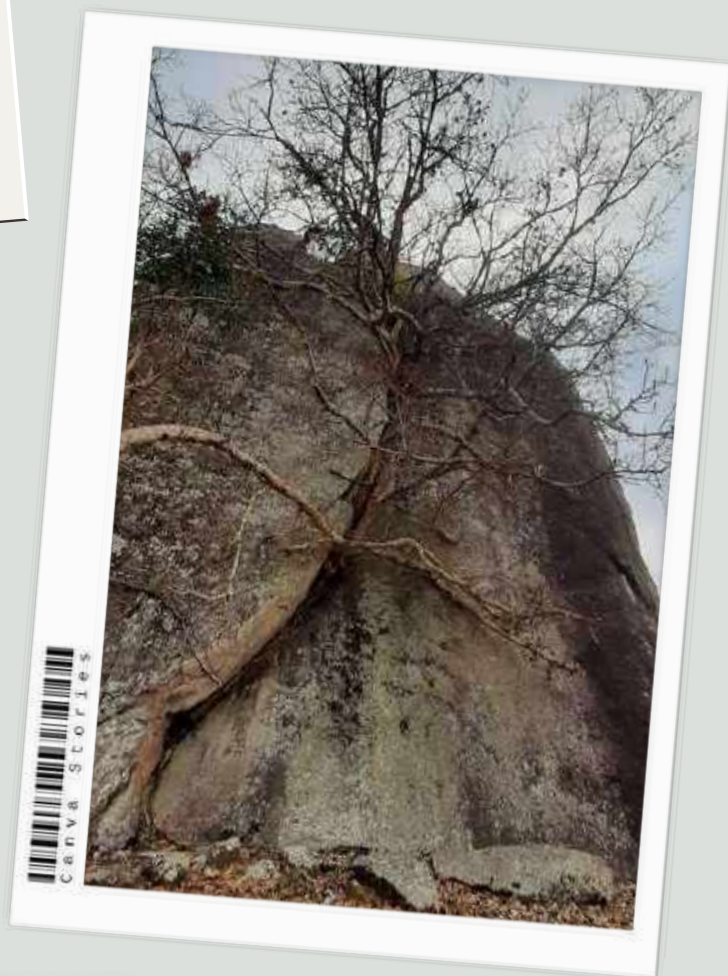
Anuroopa S.
M.Sc. Applied Psychology



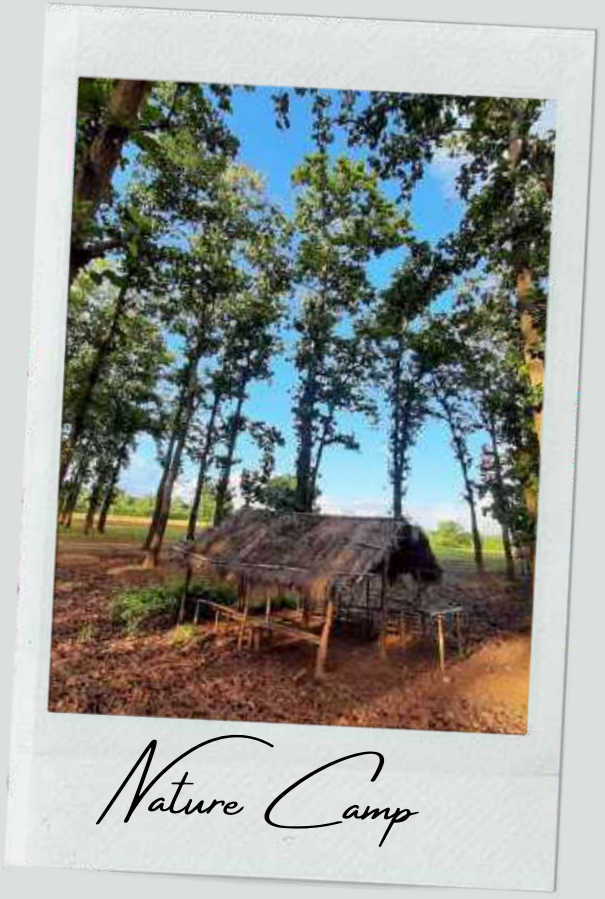
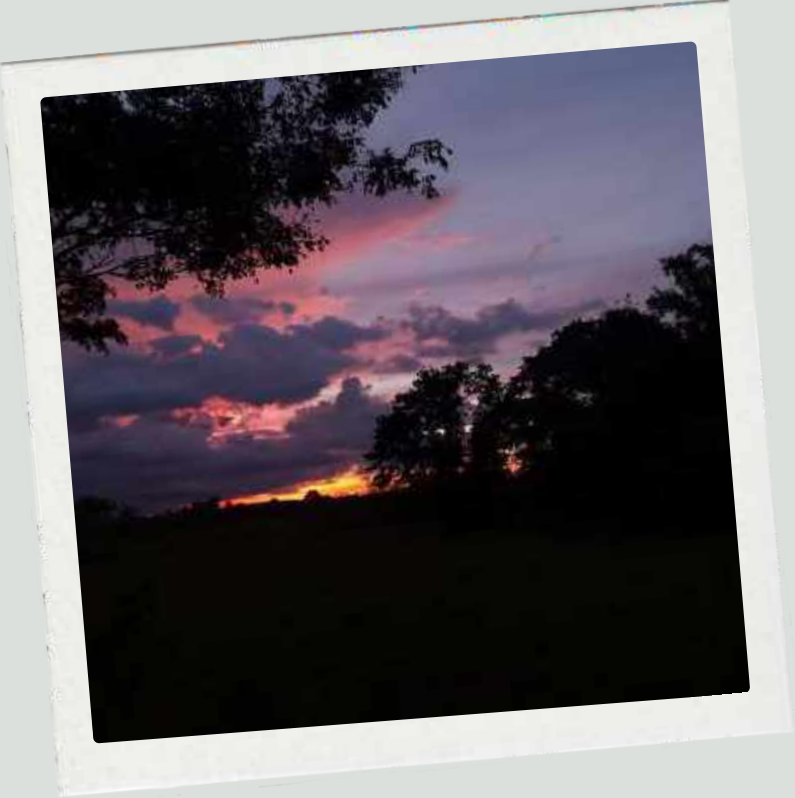
*Sunrays can bring life in
everything*



Exquisite existence



Hues of sky



Reunion with the mother nature.....She is teaching me a lesson of enlightenment that sing the unsung



Rajeshwar Pat Pingua
M.Sc. Applied Psychology



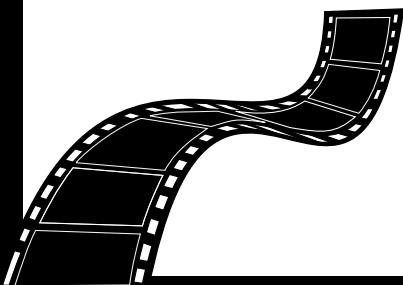
Vintage never gets old



This Smile Heals Everything.....

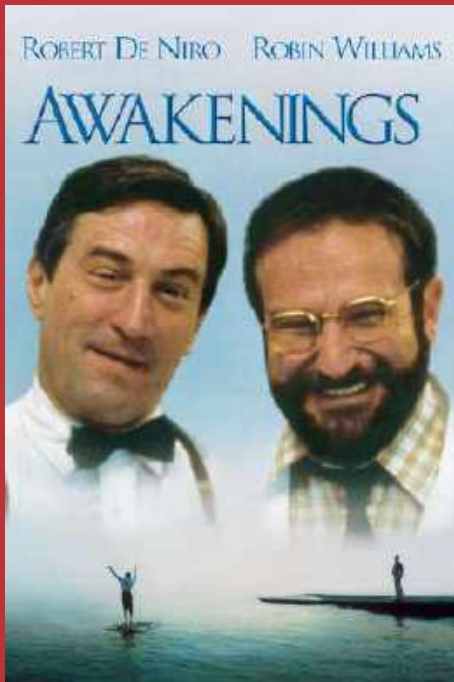


Aleesha Moideen
M.Sc. Applied Psychology



We Recommend!

Straight from the archive of a psychology student.



Awakening (1990)



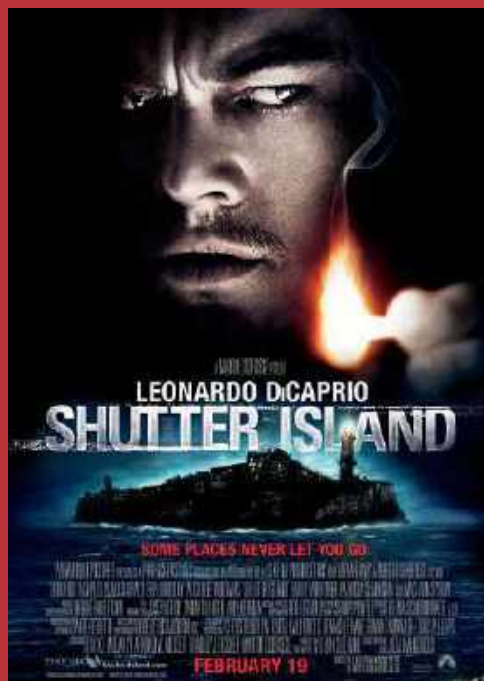
Rainman (1988)



Gone Girl (2014)



A Beautiful Mind (2001)



Shutter Island (2010)



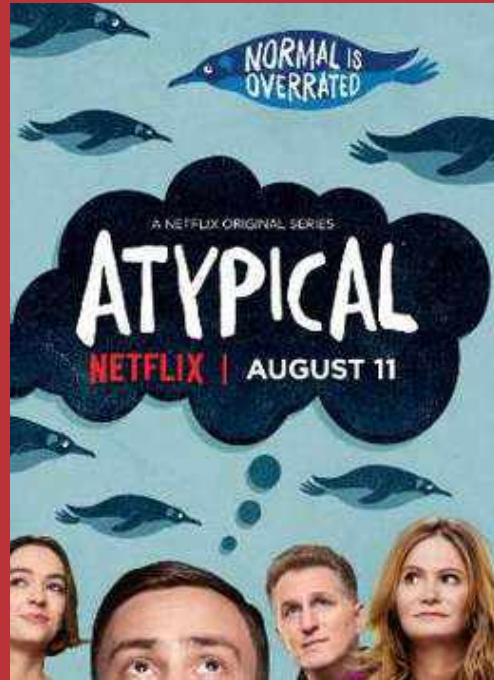
Split (2016)



We Recommend!



Inside Out (2015)



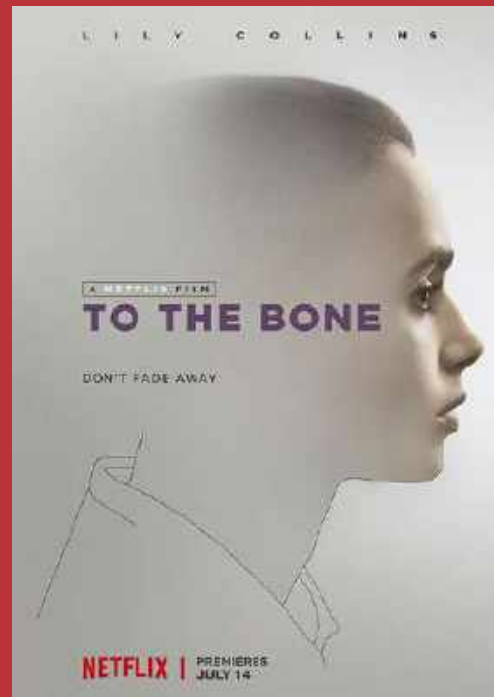
Atypical (2017-)



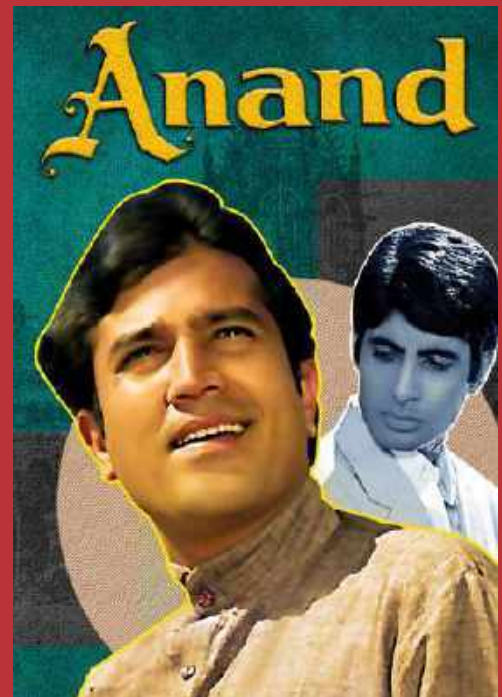
One who flew over the cuckoo's nest (1975)



Good Will Hunting (1997)



To The Bone (2015)



Anand (1971)



IMPORTANT MENTAL HEALTH HELPLINES



- Manodarpan (Ministry of education): 8448440632
- NIMHANS : 80-46110007/ Nimhans.ac.in/pssmhs-helpline
- Tamil Nadu state suicide prevention helpline – 104
- Speak2us Mental Health Helpline: 93754 93754
- Peak Mind : 91-9741164001/ info@peakmind.in
- Sumaitri :011-23389090, 09315767849/ Sumaitri.net
- Sneha : 044-24640050, 044-24640060/
Snehaindia.org/new
- Fortis Stress Helpline : 08376804102
- Mastermind Foundation : 8072469596 /
Mastermindfoundation.com
- Parivarthan Counselling Helpline: 07676602602/
Parivarthan.org/counselling-helpline
- AASRA : 09820466726/ Aasra.info
- SAHAI Helpline : 080-25497777, 09886444075
- iCALL: 022-25521111 / icall@tiss.edu
- Maitra Helpline: 022-
25385447/maitra@healthymind.org
- Maplejar: 733-826-3303 / maplejar@maplejar.in
- Thanal: 0495 237 1100 / thanal.calicut@gmail.com
- Prathyasa: 91-480 –2820091
- Pratheeksha: 4842448830
- Connecting India: 9922001122
- Samaritans Mumbai : 91 84229 84528 / +91 84229
84529 / +84229 84530 / talk2samaritans@gmail.com
- Behavioural Health Psycho-social toll free helpline :
08046110007 (NIMHANS)
- Mumbai-based mental health organisation mPower and
the government of Maharashtra and BMC :
1800-120-820050 (BMC Mpower Ionl)
- Poddar Foundation and Rotary Club of Bombay : 1800-
121-0980

Thank You

"What the caterpillar calls the end of the world, the
master calls a butterfly."

~ Richard Bach

