

ZEITGEIST

DEPARTMENT OF PSYCHOLOGY, LSR

IN THIS ISSUE

FACULTY'S NOTE
Page 1

EDITOR'S NOTE
Page 2

INTERVIEW
Page 5

ON THE PEN'S
END
Page 9

VOLUNTEER'S
SPACE
Page 31

PSY HUB
Page 35

VOTM
Page 42

NEWSROOM
Page 44

PREP-UP POINTS
Page 46

FREUDIAN SLURPS
Page 47

FROM THE FACULTY'S DESK

BY MS. PRIYANKA PADHY

Recently, while flipping through the pages of a book, I came across the phrase 'embarrassment of riches'. Always a lover of language, this phrase flirted with me, asked me to stop a moment and savor it. So, I did. Essentially, it means having an overabundance of something or having too much of a good thing.



The term originated in 1738 as John Ozell's translation of a French play, *L'Embarras des richesses* (1726). Those familiar with the popular sitcom *F.R.I.E.N.D.S* will remember 'the one with the list' where Chandler mocks Ross about his embarrassment of riches saying "my wallet is too small for my fifties and my diamond shoes are too tight!". Turns out, we usually plod through life fairly oblivious of our riches. It usually takes a plain-speaking friend or worse still, sobering by the greatest teacher-life- to remind us of how embarrassingly rich we actually are.

Nudged by this learning moment, I took out my phone and used my friendly note-making app to draw a list of my embarrassment of riches. By no means a paltry list, that! Starting from a loving home all the way down to a Tupperware full of mum's special gajar ka halwa sitting in my fridge, I grew richer by the minute.

As the year draws to a close and we take stock of what sort a year was dealt with us, let us for once turn our attention to our riches- material and otherwise. I invite you all to draw your own lists- not wishlists, not resolutions, but a list of riches that life has endowed upon you. My feeling is, the length of the list will not just surprise you, possibly embarrass you, but also enable you to welcome the new year on a note of gratitude, humility and fulfilment. Have an embarrassingly rich new year!

EDITORS' NOTE



One of my sweetest memories of Christmas is from middle school. In the week-long preparation, you'd find some sisters leading a line of excited girls towards church while others rode to orphanages with donations of toys and clothes.

I've always disliked too much noise, so after doing my duties (my favorite was making the Christmas crib!) I sneaked away. Hidden in the nooks of olden wood, I found a portal to the world of wonder and joy and magic. Where tiny pixies scaled mountains, dragons turned out to be misunderstood monsters, and little orphan boys became prodigies. It was there that I found myself- in pages of fantasy.

That world has little creatures of magic called fairies. One of them sleeps in flowers and sprinkles seeds on moist earth, while another rides squirrels and plucks dried leaves, with her red locks flowing behind. My favorite, though, is the winter fairy. Her ebony ringlets a stark contrast against her porcelain skin and translucent eyes. But looks are not the only thing that set her apart from her sisters. She is also



quieter and more reserved. She doesn't frolic around or tease her animal friends. Often by her own company, she's observant and imaginative. Her unassuming exterior might make you underestimate her. But as November fades away, you witness her might. It starts with icy winds and ends with entire cities blanketed in white.

Why am I telling you of fairy tales, you must wonder. It's because there are lessons hidden in those. Often more consequential than we realize. For a lot of us, entering this institution is a dream. All fairies wish to wield the magic of LSR. But there's no one way to do it. You will look around and feel like an imposter. But you're not. You're just a different kind of fairy. Maybe loud and practical. Or sensitive and romantic. Neither is better than the other. All of you are important in your ways.

Welcoming my juniors, I'll end this note with hopes that when all of you begin your epic adventure at LSR, you come to discover that the magic was within you all along.

Love,
Neha



December has always been a month of warm nostalgia for me. As the year wraps itself yet again, I try to pull muses out from my 335.5 days, December is my smudged parenthesis.

The scent of newly whipped hopes, small achievements that you celebrated for yourself, a number ahead on your birthday cake.

A sunburned picture, overall.



Take a moment to release that breath that has been stuck, let that grip loosen, we've survived this year, our resilience didn't wear off, just revived. It's time to dip into colour again. A new canvas is on its way, let your brushes burst into their waltz.



These pages embrace new beginnings and fresh chapters. They bookmark our department's very much known and endeavoured; MHAW and contributions from our recently welcomed first years.

With this volume as our last issue of this semester, I hope you relish the look into our ever so engaged department.

Merry early Xmas cheer!
- Anushka

A tête-à-tête

with Dr. Bhawna



Anushka: What were your reasons behind choosing psychology as your career path?



I remember that almost 70% of my college time was spent in reading books in the library as well as in the hostel room and completing work of psychology was always on priority. Psychology was the subject in which I really did well, be it the class tests, exams, home work, and any kind of competition. I would explore books by myself in library from the catalogue box, participate in debates, events of the department association and read about classical experiment and apparatus. I enjoyed the subject so much that I didn't let any work pending for the next day. This interest in the discipline is what I think, has kept me going till today. I never get bored reading about it and searching about it. Having these kinds of experiences thus by default this field has become my career. Another reason for putting me onboard was civil services examination because I wanted to either go for Army or UPSC & in both the cases psychology was a very good choice. But during my post graduation thinking through the various aspects and considering my interest in various constructs in psychology, their applications and the influence of psychology in understanding human behavior lead me into the teaching profession. Along with the desired career it has provided me with opportunities to explore the complexities of an individual's behavior and their actions which can further be visible through research publications across the globe. This has been really helpful to my own awareness and growth as well.

Anushka: I think the application thing you talked about, I remember in PID you were teaching us perception and you mentioned how as a child you questioned the motion of the moon.

Yes, exactly! This moon illusion & motion parallax is so evident when you travel in train which is moving rapidly. I used to surpass roadside banners, hoardings and remember what was written, their colors, their font and sizes. Then I came across this eidetic memory and found it relatable. There are so many of such examples in all the fields of psychology; I used to see their implementation in real life. I think I was a self-motivated kid, curious, lingering in libraries, discussing with teachers.

Anushka: That's fascinating ma'am, we'd like to know how has your life been as a student and as a teacher? What are some similarities and differences between students today and back then?

Yes, as a teacher I think I have become more responsible, better informed and I have enhanced patience. And this patience was put to test during the time of PhD, more into maximizing the limits every time. So since then, I think this is in continuous mode. I see myself as a self-made person. Maximizing despite so many challenges! The field of psychology in itself offers many challenges that expose psychologists to new things and expand their skills set. I believe that challenges keep us on toes and alleviate boredom associated with doing the same things repeatedly. This is advantageous since it encourages us to move out from comfort zone and improve continuously. As a student, we all used to be so hassled with the obstacles and hurdles and we don't find an immediate remedy to those hassles and challenges. But now at this stage I have learned how to move on, despite variety of challenges, I think that is the major change. I could see myself as more resilient at the face of any adversity.

I am glad I lived my life with very less involvement of internet. We were taught about the morals of life and the focus was on inculcating humanistic values. We knew that life is much beyond money and success is not measured in the figures of the salary. Now we all know we have incepted in the era of the fourth industrial revolution. We are living the renaissance of technology and in such a state, technology and education system cannot be kept apart. But thinking that burden of learning and memorizing everything can be reduced with this Google, it is inversely affecting the attention span and retaining capacity of students these days. The amount of information available online today is overwhelming for most of the students. We remember less through knowing information itself than by knowing where the information can be found.

Anushka: Agreed, coming to the third question, is there anything you'd want that coming first years to know?

Sā vidyā yā vimuktaye “That alone is knowledge which leads to liberation” I would like the students to remember this motto of our college. We all understand how crucial education is to shape our lives, so at times they may have a fear of a new beginning, fear in making decisions, sometimes they may feel that they're invisible to everyone, sometimes they can indulge in endless over thinking. But, psychology department will facilitate their journey so that they themselves can sail through these hindrances of life smoothly and come out as well informed individuals. I believe that they will carve out niche as frontiers of knowledge and leaders in all walks of life.

Anushka: That was very empowering ma'am. In all these years, what has LSR been for you? What are the highs and lows you've seen and faced?

This is one of the most desirable college among young academics, and something that people often strive for. LSR has given me an identity that I'm really proud of, but which also puts in a lot of responsibility on one's shoulder as we are shaping lives. Of course, the joy of teaching is there. Engaging young ambitious students with the learning materials, and seeing what novel angles they take when approaching them is highly stimulating and rewarding too. Designing new road maps & generating special ideas according to each batch keeps you updated throughout. So yes! The very association with this institution, differently skilled & talented colleagues and my students that is high in itself. It is fun working where there are a lot of young people just learning to make their way in the world and eventually figure out who they are.

Sometimes the downside is that I never feel "off". There is always something more I could be doing on my classes, improving my courses, working on research or writing, structuring the functioning of societies, & so many miscellaneous roles & their execution, I feel like my work is 95% of my life. We are never quite away from our work. However, I really like this close engagement with my profession.

The beautiful and serene LSR campus is famous throughout DU. How will you describe winters in LSR?

A cold, crisp breeze; sun is sprinkling through the wide leaves of the tall trees, the aroma of hot coffee and hot muffins amidst classes but sometimes it is not accessible due to the engagement in the classes. Amphitheatre, exhibition hall, front lawn, roof near library's reference section, the Nescafe area, all these places are the witnesses of students basking in the shining winter sun. Lots of ideas and discussions emerge here and powerful performance by dramsoc (drama society). Bunch of students trying to capture the beauty of lush green lawns decorated with poppy, roses, salvia, petunia, calendula, phlox, sweet william, gazania, sweet pea, verbena, chrysanthemum, ice flower, gerbera, dahlia. Name it and you will find that flower in our college. Colorful flowering spikes of antirrhinum, salvia and sweet pea creating elegant backdrop for every picture regardless of its direction. One is soaked to the core with heavenly fragrance of these mesmerizing flowers everywhere in the campus. Several creative installations by different-different departments attract you to expand the horizon of your thinking and imagination.

Anushka: You just made me miss College more. To the last question for today, Do you believe in making New Year's resolutions? What are some personal resolutions you're planning to make and any hopes for this Department?

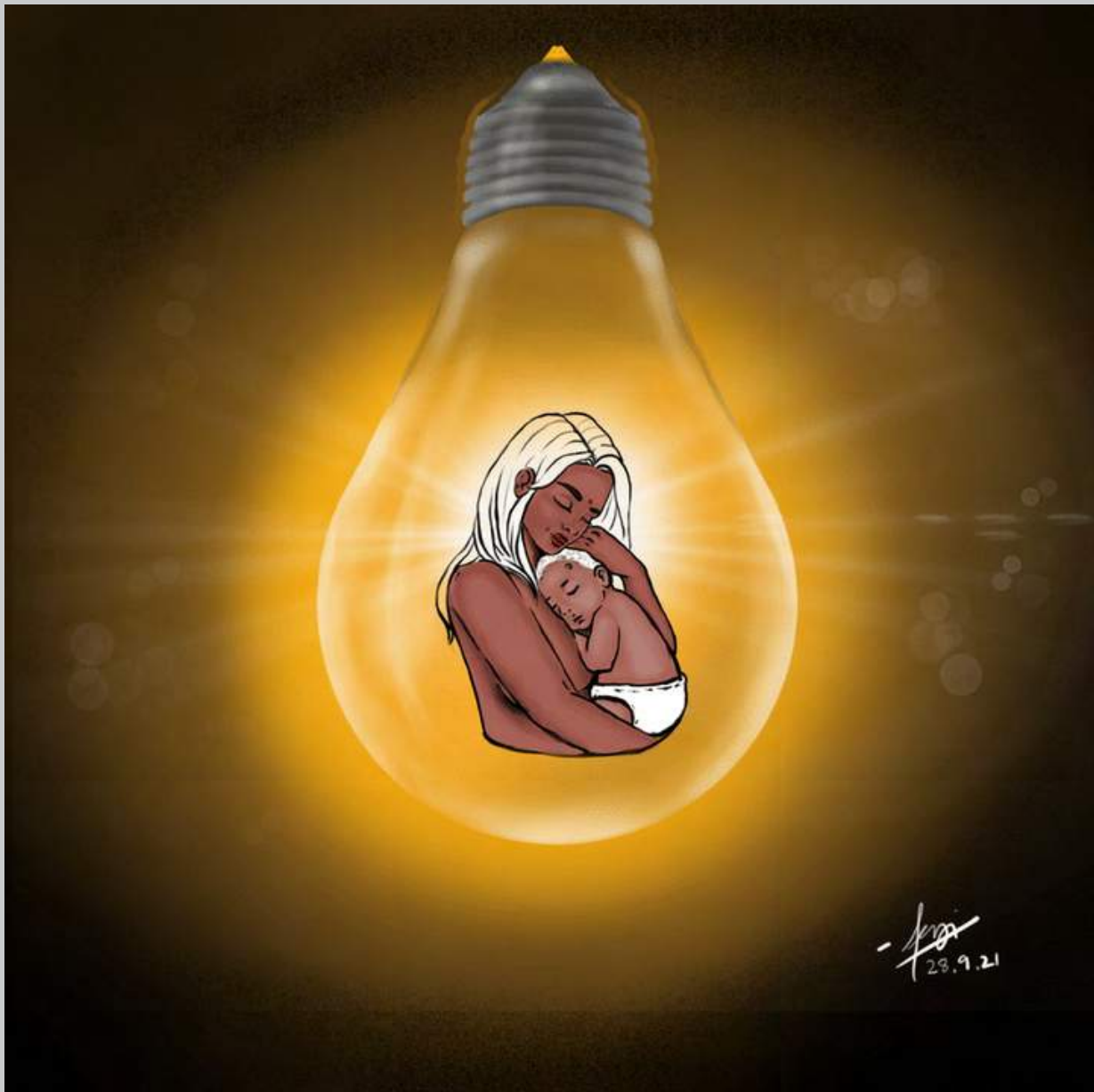
Being a psychology teacher, I always believe in not keeping things in the pending mode. I believe that every day is a new beginning. Rather than waiting for the New Year to make resolutions, I think if one requires a change in one's life then it is not something to wait for, rather should be done immediately. This has been proven through scientific researches that there is less than 10% new year's resolutions achieved. I implement that in my life as well. And I think that everybody should take these resolutions or decisions of their lives similarly. There is the actual science of behavior change if anybody wants to follow.

Talking about the hopes for the department, it reminds me of the significance of traditional domains of foundational and professional knowledge but along with a new emphasis on socially responsive knowledge which is equally important in the field of psychology. It is the trend of involving socially responsive knowledge in which students study and learn to act on and help in resolving social problems. This should always be the integral part of the discipline.

Anushka: Certainly ma'am. Learning is a never-ending process for all of us. Thank you so much for taking out the time for this interview. It was wonderful knowing you.

ON THE PEN'S END

Theme: "What does light mean to you?"



"The Meaning of Light"
- Artwork by Leyi Lego, 1st year

To me light represents the epitome of positivity,
 Which in this world is the source of all activity.
 The mighty sun with which we start our day,
 Truly makes us happy and gay.
 Then there are the shining moon and stars at night,
 Which really makes a beautiful sight.
 God himself is a point of light,
 And being his children we have the power to set things
 right.
 Therefore we should stay light and spread the light!

- by Ananya Kansal, 1st year

Whenever people say , "a ray of hope " all I can imagine is a ray of light. When I think of light I connect it to prosperity. A city with beautifully lit buildings is known to be prosperous. Whenever I imagine a backward place , a city with no lights comes to my mind. The sunlight emits prosperity as it is reason behind the well being of farmers as well as the rural communities. The number of car headlights we see on the road is a sign of opulence. I can easily associate light with my happiness. One such occasion when light is instantly connected to happiness is Diwali. I can feel how happy everyone is while lighting the diyas. It is as if the diya is illuminated by their happiness. Every house is decorated with lights as if it is emitting the laughter inside. Even in literature good days are described as "light and warm ". Crackers in the sky during weddings or cricket matches express how happy people are. So for me light symbolises hope , prosperity and happiness .

-by Ojeshavi Arya, 1st year

Peace to the worried, food to the hungry, love to the stranded, all would've never been possible had we not had hope in our hearts.

And that to me is what light is, hope.

The mere knowing that no matter how hard or uncertain it seems, soon the clouds will clear up, and you don't have to be afraid because we're all the same.

The mere belief in my heart, that we will make it through. It is the knowledge to the ignorant, the life to the breathless, enthusiasm to the lifeless.

Light is what keeps us alive, both literally and metaphorically as the sunshine and the will to keep moving forward.

Light symbolises to me that good will always win over evil as long as we turn on the lights on Diwali.

Light symbolises the moments of joy and laughter, of love and warmth in the freezing days of Christmas

Light is the beginning of change, of something new.
Light to me, is the sukoon to all of our souls.

Hope this piece conveys to you, my love and light.

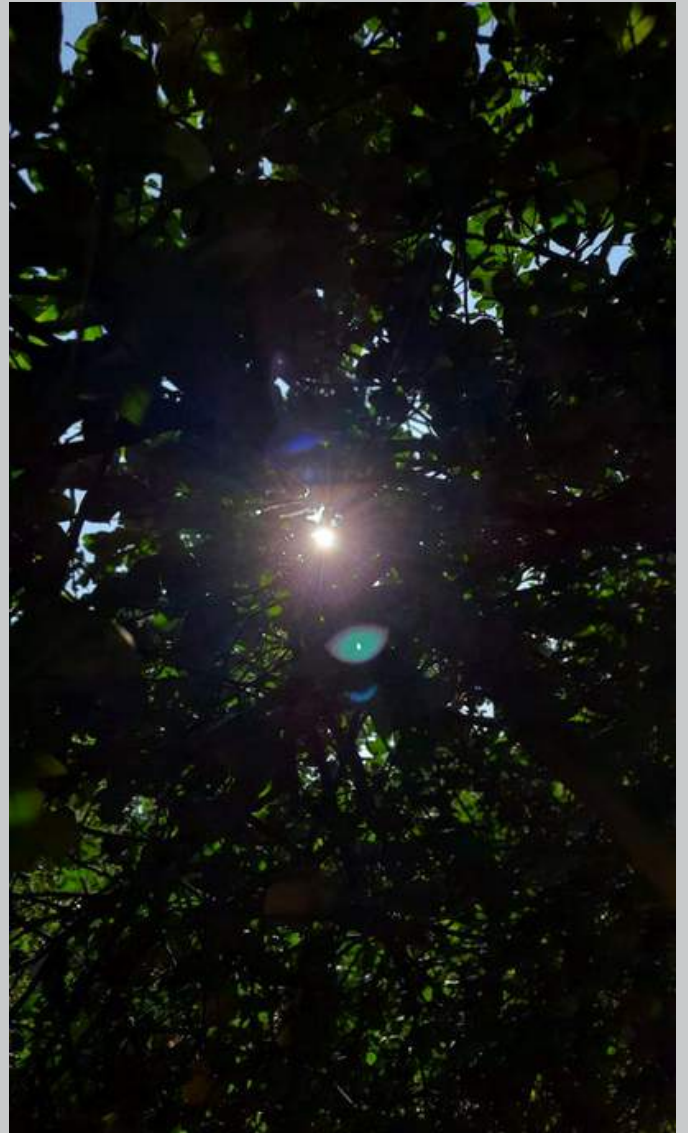
-by Saniya, 3rd year



LIGHTS OF HOPE

~Artwork by Gauri Minocha, 1st year

The art piece signifies the ideal way of tackling the COVID-19 crisis and emerging victorious, or as the known saying “there is always a light at the end of the tunnel”. Each element in this signifies important feelings and emotions. The peacock symbolizes “awakening and “freedom” from these harsh times. The colorful butterflies signify hope, change, endurance, and life. The pink lotus depicts “rebirth” of the Earth after defeating the virus and the emotion of happiness is signified by the use of the gold foil. Lights are also a symbol of celebration, when Lord Ram was returning home after 14 years in exile, his entire hometown- Ayodhya, was decorated with lights to celebrate his return. Therefore, the fairy lights wrapped around the head are a symbol of all these positive emotions and it indicates that a long period of difficulty is nearing its end.



"Light is divine guidance in times of despair."
- Photographs by Aryaki, 2nd year

Open Theme Entries

Nostalgic Woods

-Kokoro Okamoto, 2nd year

An earthy smell of the old books,
Like a moisten dry leaves of petrichor,
Time lapse my mind to a place,
Where the smooth breeze brushes my skin,
Which sways like a drop of paint suffused
with water.

The burbling streams soothes me while I
walk into the woods and,
My footprints on mushy ground fades
with the forest mist.
Komorebi* shines on the surface of tree
bark.

Walking through the flight of stairs,
My legs almost giving up and,
I stumble upon the stones once or twice.
The chirping sounds showed me,
It's almost there like a finish line of the
race.

Out of the woods, awaited a breathtaking
view.

Then I woke up to my cat's snuggles,
It's time for his dinner.

I stuck my face into the papyrus
For the last time.
That lingering sensation stayed then
withered.

*Komorebi: the Japanese expression for the
sunlight as it filters through the trees



BEHIND THE BACKDROP

Saumya Verma, 1st year

When I see people on stage,
Presenting their persona.
I see much variance,
Which is, ofcourse, justified.
Their outward mein,
Is casted out very perfectly.
They are stuck in neatly ironed clothes,
But hardly we see their inner tattered rags.
Their deceptive smile showcasing their charm,
Seems so entangled in unspoken miseries.
Their ability to carry themselves confidently,
Has a lot behind; telling their immense adversities.
But how perfect a man seems on the stage,
A role that each human plays.
You and me too are somewhere caught,
In this pretentious race.
For their every dream and desire,
Their profound hardships are hidden.
The world sees only the outer projection,
No one has a clue what's within.

The face of people,
Has so many stories behind.
So I prefer to stop and gaze,
Into their ocean like deep eyes.
The child who's born in poverty,
Deprived of joys and toys.
Still giggles so hard,
On mimical deep old voice.
The girl who has just struck to maturity,
Hides so much responsibilities behind.
Her despondent and uneducated mind,
Happily let her dreams grind.
And the list never ends,
For many such people around.
Who showcase their blissful journey,
And let their torments drown.
They are ON-STAGE,
So they distort their reality,
Won't you agree for yourself too?
Even you put your cries behind backdrop;
Even you cloak your actuality!



Part of me, or parted me

-Shlaghya Mishra, 2nd Year

The light of words
my only hope

My fingertips
oozing strength, passion
and calm

I lived for my poetry
and prose

earmarked pages,
faded roses,
And my jabber with
words

weaving a
world less worldly

A poetess

I felt

I wrote

The darkness of casuistry
Her only fear

Her eyes,
reflecting
a riot of conscience

She died in fictions
to be a mortal in her columns

Edited magazine articles
In house style guides
and her riot with bigotry

Untangling the
world affairs, less human


A columnist

She claimed

She wrote

Quest for words.
Ink smudged finger tips.
A battle
to calligraph
what is felt.
Different yet one.
Is she
A part of me or a parted me?





Growing up,
My parents' bedroom walls were red,
They echoed the sound of my giggles,
They saw me questioning the fundamentals
of the world,
They provided no answer,
But they were always there.
The red walls saw the little girl fall and hurt herself.
The red walls saw the love that girl received as well.
The red walls were always there!

My school's walls were red.
Although in a very different way,
They saw me fall and hurt myself too.
The red walls saw me crumbling in my anxiety
and holding back my tears,
But they saw me rise and soar too.
Through the lost friendships
and the ups and downs,
Through heartbreaks and tears,
The red walls provided no consolation,
But they were always there!

My college's walls are red.
I see depth, beauty and poetry in them.
I see the lost stories of triumph,
of love and self-discovery too,
I see people running towards their friends
with good news and bad ones,
Juggling between classes, co-curricular
and struggling to maintain a social life,
I see the colors and people in their strive too.
I see what could have been.
And even though these red walls have not
yet seen me break down and redefine myself,
I want to tell them
I see you, And I feel at home!

- Reva Garg, 2nd Year

Symphony

-Arshiya Khanna, 1st year

It is often assumed that every memory brings a certain note of rhythm with it, a 'Symphony' perhaps.

Human atoms are the notes, their life is the symphony.

It whispered to a deadbeat, to an opulent, to an idealist, and a cynic as well. But it was the symphony that flew. The millennials have hard throbbing stories to narrate but the usuals have eye-opening symphonies to dictate. The symphony of success is the trail of failure. Behind one lies the support of many. Similarly, the rhythm cannot be produced by one but requires the whole of an orchestra. We tend to forget the support of those who have always stood with and behind us. The ones who shared their fortune with us, who shed their tears for our happiness, who put in hard work that gave hue to our victory, let's give them a beat, a beat with their lyrics, with their symphonies. Our eyes were awake at night, there stood awake their mind. Awards were possessed by us, achievements were felt by them. At the podium, we stood, our voice was given by them. This is their coherence, this is their symphony.

I break,
I rise,
I fathom,
I mope,
But every time you break me;
I stride,
I consolidate,
I restart,
Only to give me, not 'you' the comeback;
Challenge my limitations and it stretches to etch out my echo;
Don't hear me out since your ears won't be able to support my exclamations;
You won't be able to watch me either, since your eyes will shy because of the glint in mine ;
Withdraw in your conscience and your devil with your god will answer;
And so condescend while patronizing yourself for your cowardice.



To Trust Or Not To Trust

- Saniya, 3rd year

Media represents the fourth pillar of democracy, providing us with the necessary information and making us aware of the current affairs.

With the global pandemic and lockdowns all over the globe, people spend more time-consuming content off of social media and other media outlets than they ever have.

Media today tries its best to provide accurate news, precautions, and precise count of infections for us to give enough attention to the criticalness of the situation, and make aware decisions. With this increase in consumption of news, there have been several news outlets, trying to our grab attention by click-baiting their headlines and thumbnails.

Most people refuse to take time out to read the entire article, hence are left anxiously with half of the knowledge. No knowledge at all is better than half of it.

From announcing acute shortages in territories, to “predicting” the end of lockdown, to providing not well-investigated ground reports, and developing a biased image of fellow races through their medium.

This makes the consumer more anxious than ever and does little to help it.

At the same time, it is our responsibility to not be so laid back and believe what is being said. We must be responsible and double-check the source and credibility of the information. We ought to make our decisions, not based on false and misleading statements, but on well credible and informed ones.





WHAT I MEAN BY BEAUTY

by Chhavi Gupta, 1st year



Beauty.

This small word; elegance curling at its very seams as it proudly reclines in the midst of a sentence, is one full of diverse implications, various meanings and wide ranging emotions.

Quite often mistaken to be shy, unassuming in nature as its syllables effortlessly roll off of our tongue, this word has sparked many conversations throughout ages. Debates on international platforms, a heated argument at a dinner table, a topic to while away the time between two strangers, or even a student simply penning down their thoughts like I'm doing now, all of these discussions are centered around the same question.

'What exactly does beauty mean?'

The responses, naturally, differ greatly for different people.

Some may, to a general discontent and skepticism, express their opinion about how beauty is nothing more than a person checking all the necessary boxes for the supposed "beauty standards" and is thus, so to speak, something pleasing to the eye, even if it is achieved at the cost of personal misery and disquiet. For them, that's all that beauty is. It's shallow, controlled, unhappy. It's resistant. It's ugly.

Other, more soulful people are likely to describe it as an enchanting gift of nature, magical, enthralling. For them, it's in the gorgeous ravines, it's in the water droplets seeping through a canopy of trees, it's in the meadows full of sweet smelling lilies and forget me nots. For them, it's in the sweet, mournful cry of a bird, it's in the first rays of sunlight falling on freshly fallen snow, it's in the wild gallop of an animal across a field, it's in the rushing wind. It's untamed. It's freeing. It's everywhere.

For me, beauty has a somewhat different meaning.

For me, beauty isn't in the grand gestures, lovely to behold as they are. It isn't love shouted from rooftops, it isn't the sprawling forests, it isn't being at the very top of the world. It isn't huge, it isn't overwhelming. It's small. It's simple. It's everything.

For me, it's the little baby peeking out of car windows, her eyes guileless, alive with astonishment and wonder, as she stares at you, fascinated, wondering what to make of this new object that has awoken her curiosity that particular day. (It's in the delighted giggle you receive when you grin at her.)

For me, it's the shine reflecting off of your friend's hair, as you look at her laughing herself hoarse at something you said, a strange little ache in your chest at the silence that hangs still in the air afterwards, as you feel nothing, and everything changing. (It's the weight of a thousand words left unsaid, stuck in your throat.)

For me, it's the little scribbles you see on tables, the handprints on the walls, the names roughly carved on trees, and it's someone softly murmuring, a quiet, desperate reminder, "I was here, I was here.", and something about the innate humanness of it all, makes your eyes prickle. (It's when you softly trace your fingers over them, and utter one of those names out loud, and that's when you know – they were here, they were here.)

For me, it's the small smile gracing your face, as you fondly remember someone you no longer talk to, but you know that for once it's not nostalgia being a liar, and all the moments, the muffled laughter, the shared dreams, the secret hopes, they were just as lovely as you recall. (It's when you notice yourself making your 7s in the same, unique way they once showed you.)

For me, it's the tears cascading down your face as you meet your teacher after years, it's the relief coursing through your veins as you see your friend getting up unscathed after a fall, it's the laugh erupting out of your throat as you listen to a child babbling away to her brother on the way home, it's the burst of happiness in your chest as you hear your favorite song on the radio.

For me, it isn't an eternity, it's simply a passing moment, imprinted at the back of your eyelids, the remnants of a beautiful, beautiful star in all its glory. (It's all the small ways humans are so beautifully, so painfully human.)



“Marriage Story”

– *An Empathetic Take on Love, Marriage and Divorce*

-Aratrika Datta, 1st year

A love story. A marriage. A happy ending. But what is it that happens after the happy ending? And is the end always a happy one? 'Marriage Story' on Netflix makes us ponder these questions through its portrayal of the life of a married couple - Nicole and Charlie - and the emotional turmoil they face as they go through the process and formalities of a coast-to-coast divorce.

Charlie is a successful theatre director in New York City and his wife, Nicole, who was once a young actress, stars in his play. The couple reside in New York and despite Nicole repeatedly voicing her desire to move to Los Angeles, Charlie had always been negligent of her demands. Finally realizing that they want different things in life, the couple decide to split amicably. However, when Nicole decides to take their son Henry with her to L.A to star in a television pilot and hires a lawyer there (even though the couple had decided to not make lawyers a part of their process), things do not remain as friendly as it initially was. Charlie too, decides to hire a lawyer in Los Angeles, and it only leads to humiliating accusations being hurled at each other's partner in court. Their son, Henry – someone who is too young to exactly comprehend what is happening- is increasingly affected by the whole situation with the continuous back and forth between his parents' homes.

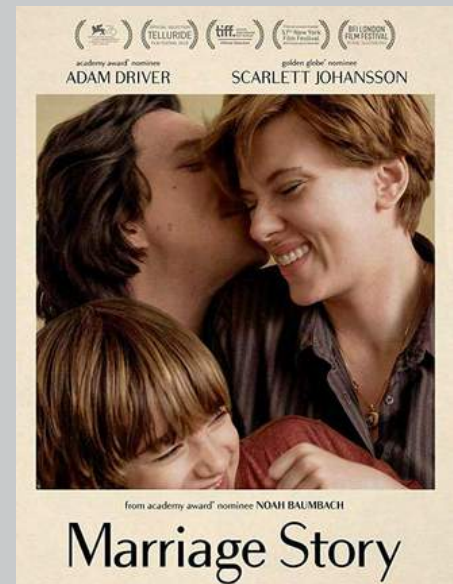
Even as a couple going through a divorce, you can tell that Charlie and Nicole were once in love (and perhaps, still are). In fact, the movie starts with Charlie and Nicole narrating the things that they love about each other. However, throughout the course of their marriage, Nicole lost a sense of who she is and what she really wants. Perhaps, love just wasn't enough to hold their marriage together. We also learn that Charlie had cheated on Nicole with Mary Ann, the stage manager of his theatre company. It is interesting to note here that the director, Noah Baumbach, could have portrayed Charlie as the 'villain' in his marriage with Nicole, quite conveniently. But this movie doesn't take any sides.



The beauty of 'Marriage Story' lies in how compassionately it deals with its characters struggling to maintain sanity and stability through the exhausting process of a divorce. It acknowledges the difficulties faced by both the partners in the marriage, as they gradually cope and come to terms with the situation. The scene where Nicole and Charlie fight and Charlie erupts saying he wishes Nicole were dead, only to break down into tears, shows the emotional toll that the entire situation had taken on him.

'Marriage Story' is also partly inspired by Noah Baumbach's personal life and his divorce with his ex-wife, an LA born actress Jennifer Jason Leigh (which probably contributes to the film's empathetic take on divorce). However, he refuses to acknowledge this movie as 'autobiographical'. When asked about the difference between personal and autobiographical, in an interview by the New York Times, he says, 'I think when people say autobiographical, they're assuming it's one-to-one, which none of my movies are in the slightest. I might use autobiographical details at times, but any extrapolation beyond that has no meaning to the work or to me or anything else.'

Watching this film actually reminds me of Gulzar's 'Ijaazat' which, though somewhat different, is also very similar to 'Marriage Story'. Divorce, here, is not just a legal formality or a new beginning - instead, it's accepting the fact that you need to let go of a life or a person, something or someone you had hoped would stay. It's the holidays you spent together, the house you lived in, the memories you've created together - everything that you have to probably let go. It is difficult but it is what it is.

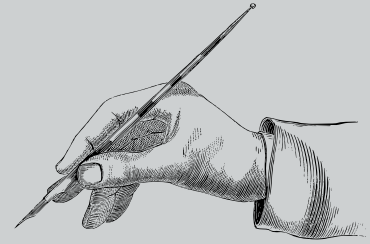


We as an audience are always too content with the cliché happy endings that most romantic movies resort to, but love is a much more complicated emotion than that. 'Marriage Story' perhaps tries to communicate that just because a particular relationship did not have a happy ending, it does not lose its meaning and significance. You can sometimes love a person even when you're not with them anymore (again, the 'Ijaazat' connection comes in). At a point during their aggressive argument, Nicole addresses Charlie as 'honey' - the intimacy in their marriage hasn't completely faded yet.

Through its empathetic and compassionate take on divorce and the people caught in it, 'Marriage Story' makes sure that it narrates a separation in a way we haven't seen before. Brilliantly acted by Adam Driver and Scarlett Johansson, this movie is worth one's time. It has been aptly described by its makers as 'a love story about divorce.'

Art

- Vandy, 1st year



(n.) “A skill acquired by experience, study or observation.”

As apt as this definition is, it can't help but render a mechanical definition to something we all possess in different forms. Singing, dancing, writing, painting - there are a thousand ways in which this three-letter-word manifests itself in our humble selves and transforms us into someone we did not know we could be. A hasty glimpse, a hesitant venture, a stolen escapade and we start falling in love, first with the skill, and then with ourselves.

But at some point of time, as if to test us, there seems to be a heavy weight dragging us away from our wonderful ideas. The words seem to irk us, the tunes seem repetitive and dancing seems tiring. Whichever clock in the universe timed this separation does not seem to be willing to schedule the reconciliation any time soon. For what feels like eternity, we break away from what was once a part of our soul and the emptiness haunts us every night.

And when you try to get back into practice, it seems daunting. We feel dubious. Insecure. Hesitant.

It seems prophetic when our skill doesn't come back to us in the same articulate manner we thought we had mastered it in. It does not make us exult but rather makes us grieve and lament. “Maybe,” we think, “I have lost what was beautiful in me.”

All of these are very good reasons to give up. They can be framed in much more persuasive ways than this writer can imagine and they can be validated by minds this writer has never had the pleasure of knowing. But one thing this writer knows for sure is that, no matter how valid the reason may sound, it can be surpassed by the mere existence of that art in the world and more importantly, within us.

During the times we feel discouraged and start to overthink our incapability, all we have to do is remember the reason why we fell in love with that skill for the 1st, 2nd or the nth time. And remember how, somewhere along the journey, what started as a pass-time made us adore ourselves a bit more. It made us give people the benefit of doubt. It brightened up the world, the trees danced, the birds became iridescent and the stars turned into diamonds.

Nevertheless, why would a person want to trouble themselves with a hobby that is not necessary?

Why pick up heavy dictionaries and read loathsome meanings that the memory never agrees to absorb? Why ruin your eyesight in front of a laptop for a mere story? Why after all, did you even start with this idea, with clothes smeared with paint that leaves pungent smells and blue stains behind on your favourite white satin shirt? Well in this case, you shouldn't have worn that shirt but reader, I think you understand the point this author is trying to make.

The reason we indulge in these acts of passive violence against ourselves is because, ironically, it is the only way we find peace and true happiness. By decoding ourselves piece by piece, vocalising unpleasant emotions layer by layer, bringing into light the darkest corners of our imagination, we undergo the agony of realisation and the horror of being faced by our demons.

To think that such thoughts lay hidden in your unconscious, these feelings that take a hold of you when the world turns upside down, to realise that to my bright aura, there exists a side as black as midnight, is torturous.

If not controlled, these feelings reel me in, reining my being till I finally fall to my knees, defeated. How magical this trade must be, how magical any of those trades must be, that drape the devil in me in silks of eloquence and elegance.

Revealed but still concealed. Known but not understood. Raw but with finesse.

And when my dark side realises the beauty to it, when the moon finally accepts her flaws and rules as the queen of the night, when the wolf finds melodies in his monstrous howls, the brown orbs dare to light up but the head remains bowed in shame. Finding another spark of courage, the neck straightens itself and somehow, like this body isn't its own, the head raises itself to the sky and the moon shines as the clouds of darkness part. In the midnight, hope comes alive. Maybe, being a creature of the darkness isn't so bad after all. With legs that have a life of their own, the body stands - still wavering, feet unsteady, but somehow the eyes are set on the path ahead. Stumbling forward, one step, two, three and suddenly the body strides forwards.

Soon, it is me who is running, the wind in my hair and laughter in my breath, flying from the ground on wings of words. Of tunes. Of brushstrokes.

Suddenly, the art in me finds a way to break through again and the magic lifts me up when I need it the most. It seems like the lost skill has returned. No, not lost. What a petty word for a breath-taking experience.

For when a writer breaks fingers on a keyboard, it is not for applause. When a reader gets spectacles because of reading under the blanket, in the dim light of their phone's torch, till 3 am while hoping not to get caught by their parents (or by Dementors), they experience satisfaction. When a dancer finally delivers a performance without as much as a toe pointing in the wrong direction, the tiredness disappears and there are only bright smiles and bows. When the painter completes his artwork, the stain is forgotten and only the blemishes of blue reside in the mind, reminding him of a most beloved person. When each one of these people is able to do again what they could before, the heart swells with pride and contentment.

But, the path is never easy. Getting up after falling so hard is never easy. And the only way to find your way forward is to prove your worthiness to your art again. Amitav Ghosh writes - "trained in the unforgiving art of language" which reiterates the truth that words, when written, should do justice to the language itself.

Art is unforgiving. It exhibits an unflinching ability to disregard tears of hopelessness because it is aware of what it deserves.

Art is not for the weak. Art is only for those who can hold immense weights on their shoulders and still hold their heads high.

Art is for those whose will to prevail surpasses everything and everyone.

Art is not for those who wish to wallow in self-pity.

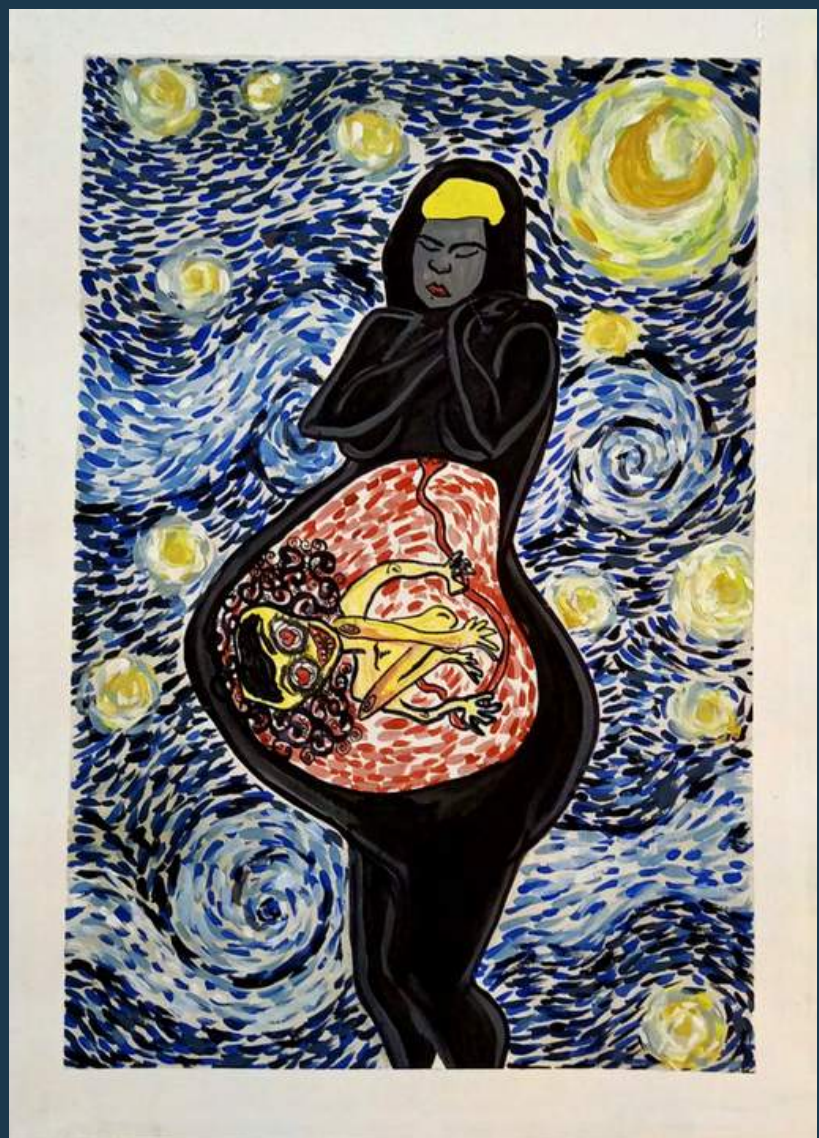
Art is the victor's weapon.

Art is, in fact, for all of us.



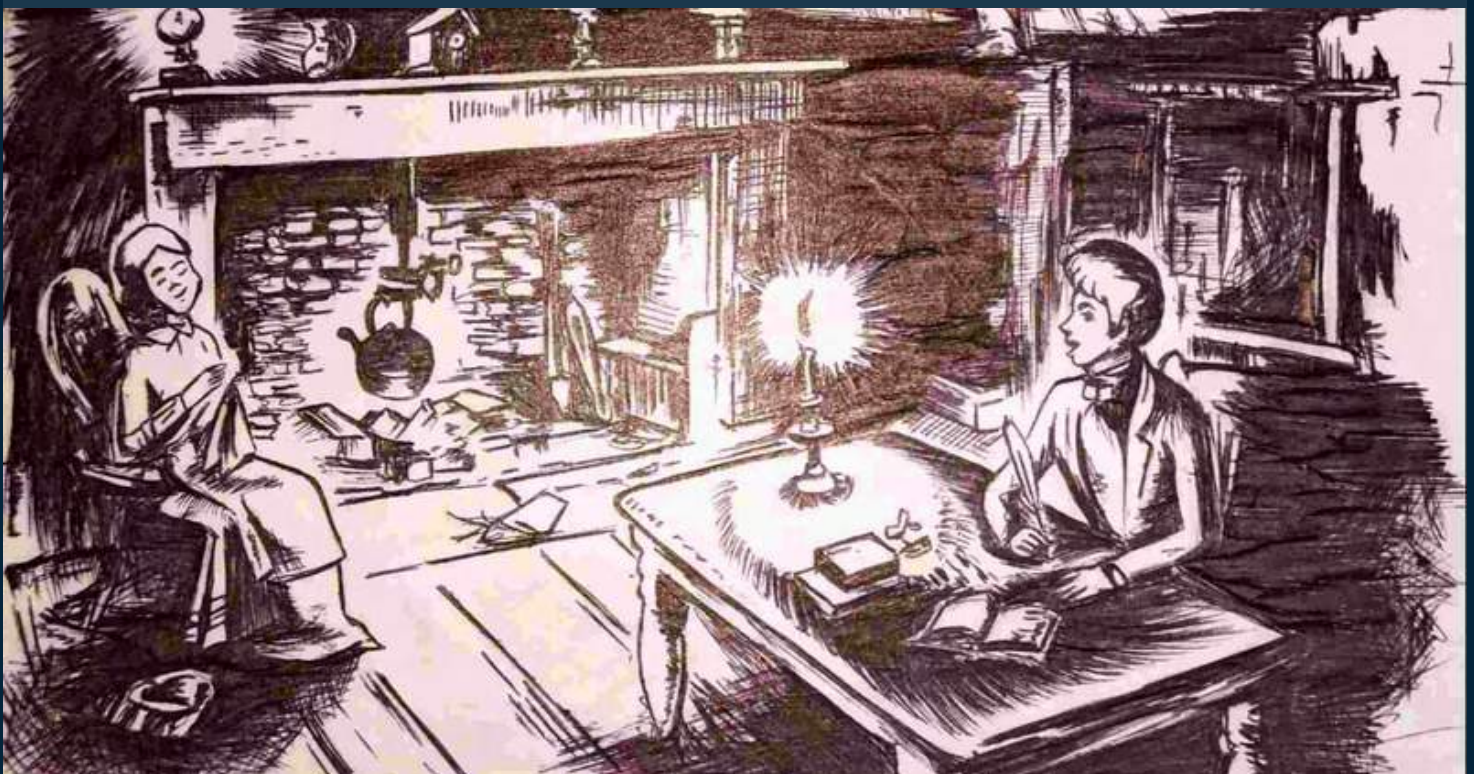
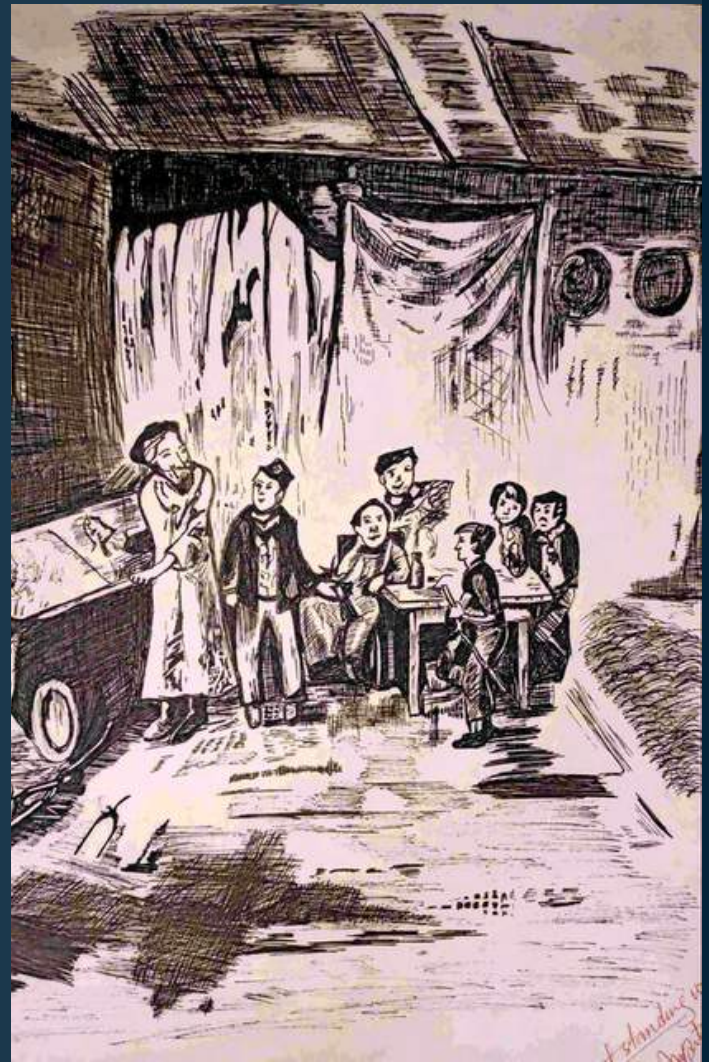
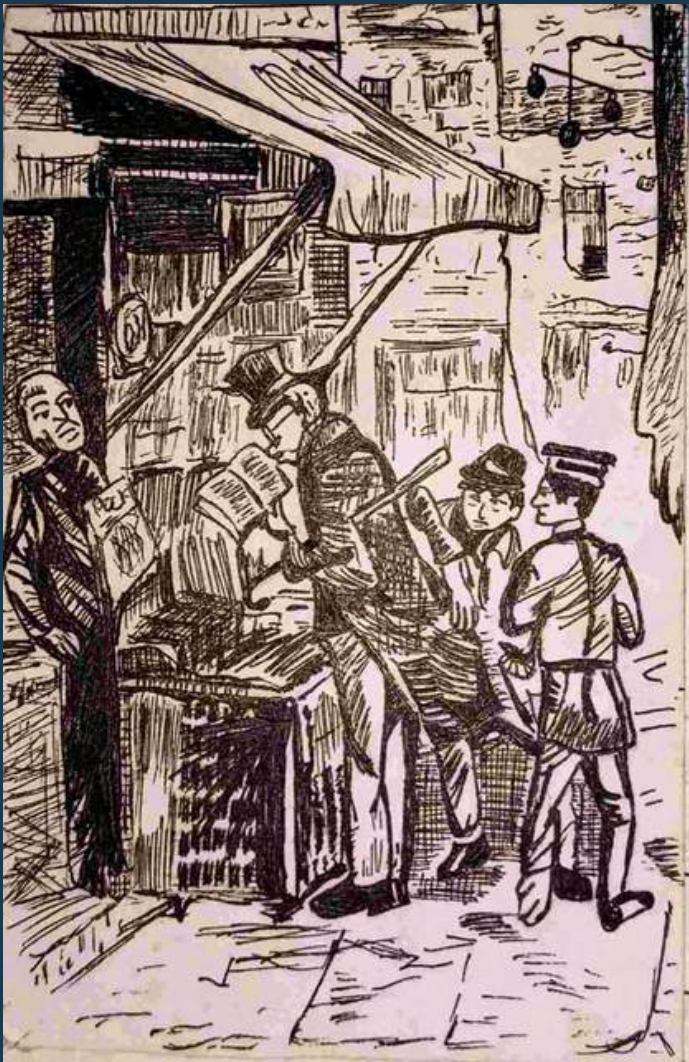


Artwork by
Saumya
Verma,
1st year



Artwork by
Neha Pal,
2nd year

Artwork by Shagun Naik, 1st year



"Do you wish to be a flower among those dry leaves?"



-Photograph by Arushi, 2nd year



-Photograph by Satvika, 2nd year

Volunteers' Space

Weaving Books with Mental Health Improvement

~ By Kokoro Okamoto, Second year



How does it feel like when you're just one page away from finishing a book? Probably, bibliophiles would be curious to know how the story will end, wouldn't they? Or some might feel empty after voyaging together with the characters in the book? I believe that books have the power to elicit emotive feelings among anyone who once lays their hand on a book of their choice. Do you know that by reading books, one can improve their mental health? If you're not sure or familiar about it then dive into this article to explore more!

In the beginning of COVID-19 pandemic, when most of the world went into lockdown, many people found themselves with a lot of extra free time where they used that time to cook new cuisines or binge watch some shows. On the other hand, for the bibliophiles of the world, quarantine was the perfect chance to checklist through their pile of books to read. However, due to the long duration of quarantine, many people were starting to face depression, pandemic induced stress and anxiety.



Moreover, parents were concerned about how to stimulate engagement with their youngsters with interesting activities that also supported both their well-being and learning during the pandemic as the schools were shut down. Therefore, a finding by Margaret Kristin Merga, Senior Lecturer in Education, Edith Cowan University provided an insight into how reading books can help young people to deal with mental health challenges of the pandemic where they found that around 60% of young people felt that books had a positive implication on their well-being. Writing and proofreading service Global English Editing compiled a report, which showed a surge of 35% of people in the world reading more books than usual since COVID began and it may have contributed to less pandemic stress and has shown to improve overall mental health.

Besides expanding our horizon of knowledge and language vocabulary skills, book reading offers some well-being benefits:

- Connecting empathetically:

Mental health has been shown to be positively correlated with relationship quality and human connection. Reading can be a great stepping stone to the development of healthy relationships by allowing oneself to experience multiple emotions which mold us to empathize with

the character. Research suggests that developing a relationship with fictional characters allows us to understand the human experience and expand upon the ways in which one relates to people in real life.

- Enhancing Mental Flexibility:

While reading, the reader tends to inhabit the minds of different characters and to understand them, one tries to view the story through their perspective. Fictional literature and poetry has proved to be effective in introducing us to new interpretations of reality and stimulates our brain in a way that improves the reader's ability to think outside the box. Fostering healthy mental flexibility allows us to problem-solve in new and creative ways.

- Stress Relief:

Stress levels can be lowered by reading a book even if one does it for merely 30 minutes.

Flipping the book page by page allows us to escape one's reality and live another life for a short duration. Experiencing different story plots from falling in love to going on adventures, the reader can distract oneself from the stress of daily life. So, grab a book which you enjoy that won't trigger anxiety or overwhelming sadness to achieve this imaginative escape.

- Improving Cognitive Function:

Reading has always been associated with improving vocabulary and intelligence as it is a great practice in absorbing and retaining information. According to the researchers, reading allows us to simulate actual experience

in our minds by learning it from a character's emotional growth and ability to overcome challenges without having to go through the same experience ourselves. The connectivity found in the brain scans of readers has been shown to persist long after they put down the book.

- Exercising Mindfulness:

Everyone knows that through Yoga or meditation, one can practice mindfulness however, it has been found that reading provides a space where our mind can be at peace which alternatively provides a form of effortless mindfulness to the reader. Reading has the power to let oneself immerse deeper into the story, where one can enjoy the experience and get anchored in the present moment without having anxious thoughts.

For people who feel stressed out because of their hectic lifestyle, try to give yourself personal space and time, and use it by picking a book of your choice coupled with your preferred coffee or tea so as to switch your mind to a relaxing mode. With this, I'm ending this article with one of my favorite quotes:

“A reader lives a thousand lives before he dies . . . The man who never reads lives only one.”

~ George R.R. Martin

PSY-HUB

'Nuances of Presenting Papers at Conferences'

~ Kokoro Okamoto, Second Year

On 21st October, the Research Circle of the Department of Psychology organized an insightful session on 'Nuances of Presenting Papers at Conferences' headed by Dr Priti Dhawan, an assistant professor in the Psychology Department.

The session was commenced by the speaker briefing that she will introduce some of the techniques for presenting a paper. She articulated to the audience that it's important to present the paper because as psychological researchers, one has to put in information as sharing leads to growth and deeper understanding of concepts of theoretical and practical aspects. Dr Dhawan walked the audience over the structure of presenting a paper from aiming variety, smoothness, tips to introducing a paper, methods to result analysis. Moreover, she also talked about how to write an interpretation and discussion and kept in mind the anticipated questions after the presentation of the paper.

A thought-provoking session ended with the participants engaging with the addresser. Subsequently, Dr Priti Dhawan thanked them for their kind comments and for being patient listeners.

'National Paper Presentation Conference'

~Ayna Konthoujam, Third Year

On 23rd October, Research Circle of the Psychology department organised the annual 'National Paper Presentation Conference' in collaboration with IQAC. The conference had Dr Suparna Jain from Daulat Ram College and Dr Pushpita Behera from Lady Shri College for Women, as judges.

Each presenter shared their research on diverse topics, like 'Attachment styles and morality', 'Nomophobia amidst pandemic', 'Gender differences in the attitudes of adolescents towards underage alcohol consumption in India', 'Self compassion and relationship satisfaction' etc. The papers were explained in terms of the steps they undertook, the rationale, methodology, hypotheses, instruments they employed, the procedure, different designs of the study, limitations and future directions. Their results were analysed and discussed by the judges. The audience also tuned in with their questions. The event certainly proved very informative and intriguing. Many first time presenters kickstarted their research journey with their participation. As the results were being compiled, a refreshing song performed by Titiksha was showcased and questions and queries regarding the presented researches were answered.

Finally, after the proclamation of the winners, a group snapshot was taken of everyone present. The event reached an ending note with gratefulness - expressed with a vote of thanks by the Psychology Dept. Union; a speech by Ms. Megha Dhillon and an ending performance by Rukmini.

'Psychological Research with Centenarians'

~Disha Parab, 2nd year

On 2nd November, the Research Circle of the Department of Psychology organised an enriching and informative session on “Psychological Research with Centenarians” distinguished by Dr Pam Smith and Dr Nimmi Hutnik, who has worked with centenarians extensively. The session commenced with some pictures of the centenarians, Dr Smith and Dr Hutnik had conducted research on, which in itself added flavour to the session and made it more intriguing. The session centred on Participatory Action Research as a process, the topics which can cover in it as well as its opportunities which was elicited by Dr Smith in detail. She also provided the students with a valuable website for resources for research. On the other hand, Dr Nimmi focused on Cognitive Behavioural Therapy, Resilience- an ordinary construct and Ageing, where she shed light on the inspiring centenarians she had worked with. The students were also briefed about her book, “Becoming Resilient: Cognitive Behaviour Therapy to Transform your Life”. Moreover, they also talked about the challenges of ageing and how it can be less difficult with the art of positive framing, accepting the things one can't change, managing worry and anxiety, psychological flexibility and embracing opportunities to flourish, which they could observe in all centenarians. Dr Hutnik and Dr Smith explained the challenges they faced while conducting Participatory Action Research, though it has its own share of difficulties, but conducting the research with centenarians and drawing on their life experiences taught both the researchers resilience, mindfulness, commitment, flourishing and equipped them with the expertise of growing old and surviving life's challenges. The interactive session came to an end with some food for thought as the students were asked to dwell upon what ageing meant to them and how they can boost resilience.

'Research on Migrant Communities'

~ Neelanjana, Second Year

On 11th November 2021, the Research Circle of the Department of Psychology, Lady Shri Ram College for Women, conducted a session on the topic "Research on Migrant Communities". It was led by Dr Renu Narchal, a registered Educational and Developmental Psychologist and Senior Lecturer of Psychology at Western Sydney University, Australia.

The session was kick-started with a small bio-note about the speaker by the student coordinator, Anushka Kumar which Dr Renu supplemented with an elaboration on her research interests. After some quick migration facts, she established that her main focus for the session will be the role of children and young people in supporting their parents in migration, especially language brokering. The life cycle, gender characteristics, cultural components of language brokering were also discussed before jumping into the situational contexts where it comes into play as well as the perceptions surrounding it. She brought up her study that talked about language brokering experiences with a focus on stressful situations, their consequences and the practical implications of the study, highlighting the need to mitigate the detrimental impact of language brokering on young children.

With a small detour into the role of Health Care Interpreters and procedures relating to them, she further weighed in on future directions for research. She then invited questions from the students and after an informative discussion, the session was wrapped up.

'The Evolution of Military Psychology in India: A Journey Since 1943'

~Dolly Phullay, Second Year

The Department of Psychology at Lady Shri Ram College for Women organised yet another insightful session on the 18th of November, titled, 'The Evolution of Military Psychology in India: A Journey Since 1943', as guided by experienced psychologist and Scientist 'F' at DIPR, Dr. Jitendra Kumar Singh. A part of the National 'Azadi Ka Amrit Mahotsav' Initiative, the session intended to highlight the developments in military psychology in the nation.

Dr. Singh commenced the session by providing us a brief introduction to the Defence Institute of Psychological Research, DRDO, as a research based organisation which also indulges in the selection, training, and placement of military personnel across the country. Further, he comprehensively presented the vision and charter of duties that entail working in such an organisation, how it works to promote the well-being of the society at large and the Armed Forces in particular, while also devising standardized and indigenous means of recruiting personnel. Lastly, the prospects and opportunities that emerge from the sphere of military psychology at DIPR were also highlighted, along with Dr. Singh's personal experiences from working in the field.

The session concluded with a vote of thanks that was extended by faculty member, Ms. Priyanka Padhy on behalf of the student body as well as the faculty of LSR. This discussion stands to mark the conclusion of yet another semester entrenched with similarly enriching seminars.

MHAW 2021

'Inculcating Resilience '

~Kokoro Okamoto, Second Year

On 5th October 2021, the Department of Psychology on the account of Mental Health Awareness week organized its first session entitled: Inculcating Resilience in Oneself by Dr. Itisha Nagar, an assistant professor of Kamla Nehru College, Delhi University, New Delhi.

As the guest speaker, her goal was to mould the participants to be resilient at the end of the event. She started off the session with a reflective question which gave us a glimpse about this event. Dr. Nagar walked the audience over four important lessons or skills about how to be resilient in our lives by making them understand through her personal anecdotes. In one of her lessons, she quoted Frederick Douglass's words, "It is easier to build strong children than repair broken adults", where she explained why she has deviating viewpoints to this quote and subsequently stressing upon that one should break off from the binaries i.e. the strength and brokenness in order to define as resilient or not . A key takeaway from this talk-show was her important belief, "To be resilient is to acknowledge one's own vulnerabilities" is what grabbed attention from the attendees.

As the event drew to a close, the speaker delivered a sensational poem titled 'Still I Rise' by Maya Angelou which wrapped up the event beautifully and lastly, the spectators expressed their views and gratitude with their delightful comments.



MHAW 2021

'Expressive Arts Workshop '

~Anoushka Roy, Second Year

On the 6th of October, 2021, the Department of Psychology hosted its second session on account of Mental Health Awareness Week, 2021. The session, an “Expressive Arts Workshop” open to all students of LSR, was taken by Ms Ishani Ahuja, an RCI licensed rehabilitation counsellor who works with children, adolescents and young adults. Trained in psychotherapy techniques including expressive arts-based therapy and play therapy, Ms Ahuja brought a warmth with her that helped the audience let go of their inhibitions during the activities.

The session was kicked off with the Union introducing Ms Ahuja, after which she asked the audience what their expectations from the session were. She reiterated the fact that in regards to expressive arts, there is no end goal. It is simply a process or a journey. After relating expressive arts to the MHAW’21 broad theme, Resilience, and discussing the principles of expressive arts, the second half of the session began. During this, Ms Ahuja asked the students to write down the first thoughts that came to their minds on hearing the audio. She provided calming instructions throughout this process. Next, she asked the audience to use their colors or collaging material to give shape to the words they had written down. Finally, the audience was asked to imagine their creations as if they were beings who had a message to convey to them. This message was to be written down however they imagined it to be – in the form of two words, a conversation, or even a poem.

Ms Ahuja then invited students to share their creations if comfortable. She had a personalized response for each individual who spoke and left them with something to reflect upon. She reminded everyone that anything can be a stimulus to get expressions of art.





MHAW 2021

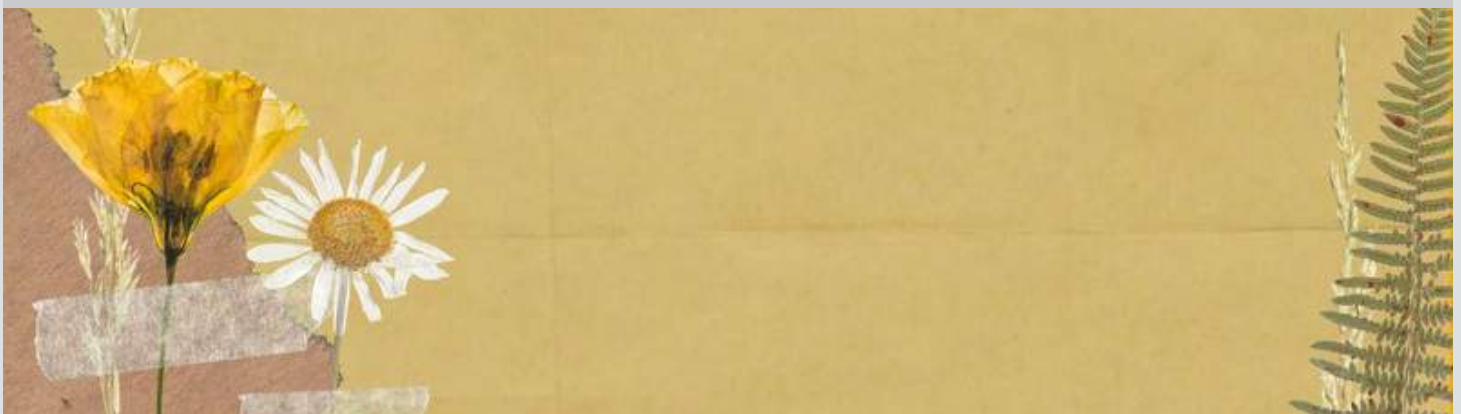
“Exploring Resilience Through Lived Experiences Of Students In The Pandemic”

~Sukanya, Third Year

Although the world is full of suffering, it is full also of the overcoming of it. My optimism, then, does not rest on the absence of evil, but on a glad belief in the preponderance of good and a willing effort always to cooperate with the good, that it may prevail.” Sighting this beautiful quote by Helen Keller, Ritika Khotani (the moderator) kickstarted the last event of MHAW’21, a student-led panel discussion on “Exploring Resilience Through Lived Experiences Of Students In The Pandemic” that took place on the 8th of October.

There were 4 speakers for the session- Navreet Kaur (3rd year), Ishikha Maheshwari (3rd year), Eesha Peshawari (2nd year) and Saniya Rizwan (3rd Year). The event was moderated by Ritika Khotani, Darsana R, and Vanshikha Gur. In the session, all 4 speakers brought in diverse experiences and also presented their take on the construct of “resilience”. Where Navreet Kaur worked on constructing, deconstructing, and then again reconstructing resilience, Ishika Maheshwari highlighted her insights into what key characteristics make a person resilient, Eesha drew a comparison between a rubber band and the elasticity of human emotions, and Saniya Rizwan ended the discussion by critically analyzing the concept of resilience itself - the structural reasons behind selling resilience to us for something more than it stands for and made us question our previously held beliefs! The audience chipped in with the reflective ideas that they gathered post the discussion.

The session ended on a beautiful note with the Union showing their gratitude in the closing ceremony!





MHAW 2021

'Providing Resilience and Support to others'

~Navreet Kaur, Third Year

As a part of week-long MHAW celebrations, the Department of Psychology organized a panel discussion on the topic 'Providing Resilience and Support to others'. The speakers included Dr Anandita Bhattacharya, Ms Mimansa Singh Tanwar, Ms Deepti Khemchandani and the discussion was moderated by Ms Priyanka Padhy.

The session began with Ms Padhy very aptly setting the context for the presentation by showcasing a picture of a rose that grew from concrete- highlighting the very idea of resilience. This was followed by the three panellists giving their own takes on resilience, opening doors to relatively unexplored perspectives on resilience. Mimansa Singh, a clinical psychologist, spoke at length about how resilience is not an individual trait but something that comes from the collective. The importance of one's social system was brought to the forefront. Ms Singh also highlighted how the process of resilience is a steady one. Everyone nodded their heads in unison as she rightly remarked that "Slow rain percolates much deeper into the earth than storms". This was followed by Ms Deepti- a trauma-informed psychotherapist, who looked at resilience from the lens of trauma. She eloquently spoke about how stabilization and resource building precedes resilience building in people riddled with helplessness and hopelessness. She also sparked the very thoughtful idea of creating a 'resilience toolkit' for people, tailored according to their personal needs.

In the end, Dr Anindita Bhattacharya- a clinical psychologist and a faculty member at Azim Premji University, very interestingly, highlighted the college mental health perspective on resilience. Her perspective, closely tied with the young audience present in the session went a long way in busting myths about productivity and resilience in the current times of the pandemic. Dr Bhattacharya also presented insights from her own research work which enhanced everyone's understanding. This was followed by an intellectually stimulating question-answer round. The session proved to be very enriching for one and all.



PRESS TEAM



NEELANJANA JAIN

DCAO TEAM



ANANYA ARORA

VOLUNTEERS OF THE MONTH ~ OCTOBER



PUBLICITY TEAM



HAYA NAVED

BDM TEAM



NEELANJANA JAIN

PRESS TEAM



ANOUSHKA ROY

DCAO TEAM



VANSHIKA VERMA

VOLUNTEERS OF THE MONTH ~ *NOVEMBER*



BDM TEAM



STUTI VERMA

PUBLICITY TEAM



NANDINI DAGAR

NEWSROOM



Happenings in the world of psychology!

- Researchers, in a study, found anxiety markers in volunteers despite their awareness of being in a safe environment. This stresses the fact that individuals with an anxiety disorder, fully knowing they're safe, cannot control their feelings with their brain continuing to behave as if in danger.

Benjamin Suarez-Jimenez, Nicholas L. Balderston, James A. Bisby, Joseph Leshin, Abigail Hsiung, John A. King, Daniel S. Pine, Neil Burgess, Christian Grillon, Monique Ernst. Location-dependent threat and associated neural abnormalities in clinical anxiety. Communications Biology, 2021



- The father of Cognitive Behavioral Therapy - Dr Aaron Beck, aged 100 passed away on the 1st of November, 2021 in his Philadelphia home.

- A new study indicates that listening to music improves brain plasticity in patients with mild cognitive impairment or early Alzheimer's disease, supporting the clinical potential of personalized, music-based interventions for people with dementia, as these neural changes are correlated with increased memory performance on neuropsychological tests.

Corinne E. Fischer, Nathan Churchill, Melissa Leggieri, Veronica Vuong, Michael Tau, Luis R. Fornazzari, Michael H. Thaut, Tom A. Schweizer. Long-Known Music Exposure Effects on Brain Imaging and Cognition in Early-Stage Cognitive Decline: A Pilot Study. Journal of Alzheimer's Disease, 2021.

- Using a new model of brain activity, computational neuroscientists are exploring striking bursts of activity in the human brain that have not been examined before. These bursts may have the potential to serve as biomarkers for brain disease and conditions such as depression, schizophrenia, dementia, and ADHD.

Maria Pope, Makoto Fukushima, Richard F. Betzel, Olaf Sporns. Modular origins of high-amplitude co-fluctuations in fine-scale functional connectivity dynamics. Proceedings of the National Academy of Sciences, 2021

- According to a new study, it has been indicated that picky eaters in college who consumed significantly fewer amounts of fibre and vegetables reported greater social phobia and situational distress as compared to non-picky eaters.

Lauren A. Dial, Amy Jordan, Elizabeth Emley, Harrison D. Angoff, Aniko Viktoria Varga, Dara R. Musher-Eizenman. Consequences of Picky Eating in College Students. Journal of Nutrition Education and Behavior, 2021

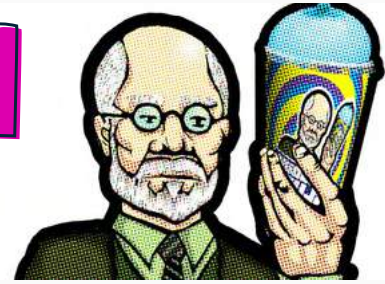
PREP-UP POINTS!

- Ensure that the examination forms are filled within time with correct details.
- Save the details of the nodal officer for contact while needing assistance during the examinations.
- Write your answers on an A4 size sheet and mark every page number with your signature.

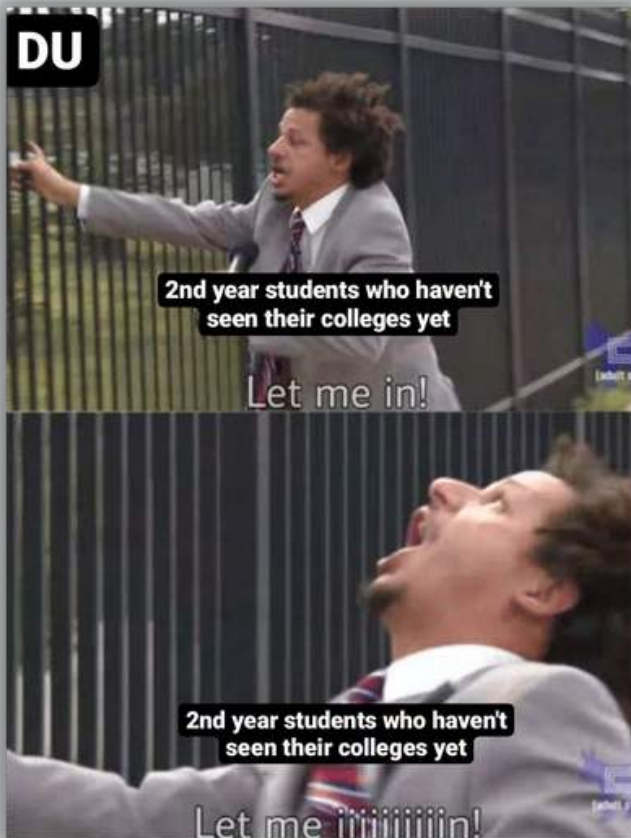


- Keep your notes and resources handy.
- Always wait until you receive the confirmation email that your answer scripts have been uploaded.
- Cross-check the PDFs after uploading, and remember you got this.

FREUDIAN SLURPS!



Alt text: A woman stranded on an island does not get help by planes flying overhead when she writes 'HELP' on the sandy shore. But when she writes about knowing the date of colleges reopening in DU, a lot of planes come down for her aid.



Alt text: Second years screaming to be let in through the college gates.



Alt text: teacher reprimanding student for trying to make the already burnt out students upset by telling them that they have to read the whole

Types of Headaches

Migraine



Hypertension



Figuring out the Paper Code and Name to fill in the Examination Form

Stress



Alt text: Figuring out the paper code and name to put in exam forms is a type of headache along with migraine, hypertension & stress.



TAKING EOD TO MEAN 12 MIDNIGHT AND SUBMITTING ASSIGNMENTS BY 11:59 PM

TAKING EOD TO MEAN BEFORE DAWN AND SUBMITTING ASSIGNMENTS AROUND 4-5 AM Hoping your PROFESSOR WON'T CARE

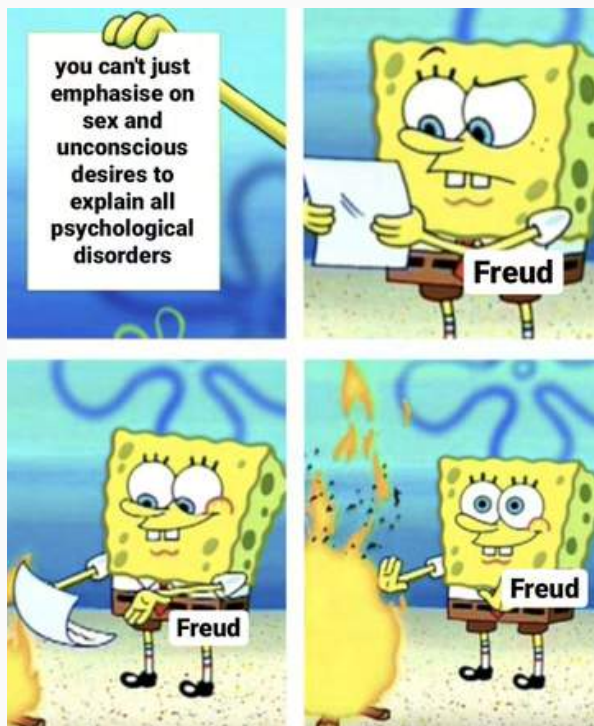
Alt text: Drake approving to consider EOD as submission before dawn rather than at the end of day.



Alt text: Santa ready to shoot the kid who asked for inclusion of feminist psychologists in school syllabus as a Christmas present.



Alt text: Person choosing to ignore the fear of offline exams.



Alt text: Freud burning the paper that criticizes his over emphasis on sex & unconscious desires as explanations of all psychological disorders.



Alt text: Santa considering dragons a more realistic gift than college experiencing without burnout.



CREDITS

EDITORS'-IN-CHIEF

Anushka Singh
Neha Pal

VOLUNTEERS

Anoushka Roy
Ayna Konthoujam
Disha Parab
Dolly
Kokoro Okamoto
Neelanjana
Rukmini
Sangya
Simran

SPECIAL THANKS TO

Ms. Priyanka Padhy
Faculty's Note

Dr. Bhawna Devi
Interview

Aprajita, 2nd year
Cover Page Photograph

DEPARTMENT OF PSYCHOLOGY
LADY SHRI RAM COLLEGE FOR WOMEN
DELHI UNIVERSITY



Psychology LSR



Department of Psychology, Lady Shri Ram College for Women



lsr_psychology