

# ZEITGEIST

DEPARTMENT OF PSYCHOLOGY, LSR

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# FROM THE FACULTY'S DESK

There will be times when by 'your own'  
you'll be abandoned,

The ever cherished bonds will seem  
redundant.

The winds that blew calm, turn into  
intolerable fury,

And you seem like a culprit in front  
of an alien jury.

Sounds challenging though,  
Hey! Don't Give Up!

For such times test, how deep thy roots are,

Are you resilient enough  
to resist the odds till far?

Then... Tell yourself...  
"You shall withstand!!"

Without slightest fear,  
you shall not bend.

Are you a 'People's pleaser'...  
Nah... it's required.

If for your skills you are truly hired.

Fight thy battles with the deepest passion,

And this spirit of yours will never be an  
outdated fashion.

HEY, DON'T GIVE UP!



BY DR. SIKSHA DEEPAK

# EDITOR'S NOTE

Holding the ink to embark on this note for the very first time, I bubble with hope, nervousness and anticipation. It is indeed an honour to be able to continue walking on the path our former team heads paved for us.

To encapsulate the essence of our psychology department in these few pages, we hope to witness this legacy run with pride. From our heart to yours, read on.

-Anushka



A creation for the department and by the department-Zeitgeist strives to be a safe space for all your expressions. To be its editor is a great privilege and even greater responsibility. A legacy revived by the former team heads; we can only hope to carry it forward with the same grace.

For themed entries, we asked you to describe college in colors. Imagination is the sweetest escape, and what better way to fill in the longing for campus if not with vivid shades.

Making Zeitgeist brought us joy and purpose; we hope reading it brings you the same.

-Neha



# A tête-à-tête with former Press Team Heads - *Aastha & Navreet*



**Neha:** Where are you in life right now, and have you finally adapted to this shift to a virtual reality?

**Navreet:** I'm in my fifth semester now and the online setting has been around for 2 and a half semesters so we're pretty accustomed to it. There's nothing we can do, of course, there's a wish to go back to the original mode of teaching, to meet people and see college but I guess I've adjusted well to the online assignments and classes.



**Aastha:** So I'm out of college, prepping for my Master's in Psychology. The entrances haven't begun yet. Times are very uncertain for me, I'm travelling back to the time after 12th when I didn't know where I'd land. The same uncertainty is rolling for me. At some points, there's also apprehension about continuing further in psychology, one is about my interest areas, second is about the actual career and opportunity available in psychology. Times are hence difficult again for me and I just want to get it over with as soon as possible.

**Neha:** I hope you're able to draw out your path very soon. Coming to the newsletter, what made you apply for the position of press team heads and looking back how did that position change you, if it did?

**Aastha:** I had been in the department for three years, I wanted to do something for it, the union wasn't meant for me then I realised the importance a team head holds in the department. I have always been good at writing and creativity, I've done internships in content development as well so press team was the viable option for me. The main reason behind applying was to connect to teachers more closely than when you can as just a student. The position made me grow as a leader. Whatever leadership qualities that I possessed earlier, I put them into actual practical use. I also learned a variety of things, to organize things and distribute tasks. With Navreet, there was a mutual learning exchange. I also learned to properly communicate. We've three tiers to interact with- the faculty, union and the volunteers apart from your partner. These things really aided my growth as an individual.

Navreet: I was always very connected to the department and right from the beginning, felt a bond with them. I had a lot of other engagements as well. We didn't have a newsletter back then, it had been discontinued. I used to bring it up to the union as well, to restart it. I read the roles and responsibilities of the press team and thought this is the space I always wanted to be in. This is something I've done in school also, I was the newsletter editor of our school so I was fairly confident as I had experience. As far as learning goes, it was the leadership aspect. I told Astha also, I was very apprehensive about working with a senior. That completely shattered when we actually started working together. I learned effective communication, taking responsibilities as you're heading something that gets published every month so you're always on your toes, which I frankly enjoyed. We got to know our department and faculty better.

**Anushka: Continuing with the newsletters, what was both of your best and most stressful memory associated with it?**

Navreet: The best memory is seeing the issue after it's ready. It gives you satisfaction when the issue is finally circulated. The most stressful bit would be probably the one with getting entries. We tried our best to have prompts where people could send entries. Also, maybe to some extent coordinating with the faculty, who will send the note, who will give the interview, when it will happen, figuring out the time, so yeah I think that would be stressful.

Aastha: I think ditto, I completely agree with Navreet. The satisfaction we get once the newsletter is ready, that is beyond explanation and words. The most stressful part is I think content creating, what will go in the newsletter and then getting to work on it. So the entire process is stressful until you get the final results.

**Anushka- Yes I think we did struggle as Navreet said with the entries. Continuing with that, what does the newsletter mean to you both? In what spirit do you perceive it?**

Aastha: For me, I truly think, it should be the essence of the department. It serves a very important purpose of putting everything that goes on behind the four walls of the department into a document. I am not the one to comment on if it did that job or not but it definitely means that to me. For me, it's a 12-page pdf that has everything that the people of the department, students or faculty and LSR stand for. It is a culmination of creativity, hard work and time we all dedicate to prepare those pages so when you listen to it just seems like 12 pages but the actual look into the entire process of developing that thing is very taxing work. So I think it is a source of not just putting in or recording events of the department but also of letting out your creativity.

What I completely agree with Navreet is that it's like the backbone of the department. You report what is going, the events taking place and you give the floor to each and every person to express what they want. The students write, teachers read it and what the teachers write in the newsletter the students read it.

Anushka: This brings me to my last question, what do you picture for the press team and its newsletter in the future?

Navreet: I think one suggestion which I'd have is that the people of the department should engage more with the newsletter and there's a lot that goes into it and to do it every month becomes tiring for the whole team and somehow I always felt that there was this disconnect. There aren't many people engaged with it so I honestly doubt it that so many people knew that there is even something called 'Zeitgeist' that's published every month. Your newsletter, I wish to see a different version than what Aastha and I did and I am sure you people will build on it and there will be more stuff related to psych and about the department that we couldn't put in it, some newer ideas, funnier memes and stories, something that makes it more engaging.

Aastha: I agree with Navreet, so first what we were doing initially is something I would like to see in the newsletter and you people can build on it and I know it's not easy because the newsletter has a limited number of pages that can be dedicated. I think more engagement from the faculty as well as inviting more entries from the student body are some things that can serve the purpose of the newsletter.

Anushka: Engagement is something that we really need. Neha and I do intend on working hard enough to reach the standards that you guys have set. We hope to see the expected outcome as well.

Thank you so much for taking out the time and sharing your experiences with us, we cannot wait to add more to the newsletter.



# ON THE PEN'S END

*Theme: "What color comes to your mind when you think about college and why?"*

As I sit down to write after long for my beloved Zeitgeist, and that too about college, it seems a bit too arduous a task to come with 'a' color which can encapsulate LSR's spirit. College for me, right from the very beginning has been a space which has embraced all diversity. As I near the end of this three year journey, I'll always remember college as this huge ocean which has taken in everything each of us had to offer.

There's definitely a bit of red when I think of college.. maybe because of those red walls which have stood a test of 70 long years and have their stories to share... Or maybe that red somewhere symbolizes that unflinching spirit every ELSA has. That spirit to question, learn, unlearn and relearn in this ever ongoing pursuit of learning. I also look at it as a bit of blue and orange at times- just like the colours of a flame. A flame that keeps that spark alive in each of one even long after we are formally out of the institution.

Interestingly, I also get reminded of green as I think about those days on campus gone by. The lush green front and back lawns overlooking the fierce red, have a special place in all our hearts- from soaking in the winter sun in the 'Delhi ki Sardi' to being the most picture perfect place on campus, from being a place to chill with all doggos to just sitting at gawking at the red walls- I do associate LSR with these green pockets as well.

At times, there is also some degree of black and grey, blended together mostly stemming from that unprepared goodbye that we bid to campus. I wish we knew it was the last time we were seeing the labs and lawns, I wish we knew it was the last time we were meeting many people, I wish we knew that we might not ever come back again.

Nonetheless, every cloud has a silver lining and the 'new' mode of teaching and learning, which much to our discontent has become 'the' mode of teaching has also had its own things to offer. There has been a bit of peace or maybe a little bit of white as you may call it from crossing that scary Ring Road crossing, auto and metro sides as we comfortably sit in our warm quilts and attend college.

As all these experiences come to me as I put them on paper, I think it will be apt to associate LSR with a rainbow or maybe a vibrant color palette, reeking of a bit of every shade. There is a tincture of all the reds, greens, blues, oranges, whites and greys and they all get enmeshed together- maybe to form what is termed as the magic of LSR.

-Navreet, 3rd Year.

According to me, LSR correlates to yellow. Yellow is the color of the sun, smiley faces and sunflowers. It's a happy, youthful color, full of hope and positivity. LSR has been a constant source of hope and optimism for me, from its lush green calming lawns, cheerful doggos, to classmates like family, it has helped me in distressing times to take my mind off the uncertainty. LSR is the yellow light at the end of a dark tunnel :)

-Disha Parab, 2nd Year.

आज जब फिर कॉलेज शब्द जुबान पर आया,  
आंख बंद करने पर दिल ने सफेद सा रंग दिखाया।  
उत्सुक हो मन में यही सवाल आया  
के क्यों नहीं लाल, पीला, हरा या नीला नज़र आया।  
विचार करने पर मैंने उत्तर पाया,  
तब जाके कहीं सफेद रंग का तात्पर्य समझ आया।  
है बना रंग सफेद सभी रंगों के मिश्रण से,  
ठीक जैसे बनी ये जगह अपने विभिन्न तत्वों से।  
इन लाल दीवारों ने, हरे बगीचों ने, नीले आसमान ने  
कितने परिश्रम, कितनी आशाएं देखी।  
कितनो के जीवन का अहम हिस्सा बना ये  
कितनो का स्वप्न बना ये  
कितनो की आंखे अभी भी इसकी एक झलक को लालायित रहे।  
ना ये लाल दीवारें, ना ये हरे बगीचे जो सिर्फ यहां कि शोभा बढ़ाते,  
है हम एक अहम हिस्सा जो इसका गौरव बढ़ाते।

बनी यह जगह अपने विभिन्न तत्वों के मिश्रण से  
बना सफेद सभी रंगों के मिश्रण से  
बना सफेद सभी रंगों के मिश्रण से।।

-Aryaki Chaturvedi, 2nd Year.

Although it may seem dull and distant, I think grey is the color I resonate strongest with. It is a mix of black and white, tying in perfectly with how uncertainties and hopes have become entangled with my college life.

Grey is what my world has become now; it is not a binary of good or bad and not a dichotomy between joy and sorrows. It has found a middle ground in the bittersweet memories of finding friends who laugh at the same bad jokes behind their computer screens. It has become acquainted with the chaos between rushing to take notes in class and attending meetings. Grey may not be vibrant, but it is comfort against harsh computer lights, a harrowing reminder of times I could never hug my friends when we wanted to be held. It is the silence amidst the buzzing noise of speakers. It is hope that one day, the gloomy skies will clear out, and we can sight under the broad daylights on campus.

-Jaya Shekhar, 2nd Year.





"Terracotta red, denoting the notes of warmth and tradition that are carried in the walls of LSR."  
-Dolly, 2nd year



"The lush lawns drenched in sunlight remind me of the colour green"  
-Sangya, 2nd year

When I think about LSR and it's aura, my mind automatically associates it with a beautiful cerulean blue colour. I don't necessarily believe in the technicality of the emotions a colour brings, but cerulean blue has always symbolised both calm and rigour in my own emotional colour palette. Cerulean blue is the colour of the ocean, the ocean brings both tranquility and challenge to the one who sets out to explore it. LSR as a college at many stages liberated me; so does the ocean, by just looking at it. LSR gives me a sense of enlightened strength; the colour ignites it within me. My emotional journey has been quite dynamic with both my college and the colour. My college is as blue as the sky which liberates us to fly and as deep as the sea, so much unexplored but full of glee.

~ Titiksha Barapatre, 2nd year

College reminds me of the colour yellow. Happy and hopeful, yet melancholic. Hope of being in college makes me exhilarated, the yearning to learn new things amidst the people I love make me happy, but the sadness prevails when the memories of what could have been come rushing back to my mind.

~ Reva Garg, 2nd Year.

The colour green comes to my mind when I think of college. It reminds me of our lush campus - starting from the front lawns of the college to the beautiful, tall trees around nescafe to the back lawns.

It reminds me of the prestigious “Green Cup” award that LSR has been winning for years.

~ Shruti Jhamb, 3rd year

"What color comes to your mind when you think about college and why?"

Ochre, more popularly referred to as “Gerua” in Hindi, comes to my mind almost reflexively, when I think about college.

In my mind, the color of the walls had always been a light, soft shade of orange. It was only later after visiting the campus that I realized that it was a bit darker than what I had expected. But, even now, after reading this prompt, that was the first color that had popped into my head. I think it’s because before my visit, I had only seen some pictures of the campus, and those pictures seemed to be have clicked in early evening sunlight, illuminating the color of the walls. Or maybe just because my associations have been set into stone.

For whatever reason, this color has always symbolized warmth, brightness and “new beginnings” for me. And that is what LSR had always meant for me too.

~ Aprajita Sharma, 2nd year



*Open Theme Entries***half-&-half**

-Kokoro Okamoto, 2nd year

A dilemma which strikes once in a while,  
Who am I?, an everlasting question,  
Lost in a vast ocean of unanswered emotions.

A warm hand patted on the back,  
Just like a sip of tea suffices.

Lemon and syrup brings an orange tinge,  
Without these two, I am incomplete.

A person with two halves, who are you then?

Two of a kind, maybe?

To be 'one' is hard.

Hybrid, is where I find solace,

My kokoro whispers to me,

“You are you”

(Kokoro: a Japanese word meaning 'heart')







## happy place

- Aryaki Chaturvedi, 2nd year

Running to the woods away from the city hustle,  
Where its only the leaves that rustle.  
Under the old huge tree I sit,  
With the things I call my self care kit.  
My favorite playlist and a cup of tea,  
In this place cold and breezy.

Its time for the sun to set  
Raindrops fall, the soil is wet  
I thank the serene place,  
For being my safe space  
Rushing back to city life at a fast pace,  
Where everybody is running their own race.  
The weather worsens, i hear a sound,  
My happy place was uprooted and had fallen to the  
ground.

The nests and branches break,  
The site of it is a familiar ache.  
Yet again I lose someone close to me  
My heart is heavy and empty.



# a laconic chaos

-Anonymous

She was a mess - right from her hair to her clothes and her past.

Her hair - uncombed and a flyaway mess; her clothes - almost always one size too large; the books she owned - always worn around the edges. If you just look at her, there's no beauty - none at all. Not in the way she laughs at her stupid jokes, nor her voice that's a pitch too high nor in the way she shuts herself away when she finds someone too close - just like a touch-me-not does.

But then, if you waited a moment longer and watched her - you'd see. The truth is that truly beautiful things are always, ALWAYS a mess. As she walks with her shoulders hunched down in a way that shows no life, you'd see just a glimpse of her scrawny body with stretch marks that talk of a time when she'd been more fit. Her eyes hidden behind thick glasses looking at you while longing for faraway dreams and escapes. If you opened her books, you'd see bits and pieces of her mind and thoughts racing about the pages scrawled in her careful handwriting - old yet well-kept. If you put your fingers through her hair, you'd realise it's not as rough as it seems to be.

If you look closely enough, you'd sometimes see her teary eyes even as she smiles and turns it into laughter for a joke you find boring. If you knew about the times she stuttered to speak something in the midst of her own family, maybe you would find her voice normal, not screeching loud. If you knew about all the reasons behind every little thing, then you'd like her. You'd wait to know her when she closes down until she opens up again. And maybe you would be kind when you know.

Perhaps, she would tell you about the time her mother left. Her smooth hair, a reminder of a better past before an angry father chopped all of her hair in rage. The big clothes she owned were warmer and more homely to her, having used her brother's hand-me-downs her entire childhood. You would have known if you bothered that she slept with her books most of the time, crying as she penned down her thoughts.

Maybe.

But you'd have to look and not just see...

Look for her beneath what you see.

And if you can't find her, like most people - don't go about calling her "just another girl".

## MIRROR ON MY WALL

-Shlaghya Mishra, 2nd Year

These days when I look into the mirror,  
I don't carry a face as long as a fiddle.  
Instead, I  
Just slightly hover over my 4-inch unibrow.  
To their disappointment,  
That unibrow neither brought me good luck nor  
convinced my body to embrace purity.  
But that big line on my forehead did cut across the  
philosophy of beauty that artists, over time, had neatly  
stocked in my brain.  
Down there, radiantly smile my lips,  
Mine aren't light pink,  
They have a tinch of brown in them.  
However, I have found perfect hues of dresses,  
Kissing my body well without  
Demanding my lips to get shaded  
Looking at the melanin, loaded around my neck to  
The sun warmly tucked in my upper back;  
These days, mirror just reflects grin from ear to ear.  
I wonder in all those beauty rules, why was the rule to  
smile became less important to adhere?  
My body paints itself with sublime shades,  
Souveniring my screen time under my eyes,  
And my stress levels in a raised spot on my cheek.  
In such days of no beautification,  
You wonder, how the mirror on my wall  
Only reflects the most attractive  
Imperfections?





## "CHAOS"

Artwork by Shlaghya Mishra,  
2nd year

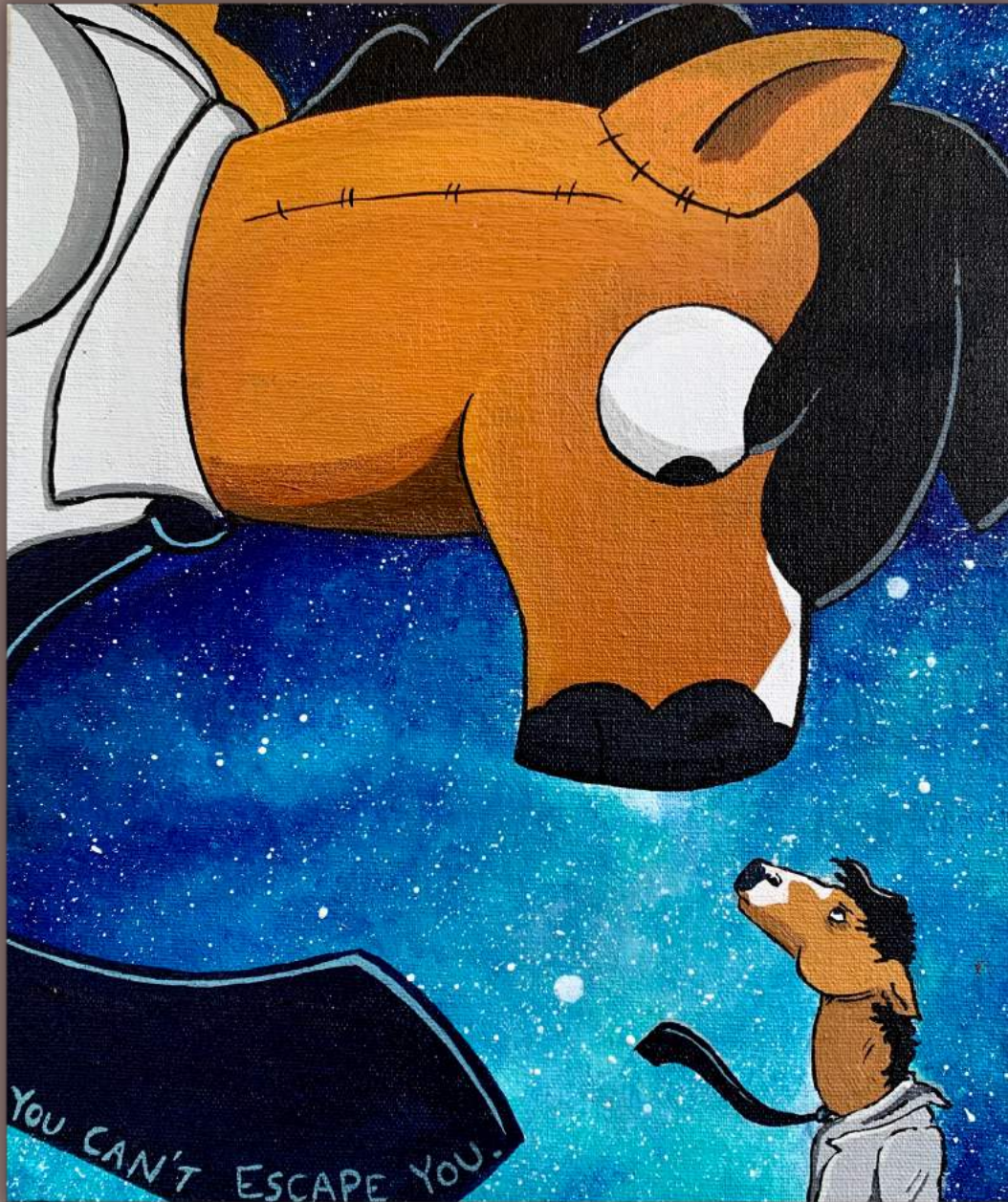
Artwork by Mehak  
Chauhan, 2nd year





# RUBAROO (रूबरू)

Artwork by Smriti Gupta, 3rd year



This painting invites you to a moment of quiet introspection, to look within and come face to face with your inner self. Don't judge but merely observe, and accept even that which you don't approve. Rather than trying to escape the negative and holding on only to the positive, learn to embrace everything that makes you YOU.

It is inspired by a still in the animated tragicomedy Tv Show Bojack Horseman, a story of a humanoid horse who, once a successful television actor, now struggles to find happiness and meaning in his off-stage life. This scene transpires when an inflated advertising balloon, the shape of Bojack Horseman himself, set up around Los Angeles for the promotion of his movie, sets loose and floats right in front of Bojack, who is then compelled to look at his reflection up close and come face to face (Rubaroo) with his own self.

Do black & white seem so majestic  
without grey?



-Photograph by Arushi Gupta, 2nd year



# नादान परिंदे

-Photograph by Arushi Gupta, 2nd year



-Photograph by Rukmini, 2nd year



**"Unassuming Serendipity"**

-Photograph by Disha Mukherjee,  
2nd year

**"Improvise. Adapt.  
Overcome."**

-Photograph by Disha Mukharjee,  
2nd year



# THE FIVE STAGES OF GRIEF

A Photostory by Neelanjana, 2nd year



She will be here.

Why isn't she here?



Maybe she will be here now.

Please... be here.



She is here.  
Always, in my heart.





# STUDIO GHIBLI: A HUB OF HEROINE-LED MOVIES



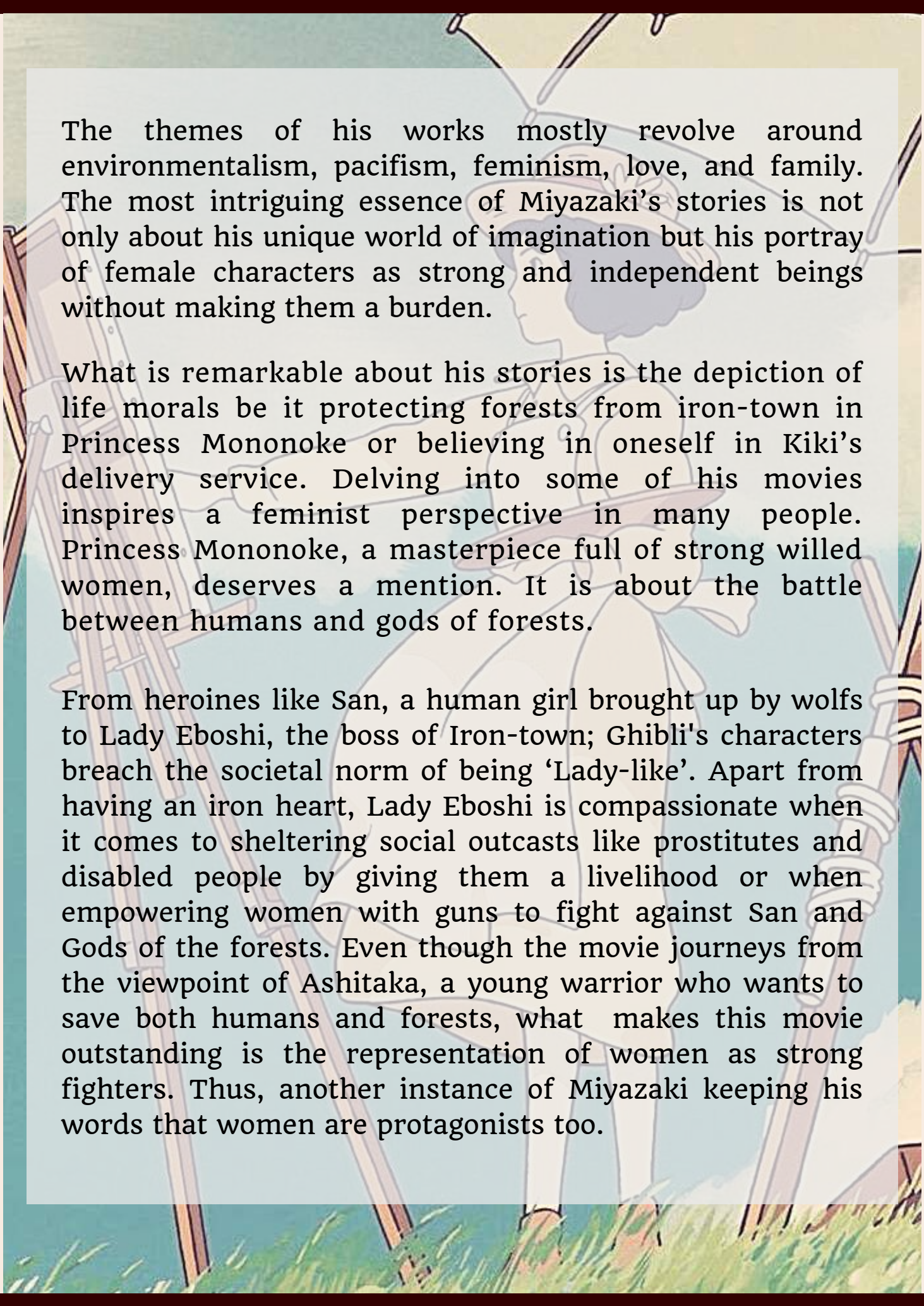
~ By Kokoro Okamoto, Second year

“Many of my movies have strong female leads-brave, self-sufficient girls that don’t think twice about fighting for what they believe with all their heart. They’ll need a friend, or a supporter, but never a savior. Any woman is just capable of being a hero as any man”

~ Hayao Miyazaki

For decades, Studio Ghibli has produced awe-inspiring films that have captivated and influenced audience with its simplistic representation of life through marvelous realism, relatable characters, and native folklore. Working behind it all, is the genius named Hayao Miyazaki - a Japanese animator, director, producer, screenwriter, author, and manga artist. The co-founder of Studio Ghibli, he attained international acclaim with his Oscar-winning film, *Spirited Away* and being recognized as a masterful storyteller and creator of animated feature films.





The themes of his works mostly revolve around environmentalism, pacifism, feminism, love, and family. The most intriguing essence of Miyazaki's stories is not only about his unique world of imagination but his portrayal of female characters as strong and independent beings without making them a burden.

What is remarkable about his stories is the depiction of life morals be it protecting forests from iron-town in Princess Mononoke or believing in oneself in Kiki's delivery service. Delving into some of his movies inspires a feminist perspective in many people. Princess Mononoke, a masterpiece full of strong willed women, deserves a mention. It is about the battle between humans and gods of forests.

From heroines like San, a human girl brought up by wolfs to Lady Eboshi, the boss of Iron-town; Ghibli's characters breach the societal norm of being 'Lady-like'. Apart from having an iron heart, Lady Eboshi is compassionate when it comes to sheltering social outcasts like prostitutes and disabled people by giving them a livelihood or when empowering women with guns to fight against San and Gods of the forests. Even though the movie journeys from the viewpoint of Ashitaka, a young warrior who wants to save both humans and forests, what makes this movie outstanding is the representation of women as strong fighters. Thus, another instance of Miyazaki keeping his words that women are protagonists too.



'Whisper of the heart' is another heart-warming film created by Miyazaki. The perspective of this story is shown from the heroine, Shizuku's, eyes, a bibliophilic who was



about her future and her encounter with Seiji, an ambitious young boy who has a dream to learn making violins in Italy. After finding herself love-struck with him, she didn't let her infatuation overtake her, but rather took it as her strength to try her hands on writing a book. This movie expresses a different perspective where both Seiji and Shizuku inspire each other.

Studio Ghibli has constructed a space where feminists can relate to the characters, manifested like real people. Their works are always filled with feelings of embracing simplicity while presenting powerful essence of life. Some of his famous works include My Neighbor Totoro, Nausicaa of the Valley of the Wind, Grave of the Fireflies, Kiki's Delivery Service and many more. As a woman, the female leads of Studio Ghibli franchise motivates me to be independent, brave and encourages me to take the path which I believe in without losing courage. Telling stories from a feminist perspective and striking a beautiful balance of representation of both female and male characters is what makes Studio Ghibli so special.





# PSY-HUB

## Defending People on Death row: The Role of a Psychologist in Criminal Defense Teams

~ Kokoro Okamoto, Second Year

On 26th August 2021, the department of Psychology organized the first event of the academic session- Defending People on Death row: The Role of a Psychologist in Criminal Defense Teams with Ms. Maitreyi Misra, Head of Mitigation and Death Penalty, Project 39A National Law University, Delhi and supported by Ms. Shweta Gopalakrishnan, an alumna of Lady Shri Ram College for women and Mitigation Specialist at Project 39A National Law University, Delhi.

The session was commenced by Ms. Maitreyi articulating to the audience that there isn't enough engagement about law and Psychology during the trial court. As experts, they try to understand about the death row inmates by analyzing their socioeconomic and psychological factors as these areas of investigation are outside the parameters of criminal law. The speaker's interests lie in to what degree the punishment is given to the inmate and on what basis does the jury give this decision? Then, the baton was given to Ms. Shweta who shared her experiences with regards to her gestalt shift about her client who was accused of child rape.

The audience engaged the speakers with their curiosities in the question/answer session. When the curtain of an eye-opening event was coming to end, the addressers advised us to have a feminist perspective about both victim and the accused.

## Leher Screening

--Ayna Konthoujam, Third Year

On 31st August, The Psychology Department organised a screening of Leher - a virtual play, directed by Mohona Mustafi and Khushi Poddar, revolving around the de-stigmatization of mental health issues. It was created in association with Psychologs Magazine on the occasion of Independence Day. The screening commenced with the President of the Department - Shruti expressing gratitude towards Dramsoc for reaching out. Although we extensively study mental health issues - the screening allowed a peek into the lived experiences of people with mental disorders; the stigma surrounding it. It managed to showcase different disorders like depression; mania; OCD and schizophrenia and their effect on everyday life. The team also educated the audience on how stigmatised views on mental health can influence people with mental disorders in unsaid ways. The end scene also allowed for an impactful insight uniting the audience in their struggle to advocate for mental health issues. Finally, the screening ended with feedback and discussion from the audience and among the participants with introspections of how we, as a society, may unconsciously aid in adding to the stigma surrounding mental disorders.

## Thematic Analysis

~ Kokoro Okamoto & Neelanjana, 2nd year

The Research Circle of the Department of Psychology hosted a two-day formal session titled 'Thematic Analysis' headed by Dr Megha Dhillon, an assistant professor of Department of Psychology, Lady Shri Ram College for Women, New Delhi.

On 7th September 2021, Dr Dhillon commenced her session by asking the audience about Thematic Analysis, after short engagement, a basic glimpse about Thematic Analysis to be a foundational method for qualitative research was given and how it plays a role in extracting important information out of large data like from interviews. The speaker extended her discussion by exploring the origin. She explained the guidelines with the help of research, where the participants got a glimpse of coding. After deciphering a situation with coding, Dr Dhillon ended her session with some homework

The second session on 8th September was kickstarted with the students sharing their homework on coding and Dr Dhillon offering her own insights. Proceeding to the next step, she talked about collating all the data, highlighted the rigor that goes into examining it, and explained how themes are constructed with the help of codes. By offering examples that the students could club into themes, the discussion was an immensely interactive and practical one. She also clarified how qualitative and quantitative research analysis differs in terms of review and how they are reported. The session was wrapped up with an example of a qualitative study that used thematic analysis. She further took up questions at the end. Overall, it was an insightful session that familiarised students with the process and how it can be carried out in an effective manner.

## Looking Through the Bell Jar: Book Discussion on "The Bell Jar" by Sylvia Plath

~ Simran, Second Year

The story of a poet who tries to end her life written by a poet who did, Sylvia Plath's "The Bell Jar" is fiction that cannot escape being read in part as an autobiography. On the 16th of September, The BDM Team outdid itself yet again in a student-led, interactive discussion- "Looking through the bell jar": Book discussion on 'The bell Jar' by Sylvia Plath. The discussion commenced with the team heads delivering a captivating video presentation of Plath's life. As the team heads walked us through the premise of the book, it prompted the attendees to share their own experiences from the first time they chanced upon 'The Bell Jar' and how the intricacies of the text and the lived experiences of the protagonist have different meanings when read at different points in one's life. The metaphor of 'the bell jar' was broken down and understood in terms of the various Interpretations given by the heads and the attendees. The discussion engaged in a systematic disrobement of the different layers of Esther's experience with psychiatric institutionalisation. A contrast was presented between the protagonist's time with the two psychiatrists, Dr. Gordon and Dr. Nolan and its effect on Esther's mental well-being were talked about. Thereafter, the team heads also touched upon Rogerian therapy, anti-psychiatry movement, social commentary and the feminist approach and their relevance in 'The Bell Jar'. The intellectually titillating discussion came to a graceful end with a Q/A which invoked audience participation. A deeper dive into the book will inevitably lead one to ponder upon the prevalent themes like 'the emptiness of conventional experiences' and 'growth through pain and rebirth' which are explored objectively, self-mockingly and almost humorously.

## **Reflexivity Session**

### **-Anushka Singh, Second Year**

On 21st of September, 2021 The Research Circle of the Department of Psychology arranged their second session with the theme of 'Reflexivity'; under Dr. Megha Dhillon. Ms Dhillon expounded the connotations behind 'Qualitative research' which is an umbrella term. Psychology was traditionally dominated by quantitative research and its critique opened doors for exploration of the qualitative realm. It requires us to keep our data in textual form, not reducing it to numbers rather focusing on life stories, images, biography. The task is to fully understand the data and its details.

Giving details about our sample is necessary and is known as a thick description in research papers. We must acknowledge that the larger context may have shaped the result of the study as well as the change in our perspective. She also demonstrated a diagram connecting all major findings in a full circle.

The crux of the session was that reflexivity is a practice that qualitative researchers ought to do throughout the research process. The session came to a formal end with sharing of strategies for reflexive awareness and the attendees stayed back with their brewing questions.

## **UNION ELECTIONS 2021-22**

The formal confrontation of all the candidates for the 'Union Elections ' was held on 24th July 2021 which was then followed by the procedure of voting. This was the second time that the confrontation had taken place in a virtual mode in the presence of the student body and the faculty while the candidates presented their agendas. Each candidate was questioned and given a chance to take us through their vision for the department and their action plan. Every contestant showcased their diverse and inclusive ideas for the department. Through fair proceeding, the winning candidates secured their respective posts.



# SPECIAL FEATURE: MEET YOUR UNION!

## PRESIDENT



~ Shruti Jhamb

Hello! I am Shruti, a smol enthu cutlet. You'll mostly find me moving around with enthusiasm gushing through my veins. Being an extrovert, I really like meeting new people and socialising. I love watching movies and you'll often hear me making Bollywood references while using baking as my go to stress buster. My new found passion is making reels and jumping on the trend wagon on Instagram.

You can reach out to me at any point of the day and I'll be there for you.

If you see a tall figure silently passing through hallways of every bookstore in the vicinity with a gigantic hoodie on- you've found me! I'm Jaya, I like to make excel sheets, browse Reddit, and put everything in binders. I resonate very strongly with Amy Santiago, and make Brooklyn 99 references more often than I can admit. You can reach out to me anytime and I'll try my best to be there for you. I'm also a huge Shakespeare nerd, so if you want to have a watch party to screen adaptations- feel free to drop a text :D

## GENERAL SECRETARY



~ Jaya Shekhar

## TREASURER



~ Disha Mukherjee

I am Disha, the ever-smiling optimist, with a burning passion to make positive change in the world. A nerd at heart, you can find me geeking out over theories, philosophy and memes. Being a foodie, I absolutely love cooking and eating food, so you can count on me sharing my culinary creations with everyone. Feel free to approach me for anything- from oddly motivating pep talks to personally tailored media recommendations, I'll be there for you through it all.

## **PRESS TEAM**



**KOKORO OKAMOTO**

## **DCAO TEAM**



**MIHIKA NAGAR**

# **VOLUNTEERS OF THE MONTH**

## **BDM TEAM**



**ANANYA ARORA**

## **PUBLICITY TEAM**



**HAYA NAVED**

# NEWSROOM



Happenings in the world of psychology!

- The Principal Scientific Advisor to Government of India launched a mobile application to promote the mental wellbeing of the people of India on April 13th 2021. It is called the MANAS App which stands for Mental Health and Normalcy Augmentation System. It is a comprehensive and national digital wellbeing platform.



- Albert Bandura, the famous Canadian-American psychologist, known for his Social Learning Theory and the famous Bobo Doll Experiment, passed away on 26th July, 2021.

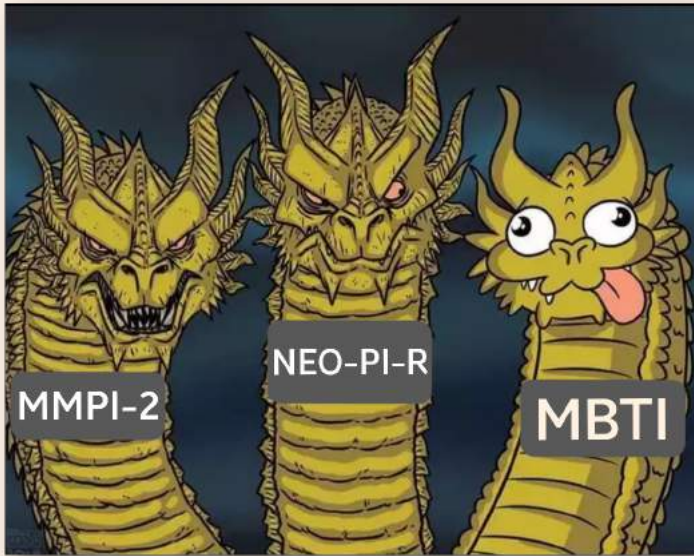
- Union Health Minister, Mansukh Mandaviya, released a report titled "The State of the World's Children 2021: On My Mind- promoting, protecting and caring for children's mental health" on October 5, 2021 in New Delhi. An UNICEF's global flagship publication, the report states about 14 percent of 15 to 24-year-olds in India, reported feeling depressed.



<https://reliefweb.int/sites/reliefweb.int/files/resources/SOWC-2021-full-report-English.pdf>



# FREUDIAN SLURPS!



Alt text: MBTI being mocked in comparison to NEO PI R and MMPI.



Alt text: Two pictures named 'romantic figure' and 'mother', described as identical by Freud.



Alt text: Person 1 (Milgram) shooting Person 2 (the "learner") and blaming it on Person 2.



Alt text: Superego, staring in vexation at 'any stupid idea'.





Alt text: Woman being thoroughly disappointed at man's favorite psychologist, Jordan Peterson.

When you're in psych class and the teacher goes over the mental illness you have



Alt text: Man pointing and smiling at "when you're in psych class and teacher goes over the mental illness you have"

Little Albert: What's that  
John Watson:



Alt text: Little Albert being unaware of his upcoming predicament with reference to a gong and a white rat; John Watson being sly.



Alt text: 'Id', 'Superego', and 'external reality' (personified), all piling on and beating 'ego'.



# CREDITS

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