

ZEITGEIST

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DEPARTMENT OF PSYCHOLOGY

LADY SHRI RAM COLLEGE FOR WOMEN

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RISING SUN

zeitgeist

The rising sun is often associated with the constructs of hope, rebirth, and new beginnings. In the Jungian school of psychology or analytical psychology, Jung has associated the archetype of rising sun to the development of a child. In Jung's view, the horizon from which the sun rises, is referred to as the collective unconscious, an undiscovered part of life, from which the child proceeds towards developing the ego. As the sun progresses in the sky, the child with the help of the conscious ego, attempts to adapt oneself to the realities of life that follow childhood. When the sun touches the final culmination of the sky, the individual who is now a fully functioning adult, enters the timeline of aging. This sets in motion the process of letting go of the ego, eventually accepting the final adieu of life. Similarly, in the field of positive psychology, which often explores themes such as well-being, happiness, resilience, personal strengths, and flourishing, the rising sun brings in the dawn of a new understanding within the field. It promotes reaching for one's potential, engaging with optimism, and aiming for both individual and collective well-being. It stands as the torchbearer of a voyage towards self-improvement and enlightenment and symbolizes personal progress and development. The rising sun represents initiating a fresh start, embracing the constancy of change, and aiming for further advancement. The theme offers a broad space for exploring several constructs within Jungian psychology and positive psychology through one's own interpretations and reflections. Exploring the questions of relevance, its significance in the Indian context, and their influence in our journey of human development, we cordially invite you to paint your perspectives and experiences in the form of write-ups in the presenting canvas, and assist us in uncovering the complexities of this concept, and shed new light on the understanding of psychology.

Editors' Note



As I bid farewell to my role as editor, I am filled with a sense of nostalgia and gratitude for the memories we've created and the friendships we've forged. I can't help but think back on the incredible journey we've had together through the pages of Zeitgeist. I am grateful to have had the privilege of directing the exploration of a wide range of ideas, concepts, and themes that have adorned our publication. I would like to extend my heartfelt gratitude to each and everyone of you, contributors, readers, and our dear members of the press team. Our magazine's success has been fueled by your creativity, insight, and unwavering support. Every issue of our magazine, with its stimulating pieces and eye-catching illustrations, has been a monument to the talent and intellect of the Department of Psychology. A special thank you goes to, Dr. Bhawna Devi, whose expertise and guidance have been invaluable in shaping the content of this edition. Collectively, we have ignited dialogues, challenged notions, and promoted solidarity and togetherness. I hope the rays of positivity and resilience explored within these pages continue to inspire and empower you on your own journeys toward personal growth and fulfillment.

Nandini Bhardwaj
Team Head



Now that I sit down to write my last editor's note, I cannot help but mention how life has come full circle. From being a first year volunteer to becoming the team head, the Press and Photography team has been my calming space. I hope this issue of Zeitgeist brims its readers with positivity and the power of the sun. I would like to extend my gratitude to our Association In-charge Dr. Bhawna Devi for her support during the making of this magazine. I would also thank my fellow editors and the team volunteers for actively working towards the building of this magazine. Hope for the skies and then fly.

Saloni Jaitly
Team Head

Editors' Note



Dear Readers,

As we welcome another inspiring issue of our magazine, we are delighted to focus on a theme that resonates deeply in today's context—"Rising Sun". This theme is not just a metaphor for the dawn of new understanding but also an embodiment of the transformative power of resilience, hope, and gratitude in illuminating the human experience. I would like to thank the Department of Psychology for its continued support and appreciation for our team. As I infused these pages with hues of yellow and orange, I hoped dearly that you are all inspired to look hopefully towards a bright future, and work on yourself despite numerous challenges. Thank you.

Jyotsna Mishra
Sub-editor



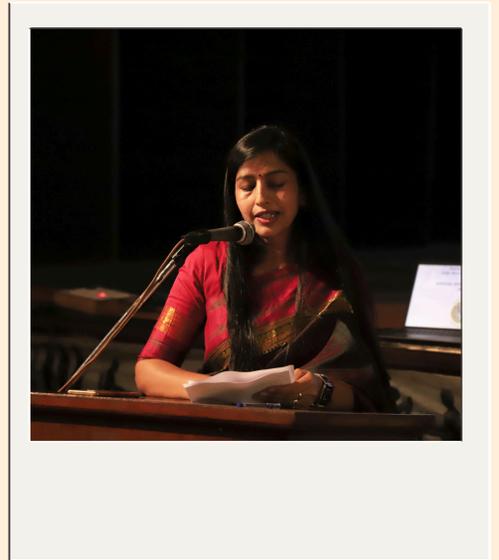
As I sit to pen down the final editor's note for this edition, I am overwhelmed with a mix of emotions. Working as the editor has been a beautiful ride filled with challenges, triumphs, and above all, a profound sense of fulfilment each time we hold the final print in our hands. I extend my deepest gratitude to the association in charge, Dr Bhawna Devi for entrusting me with this responsibility and offering unwavering support that has been instrumental in shaping every issue of this publication. As I bid adieu to this role, I carry with me cherished memories and invaluable lessons. To the readers, contributors, and the entire team behind the scenes, I offer my heartfelt thanks. Your passion and dedication have made this journey unforgettable. While my tenure as editor may be ending, the spirit of creativity and collaboration that defines our magazine will continue to flourish. Here's to the next chapter and the countless stories yet to be told.

With warm regards,
Shreya Chandra
Editor

Message from the Association

Dr. Bhawna Devi

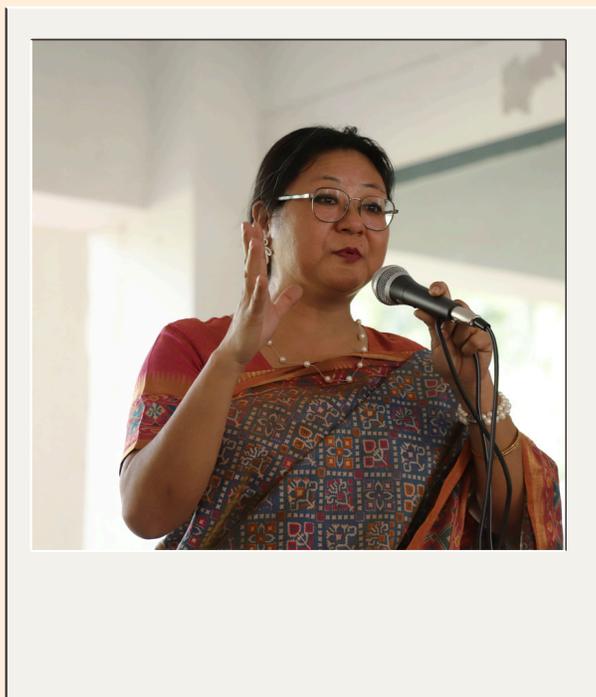
I am pleased to write this note for a very aptly curated publication of the Bi-Annual Magazine by Department of Psychology, “ZEITGEIST” entitled “Rising Sun” is one of the many achievements of students, over months of hard work. It is their dedication, passion and intellectual curiosity which has allowed the publication of this magazine. The title “Rising Sun” resonates my ideas, those reflecting energy and potential of youth. As C.G. Jung described “The sun, rising triumphant, tears himself from the enveloping womb of the sea, a symbol of the ‘life-force’ and the creative power inherent in the soul, full of cosmic and psychic energies just like the unfolding youth that drive its conscious existence. The movement of the sun across the horizon signifies the journey of human beings, as they navigate different stages of life. Just as Jung understands human development as a rising sun progressing across the sky, this issue of magazine tried to capture the essence of human nature and development through intuitive writeups, soulful artwork, envisioned possibilities etc. I wish like the “rising sun”, you (youth) rise ever higher with maximum potential, casting your light over ever greater reaches, seeing ever further for greater potentials.



From the TIC's Desk

Ms. Sentisungla Longchar

I am delighted to address you via the prestigious pages of "Zeitgeist," the Department's biannual publication, dedicated to the exploration of positive psychology, with this year's theme being 'The Rising Sun'. Our academic endeavours are guided by positive psychology, which places a significant emphasis on qualities, strengths, and the pursuit of fulfilment. It challenges us to go further into comprehending the human psyche not just in terms of pathology and dysfunction but further across the realms of development, accomplishment, and optimal functioning. The Department of Psychology has devoted a great deal of time and energy in recent years to cultivating a climate of growth, resilience, and well-



being in our academic community. With its emphasis on virtues, strengths, and optimal human functioning, positive psychology offers direction for overcoming obstacles in life and realising our greatest potential. Within the magazine's pages, we explore the many dimensions of positive psychology concepts, taking readers on a voyage of reflection, learning, and empowerment. It becomes essential to develop an outlook that values optimism, develops emotional intelligence, and nourishes meaningful connections in the face of the complexity of modern life. We work together to provide you with the knowledge and skills needed to lead happy lives and contribute significantly to society, both inside and outside of the classroom. Let's embrace the transforming potential of positive psychology as academicians and knowledge seekers and set out on a

path of self-discovery and personal development. To build a more promising and resilient future, let's encourage, support, and inspire one another.

A tête-à-tête

Interview with Dr. Priyanka Padhy



Nandini: Ma'am, beginning with the first question, would you like to share your thoughts on our theme, 'the rising sun' and how it relates to the field of positive psychology according to you?

Priyanka ma'am: This is a very interesting concept that you have come up with. And I think it is particularly pertinent because this year, probably for the first time in the department, we are offering two positive psychology courses simultaneously, both the fourth semester and the sixth semester, are studying positive psychology courses. And I think the reason for that is that, there is a recognition that this is a subfield of psychology, which really has a lot to offer, particularly to students of psychology, not just as an area and discipline of study, but also has a lot of relevance and significance in their own lives.

More and more, as the world changes, we see students struggling with this changing world, struggling with what it means to be a youngster, in what we call this hustle culture. And therefore, all the more or need to hold on to these constructs of hope and resilience, grit, and optimism. We are all looking for answers. And I think positive psychology has that for us in store. And the Sun becomes a very good symbol of that, you know, collective hope that we hold on to. So, my congratulations to you for coming up with such a beautiful symbolic theme, which captures the idea of positive psychology, and are willing to get up every morning and give it our best go. Congratulations on that.

Nandini: Thank you so much Ma'am. Okay, moving on to the next question. So, when was the first time that you were introduced to this field of psychology and what appealed you towards?

Priyanka ma'am: Okay, so, it is a slightly long-winded answer and a slightly long-winded story. I think the name and the label came much later. The realization that I was looking for these pockets of promise, I was looking for something which I could be hopeful for happened much earlier than I knew that this is called positive psychology. So, to go back a long, long time back, when I finished my master's, my specialization was in clinical psychology. And I was sure about one thing that although I really, enjoyed my hospital internships I guess my supervisors over there used to feel that I have a lot to offer to the clinical field. But somehow, I felt that it wasn't something that I was looking for. I think without knowing these terms, in my mind, this shift had already occurred, maybe because of the pathos in my own life. I didn't want to turn that side, I wanted to turn towards the side, which helped create a promise.

Then I started, my master's thesis was also on children with mental illness conditions and the illness experience of it. When I interviewed and did my qualitative work with children, again, and again, this idea of resilience and optimism and holding on and looking for a better tomorrow, kept on coming up, it kept on coming repeatedly. That became the bedrock for my PhD thesis subsequently, which is on resilience. And its only well along my PhD, that I realized when I did a lot of review of literature, that I realized that actually what I thought was health, where my research was located, which I thought was predominantly health psychology, also intersected significantly and resilience as a construct intersected significantly, primarily was rooted in positive psychology. So, it was a happy coincidence and a chance finding, but one that I'm happy for, and I think it has given me a lot in my own life.

Nandini: Thank you very much, ma'am, we will move forward to the next question. So, we live in a world of great uncertainty and stress, especially with the pandemic that we've seen all of us live in a lot of so as to say anxiety. What would be, according to you, some ways of living or changes in the ways of living that can help us all, especially the students?

Priyanka Ma'am: Okay, so there is a phrase in positive psychology, which is called 'positive reinterpretation', which makes a lot of sense to me. I don't know how much it makes sense to the students. But it is basically about taking a step back from your current narrative. And seeing whether this narrative is enabling you, is it a narrative, which is a, health engendering narrative? Or is it a narrative, which is, you know, dragging you down in that sense. So, for instance, when you say that the world today is very stressful, and that we are living with a lot of anxiety. I wonder whether that's something which is only happening today and didn't happen in the past, that people in the past not experience life stresses, that people in the past not have work stress? Did they not have stress about health and illness? Did they not have stresses about finances, when I listen to the stories of my parents and the struggles that they underwent, when they were raising the two of us, me and my brother, or I listen to the struggles of my grandparents, I realize that the story of human struggle and strife in life is not a new one. So, it is only a question of looking at our experiences from a slightly different vantage point. I know that sounds too good to be true. But if we are, you know, if we even, if we look at it in terms of research, if you look at the work of Lyubomirski, for instance, very clearly, the research also seems to be indicating that it is in our intentional activities, that the answers lie, we will have to intentionally do something different than what is making us anxious, and what is pulling us down. What that is might be different for different individuals. For somebody, it might be counting their blessings for somebody, it might be envisioning their best possible self. On the other hand for somebody else, it might be a journaling or doodling activity. For me, it is a lot of different things. Its spending time with animals. Its tending to my garden, its reading books, but we have to all look for answers for our intentional activity, assets.

Nandini: We have a discipline specific elective in the department about positive psychology. Why do you think we need this course as current students and budding psychologists?

Priyanka ma'am: Okay, so apart from what I've already said, about the fact that I do think that this is the need of the hour, everybody, especially the student population definitely needs to build on competencies. Not just the student population, all of us, we need to build on emotional intelligence, we need to build on our grit, we need to build on our optimism and resilience and so on. So apart from the fact that we really definitely do need it in our personal and professional lives. The fact is that it is also a an area of psychology, which is still in the making, in my mind, it is still where a lot of evidence is still getting gathered, I would hope that there is a lot of evidence that also comes from practitioners, a lot of evidence that also comes from research, a lot of evidence that also comes from all pockets of the fields of psychology, if we can have, you know, convergence of evidence, I think that will really bolster the field. And it will help us to make it applied in several relevant directions. So, there's a lot that can be done in positive psychology, that needs to be done in positive psychology, including a lot of, you know, definitional issues, and delimiting the field kinds of things. And we definitely need to focus on that. I think there's a lot of potential here.

Nandini: I absolutely agree ma'am. There's a lot of scope for growth right now. All right, so last question. We always see you smiling, and you manage all the work in the world with a smile on your face. What is one message you would like to give to the student body keeping in mind their upcoming exams, entrances with rodeos and other daily stressors that would help them maintain a similar positive attitude?

Priyanka ma'am: I think stress is a given. Stress is a given, life demands are a given, we cannot sidestep them, we cannot look away from them, neither of those practices are going to be very healthy in the long run, we have to learn to travel alongside them. And if there is a smile on my face, then that along with that smile, there's always or you know, there's also a frown, which is okay, both of them can be there in our repertoire. And you know, we can be experiencing all of it as human beings we can experience the good and the not so great. And I think that's how we roll. I'm sure everybody else who is up and about and doing their things, whatever they may be, is following the same mantra that 'you have to get up, you have to dress up and you have to show up every single day'.



“ AS THE RETICENT CONSCIOUSNESS IMBIBES IN THE DIMMING DARKNESS,
STIRRING HOPE UNDER THE HALO OF A MORTAL’S PLIGHT,
THE RISING SUN HYMNS OF REDEMPTION OF THE HUMMING GUISE
AND OF ALL THAT LIES BEYOND THE SUMMONING PRAYERS. ”



Hope
&
Resilience

Hope in May

Bhanavi Kouli, 2nd Year

Already two summers it's been,
I have almost passed my teens,
Stepping into a new world never before seen,
Never thought, never imagined
You'll be slipping away this easily.

And now when I look back,
There's a feeling, bittersweet,
All the times you caressed me
When I was wounded on my knees,
Now play before my eyes
On repeat,
Pause and rewind;
Wish it was the same for reality.

But I know even when you're not here,
You're here,
Right by my side, for me to confide,
In you;
To believe everything is falling in tune,
And our hopes coloured in pastel hues.

In the evenings I get this feeling,
You shall ring the bell and I'll be running

To you to hold you tight,
But then I realise, you're now a bird taking a flight.
And now when you've flown away,
I remember the image of you every day;
This day, last year in May,
Hands clasped tight, every night I prayed
Clinging on to our 'hopes' and 'mays'.

But I know even when you're not here,
You're here,
Right by my side, for me to confide,
In you;
To believe everything is falling in tune,
And our hopes coloured in pastel hues.

We wouldn't ever know the 'ifs' in between
Of how it would be or what could've been,
Take your time to look at the hour glass,
Before it trickles down too fast.

I guess I'll find some way,
Next to you, I'll stay,
I miss those days gone by,
But all we have right now is alright.

Photo by: Nandini Gakhar, 1st year



What is Hope?

Nandini Gakhar, 1st Year

Is it an unwavering belief in God
Or a ray of light in darkness
Is it wisdom of a sage
Or a relief from our own rage
Is it a constant search of something better
Or peace in words written in family's letter
Is it knowing you are not alone even when you are
Knowing you are just enough even when each cell in
your body screams you aren't
Knowing you will make it through no matter what
Even when you think you are just as same as the lot
Is it seeing someone calm in utter chaos
Or having someone who makes u smile in your lows
Everybody says it is something we look upto
But what is it nobody knows
Vaguely that "something" is their Lord
Above in sky or in themselves
But what is hope
Is still a mystery in itself.

Seeds of Faith

Janya Goyal , 1st Year

In the ruined flower bed
when the hope
for the last rose to bloom
gets killed
Some sacrifice their lives
for their selfish fellows
And some learn to hide tears
for they possess another seed
to recuperate the beauty.

The Valley of Broken Dreams

Vishu Mittal

Where the dreams lay in shambles, in a pitiful mourn,
The valley of broken dreams, the destiny's scorn.
Where the dead hopes and desires abound,
The maker's creation's only husk is found.

The valley where fate spelled it's cruel parable,
The valley of misery, home of the miserable.
He who ran from the first shadow of the dark cloud,
Now finds his abode in the valley's dejected shroud.

His neighbour is mediocrity, his kin regret,
His sustenance self-pity, his craft his inutile sweat.
He dreams of what could have been, his dreams forlorn,
At the valley of broken dreams, the destiny's scorn.



**Photo by: Aditi Tiwari, 1st year,
Philosophy Department**



Dream

Vishu Mittal

Like a wave in the ocean iridescent and brief,
It nestles in me now.
Like the moonlight's shadow an effervescent relief,
Hope does its bounty bestow.

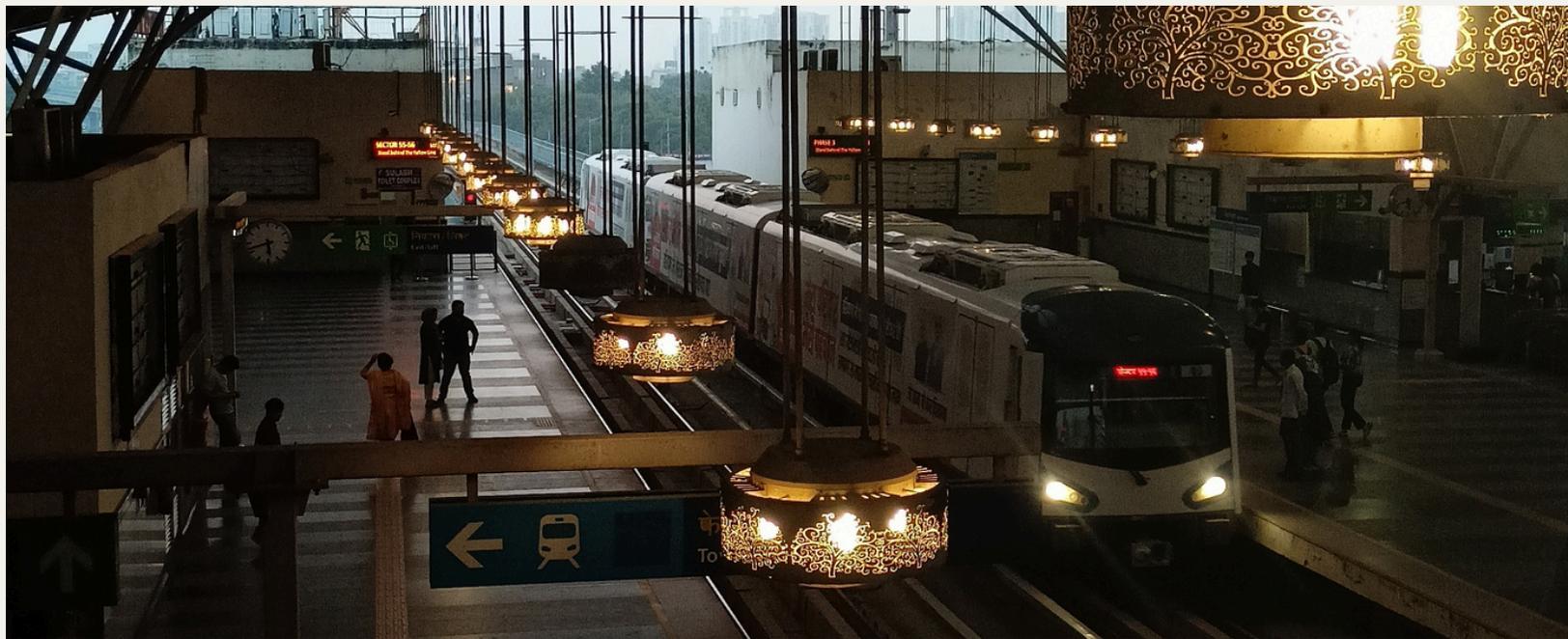
It knocks on the door of heaven abound,
And makes the cuckoos sing.
It lets the long-lost light be found,
An aurora's gleaming ring.

Hope a funny tale she is her boughs sweet and tender,
Bearing fruits of the future unseen.
Hope a magical aid she uncontested is her splendour,
She is a valley of bloom and green.

And so I stand washed in her waves beaming bright
aglow,
And with those iridescent waves, my plentiful dreams
now flow.



Photo by: Nandini Gakhar, 1st year



Hero Within Me

Vaishali Singh, 2nd year

In a world of monotonous strife,
Living a lie, my social life.
Craving shiny things, attention dry,
Yet in conformity, I still comply.

But in the woods, alone I'd cry,
Feeling absolutely nothing, under pressure I'd fry.
Dreaming of a prince, a fantasy,
Yet the only savior is within me.

To break free from this life is so sad,
I'll be my own prince, I'll be glad.
Rhythm and rhyme, a journey to see,
The hero within, that's me.

Photo by: Aditi Tiwari, 1st year, Philosophy Department

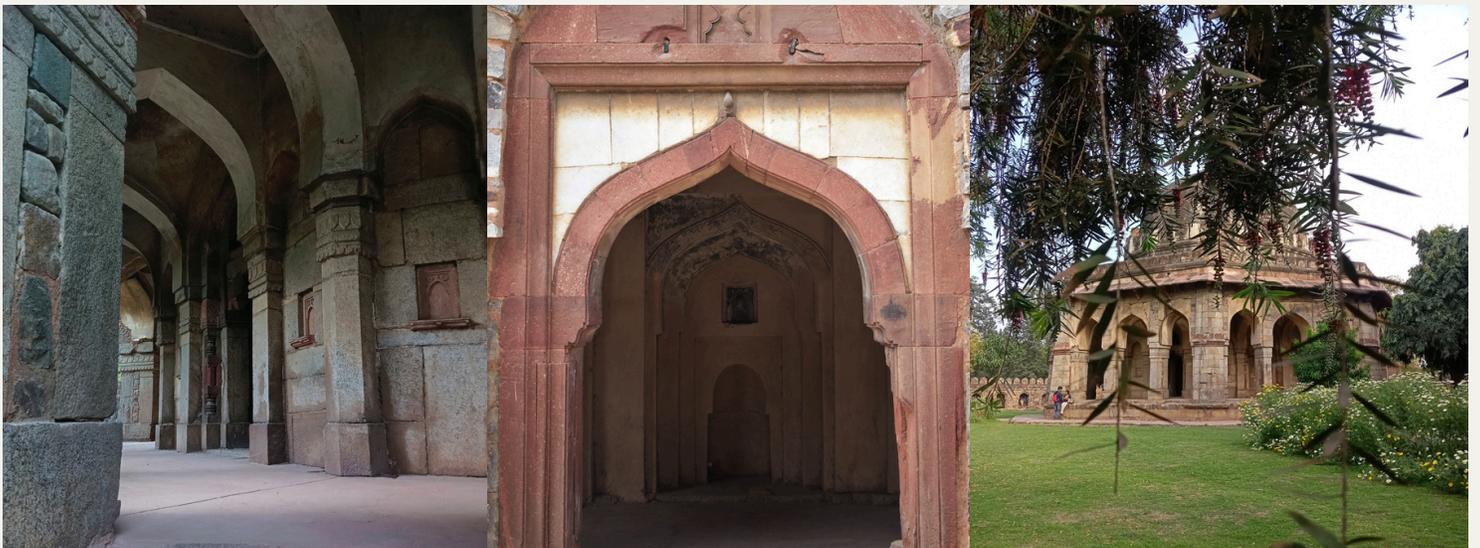
Echoes of the Soul

Hishita Sachdeva, 2nd year

In a world of hustle, hearts beat true,
Faces weathered, yet spirits anew.
Hands that reach, and souls that yearn,
In every twist, a lesson to learn.

Through laughter shared and tears that fall,
In every stumble, we stand tall.
With gentle touch and words of care,
In every moment, love's warmth we share.

Though paths may stray and dreams may fade,
In every heart, a spark is made.
For in our flaws, our beauty's found,
In every soul, a world unbound.



**Manjari Singh, 1st year,
Philosophy Department**

The Luxury of Hope

Shreya Chandra, 3rd year

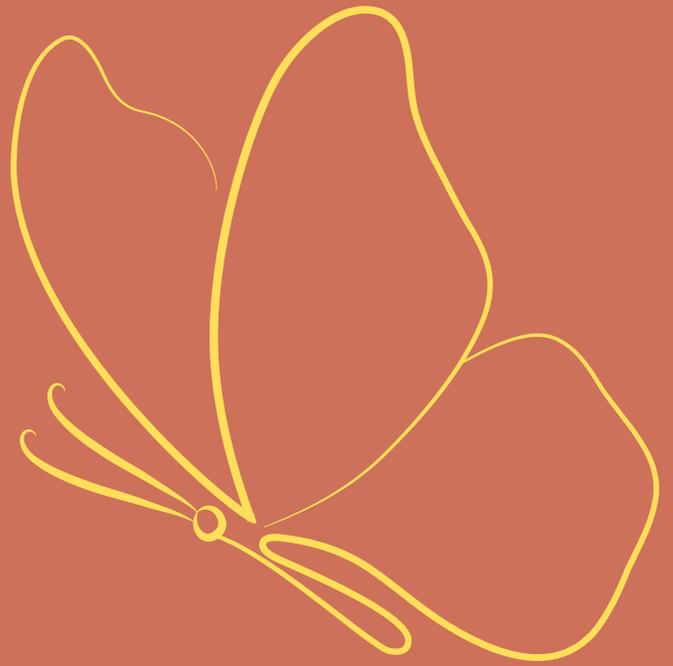
When I was born I wasn't taught about "Dreams" and "Fantasies" or about "Luxury" and "Leisure". When I was born, I didn't know what it was to go to "School" or to feel the touch of the soft pages and the smell of new books because I always had my hands engaged in carrying bucket loads of water from the well and make it all the way to my hut until the water was reduced to half in it's volume because of the impending journey along the fields.

When I was born, I didn't know what it was to "Think" for I had never thought if there was something inside my head which you people call "Brain" and that it has different parts too in order think, reason etc (very surprising) for I had been using my head as a carrier, to carry piles of hay and grasses to feed my cattle.

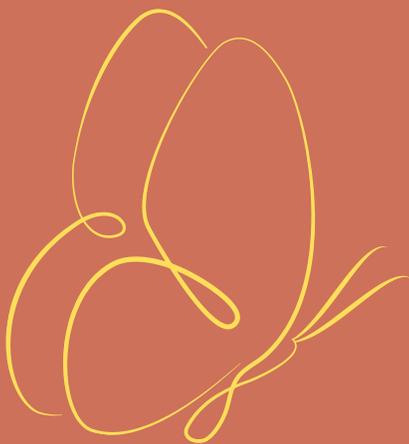
When I was born, I didn't know that there was more to my Life than I had imagined, there was more to explore about the world outside my village with it's huts, farms and this "fetch-the-water-cycle". I didn't know my life had a purpose like everyone else's does, to live, to serve the Nation and so on and that I was here to be "Educated" and to Educate others, to be "Enlightened" and to enlighten others, to be "Inspired" and to Inspire others. I knew Nothing. And until now that Nothing felt Everything to me.

When I was born, I wasn't told about anything called "Success" and that you achieve it through "Labour" so here I was, going to school after mopping the floor and making breakfast for my mummy. Studying. Rushing to the well to fetch water and carry the grass for the cattle. Then at night doing the homework under the half lit sky and half lit lamp (which I hardly got any). And you know Mummy said that i'll get my eyes ruined if I read too much in the dark and luckily I haven't yet. That's what you call "Routine" or rather "Life" (for me).

When I was 3, my routine became my life and my life became my routine. So here I am now, yet living the life I've been gifted and loving the life I've been gifted. And believe me, I love it I am "Working Hard" to achieve what you call "Success" (which I haven't understood yet). But I just Hope that this routine isn't the same for every second child in this country because there's only a little we can Hope for.



Happiness & Gratitude



Fondest

Hishita Sachdeva, 2nd year

In the chaos,
In the deafening silences,
I still hear your voice.
In my heart I feel this sudden void.
That is just so hard to avoid.

Not a single day goes by,
When you don't cross my mind,
And when I look up at the sky,
It makes me realise
How fast our time flew by.

My heart wrenches so hard,
But I'm glad I wasn't warned enough,
'Cause I know it will still pain this much
To know someone that I love and trust,
Will soon only be in my dreams,
Faint and lost it seems
But they will be my fondest memories.

In the clouds
In the pouring rain,
I still feel your space.
In the stars,
In the daily mundane,
In me, I still see your face.

Now that I've let go,
I miss when we stayed close,
I wish I'd said I love you more
And as I close my eyes,
I feel our worlds being intertwined.

I know our time here isn't forever,
But at least the time we had together,
Will always be my happy ever after.
Your smile and your contagious laughter
Still echoes until I'm dripped in tears,
But as long as you feel free above,
Our fondest memories are what makes my love.



Photo by: Parvathy K, 1st year, Sociology department

Gratitude

Eva Singh, 1st year

There's a Gulmohar tree right below my house that blossoms perhaps once a year and then never again. For me, it used to be nothing more than just a large bulky structure shielding me from the scorching rays of the sun, whilst I made my way back home from school. It was just a tree, and it was insignificant. So I never paid more attention than necessary. My days would go on otherwise, mundane as they were, with nothing but homework and the occasional hangouts with friends. Life went on, and so did I, until it didn't.

March of 2020.

What hit us all in the form of a pandemic, maybe never resuscitated that innocence in me. We never did truly regain what we lost, and we never will. Months passed in the confines of our homes, in the clutches of our closest ones, not knowing ever — if things would be okay. The passage of time brought with it the unfolding of seasons — and its consequences that never stopped, regardless of circumstance. The end of the lockdown and its certain mandates, took a while for all of us to grasp, as we all became comfortable with the idea of confinement.

As did I. But that one Gulmohar tree that shielded me when I wanted it to, never let me be comfortable with that isolation. It changed, seasonally, and made me change. And so I'm grateful, always, to that one tree that made me look up and not down again. The one tree that made me realise that we belong — together and not apart. Thank you for blossoming, for shedding and for sticking around; for once and for all.



Photo by: Shreya Chandra, 3rd year

My Happiness

Saloni Jaitly, 3rd year

I am happy with you
You make me ecstatic like ocean waves on beach sand
You remind me of the sun that never settles in my
fairy land
You bring me chocolates and sunflowers
You pleat my hair and soothe me with merry guitars
You are like the moon beam
Or like my favourite netflix stream
Your eyes are full and your dreams, crocheted in
perfection
Your hands on my body, gosh this is an obsession
You make me smile like the universe is mine to keep
You turn my tears into pearls like I would be wealthy
if i ever to weep
Sometimes we fight, like we are warriors against
thanatos
Turning arguments into rebellions forgetting its all
our loss

I am happy with you

You still make me ecstatic on days that i hate you
You remind me of the sun still when i blame you
Your bring me chocolates and sunflowers
On days when i act like i have a fake entourage
You are still my moon beam
On days you make me scream
Your eyes remain full and your dreams remain mine
Even during fights when i'm crying and i whine
You make me smile and remind me that the universe
is mine to keep
You bring pearls to my life on days when i
astonishingly weep
Sometimes you fight with me, like i am a warrior
against you
On these days i remind you that there's love between
us that's still due

You still make me happy everyday..

I am happy with you.

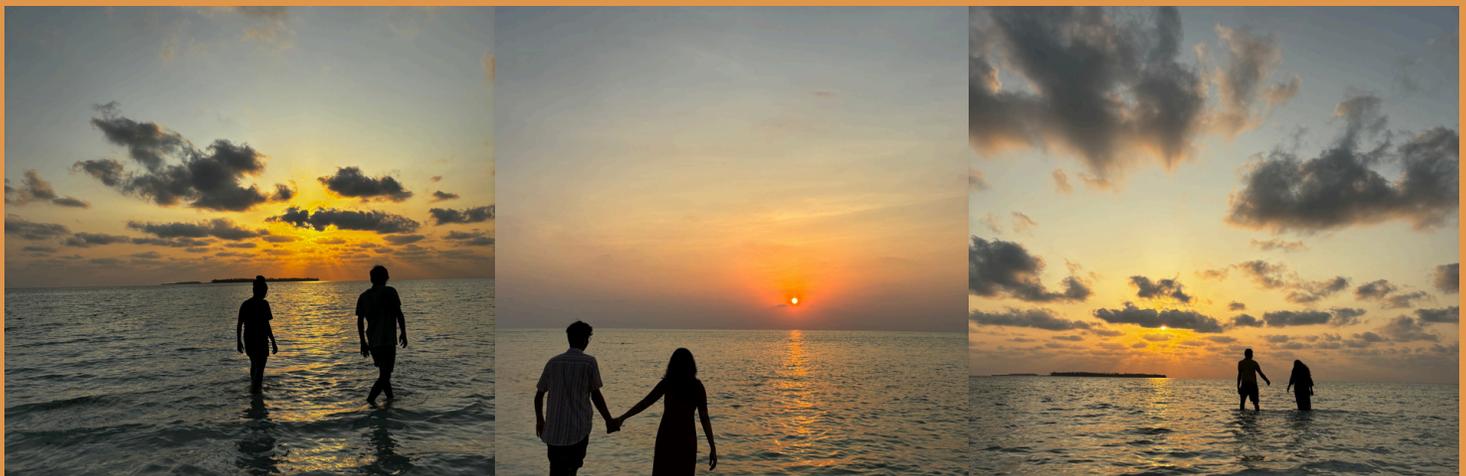


Photo by: Shreya Chandra, 3rd year

Morning

Shreya Chandra, 3rd year

Morning is an introvert girl
She shines idly, in solitude
Amidst the Eastern Sun and
kisses the bird's cheeks with
her subtle words UNNOTICED.
She welcomes the soothing rays
Filtering through the canopy like a
Blessing for Ammi chanting her morning sermons UNHEARD.
She inspires a girl of her age learning
To drive with her daddy while uncle Ghosh with The Times in his hands sips tea
Without a gaze in his 5-yard garden UNHESITANT.

You see, morning is an introvert girl
She is Hope to the lost travellers
and a quest for weary wanderers
that shines through her silence
and carries chaos in her spectacle
caged eyes empowered with kohl
BEAUTIFUL.

She calls out the kids to the
Abandoned parks and barren lawns
To play cricket because she's 7 now
And carries her camera with a book
In her hands, she leaves
UNDERESTIMATED.

She makes the Bulbuls hurdle
around with chirrup and smile at
The vegetable vendor carrying his
Daily routine to the central market while
She is amazed that the sight of a bat
Hanging upside down on the third wire
Across the Gulmohar
CALM.



Photo by: Shreya Chandra, 3rd year



Photo by: Shreya Chandra, 3rd year

You see, morning is an introvert girl
She tucks her hair, being carried away
by the breeze, behind her ear
As she waves at the Kid in blue uniform
Cycling all the way to the school
Because she's 8 now and still carries her
Diaries with dry leaves in the basket
Of her cycle PEACEFUL.

She ponders over the red car
That Sumit uncle washes daily
And yet it refuses to shine UN-COMFORTED.
She cuddles the puppies who are joyous
because she brought 'em breads for breakfast
And carries fear for the dogs
just like them who are now
but asleep UNACCOMPANIED.

She enthuses the working
women and men
With her grace who leave
their homes locked
To earn as she
Walks, wanders and wonders yet
Amidst the flowers of that garden
Only she knows
HAPPY.

You see, morning is an introvert girl
She carries magic in the pockets
Of her dress, magic only she knows about
Morning is an introvert girl and she smiles
every time the sun shines at her.
I am morning.

DEPARTMENT REPORTS

The Department of Psychology at Lady Shri Ram College For Women had organised several engaging sessions and workshops in 2024. The following reports offer insights about the department's contribution in the overall success of these events.

Session on Movie Analysis



The Books, Media and Documentary team organised an enriching workshop on the Manipulation, Media and Modern Relationships- the Legacy of 'Gone Girl' analysis with the expert faculty, Dr. Saswati Bhattacharya (Department of Sociology), on 7th March 2024 during the ECA period.

The workshop was aimed at analysing the agency and institutions involved in various clips of the film. It was attended by 30 students of Psychology department. The workshop commenced with Mridu Sharma giving a brief introduction of Dr Saswati Bhattacharya, an Assistant professor of Sociology at LSR. This was followed by Dr Saswati Bhattacharya giving a zest of the film and then showing certain clips of the film for analysing the agency and institutions

involved in them. It was discussed with more emphasis on the type of family, relationships of the protagonist. The session was highly interactive and insightful. The students cleared their doubts with seasoned professor. The session formally ended with a vote of thanks given by BDM Head, Ananya Mukesh and a small token of gratitude extended to Dr. Saswati Bhattacharya by Dr. Bhawna. As anticipated, the workshop was rated as highly intuitive by the students.

Storytelling Session by a Global Mental Health Changemaker

Reach, the Equal Opportunity Cell and the Department of Psychology organized an inspiring session on the 'life story of a failed economist living with a mental disorder as a young man and rising above life's challenges to becoming a global mental health changemaker' with Mr. Hitesh Sanwal, Founder and CEO of Youth for Mental Health and Advisor to the Secretary-General at World Federation for Mental Health, as the guest speaker on 14th March 2024, during the ECA period.

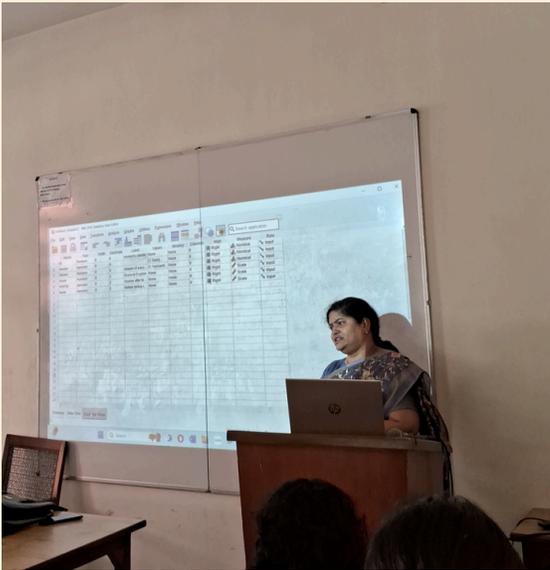
The session revolved around the inspiring life of Mr. Sanwal and his journey of lived experiences with mental health issues how he struggled to cope with difficult thoughts, at times got consumed by them and



finally talking about the motivational force that drove him to turning his dream from becoming an economist to work for mental health on a large scale. There were 40 students hailing from different departments of the college such as Psychology, English and Political Science. Born and brought up in Delhi with his roots in Uttarakhand, Mr. Sanwal was passionate about becoming an economist. Mr. Sanwal concluded by talking about the opportunity he got to organize an event for celebrating 75 years of World Federation for Mental Health in Geneva, Switzerland as the only representative from India.

The session formally ended after a brief QnA round with a vote of thanks given by one of the coordinators of Reach, Prachi and a small token of gratitude extended to Mr. Hitesh Sanwal for his time and valuable thoughts. The session was a great success as it not only encouraged students to believe in their abilities in order to bring change in oneself as well as the society but also served as an inspiration for them to become hungry for achieving what they want to.

Workshop on SPSS



An enriching workshop was organized on the usage of Statistical Package for Social Sciences (SPSS) software with the expert faculty, Dr Pushpita Behera, on 21st March 2024 during the ECA period.

The workshop was aimed at introducing the basics of the software for data analysis. It was attended by 50 students from diverse departments including psychology, BAP and BEIEd. The workshop commenced with Research Circle Team Head, Siddhi Gothi addressing Dr Pushpita. After which the professor commenced giving a brief introduction about the usage of the software. This was followed by a comprehensive teaching process that involved explanations of different parametric and non-parametric statistical operations that could be performed using the software. The applicability of statistical tools like t-tests, ANOVA, correlation,

regression etc. was discussed with more emphasis on the different ways in which data in social sciences could be interpreted via SPSS. A brief QnA round towards the end helped the students clear their doubts from the seasoned professor. The session formally ended with a vote of thanks given by the department Research Circle Team Head, Kavya Saharan. As anticipated, the workshop was rated as highly relevant to the current curriculum. Undoubtedly, the workshop succeeded in harnessing the enthusiasm and experience of Dr. Pushpita and proffering some invaluable insights into the domain of research in social sciences.

Internships

Some students from the batch of 2024 and batch of 2025/26 share their experiences of internships over the 2022-23 and 2023-24 sessions.



PARTHIVI, 2ND YEAR

Social Media Marketing & Business Development

BLOOMEGG

I worked as a part time social media marketing and business development intern with BloomEgg for a period of two months. I applied through the college placement cell and was recruited after one round of CV shortlisting and two round of brief interviews. During the tenure, I learnt about the workings of an E Commerce organisation and the world of digital marketing. I also appreciated the challenges that came along while having to balance college and internship work. I received a nominal stipend with respect to the tasks assigned as well. Overall, it was a rewarding experience.



ISHITA SIGTIA, 2ND YEAR

Graphic Designer

AASHMAN FOUNDATION

I started my internship with Aashman Foundation in August 2023 after I got to know about it from a previous acquaintance. The application process was very simple. It required filling an application form. Later, based on that, the team reached out to me for the onboarding process and asked for a few work samples as my internship was in the domain of graphic design. The work majorly included designing posts and content for the organisation 's page for which they provided feedback and star points that cumulatively formed the end appraisal. It was a three month unpaid internship and you can check for vacancies by mailing here delhi@aashmanfoundation.com



SAKSHI SINGH, 2ND YEAR

Research and Counseling Intern

THE HUMMING MINDS

I got this role via a connection request on LinkedIn from the co-founder, following which I had a brief interview. I had a fabulous experience, wherein my role focused on building an evidence based content depository for a lifestyle based mental health application, working on the social media vertical, as well as opportunities to create content for the app and the affiliated community. The work culture is very flexible and fresher-friendly, with pretty nice co-founders. To apply, you can mail your CV along with a cover letter to thehummingminds@gmail.com after which they'll send you a series of questions, once through a brief interview will follow to discuss your role and other details. I think while they're open to accepting applications from freshers, a zeal to work with the youth based MH space and work commitment is quite appreciated. They offer a variable stipend between 2000-3500 based on your merit.

Internships



ANOUSHKA, 3RD YEAR
Research Intern
NITI AAYOG

I got to know that NITI Aayog provides internship through LinkedIn and found that it was quite valuable. I got this internship by reaching out to contacts who worked in the PM office and they helped me secure it. NITI aayog requires interns to stay for a minimum of 6 months and depending on the vertical, they will ask you to come to the office. My experience was great although not the best. My vertical, Governance and Research provided me with a lot of exposure to public policy and see what goes behind closed doors and it was not that hectic as well. I worked specifically on policies for people with disabilities which aligned with one of my papers as well. If someone wants to apply to NITI Aayog, I would suggest them to cold-email people who work there (they do respond) or reach out to people who work in the central government. All the best!



SALONI, 3RD YEAR
Clinical Psychology Intern
ST. STEPHENS HOSPITAL

I worked as an intern under the Psychiatry-Psychology Department of St. Stephen's Hospital, Tis Hazari. The application process included me submitting my Resume, a hand written application, photo copy of my marksheet, college ID and Aadhar Card to the administrative Department of the hospital. I also had to pay 3000 on the date of joining. My experience at Stephen's was filled with real time learning and great exposure. We were given practical training in aspects along with theoretical lectures which took place every morning. I had the opportunity to interact with many in-patients and also observe patients in the OPD. My supervisors were very encouraging and the work environment was very motivating and learning focus. I think there's no better place than Stephen's for your first clinical experience!



SHREYA CHANDRA, 3RD YEAR
Clinical Psychology Intern
IHBAS HOSPITAL

I got the opportunity to work as an intern at IHBAS during June, 2023 when I applied there through their off-line procedure of submitting my application along with all the necessary details such as marksheets, LOR, CV etc in the academic block. I had to stay in touch with the admin to check the status of my application and once selected I deposited 1k Rs as a fee. My experience there was really eye-opening as I got to observe multiple cases with various disorders, met people from diverse social and economic backgrounds and conducted thorough case discussion with a team of psychiatrists and clinical psychologists. It had a great practical exposure in terms of OPD visits, postings at different wards catering to specific disorders which gave me a holistic perspective of the psychological healthcare practice in India.

Internships



ANANYA, 3RD YEAR
Clinical Psychology Intern
KGMU, LUCKNOW

I chose a Clinical Internship at the government hospital for its rich learning environment. With guidance from professors and support from my uncle (a KGMU alumnus), I secured the position. Under MPhil residents and certified psychologists at the hospital I gained invaluable insights into the presentation and interpretation of psychological issues across diverse patient demographics. The internship proved to be an enriching learning experience, particularly through exposure to cases encompassing IQ, personality, and neuropsychology assessments. Witnessing firsthand the spectrum of psychological challenges faced by individuals from all walks of life underscored the pressing need for mental health awareness and professional intervention in India. Overall, the internship at KGMU provided a solid foundation for my future endeavors in the field of Clinical Psychology!



OJESHAVI, 3RD YEAR
Clinical Psychology Intern
RAM MANOHAR LOHIA HOSPITAL

My internship experience at Dr. Ram Manohar Lohia hospital, was a very interesting and insightful. It mainly required us to take case history, interact with the patient and learn how precise patient records are maintained in a government hospital. The intership gave me some confidence that I can do tasks that are new to me. Documents required include NOC from the college, application requesting for internship, aadhar card, bachelor certificate, 10 and 12 marksheet. You are required to submit these in room no 18. After this you are required to go to psychiatry department (gate 9) and get the formalities done with the help of the staff present. You have to apply at least 2 months prior and have to go to the hospital to follow up. This would require atleast 3 to 4 visits to the hospital Since the no. of interns increases during the summer vacation try to apply as soon as possible as it would be a better learning experience.

Lastly, there have been changes in the hospital department ever since I left so the present status of internship is not known so try to confirm that.



VANDYA BISARIA, 3RD YEAR
Storyteller
EKAANK TECHNOLOGIES

My internship experience with This Day, Ekank Technologies in the capacity of a Story was a wonderful blend of learning and exploring my creative interests.

I got to know about the internship from the Placement Cell's Internship policy. The application included a written assignment and then an interview round. The application should show quality and effort as there are a large number of applicants.

The internship actually connected me to people from across the country of different ages who shared the common passion for creative writing and history. The work hours are also flexible, with the stipend depending on the amount of work done, which really suited my busy college schedule. The team is very helpful and responsive. At the same time, the position requires commitment to delivering quality content as the stories are thoroughly reviewed by experienced editors. Overall, my experience was amazing!

Placements (Batch of 2023-24)



MEHAK SANEJA

Role: Business Associate, IHOP

COMPANY: D.E. SHAW



SAANVI BAKSHI

Role: Customer Centricity

COMPANY: GODREJ



VRUSHTI SHAH

Role: Educator

COMPANY: TGES



MANROOP CHAWLA

Role: Educator

COMPANY: TGES



CHHAVI BANSAL

Role: Business Development Counsellor

COMPANY: PLANETSPARK



AASTHA VERMA

Role: Program Advisor (Sales)

**COMPANY: NORTHWEST
EXECUTIVE EDUCATION -
GREAT LEARNING**

Placements (Batch of 2023-24)



AGRIMA GUPTA

Role: Educational Specialist

COMPANY: EDUCATIONAL INITIATIVES



GUNJAN

Role: Growth Content Marketer

COMPANY : SPILL



ANOUSHKA GUPTA

Role: Brand Solution Trainee

COMPANY: SCHBANG



HRIDIKA SONI

Role: Associate Program Manager

**COMPANY: ZOMATO:
FEEDING INDIA**



RIDHIMA MEHRA

Role : HR Executive

COMPANY: POLICY BAZAR

Annual Academic Conference 2024



**Unveiling the Transformative
Power of Positive Psychology**

INAUGURATION CEREMONY



Zeitgeist 2024, the Annual Academic Conference of the Department of Psychology, was organized on April 8th and 9th, 2024. The inauguration, led by Department President Ananya Kansal, centered on the theme of 'Unveiling the Transformative Power of Positive Psychology,' addressing the rise of 'pop psychology' amid the pandemic. With this, our Department's Union (Ananya Kansal, Aadisha Chandel and Kaavya Kaushik) introduced and welcomed the audience comprising over 150 students from the Department of Psychology. To mark the auspicious occasion, the customary lighting of the lamp took place, followed by a third-year student, Aditi Routray's mesmerising performance on Ganesh Vandana.

This was followed by Ms Sentsugla Longchar, Assistant Professor and our department's TIC, addressing the audience. She emphasized connecting psychology with life experiences. Dr Bhawna Devi, Assistant Professor and the department's Association in-charge, addressed the audience talking about the history of Positive Psychology and expressed with great pleasure and enthusiasm how the field has developed in the 21st century, as a beacon of hope. Carrying forward this sentiment, she introduced the Keynote Speaker, Dr Dalip Singh, former IAS officer and author of the book 'Emotional Intelligence at Work', published by Sage Publications and talked about his remarkable achievements, from being the State Election Commissioner of Haryana to serving as Faculty of Management Studies in the University of Delhi. Dr. Dalip focused on emotional intelligence's significance within Positive Psychology, emphasizing its role in interpersonal relationships. He encouraged leveraging emotions to enhance competence and performance and outlined psychological skills for managing negative situations and utilizing the potential of positive psychology, including emotional recognition, empathy, and anger management. The keynote address session inspired all of us and kickstarted the Annual Academic Conference.



PANEL DISCUSSION

A panel discussion was organized centred around the theme 'Mindfulness or Misinformation?'. Led by students, the panel aimed to deconstruct prevalent misconceptions surrounding positive psychology. Dr. Priyanka Padhy moderated the discussion, which featured panelists from various colleges. Each speaker was allotted six minutes to present their perspectives. The first panelist elucidated the disparity between pseudo-positive psychology and evidence-based positive psychology. Subsequent speakers delved into topics such as positive psychology viewed through a cultural prism, its potential drawbacks, and practical applications. The discussion culminated in an exploration of the intersection between social media and positive psychology. Following the presentations, the audience engaged in a thorough exchange of ideas through questions and discussions. Dr. Padhy concluded the session, expressing gratitude to the panellists, and the department.



LECTURE: Mirror, Media and Me



A lecture reflecting on the impact of media on body image was organized on 8th April, 2024. It was delivered by Prof. Pooja V Anand, an esteemed professor of psychology at the Daulat Ram College, University of Delhi, along with an established academician in the field, with numerous key roles in development and administration of projects and organizations. The aim of the lecture was to foster positive practices towards one's body image and to disengage oneself from the deception of social media. The lecture covered a duration of one hour, and was attended by around 60 students. A comprehensive round of description was delivered explaining the interrelationship between the concept of body image and a set of key concepts within positive psychology. Respecting the complexity of the connotations around body image, Prof. Anand referred to several researches, theories as well as models such as the Happiness Pie model. The lecture also ventured around less explored narratives of spirituality and wisdom surrounding body image. Towards the end of the lecture, the speaker emphasized on the need to practice gratitude, while not discrediting one's pain and suffering. The lecture concluded with a serenity prayer, which had a lasting impression on the audience, followed by a formal vote of thanks by Dr. Siksha Deepak along with a small token of gratitude.



DOCUMENTARY SCREENING

A documentary screening and analysis session was organised on 8th April, 2024 from 3PM to 5:30PM in the New Conference Hall. Ms. Samina Mishra, filmmaker and writer, and Director of “Happiness Class”, the documentary that was screened, joined in as the esteemed Chief Guest for the event. The session was attended by 60 students and the faculty members of the Psychology Department. Happiness Curriculum is an educational program for children in grades 1 to 8 in the schools run by the Government of Delhi in India since July 2018 and was thought to be a reformative step in school education in India. The documentary included a series of experiences full of different kinds of emotions that different stakeholders of the curriculum have. From students to teachers as well as parents, everyone was interviewed by the director and it looked quite evident from their responses that more or less this happiness curriculum is leading to positive outcomes as children learn to channelize their emotions well and feel relaxed even if that’s for not a very long period of time. Screening was followed by an interesting QnA session in which a number of students put forward their analysis of the documentary in the form of questions. After this, Asst. Prof. Dr. Priyanka Padhy extended a token of appreciation to Ms. Samina Mishra for her valuable thoughts and time. The session was a great success as it not only sensitized students with an important step taken up by the Delhi Government but also made them evaluate it deeply in order to appreciate its pros but at the same time take into consideration the possible challenges that can arise in the future as well.



PAPER PRESENTATION COMPETITION

A paper presentation competition was organized that attracted registrations from various colleges and departments across Delhi-NCR. The competition, moderated by the Research Circle, was adjudicated by Dr. Pushpita Behera, Dr. Bhavna Devi, and Dr. Parul Bansal. Focusing on the theme of positive psychology, the papers aimed to explore the latest advancements in the field. Each presenter was allocated 8-10 minutes to showcase their research, followed by constructive feedback and inquiries from the audience and judges. The competition concluded with expressions of gratitude to the judges, accompanied by presentation of thank-you cards. Winners were informed that prize announcements would be made during the closing ceremony.



INTER-COLLEGE QUIZ COMPETITION

An Inter-College Quiz Competition on the theme 'Quest for Positivity' was conducted on 9 April as part of the Department of Psychology's Annual Academic Meet, Zeitgeist 2024, in Lab 1 of the department. The competition was judged by Ms Vimanshi Solanki, Assistant Professor at Department of Psychology, Lady Shri Ram College for Women, and was moderated by Akriti Maurya, Devanshi Agrawal and Isha Malik, three third-year students from LSR. It was attended by more than 20 students from the department. The quiz saw participation from various colleges across University of Delhi. There were six teams consisting of two to three undergraduate Psychology students. The competition consisted of five rounds, covering the field of Positive Psychology, renowned theorists who have contributed to the field, identifying pictures, intervention and application of Positive Psychology and some miscellaneous questions. All students from the six teams enthusiastically participated and had their knowledge tested. Pakhi Priya, Meghna Chaurasia and Saakhi Dewan, first-year students from LSR, secured the first position with 20 points, followed closely by Ovia Roy and Avantheka Chinnusamy, second students also from LSR with 19 points, and Khushi Saxena, Kritvi Dutta and Manasvi Pradhan, second year students from IPCW with 18 points. The winners were congratulated by Ms Sentsungla Longchar, our department's TIC, and Ms Vimanshi, and were awarded with certificates.



INTERVENTION DESIGN



The Department of Psychology at Lady Shri Ram College for Women organized an Intervention Design Competition during Zeitgeist 2024, their Annual Academic Conference, themed "Zeitgeist: The Rising Sun." Eight teams from various colleges participated in the final round, following two preliminary rounds. Dr. Megha Dhillon, a faculty member from the Psychology department, judged the competition. Each team presented their intervention designs via eight PowerPoint presentations, with eight minutes allotted for presentation and two minutes for questioning by the judge. The competition showcased diverse applications rooted in positive psychology, fostering a competitive environment. Attendees gained valuable insights and feedback. The top three teams were recognized during the closing ceremony. The event concluded with a vote of thanks to Dr. Megha and expressed anticipation for future competitions.

CHAUPAL: Keys to Unlock Fulfilling and Flourishing Existence



An enlightening Chaupal session was organized on 9th April, 2024 during its Annual Academic Conference. The workshop was hosted by Ms. Sentsingla Longchar along with all the professors of the Psychology department. The aim of the session was to share the experiences and wisdom of the professors to the students. The event involved students and faculty sharing their personal stories and practices that contribute to a fulfilling life. The experiences were shared through various walks of life. The workshop was attended by the students of the Psychology department. Each speaker brought valuable wisdom to the table, emphasising the importance of learning beyond textbooks, sharing, hard work, and positivity. The power of words and the significance of relationships, work, and self-care were highlighted as crucial aspects of success and fulfilment. Priti mam's philosophies on sorry and thank you, along with the notion of positivism and freedom, added depth to the discussion. The session allowed the students to talk about their personal experiences and put their thoughts out. It was deeply enjoyed by the students as it was an insightful and enriching session. The session was finally concluded with a formal vote of thanks given by Dr Bhawna Devi, Department Associate In-charge, to Ms Kanika Ahuja, along with a small token of gratitude. The workshop was a great success as it not only gave an enriching vision to the students but also provided them with necessary information and guidance to look at the power of words.



WORKSHOP: ZEN AND ZEST

A Mindfulness and Gratitude Workshop for Positive Living that was organized and moderated by Prof. (Dr.) Priti Dhawan and Ms. Sentsingla Longchar on 9 April, 2024 from 3PM to 4PM in the auditorium. Akshita Raina introduced both the professors with their amazing contributions after which Prof. Dhawan took over. In this fast-paced world, where stress is common, and mental and physical health suffer, fostering mindfulness and gratitude is vital in order to enhance quality of life. To begin with, the techniques of gratitude were introduced to the students by Prof. Dhawan wherein students were asked to engage in activities like writing thank you notes, etc in order to understand the deep connection they have with each other. This was followed by carrying out of relaxation techniques of mindfulness including breathing exercises by Ms. Sentsingla Longchar in which she asked students to envision what they want to be because a mission without a vision is actually delusional. The session was a great success as it made students get into the state of acknowledging others as well as themselves, and feel relaxed and motivated to find out the meaning attached to their life.



VALEDICTORY CEREMONY



The academic meet came to an end with the Valedictory session which was held in the auditorium from 4PM to 5PM on 9 April, 2024. It began with the release of Volume 4 Issue 1 of the Bi-annual magazine of Psychology department. Ms. Bhawna Devi, the faculty member behind the issue of magazine, Press and Photography team heads Nandini Bhardwaj and Saloni Jaitley, and the editor Jyotsna Mishra along were congratulated by our esteemed Principal Prof. Suman Sharma. This was followed by a beautiful dance performance by third year students Aditi Routray and Hridika Soni showcasing graceful fluidity of Odissi and evident movements of Bharatnatyam. The prize distribution for paper presentation competition, quiz competition and intervention design competition took place after the performance. The session formally ended with a vote of thanks extended by Ms. Ngashangva Pamyaphy to each and every person involved in the making of AAM a great success through their contributions. She extended gratitude to the principal Prof. Suman Sharma, the keynote speaker Dr. Dalip Singh, Prof. Pooja V Anand, Ms. Samina Mishra, all the faculty members and the students as well as the students of other colleges who became a part of the event and contributed significantly for its success.



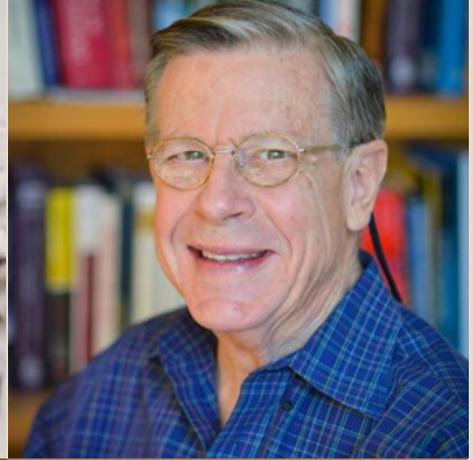
Newsroom



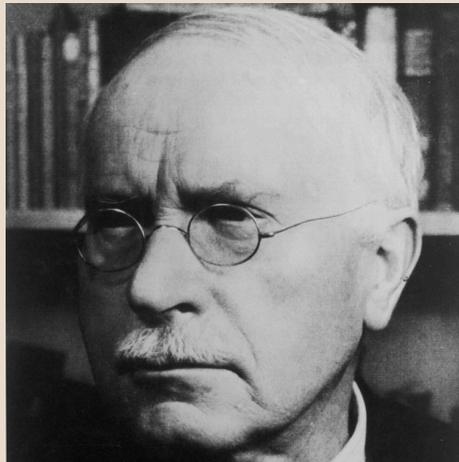
Ellen Langer: March 25, 1947
(Mother of Positive Psychology and Mindfulness)



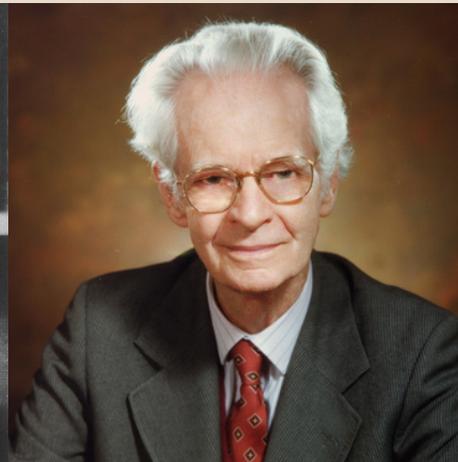
Barbara Fredrickson: June 15, 1964
(Broaden-and-Build theory of positive emotions)



Ed Diener: July 25, 1946 (Research on happiness and well-being)



Carl Jung: July 26, 1875
(Empirical science of the psyche, Concept of Archetypes)



B.F. Skinner: March 20, 1904
(Experimental analysis of behavior, principles of operant conditioning)



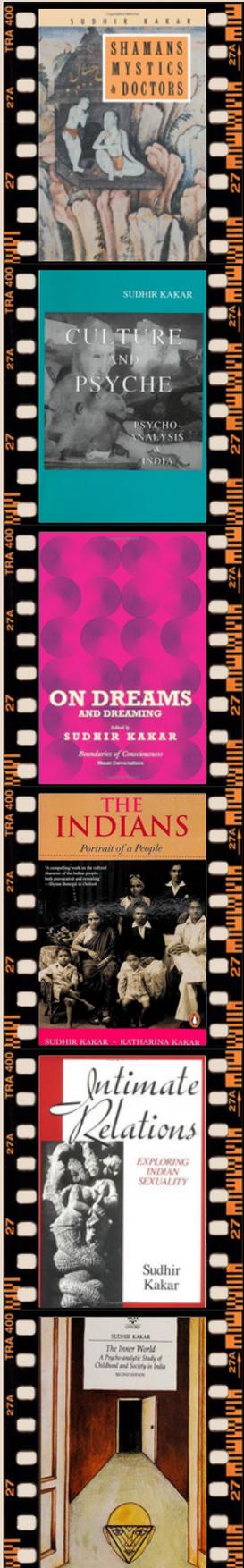
Abraham Maslow: April 1, 1908
(Humanistic perspective of Psychology, Self-actualization)

BIRTH DATES



In Remembrance

— Prof. (Dr.) Sudhir Kakar —
25 July 1938 - 22 April 2024

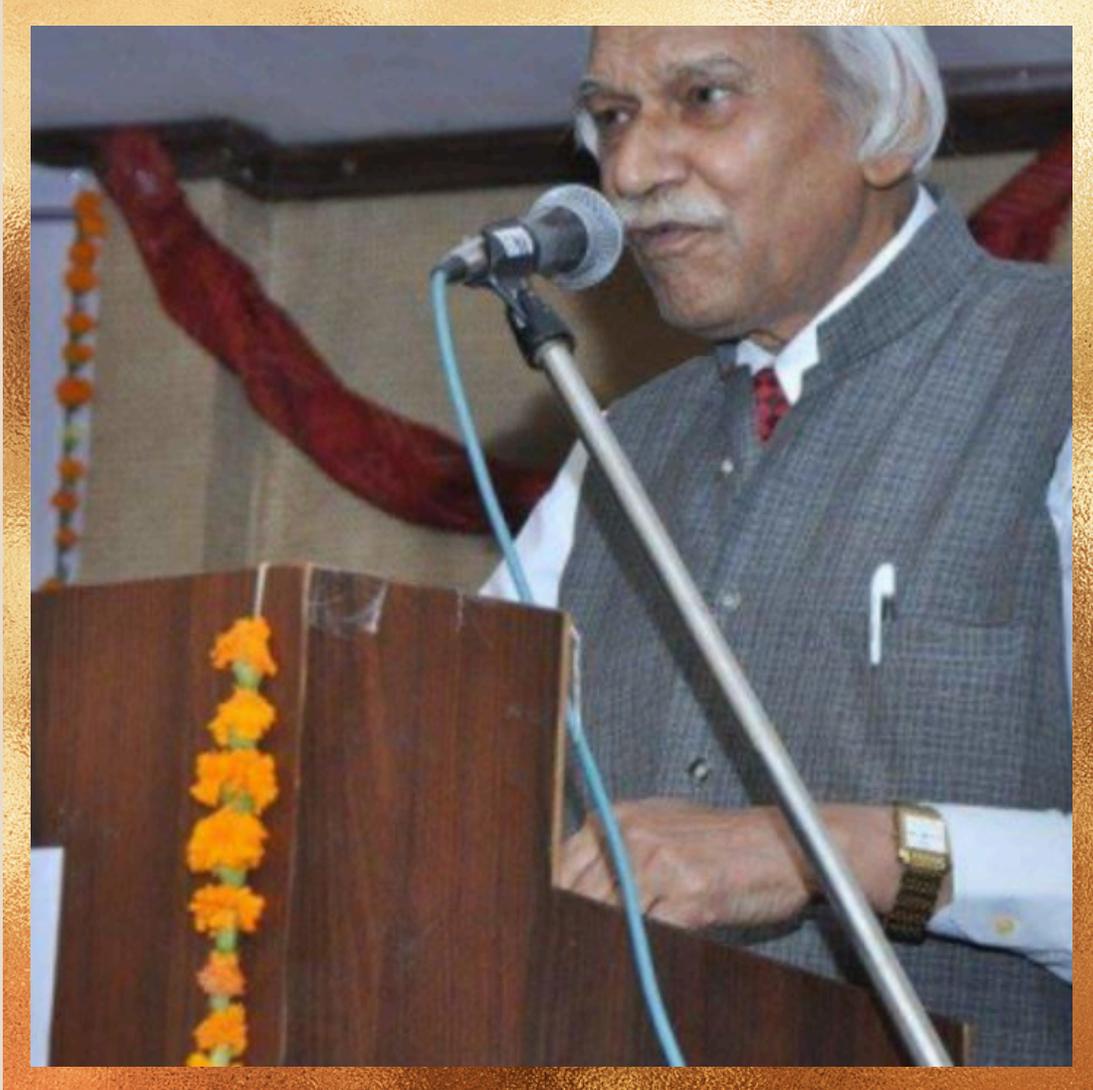


Born in Uttarakhand, Dr. Sudhir Kakar was an esteemed psychoanalyst and a celebrated writer. Before making his name in the field of Psychology, Dr. Kakar obtained a Bachelor's degree in mechanical engineering, a Master's degree in business economics, and a Doctor's degree in economics.

Following Dr. Kakar's training in psychoanalysis at the University of Frankfurt's Sigmund-Freud Institute from 1971, he returned to India and set up his own clinic in Delhi (1975).

Dr. Kakar's writing pioneered the domains of cultural psychology and the psychology of religion in particular, rewarding him with multiple honours such as the the Kardiner Award of Columbia University, Germany's Goethe Medal, and many more, in addition to being listed as one of the 21 important thinkers for the 21st century in the German weekly Die Zeit.

Dr. Kakar's invaluable ideas and wisdom is immortalised through his numerous seminal books of both fiction and non-fiction which have been acclaimed for combining a psychoanalyst approach to writing about the Indian culture and psyche. Such an innovative perspective to indigenous cultures sketched Dr. Kakar's name onto the forefront of reputed Indian Intellectuals who contributed to the advancement of our understanding of Indian society.



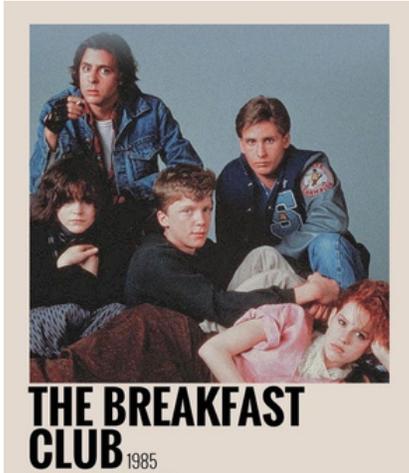
In Remembrance

Prof. Dwarka Pershad

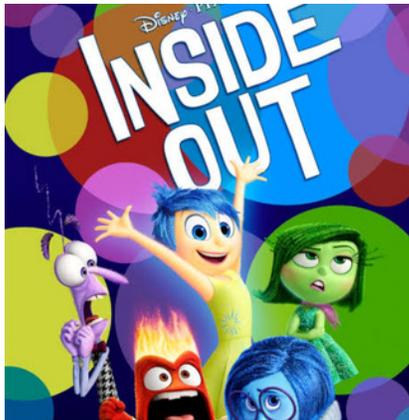
3 August 2024

Dr. Dwarka Pershad, is a retired professor from the Department of Psychiatry, Postgraduate Institute of Medical Education and Research (PGIMER), Chandigarh, India. He was in the field of research in Applied Psychology, Personality Psychology and Psychometrics. He was working as a consultant psychologist at the MM Institute of Medical Sciences, Mulana Ambala. He is, and will always remain a renowned psychologist, known for his significant contributions to the field of psychological assessment, who essentially celebrated for his expertise in administering and interpreting the Rorschach Inkblot Test – a projective psychological test designed to measure underlying thought disorder and to understand a person’s personality characteristics and emotional functioning. Dr Pershad’s work and excellence have left a lasting impact on the psychological community, who look up to him as their ideal, helping countless individuals gain insight into their mental health and wellbeing. Dr. Pershad made significant contributions to the Clinical Psychology and he will be remembered for his notable achievements, qualities, or contributions to the field.

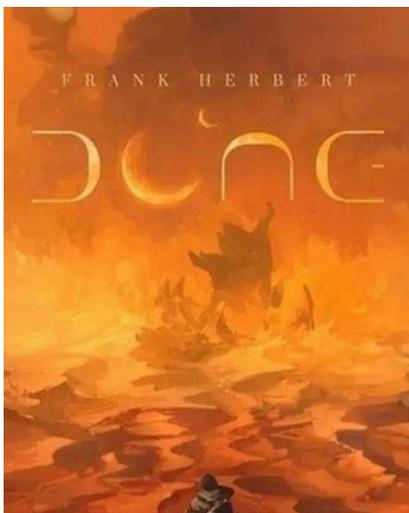
Media Recommendations



The Breakfast Club (1985): The film, written and directed by John Hughes, rolls out in the backdrop of a typical American high school, depicting a cohort of five teenagers, each of whom share a stark difference when it comes to their character, forced to share a common space of detention every Saturday. The movie of a comedy-drama genre, showcases how these otherwise seemingly different and distant characters evolve to share a common bond, where **they go through what positive psychology would term as a process of disclosure reciprocity**, which brings the teenagers closer to one another as they face detention together.

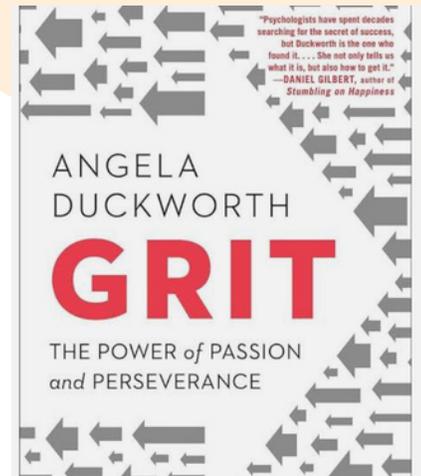


Inside Out (2015): Directed by Pete Docter, Inside out revolves around positive psychology. It highlights the **significance of emotional intelligence in an individual**. It particularly talks about the personified emotions of Riley; joy, sadness, disgust, anger, fear. Thus, it acknowledges the complexities an individual's emotions have, and what values emotions play in writing one's character. The movie showcases how these complex emotions react and work in certain situations in life and how one deals with them. **It demonstrates the importance of understanding and managing emotions effectively for psychological flourishing, a key tenet of positive psychology.**

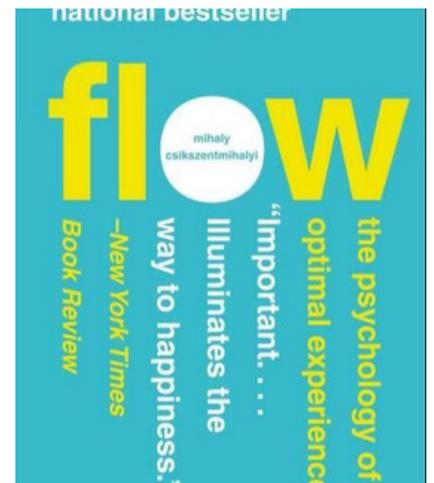


Dune (1965): Written by Frank Herbert, Dune is a sci-fi novel that unfolds in an era of the future where humanity outwits AI to spread all across the galaxy. The protagonist is Paul Atreides, son of Duke Leto Atreides who under the direction of the emperor of the Galaxy takes charge as the new governor of Arrakis, and is officially responsible to harvest "Spice" a fundamental substance for space travel in the galaxy. The book revolves around Paul's journey of building his own empire on Arrakis after the sudden fall of his father's empire. The book stands out through the intricately constructed characters and the **deeply tinted philosophies of life such as overcoming fear and building resilience**, that unfold as the 15 years old sets himself out to architect the running sand from his hand.

Grit: The Power of Passion and Perseverance (2016): Written by Angela Duckworth, this book primarily talks about **grit, which is a concept closely related to Resilience.** It refers to a person's ability to persevere and maintain effort toward long-term goals despite facing setbacks and challenges. This book explores the combination of passion and perseverance towards long-term goals. It examines how Grit predicts success in various fields and emphasizes the importance of efforts, resilience and staying committed to one's goal, despite obstacles. The book offers practical advice on how to cultivate grit and achieve personal and professional fulfillment.



Flow: The Psychology of Optimal Experience (1990): Written by Mihaly Csikszentmihalyi, this book delves into the concept of **flow, which is a state of heightened focus and enjoyment that individuals experience when they are fully immersed in an activity.** In this state, people often lose track of time and feel a deep sense of fulfillment and satisfaction. The book explores how experiencing flow contributes to overall well-being and happiness. Moreover, the book discusses how flow can occur in various domains of life, including work, hobbies, sports, and creative pursuits. By integrating the principles from positive psychology, "Flow" underscores the significance of positive experiences in fostering psychological flourishing and leading a meaningful life.



Silver Linings Playbook (2012): Directed by David O.Russell, Silver Linings Playbook delves into the realm of positive psychology by exploring the journey of its characters, particularly Pat and Tiffany as they **navigate through complex emotions and personal struggles.** The film emphasizes the significance of resilience and the ability to overcome adversities and promotes the idea that it's okay to be imperfect and that embracing one's flaws is an essential part of personal growth and self acceptance. A silver lining means that even if something negative happens, there is always a positive aspect to it. In dark times, one must look for the silver lining. It highlights the role of emotions in shaping behavior and promotes understanding and managing emotions for psychological well-being and meaningful relationships, aligning with the positive psychology principles.



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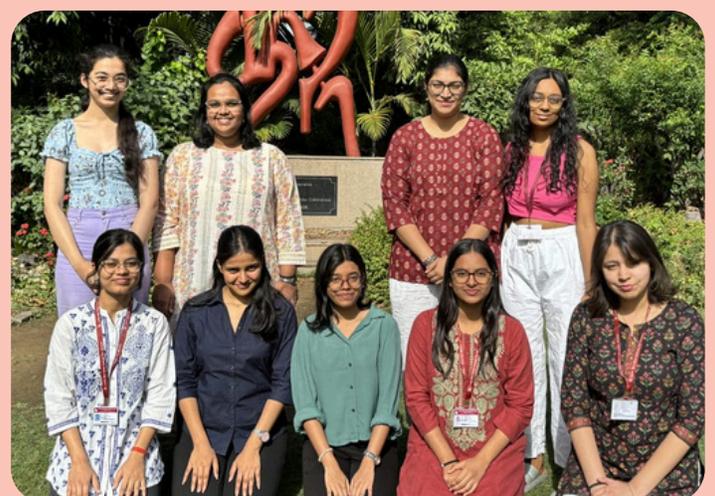
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