

PsychOn

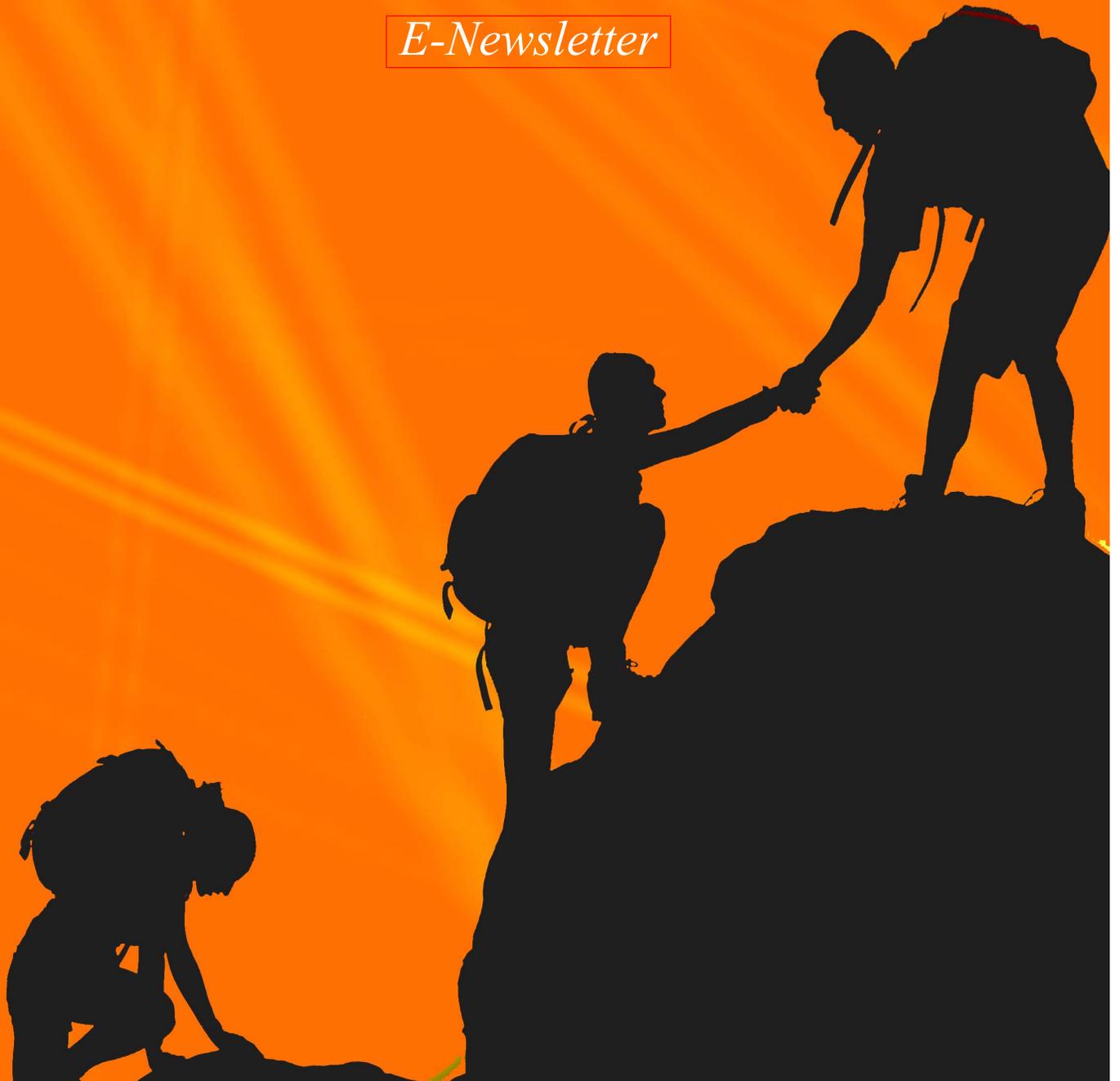
A Particle of Consciousness...

October, 2016

■ Volume I ■

Issue I

E-Newsletter



AMITY INSTITUTE
Of Behavioural
& Allied Sciences



AMITY
UNIVERSITY

MADHYA PRADESH

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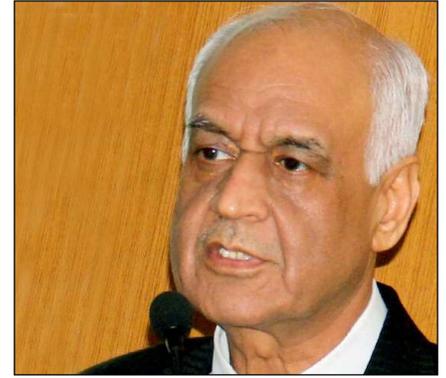
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From the Desk of Vice Chancellor



I am happy to know that Amity Institute of Behavioural & Allied Sciences, Amity University, Madhya Pradesh is launching the First Issue of its quarterly e-Newsletter "*Psychon*". The e-Newsletter is an excellent platform for the students, as well as faculty members for not only Amity Institute of Behavioural & Allied Sciences, but for any person to share his knowledge/views on Psychology and related issues, particularly with regard to the youth and write articles on contemporary behavioural, psychological and mental issues faced by the society in general and the country in particular.

Knowledge of the people's behaviour which includes their actions, emotions and thoughts is important as it can be analyzed and improved for the

betterment of the individual as well as society. Through this e-Newsletter the students of AIBAS will try to bring the latest updates to all of us in a consolidated manner.

I convey my appreciation to Prof. (Dr.) Eirene Leela Rout the Chief Editor and the Editorial Team of the AIBAS in bringing out the First Issue. I am sure the students and faculty members of not only the AIBAS, but also other departments and institutions of the University will be immensely benefitted by the e-Newsletter.

Lt. Gen. V.K. Sharma, AVSM (Retd)
Vice Chancellor
Amity University Madhya Pradesh,
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From the Desk of Chief Editor

It is my great pleasure to introduce the first issue of AIBAS Newsletter, **PsychOn**. It intends to disseminate the latest happenings in Behavioural Science, Applied Psychology and Clinical Psychology. Behavioural Science contributes towards better understanding and analysis of human behaviour and its application in society. It is an interdisciplinary approach that establishes fitness of individual in working environment. Clinical psychology contributes to society by applying psychological science to the assessment and treatment of mental disorders. Applied psychology is designed to apply psychological principles to practical problems in various fields like business, law, product design, management, mental health, sports, etc. All the areas provide a broad spectrum of career opportunities for youngsters to carve their future.

In this issue I would like to highlight on the ways our thinking process can be tuned to operate effectively in dealing with our personal and societal situations we face in our day to day lives. It helps in promoting strategic thinking, develops our determination, intuitiveness, creativity and facilitates in making use of our expertise in skilful way. It can otherwise be termed as 'habits of mind'. One of the mental laws which govern all our lives is the law of habit. The law states that almost everything we do is habit. The ways in which we walk, talk, respond to situations and the ways in which we use our

creativity are all habits. Make a habit of using your creativity. Make a habit of trying to improve situations by 10 per cent, everything will change accordingly. There are many ways in which we can improve sales by 10 per cent, reduce costs by 10 per cent, and increase profit by 10 per cent. Everything can be improved in some way. It is only the individual person that can decide to invest his or her talents/time/energy and to develop the skills. It is the need of the hour to assess one's own 'habits of mind' as well as determine which 'habit' one wants to develop. The next step being, move with a positive attitude to accomplish the habit. It will contribute significantly in workplace as well as life in general.

This is an effort to make students aware of 'the power of knowing and managing their own thinking processes'. It will help them in understanding and managing self in both professional and personal lives. We have tried to include articles on various 'human behaviours' that can be improved to have a better life. Notable achievements by our students and institute have also been highlighted in this newsletter.

I hope this newsletter will encourage our students to become a good observer of their own behaviour as well as others leading to contribute to their personal life as well as society at large. I take this opportunity to thank the editorial team, students and those who contributed articles to make it a reality.

Prof. (Dr.) Eirene Leela Rout
Director

**Amity Institute of Behavioural & Allied
Sciences (AIBAS)**
**Amity University Madhya Pradesh,
Gwalior**



Tranquil Shores of Health and Wellness

♦Dr. Rajendra K Sharma, Associate Professor, AIBAS

Mental health problems have long been recognized in every society which had their own conventional methods of handling problems many of which are gradually being replaced by modern science and innovation. A greater understanding of mind and behaviour from all dimensions has revolutionized our efforts. The interaction of man, mind and behaviour is at an exciting phase today, with advances in genetic, molecular, biochemical and environmental domains.

Promotion of positive mental health requires attention towards human functioning at physical and mental levels. In recent wisdom, there is increasing emphasis on health and wellness, rather than simply on the absence of illness. Proper consideration towards practicing of good and healthy habits is very significant, both at the physical and mental stratum.

TECHNIQUES FOR PROMOTING POSITIVE HEALTH

- ❑ **Physical level:** To keep physically fit one has to develop health promotion practices of eating sensibly and following personalized programme.
- ❑ **Mental level:** The two principal spheres of life have a momentous role in the intellectual living and adjustment of an individual.

Personal life: At personal level it is vital for us to understand the self and to accept our emotions which promote peace free from physical and mental disorders.

Meditation: It enhances the power of the mind. It helps in enhancing memory, concentration and abstract reasoning. It helps in stress reduction gradually allowing the body and mind to attain a state of peace.

- ❑ **Occupational life:** Social adjustment is essential for our mental health. Proper adjustment in social situations provides high degree of positive mental health.
- ❑ **Perception of reality:** To enjoy a good mental health, it is essential that one has to be realistic.
- ❑ **Impulsive control:** A well adjusted individual has a complete control over his/her behaviour and is able to restrain impulsive behaviour.
- ❑ **Self esteem:** Developing a sense of personal adequacy or positive concept is essential for mental health.
- ❑ **Developing positive thoughts:** Negative thoughts generate negative emotions. Therefore, in order to have good mental health, we should always develop the power of thinking which generates positive emotions.
- ❑ **Time management:** Important despite being mentioned at the end, poor time management leads to precipitating sources of stress.



Are you a worried Parent?

▶ Ms. Shraddha Tripathi, Assistant Professor, AIBAS



Parenting is undoubtedly one of the most challenging roles you will take on in your lifetime. It involves not only being responsive to your child's needs, but being a model for the types of behaviours you wish your child acquire, being a mentor for your child as they learn and grow, as well as being a monitor of your child's behaviour and environment, to prevent problems from occurring along the way.

Effective parenting has never been more important to a family's success than today. In this jet set speed era, life seems to have its leaning on competition earned achievements and fantasized fictional goal settings beyond that. People of all ages have their focal lens set on these and hence are the mounting frustrations and conflicts in interpersonal bondage. The made easy solution seems to be "effective parenting". Most of us are worried about parenting and living with a big question "Am I a good parent?", "Is my parenting style effective?", "should I follow others?" or very important "Will my child do well in the future?".

Directly or indirectly we all are facing these questions in day to day life. Few days before a friend who is mother of two growing kids said to me, "When I was young, my mom working and we were alone at home all day. We Never had any problem and never took advantage of it," she added "But times have changed. I feel like I have to keep constant tabs on my kids. I wish they could

have the kind of childhood I did, but what can I do? I need to make sure they're safe."

Times have changed, and of course we all want to protect our kids and make sure they're safe and healthy. Where this can become problematic is when parents attempt to remove obstacles in their child's path, or try to ensure that their kids will never ever experience pain, disappointment or discomfort.

Listen, none of us wants to "screw up" our kids...but the absolute surest way to do just that is to constantly worry about screwing them up! That is the frustrating irony. We want to do it all right, but sometimes our insecurity about getting it all wrong leads to hovering and tracking our kids for the first signs of expected trouble. Here's the truth: When you expect something, you will find it. And when you try to fix what you worry about, you inadvertently create it. This is a self-fulfilling prophecy in action, and it's exactly what leads kids to feel self conscious and insecure about themselves. You see, children often have the belief that, "If my parent is worrying about me, then there must be something about me to be worried about!" So here are some steps to Avoid Over-worrying and Helicopter Parenting

● **Don't hover over your child:** Don't tie your 5-year old's shoes when she can tie her own, or dress her when she can dress herself. Avoid hovering and holding her



back from normal "risks" a child would take at her age level. It's also not a good idea to talk to her teachers incessantly, or answer all your child's questions so she doesn't have to think of answers for herself. If she hesitates to make her own decisions, try not to jump in and do it for her-let her reason it out on her own if she can. Allow her to feel discomfort or pain; it's part of growing up. Don't prevent her from struggling or rescue her from life's hardships. Kids can't learn if their parents are always doing it for them.

● **Don't put your worry on your child's back:** Don't focus on your child morning, noon and night, imagining all the worst outcomes. Let go of negative thoughts about her future, like, "What if she doesn't amount to anything when she grows up? Is her shyness a sign of her lack of confidence?" Don't interrogate her when you get anxious, and keep asking, "Are you okay?" "Are you sure?" Or "That looks difficult. Are you sure you can handle that?" Or "Do you have anyone to play with at recess? Who?" Don't look for evidence to confirm your worst fears about your child.

● **Don't make your child the center of your universe:** Don't try to get all your emotional needs met by your child. If you're there at his beck-and-call and over-functioning for him (in other words, doing for him what he can do for himself), he'll have a hard time functioning on his own in the world. Most importantly, don't allow his achievements to determine your self-worth and validation as a parent.

● **Don't label your child:** Negatively (or even positively) labeling your child is not a good idea, because it can create a self-fulfilling prophecy, or push her into a box that isn't right for her. Don't remind one of your kids that she is "the pretty one" or "the funny one" or "the lazy one" or "the one who will turn out just like Dad." Avoid saying, "You never..." or "You always..." Let go of deciding now who your child is or will become; nobody knows yet, not

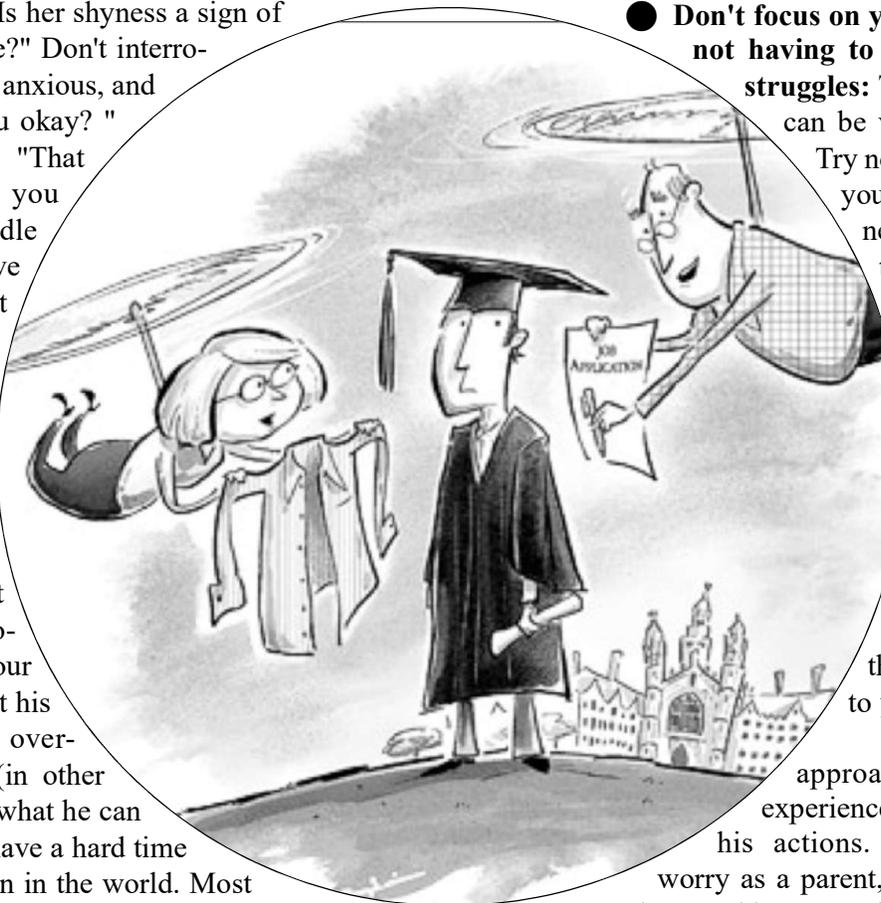
even your child. Allow yourself to imagine other possibilities. The bottom line is that words are powerful, so don't make negative predictions about what your child will become.

● **Don't take it personally if your child doesn't agree with you, or does things differently from you:** If you get in your child's head, he won't be able to hear his own thoughts and beliefs. Even if he thinks differently than you, don't argue with him over it-instead, invite him to tell you more. Don't shut him down when he has ideas or opinions that are different from the ones you would like him to have, or insist on having the last word. And finally, try not to take things personally if he chooses a different path in life than the one you thought he would take.

● **Don't focus on your child as a way of not having to deal with your own struggles:** This is a big one, and can be very hard for parents.

Try not to get so involved in your child's life that you neglect your own. Don't think or worry about your child so much that you avoid thinking about your own life, your work or your adult relationships. What I often say to parents is, "Don't focus so much on taking care of your child's garden that you forget to tend to your own."

What's a better approach? Let your child experience the consequences of his actions. Let go of constant worry as a parent, and realize you can't control everything your kids do-you can only respond to how they behave. Try to see their strengths as well as their struggles. You can avoid over-worrying and being a helicopter parent if you work on developing strong relationships with your children by getting to know them for who they are. Allow them to make their own mistakes, face their own consequences, and solve their own problems. This will allow you to let go of hovering, doing too much for your kids and worrying about them all the time, and best of all, it will help you become a calmer, more peaceful parent.



Learning Disability is not a Problem anymore

♦Dr. Nandha Kumara Pujam S, Associate Professor, AIBAS

Education has been considered as a foundation of human resource development but unfortunately, rather than focusing on a more holistic approach to child development, most of the focus is on academics. After all, schools are not in the mental health business. Their mandate is to educate. Learning disability, a hidden and unexpected handicap in a child with normal intelligence, is very devastating to the child and presents a great parental stress. It all starts with poor scholastic performance of the child brought to parents notice. The child presents with the complaints of difficulty decoding single words (reading single words in isolation), makes reading and spelling errors such as Letter reversals - d for b as in dog for bog, Word reversals - tip for pit, Substitutions - house and home, Reverse letter sequences mboile for mobile. Also when reading aloud they skip words that are difficult to pronounce or substitute with some similar words and often misspell small common words such as writing thay for they. Furthermore some children get confused in arithmetic signs. (+-x/=). However, they store information heavily on memorizing without understanding and also have difficulty in learning to tell time.

A child with learning disability writes with illegible handwriting, with awkward pencil-grip or, may avoid writing. Besides this, social skills deficits such as difficulty making friends for the reason that they may not understand body language and facial expression of others creates difficulties in the relationship between parents and child, especially with the father, perhaps the fathers were busy with their work and had no time for the child, while some fathers had their own problems but when the family saw their poor school performance the children were rejected. Sometimes beaten by parents and relatives as well as by teachers, this method engenders negative attitude towards study, increase the frustration and sense of worthlessness, hopelessness and worsens learning problem. Self esteem becomes a central issue as children develop the cognitive ability to consider at the perception of how others see them. Child may try to gain self esteem and status among his peers through attention-seeking behaviour such as the class clown, stealing or destructive and aggressive behaviours in order to compensate for his failure to gain academic recognition, while this may aid the child temporarily to cope with his discomfort. Nevertheless, these children sometimes cope with excellent painting and drawing skills. Early identification of problem and appropriate intervention strategies such as behaviour modification and cognitive behaviour therapy along with suitable curriculum design helps the child attain his maximum educational potential and become a productive and contributing adult member of the society.



Why People Help?

"In life many people help you when it suits them but very few help when it suits you. Make the few your friends and be the few to many."

♦ **Mr. PV Satya Ramesh**, Assistant Professor, AIBAS

Pro-social behaviour refers to actions by individuals that help others with no immediate benefit to the helper. Some common examples of pro-social behaviour are sharing things, cooperating with others, helping during natural calamities, showing sympathy, doing favours to others and making charitable donations. In spite of the great value and importance attached to pro-social behaviour, people do not show such behaviour very often. Immediately after the Mumbai blasts in July 11, 2006, the community stepped forward to help the blast victims in any way they could. By contrast, on an earlier occasion, nobody came forward to help a girl on a moving suburban train in Mumbai, when her purse was being snatched. The other passengers did nothing to help, and the girl was thrown out of the train. Even as the girl was lying injured on the railway tracks, people living in the buildings around the area did not come to help her.

The question then is: under what conditions, and with what motives do people help others? Research on pro-social behaviour has brought out several factors that affect pro-social behaviour.

Factors Influencing Pro-social Behaviour

- ❑ Pro-social behaviour is based on an inborn natural tendency in human beings to help other members of their own species. This inborn tendency facilitates survival of the species.
- ❑ Pro-social behaviour is influenced by learning. Individuals who are brought up in a family environment that sets examples of helping others, emphasise helping as a value, and praises helpfulness, and showing more pro-social behaviour than individuals brought up in a family environment devoid of these features.
- ❑ Cultural factors influence pro-social behaviour. Some cultures actively encourage people to help the needy and distressed. In cultures that encourage independence, individuals will show less pro-social behaviour, because people are expected to take care of themselves and not to depend on help from others. Individuals in cultures suffering from a shortage of resources may not show a high level of pro-social behaviour.
- ❑ Pro-social behaviour is expressed when the situation activates certain social norms that require helping others. Three norms have been mentioned in the context of pro-social behaviour.
 - (a) **The norm of social responsibility:** We should help anyone who needs help, without considering any other factor.
 - (b) **The norm of reciprocity:** We should help those persons who have helped us in the past.
 - (c) **The norm of equity:** We should help others whenever we find that it is fair to do so. For example, many of us may feel that it is more fair to help a person who has lost all belongings in a flood than to help a person who has lost everything through gambling.



"Sharing problems and asking for help doesn't mean that we are weak or incompetent. It usually indicates an advanced level of TRUST."



❑ Pro-social behaviour is affected by the expected reactions of the person who is being helped. For example, people might be unwilling to give money to a needy person because they feel that the person might feel insulted or may become dependent.

❑ Pro-social behaviour is more likely to be shown by individuals who have a high level of empathy, that is, the capacity to feel the distress of the person who is to be helped such as Mother Teresa. Pro-social behaviour is also more likely in situations that arouse empathy, such as the picture of starving children in a famine.

❑ Pro-social behaviour may be reduced by factors such as a bad mood, being busy with one's own problems, or feeling that the person to be helped is responsible for his/her own situation (that is, when an internal attribution is made for the need state of the other person).

❑ Pro-social behaviour may also be reduced when the number of bystanders is more than one. For example, the victim of a road accident does not get help because there are many people standing around the scene of the accident. Each person thinks that it is not her/his responsibility alone to give help, and that someone else may take the responsibility. This phenomenon is called diffusion of responsibility. On the other hand, if there is only one bystander, this person is more likely to take the responsibility and actually help the victim.

With reference to the above discussion about pro-social behaviour, I would like to share one of my experiences which gave me a reassurance that the factors influencing Pro-social behaviour are almost absolutely true. It was in the month of July'2016 that I received a call from a Teacher who works in the School where I studied. I was happy to know from her about the 70 years Celebration of my School due in December'2016 for which all the old students are invited. Along with the invitation in the

school's website, I found a message by our Principal to all the alumni members requesting to extend their support in whatever ways possible towards the development of the School. I still remember the support which both me and my sister received from the School during difficult times without which we would not have reached where we are today. That's when I was strongly reminded of my responsibility as an individual. It is easy for me to do my bit and feel contented. However, my conscience did not allow me to stop there and decided to ask for help from as many people possible who have been a part of my life.

The first ones who came to my mind were my own students whom I taught during the years from 1999 to 2001. Almost all of them have now become working professionals in good companies both in India and abroad. Thanks to the Facebook Messenger which made my life easy to get quickly connected with most of them. Others include my colleagues, family members and friends. In this entire exercise, I have come across people of all kinds. To mention a few, there were those who

- (a) Immediately said 'Yes' and they did it.
- (b) Said 'Yes', took little time but they did it.
- (c) Were quiet.
- (d) Replied saying "No" asking why they should support an institution which is no way related to them.

Majority of the funds received in this endeavour are from my own students and today I proudly say that as a teacher, I not only taught them Mathematics but a few valuable lessons for life which instilled in these young minds a sense of responsibility towards the noble cause of education. However, I am not at all annoyed with people mentioned in categories (c) or (d) and instead I am happy that they are the ones who added to my courage and determination which helped me explore further avenues to achieve the desired target.



It is duty after all!

♦Ms. Shikha Jain, Guest Writer, Bangalore

"My knees hurt a lot, I just can't walk" she complains as her son returns from work. Her legs can't take her weight anymore she says. "Please ask your wife to take better care of me, I need ghee, milk and fruits every day, I'm an old woman you see" she tells her son. "Ma, you get all that at home don't you?" he questions. He still goes back and talks to his wife about it. The wife says that Ma gets all that she wants to eat, with her growing weight and age, she ought to cut down on her fat intake but she just doesn't agree.

Things begin to get worse for Maa day by day; she complains and cries of pain much more each passing day. Her son and wife are now worried about their mother. However, Maa's caretaker starts complaining that she's merely acting, she carries on with her life just normally when no one else is home and starts complaining as soon as the son and his wife enter the house. "This is my mother, as a son, it is my duty to take care of her", the son says. He says he is willing to go to any lengths to ensure his mother feels better. It was his duty after all.

Maa's pain keeps on increasing; she says she can't even stand anymore. At 85 years of age, weighing approximately 90kgs, she is carried everywhere by her son. They take her to hospitals for checkups, meet doctors, get physiotherapists home but just nothing seems to work. Medical reports claim osteoporosis - a common disease for women that age. It won't create that amount of pain the doctors say. "The doctors are stupid! ", Maa exclaims. She doesn't like the physiotherapist for he tries to



make her walk. Ignoring work, the couple keeps on going from doctor to doctor to figure out the problem with their mother. It was their duty after all.

The wife too starts to notice how Maa changes the location of pain with time as she talks; she walks in on Maa walking with her stick independently a few times. She notices how things go back to not being able to walk as soon as Maa realizes they are home. The doctors too start advising her to go visit a psychologist/psychiatrist. It is not as big a physical problem as a mental one, they say. While they can operate to replace her knees, it will do more harm than good. With the age and low will, she will not be able to cope with the pain or the therapy needed post that. The wife informs her husband about seeing a psychiatrist, it was her duty you see. The infuriated husband doesn't want to hear any of it. Don't run away from your duty he tells her. Upset, she ensures that the husband stays

home and takes care of his mother. He on the other hand, sincerely does that. He leaves work for the employees to take care of and fulfils his duty as a son.

A week into staying at home and caring for his mother, the son too sees the fishy behaviour patterns. He meets the doctors and tries to understand what they have to say. He begins to sense in psychiatric intervention. The psychiatrists say Maa has a functional fictitious disorder- a disorder where a person starts believing that one is in severe pain, when actuality is different. It can be treated with medicines within a month they tell him. Finally a way to treat his mother, she might be fine again. He looks forward to their breakfast meets again. It used to be his favourite part of the day. He calls his brothers to inform them of the situation. As a brother and son, it was his duty after all.

One of his brothers, after some contemplation tells him to send



her to Delhi- where he lives. I will show her to the top-notch doctors around first. The son agrees and sends his mother to Delhi. They take her to a huge hospital for treatment there. Upon seeing the reports, the doctors advise a knee replacement surgery. Immediately, they jump on it. A fancy doctor from a fancy hospital advised it after all. Why would anyone even consider consulting the top-notch psychiatrists that practice in a city like Delhi? Anyone with even a minor mental problem is considered mad right? It is such a big taboo and Maa doesn't need to go through that. It is their duty to see to that she doesn't.

Maa undergoes the knee replacement surgery for one knee and the second one follows within 2-3 days. She is in unbearable pain now, for real. She has to be drugged often because of the pain now. The pain and the drugs are evident in Maa's voice now. A pain she has to bear for life. The son and daughter in-law who wanted to get psychiatric

treatment are now seen as people merely running from their duty. They never even tried to fulfill it, did they? They said their mother needed psychiatric intervention which is equivalent to calling her mad. How could a son run away from his duty towards his mother like that?

Maa is being taken care of in Delhi now. The top-notch doctors at top-notch hospitals have done their job alright. There is now a difference of approximately 4 inches between the lengths of Maa's legs. As predicted by the doctors of the 'small city', her body could not sustain the medications for the surgery, she now has heart, respiratory and digestive issues because of it.

They take her to a different hospital in the 'big city'; the doctors there are appalled at what has been done to the old woman. They say they will try their best, but do not have a lot of hope on full recovery. She is never going to walk again in her life, they assure the family.

Maa now is in the new hospi-

tal, planning fictitious weddings, meeting fictitious people, biting her caretakers and nurses and outright refusing treatment. She often wails in pain so bad now that the neighbouring rooms complain. It is getting almost impossible to treat her there now.

Now, again, these doctors too suggest psychological intervention. However, as luck would have it, with all her now various conditions, drugs for this particular illness can't be given, one of the treatment has to wait.

They are trying to figure out a treatment for Maa, to make her better. She will never be able to be the almost physically healthy old woman that she was. What caused all this pain - was it her body or her family's lack of awareness? They couldn't accept she's 'mad' without even trying medical first, it was their duty afterall.

A duty that cost an innocent old woman her entire body and mind.



ALGEE, the Mental Health First Aid Action Plan

Assess for risk of suicide or harm

Listen nonjudgmentally

Give reassurance and information

Encourage appropriate professional help

Encourage self-help and other support strategies



Suicide: A Call for Help

♦ Ms. Shreya Vishavnatahan, AIBAS, 5th Semester

Every person is as thrust with hardships as is he with joy and good times. Hard times aren't a dead end, they're more like speed breakers that might be an albatross to our state of wellbeing but are definitely surpassed if we decide to accelerate. Unlike animals, bound to exist with motivation only through bodily instincts like hunger and thirst, we humans are wired such that we possess a varied array of motivators that are capable enough to get us past any obstacles. Therefore, in difficult situations that severely undermine our hopes, it is this little realisation that might get us ignited to push through the situation.

When a person feels suicidal, it isn't that there is no other solution to the problem. It is just that the feeling of incapability becomes strong enough to turn us blind towards the other possible solutions. No crisis is as severe such that it enables a human being challenge his own existence. And when there is an overwhelming urge to do so, there are certain things that might help curb such thoughts. To mention a few....

☞ Create a distance between thoughts and actions:

Suicidal thoughts aren't threatening in themselves unless they are given the strength to be converted into actions.

Therefore, promising oneself to not do anything drastic at that moment would help one to overcome that moment of extreme thoughts and bring the person back to being able to make sound judgements.

☞ Keep away from alcohol and drugs:

Drugs and alcohol take away the inhibitions and make us do what we feel at the moment. Therefore, when feeling sui-

dal, drugs and alcohol would catalyse the efforts put to convert the feeling and thinking into actions. So, they should not be consumed at any cost when feeling suicidal.

☞ **Take strength from past experiences** : There is no chance that a person would've never experienced any crisis in life. So, at such times, the best example to get through such feelings could be the person itself. Try reasoning how you could win the battle against any such similar situation and derive motivation from it to keep going.

☞ **Share your feelings with closed one(s)**: Suicidal thoughts result when we feel filled up to the brim with problems and there is no more space for things to stack up such that we have reached the limit of our endurance.

At such times, sharing our thoughts as well as problems would help us get rid of the feeling of being pent up. It would leave us with space enough to build the energy to fight the problems.

Moreover, the feeling of having someone

by our side makes us feel strong too. There are chances people could help us find solutions. Therefore seeking help is of great importance and one should talk it out with closed ones or go to a counsellor.

The most basic notion is that, there is yin and yang to everything. Life is one such thing too.

Life is whole only when we learn to balance happiness and sadness, good and bad situations, smiles and tears. Calling it an end would be the most wrong choice of what seems like a solution because even when we reach the end of something, we could turn back and we'd have a way open already.



Video Gaming: Boon or Bane?

►Ms. Prachi Bohra, 5th Sem, AIBAS

Video games are often frowned upon by many as time-wasters. Many scientists and psychologists find that video games can actually have various benefits. Playing video games change the brain's physical structure the same way as do learning to read, playing the piano, or navigating using a map. Much like exercise can build muscle, the powerful combination of concentration and rewarding surges of neurotransmitters like dopamine strengthen neural circuits that can build the brain. As per research video gaming is an active determinant of increased aggression, reduced empathy, learning violent behaviour and social isolation.

- ❑ Abstract and high level thinking, Problem solving and logic & Increase in self-confidence
- ❑ Eye hand coordination, fine motor and spatial skills.
- ❑ Planning, resource management and logistics.
- ❑ Multitasking, simultaneous tracking of many shifting variables and managing multiple objectives
- ❑ Quick thinking, making fast analysis and decisions.
- ❑ Accuracy, Strategy and anticipation
- ❑ Situational awareness & Developing reading and math skills
- ❑ Perseverance, Pattern recognition Estimating skills
- ❑ Inductive reasoning and hypothesis testing
- ❑ Mapping, Memory & Concentration
- ❑ Improved ability to rapidly and accurately recognize visual information
- ❑ Reasoned judgments & Taking risks
- ❑ How to respond to challenges?
- ❑ How to respond to frustrations?
- ❑ How to explore and rethink goals?
- ❑ Teamwork and cooperation when played with others Management &
- ❑ Simulation, real world skills & Creativity
- ❑ Improves decision making speed

Other Benefits of Video Games:

♥ According to a study by the University of Rochester, gamers can pay attention to more than six things at once without getting confused, compared to only four by the average person.

♥ A Bristol University research shows that the “gamification” of learning can reduce the activity of a particular brain network which is responsible for mind wandering. When designed and developed properly, computer-based games can have a beneficial effect

tion. Gamers spend less time in activities such as reading, sports, and interacting with family and friends.

It often strengthens wrong values; games can confuse reality and fantasy. It induces obesity, video-induced seizures and postural, muscular and skeletal disorders, such as tendonitis, nerve compression, carpal tunnel syndrome. Addiction to video games also increases depression, anxiety levels and impulsive behaviour.

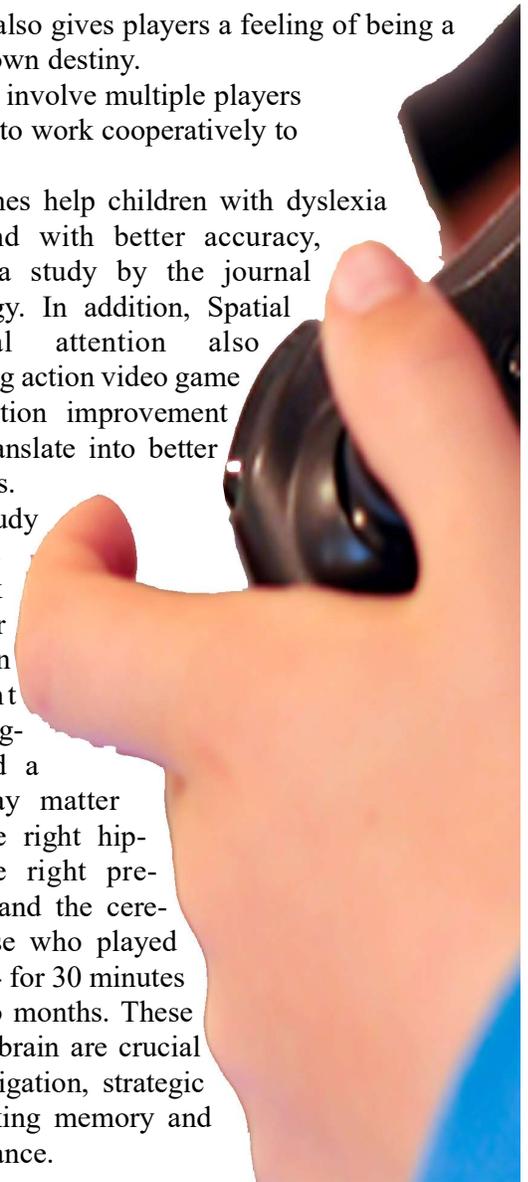
On the contrary there exist multiple positive effects of gaming. It imparts education of skills which aren't taught at school such as :

on learning. It also gives players a feeling of being a master of his own destiny.

♥ Games that involve multiple players encourage you to work cooperatively to achieve goals.

♥ Video games help children with dyslexia read faster and with better accuracy, according to a study by the journal Current Biology. In addition, Spatial and temporal attention also improved during action video game training. Attention improvement can directly translate into better reading abilities.

♥ A 2013 study by the Berlin's Max Planck Institute for Human Development and St. Hedwig-Hospital found a significant gray matter increase in the right hippocampus, the right prefrontal cortex and the cerebellum of those who played Super Mario 64 for 30 minutes a day over two months. These regions of the brain are crucial for spatial navigation, strategic planning, working memory and motor performance.

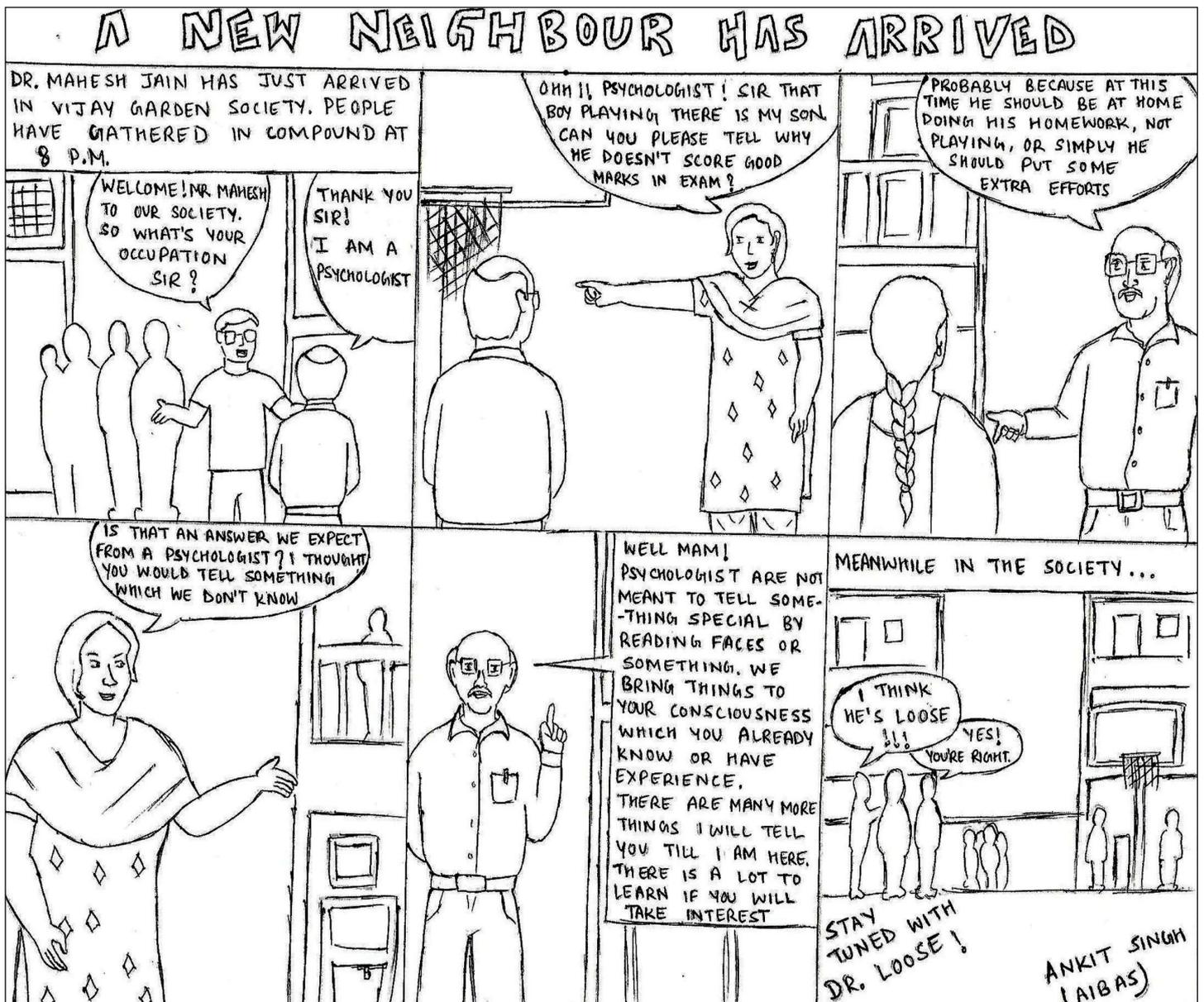


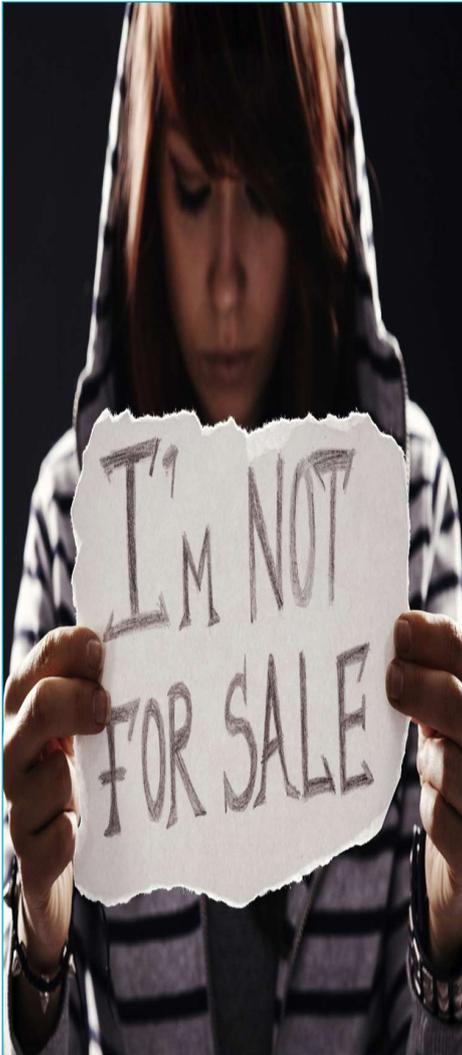
Recommendation for Video Games

Although playing video games can be a learning experience, there should be a variety of entertaining things to learn from, so that you do not get addicted to just one thing. Be sure to engage in other activities such as reading books, playing sports, interacting with others, outdoor exercises, etc. Everything should be taken in moderation. Consider limiting your video game play to an hour a day. A study by Oxford University in fact suggests that people who play video games for up to an hour (not above that) are happier, more sociable and less hyperactive than those who do not play at all.



Toon Series: Dr. Loose





A Woman is only a Woman Neither Good nor Bad

◆Ms. Shreyal Jain, 3rd Semester, AIBAS

Human trading another human, sounds bizarre but that is the truth. Women in remote areas are not really aware about the truth and harsh realities of life in big cities, the dark side which is hidden behind the limelight of metropolitan cities. The area they live in is so confined that it is almost like a family and in the village or town they reside, it is almost impossible for them to see the evil side of a human. However in cities it is most likely that a man tries to trap her in, offering a job or a love proposal for that matter and does all what is required so as to take the female to his place of work or better say to bid her to a broker or in a prostitution cell. It is nearly impossible for women to identify the truth and to look beyond what is on the display. In some cases, women after knowing the truth fight to go back to their abode, they refuse to the work they are being forced to, they refuse to sell their body for some money, some of them succeed and get rescued while others are forced to live a life of misery forever.

At the other end of the spectrum of prostitution are the street walkers. Most of them are addicted to drugs, and many were forced into prostitution against their will. Sex trafficking is an international, multibillion dollar business involving criminals who kidnap and enslave girls. Girls as young as ten-years of age are snatched from their countries and sold into prostitution far away from their native homes.

Secondly, sometimes women deliberately get into prostitution. Talking

about this aspect of prostitution, women at time see this as the only way left to earn their livelihood, hence for the survival of them and their family, they lead themselves to prostitution. There are women who see prostitution as their way out of poverty. While they may choose to sell themselves, it is economic necessity that drives them. These are people who are unable to get jobs and are sometimes the only bread winners in the family.

There are many reasons for women becoming sex workers and escorts. Some of these women have stated that they are attracted by the large sums of money they can earn while they are still young. Others see it as a way to pay for university education and further advancement. Most state that they intend to leave the business once they have earned the amount they want or need. They also see themselves as helping men save their marriages by supplying something they cannot get at home, or helping them chase away loneliness when they are on business trips.

Studies show that a large number of prostitutes were sexually abused during their childhood. It is the fact of the sexual abuse, more than anything else, that seems to underlay how and why some of them become prostitutes. Concluding, from sex trafficking to being attracted to the large amount of money prostitution has to offer, there are different psychologies of women behind choosing prostitution as their life. Thus it would not be fair and easy to have a generalised opinion and mindset behind this.

It would not be apt to say that there exists a certain mindset of women indulged in prostitution. But different reasons lead them to this so called profession. Human trafficking is one of the major reason, talking about women getting forcefully into prostitution. Females residing in remote areas are attracted by the jobs urban settlements seem to offer them, their need of money and want of survival force them to. They hardly know the harsh reality behind the so called jobs they are being offered, they leave their homes and move to the big cities where men and women who initially seem to offer them fancy jobs with a good amount of salary trap them, some sell these females to the broker and some are themselves involved in the human trafficking.



Dance: The Poetry of the Mind & the Body

Ms. Nikita Hazarika, M.Phil, AIBAS

"A sound mind rests in a sound body", a very familiar quote. But how many of us have holistically applied this in our lives? How many of us have been mindful enough to know how our body feels? How many of us have truly explored the limits of our body aesthetics? These are some vital queries that often emerge when we get deep into the realm of the relationship between the human body and the human mind.

If we minutely observe the validity of the relationship between the mind and the body, it prevails throughout in our ancient history. From 'Shyamans' trying to release evil spirits through movement and rhythm, to the circular movements performed by the 'Sufi cult' which believed in the connection of the soul and body through dance. Even the Hindu mythological character 'Lord Shiva' is known for his 'Rudra' avatar (form) when he engages in 'Tandav Nritya'(dance of aggression) as a release to the emotion 'anger'. Yoga which is rooted in the Indian culture highlights different body aesthetics which entwines both the body and mind together. In recent times, there is a sudden upsurge for the school of 'Expressive art therapies' that cater to needs of Psychophysical wellbeing. One of such emerging fields especially in India is the field of 'Dance Movement Therapy'. It has its origin from the Western countries. In the year 1942, Marian Chace from United States pioneered 'Dance Movement Therapy' (DMT). Later, American Dance Therapy Association (ADTA) was established in 1966 as a platform to serve in the field of mental health where DMT was itself considered as a form of 'Psychotherapy'. According to ADTA, 'dance therapy' can be defined as "the psychotherapeutic use of movement to further facilitate the emotional, cognitive, physical and social integration of the individual".

India being a developing nation has

seen changes in its work culture and lifestyle from past few years due to rapid urbanization and industrialization. Be it the work culture or the education system, the phenomenon is that of excessive monotony. This throws light on various emerging health concerns in both physical and psychological contexts. Tripura Kashyap, one of the pioneers of DMT in India has revolutionized the therapeutic aspects of dance throughout the nation. Her venture called 'Creative Movement therapy Association of India' is a renowned organization known for its expertise in providing somatic and psychological needs to the society and also provides training courses in and around Indian states.

I have been a small part of this journey which allowed me to widen my area of expertise in 'dance therapy' to masses. The primary psychological aspects that the Dance therapy workshop focuses on are based on the demand of a specific population. Some important components are Physical (body awareness, coordination, rhythm development, reduction of motor restlessness, release physical blocks, modification of movement qualities, Gross motor development, liberate from stereotypical movement, enhances imitation skills), Mental (Attention,



decision making, memory, spatial intelligence, increasing cognition), Emotional (expression of feelings, building emotional intelligence, having impulse control, acceptance of others emotions, development of empathy, reducing anxiety) and Social (awareness of others, eye contact, leadership qualities, trust building, socially appropriate behavior, adaptability). There are mainly five primary stages in the session; Stage 1 includes an introduction which includes warm ups, games and opening rituals, Stage 2 involves exploration by taking risks, playing with movement, limits potentials and the therapist observes what the client wants. Stage 3 is about expression and communication which stems from experiences, collaborations between group members, deeper movement sessions and trust building, Stage 4 is the resolution phase which is verbal, solution

focused and deals with talk therapy and finally Stage 5 includes integration of DMT sessions to real life.

DMT has been used on various populations in India like on corporate employees catering to needs of 'occupational stress' and emotional intelligence, with women groups to regulate emotions, releasing vivid forms of emotions through body movement and sculpting. Apart from this, DMT does not mark any limitation to any specific criterion of population only. It is meant for men and women from any age group, it can be conducted in hospitals, schools, support groups, rehabilitation centers and mobility training centers.

In some places it can be used as a primary or support therapy mainly with children with Autism for reduction of psychomotor stereotypes, people with Mood and Stress related disorders where DMT focuses on identification of primary emo-

tions and expression in an appropriate manner, Schizophrenia through integration of body movement and mindful awareness, Mental Retardation through sculpting and imitation, etc.

Expressive art therapy is a new emerging field in India and it has been holistically accepted by people from all walks of life and also has psychotherapeutic properties which have been identified by the American Psychological Association (APA). It has a promising future in our country and people are coming forward to apply it in their regular lifestyles. It caters to widespread areas of psychological wellbeing. Like Weisbrod, 1972 rightly said "When all body parts are organized and integrated, the body is like an orchestra". Thereby, it should be widely accepted and popularised for the holistic growth of the Indian population.

Lets Dream Collectively!

► Ms. Bhasha Nagpurkar, AIBAS, 1st Semester

Everyone dreams about so many things in this world, some dream for career, some dream of having a luxurious life, some dream about a happy world, some dream of happy life and the list goes on. In some of the above mentioned dreams some are there which could be achieved by oneself alone but there are some dreams like dreams for the betterment of this world, dream for the well being of the society, dream for peace, dream for the concern for our mother earth, are among those dreams which are only dreams when done on an individual base but can be made real only when togetherness or 'we' feeling comes.

It is very true that great things are done by a series of small things brought together. A very simple case is of a single stick which when alone can be broken easily but when such sticks are joined together makes a bundle which cannot be broken easily. As one can do things others cannot, others can do things which that one cannot do. When all such people are brought together with a common motive or dream, can make impossible or great works possible because as 'we', we become great



power. Today we can see in India itself great projects are under progress like Clean India, Green City Clean City, Making a Literate India, is not possible as one man's initiative, it's a great challenge to all the country men as whole. It's very true that each drop makes a whole water body and an individual is very important but as all 'we', we can overcome all the problems which we are facing, be it anything. We all need to put our best and take initiatives to be a part of this togetherness and never think what 'I' can do alone? It's true, you cannot do it alone but you are an important server for this togetherness.





Perceiving



Emotions



♦ Mr. Manu Mudgal, 1st Semester, AIBAS

Research from the Waseda Institute for Advanced Study in Tokyo, published in Psychological Science, compared how Japanese and Dutch people assess another's emotions. The study found that Japanese people pay more attention to the tone of voice than facial expression. The reverse was the case for Dutch participants.

Researchers recorded Japanese and Dutch actors expressing the neutral phrase 'is that so?' in angry and happy ways. Videos were edited to match angry tone with happy facial expression and vice versa. Japanese and Dutch volunteers watched the videos in both languages and were asked to assess whether the person was happy or angry. The study found that Japanese participants paid more attention to vocal tone, even when instructed to concentrate on facial expression. Researchers suggest this reflects different ways of communicating that may lead to misunderstandings.

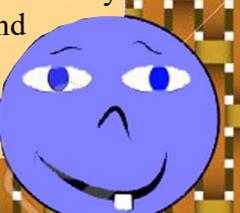
Researcher Akihiro Tanaka commented: "I think Japanese people tend to hide their negative emotions by smiling, but its more difficult to hide negative emotions in the voice." Japanese people may be used to listening for emotional cues. A Dutch person used to the voice and face matching may see a Japanese person smiling and overlook the upset tone, thereby reaching the wrong conclusion about the person's mood. Detecting false smiles Research by

Masaki Yuki (Hokkaido University), William Maddux (INSEAD) and Takahiko Masuda

(University of Alberta) published in the Journal of Experimental Social Psychology in 2007 compared Japanese and American interpretations of computerized icons and human images showing a range of emotions. Findings suggest that where emotional control is the cultural norm (e.g. Japan) eyes are the key to interpretation. In cultures where there is more open expression of emotion (e.g. USA) the mouth is the main focus.

Takahiko Masuda commented: "We think it is quite interesting and appropriate that a culture that tends to masks its emotions, such as Japan, would focus on a person's eyes when determining emotion, as eyes tend to be quite subtle. In the United States, where overt emotion is quite common, it makes sense to focus on the mouth, which is the most expressive feature on a person's face."

Researchers also detected these differences in interpretation of computer emoticons, used in email and text messaging. Japanese emoticons distinguish happiness and sadness in depiction of the eyes, while American emoticons use direction of the mouth. The results suggest that Japanese may be better at detecting "false smiles". Takahiko Masuda said: "These findings go against the popular theory that the facial expressions of basic emotions can be universally recognized. A person's culture plays a very strong role in determining how they will perceive emotions and needs to be considered when interpreting facial expression."



SAP of the Semester

Amity Institute of Behavioural and Allied Sciences strongly believes that every student should become a responsible member of the society by taking small steps towards community activities which have the capacity to make a big difference. AIBAS ensures this by way of a mandatory Social Activity Project (SAP) to be taken up by all the students in all the semesters and mentioned below is the report of the best SAP of last semester.

"Every child is special give them their chance"

A craft workshop was organised at Roshni NGO by the students of B.Sc. Interior design, Fashion design and BA Psychology IV Semester as part of their Social Activity Project assigned by AIBAS department.

Roshni NGO comprises of children with multiple disabilities. Most of them have autistic spectrum characterized by a typical communication, language defect, eye contact & sensory experiences. The staff at Roshni works with these specially abled people & make craft products which they sell to make their earnings. The main objective of this SAP was to establish a connect with these

children and help them in making their share of profit by teaching them creative ideas of craft making. The most adorable part of the whole experience was the self-satisfaction they achieved through their selfless act and the respect and joy which was honoured by those innocent hearts in return. It's an honour for the university to see their students participating in both educational and social activities simultaneously which would help building in them a strong sense of belongingness towards members of the community.

Best Wishes!!

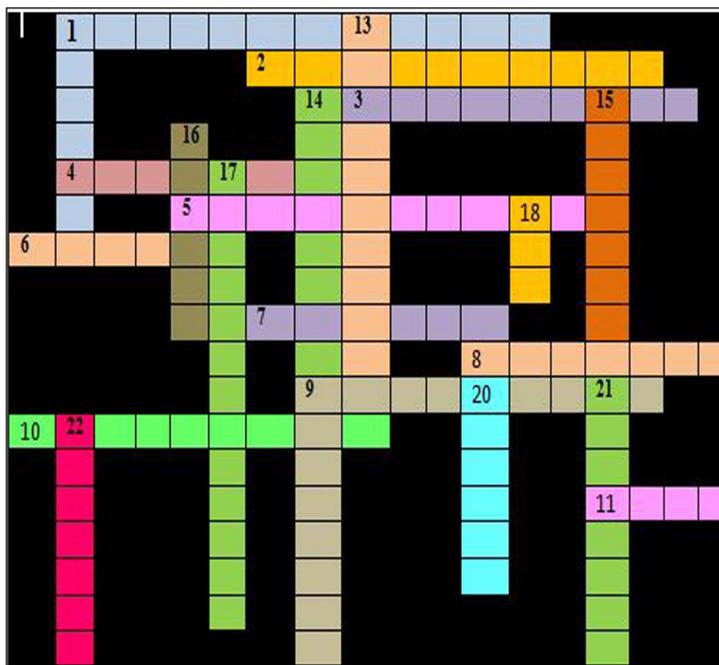
Our best wishes to this group!!



CRAFT WORKSHOP



Cross World



ACROSS

1. A cognitive process of fitting new information into existing cognitive schemas, perceptions and understanding. (12)
2. A defense mechanism in which there are times when people are faced with situations that are so anxiety provoking that they can't deal with it and they protect themselves by retreating to an earlier stage of development. (10)
3. An inability of a person to stop thinking about a particular topic or feeling a certain emotion without a high amount of anxiety. (9)
4. A mental concept that informs a person about what to expect from a variety of experience and situations. (6)
5. A Most famous psychologist who gave the theories on cognitive development in children. (10)
6. A mood disorder in which people feel incredibly excited, hyperactive and overly optimistic. (5)
7. This term was introduced by Sigmund Freud and is at a very basic level, it means sexual desires and urges. (6)
8. A term may be defined as an object, idea or experience as being more than sum of its parts. When you put the parts together you get the "whole." (7)
9. A state of general unresponsiveness in a person who is fully conscious. There are two manifestations of this process; one presents itself as a stupor while the other is a highly excitable state. (9)
10. A person's capacity to obtain or have direct knowledge and/or immediate insight, without observation or reason. It's the gut feeling you get. (9)
11. These are the long, spider-thin, tail-like structures found on neurons. (4)

DOWN

1. An inability to recall past events. (7)
13. An irrational fear of being in public places. (11)
14. A temporary state of heightened relaxation and suggestibility during which some (not all) people are able to become so focused that they experience imaginary happenings as if they were real. (8)
15. A behavior that is genetically programmed into an entire species. Thus the behavior is not the result of learning, and can be seen across members of a species. (8)
16. A mysterious feeling, when we feel that a new situation is familiar, even if there is evidence that situation could not have occurred previously. (6)
17. A process in the human brain consists of three stages; storage, encoding and retrieval. (13)
18. It is the part of our personality that helps us deal with reality by mediating between the demands of the id, super-ego and the environment. (3)
9. The component of the mind that has to do with what drives an individual to act and strive. It is about exercising one's will. (8)
20. A Mental state and psychological after effects of painful events. (6)
21. A philosophical concept that places importance on the mental and spiritual aspects in interpretation of our experiences and our environment. (8)
22. They are nerve cells and the basic building blocks of nervous system.(7)



For Answers Stay connected with Psychon



If the only tool you have is a hammer, you tend to see every problem as a nail.



RCI Visit, Raising Day & Sangathan

