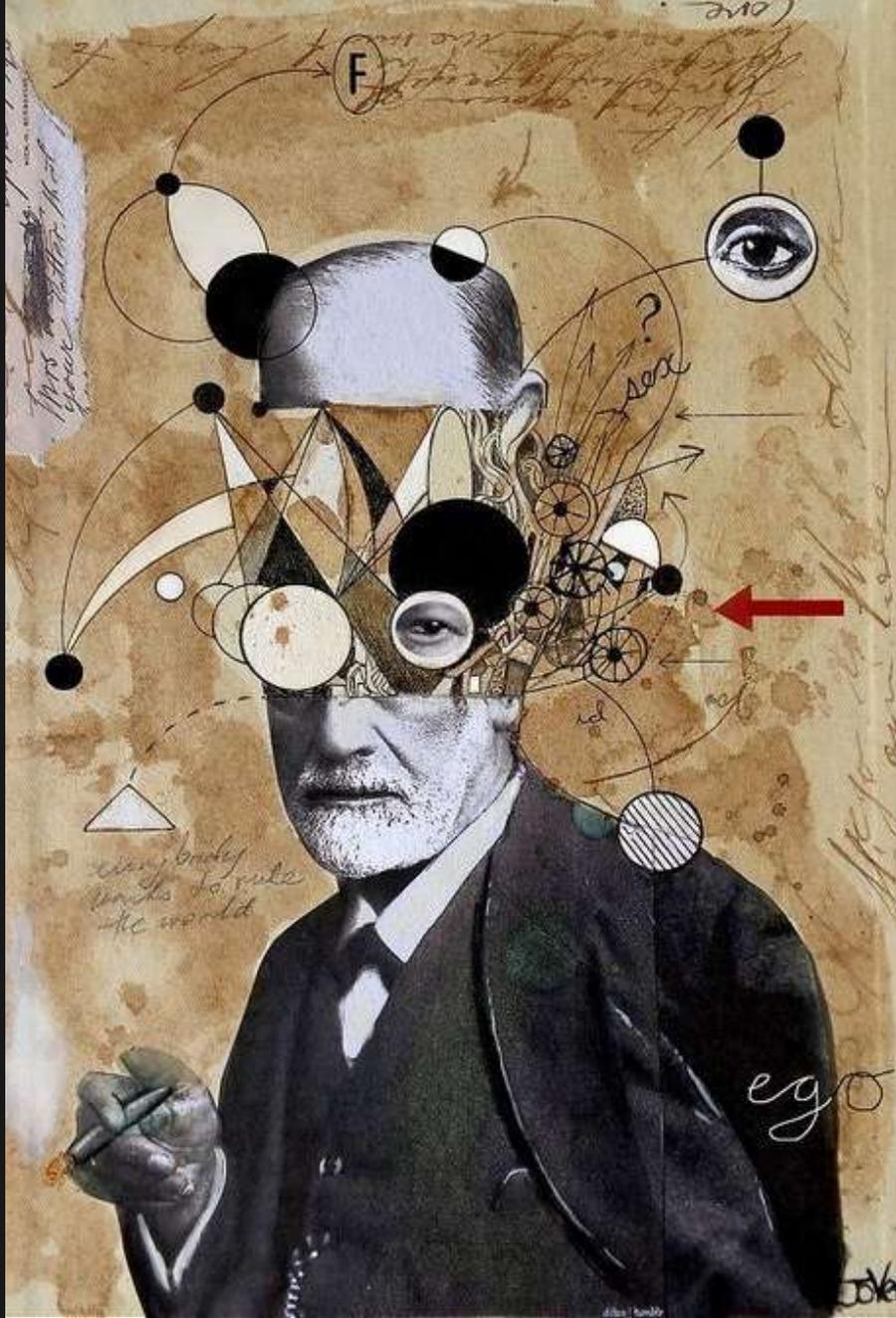




PSYGHT Psychological Society



Department of Applied Psychology
SRI AUROBINDO COLLEGE (EVENING)



@psysoc.sacc

NEWSLETTER 2022-23

PSYGHT

PROF. VIPIN AGGARWAL
PRINCIPAL

DR. MONIKA RIKHI
CONVENER

MR. ANAAM V.C.
PRESIDENT



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Words from the Principal

Dear students and colleagues,

I am thrilled to have the opportunity to address the Department of Psychology's newsletter and share my excitement about the work being done in our department.

Psychology is a field that has the potential to transform lives. It offers us insights into the human mind and behaviour, and equips us with the skills to navigate the complexities of our world. As members of the Psychology Department, you have the unique opportunity to contribute to this transformative process. One of the key strengths of the Psychology Department is its commitment to evidence-based practices. By incorporating the latest research findings into your teaching and counselling practices, you can ensure that your students and clients receive the best possible care. Another essential attribute of the Psychology Department is its focus on inclusivity and diversity. As psychologists, we must recognise the unique experiences and challenges faced by individuals from different backgrounds, and work towards creating a safe and welcoming environment for all. Finally, I urge you to remain steadfast in your commitment to ethical practices. As psychologists, we are responsible to our clients and students, and must prioritise their well-being and confidentiality. I am proud of the many achievements of our faculty and students, and I am excited to see what the future holds for our department. I encourage you to continue leading by example, fostering a learning, growth, and inclusivity culture.

Warmly,
Prof. Vipin Aggarwal



WORDS FROM THE CONVENER



Dear readers,

I am pleased to welcome you to the latest edition of the Department of Psychology's newsletter. As the head of the department, I am proud of the many accomplishments of our faculty and students. I am excited to share some of the exciting work happening within our department. When psychology first emerged, it was viewed as a less reliable field. My initial days at this college are still fresh in my mind. Psychology now, of course, has a brighter future and greater possibilities than it had back then. Despite the many obstacles, I am confident in the future of psychology. The field of psychology can extend beyond its laboratories, clinics, and classrooms. Our "subjects," "patients," and "participants" are also subjects of the state, victims of human catastrophes, and agents of the global order. Because of this, students in this subject must use public areas to situate their theoretical knowledge in the cultures, nations, and societies of which they are a part. Understanding ourselves and the world around us can be aided by psychology, which is the study of human behaviour and mental processes.

A variety of student essays and understandings are presented to you in the yearly magazine of the society, PSYGHT. Self-expression, essential to satisfying our primal want to communicate, is critical for prospering in a community. It displays our department's enthralling and motivating journey. This publication explores the viewpoints of the students. It involves them in the analysis and promotion of many ideas on topics like adolescent mental health and mental health services in today's rapidly evolving worldly.

As we all know, there is no better method to develop than to establish a space where anybody can express their feelings without fear of judgement and a setting where everyone can benefit from one another; you will discover a place where you may explore, express, and discover yourself. With the help of PSYGHT, students can use their expertise and research to produce articles that serve as testaments to their capabilities. Students can share their thoughts and interests through the magazine.

The result of the diligent effort of faculty members and students is evident in this new edition of PSYGHT. I commend the department for publishing PSYGHT 23' and send my best wishes to the psychology society for its upcoming endeavours. I hope society keeps developing and that the department's students continue to put forth top-notch work. Come along, and let us proceed down the route already set forth.

Sincerely,
Dr. Monika Rikhi



OUR *Backbone*



Core Team:

ANAAM VC (President)
Sadhvi Sharma (Vice-President)
Vrinda Srivastav (Secretary)
Sanya Jain (Joint-Secretary)
Khushi Hans (Cultural Secretary)

Faculty: Dr. Pragyendu, Dr. Mahesh Darolia, Dr. Monika Rikhi, Dr. Deepa Sharma, Mr. Mohammad Shahid, Mr. Ujwal Kumar, Ms. Tanya Johri, Dr. Sujit Ram Tripathi



WORDS FROM THE

Alumni



Ms. Isha Kala (IK)
Passed out from
SAC(E) in 2016

- Diploma in Guidance & Counseling with Masters in Applied Psychology from Jamia Millia Islamia
- She had the opportunity to work as fellow for Teach for india
- She is also serving as Research Assistant at Ashoka University & Assistant Professor at Delhi university (Sri Aurobindo)
- Most prominent work that she is doing right now is that she is serving as a Co-Founder for The Laali Project Which she started in march 2020

- Currently working with ICICI Prudential in the Investments team
- He is a management graduate from IIM Visakhapatnam
- He has been a founder of many institutes from high psy , X Factor Trainings & consulting & also sunrise investment fund.
- Most prominent work done by him is his book Casual Finance which has 4.5 Star rating in amazon as of now



Mr. Anuj Suneja (AS)
Passed out from
SAC(E) in 2017

- Clinical Hypnotherapist & International Trainer Of Past Life Regression Studies, Psychologist & Corporate Trainer
- He also serves as the chairman Of Film production company / Media house
- Adding to his accolades he is also a International trainer of past life regression studies Vishwas healing center

- Pursued master's degree in psychology from delhi university & pursued Phd, Psychiatry from NIMHANS
- She has been Ph.D scholar, Research Associate in NIMHANS
- Now she is a DBT/ Wellcome Trust India Alliance fellow
- She has authored & co-authored many paper which can be found on her LinkedIn



Navneeth Vallabh (NV)
Passed out from
SAC(E) in 2007



Dr. Anushree Bose (AB)
Passed out from SAC(E) in
2009



Madhr Upadhyay (MU)
Passed out from SAC(E) in 1999

- Pursued Post Graduate Diploma (Masters Equivalent), Human Resources Management and Organization Behavior Studies from XLSI Jamshedpur
- Aumni of University of Pennsylvania for pursuing Masters in Applied Positive Psychology (MAPP), Psychology, Coaching, Focussed application exposure to diverse fields.
- He was a talent manager in ITC Infotech and Senior Manager in Talent Management in Cognizant
- Currently self employed as Facilitator, Coach & Senior Assessor; Explorer and Trip Leader

Please give a brief on what you're doing currently.

AS- In my first year, I founded a startup company along with my friends, seeing that Sujit Sir encouraged me to apply for a business degree. I followed what he said and that's how I ended up doing an MBA.

Currently, I'm teaching behavioral finance at IIM Vishakhapatnam, still leveraging that degree. I work with ICICI credentials in finance at equity research. I also authored a book named "Casual finance" which is a millennial's guide to personal finance.

NV- Over the years, I've taken on over 1000 cases primarily about the unconscious mind with different kinds of behavioral problems and emotional issues with people belonging to diverse walks of life. I worked for California Hypnosis Institute for about ten years before leaving to work for Vishwas Healing Center. Long and short, I work in the field of the mind. I believe that the "story of our life is the story of our mind," and that is what I practice.

MU- I am doing two things presently. One, I work as a cooperative trainer, coach, and assessor. I also train people in personality, psychological assessment, and human and people development. I receive coaching contracts from time to time as people at various levels need coaching and guidance and people use assessment for selection, development, and promotions.

AB- It's noteworthy that Aurobindo College was where it all began. During my final year, I wanted to do clinical specialization in my master's, so I went to the Ram Manohar Lohia Hospital and saw my first patient with schizophrenia. So I further worked on schizophrenia's cognition and metacognition for my master's under the supervision of Professor Ashwin Gupta, which became the precursor for my Ph.D. study. I wanted to know what exactly occurs with hallucinations and delusions.

IK-I have completed the research process and am currently drafting a paper on it. In the midst of it all, I began working as a professor at Delhi University's Sri Aurobindo College (Evening). I remember having a conversation with my immediate juniors about going back and teaching. The presence of a teacher you would adore at the college could be one of the reasons. I consequently considered going back. At the moment, I alternate between teaching and working as a research assistant

Can you paint a picture of your time in Sri Aurobindo College?

AS- My college life has given me a wholesome and holistic experience. It was full of action. I've had fights, I was into politics, heavy on academics and research, and a 100% attendance holder student. Sri Aurobindo gave me a 360° perspective of how life will be. Also gave me characteristics of an ideal life.

One of the best learning opportunities I've ever had in my college life was a startup experience. I, along with two of my colleagues, had a startup related to biomedical devices for somatoform disorders for which we also went to pitch our idea in Chennai as well.

NV- As a student, I remember that Pragyendu sir always used to talk about diverse topics during his lectures and introduce us to different fields or perspectives in psychology. In one of his lectures, he was talking about Sigmund Freud and hypnotherapy, and how Freud used to practice hypnotherapy.

That is when I felt a connection to hypnotherapy. Additionally, I took notice that the word 'hypnosis' used to come up a lot in our literature books. Pragyendu Sir became a bridge for me towards this field, and he guided me a lot during my graduation. As a student, you develop a connection with your teachers, and for me, I was able to have that connection with Pragyendu Sir, Monika Ma'am, Mahesh Sir, and other teachers.

One should pursue what they are truly passionate about; other things are secondary. Staying updated on the latest things that are happening around us is also essential. I never found this career a challenging one, and I never had doubts about pursuing hypnotherapy.

MU- I enrolled in Sri Aurobindo College in 1996 and graduated in '99. The total department strength at that time was about 14 students. Three full-time teachers and one lab aide made up our faculty. I was originally apprehensive to go to Aurobindo because I had heard about the crowd and poor environment. That is when I realised that the impression of our college was just a perception, one that was meant to be broken by the drive within. The moment the faculty and staff saw a student with ambition, the entire system would change. Mahesh Darolia sir came as a god's gift to us. He has a deep love for the subject, the pupils, and his job. We were able to alter the perception of our department and our institution. Whatever lectures were held, they used to turn to close group discussions since the strength was so low. The canteen used to be a simple shed where we would often sing songs and dance. So yes, no matter the circumstances, it was good to have fun and work simultaneously.

AB- It's noteworthy that Aurobindo College was where it all began. During my final year, I wanted to do clinical specialization in my master's, so I went to the Ram Manohar Lohia Hospital and saw my first patient with schizophrenia, who had impeccable reasoning, excellent education, and seemed to be an expert, but somewhere in his psyche, he held thoughts that were just bizarre. I was fascinated by how the psyche can be so fragmented, and that's what piqued my interest. So I further worked on schizophrenia's cognition and metacognition for my master's under the supervision of Professor Ashwin Gupta, which became the precursor for my Ph.D. study. I wanted to know what exactly occurs with hallucinations and delusions.

Inaccessibility to EEGs, MRIs, etc. created an obstacle, and I did explore options abroad. But then I chose NIMHANS. At a conference while doing my master's fieldwork, I encountered Professor Venkat Subramanian, who served as both, my current supervisor and my Ph.D. supervisor. I was shamelessly persistent in my emails to him, along with my unsolicited opinions on his paper, pleading with him to let me visit his lab. I ended up finishing my Ph.D. on the brain stimulation technique, particularly transcranial electric current stimulation, which was introduced in his lab at that time. After that, I didn't see any reason to leave.

IK- I was a student who used to be studious but was mischievous too at the same time. Since I have ADHD, I was never able to sit still in class or pay attention to what was going on at the time, which is perhaps one of the reasons I never loved school education. I used to leave my house around 11:30 for college. I had a lot of friends who had cars, so we used to hang out and chill before college. Our classes used to go for around 2 or 2.5 hours, beginning at 1:30 and consisted of zero periods as well. Our classes ended a bit early compared to yours now. We were taught by the same professors- Monica mam, Tripathi sir, Pragyendu sir, and Mahesh sir. Because of my friends, I always shone in the eyes of the professors. I was part of a group that had fun with teachers. Initially, we had a rocky start with the teachers but eventually got along with them. Even though we didn't attend classes at one time, it was absolutely fine. Now that I look back, I see that they always intended to award grades, but they wanted to let us know that you need to work for them. The change I observe now is that students are beginning to take initiative, are more conscious of their surroundings, and are aware of how to live their college life. I don't think I knew anything until I started college. Students now have innovative ideas, as proven by our psychology department's establishment of a gender sensitization committee as well as other initiatives.

As the theme of the newsletter suggests "PSYGHT", what is your vision for it?

AS- The major issues faced by my batchmates and the seniors were what to do after graduation, whether to seek master's or doctoral degrees or look for employment.

But the kind of jobs offered were either completely different from our degree or were very low paying. So from that perspective, we can add what career opportunities lie ahead of psychology as well as we can probably add sessions with Alumni about what they did, what opportunities they think are there, and what challenges they encountered. You can also add sessions you had throughout the year and what is the takeaway of the students from those events.

NV- For many people, being cooped up inside and unable to communicate with anyone but their immediate family was a difficult task that had an impact on both their personal and professional lives. Nowadays, psychology has a much bigger role to play as pandemics will come and go, but we need to have a deeper understanding of life. I believe psychology will skyrocket as a career, just as it has in the past and will in the years to come. The students willing to take up psychology as a career are making a wise choice. Lastly, "psychology was a profession of the past, it is a profession of the present, and it will be a profession of the future"

MU- Psychology is going to be a must subject just like English has become in India. Like English, it can be used in everything you do and is a critical tool to study. It is going to be one of the main subjects to study in the future. Studying Psychology is about studying oneself and the more we do that, the more refined we will be as individuals. It brings together thinking skills, research skills, the skills of statistics, and the subject matter. Combining everything provides you with a solid foundation to pursue a wide range of careers. Many people are just beginning to realise this but that is how people will perceive Psychology. And for me, this is the sight for Psychology. Understanding what each person will have or will be like is going to be very critical for individual growth and this realisation won't just be philosophy coming out of religions but Psychology. Psychology is a blend of philosophy and science, and I believe that it merges these two things beautifully.

AB- NIMHANS, CIP Ranchi, and Manipal are three of the select few locations where progress is being made in abnormal psychology. The lack of opportunity in terms of infrastructure, resources, and accessibility is very painful to me. So I would envision a world in which people are exposed to various tools and methods early on, for better clarity. I believe it will facilitate the emergence of new concepts which can revive old spaces where light no longer shines. I would also argue that sometimes it's not a lack of funds, it's a lack of foresight. A deliberate effort is required to bring experts on board to gain exposure. A lot of people aspire to apply abroad, so these factors become crucial. An algorithm always gives the right answer, while a heuristic is a shortcut. There is no algorithm to determine which applicant is suitable; instead, people use heuristics like your CV to determine your exposure. Exposure matters, and people have the right to it and have to take it.

IK- my vision for psychology is intervention-based—I think it's all about application-how much you can apply. For me, it's all about intervening at a young age or seeking early intervention whether there are developmental delays, learning disorders, or any other sort of disorder at the earliest possible, whether it be social or emotional. Everyone has a personal agenda while they are in the field, but from the time I have been there on, you build a sense of identity within the field, and you do tend to navigate the field in accordance with you. I'm doing it for myself, and my vision is to create it as application-based as possible. Like neuroscience, economics, sociology, and technology, psychology is also heading towards integration. The first efforts in this direction include Eye tracker FMRI Machine.



Harshita Johar

Passed out from SAC(E) in 2022

-Please brief us about yourself

I'm Harshita Kour Johar. I'm from Jammu and Kashmir. I'm 22 years old, and right now I'm pursuing my masters from the Department of Psychology at the University of Delhi itself. I did my bachelor's from Sri Aurobindo College, from which I graduated last year. And other than that, I do some part-time work regarding graphic designing for fun and to gain some work experience. I'm a very artistic person. I like to paint and draw. I'm very interested in music and am proud of the numerous spotify playlists I curate. I am very eclectic in my taste be it Pinterest boards or my playlists. I'm a vicarious reader. I love reading books, classicals mostly and psychology of course, but mostly I'm into fiction. I'm trying to get into nonfiction, so that's the transition I'm going through.

-What advice/s would you offer to students who are targeting winning the award for best student?

- To start with the basics, get to know how the concepts started. Make your base of all the psychological theories strong, and invest in decent history books of psychology which shall make you the coolest kid in the class. Just kidding, or am I?
- When you start reading and understanding any concept, try writing a criticism of it, even if no one tells you to. It will not only help you understand that particular topic, but it will also help you in your master's, where you will be asked to write a critique of everything you read.
- Try applying everything you are reading to real-life examples; don't read all those examples from the text you're reading, they're outdated and to be honest a reflection of your laziness; try searching for new examples with good meaning.
- If your syllabus wants you to read five research papers on a topic, go read 10. Always go the extra mile and actually put in the effort, and once you start doing it, you will automatically fall in love with psychology.
- Don't even try missing classes because whatever is taught in the class is exactly what comes in the paper, in our in-house exams, and even in the vivas. I can understand that attending each and every class does get exhausting, but once you start doing it, you will notice a significant change in your grades.

- As the name /theme of this year's newsletter -PSYGHT suggest, we would like to ask what is your PSYGHT or vision of psychology

I think it is in positive hands, and there is hope for psychology. There is. I'm sure about it. But we have to be very hyper aware of how we're taking things in. Because AI appears to be taking over the world and sweeping it from its feet. It's wild. It's hard for me to actually grasp the strength of AI and how it's affecting people because I'm seeing how people are doing their assignments these days, how people are doing their jobs these days, and so where does the human element remain? Obviously, we cannot replace the human element but we can't deny how AI is changing our thought processes and understanding of the world. That's something that we won't be able to escape in psychology in the future. We need to be careful of how we let AI affect us in the tech ecosystem. Gen Zs and the generations succeeding it are believed to be very sensitive. But the truth is every generation is sensitive. It's just different things for each. We are sensitive about self-care and healthy relationships. We believe in therapy, we believe in the greater good but only through our small individual actions. I really believe that we can change the world. Break the cycle.

I wish you all reading peace and love.

Editorial

BOARD

"We gave our blood, sweat and tears for this".



Left to right:

Vandana.K, Kritika.J, Swati.M, Shweta.P, Drishya
Pranjal.S, Pragya, Anushksa, Diksha, Mishika, Drishti
Ayushi, Vaibhav, Harshita,Vandana.A,
Neeraj, Harshit, Hitaishi, Annshebin, Vani, Ankitha

Society

MEMBERS



Left to right:

Neeraj, Harshit, Anaam , Vritti, Hitaishi, Aditya, Jiya, Sanya,
Mitali, Annshebin, Hamid, Pragya, Anushka, Priyanka, Ayushi,
Khushee, Diksha, Guarika, Drishti, Ridhima, Mishika, Swati,
Khushi, Vrinda, Sadhvi,Riya, Ankitha,

ACHIEVERS AT SAGE

2022-23



Charrvi ,Batch of 2021-2024

Won best research paper award

Pritika Thukral , Batch of 2021-2024

"Paper publication in "International journal of Human development and information systems" on the topic " Notion of Nationalism: An insight from psychological analysis""



Ayushi Kharayat , Batch of 2021 - 2024

Selected to represent India at the Bali International Student Festival, an annual virtual conference organized by Indonesia Youth Foundation. and interned as an Online Peer supporter on a pilot project for a year by the Department of Clinical Psychology, NIMHANS, also volunteered as a classroom assistant at Autism for Action (AFA), Delhi

Nandini Satija , Batch of 2021-2024

I worked with a mental health startup as an HR & provided tangible marketing strategies, interned with Umeed NGO, and was awarded a gold medal for excellence. I also worked with an NGO that promotes inclusivity for disabled people.

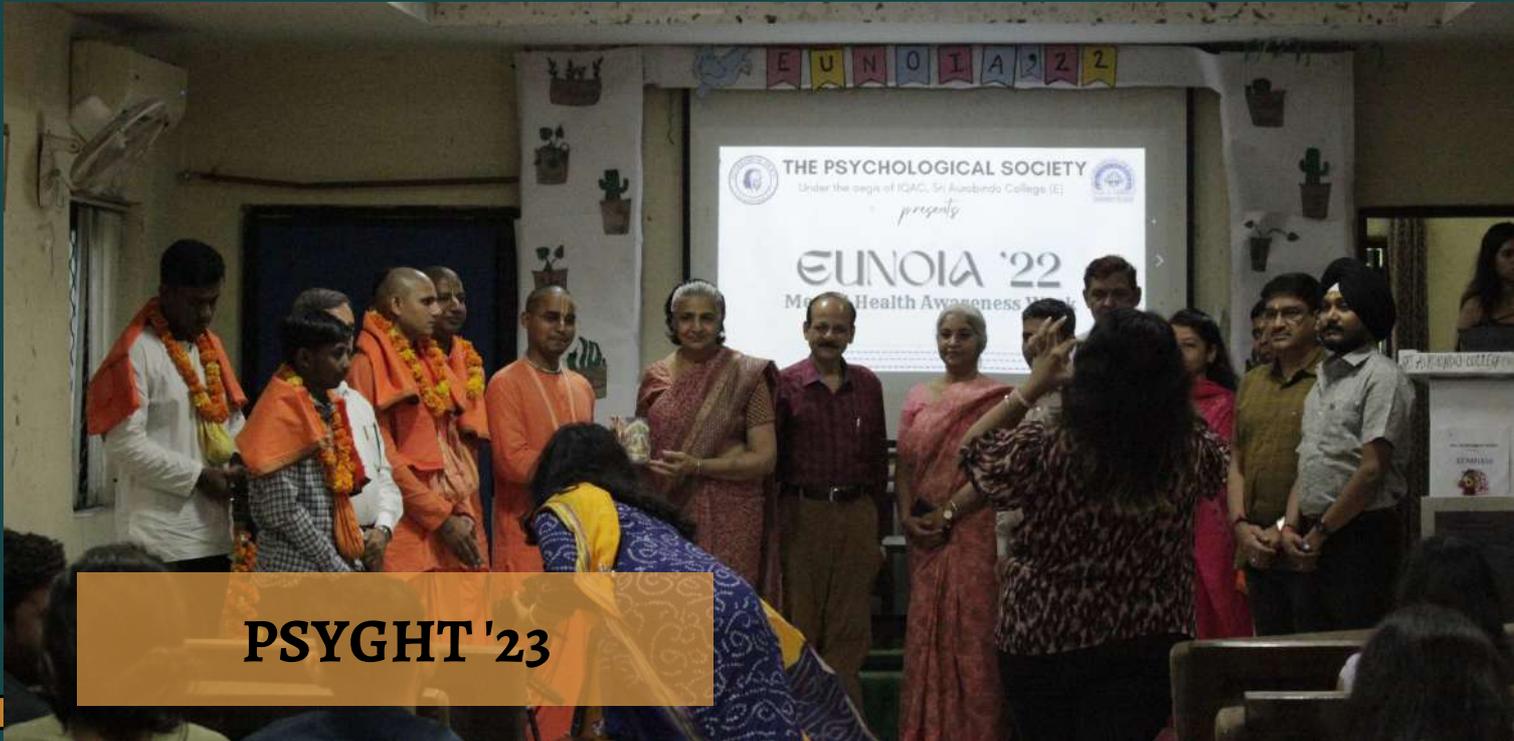


Anushka Goel , Batch of 2021-2024

"I have done a volunteership with the company Socially Souled as a content writer. Currently has been assigned as a Community Manager at Sukoon Ghar. Still working in it.

RECAP

2022-2023



PSYGHT '23



JWMM JAB WE MET MORE

BY PSYCHOLOGICAL DEPARTMENT



The class of 22 and 23 assembled in the Psychology department on June 7, 2022 to host a humorous "Jab We Met More" get-to-know-you event. The gathering was jam-packed with different activities that bonded the group. Following an introduction to the department and a treasure hunt in which participants were divided into teams, the teamwork skills of batches of year 23 and 24 were put to the test. Besides, some people were questioned regarding their interest and membership in the psychology group. However, many made it obvious what they were interested in and how they would benefit the psychological community. Ultimately, the event was successful.



CONFLICT RESOLUTION

MR. CHHABI ADHIKARI

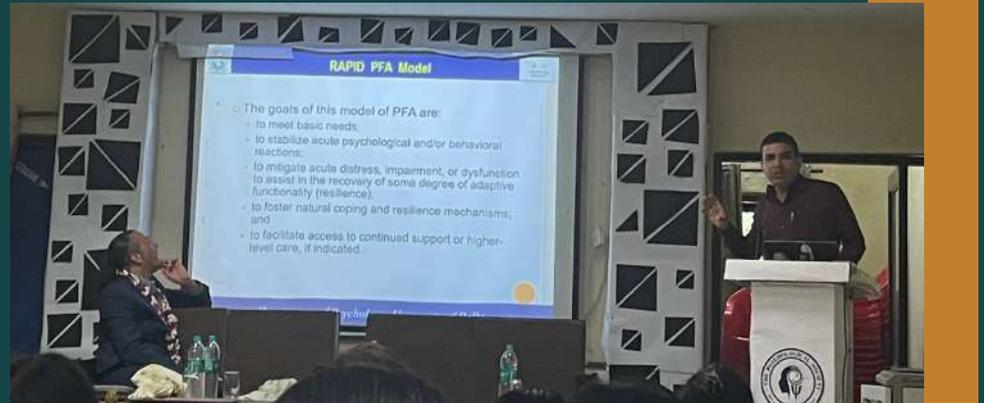


On 6th February 2023, a seminar was conducted on the topic of conflict resolution, led by Mr. Chhabi Adhikari (NLP Expert and Life Coach). The speaker provided insights into the nature of conflict, the reasons for conflict, and effective strategies for resolving it. He discussed several methods for dealing with conflicts, such as active listening, empathy, and collaborative problem-solving. He also discussed the importance of managing emotions in conflict resolution and suggested techniques such as deep breathing, taking a break, or seeking support from a mediator. The seminar was a valuable learning experience that provided practical methods for resolving conflicts. Not only were the listeners able to expand their learning horizons, but they were also able to add pages of valuable lessons to their lives.

PSYGHT '23

PSYCHOLOGICAL FIRST AID

BY - DR. DINESH CHHABRA



The Psychological Society of the Department of Applied Psychology of Sri Aurobindo College (Evening), University of Delhi held a seminar on 'Psychological First Aid' on 14 September 2022 by Dr. Dinesh Chhabra, Assistant Professor in the Department of Psychology at the University of Delhi. He discussed the Psychological First Aid which is designed to mitigate acute psychological distress and should be possessed by everyone as a psychological crisis intervention. He also introduced the RAPID PFA model, which aims to meet basic needs, stabilize acute reactions, mitigate distress, and facilitate access to higher-level care. It was a thought-provoking and informative session for the students and the professors.



RELATIONSHIP BETWEEN TIME PERSPECTIVE AND STRESS

BY. PROF .LENING A.OLIVERA FIGUEROA



The Department of Applied Psychology, Sri Aurobindo College(E), Delhi University organised a seminar on the topic of ' Relationship between time perspective and stress on 14th September with Prof. Lening A.Olivera- Figueroa who is currently a faculty member of the Department of Psychiatry at Yale University School of Medicine. The seminar focused on the "Role of time perspective and acculturative stress on the adaptive and maladaptive coping strategies across healthy and treatment-seeking Puerto Ricans living in the island of Puerto Rico and the state of Connecticut in mainland United States. The seminar was an eye-opening and extremely enlightening for everyone in attendance.

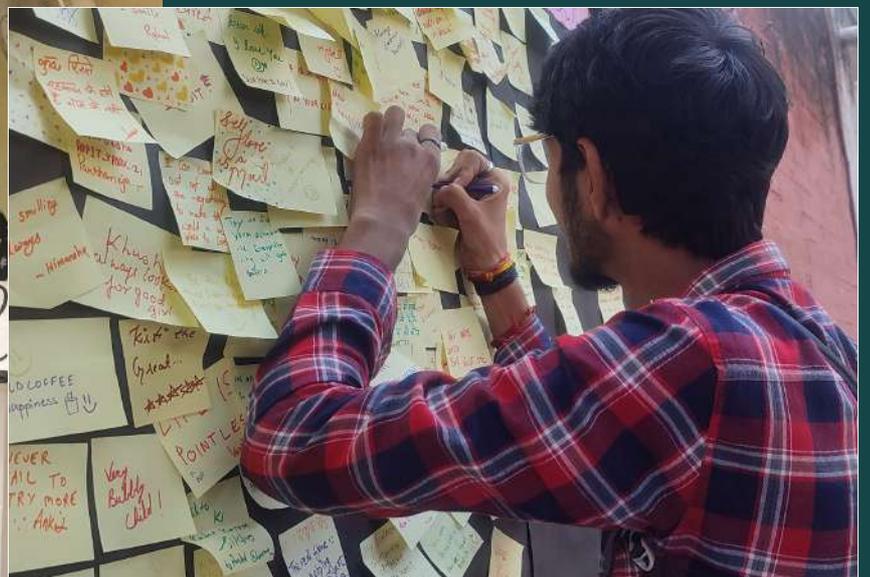
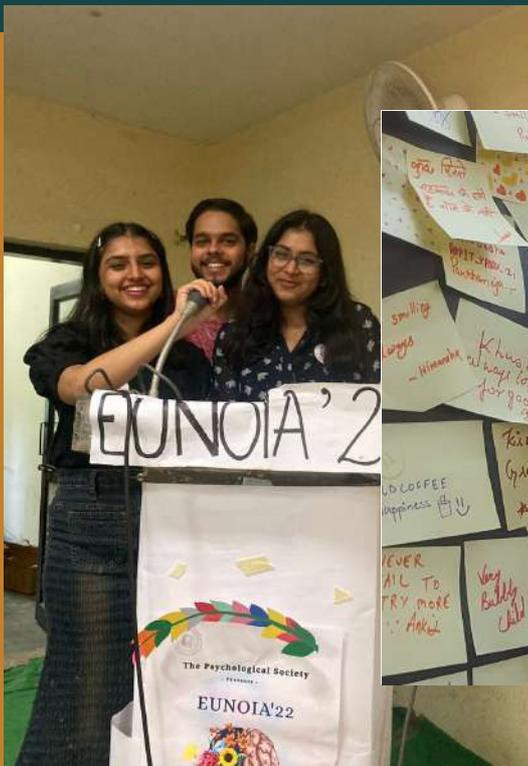
EUNOIA'22

BY PSYCHOLOGICAL DEPARTMENT

Eunoia'22, the much-awaited three-day extravaganza of the Psychological Society of Sri Aurobindo College (Evening) was held from 10th-12th October'22, packed with engaging activities, informative seminars, and loads of fun.



Day 1 of the event, held on 10th October, kicked off with a fantastic Jam Session followed by an enlightening seminar by Dr. Arvind Mishra on "Globalization and its Discontents" and wrapped up with a presentation on Relationships by Deepshikha Goswami. Day 2 of Eunoia'22 consisted of a seminar by Kaustubhi Shukla on Anxiety followed by a Dance Movement Therapy session and an interactive session by the Mentify Foundation. Day 3 of the event was packed with exciting activities, including a workshop on Letting Go by Manraahi, a Spiritual Healing session by ISKCON Temple, and a thought-provoking skit by Rangmanch titled Manodhrishi. Throughout the event, attendees also had the opportunity to participate in all-day activities such as "A Wall to Remember", "Compliment a person" and "Spreading Smiles" which brought joy to everyone.



MINDFULNESS A PRACTICE OF SELF ANALYSING

By Dr. Dinesh Chhabra



On the 10th of February 2023, the Psychology Department of Sri Aurobindo College(E) organized a highly informative workshop on mindfulness, a practice of self-analysis and introspection. The workshop was led by Dr. Dinesh Chhabra, a renowned professor from Delhi University. The session commenced with an in-depth exploration of mindfulness, which Dr. Chhabra defined as the essential human ability to remain present and aware of our thoughts, emotions, and surroundings without becoming overwhelmed or reactive. To facilitate the practice of mindfulness, Dr. Dinesh led the participants through a series of yoga exercises, aimed at inducing relaxation and inner peace. The workshop was an enriching experience for all who attended and helped them gain valuable insights into the practice of mindfulness and its transformative impact on their lives.



IZHAAR'22

BY PSYCHOLOGICAL DEPARTMENT



The Psychological Society of our college organized an event Izhaar that brought students together for an exciting journey of self-discovery. The first activity, called "Paint Your Soul," allowed students to unleash their creativity and paint their emotions by assigning different colors to different emotions and letting the participants draw according to how they were feeling at that time. The second activity, "Stick to It," aimed to spark collective conversations around self-improvement by asking students to complete the sentence "Life would be better if..." by writing their responses on sticky notes and pasting them on the wall. In "Spin the Wheel," students were challenged to perform acts of kindness by spinning the wheel and completing the dare assigned to them. The final activity, "Reflection of Beauty Standards," had mirrors set up to help students challenge traditional beauty standards and encouraged them to celebrate their uniqueness. Izhaar was a successful event that allowed students to connect with their emotions and each other.

HYPNOSIS AND PAST LIFE REGRESSION

DR. NANEETH VALLABH



The Psychological Society of SACE hosted a fascinating seminar on the topics of hypnosis and past-life regression, conducted by Dr. Navneeth Vallabh, a highly esteemed hypnotherapist and our department's alumni. As the President of the Rotary Club Delhi and Director at NVFP Pvt Ltd, Dr. Navneeth brought a wealth of experience and knowledge to the seminar. During the seminar, Dr. Navneeth delved into the intricacies of hypnosis, describing it as a therapeutic technique that involves inducing a trance-like state in a person to access their subconscious mind. He also explained the different defence mechanisms deployed by the mind under stressful and traumatic situations. He went on to discuss past-life regression, which seeks to access the memories of past lives or reincarnations that an individual may have experienced. To conclude the seminar, Dr. Navneeth demonstrated the practical applications of hypnosis by conducting a hypnosis session. This allowed attendees to witness first-hand how the technique can be used to help individuals access their subconscious mind and overcome their personal struggles.

PSYBIES'23

BY PSYCHOLOGICAL DEPARTMENT



The first year students i.e., the batch of 2026, were treated to a fabulous Fresher's event titled Psybies'23, organized by the Psychological society of Sri Aurobindo College (Evening). The beautiful afternoon commenced with the traditional lighting of the Diya, followed by speeches from the college's principal and department teachers who welcomed the new students and encouraged them to make the most of their time in college. The event was taken further by the fresher's ramp walk and their introductions. As the ramp walk came to a close, the mood shifted to music and celebration. A choir group took to the stage, filling the air with their melodious voices. The eventful evening wrapped up with the DJ taking over that had everyone dancing.





SEMINAR ON INDIAN PSYCHOLOGY

MR. AMIT PRAKASH

The Psychology department of Sri Aurobindo College (Evening) conducted a thought-provoking workshop on Indian psychology, led by the renowned research scholar, Mr. Amit Prakash, on December 1, 2022. The session titled "Indian Psychological Thinking and Traditions: Ideas and Practices" shed light on Indian psychology, its thought systems, and fundamental tenets. Mr. Prakash delved deep into the concept of "Knowing the Self" and elucidated on the Indian tradition's model of the mind, leaving the attendees with a new perspective on the workings of the human psyche. Additionally, he highlighted the importance of yoga in maintaining not only physical but also mental health, demonstrating the deep connection between the mind and body.

Mr. Prakash's insights provided an excellent opportunity for the students to explore and understand the principles of Indian psychology and its relevance in contemporary times.



RECRUITMENT DRIVE

BY PSYCHOLOGICAL DEPARTMENT

On January 19, 2023, the Psychology Department at Sri Aurobindo College (evening) organised a successful hiring drive to recruit skilled individuals for available positions in the department's society. The recruitment efforts began months ago with a casual conversation between attendees and society representatives at JWMM. The interested candidates were invited to register and participate in online one-on-one interviews, where they were assessed based on their skills, priorities, and interests to gauge the talent pool and identify suitable candidates for the society's various roles. The event was a success and helped the department find talented individuals to join our team.



NEW RECRUITS!!



Captivating Creations

Deep me

The story begins with all the changes around me.

Things weren't the same anymore
All of the sudden I started losing myself in my classroom and slowly and gradually even in my home.

This was the time of my adolescence.
Likewise others I too had physical, emotional, psychological, and social changes.

We all were taught how to be physically healthy but nobody taught us how to be mentally healthy.
we even didn't have any concept of mental health at that time.

Like other classmates, I too had my self-concept, which was relatively very negative and full of miseries. I was overweight which used to make me feel inferior to others.

Although I was good in academics again compared myself with students who were even good-looking and were the teacher's favorite. which automatically made me feel at that age that I am not good enough, I am just an average student and will be the same forever.

At that minor age, I started developing a hatred for myself to such an extent that I lost myself(and wanted to just disappear).

Perhaps this is a phase that comes into everyone's life.

A phase where it feels like
"There is an invisible claw
which creeps up behind you and digs its way into it

It sinks its nail into your mind, corrupting every happy memory you have, until everything you ever did, everything you ever felt gets sucked into the void of rage, guilt, and paranoia

Sunlight drown by darkness
Love consumed by hate
It is invisible to the eye
But felt deeply beneath the skin and roots
you in the cage
you feel empty, it is already dark
trying to find guide rays
you know you have to sail to reach where you belong
but can't because you are already in that cage of darkness "

The battle was in my mind not outside, it was just like mental diarrhea, which drained all my energy.

Although I did lose weight which brought great physical transformation, again in the process of it I did it to prove to other people that I am good enough. Instead of loving myself and accepting the way I am, I used to be harsh on myself so that I could get that validation, love, and confidence from the outside.

You know sometimes
even though you have come so far and grown
but we still tend to question our worth such as (where I am standing, what makes us different, and why am always left alone even after putting in all our efforts)
maybe at last we always tend to seek love, validation, and care from outside (whether it's your family, friend, or even periodically from a stranger) which motivates us to move towards our goals
And then being fully dependent on others for your happiness remarks that I am losing myself

There one has to stop and do what they think is right and which will keep their inner conscience in peace
just stop

Be more selfish

Be ruder

And add value to your life
and love yourself more

because at last whatever promises were made by other doesn't have much value or the relations you have as a person

at last, we all are human beings
we all have our own life, our pain, our happiness, and our own story
Your exist is more important to you
not for others

At last, I figured it out
That I was always good enough
loveable and amazing.
I started loving myself.

~ VANDANA AWASTHI

Applied Psychology hon.
II Year
SAC(E)

HAPPY MENTAL HEALTH

Mental health includes our emotional, psychological, and social well-being.

It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. The mental health of a person can either be good or bad. In today's world, every citizen is facing a problem with mental health whether they are kids, men, women even senior citizens. Let's have a look on what are the factors that can affect mental health problems that are :

- childhood abuse, trauma, or neglect.
- social isolation or loneliness.
- experiencing discrimination and stigma, including racism.
- social disadvantage, poverty, or debt.
- bereavement (losing someone close to you)
- severe or long-term stress.
- having a long-term physical health condition.

Let us see how can we differentiate between good and bad mental health. Good mental health means you're able to cope with daily stresses

and accomplish personal goals.

5 characteristics of good mental health are :

- you are confident when faced with new situations or people.
- you feel optimistic.
- you do not always blame yourself.
- you set goals.
- you feel good about yourself.

Finding it difficult to manage how we think, feel, and act concerning daily stresses could be a sign of poor mental health. Here are some of the coping strategies that can manage in dealing with poor mental health are :

- Value yourself: Treat yourself with kindness and respect, and avoid self-criticism.

- Take care of your body
- Surround yourself with good people .
- Give yourself a reward .
- Learn how to deal with stress .
- Quiet your mind .
- Set realistic goals.

There are different perspective of very individual towards mental health , according to me a good or a poor mental health can be seen by our own way of looking at situations and coping ways. Here is a short story in support of a happy mental health :

This story is about an average student who has upgraded herself from low to above average by dealing and struggling with various problems . She has now moved into college and dedicated herself a day by going outside and attending an amazing psychological event . She further tells that after the continuous studying when she take a break where she has only enjoyed without any worries etc... has improved her happy mental health much more. She has always looked her situations in a positive way or with a positive point of view and she shared that by attending that events she has learnt 5 new ways on how can one keep her mental health happy :

- LOVING YOURSELF
- WITH POSITIVE AFFERMATIONS
- BY PERFORMING YOUR FAVOURITE HOBBY
- BY TREATING YOURSELF WITH FAVOURITE SWEET AND SNACK
- AND LAST BUT NOT THE LEAST
- ATTENDING EVERYONE WITH A SMILE .

~ KHUSHI SINGHAL

PAIN-TING!

I believe in
living more
than
following,
quite a
hedonist to
summarise
myself!

~ RITESH.J

Applied Psychology hon.
II Year
SAC(E)

What am I searching for ?
is the only question I ask to myself,
Usually ending up with a feeling of blaming oneself.
Is it someone who makes me feel that I am the only one,
or the one who knows how to groove me with the kisses
brought by none.
Is it the happiness which I feel being around my best
friend,
or the overwhelming efforts which she put to make me
smile when the day ends.
Is it the smile on my parents' face whenever they feel
proud,
or just me thinking to make myself feel odd one out.
These thoughts are not going to end at any cost I know,
still searching the reason for which they flow.

- Harshita

Pain-ting!

And how this needle now can't pierce
The sheaths of betrayal, love and lies
Tip's so blunt, even hatred fails to coerce
The malice and filth with which you surmise

And how the plough now doesn't Harrow
There's no more room, it's already ploughed
It's so used to being hurt, it's will is shallow
To even scream for help. there's no one around

And how the poison now doesn't kill
Shouldn't it's expiration make it more toxic?
The cacophony is music now, calm and still
And how the question of death, now sarcastic.

-ritesh.j

What I AM SEARCHING FOR?

Hello, Harshita this
side. I am a kind of
a person who likes
to express herself
through words.

~ HARSHITA BISHT

English Hon.
II Year
SAC(M)

BUILDING FULL OF MEMORIES

If one day, I walked into a building full of my memories, the first thing I'd do is pinch myself to check if it's real. Well, the first thing would probably be a bunch of vulgar exclamations, so in the interest of looking like a well-mannered, cultured student, I won't go there. But once I accepted the situation as real? To start with, a well-placed quip about that building

being a treasure trove for my therapist in a poor attempt at humor. Although when that inevitably falls through, I'd be forced to acknowledge the rising swell of emotions within me.

The Anger

At being forced to look at memories I'd rather forget. At the events I thought I'd put behind me and the unfairness of it all, of it being me who has to go through this. Didn't think this was quite what they meant by revisiting trauma. (Yes, humor is indeed my coping mechanism, even when I'm talking to myself.)

The Grief

For memories mean nothing without the people in them, but what do you do when those people are no longer with you? People you lost to distance, to fights, to change, to death.

People who used to mean the world but are now too far away, for one reason or the other. And as my throat would close up and my eyes well with tears, there would, for once, be no sarcastic joke there to relieve the tension.

The Love

And as Vision aptly put, "for what is grief, if not love persevering," the emotion following right on the heels of grief, would be love. Heart-warming, giddy, and gut-wrenching; those memories that evoke that sharp feeling of grief are the very ones which would then soothe the hurt. That tingling feeling in your chest when you take a step back and just watch your friends and family interact with each other? That, exactly that, multiplied by a hundred. Because I'll be watching everyone I've ever loved together, all at once, and that's amazing and terrifying and something I so, so desperately want. (Might also have a minor heart-attack in the process, don't mind me.)

The Regret

If I'm looking at a building full of my memories, suffice it to say that regret would be a prominent emotion. All the opportunities I let go, the things I didn't say and all the times I

chose to stay in my room rather than be with my grandfather. Regret over words I couldn't take back and actions I couldn't change. But also regret over who I used to be too, the desperate attempts to fit in and the feeling of being uncomfortable in my own self. And as much as I hate it, I'd be filled with pity too, watching myself try to be someone I wasn't.

The Longing

What are memories, but times gone by and places left behind? The bad yes, but also the good. I'll see myself, younger, happier maybe, but definitely more carefree. A child with nothing on my mind but the next trip to the park, no worries about the future, and no responsibilities on my shoulders. Or maybe I'll see the times I took for granted, the before-Covid era when making plans didn't involve checking curfews and restrictions;

The naps as a toddler when your parents thought you were an angel for sleeping and not a lazy idiot; all the happy days long lost in a fun haze. The nostalgia would hit me like a football to the face (yes, I've been there and yes, it hurts), painful and acute and right there, and there would be nothing I could do but carry on. The Acceptance. Hindsight is 20/20 they say. And it's true. Because I'd look at myself, fumbling and awkward and messing things up, but also confident and calm and absolutely rocking it, and I'd realize—that's what life is all about. It's never about one or the other. And there are so many things I wish I could do differently, but then again, I wouldn't be where I am right now if I did so (no, I don't mean here as in ruining my posture and eyesight in front of my computer, you know what I mean). I wouldn't be who I am today without the memories of yesterday, and I won't be who I'll be tomorrow without the memories of today.

These are, by the way, just the emotions I'll maybe be able to process on my own. The rest will probably hit me while I'm sobbing in my therapist's office. But the point here is, that walking into a building full of my memories would be like a new level of introspection that

William Wundt would've killed to have access to. It'd be jarring and petrifying and lovely

and confusing, and exhausting but- extremely worth it.

Memories make up who you are, and sometimes, when you're feeling lost, maybe a trip to a

building full of your own memories is exactly what you need to bring you back.

- ADITI KAUSHIK

Applied Psychology hon.

II Year

Gargi College (DU)

ONE DAY AT A TIME.

Stuck in this chaotic world, everyone is looking for a temporary refuge from reality, desperately searching for peace.

Lost in their overthinking, they can't even sleep.

Little did they know, there are far, far better things to ponder about rather than some fruitless things which they'll not even recall after a certain span of time.

Look inside yourself, there are innumerable things to explore about your own self, the person that lies beneath you, who has forgotten his real identity, his true self, and what he really wants from life.

You never know how strong you are until being strong is the only choice you have.

Owning your story and loving yourself through that process is the bravest thing that anyone can ever do.

It's okay to begin your story today, those mistakes you've made along

the way are lessons, not failures. You were meant to get back up and find a way that resonates with you. There is no expiration date to reinventing yourself.

If you're searching for that one person that will change your life, just take a look in the mirror and be proud of yourself, because I am

Keep going. You're doing great. You might not be where you want to be yet, but that's okay.

Just take one step at a time and keep believing in yourself.

If you're ready to throw in the towel, unsure if you can handle what life is throwing your way, you can. You're stronger than you think. And I believe in you.

One small crack does not mean that you are broken. It means that you were put to the test and you didn't fall apart. You're still here. After everything you are currently going through, you are still standing here. You may not control all the events that are happening to you, but you can decide not to be turn down by them.

You survived today. Be proud of yourself for surviving one more day when thought you couldn't.

Before sleeping today, when you're laying in your bed just close your eyes for a second and think you made it through today! I just want you to be proud of yourself for surviving one more day.

DEPTHS OF MEN'S MINDS.

In the depths of our minds lie struggles untold,
A battle fought in silence, a story yet unfold,

The psyche, a labyrinth of complexity,
A journey fraught with pain and perplexity.

The weight of expectations, the burden of
society,

The need to be strong, the pressure of propriety,
The stoic facade, a mask that hides the pain,

The price of vulnerability, a high cost to pay.
From childhood to adulthood, the journey is

long,

The search for identity, a path that is often
wrong,

The desire to fit in, the fear of rejection,
The struggle to find meaning, a constant

introspection.

The wounds of the past, the scars that never
heal,

The demons that haunt, the emotions we
conceal,

The battles within, the wars that never end,
The shattered dreams, the broken heart to

mend.

The darkness of depression, the shadow of
anxiety,

The silence of trauma, the shame of society,
The stigma of seeking help, the fear of

judgment,

The struggle to overcome, a journey of
commitment.

But through it all, men continue to fight,

To find their way out of the darkest of nights,
To embrace their humanity, to break free from

the mold,

To find their purpose, to live life bold.

For in the struggle lies a hidden gift,

A strength that comes from facing the rift,

A resilience that only comes from pain,

A wisdom that comes from the struggle to
maintain.

~ MISHIKA JAIN

Applied Psychology hon.

II Year

SAC(E)

~ YASH CHAUHAN

B.A. Program

II Year

SAC(E)

SELF-LOVE: THE ONLY WAY TO FIND YOURSELF

How many of us, in this world determined by number on likes on social media, do actually feel good about ourselves? The desire to feel special is pretty understandable. But here's the thing, there is always someone out there who will always be better than us in one way or another. Even when excel in certain aspects, there is always someone more successful, more beautiful, more intelligent and the list goes on. The truth is as harsh as it could be but that is just reality, plain and simple. But then, how do the great majority of individuals handle this challenging reality? A lot of us prefer to bolster our own egos and deflate that of others in order to feel better about ourselves, like marching towards the top by stomping on others. Yet, this approach has a drawback. By denying our flaws or just believing that our difficulties and hardships are someone else's fault, we may momentarily feel better about ourselves, but in the long run, we only endanger ourselves by being caught in this vicious cycle of guilt tripping and delusion that does nothing good for us. But, just everything good comes to an end, so does the validity of a make belief reality sustaining on our rose tinted glasses. No matter how much we'd like to, we can't always place the responsibility for our troubles elsewhere. Many of us are quite critical of ourselves and regretfully regularly declare, "I'm worthless: I'm not good enough", when we do, at some point, see a problem inside ourselves. The ultimate standard for what is "good enough" seems to evade us the most of all. Humans tend to project themselves as the center of attention in their own lives and carrying that idea everywhere, they let the judgement and disapproval of the world dictate their lives as they appear to them. And we journey forward in search of being enough with the weight of worthlessness and unfulfillment. We need to stop examining and evaluating ourselves in any way. to give up trying to label ourselves as "good" or "bad", and to just accept who we are with an open heart. to treat oneself with the same regard, care, and kindness that one would extend to a close friend, a puppy you come across on the road, or even a total stranger. When I first heard about the concept of "self-love", and compassion for oneself, my life underwent a significant transition. I know that when this idea was first presented to me, I vigorously retaliated. It took me some time to process it in my mind. It took me years of breaking and bonding sessions within myself, filling up the cracks and gluing my shattered pieces strewn around, will and acceptance of myself to learn the how's and why's of love for my insignificant significance. Though it is socially acceptable, I gradually came to see that self-criticism was not at all fruitful or constructive. Rather, it

just messes up things. By constantly tearing myself down and criticising myself, I was just making myself feel even worse about my inadequacy before venting my anger on the ones who really saw the good in me. Most importantly, I realised that I wasn't being honest with myself about many things because I was so terrified of the self-hatred that would soon follow if I came face to face with my own reality. Though painstakingly slowly, I did come to see that self-compassion was the ideal substitute for the constant waging war within me against myself and a quest for self-worth. Self-love is birthed from the basics of childhood we start shedding throughout adulthood- *addition of acceptance, subtraction of doubts, multiplication of belief on yourself and division of criticism*, everything that equates to "self-love". Simply put together, self-love is a win-win deal for everyone for it acts as the same safety net against severe self-criticism as self-esteem does, but without the prerequisite to put others down to feel superior to them. I'll confess, that overcoming the desire for self-criticism isn't a cakewalk and surely not a walk down an amusement park. But I tried and I still do. At the end of the day, all that is required is for you to unwind, accept life as it is, and let yourself be vulnerable. It's simpler than you would imagine, and it might alter your course in life. It never came easy- loving myself, finding beauty in my differences; it still isn't, but I think I am progressing quite well to reach the other end. Loving myself has been an eye-opener. It has saved me- from the disappointment of expecting others to treat me in a certain way I want and them failing me, tethered me to reality, withheld me for settling for less than I deserve- in people, relationships and treatment I receive. Above everything, the journey has been fulfilling. Now that I am capable of loving myself- the one person I have spent my life heavily judging, hating and tearing down to shreds, I am capable of loving others unconditionally and know how they should love me. This is my story. I am still on the journey and I'll keep you posted. Until next time!

Yesterday's me, today's me, tomorrow's me
어제의 나 오늘의 나 내일의 나

I'm learning how to love myself.
-Answer: Love myself- BTS (2018)

-AYUSHI KHARAYAT

Applied Psychology Hons.
II Year
SAC(E)

CULTURAL INFLUENCE ON EARLY CHILDHOOD BRAIN DEVELOPMENT

Children's cultural background helps them to define their identity. Children's emotional, social, physical, and linguistic development are influenced by the distinctive cultural influences they experience from birth, such as eating practices and beliefs, the idea of language and religion. We know that the process of a child developing is dynamic and participatory. Every child interacts with the world in a different way. Varied environments have different effects on children growing up in different cultures. The Importance Of Child Development Early childhood is a crucial time for mental and emotional development and what children see and experience now, might affect them later on. Our early environment and the way we deal with them might foretell how healthy and happy we will be as adults. Although the brain continues to develop throughout adulthood, the first 8 years can lay the groundwork for future success in learning, health, and life. According to the Centers for Disease Control and Prevention, the child's interaction with other people and the outside world has a significant impact on how the brain develops. There are majorly 3 ways through which children process the information: classical conditioning, operant conditioning, and observation learning. Development can be hindered by the social cues a young child receives regarding cultural background from others since growing children easily assimilate what they experience. Recognize Cultural Influence On Child Development Culture has an impact on a child's development from the time of birth and continues to do so as we mature. For instance, a child will learn the language, behaviour, and values of a society only. Parental influence on child development is one of the major influences. A 2019 study shows that cultural values influence the way parents raise their children, including how they discipline and set boundaries because they are preparing them to acquire the habits required to function and succeed in that culture. Parents have every right to raise their kids in accordance with cultural influences. Developmental problems can however occur when the social environment and family culture diverge. So, the term "culture" encompasses and spans a wide range of concepts. Children are exposed to a wide range of concepts from many sources, and what they ultimately practise is an amalgam of all this varied assimilation. As parents and carers, all we can do is do our best to make sure that both at home and outside, our kids are exposed to the "correct" kind of culture.

-RIYA RAWAT

Applied Psychology hon.

II Year

SAC(E)



**Welcome to
DSM-5
WRAPPED**

DSM-5 Changes

#1

**PROLONGED
GRIEF DISORDER**

Addition

#2

**GENDER
DISPHORIA**

Updated terms

#3

**CULTURE, RACISM
AND DISCRIMINATION**

Attention to

#4

**UNSPECIFIED
MOOD DISORDER**

Updated terms

#5

**SUICIDAL & NON-
SUICIDAL BEHAVIOR**

Addition

What the New DSM-5-TR Updates Could Mean for Your Mental Health?

Prolonged Grief disorder

Prolonged Grief Disorder was added as a new entry in Section 2, trauma and stressor-related disorders. It is a persistent pervasive grief response that continues to cause clinically significant distress or impairment for more than 12 months after the death of someone close. These symptoms are severe enough to impair day-to-day functioning. However, those with intense and impairing grief after one year may be considered for the diagnosis. Individuals who meet the criteria for prolonged grief disorder experience something dramatically different from the grief normally experienced by anyone who loses a loved one.

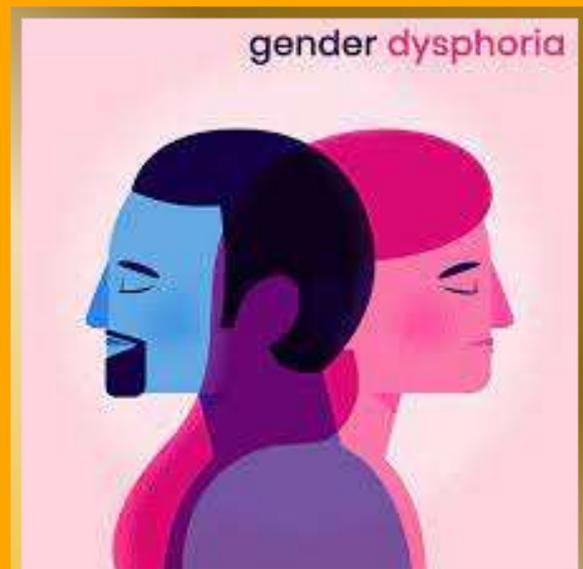
#DSMWRAPPED



Gender Dysphoria

There have been updates to the terminology to describe gender dysphoria based on updated culturally sensitive language. The term “desired gender” is now “experienced gender,” the term “cross-sex medical procedure” is now “gender-affirming medical procedure,” and the term “natal male”/“natal female” is now “individual assigned male/female at birth.” The entire text of the Gender Dysphoria chapter has also been Updated based on the literature. The text of gender dysphoria was updated to use culturally-sensitive language, e.g., “desired gender” was changed to “experienced gender,” “cross-sex medical procedure” was updated to “gender affirming medical procedure,” “cross-sex hormone treatment” to “gender-affirming hormone treatment,” “natal male” to “individual assigned male at birth” “natal female” to “individual assigned female at birth”. Moreover, “differences in sex development” was noted to be an alternate term for “disorders of sex development.”

#DSMWRAPPED



What the New DSM-5-TR Updates Could Mean for Your Mental Health?

Attention to culture, racism and discrimination

The term “racialized” is used instead of “race/racial” to highlight the socially constructed nature of race. The term “ethnoracial” is used in the text to denote the U.S. Census categories, such as Hispanic, White, or African American, that combine ethnic and racialized identifiers.

The terms “minority” and “non-White” are avoided because they describe social groups in relation to a racialized “majority,” a practice that tends to perpetuate social hierarchies. The emerging term “Latinx” is used in place of Latino/Latina to promote gender-inclusive terminology. The term Caucasian is not used because it is based on obsolete and erroneous views about the geographic origin of a prototypical pan-European ethnicity. Prevalence data on specific ethnoracial groups were included when existing research documented reliable estimates based on representative samples. Attention was paid to the risk of misdiagnosis when evaluating individuals from socially oppressed ethnoracial groups.

#DSMWRAPPED



Unspecified mood disorder

The DSM-5 removed “unspecified mood disorder” as a diagnosis in its 2013 update, which meant that clinicians had to diagnose their clients with a specific mood disorder instead. The DSM-5-TR has reverted to the “unspecified” diagnosis to include a range of possible mood disorders, which may help clinicians avoid potential misdiagnoses. Because of the absence of a mood disorders grouping in DSM-5 and DSM-5-TR, unspecified mood disorder is located within both the depressive disorders and the bipolar disorders chapters. That makes DSM-5-TR more compatible with both ICD-10-CM as well as ICD-11, which also includes this category. It also provides clinicians with a more accurate and less stigma-prone diagnosis for these kinds of mixed presentations.

#DSMWRAPPED





Suicidal behavior and Non-suicidal self-injury

The DSM-5-TR has added self-harm without the presence of suicidality to its list of diagnoses. Non-suicidal self-injury is defined as the purposeful self-inflicted destruction of one's body without the goal of suicide. NSSI had previously only been included as a symptom of borderline personality disorder, which means it failed to address those with other disorders or no diagnosable self-mutilation. This addition will help improve documentation of these behaviors, which can serve to estimate risk factors for future suicide attempts or death. In addition, diagnostic codes for suicidal behavior without the presence of other mental health disorders have been included in the new updates. In addition to the above changes, changes were made in diagnostic criteria for a handful of disorders, generally to provide a bit more clarity in the language. DSM-5-TR also incorporated updated descriptions of the prevalence, risk, and prognostic factors for each disorder based on new findings from research.

Some relatively minor changes (most of which are semantic) were made for a few other disorders. The mental health field is continually evolving as research provides new evidence and open dialogue between clinicians and clients offers new insights into mental disorders. As such, updates to the DSM will likely continue as we learn more. Its goal is always to provide the most research-based, sensitive, comprehensive, appropriate and compassionate mental health treatment.



TECHNOLOGY AND PSYCHOLOGY

The integration of technology into the field of psychology is rapidly growing, with many therapists and mental health professionals now offering online therapy services.

Various mobile apps and websites are being developed incorporating techniques like mindfulness meditation and cognitive-behavioral therapy (CBT). Virtual reality is being explored for mental health treatment purposes as it allows individuals to safely simulate real-life situations and environments. Technology is also being used for easy data collection, conduction of research, online surveys along with social media.

VIRTUAL MENTAL HEALTH SERVICES OR TELEHEALTH:

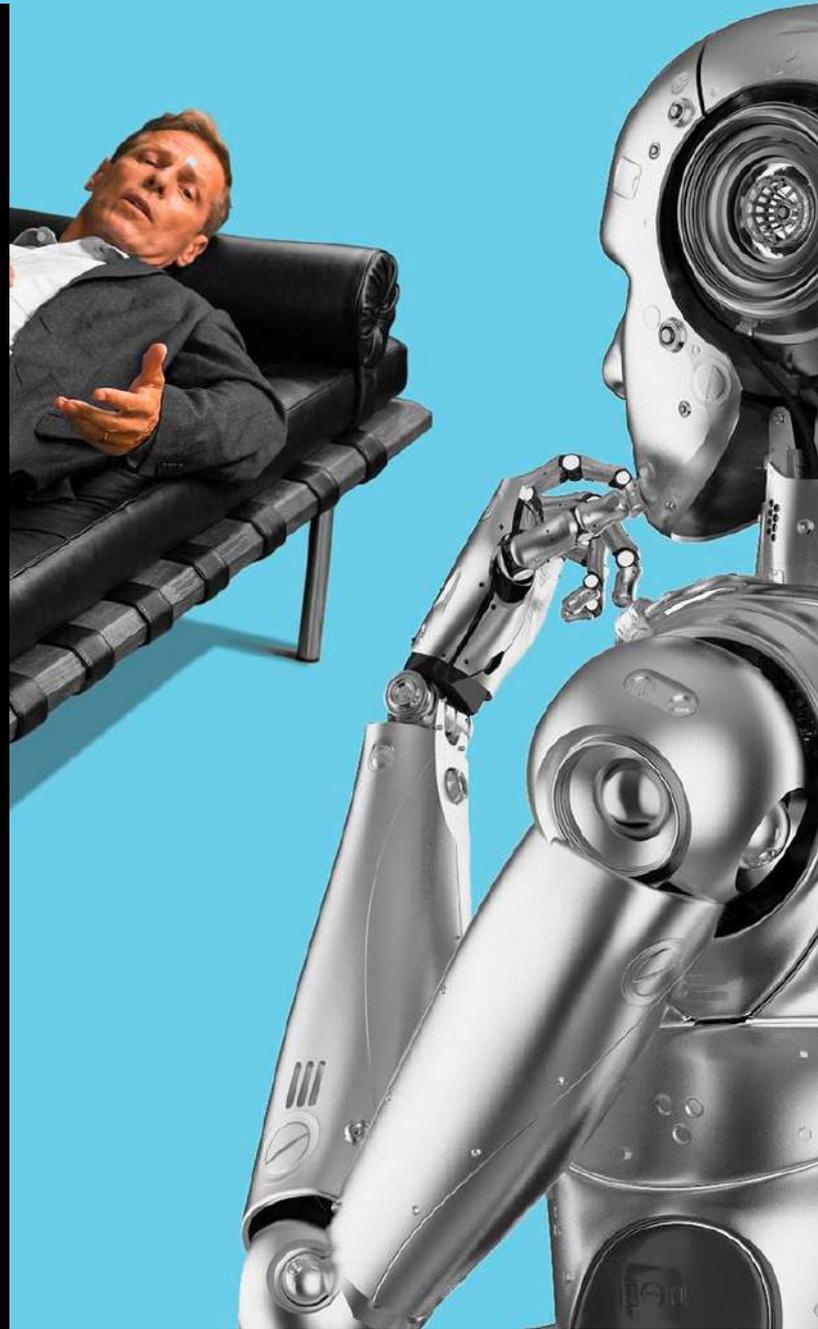
The unprecedented times of COVID-19 pandemic saw administration of virtual or telemental health services effectively and ethically by many mental health professionals and it is here to stay and grow exponentially in potential and reach in the coming time, according to experts, giving hopes of increasing mental health treatment access to those who are immunocompromised, have transportation challenges or physical disabilities.

E-SUPPORT GROUPS:

E Support groups are gatherings of people who share common ground offering each other emotional support. Typically led by a professional or agency-based facilitator, it consists of a set number of sessions. With the pandemic and lockdowns, the mode of operation of such groups shifted to the online space where some unique and interesting inventions which will shape the future of psychology by utilizing technological advancements for treatment of disorders.

DIGITAL PILLS:

FDA approval for the first digital medication came in 2017. The basic concept is to provide a pill with a sensor that gathers data, enabling healthcare professionals to track patient adherence to their drug regimen in real-time. Digital pills could potentially prevent serious consequences by assisting healthcare professionals in making sure that patients take their medications as directed. Medication adherence can be a genuine issue for patients, especially those with psychiatric conditions.



AI AND SMARTPHONE ASSISTED THERAPY:

AI-enhanced therapy is becoming increasingly popular in propelling teletherapy, with chatbots like Woebot and Wysa, apps like Ellipsis, and AI-informed signals aiding patients in managing their symptoms or look out for early indicators of mental distress through analysis of their voice and speech patterns.

Psychedelic assisted psychotherapy (PAP):

Emerging research on psychedelics like psilocybin, MDMA, LSD, and ketamine have suggested that they can be helpful in treatment of depression, anxiety while also showing the potential mental health benefits of psychedelic-assisted psychotherapy (PAP), a form of therapy combined with ingesting a psychoactive substance.



And even though psychedelic therapy is still at least a few years away from being offered at your therapist's office, we'll likely continue to see more scientific discoveries on the possible benefits.

Skychology:

Skychology encourages people to slow down and look up, which has been found to be beneficial in a 2019 study. The psychological science behind why Skychology is beneficial is still in its infancy, but in his initial 2019 study, Conway found that after the participants were encouraged to look up, they felt calmer and experienced a greater sense of connectedness.

Sensehacking

How to Use the Power of Your Senses for Happier, Healthier Living

CHARLES SPENCE

'Spence does for the senses what Marie Kondo does for homes'
Avery Gilbert, author of *What the Nose Knows*

Sensehacking

By "hacking" or getting control of our senses, which include sight, hearing, touch, smell, and taste, we may lessen stress, increase productivity, and feel happy. The more we understand how our senses affect our health, from acoustics to smells, the more we stand to benefit from life.

INDIAN PSYCHOLOGY



- **MENTAL HEALTH ADVOCACY:**

In India, there is a growing movement towards pushing for changes in legislation and raising awareness of mental health issues among individuals and groups. The emphasis is increasing on lowering stigma, expanding access to mental health care, and advancing all-encompassing methods of addressing mental illness. This includes efforts to address disparities in mental health care, such as by increasing access to services for marginalized communities and reducing stigma. It takes a multidisciplinary, multi-stakeholder strategy to direct attention towards a more holistic model of care and support since the mounting pressures on mental health are crippling. To address this, decision-makers, specialists ARE collaborating to identify the gaps in India's mental healthcare system and how the current institutions can be changed to fill them.



Few steps being taken at a policy level are as such:

- The Policymaker's Forum for Mental Health, which was established in 2021, aims to bring various stakeholders under one roof and attract the attention of policymakers from various political parties in order to develop an action plan and potential suggestions for the creation of a concerted strategy for the prevention of suicides.
- The central government of India in its recent union budget (2022-23) announced the launch of the National Tele-Mental Health Program (NTMHP). A network of 23 tele - mental health centers of excellence will be established under the NTHMP to provide people with better access to quality mental health counseling and care services.
- Subsequently, the Tele-Mental Health Assistance and Nationally Actionable Plan through States (T-MANAS) initiative was announced by the NIMHANS under the NTHMP to provide free round-the-clock tele-mental health services in all parts of the country, particularly to people living in remote or under-served areas.

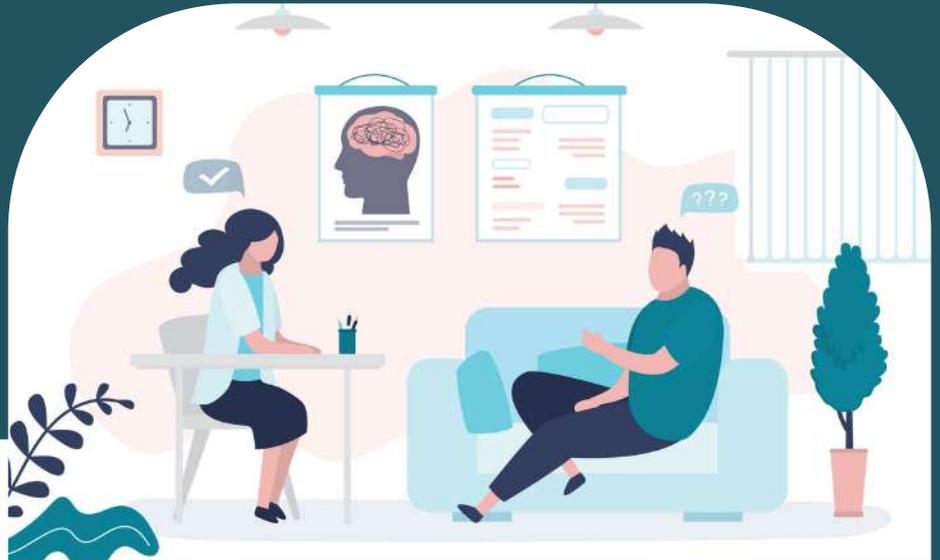


TRENDS IN PSYCHOLOGY

Enjoy observing, watching and figuring out why people behave the way they do?

FUTURE PROSPECTS

Well, a psychology degree is a skillful degree that may add wings to your curiosity. There is a wide range of career opportunities that you might get tired of exploring!



The top career choice,

Clinical psychologists work with individuals, families, and groups to provide therapy and interventions to improve their mental health and well-being. They use various assessment tools, such as psychological tests and interviews, to evaluate clients' symptoms and develop treatment plans tailored to their unique needs. Clinical psychologists use a range of evidence-based therapeutic techniques, such as cognitive behavioral therapy, psychodynamic therapy, and mindfulness-based therapies, to help clients cope with challenges such as depression, anxiety, trauma, and relationship issues.

CLINICAL PSYCHOLOGY

Clinical psychology is a popular and in-demand career option for individuals interested in diagnosing and treating mental health disorders. After completing an undergraduate degree in psychology or a related field, aspiring clinical psychologists can pursue a doctoral degree which typically takes 4-6 years to complete.

They might work in a range of places, such as mental health offices, hospitals, faculties, and private practices. They may also focus on particular fields, such as career counseling, marriage and family therapy, or addiction counseling.



Future Prospects

POSITIVE PSYCHOLOGY

It is the study of positive human experiences, such as well-being, happiness, and flourishing. This field investigates factors that promote positive functioning and help individuals and communities to thrive. Positive psychologists study a wide range of topics such as positive emotions, character strengths, resilience, mindfulness, and positive relationships.



FORENSIC PSYCHOLOGY

Forensic psychology blends psychology and law to evaluate and treat individuals involved in legal cases. It's a challenging and rewarding career that requires a strong psychology background, an interest in law, and the ability to work in high-pressure situations. It's a dynamic field that combines analytical skills and critical thinking to help solve legal issues.



NEUROPSYCHOLOGY

This field investigates how different parts of the brain are involved in various cognitive and behavioral processes, such as attention, memory, emotion, language, and decision-making. Neuropsychologists work in various settings, and their findings are used to inform the diagnosis, treatment, and rehabilitation of individuals with neurological and psychiatric conditions.



ENVIRONMENTAL PSYCHOLOGY

With increasing concern about climate change and its impact, there has been a rise in the demand for environmental psychologists who focus on the interplay between humans and their physical environment including designing spaces to improve well-being, studying the effects of natural disasters on mental health, and developing programs to encourage sustainable behavior.

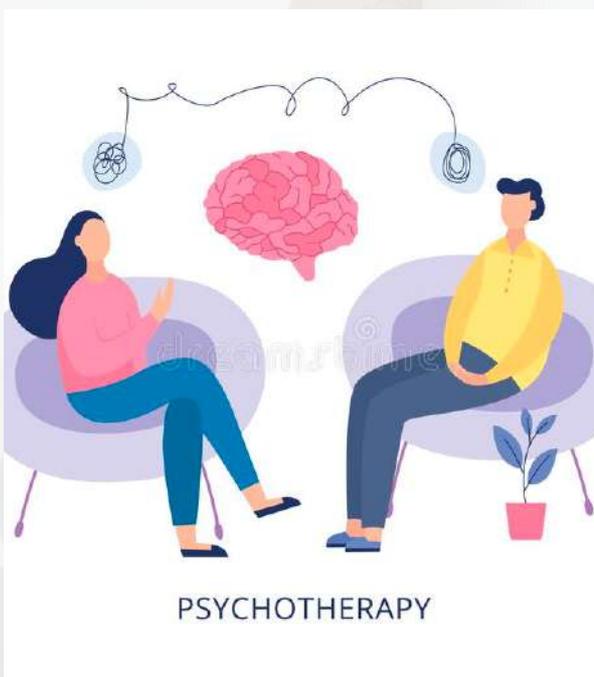


COUNSELLING PSYCHOLOGY

For those who are passionate about assisting people in overcoming emotional, psychological, and behavioral issues, counseling psychology is a well-liked career path. Aspiring counseling psychologists can pursue a master's or doctoral degree in counseling psychology or a comparable subject after earning their undergraduate degree.

"The exact beginning of the counseling profession is unknown, but its roots may be found in a range of helping relationships that have spanned cultures and societies throughout the ages."

Working with individuals, couples, families, and groups to identify and treat problems with mental health, relationships, careers, and personal growth are some of the duties of a counseling psychologist. To assist clients in overcoming obstacles and achieving their goals, they employ a range of evidence-based therapeutic strategies, including cognitive-behavioral therapy, humanistic therapy, and psychodynamic therapy.



“

Human beings can alter their lives by altering their attitudes of mind.

DEVELOPMENTAL PSYCHOLOGY

Developmental psychology is concerned with the study of human growth and development across the lifespan. This field investigates how people grow, develop, and change physically, cognitively, and socially from infancy through adulthood.

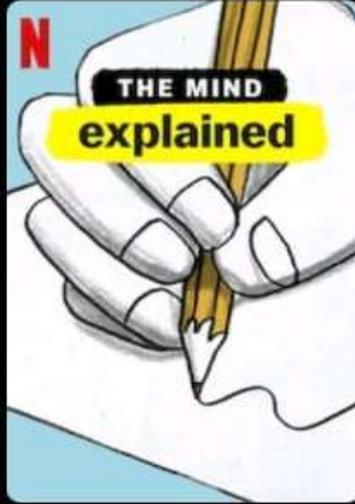
Developmental psychologists study a wide range of topics such as language development, socialization, cognitive development, and identity formation. They work in various settings, including academic research, clinical counseling, and education, and their findings are used to inform policies and interventions that promote healthy development and improve the quality of life.



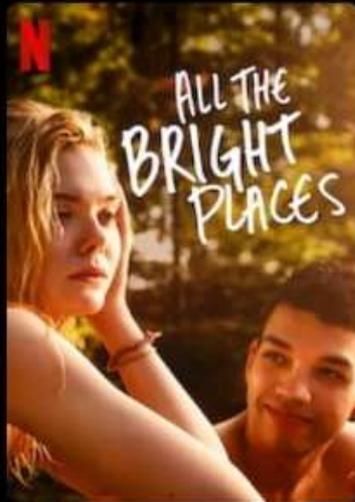
Our top Picks

Top Results

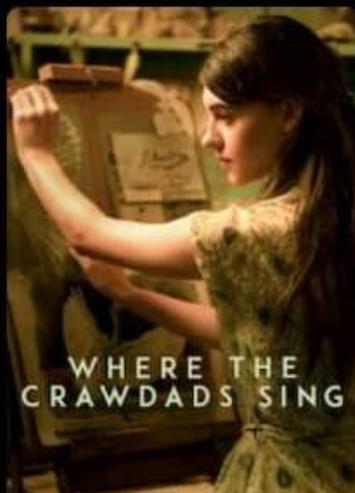
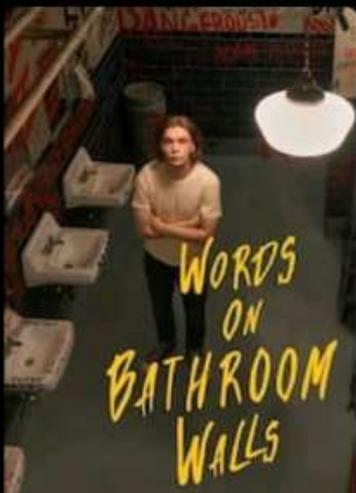
PSYGHT'23



Emotional US Movies



Romantic Dramas



Movies

Genres

Trending Now

Home TV Shows



WORDS ON THE
BATHROOM
WALL

Play +

2020 U/A 16+ 1h 50m HD AD

The film is related to mental health as it raises awareness about schizophrenia, a mental illness that affects a person's ability to think, feel and behave clearly. The movie also addresses the stigma surrounding mental illness and the challenges that individuals with mental health conditions face in terms of social acceptance and access to treatment.

The film portrays the symptoms of schizophrenia, such as hallucinations and delusions, in a realistic and sensitive manner, and shows how it can impact an individual's life and relationships. The movie also highlights the importance of seeking treatment and the role of medication in managing the symptoms of schizophrenia.

Overall, "Words on Bathroom Walls" is a powerful portrayal of mental illness, and a reminder that people with mental health conditions deserve empathy, understanding, and support.

Home TV Shows

d to: Mzis qalaqi



Q A L A

Play +

2022 U/A 16+ 1h 59m HD Spatial Audio

Directed by Anvita Dutt, weaves the story of a young girl haunted by the pressures of her mother- a famous thumri singer past her prime. The story explores how unrealistic expectations from parents to succeed, lack of love during one's developmental stages and internalisation of failure can have fatal consequences.

Qala, the protagonist, in order to gain her mother's recognition, trains to become a singer from a young age. However, as is the case with perfectionism, no matter the efforts put in, it is never achieved. Thus, the film stands as a testament to how authoritative parenting plays an immense role in destroying a child's mental health.



Trending Now

Home TV Shows



TED LASSO

Play 2020 **A** 3 Seasons **HD** **AD**

Throughout the first two seasons viewers see Ted Lasso, the main character, struggle with panic attacks in his everyday life. When Ted experiences these attacks, the show uses distinct audio and visual cues to accurately portray Ted's sudden state. This technique creates a meaningful representation of mental health along with showing the stigmas that come with it. In an episode, Ted undergoes another panic attack during a big game. The team pulls through without him but when it's leaked that he left the pitch because of a mental health condition, the stigmas around the subject starts emerging. Mental health concern in sports is a serious issue that Ted Lasso decides to take on, and it manages to address it in a respectful and realistic way.

Home TV Shows



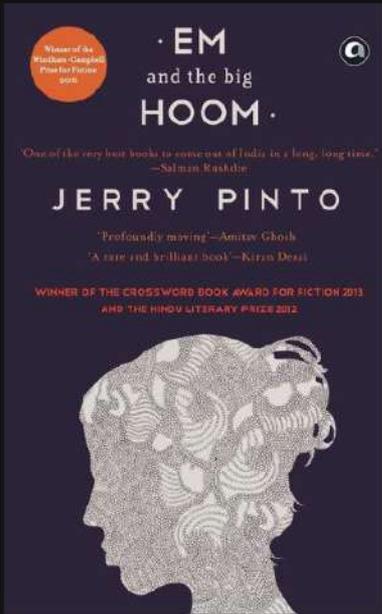
IT'S OKAY TO NOT BE OKAY

Play **95% Match** 2020 **U/A 13+** 16 Episodes **HD**

This K-drama has been lauded for depicting mental health issues and neurodiversity in a positive light. Moon Gang-tae, a selfless caretaker who is dedicated to his autistic elder brother, Moon Sang-tae. The brothers have been moving from town to town ever since their mother was murdered. The abrasive Ko Moon-young, a well-known yet morbid children's book author with antisocial personality disorder, elbows her way into their life. Despite coming from seemingly different backgrounds, the two eventually fall in love and slowly start to mend one other's emotional scars and discover their identities.



mental health books

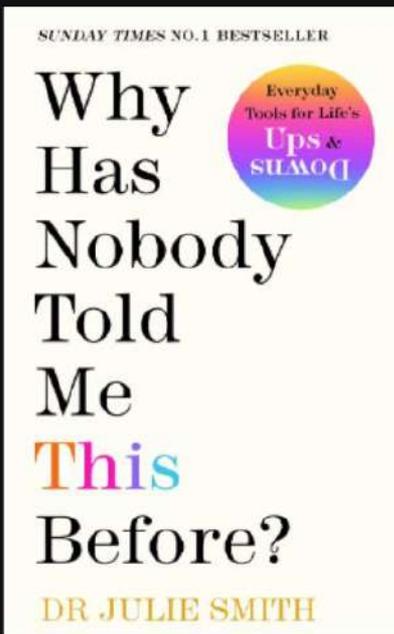


EM AND THE BIG HOOM BY JERRY PINTO



Em and The Big Hoom is a story of how the narrator deals with his dysfunctional parents. Em, the mother, has bipolar disorder, which leads her to have 'high moments' filled with happiness and 'low moments' where she is crude and feels suicidal. Big Hoom, the father, is a quiet and loving man who does everything to keep their family together.

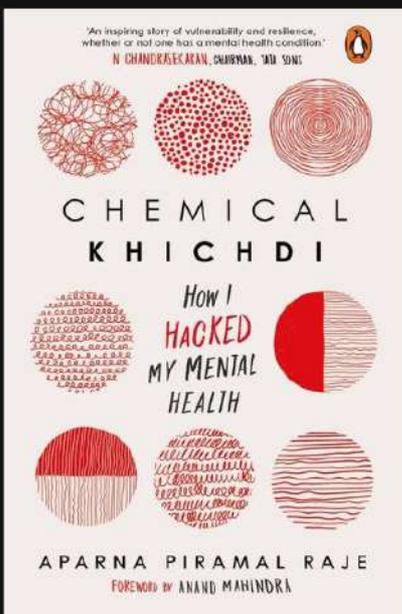
'Em and The Big Hoom' comments on the state of mental health in India. Jerry Pinto tells the story in conversations filled with recollections and witty anecdotes as the narrator and his sister talk to their mother, who is in a psychiatric hospital. The book is a heart-wrenching tale of a mother who has a mental illness and the children who loved her unconditionally.



WHY HAS NOBODY TOLD ME THIS BEFORE? BY DR. JULIE SMITH



Published in 2022, filled with secrets from a therapist's toolkit, Why Has Nobody Told Me This Before? teaches one how to fortify and maintain your mental health, even in the most trying of times. Dr Julie Smith's expert advice and powerful coping techniques will help one stay resilient. The book tackles everyday issues and offers practical solutions in bite-sized entries which make it easy to quickly find specific information and guidance.



CHEMICAL KHICHDI: HOW I HACKED MY MENTAL HEALTH BY APARNA PIRAMAL RAJEE



First published in 2022, this book revolves around the life of Aparna Piramal Rajee, the author of this book. Hailing from a well-known business family, she is married, has two children, is a published author, a popular columnist and was the CEO of a leading furniture company. However, only a few close friends and family members were aware that she struggled with a serious mental illness--bipolar disorder.

Through this book, Aparna tells the story of how she learnt to come to terms with her condition. Part memoir, part reportage and part self-help guide, Chemical Khichdi seeks to remove some of the stigma associated with a serious mental illness in an empathetic, accessible and candid way

From The



*CONVERSATIONS WITH
MENTAL HEALTH PROFESSIONALS*

DEEPIKA DAHIMA



Counselling Psychologist
Founder, Yellow Turquoise
Educator
Life Skill Trainer
Relationship Coach
Life Story & Mindfulness Coach

-Please brief us about yourself

I am Deepika Dahima, a counseling psychologist for more than a decade now. I have an organization called Yellow Turquoise, which is a mental and holistic well-being organization. It has its name from two major chakra energies that govern our lives: yellow, which is the color of the solar plexus, and turquoise, which is the color of the throat chakra. Yellow signifies the powerhouse of energy, work, confidence, creation, whereas your throat chakra enables you to freely express and communicate to your best ability.

I have been working in this sector as I said for more than a decade now. I started my journey in 2012, and my journey with psychology began in 2006 when I opted for it for the very first time. I found the subject very intriguing and fascinating, and I wanted to learn how to read between the lines, understand behavior, look into a human being from a very different perspective, have insights about them, have my intuition working, how to connect with somebody, and how to have an upper hand by learning to manage and channel my own psyche and the powers inside, so that was one of the motivations to get into this career.

-What do you think are the most important skills and traits for a successful psychologist, how do you cultivate these qualities in yourself?

Firstly, readiness to explore and experience, as this field is very unpredictable and you need to be ready to experience and explore to get into this kind of career path.

Secondly, a non-judgmental attitude towards life in general, because this career has the ability to give you myriad colors of relationships and people. If you are judgmental, you will have a tough time providing therapeutic assistance.

Thirdly, the ability to read between the lines is important because often the client is very good at lying. Their experiences don't want them to express the truth. The moment they come to the psychologist, they hide a lot of things, so one should be capable of reading between the lines.

Fourthly, effective and efficient communication: if you're not a good communicator, you won't be able to bring out things from your client, you won't be able to instinctively create hope in your client's mind, you won't be able to tell him that he matters, you won't be able to give him that hope that you should look beyond something. Healthy and bias-free communication is the first step.

As a basic skill, the psychologist needs to connect with oneself if you do not have this habit of sitting in silence with your own self. If you do not have clarity of mind, clarity of emotion, time management, mind management, and mapping, then it will be very difficult for you to survive in this field.

If you are sorted within, you'll have a sorted client lifestyle as well. But if you are not sorted inside, your own emotions will overpower your thought process and your effective, practical, and professional attitude towards your client. Each therapy has so much to give; you just have to be absolutely in the racing mode, humbly and with a lot of vigilance and intrigue behavior, to learn more from the therapy than what a book can.

- As the name /theme of this year's newsletter -PSYGHT suggest, we would like to ask what is your PSYGHT or vision of psychology

Psychology is one of the most marvelous, appealing, and grounding fields of careers. If a person wishes to make a qualitative impact along with quantitative growth, then it is an apt career, and psychology is applicable in the most basic aspects of everyday life to the most complicated ones. Psychology as a subject should not be studied; rather, it should be studied as a lifestyle. While it is introduced in school, it should be imparted in learning that is experiential, bidirectional, and progressive; it should make a person think outside the box, look out, explore, and come back with experience to understand further. Psyght of psychology is something that is stunningly inviting towards a beautiful future, psychology is something that really adds meaning to a person in many aspects.

More youth should opt for it with a sense of responsibility, an ownership set of values, their courage, and their trust to make a difference in the world.

SARAYU SRINIVASAN



**Dance Therapist
Professional Social Worker
Registered Member of IADMD
(Indian Association of Dance Movement Therapy)**

--What inspired you to pursue a career as a Dance therapist ?

I am still on that path, I was doing my masters in social work in public health from the Tata Institute of Social Science (TISS) and there was a course in medical health that included a module in dance therapy that I was not exposed to, but I was very interested to know more about it, so I further indulged in it.

I did various social work and got my first job at an NGO, but dance was always there for me, and while I was doing the job, there was an intern in my organization whom I had to help organize sessions for dance therapy. Then COVID came, we were sitting at home, we had a lot of mental health issues, and suddenly I felt I had to do something, so I just enrolled in one of the organizations, and from there my journey started as a dance therapist.

-In your CV, you have mentioned that you have done a research project on the topic- WOMAN IN NEWS AND ENTERTAINMENT MEDIA IN INDIA. Can you brief about the motive behind choosing such a topic and the inferences you could obtain from the same?

So, I was working as a research assistant on the project. Basically, the project was to find out the status of women in the media scenario. So how much women are represented in the media, how many news articles related to women and the issues faced by them are covered in the media platform, and how they are portrayed as a whole were some of the major motives. The media world is majorly male-dominated, with most of the news and articles about them, and women's representation is found to be fairly low in comparison to that. We also wanted to shed light on the difficulties that women have to face in HR facilities and other basic settings that are essential to them. It's still not a very woman-friendly world, though times are changing and we are progressing.

- As the name /theme of this year's newsletter -PSYGHT suggest, we would like to ask what is your PSYGHT or vision of psychology

So, now that I'm more interested in social work, I'd like to apply what I've learned so far. I have expertise in working with people who come from underprivileged backgrounds. So I would like to see like-minded people collaborate and make therapy or any mental health treatment accessible to people across all backgrounds. It has always been an elitist thing to go to therapy, it's hard for any normal middle class person to afford better mental health. I just hope something bridges the gap and makes therapy and mental health more accepting!

Stories of Resilience

Resilience is the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands.

Featuring

- **Deepshikha Goswami**
- **Arjun Gupta**

PSYGHT'23



SukoonGhar

think.feel.heal



Founder, Deepshikha Goswami

As a child when I was subjected to frequent sexual abuse, and ignorance by the people I sought help from, I figured that it was how the world worked. I assumed that all this was normal and that everyone goes through it, so who am I to complain?

Constantly failing relationships, disrupted education, and various traumas resulted in a variety of disorders. My world turned upside down when I got diagnosed with Anxiety Disorder and Major Depression in 2020. My faith in how the world works is now stronger. After 6 months of recurrent panic attacks, impaired mental health, and experiencing the world as a human, I concluded that this is not OKAY. And this isn't how the world works, or how it is supposed to function.....

I took control of my life, and embarked on a journey of self-awareness and began interning with organisations that operate in the field of mental health. But something wasn't quite right. There were no mental health breaks accessible to people working in mental health services. My heightened motivation and morale succumbed to the functioning of my body, which was transforming into a robot.

What I desired was a secure space, a homey feeling, a non-judgmental environment, something that felt human, something that my conscience would agree with, which resulted in the creation of SukoonGhar...

Sukoon stands for Peace and serenity, and Ghar stands for a Home. SukoonGhar, is an abbreviation for a peaceful home. At SukoonGhar, we want people to feel all of their emotions rather than suppress them. We want them to grow rather than remain locked in situations from which they believe they will never be able to escape. We want all of us to heal together.

And as I write this, calling myself, the Founder and CEO, of SukoonGhar, a dream seeded years ago in the little girl I believed had died somewhere inside me, I hope I make her proud. Today we have a team all over India making a change.

My name is Deepshikha Goswami. A basic girl from Delhi. This is my story. If I can. SO CAN YOU.

Arjun Gupta

In October 2015, when I was 17 years old, my mom proposed the idea of visiting a psychiatrist for the first time to me. It was late at night, somewhere around 10 PM when we had just finished dinner.

In the weeks before this suggestion first came into being, I had been going through a roller-coaster of emotions and upheaval in my life. I had just cleared the AIPMT exam and had gotten admission into my dream college in Rohtak.

Things were supposed to be going well when I noticed that my thoughts had started taking a rather negative and pessimistic turn. I struggled to find meaning in any relationships and kept getting into fights with my friends. I started isolating myself more and more and had anger outbursts at least once every day.

I was angry but I didn't know why or at what.

That was when my mom first suggested visiting a psychiatrist. Being the naive 18-year-old that I was, I hardly opened up to my counselors or doctors. They often had to rely on the reports from my parents to understand how I was.

In 2016, after continuous self-harm and a suicide attempt, I got diagnosis of having clinical depression. I didn't accept the diagnosis. I didn't think I was 'weak' enough to be depressed.

More suffering followed naturally while I continued to shut the world off and harm myself.

It was in 2017 that things started taking a turn for the better. On 14 February, right after my last suicide attempt, I wrote a long post on Facebook. It was quite literally a cry for help. I shared what I had been going through and asked for help from my Facebook friends.

I was not prepared for what followed.

Comments of love and support poured in from everywhere. My juniors, seniors, teachers, and childhood friends...everyone shared their support. That was when I realized that I was actually ill and needed help. It was not my fault and I could get better.

Soon after, I started opening up to my doctor and therapist. Within 6 months, I was an unrecognizable version of myself. That was when I decided to drop out of MBBS, leave behind my dream of being a doctor, and pursue Psychology.

I enrolled in the Bachelor's program at Delhi University and am currently practicing as a counseling psychologist in my hometown. In the end, it all worked out for the best :)

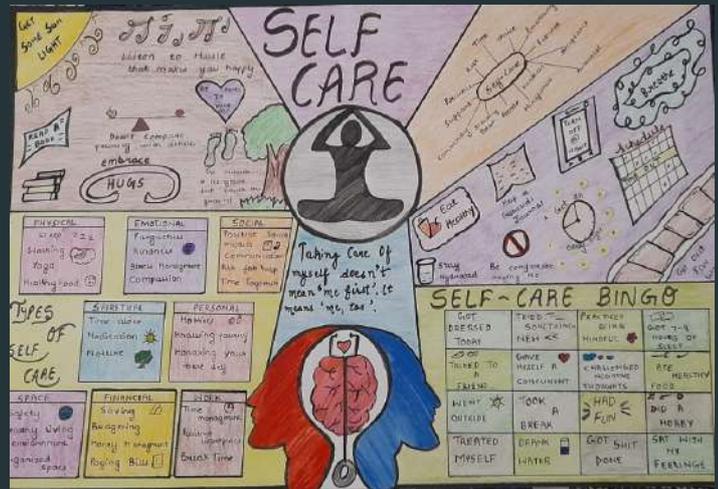


-Vandana Krishnan



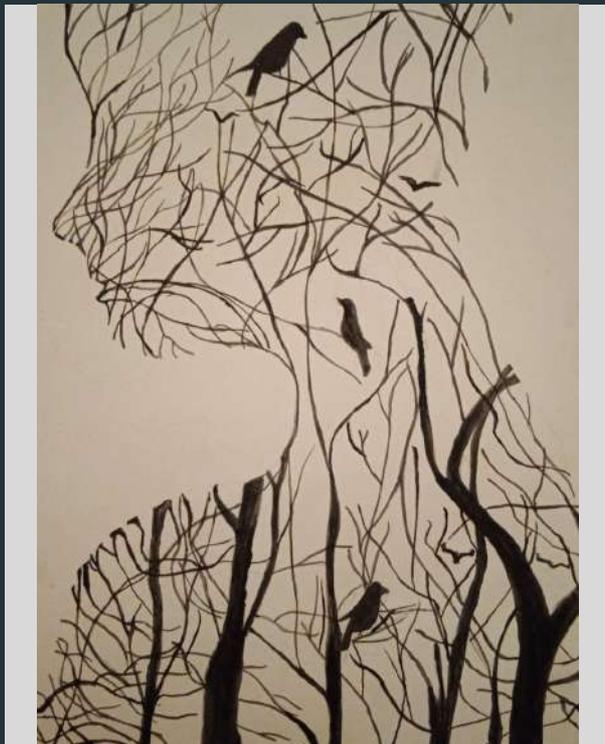
- Purnashree Samanta

This art represents the experience of "splitting" or "black and white thinking" in Borderline Personality Disorder, where individuals struggle to find shades of grey and tend to see themselves, others, and situations in absolute terms. This pattern of thinking can lead to unstable relationships and a shifting sense of self.



- Pranjal Sharma

Self-care is the intentional practice of taking care of one's physical, mental, and emotional well-being. Types include physical, emotional, spiritual, and social self-care.



-Swati Meher

This art represents how I feel when I meditate! By allowing my mind to rest in a state of awareness, meditation helps me connect with my inner selves and become more attuned with my own thoughts, emotions, and sensations.

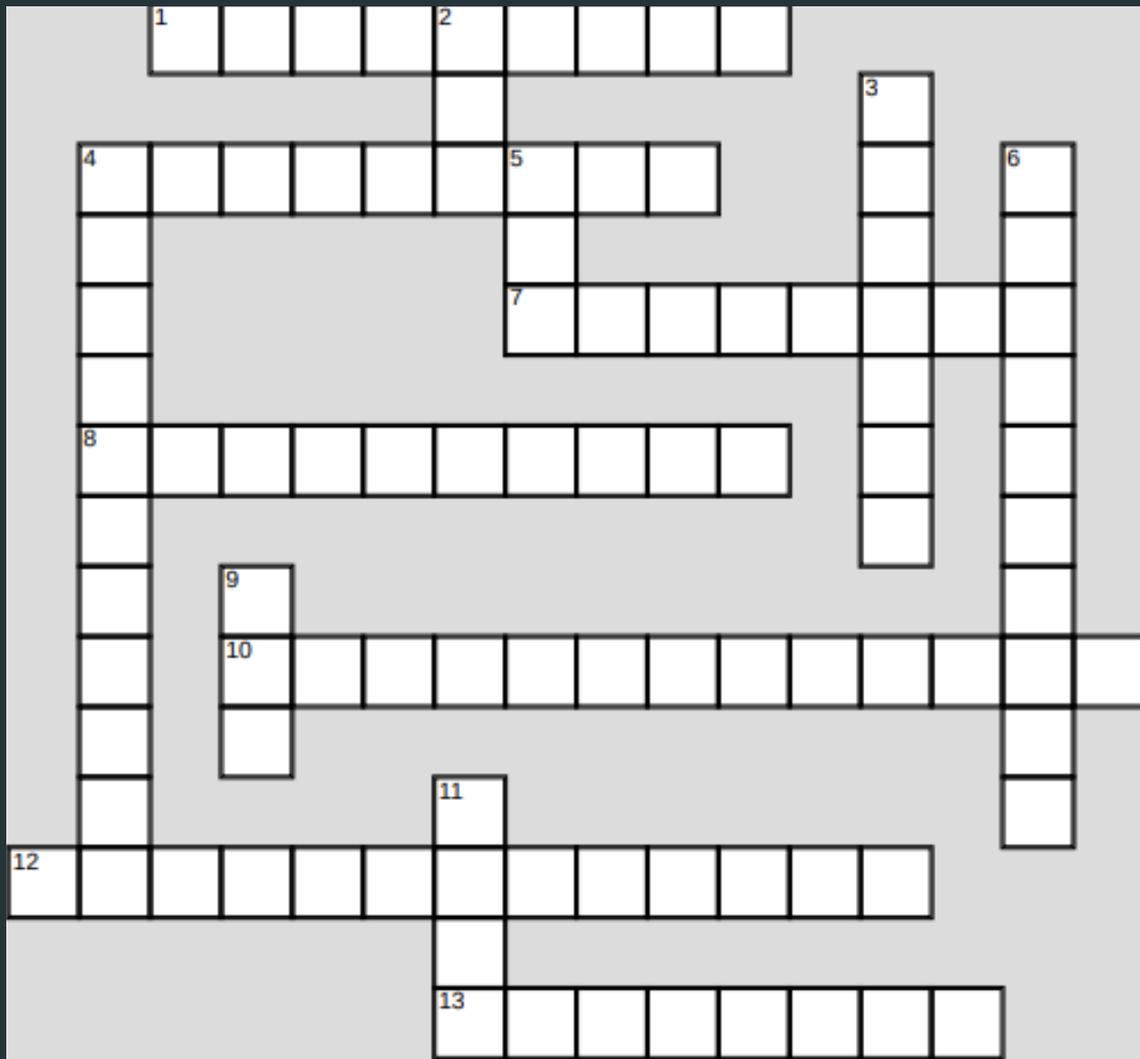


-Vandana Krishnan

Continuing with the theme of our newsletter 'Psyght,' my drawing depicts how everyone hold different vision and perspective on the way they look at the world. The strangely big eyeball represents the huge impact on the way an individual's thoughts are.

Crossword

IntroPSY: Psychological Disorders



Across

- 1) Type of schizophrenia with changing behaviour from agitated to still in a certain position
- 4) Involves loss of contact with reality
- 7) A positive symptom of schizophrenia
- 8) Persistent, recurring thoughts that cause distress
- 10) 46% chance of developing this if both parents have it
- 12) Overly concerned about health; always thinks is sick
- 13) Feelings of importance or that have great knowledge or skills refers to delusions of

Down

- 2) Someone with Dissociative Identity Disorder thinks he/she has __ or more personalities living within him/herself
- 3) General uneasiness or feeling that something bad is going to happen
- 4) _____ disorder involves a long-term pattern of inflexible and maladaptive behaviour and relating to others
- 5) Major Depressive Disorder includes this feeling
- 6) A person might feel like a part of their body is paralyzed but there is no medical support of this
- 9) Manual that classifies mental disorder
- 11) Personality disorders are ___-term pattern

Calendar

2023'-24

APR

- 02nd - world autism awareness day
- 01st - International conference on Psychology and Allied Sciences
- 02nd-International Conference on Business Management and Humanities
- 18th-Division of psychology and mental health seminar
- 17th-18th-Positive psychology and coaching

MAY

- 24th- world schizophrenia day
- 27th-28th- Conference on Covid-19 and Its Impact on Mental Health
- 29th-30th- International Conference on Behaviour Physiology
- 04th- Introduction to Criminal & Forensic Psychology
- 12th-Working With Shame and Anger in Psychotherapy

JUNE

- 26th- International day against drug abuse
- 4th-International conference on Psychology and Allied Sciences
- 1st-4th-World Congress of Cognitive Behavioral Therapies 2023
- 13th-Cardiac Psychology and the Walls of COVID-19
- 8th-Nutritional interventions for ADHD

JULY

- 1st-31st- national minority mental health awareness month
- 24th-28th-International Congress of Applied Psychology
- 31st- International conference for Cross-Cultural Psychology
- 19th-21st-Training on Assessment of PTSD and Suicide Risk Management
- 13th-Broaching as a Strategy to Address Implicit Bias in Mental Health

AUG

- 06th- national mental health awareness day
- 28th-European Conference on Developmental Psychology
- 15th-International Conference on School and Health Psychology
- 03rd-Enhancing Education through Neuroscience
- 09th-Career Construction: Making Self through Story

SEPT

- 10th-world suicide prevention day
- 22nd-International Conference on Existential-Humanistic Psychology
- 15th-International Conference on Philosophy, Psychiatry and Psychology
- 02nd-04th-Mental Agility Profiler e-learning accreditation
- 30th-Top Ethical Issues in Today's Medical-Legal Environment

PSYGHT'23

Calendar

2023'-24

OCT

- 04th-10th- mental illness awareness week
- 05th- Annual Summit on Neuro Science and Neurological Disorders
- 20th-International Conference on Fashion Psychology
- 07th-Addressing Implicit Bias and Microaggressions Homestudy
- 25th-A psychosocial, trauma informed approach to madness

NOV

- 18th-world epilepsy day
- 13th-Psychiatry & Mental Health 2023
- 03rd-International Conference on Empathy and Psychology
- 06th-Compassion Focused Therapy. A non-pathologizing approach.
- 25th-A psychosocial, trauma informed approach to madness

DEC

- 03rd- world disability day
- 09th-International Conference on Overview of Anxiety Disorders
- 18th-International Conference on Psychology Health, Human Resilience
- 05th-Why wait till Adulthood? Application of CFT with CFYP
- 09th-Winter of Wellness (WoW): Mind, Body and Relationships

JAN

- 1st-31st- mental awareness month
- 28th-29th-international confrence on positive psychology and well being
- 17th-International Conference on Child Psychology and Pediatrics
- 11th-Addressing Trauma-Based Shame in Children Who Hate Themselves

FEB

- 1st-7th-eating disorder awareness week
- 22nd-23rd-International Conference on Developmental Psychology
- 15th-16th-international Conference on Psychiatry and Mental Health Disorders
- 08th-Pitch Mini-Conference

MAR

- 21st-world down syndrome day
- 30th-world bi-polar day
- 4th-Conference on Psychiatry, Behavioral and Mental Health
- 3rd- Conference on Psychiatry, Behavioral and Mental Health



ONLINE



FOR MORE DETAILS PLEASE SCAN ME !



OFFLINE

FINAL THOUGHTS

Hola Readers!

As the editorial team of the psychology department's newsletter, we can confidently say that this issue has been a labor of pure hard work. We've worked tirelessly, putting in countless hours, sacrificing our sleep, social lives, and even our sanity to bring you the best possible content. From the early morning brainstorming sessions to the late-night editing marathons, we've poured our blood, sweat, and tears into every page. We've been fueled by caffeine, powered by determination, and motivated by our passion for psychology and our readers. We've navigated the treacherous waters of writer's block, the minefield of conflicting schedules, and the abyss of self-doubt. But through it all, we've remained steadfast in our commitment to producing a magazine that reflects our department's excellence and our contributors' ingenuity. We've scoured the internet for the latest research, interviewed experts in the field, and dug deep to bring you stories that will enlighten, entertain, and challenge your understanding of psychology. We've taken risks, experimented with new formats, and pushed ourselves to the limit. But in the end, it was all worth it. Because we know that our hard work will inspire, educate, and motivate our readers to explore the fascinating world of psychology. So, when you crack open this newsletter issue, remember that we gave us all to make it happen. We gave our blood, sweat, and tears for this. And we hope you'll enjoy reading it as much as we enjoyed creating it! We don't know about your Psyght but ours was definitely on the verge of impairing , but it didn't okay!! Staying Strong Thanking you all readers again for giving this newsletter your time!

Regards

Editorial Team

2022-2023

PSYGHT

THE PSYCHOLOGICAL SOCIETY

DEPARTMENT OF APPLIED
PSYCHOLOGY

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