



DEPARTMENT OF PSYCHOLOGY

# THE CATHECT CHRONICLE

Second Edition, 2019-2020

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## Principal's Note:

*“Cathect, the department of Psychology is an attempt to disseminate the information regarding mental health issues, awareness generation, sensitising the community to the needs of people to promote mental well-being.*

*'The Cathect Chronicle' is the creative output of the department to achieve this goal of promoting social and emotional health and well being.*

*The articles, reviews and community projects taken up by the department beautifully tries to achieve its objective of Cathect in an innovative way.*

*My warm wishes and congratulations to the teachers, students and the mentor, Dr Sonali Jain on this endeavour to bring out this chronicle. Hope this spirit is kept alive by all of you in coming years.”*

## Editorial Team's Message

Planet Earth had declared itself closed when the pandemic had taken over. A minuscule virus managed to instil colossal fear, and seemingly brought the human race down to its knees. It had started to feel like we had lost this war, to something that was invisible to the naked eye. But, did we ?

As psychology students, we can't help but return to Goffman and his ideas in “The Presentation of Self in Everyday Life”. In this book, the author uses an imagery of the theatre to portray the importance of human social interaction and in a dramaturgical analysis of society shows how humans take on different roles just like a stage-actor. At the outset this analogy might appear simple, but Goffman's work takes us beyond this simplicity and elucidates how the actor needs an audience to respond to his acting. Similarly, humans are inevitably dependent on the social fabric they occupy - to impress themselves upon other people or to be able to play their roles. And even when a pandemic engulfed the entire world, human beings turned to their social world to save the day. The Self was still presented, on a different platform. Life continued online. The meaning of Zoom changed, and our technological apparatus allowed us to stay connected. The 'new normal' prevailed because we looked out for one another. Nature flourished and replenished. The warriors at the front gave their services tirelessly. **We did not lose the war.**

To this end, we present *THE CATHECT CHRONICLE*, another attempt at staying connected from the boundaries of home. We hope you enjoy this year's issue which we all, as a department, have worked hard on, while keeping ourselves appropriately distanced.

## FROM THE TEACHERS' DESK



### DR. SONALI JAIN, TEACHER-IN-CHARGE



It is a great pleasure to present this issue of *'The Cathect Chronicle'*, the annual publication of Cathect: Department of Psychology, Bharati College. The periodicals brought out by a college are vital to the flourishing of the institution. By documenting the institution's vigorous culture a periodical engages its readers both intellectually and psychologically. A major part of thriving in a society is self expression, as it is vital to our visceral instinct to communicate. This issue reflects the basic values of this department including an abiding respect and sensitivity for diverse viewpoints and a firm commitment to the open exchange of ideas. I congratulate the students who have worked hard to compile this issue in the midst of unprecedented disruption due to the Covid-19 pandemic. I also express my appreciation for the teachers who have inspired and encouraged them.

As the first batch of Psychology Honours graduates from Bharati College and prepares to face the outside world, I wish them all success.

### DR. NITIN KUMAR VERMA

I hope that you are safe and healthy in this pandemic situation. I send my best wishes to each and everyone for their valuable efforts. It gives me an immense pleasure that our Department of Psychology (Cathect) is going to launch its second newsletter. It is indeed a great honour to be the part of Bharati College Community. I believe that we have incredible opportunities to demonstrate that students of our department can do amazing things and amazingly well under difficult circumstances. Together we can make a change. This news letter is a classic example of this spirit and dedication. A huge thank you to everybody who has contributed through their wonderful and inspiring articles, without which there wouldn't have been this newsletter issue.

Last but not least, I would like to thank our colleagues for their everlasting support throughout the creation of news letter.



### MS. RICHA MALHOTRA



With great pride & arduous efforts, our students at the Department of Psychology are ready to launch their e-newsletter, *'The Cathect Chronicle'*. Though every edition is unique in its own way, but what adds spark and novelty to this one is how it reflects the extraordinary ability of students to adapt and respond to the demands of a changing world in view of Covid-19, by ensuring the legacy of publishing their annual newsletter. It's heartening to see their underlying spirit and everlasting zeal with which they organised various events through the academic year. I'd also like to express gratitude to my fellow colleagues who have been a great pillar of support in shaping our 'very young' department and taking it to newer heights by their constant guidance and support. As much as it pains me to bid a goodbye to our first

batch of students, I can't help but feel proud of how far our 3<sup>rd</sup> years have come in their personal & professional journeys. Having been a witness to their paths of self-discovery, I can claim with confidence that given their grit and empathic attitude, our young women are all set to face the challenges of the outside world. Wishing all our dear students the very best- stay compassionate & continue shining bright

## MS. NIKITA AGARWAL



Psychology as a discipline, can't remain confined to its laboratories, clinics and classrooms. Our 'subjects', 'patients' and 'participants' are also subjects of the state, patients of crises that the human race faces and participants of the world order. Therefore, it is only imperative that students of this discipline occupy public spaces to locate their theoretical knowledge in cultures, nationalities and societies that they are a part of.

Theoretically, our students are taught how to listen to, read, observe and understand signs of abnormality. But what happens when a pandemic pushes all of us to a point where lines between normal and not-normal get blurred? The entire world becomes our lab, clinic and classroom. Our students have to step out, use their discipline and tools to listen to the world. This newsletter is a step towards that. It is a way of entering public discourse through writing. Student musings, activities and contributions given the current times is proof that they are ready to use their disciplinary knowledge to face the crises of contemporary times.

## MS. PRIYUM SHARMA

Welcome all, to our current edition of the newsletter. It shows the ravishing and encouraging journey of our department. This newsletter covers the student's perspectives and engages them in today's fast-changing scenario in different idea analyses and advocacy on issues such as youth's mental states and mental health services. You will find space where you can explore, express, and realize yourself because we all know that there is no better way to grow than to create a space where anyone can communicate their feeling without being judged by someone and a place where anyone can learn from each other. To make our perspective higher, our Cathect team very efficiently organizes time to time different activities to improve student opportunity, achievement, and success, which demonstrate their commitment to making an impact on the practice of psychology education and the lives and learning of students.

I hereby show my huge gratitude and acknowledgment towards our hard working and supportive faculty members and students. Come, let us walk the existing path together.



## MS. NITYA PRAKASH

I feel a great sense of deep gratitude for every one in the department, from the sincere seeking spirit of students to the compassionate support of the fellow teachers. Its a joyful abode where exchange and sharing of knowledge lightens up my heart every day, and helps me fulfil the purpose of my being.

## MS. NISHTHA

I am very new here in this college and this is for the first time I saw the preparations of the department fest and I was astonished to see how hard working and creative the students here are. I feel so proud of them.



# COUNCIL 2019-2020



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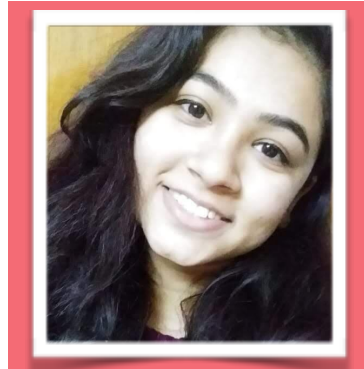
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## OUR SUPPORT SYSTEM

TA-DAAAAAAA! PROUDLY INTRODUCING THE NEWEST ADDITION TO OUR DEPARTMENT

### MRS. ANJALI JHA



In the Spring of 2020, the Department of Psychology welcomed a new member, our lab assistant Anjali ma'am. If you happen to visit our lab, you might be greeted by someone in a low, soothing voice. Amidst hectic schedules and the departmental hustle, her quiet presence calms the strongest storms down.

Apart from efficiently managing the lab and its equipments in the day, this mother of two returns to managing the household at dusk. She says she spends most of her evening helping her children with homework after which she resumes kitchen duties.

And while she might remember where the spices and condiments in her kitchen are, we have seen her memorise the location of every file and every experiment in the lab quite efficiently - what a multitasker, we say!

Welcome to the team, Anjali ma'am!

WE ALSO BID ADIEU TO THE MOST LOVED MEMBER OF OUR DEPARTMENT

### MRS. MEENU



Nothing was impossible when Meenu ma'am was around. She came in when the department was in its fetal stage and turned everything around quickly. An efficient manager, a smart worker and 'Ms. know it all' is how the students and teachers describe her. Even if a sheet of paper was moved out of the psychology lab, it featured as an entry in her records. Students would run to her with their smallest confusions and biggest administrative hindrances and she stood for them like a rock.

We found her reading her son's 5th standard textbooks to utilise her free time - now wonder she learnt things quickly. Her learnings also included rote learned phone numbers, knowing one's way through college, what could be found where and which office caters to what service. If you come to Bharati and meet her first, you can rest assured it will be a breezy ride. Thank you for making our last academic year easy.

## THE ROLE OF STUDENT ACTIVISTS IN BRINGING GLOBAL ATTENTION TO THE PROBLEMS OF CLIMATE CHANGE

It all started in August 2018 when a 15-year-old girl from Sweden started missing her school to sit in front of the Swedish parliament with a sign that read “skolstrejk for klimatet” i.e. school strike for climate. The same girl is now leading a global strike against the inefficiency of the world governments in tackling the problems of climate change. Greta Thunberg has now become a global icon for her resolve to force the governments into declaring a climate emergency and taking immediate actions for the same. Her powerful speech “how dare you” at the United Nations in September shook the entire world. She also represented the climate activists at the COP 25 in Madrid. The 17-year-old has not only brought global attention towards climate change, she was also declared “THE TIME PERSON OF THE YEAR IN 2019” and was also nominated for the Nobel Peace Prize for her role in climate activism. However, these are not the only feats achieved by the young activist. She has garnered huge support for her Fridays for Future movement where thousands of students skip their schools on Fridays to protest against government inaction on climate change. It has been almost 75 weeks since the strike first started and the movement has spread itself throughout the world. Greta has successfully inspired millions of young people in the world. This entire uproar has given us numerous young activists.

One of them was Ridhima Pandey, 11-year-old from Haridwar. Ridhima Pandey was one of the 16 children who filed a complaint against the lack of government action on the climate crisis at the UN climate action summit. Ridhima Pandey has been dubbed as the Greta Thunberg of India.

So far, the governments have failed these young activists in the recent COP 25 held in Madrid but with the amount of support these kids have gained on the cause, it won't be long before the world leaders are forced to take serious actions on this grave problem of climate change.

*Soniya Rawat*



## Splatter



Certain things in life will come effortlessly to you.

You'll be unaware of its existence, or fully aware, just not tapping into it. Wait. You know it is there. It knows you are there. It will come effortlessly if you believe it exists, until then, stop trying too hard to compensate for its non-existence. I believe there is a bliss in everything. There is a bliss in craving for its realness, it is under your skin, it never left you. This craving keeps us alive, gives us purpose to search for things that will “complete” us. We often hear people saying that I need something that completes me. Is completion of us really the end deal? I mean, isn't it restrictive that you are doing

what you're doing to feel complete. What if the real deal is the incompleteness, what if it is those imperfections that are keeping us alive along with our search for what resonates with us, things that make us happy. And whenever I say things, I don't mean objects or relationships, those mentioned in the flyer handed out to you by the society. Things that make us happy, things capable of making us feel good about our existence, even when we are suffering. The sufferings are realities, carved in us, we can really feel those ridges and the spaces, if we really want to, and this feeling pushes us to search for things that bring us joy. I see humans and their lives as a splatter, simple yet different from the rest. No splatter can be the same, but shapes on the other hand can be the same. Two circles can be made the same, but not two splatters. We, humans, are not circles, we're not complete, we never really seek completion. We are splatters, moving out of the normative boundaries, searching for things that make us alive.

*Pratishtha Sharma*

## TALK BEFORE ITS TOO LATE

*Anweshha Sen*

Suicide in any form, be it hanging, using certain medicative pills, drugs, poison, etcetera is never easy, not that can it be validated in any way, considering the fact it's not an easy option to bank upon when nothing seems right. Suicide also has very many perceptions in different cultures across globe and it is diverse in different areas. In Abrahamic cultures, it's a form of sin or offence towards God, in Japan, suicide is looked upon as a way of making up for a failure, or as a form of protest. Apart from all these age-old perceptions about suicide, the manoeuvre is still considered a serious criminal offence in many countries. But at the same time, we all must keep it in our very conscience that it's never the smartest option. Nobody can begin to argue or even make sense of the turmoil a person might be experiencing at a particular time. However, whatsoever the situation, suicide never makes it easier for the person or even for others. Suicide or even the slightest attempt to it, can be a nagging, but majorly defying tendency for those who are already predisposed to some kinds of intellectual deficiencies or mental illnesses. It is also for the medications that patients have to supposedly consume, for the betterment of their physical/ mental beings. These might include psychopathological factors like

Schizophrenia, Bipolar Disorder, Depression, Anxiety disorders, Substance-abuse, etcetera. Tendency to take one's own life in these cases, even though are pretty much conditioned to happen, but can be taken care of at least, by the primary health keeper(s). Professionals are the best ones to deal with it. These people have a higher chance of having been attempted suicide at least once/ twice in their lives, or even more, but chances are similarly high for those who have had issues like acute financial difficulties, loss of a loved one, relationship issues, bullying, sexual orientation, etcetera. These are mostly impulsive acts under severe stressful situations for a long term. We read news, almost every-day how people commit suicide or make an attempt towards it. Some hang themselves in their own rooms, sometimes after writing a "goodbye" note or a "suicide" note, confessing their deepest sentiments, and finally, but regrettably, giving up on things that they couldn't keep living with. Some use a gun or a pistol, killing their partners and sometimes, sadly even the kids, and finally themselves. What do you think can possibly be the reason? Whatever the mainstream population thinks can be the reason is probably going to be a wrong guess, because most people haven't ever heard about a term called "Emotional Intelligence" which also commonly abbreviated as "EQ". Now, what is EQ? Emotional intelligence is the ability of an individual to be able to be sensitive to the needs/wants, emotions/feelings of self and other beings. After ages' research by scientists and researchers, the information was put out wide and clear that, for an individual to live a happy and satisfied life, good emotional intelligence is crucial for him/ her. Primarily people are in a mad rat race today, which is extremely unhealthy but inevitable at the same time. Hence, with such a hectic lifestyle comes acute/ chronic stress and stress along with it ultimately brings 'burnout'. Not being able to tackle with huge loads of pressure, the stressful sensations tend to get internalised and repressed. Some are able to come out of the inevitable labyrinth, while some can't. Not only stress. There are a thousand more reasons associated with suicide. With one of the many common factors being stress, other issues include bullying/ ragging in educational institutions, painful/ abusive childhood, assault, abuse or harassment faced as a young kid or whilst growing up as a teenager, bad relationship with parents, or identifying as a member of the queer community and not being able to come out to the near and dear ones of their sexual orientation, for there's fear of rejection by the members of their kin. Suicide is not a sudden decision. The feelings that trigger an attempt for suicide takes longer than one can even begin to imagine. People refrain from pausing once in life for self-introspection



*Photograph clicked by Mitali*

and the stress is just getting piled up inside. Catharsis is healthy and normal. There's no harm in practicing the same. Internalising and repressing emotions is highly unhealthy for our mental, emotional and physical well-being. This might come as a shocker to some, but this is how it works. When the intense distressing feelings keep on adding into our subconscious mind over a long period of time, it keeps risking our emotional and mental being and subsequently our physical health. With that the tolerance levels of the person also keeps getting lower, and anger, agony and irritant emotions tend to get higher with time, without us even realising. With the course of time, finally but, unfortunately, when the trigger is strong enough for the person, the act is done with. Based on recent studies most suicide attempts fall roughly within the age group of 15-29 according to the 2012 data. According to a study done in 2017, the data showed that children aged between 13 and 15 children suffer from something called 'teen depression'. This is the data provided by the WHO (World Health Organisation). Patients with depression have a tendency to act out. Many people, usually youngsters and sometimes even young adults try hard to fit into a particular group they consider as 'cool', only to not feel rejected by them; to avoid seclusion and to be accepted by 'them' as a part of their group, and hence engage also in certain harmful behaviours that sometimes even can cost them their life. All of this can also be associated with bullying. Many people, struggle only to fit to a certain group of people only to be accepted and avoid getting bullied. Bullying might be perceived as not so serious of an issue but it gets people really bad. It takes a heavy toll on a person's mental and emotional health- so much so that when it gets just unbearable, having no other option left, people consider dying as the only option. Even those who consider themselves a part of the queer community or identify themselves under the LGBTQIA+ category, are under higher risks of suffering from depression, personality and anxiety disorders which make them already disposed to suicide, which is a medical condition after-all, and as mentioned above, can be dealt with, by professionals only. Not being able to come out to parents, many kids/ youngsters/ young adults remain in their shell, don't socialise for the being of judged by others, for being who they are. They are called with very many horrendous slang terms like "faggot", "fag", and a lot more names, which affects their self-esteem and confidence deeply. How utterly sad it is to not even be able to celebrate their own existence. That's something really messed up! Many people might find this particular aspect of this article offensive but this is what happens and has been happening for a long time now which needs to stop immediately. Bullying in any form is life threatening. Only the ones going through all of it know how difficult it is to experience the trauma and not being able to express the plight to anyone. All the distress, henceforth, piles up and suddenly a strong external/ internal trigger leads to the hurtful deed. What can we do to reduce the alarmingly increasing rates of suicides? "BE THERE FOR EACH OTHER" We can try and be sensitive to the needs, emotions and feelings of people, without being judgmental. We can be warm, welcoming and helpful to people, whatever be the situation. As humans it is only and only sole responsibility to be there for people and each other, for that matter, no matter what. "It's okay to not feel right. Its okay to take a break once, and just be." We don't realize this, but we work according to our sub-conscious mind. Whatever we say, do, think- everything depends on the piled-up feelings at the back of our mind. Our emotions govern us every single day, without us even getting an inch of idea about it. Lastly, if you know anyone who's been struggling with issues lately, remember to be there for them. Be their pillar of support and make them feel happy and wanted in this world. (It's a sincere apology to those who found this article to be somehow offensive or emotionally triggering in anyway. Feel free to contact if you feel the need.)

Shared below is an extremely useful contact for 'suicide prevention' in India:  
{022-2754-6669: AASRA / [www.aasra.info](http://www.aasra.info) }



*Photograph clicked by Swapnil*



Fight a little more this time  
hating urself is a huge crime..  
break the shakles of ur own limits  
Giving up is a habit of timids 😞

Grow and learn make it a goal..  
just live ur life; so rock and roll 🙌  
Don't be depressed any longer..  
strive urself to become stronger

Bring back the joy which is hidden  
be playful like a small kitten 😺  
put your mind in right direction  
reflect back your true reflection ❤️

*Saakshi Ramnani*

## The Individual Impact of a Pandemic: effects on Mental Health and Strategies

The global pandemic and its consequential lockdown has had adverse impacts on varied sections of the population. Certain groups have been rendered more vulnerable than before. The LGBTQ+ community, minority groups of facilities available for them. This lockdown has highlighted the prevalent disparities and eq, migrated workers have been hit hard by the pandemic mostly due to the lack of public sector support qualities in the society we live in.

People who were suffering from mental health issues prior to the pandemic have seen a general increase in anxiety levels and worsening of symptoms. Even for individuals who were not dealing with complex disorders of mental health issues, an increased disturbance in sleep pattern and erratic mood swings can be inferred as a decline in the general well-being. In an unprecedented situation like this, it is expected and understandable to have such negative feelings re-surface. We should not be display suppressing or avoidant behaviour rather mindfully

acknowledge and look into the tangible courses of action that can be taken instead. Some practices that can help better navigate through these challenging times are:

- Set designated times when you have access to news- a constant replay of negative news can add to stress
- Set boundaries in households to make sure you get personal time- this helps avoid possible relationship strain by letting one focus on themselves
- Increase “social connection”- share and hear experiences and everyday thoughts from family and friends. It helps feel understood and supported
- Convert worries into action- chart out a plan-of-action in case your worst worry comes true. Feeling prepared reduces anxiety about anticipated events.

*Diksha Jawa*

## 7 things to keep in mind before posting on social media

Social media is a platform which gives access to anyone and everyone to post things related to their lives and sometimes related to the society. But do we ever cross check our thought of posting something specific? Do we ever think what impact will it have on others? We merely give a thought to such points. We sometimes unintentionally end up posting things which may cause an unexpected impact or result.

Following are the 7 points which according to me everyone should keep in mind before tapping that post button-

1. Is the content offensive?- while posting stuff online we sometimes end up with posting things which a specific community or person may find offensive. We do not have the intention to hurt somebody's feelings but this generally happens when we post something after getting influenced by someone or by not gathering enough information about the event. Before tapping the post button always ensure that you are well- versed with the event.
2. Is the content sensitive?-people of every age group have the equal access to social media. Of course everybody have right to expression but one should keep in mind what their target group is and what are their demographic details. While posting anything sensitive try to keep for a particular age bracket.
3. Am I boasting?- people love to post things about their lifestyle. but before doing so one should keep in mind not to represent the content in such a way that people lure for their lifestyle. They should keep it as realistic as possible and also try to keep their captions and hash tags as simple as they can.

4. Am I encouraging discrimination?- this point is for someone who has pretty decent amount of followers. People often post things appreciating comments passed by an influencer. Sometimes such posts can be filled with discrimination in any form including sexism, racism, caste system etc. trying to stay neutral is the best way to make a statement through your content. After all it's the audience to decide on the event.

5. Is the presentation correct- social media is all about impressions. To have an impactful impression, one must focus on the presentation. More the engaging and simple presentation is, more the involvement of audience will be.

6. What is the purpose- you must keep in mind that your sole purpose should be to post positive things. There have been a lot of instances where we have seen people sliding into others DMs to spread hate. Some even post nasty things about others and may also post hateful comments under other's posts. A single line of simple words which may not have importance in our life may traumatize the other person. So keep in mind not to spread hate. It is absolutely fine to have negative opinions about others but criticizing someone in a healthy way is always appreciated than spreading hate.

7. Try to give something- at last ask yourself-"am I giving something positive?". Everybody should try to at least put a smile on someone who come across their post. Your post should be impactful in such a way that it evokes a thought in the audiences' mind. After all your aim should be to enhance the quality of your as well as your audiences' life.

*Muskan Jaggi*

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**INTERNET**  
*by Simran Kataria*

I forget myself at the flea market by the highway

Buy mellow flavoured sunflowers from a small street  
vendor who doesn't look me in the eye  
I study his wheat-like complexion and the slight cuts  
from rose stems on his flesh  
I want to ask him if he smiles. He is in the business of  
selling smiles.  
I press my fingers on to my cheek to feel  
There is no smile, I try to smile while I say thank-  
you.

I chew three petals on the way back to my car,  
I open all windows and invite the pain inside.  
I become thirsty as I drive, this world is a dustbowl.  
I stick my tongue out and feel my saliva evaporate.

I can now taste the world  
The traffic flows and I breathe in the abandoned  
cinema hall with crooked seats,  
A grey brown moth sits on my knee.  
I tell him the tale of our lime tree back home.  
It  
flutters.  
I write my name on the wall,  
wildly  
Then I write yours,  
lovingly.  
We were both  
here.



*Picture by Harshleen*

I hang the car keys on the nail my uncle hammered into  
the wall.  
I take the sunflowers to then kitchen and place them on a  
dirty rag.  
I bend down to fetch a bit of water but trip,  
When I fall, I do it like an angel.  
I wipe the sweat and hair from my face and pull my shirt  
down.  
  
I take a slant blue-green vase from my grandmother's  
cupboard.  
I fill it half with water.  
It is chipped on the rim and I cut my ring finger against it  
I put my finger in my mouth and taste the blood.  
I put the flowers in the vase but the petals are now  
mangled in blood.  
I apologize to myself and the bleeding stops.  
I smile and my father tells me how it reminds him of his  
grandmother's smile.  
I smile at him.  
  
I put a scented balm on my cracked lips  
And carry the vase of flowers to the sunlight.  
The light reflects specks of hazel in my eyes.  
It saturates the bleeding flower petals.  
I take out my phone with a cracked screen.  
I take a dull picture of the bloodied flowers.  
I call it 'art'.



Picture by Sanya

## What's that Smell?

Scents often become synonymous with everyday things or events in daily life. For instance, as the air now begins to grow thick with the scent of mango, you may find yourself, involuntarily, recalling memories of summertime from your childhood. Researchers explain this phenomenon - which itself is a sub-category of memory termed 'involuntary memory' - by establishing relations between scent, emotion, and memory.

Studies have found the smell to be the only fully developed sense found in a fetus; it is also the most well-developed sense in children, until the age of ten. Scents are directly routed to the regions of the brain related to emotion and memory, i.e. the amygdala and the hippocampus, due to which smell and emotion, are stored together as a single memory. As a result of these facts, our childhoods become the period during which we develop affinities for certain scents and begin to avoid others. Emotion comes into play when we discuss the vividness of the memory recalled - the stronger the emotion, it has been found, the easier it is to recall the memory tied to it.

Sensory triggers vary from person to person. Owing to the uniqueness of each person's backgrounds and experiences, a social cue that may have no effect on one may acquire the ability to trigger harmful, stress-inducing, and aversive memories in another. Olfactory memories, thus, play an significant role in post-traumatic stress disorder (or PTSD), a number of anxiety-based disorders, as well as psychosis. The importance of the influence of scent on people's moods and mental states is beginning to be recognized. Scents are now being utilised in some therapeutic practices; aromatherapists, for instance, habitually use scented essential oils, with scents such as lavender and rose, to reduce stress. While it cannot substitute formal therapeutic practices, aromatherapy may be employed alongside other forms of therapy for to reduce stress and enhance emotional and physical health.

*Yashaa Sareen*

Look I'm climbing the ladders  
Daring to touch the unexpected  
Seems my heart scare of invaders  
Painting my own sky is accepted

Look I ain't turning back to see  
Stones with thorns cry with guilt  
Seems they're calling only me  
I'm deaf, my ears are fully filled

Look I'm happy with my imperfections  
Unfolding my few left smiles  
Seems I'm exploring my new sections  
Hiding my self-love from wilds

Recover yourself from depression 💖

- Lisa Yadav

### Perfect Paradise...?

You dreamt of it,  
The perfect paradise.  
A house in the hills,  
But darling, it was only the pills.  
When it was finally over,  
But honey, it was only a cover.  
In your perfect art,  
All I see is your broken heart.  
You pretend to be so tough,  
But love, life can be rough.  
Why don't you let it go?  
Doesn't it hurt to hold on to thorns?  
I thought you knew,  
The past wasn't yours...  
But the future could go your way  
What scares you darling?  
Is it the people?  
Is the society to blame?  
Or is it your family or friends?  
If they are... Then are the really yours?  
You think if you are normal or maybe not?  
But does that matter?  
Aren't you human enough without  
society's validation?  
These questions surround me  
Sitting with my therapist  
I wonder when this vicious cycle  
will be over  
A state of me, where normalcy is  
no condition.

Tanishka Pudhir



Picture by Priya



Picture by Vishakha



Our classmates witnessed the celebration of mental health week at Jawaharlal Nehru Auditorium organised by The Mental health Foundation in collaboration with AIIMS, Delhi. They engaged in rich discussions around suicide prevention and dealing with a range of mental health issues.

**Jawaharlal Nehru Auditorium, AIIMS**

## Carrying the Banner with Pride

By attending public conferences, research seminars and lectures and engaging in internships and volunteering opportunities outside, we learn about a range of topics of interest in our discipline.

### Internships at esteemed Institutions

Mahima Nagpal - Institute of Human Behaviour and Allied Sciences (IHBAS)

Ishita Tandon - Community outreach Department, Shroff Hospital

Vasundhara Joshi - Pushpanjali Medical Centre

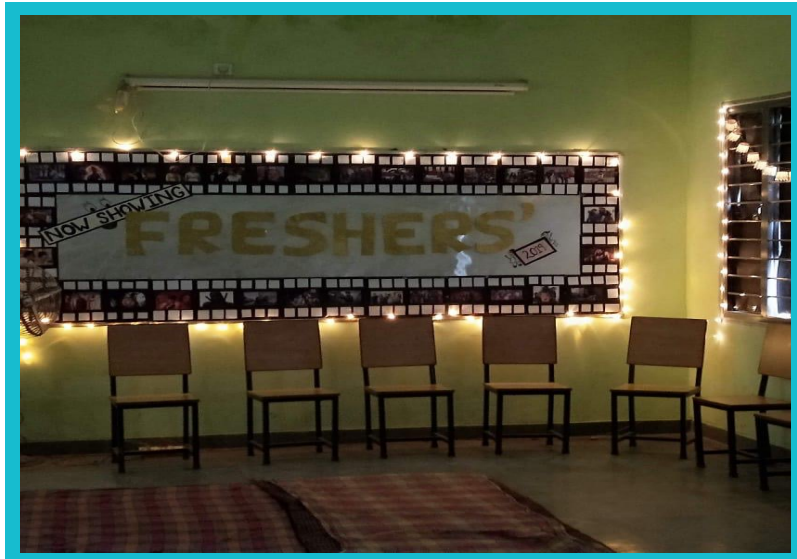
Radhika Vishwakarma - Umeed

Muskan Jaggi - Delhi University Women's Association and Doon Psychotherapeutic Centre

NGOs like Umeed, Dew Drops Child Healthcare Centre, Mom's Belief, Sisters of The People Society have hired our students for both research and clinical internships.

While we pride in our academic activities, we believe love for learning should always be accompanied by fun. To that end, we work tirelessly the entire year to celebrate and mark important days of the calendar. We are delighted to provide a round up of the events and activities to our readers.

## FRESHERS 2019



The Department welcomed its third batch of students in 2019 and felt complete. The third years and the second years had someone to call 'juniors' after a long wait. Their excitement and gusto was visible in the grand party they organised for the newcomers. Everybody was dressed as their favourite cinema characters and it felt as though film city had changed its location. Fun games for ice-breaking, a display of talents for Ms. Freshers and lots of dancing and singing by the senior batches, this welcome was one of a kind.

Meet Lakshmi,  
our Ms. Freshers!!!  
She was dressed as a  
Telugu superstar and won  
our hearts by opting for  
retro.



# TEACHERS DAY



It is our favourite time of the year - our teachers dance to our music and play games we want them to. There are no grade cuts for making them fall or fail in games.

The celebrations began with thanking our teachers and showing immense gratitude for everything they do for us throughout the year. There was dance, stand up comedy and cake :)



Racing the balloon across the room without touching it



Cakes make life colourful



# MENTAL HEALTH WEEK

Awareness precedes 'prevention is better than cure' - a crucial fact in mental health. This year for the mental health week, we curated 'Cognizant - mental health and youth' and started our celebrations by doing an awareness drive around college. The campaign focused on recognising that mental health is significant and almost as cardinal to the body as medical health. We spoke about the importance of seeking help. A huge chunk of the discussions were around 21st century mental health issues. The rally saw massive participation by teachers and students alike.



A talk by the renowned Indian psychologist Dr. Girishwar Mishra helped us gain a better perspective to the importance of happiness and self esteem in mental health. Sir enriched his talk with stories from the Indian context

## 'The Perks of Being a Wallflower'

We concluded the day with a movie. 'The Perks of Being a Wallflower' was close to home for the audience because it is centred around a young high school boy and his everyday battle with anxiety and depression. Charlie's reticence, his difficulty with friendships and fighting clinical depression offered a window into the internal world of young boys and girls and helped us understand how mental health affects our everyday functioning and intimate life.



# AURORA 2.0

## 'Two sides of Feminism': A debate

Participants debated by putting forth their points with great vigour. The heated debate was loaded with passionate ideas on women's rights and speakers were seen emphasising their narratives through powerful quotations like "one who knows the pain, can only explain" and "If you believe in equality, you are a feminist."

## 'What's Normal?': Slam poetry

Stereotypical definitions of normal was questioned through fierce poetry. The participants recited their poems on stage - from the narrator's heart to the listeners.

## Quiz

4 teams,  
8 participants,  
lot of mind-work  
From the first round, literally named 'Cakewalk' the quizzers moved up the ladder as the rounds got progressively difficult

Aurora is department of psychology's annual carnival and the most sought after event of our academic calendar. This year, our carnival made us realise that without darkness there can be no 'light'!

The central theme of Aurora 2.0 was Yin-Yang. Yin-Yang is a symbol which holds roots in Chinese culture and philosophy. It is a concept of dualism comprising of two swirls- dark(yin) and light(yang). The yin is associated with shadows, femininity, and the trough of a wave while the yang represents brightness, passion and growth. These two swirls join together to form a complete circle which symbolizes the life of a person and the nature of the universe, in some cultures. In the natural world, these forces are contradictory yet interdependent, and complement each other befittingly.



## SPEAKER FOR THE DAY

Relationship expert and counselling therapist, Ms. Praneet Kaur agreed to speak to and about millennials outside of her clinic. She spoke of love, longing and betrayals. Each one of us just sat there wondering 'How does she know of my relationship issues so closely? Every example hit too close to home.

Why do relationships become toxic? Why do we continue to be in them? How do we read signs of unhealthy relationships? She was strikingly accurate with the answers to these questions and it struck a chord with us all.

## Flash Mob

From one to two, two to four and then there were many more. Our classmates danced to invite passersby to join in and celebrate with us.

## Photographing Yin-Yang

An online photography competition based on the 'light' and 'dark' in Yin-yang was organised. The displayed pictures kept the viewer wondering why one had failed to notice the theme emerge so close to us in our lives.

## Aao Aao Natak Dekho

Members of the 'Asmita theatre group' performed a Nukkad Natak (street play) on 'Mard' written by Arvind Kaur.

## Food and Games

One could de-stress by opting from a range of available food options or head straight to the de-stress stall to engage in kinetic sand and soap cutting.



**FLASH MOB**



This picture though perfectly depicts the topic Yin and Yang, points out to a very cruel reality of the society. On one hand where the pigeons are free to soar higher and higher into the endless sky, the little girl is caught in the unbreakable cycle of poverty. As Yin is characterized by soft and slow and is balanced by Yang which is characterized by hard and fast, the society works on the same principle, as one part of the society flourishes and prospers, the other part is trotted upon and left behind. This is the unfortunate criteria on which the society is balanced.



**LETTERS OF LOVE - FROM A STRANGER TO A STRANGER**

**WINNING ENTRY OF THE PHOTOGRAPHY COMPETITION**



**NUKKAD NATAK, ASMITA THEATRE GROUP**

# TRIP TO THE MIGHTY HIMALAYAS

After tons and tons of cancellations, the department of psychology managed to organise its first ever college trip for the students. Under the banner of DS Tours and Events, the teachers and the students struck down many options before zeroing it down to Dharamsala and Mcleodganj, the Tibetan paradise. We began our 5 day journey at around 6 pm from college. A huge travel Volvo waiting to get filled by us.

Only when the driver took his seat, we sighed and looked at each other - "its happening, we believe it now."

The bus was soon filled with an aroma of home cooked food with the packed dabbas coming out one by one and one could hear chips packet noises and chewing sounds alternatively.

Students sang songs loudly, danced like never before, ate like giants and laughed endlessly. It was so entertaining and pleasurable for everyone. There was a burst of emotions. After a few hours of travelling, the bus halted at a beautifully lit, big restaurant surrounded by other big restaurants on both sides of the highway. The dinner was accompanied by tablets given by our teacher to help us with motion sickness on the climb. The combination was a lullaby in disguise - suddenly things fell quiet and everyone was dozing. Some who were awake talked all night about life, philosophy, movies, songs, ghost stories and many eerie things.



Morning arrived in all its glory that day and we had never felt the sun so bright. There was something about the mountain sun - we could feel it shining bright through the bus windows. Excitement was at its peak by now and teachers were pestered about time of arrival multiple times. 5 kms before the hotel our bus failed us and refused to move. We were packed in tiny taxis, each carrying 4 of us and sent to check-in. The hotel lobby was filled with arguments and discussions about who would stay with whom.

**Day 1 - Sightseeing.** We were instructed to get some rest, meet for lunch and tread on our paths to the mall road. After a lovely lunch, we plodded down the hill, stopping for pictures every now and then. It was a surreal experience to walk those paths with snow capped mountains on both sides. Our first destination at the mall was the Dalai Lama Temple. A beautiful Buddhist structure where the monks chant their prayers and stay within the premises to practise their monk-hood. The Dalai Lala resides right next to the temple and delivers public lectures from the temple. To know that the Tibetan government in exile is so close to your city and to experience it with your own eyes

were definitely two things far apart from each other. The temple is a must visit - it goes without saying! All could see, feel and understand the culture of the entire place. We saw the Tibetan museum to gain insights

into the Tibetan culture and understand more about the militarisation of Tibet. When our appetite was filled with history we switched to food. There were Tibetan restaurants all around the place and we came closer to their culture by devouring some yummy food. It was already evening with everybody exploring the area. As people returned to the hotel, there was a D J night for students. It was just as fun as it sounds.

The dance session lasted for approximately 2-3 hours and even the teachers joined as the students grooved. Moments like these can never be forgotten by us. The lines of power seemed to get blur. Even as we danced, the teachers took care of us and showed how safe and secure they could make us feel in a foreign place.



**Day 2 - Bir Billing** is Asia's highest paragliding spot. Almost all of us showed courage and agreed to take the plunge. In fact we convinced teachers to do so, too. On our way to the spot we started to shiver a little more and looked around to see what had changed - there was snow on both sides of the road. One by one, encouraging each other, we flew and literally experienced a bird's eye view of the world down under us. The journey to and back from Bir was beautiful and picturesque beyond words. Our adventure had rendered us tired. We slept to wake up to a new day.

**Day 3 - Trek day.** We had to display our climbing skills by walking upto the mighty Bhagsu falls on foot. Above the falls, lies the famous Shiva Café. After an hour of trek, everybody finally reached the café and it sure was worth it. The food that was served was absolutely palatable and tempting, especially after the trek. We returned to the hotel, packed our bags and headed down to Dharamsala to stop by the Cricket ground. Spending time there felt like looking at a perfect painting.

We started for Delhi with a heavy heart. This surely will remain the most special part of the year gone by. We came back etched with memories and friendships that will last us a lifetime.

Thanks to all the faculty members of the department for taking the pain and making this trip happen.

## WE'RE HERE, WE'RE HEARING

When the entire world was affected by the pandemic, we as psychology students realised that it is our responsibility to reach out to people and offer them a safe space to talk. We were all ears and ready to listen. We knew the pressures that a lockdown and epidemic together could bring, especially to our student communities. India has seen a rise in the mental health cases by 20% since the lockdown began.

Owing to this, 'Cathect' decided to create a group on Instagram by the name "We're here, we're hearing" to provide support to people who needed it.

Through this group, we let people express themselves and get social support. We offer a safe online space while maintaining confidentiality.

We have received a very good response on the group for which our social media team deserves a shout out. Through this group we understand the nuances of the subject we are learning.

Our Instagram handle is @cathectpsych for anyone who wishes to come speak and we will listen.

## FAREWELL: DELIGHTED BECAUSE ITS OUR FIRST, SAD BECAUSE THEY'RE LEAVING

The department of psychology at Bharati marks its third year with their first batch of students passing out. As much as we are excited that the department is growing and slowly spreading its wings into the outside world, it pains our heart to say goodbye to the light of our department - the third years.

When we think of all the things that make our department a special place, this batch of students definitely come to our mind. Amidst the prolonged disruptions, they managed to survive and thrive while making it better for their juniors. Their affability in the face of stressors has been infectious.



The entire student community and faculty bids farewell to them.

We will miss you!!



## PARTING MESSAGES FROM THE OUTGOING BATCH

When I entered this college 3 years ago, the idea of loving it here felt surreal. I was filled with apprehension about what lies in store for me in this "adult" world. And behold... It got challenging when I discovered that we were the first Psychology batch. Gradually from establishing a department to being elected the President in this college, and everything in the middle, from making awesome friends, delightful memories, and Class representative to a proud member of the Mental Health Club, this place made me fall in love with itself. It is unbelievable how time flew - from a fresher's party to a digital farewell party. We will soon leave this place and all my friends would move forward to start a new phase in life. But this mesmerizing journey will always have a piece of my heart as these three years happen to be some of the best years of my life.

A heartfelt thanks to all our teachers who have guided us and provided massive support through thick and thin. It has made us future ready and has taught us how to handle adverse situations. We leave this place with a heavy heart but with lots of optimism and confidence to face the future which lies ahead.

MAHIMA NAGPAL

It has been such a great journey being the first ever batch of the Psychology Department of Bharati College.

Although, there were ups and downs but still the college life was amazing. We made so many memories together and also had some unique experiences but it bonded us all together. As now it is coming to an end, I feel that it was such a great part of my life. I met so many people and have special bond with each one of them that I will cherish forever.

MAHIMA TYAGI

This college is a book of memories engraved in my heart,

The one I will never forget, no matter how much time apart.

I have learned a lot and leaving today makes my heart feel like a tangled knot.

I cried and I laughed, made friends who will always stay in my heart.

A rollercoaster ride indeed, some ups and some downs made my college life complete.

It all went so fast, first election and organising an event, seems like a dream which came true at last.

Every day and every part, I will always cherish it in my heart.

SURIDHI GUPTA

My college experience helped me understand the unpredictable nature of life. College life, according to me, is an experience like no other which prepares you to go face the world; the joys, the hardships, the struggles, the success, all of it. Isn't that life?

These three years of college were no less than a roller coaster for me. Not in my wildest dreams did I ever think of not only take part in events but also manage them. From the Joint Secretary of the Student Union to the Head of Event Management and PR Committee, it has truly been an adventure. With this, I grew as a person, from a sceptical and shy girl to a confident and active member of the department. I've had it all; stellar friendships, amazing teachers, and most of all, an experience worth a lifetime. So here I am, with a stockpile of memories, ready to step into the next adventure. Let's hope it's as good as this one.

MUSKAN BATRA

I remember the first day I stepped in this college, was definitely a surreal feeling to get admission in a DU college. I never really had any expectations as such that I wanna get into a specific college, because I'm an outsider, not from Delhi and I had some other plans before coming to Delhi, which surely didn't work out. One of the most important thing that this college taught me was independence. The timid shy introverted Lucknow girl is a better version of herself now, the same girl that fell into depression in her past has become a better version of herself, though I still have miles to go. But as Soren Kierkegaard said " The highest and the most beautiful things in life are not to be read about, heard about, nor seen but, if one will, are to be lived".

One thing I'd like to say to everyone reading this, YOU'RE NOT ALONE. TAKE CARE OF YOURSELF ♥

SWAPNIL SINGH

Just like every other high school graduate, I was eager to step into college. I remember how anxious I was seeing the sky-touching Delhi university cut offs. But guess, universe has its unique way of giving what you want.

Now fast-forwarding to the first day of college, which made me realise how the tables turn, one day I was absolutely wishing to get into DU and now, to this day I question that choice, but nonetheless, this college has given me something that makes saying goodbye so hard and for which I'm forever grateful, my best buddies V & R and of course, being the Director of Mental Health Club (2017-18), which taught me so much and helped me grow into the beautiful, confident person I am now.

The batch of 2017-20 had a tilt-a-whirl of a journey, from roaming around the college to find a room to fighting to get faculty, to the petty quarrels with fellow mates and teachers, to having an online farewell, we experienced it all.

Even though this is the end which feels blue, it also marks a new beginning, so cheers to that 💕.

Signing off!

ANSHIKA BHOLA

Here's to the first Psychology Department of Bharti College whose walls have grown with the rest of us. Here's to the class of 2020- the first undergraduate batch of Bharti College, Delhi University, who's seen the beginning of lurking around in the corridors and possibly the end of an online graduation. Here's to the obnoxious loud Delhi girls who were in more ways than one, a true family. Here's to 201, 301, 207 and then finally the best 305 (THE PSYCH LAB) where I leave pieces of my heart. Here's to me coming up with the department's name: CATHECT (to invest in mental and emotional energy) and being the first Social Media Head of the department. Here's to my best buddies AB & RB for giving me the best 3 years of my life. I love them and I am so grateful for the two of them. Here's to the craziest decision I ever made in my life- signing up for a "thought experiment" in the middle of West Delhi.

Wishing I could go back to being a first year again.

Here's to an end of an era.

VASUNDHARA JOSHI

Cathect, the department of psychology of Bharati College gave all of us all the necessary help and support to grow and become the better individuals we today are. It became an important stepping stone into all of our futures and helped us dive deeper into the understanding of psychology. With all the teachers who were always there for us whenever we needed them, to all my batch mates who were in this together, this department was a second home to all of us. Being the first batch of psychology to graduate from this college is a feeling unlike any other, and I am so grateful for everything this college and this department has taught me.

AALIYA KAUSAR

Hie. I just want to tell you that the journey from the day 1 of the college when I had my periods on the orientation day which was so embarrassing to the last day which was so awesome by playing rummy and had some "guftaguu" (sports day). It feels sad that both the days, I was so eager and busy with finding the reasons of how to escape from this college that moment, but now if my soul says to enter the college premises, I don't get any reason at all.

This moment will never arrive again in one's life, this magic, the first earning from the psychology fest, protest for a class or a lab, online bunk sessions, sometimes eager to get in the class, waiting in the photocopy shop or in a library or outside a "Window no. -4" is so amazing. And, this moment of training of making perfect chapattis in the house is a great art as well! ♥

The moment you guys had, I hope you live them fullest in the given time or just extend it as much as you can! 🌸

HIMANSHI GARG

# THATS ALL FOLKS !!!

The academic year 2019-2020 was tumultuous. Challenges were plenty but battling with them was an adventure. We have grown, learnt and seized every day before us. And just when we thought things were getting better, the world had to close its doors, thanks to the deadly pandemic.

As of now, physical classes stand suspended; we are operating from the confines of our home. While we work on this newsletter, we can't help but recognise that the students and teachers of the Department of Psychology were an unbreakable force.

We are saying bye to our first batch and disseminating a newsletter virtually.

All this makes us stronger and we are sure we will return charged and ready to go.

But for now, as this academic year nears its end, we look back at the year gone by with mixed feelings and look forward to fresh adventures.

