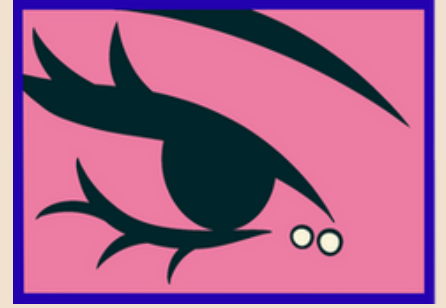




DEPARTMENT OF PSYCHOLOGY



# CATHECT CHRONICLES



BHARATI COLLEGE, UNIVERSITY OF DELHI

EDITION ' 24



NEW HORIZONS : TRANSITION TO  
ADULTHOOD IN INDIA

## IN THIS EDITON

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COUNCIL OF 23-24

# FROM THE TEACHER'S DESK

## PRINCIPAL'S NOTE

**DR. SALONI GUPTA**  
**PRINCIPAL,**

**BHARATI COLLEGE, UNIVERSITY OF DELHI**



I extend my heartiest congratulations to the Department of Psychology on the release of yet another edition of the academic newsletter and for its continuous efforts to strive for growth. The students of psychology are tasked with delving into the minds of human beings to understand the intricacies of human nature in which compassion, empathy and resilience play a crucial role. Furthermore, mutual support and inspiration is what makes academia a vibrant community in which the search for knowledge involves both intellectual and emotional efforts. Thus, my hope continues to be set for students to build practical skills as their field applies not only to personal but also to the collective betterment of the society.

Dr. Saloni Gupta  
Principal,  
Bharati College, University of Delhi



## DR. SONIA KAUSHIK

I extend my heartfelt appreciation for the publication of 'The Cathect Chronicle'. This esteemed newsletter shows the scholarly dedication and unwavering commitment of our student body, illuminating the path to excellence of our department. The dedication of our esteemed faculty members serves as the cornerstone of our department's achievements. I am glad to be a part of this vibrant and intellectually enriching community. 'The Cathect Chronicle' reflects our shared passion for psychology and education, embodying the collaborative spirit that defines our department. Let us celebrate this milestone and embrace the ongoing journey of exploration and collaboration, enriching the educational experiences of our students and advancing the field of psychology.

Dr. Sonia Kaushik  
Teacher in Charge, Psychology Department  
Bharati College, University of Delhi



## MS. REEBIKA



Dear Cathect members,

As a faculty of Psychology department, I'm quite delighted and excited to see another edition of Cathect newsletter coming up in a short duration. I wanted to take a moment to extend my heartfelt congratulations to each and every member of Cathect team and students for the successful publication of this newsletter. Your dedication, creativity, and hard work have truly shone through in this edition, showcasing the diverse talents and expertise for publishing departmental newsletter on a topic that resonates deeply with our mission of fostering student success and growth.

Warm regards,

Ms. Elangbam Reebika Devi

Assistant Professor, Psychology Department.

Bharati College, University of Delhi.

## MS. TAVISHI SANGHI

Welcome back to another installment of our Psychology Department newsletter!

The academic year 2023-24 was a year filled with rigor and growth. This year, I witnessed the remarkable strength and potential within our department. It is incredibly rewarding to see all the young professionals making strides in their academic and professional journeys. In addition to the accomplishments highlighted in our newsletter, our departmental community hosted several successful events that brought together our students and faculty, fostering a sense of camaraderie and collaboration. One of the standout initiatives this year was the "Feelings ka Adda" project. This project involved providing peer support to the students of Bharati College and spreading mental health awareness. It was heartening to see our students actively engaging in meaningful conversations and promoting a culture of empathy and understanding.

As we reflect on the past year, I am reminded of Carl Rogers' words: "The only person who is educated is the one who has learned how to learn and change." This quote perfectly encapsulates the spirit of our department—constantly evolving, learning, and striving for excellence. Here's to another year of growth, discovery, and achievement in our department!

Best regards,

Tavishi Sanghi

Assistant Professor, Psychology Department

Bharati College, University of Delhi



## EDITORIAL TEAM'S MESSAGE

"Even though you're growing up, you should never stop having fun." – Nina Dobrev

Welcome to the latest edition of The Cathect Chronicle. We are thrilled to present to you an eclectic mix of diverse perspectives on the pivotal phase in our lives that's marked by growth, self-discovery and transformation.

These pages weave the stories of resilience, perseverance and personal evolution. From navigating the complexities of higher education to embarking on career paths, from forging meaningful relationships to grappling with identity and purpose, our contributors offer candid reflections and insightful perspectives on the myriad dimensions of adulthood.

As you immerse yourself in the pages that follow, we encourage you to reflect on your own experiences, aspirations, and challenges. May this magazine serve as a source of inspiration, empowerment



# TEACHERS' REFLECTIONS

## "New Horizons: Transition to Adulthood in India"

Ms. Elangbam Reebika Devi,  
Assistant Professor, Psychology Department.

Gen Z, or Generation Z, represents individuals born roughly between the mid-1990s and the early 2010s, succeeding the Millennial generation. They are the first cohort to grow up in an era marked by ubiquitous internet access and digital innovations. Gen Z is often described as adept with technology, socially aware, and culturally diverse, reflecting a wide range of ethnic and cultural backgrounds. Gen Z (born between 1996-2014) so far is the most progressive generation as compared to the generation before it. It is a new wave of the modern world.

However, Generation Z in India grapples with numerous challenges during their transition to adulthood. Academic pressure stemming from family and societal expectations induces stress and anxiety, particularly during critical exams. Career uncertainty looms largely due to the competitive job market and pressure to conform to traditional paths, fostering anxiety about future prospects. Social comparison fuelled by social media breeds feelings of inadequacy and FOMO (fear of missing out), exacerbating mental distress. Conflicting family expectations regarding career, marriage, and financial stability add further strain. Despite increasing awareness, the cultural stigma surrounding mental health impedes access to support, worsening Gen Z's challenges. Balancing traditional values with modern influences poses identity conflicts, while economic hurdles delay financial independence, fostering feelings of inadequacy and dependency. Urbanization disrupts traditional support networks, contributing to social isolation and loneliness. Addressing these multifaceted challenges necessitates a holistic approach, including access to mental health resources, open dialogue, resilience-building, and cultural shifts to destigmatize mental health.

Additionally Generation Z is characterized by resilience, creativity, and a strong sense of social responsibility. Facilitating a seamless journey into adulthood for Gen Z in India demands a comprehensive strategy that covers digital proficiency, professional preparedness, psychological strength, cultural discovery, and financial independence. By actively tackling these aspects, we can effectively foster the overall growth of our youth, laying down the groundwork for a promising tomorrow.





## **"New Horizons: Transition to Adulthood in India"**

Ms. Tavishi Sanghi,  
Assistant Professor, Psychology Department

As we stand on the brink of adulthood, we often find ourselves caught between who we are and who we want to become. This transition, especially in India, is more than just a shift in responsibilities—it's a profound emotional and psychological shift.

Growing up, most of us weren't taught about emotional intelligence. We learned math, science, history, and even the intricacies of our cultural heritage, but understanding our emotions and managing them? That was left to chance. Yet, as we move into adulthood, emotional intelligence becomes crucial. It's the lens through which we view ourselves and others, and it shapes how we interact with the world.

Each of us carries a unique set of experiences, shaped by our family backgrounds, childhood memories, and yes, even our traumas. These elements are like invisible threads that weave through our lives, influencing our thoughts, behaviors, and relationships. It's easy to get caught in these patterns, blaming our past or others for the way things are. But the truth is, the transition to adulthood is the perfect time to break free from these patterns and take control of our own narratives.


This is the time to learn, to unlearn, and to grow. It's the time to understand that while we can't change where we come from, we can definitely change where we're going.

Psychology teaches us that our first responsibility is towards ourselves—to heal, to grow, and to become the best version of who we can be. Only then can we truly make a difference in the world around us.

Expecting others to change or the world to treat us differently before we've done the inner work is a path to disappointment. But when we focus on changing ourselves—on becoming more self-aware, empathetic, and resilient—we naturally start to see changes in our relationships and our environment.

So as we step into adulthood, let's commit to this inner work.

Let's embrace the responsibility of self-transformation, not just for our own sake, but for the sake of the communities and families we are part of. Because real change starts from within, and it's this process of self-discovery and emotional growth that will truly define our adult lives.



# **STUDENTS' REFLECTIONS**

## THE MORE YOU HAVE TO SAY THE LESS YOU CAN...

One of the side effects of living alone. You forget how to speak. To make conversations with people back home. I can have an intense conversation with them about something in my head but when they are in front of me I suddenly can't. Like an impairment. Talking my heart out to my comfort people was all that I wanted to do but here I am, quiet. Quiet as if I am superficially uninterested, quiet as if I hardly care to know where they have been, quiet as if I have nothing to say. When the irony is I have a lot to say, it's like scripts were ready I just forgot how to make my tongue work.

Like the weight of all I have to say has consumed me.

I am waiting to strike up a conversation, I am waiting to get that rant out, but I just can't. I am just not able to whatsoever. I have been stuck in a pool of words so well that I am unable to verbalise them, and it is irritating as hell. Conversations with them used to excite me but here I am unable to initiate them.



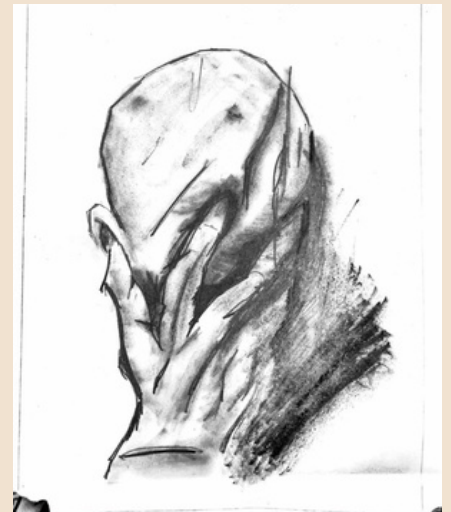
- Nidhi Singh

-Prerna Kandpal

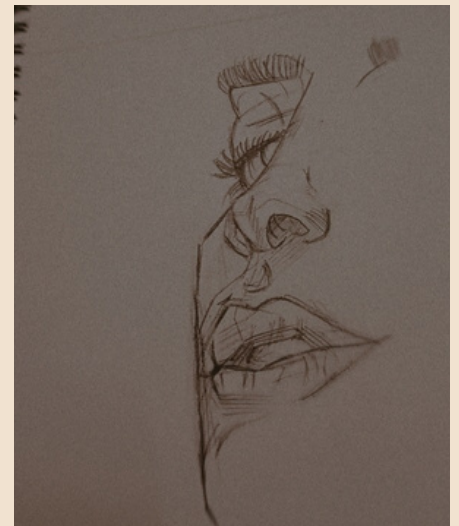
### POEM BY UZMA

In the dawn's soft glow, a new horizon gleams,  
As youth embarks on life's grand schemes.  
The transition, like a butterfly in flight,  
Emerging from the cocoon, spreading wings bright.  
In the tapestry of time, a chapter begins,  
With dreams and aspirations, life's canvas spins.  
Challenges faced, yet courage stands tall,  
Guided by wisdom, they answer the call.  
Adulthood's journey, a winding road it seems,  
Navigated with hope, fueled by dreams.  
Each step forward, a leap into the unknown,  
Yet with each stride, seeds of resilience are sown.  
So let us embrace this transition with grace,  
Embracing change, embracing space.  
For in the journey from youth to grown,  
New horizons await, a world to be known.

-Uzma



- Anushka Jajoria



- Siya Jain



## DREAMING BIG: THE GEN Z SAGA

In the realm of our minds, where dreams take flight,  
Gen Z dreams shimmer in the neon light.  
From the concrete jungles to the virtual streams,  
We're chasing our dreams, living out our schemes.

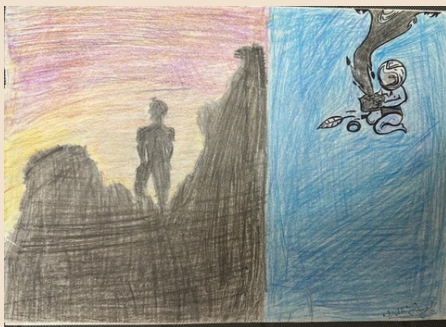
In the language of hashtags and viral trends,  
Our aspirations grow, making amends.  
From coding wizards to eco warriors bold,  
Gen Z dreams are a sight to behold.

Psychology tells us we're weird unique,  
With dreams that flicker, never weak.  
From TikTok musings to late - night chats,  
We're deciphering dreams, wearing baseball hats.

Navigating anxieties, riding mental waves,  
Gen Z's journey through psychology's caves.  
From therapy sessions to self - help reads,  
We're learning to tend to our emotional needs.

So here's to the dreamers, the Gen Z brigade,  
In the hustle and bustle, we've got it made.  
With psychology's guidance, we'll pave the way,  
To turn out dreams into reality, day by day.

-Anjali



- Nidhi Singh



- Lakshika  
2nd year

## EIGHTEEN

Soon to be eighteen,  
Never realized!  
How this place changed never thought twice.

I was young as bud when it started,  
That innocent and kind gaze,  
Melted hearts with each way parted  
Long hairs, brave as knight,  
Full emotions in friendship that never left me discarded.  
Laughter, hopes, shouting airs,  
When I grow up I would do this, this and this and stand taller.  
As always I pray,  
Soon to be eighteen , it all becomes a victim or a prey .

Here she was,  
Wanted to be like Rapunzel,  
Wanted to be fairer,  
With people stuck on her.  
As she grew up I realized,  
All that was in vain,  
Some beautiful spells by them grew in my brain  
Look at her now,  
She lost those hairs,  
She grew tears,  
That broke the heart of her.  
She became timid,  
More like stupid!  
That old Bhawna! Who lived insider her,  
Is now turned stupid as the time became wicked.

Oh ! Eighteen only few months left,  
Here I am playing with my dolls in my hands.  
How will I grow?  
If my inner child never goes.  
May be if I can stop this time,  
Then maybe,  
I can still grow old like wine?  
Like heart with feathers,  
Or maybe some new creature with no fear of getting older.

-Bhawna

## THE SHINING VULNERABILITY

The room was dark, so were the thoughts I was vulnerable,  
 carrying that smile on my face, to face this callous world  
 Heart pounds so hard it skips a beat No one was there to listen,  
 and I didn't have the courage to speak

Shivering, shattering, sobbing, gazing through the window,  
 gathering confidence to be myself

Everyone was supportive, but deep inside, the feeling of  
 disappointment still lingered But later, the self reminded that it's  
 okay to be vulnerable and not able to fit in everyone's expectations  
 And the ray of hope, which gives immense confidence to gather  
 yourself and again face this shitty world with a smile on

-Nivedita Banerjee



- Sukanya Datta  
 3rd year

## POEMS BY DEVYANSHI BHARTI

The pages turned like a cup in  
 the morning and a stare at the  
 moon

She blinked to a new circle where  
 she peddled to the same spot  
 Her smile was as soothing as  
 comfort yet her heart was sinking  
 down

Cornering herself out of the  
 pictures while her face was still  
 there till the autumn passed her  
 face.

She rested her shoulder on the  
 wall looking at the patterns  
 As it turned to the last page, she  
 lived for herself more than the  
 world

For her as her soul never  
 perished at the sight of her flaws

I saw an impression of me  
 habituating in her tears  
 She pointed towards the moon  
 with a smile...once a young girl  
 like her was amazed by the stars  
 too

When she colored her skin  
 guilelessly, it unstitched my  
 scars  
 Her giggles comforted someone  
 beneath this soil that is holding  
 a flower

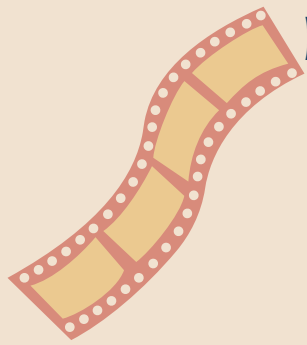
So when the petals fell, she  
 smiled while picking and  
 showing me....  
 "As small as petals, deserves to  
 be preserved"

I embraces a smile to her  
 innocence and a smile to the  
 child following me from years



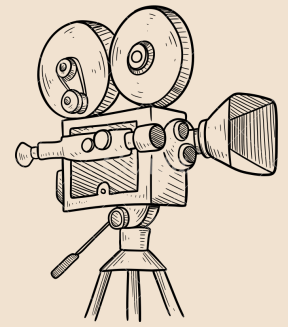
- Lakshika  
 2nd year





# EVENTS AND ACTIVITIES

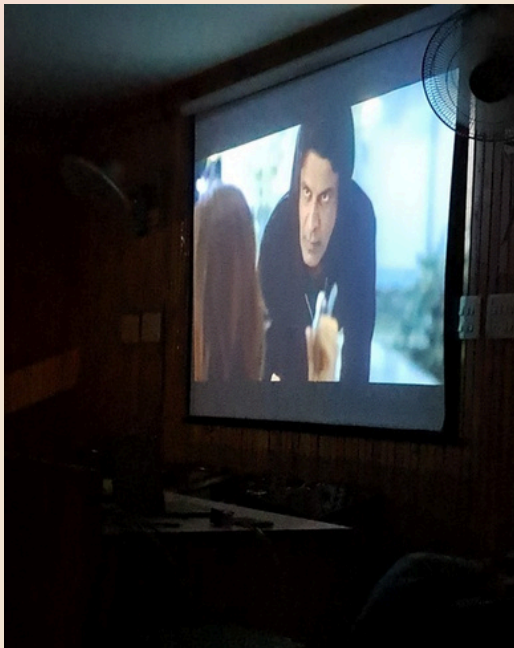
Catnect- Department of Psychology  
Bharati College  
University of Delhi



## Movie Screening

**19th February 2024:** A Movie Screening session was organised by Catnect, Department of Psychology, exploring a range of topics related to mental health. It consisted of the screening of a psychological thriller 'Kriti' which attracted the interest of students. The protagonist of the movie lived with schizophrenia which explored the disorder in realistic terms. The movie also depicted the case of agoraphobia. It touched important aspects of the life of people going through such mental disorders.

Following the screening, Ms. Tavishi Sanghi of the psychology department elaborated on the ethics of clinical therapy, delving deeper into the fact that how an ideal therapist should deal with a client having a mental illness. The students discussed the difference between depiction of mental illness in the movie and in real life.



## Mental status examination and case history workshop

**20th February:** Catnect organized a workshop on 'Mental Status Examination (MSE) and Case History' for the students of second year. The facilitators of the workshop were Dr. Rajiv Sharma, Psychiatrist, the Founder and Director of "A Beautiful Mind Clinic" and Ms. Sarika Bisarya, Counsellor and Special Educator.

The guests shared real life experiences and cases from clinical and counseling settings to throw light on diagnosis and prognosis. Moreover, they elucidated on the importance of the first psychiatric interview, informants, medical, social and family history of the client and gave a clear picture about the procedure and challenges faced while conducting mental status examination.





## Field visit to District Park, Janakpuri in Collaboration with Hestia, Department of Sociology

**18th March, 2024:** Cathect Society organized a collaborative field visit to District Park, Janakpuri with Hestia: Department of Sociology, Bharati College. The aim of the field visit was to help students observe and interact with people and understand social realities from the point of view of a budding psychologist or sociologist.

After a period of observation, everyone was asked to gather and form different groups to discuss their observations from the interactions they had. Students shared that spending time in nature had a calming effect and made them feel at peace.



## Annual Departmental Fest- 'MUDITA 2024'

**30th April, 2024:** Cathect: The Department of Psychology of Bharati College organised the annual departmental fest "Mudita", which is a Sanskrit word literally meaning 'taking delight in the happiness of others' vicarious joy'. The distinguished speakers for the event were - Dr. Navin Kumar, Dr. Priya Kanwar, Prof. Pooja V. Anand and Ms. Ridhima Sethi.





The event began with lighting the auspicious lamp of hope after warmly welcoming all of the esteemed speakers. The guest speakers were gifted with a sapling as a small token of appreciation. This auspicious start was followed by a radiant ode to the divine presence of Lord Ganesha by Ishika and Neha with their graceful dance movements, after which the speakers took the floor for their respective speeches.



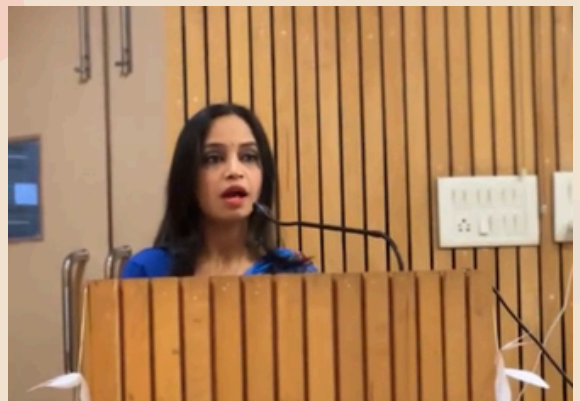
Dr. Navin Kumar highlighted the need for linking happiness with societal change and education for holistic well-being.



Dr. Priya Kansar addressed the concept of meaningful connections, boundaries, and empathy for fulfillment in life.



Professor Pooja V. highlighted resilience, self-improvement, and destigmatizing mental health.



Ms. Ridhima Sethi's workshop on resilience emphasized the prioritisation of mental health, therapy, and self care. Engaging activities including props like balloons and papers were conducted as well.



Singer Yuvraj Kakkar, along with the audience, set the atmosphere with lively music.



# Feelings Ka Adda Initiative by Psychology Department



Mental health trainees from the Department of Psychology, Bharati College have initiated a **listening space for college students on campus- "Feelings Ka Adda " project** in response to the growing importance of mental health and well-being. It aims to provide students with a space to learn about mental health, experience acceptance, and express their emotions openly.

Students are ensured that confidentiality would be maintained at all times where they can engage in self-care and self- activities, such as mandala art, self-care wheel etc. This might help them become more aware of themselves and learn to find ways to take care of themselves and their bodies. The project is a **free-of-cost peer support initiative** and in no way replaces the need of a professional set-up for counselling or therapy. As mental health trainees, the primary motive of the students of the psychology department is to create a **pro bono supportive environment** where students feel comfortable discussing their emotions and a platform to provide them with resources if they feel the need to seek professional counselling or therapy sessions.





## OBJECTIVES:

**Provide a Listening Space:** Establish a free-of-cost "listening space" on campus to provide students with a confidential, non-judgmental and supportive environment.

**Raise Awareness:** Increase understanding and ethical knowledge about mental health among college students through engaging activities.

**To help cope with stress:** Equip students with effective stress management techniques and resources to help them navigate and cope with different stressors.

**Advocate for Emotional Well-being:** Highlight the importance of prioritizing emotional well-being and mental health as aspects of overall wellness within the college community.

**Application of Mental Health Training:** It offers a great opportunity for mental health trainees to develop and apply their skills in supporting and assisting college students.

## PROCEDURE:

Feelings ka Adda" volunteers were selected on the basis of interviews by **Ms. Tavishi Sanghi**.

A **two-day capacity building workshop** organized on 5th and 6th March, 2024 with 7 renowned psychologists. Ms. Tavishi Sanghi conducted various meetings, workshops, and role-play sessions to guide the volunteers for 2 months. **Four MOUs signed** with psychologists who agreed to provide counselling sessions at discounted rates to Bharati College students.

Students are informed about the **ethical guidelines concerning confidentiality, qualification and availability of peer supporters**. A **self-help toolkit and Therapist Database** is provided to the students who visit vent-out space. Students utilizing the booth are asked to fill a feedback form as well. Feelings Ka Adda booth was setup on **15th and 22nd April, 2024**. With an additional set-up done during the annual fest of the psychology department "Mudita" on **30th April, 2024**.

## RESULT:

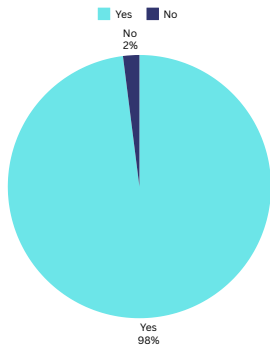
During the recent booth set-ups, Feelings Ka Adda attracted a diverse audience, totaling more than **150 individuals**, who actively participated in an array of activities. Following these interactions, **feedback forms** were distributed to gather valuable insights, and the responses we received were overwhelmingly positive.



# Result Analysis of Feedback Forms

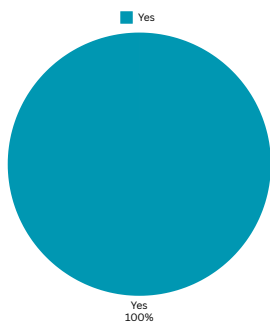
Total Number of Responses : 164

Do you think this project is effective in raising awareness about mental health?



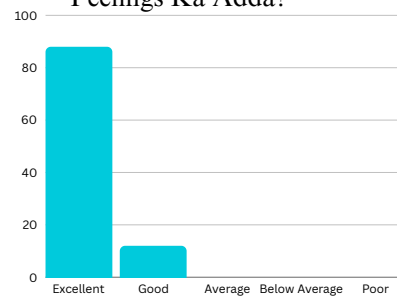
98 percent of respondents affirmed that Feelings Ka Adda effectively raises awareness about mental health.

Did you feel heard?



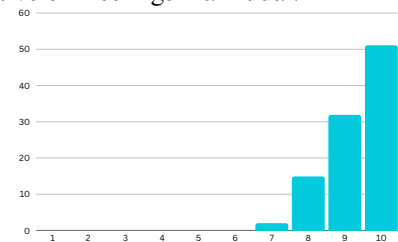
All the participants reported feeling heard during their visit

How would you describe your experience at Feelings Ka Adda?



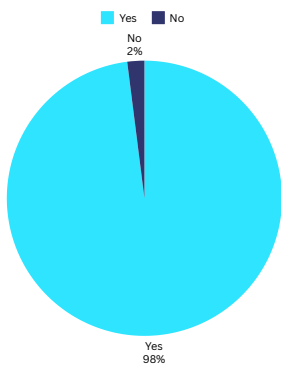
88 percent rated their experience as "excellent," while the remaining 12 percent deemed it "good."

On a scale of 1 to 10, how would you rate the initiative of 'Feelings Ka Adda'?



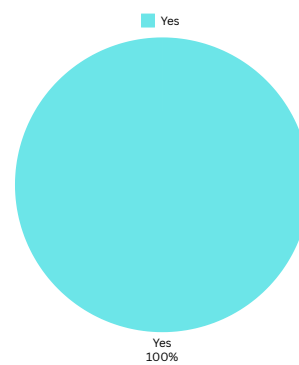
In terms of satisfaction ratings, 51 percent of respondents rated Feelings Ka Adda a perfect 10, followed by 32 percent at 9, 15 percent at 8, and only 2 percent at 7 on a scale of 1 to 10.

Would you like to come back again or recommend 'Feelings Ka Adda' to your friends?



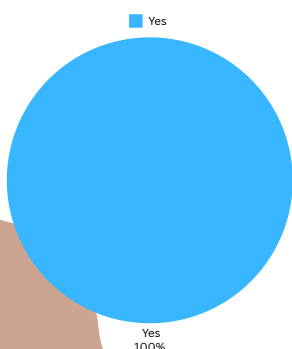
98 percent of the students expressed interest in returning and recommending the initiative to others.

Did you feel better after doing the activities?



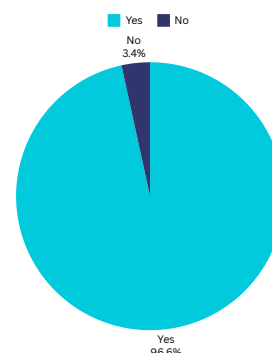
All the respondents reported improved well-being.

Did you find the activities engaging?



100 percent of attendees found the activities at Feelings Ka Adda engaging and stimulating.

Would you like to take a session with us in future?



96.6 percent expressed interest in future sessions at Feelings Ka Adda.



# Farewell

Department of Psychology hosted a heartfelt Farewell Ceremony for the class of 2024. The event, held in the psychology lab, featured a variety of performances and activities celebrating the achievements and memories of the departing students.



The event also included a trophy distribution to honor the office bearing members of the council 2023-2024. The student body president delivered a moving speech reflecting on shared experiences. The farewell was a beautifully orchestrated event that left everyone with cherished memories and a strong sense of belonging, celebrating the bright futures ahead for the Class of 2024.



# COUNCIL 2023 - 2024



## OFFICE BEARERS



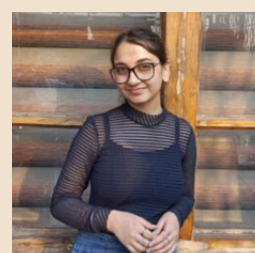
**Jayantika Rawat**  
President  
(3rd year)



**Shatabhisha**  
Vice president  
(2nd year)



**Rashi Goyal**  
Treasurer  
(2nd year)

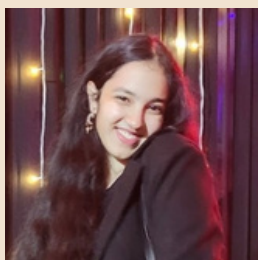


**Rabani Gandhi**  
Joint secretary  
(1st year)

## PUBLIC RELATIONS TEAM



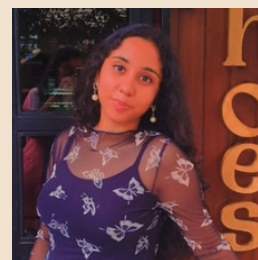
**Mahi Panda**  
Head  
(3rd year)



**Avantika Kane**  
Member  
(2nd year)



**Nikita Yadav**  
Member  
(1st year)



**Dhriti verma**  
Member  
(1st year)

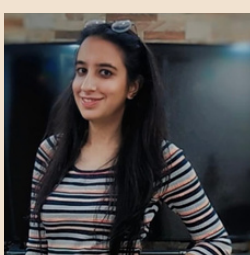
## CREATIVE TEAM



**Rakhi Lamba**  
Head  
(3rd year)



**Himani Tiwari**  
Member  
(2nd year)



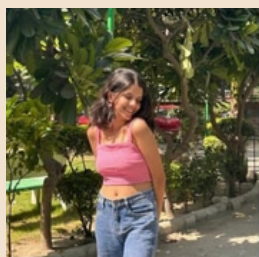
**Devina Gilani**  
Member  
(1st year)



**Bhawna**  
Member  
(1st year)



**Kanak Gandharv**  
Member  
(1st year)



**Gunika Jain**  
Volunteer  
(1st year)



**Lakshika**  
Volunteer  
(1st year)





## SOCIAL MEDIA TEAM



**Aditi Sehrawat**  
Head  
(2nd year)



**Jannat Bano**  
Member  
(3rd year)



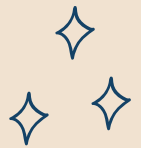
**Kushangi Kapoor**  
Member  
(1st year)



**Shivya Verma**  
Member  
(1st year)



**Disha bagga**  
Member  
(1st year)



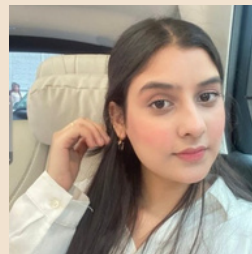
## EVENT MANAGEMENT



**Anushka Sharma**  
Head  
(3rd year)



**Mansi Gurung**  
Member  
(2nd year)



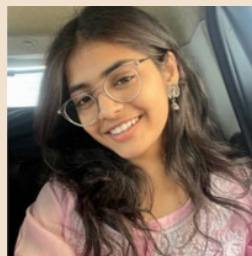
**Uzma Malik**  
Member  
(1st year)



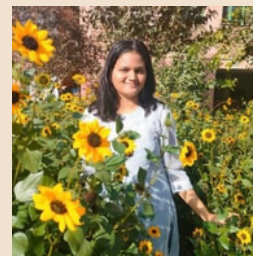
**Priyanshi Singh**  
Member  
(1st year)



**Riyanshi**  
Member  
(1st year)



**Khushi Yadav**  
Volunteer  
(2nd year)



**Jiya Bhardwaj**  
Volunteer  
(2nd Year)

## EDITORIAL TEAM



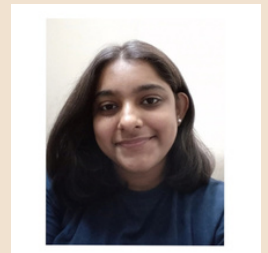
**Sukanya Datta**  
Head  
(3rd year)



**Pratha Sharma**  
Member  
(2nd year)



**Poorvi Bhambani**  
Member  
(1st year)



**Renisha Arya**  
Member  
(1st year)







