

UNHINGED



L'ESPRIT
KAMALA NEHRU COLLEGE
UNIVERSITY OF DELHI

DEPARTMENT FACULTY



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ACKNOWLEDGEMENT

Unhinged isn't just a magazine of the Psychology department of Kamala Nehru College, it's a part of our legacy. From a newsletter to a magazine, it has withstood all challenges, and yet again emerges as a wonderful mix of articles from all three batches.

We would like to thank our teachers for their relentless support and guidance. A heartfelt thanks to all the writers, artists and volunteers who contributed to the success of this magazine. It would not have been possible without you. With this, we proudly present to you UNHINGED in its fourth edition, 2015-2016. We hope it's the same wonderful ride for you, as it was for us working towards it.

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ANNUAL REPORT 2015-16

L'Esprit, the Department Of Psychology, Kamala Nehru College, has come to play a pivotal role in creating awareness, enhancing knowledge and intellectually shaping students by organizing various workshops, seminars and certificate programmes.

Here's a montage of the different activities that kept the Department busy through the academic session 2015-16

FRESHERS' PARTY

(20th August, 2015)

An introductory Fresher's party was organized by the second and third year students to welcome the incoming Batch of 2015 in the Student Activity Centre. The theme was "MISMATCHED". The informal ice-breaking gathering ended on a rewarding note, as based on the appearance and performance of a few tasks; three Freshers' were awarded the "The Best Dressed", "The Best Performer" and "Fresher of the Year" titles.



DANCE AND MOVEMENT THERAPY WORKSHOP

(19th September, 2015)

A one-day workshop was organized by the Creative Movement Therapy Association of India (CMTAI), facilitated by Ms Nishtha Agarwal who is one of the founding members of the CMTAI. The workshop aimed at introducing students to the use of movement as a medium for awareness, expression and mind-body synchrony for self-expression.

TALK ON MINDFULNESS IN MENTAL HEALTH

(23.9.2015)

The Department of Psychology played host to the esteemed Resource person, Mr. Gerardo Montes-Maroto, a Spanish scholar, who recently collaborated with the Behavioural Sciences research methods Department through a grant from the Ministry of education. He enlightened students on the various techniques and applications of mindfulness-it's meaning and contextual relevance in today's world.



CBT AND ITS APPLICATION WORKSHOP

(14th October, 2015)

A three hour workshop on cognitive-behaviour therapy and its applications was conducted by Ms Gagandeep Kaur from Unique Psychological Services (an organization aiming at helping individuals lead a happy, meaningful and problem free life by focusing on holistic health aiming at a healthy mind, body and soul). Ms Kaur is a well –known practitioner in the field of cognitive behaviour therapy. She introduced the students to the basics of CBT and went on to demonstrate the practical applications of the same through experiential activities and role play.

FAREWELL FOR DR. KIRAN KHURANA

(4th November, 2015)

A farewell party was held for Ms.Kiran Khurana as a token of our gratitude towards one of the Founding Professors of the Department. Students and a few alumni members thanked ma'am for her exceptional contribution their lives. The senior teachers also shared their favourite moments with Ms.Khurana. The program rounded up with a touching speech by Ms.Khurana, followed by lunch.



“...So when you’ve spent more than 41 years at an institution, things start rewinding; I remember I used to be so nervous during my first few days, I actually used to practice my lectures beforehand. I had joined KNC at a pretty young age, so my students used to see me more as a friend. The Department was in its nascent stages at that time; I was only the second faculty member to be appointed, after Dr. Janak Singh so I’ve practically seen the Department bloom into the strong unit it has become now.

As far as the college goes, I have worked under three Principals; Dr. Gorowara, whom I shared a very student-principal kind of a bond with, then Dr. Sharma, during whose tenure, I was part of numerous committees, notably, as the Convenor of the Refreshment Committee for several years and as Union Advisor for two years, which helped me expand my horizons, through interacting with students other than our department. Finally came Dr. Chatterjee, who was close to my age, so we shared a very easy camaraderie.

On the whole, my journey has been very fruitful- I have learnt a lot from my colleagues and students alike, and I have received immense love, support and respect from my fellow colleagues, and have transitioned from being a friend, to an elder sister, to a parent figure and finally, signing off as a grandmother to my students...”

“I would like to tell all my students that teachers and parents are the only ones who genuinely feel proud of your success, but always remember, no matter how high you climb up the ladder of success, never forget to be a good human being first.

I love you all, and keep missing all of you.”

Prof. Kiran Khurana

ACHIEVERS



TARU PARNIKA SRINETE
Topper- 2013-2015
Aggregate 85%



BHAVYA SALUJA
2nd Year Topper: 86.6%



R. RAJESHWARI
1st Year Topper: 8.45 SGPA
(2015)



DEPARTMENT OF PSYCHOLOGY ASSOCIATION

SANYA DHAWAN -Treasurer
SHIVANI PANWAR - Vice President
JYOTSNA SODHI - President
G.S PRAGYA -General Secretary

THE ABNORMAL CELL

-Shikha Soni (Editor-in-Chief)

The story of madness is not something new to mankind and neither are the many experiences of it. However the consumerist bird of demand and supply has purely dominated the limitations of how madness is allowed to exist. For this, and perhaps many other reasons we do what we're doing right now. Escape or explore. But since you're here and reading this, I'll assume your intent is for the latter; even if not ready then sincere to help yourself or another.

The cover page of this magazine is an aesthetic quantification -painting or drawing used as a way to record raw data from observation - painted by Jordan Clayton. The illustration implies the taxonomical image of a psychotic neuron. Jordan Clayton, a microbiologist and neurologist, dedicated 20 years of his life in research using taxonomic methods, with the hope to develop preventive measures for genetically transmitted psychosis. Although, he was not to become the second order beneficiary if outcomes ever yielded –as he himself had the genetic vulnerability for psychosis. With the onset of his mental illness even though Clayton's scientific career decelerated, he started to regenerate his body of scientific work into 'aesthetic quantifications'.

Now try and think hard enough about why did you take up psychology in the first place? Was it the motivation to explore the psychological dynamics on your own?

So then, when you're in the way of exploring up and finding out who you really are, what you do is what the whole systems is doing at the place you call here and now. You come to realize, that the real you is not a puppet which life pushes around. The real, deep down you is the whole systems you had never uncovered conventionally. The discipline then becomes the most integral part of life –it is a yog, it is a way of realization. This realization then becomes maddening and all the more existentially intriguing as ever before. Perhaps, in this juncture of realization we can either take a comforting sojourn at the already existing systems by passively authorizing a relation with the abstract universalities; or if some of us manage to leap a horizon, we may be able to communicate with society only by the intermediary of an equally abstract reason, but the one that is of lived experiences.

Magazine photo courtesy: A taxonomical dialogue with Jordan Clayton



The Psychology of Fandoms

- Nishtha Gupta (IInd year)



How many times have you had a conversation with friends that began with, “Have you seen/read/heard...” Which is usually followed by “You have to watch/read/listen to it?” Most of us can relate to this because, when you fall in love with a fantasy universe, you want everyone to come and see what you love about it. Fandom is a term used to refer to a subculture composed of fans characterized by a feeling of empathy and camaraderie with others who share common interest. In simple words, a fandom is a community that surrounds a tv show/movie/book etc. Fanfiction writers, artists, poets, and cosplayers are all members of that fandom. Fandoms often consist of message boards, livejournal communities, facebook groups, and people. Potterheads, Beliebers, Directioners, Whovians, Jedis, Hunters, Tributes etc you name it, almost everyone is in some fandom or the other.

There are 2 levels of association that people form through fandoms – their connection with fictional characters and on a wider level, their association with a larger fan community.

Why do we respond to fictional characters, whether they dwell in the pages of a well-loved book or on one of our many screens, as though they were real people? The short answer is empathy. One thing that helps us empathize with family and friends, no matter what our baseline capabilities to do so are, is to try and fill in the details of what we don't know about their situation. Interestingly enough, this is also more or less what we do with fictional characters; in fact, it's sometimes easier to empathize with them because we are often given, positionally, far more detailed and intimate knowledge of a character than we would ever know about someone in our real lives. And, as in life, it's our nature to fill in the blanks when we're presented with a character that we haven't gotten to know very well yet. We would do well to remember why we read or watch films in the first place; isn't it to experience what we have not experienced in our real lives? Understand other people's lives, inner and external? Isn't a mark of good characterization how “real” they feel to us? What we look for when it comes to relating to characters isn't necessarily the same as what we would admire about them. In fact, when it comes to really distilling down to what makes us really, really, really love a character, it's not so much that we think of them as our fictional counterpart, but that we'd like to be friends with them.

At the root, our attraction to fictional characters may not be that we identify with them that much at all—but rather; we just really enjoy spending time with them. Whether it be in the pages of a book, a new season of TV or a feature length film, for a few hours at least we're lost in their world. Maybe the mark of a truly memorable fictional character is how often we take them with us when we head back to reality.

When it come to the larger fan community, for psychologists, being a fan is, in its most basic form, a matter of solidarity: Our fixation with cultural phenomena is the way in which we signal our belonging to social groups. Our engagements with other fans and our imagined relationships with celebrities shape the nature of our daily lives, rather than functioning as passive hobbies enjoyed on the weekends or after work. When people come together to like something, any hindrance that might have been there is gone, and people have the ability of becoming instant friends. As long as one is a fan of something, a true fan, one will always have a place, online or otherwise, where one can feel one belongs. For many, this is absolutely irresistible.

Some advantages of being in a fandom are:

1. Para-social relationships can be good for you

Essentially the relationship between fans and their idol is one-sided and these are called para-social relationships and they can often boost self-esteem of teens, especially for those with low self esteem. For children, it helps in the formation of identification. They can also drive away feelings of loneliness and rejection.

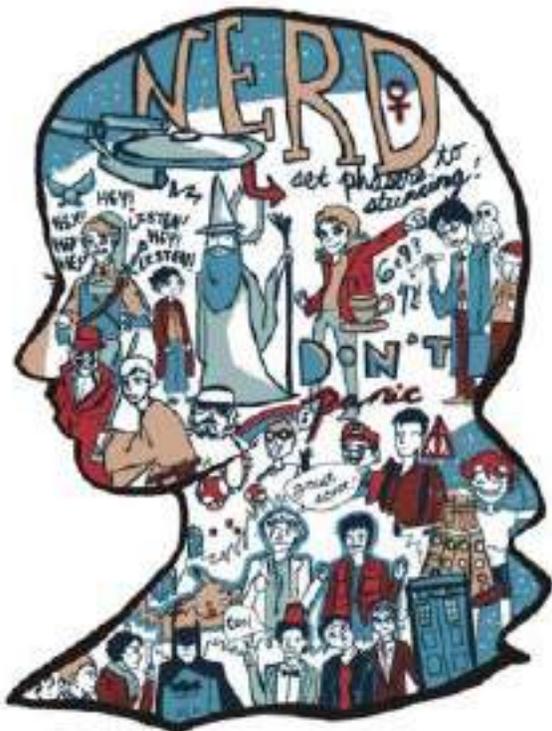
2. Extended family-like social interaction

When you're in a fandom, you have a family-like group world wide to interact with via social media which is good for confidence and promotes a feeling of belongingness which is one of the essential human needs according to Maslow, a humanistic psychologist.

3. Getting the creative juices flowing

In each fandom, there are those creative fans who draw, edit images, make gifs and videos, run blogs dedicated to their fandom which makes it all the better. Inspired fan fiction is written and it can open young people to a whole new world in terms of their own talent.

So why not join a fandom today?



SPECK OF DUST

-Roshni Mathur and Arushi Ahuja (II Year)

I look at the night sky
And all the stars shining from above
Seem to be mocking me with their blinding light
While I'm down here ,
Fighting, fighting, fighting to climb out of the abyss

What are we really?
Merely a speck of dust on the windshield of the universe
Desperately seeking a purpose but,
Just adding to a million more

A pawn in a chess game
Fights more battles in death than we do when alive
While we dwell on the past
All our wars are lost in the future

What are we really ?
Blind men trying to perceive the elephant
Desperately seeking a guide
To help us find the truth of reality but
finding another white lie

The energy of all our struggles combined ,
Is hardly enough to move the earth
But there is a tiny light at the end of the tunnel
That engulfs us and gives us hope

What are we really?
A mere drop of water on a leaf
But that water makes the whole tree

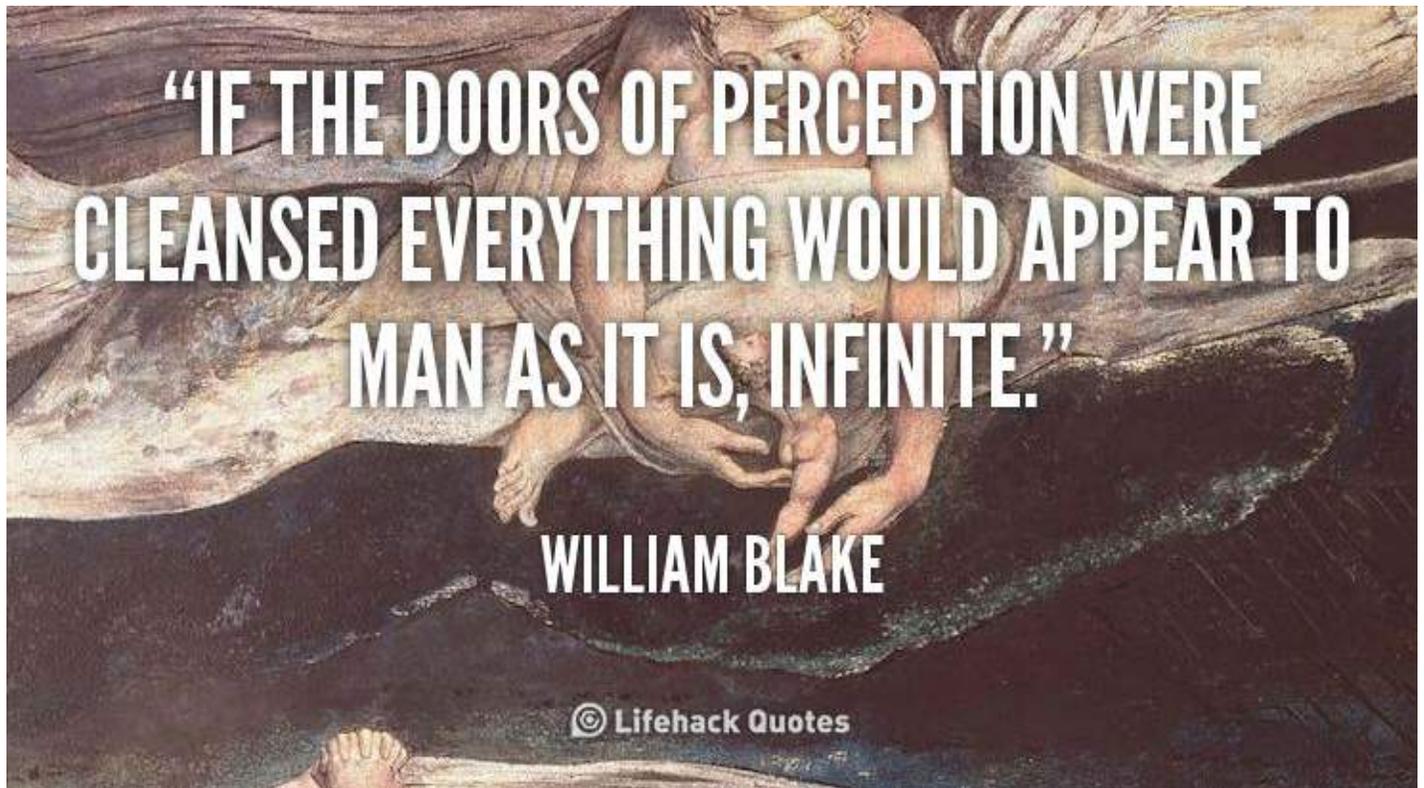
Looking at the bigger picture
We don't matter much
But if we fragment the bigger picture
It's really made of us

What are we really?
More than just a speck of dust on the windshield of the
universe
Already having a purpose
We are the ones who make the million more.



WALK OUT THAT DOOR

-Taniya Goyal (II-Year)



Be aware of your existence. Thinking of ‘you’ tangibly, being a part of someone else’s story can be really overwhelming sometimes. That is when all that seems insignificant, starts making you question them. Is awareness like Pandora’s Box or is it like never-ending cookies? It is a question I was hoping to answer but then, I had more important things to do, like good grades....? I seem stuck in a loop of my priorities changing every year, but my purpose of life remains undefined.

The awareness of being aware is what we call ‘consciousness’. This is the space where our intangible, unanswerable questions arise out of. The significance of the presence of such thoughts is described by how we explore them.

I tried reading something, but then, just as my priorities, my beliefs (not in opposition to each other), but their importance in my life changed, and I moved on to another book.

Then I stumbled upon “The Doors of Perception”- Aldous Huxley.

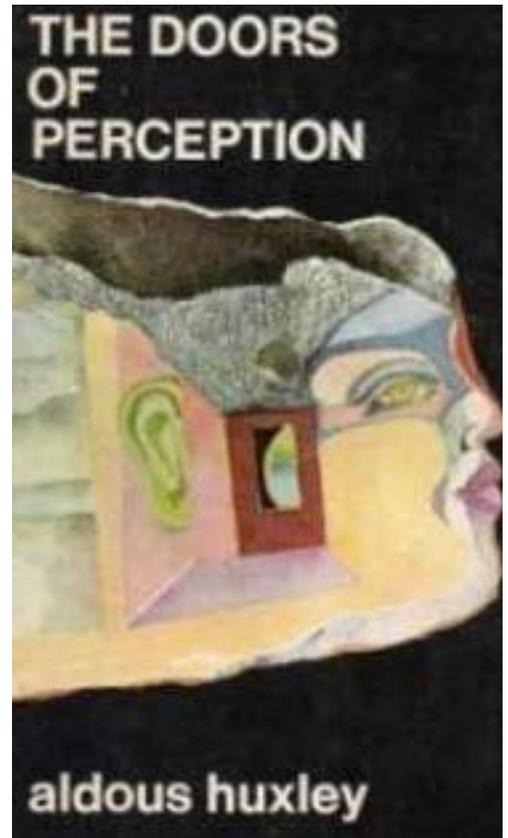
Yes, the book inspired the likes of Jim Morrison to name his band “The Doors”. This book is Huxley’s account of his perceptions after consuming a drug known as mescaline (a psychedelic drug similar to LSD). Hallucinogens and psychedelic drugs have been used by people since the dawn of civilization; it is only in recent times that our collective attitude about them has changed. Administered in low doses, these drugs are known to trigger spiritual experiences and realizations. For people who choose to consume them in an informed and prepared manner, these induced states of consciousness could hold all the answers.

Would Lucy in the Sky with Diamonds have come into being if the Beatles hadn't tried LSD? Wasn't it these drugs that healed the tormented minds of Edgar Allan Poe and Van Gogh? Allen Ginsberg, William Burroughs, Kurt Cobain are all artists who experimented with these drugs. The inhibitions we can't even begin to identify block our creative passage, which are lifted momentarily by these drugs and, for that amount of time, we become utilitarian like we were meant to and can really distinguish between what is important and what isn't.

Huxley's book has long accounts of the aesthetic he's experiencing and it has been visceral to my soul.

The question I was asking myself is; when clearly there are a number of people who need these answers, why we are reluctant in opening our doors of perception? Taken under certain conditions, I believe they would amplify the intensity of our perception. Ganja and Hashish were a way of life in India a century back; it is westernization and Americanization that banned it. Up in the hills, where it is peaceful, their use is common. Arguably, wouldn't it be nicer to live without these inhibitions of the mind?

We have long ignored what nature has given us. Beyond artistic expression, these drugs can open our minds to so many things we are unaware of. It is time that science took an objective look at drugs and correctly used them for the exploration the mind. This exploration of mind is essential to Psychology as a paradigm and developing our knowledge in this spectrum through the candid, original information we can have. A qualitative shift in the patterns of mental cognition occurs and a first-hand experience, many thinkers have been able to make previously unidentified links in arguments, exemplifying advanced perception and analysis.

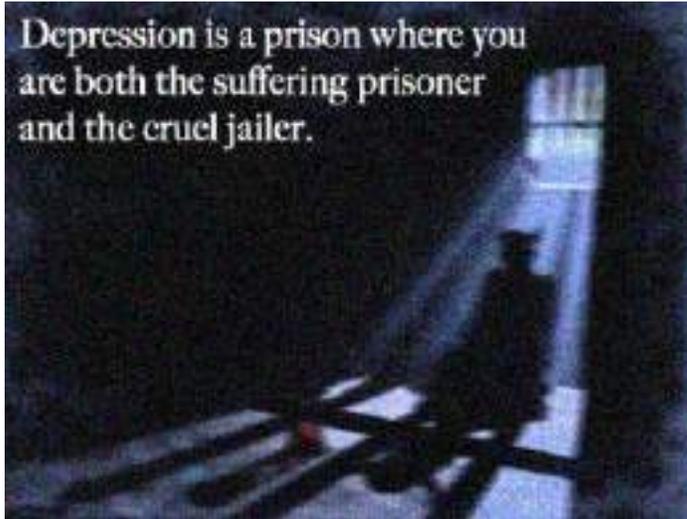


There will always be room for criticism but as members of a progressive society, especially science, we ought to look at this objectively and be more open for, "If the doors of perception were cleansed, everything would appear to man as it is- Infinite; for man has closed himself up, till he sees all things thro' narrow chinks of his cavern." - William Blake.



NEUROTIC FRESHMAN OF PSYCHOLOGY

-Sanjoni Sethi (III year)



-Rowe, Depression: The Way Out of Your Prison (2003)

Years have passed with different labels attached to her personality and behavior. It never bothered her as much as it was hyped, until she entered the real world of madness. She often called the typical population abnormal. She lived as the suffering prisoner and learnt to be the cruel jailer. Soon she welcomed herself in a sane world of an insane population titled a psychology student and recognized her own prison – depression of the psychology entrant.

Friends called it a phase, family asked her to sort it out and the cruel jailer told her to construct a reality for others. She made the suffering prisoner act “normally” which should come to her naturally, to smile, to socialize, and to feel. The cruel jailer would take the charge of conventional methods of practice to make her significant others perceive reality from their own point of view. It asked her to overcome her irrational worries, sadness, and fears. While, the dominance of cruel jailer made up by the society let the suffering prisoner suppress slowly, the budding psychologist identified her jailing pretenses and suffering misery simultaneously.

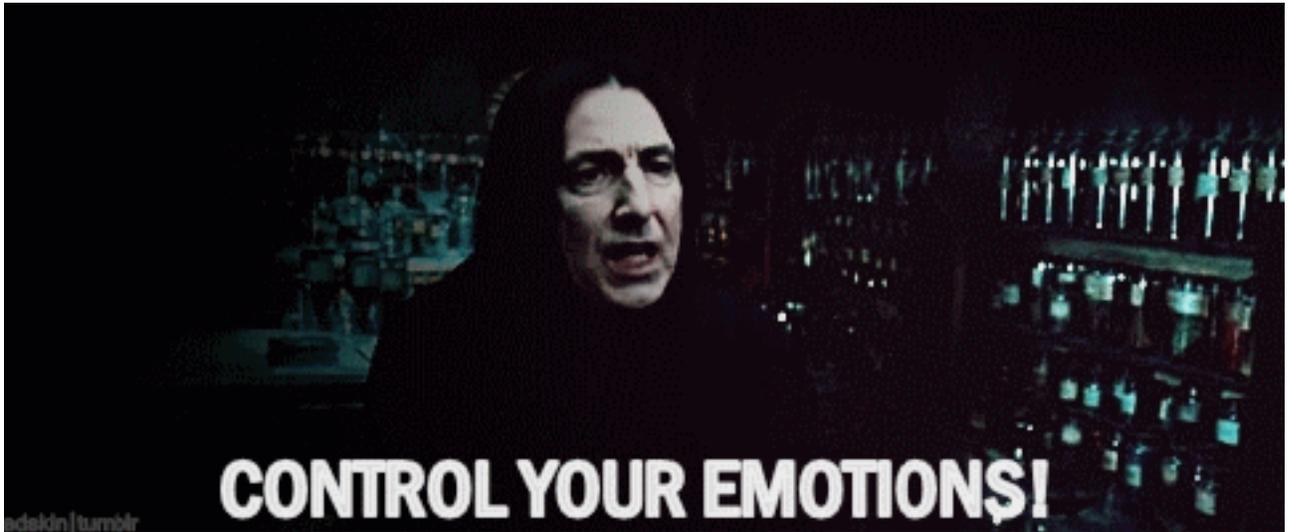
She academically studied depression and personally diagnosed herself. Each step of learning made her closer to see reasons to her malfunctioning behavior. There was silence on her lips, there was immense grief in her eyes, and there were millions of things in her mind. She wished she was normal like others. She trapped her own episodes of depression, she consulted a therapist, and she self-helped her illness.

She didn't know why her sleep turned away, she insulted herself for letting others suffer with her. She lived in the prison of suffering and ended up ruling it. And then, she would be normal again like her other budding psychologists. She knew she was different and she entertained her prison of madness more sanely. She accepted her depression. To deal with different humans she decided to educate herself more passionately, as the prisoner and the jailer.

‘Depression named me as the suffering prisoner and the cruel jailer typically; now, I am labelled as neurotic freshman of psychology.’

WHAT DRIVES US?

-Purnima Singh (I Year)



We are driven by emotions, and exhausted by emotions.

We dream. We detest some people while we admire some. We fantasize. We discover sexuality. We reach for the stars. We may appear quiet but it's an army we have slaughtered in our imagination. We worship our deities. We hold others responsible for our misery. We explore our depths and the inhumane side of us.

A slip of tongue can enrage us. Three words can make the night for us. Sometimes greed, lust and ambition bring out the demon in us but it is our sanity that keeps us grounded.

Sentiments they can resolve a lovers' quarrel. They become a woman's weapon to shield her husband and child against brutality.

They can also lead to the everlasting pain of separation, for he cannot rescue his beloved princess, and the prince she cherishes will not break the spell with a true love's kiss.

Scarred by certain things, we learn to live with them. Sorrow is inevitable but temporary.

Trauma can make us numb to any pain or injury. This numbness is undesirable.

We are gifted with expression and creativity. What makes it even better is that they are subject to emotions. A manifestation of these three does not make us an artist; rather we become art, and a muse to many.

Some sentiments remain unwelcome. The desired ones are welcomed with fervour.

SUSTAINING BELIEFS

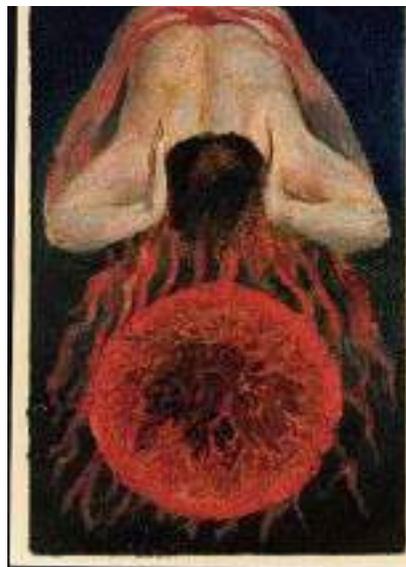
-Arushi Ahuja (II Year)

The concept of God is integrated into us since before we are even born. Carl Jung came up with the concept of archetypes, out of which God was one. These are culturally-shared meanings and thoughts that we have as a species. But the question that bothers me sick is why? Why has the concept of a supernatural power looking after us sustained for centuries, ever since the conception of mankind, without any scientific evidence of it? There is no clear answer, of course, and research only strengthens my curiosity.

So maybe there isn't just one answer. Maybe there are a million different answers for each and every one of us.

I went to Shimla with my family once. It was raining cats and dogs and the roads were dotted with puddles. At one point, there was a sharp turn going upwards, where the tyres of our car slid back and we were left to the mercy of the Himalayas. In that moment, my mother could be heard chanting the names of every God she could think of.

Maybe this is why we believe in God even in the absence of any proof? Maybe God and religion are just a security blanket that we need, in order to not feel hopeless in the face of death. We are afraid of the atrocities of life. And if we didn't believe that there was something or someone looking after us, someone taking care of us, then we would be left devastated.



William Blake: Book of Urizen

My soul is my supreme meaning,
my image of God.

Carl Jung
Red Book

www.jung

Or, maybe God is kind of an extrinsic motivator to make us live and do things. We want to believe that whatever we do, we do it for a bigger purpose; that we are moving towards something. If we didn't believe that we would unite with God at death, or attain nirvana if we do good, then there's just a black hole ahead. What do we work for? What do we live for? Human beings have issues with being listless.

So maybe this is it. Or maybe, it's not.



HELP ME REMEMBER

- Anusha Arora (III Year)

It was the repeated noise of her alarm that woke her up. She jolted upright, an expression of irritation filling her face. She moved her eyes and scanned the place around her, it was filled with numerous sheets of paper, there were coffee mugs, files scattered around and cigarette butts lying inside the ashtray. A sudden sense of realization seeped in through her mind and she recalled the events of last night and her face squeezed in a peculiar manner. She realized she had been working till late last night and was now late for work. She jumped out of bed, got ready for work, picked up whatever sheets and files she could, grabbed her camera bag and ran out her front door for work.

As she entered her office building, she suddenly felt calm and in control of her herself. She loved her work, her office and why shouldn't she? She was the best at what she did and she knew this very well. As she walked down the corridor towards her cabin, she saw faces she had never seen before and they all looked at her in the same manner. She also noticed that the furniture had been changed a little; the walls were a light pink instead of the beige walls she'd left the office in, there were paintings that had never been there before, the coffee machine had been shifted and she wondered how could so much have changed just within a night? And then as she stood outside her cabin door, she was shocked then confused and finally furious. Someone had put up the wrong name on her cabin door. She shouted for her assistant but there was no reply. Furious, she opened the door and saw a woman, in her early 30s wearing a high waist formal skirt with blue silk shirt and a coat sitting in her chair. She confronted the lady sitting in her cabin and was told that she had been fired from company years ago. X looked puzzled, "years ago" she thought. How's that possible? She had come to office yesterday and sat in this very chair, and the day before that, and before that for almost three years. Now suddenly some unknown lady was telling her that she had left her job? That was just bizarre.

She barged out of her office, filled with anger and went straight towards her boss' room. She came out after an hour and felt as if someone had picked up her life and spun it three hundred and sixty degrees. As she walked down the corridor of her office she replayed the conversation in her mind. She'd learnt she had quit her job after all and this was the sixth episode in a month when she'd come into the office like this. The truth was she was suffering from a disorder called dissociative amnesia which made it difficult for her to recall certain events of her life. She had been diagnosed with it two months after she had suffered from an attack while leaving from work a year ago. As she walked out of her office onto the street, she was lost in deep thought with tears streaming down her eyes. She walked and walked unable to recall any such incident. As she was crossing the street completely lost in her own distorted world she heard someone call her name repeatedly and as she looked up she saw a lady with spectacles, wearing a cashmere sweater and pants staring down her with a look of worry. She felt confused, she looked around and saw those familiar light yellow walls, the bookshelf by the door and it hit her that she'd come for her psychologist's appointment and finally everything made sense.

Eternal Silence

-Roshni Mathur (II Year)



Take a breath, hold it in
Let it go, won't happen again
Time and time you see these words
But are yet to see them in action

Everything has gone quiet, quiet and still
You know what's coming next, the every morning
drill
You feel a white burning sensation
It was better before, before the silence

With serenity you unleash your loudest cry
Hoping the pain will eventually pass by
Like a bird getting its wings clipped
Hoping you can soar once again

Now that you see the blood in front of your eyes
You realize the truth behind your lies
They've won, they've crushed your soul
But you should know it wasn't your fault

When your weapon of choice prevails
Death will rise, and silence will fall once more.

The Bent of Mind

-Asmita Dutta (I Year)

Enigmatic and complex, it's a puzzle unsolved,
The core of our existence, around which our life revolves.
A riddle in itself, boundless like the sky,
Sometimes naïve, sometimes sly.

Such is the mighty mind, both constructive and destructive,
The power to think and feel, it has loads to give,
Definitely not less than a herculean task to decipher its nitty- gritty,
Yet it takes you places with its thoughtfulness and creativity.

The miraculous mind can make the impossible possible.
Without enriching knowledge, it's all meaningless and dull,
At times it drives you insane but never mind -
Because God's most priceless creation is the beautiful mind.

ANTHROPOPHOBIA

-Kanika Kaur (III-Year)

Today, I know, I will die
As this sickening, feeling passes by
As the blood pumped by my heart
Doesn't reach somewhere
It earlier used to.
But maybe I will survive
Yet I know I won't; I want to hope
I know it is going to hurt, I know my heart will burst
Just want to convey to my heart,
That it may not
My senses may not rot
But it again comes back to my brain,
That they may.
Oh! Cool air, Please sweep me away
Please hide me in your transparency.
Oh! Cold earth, just bury me inside of you,
Hide me in your million leaves.
Oh! Warm sunlight; quickly absorb me within you,
Then maybe, you can throw me on the deserted grassland.

Oh! Scared river, drown me in you
And send me up there
To fall back into you.
Oh! Mysterious space, I request you to swallow me in

And send me somewhere they can't reach.
Oh! Whoever is up there,
Or down below.
Or masked in eternity
Please roll me into death,
And take me away with you
When no one is looking
And, make sure when you send me back,
I am not a human being,
Maybe a streak of light,
Maybe a stream of water,
Maybe a sway of wind,
Maybe a dune of leaves,
Maybe a stone on some planet,
Which no one is seeing.
At least not a human being!



Who is controlling Your Mind?

-Kalyani Seth (III Year)

The mind is like a small child, who accepts and takes for granted whatever it sees or hears, without judgment and without considering the consequences. If you let your mind behave as it likes and give it complete freedom, you lose your freedom. We are constantly flooded with thoughts, ideas and information coming through the five senses, other people, the newspapers and TV. These thoughts, ideas and information penetrate the mind whether we are aware of this process or not. This outside flow influences our behavior and reactions. It influences the way we think, our preferences, likes and dislikes. This means that we let outside powers shape our lives. So where is freedom?

Most people think and believe that their thoughts originate from them, but have they ever stopped and considered whether their thoughts, desires, likes and dislikes are really theirs? Maybe they have come from the outside, and they have unconsciously accepted them as their own? If there is no filter to process the thoughts that enter the mind, there is no freedom. Then all actions are like the actions of a puppet on a string, though no one will admit it.

You may object and say that the thoughts that pass through your mind are yours, but are they? Have you deliberately and attentively created every thought that entered your mind? Why let outside influences control your mind and life? Why let other people's thoughts control your life and mind? Do you want to make your mind free or do you prefer to enslave it to other people's opinions and thoughts? If you leave your mind open to every thought that passes by, you put your life in other people's hands, and without realizing it, you accept their thoughts and act in accordance with them.

Each person is more susceptible to certain kind of thoughts than others. Certain thoughts and ideas we ignore, and others spur us to immediate action. Thoughts concerning subjects we love have more power on us than other thoughts, but even thoughts and ideas that we don't care about, if we are frequently exposed to them, eventually sink into the subconscious mind and influence us. Everyone has desires, ambitions and dreams that he or she may foster from childhood. They may be the thoughts of our parents, teachers, and friends, which have lodged into our minds, and are carried around throughout our lives. Are they necessary? Do we need all this excessive baggage?

In order to reduce the power of outside influences and thoughts on your life, you need to be aware of the thoughts and desires that enter your mind, and ask yourself whether you really like them, and are willing to accept them into your life. Analyze your motives and actions, and you will be surprised to find out that many of them were triggered by outside influences.

You do not have to accept each and every thought, idea or information. Think and find out whether you entertain certain thoughts because you decided to do so, or because they just popped into your head due to outside influences. Learn not to accept every thought that you encounter. First find whether it is for your own good to follow it. It may not be so easy at the start, because the mind will revolt against this control. If you want to be the master of your mind and life, you should not let other people's thoughts, desires and motives rule your life, unless you consciously choose so.



MALUNDANCE- the future may not be as bright as you think.

-Anusha Arora (III Year)

Homo-sapiens, the most developed species existing today prides itself over its intellect, strength, innovations, dexterity, natural acuity, its ability to form and manipulate complex structures, to communicate coherently through the use of language, to feel, to perceive and most importantly, its ability to achieve.

Today, we talk about mind-boggling innovations, interplanetary travels, Jetson age transportation system, quantum computing, mapping thoughts through electrical signals, thought journals saved on the cloud, co-existing with robots, the internet of things, stopping the process of aging, genome mapping, curing intractable diseases. In short, we talk about what has been popularly come to be known as abundance.

Yet, I find myself wondering about world hunger, child malnutrition, declining mortality rates, rape, abuse, poverty, addiction, equality for all, justice, freedom. Where do all these fit in our bright, futuristic world of abundance? We talk about exponential growth but whose growth is it? Are we only concerned with advancing our technology in order to scale scientific developments, to make profits, to yield power, and to find answers? There is no doubt that these advancements are crucial for our species to carry on its legacy, but at what cost?

The world in all its glory talks about technology revolutionizing the human race, making us more adaptive, while co-existing with machines who would make life immensely easier. The healthcare industry is striving to find cures for cancer, initiating human genome projects, advancing stem cell researches and going to the extent of mapping neurochemical signals in the brain in order to convert them into computer understood binary codes. The day is not far when we will be able to control the functions of a machine by our thoughts. It's the superhuman technology. However, despite such breath-taking developments, the status of mental health has been declining exponentially. Thousands of children are being diagnosed with developmental disorders, entire populations are addicted to some substance or another, dysfunctional environments are giving rise to increased behavioural tantrums resulting in an ever-increasing prison population, violent crimes and terrorist attacks are on an all-time high, and if I take the example of our country, it has been declared the most depressed country in the world.

This dichotomy of the nature of what kind of advancement is truly being generated leaves most of us baffled. If the goal of the human race is to make existence exponentially comfortable for years to come, then why is most of the population contracting some mental illness or the other? Why then is most of the population restless, depressed, acting out, completely in-attuned to their surroundings? Another dark thought to ponder upon is whether our species would be left with any capacity of free will, whether we would be able to take decisions based on our judgement, potential, intuition, and hone our skills in the process, or would everything be rigorously calculated and empirically verified via technology driven processes and we would give up the idea of mental acuity. Would this lead to stifling creativity? Would this lead to restrictive freedom? Would we drive to our own extinction?

Evolutionarily as human beings we were meant to develop as social animals and not alongside robots with a scarcity of human connection. We were meant to develop via attunement with our society as a whole, embrace knowledge collectively, and stimulate our neural pathways adequately to develop into adaptive individuals.

So the biggest question is whether we are truly striving towards abundance or are just looping ourselves into the massive black hole of malundance.

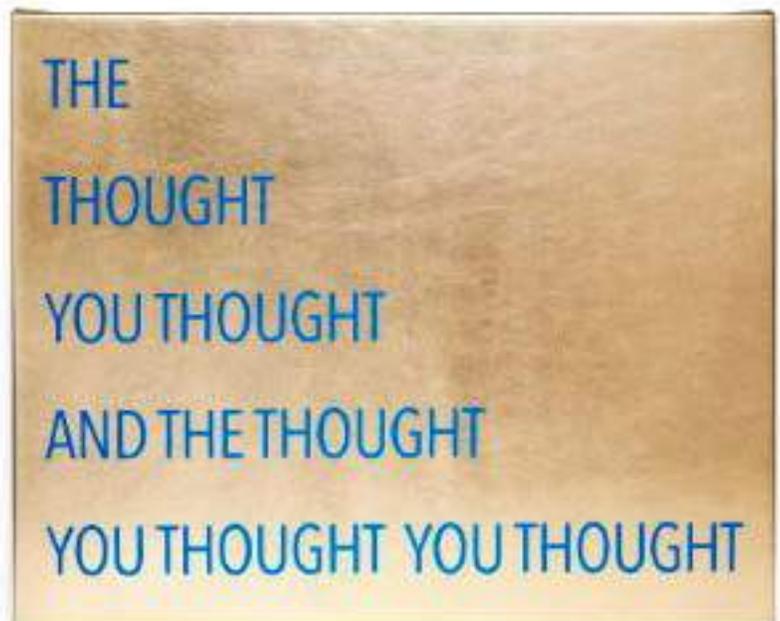
VISUAL POETRY AND ILLUSTRATIONS



REALIZING YOUR TRUE POTENTIAL
-by Aprajita Karki (I year)



ABSTRACT THINKING
-by Aprajita Karki (I year)



CAN YOU UNDERSTAND THE CONFUSION? CAN YOU HEAR THE VOICES?

-Shikha Soni (III Year)

Home. A word I've often used. A place I've often travelled between states and cities.

A center I've visited to keep unwanted sections of society. A four letter word that cost millions of rupees to some. A question I've been asked and began asking because it seems important to be defined. It seems unbelonged if you don't feel belonged.

But the real question is maybe there isn't a necessity to feel belonged and it's the real world around you that creates this necessity. It questions your functionality as a person if you don't have one.

In the process of trying to look for it or define it - I lost an element of my schizophrenia which ironically was the same place that triggered it. My schizophrenia allowed me to break away from the need of it. Instead in finding my way back to be a part of the outside world clouded it further with illusions of it.

In one of my first few episodes I ran away from home. It brought its own world with it: that a place is what you make of it. I was a 12 year old sitting in a bus, free to wander in the streets, the parks, the benches, the stray dogs and cats, the abandoned places, and the doors of other people's homes.

Even though my family searched for me then and found me consequently, I wasn't quite ready to return home. I wandered in solitude. I philosophized in my delusions until all persuasions evaporated.

At 18 years of age I believed that home was when I can feel her anywhere I am, in whichever part of this planet I travel to, and she's always around. She is everywhere in everything.

She's always been there. Even after she decided to kill herself. She was the comfort, the cynicism, the beauty, the restlessness, the anxiety, the ambition, the toxin and the hallucination.

She can be heard through the shoulder, spot by far sights, she can make me flicker. She's still not leaving, but I know how to keep away.

What would you prefer?

-It happened, but it's going to be over.

or

-It never happened at all.



LIFE AND ITS BLATANT TRUTH

-Ananya Bhatia (II-Year)

There are (more than) a few things in life that we admit only to ourselves in our minds; because, honestly speaking, we are afraid to admit to them out loud. They say that some things are better left unsaid but we all know what damage that does. There exist a few truths about life that we're proud of, and there are a few that are swept under the rug. It is ironic how these blatant truths float in everyone's minds loud and clear, but we refuse to say them out loud; probably because not many of us can word it properly. Life is not the fairest game to play and that is what makes it real.

We're way better at judging others and proving to be the best detectives in so far as others' personal lives are concerned and simultaneously being the best defensive lawyer for our own flaws and faults.

Our most vulnerable self is, quite interestingly, in front of those who are closest to us; people whom you share your life and thoughts with. And even though you love them unconditionally, admit it, you're scared that they will hurt you; simply because you have given them the power to do so. (Not so bad*ss after all, huh!)

There is a quote that goes "People always want to see you do well, but never better than them." Well it is true. And you have to admit, you too fall in that 'people' category. And I'm not saying it is wrong, because it is very natural. "I am like this. This is the real me" is a lie. There is no real you, not in front of everyone else at least. We are the person we want to be with however they are. 'We' change in accordance to the people around us. It is normal to behave differently with different sets of people; we change with the expected norms, but it is a myth that there is a "real us"; when we don't even know for ourselves.

The biggest pretense is when we say we know the value of something. Let's face it, we know the value of something, and yet, choose to override it. We still take things for granted and live with regret when we lose it. We knowingly choose to ignore thinking that something will last. Well guess what! It doesn't.

The truth about life is that hard-work isn't a foolproof way to get you through life; there is always a streak of luck that you need for that hard-work to pay off. I'm not being stupid, just being realistic.

House once said, "People get what they get. It has nothing to do with what they deserve." This is as true as it gets. Life isn't fair. People get what they get irrespective of the roles they may have played in life.

THE BAADER - MEINHOF PHENOMENON

-APOORVA SINGH (I YEAR)

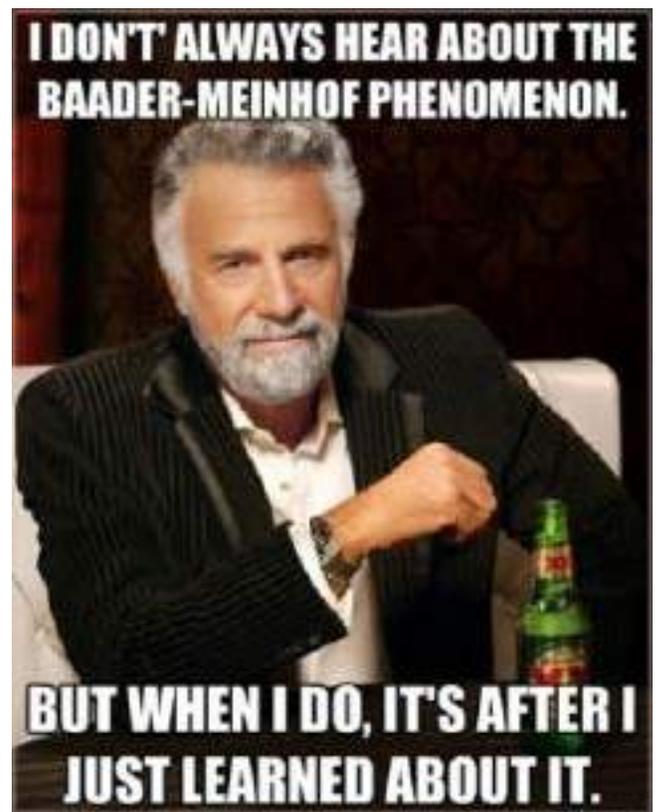
Have you ever come across a word or a phrase for the very first time and then you start seeing or hearing those words with astonishing frequency in books, movies and just about everywhere else. You didn't know it existed, and suddenly it's everywhere you go. What you are experiencing is called the frequency illusion or the Baader - Meinhof phenomenon (since the latter sounds much cooler, we'll stick to that.) If you've ever heard yourself think "That's so weird, I just heard about this the other day." you've probably experienced this phenomenon.

We might brush it off as a funny coincidence, but have you actually wondered why it happens? In a world as complex as ours, frequent coincidences are bound to occur, but observations show that Baader-Meinhof occurs with surprising accuracy and high frequency to be called just a coincidence. The Frequency illusion is a part of a group of cognitive biases, the subjective realities we create from our perception of the world.

The reason behind this phenomenon is our brains ability of pattern recognition. Our brain is fantastic at recognizing any sort of pattern that might occur, an ability that is highly useful. Considering how many words, names, and ideas a person is exposed to in a day, it is unsurprising that we sometimes encounter the same information again within a short period time. When a repetition occurs, our brain consciously notices the information because the two instances make up the beginnings of a sequence. However, we also fail to notice hundreds or thousands of words which aren't repeated, because they do not seem to form a pattern. This tendency to ignore the uninteresting data is an example of selective attention.

When we hear or read a word or a phrase that we just learned recently, it often feels much more than a coincidence because it appears in the most unexpected places afterwards. However, the truth is, unbeknownst to us, it's always been there, we just ignored it up until now. Zwicky, who coined the term frequency illusion, adds that this phenomenon is also the result of confirmation bias or our tendency to look or interpret things that support or belief.

Whatever the cause, the Baader - Meinhof phenomenon is an interesting event that many of us have experienced. However if you've never heard about it before, watch out for it in the next few days, you just might hear about it again very soon.



WENDIGO PSYCHOSIS

-TUSHYA (1 YEAR)

The legend of the Wendigo is one that spreads across the Atlantic coast, Great Lakes region of both United States and Canada along with certain other places mountainous and snow-covered. The tribes residing there believe that those who indulge in eating human flesh would be possessed by the spirit of a Wendigo and over the course of a few weeks would transform into something monstrous: a hybrid creature which is a mix between a reindeer and a hell bent skeleton like appearance, complementing its fairytale like features with long claws. Sometimes they are said to mimic human voices in order to lure travellers to their doom- in this and many other ways, they are relatively more intelligent than your average were-reindeer. They are cannibalistic supernatural beings who hunt humans and are associated with nightmarish winter tales and famine.

Mental disorders come in all shapes and sizes and one of the rarest one of them is the Wendigo psychosis. It is thought to be a culture-bound syndrome. Some of the symptoms include distaste for food and poor appetite, distress and periods of semi-stupor. Victims are paranoid and act suicidal, believing that the monster's spirit is controlling them. When individuals become convinced that they have become a Wendigo, they consider themselves as indestructible monsters whose hunger cannot be satisfied by anything other than human flesh- which is why they slowly start seeing people around them as tasty snacks! This in turn leads them to become violent, anti-social, homicidal and cannibalistic. Since tribesmen believe that a person with these symptoms could harm the members of the tribe in the future, they either execute or banish her/him. In certain cases victims themselves commit suicide or request to be executed to save the tribe and to escape from becoming a monster.

Why this disorder occurs and why it is culture-bound can be explained if we look at the circumstances- periods of famine and starvation would surface in these extremely cold regions which forced the surviving people to either kill their companions or eat the flesh of their dead tribe-members. Although this would help in survival, it would surely have a deep impact on the mental health and create stress and guilt. However, this is only one theory to explain the disorder.

Another theory, more social and based on group-dynamics says that the idea of a Wendigo could have been introduced in order to prevent cannibalism in food-scarce societies and reinforce taboos. It can also be called a variant of 'witch-hunting', typical of societies under stress, where an offender or aggressor can easily be labelled as a witch, or in this case, a Wendigo, which provides a reason enough to execute her/him. The biological perspective has also tried to put forward an explanation for Wendigo Psychosis, attributing it to the abnormal side effects of lack of adequate proteins, vitamins and fatty acids.

Although skepticism surrounds the stories of Wendigos and the eye-witnessed accounts of travellers who claimed to see this creature, Wendigo Psychosis is very much real and extremely rare having few documented cases. It is a neurological disorder as delusions are involved, spiritual- because of tribal spiritual beliefs, social- because of involvement of group-dynamics and also physical- because most victims usually suffer from starvation. Although, first talked about in the 1700s, till date only prevention is to not go 'Hannibal-Cannibal' on your friendly neighbourhood (other than eating off a bear which helps in fighting depression and symptoms of this disorder). One can also consider treatment similar to that of schizophrenics, such as antipsychotic drugs as well as a limited period of isolation from the society. Hopefully folks, you'll learn a new reason to take care of your vitamin intake as well as remember this article the next time you say 'bite me!'.

SUMMER

-Arushi Ahuja (II Year)

There's talk of hopes and dreams in these hallways,
Dusty books being packed away for the summer,
Cigarette ashes and empty bottles being cleared out
And new resolutions being made.
There's daydreaming about the beach and the hills,
away from school.

But everybody's dreaming about the one angel,
Lining outside her class with the hope that she would drop a glance their way,
Her ocean blue eyes hovering over each of them,
Maybe even a slight smile from those perfect red lips?
A prize they'd cherish through the summer.

But she's not in class,
And nobody knows that she's silently bleeding out in the washroom.



And There Was Light

-Shubrata Shastry (III Year)

There was Light, more Light
And it stole me blind
It left me shattered
Till I could no longer put up a fight.
Yet, I reached out to it
Pleaded for it to stay
But, soon it disappeared
So did I;
Disappeared into another world
To embrace another life.

IDEOLOGICAL MADNESS

-Shikha Soni (III Year)

How is the appearance of ideology as its own opposite, as non-ideology, possible?

It hinges on a shift in the predominant mode of ideology: in our allegedly “post-ideological” era, ideology functions more and more in a fetishistic mode as opposed to its traditional symptomal mode. In the latter mode, the ideological lie which structures our perception of reality is threatened by symptoms qua ‘returns of the repressed’—cracks in the fabric of the ideological lie—while the fetish is effectively a kind of enters of the symptom. That is to say, the symptom is the exception which disturbs the surface of the false appearance, the point at which the repressed Other Scene erupts, while the fetish is the embodiment of the Lie which enables us to sustain the unbearable truth. Take the case of the death of a beloved person” in the case of a symptom, I “repress” this death, I try not to think about it, but the repressed trauma returns in the symptom; in the case of a fetish, on the contrary, I “rationally” fully accept the death, and yet I cling to the fetish, to some feature that embodies for me the disavowal of the death. In this sense, a fetish can play the very constructive role of allowing us to cope with a harsh reality: fetishists are not dreamers lost in their own private worlds, they are thorough going “realists,” (or as ostensibly) able to accept the way things are because by clinging to their fetish they are able to mitigate the full impact of reality.

In this already infusing transactional ideological analysis, if we consider the objective relation of parent-child, we’ll be presented with endless farces and paradoxes.

From the standpoint of the autonomous free subject, is there not something ‘toxic’ about the very idea of a parent, this parasitic mediator who subjects the subject to an authority in the very process of establishing it as free and autonomous? If there is a clinical lesson to be learned about parenthood, it is that there can be no clean, non-toxic parent: some libidinal dirt will always strain the ideal parental figure. And one should push this generalization to the end: what is toxic is ultimately the Neighbor as such, the abyss of its desire and its obscene enjoyment (much of which we disassociate as we grow old). The ultimate aim of all rules governing interpersonal relations, then, is to quarantine or neutralize this toxic dimension, to reduce the “Neighbor” to a fellow man. It is thus not enough to search for contingent toxic components in (another) subject, for the subject as such is toxic in its very form, in its abyss of Otherness—what makes it toxic is the ‘objet petit a’ on which the subject’s consistency hinges. When we think we really know a close friend or relative, it often happens that, all of a sudden, this person does something—utters an unexpectedly vulgar or cruel remark, makes an obscene gesture, casts a cold indifferent glance where compassion was expected—which makes us aware that we do not really know them; we become conscious of a total stranger in front of us. At this point, the fellow man changes into a Neighbor.

So what happens next?

HOW IS ART THERAPEUTIC?

-Sreyoshi Bhattacharya (II- YEAR)

“Art is a constant agent of transformation, and is indeed the soul’s drive to health.”

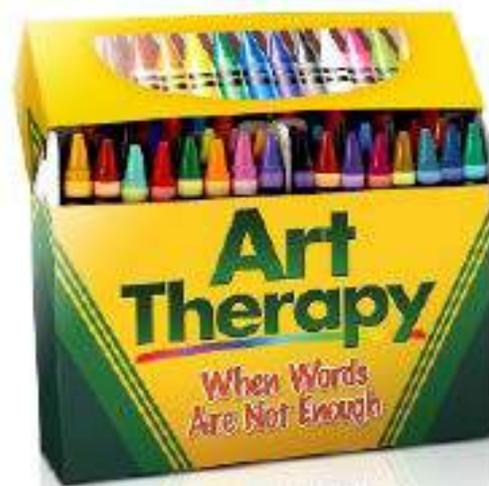
A study was conducted on congestive heart failure patients in New Zealand. They were asked to draw pictures showing what they thought their hearts looked like. Interestingly, those who portrayed their hearts with the most damage turned out to have worse outcomes. This raised the hopeful prospect that doctors could use drawings to help change patients’ views of their disease and perhaps alter their course for the better. Art therapy is by definition a psychotherapeutic form of encouraging self-expression freely through painting, drawing, or modelling. British artist Adrian Hill coined the term ‘Art Therapy’ in 1942. He, while recuperating from tuberculosis in a sanatorium, unlocked the therapeutic benefits of drawing and painting while convalescing. He believed that the value of art therapy lay in “completely engrossing the mind” (as well as the fingers), releasing the creative energy enabling the patient to put up a strong fight against his illness.

Art therapy varies in two fields: art and psychotherapy. It can focus either on the art-making process as therapeutic in and of itself (“art as therapy”) or it can be employed as “art in therapy” (art psychotherapy).

Current art therapy includes a vast number of approaches such as Client-centred, Cognitive, Behaviour, Gestalt and Adlerian to name a few. The essence of Art therapy lies in humanism, creativity, reconciling with emotional conflicts, fostering self-awareness, and inculcating personal growth.

In renowned artist, Pablo Picasso’s words, “Art washes away from the soul, the dust of everyday life”. The purpose of Art therapy is essentially in the healing process. Art therapy is effectively applied in treating mental disorders, emotional distresses and physical disturbances. Various types of visual art and

art media are employed for the purpose of therapy, which can include painting, drawing, sculpting, photography, and digital art. Art therapy is different from other forms of creative (or expressive) therapies. Art therapy, as opposed to any other form of creative expression does not require or involve the usage of language, thus making it all the more effective in treating cases of memory loss due to Alzheimer’s disease and the like; stroke patients, lapses of cognitive functioning, traumatic brain injury, post-traumatic stress disorder (PTSD) (although no major clinical studies have been applied until now to scientifically examine the validity of its effectiveness), depression, dealing with chronic illness and the general process of aging. Art therapy also plays a pivotal role in the determination and detection of a plethora of psychological disorders and distresses. Trauma, depression, schizophrenia, and PTSD are just a few mental illnesses that can be unearthed and brought to the fore through art therapy. A study was conducted to gauge the accuracy with which Art can be helpful in detecting hidden cases of depression and related trauma. Sixty-four renal transplant patients, between the age brackets of 6-21 years were evaluated through self-report measures (CDI and Davidson) and art-based assessments (FEATS). Subject art was analysed by Art Therapists to assess depression. Unlike the self-report methods, all patients were able to complete the art-based directives.



When self-report measures and art-based assessments were combined, 36% of the study population had testing results consistent with depression and/or post-traumatic stress. Patients who required psychological interventions including anti-depressant therapy, psychological counselling or psychiatric hospitalization during the year after the study were identified as depressed. As Art Therapy gradually gains popularity, its purpose will become clearer. Art therapy tries to provide new healing opportunities to those who seem most likely to benefit from these alternative therapy methods.

Based on very similar lines, another study by David Gussak was carried out to establish a link between art therapy and the healing process. A 2009 study of prison inmates discovered that art therapy did certainly aid in alleviating the mood of prison inmates. It is believed that prison inmates experience an external locus of control, i.e. feel as if they do not control their lives, and hence, subsequently experience higher levels of depression and overall poor mood. David Gussak, however, showed by means of Art therapy that the locus of control can indeed be switched from External to Internal, thus, allowing the inmates to believe that they themselves are responsible for their lives. This in turn, helps in lifting their spirits up, thereby significantly improving their mental health. It should, however be noted that Gussak's art therapy was found to be more helpful in improving the mood of female inmates than male inmates, though no conclusive results have been arrived at. Two small trials of Memories in the Making (MIM), a fine arts program designed for people with early or moderate dementia, report improved attention, affect, and self-esteem during art therapy sessions. The MIM findings are encouraging, but the sample sizes and number of sessions in the studies were limited. A few case studies suggest that art therapy might improve behavioural symptoms outside the studio. In one patient with moderate Alzheimer's and Dementia (AD) and no previous artistic experience, art therapy reduced behavioural disturbances while making art and at home. In another patient with severe AD, collage and colouring on pre-drawn line drawings once or twice a week reduced neuropsychiatric symptoms during and following art therapy. Art in a structured setting might benefit Alzheimer's and Dementia patients during therapy sessions but whether these benefits generalize to life outside the studio is still hazy.

"Art saved me. It got me through my depression and self-loathing, back to a place of innocence" These words by Jannette Winterson ring absolutely true. "Art-based therapies will have a greater role to play in clinical psychology in the coming years," said Varun Venkit, who is doing a research on integrating science and research methodology with art. Venkit presented a case study on changes during and after a group drumming programme held for about 70 rehabilitated commercial sex workers (CSWs) who participated in eight sessions of group drumming over two months in Mumbai. I recently came across a very novel form of art, Zentangle. It is a relaxing, fun way of creating beautiful images by drawing structured patterns. It increases focus and creativity, provides artistic satisfaction along with an increased sense of personal well-being. It does not require training as such in any form, just a steady span of attention is enough.

The integration of art-based therapies with treatment methodologies as offered by clinical psychologists can work well with people and is an area that needs to be explored further, said experts during the 38th national annual conference of the Indian Association of Clinical Psychologists; The Times of India had recently reported.



4. Fight Club (1999)

An insomniac office worker, looking for a way to change his life, crosses paths with a devil-may-care soap maker, forming an underground fight club that evolves into something much, much more...

5. Requiem for a Dream (2000)

Drugs. They consume mind, body and soul. Once you're hooked, you're hooked. Four lives. Four addicts. Four failures. Despite their aspirations of greatness, they succumb to their addictions. Watching the addicts spiral out of control, we bear witness to the dirtiest, ugliest portions of the underworld addicts reside in.

6. Shutter Island (2010)

This atmospheric detective saga from legendary director Martin Scorsese stars Leonardo DiCaprio and Mark Ruffalo as a pair of US Marshals investigating the mysterious disappearance of an escaped patient at the fabled Shutter Island institute for the mentally insane. Thoroughly chilling and deeply unsettling, this mystery is well worth a watch.

7. Sybil(1976)

Based on the book by the same name by Flora Rheta Schreiber , Sybil is about a young woman whose childhood was so harrowing to her that she developed at least 13 different personalities.

8. Vertigo (1958)

Widely regarded as director Alfred Hitchcock's best, Vertigo is a complex, psychological thriller starring James Stewart and Kim Novak. It is a film about obsessive love, and a woman's willingness to become its object, a lethal combination (as it is in Romeo and Juliet).

9. Memento(2000)

A man creates a strange system to help him remember things; so he can hunt for the murderer of his wife without his short-term memory loss being an obstacle.

10. Inside Out (2015)

After young Riley is uprooted from her Midwest life and moved to San Francisco, her emotions - Joy, Fear, Anger, Disgust and Sadness - conflict on how best to navigate a new city, house, and school

11. Eternal Sunshine of Spotless Mind(2004)

When their relationship turns sour, a couple undergoes a procedure to have each other erased from their memories. But it is only through the process of loss that they discover what they had to begin with.

12. Donnie Darko(2001)

Jake Gyllenhaal plays a troubled teenager, plagued by visions of a large bunny rabbit that manipulates him to commit a series of crimes, after narrowly escaping a freak accident. Donnie Darko plays around with the idea of altering time and destiny.

13. Good Will Hunting (1997)

Will Hunting, a janitor at M.I.T., has a gift for mathematics, but needs help from a psychologist to find direction in his life. This movie revolves around the journey of a young man who struggles to find his identity, living in a world where he can solve any problem, except the one brewing deep within himself.

14. Temple Grandin (2010)

A biopic of Temple Grandin, an autistic woman who has become one of the top scientists in the humane livestock handling industry.

15. Black Swan (2010)

'Black Swan' is basically about the story of a ballerina called Nina who is completely obsessed and possessed by her dance. Nina gets in touch with her dark side which begins taking over her life slowly. She becomes a victim of eating disorders, schizophrenia and self-mutilation. She also experiences dissociation and at the end of the movie she is defeated by all of her weaknesses.

WORD SEARCH

H	I	L	I	F	O	R	E	N	S	I	C	P	A	B	D	E	C
W	E	F	I	T	E	G	E	S	T	A	L	T	G	C	I	D	O
O	V	Y	T	I	N	U	M	M	O	C	O	N	K	I	I	V	N
F	U	N	C	T	I	O	N	A	L	I	S	T	B	N	R	I	S
T	E	Y	E	M	S	I	N	A	M	U	H	I	O	O	E	F	C
S	L	F	R	E	U	D	C	L	I	N	I	C	A	L	W	F	I
I	C	W	E	I	O	T	A	T	A	A	I	O	H	A	E	L	O
R	S	G	R	S	T	R	U	C	T	U	R	A	L	I	S	T	U
T	K	Q	G	S	Z	P	H	R	E	N	O	L	O	G	Y	S	S
A	Z	F	R	E	E	A	S	S	O	C	I	A	T	I	O	N	A
I	S	P	B	P	S	Y	C	H	O	B	I	O	L	O	G	Y	I
H	Z	U	N	C	O	N	S	C	I	O	U	S	D	G	A	G	O
C	E	O	I	E	D	U	C	A	T	I	O	N	A	L	A	L	U
Y	D	E	V	E	L	O	P	M	E	N	T	A	L	T	J	R	I
S	T	O	A	M	Z	C	E	C	O	U	N	S	E	L	I	N	G
P	O	P	S	Y	C	H	O	L	O	G	I	S	T	A	T	N	D
N	R	B	C	I	N	O	I	T	C	E	P	S	O	R	T	N	I

Answer the following and find the following words:

1) The branch of psychology concerned with the assessment and treatment of mental illness and behavioural problems.

2) Branch of psychology that involves the study of how individuals relate to their communities and the reciprocal affect of communities on individuals.

3) The state or quality of awareness, or, of being aware of an external object or something within oneself.

4) Specialty within professional psychology that maintains a focus on facilitating personal and interpersonal functioning across the life span.

5) A branch of psychology that aims to explain how children and adults change over time.

6) The branch of psychology concerned with schools, teaching psychology, educational issues and student concerns.

7) An interdisciplinary field focused on the interplay between individuals and their surroundings.

8) A specialty area that deals with issues related to psychology and the law.

9) Technique used in psychoanalysis (and also in psychodynamic theory)

10) Term which means Unified Whole

11) Known as the 'father of psychoanalysis'

12) Examination of one's own conscious thoughts and feelings.

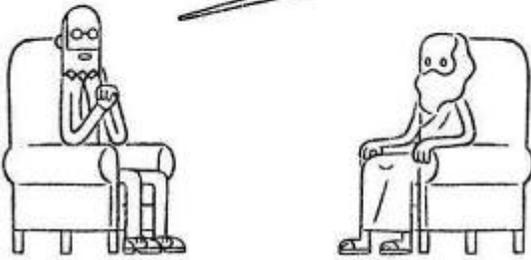
ANSWERS

1)Clinical 2)Community 3)Conscious 4)Counseling

5)Developmental 6)Educational 7)Environmental 8)Forensics

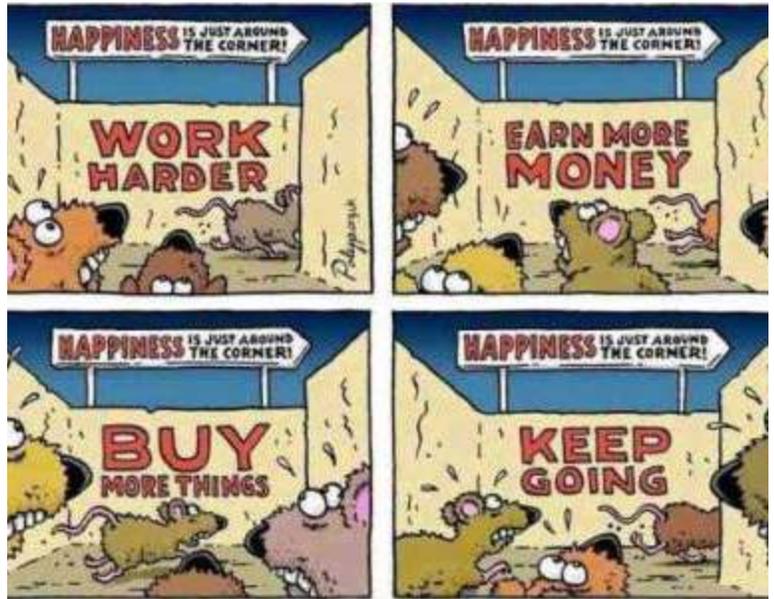
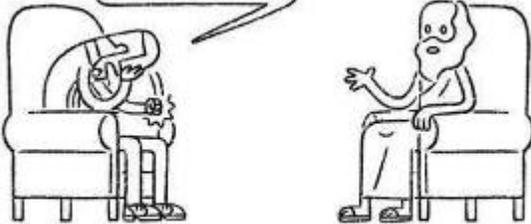
9)Free Association 10)Gestalt 11)Freud 12)Introspection

SO WHAT EXACTLY IS THE PROBLEM?



IS IT TRULY A PROBLEM OR A MATTER OF PERCEPTION?

DAMMIT SOCRATES!!



Freud's theory of the unconscious mind.



Jung's theory of the collective unconscious.



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