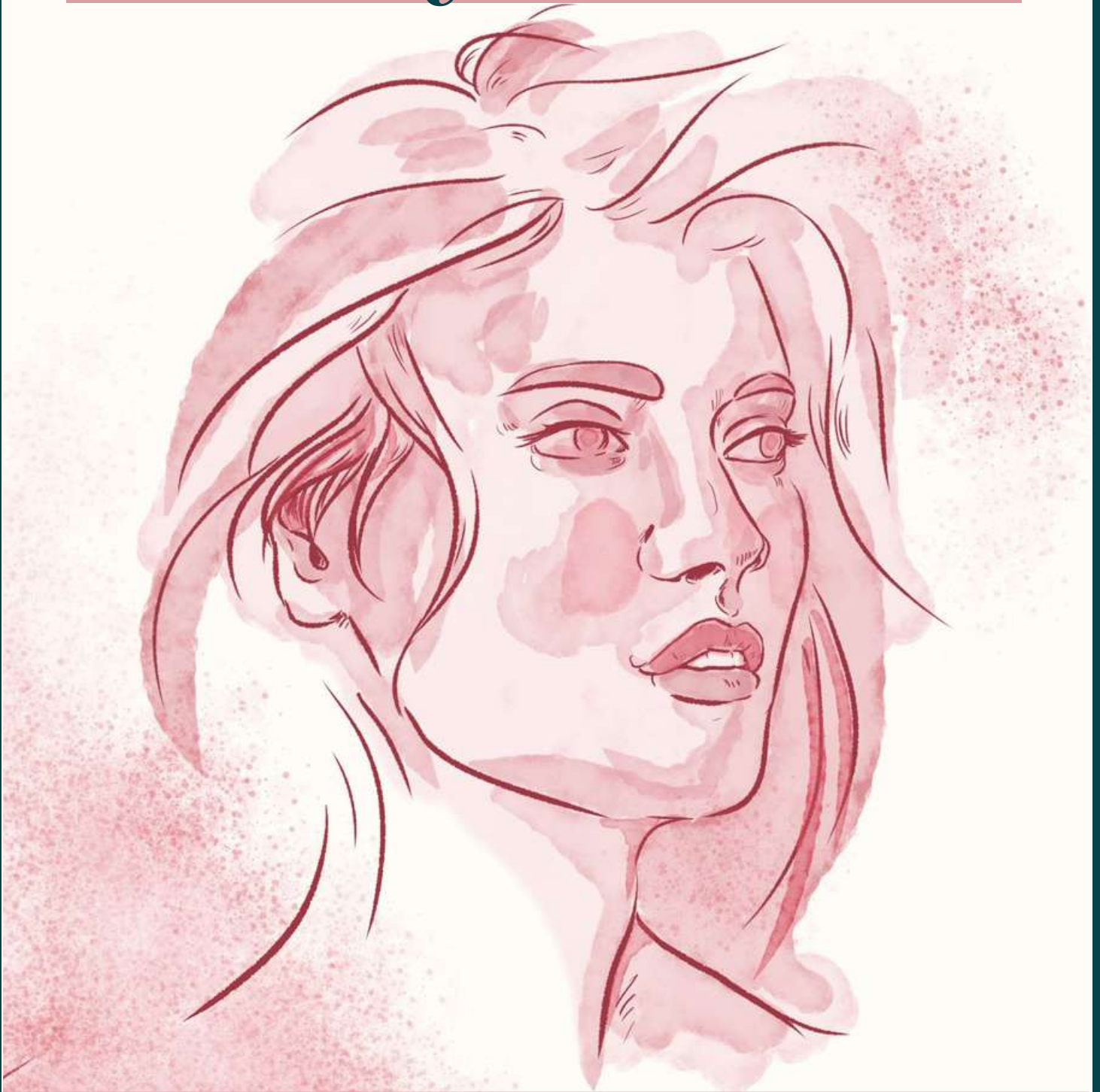


The Psychlic Zone



Revolutionizing Mental Well-being

COVER PAGE ART CREDIT: Akshata Devkar, SYBSc AP, Batch 2.



**SUNANDAN DIVATIA
SCHOOL OF SCIENCE**

The Psychlic Zone

EDITION 1 - OCTOBER 2022

**REVOLUTIONIZING
MENTAL WELL-BEING**

The Psychlic Zone

EDITION 1 - OCTOBER 2022

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ACKNOWLEDGEMENT AND VOTE OF THANKS

We, the core team involved in the making of the magazine, would like to extend our vote of thanks to our Dean, Dr. Neetin Desai. We are eternally grateful to our HOD, Dr. Ruttuja Karkhanis More for always believing in us to execute her vision of starting with our department's very own magazine. We are indeed privileged to have faculty members like Dr. Deepti Puranik and Dr. Rageshwari Munderia always by our side, guiding us at every step and every difficulty we faced during the making of this magazine. And last but not least, our visiting faculties for being extremely encouraging and supportive. The launch of this magazine wouldn't have been possible without you as well as without all the support that we got in terms of content from everyone. We are extremely thankful to all of you.

Thankyou,
Asma Syed, Dhvani Jain, Tanvi Raichura.

ABOUT THE COLLEGE



The Sunandan Divatia School of Science established its roots in 2007 at SVKM's NMIMS with the goal of providing undergraduate and graduate students the opportunity to participate in the university's distinctive learning system, which places an emphasis on academic excellence paired with field training. It began offering multidisciplinary courses that were particularly innovative and distinctive. By offering top-notch education and research, the Sunandan Divatia School of Science seeks to become a Center of Excellence in the field of pure and applied science.

With the ever-growing disciplines in science, NMIMS, which is one of India's top educational institutes with a 40-year history of academic success, has recently introduced graduate and post-graduate courses in applied psychology, which commenced in September 2020.

ABOUT THE COLLEGE

The key aspect of this programme is the importance placed on the holistic growth of students, with a strong emphasis on practical and fieldwork. It provides students with an opportunity to explore the challenging yet exciting field of science.

This course aims to give students a strong foundation in the subject so they can be prepared to become qualified professionals. The course material is effective for preparing students for the knowledge and experience needed in modern science. It aims to prepare students for careers as well as advanced work in a few fields and professions, as well as to engage students in critical thinking and active learning environments that foster knowledge and skills necessary for work, lifelong learning, and personal fulfillment. The department offers undergraduate and postgraduate programmes in a variety of subject areas, with the opportunity for students to specialise in the areas that interest them the most. The College focuses on a variety of formal and innovative undergraduate and graduate programmes to achieve this mission.

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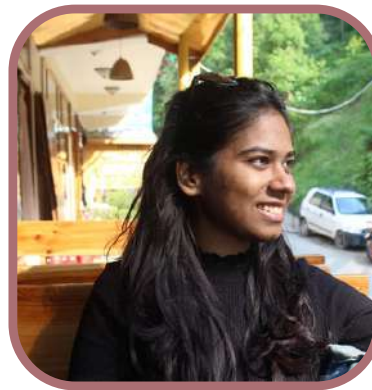
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Goyal
Member.

IN-HOUSE THERAPIST

Head - Ayushi Patwal

The In-house therapist club is an initiative started by the psychology department under the guidance of Dr. Ruttuja Karkhanis More. The club aims to normalize and destigmatize mental health issues by creating a safe and comfortable space for students to speak out about any issue that concerns them. A million stressors come as a part and parcel of being a student. Hence, we, as a club, hope to create a non-judgmental space to lend a listening ear to such concerns.

PSYCREATIVE

Head - Anshika Jain

The PsyCreative Column gives the students an opportunity to curate their stories and put them out there on topics closely related to psychology and mental health.

It's time to channelize the writer in you! We all have stories to tell, experiences to share, and a lot to say about this world, all with the power of a pen. Our objective is to publish informative, innovative, and eye-catching blogs which not only psychoeducate but also tell a story, the author's story. All approved blogs and articles are shared on our column. Let's break the stigma together and take over this world with our mighty swords! In this case, with our pens!

EVENTS

Head - Aishwarya Rawat

Right from the idea to bringing the whole event to life—that's exactly what we do! It's managed by the events department. We coordinate, manage, and execute special events and activities within the designated area. Whether it is about setting up activities, planning the venue, deciding the theme, working around the logistics, or marketing the event, we do it all and everything in between! Time management and effective planning are what we can never compromise on. We are excited to share what is in store for all of you, so stay tuned for all that is coming your way this year.

RESEARCH

Heads- Asma Syed and Tanvi Raichura

Research is the core of any discipline that exists. The Research Committee here at SDSOS aims to encourage students to not only write papers and articles for their academic purposes but also present papers at national and international conferences.

The committee has its own journal club that aims to discuss interesting and intriguing topics for research that can be further explored. Thus, inculcating discussion, debate, and brainstorming within the committee. It's more than just writing a paper; it's about expanding our knowledge.

MSC SEM 3



The Godfather (Godmother/s) of AP, SDSOS. We are the definition of adopted family. We have our share of disputes, yes, they do happen even with just 10 people, but we also know we would kill for each other. We are the most diverse set of people, also the most caring and empathetic. We are our own support group <3

MSC SEM 1



Presenting to you the FY batch of MSc Applied Psychology. This bunch of 43 are feisty, ambitious, fun and kind to a fault. Full of budding psychologists and never a dull moment in this class.

You can count on us for some insights on emotions, feelings and your dating life XD

BSC SEM 5



Starting a new course seemed very scary at the time, but it has been quite a journey for us. It has been amazing to learn new subjects every semester and to meet students from all over the country. From studying and working on assignments to writing research papers, from project presentations to internships, Our journey has been a rollercoaster with lots of ups and downs, and one thing is for sure: our faculty and university have always had our backs. I am grateful for this enlightening journey.

BSC SEM 3



The most enthusiastic batch SDSOS has ever had!!!

BSC SEM 1, B1



This class hates reaching at 7am but loves that they're free the entire day. Filled with unique individuals (also highly dramatic), they like knowing what's going around and making reels at every occasion! People from different cities united by the locked door at 7am, this class loves getting attendance!

Cheers to us!!!

BSC SEM 1, B2



When we joined college, we were nervous yet excited. However, we're fortunate enough to say that this batch has become our safe space. Our batch maybe famous for being noisy and enthusiastic, there's no denying that, because that's what makes us us. We've seen each other laugh our hearts out, decipher each other's talents and quirks; and this is just the beginning. Looking forward to one of the most beautiful and integral chapters of our lives.



teacher's desk

BEAUTY OF SILENCE

- Silence calms your hyper energy.
- Silence helps you predict your further move.
- Silence is the most powerful communication technique.
- Silence in an argument would make your opponent confused.
- Silence and smile are the deadliest combination during a heated argument.
- Silence is misunderstood as weakness. In fact, it's the most powerful weapon use for communication and patience.
- Silence helps you maintain your standard.
- Silence will not expose your weakness to others.
- Silence is the ultimate revenge.
- Silence helps you form an authority.
- Effective silence helps strengthen relationships.
- Silence helps us forgive others.
- Silence is a factor influencing spiritual practice and mindfulness.
- Silence is an important communication tool and not absence of communication.
- Silence encourages tolerance for good.
- Silence promotes active listening.
- Embracing silence is not easy but also not difficult.
- In an argument your silence will help your opponent to look on his mistake and so would you.
- Silence is the most powerful Psychological Tool.



**DR. RUTTUJA
KARKHANIS MORE
(ASSISTANT
PROFESSOR)**

**HOD- PSYCHOLOGY
DEPARTMENT**

**INTERESTS-
FORENSIC
PSYCHOLOGY, MEDIA
AND INTRIGUED BY
PERSONALITY.**

MY MENTAL HEALTH- MY PRIORITY

10th October is recognized as World Mental Health Day by the World Health Organization with the aim to raise responsibility towards Mental Health which is an integral part of our lives. For decades we have been emphasizing on physical health with less emphasis on Mental Health. This day is celebrated to enhance the positivity towards our own mental health and gives an opportunity to each and every individual to understand how important the Mental health is for our own well-being. Years ago, a visit to a Psychologist would be looked down upon as a disgraceful act and something that should be done as a secret. This day helps reduce the social stigma associated with a visit to a mental health professional as well as gives an opportunity to mental health professionals to express the challenges associated with their work. The need for Mental Health professionals increased suddenly after COVID 19 when the overall impact of the pandemic was seen not just on physical health but also on mental health.

The need of Mental Health Professionals is seen in all spheres of human life such as health, schooling, individual, community, offenders, media, politics, sports, corporates, etc.

Tips on Wellbeing

- **Self- Awareness:** Every individual needs to be aware about their mental wellbeing, understand your feelings and emotions. It is important to ask oneself whether it is possible to handle stressful situations by themselves or if they need professional help.



DR. DEEPTI PURANIK

**CORE FACULTY-
PSYCHOLOGY
DEPARTMENT**

**INTERESTS-
FORENSIC
PSYCHOLOGY AND
RESEARCH**

- **Networking:** In the current technological world, people have been connecting only through networks, however it is very crucial to have real networks that includes time with family and friends. Spending time with closed ones would help enhance positive mental health.
- **Lifestyle Management:** It is important to maintain appropriate life styles that includes regular exercises, having a balanced diet and good sleep which are vital for our own wellbeing.
- **Explore Hobbies:** An amazing way to boost your wellbeing is to take up some new hobby that can have an amazing effect on your mental health.
- **Emotional Expression and Communication:** Every individual is faced with different emotions at various times of a day. It is important to identify our emotions at the right time so that we can control our reactions on it. It is equally important to effectively communicate our feelings so as to understand our needs.

These are very small tips that every individual can incorporate in their day to day life. However, it is crucial that we recognize when the situation is beyond our control and take professional help from Qualified Mental Health Professionals without any hesitation as “MY MENTAL HEALTH IS MY PRIORITY.”



UNCERTAINTY & MENTAL HEALTH

We have all experienced at some point that change is the only constant thing in life. No matter how much overused this statement may be, it was perhaps not well experienced ever before as during the COVID-19 pandemic. It's resurgence has brought crises and threats. However, it has also provided a ground to the people learn, unlearn and relearn strategies to find ultimate meaning in life and well-being. We, being the academicians and practitioners of psychology believe in perpetuating the necessity of finding meaning in one's life.

Meaning in life plays a quintessential role in one's life and our social relationships aids towards this journey. The studies have delineated that during the COVID-19 pandemic situations those individuals having meaning in life demonstrated a higher level of overall well-being, resilience and coping from the distress.

Further, the studies also suggested or striving towards finding meaning in life is directly associated with individual's overall well-being, life satisfaction and happiness, and emotional stability. Thus, finding or having a purpose is not a related to become goal-oriented but it also helps acts like a buffer during various life atrocities.

Thus, we need to become more mindful towards the activities on daily basis that can actually bring coherence in our life such as having a real conversation with significant others, spending time on recreational activities, reading a books, giving time oneself and also spending an adequate amount of time on technology.



**DR. RAGESHWARI
MUNDERIA**

**CORE FACULTY-
PSYCHOLOGY
DEPARTMENT**

**INTERESTS- CYBER
PSYCHOLOGY AND
RESEARCH**



I am capable



Psychlopedia

SCREENING TEST

Author: Vyoma R. Shah (Vis Faculty)

Abstract:

The paper summarizes the chapter “Cognitive Screening Methods” by Maura Mitrushina from the book The Neuropsychological Assessment of Neuropsychiatric and Neuromedical Disorder. The chapter focuses on the need, types and benefits of screening tests. The author goes beyond traditional pen paper tests and also mentions telephonic and computer based screening methods.



*please scan to access full paper

A SYSTEMATIC REVIEW : MENTAL HEALTH PROBLEMS OF ELDERLY IN INDIA

Author: Samirun Khan, MSc. Sem 3.

ABSTRACT:

The present article is a systematic review that looks at the prevalence of mental health of elderly and to determine risk factors developing problems related to mental health in India. The article describes mental health, causes of mental health problem and prevalence of mental health problems in India. Various policies for mental health for elderly in India are also discussed.

Keywords : mental health, elderly, causes, risk factors, problems, prevalence, policies



*please scan to access full paper

THE EFFECT OF SOCIAL MEDIA ON SATISFACTION WITH BODY IMAGE AND SELF-ESTEEM.

Author: Sarah Penkar, BSc Sem 3.

ABSTRACT:

The relation between social media and body image has been of great interest to researchers; however, not many studies have been carried out on an Indian population. This study therefore aims to fill the existing gap in research and understand if there is a correlation between exposure to social media and development of a positive or a negative body image. A detailed questionnaire was filled by 125 female participants (age of 14-17) living in suburban Mumbai. This study has found that time spent on social media and body satisfaction have a negligible correlation. Further, Body Mass Index and body satisfaction have a negative correlation, which means that higher the BMI, lower the body satisfaction. A strong positive correlation has been found between body satisfaction and self-esteem.



*please scan to access full paper

A REVIEW – “TRENDS AND PREDICTIONS FOR THE FUTURE OF MENTAL HEALTH”

Authors: Swapnil Mahajan, Anagh Mishra and Navya Charan. MSc AP Research Committee

This paper talks about how the pandemic gave popularity to the importance of mental health with the reduced stigma. With increasing online classes, mental health technologies also got in favour after the first lockdown. The article discusses how the pandemic has affected not only adults but also seniors and children. Young children were affected by extreme exposure to pornography, video games, etc., and quite a few became punching bags for their parents. According to some psychotherapists in Kolkata, the stress of covid-19 might make it worse for people already suffering from OCD. They might develop chronic germaphobia. As a result of the pandemic and its association of it with isolation and anxiety, a lot of people have developed social anxiety and there's a social trend to reconnect with family and friends. Moreover, money minded people have started investing in things that are more productive and beneficial. This article addresses the importance of how parents should understand their relationship with their children and how putting pressure on children and making them pandemic-ready is not enough. Parents need to create a safe space for their children and teach them how to regulate emotions in a very basic manner. Maybe reading books to them on emotions every few days or providing them with opportunities to express their feelings can help children. Parents should be completely aware of their attachment parenting style and work on their relationships. Acknowledging the changes and collaborating with their children is the beginning of a healthy relationship between children/teens and parents. In the author's opinion, the fear of death and loss is a major issue in the mental health field and, mental health should be treated in the same manner as physical health is treated. Treating mental health shouldn't become an option as the longer you wait, the worse it gets, the same as any physical problem in the body. The paper has a few merits but is mostly a gaff that proposes a future that covers mostly stories only from West Bengal and northeast India.

I give credit to the author for a unique take on the future trends and predictions for the future of mental health and for showing how Covid-19 has emphasized the importance of mental health, yet I would warn readers to read the article with an examining mind. In my perspective, there are many flaws inherent in the text. RABI BANERJEE'S, use of example figures, the shaky foundation of his vision, and a questionable conclusion makes this write-up less than authoritative. The article scratches only the surface of an underlying issue, it misses to capture the in-depth understanding of the need for changes in the area of mental health care. The theme also doesn't give a clear view of the author as it's just based on what others have said rather than his own point of view which puts the authenticity of the article in doubt. This article acknowledges the post-pandemic repercussions that all of us in this society collectively now face. With the traumatic experiences, the fear instilled in us with the virus, along with the death of many of our loved ones, the pandemic definitely opened the gates to stigmatizing the taboos associated with mental health. It is also mentioned in this article that 'working from home' ended up with noticeable social anxiety in many individuals which is a concern that wouldn't have been brought up otherwise.

The anxiety we face as a community is terrifying and it is a must that it reaches recognition amongst as many as possible. The pandemic led us to stay with our families, trapped, for the longest time, making us ponder about the kind of relationships we share with each other. Thus, one of the most commendable aspects of this article would be the fact that it mentions the importance of attachment styles in parents and children, a very important aspect factors in the field of psychology.

Understanding parental styles can be a gateway to understanding most mental illnesses and finding the right subjective treatment.

In the current situation, we must accept the fact that we cannot go to a pre-pandemic world. Everything has changed for good, and hence, the only way to go is forward, as very clearly explained in this article.

MOVIE REVIEW:**MOVIE: VENOM****Author: Dhvani Jain, MScAP Sem 3.**

'Venom' is a spin-off of Spider-man's (2007) antagonist. CEO of Life Foundation, Carlton Drake sends his rocket to bring symbiotic (aliens) lives on earth in order to cure cancer. These symbiotes need to bond with a respiratory host to survive on earth. They try to merge the symbiotic and humans to test its validity. This experiment has damaging effects on the lives of the subjects. An investigative journalist Eddie Brock tries to take down Carlton Drake but his body gets merged with one of the symbiotes, Venom, in the process which gives him supernatural abilities. Venom is a cannibal and plans to take over planet earth. Venom tries to control Eddie's new reality which he finds toxic.

Looking at it from a psychological perspective:

This movie is a good depiction of a concept known as "self- concept". Self- concept is a general term describing how individuals perceive themselves. Identity is an innate sense of consistency. A person may identify oneself differently according to its immediate environment. A person behaves distinctively in different settings because diverse self-schemas are activated in respect to the situation. The choice over which schema to act on may not always be a conscious decision, the subconscious mind also plays a role too.

These differences could be a result of social norms, causing social-identity, and individuality, causing self-identity. However, these differences are not extremely contradictory, they may perhaps be parallel. How we theorize ourselves also depends on how others expect us to behave and how we think they will treat us. We have an ideal image of ourselves which depicts how we wish to see ourselves; it is called the ideal-self. If our ideal-self is heavily different from our actual-self, it may result in conflict and there may be disturbance between our identities. We often feel that we are the best judge of our behavior and we can predict our behavior with utmost accuracy. Research contradicts this belief. Research shows that the observers, the audience, people who are close to us are more likely to predict the actor's behavior than the actor. This is a relative theory; it may not be true all the time because the actors are not necessarily overt with their cognitive processing. Each individual has an attitude, positive or negative, in accordance with their self-worth.

Self-esteem is an individual's comprehensive outlook of their self-worth. In the movie, *Venom*, in the beginning, Eddie Brock was seen as someone with high self-esteem. He was viewed as a confident and practical person. But then, after interviewing the notorious and brilliant founder of the Life Foundation, Carlton Drake, his life was completely overthrown. He lost his job, his fiancée and was in a deeply vulnerable state. His body unifies with the symbiote, *Venom*, in this state. Brock had a negative attitude towards himself, lacked self-esteem, and hence he lets *Venom* take control over his body and ultimately his mind. People with minimal self-esteem are more likely to experience social anxiety and lack confidence for intrapersonal conversation. Eddie Brock was not able to confront his neighbor for loud music. This can also be a depiction of his social identity. He chose to confide in social norms and maintain harmony by behaving in a positive style rather than being violent. People with low self-esteem fear failure and have a tendency of viewing events with a pessimistic lens and are more likely to experience social anxiety and lack confidence for intrapersonal conversation. In the movie, Eddie Brock was not able to confront his neighbor for loud music. This can also be a depiction of his social identity. He chose to confide in social norms and maintain harmony by behaving in a positive style rather than being violent. However, he reacted in a completely contrasting way with *Venom* in him.

This movie also very well depicts social identity, that is the way in which people define who they are based on their group associations. The groups that people belong to are a crucial source of their pride and self-esteem. People tend to abide by the norms prevailing in their social group to be accepted. When *Venom* asked his host, Eddie, to eat people, Eddie struggled to not do so because the society in which he lives, the act of cannibalism is not acceptable. He tries to contain himself and consciously activate the schema of his social identity. Social identity is essential for a person's physical and mental health. Identifying with homogeneous people gives a person assurance and acceptance needed to subsist in the social world.

Social identity and personal identity facilitate in shaping and formulating one another. An individual will enhance their self-image by identifying more with identical people and hold prejudices against people belonging to dissimilar people or groups. Even in the movie, *Venom* stayed in Eddie's body because he identifies with Eddie. *Venom* said to Eddie that they are both the same. Whereas, *Riot* (symbiote in Drake's body) kept transferring from body to body until it found the one it identifies with. This homogeneous identification takes into account the person's beliefs, thoughts, perspective and various other factors.

Venom, despite being an anti-hero, chose Eddie's body because their beliefs matched with each other. Venom was persuaded by Eddie's goodness and changed his values. For venom, his ideal-self related more with Eddie than Maria (his host before Eddie). A person's ideal self may not be consistent with their immediate reality.

An individual can display various identities which act according to the activation of that identity-schema. In the movie, Eddie attempts to avoid being influenced by Venom. He displays vast differences between his social identity and self-identity. These differences occur when different identity schemas are activated. Eddie's behavior when he is alone with Venom is different from his behavior in a social setting. This indicates that one person can have more than one identity and these identities are not necessarily same across time periods. They differ according to the actors' social settings, thoughts, behaviors, and other factors. One of the reasons these reactions fluctuate can be due development in the actor or its social relations with the observer. There is an influence of one's self-identity on other people (belonging to the same social group). For instance, when Venom first met Eddie he was vulnerable, a cannibal who would react impulsively, however, it changes after being with Eddie. Venom was more socially aware and learnt about social relationships and their importance. When Venom met Annie for the first time, he was not oriented towards social relations. By the end, Venom promises Eddie that "they" will win Annie back. On the contrary, Drake preferred isolation over social relations.

The concept of self and identity is not entirely separate from our social relations. All aspects of self play a vital role in how others perceive us as well as how we perceive our social surroundings.

BLOGS: I CRY, THEREFORE I JOKE

Author: Jayaty Choudhary, BSc AP Sem 5.

"That awkward moment when you make a self-deprecating joke, and no one disagrees." Humor, whether as a talent or a point of view, has always been a part of our lives, however self-deprecating humor is a more subtle way of incorporating one's own vulnerabilities or insecurities into humorous jokes. Self-deprecation humor is a type of self-awareness in which the individual employing humor targets what they consider to be undesirable, unflattering, or unattractive about oneself, but turns it or expresses it in a funny manner. These jokes or expressions might range from "Being ugly has its own set of benefits" to "I hope whatever bad happens to me is at least funny."

In a world where memes have become the generation's language, these self-deprecating jokes frequently get mixed up with the swarm. In terms of psychology, it is certain that these "jokes" are a form of defense mechanism to deal with situations or things that cause us anxiety. However, what is concerning is how we continue to normalize this type of humor while certain serious underlying issues go unaddressed. Researchers are still debating whether self-deprecating humor is actually harmful or beneficial. Some believe it helps to process rage and become more self-conscious since it illustrates that the individual is aware of their weaknesses, which does not prevent them from evolving and, in fact, makes them appear more confident and genuine. According to some psychologists, the context of the joke determines whether or not it has a detrimental impact, as laughter and self-awareness can help individuals become more insightful about situations and themselves. On the other hand, some psychologists believe that repeatedly or frequently joking about yourself can strengthen one's misconceptions about oneself.

When we utilize this type of humor, it might become a reflex in our daily conversations or even when we are self-talking. These jokes about us begin to elicit far more than a few seconds of laughter. People around the individual who uses self-deprecating humor may be unsure whether to laugh, disagree, or correct this pattern of speech. Therefore, making it lighthearted creates a comfortable space for the speaker and the listener.

We all crack jokes, and when used appropriately, humor adds a delightful touch to any scenario. Self-deprecating humor is also prevalent, as many comedians adopt it to help their audience relate to them at times. It is important to remember that it can be used in a limit while remaining self-aware that you are not crossing a boundary when attempting to make a point, even if it is about oneself.

CLINICAL LYCANTHROPY

Author: Aniket Palsuledesai, MSc AP Sem 3.

We are sure you folks are very much aware of the legend of the Werewolf: a fearsome creature who takes the shape of an individual until the night of the full moon when he becomes a bloodthirsty beast. Mythology buffs out there may know that this legendary affliction was originally called "lycanthropy". Of course, we all know that werewolves aren't real. However, the human mind is home to even more weird and inexplicable phenomena than just the legends of old, one of which is clinical lycanthropy.

Clinical Lycanthropy is a rare variant of a delusional misidentification syndrome, specifically reverse intermetamorphosis, where patients believe that they are experiencing transformation or have transformed into an animal.

Often, the symptoms will include the affected person relaying their "transformation experience" in an exceedingly clear moment of clarity, or some may just start howling at the moon!

Very weird, isn't it? Thankfully, science has finally stopped viewing this phenomenon as metaphysical, producing some interesting theories that can contribute to understanding this condition.

One such theory is that clinical lycanthropy is caused by a physical imbalance within the brain. Studies have shown that people with lycanthropy do undergo a "transformation." They display unusual levels of brain activity in the prefrontal and temporal regions, suggesting that they genuinely may perceive these feelings as a neurological trick against psychological break. Yes, just like phantom limb syndrome!

However, one mystery that isn't solved by this explanation is the specificity of the animal the patient is transforming into. Most people struck by clinical lycanthropy report feeling as if they're turning into a specific animal – often a dog, wolf, snake, or another large predator. How is it that individuals know which animal they perceive to be "transforming" into? The most common answer to the question lies at the doorstep of culture. Shape-shifting has been at the guts of humanity's stories since the beginning of days. Just like the gift of human emotions, probably more stuff was donated to us by our animal ancestors.

Currently, there's no definite treatment for clinical lycanthropy. It's thought to be induced by an already-existing state of psychosis or other rather common psychiatric disorders like schizophrenia or manic depression. The treatment is usually similar or more focused on these illnesses.

Moral: It's best to leave the werewolves restricted to the Twilight Saga.

THE MIND AND MEDIA

Author: Audriza Sen, MSc AP Sem 1.

Alfred Hitchcock once said of films that "Film creation is based on an exact science of audience reactions". If you think about how things are currently, audience reactions are becoming an exact science. The marketing and advertisement industry would be a fine example of just how much an audio/visual input can influence your thought patterns and decision-making processes. And if implemented perfectly, it can even change your perspective!

There's been a lot of controversy since the last few decades, about the use of subliminals in the advertising and movie phenomenon. A subliminal is something influencing your mind even though you are unaware of it. Subliminal advertising is a technique so powerful and popularly categorized as unethical, which is why it's banned in the UK.

The 1950s saw the execution of one of the most well-known subliminal messaging experiments. Short messages like "Drink Coca-Cola" and "Hungry? Eat Popcorn" were presented in a cinema during a movie to see if subliminal messaging may influence behavior. The researcher, James Vicary, claimed that displaying these suggestive messages really improved concession sales, even though the findings were ultimately revealed to be false. So, can we genuinely be affected by subliminal messages? It's crucial to note that subliminal messages cannot brainwash people, which is a relief. However, there is consistent data that supports that presenting subliminal pictures enhances behavioral performance that dates all the way back to the 1960s.

Neuroscientists in the 2000s started looking at how we watch movies to figure out which styles of filmmaking have maximum control over the viewer's brains. It's popularly called "Neurocinema". The studies conducted involve participants who watch movies while having their brain activity tracked by fMRI scanners. According to studies, specific movie sequences can affect how various parts of the brain are stimulated.

It's safe to say that the media we consume really impacts our brain. Having said that, what are we really doing about this?

The Department of Health and Recreation at the University of Toledo discovered in 2017 that binge-watching TV or movies, even ones that aren't scary, might exacerbate anxiety symptoms and interfere with sleep. The study also discovered that those who watched more TV each night—more than two hours—had greater symptoms of depression than those who watched less. Horror movie binge-watching also makes the body's production of adrenaline more frequent, making sleep problems worse. Additionally, Research Trusted Source contends that binge-watching may be an obsessional coping mechanism. Symptoms of this include a loss of control, adverse physical and social impacts, feelings of shame, and duty dereliction. So it's important to keep track of how many movies you see each week, especially if it's disrupting your routine behavior.

There was a time where media was only meant for entertainment purposes. Although that still remains to be a core function, a lot of the people in the media industry now actively focus on the science/psychology of extracting extremely particular audience reactions to further their own agendas. Another effective example of this would be any Black Mirror episode that you might have seen.

The whole purpose behind the study of psychology is to become more aware of ourselves and our surroundings. Keeping that in mind, let's all be more mindful towards what we're watching as it definitely influences our minds.

STARVIN' MARVIN BONE-ITA

Author: Swapnil Mahajan, MSc AP Sem I.



I actually drew this sketch in lockdown when I was bored. I have never drawn something like this and I believe I'll never make anything like this again. I used q-tips, and different ways of shading, and took hours to make this sketch. Today when I look at it, I think about how bored I was to make something like this whereas I'm the laziest person you can think of. Eastwood and Danckert have defined boredom as having the desire to do something but being unmoved by the options open to you at the moment. It is a subject full of both obvious and counterintuitive features.

What is boredom? We all know the feeling of being bored but we don't exactly know why are we bored? Is it either lack of attention to do the particular thing or are we too distracted to do the said work or maybe whatever we are doing isn't productive or meaningful enough to have our regard. Boredom is also mostly seen when a task is too difficult or too simple.

.Well, in one of the studies, the participants were in a closed room with nothing to do and had a small button that if pressed, would give them an electric shock on the side of the ankle. They were in that room for around 20 mins and many participants used the button to shock themselves and not once or twice just out of curiosity but several times.

One of the participants did it 75 times. After the study, when asked why, they said, “well, duh, I was bored”. It was shocking to the researchers when the results came out and 75% of men and 25% of women had used the button to shock themselves. This study revealed that people would do anything to get rid of boredom. Dr. Westgate, who has studied this topic for several years, said boredom is like pain. It hurts and no one wants to hurt themselves, but it can be really really helpful too. Boredom is a way our body tells us that something is wrong, and we’re supposed to do something about it and it motivates us to take steps to stop it. It can be healthy and adaptive. Boredom can spark creativity and problem-solving abilities. While feeling bored of some monotonous and repetitive task, the mind starts to wander and can create something new without distraction or it also works as an ‘aha’ moment but obviously, if you are trapped in a room by some psychologists, there’s a chance to shock ourselves as others did in the above-mentioned study. But it can also become chronic when you feel stuck. It can become a problem when there is no good recourse available to us.

For example, one of the causal factors for substance abuse like cigarettes, use of marijuana, alcohol, etc, is also boredom. Even during covid-19, in a study out of Italy where people were asked what are their downsides, the first was the lack of freedom and the second was boredom. Boredom came above loneliness and isolation, which was shocking. Sometimes we define boredom as a feeling or an emotion or a state where we don’t feel like doing anything at all. Some scientists believe boredom is motivation. Some believe it is an emotion affiliated with a negative feeling that we always want to suppress but that’s not the whole truth.

Quite a few studies have proved otherwise. Whereas many studies mention that it can enhance productivity, improve empathy, and can ease negative emotions. I had a very bad break up few months before I had made this sketch. I made it out of nowhere and it did help me ease my negative emotions. Boredom allows your brain to get back to “default mode”, a term coined by neuroscientist Marcus Raichle. Concluding with, boring is boring but boring situations don’t always have to be negative, we tend to suppress the emotion of boredom but we don’t have to. It’s okay to feel like “I don’t feel like doing anything right now”. Listen to your brain, body, and emotions. Let your brain reboot!

YOU HAVE GREAT POWER

Author: Asma Syed, (Research Head) MSc AP Sem 3

Our minds have great power. It can exploit us or liberate us. It can make the best of the worst or the worst of the best. As Robert Greene states, "You were born with the greatest weapon in all of nature- the rational, conscious mind". When you realize you have control over your mind and not the external events, you will find strength. Interestingly, Tibetan monks can use their mind power to lower their metabolism and even control their body temperature, to the point where they are able to dry wet blankets with their body's heat.

According to famous Harvard social psychologist Ellen Langer, our ideas and expectations have an influence on our physical health at least as much as diets and medical professionals. Eight senior males aged 65 and older resided at a residential retreat that replicated the social-physical milieu of 1959 as part of her 1979 clockwise experiment. In the residential retreat, historical events were discussed as if they were recent news, and no accommodations were made for the men's diminished physical condition; nobody carried their luggage, assisted them with the stairs, or otherwise treated them like they were elderly.

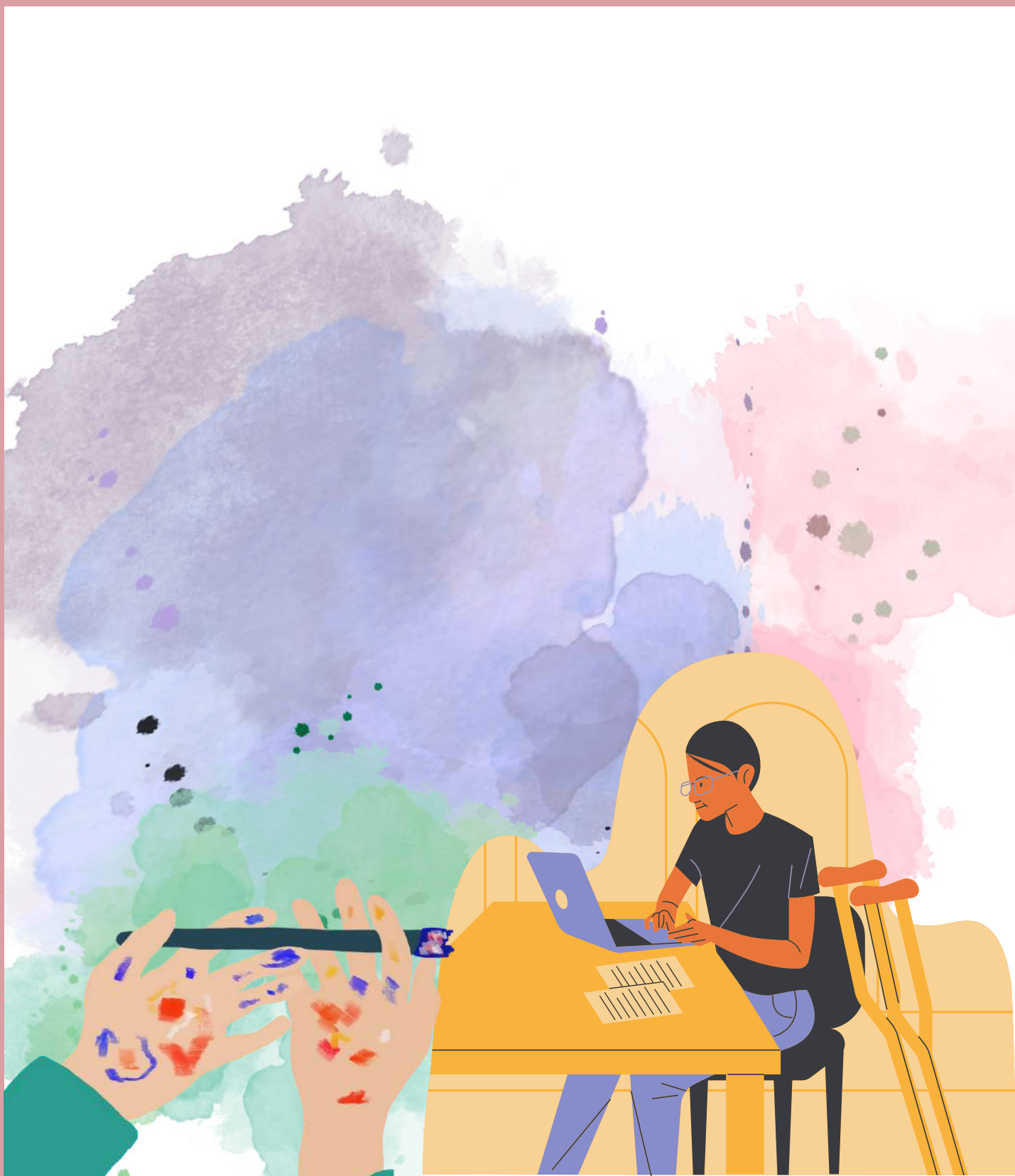
There was nothing to serve as a reminder that they were becoming older—there were no mirrors, no clothes from the present day, and just images of themselves when they were considerably younger. The participants were instructed to act as though it were the year 1959. All eight individuals had noticeably improved hearing, memory, coordination, and overall health after spending one week alone on this simulated trip back in time 20 years. When outsiders viewed images of them before and after the trial, they even appeared to look 2 years younger in the after picture. On the study's last day, the older men who had seemed weak only a few days ago had ended up playing "an impromptu touch football game." The results were amazing, but the research was so unconventional, so limited, and so deficient in rigor that it is prudent to exercise caution when interpreting what those results actually indicate. Nonetheless, this study interestingly points out the power of our mind.

One great technique to harness the power of the mind is by practicing mindfulness. Being present in the moment intentionally is mindfulness. By practicing mindfulness, we learn to take more active control of our emotions rather than being on "autopilot" or letting them rule our lives. Then, instead of seeing the world as we would like it to be, as we anticipate it to be, or as we fear it could be, we begin to view it "as it is" instead. Picture your mind as a sky wrapped up with dark clouds, making the bright blue sky look dull and gloomy. These dark clouds are your fears, anxieties, ruminations of the past or future. When you try to become more aware about the present you slowly start clearing the dark clouds only to see the calmness that lies beneath.

Studies show that engaging in mindfulness practices is linked to fewer negative psychological traits like anxiety, depression, neuroticism, and problems regulating emotions, while elevated trait mindfulness is linked to more positive traits like higher levels of self-esteem, more positive affect, and empathy.

I am exactly
where I need to
be





Psyart

Escapism

A reverie of mine,
Away from this cruel, harsh world,
I seek to escape this confine.

It's detrimental, everyone opines,
But they haven't looked inside,
A reverie of mine.

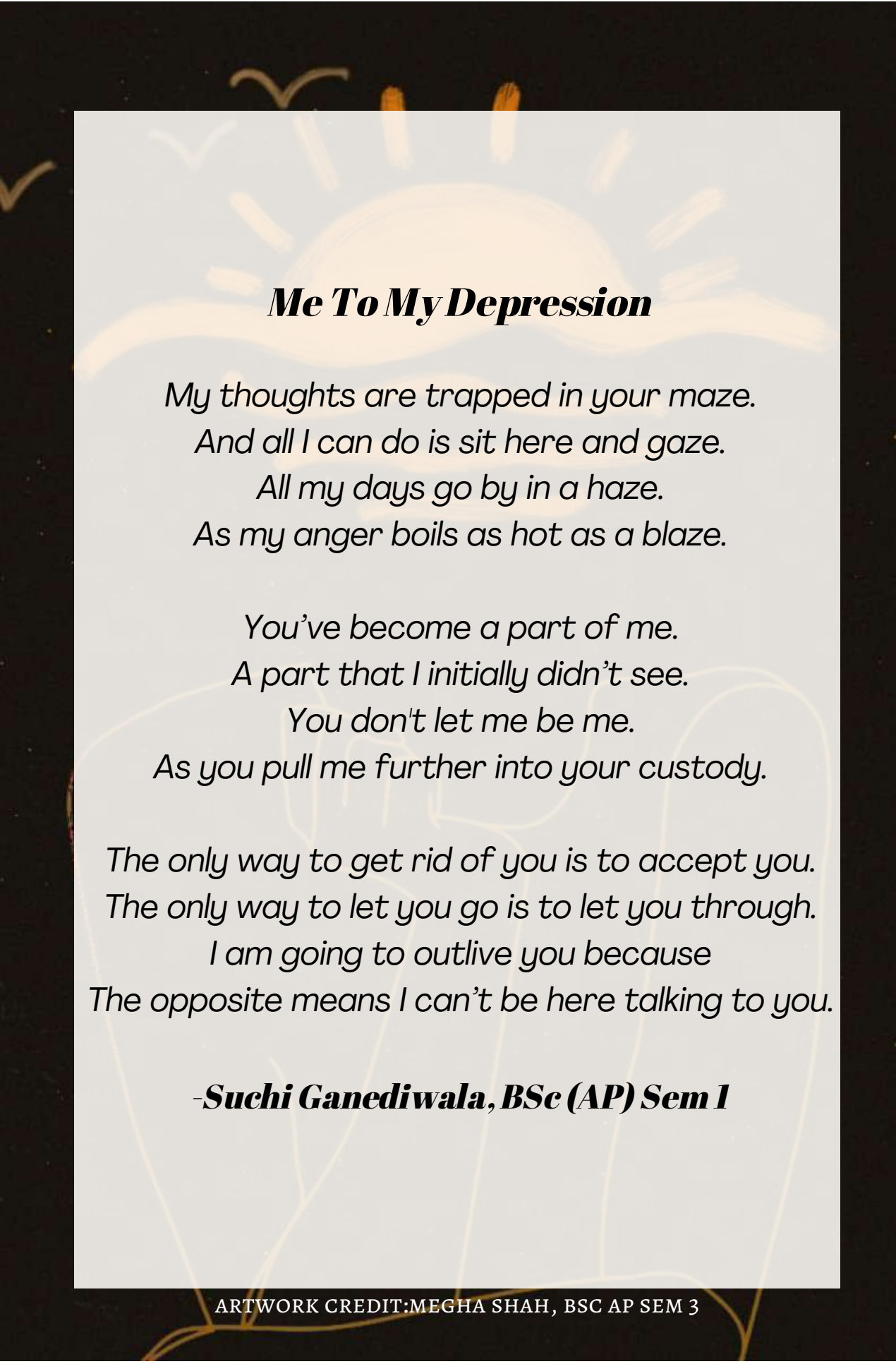
Unknown to my reality, yet they whine,
Always asking the same questions,
I seek to escape this confine.

What I feel, they say, unawaresly, is out of line,
Art and books and songs don't,
A reverie of mine.

Everything burns, seeming divine,
Engulfing my soul in a suffocating layer,
I seek to escape this confine.

Perpetual darkness, my life it defines,
I don't like it, I want to feel safe,
A reverie of mine,
I seek to escape this confine.

- Yashika, BSc (AP), Sem 3.



Me To My Depression

*My thoughts are trapped in your maze.
And all I can do is sit here and gaze.
All my days go by in a haze.
As my anger boils as hot as a blaze.*

*You've become a part of me.
A part that I initially didn't see.
You don't let me be me.
As you pull me further into your custody.*

*The only way to get rid of you is to accept you.
The only way to let you go is to let you through.
I am going to outlive you because
The opposite means I can't be here talking to you.*

-Suchi Ganediwala, BSc (AP) Sem 1

ARTWORK CREDIT:MEGHA SHAH, BSC AP SEM 3

As we step ahead,
hoping for change.
Believing that there would be a best.
Maybe, without a feeling so strange.

And then, there we saw a change.
People were accepting,
Psychology was respected.
Humans were developing,

Mental health was being prioritized.
Comfortable than ever,
it was all becoming better.

From here, we go on.
Spreading awareness,
Aiming for the best.
Making sure,
Mental health is never being left.

-Gunika Sharma, BSc (AP), Sem 1.

IT'S OKAY

*It's okay to be afraid
And not know what to do,
Cause there's always someone to hold you up,
And help you make it through.*

*It's okay to be afraid
And sit alone and cry,
On someone's shoulder right beside,
Who doesn't ask you why.*

*It's okay to be afraid
And think you're a coward,
Cause the one who really trusts you,
Doesn't even need a word.*

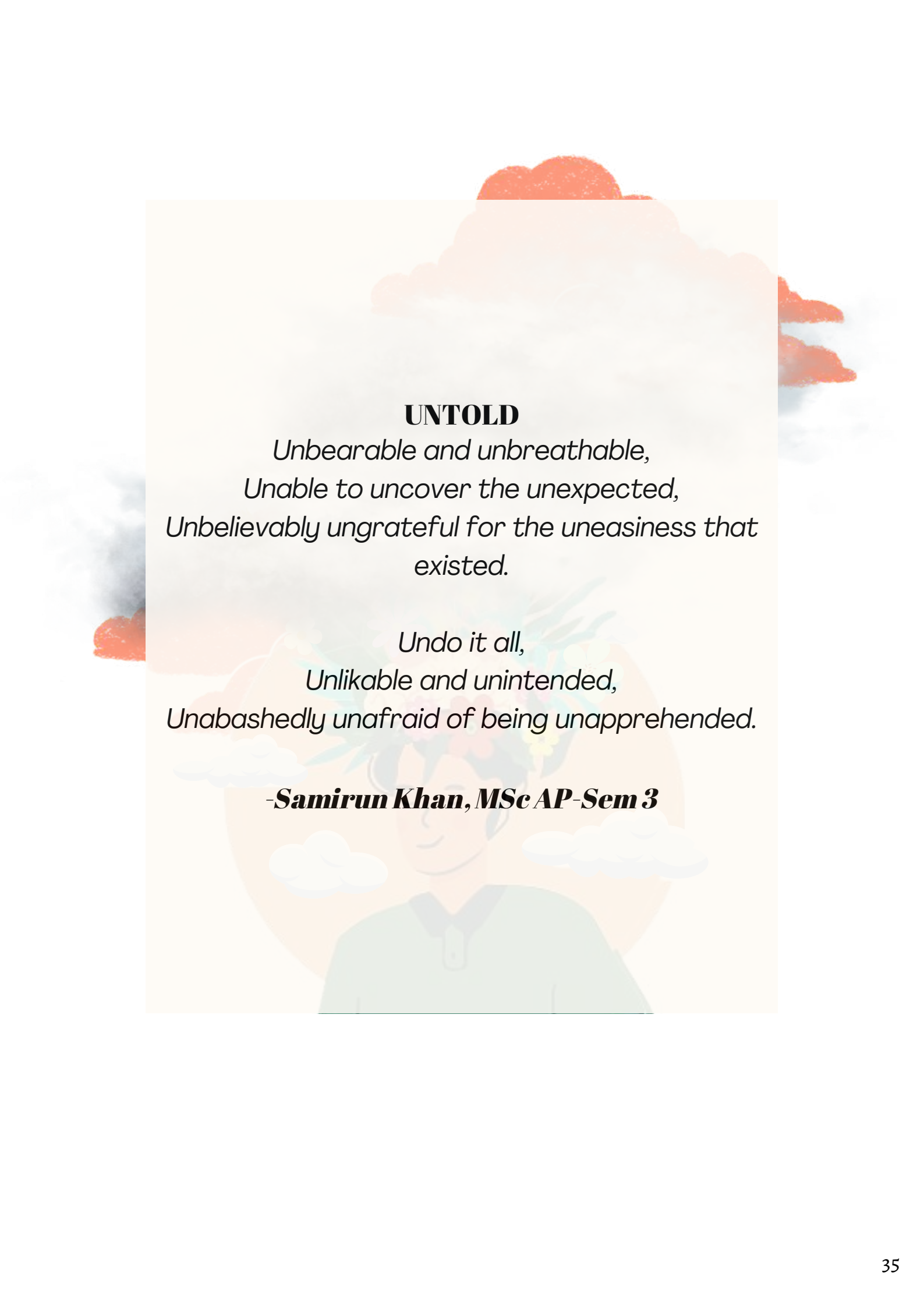
*It's okay to be afraid
And push them all away,
Cause that's the time you'll realize,
Who really wants to stay.*

*It's okay to be afraid
And take your time to ponder,
Cause when you come back to life,
You'll strike lightning and thunder*

-_mind_your_words

Sakshi Nair – BSc (AP), Sem 3

ARTWORK CREDIT:AKSHATA DEVKAR, BSC AP SEM 3

The background features a soft, artistic illustration of a person with dark hair adorned with a crown of colorful flowers. The person is wearing a light green garment. The scene is set against a pale yellow background with large, fluffy white clouds and some red, textured cloud-like shapes at the top. The overall aesthetic is dreamy and ethereal.

UNTOLD

*Unbearable and unbreathable,
Unable to uncover the unexpected,
Unbelievably ungrateful for the uneasiness that
existed.*

*Undo it all,
Unlikable and unintended,
Unabashedly unafraid of being unapprehended.*

-Samirun Khan, MSc AP-Sem 3

I love my flaws.

It's true that everyone overthinks,
After that, confidence sinks,
When things cannot be changed,
Then why do we all think?
Can't we just stop there?
If the way you are really bothers?
Then one best thing is to share,
I promise you'll feel good! Then and there.

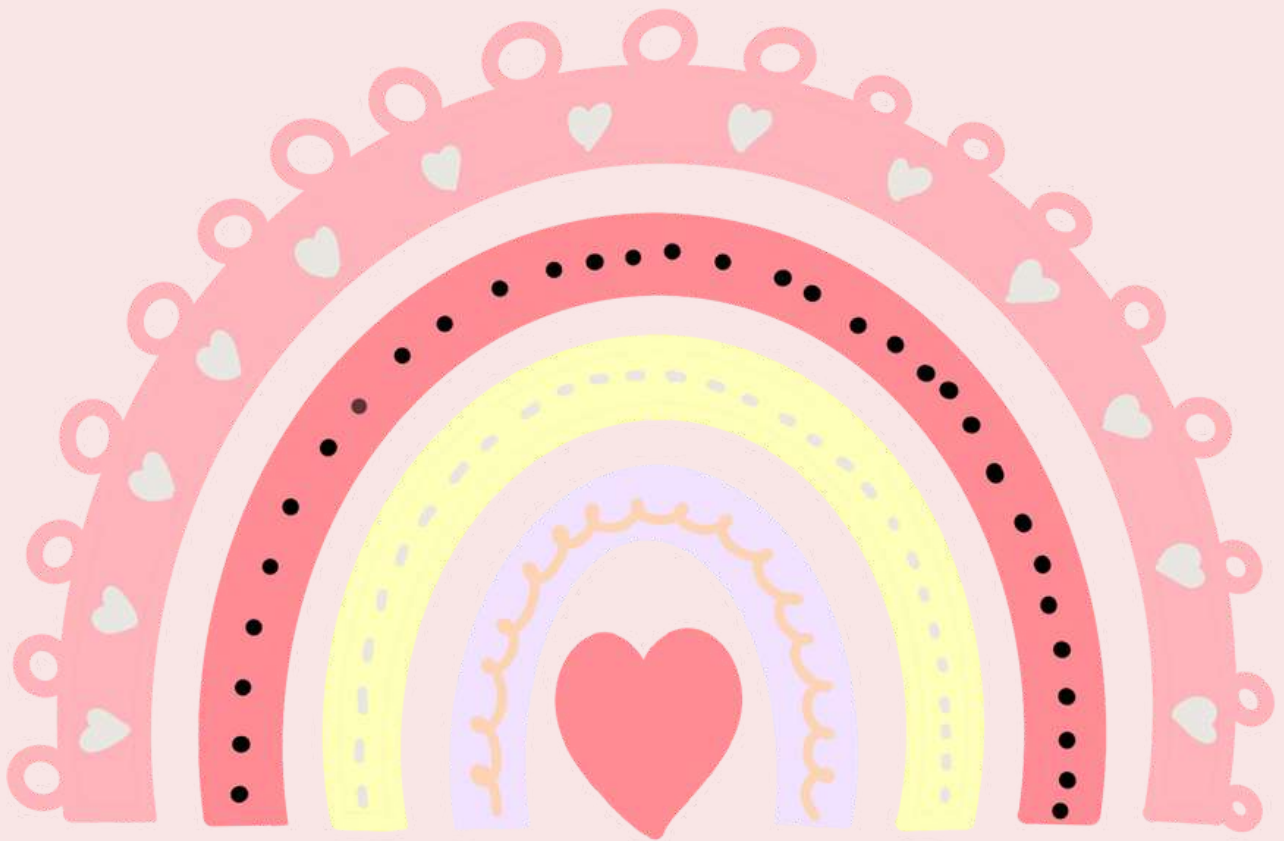


ARTWORK BY Sarah J Syed

Whenever you feel low,
Thinking you are full of flaws,
People make you feel terror,
Just stand in front of the mirror,
Always remember!
You are the only one of your kind.
You are unique and it's not a flaw,
You are like a new idea to draw,
Don't let anyone break you down,
Wear your flaws like a crown,

The one who created you is the best,
And all and all just leave the rest,
Don't unnecessarily put yourself in a test,
Just smile with your heart,
'Cause smiling is truly the best,
It's OK if you feel low someday,
It's normal to have a bad day,
I know sometimes it's monsoons for you even if the climate
out there is dry,
Please don't hide your tears, just let them flow ! Just cry.

-Misba Tanwar, MSc AP Sem I.



*i am strong enough to handle
anything that life throws at
me*



Psycheye

LET'S HAVE AN INSIGHT INTO MENTAL HEALTH THROUGH OUR FACULTY'S LENS



"For me, mental health is all about balance. As the picture represents, if one spice is added in a greater quantity, it can lead to an imbalance in the flavour of the dish. In the same way, the balance between productivity, pleasure and necessity is something that I try to focus on. During the time when I have a perfect balance between the three, I am at the happiest, with a positive outlook on life. The instance when one spice is used in a greater quantity compared to others i.e., one aspect of life gains greater focus, it leads to a disruption of the dish of life."

-Akshat Mehta, Visiting Faculty - NMIMS, SDSOS

"Mental health shouldn't be a luxury but a necessity, and as a mental health professional, I feel it's even more important to keep a regular check on my mental health as you can't pour from an empty cup, right?"

So, every once in a while, give yourself permission to rest, unplug and rejuvenate without feeling guilty.

That is exactly what I do for my mental health and take a day off away from all the chaos and confusion to refresh and introspect and spend some time with myself."

-Dhruvi Morabia, Visiting Faculty - NMIMS, SDSOS.



LET'S TAKE A LOOK AT MENTAL HEALTH THROUGH STUDENT'S PERSPECTIVE

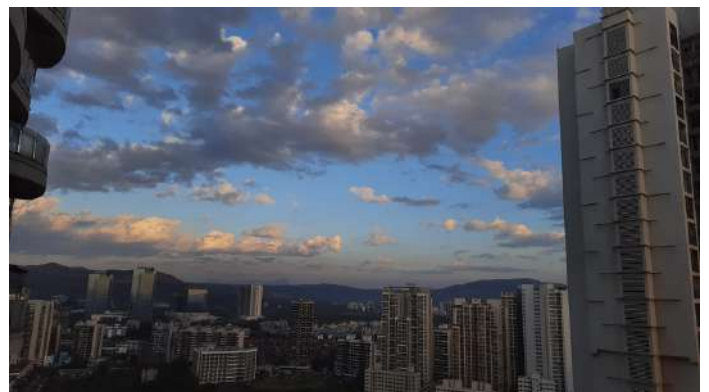


"The image conveys the cold truth that everyone must deal with. The sun and a clear sky represent our true selves, which are disguised by clouds for fear of being judged or criticised by society. We hide our true nature to cater to others' wants, but gradually, one must come to understand their value, put oneself first, and pierce through the veil of deception."
-Tanisha Laxmeshwar, BSc Sem 5.

*"As I lay on my bed
looking out the window
I saw the blue sky above
a shade of blue that brings you peace
and peace only*

*the birds flew high
without a care in the world
the view had nothing unusual
but still, it made me smile
and smile a little more."*

-Gunika Sharma, BSc Sem 1.



LET'S TAKE A LOOK AT MENTAL HEALTH THROUGH STUDENT'S PERSPECTIVE



I believe a photograph should be open to interpretation, so this is mine...

The woman represents the youth.

She too struggles to choose what part of herself she wants to show to the world.

She fears judgement and covers herself.

The youth, like her, limits expression to avoid standing out.

So, she wears black to blend in, to hide her true self.

But who would love her for her, if she does not love herself, if she does not show herself?

Model in the pictures: Ms. Vaishnavi Andhale
-Tanaya Kulkarni



Break Through stigma

knock, knock! who's there?

Mental Check-ins.

Why should you do a mental check in-

The bustling life of the 21st century, amidst the clouds of the hustle culture, social media and Musk's dream of going to Mars, we are constantly bombarded with a pressure to compete and reel audios that don't leave our heads.

We check on our life goals, check out instagram posts and check off items on our to do lists? But what about checking-in? Taking a deep dive into our minds instead of deep diving the internet to see what an ex is up to?

Our minds are the remote control of our life. It is so important to take time off from the world around us and spend time with the world within us. This will help you to get in touch with your feelings, get to know what's going inside your head and help you figure out if you need to take a break.

The following are a series of open ended questions which will help you reflect on your current mental health status.

It would be best if you can do this exercise in a quiet and comfortable setting.

Try to be as descriptive as possible.

- How are you feeling today? Mentally and Physically?
- Are you getting enough sleep?
- How is the quality of your sleep?
- Are you eating well and keeping yourself hydrated?
- Have you been feeling more tired than usual?
- On a scale of 1 to 10, how has your mood been this week, one being really low and 10 being extremely happy?

- Which of these feelings can best describe what you're feeling currently?
Pick out a few(3-5)



Feelings List

Accepting / Open Calm Centered Content Fulfilled Patient Peaceful Present Relaxed Serene Trusting	Angry / Annoyed Agitated Aggravated Bitter Contempt Cynical Disdain Disgruntled Disturbed Edgy Exasperated Frustrated	Connected / Loving Accepting Affectionate Caring Compassion Empathy Fulfilled Present Safe Warm Worthy	Disconnected / Numb Aloof Bored Confused Distant Empty Indifferent Isolated Lethargic Listless Removed Resistant Shut Down Uneasy Withdrawn	Fragile Helpless Sensitive Grateful Appreciative Blessed Delighted Fortunate Grace Humbled Lucky Moved Thankful Touched	Stressed / Tense Anxious Burned out Cranky Depleted Edgy Exhausted Frazzled Overwhelm Rattled Rejecting Restless Shaken Tight Weary Worn out
Aliveness / Joy Amazed Awe Bliss Delighted Eager Ecstatic Enchanted Energized Engaged Enthusiastic Excited Free Happy Inspired Invigorated Lively Passionate Playful Radiant Refreshed Rejuvenated Renewed Satisfied Thrilled Vibrant	Furious Grouchy Hostile Impatient Irritated Irate Moody On edge Outraged Pissed Resentful Upset Vindictive	Curious Engaged Exploring Fascinated Interested Intrigued Involved Stimulated	Embarrassed / Shame Ashamed Humiliated Inhibited Mortified Self-conscious Useless Weak Worthless	Guilt Regret Remorseful Sorry Hopeful Encouraged Expectant Optimistic Trusting	Unsettled / Doubt Apprehensive Concerned Dissatisfied Disturbed Grouchy Hesitant Inhibited Perplexed Questioning Rejecting Reluctant Shocked Skeptical Suspicious Ungrounded Unsure Worried
	Courageous / Powerful Adventurous Brave Capable Confident Daring Determined Free Grounded Proud Strong Worthy Valiant	Despair / Sad Anguish Depressed Despondent Disappointed Discouraged Forlorn Gloomy Grief Heartbroken Hopeless Lonely Longing Melancholy Sorrow Tearful Unhappy Upset Weary Yearning	Fear Afraid Anxious Apprehensive Frightened Hesitant Nervous Panic Paralyzed Scared Terrified Worried	Powerless Impotent Incapable Resigned Trapped Victim Tender Calm Caring Loving Reflective Self-loving Serene Vulnerable Warm	

Body Sensations

Achy	Contracted	Gentle	Numb	Shaky	Sweaty
Airy	Dizzy	Hard	Pain	Shivery	Tender
Blocked	Drained	Heavy	Pounding	Slow	Tense
Breathless	Dull	Hollow	Prickly	Smooth	Throbbing
Bruised	Electric	Hot	Pulsing	Soft	Tight
Burning	Empty	Icy	Queasy	Sore	Tingling
Buzzy	Expanded	Itchy	Radiating	Spacey	Trembly
Clammy	Flowing	Jumpy	Relaxed	Spacious	Twitchy
Clenched	Fluid	Knotted	Releasing	Sparkly	Vibrating
Cold	Fluttery	Light	Rigid	Stiff	Warm
Constricted	Frozen	Loose	Sensitive	Still	Wobbly
Contained	Full	Nauseous	Settled	Suffocated	Wooden

Picture Credit: ebubblelife.com

- Is there something that's worrying you off late?
- What's taking up your headspace, and is it affecting your mental health
- Can you spend time with your thoughts or need a source of distraction?
- Are you doing something to practice self-care /something that gives you joy?
- If not, what is something you can do to bring yourself joy today?
- Have you recently talked to someone with whom you connect?
- Lastly have you hugged yourself today? if not, do so right now!

That's about it! Hope this helped you gain some insight about your current mental space, and try to use this questionnaire once a week. It does look too long and tedious which is why you could also split and use it in parts according to your needs. Let's introspect and get in tune with our truest self.

Suchi Ganediwala

1st year

Batch 2

SUICIDE PREVENTION DAY BY MScAP, SDSOS

Suicide takes a heavy toll on individuals, families and communities worldwide. Every suicide is a tragedy. As students of psychology, we have a pivotal role to play and have been bestowed with the responsibility of being the agents of change in spreading awareness. Therefore, we took the proactive effort of organising a Poster Campaign on "Suicide Awareness and Prevention" to promote the widespread recognition of Suicide, myths around it, its symptoms, warning signs about when someone might be suicidal as well as shared helpful resources to reach out to while someone may be in need.

We were successful in psycho-educating as many as 300 students and more from different educational courses thus making our best efforts to raise awareness.

An enlightening guest lecture was conducted for the students of NMIMS University, Psychology Department on Saturday, September 10, 2022 by an inspiring speaker- Dr. Wilbur Gonsalves, an Assistant Professor at the Department of Applied Psychology at the University of Mumbai for the last 9 years. His specialization is in Counselling Psychology and has been practicing as a counseling psychologist for over 13 years.

The guest lecture was attended by the students of M.Sc Applied Psychology as well as the teachers. Dr. Wilbur Gonsalves sir's explanation on the risk factors for suicide such as stressful life events, lack of social belongingness, substance abuse, conflicting relationships and alienation, protective factors like social skills, coping mechanisms, and cultural/religious beliefs as well as the suggestions that could be incorporated by mental health professionals in order to help anyone who might be experiencing a tough journey were extremely helpful in understanding the theme via his presentation on "Suicide Awareness: Touching lives" in great depth.

The aim of the guest lecture was to motivate students to spread awareness, believe in the concept of active listening to their peers or any one in need as well as effectively meeting up any challenge in today's modern world.

Therefore, it is imperative that everyone is educated about suicide prevention.

Suicide is preventable and knowing about it can help save a life.

**Aishwarya Rawat,
MScAP Sem 3.
Head of Events**



The Journey to Happy Emotional Health

Here are some of the steps for when you embark the journey to your happy emotional health

5 Manage your emotions

We all know that we have to compartmentalize our emotions, but how? To manage our emotions we have to compartmentalize each emotion by identifying it and collaborate them under the same themes. In the themes, we look for emotions which are closely linked to each other like joy and love, and anger and guilt, and label them together.

After themes are formed, look for any false negativity and separate them from the main theme. For emotions that we cannot connect are usually conjoined, which majorly happens for negative emotions. For example, one day you are late to the office and the next day your boss criticises your work. These could be attributed to poor time management skills, while that is true for the first situation, it might not necessarily be true for the second situation.

4 Accept what you are feeling

Before we start to manage and compartmentalize our emotions, we have to accept what we are feeling. This means providing a judgement free space for yourself to feel an emotion. When we are not used to experiencing strong emotions, feeling them could be overwhelming and exhausting. Instead of burying them within or shoo-ing them away, we accept their existence and regulate them.

3 Identify

Acceptance can only come after we have identified our emotions. To identify an emotion is to recognize what you are feeling in that situation. By labelling an emotion or feeling takes away the power from it which the uncertainty brings.

2 Acknowledge

Antecedently we have to acknowledge our emotions in order to identify. We have to consciously make a point to admit our emotions. Only after the acknowledgement of its existence is when we can have a healthy emotional relationship with ourselves.

I Be honest

Before we can do any of the aforementioned steps, we have to be honest with ourselves. Undeniably it takes great strength to be honest about yourself to yourself, however, after this, all the other steps become easier to walk to reach the destination.

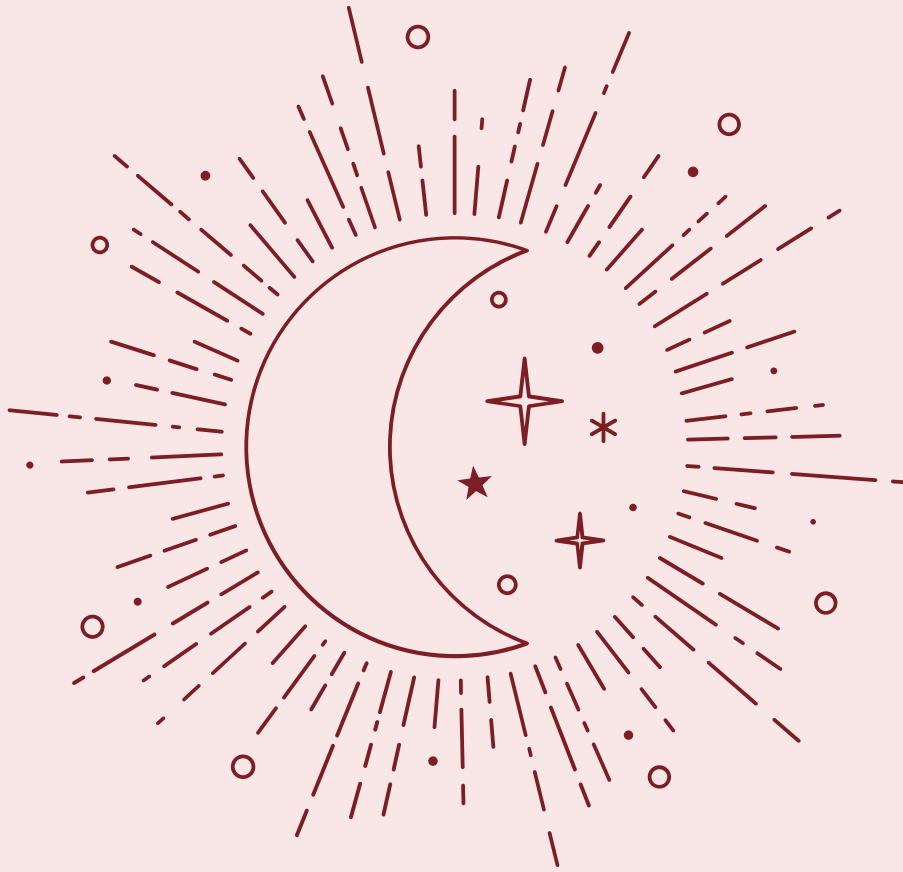
Some of the things to avoid when embarking on the journey of emotional health-

- Multitasking: we feel a lot of emotions at a single given time, however, trying to manage them all together could be emotionally exhausting. Take small steps and begin with compartmentalizing one or two emotions.
- Denial: acceptance is the key to any psychological or physical growth. When we ignore our emotions, we deny ourselves the privilege to be our true selves.

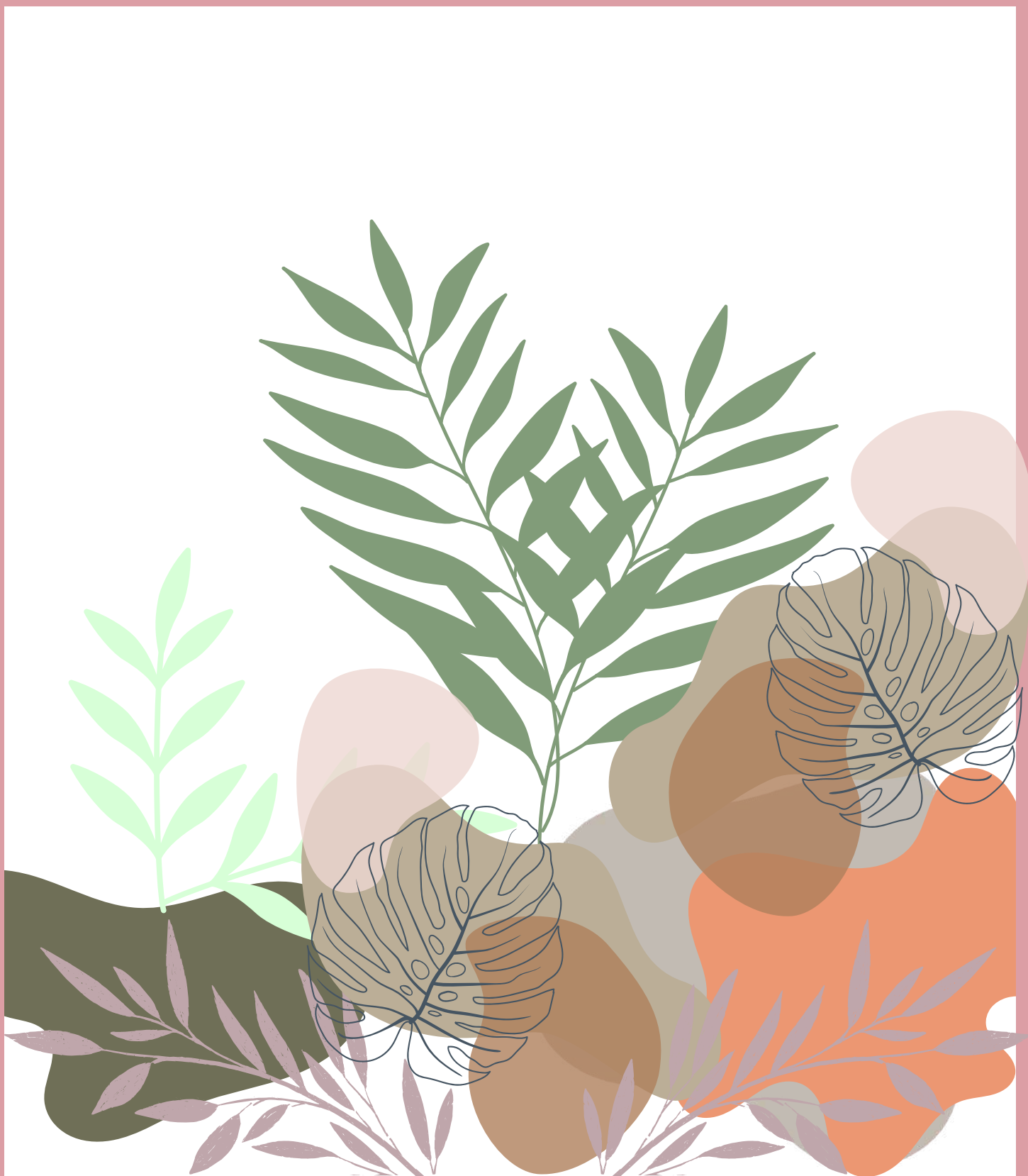
Growth is not always stagnant or identical for everyone, self-care doesn't mean sheet masks or expensive dinners. Growth can be uncomfortable, and self-care can include ugly crying. The journey is not always necessarily filled with scenic waterfalls and rose-y gardens. We have to walk through the thorns too to reach the destination. Irrespective of how growth and self-care look to you, the first step is always beautiful.

Dhwani Jain
Head of Communications,
Sub-Head - Research
Magazine - Core





i am creating the
world of my
dreams



Get Inspired

LITTLE ABOUT THE WRITER OF OUR SPECIAL ARTICLE



Sangeetha Param

Age: 28 years

Bangalore, India

Motivational Speaker on Mental Health as a Survivor Diagnosis (2014)- Bipolar Disorder & Borderline Personality Disorder. The Journey of Spreading Awareness on Mental Health by Removing the Stigma began with, voicing my diagnosis on a public platform not as a patient but as a Survivor, by making 'My Weakness My Strength.'. With a slow beginning, I reached the platform of TEDx delivering 2 talks, representing India in 5 International Conferences, holding Mental Health Awareness Talks at various schools and colleges; with audience being teenagers and young adults. I also spread awareness on topics like: Mental Health Care, Mid-Life Crisis, Stress Management, Parenting Techniques, etc. 2 Books 'Key to Acceptance' and 'Echoes in my Attic', were authored by me with the short essays and poems I wrote as Self Therapy during my difficult times. My Goal: To make a difference in just 1 individual's life through my testimony, which may help a lot more people to make a chain of awareness to remove 'The Stigma around Mental Health.

1. Echoes in my Attic- 2018, Blue Rose Publishers:

Author: Sangeetha Param

Description: This book consists of 20 therapeutic poems targeting young readers who are undergoing mental trauma and depression. Each verse of this book has an emotion attached to it. Echoes in my Attic show the emotions and thoughts running through the brain which are like the noises in the attic. A small sound reverberates many times in the attic. Similarly, same thoughts and emotions play repeatedly in our brain. These poems convey emotions, thoughts and feelings which echo in the mind. Flipping through these pages one can feel thoughts and emotions play.

2. Key to Acceptance -2017, Notion Press Publishers:

Author: Sangeetha Param

Description: This book is a mixture of prose and poetry. Imagination is known to develop early. The world is seen differently when this phase of life begins. There is a mixture of emotions such as happiness, sadness, hatred, anger, etc. dealing with these emotions is a tough task and this book makes you experience it in the form of the imagination of a teenager who is in the cusp of adulthood. The commotion in the head is put on paper and an attempt is made to identify the emotions. The feelings of extreme happiness, normality and extreme sadness are expressed in words. This book opens a door that has been locked up for quite some time, behind which there are two monsters of extreme happiness and sadness which come out in search of normalcy. Laughter and tears are shown and messages are derived from them. Stepping up from childhood to teenage and surviving teenage life is a herculean task. Imaginary prose and poetry are the contents of this book which will give you the experience of reading a teenager's mind.

Book 1 link : <https://bluerosepublishers.com/product/echoes-in-my-attic/>

Book 2 link: <https://notionpress.com/read/key-to-acceptance>

Monsters of Emotions

My gratitude to Emails will be never-ending
The drafts are filled with my pain and memories
Letters typed accompanied with tears
Hoping for relief I type away endlessly.

Pressing the words hard, I express my feelings and thoughts
No one believes me when I say,
My heart beats out of my chest making me breathless
Chills run down my spine as the monsters arrive.

Scars on my skin magnify to 3 dimensional lines
Reminding me of my failures, my traumas, the monsters intensify
Mixture of emotions, anger, pain, guilt leading to helplessness
I try to explain to another
But fail miserably as the monsters set in.

'Please help me'
I beg in desperation
I have no place to hide or weapons to fight
They are approaching from every direction
To attack, leaving me wounded with depression.

'Please understand, I am helpless',
I need your support to fight them
When the monsters escape from the closet,
My fears choke me to death,
It happens so often, I give up with no solution.

Each time is different, the anxiety, the anger
Extreme emotions, I just want someone's hand in battle
I have to fight alone but your assurance helps me believe
When I fall I will be held, pushing me back on my two feet.

The fight happens over and over again
I hide under my blanket, to feel safe
Hoping they won't find me
They sneak in like ghosts unfortunately.

It is not the memories, it is more of emotions
Those drive me crazy to extremity
They do not understand the desperation
To get rid of the emotions crippling up
Eating away my positivity.

Happiness lasts for a few minutes
Then snatched and taken away
A punishment it seems for all my sins
I guess this is my journey till my body gives in.

Whispers I overhear, all in your head;
Makes me afraid to ask for help
Fear of judgement to my mistakes and sins
I struggle to have my soul forgiven
Attacking my body for relief
That is the only hope for a peaceful solution
To think and face the current situation
The lines come back in the future
Leaving scars of desperation
For forgiveness and peace, I crave to feel normal...



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SY MSc AP



Thankyou.
see you in JAN' 23