



THE PSYCHIC ZONE

EDITION 4:
MINDSCAPES AND TRAILS

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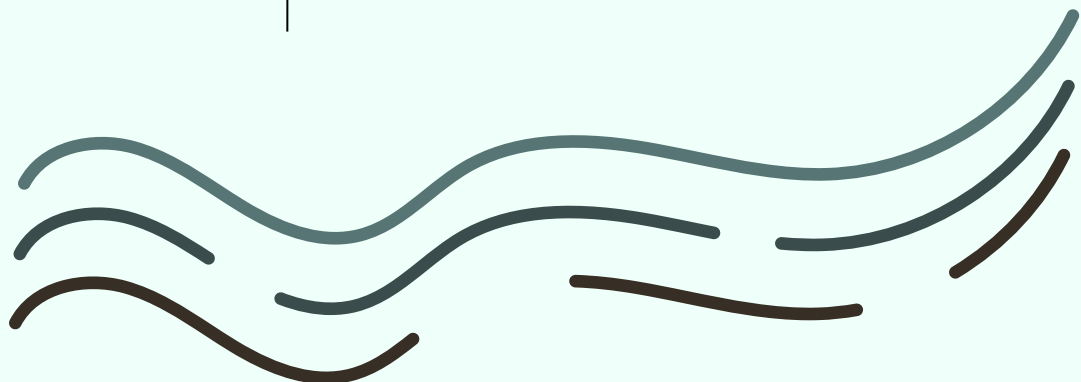
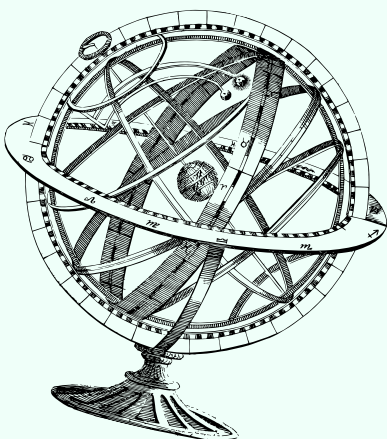
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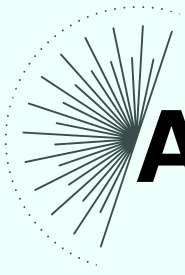
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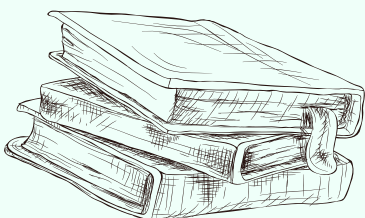


ABOUT THE DEPARTMENT OF PSYCHOLOGY

Inaugurated in the year 2007, the Sunandan Divatia School of Science was established with the singular objective of providing a distinctive and illustrious academic milieu to both undergraduate and postgraduate scholars. It was conceived within the ambit of the university's exceptional pedagogical framework, one that zealously upholds the twin pillars of academic excellence and a profound commitment to industry-driven training.

Central to this mission is the cultivation of an exceptional cadre of scientifically adept professionals, well-versed in the exigencies of both research institutions and the demands of the corporate realm. The Programs, designed with meticulous care and foresight, aim not only to ensure employability but also to proactively address the burgeoning global demands and contribute substantially to the betterment of the global community.

The Department of Psychology inaugurated in the year 2020 at Sunandan Divatia School of Science, is a dynamic center for the study of human behavior and cognition. Committed to excellence which is evident in cutting-edge research and tailored programs that prepare future psychology professionals. The esteemed faculty advances psychological knowledge, and state-of-the-art facilities foster experiential learning. Emphasizing interdisciplinary collaboration, equipping students for careers in clinical, industrial-organizational, or educational psychology, empowering them to make a global impact.



PREFACE

In the perpetually evolving realms of human psyche and understanding, the psychology department of Sunandan Divatia School of Science welcome all our beloved readers to the enthralling pages of our latest issue! With the steadfast enthusiasm, we unveil our theme for this edition: “Mindscales and Trails”. Prepare yourself to dive deep into secrets of human psyche, delving into the perspectives of adventure, environment and travel psychology.

Dive into the magazine with our engaging and interactive section of Cognitive Conundrums (CogCon), where puzzles challenge your intellect and spark curiosity. Explore profound perspectives on humanity in our exclusive interview segment, "Humanity in Focus," delving into the minds of remarkable individuals shaping our world. Embark on cinematic journeys with Filmscapes, immerse yourself in the “Artistry in Words and Verse, where poetry and prose ignite the imagination. Explore Psych-Eye, our photography section, where visual stories unveil the depth of human emotion and experience. And don't miss out on the heartwarming Yearbook section, where cherished memories come to life through photos and letters from juniors.

We extend our deepest appreciation to our esteemed contributors for their unwavering dedication and limitless creativity. As custodians of this literary odyssey, we stand tall and proud to present this edition to you. May each page ignite your imagination, encourage introspection and propelling you towards your own intrepid adventures both within and beyond.

**Warm Regards,
The Editors**



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YEARBOOK

Loneliness: a similarity between the wretched tree standing alone, and the old man sitting alone on a boat in the lake-center. Together they look like two old companions in a conversation with one another, bonded with a rope.

By Nuvera Shaikh (B.Sc Year 3)



RESEARCH INSIGHTS



ECOTHERAPY

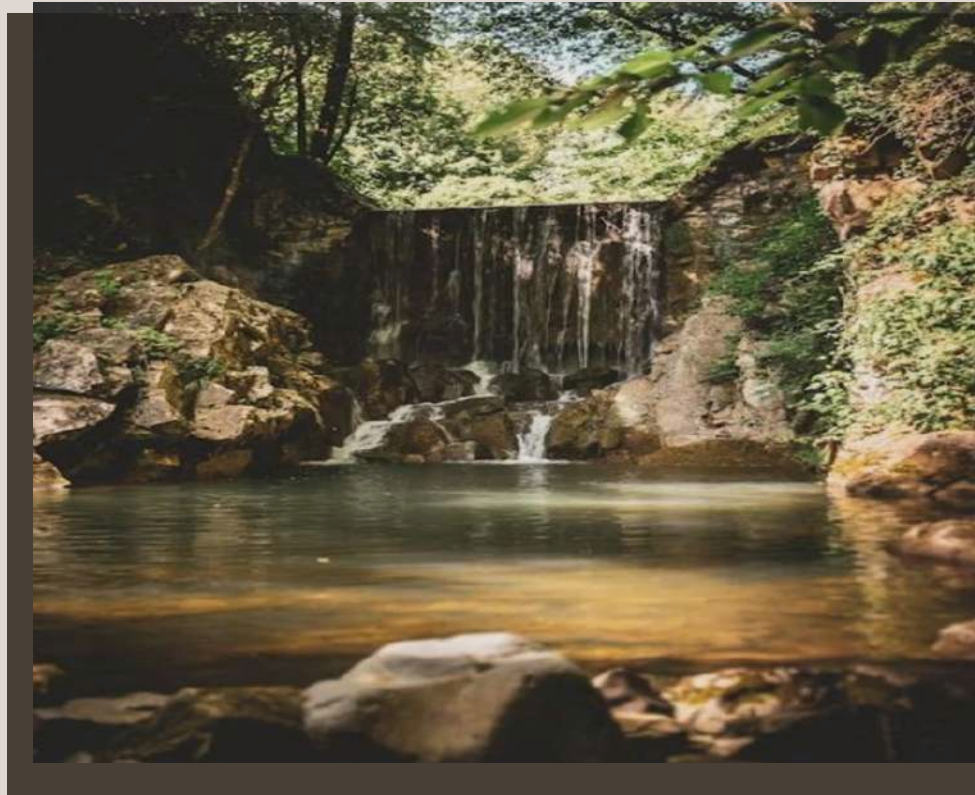
NATURE'S GUIDE TO HEALING

- Nidhi Panchal (M.Sc. Year 1)

'Nature heals, recharges and soothes one's soul' - this maxim is indeed universal and holds true in human life.

Each one of us is deeply connected to nature and therefore its role in our life is inevitable.

Our deep connection to nature does not often disappear as we get older; rather, it is frequently overshadowed by contemporary individuals who seem to be fixated on the rapidly changing technology landscape.



Many people think that this disconnection is part of the reason why people in today's society are mentally and physically unwell.

Environmental psychology began as a stand-alone scientific field of study in the late 1950s. Its goal is to improve people-environment relations and human well-being by examining how people interact with the physical aspects of their built and natural environments. Psychology has a wide range of therapies to offer for various mental health condition, and ecotherapy is one such unique intervention under ecopsychology which can be blended with psychotherapy and give beneficial results which are backed by ample of researches. It was initially developed by Theodore Roszak and is also referred as 'green therapy', 'nature therapy'.

The underlying premise of ecotherapy is often the idea that humans are a part of the natural world and that our minds are not distinct from their surroundings. Based on systems theory, ecopsychology gives people a chance to examine their interactions with nature, a topic that is often disregarded in other forms of psychotherapy.

Ecotherapy is a type of applied ecopsychology in which the approach of developing an interaction with nature is divided into two parts:

- An additional proactive involvement in which therapy proceeds using natural resources, such as in green exercise, wilderness therapy, horticultural therapy, and animal-assisted therapy; and
- Simply combining with the aesthetic splendor of natural environments that by and urge themselves become places of regeneration (Jordan, 2009).

Numerous ecotherapies exist, including horticultural therapy, wilderness therapy, nature meditation, green exercise, and even ecotherapeutic approaches used within sessions. The various research studies described further depict exceptional results for severe mental health conditions, highlighting that integrative approach with ecotherapy can be a promising and beneficial practice to be considered by today's mental health professionals.

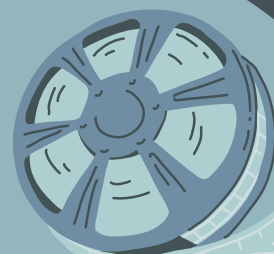
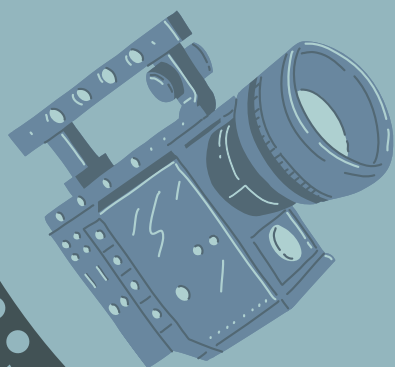
At its core, green exercise is engaging in particular physical activities (such as running or walking) while spending time outside in nature. A study conducted by (Taylor and Kuo, 2009) investigated how 17 children with ADHD responded to surroundings that were created by humans and by nature. A 20-minute guided stroll through each of three environments—a city park and two additional immaculate man-made settings—was given to the participants. The findings showed that following a park stroll, children's concentration was significantly higher than in the other environments.

Horticultural therapy, a subset of ecotherapy, entails clients engaging in structured gardening tasks led by an authorised expert in order to meet predetermined goals for treatment. Another structured ecotherapeutic intervention is animal assisted therapy (AAT), has been effectively used to treat symptoms of substance abuse (Wesley et al. 2009), schizophrenia (Kovacs et al. 2004), and clinical depression (Antonioli and Reveley, 2005). It incorporates professionally assisted activities with animals with the goal of improving psychological health (Parshal, 2003).

The notion that "the human psyche as an integral part of the web of nature" (Brown, 1995) and that "the psychological wellness of individuals is precisely contingent on the health of the wider ecological system (and vice versa)" are implicit in such a significantly complex framework for mental health care. Thus, embracing eco therapy into mental health provides a refreshed approach as it contemplates the traditional psychological methods and demonstrates the position impact of mother nature onto our mental health.



FILMSCAPES



ART OF REFINEMENT

My Journey in Editing

Garima Singh
(B.Sc. Year 2)

Overlays, LUTS, time mapping, keyframes; something me from 4 years ago would have no clue about. What started as a mere diversion from the events cascading in 2020 and the boredom due to lockdown, is now something I wish to study professionally. Initially, editing, for me, was just putting clips together with a song playing in the background; now, it is so much more than that.

As time went by and I gained experience in this field, I realized editing is about telling a story, matching clips with the beats/rhythm of the song, using color grading to make your videos/edits more cinematic and crisp. So many years of editing have taught me that your edits should have emotions and you should be able to convey them. From choosing which font to choose to finding the perfect song to shooting the videos as per the edit, it is a long chain of hardwork and creativity.

Brainstorming ideas for my next edit used to exhaust the creative side of my brain but looking back, it feels worth it. This is my second year editing a movie for the Psych Film Festival — a three day event by the Department of Psychology, SDSOS of NMIMS University. It brought my editing spirit back after being in a slump for so many months.

Comparing my editing skills from my first time editing a movie for the Psych Film Fest, I have improved greatly. Over the course of 4 years, I have discovered that editing is something I can express myself through and is something which gives me joy. I have a good understanding of cinematography and filmmaking now and there is so much more to learn.

Thanks to the former me from four years back for selecting random photos and videos of her favourite singer and throwing them together with a song in the background, I have found something I am passionate about.



US WOMEN

By Vidhi Makwana
(B.Sc. Year 2)

“WOMEN, THEY HAVE MINDS, AND THEY HAVE SOULS, AS WELL AS JUST HEARTS. AND THEY’VE GOT AMBITION, AND THEY’VE GOT TALENT, AS WELL AS JUST BEAUTY. I’M SO SICK OF PEOPLE SAYING THAT LOVE IS ALL A WOMAN IS FIT FOR.”

— **LOUISA MAY ALCOTT, LITTLE WOMEN**

When I hear the word "women," it makes me feel empowered, connected to femininity, motherhood, and a resilience that endures life's challenges. While societal norms may sometimes categorise women and femininity as weak, the strength and grace inherent in women go beyond mere physical abilities and should not be compared to men.

The movie "Little Women" directed by Greta Gerwig, deeply connects with the essence of womanhood. She is one of the few female directors and actors to showcase her inspirational work in the male-dominated film industry. She primarily explores themes related to womanhood in her films, such as "Barbie," "Lady Bird," and "Little Women." I admire her approach to filmmaking, her exceptional writing, and her cinematography skills.

While I have a fondness for the works of several male directors, Greta Gerwig stands out as the sole female director whose work I find truly inspirational. When discussing "Little Women," it's important to note that the film is an adaptation of Louisa May Alcott's semi-autobiographical book, with the protagonist being a reflection of the author herself.

The movie revolves around the four March sisters, May, Jo, Beth, and Amy, and shows their journey from childhood to womanhood. Despite their individualistic personalities, the sisters' differences both clash and bind them together. Jo, aspiring for independence and a successful writing career, whereas Meg's pursuit of love and a traditional family life.

Amy grapples with societal expectations and her artistic ambitions, while Beth, the youngest, emerges as a gentle, kind soul with exceptional musical talent. The film beautifully captures the complexities and variations of each sister's character as they manage to make their way in the world. I personally loved Amy's character, as she stood out as the most rational one amongst the other sisters. Where Jo was blinded to success and Meg only thought of love as her everything, Amy carried a view of making her place in this world, but not by rejecting love but by using it as a kind of leverage.

This one line by Amy, "I'd be respected if I couldn't be loved," has stuck with me ever since. I've been told by my mother that it is important to gain love, but I MUST earn my respect in a world where respect is more desirable than love. Her dialogue "marriage is an economic proposition", and also "I may be mercenary, but I hate poverty, and don't mean to bear it a minute longer than I can help. One of us must marry well. Meg didn't, Jo won't, Beth can't yet, so I shall, and make everything okay all round", these two lines hold a great degree of power. Her perception of society and how she saw it as the most brutal place where one must fight to live with comfort at the cost of "love".

Where Meg chose to marry the man she loved but faced the challenges of poverty. On the other hand, Jo, driven solely by the pursuit of success and achievement, outwardly rejected love. However, in reality, her actions stemmed from a fear of the potential inability to provide love in return. Towards the end of the movie, Jo expresses her frustration, stating, "I'm so sick of people saying love is all a woman is fit for. I'm so sick of it... But I'm so lonely."

Despite Jo's relentless efforts to defy societal norms and pressures to achieve her lifelong dreams, the absence of love takes a toll on her. Her emphasis on prioritising being loved rather than loving indicates the void she feels, reflecting a fear that love might be a barrier in her journey to success.

This idea of considering love as a potential 'distraction' that could divert one away from the road to success is still apparent in our present generation. I, too, once embraced this idea, rejecting love for the fear that it might interfere with my journey to success. Have you ever found yourself in a similar situation, turning away from love due to concerns about its impact on your pursuit of success?

Is love everything a woman is fit for? - No. but one cannot be successful without love.



THE MUMMY RETURNS: TRANSFORMING GENDER REPRESENTATION IN CINEMA

-Shifa Bhakrani (M.Sc. Year 1)

In "The Mummy Returns," Sofia Boutella's character embodies a new wave of female empowerment in pop culture and cinema. As the first female antagonist in the "Mummy" series, her portrayal shattered traditional gender roles and stereotypes.

Through her portrayal, she challenges the conventional depiction of women as passive or subordinate characters. Instead, she commands attention with her strength, intelligence, and cunning. Her character's power and agency serve as a refreshing departure from the typical damsel in distress trope often seen in action-adventure films.

Moreover, her presence on screen symbolizes a shift towards more complex and multifaceted female characters in mainstream cinema. By embracing her own agency and wielding power without apology, she becomes a beacon of empowerment for audiences, particularly women, who may see themselves reflected in her strength and resilience.

Overall, Sofia Boutella's character in "The Mummy Returns" not only captivates audiences with her fierceness and intensity but also contributes to a broader cultural conversation about gender representation and empowerment in media.

THE OTHER SIDE OF MIDNIGHT

- Raybbha Kapur
(B. Sc. Year 2)

Film Noir, a notorious cinematic erasure of traditionalism and self-fashioning which confused morality through thematic motifs like Travis Bickle from Taxi Driver to Tyler Durden from Fight Club in violent ways.

Imagine it's the 1920's and you just finished watching Hans Janowitz's The Cabinet of Dr. Caligary, in your head it can be any other silent German horror movie but there is something much deeper and far more gruesome that it is trying to reflect.

This mirroring can be seen in the quasi-surrealistic set with buildings and asylums closing into each other that underscore the elements of macabre and claustrophobia that pretty much sums up the collapsed Germany post-World War I, crying in desperation for a strong almost malevolent authoritative figure to take over the shadowy streets which implicitly shows the rise of Nazi Germany in close quarters.

What makes this form of expressionism different after Caravaggio made it a hit in the 16th century with solid baroque tones of realism was its psychological narration which cared more about the emotional states of the protagonist.

Enter Freud. This was an era that saw the emergence of the simplest yet argumentative technique to look beyond the apparent, Psychoanalysis, which under its umbrella published books about the conflicted psyche, dreams and nightmares that saw its visual composition in the early cinema and took scripts into the unattempted spiral of pessimism, cynicism and fatalism.

Unfortunately, it took decades for the Germans to ship this concept across the glamorous and pretty Hollywood Land, an allegory for courageous dreamers from privileged white educated families.

Suddenly it was the late 40s, World War II was at its ebullition and the 'Jews run Hollywood' trope found its birthplace when uncountable yet talented Jews and Europeans fled to California to express art without fear.

This emigre talent brought to light a breed of montages filled with morally grey actors who engineered dialogues that attracted an audience with their unpredictability and tightrope dancing between what's wholly good and evil.

If it wasn't for Hitchcock's Spellbound that opened its scene with Shakespeare's Julius Caesar, "The fault...is not in our stars. But in ourselves...." we wouldn't have the modern-day miracle of psychoanalysis that can disappear the analyst's hidden problems by lying on a rich velvet couch.

In creating this world deprived of sentimental humanism, creators like Hitchcock, Wilder and Grant deliver us these gothic-styled scenarios which brew suspense and thrill the working class never experienced and transformed the cinematic pastry of happy endings into this tortured mind in quest for his identity where he solves an infamous crime or unveils absolute corruption (much like any crime reporter during the Nixon saga).

As soon as the audience devoured these socially voyeuristic guilty minds imprisoned by their psychological demons as shown in *Rebecca* (1940) this type of cinematic escapism was fading away. Mostly because of the Prohibition period that the depressed America was facing, this is where the underworld took over the cities of New York, Chicago...and also Hollywood.

The *Godfather* trilogy does much justice to this argument, with illegal arms supply across borders, big Italian lineages, ancestral vengeance became the selling point and renewed the antithesis tenets of dark cinema. We welcome film noir once again in our lives after a small stagnation.



ZINDAGI NAA MILEGI DOBARA:

A CINEMATIC ODYSSEY OF FRIENDSHIP, SELF DISCOVERY AND TRANSFORMATIVE TRAVEL

-Sakshi Shah (M.Sc. Year 1)

Life doesn't offer second chances, so seize the day, my friend! This mantra resonates at the heart of Zoya Akhtar's captivating Bollywood film, "Zindagi Na Milegi Dobara". While the vibrant Spanish landscape provides a stunning backdrop, the film's true depth lies in its exploration of travel through the lens of friendship, self-discovery, and personal transformation. Buckle up, for we embark on a cinematic journey that reveals the transformative power of hitting the open road.

The film revolves around three friends – Kabir, Arjun, and Imran – their reunion reigniting a long-standing pact: a bachelor party road trip across Spain. This seemingly lighthearted premise unfolds a tapestry of complex emotions. The road trip becomes a metaphor for their journey through life, their camaraderie evident in every shared laugh, heartfelt conversation, and moment of vulnerability. As they reminisce about lost years and navigate present uncertainties, we witness the power of shared experiences in forging deep connections, a truth resonating with anyone who has embarked on a journey with loved ones.

Yet, their individual paths diverge amidst the shared laughter. Kabir, a workaholic architect, grapples with the fear of commitment. The open road forces him to confront his priorities, culminating in a transformative moment of clarity under the starry Spanish sky. Arjun, a successful investment banker, finds his priorities challenged by Laila, a free-spirited diving instructor. He realizes the emptiness of his materialistic pursuits and rediscovers the joy of living in the moment. Imran, burdened by a fractured relationship with his father, embarks on a poignant search for reconciliation. The journey becomes a cathartic exploration of forgiveness and healing, highlighting the therapeutic nature of travel in confronting unresolved emotions.

Beyond personal journeys, the film immerses us in the vibrant tapestry of Spanish culture. From the pulsating rhythm of flamenco dancers to the chaotic exhilaration of La Tomatina festival, the characters embrace the unknown, stepping outside their comfort zones. These cultural immersions are more than mere tourist experiences; they serve as catalysts for growth, broadening the characters' perspectives and challenging their preconceived notions. We, the audience, are invited along, experiencing the world through their eyes, learning alongside them that travel is not just about ticking off destinations but about embracing the unfamiliar.

The film beautifully captures the therapeutic power of travel. Witnessing Imran find solace in the serene Spanish countryside, or Kabir gaining clarity amidst the vastness of the ocean, resonates with the concept of ecotherapy. Nature becomes a sanctuary, offering space for reflection and emotional healing, reminding us of the restorative power of disconnecting from the everyday and reconnecting with ourselves.

More than just a physical journey, the road trip in "Zindagi Na Milegi Dobara" becomes a symbolic representation of self-discovery and friendship. The open road, stretching endlessly before them, mirrors the path of life, with its twists and turns, moments of joy and despair. Every shared experience, every conquered fear, contributes to their individual and collective growth. This symbolism reinforces the psychological notion that travel is not just a physical displacement but a metaphorical journey within ourselves, pushing us to confront our limitations and discover hidden strengths.

The film culminates in moments of revelation and reflection. As they stand upon the iconic Gateway of India, their laughter fades, replaced by introspection. Kabir acknowledges his fear of commitment, Arjun embraces a simpler life, and Imran finds the courage to reach out to his father. These quiet moments showcase the transformative power of travel, acting as a catalyst for profound self-awareness and personal growth.

The music of "Zindagi Naa Milegi Dobara" acts as a soul-stirring companion that intricately intertwines with the film's exploration of travel psychology. Among the standout tracks, "Der Lagi Lekin" resonates as a poignant melody that accompanies moments of introspection and self discovery. The song's serene composition and heartfelt lyrics mirror the characters' inner struggles, adding depth to their psychological journeys. "Toh Zinda Ho Tum," with its triumphant spirit and empowering lyrics, becomes an anthem of resilience, perfectly encapsulating the transformative nature of travel as a catalyst for personal growth.

Additionally, "Sooraj Ki Baahon Mein" serves as a therapeutic harmony, its soothing notes echoing the film's theme of finding solace and healing in the embrace of nature during the characters' journey. The seamless integration of these musical pieces with the film's narrative underscores the emotional and psychological dimensions of travel, elevating the cinematic experience to a symphony of self-discovery and the liberating spirit of the open road.

"Zindagi Na Milegi Dobara" is not just a Bollywood film; it's a cinematic exploration of the human spirit. By weaving together themes of friendship, self-discovery, and cultural immersion, it captures the transformative power of travel. So, pack your bags, dear reader, for life is indeed a journey, and just like Kabir, Arjun, and Imran, we are all invited to seize the day, embrace the unknown, and discover the transformative power that lies within the open road.

127 HOURS (2010)

DIRECTED BY DANNY BOYLE

- Mayuri Shelar
(B.Sc. Year 3)

My perspective on the pinnacle of “what would you do?” cinema

An adventurer. A rock.

A life-changing forcefield erupting with scorching, blinding flames. Imprisonment, loss of hope and strong urge to survive. Regrets, realization and finally rebirth.

The smell of soothing nature and rays of sunlight.

Head towards the sky with a huge smile on your face. It's freedom.

127 hours is a biographical film based on an American mountaineer and motivational speaker, Aron Ralston's memoir “between a rock and a hard place”

The film begins with Aron Ralston, played by James Franco, hiking alone in Blue John Canyon in Utah's Canyonlands National Park, United Nation of America. While exploring the canyon, a rock suddenly fell and trapped his right arm against the canyon wall. Despite his efforts, he was unable to save himself and his attempts to find help were unsuccessful as he knew he was in a remote area beyond rescue.

As time passes, Allen struggles to survive by sharing his limited food and supplies. He thinks about his life, his memories and his loved ones. Day turns to night and his situation becomes more stressful as time passes. And faced with the possibility of some death, Aaron decided to take action. He cut the arm with a sharp knife, inflicting intense pain before breaking. Following the cut, he was lowered from the cliff and walked to safety, where he was rescued by a passerby.

The film ends with Allen's desire to be reunited with his family and his journey of self-discovery and salvation. Despite the injuries and physical losses, Allen emerged from this ordeal with a new zest for life and a determination to live forever.

“Everything is... just comes together. It's me. I chose this. I chose all of this — this rock has been waiting for me my entire life. I've been moving towards it my whole life.”

The film raises existential questions about mortality, purpose and the human condition, inviting viewers to reflect on their own values and priorities.

The concepts of evolutionary psychology are highlighted through the themes of survival instincts and self-preservation when he takes decisive action in the face of mortal danger during the complex interplay between biological, psychological and environmental situations.

Danny Boyle, the director beautifully portrays Aron's breakdown scene where he mentioned his family, friends and his loved ones regretting the fact that he never informed anyone before leaving for this adventurous journey.

The talk show recorded in his video diary depict multiple emotions due to the underlying despair and feeling of loss where he uses humor as a coping mechanism to overcome his fears. This scene explores the psychological toll of prolonged solitude, a gradual exhaustion and desperation when the fear about life or death is visible on his face. These small moments signify the saying, "life flashing before your eyes".

The movie reaches its peak when Aron becomes depressed and has visual hallucinations about his escape, past experiences and his relationships. Ralston realizes that the nature whom he cherished the most held him as a prisoner now.

"You'll never find your limits until you've gone too far."

During the end of the movie, Aron gets his final motivation in a warm soft light when he imagines his future son and what he would be like. The profound psychological trauma experienced by Aron during his confinement and self-amputation illustrates the concept of post-traumatic growth, as Aron emerges from his ordeal with a newfound appreciation for life and a sense of purpose.

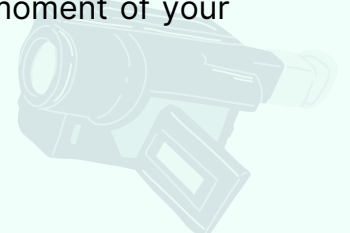
He has his final realization that life has much more in store for you if you persevere and strive forward. The death was certain and his life could have ended there in that canyon, but his courage and determination led to his rebirth for the whole life that was waiting ahead of him.

People say that we're searching for the meaning of life. I don't think that's it at all. I think that what we're seeking is an experience of being alive, so that our life experiences on the purely physical plane will have resonances within our own innermost and reality, so that we actually feel the rapture of being alive."
~Aron Ralston

When I first watched this movie in school, I was a 13 year old student who was struggling to write answers to the "personal response" questions asked after its screening.

Watching this movie again in my 20s made me realize that it isn't just a movie. It is an experience throughout the 94 minutes about dreams, desires, memories and motivation. Those 127 hours of Aron Ralston's life were when he pondered upon his choices and decisions, experiencing remembrance and regrets.

They were the 127 hours of drowning in the depths of self-reflection to experience the ecstasy of freedom. I would like to end with a question to all, "if the things that you are passionate about bring you to this moment of your life, what would you do?"



COGNITIVE CONUNDRUM

Enigma Escapade

by Krishna Choudhary and Kiara Gulat
(B.Sc Year 1)

ACROSS

2. The act of visiting or passing through a foreign place to learn about it or make discoveries.
8. The surroundings or conditions in which a person, animal, or plant lives or operates, including physical, biological, and social factors.
10. The scientific study of the mind and behaviour, including how people think, feel, and behave in various situations.

DOWN

1. The act of travelling in or through an unfamiliar area to learn about it or discover new things.

3. Exciting or unusual experiences, often involving risk and physical activity, such as hiking, rock climbing, or zip-lining.

4. The natural world around us, including forests, mountains, rivers, and wildlife.

5. Meeting the needs of the present without compromising the ability of future generations to meet their own needs.

6. The preservation, protection, or restoration of the natural environment, ecosystems, vegetation, and wildlife.

7. The relationship or bond between people and nature, including the psychological and emotional relationships that influence behaviour.

9. Responsible travel to natural areas that conserve the environment and improve the well-being of local people.





HUMANITY IN FOCUS



A GYNAECOLOGIST'S INSIGHTS

Interview by Vaidehi Kansara and Tanya Mehta
(M.Sc. Year 1)

About the Interviewee: Dr. Bella Palnitkar

Dr. Bella Palnitkar is a Gynecologist, Obstetrician and General Physician in Vile Parle West, Mumbai Practicing since the past 24 years, and her area of interest has always been catering to younger people.

On the occasion of International Women's day, this interview was conducted to discuss and understand Cervical Cancer and its awareness

Can you explain what cervical cancer is and how it develops?

I believe cancer of the cervix has suddenly become an area of interest for the general population because of various reasons and yes, it is a topic of concern. Cervical cancer is a malignant tumor of the cervix, which is the lowermost part of the uterus that possibly can be prevented by doing a Pap Smear and giving an HPV vaccine.

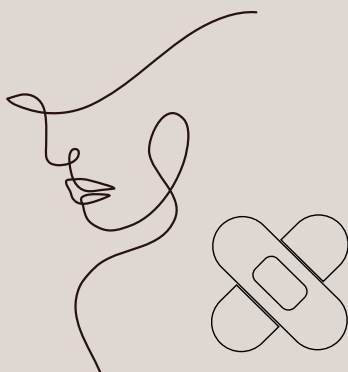
So what are the common risk factors associated with cervical cancer?

The common risk factors are most probably seen about age 30, the most common factor, the causative agent that's the etiology, is human papilloma virus. Human papilloma virus is of various strains and there are a few strains which cause cervical cancer. Cervical cancer basically is a growth of cells that starts in the cervix, which is the lowermost part of the uterus. These various strains of human papilloma virus or HPV play a role in causing cervical cancer.

Recently there was a stunt by Poonam Pandey claiming to raise awareness about cervical cancer. Can you comment on the effectiveness and appropriateness of such stunts in raising awareness about serious health issues?

Okay, that's the most difficult question for me. I will not agree to this kind of method of raising awareness. There are better ways to do it. But yes, if it appeals to the younger generation, if that's going to cause some good to the society, then so be it.

Interviewers: The stunt was definitely not a fair way to do it. We have realized that a lot of people are not vaccinated for HPV but now because of the stunt people are getting aware and are actually working on it.



A GYNAECOLOGIST'S INSIGHTS



What exactly is Pap Smear and its importance?

So whenever a patient comes to us for an examination, we do a bi-manual examination and maybe a visual inspection of the cervix. Apart from the visual examination and the bi-manual examination with the finger and the hand, one is supposed to do a Pap Smear. This is done with the help of a swab stick and collecting a smear, that means collecting the secretions over the cervix. There are two ways, either one does a smear that's called a Pap Smear, or there is something called liquid based cytology LBC technique, where the cells collected are suspended in a fluid in a container and is send for examination, where the cervical cells are studied to gain better insights on abnormal changes if any.

How is cervical cancer diagnosed and what are the available screening methods?

There are different methods of diagnosing cervical cancer and the easiest method is Pap Smear. There are other methods like a biopsy, something called a cone biopsy or a sonography, then there is CT scan and Pet scan.

What advice would you give to the young women regarding their sexual health and cervical cancer preventions?

So the most important advice is that this is something that can be prevented and hence you should work on the preventive measures. So knowing the risk factors of this disease, the most important risk factor is sexually transmitted diseases. So it's better to avoid multiple sexual partners. And obviously according to the guidelines what we know is you have to do Pap Smears. The criteria says that the Pap Smear should be done by each and every woman about 21 years of age. One has two options depending on the ages between 21 to 29 and about 30. Either you do a Pap Smear or you do a Pap Smear along with HPV testing. So if you are doing Pap plus HPV, you do it every five years. If you are doing only Pap Smear, you do it every three years. So the most important message that I want to convey is that do go to a gynecologist and don't just do a routine checkup, but add a Pap Smear and HPV testing to the examination.

What are the typical symptoms of cervical cancer and at what stage do they usually appear?

The most common symptoms are vaginal bleeding, which can be post-coital that means after intercourse, or it can be heavy menstrual period, or it can be watery discharge or foul smelling discharge and sometimes pain in abdomen. Also, these symptoms can come at any stage. So if you're lucky, you will realize it early or you can get symptoms very late. So I'm reinforcing the same statement again- the best way is prevention and that can be by Pap Smear and taking a vaccine.

A GYNAECOLOGIST'S INSIGHTS



What are the treatment options for cervical cancer and how effective are they?

Treatment usually depends on the staging and the grading. It can be surgery or radiotherapy and it can even be chemotherapy. So it depends on the type of disease and at which stage you have picked up the cancer.

Could you elaborate on the role of HPV (Human Papillomavirus) in the development of cervical cancer?

Most of the cervical cancers, almost all of them are caused by human papillomavirus. So that means if you take the HPV vaccine, you're almost taking care of it by 99 to 100%.

HPV is the common infection that is passed through sexual contact when exposed to the virus, the body's immune system typically prevents the virus from doing harm, but in a small percentage of people, the virus survives for years and contributes to the process that causes transformation of cervical cells to become cancerous cells.

Can you discuss the importance of HPV vaccinations in preventing cervical cancer?

The HPV vaccine has to be taken by male as well as females. There are two types of vaccines which are available in the market. Both are quadrivalent vaccines- one is Gardasil and another is Cervavac. Cervavac is a quadrivalent vaccine which acts against HPV type 6, 11, 16 and 18 and the guidelines say that both boys and girls have to take it between 9 to 26 years, So between 9 to 14 there are only two doses and between 15 to 26 there are three doses.

Similarly for Gardasil, it also being a quadrivalent vaccine, can be taken from 9 to 45 years of age, between 9 to 14, two doses and between 15 to 45, three doses.

What are some of the misconceptions or myths about cervical cancer that you often encounter and how would you address them?

There are a few myths like people think that all discharge is normal, bleeding after sexual intercourse is normal and that examination is not required after menopausal or, you don't need to take a younger girl for vaccination and must take only once they become sexually active. So these are the common misconceptions. I'm glad that younger people like you all are here spreading awareness, which is very, very important.



A GYNAECOLOGIST'S INSIGHTS



Are there any advancements in research or technology that are improving the detection or treatment of cervical cancer?

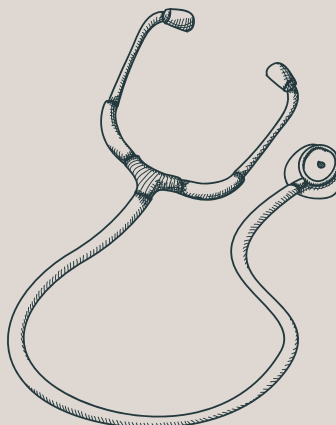
Yes, there are newer techniques coming up. Initially HPV testing was not available and now HPV testing is available. The frequency of smears has become less like five years if you're doing HPV and PAP together. The treatments also with better chemotherapy and a lot of advancement in it.

What resources or support networks are available for individuals and families affected by cervical cancer?

Once they are diagnosed, there are a lot of chemo or medical oncologists and the surgical oncology team who help with treatment. They have counselors to counsel them and their families both. Then there are different genetic tests which have to be done by the family to detect cancers and to prevent them.

Apart from that, what I feel is that there is less awareness for people from the prevention point of view and that should be more than the curative side.

We need to be more aware. I feel like abroad, healthcare workers call each and every individual and remind them about their Pap Smear. So I believe that kind of awareness is necessary even here in India. Suppose, I have a database of 200 patients, then my clinic must call patients reminding them that now it's time to take a Pap Smear test. Maybe even a reminder for the vaccine. So all these things, they will be more helpful if we concentrate on preventive measures then curative measures. Yes, towards the curative measures, everyone is working on and there are healthcare workers who will take care of the patient, not just the physical illness, even the psychological problems, but the preventive measures are something which need to be reinforced in a better way. I agree that our country is very populated but I am sure spreading awareness in small bits can be helpful, especially starting with the metropolitan cities.



A GLOBAL EXPLORER

Interview By Drishti Haldia and Girisha Kamboj
(M.Sc. Year 1)

About the Interviewee: Mr Raj Shah

Mr Raj Shah is a traveler of over 20 countries and a professional with a unique blend of Medicine and dual MBA degrees. As a vulnerability coach, he specializes in mental health, offering support and empowerment to individuals navigating their emotional journeys. Raj exemplifies the power of embracing vulnerability for personal growth and resilience.

When was the first time you decided to travel, what prompted it?

At 27, with ample free time, I routinely returned home from work to unwind with Netflix. A particular show, Departures, captured my attention—a narrative following a trio of adventurers exploring a new country each month, documenting their experiences. Watching their escapades, it struck me: while I indulged in passive viewing, they lived out my aspirations. This realization sparked a pivotal mental shift, prompting me to reconsider my own approach to life.

How do you decide where you are going next? What are the legalities behind choosing your next destination?

Usually I make a high level plan as travels always have some ups and downs in time, this I have learnt by now. I try to chase the sun so I can carry lesser clothes and shorts and tank tops or can buy along the way. I am still to do a lot of Cold travel backpacking but I bet it has its own pros and cons. Legalities include visas for Indian passport holders like myself but some visas like Schengen, American(USA) or Canadian can get you into other countries as well. Since I am also from the queer community sometimes reading up on local laws helps make that decision. I generally avoid conflict ridden countries as an exit from them or an entry would not only prove difficult but put you on the radar for other countries as to why did you travel to these places in the first place.

Could you share some of your most memorable travel experiences and what made them special?

In the quaint village of Ta Van, nestled near the renowned Sa Pa in northern Vietnam, I encountered a local woman sewing in her modest home. Despite her limited English proficiency—attained through schooling only up to the 4th grade—we engaged in heartfelt conversations about her life. She shared insights into managing a monthly budget of 2400 rupees, a home painstakingly constructed by her husband, and the challenges of sustaining herself through her sewing business. As we bonded over shared snacks and culinary endeavors in her rustic kitchen, devoid of flooring and stocked with forest-picked fruits and vegetables, I gained a profound appreciation for the simplicity and resilience of life in Ta Van.

A GLOBAL EXPLORER



How many places have you visited so far, and do you have a favorite destination? If so, what draws you to that particular place?

25 countries and losing count. Spain, Italy, Vietnam and Hungary (especially Budapest) have been my favorites so far. The food, the culture, the people, the kindness of these countries, the history, the landscapes and overall backpacker culture.

What do you consider to be the main advantages of traveling frequently?

You get to see many places in different climate zones and you get used to navigating travel chaos.

On the flip side, what are some of the challenges or disadvantages you've encountered while traveling extensively?

One of the challenges has been when I was almost robbed of my passport, I say almost because I caught them doing it and confronted them on a night bus in the middle of nowhere in Vietnam, on a moving bus in Vietnam. I've been asked to go to the police station in Colombia for possessing my medications at a stadium. Some challenges regarding basic safety in a lot of places. Disadvantages are few comparatively, like visa timeline issues, pre planning all these itineraries and being ready to pivot any moment at the drop of a hat. Additionally, it does get lonely some days solo traveling and you miss the routine of life when you are constantly packing every few days and moving.

For those who want to travel solo, what safety tips or recommendations do you have?

Always have your passport pack on you, especially while sleeping on night buses. Make additional copies of important documents and make sure others know where you are because you are alone in these unknown countries.

With the rise of wanderlust and social media platforms like Instagram, travel has become a popular trend. What are your views on this trend, and how do you think it has impacted the way people travel?

I am glad this exists. The rise of the trend shows a seismic shift in just the 9-5 life and people crave more with higher disposable incomes across middle classes in the world.

How do you balance the desire to explore new places with the need to respect local cultures and environments?

If you want someone to respect your culture when they come visit your country you want to do the same when you go to other places. You stay cognizant and most times you ask permission and people rarely ever say no.

A GLOBAL EXPLORER



As a frequent traveler, how do you cope with homesickness or the longing for familiarity while on the road?

As social animals and humans we crave familiarity. We get lonely traveling for long, don't let others tell you it's always glamorous. There are definitely some downsides like packing- unpacking your life from a bag every few days. Some pause time in locations helps. I always recommend taking breaks in long term travels and meeting friends and families abroad. It quenches your thirst for being at "home" even though it may not necessarily be your original home where you were born.

What motivates you to continue exploring new places, and what are your future travel aspirations?

My love for mental health, human behavior along with psychoanalyzing humans in their geographic cultures motivates me to do this even more. I ask difficult questions pertaining to happiness wherever I go.

Are there are experiences of moments of solitude or isolation during your travels, how did you navigate them?

Being an extroverted extrovert, traveling solo was a challenge to begin with. Making friends in hostels is easier now than before. But in the midst of all this, I take time out to be alone. Walk streets alone, sit down and do a little bit of meditation when I can, not a ton- as much as I'd like to, but trying is key. Moments of isolation come with their waves of feelings and it's here that the practice of self-awareness and gratitude help. They help to dig you out of a hole that your mental self has fallen into. We are all vulnerable humans and being honest with yourself is the most authentic thing you can do for yourself.

Remote retreats focused on wellbeing, such as meditation retreats or eco-friendly getaways, have gained popularity in recent years. If you have participated in any of these retreats how have they contributed to your overall sense of balance and inner peace?

Remote retreats focused on wellbeing, like meditation or eco-friendly getaways, have surged in popularity. While I haven't attended these specifically, I've had similar experiences in remote jungle locales. Hostels now offer yoga, workout areas, and spaces for decompression, aligning with the retreat ethos. I've explored traditional healing balms and tried to embraced cleaner eating, realizing the importance of reconnecting with our humanity amidst urban hustle. Just few days ago, I stopped myself from buying a pack of biscuits laden with sugar and instead went for fresh fruits from the jungle locations of Costa Rica that I am currently visiting. A lot of our Indian heritage in terms of roots, tubers and spices are the best treatments in the world for so many ailments. Integrating diverse practices, including indigenous remedies and mindful consumption, fosters a holistic sense of balance and wellness.

A GLOBAL EXPLORER



Many people view travel as a form of self-care or escape from the pressures of daily life. How do you prioritize your own well-being while on the road, and do you have any rituals or practices that help you stay grounded?

Again, hostels and hotels both these days offer workout areas, if not I have even used my own backpack to workout with as a weight. I walk 10-15 km and more than 20 km+ so many times a week when I am traveling extensively. I hike a lot as well so that adds to overall wellbeing and exercises in a way. Off recently I have been taking multivitamins on the road and keeping tabs on sleep schedules as they are vital to long term travels

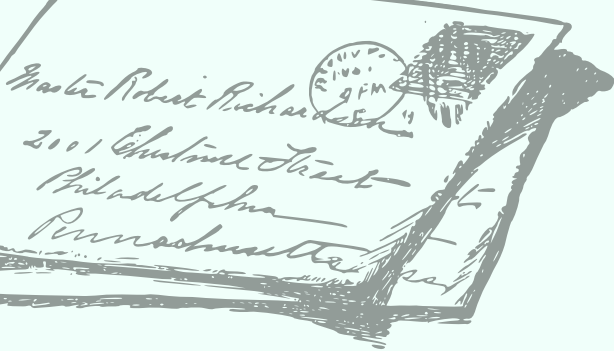
Have you ever felt a sense of "reverse culture shock" upon returning home from an extended period of travel? If so, how do you readjust to your everyday routine?

Almost every time, you will question everything people do back home, especially when you return. That is why they say, you will never be the same when you return back- because you've just seen the world and it has popped your mental bubble, the bubble you were living in all this time. You readjust by trying to find balance everyday in little things.

Finally, Many travelers are interested in finding ways to sustain their journeys financially. With the rise of digital nomadism, remote work opportunities have become more accessible to travelers. Can you share some strategies or creative methods you've used to earn money while on the road?

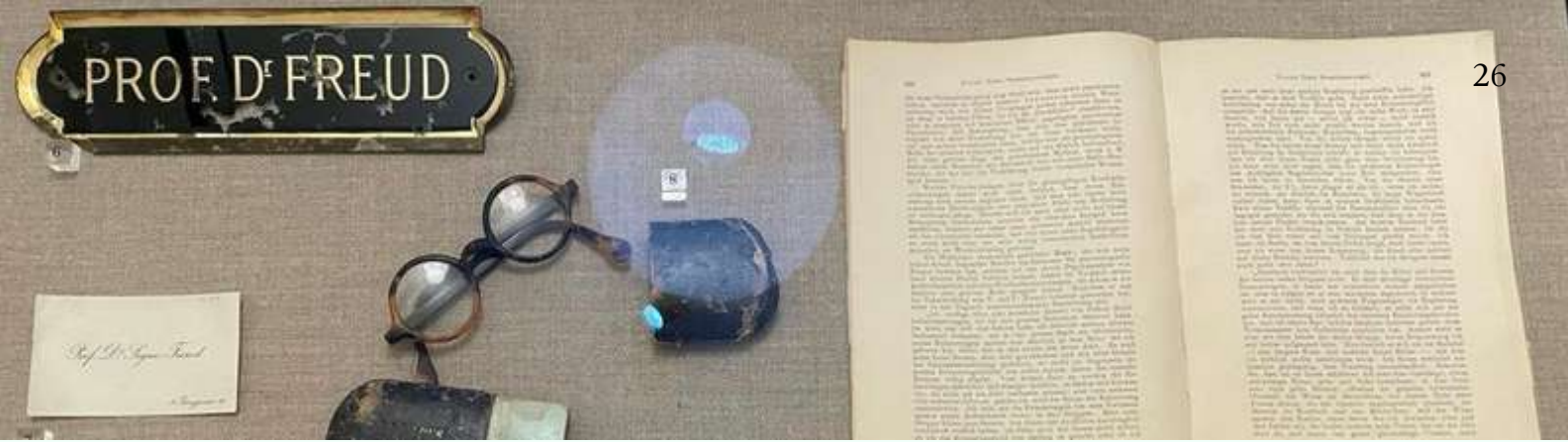
Great question and one that is valid and most important to our growing middle economy in India. There are websites and options like *wwooofing* (working opportunities on organic farms internationally). There are barter system websites where you stay and get food sometimes in exchange for a few hours of your day thereby saving you a lot of money like *helpx*, *workaway* and *Worldpackers*. There are options for bicyclists that want to bicycle long distances like hotshowers, there are free stays like *Couchsurfing* where there is a community of like minded people who want to open up their homes for you. There is so much out there really! I hope these help some who are looking for some motivation and wanderlust.





ARTISTRY IN WORDS AND VERSE





"ONE DAY, IN
RETROSPECT, THE YEARS
OF STRUGGLE WILL
STRIKE YOU AS THE
MOST BEAUTIFUL."
(FREUD & FREUD,
1992, P. 258)

— SIGMUND FREUD

SIGMUND FREUD MUSEUM, BERGGASSE 19, VIENNA, AUSTRIA.

- Kritika Saboo (M.Sc. Year 1)

I recently had the opportunity to visit the Sigmund Freud Museum in Vienna. The museum opened in 1971. Anna Freud, the youngest daughter of Dr. Sigmund Freud, had assisted with its creation. The doors of the museum open into a stairway that leads you to the Freud's apartment on the left, and his practice on the right.

In order to enter, you will have to ring the bell on the renowned professor's door, just like his patients did more than a century ago. The Sigmund Freud Museum incorporates all the rooms in which the founder of psychoanalysis lived and worked for nearly half a century.

Therefore, the paths you tread as a visitor today are the same that had once been taken by Freud, his family, his patients, colleagues and friends around the house. The Freud Museum gives you an experience of what it may have been like to go in as a patient, meet the doctor, and lie down on that popular couch. The exhibition on Freud does not have a specified sequence.

You can begin anywhere and delve deep into the material. You will find the history of the rooms themselves on the walls and the history of psychoanalysis in the display cases.

The museum, in my opinion, is well-curated, educational, and definitely worth a visit. For me, seeing the Sigmund Freud Museum was more than simply a tour, it was an enlightening experience that gave me a renewed feeling of wonder and understanding for the intricacy of the human mind.



NATURE'S THEATRICALS

“
- Khushali Gujar (B.Sc. Year 1)

I take the open road, letting it lead me to the destined path. I submit myself to the likes of nature. Along my way, I come across a stream, would the water be so kind to help me wash off my sins or would it drag me down to the depth where my sins won't matter? Will the trees allow me shade from the scorching heat or shall I allow it to burn my exposed skin; perhaps the likes of nature want to honour me to experience the troubles of a common man. Mind you, I am as common as the next person but privileged enough to let the burning be my choice. The swift wind flowing carries a voice, a voice of those on the same journey as me, warning me to go back to civilization, to be amongst ignorants and be one, but the wind soothes me and thus, I continue.

I pity the mockingbird laying on the branch, searching for its next prey to mimic, upon my arrival, would it start questioning itself or its purpose? Will it now act as a jester for the likes of others? Oh wait, what if the mockingbird is on the same path as me? Does he also get tired of entertaining his fellow brothers? Was I who he was waiting for? For once, having himself as a character to mimic or will it be too brutal to him? Would it not acknowledge me in vain hope of keeping up his act? Because what if he feels like himself around me?

So tell me, can the mockingbird be saved by the likes of me? Maybe now he wishes he wasn't the mime.



A TOURIST - IN MY OWN CITY

-Nuvera Sheikh
(B. Sc. Year 3)

Travel- "the movement of people between distant geographical locations." Traveling, for most people means going beyond their hometown, visiting a new place, and exploring new locations. But have you ever thought of exploring your own city? When we think about travel, we forget to look around, and just "be" in our own city. Being a tourist in your own city is a beautiful experience on its own.

Having been born and brought up in Bombay, I have always visited the famous tourist spots of the city with my family over the weekends- cliché. Only recently did I start going around the city all by myself, immersing myself in the organized chaos of the city. Me, my music, and the city of dreams; a combination as good as a perfect cup of coffee and I. When alone, you look at things differently- you observe new things, hear new things, think new things. You get why the humans of Bombay are different, you get what it means for Bombay to be fast-paced, you get what they mean by "the city that never sleeps."

Bombay, with many of its scintillating tourist spots, will never fail to mesmerize you with its beauty. Marine Lines- here you will find people taking a quick escape from the bustling city, forming a relationship with the sea, the sea being the only constant in this ever-changing city. A walk along the lanes of Kala Ghoda could end up with you signing up for some overpriced guided walk around the city.

The art galleries and museums; hours will pass-by without you even realizing it. Watching the famous movie "Dil Wale Dulhaniya Le Jayenge" at Maratha Mandir, a cineplex, will only leave you with goosebumps. Or visiting The Gateway of India, the not-to-be-missed-spot of Bombay. Whether it is the Bandstand, or the factuality of famous celebrities living here, or the aesthetically-pleasing lanes of Ranwar village, Bandra has its way of pulling you to come back to it.

The Mumbai Locals, for a first-timer could be a nightmare of an experience, but you slowly start admiring the beauty in people's mundane lives. You may find a jewelry seller with her baby tied to her chest, working hard to feed stomachs; or a middle-aged man complaining about dissatisfaction with his current job, or a lady in an elegant kurta enjoying being away from the responsibilities at home.

Here, you will find people from all over the country trying to make a living, running, playing with time.

In this city, there is something for everyone. Whether it is the high rises of the city, or the houses that can't be called as houses, the city makes space for everyone. Travel around the city and you will see how the places, the people, the lights, they all have a welcoming touch. Today, I feel attached to a place that I never really cared about previously. And just like that, "Bombay" shifted from being just a place to being an emotion.

THIRD WAVE

- Krisha B.
(B.Sc. Year 3)

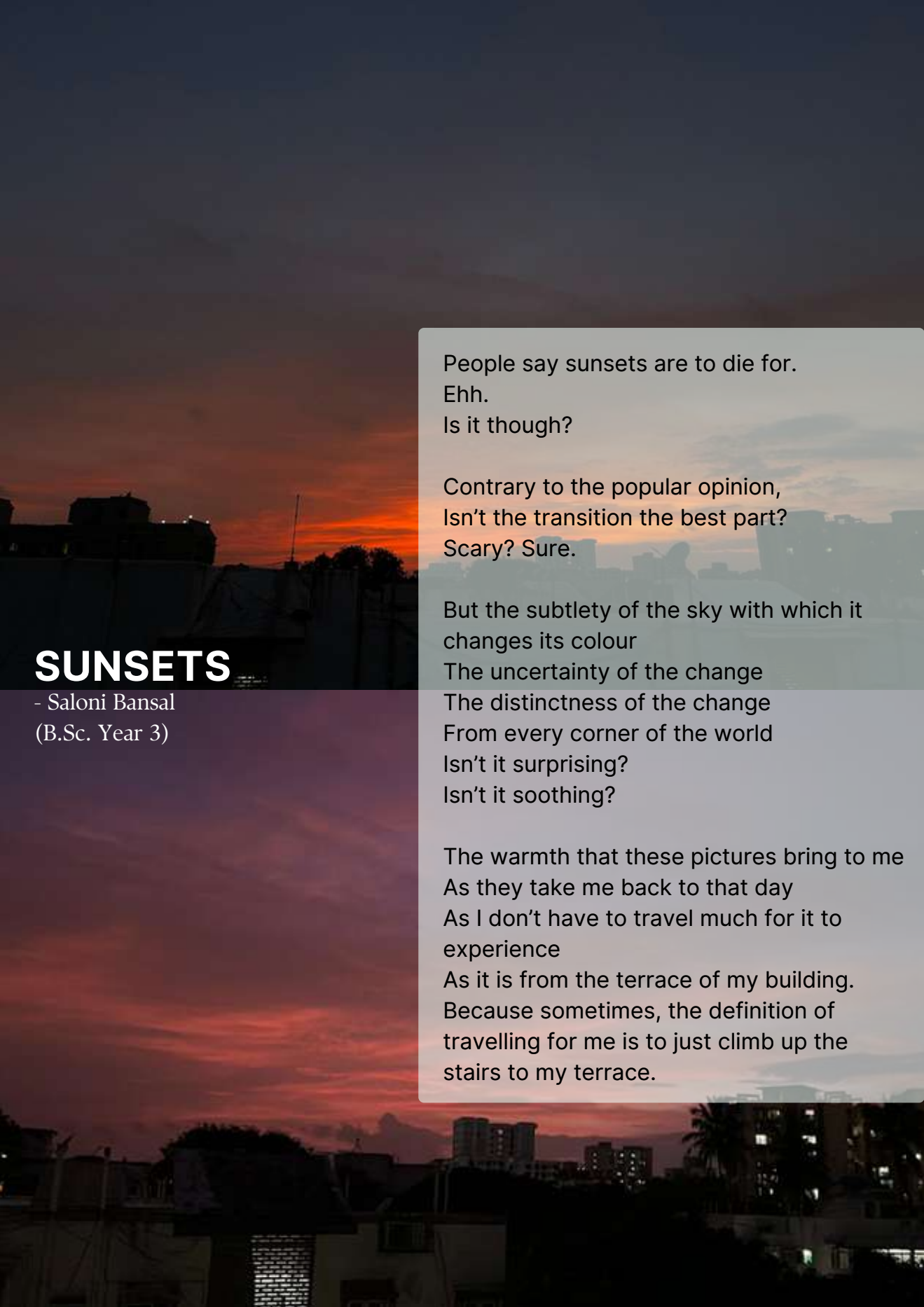
Every time I visit,
it hits me with a different wave.
It's a place of comfort, solace
and a place without any judgment!
People get to be who they are,
with no care and nothing to fear.
It's a place where acceptance is a norm,
and every soul finds its true form.
It 'hits different' every time,
it is more than just a spot.
This place makes you feel like you belong.
You belong somewhere,
you belong to someone,
Here, the belongingness is in the air!



AT DUSK

- Hrishika Jain
(B.Sc. Year 1)

Sitting on the sea shore,
forgetting all the chores.
The sound of the waves and the breeze,
making life feel at ease.
Gazing the clear sky and setting sun,
realising that this is real fun.
The calm and peace in old couples,
the love and excitement in the newer ones.
Suddenly life seems to come at halt,
fixing everything that once felt like a default.



SUNSETS

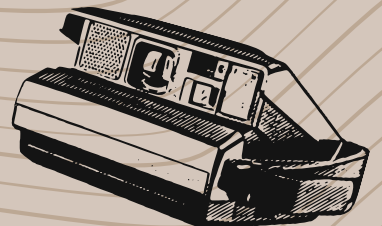
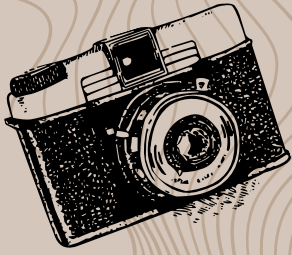
- Saloni Bansal
(B.Sc. Year 3)

People say sunsets are to die for.
Ehh.
Is it though?

Contrary to the popular opinion,
Isn't the transition the best part?
Scary? Sure.

But the subtlety of the sky with which it
changes its colour
The uncertainty of the change
The distinctness of the change
From every corner of the world
Isn't it surprising?
Isn't it soothing?

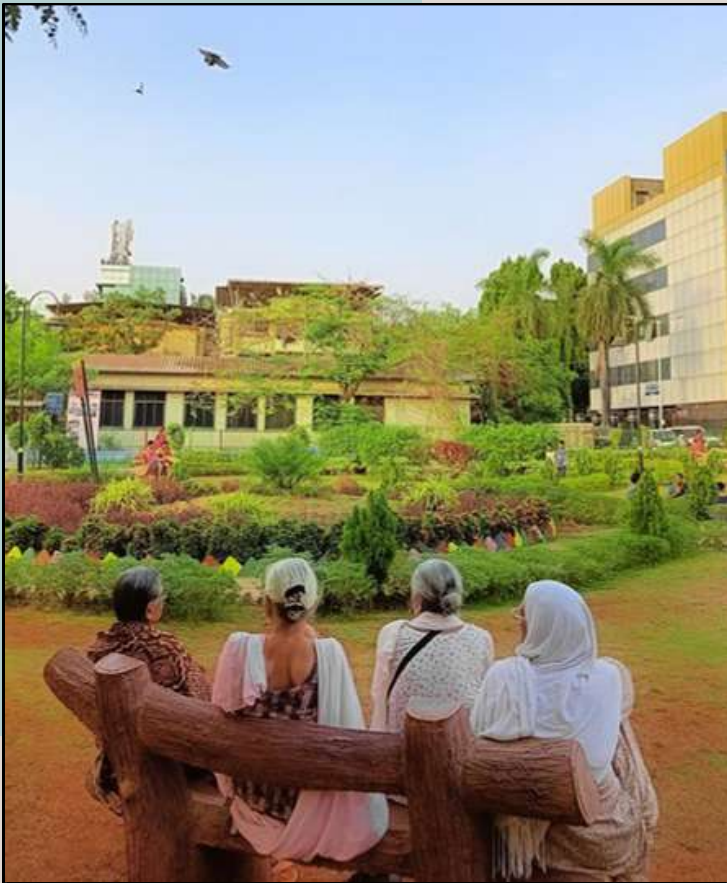
The warmth that these pictures bring to me
As they take me back to that day
As I don't have to travel much for it to
experience
As it is from the terrace of my building.
Because sometimes, the definition of
travelling for me is to just climb up the
stairs to my terrace.





Cappadocia- a high plateau range that is pierced by volcanic peaks shows how something as destructive as a volcanic eruption can result in something so beautiful. Give yourself time and you reach a stage of beauty that no one saw coming!

**- Keyosha Kiran Anchan
(M.Sc. Year 1)**



One of the most integral part of womanhood, is the act of sticking together. In recent times, we've come across terms online like "girl's girl" and "we were girls together," yet, this beautiful concept is displayed even more exceptionally when observed in the offline world. The picture depicts a park setting with a blue sky and free birds and a green canopy under which four older woman sit together on a wooden bench, their faces towards the sky and their backs to the camera. It signifies the importance of a sense of belongingness, and friendship, among women, no matter the age. We were girls together, and we shall be women together.

- Zeba Chogle (B.Sc. Year 1)



Credit: Nathan Kayne Lopes

In Kerala, amidst the tranquil surroundings, time appeared to stretch eternally, allowing us to escape from the hustle and bustle of everyday life and embrace a sense of calm. While exploring the green landscapes of Kerala's hill station, Munnar, it provided us with another opportunity to slow down and reconnect with nature. Trekking through mist-shrouded forests, breathing in the cool mountain air, and taking in the stunning views of rolling hills carpeted with tea and spice plantations, we were fully present in the moment, appreciating the majesty of the natural world around us.

- Doystan Azavedo (M.Sc. Year 1)



A snapshot of Sri Lanka's marine marvels: a jellyfish drifting serenely through azure waters, illuminated by the gentle sunlight. Capturing the delicate beauty of ocean life, this photograph invites contemplation of nature's wonders beneath the waves.

- Vidhi Chopra (M.Sc. Year 1)

The photo depicts a beach surrounded by trees from the garden above. This place is my safe space as it serves as an escape from the hustle and bustle of the city. The photograph acts as a portal, taking me to a world where time stops and problems fade away with each passing tide. The vastness of the ocean represents limitless possibilities and unexplored potential. The sound of waves crashing against the shore with the whispering of leaves creates a serene melody. This place is truly a gem in the city of Mumbai.

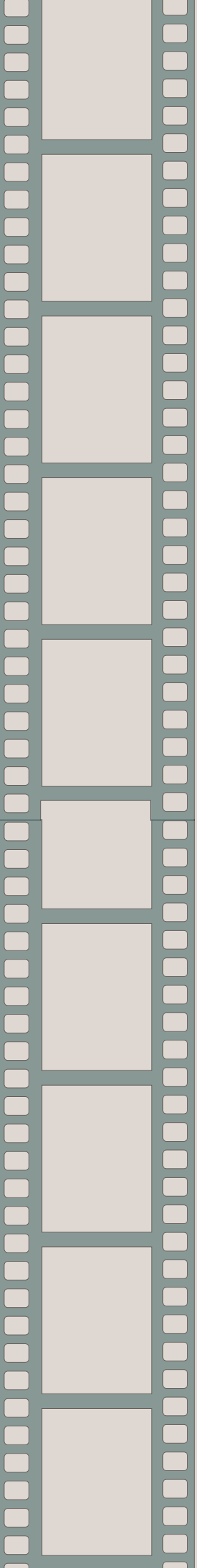
- Shriya Ralli
(B.Sc. Year 3)



Phuket's beaches offer me a serene escape with the soothing rhythm of waves gently lapping the shore. The tranquil atmosphere is complemented by lush greenery, creating a picturesque backdrop for relaxation. Whether basking in the sun or taking a leisurely stroll. The beaches provided a perfect blend of peace and natural beauty.

- Tanya Mehta
(M.Sc. Year 1)





Lost in the pages, found in the sunset's embrace. ~ There's
nothing more serene than a book by the pool at sunset.

- Phresha Udani
(B.Sc. Year 2)



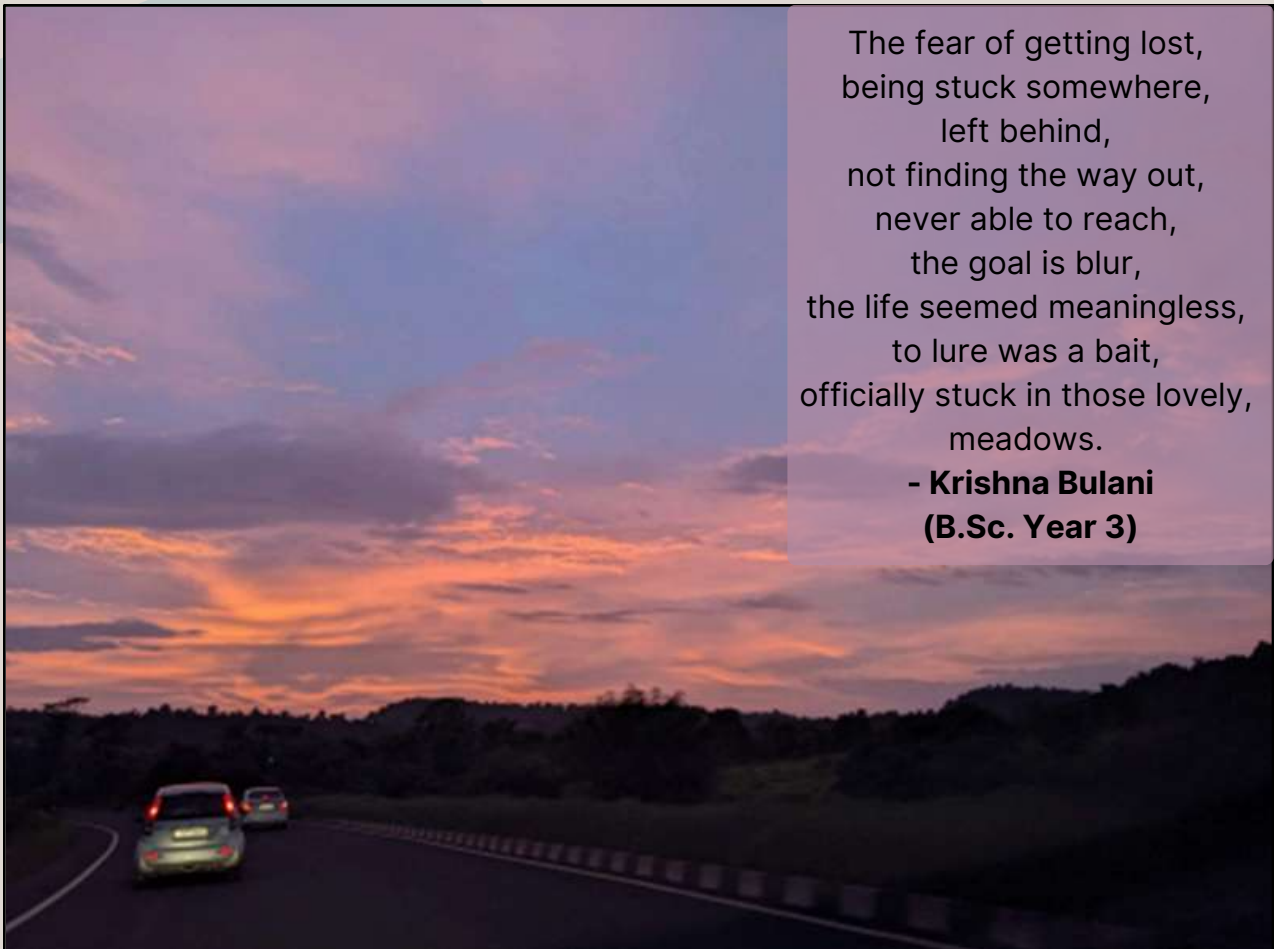
The real gold people lose sight of.

- Fatemah Keriwala
(M.Sc. Year 1)



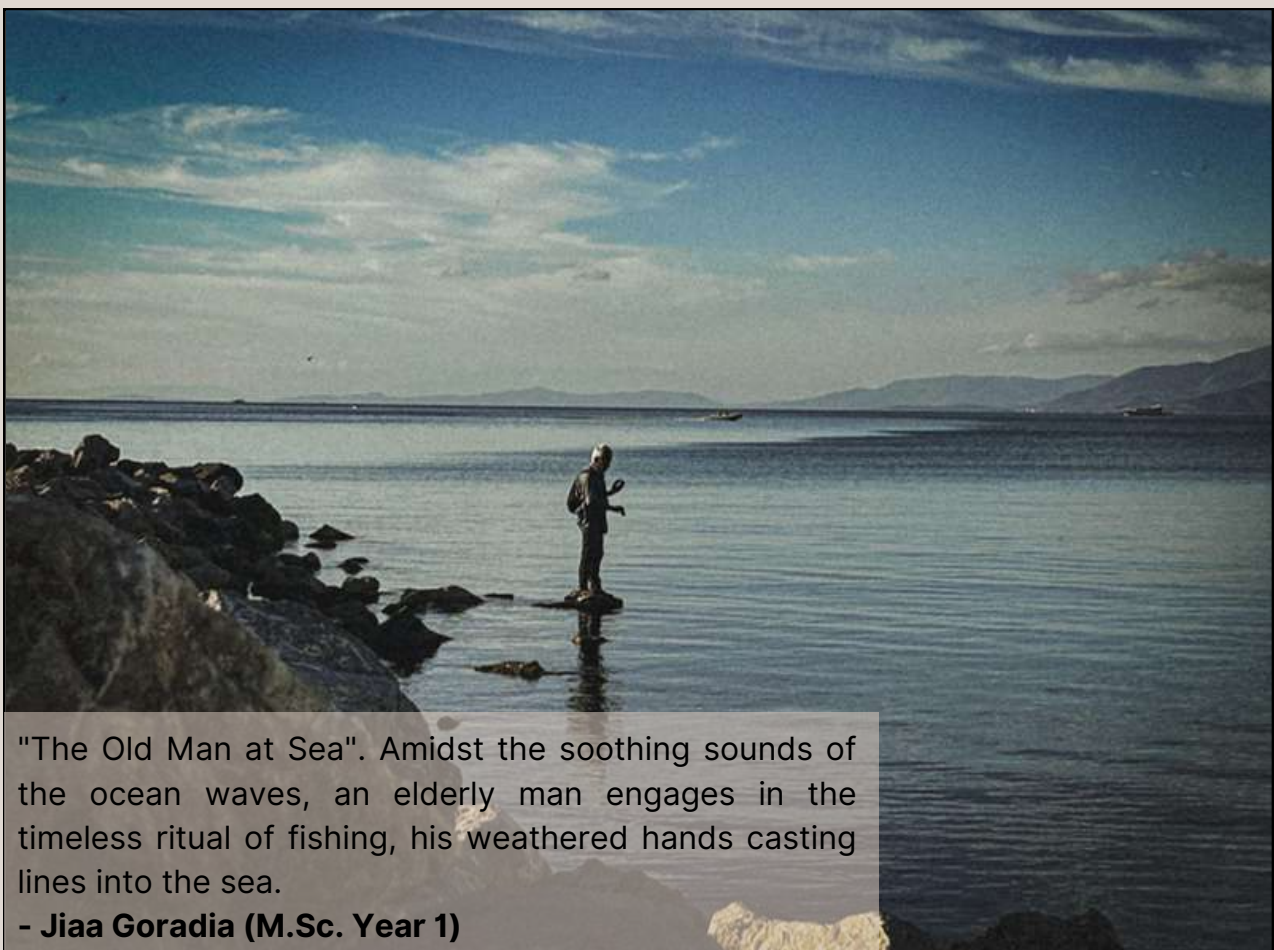


Traveling India through my lens
- **Muskan Kalaria**
(B.Sc. Year 3)



The fear of getting lost,
being stuck somewhere,
left behind,
not finding the way out,
never able to reach,
the goal is blur,
the life seemed meaningless,
to lure was a bait,
officially stuck in those lovely,
meadows.

**- Krishna Bulani
(B.Sc. Year 3)**

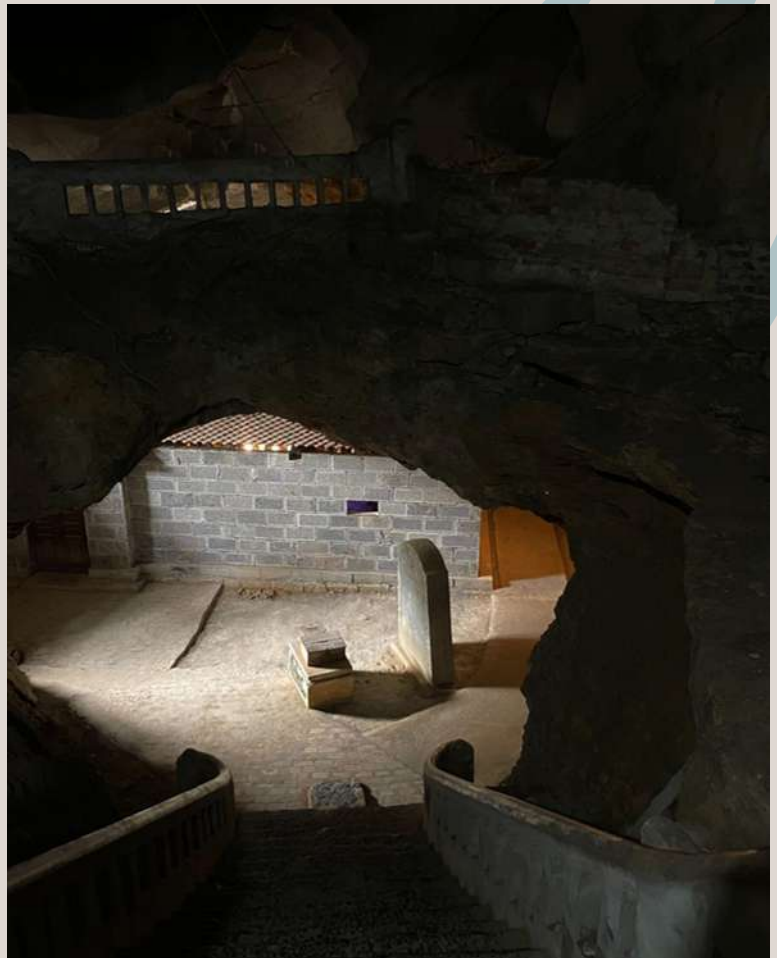


"The Old Man at Sea". Amidst the soothing sounds of the ocean waves, an elderly man engages in the timeless ritual of fishing, his weathered hands casting lines into the sea.

- Jiaa Goradia (M.Sc. Year 1)

The presence of a grave in a cave is pretty contradicting as a grave suggests an end , while a cave is open to endless exploration

- Kiara Fernandes
(B.Sc. Year 1)



Starry Skies and Open Horizons- Beneath a canopy of a million stars, a figure stands tall, silhouette framed by the open tent flap. This image whispers the promise of adventure – a chance to chase dreams with wide eyes and open arms. It's a reminder that the world is brimming with possibilities, waiting to be embraced. Every sunrise holds a new story, and every step forward fuels the fire of a vibrant, adventurous life.

- Cherish Mundhra
(M.Sc. Year 1)





This photograph portrays the Tibetan handicraft work done by Tibetan refugees in the Tibetan Refugee Self-Help Centre in Darjeeling, India, a rehabilitation center in the Darjeeling Himalayan hill region. It was established on 2 October 1959.

The photograph was taken in 2022, during my travel to Darjeeling. Seeing all the refugees' history and seeing them work hard with my eyes in the present, made me contemplate the struggle they would have endured just to be alive and see the next sunrise. This understanding made me humble and filled me with a sense of gratitude for all the things I have in my life.

- Shweta Mudaliar
(B.Sc. Year 1)



There's something about the lanes of Mumbai. They're always buzzing with life. Everytime I commute, I make a conscious decision to look outside (occasionally with music in my ears to complement the vibe). At times I see people dancing in a group for reasons unknown to me; other times I catch a glimpse of a fleeting conversation between my auto driver and another at the signal- they talk to each other like old friends do when they haven't seen each other in a while; and then there's my favorite, strings of golden lights glimmering like fireflies. Amidst all of this, I brush my hair away from my face every few seconds, an ode to the breezy winds from the sea.

- Akshita Pancholi
(M.Sc. Year 1)



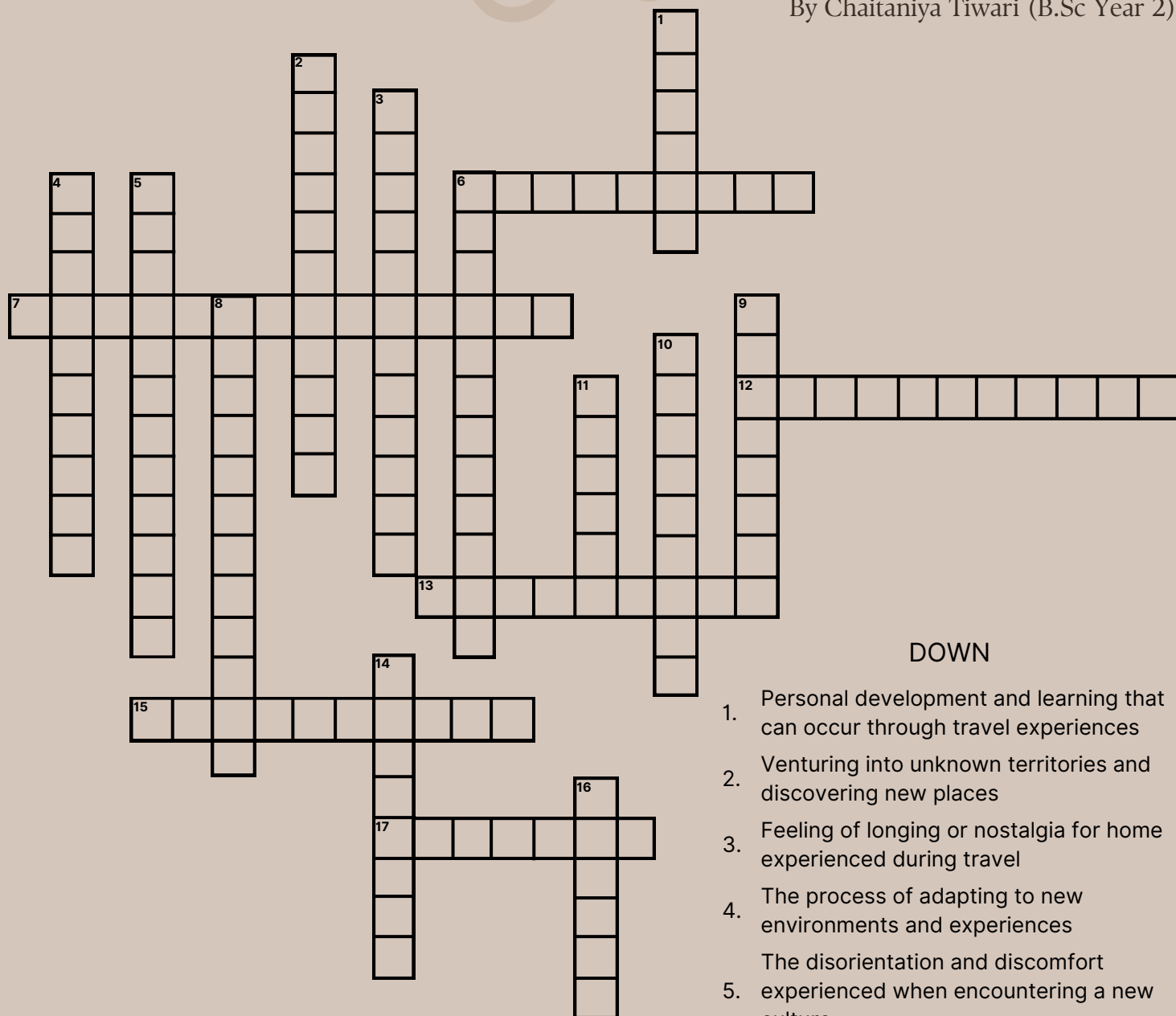
“A dream that someday I'd stop running... A wish that I'll go see Chandra Taal Lake someday.. And a desire that I'd paint my masterpiece someday” - Lootera

By Anvi Sharma (M.Sc. Year 1)

COGNITIVE CONUNDRUM

A Wanderer's Mind

By Chaitaniya Tiwari (B.Sc Year 2)

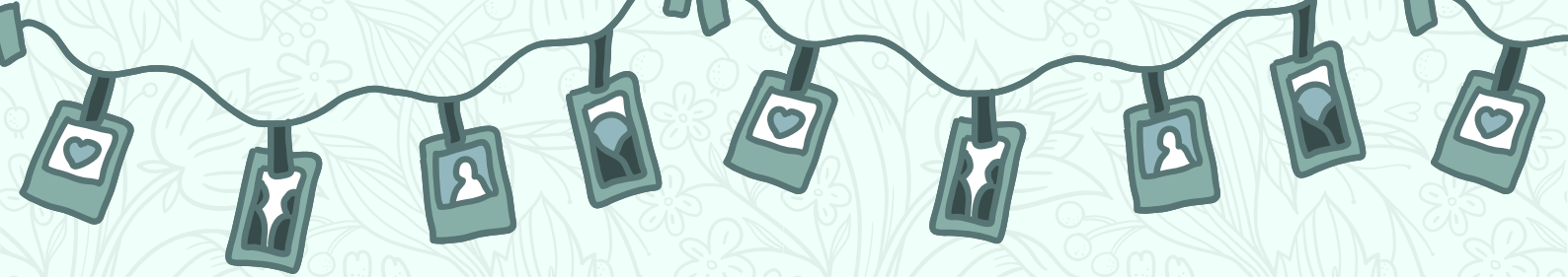


ACROSS

6. Seeking thrilling or risky experiences while traveling
7. The practice of minimizing the environmental impact of travel
12. Items collected as souvenirs to commemorate travel experiences
13. Items purchased as mementos of a trip
15. A strong desire or impulse to travel and explore the world
17. Experiencing new and unfamiliar things during travel

DOWN

1. Personal development and learning that can occur through travel experiences
2. Venturing into unknown territories and discovering new places
3. Feeling of longing or nostalgia for home experienced during travel
4. The process of adapting to new environments and experiences
5. The disorientation and discomfort experienced when encountering a new culture
6. The feeling of excitement and expectation leading up to a trip
8. Social exchanges between travelers and locals or other travelers
9. The lasting impressions and recollections of travel experiences
10. A short journey or trip, often for leisure or exploration
11. Outdoor environments that contribute to relaxation and well-being during travel
14. Organizing and arranging the details of a trip before departure
16. The feeling that can sometimes accompany travel, especially during planning or unexpected situations



YEARBOOK



MASTER'S 2022-24



DEAR SENIORS

As we stand on the threshold of our academic journey, preparing to take the reins you now relinquish, we find ourselves filled with admiration and gratitude for the profound impact you have had on us. With pens poised and hearts full, we write this letter to express our deepest appreciation for the unique contributions each of you has made to our shared academic and co curricular experience here at NMIMS.

Throughout our time together, you have been more than just fellow students; you have been mentors, collaborators, and inspirations. From impassioned debates to fun filled events, your intellect, hardwork, and dedication have motivated us to push beyond our limits to work and follow your footsteps.

Your leadership, both in and out of the classroom, has been a guiding light, showing us what it means to be professionals. As we prepare to carry forward the torch of knowledge and innovation, we do so with profound gratitude for the foundation you have laid.

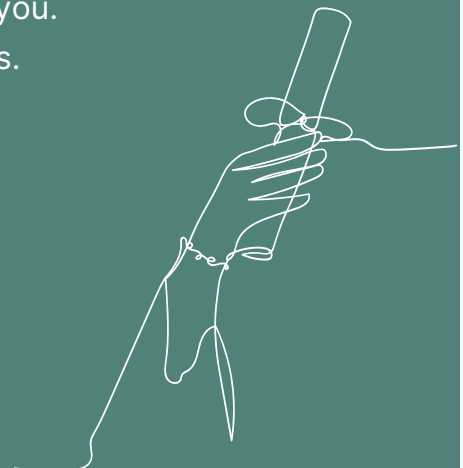
Although we may soon part ways, know that your influence will endure long after you leave these halls. The friendships forged, the lessons learned, and the memories shared will be cherished and passed on to future generations of students, ensuring that your legacy lives on in the fabric of our academic community.

As you embark on new adventures and pursue your dreams beyond academia, we wish you every success, happiness, and fulfillment. May your journey be marked by continued growth, discovery, and achievement, and may you always remember the profound impact you have had on the lives of those around you.

To the class of 2024, we offer our sincerest thanks.

It has been an honor and a privilege to learn alongside you, and we are forever grateful for the ways in which you have enriched our lives and shaped our futures.

With heartfelt appreciation and best wishes,
MSc 2023-2025



BACHELOR'S 2021-24



Batch A

DEAR THIRD-YEAR/ FINAL-YEAR STUDENTS

As we, the second-year students, stand at the threshold of our third and final year, we find ourselves reflecting on the wonderful journey we've shared with you– not just our mentors but also friends. It is with bittersweet nostalgia and gratitude that we pen this letter down, expressing our appreciation for the immense support and guidance that you have provided us with.

All that we have learnt about resilience and camaraderie on this journey, has been through you. From heading countless overtime meetings and holding our hands through pre-event jitters to giving us insider tips on managing courseload and preparing for term-ends, you have been there through it all.

As we prepare to step into the shoes you prepare to step out of, we want you to know that your legacy will live on through us. The bonds forged, the lessons learned, and the memories we made with you will be nurtured, remembered, and passed on to incoming students. We are not just committed, but excited to pass forward the baton of dedication, enthusiasm, resilience, teamwork and responsibility you have shown in the past 3 years.

And although we won't see you around anymore, and a few classes will feel eerily empty, please know you will be missed dearly. Your indomitable spirit and words of encouragement will still fill the silent hallways and classrooms, pushing us to consistently try our best to make college feel like home and to leave behind a similar legacy for future students.

We wish you nothing but success, fulfilment, and joy for all your future endeavours. From being our guiding stars to being superstars; to the batch of 2024— there's no one else we would have rather done this with!

With love and gratitude,
Second-Year Students



Batch B

MINE.D: Reframing mind for creative unleashing

Mind is a notion or a hook we associate with. We experience how our mind perceives. In simple words, the mind gives direction to our life. Energy flows where the mind goes. And of course, growth and expansion are what we seek. So, first thing first, on the paper, with full honesty; how is your mind serving you? Is your mind your master or your servant? Do you find the need to polish or reframe your mind for yet higher achievements?

Reframing of mind

1. Prejudice or judgmental mind to curious and inquisitive mind: We are all judgmental beings. In an instance we tag people or incidences. By doing so, we limit our mind's capacity to explore further and expand. Rather if we go into the deeper enquiry, we end up knowing more, we end up reaching the truth.

2. Anxious or stressed mind to quiet and composed mind: Anxious or stressed mind closes our ability to see things clearly and make wise choices. Anxiety and stress make us dysfunctional. To overcome and get centered, slow down, meditate, journal and or all that heals you and lets you take charge once again.

3. Limited or timid mind to growth or expansive mind: Life is not what we perceive through our senses or mind. It is 99.9% beyond what can even imagine in our minds. Allow yourself different flavours, and different experiences, and break your barriers. Be adventurous to enter the timeless, spaceless, stateless experiences whenever possible.

Let's look at the qualities of an unbound mind and where we stand.

1. Visionary
2. Illuminate positive experience
3. Constantly engaged creatively and constructively
4. Adventurous and fearless
5. Unwavered

Advertisement

4. Nonproductive mind to creative mind: The idle mind is the devil's factory. Occupy it with the desired and productive work. Have a higher purpose in life and always hook your mind to fulfilling that very purpose.

5. Distracted mind to directed mind: Whenever you notice your mind as wandering or distracted gently bring it back to the purposeful work.

6. Corrupted or manipulative mind to empathetic mind: A selfish mind is a very limited mind. One may find oneself in gain in the short term but eventually, it crushes one's and others' lives. Only an empathetic mind or a non-selfish mind can go unbound.

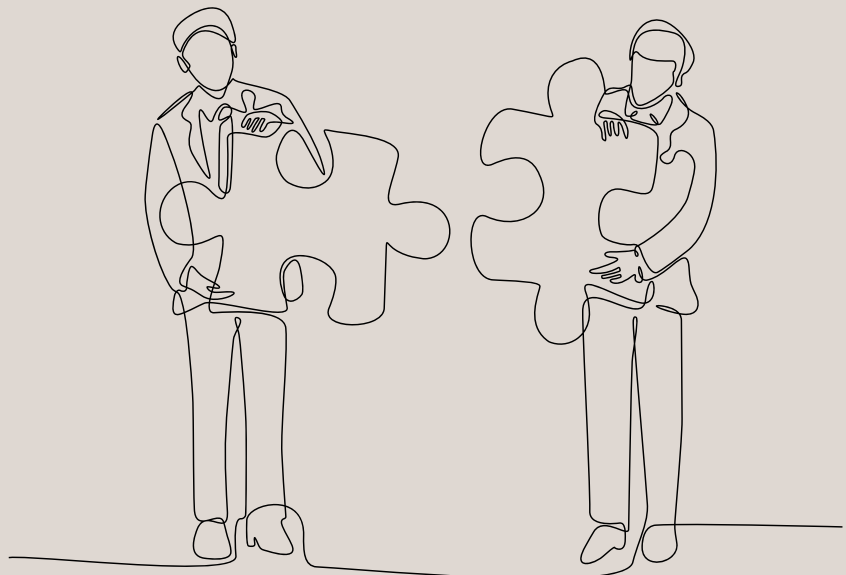
At the end, it is us who can decide where we wish to see ourselves and our life. And that will mainly depend on how you use your mind.

Minal Dalal

Author, guide and co-founder of **Amysh & Co**

ENIGMA ESCAPE

1. Biodiversity
2. Exploration
3. Adventure
4. Nature
5. Sustainability
6. Conservation
7. Connection
8. Environment
9. Ecotourism
10. Psychology



COGNITIVE CONUNDRUMS ANSWERS

A WANDERER'S MIND

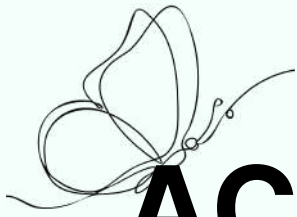
Down

1. Growth
2. Exploration
3. Homesickness
4. Adjustment
5. Cultureshock
6. Anticipation
8. Interactions
9. Memories
10. Excursion

11. Nature
14. Planning
16. Stress

ACROSS

6. Adventure
7. Sustainability
12. Memorabilia
13. Souvenirs
15. Wanderlust
17. Novelty

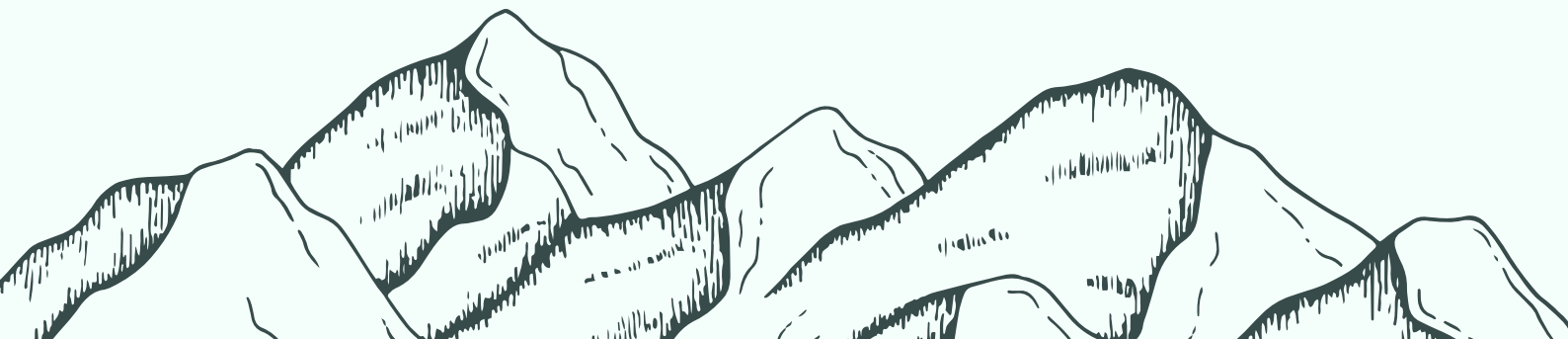


ACKNOWLEDGMENT

We wish to commence this acknowledgment by extending our profound appreciation to the distinguished Dean, Dr. Jayakumar Singh Bondili, for graciously providing us with an empowering platform that has served as the fertile ground for the cultivation of innovative ideas. Since the inception of this noble undertaking, our mission has remained steadfast: to establish a platform that not only acknowledges but also celebrates the exceptional talents within the Sunandan Divatia School of Science, with an exclusive emphasis on the distinguished Psychology Department.

Our heartfelt gratitude extends to the venerable Head of the department, Dr. Ruttuja Karkhanis More, whose unwavering support has proven instrumental at every juncture of this remarkable journey. We must also extend our deepest appreciation to our esteemed mentor, Ms. Labdhi Doshi, whose sage guidance has provided invaluable insights throughout this endeavour. Our gratitude extends to Dr. Rageshwari Munderia, whose guidance, wisdom, and steadfast support have been invaluable in assisting us and instilling confidence as we navigate challenges. We would also like to extend our thanks to our CIs, Jiaa Goradia and Sanya Shaikh, for their invaluable support throughout this journey.

Last, but most assuredly not least, we extend our profound gratitude to each and every one of you. Your tireless contributions, both in the curation of the magazine and in the submission of your creative work to the magazine, have played an instrumental role in elevating this endeavour to the pinnacle of success.



ABOUT THE EDITORS



Girisha Kamboj

Stepping into the position of Editor armed with four years of hands-on experience in the field, her dedication to psychology has been honed over this period, driving both her passion of the subject and her writing pursuits. With a solid foundation of expertise, she efficiently guides her team in crafting content that resonates with our readers.

Drishti Haldia

The Editor has six years of knowledge and an immense passion in psychology. Her academic background has profoundly influenced her creative path and writing interests. She manages the editorial process with meticulous planning and extensive knowledge in the field, ensuring that our viewers receive high-quality information.



Hitakshi Varma

The Editor-In-Chief, is a dedicated Psychology student for over seven years, fueling her career and writing passion. With three years of experience, she adeptly manages a diverse team, ensuring insightful content for readers.

Nidhi Shetty

Our dynamic Chief Editor, excels in efficient work execution, blending exceptional writing and design talents with a discerning creative eye. With seven years of experience, she collaborates closely with fashion bloggers, curating outstanding content.



Swapnil Mahajan

Our Executive Editor, recovering from studying human brains, exudes charm and confidence, blending psychology with creativity. Their sharp wit and assertiveness enhance their natural gift for making connections, embodying a dynamic and captivating editor.

THE MAGAZINE COMMITTEE



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Drishti Haldia, Girisha Kamboj

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Tanvi Raichura, the esteemed founders of "The Psychic Zone".

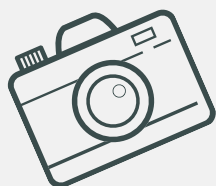




Photo depicting my interpretation of a colorful India
"Yellow Amidst the Red"

By Muskan Kalaria (B.Sc Year 2)