

Psynapse

2018 - 2019



@graciantaa

SPECIAL THANKS



Top line: Abhyudaya Bhargava,

2nd line, left to right: Reeti Bhuyan, Anushree Nandi, Cleo Law, Viveka Mansata, Deshna Jain,

3rd line: Dr. D. Chao, Gurbani Kaur, Ankit Sinha, Shilpa Bairagi, Vidushi Razdan,

Bottom line: Ms. Paveinie Varay, Dr. Gulgoona Jamal, Ms. Pavani Tyagi, Munira Salaam, Rachita Donti Ramesh (Camera shy: Stuti, Tamanna, Sucharitha)

**ZAKIR HUSAIN DELHI
COLLEGE
(MORNING)**



Department of Psychology

Statutory Declaration:

Views expressed by individual writers are their own, 'Psynapse' and Zakir Husain Delhi College bear no responsibility for the same.

LETTER FROM THE HEAD OF DEPARTMENT

Uneasy Lies the Head...

An umpteenth gentle nudge by Anushree, academic secretary of our Psychology Society to write something for the 'E Magazine', set me thinking, where shall I start from as it was a responsible assignment and uneasy lies the head that wears the crown (of responsibility). The very word, responsibility shook me. Yes, nowadays, I have dual responsibility as the teacher-in-charge and the president of Psychology Society, but are these my sole responsibilities? What about the responsibility as a teacher in Zakir Husain Delhi College? While trying to figure out answers to these questions, my mind drifted to a conversation that our honourable Principal had with one of the interviewees during a selection committee. The interviewee's mention that she was an alumna of this college and also had the "College Colour" prompted our Principal Sahib to ask her 'what is the colour of our college?' As I myself fumble for an answer, someone might helpfully point out, "Live by Love". Yes, that's the colour of our college. But isn't that the motto of our college and not the colour?! One would frown. To which I would say, it is right, there is not "a" colour but colours of the rainbow, the VIBGYOR, where V stands for Vigour, I for Intellect, B for Brotherhood, G for Generosity, Y for Youth, O for Organization, and R for Research. I am not sure if I have made myself clear but surely this soliloquy has answered my question, my responsibility is to uphold this rainbow and see that its colours never fade!



Gulgoona Jamal

President, Psychology Society

Teacher-in-Charge

Dept. of Psychology

ZHDC

JLN Marg

New Delhi

EDITORIAL

"If you plan on being anything less than you are capable of being, you will probably be unhappy all the days of your life."

Abraham Maslow

The magazine of Department of Psychology is an attempt to bring out the creativity, artistic expressions and critical point of view of the students. A joint effort to express about what is happening in the world through the point of view of the different psychologists like Freud, Kant, Maslow, Rogers etc.

To scintillate our psynapses and provide a critical point of view. The magazine tries to give voice to the students whose voices at times get drowned in the continuous buzz of life. It provides a fresh view to the world.

Hope you enjoy the magazine and develop a fresh perspective through our effort.

Editor

Anushree Nandi

ACHIEVERS LIST

Academics

Outgoing batch

<i>Name</i>	SGPA	PERCENTAGE	RANK
<i>Meghna Bordoloi</i>	7.97	75.74	1
<i>Monali Sharma</i>	7.97	75.74	1
<i>Dhruv Beri</i>	7.5	71.89	2
<i>Kankshita Dhawan</i>	7.5	71.76	3
<i>Vaishali Singha</i>	7.5	71.50	4

3rd year

<i>Name</i>	Sgpa	PERCENTAGE	Rank
<i>Anushree Nandi</i>	9	85.5	1
<i>V. Sucharitha</i>	8.25	78.37	2
<i>Vidushi Razdan</i>	8	76	3

2nd year

<i>Name</i>	Sgpa	PERCENTAGE	Rank
<i>Apporva khandelwal</i>	8.36	79.42	1
<i>Siristi Barua</i>	8.21	77.99	2
<i>Rajeshwari Raj</i>	8.07	76.66	3

1st year

<i>Name</i>	Sgpa	PERCENTAGE	Rank
<i>Sumiran</i>	9	85.5	1
<i>Muezzah</i>	8.45	80.27	2
<i>Aashna yadav</i>	8.27	78.56	3

Extracurricular activities

College crest 2017-18	-	Rachita
College crest 2017-18	-	Raja Dutt
Certificate of proficiency	-	Shivangi Bansal
Overall runner-up at national drama competition	-	Shivangi Bansal
Inter college state play competition	-	Shivangi Bansal
Second place in Avhiviyakti cultural fest	-	Shivangi Bansal

Winners of Psychedelics Fest

Navrasa (Dance)	-	Munira – 2 nd
Best out of waste	-	Shilpa Bairagi – 1 st Sushmita Maity -2 nd Vidushi Razdan – 2 nd
Case Analysis	-	Khwaish Grover – 1 st
Salaam Poetry	-	Deshna Jain – 2 nd
Pictionary	-	Shilpa Bairagi – 2 nd Apoorva Gupta – 2 nd
Just A Minute	-	Poorvi Khurana – 3 rd
Certification of Appreciation	-	Poorvi Khurana



PSYCHEDELICS 2019





ANNUAL REPORT 2018-19

Icebreaker

The effectiveness of a group can be directly affected by the ability of the group to work together. Using icebreakers promotes a supportive environment development. This was the reason behind the initiative conducted by the Department of Psychology on 13th August, 2018. The seniors conducted an array of events including elocution, painting competition etc. to break the ice and get to know each other better. It was a successful event as most of the newcomers got involved in one or more of the events. At the end of the day they went home with new relationships and a lot of prizes.

Fresher's party

Fresher Party in any college is an event which every student eagerly awaits from the time of their admissions. 31st August, 2018 was marked as a memorable day in the life of every fresher of 2018-19 batch Department of Psychology. It was a day filled with excitement, joy, music, enthusiasm, laughter and happiness. The theme for the fresher's day was to dress as someone whose initial is the same as them.

Freshers were formally welcomed into the Department family, continuing with the proud tradition of the department. Senior students and newcomers of the department mingled with each other at the fresher's welcome party. It was a fun filled event at which the freshers and the seniors got an opportunity to showcase their talent. The contest for the fresher's day winner tag included introduction of their outfit, word-chain, college quiz and then finally the winners were announced. The program ended, leaving behind sweet memories to be cherished lifelong.

Palliative care workshop

Palliative care is a care given to improve the quality of life of patients who have a serious or life-threatening disease, such as cancer. ICAN a non-government organisation which provides such care to patients with cancer conducted a two-day workshop for the students of department of psychology organised by Dr. Gulgoona Jamal on 24th-25th August, 2018. Two-day workshop was organised with an interactive program designed to increase skills in the use of outcome understanding to drive change. The learning format was lecture-based, with inclusion of case studies and encouraged an interactive environment for active learning. At the end of the

workshop the seniors of the department presented a debate from the perspective of the stakeholders involved in palliative care.

Career counselling workshop

A degree in psychology can prepare you for a psychology career and for jobs in many other fields. Thus, an understanding of these options can only be gained through deriving from the experience of others. Under the guidance of Dr. Gulgoona Jamal, the department of psychology organised a workshop for the guidance of the senior students for their future prospects on 5th October, 2018. An informative session was conducted by an alumnus of the department to prepare the outgoing batch for their future initiative. Followed by an interactive session on the preparation for entrance exams and colleges for masters in psychology.

Psychedelics

The fest was diligently organised on 14th March, 2019. There was a soul to it. A soul that was vibrant, contagious and exuberant. It was a full day event organised in the department of psychology and the A.V. room. In this event many students from the different colleges of Delhi participated. The fest commenced by the arrival of the guest speaker Dr. Sujata Minhas, who along with the principal, Dr. Masroor Ahmad Beg inaugurated the event. Dr. Minhas started off the event by giving a talk on the topic “Expressions unexpressed will never die”. After the commencement, an array of competitions was conducted including quiz, Pictionary, elocution, best out of waste, case analysis etc. some stalls were also set up including book swap, tongue twisters and treasure hunt. It was a day of energy and enthusiasm which accomplished its motive of creating memories for all.

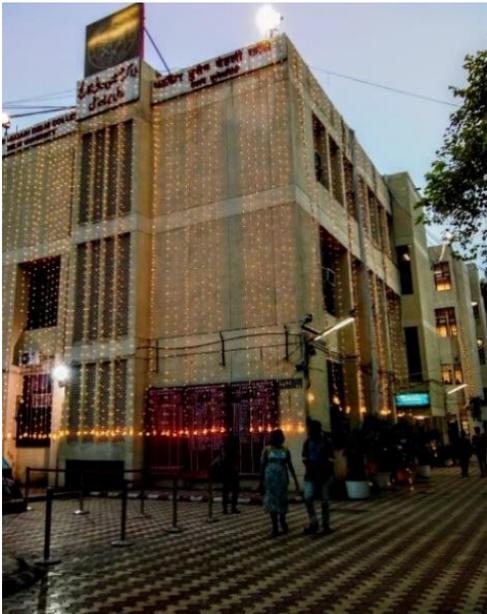
Farewell

In an emotionally surcharged atmosphere inside the Salman Ghani Hashmi Auditorium of the Zakir Husain Delhi College, Delhi University. The students and staff of the department of psychology bid adieu to the students of 2016-17 batch at the grand farewell function on 3rd April, 2019.

The program commenced with the address by the principal, Dr. Masroor Ahmad Beg where he spoke encouraging words of wisdom for the final year students. Thereafter sophomore students

came forward to showcase their talent while expressing their love for the seniors. Titles were distributed to the seniors in accordance to their personality along with a memento, for them to remember their yesteryears by. A special presentation was organised by the seniors for their beloved teacher Dr. Karuna Mehta, who is soon to retire. The programme concluded with a dance presented by the seniors. Along with that a video presentation made by the juniors made everyone mushy. It was a sentimental journey for all.

- ANUSHREE NANDI





SENSITIVITY

I thought of many different ways to introduce this topic, all ripe with knowledge and facts. I then erased them all and decided to start this with a personal anecdote from the time before I even knew about psychology.

I must have been about 7 or 8, and my mother's sister (referred to from here as Khala Ammi) had come to visit us from Aligarh. As any kid that age, my priorities were pretty much set. Playing games, asking questions, and eating Maggi. However, I have been told that I was also more inquisitive than most children, and I took notice of things that I would fully understand much, much later. Perhaps this is why I remember this day.

The whole family, including my parents, my sister, my aunt, and 2 of my cousins, went to Lajpat Nagar. We were walking from the parking to the market. My cousins and I were naturally jumping around and conversing with excitement. At some point, one of my cousins called the other one or me "pagal" very casually. This wasn't something I hadn't heard before. Everybody used this word. It meant weird, or mad, and that wasn't a big deal. No one had ever lifted a finger when this word had been used. However, Khala Ammi turned around. She looked at my cousin with her soft, loving face and said, "Kisi ko kabhi Pagal nahi kehna chahie. Tumko pata nahi hai ke pagalpan asal mein kitni serious cheez hai." (Never call anyone "pagal" (mad). You don't know what a serious problem mental illness is.) And just like that she turned back around and started walking in the direction we were headed. She didn't make an even bigger scene. She must have understood that our little minds were not ready to understand any more than this. She had done what was necessary, which was to make sure it was pointed out. To see a person, address the fact that mental illnesses aren't a joke was important to me. I don't remember if I stopped using that word that very day, or maybe it took me some time and checking to stop, but I did. To this day, I don't know if my cousin also gave it a serious thought afterward, or later in life. I don't know if he even remembers. I know I do, and I know I always will.

This is what this section is all about. Being sensitive not only to mental illnesses, but also the usage of the terms related to mental illnesses. I also believe that "sensitivity" here is the sensitivity that we, as psychology students and teachers, need to have. We need to be sensitive to our surroundings so that we take notice of such incidences where people use these terms in a derogatory or insulting manner. We need to be the voice that helps those people understand how they are being insensitive. They might not be saying these things because they think mental illnesses are a joke. They may lack awareness, not just of the issue of the terminology, but of the hard lives that the people actually suffering from those illnesses

live. Providing them with this knowledge will not only help stop the use of these words but also allow them to empathize with individuals with psychological problems.

But before any of this, we need to check ourselves, and our friends. Many psychology students or teachers may be using these terms in their informal conversations without even realizing. The first step has to be our own. We also need to forgive ourselves for using these terms in the past, as long as we make sure that we never do it again. Only the person who is capable of changing his or her self can help someone else change as well.

Following are some of the mental illnesses and related terms that are often used insensitively. Along with this, some students from the department have also shared their own experiences, and how they felt and dealt with them.

What people say What they should/can say

Depressed very sad/tense/stressed/anxious

Schizophrenic eccentric.

Mad/"Pagal" overly enthusiastic/excited/out of control

"andha", "behra", "goonga" "hey, you didn't hear me the first time, let me say that again."

"Cute but Psycho" T-shirts just "cute".

OCD meticulous/particular/detail oriented/aesthetic

Bipolar moody/temperamental

Chhakka/Heejra/

+other variations shouldn't be used, not even any variations.

"gay" as an insult "He is really into fashion. I should definitely take his advice next time I go shopping."

"he has all the gossip about the class. I wish I could keep up with everything that happens like that."

"I wish I could pull off the clean-shaven look, too."

There are many more examples of this all around us. Many of them we may only find out when we pay attention to things happening around us and take the necessary steps.

-MUNIRA 3RD YEAR

PALLIATIVE CARE

My days, I know are numbered
But I have not surrendered
I will be gone in a while
But today, I choose to smile

People who love me, people who care
Give me the strength to not be scared
I will be gone in a while
But today, I choose to smile

Death is more than just dying
It's one last chance to feel alive
I will be gone in a while
But today, I choose to smile

When my day's end, do not weep
For it's just the deepest sleep
I will be gone in a while
But today, I choose to smile

Before I go, I'd like to say
Thank you for all you do every single day
I will be gone in a while
But today you've made me smile

Munira (August 2018)

REMINISCENCE

A CONVERSATION

Q – What inspired you to become a teacher?

A – I always had excellent teachers in my life, and they were my role models and inspired me to become like them. I had a feeling of identification with them. I had great teachers in my life right from school to my college, and Ph.D., I was blessed with great teachers in my life.

Teacher's name-

Dr gyan swaroop and dr. shaman of our dep. Were very affectionate teachers. Dr. Usha alim and Dr. Habib Ahmed and dr Bawa. All these teachers were very dedicated and always willing to go out of their way to guide their students in all spheres of life. I was blessed to be a student of this department as well and got the maximum of their devotion

Their guidance was the secret of my success. Even at postgraduate level, I was fortunate to get the special attention from Mrs. Shashi and my Ph.D. guide, professor Dr.K.D broota they have been my source of inspiration at every step through the journey. So, I could never think of leaving DU for any other job because of my love for these teachers and teaching. They have been role models in my life.

Q – Why did you choose psychology?

A – My father was a highly educated man, he used to read a lot, and he had psychology in his college. He was also a student of Zakir Husain Delhi College. He was interested in psychology, and law, and sociology, So I used to read his books and magazines. It was a very new and upcoming subject, and that is what I was interested in.

Q – What was your initial impression of our college and about our department?

A – There were very few colleges at that time, and this was one of the respected colleges. Many people from my family, my cousins and elders were from this college. It was centrally located, and it was a very popular college at that time. Now, there are many more colleges, but I still think that this is one of the greatest colleges in Delhi or India.

Q – What did you think of our department when you joined?

A – This was the most popular department. We were in the old building. We had great teachers in the department, and that is what attracted people to join our department.

Q – Would you like to share some fun anecdotes from your time here?

A – Initially I had joined English Hons, but then the next day I met many students who had joined psychology, so that was another reason I shifted from English to Psychology. The teachers were very popular at the time and they used to love their students like parents. I think I was one of the good students, and I was blessed with their support. They used to give me books as gifts, or as a reward for the whole year or for doing exceptionally in a test. Even when I was trying to get a job, those teachers went out of their way to get me a job here in this college. I can't believe that someone can be so supportive like they have been to me.

Q – How has the department changed while you've worked here?

A – I think the teachers earlier used to be more involved in the department, they used to spend lots of time, but slowly things have changed. We find that there are less stability and dedication on the part of teachers. Maybe they are not to be blamed, as they have so much uncertainty regarding their own life. There is a lot of competition, and somewhere the system is responsible for not giving them job satisfaction and life satisfaction, which is then reflected in their behavior and maybe their teaching sometimes. You have to satisfy their needs and take care of them so that they can perform and can contribute their best to their students. If they themselves have not achieved what they wanted to achieve, how can they help others? I think the system is, with all these strikes, making our good teachers to leave this industry. They leave and they go to foreign countries or join civil services or corporates. Some even start their own work. So, if we want good teachers, we need to offer them not only a good salary but also other motivating factors which we are lacking in the present system.

Q – What message would you like to give to your colleagues?

A – They need to be genuine, and they need to do their best in their capacity. They must always think they are still students. Even as I'm retiring, I still feel like I'm a student. I have to learn so much. There are so many new books, and new researches, available to us. We need to spend 4-5 hours every day to keep learning. That's what keeps us young and oriented to the subject. The amount of love and affection that we get from our students depends on the kind of hard work we do. It's not a profession where we enter a class, and just teach come out. We have to give our best to our students. They should get out of this college with the feeling that they were in the best college in Delhi. We have to uphold the name of our college. It

is the oldest existing educational institute in Delhi. We were the first one to start providing psychology. So we have to protect its reputation.

Q – What message would you like to give to your students?

A – I think they are all really good and are great achievers. That is why they have joined Delhi University, and once they are in college, they should make the best use of their 3-5 years of their college years. These are the years that can make their future bright. They should not waste their time, they should do good time management, and should develop a very serious kind of interest in what they are doing. Their parents are sending them to college with high hopes and they must try to take the best possible help from their classmates and teachers, and act like future psychologists. They should help themselves first, but then help others also.

Q – Is there any funny or inspiring incident that happened in this department that you would like to share?

A – I think I've always been very lucky and blessed that all my students, which includes boys because it's a co-ed college, are all very serious in their lives, and are studious. People have a certain kind of impression of co-ed education due to movies and all, but it's all very nice and all the students are disciplined and motivated and respectful. But at the same time, we must work on the cleanliness in our college. Students should be careful about their lifestyle, and we need to have more awareness programs. Students should not depend on just the system. They should come up with ideas and spread the message on their own, without waiting for someone else to encourage them. I think nowadays students are really aware of things that maybe some teachers are not aware of, so it's a two-way process. They learn from teachers, and teachers also learn from them. So rather than depending on the teachers, they should take the responsibility themselves, to create a new environment and change the society and the system.

-Vidushi and Munira

COLOR ME RAINBOW

On September 6, 2018, the Indian supreme court in a historic verdict decriminalized section 377 of the Indian penal code that had earlier criminalized homosexuality; and allowed gay sex among consenting adults.

The monumental verdict came after years of struggle against an outdated act that was introduced during the British rule of India.

Various cities across India have been organizing pride parades to raise their voices in support of the lgbtq+ community with Delhi, Mumbai, and Bengaluru being the first ones starting in 2008.

Mumbai and Chennai even host International queer film festival every year beginning in 2010 and 2005 respectively.

Movies help shape our mindset and create a space for conversation on topics like homosexuality which are often neglected. When we look at Indian films exploring the idea of homosexuality there aren't many. For most of us, the only name that comes to our mind is Dostana that released in 2008. Sure, being a mainstream Bollywood movie, it did spark some conversations but it also portrayed gays as flamboyant and the whole premise of the movie was that two straight men decide to act like a gay couple to get an apartment and then continue to act the same until they're busted. A better example of a movie would be Fire that released ten years before Dostana did and actually portrayed a homosexual relationship between two women. Radical for its time, the movie met with some criticism and cinemas were vandalized several times but with efforts of a few film personalities and activists, the movie saw the day of the light and was re-released without any cuts in 1999.

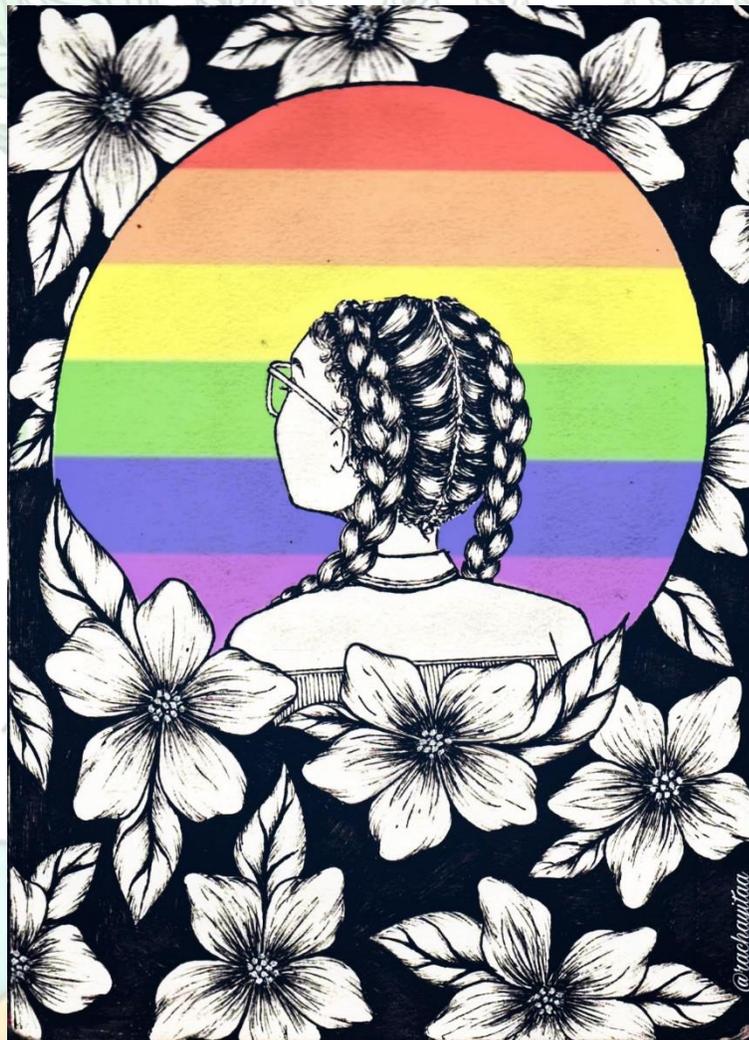
As a student of psychology, it saddens me to study Gender Identity Disorder as labeled in DSM IV, as abnormal behavior. Since then, it has been reclassified as gender dysphoria in DSM V that released in 2013 in order to remove the stigma that people attach with the term disorder. APA does believe that gender nonconformity isn't a mental disorder but pathologizing the distress transgender people experience still promotes gender binarism.

Gender Identity Disorders also come under the International Statistical Classification of Diseases and Related Health Problems (ICD-10) given by WHO and include Transsexualism, Dual-role transvestism, and Gender identity disorder of childhood. But it is expected that in ICD-11, which is yet to be released, gender identity disorder would be revised as gender incongruence and be defined as "a marked and

persistent incongruence between an individual's experienced gender and the assigned sex". In addition, sexual maturation disorder would be removed, along with dual-role transvestism.

Even after decriminalization of section 377, most of the lgbtq+ people remain closeted in fear of discrimination, often from their own families and friends. A judgment from the supreme court simply doesn't translate into practice and as a nation, we still have a long way to go. In order for LGBT people to be protected from workplace discrimination and to enjoy the same rights, we as citizens, need to work. The public opinion on homosexuality and transgender is still pretty split and growing up in a society that disapproves of the concept can often lead to adjustment issues.

By Vidushi and Anushree



UNCONVENTIONAL CAREER OPTIONS WITH YOUR PSYCHOLOGY DEGREE

With a psychology degree in your hand, you have more career options than you could have imagined! Psychology is such an integral component in many fields that, combining your Bachelor's degree with another discipline will not only enhance your career and give you exposure, but also allow you the opportunity to use psychology in innovative ways. This article is going to bring forth those career options that aren't traditionally associated with a Psychology degree.

1- Museum Curator

What is it?

For all the creative and artistic minds, an interesting profession for you could be of a Museum Curator.

Being a museum curator is highly influential in the cultural sector. They maintain records, organize, and display exhibits. They are instrumental in the success of artists. The existing knowledge of a psychology degree holder can help aspects of human behavior to be taken into consideration effortlessly during the setup of the exhibits.

Eligibility: If you combine your bachelors in Psychology with a Masters in a subject related to Art, History or Museology, then you can work in this field. Along with a Masters degree, it is helpful if you can apply for an internship, training or volunteer-work in museums while pursuing your graduation. This will increase your experience as well as your chances of getting a job.

Scope: This profession has a high scope as all museums are generally looking for new minds and fresh ideas. Moreover, once you have done your Ph.D., you can even apply for a job in foreign countries like USA, UK, and Canada.

Median salary: Approximately 2.5-5 lakhs or more, per year in India. In foreign countries, based on experience, and location, you can earn up to an annual salary of approximately \$35,000 to \$95,000.

Influential people in this profession: Deepti Sasidharam, Thelma Golden, and Helen Molesworth

2- Development Sector

What is it?

The development sector offers great opportunities for young students and professionals to build an effective and meaningful career. The development sector is broadly divided into two categories, the first

being, funding NGOs — foreign or Indian — and grassroots, and, implementing NGOs that are usually local.

A psychology graduate can fit perfectly in this line of work especially in the domain of humanitarian aid, wherein there is a high demand for psychologists.

Eligibility: After your bachelors in psychology, you can apply for a Masters in Social Work or a Master's degree of a subject that is close to the area of the target NGO. In this sector, experience counts the most and to get a high paying job, one should have a minimum of 3-5 years of experience working in an NGO.

Scope: There is great scope in the Developmental sector. The best part is that NGOs are always looking for volunteers that are eager to learn and are committed to their work. Many NGO professionals have gotten their first experience just by volunteering and working within an NGO.

Median salary: On average a social worker engaged with any NGO draws a starting salary of about 10k per month in India. At the international level, for example, in Canada, the salary is \$67,650 per year or \$34.69 per hour. Entry level positions begin at \$37,350 per year while most experienced workers can earn up to \$96,439 per year.

Influential people in this profession: Preston Dyer, Sandra Bernabei, and Ruth McRoy

3- Public relations (PR)

What is it?

Being a public relations (PR) specialist involves creating and maintaining a favorable public image for the organization/individual, they represent. Every organization and celebrity has an entire PR team dedicated to them, which works towards promoting their various projects across social media platforms and through word of mouth.

The skills of psychology graduates are useful in this arena for they come equipped with the skills to understand the tactful things to do in any situation, what the public wants to hear, what would avert a negative public image of their client and so on.

Eligibility: A bachelor's degree in psychology or applied psychology, with a specialization in organizational psychology or human resources, is recommended. Later on, one can also go for an MBA. People interested in this field should also get some hands-on experience by working/interning at a PR firm.

Scope: All major organizations, brands, and celebrities worldwide have marketing and PR teams. You can work for any one of them. Networking and making connections is very important in this line of work.

Median salary: The median salary for a public relations specialist in India is 5-6 lakhs per annum, which may even extend up to 11-12 lakhs per annum if the client is especially high profile.

Influential people in this profession: Ameer Ismail, Amit Misra, Dilip Cherian, and Kunal Kishor

4- International Relations (IR)

What is it?

An International Relations specialist is concerned with relations between nations and issues at a global level. This field addresses important aspects of development and governance such as international politics, international economy, intercultural relations, environment, international security, and so on.

A psychology graduate can fit perfectly in this line of work as you can understand and facilitate the process of maintaining relations at a global level and address important developmental and social issues. You don't have to necessarily restrict yourself to the government, you can also work in MNCs, Non-profits or international NGOs.

Eligibility: After your bachelors in psychology, you can apply for a Masters in International relations to work in this field. Relevant work experience will also help you in getting your first job as an IR specialist after your masters.

Scope: International relations is quickly becoming a popular choice of students as the demand for an IR specialist is increasing worldwide. It has a high scope in many countries, such as US, UK, and other European countries. Median salary: The salary in foreign countries, such as the US, starts from \$30,000 and can go up to \$70,000 per year, this also depends on your position and years of experience.

Influential people in this profession: Joseph Nye, Robert Jervis, and Kenneth Waltz

5- Government social researcher (GSR)

What is it?

A government social researcher facilitates the policy-decision making of the government by evaluating policies, analyzing social trends, and working on research projects.

A bachelors in psychology equips one with knowledge of conducting researches and a keen understanding of the society. It also opens up the possibility of leading and managing teams, as psychology hones one's interpersonal skills. With these combinations in place, you can go for a Masters degree in any of the courses which will be mentioned in the eligibility section and then apply for a job in this field.

Eligibility: If you combine your bachelors in Psychology with a Masters in a subject of political nature, it will prepare you to work in this field. You can look for masters in any of these subjects: political science, social policy, or social statistics.

In addition to your degree, work experience in an applied research setting will also give you an edge.

Scope: It has a high scope in many countries, such as US, Canada, UK, and other European countries. You can work in this field in India too, however the title, the responsibilities and the pay might vary as compared to other countries.

Median salary: 5-8 lakhs or more, per year in India. In foreign countries such as the UK, starting salaries for entry-level research officers can range from £25,000 to £30,000 and after 4-5 years in the role, one can achieve over £45,000.

Influential people in this profession: Jennifer Rubin, Michael Posner, Paul Boyle, and Jane Elliot

7- Animal psychology

What is it?

If working all day with adorable animals and earning money by doing that sounds appealing to you, then animal psychology may be the right field for you. Animal psychology is the field of science which studies how and why animals behave the way they do, and how they interact with each other and their environments. Empathy and respect towards all animals, big or small, wild or domestic, is of utmost importance in this profession.

Eligibility: A bachelor's degree in psychology or biology and a master's or doctorate in psychology with an emphasis on behavioral science. Internships at hospitals or clinics by shadowing veterinary doctors are a bonus.

Scope: As an animal psychologist, one can work for the government under the division of veterinary corps or as private practitioners in hospitals, clinics, adoption centers, laboratories, and NGOs as a veterinary behaviorist, animal trainer, or animal scientist.

Median salary: The median salary for an animal psychologist in India may range from 6-12 lakhs per annum.

Famous people in this profession: Disha Sharma, Dr. Balakisna, Dr. Samshul Ali, and Daya Varun.

8- Forensic Psychologist

What is it?

Forensic psychology is an intersection of law and psychology. One deals with witness testimonies, trials, jurisdictions, sentencing, etc. Forensic psychology requires a thorough understanding of the legal system and the psychology of criminals, lawyers, and eyewitnesses.

Eligibility: Bachelor's and master's degree in forensic psychology, with optional legal degrees. You also need state licenses to practice as a forensic psychologist.

Scope: Forensic psychology is a relatively new field with lots of potential job opportunities in the local and Supreme Court, crime departments, information agencies, law firms, and the police.

Median salary: The pay for forensic psychology in India is on the lower side but in countries like the USA and Canada it can go up to 10-15 lakhs.

Influential people in this profession: Anuja Trehan Kapur, David V. Canter, Max Wachtel, Margaret Bull Kovera

9- Criminal Profiler

What is it?

Criminal profiling is a process carried out by investigative agencies to identify likely suspects, especially in the cases where the crime may have been committed by the same perpetrator(s). Such a profile is used to predict the offender's future actions.

Eligibility: A bachelor's degree in law or psychology and gain experience working at a law enforcement academy.

Scope: While it is an emerging field, criminal profilers can be employed in the government's investigative agencies, police departments, legal departments, etc.

Median salary: The median salary of a criminal profiler can range from 6-15 lakhs or more depending on how high-profile the case is.

Influential people in this profession: John E. Douglas, Patrick Mullanay, Howard Teeten, and James A. Brussel

So, as you can see, a bachelor's degree in psychology opens up a lot of exciting and well-paying career opportunities apart from the conventional areas of clinical or counseling psychology. It's more about the passion you have for your subject as well the ability to apply it in professions of your choice. The best part about studying a fascinating subject such as is the universality of its themes. You just have to keep an eye on the constant and rapid developments in the field and see if it suits your interests.

Good luck!

-Sucharitha V, 3rd year

- Rachita Donti Ramesh, 3rd year

- Tamanna Das, 1st year

CRINGE WITH KARAN

One of the recent controversies highlighted an episode from, India's leading talk show, Koffee with Karan featuring the Indian cricketer Hardik Pandya. This talk show is hosted by Karan Johar who is a successful director. Every episode he invites different celebrities and talks about their professional and personal lives.

In the episode, Hardik Pandya was accused of making remarks which objectified women. These remarks created a controversy where some came to his defense as well.

The aim of the article is to see who is actually responsible for such an act. But before that let's understand why this remark created this uproar among the women. The remarks clearly indicated him objectifying women. But why is this different from millions of men doing so on a daily basis. It was different for two reasons. Firstly, it was on the air and secondly, if he was a famous cricketer. The show has a great outreach and therefore affects a number of people. The show, since it is not live, could have been edited to remove such parts. However, in choosing not to do so, it sends out a narrative that people involved in the production of the show had no objections to statements objectifying women.

Hardik Pandya is a member of the Indian national cricket team, by virtue of which he has a fan following. People idolize him and make him their role model. People aspire to become like him to the extent that they start copying his routine and actions (observational learning). Now when he says such remarks those fans also get validation to say such things and this also then translates into actions.

Khushi, a first-year psychology student commented on this episode. She says " Considering what has been going in and around society and especially in a man's head, I want to thank each man, at times, for his existence. A woman throughout her life is forced to adhere to the patriarchal social norms A woman is tender, delicate and so lovely on the inside that she always cares for the people. She is ready to love them even if they cause her unrest. Usually, it's the men who do it but sometimes even women do it too. Especially in remote areas of the country where women themselves have internalized patriarchy. Yet the most enduring part of her is that 'A woman will always grow up'. The secret to her being phenomenal is both the phenomenal and the non-phenomenal men "

This comment by Khushi is justified. Women since time immemorial have been subjected to patriarchy and the related oppression. The feminist movement has made women cognizant of the ill-practices existing in society.

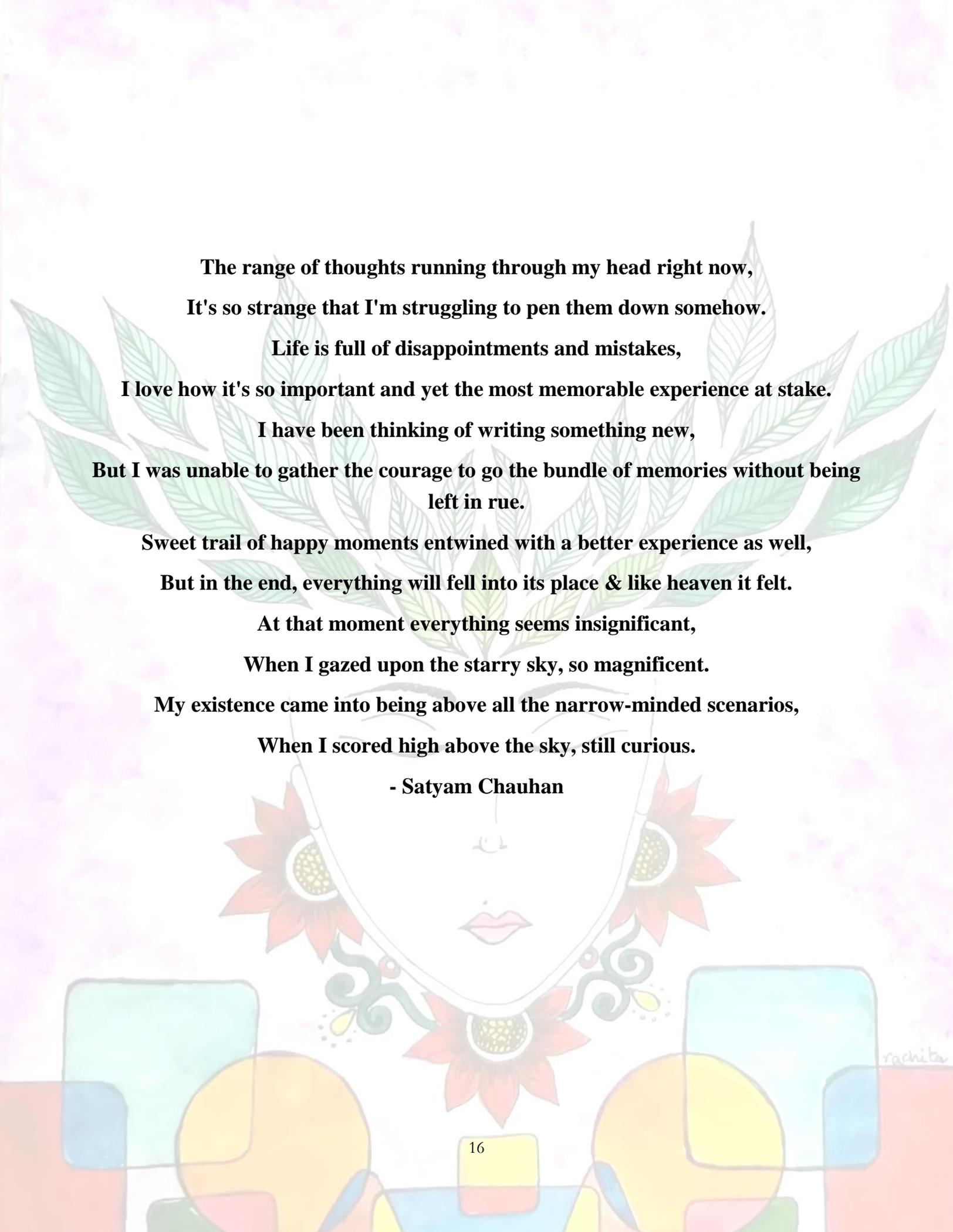
However, do you think Hardik Pandya is the one to be blamed for this entirely? Yes, he said those statements but does that make him solely responsible for them. Hardik Pandya or any man in India is brought up in an inherently patriarchal society. The elements of patriarchy have been internalized by the men. Due to the way the family brings them up is inherently patriarchal, they feel entitled to the privilege that patriarchy has supposedly provided them with. No matter how much a man consciously tries to deny patriarchal tendencies, unconsciously such behavior is

often seen in subtle ways. In a scenario where the actions that a man does stems from the way, he has been brought up. It is this 'bringing up' process that is at fault. This process strongly adheres to the patriarchal social norms. Therefore, the behavior is nothing but normative.

But is being normative always a good thing? Certainly no. not when such norms infringe upon the fundamental rights of women. Therefore, the blame should largely be directed at the society.

Now as psychologists our duty is to educate men and women of the way patriarchy has been causing troubles to both the genders and aid women who want to free themselves of the cage of patriarchy.





**The range of thoughts running through my head right now,
It's so strange that I'm struggling to pen them down somehow.**

**Life is full of disappointments and mistakes,
I love how it's so important and yet the most memorable experience at stake.**

**I have been thinking of writing something new,
But I was unable to gather the courage to go the bundle of memories without being
left in rue.**

**Sweet trail of happy moments entwined with a better experience as well,
But in the end, everything will fell into its place & like heaven it felt.**

**At that moment everything seems insignificant,
When I gazed upon the starry sky, so magnificent.
My existence came into being above all the narrow-minded scenarios,
When I scored high above the sky, still curious.**

- Satyam Chauhan

EATING DISORDERS IN TEENAGERS: A CASE STUDY

" When I used to see my mother praying and crying for me to stop doing what I was doing, it hurt. It hurt, but I couldn't do anything about it, no matter how much I tried"

Eating disorders are very common, yet easily overlooked among teenagers. They are characterized by erratic eating habits, sudden and drastic weight loss or weight gain, which eventually leads to poor health, physical and psychological.

The focus of this article is Bulimia Nervosa, a type of eating disorder that is defined by Psychology Today as "an eating disorder characterized by episodes of binge eating—consuming a lot of food quickly—followed by compensatory behavior, most commonly vomiting or "purging."

We were lucky enough to find a willing individual who gave us a first-hand account of his experiences with the disorder. He is a 20-year-old male, studying in DU. He was first diagnosed with bulimia in 2013 and has now overcome it.

Here are excerpts from the interview –

Q: When did it all start?

A: I was in class 8, I had a big built, everyone thought of me as a college student. I used to play football, was actually good at it. I used to eat a lot and then my body metabolism became slow. And my body weight was 62 kilos, which was a lot for my height. I started developing fats in my chest. I loved eating soybean. A guy bullied me, said I had man boobs. Back in class 6, I think I didn't eat much, I fainted once in the washroom. My father scolded me and said it was because I wasn't eating properly and I wouldn't recover from slip disc. In class 9, I was determined to lose weight. I started cutting on my diet. I would cut on carbs and fats, keep weighing myself every day. My aim was to get back to 49 kilos. Again, I fainted, and the doctors said, it was because I wasn't eating adequately, my liver was not functioning well. I was frightened. I started eating again. But I watched Siddharth Malhotra after a few months and I set the target to lose weight again and get a physique like him.

Q: What were your eating habits back then like?

A: I used to look for the nutritional facts, before eating anything, I used to cut down on fats and I had a fixed diet. My breakfast would be one and a half roti. My mother used to give me three Roti I would eat my part and keep the rest in my pocket and feed it to the crows and cows. I wouldn't let my mother know about this, however, I got caught many times, and got scolded. My lunch and dinner mainly consisted of just a handful of rice and some daal. I didn't have any potatoes for around eight months. I didn't eat any non-veg item except for fish. When my mother would give me a plate full of various dishes, I would keep them back in the bowl. My mother would believe I had it all and get very happy. Whenever I felt like eating something, I just had two marigold biscuits and fruits.

Q: How did your family react to this? Did you get diagnosed with an eating disorder?

A: Even now my mother doesn't know that I was suffering from bulimia. I used to give her several reasons for not eating because had she known the truth, she would force me to eat. I used to tell my mother I was depressed and that is why I didn't feel like eating. I told her I was stressed out with my academic scores. I would vomit intentionally whenever I thought I had eaten too much. To cover this up I told my parents, that after eating my stomach would ache and I had to vomit to feel relieved. My mother took me to the doctor and I was diagnosed with nothing major. She started thinking someone had put an evil eye on me. She would take me to the priests. I was being tested repeatedly and no results would show. And one day, the doctor suggested me to a psychiatrist. I used to tell the same things to the doctor and then finally I was taken to NIMHANS.

The doctors there gave me the same advice but this time they suggested me to continue with my physical activities, it would help me relieve stress.

Q: So, you were never diagnosed. How did you know it was bulimia?

A: I knew the symptoms, I read about them, all my eating habits would all come down to bulimia. One psychologist did know it was bulimia. She even confronted me with it and told my father.

Q: How did you get over this? What are your opinions on your present physique? Do you think you have completely overcome bulimia?

A: When I used to see my mother praying and crying for me to stop doing what I was doing, it hurt. It hurt, but I couldn't do anything about it, no matter how much I tried

But there came a point after one and a half years, I realized I wasn't doing the right thing. I wasn't doing good to myself and to my family. My parents had spent a lot of money to treat me. I joined the gym to get a proper idea of how one needs to have an adequate diet plan for a good physique. I started eating potatoes because it is used in most of the dishes and I need to eat it in order to adapt to different situations. I started eating a balanced diet. I worked out in a gym for six months. And then it just got better. I couldn't continue with the gym in my secondary schooling.

Presently, I am a second-year student studying at DU. I have joined the gym again and now it's my love. I am almost addicted to working out. I work out five times a week. I consume twelve egg whites daily and 250gm chicken breast.

Yes, I feel I have overcome bulimia. I weight 80kilos now."

His story is an inspiration for the people overcoming eating disorders. The timely intervention of his parents and the sound counseling given by the psychologists and psychiatrists he visited made his journey of defeating the disorder a resounding success. This also brings into sharp focus the way a disorder can be present in an individual without people closer to that person being aware of it. This needs to change with the spreading of awareness of such disorders.

- Anannya Devi and Sristi Barua

B. A. Hons Psychology, 1st year



NETFLIX AND CHAI

TAMASHA

"Parental expectations" are something that every Indian kid is more than aware of. Dreams of pursuing machines and medicines flow parallel to childhood. This refreshing Indian drama revolves around the struggle between living a safe and monotonous life of an employee and realizing one's dreams of adventure. The film takes us through the life of Ved, who, after earning a degree in engineering, is living the 'common man' life, with the same routine day in and day out of going to work and carrying out daily chores. We get an insight into his fascination with stories, and his chance meeting with Tara on a trip where he enjoys free expression before returning to his old life in Delhi. Through a series of flashbacks, we see him struggling with studies, his father strictly refusing to let him pursue anything apart from engineering, and the consequent stress and apparent disturbance in his mental health. We see him monologue and act out in front of his bosses. All the built-in frustration lashes out when he finally learns to break free of his routine. We see how deeply parental expectations can affect an individual's life and choices, and how adverse and complicated conditions can get when the said individual carries out a life of dissatisfaction and perceived failure. The film makes us understand the importance of expressing emotions openly and also portrays the importance of healthy parent-child relationships. Towards the film's end, Ved is able to overcome his dilemmas and goes onto live his dream life as a storyteller with Tara by his side.

-DESHA 1ST YEAR

CRAZY EX-GIRLFRIEND

If there were ever to be a perfect example to justify the adage "Don't judge a book by its cover", Crazy Ex-Girlfriend would be it. By its name, it seems to be a generic romantic comedy with regressive, misogynistic undertones, when in fact, it is the opposite of all that. It is a progressive musical-comedy which expertly explores serious issues like mental health, body image problems, alcoholism, feminism, sexism, sexuality and what not. It sets the tone from the pilot itself when we see Rebecca Bunch's browser tabs open with websites about insomnia and suicide. We also see her dumping her antidepressants in the sink, knowing that doing so will lead to something bad. And sure enough, it does. In the midst of a nervous breakdown, Rebecca decides to leave her cushy, extremely well-paying job in New York and moves to

West Covina, California just because she bumps into her crush from summer camp, Josh Chan, who "just happens to live there".

From the surface of it, it is an awful, impulsive decision, but it actually ends up working out for her for the better, once she starts coming to terms with and working on her issues. As it turns out, her obsession with Josh is not really about Josh. What it is really indicative of is her deep-seated mental health issues, which she tries to mask by going after Josh. She believes that she would automatically become happy if she gets Josh. But getting together with a boy, no matter how great, will not automatically solve her abandonment issues and unhappiness which stem from her parents' divorce, her genetic makeup, and her toxic experiences with her former love interests. The show gets into all this and she is eventually diagnosed with Borderline Personality Disorder.

Crazy Ex-Girlfriend is one of those rare shows where a character is actually diagnosed with a personality disorder. The show accurately and sensitively portrays all the pitfalls in Rebecca's life leading up to and post her BPD diagnosis. Panic attacks, impulsive decisions, suicide attempts, therapy, medication – all these important issues are explored with nuance. Not only Rebecca, but the supporting characters also have demons of their own, which are also touched upon. Rebecca's best friend Paula has co-dependency issues, Josh takes a long time to emotionally grow up, Greg deals with alcoholism and sobriety, and Valencia and Nathaniel have issues with their weight and appearances, even though they are perfectly healthy people.

The best thing about Crazy Ex-Girlfriend is that while it deals with so many bleak issues, it is very funny. It is a musical, so it uses the lively art form of music to communicate its messages. There will be a whopping total of 157 original songs in the series when it ends its run-on 5th April this year. All the songs are parodies of one popular music video or the other, and they hilariously communicate a socially relevant message with the help of catchy lyrics and tunes. The show's soundtrack can be easily browsed on YouTube and Spotify. There are a number of songs which deal with mental health issues like depression, breakdowns, diagnoses, and the importance of taking medication. Very recently the show did a song titled "Anti-Depressants Are So Not A Big Deal", which removes the stigma from taking antidepressants to improve one's mental health, in a La La Land style dance number.

Crazy Ex-Girlfriend is a must watch if you are interested in watching relevant mental health and social issues being handled in a smart manner through fun musical numbers. It teaches a lot while being entertaining. It will end with 4 seasons on 5th April 2019. Its first 3 seasons are available on Netflix and the 4th season will also be uploaded soon after it ends airing in the US. It was co-created by Aline Brosh McKenna (screenwriter of such movies as *The Devil Wears Prada* and *27 Dresses*) and Rachel Bloom, who also dons the hats of the leading lady, playing Rebecca Bunch, and co-songwriter, along with Jack Dolgen and Adam Schlesinger.

Tamanna Das

1st year

THE NOTE

Hey
I'm not usually this bold
But today I feel like I can do anything
Is it
That last sense of relief?
I'm going away so you don't have to be afraid
anymore
I'm going to a place where I don't think too
much
Where I won't feel that much
It'll all be over and done with
You'll come
To my apartment
Find me
Cry a little?
Or don't
Your call
I'll have a note left in the fridge pocket
For you
It won't say why
But it will say
Hey
It was great to have found somebody to talk to
Who wasn't me
Or my cats
And hey
You don't have to worry about picking me up
from bars
Sober
But too sad to drive

I leave you
Relief over finding me dead
Plus there were no bills over my head
Another thing less to worry about
So there's that
And hey
Don't forget that Margo and Rico and Felicia
love you too
Make sure the bitches aren't eating my body?
Look
The reason wasn't you
You're the reason it took so long
So thank you
But now I've to go
To a place where I don't think too much
Or feel that much
I hope
You don't have to spend too much time
reading this
Or planning my funeral
Just toss me over in a lake
Or bury me in a garden
Whatever's quicker
And hey
It was great knowing you
Tell Margo and Rico and Felicia
Goodbye
-Deshna 1st year

#MeToo

"It's not just a women's rights issue; it's a human rights issue."

– Dr. Pranab Mukherjee, former President of India

I am a human, as are you. You have wishes, dreams, aspirations, I do too. You wish to live happily, freely and with respect, #metoo.

I am a woman, and it seems to me that that is criminal. There must be a reason I'm paid less for the same work, offered fewer jobs with the same qualifications, posted lower than my male colleagues- but that's not what I'm here to talk about.

There's something else that I am denied because I am a woman. Every time I walk alone on the streets after dark, every time I dress up for a party and my skirt ends before reaching my knees, every time I enter a workplace, every time I sit with my legs apart, every time I laugh a little louder or touch a man's arm, a little voice in my head warns me. A little voice speaks to me of that privilege I don't enjoy; respect. It reminds me that in the eyes of, sadly, most men, I do not enjoy 'respect'.

Isn't it funny that even abstract terms like 'respect' hold meanings that vary with gender? If a woman respects a man, she must cook for him, sing for him, satisfy him sexually, and revere him like a God. But from a man's perspective, respecting a woman dictates 'not sexually harassing her'. As if not molesting a woman isn't normal. As if controlling sexual impulses is something honorary. And when a man does in fact 'disrespect' a woman, it becomes the woman's fault; because men will be men; because a woman is always asking for it; because that's how our society works. Because wearing short clothes is asking for it, going to a club is asking for it, heck, smiling at a man is asking for it!

At a time where social labels have cut the tongues of rape victims, the #MeToo movement has given numerous women a platform to put their stories out in the world, to ask for support and to offer confidence to others who have in some form or another, suffered sexual abuse.

This emerging movement finds its roots in 2006, when Tarana Burke, a social activist, started using the phrase "Me Too" on social media to promote "empowerment through empathy"- extending a stand to women of color who had experienced sexual harassment.

Under this movement, numerous cases of sexual assault against women came to light and many shocking names surfaced, including those of actors, directors, CEOs of various companies and even law officers and politicians. The movement found its voice owing to the scandal with the famous movie producer Harvey Weinstein, who allegedly assaulted women workers for decades. Hundreds of women came up with allegations of harassment against Weinstein, including several actresses, fuelling the movement further as more women came up with instances of workplace misconduct and harassment against personalities like Fox News head, Roger Ailes, head of Amazon Studios, Roy Price, movie director James Toback, actors James Franco and Kevin Spacey, and even the President of the United States, Donald Trump- who was also witnessed backing many of those mentioned above and others, accused under the movement.

In India, rape is considered to be the fourth most common crime against women. According to the 2013 annual report by the National Crime Records Bureau, 24,923 rape cases were reported across India in 2012. 24,470 (that is, more than 98%) times out of these, the victim knew the assaulter; although this data only describes cases that were reported. An even greater number of cases goes unreported because of the fear of humiliation and repercussions from society. Rape victims, for no fault of their own, are ostracized and penalized by their family and loved ones. In addition to the trauma of the assault, the victims have to live their lives looked down on. In this aspect, the #metoo movement has not only brought forward names, but helped so many women release themselves from, or at least in some way lessen, the mental trauma faced after sexual harassment, and even casual sexism. The movement has not only ignited feelings of empathy between survivors of sexual assault but also spread sensitivity towards the victims from the side of the general public.

The #metoo movement and the #timesup movement received international recognition and paved their way into the Oscars. Actors and actresses participated in the red carpet "blackout", where they wore black outfits and Time's Up pins to show support to assault victims. With time, more and more people have started coming forward with their experiences of being violated and even daily life instances of sexism. Many men have also posted stories of having assaulted women and men with a pledge to change. But the story doesn't end here.

In a world where almost 700 rape cases are reported daily, it's not easy being a woman. It's not easy walking down a market street at 5 pm and being hooted at. It's not easy to always look behind your shoulder because any one of the strange faces could be that of a criminal. The aim of the #metoo movement was to act as a wake-up call to tell the world that "female" is not the second gender, that if it can be a safe world for men, then it can be safe for women too.

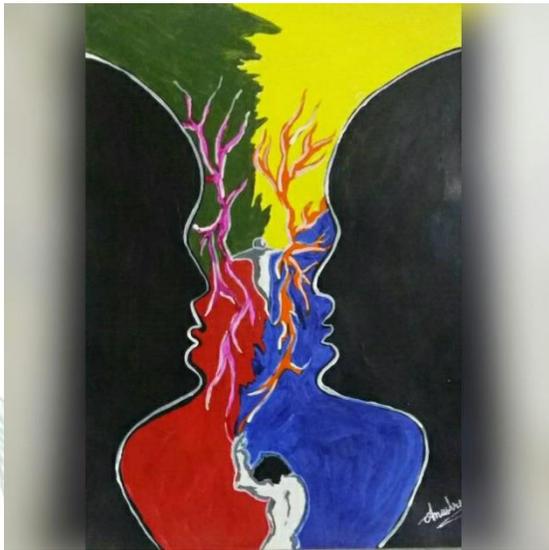
If you can live a fearless life of dignity, then I should be able to too. If you, being a man, can respect other men, then you must respect #metoo.

Deshna Jain

1st year

UNKNOWN

**My face is unknown to me
Identity lost
It's my voice
But not my words
I speak but I am not the speaker
You call me by a name
Is it really mine?
All that I do is a lie
That is what everyone believes
But I am not
My feelings are not
Not everything is a lie
Believe me
I am not lying
It's the truth
When I say I don't know who I am
I don't know who I love
I can't recognize the face in the mirror
It's the truth
Anushree Nandi (3rd year)**



ANUSHREE NANDI



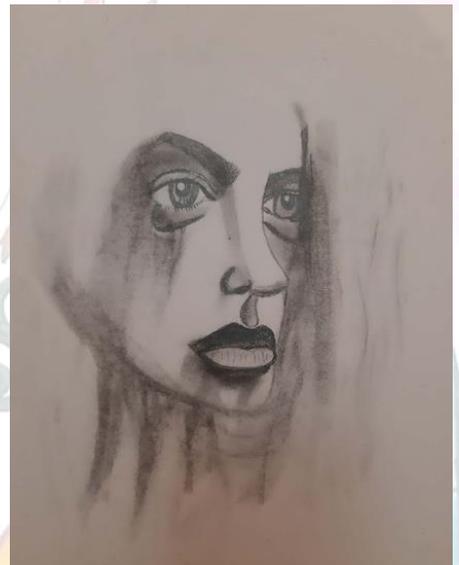
GURBANI KAUR



RACHITA DONTI



RIA



ARPITA

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