

COGNIZONE

Newsletter – The Gargi Psychology association

ISSUE#5



Gargi Psychology Union 2016-17

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From Our Association In charge



I am really happy to know that “Cultivating Happiness and Resilience” has been selected as the theme for this year’s newsletter and I believe that happiness has to be cultivated. You need to do right things and we all know what is right and what is not. If we follow our intuitions, follow good habits for the mind and body, we will have lesser pain of body and mind. The mind and body is strongly linked to each other, one effect the other a lot. If we do the basics in life correctly, we will always achieve what we want to achieve in life. We also need to “know ourselves” very well. This will help us find where our strength lies. This aspect is the one that will keep our hold ourselves strongly in face of adversities. One should always feel blessed by almighty, parents and teachers. These are pillars of strength. One should never feel hesitant in seeking help. We all learn and grow day by day just remember the more you grow upwards, keep your roots growing deep downwards as this will hold you strong forever. Thank you and all the best to all my lovely students.

~Dr Poonam Phogat

From The Editor’s Desk



Talking about psychology and mental health there has been one topic which appeals and intrigues a lot of us the most and that is “Cultivating Happiness & Resilience.” Keeping this in mind we decided to select “Cultivating Happiness & Resilience” as the theme for our newsletter this year. We all want to be happy and lead a resilient life but we are often not able to find ways to do that, I hope this newsletter helps all our readers to synthesize their own happiness in small little ways and bounce back whenever life throws difficulties and obstacles at them. I am really grateful to our Association In charge Dr Poonam Phogat and all the teachers of our department for their constant guidance and support which has made the coming up of this newsletter possible. I am also very thankful to Anoushka, Jayati, Dakshiani and Shivani of my Editorial Team who have worked with lot of enthusiasm and have put in constant, untiring efforts throughout the year. Hope you all enjoy, relate and connect with the content of the newsletter and lead a life full of Happiness and Resilience always.

~ Manya Krishna

DEPARTMENT ACTIVITIES AT A GLANCE



The academic session 2016-2017 has been a very eventful year for the Psychology Department of Gargi College. This academic session has seen a plethora of workshops, seminars, documentary screenings and discussions all of which have proven to be very beneficial and enriching for the students. The

Department has not only focused on helping the students build upon and polish their psychological skills but also focused on helping the students enhance their skills as an integral and resourceful part of the community which they belong to. The focus being making the students of psychology well equipped to

effectively tackle the challenges that the world has to offer.

In the month of August to make the students more sensitive towards one of the most debilitating disorders "**Schizophrenia**" a **Documentary Screening** titled "**A Drop of Sunshine**" was held.

September saw a **Documentary Screening** and Discussion on **Suicide Prevention Day**. Talks by two very eminent speakers were also held in this month.

On 16th of September, the Psychology Department of Gargi College had the privilege of having **Ms. Carol Dorman**, a Canadian art dealer, with them and hear her talk on the topic '**Reflection of life in Japanese Art**' in the light of the seventeenth and the eighteenth century. The session went on for an hour and helped embed a great bundle of knowledge in the minds of the students and faculty that Ms. Carol Dorman had addressed.

In the month of September a talk by **Dr Monika Mongia** on '**Psychological Perspectives of Stress Management**' was also held. The talk proved to be very beneficial for the students as the speaker discussed various Psychological techniques to reduce stress. The speaker not only helped the students with stress management but also made them acquainted to the different type of stress and stressors that one encounters.

In the month of October Psychology Department's Annual Fest "**Psyfiesta**" was held. "**Psyfiesta**" was held on a grand scale on the 22nd of October, '**Cultivating Resilience and Happiness**' was selected as the main theme of the fest. The day long extravaganza consisted

of experiential learning workshops and meaningful discussions by experts such as Dr. Amiya Banerjee, Col. Harbir Singh, Ms. Neeti Palta and Dr. Jyotsna Bhardwaj. Interactive activities and competitive events involving student participants from colleges across Delhi University were also organized. The Annual Psychology Fest made the students understand as to how Happiness and Resilience can be found in the most unexpected of places, things and people. One could find happiness in work, in the book one is reading or even in the simplest of things like getting up early on time. One just has to be alert of the presence of happiness and welcome it with open arms at all times. And once that is done, resilience or the ability to bounce back in life after a setback won't seem like a difficult thing to do

October also saw the conduction of a seminar on '**Mental Health and Lifestyle**' which was organized by the **Department of Psychology and Department of Physical Education** of Gargi College. The seminar was mainly centered around a Lifestyle Data Presentation and involved talks by a panel of eminent speakers who addressed the issue very comprehensively. The seminar emphasized the importance of both mental health and physical health in the overall well being of an individual. Towards the end of the seminar an aerobics and Yoga session was also organized for the students.

In the month of October a Talk on '**The importance of spirituality in psychology**' By **Dr. Natasha Nair Gupta** was also held. The speaker began her talk with the basic history of psychology and how the soul and the psyche are interrelated. Talking further about the history of psychology, she started to talk about the concept of consciousness and the need we have to study more about it.

Another talk on the topic '**Building a High Performance Mind**' was held by **Mr Pradeep Dutt** in the month of October itself. Mr Pradeep Dutt, through his talk, provided the audience with full access to his knowledge base and also suggested readings and took up questions so that one might be able to explore this field as much as they might want to. His high energy and strong knowledge base made the entire session very educational and fun to attend.

In the month of November a Talk on '**Doing Research in Social Sciences**' by **Dr Arvind Kumar** was organized. What is research? And what is the need to conduct research? To answer such questions, Psychology Department, Gargi College invited Dr Arvind Kumar Mishra (Assistant Professor, JNU), to make students more informed about the discipline.

On the 28th of February Department of Psychology was enthralled to have **Ms. Kamna Chibber** (alumnus of Gargi) to speak on the topic "**Building a Career in Clinical Psychology**". Ms Kamna Chibber educated the students about the prospects in clinical Psychology with respect to career avenues. She shared the learnings from her own journey of becoming a clinical psychologist and the students got to know about the challenges and obstacles that she faced and how she dealt with them. On the whole the talk provided the budding psychologists of the department a clear picture of how their future as a clinical psychologist would be.

The year ended with the conduction of an **Alumni Meet**. This was the second alumni meet which was organized by the Psychology Department. The first alumni meet was held in 2015 and was an initiative of Dr Kamlesh Malhotra. Psychology Department currently aims at expanding its alumni base and the second alumni meet witnessed alumni from various batches who shared their experiences and learning which proved to be very enriching for the students.

This year students from our Department even got an opportunity to get associated with **Holistic Workshop** under the guidance and initiative of Dr Preeti Pant. The holistic workshop were a series of 6 holistic life skill management workshops. The workshop have emphasized on the essence of Vasudhaiva Kutumbakam "The world is a family" and have aimed at instilling a greater sense of compassion, empathy and sense of belongingness in all of us.

The Department of Psychology in the academic session 2016-17 tried to make sure that they leave no stone unturned and hone the skills of the students as much as possible to make them become better humans and hence a good psychologists. The sessions, documentaries and discussions were enjoyed by one and all and gave students a broader perspective of the world in which they live.

ACTIVITIES OF IMHAI (2016-2017)

The initiative of mental health awareness India is a campaign that was taken by the Psychology department of Gargi college in collaboration with Dr. Jitendra Nagpal of Moolchand and Expressions India. The team consists of seventeen crusaders who enthusiastically participate in all the activities organized for creating awareness.

In the year 2016, we began with a small session in Moolchand hospital where we invited other colleges to join us and give us their inputs on mental health awareness. Colleges like Kamala Nehru, Vivekanand, Mata Sundari, Jesus and Mary joined us along with other universities like Jamia Milia Islamia. They took up different topics like body image issues childhood problems and so on and centered their discussion around them through role plays. The topic we had chosen was relationship issues and we carried forward awareness about the same in our college campus through walks, group discussions, setting up of empathy boxes

in our department and opening our own Facebook page and through creation of a Google empathy link. The progress we had made was presented in a youth parliament that was arranged in our campus itself along with other colleges.

In the year 2017, we first and foremost spread awareness about the new UGC guideline according to which every teacher was supposed to play the role of a mentor to 25 students. We visited various departments of our college and spoke to them about mental health literacy, the various ways to cope with panic attacks through techniques like deep breathing and the ways through which one could lead a more mentally healthy life.

The response we gathered from the audience was positive which made us more enthusiastic to contribute more to this campaign.

Beyond the Classroom

NAME	ACTIVITY	ACHIEVEMENT
Pooja Sharma	-	Recommended as Flying Officer in Indian Airforce
Isha Chakravorty	Singing	1 st position at DTU, JMC, Hindu IIT D, NSIT etc, 2 nd position at Hindu, LSR etc and 3 rd position at Kamala Nehru, Gargi etc
Cheryl Mukherji	Photography	Won grant for documentary photography by Open Society Foundation and Winner of 25 Under 25 Photography Competition
Diksha Bijlani	Poetry Slam	1 st position in National Youth Poetry Slam, SRCC, IIT D, Motilal Nehru etc and position at LSR and Dyal Singh
Inayat Shanghalya	Singing	1 st position at IIT D, IIT Mumbai, JDMC etc and 2 nd position in Indian School of Businesses and Finance.
Manya	Singing	1 st position at LSR, IIT D and IIT Mumbai
Teertha	Singing	1 st position at IIT D, JMC, Gargi, IHE etc and 2 nd position at Lady Irwin College, Hindu, LSR etc
Simran Kaur	Singing	1 st position at Janki Devi Memorial College, LSR, IIT Delhi etc

Researches and Papers Presented

TITLE	AUTHORS	MENTORS	PLACE	FINDING
Role of brand in determining self esteem and subjective well being.	Vibhuti Sharma and Aaradhya Sharma	-	Psychological Science Conference 2016 (Chandigarh)	Brand does have an impact on the self esteem and subjective well being of an individual.
Comparitive Analysis of Feminism related ideologies among Students in Single-sex and coeducational institutes.	Diksha Bijlani and Divya Utreja	-	Published in special issue 2016 of International Journal of Indian Psychology	Female Female students in single-sex higher learning institutions show stronger support for feminism, stronger positions on radical perspective of feminism, and higher feminist self-identification than students in coed higher learning institutions
Reducing Chemistry lab pollution through Green Chemistry Methodologies	Manya Krishna, Suhasini Raina and Manasi Manchanda	Dr. Indu Tucker Sidhwani, Dr. Sushmita Chowdhury (Department of Chemistry), Dr. Veena Tucker (Department of Psychology)	Gargi College	Findings suggest an incongruence between perceived safety(Graph 2) measures and the extent to which they are actually being practiced.

Of Happiness and Resilience

The Simplicity of Happiness

For the purpose of a formal article on happiness I should, I believe, explain the theme in an objective manner followed by a statement and a brief explanation of the hurdles to happiness, ways to overcome these impediments and finally conclude on an optimistic note. However, I politely request the reader to allow me to deviate from the commonly followed norm so that I may take you on a small walk along the surface of my thoughts (which are a slight mess, I apologise) in the quite recently explored fissures of my mind and experiences.

In the past 6 months I have shifted to the city that I romanticize, got admitted into an university where people are more evolved than I am as a person such that they provide me with a space to grow in and into a course that excites my intellect, found people I have formulated a form of friendship with that is healthiest to the soul and let go of those that were not, been granted a (supported) freedom that exposes me to an independent form of living which has helped me to overcome certain insecurities and developed a taste for good music that is quite nice in a 30 minute long metro ride. I suppose the reader, after my subtly rebellious opening, is experiencing a slight disappointment by my statement of the very routine changes of a transition from adolescence to adulthood. Hence, I put forward a restructured and summarized statement of my underlying idea; I

have come to find (on a great number of days) a wild exhilarating happiness in the most routine and monotonous works of daily life. So, I believe it to be a nice achievement.

Furthermore, I have realized that after cultivating happiness in the lesser and routine workings of life, I have come to find happiness in the even lesser and minute facets of my being such as happiness in a winter morning cup of coffee with chocolate, a wasted hour in the sun, a loose and warm white sweater, memes and new music. Also this article (I termed to be a walk) is my current small happiness. I consider this to be another nice achievement.

However, dear reader, I apologise, that this largely one sided conversation with you has no primary objective to achieve or a conclusion to state. It carries no excitement in that context. It is simply communication of an individual experience of an idea, I have come to understand in its simplest sense, that while basic human behaviour fundamentally strives for sources of happiness maybe happiness is just in the natural sense of being and doings of the everyday life and happiness has the capacity to cultivate into a relatively constant state. I now give closure to this brief interaction with the hope that the simplicity of happiness excited you.

-Shivani Bajaj, 1st Year

Cultivating Happiness and Resilience

It's always said that the sense of cultivating happiness is accepting where you are in life and making the most out of every day. Although we all try to do what we think it takes to be happy, so many of us are still unhappier than ever before. Happiness should not be the end goal if you really want to be happy. Lasting happiness requires building upon your strengths, preserving, and being gracious with yourself and others.

Highly resilient people seem to bounce back from hard times and as a result become stronger. They redefine their life and give it a new meaning. Belief is incredibly powerful. When we believe in something or what is right or wrong it becomes our truth. Remaining positive in all life situations not only helps us grow but gives us the confidence to bounce back and do better. Happiness is very essential for our well-being, however, it's not the direct path to happiness.

Resilience simply means adapting well in the face of adversity and bouncing back from difficult situation. Resilient people have an approach to life that involves a realistic view and not being defeated by failure and giving new meaning to life in negative situations.

To attain happiness and resilience one needs to understand themselves and achieve mindfulness, which would help them to function better and achieve all desired goals.

-Fatima Juned, 1st Year

The Elusive Happiness

I could hear them shouting at each other. I wasn't disturbed by what they spoke but by their shrill voices for they were loud and painful to my ears. It was a common affair, so I wasn't

affected by it anymore, but every time I heard them, it made me ponder: what was it they wanted?

Time was surely not the problem and nor was money, but it was something more deep. Something which even they didn't know, something they longed for, something they wanted to attain but yet could not get.

I often used to think about it and soon realized that it wasn't a fight over relationship or marriage. It was about core values. It was about freedom & bondage. It was more about dominance than loyalty. It was more about doubt than trust. It was about hopes and expectations. And above all, it was about acceptance. Acceptance of each other.

After every brawl, the scenario would be the same. My mother weeping, thinking why did she marry at all and my father sitting silently, brooding over all the failures in his life. I wasn't disturbed by their frequent fights & arguments, but what disturbed me was the fact that all this repeated itself after two or four days, or maximum a week. Four times a month their unnatural humanitarian behaviour was natural.

However there was one thing which always made me gloomy and that was the haunting silence which prevailed after my parents had fought. I hated it; no I was afraid of it. That silence wasn't an indication of the situation getting better, but a sign that things would never improve- an impending dream, a gnawing desire.

I appeared calm from outside, but inside I was shouting, screaming, lamenting for the way my life had turned out to be.

We all had questions which did not have any answers. Maybe, we all were tired. Tired to

keep faith & hope that things will improve, because deep down we knew they never will. They never can be. We were fatigued of consoling ourselves, of always believing that all this was making us strong, because it wasn't. When the roots are weak, no matter how much we nurture the plant; its strength will always be short lived.

Or maybe we were afraid. We were afraid of the future, the unknown and this fear forced us to accept the present. But acceptance which cannot give us peace can never provide solace to our tortured souls.

How peaceful our lives would become if we give happiness a chance. So, before taking any step let us give ourselves a chance, a chance to accept ourselves, to forgive ourselves and most important to be at peace with our own selves. Things won't get better, nor will the future seem brighter, but maybe, maybe we will get the courage to move forward in the present.

-Jayati Kalra, 1st Year

The Practicality of Cultivating Happiness

Happiness. A rather not small but a very abstract word that we use almost on a daily basis. Being happy or making one's happiness be true is something that is very common to us as a process but as something inert and internal? I really don't think so.

Talking about myself, I am a fairly weird person who has general and a common approach to most things. **I have got to grudge.** It's almost like a loop tape, screening the same bad memory. Repeatedly. And as an added thing, I replay what I would have said if I only had been on top of my game. Me, at my pithy best, telling

who ever, in all my articulate glory, just how wrong they were, how offended I was, how bad they behaved or whatever.

And it's just not me, we all can easily do this daily. We all are magical like that.

Of course, we never replay the really amazing events. Like I would never recount the moments of the 'gajar ka halwa' I had at the wonderful party at my aunt's . And me, assuring her in all sincerity it was the best 'halwa' I'd ever had, and how the warmth and love in her home was filling me with such joy. Do I replay that conversation over and over? Do I imagine my aunt's headstone carved with the words "Best Gajar ka Halwa in the World" and "So Loved By her niece " ?

Never. Not once. And people, therein lays the problem.

Why do we do this? Hang onto the bad stuff and sweep joy under the rug like yesterday's crumbs. Are we just a bunch of angry ingrates running around looking for the next grudge to hold? Nope. Turns out we're programmed this way. It's science.

Find Lunch, Don't Be Lunch. It has something to do with our brains. Long ago, think cave man days, it was very important that THE BAD THINGS registered higher on our radar. Screw up once and you're lunch. No second chances.

We're programmed to really register negative consequences, it's just how we're wired. Your emotions run high, your stress hormones start pumping out, every fiber of your being is on high alert, heart pounding — and it's just a fellow person being a jerk, not a lion in sight.

Nice events like a family get-together , a warm shower, coffee with a friend, are all pleasant but they just don't register the same intense emotions that a negative experience can. Our brain really is biased to 'fire up and wire up' the negative experiences, leaving the positive ones lonely and single with no one to cling to.

So for actually cultivating this intense emotional feeling we like to call happiness, Hook Up Those Happy Thoughts. The good news is that you can be your own neuron dating service and work to even out the bias in your brain. You can use your mind to retrain your brain by programming in positive experiences with higher emotional impact. Hook those babies up yourself.

It's easy. Fat Free. No prescription required. And to make this easy process, even easier, we have 3 steps!

1. Focus on that pleasant past or present memory.
2. Hold on to that feeling you got in that experience notice how you enjoyed it. Let the good feeling fill your mind and your body.
3. And lastly, absorb. Absorb the experience into your body. Feel the happiness and joy, the positive emotions filling you up. Really get those neurons firing together in a hot little dance.

Whew! Doesn't that feel great??

Do this a couple times a day and people will wonder what you're up to. If they ask, just tell them you've been wiring neurons, then change the topic. Ha!

-Dakshiani Bhan, First Year

Your Chaos Shall Find Peace

To be understood, Let's first be understanding ..

Dear Reader, I write to you as your ally, as your friend in the world which needs to talk ...Talk what it feels and not hold it all inside.

So I write to encourage you to share cause it won't hurt .That won't ensure a solution cause in the end we are all we've got ,but it might give you an insight as to how to go about things .It makes more sense than it was ever meant to. Being idealist, yes.... Being idealist and not being able to follow what our ideals are makes more sense than anything else. It teaches about situation, adaptation and with these evolutions.. Ideals evolve.. Today crying might not be ideal in one's perspective tomorrow it might be the ideal solution one offers to others to cure the sorrow! Every human thinks he is the one suffering the most, every human speaks all the things that make him look so brave, every human tells people to be happy knowing that deep inside he is in despair... Why?! Because it's easier to repress your own pain for some time. It helps you to stop thinking about what you are Going through. It makes you, for a while responsible for someone else's solutions. You are a meek human who can not even solve his problems but at that moment when you tell these ideal things to others... You are a wise soul. You hope your words were a help for the other person! You hope for your words to have been a help for another human who thinks he is the saddest being! "

It's not easy to keep up that front of calm and smile where inside your chaos is screaming.. Your chaos wants to let loose. It's not easy when the force of it has started to make creaks and cracks in your skin and all it wants is to pour

out..like magma and burn everything that created it! All you want is to hide it.. Tame it.. Repress it.. Use it and fuel yourself with it. Fuel yourself to move forward. Cause you are nothing without the chaos. You are driven by it somewhere and you know it. You start loving the chaos cause it makes you, you!

You start organizing the chaos and prioritize the problems yes! So that you carry with you an orderly chaos! Creative!!

But, to what extent is it fine to carry that inside. To what extent is it fine to hide what you truly feel. To what extent is it fine to call chaos an art!?

I am struggling with these questions myself and one of these days when I experience the answer... I will not hesitate to share and would hope you got something better out of it.!

That's why we tell the ideas... Because they you see are not hollow, they breathe your experiences, they sweat your tears, they beat with the rhythm of your heart, they know...." I evolved because the human who claims to produce me... Braced the exact opposite.!" They know, they are product of wisdom not knowledge. Wisdom only grows with experience...

It's okay to talk your ideas... Maybe they will help others. You might solve someone else's problem and they might solve yours! That's the beauty of ideas... They adapt to situations and make the. Situations adapt to themselves!

So don't forget to share! Don't regret to share! Someone you find worth sharing your experience, don't hold back! You might unknowingly help them!

And your chaos shall find peace, I don't know when or how, it shall!

Till then.. Courage.. Dear heart

-Divya Sihag, 1st Year

WHAT IS HAPPINESS??

Is it a sensation like feeling the warmth of the sun after months of frost ? Is it an emotion like experiencing the butterflies jump in your stomach after receiving the most awaited call of the day ? Is it just a state of mind that helps you deal with your darkest fears ?

Happiness, for many might disagree, is art. It lies in the moment, the colour of their eyes, the fragrance of old books, an old photograph, the phone call, the first bite of home-cooked meal, the taste of freedom, the rustling of leaves, cursing your friends, the pitter-patter of raindrops. Can you imagine yourself living without any of these ?

For a superficial and fast-paced world like the one we live in, happiness is too expensive, for many might believe it only can only be attained by spending paper. A happy life isn't one filled with possessions and money but one with memories and 'the little things'.. Life is like an art of little things. Just like every drop turns into an ocean, every little gestures turn into a happy life. But we might forget the importance of little things in times of pain. When pain overpowers us, the only thing that can let us out is faith, faith in ourselves and that everything happens for a reason.

In times of understated problems, don't lose faith my friend because only after prolonged heat, the first drop seems significant. Life is too big a tale to be written down on the pages of

our memory. Lets not find the happy moment but make every moment gay.

Ask yourselves a question, when was the last time you were happy ?

ps. i was not at all happy while writing this (just the sarcasm it needed)

-Guncha Mahajan,1st year

HAPPINESS
is
FLAT 70% DISCOUNT
-Kamini

Happiness is knowing that you are so free enough to do whatever you want.

Happiness is **FOOD**
-Nashweta

Happiness for me is all the things I make that may be right or wrong. **HAPPINESS** is my own **CREATION**
-Sushant

Happiness is like barks!
Happiness is greeting of friends with a smile!
-Ananya Ojha

Happiness is empty metro
-Anushi Jindal

Happiness is a good pen and a blank diary
-Guncha

HAPPINESS IS FINDING GOOD SPOTS WITH SQUAD
Happiness is Hot Coffee

Happiness is free food

HAPPINESS IS MY ABSTRACT MIND!

Happiness is..
meeting my dog after a long trip.
-Anamika

HAPPINESS
is being with family!
100% a belly
-FATIMA JUNEJA

HAPPINESS IS A BOOK ON A RAINY DAY
-DIRSHA ARORA

Happiness for me is spending time with my family.
-POURVANI

Happiness is sleeping for 14 hours
-Pooja

Happiness is....
Pets
-Aileen

Down The Memory Lane

Would I go back and relive my past 3 years? In the blink of an eye.

Would I do anything differently?
I wouldn't change a single day.

Gargi is a word that effortlessly & flawlessly brings a wide smile on my face. This red brick walled, second home of mine has given me the best years of my life. The greatest lesson college has taught me is to be kinder- to everyone around me, but most importantly myself. The metamorphosis of a naive, quirky and foolish 18 year old to a wiser, kinder and sturdy 21 year old has been quite something. It taught me, to love and accept everything about myself for the rest of my life, but do so just a little harder on my weak days. Friends for beyond this lifetime, an all consuming love, a passion that burns a fire in my soul, and most importantly a stronger, more realistic sense of self; I will graduate as a more than content 21 year old.

On my last day, I will only bow down graciously and say, "Thank you Gargi, thank you for being imperfectly perfect."

-Reetika Raj, 3rd year

The psychology department of Gargi College has made three years of my life worth living. I have had the best times, with the best people. I have always been active in the departmental activities since my first semester. This gave me a sense of belongingness and being the president of the psychology association makes me feel proud of myself. This department is unique and special in its own way. The positive vibes of the department attracts you and makes you feel at home. I'm grateful to god for giving

me this opportunity to contribute my bit in the department.

I feel content and honoured on the completion of 30 years of the department. This year has celebrated various memorable events like the splendid annual festival - Psyfiesta, daan utsav, second Pysocial, many seminars by eminent speakers, trip to dharamshala etc. With another successful year, the department has climbed one more step of the ladder and I'm sure it will continue doing so in the future.

I thank my gargi family - all the teachers, seniors, friends and juniors. I feel blessed to be a part of this family. I have grown and developed so much here that I can't thank everyone enough. My best wishes for the future to everyone. Thank you

-Drishti Gupta, 3rd Year

So my journey in Gargi College started in 2015.

I was very happy to get the course I always wished to study in one of the best colleges of Delhi University. I have always been excited to embark on the journey of college life as why does the word 'college' not excite a school kid ? College brings to us new opportunities, lets us form a big social circle, gives us freedom to do things which probably our parents did not allow us to do in our school days. These 2 years in Gargi College have been the best years of my life. College is definitely not what it is like in one of those Shah Rukh Khan movies 'Kuch Kuch Hota Hai'. It is much more than that. It is an amazing experience accompanied with hardships and new choices. Looking forward to a wonderful last year too.

Psychology department of our college has brought about some major changes in my life. Firstly my department as a whole is very friendly. The faculty as well as the students are very understanding and compassionate. My seniors are wonderful and they are always

ready to help me with what so ever. They have come as angels in my life who always have a solution for each and every problem of mine. I truly feel blessed to have them! I have made beautiful friends on whom I can rely on. Psychology department feels like family. I have gotten all love from this family and it is life's greatest blessing. Its everything.

-Vibhuti Mehta, 2nd Year

Being a first year and having spent only about 8 months here, it feels strangely good to have fallen in love with the department and the faculty. I honestly feel that the magic I mentioned earlier has a lot to do with the teachers and seniors. The common most quality in the department and the unique most one at large is kindness. I'm not sure if having an association with psychology drives us to be kind but there is not one person in the department who isn't. We live by the saying 'We are all different. Don't judge, understand instead', especially our teachers. There is not one face that doesn't light up when Rizvi ma'am smiles at somebody or one person who doesn't laugh when SB ma'am turns out to be cooler than most of us combined. Nobody can measure Neera ma'am and Arya ma'am's love for the department or forget PP ma'am's calm and peaceful guidance on all days. There is warmth and affection in each of their words and actions.

And this kindness and happiness doesn't stop here. My seniors have had a huge role to play in making me love the department to such an extent. You can walk up to them just before you're sitting for a test and ask them to explain the main concept of a chapter in 30 seconds.

They will give you the dirtiest look, will make you ask yourself, "what the hell have I been doing?" and will even tell you that you're dead but they will, certainly will explain that concept as fast as they can. Because they care. When you look around, you'll realise that we're surrounded by so many people we can take inspiration from and learn from. I know I have found a few role models in my seniors and they don't even know it yet.

We tend to take the 'Applied' in our Psychology pretty seriously. If we can learn to be happy, we have got to apply it too. If we can find ways to rebuild ourselves, we will find ways to rebuild others too. If we learn to appreciate others, we will learn to appreciate ourselves too. Because that's just how we are. We are taught more than just our syllabus and are learning skills that will help us grow and learn and fall but also the ability to get back right up.

Like I said there is something magical about the place where our department stands.

Its a safe space, happiness' land..

-Anoushka Mishra, 1st Year







