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INPSYCHFUL

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Index

How does perspective
affect our decisions and
emotion ?

Perspective?

I think therefore I am

Through Different Eyes

The Kaleidoscope of
Perspective

Embrace your Life
Journey

Methods to Modify
Perspective

Editor's Note

We traverse the expansive landscapes of art, science, philosophy, and everyday life, revealing how the angle from which we observe shapes the stories that unfold. From the ever-shifting brushstrokes of a masterpiece to the revolutionary breakthroughs that hinge on fresh vantage points in science, we come to recognize that perspective serves as the compass guiding innovation and understanding. Join us as we peer through the eyes of thinkers and creators who, like intrepid adventurers, embark on journeys into uncharted territories of perception. Uncover the unexpected interconnections between cultures, generations, and disciplines, as the barriers of narrow outlooks crumble, opening paths to a panoramic understanding of the human experience. Yet, amidst the illumination, we also venture into the shadows where misunderstandings and biases reside, distorting truths. How often do our convictions stem not from absolute reality, but from the subjective corners we inhabit? Dear readers, as we unravel these intricacies, I invite you to contemplate your own position within the grand theater of viewpoints.

~Levin Kumar

HOW DOES PERSPECTIVE AFFECT OUR DECISIONS AND EMOTIONS?

Perspective is the way we see things and make decisions based on that. It also influences our emotions and in turn our decisions. Our perspective is often influenced by the way things have happened in our past and our experiences, the beliefs we hold about different things and our present situation as well.

Our perspective influences how we assess and analyze various options when making decisions. Different perspectives can lead to vastly different conclusions about what is right or wrong, beneficial or harmful. For example, someone with a more careful type of personality might choose a safer option, while someone with a more adventurous personality might take a riskier path. Perspective heavily influences how we interpret the actions and words of others. Misunderstandings often arise due to different perspectives, as what one person intends to convey might be interpreted differently by another.

It is essential to recognize that perspective is not fixed; it can evolve and change over time. Being aware of how our perspectives influence our decisions and emotions empowers us to be more open-minded, empathetic, and rational in our approach to various situations.

~ Mohit Majithia



IN P S Y C H F U L

PERSPECTIVE? I THINK THEREFORE I AM.

Perspective is a funny thing,
It makes the world go round.
It's how we see the world we're in,
And how we hear the sound.

It's how we find the beauty,
In a world that's full of pain.
It's how we find the sunshine,
In a world that's full of rain.

Perspective's a funny thing,
It can make or break a bond.
It's how we see the world we're in,
And how we respond.

A shift in the light, a change in the mood,
A new experience to behold.
All these things can shape our view,
And the story we're told.

In life, conflicts can arise,
When perspectives don't align.
But it's important to remember,
That each person has their own design.

Perspective is a lens we wear,
A filter for the world we share.
It colors all that we perceive,
And it shapes the stories we believe.

Perspective is a powerful tool,
It can change the way we see.
It can take us to new heights,
And set our spirits free.

So when you're feeling down and out,
And life seems like a bore.
Just remember that perspective,
Can open up the door.

For in this world of endless change,
Perspective is the key.
It's how we find the magic,
And set our spirits free.

Perspective's a powerful tool,
It can make or break our day.
So let's choose to see the world with love,
And let our hearts lead the way.

~ Aastha Masand

Most of us know the old saying about seeing a glass as either half full or half empty. But have we ever thought about the idea that the glass might have actually increased in size? This is a way of looking at the situation from a different perspective.

It may seem like straying from reality and being influenced by personal bias, but it raises the question: what defines objective reality? Is there a universal definition of happiness, loss, or victory? Are there set standards for measuring the value of life events? Can cultures be compared? Even our understanding of physical reality is shaped and limited by our senses and scientific knowledge, which is further advancing toward new frontiers, including quantum realities.

That brings us all power and therefore a responsibility too: The ability to create your own reality. In the Psychological aspect, it is called the phenomenological reality of an individual. Each person is endowed with his own unique perception and therefore sets out to have their own ego-based reality.

And it's further interesting to note that this reality construct keeps on evolving from childhood to later stages. Even Piaget, in his Theory of Cognitive Development, has described this phenomenon of how a child in his early stages is limited by the tendency of Ego-Centrism, i.e. the inability to see the world through anyone else's eyes but one's own. As a child, one's limited ego (reality) is very strong and one has little patience to grasp others' (reality) advice. Gradually with interaction and learning, they reach the final stage of Formal Operations, in their adolescence with the ability to engage in active reasoning and deductions. Leading to a macro widened self, helping that child become a mature self and in due course towards a guardian himself in later stages of life.

The journey of personal growth involves gaining new perspectives through learning, which allows a person to see the same world differently through a variety of colorful lenses over time. It is after all a white canvas, or a puzzle board, or there could be nothing if looked with a meditative mind. Who knows, whatsoever perspective one can attain and transit to.

Perspective-taking eventually becomes an ability that helps a person take a better understanding of the outer and inner environment. To accommodate and accept his own self in times of crisis, and be patient with others in their seeking of unconditional positive regard.

~ Devavrat Pandey, Faculty



IN P S Y C H F U L

THROUGH DIFFERENT EYES: UNDERSTANDING THE HUMAN PSYCHE THROUGH DIVERSE PERSPECTIVES.

- 1) **The Psychodynamic Perspective:** The psychodynamic perspective, originating from Sigmund Freud, emphasizes the unconscious mind, early childhood experiences, and interpersonal relationships in explaining human behavior and treating mental illnesses. Freud's work influenced psychoanalysis, which consists of three key elements: the id, ego, and superego. The id encompasses primal desires, the ego handles real-world demands, and the superego manages internalized morals and ideals.
- 2) **The Behavioral Perspective:** Behavioral psychology, founded by Edward Thorndike and John B. Watson, focuses on learned behaviors and internal states. It dominated psychology in the early 20th century but lost its influence in the 1950s. Behavioral principles are applied in mental health settings.
- 3) **The Cognitive Perspective:** Cognitive psychology emerged in the 1960s, focusing on mental processes like memory, thinking, problem-solving, language, and decision-making. Influenced by Piaget and Bandura, it uses an information-processing model.
- 4) **The Biological Perspective:** The study of physiology significantly influenced the development of psychology, which is now known as biological psychology. This perspective emphasizes the physical and biological basis of behavior, focusing on genetics, brain damage, and the nervous system. Advances in imaging techniques, such as MRI and PET scans, have expanded the scope of biological psychology, enabling researchers to study brain damage, drugs, and disease in unprecedented ways.
- 5) **The Cross-Cultural Perspective:** Cross-cultural psychology examines human behavior across cultures, focusing on how culture influences thinking and behavior. It reveals differences in social behaviors between individualistic and collectivistic cultures, such as social loafing and work harder when part of a group.
- 6) **The Evolutionary Perspective:** Evolutionary psychology studies how evolution theory explains physiological processes, arguing that mental processes exist for human survival and reproduction, based on natural selection principles.
- 7) **The Humanistic Perspective:** Humanistic psychology emerged in the 1950s, influenced by Carl Rogers and Abraham Maslow, emphasizing motivation, self-actualization, and personal potential development in thought and behavior.

~ Eva Agarwal

THE KALEIDOSCOPE OF PERSPECTIVE

In the intricate multilayered and complex colours of life, one constant remains: perspective, the kaleidoscope serves as a captivating metaphor for the myriad perspectives that color our lives. It serves as a lens through which we interpret the world around us, shaping our thoughts, actions, and beliefs. The profound impact of perspective becomes most evident in how it influences our emotions, feelings, and ultimately defines who we are.

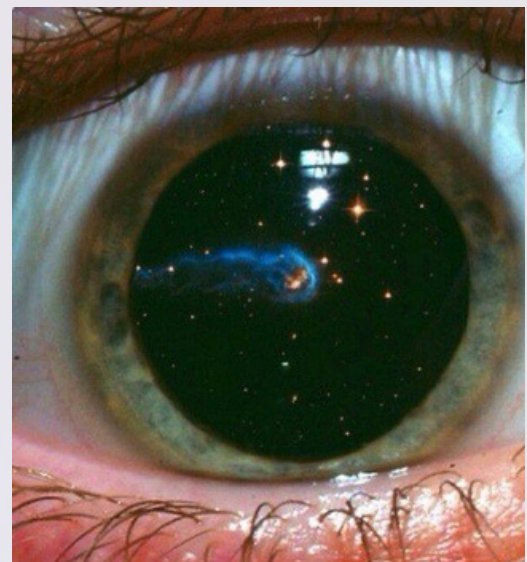
Imagine looking through a kaleidoscope, where each turn reveals a new arrangement of colors and shapes. Similarly, each individual's perspective is unique, colored by their experiences, beliefs, culture, and upbringing. What may appear straightforward to one person might be utterly different to another. It reminds us of the beauty and complexity inherent in the way we perceive the world around us.

Just as the mirrors and prisms within a kaleidoscope refract light to create unique patterns, our personal experiences and beliefs shape the way we interpret the world. Recognizing this diversity helps us understand why individuals may arrive at contrasting conclusions, even when faced with the same information.

Just as the patterns within a kaleidoscope are ever-changing, so are perspectives. New experiences, information, and interactions continuously reshape the way we see the world. Embracing this dynamic nature encourages lifelong learning and a willingness to evolve our viewpoints as we gain knowledge.

The kaleidoscope of perspective is a metaphorical reminder of the beauty and complexity that diversity brings to our lives. Embracing this multifaceted reality allows us to embrace uncertainty and appreciate the beauty in every hue and shade of opinion. In a world where unity and understanding often seem distant, the kaleidoscope of perspective emerges as a powerful symbol of our shared humanity. Just as a single turn of the kaleidoscope reveals countless arrangements of colors, our interactions with others unveil an array of viewpoints, each as valid and intricate as the next. Embracing this kaleidoscopic tapestry can inspire empathy, broaden our horizons, and remind us that the world is richer when we acknowledge the harmonious coexistence of diverse outlooks.

~ Khushi Narang



IN P S Y C H F U L

EMBRACE YOUR LIFE JOURNEY BY CHANGING YOUR PERSPECTIVE

American Philosopher Ralph Waldo Emerson famously quoted "focus on the journey not the destination", But how often do we cultivate this thought process in real life? I think many of you can relate with me on this when I say, sometimes, life feels like it is on autopilot. You wake up, scroll down through social media, get up, do your morning routine, have breakfast (rather skip breakfast) and then get busy with work, be it college or office. All this is happening, but with a pre-set mind, one task over, another waiting in line with a dash of monotony. If each day feels like every other day, then what is it we are doing wrong, is an important question one needs to ask themselves.

All these routine tasks seem insignificant and monotonous to us since we aim for a so-called higher goal, as if we have to be somewhere in life (like a final destination). It could be landing a six figure salary, or have an extravagant house, or be a successful entrepreneur. We are believed into thinking that once we achieve this (our final goal), we'll be happy. What if we don't get to our final destination or, we do get to our final destination but realize we never really needed it to be happy? What happens next?

While reaching a destination can be gratifying, it is vital to remember that the journey holds the true essence of our experiences which is filled with these so-called 'mundane tasks'. The growth, learning, relationships, and memories we accumulate during the process are what shape our lives and contribute to our overall happiness and fulfillment. Embracing the journey requires a shift in our perspective by cherishing each step we take towards our goals. For example: A job where you perform mundane tasks is going to continue being mundane if you see it as "just a job." Whereas a job where you perform mundane tasks could be seen as a way to learn skills you need, in order to use it one day to do what it is you truly want to do. It no longer is "just a job" but rather an opportunity to learn a new skill set.

Changing perspective is a powerful tool that can lead to a more fulfilling life. Embracing the extraordinary in the mundane is a powerful skill that can bring more joy, contentment, and fulfillment to our lives. By cultivating mindfulness, creating a positive environment, and practicing gratitude, we can find beauty in the simplest of tasks. Remember that perspective is a choice, and when we choose to view life from a positive and empowering lens, we can transform our lives in extraordinary ways.

~ Urvashi Sharma, Faculty

METHODS TO MODIFY PERSPECTIVE

Teaching yourself to think from a more positive perspective can help you face the challenges of life. Shifting your perspective isn't an easy process, but these tips can provide a helpful guide.

1. Reframe your thoughts. Try to reframe your 'Have to' thoughts by "get to" do it. For example, saying, "I have to clean the house" has a negative connotation since it frames cleaning as an unwanted responsibility. On the other hand, saying "I get to clean the house" reframes the chore as something you're looking forward to, emphasizing the value of having a place to live in the first place. Using reframing helps to change your perspective.
 2. View situations from a different perspective. Considering the situation from the other person's point of view may help you empathize and understand why they acted the way they did.
 3. Think from a macro level. Changing your perspective to focus on the big picture can be a useful tool for positive change. Seeing the impact that a small event actually creates, helps you to not sweat the small stuff.
 4. Remove negativity from your life. It's hard to practice positive thinking when you're surrounded by bad things or people who are constantly putting negative thoughts into your brain.
 5. Take care of your body. Simple changes like getting eight hours of sleep a night or going for a walk every day might be the key to finding that new perspective and sustaining a positive outlook.
 6. Perform a good deed. While changing perspective requires that you do a lot of work to improve your own personal life, you'll also find that helping others gives you a novel perspective.
- Perspective can change your outlook towards a situation completely. It can resolve difficulties and create opportunities.

~ Kanishka Agrawal, Faculty

Student's Corner



The Indian EXPRESS
JOURNALISM OF COURAGE

World Day Against Trafficking in Persons 2023: Campaign against human trafficking held in Delhi's red light area

Around 100 people, including students from JIMS College's Psychology Department, social activists and lawyers, among others participated in the awareness drive that was part of the Delhi Police (Central Delhi) anti-human trafficking schemes called Viswas and Viram launched in February.

MANIRAJ
WORLD DAY AGAINST TRAFFICKING IN PERSONS
मानव तस्करी को निदानी है, विश्वास से इस पर विराम लगाना है।
#AntiTrafficking #JIMS #Psychology

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