

The background of the cover features a silhouette of a person meditating in a desert landscape. To the left, there is a large tree with many leaves. A small bird is flying in the sky. The scene is set against a blue sky and a desert floor. The entire cover is framed by a yellow and blue geometric design.

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Happy Lockdown Anniversary



Happy Lockdown Anniversary
The title itself sounds odd right? How did we manage to sit in our homes idle for nearly 100 days! That's still a mystery.

A much needed vacation for all students, and the exactly opposite for mothers.

Many had to give up on jobs and others were kicked out, as one could call it 'a mandatory ritual' to cut off on expenses during no goods and no income time.

Families nearly scraped off till the last penny of savings yet couldn't make ends meet.

Okay, no too much sentiments.

Looking on the happy side, everyone got to spend ample time with their friends and family. Video calls and online games made a huge hit.

Following some trends like Dalgona coffee and tik tok challenges helped us survive in the small bubble. We

even took out our dusted files of hobbies and interests. Work from home is sure a tedious job, yet we had the comforts as well.

Two things suffered the most during this period. Mother's and Ludo. A hectic schedule packed with cooking, cleaning, and maintenance, preparing snacks, laundry, etc. Mumma had to do a lot! And Ludo, thank God it's dumb else what not it could have cursed us. Keeping one portion for the lockdown marriages. Now be frank, how many of you had heart attacks hearing about your close ones marriage that you had no clue about. Nostalgic!

More than anything, this time space



has taught us the importance of slowing down and relaxing a bit. Stuffing our brain with things more than its capacity and stressing out constantly, all this got a break! And hostellates had the lion share of happiness.

Obviously no one would pray for another lockdown. And it's not the government which decides but our behaviour. Cases are still increasing in an alarming rate. Wear your masks, reach out for emergency and most importantly, keep a cool head. This too shall pass.

-Sriharshini



All Is Well



Pandemic? Asked Mukti
"So tell me Avva", as Mukti called her grandma fondly, "How did you meet Acha?". It was summer, the calendar hung with 2059 printed in bold. Girija sat down near her grand daughter and started, "It all happened during the pandemic dear. You Acha was my neighbour." Mukti asked in a confused tone, "Pandemic? Did you survive one! Amma and Abba has never told me anything about this" Girija took out some old albums and started showing her wedding stills. "Look how young is your Acha. When the Covid-19 Pandemic hit, there was a nation-wide lockdown. Your Acha came home thinking his stay would be for merely 21 days. But it turned out he made his own small company where I joined as a colleague. We started an online mentoring company as your Acha was a well known psychology student and I was one with some good software knowledge." Mukti listened to her Avva's tale with

a wide and naughty smile. She could already guess what would have happened next, but she wanted to hear from her grandma itself. Mukti popped up, "Who confessed first?". Girija said, "Neither! At that point what mattered to us was income. Other stuffs could wait. And later our story developed and now we are here."

Mukti ran inside her room and started writing something, Girija started with her regular work as usual. The page Mukti wrote read, "Avva told me how she managed to survive a pandemic and how she met Acha. I don't know what it looks like to live among a deadly virus but I understood one thing. Acha and Avva never let the other down and worked for each other. They had a clear concept of their work and weren't collapsed. They tried hard to make ends meet and here they are today, standing as my grandparents. I hope I get this trait of confidence and courage from them. ~Mukti S"

Moral : A strong and clear mind can surpass all odds. All you need to do is realise the opportunity, grow along and not alone. After all, we're all walking each other home.

-Sriharshini

Myths About Therapy

Disguised psychotherapy! And the terminology travels the brain nerves to find its significance!!!

We live in an era where paradoxes; simple and complex play an equal role in each one's life. An era where socializing is easy but being socially helpful, a challenge!! Where there is a high demand to be healthy but the least effort is put to be fit. Where every individual craves to be successful but each one feels a lack of competency. This is an era wherein as high is the expectancy so low is the acceptance. Perhaps this dilemma of choosing the right, the confusion of what is real and what is ideal? , has made many of us knock on the doors of psychotherapists. Now falling into a problem and approaching the right person, is it a bane or a boon? To explore it let's take our Journey through the experiences of Jane.

Jane is a 24 year-old psychotherapist living in Delhi (the capital city of India). She finds her clients approaching her with different issues or problems. The day I interview her, I ask a simple question, How well can you describe, what is a problem?. And to my surprise Jane who contradicts the common statement that a problem is a phase of each one's life wherein the person has to bear pain finding the solution or a problem is a perception of negative outcomes; she says, "to my understanding problem is anything that a makes an individual unable to answer the simplest question – "What to do?".



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solution. This breaks the stereotype that change doesn't take years!

Jane was busy contemplating her achievements through her life events when she meets an aspirant who is 17 years young and wants to be a psychologist. The girl asks "Isn't this subject all about psychobabble? Terminologies like catharsis, heuristics, schizophrenics, and what not! Will a common man ever decipher our language?" We know that as each profession has its jargon and even psychology does. And when it comes to understandings of a common man, therapy uses more action-based techniques than stressing over the vocabulary of the client.

I wonder the day a person with anxiety or paranoia has to overcome his issues how he would approach Jane. And I see him asking her "this process of taking psychotherapy would change me completely, how do I trust coming to you?" And I am sure you are aware that Carl Rogers has his three conditions viz., Genuineness, Acceptance and Empathy. And undoubtedly these are the signs of a non-judgmental or a good therapist.

All these events when Jane is recollecting she tells with a giggle on her face, "You know buddy when I was a student of psychology and I went through the chapters of Freudian, Jungian or Alderian therapies which were all well known in those days, I had asked my professor, "Do all therapists have to talk about client's childhood" and with a childish smile on her face, she says, "today I am



the need of the client, collaborate it into one to be called an eclectic approach”. And we know it!

Though you and I are well aware of the norms and processes of psychotherapy still I want to add to your knowledge that all the questions mentioned above are the myths of psychotherapy and all the answers that we know are still be known. Hence I term the title of this article as “Psychotherapy Disguised!” Let your knowledge of the real picture of it spread into larger groups so none of us ever knock on the wrong doors.

-Anmol



An Imprisoned Pensioner

Oh, He's old now..memory loss is bound to happen!

She fell yesterday, she can't keep her balance due to her age.

The best thing to do at old age is to pray to god and lead a simple life.

These are the statements that we come across very frequently and blatantly, especially in the Indian context. India has seen a steady rise in the population of the elderly, especially in the last few decades. Better access to medical facilities, increase in the life expectancy and access to technology are seen to be some major contributing factors.

However, despite the fact that the older adults constitute a huge percentage of the population, they are largely stereotyped and their needs might get pushed under the carpet, thanks to the tunnel vision many of us may have about this section of the population. Many ailments, medical conditions, mental health issues, needs and necessities of the elderly are simply labelled as being a part of the 'old age' and are considered 'normal'.



The question however remains, is it really normal?

Rapid memory loss which eventually may progress into alzheimer's and dementia, falls, frailty, malnutrition, depression, oral health/dental issues, vision and hearing loss, respiratory syndromes, later age anxiety, are a few very common yet misunderstood challenges in the later adulthood which is not normal and requires special care and attention.

These misconceptions and the ever rising need to address these misunderstandings have made way for a plethora of healthcare professionals that exclusively deal with the needs of the older adults. This includes geriatricians (doctors for older adults), geriatric nurses (nurses dedicatedly working for the care of older adults), gerontologists (specialists in ageing related dimensions of changes over the lifespan), psychiatrists (focus on diagnosis and treatment of mental and emotional illnesses in the older adults), psychologists (emphasise on diagnosis and treatment of mental illnesses in the elderly, along with focusing on enhancing their family relationships and educating the families about older adult care), social workers (act as the links between the different areas of older adult care and the families) and home health aids (provide assistance to the elders in their day-to day tasks).

Today it has become imperative for the families to understand that old age lies on a spectrum and every older adult is different in terms of their mental and physical capacities, their ability to deal with their issues and their overall health. Although some cognitive degeneration and slowing

down of mental and physical abilities is a common phenomena of old age, families need to be vigilant about the distinction between the 'normal' and the 'not normal'.

Ease of access to medical and paramedical facilities has made geriatric care relatively accessible in India. There is an increasing awareness among the professionals as well regarding the special care and attention that this segment of the population needs and this awareness definitely has the potential to promote and integrate the idea of healthy ageing.

Age is an irreversible process and old age is an eventuality, therefore, it is important to not only address the needs and problems arising with this phase of life, but also to uphold the autonomy and independence of a person who is so enriched with experience.

-Apurva Ganu





IS YOUR CHILD ADDICTED TO GAME ?

Once I asked one of my younger brother who was in his twenties . " Why you are so much addicted to these mobile games "

" Then what should I do sit idle ? I am lonely this helps to kill my loneliness " was his reply. Most of the addictions start with a ' let me try once ' attitude. But slowly it becomes a unavoidable factor. Most of the business giants are investing in gaming sector as it is said to play a vital growth in the Indian ecosystem but still it's also a threat to the youngsters who are often looking for breakouts in someway or the other.

The irony is more than youngsters children are actually addicted to such mobile games in high number. Though parents start this habit in their children so they aren't disturbed by them. They are unknowingly forcing their children into addiction. And after a certain period of time children are not able to step out of such games because of the constant adrenaline rush the game provides. This paves to lack of concentration, disinterest in studies and many other consequences. By saying this am I opposing technology or games totally no. But when the time pass element is turning into addiction we have to be even more cautious .

-Nikhil Vyass



COMIC SERIES



-Sandhya

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