



## ACTION TAKEN REPORT DEPARTMENT OF PSYCHOLOGY

In a meeting, the Department has comprehensively analyzed and discussed the data received from the IQAC regarding the feedback from various stakeholders. The 'self-assessment proforma' has been used to reflect on the various processes of the Department. We are cognizant of our strengths and shall work to address the challenges that lie ahead.

Ms. Joan Antony

(Teacher-in-charge)





## Action Taken Report Department of Psychology 2015-19

The Internal Audit Report prepared by the IQAC, JMC was duly reviewed by the Department of Psychology in a meeting held on 14th September, 2020. Based on the discussion held in the meeting, the following points are given below for your perusal:

- As already noted in the Internal Audit Report, the department continues to employ innovative teaching learning mechanisms.
- The department maintains regular contact with its alumni, with many of the alumni being invited to give lectures or share their experiences of working in diverse fields with the current students. A list of lectures by alumni over the past five years is given at the end of this document.
- As suggested in the IAR, the department organized a UGC Sponsored National Seminar on 'The Unconscious Communication in Psychoanalysis' at Jesus and Mary College, University of Delhi on 22<sup>nd</sup> January, 2020. Furthermore, the Department had also applied for funding for an innovation project in the area of Mental Health in 2017, however, no feedback was received on the same.
- The department remains committed to enhancing awareness and engaging in action with respect to issues pertaining to social responsibilities, mental health, as well as personal and community well-being and routinely organizes initiatives on the same. To this end, many field trips and outreach programs have been arranged as both part of the curriculum as well as otherwise.
- The department also encourages research by the students and over the past five years many students have participated in paper-presentations as well as have published their research work under the guidance of faculty members.
- Record of all practicums and projects conducted by the students are maintained along with the list of students involved.
- Students of B.A. Hons. Psychology IIIrd semester designed and printed newspapers to celebrate the rich history of the field of Psychology in October 2019. Working in groups of 4-5 members, the class produced 10 newspapers in all, each of which chronicled the events during a particular year in history. Each newspaper was dated December 31 of the year chosen and was structured as a special edition featuring the

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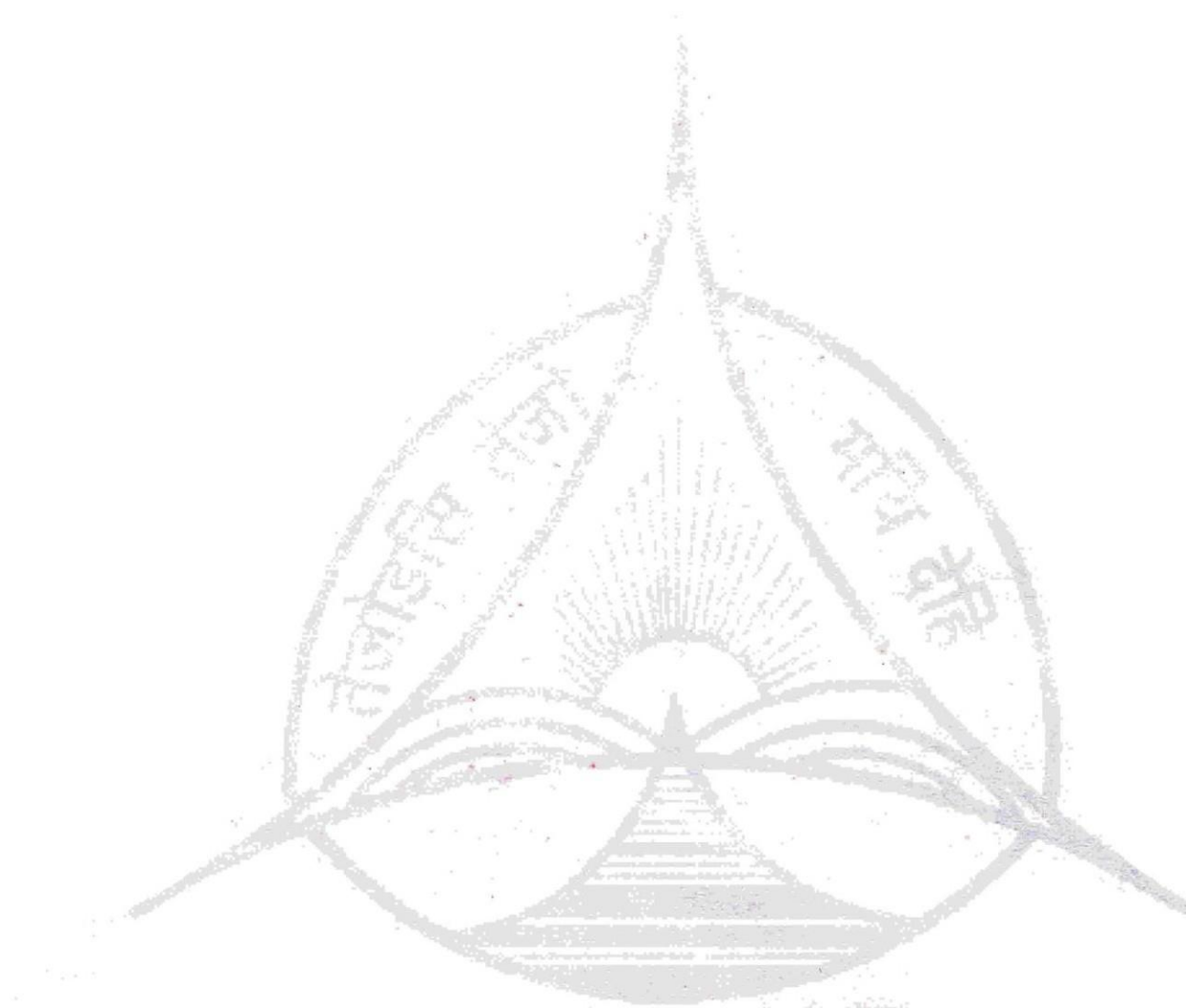
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'Year in Review'. The newspapers included such topics as news features relating to events in Psychology as well as any major political and economic events in the year, book reviews, historically accurate advertisements, obituaries, crossword puzzles relating to important people and ideas in Psychology, and many other features that emerged from each group's collective creativity. The newspapers shone a light on the prevailing zeitgeist that surrounded important people and events in the history of Psychology and provided an opportunity for immersion in the history of Psychology to the students. This project was conducted for the paper Development of Psychological Thought under the supervision of Ms. Sudha Shashwati. A sample newspaper is provided in the end.

- Recently, a book-club named 'Shelf Indulgence' has also been initiated for the students and faculty of the department.
- The department organizes an annual festival - Catharsis which involves inter & intra-college student participation in a variety of academic and co-curricular activities.



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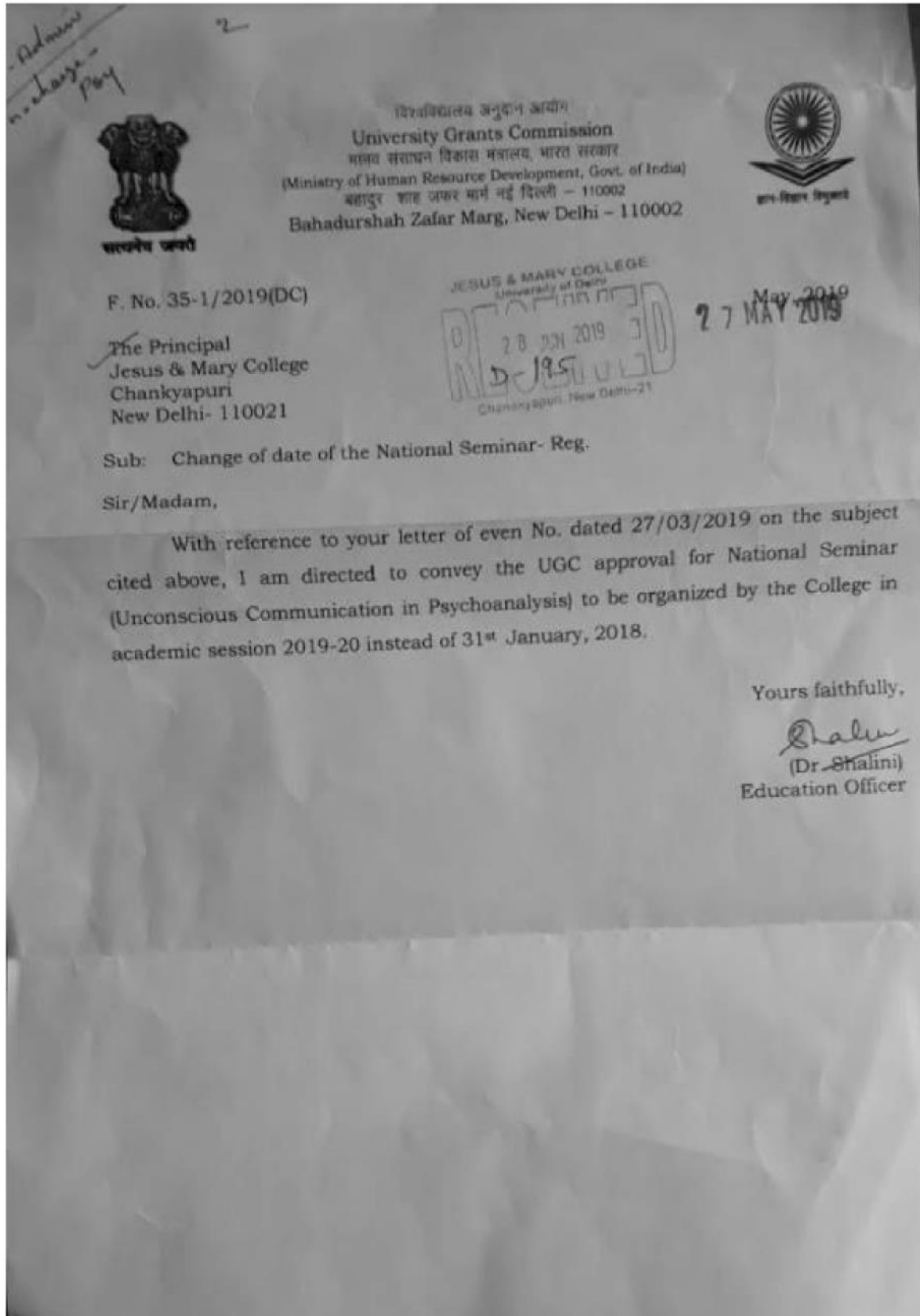
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[principal@jmc.ac.in](mailto:principal@jmc.ac.in)

## The Department organized a UGC Sponsored National Seminar on 'The Unconscious Communication in Psychoanalysis' on 22<sup>nd</sup> January, 2020.



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## DEPARTMENT OF PSYCHOLOGY JESUS AND MARY COLLEGE UNIVERSITY OF DELHI



### PRESENTS

.....  
UGC Sponsored National Seminar  
on  
The Unconscious Communication  
in Psychoanalysis  
.....

22nd January 2020  
Venue: Multipurpose Hall, Jesus and Mary College  
Timing: 9AM-5PM

Dr. Shefali Mishra  
Assistant Professor  
Organising Secretary

Dr. Vinita Kshetrapal  
Associate Professor  
Convenor

Dr. Joan Antony  
Associate Professor  
Convenor

Principal  
Sr. Dr. Rosily TL

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## Photographs of the National Seminar





## List of Lectures/Talks conducted by Alumni over the past 5 years

Name of the Alumni	Details of the Lectures
Dr. Itisha Nagar, Assistant Professor, Kamala Nehru College, University of Delhi	Topic: Autism Spectrum Disorder Year: 2015
Ms. Nuriya Ansari	Topic: Cyber Safety Workshop Year: 2016
Ms. Nikita Oberoi, Research Scholar at NIMHANS	Topic: Orientation to NIMHANS and its Functioning Date: 16/09/2016
Dr. Supriya Malik	Topic: Orientation to Developmental Psychology Date: 08/03/2017 and 30/10/2019
Ms. Diana Cherian	Topic: Orientation to Clinical Psychology Date: 22/03/2017
Ms. Sanskriti Chhabra, Sports Psychologist, University of Portsmouth	Topic: Orientation to Sports Psychology Date: 13/09/2018
Dr. Harsheeta, Scientist C, Defence Institute of Psychological Research (DIPR)	Topic: Defence Psychology Date: 06/02/2019
Ms. Maria Sitara, Teach for India	Topic: How to Find Elegance in Chaos? Date: 23/01/2019
Ms. Bhavya Joshi	Topic: Draw-A-Person Test Date: 14/08/2019
Ms. Sharin D'Souza	Topic: Research in Psychology



## **Awareness and Outreach Activities organized by the Department of Psychology**

### **Awareness Campaign Organized by Dr. AmeetaParsuram on 'Depression, Let's Talk' in Collaboration with Children First in the year 2017 – 2018.**

The program included a survey-based research, role-plays, and a session with experts regarding mental health and interactive discussions with students.

### **A Cyber Safety Intervention Program was organized by Dr. AmeetaParsuram**

It involved a multi-session workshop, conducted by Ms. Nuriya Ansari to educate the students about good practices to be adopted while using the internet.

### **Positive Psychology Campaigns (As part of competitions organised by NIMHANS)**

1. 2015: Raising awareness for mental illness & fighting stigma
  2. 2017 : Suicide prevention awareness campaign
    - Week long program organised in college and on social media, participation from students across all 3 years
    - Activities included: Message boards for students to share their thoughts, circulation of posters with information regarding mental health, suicide helpline numbers, etc.
- 1st prize (Shared) won by the department both times

### **Childhood Disorders Awareness Campaign (as part of a competition organised by IMHAI and Gargi College, University of Delhi)**

2015: College wide campaign for raising awareness for Autism – involved Social media activation, role plays, talk on Childhood Disorders by Ms. Jonaki Arora, Children First.

### **Spreading Awareness for Issue related to Mental Health**

Regular activities to this end are organized in each academic year. Many practicums and projects undertaken by the students also have an outreach component.





**Students presenting on the topic 'Representation of Mental Illness in Cinema' during a Department Assembly.**



**Students with the banner placed near the common room to raise awareness about mental health issues.**





**The Department wore Yellow colour to observe Suicide Prevention Month in September, 2019.**



## **Paper Presentations and Publications by Students**

### **Paper Presentations**

1. Batra, A & Kohli, S. presented and won the best paper award for paper titled - Body Image of Buddhist Nuns at Indian Association of Positive Psychology, at Manav Rachna University, Faridabad (2016).
2. Udawat, A., Makkar, M., & Bharadwaj, S. presented the paper titled - Fit, Muscular and Handsome: Exploring the perceptions of body image and their impact on identity in Indian Males in National conference on Psychological applications and interventions: reaching out and making a difference in 2018.
3. Mohan, S. presented the paper titled- Self Awareness enhancement techniques in IALSE International Conference, Life skills and well-being of children and youth in the digital world(2018).



4. Pant, S. paper titled Human psyche is in the grip of technology: Myth or reality? at 12th International conference on Business, Education, Humanities and Social Sciences (2018).
5. Bhasin, H. presented a paper titled – Gender-based Differences in Attitudes towards LGBT Issues, at National paper Press Competition organized by Lady Shri Ram College, University of Delhi in 2018.
6. Suri, A. presented a paper titled – Examining Zindagi Na Milegi Dobara, at the National Paper Presentation Competition on Positive Psychology: From What's Wrong to What's Strong, organized by Daulat Ram College, University of Delhi on 1<sup>st</sup> November 2018.
7. Kharbanda, A., Gupta, N, & Sharma, K. presented a paper titled "Mindfulness and Job satisfaction among government school teachers" at the National paper presentation competition held in Daulat Ram College on 1st November, 2018.

## Publications

1. Batra, A., & Kohli, S. (2016). Body Image of Buddhist Nuns. *Delhi University Journal of Undergraduate Research and Innovation. 1* (2), 84-95.
2. Ray, S. (2017). A Street Child's Perspective: A Grounded Theory Study of How Street Children Experience and Cope with Grief. *The Qualitative Report, 22*(1), 291-308. Retrieved from <http://nsuworks.nova.edu/tqr/vol22/iss1/17>
3. Tewatia, M. (2017). Relationship between Body Image and Self Esteem: A Study on the Male Undergraduate Students of Delhi University. *International Journal of Indian Psychology, 5*(1), 41-47
4. Udawat, A., Makkar, M., & Bharadwaj, S. (2018). Fit, Muscular and Handsome: Exploring the perceptions of body image and their impact on identity in Indian Males. In *Applications of Psychology: Reaching out and Making a difference. 272-283.*

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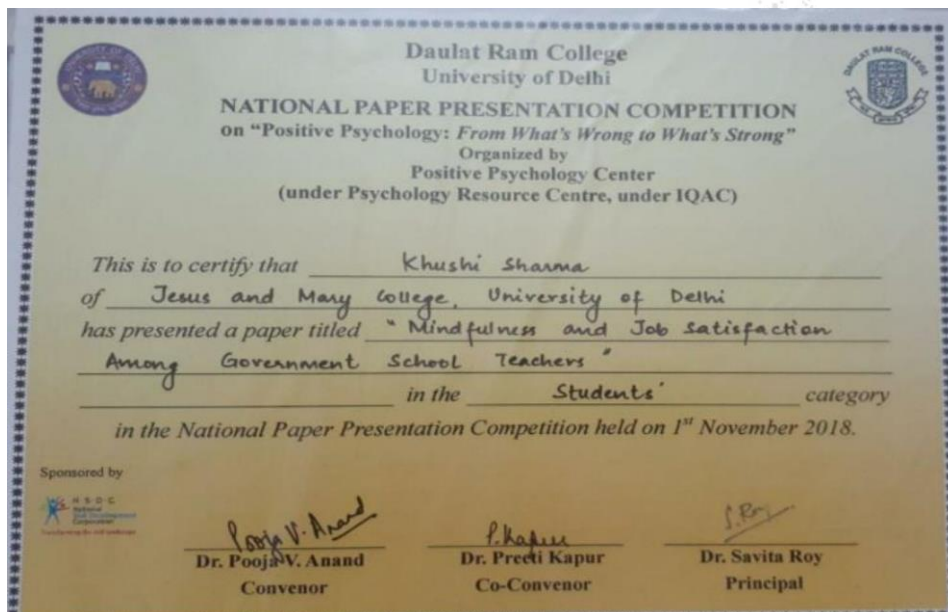
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## Students' Certificates for Paper Presentations



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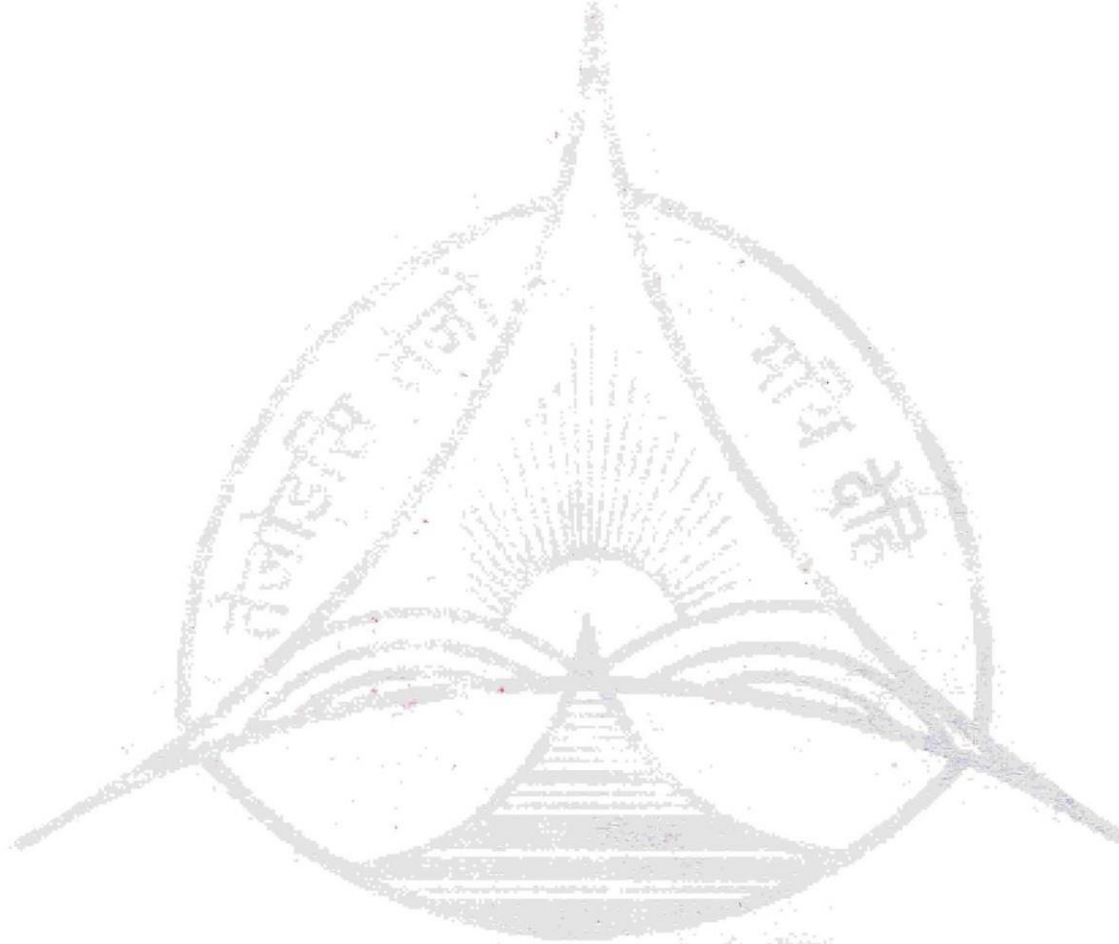
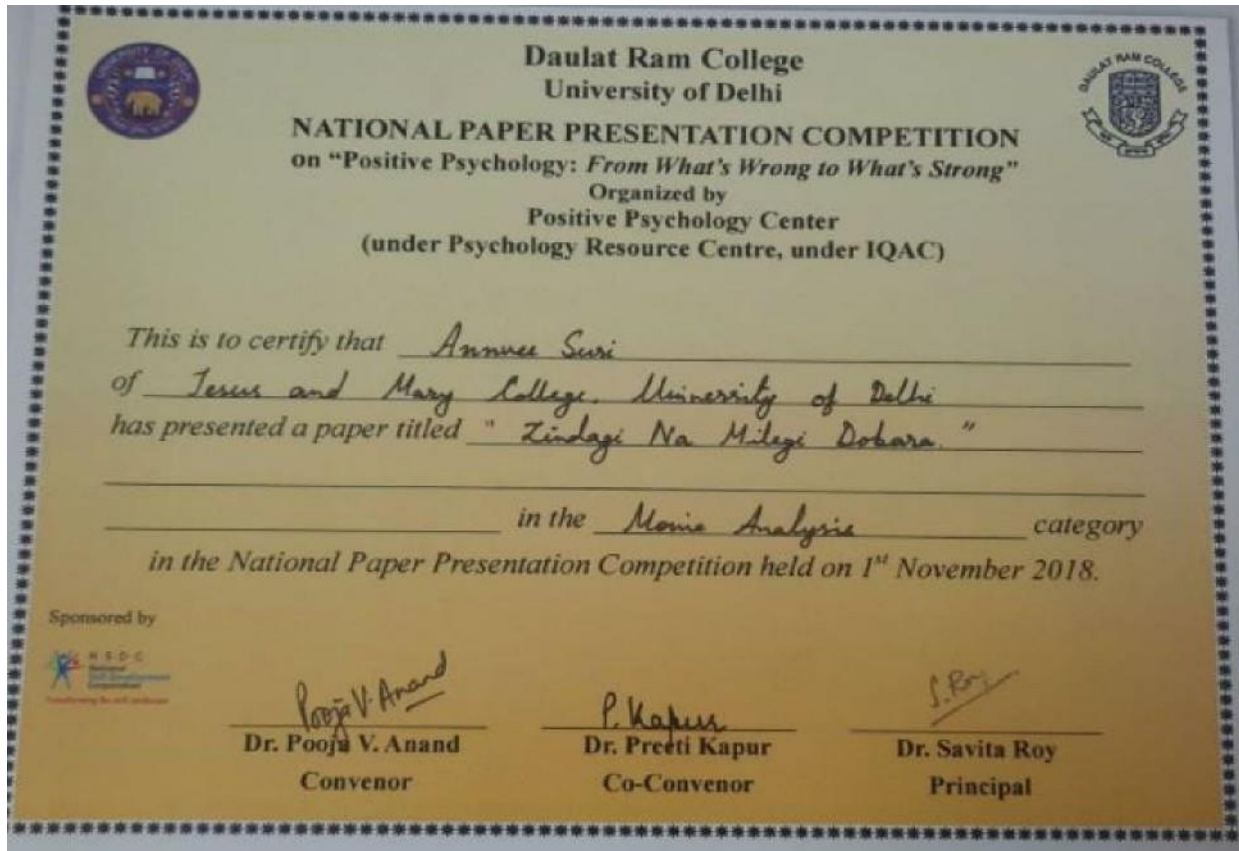


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## First Pages of the Students' Publications

Journal of Undergraduate Research and Innovation



# Body Image of Buddhist Nuns

A. Batra and S. Kohli

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Jesus and Mary College, University of Delhi, Chanakyapuri, New Delhi-110021,  
India.

### ABSTRACT

The concept of Body Image has been significant in the lives of human beings since times immemorial. It forms an integral part of our self identity and is difficult to elude. Therefore it produced a quest among the researchers to discover the ideas Buddhist nuns have about their body image, who prima facie are different from other females. The researchers therefore wanted to explore, whether the immense exposure in this modern world with various sources to enhance one's beauty affect this cult of Buddhist nuns. The aim of the present research study was to explore the internal representations Buddhist nuns have about their body image. A Purposive sample of four Buddhist nuns (25 – 40 years) was taken. The case study method was used under which free association, Twenty Statements Test (Kuhn and Portland, 1954) and semi – structured interviews were used. The thematic analysis of the data revealed various themes like satisfaction, dissatisfaction, surrender of the body self and defense mechanisms or transcendence. This reflected that the subjects had an overall satisfactory body image mainly due to the overpowering effect their religious practices have on them. Though in some instances they do depict dissatisfaction with their bodies but whether they handle that resentment on the basis of defense mechanism or their religious transcendent values still remains unanswered.

Keywords: body image, Buddhist nuns, case study, free association, Twenty statement test, semi structured interviews.

### INTRODUCTION

#### Body Image

The term body image refers to how we perceive our body; in our minds or looking into the mirror, encompassing our sense of how others see us in terms of our physical appearance and the level of connection to our bodies. Paul Schilder (1886-1940), an Austrian psychoanalyst, was the first to coin the phrase Body image in his Book – The Image and Appearance of Human Body, published in the year 1935. Each one of us has a body image and is considered to be an integral part of our self identity and affects the quality of life. We cannot elude having a body image; it is a part of Human nature.

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## A Street Child's Perspective: A Grounded Theory Study of How Street Children Experience and Cope with Grief

### Abstract

The research project entitled – "A Street Child's Perspective: A Grounded Theory Study of How Street Child Experience and Cope with Grief," seeks to understand and explain how street children experience and cope with grief. Grief is multi-faceted and highly subjective. However, most street children, sharing the same contexts and backgrounds show some commonality in their experiences and coping styles. The paper attempts to understand grief as it is subjectively experienced by street children. The research employed qualitative techniques – In-Depth Interviewing, Focus Group Discussions (FGDs) and field notes. The researcher contacted an NGO and through them, gained access to street shelters. The sample comprised of 18 street children - 9 boys; 9 girls, selected through purposive and snowball sampling. After the data was collected using the aforementioned methods, Constructivist Grounded Theory was subsequently used to analyze the data. The results emphasize how similar backgrounds – familial, educational, religious – and shared experiences have influenced expressions of grief and coping styles. Most street children come from broken families and are migrants; they lack enhanced level of literacy; and religion defines their existence – all these factors coalesce to shape their perspective on grief. Street children experience grief collectively, rather than as separate individuals. Their coping styles reflect underlying common patterns that help them connect with one another and experience grief together.

### Keywords

Grief, Loss, Street Children, Social Environment, Grounded Theory Methods, Semi-Structured Interviews, Focus-Group Discussions, Purposive Sampling, Snowball Sampling

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### Acknowledgements

I couldn't have started and continued with this project, had it not been for the extensive support and encouragement from my faculty members Ms. Bhumika Kapoor, Dr. Meenakshi Mehta and Ms. Vrushali Pathak. I am deeply indebted to Dr. Rajesh Kumar of Society for Promotion of Youth and Masses (SPYM) for allowing me to visit their night shelters and interviewing the kids. In addition, I cannot forget the support that I received from Ms. Ambreen and Mr. Nitesh. In the field, it was Ms. Sanjana, Mr. Fazle Haq, Gaffar bhai and



'Fit, Muscular and Handsome': Exploring the Perceptions of Body Image and its Impact on  
Identity in Indian Males

Ayushi Udawat, Mehar Makkar, Sanskriti Bhardwaj

Jesus and Mary College

University of Delhi

Author Note

We would like to express our sincere gratitude to Ms. Bhumika Kapoor for her encouragement, patience and guidance throughout the research process.

We would also like to thank our participants for their invaluable contributions to the present study.





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S.No.	Title of the Project	Name of the Student	Name of the Teacher
<b>Year 2017-18</b>			
1.	Discovering the Nature of Domestic Violence as a Journey	Brinda Singh Raikwar	Ms. Annie Baxi
2.	'Nazar Lag Jayegi': Exploring Happiness and Fear of Happiness	Chelsea Dean	Dr. Sneh Kapoor
3.	Understanding the Experiences of Having a Female Body	Farhat Khan	Ms. Vrushali Pathak
4.	Understanding Distress Of Transgenders	KirtiSinghal	Dr. Joan Antony
5.	Understanding the Idea of Romance in Today's World	MaanyaTewatia	Ms. Annie Baxi
6.	The Gender Differences in Coping Strategies of Juveniles' Parents	Mansi Dougall	Dr. Joan Antony
7.	Performance of Masculinity in Male Friendships	MeharMakkar	Ms. Vrushali Pathak
8.	Attitudes in Mental Health Care: Allies and Practitioners	Ria Bhargava	Dr. Sneh Kapoor
9.	"I'm a Taekwondo Princess": Sporting Experiences and Understanding of Self among Young Females	Sanskriti Bhardwaj	Dr. Sneh Kapoor
10.	The Peculiar Patriarchy and the Ramifications of Womanhood: Understanding Experiences of Agency in Indian Women	SharinD'souza	Ms. Bhumika Kapoor
11.	Autism And The Parents : The Lived Experience	YashviPanjrath	Dr. Shefali Mishra
<b>Year 2018-19</b>			
1.	A Stone Left unturned: Coping Mechanisms and Emotional Support Structures during the Partition of 1947	DakshinaRaghavendra	Dr. AmeetaParsuram
2.	The 'Parent' in the parenting style: A correlational study exploring the impact	Rajisha Sharma	Dr. Priya Bhatnagar



	of parenting on the self concept of the adolescent.		
3.	A Game Not for Women: Exploring Gendered Experiences of Politicians in the Indian Context	Shraddha Vijay Kumar	Ms. Reshma Jose
4.	If She Wants it, She'll Ask for it: Exploring Perspectives on Popular Rape Myths	Divina Sethi	Ms. Reshma Jose
5.	(Im)moralising Sexual Desire: A Qualitative Inquiry with Married Woman	Anieta Dixon	Ms. Annie Baxi
6.	'Soulcysters': Understanding Lived Experiences of Women with Polycystic Ovarian Syndrome	Aishwarya Mehta	Ms. Vrushali Pathak
7.	Attitudes and Barriers Towards Mental Healthcare	RidhimaKalia	Dr. Sneh Kapoor
8.	"Exploring the Lived Experiences of Marriage in Times of Deployment: Army Wives' Perspective"	Disha Agarwal	Ms. Radhika Raturi
<b>Year 2019-20</b>			
1.	Fathering and Fatherhood in the Indian Context: The Lived Experiences	YuktaGoel	Dr. Shefali Mishra
2.	Parenting Style and 'Self' of Adolescent: A Correlational study exploring the relationship between parenting style and self-perception, self- monitoring of the Adolescent	Jessica Amos	Dr. Priya Bhatnagar
3.	Portraits of Life After Loss: Understanding People's Experiences of Parental Loss	Tanya Antony	Ms. Bhumika Kapoor
4.	Young Feminists in Love: Deconstructing Romantic Relationships through the Lens of Gender	Garima Agarwal	Ms. Sudha Shashwati
5.	Exploring the Meaning of Help from the Perspective of Persons with Locomotor Disability: A Twisted Tale of Necessity	PriyanjaliJha	Ms. Isha Mishra



## A Newspaper on History of Psychology Designed by the Students

"Everything  
Psychology That's  
Fit to Print"

# The Psychology Times

LATE CITY EDITION  
Today, plenty of sunshine, brisk,  
very cold, high 70. Tonight clear  
to partly cloudy. Tomorrow,  
mostly sunny, cold, high 25

VOLUME 12

New York, December 31, 1943

3 CENTS

## MASLOW PROPOSES "A THEORY OF HUMAN MOTIVATION"

Renowned psychologist Abraham Maslow, proposed "A Theory of Human Motivation" in Psychological Review in which he gave the concept of 5 major needs. He stated that people are motivated to achieve certain needs and that some needs take precedence over others. Maslow proposed that healthy human beings have a certain number of needs, and that these needs are arranged in a hierarchy, with some needs (such as physiological and safety needs) being more primitive or basic than others (such as social and ego needs). Our most basic need is for physical survival, and this will be the first thing that motivates our behavior. The other four in order being, safety needs, love and belongingness, esteem needs and self actualisation. Maslow called the bottom four levels of the pyramid 'deficiency needs' because a person does not feel anything if they are met, but becomes anxious if they are not. Thus, physiological needs such as eating, drinking, and sleeping are deficiency needs, as are safety needs, social needs such as friendship and sexual intimacy, and ego needs such as self-esteem and recognition. In contrast, Maslow called the fifth level of the pyramid a 'growth need' because it enables a person to 'self-actualize' or reach his fullest potential as a human being. Once a person has met his deficiency needs, he can turn his attention to self-actualization; however, only a small minority of people are able to self-actualize because self-actualization requires uncommon qualities such as honesty, independence, awareness, objectivity, creativity, and originality.



## The Minnesota Multiphasic Personality Inventory

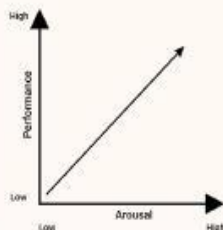
Earlier this year the Minnesota Multiphasic Personality Inventory (MMPI) was developed by Starke R. Hathaway and J.C Mickenley faculty of the University of Minnesota, and first published by the University of Minnesota Press. Hathaway and McKinley used an empirical keying approach, with clinical scales derived by selecting items that were endorsed by patients known to have been diagnosed with certain pathologies. It was an important landmark in psychological history as it allowed test administrator to make inferences about the client's typical behaviors and way of thinking. The test outcomes help the examiner to determine the test taker's severity of impairment, outlook on life, approaches to problem solving, typical mood states, likely diagnoses, and potential problems in treatment. It's various uses include inpatient psychiatric assessments; differential diagnosis ; and outpatient evaluations. The test is also being used to evaluate candidates for employment in some fields, and in educational counseling.



## Hull's Drive Reduction

REDUCTION OF THE DRIVE AS A MAJOR  
CAUSE OF LEARNING AND BEHAVIOR.

Psychologist Clark Hull, developed the "Drive Reduction" theory earlier this year. Hull stated that drives give rise to an individual's motivation. According to Hull, 'drive' refers to "a state of tension or arousal caused by biological or physiological needs." These needs may range from primary drives such as hunger, thirst and the need for warmth, to secondary drives such as social approval and money. Regardless of the type of drive, all drives are assumed to bring about an undesirable condition that necessitates reduction. Furthermore, the psychologist explained that an individual is in a state of need when his survival is threatened. When a person's drive emerges, they will be in an unpleasant state of tension and the person will behave in such a way that this tension is reduced. To reduce the tension, the person will begin seeking out ways to satisfy his biological needs. As Hull stated, any behaviour that reduces the drives will be repeated by humans and animals.



## Leo Kanner Talks About the Autistic Disturbances of Affective Contact

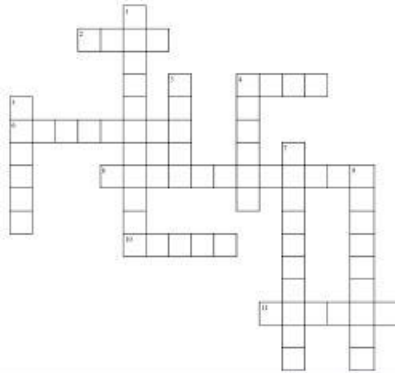
This year, Austrian- American psychiatrist, Leo Kanner, referred to as the "father of child psychiatry", gave his description of "early infantile autism" in his paper "Autistic Disturbances of Affective Contact." Kanner noted that in most cases the child's behaviour was abnormal from early infancy. Rather than relating his observations to the qualities and symptoms seen in schizophrenic adults, Kanner classified his description of "autism" to be independent from the psychotic disorder, explaining how autism was not a precursor to schizophrenia, and that the symptoms of the former appeared evident and present at birth. He therefore suggested an inborn, presumably genetic, defect. On the basis of his observation of 11 children with similar behaviour, Kanner described a common profile whereby the children did not relate "in the ordinary way" to people or situations. Instead, Kanner described a child whose "behavior is governed by an anxiously obsessive desire for the maintenance of sameness that nobody but the child himself may disrupt on rare occasions."

## Ode To J.P. Guilford

J.P. Guilford was a psychologist who changed the standard definition of intelligence. He received his Ph.D. from Cornell University in 1927, where he studied under Edward Titchener. Guilford was primarily influenced by the work of Charles Spearman, but ultimately rejected his predecessor's views and understanding of intelligence. Guilford developed new parameters for which intelligence could be measured, and his contributions to education and learning are still influential today. Guilford's commitment to extending the knowledge of intelligence and how the intelligence of individuals could be measured was a tremendous advantage for both psychologists and educators. Guilford stated: "Psychology should be the chief basic science upon which the practices of education depend. It should have supplied education with the information it needs concerning the processes of understanding, learning, and thinking, among other things." Promoted to Chief of the Psychological Research Unit at the U.S. Army Air Forces Training Command Headquarters in Fort Worth, Guilford oversaw the Stanine (Standard Nine) Project in 1943, which identified nine specific intellectual abilities crucial to flying a plane. (Stanines, now a common term in educational psychology, was coined during Guilford's project). Over the course of World War II, Guilford's use of these factors in the development of the two-day Classification Test Battery was significant in increasing graduation rates for aircrew trainees.



THE DAILY CROSSWORD



Across

- 2. Proponent of Analytical Psychology.
- 4. Personality inventory published in 1942.
- 6. The current APA President.
- 8. Fear conditioning experiment by Watson and Rayner.
- 10. Developed the original formula for Intelligent Quotient (IQ). II. Published 'On the Origin of Species'.

Down

- 1. The reservoir of feelings and desired- according to Freud.
- 3. Established the first Psychology laboratory at Leipzig, Germany.
- 4. Who published the Thematic Apperception Test?
- 5. The psychologist who published studies on Classical Conditioning.
- 7. Introduced the nonsense syllable as a means to study memory processes.
- 9. The psychologist who gave the 'law of effect'.

... and the Wolf chewed up the children and spit out their bones ...  
But those were Foreign Children and it really didn't matter."



MINDBENDER

What do these words have in common?  
Dimensions, grandiose, remarkable,  
descent,  
material, resounded

Quick Facts from 1943:

World Changing Event: Nachos were invented circa 1943 by Ignacio "Nacho" Anaya in Piedras Negras, Coahuila, Mexico.  
Influential Songs: Paper Doll by The Mills Brothers  
The Movies to Watch: The Ox-Bow Incident, Cabin in the Sky, For Whom the Bell Tolls, A Guy Named Joe, Lassie Come Home, This is the Army, Shadow of a Doubt and The Song of Bernadette  
The Most Famous Person in America was probably Betty Grable  
Notable books: A Tree Grows in Brooklyn by Betty Smith

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**PHANTOM OF THE OPERA**  
IN TECHNICOLOR  
NELSON EDDY SUSANNA FOSTER CLAUDE RAINS  
EDGAR BARRIER LEO CARRILLO JANE FARRAR J. EDWARD BROMBERG FRITZ FELD HUMPHREY BOGART  
A CAST OF THOUSANDS!

**TERESA WRIGHT JOSEPH COTTEN**  
ALFRED HITCHCOCK'S  
**SHADOW OF A DOUBT**  
MACDONALD CAREY PATRICIA COLLINGS HENRY TRAVERS WALLACE FORD



## World War II

### gloal war continues

The global war that began in 1939, is still continuing till this year, 1943. The majority of the world's countries are involved including the great powers split into two military alliances the Axis and the Allies. The Axis powers were known as the Rome-Berlin-Tokyo Axis The Allies consisted of France, Poland and the United Kingdom, as well as their dependent states and were later joined by the Soviet Union in 1941. They were also provided with war supplies and money by the United States after Japan's attack on Pearl Harbour. June 1942 marked a major turning point in the war. On Guadalcanal, which was one of the Solomon Islands located in the South, the Allies also had success in a series of battles against Japanese forces from August 1942 to February 1943, managing to turn the tide in their favour further in the Pacific. In mid-1943, Allied naval forces began an aggressive counterattack against Japan, involving a series of water attacks on Islands held by the Japanese in the Pacific.. This strategy worked successfully, and The Allied forces moved closer to their final goal of conquering the Japanese homeland. In North Africa, British and American forces had defeated the Italians and Germans by 1943. An Allied invasion of Sicily and Italy followed, and finally Mussolini's rule came to an end as the government fell in July 1943 On World War II's Eastern Front, The Soviet Union launched a counteroffensive in November 1942 which ended the Battle of Stalingrad, which had seen some of the most difficult combat and was one of the battles of the war which had claimed the most casualties. With winter around the corner, along with the diminishing food and medical supplies, marked the end for German troops there, they had no choice but to surrender and finally did on January 31, 1943.

## The Battle of Stalingard

The Battle of Stalingrad (23 August 1942 - 2 February 1943) was the largest confrontation of World War II, in which Germany and its allies fought the Soviet Union for control of the city of Stalingrad (now Volgograd) in Southern Russia. Marked by fierce close quarters combat and direct assaults on civilians in air raids, it was the largest (nearly 2.2 million personnel) and bloodiest (1.8-2 million killed, wounded or captured) battle in the history of warfare. After their defeat at Stalingrad, the German High Command had to withdraw vast military forces from the Western Front to replace their losses.

## India's Independence Struggle

A disaster that shocked not only the country but also the world. The Bengal Famine of 1943 that hit the Bengal state of British India. Out of a population of 60 million, around 2-3 million people died of starvation, malnutrition, diseases or lack of available medical care. Some are now claiming that this famine was "man-made" and was caused due to the poor decisions made by the British officials during wartime. Policy lapses such as prioritizing distribution of vital supplies to the military, civil services as well ignoring the well being of the common man. Stopping rice imports from Burma which was now captured by Japan and finally not declaring Bengal famine hit were among the major factors that led to the magnitude of the famine. By 1942 Mohandas Karamchand Gandhi had urged the nation to stop cooperating with the British Government and maintained his belief in non violence. He encouraged the people to "do or die" for the freedom of their nation. In 1943 after his arrest, he maintained a hunger strike to protest his imprisonment. The Provisional Government of Free India, or Azad Hind, was an Indian provisional Government established in Japan occupied Singapore in 1943 and supported by the Japan, Nazi Germany, Italy and their allies. The main aim of this provisional Government is to form an alliance with the Axis powers to free India from British rule. This Government is said to have been inspired by the concepts of Subash Chandra Bose and it's army was known as the Indian National Army. In October of 1943, Azad Hind declared war against Britain and the United States.

## OBITUARIES

- On October 12, 1943 a renowned psychologist Max Wertheimer passed away due to cardiac arrest. He was one of the founding figures of the school of thought known as Gestalt psychology. Wertheimer had an enormous influence on the development of psychology as well as on specific subfields including sensation and perception and experimental psychology.
- Nikola Tesla passed away at age 86 on 7 January 1943 due to Coronary Thrombosis. He was a Serbian-American inventor, electrical engineer, mechanical engineer, and futurist who is best known for his contributions to the design of the modern alternating current electricity supply system.





## Annual Festival of Department of Psychology – Catharsis'16

The Department of Psychology organized their Annual Psychology Festival – Catharsis on 26<sup>th</sup> October 2016. The event included many engaging activities (a panel discussion, quiz competition, poster-making competition, etc.) and received active participation from students of various institutions.







## Annual Festival of Department of Psychology – Catharsis' 17

The Department of Psychology celebrated Catharsis' 17 on 3<sup>rd</sup> November 2017. The event included a panel discussion on 'Dream Interpretation and Symbolism' as well as a range of competitive activities for the students.

The Annual Festival of Department of Psychology – Catharsis' 18 was held on 3<sup>rd</sup> August, 2018.

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## Annual Festival of Department of Psychology – Catharsis’ 18

The Annual Festival of Department of Psychology – Catharsis’ 18 was held on 3<sup>rd</sup> August, 2018.

