

"Time to open up a new chapter in life, and to explore a larger centre." - Lillian Russell

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## BRAINY WIZZ

- Minal Karani, SYBA

**D**ermatoglyphics Multiple Intelligence Test or DMIT as it is commonly known is a secret science of the relationship between Brain's Innate and fingerprints.

Emperors. However, it was only 1000 years later that people began to identify one's personality by fingerprints.

The theory of Multiple Intelligence by Howard Gardner is used in this test to rank 8 types of multiple intelligences within individuals. This test not only just defines the personality but also helps to calculate the percent of right and left brain used by an individual. It calculates the speed of each lobe of one's

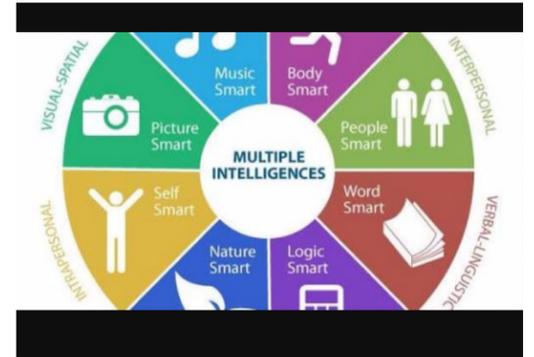
brain and helps to discover the best of your innate and the preferable learning styles. It also gives you access to the four 'Quotients' of life i.e., Intelligence Quotient, Adversary Quotient, Creative Quotient, and Emotional Quotient.

In today's time where both parents are working and cannot devote enough time to their child to discover his hobbies or likings or his strengths, this test helps to discover the innate of the child in a simple way. Today's

parents want their child to be an all rounder and join different activities whether the child is good at it or not which in turn creates stress for the child. There is great relevance of this DMIT in today's busy world where time is money and the competition is tough, where everyone has to be the best within whatever they do and this test helps to know the best within you and ignite your potentials.

This test unleashes the genius within you and discovers the best of career options. Since it's a study of ridges and prints of fingers these patterns are unique in every individual and never changes. Dermatoglyphics has been adapted by Medical Science since early 19th century. It is analysed and proven with evidence in anthropology, genetics, medicine and statistics.

In the Indian context, the Indian education system as we very well know focuses more on cramming information in the minds of our



children, rather than giving them true knowledge which they can use to shape a successful career. Our system also overlooks the specific learning needs of each child, who is unique, resulting in immense stress. Shockingly, more than 12,000 students commit suicide in India due to exam related stress. This number is alarming and makes us wonder where our system is going wrong!!!!!! Parents need to take an active role in understanding the special intrinsic potential of their child, and design suitable learning methods around their child's needs. This is where Dermatoglyphics Multiple Intelligence Test will be of immense help.



A study of 200 years concludes fingerprints as the blue prints of our brain. During pregnancy from the 13th week to the 21st week when neo cortex of the child develops, finger prints too develop simultaneously. This is a test to map your brain and know your assets and liabilities.

The history of DMIT goes back to around 5000 years ago. Ancient Chinese people knew how to use Dermatoglyphics. Finger prints were used as personal seals by Chinese



## DON'T JUDGE A BOOK BY ITS COVER

- Shraddha Pandit, SYBA

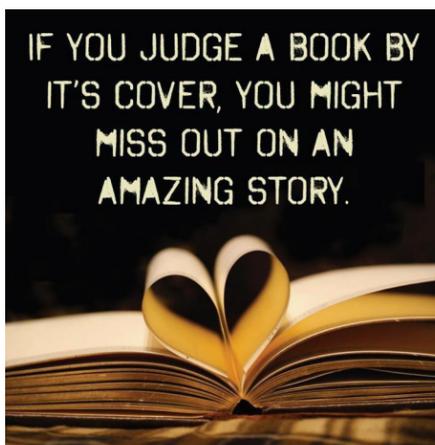
**T**he recent comment by Donald Trump on the terrorist attack in the US shows how deep prejudice can affect a person's, family's, society's and a nation's life. If a presidential candidate of the world superpower can be so prejudiced what can one say about others?

What exactly is prejudice? The psychological definition of prejudice is that it is a negative emotional response based on group membership. In common parlance it means to judge a book by its cover. The current terrorist attacks by ISIS have increased the prejudice against Islam. The idea here is to not start a political or religious debate but the fact is that the world is getting divided into two - pro-ISIS and anti-ISIS on the basis of pure prejudice as half the world doesn't even know what exactly ISIS is!

In the Indian context, as Indians, we

are deeply prejudiced because we judge a person on the basis of the group he or she belongs to. A person is judged by his religion, caste, sub-caste, economic status, gender etc. We try to fit a person into a typical stereotype. When we come across a girl who wants to live alone and remain single we conclude she is an educated, independent, self-centred, immature and arrogant person who earns a high salary in some big corporate office and someone who also consumes alcohol and probably smokes too.

Now, we may say that we are not



prejudiced. We are the new India which doesn't believe in caste and religion. But are we truly unbiased in our thinking? If it were really so, then why do our films continue to still show problems of inter-caste and inter-religious marriages? As a people why do we even react negatively when such matters are portrayed on screen? There is an interesting write up on this that reads,

Normally,  
When a girl loves a boy  
And the boy loves the girl

They get married.

But in India,

When a boy loves a girl

And the girl loves the boy

The boy's family has to like the girl

The girl's family has to like the boy

The boy's family has to like the girl's family

The girl's family has to like the boy's family

And then they get married!

This shows that we still have a long way to go. Now you may say, so what if we are prejudiced? No one is being harmed. But there are many examples in history where prejudice has converted into discrimination and hatred. The Holocaust is one such huge example of it. And the more prejudiced a person is the more unhappy he is. So it's better to just leave prejudice behind and live and let live.

# CHOOSING A CAREER IN PSYCHOLOGY

Society is replete with different kinds of people, which creates problems regarding how to live and work together and also live with one self. It is in these situations that psychology serves its purpose by providing answers to these questions. Psychology helps create an awareness of these problems and this awareness increases the likelihood of treatment. A student who is deciding to enter the field of psychology has a choice to make from an array of many different and exciting careers. There are many different careers available with a psychology degree including a B.A. in psychology or a Ph.D. in psychology. All of these numerous careers in psychology fall into three basic categories of practice: psychologists, clinical psychologists, and psychiatrists. Each of these categories differs slightly in its job profile and the number of years spent on education but the ultimate goal of each is the same that is to aid society in its progress.

The first and the most important part of entering the field of psychology is to understand the amount of education needed for each of the three subareas. There are many careers that one can choose from with a B.A. in psychology. When

a person has a minor in business it can make it easier for them to obtain a job with the business aspect of psychology. Some of these jobs could



be as an advertising trainee or agent, insurance agent, personnel worker or administrator, public relations, marketing representative, marketing researcher, employee counsellor, or employment counsellor. Someone who has specialized in mental health can become a behaviour analyst, caseworker, child protection worker, corrections officer, counsellor aid, drug/substance abuse counsellor, mental retardation unit manager, social service director, and many more possibilities. There are other positions also available in psychology. A person

can be an affirmative action officer, childcare worker, college admissions counsellor, college admissions recruiter, community relations officer, hospital patient service representative, statistical assistant, technical writer, and many more.

Career options are more for a person with a Ph.D. in psychology. One of these is as a clinical psychologist who does an assessment of problems and tries to treat the problems. Some even focus on specific problems and/or groups. Another type of psychologist is a community psychologist. A community psychologist defines problems in a community and how they affect the workplace, home, school, or health. A counselling psychologist is one who helps people accommodate change in the person's work, home, family, and lifestyle. A developmental psychologist studies a person in the way he/she thinks, relates to others, and feels as they age. The last career opportunity available is as a psychiatrist who differs from the others mainly because of the number of years

spent in school, which gives them the ability to prescribe medication. A psychiatrist is a medical doctor who has spent several years in clinical training that includes diagnosis of abnormal behaviours and treating those behaviours with prescription drugs.

Students who are planning a career in psychology will have to determine which area of psychology they would like to follow and, in addition, the field they would like to specialize in. The field of psychology is divided into subfields each of which deal with a different area. These specialties include areas such as developmental psychology, experimental and physiological psychology, personality and social psychology, cognitive psychology and psychometrics. Next, each of these subfields are divided into careers that students can choose to participate in such as residential care, community and social services, human resources, therapy, and teaching.

The problem with the world is that the intelligent people are full of doubt, while the stupid people are full of confidence.

## DEPRESSION:

### Teen Challenges and Counter Measures

- Akanksha Virkar, SYBA

- Lincy Shah, FYBA

I was shocked when someone told me about Meera- my classmate who was rushed to the hospital for trying to end her life. I had been observing her for the last couple of months. She always had this sad expression plastered across her face. She would barely make eye contact while talking and would reply briefly to whatever asked. She was lagging behind in class and her academic performance was dwindling.

Do we really pay attention to how unhappy or irritated a person is? While we all feel sad, moody or low from time to time, some people experience this feeling intensely for longer periods of time (weeks, months or even years) and sometimes without any apparent reason. It is more than just a low mood - it is a serious illness that has an impact on both the physical as well as mental health.

Life is too ironic to fully understand. It takes sadness to know what happiness is. Noise to appreciate silence and absence to value presence.

There are different types of depressive disorders which can range from relatively minor yet disabling to very severe such as Major Depression, Bipolar Disorder, etc. Now that we know what depression is, what actually causes depression? While the exact cause of depression is not known, a number of things can be associated with its development.

Generally, it does not result from a single event, but from a combination of recent events and other long term as well as personal factors. Certain life events such as long term unemployment, living in an abusive or uncaring relationship, long term isolation or loneliness, prolonged exposure to stress at work are all more likely to cause depression than recent life stresses. Personal factors triggering depression include family history wherein depression runs in the family; personality- wherein some people because of their personality have a tendency to worry a lot; serious medical illness that can bring about depression directly, or can contribute to depression through associated stress and worry; drug and alcohol usage which can both lead to and result from depression.

Depression makes life more difficult to manage from day to day. It affects how people feel about themselves.

They may lose interest in work, hobbies and doing things they normally enjoy. They may also lack energy, have difficulty sleeping or sleep more than usual. Some people might feel irritable and some might find it hard to concentrate.

India leads the world with the highest major depression totalling to around 36% out of the total. The global study which was conducted based on the interviews with 89,000 people show that women are twice as likely to suffer from depression as men. According to another study, one out of every eight adolescents suffers from depression. This illness affects over 120 million people each year. Recovery is an individual process and can take time and is different for everyone. The person has to find new ways to manage, and live with, the changes and challenges of having anxiety and/or depression. It is a process in stages that people move through at different rates and there are some emotions that many people may experience such as shock, denial or difficulty accepting, despair and anger about why the person has to deal with this condition, acceptance of having a condition and coping by finding new ways to live with and tackle the changes and challenges that having anxiety or depression may require.

If your loved one or a friend around you is struggling with depression, one might feel confused, frustrated and distraught themselves. Maybe one would feel like they are walking

on egg shells because they are afraid of upsetting them even more. Maybe you are at such a loss that you have adopted the silent approach or maybe keep giving them advice, which they just aren't taking. Depression is an isolating disorder which can sabotage relationships. But your support is significant. Be there for



the person, communicate, and if you are uncomfortable with emotional expression, try small gestures. Take it very seriously if the person talks about suicide. Do not judge or criticize them in any possible manner and avoid making comparisons or saying that you know how a person with depression feels because it does not help at all! Listen to them, take care of them and be patient. Sometimes supporting them would feel like walking a tight rope but remember that by just being there and asking them how they feel, your help can be an incredible gift to them.

# THE SECRET:

## *Worth the Hype?*

- Joel Varghese , FYBA

The Secret is a self-help book about the power of positive thinking by Rhonda Byrne. The book is based on a pseudo-scientific theory called the “Law of attraction” that works on the principle ‘like attracts like’. Specifically, Byrne focuses on the idea that your dreams in fact come true – thinking about money and wealth will attract these very things, causing them to manifest in your life. Likewise, fretting over a worst-case scenario will only cause your fears to be realized. Hence, the importance of positive thinking. There are no accidents and bad luck. Instead Byrne writes, “Your life right now is a reflection of your past thoughts.” Throughout the book, Byrne intersperses quotes from proponents of the law of attraction, such as Jack Canfield, creator of the Chicken Soup for the Soul series. These experts believe the law to be supported by quantum physics, arguing that it is a law of nature like gravity. According to Byrne, the mind is a magnet, emitting and receiving frequencies to and from the universe. Each thought sends out a signal, which in turn gathers similar frequencies – due to the law of attraction – before returning to you. In this fashion, your mind can bring you anything you desire – dream of a new house, and

somehow, someday, it will come to you. On the flip side, dwelling on war and poverty will only perpetuate these evils. Byrne even proposes that too much negative thinking can put you in the path of a natural disaster or terrorist attack.

Even though I had had favorable reviews from friends, I didn’t find the book particularly inspiring. And allow me to tell you why. This is just my personal opinion and you are all free to like the book or dislike it or just not care.

The Secret is just a candied up version of an old psychological concept called the ‘confirmation bias’. The confirmation bias is well studied; researchers have known about it for decades. It also makes a lot of sense than the ‘thoughts as vibrations’ theory. As human beings, we have a limited amount of attention for all the stuff going on around us. Therefore, whether we realize it or not (usually not), we are always choosing what we pay attention to. The confirmation bias is the human mind’s tendency to notice and pay more attention to objects and experiences that match its preexisting thoughts and beliefs. It does this for the simple reason that it is biologically economical and efficient.

We have all experienced confirmation

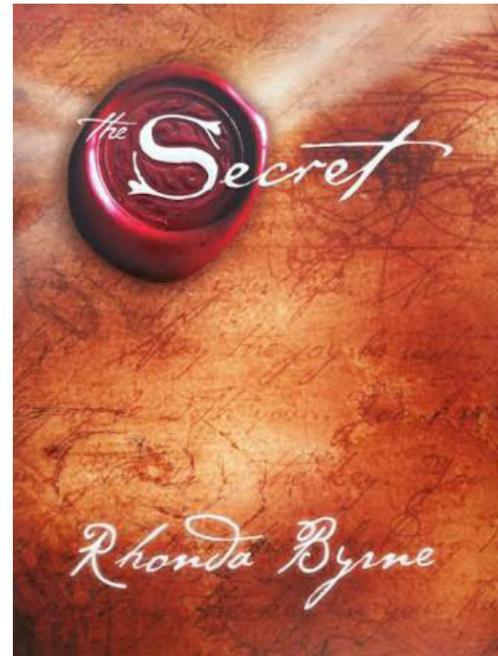
bias a million times. You have probably just never realized it before. For example, you spend years not really paying attention to what kind of car people drive. But then the time comes for you to start thinking about buying a car and suddenly you notice the make and model of cars all over the place. You start making decisions about which styles you like and what features you care about. You start noticing these details because for the first time they are salient and relevant to your thoughts and desires, whereas before they weren’t.

The book also tells you to be positive about yourself to the point of being delusional for a long enough period of time that your natural confirmation bias kicks in and you only attend to the things in your life that match these new beliefs. This may actually be beneficial – at least at first – for people who have some pretty messed up and delusional negative beliefs

about themselves. Simply changing the way you see things from ‘always damned’ to ‘always great’ would probably have a pretty big impact in a lot of areas for some people.

To top it all, as I have argued at length here, we are all really bad at predicting what will make us happy and/or miserable in the future. So, by using the law of attraction, we might spend all this time and energy building a ‘future life’ that isn’t what we want at all. Ultimately, the law of attraction states that if you just think about what you want, it will come to you

– when taken to its logical extreme, it encourages you to always want something, to never be content, and this can make us less happy in the long run. At some point, we must all come to terms with the struggles and failures in our lives, because we all have them. This, ironically, is a more logical path to success than simply wishing incessantly for all of your dreams to come true. Don’t wish for good rewards. Wish for good problems.



## KNOW YOUR PERSONALITY



- Janvi Kothari , FYBA

- Veneer Vira , FYBA

**Q:** What does photography mean to you?

**A:** Photography is the most integral part of my life. The special time I have is usually dedicated to photography. It teaches me to look at life with a different perspective. There was a time when it was just a hobby for me but gradually it has become my passion now and I will surely make it my profession soon.

**Q:** How did you discover that you have these photography skills?

**A:** As I have already said that photography was initially just a hobby but as I started spending more time clicking pictures, I developed a passion for it. If you love doing something, you don’t need any motivation or encouragement to excel in it. You can sharpen your skills just by developing more interest in the field. I sharpened my skills through Google, YouTube and also by observing other photographers and their skills, in short, it was self help.

**Q:** According to you, what makes a memorable photograph?

**A:** Basically, clicking a picture itself

is making a memory. But if a picture enhances your mood from bad to good or maybe cheers you up, I feel that’s a memorable picture. Even while clicking a picture, I never judge it but always think that it should cheer the host or make him/her freeze a memory.

**Q:** How does black and white v/s colour play into your work? Do you find them to be complementary or totally separate?

**A:** To be honest, colour scheme doesn’t matter much to me. If someone is an experienced photographer, he/she will click it the best in any form irrespective of its colour schemes, lights, time or place. However, black and white pictures somehow bring up negativity to me. Like, if you google for a black and white picture, you will mostly end up with pictures that depict grief, sorrow, violence, revolt or any other negative emotions. On the contrary, a colour picture adds life to the click. Whenever I click a picture, I just think of clicking a good picture in the most unique manner.

**Q:** What were the difficulties you encountered first when starting photography?

**A:** If you achieve success without failure, you have never worked hard enough. I faced a major problem while

I pursued my passion for photography. I faced the most common obstacle i.e. the disapproval of my parents. They told me that photography as a hobby was alright but to turn it into a profession would not give me a bright future. But I never lost hope. For me END means Efforts Never End and I have always followed this in my life. I still remember the day when I cried to my mother for a professional camera and she denied saying she could not afford it then. I still did not lose hope and kept clicking through my mobile phone or the DSLR of my friends and relatives. Though I got prizes in various inter-collegiate photography competitions, it never satisfied me only because the pictures were not out of my own camera. Soon people began calling me to make their portfolios from which I earned sufficient money to buy a DSLR within two years. Since then, I strongly feel that failures are always the stepping stones to success.

**Q:** Who is your favourite classic photographer and how did he/she influence you?

**A:** Actually, I don’t have any favourites as I admire the photograph more than the photographers. Good pictures influence me to click better ones.

**Q:** If not photography, what other career would you have taken up?

**A:** You will be shocked or may even laugh when you hear that I was very keen to join the Indian Army before

photography entered my life. In fact, I have even cleared the NDA entrance exam. But I soon discovered my love for photography though I still admire joining the army.

**Q:** Have you received any awards or prizes for photography?

**A:** Yes, indeed! I have received a few awards. My first award was by the ‘Vayuu Fest’ of N.M. College. But the biggest award I received was when I got selected in the top 30 photographers in India-USA photography competition.

**Q:** Where do you see yourself after 10 years from today?

**A:** After 10 years, I see myself as a successful photographer and also launching myself in the field of cinematography. I see myself as one of the most unique photographers because I have often won such compliments.

**Q:** Any particular experience or a funny incident in photography that you would like to share with us?

**A:** The India-USA Photography Competition (2015) has added a very interesting and in a way a funny experience in my life. I was the youngest contestant participating and the judge mistook me for a Spot boy. Despite being the youngest, the senior contestants introduced me to the judge. Having a look at my photographs, the judge revealed a statement saying, “You have cameras in your eyes” which laid a strong imprint in my heart.

## Days of life...

- Chandni Mehta, FYBA

I hear the call from three  
 A feed for a moment to stay  
 I hear the call today  
 Yet another hungry face that way.  
 We see around us all the time  
 Many lives that are torn apart,  
 Everywhere we can hear sights  
 Are we to be blamed for their cries?  
 I wish I could get away  
 From this suffering, from this pain  
 I wish I could do something really kind  
 And give them a life once again?

## Hands That Lit the Way

- Minal Karani, SYBA

The slaughter of innocents  
 Appears to shatter this broken world  
 The narrow bridge cracks,  
 Through the smallest slat,  
 A thin flame, dances like a candle's ghost  
 I see her small hands circle the flame three times,  
 I see her husband's shoulder near and children gather,  
 As if to warm themselves in this inextinguishable light,  
 Heart, believe it. Lean close.  
 For a thousand thousand years  
 One act of kindness lasts forever  
 And these hands lit the way.

## Wonder Woman

- Chandni Mehta, FYBA

A woman is a saviour, treat her like one,  
 She doesn't leave anything undone.  
 She is as bold as a lion, while being kind,  
 There is nothing in a woman that you cannot find.  
 She is fearless, bold and strong as ever,  
 While being caring, gentle and loving forever.  
 A woman can be anything that she'll ever want to be,  
 Astronaut, pilot or captain of the navy!  
 She makes hard things seem easy to do,  
 Don't underestimate her you don't know  
 what she can do.  
 The road she's travelling is uphill,  
 But that's no reason for a woman to sit still.  
 A woman works hard everywhere,  
 be it in a city or a farm,  
 Sticks and stones may break her bones,  
 but her heart remains  
 Unharmed.  
 Make her smile whenever you can,  
 for she deserves it Everyway.

# TRIVIA!!!

- Chandni Mehta, FYBA

### \* IDIOMS \*

Break a leg	A way to wish someone good luck.
To live it up	To enjoy life.
To kick the bucket	To die.
Shape up or ship out	When you tell someone if their behavior does not improve they will have to leave.
To spill the beans	To tell a secret.
It's raining cats and dogs	It's raining hard.
Top dog	The leader.
To smell a rat	To think that something is wrong.
To chicken out	Not doing an activity because of fear.
To eat like a horse	To eat a lot.
To break someones heart	To cause someone to feel sad.
Burn the midnight oil	To work studiously late into the night.



### \*SUDOKU\*

7	1		9	8				
			3	6				
4	9				7	5		
	1	9						
9		2			6		3	
				8			2	
8		5				7	6	
			6	7				
	7		4		3	5		

3	7	1	5	9	4	8	6	2
5	2	8	3	7	6	1	9	4
4	9	6	2	8	1	7	3	5
6	1	4	9	2	3	5	8	7
9	8	2	7	1	5	6	4	3
7	5	3	4	6	8	9	2	1
8	4	5	1	3	9	2	7	6
2	3	9	6	5	7	4	1	8
1	6	7	8	4	2	3	5	9

### \* DID YOU KNOW?\*

- \* Stressed is Desserts spelt back.
- \* Papaphobia is the fear of Popes.
- \* The Kentucky Fried Chicken slogan "finger-lickin' good" came out as "eat your fingers off" in Chinese.
- \* "Floccinaucinihilipilification" which means "the act of estimating as worthless" is the longest non medical word in the English language; it's 29 letters long!

### \*FUN QUIZ\*

Each morning I appear to lie at your feet. All day I will follow. No matter how fast you run, yet I nearly perish in the mid day sun. I have a head ,I have a tail, I am golden or silver, but I have no legs. Who am I?  
 I am always hungry, I must always be fed , the finger I touch will soon turn red. Who am I?



Answers:  
 (1) darkness, (2) coin, (3) fire

## WORD PUZZLE.....

### PSYCHOLOGY 101 WORD SEARCH PUZZLE

B	L	Y	R	J	Q	U	U	V	I	O	B	P	L	A	C	E	B	O
S	E	P	S	Y	C	H	O	A	N	A	L	Y	S	I	S	W	B	S
P	C	H	J	R	O	K	P	M	E	F	E	I	G	L	M	I	S	C
V	I	H	A	P	M	X	N	E	U	R	O	S	I	S	S	L	P	I
G	S	W	I	V	H	C	J	O	B	J	J	G	B	N	A	H	D	E
P	G	A	L	Z	I	I	D	E	N	T	I	T	Y	P	E	E	C	N
H	C	T	N	T	O	O	K	Q	G	V	P	D	I	O	A	L	A	T
O	O	L	W	X	K	P	R	X	G	V	W	Q	V	S	C	M	X	I
R	G	C	Z	T	I	B	H	K	X	Z	D	X	A	I	L	W	D	F
M	N	N	E	M	F	E	A	R	X	W	U	Q	N	G	J	U	L	I
O	I	G	W	A	H	H	T	D	E	H	A	G	P	M	X	N	G	C
N	T	M	X	I	W	T	Y	Y	K	N	L	K	A	U	Q	D	C	M
E	I	L	C	O	M	C	F	P	Z	V	I	I	V	N	J	T	X	E
S	V	B	J	A	Y	F	K	S	N	F	S	A	L	D	J	I	N	T
U	E	V	R	M	O	D	W	K	U	O	M	Y	O	F	Z	H	D	H
C	A	S	E	S	T	U	D	Y	P	R	S	G	V	R	B	P	F	O
C	O	R	R	E	L	A	T	I	O	N	V	I	R	E	F	A	L	D
F	P	S	Y	C	H	I	A	T	R	Y	Y	E	S	U	F	Z	H	R
A	N	T	I	S	O	C	I	A	L	O	W	Y	D	F	S	K	Z	

- |            |             |                |                   |
|------------|-------------|----------------|-------------------|
| ANTISOCIAL | CORRELATION | IVAN PAVLOV    | SCHIZOPHRENIA     |
| ANXIETY    | DUALISM     | NEUROSIS       | SCIENTIFIC METHOD |
| BEHAVIOR   | HORMONES    | PLACEBO        | SIGMUND FREUD     |
| CASE STUDY | HYPNOSIS    | PSYCHIATRY     | SURVEY            |
| COGNITIVE  | IDENTITY    | PSYCHOANALYSIS | WILHELM WUNDT     |