



PsyLens

Lets scan through...

— An e-Magazine of Psychology Association —



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PsyLens
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e-Magazine of Psychology Association, PSG CAS

EDITORS' NOTE

Dear Readers:

Greetings from the Department of Psychology, PSG College of Arts & Science...

Celebrations and festivals are meant for people to meet each other; at times meeting people itself is a celebration. So is our meeting with you all every-time (through PsyLens).

We are happy to present before you PsyLens (Volume 4 Issue 2 December 2018), an e-magazine managed by a team of Psychology students. In this issue we have presented a selected set of psychology research papers published worldwide during 2018, on wide range of topics – from Virtual reality to Vipassana meditation, Nature to Nurture, Altruism to Autism, and many more.

Deep silence speaks loud; PsyLens from now on, will have a special column to share with you, profound insights from the ancient past. This elementary attempt may help elevate learners to stay a lifelong student; to mark this beginning we have presented in our 'Deeper PsyLens' column the five attributes of a learner as said in an ancient literature.

Readers can only make PsyLens speak loud (and proud); your active participation is appreciated and expected, in this collective effort to learn, share and grow.

Regards,

The PsyLens Team



Deeper PsyLens

|| Wisdom from Ancient Literature ||

VIDYARTHEE PANCHALAKSHAN

An ideal student / learner is identified by certain qualities that set them apart from the rest. In India, there seems to be some bedrock traits / qualities, which really kept the intellect of any student, sharp and pure. The term 'Vidyarthee' is compound of

'Vidya' which means 'knowledge' and 'Arthe', which means 'desire for knowledge'. All individuals are students of/for life and that's why one should try to cultivate the following five qualities:



Kaaka-cheshTaa bakodhyaanam shvaana-nidraatathaiva cha Alpaahaari brahmachaari vidyaarthee pancha-lakshaNam

KaakaCheshtaa

The first one, **KaakaCheshtaa** means, effort of the crow.

There is a Panchatantra story of how a crow got water from a pitcher having little water. Crow is characterized by

curiosity, sharing and exploration. A student must never be tied by dogmas. Apart from learning, sharing and pushing the boundaries of knowledge, they must also test the boundaries of rigid dogmas.

Bakodhyaanam

The second comes **Bakodhyaanam**, which means intense focus of the crane. Crane embodies concentration and it is known for its focus on its target, and patience till it gets hold of its prey. A student should have 100% focus on the task. To concentrate better, one needs to have clarity of purpose

and control over sense organs. Focus is nothing more than keeping the distractions away from the target. One gets a glimpse of it from the response of Arjuna, when Drona tests all the princes to spot a target. While the rest were also good in shooting arrows, the ability to focus very intensely, sets Arjuna apart.

ShvaanaNidra

Third quality is **ShvaanaNidra**, which means the sleep of the dog; to be more precise, alertness of the dog. A student should be alert even during the down times, just as a dog wakes

up alert and stay ready for action even in the sleeping state. Students must have a realistic connection to not just waking state but also while asleep.

AlpaAhaari

The fourth quality **AlpaAhaari** means eating less. The ability to eat light does not mean eating sparsely or scarcely, nor does it imply eating less nutritious food. Rather it is to eat sensory food which is the door way to reconnect and rekindle the memory. There are two types of

food: physical food and sensory food. It can be observed that, heavy meals needs time to digest, which channelizes more blood supply to the digestive tract and away from the brain. Therefore, eating junk food can be limited in modern times.

Brahmachari or Grihatyagi

The last one is **Brahmachari or Grihatyagi** where, a student must come out of one's comfort zone, and can pursue true values, selfless action and devotion, only if they realize their own self (real potential). Living in the

materialistic world, one has to be like lotus leaf; as water cannot wet the leaf, so work cannot bind the unselfish man by giving rise to attachment of results.

Thus, the 5 qualities: agility of a crow (kaaka), concentration of a crane (baka), light sleep like a dog (shvaana), light eater (alpa-ahaari) and brahmachari are the terminus for an ideal student.

Presented by Ms.Charumathi P



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UNWIND

Biofeedback is a technique that uses physiological information (such as rate of heartbeat, respiration, skin conductance), collected through sensors as a feedback, to teach users to control specific physiological processes. The feedback data is represented in visual or auditory form and helps practice self-regulation, in order to improve physical and emotional health.

Researchers conducted a study to explore the effectiveness of the musical interface, Unwind, in providing relaxation through biofeedback. The feedback data, here, is presented as a combination of nature sounds (sound of wind, water stream, birds etc.), and sedative music such that, it sounds like a well composed music.






The nature soundscape serves as the 'information layer' that provides auditory biofeedback through sound modulations, responding to the user's physiological data in real time. For example, the wind sound would increase or decrease with their breathing and when they are relaxed, the soundscape would become quiet and simple. The sedative soundscape serves as the "background layer" to induce calmness and evoke positive emotions.

Results found that, Unwind induced positive effects on relaxation and reduced subjective stress and anxiety. It, therefore, provides a new approach to design musical feedback and suggests, potential of borrowing from the natural environment to modify existing techniques and therapies.

Condensed By Ms Divya C.



NATURE EXPOSURE



Standing on top of a small hillock, breathing in chill fresh air, and looking at the vast expanse of greenery is surely a rejuvenating experience. Moreover, various studies have found that even smaller amounts of nature exposure in our daily life has significant psychological and physiological benefits such as less recovery time after surgery.

A study was undertaken to investigate the influence of nature exposure on impulsive decision making and in turn on health. This is because, impulsive choices have been found to lead to poorer health choices, as opposed to cautious ones. In the first study, 609 participants from US were given 13 questions to measure subjective nature exposure, Depression Anxiety Stress Scale questions and a delay discounting

task (whether they prefer smaller immediate rewards or larger delayed ones) based on money, to measure impulsivity.

Statistical analysis of these data along with remote sensed data about participants' geospatial nature coverage, revealed an indirect effect of nature exposure on health via reducing impulsivity.



A second study was done to investigate whether expansion of space and time perception during nature exposure, acted as a mechanism for impulsivity reduction. 66 Under-Graduate Psychology students were exposed to images about nature or congested buildings and then, were given a delay discounting task. Questions to measure subjective perception of space and time followed. Analysis found their hypothesis to be true,

indicating that, in the presence of nature, individuals experienced expanded space and time perception. This reduced impulsivity and improved health indirectly.

This opens doors for further research on nature exposure's benefits and mechanisms. It can be used as a part of therapy, and even encourage people to nurture a nature cover around them, in future.

Condensed By Mr. Manish Kaarthick Y.



LISTEN TO RAIN DROPS

Nature sounds such as falling rain, or a rushing water stream, are known to create a calm, peaceful and relaxing atmosphere. The sound of rain, subconsciously, acts as a soothing component. Especially, this is a wonderful experience while driving, or reading a good book by the window. Compared to silence, listening to background music has also been reported to interfere with many other cognitive processes, including arithmetic, verbal and numerical tasks, and many more. Some studies have shown

an adverse effect, while others have shown a favourable effect of background sounds on mental processes. It has been proven that listening to music can boost mood, and white noise seems to have a similar effect on cerebral arousal.

White noise is a type of noise produced by a blend of sounds of different frequencies together that a human could hear. White noise was found to improve the cognitive functioning of children with



ADHD. Ambient and low-level white noise can sound similar to constant rainfall and is a combination of all audible auditory frequencies of equal intensity. In a research study by Alice Mado Proverbio and team, to explore, how the presence of musical or environmental background stimuli could influence cognitive processing and more specifically, arithmetic calculations; they found that listening to rain sounds boosts arithmetic ability.

Due to its perceptual similarity with white noise, they hypothesized that rain noise might increase arousal, and that rain as a natural sound might influence arousal and mood positively. In addition, researchers investigated the possible modulation of this effect due to the individual differences in extroversion/introversion trait. Fifty Psychology students (with a mean age of 22.94 years) had volunteered for the study;

they were administered the Eysenck Extroversion-Introversion scale on the basis of which, they were divided in two subgroups: introverts and extroverts. The participants were then administered with an experiment showing visual stimuli, that included 180 easy /difficult arithmetic operations (like addition, multiplication) while listening to heavy rain sounds, silence or classical music auditory background (provided through stereo headphones).

The sounds were to be ignored and arithmetical calculations were to be solved as fast as possible, upon presentation via a PC screen. Silence was detrimental when participants were faced with difficult arithmetic operations, as it was associated with significantly worse accuracy and slower response time than music or rain sound conditions.



A background sound composed of high tempo, unfamiliar classical music pieces as well as rain sounds (a storm with intense rain and occasional thunder), improved performance and quickened response times during difficult arithmetic calculations.

While the background auditory stimuli had no effect on the arithmetic ability of either group in the easy condition, it strongly affected extroverts in the difficult condition, with response

times being faster during agitating or joyful music as well as rain sounds, compared to the silent condition. The findings of this study also mentioned that, the benefit of background stimulation was not music-specific but possibly due to an enhanced cerebral alertness level induced by the auditory stimulation. So, the next time when it's raining, tune in and listen to those raindrops.

Condensed By Ms. Savya N.



WRITE YOUR STRESS AWAY



Researches' found expressive writing to effectively regulate emotions, buffer the effects of stress on eating pathology and to improve body image perceptions. Studies have found similar effects on health out comes, for both positive writing and trauma writing, however, the advantage of the former is a short-term increase

short-term increase in positive mood (as opposed to a short-term increase in negative mood with the latter).

Naturalistic stressors such as exams or long working hours have found to affect eating patterns. A study conducted by N.Kupeli, I.C. Campbell and few others, examined the



effect of writing about Intensely Positive Emotions (IPE) on disordered eating behaviour in a group of female students, undertaking exams and the underlying mechanisms affecting the changes, if any.

The results revealed that writing about IPEs, did lead to significant reduction in dietary restraint and promoted improvements in mood. However, it was unable to

prove that, these changes are due to the regulation of affect systems and therefore, further research is required to investigate the underlying mechanisms, by which such writing leads to improvements. The study, therefore, highlights the importance of emotionally expressive writing, as a potential, cost-effective and self-help technique, that can have various implications in other stress induced behaviours.

Condensed by Ms.Divya.C



ROAD TO THREAT OR TRUST



When we visit an unfamiliar place, it leaves an impression on us. It depends not only on the features of the place, but also on the mental make-up of the person. People tend to respond differently to urban neighbourhoods based on its level of urban deprivation. A research team from UK aimed at exploring, whether participants' mental health and well being, family SES and judgments of

resident wealth, predicted in-situ sense of threat and trust, by conducting a walking study. Total of 46 participants were divided into 3 groups and were guided to walk through two neighbourhoods, separated by a park, with one of them having more urban deprivation than the other



Both qualitative and quantitative data were collected through a method called experiential sampling where, systematic subjective reports of the threat or trust of the participants felt at 12 predetermined stops along the path was recorded. This data along with participant's psychological conditions of stress, depression, persecutory ideation and personal resilience were analyzed.

The findings revealed that, levels of persecutory ideas and their sense of residents' wealth, predicted their extent of trust in both the neighbourhoods. The level of personal resilience predicted the extent of threat felt in the more deprived neighbourhood. The research proves the urbanicity effect, according to which both common and severe mental health

conditions are more prevalent in inner cities of urban deprivation than elsewhere, highlighting the impact of the environment on the residents'/visitors' in inner cities of urban deprivation than elsewhere, highlighting the impact of the environment on the residents'/visitors' psychological conditions.

The ancient Indians, who understood this fact made use of an elaborate and highly scientific reasoning, underpinning their town planning called the vaastushastra. Their towns were planned and administered in such a way that ensured peace and harmony among residents; excavations of Indus Valley Civilization stand as a testimony to this fact.

Condensed By Ms. Guru Prapanna Sri A. S.



MATERNAL DEPRESSION

One of the first relationships that we have with the world is with our mother. A mother's response to her child will create a secure attachment or insecurity in the infant. Attachment refers to the emotional bond that forms between the caregiver and the infant, and a secure attachment to the mother is imperative for a child's overall development. The attachment relationship represents a unique aspect of the

the caregiver-child relationship, that goes beyond the infant's basic needs and the caregiver's ability to provide for those needs.

Maternal depression or postpartum depression impacts the bonding and attachment between the mother and the child that should naturally develop. Maternal mental health problems have been named as



a major public health challenge by the World Health Organization, owing to the high global prevalence of mental health challenges, among women during the pre- and post-natal periods. Maternal mental health challenges tend to affect mother-child attachment by undermining a mother's ability to engage in sensitive caregiving, a key predictor of early attachment behaviours (Wolff & IJzendoorn, 1997).

As a result, the caregiver will have difficulty in regulating negative emotions, which in turn affects tasks that are characteristics of sensitive caregiving. This may include attentional barriers which limit their ability to identify, process and respond appropriately, to the behaviours and emotions of their children. Research investigating the impact of depression on parenting has found, depressed mothers exhibiting more

negative, hostile, and disengaged affect and behaviours, and fewer positive behaviours during interactions with their children (interaction styles that are in direct opposition to sensitive caregiving).

In a research study by Badovinac and others, to systematically review and meta-analyze, concurrent and longitudinal associations between maternal depression symptoms and mother-child attachment during the preschool period, it was found out that maternal depressive symptoms may confer risk for disorganized/controlling attachment during the preschool period.

The study analyses the relationship between the attachment behaviour of the child during preschool age and the maternal depressive symptoms. Based on the previous researches in infants, they expected to identify significant associations between maternal depressive



symptoms and attachment outcomes, particularly, with regard to attachment-insecurity. Results suggested that maternal depression levels were generally higher among mothers of insecure children. It was also emphasized that maternal depression may also induce fear in the child, which may be due to insecure feeling.

The findings of the review, lend further support to the utility of maternal mental health screening during the early years, as a strategy for optimizing child developmental outcomes. With regard to clinical practice and future research, these findings have made a progress in

understanding the factors that influence attachment pattern of the child and helps understand how unfavourable psychological changes in mother/caregiver can lead to maladaptive developmental outcomes in the child. The study also helped in understanding the significance of the scrutiny of maternal psychological changes, so that the disorganized behaviour of the child can be identified and prevented.

Condensed By Ms. Bragathi A.



IS MY CHILD HEALTHY?



Parent's love is always pure and unconditional, and can be best seen in the extent they go to support their children. Be it a common cold or a fever, parents get concerned and affected about anything that happens to their child. Parent's assumption and/or belief that their child is vulnerable to very serious disease and illnesses, can have detrimental

effects on the parenting style and the child's development. In a study by Green & Solnit (1964), who denominated these parental beliefs "**Vulnerable Child Syndrome**", observed that, in families where children suffered serious illnesses and recovered, parents, mostly mothers, continued to



to be anxious about the health of their children, which aggravated the perception that their child(ren) are vulnerable.

Though, most premature infants do well, they are particularly at the risk of "vulnerable child syndrome". This is a child with an imagined or real illness early in life, resulting in the parents' feeling that their child will be susceptible to illness or injury and is likely to be seen as dependent on performing certain tasks. This leads to stressed, worsened parent-child interaction. This indirectly leads to an increase in difficulties in children, such as separation anxiety, hurdles in social competence and an increase in internalizing and externalizing problems.

Various studies seem to confirm that, perception of child vulnerability may be associated with postnatal depression and parental stress, and that these variables in turn affect parent-

child relationships. This prompted Leire Gordo et.al to explore more on this field and analyze the relationship between parental perception of child vulnerability (in infants), and the perception of parental competence, taking into account, the role that postnatal depression and parental stress exert in that relationship.

Perceived parental competence is defined as, "parents' beliefs or expectations regarding their ability to raise their children successfully, and have some control over their child's behaviour." This consists of two parts: parental satisfaction (emotional component - frustration, anxiety) and parental efficacy (sense of effectiveness in relation to parenting). The study hypothesized that, the greater the parental perception of the child's vulnerability, the greater the parental perception of the child's vulnerability, the greater parental depressive symptoms



will be, which will be associated with high levels of stress, which in turn be linked to negative perception of parental competence. Carried out on mothers and fathers of full-term infants (on an average, 240.13 days), who did not have any serious illnesses. Among the findings, based on gender differences, one was that, mothers who perceived themselves to be less competent at the parental level (less satisfaction and less self-efficacy) tend to perceive a greater vulnerability of their children to disease; this was not the case of the fathers.

The existence of depressive symptoms in parents was associated with greater stress in the exercise of their parenting. With

parental stress, affecting the child's physical and mental development, it also affects the perception that parents have of their ability to raise their children successfully and to be able to control the behaviour of their child.

Thus, it was noted that, postnatal depression and parental stress play an important part in understanding lower values of parental competence, with regard to parental perception of their child's vulnerability. Effective coping up with stress and symptoms of postnatal depression might improve their parental competence and a healthy way of bringing up their child.

Bob Keeshan's quote is apt in this context – **“No other person or an outside force has a greater influence on a child than the parent.”**

Condensed By Ms. Savya N.





FAILURES FOSTERS SOCIAL SUCCESS

One essential element in social life is choosing between living independent and interdependent. While individuals crave for personal autonomy, they also yearn for relatedness / belongingness that may constrain their freedom. A study by Orehek .E and Kruglanski. A.W. attempted to understand this

mysterious aspect of human nature by studying the causal link between sense of personal failure and interdependence. It investigated the possibility that, experiences of personal failure or success will cause a



shift in the prioritization of interdependence versus independence. In order to dive deep into this enquiry, four studies were conducted out of which, 2 were surveys and the rest were experiments.

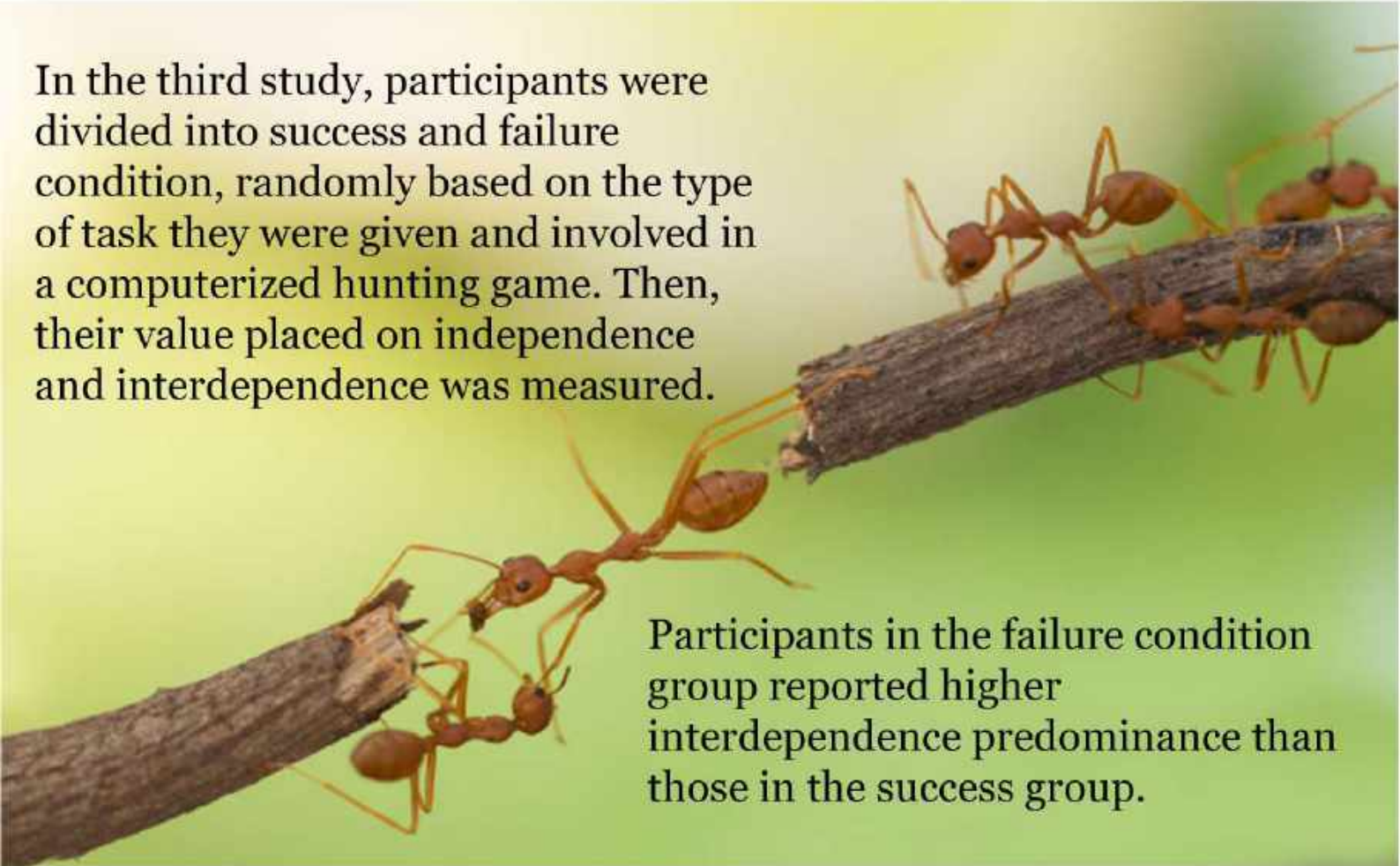
The relation between Interdependence and perception of personal success was examined in the first two studies. In these studies, personal success was measured by asking the subjects to rate their response for a single item, "I have been successful in achieving my personal and individual goals." Interdependence was measured by asking the subjects to choose one of the three displayed statements which



which they agreed the most. Personal Success, Nationality and Religion were the three aspects emphasized in these three statements. The second study was a direct replication of study 1 except that, its representative samples were chosen from three different countries like Egypt, Indonesia and

Pakistan. Results derived from both these studies comes in rescue of the hypothesis that less personal success leads to increased social interdependence. Moreover, results of the second study reveal the generalizability of this hypothesis to various populations.

In the third study, participants were divided into success and failure condition, randomly based on the type of task they were given and involved in a computerized hunting game. Then, their value placed on independence and interdependence was measured.



Participants in the failure condition group reported higher interdependence predominance than those in the success group.

In the fourth study, the participants were divided into negative feedback and positive feedback groups, randomly based on the feedback they received.

After completing some cognitive tasks, the participants were asked to complete an inventory measuring their value placed on independence and



interdependence and also some other aspects. Participants in the negative feedback group showed a trend towards interdependence comparatively.

It seems that when people face personal hardships, they may be more likely to turn towards their close ones, community, tribe, nation and religion to help them feel stronger and valuable. Social coordination through interdependence can have pro-or-anti social outcomes. An interdependent orientation fosters pro-social behaviour and

brings people together to rise to challenges like economic downturns, natural disasters, etc

Failures may thus augment interdependent bonds and ready them to embark on social action, whose specific impact can be driven for good or for evil. One appealing feature of these findings is that, it sparks the insight that failures are not only the stepping stone for personal success; but also for social success, if they are perceived appropriately.

Condensed By Ms. Shifana F.



ALTRUISM IN THIRSTY INDIVIDUALS



Does altruistic behaviour occur in extremely thirsty humans where they will share water which serves the primary biological needs? There has been several contradicting views regarding the sharing behaviour of individuals with regard to primary rewards (food and water) and secondary rewards (money). The German poet Bertolt Brecht once said, “A hungry man has no conscience”. On the other hand, Stories like

the ‘The Bounty Mutiny’ describe, how people share scarce resources like food and water to the point of near death.

Fascinatingly, a study conducted by Astrid Kause, Oliver Vitouch and Judith Gluck, aimed to investigate the hypothesis that thirsty individuals behave more fairly towards others, when sharing water compared to



money. Two experiments were conducted to analyze this hypothesis. 84 participants were recruited to be the subjects; subjects were first made thirsty, by riding on a stationary bicycle for 25 minutes, and subjective thirst was measured in participants.

The first experiment aimed at comparing the sharing behaviour in thirsty individuals, with regard to water and money. Initially, roles were randomly assigned as proposers and recipients, wherein, proposers were asked to share the money and water, they were given by the experimenter, to the recipient sitting in the next room. Shared quantity of water was hidden in a wooden box, and the recipients were asked to indicate how much money and water they expect from the proposers. Money sharing task was

performed via questionnaires, until then, they weren't allowed to drink water.

The second experiment aimed to compare the sharing behaviour with water and money in thirsty individuals, when it comes to sharing the rewards that are earned. 21 pairs participated in earned condition and 21 pairs participated in windfall condition, where participants in the earned condition were asked to share the water and money that was given on the basis of their physical exertion during the training sessions (earned money). Whereas, in the windfall condition, the participants were asked to share the money and water that was assigned to them randomly, and not based on anything.

Results indicated that, water was shared more generously than money, by the proposers to the recipients, even when they were thirsty in the first



experiment they were thirsty in the first experiment and in both the conditions of the second experiment. Also, the expectation was more for water than money by the recipients, in both the experiments. When they earned their stake, participants offered only less, with respect to money. Their willingness to share may be created by personal experiences of being in need. Such results

provide initial evidence that the concept of a self-interested homo economicus (characterization of man in some economic theories as a rational person, who pursues wealth for his self-interest), might not apply to everyday social interactions, involving rewards other than money.

...What we are doing is just a drop in the Ocean; but, the Ocean would be less because of that missing drop.

-Mother Teresa

Condensed By Ms. Shifana F.



INFANTS PREFER A TRUSTWORTHY PERSON

The perception of trustworthiness based on facial appearance emerges in early development with little social experience. First impressions based on facial appearance, unconsciously affect our choices or judgements in various social setting.

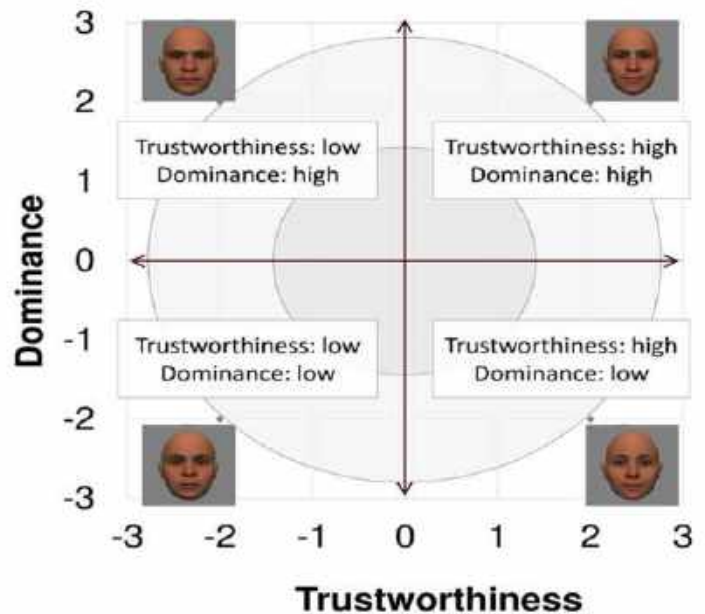
Twenty-two 6 to 8 months old infants prefer a trustworthy face in two experiments, using preferential looking method. The faces were presented upright in experiment 1 and upside-down in experiment 2. Limitations exist, because of the usage of computer generated male Caucasian faces in the study. Each infant's looking times were calculated.



In experiment 1, infants' preference for high trustworthiness was higher for the face pair with high dominance, because such person might be more likely to be a protector. No significant difference was found when both of them had low dominance. But, a high trustworthy face is preferred only when comparing faces with high dominance.



Dominance is important for adults who are trying to obtain social success, but trustworthiness would be more important than dominance for infants. The ability to rapidly detect a trustworthy person is important for forming good relationships within a social community.



Sakuta, Y., Kanazawa, S., & Yamaguchi, M., K. (2018)

“There are no seven wonders of the world, in the eyes of a child. There are seven million.”

-Walt Streightiff

Condensed By Ms. Abharna K. J. G.



SCHADENFREUDE-PLEASURE FROM OTHERS' PAIN

Schadenfreude is the phenomenon in which one derives pleasure from another's pain or misfortune. This concept has been widely studied to measure the level of schadenfreude present in people at times of hypothetical situations, and real life incidents considering pain and misfortune of another person.

Research on affective forecasting has shown that self-judgements of one's own emotions are inaccurate in hypothetical situations. Although previous studies have examined schadenfreude after real life event, no direct comparison exists to assess this phenomenon's difference in real life



situation and hypothetical situations. A study was undertaken by Maria Luz Gonzalez-Gadea, Agustin Ibanez and Mariano Sigman to bridge this gap by examining, whether the degree of in-group identification and the level of out-group dislike would be associated with schadenfreude by comparing



imaginary and real life situations using a football match scenario.

As an attempt to analyze this, the study conducted two surveys in which 3 groups of Argentinian participants (hypothetical match group, real match group who watched the game, real match group who didn't watch the game) took part. Initially, the hypothetical match group completed an online match survey including hypothetical game situation before the real game. The hypothetical match group responded to a hypothetical football match scenario between Brazil (Argentina's long term rival) and Peru, in which Brazil will make to the next round with a draw or win, and Peru will qualify only if they win. Surprisingly, it so happened that Peru won eliminating the Brazil due to an illicit goal conceded to Peru by the referee. The Direct Schadenfreude (DS), and Indirect Schadenfreude (IS)

was measured by asking the participants' liking / pleasure for Brazil's defeat (DS) and the liking / pleasure about Peru team's victory (IS).



Six months after the first survey exactly the same scenario happened in reality. Four days after the real match, a very similar survey was presented in a new population; furthermore participants were asked to indicate if they had 1) watched the game, 2) heard of it or watched the replay, or 3) not watched the game.



It was found that Schadenfreude measures were highly associated in all groups. Those who watched the match felt more schadenfreude than others. DS was more in those who watched the match. The degree of out-group dislike was correlated with schadenfreude in both hypothetical and real situations. Also, schadenfreude was highly associated with in-group identification in those that had experienced the real event.

From these findings it is understood that people's imagined emotional reactions differs with their actual feelings, and highlights the importance of assessing moral emotions in the heat of the moment.

Condensed By Ms. Shifana F.



TEACHERS' PAST INFLUENCE STUDENTS' PRESENT



An inclusive classroom is essential for children's manifold intellectual development. Creating an inclusive classroom is the responsibility of both teachers and students. However, the initiative must be taken by the teachers. Teacher's personal experiences of social inclusions and exclusions influences the maintenance of effective classroom environment.

In a study, which aimed at gathering information about teachers' personal life narratives or experiences of social inclusions

and exclusions, and their impact on their profession, a sample of 23 teachers (18 females and 5 males) with an average age of 25 years participated. The participants were subjected to structured open-ended interview. The feelings, thoughts and the causes for being inefficient in creating an inclusive classroom, of teachers, were analyzed.



The study revealed that, the reasons for such an inefficiency were the work pressure, and the social exclusions based on their identity, caste, etc. faced by them in their daily life. Few of the social exclusions include ostracism in families, subjugation of the females, feelings of vulnerability and helplessness. Despite being one such, the teachers were striving to bring changes in the society. They felt the need for self-reflection in classroom, in order to

break the vicious cycle of social exclusion. The change must be a personal transformation i.e. change in cognition, affect, and behaviour of the self. The inclusive approach should be adhered in teacher's lives, to ensure it in classrooms. However, this would involve battling with rigid belief systems and thought patterns.

**"Education is the most powerful
weapon, you can use to change the
world"**

-Nelson Mandela

Condensed By Ms. Sangavi Paramasivam



CANINE FRIENDSHIP



Dogs have always been man's best friends. However, giving away adopted pets to animal shelters is rising. Colleen Paige, the creator of the National Pet day on April 11, clarifies that this day was observed to "create public awareness about the plight of many different kinds of animals, awaiting a forever home in shelters." A major reason behind relinquishment / abandoning could be incongruity

between the expectations of people, towards having a pet and the experience of actually having one. To explore and better understand the issue, a research team from the University of Sydney conducted an anonymous online survey on Pet Rescue's website (www.petrescue.com.au), for those who clicked on 'search for a dog'.



The responses of 3,465 participants indicated that the sample expected an increase in walking (89%), happiness (89%) and companionship from the dog (61%) among benefits, and increased responsibility (64%) followed by dog training (61.8%) among challenges.

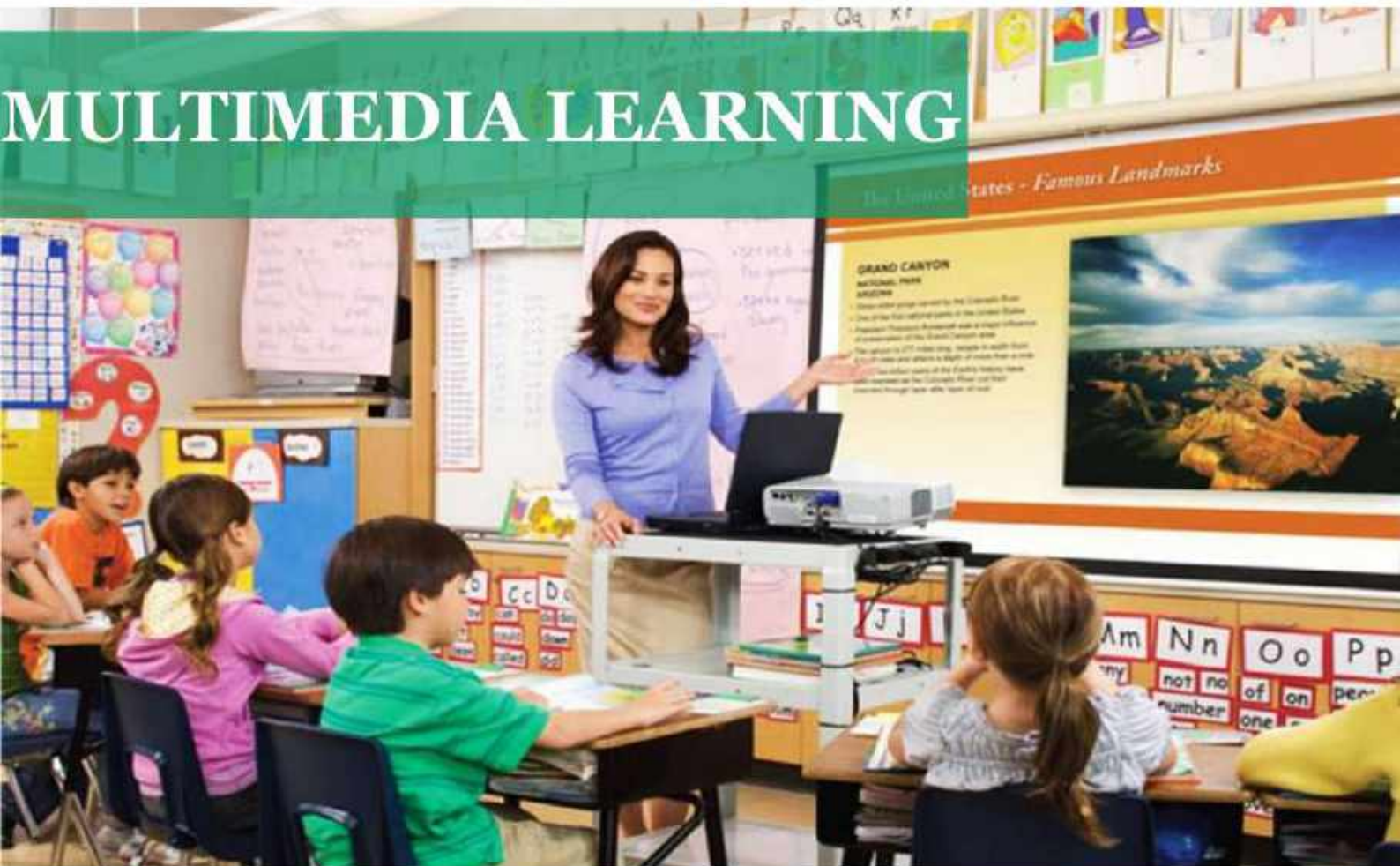
Ownership history was found to influence respondents' expectations. The study recommends pre-adoption counselling as a reality check, to the expectations of dog ownership, in

order to optimize human-dog bond. This would prevent surrendering of dogs to animal shelters, where their fate may not be so rosy, because they are constantly at risk of being euthanized. In this context, it is fitting to recollect Mahatma Gandhi's words- "The greatness of a nation can be judged by the way its animals are treated."

Condensed By Ms. Guru Prapanna Sri A. S.



MULTIMEDIA LEARNING



How can children with dyslexia learn better? Although, multimedia provides various opportunities that support learning, it can also hinder learning due to cognitive overload. Given the disparity between theory and a few contradictory studies, the optimal way of presenting information to dyslexic children is not clear, yet.

A study conducted by Knoop-van Campen CAN, E.Segers and L.Verhoeven, aimed at examining the effects of user-paced multimedia learning in children with dyslexia and their learning benefits from written and/or spoken text with pictures. It compared study time and knowledge gain between children with dyslexia and typically reading peers, in 3 multimedia lesson conditions: pictorial information presented with (a) written text (b) sound (c) combined text and audio



The study also examined, if the learning outcomes were related to their working memory.

It was found that dyslexic children spent more study time in the text condition than in the other two, while there were no differences in knowledge gain among all the three conditions. Also, working memory did not influence the effects of the mode of learning on the study time or knowledge gain. Therefore, the effects of multimedia learning are

less likely due to working memory overload and more likely dependent on a more efficient learning. The study provides scope for further research, investigating the role of working memory during learning, and whether the difference between children with and without dyslexia on multimedia learning are due to compensatory strategies developed by those with dyslexia to compensate for their reading difficulties.

Condensed By Ms. Divya C.



ANIMATED VEHICLES IN EMOTIONAL RECOGNITION



Throughout the course of life, several disorders have been well known from many years ago. One such disorder, that was diagnosed in early years, but, it wasn't until a few years ago, that it gained lots of attention, i.e., Autism spectrum disorder (ASD). ASD is a neurodevelopmental disorder that can affect verbal, nonverbal

communication, social interaction and a restricted repertoire of activity and interest.

Many researchers have found many ways to reduce ASD. Among them, Chinese researchers tried a technique, by considering previous researchers'



This suggestion and E-S theory was mixed, and animated vehicles with real emotional faces were created.

To check the idea whether it increases the emotion recognition in ASD children, an experiment was conducted, in which 21 children participated (all are Chinese). Among them, 14 children (2 girls) with a formal diagnosis of ASD and 7 were typically developing children. The participants' abilities on emotional vocabulary and situation-facial expression matching was measured, before the intervention.



For 6 weeks, the participants in the ASD intervention group were made to watch the animated vehicles with real emotional faces, for 40 minutes. This experiment wanted the participants to define 15 key emotional words (i.e. happy, sad, angry, afraid, etc.) except the word 'worried' and gave

examples of situations that evoke them. They received one point for every correct response. Then, they have to point out the correct facial expressions that describes the feeling of the scene, in the situation-facial expression matching task.



There are some limitations in the research: the intervention lasted for only 6 weeks, which is brief for measuring a change. A longer intervention can be used, to ensure, whether there are greater improvements over a longer period. In further research, more girls could be recruited to examine the gender difference,

and the effect of the intervention. Otherwise, these findings suggest that, this emotion recognition intervention, using the animated vehicles was found to be effective early intervention for Chinese children.

Condensed By Ms. Priyavarshini B.



WORLD OF VIRTUAL REALITY

Virtual reality generates experiences taking place in a simulated environment that is similar to real world; it can create a feel of us being in the particular environment. Moreover, can it produce even more effect in the person? Is it a complete experience? A study was conducted in 2018, to find answers to these questions about virtual reality, producing much more effect than what one can expect from it. The findings of this study indicates that virtual reality is more effective than what we can imagine.



The study was conducted on individuals who were in their early twenties and late teenage, and those having fear of heights (acrophobia) were excluded. Subjects were screened by experts of orthopedic, cardiac and neurology, and they were given VR headset (Oculus Rift DK2, oculus VR). The test was for fifteen minutes, and apparatuses to measure physiological activities was attached to the person. Subjects were asked to walk through a beam, initially, in normal condition (without VR headset).

The dimension of beam for the experiment was 3.8 x 2.5cm; when virtual reality was in high mode, they walked on their toes and hands crossed, to balance



them. They were made to do three sets of experiments of different height levels, each ranging from normal to very high. During high heights, increase in physiological stress was noticed. Furthermore, impairment in physical and cognitive performance, while balancing, was also noticed in such a VR environment.

Results were collected by survey method and to be more precise, information was collected about their experience by measuring their behavioural and physiological stress, using EEG and similar devices. Virtual reality is proved to produce physiological and psychological effects, similar to the reality. VR technology will continue to develop and many companies are working to produce VR headsets that will open door to a new dimension; VR can create a revolution in the technical world.

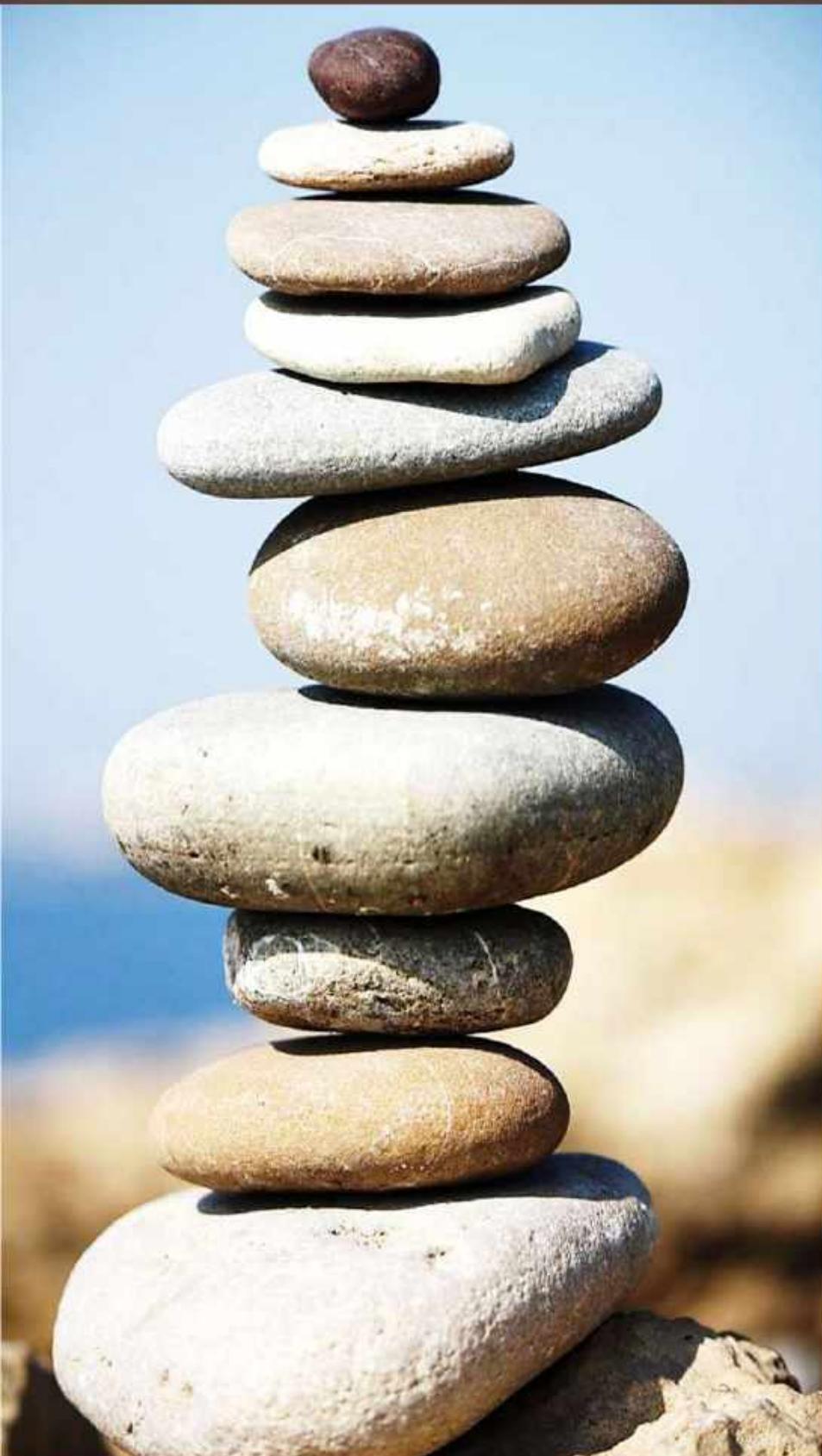


Now, many giants in software industry like Samsung, Google and many others are working more on VR, to give customers the next level of experience. Apart from providing complete experience, this can also help in sports training, medical purposes, exposure therapies, and to train defence forces in preparing themselves for an operation at a particular place without actually being there.

Condensed By Mr. Anand Mohan



VIPASSANA MEDITATION



Modern lifestyle, often is found to result in severe health problems. One such chronic and prevalent disease today, is cancer. As suggested by doctors, there are effective treatment options available for cancer, the severe side effects of cancer treatment can be seen in the form of psychological, and behavioural problems such as depression and anxiety among the survivors. A research study was conducted to prove that, there are alternative approaches to improve the lifestyle of cancer patients. One of the best method, which is highly appreciated, is Vipassana meditation.



Vipassana meditation is a very ancient meditation technique of India. Vipassana means 'insight'; it is to see things as they really are, in their perspective, in their true nature. Vipassana meditation starts by settling one's body and making oneself generous, and then moving one's awareness around the body, focusing gently on one object and then, continuing to observe, explore and at last, allow the meditation to flow its course.

A study was conducted on a total of 30 subjects, categorized into 2 groups (experimental and control group), who were cancer patients. The subjects of experimental group were selected from Vipassana centers and they were attending Vipassana meditation courses. The subjects of control group were undergoing only chemotherapy for cancer disease. Using the tool constructed by Das and Chaudhary (2010), the lifestyle of the patients in both the groups were measured.

The results showed a significant improvement in the lifestyle of the patients who are undergoing Vipassana meditation courses. So, this Vipassana meditation can be tapped further to help the cancer patients to cope up with the stressful situations, which they feel during chemotherapy.

Condensed By Ms. Ganga S.



BULLSHIT SENSITIVITY

We all have come across a situation where in, we heard a piece of advice or philosophy from someone that would have left us plain confused. And upon further reflection, we may have thought, it actually didn't even have any meaning at all (not to the one who said it, though). This ability to distinguish between pseudo-profound statements that don't have any unambiguous meaning (the hidden meaning transforms abstract beauty) and actually profound statements is known as Bullshit sensitivity.

It depends upon an individual's level of bullshit receptivity, i.e., finding pseudo-profound statements to be meaningful and profoundness receptivity i.e. finding actually profound statements to be meaningful. Studies have been done, correlating bullshit sensitivity to religiosity,



reflective thinking as such.

In a study to analyze, whether bullshit sensitivity can be correlated with pro-social behaviour, 1015 participants (mostly Swedish) were made to fill out an online survey. Their bullshit sensitivity was measured through their rating of 14 sentences on how meaningful they were (on a six point scale), out of which, 7 were pseudo-profound. Pro-social behaviour was measured in terms of:
Donation experience



(self-report of past year donations), and volunteering decision (seeing, if they were ready to answer extra survey questions for charity).
volunteering decision (seeing, if they were ready to answer extra survey questions for charity).

Their demographics, political siding and time spent on survey were also measured. Correlation and regression analysis proved their hypothesis, stating that higher bullshit sensitivity is related to high pro-social behaviour, and cognitive reflection has been correlated with pro-social behaviour and bullshit sensitivity. Still, the

study doesn't explain 'how' one affects the other. Further research must be done, to explore the mechanisms as well as address cultural differences among various populations.



Condensed By Mr. Manish Kaarthick Y.



CRISIS- CALL THE ASIAN AMERICANS



Indira Nooyi - Former PepsiCo CEO

Are Asian Americans preferred more to lead organizations during the time of crisis? A recent study indicates that, the self-sacrificing tendency and collectivistic approach, increases the possibilities of Asian Americans being chosen as leaders during the time of crisis or organizational decline; 4 sub-studies were specific to be noted. The first sub-study provides the major implications, while the remaining 3 are replications conducted for establishing internal and external validity.

The first study had a sample of 4,951 CEOs of North American companies, whose information was acquired through compustat and Execucomp databases. Hence, it is evident that the archival method of sampling was used in the study.

From 4,951 members of the sample, Asian Americans were identified using their surname and physical features that distinguish them from others. Organizational

decline was identified based on certain criterions like, whether a firm experienced a marked shift in trajectory from a period



of financial turmoil, and whether there are signs that the performance decline threatens the firm's survival. Here, it is also important to make it clear that chances of reverse causalities were controlled.

The method of analysis used in the study is binary logistic regression which is a type of regression analysis, used when the dependent variable(s) is/are categorical in nature. The results of this analysis suggests that, organizations were almost two-and-a-half times more likely to hire Asian American CEOs during periods of financial decline than during periods of non-decline, and firms in decline were not more likely to hire Whites.

Major implication of this study is that, appointment of Asian American leaders at times of crisis, creates unrealistically high expectations and when disappointed, might lead to a discriminatory evaluation of future Asian American candidates. These results encourages further research on the consequences that follow the appointment of Asian American leaders during and inclusion of different types of organizational declines.

Condensed By Ms. Pavithra M.



TRUMP'S TRIUMPH - A BLANK SCREEN APPROACH

What if psychoanalysts worked on Trump's leadership and on the inevitable impact that a politician like him leave on his group of followers? Here, let us take a look at the evidences and statements discussed by Altman, Sigmund Freud, Bohleber, Wilfred Bion, Turquet, Gay, Kenneth Eisold, Lakoff, Thomas, Thomsen, Thompson, Barry, Eligon, Weiner, Otto Kemberg, Rice, Shapiro, Twemlow, Rene Kaes, and VamikVolkan.

The leader, **Donald Trump** appears to be characterized as an extrovert with narcissism. Here, Narcissism is a double barrelled sword pointing the greatness of historians, and also, with the impeachment resolutions. A social actor who knows that he is been observed tactically and dramatically



overplays it. It's also observed that an aggressor tend to maintain the specific group's quality through stability regression, when in projecting outward the aggression of group members, for the functioning formation related with the dependency on its leader. The process



of chunking, to meet the complexity results in anxious, It would not be what it is, without his impact, despite several criticisms levelled against upon him. Through the “You’re fired” approach, the resident cultivates an identification both consciously and otherwise. More like a businessman, he plays the game on approaching the followers, directly and indirectly, which is dynamic in nature. The President cultivates the identification of power and the self, through the sadistic thoughts of sadism and anger, in-order to counteract on shame and impotence by mobilizing the extremes. Like Hitler, Trump’s leadership is

an excess of both paranoia and narcissism that does not serve constituents well, but then, a reflection of Americans’ political culture. These evidences of individualistic cultural perspective in mob-communication, shifts through authoritarian self-defence, humiliation, projection, denial, shame and regressive emotional responses. The structured and unstructured organization reflects from formal and informal social groups that impediments the democratic process.

Condensed By Ms. Harsha S.



INNOVATION - A PRODUCT OF EDUCATION



Education not only fosters the acquisition of skills and knowledge, but also sustains liberalization values in the form of autonomy and personal freedom. It increases human capital and in turn, innovation and economic growth.

Countries show very different levels of development; developed countries like Norway, Canada and Japan are with highest Human Development Index (HDI) whereas, developing countries like Niger and Sierre Leone



are with low HDI. It was noted that citizens of higher HDI societies typically endorse a more open minded, liberal worldview, emphasizing freedom, individualization and self-expression whereas, inhabitants of low HDI countries generally tend to endorse a more closed, conservative worldview with an emphasis on traditional values and economic and physical security, such mind sets clearly do not constitute a sound psychological basis for innovation to occur.

A study attempted to specifically test the following hypotheses: 1) the influence of education in enhancing liberalization values can amplify innovations greater in developed countries than in developing countries. 2) the interaction effect between education and development on innovation through liberalization.

The data of the study included 1, 39,991 participants from 96 countries of the world. Educational level and individualization values were measured at individual level. Two indicators were used to measure the educational level, and an aggregated scale was developed to measure the liberalization values. Two distinct components of liberalization namely, self-rational values and self-expressive values were also analyzed. Human Developmental Index and innovation were measured at country level; four well accepted indicators were used to measure a country's innovation level.

Results from these analyses are consistent to hypothesis 1, which indicates stronger relationship between education and liberalization in developed countries than in developing countries.



Consistent to hypothesis 2, it was found that, the education that fosters liberalization (which is particularly stronger in developed countries) further leads to higher country level innovation.

The significance of these findings, lies in the fact that it reveals the merits of education in enriching liberalization, which in turn plays a vital role in economic growth, resourceful

human capital, as well as strengthened public services in developed countries. It also emphasizes the need for educational policy reforms, especially in developing countries that can nurture liberalization values in the minds of people, and henceforth elevating innovations and economic growth.

Condensed By Ms. Shifana F.



ASMR: THAT STRANGE FEELING

When an anonymous 21 year old man under the username 'okaywhatever' posed a question on a Health website in late 2017, telling that he felt tingling sensations down his spine when during mundane tasks, he never expected tonnes of replies of people experiencing similar feelings. Thus, began the interesting research of this brand new concept called Autonomous Sensory Median Response (ASMR), which involves tingles in the body caused due to auditory and visual stimuli.

ASMR is experienced by people who are receptive to it (otherwise referred to as people with ASMR



brains). For people with ASMR brains, ASMR makes them feel relaxed or at ease. It reduced their heart rate and their breathing calmed down. A study by Lucy Jones in 2012 used fMRI scans to prove that ASMR triggered the same parts of the brain that get stimulated when one experiences frisson (a sudden shiver). So Giulia L. Poerio and her colleagues did two studies about how ASMR affects the ASMR and the non ASMR brains in terms of sensations and physiology.



In study one, subjects (1002 samples) were separated into ASMR and non ASMR participants. This test was advertised and conducted online. The subjects were made to listen and watch six- 3minute ASMR videos. After the videos, questions regarding how they felt and if they have experienced such things were asked. It was observed that ASMR was more profoundly experienced by people with ASMR brains than non-ASMR brains. Study 2 was conducted in a laboratory with 112 volunteers (56 who identified as ASMR participants and the other 56 were non-ASMR participants). This study followed a similar procedure to that of study 1, where the physiological responses (heart rate and skin conductance response) were recorded in a feedback system.

Results were found to be consistent with the first study and it said that the physiological and mental effects of ASMR was more

profound in ASMR brains. The concept of ASMR is still being discussed and a lot of research regarding, how it could be used therapeutically is in the dormant stage. But, the two studies above have given us access to the tip of the iceberg. It has mentioned about the ways in which, ASMR can be soothing for some people and can bring them to a state of calmness.

From an understanding / assumption that sounds elicit tingling sensations, it has now got a broader meaning. It has given a small link to the world of psychology and psychiatry, where this can be used for patients with anxiety, depression and everyday stress. As it is accessible and available to anyone with an internet connection, it can be used as a treatment provided free of cost to people. This way, ASMR research has opened the gates for more studies to be done in this line. And now one can say with confidence that ASMR is more than 'just a feeling'.



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