



Progressive Education Society's  
**Modern College of Arts, Science and Commerce**  
(Autonomous)  
Ganeshkhind, Pune-16  
NAAC grade A+

*Department of Psychology*

**KALEIDOSCOPE**

**VOLUME XVII**

**PSYCHOLOGY & TECHNOLOGY:  
FRIENDS OR FOES ?**

**2024-2025**

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Under PM Usha (RUSA)

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## **ACKNOWLEDGEMENTS**

We wish to thank **PROF. DR. GAJANAN EKBOTE, Hon Chairman, Business Council**, Progressive Education Society, Shivajinagar, Pune 5, sincerely, for all his guidance and support, Prof Shamkant Deshmukh, Secretary, Progressive Education Society, Shivajinagar, Pune 5, Prof Suresh Todkar, Joint Secretary, Progressive Education Society, Shivajinagar, Pune 5 and Chairman CDC and, Dr. Prakash Dixit, Deputy Secretary Progressive Education Society, Shivajinagar, Pune 5 and Visitor, and Dr. Mrs. Jyotsana Ekbote, Deputy Secretary, Progressive Education Society, Shivajinagar, Pune 5 as well as Dr Nivedita Ekbote Deputy Secretary Progressive Education Society, Shivajinagar, Pune 5, for their valuable support.

We are grateful to our proactive Principal, Dr. Sanjay Kharat, for his input and encouragement to the Disha team every year. He not only guides us in the process, but also wholeheartedly participates in making Kaleidoscope more evolved each year. We are thankful to Dr. Jyoti Gagangras (Vice Principal, Arts Faculty) and all the Staff members of Arts Faculty for their collegiality and continuous support.

I would like to thank my colleague Nashome Crasto for her active participation in all the tasks connected with Kaleidoscope Volume XVII from ideation to completion. Thanks to my alumna and colleague Manasi Deshpande for her help in alignment and basic proofreading. Neha Kolhatkar and Sanchita Suryawanshi have also helped, and I thank them.

I wish to congratulate all the students who have written for Volume XVII. Student members of Disha, who have written articles and thematic pieces, have contributed to making this issue of Kaleidoscope come alive. Devayani from TYBA has compiled the Cover and Back page suitable to the theme. Thanks are due to her.

What started as a modest effort to encourage thematic writing has endured and flourished for the last 17 years consistently! I am happy to place the **Seventeenth Volume of KALEIDOSCOPE** before all of you, our readers. I hope this e journal reaches out to all of you. Do Read it and send us your feedback and suggestions at [psydepmcgk@gmail.com](mailto:psydepmcgk@gmail.com)

Dr. Sadhana Natu

Head UG and PG

Department of Psychology.

P. E. Society's Modern College of Arts, Science and Commerce, Autonomous

Ganeshkhind, Pune 16

January 2025

## **From the Principal's Desk...**



I extend a warm welcome to all the readers and contributors of Kaleidoscope Volume XVII. Seventeen years and running! It is an achievement by itself that the Magazine has been successfully published since 2008.

This year, with the theme 'Psychology and Technology,' our student writers have explored the various interplays between the field of Psychology and Technology. The advantages and disadvantages of Technology have been presented for the reader to understand the complexity of the topic.

I have thoroughly enjoyed delving into the Magazine and I am sure, you will feel the same. I congratulate Dr Sadhana Natu, for yet again bringing out the best in the students and coming out with another successful publication. I also extend my congratulations to the staff members and students who have contributed to Kaleidoscope.

All my best regards to the Department of Psychology for their future endeavors!

Warm regards,

Dr.Sanjay Kharat,

Principal.

P. E. Society's Modern College of Arts, Science and Commerce,

Ganeshkhind, Pune 16.

## **Vice Principal Speaks...**



Greetings to all Members and Readers of the Magazine Kaleidoscope Volume XVII, produced by the Department of Psychology. As Vice Principal of the Arts Faculty, it gives me great pleasure to be a part of the celebration of Kaleidoscope.

The theme "Psychology and Technology" is especially relevant in today's time as we constantly find ourselves surrounded by all kinds of Technology. The adding of the perspective of Psychology has added more depth to the understanding of the impact of Technology in our lives.

I congratulate the exemplary work by the editorial team especially Dr. Sadhana Natu whose enthusiasm and passion for this magazine has been constant!

I am sure the readers of the magazine will be thrilled to experience this Volume of Kaleidoscope!

Dr. Jyoti Gagangras,  
Vice Principal, Arts

P. E. Society's Modern College of Arts, Science and Commerce, Ganeshkhind, Pune 16

## EDITORIAL



With humble beginnings as a modest effort to encourage thematic writing on psychological themes in English, Marathi, and Hindi too, Kaleidoscope our in-house magazine/journal has evolved and flourished in the last 17 years! Many students are first time writers, some are hesitant and very few have written since school. Motivating them to overcome their initial diffidence and go ahead and write has been a long journey. That has been the trajectory for the last 17 years, of **KALEIDOSCOPE** our thematic journal. Let me reiterate that the name of the journal refers to the ‘myriad **aspects of the human mind**’ which remains an ‘**enigma, unfathomed**’! Like a Kaleidoscope, **the human mind is multi-hued, as the direction changes, so does the perspective**’. We believe that it is a fitting title/name for a journal of Psychology: A kaleidoscope of the mind.

Over the years many forms of writing and expression have been explored: academic, thematic writing, artwork, poems, calligraphy, photography and more; all related to psychological themes. My colleagues and I are justifiably proud of both our ‘first time’ writers who are taking baby steps as well those who have now honed their skills and are getting better each year. Getting students to write, hand holding, so that they write well, is an uphill task that needs endurance, input and follow up!

This time too, the entire process started 3 months ago. After a lot of goading and coaxing, students have managed to pen their thoughts. Our small group of faculty members and I have worked tirelessly alongside students to accomplish this task. I am happy that we have sustained the momentum, without a break for seventeen years, with goals set higher each year, in terms of reaching perfection.

This year's theme, '**Psychology and Technology: Friends or Foes?**' is inspired by many things. First, the buzz around AI ML, AR, VR and Chat GPT and its connection with Cognitive psychology. Second, the deep connections between technology and gadgets and human beings as users. Third, the extent to which gadgets and technology are taking control of human lives. Hence it was imperative to take stock of the pluses and minuses of Psychology-Technology dynamics. Various sub themes around the theme evolved such as: AI ML in everyday life, robotic and technological psychology, social media addiction and more. In 2016 I was selected for the International Congress of Psychology held at Yokohama, Japan. It gave me an opportunity to listen to practitioners of Robotic and Technological Psychologists who were working on Humanoids! We saw a demo and interacted with the Humanoid too! It was a sign of times to come! Hence, I thought it was relevant and there was consensus amongst the students and faculty members about the topic. The sub themes and topics evolved from this understanding.

Students from FY, SY, TY, MA part 1 and 2 have written in English and Marathi. They span the age group 18-23 are from diverse backgrounds and how they look at Psychology and Technology is reflected in the writing. Our Annual Report will give the readers an idea about the vision behind our activities aimed at cognitive, affective, and behavioral progress of our students. Language, culture, and location bring the lived reality of our students from English and Marathi medium to the fore. Their articles and poems are a representation of their voice. I also want to thank our alumni for sending their good wishes and articles for the journal.

All our carefully curated co-curricular activities tie up with the 'catch them young' mantra. Students have not let me down in this endeavor. Our students and alumni from the last seventeen years who have contributed to Kaleidoscope, have enriched their CV through this writing and are admired when they move on to further education and later into work domains. In fact, thanks to students who moved elsewhere in the country or abroad for further studies, the journal has really gone places from various states in India to UK, USA, Mauritius, Canada and other countries in Europe too! In appreciation of this consistent and high-quality writing for the last sixteen years, our Hon. Principal has given the journal an ISBN since Volume X, and we are thankful to him.



Our Kaleidoscope mirrors the head, heart, and hands. The act of writing gives ‘Voice’ to unexpressed thoughts both Choate and inchoate. The Science of Psychology and its intricate relationship and with Technology as a friend and foe and sometimes more complex has been brought out through Seventeenth Volume of Kaleidoscope and we hope to share this epistemic understanding with our readers. As a psychologist, I continue to vouch for human intelligence over artificial intelligence, any day!

Dr. Sadhana Natu

Head UG and PG Department of Psychology

P. E. Society’s Modern College of Arts, Science and Commerce, Autonomous

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## **EMBRACING TECHNOLOGY: HOW IT TRANSFORMS OUR LIVES AND SHAPES OUR FUTURE**

**Hrushikesh Ghorpade**

**MSc. Computer Science (II)**

In the 21st century, technology is not merely a tool but an integral part of our daily existence. From smartphones to artificial intelligence, technology influences nearly every aspect of our lives. As we stand at the crossroads of rapid technological advancement, it is crucial to reflect on how technology shapes our world and impacts our personal and professional lives. This blog delves into the transformative power of technology, exploring its impact on communication, work, education, health, and society.

### **The Evolution of Communication**

Technology has revolutionized the way we communicate. In the past, communication was constrained by distance and time. Letters took days or even weeks to reach their destination, and phone calls were limited to landlines. Today, technology has obliterated these barriers.

#### **1. Instant Messaging and Social Media**

With the advent of instant messaging apps like WhatsApp, Telegram, and Facebook Messenger, we can now send and receive messages in real-time, regardless of location. Social media platforms such as Facebook, Twitter, and Instagram have further transformed communication by allowing us to share our lives, thoughts, and experiences with a global audience.

#### **2. Video Conferencing**

Video conferencing tools like Zoom, Microsoft Teams, and Google Meet have become essential for personal and professional interactions. They facilitate virtual meetings, family gatherings, and online classes, bridging the gap between physical distances.

#### **3. Impact on Relationships**

While technology enhances connectivity, it also introduces challenges. The constant barrage of notifications and the pressure to maintain an online persona can strain personal

relationships. The phenomenon of “phubbing” (snubbing someone in favor of your phone) exemplifies how technology can sometimes interfere with meaningful interactions.

### The Changing Landscape of Work

Technology is reshaping the workforce and the nature of work itself. Automation, artificial intelligence, and remote work are defining the future of employment.

#### 1. Remote Work and Flexibility

The COVID-19 pandemic accelerated the adoption of remote work. Tools like Slack, Trello, and Asana have made it easier to collaborate and manage projects from home. This shift has provided greater flexibility for employees and has led many organizations to reconsider traditional office setups.

#### 2. Automation and AI

Automation and AI are transforming industries by taking over repetitive tasks and analyzing vast amounts of data. From chatbots handling customer service inquiries to algorithms predicting market trends, AI is enhancing efficiency and decision-making. However, this also raises concerns about job displacement and the need for reskilling.

#### 3. The Gig Economy

Technology has also given rise to the gig economy, where individuals can work as freelancers or independent contractors through platforms like Uber, Upwork, and Fiverr. This model offers flexibility but also comes with challenges such as job security and lack of benefits.

### **Revolutionizing Education**

Technology has profoundly impacted education, making learning more accessible and personalized.

#### 1. Online Learning

The proliferation of online learning platforms like Coursera, Khan Academy, and edX has democratized education. Students from around the world can access high-quality courses and resources without the need to attend traditional institutions.

#### 2. Educational Tools and Apps

Technology-enhanced educational tools, such as interactive whiteboards, virtual reality (VR) simulations, and educational apps, provide immersive learning experiences. These tools cater to various learning styles and make complex subjects more engaging.

### 3. Challenges in Education

Despite its benefits, technology in education also presents challenges. The digital divide can exacerbate educational inequalities, with students from disadvantaged backgrounds lacking access to necessary devices and internet connectivity. Additionally, the overreliance on technology can sometimes undermine critical thinking and problem-solving skills.

### Transforming Healthcare

Technology is making significant strides in healthcare, improving diagnosis, treatment, and patient care.

#### 1. Telemedicine

Telemedicine has expanded access to healthcare by allowing patients to consult with doctors remotely. This is particularly beneficial for those in rural or underserved areas. Through video calls and online consultations, patients can receive medical advice and follow-up care without traveling long distances.

#### 2. Health Monitoring and Wearables

Wearable technology, such as fitness trackers and smartwatches, enables individuals to monitor their health metrics, including heart rate, sleep patterns, and physical activity. This data can help in managing chronic conditions and promoting overall wellness.

#### 3. AI and Diagnostics

AI and machine learning are enhancing diagnostic accuracy and treatment planning. Algorithms can analyze medical images, identify patterns, and provide insights that aid in early diagnosis and personalized treatment plans. However, ethical concerns and the need for human oversight remain crucial considerations.

### **The Societal Impact of Technology**

Technology's influence extends beyond individual experiences to affect society as a whole.

### 1. Social and Cultural Changes

Technology has facilitated the rise of digital communities and social movements. Platforms like Twitter and Instagram have become powerful tools for advocacy, raising awareness on issues such as climate change, social justice, and human rights. However, this connectivity can also lead to the spread of misinformation and polarization.

### 2. Privacy and Security

As technology advances, so do concerns about privacy and data security. The collection and use of personal data by tech companies raise questions about consent and control. Cybersecurity threats and data breaches are increasingly common, emphasizing the need for robust protection measures.

### 3. Environmental Impact

The production and disposal of electronic devices contribute to environmental challenges. E-waste, characterized by discarded electronics, poses risks to both human health and the environment. Sustainable practices and responsible consumption are essential to mitigate these effects.

## **The Future of Technology**

Looking ahead, technology will continue to evolve, presenting both opportunities and challenges.

### 1. Emerging Technologies

Advancements in fields such as quantum computing, biotechnology, and renewable energy hold the potential to revolutionize various sectors. Quantum computing promises unparalleled processing power, while biotechnology could lead to breakthroughs in personalized medicine and genetic engineering.

### 2. Ethical Considerations

As technology progresses, ethical considerations will play a critical role. Issues such as AI ethics, privacy, and the digital divide must be addressed to ensure that technological advancements benefit society as a whole.

### 3. Balancing Innovation and Well-being

Striking a balance between technological innovation and individual well-being will be crucial. Embracing technology's benefits while managing its challenges will require thoughtful policies, responsible practices, and a commitment to human-centered design.

### Conclusion

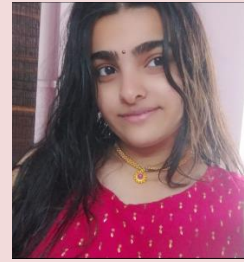
Technology is an ever-present force that shapes our lives in profound ways. Its impact on communication, work, education, healthcare, and society is transformative, offering opportunities for growth and improvement. However, it also presents challenges that need to be addressed through mindful practices and ethical considerations. As we navigate the digital age, it is essential to embrace technology with awareness and responsibility. By understanding its potential and limitations, we can harness its power to create a better future while ensuring that it enhances rather than diminishes our overall well-being. Technology, when used thoughtfully, has the potential to enrich our lives and pave the way for a more connected and informed world.

\*~\*~\*

**“Innovation distinguishes between a leader  
and a follower”  
- Steve Jobs**



## HOW ARE HUMAN RELATIONSHIPS AFFECTED BY SOCIAL MEDIA?



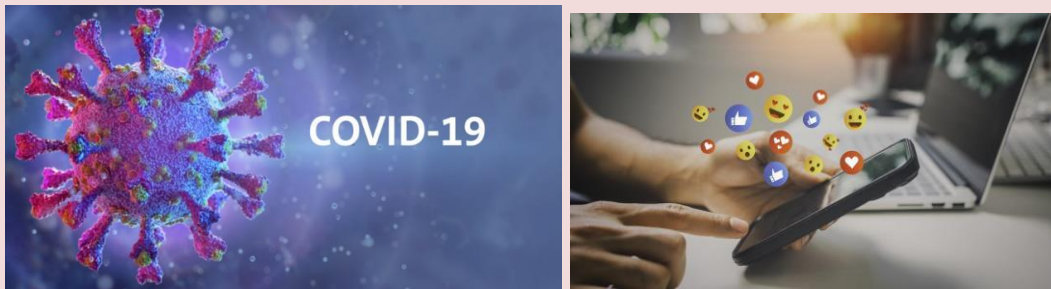
**Asavari Chaukar**

**SYBA**

### **Why did it happen?**

Since COVID-19 we all have normalized the overuse of technology in every way and most of it has affected people in a good way as well. But it also has increased depression, social anxiety and other such mental health issues in young adults and teenagers. 2020-2021 was an era of quarantine and everybody was extremely frustrated with what was being imposed upon them: wear masks, attend schools online, work from home, wear gloves etc. The only thing that wasn't stopped was the overuse of social media to connect with one another. It is obvious that humans need other humans in order to function socially and have good mental and physical health. Communication and spending time with one another is one of the key components in a person.

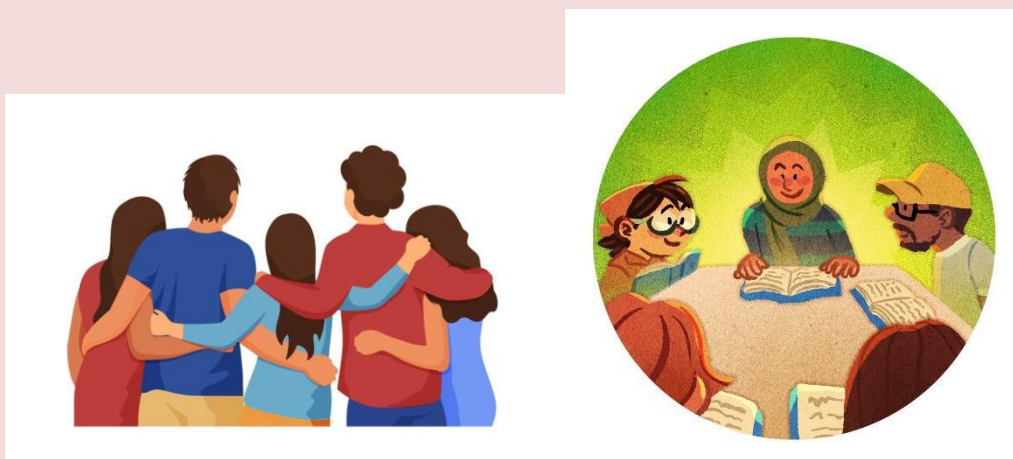
Young children during 2020-2021 were majorly affected and so were the teenagers. In your young years you tend to have a tendency to have multiple thoughts, mood swings, changes in behavior, hormonal changes and other such biological and psychological changes. The quarantine era made it abnormal for everyone, their social growth was stunted. This made people turn towards gaming and online sources to talk to other people (relatives, friends etc.). This in turn increased the cases of "social anxiety" cases in youngsters. Kids were scared to take initiatives, to talk to others, to participate in different school activities and did not connect much as they did before this state.



### How it happened and how is it still happening?

Now, the question arises how this affects overall human relationships? Social media is all about connecting with people all over the world. The purpose can be different for every individual. Let's take Instagram as an example. The use of Instagram increased post-COVID era. People craved connections and Instagram seemed like the most approachable option at that time. Reels, images, videos and posts from different influencers and famous celebrities were available in large amounts. This also encouraged viewers to be a content creator, but the dark reality was and is to this date that people lost the ability to connect with one another in real life. They started to feel more comfortable on text, video chatting and gaming. This led to people having social anxiety because they were no more used to natural connections in school, college or workplaces. They also started getting depression and other health issues due to the impractical or 'toxic' standards of the internet.

Connecting with people around them got weaker, they became more isolated and wanted solitude. Due to emoticons and emojis, people are unaware of how they express themselves in real lives. "Trust issues" are way more common now due to too much social media exposure and false information processing.



I personally have observed people getting nervous around one another to the point they even had small panic attacks while talking to people or even their relatives. Expressing, being social and communicating is socially embedded in our DNA as a human. Yes, there can be introverts and people who don't like to talk much and are all shy to express themselves but I'm highlighting how many children and young adults have started to become introverted due to social media influence and isolation.

### **What is the importance of maintaining relationships?**

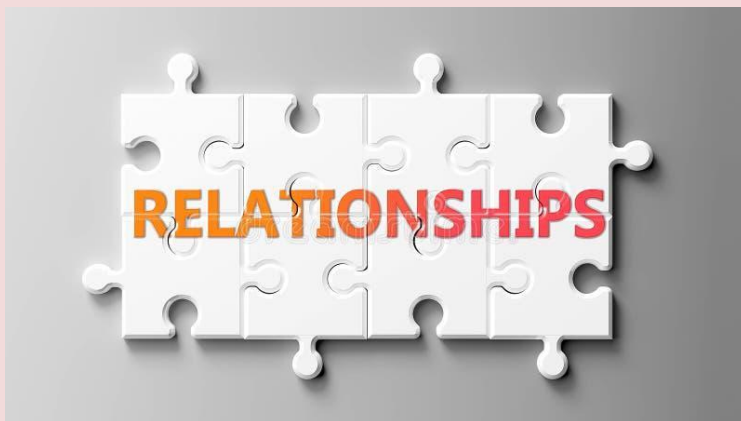
Why do we need friends, relatives, siblings, cousins etc.? The biggest question in a human being's life. They offer us support, provide us love, care, encouragement and also challenge our opinions, help us get a different perspective of a particular situation. When we talk to others, it maintains a positive environment and helps us sort our feelings out. In collectivistic cultures like Asia and Africa, people are not direct with their emotions so it takes a little effort to actually know what they're trying to convey while in individualistic cultures such as North America, Europe, Australia etc. people directly express themselves and hence why seem rude in the eyes of Asians/Africans. It is important that we know why we need relationships because it is a major part of our life.



### **How can we maintain connections in the era of social media?**

1. Plan meet-ups with your cousins/friends/relatives according to your schedule. Try to contact them and decide a day when you want to meet up. For example: for an occasion, celebration of birthdays etc.
2. Try to connect with them on social platforms so you are updated about one another. Stay in constant contact.
3. Try to minimize social media usage so you don't tend to divert from your real-life relations and goals.

4. Surprise them with small gifts or gift cards if possible, their happiness will also make you content.
5. Try to video/phone call them at least once in a week so you catch up with each other.
6. Attending gatherings, university programs, occasional programs, college functions etc. can help you bond with your peers in an efficient way and also provide a change in life.
7. Try studying/working in groups so you have a brief idea of different methods of completing a task.
8. Make an appropriate/rough routine for yourself and try following it for 21 days straight, it will make your life more organized and will show you time pockets for yourself and your peers.



Just a big tip, don't do something which is impractical for you and your people. Go with the flow and enjoy your life to its fullest while giving others happiness and content!! Have a great day.

\*~\*~\*

## PSYCHOLOGY AND TECHNOLOGY

**Rudra Ghule**

**SYBA**

The connection between psychology and technology is becoming more significant, reflecting how deeply technology affects our thoughts, behavior, and emotions. As technology advances and enhances, they shape the way we interact, process information, and perceive both ourselves and the world.

A critical aspect of this relationship lies in the design of user experiences. By leveraging insights from psychology, tech developers can create products that are not only functional but also engaging and easy to use. This collaboration is evident in various fields, including social media, gaming, and mobile apps, where understanding human behavior is key to designing successful platforms.

Furthermore, technology is transforming the field of psychology itself, particularly in research and therapy. Innovations like virtual reality (VR) are being used to treat conditions such as phobias and PTSD by providing controlled, immersive environments for exposure therapy. Additionally, the integration of artificial intelligence (AI) in mental health apps allows for personalized support, tailoring interventions to individual psychological needs.

However, this relationship also presents challenges. The widespread use of social media and digital communication has raised concerns about their potential impact on mental health, including issues like addiction, anxiety, and depression. The constant comparison to curated online content can lead to feelings of inadequacy and social isolation. Psychologists are increasingly focused on understanding these effects and developing strategies to counteract the negative influences of technology on mental well-being.

In summary, the interplay between psychology and technology is both complex and rapidly evolving. While technology offers promising tools for advancing psychological research and therapy, it also introduces new challenges that must be carefully navigated. As technology continues to advance, understanding its influence on human behavior and mental health will be crucial.

\*~\*~\*

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**“ The Advance of technology is based on  
making it fit in so that you don’t even really  
think about it”**

**– Bill Gates**

## HUMAN INTERACTIONS AND RELATIONSHIPS



**Ishani Banale**

**SYBA**



### A STEP TOWARDS REALIZATION

Nowadays, the way people interact with each other has changed because of technology. In today's digital era, technology has become inseparable from human lives. This has greatly impacted on human interactions and their relationships. On one hand, it is convenient and easy to reach people worldwide, access everything in one click, and connect more quickly. But what about our interpersonal connections? We have prioritized virtual interactions over in-person meetings.

It is very disheartening to see people sitting beside each other, but watching their screens. Behind the screens of smartphones and keyboards of computers, there are also more chances for deception particularly for vulnerable people. The world has become a prisoner of technology, leading us to loneliness and giving less attention to our loved ones.

Let's move ourselves towards spending less time on screens, rather meet friends in person and engage in real conversations

\*~\*~\*

**“It has become appallingly obvious that our technology has exceeded our Humanity”**

**Albert Einstein**



## PSYCHOLOGY IN TECHNOLOGY

**Sonal R. Kulkarni**

**Staff Member, Department of Computer Science**

Even if apparently Psychology and technology does not seem to have direct connection, it is there indeed. Why so? Because if we observe keenly, we are using so many “products” in the form of technology in our day to day life, like our OTT subscription, TV channel selection, a variety of apps in our smartphone, YouTube videos and yes the reels & short videos. Some may wonder why I am calling all of these a “Product”. But there is a strong reason. In the foreground of all of them, they look like a simple form of technology. But in the background, a deep thought of human Psychology is working.

Pricing and Monetization strategies are carefully designed considering human psychology for such a tech related product range. First episode of most of the web series is free of cost. Once we get curious about what will happen next in that web series, we need to pay. Even some web series have their seasons. Complete seasons 1, 2 may be free. But once a web series is famous & has captured a large audience, its sequel on the OTT platform may be no freer. Obviously the audience will hesitate first but then will subscribe to that OTT to watch the next season of that web series. Monthly, yearly subscription or Usage-Based Subscription is also made available considering these use cases. This is human psychology used for marketing software, OTT content as a product. OTT addiction is another aspect of human psychology showing the severe consequences of this.

“Psychological Pricing” for tech gadgets like e.g. Rs.99/- instead of Rs.100/- make the price appear lower. This is to make the customer think he is not spending much. Remember your phone recharge amounts in odd figures and odd number of validity time periods. Same human psychology works behind it. Common in software and digital services is the Freemium Model. It means, offer a basic version of the product for free and charge for advanced features or premium versions.

Consider a scenario, you are watching your video on YouTube and now the climax will begin. You are so excited about the climax and focus on the screen. But soon advertisements grab the screen & oh no! You have to wait. Quickly many of you might have uttered “No not now!” Human psychology is directly implemented to find an apt position to

place the advertisement. Without watching it you cannot go ahead with your video. Psychology thus is helping sellers to increase their customer base through mandatory ads watching through technology and if no advertisements have to be displayed, go for paying the premium rates to go ads free. In the later part other traits of special YouTube viewer's psychology is kept in mind and respective solutions are provided. The premium rate may offer many other features in addition to ads free. Either the seller giving advertisements on YouTube will be benefitted or YouTube in terms of their respective probable customers.

It is human Psychology to opt for ease and convenience. This is well applied while designing the technology related gadgets. So the more the gadget is user friendly the more costly it is. User friendly means less number of clicks needed, less efforts to choose from menus, giving shortcuts to reach a particular menu option, and whatnot. (Yes many of you might be thinking of the iPhone, and other related tech products like earbuds, etc.). Design of websites and apps is done in such a way that most obvious tasks and menus should be shown at a glance. The color scheme used has a thought of human psychology. The notification alert box has two buttons. First as "Allow" which is highlighted or has dark color shade whereas "Cancel" or "Never Allow" or "Do not allow" is in grey color. Expected option is designed in dark or shiny or eye-catching color shades and the options not supposed to click are colored in neutral color shades. Either it is a software, hardware psychology plays an important role in its marketing, launching, selling, maintaining etc.

After all, the end users of the technology are human beings. So human psychology walks hand in hand with Psychology.

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## **MIND MEETS MACHINE: NAVIGATING THE PSYCHOLOGICAL IMPACT OF ROBOTICS AND TECHNOLOGY**

**Aarya Kulkarni**

**TYBA**

The topic's significance lies in its potential to uncover the evolving relationship between humans and technology. By probing into the psychological impact of robotics and technology, we can better understand how these advancements affect our well-being, behavior, and overall mental health. This knowledge can help us navigate the ethical and practical implications of integrating technology into various aspects of our lives, ultimately shaping humanity's healthier and more balanced future.

**Robotic Psychology** studies human-robot interaction, focusing on the psychological and social aspects of designing, using, and interacting with robots. (Dr. Kerstine Dautenhahn “Robotics and Human-computer interaction” 2007)

**Technological Psychology** studies the psychological and social effects of technology on individuals and society, including the impact of technology on human behavior, cognition, and emotion. (Dr. Timothy B. Bently, “Technological psychology: A new paradigm for the psychological sciences” 2013)

The rapid advancement and the rapid growth of technology have transformed the fabric of modern life. From the moment we wake up to the moment we go to bed, we are surrounded by screens, devices, and digital tools that shape our experiences, interactions, and relationships. The average person checks their phone over 150 times daily, spends around 4-6 hours on social media, and relies on technology for everything from communication and navigation to entertainment and education. As technology becomes increasingly intertwined with our daily lives, it is essential to examine the psychological implications of this phenomenon.

How are our mental health, social skills, and emotional well-being affected by our constant connectedness? What are the benefits and drawbacks of this technology-driven world, and how can we harness its potential while mitigating its risks? This article will explore the psychological impact of technology on our daily lives, examining both the positive and negative effects.

*The positive influence:*

The fusion of robotics and technology can potentially enhance human capabilities in profound ways, transforming the way we live, work, and interact. By augmenting our physical and cognitive abilities, technology can amplify our productivity, creativity, and innovation. For instance, brain-computer interfaces can enable people with paralysis to communicate and interact with their environment in new ways. Similarly, wearable devices can enhance our physical abilities, such as strength and agility. However, as we navigate this intersection of man and machine, it's crucial to consider the psychological implications. How will our sense of identity and agency evolve as we rely more on technology? How can we design technologies that enhance human capabilities while preserving our emotional and social well-being? By exploring these questions, we can harness the potential of robotics and technology to elevate the human experience, fostering a future where humans and machines collaborate to achieve unprecedented heights.

Complementary tool, we can amplify the reach and impact of the emergence of new technologies has revolutionized the landscape of mental healthcare, offering unparalleled opportunities for accessibility, convenience, and personalization. Online therapy platforms and mental health apps have bridged the gap for individuals facing barriers to traditional treatment, while AI-powered chatbots and virtual reality therapy have introduced innovative modalities for crisis intervention and exposure therapy. Moreover, wearable devices and mobile sensors enable continuous monitoring of physiological and emotional responses, informing tailored interventions and self-care strategies. As technology continues to evolve, it is crucial to harness its potential to augment human connection, rather than replace it, and to address the digital divide and ethical concerns that accompany its integration. By embracing technology as a mental health support, fostering a future where individuals can thrive in a digital age."

*The negative influence:*

As we increasingly integrate technology into our lives, a darker side emerges. Addiction to technology is becoming a pervasive issue, with individuals sacrificing face-to-face interactions and deep thinking for the constant glow of screens. Moreover, the rapid advancements in robotics and artificial intelligence raise pressing ethical concerns, including the potential for bias, job displacement, and even existential risks. Furthermore, the over-reliance on technology is undermining our social skills and empathy, as we substitute digital

connections for authentic human relationships. As we navigate the psychological impact of robotics and technology, it's crucial to acknowledge these risks and consider the long-term consequences of our actions. Will our pursuit of innovation and efficiency come at the cost of our humanity?

*The Interplay between Psychology and Technology:*

Human-robot interaction (HRI) studies are transforming our understanding of human behavior, revealing intricate dynamics between people and machines. By examining how humans interact with robots, researchers can uncover novel insights into social cognition, emotional intelligence, and group dynamics. Moreover, technological advancements in AI, machine learning, and sensorimotor systems enable the collection of vast amounts of behavioral data, challenging traditional psychological practices and offering innovative methods for understanding human behavior. As robots become increasingly integrated into our daily lives, HRI research is poised to transform our understanding of human psychology, forcing a reevaluation of traditional theories and practices in light of new empirical evidence and technological capabilities.

*Potential Future Developments:*

In conclusion, the intersection of robotics and psychology is a rapidly evolving field, offering unprecedented opportunities for advancing our understanding of human behavior and improving mental health outcomes. Key takeaways from this exploration include:

- Robotics and technology are transforming psychological research, diagnosis, and treatment
- Human-robot interaction studies are revealing new insights into social cognition, emotional intelligence, and group dynamics
- Ethical considerations and regulatory frameworks are crucial for ensuring safe and effective implementation
- Future developments may include AI-powered diagnosis and treatment planning, robot-mediated social skills training, and virtual reality-based mental health support

Further research is urgently needed to fully realize the potential of robotics and technology in psychology. We must prioritize:

- Interdisciplinary collaboration between psychologists, engineers, and computer scientists

- Rigorous testing and validation of new technologies and treatments
- Development of inclusive, culturally sensitive, and accessible technologies

As we embark on this exciting journey, we must remain mindful of the potential risks and challenges. By working together, we can harness the power of robotics and technology to create a brighter, healthier future for all. The future of psychology is technological – and it's arriving faster than we think.

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## DISCONNECTED MINDS

### HOW SOCIAL MEDIA AFFECTS MEMORY AND ATTENTION SPAN

**Gargi Shastri**

**FYBA**

The formation of the internet has been one of the greatest inventions of mankind. Of this internet, “social media” has been a great part. Founded in the mid 1990’s, the early stages of “social media” consisted of platforms such as ‘Geo Cities’, ‘classmates.com’ and ‘SixDegrees.com’. In the 21st century, these platforms have been replaced by newer apps such Facebook, Instagram, Twitter, YouTube and many such platforms.

Although these apps serve the purpose of making communication and sharing of information simpler, they also leave behind a rather negative impact on its users. The most prominent effect is seen on an individual's attention span and memory.

In an article published by Psychologos about the effects of social media on an individual's attention span, it is stated that – we tend to open social media platforms to take a break from our everyday schedules and routines. But unknowingly this 10-minute break somehow turns into hours of mindless scrolling. But, when a person is asked to recall what all they have scrolled through for hours, they may fail to recall anything at all. This is the effect of overuse of social media on our attention spans. According to the American Psychological Association (APA), “the ability of an individual to focus on a particular stimulus for some time” is known as ‘attention span’. Due to the constant urge to be online at all times, it has become difficult to focus on tasks at hand. The reason that excessive use of social media affects our attention spans is because the constant stimulation received from the platforms, combined with the constant flow of information from our daily lives has made it difficult to maintain our attention over time.

Some tips to strengthen attention span after spending time on social media –

1. Setting boundaries - limiting the use of social media by setting timely reminders and not using any apps before or after the reminders.
2. Creating a routine - establishing a routine that includes periods of focused work, relaxation and social media usage.

3. Physical exercise – engaging in physical activity can help improve cognitive functioning and strengthen attention span.

Apart from this, an article published by Reputation Today highlights the negative impacts of social media on memory. Due to easy access to information online and devices with large storage capacities, many individuals tend to rely heavily on devices for storage and retrieval of any information. This results in the reduced need of the encoding and recall processes. The constant overflow of information through social media can also overload the working memory. A phenomenon related to the effect of social media on memory is known as ‘digital amnesia’ which is the tendency to forget information because we tend to be dependent on devices to store information and retrieve it. Another phenomenon known as ‘shallow processing’ which is the overload of content due to constant bombardment of information, making it difficult to deeply engage with the information, is also a result of overuse of technology and social media. Shallow processor leads to weaker memory retention when compared to deep processing.

Some tips to avoid shallow processing –

1. Setting time limits – allocating time to social media and engaging in activities that enhance memory and cognitive skills.
2. Practicing mindfulness – being fully present and aware of our surroundings when we use social media.
3. Sleep hygiene – establishing a consistent sleep routine and limiting exposure to screens before bedtime.

In conclusion, while we all praise the internet and the formation of social media, we must also take into consideration its negative impacts as well; to be able to understand its effects and prevent any harm that they may cause us.

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“Innovation distinguishes between a Leader  
and a Follower”

-Steve Jobs

## समझलिया है दिलने यु

Ketan Kaule

SYBA

अब खुदके दिलसे फासले कर चुके हम सालो पेहले,

अब बनते शायर जिनकेलिए वो भी साथ नहीं है,

अब उन अशकों का भी पता नहीं वो कहां छुपे है,

दफन भी करदो क्यू मनाना चाहते सोग हमारे?

मुकरगये वो मुहपे सुंने से एक बात हमारे,

दावा बने हम सबके बोतल खाली करके फेंके,

तूफान मन में, दिल में, बनता जाए हम किस्से बाटे?

कागज भी रो गये पर हम तो तन्हा क्यों रेहगये?

अब गुनगुनाते लब्ज हम ऐसे,

मत पूछो तन्हा क्यू हम बैठे,

सवाल कभी नहीं ये थम्ते,

तभी हम वापस छत पे बैठे,

छत पे बैठे...

बैठा हु वापिस छत पे क्यू?

समझलिया है दिलने यु!...

## देर कर देता हूँ

Ketan Kaule

SYBA

<p>देर करदेता हूँ उन्हें केहणे को,  होगया मैं खफा खुदसे छोड़ो वो बात रेहणे दो।  मैल बना फूलो के ऊपरका वो,  छिडको मुझपे पानी तो बेहजाता युहि वैसे तो।  देर करदेता हूँ उन्हें केहणे को,  होगया मैं खफा खुदसे छोड़ो वो बात रेहणे दो।  मैल बना फूलो के ऊपरका वो,  छिडको मुझपे पानी तो बेहजाता युहि वैसे तो।  दुर चल बसु मैं वैसे तो,  प्यार करना किस्से जिससे करती थोड़ा मुझे भी  करलेती तो?  होगया जुदा सबसे गलती मेरी केहती हो,  हाथ जोड़ माफ़ी नहीं तलाश खुदकी करने दो।  याद करता बैठु उन्ही दिनों को,  फेली दफा मिला तुमसे कैसे-कैसे ख्वाब तुम बूनाये हो?</p>	<p>दिल पे सर था सुकून से सुलायी वो,  नींद मेरी छीनली और खुद भी सो नही पति हो...  क्यू? करना बात थोड़ी मुझसे तू,  भोज बाट दिलका तेरा मैं उठा भी लू,  करु प्यार किसी और से ना चाहता हूँ,  देती नहीं ध्यान मुझपे तभी होता रेहता यू...  देर करदेता हूँ उन्हें केहणे को,  होगया मैं खफा खुदसे छोड़ो वो बात रेहणे दो।  मैल बना फूलो के ऊपरका वो,  छिडको मुझपे पानी तो बेहजाता युहि वैसे तो।  देर करदेता हूँ उन्हें केहणे को,  होगया मैं खफा खुदसे छोड़ो वो बात रेहणे दो।  मैल बना फूलो के ऊपरका वो,  छिडको मुझपे पानी तो बेहजाता युहि वैसे तो।  देर करदेता हूँ उन्हें केहणे को,  होगया मैं खफा खुदसे छोड़ो वो बात रेहणे दो।  मैल बना फूलो के ऊपरका वो,  छिडको मुझपे पानी तो बेहजाता युहि वैसे तो।</p>
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## HUMAN OVER MACHINE



**Kimaya Sameer Aslekar & Sakshi Udeg**

**MA-I (Psychology)**

“Success in creating AI would be the biggest event in human history. Unfortunately, it might also be the last, unless we learn how to avoid the risks.”

- Stephen Hawking

Learning is a vital component of life, essential at every stage as it fosters mental growth and enriches our spirit. New knowledge is gained through reading, observing, and comprehending various concepts and information. In today's world, artificial intelligence (AI) is becoming increasingly prevalent, integrated into our daily activities such as watching television, educational endeavours, and online searches. Many businesses and professionals are leveraging AI to achieve quicker, more efficient, and effective outcomes. AI has expanded into various sectors, often replacing specialists in areas like healthcare, finance, social media platforms, and search engines.

To grasp the concept of machine learning (ML), it's important to note that ML is a branch of AI that allows systems to learn and improve autonomously from experience rather than through direct programming. This capability is made possible due to the vast amounts of data now available, enabling machines to be trained rather than programmed. ML is regarded as a significant technological breakthrough, capable of processing large datasets. It is revolutionizing numerous fields, including healthcare, education, transportation, food, entertainment, and manufacturing.

Computers trained through ML analyze data inputs by applying lessons learned from past data. Using various methods, a machine's neural network retains the collected information and identifies patterns and connections, creating logical models. Once these models are

established, they can predict outcomes by assessing the underlying logic with the data. The volume of data plays a crucial role in the accuracy of predictions; more data usually leads to more precise models. The demand for ML technology is high because it reduces costs, mitigates risks, and enhances quality of life by suggesting relevant products and services. It helps companies understand customer behaviour and business operations comprehensively. Major companies like Facebook, Google, and Uber emphasize ML in their strategies.

Currently, ML is widely used because it accelerates task completion through automation, thereby minimizing human error. It operates independently without human input, and continuous advancements ensure ongoing improvements as new challenges arise, necessitating enhanced outcomes. ML is primarily employed for pattern evaluation and monitoring data flow. Its applications in healthcare are extensive, analyzing data to propose solutions and improving treatment methods through external data analysis. One of ML's key functions is in automation, allowing systems to perform repetitive tasks autonomously.

In banking and finance, ML is utilized for developing statistical models that make accurate predictions, aiding in fraud detection, portfolio and risk management, chatbots, document analysis, and credit scoring—all aimed at reducing errors swiftly. One of the greatest successes of ML is in product recommendation, significantly benefiting e-commerce and entertainment industries. Companies like Flipkart, Amazon, and Blink advertise items online, triggering targeted ads based on browsing behaviour, although this can lead to initial errors and privacy issues since data collection can occur without user consent.

Furthermore, the cost of implementing ML is high, limiting its accessibility mostly to large companies and government entities, which raises concerns about job displacement due to reduced human involvement. Misinterpretation of data can also lead to significant issues. In contrast, acquiring new knowledge and skills remains a fundamental pursuit for individuals.

Learning is a relatively permanent change in behaviour brought about by experiences and practices. Human learning is the process by which individuals acquire knowledge, skills, behaviours, or understanding through experiences, or observation. It involves cognitive functions like memory, attention, and reasoning, and can occur consciously or unconsciously. Humans can adapt to new environments and situations through learning which allows us to solve problems and develop new skills.

As humans can think creatively, they can develop innovative ideas for technology systems. Humans can foster cooperation, communication, cultural understanding and emotional

intelligence through learning which enhances their social interactions. Learning helps humans to develop their potential, by enhancing self-awareness, critical thinking, and decision-making abilities. Learning is crucial for survival, as humans learn from past experiences and avoid repeating mistakes.

As machine learning (ML) increasingly integrates into our daily routines, there's a growing concern about an over-dependence on technology, which may hinder critical thinking and problem-solving skills without digital support. The push towards automated learning carries the risk of diminishing the significance of human interaction and mentorship, vital for fostering social and emotional skills. Additionally, the extensive collection of personal data for ML models raises privacy issues concerning data management and usage. Enhanced task automation could also lead to reduced employment opportunities in certain sectors, particularly for administrative and repetitive roles.

Nowadays, the internet offers individuals the ability to access information instantly through smartphones and other smart devices. This digital transformation, often termed the fourth industrial revolution, has led to a surge of digital innovations across various sectors. With the rise of Artificial Intelligence (AI) and ML— fueled by the analysis of vast data sets—there is a notable effect on human behaviour and our communities. While there is a strong focus on training future engineers, it's important to recognize that not all technology enhances learning; excessive use of the wrong tools can hinder education rather than support it. Technology is essential for fields such as robotics and computer science, but effective teachers utilize it to complement traditional instruction, not to replace it. Experiences like virtual reality cannot substitute for hands-on science experiments, field trips that enrich history and nature, or classroom discussions that foster deeper understanding beyond simple Google answers.

Just as obesity has become a more significant concern than starvation in many areas, excessive screen time poses a greater issue than insufficient access, as smartphones and computers dominate entertainment options. Students are increasingly falling into addictive behaviours that distract from learning and negatively impact social cohesion and self-esteem. Research from the University of Texas indicates that adults struggle with work tasks when their phone is nearby, even on silent, highlighting how the mere presence of these dopamine-inducing devices distracts from focus. Furthermore, social media often amplifies young people's insecurities and may contribute to rising loneliness, anxiety, depression, and even

suicide. Recent years have demonstrated that social media can mislead both students and adults, promoting misinformation, tribalism, toxic rhetoric, and divisive content that undermine evidence-based learning and the shared understanding necessary for a functioning democracy.

In the debate of Human versus Machine, humans possess unique qualities such as creativity, emotional intelligence and ethical judgement that machines no matter how advanced, cannot fully replicate. While machines excel in speed, efficiency, and data processing, human intuition, adaptability and moral reasoning remains irreplaceable. The synergy of human strengths combined with machine capabilities offers the most effective and balanced approach for future progress.

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## **ARTIFICIAL INTELLIGENCE AND MACHINE LEARNING IN EVERYDAY LIFE: TRANSFORMING THE ORDINARY**

**Hrushikesh Ghorpade**

**MSc. Computer Science (II)**

Artificial Intelligence (AI) and Machine Learning (ML) have transitioned from the realm of science fiction to become integral components of our daily lives. From the algorithms that power our smartphones to the systems that enhance our shopping experiences, AI and ML are seamlessly woven into the fabric of modern living. This blog explores how these technologies are transforming everyday activities, their impact on various sectors, and the potential future developments that could further shape our world.

### **Understanding AI and ML**

Artificial Intelligence (AI) refers to the simulation of human intelligence in machines designed to perform tasks that typically require human intelligence. This includes activities such as reasoning, problem-solving, and learning.

Machine Learning (ML), a subset of AI, involves algorithms that enable machines to learn from data and improve their performance over time without being explicitly programmed.

#### **AI and ML in Daily Activities**

##### **1. Personal Assistants**

AI-powered personal assistants like Siri, Google Assistant, and Amazon's Alexa have become ubiquitous in many households. These virtual assistants use natural language processing (NLP) to understand and respond to voice commands, helping with tasks such as setting reminders, playing music, providing weather updates, and even controlling smart home devices.

Example: When you ask your smart speaker to play your favorite playlist, it uses AI to interpret your request and ML algorithms to recommend songs based on your listening history and preferences.

##### **2. Social Media**



Social media platforms utilize AI and ML to enhance user experiences and engagement. Algorithms analyze your interactions, likes, and shares to curate personalized content feeds and suggests friends or connections.

Example: Instagram's recommendation engine uses ML to analyze your photo likes and interactions to show you content that aligns with your interests, keeping you engaged with the platform.

### 3. Healthcare

AI and ML are making significant strides in healthcare by improving diagnostics, personalizing treatment, and managing patient care.

Example: AI-powered tools analyze medical images to assist radiologists in detecting conditions such as tumors or fractures with higher accuracy. ML algorithms also predict patient outcomes and recommend personalized treatment plans based on historical data.

### 4. Finance

In the financial sector, AI and ML are revolutionizing the way we manage and invest money. These technologies are used for fraud detection, risk assessment, and automated trading.

Example: Banks use AI algorithms to monitor transaction patterns and detect unusual activity that may indicate fraudulent behavior. ML models also help in personalizing financial advice and optimizing investment strategies based on market trends and individual preferences.

### 5. Retail and E-Commerce

AI and ML are enhancing the shopping experience both online and in physical stores.

Personalized recommendations, inventory management, and customer service are just a few areas where these technologies are applied.

Example: E-commerce platforms like Amazon use ML algorithms to analyze your browsing history and purchase behavior, providing personalized product recommendations that increases the likelihood of a purchase.

### 6. Transportation

AI and ML are transforming transportation through advancements in autonomous vehicles, route optimization, and traffic management.

Example: Ride-sharing services like Uber and Lyft use AI to match passengers with drivers and optimize routes based on real-time traffic data. Additionally, self-driving cars rely on AI to navigate, detect obstacles, and make driving decisions.

### 7. Smart Home Devices

Smart home technology, including thermostats, lighting, and security systems, leverages AI and ML to enhance convenience and energy efficiency.

Example: Smart thermostats like the Nest Learning Thermostat use ML algorithms to learn your temperature preferences and adjust settings automatically, optimizing energy usage and improving comfort.

## **The Impact of AI and ML on Society**

### 1. Improved Efficiency

AI and ML streamline processes and automate repetitive tasks, leading to increased efficiency in various sectors. This automation allows humans to focus on more complex and creative tasks.

Example: In customer service, AI chatbots handle routine inquiries, freeing up human agents to address more complex issues and provide faster responses to customers.

### 2. Enhanced Personalization

AI and ML enable highly personalized experiences by analyzing data and predicting user preferences. This personalization enhances satisfaction and engagement across different domains.

Example: Streaming services like Netflix use ML algorithms to recommend movies and TV shows based on your viewing history, creating a tailored entertainment experience.

### 3. Accessibility and Inclusion

AI-driven technologies improve accessibility for individuals with disabilities, making everyday tasks more manageable and inclusive.

Example: Speech-to-text applications and screen readers use AI to assist individuals with visual or auditory impairments, enabling them to interact with digital content more effectively.

#### 4. Data-Driven Decision Making

AI and ML provide valuable insights from vast amounts of data, enabling informed decision-making in various fields such as business, healthcare, and government.

Example: In healthcare, ML models analyze patient data to identify trends and predict disease outbreaks, helping public health officials make data-driven decisions for disease prevention and management.

### **Challenges and Considerations**

#### 1. Privacy and Security

The collection and analysis of personal data by AI systems raise concerns about privacy and data security. Ensuring that data is handled responsibly and securely is crucial to maintaining user trust.

Example: Data breaches involving personal information from social media platforms highlight the need for robust security measures and transparent data practices.

#### 2. Bias and Fairness

AI and ML systems can inadvertently perpetuate biases present in training data, leading to unfair or discriminatory outcomes.

Example: AI algorithms used in hiring processes may unintentionally favor certain demographics over others if the training data reflects historical biases.

#### 3. Job Displacement

While AI and ML create new opportunities, they also pose a risk of job displacement as automation replaces certain tasks and roles.

Example: The rise of autonomous vehicles may impact jobs in the transportation industry, necessitating reskilling and workforce adaptation.

### **The Future of AI and ML**

As AI and ML technologies continue to evolve, their applications and impacts will expand.

Key areas to watch include:

1. **Advanced AI and ML Models:** Future developments in AI and ML could lead to more sophisticated models capable of handling complex tasks and making nuanced decisions.
2. **Ethical AI:** There will be a growing focus on developing ethical guidelines and frameworks to ensure that AI technologies are used responsibly and fairly.
3. **Integration with Other Technologies:** AI and ML will increasingly integrate with emerging technologies such as quantum computing and biotechnology, leading to new innovations and applications.

### **Conclusion**

AI and ML are deeply embedded in our everyday lives, transforming how we communicate, work, shop, and manage our health. These technologies offer numerous benefits, including improved efficiency, personalization, and accessibility. However, they also present challenges that require careful consideration, such as privacy concerns, bias, and job displacement.

As we continue to integrate AI and ML into various aspects of life, it is essential to balance the advantages with ethical considerations and responsible practices. Embracing these technologies with awareness and mindfulness will ensure that they enhance our lives while addressing potential risks. The future of AI and ML holds immense promise, and by navigating its complexities thoughtfully, we can harness its full potential to create a more connected and innovative world.

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## **“DID YOU FORM THAT OPINION OR WAS IT INJECTED INTO YOU?”**

**Anmol Kamble**

**Alumnus**

The Internet is a black hole, once you enter into it there is no coming back; very few could make it out. There are several theories on black holes, like: The gravitational pull beyond the event horizon is so strong that it requires more energy to escape than is available, making it impossible to overcome. And that is social media. The laws of physics stop working when you enter a black hole just like the laws of “decision making” stop working once you sign up to social media. It’s not in your control anymore, you will have to surrender. Well there are theories about social media as well just like physics, but they’re mainly related to psychology and people find it difficult to believe if it’s not proven or there’s no diagram to it. Social media has to do everything with your brain; it plays with your brain, runs it, controls it, manipulates it, the list will go on and on. Social media’s a legal drug which is sold for free and we’re all drug addicts, snorting Instagram, twitter and other social media platforms. Not snorting them with a straw but our fingers which are advised by the brain to do so. The drug directly hits the brain and gives a powerful dopamine rush making you feel so good. But as with all drugs this drug too is damaging your brain. Social media makes your brain malfunction in a lot of ways, but in this article we’ll try to just touch on one sector which is “Did you form that opinion or was it injected to you?”

### **MAKING YOU THE CRIMINALS**

Confused? Yes, social media is turning you into a criminal and there’s a reason for me to write this. Remember the recent rape case? Courts takes the time, many arguments are presented, the legal procedure has to take place and when it is not going through the procedure it is people’s duty to raise a voice against it and protest. The protestors need to know what to ask for keeping their minds calm. As an Instagram user many of my friends especially who have pursued psychology in their graduation were seen posting on Instagram demanding to “Don’t just hang them but break the legs of the rapists, make them bleed and torture them to death” how did that sound? Horrifying right? What’s the difference between your and a criminal’s mind? There are laws in the IPC which are followed in such cases,

there are protocols, there is a procedure to follow, and demanding to take the correct decision makes more sense and makes you look a wise citizen. What's the use of all your education if you don't know what to demand and what is practical? Next time if any wrong person is accused of a crime and you with your donkey brain start making demands on the internet and if by any chance the wrong person who has not committed the crime gets hanged, then are you going to take the responsibility of his/her family? One after another was seen posting the wrong and brutal demands by looking at each other's posts without giving it a thought, and that's how social media works, it forces people to take decisions which might not be wise.

### **HATRED AGAINST OUR OWN PEOPLE**

Social media plays a crucial role in promoting hatred. The algorithm is the one who starts the game. People who belong or support a certain community will get posts on their feed which promotes hatred against the other community, and the more seconds they stay looking and reading the post the algorithm catches you there and feeds you similar posts in which there is hatred against the community you are hating, doubles the hate. And people rather than maintaining and bringing peace to earth form a bad opinion against certain communities or religions. Have you seen people from different communities coming together and trying to do something good for humanity? Rarely, right? But have you seen any post where people belonging to a particular religion beat up people from other religions? Just a minute before, right? That's how it works, social media plays a very big role in spreading hatred against our own people. And by own people I mean people with the same blood color, same number of bones, eyes, hands, legs...

### **PROMOTES SOFT PORN**

Everyone has a right to make their own decisions, what to watch whom to watch, how much to watch but it will be good for you if you stop watching soft porn on the Instagram, there are people making posts exposing their bodies on social media and making a lot of money from it and we are the ones responsible for their income. What good are they doing to society? Watching pornography leads to masturbation and there are proven theories that watching

porn frequently will numb your brain and makes you less productive. We need to stop watching those people who promote nudity because they are doing no good to you or the country rather making you feel more tired, lazy and waste more and more time. Social media is very much responsible for ruining the youth. People need to stop wasting time watching soft porn on social media apps because it is making them weak and numb, rather use that energy on working on yourself or for the country and give your contribution.

## CONCLUSION

In conclusion, social media has become a major part of our lives, but it comes with serious risks as well. It has the power to shape our opinions too without us realizing it, and can make people react impulsively or follow the trend without thinking if it is right or wrong. This can lead to harmful actions, like spreading hatred or demanding extreme punishments, as well as creating divisions between communities. Social media also feeds us content based on the posts which we spend most time looking at, sometimes encouraging negative behaviors, like watching inappropriate content or wasting time on things that don't benefit us.

It's important to recognize that social media plays with our emotions and can manipulate our brain. We need to be aware of how it's influencing us, question what we see, and avoid letting it take control of our decisions. Instead of blindly following trends or reacting emotionally, we should make thoughtful choices and focus on using social media in a way that benefits us and others. Ultimately, staying mindful and aware of these effects can help us use social media responsibly and not fall into the traps it sets.

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## ARTIFICIAL DESTRUCTION



**Sanika Deshpande**

**TYBA Psychology**

It may seem like artificial intelligence (AI) is a relatively new fad that has popped up all over the world in recent years. However, the first breakthroughs in AI happened as early as the 1950's with Alan Turing and his work "Computer Machinery and Intelligence". What has remained a fascinating aspect about these discoveries throughout the years, is the technology's ability to self-learn and replicate human intelligence and problem-solving abilities.

AI has certainly improved myriads of tasks in their speed and efficiency while making a lot of things easier and more accessible in the process. Everyone is familiar with using the ChatGPT algorithm to help them do their coursework but many do not know the cold, harsh truths about the cost of human lives in the process. From indirect perpetuation of stereotypes to the extremity of colonial slavery, AI is riddled with ethical and moral casualties. The ever-growing possibilities of AI use in the future covers everything from search engines to software to predictive policing and medicine. Thus, it becomes vital to implore tech giants to have moral standards and policies while developing their tools.

Machine learning, contrary to popular belief, does not happen on its own. The machines need to be fed with a myriad of existing data to process and thereby learn from it to improve in the future. However, the people deciding what data is to be fed come from a homogenous, almost predominantly male, and largely white group. This has led to several fallacies.



Timnit Gebru, an Eritrean computer scientist, who has been instrumental in advocating for ethical AI, wrote in a Facebook Post, “The people creating the technology are a big part of the system. If many are actively excluded from its creation, this technology will benefit a few while harming a great many.” In June 2015, Google’s then new Photos service, organized more than 80 images of Black people into a folder labelled “gorillas”. In another case, a Black researcher in Boston realized that an AI system was not able to identify her face unless she put on a white mask.

According to Ashwini K.P., a UN Special Rapporteur on contemporary forms of racism, racial discrimination, xenophobia, and related intolerance, there is a harmful notion that technology is neutral and objective. She said, “Generative artificial intelligence is changing the world and has the potential to drive increasingly seismic societal shifts in the future.” An example of this is predictive policing tools that assess who will commit crimes and where future crimes may occur. “When officers in over policed neighbourhoods record new offences, a feedback loop is created, whereby the algorithm generates increasingly biased predictions targeting these neighbourhoods. In short, **bias from the past leads to bias in the future.**” says Ashwini K.P. This can negatively affect communities along the racial and ethnic lines. These generative tools also pose a risk in race-based correction factors in creating health risk scores and by often scoring racial minorities as less likely to proceed academically and professionally.

One of the glaring issues related to artificial image generation is the prevalence of deep fake technology. This tool enables users to make fake images and videos that are entirely convincing. It does this by using the images that are supplied by the user and those from the internet. Many people make use of this technology by feeding it images of people who have not consented to the use of their photos in such a manner. A study conducted in 2019, found that over 96% of deep fake videos were pornographic and 99% of those mapped faces from female celebrities onto porn actors. South Korea is recently going through the crisis of deep fake pornography targeting young and at times underage women. Following the path of the country's dark history of digital sex crimes, South Korean students from universities and schools have used the messaging application, Telegram, to create groups with over 2000 members each that share and create deep fake porn of thousands of women and children. This is a horror being committed at a large scale that magnifies the effects of patriarchy and misogyny, the brunt of which falls disproportionately on women and children.

Artists and digital creators have been up in arms over AI image generation in recent months. AI tools such as Midjourney and Dall-E that generate art gather their data from images of other art pieces. This violates the original art's creator's consent and is an infringement of copyright. This issue also bleeds over to other art forms like music. It also begs the question of whether Artificial Intelligence should take over creating art which is such an integral part of human existence and culture.

Artificial intelligence's role in the ongoing Palestinian genocide cannot be overlooked when considering AI's ethical concerns. Referring to an Al Jazeera article, the Israeli-Palestinian publication, '+972 Magazine' and Hebrew-language media outlet, 'Local Call' reported recently that the Israeli army was isolating and identifying thousands of Palestinians as potential bombing targets using an AI-assisted targeting system called Lavender. This database can be held responsible for amassing as many as 37,000 targets in kill lists. Using such systems, the Israeli military has been bombing and air-striking Palestinians. Humans operating this system often scrutinize the targets in the kill list for not even 20 seconds before giving the go ahead for an airstrike. There were "five to 10 acceptable civilian deaths" for every intended target suggested by the AI system. The media sources also said the If the targets suggested were senior Hamas officials, "the (Israeli) army on several occasions authorized the killing of more than 100 civilians in the assassination of a single commander".

While writing this article, Israel has killed over 41,000 Palestinians since 7 October. There is no way of knowing how many of these deaths were the direct result of AI targeting. It is an extremely disturbing thought that machines are taking decisions on human lives and there is no telling how quickly this technique could be employed by other global powers.

The most glaring issue in the development and use of AI is the cost of 'modern day slavery' to fuel this endeavour. AI data centres require huge amounts of energy to power them. They can consume up to 508 terawatt hours of electricity per year if they were running constantly. They also require immense amounts of copper to produce its various parts. The physical resources required for such uses come from mines like those in the Democratic Republic of Congo. There are thousands of people working in these mines including hundreds of children who work under horrible conditions with no safety and often resort to mining by hand.

There are innumerable psychological issues emerging from these violations of morality and ethics. Racism, war trauma, sexual abuse, death, child labour, destruction, loss of livelihood,

and more mentioned above leads to anxiety, depression, post-traumatic stress disorders, antisocial behaviour, and generational trauma to name a few.

It is high time to come together as people of one global world and take action to reduce and curb the suffering of our fellow brethren who are no different than us. We need to be conscious of the costs of our actions and our use of technology. The widespread apathy and the individualistic outlook in life rampant among the masses needs to be challenged. We bear the responsibility of creating a kinder world for us to live in. I hope you take away something from this article and become just a little more mindful while navigating the ever evolving world of AI and technology.

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## **ACADEMIC PURSUITS FOLLOWING MARRIAGE IN INDIAN TRADITION**

**Anita Thapa**

**TYBA**

Pursuing an academic after marriage is a completely new, challenging although rewarding opportunity, as it allows one to achieve personal fulfillment, happiness, and include various benefits. However, it can also be a challenging endeavor for both partners, as they must navigate societal pressures and balance academic responsibilities with personal life. Academically, it can be particularly difficult to regain focus, especially after a long gap in studies.

An example from my own experience highlights this challenge. During my first year, I had a test where I only managed to write one answer out of three questions in the span of an hour. My hands were shaking, and I felt nervous due to my slow writing and the significant gap in my academic journey. This illustrates how hard it can be to return to student life after a gap, and this is just one example among many others.

While studying after marriage is a personal choice, many individuals pursue further education to achieve their career aspirations or personal goals. Conversely, some delay their education due to various responsibilities, such as supporting their families. However, some realize the importance of education in the competitive job market and seek additional qualifications to stay relevant. Studying after marriage enables individuals to remain up-to-date in their respective fields and maintain a competitive edge in their careers.

### **CHALLENGES**

Emotional and psychological stress can be a significant factor when balancing marital responsibilities, as the pressure to succeed academically may lead to anxiety and tension.

Financial concerns are another common issue, as the decision to invest in education often requires personal and financial sacrifices.

Time management becomes an essential skill, as individuals must juggle household responsibilities alongside their academic commitments. Emotional support from a partner and

family plays a crucial role in ensuring success. Therefore, open communication and mutual understanding between partners are necessary to maintain support for each other's goals.

### **BENEFITS**

In Indian joint family culture, studying after marriage presents unique opportunities for career growth and personal fulfillment. With education being highly valued, individuals can enhance their qualifications to secure better job prospects and contribute to the family's financial stability. This is especially important as dual-income households become more common in modern India. Further education also allows individuals to remain competitive in evolving industries like IT, healthcare, and business.

Additionally, studying after marriage empowers individuals to pursue personal aspirations while fulfilling family responsibilities. It fosters a balance between tradition and ambition, encouraging lifelong learning and self-improvement. This can positively influence family dynamics, setting an example for future generations on the importance of education.

### **CONCLUSION**

In Indian culture, studying after marriage offers valuable opportunities for career advancement, personal growth, and financial stability, while allowing individuals to balance family and educational goals. However, challenges like societal pressure, time management, and financial strain may arise. With support from family and effective communication, these obstacles can be overcome, enabling individuals to achieve both academic success and personal fulfillment within the framework of traditional Indian values.

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## **PSYCHOLOGY, TECHNOLOGY. AND I: NAVIGATING THE DIGITAL SPACE**

**Neelanjan Padiyar**

**SYBA**

In the digital age, technology has woven itself into every aspect of our lives, altering how we connect with others, how we work, and how we perceive ourselves. The influence of technology on individual psychology is profound and multifaceted, raising important questions about the impact on our mental health and well-being. This article explores how technology affects our psychological state, examining both its advantages and potential pitfalls.

### **The Positive Impact of Technology on Psychology**

One of the most significant benefits of technology is its ability to enhance social connectivity. Social media platforms, such as Facebook, Twitter, and Instagram, as well as communication tools like WhatsApp and video conferencing apps, enable people to stay in touch with friends and family regardless of geographical barriers. This connectivity is particularly valuable for individuals who may be physically isolated or have limited social interactions in their immediate environment. For many, these digital tools provide a sense of belonging and support that might otherwise be difficult to achieve (Vasalou et al., 2008).

Additionally, technology has revolutionized access to mental health resources. The rise of online therapy and counseling services means that individuals can seek professional help from the comfort of their homes, overcoming barriers such as distance, mobility issues, or stigma associated with in-person therapy. Mental health apps that offer guided meditations, mood tracking, and stress management techniques are becoming increasingly popular, providing users with practical tools to manage their emotional and psychological well-being. These digital resources can serve as supplementary support for individuals seeking to improve their mental health or manage stress and anxiety (Hidalgo et al., 2020).

Educational technology also contributes to psychological growth. Online learning platforms and educational apps offer opportunities for self-directed learning and personal development. Engaging with new skills and knowledge can enhance self-esteem and cognitive flexibility,

as individuals are empowered to pursue interests and goals at their own pace. This type of digital engagement can be particularly fulfilling and motivational, leading to increased satisfaction and confidence (Eynon & Malmgren, 2017).

### **The Negative Impact of Technology on Psychology**

While technology offers numerous benefits, it also presents significant challenges to psychological health. One prominent issue is digital addiction. The ubiquitous presence of smartphones and social media platforms can lead to excessive screen time, which has been linked to various psychological issues, including anxiety, depression, and disrupted sleep patterns. The compulsive nature of checking notifications and engaging with online content can interfere with real-life relationships and responsibilities, contributing to a diminished sense of well-being (Twenge et al., 2017).

Another concern is the impact of social media on self-esteem and body image. Platforms such as Instagram and Snapchat often feature highly curated and idealized representations of life, leading users to compare themselves unfavorably against these portrayals. This comparison can exacerbate feelings of inadequacy and dissatisfaction, particularly among young people who are still developing their self-concept. The pressure to present a perfect image online can also lead to increased anxiety and stress (Perloff, 2014).

Moreover, the constant bombardment of information and the need to stay updated with the latest trends and news can lead to information overload. This can create a sense of cognitive fatigue and reduce the ability to focus and concentrate on important tasks. The rapid pace of digital communication can also contribute to a lack of depth in interpersonal interactions, as the quality of conversations may be sacrificed for quantity, leading to superficial connections and reduced emotional satisfaction (Rosen et al., 2013).

### **Striking a Balance: Managing Technology Use**

To harness the positive aspects of technology while mitigating its negative effects, it is crucial to adopt strategies for balanced usage. One effective approach is to set clear boundaries for screen time and engage in regular digital detoxes. Designating specific times for checking emails or social media, and allocating time for offline activities, can help reduce

the risk of digital addiction. Engaging in hobbies, physical exercise, and face-to-face interactions can provide a healthy counterbalance to digital engagement (Kross et al., 2013).

Mindfulness practices can also play a significant role in managing technology use. Being aware of how technology affects our mood and behavior can help individuals make more conscious decisions about their digital habits. For example, reflecting on the impact of social media on self-esteem can prompt users to limit their exposure to potentially harmful content and focus on more positive and enriching online experiences (Rosen et al., 2013).

Additionally, educating oneself about the psychological impacts of technology and seeking support when needed can further enhance well-being. For individuals experiencing negative effects, such as anxiety or depression related to technology use, consulting with mental health professionals and exploring digital wellness resources can provide valuable assistance.

## **Conclusion**

The interplay between technology and individual psychology is complex, encompassing both beneficial and detrimental effects. While technology offers unprecedented opportunities for connection, learning, and support, it also poses challenges that can impact mental health. By adopting mindful practices and setting boundaries, individuals can navigate the digital landscape in a way that enhances their well-being. Understanding and managing this relationship is key to maintaining a healthy balance in our increasingly connected world.

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## PSYCHOLOGY & TECHNOLOGY: FRIENDS OR FOES?

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Picture this: It's late, and I'm lying in bed with my phone resting on my chest, its glow faintly lighting up the room. The endless scrolling through Instagram, Snapchat, and messages is something I've become so used to. But as I scroll, a nagging thought pops into my head—"Is this really helping me, or is it hurting me?"

At 21, I've grown up with technology constantly surrounding me. It's part of my life, as natural as breathing, really. But sometimes, I wonder—is it my friend, or is it secretly working against me? When we think about technology and psychology together, there's no simple answer. It's not black or white; it's more like a blend of both. A love-hate relationship, if you will.

So, let's dive into the gray areas because, honestly, it's more complicated than we'd like to admit.

### **The Friendly Side: The Lifeline in Our Hands**

First, let's look at the good stuff. Think back to those pandemic lockdown days—imagine surviving that without technology. It's a terrifying thought, right? During that time, tech was our lifeline. Video calls kept us connected to loved ones, online classes kept us learning, and apps like YouTube taught us all those weird hobbies we picked up (hello, Dalgona coffee obsession).

In the mental health space, technology has been a bit of a hero. Take apps like Calm or Headspace. They offer guided meditation and mindfulness exercises that genuinely help people deal with anxiety, stress, and sleep problems. Therapy has also moved online, which has been a game-changer for people who may not have sought help otherwise. There's something comforting about chatting with a therapist through a screen in your own space.

Then there's the online mental health movement. People are sharing their struggles on social media, normalizing conversations about anxiety, depression, and the like. It's way more common now to see influencers or regular people being open about their mental health, which makes it easier for others to feel seen and not so alone.

### The Darker Side: When Tech Becomes the Villain

But then, there's the downside. Have you ever felt that weird empty feeling after hours of scrolling through social media? Like you've spent the whole time looking at other people's perfect lives, and now you're left feeling inadequate? That's when technology starts to shift into "foe" territory.

Social media, while connecting us, can also leave us feeling lonelier than ever. It's easy to get caught up in comparing your life to someone else's highlight reel. Sure, you *know* it's curated, but that doesn't stop you from feeling like you're not measuring up. Research even suggests that too much time on social media can increase feelings of anxiety and depression, especially for younger people.

Then there's the dependency issue. We've all been there—feeling uneasy when our phone's out of reach or constantly checking for notifications, even if there's nothing important, waiting. It's like our brains are getting rewired to crave that next dopamine hit, and it's not great for our ability to focus. Technology, in this sense, can become more of a distraction than a tool, making it hard to be present in the moment.

### The Grey Zone: A Little of Both

So, what's the deal? Is tech a friend or a foe? Honestly, it's a mix of both, and that's where the gray area comes in. Technology isn't inherently good or bad—it's all about how we use it and how aware we are of its effects on our minds.

Take social media. It's great for staying connected with long-distance friends or finding communities where you feel understood. But if you're mindlessly scrolling for hours, it can leave you feeling worse than when you started. The key is figuring out the balance. Easier said than done, though, right?

It's all about awareness. If you notice tech is helping you connect in positive ways, great. If it's making you feel anxious or draining your energy, it's time to step back. There's no one-

size-fits-all answer here—everyone’s relationship with technology is different, and we have to be mindful of how it affects our mental health.

### **So, Friend or Foe?**

At the end of the day, I don’t think technology falls squarely into either category. It’s more like a complicated friend who sometimes makes your day and other times leaves you feeling off. It all depends on how you interact with it, how aware you are of its impact, and how you set boundaries to protect your mental well-being.

Maybe it’s not about choosing between “friend” and “foe,” but learning to navigate this relationship with technology in a way that supports your mental health. It’s not perfect, but it’s something we’re all trying to figure out together.

So yeah, psychology and technology? Definitely a mix of both friends and foes. The trick is deciding how much of each, you are going to let into your life.

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## **ARTIFICIAL INTELLIGENCE (AI) AND PSYCHOLOGY**



**Tanvi Patekar**  
**SYBA**

### **THE ROLE OF ARTIFICIAL INTELLIGENCE IN PSYCHOLOGY**

Researchers have been working on artificial intelligence for many years with considerable success, creating systems that are increasingly “proficient in mimicking human-like communication with users.”

### **MENTAL HEALTH AND ARTIFICIAL INTELLIGENCE [AI]**

Psychology and mental health care has recognized the value and potential of AI, particularly AI-based conversational agents [assisting with consultations and delivering treatment options] and AI based decision support systems that can accurately diagnose mental disorders.

Artificial intelligence psychology and AI based psychology apps are becoming increasingly crucial for psychologists, therapists, and counselors to transform mental health care and promote mental wellness in their clients.

### **USE OF ARTIFICIAL INTELLIGENCE IN PSYCHOLOGY**

AI can support psychologists in recording data, managing record, keeping, and triggering automatic follow up actions to free up valuable time.

With the availability of tools [AI], it is becoming much easier for psychologists and mental health professionals to create their own AI models for interacting with clients directly in certain cases.

### **TRANSFORMING RESEARCH**

For researchers, AI is unlocking troves of new data on human behavior—and providing the power to analyze it. Psychologists have long measured behavior through self-reports and lab experiments, but they can now use AI to monitor things like social media activity, credit card spending, GPS data, and smartphone metrics.

## **ARTIFICIAL INTELLIGENCE IN MENTAL HEALTH CARE**

Increasingly, AI is being utilized in health care settings. AI is used to streamline administrative tasks, make workflows more efficient, and aid in clinical decision-making. And the possible uses for AI are projected to only grow.

## **RISE OF AI IN PSYCHOLOGY**

The integration of AI in psychology has seen a significant rise, showcased through applications like TalkSpace and Woebot, highlighting AI's transformative potential in mental health care. These platforms function as adjuncts, not replacements for human therapists, and psychologists actively contribute by developing AI programming focused on human development. AI therapeutic tools offer distinct advantages over traditional mental health care, with 24/7 availability, a vast knowledge of psychological literature, and customizable treatments. Beyond therapy sessions, AI collaborates with human practitioners to streamline tasks like data recording and automated follow-up actions, including automated scoring for psychological tests, potentially reducing the burden on mental health resources

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## PSYCHOLOGY, TECHNOLOGY & I

**Rohit Parab**

**Alumnus**

### **What is Psychology?**

Any knowledge discipline is hard to define. Firstly, because it evolves continuously, and secondly, because the range of phenomena it studies cannot be captured by any one definition. This is even truer of psychology. Long ago, students like yourself were told that the term psychology is derived from two Greek words: *psyche*, meaning soul, and *logos*, meaning science or study of a subject. Thus, psychology was originally understood as the study of the soul or mind.

Psychology is formally defined as a science that studies mental processes, experiences, and behavior in different contexts. It also studies the experiences of people. Experiences are subjective in nature. We cannot directly observe or know someone else's experiences. Only the experiencing person can be aware of or conscious of their own experiences. Psychologists have focused on experiences such as the pain experienced by terminally ill patients or the psychological pain felt in bereavement.

In today's rapidly evolving digital landscape, the interplay between psychology and technology is more significant than ever. As technology becomes increasingly integrated into our daily lives, understanding its psychological implications and impact on personal well-being is crucial. This article delves into how psychology and technology intersect and offers insights into how you can navigate this dynamic environment to enhance your mental health and personal growth.

### **Psychology as a Social Science**

It is well known that psychology is recognized as a social science because it studies the behavior of human beings in socio-cultural contexts. Psychology, as a social science discipline, focuses on humans as social beings. Thus, psychology is a social science with a focus on individuals and communities in relation to their socio-cultural and physical environments.

- **Social Behavior:** Understanding how people interact with one another, form relationships, and influence each other's actions.
- **Social Influence:** Examining how social factors such as group dynamics, authority, and cultural norms impact behavior and attitudes.
- **Identity and Group Dynamics:** Exploring how individuals' identities are shaped by their social groups and cultural backgrounds.

### Technology and Psychology

Digital technology, in the form of websites, apps, and teleconferencing, is the future of psychology. There is an explosion of internet-related psychotherapeutic treatments. Much of this is accessed through websites and apps.

Although some apps are simply conduits to tele therapy services, many are hybrids that offer education, self-help, and online support as needed. AI is the next frontier of psychology. Although it is not yet being used in the mainstream, it will undoubtedly play a large role in the future of psychology. One advantage of AI is that it eliminates the need for a human therapist. Not only will AI impact cost and convenience, but it will also be able to do things that a human being can't.

### **The Intersection of Psychology and Technology: Navigating the Future**

In the rapidly evolving landscape of the 21st century, the convergence of psychology and technology is reshaping how we understand and address mental health. This intersection is not just a trend but a significant shift that holds promise for revolutionizing the field of psychology. With advancements in digital technology, artificial intelligence (AI), and online platforms, the way psychological services are delivered and experienced is undergoing a profound transformation.

### **Technology's Influence on Human Psychology**

Today's world is characterized by new technologies emerging at an unprecedented rate. The future is no longer tomorrow but within the next 10 minutes. Rapid and dramatic changes are occurring in all areas of human communications and relations through innovations such as the cell phone, texting, instant messaging, and online services.

Technology has become a fundamental force in shaping the identity, cognitive and affective processes, and social activities of our students, clients, and research



participants. Whereas the family was once by far the most important environment for shaping attitudes and beliefs, today young children are exposed, via TV and the Internet, to many more role models, values, ways of thinking, and choices than ever before. Video games allow people to construct and experience virtual realities unconstrained by the norms and values of general society (Gentile, Saleem, & Anderson, 2007). Beyond fantasy, information and communication technologies have changed the nature of peer groups. Through technology, people can create new reference groups with idiosyncratic norms rather than being socialized primarily through more conventional means. The Internet supports the forming of alternative communities (Turkle, 1996) around shared ideas rather than only through physical contact. Virtual communities can provide companionship for people otherwise deprived of close personal interaction.

### **Future Directions**

#### **a. Emerging Technologies:**

- **Virtual Reality (VR) and Augmented Reality (AR):** Use in exposure therapy, training, and mental health treatment.
- **Neurotechnology:** Advancements in understanding and influencing brain functions.

#### **b. Ethical Considerations:**

- **Privacy:** How to protect personal data in a digital age.
- **Bias:** Ensuring that AI systems do not perpetuate biases in psychological practice.

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## **WILL TECHNOLOGY DRIVEN DEVICES REPLACE HUMAN INTERACTIONS AND RELATIONSHIPS?**

**Vaibhavi Tekade**

**TYBA**

The rise of technology-driven devices, such as smartphones, social media, and artificial intelligence, has revolutionized the way people communicate and interact. These advancements have reshaped our daily lives, making it easier to stay connected with others, no matter where they are in the world. However, this increased connectivity has sparked an important question: Will technology replace human relationships?

Technology is defined as the use of scientific knowledge for practical purposes or applications. So basically whenever we use our scientific knowledge to achieve some specific purpose we are using technology. As science has progressed technology has also advanced. Technology encompasses a wide range of innovations and devices that are developed to meet human needs and achieve specific goals in fields such as communication, transportation, medicine, manufacturing, and entertainment. Technology includes both physical devices (such as smartphones, computers, machinery) and intangible processes (such as software, algorithms, and

Artificial intelligence). The Increasing use of technology-driven devices in today's world has transformed how people live, work, and communicate. Smartphones, computers, and smart devices have become integral to daily life, enhancing convenience, efficiency, and global connectivity. These devices enable instant communication, access to information, and automation of tasks, reshaping industries and personal interactions. The increased use of social media platforms in today's world is an example of the increased use of technology in our everyday lives. People spend hours browsing through platforms like Facebook, Instagram,

Twitter, Tik tok etc. Social media was initially invented to facilitate communication and connection between people, allowing individuals to share information, ideas, and

Experiences across distances. However the purpose of social media has changed in today's world. It's been found that social media may impact one's self-esteem and increase the

Feelings of FOMO (fear of missing out), inadequacy, dissatisfaction, and may even make you feel more isolated. These things together may affect mood and worsen symptoms of stress, anxiety, and depression. A significant increase in the use of AI has been observed over the past years. AI is being integrated into areas like healthcare, finance, education, and transportation, enhancing efficiency, decision-making, and innovation. In healthcare, AI-powered tools assist in diagnosis, personalized treatment plans, and even robotic surgeries. In finance, AI is used for fraud detection, algorithmic trading, and customer service through chatbots. Autonomous vehicles, smart cities, and virtual assistants like Siri and Alexa are examples of how AI is becoming more embedded in daily life. However, the growing reliance on AI raises concerns about job displacement, data privacy, and ethical considerations. While it is clear that technology is playing an increasingly prominent role in communication, it is unlikely to completely replace the richness and complexity of human relationships.

Human relationships are built on emotional depth, shared experiences, physical presence, and the ability to connect on a deeply personal level. These elements are fundamental to the bonds people form with family, friends, and romantic partners. While technology can facilitate communication, it is limited in its ability to replicate the full spectrum of human emotions and interactions. However, the increasing reliance on technology for communication can also have negative effects on the quality of relationships.

For example virtual interactions may lead to shallow connections, this is partly because online interactions can be more impersonal, and the cues that typically foster empathy, such as facial expressions and tone of voice, are often absent or reduced. Over time, this can erode the quality of relationships and make it more difficult for individuals to engage in meaningful, face-to-face interactions.

Technology Driven Devices are present and will always be but the extent of its usage is the choice of every individual. Yes, it is hard to imagine a world without constant communication, chatter, social media, instant news, and quick deliveries, but it is our responsibility to not let it affect our personal life and our relationships with other people. As technology continues to evolve, it will be important for individuals to strike a balance between virtual and real-world interactions, ensuring that technology complements rather than replaces human relationships.

\*~\*~\*

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**Technology should  
improve your life, not  
become your Life.**

**-Billy Cox**

## भावना आणि मी

Tanaya Jadhav

Alumnus

आपण सगळे आपल्या आयुष्यात वेगवेगळ्या फेजेस मधून जात असतो. अगदी लहानपणापासून. आणि सगळ्यात महत्त्वाची कसरत तेव्हा सुरु होते. जेव्हा आपण शाळेतून एका मोठ्या समुद्रात जातो. हळू हळू गोष्टी उलघडायला लागतात, नविन अनुभव येतात आणि त्याप्रमाणे आपणही बदलत जातो. तर माझाही असाच प्रवास मी माझ्या ह्या कवितेत व्यक्त करण्याचा प्रयत्न केलाय.

कविता सुरु होण्याच्या आधी

आपतं मन म्हणजे वेगवेगळ्या भावनांचा खेळच निराळा, रंगीबेरंगी धाग्यातून जे सजवतात व्यक्तीच्या आयुष्याला. कधी गोड, कधी तिखट, कधी आंबट, तर कधी खारट.

अशा वेगवेगळ्या भावनांची माणूस खातो मेजवाणी रोज.

पण कधी व्यक्त करायला चुकलच, तर लागतात परिस्थितीचे चटके.

आणि नाही व्यक्त झालं तर मन आतल्या आतच गुदमरते. मग अशा सजलेल्या मनाला नक्की म्हणावं तरी काय?

खजीना की ओझं

वेगवेगळ्या भावनांच्या पावसात मन अगदी भिजून गेलं,

तरिही कोरडं राहिलं तर खजिना, नी त्याच पावसात वाहून गेलं तर ओझं.

पण बदनाम मात्र ती भावनाच होते. कारण, मनाच्या 'प्रतिक्रियेचे' कारण ती बनते.

ती बिचारी थोड्यावेळासाठी येते, पण परिणाम मात्र कायमचा करून जाते.

आणि मग विकारांचे परजीव करतात मनाला पोकळ

त्यांचं अस्तित्व करते अपयशाची भेसळ.

मत्सर मोहं नि अपेक्षा

नष्ट करतात व्यक्तीच्या महत्त्वकांक्षा

निर्माण होते व्यक्तीचे मायावी जग

स्वताःच्याच विश्वात तो रमतो मग

एकदा का विकारांच्या चक्रात अडकलं

कि मग संपलच सगळं

दैनंदिन जिवनातही शोधावे लगते मग आपलेपणाचे स्थर

पण आपल्या मनाचाही असतात कि दोन सावल्या,

म्हणजे जर ह्या वादळाचा उगम मी, तर ते शांत करण्याचा मार्ग मीच.

म्हणजे माझं वागणं

परिस्थितीला साजेल असं वागणं शोधणं

स्वताःचं नि दुसऱ्याचं मन साभाळत पुढे जाणं

आता मन गोंधळलं तरी नाही सोडणार माझं ध्येय

वास्तविकतेला धरुणच सोडवेन सगळं कोडं !

## THE JOURNEY

**Tanaya Jadhav**

**Alumnus**

Like any other person who has completed his/her bachelor's degree, I was confused about what I should do next. Initially, I didn't want to pursue my master's degree right after completing graduation. I wanted to take that breathing space, explore some field experiences and see if I could actually implement whatever I have studied in my psychology course for 3 years. Based on this thought and discussing with Dr. Natu ma'am, other teachers, my parents, seniors and some field experts, I decided to take a year's break! At first, I was very clueless about what to do. So, I decided a few things that I can or rather, must do during my break and started mentally preparing myself for it.

Then one day, my father showed me a Facebook reel about the 'goshtaranga' fellowship program by QUEST organization that popped up on his feed. I found it to be interesting, so I checked out their website and applied for the program during my final exams. Eventually, I got selected and came to a village named Sonale, in the Palghar district. Here, the fellowship runs for 10 months during which we (the 6 fellows, who are selected from all over Maharashtra) perform plays for the children of different age groups, ranging from preschoolers to children studying in 7<sup>th</sup> grade. Our main purpose is to make them experience the magical world of story books through theatrical performances by bringing stories to life with visual representations.

We started our fellowship on 17<sup>th</sup> June 2024. Since then, life has been marvelous! We initially started our theory sessions with Nilesh Nimkar sir. At first, it seemed very easy to talk about concepts like – reading, thinking, language, stories etc. but as Nimkar sir started introducing these concepts to us, I got a new perspective to look at them and my process of 'unlearning' began. We started with the concept of reading, where it was interesting to know that when you read aloud a particular text to someone, it is not just about saying or repeating the words that have been written in front of you, but it is an interlinked process of understanding the text and the given situation; associating our own references/past experiences to it and finding the actual meaning behind it.

Then as we went further with our sessions, I got to know why it is necessary to conduct read aloud story sessions with children. As they become a powerful source for them to think and

make their own predictions based on the text given in the story and then linking it to their daily experiences. We also talked about how a particular language is considered to be rich in quality, just because it is used by the elite sections of the society, under the title – ‘भाषेची सत्ता आणि सत्तेची भाषा’. This provided me with a sociological viewpoint to look at language and gave an insight that one cannot label someone’s language to be rich or poor in quality. One of the important concepts that we learnt next was ‘literacy in children’. A basic question that came up was – does the child really know why he/she is academically learning? The family background in which the child is brought up, being unaware of the daily life application of things that are learnt and traditional approaches to imparting education are also some factors that affect the process of learning. These sessions also relieved me by solving my childhood anxieties and conflicts that often haunted me in my mind, by initiating a thought that it is the way a teacher teaches a particular concept to kids and not the intellectual capacity of the child. Out of all this that we learnt these days, the most important thing that I experienced was ‘stories’ as a basis to connect with children and help them to express what they feel.

Then we began with our rehearsals in which we prepared our performances. I faced various challenges during this process. But I always had my teammates with me to share and sort things out together. Once our plays were ready to be performed, we started performing them in different school settings. Our first tour was held during the month of August, during which we went to Jawahar and Mokhada. I was very curious about what the villages, people and children living here would be like? Every day was a different experience to live as we went to a new school, a new place, and interacted with new kids. Each night, as I went to sleep, I realized that each moment that I lived today was different than yesterday, and that ‘tomorrow’ would be even more different, physically, mentally as well as emotionally. Each performance brought something new, a new challenge.

Presenting the stories to the kids that we had rehearsed was a unique experience. Our director, Ruchika tai, always told us to share whatever actions we did, emotions, reactions that we felt as a character in the play with the audiences i.e. the children. At the time of rehearsals, I couldn’t figure out how important it was, but now I understand why she told us to do so. It helped me to build a connection with the children and let the story reach them more effectively. From this I learnt how it feels to relate to children through stories.



Before and after the performances, we also conduct some 'pre' and 'post' activities for kids that are related to the story. There I realized that we cannot use the same formula everywhere. We need to adapt and change ourselves according to the situation and the children that we are working with. Watching their facial expressions during the play, seeing the rainbow of emotions in their eyes, watching them dance to the songs and beats in the story and gearing their responses during activities gave me satisfaction for all the hard work that we as a team put in. I also noticed that as new as all this was for us, it was just as, if not more, new for them. We were all somewhat on the same page because 'goshtaranga' was something new for them. For all the kids, we were just as unfamiliar as they were to us. But the thread that connected us was theatre.

Through this entire process, I am understanding how the psychological concepts that I learnt during my graduation can be applied to the field. For example, as we are currently preparing our next production for preschoolers (2 to 6 yrs.), concepts like Piaget's approach to cognitive development and information processing approaches by George Miller, are helping me analyze what must be going on children's minds whenever they will be watching the play that will perform. Also, I am learning to figure out what things should be taken care of regarding movements, sound, place, environment, props etc. This also enables me to combine 'Theatre' and 'Psychology' as a part of my work that I always wanted to do.

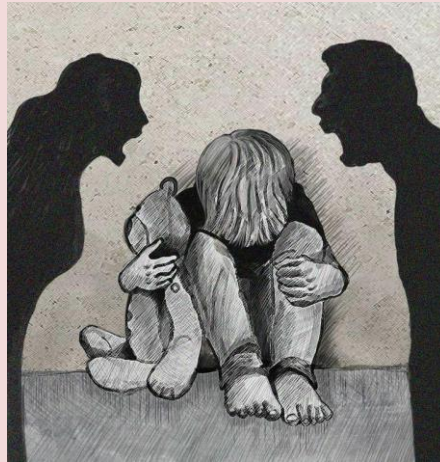
The real joy of rain, the thick fog surrounding us, the fresh air, authentic food and the lush nature are the experiences I am living here and that I could never get in cities. And having my co-fellows and coordinators with me means facing all the difficulties together. I am very thankful for the life I am living!

\*~\*~\*

## CHILDHOOD TRAUMA AND ITS COGNITIVE IMPACT IN ADULTHOOD

Dhivyadharshini Pandian

TYBA



Childhood trauma can have profound and lasting effects on an individual's ability to form and maintain healthy relationships in adulthood. Traumatic experiences during childhood, such as neglect, abuse, abandonment, or witnessing domestic violence, often shape how a person perceives themselves and others. These early experiences can interfere with emotional development, leading to difficulties in trust, communication, and intimacy in future relationships.

Most common issues faced by adults with childhood Trauma are:

### 1. *Attachment Issues*

Children who experience trauma, especially in the context of their caregivers, may develop insecure attachment styles. This can manifest in adulthood as either anxious attachment (fear of abandonment, clinginess) or avoidant attachment (difficulty with closeness, emotional distance). These attachment issues can make it difficult to form stable, trusting relationships, as the individual may either push people away or become overly dependent.

### 2. *Trust and Fear of Intimacy*

Trauma survivors may struggle with trusting others. Early experiences of betrayal, abuse, or neglect can make it challenging to believe that others have good intentions. As a result, individuals may fear vulnerability and intimacy, believing that opening up will lead to harm

or rejection. This fear can lead to emotionally distant relationships, or it may cause an individual to sabotage their own relationships to avoid getting hurt.

### *3. Emotional Regulation Difficulties*

Trauma can affect the brain's ability to regulate emotions. Adults who experienced trauma in childhood may find it hard to manage intense emotions like anger, sadness, or fear. This can lead to emotional outbursts, withdrawal, or shutting down during conflict, which can strain relationships. Partners may struggle to understand these intense emotional reactions, leading to miscommunication and resentment.

### *4. Low Self-Esteem and Shame*

Many trauma survivors carry deep feelings of inadequacy, shame, or unworthiness into adulthood. They may believe they are undeserving of love or respect due to the negative messages they internalized during childhood. These feelings can cause them to accept poor treatment in relationships, or they may engage in self-sabotaging behaviors that undermine the connection with others.

### *5. Codependency and Boundary Issues*

Adults who experienced trauma, especially neglect or emotional abandonment, may develop codependent tendencies. They might feel the need to please others at the expense of their own needs, hoping to earn love and validation. Alternatively, they may struggle with establishing healthy boundaries, either becoming overly enmeshed with their partner or keeping emotional distance as a protective measure.

### *6. Fear of Abandonment and Control Issues*

For those who experienced abandonment or neglect, the fear of being left or losing a relationship can become overwhelming. This fear often leads to controlling behavior, excessive jealousy, or constantly seeking reassurance from their partner. These behaviors can strain relationships and create a cycle of anxiety and insecurity.

### *7. Reenacting Past Trauma*

In some cases, adults unconsciously recreate or reenact their childhood trauma in their adult relationships. This can involve choosing partners who are emotionally unavailable, abusive,

or neglectful, mirroring their early life experiences. Repeating these patterns can reinforce feelings of helplessness and perpetuate unhealthy relationships.

## **Healing and Overcoming Childhood Trauma in Relationships**

Although childhood trauma can deeply affect relationships, healing is possible. Therapy, particularly trauma-focused approaches.

Here's a brief overview of each therapy approach:

### *1. Cognitive Behavioral Therapy (CBT):*

- Focuses on identifying and changing negative thought patterns and behaviors
- Helps individuals understand how their thoughts, feelings, and actions are interconnected
- Goal-oriented and problem-focused
- Typically short-term (6-20 sessions)

### *2. Eye Movement Desensitization and Reprocessing (EMDR):*

- Originally developed to treat post-traumatic stress disorder (PTSD)
- Uses eye movements or other forms of bilateral stimulation to process traumatic memories
- Aims to reduce distress associated with traumatic experiences
- Can be used to treat other mental health conditions, such as anxiety and depression

### *3. Somatic Therapy:*

- Focuses on the connection between the mind and body
- Aims to release physical tension and promote relaxation
- Uses techniques such as mindfulness, breath work, and gentle movements
- Can help individual's process traumatic experiences and manage stress

These therapy approaches can be effective for various mental health conditions, including anxiety, depression, PTSD, and trauma.

Additionally, developing self-awareness and practicing self-compassion are key steps toward breaking unhealthy patterns and forming meaningful connections.

The famous book, *'The Body Keeps the Score'* by "Bessel van der Kolk" is a groundbreaking book that explores how trauma affects the brain, mind, and body. Van der Kolk, a psychiatrist and trauma researcher, draws on decades of research and clinical experience to explain how

trauma, especially childhood trauma, is not just a psychological issue but also has deep physiological consequences.

*Key Themes from 'The Body Keeps the Score':*

*1. Trauma and the Brain:*

The book explains how trauma changes the structure and function of the brain. Areas like the amygdala (responsible for fear and emotional responses), the hippocampus (involved in memory), and the prefrontal cortex (responsible for reasoning and self-regulation) are deeply affected. Trauma can make it harder for individuals to regulate their emotions, feel safe, and process memories.

*2. The Role of the Body in Trauma:* One of van der Kolk's core arguments is that trauma is stored not just in the mind but in the body as well. He shows how traumatic experiences can lead to physical symptoms, such as chronic pain, digestive issues, and even autoimmune disorders. This mind-body connection means that traditional talk therapy is not always enough to heal trauma.

*3. Reenactment and Reliving Trauma:*

Van der Kolk discusses how trauma survivors often unconsciously recreate traumatic experiences in their lives, through their relationships or behaviors, as they attempt to gain control over what once overwhelmed them. This leads to a cycle of reliving trauma unless it is properly addressed.

*4. Innovative Approaches to Healing:* In addition to traditional therapy, van der Kolk explores various therapeutic modalities that can help trauma survivors reconnect with their bodies and heal. These include somatic therapies, yoga, EMDR (Eye Movement Desensitization and Reprocessing), and neuro feedback. He emphasizes the importance of involving the body in the healing process to address trauma's deep-rooted effects.

*5. The Impact of Trauma on Relationships:*

Like other trauma experts, van der Kolk explores how trauma can profoundly impact personal relationships. People who have experienced trauma often struggle with trust, intimacy, and emotional regulation, which can lead to difficulties in forming and maintaining healthy relationships.

*Why it's an important reference:*

'*The Body Keeps the Score*' has become one of the most influential books on trauma because it integrates scientific research with practical therapeutic approaches. It offers hope and

guidance to trauma survivors by emphasizing that healing is possible through both understanding how trauma affects the body and utilizing treatments that reconnect the mind and body.

*Conclusion:*

Healing from childhood trauma requires time and effort, but with the right support, it is possible to build fulfilling, loving relationships. Recognizing the impact of trauma is the first step toward breaking the cycle and fostering deeper, more secure bonds.

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## TECHNOLOGY AND SELF-LABELLING

**Natasha Deshpande**

**TYBA**

Instagram told her something,

She went on google to prove it.

Now she believes she is not 'normal'

But no one with any qualification said it.

With the advancement of technology, information has become very easily accessible. We learn new things every day, just by scrolling on our phones. When in doubt, the answer seems to be just a few clicks away. But is this information that we get on Social Media always correct? Are these answers that we get on the Internet always good for us?

The concept of Mental Health is getting more and more popular, even as you read this article. The Internet and Social Media are raising awareness globally, in hopes of improving at least a few lives. While the cause is noble, the consequences are not just positive.

In recent times, there has developed a craze around the topic of Mental Health Disorders. On Social Media, people are making content talking about various types of Disorders, and their symptoms. Some content creators do barely any research regarding what they are talking about and most of the time the symptoms they mention are vague. On the Internet, if you search up a Mental Health Disorder, you will find an abundance of tests which claim that they can diagnose you. Making a diagnostic test is an extremely long process which requires a lot of study. A test with just ten to fifteen questions which was made only using the information available on the Internet is never going to be reliable.

Most people however, do not realize this and end up self-labelling.

Let us take an example of a person who is watching an Instagram reel about symptoms of depression. Say he resonates with some part of the video and ends up labelling himself as depressed. As he has put himself in this category, he will subconsciously try to prove it to everyone around him and to himself. He will start consuming more and more content related to depression and mold his thoughts, actions, and feelings accordingly. Even if he was not clinically depressed to begin with, he probably is now, making it a self-fulfilling prophecy.

Let us take another example of a girl who could not focus on her studies and took an online test for ADHD. Say it came back positive. Now there is a possibility that she will start blaming all her shortcomings on ADHD. Also, as Mental Health Issues are still stigmatized, she herself and those around her are likely to start thinking lowly of her, all while there is still a high possibility that she doesn't even have ADHD.

Self-labelling can also lead to feelings of stress and/or anxiety, as the person has not properly explained the meaning of their label and they might take it as a burden. Also, if a person tries to get treatment for the label they have given themselves using the Internet or Social Media, the effects could be disastrous. Self-labelling can also lead to generalization of issues, making us think that it's all common, hence putting the suffering of people with actual Disorders down.

Psychologists can however use this improving technology to their advantage. There is no way psychologists can stop the spread of misinformation, but they can try to spread the right information. Qualified Mental Health Professionals can make their own accounts on Social Media, and talk about these consequences of self-labelling and how one should deal with the symptoms they are experiencing. They can also spread awareness on the Internet about how online diagnostic tests are not accurate and a Mental Health Professional should be consulted before labeling oneself and before starting any treatment.

In conclusion, self-labelling is an issue which has become common with the advent of technology. It can however be easily tackled. If one uses the internet to label themselves as 'someone who should get help' instead of 'someone with a Mental Health Issue'; and then goes to the right person to get said help, we will be able to say that technology is being used in a positive way.

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## A CHOICE OF SLICE

**Varun Pujari**

**TYBA**

Knives are tools, how sharp they look  
Can be used by a villain or a cook  
In a cook's hand it creates a feast  
But in villain's, it's a deadly beast  
The same knife can be wicked or nice  
It's just a choice of slice  
AI's a tool  
Awesome and cool.  
Can be a friend or foe,  
Depends on the user though  
Can be wicked or nice  
Well you know it's just a choice

## **BEYOND BORDERS: HOW ANIME BECAME A POP CULTURE STAPLE IN INDIA**



**Pratham Pathak**  
**MA-I (Psychology)**

Go and ask any adolescent to name an anime and they'd give you at least 3 names, whether they have watched them or not. So what is anime and why has it dominated India?

Anime is a very peculiar style of animation that has originated from Japan. It has taken over India's youth through its unique storytelling, surrealistic visuals and an immense range of themes.

Animes like Naruto and Attack on Titan let the audience experience innumerable emotions while Demon Slayer-like anime are suited well for those who have a knack for pure action and comedy.

The Rise of Anime in India - Up until recently, only anime like Pokemon, Naruto and Dragon Ball Z broke through to mainstream culture, and it was largely because of television broadcasting on channels such as Animax (sadly, no more) and Cartoon Network. But now, seeing the immense popularity among the youth, anime has new access points such as OTT platforms like Netflix, Amazon Prime Video and Crunchyroll (heaven for us otakus!). Today, a lot of anime movies are also released in the theatres for a better cinematic experience (how can anyone not watch Shinkai or Miyazaki's masterpieces in theatres?!).

But isn't it a Cartoon? - NO. Mom, if you are reading this, please for the 9282926th time, it's NOT a cartoon. The first difference is that while cartoons are created using computer graphics, anime uses hand-drawn images. Cartoons usually fall under 2-3 categories like Adventure or Comedy. But there are many genres under the umbrella of anime. Unlike traditional cartoons that are often aimed at children, anime caters to all age groups, offering

something for everyone (For kids with age 6-12 - Pokémon, Detective Conan or My Neighbor Totoro are few good options; For teenagers - Your lie in April, Haikyuu! and One Piece; For Young Adults - Re: Zero, Tokyo Ghoul and Death Note; and for Adults - Monster, Vinland Saga and March comes in like a Lion.

What makes it so Popular? - Animes provide themes that most movies or shows do not or cannot show. Many complex themes like true friendship, personal growth, coming-of-age issues, and pursuing dreams, battle between the good and evil makes the viewers feel deeply connected. Another factor is the easy accessibility of anime on OTT platforms.

There are a

Huge list of anime on each of the popular streaming platforms, making it easier to access and explore new options. Social Media and Peer Pressure have also been seen to influence many to dive into the world of Anime. You certainly do not wish to get that FOMO while your friends are talking about the latest Jujutsu Kaisen Episode. Other contributing features include extremely vibrant visuals, captivating soundtracks, catchy storylines and imaginative worlds. Anime also serves as a gateway to Japanese culture, sparking interest in other aspects like Manga, Japanese language, fashion, and food. And since Indian and Japanese culture have a lot of similarities, the audience feels more attached.

Cosplays, Conventions and Merchandise - The rise of anime clubs, cosplay events and anime conventions have contributed majorly as well. They allow otakus and anime fans to express their love and passion and talk about their favorite animes. They let like-minded anime fans connect with each other and celebrate their favorite shows and characters. Conventions like Comic Con have always been a heaven for the fans with a chance to cosplay, meet cosplayers, learn about new animes and different perspectives, and buy merchandise. They foster a sense of community and continue to expand the anime fandom in India day by day. Recently, at Mumbai's Comic Con event, Demon Slayer's voice artist Natsuki Hanae (who voices the protagonist Tanjiro) along with the producer was present to have a little chat with the audience. Last year, during the screening of Suzume, the legendary director Makoto Shinkai was present in Mumbai to interact with his beloved fans. This shows that India is being recognized as a hub for Anime.

A lot of you reading this might already be otakus. But a few of you might not have watched any anime at all, but are interested in watching one. So, here are a few recommendations for

some of the most unique and great anime.

Of course, the renowned Death Note (A mind-bending story full of suspense and thrill about a high school student who gains a notebook that has the power to kill anyone whose name is written on it) and Jujutsu Kaisen (A high school student gains the power of a curse and gets involved in the world of sorcerers battling curses) are good starting animes. Made in Abyss is a dark anime about a girl who descends down into the Abyss, deep into the earth, in search of her mother.

Re: Zero is a modern day anime about a boy who gets transported to a fantasy world and gains the ability to turn back time every time he dies.

Your Lie in April is a sad romantic anime about a young pianist who couldn't play anymore due to certain reasons but eventually rediscovers his passion for music through an enthusiastic violinist.

One Punch Man is a superhero comedy about a hero who can defeat any enemy with just a single punch and thus, is bored due to lack of challenging fights.

Demon Slayer is one of the most visually beautiful anime about a boy who becomes a demon slayer after his family gets slaughtered by a demon.

Monster is a psychological thriller about a surgeon whose life unravels, when he saves a young child who eventually grows to be a serial killer; and the surgeon contemplates whether he did the right thing or not.

Haikyuu!! Is personally my comfort anime. It is a comedy and a highly motivating anime about a high school volleyball team striving to be the best in all of Japan. Berserk is a dark and mature story about a warrior dealing with revenge, betrayal and the horrors of humanity.

I just cannot give a short description of Attack of Titan because it's just so much more than just an anime, full of action, adventure, suspense, twists and turns, and philosophy. It is certainly the best written Anime I have ever watched.

So, to conclude, the growth of Anime Culture in India is a very positive development due to the various factors mentioned above. Not only is it fun and entertaining, but it also helps in exploring our passions and resonating with different cultures and perspectives. With the growing demand and the increasing acceptance of anime as a mainstream media, it is very clear that Anime is here to stay in India and we can expect to see more of it in the coming years as well.

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**“Technology does more than delight,  
entertain and make our lives more  
convenient, it’s also an agent for social  
good.”**

**-Ron Conway**

## **THE PROBLEM OF SOCIAL MEDIA ADDICTION: ARE WE LOSING OURSELVES?**



**Akshada Tingare**

**TYBA**

Today, social media is a big part of our lives. From checking Instagram when we wake up to scrolling through Facebook or TikTok before bed, many of us spend a lot of time online. But when does this normal habit turn into an addiction?

### **Why Is Social Media So Attractive?**

Platforms like Instagram, Facebook, and TikTok are made to keep us interested. We get notifications, likes, comments, and new posts all the time, and it's hard to stop looking at our phones. When someone likes our photo or comments on it, we feel happy. This feeling makes us want to keep checking again and again. But, while spending a little time on social media seems okay, what happens when it becomes too much?

### **Signs of Social Media Addiction**

If you find yourself checking social media again and again, even when you don't want to, it could be a sign of addiction. Some signs to watch for are:

- Checking your phone every few minutes for new notifications
- Feeling upset if you don't get enough likes or comments
- Losing track of time because you're scrolling for hours
- Choosing to be online rather than spending time with family or friends

### **The Effects of Social Media Addiction**

Spending too much time on social media can hurt our mental health. It can make us feel anxious, sad, or stressed. We might start comparing our lives to the perfect pictures and stories we see online. But, we forget that people only share the best parts of their lives on social media. This makes us feel like our own lives aren't good enough, which isn't true.

### **Finding Balance**

Social media isn't all bad. It helps us stay connected with friends and family, learn new things, and even laugh at funny videos. But, like anything, it's important to use it in balance. Try setting a limit on how much time you spend online each day. Spend more time doing things that make you feel good, like hobbies, exercise, or talking to someone face-to-face.

In the end, it's okay to enjoy social media, but let's not forget to enjoy the real world too.

\*~\*~\*

**“The Human Spirit must prevail over  
technology”**

**-Albert Einstein**

## #FILTERLESS



**Sharva Sane**  
**SYBA**

Filters have become a crucial part of our digital lives, shaping how we present ourselves in photos and videos, as well as influencing how we express our opinions. Social media platforms claim to be spaces for self-expression, but is that truly the case? While they started with noble intentions, the landscape has shifted. With easy access to share information, the authenticity of what's posted can often come into question.

This raises an important issue: Is social media really a safe space for genuine expression? Everyone has their own idea of perfection, which adds richness to our shared experiences. However, careless comments can deeply impact those who put themselves out there, often leading to feelings of insecurity and anxiety. Many of us have felt hurt by a thoughtless remark, and this can spiral into trolling, affecting mental health and leading to quitting creating online.

While social media offers a platform for diverse voices, it can also be a breeding ground for negativity. We as a generation who share updates about everything, should be open to rawness and make it a safe space for being who we truly are. To create a more supportive environment, we must start going filter-less and engaging thoughtfully, allowing for authentic connections that prioritize mental well-being.

\*~\*~\*



**THE VOICE UNDERNEATH****Shivam Gupta****TYBA**

I cry out in the corner of my mind,

Expecting fortune from the world.

I scream at the silence,

that won't be denied

I paint with the colours,

that only I see.

I build up the walls,

that confine me.

I am not insane, it's me with my emotions imprisoned for a long.

I dance with the eco that mock

and deride

I search for an anchor, a lifeline, a call.

I long for a world,

Where I am whole once again.

I am more than an illness,

That tears me apart.

## **SOCIAL MEDIA AND ITS CONTRIBUTION IN SPREADING AWARENESS ABOUT SEXUAL VIOLENCE AND ABUSE**



**Nidhe Belhe**  
**SYBA**

Technology has developed and continues to improve each and every day. The scope of technology has grown immensely within a short amount of time in recent years. Social media has successfully managed to enhance every individual's life and routine, but more importantly it has also created new negative impacts in society. In the upcoming years, harassment of women has been a major concern and social media plays a crucial role in spreading awareness of the same. According to the NCRB report 2023, it shows that crime against women in India has been up by 4%. Social media platforms have emerged as powerful tools in the fight against this form of violence, providing opportunities for awareness raising, advocacy, and support. It enables people to share experiences, information and also a space for people to express their opinions. It plays a role to fight against gender violence, give the survivors a chance and space to speak out, activists and advocates connecting and educating. This article is about bringing into focus the positive as well as negative impacts.

### **Introduction**

Women face challenges and some sort of harassment, discrimination in all aspects of their lives almost every day. They are harassed in work places, in public places and transportation, in their households by their own families and relatives, in relationships and so on. Most of these cases and incidents are not reported, left unnoticed. However in today's world, society has advanced and the current era reflects the significance of social media in influencing individual's perspectives.

It has given opportunity to all the people around the world to share their experiences, thoughts and views on various events that take place. It has given women a right to speak up

and fight for their rights and demand justice when needed. From the 'ME TOO' movement to Delhi Uber rape case and the Nirbhaya gang rape case, social media has spread awareness across not just cities but countries. Thus, social media has provided women, women's rights violations and women's movements with the opportunity to capitalize on the unique awareness-raising potential of social media. In recent years we can clearly see the importance of spreading awareness about injustice. The younger generations have made great contributions and they aren't afraid to speak out loud and demand for their rights. They make sure that they are heard and make correct use of social platforms. Social campaigns have been organized from across the globe to help other women in need and to connect more with other women who have experienced similar issues in their past and empathize with them. Along with their rights, it gives them emotional support which is just equally important.

However with all the additional advantages of social media channels in terms of women's rights, there are also negative aspects in terms of digital violence against women. The anonymity of social media channels can lead to cyberbullying and online harassment (Cybersafe 2021). Social media has given rise to a range of forms of violence against women, including cyberbullying, online harassment, revenge sexting, sexual objectification and impersonation.

### **Causes of violence against women on social media**

Some of the reasons why violence against women on social media has become a huge problem are:-

1. Gender based discrimination- Gender based discrimination is one of the main causes for violence against women. Women are subjected to online harassment and abuse because of their gender, with men using social media as a way to exert power and control over women. This discrimination may start from just one 'ironic' sexist joke or an unserious comment on a woman's body to body shaming her, trolling females, to the extent of threatening.
2. Anonymity- So many social media platforms allow users to create anonymous or fake accounts which are then used to harass or abuse people online. This also makes it easier for the predators to spread rumours and misinformation about women without being held accountable for it.
3. Lack of accountability/ responsibility- One major factor of social media and various platforms is the genuine lack of any sort of accountability taken for crimes committed online. It has become so easy for people to hide behind fake accounts and just harass women and children online left and right. They do not realize the effects of these

- issues and the organizations that handle social media also aren't paying much attention to these issues. Maybe 2/3 out of 10 cases are registered and taken action on.
4. Normalization of violence- 85% of women who use the internet have witnessed online violence, and 38% have been the target. This just makes a clear picture for us of how much this online violence has been normalized and not taken as seriously as it should be. Commenting on women's bodies and appearance, making sexist jokes has become so normalized it's concerning. There are also people who think online harassment and abuse is a part of online culture, and women should just ignore it or not take everything so seriously.

### **Using social media for the right reasons and causes and prevention of violence against women**

Violence in general is an alarming issue regardless of gender. But especially for women, the rates have been always increasing and we need to create a better environment for growing children to be on the internet. They need to know that internet and social media is superficial after a point and there should be more advantages to using it rather than the dangers of it. Our future is now technology and the internet.

In order to create a safe space for women and girls, we need to constantly spread awareness and educate people as much as possible. People need to be educated on the rights that they have, on which things are not acceptable to say online, how to put forth their opinions and views without disrespecting and putting down women. They need to understand that the internet and any social media platforms are for BOTH men and women equally so women have the same exact rights as the men.

So many social campaigns take place, spreading word about it is going to help individuals who feel interested take part in it and reach larger audiences.

More than anything, if we use the internet for all the right things, it's going to help us grow as individuals and build better attitudes of young adults and teach them on how boundaries work.

The Internet and technology can help individuals to become the smartest versions of themselves but still be humane and kind towards women if used correctly.

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## SOCIAL MEDIA ADDICTION



**Satyajee More**

**TYBA**

In today's digital world, social media platforms such as Instagram, twitter, snapchat, etc. became the integral part of college students' and teenagers. These platforms offers a quick escape, stay updated on latest trends, and connect to new friends

However social media use starts as a harmless activity, and turns into a full blown addiction with serious impact on mental health, academic performance, and their personal relationships. Social media platforms are designed to be addictive. These platforms provide endless scrolling features, instant gratification in form of likes and comments. According to a study by the "American Psychological Association", social media usage can trigger the same brain pathway that are activated by drugs and gambling

For college students, social media is more tempting because it offers a sense of community, a platform for self-expression, building new relationships with people, communication, instant feedback, creativity and self-expression.

There is no doubt that social media enhances social connections but excessive use often leads to negative consequences.

Some of the negative consequences are following:

- 1) **Mental Health Disorders:** Social Media platforms have been linked to increased levels of anxiety, depression, self-comparison and loneliness. Constant comparisons to others can lead to inadequacy, especially in college settings where students are constantly trying to prove themselves. Many psychological researchers found that limiting usage of social media platforms can reduce anxiety, depression.
- 2) **Sleep disorders:** Late night scrolling can lead to poor sleep habits. The blue light emitted by the phone screens can interfere with the sleep cycles which makes it

difficult to fall asleep and stay asleep. Poor sleep can result in cognitive function, mood disorders, and overall health.

- 3) Relationships issues: Social media addiction may lead to distractions during interactions with people, reducing meaningful conversations and connection with partners
- 4) Misinformation: Users often share their personal information which can cause data misuse, privacy breaches, etc.
- 5) Decreased productivity: Difficulty on focusing on tasks and responsibilities because of social media addiction
- 6) Physical health issues: Physical health issues such as Obesity, posture issues
- 7) Loneliness: Social media can create social connections, excessive use can lead to social isolation and face to face interactions diminish.
- 8) Fear Of Missing Out (FOMO): Feelings of inadequacy, insecurity and anxiety that arises when one perceives that others are enjoying experiences from which they are absent.

While social media is unlikely to disappear, we need to establish mindful techniques to use social media platforms. The techniques are following:

- 1) Set clear goals: Determine why you want to reduce social media use. (E.g. Improving mental health, increasing productivity and enhancing relationships)
- 2) Curate your feed: Unfollow the account that doesn't provide value and make you feel negative. Follow positive influencers that inspire, educate or uplift you.
- 3) Use Built in features: This feature shows how much time you spent on social media. Use this feature to monitor and assess your habits
- 4) Set Boundaries: Establish specific times for use of social media and stick to them. Practice phone free times during meals, family gatherings, and while studying.
- 5) Prioritize real life connections: Meeting and engaging with friends and family members and engaging in social activities like cleaning your surroundings, working on projects of social development
- 6) Limit notifications: Disable the non-essential app notifications to reduce the urge to check your phone constantly.
- 7) Seek help if needed: If social media usage becomes overwhelming, ask help from mental health professionals and get guidance and therapy.
- 8) Evaluate your progress: periodically assess how your reduced social media use

As social media is unlikely to disappear from our lives, and it is shaping our daily lives, it is crucial to be aware of its potential for addiction. Balancing online interactions with real life connections can lead to a more fulfilling and enriched life. So in this digital age, we should use social media mindfully, ensuring it serves as a tool for connection rather than a source of distraction and distress.

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## FRIENDS OR FOES?



**Deshna Oswal**

**TYBA**

The complex dance of relationships – are they friends or foes? It's a question we consider every day, yet the answer is rarely black and white. In relationships the lines between friendship and enmity become blurry, leaving us to wonder where someone really stands.

Let's start with friends – the pillars of support and happiness in our lives. They are the ones who encourage us during victories, listen to us during difficulties and share the ups and downs of life with us. True friends not only listen but uplift us and show us the real picture, making us feel nurtured and valued. These bonds bring immense happiness and solace, adding color to our existence. On the other side of the spectrum are foes – challengers who keep us from progressing. Although they may seem like obstacles at first glance, foes, actually serve as catalysts for critical thinking and personal growth. Engaging with opponents can lead to greater self-awareness and problem-solving abilities. Despite the struggles that come with conflict, facing opposition can strengthen our determination and sharpen our skills.

But what happens when a friend becomes a foe or a rival becomes an ally? Relationships are fluid entities that change over time. Betrayal or misunderstandings can turn a friend into a foe, while mutual respect or shared trials can create friendship from enmity. Navigating these complex dynamics requires balance and effective communication. Transparent communications have the power to resolve conflicts and remove misunderstandings. Being open-minded and empathetic to others' viewpoints is important to maintaining healthy relationships. By managing expectations and dealing with obstacles head-on, we have the ability to turn potential adversaries into allies while strengthening existing friendships.



In conclusion, distinguishing between friends and foes is not always straightforward; it is a complex interrelation of emotions that continues to evolve. By understanding these nuances of relationships and handling them skillfully, we pave the way for deeper relationships full of flexibility and understanding.

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## **SOCIAL MEDIA ADDICTION AMONG TEENS**

**Jasleen Malhotra**

**MA-II (Psychology)**

Social media addiction among teenagers has become an increasingly prevalent issue in recent years. The rise of technology and the ease of access to social media platforms such as Instagram, Snapchat, TikTok and Twitter have given adolescents a new way to express themselves interact with peers and consume content. Unfortunately this also means that teens can easily become addicted to these sites without even realizing it.

Research indicates that excessive use of social media can lead to feelings of loneliness, depression and overall dissatisfaction with life. Social media is designed to be addictive; it relies on continual engagement by users in a never-ending cycle of scrolling and sharing content. This type of behavior can lead to teens feeling overwhelmed or stressed out when they are not able to keep up with their peers and stay connected.

In order to prevent social media addiction from becoming a problem it is important for parents to set limits on how much time their children spend on these sites. By encouraging teens to engage in real-world activities such as sports, arts or volunteering, they will be able to develop healthy habits and gain beneficial experiences that can't be found online. Additionally parents should monitor their teens online activity and keep an eye out for signs of social media addiction such as withdrawing from family or friends lying about the amount of time spent online and experiencing physical symptoms due to lack of sleep or exercise.

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**A DRAMATIC FASHION QUEEN  
EXPLORING A RELATABLE MOODY SELF**



**Swarali Asolkar  
MA-I (Psychology)**

Tell me if you can relate—you are working by a window or having a brunch date with your friend at an outdoor cafe and you observe a mild ray of sunlight on your book or laptop or it is reflecting on the glass you have your drink in. So you look up at the sky from where the ray came from, as if the sky were nudging you with its ray of an arm, to pay attention to it out of nowhere. You have this perfect blue sky out the window or a cloud-spotted sky above the cafe with the rays peeking through the white patches, and you take a pause, a personal moment to note all the details, and just totally be in the moment. In similar moments like these, when we pause for a moment to observe the little yet vast beauties of the abstract canvas above us, I have always wondered if the sky has all these colourful outfits in her closet. I thought it would be fun to personify Sky in this piece; after all, “Sky” does make a beautiful name.

I am all in for a shopping day out and trying out different and dramatic outfits, even in a lack of any occasion to wear them. Sky and I have these things in common; we both love trying different outfits and being dramatic about the presentation. We both seek loud attention, always turning the stage into a fashion show. I like to think about Sky in a way like she has a secret palette tucked away for special occasions. Right from dawn to dusk, Sky plays dress-up, dazzling us with colours that shift from calm blues to dramatic oranges and even spooky purples or shimmering blacks. Sky provides us with a perfect and colourful shade that keeps changing with the weather yet provides a sense of familiarity above us. Her dressing sense is totally dependent on her mood; we call it the weather. Her looks have a wide range, a dizzy eye, a pretty morning pastel-colored sky or a clear, calm-minded blue sky or a rather

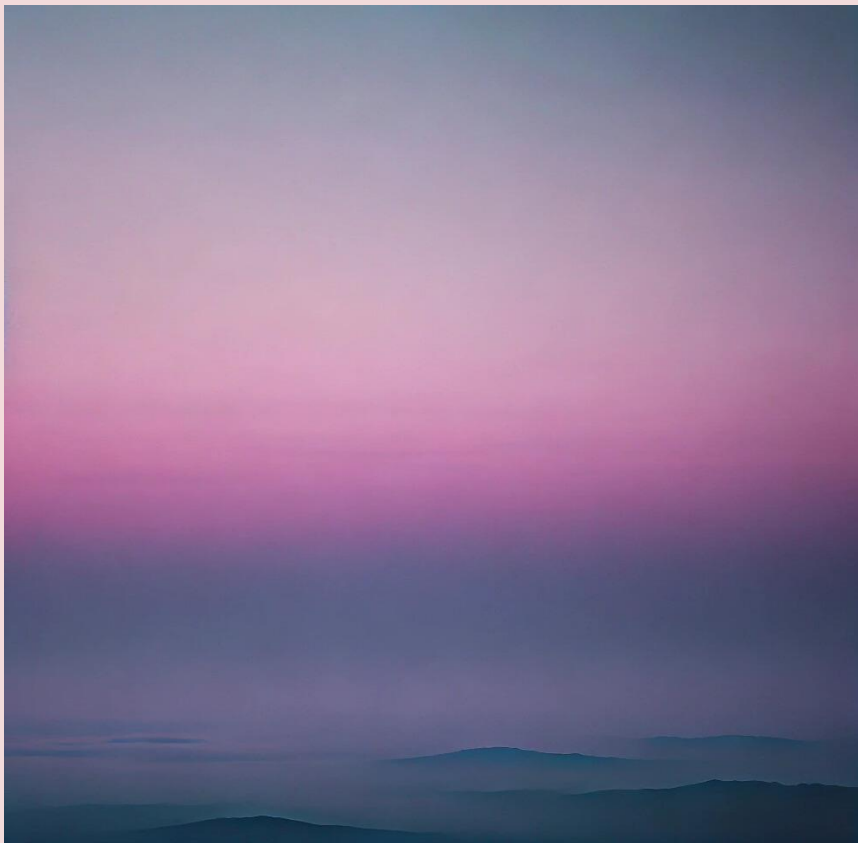
disturbed, overthinking cloudy sky or deeply hurt, crying, showering sky or an angry, stormy sky or even a bold dramatic and the most mesmerizing sunset-dressed sky. I love all her moody outfits she puts on so graciously and wears so confidently. Although Sky wears infinitely many outfits over the course of a year, let's explore her most famous outfits throughout any typical day.

### **1. Morning magic**

The pastels of sunrise:

It soothes our eyes in a totally different way when we look at a pastel or candy-colored palette. And Sky provides a perfect canvas in the early mornings. Picture this: It's early morning, and Sky is still yawning and stretching awake, draped in gentle pink, soft lilac, and bold gold. Everything is soft and calm, like Sky hasn't really decided on the day's mood yet. It's almost like the sky is having its first coffee and trying out outfits for the day—pink and purple today or maybe soft orange with gold shimmers?

It's fascinating how the sky seems the same for a long time if we keep staring at it, but it actually is changing right in front of us very delicately and slowly, as if tricking us in front of our very eyes. The morning face of Sky is lovely, with her morning eyes staring back at us with a sleepy yet fresh look, giving us a warm and welcoming morning show.



## 2. The Classic Blue Sky

Midday in all it is Demure

This is a look of Sky, which one typically thinks of. A sky-blue sky. Even a type of blue color is named after it; it is that common of a look for her. That clear, bright, almost blue sky, as if someone took a paintbrush and swept the whole canvas in one stroke. Sometimes, Sky likes to decorate this gorgeous blue dress with white cloudy patches, a spotted pattern, or the momentary white lines of jet planes looking like misplaced threads on the outfit.

If Sky were a fashionista (she certainly behaves like one), this would be her 'go-to' signature look', you know, the one she's most comfortable in. A blue beauty in her bright mood sipping coffee at a cafe wearing a big white hat and white heels reading an aesthetic book is the way I like to imagine her if she were a human. This is also the look Sky appears in after the drizzling shower, providing a perfect background for her rainbow belt.



## 3. Golden Hour

Nature's own Photoshop filter

This is the natural filter we all love and address on social media as the sun-kissed look for our photos. This outfit is designed by Sun herself. Sky borrows Sun's rays to nudge people, as



she did in the start when you imagined yourself working by a window or having brunch with your friend to gain your attention towards her. Golden hour is the time when the sun gets cinematic. Putting on an angelic glowing filter, with a royal outfit, a queen of rays, Sky creates an illusion of descending upon the earth, giving up a dramatic and mesmerizing walk of fame. The reason for my use of such big and dramatic words is the same as that of the sun, as if the sun, after a long day, is feeling a little dramatic and says, 'let's give them something to remember.' Everything looks warmer, like the world's wrapped in a cozy blanket of amber and gold.



#### **4. Splendid Sunset**

The Fiery Farewell

The outfits that are presented at this hour are generally the boldest looks and most liked outfits worldwide. That is the reason why people always try to get a good seat to sit and watch the show. The famous sunset spots at most of the tourist places, a beach sunset, a hilltop, or the middle of a bridge—any of these places works perfectly for watching a sunset. You might think that the sun is the main character here, but Sky acts like this overly dramatic

and confident sibling, which steals the show and is clapped for the most by the audience. The sun is on the ramp walk as our most beloved fashion designer yet again at the sunset and is adored equally, if not more.

It's magical, as if Sky is treating sunset as a grand finale. Picture that fiery red-orange sky that practically begs for attention. It's intensely bold and maybe even a bit over-the-top. The delicious use of all the reds and oranges with a sprinkle of pink and purples around the clouds with the golden rays peeking through the canvas just makes a spectacular sight to enjoy after a long and tiring day for the audience. It's like the sky says, 'Alright folks, curtain call! Make sure you are paying attention.'



### **5. Shimmering Nighttime**

The starry black canvas

Sky proves that even nightgowns can be made of glitter. Finally, the sky settles into a deep, dark blue or even black. It's calm, quiet, and full of tiny twinkling stars like sprinkled glitter. It's time for the backstage artists to shine "The Stars," along with our beloved "The Moon." The star and the moon give an ornamental look to the sky, making her gown more shimmering and engaging. It's so engaging that we recognized patterns among the stars and named the constellations in the night sky. The sky is the most silent in this stage of her show, allowing others to shine (literally).

“Galaxy Reveal” is a beautiful move to make us fall in love with her even more. It gives a feeling that we live in a marble with beautiful patterns forming on its surface. A shimmering black or navy blue look is a perfect way to make a dramatic exit. After a long day of color changes, the sky says, ‘Time for the night shift. Bring on the stars!’ She shows that even when she isn’t using colors to design her outfits, it still glitters and makes us want to just keep gazing at her.



It is my little hope that you gazed up towards the sky while reading this piece of my writing, but if you are sitting in a closed room with no windows nearby, I urge you to note all these details in her outfit in your imagination. The next time you take a moment to pause and witness this canvas show, note how the sky creates the illusion of staying still, but it actually is changing every minute, right in front of you. To catch her sly play at the show, you can record its changes and compare later. I love her in all her moods and outfits; she has me stunned and even more in love with her every time I stop and watch a show. I love that we share our moody nature, and I absolutely admire her confidence and the way she carries herself. A real dramatic and over-the-top but never disappointing Fashion Queen!

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## **SOCIAL MEDIA ADDICTION AND THE RISE OF PARA SOCIAL RELATIONSHIPS**

**Shreya Tripathi**

**FYBA**

Social media has established a new reality, comprising the dreams and wishes of the common man. It caters to an audience by subtle foreshadowing of what life could've been, and this results in people finding themselves addicted to this alternate reality. Every day, a new buzz is created that caters to an audience of a particular domain. We are forced to consume data and media about the latest micro trends, the next big thing, or PR companies pushing down an agenda.

Social media addiction is when a person feels an extreme compulsion to log in or use social media. They may also feel an overwhelming concern about social media and devote a large amount of time to it. Due to the amount of time a person spends on social media, there may be a negative effect on their daily activities and personal relationships.

Addiction to social media has many downsides, which may include feelings of sadness, anxiety, and anger. Sometimes, social media also results in drawing an individual to the extreme path of suicide. Cases of cyberbullying and data being released without consent from fiduciaries are prominent in modern days. It's difficult to catch up with the crimes at the rate at which they are being committed.

The rise of social media platforms also provides opportunities for people to develop psychological connections with media personalities, influencers, and celebrities. Para social relationships (PSRs) are nonreciprocal socio-emotional connections with media figures such as celebrities or influencers. Social media platforms afford the opportunity for PSRs to beneficially influence multiple dimensions of well-being among media users, but adverse well-being outcomes may also occur. The illusion of intimacy can be very deceiving to the human brain.

But it's true that adolescents are particularly prone to developing intense para asocial relationships because it can be a chance to practice real adult feelings on someone at a safe distance. It is very evident that a para social relationship will turn sour when reciprocation takes a backseat. Unrequited affection can result in harassment of media personalities and also have a negative impact on people's brains and emotional well-being.

When para social relationships become consuming for an individual, they may be considered unhealthy—the individual ceases to maintain their real-life relationships or their daily functioning becomes impaired. This can hinder personal growth and emotional fulfillment.

Explorations into how the unique aspects of social media platforms play a role in well-being outcomes of PSRs are just beginning, but insights from the growing body of evidence indicate both promise and challenges.

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**“The biggest risk is not taking any risk. In a world that is changing really quickly, the only strategy that is guaranteed to fail is not taking risks.”**

**-Mark Zuckerberg**

## **THE DYNAMICS OF HUMAN INTERACTIONS AND RELATIONSHIPS: UNDERSTANDING, NURTURING, AND EVOLVING CONNECTIONS**

**Hrushikesh Ghorpade**

Human interactions and relationships are the cornerstone of our lives. They shape our experiences, influence our well-being, and contribute to our personal growth. From the bonds we form with family and friends to the connections we establish in professional and social settings, our relationships play a pivotal role in defining who we are and how we navigate the world. This blog delves into the complexities of human interactions and relationships, exploring their significance, the factors that impact them, and how we can nurture and evolve these connections to foster healthier and more fulfilling relationships.

### **The Essence of Human Interactions**

Human interactions encompass the myriad ways in which we communicate and engage with others. These interactions range from simple exchanges of pleasantries to deep, meaningful conversations that shape our lives. The quality of our interactions significantly impacts our emotional and psychological well-being.

#### **1. Communication Styles**

Effective communication is the foundation of successful interactions. Communication styles can vary widely, from assertive to passive, aggressive, or passive-aggressive. Understanding and adapting to different communication styles can enhance the quality of our interactions and reduce misunderstandings.

**Example:** In a workplace setting, assertive communication fosters clarity and respect, while passive communication may lead to unmet needs or misinterpretations.

#### **2. Nonverbal Cues**

Nonverbal communication, including body language, facial expressions, and tone of voice, plays a crucial role in human interactions. These cues often convey emotions and intentions that words alone may not fully express.

**Example:** A warm smile and open posture can convey friendliness and openness, while crossed arms and averted gaze may signal discomfort or defensiveness.

### 3. Empathy and Active Listening

Empathy, the ability to understand and share the feelings of another, is essential for meaningful interactions. Active listening, which involves fully engaging with and reflecting on what the other person is saying, is a key component of empathetic communication.

**Example:** In a supportive conversation, actively listening and validating the other person's feelings can strengthen the bond and build trust.

### The Nature of Relationships

Relationships are multifaceted and evolve over time. They can be categorized into various types, including familial, platonic, romantic, and professional relationships. Each type has its own dynamics and requires different levels of effort and understanding.

#### 1. Familial Relationships

Familial relationships, including those with parents, siblings, and extended family, form the foundation of our early social development. These relationships are characterized by a blend of support, responsibility, and often complex dynamics.

**Example:** The bond between siblings can be a source of lifelong support and camaraderie, but it may also involve sibling rivalry and conflicts that need resolution.

#### 2. Platonic Friendships

Platonic friendships are non-romantic relationships characterized by mutual respect, trust, and shared interests. These friendships provide emotional support, companionship, and a sense of belonging.

**Example:** Close friends often become confidants and sources of encouragement during challenging times, helping us navigate life's ups and downs.

#### 3. Romantic Relationships

Romantic relationships involve emotional and often physical intimacy. These relationships require ongoing effort, communication, and mutual understanding to thrive.

**Example:** Healthy romantic relationships are built on trust, communication, and a shared commitment to each other's well-being and growth.

#### 4. Professional Relationships

Professional relationships encompass interactions with colleagues, supervisors, and clients. These relationships impact our work environment, job satisfaction, and career growth.

**Example:** Positive professional relationships foster collaboration and productivity, while conflicts or misunderstandings can hinder teamwork and job performance.

#### Factors Affecting Human Interactions and Relationships

Several factors influence the dynamics of our interactions and relationships. Understanding these factors can help us navigate and improve our connections with others.

##### 1. Individual Differences

Individual differences, including personality traits, values, and life experiences, shape how we interact with others and form relationships.

**Example:** An extroverted person may seek out social interactions and thrive in group settings, while an introverted person may prefer one-on-one conversations and quieter environments.

##### 2. Cultural and Social Influences

Cultural norms and social expectations play a significant role in shaping our interactions and relationships. Different cultures have varying approaches to communication, relationships, and social behaviour.

**Example:** In some cultures, direct communication and assertiveness are valued, while in others, indirect communication and maintaining harmony are prioritized.

##### 3. Life Stages and Transitions

Life stages and transitions, such as entering adulthood, marriage, or parenthood, can impact relationships and interactions. These transitions may bring about changes in priorities, responsibilities, and social circles.

**Example:** The transition to parenthood often involves adjusting relationship dynamics and finding a new balance between personal and familial responsibilities.

##### 4. Technology and Social Media

Technology and social media have transformed how we interact and maintain relationships. While these tools offer convenience and connectivity, they also present challenges such as superficial interactions and decreased face-to-face communication.

**Example:** Social media platforms allow us to stay connected with friends and family across distances, but they may also lead to comparisons and feelings of inadequacy if not used mindfully.

### **Nurturing and Evolving Relationships**

Building and maintaining healthy relationships require ongoing effort, self-awareness, and effective communication. Here are some strategies for nurturing and evolving our connections with others:

#### **1. Invest Time and Effort**

Relationships thrive on mutual investment. Spending quality time together and making an effort to understand and support each other strengthens bonds.

**Example:** Regularly scheduling time for meaningful activities, such as family dinners or friend outings, fosters connection and reinforces relationships.

#### **2. Practice Open Communication**

Open and honest communication is key to resolving conflicts and maintaining healthy relationships. Expressing thoughts and feelings clearly and respectfully promotes understanding and trust.

**Example:** Addressing issues directly and listening actively during conflicts helps resolve misunderstandings and prevents resentment from building.

#### **3. Show Appreciation and Gratitude**

Expressing appreciation and gratitude reinforces positive interactions and strengthens relationships. Acknowledging the efforts and contributions of others fosters a sense of value and belonging.

**Example:** Complimenting a colleague on their hard work or expressing gratitude to a friend for their support enhances the quality of these relationships.

#### **4. Embrace Change and Growth**

Relationships evolve over time, and embracing change and growth is essential for maintaining healthy connections. Adapting to new circumstances and supporting each other's development fosters resilience and continuity.

**Example:** Supporting a partner's career change or celebrating a friend's personal achievements demonstrates adaptability and mutual encouragement.

### **Overcoming Challenges in Relationships**

While nurturing relationships is rewarding, challenges and conflicts are inevitable. Addressing these challenges constructively is crucial for maintaining healthy connections.

#### **1. Conflict Resolution**

Effective conflict resolution involves addressing issues calmly and respectfully, seeking common ground, and finding mutually acceptable solutions.

**Example:** In a family disagreement, focusing on shared goals and listening to each other's perspectives helps resolve conflicts and strengthen family bonds.

#### **2. Forgiveness and Reconciliation**

Forgiveness and reconciliation are essential for overcoming past grievances and rebuilding trust. Letting go of resentment and working towards resolution promotes healing and growth in relationships.

**Example:** Apologizing for past mistakes and seeking forgiveness from a friend or loved one helps restore trust and repair damaged relationships.

#### **3. Setting Boundaries**

Setting healthy boundaries is important for maintaining balanced relationships and ensuring mutual respect. Clear boundaries help manage expectations and prevent burnout.

**Example:** Setting boundaries around work hours and personal time helps maintain a healthy work-life balance and reduces stress.

### **Conclusion**

Human interactions and relationships are fundamental to our well-being and personal growth. They shape our experiences, influence our emotional health, and contribute to our overall happiness. By understanding the dynamics of our interactions, acknowledging the

factors that impact our relationships, and employing strategies to nurture and evolve our connections, we can foster healthier and more fulfilling relationships.

As we navigate the complexities of human relationships, it is essential to approach them with empathy, respect, and a willingness to adapt. Embracing the richness of our interactions and relationships, and addressing challenges constructively, enables us to build meaningful connections that enrich our lives and contribute to our shared humanity.

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**“Our technology is not just an extension of  
our Physical Being, it is going to be an  
extension of our intellectual capabilities”**

**-Ray Kurzweil**



## SOCIAL MEDIA: A BOON OR A CURSE FOR EMOTIONAL WELL-BEING?



**Swarali Kelkar**  
**MA-II (Psychology)**

In today's interconnected world, social media is a dominant force shaping how we communicate, perceive ourselves, and engage with others. While platforms like Instagram, Facebook, and Twitter have revolutionized human interaction, their impact on emotional well-being is a subject of much debate. Can social media truly enhance mental health, or does it have a more detrimental effect on our emotions? This question has become especially relevant as the role of social media continues to grow in daily life. Let's explore both the positive and negative aspects of social media, as well as the path toward healthier engagement with these platforms.

### *The Positive Aspects of Social Media*

#### **Enhanced Connectivity and Relationships**

One of the most significant benefits of social media is its ability to connect people, regardless of geographical boundaries. In a world where families and friends often live far apart, social media platforms provide a space to stay in touch and share moments in real-time. Video calls through WhatsApp or Zoom, for instance, have enabled long-distance relationships to thrive, offering a level of connectivity that was once unimaginable.

For many, social media allows individuals to maintain personal relationships by providing a space for consistent interaction. This ability to virtually connect with loved ones, especially when in-person visits are not feasible, has become an indispensable tool in modern communication. It helps create a sense of community, whether it's by participating in group chats, sharing photos, or discussing shared interests.

## **Support and Validation**

Another significant benefit of social media is the opportunity for individuals to find supportive communities. For those dealing with specific challenges—whether mental health-related, chronic illness, or niche hobbies—there are countless online spaces that offer support, validation, and understanding. These communities can provide emotional refuge for people who might feel isolated in their offline lives.

Online groups, like those on Facebook, Reddit, and even Discord, allow people to share their personal experiences, ask for advice, and receive emotional support from others who understand what they are going through. For instance, mental health forums allow individuals to express their struggles and receive encouragement, helping to reduce the feeling of loneliness. In a world where many still struggle to discuss mental health issues face-to-face, these online spaces can act as a crucial outlet for individuals to find solace.

## **Mental Health Awareness and Advocacy**

Social media platforms also serve as powerful tools for raising awareness about mental health. Hashtags like #MentalHealthMatters, #EndTheStigma, and #SelfCare has created global conversations about psychological well-being, encouraging people to prioritize their mental health. In turn, this movement has led to increased advocacy, educational campaigns, and the breaking down of the long-standing stigma surrounding mental health struggles.

In addition to promoting awareness, social media platforms are also used by mental health professionals, organizations, and activists to share valuable resources. Counseling services, therapy apps, and support groups often advertise their offerings on platforms like Instagram and Twitter, making it easier for individuals to access care. With the ability to reach millions, social media has become an essential tool for spreading information and helping people better understand mental health.

## ***The Negative Side of Social Media***

### **The Comparison Trap**

Despite its positive aspects, social media often fosters a culture of comparison, which can have detrimental effects on mental well-being. It is easy to fall into the trap of comparing one's life to the carefully curated highlight reels of others. On platforms like Instagram, where

users post images of vacations, accomplishments, and personal milestones, it can be difficult not to feel like one's life is inadequate in comparison.

This constant exposure to others' successes can contribute to feelings of inadequacy, anxiety, and low self-esteem. In many cases, people may feel they need to "keep up" with the seemingly perfect lives displayed on social media, leading them to chase unattainable standards. This culture of comparison can make users feel like they are falling behind in their careers, relationships, or personal lives, which ultimately impacts their emotional well-being.

### **Social Media Addiction and Its Impact on Mental Health**

One of the most significant drawbacks of social media is the potential for addiction. The design of social media platforms, with features like infinite scrolling, notifications, and real-time updates, makes them highly addictive. Many people find themselves spending excessive amounts of time online, checking feeds, responding to messages, or seeking validation through likes and comments.

This addiction can interfere with daily responsibilities, reduce productivity, and lead to sleep disturbances. In some cases, social media addiction has been linked to anxiety, depression, and a general sense of overwhelm. The constant exposure to the fast-paced nature of online content can leave users mentally overstimulated, contributing to stress and a decline in emotional well-being. In fact, studies have found that excessive social media use is associated with higher levels of anxiety and depressive symptoms, especially among younger people who may be more vulnerable to its effects.

### **Cyberbullying and Online Harassment**

Another major issue associated with social media is the rise of cyberbullying and online harassment. While social media platforms offer the ability to connect and express oneself, they can also be a breeding ground for harmful behaviors. Harassment, trolling, and bullying are widespread on many social media platforms, and they can have severe emotional consequences.

Cyberbullying can be particularly damaging to teenagers and young adults, whose self-esteem and mental health may be more fragile. Personal attacks, body-shaming, and malicious rumors can lead to feelings of shame, isolation, and anxiety. Unfortunately, the

anonymity of the internet can make it easier for individuals to engage in harmful behavior without the fear of consequences, leading to more intense and widespread harassment. In extreme cases, cyberbullying has been linked to self-harm and suicide.

### **The Path to Healthy Social Media Use**

To maximize the benefits of social media while mitigating its risks, users must engage with these platforms mindfully. Here are a few strategies for promoting healthy social media use:

- **Set Time Limits:** Excessive time spent on social media can contribute to negative emotional outcomes. Setting time limits, such as only checking social media during specific hours or limiting scrolling to a certain number of minutes per day, can help maintain balance.
- **Curate Content:** Choose to follow accounts, pages, and communities that promote positivity, education, and self-care. By curating your feed with uplifting and supportive content, you can avoid exposure to negative triggers that contribute to feelings of comparison and inadequacy.
- **Take Regular Breaks:** Social media is meant to complement life, not replace it. Taking breaks from digital spaces can help reduce feelings of overwhelm and give the brain a much-needed rest. This also provides an opportunity to focus on offline relationships and self-care.
- **Practice Digital Literacy:** Being aware of the psychological effects of social media is key to using it in a way that promotes mental well-being. Understanding how algorithms work, recognizing when you're engaging in negative comparison, and being mindful of the impact of online interactions can help you make healthier choices.

### **Conclusion**

Social media is a double-edged sword when it comes to emotional well-being. While it provides tools for connection, support, and advocacy, it also presents significant challenges in the form of comparison, addiction, and harassment. By using social media mindfully—setting boundaries, curating content, and taking breaks—we can ensure that it remains a positive force in our lives. Ultimately, the key to healthy social media use lies in balance. When approached thoughtfully, social media can enhance our emotional well-being rather than diminish it.

## AI IN MENTAL HEALTH



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The world we are living today is in the digital revolution and it has transformed us in many ways from how we live to live to how we communicate to others. AI is an important part of the digital revolution as it is used in several fields. AI is the imitation of human intelligence by using various machine usually computers. It has become an integral part of daily life as most of the activities are dependent on it. AI is significant in today's world due to its application in various fields and industries due to its precision, efficiency and low cost.

AI in healthcare is an innovative way of diagnosing, treating and examining the individuals. The AI technology helps in improving research in healthcare fields and outcomes by accurately diagnosing and personalizing the treatments. The effective application of AI in the field of healthcare is broad as it is used from scanning radiological images for early detection to predicting outcomes from electronic health records. The two main forms of AI used in healthcare are machine learning and natural language processing. Machine learning is one of the kinds of AI that helps systems to learn from the data and to detect patterns with less human intervention. Instead of taking commands, the computers use machine learning through which patterns and data are shown to reach their own conclusion. Machine learning is growing rapidly in the healthcare industry due to readily available data and extracting meaning from medical information.

Natural language processing is a field of AI that allows machines to understand and communicate in natural language like humans do. In healthcare NLP uses the special type of engines to get large sets of unstructured data to discover previously missed out information to encode individuals' conditions. With the help of NLP an individual quickly and accurately detects the hidden patterns in medical reports to improve the prediction and insights of health conditions that otherwise got undiscovered. By using NLP, the healthcare industry

understands these insights for better development of the treatment and diagnosing methods for the individuals that leads to improved outcomes and quality of life for those affected by disease or illness.

AI in mental health is used to enhance the diagnosis, treatment and understanding of the mental disorder. It uses speech, facial expression, text, and electronic health records to identify the signs of mental distress as a method of early detection. It also uses biochemical indicators such as consumption of blood oxygen in the brain, neurotransmitter, EEG, and peripheral physiological signals as classifiers to differentiate between individuals or groups who are suffering from mental distress. Application of AI in mental health is also used as the tool for prediction of mental distress by considering the changes in sleep or speech patterns and so on. Additionally, it is also used for personalized treatment according to the symptoms of the individuals who are suffering from distress. Besides, it is easily accessible through the smartphones or any other virtual platforms to help individuals whenever they need as well as the chatbots to cope up individuals through easy and manageable exercises and therapies. The sensors in AI also detect the changes in the behavior and alert health care professionals or caregiver.

In traditional methods the professionals diagnose the disorder by gathering information through clinical history and interview in which individuals reveal their symptoms and mental state they are going through. They may also take a physical exam so that they can understand the cause of their mental state. Besides, the professionals may talk to the individuals to evaluate their thoughts, feelings and behavior patterns. This method of diagnosing the mental disorder is time consuming, lengthy and can be expensive to the individuals. Whereas with the help of the AI diagnosing the disorder can be less time consuming, less lengthy and economical. Advancing AI techniques can provide better pre-diagnosing screening tools that can formulate risk modals which can determine individual's risk of developing a mental illness.

As we are approaching improving AI techniques it can also support and differentiate between the diagnosis with similar representation of symptoms but with diverse treatment plans. Researchers use visual, acoustic, verbal, and physiological features in AI modals to diagnose the disorders and predict with some success. Advancing in AI helps in studying and making sense of complex patterns and interactions between genes, brain, behavior and experiences to enhance early detection of mental distress and providing personalized treatment plans. With

the use of the NLP and ML professionals to diagnose individuals' mental illness NLP is used to differentiate between the initial representation of symptoms with others ,it can also do sentiment analysis by identifying changes in individual emotions by examining their diaries, social media posts or stories or chats .

This is important as many of the diagnoses are diagnosed through speech between professional and respondent in an interview in which professionals utilize their clinician skills to recognize behavior patterns and translate it into relevant medical information for diagnosing the mental illness. ML is used as a predictive modeling as ML algorithms help to identify mental health conditions by analyzing patterns of data in certain conditions. Furthermore, ML is beneficial for development of automated screening tools to identify risk of mental illness in individuals. AI tool is used to analyze speech text and facial expressions to identify signs of mental health. Voice analysis is used in speech patterns involving pitch, tone and rhythm which can serve as indicators for mental distress. "Cognito" is an AI platform used to examine respondent speech during therapy sessions, if the changes are recorded in pitch or tone in speech, it alerts the therapist about individual mental distress. Facial expression analysis provides insights of individual emotional state. AI systems can detect minor and subtle changes in individuals' facial expressions that may reveal individual mental distress. Company "Affective" develops facial analysis tools that help in mental health research. An app "Woebot" is a sentiment analysis text input system, when an individual expresses sadness, hopelessness or distress in any kind of interaction it recognizes these patterns and recommend guidance and professional help. Google Depression Screening Tool based on user response through which an individual's mental state is known. AI helps remote individuals by monitoring their mental health conditions through video or smartphone apps.

In conclusion we can say that AI has many uses in the mental health field which can assist in individuals' mental distress through various AI tools and platforms which can help individuals in developing better wellbeing and lifestyle.

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## THE ILLUSION OF CONNECTION

**Esheeta Gujar**

**TYBA**

In today's hyper-connected world, technology has revolutionized how we interact, work and socialize. Technology keeps us constantly connected, one would expect feelings of isolation to be a thing of the past. Yet, the opposite is often true. Many individuals find themselves scrolling through endless feeds, surrounded by notifications, but feeling lonelier than ever. This paradox, known as digital loneliness. This paradox reveals a growing gap between surface-level interactions online and the deeper human connections we need to thrive, also revealing the growing emotional void that can accompany our digital lives.

Social media platforms, messaging apps, and video conferencing tools have changed the way we communicate. We can connect with friends and family across the globe, share our lives in real-time and participate in online communities. However, they replace meaningful, face-to-face relationships with fleeting surface-level interactions. A 'like', a quick comment or an emoji may serve as a form of communication, but these exchanges rarely fulfill the deeper emotional needs that come from genuine human connection. As a result, many people find themselves scrolling endlessly through their feeds, surrounded by virtual interactions yet feeling profoundly alone.

One of the main contributors to digital loneliness is the emphasis on quantity over quality in online relationships. People often have hundreds or even thousands of online 'friends', yet they may struggle to find someone to share their true thoughts and feelings with. This superficiality is made up of the highly curated nature of social media, where individuals compare their lives to the idealized versions of others, leading to feelings of inadequacy and disconnection. Over time, this cycle of shallow interactions and self-comparison can ruin a sense of belonging, leaving individuals feeling more isolated than ever.

Due to the impact of social media-driven comparisons one's self-image subsides significantly. Platforms like Instagram are gaining massive popularity due to its influencer culture who promote an idealized version of reality filled with carefully edited photos, videos and reels. Such seemingly perfect lives of influencers create a sense of comparison among viewers who question their own worth, amplifying feelings of self-doubt. Over time this

cycle can lower self-esteem and create negative body image as people begin to perceive themselves as falling short in terms of achievements, appearance or lifestyle.

This constant comparison can trigger feelings of envy, resentment, and low self-esteem, ultimately impacting mental health. Furthermore, the lack of genuine connection in the digital realm can contribute to feelings of isolation and loneliness. While social media platforms offer a sense of community, the superficial nature of these interactions often fail to meet the deep-seated need for meaningful human connection. This can lead to feelings of emptiness, sadness and a diminished sense of belonging. Prolonged digital loneliness can even worsen mental health issues such as depression and anxiety further affecting an individual's overall well-being.

To combat digital loneliness and its negative effects it is essential to strike a balance between online and offline interactions. Fostering genuine human connections and prioritizing face-to-face communication with friends and family and engaging in activities that foster real-world connections while avoiding superficial scrolling. Furthermore, practicing digital mindfulness, such as setting boundaries for device usage, understanding that not all you see on social media is true and dedicating time for in-person hobbies or exercise can reduce feelings of isolation.

Additionally, seeking support through virtual mental health resources or counselling can help address emotional impacts. By balancing digital interactions with real-world connections, individuals can build stronger social bonds and mitigate the negative effects of digital loneliness.

In a world where digital connectivity dominates our daily lives, the paradox of digital loneliness serves as a stark reminder of the need for meaningful human connections. While technology offers countless opportunities to stay linked, it often lacks the depth and authenticity required for emotional fulfillment. By prioritizing genuine interactions and embracing a balanced approach to technology, we can navigate the digital age with a stronger sense of community and belonging.

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## PSYCHOLOGY & TECHNOLOGY: FRIENDS OR FOES?



**Neha Kolhatkar**

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Over the years the word “Technology” has been restricted only to gadgets like flat screen computers, mobiles search engines and the virtual world. But is technology only that? Has technology become a major part of our life? What are all the areas of our life which it has majorly impacted? Can technology take away a major chunk of our life or mend it? We often feel living in a virtual world means sitting in a corner with a gadget in our hand & doing nothing but shifting from one application to another. But it’s a whole new world especially for youth. Now we no longer carry watches, torches & notebooks. Letters have been replaced by long paragraphs on WhatsApp, texting has replaced talking on a phone call, a good chat with friends now happens on video calls, payment has become cashless and much more. There are so many changes that have happened ever since technology has become a part of my life! Parents often tell me to be away from gadgets because they are addictive, but how do I explain to them that “so much” of who I am is because of technology! Every human wants ease in their life and technology provides it, so I feel nothing can replace the comfort it gives me. Technology just becomes increasingly attractive every year. So is it my fault buying expensive and attractive phones & laptops & scrolling through social media all the time? Naturally I am also tempted into buying & indulging in it more & more. Technology will always be a friend to me, because it has always been there when I needed help, even when actual humans were not there to help me. Let us all admit that we can no longer live without technology nonetheless the disadvantages it also has. Now it feels very hard to go back to old ways of doing things slowly and manually. It’s time to embrace how swift, efficient and smooth life has become after the advent of technology. I have taught the subject of Cognitive Psychology to my students where I have encountered the subject of Artificial Intelligence & its relation to our cognition. All the advanced gadgets that we buy today are related to humans and their cognitive systems like memory, pattern recognition, learning, problem solving as well as decision making. This raises the question, am I really separable from

technology? Or is it an integral part of my life? Will Technology overcome the human mind in the future? The answer lies in how you look at it...

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**“Technology will never replace great teachers but Technology in the hands of Great Teachers is Transformational.”**

**-George Couras**

## **SILVER TSUNAMI; AGING POPULATION AND EMERGING TECHNOLOGY**

**Sanika Joshi**

**FYBA**

Silver tsunami isn't a tsunami wave coming from the ocean, it is a wave of aging population that has started in many countries around the world. This is also known as the gray tsunami.

The problem arises when the entering work force is less than the already existing and soon retiring workforce. Thus it means more people are working past retirement age, either because they want to or because they must, to make ends meet. This is where technology comes in. Not only will it replace the retiring workforce but it will also act as helpers for this population.

A great example for this is Japan, the land of rising sun. The population of Japan is rapidly aging with over 28% of citizens aged over 65 or older. This population poses significant economic and social risks. They argue that a shrinking workforce, increased healthcare costs, and pension burdens threaten Japan's economic viability. Critics also point out that rural areas are disproportionately affected, with limited access to healthcare and social services.

Some nursing homes in Japan have been prompted to use robots to take care of the elderly. Japan's AI is transforming the elder care industry, by providing niche robotic caregiving and not just taking pressure off the shortage of caregivers. Robots are predicted to care for 80% of Japan's elderly population. Soft Bank's Pepper, the world's first social humanoid robot, is used in about 500 Japanese elder care homes for games, exercise and routines.

PARO, a therapeutic robot that resembles a seal, relaxes and motivates people with special needs. It responds to sound and touch and is said to have a calming effect on patients with Dementia and Alzheimer's.

Robear, a nursing robot, is strong enough to lift an elderly person. It is a bear-like robot that helps elders sit and stand.

Telenoid, a lap-sized robot, allows users to focus on communicating. It lets people talk remotely with users through a microphone and camera and is very helpful for people dealing with advanced stages of dementia.

These robots are still in their nascent stage and unaffordable for most people. There are also certain ethical concerns associated with robots taking care of the elderly like the quality of

healthcare, human needs such as social stimulation or loss of privacy. However, for elderly who are in social isolation or suffer from disabilities, the benefits of these robots outweigh the downsides.

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## जीवन एक आभास

पवार पल्लवी सुभाष

TYBA

माणूस दिवसभरात कित्येक विचार करत असतो, त्यात कामाचे बिन कामाचे सगळे विचार असतात.त्यात त्यांच्या चुकांचा अंदाजत्याला येतो. क्षमतांचा अंदाज येतो मात्र तो गरजे प्रमाणे स्वतःला वळवायला तयार होत नाही.पुन्हा पुन्हा चुकतो रोज नवीन भ्रमात जगत रोज त्याच प्रश्नांची सोडवणूक करत कधी स्वतःला तर कधी समाजाला,कधी भ्याग्याला दोष देत प्रत्येक दिवस एक पाऊल मृतुकडे उचलत असतो.

त्याला खरोखर सुधारणे जमत नसाव का? आज पासून २-३ वर्षा पूर्वी त्याची जी अवस्था होती तीच जर २किंवा३ वर्षानंतर देखील असेल तर त्याच आयुष्यात खरोखर काहीही बदलले नसेल का?

का..त्याने बदलू दिलं नसेल? का..त्याने त्या बडलाकडे दुर्लक्ष केले असेल? किंवा कदाचित बदल झालेही असतील ते मान्य नसतील.प्रत्येक व्यक्ती इतरांच्या विचाराचे दागिने कधी आनंदाने तर कधी बळजबरीने परिधान करून व्यक्ती स्वतःचे म्हणून घेत असतो. त्या विचारांना दूर पर्यंत स्वतःच गंध देखील नसतो. समाजातील काही विचारवंत,शाळेतील शिक्षक, आई-वडील यांचे विचार नकळत आपण दत्तक घेतो. त्यातून एक समाजाला साजेल असा आपल्याला पटेलासा विचार परत मंडतो मात्र लोकावर "मी" हा पूर्णपणे स्वर झालेला दिसून येतो खोटा अहम, मान घेऊन लोक मोठ्या तोर्यानी समाजात वावरतात .सत्य हे कटू असते. मान, सन्मान, प्रथा , मान्यता सोडण्याच्या विचारांनी कथाचीत प्रांत्यागतील किंवा प्राणघात करण्यापत ही तयार होतील. आजतागायत आपण मांडत असलेला एकाही विचार आपला नाही आपण कुठूनतरी घेतलेला आहे.

माणसाला सध्या सोप्या कमी किचकट सरळ घोष्टी आवडतात माणूस कष्ट करण्यास तयार असतो मात्र प्रमाणात म्हणजे काम कमी फळ मात्र आपेक्षेपेक्षा अधिक भेटलं तरी हरकत नसते. माणसाच्या या वृत्तीला गतीस लवण्यामध्ये तंत्रज्ञानाने सुवर्ण हातभार लावला आहे.साध्य स्थितीत ज्या गतीने

तंत्रज्ञानाचे बोट धरून डोळ्यावर पट्टी बांधून व्यक्ती चालला आहे त्याला त्याच्या चागल्या वाईटची विचार करण्याइतपत ही विचार क्षमता , dhairyashita राहिलेली नाही.

व्यक्ती त्याच्या मूलभूत गरजांच्या पूर्तता नंतर व्यक्ती उच्च गरजांचा विचार करतो त्यात समाज शिक्षण ,स्वमण्याता,अध्यात्म हा त्यातील वरील स्तरावर स्थित आहे व्यक्ती कधीही गोष्टींना आहे त्या प्रमाणे मान्य करीत नाही. त्याला त्या हवा तसा बदल करूनच गोष्टी हव्या असतात. जसे की चित्रपट बघायचाहे मात्र वेळ वाचवायची म्हणून दुप्पट गतीला पाहायचे का, तर वेळ वाचवून तो दुसरीकडे वा घालवता येईल.पुस्तक वाचल्यास आनंद मिळवायचा आहे मात्र वाचलं जात नाही म्हणून ऑडियो किंवा व्हिडिओ द्वारे सारे एकुन बघून वाचल आस सगुण मोकळ व्हायचं.व्यक्तीला त्याच्या क्षमतांचा जनिवेसाठी उपनिशदामध्ये यक वाक्य रचना आहे. जेव्हा व्यक्ती अहम् ब्रमास्मी म्हतो तेव्हा तेव्हा स्वतःला ब्रहाचा अंश किंवा ब्रम्ह संबोधत असतो.जेव्हा व्यक्तीला वाटते त्याला काही जमत नाही तो निरुपयोगी आहे अश्या परिस्थितीत वक्तीला त्याच्या अस्तित्वाच्या जनिवेसाठी त्याच्यातील क्षमाताच्या जाणीव साठी या वाक्याचा उपयोग करता येतो.

मात्र यामध्येही व्यक्ती मनमानी करताना दिसून येतो मी काहीही करेन , माझी मर्जी,इच्छा मी म्हणजे सर्वकाही, माझ्यापेक्षा मोठ कोणीही नाही .कुठेतरी व्यक्तीला जाणिवेची गरज आहे कारण जेव्हा व्यक्ती म्हणतो

"अहम् ब्रमस्मी" तेव्हा म्हणत असतो मी मुक्त आहे विनम्र आहे नम्र आहे मी ब्रह्म आहे तशीच वर्तन देखील आपेक्षित असते जे की सध्यस्थितीत दिसून येत नाही.

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## FAILSAFE

Raj Patil

TYBA

एकविसावे शतक म्हणजे आधुनिकतेच, विज्ञान आणि तंत्रज्ञानाच्या विकासाच. AI किंवा आर्टिफिशियल इंटेलिजेंस म्हणल की, डोळ्यांसमोर रोबोट्स, सोशल मीडिया, सायबर वर्ल्ड, तंत्रज्ञान या गोष्टींच काल्पनिक विश्व ज्यांचा सत्यात रूपांतर होतंय असं जग उभ राहत. या जगाला Failsafe ची गरज कधीनकधीतरी भासेल. Failsafe म्हणजे एक असा खटका जो कुठल्याही इलेक्ट्रिक सर्किट मध्ये फ्यूज च काम करतो, करंट ओवरफ्लो झाला की फ्यूज नष्ट होतो. असाच एक खटका किंवा Failsafe प्रत्यकाच्या आयुष्यात असावा. मी Failsafe हे नाटक केलं ज्याचा सारऔंश सांगायचा झाला तर, “आर्टिफिशियल इंटेलिजेंस ने मानवी बुद्धिमत्तेवर झालेला परिणाम व ओतप्रोत वाहणार्या या प्रवाहाला थांबवण्यासाठी लागणारा एक खटका अर्थात Failsafe”.

आर्टिफिशियल इंटेलिजेंस मुळे जग फार अनपेक्षित व तीव्र गती ने पुढे चाललंय. माणसं अश्या विश्वात रमली आहेत जिथे बुद्धिमत्ता, चातुर्य, कला, व नाट्यांपेक्षा, मोबाइल च चार्जिंग, सोशल मीडियावरचे लाइक, चॅटबॉट्स, मशीन्स, यावर जास्त अवलंबून आहेत. अर्थात मानव या AI कडे खेचला चाललाय कारण शारीरिक व मानसिक कष्ट कमी लागतात. माणसाची मानसिकता नवीन व काल्पनिक गोष्टींकडे पटकन झेप घेते. पण मनुष्याची वैचारिक क्षमता ही आर्टिफिशियल इंटेलिजेंस पेक्षा कायम वरचढ सिद्ध होईल. तंत्रज्ञ किंवा रोबोट्स यांच्या पेक्षा माणूस विभिन्न दिसून येतो याचा एकमेव कारण म्हणजे दृष्टिकोण. प्रत्येक गोष्टीकडे पाहण्याचा आपला दृष्टिकोण हा वेगळा असतो, तो त्या programmed रोबॉट्स मध्ये नसतो. दृष्टिकोण आला म्हणजे विचार आले, आणि विचार म्हंटल्यावर त्या मागच्या भावना या आल्याच. AI ला भावनांची गरज नसते असं म्हंटलं तर चुकीच नाही ठरणार, आणि असल्या तरी वरवरच्या भावना या जग चालवू शकत नाही, या जगण्याला अर्थ देऊ शकत नाही. एक मानसशास्त्राचा विद्यार्थी म्हणून बोलताना, आदर्श स्व, वास्तविक स्व, सामाजिक स्व, असे मानवाचे

पैलू रोबॉट्स कधीच प्राप्त करू शकणार नाहीत. मनुष्य प्राणी फार गमतीशीर आहे बरका. शिक्षणा पेक्षा मनोरंजन व्यक्तीला आकर्षित करते. त्यामुळेच आपण काल्पनिक, अद्भुत रम्य अश्या जीवनाची अपेक्षा करत असतो. आर्टिफिशियल इंटेलिजेंस आपल्याला त्या विश्वात अडकवते आणि आपण वरवर असलेल्या भावनांच्या चक्रव्यूह आकर्षित होतोय. ह्याच मूलभूत कारण म्हणजे “सत्य”. माणूस कायम “सत्य” पासून पळत आलाय, कडू गोष्टींचा अस्वीकार करून स्वाभाविक आहे...नाही का!?

जगाचे आणि जगण्याचे पैलू बदलत चाललेत, आजूबाजूचे लोक, परिस्थिति, तंत्रज्ञान, नियम एका वेगळ्याच भविष्यकडे वाटचाल करू पाहतायत. जर AI आपल्या विरुद्ध जाऊन आपलाच डेटा स्वतःच्या विचारांसाठी वापरायला लागला तर तो आपल्याला मानुपलेट करेल....आणि तो दिवस लांब नाही. Failsafe हा एक खटका असेल जो हे सगळं बंद करेल आणि तो आपल्यालाच शोधावा लागेल!!

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## IS AI AND ML BECOMING OUR PART OF LIFE UNKNOWINGLY?

**Vaibhavi Pawar**

**FYBA**

Artificial intelligence (AI) and machine learning (ML) have seamlessly woven themselves into the fabric of everyday life, enhancing convenience, efficiency, and personalization across various domains. From the moment you unlock your smartphone using facial recognition technology to the curated playlists on your music streaming apps, AI and ML are at play, learning from patterns and preferences to offer tailored experiences. In healthcare, these technologies assist in diagnosing diseases more accurately and at an earlier stage.

From virtual assistants like Siri and Alexa that streamline our tasks by responding to voice commands, to personalized recommendations on platforms like Netflix and Spotify that tailor content to our preferences, these technologies are transforming how we interact with the digital World n transportation, ML algorithms optimize routes for ride-sharing services and power autonomous vehicles, making travel safer and more efficient. Furthermore, AI and ML are revolutionizing industries such as finance, where they detect fraudulent transactions and offer personalized banking advice.

Artificial intelligence (AI) and machine intelligence (MI) offer numerous benefits, but they also present several disadvantages in everyday life. One significant concern is the potential for job displacement. As AI systems become more capable, they can perform tasks traditionally done by humans, leading to unemployment in sectors like manufacturing, customer service, and data entry.

Another issue is privacy and security; AI systems often require large amounts of data, raising concerns about how this data is collected, stored, and used. Additionally, there is the risk of bias and discrimination, as AI models are only as unbiased as the data they are trained on.

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**DEPARTMENT OF PSYCHOLOGY**  
**ANNUAL REPORT 2023- 2024**

**Induction Program:** Staff members from the Department of Psychology as well as Head of the Department Dr. Sadhana Natu, conducted a session on 'Mental Health and Counselling Services offered by the Department' for Induction Programs across Faculties of the College. Head of the Department Dr. Sadhana Natu also conducted sessions on 'Gender Sensitization and Anti Sexual Harassment Cell'.

Bridge Course was run for FY students.

The Department also conducted an in-house induction for students of Psychology Special and MA Psychology.

**World Suicide Prevention Day:** On 11<sup>th</sup> September, 2023 a Suicide Prevention Campaign was conducted in the college campus. Students created posters which were displayed to the students around campus along with the message that Suicide is Preventable.

**World Mental Health Day Awareness Day** 10<sup>th</sup> October 2023 was marked through the Noticeboard and discussions in the classroom.

**Disha Psychology Study Circle:** A session on Dreams and Aspirations was conducted on 28<sup>th</sup> August 2023. Students spoke of their many dreams and wishes.

**Umeed College Community Mental Health:** A session was conducted with female clerks of the college by Dr. Sadhana Natu assisted by Ayushi Bhayani.

**Avishkar Competition:** Four students from the PG Department of Psychology participated in the Research Competition of the University. Sumitra Khillare and Mayuri Deshpande, MA Part 2 students won a prize.

**Master Mind Quiz** was organized at the College level on 3<sup>rd</sup> February 2024. 50 students participated in the Psychology based Quiz. There were 3 rounds of testing, reasoning, problem solving and attention shift. Prize Winners were Sanchit Bondre and Abhay Chavda.

**National Academy of Psychology Conference Vishakhapatnam:** Fifteen Students from MA Part II presented their papers through Posters/Presentations at the 33<sup>rd</sup> Annual Conference.

**Annual Prize Distribution Program Felicitation of Deserving Meritorious Students of Psychology** through Endowment Prize instituted by Dr. Sadhana Natu in the memory of Late Avinash and Nandini Natu was awarded to Sarthak Dhumal and Shrutika Deokar of MA Psychology Part I.

The **16th Volume of Kaleidoscope**, the annual magazine of the Department of Psychology was released by Principal Dr. Sanjay Kharat and Mr. Sunil Sukthankar and Dr. Sadhana Natu, Head, Department of Psychology on 11<sup>th</sup> March 2024. The theme of the magazine was 'A Fine Balance'. The program got a very enthusiastic response.

**Alumni Meet:** The alumni gathered on 10<sup>th</sup> February 2024 for an interaction with staff members and college at large.

**Pre-Placement Activity:** On 2<sup>nd</sup> March 2024, ten Alumnus from the Department interacted with the students of master's to give them insights into the work they were doing and discuss opportunities after Masters.

**Career Guidance:** Dr. Sadhana Natu conducted an in-house session with TY Students guiding them with their many queries of options for Higher Education and International Opportunities.

**Career Guidance for PG:** Dr. Sadhana Natu conducted an in-house session with MA Part II students guiding them on career paths available for them as job prospects.

**Euphoria:** A creative representation of Psychological Themes was held on 18th March 2024. Students performed through song, dance, and poetry their interpretation of the theme 'A Rainbow of Emotions'.

**Workshop on Research:** Workshop on Thematic Analysis and Coding for MA and PhD. Students was conducted by Adwaita Deshmukh.

**Students' Achievements**

**Sakshi Pujari MA Part II** participated in a Kathak recital at Republic Day Parade in New Delhi. 26<sup>th</sup> January 2024.

**Alumni who were placed**

**Manas Joshi** (MA Batch 2023) The Akansha Foundation and Fellowship of ILS Centre for Mental Health Law and Policy.

**Aditya Sangmule** (MA Batch 2023) Brainberg

**Pratik Dhote** (MA Batch 2023) Mpower

**Hitanshi Shah-** (MA Batch 2023) HR Solutions

**Shruti Shaligram-**(MA Batch 2023) The Anjali Morris Foundation

**Vedija Phalle-** (MA Batch 2023) The Anjali Morris Foundation

**Neha Kolhatkarl** (MA Batch 2023) Faculty, Modern College Ganeshkhind

**Gayatri Kamble** (MA Batch 2023) Progenesis Private Limited

**Preeti Kamble** (MA Batch 2023) School Pashan

**Preetika Deshmukh** (MA Batch 2023) MIT Counsellor

**Siddhesh Velankar** (MA Batch 2023) Career Counsellor

**Mariya Siddikot** (MA Batch 2023) Coaching Class

**Sanober Patel** (MA Batch 2021) Mukta Charitable Foundation

Shreya Subbanvar (MA Batch 2022) Mukta Charitable Foundation

Individual Report of Dr Sadhana Natu (Head, UG and PG Department of Psychology)

**Honour and Recognition:**

National Academy of Psychology 33<sup>rd</sup> Annual Convention held in February 2024 at GITAM University, Vizag, invited as an Expert for 'Roundtable on UNSDG: spoke on Gender and Psychology and UNSDGs' February

Chaired a Paper Reading Session at the National Academy of Psychology 33<sup>rd</sup> Annual Convention held in February 2024 at GITAM University, Vizag

Selected for International Congress of Psychology for **Keynote Address** on Gender and Psychology, going to be held in July 2024 in Prague.

Expert at Pune Obstetrics and Gynecology Society Conference on Trans Inclusion, on 5<sup>th</sup> March 2024. Spoke on Psychology of Trans genders.

**Resource Person:**

9 July 2023 Senior Citizens Group Sahaj Bhet, Spoke on 'Love and violence'.

2 August 2023 Modern College Warje. Spoke on 'POSH and Gender Sensitization'

25 November 2023 FLAME University, Pune. Conducted and interactive Session on 'Psychology of Gender'.

9<sup>th</sup> March 2024 Rotary Club Pune of Aundh Spoke on 'In Pursuit of Happiness'

**Research Work and Expert at Conferences**

From September 2023, Kaveri KGERC Research Advisor on three projects. Participation and guidance in quarterly meetings (Nov, Feb)

12<sup>th</sup> December BAMU FDP Resource Person

21st January 2024 Resource Person at PsyCon organized by Mukta Charitable Foundation. Spoke on 'Intersectionality and Mental Health'.

Guided 5 MA students for Research Projects.

Currently Guiding 1 PhD Student of Psychology who has submitted her thesis in February and 4 PhD. Students of Women's Studies under SPPU. Co guide for 1 student under SIU.

Mentored 15 MA students and 1 staff member for presentations at the National Conference organized by National Academy of Psychology in February 2024.

Conducted Session for PhD students on Mixed Methods in Research at Department of Sociology, SPPU

**Subject Expert and Consultancy Work**

1. IGNOU Syllabus Revision Committee
2. Leadership For Equity, NGO POSH Training and Case work
3. Code to Enhance Learning, NGO POSH Training and Case Work
4. Member of Board of Studies at Ramkrishna More College, Autonomous, Akurdi
5. Member of Board of Studies at Pimpri Chinchwad University, Pune
6. Expert in Interview Panel for selection of Fellows at Dr Anjali Morris Foundation, Pune.

**Publications:**

Book: Psychology and Gender: An Advanced Reader 'Routledge, International, UK, USA ISBN 9781032592435. Solo authored International Publication.

Chapter in Edited Book: आपल्या पाल्यांचे तृतीय पंथीत्व स्वीकारलेल्या पालकांशी संवाद in 'आम्ही ही भरताचे लोक' Deepak Pawar Edited, Published by Chief Election Commissioner, Government of Maharashtra, Mantralaya, Mumbai, November 2023.

**Editing and Peer Review:**

Psychology and Developing Society National Journal done Expert Peer review of research papers.

Journal of Qualitative Research International Journal done Expert Peer review of research papers.

Edited Kaleidoscope and Mindscape.

**Coordinated and Monitored** Departmental Activities like Organizing 'Euphoria' the Performing on Psychological Themes Event, Release Function of Psychology Journal 'Kaleidoscope', Organizing Pre-Placement Workshop for MA part 2 students and a Workshop on Thematic Analysis and Coding for MA and PhD. Students.

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# **TOPPERS 2023-2024**

## **F.Y.B.A. Psychology**

**Nidhi Belhe**

**85.91%**

**Shravani Suryavanshi**

**84.36%**

**Hiral Patel**

**84.18%**

# **TOPPERS 2023-2024**

## **S.Y.B.A. Psychology**

**Anahita Kulkarni**

**89.67%**

**Diya Shah**

**88.93%**

**Bhumi Calcattawala**

**88.60%**

# **TOPPERS 2023-2024**

## **T.Y.B.A. Psychology**

**Rushabh Shah**  
**CGPA 9.27**

**Neeshita Kotwal**  
**CGPA 9.2**

**Sanskruti Sonar**  
**CGPA 9.05**

# TOPPERS 2023-2024

## M.A.-I Psychology

**Shrutika Deokar**  
**90.73%**

**Urvi Khopkar**  
**89.27%**

**Khushi Shah**  
**87.90%**

# **TOPPERS 2023-2024**

**M.A.-II**

**Clinical Psychology**

**Manasi Deshpande**

**91.75%**

**Shravani Sakalkale**

**89.38%**

**Netra Bhave**

**87.90%**

# **TOPPERS 2023-2024**

**M.A.-II**

**Industrial & Organisational Psychology**

**Amita Hardikar**

**87.13%**

**Aditya Rao**

**83.75%**

**Bhoomika Joshi**

**78.38%**

# **STUDENT ACHIEVEMENTS**

**Raj Patil- T.Y.B.A.**

**Prizes for Dramatics**

**Savani Shewade- T.Y.B.A.**

**Maharashtra State Award for  
Singing and Acting in Sangeet Natak**

**Anushka Borhade- T.Y.B.A.**

**Medals in NCC and Rifle Shooting**

**Prachiti Bhutkar- M.A.-I**

**Special award for Scuba Diving**

**Late Avinash and Nandini Natu  
Endowment Prize  
instituted by Dr. Sadhana Natu**

**For Deserving T.Y.B.A  
Psychology students enrolled  
for M.A. (Psychology)**

**Sarthak Dhumal  
M.A.-I (Psychology)**

**Shrutika Deokar  
M.A.-I (Psychology)**



# PHOTO GALLERY



# MasterMind Quiz







## World Suicide Prevention Day



## Prize Winners of AY 2022-23





**Kaleidoscope- Volume XVI Release Function**



**NAOP Conference**





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