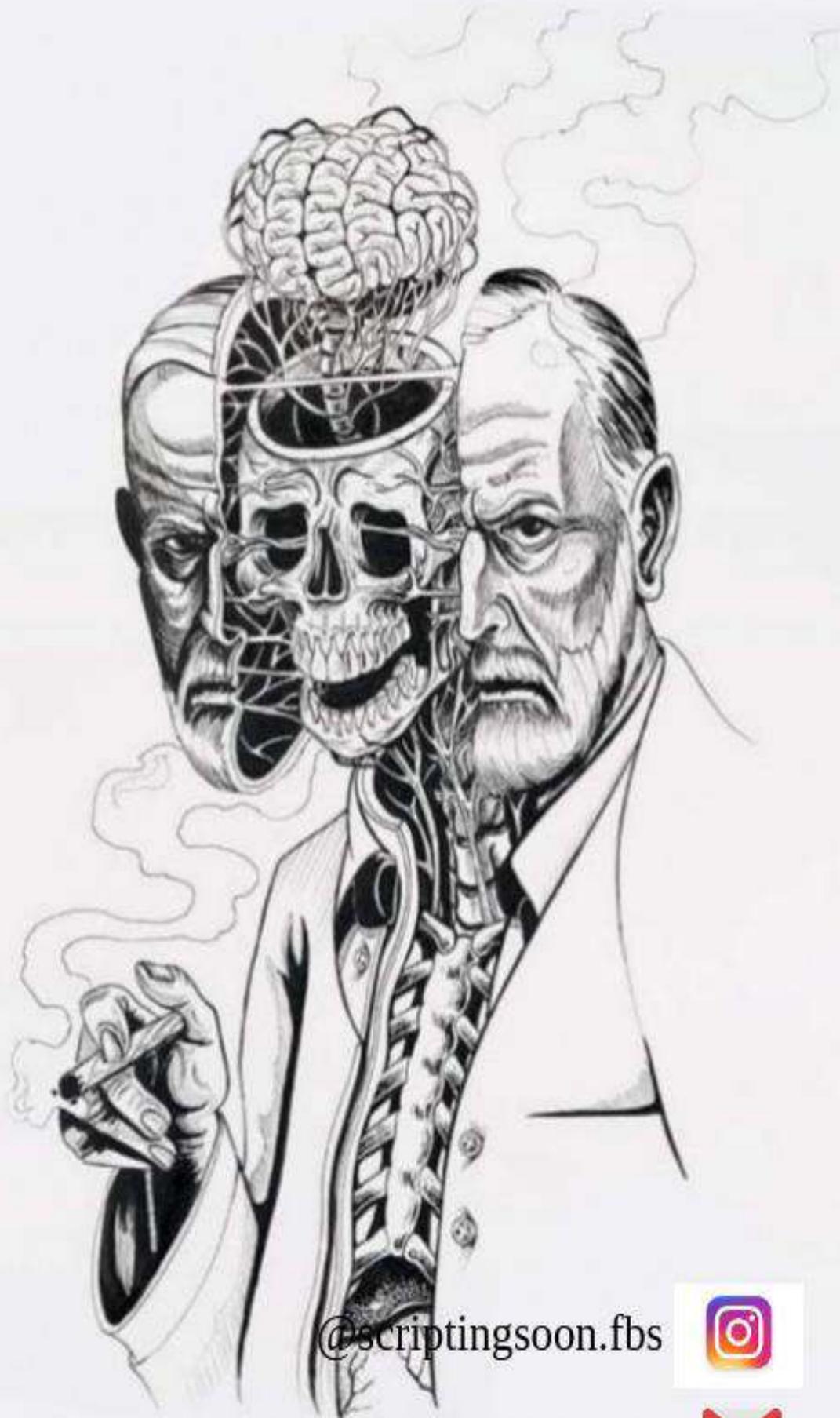


SEPTEMBER 2020

SCRIPTING

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We would like to thank our Dean, Prof. (Dr.) Waheeda Khan, Dr. Umesh Chandra from the English department, Ms. Khushboo Tomar of the Faculty of Behavioral Sciences and our FBS family for supporting us. We would also extend our gratitude to Dhiraj Sir, the man behind the idea of this magazine. We are very grateful to the students of other departments and colleges who have contributed to this magazine. Nevertheless, we thank our readers for their valuable feedbacks and for keeping us motivated throughout.



Team Scripting...

FROM THE EDITOR...

Month of September is that one month where we celebrate the pride of teaching and the epitome of knowledge. We have dedicated this edition to our pioneers of psychology and of course, our teachers.

Psychology is a vast subject as it deals with scientific humanity and is indeed applicable in all the fields of discipline, be it technical or non-technical. It is really a very new science with most advances happening over the past 150 years or so. However, its origins can be traced back to ancient Greece, 400-500 years BC.

Since we are psychology students, the team was pretty sure that everyone would have some or the other aspiration, expectation, or enthusiasm for the subject and we wanted to give them a platform to express it. Thus, this theme was decided.

The articles that we received were not as many as we expected but yes they were quality. I am pretty sure that you would enjoy reading them and would surely get some idea about a newer leads of psychology that you haven't yet explored.

*The Editor,
Bhoomika Bhatt*

DISCLAIMER

Not all images used have our copyright but are either taken from internet or consented by the creator.

Articles used in this magazine are given by various youth writers and it is their original content which they can publish anywhere else but only for personal use and not commercial.

Submitted articles can be edited keeping in mind the ethics of publication.

PSYCHOLOGY, MY LIFE.

"Psychology? Koi scope nahi hai ismei, become Doctor" said my father.



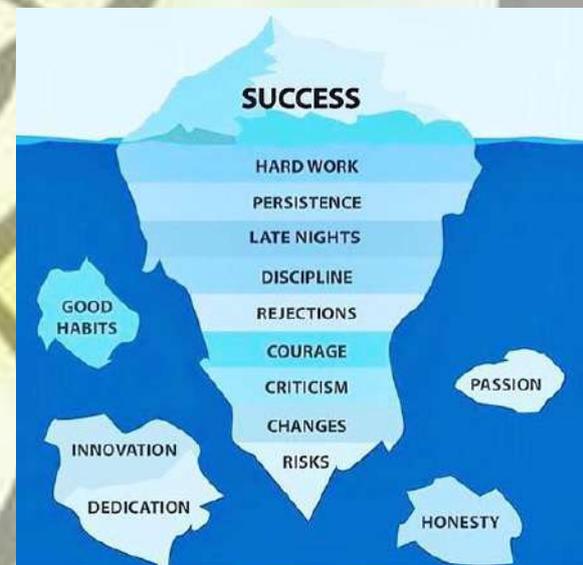
Dreams are aspirations that reflect a human's wants and desires in life, but failing to achieve them is scary. I can say that I was one of those people who knew what they wanted to do from a very young age. Whenever I was asked "Beta, kya banuge badhe hu kar?" my immediate reply used to be "I will

become a DOCTOR" which represented my envisioned utopia and phenomenal perceptions about what I want to do when I grow up. My development was not an easy process, growing up in a family with high level of expectation and insecurities always made me rational in every choice I made. Career choice is a significant issue in the developmental life of youths because it is reported to be associated with positive as well as harmful psychological, physical and socio-economic inequalities that persist well beyond the youthful age into an individual's adult life. To be noted, "The term youth is described by the United Nations Educational Scientific and Cultural Organisation (UNESCO) as a more fluid category than a fixed age group and it refers to young people within the period of transitioning from the dependence of childhood to adulthood independence and awareness of their interdependence as members of a community". My youth came with a massive intensity when I got promoted to class 11th, scoring 92%. I was offered PCMB, but something fascinated me about this another subject – "PSYCHOLOGY". It took me 2 long weeks to convince my father and school principle for dropping Maths and take up Psychology. I remember sitting in principle's office where he asked me, "Siya, not everyone gets these subjects you can do wonders with PCMB, then why so stubborn to take Psychology?" and to be honest I was not sure about my ambiguous answer that I want to do wonders with something that is not considered as wonderful, I don't wish to follow the crowd. When I completed my 12th grade I failed in the eyes of my dad, I couldn't score enough to make

him and society proud of me. It was the hardest time of my life, where I was questioned if I will be ever successful in life. Dreams were diluted and societal pressure convinced me to accept myself as failure. I was made to drop psychology as career choice and do BSc.Bio-Science. It is always said, "Gut feeling is our guardian angel", my gut feeling always told me that Psychology is my life and for my life I have to fight. Today I am a Clinical Psychology student, who fought one year with everyone to do what I want to do.

We should never forget a well-known quote Daniel Oluwaseun, "you felt like you are lost, and sorrow used to live in you; only hope keep you alive, sometimes you should always remember that, without sorrow and sadness you won't know the essence of happiness and success."

What inspired me to become Psychologist is the love and attachment I have for the subject. The human mind. I have always loved discovering how everything works, from stars to starfish, but I enjoyed living things more. For me, the human mind is the last frontier of knowledge. I also had significant psychological conflicts or issues of my own to work through and the benefits and insights I derived from my own growth led me to want to share that process with others. So natural curiosity, personal reasons, and desires to help others made me so sure about this career choice.



Abraham Maslow once said that if you plan on being anything less than you are capable of being, you will probably be always unhappy all the days of life.

I couldn't become a well-known Paediatrician or Cardiologist, but I do not regret being a helper, giver and most importantly a person who respects and understands the concept of human mind, behaviour and emotions. I will be proud of being a psychologist because that is what I wanted to be.

- SIYA CHAUDHARY
BSc.CLINICAL PSYCHOLOGY

ENNEAGRAM

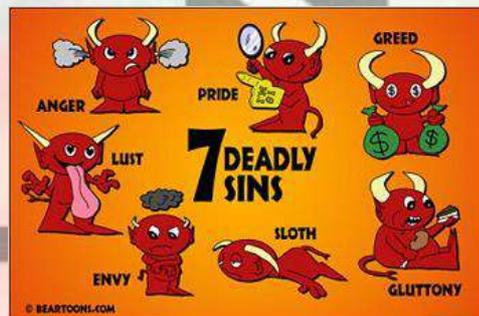


It would be beneficial for us to understand the concept, by answering the question-what is enneagram.

Enneagram has been derived from two Greek words-ennea meaning nine and grammos meaning figure .Thus it can be defined as a figure with nine points.

A short history

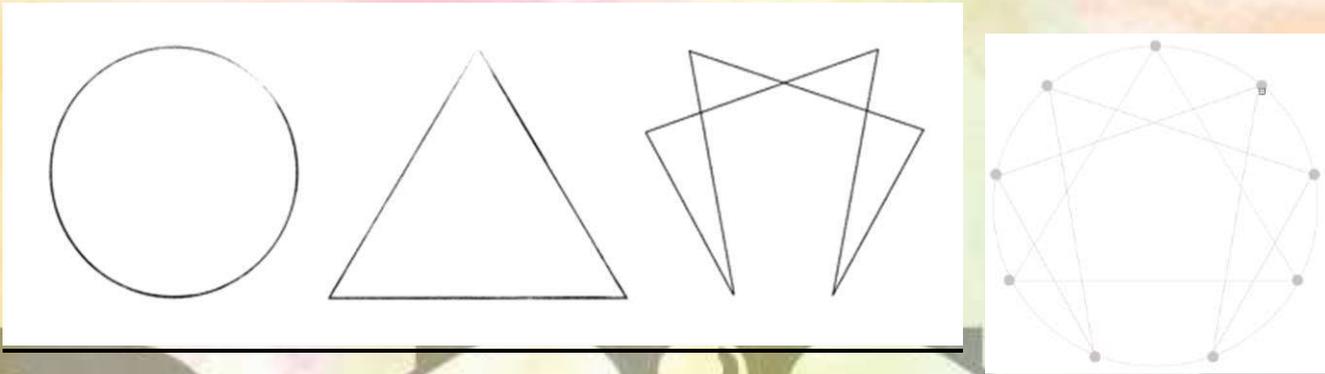
According to the sources Oscar Ichazo was the first man to be fascinated with enneagram (mid 1950s) but it is still mystery as some say around 1875 George Ivanvich gurdjieff taught enneagram through sacred dances .He devised the concept of The Seven Deadly Sins or the Nine Passions. The idea here is that we have a tendency to miss a mark and because of that become distorted in our thinking, feeling and doing.



Moving further, around mid-1970s Claudio Naranjo (the psychiatrist) was intrigued with enneagram .He tried to correlate enneagram with the psychiatric categories he was familiar with.

Alas! There is very little information available about their work.

Enneagram and symbol



George Ivanvich gurdjieff taught me how by accumulating three figures enneagram is formed and what they symbolise.

The first part is **Circle**, this symbol is used in almost every culture. It is used to represent ideas of wholeness, unity and that the God is one. Moreover the unique quality of circle is, it has no beginning as well as ending.

The second one is **Triangle**, which describes the concept of trinity

The Trinitarian ideas are visible in almost every religion.

For instance in Hindu religion the Gods forming Trivirgata are Brahma (the creator), Vishnu (the giver and provider) and Shiva (the destroyer or restorer). It is believed or rather understood that the god existing in trinity appear at the same time in three various roles. The triangle also represents Law of three, the three forces of nature-active, passive and neutral.

The last but not the least is **Hexad**, which represents Law of seven. It describes how things happen in a process. It states that nothing in this world is static, even the rocks become transformed. It signifies the statement of a wise man: only thing constant is this world is **change**. In simple words, Hexad represents the changing nature of human beings.



Enneagram and You

There are endless ways of associating enneagram with different topics. Enneagram is helpful for us because it can provide us clues to understand /observe ourselves and the world better, to know our blindspots. It is able to assist us regarding troublesome habits and reactions. In brief, enneagram can become guide to self observation and inquiry.

Before bidding the adieu to the reader would like to say that no matter what type you are, we all have all nine types in ourselves, it's just one particular type crops up, becomes dominant in us.

The exhausted writer is looking forward to share more concepts and thoughts.

Yashaswini Singh
Student
Faculty of behavioural sciences



Harry Harlow

Attachment Theory

Harry Harlow was one of the first psychologists to scientifically investigate the nature of human love and affection. Through a series of controversial experiments, Harlow was able to demonstrate the importance of early attachments, affection, and emotional bonds on the course of health development.

During the first half of the 20th century, many psychologists believed the showing affection towards children was merely a sentimental gesture that served no real purpose. Behaviorist John B. Watson once even went so far as to warn parents, “when you are tempted to pet your child, remember that mother love is a dangerous instrument.

An American psychologist however became interested not so much in quantity and

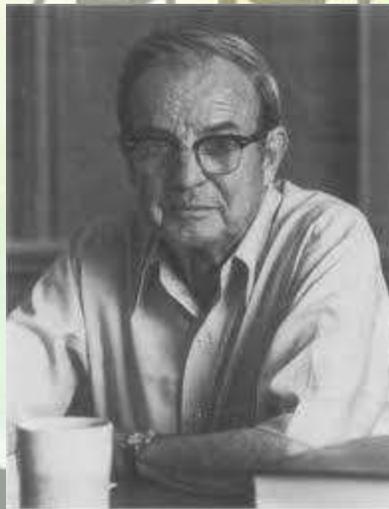
Harlow wanted to study newborn rhesus monkey

These infants were highly dependent for nutrition, protection, and socialization. What, exactly, though, was

The behavioral theory of attachment would suggest that an infant would form an attachment with a caregiver that provides food. In contrast Harlow’s explanation was that attachment develops as a result of the mother providing “tactile comfort”, suggesting that infants have an innate need to touch and cling to something for emotional comfort.

Harry Harlow did a number of studies on attachment in rhesus monkeys during the 1950’s and 1960’s. His experiments took several forms.

Using the method of isolation and maternal deprivation, Harlow showed the impact of contact comfort on primate development. Infant rhesus monkeys, were taken away from their mother and raised in a laboratory setting, with some infants placed in separate cages away from peers. In social isolation, the monkey showed disturbed behavior, staring blankly, circling their cages, and engaging in self-mutilation. When the isolation infants were re-introduced to the group, they were unsure of how



named Harry Harlow, in studying a topic that was difficult to measure—love.

the mechanism by which infants form a bond with their mothers.

dependent on their mothers' comfort and socialization. What is the basis of the bond?

attachment would suggest

to interact—many stayed separate from the group, and some even died after refusing to eat

Even without complete isolation, the infant monkeys raised without mother develop social deficits, showing reclusive tendencies and clinging to their cloth diaper. Harlow was interested in the infant's attachments to the cloth diapers that the soft materials may stimulate the comforts provided by the mother's touch. Based on this observation, Harlow designed his now-famous surrogate mother experiment.

In this study, Harlow took infant monkeys from their biological mothers and gave them two inanimate surrogate mothers: one was a simple construction of wire and wood, and the second was covered in foam rubber and soft terry cloth. The infants were assigned to one of two conditions. In the first, the wire mother had a milk bottle and the cloth mother did not; in the second, the cloth mother had the food while the wire mother had one.

In both conditions, Harlow found that the infant monkeys spent significantly more time with the terry cloth mother than they did with the wire mother. When only the wire mother had food, the babies came to the wire mother to feed and immediately returned to cling to the cloth surrogate.



Harlow's work showed that infants also turned to inanimate surrogate mothers for comfort when they were faced with new and scary situations. When placed in a novel environment with a surrogate mother, infant monkeys would explore the area, run back to the surrogate mother when startled, and then venture out to explore again. Without a surrogate mother, the infants were paralyzed with fear, huddled in a ball sucking their thumbs. If an alarming noise-making toy was placed in the cage, an infant with a surrogate mother present would explore and attack the toy; without a surrogate mother, the infant would cower in fear.

Together, these studies produced groundbreaking empirical evidence for the primacy of the parents-child attachment relationship and the importance of maternal touch in infant development. More than 70 years later, Harlow's discoveries continue to inform the scientific understanding of the fundamental building blocks of human behavior.

*Shrey Goel
Student
Delhi University*

Can individual ethical egoism be refuted?

Ethical egoism attributes to the moralistic principle that everyone acts respectively, to promote his or her interests exclusively. The most recognised advocates of ethical egoism are Ayn Rand and Max Stirner. Each of them, albeit in a slightly different manner, argued that an individual's interests should always be their prime objective.

It has invariably been that ethical egoism has been interpreted as either self-regard or disregard of others' interests due to the inclination towards one's interests. However, ethical egoism cannot be associated with self-regard because it is often in one's interest to aid or abstain from maltreating others.

Although ethical egoism seems intriguing in the circumstances of compounding righteousness with self-



If [people] place such things as friendship and family ties above their own productive work, yes, then they are immoral. Friendship, family life and human relationships are not primary in a man's life. A man who places others first, above his own creative work, is an emotional parasite.

— Ayn Rand —

AZ QUOTES

interests, this theory often has been rejected as an ethical theory. Altruism is the most significant criticism that ethical egoists face as this doctrine determines the moral practice of selflessness and concerns for the fortune of people around. However, Rand claims that the one who espouses altruism must have a “nightmare view of existence.” Placing similar remarks, Stirner intimates, “You love men, therefore you torture the individual man, the egoist”. Both Rand and Stirner do not support the ideology of helping others and they acknowledge altruism as a hindrance in one's goals and self-interests.

According to Rand's beliefs, altruism implies as the only contradictory view to ethical egoism and once it is eliminated, ethical egoism would be universally validated. This study has been built upon a false dilemma as it proposes that altruism is unenviable in terms of ethical theories. However, it does not serve as a reason for validating ethical egoism.

WE SHOULD CARE ABOUT THE INTERESTS
OF OTHER PEOPLE FOR THE SAME REASON
WE CARE ABOUT OUR OWN INTERESTS; FOR
THEIR NEEDS AND DESIRES ARE
COMPARABLE TO OUR OWN.

- JAMES RACHELS -

LIBQUOTES.COM

Another limitation to ethical egoism is that it affirms no medium for resolving conflicts of interest. A conclusive objection to ethical egoism would be its equation to racism. This concept was raised by James Rachels as he claims that racists divide people into groups and treat them according to their racial traits. Similarly, ethical egoists divide the world into two distinct divisions; one, they and the other would be the rest of the world.

Since ethical egoism is a widely-rejected theory with only a few proponents, we can say that ethical egoism can be refuted unless some extreme reformations are not consolidated in the functionality of this ethical theory.

Sources;

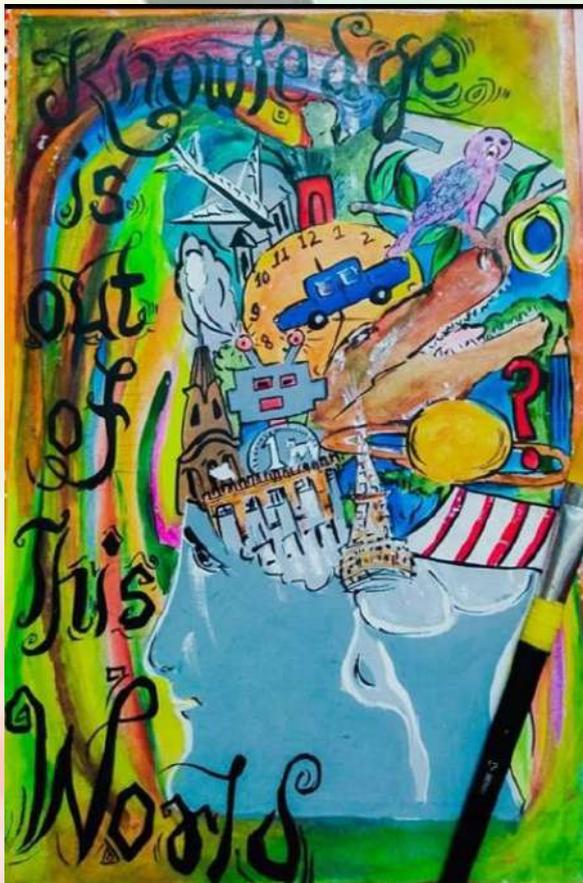
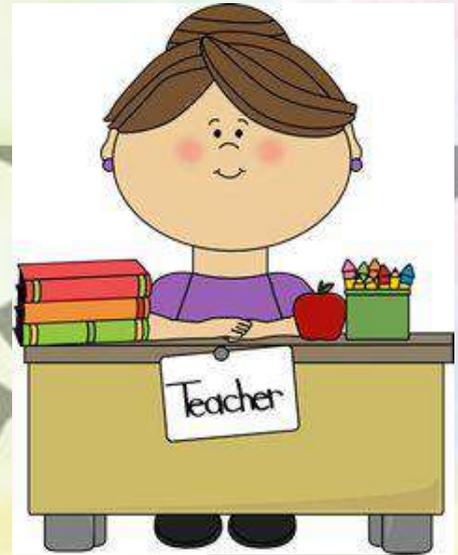
1. *Ayn Rand, ed., The Virtue of Selfishness (New York: Penguin Putnam, 1964), 51.*
2. *Ibid., 53.*
3. *Ibid.*
4. *Max Stirner, The Ego and His Own, trans. Steven T. Byington (New York: Benjamin R. Tucker, 1907) 387.*
5. *James Rachels, The Elements of Moral Philosophy, 4th ed. (Boston: McGraw-Hill, 2003), 89.*

*Bhoomika Bhatt
Student
Faculty Of Behavioral Sciences*

Blessed

I am blessed to have a teacher like you.
When I came first to you, I was the one
Who was least knowledgeable.
All I have today is just because of you.
You made me see through the eyes of education,
And cleared all my doubts and misconception.
For being a great mentor, I would want to say a thank
you.
I am blessed to have a teacher like you.

Harleen Kaur
Student
Faculty of Behavioral Sciences



The only way to connect
With your present
Is through acceptance,
That ultimately will lead to enjoyment
And not to disappointments.
It's the only way
To concentrate
On your personal growth,
And not to focus on
Things that are not in your control.
It is something that needs to be maintained,
Until it becomes your goal
To be attained.
It's a way to tell
That most of the things will be okay,
If you will stop praying for everything
To stay.!!

Mansi
Student
Faculty Of Behavioral Sciences

Sigismund Schlomo Freud

“Out of your vulnerabilities will come your strength”

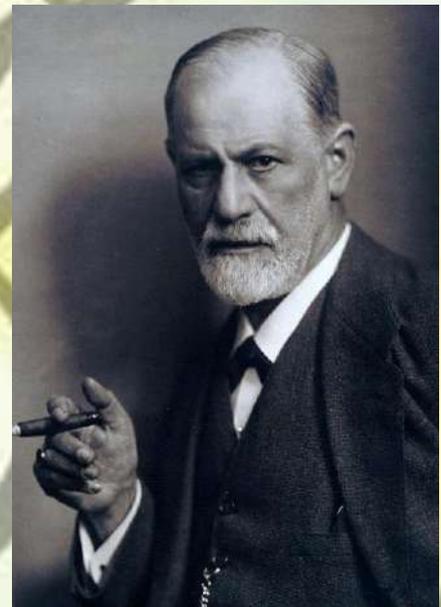


Sigmund Freud, Austrian neurologist who is well-known for developing psychoanalysis, a method through which an analyst unpacks unconscious conflicts based on the free associations, dreams and fantasies of the patient. His theories on child sexuality, libido and the ego, among other topics, were some of the most influential academic concepts of the 20th century.

Freud was born in the Austrian town

of Freiberg, now known as the Czech Republic, on May 6, 1856. He received his medical degree in 1881. As a medical student and young researcher, Freud's research focused on neurobiology, exploring the biology of brains and nervous tissue of humans and animals. After graduation, Freud promptly set up a private practice and began treating various psychological disorders.

Considering himself first and foremost a scientist, rather than a doctor, he endeavoured to understand the journey of human knowledge and experience.



Some of Freud's most discussed theories included: Id, ego and superego: These are the three essential parts of the human personality. The id is the primitive, impulsive and irrational unconscious that operates solely on the outcome of pleasure or pain and is responsible for instincts to sex and aggression. The ego is the "I" people perceive that evaluates the outside physical and social world and makes plans accordingly. And the superego is the moral voice and conscience that guides the ego; violating it results in feelings of guilt and anxiety. Freud believed the superego was mostly formed within

the first five years of life based on the moral standards of a person's parents; it continued to be influenced into adolescence by other role models.

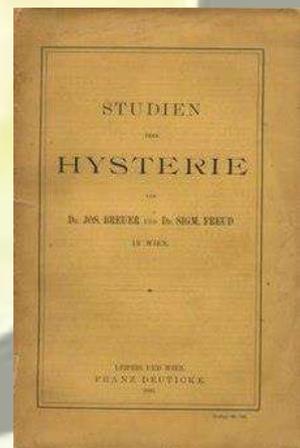
Psychic energy: Freud postulated that the id was the basic source of psychic energy or the force that drives all mental processes. In particular, he believed that libido, or sexual urges, was a psychic energy that drives all human actions; the libido was countered by Thanatos, the death instinct that drives destructive behavior.

Oedipus complex: Between the ages of three and five, Freud suggested that as a normal part of the development process all kids are sexually attracted to the parent of the opposite sex and in competition with the parent of the same sex. The theory is named after the Greek legend of Oedipus, who killed his father so he could marry his mother.

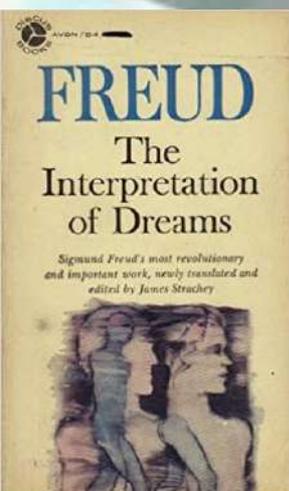
Dream analysis: In his book *The Interpretation of Dreams*, Freud believed that people dreamed for a reason: to cope with problems the mind is struggling with subconsciously and can't deal with consciously. Dreams were fueled by a person's wishes. Freud believed that by analyzing our dreams and memories, we can understand them, which can subconsciously influence our current behavior and feelings.

Freud has published a number of important works on psychoanalysis. Some of the most influential include:

1. 'Studies in Hysteria' (1895): Freud and Breuer published their theories and findings in this book, which discussed their theories that by confronting trauma from a patient's past, a psychoanalyst can help a patient rid him or herself of neuroses.

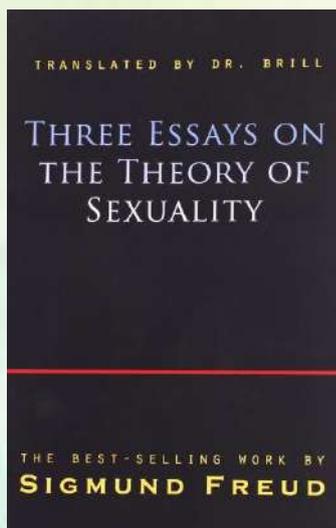
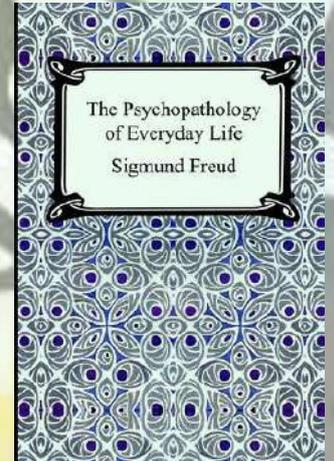


2. 'The Interpretation of Dreams' (1900): In 1900, after a serious period of self-analysis, Freud published what has become his most important and defining work, which posits that dream analysis can give insight into the workings of the unconscious mind. The book was and remains controversial, producing such topics as the Oedipus complex. Many psychologists say this work gave birth



to modern scientific thinking about the mind and the fields of psychology, psychiatry and psychoanalysis.

3. 'The Psychopathology of Everyday Life' (1901): This book gave birth to the so-called “Freudian slip” — the psychological meaning behind the misuse of words in everyday writing and speech and the forgetting of names and words. These slips, he explained through a series of examples, revealed our inner desires, anxieties and fantasies.
4. 'Three Essays on the Theory of Sexuality' (1905): While no one person will die without sex, the whole of humanity would without it — so sex drives human instincts, Freud believed. In this work, he explores sexual development and the relationship between sex and social behavior without applying his controversial oedipal complex.



Freud fled Austria to escape the Nazis in 1938 and died in England on September 23, 1939, at age 83 by suicide. He had requested a lethal dose of morphine from his doctor, following a long and painful battle with oral cancer.

Siya Chaudhary
Student
Faculty Of Behavioral Sciences

KEEPING UP WITH SGT

Indo Universal Collaborates for Engineering Education

August, 24

SGT University became member of Indo Universal Collaboration for Engineering Education (IUCEE) will give our university the right interface for the benefit of emerging engineering graduates. IUCEE is a network of more than 1000 faculty members and leaders from over 100 engineering colleges from all over India. The mission of IUCEE is to provide this ecosystem which will foster the employ-ability, entrepreneurship and leadership skill of engineering graduates.



Shree Guru Gobind Singh Tricentenary University Collaborates with Entrepreneurship Development Institute of India

August, 24

SGT University, Gurugram & Entrepreneurship Development Institute of India (EDII) have entered into a MOU to broaden the frontiers of Entrepreneurship Research. Both the institutions aim to investigate into a range of issues surrounding the small and medium enterprise sector, and establish a network of researchers and trainers.



Faculty of Behavioural Science conducted Live Webinar on Adapting to New Normal

Aug, 18

Life as we knew it has changed. The COVID-19 pandemic has created uncertainty in our work and family lives. With no clear end in sight, and with changes occurring daily, it can be difficult to adjust to this 'new normal'. From physical distancing to practising good hand hygiene – these have become part of our daily routines. A rapidly-changing environment has meant a greater need for us to be agile and adaptive. This is challenging - and even more challenging for those of us who don't like change at the best of times. Being overwhelmed and feeling like we aren't in control of our own lives can lead to frustration and burn-out. To deliver this knowledge FBS organised a live webinar, conducted by Prof. Manas Kumar Mandal.



Important Dates – September' 2020

Teachers' Day

5th September

8th September

International Literacy Day

World Suicide Prevention Day

10th September

14th September

World AIDS Day, Hindi Diwas

International Day of Democracy

15th September

16th September

World Ozone Day

International Day of Peace, World Alzheimer's Day

Deaf Awareness Week

21st September

22nd September

Welfare of Cancer Patients Day

World Heart Day

29th September

'I am'

A fixed proof reader and a think tank for the magazine. "Jo hoga, Dekha Jaega" is a typical "Shubham" thing.

SHUBHAM PRASAD

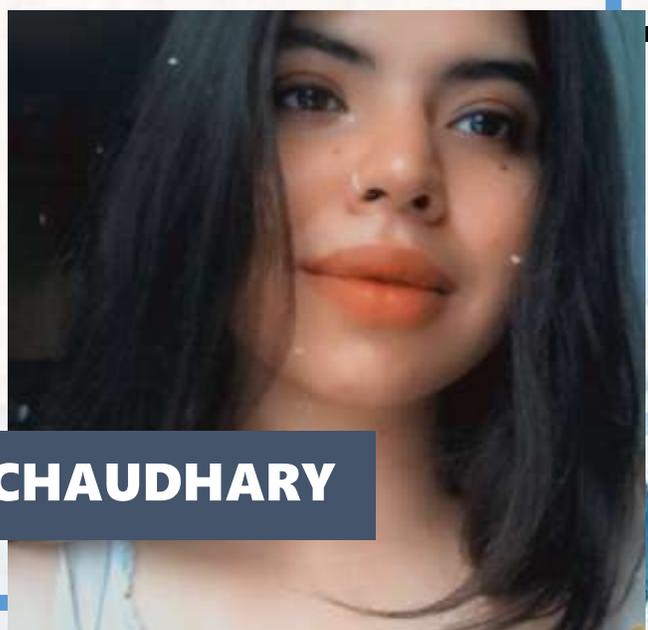


BHOOMIKA BHATT

History enthusiast. I believe in unconventional ideas and so I design the final draft of the magazine. "Show me the citations please", is a typical 'Bhoomika' thing.

Aesthetic Soul. I am sort of a stop & stare, hence I handle content designing and media management. Mixture of vintage heart and modern mind. Access to my energy is a poetic privilege.

SIYA CHAUDHARY



I believe in climbing mountains rather than carrying them. I take care of the 'Importance of Month' column. History amateur, uranophile, I love listening music, love spending time with my plants

NIKITA VATSA



ANNIE SAKHUJA

CREATION DREAMER

I like to day dream and imagine the possibilities and wonders of the world. I can immerse myself in imagination and fantasy, yet remain grounded in reality; reasons to why I run the creative department.

I am an astrophile and quite imaginative, I believe in facts & proofs and that is why I handle the NEWS corner.

IPSHITA JAIN



