



# SLS MIRROR

Volume 3 | Issue 12

# EDITORIAL



**I**t is indeed surprising why the month of love was made the shortest of all twelve! February passed as a bittersweet period of confrontations and confessions, of red hues and mended scars, and of melodies and art. Rising above from the gripping mania, we are reminded of the promises that the New Year made. We see those words being kept as School of Liberal Studies hosted its National Conference on Psychology and with important events being held in the university including the annual Sports Fest — Petrocup, a maiden event — The Literature Fest, all while bravely combating Swine Flu, a pandemic outbreak in Gujarat.

The transition of winter to spring pumped in the much-awaited inauguration of FLARE 2015 and the zealous preparations for it began soon after, catching everybody's attention. Student clubs initiated their recruitment drives; brainstorming for fresh ideas and a myriad of challenges offered the young minds an opportunity to grow. Creativity and leadership take birth when students devise and manage events for students; FLARE is one fest that unites the entire university, one fest where tiny sparks meet in lighting up a flamboyant flare.

Amongst the euphoria, the mid semester examinations were conducted in SLS. One may note that multitasking and juggling with several things in one go is now ingrained in an SLSite. Read through this issue for a glimpse into the wide range of events that took place in the shortest month of the year, February.

# I-POLICY WORKSHOP

The Society for Public Policy and Governance of PDPU, SPPG, organized a four day long residential certification course called i-Policy for young leaders . The event was held in the university from 27th January to 30th January, 2015 and was conducted by organizers from Centre for Civil Society, CCS, a Delhi based organization.



i-Policy was focused on how the policy made by the government affects us and how individual or society as a whole affects the policy. The course was designed in such a way that the participants from any field can attend the session without much deep knowledge of policy making and government. It was not a theory based course but a blend of dynamic games, Socratic dialogue, documentaries, discussions and debates.

The event begun with 25 participants. Though the majority of the participants were from School of Liberal Studies but the course wit-

nessed students of different Schools of PDPU taking interest in this field and being part of it. The participants not staying in the PDPU hostel were given accommodation in the Gujarat Institute of Disaster Management (GIDM) campus. The registration fee was INR 2500 for PDPU students staying in GIDM and INR 1500 for students having accommodation in PDPU

hostel already. INR 3500 was charged by the participants not from PDPU .The course was residential. It used to start by 9.00 AM in the morning and would end by 10:30 PM with a documentary or an activity. The fourth day had

a Valedictory session in the evening where all the participants were handed the certificates.

The course was conducted by Centre for Civil Society and the Director himself came to give a particular session on the second day of the course. The course enhanced the students' debating and presenting skills, willingness to discuss and be a part of every discussion, develop an opinion and understanding of a particular subject along with enhancing team work, communication and leadership qualities.

**Niharika Agarwal**



# 41<sup>ST</sup> NATIONAL ANNUAL CONFERENCE OF THE INDIAN ASSOCIATION OF CLINICAL PSYCHOLOGISTS

The 41st National Annual Conference of the Indian Association of Clinical Psychologist (NACIACP) 2015 was jointly organized by SLS, Pandit Deendayal Petroleum University (PDPU), Gandhinagar and Raksha Shakti University (RSU), Ahmedabad. PDPU in collaboration with RSU hosted the 41st National Annual Conference of the Indian Association of Clini-

portance for spirituality, psychological services in law enforcement, etc. from the perspective of clinical psychology. On 5th February 2015, four preconference workshops on child psychology and pediatrics, psycho-oncology, managing psychosocial issues in medical condition and emotional regulation therapy (ERT) for anxiety and mood disorders were organized. On 6th Febru-



cal Psychologist as a part of collaborative MoU es-

pecially when Psychology as a discipline is completing 100 years in India.

The theme of the conference was "Paradigm shift in clinical psychology from mental illness to mental wellness and mindfulness" intended to explore arena beyond traditional objective of Clinical Psychology and addressed important issues such as internationalization of psychology, the opportunities in the field of psychology, im-



ary , 2015 was the inaugural ceremony

of the conference. The chief guest for the conference was Prof. N.R. Dave, Educational advisor PDPU, the guest of honor was Dr. Manas Mandal, Distinguished Scientist and Director General, Defense Research and Development Organization (DRDO) and along with them were Shri Vikas Sahay, Deputy Director General RSU, Honorable President, Indian Association of Clinical Psychologists (IACP) ,Dr V.C George, Hon General Secretary, IACP, Dr. Kal-

pana Srivastava, Dr. SL. Vaya, Director R & D RSU & Chairperson 41st NACIACP 2015 and Dr. Ritu Sharma, HOD Psychology, SLS, PDPU Department & Organizing Secretary of the 41st NACIACP.

This conference had a representation from the practitioners and Academicians from intellectually reputable campuses like American Psychological Association, AIIMS New Delhi, NIMHANS Bangalore, Central Institute of Psychiatry Ranchi, IIT-Kanpur and Gandhinagar, Ranchi Institute of Neuro-Psychiatry & Allied Sciences (RINPAS), Gujarat Forensic Science University, Defense Institute of Psychological Research, SRM Chennai, Institute of Psychiatry, Kolkata, Amity University, CFL, CBI New Delhi, St. John's Medical College, Bangalore to name a few. Apart from this, there were five invited talks by Dr. Matthijs Cornelissen, Director, Indian Psychology Institute, Sri Aurobindo Ashram, Dr. Sangeeta Panicker, American Psychological Association, Dr. Ramaa, Professor of Special Education, Regional Institute of Education (NCERT) and Dr. Pritha Mukherjee, Professor, University of Calcutta, symposiums and panel discussion.

189 papers were presented covering 17 different areas of interest like psychopathology, school mental health, positive psycholo-

gy, behavioral medicine to name a few and research over 35 sessions. The conference was concluded on 8th February 2015, with the valedictory ceremony. The chief guest for the valedictory ceremony was Honorable Chief Justice, M.S. Shah, High Court of Mumbai.

The conference not only broadened the horizon of knowledge but also helped create a new perspective regarding the paradigm shift in clinical psychology and above all, the conference has helped connect people's personal passion to a larger community interest. This conference helped the psychologist to go into the details of new issues faced by Indian society and come out with solutions that would help in improving the psychological wealth of the society and the security of the nation as whole. It has also paved a path that increased the awareness, improved wellbeing and also helped to dispel the stigma faced by those associated with mental health problems. The Conference served as a gateway for SLS students aspiring for Psychology as a career to discover and understand the profession through meeting of active minds.

**Jasmine J. Pereira**

## AUDIT COURSE: ADVENTURE-CUM-NATURE STUDY PROGRAMME

**A**s a part of audit activities carried out for first year students of SLS, an Adventure cum Nature Study camp was organized on 31<sup>st</sup> Jan-1<sup>st</sup> Feb and 7<sup>th</sup>-8<sup>th</sup> February, 2015. The camp was held in collaboration with Auro Adventure Academy at Sembalpani - a village near Ambaji where a local school for tribal children is set up. Mr Kiran Vekariya conducts adventure camps and excursions in the surrounding forests and rocky terrain.



Students left from PDPU in the early morning. Sembalpani is a four hour drive from PDPU. On arrival, they were allotted tents for their stay, and breakfast was served. The first session included a visit to a tribal village situated nearby. For most of the students, it was the first time they were visiting a tribal village. They interacted with the families there about the social and economical problems faced by them. The local people were very friendly and welcoming. A trek to 'Pareva Pani' was scheduled for the afternoon. Students were also informed about the local ecosystem and the flora & fauna around; they spotted a rare blue kingfisher. After dinner a night trek was done in the area around. It was, in the true sense, a starry night there. Away from urban centres and their light pollution, one could spot a lot of different constellations. Some students really conquered their fear of the dark in that 3 kilometre walk.

The next morning, students had a tryst with caving and peak climbing. A local peak near Ambaji, "Kanjelo", was the target. The climb was arduous but rewarding. The view of the surrounding desolate & untouched landscape was a breath-taking sight. Even the most claustrophobic amongst all made it to the top. En-route they saw the indigenous methods applied by the native people to harvest rain water. There were a series of strategically placed trenches and channels to divert rain water from flowing off. After breakfast, there was rock climbing and rappelling planned for students. They were taught the basics of different climbing equipment; taught about different knots, which is the most important part of rock climbing and rappelling. The surge of adrenaline as they rappelled down was unmatched. After a debriefing session & a sumptuous lunch students left for PDPU.

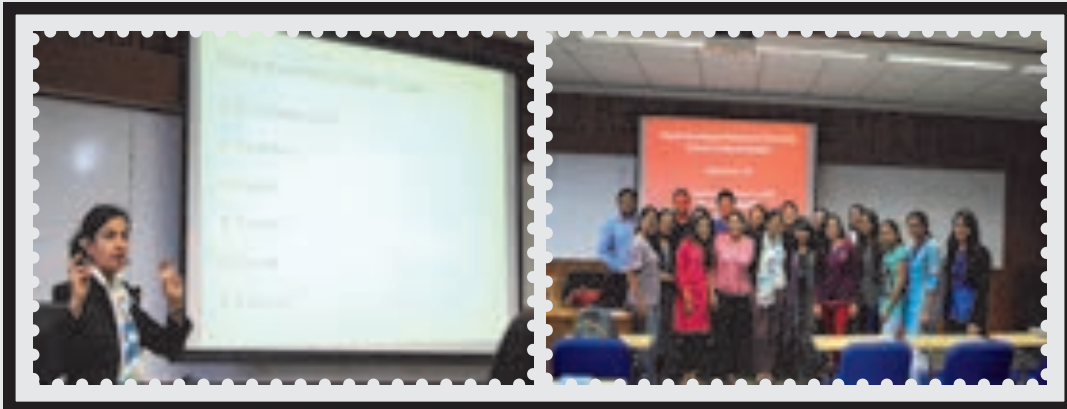


This camp helped the students to reconnect with themselves, face their fears and also made them trust more on their capabilities. Away from the urban conglomerate, they re-discovered nature.

**Sridhar Iyer**



## GUEST LECTURE BY ANJU MUSAFIR



**O**n the 13<sup>th</sup> of February 2015, the English Literature students of SLS were given a special treat in the form of a guest lecture by Mrs. Anju Musafir. Extremely passionate and knowledgeable in the matters of English Literature, the founder and principal of Mahatma Gandhi International School, Ahmedabad, opened the eyes of the students to a new dimension of mass communication.

After an exercise on news reporting to break the ice, she proceeded to introduce the class to the Male Gaze, and the concept of Female Objectification, with the help of a highly controversial Nike ad campaign.

She also discussed with the class, the impact of skin color in the society, and how that color causes several ridiculous biases, with the help of two newspaper articles. She proceeded to discuss that form used by each article, helping the class realize that language

used varies, depending upon the target audience.

Finally, she closed this enlightening session with asking the students to present in their own style, Maya Angelou's ground-breaking poem, 'Phenomenal Woman', bringing to the attention of the students, a different way to celebrate womanhood.

A truly inspiring and thought-provoking session.

**Anamika Devani**

# SLS MIRROR RECOMMENDS

## — WEBSITES —

**Everyday Paleo Life & Fitness (<http://eplifefit.com>)** — EPL&F is the collaborative effort of three paleo fitness extraordinaire: Sarah and John Fragoso (of Everyday Paleo) and Jason Seib. This is a great way to begin building strength and ranges of motion that help support athletic performance and overall fitness, from beginner modules to more advanced programs.

**Fitness Black Book (<http://fitnessblackbook.com>)** — Rusty Moore started his blog, Fitness Black Book, back in 2007 as a place to share his own non-body-building approach to training. Over the past six years, the site has expanded to cover more topics on nutrition and celebrities' approaches to fitness, as well as to provide a very popular online free course called Abs Blueprint.

## — BLOGS —

**Born Fitness (<http://www.bornfitness.com>)** — Adam Bornstein delivers a no-bullshit approach to exercise and nutrition on Born Fitness with posts examining topics ranging from which meal plan is healthiest ([www.bornfitness.com/really-need-eat-chicken-broccoli](http://www.bornfitness.com/really-need-eat-chicken-broccoli)) to why workouts shouldn't be miserable ([www.bornfitness.com/workout-kick-ass](http://www.bornfitness.com/workout-kick-ass)) to judging others by their appearances (<http://www.bornfitness.com/look>).

**Girls Gone Strong (<http://www.girlsgonestrong.com>)** — Spend just a few minutes on the self-declared "women's fitness authority," and you'll see why the description is totally appropriate. No three-pound dumbbells here — Girls Gone Strong features workout tips for women who are into legit strength training (<http://www.girlsgonestrong.com/4-kettlebell-deadlift-variations-you-should-be-doing>). Whether your goal is to lose fat, gain muscle, or just reinvigorate your workout routine, you'll find all the advice, encouragement, and support you need here.



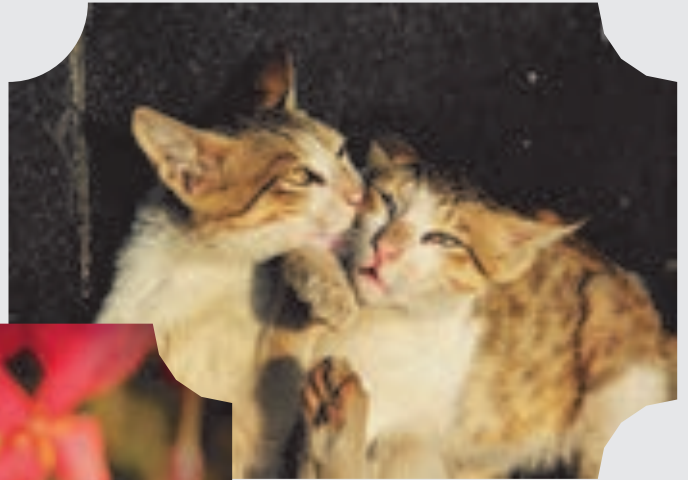
### — APPS —

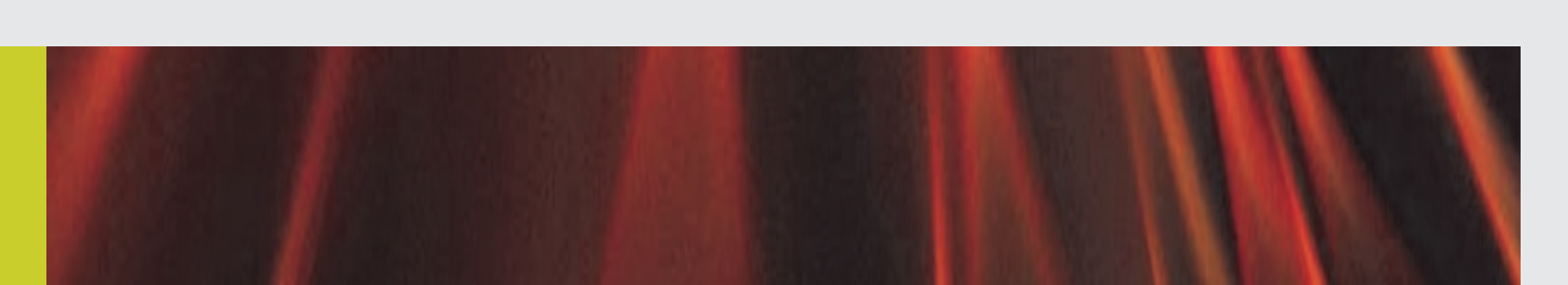
**Challenges by Nexercise (Free; Android, iOS)** — Challenges turns working out into a competition among you and your friends. Log your activity, watch your rank rise on the leader board and keep up those health habits to earn points, prizes and bragging rights. If you log it, you can get points for it. Challenges has a comprehensive list of activities you can track, including aerobics, yoga, housework and playing with pets. And, yes, those prizes are real: Cash in your points for things such as gift cards or headphones.

**JEFIT (Free; Android, iOS)** — JEFIT.com's apps serve as an incredible resource for users looking to do strength training and bodybuilding. Loaded with an exercise database of thousands of routines sorted by targeted body part, it comes complete with detailed instructions, a workout planner, exercise log, progress tracker, numerous timers and options, and synchronization with your JEFIT profile. The free version is ad-supported, while a pro version offers more features and removes advertising.

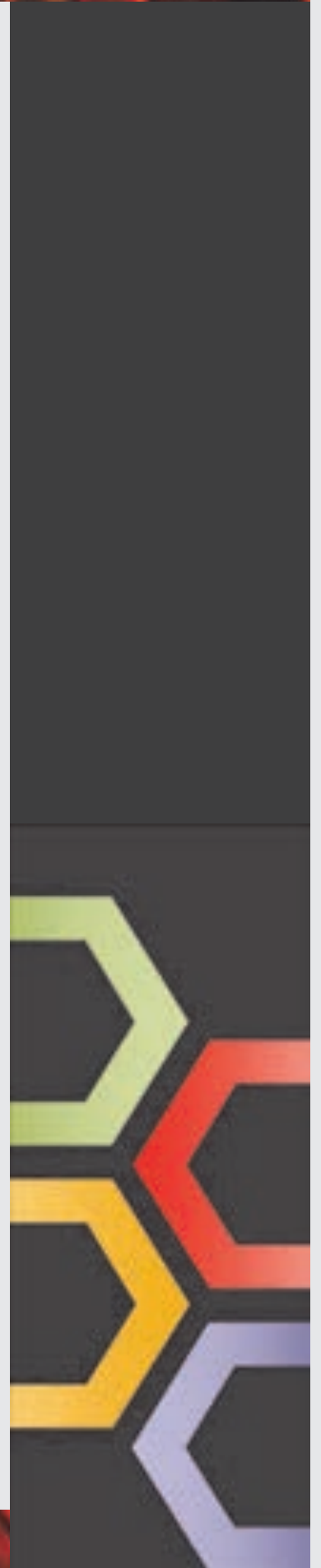
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Foram Joshi  
M.A





**Ahad S.  
SLS '12**





# SLS SCALING HEIGHTS

**Upasana Purohit** of SLS '14 had participated in PetroCup and bagged 1st position in Table Tennis (Team) and also Best Player award in the event.

Further, she came 2nd in Lawn Tennis (Team) and was recognised as the best player in this event too.

Upasana has also participated in other inter-college Table Tennis and won the 1st position in IIM as well as DA-IICT.



**Sachin Thakkar**, SLS alumnus, got together with friends and relatives and organized a drive for free distribution of masks to help in the fight against H1N1 in Gandhinagar city.

He went to market areas during evening hours and distributed masks; and encouraged people to wear the mask at all times whenever they are in crowded surroundings.

## SLS REACHES OUT TO ACADEMIA

**Dr. Sanjay Pradhan's** research paper titled 'Shale gas in Indo-US cooperation' was published in Geopolitics, V (IX), 2015: 62-65

**Dr. Chaitanya Vyas** presented his research paper titled 'Limitations of Selected e-Governance Services in India: Policy Change as Solution for Experience Enhancement of Citizen Services' at International Conference on e-Business and e-Governance held on Jan, 13-14 2015 at Zurich, organized by World Academy of Science Engineering and Technology.

**Dr. Ashvin Dave** appeared as a member of Expert Panel on Pre-budget session at IIM-Ahmedabad - 21/02/2015.

**Ms. Urmi Satyan**, Faculty in English Literature, was an "invited speaker" at Ahmedabad Management Association for the 2 Day UGC Sponsored National Seminar from 6th to 7th February, 2015 organized by Smt. S R Mehta Arts College. The Seminar title was The New Millennium: The First Decade of Indian Writing in English. Ms. Urmi Satyan's lecture was on Diaspora: A Study of Spatial Mobility and Prismatic Identity.

## THE EDITORIAL TEAM

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