



SLS MIRROR

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MESSAGE FROM THE EDITORIAL TEAM

Leaving behind nights of terror and fear, I rise;

Into a daybreak that's wondrously clear, I rise;


Bringing the gifts that my ancestors gave,

I am the dream and the hope of the

slave.

I rise, I rise, I rise.” ~ Maya Angelou

Fighting all barriers, standing tall and ‘rising’ in the face of terror and threat, is an example setting seventeen year old Pakistani girl, Malala Yousafzai, whose recognition across the globe with the Nobel Peace Prize along with



Kailash Satyarthi, aged sixty from India, has stirred the world's perspective to look at peace and unity. Miss. Yousafzai and Mr. Satyarthi, both have individually, struggled for securing child rights and providing them with education-the modern world's key to freedom and stability. It is past time to regard Malala as a child performer for peace and acknowledging and applauding her after knowing her heart warming story; she is an activist and a determined, undaunted and unabashed one at that. If anything, her courage and work in a direction she strongly feels about, shakes many of us who are bogged down by illusions of the youth or age stereotypes breathing in our societies- right from where both the laureates stood upfront and persisted for a cause.

The award reaffirms the belief resting

in our hearts about a future that might be better- with the efforts of such heroes who are still fighting against extremism, exploitation and oppression in different corners around us. At a beckoning moment such as this, we at SLS Mirror, urge to invoke the hidden, silenced warrior within each of us to break free and fight, for the right causes and against the wrongs.

As long as you're breathing,

It's never too late to do good, remember;

For initiative and actions shall reap, they will-

'Cause age is just a number.



WORKSHOP ON COGNITIVE BEHAVIOUR THERAPY

A guest lecture on Cognitive Behavior Therapy was delivered by Dr. Dipti Joshi on 29th September, 2014 at School of Liberal Studies.


Cognitive Behavior Therapy is a type of psychotherapy that has been scientifically tested and found to be effective in hundreds of clinical trials for many different disorders. CBT is focused on the present, is time-limited, and more problem-specific-solution oriented.

It places a heavy emphasis on interpretation of situations rather than their cause. It is a blend of cognitive and behavioral therapy. It states that the thoughts, feelings and behavior are inter-related. The feelings are not in one's control. The thoughts are in

one's control to a certain extent and one can behave in a certain way so as to encourage goal-oriented thoughts.

An individual has certain core beliefs, intermediate beliefs and automatic thoughts. The automatic thoughts are plenty, arise spontaneously, are associated with specific emotions, are brief, verbal, and imaginable, and accepted without reflection and usually not a result of motivated thought.

As per the cognitive model, a situation triggers automatic thoughts that lead to certain physiological responses which could be emotional or behavioral. By adapting an alternative way of thinking, a cognitive change can lead to a behavioral change or an emotional change that lets one feel



good and thus perceive events more realistically and not dysfunctionally.

Neurological pathways are created when a certain stream of thoughts is reinforced. If the cognitive distortions can be identified and rectified, then a new, healthy stream of thoughts can be established. India as of now has no CBT Institute; CBT has to be modified to fit the Indian version.

- Riya Javia



WORKSHOP ON PSYCHOLOGICAL TESTING

Psychology's first and perhaps the greatest contribution to the human affairs came in the form of psychological tests. In fact, psychological tests that were once the unique preserve of psychologists now come in handy to human resource professionals, managers, teachers, and health professionals as well. Psychologists have gone to the great trouble of developing tests. But why? The alternative to a test is natural observation. This, although sometimes useful, can be both time-consuming and imprecise. With that, people usually want to know things that are important about an individual QUICKLY. They need a crisp description and not a book. That is the primary reason

why psychologists invested significant number of years in researching and developing tests that would give numerical, meaningful and quick descriptions about individuals. Having known the importance of psychological tests, the Psychology Department head, Dr. Ritu Sharma arranged a workshop on Psychological Testing for Semester five students. The workshop on Psychological Testing was conducted by Miss. Sharon Writer, who is an expert in psychological testing and also a professor at L. D. Arts College - Ahmedabad, with twenty years of experience in teaching. Her achievements in the field of academics and psychological testing are commendable.



It was a three day workshop during which we were introduced to two tests and three experiments. The workshop started with learning the significance of basic testing concepts like objective, reliability, validity and standardization of the tests. We gained knowledge on the fundamentals of testing etiquettes and how to provide a proper testing environment. We were also taught about the uses of tests and the kinds of tests

available. The two tests that we were exposed to include 1) Sinha's Comprehensive Anxiety Test, and 2) The 16 Personality Factor Questionnaire. Since both of them were paper pencil tests, each one of us performed them on ourselves only and was trained to score as well as interpret them. For the experiments, we were exposed to 1) The Muller-Lyer Illusion Experiment, 2) Mirror Tracing Test and 3) Alexander's Pass Along Test on intel-



OFF THE TANGENT

-ligence. It was our first real experience performing and taking psychological tests. We learnt effective test administering strategies and how to conduct as well as interpret assessments. Report generation is an integral part of these tests because that is the end result which is presented to the test taker. These reports demand to be written in a comprehensive and laborious format and hence the essentials of it were also taught to us. This workshop helped us gain deeper insights into the area of testing as well as psychology and has expanded our knowledge horizons.

-Gurmeher Juneja



OFF THE TANGENT

Dance Therapist

Working as a dance therapist provides the opportunity to use movement to improve the lives of others. This career requires a love of dance and a strong desire to help others. Keep reading to discover some of the education and career options available.

Inside Dance Therapist Careers

Dance therapists use movement to help clients improve emotional, mental and physical health. According to the American Dance Therapy Association (www.adta.org), they are trained to help others develop communication skills, reduce stress, boost self-esteem and overcome physical disabilities through movement. If this type of work interests you, take a look at the resources from Education-Portal.com offered below.

Education Information

The American Dance Therapy Association (ADTA) recommends that as-

piring dance therapists possess a strong dance background in addition to a liberal arts degree. As undergraduates, students can pursue degrees in psychology, dance, recreation therapy and other liberal arts or human services fields. After earning a bachelor's degree, students can enroll in an ADTA-approved master's degree program in dance therapy. They take courses that may include counseling, body movement assessment, psychotherapy and movement therapy. A program might also include a supervised internship. There were six master's degree programs in the country that were approved by the ADTA as of March 2014. Students who already hold a master's or doctoral degree in a field related to human services can earn a master's degree in dance therapy by completing specific dance therapy courses and training.



SLS REACHES OUT TO ACADEMIA

- Dr. Ritu Sharma's research paper titled "Global Talent-Create to Sustain" published in Journal of Global Studies (JGS). International Peer Reviewed Research Journal, September 2014, ISSN-2393 9354 pg. no.46-58
- Dr. Neeta Sinha presented her research paper titled- "An analysis of the effect of Emotional Intelligence on gender and stress levels of Management students" at International Conference on Psychology and Allied Sciences. (Theme: Nurturing values and strength in individuals and society), organized by Amity University and Ministry of Social Justice and Empowerment, Govt. of India, on September 25-27, 2014
- Dr. Neeta Sinha presented her research paper titled- "An exploratory study on the feasibility and challenges of implementation of Right to Education Act (RTE)", at International Conference on Contemporary issues and challenges of Human Rights in the era of Globalization, at Gujarat Law Society (GLS), on August 1-2, 2014
- Dr. Neeta Sinha's paper - "An exploratory study on the feasibility and challenges of implementation of Right to Education Act (RTE)" published in the International Journal of Indian Psychology, IJIP, Vol.2(1). Pp.162-167, Oct-Dec 2014, ISSN: 2348-5396



SLS REACHES OUT TO ACADEMIA

- Dr. Neeta Sinha conducted a workshop on Corporate Presentation Skills at Xcellon Business School on 12th October 2014





CREATI-WITTY

You expect her to be sweet and soft,
But you forget that she can be strong and crude.


You expect her to need you to fight back,
But you forget that she can break heads if she can give birth to one.

You expect her to cry when you shout,
But you forget she was born in the same century as you she can shout back.

You expect her to be meek with that cute face,
But you forget how those eyes can burn when heart is wounded.

You expect her to knead dough once she finishes her college,
But you forget that if she could fix a circuit your kids won't call you home
when in darkness.

You expect her to keep up with all the ruined business deals you face,
But you forget that you took her advice for your first setup.



You expect her to support you when you fall,
expect her to be the next master chef,
expect her to raise your kids all alone,
expect her to take responsibility of all the good and bad,
expect her to be beautiful all the time,
expect her to be responsible and kind one.

But you forget that she needs support,
that she can forget to put salt sometimes,
that she is a mother she can't be strict always,
forget that she cannot be responsible for things she did not know,
forget that she can wake up with her hair not in place,
forget that she can be angry and make bad decisions.

She is your granny, your mother,
your sister, your wife,
your daughter and your granddaughter.
You can never love or care for her too much,
because it will always be a little less.

-Urvi Shah
SLS'13

SLS MIRROR RECOMMENDS

Sites:

Academic Earth

Thousands of video lectures from the world's top scholars.

academicearth.org

Big Think

Video interviews with 600+ thought leaders in a range of fields.

Blogs:

Fluent in 3 months

Language learning tips from Benny the Irish polyglot, who speaks 7 languages, and his story as he travels the world to learn new ones!

Actual Fluency Danish polyglot who writes about his own experiences as a foreign language learner.

Apps:

1. Wickr

Sometimes the most secure message is one that simply doesn't exist. That's the thinking behind Wickr, a fully encrypted, secure messaging service that even handles media messages. The twist is that you set a lifespan for each message, ensuring that your private messages stay private. And, if you doubt their security chops, here's what the company's founder told the FBI when they asked for a backdoor.

2. Any.Do

Winning features: Any.Do has a clean interface and adding new tasks is easy. You can also add reminders and sync your to-do list with the browser extension.

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