



Theme : Life During Covid



হালের Canvas

*An initiative by
Department of Psychology
Surendranath College, Kolkata*



From Principal's Desk

It gives me immense pleasure to know that the Department of Psychology is going to publish their e-magazine মনের Canvas. In this magazine the views of teachers and students have been presented in a very holistic manner. I hope that the magazine will showcase some of the remarkable creative endeavours of both students and teachers. My best wishes to the team of this department who worked hard for the birth of মনের Canvas.

Dr. Indranil Kar
Principal, Surendranath College



From the Desk of IQAC Coordinator



I am delighted to know that Department of Psychology, Surendranath College is going to release its first e-magazine "মনের Canvas". A wonderful showcase of kaleidoscopic extravaganza of talents from the students. I am amazed. Please keep the spirit. Congratulations to the Department of Psychology for bringing this up. Happy reading to all.

Dr Suchandra Chatterjee
Coordinator, IQAC
Surendranath College

The image features a white background with several stylized green leaves scattered around the edges. The leaves are in various shades of green and are positioned in the corners and along the sides, framing the central text. The text is written in a black, cursive-style font and is centered on the page.

A few
notes
from
us

FROM HOD'S DESK

It has given me immense pleasure to learn that the students of the Department of Psychology have ventured to publish an e-magazine , মনের Canvas, and this is the first issue on behalf of the Department. Kudos to the students for this initiative - let it be a breeding ground for creativity , leadership management and many things beyond Psychology .Trying to bring some positive changes and utilizing the core strength by encouraging and recognizing the exceptional talents of the students .I would like to invite all to join this joyful e-magazine ride and get enriched by the meaningful work that has been created in a holistic course of action.I congratulate the department on this occasion and wish all concerned associated with this initiative the very best.

Blissful Reading and Viewing
Sujata Saha
Department of Psychology (HOD)
Surendranath College



From Editorial Desk

Mindspeak:

"মনের canvas" our departmental e-magazine is a collection of thoughts of students and teachers; both have exceptional ideas and this magazine provides them with a platform to present it to the Surendrnath family.

I hope you will go through this magazine intently and appreciate the creative talent being nurtured in our students and teachers.

Happy reading,

Papri Manna.

Faculty Member

DEPARTMENT OF PSYCHOLOGY



From Editorial Desk

Let's have some fun, let's be creative, let's launch an e-magazine, "Moner Canvas", for our department of psychology. A canvas adorned with the explosion of colours, colours of our emotions erupting from the interactions with our students. Our college is the shelter where we take refuge, a kind of a tree. The branches are us, the teachers, whose love, warmth and treasure house of knowledge bring forth lovely fruits and flowers which are nothing but you, our beloved youthful students. We would like to share our 'canvas'----- canvas of Happy students, happy teachers.



Debashree Sinha
Faculty Member
DEPARTMENT OF PSYCHOLOGY



From Editorial Desk

It gives me immense pleasure to release our first departmental e-magazine " **মনের** Canvas". This issue is dedicated to the topic "Life During Covid". In this issue students exhibited their different skills such as writing, drawing, handicrafts, photography etc. Its a sheer joy to see them flourishing their creativity in such a beautiful manner. A magazine trains the students in concentrating on their thoughts and ideas. It shows the activities of students in the field of their extracurricular activities as well as in their academic ventures. Hopefully you all will enjoy the fun ride with us.

Sravasti De

Faculty, Department of Psychology
Surendranath College





“কিছু কিছু কথা”



Thoughts expressed in words





Content

***That Rainy Evening
Incarceration***

মন ও বিদ্যা

Safar

We may be young or old..

Art Work (Optical Illusion)

ফেলে আসা সেই লাস্ট বেঞ্চ..

Finding Calm Amidst The Chaos

If I were a Bird

জানলা খুলে অপলক চোখে

***The Realization - in this pandemic
situation***

I Found Something In The Woods

অসম যুদ্ধ

Aik Naya Sawera

Life - A word is so brief

Finding Positivity amidst the New Normal

Life During Covid

The Confession



That Rainy Evening

*I walked through a long corridor,
With a cup of coffee in my hand,
It was indeed a scary evening,
But not as scary as my life.*

*It was all a big mess,
My mind was stuck somewhere else;
Somewhere I didn't know.
The rain turned into a storm,
As I walked along the long corridor
The corridor got darker by every second,
And my coffee lost its warmth.*

*Perhaps I was exhausted
And tired to death
But I still walked through that long corridor
getting impatient by the minute.*

*I tried to light up my cigarette but alas,
I left my lighter in my small Library
I walked back to the library
To light up my mind with that small
piece of cigarette.*

*At the end of the corridor
I slightly opened the door and entered
And soon I found myself surrounded with books;
My mind grew heavier as eyes searched
through the books*

*I could smell those pages and It smelt like
winter blossom
I sipped my cup of coffee
As I gently Pulled out a book just to smell it's pages,
But soon I found myself turning the pages
The Strom outside was no more*

*Ohh my!!! I could see the sunrise!
My mind was lighter than before without even
lighting the cigarette,
I started feeling all the mess of my life was
gradually falling into places.*

*It was almost early morning suddenness
The evening storm was long gone,
And the packet of cigarette lay somewhere
untouched, I even forgot the purpose of being
there in library.*

*I looked around : the whole Library was mess but
Not my life anymore.*

*I walked through that long corridor again
Albeit with a happy mind this time to make my
morning coffee,
Because I knew that the day was going to be long
Yet those books in the library would wait for me.*

*Indeed the day was long and evenings dark
Yet I walked through that long corridor with a
happy mind again*

*~ Himadri Das,
Semester 6th*

Incarceration

An attempt to reply to William Henry Davies's poem 'Leisure'.

Incarceration.

-Olivia Banerjee

2nd Semester

What is now life for all we care.

As we now have all the time-

To stand and stare.

All the time to strive without a sound

As the walls confine you from all around.

Crouching in a place we once named home

Trading our health for freedom.

Imploring to the lord to spare our lives

To provide us food for children and wives.

No freedom to see the broad daylight

Or streams full of stars, like skies at night.

We wait in our cages wearing masks-

And doors shut tight

As the warrior in white capes save our lives.

No sense to turn at Beauty's glance

For now, her feet aren't there to dance.

A poor life even this is if at all you care

We have now all the time to stand and stare.

মন ও বিদ্যা

— মধুপর্ণা মজুমদার, 6 th semester.

(১)

সকাল ৮ টায় ঘুম থেকে উঠেই তিতিরের মনে পড়ল ওর আজ কাউন্সেলিং-এর জন্য সাইকোলজিস্টের কাছে যাওয়ার কথা আছে। ঘড়ির দিকে তাকিয়ে বুঝল ১০ টার মধ্যে পার্কস্ট্রীটে অনামিকার বলা সাইকোলজিস্ট রূপকথা চ্যাটার্জীর কাছে যেতে হলে ৯টার মধ্যে বেরোতেই হবে। তিতিরের বাড়ি হেদুয়ার কাছেই। গাড়ি করে যেতে এমনিতে খুব বেশি সময় না লাগলেও শহরের এই যানজট যে কি ভয়ংকর হতে পারে সেটা ওর অজানা নয়। অফিস টাইমে ব্যস্ত কলকাতা যে মিনিট দশেকের পথকেও এক ঘন্টা করে ফেলতে পারে সেই বিষয়েও ওর বিন্দুমাত্র সন্দেহ নেই। বহুদিন ধরে ভাবার পরে আজ অবশেষে তিতির ঠিক করেছে যে ও সাইকোলজিস্টের কাছে যাবে। ওর বান্ধবী অনামিকা যদিও বহুদিন আগেই ওকে যেতে বলেছিল কিন্তু ওদের মতো মধ্যবিত্ত বাড়িতে আর কেই বা কবে 'সাইকোলজিস্ট', 'মনের অসুখ' এইসব শব্দগুলোকে গুরুত্ব দিয়েছে! তাই প্রাইভেট কোম্পানীতে চাকরি করা তিতিরেরও ভাবতে একটু সময় লেগেছে বইকি।

(২)

রাস্তা দিয়ে যেতে যেতে গাড়ির জানলা দিয়ে মুখ বাড়িয়ে তিতির বহুদিন পর যেন নিঃশ্বাস নিল। বাইরের জগতের সাথে যেন বহুকাল ওর কোনো যোগাযোগ নেই। যেতে যেতে তিতির দেখল বয়স্ক একজন লোক রাস্তায় ভায়োলিন বাজাচ্ছে, কি সুন্দরই না তার সুর, আন্দাজ করলো বয়স কম করে সত্তরের উপর। তারপর আচমকা ভাবতে শুরু করল "সত্যিই কি সাইকোলজিস্ট রূপকথা চ্যাটার্জী ওকে এই সমস্যা থেকে বের করতে পারবে?"! ভাবতে ভাবতেই ওর মনে হল সবাই যে বলে সাইকোলজিস্ট মানেই তো পাগলের ডাক্তার, মাথাখারাপের ডাক্তার, তাহলে কি সত্যিই ও পাগল হয়ে গেলো শেষমেষ! ভাবতে ভাবতেই দেখল সারি সারি ফুটপাথ, দামী দামী রেস্তোরাঁ, রাস্তার ধারের দোকান, শয়ে শয়ে রাস্তায় নামা গাড়ির ঢল আর কত কত লোকজন পেরিয়ে সে এগিয়ে এসেছে ঠিক নিজের গন্তব্যস্থলে। গাড়িটা ড্রাইভারকে বলে রাস্তায় সাইড করে দাঁড় করালো। তারপর এগিয়ে গেল সিঁড়ি বেয়ে উপরের দিকে, একটু এগিয়েই কাকে জিজ্ঞাসা করা যায় ভাবতে ভাবতেই দেখল কাঠের সুন্দর দরজার পাশে লেখা বোর্ডটা 'ডঃ রূপকথা চ্যাটার্জী, বি.এস.সি, এম.এস.সি, পি.এইচ.ডি ইন সাইকোলজি'!

(৩)

দরজার পাশে বসে থাকা লোকটিকে জিজ্ঞাসা করে তিতির বুঝল ও একদম ঠিক সময়েই এসেছে, ভিতরের জন বেরিয়ে এলেই ওর পালা। মিনিট ২০ অপেক্ষা করার পর তিতির পর্দা সরিয়ে গেল ভিতরে। চেয়ারে বসে থাকা একটা চশমা পরা মেয়েকে দেখেই একটু অবাকই হল ও, কতই বা বয়স হবে মেয়েটার! খুব বড়জোর হলে ওর থেকে ৩-৪ বছরের বড় হবে হয়তো, সেই মেয়ে কিনা অন্যের মন ভালো করে? মনথারাপ সারিয়ে দেয়? ভাবতে ভাবতেই ওকে ডেকে নিল সাইকোলজিস্ট রূপকথা চ্যাটার্জী। ভিতরে গিয়ে কথা বলার সময় খতমত খেয়েই সব প্রশ্নের উত্তর দিচ্ছিল তিতির। কোন প্রশ্নের কোন উত্তর দেওয়া উচিত সেসব যেন গুলিয়েই যাচ্ছিল। তারপর থমকে থমকে সবটা যেন কিভাবে ওর থেকে বের করে নিল রূপকথা, সেটা তিতির নিজেও বুঝতে পারল না। তারপর চুপচাপ থাকা তিতির বুঝল, কথা তো ভালোই বলছে সে। সবটা শোনার পর ওকে রূপকথা পরের একটা দিন নির্ধারণ করে দেয় আসার জন্য আর ওর বৃত্তান্ত শুনে ওকে বেশ কয়েকটা জিনিস করতে বলে যেগুলো শুনে তিতিরের বেশ কিছুটা অবাকই লেগেছিল ওই সময় করার জন্য আর কি! এই যেমন ধরুন রোজ ডায়েরি লিখতে, তারপর বন্ধুদের সাথে ঘুরতে যেতে, কিংবা ওর ছোটোবেলায় বাজানো হারমোনিয়াম নিয়ে বসতে। এইসব সময়ে সত্যি কি আর এসব করা যায়? তারপর সপ্তাহ খানেক অন্তর অন্তর এসে হাজিরা দেওয়া। ভাবতে ভাবতেই ওর সময় পেরোলো, ডাক এল পরের জনের। রুম থেকে বেরিয়ে ব্যস্ত কলকাতায় আবার পা রাখল তিতির নিজের এই সমস্যা নিয়েই।

(৪)

(৬ মাস পর...)

সকাল বেলায় ঘুম থেকে উঠে তিতির জানলাটা খুলে বাইরের দিকে তাকালো, হাতে নিজের পছন্দের ব্ল্যাক-কফি নিয়ে পছন্দের রবীন্দ্রসংগীত গুনগুন করতে লাগল ।

নাহ, এখন তিতির বেশ ভালোই আছে। প্রায় মাস ছয় আগে যখন সব কিছু কেমন বিরক্তিকর হয়ে উঠেছিল, বেঁচে থাকার তাগিদটাই হারিয়ে দিয়েছিল, তখন চুপচাপ থাকা এই তিতিরকে অফিসের কলিগ অনামিকা দিয়েছিল রূপকথার খোঁজ। কি অবাক হচ্ছেন? রূপকথার আবার খোঁজ? নাহ, এই রূপকথা সেই রূপকথা নয়। এই রূপকথা হল ২৮ বছরের জলজ্যান্ত এক মেয়ে, সাইকোলজিস্ট, আপনারা যাকে 'পাগলের ডাক্তার' বলেন আর কি! টাল-মাতাল অবস্থায় তিতির গিয়েছিল রূপকথার কাছে, সাথে সংকোচ বোধ তো ছিলই মধ্যবিত্ত পরিবারের সাইকোলজিস্টের কাছে যাওয়া নিয়ে। তিতির সেদিন 'মন ভালো নেই', 'মনখারাপ' এই অসুখে ভুগছিল, যেখানে তার বেঁচে থাকাটাই বিরক্তির কারণ হয়ে দাঁড়িয়েছিল। এবার ভাবছেন সেই তিতির আজ কিভাবে এত প্রাণোচ্ছল?

হ্যাঁ, সেদিন রূপকথা সত্যিই তিতিরের জীবনে রূপকথা হয়েই এসেছিল যেখানে তিতির নিজেকে খুঁজে পেয়েছিল। প্রাইভেট সেক্টরে কাজ করতে করতে আসলে তিতিরের দম বন্ধ হয়ে এসেছিল। বাবা মারা যাওয়ার পর প্রোমোশনের যাঁতাকলে ও নিজেকে হারিয়ে ফেলেছিল, যন্ত্রের মতো হয়ে পড়েছিল আর বন্ধু-বান্ধব- বিনোদন এই সব কিছুকে বাতিলের খাতায় ফেলে দিয়েছিল। আর তার এই সব কথা তার মন থেকে কবর খুঁড়ে বের করার মতো সব বের করেছিল সাইকোলজিস্ট রূপকথা চ্যাটার্জী। মাস তিন ধরে সেশন, তিতিরকে দিয়ে ডায়েরি লেখানো, ঘুরতে পাঠানো, ভায়োলিনের দিকে নজর যাওয়া তিতিরের কাছে তার ছোটোবেলার হারমোনিয়াম তার ছন্দহীন জীবনে ফিরিয়ে এনে তাকে জীবনের মূল স্রোতে নিয়ে এসেছিল।

নাহ, এখন আর তিতির মধ্যবিত্ত পরিবারের মেয়ে হয়েও সাইকোলজিস্টদের 'পাগলের ডাক্তার' বলে না, 'মনথারাপ' নামক বিষয়টাকে নিয়ে আর অবাক হয় না কিংবা হাসাহাসিও করে না। তিতির জানে, তিতির বোঝে বেঁচে থাকতে গেলে শরীরের সাথে মনটাকেও সমানভাবে ভালো রাখতে হয়। ঠিক যখনই মনে হবে নিজে বা নিজের কেউ জীবনের চেনা ছন্দ থেকে হারিয়ে যাচ্ছে তার মনের অসুখ সারানোর জন্য উপযুক্ত মানুষের কাছে নিয়ে যেতে হয়, যাকে 'সাইকোলজিস্ট' বলে এবং বাংলায় যেটা 'মনোবিদ'; কোনো 'পাগলের ডাক্তার' না। শরীর ভালো না থাকলে হাল ধরানোর জন্য যেমন ডাক্তারের কাছে যান তেমন মনের হাল ধরতে

সাইকোলজিস্টের কাছে যান। আপনি সাময়িক মন ভালো করতে পারলেও মনের
হাল ফেরাতে পারবেন না, তার জন্য নির্দিষ্ট কিছু বিষয় থাকে যা আপনার অজানা।

শুনুন, শরীরের সাথে সাথে মনটাকেও গুরুত্ব দিন। নিজের ভালো- খারাপ এই
গুণগুলো নিজেই বের করুন। ঠিক যেটা করলে মন ভালো থাকে সেটাই করুন যদি
না সেটা অন্যের জন্য ক্ষতিকর হয়। রোজদিন ব্যস্ততার ভিড়ে হারিয়ে যাওয়া
নিজের হবি, পছন্দ এই সবকিছুকে বাঁচিয়ে রাখার চেষ্টা করুন, কাছের মানুষদের
খেয়াল রাখার চেষ্টা করুন। দেখবেন মন ভালো থাকবে। আর একান্তই যদি না
পারেন তাহলে আপনাদের কথায় 'পাগলের ডাক্তার' মানে সাইকোলজিস্টরা তো
রইলই আপনাদের সাহায্য করার জন্য।



দিনশেষে সব হারিয়ে গেলেও
হাসতে থেকো নিজের মতো,
বাঁচতে শেখার আসল মন্ত্র
হারিয়ে দেবে কষ্ট যত।

SAFAR

Sabko rozi mili fazar ki namaz mein, Meri rozi mujhe le aayi pani ke jahaaz mein. Ghar se nikley mujhe aik arsa hua, dil mera ab hai tarsi hua. Sabki nazrein rahi meri tankhwa par. Meri maa ne kaha ab tu laut aa ghar.

Wo humara aik chota sa ghar, meri maa ki nazar, Kab tak chalega ye tanha safar. Naukri par jana utna mushkil na hota, darwaze par khada agar bhai na rota. Hum bhi nikle bade ziddi mijaaz ke, haste rahe zindagi ke har shakt imtehanat pe. Milo' dur humein unse aana hi pada, apno ke khatir apno ko chor kar jana hi pada.

Zameen par jaise bustiyan hoti hain, Samundar mein waise kashtiyan hoti hain. Mausam jab zyada kharab hota hai, sab par jaise aik azaab hota hai. Hausley jab thakne lagte hai, toh hum bhi khud par hasne lagte hain. Phir yaad aane lagti hai Abbu ki nasihatien, aur dil ko milti hai badi rahatien. Gurub-e-aftab ka manzar kitna haseen hota hai, samundar mein jaise musalsal sukun hota hai.

-Ali

Asgar, Ali, 4th Semester.



We may be young or old,
But we must be bold,
Against the enemy untold.
We can't go to malls,
Nor can we go to waterfalls,
Because this virus is a-scaring,
Sending our spines into a shivering.
If you have to go out, think twice,
Wear your mask, be wise.
After coming home, sanitise,
And wash your hands thrice.
COVID-19 is the name,
It is playing a hide-and-seek game.

By following the rules, we can ensure endgame.

Aditi Mondal
2nd Semester

Aditi Mondal

ART WORK (Optical Illusion)

(by Arpi Ghosh, 4th Semester)



HORIZONTAL VIEW (LEFT) AND VERTICAL VIEW

The shaded area is of a man while the lighted area is of a woman.

It is the time when we witnessed the cruel and harsh reality. Yet no matter how much we grieve over our environment and circumstances, nothing will change. Happiness and sorrow are the two eternal truths of our lives and these two things completes one's existence. So it is important to perceive these two truths as a whole and continue to give efforts until a new path opens up. Sometimes it lies within the old itself. What matters is that what we are looking for.

ফেলে আসা সেই লাস্ট বেঞ্চ
কয়েকটা হাত ডোবানো এক টিফিনে,
বন্ধু আবার সঙ্গি হবি?
চিলেকোঠা ভরা মনকেমনে।

পরিপাটি করা সেই ইউনিফর্মে
জেদী লাল কালির দাগ,
আর তো কেউ মাথায় না?
কেউ নেয়না সুখ দুঃখের ভাগ।

সত্যি আমরা দূরে চলে গেছি!
সামনে রেখেছি ইগো ;
আসতে তো পারিস এগিয়ে একবারও
থামিয়ে শতাধিক রাগও।

কলামে - প্রেরণা পাল

FINDING CALM AMIDST THE CHAOS

“Sometimes you climb out of bed in the morning and you think, I’m not going to make it, but you laugh inside — remembering all the times you’ve felt that way.”

Charles Bukowski



As a result of the global pandemic, we experienced a great deal of unavoidable pain, loss, and suffering, hopelessness but we did not surrender and tried our hardest to maintain hope and find meaning in life.

“Have a great sense of humor, especially when it comes to yourself and your situation. However, don't just laugh. Work to improve and change things, even if it seems difficult at times.”

“It may be difficult to find the good in this situation, but we’ll figure it out when we

can,” rather than “*Don't be so pessimistic, look on the bright side,*” is considerably more appropriate at this time. Encouragement of positivity and gratitude does not lead to progress on the other side of tragedy when people are going through difficult times. While optimism can be beneficial in moderation, if taken too far, it can make people feel guilty, humiliated, or in denial about their true feelings. We must recognize that someone is suffering and requires help. “Positive vibes only” can sometimes overlook a genuine sense of despair and hopelessness, alienating and isolating those who are already struggling. The sadness, the anxiety, the anger they feel are very valid. Our coping skills have to evolve and morph over the last year as the pandemic evolved from concerned to inconvenient to long-term life-altering calamity.

In an circumstance this dire like Covid -19, human life is at stake. Social isolation and physical distancing methods slow the disease's growth, but they're also linked to feelings of depression, anxiety, despair, sexual abuse, trafficking, drug and alcohol abuse, marital violence, and child abuse. Fear of losing a job, income cuts, social anxiety, death anxiety, stress, and an abundance of time are all difficulties that people in precarious positions with limited funds and access to social and health services face. The consequences on mental health are typically more pronounced.

Constant exposure to worrisome, anxiety-inducing news convinces us that there is cause for concern, perpetuating myths, rumors, misinformation, doubt, and anxiety. It took a toll on us to watch the news, be active on social media, and watch the death rate increase day after day on the news at one point. People's mental health began to suffer as a result of the overflow of covid-19 news on social media. Instead, gather COVID-19 information from reliable sources, follow authorities' instructions, spend some time away from social networking sites, focus on the task at hand, and build a healthy routine to keep you and your family safe and healthy in times likes this.

While dealing with the epidemic emotionally, we shuffled online classes, online tests, a higher workload and so many things. Many people have taken advantage of the time to contemplate and de-stress, to be grateful for the opportunity to work, or to keep the positive aspects in perspective.

While creative seclusion may have worked well for some, allowing them to turn ideas into projects, for many others, it has resulted in a severe loss of creativity and it is okay to take a break from it to heal.

Writing thoughts down, engaging in hobbies which brings us joy, taking care of ourselves and others or sometimes just taking a break from everything can help us to reflect and sit with our feelings, making us feel less worried and anxious. It can assist us in creating a safe environment in which we can recognize and assess our moods, strengths, shortcomings, and ideals, as well as the changes we are going through this deadly global pandemic. We all are doing the best we can in this impossible of a situation.

“The sun will rise again no darkness, no season can last forever”

EMILIE DAS

(PSYCHOLOGY DEPT. SEM 4)

Author | Aspita Singha, 2nd Semester

IF I WERE A BIRD



If I were a Bird

If I were a bird, I would like to be one of the small species, cute and beautiful.

I would love to be a tiny maina who is beautiful, tiny and above all, it is a bird that men can keep as a pet. I would love to stay with main study their ways and enjoy their company. This I would be able to do with men as . God has given the maina power of speech just like man. It dogslike a human being has a sweet voice and, above all also has a great capacity to learn whether it is tot. If I were to be a bird I would like my life to be a beautiful blend of freedom of flying in the high skies and the love and care given by man. I see advantages in both and find it difficult to make a choice.

My ambition as a bird would be able to fly high as hai canbe, like any other bird. This would give me an insight into what all exist in the atmosphere. I would also be able to access first hand, the life of bird as a community, the advantages and disadvantages they live with. I would share my experiences with mic in and understand the difficult ways of life. I would attend knowledge of lies of bird big and small as I would move with them and conversing with them while flying high in the air or sitting on trees with my colleagues.

I would love all this, at the same time I would love to become a pet in a nice family. This family would keep me close in a cage lest I fly of. Sure, in the family I would learn to be controlled and restricted. I would be no doubt a punishment of sorts to be tied down in a cage but I feel so

happy imagining the love and care I would get from each member of the family that would adopt me.

Here, at home, I would be served food in a platter korma water in a dish in a right royal style. Aha! What a life that could be for me. Hunting for food and being frightened of bigger birds attacking me would not be a care for me. I would be a loved one of many -what a wonderful feeling it gives.

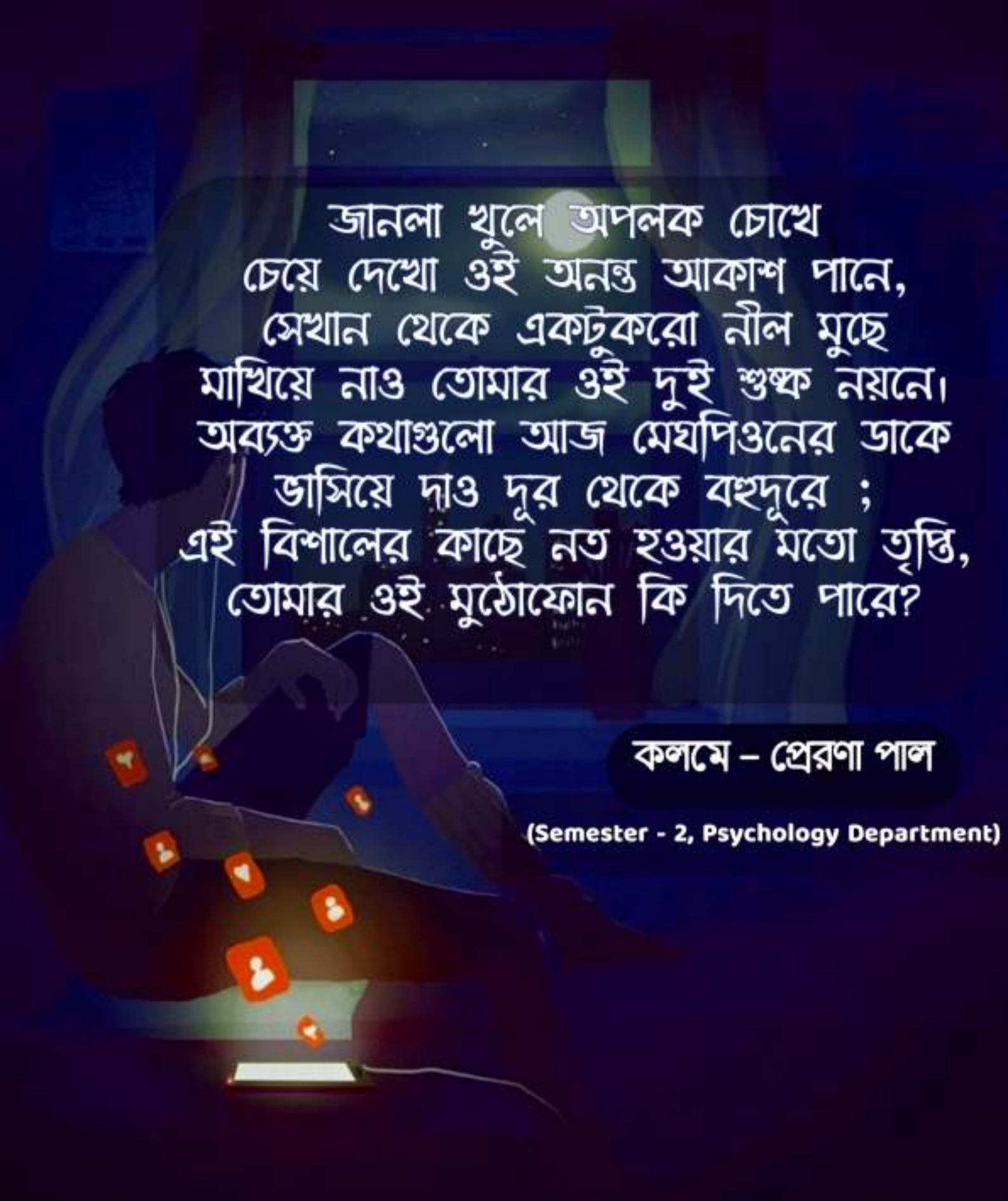
While living with a family I would also be able to learn about the ways of men. How man leaves, how he behaves, and what his attitude is towards bird I would be able to understand first hand, Being so close to man. I would also get an insight into all this. Together with all the advantages living with human beings, my art of talking like a human would get encouraged and I would get several changes to the way to talk to the family.

I understand men keep miners and parrots just for this art of this birds, of talking like men. My master mistress and some small children of the family would teach me how to speak and what to speak. Once I would get the training to speak, I would be able to chat with each of the family members and guest. This would earn for me heaps of phrases by all who had me. This I say because I hear a minor has a clear and sweet voice and a capacity to talk like a human.

If I were a bird, I would like to get the blessing of this combination to be set into my life. I would give me a healthy and relax so germ so scared in a family together with free visit to the sky trying out my skills of taking highflights. The two together would give me as if the best of

**both the words of birds and humans oh God please grant
me this life that is if I am not asking for too much.**





জানলা খুলে অপলক চোখে
চেয়ে দেখো ওই অনন্ত আকাশ পানে,
সেখান থেকে একটুকরো নীল মুছে
মাখিয়ে নাও তোমার ওই দুই শুষ্ক নয়নে।
অবশ্য কথাগুলো আজ মেঘপিওনের ডাকে
ভাসিয়ে দাও দূর থেকে বহুদূরে ;
এই বিশালের কাছে নত হওয়ার মতো তৃপ্তি,
তোমার ওই মুঠোফোন কি দিতে পারে?

কলমে – প্রেরণা পাল

(Semester - 2, Psychology Department)

THE REALIZATION

IN THIS PANDEMIC SITUATION

RIKTA RAY
SEM -6, 3RD YEAR
DEPARTMENT OF PSYCHOLOGY

We are currently in the middle of worldwide pandemic situation due to Corona Virus that has changed over lives beyond recognition.

Billions of people are in lockdown unable to visit one another unable to go to work, unable to attend school, unable to meet, one another in public place. At this of existential danger, we instinctively desire to be close to our family and friends, hold their hands and embrace them. But now we are forbidden to do so. Every physical attraction, love-kindness could bring illness and death.

At this time I realize, Kindness, hope, blessings, gratitude are that one thing for which we can live.

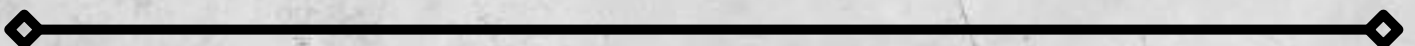
KINDNESS - THE WORLD NEEDS IT

At a time, when everyone's life is so uncertain, exhausted. In this time let's choose to be kind more than ever. Who ever we come across, is either struggling or seeking for something better.

As we hit by the second wave of Corona virus and third wave is upcoming, the situation has become so dire that there's a dearth of medicine, oxygen beds, injections, helping hands and other sources which help us



Now is the time when we need to be more kind over regardless of race, religion or caste. Because, covid, this pandemic situation showed us that nothing is bigger than human being. We need to more compassionate to the people in need



We can be kind just by checking up on other, by exchanging a kind word with the ones we are suffering, by Sharing covid resources with as many as we can and the list goes on. These little acts of kindness may not mean much to many but they might be the world to someone.

BE KIND, THE WORLD NEEDS IT MORE THAN EVER

" Carry out a random act of kindness, with no expectation of reward, safe in knowledge that one day someone might do the same for you."

- PRINCES DIANA

COUNTING BLESSINGS

How blessed are some of us to be able to stay safe at home when maximum of

Us are homeless, lost their parents or loved one, reading , working, cooking, creating, developed self-skills, emerging our new activity that make us happy and bring our mental well-being over this uncertain pandemic situation.



We blessed that some of us to be able to connect with our close ones virtually, if not Physically.

How blessed are some of us to get another chance to be around the people whom we love to, who care us and loves for us and get another day to live in this earth , in this nature.



No one is really prepared for God's greater plans. But seeing the light in the midst of darkness can help us keep stronger , positive, optimistic and appreciative of little things we are blessed.



"What seems to us bitter trials are often blessings in disguise"

– OSCAR WILDE

THANKFUL FOR LIFE

Giving thanks and expressing gratitude is one of the oldest concepts in society. It reminds us of how special, beautiful and blessed our lives are even when we are in such a uncertain, stressful, challenging, overwhelmed situation.

Robert' Emmons –

A psychologist and world expert on gratitude defines "gratitude as the ability to recognize the goodness in your life. Which is due to your surroundings as well as the actions of another person or a group of people".

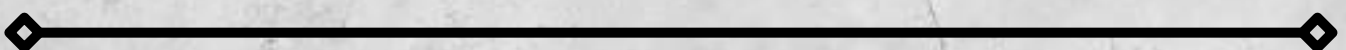
During this situation , when everyone exhausted by second wave is running & third wave of Corona virus are upcoming , we certainly realized that the importance of life .we should be grateful to our life that we still alive & breath. We are able to realize our each & every seconds of life. We should thankful out family, our friend, our doctors & nurse and all over the front-liners warriors who protected our lives from everything .

Let's take a break and live in this moment and appreciate the life we are living right now.



"Be thankful for what you have, you'll end having more. If you concentrate on what you don't have, you will never, ever have enough."

– ORPAH WINFREY



I Found Something In The Woods

The clouds in the evening sky were streaked by yellow sunlight,
It looked like golden liquescent poured over ivory cotton,
The fairies were playing among them to their hearts' delight.

Then the rain came and calmed everything down,
With its glacial downpour, it penetrated the ground,
The sky turned into aquamarine.

A white hotel room with floral-printed bed sheets,
Far away, the thunder of the waves makes the sky look fragile,
The people are walking around like nothing makes a difference.

The forest is our mother, the birds; our sisters and brothers,
You could be betrayed by the grey concrete,
But you will always return to her green bosom
She'll caress your brain whilst the starlit sky blinds your eyes.

- **Hrishita Basak**
Semester 4
Psychology Honours
College Roll Number - 209

Aik naya sawera

Aik ajeeb si uljhan hai,

Koi baat toh zarur hogi ankhein jo
yun num hai,

Is bhid mein lakhon chehre hai,

Na janey kaisa khauf hai jo har shaqs
ko gherey hai,

Jagmagati galiyan aj veeran hai,

Lagrha jaise guzra koi tufan hai.

Kal tak hum sab sath the,

Aaj sabka sath hona jaisey koi
khwaab hai,

Is gumshudgi ke alam mein abhi bhi
aik umeed zinda hai,

Tu bekhauf parvaz bhar, Tu mitti ka
parinda hai.

Aaj haar gaye toh kya hua, kal aaney
wala aik naya sawera hai,

Waqt aik jaisa kab raha hai? Phir kis
khauf ne tujhko ghera hai?

~Rayna



Life – A Word So Brief

(By Arpi Ghosh, 4th Semester)

It was an early summer morning. I sat down with a cup of tea and a newspaper which was full of pandemic news. Suddenly the phone rang. It startled me. But I got up and picked up the phone.

“Hello?” I said. “Is this Kiyan Chatterjee’s house?” a woman’s voice questioned. “Yes, it is,” I answered. It was a call from the hospital. My son, Kiyan had been admitted to the hospital due to covid a week ago. But I came out to be covid negative. My heart beated fast. “Okay. So ma’am, I would ask you to stay calm and not freak out after hearing this,” the woman said. What did she mean by ‘stay calm and not freak out?’ Tears filled my eyes. “Ma’am, Kiyan Chatterjee has been shifted to ICU this morning due to breathing problem and high temperature.” I was completely numb. The phone was slipping from my hand but somehow I gathered myself and, almost choking on my tears, whispered, “How is he now?” The woman said, “Treatment is going on. Doctor is attending him. We would like you to...” I didn’t let her finish and terminated the call. Last night only I had a talk with my son over video call. He was alright then and was supposed be discharged within a day or two.

I didn’t know what to do- how to react. Memories of Kiyan started to fill my mind and it was like I was seeking through the telescope into my life. The first time I held him in my arms; the first time he said “Mamma”; the first time he gripped my index finger in his little fingers and learnt to walk; the look of shock and horror that was on his face when I told him that he had lost his father. I jerked out all those memories and rubbing my face with my hands. I dressed up, took my phone and wallet hailed the cab that I booked. It was lockdown, so getting a cab was a bit difficult for me. The untouched tea and newspaper laid on the table opening a page with news of deaths and hike in daily new cases of covid . I overcame the grief of loosing Kiyan’s father with a lot of difficulty and then Kiyan was the only thing that bound me to this life of course- he was my lifeline. I tried not to cry, to console myself that nothing had happened to Kiyan. After I reached the hospital, I went up to the receptionist and asked about my fourteen-year-old son. She asked me to wait and called someone over phone. I saw two doctors in PPE kits walking with hasty steps. I tensed up again and sat in one of those chairs which were lined up on the opposite side of the receptionist’s desk. People said that I was fortunate enough to acquire a bed for my son. The thought of my child lying on the floor of the hospital made my head spin. Fortunately the scenario in this hospital was a little different. The cries of people who lost their loved ones made me feel sick.

After what seemed like eternity, the doctor came. She was wearing a mask and had the stethoscope around her neck . I stood up and went to her. Almost instantly I saw that her eyes were red and swollen. Strange, I thought. So I said, “What happened to Kiyan? Is he alright?” “Well he was running with high temperature last night with some breathing issues. His saturation was dropping at an alarming rate. We had to conduct a CT scan in the morning and are waiting for its report to come. Currently he is under oxygen support.. But I’m afraid that he will have to stay here for some more days, till he recovers completely,” the doctor replied in one breath. Her grave and serious voice scared me a bit. I asked again, “Is he out of danger?” She answered, “Well, I can say as of

now. We thought that he might require a life saving drug. Hence we called you for your consent. But please fill up the consent so that we can take the necessary steps when required. I'm sorry but I've to go now. Your son will just be fine, trust me. Don't worry." Before I could say anything else, she was gone. I heard a sniff and turned round to see the nurse with the doctor standing behind me and- crying. I went up to her and asked gently, "What is it? What's the matter?" She answered between her sobs, " You know, we have lost many medical professionals throughout this pandemic. Also some of our medical staffs lost their family members during the last few days of the second wave. The doctor who is treating your son is Dr. Sen. She had a son almost as old as yours....who also died due to covid.... yesterday." Sniff. "Today, Dr. Sen was attending her son's funeral....when your son's condition deteriorated....there was not enough doctors in the panel to treat him as most of them are covid positive.... hence we were forced to call Dr. Sen" Sniff. I listened intently, horrified. "We thought that she would refuse to come....we thought that she would shout at usbut she just listened to what had happened.... and said that she'd be there in a few minutes." The nurse sniffed again and looked at me, "She saved your son.... we weren't sure if he would live....but she saved your son." She smiled a very sad smile and went away.

I stood rooted to the spot after what I had heard. There had been news in the newspapers and television about the efforts they have been giving to save each life. But I couldn't believe my eyes that I just encountered an angel. The doctor saved my son when her own son was dead. The strangest thing was that she was also a mother at the same time. I closed my eyes and prayed silently for her son's eternal happiness. The doctor's son meant everything to her. He was her lifeline. The doctor's lifeline's heart had stopped forever, but she came to save mine. A tear escaped my eye and rolled over my mask.

Finding Positivity amidst the New Normal

Himadri Das, 6th Semester

Since the inception of free thought and free will, or should I say the moment we received these very gifts from the fabled tale of Adam being humbled after having the apple from the forbidden tree, Human Beings have tried to figure out how things work, why things work in the way they do and how things can be done which are at present seemingly impossible. Years of recording history, trying to understand our origins and tracing our steps back to the primordial cavemen who were essentially hunter gatherers, to the invention of wheel, lighting of the first fire and finally to the point where Humans are contemplating settlements on Mars and the Moon, we have come a long way. Even as the newest of researches show a beacon of hope for futuristic medical sciences and allied successes, it would not be wrong to claim that Humans are marching towards an unknown and relatively untapped base of knowledge, technological advancement and the much acclaimed and sought for immortality. Even though this seems far-fetched, the recent developments pertaining to stem cell research has ushered in a new hope for increased longevity of the human race.

It is said that every now and then, when people have a collective thought of '*Ahankara*', which is a definitive term used in Indian philosophy and at times stretched to few areas of India Psychological practices as well, they are humbled by the acts of sudden changes, calamities and unprecedented and unanticipated catastrophes which take a huge swing at our egotistical selves and force us to believe that we are yet to accomplish a lot other things in this world. The year of 2020, which was welcomed with much enthusiasm, pomp and show, as the year marked the beginning of a new decade, brought with it something like a balancing act. The dawn of the Novel Corona Virus and the huge stakes that it demolished withing days, country after country succumbing to its magnanimity, even as it itself was invisible to the naked eye, almost whacked humans back into senses. We were again forced to re-think our claims of being the superior most creature on our blue planet, as once again we entered the caves (our homes) and the animals roamed about freely as if nothing had happened.

All in all, there is no doubt that ever since 2020, things have taken a very different route altogether. The perception of human lives, the fragile nature of our best of efforts were exposed as scores of our fellow humans gasped for breath all over the world. Yet, like it is often said, '*Every Cloud Has a Silver Lining*', no matter how thin that conjecture might be, was something which we might have missed out on seeing while all the chaos. Let us now set aside what we are fed on a daily basis through our media reports and newspapers, and try and figure out a couple of things which happened and were quite evident, yet we were either blind to it, or else dubbed unimportant to take note of!

As we progressed day after day, running in our own rat races, we failed to notice the greater good, the bigger picture. It is often said that a lonely man/woman lives like a king at times, but dies like a popper. There might be cultural variations and arguments alike to this

statement, however, the past one and a half years has shown that it is quite true. Even as offices closed, schools and colleges were shut down and market places wiped clean, it was our family which stayed beside us. It was the comfort of having our near and dear ones close to us which brought about the distinctive difference between the chaos and the alter-chaos, if I may term it in that way! After many a year, people got the maximum time with their families, toddlers and children got company and even though schools and colleges were shut, the internet helped us to stay connected. Zoom calls, were not limited to office goers and lectures, but also to fun online movie sessions, conference calls and even multiplayer games, which saw a decent rise in the number of users. It gave us the much-needed time for cluttering our thought process and get closer to people whom we love and cherish. This in itself, is a huge bounty amidst all the ongoing chaos.

The new normal, as it is termed nowadays, is to wear a mask whenever going out, sanitize one's hands with soap regularly and in the absence of such a provision, to use a hand sanitizer and maintain a distance of 6 feet from everyone in order to avoid the spread of the virus any further and to avoid outdoor travel as much as possible. Many would argue that this is a major concern after spending years of our lives in a much different way and even I support this claim. However, there are a few things which happened due to the new normal, which might have missed our eye. There are fewer cases of contagious diseases now. There is less pollution in the air now and even if there is any, the mask filters it out to an extent which is obviously more than our uncovered noses. In terms of environment, there were certain animals which were close to extinction, are now back in business as there is no disturbance from human interference post the lockdown, for example sea turtles in Turkey, have again come out in huge numbers and given birth to thousands of offspring amid no human intervention.

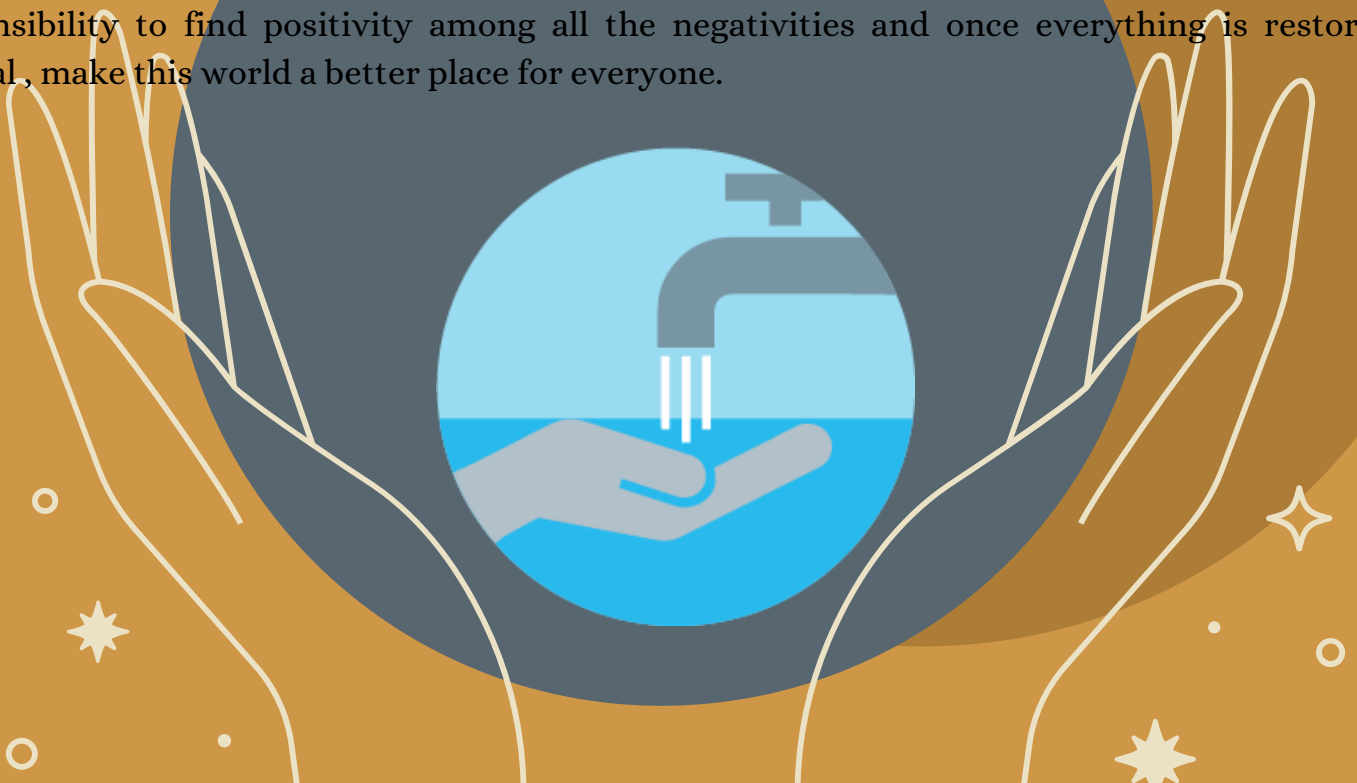
The medical system of various countries including India was stretched beyond its ideas to cope up with the situation in hand during the pandemic's peaks. As a result, epidemiological teams, task forces, vaccine developmental strategies and distribution mechanisms cum digital record maintenance has come into being. It is safe to assume now that India and many other countries have now developed a system of tackling such situations at war footing in case anything of such catastrophic levels occur again. It can be expected that situations might not be as dire as they were this time, given the preparedness that is expected henceforth. In India, the drive for vaccination is currently reporting upwards of 80 lakh doses being administered per day, which is a huge feat in itself, for a country like India where awareness campaigns need to be massive and the population underplaying some key statistics.

In such situations, it is hard to keep our minds focused away from the negativity around and zoom in to the goods among the bad. But if done so, it is indeed a respite from the regular informative bits we receive all around and helps our mental peace, which is regardless to mention, super important at such trying times. The key to maintaining vigour, pragmatic outlook and mental peace is to focus on the positive aspects and trying to blur the negatives (while not being insensitive to the issues at hand) amidst the new normal.

LIFE DURING COVID

Riya Mukherjee, 2nd Semester

It's really astonishing that each and everyone from a child to an elderly person is familiar to Corona Virus. It is strange how a virus could change the way of living of billions of people and suddenly as if the world has come to a stand still. For humans are social beings, it is difficult for us to maintain distancing. But the protocol demands to maintain social distancing and keep aloof from others specially those who are infected by this deadly virus. It was really a sudden unexpected change everyone had to go through, wearing a mask whenever going out was not something we normally did or using sanitiser and washing hands with soap so often wasn't normal too. But suddenly we had to start practising all these habits to protect ourselves against this deadly virus and accordingly we all started following the 'new normal'. Apart from this we got acquainted with the term 'lockdown' - limiting movement of billions of people and enforcing a series of regulations that included opening shops and market for a short period of time, working from home, staying indoor and getting out only for an emergency purpose. The most annoying thing about COVID-19 was the constant pressure and restrictions it has on our mental health. Not only did it affect physically but it also affect the mental sanity of the victimised patients as well as everyone around them. As we know a coin has two sides, every bad has something good in it, and we have to stay positive holding on the good side of this lockdown and covid. We got a lot of time to spend with our loved ones, got time for our hobbies, do something productive and creative and to learn something new. Another positive side was that the earth got healed up a lot, the pollution dwindled, the air became fresher than before and it helped the nature to bounce back and had a positive impact on birds and animals in the first phase of lockdown. This happened because of the use of less number of vehicles during lockdown and less human interference with nature. Lastly, life during covid is different and have a lots of negative impact on humankind but it also taught us to cherish the freedom we earlier had and how our nature has bestowed us with such a beautiful earth and being humans it is our responsibility to find positivity among all the negativities and once everything is restored to normal, make this world a better place for everyone.



The confession

Oindrila Nandi
Psychology Honours
6th Semester

আমি ঐন্দ্রিলা, সুরেন্দ্রনাথ কলেজের সাইকোলজি অনার্স নিয়ে পড়ি। আমার কলেজ জীবন আর এক মাস। তবে এই নেই জার্নিটা, সেটা অনেক ভালো মন্দ মিশিয়ে ছিলো। তবে আমি ভালো গুলোই শেষার করবো, হাসির লাগতে পারে কিন্তু একটু **2018** তে সাইন্স নিয়ে উচ্চমাধ্যমিক দিয়ে মেয়েটা, ধড়াস করে পড়লো সুরেন্দ্রনাথ কলেজের দোরগোড়া। কি বিশাল কলেজ রে বাক্সা।

পারবো? এই কলেজে ঘুরে বেড়াতে? আগে **tiffin time** এ স্কুলে ঘুরে বেড়াইতাম। প্রায় 1 ঘন্টা সারা কলেজ ঘুরে বেড়িয়ে পরে বুঝলাম আমি সাইন্স বিল্ডিং এ বসবো, নাও খোঁজো, এবার সাইন্স বিল্ডিং কোথায়? একজন বলে এদিকে, একজন বলে ঐদিকে।

কৈদে ফেলছিলাম আমি প্রায়। তারপর দেড় ঘন্টা পর পেলাম একদম সেই কোন ওপরে। একটা বাচ্ছা তার মায়ের কাছে উত্তম মধ্যম খাওয়ার পর যেমন কাঁদে প্রায় ভিতর ভিতর ওরকম কাঁদছিলাম।

উক, বাক্সা, উঠলাম, এবার কোন ঘরটা আমার? বাহু আবার সেই একই জিনিস। একটা মেয়েকে জিজ্ঞেস করলাম, ও সাইকোলজি ঘরের সামনেই দাঁড়িয়ে ছিলো। বললাম এই আমাদের ঘর কোনটা জানো? সে উত্তর দিলো, কোন ডিপার্টমেন্ট তুমি? আমি বললাম, সাইকোলজি। কোন ইয়ার? খানিকটা অবাক হয়ে জিজ্ঞাসা করলো। আমি প্রায় হেসে বললাম কেন? ফার্স্ট ইয়ার।

"সে বললো ঘরে যাও আমি আসছি, আমিই ক্লাস নেবো, ওই ছোটো ঘরটায় বসো।"



আমার প্রায় হৃদপিণ্ড শুকিয়ে গেছিলো, ম্যামমমমমমম!

এবাবা আমি তুমি তুমি করে বললাম।

ওই মানুষটি হলেন আমাদের সবার প্রিয়, যিনি হাই তুললেই দাঁড় করিয়ে দেন, আমাদের **DS** ম্যাম।

হ্যা ওনার ক্লাসে কিন্তু আমি মুখ বন্ধ করে হাই তুলতাম, ম্যাম বুঝতে পারতেন কিন্তু কখনও। খুব সাহায্য করেন আমাদের। তবে **memory** সাইন করতে করতে মাথা খারাপ হয়ে উঠছিলো আমার। **12** বারের মাথায় গিয়ে ম্যাম বললেন, আচ্ছা এবার ফ্রেশ করে করো। শান্তি শান্তি।

একা একা হেসে উঠলাম এখন লিখতে লিখতে ।

এবার আর একজনের কথায় আসি ।
তাকে প্রথমে দেখেই মনে হলো, আজ আমায় পিটিয়েই দিলো ।

শুনলাম উনি নাকি মাস্টার্স এ গোল্ড মেডেলিস্ট?

কি রে ভাই? ইনি তো ভগবান । এই দাবি আমার ছিলো । মা কে বললাম, মা বললো দেখলি, কতো ভালো পড়াশোনায় না হলে গোল্ড মেডেল পান একজন । খুব সিরিয়াস মানুষ । তবে ইনফরমেশন এ ভরিয়ে দেন আমাদের । আর খুব হেজ করেন । উনি হলেন আমাদের ভালোবাসার **HOD** ।

SS ম্যাম মানে সুজাতা সাহা ম্যাম ।

এবার আসি আর একজনের কথায় ।

তাকে দেখলে একটা শব্দই আমার মাথায় আসে সেটা হলো '**Savage**' ।

আমার অন্যতম একজন পছন্দের পার্সোনালিটি উনি । কি বুঝলেন না তো ?
Wait

প্রথম ক্লাসে ঢুকেই, আমি **late** । ম্যাম **present** দিলেনই না, এবার কি হবে? ম্যাম সোজা বলে দিলেন, ক্লাস করোনি, **present** কি করতে দেবো?
ওরে বাবা, আমার তো ভয় লেপে গেলো । তবে খুব হাসান আমাদের পড়াতে গিয়ে । আর আমাদের কোনো সমস্যা হলে ম্যাম অনেক **co-operate** করেন । ইনি হলেন আমার **savage** ম্যাম, **SD** ম্যাম, মানে শ্রাবস্তী দে ম্যাম ।

শেষে আসি
আমাদের খুব শান্ত এবং চুপচাপ ম্যাম, ঠিক বুঝেছেন! ম্যাম ক্লাসে পড়ালে আমরা খুব কথা বলতাম, কিন্তু এখন সেটাও **miss** করি ।
ওনাকে অনেক মাঝখান থেকে পেয়েছি, উনি কোনো কারণে ছুটিতে ছিলেন । কিন্তু ম্যামের খুব ধৈর্য্য । ভাবা যায় না । উনি হলেন আমাদের শান্ত ম্যাম **PM** ম্যাম মানে পাপড়ি মারা ম্যাম । হ্যা নামটা সার্থক উনি ফুলের পাপড়ির মতোই নরম মনের মানুষ ।

আর এই দিন হয়তো কোনোদিন পাবো না । আর এক মাস । মনটা ঠিক নেই । আবার চারজনকে একসাথে কবে পাবো কে জানে ? ভালো লাগছে না । এইগুলো স্মৃতিহিসেবেই রয়ে যাবে

তবে আর বছর **2** পর, যখন বয়স আমার **24** পেরিয়ে প্রায় **25**, একদিন **icard** কুলিয়ে টুক করে কলেজে ঢুকে যাবো । দেড় ঘন্টা নষ্ট না করে, দৌড় দেবো সাইন্স বিল্ডিং এ । এই দৌড় । কষ্ট করে চার তলায় ওঠার জায়গায়, এক দৌড়ে উঠবো । ইকোনমিক্স এর ঘরের উল্টো দিকে দরজা দিয়ে ঢুকে ডান দিকে যাবো । দরজা খুলে আবার বলবো

Present maam ।

আপনারা একসাথে আবার আমার দিকে ফিরে দেখবেন, কে এলো? আমি বলবো ম্যাম আবার এলাম, এসাইনমেন্ট সাইন করবেন না ?

ভালো থাকুন আপনারা, আমার জীবনের অনেকটা জুড়ে আপনারা ।



Get, set CLICK

Moments captured



SHREELEKHA KAYAL, 2ND SEMESTER, PSYCHOLOGY DEPARTMENT



SHREELEKHA KAYAL, 2ND SEMESTER, PSYCHOLOGY DEPARTMENT



GOURAB DEB, 4TH SEMESETER,
PSYA



ISHIKA DAS, 6TH SEMESTER, PSYCHOLOGY DEPARTMENT

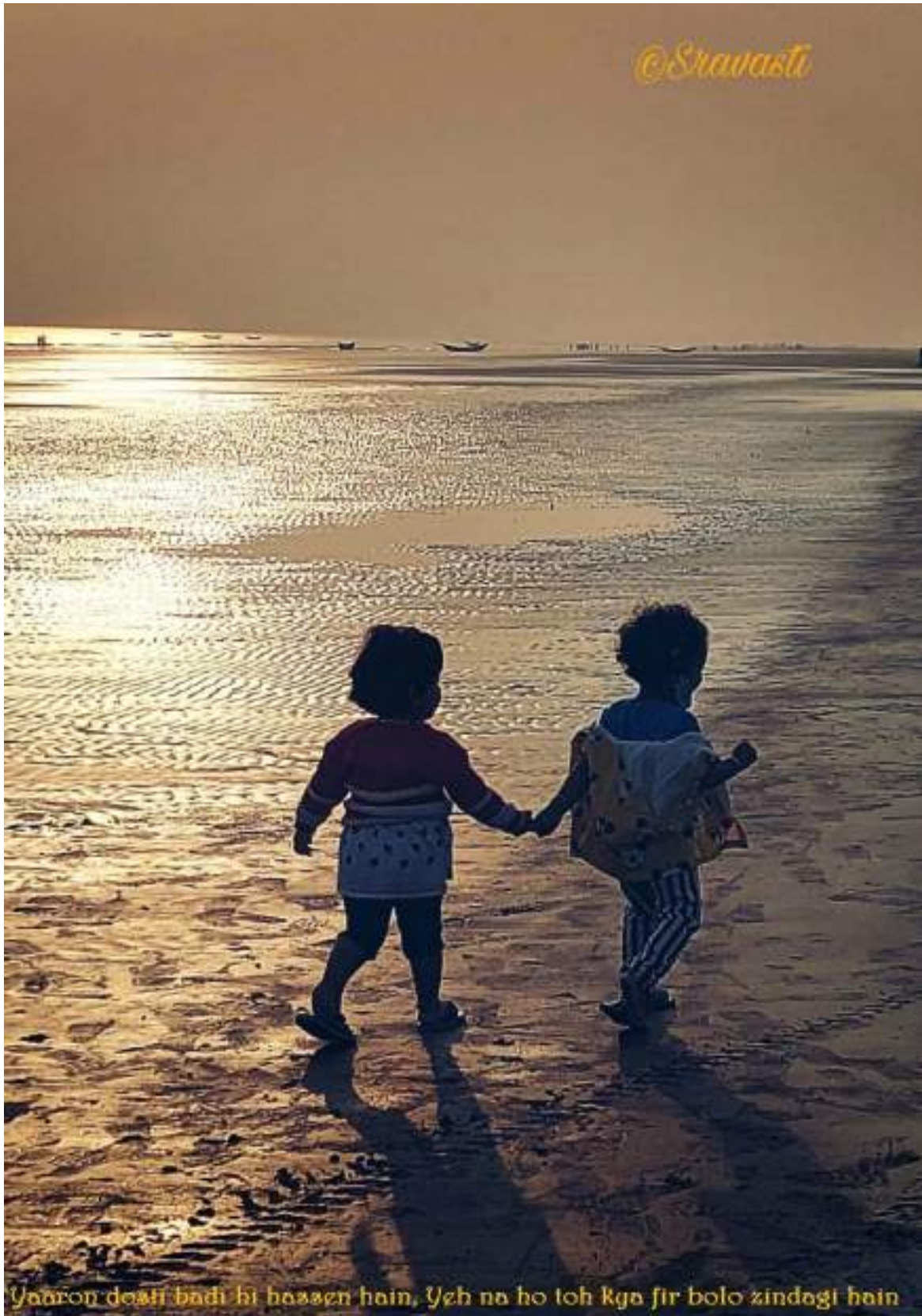


ISHIKA DAS, 6TH SEMESTER, PSYCHOLOGY DEPARTMENT



ISHIKA PHOTOGRAPHY
6th Semester

ISHIKA DAS, 6TH SEMESTER, PSYCHOLOGY DEPARTMENT



Sravasti De, Faculty , Psychology



Sravasti De, Faculty , Psychology



Sravasti De, Faculty , Psychology



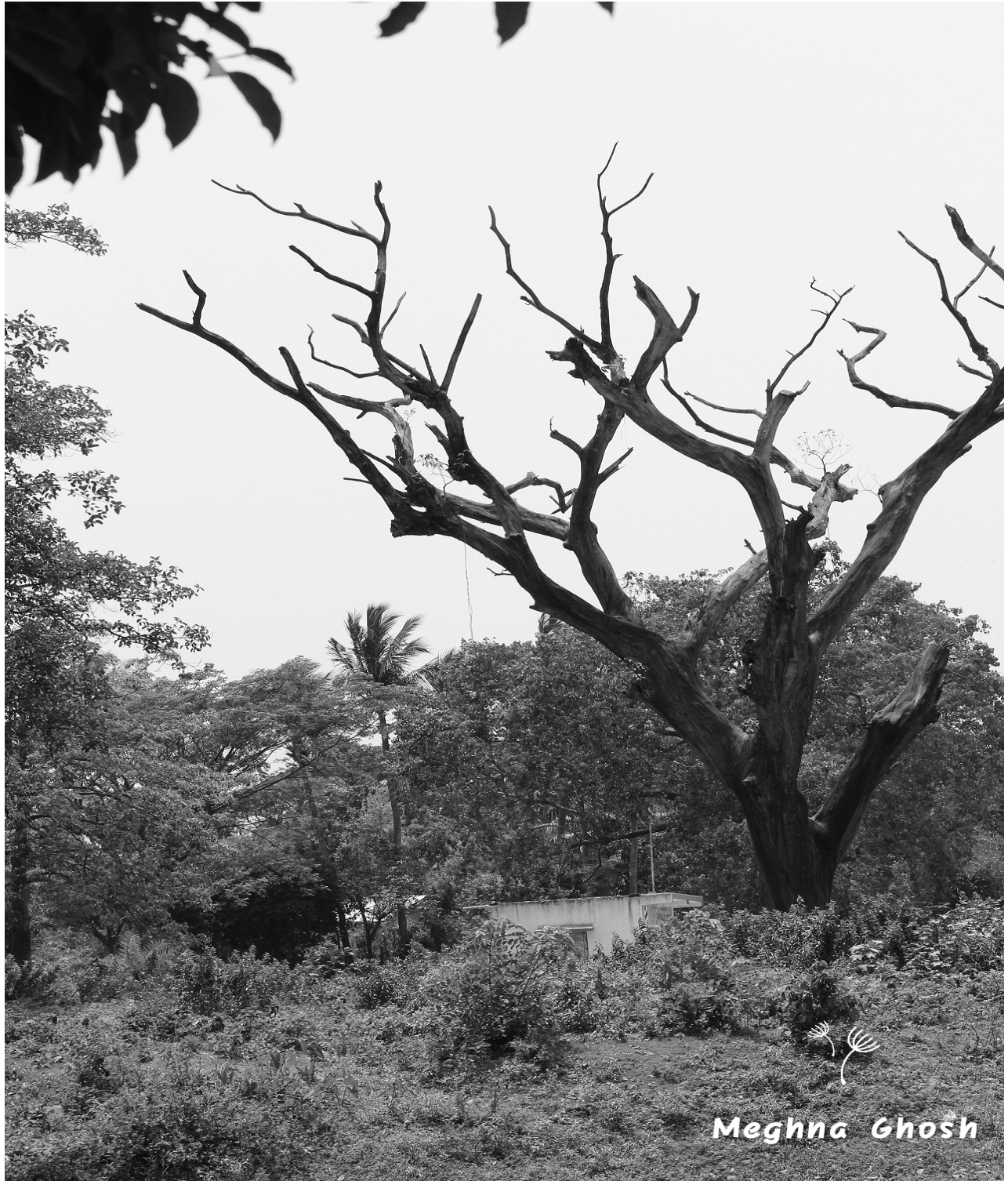
Surashree De, 2nd Semester, Psychology Department



Surashree De, 2nd Semester, Psychology Department



Meghna Ghosh, 6th Semester, Psychology Department



Meghna Ghosh, 6th Semester, Psychology Department



NABANITA SINGHARROY, 2ND SEMESTER, PSYCHOLOGY DEPARTMENT



Swagata Chattopadhyay
4th Semester



PRERNA PAUL, 2ND SEMESTER, PSYCHOLOGY DEPARTMENT



PRERNA PAUL, 2ND SEMESTER, PSYCHOLOGY DEPARTMENT



Smriti Das, 6th Semester, Psychology Department



Creative Minds

ARTS, CRAFTS AND MANY MORE





**Debashree Sinha,
Faculty**



© Papri Manna, Faculty

*Modular Origami Cinderella
Couch*



© Papri Manna, Faculty

Modular Origami Guitar



Modular Origami Swan



© Papri Manna, Faculty

Modular Origami Pulled
Rikshaw



Modular Origami Furniture



© Papri Manna, Faculty

Modular Origami Cycle



© Papri Manna, Faculty

Modular Origami Voyage



© Papri Manna, Faculty

Modular Origami Babies

Subrata Mondal
2nd Semester



Subrata Mondal
2nd Semester



Sanowaz Mondal
4th Semester





Priyanka Jati



Priyanka Jati, 4th Semester



Prarthita Sarkar, 4th Semester

Prarthita Sarkar
02/04/21



Priyanka Samanta, 6th semester



Rayna Afreen, 4th Semester



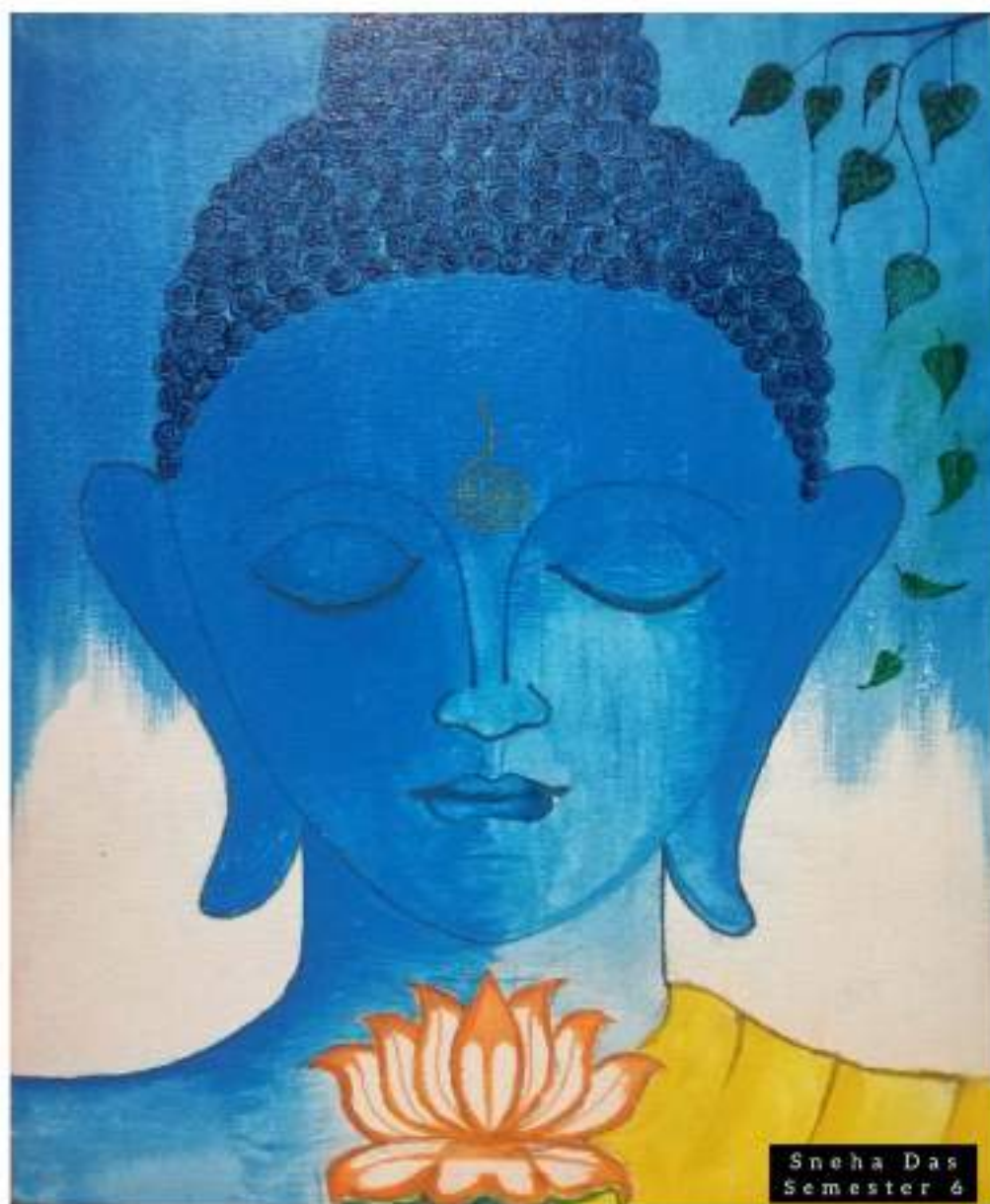
SMRITI DAS, 6TH SEMESTER,
PSYCHOLOGY DEPARTMENT



SMRITI DAS, 6TH SEMESTER,
PSYCHOLOGY DEPARTMENT



SMRITI DAS, 6TH SEMESTER,
PSYCHOLOGY DEPARTMENT





Sravasti De, Faculty

নাচ শুধু আমার কাছে নয়,
ছোটো বড় সবার কাছেই বড়ো
আনন্দের। নাচের মাধ্যমে শরীর
ও মন চাপমুক্ত হয়।
আমরা অনেক দুশ্চিন্তা বা কষ্ট
থেকে মুক্তি পেতে পারি।



নাচ কথাটি আমার কাছে
ভালোবাসার, যা আমার সকল
দুঃখকে এক লহমায় খুশীতে
ভরিয়ে তোলে।

NEW BEGINNING
Ashnita Mondal, 4th Semester

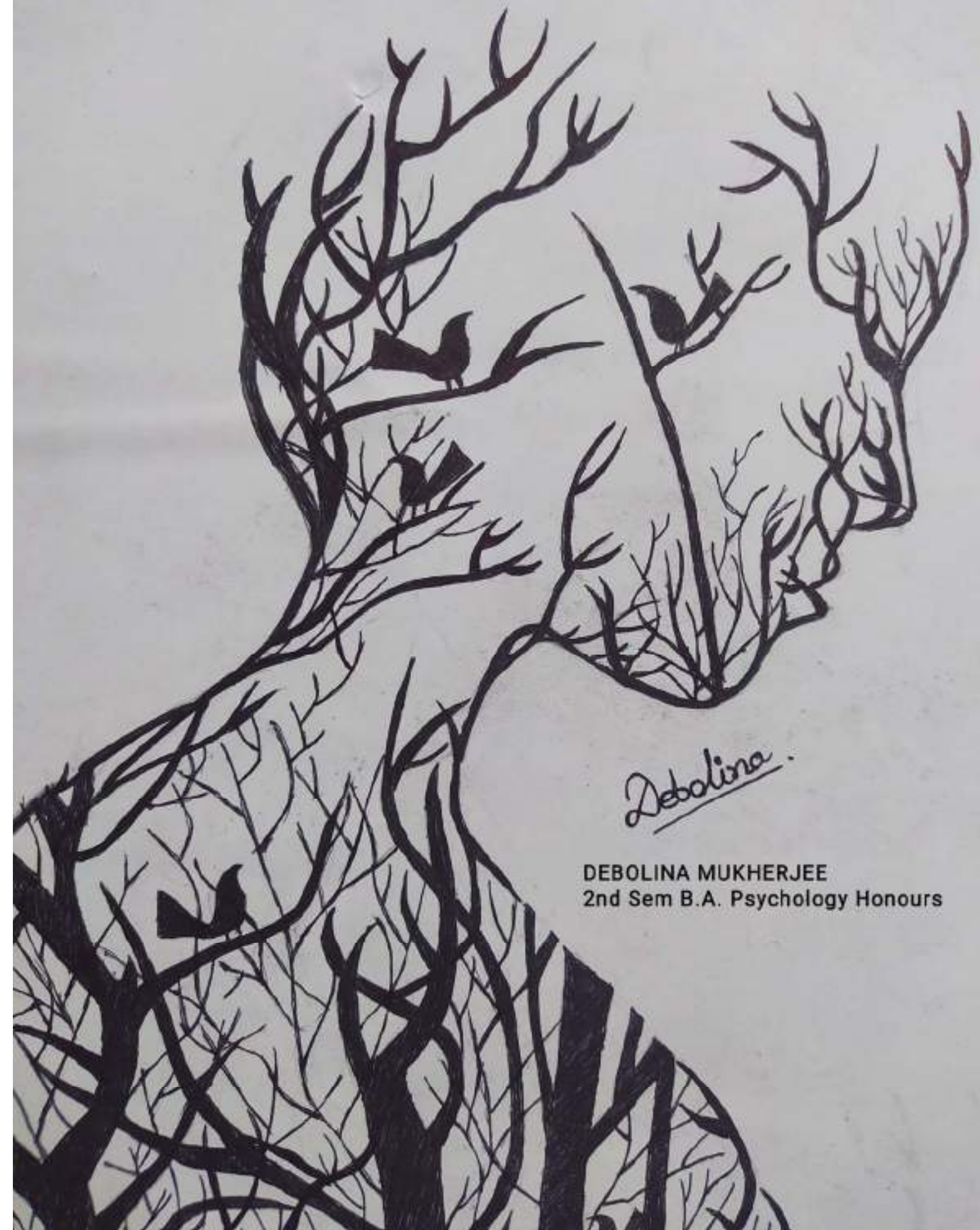


Ashnita Mondal

LEAF PAINTING



ESHA NAG
SEMESTER - 4



DEBOLINA MUKHERJEE
2nd Sem B.A. Psychology Honours



DEBOLINA MUKHERJEE
2nd Sem B.A. Psychology Honours

देवलीना

DEBOLINA MUKHERJEE
2nd Sem B.A. Psychology Honours





Bhanja

Jayeta Bhanja, Semester 2, Psychology Department



JAYETA BHANJA, SEMESTER 2, PSYCHOLOGY DEPARTMENT

Arpita Jodder

2nd sem
Roll 139



Life during Covid



Riya Mukherjee
2nd Sem B.A. Psychology Honours

Riya



#Aj kernari

Art therapy

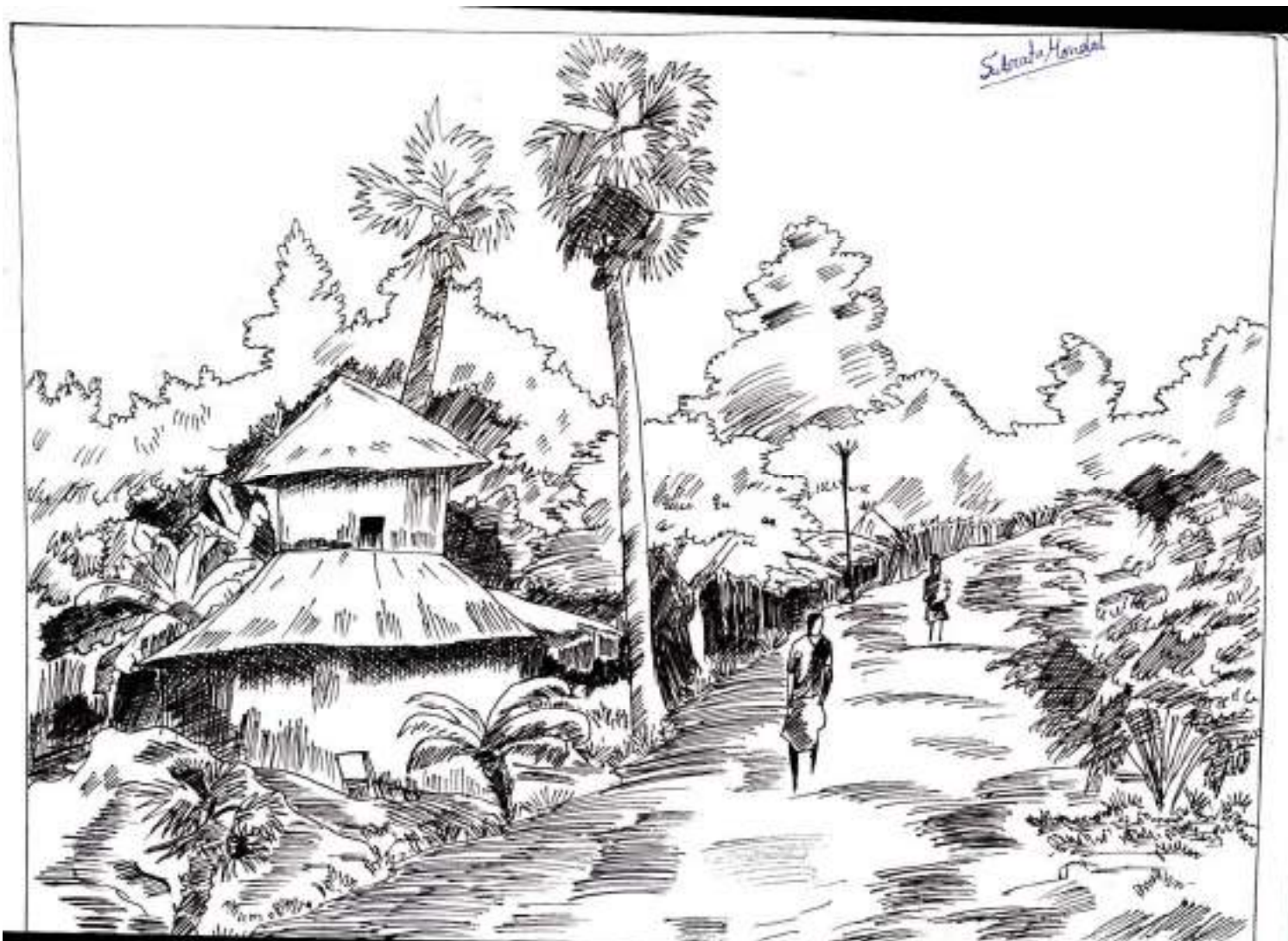
Art is a definition of human creativity and imagination, Overcoming negative sides of covid art therapy helps me a lot, starting investing my time in creative jewellery making first time or regular practice helped me to cope with stress.

Semester 6

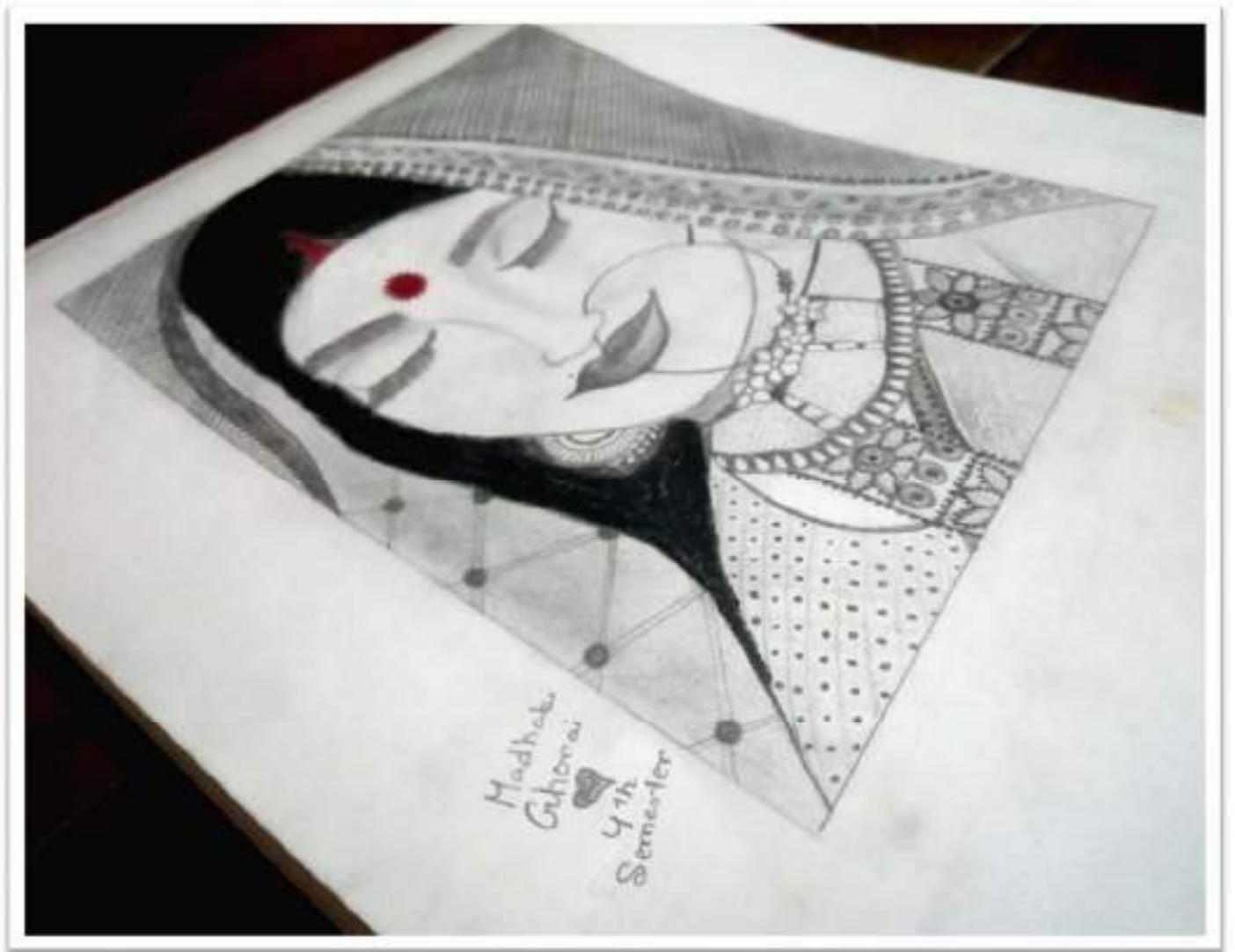
Farima Chatterjee

My small business called আজকের
নারী and i make creative jewellery
with fabrics that are also eco
friendly and sustainable.





Subrata Mondal, 2nd Semester



**Madhabi Ghorai, 4th Semester,
Psychology Department**



**Madhabi Ghorai, 4th Semester,
Psychology Department**

Acknowledgement

"READING IS TO THE MIND
WHAT EXERCISE IS TO THE BODY"

WE, THE MEMBERS OF DEPARTMENT OF PSYCHOLOGY,
SURENDRANATH COLLEGE, TAKES ENORMOUS PLEASURE IN
PRESENTING BEFORE YOU "মনের CANVAS". WE GOT
VALUABLE INSIGHTS FROM VARIOUS CREATIVE MINDS. A BIT
OF SUGGESTIONS FROM HERE AND THERE, ALTOGETHER HAS
ENABLED US TO GET THIS CHARMER READY!!
WE TAKE THIS OPPORTUNITY TO EXPRESS OUR GRATITUDE TO
ALL THOSE PEOPLE ASSOCIATED WITH THE MAGAZINE
PUBLICATION.

A BIG SHOUT OUT FOR THE FACULTY MEMBERS OF
DEPARTMENT OF PSYCHOLOGY AND A SPECIAL MENTION TO
OUR HONORABLE PRINCIPAL SIR, DR. INDRANIL KAR, AND
IQAC COORDINATOR MA'AM, DR. SUCHANDRA CHATTERJEE
FOR THEIR VALUABLE GUIDANCE.

HOPE YOU HAD A HAPPY READING TIME!!