Hyderabad Psychological Association

# Ripples

A Quarterly Newsletter of the Hyderabad Psychological Association

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February is the month of saying goodbye to chillness and welcoming the summer. Summer is the time to have *hot pricks* and *pranks* to one self and to one's own taste buds. HPA too is ready with few *hot pricks* as starters, few more to add up.

Nothing is complete without *team effort*, *article contribution*, *and queries*, more so important are *readers* who pass on the awareness of psychology towards healthy relationship building.

We invite our member's views about *RIPPLES* quarterly news magazine. Any suggestions, additions for improvement are always welcome.

**Padmini R**

## Workshop on 'Completing Research Successfully'

A Workshop on **'Completing Research Successfully'** was conducted on January 22 '06 at Bharatiya Vidya Bhavan, Basheerbagh, Hyderabad for the Research Scholars of Madurai Kamaraj University. Dr. C. Raja Mouli, President of HPA, Dr. K.N. Vishwanath, *Clinical Psychologist & Vice President of HPA*, Mrs. G. Padmaja, Psychologist & Executive Member of HPA, and Dr. P. Swathi, General Secretary of HPA, were the Resource Persons.

## Open Forum on 'Exam Stress' held

An Open Forum on **Exam Stress** was conducted on February 5 '06 at Agakhan Health Society, Medchal, Medak Dist, AP. Dr. C. Raja Mouli, President of HPA and Dr. P. Swathi General Secretary of HPA, were the Panellists.

## Workshop on 'Research Methodology'

Workshop on **Research Methodology** was conducted at HPA Counselling Centre, A.V. College Domalguda, Hyderabad on February 9 '06 for Teacher Educators of HITS College of Education,Vikarabad, AP. Dr. C. Raja Mouli, President of HPA, was the Resource Person.

## Open Forum on 'Building Healthy Relationships' held

HPA, in association with Sphoorthi Theatre of Puppetry [STEPARC], conducted an Open Forum on 'Building Healthy Relationships among adolescents' at Spoorthy Engineering College, Nadergul, Vanasthalipuram, R.R Dist. on February14, 2006. Dr. K.N. Vishwanath, Clinical Psychologist & Vice President of HPA and Dr. C. Raja Mouli, President of HPA were on the panel.

The programme started with the puppet show by Ms.Padmini Rangarajan, Executive Member of HPA and Director of STEPARC titled 'An Ode to Build Healthy Relationships'. It was all about a woman having healthy relationship with 3 gentlemen in various walks of her life. It stressed upon, how a relationship can be long-lasting and at the same time emphasised on –never carry a guilt feeling with regard to relationship building. It also focused on communication skills, assertiveness, positive approach, goal achievement, and a true relationship between opposite sexes.

This was followed by sharing of a Case Study on mental torture and harassment in the name of LOVE by *Dr. Vishwanath*. Dr. Raja Mouli, in his interaction with the students stressed upon the western influence and its unhealthy impact. Various questions starting from what love is and what love is not were asked by the students and also the significance of *RED ROSE* as the symbol of love.

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*Dr. Vishwanath*, in a simple yet subtle way, made very clear what love is and what love isn't. He also said that there are many ways one can talk about love.

Love is - *responsibility, hard work, pleasure, commitment, caring, honesty, trust, communicating well, sharing, compromising, closeness, openness, recognising differences, respect, friendship, strong feelings towards others and oneself.*

Love is not - *jealousy, possessiveness, pain, violence, obsessive, being selfish, cruelty, dependency, giving up (your self), fear, manipulation, expecting all (your) needs to be met.*

In conclusion Dr. Raja Mouli mentioned about our rich culture and heritage and role of love in our daily lives.

The open forum concluded with a formal vote of thanks by Sri. S.Prabhakar Reddy. Sri Chalama Reddy, Principal of Spoorthy Engineering College, hosted the event.

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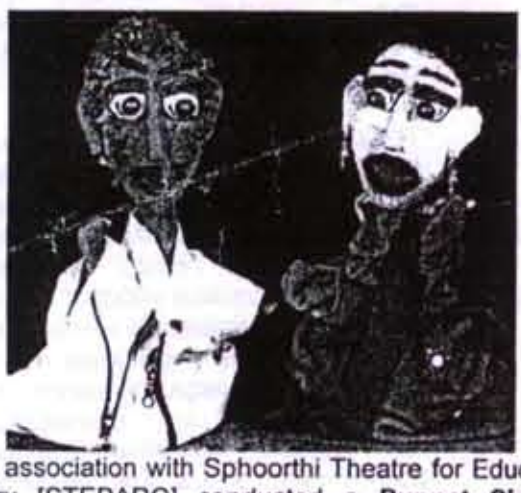
## Counselling on 'Taking Exams Confidently'

Counselling Sessions on **Taking Exams Confidently** were conducted to the students of class 10th at HPA counselling centre, A.V. College Domalguda, Hyderabad, on February 12 '06 by Dr. P. Swathi, Counselling Psychologist & General Secretary of HPA.

## Puppet Show on 'Women Empowerment'



HPA in association with Sphoorthi Theatre for Educational Puppetry [STEPARC] conducted a **Puppet Show** on 'Women Empowerment' to commemorate the International Women's Day on March 8 '06 at Women's Development & Extension Centre, Dr. B.R.Ambedkar Open University, Jubilee Hills, Hyderabad. The main focus was on building Self Esteem, Self Confidence, Decision Making, on promoting good communication and to build a happy home. The show projected on how a woman is a friend of another woman.

## Lighter Moments

A Professor of Psychology explained to the class about the hemispheres of the brain. Assuming that the students might have understood well, the professor called it a day. Just then he was stopped by one of the students.

Sir, could you please tell me one easy distinction between *right brain and the left brain*?

The Professor, with a smile on his face, said "My dear student, *the left brain has nothing right and right has nothing left.*"

## Quotable Quotes

For every minute you remain angry, you give up sixty seconds of peace of mind.

- **Ralph Waldo Emerson**

Let us never negotiate out of fear. But let us never fear to negotiate.

**John. F. Kennedy**

### BELIEVE IN YOURSELF

If you think you are beaten; You are
If you think you dare not; You don't
If you would like to win, but think You can't,
It's almost a cinch you won't.
If you think you will lose, You are lost.
For out in the world we find....
SUCCESS BEGINS WITH a fellow's will:
It's all in a state of mind.
Life's battles don't always go
to the stronger or faster man:
But sooner or later the man who wins
**IS THE ONE WHO THINKS HE CAN!**

-Anonymous

**Query1. I am a EAMCET aspirant. Please give me tips to cope with stress.**

I can empathise with you for the stress that you might be experiencing. Moderate amount of stress is essential to achieve your goal. But excessive stress can be due to self-doubt, lack of confidence or fear of failure. Coping with stress requires training the mind to think positively, coupled with hard work and concentration. Some tips that you may employ are -

- Be methodical in your work
- Know certainly what you want to do
- Make studying natural and pleasurable
- Accept challenges with a smile
- Eat & sleep well to do your best
- On the exam day, keep your spirits high, stay calm and feel relaxed.