

Talk on Create a Life Map: A Psychologist's Narrative

The Department of Political Science organised a talk by Dr. Shalini Aiyappa on “Create a Life Map: A Psychologist's Narrative” on 12 May, 2023. It was a part of the Department's initiative to help the students understand themselves and to enable them to manage their student and personal lives efficiently. Dr. Rose Veera DSouza, the Head of the Department of Political Science, introduced the speaker to the audience – Dr. Shalini, the Head of the Department of Psychology, St Aloysius College (Autonomous), Mangaluru. Dr. Shalini began her talk with an intriguing quote about the space between the stimulus and response, in which an individual has the power to make a choice. That space offers one the power to choose how to respond to a given stimulus. One must make a choice after deliberation in order to have a mindful, meaningful and purposeful existence. The speaker pointed out the challenges the current generation faces while growing up in the era of advanced technology and social media. She cited examples from daily life to portray how social media and the culture of messaging have the power to hamper human relations, in the absence of face-to-face conversations. Dr. Shalini explained how we are fast getting caught in the “not enough culture”, and how we end up stuck in a loop. She also highlighted that increased exposure to and use of technology has significantly reduced our attention span. She told the audience that we possess the power to wire our brains the way we want and become the person we desire to become; the brain is malleable. The choice that we make is what becomes of us. She advised the students to grow their inner strength and to build resilience, which will help in healing. Negative emotions disable one from seeing the opportunities that are available around. She also told the students to identify their signature strengths and to develop them. Dr. Shalini spoke on the importance of being in the moment; to practise mindfulness. She pointed out the role perception plays in our lives. Our repetitive thoughts will cause our brains to believe them, hence one needs to reframe the way one sees a situation. She concluded stating that we need to practise acceptance of ourselves, and enjoy minimalism and simplicity. The speaker Dr. Shalini Aiyappa was given a sapling as a gesture of gratitude by Ms. Maria Shaila DSouza, faculty of Political Science. Vidhula K L of III BA gave a response to the talk on behalf of the students.

Reported by Dr Rose Veera Dsouza

