

**MONTHLY NEWSLETTER**  
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# Examining growth through philosophy and psychology

The following work is something that arose from petty competition, the desire to overthrow the opposing class, who seem to outclass us in every way. I had already presented on the topic, but once I analysed one of their works, I understood just how surface-level my own work was. Thus, I was inspired to push beyond my limits and truly explore this hypothesis, as well as its potential applications to the subjects we study. For my topic, I have chosen psychology, a subject I intend to make a career out of and a subject that truly holds the answers to a LOT of my doubts about humans and life.

The hypothesis that growth occurs through the resolution of ethical dilemmas raises an important question: What is growth itself? Growth, as presented in this discussion, is an amoral process. It becomes meaningful only when morals are applied, allowing it to be categorized as either progression or regression.

Growth occurs through decisions made at critical moments in life, and the weight of these decisions determines whether they qualify as ethical dilemmas. Because individuals choose based on personal benefit and opportunity cost, such decisions often generate conflict, especially when one person's gain results in another's loss.

These decisions are rooted in the human ego, which exists on a spectrum between two extremes: extreme selfishness and extreme selflessness. Extreme selfishness aligns with egoistic hedonism, where individuals pursue personal pleasure while avoiding discomfort, engaging only in activities that directly interest or benefit them. On the opposite end is extreme selflessness, or pathological altruism, in which individuals sacrifice their own needs entirely for others, as illustrated by literary examples of self-denial in service of loved ones. While these extremes exist, most people operate somewhere in between, making them exceptions rather than the norm.



To explain these exceptions, I have introduced the concept of "deviants"—individuals who diverge from societal norms by prioritizing biological needs over social or intellectual ones. Psychology seeks to study such individuals to understand their thought processes and, ultimately, to reduce conflict. A central question in this study is whether deviancy is innate or shaped by the environment. Observations of a child's present-focused mindset suggest that thought patterns develop through environmental exposure rather than being fully inborn.

However, this explanation becomes more complex when considering real-world cases such as Issei Sagawa, who, despite a privileged upbringing and being declared legally sane, committed extreme acts of violence. This example challenges the idea that environment or satisfaction alone can prevent deviancy. Similarly, Dr. Milton Rokeach's study of three men who believed themselves to be Jesus Christ demonstrates the mind's capacity to recognize abnormality in others while being unable to acknowledge it in oneself.

Ultimately, psychology aims to understand why the human mind is so volatile and how similar life experiences can lead to vastly different outcomes. By examining ethical decision-making, ego, and deviancy, the discussion highlights the complexity of human growth and the fragile boundary between normality and deviance.

By Pranath Bellave, PUC I, HEPPy

# FEMALE

Man carved a god from his own fear,  
Afraid of the life that women bear,  
If our worth is wrapped in giving birth,  
Then why do we bleed when our time is near?

Men painlessly march through endless years,  
While we face the tide of change and loss,  
If you can snip the threads of our creation,  
Can we not claim the right to cut across?  
If you wield the knife to cut her dreams,  
Shall we not uncoil the threads you weave?  
Can she not take what you've taken from her,  
As the scales tremble under our feet?

You wave your banners of freedom and right,  
But where is the justice in your refrain?  
You say it's my body, your choice,  
Then isn't it fair for us to retaliate- your body, my choice?

An eye for an eye is the battle cry,  
Yet you, oh men, keep half the truth,  
Is it freedom if it's built on chains,  
Or liberty when it echoes unvoiced?  
You cling to privilege, shrouded in light,  
While shadows whisper tales of rage.  
Why should she consent to your orchestration,  
When her body is hers, a sacred rebellion?  
You speak of liberty, equality's name,  
But isn't it privilege when you get to decide?  
An eye for an eye, a tooth for a tooth—  
Where's the balance when only one side?

Oh men of power, standing so tall,  
Where's your courage when it comes to choice?  
If you can cast shadows on her will,  
Then can she not rise and reclaim her voice?  
In a dance of bodies, a clash of souls,  
Can your freedom paint her chains gold?  
For if his body is his to defend,  
Is not hers the canvas of her own end?

So hear the thunder, the voices that stir,  
Raging against the remnants of fate,  
In the ashes of silence, we'll carve our names,  
For it's time for the world to recalibrate.  
Let not your privilege dim the flame,  
For in the heart of every woman is a storm,  
A revolution whispers through echoes of pain,  
And a woman's rage, fierce and reborn.

Why should I consent to your heavy hand,  
To dictate what happens inside of me?  
If I'm merely a vessel for your design,  
Then tell me, who truly is free?

This rage isn't quiet; it's a storm in bloom,  
A voice rising loud against chains and shame.  
We won't be your silence; we refuse to pretend—  
Our bodies, our choices—never the same,  
I refuse to let silence be the condition of my gender.

By Ankitha Iyer, PUC II, HEPyS

## Mind Over Pressure

I am Tanvi Ravi, a 1st PUC Humanities student at Jain College and a professional athlete in Water Polo and Karate. I have represented Karnataka in both sports and India in Water Polo. The competitive nature of these disciplines requires 4–5 hours of rigorous daily training. Being involved in high-level sports has played a significant role in my overall development. It has strengthened my ability to think strategically, stay calm under pressure, analyse situations quickly, and make confident decisions.

Physically, regular training has improved my strength, fitness, stamina, and lung capacity, contributing to a healthier lifestyle.

Balancing academics with intense training demands discipline and strong time-management skills. Attending college daily alongside extensive practice has taught me to plan effectively without compromising either area.

I also strongly believe that adequate sleep and a balanced diet are essential for maintaining energy, focus, and consistent performance. Equally important is the role of mental strength. In competitive environments, mind power helps control anxiety, regulate emotions, and maintain clarity during high-pressure moments.

Techniques such as focus, visualisation, and self-awareness allow athletes to respond thoughtfully rather than react impulsively—benefiting not just sports performance but academic and personal life as well. I believe that with consistency, mental resilience, self-awareness, and a positive attitude, it is possible to excel both in the classroom and on the field. Sports have taught me that true success goes beyond physical ability—it lies in emotional control, mental discipline, and inner strength, skills that remain valuable in every aspect of life.

By Tanvi Ravi, PUC I, EPPyS

# Teachers Unplugged

Behind every classroom is a person whose story goes far beyond lesson plans and syllabi. Teachers Unplugged steps away from formal roles to explore the journeys, philosophies, and passions that shape the educators who guide us each day. In this edition, we spotlight Ms. Vandana Victor Aluri.

One of the early pillars of the Department of Humanities, Ms. Vandana is known for her energy, creativity, and engaging classroom presence. Her journey into teaching began in the final year of her graduation—initially driven, as she candidly admits, by “unemployment anxiety.” What started as a practical choice soon became a profession she deeply connected with. Since joining the institution in 2022, she has played a key role in shaping the department.

A strong believer in holistic development, Ms. Vandana views learning as more than completing the syllabus. Her classes are interactive spaces where history is discussed, questioned, and understood rather than memorised. Through mind maps, creative approaches, and discussions, she makes learning meaningful and engaging.

For her, teaching is a two-way process—one where she learns alongside her students. While balancing teaching with a demanding PhD journey, she stays grounded by being a self-professed morning person and a firm advocate of intentionally creating time for oneself to avoid burnout.



Beyond the classroom, Ms. Vandana finds solace in the arts. From theatre and monologues to dance, films, books, and her ever-present cup of tea, these moments help her unwind and reset. Openly embracing her identity as a “happy weird person,” she reminds us that great educators need not sacrifice individuality. By blending academic rigour with creativity and self-expression, she embodies the spirit of learning as a lifelong, evolving journey.

**By Manoj Aradhya, PUC I, EPPyS and Jasmeet Singh, PUC I, EPPyS**

Among her friends, during her student years and beyond, Divya Ma'am has always been known as an optimistic, easy-going “YOLO” person who trusts life to unfold as it should. Sassy, expressive, and instinctive, she often follows her first impulse, while consciously valuing patience and the habit of thinking before speaking -qualities she encourages in others.

Far from an old-school teacher, Divya Ma'am sees herself as a guide, helping students navigate economics through discussions, statistics, creative presentations, and meaningful assignments. Her love for the subject is unmistakable, especially when she speaks about her college days and the teachers who inspired her.



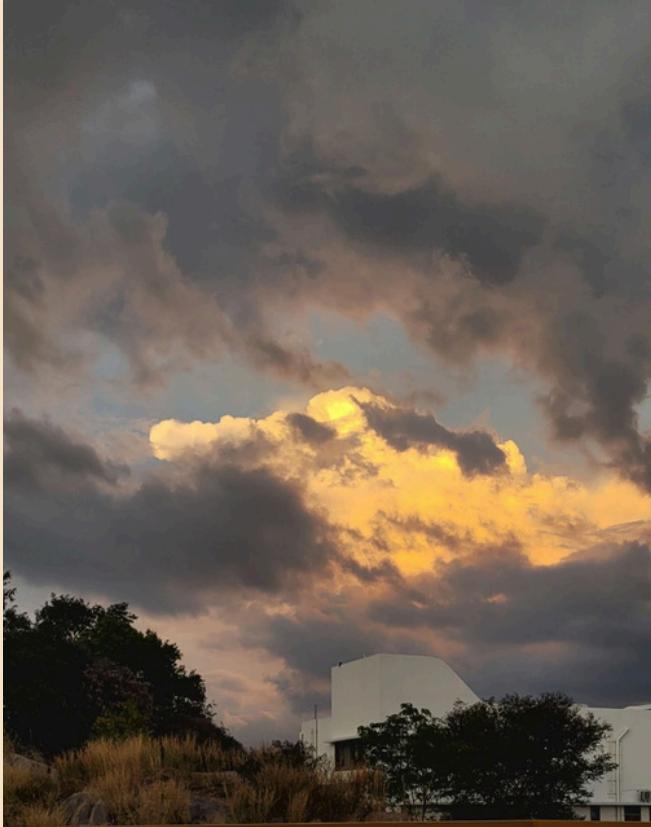
*“Graphs are talking to me.”*

That was Divyashree Ma'am's response when asked why she loves economics - and somehow, it explained everything. From statistics to curves, she has always been fascinated by how numbers tell stories about the world. This passion was nurtured early on by teachers who sparked her curiosity and shaped her journey.

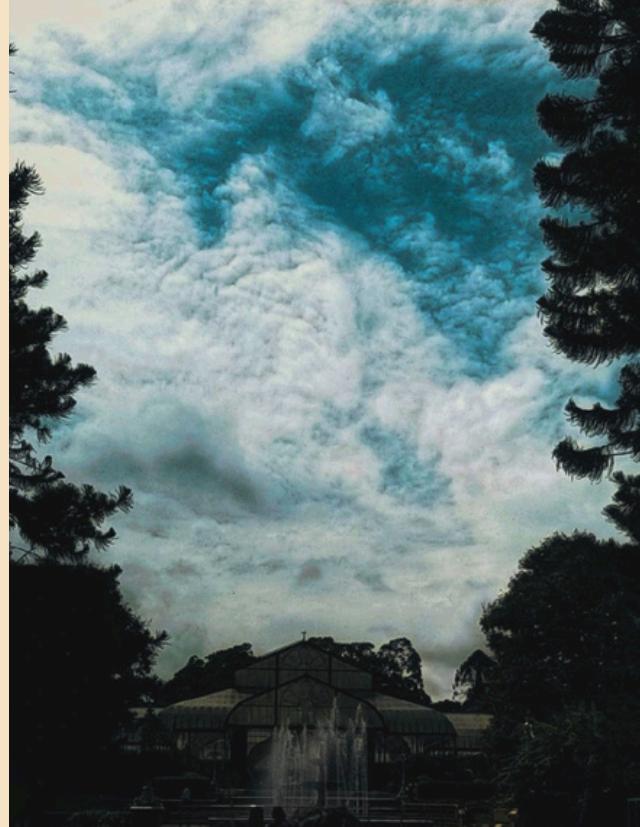
Certain of her path from the start, she always wanted to be a lecturer - a choice that surprised many. Defined by boldness, positivity, and a willingness to try new things, she is not just a teacher but a mentor, a role model, and someone refreshingly human.

**By Samhitaa Naveen Kashyap, PUC I, EPPyS and Laya S Aekbote, PUC I, EPPyS**

# Focal Lens - Student Spotlights



- By Siri Durga Narendra, PUC II, EPPYS



- By Siri Durga Narendra, PUC II, EPPYS

## Match the Thought

*Instructions: Match the idea to where it appears in this edition.*

### Idea

Mental resilience

Ethical dilemmas

Artistic expression

Identity & agency

### Feature

A. Teachers Unplugged

B. Mind Over Pressure

C. Student Spotlight

D. Poetry Feature

Answers  
• Mental resilience → B. Mind Over Pressure  
• Ethical dilemmas → C. Student Spotlight  
• Artistic expression → D. Poetry Feature  
• Identity & agency → A. Teachers Unplugged

## Humour By The Hour

This edition's comic strip features **Peanuts** by Charles M. Schulz - a timeless classic known for its iconic characters, gentle humour, and heartfelt reflections on childhood and friendship.



(Credit: culturalanalytics.org)