



INSIDE OUT

BEING A HUMAN DEVELOPMENTALIST!

VOL II

2020

SPEAKS THE PIONEER!

A message from the Head of Department

A decade of Human Development in Mount Carmel College

Dr. Sujata Gupta Kedar, HOD



Welcome to the Department of Human Development !

Founded in 2009, the Department of Human Development has been at the forefront of community support and community development since then. The most defining feature of Human Development is that it is interdisciplinary in nature. An interdisciplinary perspective to studying human development focuses primarily on the process of growth and development among individuals in the changing environment. Hence the faculty and the students of department of human development at Mount Carmel College works with every section of the society across the life span. Our students here get a vast exposure of working with infants, children, adolescents, young adults, elderly, transgenders, street children, people with special needs, criminals, human right defenders etc. This inter disciplinary nature makes it distinctively different from any developmental psychology and child development.

Alumni of our undergraduate and post graduate programs get into a diverse set of careers in education, advocacy, non-profit work, health, business, government settings. and research, with a range of populations including infants and young children, adolescents, older adults, couples, and families. Lot of them had cleared their NET exams and have ended up as faculty in human development.

The department was established with the first Undergraduate course B.Sc, NDCH,i.e., Bachelors in Nutrition and Dietetics, Chemistry and Human Development . This name was officially changed to NDCHD to reflect the clear picture that Human Development is one of the core subjects of this combination. The Masters in Human Development was started in the year 2012 with 10 students in the first batch but since then the master's programs has become the most popular program among students across India as in almost all the batches we have more than fifty percent students from various parts of India. The department also celebrated the Human Development Day on the 28th August'2019 when the Mrs India International. Mrs Neerja Wadhwa Dhanranjani as the chief guest addressed the students from various colleges regarding women of today and their contributions to the society. International experts such as Dr. Priti Desai of East Carolina University and Ms. Holly Clark, certified Child Life Specialist and Therapeutic Recreation Specialist also had an interactive session with our students on the career options in Human Development.

Because of the vibrant research culture students here are inspired and mentored through teaching, training, advising, research collaboration and dissertation supervision. Also, the department has a tradition of engaging with the community and connecting research with practice.

It is indeed my privilege to lead our department in developing a creative environment that values high academic excellence and career preparation for research, teaching, counselling, and human services. Our contributions are guided by a dedication towards enriching student learning, lives and career prospects, and towards nurturing professionals who can contribute meaningfully.



AN EVENTFUL DECADE!

Human Development Day 2019

The Department of Human Development organised and celebrated the Human Development Day with the theme, "Women of Today" on the 28th of August, 2019. The event was held at the Golden jubilee block, Golden Jubilee Hall III and IV at Mount Carmel College, Bangalore.



NEW ADDITIONS TO THE HD FAMILY

It's absolutely a delight to have new members to our family and keep it strong and growing. A hearty welcome to Ms. Shreya Lokare and Dr. Niveditha Danammanavar!



Ms. Shreya Lokare



Dr. Niveditha Danammanavar

Finger Spells- Sign Language Workshop

Sign language workshop for undergraduate and post graduate students of the department was conducted on 4th July 2018. Around 117 students participated in the workshop. The workshop focussed on the sign language used by individuals with speech and hearing impaired. Ms. Vidhushi Jayaswal and team from Sign Labs, enlightened the participants on sign language.



"Big or Small- Human Rights for all"

A panel discussion was conducted on human rights issues constituting of the panelists- A retired State Human Rights Commissioner, a human rights activist a transgender, a differently abled and two adolescent students discussing about the various human rights issues they face and their opinions regarding the same. The issues discussed were- corporal punishment in school, equal rights for the differently abled and transgenders, human rights activism and the process of redressal.





A class of 31 girls belonging to Mount Carmel College, studying second year NDCHD, performed a street play on Saturday, 27th August 2016. The street play was performed at the Purvankara Pavilion, opposite Smalley's café, Church Street, Brigade Road, Bangalore. The street play was about domestic violence and child abuse. There are a number of cases being reported everyday regarding these heinous crimes. The class decided to do their bit to spread awareness about these crimes.

“ME: AN OLD WOMAN”

-Raksha Ganesh, II BSc NDCHD

Gazing at the stars, my mind travels back in time
The time when the tress shed their leaves, just to
let the flowers bloom,
So did my heart bloom, at the warmth of love,
His eyes in an attempt to fathom the depth of my
scars...

With the whirling winds, came the blissful rain,
My sour filled with the joy of petrichor.
It was when the winds chose to turn into a storm,
Entrapped like a pearl in an oyster, I strive,
To see the rainbow, Vibrant and Free
Oh how the toxic seeds of deception lay
embedded within..

I believed in an illusion that was meant to be.
But I chose to set myself free.

With an undeterred spirit, I severed the roots I
nourished within,

For every sunset brings with it the magnificent
dawn,

I turned the winds in favour of my flight.

Now that I look back in time,

I embraced the storms and the thundering rain,
For there is a lull before the storm, there is also a
calm after the storm.

Now all I see is Nature's way, of letting go and
setting free,

Of the depths of oceans and sparkling of stars,
I sit back gazing

Pondering over time, and trying to decode the
mystery it beholds within...



“A SPECIAL RIGHT”

-Srishti Vardhan, alumnus MSc HD

I am trying to look for something...
Do you know where I can find it?

Will I find it in a huge school building?
Or in a big brick house?

If you know, then please help me out,
for I have searched all around!

Can I find it in books to study?
Or in fancy clothes to wear?

Oh, it leaves me in so much despair!

I'll beat the drums in my little slum...
...and all my friends will come running...
...to find what it is, that we have been missing!

I will look for it in my small school building,
and in my warm and tiny hut.

I will look for it in the scrap of paper
and in the broken pen, which will write my future...
I will find it in the ripped clothes that I wear,
Even if it leaves me in great despair!

I am trying to look for 'privilege',
Do you know where I can find it?

"I WILL CONTINUE RATHER THAN NAUGHT"**-Amina Sarah Ali, I MSc HD**

Walking a distance not knowing how long, I've started
a journey I don't know of.
Looking around I see no one, some hope in my heart
just seems to be gone.
Some road this is that I walk on, the wind screaming
in my ears forcing me to stop.
Doubts arising and thoughts that tempt me to halt, it
seems to me I'm tied up in a knot.
Don't know the way or which path to take, I just pray
it's not far away.
Yes! I'm scared, my heart, it aches. Trying to be
worthy of what it takes.
Aware of being alone on this journey, this night
reassuring me of no company.
Plenty of things, that play with my mind, if only there
was a way to rewind.
It's dark and vague telling me that I will fail, this night,
it makes me frail.
I pause and wait, curious to know what would become
my fate.
Maybe a bit clueless, maybe just a bit lost. It's a
chance I took, but it comes with a cost.
One thing that's known, something for sure, that all of
this won't go in vain.
It's a long way, longer than I thought. But I will
continue rather than naught.
I've walked all this way,
I won't turn back; I will continue rather than naught.

"UNFAIRLY JUDGED!"**-Kanchan. M, II MSc HD**

Judging begins at a point in time
When you try to be as positive as your life.
Judging should be a way for everyone
Not to be blamed by everyone.
Judging a person brings happiness within you, but
unhappy when it is about you.
As being judged has become a word of emotion
Which is being played with others emotion.
So, this brings people apart
Which is sadly unknown to a lot.
if you see, Judging can end an era of life
So, start to stop this drama of life.

"IS HUMANITY HUMANE?"**-Safa Hasan S, II MSc HD**

Holy Land of Jerusalem
Afternoon of sabbath Friday
Sincere prayers
Joy, tears and
Serene Environment
Unfathomable peace
free from the worldly fears
But in a shift of moment
Tears streaming down our faces
My mother and my sisters, three
I look around and find the same
emotion
I realize all are humans, feeling for
themselves
And their loved ones
But what happened?
Open Firing by Israeli soldiers
That sound excruciating
Damaging our composure
For that was a scary exposure
My father in the out and open
I find him close to one of weapons
Which my tongue cannot pronounce
His eyes trying to find us with fear
In great ounce
I look around to find each one
With the same emotion
That serenity devastated
In just one shot of trounce.
Havoc reigned over that serenity
With might, no humanity
When the guns went down
We lift our crowns
Reunited and happy
After each one's thrust and push
To be together with their family.
I open my eyes now,
That memory scary
I ask myself-how many feel it
Everyday? In Palestine,
In Syria, Lebanon, Iran
Iraq, Kashmir and Tunisia?
Question of the hour,
No, every hour!
"Is humanity Humane?"

“KNOW THYSELF”

- Priyanka Goyal, II MSc HD

How about being aware of your actions? How about knowing your past, present and future and bring out the best version of it? I guess this was the idea behind the God’s supreme creation- “The Human beings”, the Organisms with an ability to think rationally. The God has showered the human kind with Conscience.

Consciousness word originated from a Latin word conscius (con- “together” and scio- “to know”) which means to know together. Consciousness in its literal terms means the quality of awareness of an external object or something within oneself. The term has been originated long back in John Locke’s Essay concerning the human understanding in 1690 and it still holds its importance. According to Sigmund Freud, human consciousness was divided into three levels, the conscious, the preconscious and the unconscious. Each level of consciousness has a specific role to play in human’s conduct from memorizing each moment of his/her life in the form of a fictional play to forgetting the exact amount which is causing the pain or what is not necessary. The three levels can be better understood with the examples such as the conscious will tell you the feelings, thoughts and perceptions about the immediate environment by making you think rationally while preconscious mind has it in store but only speaks when you need it without putting much of the efforts, whereas the unconscious urges you to think a little deeper to memorize. Each level has its own significance and can act as boon or bane for an individual.

The consciousness is the most basic aspect of a being and plays vital role in its vicinity. The human beings are distinct from other animals is due to the fact that we can think. The exchange of information which we do on daily basis and what amount we process and imbibe is the probable reason of all the advancement which the human race has achieved so far. From the artificial culture and implantations of such a minute organism to the most advanced technology we have conquered, were all the cravings of the conscious minds which has led us here.

Contrary to that the consciousness is our weakness too as it is what our mind processes and how we evolve as a human being. When we talk about traits passed onto generations, there has been some predisposition of culture, thoughts, beliefs etc. which counteracts with the consciousness at present where variety of options is available to explore. No matter how much we deny, everything comes with a price and the upper level of consciousness is something what we are paying for.

All that is valuable in human society depends upon the opportunity for development accorded the individual.

Albert Einstein



FEMINISTIC?**-Divya Lilani, II MSc HD**

You thought it was time,
The right time to break rules of the society,
So you step out after sun shine,
And scream, for what you called,
“like a man”
To the men.

You laugh at his pink T-shirt,
And how homogenous he looks with the clean shave,
You stop your motorcycle at the signal,
And check out a man with trimmed beard
and an iPhone.
You earn more than him,
And call for his presence on your feet.
You talk about him to the crowd,
When he’s dropped out of engineering to follow
his passion.
You hit your man for the anger he’s had,
The anger that was actually triggered by you.
You don’t let him cry, or feel emotional
But ask respect for your own tears.

You don’t stand any behavior,
That disrespects your existence,
But you don’t realize what you’re doing to them,
Is exactly what you don’t want to get in return.

Don’t deviate from justice to equality,
Even if you haven’t figured out how to reach there,
It’s okay if you don’t know what the solution is,
But at least know what the solution isn’t.

**A proud moment: alumna Srishti Vardhan clears
her NET (National Eligibility Test 2019)**

**LOVE HIDES****-Rafa Mariam, alumna BSc NDCHD**

Love hides in the gentle folds of my gut.
“You need to lose these tyres”, she says, throwing her
head back laughing,
her chiseled face, perfect cheekbones, shining in the
afternoon sun.
A subtle indication why I can’t find love.

Love hides in the layers of skin below my chin.
“Don’t smile too much, looks like your double chin has
a double chin”, cajoles my brother
like it’s a trivial thing.
So I try not to smile too much, a subtle pointer.

Love hides in my bushy brown hair, plain, curling in
the ends, no fancy highlights.
“We should do something about that nest on your
head”, says my best friend.
I tie my hair and wrap a scarf for wilderness seems to
scare you,
leaving another subtle pointer.

Love hides in the frames hiding my quotidian dark
brown eyes.
Nothing that will hold your attention at first glance.
Maybe you fear that you’ll drown in its depth if you
look too close or stare too much.
Just another subtle indication to the ordinariness.

Love hides in my flaws, blemishes and imperfections.
It hides in the curves of my hips,
the crookedness of my teeth,
the wheatish complexion of my skin,
the dent on my nose
and in all these nooks and crannies
which you often overlook or classify ‘undesirable’.

Love is in hiding now but when love shows,
it will reside in all my body from my head to my toes.
It will burn a slow fire between my ribs
spreading across my body awakening every nerve
ending.

Then love will soar high like a war flag
signaling victory for the world to see.
It will be like Sirius A in the night sky
lighting all the other stars in the galaxy.

It only takes the right pair of eyes to see love.

MY RIDE THROUGH THE HUMAN DEVELOPMENT ALLEY

-Shariqqa Mohuddin Sheikh, I MSc HD

When I first started my BSc. Degree in NDCHD (Nutrition, Chemistry and Human Development), I was clueless about the subject and when the course started, I was nervous and excited.

Human Development is a subject wherein one learns through experience and practical knowledge. I love interacting with people and getting to know them, and this subject allowed me to work towards this to the fullest.

Human development has many aspects, and it taught me many values, and these values in one way or the other, has helped me grow and be a better individual.

One of the most memorable experience I've had is team work. As part of Human Development practicals, we conducted various programs like an old-age mela, street plays and various other events. According to me, these programs helped unite all 28 girls, all different, with different aims and values; into one big family. These programs brought all of us together, and we now share a bond that is very different than the other bonds, we all are very deeply attached to each other and we stay in touch always. Staying back after classes to practice, coming during our holidays and practicing, sitting and discussing our plans etc. created a lot more understanding of every individual in the class and we understood and respected each other's differences and were aware of each other's strengths and weaknesses. Friendships are very important and being able to make meaningful and true attachments is necessary for any individual.

Visits, as being part of our syllabus, visits were a constant throughout our 6 semesters. Every semester we would have different papers, which meant visits to different places. Every week, during our practical hours we would go for one visit. The process of finding places, getting permissions and planning the visit has helped us understand the process of planning and has developed corporate and civic mannerisms in us. We all would go for these visits and on our way back we would try to go out as a class and have lunch, this is what deepened our bond and attachment.

When I talk about visits, the one visit that has impacted me in a positive manner is the visit to the Central Jail, Bangalore. Being a diehard Bollywood lover, I always had a negative notion about jail and the people in jail. But this visit changed my overall views. We always see that the inmates of the jail are behind bars and in cellars, but when we visited the jail, the inmates were walking around us and were allowed to roam freely. To ensure that they are able to get back to the real world after years of imprisonment, there are programs and areas of work that the inmate choses, it can be helping in the kitchen to cook meals,

make soap, help in the welding and printing and various other options; this helps them cope up with the stress and they earn money for everyday work, which is collected and given to them when they complete their term. This was something very beautiful to me. Every individual deserves another chance and people change, and to stimulate and ensure this change in behavior, the prison has planned many programs. This made me very happy.

Along with the visits and the programs, we also would have to prepare materials as part of our "Teaching Learning Material" practical. It was hectic and we would have multiple submissions. But when we would make these materials like creative portfolio, worksheets, picture book, rhyme and story book, it gave us so much creative space. Being someone with the least artistic abilities, this paper helped me broaden my horizon, I made materials and I was surprised by how much my work was appreciated by my friends and my teachers. This boosted my self-confidence and I feel like I can be artistic when I want to, which is liberating. I now find coloring and painting very therapeutic and relaxing.

One thing I miss the most about NDCHD is my friends, who now have become my family. I miss sitting in class and just talking and getting to know everyone. I miss staying back to practice, I miss sitting in the drive and booking autos or cabs to go for our visits, I miss the travelling in groups, I miss the class lunches and the potlucks we had. I miss staying up all night to complete assignments, I miss sitting for hours in front of my laptop typing and editing my documents. I miss everything about my Under Graduate student life. I can confidently say that these 3 years were the best years in my entire student life. I miss everyone in my class and love each and every individual deeply.

Human development has helped me understand myself better and also help me develop in my areas of weakness. I now know what I want to do with my life. Although Human Development is a very demanding and you have a lot of work, it still was the best. I'd like to thank my teachers for always believing in me and always pushing me to be a better version of myself, if it wasn't for their support and encouragement, I wouldn't be the same person as I am today.

"I believe that education is all about being excited about something. Seeing passion and enthusiasm helps push an educational message" - Steve Irwin

PAPERS PUBLISHED

Safa Hasan and Sujata Gupta Kedar (2019) Trucks and Dolls, *Carmelight* 15(1&2)

PAPERS PRESENTED

Tejaswini and Sujata Gupta Kedar (2019) Gandhiji and his Contribution Towards Education, Gandhian Conference, Mount Carmel College, Bangalore

Priyanka Goyal and Sujata Gupta Kedar (2020) Cross Cultural Research to Study the Level of Stress among the Students Aspiring for Professional Courses, 33rd Biennial Conference of Home Science Association of India (HASI), Coimbatore- 641043

Shreya Vishwa and Sujata Gupta Kedar (2020) Cross Cultural among Adolescents and Young Adults, 33rd Biennial Conference of Home Science Association of India (HASI), Coimbatore- 641043

STUDENT ACHIEVEMENTS

Kanchan. M (MSc HD) received a **silver coin** during her course of internship in Buoyancee, Bangalore for being one of the best interns.

Safa Hasan (MSc HD) received the '**Best Outgoing Student of Human Development**' award for the year 2018-20.



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Editor
Safa Hasan S, M.Sc. HD