

Department of Human Development  
Mount Carmel College- Autonomous



# INSIDE OUT

## Being a Human Developmentalist

FEBRUARY 2019

VOLUME 1

### Message from Principal Dr.Sr.Arpana

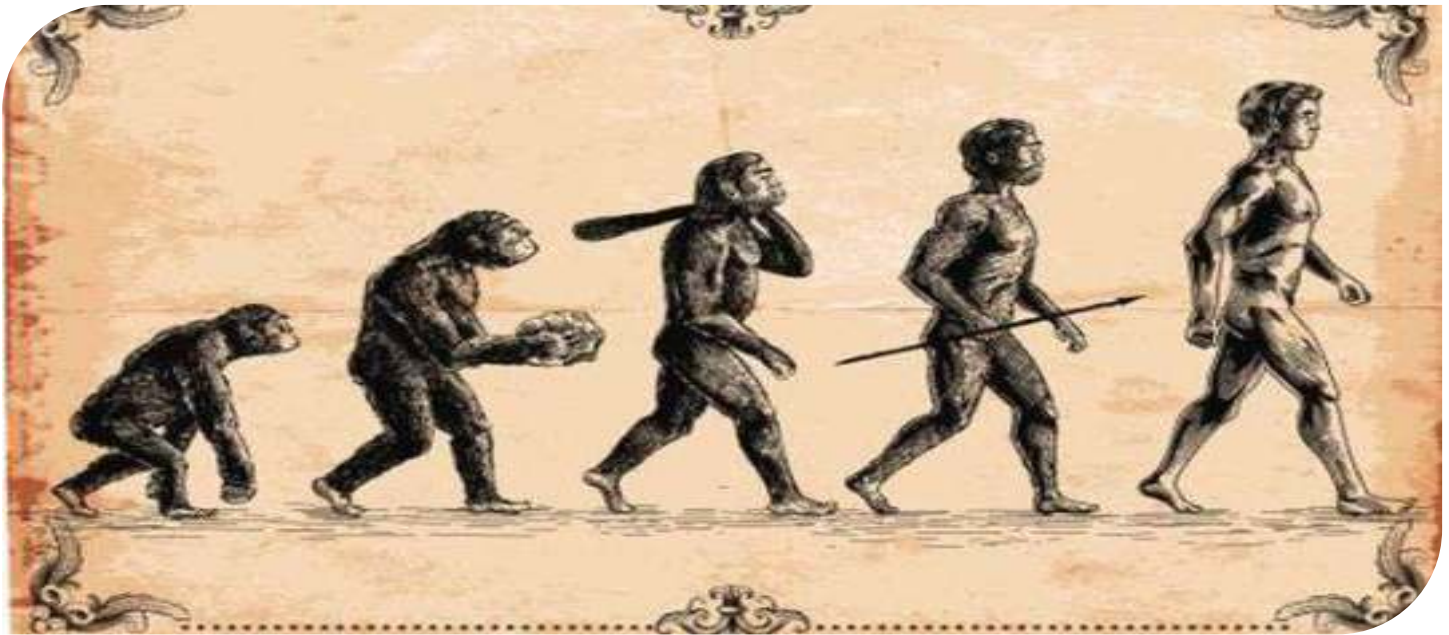
**“I deeply acknowledge and appreciate the efforts of the department for bringing out this newsletter, voicing out thought and opinions of our young Carmelites, Choicest blessings and appreciation. God Bless!”**



### Message from HOD Dr.Sujata Gupta Kedar *The backbone of the department..*

**“As a founder of the department, I was envisioned to help and sensitize young women understand the dynamism of humans of every age and at every stage, and empower them to help weaker sections of the society with full thought and application of this knowledge. This knowledge of change helps one to gauge things positively and live life to the fullest.”**





# EVOLUTION

Poonam (alumnus M.Sc HD) takes us back to the history of the subject..

Human development is the scientific study of processes of change and stability. Developmental psychology has had its origins in the biological thought, based in the Theory of Evolution (Bjorklund&Pellegrini, 2000). Throughout their lives, humans go through various stages of development. Developmental psychologists study how people grow, develop and adapt at different life stages. Developmental psychologists study human growth and development over the lifespan, including physical, cognitive, social, intellectual, perceptual, personality and emotional growth. The scientific study of human development began with studies of childhood during the nineteenth century. Adolescence was not considered a separate phase of development until the twentieth century, when scientific interest in aging also began.

Developmental psychology as a discipline did not exist until after the industrial revolution when the need for an educated workforce led to the social construction of childhood as a distinct stage in a person's life. Earlier developmental psychologists were interested in studying the mind of the child so that education and learning could be more

effective for them.

Charles Darwin is appreciated for conducting the first systematic study of developmental psychology. In 1877 he published a short paper about detailed development of innate forms of communication based on scientific observations of his infant, Doddy.

However, the emergence of developmental psychology as a specific discipline can be traced back to 1882 when Wilhelm Preyer (a German physiologist) published a book entitled *The Mind of the Child*. In the book Preyer describes the development of his own daughter from birth to two and a half years. Importantly, During the 1900s three key figures have dominated the field with their extensive theories of human development, namely Jean Piaget (1896-1980), Lev Vygotsky (1896-1934) and John Bowlby (1907-1990) and that is how human development came into existence.

# THE MAGICAL MOMENT

As narrated by Srishti Vardhan, alumnus MSc. HD.



Who is a Mother? A Mother is someone who gives us birth, someone who loves us, nurtures us, takes care of us, protects us, and brings us up in the most patient and gentle way possible, someone who makes sacrifices for us her whole life. No matter how the child may be, for a mother, he is the best child in the entire world and the twinkle of her eye. A woman does not only care for the child after he is born but since the time that he starts to grow inside her womb. Women have been blessed with a super power to give birth to a new life; their emotional and physical strength is incomparable to any. However, for a woman, giving birth is not just a physiological process but, a life changing event.

Every day we hear about babies being born around us but, today I had the opportunity to actually see a baby being born before my eyes. When I was entering the delivery room, I had my apprehensions. I did not know how well I would take the whole scene; I could have fainted or simply run out of the room mid way. However, I just knew that I wanted to witness this beautiful creation by God, so I did. The one hour that I was inside that room, I had forgotten that this was a part of my course curriculum. All I could see at that time was a lady in front of me who was going to be a mother, going through a number of mixed emotions, a feeling that no other person can explain than the one experiencing it. In that moment, I was no longer standing there as a student but, as another woman. All my apprehensions vanished when I saw how natural and beautiful the whole process is, how a woman struggles through a degree of pain that you and I cannot even begin to imagine, to bring out this tiny human being into the world. However, any level of pain to her is worth it for her child to come out normally and safely. During the delivery process, I could actually feel an interaction happening between the mother and child...

“Ma.. I’m almost out, try a little harder, come on Ma! You can do it! You’re the strongest. I can’t wait to be in your arms, try harder Ma!”

“I’ll get you out in no time, my child. Just hold on there, be with me! I can’t wait to see you either.”

Sounds absurd, yes. But that’s how you really feel in that situation. Hoping and praying that everything goes well, I stood there with my fingers crossed. One really has to see it to believe it, how a human body can make its way out of the uterus of a woman.

Throughout the process and even after it, I was spellbound. Awestruck. Speechless. Flabbergasted. I could not believe what my eyes were seeing. My goosebumps did not come to rest for the longest of time. The lady was moaning in pain, tears in her eyes. But, she did not give up. After a few more trials and assistance from the doctors, the efforts finally paid off. The nine months, the labour, the delivery, it was all done. The magical moment had arrived. The baby was pulled out; she took her first breath outside the mother’s womb. That first cry of the baby was the sweetest sound ever. As soon as the baby became visible, all I could do was shed tears. I could not utter a word and neither did I want to. I just stood there, crying, enjoying the most beautiful moment of my life, incomparable to any other. What I felt right then is difficult to put into simple words. I could not take my eyes off the mother and child; I could not bring myself out of that sight. All I wanted to do at that moment was to hug my own mother. It is amazing how a life can come into existence in such a beautiful way.

As we grow up, we tend to take our mothers for granted. And it is true that no matter what happens, no matter where we are or what we’re doing; our mother would always be there for us. Be it a baby boy or girl, for a mother, it is only her child.

A mother’s love is such that she would not think even once before staking her own life for her child, if need be. However, one does not really give much thought to what all a mother goes through for her child, before and after his birth. A mother is the epitome of love, care and affection and the safest place for her child.

I hope the little baby girl has a really wonderful life ahead.



# JOURNEY OF LOVE

Shreya L (alumnus M.Sc HD) talks about ageless love....

To start with, this article basically revolves around Love and ageing. Now some of us will think why is that even important, love fades till the time you reach that age and many of us have very different

outlook towards the elderly. Hence just to create a little sensitivity towards this group I am sharing one of the most beautiful experiences I had when I met this couple in an old age home.

So as human development students we got this opportunity to plan out activities and games for them. And through out this session I observed this couple and I could see how deeply they had love for each other. So after the session I personally went and spoke to them when uncle told me that his wife who was around 85 years old was suffering from Parkinson's and faced a lot of difficulty to move or speak. And that is when he told me that this was the reason I let her win in the games and participated only to see her smile. These words literally brought tears to my eyes and made me realise that love has nothing to do with age, how one looks or how much the other person is useful to you.

Love, like hope, springs eternal. It knows no age limits, no retirement dates, no physical or mental infirmities. Indeed, most who have lived and loved long enough would say it only gets better with age. Our youth-obsessed culture pays little attention to the love affairs of the elderly and certainly doesn't give much attention. But they're there, they're more meaningful and committed than anything. The feeling of falling in love when you are 70 is so beautiful. When you meet such couples you realise that love is much beyond ego clashes, how you look, what you wear, how popular you are or how much money you earn.

Love is pure, eternal and deep and something you can't express but only feel for one person.

“There is a grave need of human development students to understand both-physiology and psychology to see development.”

-Dr. Sujata Gupta Kedar

## DID YOU KNOW

when a person dies, they have **7 minutes** of brain activity left.  
its the mind playing back the person's memories in a dream sequence

# GIRL- A CIRCUS ANIMAL

-Amina Sarah Ali, III B.Sc NDCHD

They tied her down, with chains of  
responsibility.  
They tamed her to act with right sensibility.  
She was a manipulated being.  
Who had no decision making.  
They wanted her to be the best, to dress  
and impress.  
She was a mere pawn of chess.  
Who was NOT to make a mess.  
To act like a beast was not to be her  
interest.  
For she wouldn't be tolerated as a pest!  
No matter how meek on knowledge or logic  
she would be,  
Only her external beauty was to be seen.  
She was a girl, the fact not to be denied,  
With pain and suffering every night she  
cried.  
Her only wish, was to be free.  
To which the world would not agree. Was it  
a lot that she had wished for?  
For some freedom to walk out of a door.  
The agony in her eyes was clear as crystal.  
Alone would she always have to fight this  
battle.  
This world was cruel she now had  
understood.  
You can never find on earth any good!  
From times immemorial she'd been only a  
child bearing mammal.  
For the life of a female has remained a  
famous scandal.  
For the whole world knows She's A - Girl A

## BURIED SHOULDER

- Shreya Vishwa, I M.Sc HD

On the day of love.....  
There were some shoulders, which were buried,  
Whose blood runs down, chilling the spine.  
The titanium smile bearing pain in the eye,  
Giving us a sleep and never ending sky.  
What's left behind is broken smile and shattered  
hearts  
What's the pride of country and how the dear depart?  
There are some shoulders which are buried  
In the name of war, dignity, glory and pride.

# HOMEMADE

- Kanchan. M, I M.Sc HD

This is not me in general but when I  
talk about them I become emotional  
Try to Guess who I am talking about,  
they will help you brainstorm your  
mind a lot  
You may be away or close to them but  
what is the point if you don't know  
how to express now and then  
It doesn't have to be through words  
but girl! Action speaks louder than  
words!  
It may take a while for you to know  
that F.A.M.I.L.Y is all you need to  
know  
Do they need a title? Answer this to  
yourself cause all I will show is love,  
respect , care and I will repeat the  
process again.  
Thank you



# JOURNEY AS A 'HUMAN DEVELOPMENTALIST'

- Lydia Betsy, alumnus M.Sc HD

It all began when I decided to take up human development in my Masters. Even though I was interested in Nutrition, which inspired me to take up Home Science. After studying about the various branches of Home Science, I liked Human Development the most since it deals with research and education, which fascinated me and further inspired me to take up Human Development as my specialization. In which, I tried to do something different and unique in whatever I did, to the best of my ability. Human development has changed my perspective completely which has created a lifetime experience, which begins even before the child is born and continues till the death of an individual. This has enlightened me with new and informative knowledge. The path, which I have taken, is not easy to achieve but the final achievement will be worth it and it will be a valuable one.

It all began when I decided to take up human development in my Masters. Even though I was interested in Nutrition, which inspired me to take up Home Science. After studying about the various branches of Home Science, I liked Human Development the most since it deals with research and education, which fascinated me and further inspired me to take up Human Development as my specialization. In which, I tried to do something different and unique in whatever I did, to the best of my ability. Human development has changed my perspective completely which has created a lifetime experience, which begins even before the child is born and continues till the death of an individual. This has enlightened me with new and informative knowledge. The path, which I have taken, is not easy to achieve but the final achievement will be worth it and it will be a valuable one.

## The Past, Present & Future

-Ananyaa Mohan, alumnus, B.Sc, NDCHD

We sit down and dwell into the past, But the thoughts of the future just comes as fast.

The "what if's "of the past and "what could's"of the future,

Stops us from moving that one step further.

The regrets of life, that are a lesson, And the anticipated future, that is our passion.

That one step forward and the same step back, For the confusion in life that keeps its attack.

The past is one thing meant to be forgotten, But we are so upset on," how could it happen?"

The future is only, just a dream, But we are so stressed, we tend to scream.

The pressure on the present is just too much, With the past and future makes us hunch.

But the present, is a gift that is sweet and kind, With the past and future makes us blind.

The tensions of the present are just for today, For when we will wake tomorrow it will go away.

So get up now and start walking ahead, With a smile on your face that like a plague, it will spread.

## Workshop with adolescents



## Streetplay on Domestic Violence, Lalbagh



## Rally- 'Homemakers- The Unrecognized Profession'



**Visit to Central Jail, Bangalore**



**Parenting Workshop with parents of preschoolers.**



**Exhibition of Toys made as a part of Infant Development and Stimulation and Curriculum Planning for Early Childhood Education**



**II M.Sc HD, Batch 2017**



**Gerontology Workshop with the elderly- 'Life After Retirement'**



**Visit to NIPCCD- National Institute Of Public Cooperation and Child Development**

**THE KEY TO HUMAN  
DEVELOPMENT IS  
BUILDING ON WHO YOU  
ALREADY ARE**

**DEPARTMENT OF  
HUMAN DEVELOPMENT  
FACULTY**

**Dr. Sujata Gupta Kedar, (HOD)**

**PG FACULTY**

**Ms. Savitha L**

**Dr. Laitonjam Valentina**

**UG FACULTY**

**Ms. Nehasri. V.M**

**Ms. Lingeshwari Mysore**

**INSIDE OUT**

**Being a Human  
Developmentalist**

**Editorial Team**

**Shreya L, alumnus M.Sc HD**

**Anna, alumnus M.Sc HD**

**Safa Hasan S, I M.Sc HD**

