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HOD'S MESSAGE



Welcome to Even semester 2022 and USLM is very happy to welcome you all. We, as a team, are delighted to see you on the campus and progress towards a future of shared learning and growing. The unprecedented situation for the past two years has pushed each one of us to look beyond the conventional processes and we are confident that we will receive complete cooperation from you all.

We, as a team, are committed to make the most of our time together in the current even-semester through various activities, training programs, and co-curricular activities.

We, therefore, urge you all to utilize all that is offered to you from the college academically and otherwise. Be creative, be you and be the best you can be!

Just know that "The Sky's the Limit"! And the rainbow of happiness and success is just waiting to shine on the sky of your life. With studies and assignments make the best use of each hour here by engaging yourself in extracurricular activities. Be creative, innovative and give your time for productive activities, projects, and broaden your learning horizons. Most importantly, grab the right opportunities so that you can scale new heights.

I wish you all very enriching experiences this semester. best wishes .

Dr. Gayatri Rai,

Associate Professor & Incharge Academic Affairs USLM,
Karnavati University Gandhinagar

CULTS

BEHIND THE SCENES



By Alay Shah - Sem 2 (USLM)

CULTS



By Vedanti Shah - Sem 2 (USLM)

BEHIND THE SCENES

CULTS

By Sneha Kotak, Sem 2, USLM

"I think what attracted India to the group was this sense of unified purpose. At the end, India came up to me and she said, you know what mom, I think this is for me, and my jaw dropped, I was in shock."

- Catherine Oxenberg- Mother of India Oxenberg

The group was NXVIM, and its unified purpose was self-improvement using a patented method of Rational Enquiry for executive success led by a man named Keith Raniere. But the claim that Raniere had one of the world's highest IQs, the way students had to bow to a picture of him on the wall and how they had to call him 'The Vanguard' unsettled Catherine. India would end up giving hundreds of thousands of dollars to NXVIM and got drawn into something more sinister than just executive success.

Catherine got a call from a person who claimed to have knowledge that there was a secret group within NXVIM that followed DOS – dominus obsequious sororium, which was sold as a female empowerment group, but the term DOS stands for 'Master over female slave' in Latin. She was then told that these women were being branded and the branding was part of an initiation into DOS. The women were told that the symbol represented the elements, but they were branded with Keith Raniere's initials.

Thousands of groups like NXVIM have risen throughout history, groups that are often described as cults. However, it is impossible to derive an exact figure since most cults don't claim to be cults and most members or people who fall into it, like India don't realize that they are in one. So, what makes a group a cult? And how have some of these cults been able to persuade ordinary people to do horrible things?

Peoples Temple was unique at the time. It was one of the cults that included people of all races – white, black, Hispanic, American Indian. The leader, Jim Jones, was a charismatic leader promising people from all walks of life a sort of escape from their current lives which were plagued with

personal problems in varieties. He promised them a sort of utopia and so, they followed pursuit naively, seeing it as the only way out to make a 'better world'. This particular case defined for the modern world, the terrifying reality of cults.

In the late 1970's, the group's leader, Jim Jones, led nearly a thousand followers from the People's Temple in California to the remote jungles of Guyana in South America to build 'Jonestown', framed as a self-sufficient utopia, free of the violence and racism that plagued most parts of America. Concerned relatives of the members of this cult began pressuring officials with pamphlets about a nightmare at Jonestown, claiming that Jim Jones was using mind programming, even holding mock mass suicides to condition them to die for the cause if need be. One of the congressmen in California at the time, Leo Ryan flew to Guyana to investigate, but never returned.

The images of nearly a thousand people dead, the largest mass murder suicide in history, horrified the world. Cultists who believed every word that Jim Jones said, took their own lives and children were given cyanide mixed with fruit juice, the cyanide being collected legally by Jones as he owned shares in jewellery making. Among the bodies were those of the Temple's fanatical founder, the Reverend Jim Jones. Cults led by charismatic leaders with extreme beliefs and fanatic followers have existed in almost every country across the globe. The scale of destruction at Jonestown gave the word cult a new horrifying connotation and drove social scientists in the USA to publish research attempting to define what these destructive groups had in common. They settled on three main characteristics:

- 1) A cult is a group of social movement that is led by a charismatic leader who is authoritarian and who demands to be revered like a godlike figure.
- 2) The second key element of a cult is that the group has some form of indoctrination program, sometimes called thought reform or mind control by exploiting the faith of its members.
- 3) There is always some type of exploitation of the members, whether its sexual, financial, emotional etc, and members usually listen to the leaders more than they listen to their own instincts because they have been dragged so far into it.

However, there is some problem with this definition of a cult. It is more of a value judgement rather than a functional word, as argued by Reza Aslan, author of *Zealot: The times and life of Jesus of Nazareth*. Every prophet of every major religion can be considered as a charismatic leader. Cult comes from the Latin word *Cultus* meaning to till or cultivate, and in antiquity was used to describe the sacrifices, offerings and monuments built to cultivate favour with the Gods. Over time, it came to mean any sort of unorthodox religion e.g. – The Roman Empire referred to Judaism as a cult. Nowadays most scholars prefer to use the term ‘New Religious Movement’ or NRM.

When any collective groups’ very sense of self is under attack by the world, the only way to salvage one’s identity is to come together under the leadership of this authoritative figure and to rebuild from scratch. New religious movements have risen to help human beings navigate through turbulent times throughout history. In Europe, many of them arose during the turmoil Renaissance as a backlash against institutional religions. In India, they grew out of a social turbulence caused by agricultural transition and later as a response to British Colonialism.

But one country in particular welcomed these new religions more flexibly from its founding. Going back into the 1600’s, the American colonies developed a reputation as a safe harbour for religious radicals. A section of land stretching from Albany to Buffalo in North America, also known as the burned off land was more open to this phenomena and became the birthplace of Mormonism and Seventh Day Adventism.

Wherever one encounters religious openings, political ones are bound to inevitably follow. Jemima Wilkinson was one prophet from that area. She recovered from a near death experience with typhoid and then claimed herself to be a reincarnation of a holy spirit and named herself the ‘Public Universal Friend’. There are seven elements that social scientists have researched and agree on that lead to indoctrination into a cult that helps differentiate them, from other movements or groups.

1) You are going through a transition, a difficult one, and when being in that vulnerable state, you are more open to trying something, even something as minor as going to a yoga class for stress relief and relaxation. When you become part of the first step, you then feel connectedness with those around you which is then part of the second step, the soft sell.

CULTS

2) You probably then receive something akin to a questionnaire with questions about your emotional wellbeing, financial wellbeing, physical wellbeing to then help you create a closed reality that would persuade you that through this organization, these aspects that plague you would be forever mitigated.

3) You then become enveloped into the idea of that utopia until your connectedness and feeling of being needed or validated then stems from you being connected with the leader of that cult, because of the feeling that you have found that this is the only leader that can take you onto this plague free path. And everything else and everyone else, what they say, devalues quickly.

4) The leader then solidifies this and takes advantage by creating an external enemy. More often than not, they would use examples such as, if you leave their movement/ cult, you will not have the same acceptance and the amount of understanding that other people would have for you is less as compared to the leader i.e.- emotional blackmail.

5) This then leads you psychologically to run to the cult leader. You then become in a state of denial of your own reasoning power. People in this state of cognitive dissonance are going to choose siding with the cult leader and the cult.

6) Leaders then scale up this control with peer pressure. There is a fundamental desire for human beings to be part of a group that could override even our own perception of reality. It's the pressure to conform that the cult leaders exploit to take full control.

Now with the age of technology and access to the internet, there is a possibility that online cults may start forming with different platforms engaging us so much up to the point where they completely override our own perception of what makes sense and what doesn't. Being able to restrict ourselves from being addicted to these 'shortcuts to paradise' as well as finding alternative methods to ensure that those who feel left out or are going through any basic problem, whether it be financial or emotional, to have a safe space. To build communities for the betterment and inclusion and to not persuade us to lapse gradually into a destructive state should be the focus.

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NOVA FERTILITY CLINIC



The class of liberal arts Sem – 5 and 7, were taken to nova fertility clinic on the 6th of October. We were welcomed by Dr Manisha who explained the role of a psychologist in a gynecologist clinic. How the psychologist handled the clients related to their failure of treatment, making them accept that one of them was infertile and it was ok and common. e each question of the student was solved and discussed. Taboos and misconceptions too were cleared by Dr Manisha mam before we bid her goodbye and left for college. In all it was a great experience.



A VISIT TO CIMS HOSPITAL



BB

As a graduate student, I have been always afraid of not being able to perform or fit in the specialization I want to opt in the future, which is clinical psychology. A visit to CIMS Hospital and a brief introduction to the job and duties of a clinical psychology helped me clear my doubts admirably. Kruti ma'am was more than sweet to have a one on one conversation with me and help me solve my queries concerning internships along with my masters. Sakshi ma'am was very descriptive and upfront when she talked about the responsibilities that come along with being a clinical psychologist. All in all, the field trip personally helped me understand what all will I have to do and achieve to be a clinical psychologist.

Aastha Mehta



BB

The trip to CIMS hospital was very educational and informative. We attended Dr. kruti and Dr. Sakshi and they were very knowledgeable and helpful to us. They shared us with their experiences and I feel that it will helps me in making right choices for my future. Also the tour of oncology and cardiology gave me an insight of what role a psychologist can play in such departments. Now I got a clear vision of the field which I want to pursue. The trip was very progressive and academic.

Khushi Jain A



BB

We visited the CIMS Hospital today where we gained more knowledge about what psychology is, disciplines of psychology, reasons why society needs a psychologist, different fields of psychologists and their roles, treatment approaches, scope in clinical psychology and skills required to be a good psychologist. It was an insightful session by Sakshi and Kruti ma'am. I would like to thank the respective authorities for arranging this trip and giving us an opportunity to be a part of it.

Aditi Singhal



BB

Today, our college had organised a visit to CIMS Hospital which is well recognised and prestigious throughout Ahmedabad and I was very much excited to be there. We were accompanied by the psychology professionals Dr.Kruti & Ms.sakshi They gave us brief exposure about clinical psychology, how it works on ground level and how they deal with their patients. They also shared some of their remarkable experiences with us and also gave brief knowledge about courses which we can opt while studying and get some practical purposes. We also had good interaction with both the doctors and they solved our queries regarding this field and it was amazing. After that, we were divided into two groups and were taken to the oncology department as well as the cardiology department. This visit to the hospital was a very educational experience indeed.

Daksh Zaveri





BB

Today we visited the hospital for getting deeper knowledge of psychology professionals in the hospital. Sakshi and Kruti ma'am who are professional psychologist in the hospital conducted our session and introduced us to psychology. They made a presentation for us to understand the discussion easily while being very interactive and supportive. They made us comfortable to ask any doubts or questions we may have and told us about their professional life and how do they deal with the obstacles that arise in it. It was a wonderful experience and my view towards psychology as a profession got clearer.

Manveer Kaur

DD



BB

The main subject of our training was about the role of a psychologist. The clinical psychologist were discussing about how a psychologist needs to play different sets of roles with different patients by maintaining ethics of professionalism. By discussing their real life experiences with this profession, it made us easy to understand how to be emotionally practical. The trainers were well prepared to clear out much of our doubts. In short, it was a nice experience to explore the field of clinical psychology in a hospital.

Vedika Ramanathan

DD



BB

Our visit to CIMS hospital was a knowledgeable experience for us. The psychologists Sakshi and Kruti talked to us about how as a psychologist they have to deal with patients and the clients, how it is important to be empathetic as well as put a strong boundary and not let the client's situation to affect us. Through this we were able to gain more knowledge about what psychology is, disciplines of psychology, reasons why society needs a psychologist, different fields of psychologists and their roles, treatment approaches and scope in clinical psychology. I am very thankful to Preeti ma'am for arranging this trip and giving us the opportunity to have a practical, field experience of psychology.

Niyati Andharia

DD



BB

Today, we visited CIMS hospital and it was a very good experience where we learned so many things. We were accompanied by the psychology professionals Dr. Kruti & Ms. Sakshi. They gave us brief exposure about clinical psychology, how it works and how they deal with their patients. They also shared some of their remarkable experiences with us and also gave brief knowledge about courses which we can opt while studying and get some practical purposes. We also had good interaction with both the doctors and they solved our queries regarding this field and it was amazing. They took us to cardiology department and oncology department as well as. It was a good experience.

Sakshi Kalal

DD



BB

We went to CIMS Hospital on October 5, 2021 as a part of our educational trip. The whole trip was very insightful. They showed us how the psychology department worked in the hospital settings. They shared their knowledge with us, explained how they treated patients of Oncology and Cardiology Department. Their main focus was on Clinical Psychology yet, they shared a lot about other areas of psychology too. We gained practical knowledge as they shared real-life examples, their working experience and also took us for a round in these department. Overall, it was a great experience, we learned a lot from this trip and hope there would be more trips like these in the future. I appreciate Preeti Nakhat ma'am for giving us this opportunity.

Ankita Sharma



BB

Visiting CIMS on the 5th of October was great. They started with how the CIMS works, how many departments are there and they specialise in Cardiology and Oncology. About the discussion related to Psychology, they began with explaining psychology, various fields of it and specifically talked about clinical psychology. Kriti and Sakshi ma'am gave us a better understanding of the scope of clinical psychology, the role of a clinical psychologist and the skills required to be one. They shared their own experiences as well, the struggles they had to go through and it helped me being someone who aspires to be a clinical psychologist in the future. At last, it was an insightful experience and thanks to Preeti Nakhat ma'am for that.

Rajiv Patt



BB

The trip to CIMS hospital was an amalgamation of information served in a very compressible manner. I gained a lot of clarity about various fields of psychology, particularly, clinical psychology, and how the application of various psychological principles help to bridge the gap between the self and society. Kruti and Sakshi were successful in providing with real life examples on how to practice ethical therapy, struggles associated with the same and how to rationalize one's own thought process. They also talked about working as a psychologist in a hospital and what to expect out of it. All in all, the trip was extremely insightful and informative.

Alma Menon



BB

We went to CIMS Hospital on October 5, 2021 as a part of our educational trip. The whole trip was very insightful. They showed us how the psychology department worked in the hospital settings. They shared their knowledge with us, explained how they treated patients of Oncology and Cardiology Department. Their main focus was on Clinical Psychology yet, they shared a lot about other areas of psychology too. We gained practical knowledge as they shared real-life examples, their working experience and also took us for a round in these department. Overall, it was a great experience, we learned a lot from this trip and hope there would be more trips like these in the future. I appreciate Preeti Nakhat ma'am for giving us this opportunity.

Himanshi Sharma





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Before going to CIMS, I was expecting to learn their experience mainly as I learned from my professors that in front of real life experience books can never compare. And I really got to know how it is like to be a psychologist, to know their experience got me thinking of how I should understand my field properly before doing my masters. Knowing if I can really do the job is very crucial. The session was informative and fun.

Ishika Agrawal

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The main subject of our training was about the role of a psychologist. The clinical psychologist were discussing about how a psychologist needs to play different sets of roles with different patients by maintaining ethics of professionalism. By discussing their real life experiences with this profession, it made us easy to understand how to be emotionally practical. The trainers were well prepared to clear out much of our doubts. In short, it was a nice experience to explore the field of clinical psychology in a hospital.

Vedika Ramanathan

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The department of psychology at USLM, Karnavati University, organised an insightful session at CIMS hospital, Ahmedabad for it's undergrad psychology students on 5th of October, 2021. The session conducted by Ms. Sakshi Rana and Ms. Kruti from CIMS, was an interesting and interactive one. They talked about the need and importance of psychology, the various branches it has, several methodologies and therapies etc. They also talked about the role of a psychologist in our society and what qualities a good psychologist must possess. They discussed in detail how psychologists in a hospital set up work, using various examples. It was really fascinating to know what a day in the life of a psychologist looks like, from such experienced practitioners themselves. They also emphasised on the topics like challenges a psychologist faces and how they must have strong boundaries and should also take care of themselves. The session was really enriching and enlightening. All in all, it was a wonderful experience.

Mahek Ramnani

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The seminar was held at CIMS Hospital on 5th October from 11:00 to 01:30, its was how psychologist deal with patients and their family before and after the surgery. They broke the stereotype and talked about the hardworking professionalism, ethics and confidentiality how important certain things are as we continue we also talked about book, different fields of psychology. They shared their experiences and situation during covid. This visit gave me a good understanding towards the field of psychology.

Meghana Kadali

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BB

Visit to CIMS hospital was a very information and knowledgeable experience. This educational excursion was more focused on psychological health of the client/patient and their families. We learnt the basic traits required by a psychologist while dealing with clients. Without compromising on the ethics and morals of the profession. We had the trainers, Ms. Sakshi and Ms. Kruti, who shared their experiences of dealing various situations. This gave us a better idea of how to be emotionally practical and strong.

Himali Raval

BB

Today we visited to CIMS hospital, and to be honest the experience was good, got to learn more things about clinical psychology, the professionals were very nice and also they told us many things what to do and not, also they clear my doubts, so overall it was a nice experience.

Ayushi Rana

BB

So today, we had this awesome opportunity to visit CIMS to get extensive knowledge of Clinical Psychology and how the professionals work in the hospital. The clinical psychology professionals, Ms. Sakshi and Ms. Kruti conducted a very nice session to give us deeper knowledge in of field and why Ethics and Moral values play major role while practicing in the field. They also made us comfortable to ask questions. Furthermore, they shared their personal experience on how they dealt with critical cases. The experience at the CIMS was wonderful.

Sanket Solanki

BB

Talking about the experience— it was great. Now talking about the learning I gained— From Insight of how Clinical psychologists work in a hospital environment to how to be a better psychologist, the presenters briefed about almost everything. From their real life experiences and examples it became easy to understand what they were trying to convey. Overall, the session went quite well.

Priyanshu Shukla

BB

To be very honest the session was a hell lot of fun. The session not only gave us the vision of role of psychology but also I was glad to hear some real life experiences and how psychologist really work. They gave the briefing about the sub fields of psychology. They also told what approach they follow in their career and the best part was to listen what they actually go through. We also had a hospital tour which was informative as well. Overall it was a nice experience.

Muskan Motwani

BB

Today we got an opportunity to visit CIMS to get to know about clinical psychology. In aspects of knowledge, we gain better and clear understanding. From what skills we need to how to make conversation with clients, by providing their real-life examples make quite easy for us to understand the role of psychologists. We also got deeper knowledge of how important is the role of psychologists in our society. The experience at the CIMS was great.

Nishita Mittal

GLIMPSES OF THE VISIT TO CIMS HOSPITAL







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