

Super Machine for Super Mission

[Abstract of an interactive session to be held on **8th October 2021** in connection with the World Mental Health Day. Resource Person: Dr.V.D.Swaminathan, Professor [Retired], Department of Psychology, University of Madras, Chennai 600 005]

E-Mail: guruswami.59@gmail.com

Beauty of Human Mind

Human brain is a special machine and it is a highly evolved one. An important function of that great machine is mind. Mind has three major components namely

[1] Natural intelligence providing the base for complex cognitive functions (collectively known as COGNITIVE FACTORS)

[2] Innumerable internal dynamic forces namely motives and emotions (AFFECTIVE FACTORS)

[3] Overt Behavior (technically termed as CONATIVE ASPECT)

The cognitive and affective factors need to be understood thoroughly while interpreting behavioral patterns which occur explicitly.

Many are under the wrong impression that psychology merely deals with behavior and so, one can bank upon just common sense while understanding various behavioral patterns. In the spectacular era of technological advancement, human mind has become highly mechanical and it is expected to fetch [if not to mint] money beyond reasonable limits. Without the much needed break, this machine is compelled to work. But only when human mind which is highly nebulous is studied as an important academic discipline like any other branch of knowledge, complexities of human mind become fairly obvious. Hence professional approach is very much needed for overhauling this super machine at regular intervals so that life mission encompassing career becomes as super as the very machine called mind.

Many negative forces engulf human mind. They need to be transformed into positive through sublimation. If this is not possible, they need to be eliminated by techniques such as thought stopping, cognitive behavior modification based on A-B-C-D-E paradigm.

A = Activating event

B = Belief system

C = Consequence of one's set of beliefs.

D = Debating and discriminating the positive consequences from negative ones which are basically due to beliefs.

E = Experience of positive state if negative forces are transformed into positive features through active debating process.

Happiness provides a strong substratum for health and harmony. Eventually these three "H" factors [Happiness, Health and Harmony] pave the way for three "P" factors namely Peace, Prosperity and Progress. Constant supervision of mind enables human beings to achieve super vision in course of time. Those who are in super normal state, develop extra sensory perceptual power in terms of telepathy, clairvoyance, psychokinesis, precognition etc.

In the present context of covid, one has to ignite cognitive factors so that we emerge triumphantly winning the tiresome battle at the end at least.

STRESS COPING STRATEGIES

1. Relaxation Techniques
 2. Cognitive Behavior Modification
 3. Self Awareness
 4. Self Management
 5. Self Motivation
 6. Social Skills Training
 7. Thought Stopping
 8. Sublimation
-