

PB&J CLUB: SESSION (28/1/23)

This is to bring to your kind notice that the PB&J club conducted its session on 28th January 2023. This session was in an online format and the topic "Busting Myths Related To Psychology" was discussed. The students were asked to fill a google form prior to the session about myths that they wanted to talk about in order to shed some light on the misconceptions around them. Interesting inputs were produced throughout the discussion. The session was attended by 16 students of the department, out of which most were from the 2nd year. Several point of views were exchanged and everyone readily participated and engaged with one another. The following myths were discussed:

- **OCD is not just about excessive cleanliness** but is also related to severe anxiety, compulsive thought patterns which further creates hindrances in normal functioning of an individual along with irrational thoughts.
- **Opposites attract**, there was a mixed view point among the students regarding this myth and several references from Social Psychology and researchers were mentioned as well.
- **People with psychological disorders are not good at anything**, the participants had a very logical response to this particular myth.
- **People often suppress/repress traumatic events**, this might not be the case as people differ in the way they process their situations and may sometimes end up creating create faulty perceptions of an event, leading to distortions.
- **People who choose to die by suicide are cowards**. Participants displayed a sympathetic and sensitive approach to talk about this myth.

The session acted as a great platform for interesting thoughts and exchanges. Moreover, most of the participants had a lot to add on to each myth. It was an intriguing and insightful discussion.