

has won several trophies? for the school.

He is indeed a lovable boy. My daily cheers me up in difficulty. He

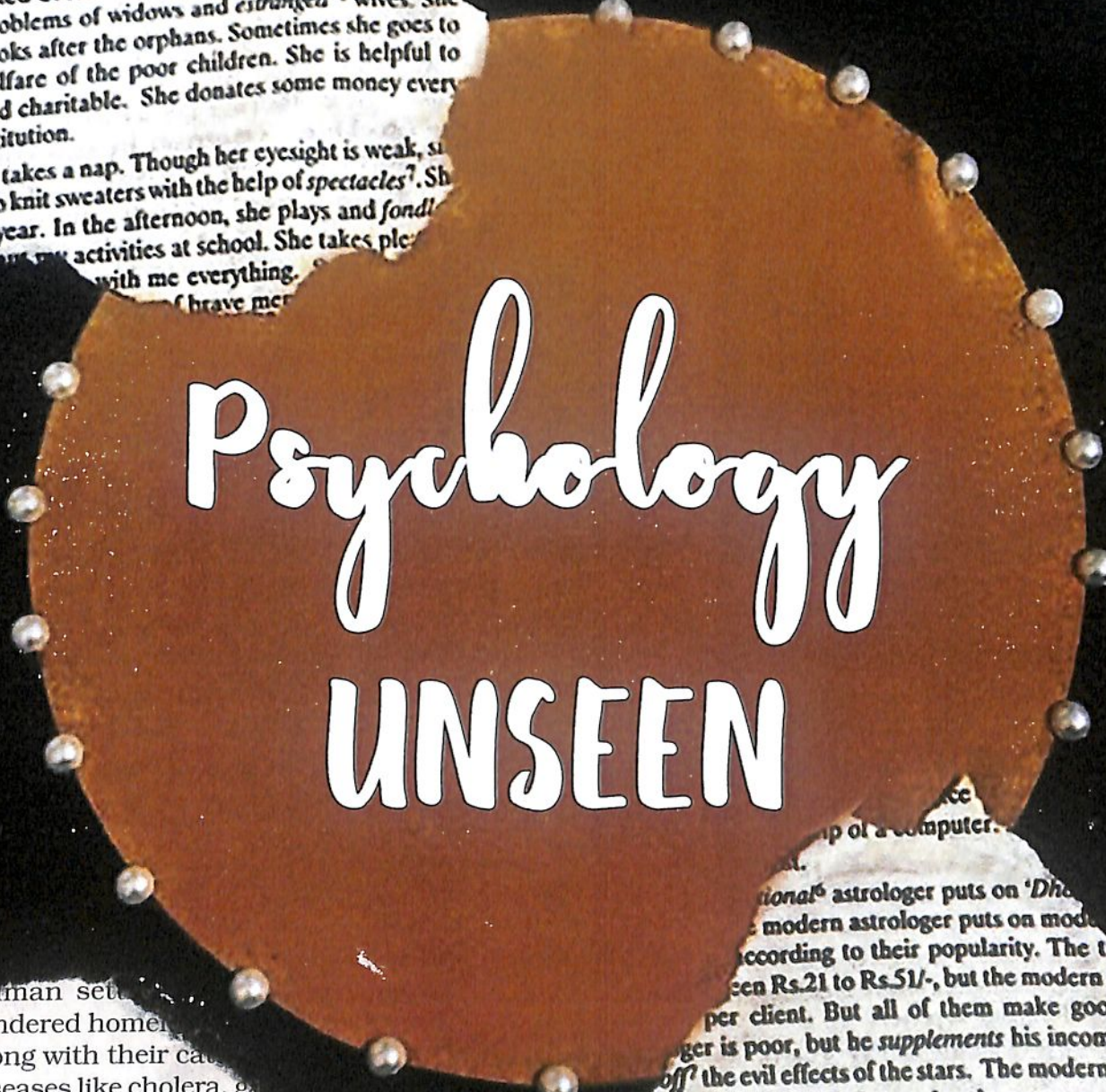
3. योग्यता, देवता।

इनाम, शिक्षा।

ing so... morning. After her bath, she g... takes simple food. She is an educat... she reads religious books, but at times sh... many short stories and folk tales. She lo... rains me by relating short stories.

of the Red Cross Society. She goes to that office dai... the problems of widows and estranged wives. She... and looks after the orphans. Sometimes she goes to... the welfare of the poor children. She is helpful to... ous and charitable. She donates some money every... her institution.

lunch, she takes a nap. Though her eyesight is weak, s... he can also knit sweaters with the help of spectacles. Sh... every year. In the afternoon, she plays and fondl... my activities at school. She takes ple... with me everything. ... of brave men



Psychology UNSEEN

up of a computer.

human set... rendered home... along with their ca... diseases like cholera, g... and other water-borne d... flood-affected areas. Howe... a few positive contributions... deposit fertile silt over agricultu... is good for the crops. Majuli (Assam... riverine island in the world, is the be... of good paddy crops after the annual... Brahmaputra. But these are insign... benefits in comparison to the grave loss

The Government of India as well as th... governments are well aware of the... created by floods every year. He

ional astrologer puts on 'Dhe... the modern astrologer puts on mod... according to their popularity. The tra... Rs.21 to Rs.51/-, but the modern ast... per client. But all of them make good m... ger is poor, but he supplements his income by... off? the evil effects of the stars. The modern astrol... de of 'pooja' and charges handsome amount. He a... to be worn in a particular finger to escape the evil... Those who go to them are passing through the b... rson whose dear one is critically ill goes to... is having financial loss in business... the frequent visitors. They want to

Title:

Behind the screen:

TRUTH vs ILLUSION

Acknowledgement

This is the first edition of the department's magazine. This has been created with the joint efforts of the students of psychology department who have contributed the articles and have helped in the designing of this magazine. Hope this magazine becomes a success with the help of its readers.

A note From The

PSYCHOLOGY Department

The Department of Psychology warmly welcomes you to this handmade magazine titled "Behind the Screen: Youth vs illusion!"

In today's digital world, where appearance often replace reality, understanding the human mind has become more important than ever. This magazine is a small effort to explore the contrast between what we present to the world and what we truly experience within ourselves.

Through creative expressions, thoughts and reflections, we invite you to look beyond the screen and connect with the deeper truths of emotions, identity and self-awareness.

We hope this journey encourages you to think, reflect and embrace your true self.

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Introduction



In today's digital world, social media plays a major role in our lives. We see pictures, stories and posts that look perfect and happy.

However, this perfection is often an illusion. Behind the screen, there are real emotions, struggles and untold stories that remain hidden.

This magazine "Behind the screen: Youth vs illusion", explores the difference between what we see online and what actually exists in real life.

It encourages us to think beyond appearance, understand our true feelings and focus on reality rather than comparison and false perfection.

"Not everything we see is the truth."



DIGITAL
LIFE

Digital World

The digital world has completely transformed human life. From communication to education, entertainment to business, everything is now accessible at our fingertips. With the help of smartphones and the internet, people can connect instantly, no matter how far they are.

This rapid growth of technology has made life easier and more efficient. However, it has also changed the way we think, behave, and interact with others. The line between the real world and the virtual world is slowly becoming blurred.

While technology connects us globally, it often distances us from the people physically present around us. We are surrounded by people, yet deeply absorbed in our screens.



SOCIAL MEDIA LIFE



Social media platforms allow individual to express themselves and share their lives with others. People post pictures, achievements, celebrations and happy moments. These posts create an image of a 'joyful and successful life'.

However, what we see online is only a selected version of reality. People rarely share their failures, struggles or difficult memories moments. This create an unrealistic standard of happiness and success.

As a result, viewers begin to believe that everyone else is living a better life, leading to feelings of comparison and dissatisfaction.

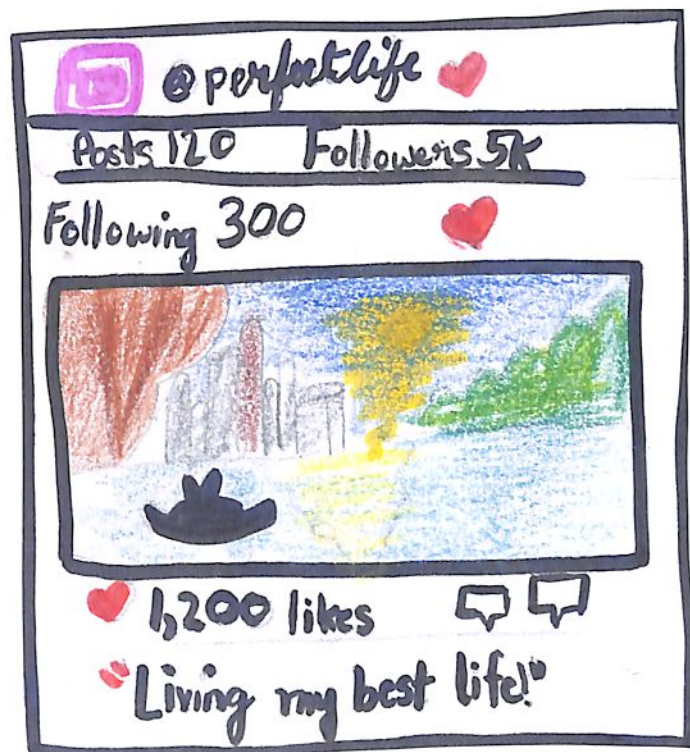
"We post our highlights and hide our struggles."

Instagram Illusion

Platforms like Instagram are designed to attract attention through attention and lifestyle and perfect settings create an illusion of an ideal life.

Most of these images are carefully planned, edited and filtered. What appears effortless is often the result of multiple attempts and adjustments.

This illusion makes people believe that perfection is normal, when in reality, it is carefully constructed.



** "Perfection online is often preparation offline."

FILTERS and EDITING CULTURE

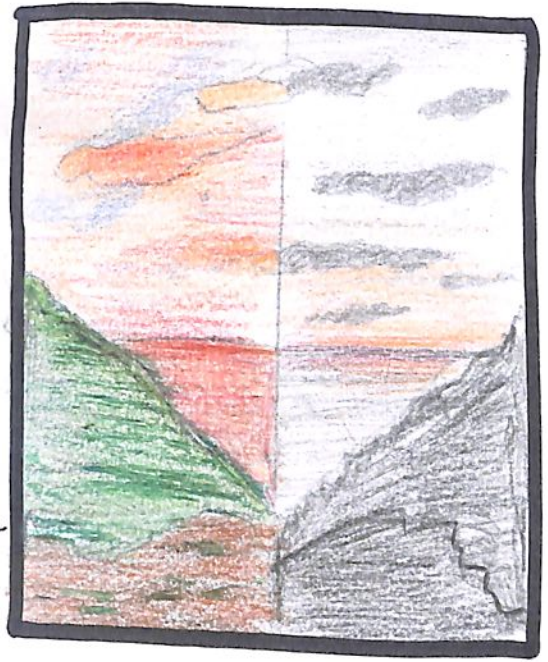
Filters and editing tools have become a common part of social media.

They enhance features, remove imperfections and create visually appealing images.

While they may seem harmless, constant exposure to filtered content can

affect self-image and confidence. People begin to compare their natural selves with edited version of others.

This creates pressure to look perfect and meet unrealistic beauty standards, leading to insecurity and self-doubt.



* Comparing reality with filters leads to dissatisfaction.

NOTIFICATION ADDICTION

Notifications are designed to capture attention. Every like, comment or message releases a small amount of happiness, encouraging us to check our phones repeatedly.

Over time, this creates a habit where we constantly seek validation from others. Our mood begins to depend on how many likes or responses we receive.

This cycle can lead to addiction, reducing our focus, productivity, and ability to enjoy the present moment.

AMAZING FACTS

1. Crabs taste food with their feet.
2. Sharks do not have any bones.
3. A polar bear's hair is not white, it's colorless.
4. Your ears never stop growing!
5. A giraffe has seven bones in its neck, which is the same as a human has, but they are much larger.



ONLINE vs REAL COMMUNICATION

Online and real communication both play a crucial role in shaping human interaction in the modern world. Online communication, through platforms like WhatsApp, Instagram and Zoom, has made it possible to connect instantly with people across the globe, breaking barriers of distance and time. It allows easy sharing of ideas, media and information and time often gives individuals the confidence to express themselves more freely. However, it can sometimes feel impersonal, as it lacks non-verbal cues like facial expressions, eye contact and tone which are essential for conveying true emotions. This may lead to misunderstandings or shallow connections. In contrast, real communication, which occurs face to face, provides a deeper and more authentic experience. It helps in building trust, understanding emotions clearly and forming stronger relationships through direct interaction and immediate responses. Although it may not always be as convenient as online communication, especially in a fast-paced and geographically distant world, it remains more impactful and genuine. Therefore, a balanced use of both online and real communication is important to maintain meaningful relationships while enjoying the benefits of digital connectivity.

Riddle

1. I speak without a mouth and hear without ears.
I have nobody, but I come alive with wind.
What am I?

2. The more you take, the more you leave behind.
What am I?

3. I have keys but no locks, space but no room. You can enter, but you can't go outside.
What am I?

4. What has to be broken before you can use it?

5. What comes once in a moment, twice in a moment, but never in a thousand years?

PERFECT vs REALITY

In the modern digital world, appearance has become more important than reality. Social media encourages people to present only the most attractive and desirable parts of their lives. Beautiful pictures, smiling faces, luxurious places, and cheerful captions create an illusion that life is always perfect.

But perfection is rarely real. Behind every carefully edited image may exist stress, sadness, loneliness, insecurity or emotional pain that remains hidden from public view.

What we see on screens is often only a selected fragment of someone's life - not the whole truth. The real world contains struggles, imperfections, failure, and emotions that cannot always be captured in photographs.

This difference between appearance and reality creates misunderstanding, false expectations and emotional pressure both for those who post and those who watch.