

#PSYCHOLOGY

Some Common Dreams

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As we close our eyes each night, we enter a realm where imagination knows no bounds, and the subconscious takes the stage, allowing us to embark on extraordinary adventures.

As such, dreams have always fascinated and intrigued us, evoking curiosity and inspiring countless interpretations. Why do we dream? What is the meaning behind some of the most common nocturnal visions?

In order to shed light on these questions, we reached out to experts who delved deeper into this phenomenon and discussed the potential meanings.

According to Aishwarya Raj, a clinical psychologist based in Delhi-NCR, while one theory suggests that dreaming is a way for the brain to process emotions, memories, and experiences from the day, another theory proposes that dreaming helps with problem-solving and creativity.

Additionally, dreaming may also serve as a mechanism for emotional regulation, allowing us to practice and prepare for future events. Overall, dreaming is thought to be a complex and multifaceted process that plays a role in various aspects of our mental and emotional well-being," she says.

Dr Austin Fernandes, psychiatrist, Dr L H Hiranandani Hospital, Powai, Mumbai explains that during sleep, the brain can sort through memories, emotions, and experiences, integrating them into our long-term memory and helping us make sense of our waking experiences. "Dreams may also serve as a mechanism for emotional regulation. They can provide an opportunity for the brain to process and work through intense emotions, unresolved conflicts, or unexpressed desires. Dreams may offer a symbolic representation of our emotional experiences, allowing us to explore and understand our feelings in a safe and unconscious realm," he adds.

As for problem-solving and creativity, Dr Fernandes shares that when we sleep, the brain can engage in free association, making novel connections and exploring alternative solutions to challenges or dilemmas we may be facing in our waking lives.

"Dreams may provide a unique space for the brain to generate ideas and insights that may not emerge readily during wakefulness. Dreams are believed to be associated with brain activity during the rapid eye movement (REM) sleep stage. REM sleep is characterised by heightened brain activity, vivid dreams, and rapid eye movements. It is



thought that the neurochemical and physiological processes occurring during REM sleep play a role in the generation of dreams," he says.

Consequently, he highlights that dreams can have different meanings for different individuals as they can be influenced by personal experiences, emotions, and subconscious thoughts. "Analysing dreams can sometimes provide insights into our inner thoughts, feelings, and conflicts, but it requires a careful and individualised approach," he says.

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Dr Fernandes mentions a few such dreams and what they may indicate. Falling: Many people report dreams of falling, often accompanied by a sudden awakening or a jolt. These dreams may reflect feelings of insecurity, a lack of control, or a sense of being overwhelmed in certain aspects of life.

Being chased or pursued: Dreams involving being chased, often by an unknown figure or a threatening presence, are quite common. These dreams can symbolise avoidance, fear, or a sense of being pursued by responsibilities, conflicts, or unresolved issues.

Flying: Dreams of flying or soaring through the air are frequently reported. These dreams can represent a sense of freedom, liberation, or a desire to transcend limitations. They often reflect a desire for independence, empowerment, or a need to escape from restrictive situations.

Teeth falling out: Dreams about teeth falling out or crumbling are relatively common. These dreams can be associated with feelings of vulnerability, concerns about appearance or ageing, or difficulties with communication or self-expression.

But, why do we have such common dreams? "Many common dreams reflect universal human experiences, emotions, and concerns. Falling, being chased, and feeling unprepared are all experiences that most people can relate to on some level. These dreams may arise as a result of our shared human psyche and the emotions and challenges that we commonly face," Dr Fernandes says.

He further says that common dream themes may serve as symbolic representations of deeper psychological issues or unresolved conflicts in our waking lives.



Yuvraj Parasuraman.



Shailaza Singh
Published author, poet and a YouTuber

The Wander Lust Story (...1)

He is tall. He is dark. He is handsome. Your typical Mills and Boons brooding hero. Only that he isn't looking for the happily ever after. In fact, he runs in the opposite direction if he meets someone loaded with the 'happily ever after'. Meet Yuvraj Parasuraman who is a gypsy at heart. He looks at the world through the lens of his camera. He has been bitten hard by wanderlust and he isn't complaining. He roams the world, clicking everything that he finds and he says he still has miles to go before he sleeps and I met him in Dharamsala, commonly known as His Holiness Dalai Lama's abode.

#TRAVELLER TALES

Pirelli Calendar 2004 and had an eye on the door because I knew my mom could walk in anytime. I was mesmerized by not just the bevy of beautiful women in that frame but also the way they were playing with the light, colours and the movements. I think it was love at first sight! I was fascinated by the way photography could capture all of life's interesting stories!

"So, when did the travel bug bite you?" "After studying visual communication in Madras Christian College, I started working in advertising where I would assist renowned photographers. Though the pay was good and the work was interesting, I felt restless because I wanted to travel."

"But aren't there outdoor shoots in advertising?" "There are but those are few and far between. Besides you hardly get to see the places when you go for these shoots. You just focus on the shoots, stay in the hotel and then

come back. That was not what I was looking for!"

Travel Bug Bites
"You say you love travelling. When did you first experience the magic of travel?"

"When I was working in the field of advertising, I used to take these holidays and backpack to different places. The first place I went to was the Sun Festival in Goa. I was just eighteen years old at that time. One day in Goa, I was having my cup of tea on beach and watching the ocean. During that

time, I realized that my life in the city is too boring and maybe I should do something else. I started going there every year and slowly Goa became my home."

"So, have you settled in Goa?" "No, I don't settle anywhere. I keep travelling. Every year, I stay a month or two in Goa. I don't really have a base anywhere." Not even his parent's place in Chennai? "I visit Chennai off and on because my parents, brother and my friends live there. I don't stay in Chennai for more than a month though my parents want me to stay in Chennai and take up a more settled kind of job. Since the last ten years, they have been trying to come up with a plan to get me married but I know for sure that it's not happening. I keep telling them that I am not interested but when they really force me, I run away from Chennai too!"

Run for Life
"So, do you not want to get married at all ever?" Yuvraj smiles. "No, it is not like that. I was contemplating the idea of marriage some years ago. I was in a relationship with a Chinese girl who was working on the same ship. Whenever, our ship used to dock in a country, we used to go out. Over a period of four months, I had developed a fondness for her and was even toying with the idea of marrying her



"I was 15 years old when I tuned into Fashion TV for the first time. My parents were busy elsewhere. I was watching the making of the Pirelli Calendar 2004. I was mesmerized by not just the bevy of beautiful women in that frame but also the way they were playing with the light, colours and the movements. I think it was love at first sight! I was fascinated by the photography."

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"So, have you settled in Goa?" "No, I don't settle anywhere. I keep travelling. Every year, I stay a month or two in Goa. I don't really have a base anywhere." Not even his parent's place in Chennai? "I visit Chennai off and on because my parents, brother and my friends live there. I don't stay in Chennai for more than a month though my parents want me to stay in Chennai and take up a more settled kind of job. Since the last ten years, they have been trying to come up with a plan to get me married but I know for sure that it's not happening. I keep telling them that I am not interested but when they really force me, I run away from Chennai too!"

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and going to China. I got transferred to another ship but we used to keep meeting. Sometimes, we would go to lunch in Miami or just have a casual date. I used to call her from my ship. Once during the marriage planning phase, I happened to casually ask her if she would be okay if I was to go for a solo trip for a month once a year after marriage because I have to travel solo at least once a year. "That is who I am! But she refused point blank. She told me that I couldn't go on a solo trip because she would be with me all the time! That did it! I slowly distanced myself from her and perhaps she also understood!"

Cruising the world
For most of his professional life, Yuvraj has been working in cruise ships that travel all over the world and fuel his 'banjarapan'. "I was an art dealer who used to work for a company called the Park West Gallery. This museum in Michigan was started by a former NASA scientist (mechanical engineer) Albert Scaglione in 1969. The idea was to collect works of all contemporary artists from across the world. He founded this company and started collecting art works from his friends. He collected all kinds of works of not just great artists but also the upcoming ones and masters. He started doing auctions on cruise ships for these works. Now, we have a museum in Michigan and three other galleries, in Hawaii, New York, Las Vegas."

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Space Exploration Day

The 20th century was a time of extreme growth in technology and science on scales large and small, not the least of which was planet-wide interest in space. Society has benefited from space exploration in a variety of ways, including health and medicine, communication, consumer goods, information technology, transportation and so much more. Space Exploration Day is the perfect time to show some appreciation for and celebrate the advances that the world has gained through the exploration of space!



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#SKILLS

Nail Your Presentation

Just because you don't have as much time as you'd planned doesn't mean you can't have as much impact as you intended.



One of the most common unpleasant surprises that you're likely faced as a public speaker is getting your time cut short.

You go into the meeting with a plan for what you're going to cover based on the allotted time you've been given. And then, the technology doesn't work until 15 minutes into the meeting. Or the decision-maker shows up late, and you've waited to start until they arrive. Or someone (and maybe everyone) in the group runs a few minutes over, and by the time it's your turn, those few minutes have compounded and you're left rushing to finish.

"After some hours, I realized that we needed to get back to the ship else we may miss it! Some of my friends were busy enjoying themselves and did not want to go. However, after a lot of cajoling and convincing (everyone was high on drinks), we got into a taxi. As luck would have it, the taxi driver did not speak English, he spoke Spanish. So, when we tried to tell him to speed up the car, he couldn't understand. I used the Google translator to help him understand (I always use a google translator). We finally reached the port. On a ship, different protocols are followed for guests and crew members. While no one says anything to the guests, we (the crew members) were warned for being late. The ship waits for no one, not even the guests. If the guests miss their ships and then they have to fly back to their home country."

To be continued...
rajeshsharma1049@gmail.com

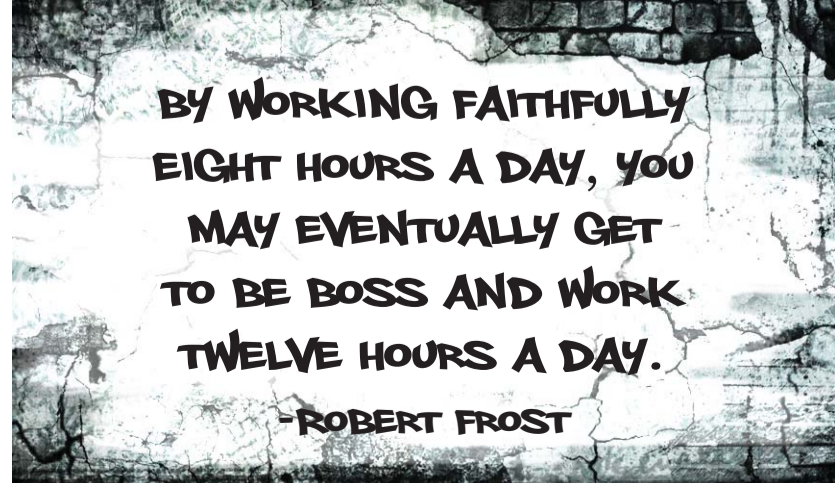
This can be a lose-lose for both the participants and the presenters. One way to manage this dynamic in advance is to require everyone to practice their section of the presentation with a timer, and cut down their own presentations to meet their allotted time. And another way to deal with all of this is to make sure that everyone participating has a Plan B that they are willing and able to adapt to ASAP. Here are three Plan Bs that every speaker needs in case time gets cut short:

Two Versions
Come with the full version of the presentation you planned, and a version that's 50% of what you've planned. Make sure that you have practiced delivering both (just having a shorter deck won't prepare you to deliver an effective, shorter presentation).

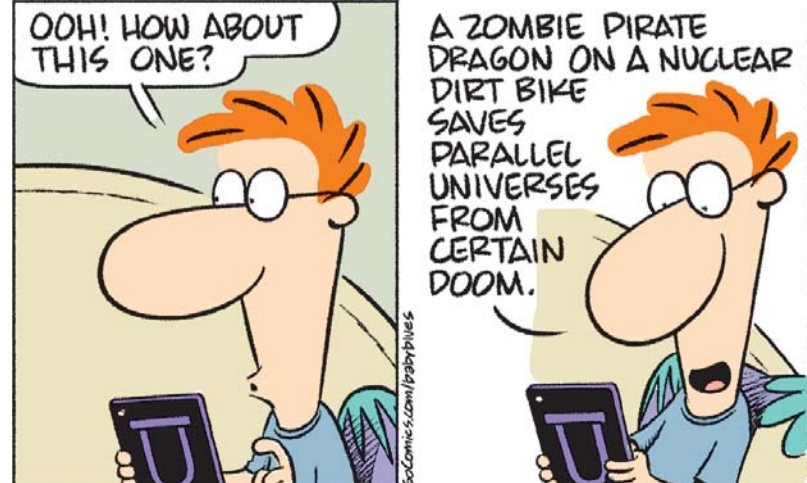
Don't Apologize
Behave as if this is exactly the version you'd always planned to present. (It is highly likely that your audience won't know unless you tell them.) As much as you might be tempted to say something like, "If only our tech team had been prepared this morning..." or "Since my colleagues went overtime..." don't do it. Stay professional and be collaborative. All of those conversations can happen after the meeting - not during.



THE WALL



BABY BLUES



ZITS



ZITS



ZITS

