

## MYTHICAL CONSTRUCTS AND PSYCHOLOGICAL RELIEF



A talk on “Mythical constructs and psychological relief” was held on 13<sup>th</sup> February 2023 in Psychology Lab 1. It was attended by 5 faculty members and 53 students. The lecture focused on how myths, mythology, fables and scriptures have psychoanalytic and psychosocial interpretations to them. Whether be treated as fiction or as reality, they provide a direction and meaning to life. The scriptures were also looked at from the inferences by psychoanalyst Sudhir Kakar’s book Shamans, Mystics and Healers. Movies and ethnic stories were discussed as well to represent the society and its dynamics. The session ended with the reiteration of the fact that there is only a thin line between superstition and meaningfulness in stories passed on from generation to generation, which one needs to be cautious about as that determines line of treatment to psychological disorders.