Brain at Work

So many career options, so much confusion. Tanvi Malhotra tells you about one of the most interesting career as on date.

Looking out for a career in psychology? Well you need not be a student of science to choose this as your career. It’s merely a branch of science that deals with mental process and behaviour of human and animal.

Psychology is concerned with the way the human mind works. Psychologists counsel and help individuals bring about a change in their thought process. They do not have a medical degree and therefore do not give medicines to cure the illness. They simply study the mind and behaviour of a person under certain circumstances.

“It is one of good careers to choose, but again it depends on the temperament of the student,” says Dr. Varkha Chulani, clinical psychologist at Lilavati Hospital.

You can specialize in different branches of psychology at plus two level, graduate, post-graduate and doctorate level. You have branches like:

• Social psychologists – wherein you can work with social organizations and institutes that are part of research. You can learn to understand the nature and cause of individual behaviour with others.

• Clinical psychologists – Here you get a chance to work in counselling centres hospitals, health centres or clinics. You will be helping mentally and emotionally disturbed clients to adjust to life and at times dealing with illnesses or injuries of such persons.

• Educational – here you will get a chance to work in schools and colleges with teachers, students and parents to resolve student learning and behaviour problems.

• Counselling – this is a skill of helping normal people through discussions so that they are able to decide how to cope in certain situations. You need to be mentally and emotionally strong while dealing with such individuals.

• Industrial – these psychologists work for business, industry or government. Here you need to apply psychological principles and research methods at workplace in order to improve the working conditions and productivity of the employees.

“We mainly focus on mental disorders and study their causes, symptoms and treatment in detail. We certainly cannot prescribe medicines but use psychotherapies which help in dealing with the clients/patients conditions,” says Monika Sapre, a clinical psychology student.

“Unlike other branches of psychology, clinical deals with normal population. I can practice individually as well as with a psychiatrist. The main strength is ‘Testing’ and that’s what excites me the most,” she adds further.

Choosing to be a psychologist can really be interesting as you get to work in different settings like universities, colleges, schools, advertising agencies, clinics, social welfare organizations and so on. Apart from enjoying this career you end up learning the human mind which is the best part.

So what are you thinking of? If you are confused on what should be the next step in your career graph, think over this.

SOME COLLEGES OFFERING THIS COURSE IN MUMBAI –
• MA/BA in psychology - university of Mumbai
• BA in psychology - SNDT Women’s University.

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Go Musical!

Musical theatre is as similar as watching a movie, a form of theatre where there are actors, drama, music, dance, spoken dialogues, heavy lights and costumes. Lyrics is one of the most important part of the musical theatre as it consists of songs and choreographed dance.

It started in the early 20th century where they were simply called as “musicals”. This form of entertainment is performed throughout the world. It is much more fascinating then the regular drama play because it has all the elements of entertainment which makes it even more interesting.

The most famous musical plays since the 20th century has been Show Boat, Oklahoma! West Side Story, The Fantasticks, Les Miserables, The Phantom of Opera, (the list is endless). Among these, the West End show of London and the Broadway of New York are extremely popular, especially amongst the ardent fans. They include the best of the actors performing in the show and the budget is sky rocketing. The budget of musicals can easily be compare to that of the Bollywood movies.

In India, this phase is rather slow, yet we can be hopeful as this trend is slowly picking up. The musicals have been introduced to us with the shows like “The city of dreams” by the Morani’s and Surai and Faraz Ansari’s ‘A diamond in the rough’.

Though the shows are very entertaining but they consists of a very high budget, therefore what is the future of such shows?

Let’s hope for the best form of entertainment and wait for the musical shows to be picked up soon!!!

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I am in favour of the musical shows. It is 2 sides of the same coin. These kinds of shows have more potential and give a better opportunity to perform for the actors and the people who are behind the scene.

Shashank Jadhav, actor and production manager of an upcoming musical show in January which will be performed at the Prithivi theatre, Juhu.

I think it has a very bright future, if one gets to see a complete entertaining live show with best of the actors where there is music, drama, dance, choreography, songs and many more things then why would one go for a regular drama show.

Faraz Ansari, the director and producer of the musical ‘A Diamond in the rough’. The budget of this show was Rs.10 lakhs.