

SUBCONSCIOUS MIND

LIFE E-NEWSLETTER

THE OFFICIAL NEWSLETTER OF THE SIES COLLEGE OF ARTS,
SCIENCE AND COMMERCE

FROM THE EDITOR'S DESK

Written by Subha

Hello bibliophiles, Here we are with our first edition of Life Newsletter for the year 2021-22. Life Newsletter provides a place for students to reveal their talent for article writing and photography. It's been 10 years since the Life newsletter has been started by Zoology Department. Life newsletter has been successfully feeding the brains of curious readers for 10 years.

This year's theme is the Subconscious mind. Have you ever thought about how do we dream and why do we dream? There comes the subconscious mind. The subconscious mind is a bridge between the conscious and unconscious mind.

Here you will find amazing articles which are written by our blooming writers of the college. You can also find the best nature-captured photos in our Photo Galleria section of the newsletter by our department students. The great secret possessed by the great men of all the ages was their ability to contact and release the powers of their subconscious mind. You can do the same." - Joseph Murphy
HAPPY READING!

IN THIS ISSUE

Subconscious mind

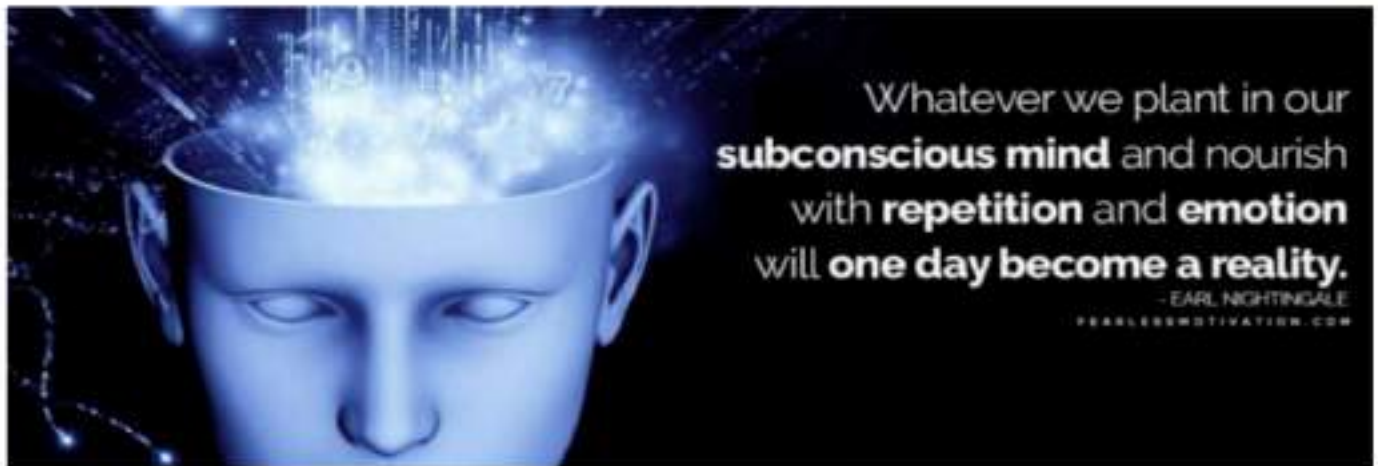
Exploring the subconscious
and Subconscious dream

My subconscious and I

PHOTO GALLERIA

SUBCONSCIOUS MIND

By Saba Naaz Shafique SYBSc A



Everything that isn't in your conscious mind goes into your subconscious mind as a data store. It keeps track of your beliefs, past experiences, memories, and abilities. There's a record of everything you've seen, done, and thought.

The subconscious and conscious minds have a two-way communication system. The subconscious mind communicates with the conscious mind whenever you have an idea, an emotion, a memory, or an image from the past. However, by regaining control of your subconscious mind, being aware of and in tune with it, you can reclaim control of your life and achieve virtually whatever you desire. This is because you can believe it will happen when your subconscious and conscious minds work together to attain a shared goal.

One way to get control of your subconscious mind is :-

Speak of your achievement as a present reality, not a plan for the future.

Instead of saying, "I hope to do that one day," say, "I am planning how to do that right now." Instead of thinking, "I will be happy when I am in a different place in my life," think, "I am totally capable of being happy right now, nothing is stopping me."



EXPLORING THE SUBCONSCIOUS

BY SHRUTI RAJAN SYBSc B

Our Brain can be simply stated as a concentration of neurons. Being able to retain our past memories and store information is one of the most magnificent and vital works done by our brain. Humans have three levels of consciousness the conscious, the subconscious, and the unconscious. The subconscious mind is our second level of consciousness which is a collection of our past experiences and thoughts. It is the most sophisticated level. It is also suspected that other animals also have a subconscious mind.



Dreams are a reflection of our conscious thoughts. When we are in a state of dreaming during the night the subconscious mind remains active. The subconscious mind is a part of our Cerebellum which controls our voluntary functions like balance, speech, posture. As we learn new skills like driving, writing and as we gain experience these skills are transferred to the subconscious mind which helps us to perform multiple tasks at the same time. All the activities that we perform effortlessly in our life are the alchemy of our subconscious mind.

SUBCONSCIOUS DREAM

BY SUBHA SYBSc A

What is a dream? Have you ever thought about that? Dreams are series of thoughts, images, and visuals processed by the brain while sleeping. These dreams have a connection with our subconscious mind.

Our subconscious mind is like a memory bank where all the data are stored. The conscious mind commands and the subconscious mind obeys it. The commands given by the conscious mind are remembered and stored in the subconscious mind. Even when we are asleep our subconscious mind isn't.

To explain the subconscious mind we can look at an example. when we learn to ride a bicycle, our conscious mind learns first. With repeated actions takes place, the subconscious mind learns it and stores it in its memory bank. Even if you don't ride a bicycle the subconscious mind has got it. If you ride the bicycle after years you will be able to ride the bicycle. Why? Because the subconscious mind has remembered it. When we sleep the subconscious mind repeats whatever has happened during the day and a dream is made. This dream is called a subconscious dream.

Subconscious dreams are also said to be a way of communication between the subconscious mind and conscious mind. You can also control your dream by having control over your subconscious mind. If you think positively, the subconscious mind will also do the same.

After all, you dream what you are.

MY SUBCONSCIOUS AND I

By -Komalpreet Kaur Manku SYBSc A

It was 9 AM, I was in a lecture. I was making notes and simultaneously shaking my left leg as I sat on a chair. It was only a few minutes later that I realized I've been shaking it. But why did I do that? -The answer lies in our state of mind; while taking notes I was very tensed and was worried about keeping up with what my teacher was saying and writing it all down, without missing a single value point.

The shows that we watch, the food we eat, the songs we listen to, the kind of people we have around us, greatly affect us because that is what our mind learns. Our mind is like a sponge, which absorbs everything it sees, hears, or experiences. But the drawback of this sponge is that, unlike a regular one, you cannot squeeze out the information which once has been registered inside it. Our mind, while in the absorbing stage, cannot differentiate between bad or good; it takes everything as a lesson and stores it somewhere deep down. This information that has been stored comes to the surface only when there is a need for it.

To understand it better, let's look into my leg shaking problem. This habit developed in me when I was in school, probably when I was in 5th grade. Since I was exposed to a situation where my brain was getting anxious, [while taking down notes during my lecture] it found a way to release all of that tensed energy through the physical movement of leg shaking. Effects of our subconscious generally go beyond just the leg-shaking problem. People develop different kinds of approaches to situations that remind them of an incident in their lives. For example, if a person has been constantly picked on for the way they look, they will develop an approach to this as looking in the mirror often and attempting to alter the way they look. Which later on turns into self-hatred and affects the quality of life. This approach comes into action as a defensive behaviour.

**"DAY BY DAY, WHAT YOU CHOOSE, WHAT YOU
THINK AND WHAT YOU DO IS WHO YOU BECOME"**

-Heraclitus

Choose your thoughts, actions, friends, food, and words wisely, for they determine who you are.

Contact Us :



editor.lifenewsletter@gmail.com



@ecologylifenewsletter

PHOTO GALLERY



Northern Swallowtail
Vinod Shekhar Kulal, SYBSc A



Bean Leaf Beetle
Siddhesh Kolambkar, SYBSc B



Red-eared slider
Gaurav Sunil Kumar Patil, SYBSc A



Dark Blue Tiger Butterfly
Felix Sekar SYBSc A



Udaspes Folus
Komalpreet Kaur, SYBSc A



Snail
Asher Abraham, SYBSc A