



# CITTA

Volume 1 Summer 2023

A Sukrut India Publication  
To Promote  
Psychoanalytic Reflections



**Citta**, a Sanskrit root word, means consciousness. It refers to not only the cognitive processes and the ego, but also feelings and instinctual tendencies inherited from experiences in life.

Citta is a Sukrut India response to the need to bring together various schools, practices and clinical experiences from across the world which have application to the cultural context of India, and promotes psychoanalytic application and thinking in India. To this end, Citta will be a bi-annual publication on psychoanalytic as well as intersubjective submissions that are a blend of real-life experiences supporting theoretical and conceptual frameworks in psychoanalysis. It will explore commonality as well as diversity with the professional respect that contributors deserve.

### **The Editorial Team**

Ms Priya Venkataraman, a candidate with the International Psychoanalytical Association and a member of the Indian Psychoanalytical Society, will be the Editor for the first four issues of the publication. She will be supported on the Editorial Team by eminent psychoanalysts committed to promoting psychoanalytical thinking from an Indian context. Sukrut India reserves the right to add individuals to the team, depending on the theme of an issue as well as to strengthen the quality of review of submissions.

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## Editor's Note



Dear Readers,

I am thrilled to introduce the inaugural issue of Citta, a bi-annual publication aimed at promoting psychoanalytic thinking and fostering dialogue among practitioner-scholars.

The need for such a newsletter cannot be overstated. We live in a world that is constantly changing, and as psychologists and psychoanalysts, it is important to constantly learn from each other and grow as practitioners.

In our first issue of Citta, we explore the turbulent years of adolescence. Ms Senora Sundar writes about how emotions impact the performance of female football players under **Research**. Ms Ruchika Gupta looks at the role of a father in the development of an individual. Ms Lavanya

compares levels of depression, anxiety, and stress among the students of classes 10th and 12th. We also have an engaging and insightful **essay** by Dr. Amrita Narayanan on the effects of patriarchal culture on how adolescent girls experience sexual excitement.

In the **Reflections** section, we have transcribed Mrs. Shukla Bose's energising keynote speech from the IC 23 conference held in February. Ms Kalpana Tanwar explores how adolescents understand death. I have contributed a short essay on why stories have such a hold on us. Lastly, Professor Sudhir Kakar shares his reflections on the papers presented at the IC 23, offering astute interpretations and profound insights that elevate the quality of discussion. To conclude, we have Mr Manab Bose's thought-provoking **Review** of MJ Akbar's latest book.

This issue has been an exciting one to bring forth, and it represents the potential that Citta holds. I invite you to join us on this journey as we seek a deeper understanding of the complexities of the human psyche. Your involvement will help Citta develop and evolve into a strong voice and a valuable resource for all those interested in the field of psychology and psychoanalysis.

Thank you for your support.

A handwritten signature in black ink, appearing to be 'P.V.' with a checkmark-like flourish above the 'V' and a horizontal line below the 'P'.

Priya Venkataraman  
Editor, Citta