

LIBRARY NEWSLETTER



January 2025

“An investment in knowledge always pays the best interest.”
-Benjamin Franklin



CENTRAL LIBRARY

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Patron Footfall: December



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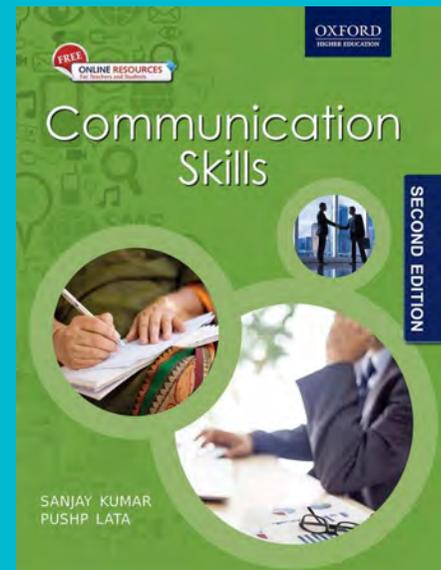
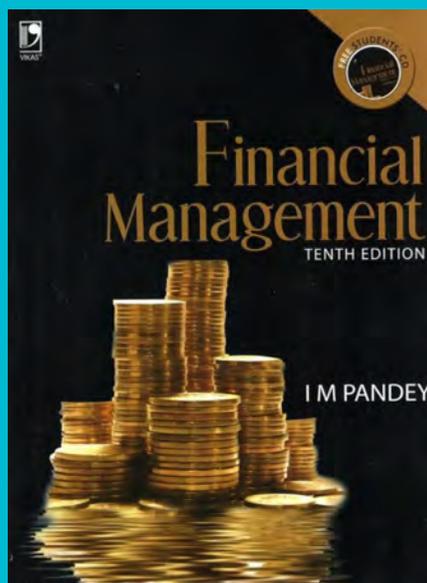
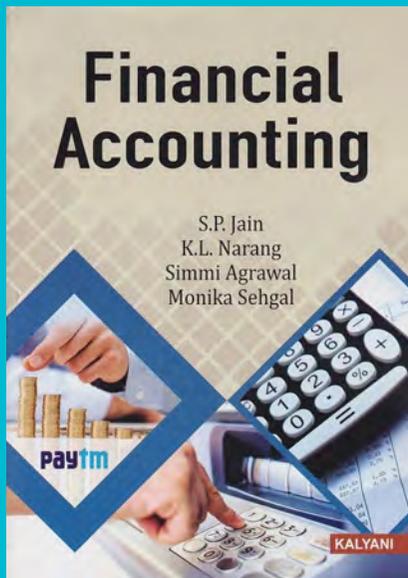
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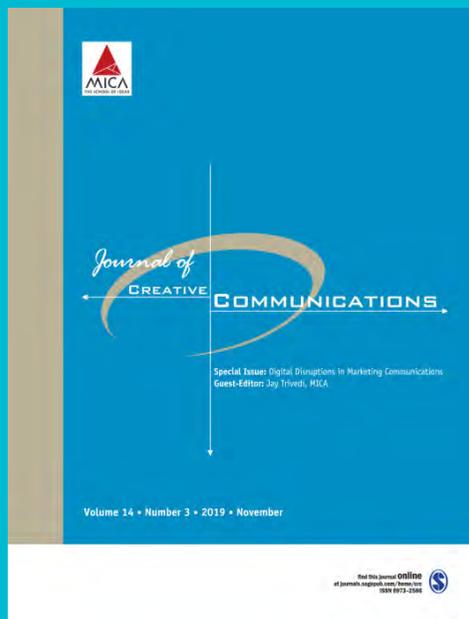
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STUDENT'S CORNER

Impostor Syndrome and Identity Chaos in 'Kriti' Short Film

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BAJMC24-27

A story is told that in 1806, a man visits a doctor renowned for his ability to treat melancholia.

"I cannot eat, I cannot sleep," says the man. "I feel constantly miserable. Please help me, doctor."

"Laughter is the best medicine, my friend," says the doctor. "Take yourself to Covent Garden Theatre, where you will find The Great Grimaldi performing his hilarious skits. He is exquisitely funny and will cure you of all your ills without any pills or potions from my cabinet."

"Ah," he says. "That won't help."

"Why not, sir?" asks the doctor, confused.

The man shrugs. "I am Grimaldi."

I am a jokester. I have been one all my life. Since childhood, the best way for me to avoid conflict has been to insert a joke, quite literally. People would laugh and forget what they were mad about, and boom—problem solved. Quite simple, no?

No. It is not as simple as it seems, sadly. The problem with using humor as an escape mechanism all your life is multifaceted. On one hand, you avoid countless conflict situations and become accustomed to it. Eventually, the thin line between humor and truth disappears, giving way to our new friend: Impostor Syndrome.

Impostor Syndrome. What a deceptively cute term for something so sinister. When I first encountered this terminology, an image of an animated character in a cute detective hat came to mind—eerily resembling Ace Ventura. Yet, as I delved deeper into this concept, I began to grasp its gravity.

First things first: What is Impostor Syndrome?

Here's the formal definition: Impostor Syndrome is a psychological experience characterized by persistent self-doubt regarding one's abilities and accomplishments, despite evident success.

In simpler terms, it is a condition where a person constantly doubts even the simplest things about themselves and lives in constant fear of being exposed as an "impostor." For example, I might choose to speak in elaborate English because I fear people discovering that I'm not as intelligent as I appear. I could have written the opening part of my story in a much simpler way so that anyone could understand it. But no, I didn't. I must always project superiority, ensuring that I am never perceived as part of the herd. Unfortunately, years of doing this have left a mark. Now, I often find myself unable to simplify things for others, which frequently results in frustration and headaches.

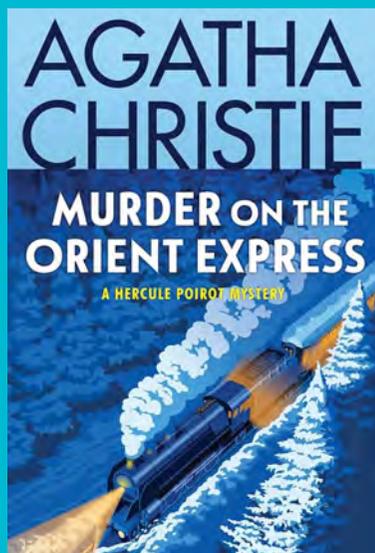
Moving on from my little rant: in the short film *Kriti*, Manoj Bajpayee's character, Sapan, struggles with his mental health. It is apparent that he cannot differentiate between his reality and his delusional world. His perception of reality is distorted, leaving the viewer unsure about the existence of his girlfriend, Kriti (which means "creation"). While the film does not explicitly label Sapan's experiences as Impostor Syndrome, various elements point towards this phenomenon.

Sapan's character shows confusion and uncertainty about his reality, paralleling the feelings associated with Impostor Syndrome—particularly the fear of being exposed as a fraud or feeling unworthy of one's success. Think about it: the guy is clearly well-off. He has a huge house with a pool, he's a successful writer who can afford a fancy weekly rental, and he is influential enough that no one questions his work. Yet, he remains unsure of himself and what he perceives.

Throughout the film, Sapan seeks constant reassurance from Dr. Kalpana about his relationship with Kriti. This need for external validation is a common trait among those suffering from Impostor Syndrome, who frequently rely on others to affirm their worth. In the climax, Sapan's reality unravels, revealing deeper psychological issues. This fear of being "found out" or exposed for not being who he claims to be aligns closely with Impostor Syndrome's core aspects, where individuals dread their true inadequacies being revealed.

In summary, while Manoj Bajpayee's character in *Kriti* does not explicitly suffer from Impostor Syndrome, his psychological struggles reflect themes resonant with the phenomenon—particularly confusion about reality and a deep-seated fear of inadequacy and exposure.

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PATRON'S MAXIMUM LOGIN IN THE LIBRARY

Dr. Amritkant Mishra (Faculty)
A Sai Priya (Student- SOL)
Ashwasana Mohanty (Student -MBA)
Sweety Kumari (Student-MBA)

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H A P P Y
New Year