

## Girindra Sekhar Bose

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### Abstract

Dr. Girindra Sekhar Bose, founder of Indian Psychoanalytical society, had a master's degree in Psychology (1917-21), received D.Sc degree in Calcutta University for his thesis 'The concept of Repression'. He sent a copy of his thesis to Sigmund Freud for his comments, their correspondence continued till 1937. It was published by Indian Psychoanalytical Society as a book, uploaded in Freud archive for research purpose, available in French translation (2018). He wrote more than 40 articles, 10 books. He established Lumbini park Mental hospital (1938) for indoor, outdoor treatment of mental patients, started from 3 beds it grew into 80 bedded hospital.

**Keywords:** Girindraskhar Bose, Indian psychoanalytical society, Concept of repression.

### Life History

**Girindra Sekhar Bose (30 January, 1887 – 3 June, 1953), D.Sc, M.B., F.N.L.**

He was born on 30<sup>th</sup> January, 1887 in Darbhanga district of Bihar. He was from a family with rich cultural excellence. His father was, the then Dewan of Darbhanga Raj estate, mother was a poet. His brother Rajsekhar Bose, was a famous writer of Bengali literature. G. Bose was the youngest with four brothers and five sisters. He was amiable in his behaviour and inquisitive since childhood. His academic career was brilliant. He got married, at the age of 17, to Indumati and had two daughters.<sup>1</sup> He was interested in yoga, magic and hypnotism and in fact used hypnotic therapy in his Medical practice during his early years. He did B.Sc. from Presidency College of Calcutta University in 1905, with record marks in chemistry. Then he passed MB examination from Calcutta Medical College in 1910. He got special Permission for appearing in the M.Sc. exam from the University of Calcutta in Experimental Psychiatry in 1917 and stood first in the first class. After passing M.Sc. in Psychology, he joined Calcutta University as a part time lecturer in the department of Abnormal Psychology and twelve years later, he took up the charge of the department. In 1921, he was honored with D.Sc. in psychology from Calcutta University. He proposed that many theoretical problems can be solved with his Theory of opposite wishes (1933) and theoretical ego. He was appointed as a lecturer at the age of 31. After he finished his master's degree in two years; he made psychoanalysis compulsory for all students of psychology. He started psychoanalytical society at his residence. He was not only an eminent psychiatrist and psychologist but was also considered as 'THE FATHER OF PSYCHOANALYSIS' in India. Freud was pleased by his ideas; soon he became a member of International Psychoanalytic community, holding the position as the president of Indian Psychoanalytical Society. He started Psychiatry outdoor clinic in 1933. Later, in 1940 a non government mental hospital was started in Kolkata known as 'Lumbini Park Mental Hospital'. He has set up a training school (Bodhayana) for educating normal and abnormal children following psychoanalytic principles in 1949. He

established a residential home (Bodhipith) for mentally retarded children in 1951. Being the first student of psychology in India, he laid foundation of psychology in India and world at large. Over a period of 30 years, he created a 'Psychology movement in India', along with his students.

After a prolonged suffering, this great personality died on 3<sup>rd</sup> June, 1953 in Kolkata.<sup>2</sup>



### Contributions

1. He gave the "Concept of Repression" in 1921 blended with Hindu thoughts known as the theory of opposite wishes, which differs from Freudian concept of repression.
2. He explained the importance of castration complex in the resolution of Oedipus complex which differed from that of Freud.
3. He pointed out some of the cultural variations in psychoanalytical concepts such as Castration anxiety which he encountered in Indian patients
4. He started Indian Psychoanalytical Society with fifteen members (nine were college teachers of psychology, five belonged to medical corps of the Indian army)
5. He was involved in establishing organizations such as Indian Association of Mental Health (1928), Indian Psychoanalytical Institute (1936).
6. He started a psychiatry outdoor clinic (1933), later non-government mental hospital (1940).
7. He has set up a training school (Bodhayana) following psychoanalytical principles, a residential home for mentally retarded children. (Bodhipith).
8. Under his leadership, there were many new approaches in the department of Psychology in Calcutta University such as introduction of psychology as a subject at undergraduate level, making psychology a subject in faculty of science, introduction of Ph.D programme in psychology.

9. Examples of his innovative ideas include Sand-Motor and Exposure apparatus, Big Muscle Ergo Graph, Group Pass along test, Group Matching test and Dotting test.
10. Bose helped the surgeons by putting the patient in hypnotic trance and mastered the technique of hypnotism and treated mental patients. He made his own investigations into the unconscious regions of the mind.<sup>2,3</sup>

Indian Psychoanalytical Society started by Girindrasekhar Bose has head office in Kolkata and has Mumbai and Delhi chapter too. The society has two wings- Indian Psychoanalytical Society and Indian Psychoanalytical Institute. The Indian Psychoanalytical Institute offers training in Psychoanalysis and it has an elected board, president and secretary. Indian Psychoanalytical Society is run by a council, which has a president, secretary, assistant secretary, with 32 members, 40 candidates whose training is in progress every year.

Board looks after training procedure, from selection of candidates to final evaluation, also offers one year counseling course.

Society runs a psychiatric clinic, offering services to poorer section of society for a nominal charge. It also organizes memorial lectures, conferences and seminars periodically.

Society is also offering 6 months certificate course on basic theory of Psychoanalysis along with WB state University. Society runs a library (has 2500 books), has a Journal called Samiksha released thrice in a year.<sup>4</sup>

### Publications

Bose's 'New Theory of Mental Life' emphasized on theoretical ego. He proposed that many theoretical problems can be solved with his theory of opposite wishes and theoretical ego.

He published numerous articles in Samiksha (an international journal of psychoanalysis-1947) for example 'Ambivalence'-which foregrounds the importance of ambivalence in human psychic constitution.

'The Nature of the wish' (1951) in Samiksha demonstrates the importance of 'see saw' of the 'double wish'

In 1952, three articles were published in Samiksha 'Analysis of Wish', 'Pleasure in Wish' and 'Sex and Anxiety'

In 1966, 'The Yoga Sutras' was published by 'The Indian Psychoanalytical Society'

In 1986, Bose's Bengali book on dreams 'Svapna' was published by the Bangyia Sahitya Parishad.<sup>3</sup>

In general psychology, he made a number of original contributions, his article on 'Illusion' was elaborately discussed by Spearman in his famous book Psychology down the ages.

He studied ancient Sanskrit texts, philosophical, mythological, historical literatures with the help of pundits.

This resulted in his publication of 'Purana Prabesh Patanjali Yoga sutra, Bhagawat Gita.

He also took interest in juvenile literature, in this respect his book Lalkalo (Red and Black) will always occupy a distinctive position.<sup>5</sup>

### Awards and Honours

Bose was President of Psychology section of Indian Science Congress (1933, 1938). He was member of Psychoanalytical society (President, 1922) and was the founder of Indian Psychoanalytical Society.<sup>5</sup>

### Conclusion

He was not just a doctor, was a humanitarian, devoted teacher, efficient editor, good administrator. He had deep profound knowledge of Indian Philosophy, applied this knowledge for interpretation of psychoanalysis. He was a good magician, used to entertain children with his magic shows. He also used his skill in magic to develop rapport with rural patients who were scared of coming to a psychiatrist for treatment. He used to run a free outdoor chamber in his home to treat psychiatric patients.

A multitasking Psychiatrist, Psychoanalyst, founder of Psychoanalytical society of India is definitely huge inspiration and role model to all psychiatrists of India.

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### Conflict of Interest

Nil.

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