

# Inpsychful

THE E - NEWSLETTER

## Insider

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Dear readers,  
As this month brings a celebration of the everlasting freedom in the lives of us citizens, we bring to you some articles, poems and much more in this edition of the monthly newsletter, 'INPSYCHFUL'. Let's dive in to the world of freedom looked at from a bunch of different angles, created by the Department of Psychology at J.I.M.S.  
Happy Reading!

# Adolescence In Retrospect

FREEDOM' what does it mean to you? Being independent or finding peace or could be anything. Well, its definition is ineffable because it differs for every individual. A definition can just not simply limit the extents of freedom itself.

When we grow up, we realize what freedom is. If we rewind the tape, freedom looks like a period of happiness and that period is none other than 'childhood.' Childhood is that phase which is filled with ineffable emotions. It isn't only a phase but also a part of you, a memory, and an ocean of emotions. When an individual grows up, he realizes that all this while the amazing ride he ever rode in his life will be irreplaceable. Childhood has its way of being insouciant, away from all the concerns of being recognized in a society or the push and shoves of competitions or whatever problems grown-up faces when they forget to be a carefree child.

Childhood feels like it is wrapped up in the blanket of love, care, protection, memories, learning, and a wave of emotions. I remember one of a famous Bollywood movie dialogue "Yaadein mithai ke dibbe ki tarah hoti hai, ek baar khula toh sirf ek tukda nahi khaa paaoge" (Memories are like a box of sweets, once it opens up you can't resist after eating just a single piece of it) and childhood memories are like that wrapped in the box of sweet memories with a bundle of emotions, feelings and dumb stories which every time make us realize that life was so much more when our pants reached just above the knees.

During the pandemic, most of us realized what freedom looked like. We humans aren't normal, nobody is and we never get satisfied with any phase of human life we always want change, a thing or more different. While being a child, we want to grow up quickly, and after being a

grownup, we want to become a child again. We all can relate to this feeling because we saw it in our parent's childhood stories as well, whenever those moments or stories, we see a smile, a laugh, and a sparkle in their eyes that lives in the heart of their childhood.

Though not everyone had an admirable childhood, some just don't know what it feels like but it's not like they can't associate with it, its not just an experience that one learns but a feeling that builds inside. They make an effort to get better at it and look forward to find their extents of it because it means more than it sounds.

Just like a butterfly stay protected inside the cocoon before flying off to the colors of freedom, a child goes through a similar situation. A child lives in a cocoon of protection, love, care, and warmth and as he grows up he misinterpret it as of a restriction which ultimately gives out a false need of freedom, but when a child becomes an adult, he realizes his freedom and that is when life's reality hits hard, and that realization makes us understand what freedom was, all this while. Just like that butterfly; after flying off to freedom, to see life, the butterfly has to see the other side of life. When freedom comes, it comes with a responsibility, and that's why we somehow liked childhood freedom but only after its long gone and is just an unforgettable memory.

Now, give it a thought what freedom means to you? Is your life a happy one? Is like you imagined in your childhood days? Are you doing what your child self always blurted out loud when someone asked you what you want to be when you grow up?

Riya Chauhan



# Bhagat Singh, an Ideology

One of the impeccable fighter one can think of when it comes to the freedom fighters of India is none other than Shaheed Bhagat Singh, this outstanding and unmatched revolutionary leader was born on the 28th of September, 1907. At a very young age his feelings of patriotism made him fight against the division of India on communal lines as well against the British rules. He was mature, a genius, and was always captivated by socialism. He made high contributions to the non-cooperation movement. This is unknown to most of the people but he was a man of his words and never feared death, he was born a fighter and was so selfless that he devoted his life to the Independence movement at the age of thirteen.

During his imprisonment he used to fearlessly say 'I can't be punished by hanging since I was arrested during the war, so let me be thrown into the mouth of cannon' this shows his braveness and the feeling for the nation, he became a voice for people before sacrificing himself for the country and his last words were 'Inquilab Zindabad'

## Inquilab Zindabad

This beautiful and patriotic Urdu clause is a well known slogan to us Indians, but not many people know the depth of these words, it means 'Long live the revolution'. This inspiring slogan was coined by Hasrat Mohani in 1921 but it was used by Shaheed Bhagat Singh during his execution. These powerful words were mainly used by the people who felt oppressed by the British rule, like the marginalized groups who were the targets of the British terror, the power this slogan held during that period was so much that people began using it in rallies as well during the protests as a voice for the torture. It became one of the rallying cries of the Indian Independence Movement. The popularity of this slogan started inside the prison cell where Bhagat Singh was held captive but the anger and anguish among the Indians made this even more meaningful.

Yatika Mahajan

To know more about Bhagat Singh and his personality, check out the essay he wrote while he was in jail and Randhir Singh said to him "You are giddy with fame and have developed an ego which is standing like a black curtain between you and the God". And in his reply he wrote the essay WHY AM I AN ATHEIST, a day before his conviction and months before his execution.

**WHY I AM  
AN ATHEIST?**

# Gaslighting

## Not a projection but a blatant lie

Self doubt is always a factor that eliminates confidence and something more usually leads to crashing your thoughts and filling the gaps with doubt and uncertainty.

Having a lookout inside our head usually make us question ourselves more and we most certainly start off on the wrong thought to deal with. Talking to oneself gives out conclusions but dealing with the seriousness of a situation is not what friends can do.

\*in my head (questioning myself)

"Am I being too dramatic?"

Or "Am I just exaggerating?"

"There must be something wrong with me.

Normal people's minds don't work like this.

...I think I should talk to someone and confirm if I'm okay or not?!"

While talking to a friend

Friend: Had I been at your place, I wouldn't have made a big fuss out of something so small...don't you think, you're just being too dramatic and making all this up?

Me: I guess you're right...even I felt so...

Talking to myself while walking back home  
(GLOOMILY)

"I went for some reassurance but I guess they're just right...there's definitely something wrong with me"

"This is all my fault and I am to blame since I'm making things up and how I think is not right"

"Moreover, I know they love me and didn't mean it like that, so I shouldn't be hurt and maybe this is all just in my head"

\*As it can be noted from the above conversation, the individual ended up questioning their reality do to external as well as internal emotional abuse and manipulation which can also be termed as GASLIGHTING\*

GASLIGHTING is a form of manipulation and emotional abuse by psychological means that leads the person into doubting their own sanity/reality. It can practiced in various forms such as self gaslit, being gaslighted by others. For Example:- Gaslighting is a form of emotional abuse that's seen in abusive relationships. It's the act of manipulating a person by forcing them to question their thoughts, memories, and the events occurring around them such that they start questioning their sanity.

\*After two weeks\*

"I realized that I was doubting myself and my reality and letting others do the same"

"I think I'm ready to set myself free from the trap of my thoughts and talk to someone"

\*While talking to my sibling\*

Sibling: (concerned): You could've told me before, but there are a few things I would suggest you to do.

- First of all, prescribe recognising when you gaslight yourself

- Look for the root cause of it and

- What you may be internalising from toxic outside forces.

Once you're done with these steps, try replacing your thoughts and phrases with self-affirming phrases, this works as a way to combat gaslighting.

\_For Example:-

"I'm worthy of love. I deserve love."

"Nothing is wrong with me" etc.

\*Gaslighting might be a mode of survival for many people. It can be a direct result of struggling with 'invisible' illnesses like chronic pain, PTSD, anxiety etc, but you're not alone! There are many ways to work on unlearning gaslighting. (As mentioned in the above conversation) \*

\*And it is always necessary to believe in yourself and shower oneself with more and more love and respect every day.\*

Simran Jashnani

# Art Therapy

## WHAT IS ART THERAPY ?



Expressing our emotions is an important aspect of emotional stability and it can take us places in our head if left unacknowledged for long, expression has been a form of communication for a long time from a very young age. The uniqueness of a well known art piece is always intriguing because it's a form of expressed emotion or an ingenious view from a point. Art therapy is a form of expressive therapy that uses the creative process of making art to improve a person's physical, mental, and emotional well being.

It can help someone express themselves, explore their emotions, manage addictions, and improve their self esteem and children with developmental disabilities.

Active art-making, creative process, applied psychological theory, and human experiences all together are the factors that makes art therapy a creative process involved in expressing one's self artistically and help people to resolve issues as well as develop and manage their behaviors and feelings by reducing stress and improve self esteem and awareness.

## TRY IT OUT RIGHT NOW!

Step 1 – Take a deep breath and relax the inner you

Step 2 — Now take out a sheet of any size ( preferably A4 ) and a normal tip paint brush.

Step 3 – Now choose a paint colour of your choice ( preferred choose dark colours for better visibility ) . Now dip your paint brush only once in the paint colour that you chose.

Step 4 — Hold your breath and while counting ten draw a circle . You can also do this while your eyes are closed.

Step 5 — Try holding your breathe while you do this Repeat this activity twice . And you end up having three circles.

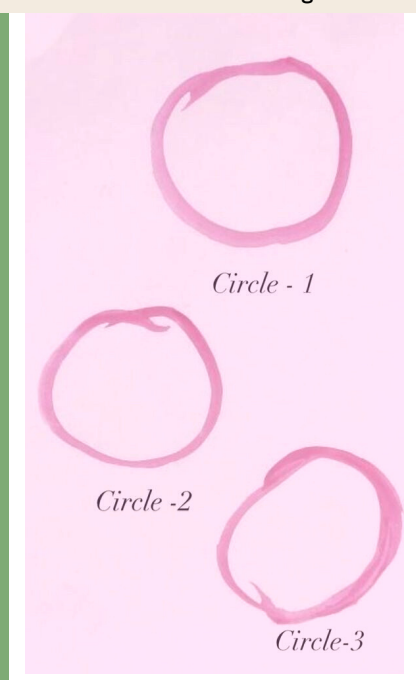
Tip — Try accommodating all three circles on a single sheet for better judgment

Step 6 — According to the data provided below match your results and find out the personality your circles depict

## What the circles depict about you?

- If Circles are whole, with no start and finish, the complete circle with even border lines inside out — they depict eternity, wholeness and historically have been attributed to celestial bodies because of the shapes of the sun, stars and planets.
- If the circle's have a little curves then they are seen as feminine, suggesting warmth, comfort and love, or a little deviation to the opposite sex. The circle also integrates and confines everything within, providing a sense of community.
- If the circle is thick at the outer ends and thinner at the inner ends — they depict that you are someone who appears to bold and tough on outside but a kid living in you. That you soft and emotional blended inside.
- If your circles comes to be incomplete or the results come out as half circles or semi circles — it depicts that you are very welcoming with the ideas and opinions and might or tends to consider or seek for certain opinions before you begin onto something.

Result will look something like this







# What Freedom Feels Like

Everyone is familiar with the color of grass. The grass here does not mean dehydrated hay but the one which is lush and feels like small pleasurable tickles when you walk on it barefoot. The one which is green, remember? There is this proverb which mockingly says, "The grass is always greener on the other side" It often looks like it when you are surfing on the internet and stumble upon some videos which show some young people speaking in English and having the laugh of their lives and maybe when their camera pans on to their streets, shops, backyards with 'grass' in it you realise how well they have it there, how well kept their streets are, how their schools are like, you think that independence and freedom of choice runs in every brick there, it all seems so far away from you. Extremely often people think that our nation has it all wrong, the only thing that it produces is dehydrated, lifeless hay which is far from any revolutionary changes but what people don't recognise is that a screen demands one's best possible self to be presented in front of the public because seemingly what is behind the screen shouldn't matter, only things on the outside have a value. That is why many Western showcases don't talk about the hidden defectors. Presently the students of our homeland, have a privilege over the system discussed before. We have our grass much greener here and on top of that, we have the free will to cut it as we want, to let go of it or to keep it growing and growing oneself along with it. This leads us to one more thought pattern which grandly comes from the stereotypes, that the moment people learn that a country is family oriented; they automatically think that it is a place plagued with orthodoxy with no concept of privacy and personalism. Might I ask, "What harm will it do if we are able to learn what a family is by staying in a family instead of having movies and T.V. shows to teach us that?"

Media publications displayed to us tend to get us hooked onto it, we find ourselves taking in what we need from the media coverage; if we want to see how many people got deceased during the pandemic, we patiently wait for that segment to be broadcast, paying no voluntary attention to everything which is being broadcast before that segment or so we make up our minds to do because if the eyes are 'open' anything on the unnecessary side can also get inside the picture.

Nonetheless, if anyone has the need to see how many souls were deceased during the pandemic, either they are onto something very negative or atleast will be calling on something very negative after they hear about what they needed to. The two ways in which this situation can be viewed are, first, they said person was going through something negative or tragic, hence the preference of news information. Now, as the second thought will go, the moment they said person hears about their awaited piece of information, they would feel something shifting, like maybe a part of them just went down from that sudden load of sorrow. However it is, for the next few days the person is going to attract all kinds of other things which make them grieve, weigh them down, like anxiety or a sunken heart and the loss of will to do things which would pull them out of this headspace. Just because like attracts like. Sure, in the physical world where laws of physics apply loudly, likes would repel each other. But the moment you insert emotions and sensations into it, it would only be those which seem to be alike getting attracted towards each other. And the power of these feelings and emotions is so strong that they don't hesitate to branch out into the physical world too.

# Walk to Liberty

I want to cry so much, but my tears find it  
difficult to come out,  
Who can tell, I want to vent it all out,  
It's just me who knows how much I wanna  
shout,  
Sometimes it's bitter, sometimes sweet,  
Can't remember when did I last yeet,  
Remembering those embarrassed laughs,  
Failing to express myself or maybe just as half,  
But now the times have changed,  
I don't feel like I'm stuck with anymore chains,  
Never knew how freedom feels like,  
Freedom that opens all the gates for me,  
The one where I can spread my wings,  
And smile as freely as the ocean tides,  
Now my vision's getting blurry,  
tears getting out of my eyes freely,  
without any fear, without any hatred,  
Loving myself for me has become sacred!

Simran Jashnani



# FUN-OASIS

The game corner!

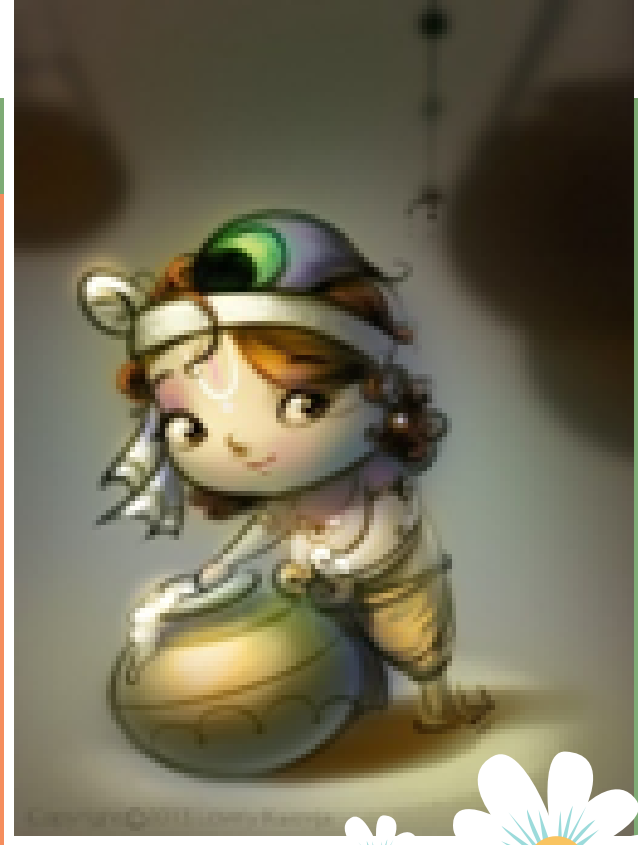
Are you up for the challenge?

## HERE'S WHAT YOU HAVE TO DO:

FILL IN THE BLANKS TO TELL  
THE STORY OF LITTLE KRISHNA

It was a dark time in \_\_\_\_\_ when Krishna was born. The 8th day of the \_\_\_\_\_ month is marked as Janmashtami. Devaki's brother \_\_\_\_\_ made her marry Yadava hoping to overtake his clan. Kansa used to kill Devaki's child as soon as they were born as fortune teller predicted that Devaki's offspring would bring Kansa's end. As soon as Krishna was born a divine voice guided Vasudeva to take Krishna across the \_\_\_\_\_ and leave him to his friend. Krishna grew up in \_\_\_\_\_. Lord Krishna is the \_\_\_\_\_ avatar of Lord Vishnu. Lord Krishna's birthday is celebrated 8 days after \_\_\_\_\_ and is celebrated for \_\_\_\_\_ days.

Let Lord Krishna steal all your worries. RADHEY KRISHNA!



**Happy  
Janmashtami**



YAMUNA  
KANSA  
TWO  
GOKUL  
MATHURA  
ASHTAMI  
RAKSHA BANDHAN  
EIGHTH



## SPECTRUM DISORDER

Autism spectrum disorder often leads to experiencing difficulties with social communication and interaction along with repetitive patterns of behavior, interests, or activities. A person with autism may exhibit symptoms of SD.



Is being on the spectrum the same as being autistic?

While all autistic people share some common differences in the way they see hear and feel the world, they all have different strengths and abilities and challenges which affect their lives in different ways at different ages and in different environments.

# FYI

## For Your Information

Did you know that vocal sounds and different shapes are connected?



Fig 1

Think about these two shapes in front of you, look at them and try to name them either "Bouba" or "Kiki" which of these two looks like a bouba and which one can pass with kiki.



Fig 2

These are some random slime shapes with nonsense names and you have to give each a name according to your liking. Most likely you will choose figure one bouba and figure two as kiki.

This is a real psychological phenomenon called 'The bouba kiki effect.'

And it sounds completely ridiculous but this has replicated in tons of studies across a lot of different languages.

Some very serious scientist sat down and drew these pictures and was like "Oh, kiki! Bouba!"

In general, sounds don't match to concepts across languages, but for whatever reason bouba and kiki just, are the exception.

## Podcast LOCALE

Whenever we do go through a negative experience or whenever we feel sad, our psyche literally "splits" into halves, but often we are told to think positive and to be happy. This leaves us rather feeling sadder, and usually in conflict with our thoughts. We are often surrounded by thoughts which even after practicing positive affirmations, thinking positive and choosing to be happy as they say, why at all we are not happy, why are we sulking deep within the ocean of agony and pain? In this episode we take you on a journey to find the cause of happiness, that is not at all thinking or Feeling positive.



**STOP THINKING POSITIVE for  
Whenever you are Sad: An Altern...**  
The BYK Show: Bharatiya Yuva Katha

Tap now to listen!

Just put your headphones or stereo on, lie down or while walking, absorb into this therapeutic experience.



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