

SELF LOVE

IN PSYCHFUL

Monthly Newsletter by Department of Psychology 2024

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Editor's Note

Dear Readers,

In this edition of our Psychology newsletter, we explore "Self Love." As we navigate the complexities of the human mind and heart, it is essential to shine a spotlight on the profound journey of self-discovery and acceptance.

Self-love is more than a fleeting sentiment; it is a transformative practice that nurtures our mental, emotional, and spiritual well-being. In a world that often demands perfection and comparison, prioritizing self-love becomes an act of radical resistance. It is a journey of reclaiming our worthiness, celebrating our strengths, and embracing our vulnerabilities with open arms.

As you immerse yourself in the pages of this newsletter, may you find inspiration, encouragement, and valuable tools to deepen your relationship with yourself. Remember, self-love is not a destination but a continuous journey of growth and self-discovery.

LOVE
yourself

~Chetna Khanna

Loving others and self

Loving others means accepting their strength and weaknesses and working to help them and spend time with them.

Similarly, loving oneself means accepting oneself as human beings like others who have strengths and weaknesses.

It means understanding our own's existence and purpose of self in life.

Self love means looking at oneself without preoccupied biases or knowledge about experiences through body.

Mahipal Singh

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खुद से प्यार करना जरूरी है

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IN P S Y C H F U L

Be Your Own Valentine

Valentine's day is around the corner it can be celebrated either with your partner or anyone you love. But being your own valentine means treating yourself with love, care and appreciation. It involves prioritising yourself and knowing your worth. It is a beautiful practice of self love and self-compassion. Loving yourself means accepting who you are, doesn't

matter if it involves your weaknesses or imperfections in you. No person on this planet is perfect!

Self Love not only helps an individual to boost their mental health but also enhances one's physical wellbeing as a person sets healthy boundaries for oneself. So on this Valentine's Day,

Be your own valentine by-

- Taking yourself out on A SOLO DATE.
- Doing activities that makes you happy.
- Expressing Gratitude towards yourself and others around you.
- Doing self care activities like skin care at home or getting it done from a salon.
- Taking out time for yourself and doing self introspection which can helps you gain insights into your thoughts, feelings and emotions.
- Venting out your emotions by writing them down or writing about your achievements to motivate onself.
- Doing some physical activity which helps you distract from all the stressors in your life.

"Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world." - Lucille Ball

Brahmmi

**DO SOMETHING TODAY
THAT YOUR FUTURE SELF
WILL THANK YOU FOR.**

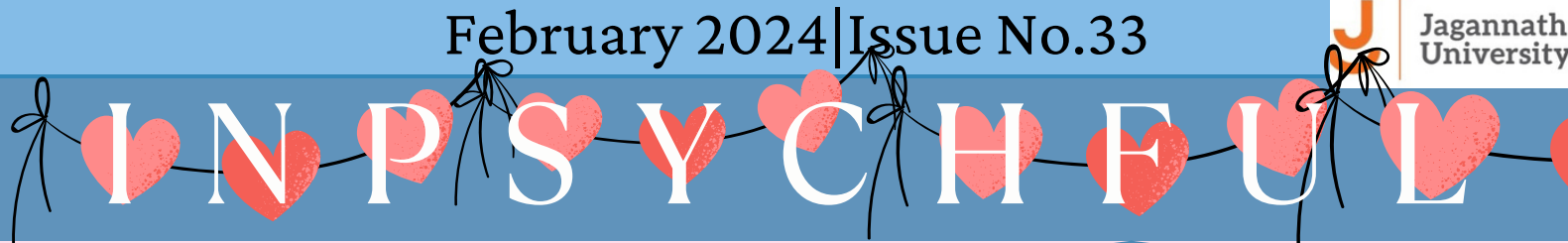
Our actions and decisions today will shape
the way we will be living in the future.

खुद से प्यार करना जरूरी है

ये खो गए हम कहा,
खुद के बारे में एक बात न पता,
पर दुनिया भर की जानकारी है,
दूसरे क्या सोचते है;
यह भी खुद सोच लेना ये कैसी मजबूरी है,
खुद से प्यार करना भी जरूरी है।

हम अच्छे है दिल साफ है,
फिर क्यों सोचना हम में कोई कमी है,
आज दूसरो का नहीं खुद का वकील बनते है,
थोड़ा खुद से थोड़ा जिंदगी से प्यार करते है,
क्युकी खुदसे प्यार करना भी जरूरी है।

मनीषा



Embrace: A Journey to Self- Love

In the realm of self-love, A dance begins, a symphony of appreciation, where the heart sings. Embrace the essence of who you truly are, a master of beauty like a shining star.

Gaze upon your reflection, with eyes so kind, See the radiance within a treasure to find embrace your flaws, as they make you unique, tapestry of imperfections, a story to speak.

In the garden of self, plant seeds, Nurture them with kindness, like a gentle dove. Water them with gratitude, let them bloom, as self-appreciation is the sweetest perfume.

Celebrate your victories, both big and small embrace your worth, stand tall and stand tall. For in self-love's embrace, you'll find the key, To unlock the magic within yourself, and set yourself free.

Sunidhi Verma

Meaning of Self Love

Self-love is the practice of appreciating, accepting, and nurturing oneself unconditionally. It involves treating oneself with kindness, compassion, and respect, prioritizing personal well-being, and setting boundaries. Self-love entails embracing one's strengths and weaknesses without judgment, cultivating self-awareness, and practicing self-care to promote physical, mental, and emotional health. It means recognizing one's worthiness of love, happiness, and fulfillment, independent of external validation or societal standards. Ultimately, self-love is a journey of self-discovery, self-acceptance, and self-empowerment, leading to a deeper sense of contentment and fulfillment in life.

"You are enough, just as you are."

Riya Mittal

you are
STRONGER
than you seem, &

Apperciating Self Care

Take a second to appreciate yourself,
You have got talents and skills that make you shine,
Embrace them, flaunt them, they are truly divine.
You are smart, creative and full of potential.
A college student with dreams that are essentials.
So appreciate yourself, pat yourself on your back.
You are doing great things, staying on the track.
Remember my friend, you are one of a kind,
with a beautiful mind and a heart so kind.
Keep being awesome, keep being you,
and know that self-appreciation is long overdue.
So go ahead, embrace your awesomeness today.
In your college journey, let self-love lead the way.
You have got this, keep shining bright in everything you do.

Sunidhi Verma



Field Visit to Child care Institutions (CCI)
 "Let us reach out to the children. Let us do
 whatever we can to support their fight to rise
 above their pain and suffering."

-Nelson Mandela

Department of Psychology organised a visit to
 Children's Home for Girls, Burari run by Kasturba
 Gandhi National Memorial Trust and Phulwari
 Children Home for boys, Alipur run by
 Department of WCD.

The students interacted with all the children
 (orphans, survivors of various forms of abuse,
 victims of child neglect, missing cases etc). They
 met all of them and got to know how each one of
 them had gone through so much in life and yet
 were so standing so strong !

XOXO
Self-care
IS EMPOWERMENT

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do it for you