

# INPSYCHFUL



Monthly Newsletter by Department of Psychology

Feb 2023

## Editor's Note

Peace is a four letter word,  
So is love.  
But one sounds so chaotic and the other runs in our blood.  
Throughout the course of history various scholars and writers have struggled to evaluate what love is, we discover it to be the core happiness that regulates our social, physical and psychological well-being. Our generation has made an effort to find love and explore peace to cater to their mental well-being but what most people fail to understand is that the key to our happiness is we ourselves.  
It is the formulated affection that one carries within themselves,  
It is the uncanny smile that makes you go jitters.  
It's those warm hugs or those first bite of "mummy ke haath ke aaloo ke parathe"  
Or that first sleep in our bed after a long trip, these are simply forms of affection that our bodies appreciate and makes us genuinely happy and feel loved. Being at peace can reflect how well someone is able to handle a troubled situation, or embrace the reality with the diverse perspectives. It's almost like being an inspiration like the moon, being incomplete from the looks of it but amidst the presentation of the whole.  
Love makes us understand that it's okay to let go of the thought towards a better past, catering to the future of happiness. Romanticism is often addressed as far from reality, a concept of the tainted heart that overpowers the mind. It teaches us to rest when tired rather than just giving up, because at the end, the winner is the dreamer who deems to never give up.  
Fall in love,  
Love yourself.

-Aarushi Chauhan

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## god's love is so wonderful

God's love is so wonderful', so begins a hymn that we often gladly sing. Through this beautiful hymn we try to express a great truth: God's love is beyond all our concepts and comprehension. We cannot express it in our words, we can only experience it.

Love permeates his very being and infuses all his other attributes. God loves because that is his nature and the expression of his being. He loves the unlovable and the unloved. He loves us not because we deserve to be loved or because of any excellence we possess, but because it is his nature to love and he must be true to his nature.

The love of God is greater than anything we can imagine. It is only through his love that we are truly able to love others. Because God loves us, we have nothing to fear. As the Creator of the universe, He is sovereign over everything. His love is not gained by anything we do in our own merit. God loved us while we were still sinners; His love abounds from his infinite goodness and mercy.

God's love is steadfast and unchanging not as that with the human beings in the world. Though we may grow distant from God or fickle in our attitude toward God, He continues to love us. Nothing can separate us from God's love, and in his love, if we have the assurance of eternal life, and strength as we approach the trials of this world.

Concluding, The love of God takes root in human thought, showing us what we are and what we have as children of God. By praying to understand the precious relationship each of us has with God, our lives can only be enriched with purpose, activities, and relationships that honor and give evidence of the one source of all good. As we learn to love the way we are eternally loved, our lives are permanently and irreversibly blessed.



-Kezia Aby

## Self love



"You do not just wake up and become the butterfly, growth is a process"

The Department of Psychology is delighted to congratulate it's faculty, Ms. Shaurayaa Sharma on her graceful achievement in receiving a gold medal position in her M.Phil with an RCI Licence. It was a very rigorous two year training in clinical practice. She was posted at NIMS Multi-speciality Hospital and Gautam Hospital and Research Center in Jaipur.

There they dealt with patients from all across Rajasthan with mild to severe psychiatric disorders and were responsible for conducting assessments, diagnosis along with psychotherapy sessions with the patients. They also undertook several initiatives like awareness drives, educational exhibitions or visits to nearby villages for mental health awareness and advocacy and furthermore took up several research projects and worked on systematic review research papers. She described it as a very holistic and rigorous course but at the same time it was extremely productive and fulfilling.

## Platonic Love

Love is a very vast word which has its various kinds. People have their own understanding of love and express them in their own way. But what we will talk about here is platonic love. Before talking about it let's understand what platonic love is. Platonic love is a type of love which is not centered around lust or sexual activities rather it is more deep where two individuals feel a sense of comfort and belongingness with each other, it is more of an emotional love where you can share your deepest thoughts, feelings and experiences. When you have a platonic relationship with your friends you are able to trust them you confide in them, there is appreciation for each other's true self their genuine personality and traits, you can be vulnerable with them without having a fear of being judged, there is a growth where you help each other reach their full potential and positive outcomes, it is like you consider them a family member and have a sense of appreciation for them. Nowadays platonic love is uncommon as people are more surrounded by materialistic things where they don't realise the meaning of platonic love and having that kind of love in their life for their own betterment. Platonic love can be a base of romantic relationships as you truly get to know the other individual more deeply, you know their vulnerabilities, their personality, you have their trust and they have yours which makes it easier to understand one another.

Love is an emotion or feeling of being cared by someone or behaviour or beliefs.

Philips, storage, pragma, philautia are the four types of love.

Philautia the love which is nowadays growing more in youth by first taking care of themselves and accepting themselves as they are.

Yes, I'm talking about self love.....

Self love is the most important part of our lives but why?

Self love is something that makes you feel confident, keeps you motivated and pushes you towards your goal whether it's about health, education or something else.

It motivates much of the positive behaviour while reducing the harmful effects or behavior towards oneself.

It allows one to be non-judgemental and accepting of oneself and putting their own needs first without harming or being disrespectful to others.

Self love also means loving your body, soul and mind or saying no to the things which makes one uncomfortable. It may look rude to some but it's essential for one's mental, and physical health.

Being yourself is the gift to world!

-Megha gupta

-Anshita Negi

## HOW TO LOVE YOURSELF MORE

- Stop taking things too seriously
- Find a self-love role model
- Stop watering every flower
- Celebrate the small things
- Cut the negative self-talk
- Acknowledge your feelings
- Cut off toxic people



drink a cup of tea



read

call a friend



take a nap



take a bath

# feeling down?



write on your journal



get artsy



treat yourself



gardening



ride a bike

clean



listen to music

# Deprivation

You're around everyone yet you have no one.

Everyone talks to you, to whom do you talk?

You provide suggestions to everyone, who has been assisting you?

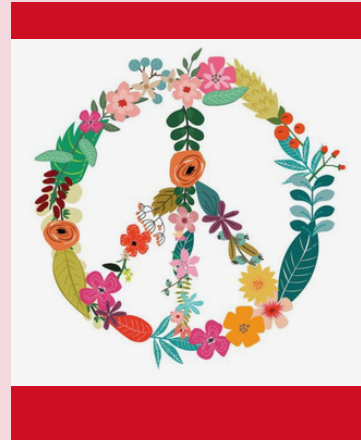
The selflessness you have is beautiful, excess of it is for sure self-destruction.

Find someone or just cut someone off.

The pain that occurs heals the wound it creates. We are trying to convert ourselves into robots without giving a thought that our sympathetic system won't act in the manner we want against the errors we encounter on a daily basis. We have been trying to over exert our control on our gifted bodies that work for our survival, the survival that is interpreted as some disorder. It is the adamant mindset of the present human to fight against his own body to satisfy his own soul.

There is a group that has self expectations peaking out of this world and there is another group that's egocentric enough to consider them mentally unfit. Love yourself for the Lord that created you loves you, love yourself for your blessed name.

-Ifham Aijaz



# Forgiveness

Forgiveness is such a key component to a healthy relationship, because, let's face it, people are not perfect. No matter how close to complete a soulmate we find, every individual is incredibly different from each other. It's important to accept that we all have separate minds and point of view. Each and every one of us is hurt, defended, flawed and inevitably going to make mistakes. Having this perspective doesn't mean we should sit back and withstand abuse. However, if we want to enjoy a lasting relationship with someone we value and choose to spend our lives with, we may want to grow our ability to forgive. The science behind this may seem intuitive, but it helps illustrate the important role forgiveness plays in a couple's long-term well-being.

Research has also shown that a lack of forgiveness stirs up negative emotions and creates more conflict. Couples who don't practice forgiveness are more likely to engage in negative interpersonal issues and have a poor ability to compromise or resolve issues. Couples who do practice forgiveness show more regulation and have more positive motivation toward their partner. In other words, they drop the case rather than holding a grudge and giving up on each other. Instead, they put effort into maintaining a positive relationship, in which they are less hostile or punishing.

For instance, our parents are the best examples of this, not just forgiving but side by side teaching you to walk on the right path-what is this? Unconditionally forgiving their kids and making them feel loved even after their worst mistakes. Similarly, in the mean relationships, forgiving for what they did to you is the most essential thing. Acknowledging both their resentments and mistakes, making them inspected of their sins and moving on together. There are going to be ups and downs, all the things may go haywire but at the end instead of choosing to give up on each other, you stick by EACH OTHER.

Welcome all the upcoming bad or good days, treat them equally, experience the taste of life and GO ON!

-Tripti Sharma

# Unconditional

Love is selfless, when you want the other person to be happy, no matter what. Everyone craves love, but are they willing to give it back? The most selfless creatures are animals and that is why they love the hardest. Animals don't even know how they cure our sadness in just a matter of time, they don't know how they make us feel more loved than anyone else. And the best part is, they don't even realise what they are doing. If you ever had or still have a pet, you'd know how it feels, to be loved by someone who doesn't judge you, care about how you look, if you're being annoying or if you had a bad day. Even if you have a small encounter with a dog or cat at the most random places, you take 1 minute to pet them, they accept the love and reciprocate it. I recently lost a pet turtle. I didn't even have the time to grieve the loss of the one being who loved me no matter what just because of an assignment's deadline. I couldn't say goodbye to him when I knew I wouldn't see him again, ever. Only thing I'd say is, appreciate every single being who makes you feel loved and love them back, because, who are we without love?

-Anonymous

## Love is about sacrifices



Sure, there are times when we want everything to go our way. We want things to happen quickly and easily, with little effort on our part, and when that happens, there's a kind of thrill that courses through us. But it's not real love—it's just our ego trying to take control of the situation.

Love is not about being selfish or greedy; it is about being willing to give up everything in order to make the other person happy. That does not mean giving up all your desires or needs (although sometimes it will be necessary), but rather finding a way to work together so that both people can be fulfilled. When you're in a relationship, it means sacrificing one thing for another but it doesn't mean that you're weak or incapable of doing things for yourself; it means you're strong enough to let someone else take care of you for a little while!

Love isn't about who's right and who's wrong, it's about who can make the other person smile. It's about standing by your partner through thick and thin, good and bad. Love is a choice, not an emotion; it has its own set of rules, but they're not always easy one.

-Eva Agarwal



## Is Love Enough?

Love seems to be everywhere. In songs, movies, TV shows, books, and magazines, we're told that it's the greatest thing in the world and that all you need is love.

Romantic relationships are an important part of life for some people, so much so that they may feel their life is incomplete without them. What sustains a relationship usually depends on the situation and the individuals in it, and there are often many other factors at play.

So, is love enough? Very simply put, no. Love is not enough to sustain a healthy relationship. The reality is there is so much more that we need in our relationships to be happy and in love with our partner.

I believe that love often gets confused with attraction and lust. Especially when people meet and have an instant connection.

Sometimes, love is all a couple has. And when that happens, there is not a lot they can do anymore. Love alone is not going to keep those two people together. When a relationship or marriage ends, it's not because the love wasn't there. It is not because their love was not real but because of a million other things. Maybe it can be money, or differences on how to raise children. Maybe it's just two people growing apart. Maybe it's a realization that they are too different. Maybe it's about something that happened in the past. Perhaps the distance. Or maybe it's just an unhealthy relationship that needs to end.

Regardless of what the reason is, no matter what, people should never judge other people for ending a relationship. Don't ever judge a broken-up couple and say that they weren't in love enough. Do not say they did not try hard enough. Do not ever place blame on love for being the driving force between two individuals.

Love is great. Love is necessary. Love is beautiful. But love is Never enough.

-Chetna Malhotra



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