

Inpsychful

THE E - NEWSLETTER



Department of Psychology, JIMS SEC-3

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"Love the life
you live,
live the life
you love"



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Dear readers,
We all have undergone tough situations due to the pandemic so it is high time we learn to manage our emotions. Through the second issue of this newsletter we intend to bring some cheer and positivity in your life. There are articles, poems and many other interesting things in the current issue to pep you up and connect you to the enthralling world of mental health.
Enjoy reading!

Healing through Reiki



The whole universe is filled with many invisible life forces and all of them are the basis for sustaining life and human health. All living beings are constantly bathing in this infinite energy and ingesting it inside them, one such force is known as 'Reiki' which comes from two Japanese words - 'Rei' meaning universal and 'Ki' meaning life energy, so Reiki is 'Universal life energy'. It is considered as a popular therapeutic practice to heal people, one such journey of healing occurred in my family back in the year 2007 my grandfather was diagnosed with oral cancer and everybody was going through a tough time mentally, physically and financially. With the help of the best doctors we got him operated but the scars of the surgery on his face and especially on his soul made him question his life and he ultimately suffered from depression. Although he had a successful operation but all those chemo sessions and pain became extremely unbearable for him. That's when my mother decided to help my grandfather come out of the dark phase in his life and as she was practicing Reiki on a professional platform at that time, she soon started her first session with my grandfather and within a few days we began to see minute changes in him, it was the first time he felt something inside him that was healing and he felt that his room was filled with aromatic candles and flowers, he even asked my mother about the sudden drive of positivity in his life and if it will help him more, so my mother asked him not to worry and just be optimistic about everything in life. During that time my mother used to give therapy to him thrice a day whenever he felt low. After each session we could see him embracing his life and foremost himself, by overcoming depression, torment and anxiety slowly and steadily he overcame one of the most difficult chapter in his life.

This event in my life gave me a new perspective about Reiki altogether, it taught me that healing is possible without touch and with the ability of your will power and your strong mind; you can come out of the darkest phrase of your life and embrace it.

This magnificent therapy helps with healing the chakras and gives energy all over to the body by targeting the places which are severely damaged. It also removes the blocks of negativity by giving birth to relaxation, mental peace and stability. During the process of Reiki, the practitioners hold their hands lightly over the body of the other person and try to transfer the energy to the targeted chakras. Each hand position is held until the practitioner senses that the energy has stopped flowing and the therapy is finally complete. Through the occurrence of this experience, I'd like to tell everyone that Reiki animates all living beings. As long as something is alive, it has a life force circulating through it. When it dies, the life force departs. If our life force is not flowing freely then we will be more vulnerable to illness. But when the force is high and flowing freely then we feel healthy and high spirited, because how you feel mentally will always impact you physically.

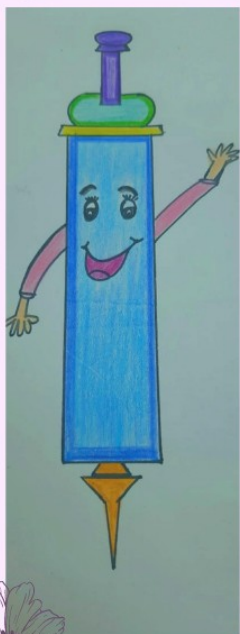
Reiki is the ultimate therapy when it comes to alleviate the pain which resides in someone, especially in today's world where the entire mankind is dealing with the complexity of the covid-19 pandemic crisis. The physical as well as emotional suffering has increased drastically leading to entanglement in mental instability and misery. However, one can escape those rough tunnels with a strike of light through the ultimate process of Reiki. It will change the way a person perceives their life with some constructive outlook, whether it's physical illness or emotional illness, it can heal the deepest wounds of a person if given in a consistent manner. As covid-19 already has hampered the health of so many people, bringing some optimistic changes in our life is a big necessity which will make us feel more alive, energetic and most importantly it will ignite a sense of hope in these tough times.

Afterall, everything is energy, your thought begins it, your emotion applies it and your action increases it's momentum.

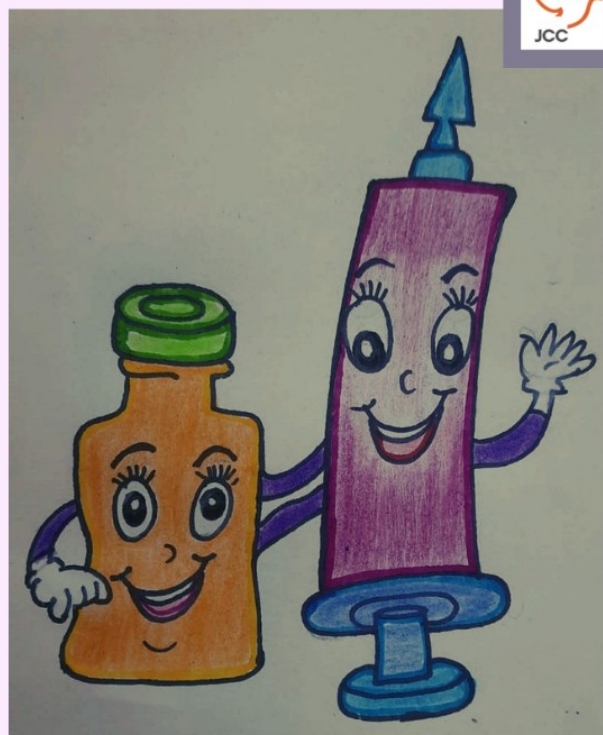
Everything
is
energy

Yatika mahajan





The pandemic is slowly fading away because of our warriors, our doctors efforts. The process of vaccinating the world and taking it back to a healthier stage became easier because of the urge of betterment and Covishield and Covaxin vaccine doses.



Lost & Found

The global epidemic that the world is going through right now is the most undesirable vacation that the mankind is stuck inside. It usually is easy to lose hope and give into the worst of any given situation, however things are not always black or white and this is again one of those mistakes that we are facing because of one of our own and surprisingly this has also been helping us face the bitter truth that the earth that was once a gem is now suffering. The outbreak of this pandemic genuinely helped numerous families to build up a stronger relationship that was somewhere lost in the everyday lives of 9 to 5. Work from home provided a positive atmosphere and a free environment; many companies were able to cut costs and maintain profit margins. Leaving behind the student days many of us have forgotten how to cherish the petite efforts that once meant the world. The pandemic era took us back somewhere we learnt something new every day about our loved ones and even ourselves. Getting a fitness routine was in trend again, cooking at home was fun again.

Somewhere in the frustration of not being able to go outside and do the things you love, we accidentally stumbled upon our own mess and found out that our childhood can stay with us forever, we can laugh as freely as we want, other people's opinion is not really helping us grow and most importantly, old pictures matter more than you ever imagined.

Loving yourself made you love the parts of your life which were once lost.

Aarushi chauhan



Life, in full circle

There it was a dainty looking pretty cuckoo, singing the beat of independence. Reminding me of bang, that now you can't complaint that "I don't have time". What a morning, at the apex of my terrace I saw a line of vermillion clouds and I noticed what lockdown!

Did you say lockdown! Does that mean no more work or no work at all! In the first half of quarantine like everybody with the gracious aromas spreading all over making all the fancy foods and putting it with their own hashtags promulgating, how better chefs they are. I was the one in the herd. Realising with all the cold air of haunting news around you, the nature is healing again got to see those stars bought the reminiscence of childhood where, how fool i was, counting stars.

I saw that flag hoisted in the breeze, I felt all around my face.

Metro which budged only for the trials!

Can you believe it! Everything that makes a metropolitan is at a standstill.

But something that is moving, is wildlife the lions being seen on the roads, the dancing dolphins as if there god has come. Ironically with the pollution caused by us the suffocation plants used to feel, we are masqueraded now. So human how it feels?

All those humans escaping along with the atrocities, they have done to mankind are now lying dead unattended.

For all those hoarding money, almighty ordered them to put it to the right cause. So whats wrong? The lockdown? Asked animals in the cages. How good is it to be shackled not catching up with your mates?

Back again from where it all started, I came to the terrace seeing a candlelight arrangement, by a wife and raising a toast for her husband once again they are sitting together having all the meals together they can't say, "Honey, I am in meeting I don't have time"

Are you getting it?

It's all with purpose, sometimes when he decides for you its the best.

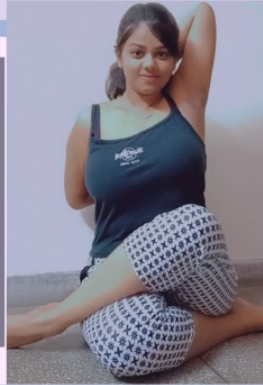
Ms. Rupam Behl, Faculty ID Dept.



Gomukhasana

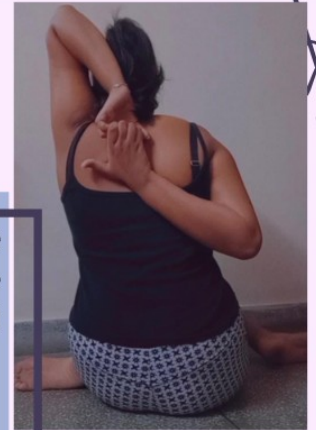
Physiological benefits

- Aids in chronic knee pain
- Helps decompress low spine (during folded variation)
- Clears hip joint.
- It stimulates the kidneys. Good for diabetes, back ache, sciatica, rheumatism.



Psychological benefits

- induces relaxation
- alleviates tiredness, tension and anxiety



Sit with your back straight and legs extended together. Now, bend your right leg and place the right feet under your left buttock. Stack your left knee over your right knee. Raise the left arm above your head and bend the elbow. Simultaneously, bring the right arm behind your back and interlock both hands.

Take deep breaths and stay as long as you are comfortable.

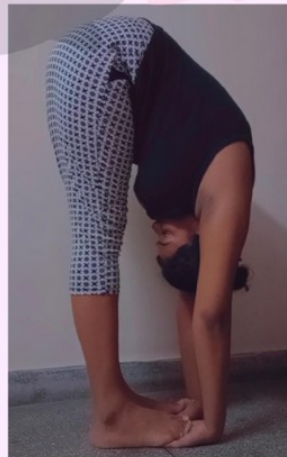
Now, as you exhale, release your arms. Repeat the same with your other leg.

International yoga day
was celebrated on
21st june'21

Padahasthasana

Physiological benefits

- Massages the digestive organs.
- Alleviates flatulence, constipation and indigestion.
- Spinal nerves are stimulated and toned.
- Increases vitality
- Improves the metabolism and concentration.
- Helps with nasal and throat diseases.



Psychological benefits

- Removes inertia
- Helps in feeling energized and light.
- The pose slows down the heartbeat,
- Relief from physical and mental exhaustion.

Stand with feet 2 inches apart and inhale slowly while raising the arms.

Stretch the body up from waist, exhale and bend forward until both palms rest on the ground.

Maintain this posture for 10-30 seconds with normal breathing. Now inhale, come up slowly to the upright position Exhale, slowly return to the starting position.

Simran Jashnani & Avani Jain(pic)

Food Mood



We go through many different feelings throughout the day and one of the most common and sort of constant is feeling hungry. Looking at freshly prepared meal of your favorite cuisine can ultimately lift up your mood or when you see a different variant of food, it gives out a sense of happiness. A practice known as **"Therapeutic Cooking"** which is a technique that uses culinary arts, cooking, gastronomy, and an individual's personal, cultural, and familial relationship with food to address the emotional and psychological problems faced by individuals, families and groups.

When feeling low, getting up and going inside the kitchen might come out to be a big deal but just like every other desire this technique have various factors that makes it to be a helpful technique for mental health. Thinking about food and how it is prepared is difficult, is a perspective. Taking that freshly cleaned pan and pouring in abundance of flavors and tasting it with the aroma it gives out, the sizzling sound of garlic and that popping flavorsome herbs and the literal magical role that salt plays in cooking is way more amusing if you come to think of it. Cooking food can be a way of mastering various techniques, understanding the concept of patience, cleanliness and also a way to express emotions like love and anger. Certain mood disorders, such as depression, can lower your energy levels and appetite, making it more difficult to convince yourself to cook, but studies have shown that, for many people, mental health benefits ensue when the oven gloves come out, even if the result is something simple. And the effects are particularly enhanced if you're cooking not just for yourself, but for others too.

The best part of cooking always is and forever will be that blissful award you get at the end after all the preparations and procedures with which you turned some basic ingredients into a masterpiece that tastes like heaven, moreover the satisfaction that you are the creator of the blissful meal you are having. Throughout the process of making you get to vent out and flaunt your creativity which gives you a sense of self worth helping you to attain that mental peace and ultimately improving the quality of life you lead and cherry on top helps you save a lot of money in many ways.

To try out a new experience, we bring you one such new recipe to try out at home!

Aarushi Chauhan

Keep reading to find engrossing visuals!



Very tasty and moist sponge cake with caramelized pineapple topping!

Begin your preparation by taking sized bowls, cake whisker, spatula, strainer, measurement cups (anything for constant measures) and your spoons!

Ingredients

- 1/2 cup brown sugar
- 1/2 cup melted butter
- Lemon juice 1tbsp
- 1 cup yogurt
- Pinch of baking soda
- 1/2 cup vegetable oil
- 3/4 cup castor sugar
- Vanilla essence
- 1 1/2 cup all purpose flour
- 1 tea spoon baking powder
- 1/2 cup milk

Recipe

Take a clean bowl and add brown sugar with melted butter and mix properly and add lemon juice to prepare the caramelizing batter.

Grease the baking pan with butter and add the mixture into the pan

Cover the mix with a layer of freshly cut pineapple slices and let it aside.

In a separate bowl mix curd and baking soda and keep aside.

Now in a bowl add sugar and oil and mix it well. To make a smooth mixture add the prepared curd into it. Add a few drops of vanilla essence and thoroughly smoothen the mixture.

Strain all purpose flour and baking powder into the mixture and smoothen the mix by adding milk into it. Do not overmix.

Pour the prepared batter into the baking pan over the pineapples and pat slightly to release the bubbles.

Bake the mixture at 180°C for 30 minutes, when baked, let it cool for a while and then flip the mould and lightly pat it to release the cake. Your pineapple cake is now ready!



Benefits of some main ingredients

Brown sugar

- contains slightly more minerals and marginally fewer calories than white sugar.
- However, the nutritional differences between the two are insignificant.
- It has slightly higher calcium, iron, and potassium contents.

Lemon juice

- * It promotes hydration.
- * It's a good source of vitamin C.
- * It supports weight loss.
- * It improves your skin quality.
- * It aids digestion.

White vinegar

Has significant health benefits due to its acetic acid content, including blood sugar control, weight management, reduced cholesterol and antimicrobial properties.

Pineapple

Like oranges and other citrus fruits, pineapple is full of vitamin C. This nutrient helps your body absorb iron, which in turn is responsible for carrying oxygen throughout your body. Studies have shown that the smell alone of fruits containing vitamin C can improve energy and reduce stress.

Dipping pineapple wedges in dark chocolate combines the nutritional value of pineapple with the antioxidant-boosting benefits of chocolate. Adding pineapple to a stir fry can add flavor and moisture in place of a heavy sauce. Pineapple makes it easy to feel good both now and later.

Yogurt

Eating yogurt rich in lactobacillus -- a probiotic bacteria -- may help alleviate symptoms of depression and anxiety, a finding that could lead to new strategies for treating psychiatric conditions, researchers have found.,



Waste Management Activity

Conducted for Batch 2020

Under the guidance of Environmental Science faculty, Ms. Pallavi Gupta, a competition was held on 24 th of June, 2021 to make some useful product out of the waste material available at home. The H.O.D Ms. Harpreet Rakhra was called upon to assess the credibility and creativity of the participants and three winners were declared.



Kaanchi verma, made a table lamp made out of a gift box, glass paper bulb holder , electric wire, a bulb and some decoration material and bagged the first position!

Best out
of waste



Payal maheshwari, made a beautiful wall hanging out of some previously used disposable masks for decorations and bagged the third position!

Anmol Gambhir, made a portable phone stand out of previous year's calendar and bagged the second position!



FUN-OASIS

The game corner!



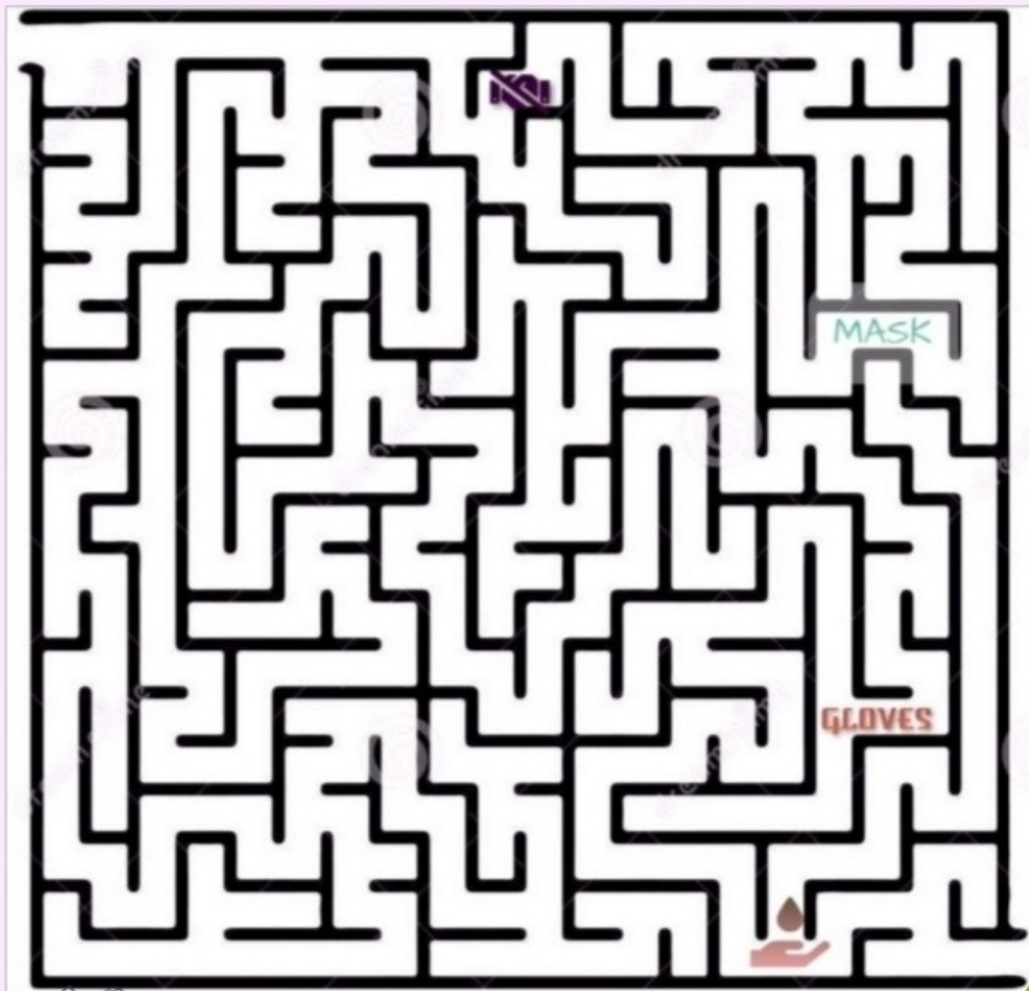
Are you up for the challenge?

HERE'S WHAT YOU HAVE TO DO:

To overcome the troubles brought forward by the covid 19 pandemic we have the doctors as our warriors leaving to us our personal hygiene and cleanliness. Complete this maze by helping our enthusiastic youth to reach complete vaccination along with proper protection of sanitizers, gloves, masks, etc along with proper social distancing and winning over the pandemic. Solve it! Win it!



A Maze



FYI

For Your Information



Mental Health Insurance

What is mental health insurance?

A mental health policy is an official statement by a government or health authority that provides the overall direction for mental health by defining a vision, values, principles and objectives, and by establishing a broad model for action to achieve that vision.

It usually refers to the coverage of any expenses incurred if anyone has to be hospitalized under in-patient care due to any mental illness. It includes diagnostics, medications, treatment costs, room rent road ambulance charges etc.

Why mental health insurance?

Mental health insurance is to promote mental health among the people to provide them with accessible, affordable and quality health to all beholders for the life span.

Payal maheshwari

Podcast

LOCALE

Habits aren't just built by hard work but by Emotional Work. Most people believe that building a habit is all about just working harder, or blind hustling and still we see many people failing in this approach, and are therefore left feeling guilty. This episode will take you on a journey that will help you heal, rather than burn while building a habit. You should Love what you are doing otherwise what is the point, right? We bring you this episode of our exclusive podcast that is all towards success with happiness.

<https://youtube.com/channel/UCiIB0jhkUyAS9zKgRSjW5Ow>



CHANNEL: Priyank Mehra

scan now to listen!



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