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DEPARTMENT OF PSYCHOLOGY

# Inpsychful

THE E NEWSLETTER



JAGANNATH UNIVERSITY , SEC-3



# INSIDER

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LGBTQ

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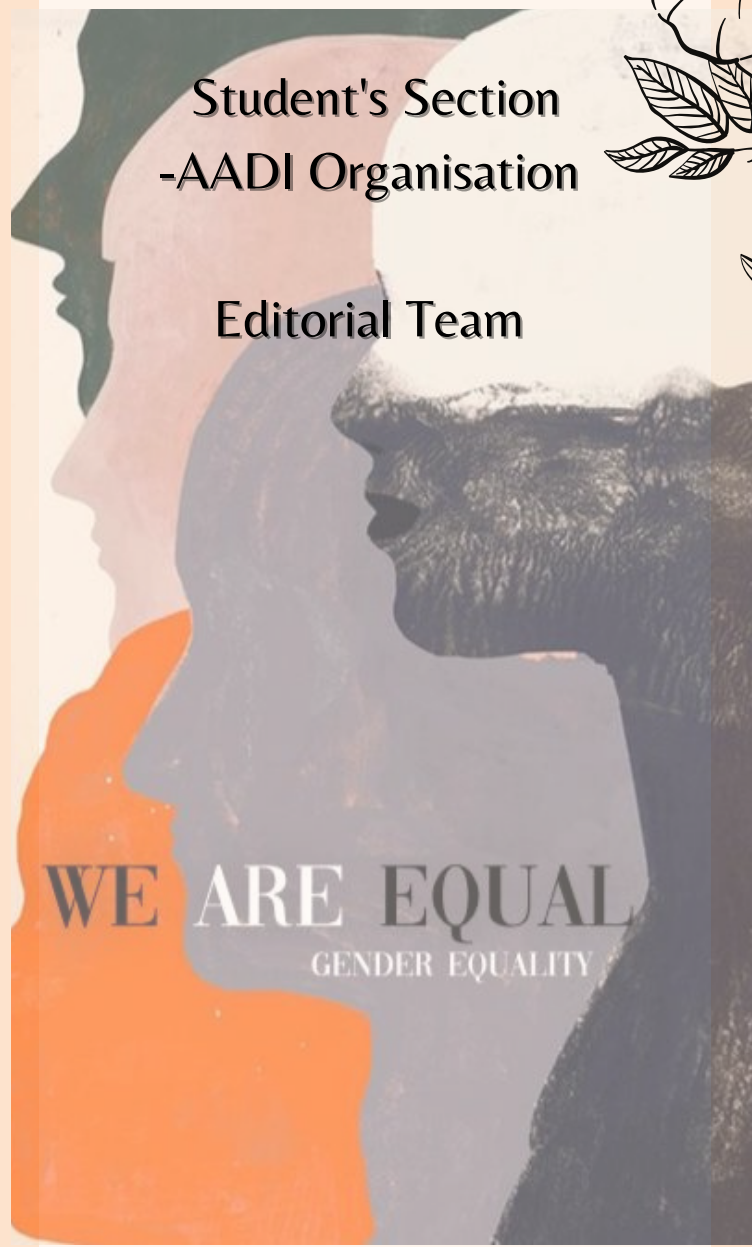
## Dear Readers

"Pride is a time to uplift the space that exists for everyone, and to celebrate one of the most positive aspects of the human experience, love and care for self and others."  
- Mia Morton

Every person has the right to live the way they wish and should be respected for the way they are. This group is often not considered like the other groups of the society and is denied of the basic rights and are discriminated, which may lead to a social trauma and other psychological difficulties. And, this need to be addressed.

This pride month, we bring you, our colourful and uplifting newsletter to celebrate the LGBTQ+ community in our world.

Happy Reading!



# RAINBOW FLAG OR LGBTQ FLAG



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The rainbow flag is a symbol of lesbian, gay, bisexual, transgender (LGBTQ) and queer pride and LGBTQ social movements. Also known as the gay pride flag or LGBTQ pride flag, the colors reflect the diversity of the LGBTQ community and the spectrum of human sexuality and gender.

Originally devised by artist Gilbert Baker, the design has undergone several revisions since its debut in 1978, first to remove colors then restore them based on availability of fabrics. Baker's first rainbow flag had eight colors, though the most common variant consists of six stripes: red, orange, yellow, green, blue, and violet. The flag is typically flown horizontally, with the red stripe on top, as it would be look like a natural rainbow.

## LGBTQ Pride Flags and What They Stand For

**Gilbert Baker Pride Flag** In 1978, Harvey Milk, the first openly gay elected official in California, asked artist Gilbert Baker to create a Pride flag. Gilbert wanted to create "something that was positive, that celebrated love

The colors have the following meanings:

**Pink:** Sex

**Red:** Life

**Orange:** Healing

**Yellow:** Sunlight

**Green:** Nature

**Turquoise:** Magic

**Blue:** Harmony



**Rainbow Pride Flag** This flag is used to symbolize the overall LGBTQ community. Many organizations and businesses use this flag as a symbol to show that their establishment is a safe space for everyone in the community. The pink and turquoise from Gilbert's original flag were excluded so it would be easier to mass produce.

**"Progress" Pride Flag** This flag was created in 2018 by Daniel Quasar in response to Philly's updated pride flag. It combines the colors and stripes from Philly's version of the pride flag and the colors of the transgender pride flag.

On the flag's Kickstarter, Quasar says, "When the Pride flag was recreated in the last year to include both black/brown stripes as well as the trans stripes included this year, I wanted to see if there could be more emphasis in the design of the flag to give it more meaning."

There are atleast 21 LGBTQ Pride Flags and Tons of people use the rainbow flag to represent the LGBTQ community, but it's not the only flag that people in the community connect with. Different groups, genders, and identities have come up with their own flags over the years to bring awareness to their unique needs and experiences.

**EVA AGARWAL**

# HOMOSEXUALITY RE-EXAMINED

The American Psychiatric Association and the American Psychological Association have suggested for many years now that there is significant empirical evidence supporting the claim that homosexuality is a normal variant of human sexual orientation as opposed to a mental disorder. The two groups that are typically deemed authoritative and credible experts on mental disorders in the United States are the American Psychological Association (APA) and the American Psychiatric Association.

The American Psychiatric Association publishes the Diagnostic and Statistical Manual of Mental Disorders (DSM) which is the handbook used by health care professionals in the United States and much of the world as the authoritative guide to the diagnosis of mental disorders. DSM contains descriptions, symptoms, and other criteria for diagnosing mental disorders. The Diagnostic and Statistical Manual of Mental Disorders has been considered to be the authoritative guide to the diagnosis of mental.

The stances of the APA and the American Psychiatric Association on homosexuality are discussed in at least two important documents. The first is the Brief of Amici Curiae for APA, American Psychiatric Association, the second is the APA document titled “Report of the Task Force on Appropriate Therapeutic Responses to Sexual Orientation.”

The Two Associations’ Stance on Homosexuality

The APA writes: Same-sex sexual attractions, behavior, and orientations per se are normal and positive variants of human sexuality—in other words, they do not indicate either mental or developmental disorders. (Glassgold et al. 2009,)

They explain that by “normal” they mean “both the absence of a mental disorder and the presence of a positive and healthy outcome of human development” (Glassgold et al. 2009,). The authors writing for the APA believe that the previous claim “has a significant empirical foundation” (Glassgold et al. 2009,). The Brief of Amici Curiae for both the APA and the American Psychiatric Association uses similar language:

Decades of research and clinical experience have led all mainstream mental health organizations in this country to the conclusion that homosexuality is a normal form of human sexuality.

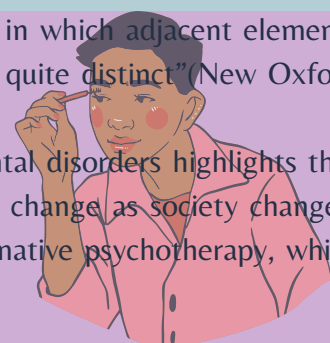
(Brief of Amici Curiae 2003,)

The basic stance of the APA and the American Psychiatric Association is that homosexuality is not a mental disorder but is rather a normal form of human sexuality, and they propose that their stance is based on significant scientific evidence.

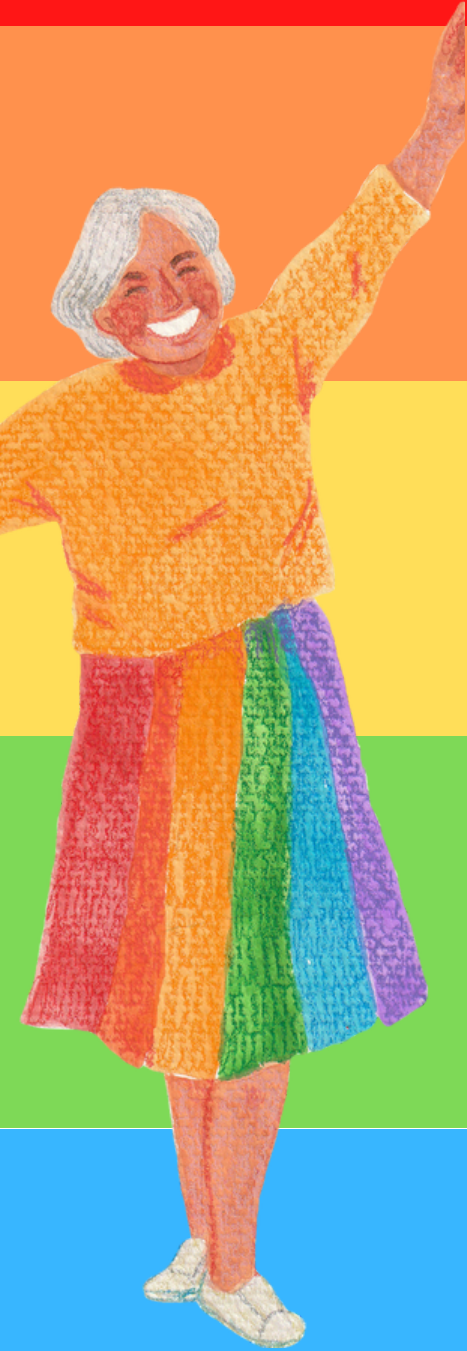
Sigmund Freud, suggested that homosexuality was “nothing to be ashamed of, no vice, no degradation, it cannot be classified as an illness, but a variation of sexual function” (Freud 1960,).

In regards to homosexuality, Kinsey (and the APA authors) concludes that because some people experience sexual attraction to the same gender, then it automatically follows that there is a normal continuum of sexual attractions. A “continuum” is a “continuous sequence in which adjacent elements are not perceptibly different from each other, although the extremes are quite distinct” (New Oxford American Dictionary 2010, s.v. continuum).

The evolution of the status of homosexuality in the classifications of mental disorders highlights that concepts of mental disorder can be rapidly evolving social constructs that change as society changes. Today, the standard of psychotherapy in the U.S. and Europe is gay affirmative psychotherapy, which encourages gay people to accept their sexual orientation.



# तालियों के शोर में



ना ज़िंदगी ने दिया मौका  
ना समाज ने अपना लिया  
इन तालियों के शोर में  
मैंने अपनी आवाज़ को दबा लिया

किसी ने दिखाई दया  
किसी ने दी नफरत  
अपनापन कभी ना मिला  
ना मिली कभी कोई इज़्ज़त  
मिट्टी से हम बने  
मिट्टी में मिला दिया  
इन तालियों के शोर में  
मैंने अपनी आवाज़ को दबा लिया

खूबियां बहुत है  
मौका मिला ना एक  
कोई बन सकता था डॉक्टर  
कोई बन सकता था सेठ  
इन सब की खूबियों को  
साड़ी ने छिपा लिया  
इन तालियों के शोर में  
मैंने अपनी आवाज़ को दबा लिया

किसी का है हम मज़ाक  
किसी की है हम गाली  
छक्का किन्नर कोई बोलता  
कोई बोलता धंधे वाली  
इन सब की गालियों को  
सुनकर भी चेहरे को हंसा लिया  
इन तालियों के शोर में  
मैंने अपनी आवाज़ को दबा दिया

आदमी ने ना अपनाया हमें  
ना औरत ने अपनाया  
समाज क्या अपनाता हमें  
हमें तो हमारे अपनों ने ठुकराया  
इन ठोकरो से ही मैंने अपना  
जीवन बना लिया  
इन तालियों के शोर में  
मैंने अपनी आवाज़ को दबा लिया

हमें ना चाहिए कुछ भी  
बस थोड़ी इज़्ज़त दे देना  
अब कभी मुलाकात हो  
तो मुस्कुरा कर देख लेना  
तुम्हारी इस मुस्कुराहट को  
मैंने अपनी फतेह बना लिया  
तालियों के शोर में  
मैंने अपनी आवाज़ को दबा लिया

मोहिनी गुप्ता



# SECTION 377-PSYCHOLOGICAL PERSPECTIVE

SC noted that modern psychiatric studies and legislations recognise that gay persons and transgender do not suffer from a mental disorder and therefore cannot be penalized.

SC observed that homosexuality is not unique to humans, which dispels the prejudice that it is against the order of nature.

**‘Homosexuality not mental illness’: What the 5 judges said while striking down Section 377**  
**CJI Misra & Justice Khanwilkar’s opinion**

“It is pure science, a certain manner in which the brain and genitals of an individual function and react,” CJI Misra wrote.

**Justice Nariman’s opinion**

He highlighted Section 2 (s) of the Mental Healthcare Act, 2017, that defines mental illness to clarify that even Parliament does not think of homosexuality as a mental illness.

**Justice Chandrachud’s opinion**

“What is ‘natural’ and what is ‘unnatural’? And who decides the categorisation into these two ostensibly distinct and water-tight compartments?” the judge wrote.

The ruling also stated that “discrimination will not survive constitutional scrutiny when it is grounded in and perpetuates stereotypes about a class”. Section 377, the ruling said, “is founded on a stereotypical understanding of the role of sex”.

**Justice Malhotra’s opinion**

Malhotra clarified that homosexuality was not an aberration but a variation of sexuality.

“Sexual orientation is an innate attribute of one’s identity, and cannot be altered. Sexual orientation is not a matter of choice. It manifests in early adolescence. Homosexuality is a natural variant of human sexuality.”

Atri Kar, a 28-year-old school teacher in Kolkata asks “Will someone who hasn’t been able to express their sexuality for, say, 10 years, be able to overcome this ‘taboo’ overnight?”

Kar, who came out as a transwoman in 2014, fought a legal battle against the state of West Bengal in 2017 to include third gender in application forms for all public offices and won the case. “When I began sex reassignment surgery a few years ago, I already knew that if you want to have a revolution, you have to start it at your home,” Kar adds. “If I am unable to sensitize people I have grown up around, how will I be able to convince the rest of the world?”

CHETNA

# STUDENT SECTION

## AADI DEVELOPMENT CENTRE

**Impairment is defined as “any loss or abnormality of psychological, physiological or anatomical structure or function.” Disability, on the other hand, means “any restriction or lack (resulting from an impairment) of ability to perform an activity in the manner or within the range considered normal for a human being.”**

**Our college recently contacted an educational visit to AADI[Action for Ability Development and Inclusion].AADI's Vision is of “a world in which people with disability are an integral part of society, participating in the community and living life to the fullest, with equitable access to opportunities and services.**



**The place was made in a universal way i.e., people with or without any disability could do the daily task without anyone's help.**

**The orientation program was extremely informative which gave us a closer look of the fact that they are not different from us. We met a girl named Rashmi. She is a graduate and a javelin player having 27 medals and two awards. Interacting with her was so enlightening and motivating that despite having a disadvantage in her life she was able to achieve more than what an advantaged person is not able to achieve.**

**In order to ensure equal participation of differently abled persons in the society,Ability Development & Inclusion (AADI) launched a national resource centre in the Capital recently - SAMBHAV. Sambhav is the central unit of AADI. This unit of aadi "SAMBHAV" works with a tagline "YE SB SAMBHAV HAI"**

**It is based on the principles of universal design which,in turn,are founded on the United Nations Convention on the Rights of Persons with Disabilities (UNCRPD).**

**Sambhav provides facilities for demonstrations and practical use of the displayed items for persons with disabilities. It will help them get acquainted with the devices and make decisions to buy the particular device. The centre will have information about the price,availability and usage of such devices," a statement by the NGO said.**

**CHETNA AND GARVITA**

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