

# HOMOSEXUALITY

# LGBTQIA+

# IN PSYCHFUL

Monthly Newsletter by Department of Psychology June 2023

## Faculty Members

**Ms. Harpreet Kaur Rakhra**  
HEAD OF DEPARTMENT

**Ms. Perna Goyal**  
FACULY INCHARGE

**Ms. Kanishka Agrawal**  
FACULTY INCHARGE

**Ms. Shauryaa Sharma**  
FACULTY INCHARGE

**Ms. Pallavi Madan**  
FACULTY INCHARGE

## Live, Love and Laugh

Living, loving and laughing is everyone's basic right and love is one of the basic survival instincts, we kill for love and die for it so why are we not letting people love the way they want to. Homosexuality is loving the person of the same gender and nothing complex. Finding homosexuality as a problem is homophobic, which is as good as a mental illness and it's very necessary that it is cured so that no one suffers because of a less informative mindset. Homosexuals also wish to live, love and laugh in this life as heterosexuals do. It is essential to understand that everyone deserves respect and equality regardless of their sexual orientation and we all should create a world where every individual can live freely without any fear of discrimination, some people in this society use terms like gay and lesbian to criticize and also in a very abusive manner making it derogatory for the people who are living with that identity, that is why a lot of queers decide to live their life alone, choosing not to come out as who they really are. There are some people going through the fear of coming out of closet, so my advice to such is that it is totally fine to be in your closet, not to express it to the whole world but it is very important to accept yourself the way you are and the way you love. A special thanks to all those who never judged, who never blamed, who never broke trust, who always believed and the most important who always stood by such people facing difficulties exploring themselves, Because negativity is all around us the people who become light in this darkness are the angels.

-Pranjal Sharma

## Editor's Note

Dear readers

Sexual Orientation, many do not know is not black or white. It is the grey that people choose to ignore and call people with different preferences by various unpleasant names. It is a spectrum i.e., you could like boys, girls or both of them and nobody has a say in it. It is simply not their business. My request to you dear readers would be to help and support any friend of yours who is a homosexual or bi in this orthodox society of ours, and be a part of them being able to live a life that they want to and not hide behind a mask of falsehood.

-Levin Kumar

\* EQUALITY FOR ALL \*



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# INPSYCHFUL

## Sunshine

The way you would colour your bedroom rainbow,  
This dream that you have,  
But you are always forced to keep your doors closed for  
society.  
Just because they don't get it,  
doesn't mean you have to be miserable,  
But sadly, my friend you are.

To my friend who had a difficult teenage,  
You know that society throws rocks at things which shine  
And you shine the brightest my friend.  
You are perfect the way you are,  
Even if your family doesn't get it.

You, my dear friend, are my family  
And I will be the one, who does get it.  
Love means equality and respect  
Let's redefine the word  
and try to fill the generational gap  
The way you would colour your bedroom rainbow.

-Keisha Kapur



## The Boy in the Barn

Hush hush don't come out as we have sinned  
Dream of marrying a girl, a perfect fantasy  
the next time we meet at the forever,  
I will be with you and we'll be at peace  
We are not like them, sure we have sinned  
But do Believe we are all alive here  
To the only boy in the barn,  
Laugh into your glory  
Oh what a shame, I couldn't hold your hand  
But if I get the chance will I ever be your match  
If forever proves me wrong, I just want a moment  
To the only boy in the barn  
I have dreamed my happiness with you  
we are born sick but I love it  
and there is no innocence then our gentle sin  
to my only boy in the barn,  
my sin is you now because you make me human,  
you make me clean.

-Muskan Gaur

## Homosexuality:celebrating love in all its forms

Homosexuality is a natural and beautiful aspect of human diversity, representing love and attraction between individuals of the same gender. It is essential to foster understanding and acceptance of homosexuality in order to create a more inclusive and compassionate society. It portrays an intrinsic part of human sexuality and identity making it crucial to recognize that sexual orientations, are not a choice or a phase that can be altered. Rather, it is a fundamental aspect of a person's being, determined by a combination of biological, genetic, and environmental factors.

Celebrating homosexuality means recognizing and valuing the love and relationships of individuals within the LGBTQIA+ community. It is important to create a society where everyone, regardless of their sexual orientation or gender identity feels accepted, respected, and free to express their love openly. Embracing diversity enriches our communities, broadens our perspectives, and promotes empathy and understanding. Promoting acceptance and inclusivity involves challenging stereotypes, educating ourselves and others, and fostering an environment that values love in all its forms. By embracing homosexuality, we take a significant step towards building a society that upholds equality and supports the well-being of all its members. We need to dispel misconceptions and promote understanding, acceptance, and inclusivity to create a more compassionate and harmonious world, where everyone can live authentically and without fear of discrimination or prejudice.

-Disha Bhadwar



# IN P S Y C H F U L

## Accepting myself

Generally people think that accepting yourself is an overnight process. But, little do they know that it is a rollercoaster of emotions. I have been aware that I like guys more than girls since a very young age but society expected me to be "NORMAL". So, I grew up playing a version of myself rather than being my true self. I had always kept my feelings to myself and was afraid to open up. I had always been a studious person, so studies had kept me busy. But, during the last few years of my school, my orientation had started to trouble me. There were many times when I have hated myself and I had even started to considering myself abnormal. I have always hoped for a miracle that would make me normal. I used to feel very anxious. But with time, I understood that my orientation was not under my control. I was born the way I am. Although, I still feel anxious and insecure sometimes but I have learnt to face the consequences of my orientation. Being gay is one of the greatest gift God has given me.

"Owning our story and loving ourselves through that process is the bravest thing we'll ever do!"

-anonymous

♥ ACCEPTANCE ♥

## Why can't Ashutosh have a king ?

Why can't I have a king?

It's storm and rain,

Ashutosh is laying on bed thinking about his latest fantasy of dream world where his king will arrive but a thought of reality, in this world the king has a queen, why can't the king have a king...

It's cloudy and pink,

Ashutosh is hanging out with his friends, and the couples were a part of that group. He is still thinking of having his prince charming....

It's sunny and humid,

Ashutosh is feeling exhausted because of his thoughts and discomfort, trying to get rid of his body...

The feeling of worthless and helplessness is on peak...

It's a dark and haunted night,

Ashutosh has finally challenged the norms of society, he stood up and spoke his heart with courage and pride,

It's rainbow and a little bit of sunlight

Ashutosh has a new hope to find his king...

-Gayatri thakur

## The struggle within

For centuries, homosexual people were ostracized, discriminated against and even killed for their sexual orientation. They were forced to live the life of secrecy by constantly hiding their true selves from the world. But over time, society became more acceptive of homosexuality and LGBTQ+ rights. People are now able to come out and live their lives as their real selves without the fear of judgement. It's all well and good that people are accepting homosexual individuals, but what about the struggle that these individuals face in accepting themselves?

It's hard to explain the feeling of being trapped inside one's own mind, constantly battling with conflicting emotions, feeling ashamed and disgusted with their own self. Being constantly worried about what others will think of them and terrified of being rejected by their own friends and family. Every day, every hour and every minute feels like a struggle to keep up with the appearances and pretend to be someone they are not. Feeling trapped in their own body, unable to accept the person within. Sometimes they might try to tell themselves that it's okay to be who they are, but the fear and shame always seem to win. It's like a constant battle within their minds, which they somehow can't win.

Being gay, lesbian, bisexual, pansexual, transgender etc, is not a choice as much as some people may believe it to be. It is simply a part of who they are, just like their eye color or height. However, for many, accepting this part of their identity can be a lifelong journey.

The so-called society just never fails to point out that their sexual orientation is wrong or sinful, making it difficult for them to embrace it fully. Religious institutions, family members and friends may reject them solely because of who they love.

The process of self-acceptance can take years and even decades for some people. Struggling with feelings of shame, confusion and isolation, it takes a tremendous amount of strength and courage to come to terms with one's identity in a world that is often hostile towards it.

So, while it is important to talk about accepting homosexual individuals, people should also recognize the journey that they go through in appreciating themselves. Apart from simply acknowledging their existence, supporting them and helping them to accept themselves as who they are is also equally important.

-anonymous



# I N P S Y C H F U L

## Homosexuality: A part of Indian history

In recent years, there has been a huge debate on the LGBTQ+ community in India and whether it's a 'western' concept or not. The youth of this generation is aware homosexuality is not a 'concept' and is more accepting that the previous generations, but do we know that even ancient Indian history has several instances talking about homosexuality?

Gender fluidity, for humans and yakshas, is an acknowledged concept in ancient India. Queerness can be traced back from ancient epics and scriptures to medieval prose, poetry, art and architecture!

The ancient Indian text Kamasutra dedicates an entire chapter about erotic Homosexual behaviour and recognises gay and lesbian marriages which were termed as gandharva vivah. The Rig Veda references the tale of Varun and Mitra. They are a same-sex couple believed to be the representatives of the two halves of the moon.

In various ancient temples like Khajuraho and the sun temple, there are statues depicting love between same sexes, there have been mentions of individuals and stories about people from the lgbtq+ community even in our mythology and epics like Ramayana and Mahabharata.

The Mahabharata has an interesting story about Shikhandini, the feminine or transgender warrior of the time and responsible for the defeat and killing of Bhishma. Krittivasa Ramayana enunciates the tale of King Bhagiratha, who was born of two women.

Matsya Purana has an intriguing story where Lord Vishnu transitioned into a beautiful woman, 'Mohini'. He intended to trick the demons so that the gods can drink all the Amrit. Further, upon seeing Mohini, Lord Shiva fell in love with her, and their union led to the birth of Lord Ayyappa.

Homosexuality is also depicted in Sufism. Sufi Saint Bulleh Shah had pre-modern notions of sexuality and religion and portrayed them in his writings. His poems exhibited the fluidity of his sexuality and his love for his murshid, Shah Inayat. Another Sufi Saint Shah Hussain claims his love for a Hindu boy named Madho Lal in his works. Eventually, Shah Hussain and Madho Lal were buried together in

Lahore. Their remains in several texts symbolise divine love that lasted beyond their existence.

There is so much more evidence that homosexuality was acknowledged in ancient India and was prevalent throughout our history which disapproves of the notion of it being a western influence. There's enough evidence from history and mythology to suggest that the criminalisation of homosexuality was a foreign concept and its recognition is part of Indian culture. It's high time that we give the lgbtq+ community their rights and treat them with love and respect.

-Debarita Chanda

## Myth Bursting about LGBTQ

1. Myth: People who are Gay, Lesbian, or Bisexual should try to get cured.

Fact: Being Gay, Lesbian, or Bisexual is not an illness.

2. Myth: People who are Gay, Lesbian, or Bisexual molest children.

Fact: Child molestation is a crime of violence not sex and is unrelated to person's sexuality.

3. Myth: People who are Straight can become Gay, Lesbian, or Bisexual through exposure or recruitment.

Fact: Being Gay, Lesbian, or Bisexual, or Straight is not a common cold and is not communicable.

4. Myth: Being Gay, Lesbian, or Bisexual is a matter of conscious choice.

Fact: Being Gay, Lesbian or Bisexual is a process that is determined at an early age. It is defined by emotions, self-concept, and social identity.

5. Myth: LGBTQ+ individuals are a threat to society or traditional values.

Fact: The LGBTQ+ community poses no inherent threat to society or traditional values. Sexual orientation and gender identity are natural aspects of human diversity,

~Riya Mittal

## Editing team

**Levin Kumar (Editing Head)**

**Chetna khanna**

**Gopika Kapoor**

**Srishti Saxena**

**Titiksha Bhatia**

## Designing Team

**Aastha Masand (Designing Head)**

**Khushi Narang (Designing Head)**

**Jasleen kaur**

**Paavni Khurana**

**#LOVEWINS!**