

THE PSYCHLIC ZONE



SVKM'S
NMIMS
Deemed to be UNIVERSITY

**SUNANDAN DIVATIA
SCHOOL OF SCIENCE**

Relationships: A Tapestry of Light"

*Relationships, ah, sweet and sour,
A tapestry of joys and woes,
A mirror of our inner power,
That ebbs and flows, and ebbs and grows.*



*With self, we must be true and right,
And tend the garden of our soul,
For only then can we ignite
The spark of love that makes us whole.*

*With others, we must learn to see
Beyond the veil of flesh and bone,
And find the common bond that weaves
A tapestry that we call home.*



*Each heart, a world of hopes and fears,
Of joys and sorrows, love and hate,
And yet, when joined, they form the spheres
That makes the music of our fate.*

*So let us tend these fragile threads,
And weave a tapestry of light,
That spreads its beauty as it spreads
The power of love, day and night.*

Ria. A. Mehta



THE PSYCHLIC ZONE

Second Edition - March 2023.

RIPPLES OF RELATIONSHIP

THE PSYCHLIC ZONE

Second Edition - March 2023.

VISION AND EXECUTION:

Dr. Ruttuja Karkhanis More

STUDENTS:

Asma J Syed

Dhwani Jain

Tanvi Raichura

EDITORIAL DESK:

Professor In-Charge: Dr. Deepti Puranik

Students in charge:

Asma J Syed,

Dhwani Jain,

Tanvi Raichura.

DESIGN AND CREATIVES:

Professor In-Charge: Dr. Rageshwari Munderia

Student Coordinator: Tanvi Raichura

Team:

Akshata Devkar, BSc Sem 4.

Khushi Chauhan, MSc Sem 2.

Megha Shah, BSc Sem 4.

Rida Merchant, MSc Sem 2.

Taniya Naik, MSc Sem 2.

PUBLIC RELATIONS:

Professor In-Charge: Sayli Gurav

Student Coordinator - Asma J Syed.

Team:

Anagh Mishra, MSc Sem 2

Ayushi Patwal, MSc Sem 4

Hitekshi, MSc Sem 2

LEGAL AND LOGISTICS:

Professor In-Charge: Dr Deepti Puranik

Student Coordinator: Dhwani Jain

Team:

Urmi Shah, MSc Sem 2

Niddhi Shetty, MSc Sem 2.

YEARBOOK:

VISION: Dr Ruttuja Karkhanis More

Conceptualization by Asma, Dhwani & Tanvi.

ABOUT THE COLLEGE

SUNANDAN DIVATIA SCHOOL OF SCIENCE

Sunandan Divatia School of Science was started in 2007 with a view to provide undergraduate and post graduate students an opportunity to be a part of the unique learning methodology of the university, which lays emphasis on academic excellence combined with industry oriented training. With the boom in information technology and more and more sophistication in instrumentation techniques, there is now a very thin dividing line between the various disciplines of science. Therefore, there is a greater need for flexibility in scientific thought as well as training manpower on an interdisciplinary plane. With this thought in view, the SVKM's NMIMS introduced, highly innovative and unique interdisciplinary courses at the Sunandan Divatia School of Science from the academic year 2007-2008. The goal of the Sunandan Divatia School of Science is to be a Center of Excellence in the domain of Pure and Applied Science by providing quality education and research. All the Curriculums offered at the Sunandan Divatia School of Science are programs involving 'Research' and hence research constitutes a major thrust in all the programs. The focus is to generate a pool of highly qualified scientific talent who can fulfil the needs of Research Institutions as well as the demands in an industry setting. Thus, the programs ensure employability; address global demands and community development.

THE PSYCHLIC ZONE

Second Edition - March 2023.

Acknowledgment and Gratitude:

To begin with, we wish to extend our deepest appreciation to the Dean for setting a stage that encourages students like us to bring forth our innovative ideas. From the very start of this journey, our vision was clear- to create a platform that honors the talented individuals that exists in our college, especially in the psychology department.

As soon as we pitched this idea to our **HOD, Dr. Ruttuja Karkhanis More**, she was elated, her effusive support and guidance is what led to the resounding success this magazine holds today. Our cherished professor, **Dr. Deepti Puranik** has been an indispensable mentor, providing valuable insight at every step in the way. The unwavering trust and confidence of **Dr. Rageshwari Munderia and Mrs. Sayli** has played a huge role in our success. We also wish to express our heartfelt gratitude to our dear visiting faculties who have been nothing short of our cheerleaders and supporters, with their enthusiastic encouragement, we always had hope and faith.

Last but not the least, we express our deepest gratitude to each and every one of you, who have made the release of two magnificent editions possible at such a grand stage. It definitely wouldn't have been achieved without you all <3.

This edition holds special place in our heart as this marks the end of our journey with the magazine that we have crafted and nurtured like a newborn. It's a bittersweet moment that we share with our fellow students graduating this year! **This one's for you - Batch of 2023!** We hope you like it!

Regards,
The Psychlic Zone,
Asma J Syed
Dhwani Jain
Tanvi Raichura.

THE PSYCHLIC ZONE

Second Edition - March 2023.

Acknowledgment and Gratitude:

To everyone who have submitted articles, thank you for sharing a piece of you with us all. Kindly know that we cherished reading every article that was sent. While we would have loved to include every piece we received, we have saved few for future editions with themes that does more justice to your writing. You have inspired us and hope reading this edition puts a smile on your faces.

Psychlopedia:

Articles, blogs and reviews:

Aaryaki Chavan, BSc
Aishah Rumani, BSc Sem 6
Archita Narsaria, MSc Sem 2
Avani Solanki, MSc Sem 2
Bhakti Goyal, MSc Sem 4
Drishti Juthani, MSc Sem 2
Hitakshi Varma, MSc Sem 2
Ishika Kumar, BSc Sem 6
Krisha Bulani, BSc Sem 4
Megha Shah, BSc Sem 4
Mimansha Patel, BSc
Manul Srivastava, MSc Sem 2
Nidhi Shetty, MSc Sem 2
Nuvera Shaikh, BSc Sem 4
Panya Mota, BSc Sem 4
Parmi Gala, BSc Sem 4
Prithviraj Tawde, BSc 4
Rida Merchant, MSc Sem 2
Shreya Bandgar, Sem 2
Simran Sharma, MSc Sem 2
Taniya Naik, MSc Sem 2
Yukta Gandhi, BSc Sem 2

Hall Of Fame:

We are extremely proud of you
all to have achieved great
lengths in your respective
pursuits, Congratulations!!

Avantika, BSc Sem 4
Khushi Tela, BSc Sem 6
Navya Charan, MSc Sem 2
Simran Nair, BSc Sem 6
Swapnil Mahajan, MSc Sem 2

Poems:

Hitakshi Varma, MSc Sem 2
Mahi Pandya, BSc Sem 6
Manpreet Kaur, BSc Sem 6
Mayuri Shelar, BSc Sem 4
Pritha Yadav, BSc Sem 6
Prithviraj Tawde, BSc 4
Rajesh Kini, MSc Sem 2
Ria. A. Mehta, BSc
Sakshi Nair, BSc Sem 4

Psycheye:

Dilpreet Kaur Bhamra, BSc Sem 6
Hitekshi Gajra, MSc Sem 2
Mayuri Shelar, BSc
Mrudula Patil, MSc Sem 2
Nandini Agarwal, BSc Sem 4
Panya Mota, BSc, Sem 4
Tanaya Kulkarni, BSc Sem 4
Tanisha Laxmeshwar, BSc Sem 6
Shreya Bandgar, BSc Sem 2

EDITORS' THOUGHTS

Intricacies of Interactions:

Human beings are, without a doubt, the most paradoxical and enigmatic creatures on the planet. While we consider the earth our "home," we are incessantly searching for a sense of belonging and security in one another. If only it were possible to get this through Amazon Prime with same-day delivery. Nonetheless, Rome wasn't built in a day nor are relationships. Relationships are a gradual process that happens through thoughtful actions and gestures. Any relationship is built using the bricks of respect and trust, and what binds these bricks together is the glue of love. It is this unshakeable bond that enables us to lean on our loved ones, and to entrust them with our most vulnerable selves. Over time, the bond we have created with our significant other becomes a sanctuary that we can call "home."

Like any physical home, an emotional home also requires ongoing maintenance and upkeep. This entails introspection of the areas in the foundation of the relationship that needs work. As partners, we must share this space and work together to become the best possible versions of ourselves. This aim of mutual growth is essential to ensuring that our emotional home remains strong and resilient over time.

Humans are not a one storey building, we are skyscrapers. Each floor of our being represents a unique relationship. While there may not be the liberty of choosing the land, we have the power to choose the shades of love to color it with. Whether it be in our romantic relationships or familial bonds, when there is an acceptance of the person in their truest form, there already is love present. Soon we realize that the walls are mirrors, we see us in our home and our homes in us. Because when building a relationship, we are also building ourselves.

-Asma, Dhvani & Tanvi.

EDITORS' NOTE

With all the love, appreciation and support we received on our first edition of **The Psychlic Zone**, we now present the second edition- "*Ripples of relationship*". This edition purports to explore the dynamic nature of how differently we view relationships and how we view ourselves as an extension of our relationships. We often fail to pay much attention to the intricacies of relationships, as they allow us to love and also be loved.

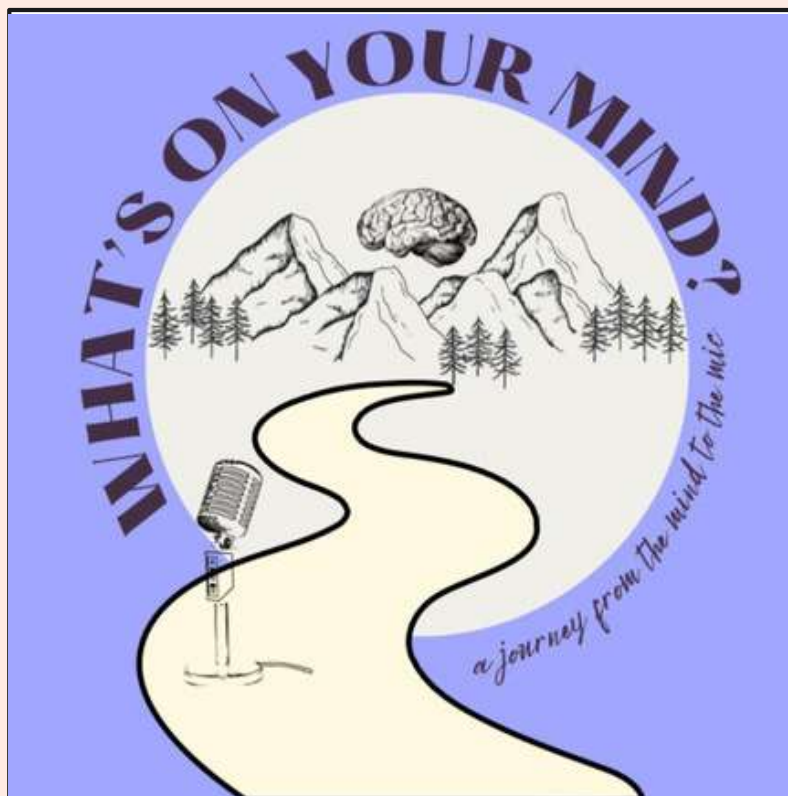
They say that you shouldn't judge a book by its cover. Magazines, however, are a different story. For the cover page of this edition, you will notice a man standing before a mirror covered with images and a checklist. The intention of the cover page was to bring to focus the importance of reflecting onto one's relationship with self and others. Relationships can have a far-reaching impact that extends beyond the individuals involved. Every article in this edition shines light on the complexities, hurdles and exquisiteness of relationships.

Bringing together a bundle of stories, articles, art and photography and sharing this tangible gift with you has been of great pleasure.

We hope you enjoy reading this edition!

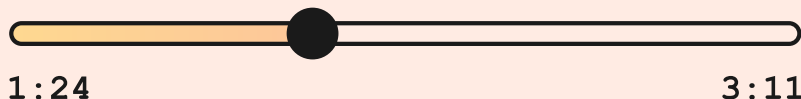
-Asma, Dhvani & Tanvi.

Now Playing



WHAT'S ON YOUR MIND?

A journey from the mind to the mic



Tune into WHAT'S ON YOUR MIND - A journey from the mind to the mic, for an insightful take on a varied range of topics. It is available on all major platforms under the name "What's on your mind."



WHAT'S ON YOUR MIND?

A journey from the mind to the mic

Imagine plugging in your earphones and finding a space so safe to bring light to what's hidden. Just you and I unleashing our whirlpool of thoughts from our minds to the mic. So, What's On Your Mind?

Episode 1

The clash of the ages is a generational battle that we aim to bring to light and portray how each generation complements and contrasts the others. We talk about the good, bad and uncomfortable aspects of every generation and try to find a healthy balance.

Featuring special guests Dr. Deepti Puranik, Dr Rageshwari Mundaria, Mr Hreem Mahadeshwar and Ms Dhruvi Morabia



Episode 2

We all love 'love'. That being said, it's imperative to understand it's crucial components. The episode hosts Yamini Sharma and Dr Joshua D' Silva to discuss intimacy, sexual experience and health. Now, that's how we wish you a Happy Valentine's! So sit back, relax and enjoy listening.

Featuring special guests Dr. Joshua D'Silva and Ms Yamini Sharma

Episode 3

Adulthood: that moment when you choose to stay in on a Friday night because you have laundry due. We're all growing up and adjusting to these kinds of struggles in our own exciting ways. Tune into this episode of "What's On Your Mind?" to hear from college students about their trials and tribulations of growing up..

Featuring Sarsi ji



Tune into WHATS ON YOUR MIND - Audiobook edition to listen to some of our best articles. We're extremely glad to collaborate with the wonderful podcast team for this venture.



*Loving yourself
is not a vanity,
it's sanity*



THE PSYCHLIC ZONE

CONTENT:

1	PSYCHLOPEDIA	1
2	BUILD YOUR RELATIONSHIPS!	21
3	PSYCHEYE	28
4	HALL OF FAME	32
5	YEARBOOK 2023!	35

Relationship through the lens of the editors

ASMA SYED:

"THE ULTIMATE SUPPORT TO KEEP GROWING AND RISING TOWARDS THE HIGHEST POTENTIAL OF SELF".

DHWANI JAIN:

"ACCEPTING EVERY VERSION OF YOUR PEOPLE AND LOVING THEM DESPITE THE FLAWS".

TANVI RAICHURA:

"COMFORT TO BE YOURSELF, TO NOT SHY AWAY FROM WEARING YOUR UGLIEST PJS AND HAVING THE MOST MESSY HAIR AND STILL FEELING BELONGED AND LOVED BY YOUR PEOPLE".

The background of the page is a photograph of a library. On the left, there are tall wooden bookshelves filled with books. On the right, several white, teardrop-shaped light bulbs hang from the ceiling. A large, light blue diagonal band runs from the top left towards the bottom right, partially obscuring the bookshelves and lights.

PSYCHLOPEDIA

THE RELATIONSHIP BETWEEN SELF-COMPASSION, INTERPERSONAL COMPETENCE AND SOCIAL CONNECTEDNESS: A SYSTEMATIC REVIEW

AUTHOR - MANUL SHRIVASTAVA MSc AP, SEM 1.

Self-compassion, interpersonal competence, and social connectedness are known to be associated with improved well-being. Social connectedness is negatively correlated with loneliness, which decreases mental and physical well-being and is a major risk factor in depression. The present review aimed to assess the current knowledge of these concepts, so as to identify research gaps and priorities that would aid individuals in improving these characteristics, by analyzing researches on the relationship between self-compassion and interpersonal competence, and those on interpersonal competence and social connectedness. Results revealed that self-compassion significantly impacts all five task domains of interpersonal competence (initiation of interaction in relationships, assertion of personal rights and displeasure, self-disclosure of personal information, emotional support of others, and interpersonal conflict resolution), while interpersonal competence was significantly related to improved social connectedness. Self-compassion also impacted belongingness, which is a factor in social connectedness. Very few studies have been conducted in developing countries compared to developed countries. Future research consisting of population samples from different cultural backgrounds could help in furthering our understanding of the interplay of different factors in the development of self-compassion, interpersonal competence and social connectedness in and amongst individuals.



Scan the QR for the full article

PREVALENCE OF MENTAL HEALTH ISSUES AND MINORITY STRESS AMONG THE LGBTQIA+ COMMUNITY IN INDIA

AUTHOR - NIDHI SANATH SHETTY, MSC AP, SEM 2

Background: last decade has seen a lot of conversation about issues of LGBTQIA+ (lesbian, gay, bisexual, transgender, queer/ questioning, intersex, asexual, and others) individuals in India, but they continue to be a group showing poor health equity.

Objective: This descriptive content review attempted to explore 5 questions: what is the nature of existing research on mental health of LGBTQIA+ individuals, what are the pathways that contribute to mental health issues, and whether the existing health facilities mitigate or facilitate these pathways, what are the interventions proposed for this group, and exploring the gaps in research that can be addressed in the next decade.

Method: “Mental health aspects” were described as variables relevant to understanding individuals’ cognitions, emotions, and behavior. We searched for literature in online journal

databases, in archives of the most prominent journals, on websites of prominent LGBTQIA+ organizations, and through cross-referencing of papers obtained. The data were abstracted and coded into themes and subthemes. We found 22 reviews and reports, 4 viewpoints and comments, 7 editorials, 1 conference proceeding, and 60 original articles.

Conclusions: Prevalence studies reveal that LGBTQIA+ individuals were found to show high rates of mental health concerns, and that the adapted minority stress model may be a crucial pathway for the same. Lived experiences, factors related to mental well-being, and societal attitudes have also been studied. Intervention studies are relatively fewer, and certain subgroups of LGBTQIA+ identities are less represented in research. Gaps in research were identified and recommendations for research in the coming decade were proposed.

Scan the QR for the full article



ADULT ATTACHMENT STYLE AS A PREDICTOR OF AMBIVALENT SEXISM

AUTHOR - RIDA MERCHANT MSC AP, SEM 2

The complex interpersonal relationship between a man and a woman has been in the forefront of research for decades. Although several researches have been conducted to study the interplay between attachment styles and its effect on adult romantic relationships (Feeney & Noller, 1990, Simpson, 1990) as well as its psychological influence (Bifulco et al., 2002), not much is known as to how personality factors such as the nature of an individual's attachment predispose them to adopt sexist ideologies. This study focuses on adult attachment as a predictor for ambivalent sexism. A sample of 140 participants aged 18 - 25 years were recruited for the study. To quantify adult attachment and ambivalent sexism, the scales Revised Adult Attachment Scale (Collins, 1996) and The Ambivalent Sexism Inventory (ASI) (Glick & Fiske, 2018) were used. Regression analysis was used as the statistical tool and the R value was found to be 0.63 and the t values for Attachment Anxiety, Attachment Avoidance were found to be 0.64 and 3.21, respectively. Therefore, the data analysis indicated that Attachment Avoidance was a significant predictor for Ambivalent Sexism.



Scan the QR for the full article

KINTSUGI: THE ART TO MEND THE BROKEN US

-PRITHVIRAJ TAWDE, BATCH 2 SYBSC

T'Broken', what are your thoughts when you hear this word? Let me pen down that for you.

Your primary thoughts would be, 'Hurt, betrayed, unsuccessful, socially-exclusive, etcetera. Now to summarize all of this, our entire teenage life revolves around this. There's a reason why when every author, from Shakespeare to Salinger, write about young people, they can't avoid the truth that being young is so painful; it's almost too much to feel.

Even if you are from a well-adjusted family, life is still not easy for you because your parents pressurize you to think about your future and some of the parents force you to do something that you would never want to . Your friends influence you to do bad or good stuff, even if you have no interest in doing it but you do it anyways to seem cool or not to be disliked. The society says if you want to be accepted, you shouldn't have any vivid or different characteristics. You should not have any flaws as well as perfections. You should fit in the school of fishes who should not get out the pond to surf the stream or the waterfall; otherwise you'd be regarded as a rebel.

On the other hand, social media wants us to be different. It makes us hate our own bodies and that results in them making a new mold for ourselves. The mold could be good but the chances of being bad are more. Why? Because people are not able to finish the line of perfect beauty standards set by the media. Even if you try to be a part of the happening, you are taken down by haters. And even if you reach the finish line, the world wants you to run more... If you don't, you are mercilessly thrown out. A living hell, isn't it? In my opinion, hell is better! Because of all this, we are broken, shattered into a million pieces. Our life, is nothing but a crushed earthen pot which was once filled with innocence and dreams.

Adults, parents, grandparents never seem to understand us. According to them our mental health is of no importance if we are physically fine. But let me tell you this, "Adults are lucky people who got out of the teenage limbo alive." If we minus out the social media part, our adult generation went through all of this, maybe their circumstances were even worse with so less awareness and no help cry, but as I am not here to compare, I would like to conclude by saying that no one gets through life with ease. Even when you feel someone made out easily, I'd like you to stand at that person's place and go through all of his/her highs and lows, euphoria and despair, success and failure. And now I would like you to see the bigger picture with me...

How many of you wondered, what does the title mean? What is 'Kintsugi'? In Japanese, Kintsugi is a powerful metaphor for life which means that nothing is ever truly broken. It is an ancient Japanese art where broken pots are mended together. Kintsugi beautifies the breakage and treats it as an important part of the pot's history. Believing that the broken pot is not something to be discarded, but as something more precious than it was before, it is reassembled!

Obviously, I am not telling you to objectify yourself as a mere broken pot but I would appreciate if you put your journey up until now in the place of the pot and imagine how many times have you been broken? How many times have you fallen only to be mended in a different shape? Many times, I have been broken and I wanted to stay like that, cold and pale and motionless, but once I got up, I noticed how beautiful my body and my mind had become. How beautiful my glued scars were and how meaningful this experience was. Well, How does one do that or I do it? According to me, it has two salient keys.

1. Finding the Ying to your Yang: By this I do not mean finding the Romeo to your Juliet or in other words your lovers. Ying Yang are two opposite forces of nature but when they are together there is balance and peace. The black and the white do not consume each other but revolve around themselves completing each other. Similarly, you need someone or something to help you mend yourself, to help pick yourself. There is no shame in asking for help! For an instance, I am good at expressing myself through writing but I am horrible when it comes to talking. Many people remain untouched by words, but by voice, they listen. So, I need someone who could voice my thoughts and emotions. Again, it need not be your better half or soulmate. It could be your friend, sibling, parents, guitar, tennis, dance, or even you, yourself! You or the person or the thing that acts as a glue, a very strong adhesive to help you fix yourself. It helps you to reassemble yourself in a different pattern you've never known. If your Yang is virtuous, you will have a beautiful design. A design of betterment, sanctity and boldness. If your Yang is bad, you'll seldom build yourself and even if you do get back up, it would be to no avail. It is in your hand; it is your own dive. Nevertheless, I hope I find my Yang and so do you!

2. Extinguishing the tempest: Let go of regrets, your bad past and your mistakes but never forget why they leave a scar. It is just naïve to be scarred over and over by the same tempest. Also, let go of the toxic people or surroundings or relations. It does you no good but degrade your health even more! Let me tell you that letting go is not easy, it is one of the most difficult things you would ever do. At first it is difficult, at second it is more difficult but eventually it gets easier. I know you have read about this many times but I will keep reminding you of this until you get better for us and importantly for you! If you get these keys, trust me, you'll be a beautiful scarred mended person. A reminder that being scarred or flawed is not being weak nor is it being hideous. It is a testimony, a proof that you made through this cruel journey of teenage life. You not only applied the Darwin's theory physically but also mentally. Be proud of yourself and go on and never look back. As Henry Page rightly said, "Scars are not reminders of what's been broken, but rather of what's been created."

References from the beautiful movie, 'Chemical Hearts'

NAVIGATING RELATIONSHIPS WITH AVOIDANT INDIVIDUALS

-YUKTA GANDHI, BATCH 2 FYBSC

"Some people never say the words 'I love you'. It's not their style to be so bold. Some people never say those words 'I love you' but like a child they're longing to be told."

-Paul Simon, *Something So Right*

As we grow old, we meet several people along the way- friends, romantic partners, acquaintances, etc, we learn that every individual has their own style of forming social connections. These styles or patterns of social connections are called attachment styles. The attachment theory was originally given by John Bowlby and Mary Ainsworth. They described it as the emotional bond between a child and their caregiver. As children grow older, their primary attachment shifts from a caregiver to a romantic partner or a friend. Bartholomew (1990) proposed a two-dimensional model of adult attachment. She said that there were two independent dimensions to attachment- self-image and image of the other. For example, a negative view of self and negative view of the other would consequent in an avoidant attachment style.

Many of us have had a relationship wherein our partner appeared loving and interested and withdrew when we sought emotional intimacy, or a parent who showered us with love only to pull away for the sake of our independence. They most likely had an avoidant attachment style. Avoidants operate with a deactivated attachment system, they believe that seeking proximity with an attachment figure is futile, they maintain distance and remain independent. They tend to deny the need for intimacy, decrease both negative and positive interactions and feelings and hence tend to be more dissatisfied in relationships. (Shaver & Mikulincer, 2002; Mikulincer et al., 2003).

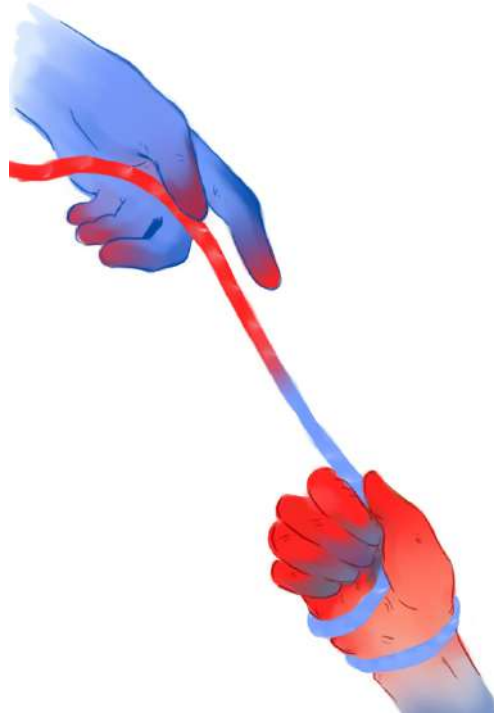
Avoidant attachment styles are formed largely as a result of emotionally unavailable or unresponsive caregivers and parents. They carry the suppression of emotions into adulthood and it manifests in adult relationships. As a partner or a child of an avoidant, one can find themselves in situations where the avoidant pushes them away, not communicating till a point of outburst, lacking in commitment, etc. Unaddressed and unacknowledged, it can lead to ups and downs in a relationship and a consequent split.

When you are dealing with a partner or a friend who is an avoidant, a few things should be kept in mind for your well-being. Healthy boundaries must be set that as individuals, both accept. It is crucial for the non-avoidant partner to not take the withdrawal of the avoidant partner personally. The avoidant partner should be given space and comfort for them to confide in you. Above all, despite childhood experiences, it is possible to make things work only if both sides are willing to heal past trauma.

Similar to childhood attachment, adult attachment style is a foundation for navigating through expectations and understanding of relationships, it is often frustrating for the avoidant individuals too. According to Carvallo & Gabriel (2006), avoidants have a fundamental need to feel connected to others as well. Under the hard shell of denial and indifference, there lingers a desire to be included, loved and accepted by others.

WHAT IF THEY LEAVE?

-MIMANSHA PATEL, BATCH 1



Artwork by Akshata Devkar

There was an emptiness I could feel inside of me. Cold, if you may. Sitting in the dark felt good though. No one could see me. No one could hate me. It seemed like my mind was on its own mission of self-destruction, replaying memories I'd much rather forget. In an attempt to divert myself, I opened Instagram. Everyone looked happy there, going out for movies, parties, and whatnot with their friends. And here I was, lonely. What did I do to deserve this though? Am I really that bad, that no one would want to befriend me? Now that I think about a few people did try to talk to me, but I could see right through their façade. Everyone has motives, right? Hidden agendas. They come into your lives promising trust, companionship, and loyalty and then suddenly leave. Without a sign or a warning. Without a goodbye.

Abandonment Issues (fear of abandonment) is a form of anxiety that generally arises when a person has a strong fear of losing their loved ones and has a fear of being rejected, hurt, or abandoned by them. One common sign of people suffering from the fear of abandonment is that they are “people pleasers” and need constant assurance that they are loved. They are also very territorial and insecure about their relationships and tend to settle for unsatisfactory relationships.

Abandonment issues can be presented in three insecure attachment styles, namely Avoidant attachment style, Anxious attachment style, and Disorganized attachment style. People with an Avoidant attachment style tend to be closed off and they don't usually allow people to come near them or get to know them. People with an Anxious attachment style are too dependent on others and get overly anxious at the thought of their loved ones separating from them. People with a Disorganized attachment style struggle to maintain ordinary relationships and tend to be inconsistent with intimacy. Abandonment issues in children may lead to Separation Anxiety as well.

Causes

I had a group of friends in my building when I was little. We used to play together every day. I used to look forward to festivals because it was so much fun with them around. Holi especially. We were a close-knit group, always doing fun activities together. Then came eighth grade. A new girl had just moved into our building and had started hanging out with us. I liked her, she seemed fun. But after a few days, things changed. My friends stopped calling me as much as they used to. My best friend started canceling our plans and avoiding me. They must be busy, I assumed. I called them over to my house one day and they bailed out one by one. I got to know the next day that they had gone to a movie, with the new girl of course. They removed me from our WhatsApp group that night and that was the last time I heard from them.

Like most anxiety issues, the fear of abandonment develops quite early on in life, as a response to a traumatic childhood, for example, the death or desertion of a loved one, rejection faced by peers, etc. Abandonment issues can arise due to trauma faced in adulthood as well, for example, a romantic partner exhibiting infidelity or prolonged illness of a loved one. Genetics, Brain chemistry, and environmental factors have a role in developing abandonment issues as well.

Symptoms

People with a fear of abandonment generally find it difficult to trust others and don't take criticism well. They go to great lengths to avoid rejection or separation and tend to stay in toxic relationships. They're also known to get attached to people quickly and move on just as fast.

Effects

I do have friends now, but it's not the same. I feel like they secretly hate me and would get rid of me the first chance they get. I don't tell them any of my secrets because I'm so sure they'd use it against me whenever need arises. I don't really like it when they go out without me because what if the past repeats itself and they leave me? They're all prettier than me and I'm very sure they're ashamed of me and don't want to be seen with me in public. I have started blocking them after fights because it's better to leave them before they toss me away like trash, right? Somehow, I've become emotional these days. I cried in the shower the other day because they forgot my favorite ice-cream flavor. I hate acting this way, but what can I do?

Treatment

Therapy and Self-care are the primary treatments that can be used to manage abandonment issues. Therapists and counselors can help overcome fears of being abandoned and hence seeking out help from mental health professionals can be a useful way to cope from this issue. Additionally, making sure one's emotional needs are fulfilled is an important aspect of self-care that can help get through abandonment issues.

“DO YOU HAVE A DIRTY MIND?”

-SIMRAN SHARMA, MSC AP SEM 2.



Artwork by Akshata Devkar

What comes to mind when you hear hygiene? Surely, you must be thinking of basic hygiene rules- such as, brushing your teeth daily, taking a shower daily, wearing fresh laundry, combing your hair, etc. These are all important tasks in maintaining your physical health and well-being, doing so ensures that you prevent yourself from falling ill or catching any diseases. But, did you know that the practice of good hygiene transcends the boundaries of physical well-being into the mind?

Mental hygiene is the practice of performing daily activities that support and maintain mental health while preventing mental illnesses. Having good mental health is essential for us to be living up to our fullest potentials, and practicing mental hygiene helps us get there. Have you faced any of these difficulties lately?

- (1) *sleep disturbances*
- (2) *lack of energy, increased tiredness*
- (3) *lack of appetite*
- (4) *thinking of harming yourself or others*
- (5) *difficulty in concentration or focus*

If you experience any of these common mental difficulties, it will help to incorporate good mental hygiene into your daily routine. Given below are various examples and tips on how to maintain mental hygiene.

1. **Prioritizing Self-care:** Take care of your physical health by getting enough sleep, exercising regularly, and eating a healthy and balanced diet.

2. **Practice Mindfulness:** Focus on the present moment and practice mindfulness techniques such as meditation, deep breathing, or yoga. Through these activities, it is important to find awareness of your thoughts and feelings without judgment.

3. **Learn How to Manage Stress:** Identify sources of stress in your life and learn healthy ways to manage it, such as practicing relaxation techniques or indulging in activities that you enjoy to relax.

4. **Positive Self-Talk:** Become aware of how you talk to yourself. Replace negative self-talk with positive affirmations to boost self-esteem and promote a growth mindset.

5. **Build social support:** Surround yourself with positive and supportive people who can provide emotional support and help you cope with challenges. Connecting with others and building strong relationships is a useful skill to have, consider joining a club or group or spending time with friends and family.

6. **Set boundaries:** Easier said than done, but one must learn how to say “no”; in order to prioritize your own needs. This can help you avoid burnout, anxiety, and stress. These are just basic examples of how one can incorporate mental hygiene into their daily routine.

Remember that practicing mental hygiene is a continuous process and requires consistent effort. Start by incorporating small changes into your daily routine and gradually build upon them over time.

HUMAN PUZZLE

-NUVERA SHAIKH, BSC AP SEM 4.

Relationships. What comes to your mind when you hear the word “relationships”? It is either friends, families, romantic partners, or pets. But do we realize the most beautiful relationships are formed in those little interactions we make with people who might or might not be a part of our lives forever?

The word ‘relationship’ stands for a state of being connected, a way in which two or more people or things are connected to each other. And there’s also the concept of self-love and having a relationship with self, that talks about introspection, solitude, and mindfulness. Then comes that one kind of relationship, that misses our sight and mind, the one that we form and lose every single day, or over a period of time.

With it going unnoticed, you form a relationship with everyone you ever meet. The liftman who leaves the pressed-for-time you to your destination with a smile on his face. The partner whom you are not so privileged to call as your partner anymore, but who taught you how to make that perfect coffee, or left you with that crazy song playlist. Or that friend whom you no longer exchange eye contact with, but who turned you into the strong, beautiful human being that you are today. The cab driver whom you trust your life with, yes, your life, quite literally. When you travel in that cab, you let the driver take control over your life for those thirty minutes- trust.

Take into consideration any form of commute, the chaotic local trains or the bustling auto rickshaws, you trust the person at the wheel. Trust is something we look at as the base of any stable relationship. The classmate who might not be your friend, and yet chose to help you by sending those terrifying notes. Humans supporting humans, another baseline factor of a relationship.

In some way, we all share our DNAs with everyone else in this world, we belong to that one common ancestor. We share a relationship with everyone who comes and leaves our circle of life, be it for a few minutes, or for a lifetime. There’s so much we gain and lose, pick up and leave, every single day as we step out into this world to interact with fellow humans.

Every person you interact with falls into the lens of your life’s movie as a side character, leaving an impact to some extent; without whom it would just be a banal story with no development. Look around you and you will see yourself forming and breaking bonds with the people around everyday. Together these people form a puzzle. A puzzle, meaningless on its own but when added with nuances of these humans, starts to make sense, creating the awe-inspiring- you.

**REVIEWS:
EAT PRAY LOVE
- PARMIGALA, BSC AP SEM 4.**

Self-love is a term that has been thrown around a lot recently, but what does it actually mean?

In simple terms, self-love is the act of taking care of yourself, both physically and emotionally. This includes treating yourself with kindness and respect, accepting yourself for who you are (flaws and all), and placing your own well-being as a top priority. It is not about being selfish or self-centered, but instead about understanding that taking care of yourself is essential for a fulfilling life. The journey towards self-love involves self-discovery, self-acceptance, and self-growth, and the benefits are many, including increased self-confidence, resilience, and inner peace.

In the film "Eat Pray Love," we see the journey toward self-love beautifully portrayed through the story of Liz, played by Julia Roberts. Liz's life is in shambles after a traumatic divorce, and she feels lost and disconnected. In search of joy, peace of mind, and love, she decides to embark on a journey of self-discovery, traveling to Italy, India, and Bali.

In Italy, Liz indulges in the country's rich culture, food, and wine, and makes new connections. She rediscovers her passion for life and learns to appreciate the simple pleasures. In India, Liz visits an ashram and learns to meditate, which helps her to overcome her fears and inner demons. She starts to develop self-love and the ability to let go of the negative beliefs that have been holding her back.

In Bali, Liz meets Ketut, a healer who becomes her spiritual mentor, and Felipe, a charming Brazilian actor who becomes her love interest. Through her experiences in Bali, Liz gains the ability to let go of her past and enjoy the present. She learns that true love comes from within and that loving oneself is the key to happiness.

The film is beautifully shot, and the cast gives outstanding performances. Julia Roberts, in particular, evokes Liz's emotions with depth and realism. The supporting cast, which includes James Franco, Richard Jenkins, and Viola Davis, also give impressive performances.

Overall, "Eat Pray Love" is a film that encourages viewers to embark on their own journey towards self-awareness and self-love. It reminds us that happiness can be found in unexpected places and that it's never too late to start loving ourselves. If you're seeking motivation and direction for your own journey toward self-love, this film is a must-watch.

LABYRINTH: A MESS OF JOY AND SUFFERING.

-NUVERA SHAIKH AND KRISHA BULANI,
BSC AP SEM 4.

*we have always been in a labyrinth,
it doesn't entail misery
it also brings satisfaction;
satisfaction comes in various ways.
we never appreciate the labyrinth
because of its negative connotation,
but once we endure the pain
the happiness will prevail.
-krisha b.*

"You never get me. That's the whole point," says Alaska Young, while watching a commercial with her friend Miles in the electrifying novel by John Green- 'Looking for Alaska'. The novel is written in an unconventional sense in two tenses, "before" and "after"; highlighting life and death. The story revolves around the Protagonist Miles Halter and his person of interest Alaska, wherein Miles has always been living a predictable life while Alaska always leaves you hanging. Miles leaves behind a mundane life to join Culver Creek (the hostel) in pursuit of a more stimulating life, in order to seek "A Great Perhaps." Alaska is intrigued by the concept of "the labyrinth" and how it brings suffering to life.

Right at the start, Miles, a seventeen-year-old Alabama-based boy, mentions "because you simply cannot draw these things out forever. At some point, you just pull off the band-aid and it hurts, but then it's over and you are relieved." This depicts how a guy as young as Miles, too is consciously enduring distress that is keeping his lips sealed. As he moves away from home for university, he meets others who are going through a similar pattern of suffering. The one that stands out is Alaska, whose view of life and the world is as twisted as a labyrinth.

Alaska is seen as a strong-headed feminist, who enjoys reading books and is living life recklessly. We can see Alaska talking about life and death, through metaphors such as "It's not life or death, the labyrinth." and "I may die young, but at least I'll die smart"; as mentioned in the book "she lives for pretentious metaphors." She rails against the patriarchy, refusing to abide by the patriarchal laws, like the ability to iron clothes, and later how women shouldn't violate the sacred covenant and help one another rise above the patriarchal oppression. It seems that Alaska's view of the world is distorted, her character however is complicated to judge as she always states dark and witty statements. Alaska, a woman of mystery, has her set of unresolved issues and a vague relationship with herself; always a victim of extreme mood shifts, family drama and an intense infatuation towards a friend despite having a boyfriend. All these together contribute to the sufferings of her life.

She also has an impact on Miles's life throughout the book, his life tends to revolve and evolve around Alaska. However, Alaska repeatedly states "I would, but I have a boyfriend", whenever getting intimate with Miles, portraying how vulnerable she can be when it comes to relationships she genuinely cares

about; she uses it as a reminder for both herself and Miles, there is a boundary no one must cross.

Alaska and her friends have one rule, to always have each other's back and never rat anyone out; they also show the tendency of forgiveness when it comes to others, and their relationships with others are refined. When it comes to oneself, Miles is able to restore his relationships after unexpected suffering, however, Alaska doesn't seem to let go, she believes that there is a way out of the labyrinth but there's no way out of suffering.

There is an instance where she mentions "My Life's Library" when talking about her collection of books. She always wants a book to read, but she also has this notion that there's so much to do: cigarettes to smoke, sex to have, swings to swing on and that she will have the time to read when she's old and boring. Alaska never budes to entertain one through her glorious way of living, even if she is intrigued by literature and the existence of the labyrinth, she also shares an equal amount of interest in smoking and living a hilarious juvenile life.

It is seen how Alaska lives with the guilt of her mother's death for the past 10 years of her life since as a child she couldn't save her mum when she died of an aneurysm. Her father hates her for being a coward in the same situation, and it stays with them until she dies. Alaska is seen to be a heavy smoker, even if that means going against the school rules; reflecting a negative coping mechanism. There are a series of incidents that together contribute to Alaska's well-being and stress, which lead her to choose to step into the hands of death, by smoking like a maniac, showing a very relatable aspect of the life of an average teenager, who succumbs to unhealthy behaviours when unable to cope with the harsh realities of life. She viewed herself as a different set from others when she says "Y'all smoke to enjoy, I smoke to die." Here she indicates how her way of living is interconnected to suicide and this portrays how difficult it is to fit Alaska in one specific casket.

Can droplets of guilt come together to form an ocean as strong as you would want to drown in itself? Well, maybe. Alaska lives with guilt throughout her life, the guilt of not being able to help her dying mother, the guilt of ratting out her fellow schoolmates, the guilt of cheating on her boyfriend, and the biggest of all- the guilt of forgetting her mom's death anniversary. This results in her feeling miserable about who she is, and taking an impulsive step in now giving her complete self (not just her lungs) to the hands of death. And just like that, she dies, a straight and fast death. Leaving, relationships with her friends- scarred forever; while with herself- an escape from the labyrinth of suffering she endured all along.

DEAR ZINDAGI

-AISHAH RUMANI, BSC AP SEM 6.



Artwork by Khushi Chauhan

When we think of the word relationship, the first thing that usually comes to mind is a romantic relationship. We have all been through some difficult relationships, not just romantically but even otherwise. Unfortunately, in the hustle of life and maintaining its balance, we forget one of the most important relationships that we can ever form, a relationship with ourselves.

The general commotion of life often gets us confused with our relationships, especially the one with ourselves. There are innumerable instances that can bring out the best and worst in us, leading us to say certain things or act in a particular way that may be upsetting to those around us, and to us by extension. However, it is on us to keep ourselves motivated to keep going and keep moving forward, and also grow as individuals in the process by learning from our mistakes and carrying forward important lessons from past experiences into new ones.

An example of such a journey where a young woman struggles to establish a healthy relationship with herself as well as those around her, is the movie "Dear Zindagi". "Dear Zindagi" is a beautiful representation of one's journey with mental health where a young woman who was dealing with her own troubles had to make tough choices. I'm confident that many of us can relate to instances like these, even if they are not exact.

The film tells the story of Kaira, a young Mumbai-based cinematographer who has a history of a somewhat turbulent relationship with her parents. Kaira is portrayed in the film by Alia Bhatt. The protagonist's issues with her parents seem to have extended to her relationships in general. She meets a psychologist who helps her discover herself and her fears, helps her face those fears and deal with them. This helps her understand her relationships not just with others around her, but also with herself and by doing so, she develops a love for life through self-love.

Turbulence in a relationship not only affects the people involved but also has repercussions on the decisions that revolve around the relationship. One such troubled relationship and a potential dream project associated with it seemed to have triggered a series of sleepless nights and overthinking for Kaira. This story teaches us that it's only natural to be a little confused especially when we're dealing with challenging circumstances in life. So, Kaira visits a psychologist who seemed to have piqued her interest through his opinion on mental health at a conference. Throughout her sessions, she is shown to have grown as an individual, gained insight into her defense mechanisms, and finally was able to face her biggest fear. It's acceptable to seek assistance while adjusting to the changes that we have experienced; occasionally, we require some direction to view situations in a better light and this has been wonderfully depicted in the movie.

As Kaira continues her sessions, a number of memorable quotes by Dr. Jahangir Khan, the psychologist played by Shah Rukh Khan, come to light that is worth remembering. They all show how complicated our lives have become as a result of our complicated relationship with ourselves and our past. One realizes how crucial it is to occasionally make the simple choice of not putting oneself in a situation that one may not yet be ready to face. The movie also emphasizes allowing oneself to truly feel their emotions, process the situation for what it is, and then choose the path that is the most productive one for you at the time. If taking a step back results in a better relationship with yourself, then it's not the worst decision you can make.

The movie ends on a positive note depicting the protagonist as a young, happy, and healing woman, who has grown as an individual and in her relationships with her family. She has made peace with her past and is now entering a new phase in life, creating opportunities for herself and hopeful for an exciting future ahead.

Anti Denial

Why is the relation of pen and broken heart so strong?
 Why does smile always lose this race?
 Today i want to break this long term affair
 And write me a new one.
 A new crush
 Seems to have been unfolding.
 Will the poets and ink in the world
 Give me a hand?
 The engine is on, the track is led
 So I might as well turn my keys
 And lay back on the seat.
 This seat and i are like Ross and Rachel
 We cannot live without each other
 Yet find reasons to take "a break"
 Today i find this seat somehow comfortable
 The broken springs, the torn fabric
 The faded color and the unpredicted stains
 Remind me of the breaths I breathed on it
 It is like a mini vlog flashing in front of my eyes.
 My eyes
 My eyes are tired of finding a reason to cry about
 They search for the stuck CD in the radio
 The CD is a reminder of gone times
 Unlike memories it cannot be painted sad or tragic
 It shines the truth
 The truth of a marvelous life I have had.
 Its time
 It's time to resist resisting the seatbelt
 Stop faking the suffocation
 And enjoy the views on my ride.
 Have enough airbags for the crashes
 And enough storage for the photos till ashes.

Manpreet kaur, BSc Sem 6.

- the fragile self.

like plants and flowers bear thorns,
 humans develop a shield,
 an invisible gate
 they let none trespass.
 but when someone does
 their naiveness is revealed.
 and the reassurance of not bearing
 the matter of consequences
 shall be found in those little things.

- krisha b. BSc, Sem 4.



Someone, Somewhere.

Somewhere, someone waits,
To always cheer you up,
When you're sick and tired
And you really want to give up...

Somewhere, someone cares for you
More than anyone else,
For the open scars and wounds
That you've given yourself...

Somewhere, someone respects you
More than you can measure,
These are the kind of people,
That you really have to treasure...

Somewhere, someone thanks you
For making them a little bold,
For helping them lift their spirits,
With your wise words of gold...

Somewhere, someone wishes,
He wishes you to be his,
And loves you in shades of colors,
That doesn't really exist...

Somewhere, someone is proud of you
For the great human you've become,
For all the times you've been patient

And all the great things you've done...

_mind_your_words

-Sakshi Nair, BSc Sem 4.

Black Beauty

Black is beautiful
We've often heard
Then why isn't a crow
Considered a beautiful bird?

Is the society really being prejudice
Or just a few heads filled with malice!

The reason none of my talents count,
Is it just because of my melanin's amount?

The reason they said I had no spark,
Is it just because I wasn't visible in the dark?

Everyone loves dark clothes and hair,
But possessing dark skin, they wouldn't dare.

No longer will I keep shut and worry,
If not me, who will tell my story?

People will mock and talk and gaze
And I'll still be beautiful in a million ways...

-Sakshi Nair, BSc Sem 4.



In Loving Ourselves, We Learn to Love All

Self-love is the first step to love another,
For the love we give ourselves, we can also give
each other.

In cherishing ourselves, we learn to appreciate,
The unique qualities that make us great.

Love for others is a gift that we can share,
A way to show we care, to show we're there.
It's in the small things, the moments we
connect,
That love has the power to truly affect.

So let's start with ourselves, with kindness and
care,
And from there, we can spread love everywhere.
For in loving ourselves, we learn to love all,
And the world becomes a brighter, better place
for all.

Hitakshi Varma, MSc AP, Sem 2.



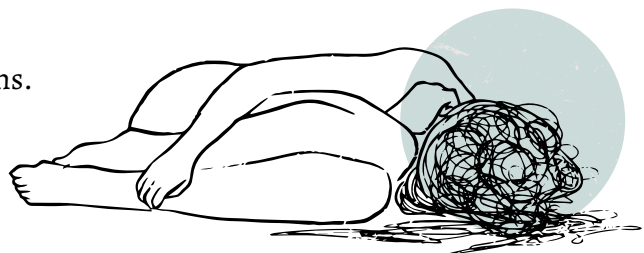
THE VOID.

I feel the emptiness within me as everyone around me is fading into dust
Every night I sleep with a heavy heart feeling the void which cannot be mended
In the middle of the crowd, I search for the faces I love but all I see is anguish
Everytime I have to let go of someone, they leave with a piece of my heart.
They say the broken pieces can be filled with gold but what about the pieces that got lost with time?

They say time will heal things but how should I pull through that span?
They say change is the only constant but how should I prepare my mind for this constant change?

I guess, that's the thing about despair
You lose your hopes at the cost of overwhelming emotions.

**Mayuri Shelar,
BSc AP, Sem 4.**

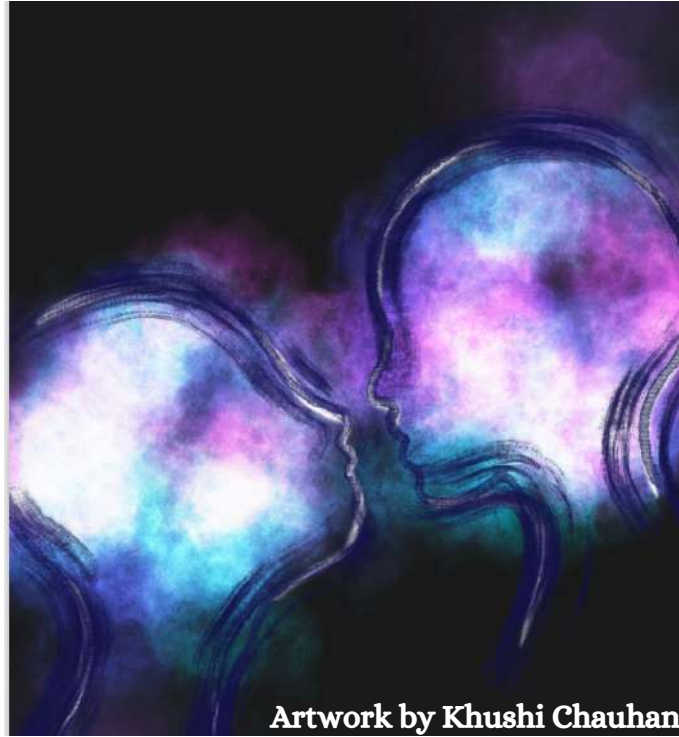




**BUILD YOUR
RELATIONSHIP**

INTIMACY

-DRISHTI JUTHANI, MSC SEM 2



Artwork by Khushi Chauhan

"Intimacy is not purely physical. It's the act of connecting with somebody so deeply that you feel like you can see into their soul"

Intimacy is usually associated with mutual vulnerability, openness, and sharing. It's common in intimate, loving relationships like marriages and friendships. The term is also used to describe sexual interactions, although intimacy does not have to be sexual. In a romantic relationship, intimacy is typically developed through time. While new relationships may include intimate moments, developing long-term intimacy is a slow process that takes patience and communication. Some people face fear of intimacy. People who are afraid of intimacy may not typically want to avoid it, and may even crave it, but they often push people away or even damage relationships.

TYPES OF INTIMACY

INTELLECTUAL INTIMACY- Intellectual intimacy is the act of sharing your views and skills. Your thoughts, dreams, fears, and experiences can all contribute to intellectual intimacy. Your partner is trusting you with their secrets when they disclose who they are on the inside and connect intellectually with you. The barrier that protected their hearts has been removed. A great example would be a couple that shares the same interests/hobbies or have a similar occupation. It can feel like when you are on the same page mentally, with your partner, feeling understood, being respectfully challenged, and expanding each other's perspective.

"HOW TO BUILD INTELLECTUAL INTIMACY

- Attitude- People are generally drawn to and form bonds with those who share their outlook. If you have or seek a positive attitude, you will be drawn to someone with a good attitude. If you are a pessimist, you will be drawn to others who have pessimistic perspectives.
- Values and Interests- Most couples bond over values and beliefs. People who follow the same belief systems are more likely to trust each other and connect intellectually.
- Reading together- Books are the most effective approach to broaden one's horizons and expand one's vocabulary. And, in all honesty, there's no better way to bond than by reading classic romance novels together. Having a weekly book club is the most effective method to get more intellectually connected. You and your spouse should choose to read novels that are in the same genre.

PHYSICAL INTIMACY - Physical intimacy is expressing love or desire through physical touch. A desire for touch is often innate and an intense driver for bonding. A couple must explore the kinds of physical things they enjoy apart from sex. Partners must understand that touching the other partner only for their own pleasure rather than how they want to be touched can break physical intimacy. Physical touch should not be initiated only for sex. Touching, cuddling, holding hands, and yes, sex, kissing, and other sexual activities are all part of it. Physical closeness is essential for long-term love partnerships.

HOW TO BUILD PHYSICAL INTIMACY-

- Offering a hand massage or neck massage while hanging out together.
- Holding hands in public making each other feel physically connected around other people can help increase a sense of safety and ultimately increases intimacy.
- Ensure that sexual activities are performed by the consent of both the parties and it is pleasurable to both as well. However, over the course of a relationship, it's common for couples to have sex less frequently. Its only remedy is to try something fun, to get out of the comfort zone with your partner and explore new ways to pleasure each other.

EMOTIONAL INTIMACY- Emotional intimacy is the connection that requires people to be curious, receptive, tune into emotional experiences together, explore each other's vulnerabilities and make an effort to understand the other person's perspective. Couples should explore each other's needs and support them. Couples should discuss how each of the partners like to be comforted when facing a low in life. We tend to confide in individuals we have faith in. That doesn't mean they always give us what we want to hear, but we trust that nothing we discuss in confidence will be repeated. We also don't expect them to minimize or dismiss our feelings.

HOW TO BUILD EMOTIONAL INTIMACY-

- Couples must share how they feel about the other's opinions, individual experiences, hopes, desires and values.
- Best way to gain trust is through uncomfortable conversations. When we are vulnerable in front of someone, they might share their own such experiences or feelings and this gives a feeling of security.
- Be a listener! Nothing is as important as listening to your partner. Most of the time we just need someone to listen to us and not give any advice. So it's best to ask your partner when they are sharing an issue whether they want to listen or would like advice on the topic.

"SELF INTIMACY - Self Intimacy is about being aware of your own feelings, caring about those feelings, and sharing them with your partner. Allowing someone to see you as you actually are while also allowing yourself to see that person as he or she truly is, is what personal closeness is all about. To be intimate with a partner, one must know themselves first completely.

Here are a few tips to help you practice self-intimacy :

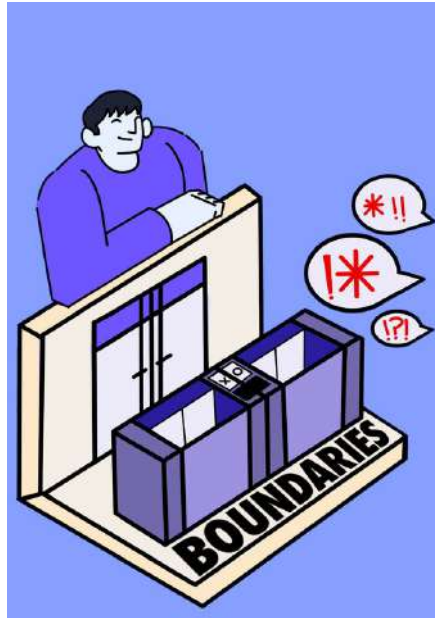
1. Take emotional responsibility for your actions and choose to respond in ways that are both good and productive. Be emotionally transparent with yourself and trust your instincts.
2. Start with what makes you happy, since practising self-intimacy doesn't have to be a time-consuming chore. So, start scheduling time for enjoyable activities.
3. Remember that you must first love yourself in order to accept love from others. Allow yourself to silence your inner critic so you can hear all of the positive things you and others have to say about you.
4. Make yourself more sexually aware of your desires and areas of pleasure. Before entering a sexual relationship, you must first discover what satisfies you. It's your awareness that will allow you to see what's lacking.
5. Journaling is a must! Just jot down your ideas at the end of the day while you're sitting alone with your thoughts. Make a list of what made you happy today, what provoked you, and what you want to improve about yourself. This will assist you in waking up the next day with a positive outlook on those activities.

TAKEAWAY MESSAGE

Allow yourself to express and explore your deepest feelings and ideas with someone you love and trust. Intimacy does not have to be limited to romantic relationships; in fact, having some amount of intimacy in all of your relationships is beneficial. After being vulnerable and open to the right person, you will feel safe and happy.

SET IT RIGHT BEFORE SERVING TO OTHERS

-ISHIKA KUMAR, TYBSC SEM 6



Artwork by Akshata Devkar

"[Let's talk boundaries]"

When the artistic 6 year old me enrolled for 'art classes' the first technique taught was to fill the boundary and then proceed with the rest of the parts of a drawing to yield a clear, beautiful picture. Now I wonder if this is the approach we use in a healthy relationship, where being 'us' does not overshadow being 'me'. Boundary setting is already a hot topic and if you define it along the lines as 'rules or limits you set' then we can take this conversation further. The most common example would be knowing when and how to say 'no' to that extra work that someone dumps on you which they didn't bother looking at. A number of (violent) scenarios may be playing in your head. But how does it play out when the extra work comes from yourself? Despite the toll it takes on you, do you nevertheless give it your more than all? This is where boundaries come in.

Why personal boundaries?

Boundary setting with yourself is undeniably a form of 'Self-care', another talk of the town. It empowers us to be the way we expect others to be with us and themselves. Think of personal boundaries as invisible doors which open to the things only you wish to let into your life. Let us not forget you are in hold of that door and control what transits in and out of it. Be it a bad habit you want to quit or the toxic 'ex' boundaries with oneself help us to ensure we are in equilibrium with our desires so that a sense of satisfaction is maintained. Ofcourse, there are things we do not wish to do but we still have to and that's how life goes on but the balance is important. Let us not confuse boundaries for 'indulgence' ; it is also a barrier to counterproductive behaviors.

For example limiting the amount of time on screen - a type of digital boundary we all struggle with, or the spend limit on your allowance this month. The point is it avoids distraction and assists in focusing on the important things in life. A few pre-established general ones can significantly impact the anxiety of micromanaging a decision making in future.

Boundaries are 'NOT' to make you feel guilty, they are an essential requirement that takes your needs into account. They are not inflexible and can be modified and accommodated to you without comparisons to others. What might be okay for someone else may not be okay for you.

How can you get that set right?

First, sit with a pen and paper ready to write down your thoughts. Writing translates our complex and countless emotions in a more concrete and precise way which makes it easier for us to work on them.

Moving on to the ways:

1. Identify the walks of your life in which you are struggling the most. For example, are you someone who gives their extra in a relationship? Try to be mindful of how much you possess and are able to give. As unrealistic expectations can neither be fulfilled by you or someone else. This could be a slow process so do not lose hope!
2. Align it with your values and attitudes. Make sure you take your perspectives, thoughts and actions into account and reflect. Stick to it as contradicting them is where a lot of problems stem from. Like in the previous example you value a mutual sense of respect and regard.
3. Customize it. Each individual is unique and so are our needs in settings, while you may have stringent boundaries in your work life it would be comparatively lax with family depending on the whole family dynamic. Hence it is up to you to decide what works the best.
4. Consistency is the key so practice. A new habit requires conditioning. We cannot abruptly begin and excel at something, learning requires time and repeating the said behavior. As we know diligence always pays off.
5. Express it (Compassionately). Verbalize your boundaries to yourself with patience and understanding. While we orient ourselves to others with empathy, we tend to be harsh on ourselves. Let go of the past mistakes and look forward to the future.

The takeaway.....

Boundary Making fosters growth and a positive sense of self. Along with others, having this with oneself is also equally necessary. It is not selfish but self-care. A healthy stand on boundaries can be achieved by reflecting and self awareness leading to a better intrapersonal relationship. So, when are you drawing the line?

HOW TO AVOID PEOPLE PLEASING

-ARCHITA NARSARIA, FYMSC SEM 2

People pleasing is a phenomenon wherein the person is constantly trying to be pleasant, agreeable and likeable to people around them. Now at the face of it, it sounds great, right? Someone in this cruel world trying to be nice and helpful? But it gets really counterproductive when the person starts compromising their own wellbeing, time and efforts fulfilling other people's needs and demands. It is usually observed that people pleasers can barely say no and define a boundary. Here are a few things to avoid helping others at the cost of your happiness and wellbeing:

Prioritize your own needs.

No, it is not selfish. you are allowed to put your own needs first to be proactive about living the life you want to. Ask yourself what you need and let that be the most important factor while making decisions about what you are going to do, agree to and take on your plate.

Pause before answering.

Instead of rushing to give a reply and automatically saying yes, pause. take some time to think about yourself and your needs before answering or agreeing with another person's request.

Get to know your authentic self.

People pleasers tend to agree with opinions and decisions they don't 100% agree with. If this happens frequently, we may have a hard time knowing who we are and what we value, so going along with others seems easier. knowing yourself can help you live a life for yourself rather than others.

Rehearse different ways to say no.

Often, we just don't know how to say no or we feel too uncomfortable doing so. practice saying no, and eventually you will feel comfortable denying things that may not be the best decision for you.

Validate and appreciate yourself.

People pleasing is often rooted in a need for validation and love. mainly from external sources. work on a better relationship with yourself, be kinder to yourself and appreciate you for you.

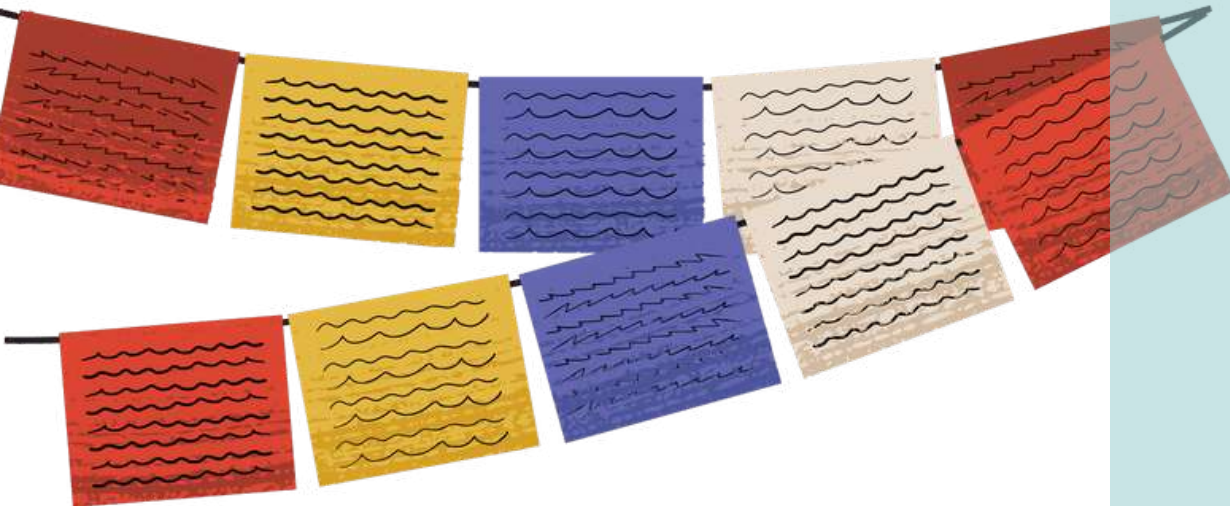


EXHIBIT PSYCHE

Tanisha Laxmeshwar

BSc Semester 6

My abilities, purpose, and potential lie within the freedom of the infinite sky, but I impede myself from moving freely and trap myself inside a cage out of fear. I'm so close to becoming my true self, but I'm still so far away mentally. Freedom scares me, yet I strive for it.

Dilpreet Kaur Bhamra

BSc Semester 6

I took this picture on New year's Eve and it speaks volumes to me as it helped me find a new perspective. I think whenever we humans are faced with solitude our deepest fears and stressors creep their way into our thoughts. Being a final year student this year is a turning point for my career and future. The moment in this picture made me realise how small (but significant) my problems are in relation to the outside world. It made me realise all that I have done for myself throughout all these years and that it's not me against the world but me against my older self!



Hitekshi Gajra

MSc Sem 2

Beyond only being able to see and hear birds, there is a connection between them and the early morning sky. The environment's cyclical cycles also provide a solid foundation for it. When they sing in the early morning hours when the air is typically peaceful and still, their vocals can be heard more clearly and farther away. Overall, the interaction between birds and the early morning sky is a beautiful and inspiring aspect of the natural world that everyone who takes the time to look and enjoy can enjoy. Being both serene and captivating is what makes it special. As the sun rises, birds can be seen and the sky acquires a soft and soothing tone. Since mornings are underrated... The beauty of mornings needs to be highlighted.



Panya Mota

SY - Batch 2

I looked at my friends who briefly forgot their worries about exams and smiled while playing this game. Suddenly, I experienced 'sonder' - the realization that each individual has a life as complex as mine. Yet, in such simple moments, we intertwine to be a part of each others' complex stories.



Nandini Agarwal

SY - BATCH 2

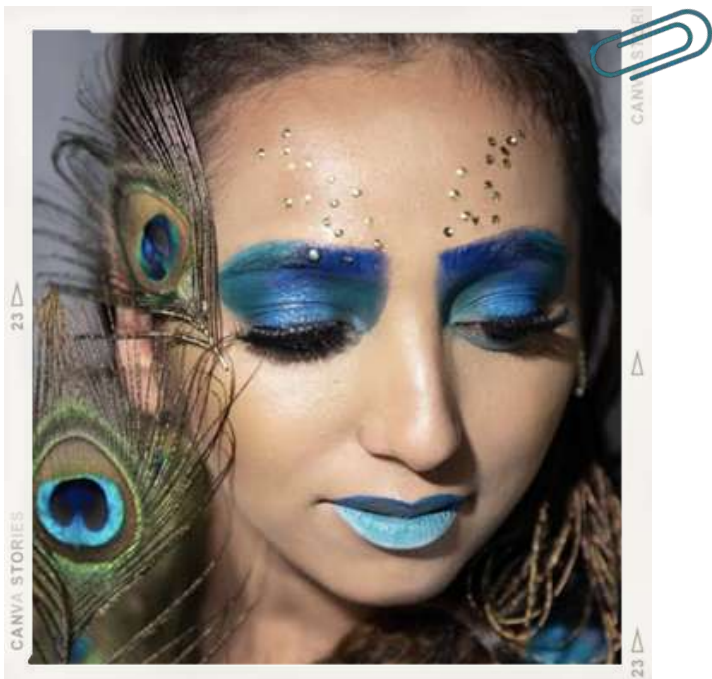
My relationship with myself, is the most loving. I respect myself, take care of myself physically and mentally, prioritise myself, treat myself to deserts as and when i feel accomplished, groom myself, spend time and enjoy my own company, believe in God residing in my heart and worship that god.



Mrudula Patil

Msc Applied psychology 1st year

A face where I am aware of the bones beneath the skin. A fine nose slightly shiny with grease, dark skin around the eyes that looked almost bruised. Dramatic eyebrows , mouth pouty in a self conscious way. Lip shade too dark and full. Is it someone I know or maybe my Fantasy?
follow: Makeupby_mrudula



Tanaya Kulkarni

SY Batch 2

Introspection is really underrated.
We claim to have no time for it.
But all we need to do is pause for a minute.
Talk to yourself.
How you are feeling? Ask yourself.
Breathe.
Accept and acknowledge what you feel.
You have come this far, be proud of your journey.
Remember, you are first and everything else is secondary.



Mayuri Shelar

Batch 2

The boat sailed the farthest it can,
It crossed paths with other boats,
but lost their sight beyond the horizon.
It faced the storms, drowned at times,
but found its way back to the shore.
We all are like that boat, aren't we?



Shreya Rajaram Bandgar

First Year Applied Psychology Batch 2

Someone asked me recently what I thought the meaning of life was. I couldn't tell Tanveer back then it was "solidarity".

Solidarity with all aspects of yourself.

This image is just like the relationship with myself, *"Even if the world becomes harsh, I have myself to rely on."*



A series of bright, yellow stage spotlights shining down from the top of the frame against a dark blue background.

HALL OF FAME

A white line-art wreath made of two olive branches, framing the text "HALL OF FAME".

HERES CELEBRATING THE VICTORIES OF OUR FELLOW CLASSMATES



Navya Charan and Swapnil Mahajan (FYMSc, Sem 2) presented a paper titled "A correlational study between Problematic Internet Usage, Loneliness and Psychological well-being" at the 27th International and 58th National Conference of Indian Academy of Applied Psychology in Delhi, India.

In September 2022, **Avantika Bharad (SYBSc, Sem 4)** got featured in the pan - India magazine called The Week. They ran a story about Bipolar Disorder and she was featured for sharing her story with them. She was diagnosed with Bipolar type 2 in 2020 and has been vocal about her journey with it ever since then. She also started her own podcast - **Beautiful You** about mental health and self development in November 2021. The Podcast has been featuring people who have been diagnosed with certain disorders and gives them a platform to share their journey.



Click here to access Avantika's -

[ARTICLE](#)

[PODCAST](#)

HERES CELEBRATING THE VICTORIES OF OUR FELLOW CLASSMATES



Simran Nair (Samaira) {BSc Sem 6} has worked on her passion for acting through three amazing projects. She has worked in two **music videos** “**Yaar hi Jhoota C**” by Afsana Khan and “**Bulleshah Warga**” by Master Saleem which have been released and are available on YouTube. She has also worked in an **upcoming Punjabi movie** “**Gudiya**”, which is yet to release in the cinemas. She says being a part of SDSOS, NMIMS has been instrumental in her development and helped her hone her passions in ways that would not have been possible otherwise and would like to extend a vote of gratitude to Sunandan Divatia School of Sciences and its respectable faculty for accommodating her dreams and helping her accomplish a milestone in her journey of academia.

Click here to access Simran 's work -

[YAAR HI JHOOTA C](#)

[BULLESHAH WARGA](#)

Khushi Tela {BSc Sem 6} worked with **YouTube Shorts India**- Reminiscing the best of 2022. The project composed a combination of 5 ad films and it celebrates a reach of **91 million**. She has also been practicing as a Voice Artist since 2018 and this was her 4th project for the brand-YouTube.

Click here to access Khushi's 's work -

[YOUTUBE SHORTS - 1](#)

[YOUTUBE SHORTS - 2](#)

[YOUTUBE SHORTS - 3](#)

[YOUTUBE SHORTS - 4](#)

[YOUTUBE SHORTS - 5](#)



YEARBOOK



2023

FAREWELL, FIRST BATCH OF NMIMS' SDSOS



Tanisha Lakshmeshwar, Sem 6
An old soul with young eyes, a vintage heart, and a beautiful mind.

Tanisha starts with a "D'ca"



Avani Patel, Sem 6
Eat, Sleep, Pray, Slay and Repeat



Pritha Yadav, Sem 6
"I am born to be real, not to be perfect."

Arijit Singh of the class



Mitiksha Phadke, Sem 6
You can always start again.
Always .



Khushi Tela, Sem 6
Those who wish to sing, always find their song.



Aishah Rumani, Sem 6
Always wanted a yearbook mention but never knew what I'd write. Guess some things never change!

Jay Veeru ki Jodi



Simran Nair, Sem 6
You get hate, when you do something right[®]*

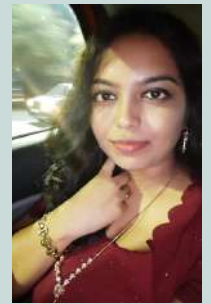
Jay Veeru ki Jodi



Ishika Chandak, Sem 6
Hakuna Matata



Prachi Shah, Sem 6
at least I discovered more past trauma to joke about.



Ishika Kumar, Sem 6
You light up my world like my primary visual cortex.



Mahi Pandya, Sem 6
"Why don't you explain this to me like I'm 5?" - Micheal Scott: S5 EP10

Ranveer Singh of the class



Afifa Aamer, Sem 6
goodbye everyone. i'll remember y'all in therapy



Kashish Sanghvi, Sem 6
Stay toxic



Samruddhi Pawaskar, Sem 6
Modern Family, S5 E13 - 5 minutes 57 seconds

The Late Lateef!



Dilpreet Kaur Bhamra, Sem 6
We'll never have today again :)

FAREWELL, FIRST BATCH OF NMIMS' SDSOS



Khushi Patel, Sem 6
A+

Poo of the class



Nishtha Jain, Sem 6
The memories feel like a beautiful dream... at least the trauma is real ☹️🥺

The troublemaker



Netri Shah, Sem 6
The Office, Season 5, Episode 14, Minute 09:11.



Tanisha Jadhav, Sem 6
Mee to life (Big bang theory S2 ep 4 5:59)

The Chandler Bing



Anoushka Bhanja, Sem 6
B99 - S1 Ep18 -17:22



Deshna Rahul Suryawanshi Patil, Sem 6
"You don't have to be crazy to be here, but it sure helps."



Sapna Deo, Sem 6
YOU are the problem.



Manpreet Kaur, Sem 6
3 years of Big Boss that I didn't sign up for

fan of Freud



Riddhi Singh, Sem 6
Better an Oops than a what if

Class' Stationary provider



Freya Savla, Sem 6
All my red flags make sense now.

The Naina Talwar



Udeshta Saikia, Sem 6
Naruto, Season 1 episode 4 04:22



Yuti Bang, Sem 6
Psychological symptoms and disorders sirf padhna tha, experience nahi karna tha



Ami Shah, Sem 6
New Girl S2 Ep15 06 minutes 02 seconds



Sakshi Shah, Sem 6
The Good Place, S2 E4, 03:27



Fiza Tandel, Sem 6
Live and let live, peace out <3

Class Negotiator

FAREWELL, FIRST BATCH OF NMIMS' SDSOS



Roshni Rijhwani, Sem 6

I used to be jealous of Harry Potter for being able to talk to snakes but it turns out I've been doing it for years



Urjja Hassanandani, Sem 6

You can retake an exam but you can't retake a party!



Harshita Mittal, Sem 6

Whatever you are, be a good one.



Gouri Rane, Sem 6

What if I told you, SPSS stands for substantial psychology student suffering

Always forgets to bring pens



Jayaty Choudhary, Sem 6

Allergic to agarbattis and social situations

Explains Concepts like Raju Rastogi



Kavya Shetty, Sem 6

Immanuel Kant, atleast immanuel tried

Class Negotiator



Ishika Parmar, Sem 6

be the person you want to have in your life



Divya Jain, Sem 6

Everything happens for a reason

SPECIAL MENTION:

Kabir Thapar of the class: Bilal Memon
Mr. & Ms. BSc AP: Nirmit & Nayanika
Late Lateef (Close Second): Pashmeen Ghumman
Jai- Aditi of the class: Bilal Memon & Shriya Jain.

2022 - 2023

Timeline

A trip is arguably one of the most exciting experiences any college student wishes to live through and what an experience it was! Not only did we take a much needed break from the mundanity of everyday routine, we also had the best time together and forged bonds that are bound to last long!



FIELD TRIP

We pride ourselves for maintaining our traditionality while keeping up with the modern times, and heritage day was one of the most beautiful ways to explore our cultures and share our values with each other. Helping each other with our outfits and posing for the most gorgeous pictures was a blast in itself.



HERITAGE DAY

PSYCH FILM FEST



A small yet memorable event that kicked off what is sure to be one of our most treasured traditions for years to come. The Psych Film Fest started off as an online affair and involved with a lot of improvisations and a chaotic schedule that we'll surely remember forever!

BOLLYWOOD DAY



Dressing up as our favorite Bollywood characters and taking pictures with each other was just pure, unadulterated fun!! The dialogs, the poses and the memories - a wave of nostalgia and love for each other and for Bollywood too, it's unforgettable.

FAREWELL, FIRST BATCH OF NMIMS' SDSOS



**DHWANI
'Conscientious' JAIN**

*'you've poured enough
coffee in my cup'*



SAMIRUN 'Brave' KHAN

'Live your purpose.'



**MILONEE 'Pragmatic'
PAREKH**

'Live and let live.'



AISHWARYA 'Serene' Rawat

*'The journey of a thousand
miles begins with the first
step in the right direction'*



**ANIKET 'Affable'
PALSULEDESAI**

*'Even this time shall
pass'*



ASMA 'Composed' SYED

'Sab Moh Maya Hai!'



BHAKTI 'Inspiring' MAHAMBRE

*'Worry pretends to be
necessary but serves no
useful purpose.'*



ANSHIKA 'Sunshine' JAIN

*'And you don't have to
change a thing The world
could change its heart'*



TANVI 'Tender' Raichura

*'Zindagi Migzara - Life
Goes On'*



AYUSHI 'Wise' PATWAL

*'Reward your resilient-self
and constantly call out the
self-deprecating one.' (Still
working on it)*



**SCAN THIS FOR A LITTLE
SURPRISE.**

MEMORIES

The first time we met as a class was a few weeks after our college began. hungout for the first of the many times at Chocolate heaven, that sort of has become humare class ka adda ab.



Psyched
filmfest/Traditional day
2022



Product Launch



First picture as a class



Psych Club Shenanigans



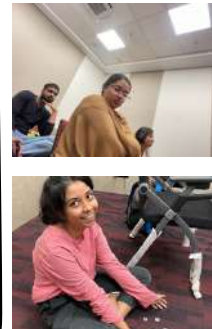
First TA-ship



Game sessions that
brought us close.



Jagrata Mornings.



course lene aaye the par
course humari le raha



Catatonic wave



Infinite mirror selfies!

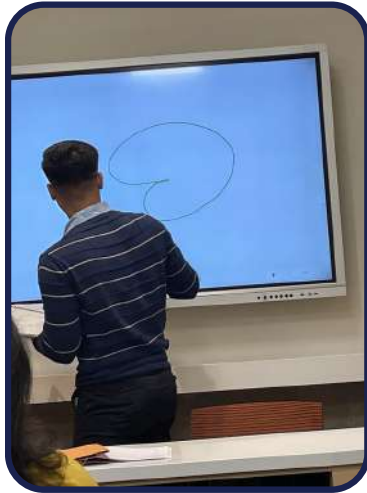


The one where Ruttuja
Ma'am walked in on us
trying to bully Aniket
into dancing on Oh
Ajnabee

MEMORIES

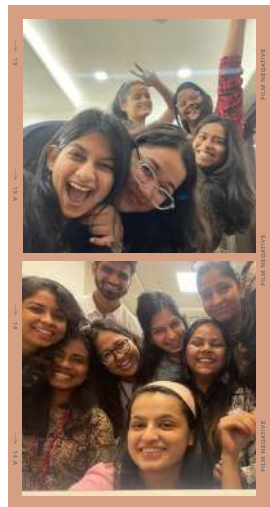


Events Head at work!



"mujhe brain banane nai aata"

Eating in class is not allowed
US:



Each others ray of light
through Sem 3.



Welcoming Juniors

Cue Hum Saath Saath Hai



Lets Talk Business!



P.S. We couldnt possibly put 2 years worth of memories in merely 2 pages.
But i hope this was a successful attempt at a trip down memory lane.

Lets make slam book cool again

(LET YOUR FRIENDS/CLASSMATES/ACQUAINTANCES FILL THE NEXT
TWO PAGES, FOR MEMORIES YOU WILL FOREVER CHERISH

With Love, from
MSc Applied
Psychology Sem4

*See you in
September 2023*

**Printing Partner: Mangla Stationery & Xerox -
Vile Parle (East).**