

MIND FIGENT

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Issue #21

Theme: Loneliness





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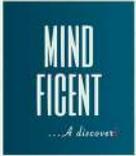
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Words of Wisdom by

Dr. Raul Villamarin Rodriguez

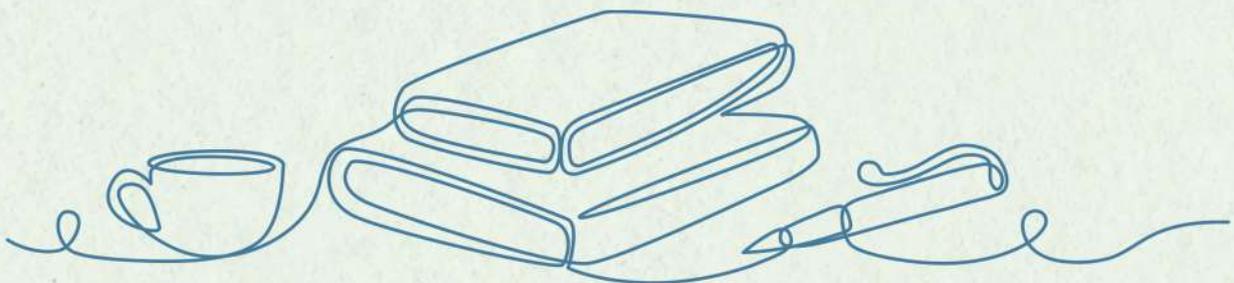
"Loneliness is not what it seems. Far from a state of isolation, loneliness is a state of longing for intimacy." - Rollo May

"Solitude is where I place myself to know who I am and what I want."
- Junipero Serra

Loneliness and solitude are often thought of as negative experiences, but they can actually be incredibly powerful and beneficial. Loneliness is the feeling of being alone and disconnected from others, while solitude is the state of being alone, but in a positive and intentional way.

Solitude, as Rollo May suggests, can be a state of longing for deeper connections and understanding. It allows us the space and time to reflect on our own thoughts and feelings, and to get to know ourselves better. As Junipero Serra notes, it can be a place to discover our own desires and goals.

So next time you find yourself feeling lonely or alone, try to embrace the opportunity for solitude. It can be a chance to grow and learn about yourself, and to find strength and motivation. Remember, loneliness is temporary, but the benefits of solitude can last a lifetime.



Community Service Volunteers – 2023

The Wellness Centre extends a warm welcome to the new group of Community Service Volunteers. The newly selected volunteers, along with the existing set of volunteers, will contribute to enhance the overall mental health and wellbeing of the student community while working closely with the Wellness Centre.

1	Khanija Reddy	B.Com_2024
2	Lokdeep Gadde	BBA_2024
3	Sravananjala Myneni	BBA_2025
4	Sanjita Tadiparthi	BBA_2025
5	Avani Reddy	BBA_2025
6	Hrudaya Adipudi	MBA_2024
7	Ishank Jha	MBA_2024
8	P Vijaya Reddy	MBA_2024
9	Vitus Raj	MBA_2024
10	A Poshitha Rajeswari	B.Des FD_2026
11	Jwalitha Goud	B.Des IDD_2025
12	Prarthana Polepally	B.Des ID_2025
13	Prithivi Pingali	B.Tech_2026
14	Pavushetty Pranith	B.Tech_2026
15	Apeksha Tallam	B.Des FD_2024
16	Samhitha Reddy Gopidi	B.Arch_2025
17	Vijayalakshmi Bondugulapati	B.Arch_2025

We congratulate the selected students and wish them continued success ahead!

Emotional Awareness Session – Project Aspiration



The Wellness Centre conducted a training session on Emotional Awareness for the students from Muniyally Municipal School as part of Project Aspiration. The session focused on improving individual understanding of positive and negative emotions. It cultivated knowledge on how students could manage their emotions better and eventually help others with the information.

Teamwork Thursday

The Psychology Counsellor in collaboration with the HR Department (Campus) & Chancellor's Office successfully hosted the TeamWork Thursday Event for the employees at Woxsen University. The event consisted of fun activities with three main goals i.e., to focus on building relationships, inter-team communication and thinking as a team. We strongly believe team-based events such as this is beneficial in improving productivity, fostering creativity, and expanding perspectives amongst employees.



Human Library

Human Library is a movement that initially started in Copenhagen, Denmark to address people's prejudice by initiating a dialogue between real human stories and the readers. The human books, as protagonists of their own story are encouraged to share real experiences from their journey. Their stories may possess the power to inspire, uplift, cultivate positivism, and aid others in developing new perspectives on life.

The Dean of the School of Humanities & Liberal Arts, Dr. Satya Prasad, was the chief guest for the fifth Human Library event held by the Woxsen University Student Wellness Cell. Dr. Prasad also gave the event's opening statement. The Student Wellness Cell offered Apeksha Tallam, a community service volunteer, the opportunity to welcome the chief guest, the listeners, and the human books. Around 50 students from all the schools of Woxsen University attended the event. Additionally, the faculty cohort from Woxsen University have also attended the event!

The five human books—Amiksha, Deepshika, Harshith, Varadharaju krishna, and Vasim—shared their accounts of varied real-life situations, ranging from adolescence to the realisation that change is the only thing that never stays the same.

Through the same experiences that were shared, the audience formed a connection with the human books, and the event's success was attributed to the crowd's active participation.



Human Library

MindFicent Series

As part of the MindFicentSeries, the Student Wellness Cell organised a workshop on Managing Stress & Building Resilience for the students at the School of Liberal Arts & Humanities. The workshop was co-facilitated by community service volunteers - Jai Kothari & Mariah Fernando. We thank Dr. Satya Prasad & Antarleena Basu, Ph.D. for their constant support to organise the workshop and the students for their wonderful participation.



How to Manage the Feeling of Loneliness?

Feeling alone doesn't necessarily mean that the feeling is triggered due to lack of people around. You can also feel lonely while in a room filled with people. Feeling lonely is associated with feeling alone and neglected be it around people or when you're actually by yourself. The feeling can be dreadful even if you are introverted and don't like the company of people. Loneliness can be triggered due to separation from a partner, feeling isolated in your own friend group, moving to a new city and many other factors. It makes you lose a sense of purpose due to the lack of companionship. Feeling lonely, however, does not reflect for a person to be dependent.

You can very well be independent, carrying out daily or important tasks on your own and yet yearn for the presence of another person. Persistent loneliness can also be a sign of depression and hence should not be neglected. It should be addressed and dealt with as soon as possible. Dealing with loneliness is not an easy task. In order to eradicate this feeling, you need to first self-reflect in order to find out what's causing the distress in the first place. As mentioned earlier, it does not just naturally occur, but something triggers the said feeling. The problem may not only be exterior but might be within yourself. Trying to fix that first acts as an initial step to a succeeding long process. If it is due to feeling left out in a friend group, voice your concerns out. They are your friends for a reason and will surely help you in finding a way out of this loop. In any other similar scenarios, self-reflection is of utmost important as that also helps you in growing as a person. All that said, some simple steps you can undertake are:

- **Living in reality**

In modern world, expectations regarding anything are on an all time high, lowering unrealistic expectations is vital.

- **Taking initiative**

If someone is not making the first move, try to approach them instead. This will also boost your confidence and the other person will feel important too.

- **Being grateful**

Wanting more is not bad but not being grateful for what you already have is an unhealthy practice. Little things matter and try making the most of it instead of focusing on something big which doesn't give you joy.

Pravalika Nukala

BCom 2024

Content Writer | SWC



The Lone Goldfish

I swam and swam across the dark sea,
My gold coat shining due to the sunlight,
But all I can see is darkness.

I swam and swam in the black sea,
Bubbles of gray and white pearls in front of me,
But I feel so breathless and constructed.

I swam and swam in the dark sea,
Trying to find a presence beside me,
But all I found was raging water.

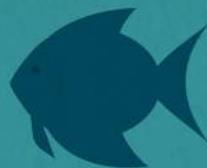
I felt like a lone goldfish.

After all the swimming I have done suddenly I was in royal blue waters
My coat did not shine as my surroundings were brighter than me
Blue pale bubbles almost invisible in front of me
Fishes of all colors but me, swimming and clashing
I finally understood that I belonged in the black sea for here I felt like
The lone goldfish.

Poshitha Rajeswari Allu

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Community Service Volunteer



Loneliness Vs. Solitude

When you look at it from the outside, both solitude and loneliness appear to be very similar. In fact, in some cases, they are used interchangeably as they are primarily characterized by solitariness. But the similarities only exist on the surface.

A group of marine biologists first heard a unique whale call in the 1980s. It was unlike any other whale call they had ever heard before. 52 hertz was the frequency that was detected in the whale call, which is much higher than any other whale species known to humankind. Since then, the whale has been heard repeatedly over the years, indicating an isolated life, for it has been calling for so long without receiving a response. Do you believe the whale is lonely or simply in solitude?

A feeling of isolation is what defines loneliness. There is a sense that something is lacking. Even while surrounded by others, it is still possible to experience loneliness, which is probably the worst kind. Being alone without feeling lonely is the state of solitude. It is a healthy and empowering way to interact with oneself. A period of solitude can be used for introspection, personal growth, or general joy. The idea of solitude conjures up a condition of inner wealth, richness, and tranquility. It is a way of taking pleasure in the peace and all that it brings, that is comforting and from which we derive energy. We work to cultivate it.

One is a feeling while another is a choice. One depletes energy while the other restores it.

A few choices you can make every day to nurture peace and solitude within yourself are –

- Live an active lifestyle where you exercise regularly
- Take a step back from phone and practice digital detox religiously
- Give time to your mind to wander, even without a purpose.
- Spend time in nature
- Volunteer your free time helping others.
- And lastly, embrace the benefits of being by yourself!

Anika Raj

BBA 2020-23

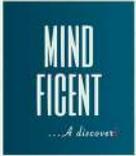
Community Service Volunteer | SWC



Did you know?

Lonely people substitute physical warmth for social warmth by taking longer, hotter showers. In experiments & studies, this was also extended to those who were socially isolated, who preferred hot food and beverages to cold ones.



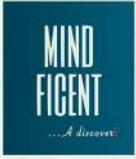


Therapy Stories

I was going through a low phase for the past couple of months. I had just gone through a breakup and, struggled to move on from it. I remember feeling depressed and overthinking about the situation day in and day out. The incident started affecting my academic, personal and social life. After realizing that I was unable to get through it myself, I sought help. The whole counselling process helped me overcome the negative thoughts and bring in visible change. Now, I am slowly getting back my concentration levels and motivation to work.

Submitted Anonymously by Student of Woxsen University





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