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UNIVERSITY

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Issue #10



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Glimpse

MindFicent Series - **Overthinking:**
Can we overcome it with individual strength?

The third session under the 'MindFicent Series' was successfully completed with an active participation of more than 100 students from different schools. **Dr. Sabiha** outlined overthinking as a type of fear that is often overlooked and when combined with emotion, imagination, doubt, and reminiscence, this fear can have serious consequences if not provided sufficient attention. She emphasized journaling, practicing mindfulness, having a sense of gratitude is great tool for reflection and practicing self-discipline for our thoughts. She merged the concepts of Positive Psychology and discussed the unique character strengths that everyone possesses and can use at their disposal to deal with Overthinking.

Notice When You're Thinking Too Much

- Awareness is the first step in putting an end to overthinking.
- Start paying attention to the way you think.
- When you notice yourself replaying events in your mind over and over, or worrying about things you can't control, acknowledge that your thoughts aren't productive.

Human Library

The response for the second Human Library event was overwhelming. The stories shared were deeply moving and it touched an emotional cord between the human books and the readers. Heartfelt thanks to **Dr Adity Saxena, Dean, School of Design** for gracing the occasion and emphasizing the need for a safe space to share and listen to stories.



Virtual Symposium

The School of Arts & Design and The Student Wellness Cell jointly organized a symposium titled '**Gender Sensitization leads to Gender Equality and Women Empowerment in an Educational Institute**'. The symposium was extremely engaging with insightful questions put forward by the students and staff.



Woxsen for Society

The Student Wellness Cell organized a visit to **Narmetta Village** and conducted a range of activities with the young adolescents over there. A session on health and hygiene, craft work, street play to raise awareness on sexual harm & abuse and community gardening were successfully conducted by the students of Woxsen. The initiative was ideated by Ms Deepshika Yadugiri, BBA candidate 2023.



New Beginnings

Trusting the process

What exactly are new beginnings?
Is it just a matter of starting something new on the first of every month?

What makes new beginnings difficult is something that we as humans don't understand. Because we have no idea where to begin, the possibilities are virtually limitless. Seeing the possibilities is like looking at a blank canvas it baffles us and makes us feel afraid and alone. I'm sure you can recall a time when you were betrayed, fired from a job without cause, or lost something you never expected to lose. We don't always get to pick our fresh starts. This also teaches us that new beginnings may be as painful as they are beautiful.

A new day, a new year, a new life, and a new start all appear out of nowhere. They barge in with lovely promises of second chances and new possibilities. "This is the beginning, almost anything may happen," as the phrase goes. It is in our hands to embrace change and see what away it us in the future.

I know you're worried about the new beginnings being difficult because the narrative might start and end in a million different ways. We don't get

to pick our own path or destination. We are the ones who are putting our foot in the process blindly, and there is no guarantee of how things will turn out. In a world where there are no guarantees, it takes a lot of trusts to put in the effort. I hope that knowing that you are not alone in feeling out of place and anxious at the start of a transition provides you with some comfort. One thing to remember about change is that it is beneficial when we are in the middle of something. It's nothing out of the ordinary; it's a part of life. We cannot grow without change or new beginnings. We're bored, and we're just standing still. If you're going through a difficult time right now, remember that change and new beginnings are

on the way. So, right now, do everything you can to become the person you want to be. Take it all in and enjoy every moment. Nothing lasts forever, after all.



Diya Gupta
MBA 2021-2023



Every ending is a new beginning

An end and a beginning are next to one another. Each start has an ending. Every day is led by a night, which is then greeted by a new day. Spring begins as winter draws to a close. Seasons and cycles exist in our life as well. Every season of our lives begins with a beginning and ends with something like a new beginning. Beginnings are often appealing to us, and we enjoy celebrating the new. We, on the other hand, despise and want to avoid endings. Although endings can be unpleasant, they are less painful if you accept them rather than opposing them. The

more we can believe that every ending mark the start of something new, the less likely we are to fight letting go of the old. We will

endure less pain on our path through the numerous cycles of our lives if we have less resistance. Assume the role of a caterpillar.

You feel compelled to spin a Cocoon around your body - probable death!

How tough would it be to let go of the only life you've ever known, a life of slithering around on the ground looking for food? However, if you are ready to believe, as caterpillars appear to be able to do, the end of your existence as an earthbound worm will be the start of a magnificent, winged creature of the sky.

Even if we were hoping for that ending, endings are sometimes tough to accept since it is always difficult to start over. Some ends are easier

to digest, while others are so devastating that they break our hearts. Our world is paralysed by such ends, and nothing in our lives appears to make sense. However, there is always a purpose for things to happen the way they do. Every ending, no matter how difficult, is a new beginning disguised as a new chance.



Vasireddy Bindu Hasitha

B.Tech 2024



Another Year to Cultivate Gratitude

The last few years have been challenging and certainly not easy for a lot of us. When COVID-19 struck, the world was paralysed by the threat of the unknown. I recall the months that followed with great sadness, as isolation, and financial hardship wreaked havoc in many lives, causing significant anguish and fear.

We did, however, make it to the other side. And we were able to do so because of everyone who has been so kind enough to us the past years.

As we embark on yet another year, another ride on the roller coaster, I encourage you to take a moment to truly appreciate and acknowledge the blessings in your life. This also presents us with an excellent chance to pause and reflect on all that we have managed to accomplish, all the people we have connected with, and all the lessons we have learned. This new year is yet another opportunity to nurture and deepen our gratitude for everyone and everything who has helped you get to this point in your life.

For me, the New Year has always been a kind reminder that all I want from life is gentleness. Every year, I resolve to be a better person for myself and others. I resolve to do things just for the sake of doing them and express gratitude for all the people I've met and been fortunate enough to get to know, as well as the places that I get to call home.

With gratitude and hope, we say goodbye to 2021 and welcome 2022. Happy New Year.

Anika Raj
BBA 2020-23

Did you Know?

A study research conducted by a San Francisco professor on the well-being implications of gratitude resulted in findings that show that people who practice gratitude are proven to have higher good cholesterol, lower bad cholesterol, and lower blood pressure increasing their life span as well. One reason for this could be gratitude's stress-relieving properties. Another thing to be grateful for!





Monthly Wellness Challenge

#JoyfulJanuary

We wish you a joyful January by encouraging you to acknowledge and make a list of the ten things that bring you joy and for which you are grateful for.

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