

# MIND FIGENT

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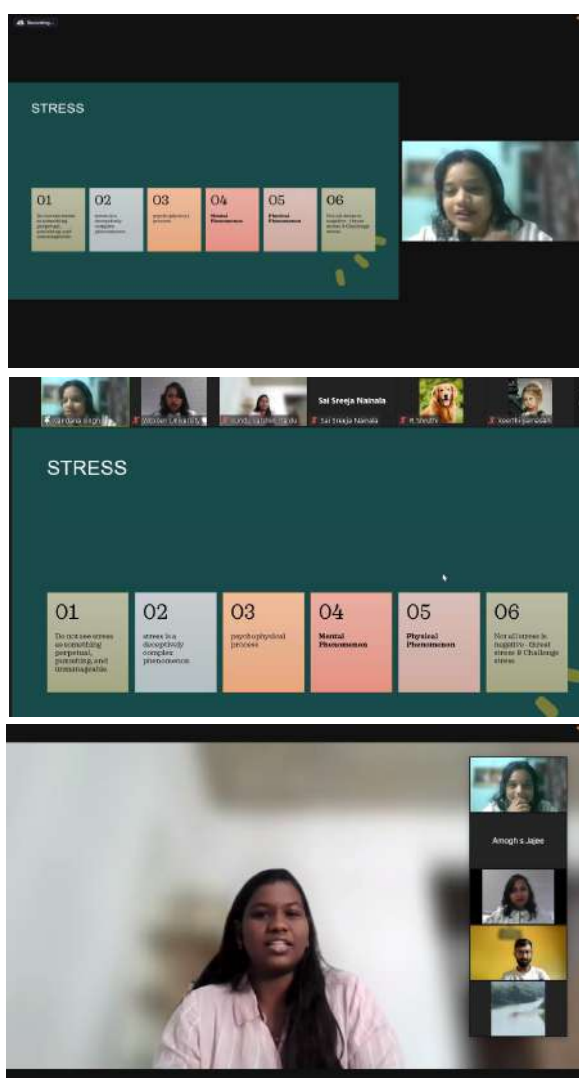
#FANTASTICFEBRUARY 05



## Woxsen-Monmouth Elevate Program

Elevate Program has come into existence with a vision to uplift the weaker sections of the society in alignment to the United Nations Sustainable Development Goals, which primarily focuses on Good Health and Well-Being, Quality Education, Reduced Inequalities, and Economic Growth.

Woxsen University, India and Monmouth University, USA are collaborating for a Social Impact Project under "Woxsen-Monmouth Elevate Program" to teach the underprivileged school students of Telangana State, adhering to the ERS approach of international accreditation bodies such as AACSB, EFMD, and AMBA. This noble initiative is being taken to make a difference in the lives of these children.



## MindFicent Series - Stress Management Program for Youth

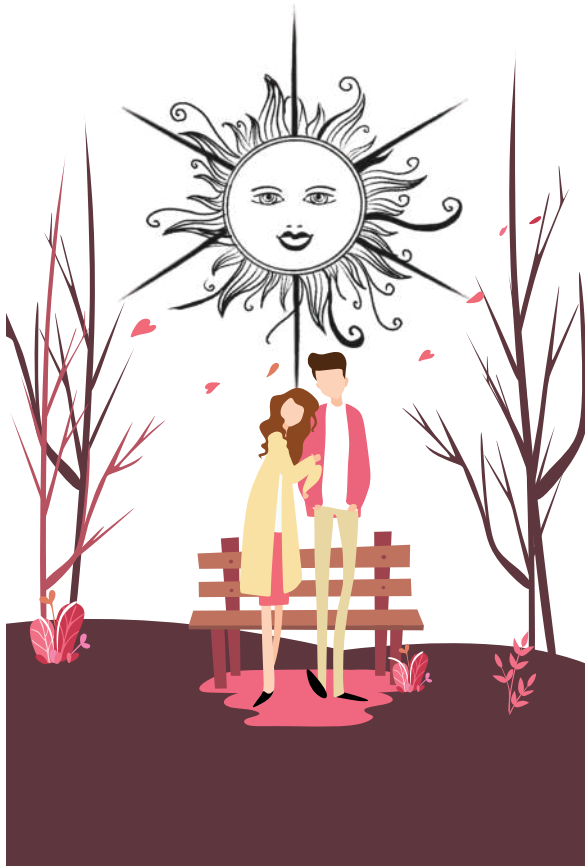
Under its belt, the Student Wellness Cell has finished the fourth session of the 'MindFicent Series.' Students from various schools actively participated in the session. Dr. Vandana has provided information on the basics of stress and how to effectively manage stress. Stress, as highlighted, can be a part of a person's mental and physical phenomena. She explained why managing stress is crucial for an individual because it might have visual consequences. In addition, stress coping methods were reviewed to maintain a healthy lifestyle in the present and future.

## Training Sessions

The community service volunteers underwent four training sessions on Basic Counselling Skills, Identifying mental health concerns, Psychological First Aid & Suicide Prevention. The sessions are designed to equip the volunteers to respond to the mental health needs of Woxsen Students and provide peer counselling & support accordingly.



# THE ALCHEMY OF LOVE



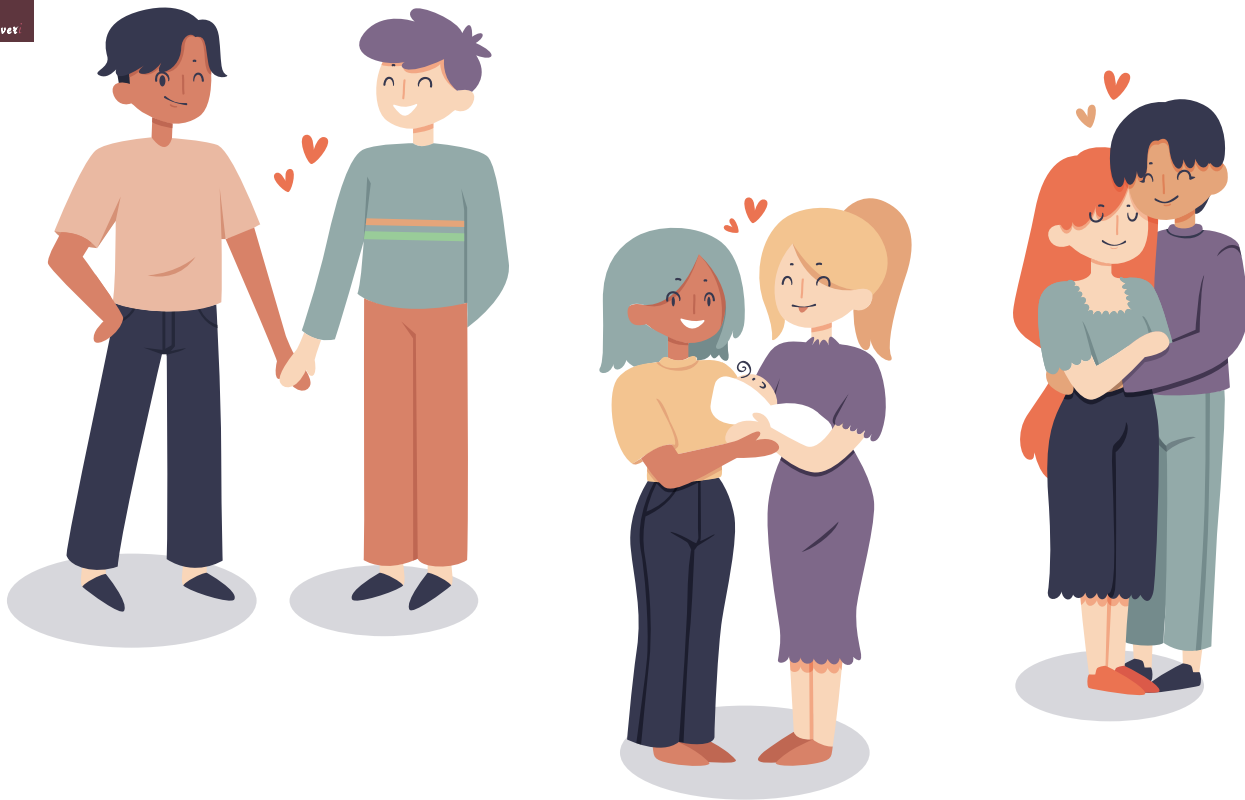
Before addressing the alchemy of love, what is love, anyway? According to Fredrickson, love is an interpersonally aligned and socially shared experience of positive emotions marked by affection, synchronisation of behavioural patterns, mutually responsive action tendencies, which may develop over time into reciprocated respect, personified rapport, social connection, and commitment. Maslow, in his prominent hierarchy of needs, addressed the human being's need for love and belonging, in the midst of this hierarchy. The human motivation sy

stem to love and be loved is intertwined with the brain's reward system. The brain releases dopamine into the nucleus acumens, a reward system region, when we achieve a goal. We feel a deep sense of pleasure and excitement, similar to the sensations associated with ardent love. The hormones vasopressin and oxytocin assist the development of persistent committed love in humans.



Humans love for the sake of progress and procreation, according to evolutionary theory. Love we offer originates through our heart core, and the love we receive occurs through our backs below our heart, according to science.

All of this may make love appear to be very scientific and mechanical, but we are still human beings. We are susceptible of loving and being loved. "The greatest thing you'll ever learn is just to love and be loved in return," as Eden Ahbez famously sung. We are programmed to yearn for a sense of belonging.



In literature, love is described as the connection to something greater than ourselves, or it can be something that unveils our true selves. It's the oldest emotion on the planet, but it always feels new. It is patient and considerate. Love is about finding purpose in life with someone, whether it's a partner, a friend, a companion, or even yourself. It looks beyond superficial appearances and worldly belongings to find stability and security.

Love of whatever form, in Psychology, supports people in adapting safer lifestyle habits into their daily lives, reduces worries, and minimizes the risk of depression or another mental disease. Many researchers have found that having a stable and supportive relationship—whether romantic, parental, companionship, self or anything else lead to enhanced self-esteem, self-worth, and self-confidence.

Having a healthy, rational, and required love is beneficial to one's physical, emotional, intellectual, and mental health.

- Anika Raj | BBA 2023| Community Service Volunteer

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# WHAT'S YOUR LOVE LANGUAGE?

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What leads individuals to fall in love? how do people express their love and how do they believe they are loved? why are some forms of love so enduring while others are so transitory?

Psychologists and researchers have proposed several alternative theories of love to explain how love originates, persists, expressed, and perceived. Love language is a notion that outlines these exact concepts.

Dr. Chapman had been monitoring the progress of couples he was counselling for years when he saw a pattern. He realised that couples misunderstood each other's demands very often and through this experience, he det-



ermined that people respond to five different love languages, which are recognized and extensively used in couples counselling these days:

1. Affirmations and Reassurance
2. Quality time
3. Physical contact
4. Acts of love & service
5. Giving and receiving presents

We all have different ways of expressing and receiving love. As a result, knowing those disparities in conception of love can have a significant impact on your relationship. Love languages can be used to your interactions with your children, co-workers, friends, family and even yourself. For example, if a child's primary love language is spending quality time, they may prefer playing games, helping you cook, or any activity that will aid them in spending time with you. On the other hand, a co-worker may feel more appreciated through words of affirmation.

- Editorial Team | Student Wellness Cell

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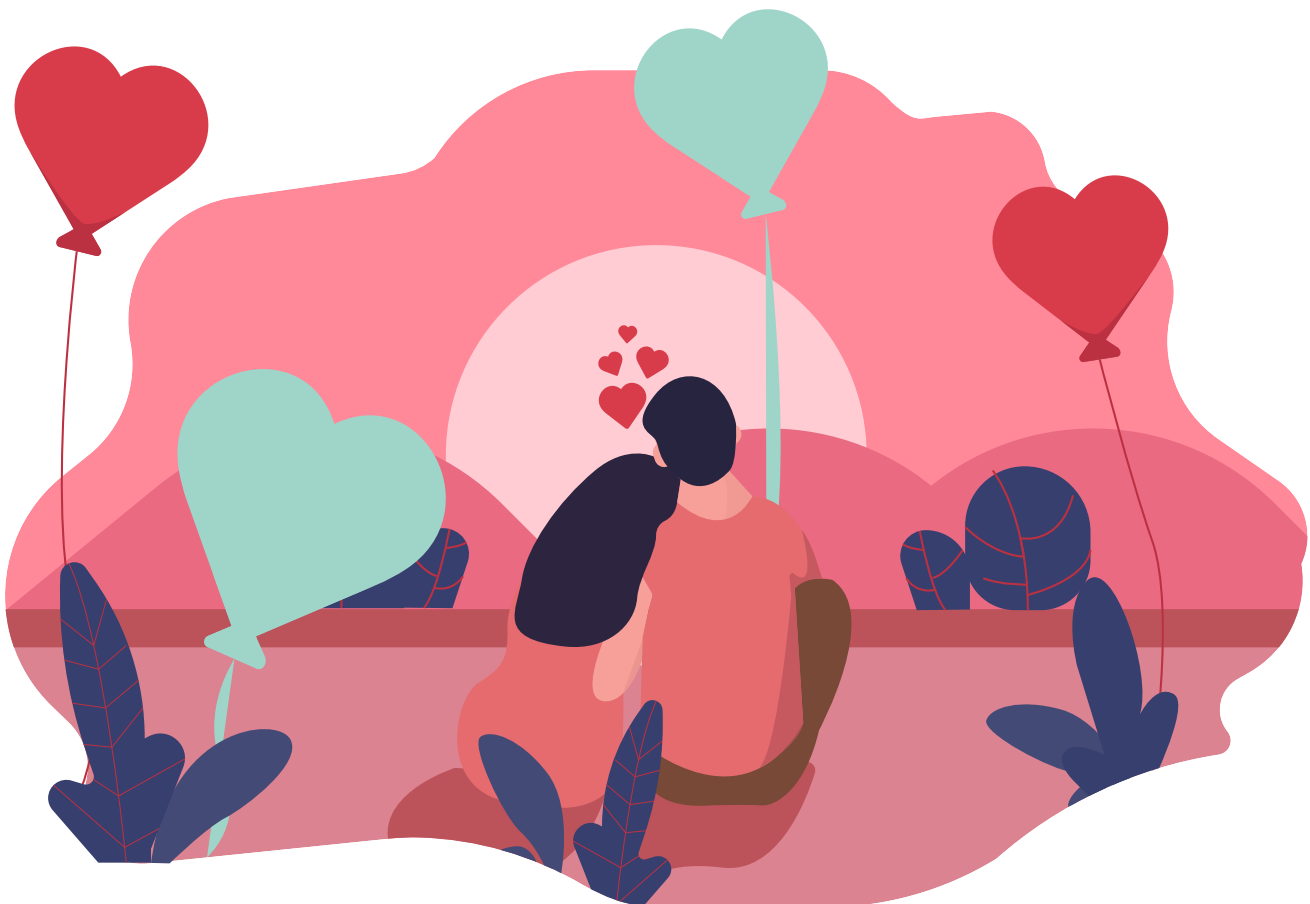


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## DID YOU KNOW?

Did you know that hugging somebody for at least 20 seconds encourages your body to release the hormone Oxytocin? This hormone has the potential to improve your love and trust for someone.

Many researches have shown that hanging out with your friends or even petting your dog can stimulate the release of oxytocin and promote feelings of peace and closeness.



## #FANTASTICFEBRUARY

### #MonthlyWellnessChallenge

Make this February fantastic by expressing your love to your dear ones in form of small notes, be it platonic or romantic.





## STUDENT EDITORIAL TEAM



**K S SriKumar**  
(BTech 2024)

**Samhitha Reddy Gopidi**  
(B.Arch 2025)

**Anika Raj**  
(BBA 2023)

**Samarpan Agarwal**  
(B.Des 2024)



Corporate Office

Gateway Jubilee, 2nd Floor, Road No. 36, Jubilee Hills, Hyderabad - 500 033,  
Telangana, India. T: +91 40 4444 8888

Campus

Kamkole, Sadasivpet, Sangareddy District, Hyderabad - 502 345, Telangana,  
India. T: 08455 255555, [info@woxsen.edu.in](mailto:info@woxsen.edu.in)