

MIND FIGENT

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#June 2022





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Glimpse

Woxsen-Monmouth Elevate Program



The Bal Chetna Shivar was introduced by Prof. Ashwini Kalyani (School of Arts & Design) in this month which is a program conducted under the umbrella of Vyakti Vikas Kendra, India for the lesser privileged students to enhance their wellbeing. The program consists of innovative activities, games, knowledge session, breathing exercises, and meditation as part of it.



Senior Officials from the Women Development & Child Welfare Department, Govt of Telangana, visited Woxsen for the ongoing program. Mr. R Rathnam, District Child Protection Officer and Mr. D Lingam, Protection Officer appreciated Woxsen's effort in providing education for the nearby village children.



MindFicient Series

Under its belt, the Student Wellness Cell has finished the sixth session titled 'Relationships: How do they affect us?'. Ms Shampa Chowdhury, speaker for the session, provided insightful inputs on the dynamics of relationships and how it impacts every sphere of our life.

She focused on the early development of relationships since the time we are in the womb, the different stages in our lives and how relationships change and mature over time. Ms Shampa talked about the harmful side of being in a toxic relationship and the negative effects of being isolated, rejected or bullied in a relationship. She reinforced the importance of having healthy and positive relationships with oneself and others to have a sound mental health and overall well-being. Students from various schools actively participated in the session



Behind the Successes



Pride – Hell no! or maybe a Yes...

Emotions, oh, and more emotions! A daily run of life. If unnoticed, you're in for a ride.

What kind of emotions do you feel throughout the day? Joy, sadness, anger, compassion, kindness, jealousy. Maybe – pride? Have you ever felt proud of yourself or others? How did you feel? What made you feel that? Pride is an emotion that revolves around self. It is an instinctual trait much needed for evolution.

Pride is primarily viewed as a negative trait to be avoided – as a vice. The reason lies in the neurochemistry and the brain regions involved in feeling pride, shame and guilt being the same. This evokes a craving to feel good, even at the expense of down-playing others or harming them in any way resulting in toxic pride. Even after this, the joy and pride doesn't last as the feeling of pride is drowned by the guilt and shame of the underhanded means used to achieve it, hence tarnishing one's self-image. It reflects their lack of capability and their weakness which they avoid to face. The worst result includes imposing

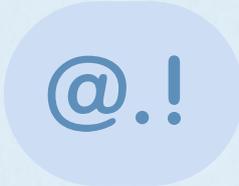
your ideals on your loved ones for the sake of your pride, and causing them to suffer.

On the other hand, pride as a virtue is healthy and serves as a motivational base. There is a close link between pride and achievement – tangible and intangible. This pride results in positive traits and emotions such as increased self-esteem, self-respect, self-reliance and confidence. It is accepting in nature and helps one cultivate healthy nurturing emotions in oneself and in people around them, allowing the possibility of growth.

For one experiencing pride, it is positive, whereas for those victimized by it, is negative. And how one gains the pride and the situational factors involved in it can make it difficult to label pride as simply good or bad. But there are ways to reduce toxic pride and inculcate some healthy pride in your day-to-day life.
Be aware of what you are feeling. Whenever you feel toxic pride, stop it right there. Use a mental trigger – a word, image or a thought close to you – to pause and create a logical response.

Note down the times when you're prone to the toxic aspect of this emotion. You can plan ahead to deal with these moments.

Be Authentic – Often, shame and guilt arise from low self-esteem, which stems from a lack of self. Being oneself, expressing oneself fully,



@!



and designing a life based on who we are instead of basing it on societal influence can make us more compassionate and empathetic and reduce toxic pride.

Be humble, kind, compassionate and generous. Serve others. Be empathetic. Learn to respect individuals for who they are, not simply for what they can do for you. Everyone is struggling in their own way, so a little bit of empathy can go a long way to tame toxic pride and get rid of it.

Lastly, do not forget to pat yourself on the back when you achieve something. Being humble also involves acceptance of what it is, as it is.

Accepting and getting rid of vices is the first step in growth here. Simply trying to implement new virtues while the vices stay in the background waiting for its opportunity to make a show in the front can make your efforts fruitless. The ideas above are a few which can help you express this emotion safely and freely. And imagine the benefits you get to enjoy when you do this – better personal and professional relationships, self-worth and self-image, work life, and individual growth.

So, go for it. Happy Pride to you!

Priyanka Reddy
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Turning Point

During this Pride Month, let's look at some of the significant decisions that India took to protect the right and dignity of the LGBTQIA+ community.

- Mental Health Care Act 2017, Chapter V, and clause 18 (2) refrains from discrimination based on gender or sexual orientation.
- On September 6, 2018, The Supreme Court of India, in a landmark judgement abolished Section 377 of the Indian Penal Code (IPC) which criminalised homosexuality saying that it violated the constitutional right to equality and dignity.
- On 21st May 2020, the Indian Association of Clinical Psychologists (IACP), a premier professional body issued a position statement disapproving the practice of the controversial Conversion Therapy aimed at changing the gender and sexual orientation of the LGBTQIA+ community. IACP advised the mental health professionals to refrain from practicing any form of Conversion therapy as it is harmful and negatively impacts the well-being of a person.
- In February 2022, The National Medical Council of India have forbidden the practice of Conversion Therapy and stated that any attempt to change the sexual orientation or gender identity of a person will be constructed as a professional misconduct under the Indian Medical Council, Professional Conduct, Etiquette and Ethics Regulation, 2022.



Shahnaz Rahman
Psychology Counsellor,
Student Wellness Cell

Did you know?

President Barack Obama has made an official proclamation declaring June Pride Month since 2009. In his statement, he stated, "All persons, regardless of gender identity or sexual orientation, ought to live with dignity and respect, free from fear and violence, and safe from discrimination."



LGBTQ
pride



Therapy Stories

My experience with the Student Wellness counselling:

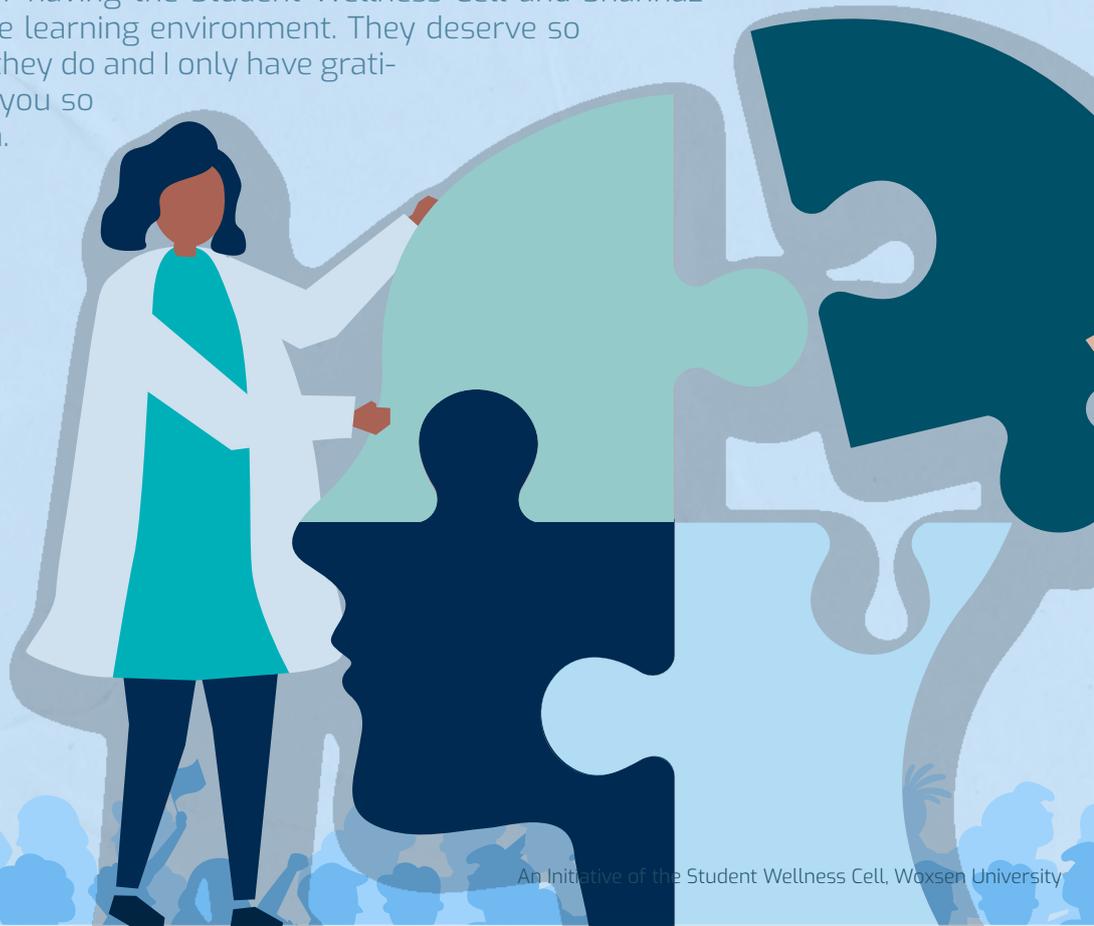
When I first came to Woxsen, I was a student with some very obvious aspirations of doing academically well and making a good engineer. After being clinically depressed and having general anxiety disorder for two years, I made sure that I try to begin afresh. Although I sow what I reap and it helped me feel better, all these issues were still very much unresolved. While I was not struggling with depression, issues related with GAD were still around. To name some I was very much troubled with, self-esteem issues, anti-social behavior, constant worry about everything but the present and whatnot.

Soon after, I got a mail with an introductory counselling slot with Miss Shahnaz Rahman, and from the very first session I had with her, I knew she is someone the world should be so grateful to have. At least I am. Our first session was a breeze where I told her about myself and all my whereabouts, mostly about my past experiences with the counsellors I had seen in the past. Her patient and calm disposition made me feel very comfortable to talk about such things, and then I had decided to see her regularly.

During the interaction I used to have with her for one hour every time I had an appointment, she helped me reflect on the experiences I came to tell her about, provided me the assurance that there is more than one way to deal with things, that there are better things to live for, and that it is not wrong to feel a certain type of way. I can tell she has had a huge helping hand in helping me be more confident, and has taught me how to accept myself better for simply being a human. Her patience is very commendable, and her ways to help one cope, even more.

Thank you Woxsen for having the Student Wellness Cell and Shahnaz Ma'am as a part of the learning environment. They deserve so much credit for what they do and I only have gratitude for them. Thank you so much Shahnaz ma'am.

- A Student from
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