

CHRONICLE

October Edition

THEME

SELF
WORTH



SPONSERED BY



You are worth
everything you
think you're not,
never forget that
and always be
proud of yourself!



DON'T



LOOK AT
YOURSELF
THROUGH
THEIR
EYES.



SELF WORTH AFFIRMATIONS

1. I have great ideas.
2. I am enough.
3. My body is a precious gift.
4. I love myself the most.
5. I am overflowing with happiness.
6. I am brilliant and beautiful.
7. Mistakes are a stepping stone for success.
8. I honor myself and every decision I make.
9. No matter how hard the climb, I am worth it.
10. I accept myself with all flaws.
11. I am worthy more than anything on this earth.

you are worth
finding,
worth knowing,
worth loving.

you + all your
one million layers.

always hold that
close.

A BLESSING OF SOLITUDE

May you recognise in your
life the presence, power and
light of your soul.

May you realise that you
are never alone, that your
soul in its brightness and
belonging connects you
intimately with the rhythm
of the UNIVERSE.

MAY YOU HAVE RESPECT FOR
YOUR OWN INDIVIDUALITY AND
DIFFERENCE.

May you realise that the
shape of your soul is unique
and that you have special
destiny here, may you learn
to see yourself with the same
delight and pride with which
God sees you in every moment.

What is an imperfection?
What standards of beauty are you
comparing yourself to? Do you
know the hidden history that
flows through your bloodstream?
Or how much honour people
before you had for these features
that you've been brainwashed
to believe are now undesirable?
This body was handed down
to you by souls that celebrate
your current existence. Please
take care of it.

- Meggan Roxanne



YOU are not SMALL
 You are not UNWORTHY
 You are not INSIGNIFICANT
 The Universe wove you from a
 CONSTELLATION just so atom,
 every fibre in you comes from
 a different STAR.

Together, you are bound by
 STARDUST, altogether
 spectacularly created from
 the ENERGY of the universe
 itself.

AND THAT, MY DARLING,
 IS THE POETRY OF PHYSICS,
 THE POETRY OF
 YOU.

PROMISE YOURSELF

- To be so strong that nothing can disturb your peace of mind
- To talk health, happiness and prosperity to every person you meet.
- To be just as enthusiastic about the success of others as you are about your own.
- To forget the mistakes of the past and press on to the greater achievements of the future
- To wear a cheerful countenance at all times and give every living creature you meet a smile.
- To give so much time to the improvement of yourself that you have no time to criticize others.
- To live in faith that the whole world is on your side so long as you are true to the best in you.

Self love is an ocean and your heart a vessel.
 Make it full and any excess will spill over into the lives of people you hold dear. But YOU must come first!

Own your Greatness ☺

Am I worthy of people in my life?
 Am I worthy of chances I got?
 Am I worth even this life I think?
 Sitting in the corner as I ponder.
 Is my life of any value to anyone else except me?
 The answer to these questions was my self worth.

Yes I'm worth everything.

This is something only I will recognise as an individual because others can never get a sense of what I feel or go through. I need to understand my importance. I'm the star to my sky, I'm the rays to my sun, I'm everything that I look for in others, I'm **more than enough!** These important than finding answers to these questions, is to never let these questions arise. This is what self worth is all about. Never expect the same appreciation and care from someone else than your own self - **Pratishtha**

Self-worth is so vital to your happiness. If you don't feel good about you, it's hard to feel good about anything else.

never forget.
you are wanted
and you are loved
and you are WORTHY
of anything you feel
is right for you.



HONOR YOURSELF

YOU ARE ENOUGH just the way you are. Your body is a MIRACLE. The WRINKLES, CELLULITE, SAGGY SKIN and TIRED EYES are all signs that you are LIVING your LIFE, CARING for others and doing your BEST. HONOR THAT.

HONOR how you love people take care of them, and honor your BIG HEART

YOU ARE BRAVE, STRONG AND WORTHY OF LIFE YOU DESIRE.

As I strolled down the stairs, carrying no baggage but my bag, which is metaphorically no baggage at all, I felt a gush of cool wind. The cold pinched my cheeks. I could feel my body, trying to make negotiations with the biting cold to let it be warm, but to no avail! The cold won and it settled deep down. As I walked, I looked up at sky, a pink shade, like that of a child's cotton candy! The sun already had said its greetings to the horizon, and being nicely well received, without clouds, it was in one of its brightest moods. I inhaled and I could see my breath rise like smoke. It was beautiful and immaculate. As I inhaled, my breath became a part of nature's freshness, just like the way I inhaled and nature became a part of me. -Lakshika Malik

LETTER TO SELF

To dear self,

I know you are tired, and sometimes it is too much for you. I know it's getting tough day by day, but trust me no one can ever handle it the way you do. You are so strong, so brave that you can walk alone. Look how gracefully you have grown ♥

No matter if you fall, you can still fight, even if you crawl, don't give up, you are doing great. Sometimes take yourself out on pretty dates. I love you, thanks for picking me up everytime I fall.

You are the only one who can make a difference even if it is small.

I am and will always be proud of you my dear self.

- Suridhi Gupta

THE INNER VOICE

The night was dark and it came to me, I was crying on the couch while she was staring at me. I was not okay, I did not have hope, she came to me and said there was still some hope.

She picked me up, I held her hand and fell asleep. When I woke up she had gone. Now we are each others best friends. We all have it inside us, just need to discover it, please don't let her disappear. ♥

- Suridhi Gupta

I GOT MY OWN BACK!

Mark Twain has rightly said "The worst loneliness is not to be comfortable with yourself" what does the word self worth mean? Self worth is literally defined as the feeling of feeling worthy. But who decides that? the societal norms or the 'Log kya Kehate Hain? You; the very person reading this, decides it. But can we do that? For this we must be aware of our weaknesses at the same time all our talents and strengths. This makes us a self aware person. Analysing our strengths, will make us strong and reflective. And once we get to know our strong points, we act on them and meet with success.

- Tshita Tandan.



SELF ESTEEM FACTS

THERE HAS BEEN AN INCREASE IN SELF ESTEEM ISSUES AMONGST BOYS

WITH UP TO HALF OF MALE STUDENTS THOUGHT TO HAVE A LOW BODY IMAGE

 **80%** OF FEMALES SURVEYED CLAIMED THEIR POOR BODY IMAGE WAS LINKED TO NEGATIVE REMARKS MADE BY PEERS.

UP TO 85%

OF THE WORLD'S POPULATION IS THOUGHT TO BE AFFECTED BY LOW SELF ESTEEM



SOCIAL MEDIA

IS LOWERING NOT RAISING OUR SELF ESTEEM

75% OF GIRLS WITH LOW SELF ESTEEM REPORT ENGAGING IN NEGATIVE ACTIVITIES LIKE BULLYING, SMOKING OR DRINKING

8 WAYS TO START APPRECIATING YOURSELF ♥

- * Celebrate your uniqueness
- * Learn to accept compliments
- * Always enjoy your own company
- * Decide to be joyful irrespective of circumstances
- * Celebrate your critics. The more the criticism, the more valuable you are
- * You don't need others validation
- * Quit trying to be someone else
- * Write down your successes and celebrate them.

- Dakshita Sharma



MOVIE SCREENING

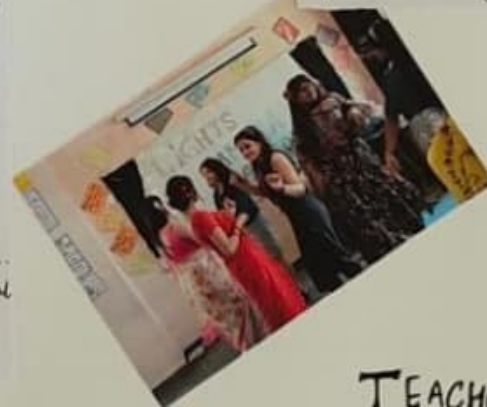
A movie screening was organized on 16th August, 2018 for all the students of the department. The movie shown was an Oscar nominated, psychological thriller, called *Shutter Island*. It starred Leonardo DiCaprio and Mark Ruffalo in lead roles. The basic plot of the movie revolved around the characters of the two main leads who are sent to investigate the disappearance of a patient in a mental asylum on a remote island, but uncover a shocking truth about the place during this process. The movie screening was followed by a discussion among the students about their understanding and interpretation of the storyline.

OFFICIAL FRESHERS '18

The first ever official freshers of the psychology department was one that would stay afresh in everyone's heart and mind forever, just like its theme - RETRO BOLLYWOOD. The event took place of 21st August, 2018, in the psychology lab. Everyone followed the theme amazingly, putting in efforts in their styling to look like beautiful heroines of yesteryear. The welcoming was done by the seniors by singing melodious songs, which was followed by various games to keep everyone entertained.



The much awaited Miss Freshers' competition was the highlight of the event. After a 3-round competition, Dhama Tandon was crowned as Miss Freshers, with Neha as the first runner up, and Ritika as the second. After this, the principal, Dr. Mukti Sangal addressed the gathering, inspiring everyone with her words.



TEACHER'S DAY

The students of Cathet - the psychology department of Shriani College celebrated teacher's day with utmost enthusiasm and zeal on 5th September 2018. The teachers were asked to take a trip down the memory lane and dress according to their college days. The welcoming speech was given by the president, Sujidhi Gupta, which was followed by handing over a small token of love to all the teachers. The event consisted of a cake cutting ceremony, a group song and a perfectly choreographed group dance. Following the dance was a small skit presented by the students along with these, various games such as dumb charades and antakshari were organized for the teachers. The thank you speech was given by Divya Jais, the vice president and the event ended on a warm and positive note.



Importance of self-worth

- The key to success
- Productive behaviour: People perform better when they consider themselves competent

DEPARTMENTAL

On 8th September 2018, the students of 'Anvaya, the mental health club', organized a musical workshop titled, "A Journey Within - Self exploration through the medium of music. For this, the students had a very special resource person: Ms. Aniti Sharma, who is doing her masters in psychosocial studies and is closely associated with music. It was heartening to see how students engaged in the process of catharsis as they found an emotionally safe space to exchange perspectives and felt a close connection with their inner being.



MUSIC THERAPY



On 13th September, 2018, an interactive session on the topic - Understanding Mental Health and its Psychosocial Perspectives was organized by 'Anvaya - The mental health club of the psychology department'. This session highlighted upon many points, - such as: importance of mental health and its role in our lives, an exchange of perspectives on the reasons of neglect in our country, and what needs to be changed. The session was conducted by four speakers, Ishveen, Saiti, Tanuja and Harshita, invited from the Jesus and Mary College of Delhi University. Everyone enjoyed the session immensely.



MOVIE SCREENING

On 26th September, 2018, Wednesday, a movie screening was organized for all departments of Bharati College. The movie screened is called 'UP'. Up is a 2009, American 3D-computer animated comedy, adventure film. Students from all departments participated in this movie screening enthusiastically. The timings for the screening were from 2:30 pm to 4:30 pm. Everyone stayed back after their classes and enjoyed a healthy discussion after the movie, giving their insights and takes about the story and characters.

INTERACTIVE SESSION

SELF WORTH

Self worth isn't something to strive for. It's already there, like buried treasure, hidden beneath layers of doubt which is just a thought that hardened into a shell. Your worthiness is like the sun shining from the inside out, burning off the layers stripping away everything that would ever keep you from seeing your own light.

Strive only to LOVE - to find all the ways to be loving to yourself and others - and when you feel that heavy armor drop away, pieced by piece, you'll remember how bright you really are.

OWN WHO YOU ARE.

EVENTS

NATIONAL SUICIDE

Mind your inner voice - The mind is always operating from a place of duality, so to feel inferior or superior is normal. Become aware and conscious of how you treat yourself in your own mind. Pay attention to your self-talk and how it makes you feel. Discard the demeaning thoughts and direct your mind and actions to positive behaviours.

Forgive yourself - We humans can be so hard on ourselves. The downside of taking responsibility for our actions is punishing ourselves too much for mistakes in learning and growing. You have to accept your humanness (the fact that you are not perfect), before you can truly love yourself. Practice being less hard on yourself when you make a mistake. Remember, there are no failures, if you have learned and grown from your mistakes; there are only lessons learned.

Invest much time in good self-care - Nourish yourself daily with health activities; good nutrition, exercise, proper sleep, intimacy, and healthy social interactions, with lots of time for fun, adventure, and relaxation. When you fuel and take care of your body properly, you'll have optimum energy and vitality which builds upon self-esteem.



PREVENTION WEEK



KNOW THE WARNING SIGNS

- Threats or comments about killing themselves, also known as suicidal ideation, can begin with seemingly harmless thoughts like "I wish I wasn't here" but can become more overt and dangerous.
- Increased alcohol and drug abuse.
- Aggressive behaviour.
- Social withdrawal from friends, family and the community.
- Dramatic mood swings.
- Talking, writing or thinking about death.
- Impulsive or reckless behaviour.

SELF LOVE ♥

Once when I was running,
from all that haunted me;
to the dark I was succumbing -
to what heart unbearably.
Searching for the one thing,
that would set my sad soul free.
In time I stumbled upon it,
an inner calm and peace;
and now I am beginning,
to see and to believe,
in who I am becoming -
and all I've yet to be.

WHAT CAN YOU DO TO PREVENT SUICIDE?

1. REACH OUT
2. LISTEN TO THEM
3. CHECK THEIR SAFETY

4. DECIDE WHAT TO DO AND TAKE ACTION

5. ASK FOR A PROMISE

6. GET HELP



INDIA Suicide Hotlines

AASRA - +912227546669
ROshini - +914066202000
COOJ - +918322252525
Sneha - +914424640050
Vandavevala - 18602662345
Sumaitri - 011-23389090
Saath - +917926305544

FUN PSYCH

CROSSWORD

PRIDE TRUST
 DIGNITY MORALE
 DELIGHT HONOUR
 JOY SELFDDM

B	Q	S	C	R	G	T	R	U	S	T
I	S	A	H	P	K	Y	B	P	W	Z
S	T	Y	T	R	Z	F	K	X	F	Y
H	E	V	D	I	G	N	I	T	Y	R
F	R	L	X	D	C	X	M	U	K	B
P	S	M	F	E	H	G	Q	F	P	H
Z	Q	O	G	D	F	O	F	L	G	A
G	U	R	W	C	O	V	N	K	W	Z
J	R	A	X	A	Z	M	G	O	N	M
O	Q	L	O	X	O	P	G	Q	U	X
Y	D	E	L	I	G	H	T	L	M	R

RIDDLES

In old age I am
 LOST,
 In trauma I am
 TOSSED
 WHO AM I?

It can involve
 HALLUCINATION
 or a
 JOURNEY
 What is it?

It is not an object,
 but if it is
 broken, it can
 cause sadness.
 What is it?

GOOD THOUGHTS
 NEED TO GROW



ANSWERS

MEMORY

TRIP: In hippie
 jaargon, a "mind trip"
 is produced by
 taking hallucinatory
 drugs; and a trip
 is a kind of a journey

The expression
 referring to
 the experience of
 sadness or sorrow:
 HEART

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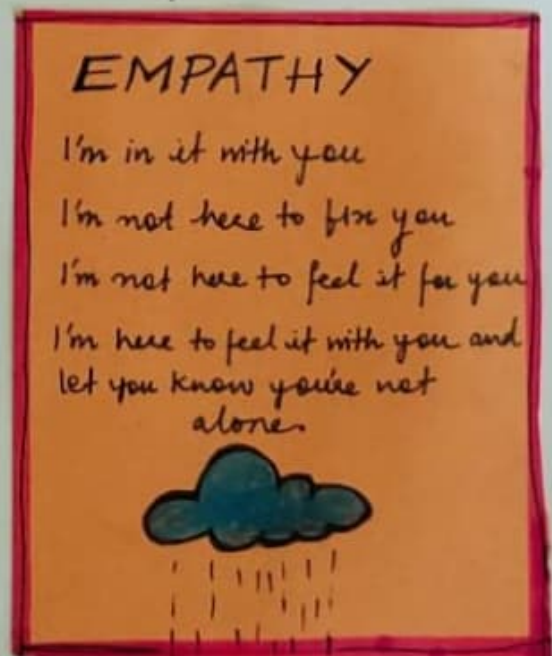
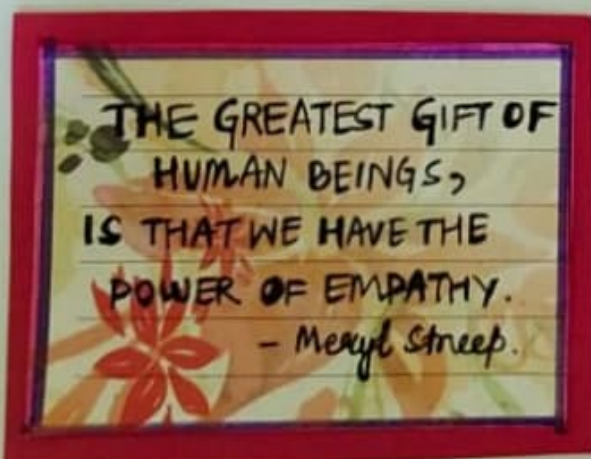
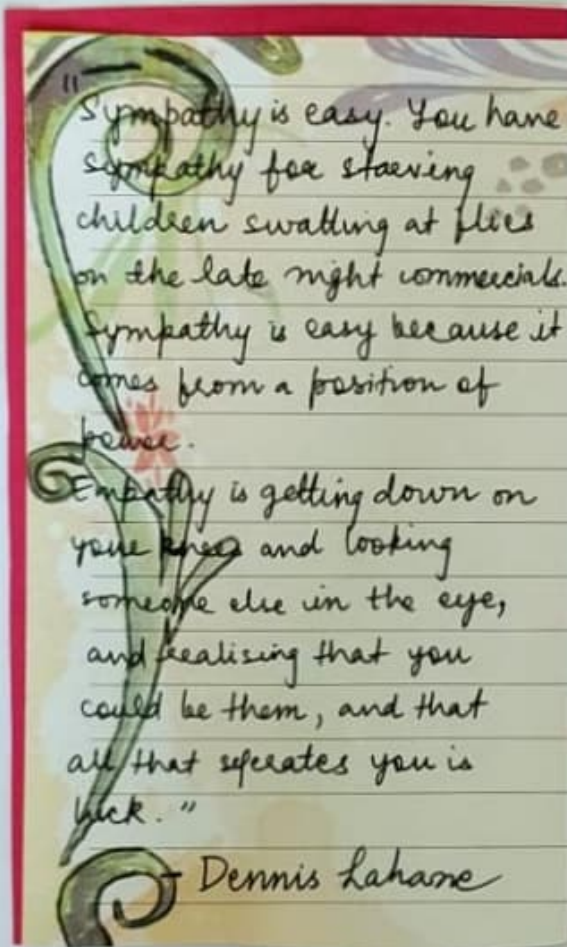
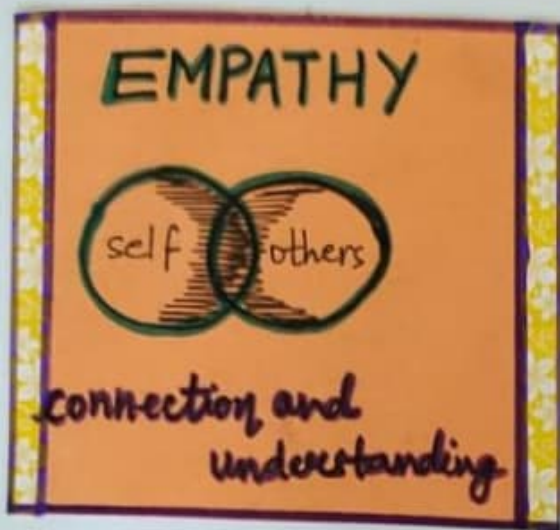
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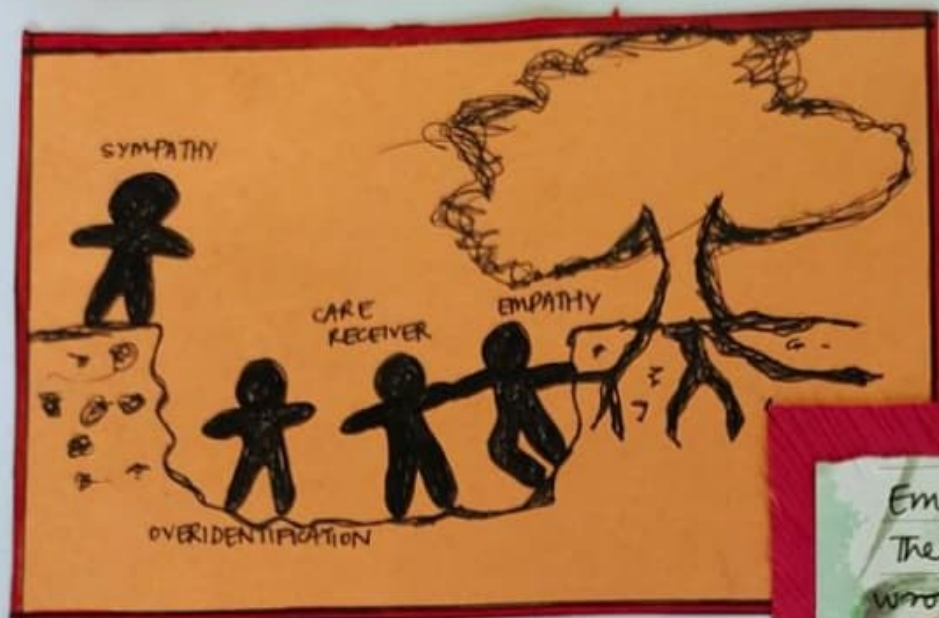
THE CATHECT CHRONICLE

JANUARY EDITION

THEME : EMPATHY







Empathy has no script. There is no right way or wrong way to do it. It's simply listening, holding space, withholding judgment, emotionally connecting, and communicating that incredibly healing message of "you're not alone".

EMPATHY

- E - Everybody needs somebody
- M - Model and mirror
- P - Put yourself in their shoes
- A - Ask if you can help
- T - Treat others the way you want to be treated
- H - Hurtful or helpful
- Y - You feel better and they feel better

EMPATHY	SYMPATHY
I feel your Pain	I'm sorry that you're in pain

EMPATHY IS WALKING A MILE IN SOMEBODY ELSE'S MOCCASINS.

SYMPATHY IS BEING SORRY THEIR FEET HURT.

EMPATHY TREE

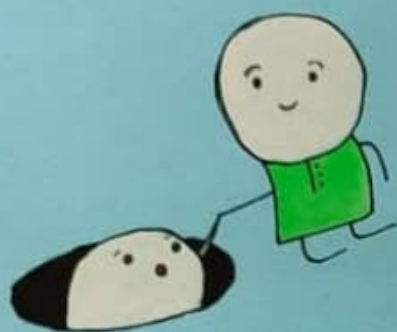
Empathy is ...

Seeing with the eyes of another

listening with the ears of another

and, feeling with the heart of another.

helping one person might
not change the whole
world,



but it could change the
world
for one person.

**THE GREATEST
CRUELTY
IS OUR CASUAL
BLINDNESS
TO THE DESPAIR
OF OTHERS**

Empathy is very important
as it serves as an adaptive
function and aided in the
survival of species. Empathy
leads to helping behaviour,
which benefits social relationships.
When people experience empathy
they are more likely to
engage in prosocial behaviours
that benefit people.



WHAT EMPATHY IS NOT

- Fix it "What will help us..."
- Advise "I think you should..."
- Interrogate "How did it happen?"
- Explain "She said that only because..."
- Correct "That's not how it was..."
- Educate "You can learn from this..."
- Console "It wasn't your fault."
- Commiserate "He did that to you, that jerk!"
- One up "You should hear what happened to..."
- Tell tale "That reminds me of the time..."
- Evaluate "If you hadn't been so rude..."
- Sympathize "You poor thing."
"I feel awful for you."



Can Empathy Be Developed?

Empathy is an interpersonal skill that can be viewed as a part of emotional intelligence. Empathy can be facilitated, it can also be interrupted or blocked, but, it cannot be forced to occur.

There are some ways by which a person can become more empathic, such as: practice deep listening, practice imagination, be fully present when you are with people, make deep conversations with others.

Let's stop waiting for a better world.

Let's start working on it together!

5 STEPS OF EMPATHY

1. Watch & Listen
To what the other person saying and what is their body language?
2. Remember
When did you feel the same way?
3. Imagine
How you might feel in that situation. validate the wide range of emotions that come up.
4. Ask How
They are feeling. Share them what you are noticing.
5. Show you care
Through your words and actions.

→ Empathy vs Sympathy

EMPATHY - ability to experience feelings of another person.

IT GOES BEYOND SYMPATHY - caring and understanding for suffering of others.

Both words are used similarly and often interchangeably (incorrectly so) but differ subtly in their emotional meaning.



Empathy is a critical skill for you to have as a leader. It contributes to an accurate understanding of other members, their perceptions and concerns. It also enhances your communication skills.

For a more empathic conversation, pay attention, physically and mentally, to what's happening; listen carefully, notice the keywords people use; be flexible i.e. prepare to change direction as other's persons thought change.

SEE THE LIGHT
IN EACH OTHER
BE THE LIGHT
FOR EACH OTHER

MOVIE SCREENING

The department of psychology conducted a movie screening on the 24th of January, 2019. The movie shown was 'Dead Poets Society', set in 1959 at a fictional elite boarding school, it tells the story of an English teacher who inspires his students through his teaching of poetry. The movie screening was followed by a hearty discussion on the same.



I am the wind in the trees
and the song of a bird.
I am moonbeams in a midnight sky
and a glorious rainbow after storm
I am morning dew
and freshly-fallen snow
I am a butterfly flying overhead
and a puppy happily at play
I am a gentle touch
a warm embrace
Open your heart to know, I'm not gone
Reach deep into your soul, you'll find me
I am here
Have no fear, I am with you
Always.

EMPATHY ~

- ✓ Is about feelings.
- ✓ Involves listening.
- ✓ No judgements.
- ✓ Fuels connections between people.



SYMPATHY ~

- ✓ 'Expected' platitudes.
- ✓ No listening.
- ✓ Inferred judgement.
- ✓ Drives disconnection between people.

Empathy is about finding
echoes of another person in
YOURSELF

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