



Progressive Education Society's
Modern College of Arts, Science and Commerce,
Autonomous
Ganeshkind, Pune. NAAC Grade A+

Department of Psychology

KALEIDOSCOPE
VOLUME XVI

A Fine Balance

2023-2024

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DEPARTMENT OF PSYCHOLOGY

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We are grateful to our dynamic Principal, Dr. Sanjay Kharat, for his input and encouragement to the Disha team every year. His wholehearted participation in making Kaleidoscope more evolved each year is extremely encouraging. We are thankful to Dr. Jyoti Gagangras (Vice Principal, Arts Faculty) and all the Staff members of Arts Faculty for their collegiality and support.

I would like to thank my colleague Nashome Crasto for her active participation in all the tasks connected with Kaleidoscope Volume XVI from ideation to completion. Thanks to my colleague Swati Jagtap for taking care of the section in Marathi. Thanks to Aayushi Bhayani for help in alignment and basic proofreading. Neha Kolhatkar and Sanchita Suryawanshi have also helped, and I thank them.

I wish to congratulate all the students who have written for the journal. Student members of Disha, who have written articles and thematic pieces, have contributed to making this issue of Kaleidoscope come alive. Sainath Birajdar from TYBA has compiled the Cover page suitable to the theme. Thanks

Several students have contributed artwork as colorful additions to the Magazine, a big thank you to all of them. Since 2020, Kaleidoscope is an E magazine, and we continue with that for this volume too.

What started as a modest effort to encourage thematic writing has endured and flourished. I am delighted to place the **Sixteenth Volume of KALEIDOSCOPE** before all of you, our readers.

Dr. Sadhana Natu

Associate Professor and Head

Department of Psychology.

P. E. Society's Modern College of Arts, Science and Commerce, Autonomous

Ganeshkhind, Pune 16

February 2023

From the Principal's Desk...



It is with great pleasure and pride that I extend my warm greetings to all readers of Kaleidoscope Volume XVI, the annual magazine of the Department of Psychology. This year, with the theme 'A Fine Balance,' our student writers have deep dived into exploring the intricate interplay between various facets of the human mind and the delicate balance that shapes our experiences and perceptions.

As Principal of this institution, I am continually inspired by the dedication and intellectual curiosity of our students and faculty, especially those within the Department of Psychology. Their relentless pursuit of knowledge and understanding in the realm of human behavior serves as a testament to its outcome in the form of this magazine.

The theme 'A Fine Balance' invites us to contemplate the equilibrium that exists within ourselves and in the world around us. It challenges us to explore the intricate dynamics of relationships, emotions, and societal structures that shape our lives. Through the lens of psychology, we gain a deeper understanding of the complexities inherent in the human experience and the mechanisms by which we navigate the challenges and success of daily existence.

I extend my heartfelt appreciation to the Head of the Department Dr Sadhana Natu, the editorial team, faculty members, and contributors who have dedicated their time and expertise to bring this publication to fruition. Their passion for the field of psychology is evident in the quality and depth of the content presented within these pages.

To our readers, I encourage you to immerse yourselves in the diverse array of perspectives offered in Kaleidoscope Volume XVI. May it ignite your curiosity, provoke thoughtful reflection, and inspire meaningful dialogue on the intricate dance of life's fine balances.

Warm regards,

Dr. Sanjay Kharat,
Principal.

P. E. Society's Modern College of Arts, Science and Commerce,
Ganeshkhind, Pune 16.



Vice Principal Speaks...

Greetings to all members of our esteemed academic community.

As Vice Principal of the Arts Faculty, it gives me great pleasure to extend my warmest regards to readers of Kaleidoscope Volume XVI, produced by the Department of Psychology. This annual publication serves as a testament to the intellectual vibrancy and creativity that define our institution.

The theme of "A Fine Balance" resonates deeply with the environment of our faculty, where we continually strive to explore the balance between expression and interpretation, tradition and innovation, and individuality and collectiveness.

Through the lens of psychology, this volume offers a unique perspective on the intricate interplay of human emotions, thoughts, and behaviors that shape our world.

I commend the editorial team especially Dr. Sadhana Natu whose dedication and passion for this magazine has never wavered at all in the last 16 years! I congratulate all the contributors in crafting this insightful publication. Their commitment to academic excellence and intellectual inquiry is evident in the thought-provoking articles, poems and art.

I am sure the readers of the magazine will be overjoyed to lay their hands on this copy!

Dr. Jyoti Gagangras,

Vice Principal, Arts

P. E. Society's Modern College of Arts, Science and Commerce, Ganeshkhind, Pune 16

EDITORIAL



What began as a modest effort to encourage thematic writing on psychological themes in English, Marathi, and Hindi too, has been sustained and flourished! Many students are first time writers, some are hesitant and very few have written since school. Motivating them to overcome their hesitation and go ahead and write has been a long journey. That has been the trajectory for the last 16 years, of **KALEIDOSCOPE** our thematic journal. Let me reiterate that the name of the journal refers to the 'myriad **aspects of the human mind**' which remains an 'enigma, unfathomed'! Like a Kaleidoscope, **the human mind is multi-hued, as the direction changes, so does the perspective**'. We believe that it is a fitting title/name for a journal of Psychology: A kaleidoscope of the mind.

Over the years many forms of writing and expression have been explored: academic, thematic writing, artwork, poems, calligraphy, photography and more; all related to psychological themes. My colleagues and I are justifiably proud of both our 'first time' writers who are taking baby steps as well those who have now honed their skills and are getting better each year. Getting students to write, hand holding, so that they write well, is a task that needs patience, empathy, dialogue, direction, discussion, and follow up!

This time too, the entire process lasted for 2/ 3 months. After a lot of goading and coaxing, students have managed to pen their thoughts. Our small group of faculty members and I have worked tirelessly alongside students to accomplish this task. I am happy that we have sustained the momentum, without a break for sixteen years, with

goals set higher each year, in terms of achieving perfection.

This year's theme, '**a fine balance**' is inspired by many things. First and foremost, Rohinton Mistry's 1995 book 'Such a fine balance' prompted the title, Ikigai, Yoga and the concept of homeostasis added further meaning to the understanding of balance. Post COVID 19 when all of us across the world are trying to find balance, equilibrium it made sense to explore this topic. There was consensus amongst the students and faculty members about the topic. The sub themes and topics evolved from this understanding.

Students from FY, SY, TY, MA part 1 and 2 have written in English and Marathi. Hence, they span the age group 18-23 from diverse backgrounds and how they view balance. The students have explored the topic from a myriad viewpoints ranging from Ikigai and Yoga to Work life balance and from AI to real v/s reel.

The poems and artwork reflect the inner thoughts and images about the theme. Our Annual Report will give the readers an idea about the vision behind our activities aimed at cognitive, affective, and behavioral progress of our students. Language, culture, and location bring the lived reality of our students from Marathi medium to the fore. Their articles and poems are a representation of their voice. I also want to thank our alumni for sending their good wishes and articles for the journal.

All our carefully curated co-curricular activities tie up with the 'catch them young' mantra. Students have not let me down in this endeavor. Our students and alumni from the last sixteen years who have contributed to Kaleidoscope, have enriched their CV through this writing and are admired when they move on to further education and later into work domains. In fact, thanks to students who moved elsewhere in the country or abroad for further studies, the journal has really gone places!

In appreciation of this consistent and high-quality writing for the last sixteen years, our Respected Principal has given the journal an ISBN since Volume X and we are thankful to him.

Our Kaleidoscope reflects the head, heart, and hands. The act of writing gives 'Voice' to unexpressed thoughts both choate and inchoate. The Science of Psychology is a fine balance of the Bio Psychosocial and of thoughts, emotions, and behavior! With the Sixteenth Volume of Kaleidoscope we hope to bring this very epistemic understanding to our readers.

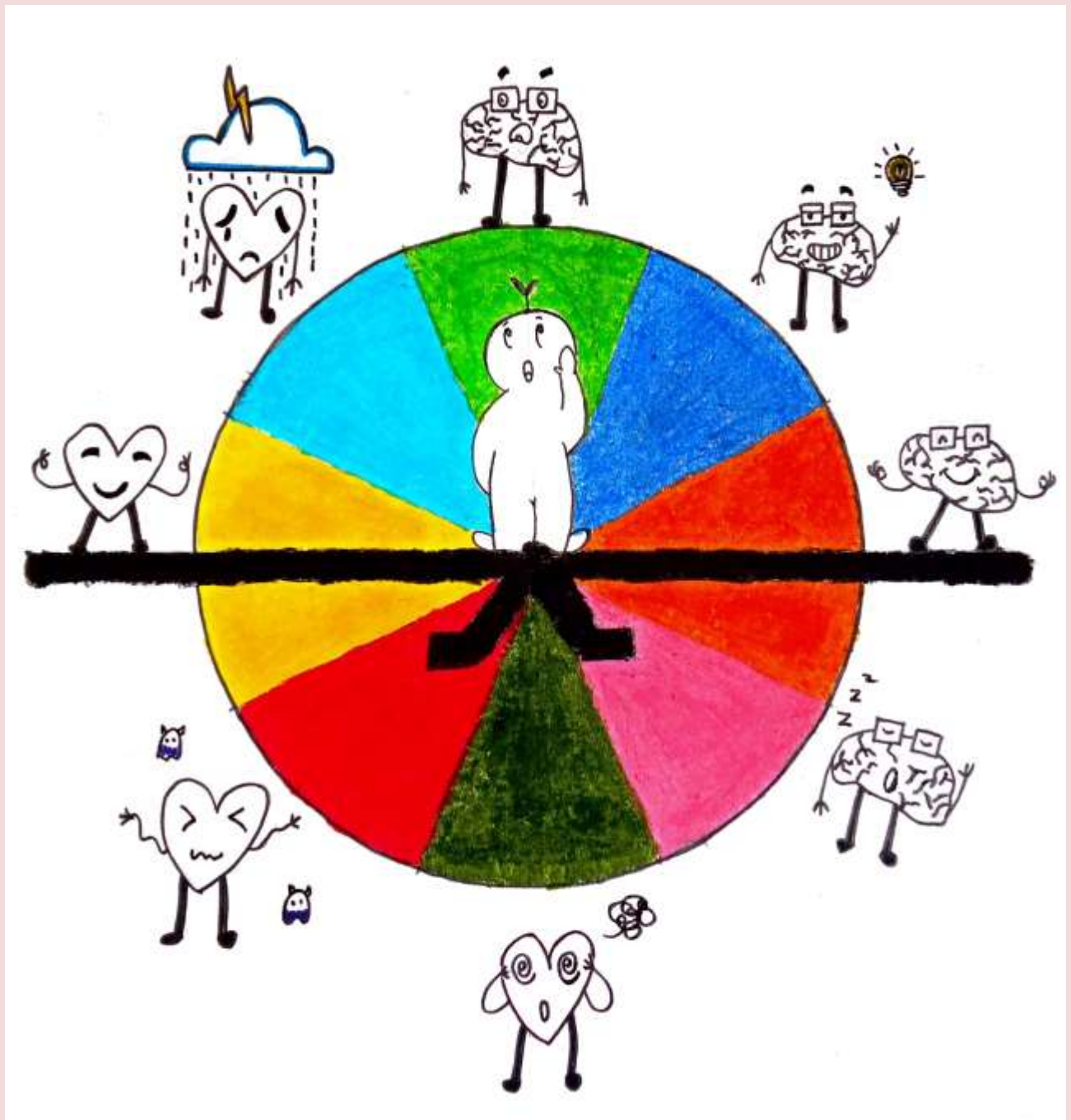
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Art Work by
Tanaya Jadhav,
TYBA

IKIGAI -THE JAPANESE SECRET TO A LONG AND HAPPY LIFE

Aarya Kulkarni SYBA

Many have remarked Viktor Frankl's logotherapy to be out dated among practicing therapists, who favoured other schools of psychology, though people still search for meaning in what they do, how they live and about finding a deeper purpose. We ask ourselves things like what is the purpose of my life? Am I living the life, or do I just exist? How do some people know what they want and what makes them decisive and have a passion for life while others languish in confusion? There comes the mysterious word IKIGAI. The Japanese concept, which translates as —the happiness of always being busy is like logo therapy but goes beyond. It is the art of staying young while growing old. According to the Japanese, everyone has an ikigai_ what a French philosopher might call a —raison d'etre. Our ikigai is unrevealed, deep within each of us, and finding it requires a patient search and introspection. According to those born on Okinawa Island with the most centenarians in the world, our ikigai is the reason we get up in the morning, Ikigai is a concept rooted in Japanese culture and refers to the intersection of four key aspects- what we love, what we are good at, what the world needs, and what we can be paid for. Having a clearly defined ikigai brings satisfaction, happiness, and meaning to our lives.

The keys to longevity are diet, exercise as the gentle movements lead to longer life, finding a purpose in life i.e. an ikigai, and forming strong social ties that are forming meaningful interpersonal relationships; managing time well to reduce daily hassles, consuming less meat or processed foods, and drinking alcohol in moderation. It is about following simple secrets like the 80 present secret_ which tells us —Fill your belly to 80 present as the ancient wisdom advises us against eating until we are full, to avoid overeating and wearing down our bodies with the long digestive processes that accelerate cellular oxidation. It is about learning about the power of flow followed by optimal experience and to achieve it, we must focus on activities that bring us to the state of flow, rather than engaging ourselves in activities that offer immediate gratification.

Ikigai is part of resilience and wabi-sabi, it is about learning efficacy, and knowing how to face life's challenges without letting stress and worry aging you. Resilience is our ability to deal with

setbacks. The more resilient we are, the easier it will be to find an ikigai. According to stoicism, our pleasures and desires are not the problem, and we can enjoy them if they do not take away our ability to take control. Stoicism about knows what we can control and what we cannot, it is about not giving in to negative visualization and negative emotions.

Wabi-sabi is a Japanese concept that shows us the beauty of the fleeting, changeable, and imperfect nature of the world around us. It is about looking for beauty in flaws rather than that of perfections. Japanese people value the cracked teacup for a reason; only imperfect things and incomplete ones can truly be called beautiful as they resemble the natural world- the natural and not-so-superficial beauty.

Ikigai is backed by another Japanese concept _'Ichi-go Ichi-e' which teaches us to focus on the present and enjoy each moment that life brings us. It is about living in the moment and writing our storylines rather than worrying about the future.

Ikigai is the art of living a fulfilling life. It involves staying productive and engaged, even in retirement, and taking a slow and steady approach to life's journey. Rushing through life can lead to burnout and an early demise, so it is important to take care of one by only eating until 80% full to avoid wearing down of our body with heavy digestive process and surrounding oneself with good friends. A cheerful attitude goes a long way in both relaxation and making new friends, so do not forget to smile often. Reconnecting with nature is also crucial for recharging our batteries. Finally, expressing gratitude and living in the present moment can help us make the most of every day, rather than worrying about things outside of our control.

Deep within us lies a distinctive talent and fervour that imbues our lives with the essence and direction. And it is our duty to share best selves with the world until the very end. And if you have yet to uncover your ikigai the true purpose, I implore you to make it your mission to do so. It will allow you to live life to its fullest rather than merely existing.

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IN HARMONY WITH IKIGAI: CRAFTING A BALANCED LIFE JOURNEY

Isha Joshi MA Part I

In today's fast-paced world, where the pursuit of success frequently exceeds personal well-being, the ancient Japanese concept of Ikigai emerges as a guiding light - a philosophy centred on establishing a delicate balance that leads to a long and fulfilling life. Ikigai, derived from the Japanese words 'iki' meaning life, and 'gai' meaning value or worth, captures the essence of a fulfilling life.

Rooted in Japanese culture, Ikigai revolves around the delicate balance of *what you love, what you are good at, what the world needs, and what you can be paid or rewarded for*. It serves as the path to a purposeful existence, emphasizing that true fulfilment is found in balancing all of these four elements. As we explore passion, vocation, mission, and profession, we discover the complex performance between personal desires, societal contributions, and financial sustainability.

Defining Ikigai

At its core, Ikigai is about finding joy in a combination of four things mentioned in the introduction. First, there's what you love - your passions and the things that genuinely make you happy. Next, consider what you're good at - your unique talents and skills. Then there's what the world needs - linking your dreams to a larger picture, contributing to something bigger than yourself. Finally, there's what you can be paid/rewarded for - earning a living doing something that aligns with your interests and contributions.

Consider these aspects as pillars. The first pillar is about doing what you enjoy and finding excitement in what you do. The second pillar focuses on acknowledging and developing your natural strengths. Combining the two provides a solid foundation for a fulfilling life.

This brings us to our main theme, which is balance. Ikigai does not advocate going all out in one area at the expense of others. It's like a complex interplay, with each aspect playing its part

without overshadowing the others. This balance is the art of living a fulfilling life without going overboard.

You're defining your path through pursuing what you enjoy and excel at. It's like walking on a bridge made of your passions and skills. This bridge is strong and provides a clear path for a purposeful journey.

Now think beyond yourself. Consider the world's needs. This is the third pillar: the mission. It is about connecting your journey to something bigger and making a significant contribution to society. This not only enriches your ambitions but also has a good impact on the world.

The third pillar is how you can be compensated/ rewarded for your profession. While earning a living is important, Ikigai promotes pairing your profession with your interests and talents. It's about earning a living while finding personal fulfilment in what you do.

In the complex interplay of these pillars, Ikigai emerges as a comprehensive way of living. It's more than just success; it's about weaving together the threads of passion, talents, mission, and career to create an artwork of meaning and balance. To visually understand how these four pillars come together, consider this *Venn diagram*...



How does Ikigai contribute to having balance in life?

By putting together your passions, skills, mission, and vocation, you can create a sweet spot where fulfilment and engagement flourish. The sources like, —Ikigai: The Japanese Secret to a Long and Happy Life a book by Francesc Miralles and Hector Garcia, "The Blue Zones: Lessons on Living Longer from the People Who've Lived the Longest" by Dan Buettner, and "Ikigai: Japan's Secret to a Long and Happy Life" by Michiko Tachibana, etc, gives us some important insight that can help us understand the importance of Ikigai and how it can help us find balance which is given below in brief points:

1. Prioritizing Passions

Prioritizing passions is a foundational step in achieving a sense of balance through Ikigai. Aligning your work with what truly motivates you, transforms it from a mundane task to a joyful expression of self. This prioritization not only reduces monotony but also increases intrinsic motivation, propelling you forward with purpose and contributing to emotional balance. Hector and Francesc's exploration of Ikigai highlights the alignment of work with genuine passion as a transformative factor, turning one's job into a source of joy and fulfilment rather than just a means of existence.

2. Harnessing Skills:

Ikigai emphasizes skill development and mastery of one's craft, resulting in a more balanced life. Beyond mere leisure, this focus on skill development stimulates competence and accomplishment. Hector and Francesc explain how this mastery boosts confidence and self-efficacy, allowing people to navigate life with greater ease. The balanced life advocated by Ikigai goes beyond a harmonious existence to feel capable and resourceful in all domains.

3. Contributing to a Cause:

Ikigai emphasizes that leading a balanced life requires significantly contributing to the world. Work gains meaning when it is in line with a mission or purpose. This alignment fosters a purpose-driven way of living by providing one's activities with a sense of direction and meaning. Contributing to a cause promotes emotional balance and serves as a solid foundation in the face of challenges that life throws

4. Finding Flow:

Achieving Ikigai results in a state of flow, which is a smooth engagement that disrupts the traditional concept of work-life balance. This concentrated engagement goes beyond the boundaries of the workplace, resulting in a more satisfying and integrated experience. According to Ikigai, flow leaves people energized and prepared to take on a variety of challenges in their lives. A balanced and contented life is greatly enhanced by this harmonious flow.

In summary, Ikigai contributes to balance by guiding individuals to prioritize passions, cultivate skills, make meaningful contributions, and experience the state of flow. These elements collectively create a harmonious and purposeful approach to life, fostering a sense of balance across various dimensions.

Purposeful Living: Ikigai in Action

Jiro Ono, The legendary sushi chef behind Sukiyabashi Jiro, depicted in the documentary "Jiro Dreams of Sushi," exemplifies Ikigai through his relentless pursuit of perfection. His dedication to mastering his craft and his joy in serving customers and passing on his knowledge create a harmonious balance between work and purpose. (Source: "Jiro Dreams of Sushi" documentary)

Dechuan Zeng, Chinese tea farmer: Despite being 101 years old, Mr. Zeng still actively tends to his tea fields. His Ikigai lies in the deep connection with nature, the satisfaction of growing quality tea, and passing his knowledge to younger generations. This balanced his work with a sense of community and environmental stewardship. (Source: "Ikigai: The Japanese Secret to a Long and Happy Life" by Hector Garcia and Francesc Miralles)

Okinawa, Japan: Known as one of the world's Blue Zones, Okinawa boasts a high concentration of centenarians. Researchers attribute this to their strong sense of community, focus on healthy habits, and engagement in meaningful activities like gardening and traditional crafts. These elements contribute to a balanced lifestyle and a sense of Ikigai for many residents. (Source: "The Blue Zones: Lessons on Living Longer from the People Who've Lived the Longest" by Dan Buettner)

Discovering your Ikigai

Imagine a life filled with purpose, passion, and a sense of connection to something bigger than you. That's the essence of Ikigai, the Japanese concept of your "reason for being." But how do you unlock your Ikigai and achieve that harmonious balance? This guided journey through 7 simple steps will help you discover your sweet spot, aligning your passions, skills, and purpose to create a life of fulfilment and balance.

1. Know Yourself:

Dive deep into your passions and interests. What activities make you lose track of time? What excites you, even from childhood? Understanding your core desires is the foundation for your Ikigai:

2. Recognize Your Strengths:

Make a list of your skills and talents. What are you naturally good at? What activities bring you a sense of accomplishment? This helps you identify areas where you excel and can contribute meaningfully.

3. Look Beyond Yourself:

Explore the needs of the world around you. What problems or issues resonate with you? Finding the intersection between your passions and what the world needs is crucial for a fulfilling Ikigai.

4. Make a Living:

While passion is important, financial sustainability matters too. Identify areas where your skills and interests overlap with potential career paths. This ensures your Ikigai is not just fulfilling but also financially viable.

5. Find Your Sweet Spot:

Imagine a Venn diagram where your passions, skills, the world's needs, and potential income sources overlap. That overlapping area is your Ikigai sweet spot, where your purpose, vocation, and profession converge.

6. Take Action, Experiment:

Don't wait for the perfect moment. Start small! Try out activities or projects aligned with your Ikigai. This could involve volunteering, taking courses, or starting a side hustle. Be open to adapting and learning as you go.

7. Get Feedback, Refine:

Share your Ikigai journey with trusted friends or mentors. Their feedback can help you refine your understanding and identify areas for improvement.

Challenges and Criticisms Surrounding Ikigai

While Ikigai has gained popularity for its positive impact on finding balance, there are some potential challenges and criticisms to consider:

1. "Ikigai Misunderstood and the Origin of the Ikigai Venn Diagram" by Ikigai Tribe, states that :
 - The Venn diagram can be rigid and misleading. It implies a clear-cut "sweet spot" where all elements perfectly align, while in reality, Ikigai is more about continuous exploration and adaptation.
 - The focus on aligning passions and skills with work can lead to dissatisfaction with current jobs or careers, potentially causing instability and stress. And it is also not possible for everyone.
 - "Ikigai is not what you've been told" by David Marlow (LinkedIn post) stated that
 - Ikigai is rooted in Japanese cultural values and might not translate directly to other cultures. Applying it universally could lead to misinterpretations and overlook cultural differences in finding meaning and purpose and maintaining balance.
 - The pursuit of Ikigai can become obsessive, leading to anxiety and frustration if not achieved. The pressure to find one's "reason for being" can be overwhelming, especially for those facing other life challenges
2. Lack of scientific evidence

While anecdotal evidence suggests Ikigai can be beneficial, there's limited scientific research to support its effectiveness. It's more of a philosophical concept than a proven method for finding balance and fulfillment.

In Conclusion...

Ikigai is not a quick fix or a one-size-fits-all solution to finding balance and fulfillment. It's a journey of exploration, adaptation, and continuous learning. Embrace the process of discovering your passions, honing your skills, and contributing to something meaningful. Remember, the "sweet spot" is not a fixed destination, but rather a dynamic space that evolves as you grow and change.

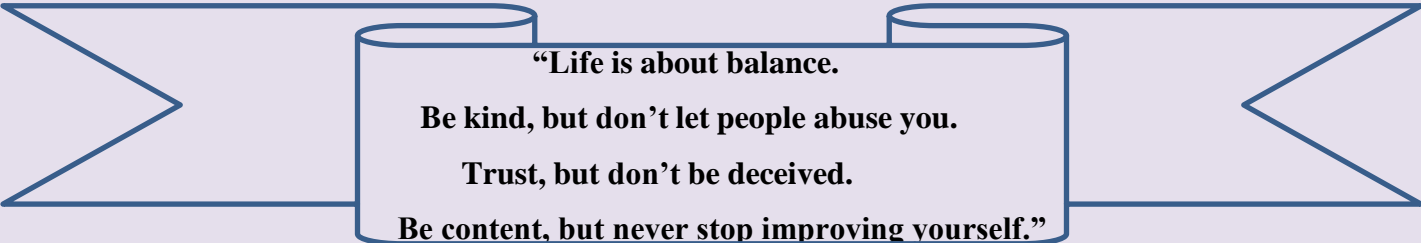
While challenges and criticisms exist, they should not deter you from embarking on your Ikigai journey. Be mindful of the potential pitfalls and remember that Ikigai is more about the process than the outcome. Embrace the imperfections, celebrate the small wins, and trust that your unique path will lead you to a life filled with purpose, passion, and balance.

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**“Life is about balance.
Be kind, but don’t let people abuse you.
Trust, but don’t be deceived.
Be content, but never stop improving yourself.”**

**UNLEASHING THE SUBSTANCE OF IKIGAI: A PATH TO
FULFILMENT AND PURPOSE**
Neelanjan Padiyar FYBA

In the bustling ultramodern world, where the pursuit of success frequently takes centre stage, the conception of Ikigai offers a stimulating perspective on chancing purpose and fulfillment in life. Embedded in Japanese gospel, Ikigai is a multifaceted conception that intertwines passion, charge, vocation, and profession. As we claw into the depths of Ikigai, we uncover a roadmap to a life that resonates with meaning.

Unveiling Ikigai the Japanese Secret to a Meaningful Life

The term "Ikigai" is an emulsion of two Japanese words "iki"(meaning life) and "gai"(meaning worth). It encapsulates the notion of chancing value and purpose in one's actuality. At its core, Ikigai suggests that a harmonious balance between colourful aspects of life is the key to living a fulfilling and purpose- driven actuality.

The Four Pillars of Ikigai

Ikigai is frequently represented as the crossroad of four primary rudiments what you love, what you're good at, what the world needs, and what you can be paid for. Let's explore each of these pillars

1. **What You Love (Passion):** relating your heartstrings is the first step on the Ikigai trip. It involves soul-searching and understanding the conditioning that bring you joy and a sense of fulfillment. These can be pursuits, interests, or creative hobbies that enkindle your enthusiasm.
2. **What You Are Good at (Vocation):** capability plays a pivotal part in Ikigai. Feting your strengths and chops allows you to align your hobbies with your essential capacities. This pillar emphasizes honing your bents and using them in a way that contributes appreciatively to your life and the lives of others.

3. **What the World Needs (Mission):** Ikigai extends beyond particular satisfaction; it encourages a sense of responsibility toward the world. Relating what the world needs involves feting the problems or challenges around you and exploring how your chops and heartstrings can contribute to addressing them. It's about making a meaningful impact on a larger scale.

4. **What You Can Be Donated for (Profession):** While pursuing passion and charge is significant, the practical aspect of sustaining oneself cannot be overlooked. Ikigai encourages changing a profession that aligns with your heartstrings and chops, allowing you to earn a living while staying true to your purpose.

Navigating the Ikigai crossroad

The true substance of Ikigai lies in chancing the sweet spot where all four pillars meet. It's the point where your passion, vocation, charge, and profession intersect, creating a harmonious and fulfilling life. Then is how you can navigate this crossroad

1. **Explore your heartstrings** Take time to identify conditioning that authentically bring you joy. Reflect on your interests and pursuits to uncover the aspects of life that reverberate with your heart.

2. **Identify Your Strengths** Assess your chops and strengths objectively. Fete the areas where you exceed and where your unique capacities shine. This tone- mindfulness is pivotal for aligning your vocation with what you're good at.

3. **Understand the World's requirements** Look beyond particular bourns and consider the broader environment. What challenges and issues does the world face? How can your chops and heartstrings contribute to addressing these requirements? This mindfulness forms the foundation of your charge.

4. **Estimate Marketable Chops** Explore professions that align with your heartstrings and chops while offering fiscal sustainability. This step involves chancing a practical avenue for expressing your Ikigai in the professional realm.

Ikigai in Practice Real- Life exemplifications multitudinous individualities and communities around the world have embraced the principles of Ikigai to lead purposeful lives. From entrepreneurs creating socially poignant businesses to artists using their bents for advocacy, the Ikigai gospel manifests in different ways. Take the illustration of a social entrepreneur who

combines a passion for environmental sustainability, a skill for business, a charge to combat climate change, and a profession that involves creating Eco-friendly products. This alignment allows them to contribute to a lesser cause while earning a livelihood, also, a healthcare professional who loves helping others, excels in medical moxie, seeks to address global health challenges, and is financially awarded for their services embodies Ikigai in the field of drug. The community of these rudiments creates a fulfilling and purpose- driven career.

Cultivating Ikigai A Lifelong trip Ikigai isn't a destination but a nonstop trip of tone- discovery and refinement. As individualities evolve, so too does their Ikigai. Cultivating Ikigai involves on going reflection, adaption, and an amenability to embrace change.

1. **Embrace Change** Life is dynamic, and precedence's shift. Embrace change and be open to redefining your Ikigai as circumstances evolve. What brings fulfillment at one stage of life might need adaptation in another.
2. **Nonstop literacy** Invest in particular and professional development to stay aligned with your evolving Ikigai. Acquiring new chops and knowledge enhances your capability to contribute.
3. **Nurture Relationships:** Ikigai extends beyond personal pursuits; it thrives in the connections we build with others. Cultivate relationships that support and align with your purpose, fostering a sense of community and shared mission.

Conclusion: Living a Life of Purpose

Ikigai offers a profound lens through which to view our existence. It invites us to seek a life where passion, vocation, mission, and profession converge, creating a tapestry of purpose and fulfillment. As we navigate the intricacies of our own Ikigai, we embark on a journey that transcends the ordinary, unlocking the true essence of a life well-lived.



“Extremes are easy. Strive for balance”
Colin Wright

SEARCH FOR PEACE**Aditi Patil SYBA**

||Secret of our long and happy life it's about our life what we look at the world make some rules and principles of living our life happiest way know your passion and dreams, goals. Mostly people assume that retirement end of our work. Mostly parents depend on their son and daughter but this is not a true retirement means it's only professional pause. Manifesting means what you really want in our life.

—It's a quite simple thing is to live Long and happy life." In our country mostly old age people are very discipline about their health. They are also follow their passion and working trying to being independent finding a way to stay happy search a work not only earning money it's for feels happy. Prove Manifesting is true had wonderful story is once upon a time there was a five girls they decide to go for a trip at hills station. And finally they visit destination their place after some time they found the place to relax. When go at that place a lady was standing she said it's a place when you Manifesting what you really want they decide to try it once they just seat and start to do what the lady was saying they got surprise with the results it's coming true.

"Secret of long and happy life is about following the rules create your own principles that you should follow it consistence being yourself. Stay healthy and happy lifestyle. Manifesting for your future is a great thing search for your PEACEFUL life.

"The art of living lies in balancing the acts of life."**B.S Murthy**

EXPLORING THE MAGIC WITHIN

Anahita Kulkarni SYBA

Art is magic. We are the Artists.

As being an element of this magnificent universe I believe my close association with Art began when I was a mere soul wondering in nothingness to find a suitable place for executing my magic. I was fortunate to be born in a family of artists and to be able to passionately practice my art of the Indian classical dance style "Bharatnatyam", My journey embarked with great traditional disciplines as we call it "Sanskari".

Who'd have known this fun activity to keep the little me engaged from doing any mischief, would ultimately give the answer to an uncommon question in the minds of many. 'What is our sole purpose of existence?'

In the course of exploration, I realized I would find the answer to this question when I allow myself to be a clean slate and —that" what is within me shall create its magic. This being linked to the essence of human life which lie in balance, is great learning experience. Everyone is so engrossed their daily lives, trying to portray potentially ideal characters and doing different things without really justifying their significance.

But there always comes a time, when our true purpose- our magic, ultimately ignites and the light within us shines brighter than ever.

While juggling and trying to find balance in all the chaos, I was able to find peace through my dance. It is undoubtedly beyond comparison what my art has given to me. I believe more than my name, my art is my Identity. It gave me an understanding of this multifaceted world and varied types of creatures whom we widely acknowledge as 'sane humans'.

Practicing Dance taught me about MYSELF as I explored and learned the nuances in different characters that are idealized to be socially right or wrong. For example, Ram, Ravan, Krishna, Devs and Devis, etc.

It gave me an insight me about Who I am as a human , my characteristic features, my emotions, my expressions , my thoughts, my purity, all of it what makes me Humane just like everyone else.

All people who try to attain balance between duties and passion, they must mould themselves like a **yinyang**. Our passion is like the bright white side and life-stressors makeup the dark black side of the yinyang. Our life without either of these two becomes meaningless. This human-form is temporary, so as to put ourselves out in the world and understand through many experiences, that everything we crave for from this external world, is already present 'in' us.

Magic is a formless, colourless, endless universe. And WE are MAGIC.

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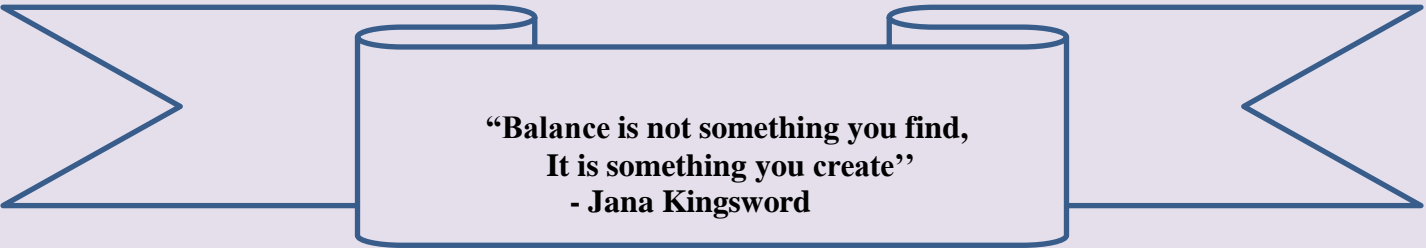
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**“Balance is not something you find,
It is something you create”
- Jana Kingsword**

HARMONIZING BONDS: NURTURING BALANCE IN RELATIONSHIPS

Esheeta Gujar SYBA

Balance in relationships is akin to the delicate dance of harmony and equilibrium between individuals. It encompasses the nuanced interplay of give and take, mutual understanding and shared responsibilities that define healthy and fulfilling connections. Achieving balance entails a dynamic interweaving of emotional support, communication and respect where each person's needs and contributions are acknowledged and honored. It forms the cornerstone of sustainable relationships, fostering resilience, trust and a sense of reciprocity that nurtures bonds through life's varied seasons.

Friendships are imperative for ensuring mental wellbeing, especially in teenagers and young adults. They are a bond that transcends boundaries, enriching our lives with companionship, support and shared experiences. Friendships cause a huge impact on our lives and moods. These impacts can be both positive and negative. Imbalance in friendships can stem from various factors such as unequal efforts, jealousy, group dynamics, etc.

Unequal efforts in friendships can often introduce strain and imbalance into what should ideally be a mutually supportive and fulfilling relationship. At times, one friend may invest more time, energy or resources into maintaining the friendship compared to the other. This inequality can arise due to various reasons such as differing priorities or levels of commitment. When one friend constantly puts in more effort without reciprocation it can lead to feelings of resentment, frustration and ultimately a breakdown in the friendship. Addressing these disparities through open communication, setting boundaries and reevaluating expectations can help restore balance and strengthen the friendship bond.

Jealousy often emerges from a sense of being replaced or overshadowed. The dynamics of the friendship may become strained as insecurity and resentment intensify. The person feeling jealous gets caught up in his/her own emotions and tends to push away their friend no matter how close they are. This leads to instability within them as well as in the friendship.

To overcome this, talk to your friend about your feelings, express your concerns and listen to their perspective as well. Honest communication can help clear misunderstandings and strengthen bonds between friends. We need to understand that our friends can have more than one close friend and this does not decide our place in their life. We should also try to form multiple friendships as being dependent on one is unhealthy.

Hierarchy in friend groups can lead to feelings of inclusion or exclusion among members. Those who occupy higher positions may enjoy greater acceptance and inclusion within the group while others may feel marginalized or overlooked. Also there are certain norms that we have to follow when we are a part of a group. These norms may sometimes be unhealthy and tiring. Often group members may disagree with certain norms but have to follow which may hamper their integrity and make them question their Morales.

To maintain a healthy friend group each individual needs to communicate their needs and set some boundaries. Just as you expect your boundaries to be respected, it is important to respect the boundaries of your friends. Hence acknowledging each other's feelings and finding ways to include everyone can help mitigate jealousy and strengthen the bond among friends.

Other most people in their lives are a part of romantic relationships at some point. These relationships turn out to be a major part of our lives. Finding balance in romantic relationships is crucial for maintaining a healthy and fulfilling relationship. However, a lot of romantic relationships are imbalanced. Couples tend to fight over sharing responsibilities, having independence, communication, etc.

In many cases there tends to be a disproportionate divide in responsibilities which can be over bearing and exhausting for the one putting in more effort. A balance in responsibilities between couples is imperative for building a healthy and sustainable relationship. It ensures its wellbeing and maintenance and creates a sense of fairness and equality. It also fosters mutual respect and appreciation for each other's contributions.

A person can sometimes be too attached to or too aloof towards their partner. This creates unevenness between independence and dependency. Over-reliance can lead to a loss of individual identity and autonomy, as one's sense of self becomes intertwined with the relationship. Over-dependence can foster an unhealthy attachment style characterized by anxiety

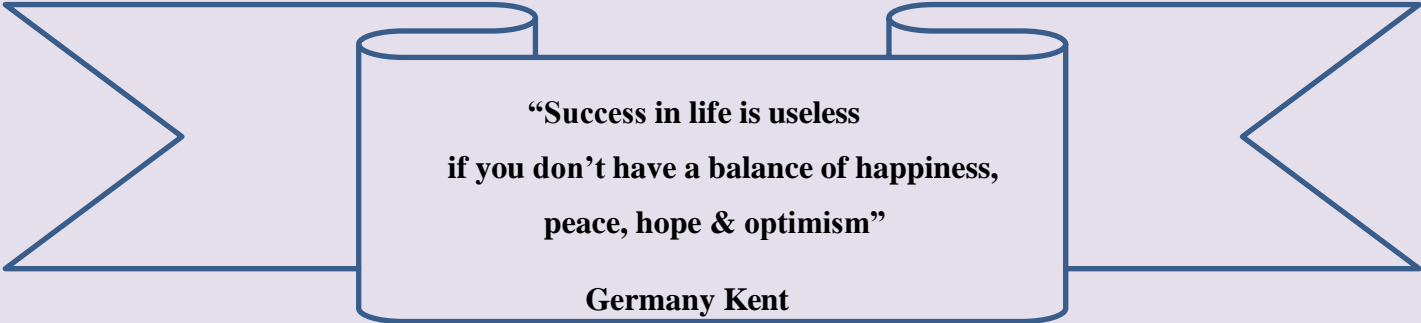
and fear of abandonment. It also hampers the personal space of one's partner which may lead to disagreements causing a strain on the relationship. Being too detached can also lead to issues. We need to find stability between how much time we spend with our significant and how much time we give to ourselves. Cultivating hobbies and interests can ensure both getting their own freedom and peace of mind, at the same time making sure enough time is given to the relationship is important to keep it strong.

Some people tend to listen more while some tend to talk more. If there is an imbalance between how much each partner communicates, it can cause problems. Speaking too much can make the other person feel unheard while being quite leads to one's issues not being expressed. We need to make sure we talk and listen equally so that no arguments are caused. Also, we need to find a balance between how much we communicate and how much we keep to ourselves to not hurt our loved one's sentiments.

In conclusion, fostering balance in relationships is paramount for long-term harmony and fulfillment. By valuing open communication, mutual respect and shared responsibilities we can cultivate a dynamic equilibrium that sustains connections and promotes individual growth.

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**“Success in life is useless
if you don't have a balance of happiness,
peace, hope & optimism”**

Germany Kent

**"EMBRACING HARMONY: THE INTERSECTION OF EMOTIONAL
INTELLIGENCE AND BALANCE"**

Swarali Kelkar MA Part 1

"It is very important to understand that emotional intelligence is not the opposite of intelligence, it is not the triumph of heart over head — it is the unique intersection of both."

- David Caruso

Balance, often overlooked in a world that glorifies constant hustle, is the crucible of emotional resilience. A balanced life involves a harmonious blend of work, rest, and recreation. It acknowledges the importance of self-care, recognizing that emotional well-being is intrinsically linked to physical health and overall satisfaction.

In today's interpersonal environment, emotional intelligence (EI) is a beacon of hope. Emotional intelligence (EI) is based on the capacity to identify, comprehend, and control one's own emotions as well as those of others. It goes beyond simple intelligence. It entails developing empathy, communicating clearly, and mastering the use of emotions as a means of influence and connection.

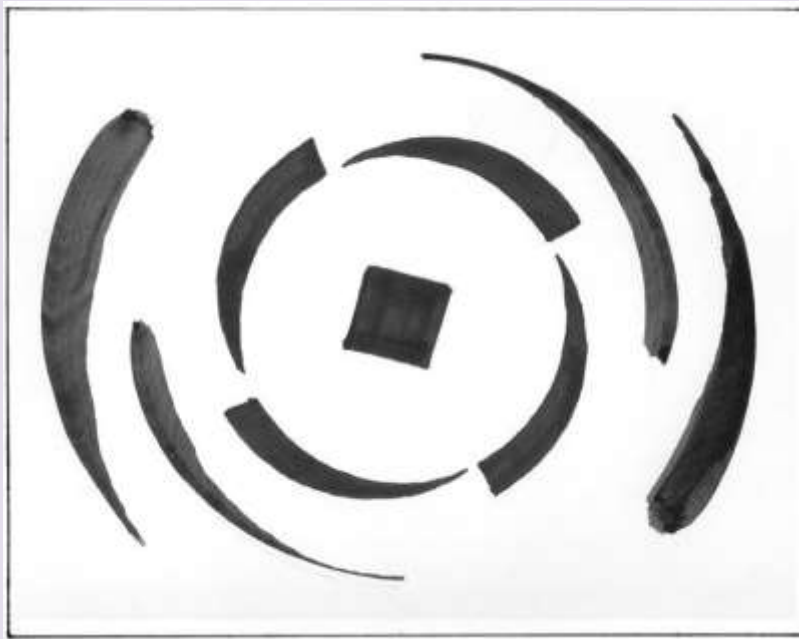
Emotional intelligence and balance are not mutually exclusive; rather, they complement each other in fostering a holistic approach to living. Here's how they intersect:

The foundation of emotional intelligence is self-awareness, or the capacity to identify and comprehend one's own feelings. Similarly, achieving balance requires introspection and reflection to identify personal needs and priorities. Self-regulation, or the capacity to effectively control one's emotions and impulses, is a component of emotional intelligence. Establishing limits and engaging in self-care are essential elements of maintaining balance, enabling people to safeguard their health and prevent burnout. The ability to recognize and experience another person's emotions is a necessary component of emotional intelligence. Empathy, establishing connection, and creating support systems are all necessary for establishing and sustaining relationships and promoting emotional equilibrium. People with emotional intelligence are able

to control their emotions in a variety of scenarios and adjust to changing conditions. In a similar vein, flexibility is necessary to preserve balance—the ability to modify commitments and priorities in response to changing circumstances. Resilience, or the capacity to overcome hardship and disappointments, is fostered by emotional intelligence. Likewise, keeping equilibrium gives people the coping mechanisms they need to overcome obstacles and disappointments without sacrificing their emotional health.

In essence, emotional intelligence and balance are intertwined aspects of living a fulfilling and meaningful life. Embracing both allows individuals to navigate life's complexities with grace, fostering self-awareness, resilience, and authentic connections with others.

In the intricate dance of life, emotional intelligence and balance emerge as guiding principles, shaping our interactions, decisions, and overall well-being. Rather than viewing them as opposing forces—head versus heart—they represent a harmonious integration, where intellect and emotions intersect to cultivate a life of purpose, fulfillment, and harmony. By embracing emotional intelligence and prioritizing balance, individuals can navigate the complexities of modern existence with resilience, empathy and authenticity.



Radial Balance by Azskanker on Deviant Art

HARMONY IN MOTION: EMBRACING ANIMA, ANIMUS, AND OUR TRUE SELF

Urvi Khopkar MA Part I

"Until you make the unconscious conscious, it will direct your life and you will call it fate." -
Carl Jung

As stated by Sigmund Freud, our conscious mind is just like the tip of an iceberg, while there is a huge chunk under the water which resembles our unconscious mind, and one is completely unaware of all the processes that go on in this part of mind. This idea of Freud is also supported by many studies by neuroscientists which suggests that we are only 5% conscious of all our thoughts, actions & emotions whereas the rest 95% is all deep down in the unconscious part of our psyche. Although latent, the unconscious is a very powerful part of the psyche and has quite a lot of impact on the way one thinks, feels, and behaves and in some ways also shapes our personality.

Therefore, it is important to gain a better understanding of certain aspects of our unconscious which can help us get in touch with our true self. One such concept is the archetype of Anima-Animus which was given by the Swiss Psychiatrist & Psychoanalyst, Carl Jung. An archetype represents the universal patterns and images that are part of the collective unconscious. The archetype of Anima-Animus provides a fascinating lens into understanding the dynamics of the human psyche. It talks about the indwelling masculine and feminine energies that we all possess. In the context of Anima-Animus, our mind contains and embraces both the feminine and masculine.

It is a naturally androgynous entity, independent of the actual person's gender. When a person is born they naturally take up the gender role of either feminine or masculine and therefore their persona is shaped in alignment with those roles. However, our psyche also comprises

characteristics that are opposite to our actual sexuality (contra-sexuality). This means, women have a contra sexuality which is masculine in nature and this is called the Animus whereas, men have a contra sexuality which is feminine in nature and this is called the Anima. Jung stated that, the unconscious feminine part of a male is called the Anima and that until you make the unconscious conscious, it will direct your life and you will call it fate." -Carl Jung.

As stated by Sigmund Freud, our conscious mind is just like the tip of an iceberg, while there is a huge chunk under the water which resembles our unconscious mind, and one is completely unaware of all the processes that go on in this part of mind. This idea of Freud is also supported by many studies by neuroscientists which suggests that we are only 5% conscious of all our thoughts, actions & emotions whereas the rest 95% is all deep down in the unconscious part of our psyche. Although latent, the unconscious is a very powerful part of the psyche and has quite a lot of impact on the way one thinks, feels and behaves and in some ways also shapes our personality. Therefore it is important to gain a better understanding of certain aspects of our unconscious which can help us get in touch with our true self.

One such concept is the archetype of Anima-Animus which was given by the Swiss Psychiatrist & Psychoanalyst, Carl Jung. An archetype represents the universal patterns and images that are part of the collective unconscious. The archetype of Anima-Animus provides a fascinating lens into understanding the dynamics of the human psyche. It talks about the indwelling masculine and feminine energies that we all possess. In the context of Anima-Animus, our mind contains and embraces unconscious masculine part of a female is called the Animus. Anima-Animus plays a major role in shaping our personality in an unconscious way, and this can sometimes even lead to development of certain negative traits in one's personality. Awareness of the symbolic elements can help the individual get a better insight into the feminine or masculine energy inside oneself. It also helps the individual to form better relationships with others, especially with people of opposite gender which internally builds emotional intelligence.

It is quite important to find a balance between one's personality which is shaped by societal gender roles and the corresponding anima-animus and is something every one of us struggle with because of the stringent gender roles which are unwritten rules one has to follow. When it comes to men trying to show their inner feminine side (Anima), society usually considers it a taboo and

therefore they often fail to fully embody and embrace this fundamental anima energy within their souls.

Hence repression of the feminine element by men can lead to personality traits like ruthlessness or aggression and in extreme cases can also lead to emotional numbness. On the other hand, due to societal, parental, and cultural upbringing, the Animus, or masculine aspect within the woman, is frequently restricted, controlled, and suppressed. However, the Animus is not always Suppressed; in other cases, it is overemphasized and forcibly imposed on women. For example, sometimes society expects women to behave in a way that relentlessly promotes toxic male ideas like work holism, emotional numbness, and ruthlessness as methods to achieve and succeed in life. Such circumstances can have a negative impact on the Anima and can become a part of the persona in a negative way, such as traits like argumentative tendencies, brutishness, destructiveness, and insensitivity.

Holistic well-being depends on striking a harmonic balance between anima and animus in one's psyche. A more real self may be attained by embracing both feminine and masculine traits, which enables people to approach life's challenges from a nuanced and balanced standpoint. In the words of Jungian psychologist Dan Johnston, the man who has bonded with his feminine Anima portrays —tenderness, patience, consideration and compassion.

At the same time, integrating a positive Animus into the female psyche can result in assertiveness, level headedness, objectivity, and rationality. Before delving into the exploration of becoming conscious and achieving equilibrium with our latent masculine or feminine aspects, it is crucial to clarify that connecting with your inner Anima or Animus does not necessitate adopting a specific sexual orientation or gender identity. It is not a process that compels individuals to align with any category, whether it be homosexual, lesbian, non-binary, trans, heterosexual, or cis gender. The journey towards balancing these archetypal energies is a personal and inclusive one, devoid of predetermined expectations regarding one's sexual orientation or gender identity. It is an exploration of self-awareness and integration, recognizing and embracing the diverse elements within without imposing societal labels or constraints.

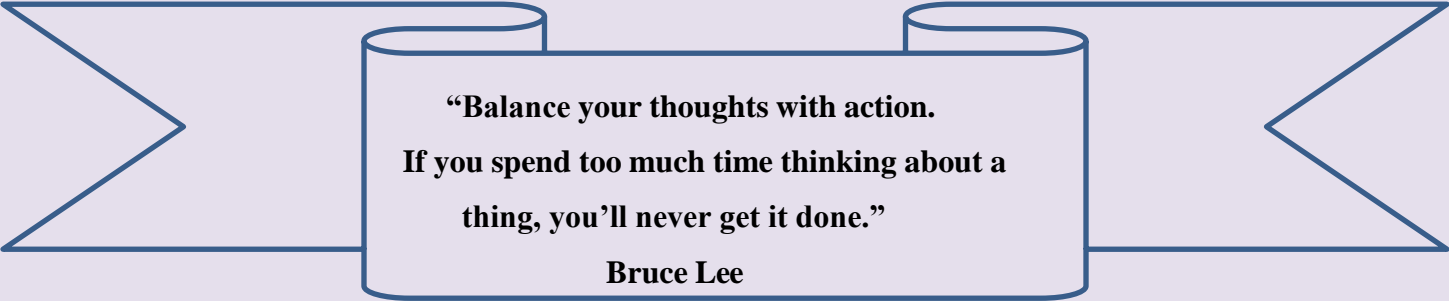
The Anima and Animus energies within us are unrelated to sexuality or gender identity; their essence lies in fostering balance. The objective is to harmonize opposing elements within ourselves, cultivating a sense of completeness. In essence, this pursuit resembles a form of

spiritual alchemy—a transformative process aimed at personal growth. It is crucial to understand that the goal is not to relinquish one's sexual preference or identity, but rather to evolve into a more mature and integrated human being.

Discovering a harmonious balance between one's personality and the anima/animus archetypes requires a deliberate and introspective journey. First and foremost, self-awareness is paramount. Regularly reflect on personal beliefs, emotions, and behaviours to recognize the influence of both feminine and masculine energies. Embrace the process of integrating opposites, acknowledging and accepting the diverse facets within. Engaging in creative expressions like art, writing, or music offers a constructive outlet for the anima and animus energies to manifest consciously. Explore diverse interests and experiences to broaden perspectives, encouraging a more holistic sense of self.

Foster open communication with others, recognizing and appreciating the diverse qualities they bring to the table. Develop a mindful practice, such as meditation or yoga, to cultivate inner balance and a deeper connection with the unconscious. Remember, achieving equilibrium is an on-going process, marked by patience and self-compassion. By actively participating in this transformative journey, individuals can unlock a richer, more integrated self, embodying the essence of both anima and animus for a more fulfilling and authentic life. In the journey towards self-discovery and personal growth, the balance between anima and animus is a pivotal element.

This integration offers a profound understanding of the intricate forces shaping human behaviour and relationships. By embracing and harmonizing these archetypal energies, individuals can unlock a deeper sense of authenticity and fulfillment in their lives.



**“Balance your thoughts with action.
If you spend too much time thinking about a
thing, you’ll never get it done.”**

Bruce Lee

STRIKING HARMONY: SOCIAL PHOBIA AND DEPENDENCY IN TODAY'S WORLD

Natasha Deshpande & Sejal Pataskar SYBA

The buzzwords in popular media are _introvert'and _extravert, 'which were originally a part of the theory of personality pioneered by 20th-century Swiss psychiatrist and psychoanalyst Carl Jung. Everyone displays both these personality traits in varying levels and depending on which one is dominant, they are either introverted or extraverted.

—The secret to life is to put you in the right lighting. For some, it is a Broadway spotlight; for others, a lamplight desk.!

—Susan Cain



Social

Introversion

Ambiversion

Extraversion

Social

Introverts are people who get their energy from spending time alone. Aristotle and Epicurus 'prescriptions for happiness involved withdrawal from many of the social aspects of life and living a quiet, peaceful existence in relative solitude. Introverts are naturally adept when it comes to actively listening. They feel less comfortable speaking than they do listening. Introverts are more likely to notice people's body language and facial expressions, which makes them better at interpersonal communication. They are more likely to be effective leaders in organizations that encourage workers to contribute ideas, and their listening skills may draw top results from their teams.

Extraversion is a personality trait marked by outgoing, social behaviour and a preference for lively interactions. Extraversion is often associated with positive effects as it involves characteristics like sociability, assertiveness, and energy. Extraverts tend to be more outgoing,

engage in social activities, and easily connect with others. This can lead to enhanced social support, increased opportunities for collaboration, and a generally more positive social environment. Additionally, extraverts may be perceived as charismatic and confident, traits that can contribute to personal and professional success.

Social phobia is a disorder characterized by overwhelming anxiety and excessive self-consciousness in social situations. People with social phobia have a persistent, intense, and chronic fear of being scrutinized by others and of being embarrassed or humiliated by their own actions. The socially anxious suffer from a distorted way of thinking, including false beliefs about social situations and perceived negative opinions from others. Social anxiety disorder can negatively interfere with the person's normal daily routine, including work, education, social activities, and relationships. Or the person could avoid social situations all together because the anxiety is just too overwhelming. Social anxiety may interfere with professional development. Individuals with social phobia might avoid networking events, public speaking, or socializing with colleagues, potentially limiting their career advancement. Constant fear of judgment and criticism can erode self-esteem. Individuals with social phobia may develop negative self-perceptions, believing that they are socially inept or inferior to others.

While it is true that, social connections and dependencies can be important for emotional well-being and support, excessive or unhealthy **social dependency** can lead to negative consequences. Over-reliance on others for emotional support or decision-making can result in a loss of personal independence. Individuals may become hesitant or incapable of making choices on their own, leading to a sense of helplessness. Relying solely on others for emotional support can make individuals vulnerable to fluctuations in their emotional well-being. If the expected support is not available, it can lead to increased stress, anxiety, and even depression. Social dependency might hinder personal growth and development.

Constantly seeking approval or relying on others for validation can prevent individuals from exploring new opportunities, taking risks, and learning from their own experiences. Social dependency can contribute to a blurred sense of self. Individuals may define themselves through their relationships with others, rather than developing a strong and independent sense of identity.

This can lead to confusion and difficulty understanding one's own needs and desires.

Ambiversion refers to a personality trait where individuals exhibit a balance of both extroverted and introverted tendencies. Ambiverts can adapt their behaviour to different social situations and environments, making them versatile and capable of thriving in various contexts.

- Ambiverts can easily adapt their social behaviour to different situations. They are comfortable with both social interaction and solitude, allowing them to navigate a wide range of environments without feeling overwhelmed or restricted.
- Ambiverts often possess good communication skills. They can engage in meaningful conversations, actively listen to others, and express themselves effectively. This adaptability makes them well-suited for various interpersonal interactions.
- Ambiverts can build and maintain relationships with a diverse range of people.
- Ambiverts may exhibit leadership qualities as they can balance assertiveness with receptiveness. They can lead by example while also considering the input and perspectives of others, creating a more inclusive leadership style.
- Ambiverts often excel in networking situations. They are comfortable engaging in social events, meeting new people, and forming connections. This can be advantageous in both personal and professional networking scenarios.
- Ambiverts may have a heightened sense of emotional intelligence. Their ability to understand and navigate their own emotions, as well as the emotions of others, contributes to effective communication and relationship-building.
- The balanced nature of ambiverts allows them to approach problem-solving with a combination of analytical thinking and collaboration. They can work well independently or in a team, adapting their approach based on the needs of the situation.

It is important to note that while ambiversion has its advantages, every individual is unique, and there is a spectrum of personality traits. Embracing and understanding one's own personality, whether introverted, extroverted, or ambivert, can lead to personal growth and success in various aspects of life.

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FOR WHEN THE WORLD SPINS AND YOU CAN'T**Rushabh Shah TYBA**

The New Year has started off with a wild pace for me personally, and I've simply been perplexed and disorganized ever since, which is to say I got thrown off balance. I mention this, more importantly, to justify the fact that I've only been able to sit with and consume two (brilliant) pieces of media so far: —The Year of Magical Thinking¹ and —Three of Us¹ (spoilers ahead). The art, however, grounds me in ways I can't possibly thoroughly convey. One is a raw exploration of grief, the other a poignant portrayal of dementia.

While they might not be primarily rooted in the theme of —a fine balance¹ that we are exploring in this edition of Kaleidoscope, what I'd love to share is how these seemingly dissimilar narratives offered me insights into what we arguably tend to overlook. This isn't an academic analysis, but rather, a personal reflection on how these stories helped me discover the extraordinary hidden within the ordinary, the magic woven into the mundane.

Life changes fast.

Life changes in the instant.

You sit down to dinner and life as you know it ends.

The question of self-pity

These are the opening lines to Joan Didion's memoir —The Year of Magical Thinking¹. The book chronicles the first year after the death of the author's husband, John Gregory Dunne, which coincided with her only daughter falling severely ill repeatedly. The couple had been married for 39 years when Dunne had a massive heart attack at the dinner table as Didion was mixing the salad.

This powerful book is Didion's —attempt to make sense of the period that followed, weeks and then months that cut lose any fixed idea she had ever had about death, about illness, about

probability and luck, about good fortune and bad, about marriage and children and memory, about grief, about the ways in which people do and do not deal with the fact that life ends, about the shallowness of sanity, about life itself.

The term magical thinking here refers to the irrational thoughts and behaviours that people often engage in when confronted with grief. Jean Piaget, in his Theory of Cognitive Development, posited that children strongly believe that their personal thoughts have a direct effect on the rest of the world. They often feel that they are responsible for an event or events occurring or are capable of reversing an event simply by thinking about it and wishing for a change.

Didion recounts her own experiences of magical thinking, including the belief that her husband might return and the reluctance to part with his belongings such as his shoes. The rituals and superstitious thinking she engages in portrays the kind of impact grief has on her and how desperately she wants to change the outcomes of things beyond her control, which can also be seen with her trying to save her only daughter.

The uncertainties of life often land us in trenches that we desperately don't want to be in. The wishful thinking, denial and bargaining she does provide her a sense of control and wonder, but is ultimately unsustainable in the face of death. She later finds herself realizing the importance of moving on but is at disapproval of the emphasis and stress the society has placed since ages on the —overcoming part.

Despite the allure of magical thinking, the narrative gradually reveals Didion's slow, arduous journey towards acceptance. She meticulously records details, dissects emotions, and engages in intellectual analysis, such as trying to make sense of the autopsy report, reading up on her daughter's medical conditions and also reviewing a lot of literature on grieving, even at the rawest moments of grief. Essentially, the —process of intellectualizing is her trying to read, learn and chalking it down to —information is control. However, these acts, while painful, allow her to gradually integrate the loss into her reality. We thus see her ultimate arrival at a balance of emotion and reason in order to grieve —healthily.

The Feet, mechanical, go round –

A Wooden way

Of Ground, or Air, or Ought –

Regardless grown,

A Quart contentment, like a stone –

This is the Hour of Lead –

Remembered, if outlived,

As freezing persons, recollect the Snow –

First – Chill – then Stupor – then the letting go –

- *Emily Dickinson, 'After great pain, a formal feeling comes' –*

Another major facet of dealing with grief is grappling with a change in or a shaken sense of self and identity that follows. We tend to develop a newer sense of understanding for ourselves and the world around us. This, yet again, involves striking a balance between developing a sense of identity that without a question involves our closed ones but also one that is beyond them, the one that demonstrates resilience (with all the social and material support one can get, obviously) in the face of adversity.

We are not idealized wild things. We are imperfect mortal beings, aware of that mortality even as we push it away, failed by our very complication, so wired that when we mourn our losses we also mourn, for better or for worse, ourselves. As we were, As we are no longer. As we will one day not be at all.

We also find how evocative her language is in describing her experiences and observations. The introspective moments she has throughout the book convey how vulnerable and raw our human connections are. She has this way of writing detailed sensory experiences that allow her and us as readers to find meaning within it all, or as she describes it, —the relentless succession of moments during which we will confront the experience of meaninglessness itself.¶ The act of writing itself becomes a form of achieving that balance, a way to process her grief, to understand

the reality, and perhaps even find a way forward.

In some ways, suffering ceases to be suffering in some measure the moment it finds meaning.

-Viktor Frankl, Man's Search for Meaning

She also happens to strengthen her bond with her daughter, finding solace in their shared memories and grief. This deeper connection demonstrates how even tragedy can foster stronger relationships, adding a layer of meaning to her changed life. Didion returns to writing her screenplay, a project she had abandoned after her husband's death. This act of reclaiming her passion exemplifies how finding her again can motivate growth and moving forward.

Amidst the emotional storm, Didion meticulously details her daily routines - meals, walks, doctor visits. These mundane activities serve as anchors, creating a fragile sense of normalcy in a world turned upside down. She establishes a routine of ordering the same breakfast every morning, driving the same daily route to the hospital, returning to the hotel in the afternoon to rest, and having dinner with friends in the evening. Despite her careful precautions, she often finds herself blinded by tears while driving past a landmark she had not remembered to avoid.

Your father cried on the telephone

And he drove his car into the navy yard

Just to prove that he was sorry

In the morning, through the window shade

When the light pressed up against your shoulder blade

I could see what you were reading

All the glory that the Lord has made

And the complications you could do without

When I kissed you on the mouth.

- Suffjan Stevens, Casimir Pulaski Day

She also travels down her memory lane more often than not, to make sense of it all, another one of her repetitions. Thus, memory becomes a poignant lens through which we explore the depths of human experience as it does in the film —Three of Us, written and directed by Avinash Arun Dhaware.

Unlike Didion's story that portrays sudden loss, this film delves into the slow, devastating erosion of self that dementia inflicts. Struggling with dementia, Shailaja takes a trip to revisit her childhood and confronts her traumatic past. Travelling with her husband (Dipankar) and childhood love (Pradeep) along the Konkan coastline in Vengurla, she seeks forgiveness, closure and liberation. The title, while speaking of these three characters, is also a reference to the past, present and future selves of Shailaja.

Our memories become the repository of our existence, and as that of Shailaja slips away, she returns to her old hometown, familiar spaces, childhood friends and the first boy she had loved in school—or her —udgham (beginning) as he calls it. It talks of returning to your roots to find solace from all of life's trials and tribulations, a return to your child-like wonder, innocence and the ability to appreciate the beauty of everything that is. When you revisit that photo album taken off that dusty shelf, the film makes you feel exactly that.

The protagonist's perception of everyday activities like cooking and taking a walk in the park shifts as her illness sets in. They are now infused with new meaning and appreciation of the present moment. There is a huge deal of simplicity in what the film has to say and how it says the same, even with the intricacies and complexities of dementia and grief and human relationships.

Everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way.

- Viktor Frankl, *Man's Search for Meaning*

Shailaja at times happens to experience brief moments of great clarity, insight and connection with reality which offers a deeper meaning to what we can take away from it. Seemingly insignificant occurrences along with the significant conflicts and dilemmas, like reconnecting with her husband despite their problems and him being in the process of accepting it for what it is, help her reaffirm her sense of identity, which were previously diluted with her spending decades as an associative noun—being a wife, mother, worker, etc.

The cinematography, with the setting and the characters, is all so beautifully done that my share of language is evidently futile here to explain any of it.

There's a certain Slant of light,

Winter Afternoons –

That oppresses, like the Heft

of Cathedral Tunes –

*Heavenly Hurt, it gives us – We can find no scar,
But internal difference –*

Where the Meanings, are –

- *Emily Dickinson, There's a certain Slant of light*

The Ferris wheel scene, which symbolizes time or the cycle of life, is one of the most beautiful ones in the film. —Our entire life is spent in the dilemma of whether we choose a busy life or one that's quiet and peaceful? Only recently did life tell me to slow down, and so I did.¶

Life can get busy and one might get caught up in things that they might not have really wanted to do in retrospect. The answer to such dilemmas lies in finding one's own personal equilibrium between achievement/ambition and satisfaction, especially in Asian societies like ours that is high on both need and value for achievement.

The film doesn't offer a simplistic recipe for finding magic in the face of loss. Instead, it paints a nuanced portrait of human resilience, reminding us that even in the midst of challenging circumstances, appreciating the mundane, cherishing loved ones, and finding meaning in shared

stories can create moments of solace and contribute to a sense of balance.

The notion of finding magic in the mundane is not to be confused with —wasting your potential. Like that one famous episode of Rick and Morty where Pickle Rick joins the family for a therapy session where he goes,

Because I don't respect therapy, because I'm a scientist, because I invent, transform, create and destroy for a living and when I don't like something about the world I change it. And I don't think going to a rented office in a strip mall to listen to some agent of averageness explain which words mean which feelings has ever helped anyone do anything. I think it's helped a lot of people get comfortable and stop panicking, which is a state of mind we value in the animals we eat, but not something I want for myself. I'm not a cow. I'm a pickle. When I feel like it.

And a part of the therapist's reply goes like,

I have no doubt that you'd be bored senseless by therapy, the same way I'm bored when I brush my teeth and wipe my ass. Because the thing about repairing, maintaining, and cleaning is it's not an adventure. There's no way to do it so wrong you might die. It's just work. And the bottom line is, some people are okay going to work, and some people... Well, some people would rather die.

Normalizing human experiences is an essential part of healing and most people, by definition, are average. You read that right. This is by no means an excuse, a means to escape, stagnate or remain stuck, or a defense to doing or being less but to appreciate the boring parts of life as much as the adventurous—owing to the fact that life certainly does not always entail advancing from one high to the next. Magic here may mean anything for you from finding beauty in the everyday and appreciating small joys to finding deeper meaning in routine tasks. It is far from easy, especially during hardships. However, it is, ultimately, all about finding your balance, between finding gratitude and appreciation in moments of denial, anger and other complex emotions, a balance that works for you—between cherishing the past, embracing the present and welcoming what the future has to offer, between weaving our sense of individuality and identity with the larger community and belonging, and to whatever domain of life we can think of.

*Its beautiful how this deep normality settles down over me I'm
not bored or unhappy; I'm still so strange and wild.*

....

Washing my hair, doing the laundry

Late-night TV, I want you only

Like when we were kids under chemtrails and country clubs

it's never too late, baby, so don't give up.

- *Lana Del Rey, Chemtrails Over the Country Club*

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BALANCING MASCULINITY AND FEMININITY

Anusha Bhanap Alumnus

—I think love is when you completely understand the femininity within you and the masculinity within her, right? “said Babil Khan, in a now viral interview on the Humans of Bombay Show. While this comment resonates with every hopeless romantic, it brings an important conversation on the table.

Amidst the Omega verse and Andrew Tate insensitivity and reductionism of a multidimensional and dynamic person to merely their gender, a much-needed cultural awakening is provided.

It should be remembered that any expressed/internalized behaviour which is stereotyped in any gender is a social construct. Not a law, not a biological or primordial need. The phenomenon of men being hunters and women being gatherers was because of the simple and practical reason that menstruating women were vulnerable to animal attacks. In contemporary times, there is little need to stick to these gender roles.

Laura Dern ‘s Academy Award winning monologue from ‘Marriage Story‘ perfectly encapsulates the hatred of the legal system and societal perceptions towards the idea of a Mother or Woman. Leaving the legal space aside, the pressures on females to stay thin lead to eating disorders starting from adolescence and sometimes even younger. Women who express that they don‘t want to have children too are judged harshly by the society.

Following studies are also notable –

APA describes traditional masculinity as marked by stoicism, competitiveness, dominance and aggression—is, on the whole, harmful. Men socialized in this way are less likely to engage in healthy behaviors. ‘(Pappas, 2019; see also De Boise, 2019)

According to Judge et al. (2012), men who are agreeable; more caring, sympathetic, receive fewer wages and were less likely to receive promotions in the managerial roles than the traditionally ‘masculine’ men.

Although masculine women are seen as more competent than feminine women, they are also seen as less socially skilled and, consequently, less likeable and less likely to get promoted, say O'Reilly and O'Neill (2003). Thus, these women face what is known as a 'backlash effect' for not adhering with traditionally considered feminine norms.

10 out of every 100 young women in America suffer from eating disorders. (Aacap, 2018)

Contrasting this, a viewpoint is important to be considered –

'Androgyny' -

In psychology, androgyny refers to individuals with strong personality traits associated with both sexes, combining toughness and gentleness, assertiveness and nurturing behaviour, as called for by the situation. (Bryant, 2024)

Androgynous looks and personas are becoming the 'it' trend of the decade. Both, cis het men and women are opting for non-conformity. Genderless clothes and jewellery are being steadily becoming the norm among young adults. It is used as a means for self-expression and inclusivity.

Owing to the likes of, Lady Gaga, Tilda Swinton and Joe Bowie, Timothee Chalamet androgynous personality has become a widespread phenomenon.

Speaking of films, Bollywood too brought films like Satyaprem ki Katha', Shubh Mangal Zyada Savdhan', Dear Zindagi' and Badhai Do' among several, depicting deeply multi dimensioned and vulnerable men.

When massive social influencers like Vanga Reddy and Deverkonda are glorifying extremely violent and entitled men systematically oppressing and trauma bonding the women in their lives, it is time to question where is the Indian thought on gender heading?

Perhaps it is time to revisit Carl Jung and his archetypes of anima and animus underlying everybody's personalities and consciousness.

According to him, Collective Unconsciousness is gained via heredity and made up of those primordial images which were common to all of humankind. It is a cognitive invariant according

to Robin Robertson. Collective Unconsciousness contains the inherited accumulation of primitive human experiences in the form of ideas and images called 'archetypes'. (APA, 2018)

Archetypes are inborn models of people, behaviors, and personalities that play a role in influencing human behavior', Cherry (2023). Thus, they are the primeval and fundamental embodiments of human experiences. The commonly known archetypes are – The Self, The Shadow, The Persona, and The Anima – Animus.

The human psyche is made up of both masculine and feminine regardless of the gender identity or the sexual orientation of the said person. And the anima-animus archetype leads to a contra-sexual aspect to the self. Therefore, using this theory it can be concluded that every person contains the traditionally dominant characteristics of the male or female gender.

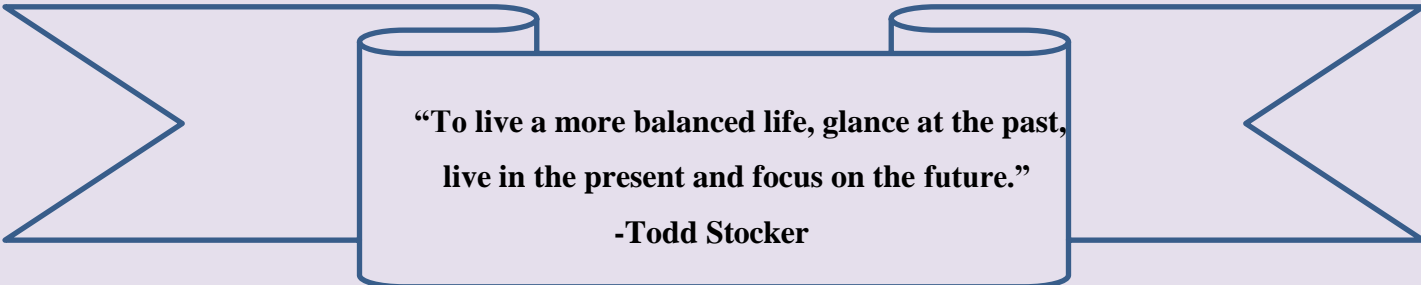
For example, objectivity and problem solving would be included in the animus and empathy and nurturing capacities would be forms of the anima.

Instead of ceaselessly arguing over who is the —true/reall man or woman, it is time to accept that we all have the potential for expression of traits identified with both genders which transcend biological sex and open paths for a unique and holistic self.

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**“To live a more balanced life, glance at the past,
live in the present and focus on the future.”**

-Todd Stocker

A FINE BALANCE BETWEEN DANCE AND ACADEMICS
Bhumi Calcuttawala, Janhavi Bhagwat, Natasha Deshpande SYBA

Dance is a beautiful activity which requires coordination and gives us a peace of mind. As dancers we know that dance balances our emotions. It keeps the negative thoughts at bay and elevates us to a more content and positive state of mind. A dancer reaches a stage of stability through continuous training i.e., —Sadhana! But we mustn't let our passion cause an imbalance between other aspects of life. It is difficult to manage everything altogether, for which we may prioritize one over another causing difficulties which often lead to disappointment. So, it is imperative to find a balance between our life as student and training. Making a routine and then sticking to it is effective in making sure we do not miss out on either. Ensuring that both get equal time leads to immense satisfaction and happiness. A thing to look out for is to ensure both dance and academics complement each other and act as an enabler like using the calmness brought by dance in the classroom and using the sharpness brought by academics into the training.

Dance helps get rid of even physical pains like headaches and menstrual cramps while academics satisfies our curiosity and pushes us forward. Thus, it is important to balance both and not let one ruin the other.

Dance as an enabler for education...

The true objective of education is to develop human personality in its all aspects. Any overemphasis on a particular aspect to the neglect of another may lead to a kind of lop-sided development which in the long run may do more harm than the good. There was a time in our educational history when emphasis was laid only upon the intellectual development of the student. In those days there was very little attention paid even to physical development.

Did you know dance can improve memory, develop rhythmical awareness and in turn help your child to on the road to reading, writing and arithmetic?

Honing the right skill sets at the most opportune time...

College is a great time to start developing new skills such as communication, time-management, or teamwork. These skills are also essential for us as dancers. Although, these are very helpful and necessary to academic success, another skill you should explore as a college student is dancing! In addition to being a fun way to express yourself, dancing is also a great way to strengthen both your body and mind.

Dancing benefits you in many ways that can result in better brain function. It has been shown to:

- improve memory, improve critical thinking skills, stimulate new neural connections, reduce stress, and improve physical health.

Dancing requires a lot of memorizations, and the practice of remembering moves and executing them helps build brain's ability to access stored information. Dancing also forces students to quickly learn that solutions to problems can take many forms and helps in developing better critical thinking skills. In addition to bettering memory and critical thinking, the combination of movement and sensory enrichment during dancing has been shown to improve neuroplasticity (the ability to form new neural connections).

Dancing releases dopamine and endorphins to make you happy, in addition to increasing levels of serotonin and reducing levels of cortisol to help alleviate stress.

It also boosts creativity and provides a healthy way to express you. Dancing is a very aerobic form of exercise, so it helps overall physical health by improving cardiovascular health, strengthening muscles, and increasing endurance.

Balancing Dance Lessons and Academics

As a young student dancer – one has to slice one's time up between going to class, doing homework, working on projects, rehearsing, performing, and everything else in between.

Because they are both incredibly important for your present and future, one should know how to manage your time and excel in both aspects of your life.

Tips for balancing the dance and academics

- Keep Your Schedule Organized - A critical thing that can help you conquer academics and dancing is strict organization
- When You're in Dance Class, Only Think about Dance

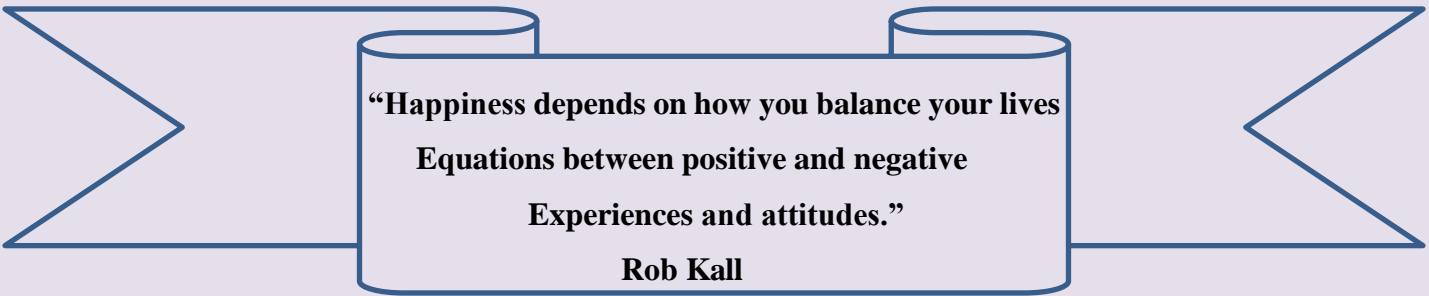
- Embrace the Fact That Life Will Be Busy If you love to dance and love spending time in a dance class, there's something you have to embrace—your life is going to be busy, and that's perfectly okay. Instead of stressing too much about having a lot of things on your plate, enjoy it and embrace the craziness that comes with it.

Indian classical dance is based on mythology and Puranas, so when a child learns dance, they are bound to know the stories of Mahabharata, Ramayana, Bhagvat Geeta, Shiv Purana, immortal books of Mahakavi Kalidas etc. In this was one can learn the great Indian literature? Thus, their knowledge will be enhanced. They will automatically come to know about the rich cultural heritage of India. As a young ambassador, we owe it to the rich Indian culture to ensure we not only master it but also ensure that the baton is passed on to the next generation to come....

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**“Happiness depends on how you balance your lives
Equations between positive and negative
Experiences and attitudes.”
Rob Kall**

LIFE AND ACADEMIC BALANCE

Vaibhavi Hallisagar SYBA

A balance is said to be state of equilibrium or could be called as equal distribution. It is truth that everyone regardless of age, gender etc. needs to maintain a balance in day to day lives. Parents have to maintain a balance between their own lives, their work and children, if not maintained will lead to imbalance which will eventually leads to anxiety, stress etc. Although no one in this world is perfect, some or the other time will lead to imbalance which is absolutely fine but that shouldn't lead to any more serious problems like stress. Just like parents and other people, students also have to maintain a balance with their life and academics.

Students, mainly of Adolescent age groups find difficulties to maintain lack of balance with their life and academic. Even much research suggests that adolescent faces difficulties to balance emotion (Life) and academics. These people are involved in various activities and feel the things they are doing are absolutely right, without even crosschecking themselves if it's true or not. They are mostly influenced by the peer group and feels parents and teachers as burden upon them who feels that they that is their child and students should be on the right path, but for them they are right and their friends , except both everyone is wrong in this whole world . This hampers their academic performance which later on creates thoughts of ending up everything or leads to substance addiction and can also cause depression at an early age.

During puberty there are various emotion changes which takes place such as mood swings, self-conscious, becoming aggressive, feeling right, suppression of own thoughts, be decided by others etc. Even they get exposed to various biological changes and substances which lead them to the path of dreadful life. Students because of having a pressure upon themselves and unable to handle them , try to opt to something that is various substance such as drugs, cigarettes, alcohol, mobile, gaming , and even along with the peer group who promotes them to do such . This eventually leads to hampering of life that to by their own.

Students rather than running away from facing such situations should talk to either their parents or their friends, who can guide them properly, help them to know alternatives to face the pressure,

stress, anxiety and lead to a path of a good life. Not only for students but even for others as well, it is important to maintain a balance. Students can make a plan of doing various things which would help them in playing out their day as well as helps in creating equilibrium. SWOT analysis can be done to know so.

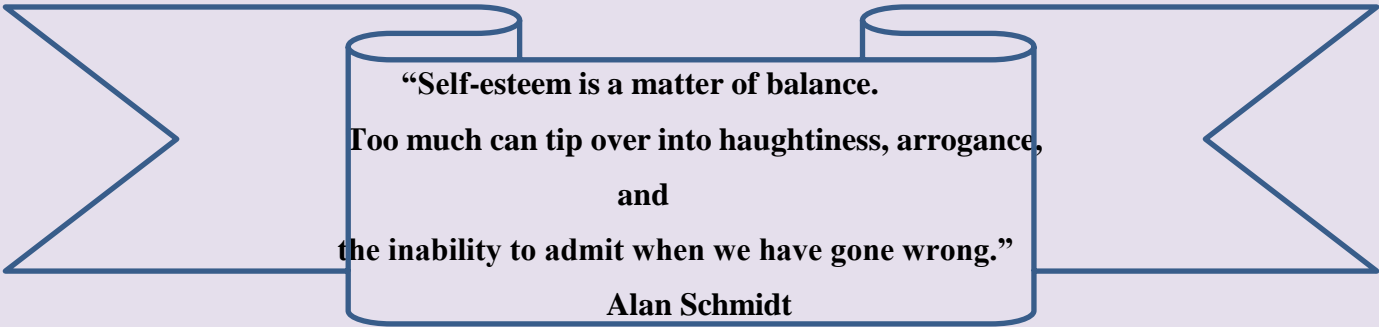
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**“Self-esteem is a matter of balance.
Too much can tip over into haughtiness, arrogance,
and
the inability to admit when we have gone wrong.”
Alan Schmidt**

BALANCING ACADEMICS**Nupur Pandit TYBA**

Entering adulthood and doing as many things as possible in this competitive world seems fascinating doesn't it? Everyone is in their race of doing the most out of their capacity, well, same goes for me, I always have been a person interested in extracurricular activities since my school days but little did I know that I will grow so fond of Acting and might as well make it my profession.

In my 11 and 12th I completed my advanced Diploma in Acting and Media and scored A+ and did very well in 12th as well. Covid made some drastic changes to life and made it hard to adjust but we all had no choice but to adapt. It seemed easy when I balanced it well at the start but where's the fun if it is always easy? I started my degree course in Psychology and completed my first and second year quite smoothly, managing shoots and exams, going for shoots after giving an exam was quite exhausting mentally and physically.

Was I happy? Absolutely! The feeling of doing the things you love creates different kind of joy despite the exhaustion. I developed an interest in psychology when I was in 9th standard because of our personality development teacher. She always told stories that were quite fascinating. I was quite sorted about my career choices very early and pursued in that particular direction.

To add to that I have some different hobbies to have an excitement factor like badminton, gym, painting and trekking. Indulging in these activities, bring me peace of mind and keeps me sane to be able to handle my personal and professional life. I know for a fact that in future I will have to balance even more considering the intensity of work and studies increasing but I'm not giving up and I love the rush it gives me. This is my dream and I will fulfill it for sure.

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DANCING IN THE SHADOWS

Shravani Anekar TYBA

I unintentionally found myself painfully saying goodbye to the art of dancing, a beloved activity that had previously brought me immense joy and contentment, in the turbulent midst of my unwavering pursuit of professional achievement and my rigorous academic aspirations. This story seeks to explore the intricacies of how the magical realm of dance progressively seeped into the cracks in my everyday existence, leaving a hole that begged to be explored again. The story that follows is a meditation on the deep effects of this split and the life-changing journey that followed as I tried to recover the rhythmic core that used to define who I was. I embarked on my dance journey at the age of 6, delving into various dance styles professionally. Yet, Bharatanatyam has consistently flowed in my veins, establishing an enduring connection that remains integral to my artistic identity.

I progressively neglected the art of dancing as a student balancing homework, tests, and extracurricular activities. The obligations of education and the need to fit in with society's standards eclipsed what had once been a vivid and important aspect of my existence. The constant ticking of the academic clock drowned out the music that used to lift my spirits.

One rare moment of thought for me, I realized the emptiness left by the absence of dance. Exam stress and everyday boredom made me yearn for the rhythmic haven I had unintentionally left behind. That is when the battle to locate and recover this vanished pastime started. Re-entering the dance world was not an easy feat. It meant finding time to study in between busy schedules, fighting self-doubt that suggested I should put my studies first, and facing the worry that I might no longer move with the elegance that used to characterize my movements. After a break, the dance floor, which used to be a familiar haven, felt foreign.

My first attempts at reintroducing dancing into my life were characterized by unsteady movements and a lack of coordination. Experiencing the atrophy that had developed during the break was a humble experience. But with every tentative step, a feeling of ease and comfort began to return. Regaining this lost hobby required more than just physical endurance; it also

required a mental and emotional adjustment. The dance floor turned into a blank canvas where I could learn more about me, peel back the layers of stress, and rediscover the expressive essence that had lain dormant for far too long. Despite my strong desire to dance and witness myself dancing once more, I still perceive this as a challenging goal to accomplish. To be candid, the period of abstaining from dancing has led me into emotional lows.

As I set out on this hopeful road, I understand how crucial self-compassion and patience are. No matter how tiny, every advancement is a win in and of itself. This article documents my dedication to dancing, examines the difficulties I've encountered, and conveys the hope that keeps me going.

I write this article with a fervent aspiration to rediscover the art of graceful dance, reminiscent of my eighth-grade self, anticipating a resumption of the elegant and fluid movements that once defined my dance prowess.

(To the reader, consider initiating the act of writing, drawing, painting, singing, or dancing once more.)



**“NAVIGATING A TIGHT ROPE OF LIFE THROUGH
THE WORLD OF BHARATANATYAM”
Shravani R Sakalkale MA Part II**

Keeping a delicate balance in life is a dance that takes place outside of reality. As a Bharatanatyam dancer, this age-old art form has evolved into a tool for self-expression as well as a compass that helps me make sense of the complex web of existence. Bharatanatyam movement's discipline and fundamentals give me strength and teach me how to remain balanced in the face of all the different problems life presents. The idea of a "fine balance" is similar to trying to maintain equilibrium when walking a tightrope—you have to hang just right between extremes. Reaching this delicate balance in lives many aspects guarantees a steady and peaceful living. As a dance style, Bharatanatyam is more than simply a collection of complex moves; it's a concept that influences every part of my lifestyle.

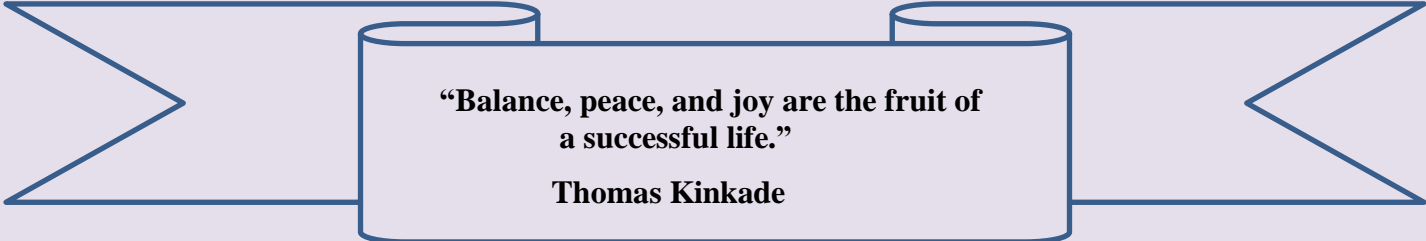
These fundamental ideas provide as a continual reminder to keep inner strength, particularly during trying times. I am able to weather storms and come out of them with grace because of the dance's inherent physicality. When it comes to personal situations, Bharatanatyam turns into a healing art form. I can tackle obstacles, convey my feelings, and find comfort in the flowing movements of the dance because of its storytelling element. The dance turns into a mirror that reflects the subtleties of my feelings, giving me clarity and assisting me in navigating the challenges of interpersonal connections and friendships. It turns into a vehicle for expressing ideas that words frequently are unable to, leading to a greater comprehension of oneself and other people.

Friendships, as an integral part of life, find a unique resonance within the cadence of Bharatanatyam. The dance teaches me the importance of balance, not just in movements but in relationships. Balancing individual needs within the dynamics of friendships requires a nuanced

approach. Bharatanatyam becomes a guide in this intricate dance, emphasizing the harmony that comes from respecting boundaries, fostering open communication, and embracing the ebb and flow of connections. The dance, in essence, becomes a companion in the journey of maintaining equilibrium in social connections. Bharatanatyam discipline is a supporting ally for those who struggle with balancing various duties, a frequent part of modern life. A sense of purpose and perseverance are instilled by the disciplined practices and dedication required by the dancing style.

The quest of passion in the dance serves as a metaphor for negotiating the challenging dance of handling obligations, giving me the capacity to balance my needs and those of society in an artful way. Unavoidably, difficulties come up, yet Bharatanatyam turns into a source of resiliency and strength. The dance gives me a way to explain and articulate the reasoning behind my decisions, even if society may not always comprehend them. As a timeless art form, Bharatanatyam teaches me the dance of balancing and becomes woven throughout my life. It becomes a guiding force in preserving equilibrium via friendships, interpersonal interactions, and the different stresses of life through its movements, philosophy, and discipline. As I keep dancing, I learn that balance is beautiful not only when it is achieved but also when it is constantly explored in terms of self-awareness and adaptability.

It's a dance that fits the rhythmic harmony of a life well-balanced. Acknowledging Bharatanatyam's transforming power makes it probable that all art forms may serve as beacons of hope for those seeking balance. People can find comfort and strength in the creative process, whether it is via painting, dancing, singing, or any other kind of creative expression. Every creative endeavour becomes a distinct investigation that offers new perspectives and discoveries along the way, and the pursuit of equilibrium takes on a universal quality. While I celebrate the balance that Bharatanatyam offers, I would like to encourage you to go out on your own creative path and find the particular balance that speaks to your soul.



**“Balance, peace, and joy are the fruit of
a successful life.”**

Thomas Kinkade

BALANCING LIFE

Sainath Birajdar TYBA

In the relentless chaos of modern life, the pursuit of harnessing balance stands as a universal theme. Life is like an intricate tapestry, it demands a delicate equilibrium, a harmonious blending of its diverse elements. Integration of different aspects of life such as work, personal development, relationships, in a way that creates harmonious blending contributes to overall well-being. To live a Fulfilling life, one must strive for balance, integration and harmony. Just as a tapestry achieves its beauty through the careful arrangement of its diverse threads.

This article explores the significance of balance in life, delving into its various dimensions such as balancing work and personal life, maintaining physical and mental wellness and nurturing meaningful relationships. These all contribute to a meaningful and purposeful life.

First dimension: Balancing work and personal life

The boundary between work and personal life often gets blurred, leading to a dissonance that permeates our overall well-being. To uphold balance between them is not merely a challenge but essential endeavour. Modern workforce is frequently entangled in demands of hyper-connected world, where the delineation between professional responsibilities and personal time is increasingly elusive. There is need for conscious effort to strike balance between them. Effective time management, establishment of boundaries and the cultivation of healthy work-life integration can form the cornerstone of this quest for equilibrium.

Effective time management emerges as a critical factor. Understanding one's priorities and allocating time accordingly ensures balance in professional responsibilities and personal pursuits receive due attention. To attain this goal there are multiple ways. Prioritizing tasks, setting realistic goals, using time management tools, practicing time blocking, limiting distractions, to review and reflect, and embracing efficient work habits are essential components of effective time management. Finding the right balance in work and personal life is ongoing process that

requires adaptation and mindfulness to changing circumstances, so it's patience and consistency is the key to happen equilibrium in both aspects.

Establishing clear boundaries between work and personal life plays pivotal role in maintaining a healthy equilibrium and overall well-being. Creating a clear distinction between work hours personal time helps to prevent the encroachment of your demands into one's personal life. Creating physical boundaries like a specific workplace in your home, where you can only focus on work without distractions. Settings communication boundaries- to determine how and when you will respond to work- related communication such as e-mails, calls and messages. Using technology wisely. Establishing clear expectations and scheduling personal time for yourself. By these you can certainly reduce stress, prevent burnout and achieve more satisfying balance between your work and personal aspects of life.

Another important is fostering an environment where personal time is respected and protected. Understanding your own needs, priorities, and limits when it comes to work-life balance. Making time for activities that recharge you physically, mentally, and emotionally. If you are struggling to maintain boundaries or feelings overwhelmed, don't hesitate to seek support. Reflect and adjust on changes within your workload and personal circumstances or priorities. Also acknowledging that a harmonious co-existence of work and personal life is not only feasible but also conducive to overall well-being.

Second dimension: Maintaining physical and mental well-being

In the relentless hustle of modern life, pressure of daily tasks and responsibilities, takes toll on both mind and body. To achieve holistic balance, one must understand the interconnected nature of physical and mental well-being is crucial. Regular exercise, sufficient sleep and mindfulness practices are cornerstone to acquire these.

Regular exercise is cornerstone to attain overall well-being. Benefits of physical activity extend beyond physical aspects, as it also positively impacts mental health. Exercise is known to release endorphins, neurotransmitters that contribute to feeling of happiness and overall well-being as it reduces symptoms of anxiety and depression by releasing endorphins. Exercising improves sleep quality, reduces stress levels, and enhances cognitive function, including memory and concentration. It boosts heart health by fortifying heart and blood circulation in the body.

Overall, exercising contributes to an increase in energy levels, improves mood, strengthen immune system and have long term health benefits.

Adequate sleep is often underestimated in its significance. It's a fundamental biological need that supports cognitive function and physical health. Sleep is important for body repair and immune function, reducing risk of obesity, heart disease and diabetes. It helps to produce immune fighting proteins, strengthening the body's defense against diseases. Sufficient and quality off sleep contributes to increase in resilience, enhanced concentration and improved mood, reducing the risk of mood disorders like depression and anxiety. Sleep is important for healthy aging and longevity. So it's better to not overlook over it.

Mindfulness practices, such as meditation and deep breathing exercises, offer valuable tools for nurturing mental well-being. It involves being fully in the present moment, intentionally giving attention to your thoughts, feelings, bodily sensations and the surrounding environment without judgment. Few practices include mindful breathing, body scan meditation, etc. Mindful breathing includes focusing on the sensation of your breath, as it flows in and out of your body. In body scan meditation you bring awareness to different parts of your body, starting from toes to head. Sitting quietly and observing your thoughts and feelings without getting caught up in them is mindful meditation. Gratitude practice, Mindful walking, eating, movement, communication, etc., are also some of the mindfulness practices which can help to foster a sense of presence, helping oneself and others to navigate challenges with greater resilience and maintain a balanced perspective a midst life's fluctuations.

Third dimension: Nurturing relationships and social connections

Humans are inherently social animals. The quality of connections with others profoundly influences our overall well-being. Nurturing meaningful relationships with family, friends and the community we live in is an indispensable aspect of achieving balance. Effective communication, empathy and social support are some aspects that play an important role in enhancing relationships and connections.

Effective communication stands at the heart of successful relationships. It is fundamental in nurturing relations whether they are personal, professional or romantic. Ability to express oneself authentically and listen actively fosters understanding and deepens connections. Active listening

Is vital to understand what others want to say. Being open and honest with your thoughts, feelings and concerns helps to gain the trust of another person. Incorporating these skills in our communication style, we can nurture and strengthen our relationships, fostering trust and understanding and respect.

Empathy, the capacity to understand and share the feelings of others, is a linchpin in building meaningful relationships. By cultivating empathy, an individual can foster sense of connection and mutual support. Also to understand and connect with each other on a deeper emotional level. Once you understand others' emotions you can validate their emotions and experiences. Which ultimately builds trust, enhances communication, and fosters support within relations. Understanding perspectives of those around us enhance the richness of our relationships. By practicing empathy, you can achieve healthier, more fulfilling relationships built on mutual respect compassion and care.

Social support network plays a crucial role in maintaining emotional resilience. This network includes family members, friends, or colleagues. In times of challenge or adversity, having a network of supportive individuals provides a valuable safety net. Providing emotional support during times of stress, sadness or joy help a person feel valued, validated and less alone in their experiences and the strengthening emotional bond between them. Informational support entails offering advice and guidance to help other person in making decisions and solve problems. Social support involves various forms of assistance; understanding and encouragement resulted at promoting well- being and growth in individuals and their relationships.

In short achieving balance in life is a complex journey. Balancing work and personal life, prioritizing physical and mental health, and fostering meaningful relationships contribute to a fulfilling existence. It's a continuous practice that enriches experiences and leads to a more harmonious and satisfying life, not just for individuals but for communities as well. Ultimately, the pursuit of balance transcends the individual, resonating as a universal aspiration for a life well-lived. Life is not free of hurdles. How you deal with it makes you much stronger. We help each other. The harder it gets, the more we stick together. You are never alone. There will be difficulties, and it will be hard and everything will feel like you can't go further anymore. In that moment, you just have to go for it. Be brave, don't give up.

—Balance is the key to everything. What we do, think, say, eat, feel they all require awareness and through this awareness we can grow.‡ - *Koi Fresco*

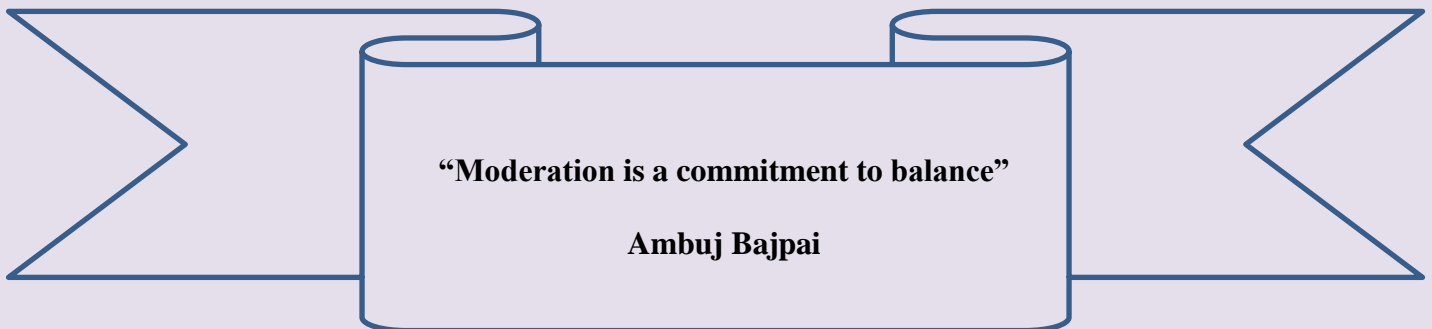
Rather than waiting for balance to magically happen, the importance of intentional effort and action emphasizes in creating a harmonious equilibrium. Balance is not a static state but an ongoing process of adjustment and alignment requiring conscious choices and deliberate actions in various aspects of life. By creating need for balance we empower ourselves to take control of our lives and cultivate a sense of harmony and well-being.

One must understand that balance in life is derived from a holistic approach that involves prioritization, boundaries, self-awareness, adaptability, moderate self-care, support systems and mindfulness. By integrating these elements into daily life, individuals can cultivate a sense of harmony, fulfillment, and well-being.

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WORK LIFE BALANCE

Sharvari Mali MA Part I



Understanding the work and personal life are not two independent spheres of life and that the debate on work- life integration involves employers and working families and understanding their available work-life options. Building an organizational culture that supports through changing the way people think and talk about their work-life balance so that using flexible working options and other work-life initiatives becomes accepted and normal for everyone regardless of their gender, seniority within the organization or personal commitments. Work-life balance practices are seen as employee friendly and socially desirable strategies of a progressive establishment. Therefore, such kinds of practices should be considered at par with other strategic HR interventions at future workplaces.

However, more empirical research inputs are required to formulate and implement effective human resource strategies for better adaptation and work-life balance of Indian professionals in their respective job set-ups. Healthy work-life balance refers to maintaining a harmonious relationship between your work and personal life. It involves consciously managing your time and energy to meet both professional and personal commitments while prioritizing self-care and well-being.

A healthy work-life balance allows everyone to excel at work and take care of their personal wellbeing outside of the office. Let's find out how...

Work plays a significant part in all our lives. Our earnings ensure that the lights stay on, there's food on the table and the rainy-day pot is full. With the looming cost of living crisis and energy bills playing on everyone's minds, no one is underplaying the importance of earning enough to make a living... it just makes achieving work-life balance that little bit harder!

We're growing increasingly more connected through technology and social media. For many, working from home has become the new normal. It's becoming more and more difficult to separate work from our personal lives. It's commonplace to check emails at all hours, take business calls at the dinner table and work on our laptops on weekends.

How important is Work-Life Balance?

Maintaining a healthy work-life balance is not only important for health and relationships, but it can also improve your employee's productivity, and ultimately performance. Put simply, if your people don't view work as a chore, then they will work harder, make fewer mistakes and are more likely to become advocates for your brand.

When we are stressed and overworked, we run the risk of jeopardizing more than just our social lives – our physical and mental health is in danger too. It's no secret that when we are overworked, tired or stressed – our health will suffer. A poor work-life balance can lead to a variety of symptoms that can affect our wellbeing. This ranges from the flu to serious health conditions like strokes and respiratory problems.

A study conducted by UCL of more than 10,000 participants stated that white-collar workers who worked three or more hours longer than required had a 60% higher risk of heart-related problems than those who didn't work overtime.

Just like in our diets, to stay healthy and energized for the long haul, people need variety. When it comes to work-life balance, people need to engage in a variety of activities and rest. We tend to fall into the trap of believing that we can be productive all the time, or that an eight-hour day at work equates to eight hours of output. However, that is hard, if not impossible, for many individuals to achieve. Plus, overworking has negative consequences for both employees and employers.

Workaholics and those who struggle to practice self-care find themselves at higher risk for burnout, fatigue, and stress-related health issues. Poor work-life balance can also leave employees working more hours but being less productive.

What is an unhealthy work-life balance?

On the other hand, an unhealthy work-life balance occurs when work becomes overwhelming and takes precedence over personal life, leading to negative consequences for an individual's well-being. Some signs of an unhealthy work-life balance may include:

Constant overwork: Regularly working long hours, including weekends and holidays, without sufficient time for rest, relaxation, or personal activities.

Neglected personal life: Sacrificing personal relationships, hobbies, and leisure activities due to excessive work demands.

Burnout: Experiencing physical, mental, and emotional exhaustion due to chronic stress and work-related pressure.

Lack of self-care: Failing to prioritize self-care activities, such as exercise, adequate sleep, and leisure time resulting in deteriorating physical and mental health.

Strained relationships: Experiencing difficulties in maintaining healthy relationships with family, friends, and loved ones due to work-related commitments.

How to improve work-life balance

The truth is there's no prescription that will fit everyone. And you may have to play with what time scale feels most relevant to you. Trying to find balance in any single day may feel frustrating, but the balance may be easier to achieve across a week or more. The best way to determine the best balance for you is by learning to check in with your inner compass — and your results. With intentionality and a little creativity, you can recalibrate your expectations and reset your work-home balance.

Here are some tips to have good your work-life balance:**1. *Plan ahead***

Plan ahead to combine work activities with leisure, social, or fitness activities. If you find yourself with several virtual meetings back-to-back, try taking them while you go for a walk. You could also take a call outside (if ambient noise allows!) or invite a friend over to work with you.

2. *Embrace the way your brain works*

Use productivity hacks like a Pomodoro timer to work in short, focused bursts. Block out all other distractions so you can make the most of your time.

3. *Set blocks of time for different tasks*

Designate a time to check (and respond to) messages, a time to take meetings, and a time to do mentally-intensive work. It helps to anchor these tasks around the times that you are personally more productive.

4. *End work at a certain time*

There is a saying that —work expands to fill the time allotted, and when you work from home, it's even easier to let work spill over into personal time. Set a time to end work for the day, and reinforce it by powering down work-related devices, locking your office, or scheduling something afterward.

5. *Enlist technology to help you unplug*

Use an app to block distracting websites during the day, and then block work tools after hours. If you can, restrict work to one device, or try to keep one work-free device so you can disconnect completely.

6. *Take time off*

When you're home all the time, you tend to try to work through illnesses that certainly would have kept you home from the office. Time off, including sick time, personal time, vacations, and bereavement, are important ways to nourish your well-being.

7. *Practice mindfulness*

Mindfulness makes imbalance hard to ignore. When you practice mindfulness techniques, like meditation or breath awareness, you become more in-tune with your emotions and physical sensations. Paying attention to these feelings helps you learn how to notice when you might be suppressing a need in order to work. It's hard to return to That spread sheet after you notice your

stomach rumbling.

8. Reconsider work that makes you yearn for balance

If your work feels completely unrelated to the activities that stir your interest, enthusiasm, energy, and sense of meaning, you may need to look at how you can change the work you do or the way you do it. While work doesn't need to (and can't) satisfy all of your needs for purpose, meaning, social connection, and challenge, we can expect work to provide moments of satisfaction, accomplishment, and connection.

9. Find something you love outside of work to engage in

If you have something that you're excited about doing after work, it will make it easier to disconnect from work messages or end your day at a predetermined time. Our hobbies boost our energy and vitality. When we play and feel creative, we bring our fresh selves back to work.

Conclusion

Discovering that the relationship between work and home life is off-kilter is the first step in rectifying it. It might take some time, but small daily or weekly habits can make a huge difference in the long run. Understanding the work and personal life are not two independent spheres of life and that the debate on work- life integration involves employers and working families and understanding their available work-life options. Building an organizational culture that supports through changing the way people think and talk about their work-life balance so that using flexible working options and other work-life initiatives becomes accepted and normal for everyone regardless of their gender, seniority within the organization or personal commitments. Work-life balance practices are seen as employee friendly and socially desirable strategies of a progressive establishment. Therefore, such kind of practices should be considered at par with other strategic HR interventions at future workplaces. However, more empirical research inputs are required to formulate and implement effective human resource strategies for better adaptation and work-life balance of Indian professionals in their respective job set-ups.

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WORK LIFE BALANCE

Avantika Kukadwal MA Part I



"Balance is a feeling derived from being whole and complete; it's a sense of harmony. It is essential to maintaining quality in life and work." —Joshua Osenga

Work-life balance refers to the equilibrium an individual seeks to achieve between their professional and personal life. It is a concept that recognizes the importance of maintaining a harmonious relationship between one's career and personal well-being. Achieving a healthy work-life balance is crucial for overall satisfaction, productivity, and mental well-being.

In the modern era, new emergence of new technology, boundaries between personal and professional life is getting blurred. Every individual is going after accomplishing their life goals for better future and life. As to balance the equilibrium one must have the reflexivity in work and in personal life. While working the concentration should be on work and when spending time with family one must not think about work. It is very essential to balance work and life for mental and physical health. By setting boundaries and dedicating time to outside work, individuals can reduce stress levels and enhance their mental well-being and prevent burnout.

1. Importance Of Work Life Balance

Maintaining work life balance between career, job, and personal life is very important and essential as it reduces stress and many chronic diseases. Studies have found that long hours can lead to serious health issues such as _impaired sleep, depression, heavy drinking, diabetes, impaired memory, and heart disease. Unfortunately, as such conditions arise, they can also affect our work-life issues, which in turn can exacerbate the conditions themselves, leading to a vicious cycle. While employers and employees may associate long working hours with increased productivity, many researchers say otherwise. One report by Stanford University and IZA, for example, found that after workers hit a certain number of hours, their productivity began to decrease as the potential for mistakes and injuries increased.

When the pandemic occurred for about 2 to three years there was no balance between personal and professional life as everyone was at home at it was work from home people were not allowed to go outside different types of chronic disease and there were many mental health issues in the time of pandemic. According to 2021 survey the on-going pandemic has greatly exacerbated stress in India. According to a 2021 survey by the insurance broker firm Mercer Marsh, 59 per cent of employees in India reported feeling extremely, highly, or somewhat stressed daily Meanwhile, another 2021 report found that the pandemic and school lockdowns negatively impacted students' mental health, especially those from impoverished families who didn't have access to online classes. There was a sudden change in daily routine of work and life.



2. How To Improve Work Life Balance

3. Set Boundaries:

Clearly define your work hours and stick to them.

Avoid checking work emails or doing work-related tasks outside of these hours.

1. Prioritize Tasks:

Identify your most important tasks and focus on them first.

Learn to say no to tasks that can be delegated or aren't high-priority.

2. Schedule Breaks:

Take regular breaks during the workday to recharge.

Step away from your desk, go for a short walk, or practice relaxation techniques.

3. Create a Dedicated Workspace:

Designate a specific area for work to help separate professional and personal life.

Avoid working in places typically associated with relaxation, like your bedroom.

4. Communicate with Your Employer:

Discuss your workload and concerns with your supervisor.

Explore flexible work arrangements, such as remote work or flexible hours.

5. Unplug After Work:

Turn off work-related notifications on your devices after your work hours.

Resist the temptation to check work emails or messages during personal time.

6. Set Realistic Goals:

Establish achievable daily and weekly goals.

Be realistic about what you can accomplish in a given timeframe.

7. Learn to Delegate:

Don't be afraid to delegate tasks at work or share responsibilities.

Trust your colleagues to handle certain aspects of a project.

8. Invest in Personal Time:

Dedicate time to hobbies, activities, and relationships outside of work.

Make sure to pursue activities that bring you joy and relaxation.

9. Regularly Assess and Adjust:

Periodically evaluate your work-life balance and make necessary adjustments.

Be willing to adapt your approach based on changes in your workload or personal life.

10. Establish Tech-Free Time:

Designate specific times during the day or week to be tech-free.

Use this time to connect with friends and family or engage in non-screen activities.

11. Take Time Off:

Utilize your vacation days and take breaks when needed.

Ensure that you disconnect completely during your time off.

12. Reduced Stress Levels:

Balancing work and personal life helps in managing stress. Continuous work without breaks can lead to burnout and chronic stress, negatively impacting mental health.

13. Improved Mental Well-being:

Having time for personal interests, hobbies, and relaxation fosters a positive mental state. This can contribute to increased happiness and life satisfaction.

14. Enhanced Focus and Productivity:

Adequate time for rest and relaxation improves cognitive function. A well-rested mind is better equipped to handle challenges and maintain focus during work hours.

15. Better Relationships:

Balancing work and personal life allows individuals to invest time in nurturing relationships. Healthy social connections contribute to emotional well-being.

16. Prevention of Burnout:

Consistently overworking can lead to burnout, a state of emotional, mental, and physical exhaustion. Maintaining a balance helps prevent burnout and its associated mental health issues.

17. Time for Self-Care:

A balanced life allows for self-care practices like exercise, meditation, and adequate sleep, all of which contribute to improved mental health.

18. Physical Health Benefits:

19. Improved Sleep Quality:

Adequate time away from work-related stressors contributes to better sleep quality. Quality sleep is essential for physical health and overall well-being.

1. Regular Exercise:

Having time for physical activities and exercise is easier when there's a balance between work and personal life. Regular exercise is crucial for maintaining physical health.

2. Healthy Eating Habits:

A balanced lifestyle often allows for better meal planning and healthier eating habits, which contribute to overall physical health.

3. Reduced Risk of Health Issues:

Chronic stress from an imbalanced work-life situation can contribute to health issues like cardiovascular problems, obesity, and weakened immune systems. Balancing work and personal life helps reduce these risks.

4. Increased Energy Levels:

Adequate rest and relaxation contribute to increased energy levels. This, in turn, positively affects physical health and the ability to perform daily activities.

5. Prevention of Physical Burnout:

Chronic overworking can lead to physical burnout, causing fatigue and physical health issues. Maintaining a balance helps prevent these adverse effects on the body.

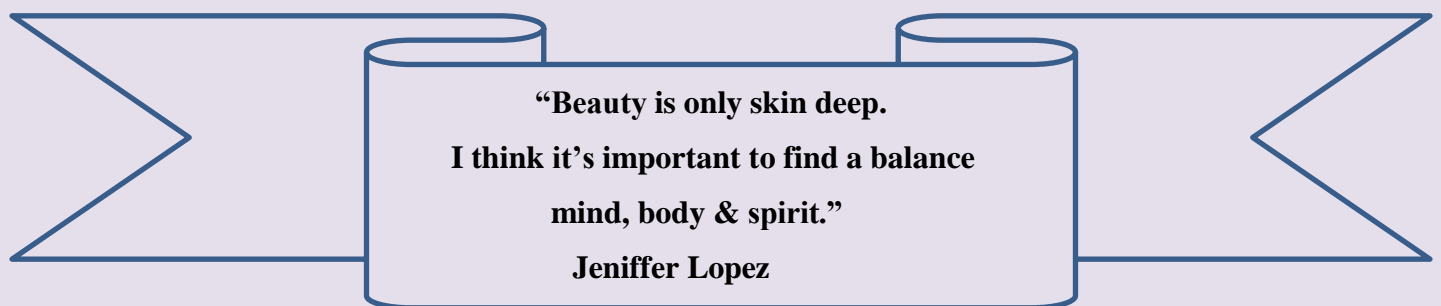
In summary, achieving work-life balance is crucial for maintaining good mental and physical health. It allows individuals to recharge, reduce stress, and engage in activities that promote overall well-being. Striking a balance contributes to a more fulfilling and sustainable lifestyle.

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AI v/s Creativity- Byte or Write: The Creative Clash of AI vs. Human Ingenuity **Aditya Vasudev Rao MA Part II**

Artificial Intelligence (AI) is revolutionizing creativity, challenging traditional notions of human ingenuity. Through deep learning algorithms and neural networks, AI systems can generate art, music, and literature autonomously. While some view this as a threat to human creativity, others see it as a tool for inspiration and collaboration. AI's ability to analyze vast datasets and recognize patterns fosters innovative solutions across industries. However, questions of originality and emotional depth persist. As AI continues to evolve, it prompts us to redefine creativity and our relationship with technology, opening new avenues for exploration and expression in the digital age. ‘

Quite the article isn't it? It is simple yet concise and shows each and every point in detail to ensure that how we understand not only what Artificial Intelligence does in the creative field, but also the future of creativity itself. As the field of AI has evolved and grown recently, so has our perception about it as well as perception about creativity itself. It's astonishing to see the potential it has to capture our imagination, we can just think of anything we want to and through just a few sentences, we are presented with a representation that may just have surpassed our expectations. Such is the power of AI that it may just rival our creativity, right?

Others would argue otherwise, however. Keeping away the question of ethics, copyrights and other legal and technical aspects, the most basic problem is that it just lacks empathy. You put in a command and that is it- it just takes a push of a button to see our deepest of imaginations come into the picture. But where is the process? Where is the effort? Where is the commitment shown towards making art? These questions make us realize that is AI's creative prowess a key to unlocking limitless potential or a tool to render all forms of human ingenuity obsolete.

This debate will rage for a long time, but I believe that it is not about which origin of creativity is better or which is more credible. I believe it is about what and how we value creativity; a trait that is confined to us humans, or does it expand beyond? As I began this article by using an AI-generated one (ChatGPT, of course), it made me realize how I value the very concept of being creative, as it was so easy and smooth yet quite fascinating that a machine is as capable as a human to give a small creative piece that explains what I want to know and show my point, but at the same time somehow incomplete, bland and too close for comfort. How we choose to value creativity ultimately decides how we rely on not just AI, but technology as a whole. Years ago we would always prophesize how technology would advance in the coming years and how it will bring about a change in our everyday lives, and now here we are, entering the age of AI. So it was always inevitable that this notion would turn into reality, it was never a question of when, but a question of how. How we choose to use this technology in our lives, how it impacts us in the long run, and most importantly, how often we rely on it. The answers, all said and done, are based on our value towards it, and valuing creativity is equally influenced by this conundrum.

We as humans have expressed ourselves through various means of creativity be it a picture, a literary piece or even a dance form, each has a cultural impact such that it has laid a major footprint that has been passed from generation to generation. The key reason for such a phenomenon is that we value our art and forms of creativity, we enjoy it, critique it, we are inspired by it to do something similar or bring about a new form of art and how we relate to it in all aspects of our lives. Thus, the same question arises when it comes to creativity from AI- are we moved by it, do we enjoy such forms of expression, does it hold a place in our hearts and many more that follow suit. All these questions and doubts that come up eventually lie in just a simple yet deep consideration- our meaning and value towards creativity. So, as I conclude my opinion regarding this quandary, I would like to ask you this- what do you seek in being creative?

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REAL VS CYBER SELF

Sneha Kale SYBA

Imagine traveling through the online world like a digital road. Our cyber selves, the versions of us on the internet with pictures and profiles, are like dance partners in a virtual dance. Meanwhile, our real selves stay rooted in the physical world. It makes us wonder: who are we online, and how does it resonate with who we really are?

While we keep searching for all the good things in the digital world, we tend to avoid the better possibilities the real world could give us; if we gave it a chance.

We don't understand what comparing ourselves with others does to our confidence. We lose our self-esteem by looking at what others have achieved at our age, relationships are ruined due to the standards set by other people online, high expectations from our dear ones lead us to disappointments, we forget the true essence of life, the unbeatable competition beats us at our own game.

Social media allows us to look into other people's lives which indeed introduced us to our biggest enemy: FOMO i.e. "fear of missing out". We are so involved in looking at and wanting what others are doing in their lives that we don't value the experiences we get. We didn't even realize when social media morphed from a tool for communication into a troubling trend, where the pursuit of likes and validation often overshadows genuine human interaction and authentic relationships.

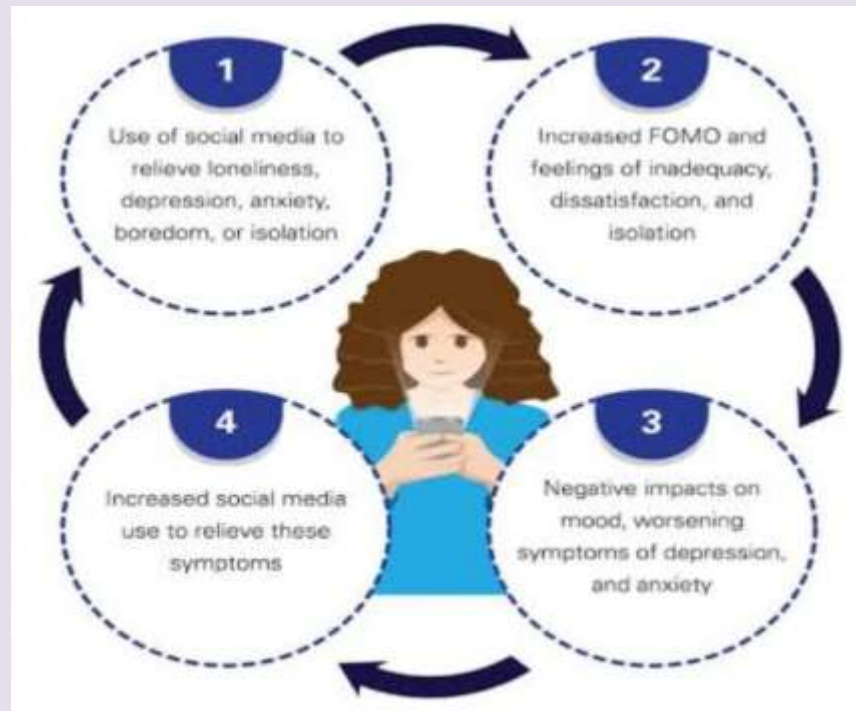
Many folks nowadays connect with feelings of loneliness and sadness when they browse the internet because they see others going through similar experiences; it not only makes the issue bigger but also keeps the person from healing from it and moving on in life. People have started to find comfort in their pain as it is something that keeps them relatable to others online.

Rather than measuring ourselves against others, let's shift the focus inward and explore the intriguing contrast between our authentic selves and the digital personas we project online. The internet itself isn't to blame; it's our choices, behaviors, and how we navigate the digital realm that shapes the impact – for better or worse.

REEL VS REAL: A tightrope Balance!

Kimaya Sameer Aslekar & Sakshi Udeg TYBA

Social media refers to the means of interactions among people in which they create, share, and/or exchange information and ideas in virtual communities and networks. People may get involved or get addicted to the vicious cycle of social media which may harm the mental health of



community or individuals. This vicious cycle includes

A pleasurable way to stay connected with people in our lives and community is social media. Individuals spend most of the time on the social networking sites and not as much as likely to pay out with friends, family or to be entertained by the activities they like. Due to the excessive use of social media individuals may face negative effects on physical and mental health. It is important to adapt healthy social media networking habits to balance out daily lives and enjoying

pleasurable movements. Majority of individuals are occupied with their time browsing their social media, feeds or exploring new videos, trends and vogue. Folks exert themselves to collate their life with other nerds. They feel influence by others to appear flawless in front of the social media account unambiguously no matter what they are grappled within inside. As individual often get glimpse of their friends, family or relatives posting their memories of their exciting experiences and they frequently feel feared of missing out(FOMO) of that events. Sometimes we enjoy checking in the moments of others people and we assume that their life is better and successful than ours because of what they are sharing on social media. This is genuine but it also affects our life and the idea / perceive of self and well-being. Individuals most of the time use social media to compare their life with others and that can affect their mental health negatively by facing increased risk of Anxiety,

Depression and loneliness and at extreme state they can faced with Body-Dimorphic disorder or the problem with self-image. Cyber bullying can have serious negative consequences for our mental health. It can also affect our physical health like sleeping disorders. When an individual feels discomfort while using social media or _have I feeling of getting mental health' is the worst because of its usage they should keep a track of how often did they use social media and taking notes of how the use of social media can effect on your life . If you feel anxious whenever you're away from your cell phone it is a sigh that, it is a high time to limit yourself from using social networking sites. Nowadays due to the use of social media the daily routine of individuals has altered.

On an average an individual spends at 2hr 23 minutes on social media on daily basis due to which individuals spend less amount of time on other enjoyable activities. If the use of the social media is on extend an individual faces conflicts with their career goals and life values. Due to uncontrollable use of social media many potentially harmful outcomes can affect the wellbeing of an individual at other area like health, emotional and relationship problems. Most of the individuals are depend on social media for their personal uses. For example, to maintain professional connection with others for job or connect with school peers for group activities, an individual connect with community group that meet online. In some way social media have a place in our life.

By checking social media, while at work or in class can affect our performance in the world of

competition. And being on social media at the family dinner table or when out with friends can hurt relationship. Though social media addiction is not classified as true addiction like substance use disorder although people do report feeling similar to addiction like urge to constantly check or use social media and experiencing discomfort and anxiety when they can't check social networking sites.

There are several ways to limit our social media usage like,

- We can use an App tracker to track the amount of time we spend on social media apps as some apps have built-in timers that can help us track our time and set reminders to exit the app.
- If we don't want to delete apps entirely, then we can move them into a folder or away from our main home screen which will decrease our time on them.
- We can turn off the notifications which will help us to stay off the apps because notifications are designed to get us to check apps which will increase the likelihood that we start scrolling.
- We can create —No Phone Zones in our space, for example, no checking phone in bed at night or first thing in the morning, or no phones at the dinner table.

An individual should spend time in different ways like:

- We should prioritize face to face interactions with friends and family members over scrolling through social media as a step in the right direction.
- We should start with a goal of decreasing social media usage by 30 minutes a week which will give you more time to do things that are good for our mind and body.
- We should expand our media diet by subscribing to trustworthy publications or watching TV news, if our typically get your news from social media.
- We should start exercising like walking, running, swimming or even stretching, which are great ways to stay active and spend time away from screens.
- We should go outside to get fresh air and stay off our phone.
- We should find our creative side by exploring ways of expressing ourselves like journaling, creative writing, painting, singing, and dancing.

By reducing our social media usage we can be more connected with real people rather than

netizens. We can spend time productively enhancing the quality of life by following our hobbies, creating the real memories of ourselves with others. Finding balance between social media use and activities like this will help you to take care of your mental health and set you up to maintain healthier habits.

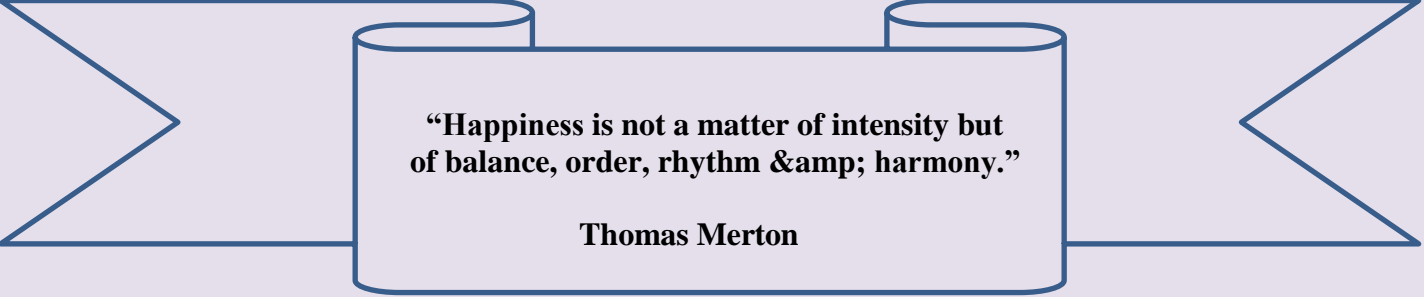
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“Happiness is not a matter of intensity but of balance, order, rhythm & harmony.”

Thomas Merton

NAVIGATING DIGITAL LABYRINTH

Mrunmayee Oturkar MA Part I

Standing at the precipice of a new millennium, Alvin Toffler declared, "The illiterate of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn, and relearn." His prescient words resonate even more profoundly today, as technology rewrites the script of human experience, weaving a complex tapestry of virtual and physical realities. In this digital labyrinth, we walk an intricate tightrope, balancing our "cyber selves" with our —real selves."

I. The Psychological Tightrope: Walking the Line between Self-Esteem and Anxiety

The digital world acts as a double-edged sword for our psyche. On one hand, it offers a platform for self-expression, connection, and exploration. From teenagers crafting their online personas to seniors rediscovering a love for learning through online courses, the digital realm can be a source of empowerment and joy. However, the flip side reveals a darker terrain where self-esteem plummets and anxiety festers. The curated perfection projected on social media breeds envy and social comparison, particularly affecting adolescents grappling with identity formation. Cyber bullying's sting can leave lasting scars, impacting self-worth and fostering fear of missing out (FOMO). Even adults are not immune, as the pressure to maintain a constant online presence can blur the lines between work and personal life, leading to stress and burnout.

Furthermore, the age factor adds another layer of complexity. While children are susceptible to online predators and inappropriate content, their developing minds are also malleable, allowing for early intervention and the fostering of healthy digital habits. Conversely, seniors, facing potential isolation and cognitive decline, can experience unique challenges like difficulty navigating online platforms or susceptibility to scams. It becomes crucial, therefore, to tailor strategies to specific age groups, ensuring responsible online engagement across the spectrum.

II. The Social Landscape: From Echo Chambers to Global Villages

The digital world fundamentally redefines our social fabric, offering instant communication and connection but also presenting potential pitfalls. Online platforms can foster a sense of belonging and community, providing safe spaces for marginalized groups or connecting individuals with shared interests across geographical boundaries. Teenagers can explore their identities within online communities, while adults can maintain connections with loved ones abroad. However, these very platforms can also create echo chambers, where individuals are exposed only to information that confirms their existing beliefs, potentially leading to polarization and hindering exposure to diverse perspectives.

The impact on real-life relationships also requires thoughtful consideration. While online interactions can supplement face-to-face connections, overreliance on digital communication can lead to a decline in empathy and interpersonal skills. The ease of online interaction can mask the nuances of nonverbal communication, potentially hindering the development of strong, in-person relationships. For seniors facing social isolation, however, online platforms can be a lifeline, offering opportunities to combat loneliness and connect with like-minded individuals. Striking a balance between online and offline interactions become key, recognizing both the potential benefits and drawbacks of each realm.

III. Beyond the Psychological and Social: Navigating the Digital Maze

The digital landscape presents additional considerations beyond immediate psychological and social impacts. The allure of the digital world can lead to compulsive behaviours, particularly among children and adolescents, where excessive screen time can impact sleep, physical activity, and academic performance. Adults too can struggle with digital addiction, blurring the lines between work and personal life, potentially impacting mental and physical well-being. Ensuring responsible online behaviour and promoting digital literacy across all age groups becomes crucial in mitigating these risks.

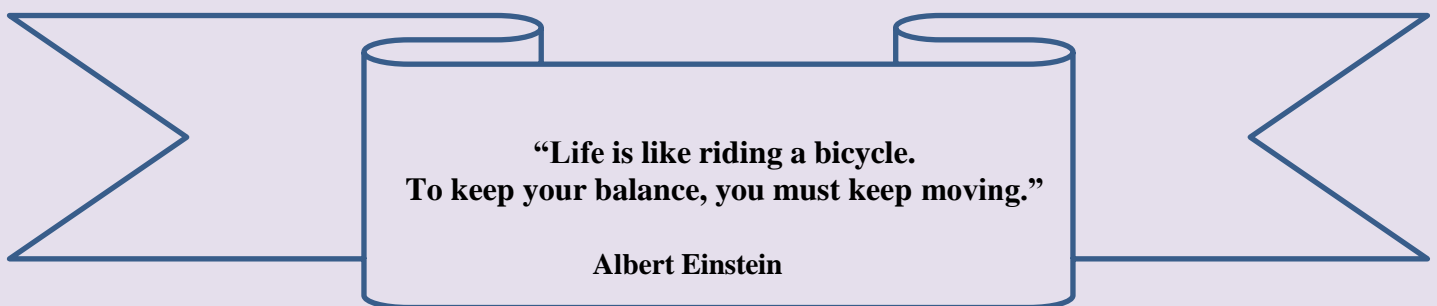
Privacy and security concerns loom large in the digital realm. Personal data breaches and online scams pose a threat to individuals of all ages. Equipping children with age-appropriate digital literacy skills and empowering seniors with knowledge about protecting themselves online are

essential steps. However, the digital world also presents opportunities for learning and self-expression. Online platforms can provide individuals with disabilities access to educational resources and communities, fostering inclusion and empowerment. Recognizing both the threats and opportunities presented by the digital world are crucial for navigating its complexities responsibly.

IV. Charting the Course: Strategies for a Balanced Digital Journey

Finding balance in the digital labyrinth requires conscious effort and proactive strategies. Engaging mindfully with technology is paramount. This involves setting clear boundaries, prioritizing real-life interactions, and being intentional about online activities. Adults can utilize time management techniques and disconnect during designated periods, while teenagers can benefit from open communication with parents and educators about responsible online behavior. Children require parental guidance and age-appropriate platforms, while seniors can be empowered through digital literacy training and support groups.

Developing critical thinking skills is essential for navigating the information overload of the digital world. Questioning the source and validity of information encountered online, fact-checking, and being mindful of confirmation bias are crucial skills for individuals of all ages.



ONLINE LIFE VS REALITY: HOW AND WHY DO WE BALANCE

Asavari Jeevan Chaukar SYBA

Why is social media also a negative aspect of the 21st century?

In the world of technology and science, one is always drowned in social media, usage of internet, video games, TV shows, films etc. They are a great source of entertainment. No doubt. We get inspiration, ideas, and creative thoughts through social media and television. This age is filled with so many advantages, easier communication, travel etc. There are always two sides of a coin. Let's discuss about the balance between online life and reality.

Social media is a fun way to stay connected to our family, friends and relatives. The more time we spend online, the less we'll be physically interacting with people face-to-face. Overuse of social media can affect our mental and physical health negatively.

It is really easy to compare ourselves with others when it comes to social media. There is an urge to feel and be perfect even though we're going through a lot at that time. Pretending something we're not affects us negatively. This also affects our personality. People posting about their work-out routines, photos, glamorous videos and wealth can make us think about ourselves lowly. It is easy to assume and feel that others have the perfect life; this is natural but it can take a toll on our senses and well-being.

Using social media to compare ourselves to others can negatively affect mental health by increasing risk of anxiety, depression, and loneliness. In some cases, it may even lead to issues with body image and eating disorders.

How do we know whether we need social media-real life balance?

Healthy use of social media depends person-to-person. Everyone has a different definition of healthy usage of social media. Many people use it for professional relations, school projects and

notices, connecting with long-distance relations, friends and family members.

It has become a part of everybody's life. But using it frequently during family meals, friends etc. can threaten or completely ruin relationships. It can also affect your academics, attention span and focus in a negative way. This might be the right time to consider having a balanced social media life.

Many people totally quit social media for months and it has been a positive impact on them. Being away from social media completely can be a problem for some people. Taking breaks from social media can be advantageous for our mental health, physical health and social comparison. For most of us, it's best to find a balance that emphasizes the good and minimizes the bad of social media.

How to limit social media usage?

Delete/uninstall apps from your phone: Uninstalling apps can be effective as the apps won't be easily accessible for you to keep checking your phone.

Set an app tracker: App trackers track how much time you've spent on social sites. This can give you a sense of awareness how much time is healthy/not healthy. This way you can set and follow limits.

Turn off push notifications: Push notifications are specially designed to make you check the app again and again. Turning them off can reduce the number of times you check the app.

Set up a timing/schedule for viewing your phone: Decide the time when you'll not use your phone. For example: During breakfast, lunch and dinner. During family trips, hang-out with friends, festive occasions, before sleeping and after waking up. This can help you cope up with real life and can heal your well-being physically, mentally and socially.

How to spend your time differently?

Meet up with your friends/relatives: Meeting with your friends or relatives physically,

Face-to-face can help you attain healthy relationships and can serve as a great medium to take care of your mental health and social skills.

Going outside: Going out of the house for walks is a great way to keep yourselves healthy both mentally and physically. Fresh air can refresh your mind and can help you improve

focus in daily life.

Having hobbies: Doing what you love can positively affect a person. Happiness is the most important constant in our life. Hobbies can make you more creative, engaged and active.

Exercise: Exercising is one of the best ways to channel your energy effectively. It helps us achieve good health and function actively in our daily life.

Once you have a comfortable balance with social media, you can combine your hobbies with your social media use. For example, if you work out with a screen by following workout videos, turn off push notifications.

Finding balance between social media and such other activities can help you maintain a healthy lifestyle, relationships and self-image. Self is extremely important for a human to perform socially. Self-image, self-esteem and self-confidence matter in our life as they help us get mentally strong and capable.

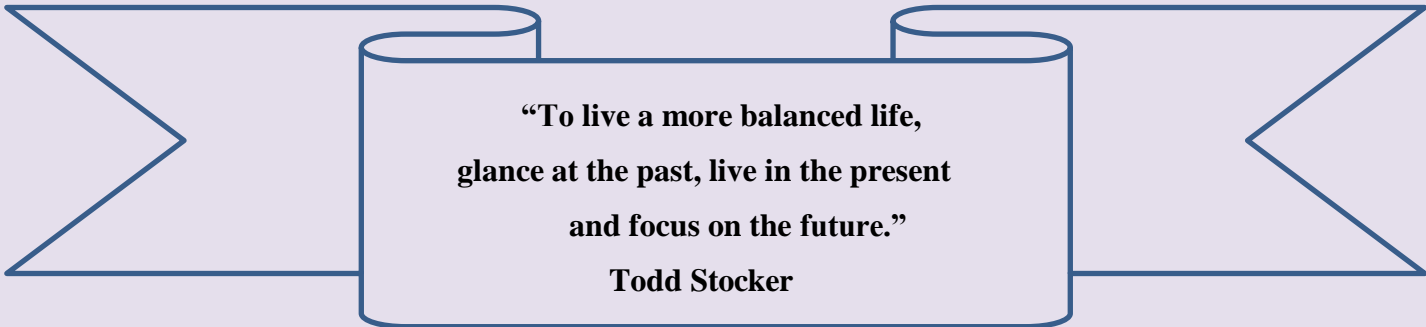
Stay safe, stay healthy!

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**“To live a more balanced life,
glance at the past, live in the present
and focus on the future.”**

Todd Stocker

UNMASK
Asmita Bele TYBA

"Tragically, news has surfaced about the apparent mental condition of a well-known influencer who outwardly projected happiness and success on social media. May they get well soon?"

This news, again tragically, isn't very surprising to us, because of the internet era we live in. Upon speculating, a reason of concern arises, is internet a villain or are we being 'the evil one' in our own lives. We are living in an era dominated by digital interactions and online presence. Some among us use these platforms to the maximum and generate a handsome amount of income out of it. While on other side of spectrum, are individuals who fall prey to a lot of bullying, insensitivity and sometimes the criminal intentions of people.

There is a visible, complex cosplay of real and cyber selves and balancing these facets has turned out to be harder than we all anticipated. The struggle we all go through is quite evident. The contrast between our tangible, physical existence and curated online person as we craft in the virtual realm raises questions about authenticity, relationships and impact of our digital identities on sense of self.

Self, the real self is molded by our experiences, relationships and personal growth in physical realm. It is influenced by cultural, social, and environmental factors, our nature, nurture and heredity. But digital identities are crafted, lacking the authenticity and touch of reality. Individuals curate their reel selves through social media profiles, online interactions and social personas. This made up, perfect, larger than life identity does not align with complexities of real self, leading to a major disconnect and incoordination among them.

Maintaining authenticity in this digital age is crucial. The pressure to conform to online norms and expectations can lead to individuals to present a polished, filtered version of them, potentially sacrificing genuineness for social acceptance. Escapism is yet another reason for altered persona presented.

Fantasy, imagination, and fetish- The cyber world has been providing a space for individuals to engage in virtual realms, games and online community. It provides a platform to explore the

fantasies, fetishes, kinks and desires which might not be feasible in real world. It helps them create or recognize a different persona of themselves and experiment with different facets of identity. In this virtual space there are no social constraints or judgment. Individuals can go from mild misbehavior to completely indulging in virtual lifestyle.

Anonymity and Control - The Hawthorne Effect proposes that people behave differently because they know they are being watched. It can affect all sorts of behaviors such as demeanor, choices, dietary habits or other practices. Similarly, in real life we all co-exist with other individuals who identify us. The societal expectations and needs keep us on track, in our best behavior. But in anonymity humans no longer associate themselves as individuals to the extent where their actions and speech will no longer even adhere to social norms. We adapt to different personas, providing a sense of control. This is appealing for individuals who feel restricted and judged in their real world interactions.

Distraction from reality - Engaging in virtual platforms provides as a distraction from complexities and stressors of real life. The real life challenges and hardships are postponed by indulging in social media, gaming or other virtual experiences. Momentarily, the focus is shifted and disconnect from real life is experienced.

Coping mechanism - Sometimes engaging in the cyber world serves as a coping mechanism for dealing with stress, anxiety, or depression. Virtual activities can provide a sense of comfort during difficult times.

Social connection - Individuals who feel lonely or lack support in their real life look out for connections in social interaction. This acts as way of alleviating loneliness and getting acceptance, as well as support.

The Impact

The whole imbalance of real vs reel self has been having severe impact on social lives and interpersonal relationship of people. The highlighted cyber self creates unrealistic, larger than life expectations that diverge from virtual life. This creates life expectations that diverge from virtual life. This creates a mental confusion and can often lead to experiencing distress to developing mental condition.

Since we cherish chatting with a virtual friend more than those around us, we grow considerably distant and feel disconnected from reality. The roots seem to be uprooted and we struggle to find that forever constant in our life. Our face to face interactions reduce in frequency and longevity, communication styles alter, depth of connection is lost and it becomes hard to establish a healthy

relationship.

The cyber world plays a significant role in shaping and altering our personal identity. The content, thoughts, people we are exposed to modifies our behavior. For example, youngsters watching villain centric shows believe in villain supremacy and think it's cool to be rebellious, break rules and manipulate others for your own gain, whereas youngsters watching Hero centric content believe in helping others and being a person of morals. Similarly, a kid playing violent games tries to imitate the moves at school and kid watching space documentaries takes a keen interest in science. The cyber world also plays a role in determining how your self-perception, self-esteem, and self-concept are in the real world.

The nature of work has been drastically transformed. Telecommunicating, virtual tools and online platforms have become integral platforms blurring the line between professional and personal life. Also the constant involvement in cyber world does injustice to real life duties, responsibilities and chores. They are postponed, ignored or straight away abandoned which adds to more distress and confusion chaos.

The virtual self introduces concerns regarding privacy and security. Protecting our online identity and data becomes imperative. The potential data breaches, identity theft or manipulation demands for safeguarding of personal information. The obsession and sincere upload of every event of life has disrupted the fine line between personal privacy and social life. Individuals are more engaged in virtual lives than living in the moment, missing out on fresh air.

There is no longer a strong authority over your own personal life as it is majorly influenced by cyber trends. Every minute detail is available openly. The need to establish dominance over others is manifested in form of flaunting wealth and luxurious lifestyle. Wherein the ugly details are over shadowed by glamour and illusion is shown to audience. This illusion is perceived as truth by consumers and they compare their real lives with reel lives, creating a void for themselves.

Coming back to the question at the beginning of this article- is internet the villain, or are we. Concluding with this question, we find different facets of answers to this. The most reasonable one is-' Neither'. Internet isn't the villain and neither are we. But the Hero here is the ability to 'Balance' between real and cyber realms. Achieving a harmonious balance between these realms necessitates self-awareness, mindfulness and informed navigation of digital spaces.

It is important to recognize the disparity among realm aligning them accordingly. It is also

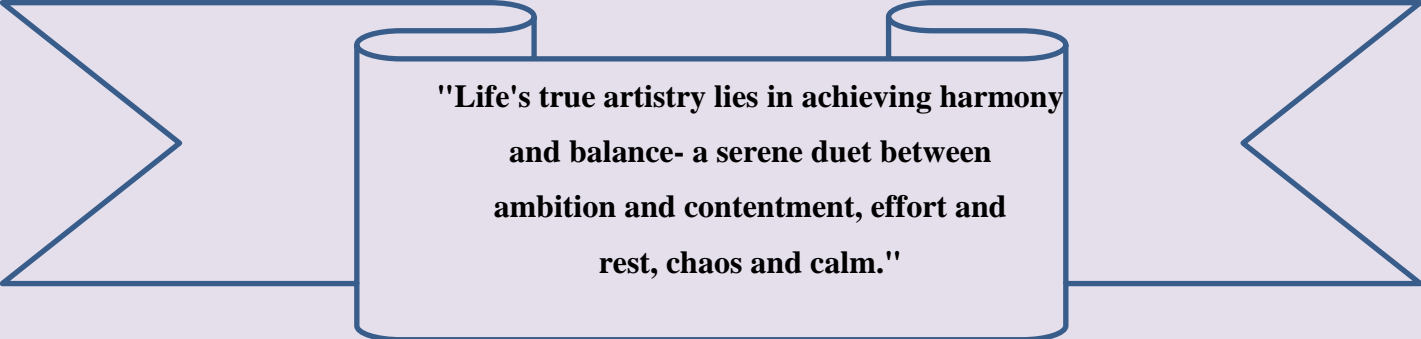
necessary to use a tool as a tool and not overwhelm yourself with it. In a fast paced world like today's, it is of utmost importance to establish healthy boundaries, morals and ethics. One should realize the importance of fostering genuine connections and maintaining personal integrity.

In this ever expanding landscape of digital world, finding equilibrium becomes an essential aspect of navigating modern identity.

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**"Life's true artistry lies in achieving harmony
and balance- a serene duet between
ambition and contentment, effort and
rest, chaos and calm."**

THE YIN AND YANG OF LIFE – EMBRACING BALANCE AND IMBALANCE

Mahek Kulkarni TYBA

Life is a journey filled with ups and downs, twists and turns, joys and sorrows. It's like a dance of opposites - the yin and yang of existence. The concept of yin and yang originates from ancient Chinese philosophy, symbolizing the interconnectedness and balance of seemingly opposing forces. In life, balance is key. Just like the **yin** and **yang** symbol, which depicts two halves coming together to form a whole, finding equilibrium between different aspects of life is essential for overall well-being. Balance doesn't mean everything is perfect or equal; rather, it's about harmonizing different aspects to create a sense of wholeness



On one hand, there's yin - representing darkness, passivity, and the feminine aspects of life. This includes rest, reflection, and introspection. It's the quiet moments of solitude, the gentle whispers of nature, and the soft embrace of loved ones. Embracing yin allows us to recharge, rejuvenate, and find inner peace amidst life's chaos.

On the other hand, there's yang - symbolizing light, activity, and the masculine aspects of life. This includes action, ambition, and outward expression. It's the hustle and bustle of daily life, the excitement of new challenges, and the thrill of achievement. Embracing yang propels us forward,

ignites our passion, and empowers us to manifest our dreams into reality.

In the symphony of existence, both yin and yang are essential. Too much yin leads to stagnation and lethargy, while excessive yang results in burnout and agitation. Finding a balance between

these polarities is key to leading a fulfilling and harmonious life. Just as the moon waxes and wanes, and the seasons change, our lives ebb and flow through cycles of harmony and discord. Embracing this natural rhythm allows us to embrace life in its entirety, including its moments of chaos and calm.

Sometimes, imbalance is necessary for growth. Just as a seed must crack open before it can sprout, we too must endure moments of discomfort and upheaval to reach our full potential. Challenges, setbacks, and failures are not signs of weakness but opportunities for learning and transformation. Embracing these moments with resilience and courage is essential for personal development and self-discovery. However, prolonged imbalance can lead to suffering and disconnection. When we neglect the need for rest, relaxation, and introspection, we risk losing touch with ourselves and our deepest desires. Similarly, when we become consumed by ambition, competition, and external validation, we lose sight of what truly matters in life – connection, meaning, and inner peace.

Cultivating balance in our lives requires mindfulness, self-awareness, and self-care. It involves listening to our bodies, hearts, and minds and honoring our needs with compassion and kindness. It means setting boundaries, prioritizing our well-being, and cultivating practices that nourish our souls. Finding balance is an ongoing journey, not a destination. It requires constant adjustment and recalibration as we navigate the ever-changing currents of life. By embracing both the yin and yang aspects of our existence, we can cultivate a deeper sense of harmony, resilience, and wholeness.

Life is a delicate interplay between yin and yang, balance and imbalance. Embracing the inherent duality of existence allows us to live with greater ease, grace, and authenticity. By honoring both the light and the shadow within ourselves and the world around us, we can navigate life's complexities with wisdom, resilience, and compassion.

THE ART OF BALANCE

Neeshita Kotwal TYBA

The first thing that comes to my mind when I hear the word balance is – The essence of time. What is time? I was once told that time is a part of life. This means, the way you use your time is the way you have used a part of your life. Now it is up to you whether you just pass time or use this limited life you have got in the best way possible.

Everyone has their own experiences which are personal to them, so it is quite understandable that each person's understanding of balance has a touch of their own life as they have lived it. As for me, even though balance is yet to be attained, it is an art I am learning through doing my sport – Taekwondo at a highly competitive level and juggling that with my B.A. Psychology degree. At this point I think it is safe to say that with my national and international level achievements and above average grades in college, I am definitely headed towards becoming a more balanced person as a whole.

In my opinion, when talking about balancing sports and academics, I can say from experience that there are a few key pointers to keep in mind if you wish to excel in both.

First and foremost, ask yourself the question – Do I enjoy what I am doing? Or am I following the crowd? Or am I just doing what I am told? If the answer is that you do in fact enjoy and are interested in what you do, you are more likely to spend time on honing your skill rather than wasting time. Note that this is not constrained to doing one thing in your life time. For instance, I have been doing taekwondo for over 15 years now and I want to keep working on my craft because it is something that has my interest and gives me joy even after all these years. Similarly, after I attended a sports psychology lecture in 8th grade, it became one of the few things that really piqued my interest and I have not been able to get my mind off the subject ever since! Both these fields are sincerely dear to me.

Another important point is you must first convince yourself that this balance is possible and that you are capable no matter what other's opinions are. It is a common misconception that athletes

are academically dull. This is far from the truth. It's just that being told this time and again, we athletes have started believing it. It is your mindset that decides what you can or cannot do. So, if you are genuinely passionate about both your sports and your studies and are willing to put in the hard work, no one can stop you from achieving your dreams.

Once you have convinced yourself it is possible, being able to manage your time will be your greatest asset to achieve your goals and to achieve that balance. This would involve having practical goals and an organized action plan to work towards it. Trust me, with the number of things on your hands from here on, that unending screen time will have no space in the plan! Again, no one said this balance will be easy to attain. You must be willing to put in twice the amount of effort and hard work to achieve two big goals. Planning and organizing consists of spreading all the activities across a day such that all factors are given enough attention. Doing small amounts of work consistently ensures that no work is piled up. If you study a few hours every day, exams will never be something that cause you stress. As for sport, training, rest and nutrition are all important on a daily basis which needs to be given a detailed thought and precise execution.

One may argue that with such a schedule they get no time to hang out with friends and go on a trip. I will not disagree. This is a fact and is something that a multitasked has to come to terms with. But if you have true close friends, you will always find a way to spare some quality time and will always help each other in the right direction. If you wish to achieve high goals you must also be willing to make sacrifices. It is up to you to priorities and weigh whether you wish to achieve big goals and a balance or just do what everyone else does. It is not easy but it also teaches you that life is so vast and ever expanding which brings me to my next point.

Whatever you plan to do and for whenever you plan it, learn to live in that very moment. Be in that moment. If you are training – focus on that. If you are studying – focus on that. If you are out with friends just for a little while – enjoy that... and so on. If you are stuck in the past or anxious about the future it will always cause confusion rather than reaching a balance. You won't be able to cease and truly live in the present moment. That is why quality over quantity is a must! I can't stress it enough. Doing something with your full attention and concentration for a limited time is always more beneficial than spending hours on something half-heartedly.

All things said, one of the biggest factors that affect a person's performance is the support they

get from their family, friends, teachers and even educational institutions. In my case, I have been extremely fortunate to have my family by my side for each and every stage of my life. Their support is the reason I can even conceptualize reaching such a balance of two things that matter to me so much. Their support, constructive criticism and care for me are all undoubted and drive me to achieve. My close friends refill my cup if I'm low, keep pushing me in the direction I have chosen for myself and are the most patient people who know how to look after me. All my teachers especially through school have been so supportive that I was able to give both my game and studies time to do well in both. Coaches are also teachers, are gurus, the ones that guide us. Their support and understanding are crucial. With your educational institutions, like your college, also giving you the right support, your aims can be long term.

Many forget that taking a break is also a part of balance. It gives you some time off. Being passionate and at it 24x7x365 also consumes a lot of energy that needs time once in a while to recharge. Taking a short break keeps you calm and gives you some time for yourself. Just keep in mind, a break is justified when you have consistently worked hard for a prolonged time. Otherwise, this break will just be – Passing time!

With the right support and positive mindset, if you keep working on yourself persistently, without giving up even when you know it is hard, no one can stop you from excellence. Remember, the journey to excellence will always have ups and downs, wins and losses. Embrace these as a part of your journey rather than making a single failure the final destination. I know all this sounds hectic, but this is what builds character, resilience and the strongest will to keep going and face anything to reach that balance.

—Don't try to go straight for the mountain top. Just keep taking the next step and you will get there.

In conclusion, to me, balance is an art that takes time, patience, and experience. It is a continuous ongoing process, and one must keep striving to be better in their own way. This piece is my way, my journey towards balance.

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REALISM VS ESCAPISM

Rudra Ghule FYBA

What is realism? One may ask, the Google definition of realism says —the attitude or practice of accepting a situation as it is and being prepared to deal with it accordingly. Is everyone aware of realism? That is certainly what this article is going to talk about.

Everyone has ups and downs in their lives and it's not possible for to have a constant up or a constant down throughout. Similarly, people deal with the downs with something known as coping mechanism. Every single person existing has a coping mechanism to deal with their issues and problems, but after what point should one know that the coping mechanism that they use is either unhealthy or in general bad for them? Some common coping mechanisms that are unhealthy for people are: substance abuse, aggression, avoidance, excessive caffeine intake etc. these are some general but extremely unhealthy ways of dealing with issues. To function properly as a human one needs to understand how to deal with problems in a healthy and efficient way. Escapism is when a person is doing certain activities for mental diversion from unpleasant and unwanted displeasure throughout their day this becomes an issue only when they stop associating coping mechanics with actual problems, but a day to day routine.

Escapism is when a person deviates from reality and tries to keep ones distance from it to avoid distress and live in their bubble for as long as they possibly can. Most common forms of escapism occur with denial, a person who usually doesn't want to accept reality stays in denial about the actual reality in order to not be hurt from what they might get upset about. One example to understand better about denial is: Let's say a student has failed to pass in a subject they usually do, so the student doesn't accept the marks and thinks that its either a mistake by the teacher since he/she could never fail. This is a form of escapism known as denial.

Now moving forward to some escapism which is mentally and physically tolling for one. Substance or drug abuse is a very common but severe for one's mental and physical health as well as for the ones around them. People rely on substance or drug abuse when some undesirable

stimulus occurs. A person might rely on drugs alcohol and cigarettes to be the path way to avoid and cope with the situation that one is suffering from. When a person relies on substance they start to completely avoid and ignore the problem that they have to face and rather divert their mind to something that attracts them which leads to bottling up of emotions that if not dealt with anytime soon will have huge mental toll on you. Not only is this form of escapism mentally tolling but also physically since this becomes your primary way of dealing with emotions on a regular basis. As we all know anything in excess is a bad thing even eating apple in excess leads to indigestion increased blood sugar and ingesting pesticides. So if even an apple can be dangerous when it having such health benefits, substance abuse drugs abuse and smoking becomes ten times more damaging.

A person should know when they have to distract themselves and when they have to face reality in order to avoid escapism and further mental and physical toll on them, few ways in which one can come to terms with their unhealthy ways of dealing with problems and escapism is acceptance. One can only ever start to understand and deal with problems healthily when they are ready to accept that what they are doing is living in a fantasy world where they avoid the reality and ignore conflict in their own way. Acceptance becomes the first step in getting rid of escapism. Major problem that is faced in this world regarding escapism is that people are not even really aware about this term called escapism and think that this is how normal and all humans function, this misconception leads to more development of insalubrious behaviour patterns in themselves.

One should deal with their problems and situations according to what is healthy and doesn't take a mental and physical toll on them to live a better and smooth functioning life. Escapism is acceptable and good to a certain extent until it becomes unhealthy for you and people around you. One should know how to balance between escapism and their actual real life, while accepting the right and wrongs in themselves.

As for conclusion, a quote given by a famous personality says —acceptance is the lid on the bottle of reality, thrown in the ocean of fantasy.

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MULTILINGUAL

Ishita Patel MA Part I

Multilingualism is the use of more than one language, either by an individual speaker or by a group of speakers. It is believed that multilingual speakers outnumber monolingual speakers in the world's population.

Owing to the ease of access to information facilitated by the Internet, individuals' exposure to multiple languages has become increasingly possible.

Multilingual person is someone who can communicate in more than one language actively (through speaking, writing, or signing). Multilingual people can logically speak any language they write in (aside from mute multilingual people), but they cannot necessarily write in any language they speak. More specifically, bilingual and trilingual people are those in comparable situations involving two or three languages, respectively.

A multilingual person is generally referred to as a **polyglot**, a term that may also refer to people who learn multiple languages as a hobby.

Multilingual speakers have acquired and maintained at least one language during childhood, the so-called first language (L1). The first language also referred to as the mother tongue) is usually acquired without formal education.

People who speak more than one language have been reported to be better at language learning when compared to monolinguals.

Fun fact: Many people who speak more than one language switch personalities when they switch languages.

Receptive bilinguals are those who can understand a second language but who cannot speak it or whose abilities to speak it are inhibited by psychological barriers. Receptive bilingualism is frequently encountered among adult immigrants to the U.S. who do not speak English as a native language but who have children who do speak English natively, usually in part because those

children's education has been conducted in English; while the immigrant parents can understand both their native language and English, they speak only their native language to their children.

If their children are likewise receptively bilingual but productively English-monolingual, throughout the conversation the parents will speak their native language and the children will speak English.

If their children are productively bilingual, however, those children may answer in their parents' native language, in English, or in a combination of both languages, varying their choice of language depending on factors such as the communication's content, context or emotional intensity and the presence or absence of third-party speakers of one language or the other.

The reverse phenomenon, where people who know more than one language end up losing command of some or all of their additional languages, is called language attrition. It has been documented that, under certain conditions, individuals may lose their L1 language proficiency completely, after switching to the exclusive use of another language, and effectively "become native" in a language that was once secondary after the L1 undergoes total attrition.

Benefits:

Being multilingual has numerous benefits, including social, cognitive, and career advantages. Socially, multilingualism expands one's worldview, enhances communication skills, and allows for greater intercultural understanding.

Cognitively, learning multiple languages strengthens the brain and improves cognitive function, which can protect against dementia.

Career-wise, multilingual individuals are in high demand in modern businesses that operate in multicultural or international settings, and they have access to more job opportunities.

Additionally, being multilingual can improve one's native language skills and provide a greater appreciation for other cultures.

Multilingual problems:

- Forgetting a word in your mother tongue while speaking to someone who speaks only that one language. And standing there trying to explain. And being ashamed because this is your first language
- Someone asks you to note down a phone number in your native language but you only know them till 30.
- Switching languages mid-sentence.
- Being able to read more words than you can understand. (Can you read that? —Yeah! What does it mean? —...Uhl)
- Mixing languages to make up one sentence.
- Misspelling a word in your native/first language because that same word is spelled differently in another language.
- Writing a word in a certain way because it feels right‘

Balancing:

Balancing different languages in a multilingual household can be achieved through various strategies. Some common approaches include:

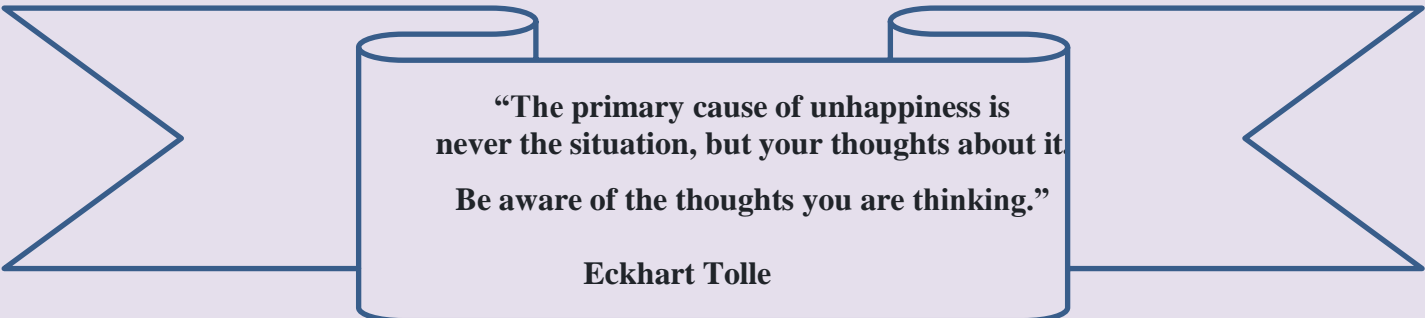
- One Parent, One Language (OPOL): Each parent consistently uses one language with the child, and the other parent uses a different language. This strategy works well if each parent is a native speaker of a different language.
- Minority Language at Home (ML@H): The family speaks a minority language at home with the children, and the child is exposed to the majority language in the community. Both parents need to be native speakers or fluent in the minority language to use this strategy.
- Time and Place (T&P): This strategy involves separating two or more languages by using them in different contexts or at different times.

It is also important to openly discuss with family members and agree on language principles. Consistency is key, and it is important to establish a language routine and stick to it. Seeking professional guidance when needed can also be helpful. Additionally, it is important to be flexible and adapt the language strategy as the child's language needs change over time.

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“The primary cause of unhappiness is never the situation, but your thoughts about it. Be aware of the thoughts you are thinking.”

Eckhart Tolle

IN SEARCH OF A BALANCE IN LIFE

Varada Purohit TYBA

Every individual on this earth strives hard to lead a life that can be termed fulfilling in each and every sense. We always tend to associate this sense of fulfillment and happiness with all the materialistic things surrounding us and kind of lose an insight of what potentials actually exist inside ourselves which can be responsible for a balanced life. We invest our resources in the form of time, energy and creativity to achieve the sense of accomplishment in one domain of our lives and lose in another. We grow as an individual - personally and professionally at the cost of the most important aspects of our life like peace, joy and wisdom which can eventually become eroded due to our imbalanced living.

Balance is not something you can find randomly around you, it's something you create yourself in your own life. It can be created when you are emotionally stable, mentally and physically in sync with yourself and satisfied with the countless social bonds we hold dear to us. Being able to recognize and value your feelings instead of repressing and suppressing them, practicing your hobbies, enjoying and spending time with your loved ones, exploring new opportunities that life has in stock for you helps to reach to that one point of equilibrium which is actually needed when it comes to being at peace with yourself and others around you or simply *'being balanced'*.

We have a tendency of working unflaggingly to earn a livelihood we had always desired for. But somewhere the fact that we are humans with certain limits to their capacities goes beyond our level of consciousness leading to stress and situations of burnout. I remember a quote that says that —If we can let go of the habit of running all the time and take little pauses to relax and re-centre ourselves, we will have a lot more joy in living. It suggests that we should also know the knack of when to pause and restart again to maintain the balance in both personal and work-life situations.

We as humans are unique and have the capability to adapt to our surroundings. Our appearances, styles of talking, behaviours, thought processes, our relationships with people everything changes with the due course of time. Creating and maintaining equilibrium between all these

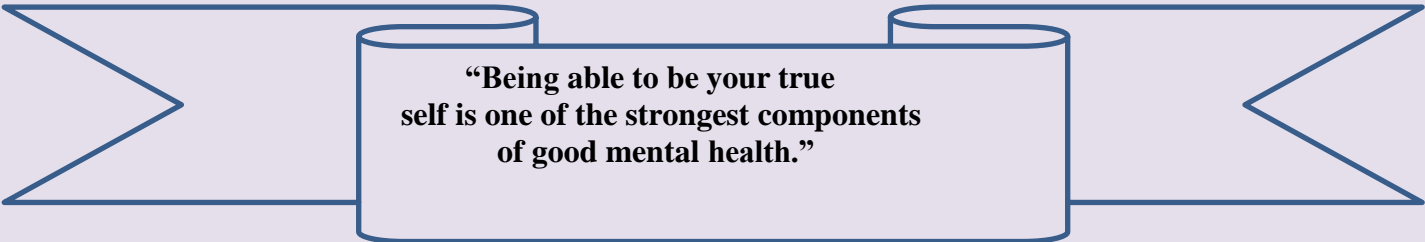
things is a tedious task. But, having a positive attitude, a little bit of discipline, the readiness to compromise when needed, a sense of enjoying your hobbies, taking out time for your people and lastly taking care of yourself should have to be in your bag when you set out in search of balance in this journey of life!

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“Being able to be your true self is one of the strongest components of good mental health.”

CHARM OF GROWTH

Sumitra D. Khilare MA Part II

Welcome to the new born! With their early developmental stages, they will gradually learn to understand the net of their life. This includes the probability of becoming a "genius", expertise in maintaining equilibrium of emotions, and the frequent expectations of early success. There comes this entity with a blank score of knowledge where the motive of the external factors contributes in the formation of a social agreement within the growing stages. An immediate response to these agreements is positive in the context of "others". The fight for reality is so critical that where expectations change their initial existence and start defending upon the false points. For a minute before our thoughts goes to basics, I would like to mention that the story had begun to showcase the growing expectations of the surroundings that challenges the capacity of the individuals by forgetting to rationalize capabilities. The means of consensus is to justify the compromise that indirectly affects every living and non-living aspects of an individual following its dream, desires, hopes... The rest of the facts leave the feeling of unjust where the stage of analysis and synthesis is accommodated. Such a mixture signifies the complexity along with the delicacy of the consensus of truth, tranquility, co-operation, etc. in life on Earth. A random comment on philosophy makes the discipline so subjective that one intricate it as self-explanatory. Yes, we all have our own 'philosophies', mostly known to ourselves. Within this complex process of the growth, the discrete element of the mystery human still comforts and reaches to manage its self-identity with the rest of the world. The journey of growth finds space to reflect and reflex by sustaining the balance of growth.

'Aren't humans prone to extend their capacities?' well if this equalizes then why can't our pets do that, a joke aside. Many of us including me say that animals are pure with love and affection. Diving in depth this also specifies that their aggression is equally pure. But in contrast to human species, we are "multiplexes", which results in the formation of weaving the threads of ancestral branches, in-born values and indeed exploration together. Finally explains, the balance between

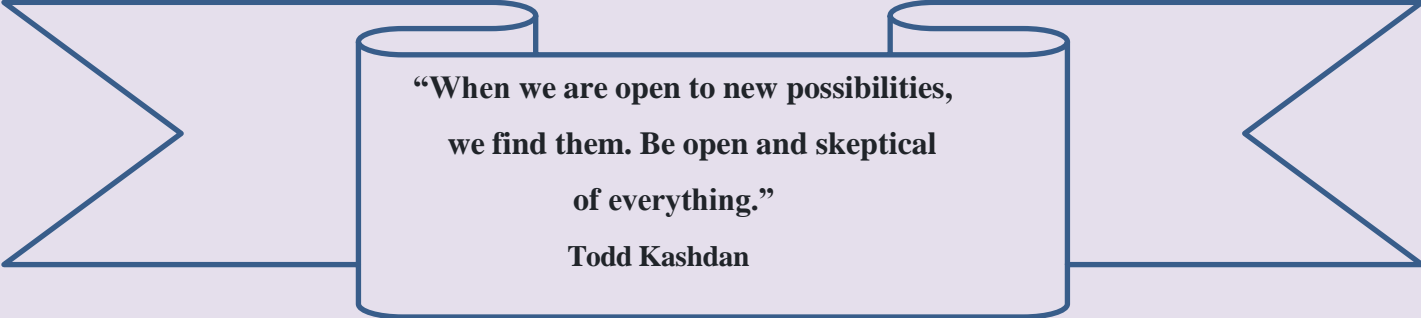
emotions by satisfying the purity and intellectuality in both. It feels so good when you start understanding the meaning of your surroundings. With respect to all other disciplines, it innately feels that Psychology has improved my thoughts and process of thinking that systematically Connects what I - want, need. This prioritizes the necessary objectives by satisfying the subjective matter with no harm to anyone. The impact on lives is immersive, concise into simple perception that leads to higher levels of comprehension. It led to the stability of the revolving circle of thoughts.

In conclusion, the world with its emergence and wherever it goes on, keep up its highs-lows and all the mechanisms to a state of fine balance.

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**“When we are open to new possibilities,
we find them. Be open and skeptical
of everything.”**

Todd Kashdan

UNDERSTANDING BALANCE

Loukik Satoskar MA Part I

Balance as a concept is used in multiple disciplines and aspects of life. Like Balanced diet in the field of fitness and nutritionists and the term: Work-life balance, used in the organizational settings. Traditionally the meaning associated with the word was that of a desirable state. Cultivating balance in all areas of our lives was considered a personal choice, which one made to live a healthy lifestyle. However, in the modern age the meaning of this term is often perceived as a compromise.

The concept of balance often involves finding a middle ground between two or more aspects of life, such as work and personal time, ambition and relaxation, or socializing and solitude. This notion of finding a middle ground between various aspects of life highlights the on-going effort to maintain equilibrium among competing priorities. Whether balance is seen as a compromise depends on one's perspective and the values one holds.

When we look at Balance as Compromise, achieving balance means making concessions in some areas to allow for gains in others. It is seen as a trade-off situation where, for instance, advancing in one's career might require scaling back social activities, or pursuing a hobby might mean less time for work-related endeavours. The idea of compromise here is closely tied to the notion of sacrifice—giving up something in one area to achieve a desired state in another.

Another perspective views balance not as compromising between different aspects of life but as integrating them in a way that they complement and enhance each other. This approach suggests that work, personal life, and other interests can coexist without the need for significant sacrifices, aiming for a synergy that enriches all aspects. For example, skills or experiences gained in personal pursuits might enhance one's professional capabilities, and effective time management can allow space for both career ambitions and personal relaxation.

Achieving balance is a dynamic state that calls for on-going modification and evaluation rather than a singular accomplishment. What an individual considers to be balanced can change as their circumstances in life do. For instance, a person may prioritize family or personal interests at one point in their life and career advancement at another.

Also, what balance will look like will vary greatly from one person to another, depending on what they value most. For someone who places a high value on career success, balance might still involve long work hours but with intentional breaks for health and family. For another, it might mean working strictly within set hours to maximize personal or family time.

Why is balance important?

To understand the importance of balance in our lives we need to understand that balance is the fundamental principle of nature. This is evident across various levels of existence, from the vast cosmos to the intricate workings of ecosystems and the fundamental principles of physics.

The universe operates under fundamental physical laws that maintain balance. For instance, the law of conservation of energy states that energy can neither be created nor destroyed only transformed from one form to another, ensuring a type of cosmic balance. Similarly, Newton's third law — for every action, there is an equal and opposite reaction — describes balance in forces, foundational to understanding motion and stability in the physical world. In ecosystems, balance is crucial for the survival and health of organisms and their environments. Predators and prey exist in a delicate balance that ensures neither becomes too large in number to upset the ecosystem. Plants produce oxygen that animals need to breathe, while animals produce carbon dioxide necessary for photosynthesis, illustrating a symbiotic balance.

In fact, all organisms have an inbuilt system that maintains balance at all times: 'Homeostasis'. It is a dynamic state of balance within their internal environment, despite changes in the external environment. This includes the regulation of temperature, acidity, hydration, and the balance of nutrients necessary for life functions. The necessity of homeostasis for health and survival demonstrates how balance is a fundamental aspect of life.

How to achieve balance in our lives?

A balanced life for us means that we are maintaining a state of being where the internal as well external stress is minimized. This stress can manifest internally as physiological problems, mental or emotional stress and externally as issues in social or intimate relationships, career or academics. These stressors may or may not be in our control but gaining awareness of how they affect our life, we may gain insight about how to achieve a balance. For those that are completely in our control, we can work towards eliminating them totally from our lives. And for the others which are not in our control, we can learn healthy coping mechanisms.

Another way of learning to maintain a balance is by understanding the nature's way of creating balance. As discussed above, the nature has its own ways of maintaining equilibrium. If we observe the elements that make up nature, be it the fauna or flora, we can learn how each organism has its own unique system which is in synchronicity with the larger ecosystem. We will look at one such example below:

The Metaphor of a Tree in understanding a balanced life:

If we closely observe a tree we can make out its different parts and their unique individual function that help sustain the tree's entire system. We can co-relate these different parts to different aspects of our lives and understand how we can develop them.

- **Roots**- Roots anchor the tree to the ground, providing stability and support. The tree receives as much support as deeply the roots grow into the ground. The roots also absorb nutrients and water from the soil which is essential for the tree's growth. The Roots symbolize the network of people that we have in our lives. These are the close people that supply us on a daily basis. A tree may grow several feet tall but its roots always remain

embedded into the ground. Similarly, these support systems of people keep us grounded and aware of our origins as we grow in our lives.

- **Trunk**- The trunk supports the tree's structure, holding up the branches and leaves to access sunlight. It is the core strength of a tree. Combined with the anchoring of the roots, the trunk provides support and structure to the tree thus preventing it from falling off in times of crisis. The plants with a strong trunk can survive severe calamities like floods. The trunk in our lives could be the people who can support us in challenging times. Another aspect that we could relate the trunk in our lives is with our integrity. In tough times, a person with really tough resolve will remain unbent.
- **Leaves**- The leaves are the parts that produce food for the plant. They have the necessary ingredients that are essential for the plant to use the nutrients, water, air and sunlight to generate its food. We can correlate the leaves to the skillsets, abilities and knowledge that can help us make a living.
Another thing that all of us must have noticed is, the plants placed near a window start growing towards the window in search of sunlight. This tendency is called phototropism. Similarly the roots of the plants grow downwards inside the soil in search of water. The plant has its inbuilt wisdom that guides it towards the resources. We can also imbibe this quality from a plant to grow towards the resources that assist our growth.
- **Fruit**- The plant produces a fruit that is consumed by animals, birds or insects. The fruit in our life is the contribution we make to other lives. Just like taking one fruit doesn't take away all of the tree's resources, what we contribute to the world does not make us less resourceful either. The purpose of the fruit is not to make a transaction with the animal but to nourish it. Similarly, the purpose of our contribution should not be to gain something from others, but simply to add value to their lives.

- **Branches**- Branches provide support for leaves, flowers, and fruits, spreading them out so they can efficiently absorb sunlight for photosynthesis. They allow the tree to expand its canopy for maximum light absorption, which is critical for its growth and the process of photosynthesis. Different birds and animals that are attracted towards the tree rest on these branches while they feed on its fruits.

Branches symbolize our networking with people. The word branch is also used to address the division of an organization or company that functions in a particular location. The more we are connected with people, the more effectively we can contribute to their lives.

- **Flower**- Most of us who have received a flower from someone had a pleasant experience. The symmetrical shape, the bright colours and the fragrance of the flower can instantly lighten up our mood. On a plant, the purpose of the flower is the same: to create a pleasant experience for others and thus to attract them, especially the pollinators like honey bees and butterflies.

We can cultivate similar qualities that attract people. These qualities could be honesty, politeness or as simple as a good sense of humour.

- **Thorns**- The thorns on a plant represent the plant's defense mechanism. In the wilderness, there are animals that can exploit the plant and disrupt its growth. The plant protects itself from such animals using various defense mechanisms, one of which is thorns. When we are adding value to others values, we may encounter such people in our lives who want to exploit us. We too need to develop thorns or defenses to protect ourselves. A simple defense mechanism could be assertiveness, to be able to put our opinions assertively and to be able to say no assertively.

- **Seed**- The seed is always protected within a fruit. It is one of the most crucial aspects of a tree. It contains the potential to grow into a fully functioning tree and continue to bear fruits. The seed thus continues the trees contribution to the ecosystem by carrying the tree's work forward.

The seed represents the legacy of work that we leave behind through our ideas, principles and the people who got impacted with our contribution. Who will continue with our work when our finite lives will end?

We may not have all these aspects in our lives since the beginning. But we can learn to cultivate them in our lives, to grow our roots and trunk, to spread out our branches, understand what can be our leaves and to bear flowers and fruits. Just like a tree cannot survive without the pollinators who assist its process of reproduction and other animals who assist the dispersion of its seeds by feeding on its fruits, we human beings cannot exist in isolation either. In order to grow holistically, we need to be a part of an ecosystem where we not only consume but contribute to the system as well.

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BELIEVE IN YOURSELF

Varun Pujari and Omesh Marathe SYBA

Balancing between 'CAN I' and 'I CAN'

- I am good for nothing.
- Am I even capable of doing this?
- Am I worthy?
- Why do I even exist?
- Everything is impossible.

If such thoughts haunts you daily, and makes you feel insecure, here is something you should read.

We all know how powerful lord Hanuman is. But even the bravest lord had a self-doubt once. Ram Sena found that Mata Sita has been kidnapped by Ravana and he has taken her to the Lanka. So Angad, Jambhavan, Hanuman and few members of vanar sena went towards south end of India from where Lanka was merely visible. The distance between them and the Lanka was approx. 100km. So the warriors started discussing who would go to Lanka to check on Mata Sita. Jambhavan already know if there is someone who is capable of doing this job is none of the other but Hanuman.

Jambhavan asked Hanuman, —Would you like to go?‖ and in reply Hanuman said, —Can I? Is it even possible for me?‖ At this point Hanuman was completely unaware about his powers as he was cursed by a sage in his childhood because he is to bother them by disrupting their sacrificial ceremonies in various ways.

Jambhavan told Hanuman,

—You are as powerful as wind;

You are intelligent, illustrious, and an inventor.

There is nothing is this world that's difficult for you.

Whenever stuck, you are the one who can help.‖

Hanuman got enlightened by Jambhavan. Hailed Jai Shree Ram and took his leap towards Lanka.

On his way to Lanka Hanuman

- Killed the demon Simhika.
- Reached Lanka, found Mata Sita and give her the message that Prabhu Ram we come soon for her rescue.
- Destroyed Ashokvati to gain attention of Ravana.
- Killed the son of Ravana named Akshay.
- Decided to surrender to Indrajeet (bravest son of Ravana), so he can meet Ravana and show him what he is against off.
- Told Ravana to release Maa Sita with full respect and make an apology to Prabhu Ram, or else the consequences would be unpleasant.
- Ravana didn't listened a word and instead decided to put Hanumans Tail on Fire
- And we all know that with the same fire Hanuman burned the whole Lanka.
- And finally returned towards Jambhavan, Angad and others without having a scratch on his body.

Remember he was the same Hanuman who asked Jambhavan —CAN I? But you show yourself what he was capable of.

Same way we all are Hanuman who have forgotten or unaware about all our powers not because of a curse by a sage but because of our self-doubts, low self-esteem and worrying about what others would think about us. But don't worry we will find our Jambhavan soon who will make us realized who we truly are. Jambhavan can enter in your life in many forms, like first of all you yourself can be Jambhavan for yourself by doing introspection; it can be your friend, teacher, colleague, lover, parents and etc. But the most powerful version of Jambhavan is your —EXI. The way your EX motivates you is unbeatable. Let's count the benefits after getting cheated or facing a Break-Up.

1. Plan to crack a competitive exam and get a high paying salary job
2. Join Gym and get physically fit
3. Starts saving money as there is no one you have to gift an expensive gift now.
4. Sleep well because there is no late night chatting anymore.

So the conclusion is, the only thing stopping you is your own self-doubt and low self-esteem. Don't underestimate yourself; you have no idea how much power you hold inside you. All I want to say is —Believe in You!

NATURE AND NURTURE

Ujwala Chaudhari MA Part 1

Introduction:

The age-old debate surrounding nature and nurture has been a focal point in understanding the intricate dynamics of human development. This discourse explores the interplay between genetic predispositions (nature) and environmental influences (nurture), seeking to unravel the complexity that shapes our identities, behaviors, and potential.

Nature: The Genetic Tapestry:

The journey begins with nature, the intrinsic genetic code inherited from our biological lineage. Our DNA, a complex sequence of nucleotides, forms the basis of our physical attributes, susceptibilities to certain conditions, and lays the groundwork for components of our personality. The intricate dance of nucleotides within our genetic tapestry serves as the blueprint for our existence, yet it is merely the prologue in the unfolding narrative of human development.

Nurture: The Environmental Mosaic:

As we traverse the landscape of life, the nurturing environment emerges as a pivotal force. This encompasses the manifold influences surrounding an individual, including family dynamics, socio-economic factors, cultural upbringing, educational experiences, and societal norms. It is within this environmental mosaic that the potential encoded in our genes encounters the shaping forces that mold our cognitive abilities, emotional responses, and social behaviors.

Dynamic Interplay:

Contrary to a static dichotomy, nature and nurture engage in a dynamic interplay throughout the lifespan. Genetic predispositions may set the stage, but it is the nurturing environment that determines whether these traits flourish or recede. The constant interaction between nature and nurture becomes especially evident during critical periods of development, where the

convergence of these forces shapes the trajectory of an individual's life.

Epigenetics: The Symphony of Modification:

In recent years, the field of epigenetics has emerged as a fascinating realm that blurs the lines between nature and nurture. Epigenetic modifications, influenced by environmental factors, can alter gene expression without changing the underlying DNA sequence. This revelation underscores the bidirectional nature of the relationship, emphasizing that our experiences can leave an enduring mark on our genetic code, influencing future generations.

Individual Agency: The Conductor of Destiny:

Amidst the intricate symphony of nature and nurture, individual agency emerges as a transformative force. While genetics and environment provide the canvas, individuals possess the capacity to make choices, shape their experiences, and actively influence their developmental trajectories. This recognition of personal agency adds depth to the narrative, emphasizing that our destinies are not predetermined but shaped by our decisions and actions.

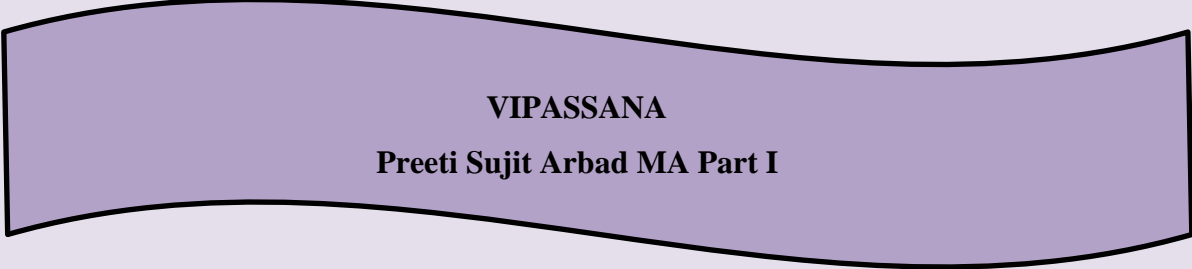
Conclusion:

Nature and nurture, entwined in a complex dance, jointly contribute to the mosaic of human development. Acknowledging the interplay between genetic predispositions and environmental influences allows for a more holistic understanding of what makes us uniquely human. The exploration of nature and nurture enriches our comprehension of the dynamic forces shaping our existence, underscoring the intricate tapestry of human potential and individuality.

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VIPASSANA
Preeti Sujit Arbad MA Part I

Introduction

Stress management involves a range of techniques and psychotherapies aimed at controlling stress levels, particularly chronic stress, to enhance day-to-day functioning. Hans Selye differentiated distress, with negative consequences, from eustress, a positive form. Stress is viewed by psychologists as a physiological and psychological response requiring adaptation. Symptoms vary, and effective stress management is crucial for a happy life. It's a coping strategy, an adaptive response to eliminate or modify stress factors. Directed for productive purposes, stress management involves understanding one's nature, strengths, and coping strategies. Practical techniques, including self-help methods and meditation, are explored to reduce stress and promote well-being. Psychologists emphasize meditation as an effective stress management technique, often teachable through workshops.

Vipassana, an ancient Indian meditation technique, is highlighted for its potential to reduce stress and promote well-being as a self-help stress-management approach. It involves seeing and observing the true nature of things beyond superficial appearances through a logical process of mental purification. Vipassana is described as non-sectarian, scientific, and result-oriented, offering a practical way to attain real peace of mind and lead a stress-free life. Learning Vipassana requires a ten-day residential course under a qualified teacher at a Vipassana Meditation Centre, emphasizing noble silence and no contact with the outside world. The training comprises three steps: Observance of Sila (Moral Conduct), Anapana (Awareness of Respiration), and Vipassana (Development of Wisdom or Insight).

Vipassana training consists of three steps

Step-I involves Observance of Sila (Moral Conduct), forming the foundation for the practice. Participants take a vow to abstain from harmful actions during the course. **Step-II**, Anapana (Awareness of Respiration), focuses on continuous observation of breath to promote awareness, equanimity, and tranquility. The initial days emphasize Anapana meditation to calm and sharpen the mind. **Step-III**, Vipassana, is the purification of the mind through choice-less observation of body sensations, fostering a non-reactive attitude. Participants learn to observe sensations with detachment, recognizing their impermanence. This step spans the last six and a half days, guided by systematic instructions and daily progress explanations. Noble silence is maintained for the first nine days, ending with participants resuming speech on the tenth day. The retreat concludes on the eleventh day with the practice of "Metta-bhavana" (loving-kindness). Participants must adhere to the rules and regulations of the Vipassana Meditation Centre throughout the course.

Empirical evidence supports Vipassana meditation as an effective stress coping strategy.

Various researchers, including Bhaskaran, Nathawat, Vigne, and Jain & Sharma, have highlighted its clinical and psychotherapeutic utility in stress management. Studies report that Vipassana enhances self-awareness, integrates subjective experiences, and reduces physical and psychological distress. Research by Khosla, Miller et al., Nathawatetal., Al-Hussaini et al., Parihar, M.J.Ott, and Kushwaha indicates positive effects on stress reduction, anxiety management, and improvement in mental health. Despite ongoing research, limited studies emphasize the significance of Vipassana as a stress-management technique, urging further exploration, particularly in the Indian context. The present study suggests that Vipassana meditation workshops contribute to understanding the mind and emotions, aiding stress coping, fostering mental well-being, and potentially preventing stress-related diseases.

Objectives of the study

This article aims to offer empirical support for the effectiveness of Vipassana meditation as a stress-management technique. Informed by the reviewed literature, the study's objectives are to motivate researchers to gather empirical evidence, highlighting Vipassana meditation as an enhanced coping skill for stress. The ultimate goal is to contribute to people leading less stressed

and healthier lives through the practice of Vipassana meditation.

Conclusion

The article is anticipated to be beneficial for researchers in the field of stress management. It highlights the potential of Vipassana meditation to raise awareness and empower individuals to lead less stressed and healthier lives. The call for further research in this area aims to gather empirical evidence supporting the effectiveness of Vipassana meditation as a stress-management technique. Overall, the article emphasizes the value of incorporating Vipassana into strategies for promoting well-being and managing stress.

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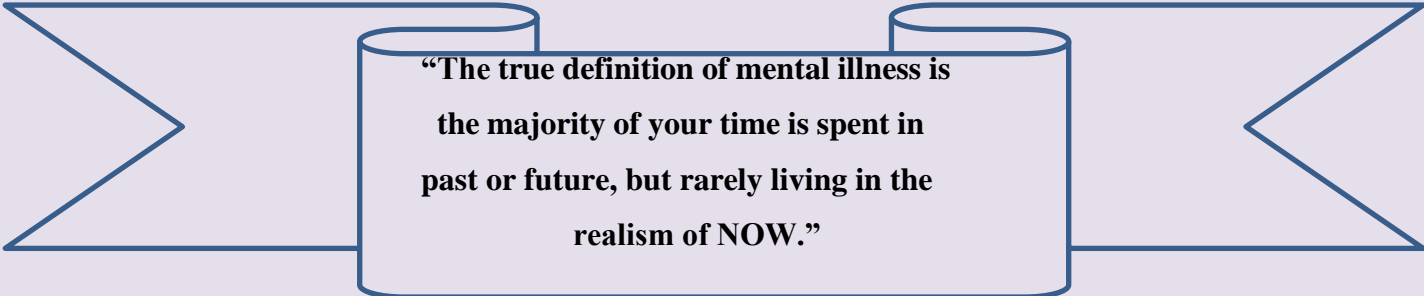
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“The true definition of mental illness is the majority of your time is spent in past or future, but rarely living in the realism of NOW.”

YOGA: A FINE BALANCE
Jasleen Kaur Malhotra MA Part 1

Yoga is an art and science of healthy living. It is a spiritual discipline based on an extremely subtle science which focuses on bringing harmony between mind and body. The Holistic approach of yoga brings harmony to all walks of life. Yoga is also known for disease prevention, promotion of health and management of many Lifestyle related disorders.

Meaning of Yoga

The word literally means “to yoke” or “union”. More than just a practice of physical exercises yoga is the coming together of the individual self or consciousness with the infinite universal consciousness or spirit. Yoga is a method of inquiry into the nature of the mind which emphasizes practice and direct experience. Yoga is an ancient art based on a harmonizing system for development of the body, mind and spirit. Yoga signifies the integration of personality at the highest level. It includes various practices and techniques mentioned in the yogic literature and are collectively referred to as “Yoga”.

Importance of Yoga

Yoga encourages a positive and healthy lifestyle for the physical, mental and emotional health of children. Yoga helps in the development of strength, stamina endurance and high energy at the physical level. It also empowers self with increased concentration, calm, peace and contentment at a mental level leading to inner and outer harmony. With the help of yoga you can manage daily stress and its consequences.

Yoga brings stability to the body and the wavering mind. It increases the lubrication of joints ligaments and tendons of the body. Studies in the field of medicines suggest that yoga is the only form of physical activity that provides complete conditioning to the body because it massages all the internal organs and glands. It reduces the risk of many diseases. Yoga can create a

permanently positive difference in the lifestyle of anybody practicing it on a regular basis.

Benefits of Yoga

Yoga is a perfect way to ensure overall health and physical fitness. The physical building blocks of yoga are posture (asana) and breath. Through meditation and breathing exercises (called pranayama) you can banish all your stress and lead a healthy life. In fact it is one of the best remedies known to humankind for curing chronic ailments that are otherwise difficult to be cured by other medications. People suffering from backaches and arthritis are often suggested to do asanas that concentrate on the exercise of the muscles at strategic locations. Pranayamas are the best breathing exercises to increase the capacity of the lungs.

A series of poses held in time with breathing helps every part of the body. Yoga increases strength, endurance, flexibility and balance. It increases the ability to perform activities, provides more energy and gives a restful sleep. Performing yoga daily helps in building muscular strength. The different asanas make the body more flexible. Moreover yoga prevents cartilage and joint breakdown, increases blood flow and lowers blood sugar. The most important benefit of yoga is its application in relieving stress, fatigue, invigoration and vitality. Yoga works as an immunity booster and gives peace of mind.

Asana

Asanas are not mere exercises. They do not take our breath away or make us hyperventilate. Yoga has 84 classical asanas (poses) with a variety of combinations. All asanas are performed in a systematic manner where our breath is coordinated with slow and rhythmic movements. During the asanas we use the body as a guide to tell us how deeply we can go into a posture when we experience fatigue and how to move from one pose to the next without tension.

Each asana provides different benefits. For example the sarvangasana or shoulder stand invigorates and rejuvenates the whole body making the spine supple and the legs free from varicose veins. Also, each asana has certain contraindications. For example the shoulder stand should not be done by those who have high blood pressure or by pregnant women.

Pranayama

Yoga makes us conscious of our breath. One important difference which is taught in yogic breathing is not sucking our tummy in as we inhale. As we inhale, we fill our lungs and breathe deeply to push our abdomen out. As we exhale, we throw our breath out, emptying our lungs and pulling our tummy in.

Our need to focus on breathing relates itself to prana or life force. It is a barometer reflecting our state of mind. Upper chest or shallow breathing occurs when we are stressed, anxious or frightened. If we continue to breathe this way for long periods of time we become lethargic and depressed. To counter this yoga recommends deep diaphragmatic breathing. Long, deep breaths relieve stress and tension. Ujjayi, kapalbhati, sitali, nadi shodhana and bhasrika are all examples of breathing techniques in yoga. Since breath is the bridge that connects both mind and body we can control our breathing to bring about balance.

Meditation

We close our eyes, sit calmly and focus on the point between our eyebrows. This is the ajna or intellectual centre or the 3rd eye space. Keeping our breathing normal we allow all thoughts to come and go without disturbing us. We observe them without judging.

Meditation is the process through which we learn to concentrate on the present with what is termed as "mindfulness". By concentrating on the ajna breathing in and out sitting in a calm posture, we allow ourselves to relax. At the same time our concentration increases making our mind less fragmented. With practice we can attain calm and mental clarity.

As Swami Satchidananda said, "You can't control the waves but you can learn to surf". Research has shown that Meditation increases the feel good hormone endorphins, and decreases the stress hormone, cortisol, leading to better health.

Chanting

The word Om, made up of three Sanskrit letters A, U and M combined together makes the sound Aum or Om. During yoga we chant this word for it is the primal sound which helps us connect with the deepness within. As we continue with this Chanting we reach a state of self-realization and bliss. If we close our eyes and continue to repeat this word while breathing consciously we also reach an altered state where mundane things cease to exist and therefore lose their power to throw us off-balance.

Conclusion

Yoga practice is safe and can bring many help benefits to practitioners. The beauty of yoga is that it can be practiced by anyone. It doesn't matter how old you are or what shape you are in. Yoga increases an individual's physical coordination and promotes better posture. It helps stimulate the circulatory system, the digestive processes as well as the nervous and endocrine systems.

Yoga is the perfect example of Holistic health because of its combination of mind and body. Yoga is a multi-disciplinary tool extremely useful to purify the mind and body and gain control over our minds and emotions. It is the most popular means for self-transformation and physical well-being.

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THE YOGA EFFECT: CULTIVATING MENTAL HEALTH AND INNER PEACE

Vaishnavi Dhume MA Part I

Introduction:

Yoga, a 3,000-year-old tradition, has transcended its origins to become a holistic approach to health in the Western world. Classified as a form of Complementary and Alternative Medicine (CAM) by the National Institutes of Health, yoga embodies the Sanskrit root "yuj," meaning union or yoke, signifying its aim to unite and direct one's attention. Through regular practice, yoga fosters strength, endurance, flexibility, and inner qualities such as compassion and self-control. Furthermore, it cultivates a sense of calmness and well-being, fostering changes in perspective, self-awareness, and an enhanced zest for life. This introductory segment sets the stage for an exploration of yoga's multifaceted benefits, both physical and mental, within the framework of its philosophical underpinnings.

What Is Yoga?

Yoga is an ancient practice that combines physical postures, breathing exercises, and meditation. It has been shown to have a wide range of benefits for both physical and mental health.

Yoga philosophy can help people in modern world live happy, healthy, and nonviolent lives. It can also help people become more aware of their thoughts, emotions, and behaviours.

It Identifies and overcome negative patterns of behaviour, cultivate positive patterns of behaviour, connect to deeper and truer aspects of themselves, helps understand the meaning of life, it replace non-essential parts of life with meaningful practices.

Yoga Philosophy and its Uses in Modern Lifetime:

Yoga philosophy acknowledges the spiritual dimension of yoga and the interconnectedness of all beings. It provides insights into the nature of consciousness, the true self (Atman), and the ultimate reality (Brahman).

Yoga philosophy includes principles such as:

Ahimsa (non-violence)

Satya (truthfulness)

Asteya (non-stealing)

Brahmacharya (Celibacy, right use of energy)

Aparigraha (non-greed)

Niyama (spiritual observances and self-discipline)

1. Ahimsa (Non-violence): Ahimsa is the principle of non-violence in thought, word, and action towards oneself and others. In modern life, this can be practiced by being mindful of our words and actions, avoiding harm to others physically, emotionally, or mentally, and promoting peace and harmony in all interactions.

2. Satya (Truthfulness): Satya is the principle of truthfulness and honesty in both speech and action. Practicing satya means being authentic and genuine in all aspects of life, being honest with oneself and others, and speaking the truth even when it's uncomfortable or inconvenient.

3. Asteya (Non-stealing): Asteya is the principle of non-stealing, which goes beyond material possessions to include not taking credit for others' work, time, or ideas. In modern life, this can be applied by respecting others' property, intellectual rights, and time, and by cultivating a mindset of abundance rather than scarcity.

4. Brahmacharya (Celibacy, Right Use of Energy): Brahmacharya is often interpreted as celibacy, but it also actually means practicing moderation and channeling one's energy towards spiritual growth and higher pursuits. In modern life, this can be practiced by being mindful of how we use our time, energy, and resources, avoiding excesses or indulgence, and directing our energy towards self-improvement and service to others.

5. Aparigraha (Non-greed): Aparigraha is the principle of non-greed or non-attachment, encouraging simplicity and contentment with what one has. In modern life, this can be applied by practicing minimalism, being mindful of consumption habits, and letting go of attachments to material possessions or outcomes, fostering a sense of gratitude and abundance in the present moment.

6. Niyama (Spiritual Observances and Self-discipline): Niyama refers to the personal observances and self-discipline that support spiritual growth and self-awareness. This includes practices such as self-reflection, self-study, contentment, austerity, and devotion. In modern life, one can incorporate niyama by establishing a daily routine that includes mindfulness practices, meditation, reflection, and acts of self-care and self-improvement.

By integrating these principles into daily life, individuals can cultivate greater awareness, compassion, and inner peace, leading to a more fulfilling and harmonious existence.

Yoga And Meditation Have Garnered Significant Attention In Modern Science Due To Their Profound Effects On Mental, Emotional, And Physical Well-being.

Surprising Research Findings Include:

1. Brain Changes: Studies have shown that regular meditation can lead to structural changes in the brain, including increased grey matter density in areas associated with attention, memory, and emotional regulation.

2. Stress Reduction: Meditation techniques, such as mindfulness meditation, have been found to reduce levels of cortisol, the stress hormone, leading to decreased anxiety and improved stress management.

3. Emotional Regulation: Meditation practices promote emotional resilience and regulation by

strengthening the prefrontal cortex, which is involved in impulse control and decision-making, and reducing activity in the amygdala, the brain's fear centre.

4. Enhanced Cognitive Function: Research suggests that meditation improves cognitive functions such as attention, concentration, and working memory, leading to better overall cognitive performance and mental clarity.

5. Immune System Boost: Some studies have found that regular meditation can enhance immune function, leading to a reduced risk of illness and faster recovery from illness or injury.

Incorporating Yoga And Meditation Into Daily Life Can Have Numerous Benefits:

1. Stress Management: Practicing yoga and meditation regularly can help individuals cope with stress more effectively, leading to greater resilience and a sense of calmness amidst life's challenges.

2. Improved Mental Health: Yoga and meditation can alleviate symptoms of anxiety, depression, and other mental health disorders by promoting relaxation, self-awareness, and emotional regulation.

3. Enhanced Focus and Productivity: By cultivating mindfulness and concentration through meditation, individuals can improve their focus, productivity, and ability to stay present in the moment, leading to better performance in various tasks and activities.

4. Physical Health Benefits: Yoga not only improves flexibility, strength, and balance but also supports overall physical health by promoting circulation, reducing inflammation, and boosting the immune system.

5. Self-Discovery and Growth: Yoga and meditation provide opportunities for self-reflection, self-discovery, and personal growth, allowing individuals to explore their inner selves, values, and purpose in life.

By integrating yoga and meditation into daily routines, individuals can experience greater well-being, resilience, and fulfilment in all aspects of life.

What Are The Mental Health Benefits Of Yoga?

- Mental health problems such as depression, anxiety, stress, and insomnia are among the most common reasons for individuals to seek treatment with complementary therapies such as yoga. Yoga encourages one to relax, slow the breath and focus on the present, shifting the balance from the sympathetic nervous system and the flight-or-fight response to the parasympathetic system and the relaxation response. The latter is calming and restorative; it lowers breathing and heart rate, decreases blood pressure, lowers cortisol levels, and increases blood flow to the intestines and vital organs.
- One of the main goals of yoga is to achieve tranquility of the mind and create a sense of well-being, feelings of relaxation, improved self-confidence, improved efficiency, increased attentiveness, lowered irritability, and an optimistic outlook on life. The practice of yoga generates balanced energy which is vital to the function of the immune system. Yoga leads to an inhibition of the posterior or sympathetic area of the hypothalamus. This inhibition optimizes the body's sympathetic responses to stressful stimuli and restores autonomic regulatory reflex mechanisms associated with stress. Yogic practices inhibit the areas responsible for fear, aggressiveness and rage, and stimulate the rewarding pleasure centres in the median forebrain and other areas leading to a state of bliss and pleasure. This inhibition results in lower anxiety, heart rate, respiratory rate, blood pressure, and cardiac output in students practicing yoga and meditation.
- Consistent yoga practice improves depression and can lead to significant increases in serotonin levels coupled with decreases in the levels of monoamine oxidase, an enzyme that breaks down neurotransmitters and cortisol. A range of therapeutic approaches is available for the management of depressive disorders, but many patients turn to complementary therapies due to the adverse effects of medication, lack of response or simply preference for the complementary approach. A number of studies demonstrate the potential beneficial effects of yoga interventions on depression, stress, and anxiety.

- Improved flexibility is one of the first and most obvious benefits of yoga. With continued practice comes a gradual loosening of the muscles and connective tissues surrounding the bones and joints; this is thought to be one reason that yoga is associated with reduced aches and pains. Yoga helps to build muscle mass and/ or maintain muscle strength, which protects from conditions such as arthritis, osteoporosis and back pain. During a yoga session, the joints are taken through their full range of motion, squeezing and soaking areas of cartilage not often used and bringing fresh nutrients, oxygen and blood to the area, which helps to prevent conditions like arthritis and chronic pain. Without proper sustenance, neglected areas of cartilage will eventually wear out and expose the underlying bone. Numerous studies have shown that asana, meditation or a combination of the two reduced pain in people with arthritis, Carpel Tunnel syndrome, back pain and other chronic conditions. Yoga also increases proprioception and improves balance.
- Yoga increases blood flow and levels of hemoglobin and red blood cells which allows for more oxygen to reach the body cells, enhancing their function. Yoga also thins the blood which can decrease the risk of heart attack and stroke, as they are often caused by blood clots. Twisting poses wring out venous blood from internal organs and allow oxygenated blood to flow in when the twist is released. Inverted poses encourage venous blood flow from the legs and pelvis back to the heart and then pumped through the lungs where it becomes freshly oxygenated. Many studies show yoga lowers the resting heart rate, increases endurance, and can improve the maximum uptake and utilization of oxygen during exercise. Consistently getting the heart rate into aerobic range lowers the risk of heart attack. While not all yoga is aerobic, even yoga exercises that do not increase heart rate into the aerobic range can improve cardiovascular functioning.
- While yoga is not a cure for cancer, or a definitive way of preventing it, yoga increases physical, emotional, and spiritual wellness, and brings about a certain peace, of which many cancer patients desire. Yoga, breathing exercises, and meditation can reduce stress, promote healing, and enhance quality of life for patients with cancer. The growth

of tumours and other cancer indicators are exacerbated by stress, thus it is especially important for people with cancer to reduce and manage stress effectively. Several premises exist as rationale for applying yoga-based interventions with cancer patients. Research suggests that yoga can produce an invigorating effect on mental and physical energy that improves fitness and reduces fatigue. Additionally, when practicing yoga, a fundamental emphasis is placed on accepting one's moment-to-moment experiences creating mindfulness and not forcing the body past its comfortable limits. Having this healthy sense of acceptance is especially important for individuals dealing with life-threatening illness as it decreases the stress one experiences from unpleasant symptomology. Initially, cancer patients likely benefit from the poses themselves which are designed to exercise each and every muscle; nerve and gland throughout the body. The postures precisely address the tension, holding, and blockage of energy in any particular joint or organ. As this tension is released, energy flows more readily throughout the body and allows patients to experience a sense of increased well-being and strength as well as a balance of mind, body and spirit.

- Stress has a negative impact on the immune system and prolonged exposure increases susceptibility to disease and leads to physical and mental health problems such as anxiety and depression. Practicing yoga and meditation as a means to manage and relieve both acute and chronic stress helps individuals overcome other co-morbidities associated with diseases and leads to increased quality of life. As a non-pharmacological form of treatment, yoga based interventions are an alternative option for the treatment of mood disorders. Further investigation of yoga as a therapeutic intervention in depressive disorders is needed and future studies should seek to identify which of the yoga-based interventions is most effective and what levels of severity of depression are more likely to respond to this approach.
- In addition to the effects of yoga on mood disorders and stress reduction, yogic practices are shown to improve cardiorespiratory performance, psychological profile, and plasma melatonin levels and also significantly reduced systolic blood pressure, diastolic blood

pressure, mean arterial pressure, and orthostatic tolerance. Furthermore, yoga helps to improve the cardiovascular efficiency and homeostatic control of the body and results in improvements in autonomic balance, respiratory performance, and overall well-being. Yoga based lifestyle modifications were also shown to aid in regression of coronary lesions as well as to improve myocardial perfusion in patients with CAD. Inevitably, cardiovascular parameters alter as one ages, but these age-related deteriorations in cardiovascular functions are slower in persons who practice yoga regularly as yoga practitioners had lower heart rate as well as lower systolic and diastolic blood pressure than matched controls.

- Yoga's effects for cancer patients, results show a decrease in post-chemotherapy-induced nausea frequency, nausea intensity, and intensity of anticipatory nausea, and anticipatory vomiting. Additionally, yoga subjects reported decreased anxiety, depression, and distressful symptoms and also showed significantly reduced toxicity scores compared to the controls. Results from another study showed patients experienced significantly lower levels of pain and fatigue, and higher levels of invigoration, acceptance and relaxation following participation in a yoga intervention. Yoga, breathing exercises, and meditation can reduce stress, promote healing, increase energy, decrease adverse treatment effects, and enhance quality-of-life for patients with cancer.
- According to Buddhist philosophy the roots of addiction are in the mind and the practice of mindful meditation encourages addicts to accept the basic impermanence of human experience and helps them to develop a detached awareness of thoughts. Yoga and meditation practices exert positive influence on addictive behaviours. Through the practice of yoga, addicts shift from self-inflicted harm and disrespect toward their bodies to more respectful, caring, and loving behaviours. Eating disorders are a specific type of addiction and yoga appears to be beneficial in improving body image disturbances and useful in the recovery from eating disorders. One study found that female yoga practitioners attribute their positive feelings and sense of well-being to yoga practice and

report less self-objectification, greater satisfaction with physical appearance and fewer disordered eating attitudes compared to non-yoga practitioners.

- Nonetheless, results for the included studies demonstrate many of the numerous therapeutic effects, benefits and profound healing power of yoga.

Conclusion:

In conclusion, yoga emerges as a multifaceted tool for promoting holistic health and well-being, encompassing physical, mental, and spiritual dimensions. Rooted in ancient wisdom yet relevant to contemporary challenges, yoga offers a pathway to self-discovery, healing, and empowerment. By embracing yoga's philosophy and practices, individuals can cultivate resilience, enhance vitality, and foster harmony within themselves and the world. As yoga continues to gain recognition as a form of mind-body medicine, its potential to revolutionize healthcare and enhance quality of life for all remains boundless.

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"WHY DO WOMEN DENY AND TOLERATE DOMESTIC VIOLENCE?"**Dhivyadharshini Pandian SYBA**

Many women stay in physically abusive relationships due to limited options and fear of losing custody if they leave. *Shelter availability is scarce for women with children, with only 5% of battered women's shelters accepting them, highlighting a concerning disparity compared to shelters for homeless animals.*

The focus on why women stay in abusive relationships is misguided, as it places blame on the victim. *Sarah M. Buel, an assistant district attorney, argues that the crucial question is not why they stay, but rather why society tends to deny and tolerate domestic violence.* Dependency and lack of support systems contribute to women's difficulty in leaving such situations.

Typically, victims make many efforts to get away from violent partners, *Buel told a symposium on domestic violence sponsored by Harvard University.* But, lacking money, a place to go, and options for quickly supporting themselves, most are forced to return, and are socialized to extend forgiveness--one more time--to their typically apologetic mates. *More than 80% have left five or more times.*

"We know what works," insists Scott Harshbarger, Attorney General of Massachusetts. "Domestic violence is a serious violent crime. Why do we treat it differently from other crimes? We need to prosecute the perpetrators and provide support services that validate the victims."

Family violence presents alarming statistics, with physical abuse ranking as the primary cause of injury to women. Shockingly, *one in two women* is expected to experience a battering relationship in their lifetime. Importantly, domestic violence transcends ethnic and socioeconomic boundaries, affecting all groups, even though it may be a concealed issue in some communities, like the Asian community mentioned.

Disturbingly, the risk of being killed is nine times higher in a family relationship than on the streets. Pregnancy can intensify or initiate battering, leading to miscarriage and low-birth weight babies. Physical abuse stands out for its enduring impact, surpassing other crimes. *Shockingly, in 70% of battering cases, the abusive husband gains custody of the children.* When the father is the abuser, the mother is often charged with failing to protect her children. A significant number of younger men in prison are incarcerated for retaliating against the man who battered their mother.

Conclusion:

- The decision for women to stay in toxic relationships and avoid divorce is complex, shaped by societal expectations, economic factors, emotional investments, fear, concern for children, and the availability of support networks.
- Recognizing and addressing these factors is crucial for fostering environments where women feel empowered to make choices that prioritize their well-being and happiness?
- As societal attitudes continue to evolve, it is essential to support individuals in breaking free from toxic relationships and seeking healthier alternatives.

Healthier alternatives or options for women to consider after ending a toxic relationship:

1. Seeking Professional Help:

Women can consider seeking the guidance of therapists or counselors to navigate the emotional aftermath of a toxic marriage. Professional support can aid in healing and provide coping strategies for the challenges associated with divorce.

2. Legal Assistance:

Engaging with legal professionals is essential when ending a toxic marriage. They can offer advice on divorce proceedings, help with child custody arrangements, and ensure that women are aware of their rights and entitlements.

3. Building a Support System:

Cultivating a strong support network is crucial. Connecting with friends, family, or support groups can provide emotional assistance and practical help during the transition out of a toxic marriage.

4. Financial Independence:

Taking steps towards financial independence is empowering. Women can explore job opportunities, career advancement, or skill development to enhance their economic stability and reduce dependency on a toxic ex-spouse.

5. Personal Development:

Post-divorce, focusing on personal growth and development becomes paramount. Pursuing education, acquiring new skills, or rediscovering personal passions can contribute to rebuilding self-esteem and creating a positive outlook on life.

6. Co-Parenting Strategies:

If children are involved, establishing healthy co-parenting strategies is crucial. Open communication with the ex-spouse, setting clear boundaries, and prioritizing the children's well-being can facilitate a smoother transition for all parties involved.

7. Legal Protections:

Understanding and asserting legal protections, such as restraining orders or legal interventions in cases of abuse, is vital. Women should be aware of available resources and take steps to ensure their safety and that of their children.

8. Housing Options:

Exploring housing alternatives is essential. This could involve finding a new residence, staying with supportive friends or family, or seeking assistance from organizations that provide housing support for individuals leaving abusive relationships.

9. Self-Care Practices:

Prioritizing self-care is crucial for emotional and mental well-being. Engaging in activities that bring joy, practicing mindfulness, and maintaining a healthy lifestyle contribute to a positive post-divorce experience.

10. Rebuilding Relationships:

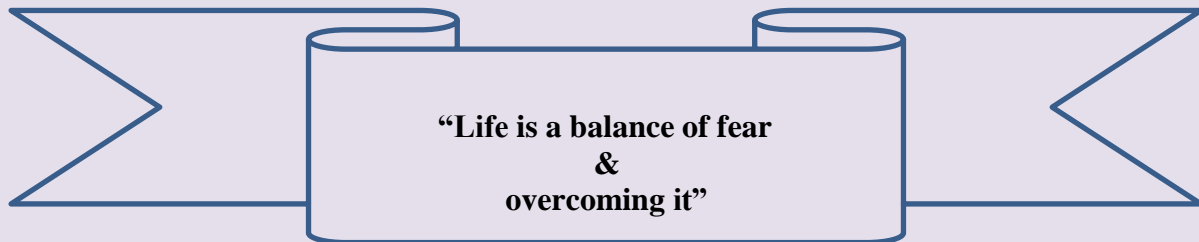
Rebuilding social connections and potentially exploring new romantic relationships, when ready, can be part of the healing process. Building positive relationships can counteract the negative impact of toxic marriage.

Every individual's situation is unique, and the journey after a toxic marriage varies. It's important for women to tailor their post-divorce path to their specific needs, seeking the support and resources that align with their goals for a healthier and happier future.

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WHY FEW WOMEN PARTICIPATED IN POLITICS?

Anita Thapa SYBA



Around the world, women are better in knowledge but they are underestimated in political office as compared to men. The Women in India raised this issue of representation in politics in 1917. By 1930, women had gained the right to vote which initially benefited women from 'Elite' families. Although women's involvement in nationalist struggle changed their lives, they were denied equal opportunities and legal rights.

Women representation in the parliament political parties and the other decision making bodies remained even after independence. Only a few women attained as a member of parliament and the state legislature and as a leader of opposition, etc.

So, why do few women participate in politics as representatives...?

The reason could be the complex interplay of historical, cultural, traditional, religious norms, society and structural factors which collectively create barriers for women seeking a political career.

Social conditions for women in politics can be widely across the different regions. The significant social condition for women in politics is underrepresentation. Women are mostly in the minority in politics whether at the local, regional or at the national level.

Cultural Expectation regarding the behavior and appearance may influence how women politicians are being considered /recognized. Balancing cultural expectations in political careers can be a big challenge.

The class structures for women in Indian politics are diverse with a range of allowed experience and socioeconomic status, the class structure of women in Indian politics is also influenced by urban and rural disparities.

Women from rural areas may face a number of challenges related to opportunities and resources whereas urban areas have better facilities for women and to groom themselves into politicians. They also have greater access to engage in politics. This is one of the major reasons where women who want to participate do not get enough facilities or are scared with the class structure.

Another major reason would be barriers and community influence which remain a prominent social factor in India. Women from underprivileged castes may face various challenges mentally and psychologically before entering politics. While women from dominant caste may have additional advantage.

Gender Stereotypes have been carried on in Indian society, influencing perception of women in politics. India is characterized by diverse cultural and religious beliefs which can reinforce traditional rules for women and hence impact their acceptance and success in political careers.

‘Duflo and Chattopadhyay’ studied the impact of women being elected to panchayat and they have distinguished two features. Duflo won the Nobel prize in Economic Science on the Global poverty issue in 2019. Firstly, the cost of contesting an election is higher for women than for men. Secondly, the final policy outcome is to be implemented by the winning candidate in the mixture of a preferred policy and a policy option preferred by local ‘Elite’ which means it is different from what the candidate would prefer.

Another reason would be women are actively discriminated against legally or otherwise. As long as women continue to be at home and they don't have an identity of independence, the household then the level of political participation is necessarily lower than those of men because they can't be in public places.

Despite the fact, women do participate in politics but less in the Government. Election commission and Honorable Court of India jointly worked on the policies which encouraged and helped to increase the percentage in participation of women candidates.

In 1992, the 73rd and 74th amendment to the constitution provided for reservation of 33% of the seats for women in PANCHAYATI RAJ INSTITUTIONS [PRI] and Municipal bodies. Women candidates in parliamentary elections have increased over the time. In 2019, the number of women participating in Lok Sabha was 14.94% and in Rajya Sabha 14.05%.

The highest proportion of women representatives elected to Lok Sabha so far was in 2019.

Although, they have challenged gender discrimination in political, social and economic structure. they have transformed social perception of women by defining them as political leaders and decision makers.

The great examples of women's empowerment in history are, First lady Prime Minister of India Smt Indira Gandhi, Lt. CM of Tami Nadu J. Jayalalitha, West Bengal CM Mamta Banerjee, Opp. MP Supriya Sule, National Opp. Leader Smt. Sonia Gandhi, Lt. External Foreign Affairs Minister, Sushama Swaraj, our presidents Pratibha Tai Patil and Draupadi Murmu and the present Finance minister Smt Nirmala Sitaraman. This shows women empowerment in India and there is much more to come.

CONCLUSION

Politics can play a crucial role by actively recruiting, supporting, and monitoring women candidates.

The number of women represented alive in legislative bodies in most of the states is below 20% in India.

In addition, initiative must be developed by govt and political parties to ensure that 33% seat must be allotted to women candidates.

India must look beyond the traditional approach and hence if women are being excluded from democratic process then it will never be achieved.

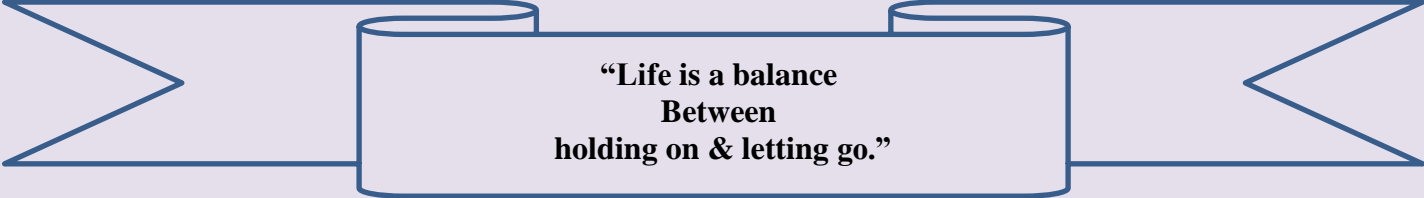
Today, women's lives have a new dimension: they are being educated, armed with knowledge & skills and they are entering the world of occupation.

Women have been treated as the virtue holders of society living a life of ideal roles and doing their duty as daughter, wife, and mother, and they have been engaged actively in the outside world. It is the women who hold the key to future India.

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**“Life is a balance
Between
holding on & letting go.”**

PARENTING STYLE

Vaibhavi Tekade SYBA

The definition of parenting style was given by Darling and Steinberg in 1993, it defined parenting style as a constellation of parent's attitudes and behaviours towards children and an emotional climate in which the parent's behaviours are expressed. It basically means the way or the environment in which parent's raise their children. There are different styles of parenting. Diana Baumrind, the psychologist put forth three styles of parenting- authoritarian, authoritative and permissive in the 1960s. Later the fourth style of parenting uninvolved/neglectful was proposed by Maccoby and Martin in the 1980s.

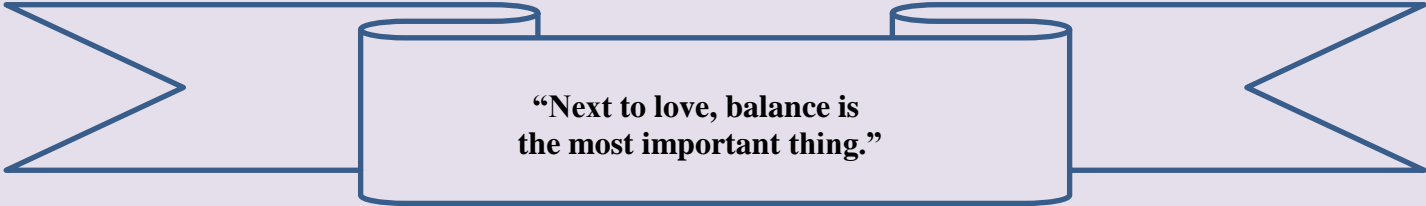
Authoritarian parents are strict they expect unquestioned obedience from their children. They believe that their word is the law, they are controlling, rigid and cold. The children of such parents turn out to be less sociable, boys tend to become hostile and girls become dependent on their parents for everything. The Authoritative style of parenting is said to be the Ideal style of parenting because authoritative parents are firm, they set clear and consistent limits. They are emotionally supportive and loving, they give an explanation for why we should behave a certain way, and they encourage their children to be independent. The children of authoritative parents are independent, friendly, cooperative, and self-assertive. Permissive parents are lax .i.e. not strict, they do not see themselves as holding any power in accordance to their child's behaviour. They set very less or no limits over their children. The children of permissive parents turn out to be moody and dependent, they lack social skills and self-control which makes them undesirable. Uninvolved parenting the parents are uninvolved in their child's growth, they show no interest in their children, parents who are very busy in work tend to neglect their children. They do not provide any emotional support as well. This has an adverse effect on the children; they do not feel loved and feel detached, their emotional wellbeing gets disturbed. This affects the child's cognitive and physical development as well.

Parenting styles differ from parent to parent, sometimes parenting style also changes as the parents grow and mature. Sometimes the parenting style is also different for the elder and younger child of the family. It's also observed that in patriarchal societies, the parenting styles for boys and girls are different. Though, for the last few years the situation is changing yet the difference prevails in some places.

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**“Next to love, balance is
the most important thing.”**

FREUD'S THEORY OF PERSONALITY UNDER THE SHADOW OF MYTHOLOGY

Shivam Gupta SYBA

According to Freud Psyche is structured into three parts (id, ego, and super ego). All develops at different stages of our lives which has a huge impact on our personality. Let's examine the similarities between the figures from Indian mythology and Freud's Personality Theory. Explore the fascinating connections as historical accounts illuminate Freudian ideas, providing distinctive perspectives on human nature and conduct.

ID:

ID is the subconscious aspect of our brain which works on pleasure principle (e.g.-hunger, sex). When it is unable to fulfill its desire, it goes through lots of pain and to avoid this pain id child or experiences regression.

REPRESENTATION THROUGH MYTHOLOGY:

We can understand id through Ravana's character, his personality was driven by sex (life) instinct –Eros and aggression (death) instinct-Thanatos. He wanted Sita regardless of her own consent (sign of eros); he even kidnapped Sita (sign of Thanatos). When Sita rejected him he then became aggressive. He fought for Sita knowing he was wrong (denial of reality over pleasure). Due to Ravana's id dominance he became villain.

EGO:

Ego works on reality principle considering the consequences of action and decision that balances the need of id with constrain of reality. Ego seeks to satisfy the desire of id in realistic and socially acceptable manner.

REPRESENTATION THROUGH MYTHOLOGY:

We can understand ego through Sita's character through. When Ram goes for exile, Sita accompanies him. She stands with her husband in his bad times (social norm), even though she could have chosen to live with comfort (Id). When Hanuman comes to take her, she denies going. She says that she will go with her husband. Sita chooses social norm over id (meeting her

loved one immediately). By staying with Ram till the end she decides self-respect over id (pleasure).

SUPER EGO:

Super ego consists of two parts: first is conscience and the ego ideal. Super ego represents the moral and ethical aspect of personality. It incorporates social norms, values and moral standards that are internalized during childhood.

REPRESENTATION THROUGH MYTHOLOGY

We can understand the superego by referring to the character of Rama. Rama accepts exile because he chooses the moral values, which is to keep the promise of the right to be king of Ajodhya (ego-reality principle). Ram orders Lakshmana to leave Sita in the forest even when he loves her, he chooses superego over id (love) and ego (reality – even when he knows she is pure) only because he knows that the queen should be respected and she has lost respect in the eyes of his progeny.

In short, all this mythological character represents the dominance of their psyche.

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छंद आ ण अभ्यास
वैष्णवी युवराज मिसाळ (MA-II)

स्वतःच्या आयुष्यामध्ये खोलवर रुजलेली गोष्ट म्हणजे छंद. आपण आपल्या आवडीने स्वीकारलेले साधन म्हणजे छंद. रोजच्या जीवनामध्ये छंद आपल्यासाठी मन रमून ठेवणारे साधन आहे. प्रत्येक व्यक्ती परक छंद हा बदलत जातो. माणसांना अवगत असलेले अनेक छंद हे रक्तातील उबदत असणारे असतात. प्रत्येक माणसाला उपजते छंद अवगत असतात. जसं की काहीना वाचनाचा मध्ये गोडी, खेळण्या मध्ये जिज्ञासा, रंगकाम ,गायन अशा प्रकारचे अनेक छंद माणसांना अवगत असतात.छंदा मधून आपण आपल्या भावना व्यक्त करत असतो जस की एखाद्याने काढलेले चित्र त्यामधून आपल्याला त्याने व्यक्त केलेली सुख दुःख समजते. यांनमुळेच छंदा मधून माणूस आपल्याला भावना व्यक्त करायला शिकतो. स्वतःला तणावमुक्त करण्यासाठी आपण आवडत्या छंदात रममान होता.

अभ्यासातील सखोल चिंतन हेच ज्ञानाची पहिली पायरी आहे. लहानपणापासूनच आपण अभ्यासाला खूप महत्त्व देतो. आयुष्यात आपल्याला पुढे जायचं असेल तर अभ्यासाला धरूनच आपण यशाची पायरी गाठू शकतो. असा समज सर्वांमध्ये खूप रुढला आहे. अभ्यासाचे महत्त्व सर्वांनाच माहिती आहे. जर ते आत्मसात केले तरच त्याचे काहीतरी सार्थ होऊ शकते. शालेय जीवनापासून ते महाविद्यालय जीवनात गुरुवर्य कडून किंवा पालकांकडून अभ्यास केला पाहिजे हा धाक असतोच.आज कालच्या नवीन पिढी शालेय जीवनात विद्यार्थी छोट्या मोठ्या प्रयोगातूनही निरखून अभ्यास करत असतात. पण आपला छंद जोपासण्याचा असेल तर त्याला अभ्यासाची गरज असते.छंदाला जोपासून आयुष्यात पुढे जाणे हेच स्वतःची नव्या रूपाने ओळख करून देणे होय.

आजकालच्या धावपळीच्या जगात छंद आणि अभ्यास या दोन्ही गोष्टी सावरण्यामध्ये माणूस प्रयत्न करताना कधीतरी दिसतो. नवीन युगात अभ्यासाला अतिरिक्त महत्त्व प्राप्त झाल्याने छंदापासून माणूस दुरावत चालला आहे. त्याचप्रमाणे शालेय जीवनात आपल्या आवडीच्या गोष्टी जसे की गायन वादन नृत्य व इतर कला ही विद्यार्थ्यांनी जोपाव्यात म्हणून पालक शिक्षक आणि स्वतः विद्यार्थी निरखून लक्ष देत असत. पण जसे विद्यार्थी महाविद्यालयाकडे वळण घेतात या सर्व गोष्टींपासून दुरावा निर्माण होतो आणि मनामध्ये ठाम रहाते की,अभ्यास हाच ध्यास हेवाक्य निर्माण होते. बऱ्याच जणांच्या ध्यानी आपण अभ्यासामुळेच आपण घडू शकतो हे मनामध्ये रुजले आहे. जसे आपण वयाने मोठे होतो आपण आपल्या आयुष्यात रमण्यासाठी याचा उपयोग कमी करत चाललो आहे.

छंद आणि अभ्यास या दोन्ही गोष्टींचा समतोल स्वतःच्या आयुष्याला एक वेगळीच कलाटणी देत असतो. बऱ्याच जणांना लहानपणापासून पाककला, चित्रकलेविषयी ओढ निर्माण असते. ते मोठेपणी हॉटेल मॅनेजमेंट, आर्किटेक्चर व फॅशन डिझायनिंग अशा अनेक क्षेत्रांमध्ये उतरत असतात. त्यामुळे आपण आपल्या आवडत्या क्षेत्रात उतरत असतो तेव्हा तेव्हा त्यांना छंद जोपासण्यासाठी काही अतिरिक्त मेहनत घ्यावी लागत नाही. बऱ्याच ठिकाणी असे दिसून येत आहे की छंदातूनच करिअरची निवड करत असतात. आजकाल नावाजलेले व्यक्ती सुद्धा छंदाला पुढे सारून त्यावर सखोल अभ्यास करून या नवीन विश्वात नवीन ओळख निर्माण करण्यास मदत करतात. छंद आणि अभ्यास आणि आपण आपली उद्दिष्टे साकार करू शकतो. तितकाच आपला व्यक्तिमत्व विकास ही चांगल्या पद्धतीने होतो. आपल्याला समाजामध्ये वेगळेपण दिसून आणायचे असेल आणि अभ्यास छंद आणि अभ्यास त्यांना एकच वाटेवरून तिने सुकर पडते. त्याच प्रमाणे छंदा कडून अभ्यासाकडे धडपड घेत यशाचा मार्ग चांगलारित्या गाठू शकतो. या सर्वांना मधूनच स्वतःला मिळणारा आनंद तोच खरा आत्मिक आनंद असेल.

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जिंदा हो तो जिंदा नजर आना जरूरी है □

शवानी कांबळे (2020-2023 □□□□)

अच्छी यादों का उसूल है, कि वो अक्सर बुरे वक्त में आती हैं और बुरे वक्त का उसूल है, कि वो तरस नहीं खाता... या वेबसिरीज मधला काजोलच्या आणि तिच्या so called बुरा वक्त मधला हा संवाद...! मला मात्र तितकाच आपलाच वाटला, असो आयुष्य एक प्रवास कमी पण संघर्ष वाटू लागतं एका विशिष्ट टप्प्यावर ज्यामध्ये युद्ध इतरांशी कमी पण स्वतःशी स्वतःच्या so called Emotions आणि Feelings यांच्याशी असतं मग या रणांगणावर शत्रू तोच बनून जातो जो एकेकाळी आपल्या काळजावर राज्य करत असतो. मग या युद्धात हार कोणाचीही हो नुकसान मात्र आपलंच. पण या सगळ्यात आपल आयुष्य आपल्या सोबत असतं हे म्हणतं की चार दिन की तो है जिंदगी, let's move on अगदी 12 th fail मधल्या रिस्टार्ट प्रमाणे ...

मला वाटतं कोणतीही सुरुवात करणं जितक अवघड असत ना त्यापेक्षाही अवघड असतं पुन्हा नव्याने सुरुवात करणं, पण मजा असते. विस्कटलेल्या रांगोळी मधल्या रंगाने नवी रांगोळी काढण्यात. गरज असते ती फक्त समतोल साधत तोल सांभाळण्याची थोडक्यात बिरबलाच्या त्या गोष्टी मधल्या 'ये वक्त गुजर जायेगा' या वाक्याची.

तथागत गौतम बुद्ध आपल्या तत्त्वज्ञानातून सांगतात की या जगात सर्व काही तात्पुरतं आहे. पण कधी कधी हे आपल्याला समजण्यामध्ये खूप वेळ तर कधी अर्ध आयुष्य निघून जातं कारण समतोलाचा अभाव.

मला समजलेला त्याहीपेक्षा अधिक मी अनुभवलेला संयत समतोल मला एवढाच वाटतो की, आपण आहे त्या परिस्थितीमध्ये आणि त्या परिस्थितीशी कसे वागतो. त्यादरम्यान कसे निर्णय घेतो हे फार महत्त्वाचं राहतं. आपल्या येणाऱ्या आयुष्यासाठी... मुळात Biology देखील हेच सांगते की कोणतीही जखम तुम्ही जितकी कुरवाळत बसालं ना तितकी ती चिघळत जाते आणि जेवढे त्याकडे दुर्लक्ष कराल तेवढी ती लवकर भरून निघते मग मनावरच्या जखमांसाठी philosophy देखील हाच उपाय देत असावी असा माझा प्रामाणिक अनुभव...!

अनुभवाचीच गोष्ट करते तर त्याची ओळख ही गरजेची वाटते, आयुष्याचं युद्ध कोणाला सुटले आहे . फक्त लढता येण्यापेक्षाही लढण्याची इच्छा असणं महत्त्वाचं यासाठी मला तरी फार मदत झाली विपश्यनेची

, जिने खऱ्या अर्थी माफ करायला शिकवलं, गोष्टी सोडून द्यायला शिकवलं. आपल्या आयुष्यात येणारे आनंद आणि दुःख या दोघांचेही करतेसवरते आपणच. जेव्हा ही जबाबदारी आपणच स्वीकारतो ना तेव्हा खरी आयुष्य जगण्याची पहिली पायरी सुरू होते. जे होतं ते चांगल्यासाठीच हा मंत्र आपली श्रद्धा असणाऱ्या देवाच्या नामस्मरणासारखाच आपल्यावर कृपा करत असतो. बस सातत्य महत्त्वाचं. आयुष्य अवघड आहे हे मान्य आहे, पण ते सोपं करण आपल्याच हातात आहे ते म्हणजे हे समजणं की कोणती गोष्ट कधी सोडायची... बस माणसाला सोडता आलं पाहिजे, ज्या गोष्टीमध्ये दूर दूर काही अर्थ नाही, त्या गोष्टी मागे पळण्यात काय अर्थ ? आयुष्याच्या अर्थामध्ये जिवंतपणा असतो तो वेळोवेळी जिवंत ठेवता येणं महत्त्वाचं अगदी वसीम बरेलवि यांच्या त्या शब्दाप्रमाणे ... “उसुलो पे जहा आच आये टकराना जरूरी है अगर जिंदा हो तो जिंदा नजर आना जरूरी है...!”

Reference: The Trial (Web Series), 12th Fail, Self-Experience

धन्यवाद...!

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योगा
वर्षा लोहार (००००)

योगा हे आपल्या आयुष्यातील अत्यंत महत्वाची बाब आहे .योगा केल्याने आपले मन व शरीर दोन्ही स्वस्थ आणि संतुलित राहते .योगा हे अनेक प्रकारचे आहेत परंतु योगाचे मुख्य दोन प्रकार असतात .एक म्हणजे पतंजली योगा आणि दुसरे म्हणजे सत चित्त आनंद योगा .

आपण आपल्या दैनंदिन जीवनात आपले कार्य हे विचार करून ,ठरवून करत असतो आज आपल्याला कोणकोणती कामे करावयाची आहेत याचे आपण नियोजन करीत असतो .त्याच कार्यामध्ये एक कार्य म्हणजेच योगा याचाही समावेश करणे आवश्यक आहे .त्यामुळे आपले मन शांत राहण्यास मदत मिळते त्याचबरोबर आपले आरोग्यही निरोगी राहते.

काही दिवसांपूर्वी Online योगा वर्ग चालू केला ते २१ दिवसांचे वर्ग होते .त्यात त्यांनी आम्हाला योगाचे अनेक प्रकार शिकवले व त्याचे फायदे पण सांगितले .

या योगा वर्गादरम्यान अनेक कामे असूनही मी वेळ काढून योगा करत होते.त्यामुळे मला माझ्यात झालेला बदल जाणवू लागला .त्या योगा वर्गामध्ये एक दिवस मानसिक शांततेसाठी प्राणायाम व इतर योगा ,आपल्या हाता -पायांमध्ये ताकद आणण्यासाठीच योगा असे बरेच योग प्रकार करत होतो .आणि मला काम केल्यानंतर जो थकवा जाणवत होता त्यातही बराच फरक पडला.त्यामुळे आपण सर्वांनी योगाला महत्त्व दिले पाहिजे

योगामुळे आपले बरेच आजार संपुष्टात येतात. आपण जेव्हा एखाद्या डॉक्टर कडे जातो फिजिओ थेरपी घेण्यासाठी सांगितले जाते. तर त्यात योग च असतो जे आपण फिजिओ थेरपिस्ट कडे जाऊन योग प्रकार करतो तेच प्रकार आपल्या योग शास्त्रात आहेत. त्यामुळे आपण आधीच योग केला तर निरोगी आयुष्य जगू. आपल्या ऋषिमुनि, वेद शास्त्रात योग चे फार महत्त्व सांगितले आहे. आजचा काळात योगा चे प्रमाण वाढले आहे. ही अत्यंत चांगली बाब आहे. आताच्या काळात ऑफिस मध्ये काम करणारे व्यक्ती तसेच ज्यांना पूर्ण दिवस बसून काम आहे अशा प्रकारच्या लोकांना अनेक व्याधी जडत असतात. योगा केल्याने बऱ्याच व्याधी कमी करता येतात.योगेन् चित्तस्थ पदेन् वाचा |मलं शरीरस्थ च वैद्यकेन||

योपा करोतं प्रवरं मुनिनां |पतंजली प्रान्जलीरान तोस्मि ||

त्यामुळे आपण योगा करावाच .यामुळे आपले मन शांत तसेच शरीर स्वस्थ राहते व आपण आनंदी असतो .आपण आनंदी असलो की आपल्या आजुबाजुचेही वातावरण आनंदी राहते .एक सकारात्मक ऊर्जा निर्माण होते.

संदर्भ : योगा वर्गातील स्वानुभव

रंग माझा वेगळा
रोहित सोनकांबळे (SYBA)

“रंगुनी रंगांत साऱ्या रंग माझा वेगळा,
गुंतुनी गुंत्यांत साऱ्या पाय माझा मोकळा “.

कविवर्य ‘सुरेश भट’ त्यांच्या कलंदर वृत्तीचे वर्णन करताना लिहितात की , साऱ्या रंगात रंगूनही माझा रंग वेगळाच आहे. सर्व गुंत्यात गुंतूनही माझा पाय मोकळा आहे. मी पायात बंधने घालून घेणारा नाही. माझे व्यक्तिमत्त्व अनोखे आहे. कधी कधी सगळे एकाच गोष्टीत इतके गुंतून जातात की त्यांना दुसऱ्या कोणत्याच गोष्टीचे भान राहत नाही. वेळ निघून गेल्यानंतर समजते हे आपल्या हातून राहून गेले. तेंव्हा पश्चाताप करण्याऐवजी दुसरे पर्याय नसतात म्हणून , आवडते छंद सोडून अन्य दुसरीकडे सुद्धा लक्ष द्यावे. गोड पदार्थ आवडतात म्हणून गोडच खात राहिलो तर मधुमेह होतो, आणि मग गोड पदार्थ खाणे बंद! असे होऊ नये यासाठी मर्यादा राखली पाहिजे.

प्रत्येक व्यक्तीत काही ना काही विशेष गुण असतात. छंदाची जोपासना करत जो तो त्याच्या क्षेत्रात पारंगत असतो. जसे की संगीतकार ‘आनंद भाटे’ हे सॉफ्टवेअर इंजिनिअर आहेत त्याच बरोबर प्रतिष्ठित शास्त्रीय संगीतकार सुद्धा आहेत. एवढेच नव्हे तर ‘सोनु निगम’ हे गायक असून एक उत्तम अभिनेते आहेत. ते दोन्ही क्षेत्रात पारंगत आहेत कारण त्यांनी दोन्ही गोष्टीत समतोल राखून प्रगती केली आहे. एका तिराने दोन गोष्टी साध्य करायच्या असतील तर त्यासाठी संयम, अभ्यास, वेळ यावर लक्ष द्यावे लागते. समतोल साधावा लागतो. तेंव्हाच आपण आपले ध्येय साध्य करू शकतो.

शालेय शिक्षण घेणारे सर्व विद्यार्थी कलानिर्मितीचा व्यवसाय करणारे कलाकार व्हावेत, असा कला शिक्षणाचा हेतू नाही. सर्वसाधारण शिक्षणाचे सर्वमान्य ध्येय व्यक्तिमत्त्वाचा सर्वांगीण विकास हे आहे. प्रत्येक व्यक्तीच्या अंगी शारीरिक, बौद्धिक, भावनिक व इतर मानसिक शक्ती असतात. त्या सर्वांचा समतोल व एकात्म विकास झाला , तर त्या व्यक्तीचा सर्वांगीण विकास झाला असे म्हणता येईल. कला शिकण्यासाठी बऱ्याच गोष्टींचा त्याग करावा लागतो. शिक्षणासोबत कला शिकताना वेळेचे खूप महत्त्व असते. दोन्ही साध्य करण्यासाठी योग्य असे नियोजन करून दोन्ही गोष्टीत समतोल साधावा लागतो. आपण बऱ्याच वेळा ऐकतो की मी लहानपणी ही कला शिकत होतो मला ते करता यायचं परंतु आत्ता शिक्षणामुळे सध्या या सर्व गोष्टी बंद आहेत. नंतर बघू या असे म्हणून सोडून देतात. नोकरी करता करता विसरूनही जातात. इच्छा असूनही शिकता येत नाही आणि काही लोकं इथेच पूर्ण विरमही देतात. असे होऊ नये यासाठी विद्यार्थीदशेतच कोणती ही एक कला अवगत करून घ्यावी. शिकण्याची आवड असते त्यामुळे सहज पणे ते

साध्य देखील होते .

दिवसातील चोवीस तासाचे आठ-आठ तास असे तीन भाग करून त्यात आठ तास विश्रांती, आठ तास शाळा किंवा कॉलेज करून राहिलेले आठ तासापैकी चार तास आवडत्या कलेसाठी किंवा छंदासाठी देऊन राहिलेले चार तास इतर कामे करून समतोल साधता येवू शकते. त्यामुळे भविष्यात माझ्या हातून हे राहून गेले ,वेळ नाही असे म्हणता येणारच नाही.

वातावरणात एक विशिष्ट काळानंतरच बदल घडतो. म्हणजेच निसर्गाचे चार महिने उन्हाळा चार ,महिने पावसाळा आणि चार महिने हिवाळा असे चक्र चालू असते. हेच समतोलाचे एक उत्तम उदाहरण म्हणून आपण पाहू शकतो. जर एखादी गोष्ट ह्यात झालेच नाही तर जीवन सृष्टीवर फार मोठा परिणाम होतो. मनुष्याचे आयुष्य सुद्धा असेच आहे. वेळेत नियोजन करून योग्य निर्णय घेऊन आयुष्यात संतुलन निर्माण केले नाही तर भविष्यात पश्चाताप केल्याशिवाय पर्याय उरत नाही !

संदर्भ - आनंद भाटे मुलाखत विडिओ, इंडियन आयडॉल जावेद अख्तर



संतुलित जीवनाचे महत्त्व
संस्कृती निकम (SYBA)

आपल्या आयुष्यातील प्रत्येक महत्त्वपूर्ण घटक जसे कि कुटुंब, नातेवाईक, मित्र, आपलं करिअर आपली नोकरी तसेच शारीरिक आणि मानसिक आरोग्य, आनंद इत्यादी सर्व जीवनावश्यक बाबींकडे दुर्लक्ष न करता सर्वांना आवश्यक तेवढा पुरेसा वेळ देणे म्हणजे संतुलित जीवन होय. म्हणजे ऑफिस मधील काम आणि आपले वैयक्तिक आयुष्य यात संतुलन राखणे म्हणजेच काम आणि जीवनाचा ताळमेळ होय.

आपल्याला जर नेहमी आपले शरीर आणि मन निरोगी ठेवायचं असेल आणि आरोग्यदायी जीवन जगायचं असेल तर आपण आपल्या शरीराला योग्य तो पौष्टिक आहार देणे खूप महत्वाचे असत. कोणत्याही एकाच जीवनासत्वाचा आहारात समावेश न करता विविध जीवनासत्वांचा आहारात समावेश करणे आणि व्यायाम करणे आपल्या शरीराच्या वाढीसाठी आणि विकासासाठी फार गरजेचे असते.

कारण आपल्या शारीरिक वाढीसाठी आपल्याला Minerals, Protein, Calcium, Vitamin इ युक्त अशा सर्व शरीराला आवश्यक पौष्टिक आहाराचे सेवन करणे म्हणजेच संतुलित आहार घेणे होय.

तसेच आपल्या आयुष्याचे देखील आहे. आपल्याला जर आयुष्यात खूप सुखी, आनंदी, समाधानी आणि धनसंपन्न राहायचे असेल तर आपण आपल्या आयुष्यात प्रत्येक बाबतीत एक प्रकारचा संतुलन ठेवणे फार गरजेचे आहे.

कारण जीवनात यशस्वी झालेल्या खूप जणांची अशी तक्रार असते कि मी आयुष्यात पैसे खूप कमवले पण स्वतःसाठी व कुटुंबासाठी अजिबात वेळच देऊ शकलो नाही. अशा अनेकप्रकारच्या तक्रारी आपल्या प्रत्येकाच्या असतात. ज्याच्याकडे खूप नाव प्रसिद्धी असते किंवा आपल्या सारखे सामान्य लोकांना सुख, आनंद आणि समाधान नाहीये तसेच चांगले आरोग्य, शांत झोप देखील नसते. कारण दिवसभर तो यश आणि पैसे कमविण्यासाठी सदैव धावतच असतात.

याचे कारण म्हणजे आपण आयुष्यात कुठल्या गोष्टीला किती महत्त्व द्यायचे, किती वेळ द्यायचा याचे आपण संतुलन राखत नाही. आपण एका गोष्टीकडे लक्ष दिल्यावर बाकीच्या गोष्टींकडे दुर्लक्ष करतो आणि मग पुढे जाऊन आपल्याला खंत करत बसतो. याला कारण आपण आपल्या वर्क आणि लाइफ या दोघांमध्ये संतुलन ठेवत नाही.

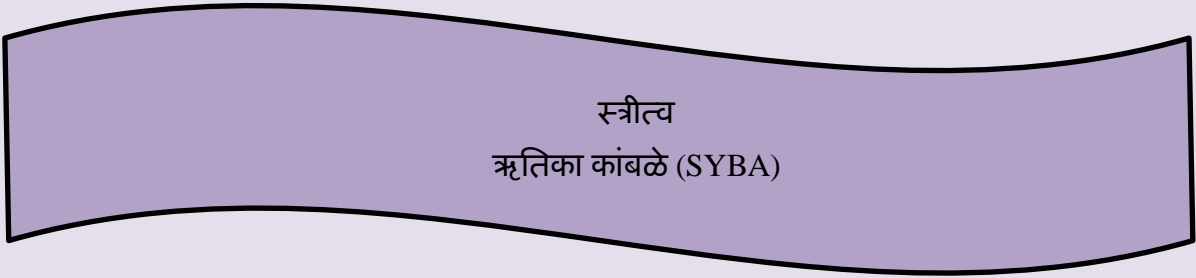
आपण काम का करतो ? कारण आपल्या कुटुंबाचे व्यवस्थापन नीट व्हावे, आपल्या मुलांचे शिक्षण योग्य पद्धतीने व्हावे अशा अनेक भविष्यातील चिंता दूर करण्यासाठी आपण काम करतो परंतु आपण आत्ताची वर्तमान स्थिती जगत नाही नंतर ही परिस्थिती किंवा हा क्षण निघून गेल्यावर आपल्याला दुःख व खंत वाटते.

उदा. जेव्हा लहान मूल जन्माला येते तेव्हा त्याचे आई वडील त्या बाळाचा प्रत्येक क्षण टिपत असतात .परंतु आता परिस्थिती बदललेली पाहायला मिळते आई वडील कामात इतके व्यस्थ असतात कि त्यांना बाळाची हळूहळू होणारी प्रगती त्यांच्यात होणारे बदल लवकर कळून येत नाहीत .आणि जेव्हा हे मूल मोठे होते तेव्हा त्यांना आपल्या मुलाकडे दुर्लक्ष झाल्याची खंत वाटते .

आपल्या आयुष्यातील प्रत्येक महत्वपूर्ण घटक जसे कि कुटुंब ,नातेवाईक ,मित्र ,आपलं करिअर आपली नोकरी तसेच शारीरिक आणि मानसिक आरोग्य ,आनंद इत्यादी सर्व जीवनावश्यक बाबींकडे दुर्लक्ष न करता सर्वाना आवश्यक तेवढा पुरेसा वेळ देणे म्हणजे संतुलित जीवन होय .म्हणजे ऑफिस मधील काम आणि आपले वैयक्तिक आयुष्य यात संतुलन राखणे म्हणजेच काम आणि जीवनाचा ताळमेळ होय.

संदर्भ - सभोवतालातून अनुभवास आलेले अनुभव

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स्त्रीत्व असणे अन् तिचे जगणे

स्त्रीचे हसणे अन् तिचे वागणे जगाच्या पल्याड जाऊन समजणे आक्षेपाने बोट उचलले,

अस्तित्व तिचे मग, हीन मानले

बोलण्या आधी वाचा टळे हीच काय ती आशा उरे गाणे तिच्या ओठांवर चे ऐकण्याआधीच संपते

समानतेचा भाव असला जरी नुसतेच वाटे शब्दांच्या पंक्ती

तिची जीवन व्यथा तिचीच आहे शक्तीने समृद्ध अशी धनसंपदा आहे अंशाची शक्ती अन् शस्त्र

ती आहे पण कमीपणेच्या जगामध्ये तिचेच तिला विस्मरण झाले आहे काळाची गरज स्त्री आहे

न शेवट तिचा अशी, अग्नी स्रोत ती आहे...

संयत समतोल अ भव्यक्ती
कामाक्षी आ ण तुकाराम (बी. ए. पदवी- 2015 ते 2018)

एकदा आम्ही चर्चा करत असताना 'संयत समतोल' या व्यक्तिमत्त्वातील मूल्यवान पैलूचे महत्त्व जाणवले. 'अगस्त कामटे' या समाजशास्त्रज्ञाने सांगितलेल्या सामाजिक विकासाच्या तीन टप्प्यांबद्दल आम्ही बोलत होतो. त्यांच्यामते 'प्रत्येक समाजाचा विकास हा धार्मिकता, अध्यात्मिकता असा प्रवास करत विज्ञानवादाकडे वाटचाल करत असतो'. एक व्यक्ती सुद्धा या तीन टप्प्यांवरून प्रवास करत असते. परंतु प्रत्येकासाठी याचा प्राधान्यक्रम मात्र वेगळा असू शकतो. याबाबत सुरुवातीला आमची मते ही अगदी एकमेकांच्या उलट होती आणि दोघेही आमच्या भूमिकांवर आग्रही होतो. थोडा वेळ एकमेकांची मते समजून घेतल्यावर हळू हळू सुर जुळत गेला. संवेदनशील संवाद शेवटी दोघांना एका पायरीवर घेऊन आला. या संयत आणि समतोल संवादाची सुंदरता म्हणजे आम्ही मिळून काहीतरी नवीन शिकलो. पण त्यासाठी आमच्या आग्रही भूमिका आम्हाला सोडाव्या लागल्या. नात्यांमध्ये सुद्धा संयत आणि समतोल संवादातून 'आपली' म्हणू शकू अशी एक पायरी निर्माण करता येऊ शकेल. ती जागा फक्त त्या दोघांसाठीच असेल. एक मात्र निश्चित की संयत आणि समतोल संवाद आणि अभिव्यक्ति हा प्रत्येक नात्यासाठी एक आश्वासक विसावा असू शकतो जिथून दूर क्षितिजापर्यंतच्या सर्व सुंदर शक्यता नजरेस पडू शकतील. आपली जडणघडण होताना आपला सभोवताल आपल्याला सतत निवड करण्याचे शिक्षण देत असतो. निवड करत असताना शक्यतो आपल्याला बायनरी (दुहेरी) मध्ये विचार करायला शिकवले जाते. या बायनरीमध्ये निर्णय घेताना होय किंवा नाही, हवे - नको, चांगले - वाईट, खरे - खोटे, 'हे नाहीतर ते' ह्यापलिकडे फारसा विचार पोहचत नाही. यातूनच नकळतपणे सकारात्मक - नकारात्मक, भावनिक - व्यावहारिक, वगैरे असे टोकाचे दृष्टिकोन आपल्या व्यक्तीमत्वामध्ये रुजत जातात. 'आपले तोलू मन आपल्याला बायनरीमध्ये तोडून झोके घ्यायला लावत' असं सरश्री म्हणतात.

आपण कायम एका टोकाकडून दुसरीकडे झोके खात असतो. ह्या दोन टोकांच्या मधे काही असू शकेल का? हे सहसा कधी पडताळून बघितलं जातं नाही. या अंतिम निर्णायक टोकांकडून मधोमध येण्याचा प्रवास सुरू झाला की एक संतुलीत आणि समतेची दुनिया आपल्या समोर असेल. पण त्यासाठी संयत आणि समतोल दृष्टी विकसित करावी लागेल. बुध्दांनी यालाच कदाचित 'सम्यक' असं संबोधले असेल. आपण थोडं नीट बघितलं तर जाणवेल की हा निसर्गसुद्धा किती संतुलीत आहे. मानवाचा तथाकथित विकास, एवढी भेसळ सोडली तर निसर्ग तंतोतंत समतोल राखून असतो. आपली अर्थव्यवस्था उत्पादनाची साधने (means of productions) ही अति दोहन आणि अधिकाधिक उपभोग यांवर उभी राहते आहे. यामुळे पृथ्वीची

पुनर्निर्माण क्षमता अपुरी पडत आहे. अर्थातच पृथ्वीवर अतिरिक्त भार पडून पर्यावरणाचा ऱ्हास आणि विविध प्रदूषणांमुळे नैसर्गिक समतोल ढासळत आहे. याचे दूरगामी अनिष्ट परिणाम आपल्याला February 2024 Page 1 आणि आपल्या पुढच्या पिढ्यांना भोगावे लागणार आहेत. आपले भौतिक जग सुद्धा संतुलीत आणि समतोल विचारांचे प्रात्यक्षिक आहे असं मला वाटते. किंबहुना आपला सभोवताल किती सुंदर आहे हे समजून घ्यायचं असेल तर आपल्याला स्वतःच्या समतोल दृष्टीचा आढावा घ्यावा लागेल. म्हणजे जशी दृष्टी तशी सृष्टि. आपल्याला जर अस वाटत असेल की माझ्या समोर खूप अडचणी येत आहेत., मानसिक - शारीरिक स्वास्थ्याच्या, नाते संबंध, कुटुंबातील, अभ्यासातील वगैरे खूप साऱ्या समस्या आहेत तर आपण आपला समतोल तपासून बघायला हरकत नाही. एक साधे गणित आहे, 'समतोल आणि स्थिरता एकमेकांना समतुल्य आहेत'. जेवढी समतोल दृष्टी तेवढी शांतता. स्वतःला सुधारणे ही आपली प्राधान्यक्रमाची वैयक्तिक जबाबदारी आहे. आपल्या संपूर्ण क्षमतांचा विकास करत आपल्या कामात उत्तमता जोपासने हे संविधानात नमूद केलेले आपले मूलभूत कर्तव्य आहे. त्यातूनच आपला सभोवताल सुंदर होत असतो.

यासंदर्भात सुद्धा आपल्याला संयत समतोल व सम्यक दृष्टिकोन रस्ता दाखवायला मदत करू शकतो. आज आपल्या संपूर्ण सभोवतालास जाणीवपूर्वक संयत समतोल साधण्याची कधी न एवढी निकड आहे. शिक्षण, समाज, अर्थव्यवस्था, अंतरजाळाचा प्रचंड वाढता प्रभाव आणि अवलंबित्व, ग्रामीण शहरी बदलत्या सभ्यता, सामाजिक मूल्ये, इत्यादी प्रत्येक क्षेत्राचे आयाम झपाट्याने रुपांतरीत होत आहेत. आपल्या सभोवताली नव-उदार भांडवलशाही विकासाचा रेटा अनेक-अनेक संधी तसेच आरामदायी व्यवस्थेच्या शक्यता निर्माण करू पाहत आहे आणि दुसऱ्या बाजूला जीवघेणी स्पर्धा, असमानता, वाढणारे तणाव, पर्यावरणाचा ऱ्हास, कचऱ्याचे डोंगरडोंगे विक्राळ रूप घेत आहेत. या वेगाने वाहणाऱ्या परस्परविरोधी प्रवाहांमध्ये जीवनाला उभं राहायचं असेल तर संयत समतोल साधना अत्यंत आवश्यक आणि अपरिहार्य आहे. सम्यक दृष्टिकोन आणि समता आपल्या जगण्याचा सहज भाग बनू शकेल का? यावर गांभीर्याने चिंतन, मनन व्हायला हवे. शाळेतील लेकरांपासून जबाबदार-बेजबाबदार नागरिक आणि सामाजिक व्यवस्था यांच्यामध्ये समताधिष्ठित मूल्यांची पेरणी व्हायला हवी. मात्र त्यासाठी स्वतःच्या जरासे पलीकडे जाऊन विहार करायची आवश्यकता आहे. एक व्यक्ती म्हणून संवेदनशील, सर्वसमावेशक, समजूतदार, प्रेमळ, विवेकी नागरिक असावं लागेल. आपला सभोवताल समजून घेत अनेक शक्यतांना वाट मोकळी करून द्यावी लागेल. त्यासाठी जागरूकपणे अभ्यास करून जे आहे त्याला स्वीकारायची तयारी ठेवावी लागेल. मग आपली आणि सभोवतालची प्रत्येक अभिव्यक्ति संयत, समतोल, आणि संतुलितपणे व्यक्त होऊ शकेल.

संयत समतोल
पल्लवी पवार (SYBA)

माणसाने नडलं अडलं तर इतिहास वाचावा असे म्हणतात मात्र याच इतिहासाची पाने कितपत खरे आहेत . इतिहासातील एक पान विचारांचा कल्लोळ माजविण्याची ताकद राखून आहे . हे खूप कमी लोकांना ज्ञात असेल . मानवाला खरोखर शिक्षण मानवी हक्क ,समता ,माणुसकी याही पुढे त्याची त्याला असलेली समज किंवा नासमज यांची जाणीव करून देणे काळाची गरज बनली आहे .माणूस जो वाचतो,समजतो ,जाणतो त्याचा उपयोग करतो का? मुळात तो वाचतो का? हा पडलेला प्रश्न आहे.

ह्या शतकात तर इतिहासावर पाणी फिरवून फुल अगरबत्ती वाहून परत पुरण्याचे हल्ली जोरजोरात प्रयत्न सुरु असलेले दिसून येते .मानवाची क्षमता,बुद्धिमत्ता यांना अपंगत्व प्राप्त झाले आहे .आणि ही देण तंत्रज्ञान तसेच प्रगतीची आहे . त्याच्या बळावर मानवाने एक अवास्तव जग तयार केले आहे .ज्यात सत्य वास्तवतेला जागा उरलेली नाही .लोकांना गरज आहे विचारक्षम जगण्यासाठी आवश्यक हक्क क्षमतांची जाणीव करून घेण्याची त्याचा वापर करण्याची बुद्धीला ,विचारांना आलेले अपंगत्व दूर करून विचार मांडण्याची आणि केवळ विचार मांडण्याचीच नव्हे तर त्याला कृतीत आणण्याची आणि स्वतःपासून सुरुवात करण्याची गरज आहे स्वतःसाठी काही करणं डोंगर पेलण्याएवढं अवघड आहे का?

स्वतःची निर्णय क्षमता हक्क ,लोकांच्या हाती सोपवून निर्धास्थ जगणे म्हणजेच विचार ,बुद्धीने अपंग असणे. काय उपयोग धडधाकट शरीर असून ,दृष्टी,बुद्धी असूनही अपंग म्हणून जगण्याला हे कसले जगणे, याला जीवन जगणे म्हणता येईल का?

अशा जगण्याला काही अर्थ उरतो का? बलाढ्य शरीर बुद्धीने सक्षम ,निरोगी मात्र स्वतःसाठी निर्णय घेण्यास असक्षम अशांना विचारक्षम ज्ञानी ,म्हणता येईल का? बुद्धी असावी लागते ती नसेल तर व्यक्ती वाऱ्याच्या झुळकेने वाहणाऱ्या पानासारखा वाहत जातो .

माणूस म्हणून स्वतःच्या क्षमतेची, हक्काची जाण भासणारा व्यक्ती कधीच इतरांचा मार्ग सार्थ करित नाही. जो स्वतःच्या विचारक्षमतेच्या जोरावर निर्णय घेतो. स्वतःसाठी वेगळा मार्ग निवडतो . सर्वाप्रमाणे निवडलेल्या मार्गावर स्व विचा क्षम मिळालेले अनुभव याची सांगड घालून वेगळ्या पद्धतीने त्यावर चालतो व स्वतःचे जीवन सार्थ करतो . त्याचे विचार मांडतो ,स्वतःची एक वेगळी ओळख निर्माण करतो जागरूकता निर्माण करून स्वतःप्रमाणे इतरांना बदलाचा उपयोग करून देण्यास प्रयत्नशील असतो .विचारांनी स्वावलंबी जीवन जगतो .विचारांनी परावलंबी असणारा व्यक्ती स्वतःसाठी काहीही निवडण्यासाठी अक्षम असतो .त्याला स्वतःची विचारसरणी नसते,मत नसते , समोरचा म्हणेल तीच पूर्वदिशा या प्रमाणे त्या व्यक्तीचा जीवनक्रम चाललेला असतो .अशा वेळेस व्यक्तीला गरज असते स्वतःला आव्हान देण्याची ,स्वतःच्या क्षमता जाणून

घेण्याची मात्र हे सर्व प्रयोग करीत असताना क्षमतेपेक्षा मोठ्या आव्हानांना तोंड देणे अपेक्षित आणि आणि भाग असते .नवीन गोष्टी अनुभवण्याची गरज असते .जेव्हा विचारांचे आदानप्रदान होते तेव्हा विचारांना एक दिशा ,आयाम मिळतो जो विचारांच्या, बुद्धीच्या अपंगत्वातून आपली सुटका करण्याकडे महत्वाचे व पहिले पाऊल ठरते .

मिळालेल्या विचार क्षमतेचा व्यक्ती योग्य रित्या वापर करतो का ? सद्य परिस्थिती बघता मानव प्रगतीपथावर मार्गक्रमण करीत आहे पण हे करीत असताना इतर व्यक्तीची, पर्यावरणाची अवहेलना तर होत नाही ना ? हे ही तपासायला हवे .विचारक्षम व्यक्ती मिळालेल्या सत्तेचा वापर कितपत चांगल्या कामासाठी करतात .बुद्धिमान ज्ञानी , विचारक्षम असणे याला दुर्दशा आणण्याचे काम सध्या काटेकोरपणे मोठ्या उत्साहाने केले जाते .

भर दुपारी गर्दीच्या ठिकाणी लूटमार ,चोरी,दंगली तसेच खून निर्धास्थपणे गोळ्या घालून जीव घेतला अशा गोष्टी ऐकण्यास मिळतात . खरोखरच मानवी जीवन एवढे स्वस्त आहे का ? या पेक्षाही उपेक्ष भयावह दृश्य म्हणजे मुलालमुलींचे अपहरण करून हातपाय तोडून भीक मागण्यास भाग पाडलेजाते . भीक अधिक मिळावी म्हणून हातात लहान मुले देणे म्हणजेच मिळालेल्या किंवा मिळवलेल्या बुद्धिमत्तेचा विचारक्षमतेचा वापर मानव अवैध पद्धतीने करताना दिसून येतो .यात कसली माणुसकी ? ही कुठली विचारक्षमता ,बुद्धिमत्ता ,ज्ञान ? हा कसला विचारक्षमतेचा उपयोग ?

हे करणारा दुसरा तिसरा प्राणी नसून स्वतः माणूस आहे .जो माणूस जातीचा खरा शत्रू बनला आहे हे घडले कुविचारांमुळे .असे विचार कृतीत येऊन मानवाची दुर्दशा होते .”संतुलित परिपूर्ण जीवन तेच आहे ज्यात मानव मनाने निरोगी आणि विचाराने स्वावलंबी आहे” .

सामाजिकता आ ण समतोल
हर्षवर्धन रमेश कसबे (TYBA)

मानवी जीवन क्षणभंगुर असलेली गोष्ट आहे, नवजात जन्मलेल्या अर्भकापासून मरणाला टिकलेल्या वृद्धापर्यंत कोणाच्याही आयुष्याचा अंदाज लावणे हे मानवी तर्क शुद्धतेचा ठाव घेणारे कार्य आहे .

ज्याप्रमाणे निसर्गाने आपल्याला जन्म घालताना वैविध्यतेने परिपूर्ण बनवलेले आहे, त्याप्रमाणे प्रत्येकाची कर्मे धर्मे विराटने ,आचरणे भावना वेगवेगळ्या असतात .कोणाच्याही वर्तनाचा भविष्यकालीन अंदाज लावणे हे साफ चुकीचे आहे . कोणताही व्यक्ती त्याचे वर्तन त्याच्या विचारधारेनुसार नियंत्रित करत असत,त्याच्या विचार धारेवर अंकुश बसवणे हे कोणत्याही त्रयस्थ व्यक्तीला शक्य नसते .

त्याला केवळ समजावून सांगणे किंवा त्याला योग्य मार्गदर्शन करणे इतकेच कर्म त्रयस्थ व्यक्तीला करता येते . तसं पाहिला गेलं तर बऱ्याच अंशी सर्व गोष्टी ह्या भावनेशी संबंधित असतात . थोडक्यात मन आणि समाज यांचा नक्कीच अप्रत्यक्ष संबंध आहे ,ज्यावर संपूर्ण सामाजिक उलाढाली होऊन मानवी जीवनात आमूलाग्र बदल घडून येतात .या कारणामुळे मानवी जीवनात असमतोलही मोठ्या प्रमाणात दिसून येतो.

संयत समतोल हि सामाजिक अथवा व्यक्तिगत स्तरावरील अशी प्रक्रिया आहे जी व्यक्तींचं व लोकांचं वैचारिक ,मानसिक ,आर्थिक ,शारीरिक आणि सामाजिक या घटकांमध्ये सम्यक वर्तन निर्धारित करते किंवा व्यक्तीला समाजाच्या हितोपयोगी वर्तन करायला लावायच्या प्रक्रियेस देखील संयत समतोल असे म्हणतात . व्यक्ती हे केंद्रक ठरवून आपण जेव्हा विचार करतो त्यावेळी वैचारिकता,भावनिकता ,आर्थिकता,शारीरिकताआणि सामाजिकता ही संयत समतोलाची विविध अंगे निर्माण झालेली आपणास दिसतात .थोडक्यात मानव जातीचे कल्याण साधणे हा या संकल्पनेचा प्रमुख हेतू आहे .

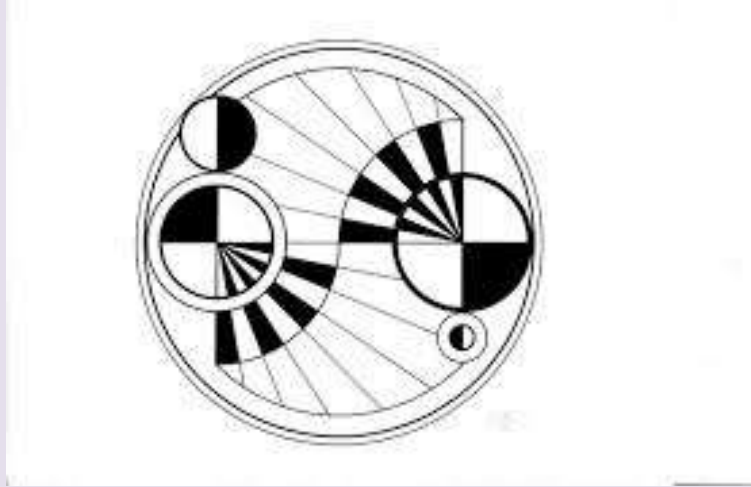
माझ्या माकडे प्रत्येक प्रेषिताने ,संताने ,समाजसुधारकाने या गोष्टीचा अनुभव खर्या अर्हताने मनापासून घेतला पाहिजे .कदाचित म्हणून गौतम बुद्धांना पंचशील तत्त्वे , त्रिरत्ने,अष्टांग मार्ग सापडले .महात्मा फुले यांना सत्य हाच धर्म श्रेष्ठ वाटला ,आंबेडकरांना समानता श्रेष्ठ वाटली ,शाहू महाराजांना दलितांचे अश्रू नकोसे वाटले .

स्वामी विवेकानंदाना ब्रम्हचर्य ,चारित्र्यसंपन्नता हे घटक महत्वाचे वाटले .महात्मा गांधीजींनी अहिंसेचे पालन मरेपर्यंत केले रामास्वामी नायकर यांनी अंधश्रद्धेला आळा घातला म्हणजेच प्रत्येक महान व्यक्तीच्या जगण्याची काही तत्त्वे ही मूलाधार होती या तत्वांचा अवलंब केल्याने संयत समतोल घडून येतो

कदाचित म्हणूनच या जगात कितीतरी विकसित राष्ट्रे असतील,कितीतरी विकसित मानसिकता व विचारधारा असतील पण माझ्या भारत देशात जितक्या उच्च कोटीच्या व वैविध्यतेने परिपूर्ण विचारधारा आहेत तितक्या इतरत्र कोठेही नसतील याचा मला सार्थ अभिमान वाटतो कदाचित आपल्यातील मागून चालत आलेले संघर्ष ,वादविवाद ,हेवेदावे एकदिवस नक्कीच मिटतील .

आपल्यातील सनातनी विषमता ही अंताला जाईल याचा मला विश्वास वाटतो आणि संयत समतोल पूर्ण होईल अशी खात्री वाटते .

संदर्भ - प्रथम वर्षाचे समाजशास्त्राची पायाभरणी हे क्रमित पुस्त,महात्मा फुले समग्र वाङ्मय



"Balance," by Matej Anzin.

“ परिस्थितीने शक वलेला समतोल “
पूजा पाटील (TYBA)

“समुद्रात कितीही मोठे वादळे आले तरी
समुद्र आपली शांतता कधीही सोडत नाही “.

अगदी याच प्रमाणे व्यक्तीच्या जीवनात कितीही संकटे ,समस्या आणि दयनीय परिस्थिती आली तरीही व्यक्तीने संयम बाळगून त्यावर मात करणे आवश्यक असते. त्यासाठी संयम म्हणजे काय? हे जाणून घेणे आवश्यक आहे. संयम म्हणजे स्वतःच्या मनावर आणि भावनांवर असलेले नियंत्रण यालाच पेशन्स असे देखील म्हटले जाते.

संयम म्हणजे स्वतःविरुद्धचे एक युद्ध. संयम म्हणजे आपण एखाद्या गोष्टीत किती स्थितप्रज्ञ राहू शकतो. एखाद्या गोष्टीची किती वाट पाहू शकतो. तसेच संयम म्हणजे प्रत्येक व्यक्तीच्या आयुष्यातील आशेचा किरण. आयुष्यात जिद्द पाहिजे. मेहनत करायची तयारी असली पाहिजे. आणि त्याबरोबर पाहिजे संयम. आपण खूप वेळा ऐकतो की आयुष्यात संयम खूप महत्त्वाचा आहे. पण तो कसा ठेवावा आणि कसा वाढवावा हे ज्याला कळतं त्याला कर्तव्य जबाबदारी आणि ओझं यातला फरक समजतो. त्यांना संयमाचे महत्त्व माहिती असते. कारण मी अनेकदा अनुभवले आहे की सर्वोत्तम लोक स्वतःला सामर्थ्यवान बनवत असतात. अशा व्यक्तींमध्ये विलक्षण चैतन्य आणि शांती निर्माण करण्याची जिद्द असते. यासाठी या व्यक्ती आशा आकांक्षा माणूस म्हणून स्वतःला विकसित करण्यात स्वप्नपूर्तीच्या दिशेने व दृष्टीने आत्मविश्वासाने सकारात्मक ऊर्जेने जीवनाकडे पाऊलवाट करत असतात

आज आपण पाहतो की, प्रत्येक व्यक्तीचे जीवनामध्ये काहीतरी ध्येय असते. हे ध्येय प्राप्त करण्यासाठी संयम व समतोल यांचा अवलंब करणे आवश्यक असते. माझे पण एक ध्येय आहे ते म्हणजे जिल्हाधिकारी बनून समाज कल्याणाच्या कार्यात थोडासा हातभार लावणे. लहान असताना मला माहिती नव्हतं की कलेक्टर म्हणजे काय असतं आणि त्यासाठी किती शिक्षण करावे लागते. पण अधिकारी होण्याची इच्छा मनात होती. आर्थिक परिस्थिती हलाखीची होती पण मी संयम बाळगून प्रत्येक अडथळ्यांवर मात केली. आर्थिक परिस्थिती बेताची असल्यामुळे बक्षीस म्हणून मिळालेले पैसे पुढच्या वर्षीची फी भरण्यास साठी मी ठेवायचे. शिक्षण करत असताना मला अनेक अडचणी आल्या. त्यातून वडील व्यसनी असल्यामुळे अनेक समस्यांना तोंड द्यावे लागले. परंतु हेही दिवस जातीलच या विचाराने प्रत्येक परिस्थितीवर मात केली. या प्रत्येक परिस्थितीला सामोरे जाण्याचे सामर्थ्य मला संयमामुळे प्राप्त झाले असे मी म्हणून . नंतर बारावीनंतरचे शिक्षण घेण्याची परिस्थिती नसल्यामुळे अनपेक्षित पणे लग्न करावे लागले.

परंतु लग्नानंतरही मी पुढे शिक्षण चालू ठेवण्याचा निर्णय घेतला. म्हणतात की लग्नानंतर शिक्षण करणे अवघड असते, ते माझ्यासाठी थोडे अंशी का होईना पण खरे ठरले. कारण लग्नाच्या अगोदरच्या आणि नंतरच्या जबाबदाऱ्यांमध्ये खूप फरक असतो. पहिले वर्ष मी फक्त कॉलेजच्या अभ्यासावर भर दिला. नंतर समजले की ग्रॅज्युएशन झाल्यानंतर यूपीएससीचा अभ्यास करायचा म्हटलं तर खूप वेळ लागेल. त्यामुळे बीए च्या दुसऱ्या वर्षापासून मी यूपीएससीचा पण अभ्यास सुरू केला. कॉलेजला दररोज जाणे घरची जबाबदारी कॉलेजमधील परीक्षांचा अभ्यास आणि स्पर्धा परीक्षांचा अभ्यास करणे या सगळ्या गोष्टी समोर होत्या. याबरोबरच कॉलेजमध्ये सगळ्यांपेक्षा चांगले मार्क्स मिळवण्याची जिद्द मनात होती. त्यामुळे या सर्व गोष्टी उत्तमरीत्या पार पाडण्यासाठी संयम आणि समतोल या दोन गोष्टी आवश्यक होत्या. आधीपेक्षा जास्त भूमिका पार पाडण्याची पण जबाबदारी होतीच. त्यामुळे या सर्व गोष्टी सांभाळत असताना नातेसंबंधांवर त्याचा परिणाम होणार नाही याची मला विशेष काळजी घ्यावी लागली. त्यामुळे अभ्यास करताना कोणताही विचार न करता पूर्ण फोकस हा अभ्यासावरच केला. पण हे करत असताना मी माझ्या जबाबदाऱ्या व कर्तव्य पण अचूकपणे पार पाडले जातील याची काळजी घेतली. काही वेळेस सणांमुळे व आकस्मिक कारणांमुळे गावाकडे जावे लागते अशा वेळेस अभ्यास होत नाही अभ्यासाचा विचार न करता मला कर्तव्य पार पाडावी लागतात पण नंतर आहे त्याच उर्जेने राहिलेला अभ्यास पूर्ण करण्याचा मी प्रयत्न करते. विवाहित असताना शिक्षण करणे हे थोडं अवघड आहे पण योग्य वेळेवर योग्य भूमिका स्वीकारून आणि संयम बाळगून मी माझे ध्येय प्राप्त करण्याचा प्रयत्न करत आहे. यासाठी संयम बाळगून प्रत्येक कार्य करणे व अचूक निर्णय घेणे महत्त्वाचे आहे असे मला वाटते.

सध्याच्या परिस्थितीमध्ये प्रत्येक व्यक्तीला जगताना कठीण प्रसंग वाढत येत असतात. प्रत्येकाला त्याच्या आयुष्यात येणाऱ्या अडचणींशी, समस्यांशी स्वःपरिने संघर्ष सुरू ठेवावाच लागतो, आणि कधी कधी परिस्थिती खूपच बिकट असली की पुढे काय करावे कळत नाही. आयुष्यात संकटावर मात करून संयम बाळगून ध्येय प्राप्त कसे करावे याचे एक उत्तम उदाहरण म्हणजे IPS मनोज शर्मा. यांच्या जीवनावर आधारित असणारा चित्रपट तो म्हणजे 12 th Fail. या चित्रपटांमध्ये त्यांनी प्रत्येक समस्येवर कशाप्रकारे मात केली आणि अत्यंत दयनीय परिस्थितीमध्ये देखील कशाप्रकारे संयम बाळगून आपले उचित ध्येय प्राप्त केले, थोडक्यात त्यांच्या संघर्षाची कथा दाखवण्यात आली आहे, जी खरी आहे. त्यामुळे आयुष्यात संयम समतोल किती महत्त्वाचा आहे हे आपल्याला समजते.

व्यक्तीमध्ये संयम हा गुण असेल तर अशी व्यक्ती प्रत्येक क्षेत्रात यश मिळू शकते. त्यामुळे सकारात्मक विचार, स्वतःवर विश्वास, प्रयत्न आणि समतोल यांची संयमला साथ मिळाली की आपण आयुष्यात नक्कीच यशस्वी होऊ शकतो.

संदर्भ - 12TH Fail चित्रपट

मनाच्या युद्धातून साधलेला समतोल
तनया जाधव TYBA

“मला ही जायचय सगळ्यांसोबत फिरायला!
शक्य नाही! तुझी खूप काम पेंडींग आहेत.
पाच मिनिट अजून झोपूयात ना यार!
उठ लवकर! कॉलेजला जायला उशीर होतोय.
चला, आजपासून बाहेरचं खाण बंद!
पण बर्गर खायची इच्छा होतीये “.

असच काहीतरी सतत चालू असत ना आपल्या सगळ्यांच्या मनात? माझ्या ही मनात रोज असच 'विचार वादळ' सुरु असतं. एकाचवेळी आपल मन विचारांची दोन टोकं कशी गाठू शकतं? एक विचार असा येतो की, 'ठीक आहे ना! एवढा काय फरक पडणार आहे?' तर लगेचच दुसरा एकदम टोकाचा विचार मनात येऊन, मला मन अगदी धारेवरच धरते.

महान मानसशास्त्रज्ञ सिगमंड फ्रॉईड म्हणतात, " The mind is divided into 3 parts (id,ego&superego), each desiring for a different goal to be fulfilled." म्हणजे आपल मन एकाच वेळी तीन वेगवेगळ्या गोष्टींच्या मागे धावतं ! आता तर इथे माझेच तीन वेगवेगळे भाग व्हायची वेळ आलीये पण यावर काहीतरी उपाय तर शोधला पाहिजे. मग काय कुठल्यातरी एका टोकावर जाऊन बसायचं.

अहो, डोंगराच्या नाही तर मनातल्या एखाद्या विचाराच्या टोकावर. जर एका टोकावर खूप वेळ बसून कंटाळा आला तर थोड्या वेळ दुसऱ्या विचाराच्या टोकावर जायचं. पण शेवटी हाताला ठोस असा काही सापडणार नाही आणि परत दोन परस्पर विरोधी विचारांचं महायुद्ध सुरु होईल ते वेगळंच. मग एकीकडे पश्चातापाच्या बाणांचा वर्षाव करणारी विचार सेना आणि दुसरीकडे संतापाच्या तलवारी घेऊन तयार थांबलेले विचार सैनिक. या सगळ्यात आपल मरण होणार हे निश्चित! शेवटी अर्जुनाला ही युद्ध करावं लागलच होतं .

आपण सगळेच या स्थिती मधून सारखे जात असतो. पण मी करत असलेल्या मानसशास्त्राच्या अभ्यासामुळे, मला हे समजलं की, आपल्याकडे एक मार्ग असू शकतो, हे विचार युद्ध थांबवण्याचा. तो म्हणजे 'शांतता करार'!

“मनातले चेहेऱ्यावर दिसत नाही,

चेहेऱ्यावरचे मनात उमगत नाही,

असा तो मुखवट्यांचा खेळ.

पण ह्या लपंडावात फसतं ते मात्र मन.

स्वतःतल्या 'मी' ला सोडून,

दुसऱ्याच्या 'मी' मध्ये स्वतःला शोधणार ते मन!

आपल्या मनाला नक्की काय हवंय? याचा शोध घेऊन, मनाच्या कॅनव्हासवर दुसऱ्याला हवं असलेल्या

चित्रापेक्षा स्वतःला हवं असलेलं चित्र काढलं तर? म्हणजेच स्वजागृकता! त्याचबरोबरीने आपल्या मनात

चाललेल्या असंख्य विचारांच्या धाग्यांचा गुंता सोडवणे आणि पुन्हा त्यांच्यात एकसंधता आणणे म्हणजे

स्वतःला संतुलित करणे. मनाच्या दोन्ही विचारांच्या मागण्या आणि मत जाणून घेऊन त्यातून काढलेली एक

मधली वाट म्हणजेच 'समतोल' (Balance).

पण हे करण्यासाठी आपल्या मनाला समजवावं लागेल, त्या दोन टोकांच्या विचारांना एकमेकांशी ओळख करून द्यावी लागेल आणि एकदा का दोघांना एकमेकांचे मुद्दे कळले की मधली वाट शोधायला आपण मोकळे! हे लिहायला फक्त सोंपं आहे पण सुरुवातीला खूप ओढाताण होते, जी सध्या मी अनुभवत आहे. याची सगळ्यात पहिली पायरी म्हणजे स्वतःबरोबरचा संवाद सुरू करणे. म्हणजेच आपल्या मनात येत असलेले विचार आणि त्या मागची भावना शोधता येण्याचा सतत सराव करायला हवा.

हे जर आपल्या रोजच्या दैनंदिन गोष्टींमध्ये शोधता आले तर हळूहळू एक स्थिरता यायला मदत होईल. पण मनातलं विचारांचं महायुद्ध होणार नाही असं मी म्हणणार नाही पण या युद्धामुळे स्वतःला होणारा त्रास कमी व्हायला नक्कीच मदत होईल.

" उत्खननातून साधला जाणारा नात्यांचा समतोल "

स्वाती जगताप

मानवी स्वभाव आहे एकदा एक इच्छा किंवा स्वप्न पूर्ण झाले की माणूस संतुष्ट होतो अर्थात जगातील सर्वच व्यक्ती या वर्गात येतात असे नाही परंतु बहुतांश लोक या वर्गात नक्कीच मोडतात असा माझा प्रामाणिकपणे समज आहे. हळूहळू या आत्मसंतुष्टतेची इतकी सवय होते की त्याचे रूपांतर व्यसनात कधी होते हे कळतच नाही.

नातू मॅडम च्या सांगण्यावरून तीन- चार वर्षांपूर्वी मी गौरी देशपांडे यांची "उत्खनन" ही लघु कादंबरी वाचली होती. प्रथमतःच मी एवढं धाडसी लिखाण वाचत होते. असे लिखाण माझ्या वाचनात पूर्वी आलं नव्हतं त्यामुळे थोडं बीचकायलाही झालं पण खूपच वेगळ्या धाटणीचं हे लिखाण वाटलं. 'उत्खनन' ही कादंबरी मला इतकी आवडली की गौरी देशपांडे यांच्या तीन- चार लघु कादंबऱ्या मी लागोपाठ वाचल्या. त्यांचे साहित्य आवडण्याचे कारण म्हणजे त्यांचे साहित्य हे स्त्रीवादी आहे तसेच समतेला धरून आहे असे मला वाटले आणि एक गोष्ट मला इथे जाणवली ती म्हणजे त्यांची नायिका ही कधी असाहाय्यतेचे, अगतिकतेचे किंवा असमर्थतेचे स्वतःचे दर्शन इतरांना करू देत नाही. ती शिक्षित, सुसंस्कृत आणि स्वावलंबी असते. तिला स्वतःविषयी आत्मभान आलेले असते आणि स्वतःच्या व इतरांच्याही व्यक्ती स्वातंत्र्याला जपणारी ती असते.

'रात्रंदिन आम्हा युद्धाचे प्रसंग 'म्हणत दोन हात करत लढणारी असते, रडणारी नव्हे!'

त्यांच्या कथानकातील व्यक्ती सर्वसामान्यांना रोजच्या जीवन प्रवासात भेटणाऱ्या असतील असे वाटत नसले तरी त्या असूच शकणार नाहीत असेही म्हणता येत नाही. आपण अनेक कथानकामध्ये बघतो किंवा अनेक कादंबऱ्यांमध्ये असेल किंवा अनेक मालिका असतील ज्यामध्ये पात्रे ही एकदम सोजवळ फक्त चांगली म्हणता येतील अशीच असतात विशेष करून स्त्रीचे मुख्य पात्र. 'So Called' चांगुलपणा त्यांच्यात ठासून भरलेला असतो.

पण थोडा विचार केला तर आपल्या लक्षात येते की व्यक्ती संपूर्ण चांगली किंवा संपूर्ण वाईट अशी कधीच नसते. नाण्याला जशा दोन बाजू असतात तशाच व्यक्तीलाही असतात याचे भान आपल्याला राहत नाही आणि मग प्रश्न पडतो की आयुष्यात समतेचं नातं कोणाशी बरं ठेवावं, कोणाशी मैत्री ठेवावी? कोणाशी वाढवावी? खरंतर येथे वेळ येते ती आत्मपरीक्षाणाची.

एक व्यक्ती म्हणून स्वतःकडे बघताना आपल्यातही काही चांगले तसेच काही वाईट गुण असणारच जसे इतरांमध्ये असतात तेव्हा एकमेकांना गुणदोषांसह स्वीकारणे हा स्थायीभाव ठेवून जेव्हा आपण चालू तेव्हा जीवन अधिक सुखकर होईल. थोडा विचार केल्यावर असं वाटतं की जीवन हे एक उत्खनन आहे. सतत

शोध, आत्मशोध. आपण कोण आहोत आपल्याला भविष्यात काय करायचं आहे, आपल्याला नक्की काय हवं आहे? या सर्व प्रश्नांची उत्तरे आपल्याला स्वतःच्या उत्खननातूनच मिळतात. कोणती व्यक्ती कशी आहे हे आपल्याला पूर्णपणे कधी कळतच नाही, आपण लावतो तो फक्त अंदाज. खरंतर उत्खनन ही एक अविरत चालू राहणारी प्रक्रिया आहे, कधीही न संपणारी ही बाब आहे.

किती कंगोरे असतात ना तसं पाहिलं तर स्वतःच्या मनाचा ठाव घेता आला, स्वतःशी समतोल पूर्ण नातं साधता आलं तर आपण इतरांशीही समतापूर्ण संबंध ठेवू शकतो. आपल्या स्वतःचं स्वतःशी समतोल पूर्ण नातं असायलाच हवं आणि आपलं तसं नातं असतं ही . जसे की आपलं मन क्षणार्धात किती दूरचा प्रवास करतं. क्षणार्धात लहानपण आठवतं, काही वर्षांपूर्वीचे दिवस आठवतात, त्या व्यक्ती आठवतात , ते दिवस आठवणीच्या रूपाने पुन्हा आपण अनुभवतो . त्यात आपण किती रमून जातो अगदी त्यातून बाहेर यावंसं ही वाटत नाही पण तरीही आपल्या मनाला आपल्याला कुठेतरी थांबवावं लागतं आणि वर्तमानात यावं लागतं किती सहज नैसर्गिकपणे आपण समतोलाची पातळी गाठतो.

वास्तव जीवनातही आपल्याला विविध स्वभावांच्या व्यक्ती भेटतात. कधी कुणाशी आपला सूर जुळतो तर कधी त्यांच्या संगतीत तो बेसूर होतो. तसेच जेथे विरोध असतो प्रतिकाराची भावना असते तेथे संघर्ष संभवतो. हा संघर्ष माणसाला कितीही कटकटीचा त्रासदायक वाटला तरीही एका अर्थी माणसाला तो जीवनाचे धडे, शिकवण देत असतो. त्यातूनच माणसाचे आयुष्य घडत जाते. सगळीच माणसे एका विचाराची असती तर जीवन रंगहीन, रुचीहीन झाले असते. इतके जीवनात संघर्षाला महत्त्व आहे. व्यक्ती म्हणून जगताना नात्याच्या चाकोरीबद्ध कल्पनेतून मुक्त होणे हे अत्यंत अवघड आहे पण गौरी देशपांडे यांचे साहित्य आपल्याला या चौकटीच्या बाहेर विचार करायला मदत करते.

व्यक्तीसोबत समतेचे नाते निर्माण व्हावे यासाठी कराव्या लागणाऱ्या संघर्षाचे वर्णन त्यांनी आपल्या 'उत्खनन', 'गोफ' या कादंबरीमधून केले आहे

'उत्खनन' ही गौरी देशपांडे यांची शेवटची कादंबरी. 2002 मध्ये मौज प्रकाशन ने प्रकाशित केली. अनंत, दुनिया- दयाल, मनी- जब्बार, तीर्थकर, अभया, अर्णव, सती आदी.. यांच्या नातेसंबंधाची, नात्यांमध्ये जपला जाणारा समतोल सांगणारी नात्यांमधील भावविश्व हळूहळू उलगडत जाणारी तितकेच वास्तवतेचे दर्शन घडवणारी अशी ही लघु कादंबरी. या कादंबरीतील काही प्रसंगांचे वर्णन करावेसे वाटते .यातील मला एक प्रसंग जसाच्या तसा आठवतो तो म्हणजे, अभया जी दुनियाची मैत्रीण आहे तिचा मुलगा तीर्थकर. जो मणी पेक्षा दहा वर्षांनी लहान असतो तो मणीच्या प्रेमात पडतो आणि मणीचा ध्यास घेतो. तेव्हा मणी तीर्थकरला समजावून सांगते ती म्हणते, 'तीर्थकर 'I Love You 'पण माझं तुझ्यावर तू अपेक्षितोस, म्हणतोस तसे प्रेम नाही आणि म्हणून मी तुझ्याशी सारं आयुष्य गुंफायला तयार नाही. ही बाबही तुझ्या माझ्यावरच्या प्रेमा इतकीच महत्त्वाची आहे. माझ्यावर प्रेम करायचं तुला जसं स्वातंत्र्य आहे तसंच तुझ्यावर अमुकच प्रकारचे प्रेम न करण्याचं तू मला स्वातंत्र्य द्यायला पाहिजेस '

किती प्रगल्भतेने मणीने तीर्थकरला समजावले आहे, किती प्रगल्भता आहे या प्रसंगात. ती तीर्थकर ला ओरडत नाही किंवा तिला तीर्थकरचा रागही येत नाही, ती त्याच्या सोबतचे नाते ही तोडत नाही. तीर्थकर

ला ही तिचे म्हणणे समजते , प्रेम म्हणजे फक्त ती व्यक्ती मिळवणे, लग्नाने आपली होणे असे नव्हे.

30-35 वर्षांनंतर असाच एक प्रसंग वर्णिला आहे. अनंत म्हणजे दुनियेचा पूर्वाश्रमीचा प्रियकर दुनियेला एक पत्र पाठवतो, ब्रेन ट्युमर झाल्याने बरे वाईट होण्याआधी दुनियेला भेटण्याची इच्छा व्यक्त करतो. त्याच्या पत्राला उत्तर म्हणून दुनिया त्याला बोलावून घेते. दयालही त्याचा मोठ्या मनाने स्वीकार करतो. मनी व दयाल दोघेही ब्रेन ट्युमरवर उपचार करतात. अनंतला 'बोर्हेजच्या ' कविता आवडत असतात. त्याच्या तोंडून बाहेर पडलेल्या कवितांचे भाषांतर अर्णव करतो. दयालही दुनियाची सर्व हकीकत समजून घेतो तिचा आनंदाने, प्रेमाने स्वीकार करतो. मणीचा बाप म्हणून अनंतचा संभाळ करतो. दुनियेचा पूर्वाश्रमीचा प्रियकर म्हणून त्याचा तिरस्कार करत नाही किंवा त्याला असुरक्षितही वाटत नाही. परस्परांविषयक विश्वास, प्रेम, आदर याचे उदात्त दर्शन या प्रसंगातून वाचकांना जाणवते.

‘गोफ’ मध्येही दोन स्त्रियांच्या (सासू -सून) संमिश्र भावभावनांचा गोफ हळुवारपणे गुंफण्यात आला आहे. दोन स्त्रियांमधील त्यांच्या नात्यातील काही बाबतीतला विरोध आणि त्यातून साधत गेलेला संवादाचा,मायेचा जोडला गेलेला भावबंध, हे खूप वैशिष्टपूर्ण आहे.

एकंदरीत विचार करता असे जाणवते की नातं कोणतंही असो जर त्या नात्यात आदर,विश्वास आणि सामंजस्य असेल तर अतूट नात्याचे बंध निर्माण होतातच परंतु त्याच्या जोडीला नात्यात योग्य तो समतोल ही साधता येणं शक्य होतं.

संदर्भ :

गौरी देशपांडे यांची ‘उत्खनन ‘आणि ‘गोफ’ कादंबरी

POEMS

TWO DIFFERENT SELVES

Anjali Jeswani FYBA

Stop holding grudges into your heart,
Cherish the moment you live in

Stop overthinking,
And start prioritizing your mental health

People pleasing is now enough,
Start pleasing yourself

Stop living your life in obligation,
Start loving yourself

Trust the decisions you made,
You were meant to be here

Keep believing, keep going!

GRUDGES

Anjali Jeswani FYBA

Holding on the grudges makes you sad,
Letting them go someone makes you rad,

Holding on things, pulls you back in the past,
Letting them go will help you move on fast,

Holding on destroys your mental health,
Let it go and don't live with stealth,

Hold on the things that will make you wise,
Or let them go if your worries rise,

Holding on results in overthinking,
Letting go provides you a peaceful living!

<p style="text-align: center;">HARMONY OF DREAMS</p> <p style="text-align: center;">Muskan Thakare SYBA</p>	<p style="text-align: center;">BALANCE BETWEEN SADNESS AND HAPPINESS</p> <p style="text-align: center;">Ishani Banale FYBA</p>
<p>In a world of textbooks, deadlines tight, A teenage soul, in the quest for light. Balancing books and a part-time grind, Pressure's weight on shoulders yet dreams to find.</p> <p>Classes and lectures, a constant race, Chasing grades, an academic embrace. But beneath the strain, a spirit prevails, Dreams of success, as determination sails. Weekend shifts and the clock ticking fast, A part-time job, a die cast. Earning his keep, learning the trade, In the adult world, where decisions are made.</p> <p>Amidst the chaos, friendships bloom, Laughter and memories, chasing away gloom. Late-night studies, coffee in hand, Striving for balance, a life carefully planned.</p> <p>Yet, in the chaos, resilience thrives, As the teenage heart, on dreams it derives. A juggling act, a delicate dance, In the teenage guy's life, a tale of chance</p>	<p>No day where sadness didn't path my ways But my happiness took away the greys I didn't isolate, for the days I felt lonely Because at the end all I wanted to be felt was homely For the days I couldn't see my light Are the nights where I grew stronger for my unseen fights?</p> <p>For the days I wished everything to leave me Were the days I actually wanted someone to hold me For the days where I felt heavy and sad My happiness emerged and took away the bad My journey of happiness became beautiful When my life accepted without sadness it isn't possible For all the times my happiness reappeared My sadness disappeared</p>

WOMEN ARE HEALERS Shreeya Panda MA Part 2	WHAT IS MY RELIGION AND WHAT IS MY CASTE? Shreeniwas Akkale MA Part 2
<p>Women are healers It is in our nature to produce nature We mold & construct entire beings We nurture and caress with just a simple touch But we are healers not doormats We are not meant to be your punching bags on days your burdens trouble you We are not vessels for hateful words & misogynistic characteristics you don't know how to let go of We are not your slaves for every moment you're hungry tired & too manly to get the fuck up for yourself We are not the keepers for your selfish demands. The expectations set upon us That we must provide and sustain All while being left empty handed has long come to an end Fill us with love & we'll build a home Comfort our soul & we'll give you life Give us your seed & in return we create a garden that's Eternal. In order to be fed you must learn to feed How can I be your safety if you're my demise? To be a man is to know you are nothing without a Woman. I am a woman, a healer & it is not my responsibility to remind you to remove your ego.</p>	<p>Should I pray sun or moon is my god? We breathe similar air to whom I thank it For Tell me O human which religion do I serve Should I join my hands or just hold my Palms together. Tell me the gesture that God gets so far. Some sat on their laps some clapped for him and prayed. Are we the same as he means us to be. I cried in front of Safron and I cried in front of Green. God where should I stand where it's easier to be seen. Where should I travel, what should I eat Hold me and my people and forgive our poor deeds. Show me the lights and guide me to it. I saw the mountains and I saw the seas And all other places they claimed you have existence to be. They believe you exist and act like you can't see. How funny they are here and how stupid they had to be They made themselves a religion for them to feel one, and then caste people away as per their needs. Now what should I follow, to whom should I ask. What is my religion and what is my caste.</p>

ARTS AND PERFORMING ARTS**Mahek Pathan SYBA**

In the canvas of creation, where colors
entwine,

A dance of balance, a melody divine.

Arts and performing, hand in hand, Crafting
wonders, a harmonious band.

Brushstrokes whisper tales untold,

A painter's canvas, a story to unfold.

In the dance of hues, a delicate trance, Balance in
arts, a timeless dance.

On the stage, where actors tread,

Lines and movements, in rhythm spread.

A ballet of emotions, a theatrical chart, Balance in
performing, an exquisite art.

Sculptors carve dreams from solid stone, Balancing
form and void, in beauty grown.

A symphony in marble, a delicate chance,

In the sculptor's hands, balance, and dance.

Musicians weave notes into the air,

A tapestry of sound, beyond compare.

Harmony and melody, in a delicate advance,
In the realm of music, balance takes a chance.

Poets wield words with a lyrical might,
Balancing verses, in the poet's light.

In the sonnet's embrace, in the free verse
expanse,

Words find equilibrium, in the poet's dance.

In the world of arts, a delicate array, Balancing
acts in the creative play.

Performing and visual, a seamless trance,
Balance in arts, a timeless dance.

So let the colors mingle, the notes entwine,
In the grand tapestry, where arts align.

A celebration of balance, in each artful stance,
For in the world of creation, balance is the
dance.

छत
केतन कौले (FYBA)

बैठा हु वापीस छत पे क्यू?
समझ लेता ये दिल सब क्यू?
बुरा बनने की हद पर हू
देखु फिर पीछे मुड़कर क्यू?
जाने क्या मेरी किस्मत तू?
पढ़े हाथ छोड़े मन को क्यू?
सोचु मैं इतना घेरा क्यू?
तभी शायद मैं छत पर हूं ।
जितनी बातें नहीं की अपनोंसे मैंने
उतनी बातें सुनिए इस छत ने मेरे
लिख नहीं पाउ कुछ तो अब तो लबज ये सीर के
उतने खवाब जाने इस निर्जीव से छत ने
क्यू?
आये सवाल ऐसे क्यू?
हू...
खफ़ा सबसे हु
शायद नै कहु पक्का सब बतादू
केहदु सब झूठ पकड़ा ना कब मैं जाऊ
मैं चाहता वो चाहे मुझे बस जतादो
मैं काटा नही बंजाऊ किसिका बस जाणो
किसीके दिल को अब नाही मैं दुखादू
गुजारिश बस चाहता तुम्हें कुछ सुनादू
मैं पढ़ता नहीं मन सबका बस ये बतादू
गलत मत समझना मुझे ये तुम जानो
जाणो...
तभी मैं
बैठा हु वापीस छत पे क्यू?
समझ लेता ये दिल सब क्यू?
बुरा बनने की हद पर हू
देखु फिर पीछे मुड़कर क्यू?
जाने क्या मेरी किस्मत तू?
पढ़े हाथ छोड़े मन को क्यू?

सोचु मैं इतना घेरा क्यू?
तभी शायद मैं छत पर हूं ।
चाहते वो बातें कुछ ना गुन गुनौं मैं?
रब से नाते कैसे जाके निभाउ मैं?
रहता मैं गम सुम सा बनगयी पहचान अब ये
जाने बस ये छत मुझे बढ़के जमाने से
खफ़ा हम सबसे कलाकार बने
हम रोना तो चाहते पर रो नहीं सके
हम दिल की बातें तब बता सके
काला की वजह से सुना हम सके
ये बातें
छत पे रोके सुनारे
ढलती ऐसी ये शामें
कलाकार ही बस जाने
जाने
गम को गाते गाते खुदके पहले दिवाणे हम
लापता सबसे कलाकारी जाहिर तब
करते जो सब हम जतना नाही चाहरे हम
रातें जागी तभी खवाब ऐसे गारे हम
शुक्रिया कैसे काहे इस छत से
घर मेरे दिल का बना बैठा जबसे
तबसे भारी नाही दिल मेरा गर्व से
गौं तेरे लिए
क्यूकी
बैठा हु वापीस छत पे क्यू?
समझ लेता ये दिल सब क्यू?
बुरा बनने की हद पर हू
देखु फिर पीछे मुड़कर क्यू?
जाने क्या मेरी किस्मत तू?
पढ़े हाथ छोड़े मन को क्यू?
सोचु मैं इतना घेरा क्यू?
तभी शायद मैं छत पर हूं ।

Thoughts at 2 A.M**केतन कौले (FYBA)**

रात के २ बज गये लेकिन नींद का कोई पता नहीं
 दफने हुए राज वो भार ना आए गाड़ वही
 जादू सही में नहीं होता क्यू यकिन करु भाई
 २ पल की खुशी में जिंदगी दूँदू क्यू नहीं
 नफरत किसीसे नहीं रही अब मेरे दिल में
 वो करते बस शिकायत बातें निकाल दे भार दिलसे
 वो कटे हुए सर तांगे आज भी दिल पे खिल लेके
 ज्यादा बातें बर्दाश्त नहीं होती इसलिए ढील देते
 साया ये मेरा किसी और से अब ना जुडा
 मेरे राज काफी बड़े क्या जानेगा तेरा खुदा
 क्या ही मुखर्ष था बस चले दिखादु मेरी क्रूरता
 पर खुदको उनकी जगह देखु फिर सब कुछ भूलता

ये कौन कहे साला बुरे दिनों को भूल जाऊ
 जिससे इतना सिखा उन गलतियों को क्यू ना धोराऊ
 देखलू कितने मेरे साथ केहके दूर जाओ
 वापिस आनेकी जुर्रत करते नहीं तो धूल खाओ
 जागु पूरी रात में सुबह आराम से काम करु
 मां बाप परेशान बच्चा रहता कैसे इन दिनों
 शांत रहु किसिसे सफाई की उम्मीद ना करु
 बैठके कमरे में मेरी आगेकी चाल चलू
 घुमु में रात को अपने घरमें ही भूत बनू
 जाल के बिना शैतानो को फसाके दुख बाटू
 रोता देखु उनके भाईका खून सुखवादू
 नशे में हूं नींद आने की उस फिराक में हूं

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Induction Program: Staff members from the Department of Psychology conducted a session on 'Mental Health and Counselling Services offered by the Department' for Induction Programs across Faculties of the College.

An **Interactive Meet for Parents** of FY students was conducted at the Faculty level. Staff Members of the Department of Psychology played the role of coordinators for the Meet. The Department also conducted an in-house induction for students of Psychology Special and MA Psychology.

World Suicide Prevention Day: On 12th September, 2022 a Suicide Prevention Campaign was conducted in the college campus. Students created posters which were displayed to the students around campus along with the message that Suicide is Preventable.

Avishkar Competition: Four students from the PG Department of Psychology participated in the Research Competition of the University. Pavan Mache, a MA Part 2 student won a prize.

Alumni Interaction: Dr Sachin Shinde, alumnus of the Department interacted with the UG and PG students speaking about his journey from humble beginnings to pursuing Post Doctorate Research at Harvard University.

Mental Health Care Workshop: Department of Psychology conducted a workshop for staff members of the college during the Staff Induction Program.

Importance of Mental Health Workshop: Department of Psychology conducted a workshop for FYBSc students of Department of Electronics.

National Academy of Psychology Conference Ahmedabad Gujrat: Seven Students from MA Part II presented their papers through Posters/Presentations. Prajakta Jori and Aayushi Bhayani, staff members presented their paper as well.

International Women's Right's Day was marked by a Disha session on 9th March, 2023. Preeti Karmarkar from Nari Samatha Manch spoke about her journey as a feminist and her work in Nari Samatha Manch.

The 15th Volume of Kaleidoscope the annual magazine of the Department of Psychology was released by Principal Dr Sanjay Kharat and Dr Pradip Awate, Deputy Director of Public Health, Maharashtra Government and Dr Sadhana Natu, Head, Department of Psychology on 23rd March 2023. The theme of the magazine was 'Life is Struggle'. The program got a very enthusiastic response.

Career Guidance: Dr Sadhana Natu conducted an in house session with TY Students guiding them with their many queries of options for Higher Education and International Opportunities. Euphoria: a creative representation of Psychological Themes was held on 13th April 2023. Students performed through song, dance and poetry their interpretation of the theme 'Life is Beautiful'.

Substance Abuse and Addiction Session: A session was conducted for Inner Wheel Club of Rotary Club on the topic of Addiction and Substance Abuse on 27th March, 2023.

Pre-Placement Activity: On 6th May, 2023, nine Alumnus from the Department interacted with the students of Masters to give them insights into the work they were doing and discuss opportunities after Masters.

Workshop for Administrative Staff of Modern Law College- A workshop on 'Effective Communication at the Workplace' was conducted on 9th May, 2023 by Dr. Sadhana Natu.
Workshop for Teaching Staff of Modern Law College- A workshop on 'Effective Communication at the Workplace' was conducted on 11th May, 2023 by Dr. Sadhana Natu and Nashome Crasto.

Individual Report- Dr Sadhana Natu

Honour and Recognition:

- Elected as Executive Committee Member (2 years) on National Academy of Psychology
- UGC Swayam Platform 2 Modules recorded at EMMRC
- Expert Anchor at State Level Conference organized by Chief Election Commissioner Government of Maharashtra

Resource Person

1. 12 July 2022 Conducted a Session on 'Gender Lens in Psychosocial Health and Gender Sensitive Psychosocial Interventions' for Sneha Foundation training session.
2. 3 August 2022 Modern College, Warje conducted a Session on 'Gender Sensitization and Awareness about Anti Sexual Harassment Cell'.
3. 6 September 2022 conducted an Interactive Workshop on Life Skills for MSc Biotechnology part I students.
4. 4 November 2022 compere and Interviewer in an Online Session for UG and PG students on 'Cognitive Psychology and AI, ML, UI, UX fields' with alumna SaiSumaan Cherukwada.
5. 8 March 2023 International Women's Day Chief Guest and Speaker at NCRA-TIFR SPPU Campus. Spoke on 'Challenges faced by women in STEMM field'.
6. 27 April 2023 Spoke on Deaddiction in Online program for members of the Inner Wheel Club, Pune.
7. 9 May 2023 conducted an interactive Workshop on 'Effective Communication with Stakeholders' for Administrative Staff of Modern Law College
8. 11 May 2023 conducted an interactive Workshop on 'Working Towards Professionalism' for teaching Staff Members of Modern Law College.

Research Work and Expert at Conferences:

1. Guided 6 MA students for Research Projects.
2. Currently Guiding 1 PhD. Student of Psychology and 4 PhD. Students of Women's Studies under SPPU. Co guide for 1 student under SIU.
3. Mentored 6 MA students and 2 staff members for presentations at National Conference organized by National Academy of Psychology.
4. 27 August 2022 conducted a Session on 'Emerging Trends in the Psychology of Gender: Challenges and Possibilities' in a Refresher Course Online organized by Utkal University, Odisha.
5. 12 September 2022, Expert Anchor at State Level Conference organized by Chief Election Commissioner Government of Maharashtra, in a Panel Discussion with 'Parents and Family Members of Transgender Persons about acceptance of their Sexuality amongst families'.
6. 20 September 2022 Satish Pradhan Dnyana Sadhana College, Thane Hybrid International Conference Resource Person on 'Psychological Perspective about LGBTQI persons'
7. 16 October 2022 spoke on 'Gender Psychology' in an Online Lecture Series Conference organized by Vivekananda College, Aurangabad.
8. 11 November 2022 Author, Speaker in a Hybrid Release Function of International Book titled 'Young People, Radical Democracy and Community Development, Edited by Janet Batsleer, Harriet Rowley and Demet Lüküslü, in Rethinking Community Development Series, Policy Press, UK. Organized by Manchester Metropolitan University, UK.
9. 23,25 November 2022 St. Mira's Member of Research Advisory Committee Women's Studies.
10. 2 March 2023 Preconference Workshop on 'Using Gender Analysis: The Importance of Qualitative Methods in Psychological Research', on 2nd March 2023, at the 32nd Annual convention of the National Academy of Psychology (NAOP) held at Ahmedabad University from March 3-5, 2023.
11. 4 March 2023, Invited State of the Art Expert Lecture on 'Psychology and Gender in India: Challenges and Possibilities' at the 32nd Annual convention of the National Academy of Psychology (NAOP) held at Ahmedabad University from March 3-5, 2023.

12. 4 March 2023 Chaired a Session on 'Gender Issues, Diversity & Challenges in Contemporary India" at the 32nd Annual convention of the National Academy of Psychology (NAOP) held at Ahmedabad University from March 3-5, 2023.
13. Expert Peer Review for Qualitative Health Research Journal (Scopus Indexed and Web of Science Journal), Psychological Studies Journal
14. Examined Delhi University PhD. Thesis in Psychology

Subject Expert and Consultancy Work

1. 17 August 2022, 15 February 2023 Working as an External Expert in Internal Committee of Leadership for Equity
2. 26 August 2022 Subject Expert for Interviews at Interdisciplinary School of Science (IDSS), SPPU
3. 12 October 2022, External Expert in Internal Committee of Centre for Learning Resources
4. 14-15 December 2022, Advisor for National Conference on 'Psychology and Mental Health Disorder' at DY Patil College, Akurdi.
5. 7 February 2023 Indira Gandhi National Open University Syllabus Review Committee for MA Psychology Committee, Member
6. Subject Expert and Member in Local Inquiry Committee, SPPU for Research Centre,
7. 2 May 2023 Subject Expert and Chairperson of Local Inquiry Committee, SPPU for Research Centre, at Ramkrishna More College, Akurdi

Publications:

Papers in Research Journals

1. Adwaita Deshmukh and Sadhana Natu, Invisible Barriers to Performance and Organizational Citizenship Behaviour faced By Minorities, Journal of Psychosocial Research, Vol 17, No 1, June 2022, Mumbai
2. Jadhav, S., & Natu, S. (2022). Growing Up Outside Binary: Understanding the Life of Queer Individuals and its Reflection on Psycho-social Wellbeing. IAHRW International

Journal of Sciences, 10(2), 205-212.

3. Lokhande, G., & Natu, S. (2022). 'You are cancelled': Emergence of Cancel Culture in the Digital Age. IAHRW International Journal of Sciences, 10(2), 252-259.

4. Subbannavar, S., & Natu, S. (2022). Interparental Relationship and 'Mirroring': How they can affect the Child's Choice of Romantic Partner. IAHRW International Journal of Sciences, 10(2), 264-271.

5. Mache.P., Natu, S., (2022) Pseudo-science Versus Evidence-based Science: Emergence of Online Therapy by Unqualified People in IAHRW International Journal of Social Sciences Review, Vol 10, No 4, pp 506-511. ISSN- 2347-3797

Chapter in International Edited Book:

Enabling Spaces for and with Marginalized Young People: The Case of the Disha Peer Support and Speak out Group 'in Young People, Radical Democracy and Community Development, Edited by Janet Batsleer, Harriet Rowley and Demet Lüküslü, in Rethinking Community Development Series, Policy Press, UK., November 2022

Interview published in The Quint as an Expert

<https://www.thequint.com/news/india/indians-lag-behind-in-mental-health-talks-language-barrier-may-be-the-reason#read-more>

Edited Volume XV of Kaleidoscope Psychology Journal

Coordinated and Monitored Departmental Activities like Organizing 'Euphoria' the Performing on Psychological Themes Event, Release Function of Psychology Journal 'Kaleidoscope', Organizing Pre Placement Workshop for MA part 2 students.

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Alumni Placed

Shreya Subbanvar (BA 2020, MA 2022)

Psychologist at Ashraya Initiative for Children

**Gautami Kumbhar (MA 2022) Counselor at
Symbiosis Centre for Emotional Wellbeing**

**Aasawari Kulkarni (MA 2022) Psychologist at
Brainayan**

**Ravi Kumar (MA 2022) Psychologist at
Barinberg**

**Manasi Oak (MA 2022) Counselor at Aundh
Chest Hospital Telemental health service**

**Sanjana Pugaliya(BA 2019) Psychologist at
The Secret Ingredient**

**Rasika Sahasrabudhe(MA 2022) Counselor
Shamrao Kalmadi High School**

**Isha Chakranarayan(BA 2021) Counselor at
Hutchings School, Talegaon**

**Maheema Kate (BA 2019, MA 2021) Counselor
at St.Joeseph's School, Pashan**

**Revathy Varma (BA 2019) Counselor at SNBP
School**

Alumni Achievements

**Two Students Ranked on the BA 2020 SPPU
Overall Merit List**

**First Rank - Aishwarya Bhojkar and
Sixth Rank Suveni Kaul.**

**Five Students Ranked on the BA 2020
Psychology**

First Rank Aishwarya Bhojkar

Second Rank Suveni Kaul

Fifth Rank Asawari Kulkarni

Seventh Rank Gayatri Lokhande

Ninth Rank Bhoomi Anupama Anant

*Ishita Shinde was
Ninth Rank in the
2021 SPPU Merit
List of MA and
First Rank in Top
10 in Psychology*



TOPPERS LIST 2022-23

Neha Shingne
(TYBA Psychology)

Neha Kolhatkar
(MA – II IO)

Yashada Dixit
(MA – II Clinical)







Release Function of Kaleidoscope Volume XV by Dr Pradip Awate, Principal, Dr Sanjay Kharat, Vice Principal Dr Jyoti Gagangras and Head Department of Psychology, Dr Sadhana Natu



The Enthusiastic Team of Contributors!