


R E S O L U T I O N

INSYCHFUL

Monthly Newsletter by Department of Psychology 2024

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NEW MINDSET

NEW RESULTS

Editor's Note

As we usher in a new year, it's with great pleasure that we bring you this edition of Insychnful, dedicated to the theme of Resolutions. This time of the year is often marked by reflection and the promise of personal growth.

Within these pages, you'll find a tapestry of insights, expert advice, and personal stories that explore the psychological nuances of setting and achieving New Year's resolutions. Whether you're embarking on a journey of self-improvement or simply curious about the psychology behind these annual commitments, we've curated content that we hope will inspire and guide you.

As we embrace the possibilities that a new year brings, let's delve into the realm of resolutions with a mindset of understanding, compassion, and a shared commitment to well-being. Wishing you a fulfilling and transformative year ahead!

~Chetna Khanna

New Year.

New Me.

Same dreams.

Fresh starts.

IN PSYCHFUL

Nurturing Progress



As any year transitions into the next, there's a shared sense of renewal—a chance to reassess, set fresh goals, and embrace new opportunities. Resolutions, often seem as fleeting promises, holding deeper importance beyond trends. They play a crucial role in personal development and growth. Resolutions act as a roadmap, outlining aspirations and guiding individuals towards their desired destinations. By setting specific goals in various aspects of life, like health, career, or relationships, people gain direction, empowering them to take intentional steps toward their goals. The process of making resolutions prompts introspection. It encourages individuals to reflect on past experiences, successes, and setbacks. This self-reflection fosters self-awareness, offering insights into personal values, strengths, and areas for improvement.

Resolutions also serve as powerful motivators, inspiring people to take ownership of their aspirations. When shared with others, resolutions create a support network, providing motivation and accountability during challenging times. People always tend to work a lot harder when they feel others are monitoring them.

Making realistic resolutions may encourage a growth mindset by focusing on progress over perfection. Taking small, consistent steps leads to significant transformations and teaches resilience in the face of challenges. They give reasons to celebrate achievements, reinforcing positive behaviours, and boosting confidence to tackle new challenges.

Resolutions are more than just yearly declarations; they symbolise a commitment to personal growth and improvement. After all, dreams come true to those who truly want them. They guide individuals towards a more fulfilling life, fostering resilience, self-awareness, and a continual pursuit of becoming the best version of oneself.

With the dawn of each new year, let's recognize the essence of resolutions—as tools for self-discovery, growth, and the ongoing journey towards personal fulfillment.

It's always nice to have a new start line!

~ Debadrita

New Beginnings

Every year we make resolutions in the hope of the beginning of something new, something better, something exciting. While some of us may not follow them throughout, some of us do.

Every year we hope to do something different or something productive with our time, it's like we start a new chapter of our lives that only we know how we are gonna get through it.

In the beginning of every year we make a mindset of doing things a little differently in our lives, for some of us it brings a positive impact, for others it may teach them to do a little better but in both the cases we always learn something and try to be a better version of ourselves.

There is always a meaning behind every new year's resolution but the common thing in all the resolutions for everyone is to achieve something new and to do better.

~ Mehak Pahwa

The Significance of Resolutions

A resolution is the determination to achieve a specific goal. It's a commitment that people make to themselves to improve their lives or make positive changes in their behavior.

People make resolutions to set goals and achieve those goals. Resolutions are often made at the start of a new year, but they can be made at any time. They provide people with a sense of purpose and help them to stay focused and motivated. By setting resolutions, people can challenge themselves to grow and improve in different areas of their life, such as health, career, relationships, and personal development.

~ Mayank

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Grateful for 2023

Thank you for all the teachings ,
 Thank you for all the new faces and new journeys.
 Journeys that lead to paths with hurdles of happiness, excitement, sadness, etc.
 Thank you for making me aware that everything happens for a reason, a reason that tells me that once you survive a difficult day, you'll be grateful for the rest of the happiness .
 Thank you 2023, for challenging me.
 Thank you for giving me the best version of myself.
 But more importantly, I got to know a lot about myself.
 From embracing my curly hair to colourful eyeliner .
 From socializing more and to not shifting my boundaries according to people.
 Dear 2023,
 With all my heart, I thank you for being this epic.

~Gayatri

Reasons to set New Year Resolutions

Resolutions are important for us as they give us hope towards our future. We feel more in control of our destiny. We become self-aware as we get to know about all the things we want to improve in ourselves. New Year gives us all the new beginning we want. New year is not a special day, person, it is just like any other day. Just like any other first day of the month. But we make it special by believing in ourselves by having confidence in ourselves to make a change.

- It will help you become who you want to be.
- Setting yourself a resolution is a good way to help you reflect on what is important to you, clear your mind and focus on who you want to become.
- Boosts self confidence.
- Achieving resolutions, even small milestones, fosters a sense of accomplishment. These successes contribute to heightened self-confidence, making you believe in your capacity to achieve even bigger goals.
- Cultivating positive habits.
- Resolutions frequently involve the establishment of new, positive habits. Whether it is committing to regular exercise, learning a new skill or adopting a healthy lifestyle. These resolutions serve as a catalyst for positive behavioural changes that contribute to long term well-being.
- Self-reflection

Most people do not take time to self-reflect or introspect. But during this time of the year almost everyone sits back and reflects on how they did this year, what improvements they can make to make the next year even better or what habits they need to let go of. This self-reflection helps us in knowing ourselves better and making decisions wisely considering our strengths and weaknesses.

~ Ritu Kaushik

IN P S Y C H F U L

STUDENT 'S CORNER

Alumni meet

The Psychology Department's active involvement in the alumni meet showcased its commitment to holistic well-being. By intertwining psychological principles with interactive activities, the department not only celebrated its legacy but also reinforced the importance of mental health awareness in every stage of life.

As the balloons popped and affirmations resonated, the Psychology Department left an indelible mark on the alumni meet, transforming it into a celebration not just of academic achievements but also of emotional resilience and positive connections. The echoes of gratitude and positivity lingered long after the event, reminding everyone that, sometimes, it only takes a balloon and a few affirming words to create a lasting impact on the soul.



RORSCHACH INKBLOT TEST

The Department of Psychology invited an expert Ms. Kanika Khandelwal to conduct a 3 session workshop to teach the students about Rorschach Inkblot Test. The aim of the workshop was to teach the students about Rorschach Inkblot test which is a projective psychological test in which subjects' perceptions of inkblots are recorded and then analyzed using psychological interpretation, complex algorithms, or both.



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