

# COLOURS OF EMOTIONS

# IN PSYCHFUL

Monthly Newsletter by Department of Psychology 2024

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## Inside out

Feeling emotions are significant to self awareness, personal growth and overall happiness.

Emotions guide an individual in decision making around various situations.

This question "what colour is associated with emotions?" is asked in the movie - inside out.

So, just like the movie I would associate my emotions with -

1. red for love, anger or being passionate
2. Blue for being calm or sad
3. White for innocence
4. Green for growth, balance or creativity
5. Black for power
6. Pink for love.

Mayank

## Editor's Note

As we immerse ourselves in the vibrant hues of the Holi Festival, let us delve into the psychology behind colors and the emotions they evoke. From the exhilarating rush of red to the tranquil calm of blue, each shade ignites a unique feeling within us. Join us on this colorful journey as we explore the interplay between colors and emotions, and how they enrich our experience of the joyous festival of Holi.

~Chetna Khanna

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# IN P S Y C H F U L

## The Psychology of Colour

Colors have an extraordinary ability to evoke emotions, stir memories, and shape perceptions. From the vibrant hues of a sunset to the muted tones of a rainy day, colours impacts our lives in subtle yet profound ways, influencing how we feel and interact with the world around us.

The Emotional Spectrum of Colors:

### 1. Black: The Shade of Mystery and Elegance

- Often linked with darkness, depth, and sophistication.
- Evokes feelings of mystery, intrigue, and power.

### 2. White: The Color of Purity and Clarity

- Symbolizes innocence, purity, and simplicity.
- Evokes feelings of cleanliness, perfection, and neutrality.

In conclusion:

Each color carries its own unique set of emotional associations, and understanding these can help us make informed choices. By understanding the psychology of color, we can harness its power to create environments that uplift, inspire, and connect with others on a deeper level. So the next time you choose a color for your walls, clothes, or branding, consider the emotions you want to evoke and select accordingly. After all, the world is a canvas, and color is the brush with which we paint our emotions.

Rishita Chawla

## Canvas and hues of life

In this canvas of life, colors dance,  
 Each hue whisper an emotion's trance.  
 Red, the fiery passionate flame,  
 A heart ablaze, love's eternal claim.  
 Blue, the calm of tranquil seas,  
 A soothing balm for restless pleas.  
 Yellow, like sunlight's golden kiss,  
 Brings joy and warmth, pure bliss.  
 Green, the verdant hue of growth,  
 Hope's embrace, renewing both.  
 Purple, draped in regal grace,  
 Mystery and magic in its embrace.  
 White, a canvas of purity,  
 Innocence and clarity, serene security.  
 Black, the shade of darkest night,  
 Mysteries hidden from plain sight.  
 Each color weaves a tale untold,  
 In the spectrum of emotions, manifold.



WHICH  
 COLOUR ARE  
 YOU FEELING  
 TODAY?

# I N P S Y C H F U L

## Colors of Emotions

Emotions are the vibrant hues that paint the canvas of our lives, ranging from the gentle pastels of contentment to the fiery reds of anger. They serve as our internal compass, guiding us through the intricate landscape of human experience. Each emotion, like a different shade, carries its own unique energy and significance.

At their core, emotions are signals from our subconscious, providing valuable insight into our needs, desires, and fears. They serve a crucial function in our lives, alerting us to potential threats, fostering social connections, and driving personal growth. Through joy, we celebrate life's victories, while through sadness, we process loss and change.

The intensity of emotions adds depth and richness to our existence. Just as a painting is more compelling with contrasting colors, our emotional landscape gains complexity through highs and lows. Experiencing a full spectrum of emotions allows us to fully appreciate the richness of life.

In the realm of symbolism, colors play a profound role in expressing emotions. Red symbolizes passion and anger, while blue evokes calmness and sadness. Yellow radiates happiness and optimism, while green represents balance and growth. The significance of colors in communication cannot be overstated, as they provide a universal language for expressing our innermost feelings.

In essence, the colors of emotions weave a tapestry of human experience, offering us glimpses into the depth and diversity of our inner worlds. By embracing the full spectrum of emotions and understanding their significance, we embark on a journey of self-discovery and emotional fulfillment.

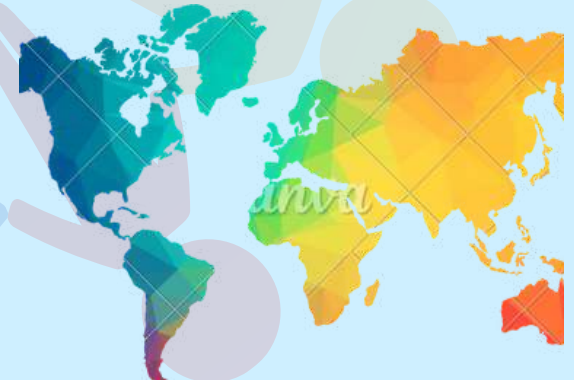
## Colorful World of Emotions

Vanshika Awasthi

Different colours signify different emotions. Like red is mostly associated with anger, a strong emotion a feeling of being passionate about something you want to achieve. It's not always negative. Also black, gets associated with dark side which includes sense of fear or a bad omen.

Colours being associated with emotions is the endless list. The colours we wear sometimes do affect our behaviour, for example yellow is related to brightness, so whenever we wear yellow it gives a sense of being jolier or it uplifts the mood.

It is ok until we use colours to define our emotions, because it has often been used in religion differences, cultural differences, also at some places we still see colours being used for gender biasness.



**Emotions are  
the colors of  
the Soul.**

# I N P S Y C H F U L

## Emotional Hues

1. Red: This vibrant color is often associated with strong emotions like passion, love, and excitement. It can also represent power and energy.
2. Blue: Blue is known for its calming and soothing effect. It's often associated with feelings of tranquility, serenity, and trust. It can also symbolize loyalty and stability.
3. Yellow: This sunny color is all about happiness, optimism, and joy. It can uplift your spirits and bring a sense of warmth and positivity.
4. Green: Green is the color of nature and represents growth, renewal, and harmony. It can also symbolize balance and relaxation.
5. Purple: Purple is often associated with creativity, spirituality, and luxury. It can evoke feelings of mystery, magic, and elegance.
6. Orange: This energetic color combines the passion of red and the joy of yellow. It can represent enthusiasm, creativity, and enthusiasm.
7. Pink: Pink is often linked to femininity and represents love, compassion, and tenderness. It can create a sense of nurturing and warmth.

Sunidhi Verma



# INPSYCHFUL

## International Women's Day

In this edition we present to you all an article especially penned down by Ms. Nirmal Bhatnagar ma'am for Inpsychful. Ma'am is the dean of journalism and media management at JCC rohini. She has been associated for 25 years with JIMS. She has been a government official prior to this. Recently she got awarded with lifetime achievement award by Public Relations Society of India.



Women are fifty percent of Human Resources in the World. They are the pillars which support the family, traditions, cultural heritage and progress of any country, Women are increasingly being recognized as more vulnerable to climate change impact than men. This does not account for the contributions made by our women in economic world where they are working in different capacity from ground level to the highest positions, we don't give the women the importance they deserve in National Building, and somebody has rightly said that women are creators of any civilized society "how correct is this statement, Do You agree?"

Women's day is to remind us to uphold women's achievements, recognize challenges and give focus to their position. To the old women who are educated or uneducated living at any economic level are good managers, they have inborn qualities which men acquire by getting educated in management schools. Women, if judged in their true color are better than their male folk, in managing things both domestically and commercially. Women handle all types of management in their day to day life.

They plan families within the limited resources they have.

Human relatives by keeping the members of family, relatives, domestic help and outside

Financial management by playing with money including meeting unforeseen expenditures and savings

Administration stores, time, human needs, priorities and future planning.

Things are fast changing for women but I feel it is for women to bring change to their thinking and attitude. They have to learn to be independent in their mind and learn to take their own decisions, for giving a positive turn to themselves. It is a pity that women are looked down upon by the majority of people, they are taken for granted by the society and have been year marked for some defined roles but it is encouraging that they are gradually breaking the myth and have gone into multiple roles which were taboo for them. Today they are successfully performing leading roles in Politics, Nuclear, Science. Medicines, Media, defense, judiciary, Corporate World and industry as Independent Entrepreneurs. This is showing path to young girls for planning different fields of education in economic corporate fields and reaching the highest position by breaking the glass ceilings

I strongly feel that each day should be celebrated as Women's Day and not only a particular day to recognise them.

# IN P S Y C H F U L

## CELEBRATING WOMEN'S DAY

International Women's Day is a global celebration of the achievements and contributions of women throughout history. It serves as a reminder of the ongoing struggle for gender equality and the need to address issues such as gender-based violence, unequal pay, and limited access to education and healthcare.

This year's theme, "Breaking Barriers, Building Bridges," highlights the resilience of women in overcoming obstacles and the importance of solidarity in achieving gender equality. From grassroots activists to influential leaders, women around the world continue to inspire positive change and pave the way for future generations.

As we commemorate Women's Day, let us not only recognize the progress made but also acknowledge the work that still needs to be done. By promoting inclusivity, supporting women's rights, and challenging gender stereotypes, we can create a more equitable and just society for all. Together, let us celebrate the strength, courage, and determination of women everywhere.

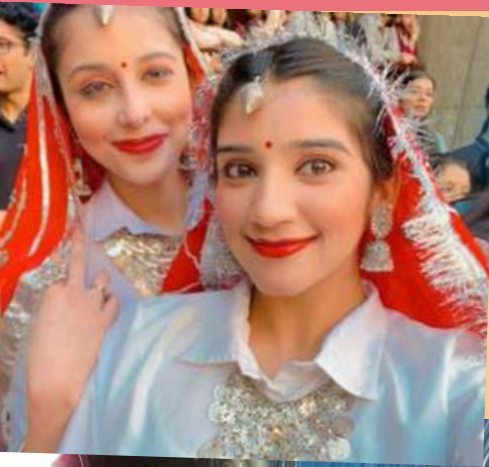
Gurnoor Kaur

**GIRLS JUST  
WANNA HAVE  
FUNDAMENTAL  
HUMAN RIGHTS**



# IN P S Y C H F U L

Nerve 2k



# IN PSYCHFUL



The annual college fest featured a diverse range of psychological games and interactive stalls, revolving around the concept of DE-STRESSING OUR MIND promising an unforgettable experience. Attendees engaged in challenging games designed to foster teamwork and ignite competitive spirit, along with hands-on experiences exploring the mysteries of the mind. From puzzles to group activities, the event was a blend of fun and learning, offering something for everyone to enjoy. It was a day filled with laughter, learning, and unforgettable memories, celebrating the wonders of the human mind.



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