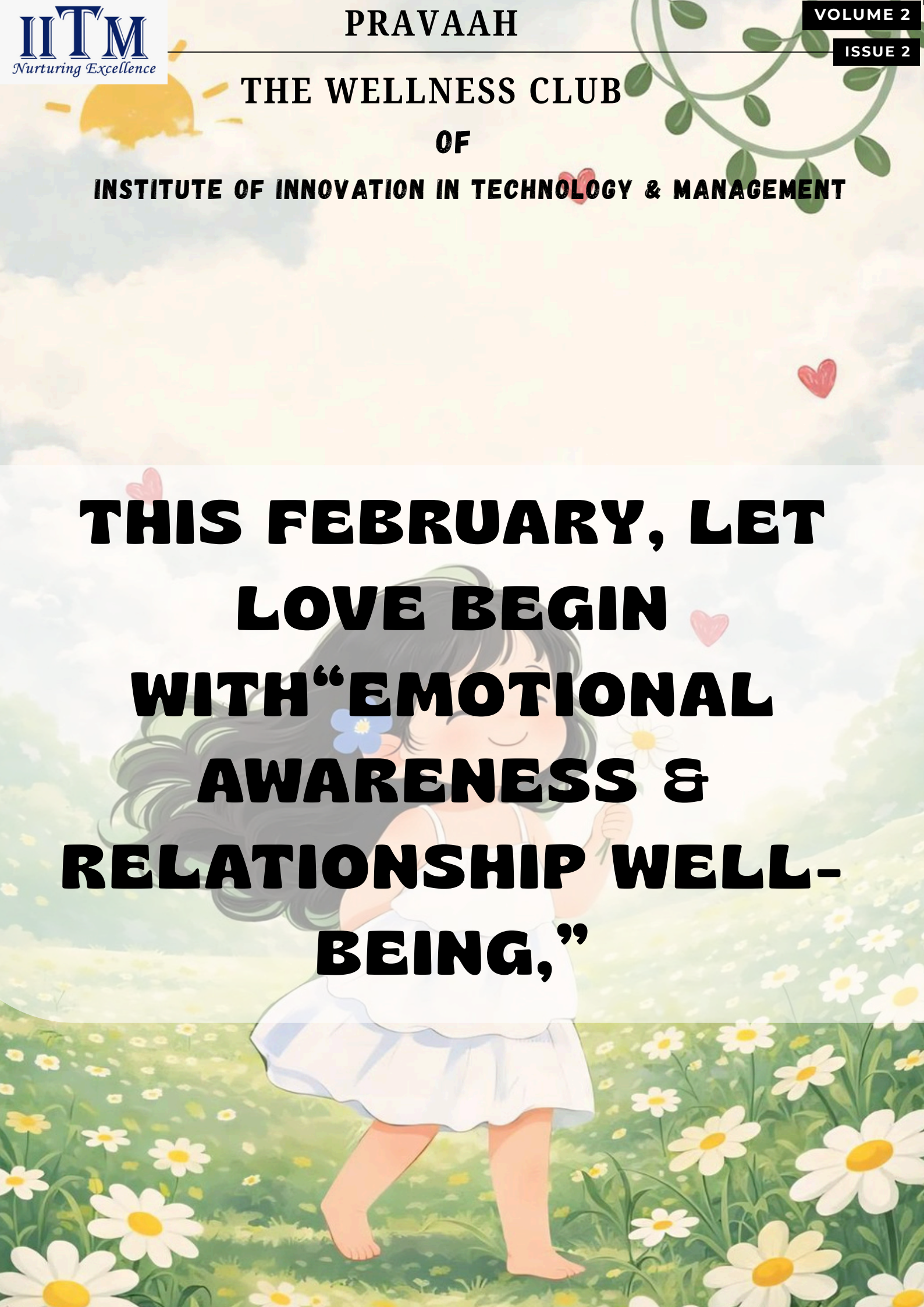


THE WELLNESS CLUB
OF

INSTITUTE OF INNOVATION IN TECHNOLOGY & MANAGEMENT

**THIS FEBRUARY, LET
LOVE BEGIN
WITH “EMOTIONAL
AWARENESS &
RELATIONSHIP WELL-
BEING,”**



FROM THE DIRECTOR'S DESK: GEETA FOR EVERYDAY LIVING

DETACHMENT: WAYS TO HANDLE CONTEMPORARY RELATIONSHIP

IN 2023, A CASE FROM MUMBAI REPORTED THAT A 22-YEAR-OLD MAN ASSAULTED HIS GIRLFRIEND AFTER SUSPECTING HER OF INFIDELITY BASED ON HER INSTAGRAM INTERACTIONS. THE GUARDIAN COVERED STORIES OF YOUNG ADULTS EXPERIENCING "DATING BURNOUT," WHERE CONSTANT SWIPING LED TO EMOTIONAL EXHAUSTION AND REDUCED ABILITY TO FORM DEEP ATTACHMENTS. HINDUSTAN TIMES REPORTED IN 2022 ABOUT A COLLEGE STUDENT IN DELHI WHO FILED A COMPLAINT AGAINST HER BOYFRIEND FOR STALKING AND THREATENING TO LEAK PRIVATE PHOTOS AFTER A BREAKUP.

THESE ARE VERY COMMON HEADLINES THAT WE ALL READ EVERY SECOND DAY IN THE NEWSPAPER. CONTEMPORARY YOUTH RELATIONSHIPS ARE PROFOUNDLY INFLUENCED BY SWIFT SOCIAL TRANSFORMATION, PERVASIVE DIGITAL INTERCONNECTEDNESS, EVOLVING GENDER DYNAMICS, MOUNTING ACADEMIC AND PROFESSIONAL DEMANDS, AND CHANGING IDEALS SURROUNDING LOVE AND COMMITMENT. VERY COMMON ISSUES FACED BY THEM ARE DIGITAL JEALOUSY, GHOSTING, COMMITMENT ANXIETY, MENTAL HEALTH STRUGGLES, INTIMATE PARTNER VIOLENCE, UNREALISTIC ROMANTIC EXPECTATIONS, FINANCIAL PRESSURE, AND CULTURAL CONFLICTS. TECHNOLOGY HAS AMPLIFIED BOTH CONNECTION AND CONFLICT, MAKING RELATIONSHIPS MORE VISIBLE AND VULNERABLE.

AMID THIS MODERN TURBULENCE, AN ANCIENT WISDOM OFFERS SURPRISING CLARITY: "तेन त्यक्तेन भुञ्जीथा", A PROFOUND TEACHING FROM THE ISHA UPANISHAD. **WHICH MEANS ENJOY THROUGH DETACHMENT.**

DETACHMENT, IN THE LANGUAGE OF ANCIENT INDIAN WISDOM, IS OFTEN MISUNDERSTOOD. IT IS NOT EMOTIONAL DISTANCE, SUPPRESSION, OR INDIFFERENCE. IT IS INNER FREEDOM WHILE REMAINING FULLY CAPABLE OF LOVE. IT IS INTIMACY WITHOUT INSECURITY, CARE WITHOUT CONTROL, AND CLOSENESS WITHOUT LOSING ONESELF.

THIS PARADOX CAPTURES THE ESSENCE OF EMOTIONAL STRENGTH. WHEN WE RENOUNCE POSSESSIVENESS, FEAR OF LOSS DIMINISHES. WHEN FEAR DIMINISHES, LOVE BECOMES LIGHTER AND MORE AUTHENTIC.

ATTACHMENT SAYS: "YOU ARE MINE."

DETACHMENT SAYS: "YOU ARE WITH ME, AND I HONOR YOUR FREEDOM."

ONLY THE SECOND ALLOWS BOTH INTIMACY AND DIGNITY TO COEXIST. ANCIENT INDIAN SCRIPTURES AND SAGES TEACH THAT WHEN LOVE IS GUIDED BY WISDOM, IT BECOMES LIBERATING RATHER THAN BINDING. EMOTIONAL STRENGTH ARISES NOT BY STEPPING AWAY FROM RELATIONSHIPS, BUT BY STEPPING BEYOND POSSESSIVENESS WITHIN THEM.

SWAMI VIVEKANANDA EXPLAINED DETACHMENT BEAUTIFULLY: "THE WHOLE SECRET OF EXISTENCE IS TO HAVE NO FEAR." FEAR IN RELATIONSHIPS OFTEN ARISES FROM ATTACHMENT — FEAR OF LOSS, REJECTION, OR CHANGE. HE SAID, TRUE LOVE NEVER WEAKENS A PERSON; IT STRENGTHENS THEM. IF LOVE DIMINISHES ONE'S INDEPENDENCE, IT IS ATTACHMENT. IF IT ENHANCES ONE'S STRENGTH, IT IS DIVINE.

IT IS VERY COMMON TO WITNESS THAT PEOPLE TODAY TURN VIOLENT IN RELATIONSHIPS, SHRADDHA WALKAR CASE (2022 – DELHI). SHRADDHA WALKAR WAS ALLEGEDLY MURDERED BY HER LIVE-IN PARTNER AFTER FREQUENT ARGUMENTS. HER PARTNER WAS ACCUSED OF STRANGLING HER AND DISMEMBERING HER BODY.

RAHIM DAS FAMOUS POET AND SCHOLAR RECOGNIZES THE DELICACY OF RELATIONSHIPS. IN HIS COUPLET HE SAYS रहिमन धागा प्रेम का मत तोरो चटकाय। टूटे से फिर ना जुड़े, जुड़े गाँठ पड़ जाय॥ (RAHIMAN DHAGA PREM KA, MAT TORO CHATKAY, TOOTE SE PHIR NA JUDE, JUDE GAANTH PAD JAY.) DETACHMENT HERE DOES NOT MEAN CARELESSNESS. IT MEANS MATURITY — HANDLING BONDS GENTLY WITHOUT EMOTIONAL VIOLENCE. IT IS THE ART OF LOVING IN SUCH A WAY THAT BOTH SOULS REMAIN FREE.

THIS PRINCIPLE IS ALSO ECHOED IN THE BHAGAVAD GITA, WHERE LORD KRISHNA ADVISES *ACTING WITHOUT ATTACHMENT TO THE FRUITS OF ACTION (NISHKAMA KARMA). WHEN ONE PERFORMS DUTIES SINCERELY BUT RELEASES ANXIETY OVER OUTCOMES, THE MIND BECOMES PEACEFUL.*

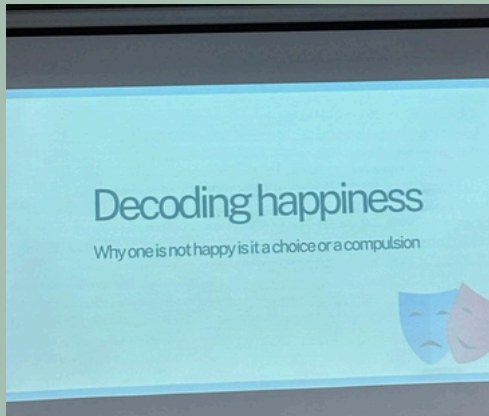
APPLIED TO RELATIONSHIPS, THIS MEANS CARING DEEPLY FOR A PARTNER WITHOUT DEMANDING CONSTANT VALIDATION, CONTROL, OR PERFECTION. WHEN LOVE IS GIVEN FREELY INSTEAD OF CONDITIONALLY, IT BECOMES PURER AND MORE STABLE.

ANCIENT TEACHINGS REMIND US THAT ALL RELATIONSHIPS ARE SACRED YET TRANSIENT IN THE FLOW OF LIFE. RECOGNIZING THIS IMPERMANENCE DOES NOT WEAKEN LOVE; IT DEEPENS GRATITUDE. WHEN ONE STOPS TRYING TO OWN ANOTHER PERSON AND INSTEAD CHOOSES TO WALK BESIDE THEM, THE RELATIONSHIP BECOMES A SPACE OF MUTUAL GROWTH RATHER THAN CONFINEMENT.

IN ESSENCE, "ENJOY THROUGH DETACHMENT" TEACHES BALANCED LIVING. IT ENCOURAGES ENGAGEMENT WITHOUT OBSESSION, LOVE WITHOUT POSSESSION, AND AMBITION WITHOUT GREED. BY LOOSENING THE GRIP OF EGO AND DESIRE, THE HEART BECOMES LIGHT, AND LIFE—FREE FROM CONSTANT CRAVING—REVEALS A DEEPER, MORE ENDURING JOY.



HIGHLIGHTS OF THE MONTH



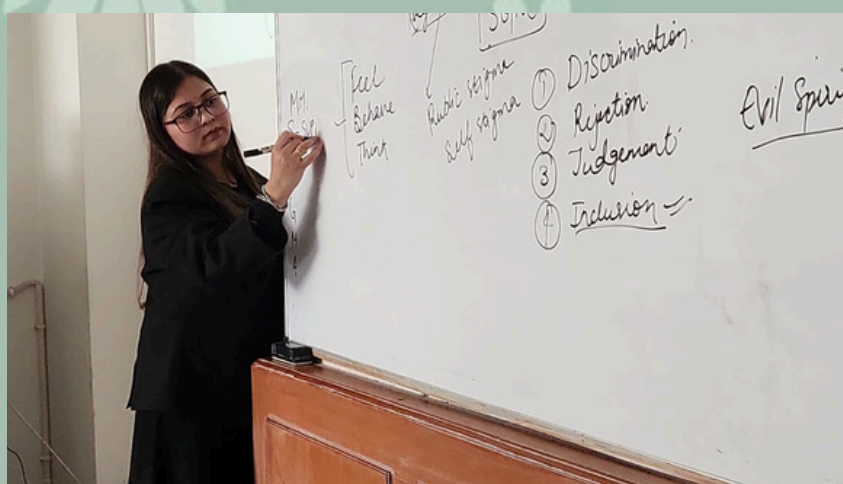
MENTAL HEALTH

DECODING HAPPINESS

A SEMINAR TITLED “DECODING HAPPINESS” WAS CONDUCTED BY OUR DIRECTOR MA’AM , OFFERING DEEP INSIGHTS INTO THE SCIENCE AND PSYCHOLOGY OF HAPPINESS. THE SESSION ENCOURAGED PARTICIPANTS TO REFLECT ON EMOTIONAL WELL-BEING, POSITIVE THINKING, AND THE IMPORTANCE OF LEADING A BALANCED AND MEANINGFUL LIFE.

MIND OVER STIGMA.

MS. PREETI MEHRA CONDUCTED AN INSIGHTFUL SEMINAR ON MENTAL HEALTH, EMPHASIZING AWARENESS, EMOTIONAL REGULATION, AND THE NEED TO PRIORITIZE PSYCHOLOGICAL WELL-BEING AMONG STUDENTS.



Up Coming Events

- Guided Meditation Session
- Free Mental Health Screening
- Art for Healing Sessions
- Peer Support Group Launch

FOCUS OF THE MONTH

This February, we focus on understanding our emotions and the important role they play in our relationships. By becoming more aware of our feelings, we can communicate better, practice empathy, and build stronger, healthier connections with others. At the same time, nurturing self-love and setting healthy boundaries allows us to maintain balance and well-being, creating relationships that are both meaningful and fulfilling.

EMOTIONAL AWARENESS IN ACTION:

1. **Check-in with your emotions**
2. **Practice empathy.**
3. **Communicate mindfully.**
4. **Set healthy boundaries.**
5. **Celebrate self-love.**
6. **Resolve conflicts calmly.**
7. **Observe triggers.**
8. **Appreciate small gestures.**
9. **Balance giving and receiving.**
10. **Reflect regularly.**

Key Focus Areas for the Month

- **Greater emotional literacy (naming and understanding feelings)**
- **Development of empathy and active listening.**
- **Awareness of healthy vs. unhealthy relationship patterns.**
- **Strengthening self-love, self-esteem, and emotional regulation.**
- **Practicing clear communication and boundary setting.**

VOICES THAT INSPIRE : LUMINARIES LENS



DEEPIKA PADUKONE

Challenge: Deepika Padukone has openly shared that one of the most challenging phases of her life came during a highly publicized breakup early in her career, which deeply affected her emotional well-being. Despite being professionally successful at the time, she experienced **feelings of emptiness, low motivation, and was later diagnosed with clinical depression.** Navigating personal pain under constant media scrutiny and industry pressure made the journey even more difficult. However, instead of allowing these challenges to define her, she **chose to seek professional help, rely on family support, and prioritize her mental health.** Over time, she emerged stronger, continued delivering powerful performances, and became a leading voice for mental health awareness in India turning her vulnerability into strength and her setbacks into growth.

Deepika Padukone's life demonstrates the importance of prioritizing mental health, seeking timely professional support, and embracing vulnerability as a source of strength rather than weakness. Her journey highlights **how external success does not always reflect internal well-being, and how acknowledging emotional struggles is the first step toward healing.** It underscores the value of resilience, self-awareness, and a strong support system in overcoming personal setbacks. Most importantly, **her story reminds us that with courage, reflection, and the willingness to ask for help, it is possible to transform pain into purpose and emerge stronger both personally and professionally.**

The RESEARCH HUB

A recent research article published A Study of Impact of Emotional Intelligence on Academic Performance of Undergraduate Students in Navi Mumbai Region, by Rikhi Yadav & Dr. Mona Sinha investigates how emotional intelligence influences academic performance among undergraduate students in the Navi Mumbai region. The research examines components such as emotional awareness, self-management, and social skills, and identifies a significant positive correlation between emotional intelligence and GPA. The findings suggest that students with higher emotional intelligence tend to demonstrate better academic outcomes, highlighting the importance of integrating emotional competency development within higher education settings.

Key findings: The 2025 study conducted in the Navi Mumbai region found a significant positive relationship between emotional intelligence and academic performance among undergraduate students. The findings revealed that students who demonstrated higher levels of emotional awareness, self-management, and social skills tended to achieve better GPA scores. Emotional awareness was particularly linked to improved stress management, focus, and classroom engagement, while self-regulation contributed to greater persistence and academic consistency. Overall, the study highlights that emotional competencies function as important psychological resources that support not only students' well-being but also their academic success, emphasizing the need to integrate emotional intelligence development within higher education.

Link to the paper: <https://arxiv.org/abs/2511.11689>

- Ms. KAJAL RATHORE, ASSISTANT PROFESSOR

Boundary Builder Game



— Decide Your Response: —

ACCEPT
✓ Okay with me.

REJECT
✗ Not okay for me.

NEGOTIATE
+ Let's discuss first

Scenario:



A friend shares your secret.



What's Your Choice?



Accept?



Reject?



Negotiate?



Remember: Boundaries Protect Relationships!



Scenario:

A friend wants access to your phone.



Scenario:

A classmate pressures you to skip class.



Scenario:

A friend jokes about something that hurts you.



Scenario:

Someone borrows your belongings without asking.



Scenario:

A friend insists you reply to messages immediately.



BOUNDARY SUDOKU

RULES (SAME AS CLASSIC SUDOKU)

EACH ROW, COLUMN, AND 5×5 BOX MUST CONTAIN ALL 5 BOUNDARY WORDS ONLY ONCE.

NO WORD REPEATS IN THE SAME ROW, COLUMN, OR BOX.

USE LOGIC, NOT GUESSING.

YES			LISTEN	
		SHARE		STOP
	LISTEN		SHARE	
	STOP	ASK		
ASK				YES

February Edition: FAQ

Q1. What is the theme for February?

A: The theme is “Emotional Awareness & Relationships”. This focuses on understanding emotions, improving communication, and building healthy connections with self and others.

Q2. Who can contribute to Pravaah?

A: All faculty members, Staff & Students are welcome to contribute write-ups, reflections, or professional insights related to the theme.

Q3. How can I submit my write-up?

A: You can submit your write-ups to me at psychologistiitm25@gmail.com

Q4. What should be the length of the write-up?

A: We recommend keeping contributions 500 words for easy inclusion in the newsletter.

Q5. Is there a deadline for submissions?

A: Yes, please submit your write-ups by 20th day of any month to be included in the upcoming edition.

Q6. Can the write-up include examples or personal reflections?

A: Absolutely! Personal reflections, professional experiences, or practical tips that align with emotional awareness and relationships are encouraged.

Q7. Will my contribution be published with my name?

A: Yes, all contributions will be credited to the respective faculty member unless you prefer to remain anonymous.





Help is a call away

**PRAVAAH THE WELLNESS
CLUB IS HERE FOR YOU!**

This is your safe space.

A place to breathe.

A place to reflect.

A place to grow.

Confidential Counseling Support

Scan the QR code to connect
with the counselor.

Your details and conversations
will remain private and safe.

