

Beacon Newsletter

January 2023

**Smt. Maniben M.P Shah Women's College of Arts and Commerce (Autonomous)
Publication of Psychology Department**

Article

Poetry

Activity

**Blessings Galore
-Srishti Sanjay**

**The Real definition of Gratitude
-Jillsyon Kapoor**

**Hydrangea's Secret
- Rishitha Paladaga**

**The Little Things
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**The Joy of Gratitude
- Farhat Shaikh**

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Gratitude is "the mother of all virtues" since it is known to influence the development of other virtues such as patience, humility, and wisdom. It plays a very significant role in the mental health and well-being of a person. It also inspires people to be more generous, kind, and helpful. Gratitude enables people to perform their jobs more effectively and experience more satisfaction at work. In general, more grateful people are happier, more satisfied with their lives, less materialistic, and less likely to suffer from burnout. A grateful heart would be an island of serenity and provide others with some tranquillity too.

'Beacon' newsletter is an endeavour of the Department of Psychology to bring the subject matter of Psychology to the masses. I congratulate the team for selecting the theme for this quarter. Gratitude would be instrumental in helping us build a better world.

**Dr. Archana Patki
Head, Department of Psychology
Officiating Principal**

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Blessings Galore

Every morn, sunshine greets you, bathing you in molten ochre
Say a silent 'thanks' to the golden ball that glows in the altitude
There would be no flora, no fauna, no concept of Father Time too
If he forgot to shed light on every latitude and longitude
The waxing waning moon as she gently glides along the diadem of the
sky

Makes for many a moonlight walk when heart yearns solitude
The stars twinkle away mischievously, writing our fortunes, spelling our
destiny

Without a sound, without a whisper, in all quietude
The dependable dad, the nurturing mom, the formidable sibling, the kith
and kin

That life of comfort, of content, of cosy nuzzle, the ample plentitude
The company of well-meaning friends, comarade in arms, those astute
confidantes

Those mentors, guides, light houses who shape your attitude and
aptitude

The beauty of Mother Nature envelopes you, cocoons your soul
The unending possibilities and opportunities with no sense of finitude

The wishes, the prayers, the blessings, the warm tidings

That come your way in such deluges of magnitude

Your life is a vision, a beautiful dream, a journey, an exploration
With crests and troughs, with experiences and learnings... so pulchritude



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It brings with it eventful, fruitful, delightful, insightful anecdotes
Of love, of friendship, of hope, of truth, of knowledge, of wisdom,
of fortitude

You are held within the Mother universe's healing hands , so soft
and supple

She teaches you to brave the lows, enjoy the highs, meander
through the vicissitudes

When you see things taking form and shape, magically and
gloriously before you

All it takes, is a nod of acknowledgement , shaking out of the
lassitude

Feel the wonders around you that break you, make you, sustain
and heal you

Count your blessings filling your heart with the unending limitless
joy of gratitude

Remember, it turns ' what we have' into 'enough', the fairest
blossom that springs from the soul

Heal your heart , mind and soul like nothing else... experience the
JOY OF GRATITUDE



By Srishti Sanjay
TYBA Psychology

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The Real Definition of Gratitude

Have you ever experienced a situation where you smiled or greeted the "rudest" watchman of your college every morning until one day they smiled back and showed concern when you did not attend college for a few days? Did it subconsciously make you feel valued?

Gratitude, the greater good, is defined in many different ways. For some, it is a simple act of kindness that goes a long way while for others, it is the acceptance of oneself and the capabilities one possesses.

According to Oxford, gratitude is the quality of being thankful and the readiness to show appreciation and return kindness. Let's take a look at the above situation. The security personnel considered rude by your classmates might just have been doing their job. But when you started greeting them or smiling at them regularly, they mellowed down for you. What could be the possible reason for this? If you have watched the movie 'Mili' you would remember a scene where the security guard says, "I stand outside the gate everyday.



Thousands of people come in and go out but nobody ever pays attention to me. It is as if I don't exist. In such a case, if there is this one person who makes it a point to smile at me every morning, how could I forget that face?"

When you greeted them every morning without fail while others either just walked by or made a face at them; they felt respected and recognised.



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Gratitude shifts your focus from what your life lacks to the abundance that is already present. Thanking a waiter for getting your order might make their day better. Accepting yourself the way you are and not how the society sees you or wants to see you eliminates about 50 percent of the burden from your shoulders. Replacing a simple 'sorry' with 'thank you' goes a long way. Imagine a scenario where you have a presentation. You have been waiting in the room for about 20 minutes when your presenter arrives and says, "I am so sorry for being late. I slept in and my cab kept getting cancelled." Now imagine the same scenario where they say, "Thank you so much for your patience."

I am really grateful that you decided to come today." What changed? When we replace apology with gratitude, people feel recognised and valued for their efforts and time which leaves a better impression of you on them, shifts their anger to calm, and has a greater impact as compared to an apology.

According to a study conducted in Texas and California, daily gratitude exercises result in higher levels of alertness, enthusiasm, determination, optimism, and energy. Also, people who practice gratitude on a regular basis were less likely to encounter severe depression and were reported as high achievers. Another study showed that practising gratitude increases happiness levels by 25 percent.



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Being grateful doesn't always have to be dependent on an external stimulus. We could direct our gratitude towards ourselves. As mentioned by Rhonda Byrne, "Unless you fill yourself up first, you have nothing to give anybody." Practicing self-gratitude is as essential as practicing regular gratitude. In a world full of "made-up" standards and demeaning "compliments", recognising oneself is of utmost importance. When we acknowledge ourselves irrespective of any external validation, we notice a significant rise in our self-esteem and confidence.



Although external validation is a necessity, it is never the rule. We have been taught to seek external validation (a child looking at his parents after he falls to understand how to respond); this has somewhere diminished our spark. There are many ways of exercising self-gratitude including affirmations (such as standing in front of the mirror and reminding yourself of who you are and who you want to be), journaling (writing down a simple day-to-day summary noting how far you have come; recognising your capabilities, and acknowledging your journey), reinforcements (treat yourself).



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Take yourself out on a date when you accomplish any task, big or small), complimenting (talk to and about yourself how you would like others to talk about you), and taking a little longer (take a steaming shower, pose in front of the mirror in the most natural self, be crazy with yourself, appreciate your perfect imperfections). The art of self-gratitude plays an important role in recognizing the wonderful and unique qualities that make you your truer self. The more you focus about yourself, the less susceptible you'll be to negative talks (This does NOT mean being overly self-obsessed).



Life is too short to be Ved Vardhan Sahni (Tamasha). Be Geet (Jab We Met).

Don't always focus on the crowd. The crowd only saw your 2-minute performance.

They have no clue about the endless hours of practice and self-talk that you put in to be able to stand there.



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Being grateful is an underrated noble task. It teaches us the value of microscopic things such as a non-verbal gesture to a passerby and the respect for things we might have taken for granted previously. Gratitude is a great mean of manifestation to getting what you want. However, it should not be used as a selfish mean. Being grateful helps us refocus on what we have rather than what we lack. To be grateful is to be healthy. Nevertheless, if your gratitude makes somebody smile, their smile would light a tiny bulb inside your heart to lead you to the end of the tunnel of your personal battles where there is light.



By Jillsyon Kapoor
TYBA Psychology

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Hydrangea's Secret

I walk through my divine garden, bestowing damp soil under my feet that sunk, leaving back each foot step. They remained on the ground as my guide leading me to my flowers, bushes of lily, willow, aloe, and names I cannot name but have built homes on my land like affairs of life. But I ponder up on the hydrangea buds, "Oh hydrangea, why would you not bloom in my bed? Night and day I have spent in your foster, would you not spread thee petals to my hummingbird?"

A lush land with greatest florets and ferns, in the east is now incomplete without these hydrangeas. Somber, I call for my dear hummingbird, "My pretty bird, how shall I perfect my Eden?" The nectar connoisseur then told me the secret, "Unlike this entire flora, hydrangea takes birth in your heart when you water it with your tears, shine upon with the bright of your smile; sown in the fertile earth of your gratitude. The leaves shall honor the acceptance and appreciation you show to life and will bear you the flower of joy" "Lessons of gratitude can only come from one's own heart, it will complete you Eden"



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Meaning :

The garden: in the poem symbolizes a person's life, where the bestowing damp soil is opportunities given to us with every foot step, i.e., every experience in a lifetime. Various flowers symbolize their respective message and meaning that have made their homes in our garden(life) through exposure to human emotions. The poet can't name some flowers as they don't understand/recognize certain feelings. Hydrangeas symbolize Gratitude, our Eden i.e, the perfect place(happy life) is incomplete without Thankfulness. Hummingbirds are symbols of faith and hope, it teaches us to feel grateful from the bottom of our hearts by accepting all flowers(experiences and emotions) to bear the flower of joy.



By Rishitha Pagadala
TYBA Psychology

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The Little Things

I once read "What is that one quality that you would never want to change in yourself?" and the answer that immediately popped up in my mind is being grateful. Gratitude, I heard this word when I was in my 10th class & understood the meaning of it as thankfulness. Over the years, I realized the meaning goes far beyond thankfulness. So what exactly is gratitude? It is a deep appreciation for the little things. It is not about pretending that life is good but it is about realizing that life really is good. So often, we fail to wake up with joy of gratitude, we rather constantly complain about the things we are deprived of, our dreams that are yet to be fulfilled, finding faults, trying to make things right. We forget our beautiful body that is supporting our existence no matter how imperfect it is, our resources that help us to lead an easy life, our family, friends, teachers that are supporting us even though we don't realize it. We often forget to pay gratitude & feel joyful for the present moment that we once really prayed for. Yes, our prayers are always answered but we fail to pause & appreciate it.

The question arises whether gratitude as a concept is really helping mankind or is it just a concept that is merely printed in books. Does it really bring joy into the lives of people? Well, interestingly positive psychology has backed up gratitude benefits with research evidence indicating the benefits on physical health, mental health, our behavior, our relationships covering almost every aspect of our lives. According to studies, being grateful leads to better diastolic blood pressure, headache relief, clearer skin, less stomach pain, and less congestion. It also improves sleep quality and lowers the risk of cardiovascular disease.

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According to studies, expressing appreciation is positively correlated with good emotional states like happiness, joy, life satisfaction, and flourishing. Gratitude exercises like reflecting on happy moments in one's day or maintaining a gratitude notebook can improve social interactions and interpersonal connections such as romantic relationships, family life, friends, colleagues and so on & so forth. It boosts productivity at work and creates a sense of belonging.



There are times when we naturally are filled with feelings of gratitude & feel grounded for so many privileges that we are blessed with. Fortunately, we can also cultivate gratitude and find ways to develop a genuine & deep appreciation for our life. One of the ways is to notice good things, look for them, and appreciate them for instance, your meals, education, family, friends, your work, financial luxuries & so many infinite things to notice. One can also maintain a gratitude journal in which one can mention things they are grateful for daily. To make this more interesting one can also make a gratitude jar. Pick up any jar, decorate it as per your choices & put a chit in it every day mentioning one thing you are grateful for. You can set your own deadline, for example, 1 month or 3 months. Later you can read & see how it feels.

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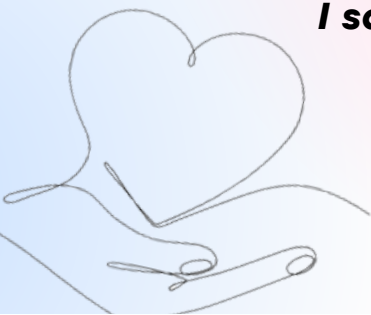
Poetry

Activity

One of the benefits of this activity is that it can help you go back to the good times that happened to you when you are having a bad day or feeling low. Another way is that you can express your gratitude verbally or by writing a letter to another person or to yourself. Also, you can cultivate your own prayer or do mindfulness meditation that focuses on the present moment & be grateful for the present moment or where your life is currently. While we are undoubtedly appreciative and thrilled with our major accomplishment, we often overlook and undervalue the satisfaction that comes from the smaller accomplishments that lead us to our bigger goals. We come to understand that gratitude is nothing more than the delight of the little things!

***A poem in my heart
which says that gratitude is an art.
Gratitude makes you kind
Hence many hearts bind.
It filters out all the darkness
Goodness is what you forever witness.
Contentment is all you feel, forgetting all the greed.
It is a golden reward
Gifted by our dear lord.
You ask, what is this emotion?
I say it is the highest form of devotion.***

By Neha Maru
MA- Psychology (Part 2)



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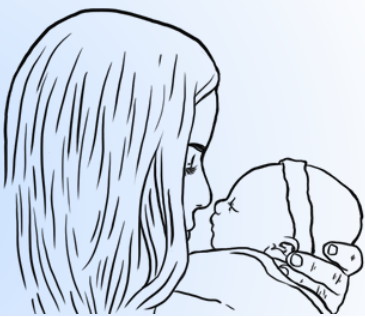
Article

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The Joy of Gratitude

I'm happy to express my gratitude,
As I never show it through my attitude,
As I should;
It is far beyond my way of talking,
When it should not be,
I am saying thankyou through this poem ,
to everyone I can;
I'm thankful to God who consigned you in my life,
and made you, beautiful, my father's wife!
The most safest place to rest, dear mother,
is on your lap, whenever I suffer from any mishap;
Thankyou for the love, for everything you are made of;
I'm thankful to everyone, who comes in my life, the one who
supports me be it once or twice, I'm sharing my heartfelt gratitude
to my kind human hamper,
And for those who choose to everytime pamper.



By Farhat Shaikh
MA Psychology (Part II)

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GRATITUDE BINGO

By Vaideka Nagda
(MA 2 counseling psychology)

As you complete rows
treat yourself to
something you enjoy.



Complete as many boxes as you
can throughout the month and try
to be regular.



As you look for and purposefully feel grateful for the
items on the bingo, mark each box each day, possibly
with a sticker after you have finished a task.

Finish the whole bingo, do something to show gratitude for yourself.

| | | | | |
|--|--|--|--|---|
| Thank a friend you are grateful for. | What moment this week are you most grateful for? | Go on a gratitude walk. | Express gratitude to your teacher. | Appreciate a loved one. |
| What about your body are you grateful for? | Donate items you do not need. | Help with chores at home. | List things that cheer you up when you are feeling down. | At dinner talk about your favorite part of the day. |
| Journal about small success that you achieved this week. | Give a handmade letter to someone you feel grateful for. | Add your own gratitude task | Give at least five compliments today. | Share your gratitude journey with someone. |
| Write a thank you note to anyone who worked for you. | Express gratitude to atleast 3 people today. | What knowledge are you grateful for? | What technology are you grateful for? | Which strength of yours are you grateful for? |
| A gift you appreciate. | Something you are looking forward to. | Any thing that you took for granted but should be grateful for | What made you smile today? | What emotion are you grateful for? |

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Our Team

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