

# THE HOPE ISSUE

Cover by - Rajdip Ganguli

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# Foreword

## Greetings!



Hope is a four letter word but it contains the universe within!

Where there is hope there is the spirit of life and the valor of energy to propel one ahead. In this world full of confusion and worry, hope is the only thing which you can carry along. Let it be hope that beautiful things are on our way, that we are stronger than any mountain like challenge and that we tread on the journey towards the goal we have all imagined.

This optimism may move mountains, remove mental clogs and get you into the loop of making things having! It not only can help make a tough present situation more bearable but also can eventually improve our lives because envisioning a better future motivates you to take the steps to make it happen.

Hope whisper's, "Things will get better"

So taking this energy forward, let us hope that we learn and grow together.

A big thank you for all your support!

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**WORDS**

**FROM**

**OUR**

**LEADS**



## **ATRI DAS** **EDITOR IN CHIEF**

I think one of the most profound things in this world is seeing people fighting their own battles everyday. Each individual, dealing with their own demons while trying to act basic intrigues me wholeheartedly.

I believe generalising acceptance for all sexes and providing the needy with mental and physical assistance is the least we can do in the name of Altruism.

Advocating counteractive habits to eliminate social evils like hatred, discrimination and jealousy should be announced as a part of adaptation.

Along with that Incorporating a minimalistic lifestyle would largely contribute to our spiritual empowerment and Self actualisation.

I hope and pray that, may this world find peace and may you be in peace.



## **TISTA BANERJEE** **CHIEF CO EDITOR**

My message to the society aims at admiring the inner beauty of every person while being zero judgemental about their appearance. Being accepting and open to all spectrums of individuals while cherishing their differences can cause serious shifts.

The need to normalise mental health in our society is increasing rapidly every day and every second. It is as essential as being physically fit.

By accepting and celebrating people around us as who they are we create a safe space for all shapes, sizes, colours and sexualities.



## **ROSHMIYA BISWAS** **CREATIVE HEAD**

I believe in being true to one's self is the greatest thing one can achieve in life. Being true to yourself starts with knowing who you are, accepting yourself, knowing your strengths, passion, weaknesses and purpose in life and then living that way all the time, holding onto your ideals faithfully.

You come to know yourself only with time while finding what works for you. More precisely, what makes you who you are as a whole.

Don't let anyone tell you anything else, we don't have to be chained down by society's expectations and rules. Be you, show what you are capable of and you will automatically stand out and be in harmony with everything.





# HOPE

BY RONJINI ISHANI SEN

ILLUSTRATION - LIZ NICHOLS

Hope. One of the main pillars of mankind. It is an extremely personal experience which guides us along and forward during our darkest times. A 'glimmer of hope' brings with it mental images of a glimmering sunrise, signalling a new era of perhaps better things to come.

As psychologist and renowned hope researcher Charles Snyder stated: "A rainbow is a prism that sends shards of multi coloured light in various directions. It lifts our spirits and makes us think of what is possible. Hope is the same – a personal rainbow of the mind."

But catching hold of it is not easy. Holding onto it, after getting a taste of it is even tougher. With hope, comes expectation. And with expectations, come disappointments. And with disappointments, abandonment of hope. And it is here that the world becomes stagnant.

Belief and expectation – the key elements of hope, can block pain by releasing the brain's endorphins and enkephalins, mimicking the effects of morphine.

In some cases, hope can also have important effects on our fundamental physiological processes like respiration, circulation and motor function.

Hope, therefore plays a very important part in the psychological makeup of a person and his worldview. Behavior thus is influenced largely if not totally by the viewpoint of the person on hope. For example, a person who is hopeful is motivated by the same to carry out tasks and engage in behaviour that would help propel him/her forward towards the future he/she is hopeful to attain.

While a person with little to no sense of hope shall have lost all sense of direction and motivation in life, making him trapped in an endless spiral of darkness stretching out through time and space.

In fact, the psychologist Charles R. Snyder linked hope to the existence of a goal and combined it with a determined plan for reaching that goal. Snyder also stressed on the link between hope and mental willpower, as well as the need for realistic perception of goals, arguing that the difference between hope and optimism was

that the former included practical pathways to an improved future. As a specialist in positive psychology, Snyder studied how hope and forgiveness can impact several aspects of our life such as health, work, education, and personal meaning. He postulated that there are three main things that make up hopeful thinking known as the hope theory:

**Goals** – Approaching life in a goal-oriented way.

**Pathways** – Finding different ways to achieve your goals.

**Agency** – Believing that you can instigate change and achieve these goals

Snyder argued that individuals who are able to realize these three components and develop a belief in their ability are hopeful people who can establish clear goals, imagine multiple workable pathways toward those goals, and persevere, even when obstacles get in their way.



# HOPE

BY RONJINI ISHANI SEN

ILLUSTRATION - DAN BEJAR

Snyder also proposed a "Hope Scale" which considered that a person's determination to achieve their goal is their measured in terms of hope. Snyder differentiates between adult-measured hope and child-measured hope. The Adult Hope Scale by Snyder contains 12 questions; 4 measuring 'pathways thinking', 4 measuring 'agency thinking', and 4 that are simply fillers. Each subject responds to each question using an 8-point scale.

Technicality aside, when one is out of work, and applying for jobs, hope keeps a person optimistic, and makes it more likely that they will persevere until they get a job. Hope is ferociously and wildly resilient. It resists logic and reason. It's a sort of blind confidence.

What hope does is provide a flicker of light in total darkness. It is intended to shield you from disheartenment, anguish and despair. But, the tendrils of darkness lurk everywhere,

as the acclaimed German philosopher Nietzsche stated: "Hope in reality is the worst of all evils because it prolongs the torments of man."

For example, when one is out of work and sitting at home watching TV, hope that a job will just come knock on their door out of the blue, can keep them from getting up and trying.

Throughout history, hope has been viewed favourably, as virtually essential to our welfare. It seems to be inextricably woven into the very fabric of human nature. But hope can also be like a prayer: wishing for something rather forcefully working towards it.

Almost everything is a double edged sword, not one thing, idea, thought, or phrase escapes from it. So it is not surprising, and should not be alarming in the least when peering into the dark waters of hope, for hope does exist for hope itself.

Hope broadens and builds your mind. We all face setbacks. We all wonder at times whether we're going to get by, make it through.

We have all known what it's like to feel like you're right at the brink of disaster. And many of us know what happens when we are not hopeful during such times.

"Our human compassion binds one to the other – not in pity or patronizingly, but as human beings who have learnt how to turn our common suffering into hope for the future." – Nelson Mandela

WE DIDN'T  
EXPECT AN OPEN  
HOUSE TO BE  
SUCH A HIT!

SEE IT FOR YOURSELF

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# FREE WILL VS DETERMINISM

BY SUMEDHA GHOSH

ILLUSTRATION - KIALO.COM

To begin with, why do we eat food? Or travel? Or shop? Or even pray to God belonging to different faiths? Because we are hungry, or need clothes or to hold on to something when a crisis comes

The reason may also be our choices to eat the food we love or the clothes we choose to dress up in. This reason is vital for our entire existence.

Now, the first term, determinism, simply means that every action has a determining factor. There must be a reason for what we do, or why we choose or like something.

On the contrast, free will expresses the essence of moral freedom. The term, free will, literally stands for actions which the only reason is our undetermined willingness to act.

Though the concept of free will is very tempting and may sound to many rebellious youths as correct and ideal, the expression is an illusion.

An example will clear the doubts. One jumps into a river. Now supporters of free will may say that it was his choice. It was his choice no doubt, but why did he choose jump?

Would he have jumped if knew that the river was shallow and he may break his skull? Would he have jumped if the river was ice cold or even when he did not know how to swim? He would never have.

Our choices and decisions regarding our course of action or even our preferences are determined by our inner complexities, emotions, and experiences. What looks like an act of free will is basically a determined action. In my opinion, free will is when I am not restrained. When my course of action may be determined by my own emotions and experiences but is not influenced by somebody else's force or decision. Nothing in this world can be undetermined, but the choices we make should have our own imprints..



# BHASTRIKA PRANAYAMA

BY - SREEJA MUKHERJEE

ILLUSTRATION - TATIANAZAETS

The term Bhastrika is derived from the Sanskrit word for 'bellows' as the abdomen pumps the breath.

Bhastrika Pranayama is an important breath exercise in yoga as well as pranayama.

Bhastrika involves a rapid and forceful process of inhalation and exhalation that gives a boost to the body.

It is best time to practice in an empty stomach as it stimulates circulation and blood flow to all the organs of the body. Pregnant women should avoid this pranayama.

## Steps of Bhastrika Pranayama

Sit comfortably in vajrasana or sukhasana.

Put your both hands on the both thighs.

Take a deep breath.

Take a normal breath.

Close your eyes.

Close your fists of both hands and place the arms with closed fists near the shoulders.

Inhale deeply, raise your hands, and open your fists.

Forcefully exhale your breathing slowly and bring your arms down near the shoulders.

Perform these steps for 60 times.

Take 2 breaks after 20 times and 40 times for 2 minutes and relax your palms on the thighs.

## Benefits of Bhastrika Pranayama

To nurture health and mind.

To treat bronchitis, sinus and other respiratory issues.

It is good for brain oxygenation.

It helps to treat fibrosis.

To reduce anxiety, depression, stress.

To improve nervous and motor system.

To increase metabolism and improve digestion.

It may help to reduce weight.-

If anyone suffers from hypertension or panic attack they can practice this under the supervision of guide. If anyone feel easily tired or dizzy during practice they can increase the break.



# MEDIA VIOLENCE AND CHILDREN

BY- ADRITA CHOWDHURY  
ILLUSTRATION - PINTEREST

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Whenever we hear the word violence, we always think about beating or fighting or something like that. But there is also a segment of violence known as behavioral violence which is the main concern today.

Media has been always been a part of our lives since the 15th century initially in the form of printing press, newspapers , radio , television , internet , videos ,blogs , websites ,social media.

But earlier the amount of news shared was limited also it was not that accessible as it is now. But with mobile phones in each one of our hands, things are far with just a click. But this whole sense of media entering into the lives of the younger and younger generations as time flies by , maybe can create different kind of sensations psychologically , mentally and physically in an urge to get the limelight or just support some inner beliefs which might be wrong in reality.

Social media specially victimize the youth highly to extract their beliefs and notions with what media wants them to believe or what the 'higher authorities' want!!

The whole concept of family, neighborhood, social gathering has also become phone calls, Whatsapp groups, Facebook parties, snapchat neighbors and all. The world getting smaller in a tiny metal device has let the adolescents or even the children get frustrated with no physical companionship, hours and hours into that device, letting its light play with your mind, literally as well! With this concept, the youth is depressed today, is taking violent decisions including suicide and murder.

The evening footballers are now gamers, the night badminton players have started playing The Grand Theft Auto... Also certain games present a heroic character who kills to win or shoots or fights or beats or rob to win.. This impacts a lot on the younger generation. They start to believe this is the only way by which they can succeed or can get happy. Also today the parents are giving even infants the access to social media which can prove to be dangerous as younger minds are easy to play and change.

Certain movies like that Ra-one, Kill bill often forms an idea that if you don't fight, you will lose.

This often results in behavioral violence or a torturing mindset just to match the virtual world with the reality.

Often young people are inspired by both hero and the villain who lets the viewer to act like that in real life situations.

So in spite of avoiding the outside cruel world, it is very much possible of building up a criminal mind.



# CHILDREN AND MENTAL HEALTH

BY - KANWAL IQBAL

ILLUSTRATION - THEDOWNEYPATRIOT

Mental health is not restricted to adults but Mental health problems affect about 1 in 10 children.

It includes autism spectrum disorder (ASD), attention deficit hyperactivity disorder (ADHD), dyslexia, aphasia, depression, anxiety and conduct disorder, and are often a direct response to what is happening in their lives. Mental health is not restricted to adults but Mental health problems affect about 1 in 10 children.

It includes autism spectrum disorder (ASD), attention deficit hyperactivity disorder (ADHD), dyslexia, aphasia, depression, anxiety and conduct disorder, and are often a direct response to what is happening in their lives.

Alarmingly, however, 70% of children and young people who experience a mental health problem have not had appropriate interventions at a sufficiently early age.

The emotional wellbeing of children is just as important as their physical health. Good mental health allows children and young people to develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults.

Behavior problems in school or social settings leads towards

Aggressive and fidgeting behavior

Disturbance in sleeping patterns

Too much anxiety, fear, sadness

Poor school performance

Difficulty in making friends

Difficulty in speaking and telling about something wrong with them

Complaints of feeling physically ill

Keep them self isolated

Parents give more attention to their child 's physical health to make them healthy so no one says their child is weak or timid and ignores their mental health. Child want loved, being trusted, understood, valued and safe being interested in life and having opportunities to enjoy themselves being hopeful and optimistic being able to learn and having opportunities to succeed accepting who they are and recognizing what they are good at having a sense of belonging in their family, school and community feeling they have some control over their own life having the strength to cope when something is

strength to cope ,when something is wrong (resilience) and the ability to solve problems.

Most children grow up mentally healthy, but surveys suggest that more children and young people have problems with their mental health today than 30 years ago. That's probably because of changes in the way we live now and how that affects the experience of growing up.



# PEDAGOGY

BY - NEHA GUPTA

ILLUSTRATION - THE DOWNEY PATRIOT

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Pedagogue is a practitioner of pedagogy. We can also say that a pedagogue is a person who is having the knowledge of pedagogy. Pedagogy includes learning activities that support the topic or content; the instructional approach such as active learning, play way approach, experiment method, student-to-student and student - teacher engagement; teaching to multiple learning styles, a variety of assessments etc. It helps a teacher to understand the nature of students and as well as students also.

It helps to understand classroom environment, resources available for learners, improving teaching learning strategies etc.

Pedagogy is the science and art of education or teaching. Knowledge of pedagogy helps a teacher in introducing the contents in more child friendly way. So, knowledge of pedagogy is very important for a teacher

To introduce any topic in class, subject knowledge and knowledge of pedagogy of concerned subject is required. Pedagogy is a process of presenting content in the context of learning that connects with a cognitive process in effective way. It works on application of curriculum in child friendly approach.

Pedagogy of any subject includes knowledge of teaching methods, approaches, resources, teaching aids, evaluations procedures etc.

Knowledge of pedagogy enables a teacher to develop better understanding and awareness of students as well as their own learning too.

According to NCF, teachers lack basic pedagogic skills like understanding where the learners is, explaining , asking appropriate questions and understanding of the process of learning to read , which ranges from bottom up processes such as syllable recognition and letter sound matching, to top down processes of whole word recognition and meaning making from text.

They tend to focus on errors or hard spots rather than on imaginative input and articulation. So, the solution to above mentioned problem is 'knowledge of pedagogy'. The best teacher creatively draw upon a wide range of material, cultural and intellectual resources to provide the students with the most effective, engaging, memorable and rewarding learning experiences.

## Aspects of pedagogy

Aspects of pedagogy means dimensions of pedagogy or its various forms- There are three aspects of pedagogy

(A) Knowledge  
(Cognitive Aspect or Domain)

(B) Practice  
(Psychomotor Aspect or Domain)

(C) Beliefs  
(Affective Aspect or Domain)  
Knowledge

## Practice -

This aspect of pedagogy is related to the practice or conative or doing aspect of behavior . In simple language, it means implementation of knowledge aspect. Presentation of content: presentation of content means logical sequence of introducing topic in front of students. It should be planned and well organized. of pedagogical knowledge - This includes effective use of teaching methods, teaching learning material , resources like language labs , laws of learning , techniques of reinforcement and motivation for example , during teacher training like D.Ed / B.Ed / B.El.Ed. Teaching practices are conducted by colleges or institutes to give the real exposure of pedagogy practice to their students cum teachers.

## Beliefs -

This aspect of pedagogy is related with feeling and emotional domain. It is also related to attitudinal aspect or passion. Directly or indirectly this aspect is responsible for the passion of teaching. This aspect is very important to create a positive and emotional environment for teachers as well as learners. This is a source of motivation for both. Until and unless, the teacher is not devoted to its profession it is not able to reach student's soul. This includes various dimensions like passion in teaching as well as learning, active participation in teaching learning process. Devotion in teaching, commitment, professionalism, self-confidence, loyalty and respect towards teaching profession is necessary for this aspect.

# HYPNOTIZE

## HYPNOSIS

BY - Mahima Das

ILLUSTRATION - Nastygirl.com

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Hypnosis or hypnotherapy uses guided relaxation, intense concentration, and focused attention to achieve a heightened state of awareness that is sometimes called a trance. The person's attention is so focused in this state that anything going on around the person is temporarily blocked or ignored. In this naturally occurring state, a person may focus their attention with the help of a trained therapist on specific thoughts or tasks.

According to APA, "Hypnosis is a therapeutic technique in which clinicians make suggestions to individuals who have undergone a procedure designed to relax them and focus their minds." Hypnosis can be used to help you gain control over undesired behaviors or to help you cope better with anxiety or pain.

### How Does Hypnosis Work?

Hypnosis is usually considered an aid to psychotherapy because the hypnotic state allows people to explore painful thoughts, feelings, and memories they can't confront in their conscious minds.

Hypnosis can be used in two ways, as suggestion therapy or for patient analysis.

### SUGGESTION THERAPY

The hypnotic state makes the person able to respond to suggestions. Therefore, hypnotherapy can help some people change certain behaviors, such as to stop smoking or nail biting. It can also help people change perceptions and sensations, and is particularly useful in treating pain.

**Analysis:** This approach uses the relaxed state to explore a possible psychological root cause of a disorder or symptom, such as a traumatic past event that a person has repressed in their unconscious memory. Once the trauma is revealed, it can be addressed in psychotherapy.

### What Are the Benefits of Hypnosis?

The hypnotic state allows a person to be more open to discussion and suggestion. Hypnotherapy can be an effective method for coping with stress and anxiety. It can improve the success of other treatments for many conditions, including:

- Phobias, fears, and anxiety
- Sleep disorders
- Depression
- Stress
- Post-trauma anxiety
- Grief and loss

Hypnosis also might be used to help with pain control and to overcome habits, such as smoking or overeating. It also might be helpful for people whose symptoms are severe or who need crisis management.

Hypnosis has been studied for other conditions, including:

**Pain control-** helps with pain due to burns, cancer, childbirth, irritable bowel syndrome, fibromyalgia, dental procedures and headaches.

**Hot flashes-** helps to relieve symptoms of hot flashes associated with menopause.

**Behavioural changes -** Hypnosis has been used with some success in the treatment of insomnia, bed-wetting, smoking, and overeating.

**Mental health issues-** Hypnosis may help treat symptoms of anxiety, phobias and post-traumatic stress.

### What Are the Drawbacks of Hypnosis?

Hypnosis might not be appropriate for a person who has psychotic symptoms, such as hallucinations and delusions, or for someone who is using drugs or alcohol. It should be used for pain control only after a doctor has evaluated the person for any physical disorder that might require medical or surgical treatment. Hypnosis also may be a less effective form of therapy than other more traditional treatments, such as medication, for psychiatric disorders.



# FIRST IMPRESSION

BY- Ifra Nadim

ILLUSTRATION - Visme.com

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## AUTOMATIC VIGILANCE:

It refers to the tendency of people to automatically pay attention to the negative component of a stimulus to such an extent that it interferes with attending to other non-threatening components of the stimulus. For example: a person has a threatening experience in a certain situation. When confronted with a similar situation, the person attends to remember all the negative events associated with the situation. Thus, the person interprets the situation in a negative light even if the present situation is not threatening.

Automatic vigilance explains why it is crucial to make a good first impression on others. People tend to be highly sensitive to negative information. Hence, anything we do on our first meeting with others that triggers negative reaction is likely to have a lasting impression.

The psychology of first impression is very interesting. Research done by Janine Willis and Alexander Todorov (2006) revealed that it takes a tenth of a second to form an impression about a stranger from their face. Judgements based on facial appearance influence our treatment towards others.

It has been proven that attractive people are practically treated better in all walks of life. Mature people have to deal with judicial outcomes than baby-faced people. Willis and Todorov conducted separate experiments to study judgements from facial appearance, each concentrating on a different trait: attractiveness, likeability, competence, trustworthiness and aggressiveness. According to evolutionary psychology, we all are born with an accurate and accelerated ability to judge trustworthiness in others as an important survival mechanism.

We also tend to categorize stimulus as soon as they are perceived. Social Psychological research supports the idea that first impression matters. The primacy effect refers to the fact that the information we learn first is weighted heavily than the information we learn later.

Solomon Asch (1946) conducted a research where participants were asked to learn some traits about a person and made judgements about him.

## HOW TO CREATE A BETTER FIRST IMPRESSION?

Dress slightly better for any occasion.

Smile

Make frequent eye contacts but prevent dominating with your eyes

Adjust posture, voice gestures and words according to the other person because we tend to like people who are similar to us.

Be yourself and be confident.

The Psychology of First Impressions are very important as you only get one opportunity to make one, so, make the most of it, confidently!



# POSITIVE PSYCHOLOGY

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BY - Manu Jose

ILLUSTRATION - Alona Savchuck

"Psychology is much larger than curing mental illness or curing diseases. I think it's about bringing out the best in people; it's about positive institutions; it's about strength of character." -Martin Seligman (1999)

Just like quote by one of the founders of the positive psychology, positive psychology is about finding positive aspects of our life. We are often dominated by the negative thoughts that do not help our life in the long term, it can have a negative impact on our lives both mentally and physically. This negative aspects of our life is replaced by positive thinking that can eliminate a lot of unwanted energy that is not required in our life.

The founder of the positive psychology got the idea of positive psychology after a conversation with his daughter Nikki, she was five years at that time. After the conversation he realized that strengthening positive qualities in life, rather than punishing for things they were unable to do, strengthening such qualities can be very beneficial for the child not only during their young age but also later years of life.

This small alteration in the thinking can have drastic change in the growth of the individual in the long term run.

Perhaps you have seen humans around you who have bare minimum for survival leading a happy life. Whereas others who have resources for 3 generations having sad life. This might be because the ones with bare minimum are focused on things they have and not on the things they do not have, and other side the one with more than enough are focused on things they do not have, even though this sounds a simple statement such unhealthy thinking can have a huge negative impact on the life of the individual.

There are many potential benefits of studying and practicing positive psychology and they are mentioned below:

It can have a help in improving the self-esteem which is very important in improving the quality of life and at the same it can upsurge the aroma of positivity to the people who you meet which can help you and them.

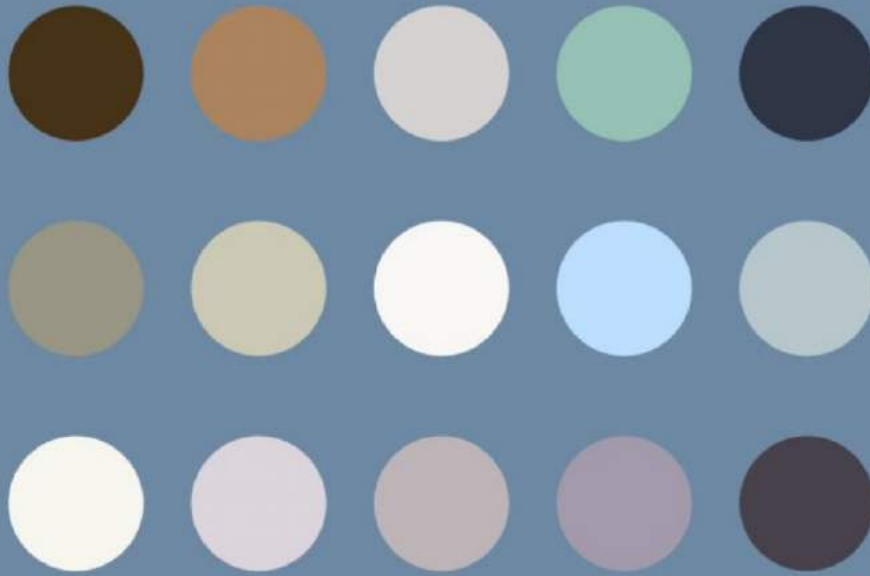
A lot of failures in relationships are due to the negative energy that revolve around the people in any kind of relation, however if someone is focused on the positive aspects and finding the true essence of the same it can help the relationship towards a great deal.

We are often influenced by the negative happenings of our life and that can act as hindrance towards our outlook in life, with knowing and practising positive psychology by side, you can have a greater outlook towards the life.

Kindness, social gratitude are other things that can influence the way of our life, positive psychology such qualities that can improve the zest of the life.

Positive Psychology promotes the quality of the life, with little changes in life and with a lot of positivity, we all have a long way to go.





# PSYCHOLOGY OF COLOURS

BY - Versha Singh

ILLUSTRATION - Teela Cunningham

The human body absorbs light that is made up of the color spectrum. Each color in the spectrum has a frequency, wavelength and energy associated with it. The colours we absorb can have an effect on the nervous system, the endocrine system and subsequently on the release of hormones and the other organic substances within the human body.

They can also have an effect on the more subtle energies of the chakra system. This may effect our mental, emotional, psychological and physical state of mind.

Color has such a subtle effect on our lives that we rarely give it a second thought. color comes from daylight which contains all eight colours of the spectrum : red , orange ,green, turquoise ,blue , violet and magenta . It is also form of radiation .

Research has begun to validate the importance of color in treating disease . For example, looking at blue light has been shown to lower blood pressure by calming the autonomic nervous system, while red light causes it to rise . Each color is associated with one of the seven chakras of the body ,and every color has its complementary color . Single colors or combinations of complementary colors can be used to treat imbalances in the chakras illness associated with that bodily region.

## HOW COLOURS AFFECT US -

### Physical

Restful-Green ,light blue

Revitalizing- Orange

Stimulating-Red Emotional

Restful-Sky blue , turquoise

Revitalizing -Peach stimulating

Stimulating-Orange

### Mental

Restful -Indigo

Revitalizing- Emerald green

Stimulating green,

Yellow -Spiritual

Restful-Blue

Revitalizing- Gold

### Stimulating

-Violet , purple

**Red-** Red color gives the feeling of speed , power , joy , danger and rage .

**Yellow-** Yellow is the happiest color in the spectrum according to Psychology , related with warmth , optimism and joy .

**Orange -** Orange is a stimulating , energizing color that appears friendly , outgoing , cheerful , and adventurous.

**Green-** Light green is physically is the most relaxing and calming color in the spectrum . As the easiest color on the eye and it is also improve vision . Vibrant green remind people of the spring , life , nature , and youthful energy .Darker greens are making a logical think of stability and growth , showing high economic status and success.

**Blue-** Blue has been a symbol of fidelity , hope , and faith since ancient times.

**Purple-** Purple is associated with wealth , royalty , and highlife.

**White-** White symbolizes purity , innocence , goodness , and truth.

**Black-** Black is the most classic and overpowering color . It is related with death and darkness ; it gives wary feeling of the unknown .

# ART WORK SECTION

FEATURING THE  
WORKS OF

AADHYA BANSAL

MUSKAN VERMA

ROSHMIJA BISWAS

## WALKING MIRACLE by Aadhya Bansal

"Hope is like a walking miracle. It is all about seeing light inspite of being surrounded by darkness. If you choose that light anything would be possible. Always have hope no matter what, things won't last forever and you will come across a miracle."

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# 2

LIVING  
by Muskan Verma

"Life is a gift. Living on other people's terms would drain it's worth. The one thing you can do really do which is best for yourself is invest in yourself, be you, start doing things which you love, start living ! "

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# 3

## DILEMMA by Roshmija Biswas

"Sometimes it gets difficult to manage our thoughts in our head, especially with feelings in our heart when only one of them is right. Life is all about making choices, choose the thing which your heart wants, choose the thing which is right."

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# UNFAADING HOPE

*By Ananya Banerjee*

When hope is dull and worth seems null,  
speak up to get some cuddle.

When voice is mute and mind uproot,  
give yourself time to reboot.

When mood is low and life seems hollow,  
seek help to re-glow.

When times are tough and experiences rough,  
gear up to rise above just enough.

When emotions are tight and end seems right,  
find a reason to fight.

Because a phase lasts no long,  
If we gather hope against wrong,  
it's easy to advice and say what seems wise,  
but difficult to rise.

You will find a way to cope,  
as for someone you are a HOPE...

# WORDS FROM OUR INTERNS



As Albert Einstein rightly said "creativity is contagious. Pass it on"

Here at EmoJar, we illustrators are given the opportunity to pass on our creativity and give form to our creative ideas to project visuals pertaining to mental health.

EmoJar acknowledges our creative talent by giving us a platform to portray our art and provides the encouragement, motivation and an ideal environment to cater to our creative talent and help it grow at the same time.

**- CREATIVE TEAM**



EmoJar, is one of the very few social media awareness website/organisation working effortlessly towards improving mental health by its various services like counselling sessions, E-magazines, psychology related information and daily dose of positivity.

We, the social media interns at EmoJar try to identify, conceptualize, design and execute campaigns to boost engagement while educating and informing the audience about positivity and mental health.

We feel lucky to be a part of this constructive organisation.

**- SOCIAL MEDIA TEAM**

# WORDS FROM OUR INTERNS



Mental health, an integral part of our lives has long been shrouded. We at EmoJar aim to bring to you a broad spectrum of creative content shedding light on mental health to enable our readers to move towards a collective growth.

This E-magazine is a small step towards reaching people with various mental health facts and breaking the stigma. And lastly, let's break the chain of stereotyping and normalise mental health problems.

Stay tuned for some impressive articles and trivia coming your way!

**- RESEARCH ASSISTANTS**



We, blog writers are enlightened to work with Emojar. We are learning the sense of togetherness ,varied themes with every new assignment, better vocabulary , and what not. All these are the perfect ode to our lives in this pandemic that we want to celebrate.

Emojar gave us the opportunity to rediscover ourselves , questioning our own ideas of different segments of psychology . It also cures us in the process of writing for you people. The complete sense is nothing but pure bliss. We are highly grateful to be a part of this and will always give our best shot.

**- BLOG WRITERS**



# OUR E - MAGAZINE COORDINATORS



We are extremely thankful for the opportunity given to us by Team Emojar to expand our horizons, learn and engage in teamwork, build real connections and skill sets.

The E-magazine coordinator team wishes all the readers a very happy new year filled with an abundance of hope, as we walk towards a future where they are hopefully to be realized.

# OUR COMMUNITIES



The  
**ART**  
  
**BOX**  
BY EMOJAR

# No-contact Meditative Painting

COMING YOUR WAY

*unwind*

## ANXIETY | ANGER | STRESS

*a quick and effective art therapy technique  
to clam down instantly*

*you  
wouldn't want to  
miss it!*

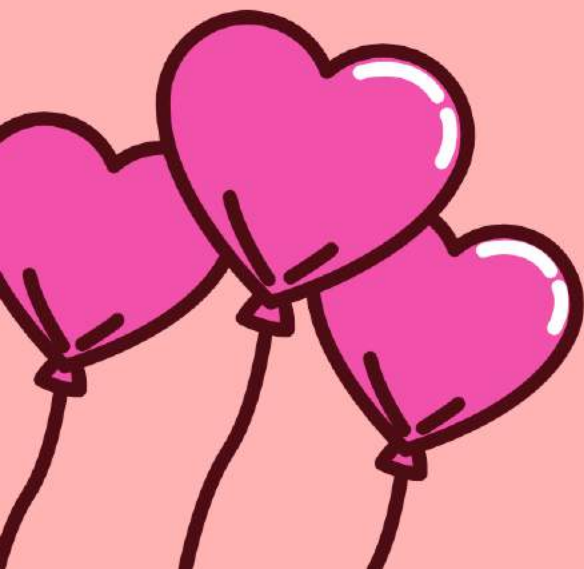
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**FEB  
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**THE  
RELATIONSHIP  
NUMBER!**



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