

ASCEND PSYCARE PRESENTS

Eudaimonia

LOVE, BONDING AND TOGETHERNESS

February 2021 | Issue 3



it's in us
&
about us

Eudaimonia

Issue 2 | February 2021

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Ascend Psy Care (APC) is a registered MSME-A Behavioural Health Science and Psych Innovation Enterprise based in New Delhi, India. APC is envisioned as a world-class Cognitive Behavioral Therapy centre, training and supervision hub for budding psychotherapists as well as an institute for high-quality ethical research in Behavioral Science aimed at futuristic mental health needs. All our services are well informed by an international perspective along with being strongly grounded in the Indian setting which makes it a unique endeavour. We believe that Mental Health is indispensable. Come, Ascend the path to Positive Mental Health with us.

Ascend-Psy Care was formally established in 2019 by Dr Nimisha Kumar, a Senior Consultant Psychologist and UK trained CBT therapist. She has over 15 years experience in practice teaching and research and has

worked at premier institutes like AllMS, MAMC Sitaram Bhartia Institute and Jamia Millia Islamia University. At Ascend, we believe that Mental Health is indispensable and are passionate about mental health awareness and our team consists of young, dynamic, and highly professional members. We constantly look for talented and passionate volunteers to work with so that mental health gets the priority that it deserves

We at Ascend-Day Care envision to facilitate Mental Health Wellness, which is a basic human right for every individual. We are passionate about serving society and creating mental health awareness and wellness. We aim to establish a high-quality CBT treatment teaching training and ethical research institute firmly grounded in evidence-based practice within the Indian context.

EUDAIMONIA is a Greek word that means well-being and flourishing - a good life filled with meaning. The term eudaimonia refers to well-being as distinct from happiness per se. Not all desires, not all outcomes that a person might value, would yield well-being when achieved. Some desires may be pleasure producing, but their outcomes are not good for people and would not promote wellness. Subjective happiness cannot be equated with well-being. The eudaimonic conception of well-being calls upon people to live by their true selves.

Eudaimonia occurs when people's life activities are most congruent with deeply held values and are holistically or fully engaged. Under such circumstances people would feel intensely alive and authentic, existing as who they are.

Aristotle gave the concept of eudaimonia and held that happiness is a vulgar idea as not all the desires are worth pursuing. Some desires might yield pleasure, but they do not produce wellness. For Aristotle, true happiness can only be achieved by leading a virtuous life and doing what is worth doing. To realize the human potential is ultimately the human goal.

OUR TEAM



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Informative Section

Love and Gifting

Sanmitha DG and Aditi Kaushik

The Evolution of Modern Relationships

Kriti Sinha

Love and Relationships

Akansha Jha

Love Guru

Raghavendra Sankaran

How Love Changes In A Relationship?

Chrishtie Saju

Love and Gifting

Sanmitha DG and Aditi Kaushik

A RESEARCH REPORT ON THE IMPORTANCE OF GIFTING IN A RELATIONSHIP.

Love is a concept well known universally by all humans. Most of us spend all our lives craving, searching, pondering, and talking about it. Love is contemplated as the greatest virtue, which is a very complex yet fascinating experience. Many fields like philosophers, psychologists, and biologists have been seeking to unfold the mystery of romantic relationships from the very beginning of time. Gift-giving is a significant part of celebrating the bond shared between loved ones. It is a universal way of showing interest and gratitude. We conducted a short survey and interview to find out people's opinions on love and gifting. The data was collected through social media (using google forms) and face to face interviews. A total number of 64 responses were collected, among which 40 (64.6%) were female and 24 (35.4%) were male. Both students and workers of 20-33 age range participated in this study. The respondents were either married, in a relationship, have been in a relationship, or single. The questionnaire consisted of both checklist and multiple-choice questions. The semi-structured interview consisted of open-ended questions. Descriptive statistics were employed to analyze the data with the help of excel.

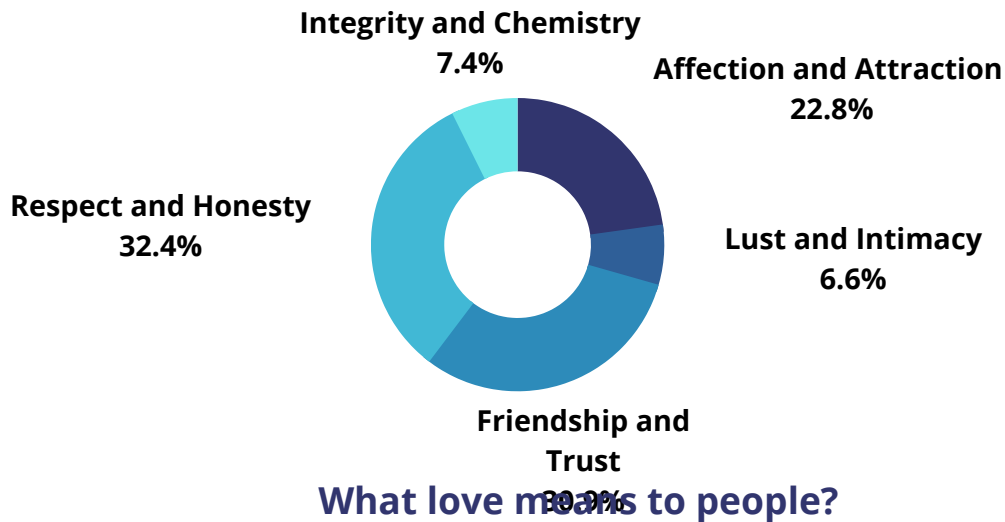
Love

The first part of the survey and interview focused on understanding people's opinions on love, and romantic relationships.

Majority of the respondents believed love to mean respect & honesty (73.3%), friendship & trust (70%), and affection & attraction (51.7%). The respondents also believed their partners to have the same opinion on love. In contrast, a few participants opined their partners would also consider love to mean integrity & chemistry (33.3%) and lust & intimacy (26.7%). 66.7% of the participant posit that both males and females view love and romantic relationship through different lenses, while 33.3% of participants posit that no such difference exists. The majority of the participants adjudge comfort around the person, personality, understanding, and sense of humor as the major factors to consider before getting into a romantic relationship. 30% of the participants also suggested that the opposite gender would consider physical attributes, in addition to the other characteristics while forming a romantic relationship. The majority of the participants responded that personal space and time for each other (90%), spending time together (63.3%), and acceptance of change and growth (66.7%) as important factors for maintaining a healthy relationship. They also believed the opposite gender to have a similar opinion on factors important to maintaining a healthy relationship.

The interview results suggested that both male and female participants considered their ideal relationship to be the one where

INFORMATIVE SECTION

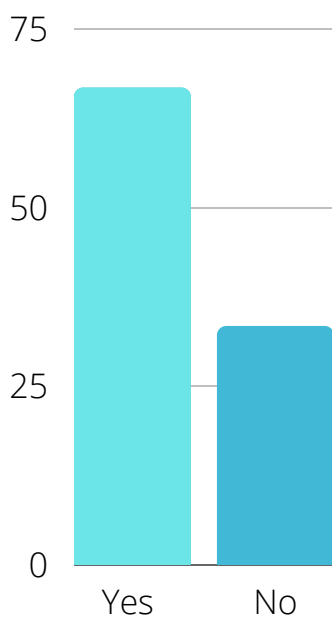


there is a complete understanding between each other. Both male and female participants did not believe in valentines' day, as they opined love to be an everyday celebration. Both males and females considered the best part of the relationship to be understanding and spending time together, and the worst part of the relationship to be lying and ignoring each other. Female interviewees believed the older generation to lack in love and connection as compared to the present generation.

The male interviewees believed the older generation to share true love and happiness in small things, while the present generation to be behind pleasure and enjoyment. Overall, both male and female participants had a similar opinion on the meaning of love and factors they consider before getting into and maintaining a healthy relationship. Most of the participants also believed their partners to have a slightly different opinion on the same.

Gifting

The second part of the survey and interview focused on understanding participant's perspectives on gifting and its influence on romantic relationships. Most of the participants disagreed (50%) that it is necessary to give gifts to have a healthy relationship while 28.3% of the participants agreed to it. 86.7% of the participants did not agree that expensive gifts are more impactful as opposed to experiential gifts, and 48.3% of the respondents gave gifts to their partners only on special vacations like valentine's day. 45% of the participant agreed that boys give gifts more frequently than girls, while 38% of the total percentage of participants opined girls give gifts more

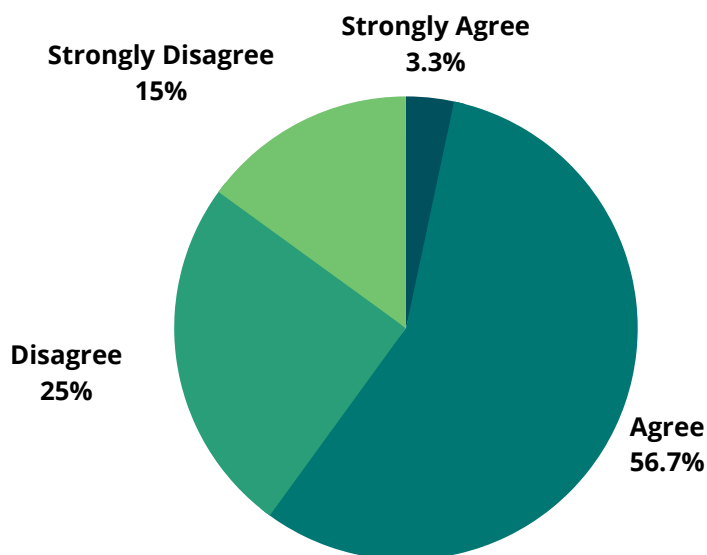


Do you think males and females view relationships from different angles?

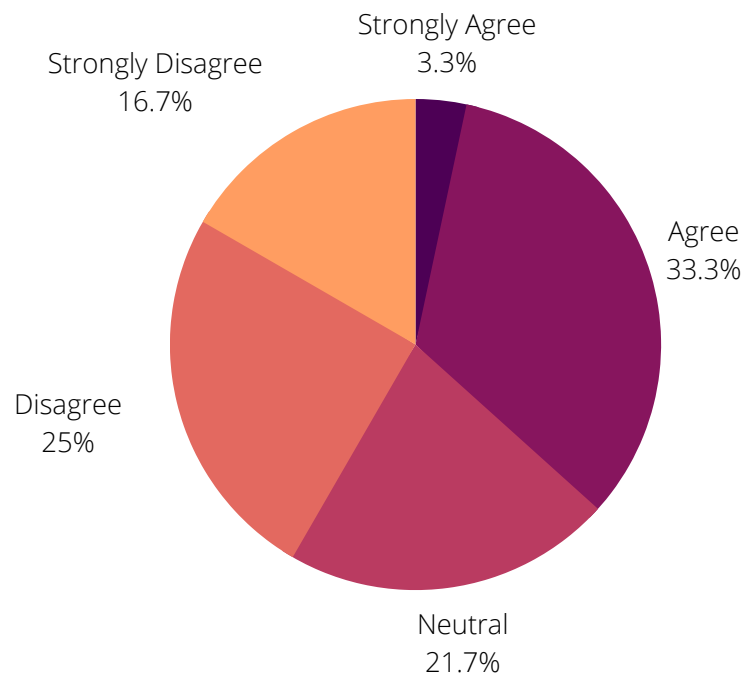
INFORMATIVE SECTION

frequently. 56.7% of the respondents disagreed that boys tend to be more creative than girls in terms of selecting and giving gifts. The majority of the participants (60%) agreed that giving and receiving surprising gifts make one believe that their partner loves them a lot.

Around 65% of participants believed boys and girls give gifts as a symbol of love and around 12% opined social/peer pressure to play a role in giving gifts. The results of the interview propounded that both male and female participants perceive gifts to influence people's behavior and help in expressing one's feelings. Both male and female participants posited that using gifts rather than preserving them is more practical and romantic. In general, majority of the respondents hold that gifts are a symbol of love, which influence and strengthen the bond in a romantic relationship.



Giving and Receiving gifts from your partner makes you feel special?



Is it necessary to give gifts to your partner to have a healthy relationship?

To conclude, the participants in this study perceived love to mean respect & honesty, friendship & trust, affection & attraction, integrity & chemistry, and lust & intimacy. Both male and female participants hold the same opinion on factors important to get into and maintain a romantic healthy relationship, while they perceived their partners to hold a slightly different opinion on the same. Most of the participants consider gifts to be a symbol of love, given to express one's feelings and to strengthen the bond in a romantic relationship.

The Evolution of Modern Relationships

KRITI SINHA



@KRITISINHA18



The modernity of social relationships is a topic for endless discussions. There are numerous things like traditions, cultures, perceptions and way of life that change and modify with every generation and generally that is for the best. Relationships these days are changing and people are becoming more self-oriented in their relationships. Perceptions about love are changing, women are taking charge in their relationships and are focusing more on their dreams. They aren't looking for a knight in shining armor, rather they are looking for real things like equality and respect and the best part is that they aren't settling for anything less. Women are moving beyond the cliched conditioned ideas of happily ever after and are creating their own happy endings by understanding their own self-worth and loving themselves hence valuing and enhancing their relationship with their own self and that I believe is the best kind of relationship. Instead of rushing after someone else and seeking their validation, it's very important to mend your own relationship with self and focus on your own growth because that is the only way that you can seek true happiness.

Sometime back I was watching this Korean drama, Record of Youth which talks about three adults in their 20s who are trying to make their mark in the entertainment industry. The show talks about their dreams and aspirations and how they try to achieve them. Towards the end of the show, the female protagonist who is a struggling makeup artist decides to break up with her boyfriend who was at the peak of his stardom because she was just starting out and his stardom was getting in the way of her dreams and was actually becoming a roadblock for her to achieve her dreams. Somehow, I found that to be very liberating, because despite the beautiful and respectful relationship that she had with her boyfriend she decided to choose her dreams and focus on her own growth, hence rejecting the patriarchal expectations and choosing to go her own way.

Love and Relationships

AKANSHA JAIN

M.SC COUNSELING PSYCHOLOGY, SGT UNIVERSITY

"The beginning of love is to let those we love be perfectly themselves, and not to twist them to fit our own image. Otherwise, we love only the reflection of ourselves we find in them."

- Thomas Merton

Love

What is love?

The way I understand love is that when you accept the imperfections of the other person, it is love. Truly accepting the person in every possible way is love. You can start loving people around you by stop being judgemental about their imperfections. Love makes the toughest journey of life more easier, peaceful and happy.

When two people start loving and enjoying their imperfections and perfections together is called love and relationship. Love is an emotion we experience right from our birth. The unconditional love that our mother gives us even before our birth is the purest form of love. I think life without love will be boring. When you appreciate people, show gratitude towards people, you spread love in your surroundings. Every relationship can be made more happier by a pinch of love. Love and relationship require a few ingredients for a happy and meaningful partnership i.e communication, expressing your emotions, caring towards each other, loyalty, etc. These are the most important ingredient of a healthy relationship. With them, you can make a happy peaceful and beautiful relationship.

Being Loyal to your loved ones is the most important thing in today's world. We see a lot of people cheating on their partners for some or the other reason. Stop being harsh to people. Don't fake love for your selfish reasons because this may harm the life of other people.

Start loving imperfections of the person(s) you love.

Love Guru

RAGHAVENDIRA SANKARAN

Love is a directionless destination!

In modern times, people tend to fall in love quickly and tend to break-up even quicker, in a coffee-consuming time.

Love is the combo of Support + Trust + Understanding + Affection.
Life Partner is the combo of = Partner + Therapist + Motivator + Life Coach.
When someone says "Love", an iron rod stuck my head with this proverb "Rome can't be built in a day". I believe this proverb exactly suitable for love. Love needs time, patience, and sincerity.

A relationship can turn you into anything. WAGS are the underrated motivational speakers in this world. If you haven't motivated your life partner, please do. It's the biggest motivation one could get.

Remember, love can make a stone-hearted soft, and soft-hearted stone. There would be so many problems the partners would be facing. Look, there is always a solution to every problem and problem for every solution! A common solution for the partners is being supportive of each other.

The major problem in a relationship is being adjusted. People tend to adjust to the life partner.

Never adjust! Accept!

Even my life partner believes too much in astrology. I didn't try to change her. I let her the way she is. I accepted her. Not adjusted. Our mind can only accept; can't adjust it!

A fine relationship should be like fish and water; not fish and fisherman!

Biggest suggestion would be to remain friends forever. Some friendship would turn into a relationship. But it won't last long. After converting into a relationship, they lose their friendship. So, never do that mistake. Even after turning into a relationship/ marriage, maintain a friendship. A life partner should be a bestie! Respect is ultimate than love! There is no respect-at-first sight!
My greatest success I could show it to the world is being with you!

How Love Changes In A Relationship?

CHRISTIE SAJU

From tunes and sonnets to books and motion photos, romantic love is quite probably the foremost suffering subjects for fine arts through the ages. Mental exploration within the course of recent years has examined the contrasts between liking someone, cherishing someone and being "infatuated". Loving is pictured as having concerns and sentiments towards someone and finding that individual's organization fulfilling.

Daily Routines help couples to understand more about each other and become more secure in the long-term future of the relationship. There are many factors that can influence a relationship like the amount of interaction , surprises , adventure and so on. If they decrease then this might cause romantic love to get weak. The occasions to encounter hidden parts of your partner will likewise decay. Love is an emotion that binds and engages people together. From the perspective of evolutionary psychology, love has evolved so that the people can live and mature enough to survive.

While not all couples experience a decline in romantic love, different surveys estimate that about 20-40 percent of couples experience this downturn. The steepest drop in couples who are hitched for 10 years is destined to occur over the subsequent decade.

Advances in life also causes changes in a relationship. Some people have competitive obligations that influence their energy and make them think that in order to become successful one need to be free to relationship and should completely focus on work.

Regardless of the distinctions within the way love is capable, one issue stays traditional for all: we are defined as social creatures who are meant to love and to be loved.





Creative Section

Time Stands Still

Mridula Baurai

Queers

Niharika

I Waited

Archana Jha

Glance and Smile

Mudra Pednekar

Love Yourself First

Mansi Gyanani



ARTWORK BY : DENDI TEJASHRI.

Time Stands Still

Time stands still, Just like my words do
Crowds whizz past, Just like winds do.
Slow smiles, soft glances Empty mind,
A void in my heart And memories slip
by.

And? And I stand alone
With no hand to hold.
Looking back I watch it go,
Walking forward I let it go."



MRIDULA BAURAI

Queer

With a pumping heart I strode towards you
Your addled stare
What made me muddled and confused
"My heart's been longing for you"
I claimed Thy glance makes me dismiss
All the worldly vains
"But who will accept us"
Thou said My pounding core stopped until
"Girl, we'll get through this together"

I went ahead
We are the rainbow
We'll shine bright
Love has no boundaries
Our pride is prime

We'll fight even when we are the frailest of all
We Queers are valorous and bravest of all.



NIHARIKA

 @_LOSTSOUL_06

I Waited

I waited on days
I waited in the nights
I waited in the cold
I waited when sun was bright.

Sometimes you came
Sometimes you did not
Sometimes you built
Sometimes left me in knots.

The tears I cried
When left in pain
I thought all was my fault
I am the one to blame.

Beautiful threads colours of the
rainbow
I knitted with love every relationship
Just to see it unreel
Before my eyes in minutes.

When I stood alone no one to hold
Feeling pity for myself
In that moment I realised
I could also love myself.

I decided to not fall into despair
I decided to care and heal
Nurse my hurts and be strong
So that I could love another being.

Love and relationship are beautiful
When you are happy and true
Never forget in all this
Who really matters is you.

ARCHANA JHA

Glance and Smile

I Ordered Caramel Macchiato, tall as usual.
The nutty aroma of it whisked through my nose.
I came a little early today, maybe 10 minutes.
Sometimes I am caught up in this nightmare that you will
see me
and mistake my glancing for spying.
It makes me wreck when I make you feel that way,
Worried and apprehensive.

You stepped in by 11:15, sharp as usual.
Hands squeezed in your red jacket, my favourite.
The wristwatch dangling against your palm and that tiny smirk,
as if you own the place.
You slid out your phone and scrolled through it.
Pretending to be busy just like everyone did.

Gracefully you plugged in your earphones and grooved to
the beat of the song, rock music as usual.
Then slowly you transcended into your deep and secluded
mind,
retired from the crowd.
Maybe a memory of "Her"
which I am yet to know.

You sensed that someone is looking at you, as usual.
You looked at me through the corner of the eye.
I exasperated and pretended to sketch like I always did.
Then you pulled out of your seat, 10 minutes early than
usual.
"Strange", I whispered.

As you walked off the door,
Our eyes locked through the glass window.
You glanced and smiled.
But I shrugged off my shoulders as if I didn't notice.
And yet once again, I fell into the same trap.
The problem has never been a guy noticing me
but my own mind.

MUDRA PEDNEKAR

 @MEMUDRA

Love Yourself First

Love yourself first

So, there'll be no regrets afterwards...

The one who doesn't know how to love oneself will never be able to love anybody.

That's why, there comes regrets...

Is it selfish to love yourself first?

Or Is it wrong to love yourself before everyone?

Will there be any regrets afterwards?

Or Will this never be a concern?

As far as I am concerned, I think, It won't.

It's not selfish to love yourself first,

But it's wrong to look up for yourself always the last.

In your life, you are bound to make mistakes.

So, it's obvious, you'll have regrets but "not loving your own self" should never be your regret.

It should never be your regret, Neither now Nor afterwards.

"Every lost person was once the most lovable one but that person got lost because for this world that person stopped believing in his uniqueness." A truth very hard to believe...

Therefore, the one who doesn't know how to love oneself will never know what true love is. No relationship with someone will let you know what true love is, but a real relationship with yourself definitely will.

So, Love yourself first then, there'll be no regrets afterwards...



MANSI GYANANI



@MANSI.GYANAN

I

Long Distance Relationships- 'An outcome of a Good Insight'

Tanushree Rehan in conversation with Aanchal Chatrath Alagh

What kind of issues usually a long-distance couple have?

The expression of Love and Interest is much less and it is likely to influence the partner's own self-concept and this leads to negative thought processes and issues including insecurity, misunderstanding, frustration and self-doubt.

What are the foundations of a long distance relationship?

There are four important pillars of any relationship.

1. Insight:

What you expect, what your partner expects and what your long-distance relationship requires. Here we are talking about Long distance relationship so obviously, there are certain foundations.

2. Mutuality:

There should be a direct fashion of expressing your feelings from both the partners. So that they both know what this relationship demands from them

3.. Individual Emotional Regulation :

long-distance relationship challenges your emotional well-being. That is why it is really important for both the partners to know, how to channelize their negative emotions. So, this may not put forward a negative environment for their better half.



AANCHAL CHATRATH ALAGH

Licensed expert in Clinical Psychology with 3 years of experience in the field and Seasoned Psychotherapist & Counsellor with 5 years of experience dedicated to serving patients in a meaningful way, listening to their concerns and helping them approach their Mental, Emotional & Behavioral problems.

4 Expression :

This is the most critical pillar of the long-distance relationship. Your expression of love and care towards your partner is really important .

The most common issue among Long distance couple is Trust issue.

How couples can deal with this?

The priorities should be set pretty much from the start. Insight factors play a huge role here, which comes with reflective thinking. As well as taking responsibility of being with someone and deep

introspection regarding the importance of relationship plays a vital role.

How being physically disconnected affects the relationship?

Sex is one of the basic requirements of a human body, not being able to fulfil that can affect the connectivity of the relationship. This leads to resentment, frustration and these feelings come with the blockages of needs and to overcome these other positive expressions should compensate in terms of love, surprises, care, affection and respect.

How to deal with the communication gap?

Being in different time zones affects the person's availability, and this can obviously lead to misunderstanding of genuine emotions. In order to resolve this, the priorities should be set right, both partners should set a common time, if not possible on weekdays, then on weekends.

Also, whenever you are free in your time zone, reach out to your partner, maybe a small text but it will make a great difference in a relationship. It's really important to express affection.

How the pandemic effected the long distance couples?

It worked both ways, raising the degree of love and caring for some, increasing concern for each other and reinforcing

the link. But on the other hand, there was a lack of availability and commitment to each other because of household chores, work from home and family strain.

Which techniques do you use for your clients having issues in their long distance relationship?

In this situation, **CBT** works best to re-evaluate the feelings. Since there is typically a strong negative self-perception in these situations and I focus on creating an atmosphere where they can begin to give time to their individual self as well. I also place heavy emphasis on where we can find a solution that the client also wants to keep.

PRO TIPS:

Work on four foundations *i.e.* insight, mutuality, individual emotional regulation and expression.

"It's not a day effort that will bring the change but it's the consistent effort that will bring the change."

Conclusion

The long-distance relationship takes patience, reimbursement, and couples should gain insight into their relationship which comes with reflective thinking.

Q&A SECTION

Dr. Nimisha Kumar answers your questions regarding relationships. She is a Senior Consultant Psychologist & UK trained CBT therapist, Founder & Director, Ascend-PsyCare.

Q. Why are relationships so important to humans?

A. Human Beings are relational beings as they develop and thrive within a web of relationships. It has been found that a strong emotional bond with a single significant other in the early stages of life can make a world of difference for the survival and mental well-being of a child. Relationships to a large extent make us who we are as they are extensions of the 'self'. They are important for our survival, communication, well-being and identity.

Q. What is a healthy relationship?

A. A relationship is healthy if both the individuals involved are happy and satisfied. Any healthy relationship is built on the core qualities of love, respect and togetherness. If the relationship is healthy it would be satisfying one's most important needs and also creating a safe space in which we can be ourselves and our life goals are facilitated.

Q. Why do young people these days move so quickly in and out of relationships?

A. This is mainly because of two reasons – one internal and one contextual. The internal reason has to do with the desire for instant gratification, demandingness, novelty-seeking, a lack of trust, lack of self-awareness and empathy. The contextual reason is related to the social environment which is largely characterized by materialism, selfish aspirations, anger and aggression, psychological gaming and manipulative behaviours. In addition, the larger influence of media and breakdown of social institutions is also responsible. Due to these reasons, people are largely dissatisfied with relationships, always looking out for more happiness and love, which makes them move quickly in and out of relationships., raising the degree of love and caring for some, increasing concern for each other and reinforcing.

Q. How does one recognize a 'toxic' relationship?

A. One must remember that abuse remains because there is someone in the role of an abuser and someone in the role of the abused. It is extremely important that the abused are self-aware and stand up for their rights if abuse has to end. Any toxic relationship is marked by one partner who is self-centred, abusive, manipulative or mentally unhealthy. And the other partner's needs, feelings and goals are always side-lined as a result of this.

Q. How does one work towards a healthy and happy relationship?

A. Good relationships are about love, respect, nurturance and autonomy. One can be needy but not extracting, loving but not stifling, tolerant but not passive, innocent but not ignorant and disciplined but not controlling. When each partner is self-aware and sensitive to the feelings and needs of the other, the relationship will most definitely move towards happiness and robustness. This also applies to a large extent to parent-child and sibling relationships as well.

Q. When should one seek professional help for relationship issues and how does CBT help?

A. When one feels chronically unhappy or abused in a relationship, it is a good idea to seek professional help, even if one partner does not want to. Professional and well-trained relationship therapists and counsellors have a good understanding of the issues involved in relationship conflicts and are well versed in the psychological management of the same. CBT, in particular, is well-suited to relationship issues as it looks at the values, beliefs and emotions of each partner and the impact that each partner has on the relationship. By helping individuals become more self-aware and emotionally in-tune with one another's needs and perspectives, conflicts are resolved and relationship ruptures are repaired.

EVENTS

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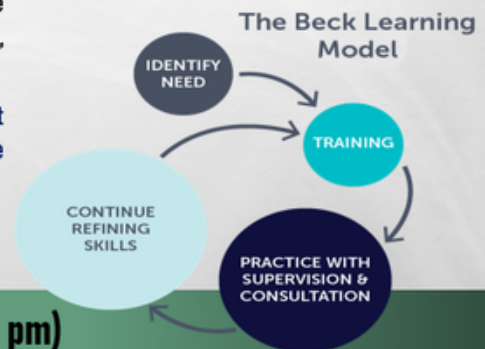
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FOR DETAILS / QUERIES CONTACT:

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- The course will cover the cognitive model for sadness, anxiety, low self-esteem and anger, with relevant case examples and practice exercises.
- The training will be a stepping stone for further/advanced training at attractive discounts and internship/job opportunities/collaboration as a member of the Ascend-PsyCare Community.
- Be an early bird - get attractive discounts and a confirmed place in the next batch.

FOR DETAILS / QUERIES CONTACT:

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Batches starting every month (Sundays 4 to 6 pm)

We would like to thank you all for taking the time out to read our E-Magazine.

Our team put its heart and soul into its creation. We aspire to create more meaningful content for you in the near future. If you need answers to your problems by a trained therapist, then don't hesitate to mail us your queries. All the questions will be answered by Dr Nimisha Kumar, Senior Consultant Psychologist and CBT Therapist.

You can write to us with your feedback at

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For any further details about Ascend-Psy Care, refer to our website

<http://ascendpsycare.in/>

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