



The Institute of Chartered Accountants of India

(Setup by an Act of Parliament)

Name : Sunita Subhash Jaiswar
Address : SS-1/A, Room no-151, Sector-04, Kopar
Khairane, Navi Mumbai – 400709.
Contact No. : +91 8454938026
Registration No. : WRO0699791
Name of IT Centre & Branch : Dombivali – Kalyan
Branch Code : WIO32
Batch Number : 10/19/71
Name of Project : Friendship
Date of Submission : 18-10-2019

Friendship – A True Bond

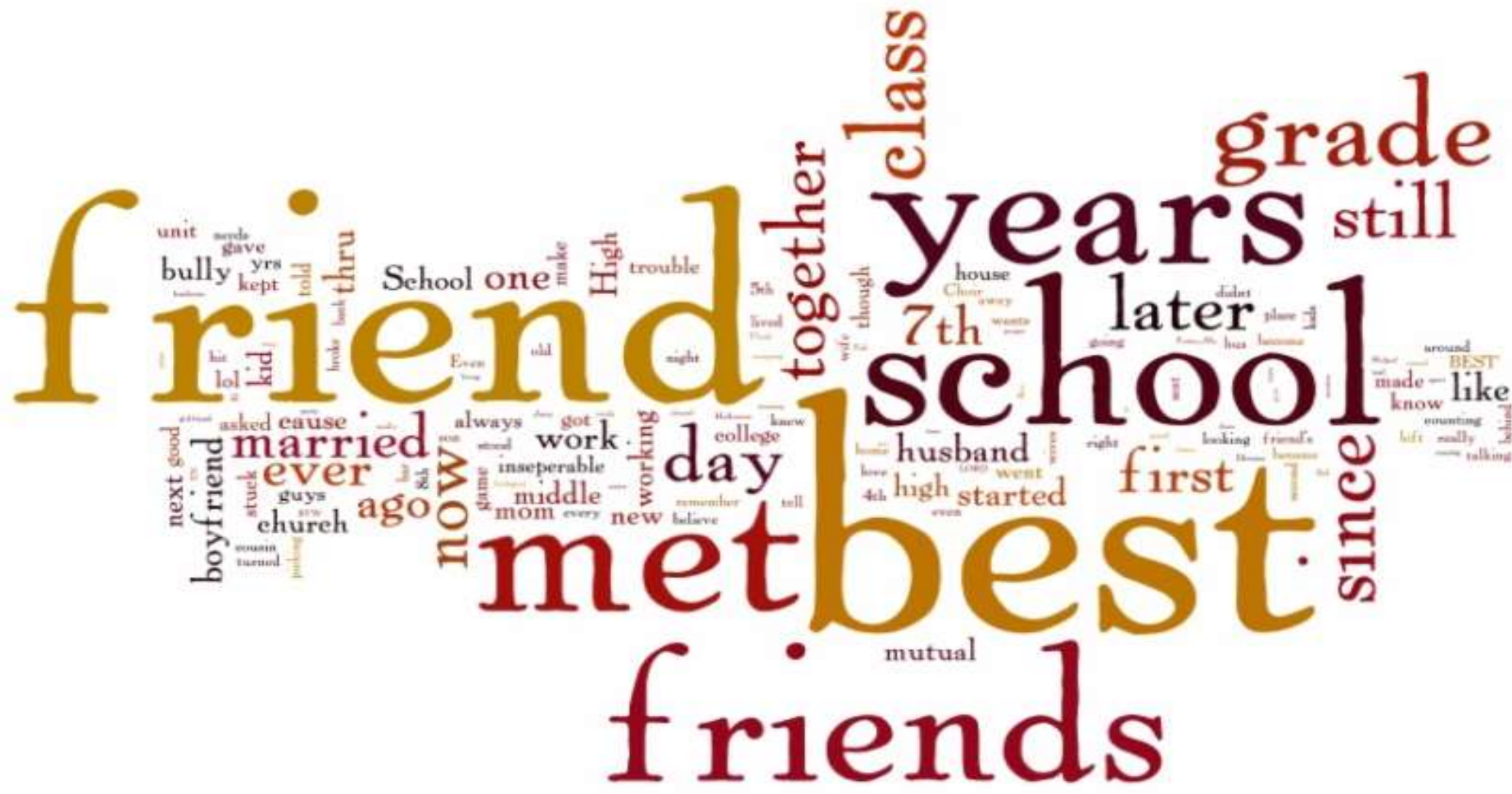


Table of Contents

<u>Introduction</u>	1
<u>Developmental psychology</u>	2
<u>Why We Need Friends?</u>	3
<u>Effects</u>	4
<u>True Friendship</u>	5
<u>Traits of True Friendship</u>	6
<u>Friends You Need And You Can Do Without</u>	7
<u>Types of Friendships</u>	8
<u>Significance of Friendship</u>	9
<u>How can one be good friend?</u>	10
<u>Best of all the relationships — Friendship</u>	11
<u>Difference Between Friendship and Relationship</u>	12
<u>Real Life Stories</u>	13
<u>Conclusion</u>	17
<u>Sources</u>	18

**Distance never matters
in friendship,
Friendship reached
beyond boundaries!**

www.OruThuli.com



Introduction

- *Friendship is a relationship of mutual affection between people.*
- *Friendship is a stronger form of interpersonal bond than an association.*
- *Friendship is an essential aspect of relationship building skills.*
- *Friends might come and go, they might make you laugh and cry, but most importantly of all, they love you for who you are*



Development Psychology

Friendship in Childhood

- *Sharing*
- *opportunity for playing*
- *practicing self-regulation.*

Friendship in Adolescence

- *more giving*
- *Sharing*
- *Frank*
- *Supportive*
- *spontaneous*

Friendships in adulthood

- *Companionship*
- *Affection*
- *emotional support*
- *mental well-being*
- *physical health*

Friendship in Older adults

- *protective factor*
- *compensate*
- *societal interaction*
- *psychological well-being*
- *rehabilitation*







Why We Need Friends?

- ➔ Often unappreciated role that friends—past and present—play in determining our sense of self and the direction of our lives
- ➔ Friends can give you vital life skills.
- ➔ Teen friendships shape your later romantic bonds.
- ➔ Friends can help you define your priorities.
- ➔ Having friends can help you get more friends.
- ➔ Friends can make you miserable too.
- ➔ You're less lonely when you have friends.
- ➔ Close friends support you through thick and thin.
- ➔ Your online friends can steer your thoughts and behaviors.
- ➔ Friends matter to you, regardless of gender.
- ➔ Friends can give you a reality check.



Effects

• Health

- Improve a person's prospects for good health and longevity.
- Lack of social supports have been linked to an increased risk of heart disease, viral infections, and cancer, as well as higher mortality rates overall.
- "behavioral vaccine" that boosts both physical and mental health.
- good friends encourage their friends to lead more healthy lifestyles.

• Mental health

- The lack of friendship has been found to play a role in increasing risk of suicidal ideation.
- Having few or no friends is a major indicator in the diagnosis of a range of mental disorders.
- Higher friendship quality directly contributes to self-esteem, self-confidence, and social development.
- People with close friendships are happier.
- Peer rejection is also associated with lower later aspiration in the workforce.





True Friendship

- Friendship involves recognition or familiarity with another's personality.
- Friends often share likes and dislikes, interests, pursuits, and passion.
- Mutual desire for companionship and perhaps a common bond of some kind.
- True friendship involves action: doing something for someone else while expecting nothing in return, sharing thoughts.
- Feelings without fear of judgement or negative criticism.



Traits of True Friendship

- ⇒ Empathetic
- ⇒ Selfless
- ⇒ Trustworthy.
- ⇒ shared interests.
- ⇒ different perspectives and backgrounds.
- ⇒ Humorous
- ⇒ team player



Friends You Need

- The friend who's up for anything
- The friend who's just a little bit cooler than you.
- The friend you aspire to emulate.
- The friend who doesn't know any of your other friends
- The friend who's painfully honest.
- The friend you've known longer than you've known yourself

Friend you can definitely do without

- The friend who always lets you down.
- The friend who always needs to be better than you.
- The friend who wants you to be her parent.





Types of Friendships

True Connections

Needy Friendships

Romantic Friends

Similar Interests



Significance of Friendship

- ✧ Friends Help Us Interact With Just About Everyone
- ✧ Friends Keep Us Mentally and Physically Strong
- ✧ Friends Help Us Weather Lonely Times
- ✧ Friends Improve the Quality of Our Lives



How can one be good friend?

- ↗ Listen
- ↗ Advice
- ↗ Get the facts
- ↗ Protect them from themselves
- ↗ Show you care
- ↗ Keep in touch
- ↗ Don't forget yourself
- ↗ Know your limitations



Best of all the relationships — Friendship

- Saves a lot of time
- No fancy dates!!
- No heartbreaks
- Never lie to our face!!
- The level of “Understanding”



A group of four young people (three men and one woman) are sitting on a wooden bench outdoors, looking towards a scenic view of a town and hills. The text is overlaid on the image.

Friendship is the
vehicle for reconciliation
and loving friendship is a
sign to the world that we
are Christ's disciples



Difference Between Friendship and Relationship

- ↪ In friendship, people are allowed to make decisions for themselves while relationship decisions have to be taken mutually by the two people concerned.
- ↪ A relationship can be intimate friendship is never close.
- ↪ Relationship can be related to blood and marriage while a friendship does not depend on blood relationships and commitment.
- ↪ Two friends can get into a relationship with each other.
- ↪ A friendship does not need any kind of relationship to last for a long time but relationship does require friendship to survive over a period of time.
- ↪ Friendship does not take an extended time to develop while relationship can take a while.
- ↪ Confusing these two terms can lead to several problems between two people.
- ↪ For friendship, it is important that people get to know each other while relationships can start without knowing the other person accurately.



Real Life Stories



1.40 Year old Elizabeth Diamond, who was diagnosed with an untreatable brain cancer, made her childhood best friend Laura Ruffino promise that she would take care of her 4 daughters after she dies.



A promise, that Ruffino did not fail to keep.

Today, Ruffino and her husband, are busy taking care of Lily, Ella, Samona and Tara, with full heart and devotion.



2. Gerdi McKenna was diagnosed with breast cancer and as a side-effect to chemotherapy, she lost all her hair.



To support her, her 11 friends went under a drastic transformation and got their heads shaved.



3. In the wilderness of Alaska, naturalist Casey Anderson spotted two bear cubs weeping beside their dead mother.



So much so, that he was also the best man at Casey's wedding with the actress Missi Pyle :')

A big-hearted Casey, defying to leave the cubs to die, brought them with him. While one of the cubs could not make it, the other one, whom he later named Brutus, grew up to become his best friend for life.

Brutus grew up to become an integral and unlike others, a fuzzy part of his family. He apparently enjoys swimming in his pool, and even attends Thanksgiving family dinners.



4. This little-known story of care and genuine friendship shared between Bollywood's very own Raj Kapoor and Hrishikesh Mukherjee.

At one point of time, Raj Kapoor had fallen severely ill, and the plight of his friend worried Hrishi Da so much that he started fearing for Raj Kapoor's life. This instigated Hrishi Da to write the script of Anand, the movie that he eventually dedicated to Raj Kapoor.

He also dedicated the movie to Bombay, the city which gave direction to his dreams





Conclusion

Friendship is undeniably important for your mental and emotional well-being

With a solid support network in place, you can meet just about any challenge life throws at you

we could count on these people for a reason and they will never fail in their responsibilities as friends

you can enjoy everything so much more when you're surrounded by companions who appreciate you and truly "get" you.

We don't have to impress anyone to become their friend and there is no recruitment process to select a friend.

It's just a bond that happens between people who are willing to be at each other's side for the rest of their life.

Friendship is undeniably important for your mental and emotional well-being

Friendship is the act of selfless love!!



Sources

- › <https://en.wikipedia.org/wiki/Friendship>
- › <https://www.liveabout.com/why-friendship-is-important-1385655>
- › <https://www.indiacelebrating.com/essay/essay-on-importance-of-friends-in-our-life/>
- › <https://www.psychologytoday.com/us/blog/fulfillment-any-age/201303/fifteen-reasons-we-need-friends>
- › <https://www.psychologytoday.com/intl/blog/in-flux/201605/the-importance-friends>
- › <https://ie.reachout.com/inform-yourself/family-and-friends/friendships/what-is-friendship/>
- › <https://byrslf.co/what-is-friendship-f4a418b56258>
- › <https://www.allaboutgod.com/true-friendship.htm>
- › <https://www.psychologytoday.com/us/blog/bottoms/201610/7-traits-true-friendship>
- › https://en.wikipedia.org/wiki/Friendship_Day
- › <https://www.indiatoday.in/education-today/gk-current-affairs/story/friendship-day-facts-285908-2015-08-01>
- › <https://psiloveyou.xyz/best-of-all-the-relationships-friendship-c9ea4defa9af>
- › <https://www.difference.wiki/friendship-vs-relationship/>
- › <http://www.thelawofattraction.com/essential-qualities-good-friend/>
- › https://www.huffingtonpost.com/2014/09/04/qualities-of-real-friends_n_5709821.html



ONE OF THE MOST BEAUTIFUL QUALITIES OF
TRUE FRIENDSHIP IS TO UNDERSTAND
AND TO BE UNDERSTOOD

LUCIUS ANNAEUS SENECA





Thank You!!!!!!