



DEPARTMENT OF PSYCHOLOGY- NEWSLETTER

OCTOBER '21



HOD'S NOTE

Cherish the being

We are most often told what we "need to do", "should do" as tasks and targets. As crucial as it to achieve goals and accomplish desires, are we truly fulfilled by them? Or have we accepted it one among the several normalcies, thereby minimizing the greater potential?

The child like joy from building sand castles is long lost as adults, building a million essentials and still not feeling truly joyous.

We want more. We run in different directions to quench the thirst, like it is never attainable. Let us stop and reflect.

What is a real accomplishment, if it is set by another?

What is truly a success, if we can't enjoy it? Here is the probable gap

Until we celebrate the core of our existence, what appears grand on the outside never truly reaches our soul. Celebrate another just the way they are and watch them bloom inevitably and beautifully in a hundred million ways. Disregard the value of the self and you will see huge accomplishments that are seemingly great on the outside, not seeping anywhere beyond the surface.

It is time we attune ourselves to the hidden truth: *We are the potential that we are in search of!*

Let us look beyond the illusion, embrace ourselves at our core being and enjoy growth to it's true essence. *Undeniably and powerfully, it all begins from the self.*

- Sangeetha Dilipkumar
Head of the Department (PG)

OUR TEAM



- Ms. Sangeetha Dilipkumar- Head of the Department (PG)
- Ms. Abidha Anwar- Assistant Professor
- Ms. R. Abirami- Assistant Professor
- Ms. R. Anindhitha- Assistant Professor
- Ms. G. Gaayathree- Assistant Professor
- Ms. V.S. Janani- Assistant Professor
- Ms. T. Pavithra- Assistant Professor
- Ms. Rofia Ramesh- Assistant Professor
- Ms. S. Sowmya- Assistant Professor
- Ms. B. Anuradha- Lab Assistant
- Ms. Keziah Verghese- Student Counsellor



AWARENESS COLUMN



WHO estimates that the burden of mental health problems in India is 2443 disability-adjusted life years (DALYs) per 100 00 population; the age-adjusted suicide rate per 100 000 population is 21.1.

The Mental Health Policy, 2014 upholds a participatory and rights-based approach for quality service provisions.

The Mental Healthcare Act, 2017 provides the legal framework for providing services to protect, promote and fulfil the rights of people with mental illnesses.

The National Mental Health Programme and Health and Wellness Centres are efforts to provide quality care at the primary health care level. Deaddiction centres and rehabilitation services are also available.

WORLD HEALTH ASSEMBLY - 2021



“ In recent years, there has been increasing acknowledgement of the important role mental health plays in achieving global development goals, as illustrated by the inclusion of mental health in the Sustainable Development Goals.

Depression is one of the leading causes of disability. Suicide is the second leading cause of death among 15-29-year-olds. Despite progress in some countries, people with mental health conditions often experience severe human rights violations, discrimination, and stigma.

Increased investment is required on all fronts: for mental health awareness to increase understanding and reduce stigma; for efforts to increase access to quality mental health care and effective treatments; and for research to identify new treatments and improve existing treatments for all mental disorders. (WHO)

“The most important aspect to be taken into consideration is that inequality happens knowingly or unknowingly. The public health system is failing to address the issue due to inadequate research. It is expected to protect the vulnerable groups, especially the poor and marginalised people, by addressing the inequalities induced due to societal conditions”, Neuropsychologist Dr. Shraddha Jadhav-Vakil (TOI)



ACCEPTANCE

Can this be the panacea - for the inequalities of the world? We live in a world full of highs and lows, ups and downs and the grey areas in between. How do we survive in such incongruity? We can be in denial, like the eternal ostrich, or learn to accept that such irregularities are a part of 'being' and move on. With acceptance comes the motivation to try and narrow this gap.

Acceptance is not to be confused with compromise. We accept and motivate ourselves and others towards altering and enhancing situations.

Elaborating on an episode - A young woman working in a brick kiln in a faded saree which had seen better days, her hair contained in a well oiled plait. She had done her plus two in a government school. Family circumstances preclude her from studying further. She married a labourer from the kiln and accepted her situation but she was not demoralized. She kept herself equipped with knowledge by reading, kept her husband away from alcohol and her two children immunized and regular school goers. She campaigns for cleanliness in the hutment she lives in.

Acceptance comes with the realization and perception to improve.

For example, we have to accept that preserving the environment for posterity is necessary and strive to prevent its destruction and contamination for transient needs. We may have to accept that inequalities in education, employment and economic background will exist but it need not stop us from taking steps to alleviate these shortcomings.



Shree Nigila Nataraaj, I BSc



Unmask your Growth
Sonal Bohra, II MSc

CONFINEMENT

With a beautiful mask of perfection,
She stands still for the photograph
Smiling with a perfect face, her sorrow in her
eyes is ignored
She walks away like a model she is seen
But deeper she knows, she is more than that
With lot of expectations from everyone
She pushes herself, and loses herself
She becomes a mannequin to others
Lifeless, she sits still and just wishes to live again

Sadhana K, I BSc



MEN CAN'T CRY

With pain in my heart
I stand there straight
with no one to share
with no one to care
and all I could do was fake a smile
because men can't cry.

With responsibility on my shoulder
I sat there tired
with no one to support
with no one to escort
and all I could do was fake a smile
because men can't cry.

With fear in my eyes
I lie there with lot of lies
with no one to protect
with no one to suspect
and all I could do was fake a smile
because men can't cry.

Deepali Jain, I BSc

Mental Health and India

On the occasion of World Mental Health Day, which is observed annually on October 10, Union health minister Mansukh Mandaviya on Sunday called for an end to stigma associated with mental illness, urging people to show their support for the cause by wearing a green ribbon to create awareness about the issue.

- Hindustan Times Oct 10, 2021

During the lockdown in 2020 on account of pandemic, there were reports of increasing number of anxiety, depression and suicide on account isolation, loss of wages, and seclusion both in the Indian context and globally, say mental health experts.

- TOI Mar 19, 2021

In India, the two disorders rose 35% each in the period, according to a 204-country study published in 'The Lancet'.

TOI Oct 9, 2021



PERSONAL EXPERIENCE

-BY MANASA AND KAVVIYA
II BSC

Covid-19, the pandemic, the virus, the deaths and in the midst of all this, school students excited to have their college experience. We would like to express our experience in first person, something virtual but the closest you can get to a conversation during a pandemic, am I right!?! We are Manasa and Kavviya, two bright, fun and enthusiastic school students who were ready to have the college experience that we were promised by the society. We started talking because we had similar taste in music, to be specific our obsession with a kpop boy band known as BTS. We already know some of our classmates reading the article have left, but for the people who stayed, we purple you. We started talking about body issues, you know normal Gen-Z

conversation. Even though people around us said that we were not fat, it's just the feeling of not being skinny enough.



However we were not about to starve ourselves or do something crazy. We planned to take a healthy approach of balanced meals and YouTube workouts. In order to motivate each other we decided to video call and workout together. We went on an internet witch hunt to figure out which fitness youtuber to follow. We found Chloe Ting, who was our first stop. We promised to religiously follow her workouts, to drink more water and to not snack much which sounds very simple and possible but not when you live in a desi household.

The moment you tell your parents you are on a “diet”, they freak out as if we got B grade on a math exam. Parents usually say something like, “no

you are just a teenager you don't need to worry about that, go eat more!”, but then also expect us to decide what we want to become in the future and ask us what steps we are taking to achieve it. Ironic much.

So have we now finally become the “body goals”, or the “skinny legends” that we aspired to be? Can you all hear the drum roll or is it just us? Just kidding and the answer is NO...we didn't, however we are getting closer to our goals everyday and we feel stronger, healthier and more satisfied with ourselves every time we finish a workout. Also we don't stand by any of those notions. All bodies are beautiful, our bodies helps us to breath, walk, share moments with the people we love, also experience one of the most enjoyable pleasures in life, EAT.

After getting used to working out in video calls, guess what we became closer as humans, like almost like a friendship was being formed. We began to explore other common interests like arts, dancing , singing and even the same kind of humour that our classmates are very much so annoyed of. As wholesome as it sounds, we started Painting, doing karaoke and even learning dance choreographies together, all in video calls. This

article might as well be an advertisement for video calls at this point! Just kidding. I can't imagine how things would have worked out in the pandemic without virtual human interaction. So now that we have tired you out with our romantic friendship story, we will take leave. Not for long since will meet us on the campus.



மன ஆரோக்கியம்



நாடகம் நிறைந்து காணப்படும்
இவ்வுலகில்
மேடை கோணல் என்போர்களும்
வாழ்கிறார்கள்;
தான் செய்தது தவறு என்பதை
உணர்வோர்களும் வாழ்ந்து
கொண்டுதான் உள்ளார்கள்!
குறைக் கூறும் உதடுகள்
குரைத்துக் கொண்டு தான் இருக்கும்...
உனது செவிகளில் பாயும் சொற்களை
செவியோடு நிறுத்திக்கொள்;
உனது உள்ளதிற்குள் பாய்த்துக்
கொள்ளாதே!
அது உனது மனதை பாதிப்பதொடு
மட்டுமல்லாமல்,
கிருமியாக உருவெடுக்கும் !!

-அரசகுமாரி.மு
// M.Sc.



Anxiety

Anxiety is a feeling of nervousness, worry, or unease that is a normal human experience. The anxiety may make us feel as if we are suffering ,but we're a lot tougher than this. Deep within our hearts we believe this too. We will overcome this. This will be just another small detail in our story. Let this be a reminder. Whatever it is that is causing all of this stress, all of this anxiety will pass and we all will survive and move on. A bad day is still just a day and tomorrow is a new one. Stay strong. Don't let it hold you down. Don't let it tell you who you are.

- Tisha V, II BSc

In this changing world,
there is no reassuring voice that says;
You're beautiful
when you peer in the water at your reflection.
You have to say it yourself.
While you are there, remind yourself that
Your mind is smart,
Your heart is strong ,
Your emotions are valuable,
Your life is worth living
And your voice needs to be heard.
Be your own magic mirror!

- Sonal Bohra R, II MSc

CHANGING MIND
WITH THE TIDES



HOTLINES: 044 2464 (8AM- 10AM); 91-8376804102 (24/7)

Suicide Prevention

Fortis Stress Helpline

SELF ACCEPTANCE

We all need to look better but how can we possibly look better if we're always inundating ourselves with the worse? We've been programmed to fixate on the negative response of the initial move of the show, not on the accolades of the final move. We don't know how to look better even when we have great results, and that's the question.



Why is social media driving the psychological health situation among teenagers? Strong social media usage may lead to jealousy and questioning of one's self-worth. The problem is that many people are not aware of how much they are actually using social media. It is a very dangerous phenomenon because it can cause depression, anxiety and self-doubt. Process of coping is perhaps normal. I was angry but reluctantly accepted (add "the truth or fact or something") and moved on. Some people I know have fallen onto this angry period for much longer than I would maintain. Others have fallen into this anger and resigned to sorrow and frustration, and more are pretending that the entire situation doesn't exist, so that they continue with their lives.

Accepting yourself the way you are is necessary. Comparing yourself to others is just a way that would make you doubt yourself. Everyone has flaws and no one is perfect. It's not easy, but it is definitely worth it. We all have our own imperfections and weaknesses, but if you accept those things as they are, you can be happy and content with who you are. It's okay to feel sad or upset sometimes, but don't let it stop you from living life. Just accept yourself the way you are and see how beautiful and happy you are.

Eshika Jain, I BSc

“ In a world where schools teach you to color within the lines, Abstract is freedom. ”

Ayisha Begum, II BSc



CELLS.



LIFE.

A PATCH OF COLOURS

I am a patch of colours.
A mixture of this, that and also that;
Yet never the same.
I am deep red on my shoulders,
When the burdens come knocking on my door.
I am the bright yellow on my ribs,
When happiness courses through my heart.
I am a little blue all over,
When insecurities seep in.
I am lilac on my stomach,
When anxiety bubbles and fills me with worries.
I am red on my thighs,
When the anger rages into a storm.
I am a little grey on my head,
When sadness and fear docks on my port;
And the despair starts kicking in.
I am purple on my throat,
When the despair and contempt fills in.
I am orange on my heart and mind,
When the satisfaction oozes out of my hard work.
I am white on my mind,
When the peace and tranquility swims through me.
I am black on my head,
When I am staggering through my path;
Trying to find my way back home.
I am pink on my torso,
When awe and love flocks around me.

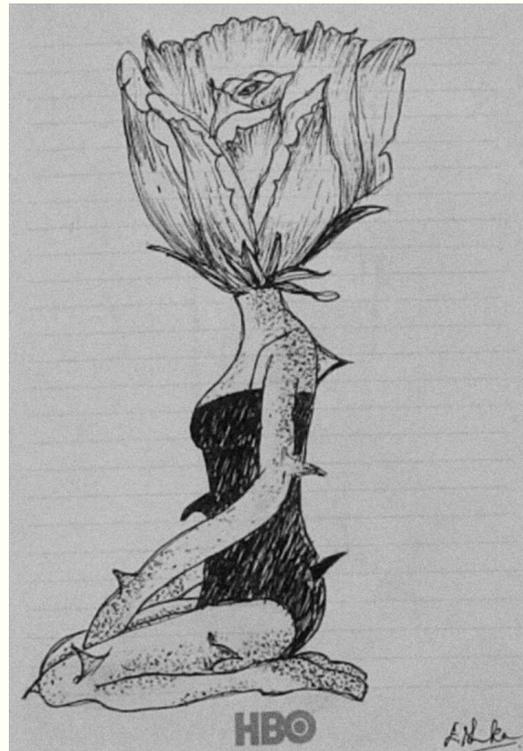
I am a blended pool of colours;
Never letting it stagger away from me,
And forever illustrating my thoughts and feelings.

Himani Jain, I BSc

ARTSCAPE



Take your time healing, as long as
you want
- Madhuryaa Murali, I BSc



Healing wouldn't be easy but
worth it!- Eshika Jain, I BSc

HOTLINES: 044 2464 (8AM- 10AM);

Suicide Prevention

91-8376804102

Fortis Stress Helpline

(24/7)

ITS OKAY TO NOT BE OKAY!

Sometimes it feels like society says **you should always be happy**, and that **showing sadness is a sign of weakness**. This is far from true – if you were to hold in all your sadness or anger you would bottle it up and explode. We all have good and bad days.

No one can be perfectly happy all the time, that is not being human.

One day you can feel that you are on the top of the world, the next you can be down.

For those who are struggling with mental illness or grief, dealing with this pressure to always be happy can be immensely challenging, as a lot of days they feel low. Sometimes when we are feeling down, we put a mask on, to hide ourselves from the darkness that lies behind the smile. Getting out of bed can be a major task by itself. With depression at times there is no apparent reason for why you are feeling this way. When it feels as though a cloud is hanging over our head, those are the days when we push people away the most and want to feel alone. We do this because it is easier to suppress and move on . But getting through your problems and ignoring your problems are two completely different things.



Whether that is by talking to someone about what is going on, finding answers to what is causing that emotion, or using coping mechanisms such as drawing, yoga, mindfulness, and so many other healthy ideas, there are ways to help you get through the bad days. *It's okay to feel down.* Remember **you are not alone** and you are not bothering others: Everyone in life has problems. That doesn't mean you are adding to another person's own problems if you share how you are feeling. You are not a burden. When you share your problems to a person you feel the weight of what was bothering you to have come down. It makes you feel relieved. Always look on the bright side of any situation. It always helps you to move on without any worries.

The journey of life is filled with ups and downs, which is what shapes us into the people we are. When you're having a bad day or a good day, remember that people do care about you, you are here for a reason, and the world would not be the same without you.

YOU MATTER !!!



Abinaya S, II BSc



SOCIAL EMOTIONAL TRAINING PROGRAM- SEL



August 2021

The Department of Psychology came together in the month of August and launched a program, Social Emotional Learning - a research based 30- hour training program. Topics ranging from emotional self awareness, healthy expression of emotions, emotional regulation, boundaries, empathy, goal settings, etc. were covered.

It was an engaging program that included included meditations and lots of fun activities.

The training focused on how to respond to one's emotions and how to accept them without being discouraged. It emphasized on how the emotions were a channel for one's mind and body to communicate. It also taught the importance of interpersonal skills and self- acceptance. The final session was self- reflective and an interacting session with the mentors. The students were divided into groups for effective interaction and all the mentors were encouraging and supportive throughout.

On the whole, the training helped the students to understand how responding and reacting are two different things and taught them to search for the root cause of their emotional outburst. It helped them to learn how to be empathic and how to set boundaries for one self.

Students from other departments such as Commerce, Maths, Computer Science and Visual Communication also benefitted from the program.



The program

- Module 1: Emotional self awareness
- Module 2: Healthy Expression of Emotion
- Module 3: Emotional Regulation
- Module 4: Boundaries
- Module 5: Empathy
- Module 6: Goal Setting and emotions
- Module 7: Building toolkit

Department of psychology,
Shri Shankarlal Sundarbai Shasun Jain College

DEPARTMENT ACTIVITIES

PSYFEST is the annual department inter-collegiate event celebrating and creating awareness about Psychology. PsyFest'21 happened virtually on 6th March 2021, Saturday. The theme for this year was 'SERENITY'. We had 5 offline events and 4 online events. The events were Brainiac (Quiz), Synapse (connexions), Psychic lifeline (Shipwreck), unmute (open Mic), Wall Painting, Gold out of old, Meme 'O' Mania, Mono Acting and Photography. It was a high energy virtual event with lots of splendid performances from participants of various colleges.



Sports Day- Our department bagged the overall championship trophy. The winners are:

1. C.H. Manisha- Best outgoing sports person award - Cricket
2. Samtha- Sportive speech (1st place)
3. Manasa Ganesh, Kavviya Sai T, Sadhana N and Preetha M - Aerobics (1st place)
4. Harshini B, Sarvamangala P.S. , Swetha S and Vaishnavi Nathan- "Sing your thoughts" (2nd place)
5. Neha Jain- Let's get fit challenge (2nd place)
6. Sunandha.C and B.Subasree- Drawing (2nd place)
7. Abinaya R, Abinaya S, V.Varsha Lakshmi and Diti Mutha- Yoga (3rd place).

Mental Health Week was held between 11th to 15th of October on the theme "mental health in an unequal world". The inauguration was held offline and rest of the events were held online as well as offline. The online events included block and tackle , voice of nations, slam poetry. The offline events included photo narration, poster making, logo designing. The program also included workshops by resource person everyday. The event organised was open to all the psychology students and some to any stream. The knowledge shared by them were inspiring and insightful. All the students and faculty gained valuable learnings .



DEPARTMENT ACTIVITIES

International Faculty Development Program (IFDP) was held between 20th to 26th of March, 2021. The program included webinars on six different types of alternate healing therapies. Tai Chi, Vinyasa flow Yoga, Bach Flower therapy, Reiki, lifestyle Medicine and Crystal Healing were the topics covered during the 6 day program. Experts from respective fields were invited to do the webinar. The knowledge shared by them were enriching and insightful. Both the teaching faculty and students gained valuable knowledge on the topics mentioned.



The **Counseling Cell- Sukhada** has made its soul purpose to provide assistance and help students who might be in need and to promote the mental health of the institution. The counseling cell offers a safe place for the students to talk about their mental health issue through individual and group sessions. The counseling cell also conducts awareness program to understand the various issues faced by the students and ways to manage them.



Editorial Team

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Faculty Editors: Gaayathree G & Abidha Anwar