

# MIND FIGENT

*...A discoveri*

#September 2021



# CONTENTS

Glimpse

Page No.

1

Smile: Rhetoric or Worth it?

3

Breaking the Stigma

5

#Sensitive September

6



# Glimpse

The Student Wellness Cell organized its first session under the flagship initiative, 'MindFicient Series'. The session was graced by the active participation of students and staff of Woxsen in assessing their stress levels and ways to manage stress. Dr. Nesmita Das focused on the difficulties the students of this generation are facing against the pandemic situation and how they can overcome the challenges and build 'academic resilience'. She prominently focused on staying organized with micro-level details and changes that could be implemented such as, monotasking instead of multitasking, trading strategies for new ones, setting a schedule, etc. resulting in effective management of the day. It has greatly motivated the students to take ownership of their mental health.



The Community Service Volunteers have completed their role induction program, training on Basic Counselling Skills & identifying mental health concerns. It provided them with a comprehensive understanding of their roles & responsibilities and practical knowledge about effectively conducting a peer counseling session.

Ms. Shahnaz Rahman conducted the first induction program for the students of the School of Business and showcased all the initiatives being driven by the cell. The session was well appreciated and acknowledged by various stakeholders.



# Smile: Rhetoric or Worth it?

10th September: A day when every one of us should take a pause, look within and around, be grateful for the great life and make others feel the same. Wondering WHY? Because 10th September is World Suicide Prevention Day. The day when every one of us should tell each other that I am there for you, we are here to listen, I'm here to help, you're not alone. This doesn't mean we only have to look out for each other only on this day nor it is restricted to a certain time but embracing this day can metaphorically blossom a flower. You get it right? Yes, we never know who is going through what, unless and until mental health is not been spoken as freely as physical health, we all should always stand strong for each other, observe each other, know each other, and speak up about the things that are annoying us. Smile, be kind, and be good-hearted without passing any comments and being judgemental.



What's in a SMILE? A simple smile cannot mean much to you or me, but it can mean a lot to the one going through various mental health problems. It can be the first step towards a life that once thought or who still feels there's no other side for the tunnel and couldn't understand how beautiful it is. Negativity, stress, depression, suicidal thoughts, are complex albeit no one knows what works to stop another tragedy adding to the 800,000 suicides and 10 million attempted suicides a year.

But we for sure know that certain actions can make a difference if we are in this together. If we put these actions at a place, then, believe me, this can have a better or great leap in preventing suicides.



## | Smile: Rhetoric or Worth it?

\*Taking small steps through community support to counter the isolated feeling often felt by some.

\* Rather than believing in social media as the ultimate truth, remembering the proverb that “The grass is always greener on the other side”.

\*Being responsible, and turning up with sensitive media portrayals to help the once in need understand that others have also gone and managed through tough situations.

\*Creating local education to bring awareness in the society and restricting the means of suicide by stopping people at critical moments.

Through research, all these actions are proven to work.

No one alone but we together can bring a huge change. By stepping closer we can understand who needs help. By stepping closer we can encourage those with suicidal thoughts to reach out, by stepping one more inch closer we can support those in need by sitting in their pain. Every step closer to the one in need can connect them to life and the help they were desperately in need of. Sometimes some steps are big while sometimes all it takes is a SMILE.

“Try and make someone feel better, indeed it will make you feel better too!”

**-Diksha Rathod**

Community Service Volunteer,  
MBA BA AI ML\_ 2022- Woxsen University

# Breaking the Stigma

To start with, I used to be one of those people who tag the people who are visiting the psychiatrist as mental or a person having some mental issues until the day, I was destined to visit the clinic. Life comes with surprises every day and some might blow us away. Teenage, people term it as the most happening phase turned out to be a big surprise in my life and was bitter enough to lead me to a psychiatrist. I was so stubborn to accept the mean world. I was not ready to survive in a world where rumors and gossips are a part of one's daily life. I was affected to a great extent

because of such rumors and I thought I won't be able to survive such comments that people were throwing at me. One day I decided to end this and the foolish me decided to put a full stop to this life because I was not ready to face this mean world, fortunately, was saved by the family and all this lead me to a place that showed me a different way I should look at the world. I would like to share the suggestions I received from my psychiatrist and self-learning which I will cherish forever:

- If you can't accept few things in your life, treat them as that one unwanted guest to your birthday party. Ignore.
- Be a barrier for rumors, before you share something think if the egg belongs to your basket or not. Not always what you hear and see are facts.
- Communicate your feelings, have someone who can listen to all your stories. Share the load, you will feel better.
- Find happiness in little things, having a big happy checklist like going to Goa with your gang is good but finding happiness in little things will change your perception about happiness. Talk to a kid or water a plant daily you will see a change for sure.
- Be an optimist, even a broken star is believed to bring our dreams to come true.
- Learn to say no and stand for yourself, don't let anyone decide for you. Do things you love to do and live for your dreams.
- Take ME time daily, ask yourself, talk to yourself, console yourself, love yourself, take good care of your soul.
- Never ignore someone who is in need, listen as much as you talk. You never know who needs someone to listen when they have so much to say.

Yes, people treated me as a person having some mental problems after they came to know about my visits to a psychiatrist but that doesn't affect me anymore. Life always comes with surprises, but I am ready to receive every surprise with a warming smile.

-Anonymous

#MonthlyWellnessChallenge



#SensitiveSeptember

Sensitivity is often equated to weakness. We are taught 'don't be so sensitive as if it's a bad thing to be. However, sensitivity allows us to be compassionate, empathetic and feel things more deeply. In this monthly wellness challenge, we would like to ask you about your views on being sensitive?

***Submit your thoughts before 20<sup>th</sup> September 2021.***



[www.woxsen.edu.in](http://www.woxsen.edu.in) | call us at +91 7075962113  
[student.wellness@woxsen.edu.in](mailto:student.wellness@woxsen.edu.in)