

MIND FIGENT

...A discover*i*

Issue #19



A GLOBAL PRIORITY!

MENTAL HEALTH

MAKE



Table of Contents

- 1 Glimpse
- 2 Why is it important to prioritise Mental Health in a global scenario?
- 3 Mental Health – A continuous process
- 4 A Candid Conversation
- 5 Did you Know?
- 6 Therapy Stories
- 7 Creators Page

Glimpse

The Student Wellness Cell has successfully conducted Orientation Program for the new batch of UG & PG students at Woxsen University. The sessions focused on the importance of taking care of one's mental health and wellbeing, reducing the stigma around seeking help and highlighting the various initiatives that the Cell has undertaken to support the students' psychological needs.



The Student Wellness Cell organized its fourth human library event which was graced by the active participation of students & staff of Woxsen. The session was inaugurated by a welcome address by Dr Krishna Chalam, Vice-Chancellor, Woxsen University who focused on the importance of these initiatives and shared an inspiring story with the audience gathered. The human books shared some remarkable stories during the event and inspired many to come forward and share their journeys as well. We look forward more of these events.



Why is it important to prioritise Mental Health in a global scenario?

Did you know? WHO has estimated that 5% of adults suffer from depression globally. Some may think Why make "Mental Health" a global priority? (Let this article be an answer to this question)

Mental health is an important issue which must be prioritised in everyone's life. It's not just about an individual's mental well-being, it is also about the affects it can have on various other health aspects.

In recent times, a lot has happened around the globe. And as we observe, not only has the pandemic affected every individual, but other tragedies like the Russia-Ukraine war, famine, economic crisis in Syria, Conflicts in Myanmar, and so on have had a significant impact on people's mental health.

Additionally, around 1 in 7 of the world's adolescents have a mental disorder. By looking at the facts, it is evident how living with poor mental health can interfere with our daily lives. Many people lack the freedom to talk openly about their mental health, and to ask for the assistance they require. Some people worry about being criticised, others worry about

being shut out of organisations/ friend groups or denied chances. By making mental health a top priority on a worldwide will aid in tackling these issues.

Another drawback is that some people might not receive the assistance they require to recover. Millions of individuals may improve and live better lives if mental health becomes a worldwide priority and they receive the necessary assistance. This will help people be more open, it will give them the courage they need to stand and talk for themselves, and receive the help they need.

When we consider Government's role, they should prioritise raising awareness, providing enough funds, and improving the health support system and also by assisting the public by providing opportunities and essential resources that could be of help.

Making mental health a global priority is important because it can benefit people and give them the power to fight and survive in a variety of settings, including businesses, schools, colleges, and other educational institutions. Making it a priority and creating networks of support can help individuals manage it.

- **Sri Harshi Singiri**
B. Com - 2024
Content Writer | SWC



Mental Health - A continuous process

As reflected by the inclusion of the mental health spectrum in the Sustainable Development Goals, under the good health and well-being goal, there has been growing recognition of the crucial role mental health plays in achieving the global development goals in recent years. But is it enough?

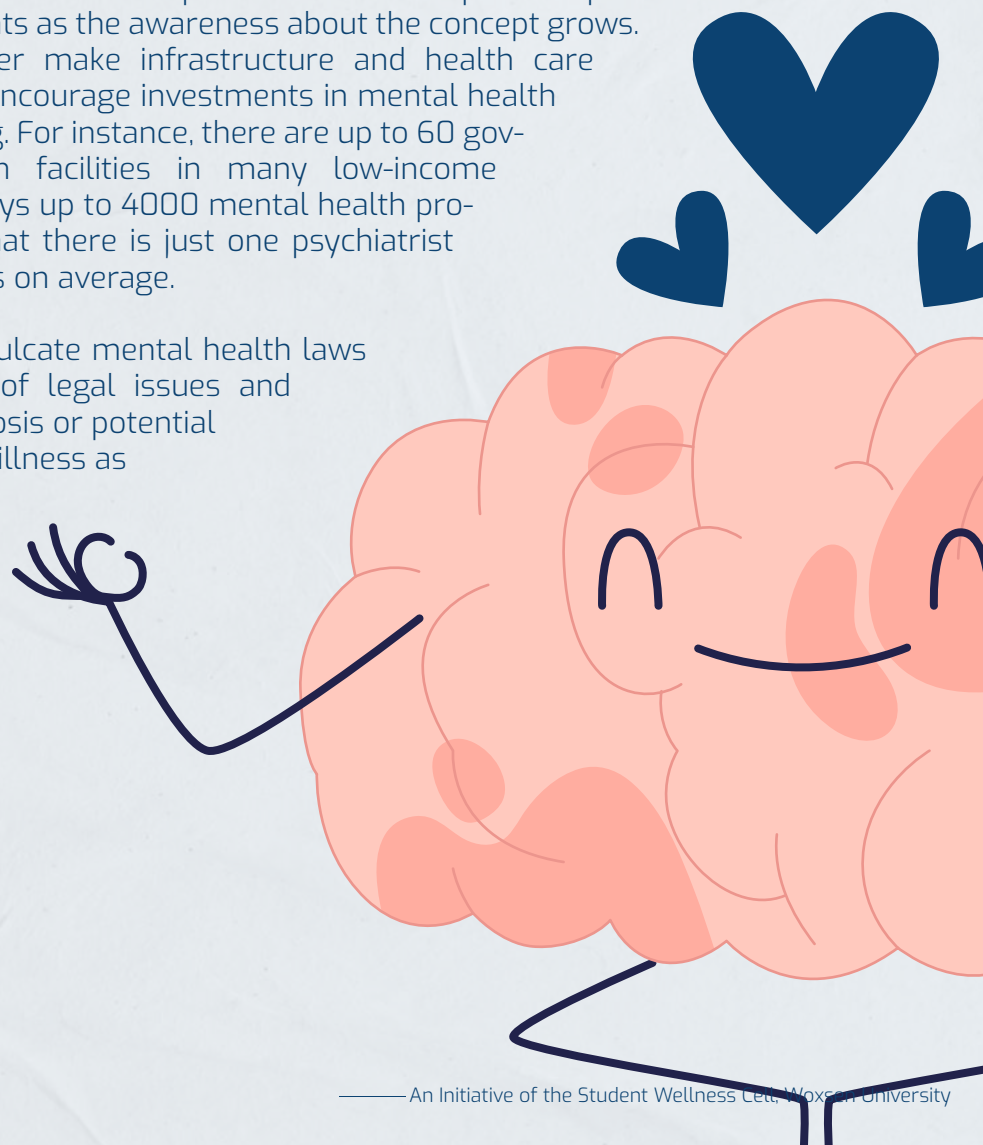
The primary objective of this year's World Mental Health Day theme is to emphasize on the importance of making mental health a global priority on a worldwide scale. However, the crucial question is: how can we make it more accessible?

Accessibility is not just for those who understand how important mental health is. Accessibility begins with raising awareness and de-stigmatizing the idea of mental health as a whole, particularly in low-income nations.

To lessen the impact that these problems have on people, especially teens who make up the core of a society, it is essential to start educating children at a young age to recognise mental health difficulties early on and reach out for help.

There must be sufficient infrastructure in place to meet each person's particular mental health requirements as the awareness about the concept grows. The government must either make infrastructure and health care investments themselves or encourage investments in mental health infrastructure by incentivizing. For instance, there are up to 60 government-run mental health facilities in many low-income nations, each of which employs up to 4000 mental health professionals. Statistics show that there is just one psychiatrist for every 400,000 individuals on average.

The judicial system must inculcate mental health laws which cover a wide range of legal issues and applies to those with a diagnosis or potential diagnosis of a mental health illness as

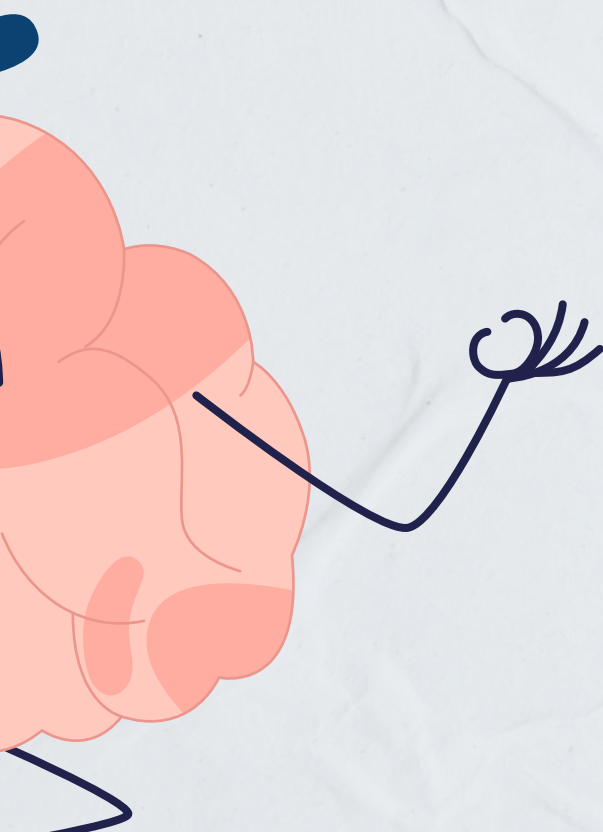


well as those engaged in managing or treating such people and must incorporate strict corporate mental health regulations.

Specific groups, like women and people living in poverty, are heavily impacted by mental health issues all around the world. The same goes for refugees and asylum seekers, who have a five-fold higher rate of mental health problems than the normal population. War-inflicted countries and the citizens of it go through. More than 61% of refugees will have a breakdown or mental health crisis.

This highlights yet another significant characteristic of all mental illnesses: just like physical health, mental health is impacted by a variety of social, political, and economic circumstances. Low levels of education, unemployment or unstable work, discrimination, and violence are a few of these.

All of these indicate that in addition to physical health, mental health must be prioritised. Every global citizen must choose to contribute in their own way because mental health is an ongoing process, not a destination to be reached.



- Anika Raj
BBA - 2023
Community Service Volunteer | SWC

A Candid Conversation

"To make mental health a global priority, we will have to change the mindsets quite a bit. Unfortunately, since the mental health & well-being sector is not identified as hugely profitable and organizations and individuals do not attach many benefits to it. However recently during the Olympics, we witnessed how mental health plays a major role in overall functioning even in athletes."

"It is important to remember that happiness is luxury but satisfaction is a moral obligation, so it's significant that we derive it from our daily activities."



A short snippet from the candid conversation shared between Dr. Raul V Rodriguez, Vice President - and Anika Raj, BBA 2023, Community Service Volunteer.

Did you Know?

Anxiety and depression cost the world economy roughly US\$1 trillion in lost productivity each year. Around 1 in 7 people in the workforce worldwide have a mental illness. This is more common in low-income nations. Yet, there is only one mental health practitioner for every 100,000 people.



Therapy Stories

"I am generally a reserved person unless the other person makes the move to talk with me I am generally not the one to talk to people. Since childhood I've had difficulties talking with people and interacting with them. Because of the lockdown my interactions with people were less to the level that communicating with strangers like a talking on the phone with a delivery guy and communicating about address with a cab driver was really hard for me.

After coming to Woxsen and taking architecture it was really hard for me to communicate with my teachers, classmates about the problems I was facing. The most important thing about architecture was communication but I was facing problems with that. My self-esteem levels were really low even after getting one of the highest marks in the whole grade.

After I've got to know about Student Wellness Cell and Shahnaz Mam. I wanted to go to counselling sessions but communicating with mam was difficult for me because of the fear of judgement and the difficulties I've been facing with communicating. But Shahnaz mam had started taking individual sessions for every student in our class I felt very lucky to have the chance for counselling.

The therapy sessions with mam went very well and she understood the difficulties I was facing and tried to boost my confidence levels and by communicating with her I've felt safe and secure. In the therapy I felt like there was nobody to judge me but there was somebody to understand me and somebody with whom I can share my worries with. By taking counselling sessions I was able to communicate with people with less difficulty than before and I started feeling less nervous while giving any presentations in the class.

From the place where I had difficulty in normal conversations I've reached to a place where I can give presentation to a whole crowd without stopping in middle because of nervousness or fear. I've also got to make many friends and communicate easily with anyone. It's all thanks to the therapy sessions I've had with Shahnaz Mam. After all going

to therapy sessions isn't necessarily a bad thing as everybody assumes it to be. It is just a place where you come out of your little shell and share your thoughts and worries without the fear of being judged by anybody. If seeking help could make your life easier than it is best to choose to receive help without second thought."



- A student from
School of Architecture & Planning,
Woxsen University

Creators Page



Chief Editor

Shahnaz Rahman
Head - Student Wellness Cell



Student Editorial Team

Anika Raj
(BBA 2023)



K S SriKumar
(B.Tech 2024)



Samhitha Reddy Gopidi
(B.Arch 2025)



Photography team

Lokesh
Head - Creatives Team



Vamsi K
Photographer



Designed by

Mahesh Chari. A
Creative Design Strategest