

introducing

MIND FIGENT

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WU
WOXSEN
UNIVERSITY



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Preface

MindFicent is a monthly in-house magazine initiated by the Student Wellness Cell at Woxsen. It will promote & raise awareness on mental health and wellness across the community. MindFicent will provide a platform for students, faculties and guests to be a part of the journey by regularly sending their work for the #monthlywellnesschallenge

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Student Wellness Cell



“Wellness is the active pursuit of activities, choices and lifestyles that lead to a state of holistic health”

-As defined by The Global Wellness Institute

University life brings in a lot of changes in a student's life. On one spectrum we have students who have just finished their school and embraced a new journey and on the other hand we have students who are ready to graduate and start their life as professionals. Even after years of graduating, a lot of individuals still fondly remember their university life and often describe it as their golden days. Have you ever thought what makes the university life so special? For some, it's the taste of freedom, for others it's the campus life and culture, co-curricular activities, sports, friendships, relationships and taking critical decisions. University can be a source of equal enjoyment and stress in a student's life. Much of the stress comes directly from balancing relationships, academic work, career worries and personal issues

To find a balance and help students cope with the challenges, Woxsen University has introduced Student Wellness Cell on campus.



The cell provides individual & group counselling sessions, workshops and group discussions to help students with their academic, interpersonal and emotional needs. The student wellness cell is devoted to work towards holistic development and raise the wellness quotient along the journey.



KNOW YOUR COUNSELLOR

Ms. Shahnaz Rahman is a registered Rehabilitation Psychologist with RCI (Rehabilitation Council of India) and is a practicing counsellor for the last 3.5 years. She has completed her Bachelor in Psychology from Gokhale Memorial Girls College, PG Diploma in Rehabilitation Psychology from University of Calcutta and Master in Psychological Counselling from Assam Don Bosco University. She started her career as a School Counsellor at Gems Akademia International School in Kolkata & then shifted to digital counselling with brands like Cure.Fit & HealthifyMe. She is very passionate about mental health & well-being and wants people to actively talk and raise awareness about it. She wants to be a supportive hand to all the students of Woxsen.



GLIMPSE



1

Faculty Training
on student mental Health:
Early Identification
& Intervention



2

Student of School
of Arts & Design
attending workshop on
positive Psychology:
Gratitude towards life

STUDENT TESTIMONIALS

“

You've changed the way I think and I'll always be grateful for

”

“

The workshop made me look at the wider perspective of life and to look differently to things I don't really appreciate.

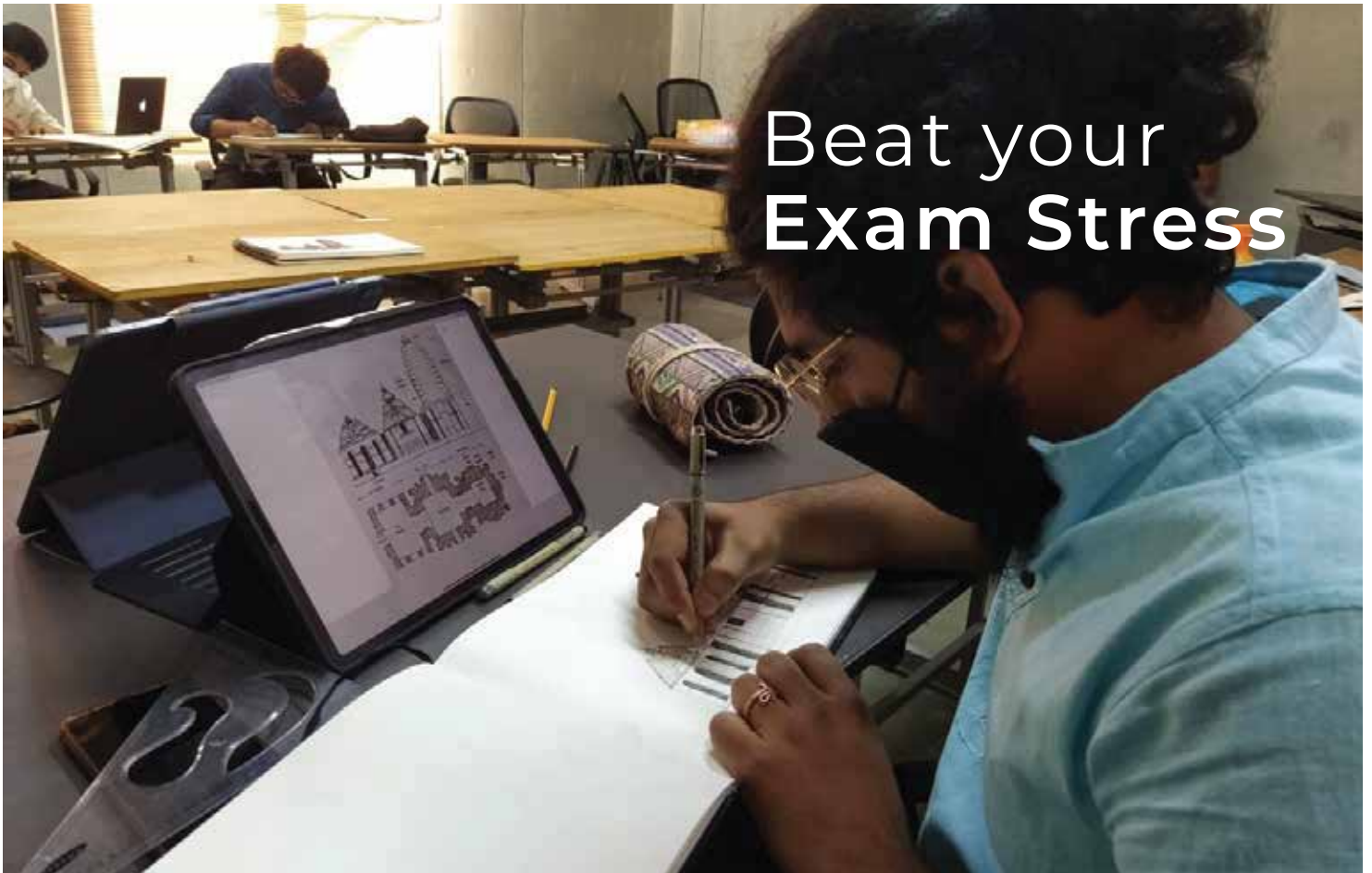
”

“

I feel the sessions were self-reflective in nature and I was able to find solutions to my problems within myself. Also, the intervention by my counsellor was very reassuring and I felt relaxed all along. I can say that I am more at peace now compared to before counselling.

”





Beat your Exam Stress

It is quite normal to feel a bit worried and anxious when exams are just around the corner. However, with the help of these 10 tips you can keep your stress away and give your best.

1. Have a schedule: To begin with, create a daily time-table for yourself so that you know what to study and when.

2. Set realistic goals: It is important to know how much you are capable to achieve in a particular day or week. Set goals accordingly.

3. Start with subjects that you like: To keep sustaining your motivation, always start preparing with subjects that you like the most.

4. Find the most productive hour: Whether you are a day person or a night person, be mindful about utilizing those hours productively in learning a difficult lesson or revising something already learnt previously.

5. Monitor your breaks: Often times we tend to lose our focus in studies when we take breaks which are too long.

6. Be mindful about social media engagement: The biggest distraction we face today is scrolling endlessly without any real purpose. Fix a particular hour in a day when you will indulge in social media.

7. Don't compare with others: Every individual learns differently. Believing in your own preparation will help in reducing anxiousness.

8. Get proper rest: While preparing for exams, it is crucial to pamper your mind & body to function optimally. Make it a point to sleep at least 6-7 hours every day.

9. Reach out to friends and family for support: If you are struggling, reach out to trusted people who can offer you a listening ear, provide motivation and lend their support to help you cope with the stress.

10. Seek professional help: If you are finding it difficult to cope with your exam stress, have trouble in concentrating and getting proper sleep and have significant changes in your mood, then it might be an indicator that your mental health is getting affected. Talk to a mental health professional to get appropriate guidance and support.

SHAHNAZ RAHMAN
PSYCHOLOGY COUNSELLOR
STUDENT WELLNESS CELL- WOXSSEN UNIVERSITY

DID YOU KNOW?

Pomodoro technique is an effective way of managing time by breaking down work into intervals, each interval of time spent working is known as Pomodoro. A pomodoro is generally for 25 minutes followed by a 5 minute break. After four pomodoro, a longer break of 15-30 mins can be taken. This technique was developed in late 1980s by Francesco Cirillo.



The Pomodoro Technique

Pomodoro is the Italian word for tomato. The inventor named the technique after a tomato-shaped timer he used to track his work.

1.
Identify task



2.
Set timer
for 25 minutes



3.
Work on task
(with no distractions)



4.
End work when
timer rings and
mark task as done



5.
Take a 5 minute
break, then move
on to next task



6.
After four sprints,
take a longer break
(15-30 minutes), then start again



Pomodoro 1

Pomodoro 2

Pomodoro 3

Pomodoro 4

Break :)



#Affectionate April

#MonthlyWellnessChallenge

*Take the monthly wellness challenge and be a part of the wellness drive.
For this month, let's inculcate the power of affection.*

*Each day do something little extra for yourself and your
loved ones which reflects affection.*

*Let it be as simple as patting on your back or telling someone
why you love them.*

*Tell us what all you did and what impact it had on you & others?
Send us your entries in the form of write-up, poem, photo, drawing or any
other creative ways of expression and get it featured in the May 2021 edition.*

For anonymous entries, submit here:
<https://forms.gle/6jTdYNSr8AGo7fN37>



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