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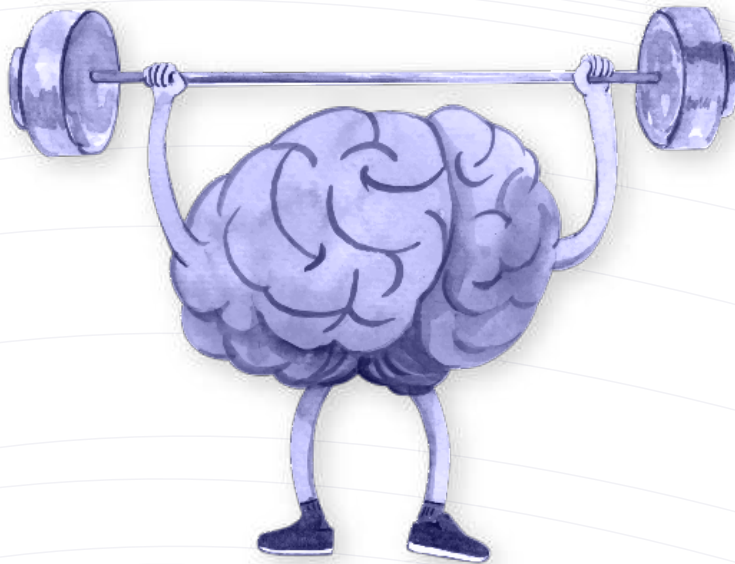


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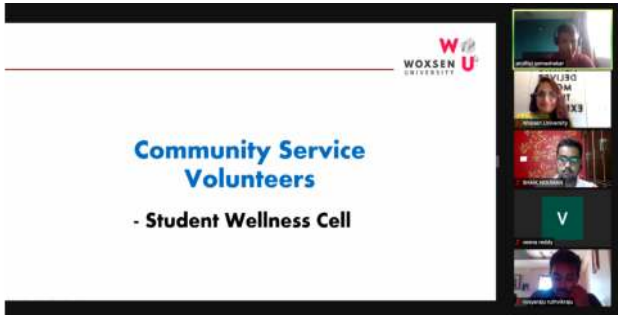
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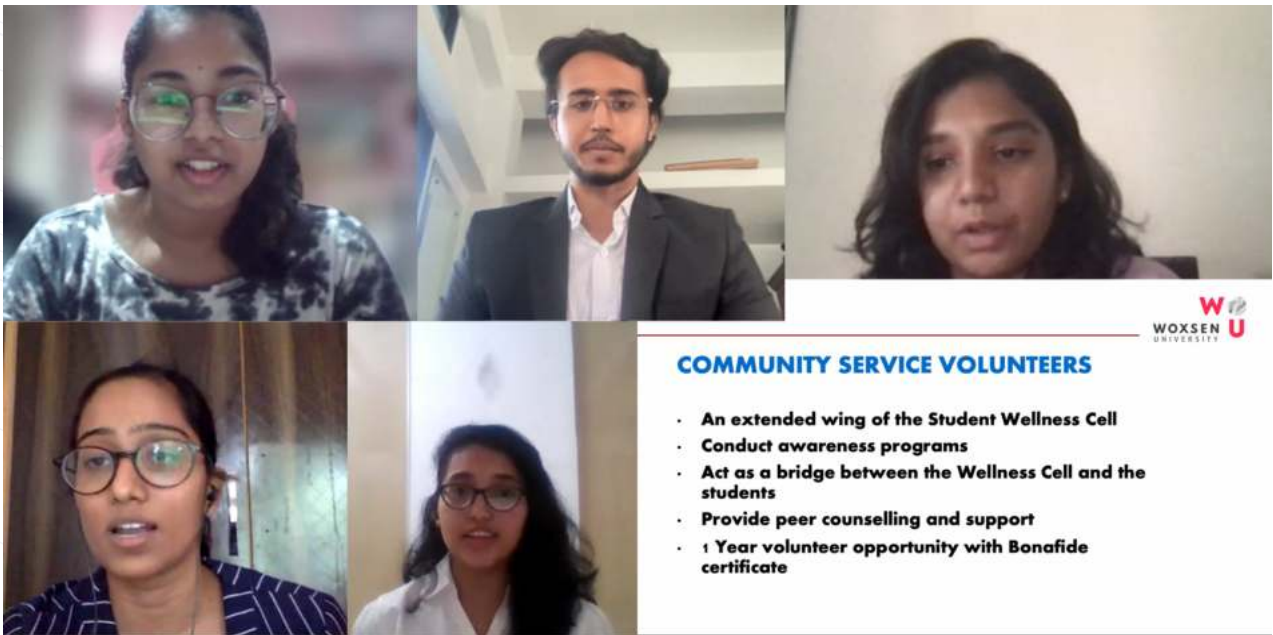
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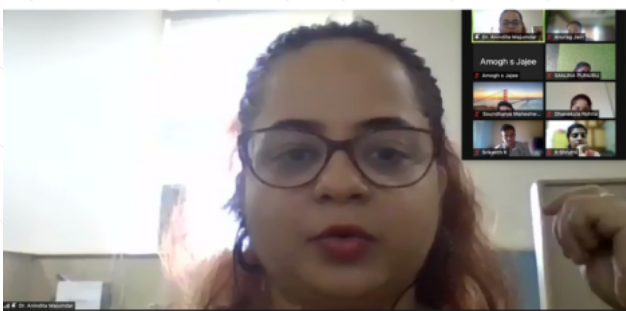
Glimpse



The Community Service Volunteers have conducted a series of induction programs for the Woxsen students and have highlighted the role of volunteers and how they can provide social, emotional & academic support to all.



The Student Wellness Cell held its second session as part of the flagship initiative, the 'MindFicent Series.' The session focused on developing a positive personality amid stress. The session was inaugurated by a welcome address by Samhitha Reddy, (BArch 2025 batch), a community service volunteer. Dr. Anindita highlighted a few important positive personality traits such as compassion, honesty, self-confidence, awareness & attentiveness, and joy. She underlined the significance of adopting a few positive personality traits including introspection and self-acceptance while also discussing the importance of prioritization. The session was enriched by the active participation of 250 plus students.



The session was enjoyed by most students and it has greatly motivated the students. Ms. Diksha Rathod (MBA AI ML 2022 batch), a community service volunteer presented the vote of thanks to the esteemed speaker and the participants.

Student Feedback:

“ Recognizing our abilities and introducing it as an imperative is the thing that I have noted and developed the equivalent ”

“ Content of the session was amazing and helpful ”

“ Acknowledging our skills and presenting it as a requisite is what I have noted personally and would improve on the same ”



Mental Health in an Unequal World

Mental illness is upsetting; it can turn our lives upside down and leave us feeling frustrated and overwhelmed. A person's mental health is determined by the amount of conscious effort they put forth. Well-being is a struggle, and this struggle is amplified when the access to care is inequitable.

The world we see today is highly polarized, with the wealthy becoming even wealthier and the poor becoming even poorer. People frequently regard mental illnesses as "first-world problems," and as a result, mental health is constantly overlooked in lower-income countries. Hence, many people suffering from mental illnesses are unable to receive the treatment to which they are entitled. People in some countries don't even realise they have mental illnesses because of a lack of appropriate education and investment in mental health services by the government.

Every year on **October 10th**, World Mental Health Day is officially observed. The theme for World Mental Health Day, 2021 is **"Mental Health in an Unequal World"**. This year's theme is



sible for highlighting this exact unequal access to mental health services, with 75 to 95 per cent of people with mental disorders in low- and middle-income countries unable to access basic mental health care at all. According to the World Health Organization, over 90 million Indians, or 7.5 per cent of the country's 1.3 billion population who suffer from some form of mental disorders do not receive any kind of treatment. Inclusivity when it comes to health care is very low and mental well-being becomes a struggle for many people.



This year's World Mental Health Day campaign urges everyone out there to act together and emphasise how this inequality can be addressed in mental health care so everyone gets the treatment that they deserve. As responsible members of society, we can significantly contribute to change and address the disparity that exists to access mental health care in India. We can conduct and participate in awareness campaigns, form school/university-based clubs to advocate mental health and wellbeing for children and young adults, help assist in the development of stronger communities that can combat stigma around mental health and address loneliness and social isolation faced by many. Make sure to reach out to those in need of help and help begin to cultivate a sense of belongingness for yourself and others.

Our understanding of mental health is much better than it was a decade ago, we still have a long way to go. To everyone out there, I want you to know, "Mental illness is not a choice, but recovery is." Whatever you're feeling, you're not alone, and you don't have to suffer in silence. Reach out and seek help, always.



Anika Raj

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BBA-20-2023 | Woxsen University



Did You Know?

World Mental Health Day was celebrated for the first time on October 10, 1992. At the beginning, the day had no specific theme other than promoting mental health advocacy and educating the public on general issues. A theme to celebrate the day came in the year 1994 for the first time.



#Optimistic October

#MonthlyWellnessChallenge



This October have an optimistic outlook towards everyday things.

People with high productivity have a habit of writing goals for the day. Write your short-term and long-term goals in ways that will get you in a positive & grateful mindset.

For example - If you have a seminar to conduct, instead of writing "I have to give a seminar," write "I get to give a seminar," which is a more optimistic & grateful way to view your goals.





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