



DEVI AHILYA VISHWAVIDYALAYA, INDORE (M.P.)

Deen Dayal Upadhyay Kaushal Kendra (DDU-KK)



## Assorted Cookies

Vol XIV Issue II, October 2021

“Without mental health there can be no true physical health.” Mental health has become a serious area of concern in 2021. WHO estimates, around 38 million Indians suffer from various anxiety disorders and 56 million Indians from depression. The epidemiology of mental illnesses, specifically, depression has been vastly studied worldwide. Risk factors, relative to developing depressive and anxiety disorders, include bullying victimization, childhood sexual abuse, unhealthy lifestyles, and environmental risk factors which can lead to mental disorders. A survey in 2020 by the **Indian Psychiatry Society (IPS)** found that the cases of mental disorders had increased by 20% since the Covid-19 pandemic lockdowns. The loss of employment, economic impact, isolation, and the rise in alcoholism and domestic violence amidst the pandemic could trigger mental health crisis in India.

**World Mental Health Day** is observed on **10th October** every year, with the objectives of raising awareness of mental health issues around the world. This year's theme is ‘**mental health for all**’ as it comes at a time when the entire world is grapple with the Covid-19 pandemic. The levels of anxiety, fear, isolation, social distancing and emotional distress that is associated with the virus have become widespread as the world fights to bring Covid-19 under control. In India, mental illness is often followed by rejection and unwillingness to seek help from experts. It is revealed in **National Mental Health Survey**, that 9.8 million teenagers in the age group 13-17 years suffer from mental health disorders and are “in need of active intervention”. With keeping this in mind; it's an effort to cover various aspects of mental health here.



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**Mental Health Awareness:** Mental health refers to cognitive, behavioral, and emotional well-being. It is all about how people think, feel, and behave. People sometimes use the term “mental health” to mean the absence of a mental disorder. Factors in people's lives, interpersonal connections, and physical factors can all contribute to mental health disruptions. Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to his or her community. There is no physical test or scan that reliably indicates whether a person has developed a mental illness. However, people should look out for the following as possible signs of a mental health disorder: withdrawing from friends, family, and colleagues, avoiding activities that they would normally enjoy, sleeping too much or too little, eating too much or too little, feeling hopeless. using mood-altering substances, including alcohol and nicotine, more frequently. displaying negative emotions, being confused. Treatments can include: Psychotherapy, or talking therapies, Medication, Self-help etc. **Ms. Akanksha Naneria, B.Voc. (ND) III Sem**

**Mental Health & Time Management:** Nowadays, anxiety, depression and many other disorders related to mental health is mostly affecting the life of an individual. The main reason behind all these mental health disorders is the lack of proper time management. A Proper time management has proven effective as a tool for productivity. Those who excel at time management perform well and have an improved sense of well-being. Time management helps people feel better about their lives because it helps them schedule their day to day around their values and believes, giving them a feeling of self- accomplishment. Time management skills can have an effect on anxiety and stress. To manage our time, we need to schedule our time properly. For this, if we have lot of tasks to complete, we must start by making a list. We need to prioritize our task into urgent versus important, and start spending time on the tasks of higher importance before those that are urgent but less important. Moreover, within our time management we should also give time to our family and friends which will help us in dealing with all these mental stress and will make us feel happy and light. **Ms. Sameena Chakera, B.Voc. (ND) III Sem**

**Mental Health and Stress:** Stress is part of our everyday life. Certain amount of stress is normal. It motivates us to move, go to job and do work, meet deadlines and to be productive. But when stress becomes prolonged it increases the risk of mental health problems such as anxiety, depression and further it leads to insomnia. Mental health is not only important for our emotional health but it's also important for our psychological, and social well-being too. It has impact on, educational outcome, productivity at work, development of positive personal relationships, crime rate and alcohol & drug abuse. It has direct impact on how we think, feel, and act in everyday life. Stress can be understand as: 1. Good Stress 2. Bad Stress. Good stress is when it's Acute, or for a short period of time. It's goes up while the event and comes down. But when it's chronic, or do not falls back it becomes Chronic. And Chronic stress is the root cause of almost every mental health issues. To cope up with it, adapt stress reducing activities. Get professional help if you need. Do some Yoga & pranayama, Meditation, singing, dancing, play any sport whichever you like and connect with nature. Positive mental health gives us a vision to cope with the stressors and make our life better. **Mr. Ankit Saluja, B.Voc. (ND) III Sem**

**Power of Positivity on Mental Health:** “Positive thinking, or an optimistic attitude, is the practice of focusing on the good in any given situation.” People with a positive outlook may be more likely to live a healthy lifestyle since they have a more hopeful view of the future. When you notice a negative thought, try to stop it and shift your focus to the positive. Think rationally about the situation. Your negative thoughts won’t go away overnight. But with practice, you can train yourself to have a more positive outlook. Positive thinking often starts with self-talk. Self-talk is the endless stream of unspoken thoughts that run through your head. One theory is that having a positive outlook enables you to cope better with stressful situations, which reduces the harmful health effects of stress on your body. It’s also thought that positive and optimistic people tend to live healthier lifestyles- they get more physical activity, follow a healthier diet, and don’t smoke or drink alcohol in excess. Health benefits that positive thinking may provide include: Increased life span, Lower rates of depression, Lower levels of distress, Greater resistance to the common cold, Better psychological and physical well-being. *Ms. Ashmeet Kaur, B.Voc. (ND) III Sem*

**Mental Stress Management:** Mental stress is a form of stress that occurs because of how events in once external or internal environment are preserved that results into physiological expression of distress and anxiety. Small amount of mental stress may be desired that is beneficial and even healthy and plays a factor in motivation adaptation and reaction to environment. But excessive amount of mental stress may lead to bodily harm. It can lead to trauma, depression, suicidal thoughts, anxiety and it can affect your day to day goals and the targets of your life. Mental stress is not age specific as it can be seen in any age. It can be due to many reasons like death of a close one, divorce, dismissal from work, health problems, changes in the school/college/workplace, relationship problems and overthinking of future. Mental stress can be start from small level and if not managed can lead to life threatening stage. Mental stress can be controlled easily if the cause is known. Some measures may control mental stress like exercising to reduce stress, turning to a social network, and a break from daily hassles. *Ms. Saloni Azad, B.Voc. (ND) III Sem*

**Stress Management Techniques:** Stress is a silent killer. It is estimated to play a significant role in physical illness and disease. hypertension, heart disease and even cancer are linked to stress. There are some techniques to manage stress:- Deep breathing is used along with muscle relaxation to calm the mind and relax the body. Meditation procedures: The yogic method of meditation consists of a sequence of learned techniques for refocusing of attention that brings about an altered state of consciousness. Creative Visualization: It is an effective technique for dealing with stress. Creative visualization is a subjective experience that uses imagery and Imagination. This reduces the risk of interference from unbidden thoughts and provides the creative energy needed for turning an imagined scene into reality. Exercise: exercise can provide an active outlet for the physiological arousal experienced in response to stress. Swimming, walking, running, cycling, skipping etc. help to reduce stress. One must practice these exercises at least four times a week for 30 minutes at a time. *Ms. Swasti Jain, B.Voc. (ND) III Sem*

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**Stress and Mental Health- What is the impact?:** Stress is something everyone experiences. Despite being unpleasant, stress in itself is not an illness. But there are connections between stress and mental health conditions including depression, anxiety, psychosis etc. **Fight or flight:** This stress response has evolved to keep us safe, as it prepares the body for ‘fight or flight’ when we sense danger. **Long-term stress:** In many cases, the system controlling the stress response is no longer able to return to its normal state. This long-term stress can contribute to both physical and mental illness through effects on the heart, immune and metabolic functions, and hormones acting on the brain. **The biological changes:** Chemicals which signal between nerve cells are released. These include serotonin and adrenaline. Following this, stress hormones are released, which particularly affect areas of the brain key for memory and regulating emotions. **The immune system:** During the stress response, the immune system is activated, helping to keep us safe. But chronic stress and prolonged activation of the immune system could negatively affect how the brain functions. **PTSD:** Post-traumatic Stress Disorder can develop after experience of an extremely traumatic or stressful event. Someone affected may experience vivid flashbacks or nightmares, and uncontrollable thoughts about the event. *Ms. Sadiya Sheikh, B.Voc. (ND) III Sem*

**The Chemistry of Emotions:** The electrons which travel along axon of neurons must convert into a chemical signals. It is function of neurotransmitters and their fluctuating levels cause the activation of different parts of the brain. **Adrenaline:** It increases the flow of blood to muscles, raises heart rate and dilates pupils. It is crucial in fight vs flight survival response. **Noradrenaline:** It increases level of alertness, helping to prime us for action if needed. It also increases blood pressure and widens our air passage. **Dopamine:** This is additive reward chemical for brain. It gives a motivation to seek out the things that needed for survival. **Oxytocin:** This cuddle hormone is essential for making strong social bonds. **Gaba (Gamma-Aminobutyric acid):** Responsible for regulating Muscle tone, also regulates the communication between brain cells. It can calm us down by reducing the rate at which our nervous fire. **Acetylcholine:** It slows heart rate, contracts smooth muscles, dilates blood vessels and increasingly bodily secretions. **Glutamate:** Glutamate is used by cells signals to other cells. **Endorphins:** It inhibits the transmission of pain signals and capable of producing a sense of euphoria. **Serotonin:** It is linked to our wellbeing and happiness and regulates our mood, sleep cycle and digestion. *Ms. Gurnoor Bagga, B.Voc. (ND) III Sem*

**Yoga for Better Mental Health:** With its emphasis on breathing practices and meditation, both of which help calm and center the mind. Yoga also brings mental benefits, such as reduced anxiety and depression. What may be more surprising is that it actually makes your brain work better. When you lift weights, your muscles get stronger and bigger. When you do yoga, your brain cells develop new connections, and changes occur in brain structure as well as function, resulting in improved cognitive skills, such as learning and memory. Yoga strengthens parts of the brain that play a key role in memory, attention, awareness, thought, and language. Think of it as weightlifting for the brain. Studies shows that people who regularly did yoga had a thicker cerebral cortex (responsible for information processing) and hippocampus (involved in learning and memory) compared with nonpractitioners. These areas of the brain typically shrink as you age, but the older yoga practitioners showed less shrinkage than those who did no yoga. This suggests that yoga may counteract age-related declines in mental functions. Yoga and meditation improves: mood, reasoning, decision making, memory, learning, accuracy on tests of mental acuity and reduces activity in the limbic system. *Ms. Alisha Zaidi, B.Voc. (ND) III Sem*

**Mental Health: Myths and Facts/ Recovery:** Mental health is important at every stage of life, from childhood, adolescence to adulthood. Many factors contribute to mental health problems, including: Biological factors; genes or brain chemistry, life experiences, family history of illness. **Myth:** People with mental health problems are violent. **Fact:** Most people with mental illness are not violent and only 3%–5% of violent acts can be attributed to individuals living with a serious mental illness. In fact, people with severe mental illnesses are over 10 times more likely to be victims of violent crime than the general population. **Myth:** People with mental illness; cannot tolerate the stress of holding down a job. **Fact:** People with mental health problems are just as productive as other employees. **Recovery is Possible:** Most people with mental health problems can get better. Recovery from mental disorders and substance abuse disorders is a process of change through which individuals: Improve their health and wellness, live a self-directed life and strive to achieve their full potential. These four dimension supports recovery- Health, Home, Purpose and Community. **Recovery plans:** Enable you to identify goals for achieving wellness and Identify triggers; that can make you feel worse. *Ms. Arefa Khan, B.Voc. (ND) III Sem*

**Power of Thoughts:** Thought encompasses a flow of ideas and associations that can lead to logical conclusions. Thoughts are like a seed. Whatever thoughts we think – we get the fruit of those thoughts. Our thoughts also create a vibration and vibration is energy. Interestingly, vibration also sets the tone of the feeling and most of us know this by “I get a good vibe from this person.” or “I got a bad vibe from this person.” Vibration has a fragrance like a perfume, and the thoughts we have spread like a fragrance would throughout the atmosphere. That’s why people make comments and say “you could have cut the air with a knife.” It is important to be around people who think lovingly, people who think positively otherwise you have to safeguard yourself from “catching the flu” (of negative thoughts). The mind is conscious, subconscious and unconscious. Unconscious means there is a lack of awareness. Mind repeats thoughts without awareness because of habitual thinking. Harmful thoughts are always hurting us because they are taking us down. Problem is, a high percentage of thoughts can be sheer imagination. It’s in mind but not in reality. Positive thoughts leads to positive actions. *Ms. Devanshi Dixit, B.Voc. (ND) III Sem*

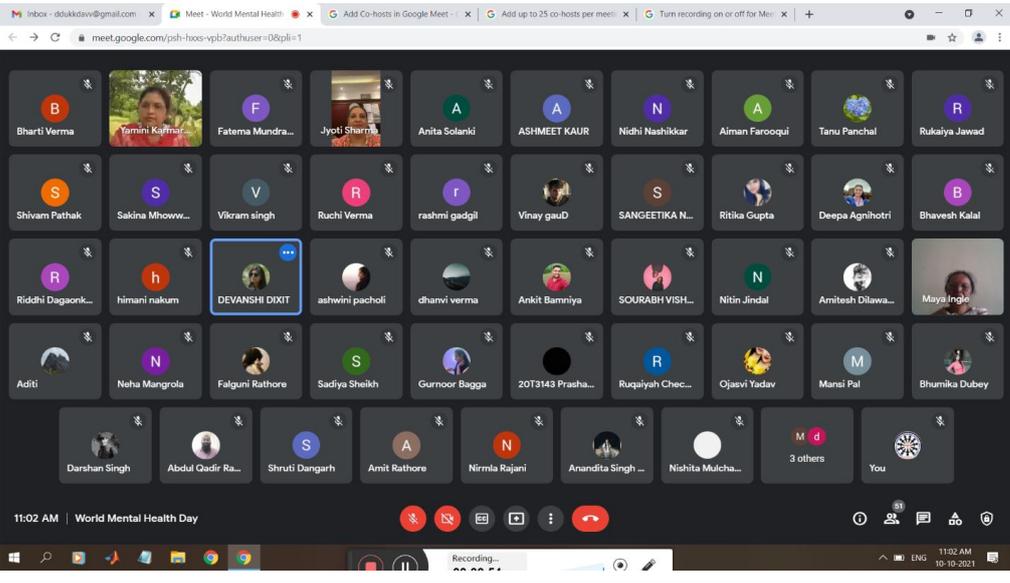
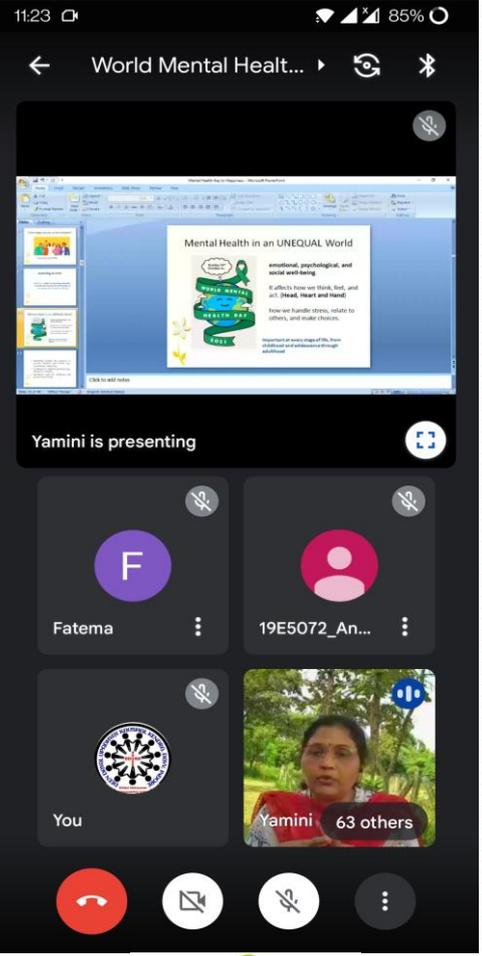
**Turn Negative Thinking into Positive Thinking:** Here are some ways to think and behave in a more optimistic way: **Identify areas to change:** If you want to become more optimistic and engage in more positive thinking, first identify areas of your life that you usually think negatively about. **Check yourself:** Periodically during the day, stop and evaluate what you’re thinking. If you find that your thoughts are mainly negative, try to find a way to put a positive spin on them. **Be open to humor:** Give yourself permission to smile or laugh, especially during difficult times. **Surround yourself with positive people:** Make sure those in your life are positive, supportive people you can depend on to give helpful advice and feedback. Negative people may increase your stress level and make you doubt your ability to manage stress in healthy ways. **Practice positive self-talk:** follow one simple rule- Don’t say anything to yourself that you wouldn’t say to anyone else. Be gentle and encouraging with yourself. If a negative thought enters your mind, evaluate it rationally and respond with affirmations of what is good about you. Think about things you’re thankful for in your life. *Ms. Himani Nakum, B.Voc. (ND) III Sem*

**Mental Health:- Depression:** Depression is a mood disorder characterized by lowering of mood, loss of interest and enjoyment, and reduced energy. It is not just feeling sad. There are different types and symptoms of depression. Symptoms of depression can lead to increased risk of suicidal thoughts or behaviors. Depression is a constant feeling of sadness and loss of interest, which stops you doing your normal activities. Generally, depression doesn't result from a single event, but from a mix of events and factors.

Depression is a serious condition that has an impact on both physical and mental health. Symptoms: Depression affects how people think, feel and act. Depression makes it more difficult to manage from day to day and interferes with study, work and relationships. A person may be depressed if for more than two weeks they have felt sad, down or miserable most of the time or have lost interest or pleasure in most of their usual activities, and have also experienced several of the signs and symptoms. A person with depression may feel: sad, miserable, unhappy, irritable, overwhelmed, guilty, frustrated, lack of confidence, indecisive and disappointed etc. **Ms. Shruti Dangarh, B.Voc. (ND) III Sem**

**Emotional Fitness:** Emotionally fit and the stable person always feels vibrant and truly alive and can easily manage emotionally difficult situations. To be emotionally strong, one has to be physically fit too. There are many emotional factors that have a significant effect on our fitness level like depression, aggression, negative thinking, frustration and fear, etc. Mental fitness implies a state of psychological well-being. It denotes having a positive sense of how we feel, think, and act, which improves one's ability to enjoy life. It contributes to one's inner ability to be self-determined. It is a proactive, positive term and forsakes negative thoughts that may come to mind. The way we fall sick physically, we can also fall sick mentally. Mental illness is the instability of one's health, which includes changes in emotion, thinking and behavior. Mental illness is curable. One can prevent mental illness by taking care of his/her own self. **Ms. Simran Chawla, B.Voc. (ND) III Sem**

दीनदयाल उपाध्याय कौशल केंद्र, देवी अहिल्या विश्वविद्यालय इन्दौर द्वारा दिनांक 10 अक्टूबर 2021 को प्रातः 11 बजे विश्व मानसिक स्वास्थ्य दिवस के उपलक्ष एक तरंगवार्ता का आयोजन किया गया। इस कार्यक्रम में मुख्य वक्ता के रूप में मेडिटेशन विशेषज्ञ एवं आईआईपीएस, डीएवीवी की सह-आचार्य डॉ. यामिनी करमरकर थी। विभागाध्यक्ष डॉ. माया इंगले द्वारा अतिथि का स्वागत किया गया। इस वार्ता का मुख्य विषय मानसिक तंदुरुस्ती - एक खुशी की कुंजी था। वक्ता ने प्रारम्भ में मानसिक एकाग्रता हेतु हाथों की रोचक क्रियाएँ बताईं। तत्पश्चात मानसिक स्वास्थ्य, स्ट्रेस मैनेजमेंट तथा खुशियों से जुड़ी कई लाभदायक जानकारियाँ अपने अलग एवं सरल अन्दाज़ में प्रदान की गईं। साथ ही उनके द्वारा लघु कथाओं के माध्यम से मानसिक दबाव एवं अस्थिरता से बाहर आने का रास्ता बहुत ही रोचक तरीके से समझाया।  
 “मन स्वस्थ तो तन स्वस्थ”, इस कहावत के माध्यम से उन्होंने कार्यक्रम के उद्देश्य को पूर्णतः सिद्धता प्रदान की। अंत में सभी उपस्थित विद्यार्थियों तथा शिक्षको द्वारा ध्यान लगाने का अभ्यास वक्ता द्वारा करवाकर मन की शक्तियों को प्रबल बनाने के लिए नई राह प्रदान की। इस कार्यक्रम का संचालन कु. देवांशी दीक्षित द्वारा तथा आभार कु. समीना चकेरा द्वारा प्रस्तुत किया गया। साथ ही तकनीकी संचालन कु. अशिका जैन द्वारा सफलतापूर्वक संपन्न हुआ।



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