



PSYCH HERALD



Newsletter of Department of Psychology, Aditi Mahavidyalaya,
University of Delhi

Chief Editor: Dr. Priya Kanwar (Professor)

Editorial Board: Shivani Sharma, Aalika Malik, Roshni Dhawan, Manvi Sirohi, Shruti Kandari, Ritika Tyagi, Janvee Dwived, Karishma Dixit, Sampurna Guha, Ramya Kathuria, Barsharanee Rout, Yuvika Nayar, Aarohi Tiwari



MESSAGE FROM THE PRINCIPAL'S DESK PROF. MAMTA SHARMA

Greetings to my dear Psychology Department!
I feel proud to be a part of the journey of Psych Herald, which has shaped up so beautifully. The department has worked relentlessly towards adding meaningful and enriching events in its kitty. The never-say-die spirit is so inspiring. I believe the tireless work put in throughout the year has reaped rich harvest in terms of enhanced knowledge, rich experiences, becoming industry ready and skill development. I see all the students brimming with confidence, radiating with reassurance and certainty about their future.
I wish the entire editorial team all the very best with all their endeavors.

MESSAGE FROM CHIEF EDITOR PROF. PRIYA KANWAR

Psych Herald is 3 already! The office bearers of Empathy, the Association of the Psychology department, the editorial team and executive members changed, as always. but our newsletter has managed to retain its essence, rather has become better with age just like old wine. Some absolutely magnificent events took place over the year, for which the team put its heart and soul into. Organizing the best experts from the mental-health field for events, reputed psychologists to conduct workshops and deliver talks has been a challenge which the Empathy team took on with ease. The team spirit was outstanding, the morale high and the quest for knowledge: never ending. The result, some absolutely invaluable, meticulously planned and executed events which added value to the lives of each and every student of the department. Many more happy editions of Psych Herald to us!



EVENTS AT GLANCE

- ANXIETY TO SUCCESS: A NEW PARADIGM
- SUICIDE PREVENTION OUTREACH
- STRESS FREE GUIDED IMAGERY SESSION
- MANOSPARSH
- WORKSHOP ON VIOLENCE
- HYPNOTHERAPY AND PAST LIFE REGRESSION
- CAREER AS A PSYCHOLOGIST



Aditi Mahavidyalaya
Empathy
The Psychology Association

In collaboration with
Hibiscus Foundation for Social Welfare

Brings
**STRESS FREE GUIDED
IMAGERY SESSION**
For the faculty members of the college

8 Oct'22 | 12 pm

Conducted by:
Mr Manoj Dinakaran
(Counselling Officer,
HFSW)

Prof. Priya Kanwar
(Convener)

Prof. Mamta Sharma
(Principal.)

Registration link: <https://forms.gle/AQj5zmc82PqsguPCg>

EMPATHY
THE PSYCHOLOGY ASSOCIATION
Aditi Mahavidyalaya, University of Delhi
presents
**Career as a
Psychologist**

DATE- 28th MARCH 2023 **TIME- 10 A.M** **VENUE- READING HALL**

Dr. Akansha Bhatia
(Founder)
MAANBAHI

Prof. Mamta Sharma
(Patron)

Prof. Priya Kanwar
(Convener)

REGISTRATION FORM- [HTTPS://FORMS.GLE/KXNOYTV8UCVCDHJT8](https://forms.gle/KXNOYTV8UCVCDHJT8)

Student Coordinators: Shivani Sharma (President) Aalika Malik (Vice-President)

EMPATHY
The Psychology Association
Aditi Mahavidyalaya
University of Delhi
Presents
मनोस्पर्श
On the occasion of
World Mental Health Day
An OPEN STAGE event
On 12th October, 2022

TALENT
Short act | Open Monologue | Declamation | Poetry | Singing

VENUE: Reading Hall
The last date to register: 10th October 2022
REGISTRATION LINK: <https://bit.ly/3MeZURQ>
FOLLOWED BY street play and gimme heart

PATRON	CONVENER	STUDENT LEADERS
Prof. Mamta Sharma (Principal)	Prof. Dr. Priya Kanwar (Convener)	Shivani Sharma (President) Aalika Malik (Vice-President)

@empathy.amv Disha: 782733038
empathyam@gmail.com Mehak: 8377835014

Empathy
The Psychology Association
Aditi Mahavidyalaya
University of Delhi
invites you to a session on
**HYPNOTHERAPY &
PAST LIFE REGRESSION**

Date: 7th feb,23 **Time: 11am** **Venue: Reading hall**

Dr. Navneeth Vallabh
(Clinical Hypnotherapist)

Prof. Mamta Sharma
(Patron)

Prof. Priya Kanwar
(Convener)

Student Coordinators: Shivani Sharma (President) Aalika Malik (Vice-President)

Empathy
The Psychology Association of
Aditi Mahavidyalaya
in Collaboration with
Saday
A Not-for-Profit Organisation
Brings A Workshop On
Violence

Date: 4th Nov'22 **Time: 10-11am** **Venue: Reading hall**

Speaker: Core Team (Saday)

Prof. Mamta Sharma
(Principal)

Prof. Priya Kanwar
(Convener)

Registration Link: <https://forms.gle/2mtviGLbE7Wx9Kiq7>

ADITI MAHAVIDYALAYA
UNIVERSITY OF DELHI
in association with
WELLM
Presents
ANXIETY TO SUCCESS: A NEW PARADIGM
A session focused towards helping individuals
channelise their emotions to attain happier mind and
healthier body.

DR. NK CHADHA
Chairman
Wellm Academy

DR. RAJESH SRINI
Founder & Chairperson, Wellm
Angel Investor, Entrepreneur
& a Global Business Leader

FACILITATED BY
PROF. MAMTA SHARMA, PATRON
DR. PRIYA KANWAR, ORGANISER
DR. RITU SHARMA, TIC

YOU WILL RECEIVE A DIGITAL CERTIFICATE
ON COMPLETION OF THE WEBINAR

FOR ANY QUERIES
CONTACT: 8120819584

SCAN QR CODE FOR
REGISTRATION

12TH SEP 5:00PM



SUICIDE OUTREACH

The event was interactive, fruitful, and well-received. By openly addressing the issue of suicide and raising awareness, steps are being taken to break down the stigma surrounding mental health issues in Indian society. It is important to continue these types of outreach programs and initiatives to create a safe and supportive environment for those struggling with mental health issues.

The topic of suicide is often considered taboo in many cultures, including in India. In observation of International Suicide Prevention Month in September 2022, steps have been taken to openly address the issue. Empathy, the Psychology Association of Aditi Mahavidyalaya at the University of Delhi, organized a Suicide Prevention Outreach Program on September 20th, 2022, to raise awareness among the students and faculty of the college.

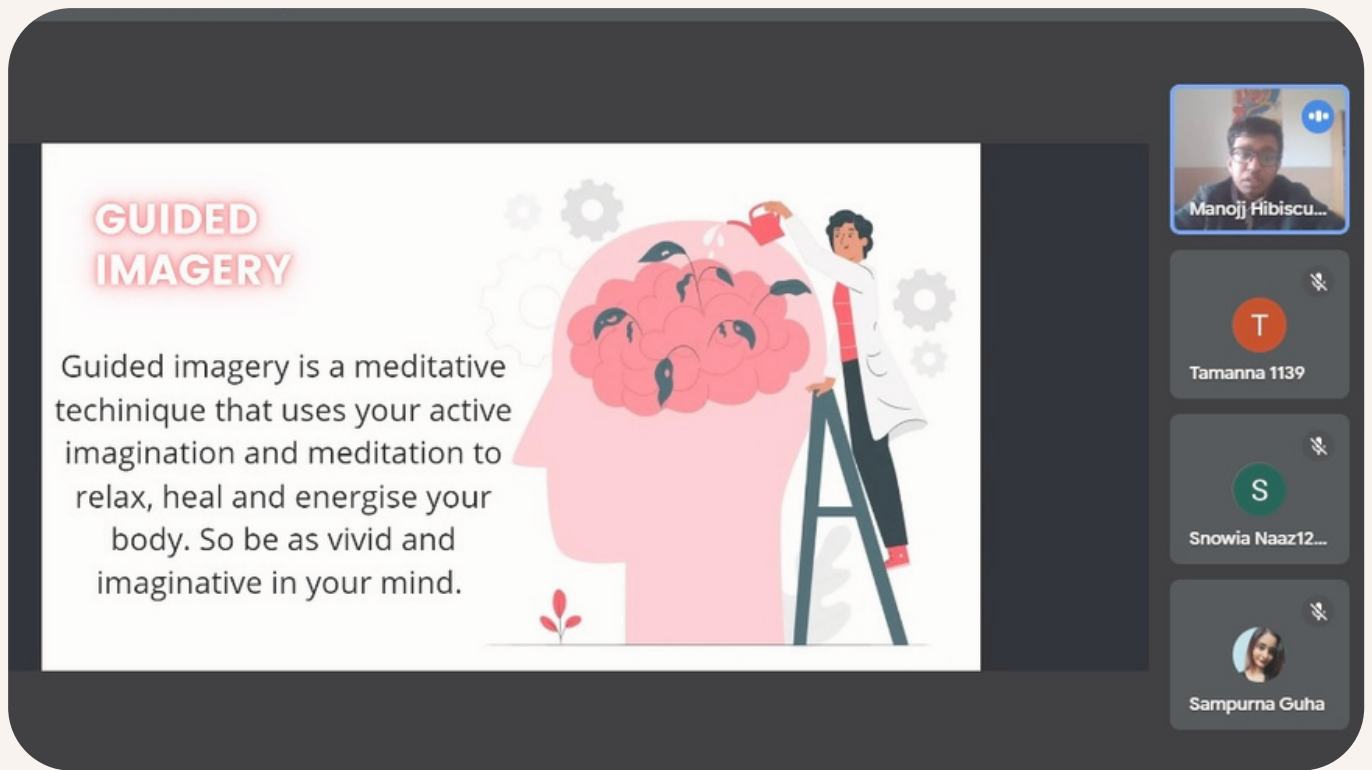
Team Empathy shared information about the causes, myths, interventions, and suicide helplines through vocal and visual representation, such as posters.

As part of the outreach, a "FREE HUGS FOR ALL" drive was also carried out to extend much-needed warmth and support to anyone in need. The audience took interest in listening to the members and were also eager to share a hug.



Patron: Prof. Mamta Sharma
Convener: Prof. Priya Kanwar

STRESS FREE



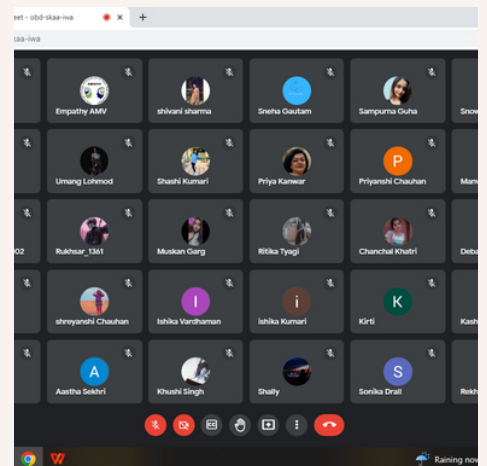
The Psychology Association of Aditi Mahavidyalaya, University of Delhi organized a one-day webinar titled “STRESS FREE- a session on Guided Imagery Meditation” and a “MENTAL HEALTH WORKSHOP” on October 8, 2022.

The webinar which aimed to introduce the concept of mental health and Guided Imagery as relaxation techniques, scientific understanding of emotions, and psychological applications in our daily lives. The event was addressed by the Mr. Manoj Dhinakaran, from Hibiscus Foundation For Social Welfare, a not-for-profit organization registered under the Government of India.

The first half of the webinar focused on understanding the concepts and determinants of mental health, busting myths and wrong concepts regarding the same. The session was interactive and informative, and it was followed up by 20 minutes of Guided Imagery which helped the participants to relax and feel a sense of calm. The overall session discussion benefitted the participants, and the webinar objective was achieved.

In conclusion, the Psychology Association of Aditi Mahavidyalaya, University of Delhi organized an informative and interactive webinar that introduced the concept of mental health and Guided Imagery as relaxation techniques.

Patron: Prof. Mamta Sharma
Convener: Prof. Priya Kanwar



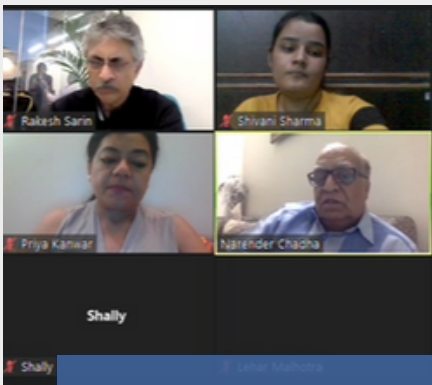
Wellm



How Anxiety Distorts the Picture

- Not being able to think through clearly

WellM, a wellness solutions company, conducted a webinar on "Anxiety to Success: A New Paradigm" on 12th September 2022. Rnowned speakers like NK Chadha (Chairperson) and Mr. Rakesh Sarin (Founder & Chairman) discussed anxiety and the company's app. The event focused on the paradigm shift from anxiety to success and how WellM's app can play a role in achieving this shift.



PI Contact Team WellM

Lehar Malhotra
+91 72898 99829
Lehar@wellm.co

Pratyakshi
+91 98687 82018
Wellm.pratyakshi@wellm.co

The WellM app offers holistic wellness solutions driven by technology, making it an affordable and accessible option for those seeking a healthier life. The app features wellness assessments, targeted advisory on diet/nutrition, fitness, and emotional health, mood journaling, fitness tracking, one-on-one coaching, community engagement, and meaningful content for self-care. This comprehensive ecosystem makes WellM a one-stop destination for all wellness needs.

The speakers discussed the impact of anxiety on individuals and how it can hinder success. They highlighted the importance of addressing anxiety as a part of holistic wellness and emphasised the need for accessible and affordable solutions.

FACILATE BY:

Patron: Prof Mamta Sharma
Organiser: Prof Priya Kanwar
TIC: Dr Ritu Sharma



MANOSPARSH

EMPATHY, THE PSYCHOLOGY ASSOCIATION OF ADITI MAHAVIDYALAYA, ON MENTAL HEALTH AWARENESS MONTH, ORGANIZED A ONE-DAY EVENT THEMED "MANOSPARSH" ON 12 OCTOBER 2022, 11AM.

The event was named and themed as "MANOSPARSH," to promote things that gently touch your heart. On the occasion of Mental Health Awareness month, the association decided to host MANOSPARSH as the stage for a series of cherry events. The one-day event, capsulated three sub events: An Open Stage, Nukad Natak and Gimme Hearts.

The event consisted of three sub-events:

- Open Stage
- Gimme Heart
- Nukkad Natak



Patron: Prof. Mamta Sharma
Convener: Prof. Priya Kanwar



With a brief introduction to “MANOSPRASH,” the association commenced the line of events by inviting the participants to the various categories in the **OPEN STAGE**: Poetry, Singing, Monologue, and Declamation.

The participants came up with their creative and melodious compositions and filled the atmosphere with delight, giggles, and nostalgia. To encourage the spirit of the event, **roses** were given to all the participants, and no winners were announced.

The next round of events was done in collaboration with Drama Society, a **NUKAD NATAK** on MANOSPRASH. The students presented a small educative drama with an underlying theme to promote mental health and self-esteem for young girls. The drama was extremely relatable and left an impressive imprint on the audience.



The drama was wrapped up with a huge round of applause. members to participate in the third sub-event, "**Gimme Heart**", a small initiative for everyone to leave positive notes. It was a step to create positive support among the students. Students and faculty of the college left encouraging and warm notes, making the day successful.



SADAY: WORKSHOP ON VIOLENCE



Empathy, The Psychology Association of Aditi Mahavidyalaya organized a one-day workshop on the topic “Violence” in collaboration with a non-profit organization, “SADAY” at 10:00 A.M. in college. The President, Shivani Sharma extended a warm welcome to everyone in the reading hall. She welcomed the speaker of the event from team SADAY - Ms. Palak and Ms. Vijayalakshmi.

Ms. Vijayalakshmi commenced the session by introducing the concept of “Violence” encouraging the audience to come up with interpretations and their perspectives on the topic of discussion. The discussion space allowed the room to delve and involve into an elaborate discussion on violence. The speaker, Ms Vijayalakshmi introduced the audiences with the types of violence, each with in depth analysis. The students present, shared their stories and they got their answers with an understanding, as to why sometimes it’s better to not respond to the guilty because “YOUR SAFETY MATTERS FIRST”.



New Delhi, DL, India Patron: Prof. Mamta Sharma
Bawana, New Delhi, 110039 Convener: Prof. Priya Kanwar
Lat 28.795669, Long 77.03758
11/04/2022 11:31 AM GMT+05

HYPNOTHERAPY and PAST LIFE REGRESSION



Empathy, The Psychology Association of Aditi Mahavidyalaya, University of Delhi organized a one-day session on Hypnotherapy and Past Life Regression on 7th January 2023 at 11 AM.

The Chief Speaker was Dr Navneeth Vallabh, Clinical Hypnotherapist and Director's board member at Vishwas Healing Centre and Dr Pooja Anand Sharma founder of Vishwas Healing Centre as guest.

The event was advanced by Dr Navneeth Vallabh by involving Powerpoint Presentation, explaining the importance of emotion management, the need of engaging in emotional intelligence. He briefed on the history of hypnotherapy and different levels of Human consciousness. He makes the session quite interactive and motivates participants to ask questions and gives answers with patience.

The session followed with a demo of hypnotherapy and performing past life regression which was quite intriguing for all. He shows how one could travel back in time and understand what all occurred in one's past life.

Patron: Prof. Mamta Sharma
Convener: Prof. Priya Kanwar



CAREER AS A PSYCHOLOGIST

ON 28TH MARCH, 2023

Empathy, The Psychology Association of Aditi Mahavidyalaya, University of Delhi, organized a one-day session on **Career as a Psychologist**. Under the guidance of Patron Professor Mamta Sharma and convener Professor Priya Kanwar, the session was conducted with enthusiasm and participation from the entire psychology department.

Aalika Malik, the Vice President of the Association introduced the Chief Speaker for the session Dr. Akansha Bhatia, Career Counsellor and founder of the Mental Health firm Maanrahi.

Dr. Bhatia conducted the session with the help of a presentation, She explained approximately 50 careers consisting of traditional and off-beat careers in Psychology, as well as a few non-psychological careers. She briefed the students on the reasoning behind making a career in Psychology and analyzed off-beat careers in-depth.

Dr. Bhatia's interactive approach during the session encouraged participants to ask questions and share their experiences. The session concluded with a vote of thanks by Roshni Dhawan, the Secretary of Empathy, who expressed gratitude to Dr. Akansha Bhatia for the event and the organizing committee.

The entire session was well managed by the host, technical team, and faculty of Empathy, with all objectives successfully achieved. The session provided participants with valuable insight into career pathways in Psychology.

Vision

VISION “empathize with others in a variety of situations.” The Psychology Association at Aditi Mahavidyalaya aspires to give the best of the best to its undergraduate students. Our faculty of Empathy is here to establish close collaboration to learn not only theoretically but also experimentally and practically, to improve the effectiveness, quality, and value of healthcare services in upcoming psychologists. Empathy makes significant contributions to the field of psychology and to produce professionals who serve the local, national and global communities

EMPATHY



The Psychology Association of Aditi Mahavidyalaya,
University of Delhi

Empathy is the art of winning the heart. According to Edward B. Titchener (who introduced empathy in 1909), Empathy is that state of mind through which we emotionally understand what other people feel, see things from their point of view, and imagine ourselves in their place. Similarly, we are the organization of Empathy, here to put ourselves in someone else's position and feel what they must be feeling.

Mission

MISSION “understand others and compels us to take action” Empathy, The Psychology Association is committed to excellence in undergraduate education. We are expected to be competent and become ethical professionals committed to the science of psychology and its application to the real world situation. We as an association are on a mission to sow the seed of empathy not only among the aspiring mental health professionals but also reaching out to every individual who learn and develop the art of being empathetic

THIS IS ALL ABOUT THIS ASSOCIATION AND THEIR CHARACTERISTICS IN WHICH EVERY MEMBER HAS PUT THEIR EFFORTS TO BRING UPLIFMENT AND PROGRESS. HENCEFORTH, EACH AND EVERY CONTRIBUTION IS QUITE PRECIOUS FOR THIS. MOREOVER THROUGH TEAM COOPERATION AND EXPLORING LEADERSHIP SKILLS, WE CAN TAKE OUR ORGANIZATION “EMPATHY “ TO A GREAT HEIGHT.

OFFICE BEARERS



Shivani Sharma
(President)



Aalika Malik
(Vice President)



Roshni Dhawan
(Secretary)



Shruti Kandari
(General Secretary)



Ritika Tyagi
(General Secretary)



Manvi Sirohi
(Treasurer)



Aarohi Tiwari
(Graphics)



Janvee Dwivedi
(Executive)



Karishma Dixit
(Executive)



Sampurna Guha
(Executive)



Ramya Kathuria
(Executive)



Barsharanee Rout
(Executive)



Yuvika Nayyar
(Executive)

Student Leaders

From day 1, which started in the online mode till today, the offline classes, three years in Aditi Mahavidyalaya have been a rollercoaster ride for me. The Psychology department of Aditi Mahavidyalaya has become such a close and beautiful piece of my heart, that I'll always and forever cherish it. From being the class representative since day one, and now the President of Empathy, the Psychology Association, I'm glad to have the opportunity to be the representative and leader of students in the department. It was due to this college and the guidance of my professors that I could get a research paper published in my name, in a national journal. The placement cell of the college also gave me an opportunity to be a part of it, and polish my skills for the corporate world.

The college and especially the psychology department has given me numerous opportunities to put my best foot forward and bring glory to the department in the name of organizing and managing more than 15 events in these 3 years. Prof. Priya Kanwar, my mentor always had my back and extended support in all the matters required. She recognized my potential and helped me to upskill and come out a successful leader. I hope to have done justice to her choice.

My heartfelt thanks to Rajesh Rana sir, who had always been with us, in all the backstage duties for all the events, without whom, managing such events would have been a task. My journey has been full of ups and downs, of celebrations and miscommunications, but in the end when I look back, I only feel grateful for this place, that it gave me the best of the possible opportunities and a few lovely people for the rest of my life. From the wisdom that I gained from my professors and seniors throughout the journey, my message for the juniors is to expand their scope in these years of graduation as much as possible. Even if it's an off campus college, it is you who can make a difference. Bring opportunities here, and you'll get some too, grab them. Don't get influenced by other people's thoughts and directions, and make Aditi Mahavidyalaya a better place for the younger generations to come.

Shivani Sharma
President

"You are your lived experiences", I once read this quote but couldn't relate to it at that time, mostly because I hadn't lived enough experiences to reflect them in me. Being a part of Aditi Mahavidyalaya, University of Delhi came as a storm of living experiences. Being a small part of this system for three years I can now say, You are indeed your lived experiences. The real world perspectives that I have been exposed to have contributed in promoting me to be a better person. Department of Psychology, Aditi Mahavidyalaya has left a core imprint and, I want to extend my heartfelt gratitude to the two main construals of this department, our Professors. The two iron pillars that have been standing straight and are determined to make the lives of us young girls a better one. Prof. Priya Kawar and Dr. Ritu Sharma, Associate Professor, are and always will be my first psychology teachers as I came to this Department with just interest in psychology as my background. They believed in my potential and put me on a pedestal that has encouraged and prepared me for the real world. In my extreme honesty, the entire Department of Psychology, EMPATHY and my professors' teaching are my "Lived Experiences", that I will cherish and pass on for the entirety of my life. Their contribution in my journey and life are not measurable or wrappable in description of events and opportunities they offered me. I accepted this college at the time of admission with a sour mouth, but determined enough to learn anything and everything I could, and I am leaving this journey with more than just learning, I am leaving with two guides and best of their teachings and values. My heartfelt respects to the Professors, and Mr. Rajesh Sir for all the love, support and care that I didn't know I needed.

Roshni Dhawan
Secretary

As a student of a rural campus college, located 3 hours away from my place, I faced many challenges, differences, and stigmatization. In my last 3 years, I have gained some lifelong memories and loyal friends. This college brought me closer to the real world in a true sense, as there is so much diversity to experience. I saw the privilege I was born with and it was a learning curve- Learning about myself and learning about others. The psychology department provided me with a unique opportunity to not only learn from books but also from practical experiences. Through hands-on experiments, I was able to apply the theories I learned in class to real-world situations.

Being the Vice President of my college's Psychology Association has been an enriching experience for me. The association has been a platform for me to enhance my leadership skills. Every event posed new challenges, new approaches, and new destinations that we all encountered as a team. I realized that being a leader doesn't always mean being at the top always. It means sacrificing some of the comforts and dealing with situations with firmness instead of getting carried away by sentiments. Errors were numerous, and criticisms were plenty, but the learning was monumental, and I will treasure it for the rest of my life.

I would like to thank our guiding force, Prof. Priya Kanwar, who initiated and spearheaded the formation of this association. I am grateful to have such a teacher who stood by the team where we conducted 9 successful events and who trusted me enough to appoint me to the post of Vice President. I thank our Principal, Prof. Mamta Sharma, who is the epitome of empowerment and a strong female figure to whom I look up. Their support has been instrumental in the success of the association. Lastly, I would like to thank Mr. Rajesh Rana and my team for their constant hard work and tireless efforts.

As I move on from my role as Vice President, I urge the incoming batch of students not to judge the book by its cover and to take up the responsibility of continuing the good work and further uplifting our association.

Aalika Malik
Vice President

Student Corner

My journey at Aditi Mahavidyalaya in the Psychology department began with chasing the door to psychology. Initially, due to the lockdown, it seemed drastic as it did not meet my expectations. However, my love for psychology and eagerness to learn kept me motivated. Despite hearing negative things about the college, I personally feel that it has changed my perspective. I learned to appreciate the value of hard work and creating opportunities under the guidance of our professors.

Despite facing some challenges, the mindset of the professors has positively impacted our learning experience. Our department's Empathy Association has provided opportunities for personal growth, including leadership and teamwork. Through creating, exploring, and learning, I feel blessed to have been able to groom myself and develop my confidence. I feel fortunate to have the best guidance and learning opportunities available to me.

Ritika Tyagi – 3rd year

3 साल का वक्त जैसे मानो कुछ घंटों में निकल गया।
आंखें बंद करी और मानो नया सवेरा हो गया।
Online mode पर मिले सारे, college में दोस्त बने ,
अब वक्त आया है जुदाई का ए खुदा हम क्यों इतना लेट मिले।
Teachers की फटकार खाई साथ में, at the end सबको अच्छा
remark मिले ,
लड़ाई झगड़े एक दूसरे से , पर 3rd year के seniors है, यह कह कर
सब साथ खड़े मिले।
उन प्यारी लम्हों को कैद करना है एक बड़े से संदूक में,
जा रहा है वक्त सोचकर आंसू आ गए आंखों में ,
अब ना जाने फिर से कब होंगे हम साथ में,
फिर सोचेंगे अकेले बैठकर एक लम्हा जो निकल गया
3 साल का वक्त जैसे कुछ घंटों में निकल गया ॥

Janvee Dwivedi – 3rd year

With lots of ups and downs and with a long journey from my home, my college life is finally coming to an end, i cannot say i enjoyed it a lot, more than half of it was gone in the online phase. However much of it was left, I really enjoyed it, though traveling to and fro was a struggle, what i will remember Aditi would be by the Psychology Department Of which Prof. Priya Kanwar and Prof. Ritu Sharma are a Backbone of, whose insight on the subject i throughly enjoyed and found interesting. I find my department more refined and better than any other.

As a Initial Science student i first doubted if i choose a Right field for myself, but never before i imagined any subject as a part of my future, alas Psychology has my heart. I had joined Empathy just last year as an Executive and a part of graphic team and later i was promoted to Treasurer of the society, and i have enjoyed taking part in the all the events that took place as a member of the core team with all my heart And

the hard work with which all of it took place i hope juniors will take care of it just as much.

With a heavy heart i am slowly realising how fast these years have went by, I am very grateful for this very tiring and eventful journey of 3 years, and i am thankful to all my friends that i have made along with it who made all these years thrilling memorable and i will remember the time I've spent at Aditi Mahavidyalaya and all the learnings and lessons that i would take along with me at the end of it.

Manvi Sirohi – 3rd year

My college experience has been like a turbulent amusement park ride with full of apprehensions and unforeseen outcomes. From beginning college classes in lock down, in anticipation to start a new journey, to entering the campus for the first time in my 2nd year, meeting new amiable people and developing my knowledge and skills under the discreet care of my professors, these all have been truly life altering for me and I knew for sure that my peers would agree with me too.

Though our campus is not the best one out there, but it was enough with the professors and supporting staff working really hard to provide us quality education and lab experiences. Meeting fabulous and dynamic young ladies. getting acquainted with them, sharing ideas and making some true friends are some unforgettable highlights of my college life. I will always have AditiMahavidyala in my heart wherever I will go. Thank you for everything, the good- the bad, the forgettable and the unforgettable.

Shruti Kandari – 3rd year

Adolescent Mental Health



Globally, one in seven adolescents experience a mental disorder, accounting for 13% of the global burden of disease in this age group. Depression is estimated to occur among 1.1% of adolescents. Suicide is the fourth leading cause of death among adolescents. It is estimated that 3.6% of 10-14 year-olds and 4.6% of 15-19 year-olds experience an anxiety disorder.

There is no single cause of mental illness, but rather, a variety of risk factors that lead to mental health problems. Witnessing violence at home or in the environment can also be triggering for teens.

Jean Piaget the famous Swiss psychologist known for his work on child development quoted "It is with children that we have the best chance of studying the development of logical knowledge, mathematical knowledge, physical knowledge, and so forth."

It is the young people who are the backbone of a community. It is the youth who build the future, they are the agents of change and progress but what if their mental health is at risk in today's time.

In order to understand the issues first we should acknowledge who an adolescent is. The word adolescent is derived from a Latin word "adolescere" meaning to grow up or grow into maturity. WHO describes them as any person between ages 10 to 19.

Adolescents go through a series of emotional and physical changes that can cause baffling behaviour. The shifts in a teenager's personality are more extreme, they may be indicators of a mental health issue.

Teens typically are prone to have lapses in judgement and display low impulse control but these stand abnormal when they affect their wellbeing. Verbal aggression is typical but it escalating to abuse and physical attack it is unusual.

Now that we are aware of the causes of mental illness incurred in adolescents let's further elaborate on the coping styles commonly seen. Helping young individuals to strengthen their capacities in order to regulate emotions. Engaging in positive self talk also acts as a booster in their self esteem as well as their self concept. Good adolescent mental health is important because developing into an independent and confident adult relies on their well-being. Adolescents being the future of the community, their mental well-being should be a priority so that they can make meaningful contributions to one's community.

Being the youth of the future generation we have great responsibilities towards enabling people to speak their feelings without being judged and providing them a safe space to talk. This can further contribute to detaching the negative and discriminatory attitudes that others have about mental illness.

We must all strive to make our community a better and more inclusive place for all while focusing on making healthy choices not just for our body but also for our minds.

Importance and Issues of mental health in women



In recent year almost one in five women have a common mental health problem, such as depression or experience sexual violence, which often lead to PTSD and anxiety. Life events and various hormonal changes can affect women's mental health. Following things that can happen include Prenatal Depression- Having a baby is a life-changing event. For some women, it can trigger postnatal depression (after birth) and/or antenatal depression (during pregnancy). The term 'prenatal depression' covers both. Every woman's experience of menopause is different from other many women who find they have symptoms in addition to their periods stopping. These can include changes to your mental health, such as mood swings, anxiety and feeling low ect . In recent studies it shows that women find it hard to talk about their feelings, they tend to internalize them. This can lead to depression, eating disorders and self-harm.

Mood and mental health play a significant role in many aspects of women's lives. They cause them to affect relationships, self esteem, work performance and even physical health. When it comes to mental illness, it is found that Women are more likely to be diagnosed with anxiety or depression, while men are more likely to have substance abuse and antisocial disorders.

What factors affect women's health

Major Life transitions such as Pregnancy, Motherhood and Menopause can create physical and emotional stress for women. Negative Life experiences happening- infertility, violence, isolation also affects women's mental health and wellbeing. The birth of a child can be a life changing event for many women. For some, it can also trigger depression and anxiety. The term prenatal depression refers to both depression and anxiety during pregnancy. While every woman experiences the menopause differently, many have symptoms that are related to the pause of their periods.

What are the reasons behind poor mental health of women?

Social and economic factors play a major role in women's life which can put them at greater risk of poor mental health than men. However, women generally find it easier to talk about their feelings and have stronger social networks, both of which can help protect their mental health. Both Prenatal depression and cognitive depression are very different from one another. While both can be very detrimental to a woman's mental health, it is still important to talk about it. Having good mental health is very important to maintain a healthy and balanced life. It can help one maintain a sense of peace and comfort in their relationships and keep their cognitive functions at a high level.

It can be hard to keep up with all of the activities and routines that come with being a busy person, and it can be even harder to maintain good mental health. It is important that people dedicate time to improving their physical and mental health in order to lead a life of positivity. Having a positive belief can help people feel better about themselves and their health.



STUDENT ACHIEVEMENTS

SHIVANI SHARMA **(3RD YEAR, VI SEM)**

Human Resources Head
(Intern) at Groglobally

SUHANI YADAV **(3RD YEAR, VI SEM)**

Expression children homes
organisation of india
(Volunteer)

AALIKA MALIK **(3RD YEAR, VI SEM)**

- Hibiscus Foundation For Social Welfare (Human Resource Associate)
- UDAI: Working Together Works (Intern)

TISHA BAGESHWAR **(3RD YEAR, VI SEM)**

- Pals clinic, Rajouri Garden (Intern)
- Sir Ganga Ram Hospital, Karol bagh (Intern)
- Moolchand Hospital (Intern)

MANVI SIROHI **(3RD YEAR, VI SEM)**

Moolchand Hospital (Intern)

SHRUTI KANDARI **(3RD YEAR, VI SEM)**

UDAI: Working Together
Works (Intern)

SAIBA **(2N YEAR, IV SEM)**

Psykey- Unlock Psychology
(Graphic Designer)

RESEARCH PROPOSAL



" Dr. Priya Kanwar, a professor, is set to undertake research on the "effect of gender bias and self-efficacy on the mental health and career development of rural women in India". Three students from the psychology department are assisting in this project - Aalika Malik, Ritika Tyagi, and Shivani Sharma. With financial assistance from the college of rupees 10,000, which has been sanctioned for this project, and guidance from a highly experienced professor this study expects to come out with a clear picture of the situation of rural women. The study aims to explore the challenges faced by rural women, including restrictions, gender bias, and inappropriate treatment, and how these impact their physical and mental well-being, as well as their career development. The study will be conducted in rural-urban area in various districts of Delhi. It will focus on women who lack resources and have limited access to opportunities. The literature review indicates that both quantitative and qualitative studies have contributed to a greater understanding of gender bias, socioeconomic status, and self-efficacy, and the importance of mental health is growing. This study seeks to provide a deeper understanding of the challenges facing rural women and identify ways to help them grow."