



## Quote of the Day

ISOLATION CAN BE  
AN OPPORTUNITY  
TO FIND WHO  
YOU REALLY ARE  
REMEMBER  
THAT GOALS ARE  
PERSONAL

## Reviews

I am privileged to be associated with PSYNEWS. It has been a ray of hope during this isolation.

Dr V Dani

Its successful venture of our department.

Mrs S Aggarwal

There is something interesting in each one.

Mr Santosh Ralwaniya

## From the Editors Desk

*At the time of sharing this article with you there are about 100 days until we reach January 1, 2022. I know! 2022 is going to be here before we know it, and for many people the 1<sup>st</sup> day of a new year is a time for resetting, readjusting, and creating newly promised habits and goals.*

*The habits, strategies and beliefs that have served you well in the past, might not be what will work for you going forward. It's important to know what's working well so that you can do more of that! We sometimes find that people start with writing goals and get stuck. If you're lacking energy and motivation, it's important to understand why. If you're wanting to be more effective at what you do, it's important to know how. I get it: there are lots of reasons that life might feel hard right now. I also know for some people – this is an exciting time for change. Regardless of how you're feeling, looking at how you are growing is critical.*

*Be light-hearted and playful with what's possible, before you get strategic and specific!!*

*Dr Jyotsna Joshi*

## Inside the Issue:

Pandemic and Mental Health Crisis	Upcoming Events	Our Shining Stars
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# A Mental Health Crisis in Parents during Pandemic



The Centre for disease control and prevention recently released a report on Mental Health of parents and care givers during COVID-19 pandemic.

According to it, 70% of all the parents/care givers adopted reverse symptoms related to mental health during the pandemic. These feeling mostly evolved from decreased feeling of self-freedom or financial difficulties.

The ways to deal with it:

- 1) Make time for family and friends who you feel are comforting and can provide emotional support.
- 2) Seek help from Mental Health professional if necessary.
- 3) Give yourself a break
- 4) Seek help from family, neighbors, friends who can assist with the kids
- 5) Reciprocate the help to others



## Is the child ready for another Pandemic School Year?

After a long tiring year filled with pandemic, isolation, lockdown the students are preparing for return to school in person. It is important to ensure that child is ready and believe that they still fit in the school and how their peers may react to the changes in past year or so.

Here is how we can help the children:

- 1) Help kids remain safe
- 2) Nourish Social and emotional support
- 3) Provide extra support to those who feel fallen behind
- 4) Offer flexibility and understanding
- 5) Stay connected
- 6) Create a routine
- 7) Ensure sleep and catch-up time
- 8) Don't shut the remote learning
- 9) Encourage extra-curricular activities
- 10) Teach emotional coping skill



<https://psychcentral.com/lib/how-to-support-students-returning-to-school>

# The silent killer...Shh!!

## HOW STRESS AFFECTS THE BODY

### BRAIN

Difficulty concentrating, anxiety, depression, irritability, mood, mind fog

### CARDIOVASCULAR

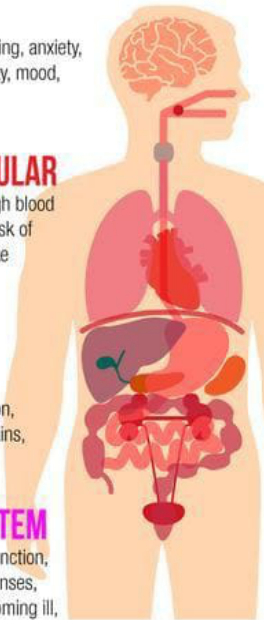
higher cholesterol, high blood pressure, increased risk of heart attack and stroke

### JOINTS AND MUSCLES

increased inflammation, tension, aches and pains, muscle tightness

### IMMUNE SYSTEM

decreased immune function, lowered immune defenses, increased risk of becoming ill, increase in recovery time



### SKIN

hair loss, dull/brittle hair, brittle nails, dry skin, acne, delayed tissue repair

### GUT

nutrient absorption, diarrhea, constipation, indigestion, bloating, pain and discomfort

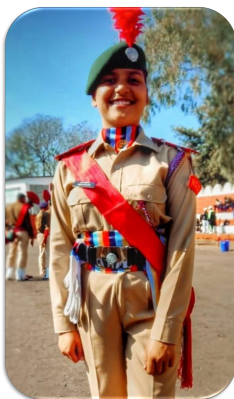
### REPRODUCTIVE SYSTEM

decreased hormone production, decrease in libido, increase in PMS symptoms

## 8 WARNING SIGNS YOU'RE MENTALLY AND EMOTIONALLY EXHAUSTED

1. You're easily irritated.
2. You feel completely unmotivated—even to do things you normally enjoy
3. You're experiencing anxiety or panic attacks.
4. You're having trouble sleeping. Either it takes you hours to fall asleep or your sleep is broken all through the night.
5. You have no patience and you find yourself being short with family and anyone else close to you.
6. You're experiencing indigestion. You have a low-grade stomach ache all the time or feel like there's butterflies in your stomach.
7. You start crying unexpectedly.
8. You feel detached from reality.

## Our Shining Stars



Rupa Dwivedi (BA-III Year)  
Under Officer, NCC



Jeslin Joseph (BA-III Year)  
Member, Student Team of Legal Aid Clinic.



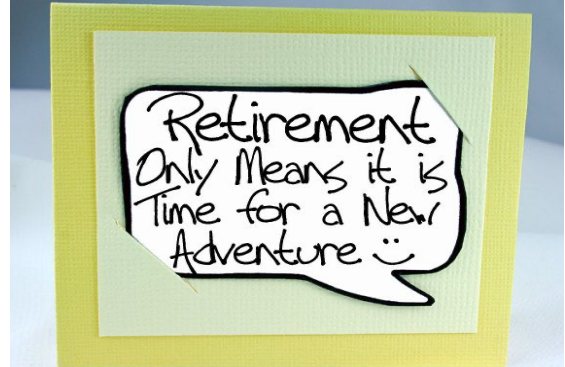
## Events

### National Webinar Organized:

Department of Psychology organized a national webinar on “Relevance of PERMA Model of happiness during Pandemic” on 23<sup>rd</sup> Sept 2021.

### Other Events:

- Dr V Dani delivered a lecture on “Leadership Skills” for the Vivekanand Guidance cell on 19<sup>th</sup> August, 2021, as well as was invited as a speaker at a Gender Equity: Emerging issues and challenges on 31<sup>st</sup> Aug 2021.
- Mr Ralwaniya attended an Orientation from 20<sup>th</sup> Sept to 20<sup>th</sup> Oct for a month.

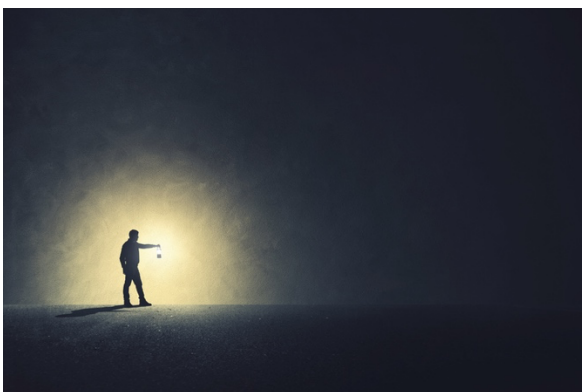


### *Special Mention:*

*Mrs Shail Birla Aggarwal retires from her long service of 44 years on the 30<sup>th</sup> Nov 2021*

## Straight from my heart to yours...

*Happiness can be found in the darkest of times... Only if one remembers to turn on the Light*



### *Editor:*

*Dr Jyotsna Joshi*

*Professor, Psychologist*

*Our Contact: Deptt of Psychology, SNGGPG College, Bhopal*