



New Alipore College, Department of English
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Mind Matters



Few Words of Encouragement



Dr. Jaydeep Sarangi
(Principal, New Alipore College, Kolkata)

Self-care is how you take your power back. If you have positive thoughts, they will shine out of your face like sunbeams and you always look lovely. Mental wellness is a process how you invest in your overall wellbeing. You need to cultivate positive habits to live a healthy life. Connect with positive vibes of the world. You are important. This issue of the e-magazine is amazing. I thank everyone involved in it.
Smiles! More smiles!



Prof. Neela Sarkar
(Department of English)

It gives us immense pleasure to bring out the Second volume of the Departmental on-line magazine. Very pertinently this issue deals with Mental Health. Just because the brain works silently we are often unmindful of the fact that it too is an organ and like any other organ it too needs to be taken care of. Unfortunately, mental health is not taken as seriously as say a heart condition, and a person who admits that he or she is suffering from a psychological problem is looked upon as weird and crazy. Like, other physical ailments, mental illness can also be treated. Just as we recognize the symptoms of other illnesses we should be able to recognize the signs of mental sickness too and then seek help. This issue talks of various issues regarding mental health and it alerts readers against neglecting mental wellbeing.



Nilesh Mahato
(Representative, Student's Council)

Appreciate the awareness in support of mental well-being that this issue rightly raises. Bounce back from stress and sadness, and always talk about your feelings. Relax, make healthy choices, reduce stress through cultural activities, sports, and enjoy life. Don't hesitate to reach out and ask for help, we are always there to support you.

Contents

<u>Topic</u>	<u>Page No.</u>
A Healthy Mind is an Asset	
• Mental Wellbeing of Students in Current Scenario	1 - 2
• Steps taken by New Alipore College towards the Mental Wellbeing of the students	3 - 4
Importance of Mental Wellbeing	
• Why is Mental Wellbeing important and what causes Mental Disorders?	5
• What Indicates Mental Illness	6
• Some common Mental Disorders	6 - 7
• Social Changes that affect Mental Health	7 - 10
Sports Events	11 - 13
Mental Wellbeing in a Changing World	14 - 19
Saraswati Pujo	20 - 21
Boshonto Utshob	22 - 23
Some Thoughts and views of Students	24

A Healthy Mind is an Asset

Mental Wellbeing of Students in Current Scenario

The last two years have been tough, actually really tough both on the mind and the body. But, now we have vaccines, medicines and all kinds of different guides on how to keep our body healthy. But what about the mind? Most people take the



subject of mental wellbeing very lightly, but should we?

First the pandemic forced us into what can be basically called as confinement and now the looming danger of a potential war can be too much to handle for

some people. Not being able to go out and socialize alone puts a lot of pressure on the mind. We humans at our core are social beings, and being denied of social interactions affects us at a very deep psychological level. From the students stuck at home to working professionals it affects everyone, and overtime stress from different things such as career, money, health, etc. Slowly build up and start to show its effects on the body.



Stress is a normal psychological and physical reaction of the body to the demands of life. It is important to understand that not everyone reacts to difficult situations the same way and it is normal to feel stressed and worry during a crisis. But current day scenarios can hardly be called normal and not everyone can cope with them by themselves.

Our Mental Health is a Priority



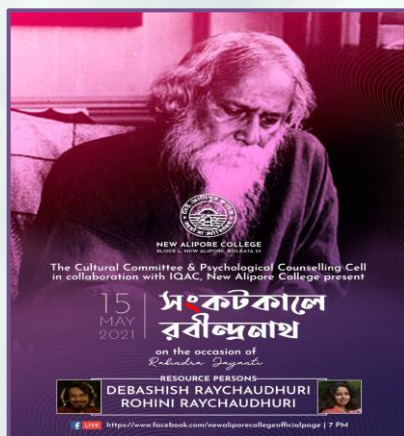
Many people have mental health concerns and show symptoms such as anxiety and depression during this time. Despite their best efforts to stay healthy, sometimes people find themselves helpless, sad, angry, irritable, hopeless or afraid. Some may have trouble on concentrating on typical tasks, changes in appetite, body aches and pains or difficulty in sleeping. Hoping that mental health problems such as anxiety or depression will go away on their own can lead to worsening symptoms. So it is important that any such symptoms can be addressed immediately.

Steps taken by New Alipore College towards the Mental Wellbeing of the students



Seminars and Webinars

Dealing with mental health issues can be difficult as most people are still nearly ignorant about the issue and how to deal with it. So to counter its effects and spread awareness among the students, New Alipore College hosted many seminars and webinars covered varied topics related to mental wellbeing.



On the occasion of Rabindra Jayanti on 15th May 2021, “**Sankatkale Rabindranath**” was organized by Cultural Committee & Psychological Counselling Cell in collaboration with IQAC, New Alipore College. The event was streamed live on the official Facebook page of New Alipore College, for everyone to attend while still in the safety of their homes.

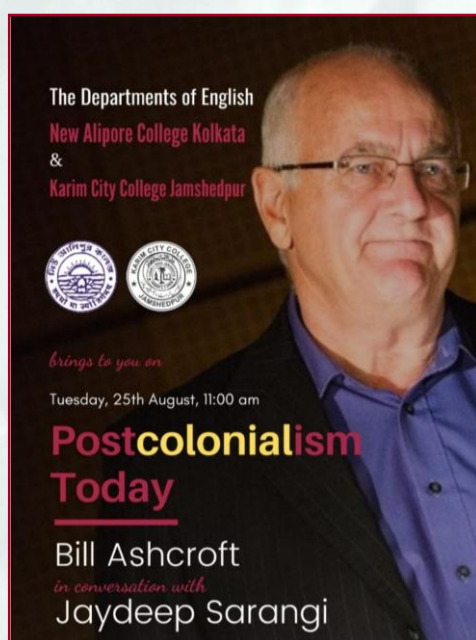


Calcutta Girl's College.

A seminar on “Covid- 19 and How to Cope with the Pandemic: Mentally and Physically” by Dr. Debdatta Bhattacharya, clinical director and chief of Cathlab Services, Rabindranath Tagore International

Institute of Cardiac Sciences.

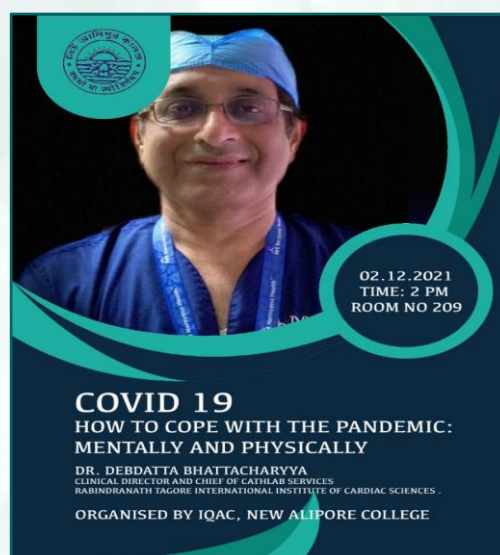
It was organised by IQAC, New Alipore College, on 2nd December, 2021 in our college.



These seminars and webinars organized by the college was the first and important step towards such a serious issue that was actually an ignorance towards mental health, which was overlooked and set aside for very long and is finally coming to light.

A state level webinar held on 1st October, 2021 on the topic of “**Stress Management**” by **Samapika Das Biswas**, who is an Associate Professors and Counsellor of IEM Kolkata.

The webinar was jointly organized by New Alipore College Psychological Counselling Cell, Anti-Sexual Harassment Cell & Women's Cell in collaboration with South



Importance of Mental Wellbeing



Meghdeepa Choudhury
(B.A. Semester 4)

Wellbeing or the state of being healthy, happy and comfortable is doubtlessly essential when it comes to mental health, as the world continues to change with each passing day. Everything from urbanization and globalization to upgrading technology and change in family systems, among other factors, pose great challenges to managing mental health issues.

Mental Health and Mental Disorders

According to the dictionary, mental health refers to a person's psychological and emotional wellbeing.

Mental health is the factor that determines how we cope with everyday life. Hence, mental disorders are exactly like physical disorders which if not treated on time can be serious and affect our mental as well as physical wellbeing. These can easily be treated with the help of medicines and therapy recommended by psychiatrists.

Why is Mental Wellbeing Important and what causes Mental Disorders?

Mental wellbeing is important for coping with the stress life provides, being physically healthy, having good relationships with others, and working productively. Biological factors like genes or brain chemistry, trauma, abuse, heredity, diet choices, physical activities and substance abuse work as the agent of mental disorders. While some mental disorders are situational, some tend to be long-term illness.

What Indicates Mental Illnesses?

Some factors that may point to mental disorders and should be looked into are: changes in eating or sleeping patterns, withdrawing from activities one previously enjoyed, having low energy, emotional numbness, a feeling of helplessness and hopelessness, excessive smoking, drinking or drug abuse, feeling more confused, angry, upset or worried than usual, frequent mood swings, over thinking, hearing or seeing things that might not exist, self-harm or suicidal tendencies, and not being able to perform daily duties.



Some Common Mental Disorders

Depression and Mood Disorders are similar to as well as completely different from usual sadness, anger and frustration. These feelings and emotions reach extremities when a person is depressed.

Anxiety Disorders cause patients to excessively worry about or fear situations that might be or might not be real.

Eating Disorders which are often caused by body image issues, lead to limiting the amount of food usually eats, extreme overeating, or a combination of both.

Attention Deficit Hyperactivity Disorder or ADHD is common among children and some adults. It affects one's ability to pay attention or control impulsive behaviour.

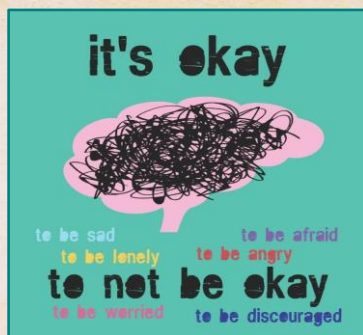
Post-Traumatic Stress Disorder or PTSD which is caused by traumatic life events makes people feel stress or fear, even if the danger is long over.

Addictive Disorders make patients heavily dependent on drugs, alcohol, and other substances, which can lead to overdose and even death.

Bipolar Disorder which was formerly called manic depression, causes alternative episodes of mania (extreme high) and depression.

Schizophrenia or Psychotic Disorder are common disorders that cause people to see, hear and /or believe imaginary things.

Diagnosis



Mental disorders are usually diagnosed with psychometric tests (assessments run by psychologists to check one's characteristics, aptitude/cognitive abilities) and blood tests (to find out if physical disorders like thyroid disease, serotine deficiency, or lack of dopamine are causing mental disorders).

Social Changes That Affect Mental Health

Shift in Family Patterns

As the world moves forward and modernization takes place, there appears to be a surge of nuclear families and families run by single parents. In both cases, as the number of family members decreases, children and sometimes even adults suffer from loneliness, frustration, and helplessness.

With the changing world, billions of women are stepping into the field of work. Thus, working parents in nuclear families seek the help of creche, daycare systems and boarding schools, which heavily impacts the bond between parents and children. This may lead to the child being left undiagnosed if the parents fail to notice symptoms of mental disorders or distress, worsening the condition.

Unemployment and Private Sector Jobs

As the world population keeps increasing, so do unemployment and the number of employees in private sectors. While unemployment

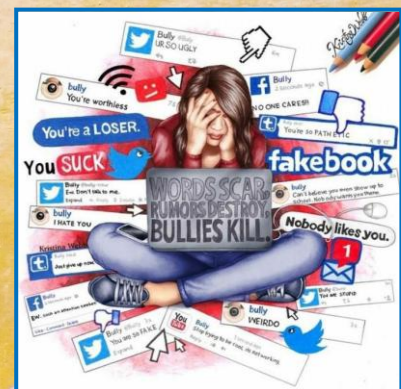


directly affects mental wellbeing, private sector jobs play a role in escalating mental health troubles. Private sector jobs, compared to those provided by the government, offer less security. Thus, people working in the private sector often become victims of stress, depression, or anxiety-related disorders.

Progressing Technology

Smart-phones and the internet have now become essential commodities in almost every household around the world. However, studies show that the internet, which connects people, reduces physical social interactions. Therefore, addiction to technology negatively impacts society as well as the mental well-being of its members.

In the age of internet, cybercrimes are a huge threat to humankind. Cyberbullying is another fast-growing issue that affects the mental distresses caused by social networks are self-imposed. Many people, for example, suffer from hopelessness as they compare their lives and situations to those portrayed (often pretentiously) on social media sites.



People fail to understand the grass is always greener on the other side and try to achieve something which someone else has attained. And, in case of failing to reach the expected point, people often feel frustrated and hopeless, which in turn causes depression or mood disorders.

However, there is a positive side to the use of technology as well, when it comes to mental health awareness. With various information available on the internet, people can speak up on their issues and understand when they need help. Nevertheless, the internet can also be misleading and lead to wrong self-diagnosis.

Terrorism, Disasters and Discrimination Based on Background

Factors like war, terrorism, religious extremism, regionalism, racism, casteism, sexism repeatedly cause disorders like post-traumatic stress disorders in survivors.

Lifestyle, Eating Habits and Substance Abuse

The youth opting for fast food and almost zero amount of exercise is a huge catalyst affecting physical health. People who are obese and have metabolic disorders, either overeat or eat less. They are often forced by their own or imposed notions about the need of fitting into the beauty standards set by society and develop eating disorders like anorexia and bulimia.



Availability of commodities of addiction, which leads to excessive smoking, drinking or the use of other substances can also lead to mental health troubles including schizophrenia, depression, anxiety, anger issues and personality disorders.

Conclusion

As the world changes, medical science and psychology continue to make evident progress as well. Thus, diagnosing mental disorders is now way easier than it was one or two decades ago. With the help of medication, therapy, and sometimes a stay in a psychiatric institute, many people have won long-term battles against mental disorders.

Thus, we need to speak up and speak out loud to help ourselves and those in need. Mental health struggles that are spreading like epidemics can be controlled if we stand strong, stand together, and guide victims of mental health disorders in the right direction, i.e. seeking professional help if they need it.

Sports Events

Sports and games inherently are very beneficial for our bodies, in the modern day and age, majority of us follow a sedentary lifestyle. And this lifestyle although is very comfortable, has a very negative impact on our health. It is one of the root causes of some major cardiovascular diseases, depression and many other disorders. Sports and games not only engage our bodies, but also our minds. Participating in sports and games has a plethora of research backed benefits which many people are unaware of.



Starting from the top, there are numerous mental benefits of sports. In these modern times where our constant increasing screen time has dulled majority of our senses, we could surely use some of those benefits. Sports helps improve concentration, reduces stress and depression, increase patience and dedication just to name a few. And the rest physical benefits of sports could be a whole another topic by itself, but in short, taking part in sports can help us feel better, healthier and mentally strong, and that's just the start of it. It improves cardiovascular health and lung function, which by itself increase the overall health of the body. It brings everyone together and builds camaraderie and develops relationships stronger.

We all are aware of the effects that the 2 plus years of pandemic and the lockdown has had on us. So, the organisation of various of independent sports events and annual sports day by NEW ALIPORE COLLEGE was like fresh breeze and also an opportunity to the students to showcase their skills through various events. Starting from indoor games like Table Tennis, Carrom, Chess to outdoor sports like Cricket, Race, Throws, etc, there was something for everyone.



The Intra-College Cricket Championship was organized was held on 23rd and 25th February, 2022 in our college grounds. A total of 48 teams participated in the tournament and the teams were formed by our students from various departments and groups.



Next, the indoor games were held on 26th February, 2022 simultaneously on the same day and the events were inaugurated by our respected Principal sir, **Prof. Jaydeep Sarangi** and HOD of English department **Prof. Bulu Mukhopadhyay**. And of course the event was a huge success.



And, finally our Annual Sports day was held on 4th March, 2022 at Tollygunge ITI Grounds and was attended by respected Shri. Aroop Biswas who was also the chief guest of the event. There was a total of 12 events organized, 6 for boys and girls each. The events included 100m, 200m and 400m Race, Discuss Throw, Shot Put, and 400m Relay Race for Boys. And 100m, 200m Race, Spoon Balance, Needle Race, Musical Chair and 400m Relay Race for the Girls.

All of these events and games were a huge success among the students and they were excited to participate in them. But, all of it was successful due to the efforts of **New Alipore College Student Union**, and we are really thankful for their efforts in making these events a success.

Mental Wellbeing in a Changing World



Rishan Aftab
(B.A. Semester 4)

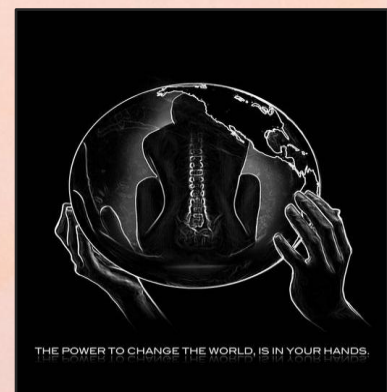
We live in a world that is changing constantly. As the currently residing generations of humans upon the face of earth, we have already witnessed a pandemic and a potential world war in the span of three years. Coming to the micro, a normal human is constantly transmuting from one person to another, to fulfil or suit their needs



in the society. We are expected to be a professional at our workplaces, intelligent in studies, dexterous and efficient in our day-to-day living while simultaneously maintaining a stable social relationship and a good physical health, among all which the pressure of earning our bread is seemingly lost and the unforeseen events of everyday cannot even be

placed within the same column. In an endless rush to tick all these boxes, it is often that we overlook the need of maintaining a constant mental wellbeing that goes hand-in-hand with everything that we do.

The past two years following the breakout of the covid19 pandemic have been hard on all of us. With everybody stuck along at home, it was often that we humans, as social creatures, felt a severe dearth of human interaction and despite all our wishes, could only contact our friends and loved ones through mobile phones. While loneliness in itself is not a mental disorder, prolonged isolation can result in behavioral changes, and even depression. In a



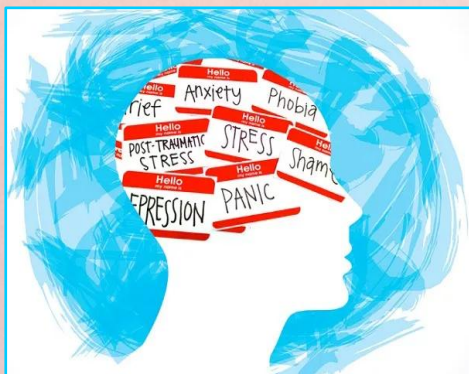
world where the rat race for success and money is endless; the underlying issue of mental health is rarely broached upon.

The WHO, in its definition of mental wellbeing, states that “A state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community.”



The 10th of October is annually observed as **World Mental Health Day**, to highlight the issue of mental health among the populace and to bring attention to the share of the population suffering from the hundreds of minor or major mental illnesses plaguing their daily lives.

Sadly, the claws of psychological disorders and mental illnesses stretch far and wide as they can be found in every nook and cranny of the society. Be it people trying to complete each other for internet fame on social media, or be it simple phobias emerging from horrible personal experiences or breakdowns resulting from an inhuman overload of expectations. In recent times, stress, anxiety and depression have been the three leading factors behind mental breakdowns and suicides. According to the 2018 World Health Organisation report on depression, India was the most depressed country in the world, stating that over 6.5% of the Indian population suffered some kind of serious mental disorder.



To give the reader an idea about the severity of the situation, IISc and many IITs across the country have been removing ceiling fans from the student dorms to reduce the number of student

suicides that take place every year. Despite achieving meritorious

success, the permanent damage dealt to the mind of the student through a nearly endless barrage of peer pressure, expectations, stress and anxiety eventually unravels them and brings them to the doors of suicide, thus mercilessly pointing out to the need of psychological aid in the society. Similarly, ragging and isolation of an individual in a social environment by their colleagues and peers bring down a person to the deeper depths of clinical depression, which cannot be cured as simply as a temporary state of depression induced by existential or midlife crisis.

In a world that is a developing quantum computers and racing to be the first intergalactic civilization, it is truly a matter of worry to be bogged down by simple problems such as overthinking and anxiety that could just as easily be solved by a society of troglodytes.



Along the same lines, technology has also been a contributing factor behind the increase in anxiety in people. Spicy news fed by the news media outlets lead people into doom-scrolling (an act of continuous and

regular exposure to negative new), that further puts them into anxiety and overthinking that leads to stress. The availability of undeterred information to the youth is also a troubling phenomenon, as the internet can be a terrible place for the overly-inquisitive, often leading them to knowledge they did not need to have, or content they should have not seen.

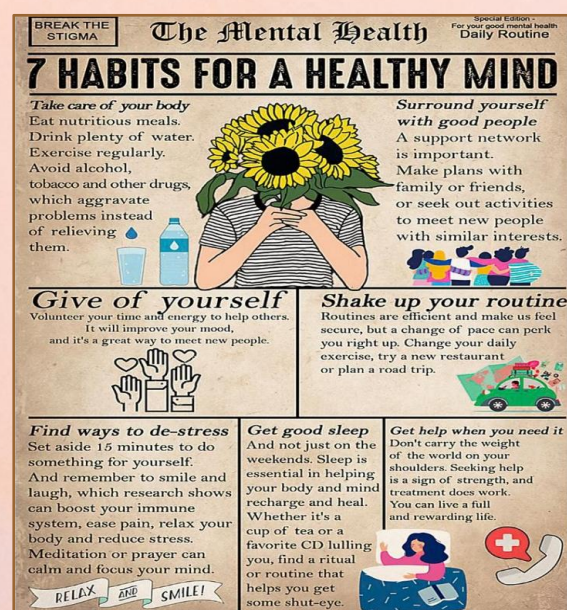
In recent times, the boom in population has turned living into a cutthroat competition where everybody wants to come up on top. Be it achievements in sports, studies, business or entertainment, there is little rest for those who wish to outperform their contemporaries. In the stress resulting from this endless circle of competition, it is only

normal for a person to grow anxious. Beyond this point, while a mental breakdown from anxiety is a temporary and short-term problem that can be treated with short sessions of therapy and antidepressants, the second possibility is usually worse, as the person in question ends up abusing substances to “take the edge off”, unable to place their confidence in the existing system of treatment. The constant consumption of stimulants and drugs manifests into addiction, dealing permanent damage to the brain, crippling the adrenal glands in the body. If a timely intervention fails, this can eventually lead to certain death.

It is often in entertainment industries that artists, under stress from competition, end up turning towards hard drugs for consolation. While the sense of euphoria does help turn the real into unreal for a while, the setback of reality against a worsening daily lifestyle only makes things more miserable for them. With nobody to confide in who will actively understand them, they keep regressing into the darker depressing depths of loneliness and despair, eventually taking their own lives.

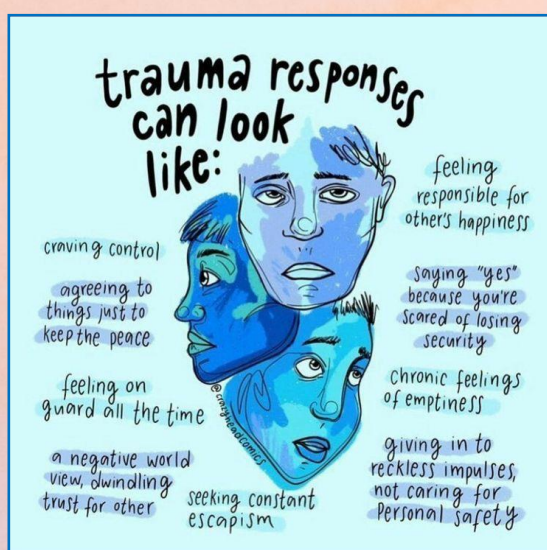
If a person suffers and turns to chemicals instead of human help, we as a society, have utterly and absolutely failed in the very basic parameters of the definition.

To bring normalcy to psychological aid, it is required to create an environment where people are willing to freely talk themselves, which can only be achieved by realizing that it is darkest hours of the night are usually just before the dawn, that humankind collectively can overcome anything. The social stigmatism around psychology treatment and aid, thus, needs to be abolished with full effect. People need to understand that human brain, like any other part or the



body, can suffer illnesses beyond hemorrhages and tumors, and that to talk about them is not a display of one's weakness but of humbleness and desperation in the face of an unavoidable circumstance. Which, therefore, demands respect and attention in the society. Even simpler issues like eating disorders, phobias and hormonal changes can manifest into worse conditions if left untreated and thus, should not be waived off.

Rarely, genetic inheritance plays a role in the induction of mental illnesses in a perfectly healthy being. In these situations, the only path forward is to seek professional help. The acute shortage of counsellors and psychologists across the globe (especially in India) demotivates many people from coming out with their problems. Victims of social and sexual abuses like childhood trauma, PTSD and rapes nurture the inhuman conflict within themselves until it tears them apart. Seeking medical help in these situations could be simpler for them had it been possible for people to be freer when talking about themselves.

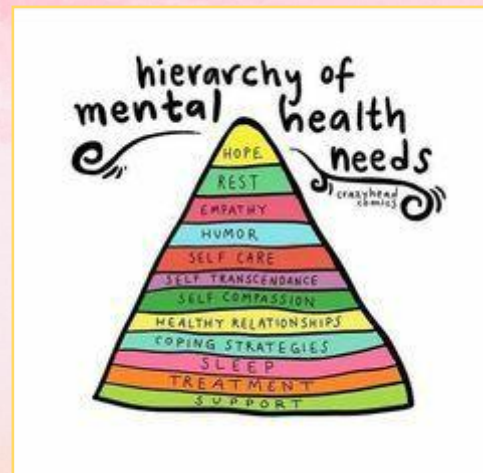


To achieve this, there are many milestones along the way that need to be cemented: A positive social approach towards those suffering from mental illnesses, Well equipped and staffed institutions that can properly treat the patients, removal of stigmas and prejudices in the society regarding mental health, broadening the general purview on the subject of mental well-being, addressal of

expostulations resulting from conjectures formed due to fallacy and preventive steps that can aid in reducing or inhibiting mental

illnesses (such as Four days week at offices, incorporation of stress-relieving exercise and tasks to introduce variability at institutions, the inclusion of mock-counselling sessions and awareness among the people etc.)

While reaching out to a medical professional is the most logical approach of treatment, bringing about changes in one's lifestyle and thought process aids to deter the clutches of mental illnesses, bolstering the old proverb that, **“prevention is always better than a cure”**. Keeping in touch with family and friends when living in isolation, practicing hobbies, keeping oneself physically and mentally busy through a variety of tasks, practicing things you are good at every once in a while, taking breaks and rewarding oneself with treats every now and then are among the few of the simple things that can go a long way in preventing illnesses and disorders. Meanwhile, one shall avoid



randomly toxic people in workplaces and friendly circles, abstain from taking anti-depressants, H drugs without medical prescriptions. **A health mind is the driving factor behind healthy and right decision, that in turn only propels the person into a more exalted state of mental well-being.** Keeping that in mind, we need to move forward, demolishing the rudimentary social stigmas and fallacy stemming from misinformation and malafide. In the 21st century, there is little space for anything but lightning-fast progress for humankind in a rapidly changing, globalized world. It is in this rush we often lose track of ourselves, but we have to remember that every drop in the ocean matters, and when every single unit starts to falter, the system will collapse at one point or another.

If the mind is the master of the body, it is a master that deserves obsequious treatment. Moving forward, it is not only our duty, but is in our best interests to cater to ours and to that of those around us, free of any prejudice as fellow human beings.

Saraswati Pujo

Saraswati Pujo, for us students is more than just any other pujo. From wearing ethnic clothes to catching up with friends, it is a day just for students. But this year was especially important, as students were excited about going back to their school or college after a long two-year break.

Celebrating Saraswati Pujo in New Alipore College has been a tradition, and this year, 5th February 2022, on this auspicious day, all the students and the faculty of our New Alipore College, gathered to seek the blessings of **Maa Saraswati**, who is known to be the goddess of knowledge, art, music, culture and wisdom. She is one of the tridevi, along with goddess Lakshmi and Parvati. The earliest known mention of Goddess Saraswati is in the **Rigveda**. She has remained significant as a goddess from the



vedic period through modern times of the Hindu traditions. She is generally described having 4 hands that signify the ego, mind, intellect and alertness of human beings. We find her holding **Lotus** in one hand, which signifies **true knowledge**. She also holds the **Vedas** in one hand and carries a **Veena** in the other. She sits on a **White Swan**, which symbolizes the purest form of knowledge.

The event was celebrated with a lot of devotion and dedication. Although the pujo was on 5th February, the preparations for it began



much earlier, from the 1st of the month. Everyone has been busy with their respective roles in the arrangement of the event. The Student Council organized and managed the event, while the rest helped with the decorations and other preparations.

Finally on the auspicious day, the college was decorated beautifully, with rangolis, string lights, chalk-art and much more. All the students came in ethnic dresses and took part in the puja. But what truly made the event successful was the happiness it brought to everyone's faces after the year long suffering.



And thus, everyone together along with the help of the faculty made the event a memorable one, evoking the blessings of **Maa Saraswati** to have a successful academic and career growth.

Boshonto Utshob

Holi in West Bengalis celebrated in many ways, **Boshonto Utshob** is one of them. It is celebrated on the day of '**Poila Falgun**' of the Bengali calendar. '**Boshonto Utshob**' which literally means '**Spring Festival**' is one of the most joyous festival for Bengalis. It was started by **Samindranath Tagore**, the beloved youngest son of **Rabindranath Tagore**.



This festival marks the end of mundane and bleak winter and arrival of much awaited '**Boshonto**' or **Spring**. Bengalis welcome spring through flamboyant celebrations, from day long cultural shows to colourful rallies. This day

is especially celebrated and enjoyed by the youth, students and young adults alike, they perform Tagore's songs and dance which he composed for the season of spring and it is a spectacle for all who admire the work of **Rabindranath Tagore**. It is the day when all worries and negativities are left behind and we colour each other in the **colours of the Spring**.



But this year's celebration was especially important for everyone, to help them somewhat to recover from the year long isolation and sadness that came alongside the pandemic.

Boshonto Utshob was celebrated in New Alipore College on 17th March, 2022 and was organised by New Alipore College Student Union.

This year's event was like never before. Students were dressed in traditional clothes and there were flying colours everywhere. The college ground was decorated and a beautiful pandal was erected over the stage, where the events and performances took place.



The celebration was started by a beautiful speech by our respected Principal Sir, followed by various performances by the students. There were Tagore's poem recitals, dance performances on Rabindra Sangeet, songs sung by the students and also a heavenly dance performance by students dressed as Radha-Krishna.



There was just something different about this year's Boshonto Utshob. Maybe it was because we're celebrating after few years or maybe we missed being this free due to the pandemic or it might have been something else, but it's just as every student was saying, **"this year was the Best Boshonto Utshob"**.

Some Thoughts and Views of Students

The river of life is flowing continuously, so the mind's is. The sinuous rills of mind meander in mazy motion, and are sometimes responsible for the secretion of **dopamine and serotonin**, otherwise, **adrenalin or non-adrenalin**. Just like water of river gets collided to river banks, thoughts collide against each other and form oxbow lake i.e., some irrelevant thoughts disagreeing the fact that they are not permanent as that of the lakes. In order to use this water in a productive way, canals are built by professionals. That's what a psychiatrist does too. He examines, collects data, earns and try to improve the mental condition of the patient. In modern times, mental health issue is on the hike. Mental health issues are more dangerous than any other physical ailment. If anyone facing such a problem should immediately seek a doctor's help. – Surya Shekhar Bhattacharya

According to the research conducted on adults, mental illness affects 19% of the adult population. In the changing world where we are slowly getting more and more dependent on social media, nearly one in every 5 children and adolescents on the globe has a mental illness. On an average a human being needs 7 to 9 hours of sleep. But when someone is exhausted and still can't sleep, it may be a sign of degrading mental health. If required one should not hesitate to seek professional help. To make people more aware of mental health, 10th October is observed as World Mental Health Day.
– Anurag Karan

Mental health is a topic which should have been taught to us when we were in schools. I believe that the subject of "Mental Health" holds an importance which is at par with any other subject that were taught to us in school. We often build a shell around us in order to not seem weak or fragile, we draw a false mask with the hopes of not letting the world see how vulnerable we are. But in reality, what we are doing is bottling up our emotions which will, one day, inevitably burst out and leave terrible consequences.
– Indrashish Mukherjee

Mental health is an integral and essential component of health. It is the 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 the continuity. Multiple social, psychological and biological factors determine the level of mental health of a person at any point of time. The clearest evidence is associated with sexual violence. Poor mental health is also associated with rapid social change, stressful work conditions, gender discrimination, social exclusion, unhealthy lifestyle, physical ill-health and human rights violation. A range of effective measures also exists for the prevention of suicide, prevention and treatment of substance-use disorders. The **mental health GAP ACTION PROGRAMME (mhGAP)** has produced evidence based guidance for non-specialists to enable them to better identify and manage a range of priority mental health conditions.
– Aditya Bhattacharya

Thank You

