



# Sunshine Pulse

Edition #03

**MENTAL  
HEALTH IS  
IMPORTANT  
FOR  
ALL**



భారతీయ సాంకేతిక విజ్ఞాన సంస్థ హైదరాబాద్  
भारतीय प्रौद्योगिकी संस्थान हैदराबाद  
Indian Institute of Technology Hyderabad

[www.sunshine.iith.ac.in](http://www.sunshine.iith.ac.in)

# Index

Message from Editorial Team	3
Newsletter Team	4
Message from Director	6
Message from Dean	7
Message from FIC Sunshine	8
Cover Story	9
Poster making Competiton	10
Prose and Poetry	11
What mental health means to me	18
Mask Painting Competiton	22
Message through art	23
Testimonials	25
Our activities ( August '21 - April '22)	28
Prize Distribution	51
Message from the counsellors	56
Quotes	59

# Message from Editorial Team.

Dear Readers,

We have all heard the old adage, 'Health Is Wealth'. But very often many misinterpret that for only physical health. With all the recent changes the world was forced to deal with, the one thing that has come to the forefront is how the pandemic had not spared anyone. People from all walks of life, young and old alike, all races and ethnicities and all strata of society had to deal with the same virus and the similar outcome of it. How different people coped with that is unmentionable. Needless to say we were pushed to not just test how physically strong we were, but also how mentally strong we are to endure this pandemic.

Caring for our mind has become as important as caring for our body and the first step is understanding that mental health and wellbeing is important for everyone, to deal with the curveball that life throws our way.

Thus, we have decided that the theme for this edition of the newsletter would be 'Mental Health is Important for All'. This theme is based on the theme for World Mental Health Day 2022, 'Make mental health and well-being for all a global priority', set by the World Federation for Mental Health. This edition includes many literary pieces that are worth reading and captures our contributors' views through articles, poems, art, testimonials and much more. It's an insightful glimpse of what mental health means to them from their perspective.

We hope you enjoy going through these contributions and inspire us to deliver much more to the IITH community.

Happy Reading!

# News Letter Team

*Counsellor Incharge    Student Head Incharge*



Maria Morris



Sidhant Ranka

*Content Team*



Adithya Ram



Eshwari



Pradnya Chavan



# *Volunteers*



Anita Dash



Sailesh Reddy M



Amulya Tallamraju



Jagadeesh Mahadevan



Girish Verma



Vishnupriya Yarramasu



Arumugam Swetha



Peela Pavani Sai Aishwarya



Gattu Sowmya



Syed Saqib Habeeb



Anji Rontala



Arundhaty B Thenuraan



Finaa Rabiya



Ishani Churi



Utkarsh Srivastava

# Director's Message

*Life doesn't get easier or more forgiving; we get stronger & more resilient.*

*~Steve Maraboli*



Hello Friends,

We have come close to the end of another wonderful year. As the journey progresses and I look back, it gives me an immense pleasure that we have finally come back to our old normal of a few in-person short gatherings, teaching & lab work. It is obvious that it was not an easy year with continuous threat of anticipated waves of COVID-19, loss of job opportunities & coping with the online academics, being not able to study in actual set-up person-person sessions. But keeping your morale up & remain focused on your ultimate goal is a must & much needed to overcome any difficult situation in life.

In line with the theme for this year's Mental Awareness Week, "Mental Health in an unequal world", I want to emphasize that this sense of inequality is all within us. The fact is everyone has got their unique qualities that are different from others. Hence, one needs to identify these unique aspects & adore them. It is well said by many motivational speakers that when you do something of your choice, you do it seamlessly without much strain & stress on your mind & overall life. Hence it is a must one should know their strength & work with them so that one can

avoid unnecessary Mental Stress & Strain.

In addition, I would like to emphasize that it is equally important to know your weakness & once you turn your weaknesses into the strength, you become unstoppable by any obstacle in the life. Bertrand Russell once said, "the things that worry you have their roots within and not in your surroundings".

We at IIT Hyderabad have many avenues for the IITH Community to know their strength & turn their limitations into laurels. Like, industry & extramural lectures, workshops, counselling cell, exciting campus activities like cultural, sports & other club activities. All these amazing activities encourage one to explore oneself and ensure good mental strength & mental health.

I wish you great mental wellness, as the same will in turn ensure your physical wellness too.

Stay Healthy Mentally & Physically!!!

*Prof. B.S. Murty*

*Director*

*Indian Institute of Technology, Hyderabad*

# Dean's Message

It's my pleasure to share the student activities at IITH in this issue of the Sunshine Newsletter – Sunshine Pulse. Hope all the students are safe and doing good. Generally, mental health is often associated with a lot of stigma and discrimination. The prevalence of mental illness among adolescents and young adults has been estimated to be around 7.3%. There are many factors that fuel the development of a psychological disorder, which can go on to affect a person's daily functioning as well as cause them impairing distress. All the initiatives at IITH are for the well-being of the students both physically and mentally. During the pandemic, Gymkhana - student body of IITH conducted many online events through the various clubs, including Quarantine Cooking Challenge, Poster Making Competition, Slogan Writing Competition, Drawing Competition, Mandala Art Challenge, Online Quiz Competition, and Poetry Competition.

“Ek Bharat Shrestha Bharat” (EBSB) Club of IITH organized International Yoga Day with full enthusiasm, which was a huge success with participation from many students, faculty and staff. Sunshine – Counselling cell at IITH, has conducted individual, group and interactive sessions with students through various online and offline modes. Periodically shares articles with students on motivation, power of self-confidence, managing difficult emotions, etc.. Extra Mural Lectures at IITH intend to bring eminent personalities from eclectic domains on one platform to talk about various subjects like art, social work, economics, psychology, sports, science etc and inspire our IIT Hyderabad fraternity with insights that they could induce in their lives. The annual techno-cultural fest of IIT Hyderabad, ELAN & NVision offers a host of exciting competitions to test one's skills, informal events and pro-shows to make the event unforgettable. Milan - The General Championship for inter-hostel celebration including activities in Sports, Cultural and SciTech to promote cohesiveness among the

students. NSS team at IITH is actively involved in various community development programs like UDAAN - Study center, where the students teach underprivileged children free of cost, Vidhaydhaan - remedies to clarify the concepts/doubts of school kids through traditional, fun way and short videos, Swacchatha he Seva and Plastic waste free campaigns, Orphanage visit, National Education Day, Clean India Drive, Fit India Movement. First Saturday of every month is identified as 'Green Day of Month', where students participate in mass plantations on the campus along with faculty and staff. DIESTA – inter department sports and cultural meet is conducted to promote collaboration and cooperation among departments, where students, faculty and staff actively participate. To promote creativity and innovation among students, IITH has started BUILD program – Bold and Unique Ideas Leading to Development. Under this program, students project with novel idea is supported for a period of 6 months up to a funding of 1 Lakhs for prototype development.

Hostels at IITH have top-class facilities like rooms with Radiant Cooling Technology, Recreation Center, High-speed Internet Connectivity, Mess, Gym, Indoor Games, TV Room, Banking Services, 24X7 Medical Service, Specialty Clinic, Canteen facility and Security. IITH has started bringing students back to campus in stages, starting from 10 August 2020 adopting all the safety measures. More than 1500 students are currently on campus. Most of the above-mentioned student's activities have started in full swing on the campus, following appropriate Covid protocols.

Looking forward to see all students back on campus soon. Wishing you all a safe and successful year ahead.

*Best Regards,  
Prof. P. Rajalakshmi,  
Dean Students.*



# FIC's Message



Mental health for all. The word `all' means, each and everyone and emphasizes nobody is left out.

The last couple of years has taught us the need for supporting each other in various forms and staying strong together. There is a demand for how a system enables this.

Sunshine, the counselling cell of IIT Hyderabad, conducted various activities for all the stakeholders of the IITH community. Despite the tough situations, students, faculty, staff and their kids and family members took part, enthusiastically in these activities. We explored, experimented in reaching ALL. This was both a happy and humble experience for us.

In the background, in coordinating for each of these activities, a team of students from UG heads, PG heads, Mentors, Buddies and Well-wishers have spent a substantial amount of their time and talent, tirelessly.

Special mention to the counsellors for their

effort in selecting, coordinating, training the team of students, on top of their schedule as well as unscheduled sessions of counselling.

We are planning to create avenues that will enable us to have more and more interaction both formally and informally. Please do share your experience and ideas to evolve in our services to reach `all'.

*~ Dr. D. Sukumar,  
FIC, Sunshine.*



A background image of yellow flowers, possibly mimulus, with green foliage, creating a soft, natural setting for the text.

*Cover Story*

# Mental Health: Let's talk and share our thoughts

In today's scenario, despite the emerging awareness of the importance of mental health, the stigma in society is still very strong. We still say, there is nothing called depression. I felt instead of mere writing, let me share thoughts of somebody who experienced such a phase in life. I have known Dr. Nirmala and I asked her to share her thoughts and life experience. She had health problem and was on medical leave. She couldn't accept the fact that she had to be on medical leave for more than a year and her purpose of serving the patients as a doctor had taken a backstep. Moreover, the medication had an impact on her leading to depression. Weight loss, bland taste of food, apathy, hair loss, etc added on to the misery. She writes, "I know depression and have hit the rock bottom. I attempted to give up on my life, I was suicidal. No one can ever understand the depth of despair I was in. It is very easy for people to say how you could be this crazy. Yes, I have a well-paid job, a luxurious house, a loving family, and friends who never left by my side a single moment. They cared for me like a toddler. I could see silent tears in their eyes. I couldn't see any light at the end of the tunnel. Yes, I am a doctor, but in the end, I am just a human being like any other. It isn't just the drugs that heal you. Surround yourself with the people who understand your state of mind. Their patience and care are what make you heal as a whole. When you and I strive for a healthy society, the world will become a safe and happy place to live in".

I truly believe depression or mental disturbance isn't something to be taken lightly. Even in our day-to-day life, at times we feel so low. We tend to share with someone close to us, who could say, "Chill it's fine and you will be alright". You don't need a best friend by your side, but anybody whom you share a comfort level, whom you think can listen and feel the inner voice. Few feel relaxed and fresh going for a walk or just have a sleep, few have good food, others like photography, music, talking to pets, etc to relieve their mind, feel and breathe fresh. It is very necessary to keep our minds relaxed. At times, when we walk from our labs towards our room with all those lost thoughts and come across someone who passes a smile, we feel better. You get a positive vibe even though you may not talk to the person. Small things matter a lot when you are walking with deep thoughts within. If you are a pet lover, you see a dog and say hello and feel better, or maybe the sunsets give you hope for a better tomorrow. It is always okay to drop by your friend's room, put out your thoughts when you are feeling low and lost. Let's stop judging people. Let's share, let us value them.

– *Yashashwini S D*  
*BO18RESH11004*

# Mental Health is Important to All

*Poster Making Competition : Faculty/Staff/Spouses*



*1st Prize*

*Mr. Saransh Khandelwal*

*Technical Superintendent  
Dept of Biomedical Engineering*



*2nd Prize*

*Cdr. Lilly Alex (Retd.)*

*Deputy Registrar  
Recruitment and Establishment*



*3rd Prize*

*Mr. S. Laxman*

*Assistant Registrar & PS to Director*



*4th Prize*

*Mrs. Bhanu Khandelwal*

*w/o Mr. Saransh Khandelwal*





# Prose & Poetry





# Running by the winds

Running by the winds,  
Gazing at the fields  
Through the windows with dust  
I could feel nothing but lust  
The harvest was made all over  
Still longing was the heart for savor  
Were it the deserted fields,  
Or the crops that were deeds?  
Made me ponder over its mean,  
To the workers or the queen  
Thrashing were they for gains  
Never the less hands in pains  
Was it the autumn or soul?  
Withered mind in a whirl  
Wanted I to cease my thoughts  
But sent down a shiver, my oaths  
The ones made to my own,  
Once made my mind blown  
Insanely, I wanted to scream  
Just wake me up from this dream  
For I have mistaken the harvest  
Mean is the world to its best!

*-Peerzadi Arzeena Imtiyaz  
CE21RESCH11001*



# Hope

When I want to cry and not a drop would fall  
When I want to decide but it's not my call  
When I want to fly and not a breeze would flow  
When I want to see and not a light would glow  
When I want to forgive and they won't let me forget  
When I want to tell the truth and I say it with regret  
When I want to feel but all I do is blink  
When I want to cry but I smile with a wink  
It is hope that keeps me alive  
It is hope that makes me smile

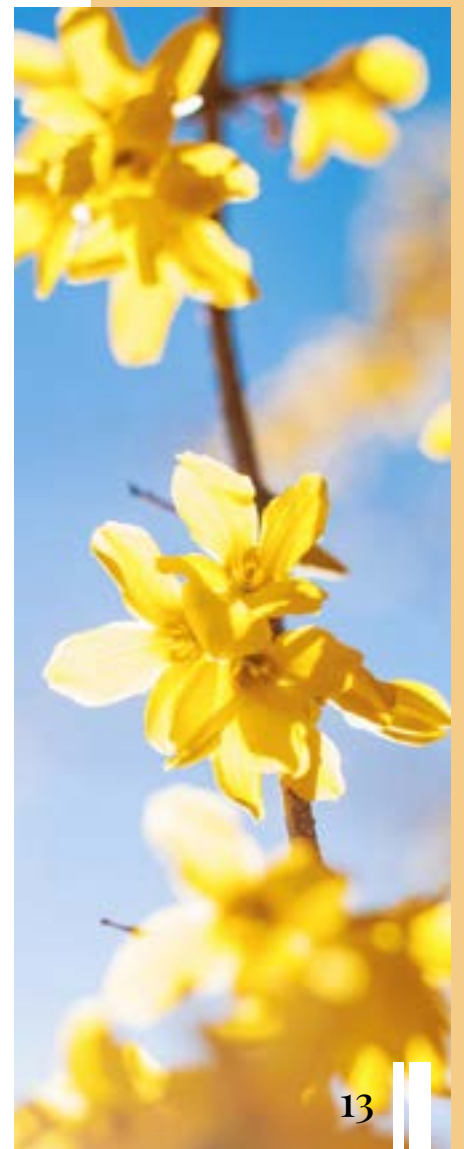
*- Anish Ambavat  
CH20BTECH11006*

# Hear the sound of dissonance

No melody as sweet  
As the rhythmic heartbeat  
Alas! the soothing state never lasts  
A tiny perturbation enough for a blast!

Paralyzed by the thunderous sound  
The blast swallowed everyone around.  
Had they seen the signs  
And heard the sounds of dissonance  
Nothing would have stopped  
The melody of the minds.

*- Amala Jose  
PH21RESCH11015*





# Metamorphosis

I saw the world around me,  
Normal, happy and functional.  
I caught my reflection in the mirror,  
Hopeless, scarred and abysmal.

My pain felt eternal,  
my life felt abnormal,  
The atmosphere was so dark, I could not even  
See the light at the end of the tunnel.  
I wished to end, I dreaded to continue  
The life that rhymed with hell.  
But faith kept me going,  
Hoping that someday, it will end well.

And boy, I was so right to continue,  
Even in moments of despair and rage,  
I was just a butterfly,  
Struggling in my transition stage.  
It is through metamorphosis,  
That you heal and transform.  
Be hopeful, as challenges make us brave,  
To battle the next storm.

*-Rubeena Aafreen  
EE20RESCH11012*





# The Difficult Reach

People wanting to reach you  
not able to express, impress or portray  
fighting their own barriers  
mental, emotional, physical and what not  
Those invisible borders  
which they are struggling to remove  
Unable to cross the line  
wishing for an extended hand  
Facing their own extended fears  
but not giving up so easily  
Not knowing the demons  
or maybe the Gods they are fighting  
Will you extend that hand?  
maybe spread hope and happiness  
not judge them  
not mock them  
just feel them  
just appreciate them  
because uniqueness is the key  
which makes everyone free.

- Jigyasa Chand  
BM21MTECH14011



# Mental Health is Important for All

Mental health? Oh... It's just an illusion!  
Saying that, he laughed off.  
Believe me, you have built it up in your head.  
And even if it exists, he said looking at me:  
"It cannot affect us... We are young".  
It's just the thing of those perplexed and stressed elders,  
Or that of the insane drug addicts!  
And then one day he complained,  
My younger sister is suffering from anxiety.  
Oh... Why anxiety at such a young age, I say?  
It's after all just a jolly day for her every day.  
I know that she isn't trying hard enough,  
It's just something she cooked up in her head.  
And long after, an evening, he messaged,  
I think I want to die,  
I can't live this life full of misery.  
Oh! I can't handle it at all...  
I don't deserve to live, because I have failed!  
Thankfully he did survive,  
But didn't want therapy.  
As for him, sleep and pills had become his best friends.  
He wouldn't talk, he wanted to be alone!  
He called himself "crazy", more often than others.  
And slowly, he started hating himself "the most".  
Then finally, we went to therapy, with utter disbelief.  
Because by now, he believed, no one can help him.  
It's over... Once and for all!  
To be honest,  
Therapy wasn't an overnight game-changer!

There were no quick fixes!  
No instant changes.  
But, it definitely a lasting effect.  
But slowly and steadily, he spoke out!  
He looked at himself non-judgmentally,  
He accepted himself the way he was.  
He realized it was fine!  
It was fine to have mental health issues.  
It was fine to not feel good.  
It was fine to have bad days,  
It was fine to feel lost.  
And then, one beautiful morning  
He smiled, 'Straight from the heart!!'  
From then, there was no looking back.  
And yet another day,  
he heard someone saying,  
"Mental Health? It's just an illusion"  
He said with a warmth in his voice,  
"No! It's not."  
But yes, you can solve it.  
By talking to people, by helping yourself.  
By caring for yourself, by giving time to yourself.  
And, by asking for help.  
We looked at each other and smiled:  
Because that day, we both understood something truly important.  
Something, that was worth sharing with the world!

-Chilukuri Sneha

ME21MTECH14002



# What Mental Health Means to Me

*Poster making competition:  
Students*



*1st Prize  
Ms. Pallavi Dandekar  
ch2irescho1005*



*2nd Prize  
Ms. Anindita Tarafdar  
bm2omtech11006*



*3rd Prize  
Mr. K Naveen Kumar  
cs19m20p0000001.*



# What mental health means to me

Mental health is seldom discussed as openly as physical health. Often neglected, but is just as important. To me, being healthy definitely means being fit mentally and being able to realize the best of my capabilities most of my days. Mental health, technically, is the sum total of emotional well-being, clarity of thoughts and reasoning, decision making and display of integrity and strength in all undesired situations.

As Rumi said it “Wherever you are, and whatever you do, be in love.” You can not, not have bad days, but to deal with them face-on is definitely possible if one is fit mentally. If not, one should not hesitate to seek help from a professional. Looking back at your life should remind you of the joy of living and that necessarily means a good healthy balance of physical and mental health. To keep my mental health in check, I grant myself some “me time”, no matter how busy my work life is and that helps me to stop for a moment to calm down and reflect back on how my day went. It eases down all the anxiety and helps me think more clearly. Whenever I face situations that are not how I expected them to be, I smile because I care about myself more than any problem at hand. I deal with it knowing that life has a lot more to offer and being patient is the only rational way. Investing in relationships is also as important as in times of crisis, people who are close share our pain and help us navigate solutions and mitigate our problems. I am thus a strong advocate of harboring healthy friendships, doing away with toxic relationships and consciously making efforts to make meaningful relationships last longer. Having said that, I value self-love, as much as I believe in watering relationships around me because we all deserve the same love and kindness that we keep throwing around, if not more.

In the end, I am a believer. I believe that I have some larger purpose in life and that every problem that life throws at me makes me stronger and a better person when I come out of it. This mindset helps me have a more positive outlook on life that I have developed over time. I take ample breaks when life slips into really difficult times and allow myself some leisure before getting back to the grind. I gently load some shots of happiness in my everyday life by prioritizing activities that make me feel good and I’m glad I’m capable of doing that as I write this. Thanks to Sunshine for this opportunity to document my thoughts on the topic, it has been a wonderful exercise.

*-Swetam Sinha  
PH20MSCST11018*



# My take on What Mental Health means to me.

Mental health is a state of well-being in which an individual realizes one's abilities, can cope with the 'normal' stress of life, can work productively.

Being a caregiver(Health medical doctor), wish to develop a relationship of trust and confidence, express a non-judgemental attitude and provide suggestion instead of giving advice.

Mental Health can be enhanced by:

Self Care: Practising mindfulness, connecting with people, being physically active, having a healthy diet.

Personal skills for promoting mental health well-being like developing empathy, listening actively, and not disclosing personal information.

Handling stress/anxiety by getting adequate rest, practicing relaxation exercises, engaging in a healthy lifestyle, developing hobbies, and staying connected.

To seek external help and support from friends, professionals, and family.

In my opinion, every person in society should help the individual in need (mental health crisis) like mental health first aid.

Mental health first aid has to be given only until appropriate treatment and support are received. It helps to identify signs and symptoms of immediate crisis. It is not a substitute for medical care or counseling.

It aims to help, support, and encourage individuals with problems to seek professional help.

Therefore, my take on what mental health means to me is essentially any individual who can help; should.

*Dr. J Raja Adharnath*  
*Medical officer Incharge*



## *What mental health mean to me*

**-Mohammed Azharuddin**  
**CE17RESCH11014**

Without any disregard for physical health, a person with proper mental health is the fittest one. In fact both physical and mental health holds paramount importance. It's the person's state of mind or mental health that drives them insane or makes them sound sensible. One can maintain good mental health if one never lets any unnecessary thoughts accumulate in their mind. Mental health gets affected when a person entertains the effects of stress, anxiety, fear, depression, overthinking, negativity and failure, among others. In fact, at a certain point in time, situations may be such that one cannot evade the aforementioned attributes, nonetheless, what needs to be done to avoid the causal factors that affect one's mental health is the pressing question. Staying motivated even if the odds are against you will help in maintaining stability and tackling the situation at hand.



Furthermore, inculcating optimism and positive thinking will definitely help. Sometimes a person is always anxious about knowing what others think of him/her, this form of anxiety most of the time leads to the build up of unnecessary thoughts, which do leave their mark on mental stability. It is important to ignore certain aspects, as mentioned before and go along with the tide to be at peace. When an individual's physical health deteriorates, it obviously affects their mental health. Given the connectivity between them, it is always necessary to stay in the pink of health. It should also be noted that happiness is a state of mind, and doing what makes you feel happy is of utmost importance for mental stability. Secondly, one of the ways to stay happy is by staying busy, and when you are busy doing what you love, nothing will affect you. Having a peer group or loved ones who supports you through thick and thin is always a blessing and talking to them in difficult situations may not alleviate the situation, but it will help in maintaining mental stability. Overall, a successful life builds on the foundation of sound physical and mental health. Ignoring any of these will have unwelcoming consequences.





## *What mental health mean to me*

### **-Bollavaram Harshavardan Reddy**

In my opinion, for any living being, if being alive is the only thing that matter then taking care of physical health is enough but when it comes to humans, we look towards performing things, completing the work, achieving goals, etc. In order to reach the objectives we should be in a healthy position from the outside as well as from the inside. Here, being well from the inside can be seen as being mentally healthy.

Since being mentally healthy is not a known objective. Usually, we don't think much about our mental health - until we realize its absence in our well-being. This Mental health doesn't come from any proteins, vitamins, medicines, etc. It can be obtained over a period through practice and personal experiences from past.

We need to learn things from the past and use them to understand the situations around us. After understanding the situations we may agree with them, or we may not. But, when we don't agree, feelings of itchiness will get spread across our thoughts and also disturbs our performance. To overcome such itchiness, we need to speak out our ideas, intentions, and expectations to get an exclusive idea of how things are happening. Later, though we did get an idea that following the same is not an easy thing to any human as it requires a lot of patience and guidelines from elders/seniors. With the help of these guidelines most of us perform well. But after a certain point of time, though we achieve what we want, some people won't feel better - Not because of the result but because of a lack of satisfaction. Reasons can be anything for this kind of situation like, I didn't give my best, I didn't learn any new skills, still I'm not performing well, not able to taste the success fruits, etc. It indicates that we are not getting satisfaction from what we are doing.

But in the end, getting satisfaction is important because it gives us energy and mounts our behaviour accordingly. People, who get satisfaction from the work they have done in the past, become mentally healthy and perform well in their further work/dealings.

It is the part of self-analyzation and realization of things that works as an informative source in our next attempts. These kind of personal experiences and guidelines from seniors/elders will help in strengthening our mental health. With respect to physical health our food and sleeping habits play a major role in its maintenance.

Whereas for Mental Health the ability of being honest about our thoughts and perform our respective duties plays a vital role and works as a foundation for a well matured attitude.

One thing that we need to agree on is that we can't change anything that happened in the past; rather we need to move on with that respective knowledge & experience and enjoy our daily routines to feel better about our well-being.

# Face Mask Painting Competition



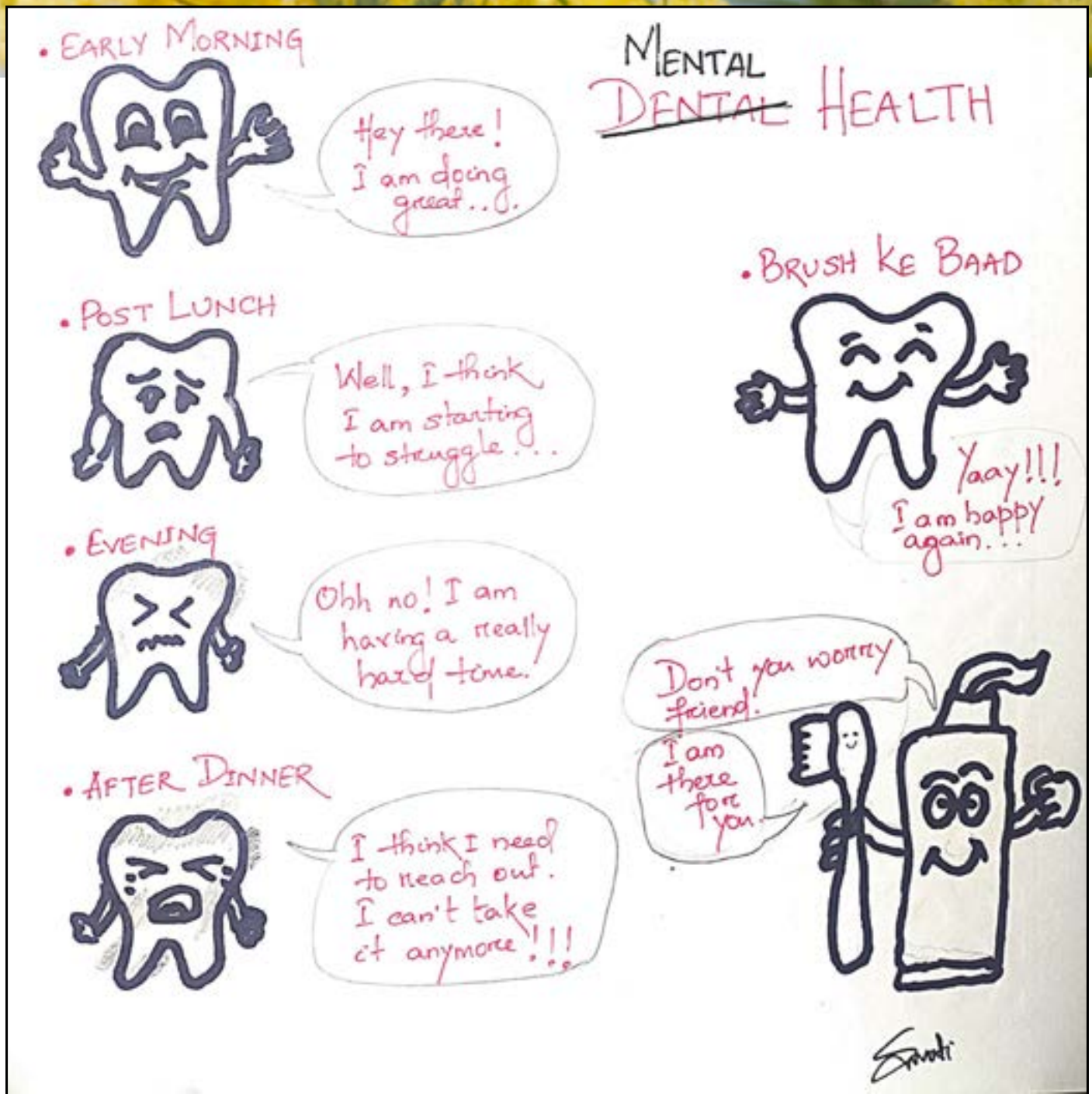
*Chaitanya & Sai Ram (1st Prize- Staff Category)*



*Pallavi & Surojit (1st Prize- Student Category)*



# Message Through Art



Just like our dental health, our mental health starts to lose its spark and charm over a while. Most of the time, the plaque of uncertainty, self doubt, and anxiety sits on top of it. But wait... That's not permanent! We all can get rid of it. All we need to do is reach out to someone and vent our hearts out. As the tooth needs a toothbrush and a toothpaste to shine again similarly,

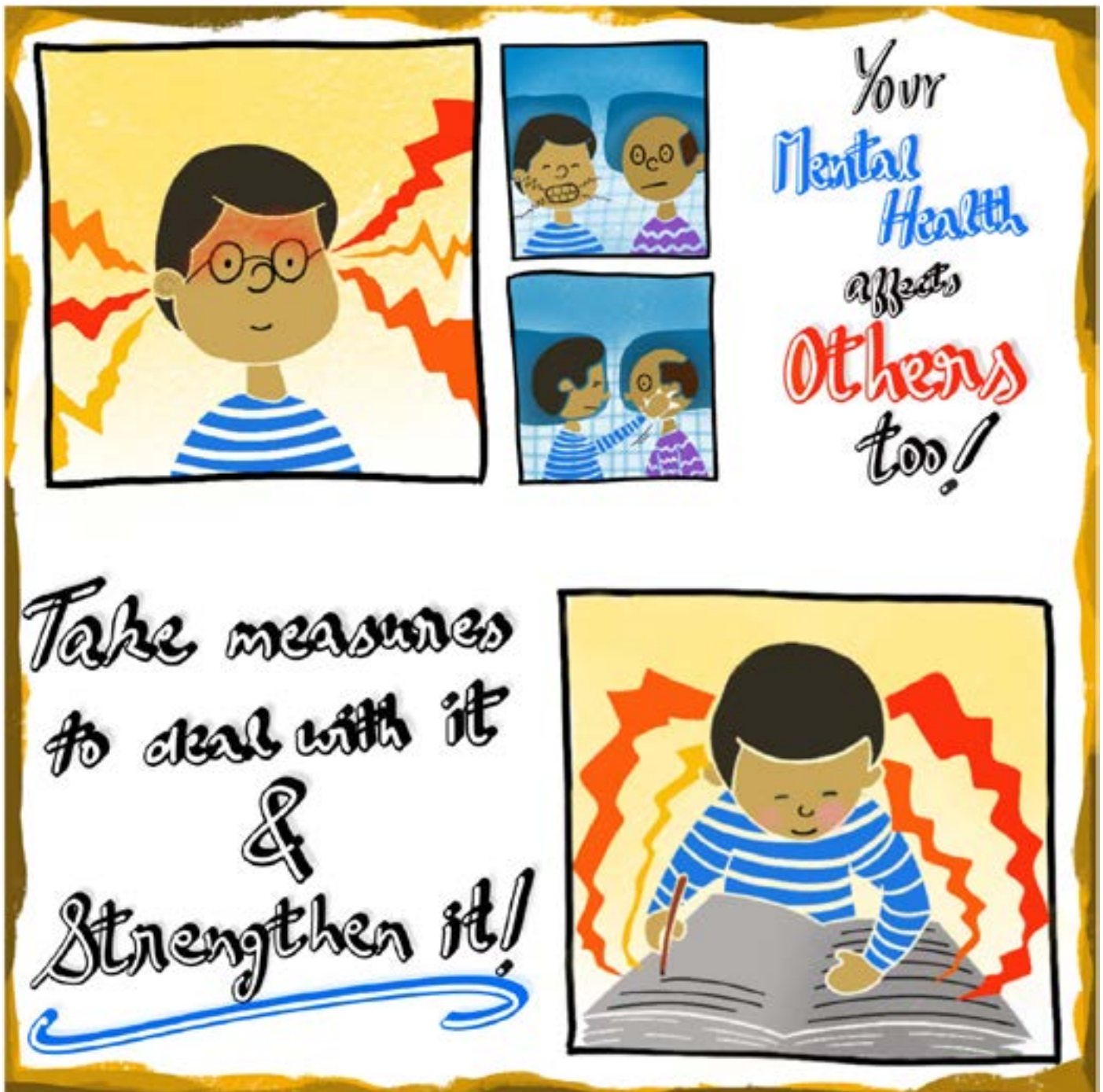
we too need a helping hand to lift our spirits and regain our charm. Look around because there will always be someone for you!

And yes... Don't forget to brush twice daily. Kyunki, dental health bhi important ha.

-Swati Mohanty  
EE20RESCH11007



# Message Through Art



-V Vishnu Srinivasa Prasad  
MD21MDES14036

# Testimonials

## *My Family: My Mental Fitness– Fact Behind The Frame*



An increasing body of research demonstrates that negative family relationships can cause stress, impact mental health, and even cause physical symptoms. Research has demonstrated that non-supportive families can distract from someone's mental health and or cause a mental illness to worsen. And hence a reverse can be derived without further research that positive family relationships can be a cause of strength, uplift mental health, and even become a cause of great physical stamina. To illustrate here presents a part of my first memoir - an effort to make a collage for all the beautiful memories I am blessed with and have strength for possible strain in life that's not in my hand and stress, I don't take it, my friends. Would start my memoir with the lines, I used to share with my ex-boss & a great mentor to be Mr. B Sreegiri, Head of Automation Division, Signode India Limited:

"Why should I burn my organs for someone else".

(A small extension – especially by heart & mind)

This is my 1st Memoir, thanks to #PRCI #ChanakyaAward #AmeyaofttheYearAward #GreatGoaExperience #HardaToHyderabad #MyMomentofPride #KavyaKiKalpnaKeKisse #K5

Would like to start by thanking those warriors who fought along and made me achieve this...

Behind every happy man, there is a woman but behind every happening life of a woman,

there is the full battalion of men & firm family support. 5 Important Men in my life:

Starting with the strongest support, my caring Mr. Hubby, Rajesh Gupta, and his golden sentence "He is my son too", I could open my wings and had a lifetime experience in Goa, kind of #myfirstperosnalleave and made the above frame possible. Mr. Hubby is also the person behind the motivation of #K5. Though slightly modified. The original is 'Kavya Ke Kalpnik Kisse – K4'. Kavya is nothing but me, my unofficial namakranam by in-laws :) - oops a secret revealed.

My FIL (Father-in-law), Papaji, Mr. Mallaih Setty has given me the confidence that I can be an ace public administrator & communicator and I moved to #UoH the #UniversityofHyderabad from #Signode India Limited and landed as #PRO - Public Relations Officer #IITHyderabad.

Pappa, Mr. Mahesh Kumar Agrawal, My Dad - Who not given me the genetic acumen of being an able administrator but laid the foundation of it with my MTech.

My Bro/ Bhaiyu/ Mr. Yash Agrawal - Who is my emotional support

Last but not least my Ninu, Master Nihan Gupta - My 2.8 years Sunny - Who became self-sustain, daddy's dude leaving by pallu 'Anchal' so that I can dare to step-out, though with tears

Interestingly there is a battalion of women too to make this day possible.

My Mom/ Dr. Lata Agrawal, Reason for my





*Mitalee Agrawal  
Public Relations  
Officer  
IIT Hyderabad*

being and what I am today!

My MIL (Mother-in-law)/ Mummyji, Mrs V Sharadha - Who unlike her designation of MIL, is always ready with her awesome sarees for me to be a well-drafter for any important day of my life instead of cornering me inside the home with the weight of customs & traditions.

My SIL (Sis-in-law)/Ms Shilpa - A who set amazing precedence of valuing daughters in the home that I am being treated as Daughter-by-law, instead of Daughter-in-law.

My Sis/ Dr Vijayshree Agrawal - Who being my motivation that 'Do your best and you will get the best, just rest for the result'.

This occasion has been also possible owing to again three gentlemen in my professional life.

1. Prof B S Murty, Director, IIT Hyderabad who entrusted my PR skill and endowed me with such a miraculous responsibility of handling PR for #IITHyderabad & #IITRaichur.

2. Prof C Krishna Mohan, Dean (PCR), IITH who has further given me an open canvas to implement my ideas impeccably.

3. Fr Vineeth George, PhD Scholar, IITH who has introduced me to the great forum of exceptionally talented PR professionals at PRCI that has further augmented my PR Skills.

I thank each of them for being part of this journey of mine & a robust support system.

The Kavya Diary has many other worth-sharing memories :) that will follow soon, I hope. Follow my LinkedIn Page for it

Till then, Stay Happy & Healthy Physically & Especially Mentally...

---

Mit urf Kavyaraj

Sounds Mind keeps the Body in Sound Conditions -  
Mitalee



# In Her Shoes



Coimbatore is very close to my heart, and the reason for being special was because of a friend I met in the small town. I was new to the city bumped into her in a theater class. Unlimited energy and buoyancy filled her. She was beautiful, talented, a professional dancer, and a theater artist. I was impressed with her tenacity she had a splitting image of a model, dressed fashionably, very articulate, compassionate, and a loving woman.

Smitha had a mental illness called bipolar disorder. She used to have moments of extreme mania where she was either ecstatic or in the doldrums. Smitha was hesitant and incoherent about what she was going through since society considered mental illness as a taboo. She concealed her thoughts and did not approach anybody for help since it is natural to imagine what others think of us. I slowly saw her fade into isolation and difficulties. She did not want to meet people and was confined to her own space. It must have been very tough to deal with anxiety, worry, and fear which I believe were triggered due to certain situational factors followed by episodes of mania.

Finally, she sought assistance, but it was too late. She experienced erratic behavior and extreme mood swings. It was grueling for the people around her. Smitha never accepted the truth, and even suspected her family and dear friends. She attempted suicide three times and was successful in her 4th attempt. As we all know, there is a learning curve; Smitha mastered it the last time and did it professionally. She had passed on!!

I was shocked and grieved repeatedly and had this intensity of emotions that I did not know how to deal with. Smitha was gone and would never come back. She no longer exists! I wasn't aware of bipolar disorder, but this incident shook me and had quite an impact. It's been ten long years since I lost my dear friend, and I have grown to accept mental health as just another way for the body to communicate its priorities.

The questions that I kept asking myself were, "Could I have done anything to stop this? Why didn't she seek help? What was she going through?" I wanted the answers but didn't get any.

I am sharing this experience, hoping it can resonate with others who have had this difficulty or experience it at some point in their life. Mental health illness, when kept secret, gives rise to feelings of shame and isolation. Let your family and friends know what to look for when you get restless. For the people who feel stuck amidst this undeniable truth of the human psyche, let your well-wishers anchor you to the stable world. My two cents here are, "You are not alone."

*-Cdr. Lilly Mary Alex(Retd.)  
Deputy Registrar*





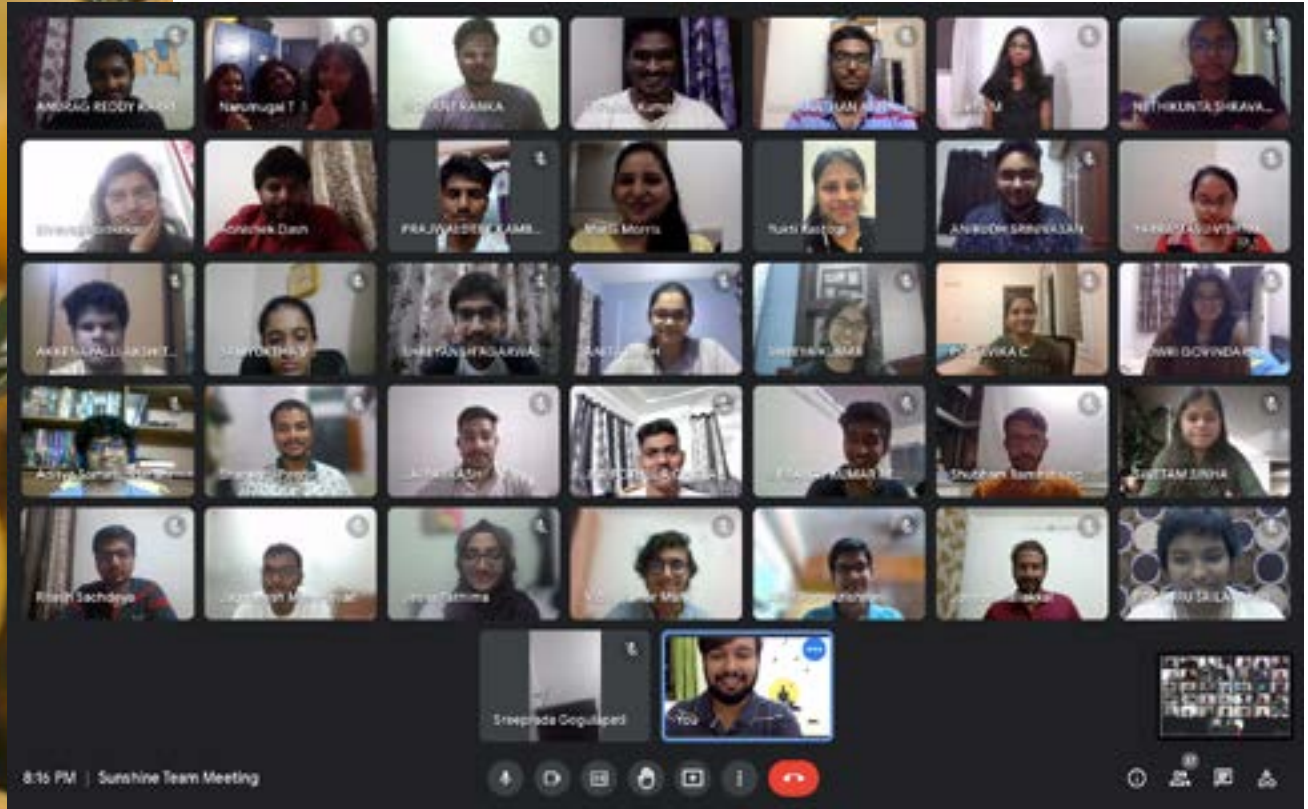
# *Sunshine Activities*

August '21 to April '22



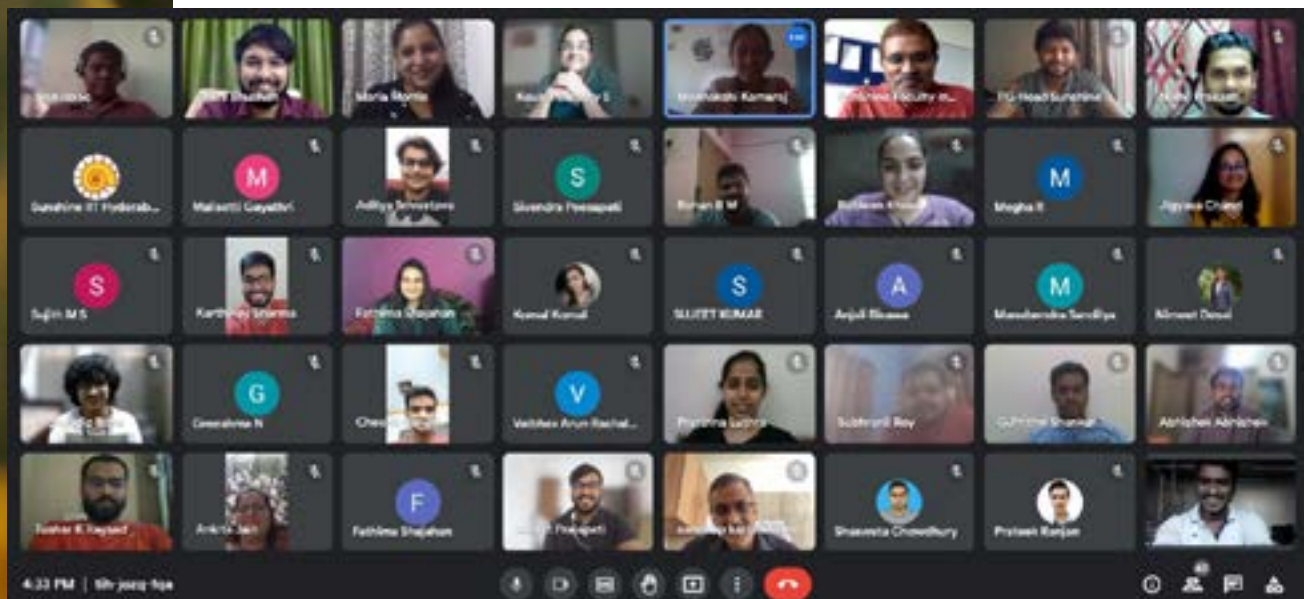
# August

## *Online Team Meeting*



First Sunshine team meeting on 19th August 2021 with the FIC, Counsellors, Student Heads, Management Team, Mentors and Buddies.

## *PG & PhD Dept Orientations*



Twenty Sunshine dept orientations for twenty-eight PG & PhD branches were conducted in August and September 2021.



# September

## *Departmental Catch Ups*

The departmental catch-up sessions by Sunshine UG buddies on 4th and 5th September 2021





# Sunshine Plantation Drive

Sunshine conducted its very first plantation drive on the occasion of suicide prevention day with the theme, "Save a Plant, Save a Life". The plantation drive event was inaugurated by the honourable Director of IITH Prof. B. S. Murthy and Dean Students, Prof. P. Rajalakshmi.



Sunshine FIC, Faculty Representatives and Counsellors planting a sapling on the plantation event.



IITH community participating in the plantation drive and adopting the sapling they planted.



# October

*Mental Health Awareness Week: 5th October-  
10th October Nukkad Natak*

## Nukkad Natak



Sunshine presented Nukkad Natak (street play) on the 5th Of October to commence the Mental Health Awareness Week.



# Plant A Placard

On the second day of the mental health awareness week, the IITH Community tagged the plants they adopted on Sept 10th and gave their sapling a name.





# Face Mask Painting Competition



Face mask painting competition was held on the third day of the week where participants innovatively exhibited the theme 'Mental Health Is Important for All'.

# Gratitude/ Positive Stroke Letter Writing Exercise

The Sunshine team took the mental health awareness week as an opportunity to lift the spirits of their fellow team members by writing an anonymous letter of gratitude and appreciation to their teammates.





# DIY Journal Writing



*A special workshop on how to journal one's thoughts and emotions was conducted for the IITH fraternity by Mrs. Yukti Rastogi, Psychological Counsellor.*

# Poster Making Competition

Sunshine received enthusiastic participation from the IITH students, faculty, staff and their dependents in the poster making competition which was the concluding event for the week





# November

## *Prize Distribution*

The Winners of the Face Mask Painting and Poster Making Competition were awarded their prizes in the month of November.





21st November- 2PM to 5 PM

# Sunshine Pre-placement Talk (Virtual) with Alumni

The pre-placement talk went fruitful with our notable alumni  
Mr. Joel Prakash - Batch 2021 Civil engineering IITH  
Mr. Aniruthan - Batch 2021 Mechanical Engineering  
Mr. Divyam Tayal - Batch 2020 Electrical Engineering  
Mr. Vishal Sinha - Batch 2020 Biomedical Engineering



# December

## *Lava Walk*



The Sunshine PG and PhD Mentors conducted a team building stress buster game for all the PG/PhD/Post Doctoral students on Saturday, December 11th, 2021.

Winners:

1st Prize: Team Lava Heist

2nd Prize: Team JAAVO

3rd Prize: Team Vision



# Mememes and Short Reels Competition

The PG and PhD Mentors conducted two online competitions for the PG/PhD/Post Doc students with the theme 'Life Of A Student During Covid Times'.

*1st Prize*  
*Joseph Maliakkal*  
*ch20mtech11003*



*2nd Prize*  
*Abhishek Dash*  
*bm20mtech11002*

*3rd Prize*  
*Aditya Srivastava*  
*bm21mtech14002*



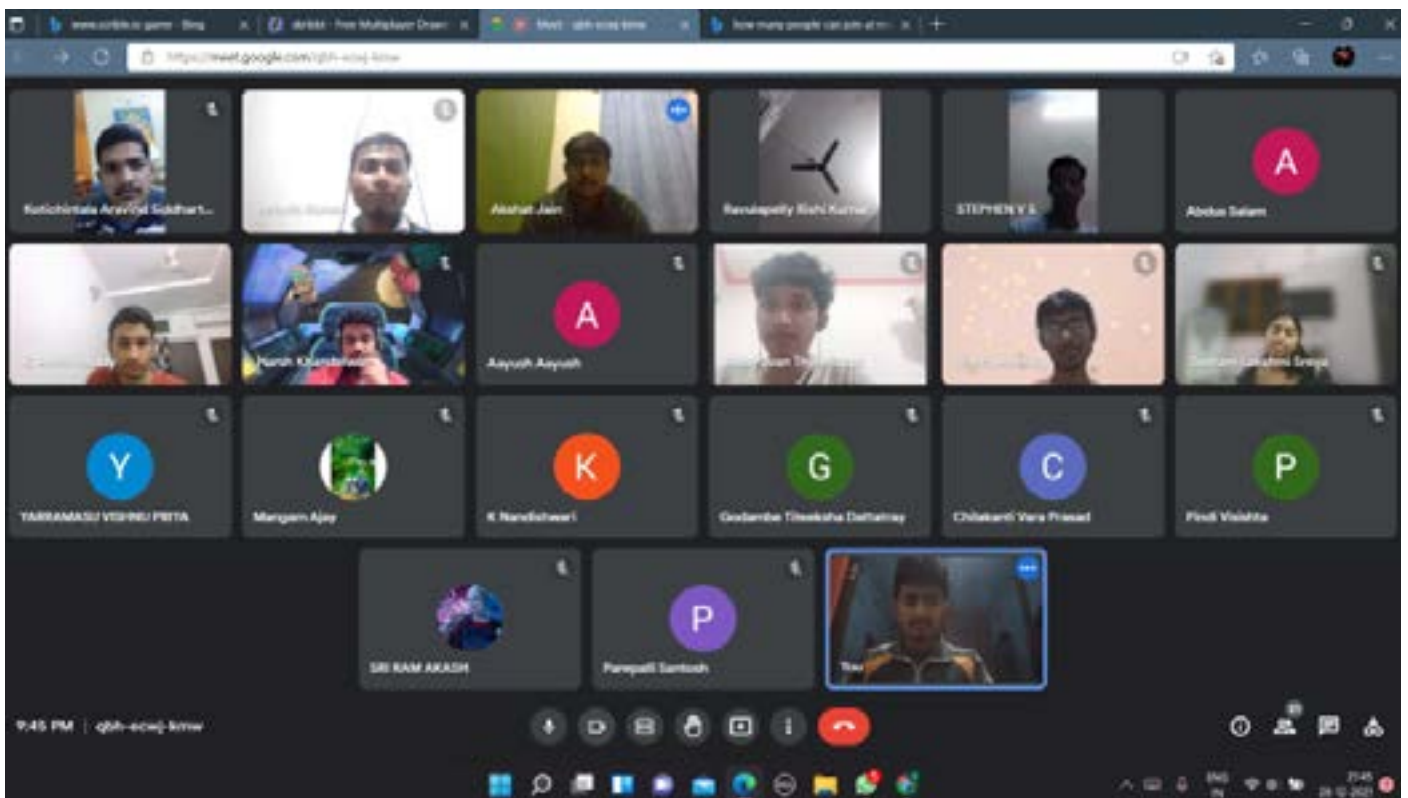
*4st Prize*  
*Fathima Shajahan*  
*bm21mtech14009*



Link: [https://drive.google.com/file/d/1g81GPCkoCyrDSWrWz5YO6SDsGe\\_x7fX-/view](https://drive.google.com/file/d/1g81GPCkoCyrDSWrWz5YO6SDsGe_x7fX-/view)

~ Syamjith KS  
ch2irescho1001

# Departmental Catchup Sessions





# January

## *Mentor-Mentee mandatory first meeting:*

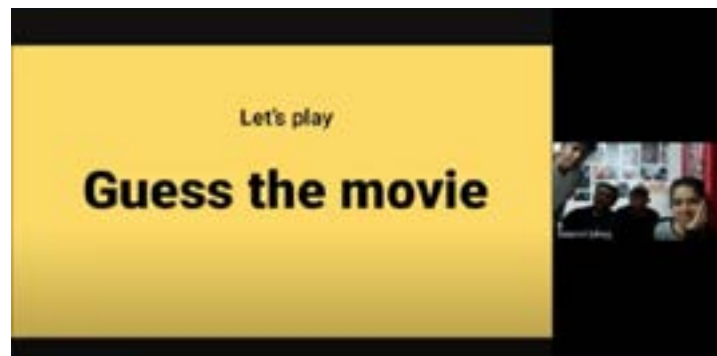
There were a total of 26 meetings held, a meeting among each Mentor-Mentee group. The meetings were about an hour, where they introduced each other officially and played games conducted by the mentors (games of their choice).

## *Funshine*

Funshine was an inter-departmental catchup session with a few departments clubbed together. 3 games were played, hosted by the hosts and the participants with the maximum number of points at the end of the 3 games were announced as winners.

It was hosted by buddies and Mentors on 23rd and 26th January, 2022.

Pictures: games played one of the sessions



*Guess the Movie*



*Pictionary*



*Stumble Guys*

# Ice-Breakers

It was an event conducted for the UG freshers by the UG mentors. The freshers were divided into teams and were made to compete against each other by completing tasks outstripping other teams.

There were a total of 2 sections and 7 tasks. The tasks were performed by the teams as a whole and were filed and submitted through google drive.





# Inter-Departmental meet by PG/PhD Buddies

The PG and Phd Sunshine Buddies met their respective batchmates for an hour to two in February 2022 to introduce themselves and the Sunshine Buddy Program to them. This was followed by interactive games for them to get to know each other and to break the ice.

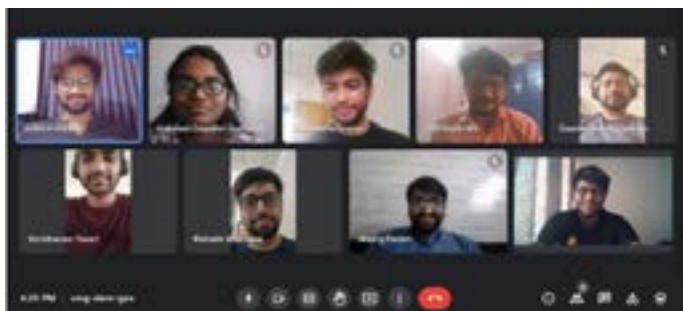




# March

*Inter-dept. meet by PG/PhD mentors*

The PG and Phd Mentors organised an inter departmental meet for all the PG and PhD 1st years to facilitate an interaction among the students across different departments. Five such meets were conducted in Feb- March 2022.





# April

## *Six Legged Race*



The Sunshine PG & PhD Buddies and Mentors organised an exciting team building game called the '6 Legged Race' exclusively for all the PGs, PhDs, Post Docs, JRFs and SRFs of IITH on Sunday 10th April 2022. The event saw a huge participation and was well appreciated by those who took part.

# Treasure Hunt

The UG team conducted an event called 'Treasure hunt' for the UG student community on the 16th of April for the occasion of Happiness Weekend. Each team consisted of 7-10 members competing in a quest around the hostel blocks.



*The winners of the event  
Reethu and team.*



# Sunshine Talent Night

The Sunshine PG and PhD Mentors and Buddies organised 'Sunshine Talent Night' exclusively for all the PGs, PhDs, Post Docs, JRFs and SRFs of IITH on Sunday 17th April 2022.



*The winners of the event are in the next page*

Category	Position	Participants Name	Roll Number
<b>Solo</b>	1st	<i>Kusuma Priya</i>	<i>ee20mtech11007</i>
	1st	<i>Anirban Barthakur</i>	<i>md20mdes14012</i>
	2nd	<i>Harsh Raj Gond</i>	<i>md21mdes11009</i>
	3rd	<i>Shashi Preetham</i>	<i>is20mtech11004</i>
	4th	<i>Viraj Mehta</i>	<i>bm18resch11010</i>
<b>Group</b>	1st	<b><i>The Lost Diadem</i></b>	
		<i>Monmee Phukan</i>	<i>ch17rescho1003</i>
		<i>Shwetank Goswami</i>	<i>ph20mscst11004</i>
		<i>Ashish Priyam Goswami</i>	<i>pb21mtech11004</i>
	2nd	<b><i>Bollywood Maestro</i></b>	
		<i>Shubham Sharma</i>	<i>ew21mtech14001</i>
		<i>Sunni Sagar</i>	<i>is21mtech11005</i>
	3rd	<b><i>Four Counts</i></b>	
		<i>Akanksha Rajpurohit</i>	<i>ce21mtech14015</i>
		<i>Alka P B</i>	<i>ce21mtech11007</i>
		<i>Parvathy A S</i>	<i>cc21mtech14001</i>
		<i>Pavithra S Nair</i>	<i>ce21mtech14016</i>
	4th	<b><i>Fab 5</i></b>	
		<i>Kartik Kumar Kalia</i>	<i>ph21mscst11010</i>
		<i>Ritesh Kumar</i>	<i>ph21mscst11022</i>
		<i>Shushant Lakra</i>	<i>ph21mscst11024</i>
		<i>Anuj Sharma</i>	<i>ew21mtech14004</i>
		<i>Anjali Maurya</i>	<i>cy21mscst11013</i>



# Prize Distribution

## Students

*The winners of Sunshine's Poster Making Competition were awarded their prizes on Oct 29th and Nov 8th respectively. The winners of the poster making competition are as follows:*



### *1st Prize*

Ms. Pallavi Dandekar  
Ch21resch01005



### *2nd Prize*

Ms. Anindita Tarafdar  
bm20mtech11006



### *3rd Prize*

Mr. K Naveen Kumar  
cs19m20p000001

# Staff



## *1st Prize*

Mr. Saransh Khandelwal  
Technical Superintendent



## *2nd Prize*

Cdr. Lilly Alex (Retd.)  
Deputy Registrar  
Recruitment and Establishment



## *3rd Prize*

Mr. S. Laxman  
Assistant Registrar & PS to Director



## *Consolation Prize*

Mrs. Bhanu Khandelwal  
w/o Mr. Saransh Khandelwal  
Dept of Biomedical Engineering



# Children



## *1st Prize*

Ms. Bhattu Alankrutha Sai  
D/o Mr. B. Vinod Kumar Raju



## *2nd Prize*

Ms. S.Sathvika  
D/o Mr. S. Laxman



## *3rd Prize*

Ms. Anya Carmel  
D/o Cdr. Lilly Alex (Retd.)



## *Consolation*

Ms. S. Sneha  
D/o Mr. S. Laxman

*The winners of Sunshine's Face Mask Painting Competition were awarded their prizes on Nov 18th. The winners of the Face Mask Painting Competition are as follows:*

## Staff



### *1st Prize*

Mr. Chaitanya Gajbhiye & Mr. Sai Ram



### *2nd Prize*

Ms. Sree Devi



### *3rd Prize*

Ms. Pushpa & Ishwarya Jaya



### *Consolation Prize*

Saransh Khandelwal and Bhanu Khandelwal



# Students



## *1st Prize*

Ms. Pallavi Dandekar &  
Mr. Surojit Saha



## *2nd Prize*

Ms. Aishwarya & Mr. Rohit



## *3rd Prize*

Ms. Tisha & Ms. Shreya Khadkekar



## *Consolation Prize*

Mr. Md Waris Azimi &  
Mr. Anurag Reddy



## *Consolation*

Mr. Anirudh Srinivasan and Ms. Sri  
Varshitha



## *Consolation*

Ms. Lakshmi Pranathi B and Rajashekar.

A background image of yellow flowers, possibly mustard or rapeseed, with thin green stems and small yellow blossoms, filling the entire page.

*Message from Counsellors*

# Is Mental Health Important For Them?

A few weeks ago, I happened to overhear a six year old child ask an adult what emotions mean. And I was amazed by that child's curiosity to want to understand this aspect of life. Being a practicing Psychological Counsellor, I have seen from my 12 years of experience how sometimes even well achieved adults in society struggle to look within and understand what they feel, differentiate their thoughts from their emotions and behaviours. Which makes me wonder, How many of us adults talk to our children about what mental health means? And, how many of us actively groom our children to focus and take care of their mental health just as well as they are taught to focus and master their academic skills, hygiene, manners and the likes?

I have realised that if I wish to see a change in society at large, I begin from where I can; my own home. Being an aunt and the Godmother for my nephew who is barely nine years old, I have got a picture of what a herculean task it is to raise a child and groom them into a well balanced adult. Though my nephew is fortunate to have parents who ensure he receives the right kind of formation for him to grow into a well balanced independent young man some day, I have realised that it's also important for my nephew to understand what emotions mean and the importance of sharing about how he feels and thinks. Being just nine years old, I am 100% taken

aback at how willing and ready he is to speak to me not just to find out how my experiences in life are, but also to share experiences from his life too. Being his Godmother first and then a psychologist, I ensure that at the end of the day, we as a family are there to encourage him to talk about what he feels, what he thinks about something and to reflect and share about his experiences. It's a small step, but a step I know for a fact will help my nephew someday to learn to talk and share rather than buckle up and suppress. Having worked with young adults for most part of my professional life, I sometimes wonder if our Indian youth would be any different if they were taught at an early age either at home or an educational setting about the value of good mental health and would that create an impact on the choices they make. I know what I'm suggesting may seem quite complex for many to do, but it is a change that is important to facilitate our young minds to make choices that improve not just the quality of their state of mind but also their life, becoz ain't that what we want at the end of the day? We all want our kids to do well and be well.

*Written By  
Maria Morris  
Senior Psychological Counsellor*



# Mental Health in an Unequal World

“Mental health in an unequal world”—The theme for this year (2021) given by the World Federation of mental health. The reason for this theme was to make people aware that anyone can have mental health issues. Due to the pandemic, we realized that our socio-economic status, our gender, our qualifications, our job profile do not play any role in mental illness. Anyone can go through emotional turmoil and can face any stress. I remember that before March 2020, I used to have barely 1-2 calls a day from my patients. However, since the end of April 2020 I started getting 20 calls a day. That was way too much; as mostly people were struggling with health anxiety, interpersonal relationships, adjustment issues with families and the higher clinical disorders like obsessive compulsive disorders and psychosis got worse.

During the initial years of my practice, I thought that only adults have mental health issues. Later, in 2012 while working in the core set up; I realized that children, adolescents, adults and geriatric all have mental health issues. Though few disorders have an age for onset, they may have various perpetuating and predisposing factors. Nevertheless, anyone can have any form of mental illness. Furthermore, people often say “How can I have a mental illness, I don’t have anything to worry about?” The answer is; sometimes there are neural changes, sometimes due to our thought processes and other times social changes happen which contribute towards maladaptive thoughts and dysfunctions.

While writing this article I recalled a few years back I was asked by someone; “Is it wrong to have a mental illness?”. I said “No”. It is very important to understand – “It’s okay not to be okay”. What we need to work on is – How to be okay again and how to help the other person to feel better. When we are diagnosed with any physical disease, the first change we make are lifestyle changes; the same way if we make some

lifestyle changes for our emotional health we can cope with things effectively.

The first change can be brought in our acceptance and acknowledging the emotion and the thoughts. For example- If I am feeling too much tired due to work/ studies I can say “I feel too tired to work and I can do my work anyway”.

The second change which we can bring is- Not to judge the other person, not to put labels on it. For example- “My friend is so selfish,”; instead, we can say, “My friend is not helping me with this problem, and that makes me angry and disappointed”. Often labels aggravate negative emotions therefore changes in words can help us in dealing with a lot of issues.

The third change could be— Use clear and concrete terms to describe what you want.

The fourth change—Don’t ask the other person to assume. Example—“You are my best friend. You don’t know what is going on in my mind?”. We should not compel our wants on the other person.

Lastly, I would like to mention that above are fact based evidences that if we make such changes in our language and communication; we are able to help ourselves and the people around us. If we see closely, we will understand that our thoughts, beliefs, and communication play an important role in our day-to-day life. All the above changes would not help in treating depression, anxiety, or any mood disorders but it would certainly help in understanding what the other person is going through. Perhaps helping the person not to feel stigmatized and motivating him to seek help from a professional.

*Yukti Rastogi*  
*Psychological Counsellor*  
*Clinical Psychologist (A- 39152)*  
*Sunshine Counselling Cell*  
*IIT Hyderabad*

# Behind The Mask

The new virus has forced the entire world into an unexpected lockdown. In those times of an unknown future, one of the bright sides of the tragedy is that, everyone started to realize the importance of Mental Health which resulted in the thought process of how mental health is crucial for every gender, caste, creed, religion or even the place of birth.

Thanks to the drastic changes in the virtual world which helped in setting up a meeting digitally with a mental health doctor. As a professional, I have seen telehealth and online mental health services had a transition due to a large spike in counselling requests.

So, through this article, I would like to share the journey of one of my clients named Rahul (Name has changed).

It was the start of summer 2020, Rahul was enjoying his hostel life with his friends. On one fine afternoon, there was a sudden mail from the management saying every student has to vacate the hostels. He was surprised and shocked at first, due to the sudden announcement. That was when covid cases in India started spiking and the lockdown was implemented for the first time. He took no notice of it and the lockdown felt nothing more than an extended summer vacation for him. Only after six months, he realized the changes taking place in his everyday life.

It was a whole new scenario, a situation he had never imagined. From his classes to exams, it was all online. It forced him to use those digital gadgets that he wasn't used to. He started using social media every day, texting his friends, gazing at the videos, and so on. That's when he started to worry about a lot of stuff. The isolation brought on by lockdown and strict social distancing made him feel lonely. It was a strange feeling because, although he appreciated spending time with his parents and siblings, he missed his friends and college much. He found a lot of trouble learning online and he was a bit helpless with his studies. On top of that, the uncertainty prevailing on his examinations made conditions further worse. On the other hand, the number of covid related deaths were alarmingly

increasing, which made him anxious to the core. Though he had a lot of leisure time, he felt tired and troubled. His daily schedule was also not as systematic as it used to be before the lockdown.

He knows, he was struggling. But he didn't give into it. Later, he began to realise that he was striving to put up with his academics and mental health. That made him perceive the importance of mental health in those tough times. So, he started to take regular therapy sessions, the feather in the cap is his parents and friends were extremely supportive during these difficult times. It all made him follow a consistent routine, balancing his studies and other activities. He started taking responsibilities at home, trying new skills and hobbies like baking, organizing his room, doodling, etc., Also, daily exercises helped him a lot. Our college on the other hand encouraged everyone positively to take part in various activities on the occasion of International Yoga Day, Sports club activities, EBSB activities etc. and arranging some helpful Webinars like weekend series by Sunshine. He began practicing yoga and meditations and some home exercises. It gave him the peace of mind he was looking for. It's more than a year now and a lot has changed with him. Everything seems to turn normal. Our college has been reopened and He was glad to see his friends after such a long time. And of course, this covid period is going to be a lifetime memory for him.

Now when I look back to 2020, the ability to bounce back from adversity has helping lot of people. Resilient individuals who viewed their ability to cope with challenges and seek social support when needed were better able to cope with stress and thrive even in the face of this COVID-19.

So, It's time we practice emotional hygiene just as we do dental and physical hygiene. It's time we all own a psychological medicine first aid kit with the emotional equivalents of bandages, antibacterial ointments, ice packs, and Fever suppressants.

*Phani Bhushan,  
Psychological Counsellor  
Sunshine – IITH.*





# Quotes

“Many a times I think that there is no point in living. Also, I see that there is no point in dying either. So, just keep living till you die.”

– *Syed Nizamuddin Khaderi*  
*Associate Prof. MAE Dept.*

“Everything is created in the mind... so choose to unlearn the slavery & rigidity of your mind & relearn to master it with flexibly & freedom .... a master of the mind is a master of life”

– *Archana Singh*  
*Section officer (So19)*  
*Academic office*