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Dear readers,

This engrossing newsletter is designed by the students of Psychology department batch 2020-23 to provide a glimpse of various elements of human activity with a hint of our creativity. The focus of this issue is covid 19. This newsletter encompasses various articles, poems and artwork to keep you engaged and help you wade through the enthralling world of Psychology.

Enjoy reading!

Covid. and Anxiety

JCC

When the word 'Anxiety' comes in our mind, we experience various emotions but what is anxiety and what triggers it? Moreover, how is anxiety and lockdown related?

Anxiety is an emotion a feeling of worry, nervousness, or unease. something with an uncertain outcome, characterized by a feeling of discomfort and low self esteem along with some physical changes like increased blood pressure, hypervigilance, fatigue or sweating.

These feelings of anxiety and panic interfere with daily activities and are usually difficult to control in general. Symptoms might start in childhood itself or maybe teen years and continue to haunt until controlled. By itself, anxiety isn't a problem but the fact that it anchors the protective biological response to danger; feeling nervous, being restless or tense, having a sense of impending danger, panic or doom, increased heart rate, hyperventilation, trembling, feeling weak tired, etc are some of the clear signs of building up anxiety.

Reading these symptoms might infer that this has happened with you at some points but every symptom individually is not anxiety, when faces repeatedly in combination and for long period of time, at frequent intervals, it might turn into a matter of disquiet. Even with these bunch load of symptoms the actual cause of anxiety is still not fully grasped. Life experiences such as traumatic events or health related problems can shove an individual to a road prone to anxiety, sometimes inherited trait can also be a foremost factor, most researchers conclude that anxiety is genetic but can also be influenced by environmental factors most of the time.

How is anxiety related to quarantine, it was indicated that people who do not have enough supplies to sustain the lockdown were most affected, and family affluence was found to be negatively correlated with stress, anxiety, and even depression. Despite the current situation, stress, anxiety, and depression were found to be in normal ranges for mental health.

Furthermore, coping with your anxiety can be a difficult piece of work but understanding that your anxiety is completely normal is the first step, acceptance, sometimes it is difficult to understand the ongoing situation. To calm yourself here are some easy solutions: practice your breathing, focused and deep, it'll slow your heart rate which should help calm you, aromatherapy is thought to help activate certain receptors in your brain, potentially easing anxiety, go for small walks even if it's inside the house, you can also write down your thoughts and what's making you anxious, getting it out of your head can help anxiety calm down.

However, forcing yourself into thinking that this is your situation forever, will take a bad turn and push stability away".

Acceptance can help us realize that just like the good ol' days, current suffering is going to depart soon.

"Flowers grow
back
even after the
harshest winter,
you will too"

Payal Maheshwari





Save the Day

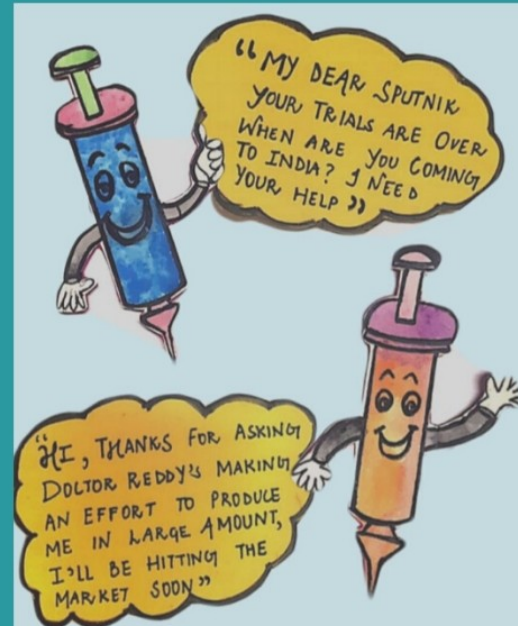
We roamed the streets in a perky manner,
 Living an exciting life to being trapped in a
 box's corner.
 Wished for a free soul,
 walking with the birds,
 but still all alone.
 Feeling safe suddenly became the most
 important emotion,
 failing a test became the most overwhelming
 situation.
 Real loss would scream at our doors,
 Can't even hold up sorrows,
 because it's still a long way to go.
 Be it a mother of two,
 A grandfather of your father,
 you can be a 15 day baby
 Or a 7 year toddler,
 Every soul is at stake,
 Just please use masks and sanitizers
 You might just feel more safe.

-Aarushi Chauhan



JCC

Cartoon



Yatika Mahajan



Pandemic's effect on Mental health

COVID-19 pandemic and lockdown have brought about a sense of fear and anxiety around the globe. This phenomenon has led to short-term as well as long-term psychosocial and mental health implications for children and adolescents. Also various psychological problems like depression, anxiety, and panic disorder. Academic work ground to a halt, with auxiliary staff like cleaners, security guards, and gardeners suddenly being thrown out of their contractual work. Earlier studies showed that this abrupt loss of employment along with financial stress could heighten the psychological impact on the working association, and are shown by symptoms of increased aggressiveness and post-traumatic stress. To understand the impacts of this lockdown, and subsequent school closures, on the mental health and wellbeing of children and young people during the COVID-19 pandemic. As lockdown measures begin to ease, we require an understanding of what children and young people have been experiencing during the lockdown period¹ as well as how children and young people can be best supported to resume normal life, or the 'new normal', over the coming months and years. The researchers conclude, "To our knowledge, this is the first study to look at the differential psychological impact of the lockdown across different social groups in India. Our study also highlighted a few positive aspects of the lockdown, underscoring the increase in social empathy and strengthened social bonds among Indian adults."

Yatika Mahajan



FUN-OASIS

The game corner!

Are you up for the challenge?

HERE'S WHAT YOU HAVE TO DO:

Answers to the below given phrases are hidden in the grid, solve it; find it!

V	I	T	A	M	I	N	C	M	M	X	O	O	Q
G	N	I	C	N	A	T	S	I	D	O	N	S	U
I	S	X	S	H	Y	E	N	Y	T	S	L	Y	A
R	E	E	A	O	E	H	X	K	S	D	S	M	R
T	V	Q	N	X	M	G	T	E	I	S	P	P	A
O	N	M	I	Y	O	N	T	E	R	S	O	T	N
R	O	A	T	M	H	I	H	P	E	C	S	O	T
S	S	S	I	E	V	T	N	K	M	C	I	M	I
N	C	K	Z	T	A	S	O	Q	I	O	T	S	N
T	H	O	E	E	E	E	I	I	V	V	I	T	E
I	O	I	R	R	L	T	V	F	T	I	V	I	M
M	O	I	H	Y	D	R	A	T	E	D	E	N	E
V	A	C	C	I	N	E	J	M	P	L	V	O	S
E	B	O	R	E	D	O	M	V	I	R	U	S	S

CROSSWORD PUZZLE

1. A DEVICE USED TO TRACK OXYGEN LEVEL
2. USED TO PREVENT TRANSMISSION OF VIRUS
3. WORLD PANDEMIC
4. ONLINE TEACHING APPLICATION
5. HELPS TO KEEP US FIT
6. SOCIAL RITUAL
7. KID'S MOOD THESE DAYS
8. 14 DAYS PERIOD
9. GET NEGATIVE RESULTS
10. NO SMELL, NO TASTE
11. DRINK LOTS OF WATER
12. 60% ALCOHOL
13. UNINVITED GUEST IN BODY
14. TAKE IT C CATEGORY
15. PREVENTION IS BETTER THAN CURE

Listen to podcast	Re-watched an entire series	Tested positive for covid	Deleted all your social media because you were irritated	Attended zoom or videocalls
Skipped a shower	Took your dog outside for a walk	Got yourself vaccinated	Shared covid memes with family and friends	Exercise more
Forgot what date was	Played ludo online	Tried a new recipe	Cried over a cancelled plan	Finished all your snacks
Gave yourself a haircut	Tried a tiktok dance	Read or finished book(s)	Took your dog outside for a walk	Slept in late

Quarantine Bingo

HERE'S WHAT YOU HAVE TO DO:

Cross out the ones you did during the time you were quarantined inside your homes!

"a specific learning disorder that is characterised by impairments in learning basic arithmetic facts, processing numerical magnitude and performing accurate and fluent calculation."

STUDENT CORNER

Campaigns initiated by the students of psychology department.

KIAN *Healing the wounds*

Healing the wounds of people that COVID is trying to deepen and becoming a voice for them by spreading hope and positivity; and awareness about issues related to different kinds of cancer.

In collaboration with cansupport.



INAYAT *Spirit of giving*

Believing that everybody deserves to live a healthy life, we are committed to meeting the immediate and long term needs of the cancer affected communities. To lead a better life and to meet the needs of affected people.

In collaboration with cansupport.



DHAIRYA *Spreading real positivity*

Translated literally, it means hopeful and growthful patience. Focusing on releasing the pain and trauma that the youth is suffering, the anxiety that is eating us all up and the stresses clinging on our soul, and bringing the toxicity to an end.

In collaboration with Iskcon.



Podcast LOCALE

PRIYANK MEHERA, a student of the psychology department started his journey to talk and solve some of the smallest and many bigger problems that many teenage children face, sometimes on a daily basis, through scientific and philosophical inquiries and our indian philosophical approaches.

Scan now to listen!

https://open.spotify.com/show/6VsZ4ucB5IMT6d6UIFFbBC?si=NXQoSfQYRPuRcrVtduLTBg&utm_source=copy-link



CROSSWORD

Answers

- | | |
|---------------|---------------|
| 1) oxymeter | 8) quarantine |
| 2) mask | 9) testing |
| 3) covid | 10) symptoms |
| 4) zoom | 11) hydrated |
| 5) exercise | 12) sanitizer |
| 6) distancing | 13) virus |
| 7) boredom | 14) vitamin |
| | 15) vaccine |

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