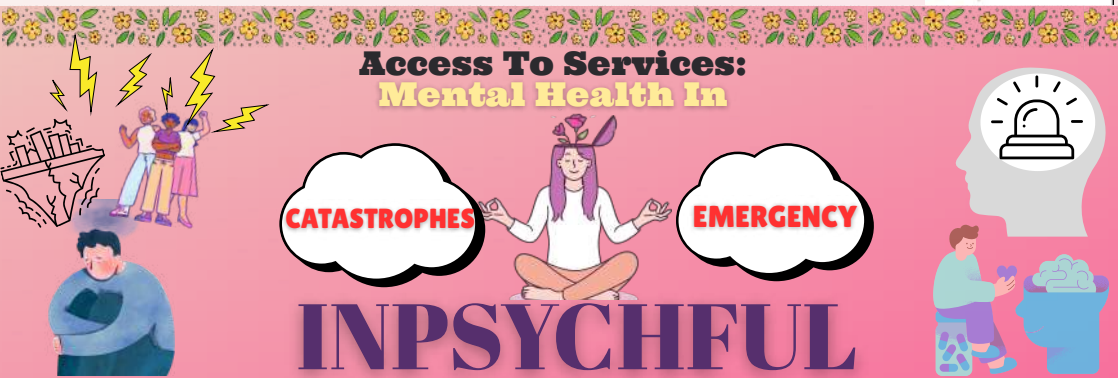




Quarterly Newsletter By Department Of Psychology

"Mental health is not a destination but a proces , it's about how are you driving not where you're going."

-Noam Shpancer



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Editor's Note

Dear Readers,

As we observe World Mental Health Day, it's vital to remember that mental well-being is a right, not a privilege. In times of catastrophe and crisis, this right becomes even more crucial. This issue focuses on challenges to access mental services during emergencies because support, care, and compassion should never be out of reach, especially when they're needed the most.

Wishing you a peaceful and balanced World Mental Health Day. May we all remember that taking care of our minds is just as important as taking care of our bodies.

*Riya Sanghi
M.A 2nd year*

This Issue Entails

1. The Garden of Mind
2. The Psychological Effects of Natural Disasters
3. Why Mental Health Resilience Matters Now
4. Barriers To Mental Health In Crisis
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The Garden Of Mind

In the silent dawn of thought's first light,
Lies a garden tender, veiled in gentle night
Nurture each seed of hope and grace,
Let worries fade, clear the mental space,

A mental detox, a sacred art,
Refreshes the soul and heals the heart.
Like cleansing rain on parched terrain,
It washes away the lingering pain.
For psychological health, a vital song,
Keeps us resilient, brave, and strong.

A balanced mind, a peaceful sea,
Unveils the strength of being free.
Remember, in the chaos and the noise,
Your mind's the quiet, sacred voice
Cherish it, tend it, let it breathe,
In mental health, find your relief!

*~ Chashmeet Kaur
BA Psychology 1st Year*

Access To Services: Mental Health In


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The Psychological Effects of Natural Disasters

The psychological effects of natural disasters are extensive, vary greatly in severity, can last for long periods of time, and are closely related to the type of disaster event. These effects arise from exposure to hazards, loss, and change—the “forces of harm” of natural disasters.

Populations at high risk (such as vulnerable individuals and groups exposed to both the physical and psychological consequences of disaster) can only be partially identified prior to the event. Once a disaster has occurred, additional post-disaster adversities emerge and create new vulnerable populations in need of medical and psychological support, especially those who have faced severe trauma and harm.

For the most part, people exposed to disasters will recover from the initial distress reactions that appear during the immediate aftermath. However, some individuals may develop more serious conditions such as post-traumatic stress disorder (PTSD), major depression, anxiety disorders, and substance abuse.

Any loss of family members or friends during a disaster can also lead to complicated grief.

There is significant potential to prevent the psychological effects of disasters, but many measures remain unevaluated and untested. While psychological debriefing was once a long-standing intervention for trauma survivors, it is now being replaced by evidence-informed approaches—most notably, psychological first aid.

— *Aayushi Gupta*
BA Psychology 3rd Year

Why Mental Health Resilience Matters Now

The last decade has revealed how quickly global crises—pandemics, climate disasters, and economic shocks—can disrupt not only physical health but also collective mental well-being. Stress, anxiety, and burnout are rising worldwide. To safeguard communities, mental health must move from a reactive service to a proactive, resilient system.

What Do We Mean by “Resilient Systems”?

Resilience is more than bouncing back after adversity—it is the ability to anticipate, adapt, and transform in the face of change. A resilient mental health system:

1. Prepares in advance with clear policies and funding.
2. Integrates across sectors—from schools and workplaces to healthcare.
3. Centers equity, ensuring underserved populations are supported before crises hit.

Pillars of Future Mental Health

1. Community-based care – Train local volunteers and primary health workers.
2. Technology with a human touch – Expand teletherapy and AI-driven screening.
3. Policy and funding commitments – Governments must treat mental health as essential infrastructure.
4. Workforce well-being – Support healthcare workers with regular mental health check-ins and burnout prevention programs; encourage flexible schedules and peer support networks.

Building Everyday Preparedness

Resilient systems start with individual and community habits:

1. Practice mindfulness, physical activity, and social connection daily.
2. Encourage open conversations about mental health to reduce stigma.
3. Include psychological first aid in local preparedness drills.

A Call to Action

Governments, organizations, and citizens share responsibility. Invest in prevention, train the next generation of mental health professionals, and embed mental well-being into every policy. By doing so, we don't just prepare for crises—we create societies where everyone can thrive.

— *Yashika Mittal*
B.A. Psychology 2nd Year



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Barriers To Mental Health In Crisis

Accessing mental health (MH) services when an emergency strikes is an immense struggle for people like me. The most glaring issue I face is the severe limited availability of support; critical infrastructure is often damaged, skilled professionals are displaced, and resources are understandably diverted to immediate physical needs. Even when help is technically there, the deep-seated stigma is a wall—the fear of being judged, excluded, or seen as weak prevents us from stepping forward, forcing us to suffer alone.

Furthermore, I often don't know where to turn. Communication is broken, leading to a pervasive lack of awareness about existing services. The financial strain that follows a disaster means I must prioritize basics like food and shelter, making MH care an unaffordable luxury. Cultural differences and the digital divide only complicate matters. We need urgent investment, reduced stigma, and greater sensitivity because emotional wounds are just as debilitating as physical ones.

-Yansa Dhingra
BA Psychology 3rd Year

When the Mind Suffers in Silence

When life falls apart—through loss, disaster, or quiet exhaustion—we rush to fix what's visible, forgetting the wounds no one can see. The mind suffers quietly, waiting for care in a world that rarely stops to listen.

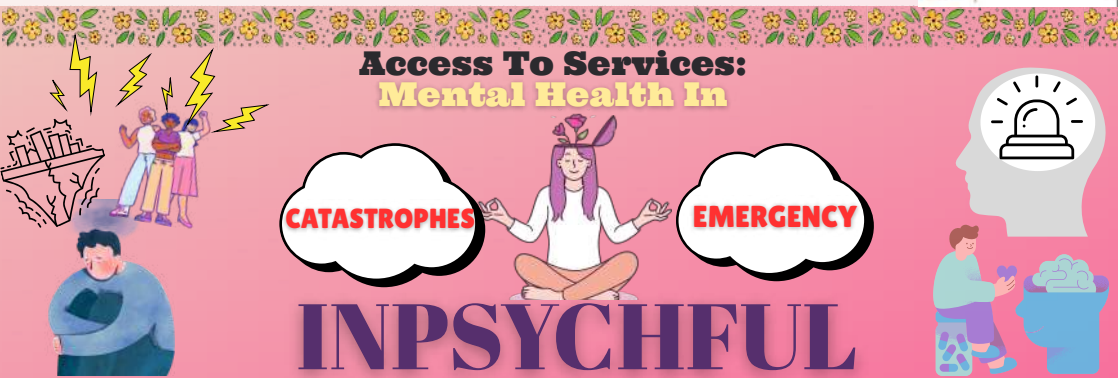
Accessing mental health support in such moments feels impossible. Services are limited, professionals are stretched thin, and stigma still keeps many from speaking up. We're told to be strong, to move on—but sometimes real strength lies in saying, "I need help."

This World Mental Health Day reminds us that emotional pain is as real as any physical injury. Everyone deserves compassion, care, and access to support—no matter who they are or where they live.

Mental health isn't a luxury; it's a right. Let's build communities that talk openly, governments that invest in care, and people who listen without judgment.

Today, let's make a promise—to care for ourselves, to check on others, and to end the silence. Because healing begins when we start to talk.

-Brahmni Arora
BA Psychology 3rd year



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Disasters strike without warning.

In a matter of moments, lives are uprooted, homes vanish, and the sense of safety we often take for granted begins to crumble. While rescue teams rush to save lives and rebuild what's lost, the invisible wounds—the ones within the mind—often go unnoticed. Each stage of life feels the impact differently.

Children lose their sense of security, adolescents their stability, adults their strength to balance responsibilities, and the elderly their hope and connections. The emotional toll can outlast the disaster itself.

As we mark World Mental Health Day, let's remember that rebuilding lives means more than restoring structures—it means healing hearts and minds too. Access to psychological care should never be a luxury, especially in times when humanity needs it most.

-Aarushi

BA Psychology, 2nd year

Healing Minds In Times Of Crisis

Disasters such as COVID-19, flooding, earthquakes, and wars hit not just the body but also the mind. Individuals experience fear, sadness, stress, or trauma, but accessing mental health assistance during crises is challenging because hospitals can be destroyed, there are few doctors, and stigma is present. During these moments, Psychological First Aid—listening, soothing, and counseling individuals—can bring rapid relief. Women, children, and the elderly require special attention since they are more vulnerable. To gear up for the future, societies should establish robust systems with trained facilitators, tele-counseling, and community-based support. Even minimal measures such as shaking off cognitive foggy through rest, habits, and awareness can halt destructive thinking and enable individuals to bounce back with resilience and optimism.

-Nehal

MA Psychology 1st year

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Breaking the Silence: Challenging Mental Health Taboos

Mental health is an integral part of our general well-being, but discussions about it are in themselves clothed in silence and shame. Societies have historically dealt with mental health problems as a matter of shame or weakness, causing a culture of silence and denial. This all-pervasive taboo keeps people from getting the assistance that they require, causing them to continue suffering.

The mental health stigma takes many different forms. It may be a derogatory remark such as "just snap out of it," or the fear of judgment by friends, family, or colleagues. These social pressures foster a culture where one feels obligated to conceal their challenges for fear of professional or social backlash. As a result, many endure in secret, causing such conditions as depression, anxiety, and other psychiatric illnesses to worsen.

Shattering these taboos is not only an act of generosity but a prerequisite for a healthier world. It calls for frank discussions, education, and compassion. By sharing individual experiences and shaping a culture of empathy, we can validate mental illness and demonstrate that it is a medical condition, rather than a flaw in the personality. Normalizing systems of therapy and support is an essential step in the direction of making everyone safe and encouraged to put their mental health first without fear of damage. It is only by overcoming these deep-rooted taboos that we can develop a more humane and supportive world. We have a long way to go, but the conversation has started. The more we talk about mental health, the more we normalize it, and the more we empower people to seek the help they need and deserve. Let's continue to turn the taboo into a topic of everyday conversation, one honest and courageous conversation at a time.

-Chashmeet Kaur
BA Psychology 1st Year

MENTAL BLOOD

Pain demands to be felt

MENTAL BLOOD IS SOMETHING THAT HAS NO VISIBILITY. BUT, IT IS AS IMPORTANT AS PHYSICALLY VISIBLE, RED BLOOD, AND NOW YOU MAY ASK THAT WHY IS IT SO? IS IT SOMETHING THAT CAN BE SEEN? YES, IT CAN BE SEEN, BUT ONLY WHEN IT'S FELT FIRST. WHAT WOULD THE COLOUR BE? I'D SAY "BLUE" BECAUSE BLUE REPRESENTS SADNESS AND FROWN, WHICH MIGHT NOT BE PHYSICALLY FELT, BUT CAN DEFINITELY BE FELT EMOTIONALLY. IT HAS TO BE GIVEN IMPORTANCE AS MUCH AS FLOWING RED BLOOD."

IT'S NOT AS SIMPLE AS A PHYSICAL BLOOD. IT'S COMPLICATED. YOU WILL START TO BECOME ANXIOUS, MORE AND MORE STRESSED AND SOON DEPRESSED.

THIS BLOOD WILL NOT BE VISIBLE QUICKLY BUT THE PAIN WILL START EARLY. IT IS SOMETHING THAT CAN BE FELT IF TRIED TO. PEOPLE SOMETIMES GET SO INDULGED IN CLEANING THE BLOOD ALL ALONE THAT THEY FORGET THAT THEIR HANDS ARE TURNING BLUE TOO WHICH IS GETTING ABSORBED BACK INTO THEIR SKIN WITH MORE TOXICITY. IT'S OKAY TO TAKE HELP. TAKE HELP BEFORE YOU ARE ALL DRENCHED IN BLUE BLOOD.

-Mansi Gupta
BA Psychology 1st Year



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Acknowledging Every Crisis

The word crises, it might or might not be the same for all . A person suffering from inner demons or world suffering from war

Every crisis and its related emotions , challenges, and suffering should be acknowledged and accepted. Sometimes people have different responses to the same thing but it shouldn't be compared .

We say the world is cruel , but we together form a world , let's not be cruel towards yourself and others . Let's sympathize, empathizes and acknowledge the crises . Let's stand together for humanity for us , for a better world , where every person has a person , let's be kind, we don't know what others are facing, let's not underlook someone or ourselves.

Let us come together for everyone happiness and not be the reason for someone losing their inner demons.

-Gayatri Thakur
MA Psychology 1st Year

The Invisible Scars of Disasters

Disasters, whether natural like earthquakes, floods, and pandemics, or human-made such as wars and industrial accidents, can have a profound and lasting effect on individuals and communities. Beyond the visible physical damage, disasters deeply affect mental health, emotional stability, and social functioning.

Immediate Psychological Reactions
In the aftermath of a disaster, people often experience shock, confusion, fear, and helplessness. The sudden loss of safety and control can lead to acute stress reactions. Survivors may display symptoms such as disorientation, difficulty concentrating, sleep disturbances, or intense anxiety. These are normal responses to an abnormal situation.

-Vipul Kapoor
BA Psychology 3rd Year



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Mental health Bingo

Watch your favorite childhood cartoon	List out three things you love about yourself	Take a walk outside for 20 mins while listening to your favorite songs	Take an emotional wellness quiz	Journal about your day
Make/order your favorite dish	Video call a loved one	Wear your favorite outfit without a reason	Meditate for 10 mins daily	Eat a nutritious meal
Identify your life goals	Volunteer for something (Charity, blood donation)	Drink detox water for a week	Write a love letter to yourself	Clean your desk
Make a new friend	Go on a solo date	Read a book of your favorite genre	Exercise for 30 mins	Meet up with your friends
Bid goodbye to toxic people and things	Keep an account of your transactions	Visit a therapist	Buy some fresh flowers	Go on a solo vacation



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Positive Affirmations Word Search

C J E H F C M E T R Q M K O D K L O Q N N M I A P
A Y M M J Y A J S H E T X J F G A I S E A A F V D
B L G M H C A P A B L E T N B M R Q M N V Z H H F
P D I G P Z S H X L M U Z Z R J L Q O I J S F P X
R B W G P F O T L R R E S I L I E N T J T C P U M
E V W Y H E D Q N R Z X L S R K B S N Q T L B M H
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K E Y J U O E U C Z S A G A E Y M W L I O A S V I F
C V S K N M C S L Y P C N R L N O Z D N J Y Q T L
R R K E L J W N S B I I E E D M W F R U E E E I B
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|-------------|------------|---------|------------|---------|
| OPPORTUNITY | CHANGE | CAPABLE | DREAMS | REALITY |
| DESERVING | IMPACT | SUCCESS | SUPPORTIVE | MAGNET |
| LIMITLESS | LIGHT | INSPIRE | CONFIDENT | PEACE |
| HAPPINESS | POSITIVITY | JOYFUL | GRATEFUL | TRUST |
| BELIEVE | RESILIENT | WORTHY | PRESENT | TRUST |

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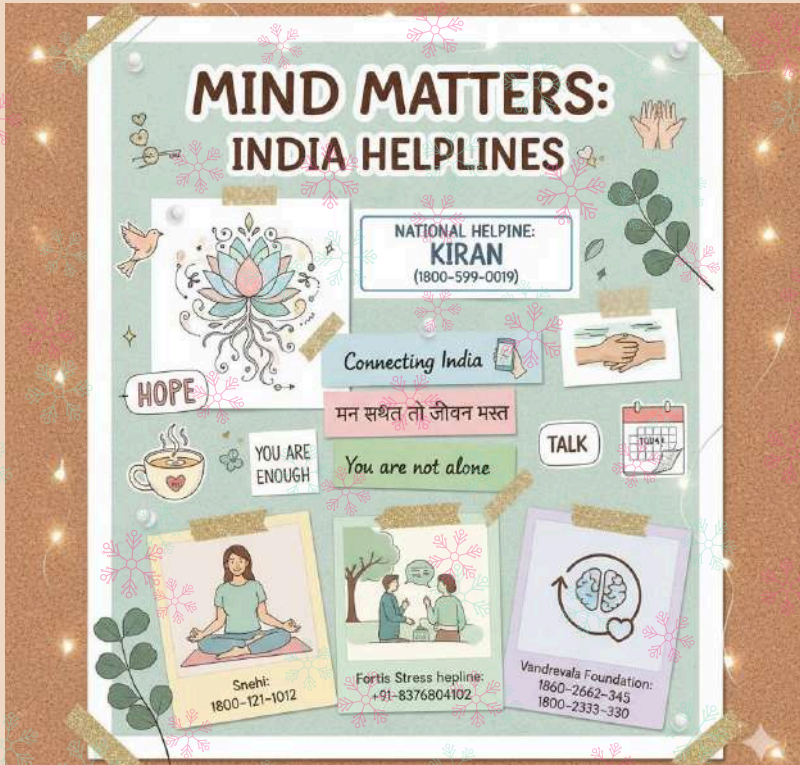
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MENTAL HEALTH HELP DESK



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MENTAL HEALTH DAY



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CAPTURING CONNECTIONS



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