



MERI
COLLEGE

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MENTAL

HEALTH



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A top ranking B-School, MERI is affiliated to Guru Gobind Singh Indraprastha University (IPU), offers MCA, MCA-Lateral Entry, MBA, BBA, BAJMC) & PGDM courses. Established since 1995, MERI is a part of higher & technical education, and is promoted by Triveni Educational & Social Welfare Society, holds an ISO 9001:2015 certification and is NAAC accredited. The Management Education & Research Institute (MERI), Janakpuri is not only one of the centrally located B-Schools of Delhi but is also a self financed & self established institute like its other counterpart institutions. The institute has been ranked as an 'A+' grade institute successively for last many years by GGSIPU and Delhi government. The Management Education & Research Institute (MER), Janakpuri is not only one of the centrally located B-Schools of Delhi but is also a self financed & self established institute like its other counterpart institutions. The institute has been ranked as an 'A+' grade institute successively for last many years by GGSIPU and Delhi government.



Vision

To excel in professional education and research industry and society.

Mission

- To create conducive environment where innovative ideas and research flourish.
- To optimize use of latest pedagogy for knowledge transfer.
- To transfer understanding of theoretical concepts into real life scenarios.
- To impart training to student to become professionally committed, ethical professionals and entrepreneurs.

Message from President's Desk

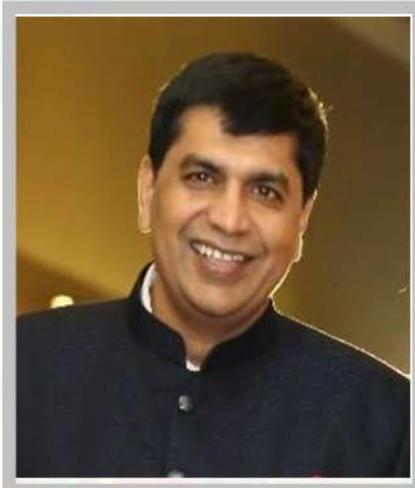


Shri. I.P. Aggarwal
President

MERI has been a trend-setter in realizing the industrial needs and trying to satisfy those by developing human resources equipped with knowledge, technical skill-set and other values essential for good performance. The teaching methodology at MERI has been successfully integrating the technical and managerial knowledge with professional inputs from the industry.

Over a period of 15 years, MERI has continued to progress in all areas namely faculty, students, updating courses and all-round placements in top organizations of India as well as 'In' MNCs. It is a matter of great pleasure that we have developed a distinctive niche for ourselves. I extend a hearty welcome to all the candidates aspiring to join us.

Message from Vice President's Desk



Prof. Lalit Aggarwal
Vice President

Welcome to Management Education and Research Institute, B-School in the state of art, for a journey which will stimulate your creativity and enterprise, equipping you with the skills and knowledge to build a satisfying professional career. At MERI, we have a Mega-Vision of 'Building a Management & IT school's par excellence' in which we have been largely successful. Our commitment is towards professionally inclined Management & IT graduates who, when unleashed in the practical world will be powerful performers. In short, we believe in excellence in the realm of management education.

Strong links with industry and commerce enables us to ensure that our PGDM, MBA, MCA & BA(JMC) courses are practical yet innovative & are flexibly helpful to an ever-changing industrial and business climate. Our commitment to teaching excellence with application orientation is matched by a caring approach. We are proud of the quality and flexibility of our courses and teaching methods. We are continually seeking ways to improve the services, facilities and courses which we offer.

The particular blend of working with industry and community is the hallmark of MERI's educational philosophy. Add to this our location in the historic city of Delhi where opportunities for a satisfying professional life abound. I am sure that if you decide to join us, you will find the experience both enjoyable and rewarding.

Message from Directors's Desk



Prof. (Dr.) S.K Goel
Director (Co- ordination)

It gives me immense pleasure in extending a warm welcome to you all. You have entered the portals of the Management Education and Research Institute (MERI)- an Institute with a difference. The hallmark of MERI has been the never ending quest for excellence coupled with a commitment to professionalism. What makes us different from others is our constant endeavour to serve selflessly to the society and nation. MERI is academically bestowed with meritorious faculty with many accomplishments to their credit. The Institute organises regular interaction of students with professionals from different fields through guest lectures and seminars. We ensure that our students get sufficient exposure of the industry through industrial tours conducted periodically. It is our constant endeavour to make all round strides and greater achievements. I am sure that the students of our Institute will be amply benefited from the good work being done by the dedicated faculty and from the excellent infrastructure available to them.

Message from Dean's Desk



Prof. A.K. Aggarwal
Dean

I wish to thank you for showing interest in Management Education and Research Institute. At MERI, students are expected to have an enriching and life turning experience which will enable them to reach new heights in their professional life. We foster sharpening of skills and enhancement of knowledge base in a student with various extracurricular activities with the help of faculty who not only keep themselves at par with the current development but also contribute to the expansion of the body of knowledge in their field of expertise. With a congenial and professional environment, our institution makes a substantial contribution to academics through quality teaching, publications, seminars, conferences etc. The institute focuses on imparting complete professional skills among students to cater to the needs of changing and emerging modern technology-based media industry experience in order to take advantage of the new opportunities in life. As a prospective student you are welcome to explore options that may be available to you in our various academic programs for holistic development.

Message from HoD's Desk



Prof. (Dr.) Dilip Kumar
Head of Department
Journalism and Mass Communication

The Department of Journalism and Mass Communication focuses on imparting professional skills among students in order to cater to the needs of changing and emerging modern technology-based media industry. Adequate attention is paid by qualified faculty members with industrial experience on a variety of media subjects mainly print, electronic, photography, audio-video, film documentary production and mobile journalism. In a short span of time, our Department has equipped the students to extend their professional services in major media houses in the near future. I am fully confident that this department, having imparted qualitative theoretical and professional education will attain more heights of success in future.

Our Department shall strive to achieve academic excellence, lighting the Management Education and Research Institute torch high and bright.

Editor's Note



Ms. Saloni Saini
Assistant Professor & Faculty Co-ordinator
MERI Mirror

MERI Mirror is a student-initiated content based bilingual monthly magazine, helmed by the students of Department of Journalism and Mass Communication of Management Education and Research Institute. The stories, articles, poems, interviews, features, reviews, photographs, posters, advertisements, drawings, sketches, etc. are self-generated by the students of various streams at MERI College. Further, it is sub-edited and designed by the core team comprising of various students. Additionally, the magazine is published online as well as printed for purely educational purpose. It commenced in the month of January' 2020 by the first batch of JMC i.e. batch 2019-2022. Each edition emphasises on a theme relevant to our society pertaining to that particular month.

I would extend my heartfelt gratitude to Shri. IP Aggarwal, President, MERI Group of Institutions; Prof. Lalit Aggarwal, Vice President, MERI Group of Institutions; Shri. S.K. Aggarwal, CFO; Prof. (Dr.) S.K. Goel, Director (Co-ordination); Prof. A.K. Aggarwal, Dean; and Prof. (Dr.) Dilip Kumar, Head of Department, JMC for their constant support and mentorship to our students.

The columns of MERI Mirror represent no affiliation in any regard. It is purely based on the creative liberty and expression of budding and amateur journalists, in an attempt to bridge the gap between theoretical knowledge and practical exposure. I hope to receive your support and encouragement for our motivated students.

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SAY IT, IF YOU MEAN IT

By- Jaskiran Kaur Sokhi



A very common phrase you all will hear these days, "Mental Health." Mental health refers to cognitive, behavioral, and emotional well-being. It is all about how people think, feel, and behave. People sometimes use the term "mental health" to mean the absence of a mental disorder. What affects mental health? Stress, Anxiety or depression can affect your mental health adversely. Almost every individual on this planet is suffering due to mental health. But my question is, why people take this so lightly? Why discussing about one's mental health, their problems they are dealing with are taken so lightly and not seriously?

According to WHO, depression leads to 800,000 suicides globally." Around 450 million people currently are suffering from such conditions, placing mental disorders among the leading causes of ill-health and disability worldwide. Globally, the total number of people with depression was estimated to exceed 300 million in 2015, equivalent to 4.3% of the world's population. Depression is ranked as the single largest contributor to global disability (7.5% of all years lived with disability in 2015). At its worst, depression can lead to suicide, over 800 000 people die due to suicide every year. Suicide is the second leading cause of death in 15-29 year old", were the guidelines of WHO.

In the Pandemic, majority of people currently, are suffering from all such problems.

On 14th June 2020, the famous personality, Sushant Singh Rajput committed suicide due to depression. After his suicide, the whole social media come up the generalship that one should always discuss if he/she is suffering with all this stuff. Even the popular celebrities raised their voice against depression. But just like a trend, it disappeared within a week or two. There were even such scenarios where people were urging their friends to discuss their problems and that suicide is not a solution and message them. According to me, this is not a solution. Say it if you mean it!

You can heal your life by your own. If you are suffering from mental health, it is just you who can heal yourself from all this. There is no second doubt that it is very difficult to cure depression and you have no other option but to face it, but even suicide is not an option

Mental health matters!

Mental health and Netflix shows

-By Vaishnavi

Mental health and Netflix show Mental health as a vast term with different type of myths and beliefs. This is a topic which some may find hard to tackle, as well as there are various types of resources available to learn about it. Some of the easily available resources are the shows of Netflix, which is one of the most famous subscriptions based streaming the app mainly popular among youths. Netflix contains different categories of wealth shows about mental health which shows a quite heavy representation of this uncommon issue. So, if you're finding something relatable to above written statement watches some of the similar issues related 6 shows:

1. Never Have I Ever - This is a show which shows the complicated life of a young generation Indian American high school teenager who is dealing with the trauma of the sudden loss of her father by heart attack. It is a type of comedy-drama series on television, which is appreciated for violating Asian stereotypes thinking among people. The concept of this show was that we should provide an emotional support that are in need.

2. Atypical - This is a story of a teenage boy who has a different type of disorder known as autism spectrum disorder and later he starts to find a girlfriend where the journey sets Sam's mom on her own life-changing path as her son seeks more independence. Initially, in the first season the show was criticized due to lack of autistic actors. Therefore, they feature more actors in the second season, whereas the third season was praised enough.

3. Russian Doll - This is a story of a girl named Nadia who is stuck between a time loop. This young woman, who is on a journey to be the guest of honor at a celebration in the New York City. But in the meanwhile she gets caught during a mysterious loop where she repeatedly attends the similar event and dies at the last of the night on every occasion, but she always awakens to the next day unharmed as if nothing happened on the previous day...

4. The Umbrella Academy - The story revolves around the year 1989. This series is predicated on a set of American comic books. In which one day 43 infants are inexplicably born of random, unconnected women who showed no signs of the pregnancy previous day. Seven of them were adopted by billionaire industrialist Sir Reginald Hargreeves, who creates the Umbrella Academy and prepares his "children" to avoid wasting the globe. In their teenage years. They work together to resolve a mystery surrounding their father's death, but divergent personalities and skills again pull the estranged family apart, and a world apocalypse is another imminent threat.

5. It's Okay; That's Love - This is a story that depicts a love story of a novelist who initially clashes with a psychiatrist on a talk show, and later on they become roommates in which both are struggling to solve their deep-rooted traumas of their past. It is a South Korean television series which teaches us that there is nothing embarrassing about having a mental illness.

6. Bojack Horseman - This is an adult animated series in which the episode "Stupid Piece of S**t" has only praise for its realistic take on the self-destructive behavior of many people who are mainly suffering from depression. The story is about a man like a horse named Bojack Horseman, who gets lost in the sea of self-loathing and decided to comeback and regain his dignity which is lost around 18 years back.

All of these shows one or the other way shows that how to resolve and tackle the problem of mental health as well as they are not alone one, there are many like them out there. Therefore, this is not a thing about being ashamed of.

HOW I STOPPED BEING AFRAID OF BEING WEAK

By- Saumya Bhardwaj



In the loving memory of Saumya Bhardwaj

DON'T GIVE ANYBODY THE POWER TO HOLD YOU BACK, DEAR.

Its time you redefine your boundaries. Decide how you are going to enforce them and why it is the right thing to do. Sit back & write this down on a piece of paper.

You have the right to say no to watching your neighbor's kids, if it would push you over the edge of sanity and make you grouchy toward your family. This is the loving thing for all concerned. You choose not to hold fear around how your neighbor will feel about this. You know it is the right thing, and that is enough. You go tell her with love that you can't do it (without having to explain why). In the end, she will respect you for your honesty.

It is important that you stay true to yourself. That is what is going to matter in the end. If someone asks you to do something you're not comfortable doing, you say no kindly. They will have to respect you for you. Taking the time to write out, on paper, exactly how you are going to choose to feel and behave really helps. You are basically creating an official policy for yourself. Then, read this policy often and practice enforcing it. Remember, you can be strong and loving at the same time.

You must also ask how you can forgive yourself for being weak in the past. I say you look at these situations as perfect lessons, not mistakes. They have nothing to do with your value. They happened, so you could see what you are afraid of and learn to change it. Focus on the beautiful lesson this situation provided, and let the rest go. Remember, a man of principles is a man of honor.

STRESSFUL SITUATION IN LOCKDOWN

By-Shreya Pandey



It's only been 6 months and we all are still stuck in our places. No social gathering like usual days, no chatting in cafes, no clubs, no parties, no dates, no college life, no office, no birthday, no get together in short, no active life. All left is us and electronics. Somehow we can't control this situation. We have no good option left because world can't stop and electronic is the only way to connect to people in pandemic..Due to the excessive usage of electronics , we are becoming more addicted towards social media, than before . We might not be able to move away from this addiction even after the lockdown, but we have to do something, after lock down to improve yourself better.Talking about mental stress in India , people are literally becoming mentally unhealthy

Over 80 suicide cases have been occurred in India because of fear of being positive for the Covid-19 test . Many people are killing themselves because of depression, fear of being unemployed, etc. People are not dealing with depression; mental illness is the subject to raise. People are feeling alone and broken, and support is the only way to deal with it. Spending whole time using electronics, is somewhere creating anxiety disorder. The human brain can't handle it . The only way left to please our brain is it give yourself a little break and practice yoga to free the mind . Any suitable time, we can meditate meanwhile or read books , create new hobbies and explore more. In this, really, hard time we all need to be mentally fit as well physically.

THE QUARANTINE TIMES

By- Palak Chawla



2020, The lockdown year! Did you start the year with good hopes, wishes, and success? But soon the world took a twist and changed all your plans. Agitated, angry, stubborn, what not did you feel in these few months? Your thoughts stopped wandering like your physical self, but did you see that? Did you notice the frequent change in moods, fatigue, restlessness, and umpteen sadness that too without any reason? Do you think there was no reason after all that is happening in the environment around you? Blaming yourself seems easier than blaming the situations around you.

Quarantine fatigue and depression have become a common mental stressor these days. We need to realize our mental health is more important than physical health. The isolation, lack of routine, disconnect, and loss of freedom to go about everyday life has depleted all the energies we had in us to deal with clumsy situations. We need to be kinder towards our mental health in order to strive for a healthy living. Every day seems to be difficult, like fighting a battle within, and most of the pressure resolves when we start accepting, we are not okay rather than

pretending to be one. Our body is tired of being in the same place and has become lethargic, so is our mind. We have to deal with emotional stress along with physical stress. Seeking help is indeed need of the hour but denying that has also become an obsession. There is no end to it, and more problems will be associated with it in a long run. This quarantine fatigue is for real and not just any vague created term. We can't expect people to understand it until we acknowledge it ourselves.

Real conversations should be promoted to understand the need of the hour. A bad phase of life can't be skipped but with the presence of loved individuals around you can ease the situations. The process to get better is indeed slow, but it does help in the longer run. Irritability, shouting over nothing, sleeping or not sleeping, overeating or starving, change in behavioural patterns are some signs to judge the problematic behaviour an individual is facing but have no words to express it. Be kind, to yourself and people around you. You never know how difficult their battle is within themselves and even with others.

MENTAL HEALTH & PANDEMIC

By- Simar Kaur Chadha

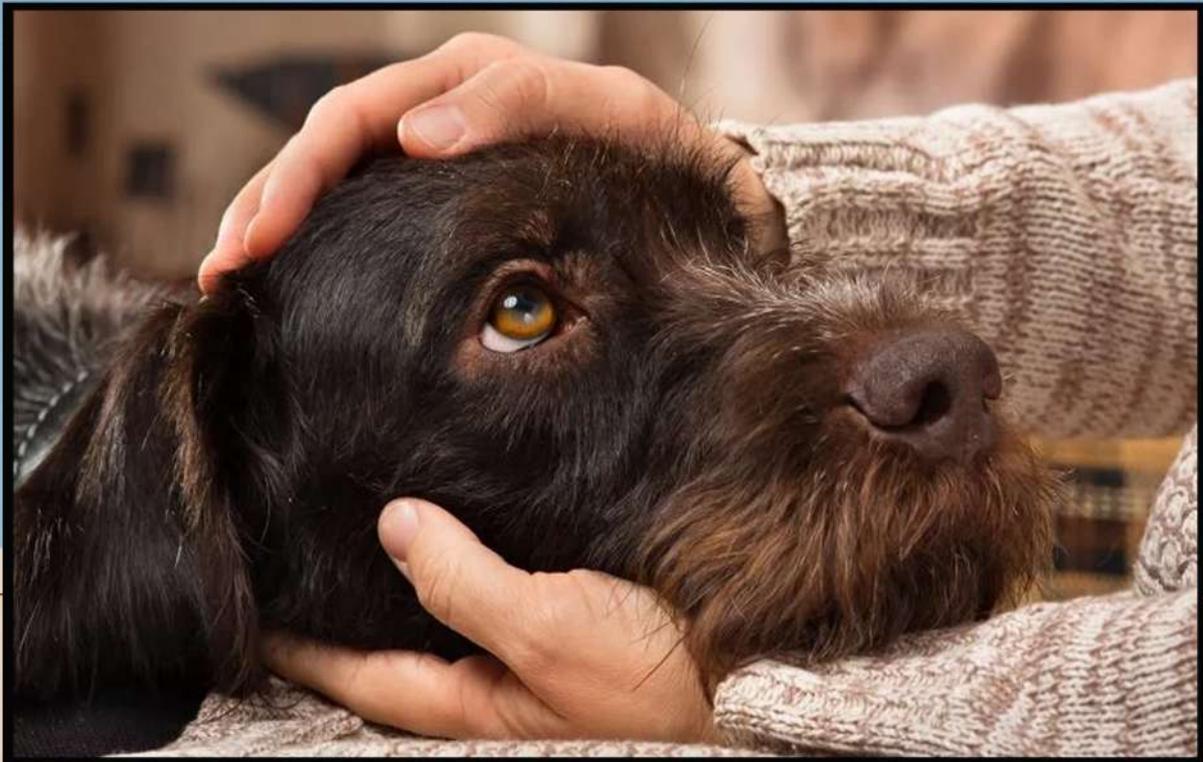


The harmful disease named coronavirus (Covid-19) lead to pandemic all across the globe. This pandemic is stressful for everyone because there is no vaccine and everyone is stuck in their homes. Due to this people are having mixed feelings like overthinking, stress, anxiety and as well as loneliness because some people can't go back to their hometown. Due to a lot of stress, mental health got affected the most. The fear of the financial situation or losing their job or loss of support service you rely on got stopped and due to this there is no source to earn money and also added the fear of catching the virus that can even lead to death. The person who don't even

have enough money for essential needs, how can they pay hospital expenses. Mental Health had got disturbing in such a scale that some people are started going into depression and due to which they started taking drastic steps that are harmful for their lives. It's not only effect the person but people around them also get affected. In these tough times one should not comment and think anything bad about another person because you don't know what is a current situation of that person is or how much he/she can get affected to it. It's important for all of us be strong in these hard times and look after our mental as well as physical health.

THEIR LIVES MATTER TOO

By- Muskan Bajaj



The Companionship that pet offers is a great way to reduce anxiety and stress. A pet can be a great source of comfort, companionship, and motivation for their owners. In many ways, pets can help us to live mentally healthier lives.

We all know that when we are hurt, we go to the doctor for a check-up. But what about those animals was able to speak when they are hurt but not able to tell us. This concept is known as pain in animals.

Flint was hit hard when his mother Flo passed away. He became withdrawn and stared into space. Also stopped eating and became weak. After a few days, Flint rested close to where his mother had lain and died. Flint was a chimpanzee living in Gombe National Park in Tanzania. His story was described by primatologist Jane Goodall in her 2010 book 'Through a Window'. She contends that he was suffering from depression.

Animal protection is not a radical idea. It follows the small principle that if animals feel pain, joy, fear, and depression they should be protected from suffering. The idea that animals might not experience pain traces back at least to the 17th century. Many animals also exhibit due

to their behaviour and philological changes. For example, when animals eat less food, their normal behaviour is disrupted or even their social behaviour is suppressed. For the awareness of pain, the government has made several clinics for animals' welfare. It is also the fundamental duty of every citizen to have compassion for all living creatures.

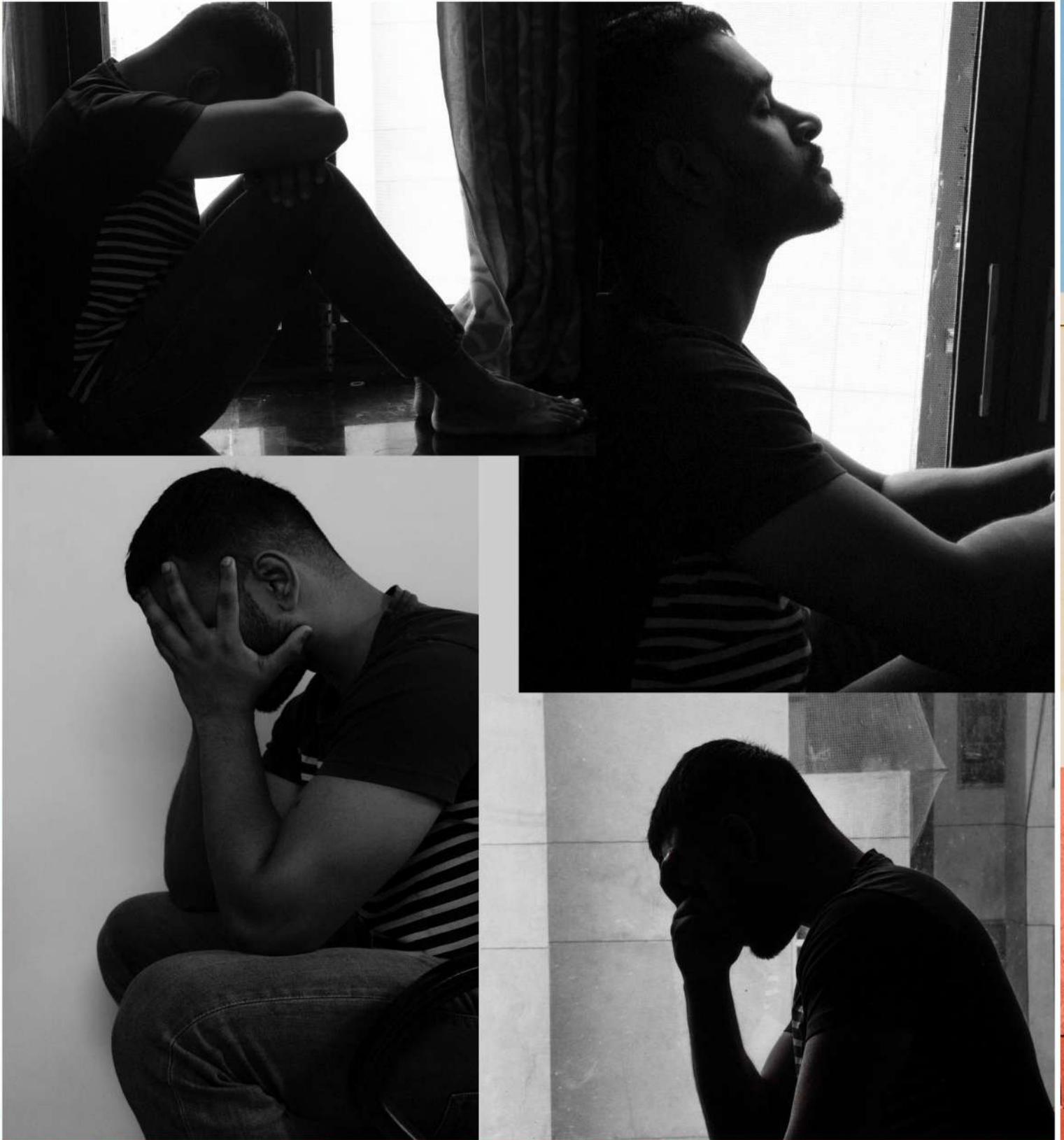
For example, mental illness in humans is often the result of chemicals in the brain. Animals often display characteristics of mental illness when they are mistreated or when they are unable to get what they seek or need.

Military dogs have known to suffer from PTSD, Orangutans can suffer from addictions, house cats exhibit plenty of OCD behaviour and Bored horses can easily become a danger to themselves, etc.

Animals are our companions and pals and should be treated like one too. Nowadays people keep animals as pets and thus, develop a special bond between them and their pets. They give special love and care to them. But, the point is, that not only should we care for our pets, we should also understand the pain of the strays ones too. After all, they are our friends too, aren't they?

ARTISTS OF MERI

By- Hardik Kartik Vohra



**it's not okay to be
just okay!!**

it's okay if you are
sad

it's okay to feel
stress

it's okay to think
about yourself

it's okay to talk
about these things



**It's okay to be not
okay!**

it's okay if you want
love

it's okay to wish
happiness for yourself.

By- Kunika Chaudhary

DO YOU STRUGGLE WITH ANXIETY?

By- Ananya Sharma



Anxiety is a normal reaction to danger, the body's automatic response triggered when you feel under pressure, threatened, or facing a challenging situation. If in control, anxiety isn't necessarily a bad thing. It helps you to stay alert and focused and motivate you to solve problems. But when it is constant or overwhelming, the time when worries and fears interfere with your relationships and daily life then it's probably the time you have crossed the line from normal anxiety to the territory of an anxiety disorder. Since anxiety disorders are a group of related conditions rather than a single disorder, symptoms may vary from person to person. One individual may suffer from intense anxiety attacks that strike without warning, while another get panicky at the thought of talking to someone. But despite their different forms, all anxiety disorders create an intense

fear or worry out of proportion to the situation at hand.

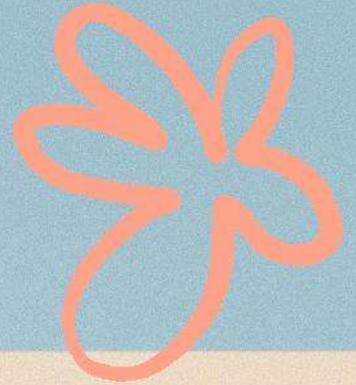
The causes of anxiety disorders are complicated. Many might occur at once, some may lead to others, and might not lead to an anxiety disorder unless another is present. Possible causes include environmental stressors, such as difficulties at work, relationship problems, or family issues. While having an anxiety disorder can be disabling, preventing you from living the life you want, it's important to know that you're not alone. Anxiety is among the most common mental health issues and is highly treatable. Once you understand your anxiety, there are steps you can take to reduce the symptoms and regain control of your life. So, it's okay to feel things but don't let your feelings overcome your life.

LET IT GO

By- Esha Banerjee

Let go of the things that hurt,
Let go of the memories that haunts.
Let go of the people who are gone.
Let go of the words that hurts.
The only thing that cuts & dry,
 In the maze of life,
Is the fact that holding on,
 Would hold you back.
 No one tells you this...
You cannot hold on to everything.
 You pick your poison.
 Or your
 cure.

Hold on to things that make sense to you.
The dreams that pushes you to sleep.
Not the one that wakes you hurt.
 Hold on to memories,
 That are still beautiful to you.
 Hold on to the smile,
Hold on to things that doesn't break you
 apart...
Hold on to the illusion of being freed.
 From all those thought that dens.
Don't run back from places with stories.
You cannot escape your existence,
 Neither the past nor the present,
 And once you will know.
 The art of holding on...
Is nothing but letting go.



तुम ज़रूरी हो।

- कुनिका चौधरी



हर सुबह की तरह तारा अपने विद्यालय के लिए तैयार होकर घरवालों से स्कूल के लिए विदा लेकर विद्यालय की ओर निकल पड़ती हैं। तारा ने हमेशा से ज़िन्दगी को एक अलग नजरिए से देखने की कोशिश की है, वह हर चीज में अच्छाई को ढूंढती है पर एक दिन जब वह विद्यालय पहुंचती हैं वह काफी बच्चों को बात करते हुए सुनती हैं। बात यह होती है की एक हस्ती ने आत्महत्या करली जिसका कारण उसकी मानसिक स्थिति को बताया जा रहा है। वह चौक गई की जिस व्यक्ति की हसमुख होने के कारण लोग पसन्द किया करते थे वें इस दुनिया से विदा ले चुका है। ऐसा क्या कारण रहा होगा की उसने अपनी जान गवाना बेहतर समझा। वह खुद से पूछनी लगी क्या उसके पास कोई ऐसा व्यक्ति नहीं था जिसके साथ वह अपने दुख व परेशानी को बाटने के लिए कोई नहीं था? वह घर जाकर सारी बात अपनी मां को बताई है। वह उसे समझती है कि कई बार लोग दूसरों से बात करने में हिचकिचाते है, वह ऐहसोचने लगते है कि अगर वोह इस बात को सामने लाएंगे तो लोग उन्हें लोग अलग नजरिए से ना देखे, वह दूसरों को ज़्यादा महत्व देने लगते हैं और खुद को भूल जाते हैं। यह बात उसे खाय जा रही थी उसने ठान ली की अगर वह किसी एक व्यक्ति को भी ज़िन्दगी जीने पर भरोसा दिला पाई और उससे दिमाग से

आत्महत्या के विचार को खत्म कर पाई तो वह अपना जीवन सफल समझेगी। अब उसके मन में बस यही बात की उस किसी के जीवन का वह व्यक्ति बनना हैं जो उसे ज़िन्दगी में अच्छाई दिखा पाए। उसने अपने शिक्षकों से बात करके विद्यालय में एक ऐसी नीति लाने का प्रस्ताव रखा की जिसमें छात्रों की परेशानियों के अहमियत दी जाए, वह खुद को बेसहारा ना समझे अगर वह अपने घर पर नहीं बता पा रहा है तो हम उसपर बिना टिपणणी लिए उसकी बात को सुने। विद्यालय ने उसकी इस नीति की तारीफ की और उन्होंने इस नीति को अमल में लाए। कुछ महीने बाद सभी शिक्षक यह महसूस करने लगे कि बच्चों में पढ़ाई व भविष्य को लेकर कई प्रश्न व परेशानी जो उनकी सेहत के लिए अच्छा नहीं है। धीरे धीरे वेह सभी बच्चों में बदलाव देखने लगे उन्होंने महसूस किया को यह नीति काफी लाभदायक रही और उन्होंने तारा की तारीफ भी की। तारा को जो उस दिन खुशी हुई वह कुछ अलग ही थी उसके लिए वह एक ऐसी उपबलधी थी जिसका कोई मुकाबला नहीं था। कुछ वर्ष बाद वह एक संस्था बनती है जिसका नाम 'तुम ज़रूरी हो' रखा गया है। उस संस्था का एक ही लक्ष्य है की वह लोगों को उनकी ज़िन्दगी के महत्व को समझा सके और उन्हें अपनी अहमियत का एहसास दिला सके। तारा बेहद खुश हैं कि उसने अपने जीवन को किसी अच्छे काम में लाए पाई।

MAJOR MENTAL ILLNESS

By- Udit Raj Sharma



Mental illness is an illness that requires proper medication, psychiatric consultation and therapy sessions. Unfortunately, most of the people in our country do not believe that mental illness exists and often do not take this issue consequentially.

We would be talking about some of the disorders in this article. The five major mental illnesses are –

1. Eating disorder- In this kind of disorder one faces distressing and obsessive thoughts and actions. It also results in overeating and even loss of appetite.
2. Anxiety disorder- The disorder that causes panic attacks, nightmares, headaches, PTSD.

The patient can experience distress, fear and apprehension.

3. Schizophrenia- This is a disorder that has an effect on both cognitive and emotional function. It involves social withdrawal, abnormal reasoning, hallucinations.

4. Obsessive Compulsive Disorder- OCD is characterized by unwanted, repetitive, obsessions and excessive urges of certain actions. It is often noticed in childhood adulthood.

5. Personality Disorder- This disorder causes avoidant personality disorder, split personality disorder and antisocial personality disorder.

MENTAL HEALTH AWARENESS

By- Utkarsh Singh Sisodia



The first time 'World Mental Health' celebrated was on October 10, 1992. The initiative was taken by Richard Hunter (the Deputy Secretary General). The general educated the public about the mental health advocacy. The day did not have any specific theme up until 1994.

With a theme, the day was celebrated for the first time, in 1994, at the advice of Secretary General Eugene Brody. The theme "Improving the Quality of Mental Health Services throughout the world."

As the years passed, different themes were introduced, like "Women and Mental Health", "The Relationship Between Physical & Mental Health" and many.

The day has its own importance as on 10th October every year, people are informed, spreading awareness, about the importance of being healthy, both physically and mentally. Remaining fit, avoiding stage leading to depression, away from stresses and stress relief medicines, which may harm the body if not

taken in control, affecting the health. Many people are distressed because of their relationship, unable to fit in it or adjust. They do not know how to get out of a toxic relationship. A majority thinks of getting detached from a relationship and thus, problem starts occurring in their lives.

The need of detaching comes only if you're in a toxic relationship. Otherwise, attachment is not a bad thing. But yes, a relationship that is a constant source of pain, anguish, anxiety and grief is a toxic relationship. Being in such relationships erodes our aura and destroys the soul.

You'll only be able to detach if you have a strong spiritual practice which will activate your intuitive wisdom & give you the clarity & power to do what you must. A person should always keep practicing Yoga, hurt and pain needs to be healed from deep within the soul. The only and only thing to do is to keep purifying your soul. Become more Sattvic, honest, loving and kind.

DOWN'S SYNDROME

By- Devansh Srivastav



Initially explained by French psychiatrist Jean-Etienne Dominique Esquirol, in 1838, Down's Syndrome is a genetic disorder, which affects about one in every 1,000 babies born. Full description of the syndrome was given by Dr. John Landon Down, after whom the syndrome was named also. It is a condition that caused around 27,000 deaths in 2015, while the patient count was around 5.4 million.

The Down syndrome is caused when there is the 3rd copy of chromosome 21 in a child, which causes physical growth delay, mild to moderate intellectual disability and characteristic facial features. Average IQ of a young adult, born with this disorder is usually around 50, which is equivalent to an 8 or 9-year-old child. But this can vary widely. It should also be noted that the parents are usually genetically normal, meaning, it can affect a child regardless of family history of genetical disorders. The extra chromosome happens to occur by chance with no known behavioral or environmental factor that changes the probability.

With pregnancy screening, it can be identified before it is even born and usually parents opt to abort the child. Regular screening for health problems in Down syndrome is recommended throughout the person's life.

There is no cure for Down syndrome, but education and proper care have been shown to improve quality of life. Children affected are educated in typical schools, while in some cases, more specialized education is recommended.

About 20% of the population affected by Down syndrome in the United States, are on paid jobs but they require a more sheltered work environment, as the immunity of the ones those are affected is comparatively low. Average lifespan is about 50-60 years in the developed world with proper health care, as they are more suspected to develop other problems in later life

like congenital heart defect, epilepsy, leukemia, thyroid diseases and mental disorders.

People affected with this disorder have some physical, neurological characteristics, Such as-
Physical-

Physical characteristics, that can be easily noticed on an individual suffering from down syndrome are- small chin, slanted eyes, poor muscle tone, a flat nasal bridge, a single crease of the palm and a protruding long tongue, which, when combined with a short mouth can cause obstructive sleep apnea, in around half of those suffering from Down syndrome. Some other common features include: a flat wide face, a short neck, excessive joint flexibility, extra space between the large toe and the 2nd toe. Height in general is lower compared to a normal individual, that is, 5ft 1 inch for male, and 4ft 8 inches for the female. They are also at an increased risk of obesity as they age.

Neurological-

Developmental milestones are delayed due to Down Syndrome. For example, ability to crawl may develop around 8 months rather than 5 and ability to walk independently occurring around 21 months rather than 14. Most individuals with Down syndrome have mild IQ: 50-69 or moderate IQ: 35-50. Some severe cases have also recorded an IQ of 20-35. Those with mosaic Down syndrome typically have IQ scores 10-30 points higher. As they grow older, typically, they perform worse than their same - age peers.

Commonly, those with this disorder have a better understanding of the language than the ability to speak. Between 10 and 45% have either stutter or rapid and irregular speech, making it difficult to understand them. After the age of 30, some may lose their ability to speak.

Some famous personalities with Down syndrome are- Actor and Singer Chris Burke, British actress Paula Sage, Spanish actor Pablo Pineda.

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By- Niket Mishra

SUBSTANCE ABUSE DISORDER

By- Lakshay Kamboj



When an individual's use of alcohol or other substances like illegal drugs like marijuana, cocaine, etc. leads to a negative impact in his/her personal life like family, work, school, etc., This type of disorder is called Substance Abuse Disorder.

Individuals who use these substances are usually facing mental issues like depression, anxiety, emotional distress, etc. or simply are doing so because of peer pressure. An individual who consumes these substances responsibly in a safe amount is less likely to have Substance Abuse Disorder.

Substance Abuse Disorder is majorly found to occur in teenagers who consume drugs because teenagers seem to get addicted from the temporary effect that the drugs give them.

These mainly affect include feeling of joy, happiness, etc. . These feelings lead to teenagers getting addicted to drugs and thus leading to having Substance Abuse Disorder.

Substance use disorder is a serious condition and not easy to treat. The best care and treatment involve trained professionals. Treatment begins by recognizing the problem. Though denial is a common symptom of addiction, people who are addicted have far less denial if they are treated with empathy and respect, rather than told what to do or being confronted.

The substance may either be slowly withdrawn or stopped abruptly. Support for physical and emotional symptoms, as well as staying drug free are also key to treatment.

IDENTIFYING AND DEBUNKING OF MEDICAL MISINFORMATION

By- Kunika Chaudhary

The poster features a grey background with the words 'FAKE NEWS' in large, light-colored letters. At the top left is the 'data LEADS' logo, and at the top right is the 'MERI COLLEGE' logo. The text 'Management Education & Research Institute Affiliated to GGSIPU, Delhi' is centered at the top. Below this, it says 'Organises online workshop in association with DataLeads'. The main title 'Identify & Debunking Medical Misinformation' is in a large, bold font. The date '12th Sep, 2020' and time '2:00 PM - 4:00 PM' are displayed. Three speakers are featured in hexagonal frames: Prof. (Dr.) Dilip Kumar on the left, Dr. Aditya Shukla in the center, and Mr. Amarendra Aarya on the right. Each speaker has a corresponding nameplate with their title and affiliation.

data LEADS Management Education & Research Institute
Affiliated to GGSIPU, Delhi **MERI COLLEGE**

Organises online workshop in association with DataLeads

Identify & Debunking Medical Misinformation

12th Sep, 2020 2:00 PM - 4:00 PM

Prof. (Dr.) Dilip Kumar
Head of Department,
Journalism and Mass Communication

Expert Speaker
Dr. Aditya Shukla
Fact & Fit Trainer
Health Facts-Checking India Training Network
Assistant Professor,
School of Mass Communication
IMS Unicon University

Mr. Amarendra Aarya
Assistant Professor,
Journalism and Mass Communication

Fake news can be really harmful and affective we get to know this during the workshop on 'Identity and Debunking Medical Misinformation' by Dr. Aditya Shukla. This lecture was really knowledgeable and interactive as students took interest in this lecture. Aditya sir informed students about sources of Misinformation which are advertisement, WebMD, Amazon, Rumours, Misinterpretation of medical information by referring a case study of 'MMR vaccine rumor case in Kerela'. He told students about how rumors can spread through the various social media platforms like the whats app and twitter.

He also quoted a saying by Dr. Tedros Adhanom, Director-general of the World Health Organization that 'this is a time of fact, not fear. This is time rationality, not rumors. This is a time of solidarity, not stigma. In the further segment of lectures, students were informed about various ways and sites to verify their news and how students and find the visual and audio clue to claim whether that news is fake or not. This was indeed an intellectual and informative webinar for students. It will help them to inform other people about the disadvantages and harmful effects of spreading fake news.

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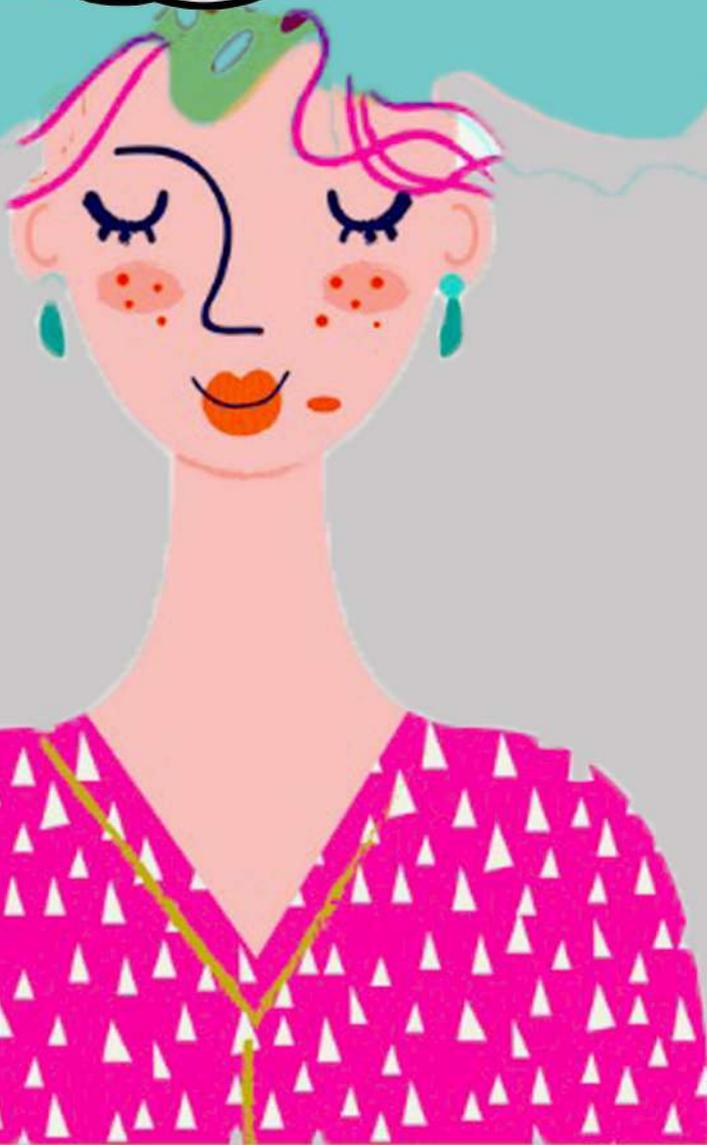
It's okay to feel things

You are not alone in this

Hey can I help you?

Love yourself first

Breathe, things take time



A student publication, an initiative of students of Department of Journalism and Mass Communication. Being a student piece of work, slight margin of error is expected. Kindly get in touch with the Editor-in-Chief for issues pertaining to the content of the magazine.