



HINDU COLLEGE

Presents

मनोदृष्टि-मानव मन रचना

MANODRISHTI - A VISION OF MIND

A HINDU COLLEGE COUNSELLING CENTER POST
(HCCC POST)



ISSUE#1

EMPOWERING MENTAL HEALTH:

LET'S INVEST

मानसिक स्वास्थ्य सशक्तिकरण:

जीवन निवेश

OCTOBER 2020

FROM PRINCIPAL MA'AM'S DESK



On **WORLD MENTAL HEALTH DAY**, Saturday, 10th October, 2020 Hindu College Counselling Centre has taken an initiative in collaboration with National Cadet Corps (NCC) and North East Cell (NEC) to organise an unprecedented **VIRTUAL ADVOCACY SUMMIT** on Mental Health, with theme as-

“Empowering Mental Health: Let’s Invest”.

It is very heart-warming to see this effort of Hindu College Counselling Centre, to reach out to the students as well as the entire Hindu College community and give them a forum to express their feelings and states of mind, that will call for increased investment in mental health at all levels.

All of us agree that times are challenging, daunting and extremely uncertain. It has been over six months that we have seen each other, sat together, shared our experiences with each other and been there for each other.

The experiences we have had outside the classrooms as well as inside have been an intangible support for us to learn and grow. The isolation that we have been circumstantially trapped in has given us that moment to think and contemplate how important our relationships are. Technology has tried to bridge our distances with each other and we shudder to think about our plight had this interface also not been there in such harrowing times. So, it is pertinent to understand that we should not get into a zone where we keep brooding and thinking in a negative frame of mind. It is very easy to feel hopeless, helpless and worthless. Each one of us has got that space to discover ourselves and also be able to find solutions.

The ***HCCC Post, ManoDrishti-A Vision of Mind***, is a combination of various items that reflect the thoughts our dear students have. This is also an inspiration for other students to start talking about what they are going through and how they are dealing with these challenging times. The past few months have been tough for all of us, but we will get through this difficult period very soon! Don't suffer in silence, please talk about how you are feeling. ***Always remember, we at Hindu College are there for you and want to hear from you. Congratulations to the HCCC for the first edition of this great initiative!***

(A person rich of versatility, a skilled administrator, our Principal, Dr. Anju Srivastava, has a great zeal in pursuit of every cause for students. She has been adorned with the position of student, faculty and now Principal of Hindu College. Chemistry has been her field of study, teaching and research. Her vision to enhance research and innovative ideas have been the focus of setting up research institute in the college. Under her exemplary leadership, Hindu college has been granted A+ grading at NAAC.)

FROM COUNSELLOR'S DESK

This year Mental Health Day, 10th October, comes at such a crucial juncture that signifies the value of Mental Health in our lives, ever than before. Past few months have shaken our lives in an unbelievable manner, projecting certain challenges such as confining to our homes, surrounded most of the time by family members with whom we share bitter-sweet relationship, with little contact with our friends, no college life, adapting to taking classes from home and ever-growing uncertainties about future. Indeed, it is expected that in coming times, the culmination of these and many more factors will result in substantial escalation of mental health and psychosocial issues.

Mental Health is one of the most neglected areas of public health. We feel dejected talking about it, leave alone addressing them. We fear social stigma and that we would be judged or shunned by our near and dear ones.

Our stressful lifestyle and subsequent thought process has made it very imperative to understand what is mental health and why is it so important to invest in it?

Mental health is also called emotional health. Mental Health + physical Health defines overall health. In our lives, at some point or the other, we all tend to feel emotional, sometimes low, dejected



and even stressed. This is absolutely normal as most of the time these feelings pass. But, when these feelings stay with us for most of the days of the month, affecting our behavior pattern and thought process, it's a point of concern. But the best part is that timely interventions can prevent reaching these concerning points. Hence, making it more valuable to invest in Mental Health!

So, now the question arises that how to invest in mental health? Let me help you in this regard.

I suggest two simultaneous investments:

- i. Investment to maintain good mental health.
- ii. Investment to deal with those concerning moments which I will be calling 'triggers'.

i. Investment to maintain good mental health.

a. Keep active: Don't sit idle unless it's absolutely necessary. Engage in some work, physical exercise, yoga, mindful meditation but stay active. Exercise keeps the brain active and other vital organs healthy, playing a significant role in enhancing mental health.

b. Eat and hydrate well: Research has found that there is a strong link between what we eat and how we feel. So, invest in healthy balanced diet, good for your physical as well as mental health.

c. Connect with other people: Good relationships are good for mental wellbeing. Surround yourself with people with high life-conditions. Learn to say 'NO' to those people or

actions that bring negativity to your life. Remember, not to rely on social media or technology alone to build relationships!

d. Take regular breaks: Shut down your mobile, laptop for some fixed time on regular basis. Just sit down and relax. Listen to your body. Sleep well. Sometimes, the world can wait!

e. Do something you are good at, on regular basis: List 5 skills or work that you would love to do. You may learn new skills too. It's

never late to begin new innings!

f. Accept who you are: Learn to accept your emotions, trust your abilities and believe in yourself. Remember, none of us are superhuman. Having flaws is absolutely normal.

g. Pay attention to the present moment: Being mindful of the present moment can improve your mental wellbeing. Make it an integral part of your daily life.

ii. Investment to deal with 'triggers'.

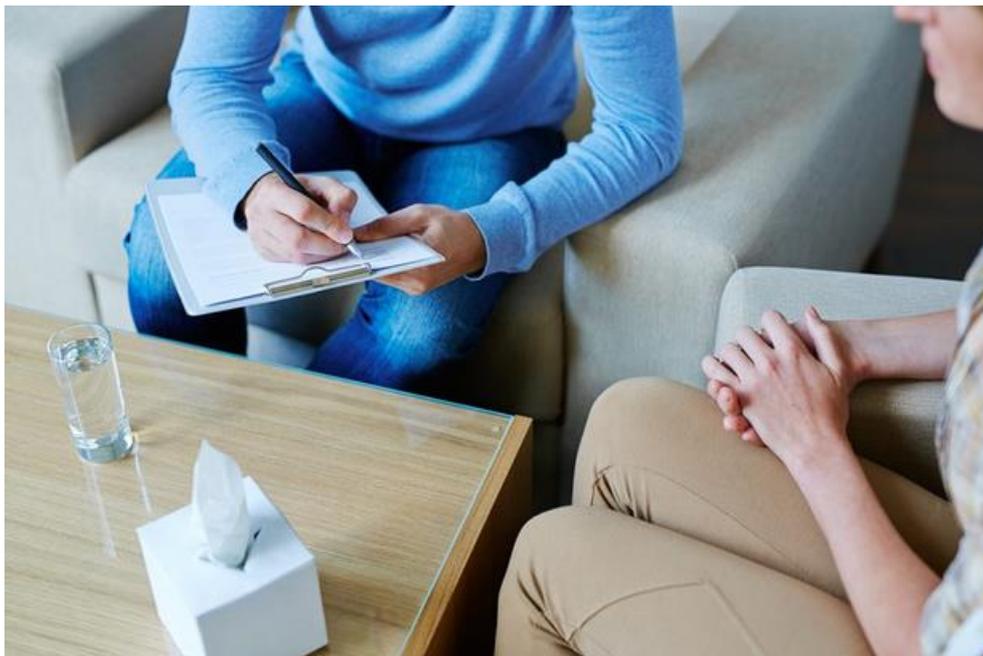
Step 1: Identify the triggers in your life that are likely to set off a chain reaction of uncomfortable or unhelpful behavior, thoughts or feelings. Make a list what triggers you?

Step 2: Create a 'Crisis Plan' to deal with these triggers:

- Avoiding triggers: List the ways that could help you avoid or limit your exposure to things that triggers you.
- Coping with triggers:
 - ❖ Identify 5 people you can reach out in the middle of crisis-period. Keep their contact numbers on your speed dial. Do not hesitate to reach out to them and share your heart out to them.
 - ❖ List few activities / tasks that could distract you when you witness those trigger points. Listening to music, changing your place, going for a walk, relaxation technique or simply going out to grab an ice-cream cone are few such suggestions.

Last but not the least, reaching out for professional help is always a good idea than harbouring ill-health. Sometimes, it's easier to talk to a counsellor who is a stranger to you, than to relatives or friends. During counselling, a trained counsellor or a therapist listens to you in a confidential setup, and helps you find your own answers to problems, without judging you. Counselling aims at helping you feel better and find ways to cope with the problems.

(The writer, Dr. Venika Krishna, is the College Counselor at Hindu College. Also, associated with NCERT and Ministry of Education, Government of India, under initiative 'ManoDarpan' in an effort to reach out to students, for providing psychosocial support, across the country. In her free time, she loves to read, meditate and listen to music.)



मन से बात: जागरूकता और दिशा

मन से बात : जागरूकता और दिशा

वर्तमान में संचार-क्रांति, सूचना-प्रौद्योगिकी और जन-माध्यमों ने हमें उपकरणों और तकनीकी माध्यमों से के काफी निकट ला दिया है। किंतु मन में यह महसूस होता है कि समकालीन समाज 'साक्षरता' को 'शिक्षा', 'जानकारी' को 'ज्ञान' और 'मूल्यों' को 'कीमत' समझने लगा है। इसी का परिणाम है कि आज हम औपचारिकताओं का निर्वाह करने में लग गए हैं और मन से बात करने में अक्षम होते जा रहे हैं।

जागरूकता : एक चुनौती

10 अक्टूबर 'विश्व स्वास्थ्य संगठन' द्वारा 'मानसिक सशक्तिकरण एवं स्वास्थ्य जागरूकता दिवस' घोषित किया गया है। मानसिक सशक्तिकरण ही भविष्य निर्माण की पूंजी है। जागरूकता इसमें निवेश है। भ्रमंडलीकरण, उपभोक्तावाद और आर्थिक उदारीकरण ने विश्व में जो चुनौती प्रस्तुत की है, उसका सर्वाधिक प्रभाव मानसिक स्वास्थ्य पर पड़ा है। इसका नकारात्मक पक्ष यह है कि 'मानसिक' शब्द पर अधिकांश विकासशील देश के नागरिक बात करने और समझने को तैयार नहीं हैं। परिणाम हमारे समक्ष है कि अनेक शारीरिक परीक्षण करवाने के पश्चात भी कोई बीमारी नहीं निकलती और 'बीमार' अपने में ही बीमार रहता है। इस बीमारी का कारण खान-पान, कार्यशैली और जीवन के अनेक प्रकार के तनाव हैं। इनका लक्षण जब-तक पहचाना जाता है तब तक 'शैली' 'बीमारी' का रूप धारण कर लेती है। अब आवश्यकता है कि 'मानसिक स्वास्थ्य' के स्थान पर विकासशील देशों में किसी दूसरे भावनात्मक शब्द का प्रयोग किया जाए।

दिशा बदलेगी दशा

जीवन-शैली से मन से बात करने की क्षमता कम होती जा रही है। इसके लक्षणों की पहचान आवश्यक है। अनिद्रा, भूख काम लगना, मन न लगना, अजीब प्रकार के हाव-भाव, धूमिल चेतना, अपने-आप से बात करना, अव्यवस्थित भाषा, भ्रांति, आतंक, अलग-थलग रहना, अनुचित भाव, घबराहट, बेचैनी, क्रोध आदि अनेक ऐसे लक्षण हैं, जिनके लिए 'परामर्श-केंद्र' की मदद लेनी चाहिए। यदि किसी में इस प्रकार के लक्षण दिखाई दें तो अवश्य ही उसे 'परामर्श-केंद्र' में संपर्क करने अथवा जाने के लिए तैयार करना ही जीवन-रूपी पूंजी का सबसे बड़ा निवेश है। यही दिशा व्यक्ति की दशा को बदल सकती है।

परामर्श-केंद्र : एक अनुभव

वर्ष 2010 में मेरे घर में बेटी अंशिका का जन्म हुआ। जन्म के समय बेटी का वजन मात्र 650 ग्राम था। हम सभी चिंतित थे। उस समय तक इसके दुष्परिणामों से भी हम अवगत नहीं थे। डॉ. ए. पी. मेहता और डॉ. संतोष ने जब मुझे कहा कि बाल-विकास परामर्श केंद्र बच्चे को लेकर नियमित रूप से जाना होगा तो हम उनका आशय ठीक से समझ नहीं पाए थे। परामर्श-केंद्र पर श्री राजीव जोसेफ ने डॉ. के सुझाव की बारीकियों से हमें अवगत करवाया। हमने ईश्वर का धन्यवाद किया कि सही समय पर उचित दिशा हमें मिल गई। तीन साल तक मैं अपनी बेटी को लेकर जाता रहा। कुछ समय पश्चात राजीव जोसेफ अमेरिका चले गए और मेरे बेटी की समझ और शारीरिक-मानसिक विकास अब बिल्कुल सही है। वे इससे हमें अवगत भी करवा गए। किंतु वहां अनेक मत-पिता अपने बच्चों के साथ कितना परिश्रम करते हैं, इसका एहसास हुआ। अपरिपक्व बच्चों के साथ परामर्शदाता का व्यवहार, उनकी मेहनत, उनका धैर्य एवं गांभीर्य मेरे स्मृति-पटल पर बना हुआ है। मेरे पत्नी ने उस समय मुझे जो मानसिक संबल प्रदान किया और धैर्य रखा, उसी का परिणाम है कि आज मेरे बेटी दस वर्ष की हो गई है और पढ़ाई में भी उत्तम है।

एन. सी. सी. कैडेट : जागरूक एवं धैर्यशील एन. सी. सी. में 'बी' और 'सी' प्रमाण-पत्र के लिए पाठ्यक्रम में स्ट्रेस मैनेजमेंट (दबाव-प्रबंधन) को शामिल किया गया है। इसके अतिरिक्त इसके अनेक आयामों की सैद्धांतिकी को भी पाठ्यक्रम का हिस्सा बनाया गया है। 'अनुशासन' और 'एकता' को सीखने में अनेक प्रकार से 'साधना' करनी होती है। योग-ध्यान और शारीरिक-मानसिक

दक्षता ही जीवन के मूल्यों को प्राप्त करने में सहायक सिद्ध हो सकती है। एन. सी. सी. में जीवन मूल्यों के प्रति विश्वास और सकारात्मक सोच की शक्ति कैडेट में नेतृत्व क्षमता विकसित करती है। कुल मिलाकर जब मिलावट के दौर में दूध, फल, सब्जी, अन्न के माध्यम से अनेक प्रकार के नकारात्मक रसायन शरीर में प्रवेश कर रहे हों, तो मन के स्वास्थ्य के बारे में भी चिंता अपेक्षित है। जब हम शरीर के अन्य अंगों के विषय में डॉ. से परामर्श लेते हैं तो मन के दुखी और चिंतित होने पर परामर्श-केंद्र से अवश्य सलाह लें, यही इस अंतर्राष्ट्रीय दिवस की उपयुक्त जागरूकता सिद्ध होगी।

(The writer, Dr. Harindra Kumar, Associate Professor Hindi Department Hindu College Delhi University Delhi has been teaching for the last twenty years. He is interested in writing, travel and journalism. He is also Associate NCC Officer (Navy Wing) Rank Sub Lieutenant & Official Language Advisor nominated in the Ministry of Personnel, Public Grievances and Pensions (Government of India), Government of India)

CLOSED DOOR AND OPENED HEARTS

Distance makes the heart grow fonder; they say. Staying away from home, from our parents and siblings, from the people we really connect to, moving away towards chaos, moving further towards a rat race that we now call our life; its very easy to lose touch with our own selves. Racing to keep up with everything, to please everyone, to act according to the “trend”, we often forget to slow down and love ourselves. We often forget to keep up with ourselves, to act according to what we actually are and not according to the trends. It sets start a journey where we try to start afresh. Starting afresh is never bad, doing so, we often end up losing ourselves. Lost in a chaos, looking for peace in our hearts, but never finding it; doesn't it all leave us a bit shattered. But it's all about time and we start living with it. Do we find the peace we were looking for? Maybe. Coming back home because of this lockdown has been like coming back to ourselves, like coming back to who we really are. With all the time with us, we do care to sit back and relax, to slow down. No one is racing now. Watching the sun set from our balconies, with a cup of coffee in our hands, maa's evening dose of happiness, papa's silent smiles that shows how happy he is to see all of us together in the same room again, with our brothers teasing us only to start a fight he has oh so missed, we all have somewhere started connecting to ourselves. We've all somewhere started to find ourselves. The cause of the lockdown isn't a great one, but it has definitely resulted in some of the best time we've had in a really very long time. After all, who doesn't love coming back home, where we all have kept our hearts. As someone truly said, 'home is where the heart is.'



(I'm Bhasvati P. Dutta, BA hons, History, third year. Writing, reading and painting is something that has always kept me company, apart from swimming of course. Art, books, writing, all of these are an escape route for me, an escape from everything that's holding me back, an escape from reality, where everything is so very practical all the time. Finding happiness in little things is what I truly believe in, for there's no greater happiness than something so little, that makes something so big.)

HOW SWEDEN DEFEATED CORONAVIRUS



The COVID-19 pandemic, also known as the coronavirus pandemic, is an ongoing pandemic of coronavirus disease (COVID-19) caused by Severe Acute Respiratory Syndrome Coronavirus-2 (SARS-CoV-2). The disease was first identified in December 2019 in Wuhan, China. The outbreak was declared a Public Health Emergency of International Concern by the World Health Organisation (WHO) in January 2020, and was recognised as a pandemic in March 2020.

It has led to the postponement or cancellation of events, widespread supply shortages exacerbated by panic buying, and decreased emissions of pollutants and greenhouse gases. Educational institutions have been partially or fully closed, with many switching online. In mid-March, European countries closed their borders one after the other. Soon, almost every country on every continent was in lockdown. Governments forced their citizens to stay indoors. Freedom of movement was restricted according to the severity of the situation.

With the world on pause with coronavirus, Sweden's unique approach has drawn intense global heed and scrutiny. Sweden's approach to deal with Coronavirus spread clearly seems to achieve herd immunity. When most of a population is immune to an infectious disease, this provides indirect protection—or herd immunity (also called herd protection)—to those who are not immune to the disease. For example, if 80% of a population is immune to a virus, four out of every five people who encounter someone with the disease won't get sick (and won't spread the disease any further). In this way, the spread of infectious diseases is kept under control. Depending how contagious an infection is, usually 50% to 90% of a population needs immunity to achieve herd immunity.

The view in Sweden's cities was different from the rest of the world. Life went on as it had before. It refused to impose tough lockdown, kept primary schools and core economic activities functioning, issued clear guidelines and relied on voluntary social distancing plus personal hygiene practices to manage the crisis. While there were many happy old people on the streets and in the malls in March, the numbers reduced by the end of April. The fact that the elderly was much more vulnerable to COVID-19 forced them into voluntary self-isolation. Masks were a rare sight in March, and in later months, gyms, spas and restaurants stayed open. You could order a drink at the bar, but patrons were no longer allowed to sit and stand side by side at the counter. Walking in parks, sitting on benches and having a picnic when the weather got warmer was never prohibited.

The question of why the schools stayed open has quite a simple answer: Swedish law states that children under the age of 12 cannot be home alone without supervision. As the board of every business could decide on lockdown individually, most companies and institutions therefore continued to operate as usual. Parents had to go to work and children could not be left at home on their own. So, there was no other option than for middle schools to stay open. Furthermore, statistics confirmed that COVID-19 was not fatal for young people. The generation of their middle-aged parents could also relax and breathe easy. However, the situation was more serious for the grandparents.

As for the economy, the Swedish government gave no instructions to business owners on what they were required to do. Media enterprises received compensation from the state for lost advertising revenue. Small businesses got substantial support. For example, hair salons were recommended to keep their employees on for 40% of the time, while the state covered the rest (57%, to be precise) of the hairdressers' salaries. Overall, people spent less time at work. In Gothenburg, for example, Volvo sent their 20,000 or so employees on furlough.

The Swedish government explained why Sweden's actions in the pandemic were different from the rest of the world. The country's population density of only 25 per square kilometre means less exposure to fellow citizens. Sweden comes first amongst OECD countries in terms of the number of one-person households, which account for 57% of all households in the country. Another important factor is that only 6.9% of Swedes have diabetes, a chronic illness that is a risk factor in contracting the coronavirus. Research suggests that only 13% of the population being overweight should also keep the of COVID-19 fatality rate low.

Swedish state epidemiologist Anders Tegnell alleged in April that Sweden's strategy is largely working. However, Sweden's authorities never said achieving herd immunity was their goal, but they did argue that by keeping more of society open, Sweden would be more likely to develop a resistance to Covid-19.

References: <https://www.wikipedia.org/>, <https://www.deccanherald.com/>, <https://www.bbc.com/>, <https://www.who.int/>.

(The writer, Ayush Devra, Physical Science(Electronics) - a student of Hindu College (batch 2020) has a keen interest in entrepreneurship and management. He wishes to pursue Masters in Business Administration.)

REWIND

When the paper united with the pen,
 The latter was set free towards an alluring heaven.
 She moulded and carved a castle of style,
 Of bricks hand - picked like words for a rhyme.
 The ink romped over like a kite in the blue,
 Each bit was flavoured like a perfect brew.
 Every chunk of the paper was painted with devotion,
 Like a mother tracing her heart in her young ones.
 Not a blot was made by the assiduous pen,
 Like a soldier in the army giving every inch of his strength.

Slowly and calmly as the portrait was drawn,
 The pen started fading like the earth during dawn.
 The crowd started lessening with ears no more listening,
 Her last drop glistening - gasping and scribbling.
 And then came a clock when out fell the crowd,
 The pen fell too, like a headless crown.
 The paper was framed but the pen discarded,
 The paper earned fame but the pen left unrewarded.
 The question was left unsolved forever,
 By the eyes that looked towards her never.

She still gave out a lambent smile,
 Her selfless deed had made the paper shine.
 Left with some memories engraved in her mind,
 That took her to those times, that made her rewind.



(The poet, Chetan Pandey is a student of Department of Botany, 3rd year and belongs to Uttarakhand. He is extremely passionate about painting, writing, singing and learning different languages. He tries to derive inspiration from small things happening around and present them in the form of an artwork or a piece of poetry. He believes that for him to do all these activities of personal interest, mental health is of utmost importance and priority.)

दिमाग से डर निकाल दें और भरोसा रखें

आज दुनिया बहुत ही अव्यवस्थित दौर से गुजर रही है, जहां पर एक बीमारी ने सब कुछ थाम-सा दिया है। कोरोना वायरस के डर ने इंसान की स्वाभाविक मानसिक अवस्था को बाधित कर दिया है। बीमारी और उसके उपचार से संबंधित सही जानकारी के अभाव में डर घबराहट का रूप लेता जा रहा है। हिंदू कॉलेज की प्रशासनिक अधिकारी श्रीमती राजेश शर्मा ने NCC की SCC लम्हा कुमार से कोरोना से संक्रमित होने के बाद के अपने उन अनुभवों को साझा किया जो हम सभी के लिए न केवल प्रेरणादायी है बल्कि मानसिक रूप से संबल प्रदान करने वाली अनेक जानकारियों से युक्त भी।

लम्हा : क्या आप अपने कुछ ऐसे लक्षण बता सकती हैं, जिससे आपको ऐसा लगा कि आपको कोरोना था ?

श्रीमती राजेश शर्मा : मुझे ये लगा ही नहीं की मुझे कोरोना है। सबसे पहले मेरे पति को हुआ। वह एक राष्ट्रीय बैंक में अधिकारी हैं। उन दिनों वह रोज काम पर जा रहे थे, क्योंकि बैंक जरूरी सेवाओं में आता है। मेरे पति एक ऐसी सीट पर हैं, जिस पर उन्हें काफी सिगनेचर करने होते हैं और उस समय प्रधानमंत्री योजना के तहत कुछ लोगों को पैसे दिए जा रहे थे, जिस वजह से बैंक में काफी लोग आ रहे थे और उनसे रोज लगभग 70-80 लोग मिल रहे थे। 24 मई की रात को जब वे घर आए, तब उन्हें बुखार था। डॉक्टर की सलाह पर हमने मलेरिया और बाकी बीमारियों के टेस्ट करवाए पर सभी टेस्ट के परिणाम नकारात्मक रहे। डॉक्टर ने बोला कि आप तीन दिन रुककर दवाई खाईए। तीन दिन दवाई खाने के बाद भी उनका बुखार नहीं उतरा। 26 मई को मुझे किसी जरूरी काम से हिंदू कॉलेज जाना पड़ा और वापस आने के बाद मुझे भी बुखार हो चुका था। उसके बाद मैंने भी दो-तीन दिन एंटीबियोटिक्स ली और दो-तीन दिन बाद मेरा बुखार उतर गया था पर मेरे पति का बुखार नहीं उतरा था। डॉक्टर ने हमें कोविड-19 का टेस्ट कराने की सलाह दी। उस समय कोविड को लेकर बहुत स्ट्रेस था और टेस्टिंग साधारण प्रकार से नहीं हो रही थी। टेस्ट होने में बहुत दिक्कत हुई थी। मेरे भाई ने हमारी टेस्टिंग करवाने में सहायता की। मेरे पति कोविड पॉजिटिव आए।

हमने मेरे पति को अलग से आइसोलेशन में एक रूम और टॉयलेट दे दिया और मैं अपने बच्चों के साथ ऊपर वाली मंजिल पर रहने लगी। दो-तीन दिन बाद मेरी बेटी ने ऑफिस ज्वाइन किया और उधर मेरी बेटी ने जब अपने ऑफिस में बताया कि उसके पिता को कोविड है तो ऑफिस वालों ने उसको बोला कि वह भी कोविड का टेस्ट करा ले। जब बिटिया का टेस्ट करवाना था तो उसने बोला कि आप भी टेस्ट करवा लीजिए। जब मैंने और बिटिया ने टेस्ट करवाया, तब हम भी पॉजिटिव निकल आए। हमें ऐसा लगा कि हमें कैसे हुआ! हमें डॉक्टर से पता चला कि जब घर में किसी एक को हुआ तो सबको हो जाता है। अगली मंजिल पर मेरी सांस रहती है और दूसरी एक मंजिल पर मेरे पति के भाई रहते हैं। हमें 7-8 लोगों को कोविड हो गया।

लम्हा : आपको क्या महसूस हुआ जब आपको बताया गया कि आपको कोरोना वायरस है ?

श्रीमती राजेश शर्मा : बिल्कल भी अच्छा नहीं लगा क्योंकि मैंने ऐसा सोचा ही नहीं था कि मुझे कोविड होगा। उस समय पर कोविड का इतना स्ट्रेस था कि हम सब घबराए हुए थे।

लम्हा : अस्पताल और टेस्टिंग सेंटर के कर्मचारियों का कैसा व्यवहार था ?

श्रीमती राजेश शर्मा : उनका व्यवहार अच्छा था। हर आदमी ऐसी घड़ी में अपना बचाव तो करता ही है। उन्होंने अपने आपको पूरी तरह से ढक रखा था, शील्ड पहनी हुई थी और ऐसा होना भी चाहिए क्योंकि अगर सभी लोगों को हो गया तो कोई भी किसी की सहायता नहीं कर पाएगा। उन्होंने टेस्ट किया और ठीक तरीके से किया। यह हमारे लिए तो बहुत ही बड़ी चीज थी कि कोई हमारा टेस्ट कर रहा था।

लम्हा : आपके रिकवरी का सफर कैसा था ?

श्रीमती राजेश शर्मा : एक तरीका है जो सरकार ने किया है कि MCD से आधिकारिक लोग आएंगे और घर के बाहर पेपर पेस्ट करके जाएंगे। MCD वाले कर्मचारी आए और उन्होंने हमें बहुत अच्छे से बताया कि आपको परेशान और घबराने की जरूरत नहीं है। जब भी कोविड का टेस्ट करवाते हैं तब यह जानकारी सरकारी अस्पतालों और डिसपेंसरी के पास चली जाती है कि इस एरिया के इतने लोगों को कोविड है। वहां से डॉक्टर के फोन आने लगे। जैसे ही मुझे पता चला कि मुझे कोविड है, मैंने अपने ऑफिस में फोन करके प्राचार्य मैम को बताया कि मुझे कोविड है। बल्कि मैंने उन्हें एक-दो फाइल भी दी थी। मैंने उनको बोला कि आप उन फाइलों को छूना मत। हमने इसका बहुत धैर्यपूर्वक सामना किया। बच्चों ने बहुत अच्छा प्रोटोकॉल किया और हमें चिंता नहीं करनी दी और बोला कि हम स्ट्रेस न लें, हम ठीक हो जाएंगे। इतना स्ट्रेस था कि हमें खाना नहीं बना पा रहे थे। तब मेरे भाई ने हमारी बहुत सहायता की और मेरे दोस्तों ने भी बहुत सहायता की। वे खाना हमारे घर के बाहर देकर चले जाते थे और हम उसे अंदर लेकर आते थे और सब लोग मिलकर खाते थे। हमारी सबसे ज्यादा सहायता हमारे पड़ोसियों ने की। उन्होंने हमें फोन किया और सभी ने प्रस्ताव दिया कि हम आपके खाने का प्रबंध करते हैं। तब मैंने कहा कि खाना मेरे घर से आ रहा है पर जो रोज की सामग्री है; जैसे दूध, ब्रेड, बटर या सब्जियां, यह सारा सामान मेरे पड़ोसी ही लेकर आते थे और मैं उनको बाहर से लेकर पैसे पेटिएम कर देती थी।

❑ **लम्हा** : क्या किसी भी समय आपको ऐसा लगा कि कोरोना के कारण समाज आपसे दूरी बना रहा है ?

- **श्रीमती राजेश शर्मा** : ऐसा मुझे कभी लगा ही नहीं क्योंकि मेरे मन में ही इतना आत्मविश्वास था कि हम ठीक हो जाएंगे और हम भी घर से बिल्कुल बाहर नहीं निकल रहे थे । हमने अपने आपको घर में बंद कर लिया था । जब भी हम बाल्कनी में भी जाते थे कपड़े सुखाने के लिए, तब लोग हमे विश करते थे । मुझे पूर्ण विश्वास था कि हम ठीक हो जाएंगे । हिंदू कॉलेज के भी अनेक टीचर्स ने हमारी सहायता की । किसी के भाई डॉक्टर हैं ऐसे अस्पताल में जो कि कोविड के मरीज़ का इलाज करते हैं । कोविड के मरीज़ का इलाज सिर्फ़ वो ही डॉक्टर कर सकते हैं जो कोविड के मरीज़ को देख रहे हों । वे डॉक्टर कोविड के मरीज़ को नहीं देख रहे हैं, उनको मालूम ही नहीं है कि मरीज़ को किन-किन चीज़ों की जरूरत है और मरीज़ कितने दिन में ठीक होगा । मैंने जब उन डॉक्टर्स से बात की तब उन्होंने बोला कि घबराने की कोई बात नहीं है, बिल्कुल आप ठीक होने की घड़ी पर हैं और अब आप दुबारा टेस्ट करवा सकते हैं । उस टेस्ट में हम सब लोग नेगेटिव आए थे ।

❑ **लम्हा** : जब आपकी रिकवरी हो गई तब आपको कैसा लगा ?

- **श्रीमती राजेश शर्मा** : जब रिकवरी के बाद टेस्ट करवाया और हम सभी कानेगेटिव आया, उस दिन मुझे बहुत अच्छा लगा । मेरे पति को गहरा संक्रमण था, उनको 18 दिन तक बुखार रहा ।

❑ **लम्हा** : आपका सबसे बड़ा डर क्या था ?

- **श्रीमती राजेश शर्मा** : डर यही था कि हम सभी ठीक हो जाएं क्योंकि इतनी बड़ी बीमारी से घर के इतने सारे लोग पीड़ित थे । - बच्चों ने बहुत ध्यान दिया और सहायता की । डर सबसे ज्यादा यह भी था कि जब मेरे पति को ज्यादा गंभीर हुआ था । वह जब भी जिस भी रास्ते से निकल रहे थे, जैसे हम उन्हें बाल्कनी में बिठा देते थे ताज़ी हवा के लिए, तो हम पूरी जगह को विसंक्रमित करते थे । डर यह भी था कि सब ठीक हो जाएं और ऐसी कोई भी समस्या नहीं आए । हम ऑक्सीमीटर लगाकर ऑक्सीजन और पल्स रेट रोज़ देखते थे और हमें लगता था कि हम ठीक हैं और ठीक हो जाएंगे बहुत जल्दी । पोस्ट कोविड मुझे थोड़ी हारारत लगने लगी है और डर लगने लगा कि कोई दिल की बीमारी तो नहीं हो गई । मैंने डॉक्टर को दिखाया तो उन्होंने कहा कि कुछ नहीं है, बस कमजोरी आ गई है और मुझे आराम करने, अच्छा खाना खाने और कुछ विटामिन सप्लीमेंट्स लेने की सलाह दी है ।

❑ **लम्हा** : आप लोगो को क्या सलाह देना चाहेंगी ?

- **श्रीमती राजेश शर्मा** : मैं यह सलाह देना चाहूंगी कि यदि किसी को भी ऐसी कोई समस्या हो, तो डरने की कोई भी बात नहीं है । बस मन में आत्मविश्वास ज़रूर रखना है कि हम ठीक हो जाएंगे । बीमारी तो यह खराब है पर इसमें घबराना बिल्कुल भी नहीं चाहिए और मन में रखना चाहिए कि हम बिल्कुल ठीक हो जाएंगे और कोई भी परेशानी नहीं होगी । यह बीमारी समय ज़रूर लेती है ठीक होने में, दस-पंद्रह-बीस दिन लगते हैं, ज्यादा से ज्यादा एक महीने का समय लगता है । पर इसमें यदि आप धैर्यपूर्वक अपने दिमाग से सारा डर निकाल लें और भरोसा रखें कि कुछ नहीं होगा, अपने अंदर पॉजिटिविटी रखें, किसी को भी ऐसी कोई समस्या आएगी नहीं ।

(Interviewer is SCC Lamha Kumar NCC Hindu College , a 3rd year student of B.Sc.(Hons.) Botany. She is passionate about doing something for the betterment of the country and its people, be it through social work, scientific research or defense. She highly believes that in order to be able to succeed, mental health is of utmost importance.)

THE GOAL IN LIFE

“THE GOAL IN LIFE ISN'T JUST TO BE HAPPY. IT'S TO FEEL THE ENTIRE SPAN OF HUMAN EMOTIONS AND BE OKAY WITH IT. BY GAINING THIS STRENGTH, ONE CAN STOP REACTING TO THE EXTERNAL ENVIRONMENT AND SIT WITH EMOTIONS AS THEY COME AND GO WHILE REMAINING CENTERED AND BECOMING ONE'S AUTHENTIC SELF.”



I have so much to say and so much to tell you, lend me your ears. Neither was it easy nor was I left feeling empty. It just felt liberating, not that typical type of ‘happy liberating’ which leaves you feeling like you can fly but just LIBERATING in capital letters. I don’t want to call it happiness neither do I want it to be an unexplainable feeling because it felt so good to an extent that no other worldly feeling(s) can ever replace it.

Back in 2012, I joined a military boarding school. I was just 10 and was a fresh newbie in the art of staying away from home. I would write every single day with passion and honesty, inch by inch my feelings and emotions about missing home, missing the liberty to eat whatever I wanted, about how much rigorous military school life was, however excited I was about a new adventure of the next day, I would still want to give up and come home, how rude and strict some seniors and instructors were . The list of complaints I made to my diary were not just enormous but were really cranky at the same time. A couple of months passed by, I got used to that life, a year or two passed by, I started loving and living for it. It was all very smooth and I was living the days of my life. Gradually came a day when reality hit me, the world was no more the little bubble of my comfort zone. There were times when the worst things beyond imagination would strike me, there were times when I was made to recollect the darkest anecdotes of the past, many things began to make sense, days and weeks and even months of unending self-blame. On the brightest days of these dark ones I would try to delve deeper into my feelings and try to dig out the reasons behind these discomforts that were haunting me. Often, I would blame the onset of teenage but neither the self-made answers to my questions nor the self-assumed solutions to my problems would ever soothe me. The more I thought about it, the more complications it drew me nearer and into. Not trying to sound philosophical but being sad, overthinking on anything possible, paranoia etc became my absurd hobbies and I began living that life for quite a while.

I was living very much a normal life externally but everything seemed so bleak internally. It went from bad to worse to an extent that physical signs started budding up and happiness for an instant second seemed like a far-fetched dream. That’s when I realised, *I needed help and henceforth sought professional help in February,2017. Some people around me were really supportive, some would even stick near me for night long to make sure I was fine.*

To them, I owe way too much. Given the stigmas around mental health and the society's view on insanity and visiting a psychiatrist, it would be a failure of my obligation if I do not mention the fact that there were individuals who frowned and looked down upon me for whatsoever justification and idea of being strong, they had in their mind.

For the record, I already had with me, within my body a couple of medical conditions. Circumstances underlying my medical condition, made me unfit and ended them abruptly with it, my dreams and aspiration to "Fly with Passion" in the Indian Air Force. This further added to my formerly existent mental mayhem. The state of my mind improved positively only after I moved to Darjeeling for my further schooling.

The physical environment there was a treat for the soul and for quite a while I was in pure bliss and serenity. With the worst hit chances and the hardest luck possible, I was diagnosed with Bell's Palsy in August, 2018. Despite my efforts to stay positive and calm, situations and circumstances were not in my favour. The treatment was in itself a hurdle for me. Ever increasing mood swings and body weights caused by the lack of involvement in physical activities along with the consumption of voracious amounts of Corticosteroids on daily basis made it much worse for me. For the unrecorded time, I was in the state again that I was already frequent to by now.

Like any other regular school kid, I too had in my hands, the pressure to do well in academics and other activities, I had lots to do and lots to take care of. So, I took it in my hands the onus to be my own help this time. *My passion became my therapy.* I would dance and would extensively write and motivate myself to rise. Would wait for and watch the sunset from my hostel room and cherish the smallest blessings of life. *I tried my best to be the very pillars to my own strength and in a way I able to be the very help I needed.* Happiness was always short-lived and life wasn't at all a wish granting factory. I would be having a comparatively good day with lesser stress and out of the blues, a rude remark from someone or a shocking news or a sudden feeling of self-doubt would make it all opposite. I would sit idle and in a state of confusion, disbelief and utter self blame not just for a day or two but for weeks and sometimes even months despite which I would put in all my efforts to self-motivate again. There was this phase somewhere in the middle of this crisis when I was subjected to extreme body-shaming and 'acne shaming' that also had a huge impact on my social life as well as manifesting doubts on my self-ability and dignity.

College life began with a colour fling and there I was having a great time again, loosing weights and leading a very healthy life. Many things meeting my expectations and many things working in favour till some forces came over me and I was back to ground zero. It seemed the hardest this time and I was willing yet again to give up on my very existence. I would talk to people about how one should love and value self but simultaneously, I was not walking my talk. I considered myself a big disappointment, a disgrace and all the worst things that one could ever feel about self.

The very reason why each one of us are blessed with a family or a true friend or friends is the cardinal reminder of how our life or lives matter. I don't know how to put it out but I understood and felt the importance of my being to my family and friends. With helps from people around me, I was for the first time able to breathe out the entire suffocations in every minute detail, that had been bothering me for more than 12 years now and been immensely affecting me for more than 6 years without having to feel ashamed, without any self-blame and without any self-built up guilt. How do I feel? LIBERATED in capital

letters. Yet was I as liberated as i am now? A big and undisputed NO. So many things still felt and seemed very void and empty. But why???

When lockdown began in the month of March, I would lock myself up in my room and put myself through many questions. Afters more than two months, I found the answers to these questions. I was afraid to be Sad despite being Sad, I was letting others decide who I am and who I want to be, I was putting the key to my self-respect, self-love and self esteem in the pockets of others, I was afraid of failures yet still considered myself a failure, I was letting the opinions of others affect me and my entire life and most importantly, I was expecting way too much from myself. Once I found these answers, I tried living my life in my own terms and looked around for validation to which I found many.

Like always, there were times in recent days when I would be so down but the one thing that changed was, I WAS NO MORE CRYING OVER THE SPILT MILK and I WAS NO MORE LETTING THE OPINIONS AND ASSUMPTIONS OF OTHERS AFFECT ME AND MY ENTIRE EXISTENCE. I would resume the next day with being fine.

A particular happiness doesn't and won't at all last long but we should also remember to feel about sadness the same way. One fine day a friend of mine sent me this particular quote by Elizabeth Kromhout reading, "THE GOAL IN LIFE ISN'T JUST TO BE HAPPY. IT'S TO FEEL THE ENTIRE SPAN OF HUMAN EMOTIONS AND BE OKAY WITH IT. BY GAINING THIS STRENGTH, ONE CAN STOP REACTING TO THE EXTERNAL ENVIRONMENT AND SIT WITH EMOTIONS AS THEY COME AND GO, WHILE REMAINING CENTERED AND BECOMING ONE'S AUTHENTIC SELF." This now is the only validation I feel I'll ever need in life.

To all reading this till the very end, "DEATH IS THE ONLY CERTAIN THING ABOUT LIFE. WHY RUSH FOR IT? INSTEAD LIVE A LIFE YOU'LL REMEMBER", see "PEOPLE INCLUDING FRIENDS AND FAMILY OR ANYONE FOR THAT MATTER WILL TRY TO HELP, LISTEN AND PROTECT YOU BUT IT'S ONLY YOU WHO CAN REALLY HELP YOURSELF WITH THE WILL TO BE HELPED" this is the only strength you need and for that you need to be strong and you need to not be afraid.

We all should remember that it is us who should be in charge of our own emotions and feelings and at the same time try to understand others and remember to treat everyone the same way we expect ourselves to be treated. This is just a ONE LIFE TIME OPPORTUNITY and therefore LIVE IT TO THE FULLEST.

(The writer, Shrikant Thokchom is from the beautiful state of Manipur! He is a student of History Hons. 2nd year. He is passionate about dance, writing and public speaking and his hobbies include hiking, watching really good movies, cooking, reading about legal true crime thrillers and of course eating!)

OH OKAY!



I pulled in the smoke, inhaling everything in it, slowly, making every breath count

Does it even matter anymore?

Standing near the railings on the fifteenth floor of the building, filling my heart with the smoke,
I think, how often do we stand on top of tall buildings and not think about jumping off?

Dark, isn't it?

But hey, someone once told me, this is life.

Living and dying, is life.

They told me that people come and go in and from our lives for a reason,
and that is life.

It's both dark as the moonless night and bright as the night of the full moon,
that is life.

Laughing with others, laughing at others, is life.

Pushing someone to do better,
while pulling others down, that is life.

Hiding behind talking about being human while actions aren't so humane,
that is life.

Inhaling the smoke from between my fingers, at the fifteenth floor, I think,
Oh, Okay, this is life.

~ *Bhasvati P. Dutta,*
BA Hons, History (III year)

ESCAPADES



(The poet, Sampriti Rajkohwa is a student of department of Political Science, Hindu College 3rd year who is from Assam. She is interested in studying about Gender, Culture and everyday politics of life. She has several pets and spends her free time fiddling around with them. She spends her time often in her mother's garden at home, around sunset.)

The ushering in of a new normal,
 At an unprecedented pace.
 Battling the labyrinth in my mind,
 While keeping up with the pressure of online education;
 Often, which entails, staring at a blank screen of tabs,
 Speaking a language that once sounded familiar,
 Yet deprived of the warmth of human connections.

The raw realities of a novel virus has revealed to us a new
 normalcy~

The harsh realities are unliveable, testing us at our
 worst.

For most of us, denial is the only sanity check;
 Yet the mind has it's strings attached to the heart.
 On a battered tool near the lilies of mother's garden,
 I paint the tubs in brick red and mustard yellow.

The cat purrs at the garden lizards,
 She thinks they are her play toy.

The dog watches silently as the cat springs on trees.

The koel singing to the tunes of the wind,
 The children in the fields flying colourful kites,
 While others chasing the ones that have fallen,
 As I watch the sun sneak away from the horizon.

Sunsets have pulled me closer to you always;
 Strolling in the dim lit backyard at dusk,
 The yellow hue of the streetlights broken
 By the incongruity of the bustling leaves,
 Dusks smell of a strange nostalgia;
 Of a longing to be touched.

In the evening sunsets from the terrace garden,
 I have castled my own safe space-
 An unabashed, unmasked, unbounded existence
 Where the only sanity is a denial of reality.
 In this hourly escapades of mine, I live to the fullest.

संपादकीय सलाहकार मंडल

मुख्य संपादक

प्रोफेसर अंजू श्रीवास्तव, प्राचार्य, हिन्दू कॉलेज

संपादक

डाक्टर वेनिका कृष्णा, मुख्य परामर्शदात्री, छात्र परामर्श केंद्र

रचनात्मक सहयोग

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-आयुष देवरा, हिन्दू कालेज(2017-20 छात्र)

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