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— संतुलन —



THE MENTAL HEALTH BULLETIN

(A magazine by Society for Mental Health)

**The Clown of Tragedy:
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Key to
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July 2021



From the desk of Vice-Chairman

It is heartening to see that DME's Meraki Society has been created with a view to promote improved mental well-being in our society. Over the last few years, there has been an effort to reduce the reprehensible stigma surrounding any mental health issue, and now the time is opportune to further educate and sensitise people on this commonly faced issue. For this, we need to create an environment of acceptance and support in order to progress, and I am glad that the Meraki Society seeks to do this. I am happy to extend my support and best wishes for this initiative

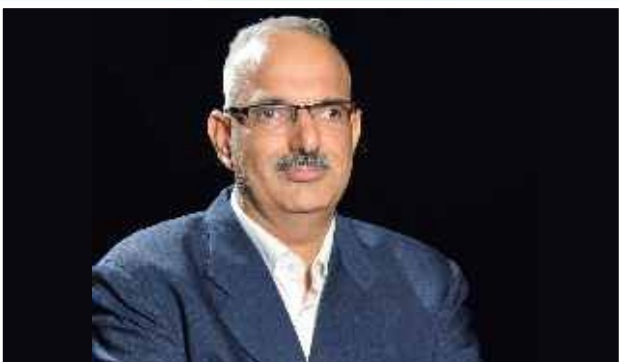
Mr Aman Sahni
Vice-Chairman, DME



From the desk of Director-General

The Covid pandemic has disturbed the equilibrium of one and all. However, maintaining a high level of confidence, we can face all such challenges with firm determination and boldness. We can do so with a healthy mental setup. A healthy mind is a home for all-around development and inner peace. At Delhi Metropolitan Education, our aim is to cultivate critical and cognitive thinking in our next generation, which unequivocally includes nurturing healthy and happy minds. To further our goals, Delhi Metropolitan Education has pioneered a one of a kind initiative: MERAKI- a Society for Mental Health. It is a melting pot of disciplines, cosmologies and spirituality. It purports to build a bridge between the advait soul and the ephemeral body. I wish this endeavour great success.

Justice Bhanwar Singh
Director-General, DME
Former High Court Judge



From the desk of Director

Our institution not only helps our students in pursuing their career but also motivates them to do what they are best in. Our academic institution has been working as a support pillar for the students who are capable of doing wonders in their life. In the era of privatization, liberalization and capitalization what we need is not just jobs but we need to be the best amongst our peers and move ahead in life. It's not just about excelling in exams, it's about excelling in life.

Prof. (Dr) Ravi Kant Swami
Director, DME



A healthy mind and a healthy body are essential for a healthy society. Mental strength takes you forward. Your commitment, your motivation, your will to move forward originate from a strong mind. Low level of motivation, lack of positivity and state of depression create mental health issues. This must be avoided at all cost. If circumstances throw you to a state of uncertainty, fight with that situation and never give up. Be open to your near and dear ones, seek

their help and resolve mental health issues. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress and make choices in life. So, be strong, be positive, and be just, be honest, be courageous, be empathetic to others, and enjoy life the way you wish to.

Prof. (Dr) Ambrish Saxena

Dean, DME Media School



As educationists we always strive towards an all-round development of our young scholars and professionals. They are the ones who build the future of our nation and we hope to secure that in the most holistic manner. For a long time we have considered professional and academic well-being of our future generations, perhaps it is time we give due consideration to the mental and emotional well-being as well. No

academic feat will have any true impact if our emotional quotient is not factored into our pedagogy. To that future before us, to that healthy space, we dedicate this piece of literary exercise.

Prof. (Dr) Bhavish Gupta

Head of Academics, DME Law School



Just like we do Career Planning or Financial Planning or Retirement Planning we must also do Mental Wellbeing Planning. It requires awareness and unabashed conversations to understand the necessity of good mental health. These days having a career counselor or portfolio planner is normal. We have to arrive at a point that asking for the right people or mental health counselors for guidance should not be taboo

anymore. People hire a Fitness Instructor or Nutritionist and flaunt that on social media, but hide about their visits to mental health counselors. The time has come where equal weightage should be given to all aspects of Balanced Happy Living which include Good Financial, Physical, Mental, Emotional and Spiritual health. My best wishes to the entire team which has taken the initiative to spread mental health awareness at DME.

Prof. (Dr) Poorva Ranjan

Head, DME Management School



With our changing lifestyle we invite several ailments. The pressures of urban life and economic burden on us or on our family further push us to stress and unbearable strain. This sometimes leads to depression and mental agony. Mental health is such an aspect of life which we cannot ignore or rather we should not ignore. In the first place, we should ensure that we are not put under so much pressure that we fall

prey to mental problems. And if somehow an uncontrollable situation arises and we fail in containing that, we should immediately approach a doctor or a counselor for the treatment of our mental sufferings. In schools and colleges, teachers should handle the mental health related issues of the students with empathy and compassion. Mental well-being of students is our collective responsibility.

Prof. (Dr) Susmita Bala

Head, DME Media School



Ms Shanu Jain
Assistant Professor
Management, DME

Faculty Convener's Message

We all experience a myriad of challenges in our everyday lives but what is more important is how we deal with them. One must recognize the importance of emotional and mental well-being and talk about it with more candour. Meraki; Society for Mental Health at DME endeavours to sensitize students about mental health and find our true strengths within. We also endeavour to make संतुलन: The Mental Health Bulletin an honest medium of conversation, reflecting and raising awareness about general and specific mental health issues.



Ms. Shambhavi Mishra
Assistant Professor
Law, DME

Faculty Co-Convener's Message

The discourse around mental health and happiness has gained unprecedented momentum in the second decade of the 20th century. At Meraki, Delhi Metropolitan Education, the approach towards mental health and its care is twofold: firstly, a thorough sensitization of people around questions of mental health and secondly, unpacking the interdisciplinary academic approach towards mind, conscience, and emotions. We hope to create a space where issues such as anxiety, the burden of expectations, guilt, repression, abandonment, validation, attachment, and grief are discussed without any inhibitions.



Ms Sukriti Arora
Assistant Professor
Media, DME

Faculty Co-Convener's Message

Emotional and mental wellbeing, whether our own or that of others has long been neglected. The existence of mental health problems has already caused extensive damage. While it is reassuring to see this subject getting the attention it requires, the battle is far from won. At Meraki - Society for Mental Health, it is our effort to bring this concern to the forefront. We hope to develop awareness and sensitivity about this issue and foster an environment of protectiveness instead of prejudice against mental health.



Tanisha Sharma
BA LLB
Batch 2018-23

Student President's Message

Our generation is habitual of burying emotions alive and this leaves us unsatisfied and revolting. Ideals of modernity have diminished the existence of self-care, we need to 'feel' all of it, from pain to laughter, Express all of it from sorrow to joy. And learn the phenomena of 'It's okay to be not okay. I want more sunlight for minds, more unashamed conversations, more of us because I want each and everyone to be so brave that they forget they are suffering



Megha Mishra
BA LLB
Batch 2018-23

Student Vice-President's Message

Mental Health is essential on which we all forget to pay attention and then one day we just slide into something so dark and intense, that we forget that this is not the life which we are seeking. Stop neglecting your mental health gives yourself time to bloom and grow, accept your past, feel your emotions and embrace yourself. Our mental health influences so much about how we move through life, how we view ourselves, and how we relate to others.

Student Editorial Board

Sukanya Dutta
(BBA LLB Batch 2019-2024)

Aishwarya Nair
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Aneesha Saran
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World Mental Health Day: Why is it important during the pandemic?



The COVID-19 pandemic has hit the whole world hard and has particularly affected the psychological state of numerous people. The goal of World Mental Health Day, celebrated on October 10 every year, is to bring issues of psychological wellness throughout the world into light and to prepare endeavors for achieving holistic emotional well-being.

While many of us are aware of the physical symptoms of COVID-19, it is equally important to discuss its lesser known consequences on mental health. In order to slow down its spread, governments across the world implemented quarantine restrictions. These restrictions, though necessary to safeguard people from getting infected, ended up affecting the mental health of many. Several people lost their jobs, were stuck alone away from families, lost their loved ones and much more. In this unprecedented phase of loneliness and loss, the results of the pandemic were felt in every aspect of life and coping up became much more difficult.

The World Mental Health Day is meant to be a reminder for all the stakeholders dealing with the subject to discuss the issues and the work that needs to be done to make emotional wellness a reality for all. It is an effort towards emotional well-being and psychological support with the expectation of dramatic growth in the coming months and years.

Efforts are being made on several levels to bring mental health issues to the forefront, however, there is an immediate requirement of increasing investment in this sector proportionately throughout the society. The day calls for us to be sensitive, empathetic and grateful for what we have. On an individual level, we can celebrate this day and every other day by staying connected with our families and friends, checking up on them, and coming together as a community to bond in different ways. Simultaneously, indulging in self-care is also just as crucial. We need to be kind to others and recognise that even modest acts of compassion can make a valuable difference. Through these simple gestures, we will see the finest of humanity.

This worldwide pandemic has necessitated a united, comprehensive, and effective global response to both physical and mental health. It is vital to have proactive legislations in place to protect persons suffering from any major or minor mental illnesses. There is no health without mental health.

Arpit Chaudhary
BBA (2018-2021)

Need For Educational Intervention To Reduce Stigmatization In Young People

There is a need to lessen shame and increase mindfulness to forestall social avoidance of individuals with regards to psychological instability and to work with the educational institutions to administer mental health problems of the youth.

There is an incredible need to focus on youngster's deriding perspectives towards mental illness and instructive intercessions that attempt to diminish defamation. The points of diminishing disgrace appear to be in two stages: counteraction of social rejection and help of medicines for psychological instability among youngsters.

With the first aspect or stage, the WHO (World Health Organization) and WPA (World Psychiatric Association) have considered that young people's stigmatization of their mental health or illness is recurrent and serious problem in our society, it leads to disadvantages for those who are suffering from mental illness which itself includes infringement of their human rights and social rejection or exclusion from society.

Second stage, in this includes facilitation of young people with mental health awareness programs and providing them with the best option, which can help them in understanding the importance of their mental health and get their full treatment done on time. 50% of mental health problems are established by the age of 14 years and 75% by age 24. Yet these young people have no access to facilities to cure their mental illness due to the stigma present in our society, a stigma that holds them back from getting the treatment, because of the thought that they will be considered abnormal in the society in which they are living. The ignorant attitude of the adults and even that of youngsters is causing harm to the mental health of individuals.

The best method to help people to reduce stigmatization and increase awareness of mental health is educational intervention. Educational institutions can curb this problem by providing necessary facilities to all the students, which may include virtual and physical programs related to mental health where they can teach students as well as their parents about the importance of mental health, its treatment, its advantages and disadvantages. Workplaces can help their employees to get monthly sessions with professionals to understand their mental state at certain points. These can be done by mental health institutions via surveys, personal chat rooms which can help people to communicate in a better way to each other.

Hence, there is a long way to go in finding the way to reduce stigmatization towards young people with mental health issues; and this process can be made easy for the young individuals through educational intervention. Perhaps with this intervention people will start understanding mental health as their fundamental rights and will help them to learn and protect themselves as well as coming generation.

Tuba Firdos Khan
BALLB (2018-23)

Mental Health Governance In India- Dissecting Resources and Structures



Mental health issues have been camouflaged for very long and it wasn't until recently that the world clearly began to see incidents of suicidal thoughts, anxiety, and other mental health disorders in the light of Covid-19. This article attempts to shed light on India's current mental health facilities, the influence of COVID on people's mental health, a comparative examination of India's performance in the mental health domain in contrast to other developing countries, and potential remedies to the problem.

Evaluation of Government Policies

- Scope of Telepsychiatry in India-Telepsychiatry, also termed as e-mental health allows psychiatrists to treat patients in distant locations using telephone or video-conferencing tools. National Institute of Mental Health and Neuro-Sciences (NIMHANS) clearly states that telepsychiatry services should be emphasized upon and policies should be framed for the same. Online training programmes in telepsychiatry for the mental health professionals across the country need to be conducted. This is next to impossible due to the lack of manpower. We have 9000 psychiatrists in total along with 700 psychiatrists graduating every year. Therefore, there are only 0.75 psychiatrists for every 100,000 people in India. This is far below the recommended level of at least 3 psychiatrists per 100,000 people. With an unprecedented population telepsychiatry will increase the gap between providers and seekers.
- NMHP- National Mental health programme-This policy was implemented in 1982, based on the prevalence of mental illness in the society. At that time, 6-7% of the population was found to be suffering from mental disorders. Amusingly, on World Mental Health Day 2020, WHO reported that approximately 7.5% of Indians suffered from mental health disorders and it was predicted that 20% of the entire population of India would suffer from mental illnesses by the end of 2020. It's disappointing to see that the number of people suffering from mental health disorders has increased significantly, yet the policy remains unchanged.
- Mental Health Act, 2017-Since its implementation, the Act has been a subject of observational criticism. The Act acknowledges mental illness as a medical condition that can only be treated with medications and treatments.

It neglects the preliminary treatment, which can be accomplished through meditation, physical exercise, and counselling sessions with psychologists and counsellors. Moreover, it does not take into account the disorders that can be caused not just by genetic factors, but also due to one's social settings.

For better understanding between the mental health care services provided at remote levels, let's evaluate mental health strategies of two developing nations, India and Bahrain:

	INDIA	BAHRAIN
1	HAPPINESS INDEX: Ranked 139 out of 149 countries in 2021.	HAPPINESS INDEX: Ranked 22 out of 149 countries in 2021.
2	India's approach to mental health has been limited to generic issues for a very long time.	Importance of Mental Health came into light in 1993 followed by a mental health plan in 1997.
3	Available Resources: a) India has only 900 psychiatrists i.e. 0.75 psychiatrists per 100,000 people. b) There are 56,600 psychiatric beds for 130 crore people.	Available Resources: a) There are 5.6 psychiatrists per 100,000 people, with a majority of 83% working only in government-run mental health facilities. b) The psychiatrist hospital has 296 beds for all psychiatric specialties.
4	In India, there is a significant gap between the diagnosis of mental health issues and the treatment that is required.	There is integration of mental health in the primary health care sector, which acts as an incentive for people to value mental health as much as their physical health.
5	The Ministry of Social Justice and Empowerment set up a psychosocial behavioural helpline amidst COVID-19 crisis.	Psychiatric hospitals have been providing both secondary and tertiary healthcare services amidst COVID-19 crisis.
6	COVID-19 infectious area tracking and monitoring app, AarogyaSetu has been set up by the Govt. of India.	COVID-19 has been countered using a telemedical approach. A psychiatric medical app called 'Doctri' has been employed for the same.

Conclusion - Maintaining a positive attitude, developing vulnerable-group-specific need-based approaches with proper risk communication techniques, and staying up to date with COVID-19 epidemiology will help us facilitate the preparation and prioritisation of mental health care services for even the most vulnerable. Interventions should be focused on a thorough assessment of the risk factors that contribute to psychological problems, such as poor mental health prior to a crisis, bereavement, injury to oneself or a family member, life-threatening circumstances, panic, isolation from family and low household income.

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Why shouldn't we use the word 'commit' for suicide?



Suicide is defined as taking one's own life. Any behaviour that acts as harmful or threatening to one's life or well-being is referred to as suicidal behaviour. The lack of awareness about terms like suicide, suicidal behaviour, and suicidal ideation can be attributed to them being overlooked as merely a stigma or a taboo.

Language has acted as a factor for how we perceive the world since the dawn of civilization and holds the potential to influence or manipulate our attitudes, beliefs, and feelings. Words or phrases that are judgemental, degrading, or may portray mental health problems in a negative light act as deterrents for those suffering from it to seek professional help or even casually talk about it. One such word is 'committing' used for suicide that is quite a misleading statement and has several implications. Here's why you need to stop using it in this context:

- Suicide is an unfortunate consequence of an unaddressed or untreated mental illness or stress, and it deserves the same attention as any physical health condition. When we refer to incidents of death due to physical illnesses, we frequently use phrases like “died from a heart attack” but we never use the word “commit” for such deaths. Using the term “committed suicide” discriminates against those who died from a mental illness rather than a physical illness.
- People commit rape, they commit murder but when we associate suicide with 'committed', it implies criminality. The phrase avoids capturing the mere circumstances and pathology of the condition that resulted in death. It sends out a message of wrongdoing and shame which worsens the stigma ensuing constrained thinking and reduced help-seeking behaviour. The

majority of people who die by suicide have a treatable mental illness at the time of their death but are unable to come forward due to the stigmatized, insensitive, and morally reprehensible attitude we have towards this issue. These illnesses often go undiagnosed as a result of societal fear, dishonor, and concerns about what others will think. When we stop viewing suicide as a criminal or a forbidden act, whether legal or religious, we will be able to open our doors to those suffering from mental health conditions and provide a sense of acceptance, respect, normalcy and eventually, treatment.

This can be countered by promoting a healthy channel of communication that can be used to create a safe space for spreading awareness and normalizing discussions about mental health.

The best way to de-stigmatize mental health and suicide is by talking about it but employing sensitive and appropriate language while we do so. Dropping the phrase “committed suicide” should be our first step. The question is, what are the phrases that need to be replaced, and what can we say instead?

Instead of this	Say this
Committed suicide	Died of suicide
Successful attempt	Suicide death
Unsuccessful attempt	Suicide attempt
Manipulative, cry for help, or suicidal gesture	(Describe the behaviour)

Suicide Helpline Numbers

1. AASRA : 09820466726
2. Kiran Mental Health (Govt.): 1800-599-0019

The Truth about Non-Suicidal Self-Harm



According to the Statistical and Diagnostic Manual of Mental Disorders, Fifth Edition, self-harm is formally known as Non suicidal self-injury disorder (NSSID) as these self-destructive behaviors are carried out in the absence of suicidal intent. Self-harm describes any behaviour where someone causes harm to themselves, usually as a way to help cope with difficult or distressing thoughts and feelings. It most frequently takes the form of cutting, scratching, burning, non-lethal overdoses, hitting and banging, reckless behaviour etc. NSSID is typically associated with emotional and psychiatric distress that might not be suicidal in nature but can lead to suicidal attempts if not diagnosed in time.

Studies have shown that there are reasons why individuals engage in self-harm behavior such as to manage distress and reduce negative emotions, to seek sensation or feel something besides numbness, to avert suicidal thoughts, to alleviate angry feelings, to punish themselves due to self-hatred, etc. It is often described as enjoyable and comforting because self-injury releases opiate like chemical messengers in the brain known as endorphins. The release leads to a euphoric state that reduces pain and offers reprieve from emotional agony, supporting the reason most self-injurers give for their behavior. These behaviours are repetitive in nature and can be conceptualized as addictions because it induces pain receptors in the body that triggers the brain to feel an adrenaline 'rush' which can easily become addictive and highly dangerous.

Self-harm is often misunderstood as being synonymous with suicide but these two cases are in fact different and individuals use self-harm as an alternative to suicide because individuals who

engage in self-harm engage in it as a way to cope with the difficulties of their life but individuals who attempts suicide do it with a sole purpose to end their suffering instead of coping with it. Indeed, both are the inflictions of pain. The pain from self-injury reassures them that they are still, in fact, alive especially when they are experiencing emotional numbness or a disconnect from the world.

The average age of onset for self-injury is the age of 13. One of the difficulties faced by people who self-harm is that there can be a lot of stigma around it. There are myths related to self-harm such as it is attention seeking, goth and morbid people who self-harm are suicidal and many more. It is important to understand that someone who engages in self-harm isn't 'crazy' or any such other label. Self-harm should not be seen as shameful or a cause of embarrassment for that individual. People should remember to be kind around others, talk to them and provide them with medical help if necessary. People should be made aware about self-harm or NSSID in educational institutions as it is not uncommon for teenagers to fall prey to it.

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Simran Chaudhary
BA LLB (2020-25)

The Tree of Philosophy



Jamais vu

Referred to as the opposite of déjà vu, Jamais vu is the process of experiencing a situation that is recognizable in certain ways, but regardless feels new and unacquainted and Déjà vu is the sensation of familiarity of an occurrence when that cannot be the case.

Borrowed from the French language, Jamais vu means “never seen”. In other words, it means that something should be familiar but it does not feel that way, it feels different. It feels like something the person has never experienced before. More commonly, it is explained as a phenomenon that fleetingly occurs when a person is unable to recognize a word/person/place which they already know.

Cognitive neuropsychologist Chris Moulin has stated that it can happen without any medical causes. Musicians get Jamaisvu while playing familiar passages, a person could be taking a walk in the neighborhood he grew up in and still wonder how everything has changed.

Chris Moulin conducted a study that induced 'Jamais Vu' in a person. In an experiment 92 people were asked to write the word "door" 30 times in 60 seconds. Some reported that it looked like they were writing another word, when asked to explain their experiences they thought that it sounded like a made-up word. It was found that 68% of those polled expressed a sense of Jamais vu. Moulin said “If you look at something for long enough, the mind gets tired and it loses its meaning”. This process is called 'semantic satiation'.

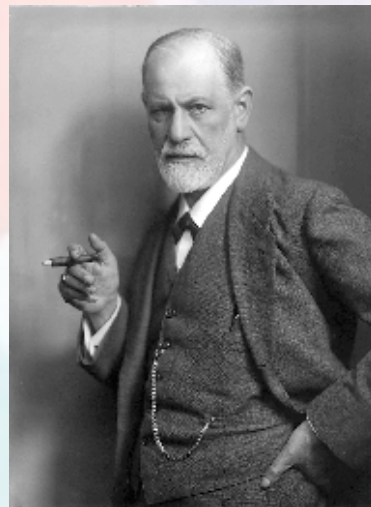
In today's world, everything is transient. Things constantly change, and it's common for people to experience Jamais vu. The consistency of change is an evident fact that everyone is aware of, so, naturally, a feeling of unfamiliarity holds us captive from time to time.

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Psychoanalyst of the Month Sigmund Freud



The discipline of psychology has been pioneered by many psychologists, psychiatrists, theorists and other scholars of the academia, but the intellectual legacy carried by Sigmund Freud has made him synonymous to the field of psychology. His contribution remains relevant, controversial and ground-breaking when it comes to understanding human mind.

The father of psychoanalysis, identified himself as a scientist in pursuit of human knowledge who started his career by focusing on physiology, and then later neurobiology. Freud, over the course of his career, was influenced by many people, and collaborated with various researchers and doctors. He worked to understand hysteria and other abnormal mental conditions along with their treatments, experimented by using hypnotism as a means of treatment.

We often find Freud's terminology intertwined with the language of laymen, for instance the terms such as 'Denial', 'Freudian Slip', and 'Repression'. He proposed that human beings are driven by their survival instincts; they act on their pleasure principles and libidos, and that the significant development of their personalities takes place during various stages of infancy. Additionally, he laid the framework for defence mechanisms. So, the next time we cope with our insecurities through humour and jokes, we do owe him some credit. His work aimed to explain a diversity of wide concepts, ranging from dreams to reality and sexual desires. Due to the wide ambitions of his theories, his claims were refuted.

In 1999, the Time Magazine referred to Sigmund Freud as 'one of the most important thinkers of the last century' If one has to explore Freud, they should definitely give his books – 'The Interpretation of Dreams' and 'Jokes And their relation to the Unconscious' a read. His life has also inspired movies and TV series- A Dangerous Method, 2011; Freud, 2020 (A Netflix thriller series) and The Tobacconist, 2018 are perfect pieces to add in your watchlist.

Freud said, “One day, in retrospect, the years of struggle will strike you as the most beautiful”, which encourages us to live fully and have a positive attitude towards life. His work is timeless and his philosophy: profound.



Joker- Put on a Happy Face



One of the best movies of the decade, with a main character as a clown named Arthur who suffers from multiple mental illnesses at the same time and has had a traumatizing childhood. It showcases how battling these mental health issues and the negative response of society changes his feelings towards the people he admires the most. The movie depicts a man who has been subjected to multiple amounts of abuse, bullying and torture. Throughout his life he has suffered on multiple occasions and was also tortured by his own mother which caused him to lose the majority of his childhood memories and develop a disorder that causes him to uncontrollably laugh without any regard to the surrounding situation. Simultaneously a revolt against the rich and power hungry takes place of which the joker became the symbol of.

The movie shows how a mentally ill man who is not confident enough talking to people in daily life. If he had been dealt with love care and affection and proper treatment maybe there wouldn't have been any JOKER. The movie ended with a strong storyline.

Satya Sarthak Kumar
BA LL.B (2020-2025)

Love, Simon (2018)

(Trigger Warning - Mentions of Bullying & Homophobia)



"Love, Simon" is based on Becky Albertalli's YA novel "Simon vs. The Homo Sapiens Agenda." Is a cliché rom-com about a teenager who faces challenges such as finding the courage to come out, falling in love, being blackmailed, the fear of not knowing whether or not he would be accepted by his loved ones? The pain and anxiety that Simon feels is apparent, particularly when he is ousted publically without his consent and

his mental state declines. He's judged by everyone; even his friends are not there to support him. One of the most moving scenes is Simon's conversation with his parents after he comes out. His father apologises for making insensitive jokes and tells him that he loves him. His mother claims that she was aware that he was attempting to hide something, and that she could feel Simon holding

his breath. She goes on to say that he can exhale and be himself now. Hiding yourself from those around you is truly terrifying, not to mention the mental trauma it causes. These words encouraged Simon in taking a step forward and watching it unfold was heart-warming. Love, Simon is a fantastic take on how queer people should be portrayed on screen as it tackles a lot of issues in a light yet serious way and honestly, for once watching a gay kid get everything he wanted is just refreshing.

Aneesha Saran
BA(JMC) (2020-23)



Book Review



Metamorphosis by Franz Kafka

The story begins with George waking up one morning, to realize that he has transformed into a cockroach. This metamorphosis of the character is a strong metaphor indicating the change in George's mental state. As the story develops, George loses interest in daily life. He is shown to be suffering from depression as he starts losing weight significantly, his decision-making ability diminishes and he develops a strong feeling of guilt. His mental health starts deteriorating as his connection with his family is severed. He starts to hide and isolate himself in a room to avoid causing any distress to his family.

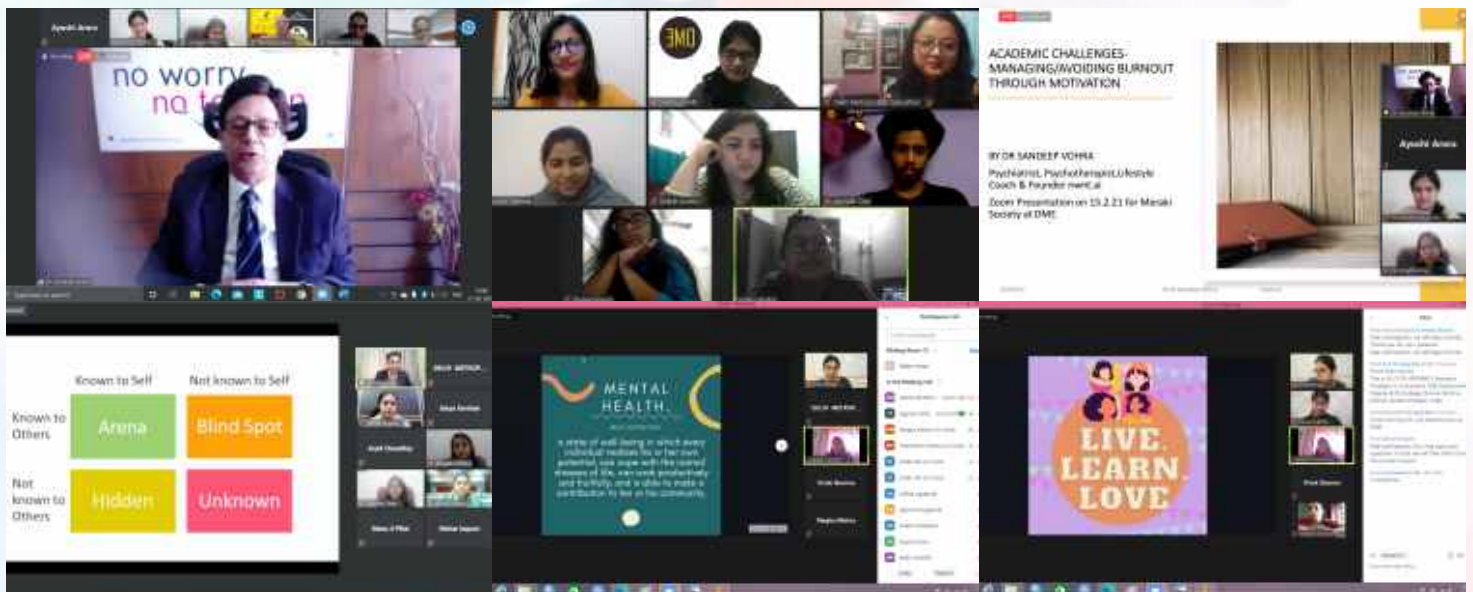
Throughout the story, not only George, but his family also went through a metamorphosis. Their attitude towards George changed over time and suddenly, the sole bread earner who the family was proud of, became the reason for their humiliation and social exclusion.

One day, George heard his sister playing Violin. "Was he really an animal if music could touch him so deeply?" he thought. In the scene he revealed himself to the tenets. Now the dark secret was out. The family wanted to get rid of George. After George noticed the scene unfold, he lost all hope and retreated to his room. The next day, the house servant found George dead in his room. The story ended with George's family being relieved from the burden.

Franz Kafka reflected upon the condition of a person suffering through mental illness. Such characters are always shown to be desolate and dejected. George's family was shown to feel fright, aggression, and agitation, like most of the families due to the victim. They tried to ignore his condition and hoped for some miracle. Kafka even revealed the isolating and alienating effect of being 'different'.

Aanchal Bhardwaj
BA LLB (2017-22)

Journey of Meraki



“A journey of a thousand miles must begin with a single step.” – Lao Tzu

It is rightly said that it is the journey that matters and the knowledge and experience gained along the way are valuable. The Society for Mental Health at DME aims to initiate change and sensitize students about mental health and focus on the art of empathizing. So here's a glimpse of our journey, which has just begun and will continue to leave a lasting impact.

On 11th October 2020 conducted the inaugural and orientation programme in the light of Mental Health day on 10th October 2020. The auspicious occasion was blessed with the presence of Honourable Justice Bhanwar Singh Sir, Director General, DME.

The event was enlightened by the wise words of Honourable Justice Swatanter Kumar (Former Chairperson, National Green Tribunal and Former Judge, Supreme Court of India) and eminent counsellor and psychologist Ms. Shivani Misri Sadhoo (Founder & Director, Saarthi Counselling Services). The orientation highlighted the theme '**Mental Health: Transcending Disciplines**'.

On 17th October 2020 in collaboration with Outreach DME conducted a workshop on '**Socio-Emotional Health of Students in Pandemic**'. The objective of the workshop was to sensitize students on the most crucial yet ignored aspect in our lives i.e. mental and emotional health and provide relevant answers to the questions by providing socio-emotional support. The keynote speaker for the webinar. Ms. Jigyasa Tandon, Mental Health professional, educationist and advocate shared her life experiences with many contemporary examples from our daily lives and inspired everyone with her encouraging words.

On 30th November 2020 in collaboration with Radio Intersect, the Radio society of DME organised '**Uncage: Set your Blues Free**', a virtual open mic event, As the name depicts every speaker had free will to uncage their blues. The theme of the event was based on 'Mental well-being', and it was open for everyone at DME, including teachers and students to contribute.

We also organized an insightful and motivational session on '**Transition from School to College-Challenges and Uncertainties**' addressing the New batch of 2020, on 30th December, 2020. It was a virtual event organized for audiences of different fields of study. The day saw the gracious presence of Dr. Shwetank Bansal (Eminent Psychiatrist and Psychotherapist).

On February 15th, 2021, Meraki: Society for Mental Health at Delhi Metropolitan Education organized an enlightening and motivating session on '**Academic Challenges: Managing Burnout through motivation**' by Dr. Sandeep Vohra (India's leading psychiatrist, psychotherapist, and digital emotional & mental wellness entrepreneur) and his team.

On March 15th, 2021, Meraki organized a virtual event named '**Tasveer-A Photograph**'. The objective of the event was to give our students an opportunity to communicate, capture and reflect their state of mind with a photograph. The session was judged by Ms. Chaitra Nambiar (Alumni, DME Media School, Batch 2017-2020), and Ms. Sanvi Bhatia (Student, DME Law School, Batch 2016-2021). The 1st Prize was bagged by Mr. Pulkrit Juneja, the 2nd prize by Ms. Garima Bajaj, and the 3rd prize by Mr. Aatman Sharma. It was a wonderful and heart-touching competition that poured in different perspectives to ordinary yet creative pictures which have deep meanings and stories within.



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