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# — संतुलन —



THE MENTAL HEALTH BULLETIN

**A Lifestyle  
Lost Between  
the Pages**

**Horrors of  
Ancient  
Psychology**

**Representation of  
Mental Health Issues  
in Literature and Cinema:  
Then and Now**

**Sitcoms and  
Mental Health**

Aug - Nov 2021  
(II Edition)

# Representation of Mental Health Issues in Literature and Cinema: Then and Now



“There is hope, even when your brain tells you there isn't” says the famous author John Green. Mental health issues have shown a great upsurge in the present time. Emotions and feelings play a significant role in our lives. People of various ages demonstrate the universality of emotional turmoil. In the dark ages, people dealing



with mental health issues were sent to monasteries for their treatments. Later the situation got better and mental asylums were made to treat these people. In contribution, Sigmund Freud had also introduced the method of ‘psychotherapy’ to make people understand the mental conditions in which the sufferers are and have to go through. People suffering from mental disorders are always stigmatized by society and such stigmatization leads to the reluctance to contribute to the conversations related to mental health issues, making the sufferers silent. It further amplifies the mental illness of the people. The play “The Valley” of the 1990s by Joan Macleod is a famous example of literature portraying mental illness. As Tennyson's “Maud” shaped society's understanding related to madness, MacLeod's play offers some insight into mental health issues. But the representation of mental illness in the literature was quite lower than the present scenario. In the present era, ‘mental health’ has become a hot topic and people have started to showcase their experiences through literature. Some of the prominent real-life portrayals with protagonists coping up with mental disorders include Ned Vizzini's "It's a kind of funny story," Amy Reed's "Crazy," John Green and David Levithan's "Will Grayson, Will Grayson," Virginia Woolf's "Mrs. Dalloway," and Sylvia Plath's "The Bell Jar." Such literature works help the sufferers to not feel forlorn and alone. The sufferers can relate themselves to the reflection of the different characters through literature. Mental illness has gone over the edge from its boundaries; it is no longer confined to the minds of those who are afflicted but has now become a common concern.

Diksha Arora  
BBA LLB (2020-25)

Four stereotypes of people with mental health problems in mainstream cinema

- **Comedy**  
**Movies:** Trigger Happy (1996), Parasite (2019)
- **Faking & indulgent**  
**Movies:** Primal Fear (1996), Hamlet (1996, 2000)
- **Pity**  
**Movies:** Frances (1982), Angel at My Table (1990)
- **Violence**  
**Movies:** Repulsion (1965), Bug (2006)

Cinema is an extremely popular source of entertainment worldwide. Numerous movies are produced each year and people watch these in large numbers. While some movies can change our thinking for good others can invoke a feeling or pain or fear. As film developed, both as a means to explore enigmatic concepts and to entertain, mental illness became a central theme. New Films, Same Old Stereotypes !Stigma against people with mental health problems is centuries old. it crosses every national boundary and every culture. films influence audience's perceptions and knowledge, and, thus, the way psychiatric disorders are portrayed in film can greatly influence the way people view these illnesses and treatment for them. Movies at today's times show the weirdest imagination of the writer. It shows the world that is unseen and unexplored with advanced graphic technology which can help us enhance our imagination too but in early times, there was not much advanced graphic technology available and hence, one's imagination is limited. Action sequences affect the people and especially youth, watching it at a psychological level. They create a mentality among the youth that to show power you need to fight with few, kill few or dominate few. This is a very wrong notion. However, it depends on their maturity and understanding on what they adopt the most. Film needs drama and conflict to keep audiences engaged, and this means the behaviours of people with mental health problems are more likely to be extreme. If the film features a central character with a mental illness, the story will invariably highlight his/her turn for the worse – situations reach the peak point of comedy, violence, or indulgence. If the drama is resolved, this happens quickly and in an idealized way such as being cured by falling in love and dark secrets revealed. Today's releases contain diminished versions of these, but mental health stereotypes have not changed over a century of cinema. If anything, the comedy is more cruel, and the psychotic killer is depicted even more demonic than earlier era films. I believe more research on the positive impacts of depicting mental illness in films is needed. Research about this could indicate what aspects of mental illness depictions are helpful which could be used to advise filmmakers on what specifically they should implement in films about mental illness.

Darshika Vaishla  
BA LLB (2020-2025)

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# “It's Okay, That's Love”

## IT SAYS LETS TALK ABOUT MENTAL HEALTH



**It's okay, That's Love**, a Korean drama written & directed by Noh Hee Kyung, Kim Kyu Tae. This drama was entitled by its writer as “necessary drama” to form and build social values towards mental health issues as well as neurological disorders. This drama didn't just bring the light upon the mental and neurological disorders but also upon how relationships between people suffering from them develop and they support each other, accept & love themselves.

**1. Genophobia**, fear of having intercourse. It has been represented in this drama gracefully how a person suffering from genophobia due to her past made her to become a successful psychiatrist. Genophobia not only occurs due to past experiences it can be from childhood traumas.

**2. Tourette Syndrome**, “characterized by the existence of motor or vocal tics, unwanted movements or noises that one does not have control over.” This has been represented with the strong development of the character as an individual, how he starts loving himself more and his pals help him to overcome his difficulties.

**3. Schizophrenia**, “A disorder that affects a person's ability to think, feel and behave clearly.” A character being a well-known

writer with schizophrenia facing visual hallucinations breaking prejudice of society towards mental illness and having a successful career as writer.

These mental or neurological disorders may be really scary for one person to house and stick with it in their daily lives. People of our societies don't accept persons with any disorder whether it's mental state, physical or neurological easily as normal. It's challenging to measure with such disorders; it causes you to be a unique person within the eyes of society. Adjusting and fighting with societal norms becomes very tiring and other people tend to hate or dislike themselves, they isolate or attempt to take their lives as they begin thinking they don't slot in the place or they do not belong here and therefore the fear of people's judgment seems to be very scary for them & they don't consider taking treatment for the same which is another problem for them. Entertainment industry in recent times developed the concept of representation of such issues which points out “*How our reaction to persons suffering from any of the mental states or any reasonable disorder can make differences in their lives*”. The entertainment industry produced many projects which educate people about mental, physical, neurological or any reasonable disorder and instead of treating them as helpless we shall treat them as normal with their different abilities. The representation of such illness during this drama and the way the family, friends and their workplace affects their lives, support them and therefore the character development helped the large number of audience to grasp these illnesses and accept people around them with open arms. It helped people suffering from these illnesses to come back intent on getting treatment and begin loving themselves.

Tuba Firdos Khan  
BA LLB (2018-23)

## A Lifestyle Lost Between The Pages

Why is it that we humans are still trying to figure out the concept of mental health in the 21st century? Have we recently discovered this concept or was it ever-present?

It is one of the many concepts we lost to the idea of modernisation. Mental health has been an integral part of Indian culture. The beliefs in all the religions are evolved to fulfil the very basic psychological necessities of mankind. As humans are constantly running towards the concept of modernisation, they have left behind the very basic concept of living a balanced life.

There is a notion that the Early and Middle Age were the Dark Ages, mental disorders were seen under the ambit of demonology. However, this is far from the truth. During those times, mental disorders were accepted on a large scale, and it was after the Middle Age that people turned a blind eye towards it. The idea of constantly improving pushed people to find liberation from the “orthodox” ways. As seen in the Christian jurisdiction, in the 19th century scientists created a myth of winning over the regressive ideas of the church.

According to Vandermeersch, medical psychiatry was not in conflict with religion at the time of pinel (treating mental disorders in institutions with humanity and without use of force). There was no opposition between the “enlightened medicine” and the “deceitful theology”.

Hinduism being a lifestyle has always prioritised a healthy mind. It is very evident from the texts, that people during those times had a lifestyle which promoted a healthy balanced mindset. The prescribed lifestyle provided the followers a preventing and coping mechanism while dealing with uncertain situations. The restraints were imposed to prevent the

mind from experiencing extreme stress. Like prohibiting excessive sexual activities, which might lead to guilt and anxiety in people.

During Mahabharata, Arjuna was momentarily surrounded by anxiety and depression. Lord Krishna during his teaching to Arjuna said :

**śhreyān swa-dharmo viguṇaḥ para-dharmāt sv-anuṣṭhitāt**

**swa-dharme nidhanaṁ śhreyāḥ para-dharmo bhayāvahaḥ**

Translation: it is better to perform one's natural prescribed duty, though tinged with faults, than to perform another's prescribed duty, though perfectly. In fact, it is preferable to die in the discharge of one's duty, than to follow the path of another, which is fraught with danger.

**-Bhagavadgita, Karm Yog, chapter 3 verse 35.**

In today's world, there are diverse beliefs and religions with various western modes of thinking. This makes it difficult to come up with a uniform model relating to mental disorders. If we track the current trend, mental health is highly analysed with biological aspects in mind. The noticeable approach in the modern world is that of cure through medicine, rather than prevention. In this fast paced world, we are aiming for fast results. Medicine might be able to subside the symptoms of a mental disorder, but the same medicine has its own side effects. It's apparent that on the path of modernisation, we have lost something great.

Aanchal Bhardwaj  
BA LLB (2017-22)

## Dorian Gray Syndrome

For classic literature fans, the name Dorian Gray is inextricably linked to the protagonist of the novel 'The Picture of Dorian Gray' (1890), an influential book written by Oscar Wilde in the late Victorian period, a haunting story about one innocent, young man's moral corruption and eventual downfall who sells his soul for eternal youth. The major theme of this Novel presents a trap of vanity of self-absorption.

"If it were I who were to always be young and the picture to grow old...I would give my soul for it." (Pg. 49, The Picture of Dorian Gray) Thus, while observing his new portrait, Dorian Gray unwittingly sells his soul in order to maintain his good looks.

Through the next years his portrait mysteriously ages yet Gray's own attractiveness won't ever lessen. Gray's conscience is served by the portrait, from being awe-striking, the portrait evolved into a nightmarish version of Dorian's life – a reflection of his sins, loss of youthfulness and innocence, and ultimately a projection of the corruption of his soul. Eventually, Gray being disgusted, who can't hide away from the genuine representation of his portrait and consumed by guilt and rage, he dives a blade into the painting prior to dropping down dead and his repentance is when his dead body changes into the hideous corpse that accurately reflects the state of his soul and the painting reverts to its natural state of beauty, without a moral stance. From this narcissistic story by Oscar Wilde, the Dorian Gray Syndrome is conceived. Here, literature inspired psychology, and the name of a fictional character was used to describe an actual psychological phenomenon.

But what actually is the Dorian Gray Syndrome? Diagnostically, it is a body dysmorphic disorder associated with narcissistic regression coupled with social-phobia and denial of any personality-structuring process of growth to maturity. People with DGS have a pathological desire to always remain young, often using lifestyle medications such as cosmetic surgery, hair-restoration procedures, anti-impotence drugs etc., that are sought to retard the natural ageing process.

The Portrait of Dorian Gray raises an issue of double-life which is associated with a disparity between what a person is and what the same person appears to be. The emphasis is put on appearance rather than on the true nature of things. Obsession appearance is now stronger than ever before because of digitalisation and globalisation. The use of visual media is convenient and alluring, which leads to today's society putting a great emphasis on appearance and self-presentation. We are often tempted to present ourselves as better than we are and so we lead a double life just like Dorian Gray. Dorian shows himself in the best light to the society and hides the evidence of his corruption, which is his portrait, so that no one can see it. In today's world, people often act in the same way. Our self-presentation on the internet commonly shows us as better, more beautiful and more successful than we are in reality. We keep what is ugly



to ourselves, just as Dorian did. In all these and other manifestations of double life, there is the risk that in the pursuit of appearances, one may lose the sense of the essence, the sense of one's true self. These are universally valid concerns of human beings no matter in which period they live. Thus, the vices expressed in Wilde's novel are not only topical but also reinforced nowadays. Corruption of humankind is evident: debauchery has become more flashy, importance of beauty transformed into obsession and, in some cases, even a serious mental disorder; genuine morals are replaced with false values.

The ideas of the novel are used in the modern screen adaptation and that the themes of the

novel still worry our contemporary society – all these facts prove the novel's topicality nowadays, Therefore the novel The Picture of Dorian Gray continues to be popular with readers even today.

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## Joke's Apart-Sitcoms and Mental Health

Humor has been used as a coping mechanism by humans to reduce their sorrows or misfortunes. The belief that laughter is therapeutic has been around for centuries and why shouldn't it be? Humor simply feels nice; it diverts our attention away from our concerns and encourages a more positive outlook.

It is in this manner that humor proves itself to be a defense mechanism, since it becomes a way of coping with adversity. People's ability to detect the hilarious absurdity in severely trying situations serves as an adaptive defense mechanism. This is why, when it comes to dealing with anxiety, despair, and other mental health concerns, humor is a wonderful front.

Now that we have established that comedy/ humor is a defense mechanism for many people out there, how can we use humor to address topics that are too sensitive to be joked about, a topic like mental health, for instance?

If we get into it, this is a challenge faced by situational comedies, or as we know it, sitcoms, a genre of television shows, which showcases the same cast of characters in a succession of comedic circumstances. How do sitcoms deal with intense issues while not getting out of the genre of comedy?

Penelope Alvarez is a war veteran with PTSD, and is suffering from anxiety and depression as a single mother who lives with her deeply catholic mother, who believes that going to therapy is for the insane. During the premiere season of the show, *One Day at a time* Penelope starts group therapy with other female war veterans, and she says, "I am Cuban, we don't do therapy" to which another member from the group says "I feel you, in my family, the only therapist we are allowed to talk to is Jesus". Later part of the show deals with Penelope and her struggles with depression and anxiety. It also involves other storylines with multiple

topics, and does not get out of the character of a sit-com. It deals with various issues like figuring out sexuality, smashing patriarchy, being gender inclusive, inability to accept help, alcoholism and the struggles of those who fled Cuba during the time of Fidel. The show had serious conversations and dramatic, emotional scenes but never got out of the label of being a comedy. They showcased it with utmost brilliance.

Similarly, a show "Brooklyn Nine-Nine", about police officers in the Ninety-ninth precinct of Brooklyn, a particular episode deals with a serious conversation about how police officers see a lot of darkness in their line of work and how important it is for them to have a safe space to process their emotions. This conversation is suited around Detective Jake Peralta, who finds the idea of going to therapy repulsive. It is pointed out to him that he must seek therapy to deal with traumatic things he sees during the course of his job as a police officer and for his unresolved traumas from childhood. This particular set of conversations is also held very delicately in the show, and while still being in the framework of a sitcom.

Sitcoms as a genre is very frequently watched and they sure use humor to portray a lot of the struggles and since they are done by not making it a big deal or by talking about them in a rather humorous manner, that I feel aids in reducing the stigma around a lot of conversation that need to happen in every household. Issues like mental health and therapy are better addressed and adequately represented in the present day shows, which further helps a lot of people gain the courage to talk about it in their homes and go on a path of betterment for their lives.

Antasdeep  
(BBA LLB 2020-25)



## Suicide and Mental Disorders

Suicide has been a major issue around the World and in India as well. In past so many years we as humans have done a lot of progress and development in science and technology but something that we miserably fail to understand is the mental condition of a person with suicidal tendencies and even after such good medical facilities in nowadays we are unable to help those with mental disorders. Years after years their has been an increment in the suicide rates in year 1971 round about 43 thousand suicides took place in India and ever since the suicide rates have been on an increase in Year 2019 the number raised upto 139 thousand people committing suicide with in India and With maximum of them some way or the other related to depression and other mental health disorder. Depressive disorders today alone are regarded as the leading contributor not only to mental disorders but even to the suicide rate if left unaddressed.

People mostly are unaware of the seriousness of mental disorders. People who suffer from it tend not to speak about as majority people would consider the mental disorder as madness and this misunderstanding regarding the mental disorder in the society has lead people suffering from these problems to bottle it up because of which they take major steps like suicide. But today we need to change the things in some ways the Indian Entertainment and Cinema is trying to highlight the mental disorders by the means of series like "Breathe:- into the shadows" and movies like "Dear Zindagi" and "Phobia". These

shows and movies have shown us what all can go wrong with the human mind. For example the movie phobia shows us the effects of PTSD on one's life. It shows how badly a traumatizing event can ruin your life and even affect the thought process of a person. Next, the movie Dear Zindagi talks about anxiety and depression. The lead of the film is a girl who deals with anxiety and feels depressed. The movie shows that it's normal to visit a psychiatrist and everyone who visits a psychiatrist is not just suffering from madness all the time which people tend to believe in and that there can be a variety of mental disorders for which a person visits a psychiatrist. Then the movies like 3 Idiots and Chhichhore. Tell us how students are mentally troubled and are facing mental problems which they can't express and due to which they commit suicides. It also shows how the society is also responsible for such mental disorders as the society has become so competitive that it has forgotten the basic things like humility, care for others and generosity. But we as the youth and the next generation can change these things by being more considerate and caring towards the people who suffer from these mental disorders irrespective of their gender or status. Let's together make the world better.

Satya Sarthak Kumar  
BA LLB (2019-24)

## The Horrors of Ancient Psychology

Psychology, all in all, has kept on developing since the 1960s and numerous new points of view and thoughts have been noticed from that point forward. However, the manner in which individuals with abnormal behavior were treated in the past is a fear that relatively few individuals know about.

At the point when we concentrate on the historical backdrop of brain science, we see one ancient theory that is yet experienced today holds that abnormal behavior can be explained by the operation of supernatural and magical forces such as demons and evil spirits taking over the body. The treatment for psychological maladjustment was exorcism in which evil spirits were cast out through petition, enchantment, flagellating, starvation, having the individual ingest terrible tasting drinks, or noisemaking. As depicted in a bronze statue formerly displayed in the Fort Worth Museum of Science and History depicting two men holding down another while using rudimentary tools to puncture his skull, ancient men believed that mental illness was caused by supernatural factors that could be released from the ill person's skull. (description based on personal experience of a contributor) (Buchanan, 2009).

Trepanning, or making a burr hole, is a surgical intervention in which a hole is drilled or scraped into the human skull. It may also refer to any "burr" hole created through other body surfaces, including nail beds. They used an instrument named trephine for cutting out a round piece of skull bone to relieve pressure beneath a surface, which would allow the evil spirits to leave the possessed person. It was believed that abusing the body badly enough, the spirit would want to leave. Evidence of



trepanation has been found in prehistoric human remains from Neolithic times onward. It was practised in places as diverse as Ancient Greece, North and South America, Africa, Polynesia and the Far East. The trepanned bone was maintained by prehistoric humans and could have been worn as a charm to ward off evil spirits.

Letting devils out: drilling to treat mental disorder

Over the course of time, modern science, more importantly, modern psychology has made significant progress when it comes to eliminating the stigma around the origins of mental illness. Numerous new treatments and practices have been presented that have worked

incredibly, considering an individual's situational factors, studying their subconscious and conscious minds to understand childhood development, etc.

From what we see today, the portrayal of psychological sickness in books and movies, have made things significantly better for individuals to comprehend that it is something they shouldn't stay away from, rather find out more about to see how genuine it is. People standing up and sharing their accounts can have a positive effect. At the point when they know somebody with psychological sickness, it turns out to be less scary and more real and relatable. These little advances will go far in assisting individuals with surviving and figuring out how to oversee mental illness.

Tejaswini Verma  
BBA (2020-23)



## Taare Zameen Par



I still remember that once an anonymous person said 'Sometimes real super heroes live in the hearts of small children fighting big battles'. For me this is the motto of the movie 'Taare Zameen Par'.

The movie is about an 8 years old boy Ishaan Awasthi suffering from 'Dyslexia'. Dyslexia is a learning disorder that affects the ability to read, spell, write and speak in a person. Due to dyslexia, he finds it difficult to fit in a group of persons of his age who are usually more into studies. Because of his poor academic performance in school, Ishaan is criticized by his parents and is sent away to a boarding school. His life is no different at boarding school. Now the only difference is that he is more dejected and discouraged with himself as he is criticized and oppressed by his teachers and his classmates and since he is away from his home; he feels more inferior, lonely and finds it difficult to deal with his situation. Later in the movie Ram Shankar Nikumbh gets appointed as a temporary art teacher of the boarding school. Unlike other teachers who usually follow the definite norms of educating children, he makes them think out of the box. He makes them realize that there is more to life other than studying from books. Everyone in class responds with immense enthusiasm except Ishaan. Instead of criticizing Ishaan, Ram takes effort to understand him, his problem and his feelings. He later makes Ishaan's parents and other teachers understand his problem. He makes them realize that Ishaan is not abnormal, instead he is a special needs child with talents of his own. He just takes more time to consume knowledge than other kids of his age. He then helps Ishaan to understand, accept and deal with his situation and finally succeeds in boosting the confidence in Ishaan along with discovering his talents.

Taare Zameen Par is a heart touching movie. This movie teaches a lesson to all the people of society regarding how to treat and behave with a child of special needs. It made people understand the importance of treating them with

love and kindness instead of criticizing or sympathizing with them. It teaches people the importance of understanding the problem of the person instead of sidelining him or his problem. It teaches us to find solutions to help them instead of judging or criticizing them. We need to include them with other kids instead of encouraging the development of inferiority in them. We need to understand that every child is special and unique in his own way.

Srilakshmi  
BBA LL.B (2020-2025)



## Book Review



### The Midnight Library by Matt Haig : A Review

*(Trigger Warning: Mentions of Depression, Suicide, Self-Harm)*  
*"Never underestimate the big importance of small things"*

The Midnight Library is an adult sci-fi novel by Matt Haig. The plot revolves around Nora, a woman who decides to take her own life but right before it happens, exactly at midnight she finds herself in a library. This library is the grey area that exists between life and death itself. Never-ending and filled to the brim with books, this place consists of books that act as portals to all of the versions of Nora's life that she never got to live.

The book portrays that depression does not discriminate as Nora's life seems perfect on the outside. She is a swimmer, a musician, and is pretty smart too, but all of this doesn't matter in the end as she still suffers from depression and suicidal thoughts. The book can be a bit triggering; it still manages to delicately discuss the topic of depression and suicide.

The Midnight Library manages to act as a self-help book. The aim of the book is to give hope, to believe that things will not always be as harsh as they seem to be. It teaches that no matter the decision, life will never be perfect; it is instead on us to look forward, let go of all the regrets and appreciate the beautiful and colorful aspects of it, no matter how small. The author has managed to take his own struggles and battles with mental illnesses and incorporate them wonderfully in this book.

Aneesha Saran  
(BA JMC 2020-2023)

## Psychoanalyst of the Month Carl Jung

Carl Jung, an influential psychologist, and psychoanalyst of the twentieth century is a widely known figure in the field of psychology. Born in 1875, the eighty-five-year-old man with exceptional thinking capabilities proposed many novel theories and concepts derived from his own personal experiences since childhood. Jung's work has spread throughout the various disciplines like anthropology, archaeology, literature, medicine, and very uniquely to religion. Desirous to distinguish psychology and psychoanalysis, Jung pioneered the theory of 'analytical psychology', comprehensively capturing the dynamics of the human psyche. He worked closely with Freud but later had a discord arising from the Freudian concept of individual consciousness. Jung proposed a far deeper level of consciousness which became a popular theory of 'The Collective Unconscious. Jung's notable contribution includes the identification of the two personality traits, introversion and extroversion, and the characteristics of the



people of both kinds. He is believed to possess the characteristics of both an introvert and extrovert which motivated him to dwell further and have today become a common language in the theory of personality. Analysis of dreams and their interpretation was an idea unique to him and has become an important part of psychotherapy. Other notable contributions include but are not limited to the identification of five types of archetypes, Jungian stages of development, psychological complexes, individualism, and synchronicity. An artist, craftsman, prolific writer, and thinker whose work has been published and acknowledged around the world interspersed with references in both theory and practice left an intellectual legacy behind.

**"In all chaos, there is a cosmos, in all disorder a secret order." - Carl Jung**

Shanu Jain  
Assistant Professor, DME,  
Faculty Convener, Meraki

## Orientation Session for BBA Batch 2021

Meraki, Society for Mental Health at DME conducted an enlightening orientation programme for the BBA students of Batch 2021 on the theme Transition from School to College

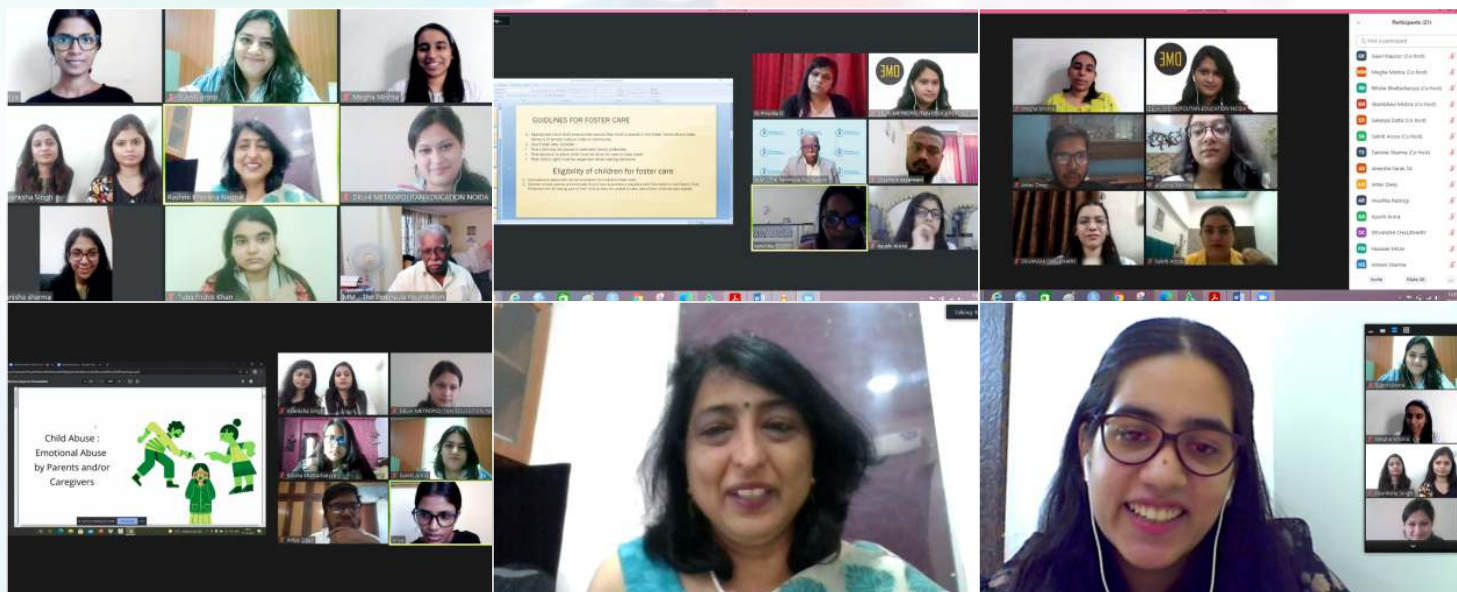
The freshmen were initially briefed by the Team Coordinators, Ambika Sharma and Tejaswini who took initiative to discuss sensitive issues like bullying to sensitise students & introduced to the society its achievements and

initiatives. Moving forward student convenors, Tanisha Sharma and Megha Mishra discussed transition from school to college at different levels such as academic competency, social competency and psychology competency. Not only they had an interactive session but also successfully formed a rapport with new students. The session ended with an open mic session where everyone poured their hearts out & shared their experiences





# Mental Health Summit 2021 Drafting Policies for Change



On the occasion of the World Mental Health Day, Meraki: Society for Mental Health at Delhi Metropolitan Education, Noida organized Mental Health Summit 2021-Drafting Policies for Change on October 10th & 11th, 2021. The event also marked the first foundation day of society. The competition revolved around the theme "Importance of Psycho-Social and Legal Framework in the Child Care Protection Policy". The idea is centered on vulnerable children who have been orphaned during the pandemic and drafting effective policies keeping in mind the psychological aspects of their circumstances. The event started with the inaugural ceremony welcoming all the participants and dignitaries. This was followed by the First Technical session chaired by two reputed personalities, Air Marshal M Matheswaran, an Indian Air Force veteran with 39 years of active service and the Founder-President of The Peninsula Foundation; and Dr. Priscilla Dhanaraj, a counseling psychologist with experience in Dentistry and Hospital Administration; both members of The Peninsula Foundation, a Chennai based non-profit policy research think tank. Participants from renowned universities like Vellore Institute of Technology, Nirma University ,Chandigarh University etc. presented their policies which was followed by Q & A round, and thought-provoking discussions.

The second technical session was chaired by representatives of NITI Manthan, Major Poonam Kashyap (Retd.), Ms. Kamakshi Joshi, and Ms. Architi Batra as the Jury members. The session was devoted to the participants' policy presentations, which were based on the theme and included enriching ideas and emphasizing elements of law, psychology, and the well-being of vulnerable children. The event was followed by a short but interesting brainstorming session-Think Centric: "A Small Informal Caucasus!" with the "Relation of Horror Cinema and the Event of Adoption" as the subject matter for discussion, which cherished the flow of ideas and creativity where all the participants and the members enthusiastically participated. The Technical Session 3 was conducted on 11th October 2021. The Jury members were Ms. Garima Singh, Program Director, Indian Mental Health & Research Centre ( IMHRC), Lucknow, and Ms. Akanksha Singh, Consultant Forensic Psychologist, IMHRC. After the presentations, the session proceeded with the informal discussion about 'Whether separating children from mothers

who are sex workers and sending them to foster homes, a necessary action for the betterment of the vulnerable group?' in which all the participants equally and enthusiastically participated and had contrasting viewpoints.

The two day event concluded with the valedictory session having representatives from the Think Tank organizations along with Prof. (Dr) Rashmi Khorana Nagpal, Dean of DME Law School who graced the occasion with her valued presence. She congratulated the participants for participating enthusiastically. Dr. Rashmi started with Nelson Mandela's quote "There can be no keener revelation of a society's soul than the way in which it treats its children", her idea of presenting this quote was to elaborate that every society's development and its progress towards future lies in the way in which it treats its children, soul of a society and their bright future are hidden in the treatment of its children and their growth. society. Dr. Nagpal announced the results of the Technical sessions and congratulated them:

## TECHNICAL SESSION 1

Mahak Kansara, Institute of Law, Nirma University

Parul Kansara, Lachoo Memorial College, Jai Narayan Vyas University

## TECHNICAL SESSION 2

SP Vidyassri, Saveetha School Of Law, SIMATS

## TECHNICAL SESSION 3

Priya Kumari

Lady Shri Ram College for Women, University of Delhi

In the end, Ms. Shanu Jain, Faculty Convenor, and Ms. Sukriti, Faculty Co-Convenor appreciated all the members of the society and presented warm gratitude to all the guests and Dean, Law School for being a part of the event and for making this event successful. The event ended with lots of memories, ideas, thoughts, and encouragement to be remembered in the future by all the people presented in these two days

Ritisha, Sukanya, Devanshi,  
Simran & Tuba



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