



Affiliated to GGSIP University, New Delhi  
Approved by Bar Council of India

# — संतुलन —



## THE MENTAL HEALTH BULLETIN

**New Normal  
Post Covid-19**

**New Age of  
Everything Digital  
& Mental Health**

**Adjusting to  
New Normal**

**Pandemic and  
Transition to a  
New World Order**

**New Normal  
की माया**

June 2022  
(III Edition)

## उसकी दस्तक



ना जाने कहा खो गया था मैं  
किस भीड़ के पीछेचल पड़ा था मैं  
आज खुद से मुलाकात हुई एक अरसे के बाद  
पुछती को नहु मैं  
काम के पीछे भागते भागते भूल गया था मैं  
की आखिर कोन हूँ मैं  
लम्हों को जीना छोड़ चुका था मैं  
मां की वो प्यारी डाट भूल चुका था मैं  
पापा के साथ मैच देखना भूल चुका था मैं  
बहन को चिढ़ाना भूल चुका था मैं  
वो उसका बात बात पर चिलाना  
मम्मी "भईया मुझे मार रहा है"  
ओर मम्मी का रसोइ से आवाज देना  
"अभी रुक तू तुझे मैं बताती हूँ बदमाश"  
शायद इन रंगीन पलो को भूल जाता मैं  
अगर आज उसने दस्तक ना दी होती  
कहती थोड़ा ठहर जा जिंदगी का क्या भरोसा कल तू हो या ना  
सफर लंबा या छोटा ये नही जानता तू  
मगर सफर खूबसूरत जरूर है  
चल आज समय से थोड़ा समय चुराते है  
आज फिर मां की डाट खाते है  
वो बहन को परेशान करके थोड़ा उसे भी चिढ़ाते है  
आज पापा के साथ फिर सिक्सर के लिए चिलाते है  
आज दुबारा जी कर आते है  
कोई पूछे तो यहीं बताते है  
कल क्यों आज ही जी कर आते है  
आओ फिर जी कर आते है  
आओ फिर जी कर आते है

Khushi Sharma  
BA (JMC) (2021-2024)

## New Normal की माया



देखो ज़रा संसार की माया,  
"new normal" trend मे आया,  
सबने मूह पर mask लगाया,  
2 गज की दूरी को अपनाया,  
जब-जब कही पर हाथ लगाया,  
फट से sanitizer लगाया,  
बदले सबके दिन और रात  
देखो हुई नई शुरुआत,  
महामारी ने हाहाकार मचाया  
हर 6 महीने मे लौटकर आया  
ये तोह हुई आम सी बात  
आऊ करे जज्बात की बात,  
सोचो उनका, जिन्होने खो दिये अपने,  
टूटे उनके चुन-चुन सपने,  
कितनो का संसार उजड़ा,  
कितनो का कारोबार उजड़ा,  
उजड़ गये कितने सुहाग ,  
कितनो के सर से उठ गया "मां बाप" का हाथ,  
कितनो की रह गई, "आखिरी मुलाकात"  
पर घबरा ना बंदेया,  
याद कर "गीता" का वो पाठ, जिसमे बोले थे  
'त्रलोक के नाथ, जब ना रुका भला वक्त साथ तो कैसे रुकेगा बुरा  
वक्त साथ।  
आएगी फिरसे खुशी की रात, बढता जा वक्त के साथ।

Eshika Sharma  
BA LLB (2020-2025)

## WHAT'S IN THIS ISSUE

उसकी दस्तक	.....2
New Normal की माया	.....2
New Age of Everything Digital Mental Health	.....3
Adjusting to New Normal	.....3
Pandemic and Transition to a New World Order	.....4
Interactive Session 'You Are Enough'	.....4
Schizophrenia	.....5
बदलते हालात	.....5
The Management of PTSD in Military	.....6
Movie Review: Atrangi Re	.....7
Psychoanalyst of the month-Wilhelm Wundt	.....7
New Normal Post Covid 19 : A survey Based study	.....8
Coping with Traumatic Stress: A discussion	.....9

# New Age of Everything Digital & Mental Health

The Covid-19 pandemic has changed the way we live our everyday lives. Its impact on the whole world has been massive. The things that we used to consider 'normal' no longer seem to exist. I mean, how long has it been since you might have stepped foot outside of your house without a mask or a bottle of hand sanitizer in your bag?

The pandemic brought many changes to our world, from lockdowns to social distancing, the new normal has many new elements that we may have never even considered before all this. One of the major elements of change is the shift from offline to online. From our studies to the forms of entertainment we consume, even the means of a human being's livelihood are now all influenced by digital aspects.

Remote work and distance online learning have acted as a savior for many during this time when going outside was not possible for anyone. Slowly things have been returning to the way they used to be. Covid restrictions are almost gone, and everyone's lives are almost going back to the old normal to a certain extent, but the digital era is here to stay.



Now, of course, there are multiple benefits of things shifting to online mode, but like everything else, even this has its own set of cons that we cannot deny. Continuous connectivity can severely impact the well-being of any human being. From decreased social skills & dependency on technology, our mental health has been heavily affected by this new digital age. In times like this, practicing responsible measures to limit our use of technology and practice the use and consumption of digital content in a proper and controlled manner is necessary. The promotion of taking care of one's mental health is something that everyone needs to do publically to promote a healthier lifestyle even in times where working and learning from home is the new norm for all.

Aneesha Saran  
BA JMC (2020-23)

## Adjusting to New Normal

To live in the world is to adapt constantly. A year after the COVID-19 pandemic has emerged, we have suddenly been forced to change to fit the 'new normal': work-from-home setting, parents home-schooling their children in a new blended learning setting, lockdown and quarantine, and the mandatory wearing of face masks and face shields in public. For many, 2020 has already been set aside as 'the worst year in the 21st century.'

COVID-19 is an unprecedented health crisis in terms of the scope of its impact on well-being. The sudden need to navigate this "new normal" has compromised many people's mental health. The term 'new normal' was used during the pandemic to point out how it has transformed essential aspects of human life. Every person is unique. There's not necessarily a one-size-fits-all "new normal" for society.

Four types of COVID-19 anxiety were identified: anxiety over personal health, others' reactions, societal health, and economic difficulties. Devastating problems arising from stressful life changes have been documented in adults and youngsters, with recent studies revealing a significant proportion of children and adolescents to have experienced psychological distress during the school-closure period.

However, it is up to us to adapt to the challenges of the current pandemic and similar crises. Whether we respond positively or negatively can greatly affect our personal and social lives. There are many lessons we can learn from this crisis that can be used in building a better society. How we open to change will depend on our ability to change a little and for the better, to manage resilience in the face of adversity, flexibility, and creativity without forcing us to make changes.

Mental distress increased substantially during the COVID-19.



In this period, citizens were asked to exercise a high degree of self-control about personal and social health behaviour. At the same time, we witnessed an increase in prosocial acts and shared creative expressions, which are known to serve as sources of meaning. Meaning in life and self-control are acknowledged psychological resources. Especially in times of crisis, meaning in life is a crucial factor for resilience and coping.

In particular, as a result of the social distancing protocols, loneliness increased. Among the stable factors, being younger, single, less educated, unemployed, and having a psychiatric diagnosis have all been supported as risk factors for loneliness. Studies identified high prevalence rates of anxiety and depression among residents of COVID-19-affected regions all over the world.

A similar phenomenon was found for the fourth factor, economic problems. Most of the items loaded onto it involved broad societal issues (e.g., economic recession, widening of health-wealth gap), but an item related to personal financial problems also did so. This finding similarly indicates that individuals' financial condition during the pandemic may be influenced to a great extent by the wider economy.

Any kind of change can be hard. When it comes to the new normal, we know it might take some time to get used to it. We can build and shape the new normal together. It starts with intention. It starts with you.

Shikha Thakur  
BBA (2021-24)

## Pandemic and Transition to a New World Order

The emergence of the Covid 19 pandemic has created an irretrievable loss to the people's life, health, property, education, and social freedom, however, this pandemic has challenged the potential of norms, technology, methods, etc. that is being practiced for decades. No doubt that this pandemic has exposed the fact that the methods which were being used were prosaic and needed an improvement. After China, India's education system is the second largest in the world having more than 1.5 million schools, nearly 9.7 million teachers, and over 265 million students of pre-primary to higher secondary levels from various socio economic backgrounds. In the past few years, people were to believe that the country has made significant and considerable progress in the field of digitalization and internet connectivity. But surprisingly according to the latest global estimate of the UNICEF-ITU, Indian students have suffered the most during covid-19 as digital India failed to provide internet connectivity. More than 50 percent of the Indian population is under 25 years of age, and 65 percent is under 35 years of age. The current population is over 1.38 billion. It means hundreds of millions of the population under 25 years could not access online classes. According to the ministry of education, 3.5 million children are currently out of school, which also includes those who dropped out during the pandemic. Apart from education, the pandemic has



worsened the economic condition of the nations. In India, due to the temporary lockdown, millions of people have to lose their jobs. According to the Centre for Monitoring Indian Economy (CMIE), over 10 million or 1 crore people lost their jobs because of the second wave of coronavirus as a result 97% of households' incomes have declined.

The covid-19 pandemic has acted as an eye-opener in contemporary. It has pushed the limits of the whole system and forced us to adapt to the new normal like work-from-home setting, online classes, lockdown, and quarantine, using hand sanitizer frequently, washing hands after coming from outside, sanitizing delivered parcels, and mandatory wearing face mask in public. All have become a part of life. Now after the third wave of coronavirus, we have initiated to reinstate health, economies, and social freedom. The World Health Organization states that 'recognizing that the virus will be with us for a long time, governments should also use this opportunity to invest in health systems, which can benefit all populations beyond COVID-19, as well as prepare for future public health emergencies. This pandemic has taught us a very important lesson that nothing lasts forever and we need to be visionary and adapt and develop ourselves from time to time to survive in the future.

Surya Prakash  
(BBA LLB 2021-26)

Murli Krishnan, Request for Information (rfi), 8th January, 2022. <https://www.rfi.fr/en/international/20220108-covid-setback-for-schoolchildren-in-india-as-dropout-rate-surges>  
Gyan Pathak, THE LEAFLET COSTITUTION FIRST, 5th December, 2020. <https://theleaflet.in/indian-students-suffered-the-most-during-covid-19-as-digital-india-failed-to-provide-internet-connectivity/>  
Gyan Pathak, THE LEAFLET COSTITUTION FIRST, 5th December, 2020. <https://theleaflet.in/indian-students-suffered-the-most-during-covid-19-as-digital-india-failed-to-provide-internet-connectivity/>  
Murli Krishnan, Request for Information (rfi), 8th January, 2022. <https://www.rfi.fr/en/international/20220108-covid-setback-for-schoolchildren-in-india-as-dropout-rate-surges>  
BusinessToday.In, 1st June, 2021. <https://www.businesstoday.in/latest/economy-politics/story/income-of-97-households-declined-since-covid-19-pandemic-began-cmie-298381-2021-06-01>  
World Health Organization. From the "new normal" to a "new future": A sustainable response to COVID-19. 13 October 2020. <https://www.who.int/westernpacific/news/commentaries/detail-hq/from-the-new-normal-to-a-new-future-a-sustainable-response-to-covid-19>. (12 February 2021, date last accessed)

## Interactive session 'You Are Enough' (A Kaleidoscopic view on Mental Health) at The Berry Coworks

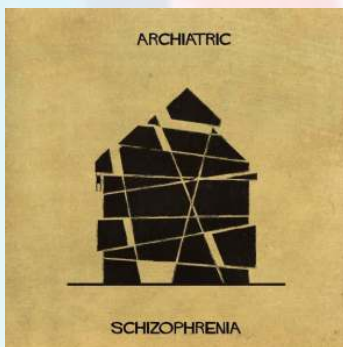
It was an absolute delight to address such a vibrant bunch of people at The Berry Coworks by Meraki: Society for Mental Health at DME. An activity oriented session emphasising the need for emotional catharsis, spending time with self and loved ones, pause, think and reflect. Praise yourself, pat your back because 'You Are Enough'



## Schizophrenia

Have you seen the movie 'Shutter Islands'? There, Leonardo DiCaprio portrayed a detective who was tasked with solving the disappearance of a patient in a mental asylum. He keeps on investigating the case, not realizing that he was the patient himself the whole time. He was imagining this whole story of being an actual detective to an extent where he started believing it. This psychotic disorder is known as Schizophrenia. It is a serious disorder where people start hallucinating, being delusional, having a hard time with daily functions, and unorganized thinking. It is a curable disease but it is not something that can be cured easily. It sometimes even takes a person's whole life to get better.

There is not a particular known cause of this disease. According to research, it could happen due to many reasons. One of them could be genetics. Now, it is not necessary that a child of a patient, who used to have schizophrenia, will also have the same problem but there are slight possibilities. One of the other reasons could also be the neurotransmitters which is a chemical that helps the brain get messages. Any change or imbalance in the level of this chemical, due to any reason, might also cause Schizophrenia. Another reason could be childhood trauma. If anyone has had a horrible experience in their childhood which they are still carrying in their head, it might affect their brain to



perceive the current situations corresponding to their convenience and start behaving accordingly. Schizophrenia patient needs to keep taking their medicines regularly and also avoid all sorts of intoxicant substances. It is also important for them to maintain their health because one of the side effects of the medicines for this is weight gain. If the person is not focusing on his weight, then he might be at risk of obesity-related health problems. Also, he should not be under any type of stress or pressure since that would only worsen the situation.

Considering that in this disorder the patient starts believing his imaginations, it is quite unlikely that he will himself be able to identify that he is not normal. Therefore, the close ones, family and friends, must pay attention to any changes in one's behavior and responses to a usual stimulus that looks unusual. The moment things seem to be profusely out of place, a doctor must be approached since the sooner this problem is detected, the better it will be for the patient.

Prakriti Sinha  
BBA (2021-24)

## बदलते हालात

कुछ वक्त ऐसे गुज़रा के दस्तूर बदल गया,  
इंसान को कैद एक पंछी की तरह एक नई जिंदगी की ओर एक  
पग बढ़ गया ।

वो किताबों से नाता कुछ टूट सा गया था ,  
वह यादों का सिलसिला कुछ छूट सा गया था ,  
वह महफिल की शामें दिखती नहीं थी ,  
वो रास्तों का बंजर सफर दिल को कुछ खाक कर गया था ।  
वह पहली जैसी बातें न होती के बयान ये हालात कर पाए,  
किसी के कंधे पर सर रख अपने हाल ए दिल कह पाए।  
दिमाग में सोचने की एक अलग ही दौड़ थी,  
हर विचार के पीछे एक चिंता की घड़ी थी ।  
वक्त बदले और हालात भी रिश्ते बदले और जज़्बात भी। कुछ  
अपनों को पराया ,कुछ परायों को अपना कर गया। यह  
कोरोना का दौर मुझे एक नया सबक दे गया।  
अब फिर से लैपटॉप की जगह किताबों ने ले लि,  
अब फिर से कक्षा का शोर हकीकत बन आया है ।  
फिर सबने सामने खड़े हो एक दूसरे को अपना हाल बताया है ।  
वो स्याही की जगह पीडीएफ कहाँ ही ले पाया है,  
यह फैसलों और फासलों में उलझकर संवरने का मतलब अब  
समझ आया है ।  
बदलाव इतने आसान नहीं, कुछ खाक हुए जिंदगी की आस में,  
कुछ अनजानी राहों ने भी अपनाया है ।



कुछ घर छोड़ अपना एक नए सफर पर निकले ,  
कुछ ने अपना घर फिर से बसाया है।  
हालात से जूझकर ,  
वक्त की जंजीरों को तोड़ कर,  
फिर थाम के कलम उसने हाथ में ,अपनी किस्मत को फिर  
अज़माया है।  
सब ने इस बदलाव को फिर से अपनाया है।

Prachi Kushwaha  
BBA LLB (2021-26)

# What is a Post-Traumatic Stress Reaction?

There are a variety of psychiatric conditions which can follow traumatic experiences and these have collectively been labeled as Post Traumatic Stress Reactions (PTSR). Common PTSR includes mood disorders, anxiety disorders, somatoform and sleep disorders in the longer term, and acute stress disorders in the immediate aftermath. One common misconception is that a large number of those exposed to traumatic events will initially exhibit normal symptoms of distress and then almost inevitably develop a psychological illness. This is not necessarily the case.

Following a traumatic event classical symptoms of avoidance, re-experiencing and hyper arousal commonly occur. Despite this, there is significant evidence to suggest that after the initial distress, approximately 50% of individuals will adapt, and that is return to their normal state of functioning, throughout 3 to 6 months without any formal therapeutic input. Understanding the “normal” responses to abnormal events leads to several relevant points: firstly, not everyone who might be diagnosed as suffering from an Acute Stress Reaction (ASR) or Acute Stress Disorder (ASD) following trauma will develop PTSD in the long term, although Bryant suggests that up to 75% will do.

## What do we know about PTSR in the military?

Military personnel are required to routinely deploy to hostile environments where there is often a risk of exposure to trauma. These events can be a result of not only war missions but also peacekeeping operations and the provision of humanitarian relief. Military history is littered with evidence of changing views as to why military personnel suffers psychological breakdowns during operations. Before World War 2 personnel who suffered psychological injuries were inherently weak. This led to the view that if the military could simply employ the right people, then psychological breakdown would be “a thing of the past”. However, this is both overly simplistic and indeed wrong. The more contemporary, and perhaps unsurprising, the view is that the cause of the breakdown is multifactorial; a complex interplay of person, circumstance, and event. Changing theories have led to a variety of diagnostic labels being used to describe similar phenomena in keeping with the cultural tone at the time. Terms such as Soldier's Heart, effort syndrome, and neurasthenia have all been employed at one stage or another to describe combat-related conditions. Work conducted at the King's Centre for Military Health Research has shown that most wars result in the experience of several symptoms that cannot be linked to a specific causative agent, and that over time the pattern of the representations has changed. For instance, the Boer War was characterized by soldiers' complaints of general fatigue and weakness, whereas during the two World Wars chest pain and dizziness were more prominent features.

So what effect can operational service have on a serviceman or woman? In a clinician interview study of 1871 Australian Gulf War Veterans, individuals who had served in the theater had an increased risk of developing any DSM-IV diagnosis when compared with those who had not deployed (30.8% vs.21.1% OR 1.7 CI 1.3-1.9  $p < 0.001$ ). Of note were increases in anxiety disorders, PTSD, affective disorders, and alcohol use disorders. The authors also found that when a measure of combat-related stress was included the risk of developing psychological disorders was associated strongly with an increasing number of psychological stressors being experienced during the operation. Put simply when we think of past experiences, our current psychological state strongly influences how we remember events.

## Management

The management of PTSR within an operational theater is multidimensional and should occur as a result of close cooperation between the command, medical and welfare staff (including chaplains). Those who manage such reactions should remember that within the UK Armed Forces the psychological welfare of



troops is primarily a command responsibility. Without the various support services interacting effectively, there is a considerable danger that many personnel will not be expeditiously returned to service or indeed that they may not be picked up at all. During the First World War, a new group of military psychiatrists with an interest in the treatment of soldiers with psychological disorders developed the principle of what has come to be known

as Forwarding Psychiatry after working close to the battle line. This concept is made up of several facets of treatment that are all still relevant today: Proximity, Immediacy, Expectancy, and Simplicity (PIES).

The PIES concept has been adapted following its initial introduction to reflect the ever-changing demands of contemporary warfare and has been modified for use by a variety of forces and in a variety of contexts. Although the PIES concept is not without its critics it remains the guiding principle by which mental health practitioners and all medical services manage those with an acute PTSR to return them to full operational efficiency as quickly as possible. There are two key aims of this approach, firstly to maintain the individual's mental health and then as a consequence preserve the ability of the fighting force. A 20-year follow-up of the use of the PIES principle by the Israeli Army showed that the moral principles that were applied the better the long-term outcome.

## Long Term Treatment

Most personnel who deploy to operational theatres do not go on to experience long-term psychiatric sequel as a result of their experiences. For instance, a recent paper from the King's Centre for Military Health Research showed that about 4% of regular personnel who have deployed to Iraq will have experienced such problems. However, spotting the few that may do requires commanders to be aware of what to look for and for distressed individuals to overcome any stigma and come forward for help. The presence of TRiM practitioners within units will hopefully allow those who may be suffering from the early manifestations of psychological disorders to be picked up and referred for treatment by specialist mental health teams in an expedient fashion.

Although treatment for PTSD can be effective, whatever time has elapsed since the event, the sooner an individual has been treated the less suffering they will experience and the less is the chance that any disorder-related decrease in work efficiency will have an impact on their career. For instance, in a recent study by Rowan and colleagues, the authors found that self-referral for a psychological disorder was more likely to be associated with a positive outcome than referral by a manager who had noted a decrease in work performance. Thus early referral and early intervention may well have benefits for the Service as well as the individual.

## Conclusion

With adequate preparation, good unit cohesion and support the effects of traumatic experiences on an individual can be minimized but not removed. Traumatic incidents during operations will occur however what is important is an individual's ability to respond to challenges and recover from them sufficiently to continue functioning. There is a plethora of research currently examining military mental health and it is hoped that novel techniques may be developed which will aid the recovery of individuals. One thing is certain, however, and that is the requirement to place military personnel in harm's way and thereby subject them to possible traumatic experiences. The aim of everyone is to increase the resilience of individuals to this stress and to quickly and effectively manage individuals once they have been seen to suffer from the effects of stress.



## Atrangi Re



The movie 'Atrangi Re' is a multi-starrer romance, comedy and drama film. The film revolves around a village girl named Rinku Sooryavanshi (Sara Ali Khan). Who is a carefree, bold, and fun-loving girl and has her own world. The film starts with a scene in which Rinku is running towards the railway station to elope with her lover who has been in her life for a long while now but none of her family members recognize him. Sadly, enough Rinku gets caught by her family members after that we come to know that she has tried to elope with him 21 times as well but always got caught. In the next scene, we see how her family is fed up with her running away and decide to get her married to someone so that she stops eloping from their house so they kidnap a Tamil medical student Vishu (Dhanush) who is in

Bihar for a medical camp and get him and Rinku married forcefully as both of them are under intoxication. Later on, on the train, while returning to Delhi decide that they will separate ways once they reach Delhi. While on the train Rinku tells Vishu about her love story with Sajjad (Akshay Kumar) and she also tells him that once Sajjad comes back she will leave with him. Meanwhile, Vishu fell in love with Rinku and they shared chemistry. When Vishu confesses his love for Rinku at the same moment, we witness the entry of Sajjad. In the next scene, we see that Sajjad is having lunch with Rinku at a canteen, and at the same time, we as the audience realize that Sajjad is no one but her image of her father.

In this movie, Rinku is suffering from schizophrenia. Schizophrenia is a mental ailment in which a person goes through persistent delusion due to which they believe in the existence of anything or person which they feel to be true and often hallucinates. In the film, Rinku believes that she has a lover Sajjad with whom she wants to elope and get married but in reality, he doesn't exist. Her mental illness is due to the trauma she has faced in her childhood when her father and mother died right in front of her eyes. Since that trauma, she believed that Sajjad is her lover whereas, in reality, Sajjad was her father who died in front of her while performing a magic trick with fire.

The movie also shows a love triangle between Rinku, Vishu, and Sajjad as Vishu has fallen in love with Rinku whereas Rinku who is suffering from a mental ailment is in love with the imaginary boyfriend Sajjad. By the end of the film, Rinku realizes that Sajjad doesn't exist in reality but in her mind and she decides to let go of him forever.

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

## Psychoanalyst of the month WILHELM WUNDT

Wilhelm Wundt was a German Doctor and psychologist. He was the man most commonly identified as the Father of "Modern Psychology". He graduated from University of Heidelberg with a degree in medicine. He is the first one to refer himself as a "psychologist"

He is famous for his formation of the "World's first experimental Psychology lab" which was established in 1879, at University of Leipzig in Germany.

This lab utilized scientific methods to study the human mind & behavior, he took Psychology from a mixture of philosophy & biology, and made it a unique field of study. He was the one who developed a research technique known as "Introspection", which means that it's a process that involves looking inward to examine humans' own thoughts and emotions.

Introspection is similar to what you might do when you analyze your own thoughts and feelings, but in a much more structured way, that one could understand.

He also wrote many books like "Introduction to Psychology", "Lecture on human and animal psychology", "Compendium di Psicologia", "Principles of Physiological "

One of his books "Principles of physiological psychology



(1874)", helped in establishing experimental procedures in psychological research.

He is also often associated with the theoretical perspective known as "Structuralism" - that involves describing the structure that composes the mind. Structuralism is regarded as the very first "School of thought in psychology".

He also founded experimental psychology as a discipline and became a pioneer of cultural psychology.

He has influenced society by his support of experimental psychology and he also set the stage for "behaviorism". He has contributed many of his experimental methods that are still in use in today's society.

Thanks to his work and all of his contributions, a whole new field was established that inspired other researchers to explore and study the human mind and behavior.

"The Distinguishing characteristics of mind are of a subjective sort, we know them only from the contents of our own consciousness" - -WILHELM WUNDT

Laxmi Mishra  
BA (2021-24)

## New Normal Post Covid 19: A Survey Based Study

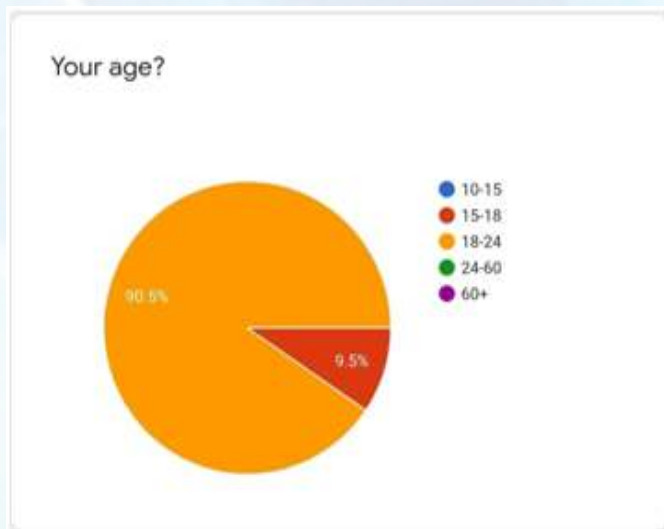
Corona Pandemic has hit the Indian mind set with an unexpected and unwanted experience.

This experience carries all the emotions, feelings and sufferings they had to go through in the initial as well as in the hazardous 2nd wave in which many loved ones were separated forever. It also carries the feeling of a new normal after the post covid 19.

The experience and the feeling of a new normal will be a mixed one as different individuals have different viewpoints and their valuable viewpoint is covered in this article which is based on the survey conducted in an online form.

The survey covers the question like the transition from the offline mode to online mode; in which mode they want the work to be; how would they like to rate their online experience in the Covid era and their viewpoint after the reopening of schools, colleges and the workplaces which creates the feeling of a new normal post covid 19.

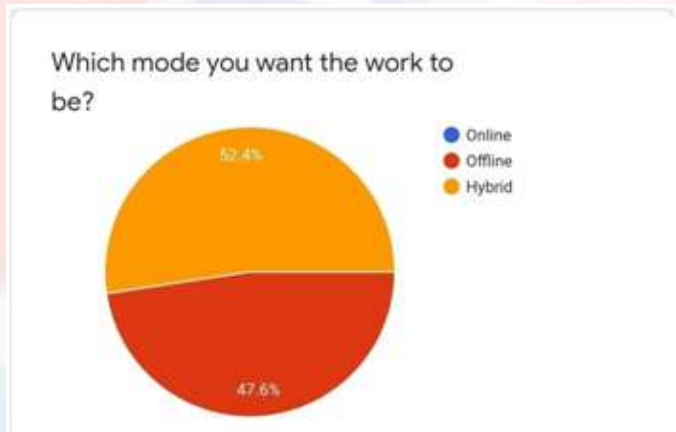
I conducted the survey, here 100% of the participants were students and they were between the age groups of 15-18 and 18-24.



According to the majority of the participants, the transition from the offline mode to the online mode during the Covid 19 was a bad experience and 42.9% voted in the favour of it.

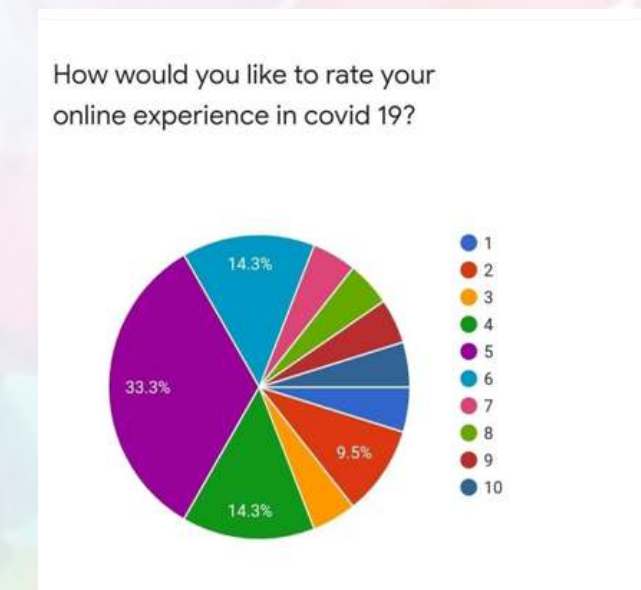
28.6% of the participants felt the transition to be good and 23.8% of participants voted the transition to be the worst. A small portion of the youth felt the transition to be an excellent experience.

According to the majority of the participants, the mode of the work should be hybrid and 52.4% of them were in favour of this mode. The second favourable option was the offline mode and 47.6% of the participants voted in the favour of it. The most shocking result was that none of them want the work to be operated fully online.



They also rated their online experience during the Covid 19 in which the majority i.e. 33.3% of them rated it 5/10. There is an equal vote percentage of 14.3% who rated their online experience as 4/10 and 6/10 and other votes were split in a small ratio to the other ratings.

The reopening of schools, colleges and workplaces give a pleasure of a new normal after the covid 19. The participants viewed it to be pleasant as they can clear their doubts on one to one basis with the teachers which was not possible in the physical classes.



Some write that they have mixed emotions of anxiety as well as excitement after the reopening of the institution. Nervousness is about going to the institution after such a long interval and whether everything will be like before or not, and the excitement was of meeting the friends and chilling with them after such a long time on the campus.

But one thing is common, everyone is looking forward to moving and living the life that was before the Covid 19, without any restriction of masks and sanitizers. A new normal and a new life is waiting eagerly.



## Coping with Traumatic Stress: A discussion



An enlightening session on, “Coping with Traumatic Stress: Together with Peers and Mentors” was organized by Meraki, the society for mental health at Delhi Metropolitan Education in collaboration with DME Mentoring Cell on 25th April, 2022. The event began with an inaugural ceremony, with an introductory speech by Ms. Ambika Sharma, student convener welcoming all the participants and dignitaries. It was followed by a slight glimpse at the foundation and achievements of DME as an institution. The event was graced by the benign presence of our guest speaker, Dr. Anjali Mahalke – counseling psychologist, and faculty members like Dr. Rashmi Nagpal (Dean Law School), Dr. Ambrish Saxena (Professor and Dean – DME Media School), Dr. Poorva Ranjan (H.O.D Management School), Dr. Seema (Head – Mentoring Cell), Ms. Shanu Jain (Convener – Meraki) and other professors at DME.

Felicitation of our hon'ble guest was done by Dr. Rashmi Nagpal and Dr. Poorva Ranjan together. Tuba Firdos (Student BA.LLB) made the audience familiar with Meraki and DME Mentoring Cell. The session began with a 5 senses awareness test and sensory grounding techniques to help introduce and familiarize the audience about the topic, followed by a learning agenda focused on trauma and coping mechanisms. She explained the development of trauma over the course of one's life and its impacts. “Trauma is intergenerational – a key point, it shapes your personality over time. It can be patriarchal and/or societal, influenced by individual experiences”. Dr. Anjali devoted it to help identify, accept and overcome traumatic stress. A small test on “Trauma based responses” was conducted to know about the contrasting views regarding the subject matter. She emphasized on the need of “Holistic Healing” as a crucial

**DME** Delhi Metropolitan Education  
Affiliated to GGSIP University, New Delhi & Approved by Bar Council of India

**THRIE**  
DME Mentoring Cell

**M-RAKI**  
Society for Mental Health  
in collaboration with  
DME Mentoring Cell  
Invites you to an encouraging  
and healing discussion on

**Coping with Traumatic Stress:  
Together with Peers & Mentors**

Monday April 25, 2022  
03:00 PM  
Venue:  
Seminar Hall

Ms. Anjali Mahalke  
Counseling Psychologist

Dr. Seema Mittal  
Head  
Mentoring Cell

Ms. Shanu Jain  
Convener  
Meraki

B 12, Sector 62, Noida  
Tel.: 7042667951, 7042667516

dme.ac.in | /dmenoida

part, including a mix of therapy, medication and support system. Dr. Mahalke applauded the practice of RAIN Technique (Recognize, Allow, Investigate and Non-Identification) and ended it with a quote by Carl Jung. The discussion erupted with interesting questions from the audience and the expert gladly answered each. She suggested how accepting one needs support, finding right help and communication proves to be a helpful factor in many situations.

The session continued with words of wisdom by Dr. Ambrish Saxena who said that freedom and discipline are complementary for growth. Megha Mishra (Student Co Convener) encouraged the present faculty members to share some instances of their own as an activity. Dr. Swaraj Manchanda and Dr. Manmeet Kaur narrated their experiences, related to indiscipline in class and disadvantages of online learning respectively. A vote of thanks by Dr. Poorva Ranjan concluded the event. She thanked everyone for their presence and contribution, and encouraged friendly and transparent environment development between students and mentors. “We belong on the same side”, were her words as she ended her ending speech.

Shikha Thakur (BBA Batch 2021-24)  
Prachi Kushwaha (BA.LLB Batch 2021-26)



# TEAM MERA KI

**Patron-in-Chief:** Mr Vipin Sahni, **Patron:** Mr Aman Sahni, Justice Bhanwar Singh, Dr Ravikant Swami, **Editorial Support:** Ms Sukriti Arora, Ms Shambhavi Mishra, Ms Shanu Jain, Ms Tanisha Sharma and Ms Megha Mishra **Design & Layout:** Mr Anmol Mehta **Student Editorial Team:** Tejaswini Verma, Sukanya Dutta, Aneesha Saran, Ritisha Bhattacharyya, Aishwarya S Nair, Ambika Sharma, Parnika Pasricha, Devanshi Saxena **Student Creative Team:** Devanshi Chaudhary, Himani Sharma, Gauri Kapoor, Aayushi Sharma, Antas Deep  
*Content Contributed by Student Members. All the views, information, or opinions expressed in the articles are solely those of the individuals who contributed.*

Printed & Published by Delhi Metropolitan Education  
 Address- B-12 Sec-62, Noida, Uttar Pradesh-201301  
 Phone No.: 7042667951