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# — संतुलन —



THE MENTAL HEALTH BULLETIN

**Old Age Homes  
& Senior Citizens**

**Mental Health  
Conditions of  
Prisoners**

**Mental Well-Being  
of the LGBTQ+  
Community**

**Mental Health for  
Better Teaching  
and Learning**

**New Dimensions  
and Disciplines**

Dec 2022  
(IV Edition)

## Old age homes, senior citizens, and their mental health



And now we can say that there is a senior citizen act where an elder may give their property to a person who provides them good health and take care of them. But if we say that no matter what old age now becomes like a family a centre where all gather and celebrate their life. We only want an opportunity and a reason to be happy.

### Dimension:

Now, what is the dimension of mental health yes it's a type of how a person differs in mental health. Mental health is what: disappointment in life, feeling stressed out, not having fun.

No one experience perfect mental health yes indeed it is true if we see there are much elder who are with their family but are not happy like the one who is with not so what's the difference sometimes changes required so medium no matter wherever we are we should be happy and live happily. Yes, we have to learn how to balance life in all aspects this is a task that nothing can affect us.

**Thought:** This is the first dimension of mental health. Though indicates how a person thinks about themselves. What is the thought going in their mind? What they are thinking about other people affects their mental health. Thought can also be positive and negative.

**Body reaction:** This is another level of mental health, body reaction indicates how our body feels like

- Upset stomach
- Chest pain
- Diarrhoea

**Emotion:** Now emotion also plays a major role in mental health like thought. Emotions also vary according to positive and negative which changes with changes in mental health.

**Behaviour:** Behavior also plays a role definitely as how we behave also creates mental health if it's good then it has a positive effect if it's not then it will affect our mental health.

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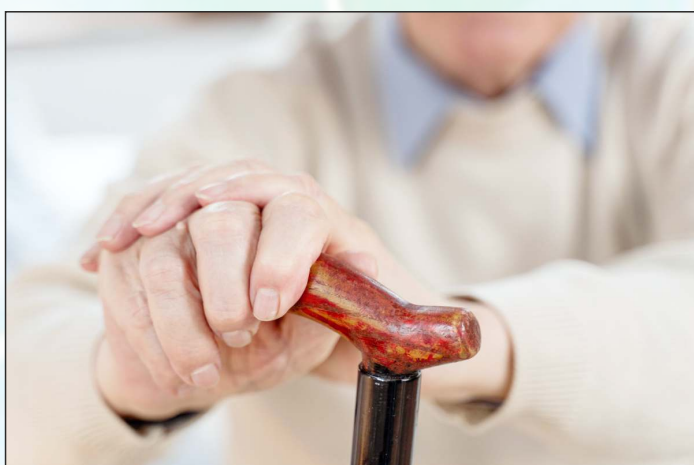
The number of old-age homes in India is 728, and it has become an urgent issue. We all know what an old age home is for, and since we're focusing on elderly citizens, it's not inaccurate to argue that their mental health is suffering. In today's modern world, we find a lot of old-age homes, which have become fashionable for some. At least one-fourth of adults suffer from a mental condition.

Senior citizen feels anxiety & depression as they are far away from their family and yes for some it plays a positive role also. We can say old age homes not only show a negative side but also a positive side as now many citizens celebrate functions there so they did not feel lonely, the government also focuses on senior citizens' health.

As the elder population increases their life-sustaining becomes slowly less effective. Rapid urbanization has caused a lot of problems for elders. The care for the elderly is different in different countries of culture, demography, and separation of joint family and this is important whether this is sufficient for maintaining the psychological well-being of others.

Being with family does not always guarantee good mental health cause in some there is an abusive atmosphere. If we see there are many rights for the senior citizen to improve their health such as the right to communicate, the right to participate in an activity, right to privacy.

If I say that yes their mental health can be improved If they engage in some work it not mean whether you are with your family or somewhere else for being happy you only need to live a life fully and yes this is a good medium if we positively use this. Earlier there were many reports regarding old age homes where they only show how seniors are affected but yes they are affected but now it become less and if we people give them opportunities their health can be improved.



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# Mental Health Problems Faced by Women Prisoners in India

## Abstract:

According to the NCRB report, 4.1% of the total population of prisoners (including pre-trial and remanded prisoners) are women. It can be analyzed from the available reports that the rate of criminality among women is on the rise when compared to the last decade. India has adopted the disciplinary method of the criminal justice system, where the prisons are provided with a human environment so that the offenders can rehabilitate, reform, and re-socialize. There seems to be no separate category or treatment accorded to the prisoners regarding mental illness. This issue needs to be taken seriously. The author of the present article tends to analyze the mental health of women prisoners in India and the impact on their livelihood in the current civilization.

## Introduction:

In the current civilization, the purpose of punishment should be reformatory rather than retributive. The detained prisoners should take care of their mental health and well-being. The main motivation for this is to prevent future crimes. Efficient trial procedures, incarceration living circumstances, the physical health of the prisoner, the treatment of female prisoners by prison staff and authorities, knowledge given to the prisoner by the team, and prison rehabilitation and reformation programmes all contribute to the prisoner's good mental health. The inmates' relationships with their family members, particularly their children if the children are not with the inmate, and prison policies and practices are also variables that affect their mental health. A stringent law protecting their rights and mental health is the need of the hour.

## Factors Responsible for The Causation of Crime:

Several factors are responsible for the causation of crime among women. They are directly proportional to the imbalance in their mental health. The earliest known works on women and crime are from the late nineteenth and early twentieth centuries. Early writers noticed that women committed fewer crimes than men and explained this by saying that women were morally superior to men. Women's intrinsic biology, which was thought to make them more subservient, passive, and cunning, was another contributing element. The social institution that society views as most acceptable is marriage. Mutual physical, emotional, and social well-being is supported and encouraged by marriage. Marriage is considered one of the factors responsible for the crime, and the disbalance of mental peace among women prisoners is due to the acceptance and validation of society. Disloyalty and cruelty are major causes of mental depression, anxiety, and mental disturbance in women, which leads to crime.

Early emotional immaturity causes women to give in to their emotions, and an unchecked pleasure-seeking mentality leads to criminality. Women with education know crime, its penalties, and its legal ramifications. Because of this, educated women can better control their emotions and are adept at addressing issues related to marriage, domestic abuse, and other forms of harassment against women. The more educated the population, the lower the crime rate.

## Constitutional Status Accorded To Women Prisoners:

The earliest known works on women and crime are from the late nineteenth and early twentieth centuries. The Constitution does not guarantee or accord any specific legal protection to women prisoners. The right to equality is one of the fundamental rights guaranteed to women in India. The Indian Constitution's founding fathers seriously considered safeguarding and advancing women's and children's rights. The Preamble, which incorporates "the aims and aspirations of the

people of India," sufficiently reflects this. "Equality of rank and opportunity" is one of the supreme goals. The Indian Constitution's Article 14 guarantees women in India equal legal protection. The same rights mentioned above are to be accorded to a woman prisoner. Article 21 enumerates that every person is entitled to the right to life and personal liberty, except as otherwise provided by law. The same rights apply to women prisoners as well. Further, Article 22 states that every person is protected against arrest and detention in some instances. Furthermore, according to Article 39A of the Indian Constitution, the state must ensure that the functioning of the legal system promotes justice based on equal opportunity. In particular, it must provide free legal aid through appropriate legislation, programs, or any other means to ensure that options for securing justice are available. All the rights mentioned above are applicable to all women prisoners in

general. There seems to be some insecurity about their livelihood in prison, which affects their mental health.

## Conclusion and Recommendations:

In local prisons, there has always been the potential for harm and wrong to be done to prisoners. Unfortunately, the state's oversight of daily events within these institutions has devolved into a formality, and societal surveillance is conspicuously absent. Numerous suggestions have been made to facilitate these conditions by both recommendatory authorities and the highest court; however, most of these suggestions have not been implemented. Criminological and sociological literature is replete with studies of crime and deviance. The same cannot be said about criminal women in particular. Although the issue of female criminality is garnering more attention globally, social scientists continue to ignore the conditions, problems, and prospects of jailed women on a national level and, more specifically, at the local state level. This study makes an effort to close this apparent empirical gap. Many female offenders have been victims of the feudal socio-economic institutions in Indian villages. Male relatives defraud women by enlisting them in criminal activity. Male relatives frequently influence the women to make them look guilty instead of taking advantage of their lack of legal knowledge, experience, and support.

Consequently, class and caste combine to provide the leading cause of persistent crime, especially female crime. Lack of proper health facilities, particularly for female prisoners, has been frequently emphasized along with other subpar prison services. The most glaring issue for the latter is the lack of female doctors to examine the unique issues experienced by women prisoners. Most convicts may perceive living conditions favourably, including enough living space, clean cells, restrooms, dining areas, and enough water. While there was no observed issue with the meals' adequacy, several people described the quality of the meals as "satisfactory" rather than "excellent." As a result, the government's collective efforts in the form of policies and legislation should be lauded. Also, the functioning of the nongoverning agencies and their collected data must be recorded separately to provide an effective remedy to all women suffering from mental health problems in particular. The mental well-being of an individual in the current civilization is of utmost significance, whether a criminal or a victim.

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# The Role of Education in Fostering Children's Mental Health

## Introduction

Mental health and well-being can be nurtured efficiently when the thought processes have not been exposed to a plethora of external experiences and perceptions. The easiest path to foster mental health and well-being is through education during schooling years. The minds are blank slates and aren't touched by an avalanche of external experiences. Thought patterns and strongest tendencies are tender and open to change, the foundations of emotions and behaviour are not intact, and the perception of circumstances is not rigid and fixed. As age progresses, the tendencies, habits, perceptions, and thought patterns developed over years seep into the subconscious mind and determine mental health and how one feels most of the time. It then becomes a natural and habitual way of responding to the events in life. Therefore, this stage is flexible to inculcate new patterns, conscious responses, strong will, faith, and the ability to bounce back. It also paves a smooth pathway to regulate natural tendencies and perceptions, and to feed their minds with alternative perspectives. The strongest patterns shape deep-seated belief systems. The years from kindergarten to high school play a significant role in shaping perception and response to situations encountered during life. Such a young age is crucial since it lays the groundwork for a person's fundamental characteristics. Proficiency in any sport, a specific skill, subject, work, relationship, or any other area of life requires strong foundations. Similarly, mental health and well-being need a strong foundation to erect the building of profound and worthwhile life experiences. Children learn more through examples and observation. When this stage is taken care of by setting the right examples and exposing the child to the right information and activities, a natural enhancement in the learning process occurs. It is equally important to have equanimity and a balanced state of mind while delivering learning experiences which necessitates the need for the faculties to have equal exposure and access to mental health facilities.

## Fostering Mental Health

Habits of thought are mental magnets that draw to you certain things, people, and conditions ~ Paramahansa Yogananda

Essentially, all feelings, behaviours, and actions sprout from thoughts. Thoughts do have a metaphysical basis but at the same time, much of the thought patterns are inculcated during childhood through observation and being repetitively exposed to the caregiver's pattern of responding to situations, gradually expanding to include other family members, school teachers, and peers. People in immediate surroundings communicate the duality of good and bad, right and wrong, appropriate code of conduct, and setting limitations through words "don't, can't, or no". The boundaries are already set which are important to some extent but can also hinder a child's potential to explore their inner and outer world. Children need to explore themselves to truly understand who they are and what the purpose of life is.

In my opinion, the skills and abilities listed below can

substantially improve mental health and lower the risk of psychological issues in youngsters.

## Nurturing Divine expression in children

The divine qualities of trust, joy, love, compassion, and peace exist in every creature but can be explicitly observed in children. This is because they are not yet blinded by the material world and new-age living. Keeping these qualities intact fosters pleasant states of experience which in turn ensure effective learning. To keep these expressions intact they need experiences like staying close to nature, practicing gratitude, planting trees, and playing in the soil. The art of giving and caring can be cultivated by organising activities feeding children on streets or non-governmental organisations, making hand-crafted gifts for people in old age homes, or it can be as simple as providing emotional support, a glorious smile, or a few encouraging words to those in need.

## Emotional regulation

Learning can't take place when the mind is preoccupied with overwhelming and unresolved emotions. Emotions can cloud the ability to think clearly and to make the right decision. It is crucial to teach students how to regulate their emotional states. Breath control, physiological muscle relaxation, altering cognitions, and chanting affirmations

possess a remarkable power to bring the emotional state under control. At the same time, it is important to teach the difference between suppressing emotion and overcoming an emotion. Suppression will lead to the accumulation of toxic emotions which will find an unhealthy way of showing up later in life.

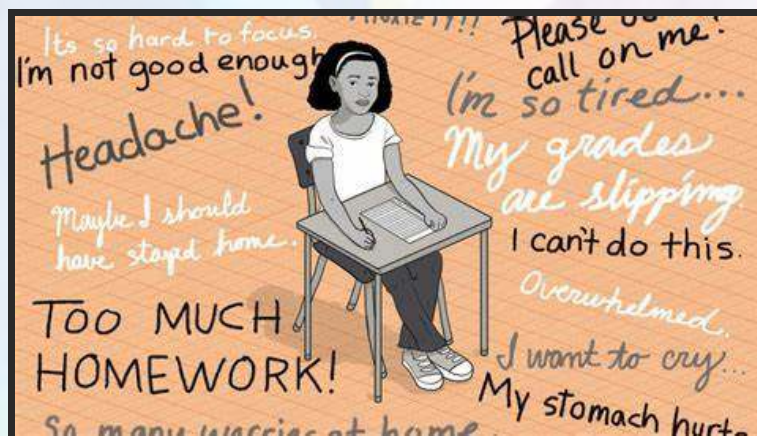
## Self-awareness

Awareness brings in the capacity to reflect, introspect, and see things as

they are, free from personal bias and judgement. This further opens up the room to make amends and modifications in thought, behaviour, and action. Journaling, consciously analysing reactions, monitoring thoughts, expression of emotions, and communicating needs, feelings, and personal desires particularly become important during adolescence: Such activities and skills need to be taught in mindfulness workshops or during a set number of hours dedicated to mental health every week. Without practice, no skill can be honed. When it comes to these practices, the rule is the same. Students will be better equipped to handle obstacles as they put these skills into practice more frequently. However, depression, anxiety, eating, and behavioural disorders require assistance and sessions with psychologists and psychiatrists.

## Inculcating compassion

Compassion kindles love when everything fails. Being compassionate, generous, and considerate is the true nature of our soul. We are built to love and care for others. Small acts of kindness every day give meaning to life. This basic quality can be nurtured by teaching children to share, care for others, not harm anyone, and help fellow students. Children will more easily catch these patterns from observing others in their immediate surroundings indulging in such acts. Compassion lights up love, understanding, and care for humans and other creatures. This will naturally lead



to a decline in bullying, teasing, maligning, and detraction. The understanding of righteousness and humanitarian values will empower society as a whole.

### **Anger management**

Anger management explains that the expression of anger can be brought under control. The feelings of anger and accompanying responses often remain much more within our control than we realise. An important concept when talking about anger is the 'anger iceberg' which was first coined by the Gottman institute. It explains when we're angry, there can be other emotions hidden beneath the surface. These emotions could be loneliness, betrayal, jealousy, embarrassment, fear, guilt, and rejection to name a few, and can be explored through a one-on-one session with school counsellors.

It is important to learn to channel anger in the right direction. Sometimes uncontrollable anger needs an instant outlet which comes in the form of physical or verbal aggression, harming self, others, or things around. An appropriate physical expression of anger includes doing push-ups, running, or engaging in any sport, punching a pillow, altering breathing pattern, walking away from the place where the conflict is escalating, writing it down, and talking to some other person (not involved in the fight) about it.

### **Lowering the occurrence of bullying**

Bullying has significant psychological consequences including but not limited to depression, anxiety, substance dependence, loneliness, low confidence, and panic disorder. Feeling powerless, gaining popularity, enjoying the rewards of bullying, a need to control others, displacement of problematic home life, insecurity, and seeking revenge are a few possible reasons why students bully. There are six main types of bullying, namely physical, verbal, sexual, prejudicial, relational aggression, and cyberbullying.

Anti-bullying programs, psychoeducation, understanding the true meaning of compassion, small acts of kindness, and emotional regulation are essential to bringing down the incidents of bullying.

### **Inner strength and willpower**

Learning to cultivate inner strength fortifies the ability to perceive and approach challenging circumstances with an optimistic attitude. By developing willpower, a person can accept reality without allowing their internal balance to become unsteady.

For instance, if adults portray a specific task to be difficult to achieve, the children form mental categories having clearly defined boundaries of achievable and non-achievable tasks. This limits them from approaching the learning process with an open mind. Children tend to keep trying even if they fail. The natural tendency to persevere is overshadowed by doubt as they observe and accept limitations and boundaries.

### **Overcoming fears**

Another factor that impedes the learning process is fear. Franklin D. Roosevelt beautifully quoted "the only thing we have to fear is fear itself". Swimming, performing arm balances, taking on a tough project, writing a story, dark rooms, performing specific activities in camps, public speaking, and competitions are a few common things that children and students fear. Each time they are encouraged to confront their fears with courage, they gain confidence. It considerably increases their trust and faith.

Fear comes from the heart. If ever you feel overcome by dread of some illness or accident, you should inhale and exhale deeply, slowly, and rhythmically several times, relaxing with each exhalation. This helps the circulation to become normal. If your heart is truly quiet, you cannot feel fear at all ~ Paramahansa Yogananda

### **Platforms to discuss mental health issues**

Open discussions centred around mental health concerns and challenges faced by students should be organised frequently. The school panel should make access to clinical psychologists and counselling services simple and convenient. Psychiatrists need to be on hand in case of clinical diagnosis.

Another important aspect to be considered here is to educate parents and guardians to understand, process, and effectively tackle various emotions and concerns that children deal with. The impact of physical, verbal, sexual, and emotional abuse, substance use within the family, interactional patterns between the members, and love and affection shared, reflects in their perception, thoughts, behaviour, and responses.

### **Guided meditations**

One-pointed concentration, awareness in the moment, and rhythm of breath are imperative to succeed in all areas of life. A set amount of time devoted each day to developing awareness and concentration will gradually spread into all the tasks performed throughout the day. Mindfulness, living in the present, peace of mind, self-control, willpower, and productivity, naturally develop by practising the skill of meditation.

### **Conclusion**

Mental equilibrium and a healthy state of being are necessary for learning to be pleasurable. These ideas must be understood and put into practice in small, everyday actions. The way one responds to minor inconveniences daily will determine how one perceives unforeseen and difficult life circumstances. The inner sense of well-being is needed the most in life and is frequently neglected in schools. Genes, inherited traits, and environmental factors—in other words, nature and nurture - all contribute to the process of growth. The power over the environment rests with the family and the school. Most importantly, kids quickly acquire new skills by imitating influential adults. It is common to witness children mimicking adults' spoken words and actions. The world needs to raise spiritual, confident, compassionate, grateful, and loving children. These qualities will always win over greed, jealousy, stress, and discontentment. There is no doubt about it. The famous quote "life is not a race, but a journey to enjoy" will not find any expression in the lives of people unless the same is portrayed right from schools to the work environment. Being overwhelmed with emotions will end up the person taking wrong decisions, a lack of self-awareness will block the true insight that individual needs to have, anger and lack of compassion will always impede relationships, weak willpower and inner strength will never let the doors of unlimited possibilities open up, fear will continue to hold back the true potential, inadequate understanding and open communication regarding mental health will always minimise its significance, and the vast ocean of our existence will remain hidden if we don't learn to meditate. It is explicit and obvious that nurturing the development with respect to these aspects is crucial to walk the school of life. Humans are endowed with the gift to break barriers within and explore their true selves. Awareness and development in these areas will intensify the quality of life. It is essential to raise humans, not machines.

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# Smartphone: Mental Health Problem for Students

## Introduction

The smartphone is the biggest non-drug addiction globally. The recent catastrophic event of the pandemic has succumbed to all sectors, whereas on the other hand, the era of "online education" has touched great heights, and with this boon of distance learning comes mental health problems, like their level of concentration tremendously decreasing with an increase in distractions. The new technology and online mode of study are making youth lazy, and their physical activities have been minimal.

Online education was the most important need for the demand to fight the pandemic, but the effect of more and more smartphone usage has created a mental effect on youngsters. Activities like gaming, movies and other forms of entertainment have flourished as young people gravitate toward them, and this has a significant impact on children's minds.

## Impact on Study

Most of the students are only half present during the online classes & only a handful pay attention. A study has shown that a student checks his devices more than 11 times a day, and this is not just a glance but often a long engagement. The majority of the time, it is undetectable to them, and they are becoming preoccupied with their gadgets. If we see the scale, then more than 11% felt that they could not stop themselves from using their devices while in class, 25% said that it's their choice whether to use them or not, and a good margin of 30% have considered using the device only for learning purposes.

Due to the increase in conversation through smartphones, people are less interactive physically; they prefer to text rather than sit and talk face-to-face. Phubbing has increased tremendously, and globally, it is a concerning issue. Today's classrooms have chalkboards and overhead projectors, and college students study on smartphones or other devices, which has changed the way knowledge is acquired.

## Screen-Time Limit

Social media has introduced new ways to engage their viewers with different short videos that extend from 15 seconds to 1 minute. Due to this reduction in clip timing in the entertainment sector, children's focus time has also been reduced. In a number of cases, they have the habit of using their phones during bedtime. Two big institutions, namely the American Academy of Pediatrics and the World Health Organization, have recommended that screen time for young children should not exceed two hours a day.

The negative mental impact of smartphones on young people stems from viewing violent or vulgar content, abuse, and bullying, all of which are dangerously risky. The NCPCR (National Commission for the Protection of Child Rights) states that "social media platforms contain memes and other forms of entertainment that are completely inappropriate for children."

## Scenario in Indian Schools

The more and more increase in the use of cell phones during the study time increased the frequency of loss of concentration, smartphones are new addiction among young people as per the study by the NCPCR (National Commission for Protection of Child Rights). In a number of instances, it has been found that children become violent or take their own or someone else's life under the influence of online games. So now the question arises: Are online games a source of entertainment or a hub for making children mentally ill?

## Mental Illness

The present era of the young generation is more towards followers and their likes, which is motivating them to take extreme steps in fulfilling their aim: self-injury, partially cutting and harming other people during pranks. This social media trend has increased the agony of society on children. There are instances of online bullying due to certain opinions and youngsters. A student has the insecurity that they will be left behind if they don't know what is trending; they start getting FOMO. All this has led to depression for the youngster. Nowadays, the increase in self-harming videos has raised alarm about whether giving smartphones

to students is a good option or not. There is no doubt that smartphones have a plethora of resources for great knowledge, but they also come with distractions, and these distractions can lead to various problematic behaviours.

## Reduces Memory

The student is so engrossed in their phone that they become distracted by phone messages and notifications while performing tasks such as studying, walking, or working. Students used to do mental math and use an abacus to sharpen their memory, but now they use

their smartphones to solve simple math problems. A study has found that if any person is distracted by their smartphone while doing any task, it takes them up to an average of 25 minutes to refocus on the original task at hand. This is why there is great concern about any student using their smartphone for study purposes; it will be problematic.

## Are Students Addicted to Their Phones?

Recent trends have shown that young children are very much into their smartphones, and young women are more into them than young men. There is a daily consumption of alcohol that is alarmingly higher than what is prescribed by the NCPCR (National Commission for the Protection of Child Rights). Nomophobia is described as a psychological condition when people have a fear of being detached from mobile phone connectivity, and this psychological condition is increasing in young people, who keep on checking their smartphones even when no notification or message has been received. The very short span of concentration in study and getting distracted by a smartphone is affecting their score in examinations, which is creating a mental burden not just on students but also on their parents, who are concerned for their future.



## Factors Affecting Mental Health

There are “n” factors that create mental problems in children due to the use of smartphones. A few of them are illustrated below:

- 1) Baby using a smartphone: Babies who are crawlers have been seen using phones when they are eating or at other times to make them quiet. This has increased the addiction process in early childhood, and later, they can't stay without a smartphone.
- 2) Insomnia or difficulty in sleeping: Youngsters have developed a habit of using smartphones before sleep, which makes them curious when they are chatting or watching any series, which unfortunately leads to late night sleep and ultimately, less sleep, which causes mental problems for young people.
- 3) Anger and aggression: Due to lack of sleep, they have frustration, which slowly builds to aggressive behaviour and mental instability.
- 4) Anxiety or constant worry around his phone: FOMO is a word used for “fear of missing out,” which is quite a lot found in youngsters when they are around their group that they will be left out of their particular group if they are not as cool as them.
- 5) Compulsion: Due to a lot of activities and study, students have to involve themselves in their smartphones to get extra knowledge, and those resources are pretty helpful to grow their knowledge, but many times this advantage from the smartphone becomes a disadvantage when not handled carefully.
- 6) Distancing from loved ones: Many a time, it is observed that children make themselves isolated and busy on their smartphones, which separates them from loved ones even during special occasions.
- 7) Fear of not finding one's own phone: The urge to use a phone and young people's constant behaviour of being on smartphones caused them to become completely devoted to their phones.

### Solution

There are a few techniques that will help young people stop

misusing their smartphones and focus on their lives.

- 1) Schedule for usage: There should be a proper schedule for the usage of smartphones which will regulate their daily use and also monitor the timing when their phone is being used.
- 2) Hindrance to your daily schedule: The daily monotonous lifestyle will never let you change even if it is for betterment, there should be a hindrance to that routine by way of learning a new skill or another way that is new and different from what your daily routine is.
- 3) Self-examination: There should be always a check and balance about the usage of the smartphone. It should be done on two categories of productivity and distraction, by self-examination only a person can check on themselves and know their real status.
- 4) Change phone routine: Proper routine should be made which has space for phone usage also and it should not be near study hours, there can be a reward if there is extra hard work in the study. Routine will help in self-examination.
- 5) Uninstall the unnecessary application and silence your notifications: The main cause of mental instability and dispersion is an addiction to a smartphone in the wrong way; if one relies on the use of appropriate and beneficial applications, there is no chance of mental agony, so it is critical to delete the unnecessary applications

### Conclusion

The smartphone is the most important invention of the present generation. Mental health and the well-being of children are quite serious issues. Using a smartphone and keeping out distractions go hand in hand, but if all the solutions are implemented (as mentioned above), there won't be a problem. After the pandemic, smartphones or other devices, with the help of the internet, have gathered a lot of information that should be properly channelled and used for giving proper direction to youngsters.

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## The Truth Behind Old Age Homes

I sit with my pen in hand  
Waving it like a magical wand,  
Writing about the events I witnessed  
The fate of one can be so vicious?  
Left by the kids to fend for self  
No place to go and find help.

Was it just yesterday, when I seen  
Playing with their grandkid had they been  
Packed their life in just a suitcase they are standing  
OLD AGE HOME or a misunderstanding?

Days flutter by and no one else left  
Dada-Dadi, the cries of the kid far left,  
They are long gone the kids don't recall  
Cries and shock, today it was the call!

Long gone from the minds and now  
Without her, he will survive somehow.  
In his own home, the Dada was a guest  
After the ceremonies,  
he was made to leave just like the rest.

India is the land of dutiful children like Shraavan Kumar & shows a stark contrast at the ground level today. The picture of old-age homes today seems quite disheartening since the parents who have burnt the midnight oil throughout their life are now left to fend for themselves once again. It appears that in today's fast-paced world, the younger generation is emotionally disconnected from their families to the point that they do not even regard their parents. In the previous decade the world around us has seen numerous significant changes. Different sectors of society have had a big lifestyle shift. But unfortunately, not all changes have been positive; senior citizens have been at the bitter end of this social change. As a result of this society's evolving dynamic, the number of old-age homes has increased significantly. As a result of the evolving dynamic of our society, the number of old-age homes has increased significantly. The concept of old-age homes was originally intended to give sanctuary for senior individuals without families, but has quickly devolved into this terrible circle of offspring abandoning their blood for the sake of so-called household peace.

The country of joint families has seen a drop in joint households, which has played a significant role in lulling adolescents into independent existence. In some ways, it all

stems from a lack of communal spirit and the breakdown of families. Because it appears that the younger generation has no difficulty moving out and adjusting to new situations, whereas senior seniors are unable to acclimatize to today's fast-paced social life. As a result, the two generations are naturally estranged. While one half appears to be doing well on its own, the other is crumbling due to the split.

Old-age homes are usually run by NGOs or government funding and the life inside these old age homes is not all that great. It feels gut-wrenching to see people working so hard to find a nice old age home for their parents when they can use that same energy toward taking care of them. Old-age homes are the reason why people who deserve respect and love from their children and grandchildren are served with abuse and abandonment issues on a platter.

Mainstream Bollywood has also highlighted the issue of elder abuse and abandonment, with Baghban being one of the most remarkable examples in my opinion. It is undeniably the most well-known Hindi film on elder abuse. It shows how an elderly couple had to move from house to house of their children because no one wanted to keep them. Despite all the sacrifices they made throughout their life for them, in the end, they realized how blood relations don't always provide love and respect.

The stark reality of today is that even these old homes have become profitable businesses. The parents in these shelter homes are forced to stay away from their loved ones and the last days of their life without their family by their side. They are made to deal with their health issues and left on their own without a voice. This business is not as amazing as it may sound in their brochures, one day I was reading the newspaper and I came across this report of how a poor elder in a senior citizen's home was beaten for asking for more food, also their bedrooms and toilets were often poorly maintained. After that incident more news articles started to flood, accusing the management of not utilizing payments made to them by children of the elderly. Can only money given to these shelter homes compensate for the love and care that a family provides to someone who has toiled hard throughout their lives for their kids?

Also, think about it, every individual has separate needs, especially old people, and these facilities even fail to provide basic care and rarely properly cater to the personalized needs of the individual. Some of them even impose restrictions. Thus, people in these institutions are not exactly happy being confined like that. The even more disturbing fact is that children sometimes can't even make time when their parents fall sick or even die in old-age homes.

Psychologists have noted that once an elderly person is left on their own accord in a old-age home, it's usually seen by their kids that their duty is done. Even society today is beginning to normalize it but how would this very society feel if an infant is left in a crib without milk and toys and no one to care for? The elderly man is similar to an infant, so if leaving a child on its own in unknown surroundings is nerve-wracking to you then how can one think of isolating their parents in their retirement days?

Although there are all these negative aspects, reportedly there are some elders who feel comfortable in these homes in

the company of other elders with similar interests, and in a way, they feel connected which they could not feel in the outside world. This could be a result of detachment from their family members and they might feel more secure there. It is because of complete detachment from their family that they tend to find solace in others who are of the same age.

The people who accept their 'fate' and their life in these homes usually find a new family amidst the residents of the place, but even with the best of the best shelter homes cannot replace the position of family and household for any individual. Undoubtedly these homes have a more active community life for the elderly, safety and security with age-friendly facilities and hassle-free living but still, the podium of a house and family for which one has worked throughout his or her life cannot be taken over by luxurious facilities.

As one can tell the life of elders is full of problems and their age is as sensitive as a child's the minutest of problems becomes difficult for them to tackle. An unhappy state of mind has become a part of their social life. In situations like this, it often takes a toll on the mental health of the individual. Mental health comprises our emotional and social well-being. It affects how one handles the normal situations life has to offer. It also has an indirect relation to how we handle stress and make important choices. Thus, the mental health of older citizens should be prioritized in these old-age homes too. But is it? The answer is a big fat NO.



A big part of this population has feelings of either loneliness or isolation. Studies have also stated high rates of depression, anxiety, and dementia in the residents of old-age homes. Apart from pharmaceutical therapy, these facilities also need to address the mental health care needs of the elderly. Because of a labor shortage and treating caring for the elderly as a job rather than a duty, the kindness that these individuals deserve is often withheld.

The parents who have put in a lot of effort to provide us with shelter and food, who have worked tirelessly to meet our every need, and those who have pampered and showered us with their love and sacrifice do not deserve to be separated from their children. Above all, they are the ones who brought us into this world and gave us this life; the last one as a mere human can do is providing them with the warmth of family to surround themselves with in their last days.

The only solution to this growing disease of society is to open our hearts as we open our minds. Parents who were once on this very soil revered as God on Earth have been displaced and it is high time we crown them again. It is time that old-age homes as a business should be cut off from society and that children start understanding the position of their parents. Awareness is the key and understanding with empathy is the oil that is needed to loosen the bolts of this lock called society. It is high time we start giving respect and the rightful respect to our elders.

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# Fostering Mental Health for Better Teaching and Learning

## Abstract

The Article illustrates the Importance of Mental Health and highlights the way it affects the Health, Lifestyle and Everyday Activities of People. It signifies the importance of fostering mental health for better teaching and learning by expounding types of common health issues, their symptoms and various strategies that can be applied to mitigate them effectively.

## Introduction

Mental Health is a powerful catalyst which influences the actions taken by Individuals significantly. It is a complete package including the emotional, social, and psychological factors essential for mental well-being and happiness. It impacts the way you think, the way you feel, which ultimately results in your action. Thus, we can acknowledge the major role played by mental health, which can directly or indirectly influence almost all the aspects of life. Hence, it is crucial to understand, manage and preserve the components of mental health for a happy and fulfilling life. As a result, it is an essential and foreordained discipline for healthy teaching and learning.

## Types of Common Mental Health Issues

**a) Stress** – Stress is a state of mental or emotional strain or tension resulting from adverse or demanding circumstances. It causes dysfunctions in the Digestive and Immunity systems and in turn can result in serious health problems.

Symptoms of Stress Includes: -

- Sleeplessness
- Excessive Anger
- Panic Attacks
- Nervousness
- Excessive Overthinking
- Losing zest for life
- Tension
- Rise in Blood Pressure (B.P)

**b) Anxiety Disorders** – Anxiety Disorder involves an underlying feeling of worry or unease even in the absence of a threat. It includes an emotional response to the threat and even hampers social interactions in most cases. It can persist for a longer period and it can even become a way of life. The most common Anxiety Disorders includes Social Anxiety Disorder, Panic Disorder, Separation Anxiety Disorder, Acute stress disorder, and Post Traumatic Stress Disorder.

Symptoms of Anxiety Disorders Includes:

- Headache
- Stomach Diseases
- Body Pain
- Breathlessness
- Excessive Sweating
- Irritation
- Recklessness

**c) Mood disorders**- Mood Disorders refers to a disorder where your mood constantly changes from feeling happy to sad which persists for a long period of time. One of the most common mood disorders is Depression. Depression refers to a mood disorder which involves the constant feeling of worry and sadness. Stress and Anxiety disorders usually go in hand with depression.

**Symptoms of Mood Disorders Includes:-**

- Loss of Focus
- Feeling Empty



- Sadness
- Sleeplessness
- Change in Appetite

**d) Psychotic Disorders**- It is usually called as Mental/Psychological disorders. It causes distress to persons experiencing them. It Includes disorders such as Autism, Bipolar Disorder, etc.

**Symptoms of Psychotic Disorders are:**

- Hallucinations
- Speech Disorder
- Lack of Hygiene
- Depression
- Mood swings

**e Eating Disorders** - Eating Disorders is a disorder involving disruptive eating patterns. The most common eating disorders are Rumination Disorders, Binge Eating Disorders, etc...

Symptoms of Eating Disorders are: -

- Change in Eating Patterns
- Mood Swings
- Change in Exercise Routine
- Sleeplessness
- Low Energy
- Hair Loss

**f) Depression** – Depression is a mood disorder that causes a person to lose the zest for their life. Sadness, Sudden Loss of Interest, and Sleep deprivation are after-effects of it.

Symptoms of Depression are: -

- Pessimism
- Inability to complete tasks
- Loss of Focus
- Change in Appetite
- Sleeplessness or Sleeps a lot

## Common Causes of Mental Health Issues

- a) Persistent Stress
- b) Childhood Traumas
- c) Suffering from long-term diseases
- d) Domestic Violence
- e) Abusive Parents
- f) Bullying
- g) Overdose of Drugs or Alcohol
- h) Losing Your Job
- i) Broken Relationship
- j) Physical Injuries such as Accidents or Head Injury

## Other Emerging Mental Health Issues

**a) Substance Misuse** - Substance Misuse refers to the Physical or Psychological dependence on one or more substances. It is becoming common among college students.

Symptoms of Substance Misuse are:-

- A sudden need for money
- Speech Impairment
- Red Eyes
- Reduced Coordination
- Sudden Change in Lifestyle and Behaviour

**b) Suicidal Intent** – Suicidal Intent or Suicidal Ideation refers to a pattern of thinking which involves contemplating the death

of self. It is an emergency mental health disorder that is to be treated as soon as possible.

Symptoms of Suicidal Ideation in others are:-

- When People talk in such a manner that they are a burden to others
- Constant Depression
- Mood Swings
- Anxiety
- Irritation
- Loss of Passion
- Uninterested in Everything
- Withdrawal from Social Gatherings
- Poor Sleeping Patterns
- Excessive use of drugs and alcohol

### **General Symptoms of Mental Health Issues**

- a) Extreme Anxiety
- b) Constant Sadness and feeling down
- c) Reduced Focus or Concentration
- d) Persistent Irritation and Anger
- e) Unable to Sleep
- f) Significant changes in eating patterns
- g) Unable to cope with day-to-day challenges
- h) Spending less time with family and friends

### **undemanding strategies that can be used to mitigate mental health issues**

The most common mental health problems suffered by most people globally includes Stress, Anxiety Disorders, depression, etc. These strategies involve some easy strategies that will help in navigating through these issues with ease. The following are the strategies:-

- a) Schedule a Time table for every working and non-working day - It helps to keep the day structured and reduces stress and anxiety to a greater extent.
- b) Have a Perfect balance between Work Time and Family Time - Scheduling a lunch or dinner with the family every day or once a week can significantly improve your mental health.
- c) Educate Yourself - Learning creates a sense of moving forward
- d) Set Goals – Setting goals and achieving them gives you a sense of purpose and Happiness
- e) Celebrate Your Small wins – Seeing Gratitude in everything you have can improve your mood and well-being.
- f) Focus on Physical Exercise and Fitness – It will keep your mind happy. Exercise enhances neuro electrical activity, as well as, brain blood flow. The Primary components for maintaining healthy Mental Health Involves Regular Exercise, a healthy diet, mental stimulation, stress management, sleep quality, and active social life. Exercise has the potential to influence all these activities. It can also lead to increased expression of neurotrophic factors, increased brain blood flow, and increased neurogenesis in the formation of new brain neurons. There is an Inverse relationship between the amount of exercise performed and the incidence of clinical depression. Exercise causes a feeling of Empowerment and Self– Confidence.
- g) Reconnect with your Friends and Relatives – Calling an old friend every week can be an effective stress buster.
- h) Create Healthy Habits – Invest in habits that can upgrade your life in the long run.

- i) Reduce Screen Time – Do not check your phone for 1-2 hours after you wake up and switch it off before going to bed.
- j) Rediscover Passions – Take up your childhood hobbies and explore new Interests.
- k) Meditate – Ten Minutes of Meditation can do wonders for your brain.
- l) Be Mindful – Mindfulness helps you to forget the past, be in the present and prepare for your future.
- m) Sharing Emotions with Family and Friends – It can help a person to overcome the feeling of loneliness in their life.
- n) Be in pursuit of finding things that make you happy and do them.
- o) Do that one thing you wanted to do when you were a child.

The key to dealing with these mental health issues is in knowing that they exist only in our minds and that if we can control our minds, we can control them.

### **Tips to Boost your Mental Health and Overall Well Being**

- a) Spend more time in nature whenever you can – A 30 minutes walk in nature can cause wonder to your mind.
- b) Enjoy Sunlight daily for 15 – 20 minutes – Sunlight boosts Vitamin D which is a Mood Booster.
- c) Organize Events with Family and Friends.
- d) Smile more and more often.
- e) Forgive more – People who forgive more have better mental health and live a more satisfying life.
- f) Spend more time with your pets.
- g) Appreciate people in your life – Show that you love them and care for them instead of taking them for granted.
- h) Practise Gratitude – Be grateful for everything you have in your life.
- i) Eat Healthy.
- j) Take Deep Breaths.
- k) Have Fixed Time for Sleeping and waking up.
- l) Drink more water.
- m) Surround yourself with good productive people, it gives you a positive outlook on your future.
- n) Ask for help when you need.
- o) Do something out of your comfort zone at least once every week.

### **Conclusion**

The Article illustrates the Emergence of Mental Health Disorders as common issues and their impact on today's generation. It expounds on the importance of having cognizance of mental health and fostering them for better teaching and learning. It exemplifies various symptoms that can be identified beforehand for diagnosing the disorder and provides basic strategies to avoid them to the maximum extent. The article also suggests tips and efficient strategies to boost your mental health and well-being which aids to lead a happy, healthy, and fulfilling life. Even though the article encapsulates various strategies to cope up with anxiety, depression or other kinds of basic mental health disorders, it is in no way a substitute to consulting a Psychologist or Psychiatrist and taking medicines.

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## Providing Mental Health Care for Elderly Folks



The idea of shared families has been eclipsed by nuclear families. This has led to disagreements among families over a variety of issues, which eventually disturbs the peace of mind of elderly people. Older individuals play significant roles in society as volunteers, family members, and contributors to the workforce. Families are unable to care for the elderly as a result of increased urbanization and industrialization; Elderly housing has proliferated, primarily in urban and semi-urban settings. With assistance from the government or experts or volunteer organizations manages the care of old people. The inhabitants' physical and emotional health may be significantly impacted by these homes, though, because there is no regulatory monitoring for these homes, there are no clearly defined standard operating procedures, and there are no formal referral channels for medical care and are thus unable to support or contribute to their mental and physical well-being. It has been noted that the majority of institutions and nursing homes for the elderly merely provide the necessities, such as food, shelter, and basic health care, and do not offer any type of programme or facility for mental health treatment.

Elders living in an old age home experience more loneliness than those who live with their families. Elders who live at home and in the community are happier, more independent, and in better psychological health than those who live alone or in nursing institutions. There are many instances of elder abuse and exploitation, so living with a family is not necessarily a guarantee of social and mental well-being. While the majority of older persons are in good mental health, many are at risk of mental health. Furthermore, as people age, they are more likely to have many conditions at the same time. Due to physical decline, increased health concerns, low financial means, and family relationships, older persons are more likely to encounter psychological and social disorders. Depression is more common in older persons with physical health issues like heart disease than it is in healthy older adults. Untreated depression in an older individual with heart disease can also harm the treatment's results. Elder abuse can take many different forms, including physical harm, emotional distress, financial exploitation and severe loss of respect.

Promoting older people's health, avoiding sickness, and treating chronic illnesses all depend on general health and social care. All healthcare professionals must have training

in addressing problems and disorders associated with ageing. Effective community-based primary mental health care is crucial for older persons. Long-term care for older adults with mental illnesses, as well as caregiver support, education, and training, are all crucial.

चल उठ खड़ा हो  
हैं सभी फिर भी नहीं कोई  
खो गया हूँ मैं कहीं यू  
क्यों हू सबसे रूठा सा  
एक आस दिल में है कहीं  
हैं छुड़ती तुझको वही  
सबको हू लगता खुश बड़ा  
पर ना जानें सब की दुख बड़ा  
क्यों रोता हूँ तू अकेला  
चल हूँ ले एक आस तू  
जो देगी तुझको सुकून  
कर सब तू  
तू हो खड़ा  
हिमत दिखा और खोल दिल  
चल हूँ अब उस रौशनी को  
जो खो गई थी कहीं  
आसू नहीं तेरी कमजोरी  
चल रो ले आज जी भर के तू  
चल उठ खड़ा हो  
ओर बता हिम्मत है तुझमें ये दिखा  
दिल का सुकून तू हूँ ला  
चल उठ खड़ा हो  
फिर एक दफा ।

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