

S'AIMER

LOVE YOURSELF



Volume IV -No III

शरद्विधि

Beyond the Halls of IVY

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MESSAGE



I am very delighted to know the Department of Management Studies is releasing its latest edition of student's magazine 'SAMVRIDHI'.

With great pleasure I would like to appreciate the energy and enthusiasm of the faculty and students on the eve of its release. The students have displayed high level of talent in various activities organised by the department and college.

It speaks of the faculty strength and potential of the students. I wish the faculty and students all the very best in making SAMVRIDHI as their pride possession.

Principal



It is my pleasure to congratulate and appreciate all the students who have put in their efforts in bringing out the latest edition of SAMVRIDHI newsletter for this academic year. I also congratulate all the students for their enthusiasm, active participation and for contributing articles and art work.

I appreciate all the faculty members of the department for their constant support and for motivating students to write articles for the newsletter. I look forward and wish more newsletter with informative articles to come in the future.

Head of Department



It gives me immense pleasure to congratulate the amazing efforts put forth by Team Samvridhi. Idea generation, Initiation, Innovation and Integrity defines Team Samvridhi. I am quite positive that Samvridhi would provide the readers with educational information, helpful hints and tips, events and news from businesses at various national and international platforms. Samvridhi in a beautiful way moved towards establishing its own identity.

I am so proud of the team for their success because of the wonderful combination of members being both the dreamers and the doers. I am sure Samvridhi would move towards new heights due to the dedication of the team members. I would like to wish all the best to everyone associated with Samvridhi.

Coordinator Samvridhi

SAMVRIDHI TEAM



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A.Florence Lekhana
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Manajay Prasad
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DEPRESSION

Are all diseases curable with medicines? May be, But not diseases relating to mental health. Depression as we all know is a disease. But it can be completely cured.

I have suffered from this disease too. We often feel sad, not sure why, yet feel completely empty. We don't find anything interesting. Few break down in to tears while the others become completely silent. This battle is more of one side attack on self. They don't let people to help them which is the first mistake we do unknowingly. We feel that no one understands us. May be it is true, but venting out what you feel makes you feel much lighter than before. The major cause of depression is the fear of losing something which we treat as ours only. It might be a job which we have recently lost, a relationship which mattered world to us or anything which is dear to us. If I say dealing with depression is easy, that would probably be a lie. But is not difficult either.

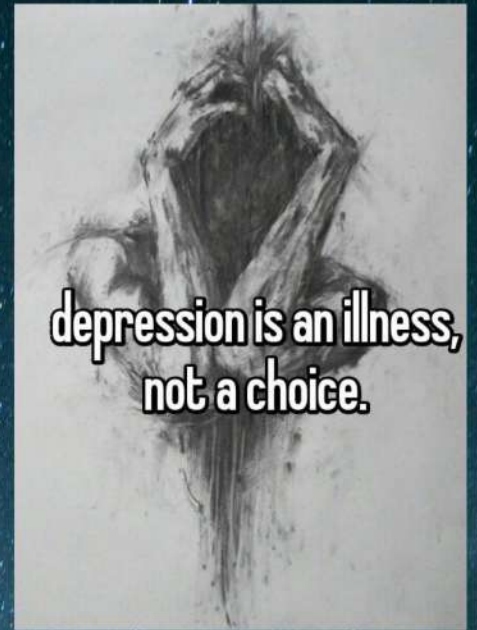
As we know the solutions for major things in our life, lies in small things- depression can be overcome by making little changes in our lifestyle.

1)The first and foremost - start everyday as a new day:

Just let go of all the baggage of your day by writing it down in your own words. May be in a diary. Don't think about the things which bothered you today again. This would help us understanding the source of pain and would give us strength to overcome it.

2) Next - eat, exercise, sleep and repeat:

Right food, fit body and peaceful sleep can help you be little better than yesterday. The strange thing about these healthy habits is that they help us channelize our fatigue moves towards betterment. We should practise it.





3) Third - know your people:

You cannot be yourself with everyone. Confine your thoughts with your people, because your dear ones would never judge. If they did they are not your people. Talk to your beloved ones and share your emotions. There is no problem in the world which couldn't be solved over a talk.

4) Last and the most important - Learn to love yourself:

Believe in yourself and your actions. You might be doing mistakes. That's fine. Learn from it. Appreciate yourself even when no one appreciates. No one can help you better than yourself.. Pamper yourself and learn to laugh. I feel this is most important because if you learn to practise you are ready to face the world with your head held high.

Remember, pause your life when necessary. Every pain is temporary but not your will power.

Keep smiling but genuinely :)

*"If it costs you your peace,
it's too expensive."*



G L Gayatri
(MBA 1st year)

STRESS MANAGEMENT

At least four out of the seven days of the week, we find ourselves complaining about how stressed we are. About how work and responsibilities are taking a toll on us. To manage stress or to get yourself out of it, it is important to understand what stress really is and why it is caused. Stress is your mind's way of telling that it has had enough and needs a break, like how your laptop heats up indicating you've stressed it enough and need to put it down for a while.

Granted, we all have work that needs constant attention and breaks might seem infeasible if you want to hit your targets and get things done on time. Your breaks can be short; but those tiny breathing spaces spent away from work can make a world of a difference in your stress management. Stress busters can be as small as closing your eyes and taking a few deep breaths, or as elaborate

as making a whole painting (that is of course if you're into something like that.) It can be taking a walk, sketching, painting, taking a warm relaxing bath, listening to your favorite music, picking your favorite book up to read, making yourself a hot cup of coffee/tea, writing in a journal, watching a favorite movie/television show, going out and getting some ice cream, meditating, or having a secret lone dance party in your room!

Identify the sources of stress in your life :

Stress management starts with identifying the sources of stress in your life. This isn't as easy as it sounds. Your true sources of stress aren't always obvious, and it's all too easy to overlook your own stress-inducing thoughts, feelings, and behaviors. Sure, you may know that you're constantly worried about work deadlines. But maybe it's your procrastination, rather than the actual job demands, that leads to deadline stress.



Do you define stress as an integral part of your work or home life ("Things are always crazy around here") or as a part of your personality ("I have a lot of nervous energy, that's all").

Do you blame your stress on other people or outside events, or view it as entirely normal and unexceptional?

Unhealthy ways of coping with stress:

These coping strategies may temporarily reduce stress, but they cause more damage in the long run:

- *Smoking*
- *Drinking too much*
- *Overeating or under eating*
- *Zoning out for hours in front of the TV or computer*
- *Withdrawing from friends, family, and activities*
- *Using pills or drugs to relax*
- *Sleeping too much*
- *Procrastinating*
- *Filling up every minute of the day to avoid facing problems*
- *Taking out your stress on others (lashing out, angry outbursts, physical violence)*

Learning healthier ways to manage stress:

If your methods of coping with stress aren't contributing to your greater emotional and physical health, it's time to find healthier ones. There are many healthy ways to manage and cope with stress, but they all require change. You can either change the situation or change your reaction. When deciding which option to choose, it's helpful to think of the four A's: avoid, alter, adapt, or accept.

Since everyone has a unique response to stress, there is no "one size fits all" solution to managing it. No single method works for everyone or in every situation, so experiment with different techniques and strategies. Focus on what makes you feel calm and in control.

"Almost everything will work again if you unplug it for a few moments. Even you."

*"What's coming will come and we'll face
it when it does."*



*A. Florence Lekhana and Sanjana Rao
(BBA 2 and MBA 1B)*

STUDY TIPS

Study isn't just for a day before exam or a night before due date. Though procrastinators like most of us end up studying few days before. Though these habits can be changed with practice.

I would say, it is never too early or too late to start studying and form a suitable routine.

Following below are few popular studying habits which helped many.



1. Picking a place and time to study:

We all have a place or an environment which calms us. It might be your room or the library. Once we find the suitable place, make efforts to sit down and study in the same place and you'll be habituated to it and can concentrate more.

Study space should be quiet, comfortable and distraction-free. Decorating it with your favorite pictures, objects or listening to mild music can help to make the study space positive and inspiring. Some say studying early in the morning helps them concentrate better. While some contradict that, they say studying in the night helps them concentrate more as they have no other works scheduled for later.



2. Habit of studying everyday : Studying everyday makes it a daily habit. Studying or reading for few minutes every day can show great difference. Once you make this habit of studying every day, one can concentrate easily for long time.

Study time means cutting off distractions such as social media, calls, watching shows or listening to distracting music during study sessions.

4. Discovering your own learning style : You need to know the learning style you're most comfortable with and study in the ways you are comfortable and is suitable to your routine. Some of the studying styles include auditory learners, who prefer to learn through listening. Visual learners are the ones who learn by seeing. They use diagrams, colors and charts to represent the subject or topics they study. Tactile learners are the ones who learn by techniques like plays/ role-plays, constructing models, etc.

5. Reviewing and revising the material : Studies suggested that reviewing notes once in a 3 days can help you retain information better. Few of the revising techniques which are commonly used are quizzes, using flash cards, re writing notes and making your own material in a way it is easy to understand.

6. Taking breaks during study sessions : Working for too long on a single task can actually decrease ones performance. When you take a break, make sure you get away from your desk. A bit of physical – even just a walk around the block – can relax you and helps to concentrate ones you get back. Pomodoro technique is commonly used one. It suggests taking a short break of 5 or 10 minutes after studying for 25 mins helps you concentrate better and not feel bored or irritated.

7. Asking for help : Don't hesitate to ask for help when something doesn't seem to make sense. Talk to your teachers or lecturers about the things you don't understand or talk to your friends and classmates.

8. Staying motivated throughout : When you're studying it helps to keep in mind your reasons for doing all this hard work, like a course or career you're working towards. It can help to have something in your study space to remind you of your goals. You could also decorate your study space with inspirational quotes or photos of people you admire and family members you want to make proud of you.

These tips are only some of the things you can do to get the most out of your studying. You might already have other things that work better for you. Find out what your friends do when they're studying. All you have to do is to put it into practice and go for it !

“When you plan your time well, you don't have to give up your social life for good grades.”



Pravallika Reddy
(MBA 1st year)

HOW TO KICK BAD HABITS

We are all guilty of certain habits that make things harder than they are supposed to be for us on a day to day basis. For the most part, they end up becoming a daily practice without us even noticing. The first step in trying to get rid of bad habits is realizing that certain habits that have become a part of your routine are doing more harm to you than giving pleasure. A lot of your ethics and morals come into focus .



when this happens and all you have to do is pay heed to your subconscious mind trying to say that something is wrong. The next important bit of the process is deciding you want to kick those habits away. The will or desire to actually get rid of these bad habits is what marks the start of the course of pushing them away. Then comes the actual task of distancing yourself from these habits.

Some of the things you can do to help are -

1.Keep a Journal to Track Habits

Keeping and maintaining journals to track things works better than you would think. Habits are said to be hard to give up and for a reason. Hence, trying to distance yourself from them at a very steady pace instead of completely at once is the only feasible way of doing it. You can try reducing them gradually and track how you've done at the end of each month and try to better it as you go with every passing month.

2. Identify the Triggering Aspects

There are always certain things that tend to trigger your habits. Identify them and try avoiding the same. You can track how often you go through with these triggering pursuits also in your journal to keep a tab on them and work on them accordingly.

3. Replace With a Good Habit

We can all agree that bad habits tend to be formed and triggered due to boredom. Hence, developing a hobby or two could help replace the bad habit with a good one. It is harder to eliminate habits than to replace them. You can always try various hobbies (it can be sketching, painting, reading, photography, journaling, and practically anything you have access to) and then pick something that floats your boat and make yourself occupied with it.

Picking up new habits or hobbies can prove to be a really good way of replacing your bad habits and slowly kicking them away.

These are just a few of the many things you can try doing in order to keep these habits at bay and lose them gradually. The key rule is to not stress yourself with trying to change

overnight. Take it extremely slow and make tiny changes each day and track the changes as frequently as you feel works for you. Another important rule is to remember that no matter how hard changes seem at first, they are always worth it at the end.

"Keep taking time for yourself until you're you again." – Lalah Delia.



"A little progress each day adds up to big results."



A. Florence Lekhana
(MBA 1st year)

HOW TO OVERCOME FEAR

What are you scared of? Learning how to overcome fears of failure can be challenging for the world. Some can have the fear of being judged. Some can have the fear of public speaking and the list goes on.

Fortunately, all fears are earned. No one is born with fears. Fears can therefore, be lost by practicing self-discipline repeatedly with regard to fear until it doesn't exist. The most common fears that we experience, which often shatter all hope for success, are the fear of failure, poverty, and loss of money.

These fears cause people to avoid risk of any kind and to reject opportunity that knocks their door. They are so afraid of failure that they are almost numb when it comes to taking any chances at all.

There are many other fears that interfere with our lives.

- *People fear the loss of love*
- *People fear the loss of their employment and their financial security.*
- *People fear embarrassment or ridicule.*
- *People fear rejection and criticism of any kind.*
- *People fear the loss of respect of others.*

It is thus, highly important for us to get rid of our fears. Small or big, relevant or not, each of these fears is what is stopping us from growing and hence the faster we get rid of them, the better for us. Here are few ways of How to overcome your biggest fears :

*1. **Practice makes man perfect** : The experience with a challenge may not be the way you must have thought it would be but as you practice the same work and keep trying your best and giving it what it takes and then with the vigorous practice and dedication you will be capable of doing the task without any resistance or fear to change.*



2. Believe that you can make it happen : Self confidence is the key role in overcoming your biggest fears. You may be an amazing artist or an amazing public speaker but if you don't have the enough confidence to go out and show the world your talent, its all for vain. Be confident enough to take challenges and direct the fear towards something that will help you improve you as a person and develop the skill.

3. Never give up attitude : The attitude that every individual has is that they cannot or they may not be able to do a particular task and that leads to a step back before even trying to get the task accomplished. It is very important to overcome such attitude and start acting on them. This is what will help you to eventually get the task completed.

4. Visualise yourself as unafraid : This is one of the tricks which can help anyone trick their mind at the time of fear. Visualising yourself doing that particular task and completing the task with the confidence that you are fit for the job and your subconscious mind will be accepting that and will help you you overcome the fear. With the help of this one can see themselves on a positive note that they are performing their best.

5. Fear of judgement : the fear that stops most of us is "what will people say?" The day we remove this fear, that is the day when we start acting for ourselves and as ourselves without any fear or hesitation. Hence, it's very important for us to understand that it really does not matter what people think and tell about you. What matters is that you have one life and you have to make the most of it.

While I think overcoming fear is an earned skill, I also believe that it takes some time. If you find yourself rushing, take it easy. It is about getting rid of your fears, because resisting your fears only makes them bigger. You will transcend your fear when the time is right. By reading this article, you've already taken the first step, and you have put the wheels in motion. The next step is taking action and using one of the 5 tips above. Trust your heart and always do what you believe in.

"Never trust your fears, they don't know your strength."



Sowmya and Akhil
(BBA 3rd year)

MIND GAMES

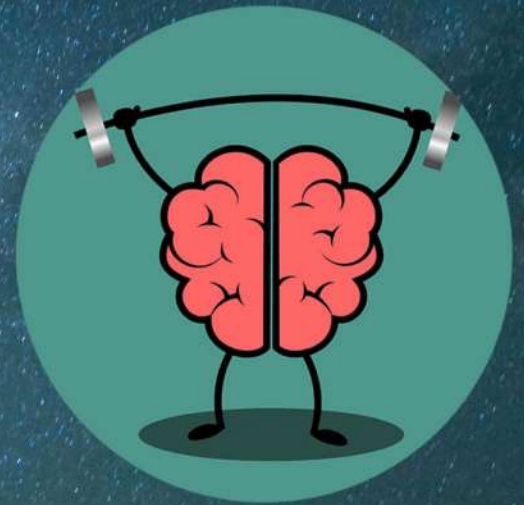
Most of us live our lives as a series of fixed routines and there are many good reasons for this. It simplifies life. It limits Mind-draining decision making. It lets us perform complex tasks like driving a car with little mental effort. Routines are run by our subconscious and require very little Mind energy. And consequently they provide the Mind with very little stimulation. Just as your body gets soft and lethargic from lack of physical activity, your Mind gets sluggish and slow from too much routine.

What Makes an Activity a Mind Exercise?

The experts agree that for an activity to stimulate your Mind enough to exercise it, it must meet two criterias. The activity must be both novel and complex.

Benefits You Can Expect from Mind Exercise- Exercising your mind helps you be your mental best now while it protects against future memory loss and cognitive decline. Though you can't expect to get all of the following benefits from any one activity, Mind exercises help a person in following areas -

- *Less stress*
- *Better memory*
- *More positive mood*
- *Increased focus and concentration*
- *Boost in motivation and productivity*
- *Enhanced fluid intelligence, and mental flexibility*
- *Faster thinking and reaction time*
- *Greater self-confidence*
- *Sharper vision and hearing*



To do mind exercises is a simple task. One doesn't have to put in so much effort like in physical exercises. The following are some tricks and tips to constantly exercise your mind and keep it healthy and fresh.

1. *Switch Hand*
2. *Eat with Chopsticks*
3. *Do Chores with Your Eyes Closed*
4. *Do Things Upside Down or Backwards*
5. *Read Books Aloud*
6. *Take New Routes* - On a routine commute, your Mind is on autopilot and gets very little stimulation.

7. *Simultaneously Use All Your Senses* - One of his favorite examples is shopping at a farmer's market where you can look, touch, sniff, and taste the produce.

8. *Try New Things*

Do things you've never done before. Travel somewhere you've never been. Check out an unfamiliar ethnic cuisine. Try a hobby that is totally out of character for you.

Challenge Yourself with Mastery. Learning something new stimulates Mind activity. But as soon as you master it, the mental benefit stops because your Mind becomes more efficient at the activity. The only way to continue to stimulate your Mind is to give it new challenges and stay out of your comfort zone. So once you master something, challenge yourself with the next level of difficulty or learn a related skill. For this reason, pursuits like learning languages, playing musical instruments, or chess are ideal Mind exercises because there is always more to learn.

9. *Carve out a little time to try one of these Mind* -boosting hobbies instead:

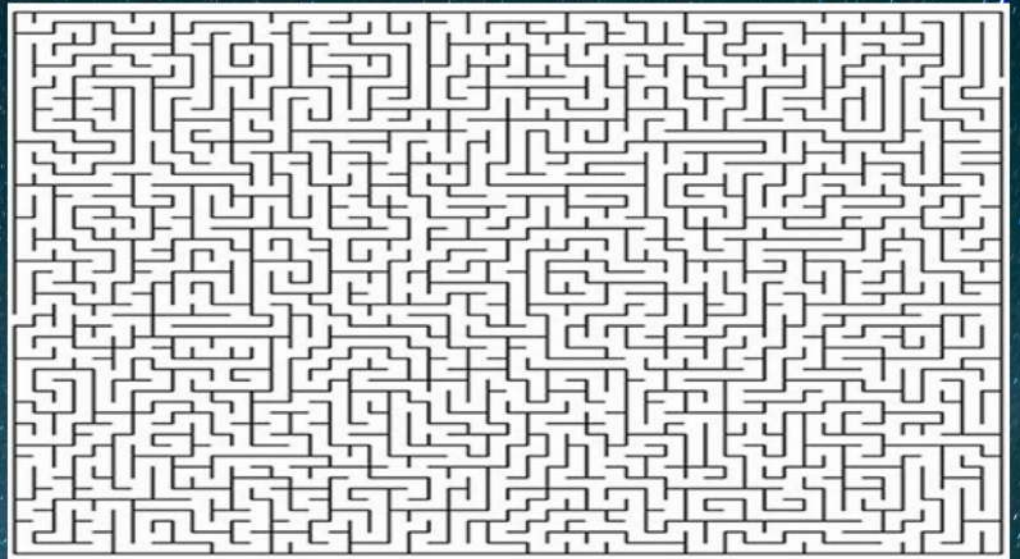
Camping, Craft hobbies of all kinds, Creating any form of art, Creative writing, Dancing, Gardening, Learning a second language, Martial arts, Playing a musical instrument, Playing chess or Scrabble, Scrapbooking, Traveling

Not only physical health but mental health and well being is important for a person to survive in this rapidly developing environment. You need not train yourself in Mind exercises. They are just the small initiatives you take while doing a hard task to keep your mind fresh and not drain out.

Mind games

1. MTOIGRNA
2. ETRONIVNMNE
3. PERCSOICMO
4. EMEERTRUAPT
5. ATEPLHEN
6. NICNTETON
7. EREMIENXTP
8. UCSLEUN
9. CELEOLMU
10. NPALMTIU
11. EOKSLENT
12. MRTISAPSMOOEH
13. PIEELCS
14. SYHITOTSHSOEPN
15. ITRDSOAE

Find the way out.



Jumbled words

*“Creating a healthy mindset is an investment
in your overall well-being.”*



DEDEEPIYA VANCHI
(MBA 1st year)

SELF DEFENCE

Physical self-defence is the use of physical force, to counter an immediate threat of violence. Such force can be either armed or unarmed. In either case, the chances of success depend on a large number of parameters, related to the severity of the threat on one hand, but also on the mental and physical preparedness of the defender.

Many styles of martial arts are practiced for self-defence or include self-defence techniques. Some styles train primarily for self-defence, while other martial or combat sports can be effectively applied for self-defence. Some martial arts train how to escape from a knife or gun situation, or how to break away from a punch, while others train how to attack. To provide more practical self-defence, many modern martial arts schools now use a combination of martial arts styles and techniques, and will often customize self-defence training to suit individual participants.

A wide variety of weapons can be used for self-defence.

The most suitable depends on the threat presented, the victim or victims, and the experience of the defender.

Legal restrictions also greatly influence self-defence options. In many cases there are also legal restrictions.

While in some jurisdictions firearms may be carried openly or concealed expressly for this purpose, many

jurisdictions have tight restrictions on who can own firearms, and what types of firearms one can own. Knives, especially those categorized as switchblades may also be controlled, as may batons, pepper spray and personal stun guns and tasers - although some may be legal to carry with a license or for certain professions. Non-injurious water-based self-defence indelible dye-marker sprays, or id-marker or dna-marker sprays linking a suspect to a crime scene, would in most places be legal to own and carry. Everyday objects, such as flashlights, baseball bats, newspapers, keyrings with keys, kitchen utensils and other tools, and hair spray aerosol cans in combination with a lighter, can also be used as improvised weapons for self-defence. Tie-wraps double as an effective restraint. Weapons such as the kubotan (pocket stick) have been built for ease of carry and to resemble everyday objects. Ballpoint pen knives, swordsticks, cane guns and modified umbrellas are similar categories of concealed self-defence weapons that serve a dual purpose.



Mental self-defense is the ability to get into the proper mindset for executing a physical self-defense technique. Many martial arts schools and self-defense classes focus primarily on the physical nature of self-defense and often neglect the mental aspect. If you are skilled in the physical aspects of a defensive technique, but lack the mental toughness and tenacity to execute it, you will not be able to perform - especially under duress. Controlled environments cannot easily mimic the stress and adrenaline dump which occurs during an attack. Self-preservation is a very powerful motivator and it is essential for ensuring that one has the mental toughness and proper mindset to emerge the victor in an encounter with one or more attackers/aggressors.

Education :

Self-defense techniques and recommended behavior under the threat of violence is systematically taught in self-defense classes. Commercial self-defense education is part of the martial arts industry in the wider sense, and many martial arts instructors also give self-defense classes. While all martial arts training can be argued to have some self-defense applications, self-defense courses are marketed explicitly as being oriented towards effectiveness and optimized towards situations as they occur in the real world. There are a large number of systems taught commercially, many tailored to the needs of specific target audiences (e.g. Defense against attempted rape for women, self-defense for children and teens). Notable systems taught commercially include:

- Civilian versions of modern military combatives, such as krav-maga, defendo, spear, and systema
- Jujutsu and arts derived from it, such as aikijujutsu, aikido, bartitsu, german ju-jutsu, kodokan goshin jutsu.
- Model mugging
- Traditional unarmed fighting styles like karate, taekwondo, kung fu, hapkido, pencak silat, etc. These styles can also include competing.
- Traditional armed fighting styles like kali eskrima and arnis. These include competing, as well as armed and unarmed combat.
- Street fighting oriented, unarmed systems, such as; jeet kune do, kajukenbo, won sung do, and keysi fighting method
- Martial sports, such as boxing, kickboxing, muay thai, savate, shoot boxing, sanshou, grappling, judo, brazilian jiu-jitsu, sambo, mixed martial arts, and wrestling.

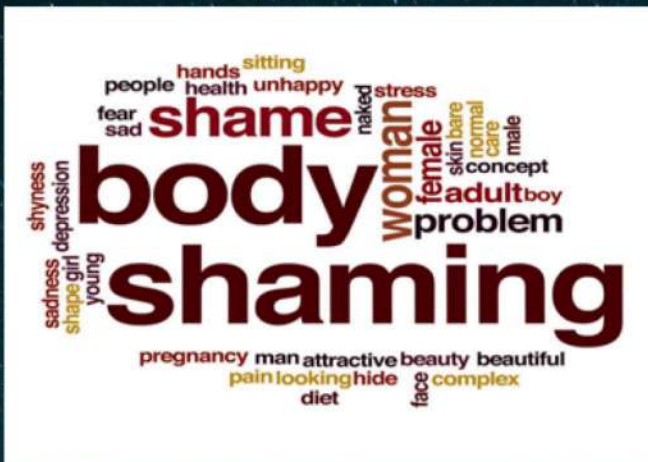
A course in self defense will typically comprise three parts, namely the knowledge of how to fight (which all of the above will cover to some degree), avoidance and de-escalation techniques, and knowledge of the law regarding self defense in the jurisdiction in question.

“It is better to have the power and not need it than to need it and not have it.” :



Sakshi kinikar
(BBA 2ND YEAR)

DO I LOOK GOOD?



Who does not want to look good? Everyone wants to be at their best. But the question is, are they trying to look fit for themselves? That's a debatable question. While few say, Fitness is a way of living, others just go by the fake standards set by the society. They body shame themselves and get in to the circle of pressure. On the other hand, there are others who want to take advantage of

this, and run their business at the cost of one's emotional judgement. Off late, the number of Gymnasiums, yoga institutes and other fitness centres increased by great number. Fake drinks, which guarantee weight loss are being attracted by the "good figure" aspirants, who in turn spoil their health. Everyone is getting swayed away by the fake body standards, set by few and are considering themselves inferior instead of embracing the goddess within.

Each one of us, are born different, and are unique, yet we try to epitome someone just for someone else. In the world of fast food and instant results, it is important to stay healthy and fit, but in the right way. Staying fit is culmination of strong body and mind. While we exercise to have a strong physique, let us practice to stay fit mentally too. This not only give us strength to be stronger outside, but gives us a stability to outperform every time. As stated by Steve Cotter, "The mind is the Master and Body is the servant". Doesn't matter which category we belong, we all are beautiful just the way we are. Yet, Let us pledge to stay strong inside and out.

"There's no amount of self-improvement that can make up for a lack of self-acceptance."



G L Gayatri
(MBA 1st year)

SELF ABNEGATION

Self Harm

Self-harm is when someone intentionally hurts themselves and it can take different forms. It might not just involve someone hurting themselves on the outside but also on the inside by ingesting something dangerous. Self-harm is more common than we would like to believe and can be really damaging to a person's physical and mental health. Self-harm is not a mental disorder. It is a behaviour – an unhealthy way to cope with strong feelings. However, some of the people who harm themselves do have a mental disorder. Such people are usually not trying to kill themselves. But they are at a higher risk of attempting suicide if they do not get help.

Why do people self-harm?

We all need to learn to manage and regulate difficult feelings and emotions. Some people, however, find it particularly hard with their emotions, feelings like guilt, sadness and self-hatred. It might seem like self-harm can help in managing these emotions in the short term, but it can be really dangerous and can have a negative impact in the long term. There are several reasons for self-harming. They harm themselves to try to:

Make themselves feel something, when they feel empty or numb inside and show that they need help.

·Punishing or hurting themselves due to upsetting memories. ·Release strong feelings that overwhelm them, such as anger, loneliness, or hopelessness.

Who is at risk for self-harm?

There are people of all ages who harm themselves, but it usually starts in the teen or early adult years. Self-harm is more common in people who,

·Were abused or went through a trauma as children.

·Have mental disorders, such as depression, post-traumatic stress disorder, and certain personality disorders.



- Abuse drugs or alcohol.
- Have friends who self-harm.
- Have low self-esteem.

How can I help someone who self-harms?

It can be really hard to change self-harming behaviours and learn better coping skills. If you self-harm and you want to stop, you'll need to make a conscious decision to break that cycle. If someone you know is self-harming, it is important not to be judgemental. Let that person know that you want to help. If the person is a child or teenager, ask him or her to talk to a trusted adult. If he or she won't do that, talk to a trusted adult yourself. If the person who is self-harming is an adult, then suggest for mental health counselling.

Emotional Stability

Today, we live in a highly ambitious and competitive society where each one of us wants to show how they are better than others. Emotional stability is one of the significant aspects of educational growth and development. The term "Emotion" is derived from the Latin word "Emotes" which means "to movere", "to move", or "to put in motion". In psychology the word "Emotion" is used to describe a state of excitement in the organism. Emotions have an influential value in life, and control on emotions is essential for prosperous life. A person who fails to control his or her emotions faces lots of problems in day to day life.

Even emotional stability results in happy and adjustable life therefore emotional stability is an important aspect of human life. Emotional stability is one of the seven important indicators of mental health. It is the process in which the personality is continuously striving for greater sense of emotional health, both intra-physically and intra-personally. Emotionally stable individuals are calm and happy, they are satisfied with their life, they deal with situation in a perfect way and can solve their problems easily.



3 Keys to Emotional Stability

Here's how to keep your composure when life gets tough -

Ø Adjust Your Perspective :

Adjust your perspective by focusing on the positive opportunities introduced by negative events. Also consider the foundational blessings in your life to get a broader view. We're most vulnerable to emotional turmoil when we focus solely on negative things.

Ø Check Your Expectations :

Are you expecting a smooth, linear, predictable, life of goodness? Well, it won't ever happen to anyone. The next time something bad happens to you, think of it as a challenge instead of a huge problem. Be ready for challenges, and they won't catch you off guard.

Ø Create An Action Plan :

This is the counterattack. We can't merely take punches and expect to win. We have to punch back! Going on the offensive is the one way to show life that you aren't scared or weak. Even if you feel scared or weak as we all do sometimes taking action will simultaneously build your confidence back and create exciting new opportunities.

Those who are the happiest are not necessarily those for whom life has been easiest.



Vishal Roy
(MBA 1st year)

RESPONSIBLE CITIZEN

We are all citizens of one country. We acquire citizenship of our country generally because of our birth. But to be a good citizen requires a lot of understanding. When belonging to a country, every citizen has some duties whereas he also enjoys certain rights at the same time. All of us have a right to give free expression to our views and opinions from the platform of legislative and judicial council and through the press. A good citizen, is one who is always broad minded. One who's living in India, which is a big Country with diversity in Religions, Cultures and Traditions that makes India stand out should consider himself an Indian first always. He should be ready even to shed his blood for the honor and glory of his country. A good citizen has the good of his country at heart. His aim should be to raise his country to a higher level of civilization. He must not forget that the future, no less than the present, is always lined with the past.



At the time of elections, a good citizen must keep the welfare of his town or city or village foremost in his mind. He should understand the existing educational and other institutions of his country and make efforts to bring improvements. He must love his neighbors. He must be generous, sympathetic and broad-minded. He should obey laws and respect authority-Don't break laws and refrain others for doing so. If one is not satisfied by any Law use Constitutional means to change the Law. Civic and Social Duty should be performed- Be aware of the issues affecting the society and provide solution, Vote wisely and pay taxes by proper means and use acts like RTI, RTE for the good of the society. Keep your surroundings and locality clean, use Dustbin, Care for Public Property and Others Property. Be Honest to your Country and Fellow Citizen

Develop a sense of Patriotism towards your Country, Respect your Country's social and economic policies, always think about the welfare of the Country. Teach the Younger Generation to show Respect and love towards the Country. Make your Country proud when visiting other Nations, Never speak bad about your Country. Always help the poor and needy and provide great hospitality to Foreign and Local Tourist.

In this way, a good citizen should always be ready to forget, forgive and move on with good.

“Every person who has changed the world has taken responsibility for something that mattered not just to them, but to mankind.”



Arya Nandan
(BBA 1st year)

Self help books.

