



HINDU COLLEGE

मनोदृष्टि
मानव मन रचना

MANODRISHTI

A VISION OF MIND

A HINDU COLLEGE COUNSELLING CENTER POST

**THE MENTAL HEALTH DISCOURSE:
SHARE. EMPATHIZE. ACT.**

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In Conversation with the Principal

We had the privilege of having a deep conversation with Professor Anju Srivastava, the Principal of Hindu College, where she talked about various issues ranging from mental well-being, her workload management to pandemic, parenting, counselling etc. Spirited in her responses, she shared her experiences, thoughts and valuable guidance for the students, with College Counselor Dr. Venika Krishna.



Q. Please tell us something about your daily routine.

My day generally begins with household chores, getting ready for college and some spiritual things that I am interested in. There is a compulsory part of my daily routine that we all family members have to have one meal together, which is mostly dinner. That part is implicit which we all as a family think of as no big deal and look forward to it.

We try to go for a little walk post dinner but it is quite variant and that's sad. I want to become more regular in my general health related issues but I guess that is the easiest part to neglect. Actually, it has an effect in chronic manner, late effect and we don't feel the effect of negligence towards our health immediately. I really want to pull myself on that.

Q. Besides having a very busy schedule and tonnes of responsibilities as the head of the institution, you have family responsibilities. Please throw some light on how you balance both kinds of responsibilities.

Well, if you want to work in a college, especially for a woman, this is possible only if your family life is settled. All woman in every profession are multitasking and doing exceedingly well for which we deserve a word of praise. We all engage in multifaceted activities, trying to compete and excel and bring satisfaction not only for our own selves but welfare for the society too. We have our integrity right, our sense of sincerity right.

But, to balance it right, family support is very essential. At least, I have experienced that the day I have some problem at home, then being a woman, I cannot just keep it out of my mind. One can say "out of mind, out of sight" but I feel it's easier said than

done. We women have that kind of nature which is very difficult to change. So, family life is required to be very organised and cooperation from both the ends is vital. I also believe that a family needs to understand that one is doing a job which is 24*7, because as an academicians, one is not trained into dealing with administration. It's just that we have slowly risen to this position and we need a big support.

Being the Principal is quite challenging as everyone perceives it as a one-stop solution for all problems and grievances. As the head of the institution, you're answerable to everything and if you aren't, then you appear insensitive. Balancing is the key here.

In my case, I will say I am blessed to have an understanding family, especially to have children supporting my work. Otherwise, there can be the clash of thoughts, opinions and if you reach home, after a long hectic day around 8 PM and find your children grumbling, then you will feel all your hard work worthless. Here, I would like to recall one incident, when I became officiating Principal in 2014. I remember the day when I had to decide the dates of MECCA, our college festival. During the same time, my daughter was to appear in her 12th grade board exams. I had the option of convincing students for deciding on date as per my convenience but that meant compromising with MECCA. At that time, my daughter showed patience, and in spite of the fact that my children weren't used to my spending endless times in the administration, they encouraged me. So, more than me balancing out for them, they have balanced out for me. I think that's incredible and I really owe to them.

Q. Past one year has been extremely challenging in terms of Pandemic, Mental Health, online classes etc. Do you think it will be a turning point in context with our thought processes, priorities in life and if yes, How?

I wish we are able to take it as a turning point for the good. I think during this Covid period, we have seen a lot of distress, agony, sufferings, inequality, injustice and if we can't learn lesson with life coming to a stand still, then everything is futile.

We have to respect few things. Firstly, digital technology that has brought us closer to each other and filled the gaps. This is a wonderful tool which we have used in such a beautiful way, especially in the education field. During this distress call, not a single person uttered a word of negation or rejection towards online learning system.

Everybody accepted it and adapted to it. I believe this can be further expanded to the mode of knowledge sharing and making the quality better by having international collaborations. I think this is the best way because we can record the things and have much better participation as everything is happening online. It is also economical

compared to physical conferences. I understand it can turn out to be quite fatiguing, but we can work out on that part, I guess. Even post-pandemic, we should go for hybrid mode, offering online learning platform along with physical mode with making process of assessments more effective and working on limitations.

Secondly, we really need to respect our environment. I think we are playing too much with the nature and doing destructive things. It seems we still haven't learnt a lesson to live and let live. We have to understand that whatever happened is due to ecological imbalance, extinction and endangerment of species and bringing into microbes of such nature that could affect human beings to such an extent. If you see, this virus has not affected animals, birds or any other species and is only affecting human beings! In fact, they had a gala time, coming on to the streets when we were all locked up in our homes. Therefore, we have to understand that as a race, which is so superior by all comparisons, we have to be responsible and respectful towards others, showing tolerance and compassion at the same time.

Q. Under your exemplary leadership, Hindu College has been able to successfully help 1st year students settle down in the virtual phase of the college. Now, they will be writing their semester exams. Please share your guidance for them.

1st year students are so priceless for us and the circumstances in which they have come, have become very special. They have left the school and entered another phase of life which is a very mounting task for them. So, I will say that they should not worry and keep their calm. Anyways, this is an odd semester which is going to happen 6 times in their journey of undergraduate program. Besides, college is taking care of everything related to exams.

I must add here that developing overall personality should be their main focus of which senior students and respective departments have taken care of. If they have any problem, they can reach out to us.

Q. How significant do you find the role of mental well-being in one's life?

I think it has become an integral part of today's lifestyle and one needs to take care of it. It is the basic powerhouse of your body that stores, executes and works. In the past few years, people have realized its significance, thanks to promotions and propagation of social media and the relief that people got after receiving help from mental health professionals. So, I think it is of utmost importance and it's need has further been felt in pandemic times when people have been separated from each other, there is no company

of same age-group people. We join each other through WhatsApp, Social media which has everything but the personal touch is missing in such interactions. So, I feel we all should work collectively towards ensuring each other's well-being.

Q. Under your determined vision towards ensuring well-being of the students, Hindu College Counselling Centre (HCCC) has found a robust establishment. Please share your views/ suggestions on it.

I strongly believe that Hindu College Counselling Centre is a one-person establishment which is our college counselor Dr. Venika Krishna. It's her who has instilled in me and the management the importance of the counselling centre and it's services. Also, the students have gained some kind of help from it and they have also made us feel the significance of having robust counselling centre. Now, it's like any other department, a very important part of the college and it has to be further built and brought into the structure. We have to work towards it's seamless sort of integration. Just like you go for the English class, you go for the Physics class, you also have to feel committed in the similar manner to go for the counselling class.

Eventually, Counselling team can grow to a 2-member or 3-member team since it is for us to see if the students and teachers are getting help. And why not! From counselling of mental health, overall well-being to career. We can expand that way. I think we can execute in this manner and I am looking forward to any such ideas and scope of such things.

Q. Many students share how there is a stigma attached to the counselling services which prevents them to come forward to seek counselling help. There are few parents too, who hesitate/refuse to accept that their children are in need of counselling help. What would you like to say in this regard?

Most of us think that counselling has to do something with the brain and if we have some stress, anxiety etc., we are mental wreck and should be treated in some mental asylum. But I think now students are more intelligent, sensitized and more evolved through social media and they have understood the importance of these counselling services. Now, it is through the students that generations like mine or maybe older older than me have also understood that the things which we never kept under mainstream, are very significant. So, I think, in the coming years, this won't be a stigma anymore, it's already decreasing and it will definitely die its own natural death, very soon.

I think parents need to be given a good session of counselling about what the real meaning of counselling is and about any such counselling process, provided to their children. They have to be sensitized about how counselling could come to their aid when it became stressful and they can't find help. Although I feel today's society is very open, parents try to be friends with their children and expect them to share each and everything. But children too, have some parameters



which they have set on their own beyond which they don't feel like sharing with their parents. So, it becomes difficult for the parents to understand their children and such a situation which they have never heard of. Then, obviously, it will be difficult for them to accept. Thus, differences leading to stressful situations are bound to happen. In such a scenario, there is professional help that can be of aid and parents need to have an open mind and believe in the very genuine kind of guidance regarding their child given by the professional. Again, as parents, teachers, children, all form the same society, gradually that kind of understanding will also be built up and we all will understand that every household is facing same kind of situation. Finally, we need to work on increasing the quality of family environment and if any kind of counselling process can help achieve it, we should go for it.

Q. Any message for our readers of ManoDrishti- The Vision of Mind?

The beautiful title of this magazine, ManoDrishti- The Vision of Mind, we need to see that it becomes the reality and the vision of mind. I feel, that the mind has so many facets, so many roles to play and is the key point of all our wishes, all our thoughts, for all our good and bad deeds, how much we engage, where to keep control, where you will let things be. It is indeed a power station. So, if we gain the miniscule of it to not be affected by the ups and the down then our vision of mind will get clear.

I really wish that through ManoDrishti-The Vision of Mind, it's articles and through the Hindu College counselling centre, the sharing of experiences related to one's internal thing happens. I'm confident that it will be an inspiration and a learning for anyone who reads it. I am sure, it will definitely broaden our vision hence helping us to have that clarity of mind.

My best wishes to Hindu College Counselling Team and ManoDrishti magazine's Team!

COVID RESPONSE BY HINDU COLLEGE COUNSELLING CENTRE (HCCC)

The beginning of 2020 was marked with the pandemic of coronavirus and subsequent lockdown of almost a year. During these unprecedented times, Hindu College Counselling Centre (HCCC) continued its work to match its principle of 'Happy Mind. Happy Life'.

I remember the day when nationwide lockdown was announced suddenly and I received a mail from our Principal Ma'am mentioning how it will be crucial for HCCC to play a crucial role in coming days. These were not only the words of great encouragement but also kind of prophecy for Counselling department. HCCC made it the mission of reaching out the students based across the country by connecting with them through online platforms and to ensure the psycho-social support during covid-19 times. HCCC launched online counselling sessions via video-conferencing such as Skype, Google Meet platforms and connected with



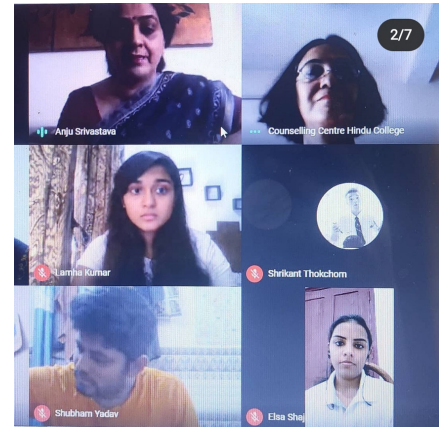
students on individual basis. Group sessions were also conducted for each department in different months.

A very significant challenge arose in these tough times which was of escalating mental health concerns among the students. Parting their ways from their friends, college life, freedom that comes with early adulthood were like a sudden jolt to them, which culminated into anxiety, stress and other mental health concerns. Above that excessive usage of electronic platforms, while being confined to their homes, with a huge uncertainty of what would happen next just added the fuel to the entire scenario. In an effort to create awareness for well-being as well as

bring moments of togetherness, on the eve of Mental Health Day, 10th October, 2020, HCCC organized a Virtual Mental Health Summit, “Empowering Mental Health: Let’s Invest”, organized in collaboration with NEC and NCC societies of the college. The event was inaugurated and addressed by Honourable Principal Ma’am and was attended by Hindu College students, based across the country. The event was marked by the cultural programs by the students, the talks of Honourable Vice Principal Ma’am, College Counsellor and faculty advisors of both the societies.

HCCC also had the privilege of coming out with a digital magazine on Mental Health, “ManoDrishti-The Vision of Mind” which was inaugurated by Dr. Reena Jain, Vice-Principal on eve of World Mental Health Day. The motive behind this magazine is to encourage our students and staff to speak their minds for somewhat reserved topics like Mental Health as well as creating awareness towards counselling services.

Since the pandemic times were the unprecedented times which needed exemplary services towards humanity, Hindu College Counselling Centre (HCCC) collaborated with Global Youth



extend its counselling services to the students of different colleges, in the entire country. College Counsellor also represented Hindu College as a Key Speaker in various webinars, organized by GLOBAL YOUTH ORGANISATION, SOCIO LADDER and STARTUP MEET & DIGIFLUENCE MEDIA to address the students across the country, on the issues such as time management, stress management, anxiety, self-care, positive psychology, nurturing mental health during covid-19 and other psychosocial concerns arising due to covid-19.

Dr. Venika Krishna, College Counsellor, Hindu College further came on board of “MANODARPAN-A PSYCHOSOCIAL SUPPORT” an initiative by Ministry of Education (MoE), Government of India, providing tele-counselling to the children, parents, teachers from across the country. College Counsellor is, also, on the panel of counsellors of National Council of

Educational Research & Training (NCERT), volunteering their counselling services, across the nation.

Orientation talk was delivered by the College Counsellor, HCCC, on 11th November, 2020 for the students of year 2023. Since Hindu college receives students from across the country, HCCC organized virtual orientation sessions for each department in the month of December, 2020, to create awareness among freshers regarding counselling services at Hindu College and provided support in order to help them make smooth transition from school to Virtual college life. This time, in view of pandemic situation and as per the guidelines from University Grant Commission (UGC), Ministry of Education, the sessions were organized in the form of virtual “Wellness Meet” for all 18 departments of the college. Each session was of around 1- 1.5 hours with almost 1200 students of 1st year (year of 2023) participating in all. Students were informed about the Manodarpan National Toll-Free Helpline (8445440632) for country wide outreach to students from

schools, colleges and universities to provide tele-counselling to address their mental health and psycho-social issues. Students were also guided on the general etiquettes and coping with online academic classes. Pros and cons of excessive exposure to social networking sites and health hazards were also discussed. Students were guided on working on good mental and physical health during pandemic times and beyond. WHO guidelines in this aspect for the adolescents and adults were also shared with them. “Be safe in Cyber world “– Cyber security awareness was also created and various measures for the containment of any cyber breach were shared with the students.

In the month of January, 2021, this trend of departmental Wellness Meet was being continued with HCCC organizing such sessions for each department and for the students of all years. Further, a “HINDU COLLEGE PEER COUNSELLOR’S GROUP” was constituted with few college students on board to act as peer facilitators.

Hindu College Counselling

Centre (HCCC) joined hands with National Cadet Corps (NCC), Hindu College to train NCC cadets on topics like critical & creative thinking, factors affecting national integration among others. Further, HCCC organized a Virtual Career Session “CAREER OPTIONS AFTER GRADUATION”, with chief guest as Mr. Naveen Kumar Chandra, IAS (2018 batch).

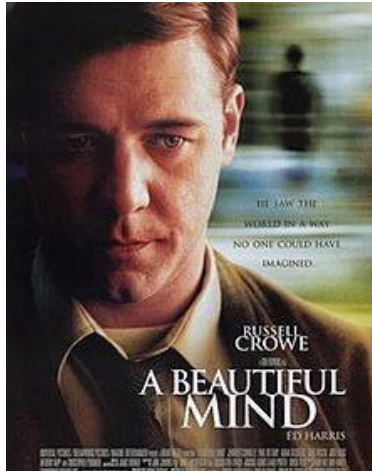
Last but not the least, Hindu College Counselling Centre regularly post the significant information on college website to create awareness and sensitize its viewers on issues such as mental well-being, self-care, cyber-security etc.

Covid-19 response, which did not limit itself to the college but also extended its helping hands to the entire country could not have been possible without the vision and exemplary trust that Principal Ma’am bestowed on Hindu College Counselling Centre.



Dr. Venika Krishna is the College Counselor at Hindu College. Also, associated with NCERT and Ministry of Education, Government of India, under initiative 'ManoDarpan' in an effort to reach out to students for providing psycho-social support ,across the country. In her free time, she loves to read, meditate and listen to music.

A Beautiful Mind : Into The Untold World of Schizophrenia



DIRECTOR : RON HOWARD

CAST : RUSSELL CROWE, ED HARRIS, JENNIFER CONNELLY, PAUL

BETTANY & MANY MORE.

DURATION : 135 MINS.

LANGUAGE : ENGLISH

A resplendent and alluring delineation of the life of John Forbes Nash Jr., 'A Beautiful Mind' throws limelight on one of the most pressing mental disorders that cripples the quality of rational interpretation possessed by humans; schizophrenia. Based on Nash's biography, 'A Beautiful Mind' by Sylvia Nasar; the film is sparkled with emotions and brilliancy to the core.

A mathematical prodigy since his youth, Nash (played by Russel Crowe) had fabricated a 27-page long thesis for his doctorate which illustrated the arena of Game Theory during his three-year tenure

at Princeton. He was also acknowledged for solving the encrypted code of the telecommunications of the enemy at the Pentagon. After a series of occurrences, Nash was hired by William Parcher of the United States Department of Defense to decipher concealed codes and patterns to fathom a plot of the Soviet Union; development of an obsession with the above work was evident in Nash which made him feel that someone is following him at all times. A love affair coupled with a marriage scene between Nash and Alicia (played by Jennifer Connelly) can be witnessed by the

audience, the aftermath of which the latter becomes pregnant and the early symptoms of schizophrenia in Nash start revealing themselves.

Alicia comes to know about the disorder from their psychiatrist, Dr. Rosen who elaborates how William Parcher and many other characters that Nash talked about were just a figment of Nash's imagination. Schizophrenia takes a toll on Nash and Alicia's life with various instances being portrayed dramatically in the film. To make him 'sane' again, an insulin shock therapy and intensive anti-psychotic medication was imparted to Nash; where he abandoned the latter due to the vexatious side effects caused by the same. The successive scenes exhibit the intensity of Nash's schizophrenia and how it would have been the reason behind their child's death. Realization dawns upon Nash and with determination to fight the hallucinations by his own self, Nash moves on with his mathematical



A scene of Nash with his new-born baby.

thirst. While fighting with his own demons, Nash goes on to win the Nobel Prize in Economic Sciences, thus acting as a source of inspiration to many.

A gripping narrative in nature, the film's cast has completely stolen the show with their excellent adroitness while presenting a vivid account of the genius's mind. The film does justice to the action of presenting various components related to paranoid schizophrenia; however certain loopholes of the same cannot be disregarded. Few symptoms of the disorder had undergone the element of dramatization; thus, differentiating it from reality. Acting as an



A still from the movie where Nash tries to decipher hidden codes in newspaper readings.

educational element about schizophrenia and stigma-breaker regarding mental disorders, 'A Beautiful Mind' leaves the audience with an enlightened mind regarding mental health, disorders and acceptance of the same.

ABOUT THE AUTHOR



Himasweeta Sarma, 1st year, B.A Philosophy

Himasweeta is from Guwahati, Assam and is currently pursuing Philosophy Honours. She loves to read and write and you'll mostly find her enjoying her Jane Austen novel under sun!

The Balladry of Life

Himasweeta Sarma

Answer me who are you?

Veiling yourself with the cloak of invisibility stitched with my fears; shadowing within my shadows.

I can see you at all times; in the silhouettes of my own pandemics, in penumbras of the past, in plots of the future, Lunging and breeding on my contrite heart, on my actions, on my existence.

I can feel you at all times; resting your head against my crooked and broken neck

Weaving your impossible-to-escape web on my back, temporary for you; permanent in my life. I can hear you at all times; in the echoes of my failures, in the mocking of few Pounding on my door of success, restless to beat your enemy: happiness. You seem so near, yet so distant like a friend who gives advices; Advices coated with sugar, but bitter like coffee in reality.

I'm searching for you, up on my cupboards, between the pages of my dust filled novels Nowhere to be seen, nowhere to be found; Like my true self caged in; like a forced relationship, an unwilling contract.

**Enough of hide and seek, face this soul of mine
Which beats with courage; which'll beat the unnamed**

My Mosquito

When I was little
he was there
because I was feeble; he was
sanguine and he'd care,
to push me off the heat
or dance in the rain to the beat;
he had a business
I was a part of it,
he'd bring me presents
tell me prophets of legends,
kill those mosquitoes
and tuck me in.
Then out of the blue there was fog,
there was loo;
the lunch table was barren and his
face buried for countless hours of
work he did,
A little of my share
that was deduced
the fables reduced, his expectations
brewed the brave men replaced by
the cunning ones, it was all rockets
and space.
The local news channel would play
Give us the deaths n births of the
day,

He'd kill those mosquitoes
And wish me good night
Those were the days
When the sun was scorching,
The moon hard to find;
Then one night
He drove me to the airport
Kissed my brow
And hugged me tight,
He told me he was a call away
And he let me out on a land
faraway,
He had a Rolex
And an empire to run;
During the first few days
He'd call each dawn,
Months descended
So did his voice,
He'd scowl and frown
For those innumerable mistakes,
But in a moment or two
He'd puff his chest
And tell me he was proud,
He gave me the mosquito repellent
And we never met at nights;

Those were the days
When the sun had no heat,
The moon was at a distant fleet,
He and I were together
Today and forever
Close to his chest
Or seven seas apart
He'll be my father
And I his daughter.

ABOUT THE AUTHOR



***Sukriti Aggarwal, 2nd Year,
BA (H) Economics***

Sukriti loves to read in
her free time as she
feels to read is to
possess the power to
have an independent
mind.

**“Ships do not sink because of water around them,
Ships sink because of water that gets into them”**

What is life? What are the different components that constitute life?

What actually life is – a gift, a bliss, a suffering or a sin? All such questions trigger one's mind at some point in time, waking one up to get all these answers right.

Surprisingly, the answer or the argument that suffice –

“Life is very complicated, don't try to find answers, because when you get answers, life changes the questions”

Have you ever wondered that what is it that makes one weak or strong, feel low or throb at the happiness sought! It's very rare to see people delighted in all phases, nay all situations in life. Gone are the days where we had time to look upon and wait, ponder upon our gait to see our pace. This fast journey of our is leading us to be fussy about

how we look and consequently affecting the 'way' we look!

Human life is the best form of life created by divine, a journey accompanied by many emotion, feelings and sentiments which humans are made to think and realize. There's no denying the fact that that today we are more affected by other people's lives, their views, their opinions, their policy and beliefs and to a large extent their dressing and all such deeds.

Although, being a part of human population we all are same, but still each one of us is unique in different ways. When there's no single fruit, vegetable, food or song that all of us like then definitely the question of diversity arise.

Therefore, when it comes to defining life, we find that it possesses different meaning to different people going through different stages of life.

A beggar will visualize life vying with means to survive. He will start his day blaming God as though why he was born. To a man settled well with all his desires fulfilled, life would mean his all wants satisfied. For a soldier, life is all about sacrifice and to kids, who were born in a poor family but are now wealthy and fine, the hardships would mean a blessing in disguise.

The fact that now comes to light is that life is altogether perceived differently by mankind. We are all seemingly sailing in same boat yet we undergo this journey distinctly in our own styles. In this marathon of life, we are hit by failures many a time.

To get back the lost strength, to boost or protect ourselves we,

ABOUT THE AUTHOR



***Deepika Rajput, 1st Year
BA Hons English***

Deepika is dedicated and determined to bring a positive change in herself. She likes being a source of help to someone. She likes making people happy, motivated and delighted by understanding them and their problems

once again look ‘outside ‘. We tend to look out, seek out in order to be helped out. The point we tend to miss out is that feeling of ‘ME’ inside ‘WE’...which is best suited to play the role of the person or the motivation we are looking for.

“If not on decisions we take, then surely it depends on choices we make”

Surrendering to a problem and not focusing on the solution at the right time, is the biggest mistake one commits many a time.

The world outside is never so strong to make one feel weak and bleak unless one has decided to actually feel the grief. Hurdles outside are nothing if one knows the right way to leap. Clearly, we fail not because of obstacles outside but due to the dilly-dally attitude of ours that lie inside. It can be deduced that it's not the external atmosphere that breaks us...our high spirits; instead, it's the inner self that plays its part.

The ball is in our court. Its our

conscience that ultimately decides.

Conclusively, “life is to be lived in whatever way it fits”. Thus, we lose not just because the competition outside is strong but in fact, the weakness that lies within is the main cause.

It is possible to tread on a path full of thorns and stones when wearing fine shoes but even if one stone gets inside, we find it hard to progress towards the finishing line although the road given is fine.

Let's remember, “Negativity outside is the portrayal of fear which Positivity inside is not able to hide”.

जीवन शैली-कोविड-19 और अवसाद

कभी किसी ने नहीं सोचा था कि सामाजिकता की जीवन शैली को जीने वाले भारतीय कोविड-19 जैसी महामारी के कारण 'व्यक्तिगत' और 'अकेलेपन' का जीवन व्यतीत करने पर विवश हो जाएंगे। भारतीय जनमानस जिसने हमेशा सामाजिक दायित्वों का वहन किया वह एक-दसूरे के पास बैठ भी नहीं सकेंगे।

यह सोचना ही 'अवसाद' को आमंत्रित करना है। स्पष्ट है कि अवसाद बीमारी की बजाय विपरीत परिस्थितियों से उत्पन्न एक ऐसा भाव है, जिसका निराकरण आसानी से संभव है। यह संभावना तभी बनती है जब भय से मुक्ति और अपने प्रिय के अधिक से अधिक संपर्क में रहें।

विगत दिनों में ऐसी परिस्थितियाँ बनी कि समाज के प्रत्येक वर्ग पर महामारी से उत्पन्न प्रत्यक्ष अथवा अप्रत्यक्ष रूप से इसका प्रभाव पड़ा। जब महामारी के भय से पिता-पुत्र तक एक-दसूरे को हाथ नहीं लगा रहे हो, तब अनुमान लगाया जा सकता है कि एक ओर कोविड का भय और दूसरी ओर मन पर रिश्तों को न निभाने का बोझ एक नई बीमारी का शिकार होता चला गया। कुछ बीमारी

ऐसी होती है जिसका प्रायः सभी को अनुमान होता है। परन्तु अवसाद अनुमान से नहीं अनुभव से ही पता किया जा सकता है।

कोविड-19 ने हमारी जीवन शैली को बहुत दूर तक प्रभावित किया है। सामूहिकता का स्थान निजता ने ले लिया। निजता धीरे-धीरे मन का बोझ बन गई और मन बिना अपनी जानकारी के दवाब में आता चला गया। अनेक लोगों के काम-धंधे छूट गए जिसका परिणाम हुआ कि घर के सभी सदस्यों को आर्थिक कारणों से प्रभावित होना पड़ा। प्रत्येक वर्ग पर इसका परिणाम लक्षित हुआ। कुछ विद्यार्थी वर्ग पर इसका ऐसा नकारात्मक प्रभाव पड़ा कि उनकी दिनचर्या और जीवन शैली बदल गई। देर रात तक मोबाईल इन्टरनेट के सहारे रात्रि भर जागरण करके अपने मन और निजता को छिपाने का प्रयास करते रहना। प्रातःकाल 12-1 बजे तक बिस्तर छोड़ना जैसी जीवन शैली ने वजन बढ़ना और अपने में सिमट कर रह जाने को विवश कर दिया। सप्ताह में दो दिन भोजन बाहर करने वाला विद्यार्थी वर्ग घर में कैद होकर रह गया। माता-पिता के लिए उसकी भावना को

समझना बहुत मुश्किल है। यहां तक कि माता-पिता स्वयं जिस दवाब में हैं, वह बच्चों की भावना को समझ पाने में असमर्थ हैं।

इस दौर में मुझे कुछ ऐसे अनुभव हुए जिसे मैं साझा करना चाहता हूं। मैं स्वयं लॉकडाउन के समय अपने पिताजी का इलाज करवा रहा था। मेरे पिताजी का मोतियाबींद का ऑपरेशन लॉकडाउन से दो दिन पहले हुआ। फिर ऐसी विपदा आई कि वे रात में गिर गए और उनको फ्रेक्चर हो गया। फ्रेक्चर के कारण बुखार या कोविड-19 इसके लिए डॉक्टर और मेरा चिंतित होना स्वाभाविक था। ऑक्सीजन रेट जब घटने लगा तो कोविड का संदेह बढ़ा। किन्तु ईश्वर की कृपा और डॉक्टर की सद्भावना ने मेरे पिताजी को ठीक कर दिया। ऐसा मानसिक दवाब जिसमें कोई किसी को हाथ न लगाये और कोविड की शंका ही व्यक्त करे, वर्णनातीत है। मेरा अनुज और मैं पिताजी को लेकर 20 दिन अस्पताल में रहे। उन दिनों कितने ही परिवार डरे-सहमें अस्पताल में आते थे।

उन्हीं दिनों की बात है कि मेरे एक मित्र अपने बुजुर्ग पिता के साथ रह रहे थे। दुर्भाग्य से उनके पिता की मृत्यु कोविड से हो गई और मित्र को घर में एकांतवास में

रख दिया। पुत्र अपने दुर्भाग्य पर इतने दुखी हुए कि अवसाद में रहने लगे। बहुत दिनों तक मैं उनको फोन पर सांत्वना दतो रहा। मेरे परिवार ने भी उनका सहयोग किया। परिणामतः वह अवसाद की अवस्था में पहुँचने से बच गया।

मेरे एक अन्य मित्र का सारा कारोबार लॉकडाउन में समाप्त हो गया। पत्नी को ऐसी स्थिति में गहरा मानसिक धक्का लगा। उनको दिल धबराना, बी.पी. कम होना, सर में दर्द रहना, किसी से बात न करने का मन करना और अकेले बैठना जैसी अनेक वृत्तियों का उत्पन्न होना, परिवार के लिए कष्टप्रद बन गया। बहुत इलाज भी करवाया, सभी परीक्षण भी करवाए किन्तु कोई बीमारी नहीं निकली। तीन महीने में शरीर पीला पड़ने लगा। सभी गंभीर बीमारी की आशंका से आशंकित हो गये। उसी बीच मैं उनको देखने गया तो मेरे मन में कॉलेज काउंसलिंग सेंटर मैडम वेनिका से की गई अनेक बार चर्चा का स्मरण हो आया। मैंने तुरंत उन्हें मनोचिकित्सक के पास जाने का सुझाव दिया। किन्तु परिवार में कोई नहीं चाहता था कि मनोचिकित्सक का सहारा लिया जाये। खैर बहुत समझाने पर उन्होंने डॉक्टर से सलाह ली और इस समय वह 90% ठीक हो चुकी हैं।

कोविड-19 और हमारी उससे प्रभावित जीवन शैली ने अनेक समस्याओं में समाज को उलझाया है। इससे उबरने का एक ही मार्ग है शारीरिक दूरी किन्तु मन की नज़दीकी। हमें यहाँ तक ध्यान रखना चाहिए कि हम अपने कामकाजी जीवन में भी अपना और कर्मचारियों का ध्यान रखें जिससे की उन्हें तनाव महसूस न हो। यदि हम सबकी भावना को समझेंगे तो निश्चित ही कोविड-19 के प्रभावों से स्वयं को लड़ने हेतु तैयार कर सकेंगे।

लेखक डॉ. हरिंद्र कुमार, एसोसिएट प्रोफेसर हिंदी विभाग हिंदू कॉलेज दिल्ली विश्वविद्यालय दिल्ली पढ़ाते रहे हैं पिछले बीस वर्षों से। वह लेखन, यात्रा और पत्रकारिता में रुचि रखते हैं। वह एसोसिएट एनसीसी अधिकारी (नौसेना विनांकी) हैं वं कार्मिक, लोक शिकायत और पेंशन मंत्रालय, भारत सरकार के नामित राजभाषा सलाहकार हैं।

With Love, For You : Peer Counsellors

The article throws sunshine on the role and significance held by peer counselors; one of the crucial needs of individuals amidst the chaos of deadlines, submissions and stress.

Embarking the bittersweet journey of life with smiles and tears, individuals often encounter issues that take away their goodnight sleep and bestow them with restless nights coupled up with stressful moments. One feels lost in the tangled web of perplexities and confusions as the issues get entangled in his/her/their mind; leaving no space for rational decision-making in the successive moments. Venting out the complex emotions running through an individual's veins to a higher authority might, at times not work in favor of the former due to nervousness, shyness, etc. in order to feel comfortable, the former seeks out a person or a group of people who have certain things in common such as academic year, age, etc. to have a conversation without the existence of any

inhibitions. In this scene of one's phase, peer counselors enter the stage.

Peer counselling is a form of support that includes one-on-one interaction or communication between members of a group who share common interests. It usually refers to students helping each other in a classroom environment. It's a method of listening to, responding to, and assisting people with the aim of discussing their thoughts, feelings, issues, and concerns in order to gain a better understanding of them.

As a student, one might be burdening oneself with a variety of stressors. Academic stress, pressure to select a profession, peer pressure, relationship problems, body image issues, drug abuse and addiction are only a few examples. It might not be possible for all to

easily approach a licensed counselor for a variety of reasons, including unavailability and the stigma associated with seeking help. In issues as such, a peer counselor can come to one's help. Other areas of concerns may include : dispute settlement, increasing self-confidence and self-esteem, exam anxiety and learning problems, problems with teachers and other students, having trouble adapting to online classes and college life, bullying, ragging and much more. In certain ways, approaching a peer counsellor is beneficial because the other person can understand and relate to your problems. Peer counsellors are qualified to provide students with listening, guidance, and alternatives rather than giving advice.

Hindu College Counselling Centre has taken up the task of forming a group of peer counselors that will be by the side of their fellow mates whenever they are in need of the

same. Here are the brief introductions about the members :



Yaksh Handa

Yaksh is an Economics Major, presently in his sophomore year. His areas of keen interest include Feminist Economics, Economics of Gender and Behavioral Science



Shrikant Thokchom

Shrikant is student of History (H) 2nd year. He is passionate about dance, writing and public speaking.



Himasweeta Sarma

Himasweeta is currently pursuing her Bachelor's in Philosophy and is a 1st year student. She loves to write, read and indulge in philosophical discourses

प्रहरी

प्रस्तावना

मनोदृष्टि का उद्देश्य हमारे कॉलेज में विभिन्न लोगों के विचारों और अनुभवों को चित्रित करना है। साक्षात्कार के लिए संभावित लोगों की खोज करते हुए, हमने महसूस किया कि सुरक्षाकर्मी(गार्ड) एक ऐसे शख्सियत है जिनका कॉलेज परिसर में प्रवेश कर रहे प्रत्येक व्यक्ति से परिचय होता है। मानसिक स्वास्थ्य एवं कोविड की चुनौतियों पर ध्यान केंद्रित करते हुए, सौरभ सरकार से की गई बातचीत के आधार पर, उनके विचारों और अनुभवों को इस लेख के द्वारा हमारे पाठकों के साथ साझा करने के लिए प्रस्तुत किया गया है।

हिंदू कॉलेज को एक पंक्ति में परिभाषित करने के लिए, केवल एक चीज़ जो मेरे दिमाग में आती है, वह है सबसे बेस्ट। मेरा नाम सुभाष सिंह है और मैं पिछले 5 वर्षों से हिंदू कॉलेज में गार्ड के रूप में काम कर रहा हूँ। मेरा मुख्य कार्य कॉलेज में प्रवेश कर रहे छात्रों की पहचान को सत्यापित (जांचना) करना है। यदि किसी के पास आईडी कार्ड नहीं है, तो हम सत्यापित करने के लिए अन्य तरीकों का उपयोग करते हैं।

मेरी दिनचर्या थोड़ी थकाऊ है। मैं सुबह 8 बजे कॉलेज पहुँच जाता हूँ। मुझे दिन भर अपने कर्तव्यों का पालन करना होता है। शाम को 5 या 6 बजे तक काम करता हूँ। मैं अपना दोपहर का भोजन 1 बजे के आसपास करता हूँ लेकिन काम के कारण कुछ दिन देर भी हो जाती है।

मेरे लिए महामारी और तालाबंदी वास्तव में बहुत कठिन है। सब कुछ बंद था और कोरोना महामारी का खतरा बहुत व्यापक पैमाने पर था। खासकर जब सरकार ने अर्थव्यवस्था के कुछ क्षेत्रों को खोला तब मुझे अपने कर्तव्यों को फिर से शुरू करना था, तो कॉलेज की यात्रा चुनौतीपूर्ण थी। कभी-कभी मुझे बसों में सीट नहीं मिलती थी या बस पकड़ने के लिए लंबी कतारों में खड़ा होना पड़ता था। इसके अलावा, अब पिछले एक साल से परिसर खाली है और सुस्त है क्योंकि छात्र नहीं आए हैं। मैं अक्सर अपनी ड्यूटी करते हुए अब ऊब महसूस करता हूँ। मैं छात्रों से मिल नहीं पाता और मेरा दिन लगभग बिना कुछ किए समाप्त हो जाता है। लेकिन उज्जवल पक्ष में, मेरा कर्तव्य तनाव-मुक्त रहा है।

मुझे मेरी ड्यूटी बहुत पसंद है, मुझे रोजाना बहुत सारे युवा छात्रों से मिलने का मौका मिलता है जो कि मेरी नौकरी का पसंदीदा हिस्सा है। मुझे यहां के छात्रों और कर्मचारियों का व्यवहार पसंद है और यह इस कॉलेज की सबसे अच्छी बात है। लोग मेरे प्रति सहकारी और सम्माननीय हैं। मेरे लिए मुख्य द्वार पर होने का अनुभव खट्टा-मीठा होता है। मुझे ऐसे छात्र मिलते हैं जो विनम्र स्वभाव के होते हैं और जब मैं आईडी कार्ड मांगता हूं तो वे छात्र उसका अनुपालन करते हैं लेकिन ऐसे छात्र भी होते हैं जो गलत व्यवहार करते हैं। मैं इसे अपनी नौकरी का हिस्सा मानता हूं।

मुझे लगता है कि यह अच्छी बात है कि लोग मानसिक स्वास्थ्य के महत्व को महसूस कर रहे हैं। हमारा मानसिक स्वास्थ्य हमारे शरीर से जुड़ा हुआ है और जब हम मानसिक रूप से स्वस्थ रहेंगे, तभी हम अपना काम बेहतर तरीके से कर सकते हैं। अगर किसी व्यक्ति के दिमाग में चिंता है तो किसी भी कार्य को करने में उसका मन नहीं लगेगा। छात्र अपने अध्ययन और परीक्षा के बारे में काफी चिंतित और तनावग्रस्त हैं, इससे उबरने का एकमात्र तरीका है कि वे पढ़ाई के साथ-साथ विभिन्न

कार्यक्रमों व गतिविधियों में बढ़-चढ़ कर हिस्सा ले , दोस्तों से पढ़ाई के विषयों पर वाद-विवाद और चर्चा करें, पढ़ाई पर ध्यान केंद्रित करे और अपनी क्षमताओं पर भरोसा रखे। इसी तरह, काम के बारे में चिंता करना मददगार नहीं है, केवल दिल से काम करने से आपको मदद मिलेगी।

कॉलेज बहुत सारे कार्यक्रम और प्रतियोगिता आयोजित करता है जहां लोकप्रिय हस्तियां आते हैं जो बहुत ही रोमांचक हैं। चुनाव और मेक्का के समय बहुत चहल-पहल होती है। मुझे व्यक्तिगत रूप से ये बहुत मुसीबत वाला काम लगता है, क्योंकि मुझे एक बड़ी भीड़ को संभालना होता है और बहुत सारी चीजों की व्यवस्था और प्रबंधन करना होता है। लेकिन जब तक छात्र इसका आनंद लेते हैं, मैं खुश हूं।

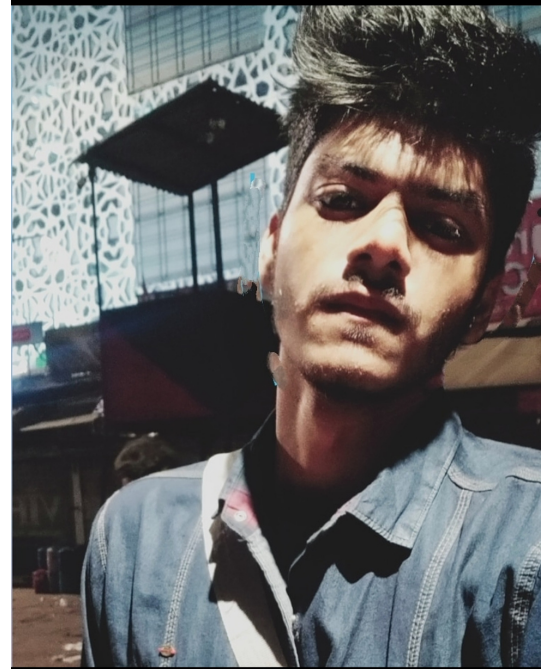
An Ailing Society

“It is human to feel the self, it is humane to feel the other”

Perhaps the most disheartening & intolerable realities of our times is the absence of basic empathy in people. It appears as if social relationships people share with one another, whether as deep and personal as of between a parent and a child, a husband & a wife or as distant & impersonal as amongst two strangers, are constituted by insensitivity and inconsideration accompanied by feelings of suspicion, jealousy, hatred, condescendence, frowning etc. People tend to strive for rational, utilitarian, individualistic goals to the point that they complacently dehumanize the other, completely neglecting the presence of other as a creature with independent emotion, cognition, perspective and personality. Even when individuals empathize, they often fall prey to a line of thinking which

suggests ‘If I were in place of him/her/they, I would have done....’ or “one should do this instead of that...”. It is essential to understand that empathizing doesn’t limit to making sense of someone’s emotions but also considering the circumstances, the perception, socialization and cognitive limits of that specific individual. This tendency of framing a reference & showing sheer ignorance towards experiences of an individual is both alarming and depressing. The lack of sensitivity within social actors lays the foundation of a dysfunctional society, whose malfunction has social, psychic & moral dimensions. It not only belittles and invalidates the experiences of other individuals as conscious beings, but also reinforces the presence of social dysphoria at the level of a society.

Individual social actor entangled in complex social relationship are nonetheless subsumed under a larger umbrella of a society. Thus, even minute and immediate occurrences within an individual's personal realm is connected to larger social forces of country-wide societies. Consider a Manipuri student getting called 'Chinese' and 'Coronavirus' in Delhi. While, it might be an individualistic experience of the student at a peculiar circumstance, but it certainly reflects the structured racism against people of North East in the society. Similarly, getting bullied for being 'fat' or 'thin' might be a personal experience, but it reflects the rigid notions of ideal body and subsequent body-shaming widespread in the society. Communalism, sexism, domestic violence, casteism, crime, homophobia, maltreatment of sex workers, blue-collar professionals etc, one can go on listing these social maladies. I wish to outline



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that lack of empathy shares an indirect cause and effect relationship with the presence of the structured problems in the society. This indirect relationship manifests as a never-ending vicious cycle.

The absence of empathy in social actors hinders their ability to identify with experiences beyond their immediate social position/group/identity. At the level of society, it reinforces & empowers the structural problem acting as a social force. This social force in turn acts upon individuals through the process of socialization compelling them not to develop an empathetic outlook towards others. For instance, A teases, makes fun of B and labels them 'mentally disabled' for being a homosexual. A thus, not only shows inconsideration towards B's experience and sexual orientation but also contributes to Homophobia as a collective phenomenon at the broader level of society. This Homophobic notion of the society

will in turn socialize other individuals to be inconsiderate towards homosexuals, resulting in lot of other As declaring other Bs as 'mentally disabled'.

Further, it should be pointed that absence of empathy also contributes to the imposition of labels on individuals. Social actors tend to be interlocked with their immediate social position/group/identity that they engage in conscious & unconscious 'othering' of individuals and groups. This facilitates formation of stereotypes and prejudice against others along with use of slang-labels, fitting people into rigid boxes.

The social world we experience every day when analysed with reference to the presence of unempathetic social actors, appears quite repressive and suffocating, compromising freedom of expression. It is of no surprise that mental health issues are quite common in our times for the threat

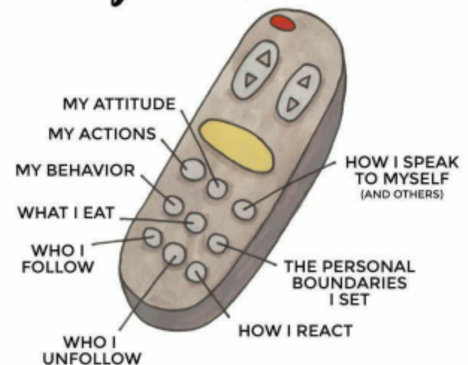
of one's experience & feelings getting invalidated by people looms large, forcing one to voluntarily refrain from sharing them. Every now or then, people are judged & put on trials at moral courts for the smallest of things – failing a test, wearing an outfit of choice, having a political opinion etc. The fear of not being understood remains a sharp indicator of the psycho-social crisis in our relationships and in our society.

It is indeed an unsettling reality that we are living in an mentally unhealthy society. Its suffering with multiple diseases, of which we as individuals are both cause & victims. But the least we as social actors can do is to feel and understand others, putting our moral judgements to rest. It is thus the need of the hour to establish and develop a social environment crafted with empathy, acceptance & legitimacy for people's unique experiences. Afterall, our mental wellbeing is

intrinsically tied to the wellbeing of the society; one can seldom achieve absolute mental fitness being trapped in an ailing society.

psynopsis

Things I can control



Myri Carles

We're constantly challenged by struggles of everyday life which strike us at different intensity. It can be as big as a loss of loved one or as small as quarrel with a friend, both put our mental well-being at stake. However, even in such challenging circumstances, one shall realize there are things which is in one's control.

करियर और कल्याण: स्वस्थ करियर की ओर विकल्प

नई दिल्ली: शिक्षा मंत्रालय के मनोवैज्ञानिक शिक्षा और मानसिक कल्याण विभाग तथा हिन्दू कॉलेज (दिल्ली विश्वविद्यालय) के हिंदू कॉलेज काउंसलिंग सेंटर (एचसीसीसी), एनएसएस हिंदू कॉलेज व एनसीसी हिंदू कॉलेज के सहयोग द्वारा एक दिवसीय राष्ट्रीय सम्मेलन का आयोजन किया गया। मन के दर्पण से होने वाली वार्ता मनोदर्पण हमें स्वयं से जोड़ने में सहायता करती है। ये एक कल्याणकारी योजना है जो 21 जुलाई 2020 को भारत सरकार के शिक्षा मंत्रालय एवं केंद्रीय शिक्षा मंत्री श्री रमेश पोखरियाल निशंक जी द्वारा आरंभ की गई थी। इसका उद्देश्य स्कूलों व कॉलेज के छात्रों तथा शिक्षकों के मानसिक स्वास्थ्य संबंधी चिंताओं का टेलीफोनिक माध्यम से निवारण करना है साथ ही यह मानसिक स्वास्थ्य के प्रति जागरूकता पर भी बल देती है। इसी योजना के अंतर्गत “करियर और कल्याण: स्वस्थ करियर की ओर विकल्प” विषय पर कार्यक्रम आयोजित किया गया। छात्र समुदाय के साथ अपने ज्ञान और विशाल अनुभव को साझा करने के लिए देश के विभिन्न क्षेत्रों से कई प्रख्यात वक्ता व अतिथिगण सम्मेलन में उपस्थित थे। कार्यक्रम दो सत्रों में विभाजित था।

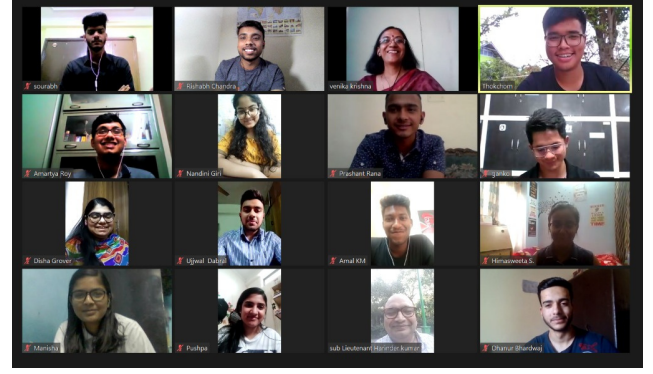
पहले सत्र का प्रारंभ सीनियर मनोचिकित्सक व मनोदर्पण वर्किंग मेंबर डॉ. जितेंद्र नागपाल के वक्तव्य से हुआ। उन्होंने बताया मनोदर्पण छात्रों के नेतृत्व में चलाई गई योजना है जिसमें कार्यक्रम के माध्यम से अब हिंदू कॉलेज के विद्यार्थी भी जुड़ चुके हैं। इस सप्ताह मनोदर्पण योजना को एक वर्ष पूर्ण हो गया है। उन्होंने कहा ऐसा करियर चुनें जो आपके मन को संतुष्टि एवं खुशी दे। ‘थ्री एच’ दृष्टिकोण (हेड एंड हैंड लेड बाय हार्ट) द्वारा आप बिनाहै किसी बाहरी दबाव में आकर स्वतंत्र रूप से करियर चुन सकते हैं। उन्होंने मेंटल हेल्थ की उपादेयता को भी बताया। श्रीमती ज्योत्सना भारद्वाज ने सरल भाषा में बात करते हुए नई शिक्षा नीति को स्पष्ट किया। शिक्षा के साथ साथ अनुभव ग्रहण करना भी महत्वपूर्ण है। केवल किताबी ज्ञान से सफलता की ओर अग्रसर नहीं हो सकते, स्किल्स भी आवश्यक है। उनके अनुसार करियर चुनना अपने लिए जिंदगी चुनना है और जिंदगी एक ही मिली है इसलिए अच्छे से चुनाव करो और खुद से चुनो। लक्ष्य प्राप्ति के लिए खुद पर विश्वास और अपने करियर से खुश होना बहुत जरूरी है। डॉ. राम मनोहर सिंह ने जीवन के उद्देश्य और उनकी प्राप्ति के साधनों की चर्चा की। सफलता की यात्रा ऊंचे-नीचे पड़ावों से होते हुए गुजरती है। स्वामी विवेकानंद के शब्दों को याद करते हुए उन्होंने कहा कि स्वशक्ति तथा स्वयं पर विश्वास ही आपको मंजिल तक पहुंचाएगा। स्वधर्म पर बात करते हुए बताया कि जिस कार्य को करने में आप स्वयं को

शत प्रतिशत ऊर्जा से भी अधिक परिपूर्ण पाएं वही आपका सर्वधर्म है। सभी को अपना धर्म खुद से बनाना चाहिए और अपने विवेक से जीवन के निर्णय लेने चाहिए। अंतिम वक्ता तथा हिंदू कॉलेज के पूर्व छात्र डॉ. संजय सिंह बघेल ने मनुष्य के सर्वांगीण विकास पर बात करते हुए बताया कि उसे न केवल पढ़ाई में अच्छा होना चाहिए बल्कि कम्युनिकेशन स्किल्स में भी अच्छा होना चाहिए। व्यक्ति सफलता तभी पा सकता है जब उसे पता हो किस समय क्या करना है, मुसीबत से भी निकलने का रास्ता ढूंढ लेता है। हरिवंश राय बच्चन जी की मधुशाला के उदाहरण से उन्होंने अपनी बात को समझाने का प्रयास किया। बड़ा लक्ष्य लेकर चलोगे तो मंजिल अवश्य मिलेगी। मनुष्य की संवाद धर्मिता और अनुभवशीलता पर विशेष रूप से बल दिया। उन्होंने दो-तीन लघु कथाओं से विद्यार्थियों को प्रेरित करने की भी कोशिश की थी। सत्र की अंतिम कड़ी में एचसीसीसी की परामर्शदाता डॉ. वेनिका कृष्णा ने विद्यार्थियों को डिजिटल माध्यम से नई राह दिखाने के लिए सभी वक्ताओं का आभार व्यक्त किया।

अपराह्न 2:30 बजे दूसरा सत्र आरंभ हुआ जिसमें अलग-अलग करियर विकल्पों पर प्रतिष्ठित वक्ताओं ने विद्यार्थियों को समझाया। पहली वक्ता श्रीमती नीतू सिंह ने पॉवर पॉइंट प्रस्तुतीकरण द्वारा फैशन डिज़ाइनिंग, ग्राफिक डिज़ाइनिंग, एंटरप्रेन्योरशिप, मर्चेंडाइजिंग, डिजिटल मार्केटिंग, वेब डेवलपर तथा आईटी क्षेत्र जैसे करियर विकल्पों पर विस्तार से चर्चा की। उन्होंने परिश्रम सकारात्मक सोच और धैर्यशीलता पर ज़ोर दिया। उन्होंने अपने अपने करियर क्षेत्र के सफल लोगों के बारे में जानने - पढ़ने की विद्यार्थियों को सलाह दी। एक प्रश्न का उत्तर देते हुए कहा दूसरों की बातों पर ध्यान न देकर ये सोचिए आपको क्या बनना है तभी उस लक्ष्य प्राप्ति के लिए रास्ता तथा समाज का सहयोग प्राप्त होगा। यदि अपना उद्देश्य पता है तो आप बहुत आसानी से करियर चुन सकते हैं। साइबर सुरक्षा विशेषज्ञ सुबिमल भट्टाचार्य ने करियर और साइबर सुरक्षा पर बात करते हुए डिजिटल दुनिया की संभावनाओं को बताया। आज टेक्नोलॉजी का प्रयोग हर क्षेत्र में होने के कारण साइबर सुरक्षा हर क्षेत्र में अहम हो गई है जैसे इंजीनियरिंग वकालत आदि। विद्यार्थियों को साइबर स्पेस एवं सिक्योरिटी और टेक्नोलॉजी से परिचित कराया जो वर्तमान समय में ऑनलाइन दुनिया में एक बहुत अच्छा करियर विकल्प है। सन् 2005 – 2007 से अब तक डिजिटल सोसायटी अत्यधिक विकसित हो चुकी है। आईसीएमआर की वैज्ञानिक एवं निर्देशक प्रोफ़ेसर प्रिया अब्राहम ने अपने वक्तव्य द्वारा श्रोताओं को सरकार के एक मेडिकल संस्था के स्वदेशी वैक्सीन बनाने की पूरी प्रक्रिया से अवगत कराया। वैक्सीन बनाने के लिए उनकी टीम द्वारा वायरस के सभी पहलुओं पर अच्छी

तरह जांच की गई जिसे बायोटेक इंटरनेशनल लिमिटेड को सौंप दिया गया। उन्होंने उसे वैक्सीन का रूप दिया और आज उससे निरंतर लोगों को सुरक्षित करने का प्रयास हो रहा है। उन्होंने प्रेजेंटेशन से कोविड-19 के बारे में बताते हुए सदैव मास्क व सैनिटाइजर का प्रयोग करने के लिए जागरूक किया। साथ ही श्रोताओं के प्रश्नों के उत्तर भी सहज रूप से दिए।

सम्मेलन के आरंभ में अध्यक्षीय वक्तव्य में कॉलेज की उप-प्राचार्या डॉ. रीना जैन ने कहा भारत में स्वस्थ होने से अभिप्राय केवल शारीरिक स्वास्थ्य से है परंतु जब तक व्यक्ति मानसिक रूप से स्वस्थ नहीं, शारीरिक रूप से स्वस्थ होना अर्थहीन है। इसी उद्देश्यपूर्णता के लिए यह कार्यक्रम आयोजित किया



गया तथा इसी विचारधारा को ध्यान में रखते हुए सन 2007 में हिंदू कॉलेज में फ्रेंड्स कॉर्नर नामक काउंसलिंग सेंटर की स्थापना हुई। उन्होंने अपने शब्दों से सकारात्मक ऊर्जा उत्पन्न करते हुए विद्यार्थियों को इन प्रतिकूल परिस्थितियों में भी सकारात्मक सोच के साथ निरंतर आगे बढ़ने की प्रेरणा दी। मुख्य अतिथि डॉ. राजेश खन्ना ने 'मनोदर्पण' के उद्देश्यों पर प्रकाश डाला। हमें जीव-जंतु, मनुष्य, प्रकृति सभी के प्रति एम्पेथिक से रहना चाहिए। करियर हमें समर्थ बनाता है, हमारे मनुष्य होने के अस्तित्व को सिद्ध करता है। उनके अनुसार दूसरों को सुनना चाहिए किंतु अंतिम निर्णय विद्यार्थियों का ही होना चाहिए। तत्पश्चात डॉ. वेनिका कृष्णा ने बताया कार्यक्रम द्वारा देश के कोने कोने (कश्मीर से कन्याकुमारी) तक विद्यार्थियों को जोड़ने का प्रयास किया गया है। मनोदर्पण योजना के साथ वह सक्रिय रूप से जुड़ी हुई हैं जिसके चलते उन्होंने कॉलेज तथा अन्य संस्थाओं में कई काउंसलिंग सेशन किए हैं किंतु राष्ट्रीय स्तर पर ऐसी योजना की पहल करने के लिए वह मनोदर्पण वर्किंग कमेटी की कृतज्ञ है। इस कोशिश से काउंसलिंग के साथ जुड़े सामाजिक शिकवा(स्टिग्मा) छूट गए हैं। उन्होंने कॉलेज की प्राचार्य डॉ. अंजू श्रीवास्तव के प्रति भी कृतज्ञता प्रकट की जिनके साथ व सहयोग के बिना कार्यक्रम आयोजित करना असंभव था।

कार्यक्रम का आरंभ सभी वक्ताओं के स्वागत उद्बोधन तथा हिंदू कॉलेज के गौरवशाली इतिहास के परिचय के साथ-साथ समय के अनुसार कॉलेज के बदलते स्वरूप पर प्रकाश डालते हुए हुआ। यह हिंदू महाविद्यालय के इतिहास में पहला राष्ट्र स्तरीय सम्मेलन है जो पूरी तरह से कोविड-19 महामारी के कारण सामाजिक दूरियों के मापदण्डों के अनुरूप डिजिटल मंच पर

आयोजित किया गया है। टैक्नोलॉजी के माध्यम से देश के विभिन्न क्षेत्रों से 300 से अधिक महाविद्यालय एवं विश्वविद्यालयों ने सम्मेलन में भाग लिया। आयोजन हिंदू कॉलेज काउंसलिंग सेंटर के यूट्यूब चैनल व फेसबुक पेज पर लाइव रहा जहां श्रोताओं ने पूर्ण रूप से प्रश्नों द्वारा अपनी सक्रियता बनाए रखी। कार्यक्रम के अंत में धन्यवाद ज्ञापन करते हुए डॉ. वेनिका कृष्णा ने सभी पैनलिस्ट का आपदाजनक स्थिति में भी डिजिटल रूप से विद्यार्थियों का मार्गदर्शन करने के लिए धन्यवाद व्यक्त किया। उन्होंने भारत के विभिन्न क्षेत्रों से जुड़ने वाले सभी श्रोताओं का आभार व्यक्त किया। सम्मेलन सभी के लिए लाभदायक रहा हो, इसी आशा के साथ उन्होंने कार्यक्रम का समापन किया। सम्मेलन में एनसीसी के नोडल .ऑफिसर सब-लेफ्टिनेंट (डॉ.) हरींद्र कुमार एवं एनएसएस के परामर्शदाता डॉ. विजय गर्ग सक्रिय रूप से जुड़े रहे। कार्यक्रम का संचालन हिंदू कॉलेज के विद्यार्थियों ने किया और उनका मार्गदर्शन एचसीसीसी की परामर्शदाता डॉ. वेनिका कृष्णा ने किया।

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