

Motivation to move

KID: 20190105



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I am Divansh Singla, 3rd-year Undergraduate pursuing Civil Engineering. In the Academic year 2019-2020, I took up the post of the President of Student Gymkhana, the student executive body of IIT

Hyderabad. I have been exposed to dealing with people having different ideas and methodologies, and I learnt how challenging it can be to keep all of them satisfied. The leadership skills and the enthusiasm I get from going out of my way to talk to people and listen to their problems have been a lovely experience. I've observed that it is not very easy to make some decisions without having to face

unexpected consequences. I had the wonderful opportunity to interact with a lot of professors and know them not only as academicians but also as a person.

I look upon this as an amazing learning experience, and I am keen to motivate my juniors and peers as well to become representatives for public opinion and know how wonderful it is to closely observe and solve the problems people face in our institution. I would like to give a piece of advice to my fellow students - So far, one thing that my journey here at IITH has taught me is to interact and make as many friends as one can. When one is so far from home and family, friends are the ones that make your journey better. I had my trouble adjusting to new faces and people in my first year, and as time passed, I got associated with people more than I had imagined. Now that I look back, I hardly have any memories without my friends being included, and that's the most significant part of me my college life.

Emotional First Aid

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It's my utmost pleasure to work with IIT-H to grow and give back what I learnt by making a beautiful place to live in. It's high time we practice mental health hygiene just as we do dental and physical hygiene. Ask a ten-year-old what you should do if you get a cut on his knee, and the child would immediately recommend cleaning it and bandaging it. We teach our children how to take care of their bodies from a very young age, and they usually learn such lessons well.

But ask an adult what you should do to ease the sharp pain of rejection, the devastating ache of loneliness, or the bitter disappointment of failure, or low self-esteem or loss and trauma, and the person would know little about how to treat these common psychological injuries. Some might confidently suggest the best remedy is to talk about our feelings with friends or family members. But while discussing our feelings might offer relief in some situations, it can actually be damaging in others. The reason we take little to no purposeful action to treat the psychological wounds we sustain in daily life is that we lack the tools with which to manage such experiences. So, Here I am to help you all out with the emotional equivalents of bandages, antibacterial ointments, icepacks and fever suppressants for all the emotional wounds.

I want to mention an easy, scientifically proven first aid for Anxiety or Panic attack - Look around you. Find 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste. This is called Grounding Technique. It can help when you feel like you have lost all control of your surroundings. Can you imagine what the world would be like if everyone was psychologically healthier? If there were less loneliness and less depression? If people knew how to overcome failure? If they were happier and more fulfilled?

We can, because that's the world we want to live in. So, Let's start practising emotional hygiene