

distress to.. de-stress

what to expect and how to navigate the professional
college career.

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PSYCHIATRIST

ANTARMAN CENTRE FOR PSYCHOSOCIAL WELLBEING

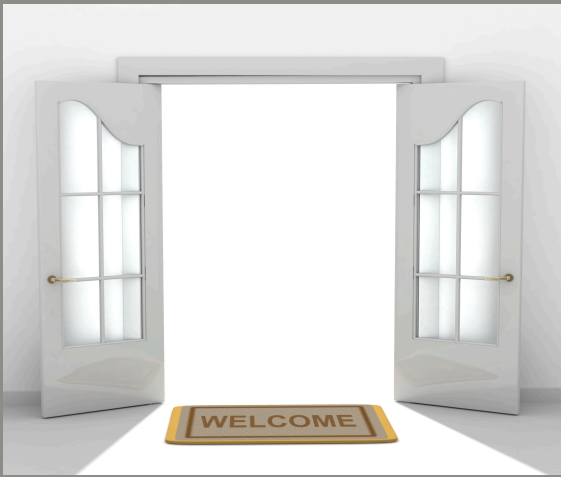




A BIG WELCOME TO YOU SMART YOUNG PEOPLE !!

All of you are likely to have a great career, will have fame, money and a
good life.

entry..



...exit



Ragging

LONG-NIGHTS

FUN

MUSIC & DANCE

FIGHTS

STUDIES

Annual Days

NIGHT-OUTS

Love

Break-ups

Viva & CLINICS

SUCCESSES & AWARDS

FAILURES

A well-fought entry..

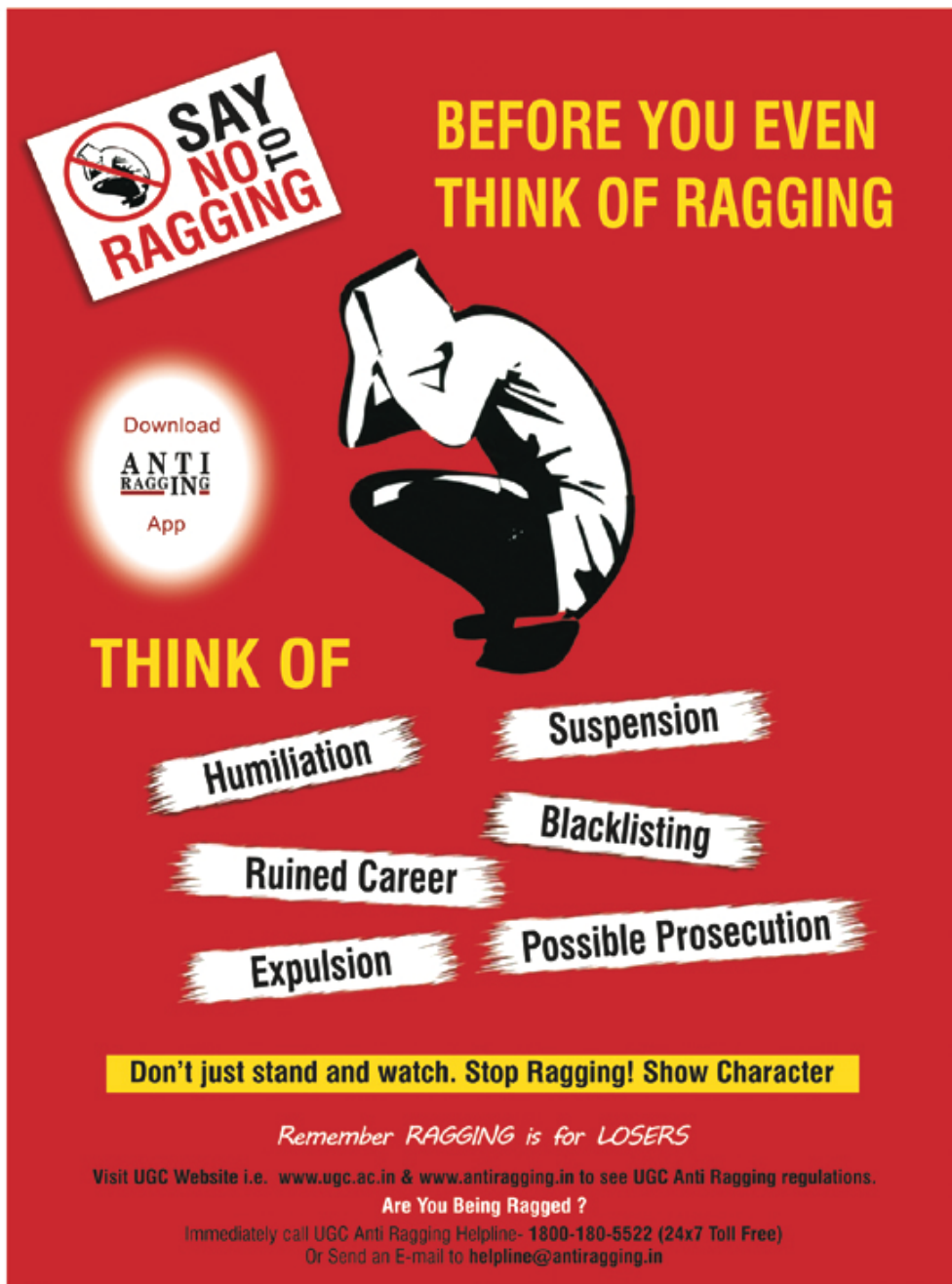
EXPECTATIONS

- Learning from experts
- Interesting knowledge about human body
- Working with patients
- Helpful peers and supportive teachers
- Admiration from society
- Career is set !



- Self study, huge load
- Boring and difficult to understand subjects
- Long hours at clinics
- Struggle to score marks (which was easy before).
- Lonely, sometimes poor support.
- It's a loooong road to career and specialisation.





A red poster with a white silhouette of a person crouching in the center. At the top left is a white box with a red circle and slash over a hand icon, with the text 'SAY NO TO RAGGING'. To the right of this is the text 'BEFORE YOU EVEN THINK OF RAGGING' in yellow. Below the crouching figure is the text 'THINK OF' in yellow. Surrounding the figure are six white banners with black text: 'Humiliation', 'Suspension', 'Ruined Career', 'Blacklisting', 'Expulsion', and 'Possible Prosecution'. At the bottom left is a yellow box with black text: 'Don't just stand and watch. Stop Ragging! Show Character'. Below this is the text 'Remember RAGGING is for LOSERS'. At the very bottom is the text 'Visit UGC Website i.e. www.ugc.ac.in & www.antiragging.in to see UGC Anti Ragging regulations. Are You Being Ragged ? Immediately call UGC Anti Ragging Helpline- 1800-180-5522 (24x7 Toll Free) Or Send an E-mail to helpline@antiragging.in'.

SAY NO TO RAGGING

BEFORE YOU EVEN THINK OF RAGGING

Download
ANTI RAGGING
App

THINK OF

Humiliation
Suspension
Ruined Career
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- There are strict laws now and a national helpline. [1800 180 5522](tel:18001805522)/ helpline@antiragging.net
- It is not worth it for a senior student., for a complaint can compromise their career.
- Measures by institutions: prominent posters, notices, undertakings from students, CCTV cameras and watchful staff
- Juniors: Move around in groups, firmly refuse, get away from the situation, shout if needed, perhaps.. a good idea to not stand-out.
- stand up for your colleagues
- Complain to authorities, even anonymous complaints can be made
- Friendly introduction of seniors

Bullying (& cyberbullying)



- Is not restricted to schools as most think
 - When it happens in colleges.. esp. professional colleges, it can be have severe impact
 - Student may not have access to parental support (stays in hostel) or parents may think it is a pressure of studies
 - There is humiliation & character assassination
 - If unchecked it can impact one's self-esteem, poor academic performance, personality changes, depression and severe cases even suicidal tendencies
- It does not receive the same attention as ragging, yet remains a problem.
 - Talk to your parents/ teachers/ senior students/ counsellors
 - Talk to your friends
 - Make a complaint. Remember that the bully is counting on you to not do it, he/she wouldn't have done it if he/she was sure that you would complain.
 - complaint-mwcd@gov.in
 - See a professional



ACADEMICS

- Everyone of you who are here are because you folks were very good in studies.. Toppers in your class.
- But here this is cream of cream.. If some of you will do well and be on top.. Some will have to be at the bottom
- Traditional ways of studying do not always help
- You realise that .. One cannot relax.
- Hard work / Smart work.



HOSTEL LIFE

- Independent living, unsupported living, unsupervised living
- Self discipline
- Self budgeting
- Fun. Temptation. Traps



When things go wrong..

What can you do ?

- There will be times when you get overwhelmed
- Cause could be anything : academic pressure, poor performance in vivas/ clinics, fight with friends, break-up, family issues etc
- Speak to someone whom you trust.
- Seek professional help: pervasive and severe.
- Alcohol, smoking and drugs have never made anyone feel better and never will.
- Don't do anything on an impulse

S/s to look out for :

- Feeling low in mood or irritable
- Lack of interest in stuff that you enjoyed before
- Avoiding friends/ family
- Changes in sleep or appetite
- Low in confidence, energy
- Feelings of guilt, self harm, suicidal thoughts
- Some times: young ppl may even get s/s in which one may become paranoid, find it difficult to trust others or have hallucinations



Thank you !



ANTARMAN

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