



# PULSE

a Sunshine Newsletter

5TH EDITION

2024-25

# “Message from the Editorial Team”



**Yukti Rastogi**  
Counsellor Incharge



**Suvitti**  
Student Head Incharge



**Peela Bhargavi**  
Student Volunteer



**Shivapriya K G**  
Student Volunteer

Welcome Readers!

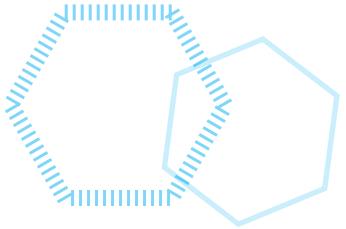
We are excited to bring yet another edition of our very own newsletter; called “Sunshine Pulse”. This is our 5th edition of the newsletter. To give a little more background, we started this newsletter in the year 2020 with one of the purposes to spread mental health awareness and exchange of ideas among the IITH fraternity. Our newsletter’s theme is always the same as the theme for World Mental Health Day, celebrated on 10th October. The theme this year, chosen by the World Federation of Mental Health, is “It is time to prioritize mental health in the workplace”. This theme is so relevant in the current scenarios. With the ever so advancing technological era, one often forgets to strike a healthy work life balance. Creating healthy boundaries and understanding different work dynamics is the need of the hour. The importance of striking a good balance between physical and mental health while keeping up with our designated work roles is something we need to start prioritizing before it gets too late. For us as an institution; the theme can be “It’s time to prioritize mental health on campus”. Through this newsletter we publish various articles, poems, couplets, art and craft etc that are related to the theme.

What’s the Wait for? Let’s Dive Right In.

# TABLE OF CONTENTS

<i>Director's Message</i>	01
<i>Dean Student's Message</i>	03
<i>FIC Sunshine's Message</i>	05
<i>Psychological Counsellors' Message</i>	07
<i>Sunshine Student Heads' Message</i>	15
<i>Speaking through Colours</i>	20
<i>Cover Story - Whispers of the Mind</i>	23
<i>Prioritizing Mental Health at my Workplace - A Mind's Monologue</i>	33
<i>Testimonials - Honest Reflections &amp; Mindful Journeys</i>	38
<i>Musings &amp; Metaphors - Couplets, Quotes &amp; Poetry</i>	41
<i>Sunshine Rewind</i>	45

# Director's Message





'It is Time to Prioritise Mental Health in the Workplace' was selected as the theme for the World mental health day, celebrated on 10th October 2024 and for the year 2024 by the World Federation for Mental Health. Every organisation at its heart is a group of people, who work towards a common goal. So, the wellbeing of the shareholders of the institute leads to its sustainable growth and prosperity. While it's easy to understand this correlation, to experience it in a workplace, where everyone is healthy and productive, is a goal that requires Awareness, Attention and Action.

The International Labour Organization detailed that work gives us an opportunity to have a livelihood, a sense of belonging and purpose, it positively affects our mental health. But, there are a plethora of mental health risks attached to day to day work. The first step to tackle these risks is being "Aware". Informing and destigmatising work-related mental health conditions among the workforce will give them confidence to reach out for help.

Action towards the mental wellbeing of the workforce can be taken in various forms. Events to raise awareness (like workshops), Discussing and forming better laws for the organisation's productivity and the employee's wellbeing, Conducting gatherings for the employees to socialise and bond are just a few of them. Taken together, Awareness, Attention and Action can be the magic potion to make the workplace comfortable, productive and vibrant for all the workers. I feel very delighted that the whole sunshine team has been working towards it for 13 years.

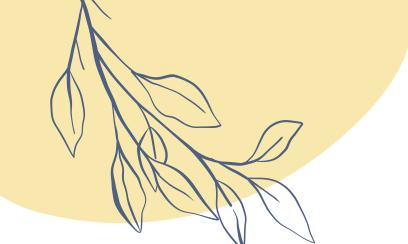


**Prof. B.S. Murty**

Director

Indian Institute of Technology Hyderabad





# dean student's Message

At the outset, I would like to extend my warmest wishes for a very happy and prosperous New Year to everyone in the IIT Hyderabad community.

The annual Sunshine Pulse newsletter has become an important platform for fostering dialogue, creativity, and awareness around mental health on campus. As we prepare to release the 5th Volume of this newsletter, I am heartened by the consistent efforts of Sunshine to bring meaningful discussions and artistic expressions to the forefront, all centered around mental well-being.

This year's theme, "It's time to prioritize mental health on campus," resonates deeply with our shared mission to create a supportive and inclusive academic environment. The significance of this theme was underscored during the 1st National Wellbeing Conclave, hosted by IIT Hyderabad in collaboration with the Ministry of Education last November. The conclave brought together over 350 stakeholders from across India to deliberate on strategies for promoting mental health in educational institutions. It highlighted the need for comprehensive frameworks, peer support systems, and the integration of mental health initiatives into the broader fabric of academic life. These discussions have reinforced our commitment to creating a resilient campus community that prioritizes mental and emotional well-being.

In today's fast-paced world, the pressures of academic and professional life often overshadow the importance of mental health. The rapid pace of technological advancement and its accompanying demands have added new layers of complexity to maintaining a balanced and fulfilling life. As an institution that values not only intellectual growth but also emotional and social well-being, IIT Hyderabad recognizes that prioritizing mental health is vital for the holistic development of students, faculty, and staff alike.

A campus is more than just a space for learning and innovation; it is a community. Our ability to thrive academically, professionally, and personally hinges on the well-being of every individual within this community. Striking a balance between work, study, and personal life is not just desirable—it is essential.

This requires cultivating healthy boundaries, fostering open communication, and building a culture where seeking help and supporting others is normalized and encouraged.

The Sunshine Pulse newsletter beautifully reflects this vision by bringing together articles, poems, art, and creative contributions from the IITH family, creating a collective expression of hope, resilience, and awareness. It serves as a reminder that mental health is a shared responsibility and that small acts of kindness, understanding, and care can significantly impact the lives of those around us.

As we look forward to this year's edition of Sunshine Pulse, let us renew our commitment to making mental health a priority on campus. I encourage each of you to contribute to this initiative, not just by sharing your talents and stories but also by taking proactive steps to foster a culture of empathy, inclusivity, and well-being.

I commend the Sunshine team for their tireless dedication and innovative approach in addressing such a critical aspect of campus life. May this year's newsletter inspire meaningful conversations, creative expressions, and lasting changes that help us build a stronger, healthier, and more connected community at IIT Hyderabad.



**Prof. R Prasanth Kumar**  
Dean (Students)  
Indian Institute of Technology Hyderabad

# FIC sunshine's Message



## *Breaking the Silence: Collective Responsibility for Mental Wellness in Academic Workplaces*

Mental health in India has gained considerable momentum over the last few years, especially in high-stress environments such as workplaces and higher education institutes. Academic rigor and personal well-being can seem like an uphill battle for students, researchers, and academicians. Long hours in the lab, pressure to publish, administrative work, and constant need for perfection are quite taxing on mental health. Academic settings, although intellectually stimulating, are incubators for stress, anxiety, and burnout. Students have to juggle coursework, assignments and research deadlines, and uncertain future prospects, while faculty members have to juggle teaching duties, administrative tasks, and the pressure of bringing in research funding.

Lab PIs function at the crossroads of research, student mentorship, teaching, and administrative work, directly impacting their groups' well-being. Work-life imbalance, conflicts with peers or supervisors, competing priorities, and not well-defined working hours, specifically in research-focused profiles, can intensify the feeling of isolation equally among students and faculty. Similarly, lab technicians, administrative staff and even our mental health counselling professionals from Sunshine, who are continuously working towards smooth functioning of the institute are also at risk of feeling overwhelmed and experiencing a blurred work-life balance.

In India, where mental health stigma continues to prevail, most suffer in silence. According to a 2015-16 National Mental Health (NMHS) survey conducted by the National Institute of-

Mental Health and Neurosciences (NIMHANS), nearly 10.6% of India's population struggles with mental health, with students and young professionals being disproportionately hit. Awareness of these issues is the initial step toward making the workplace healthier. Work-life balance is not the division of hours between work and play but about harmony that promotes productivity and happiness. Prioritizing self-care is the foundation of mental well-being. Exercise, sleep, and decent food build physical health, directly affecting emotional stability. Mindfulness activities like meditation, deep breathing, or journaling soothe anxiety, and regular digital detoxes make it possible to disconnect from the endless procession of work emails and social media.

Teachers and Lab PIs are not just academic guides but influential figures in a lab and within the institute. They can shape the mental well-being of their surroundings. Communication within the lab or among peers could be the building block of balanced mental health. Periodic lab meetings with research groups or one-to-one sessions with students should not only focus on reviewing academic progress but should also be used to review emotional well-being. Normalizing vulnerability by sharing personal stress stories de-stigmatizes; a simple open question like "How are you today?" can be very effective. Building support networks, either by peer networks facilitating colleagues to articulate struggles or through accessing professional help through counsellors, makes seeking help an asset, not a weakness.

Mental well-being at work is a shared responsibility rather than a single-person task. Students should feel safe in seeking help, faculty should take a compassionate lead, and institutions have to create comprehensive support systems. Sunshine, the counselling cell of IITH, is committed to making this process happen through workshops, one-to-one sessions, and advocacy to make mental wellness an integral part of everyday academic life.

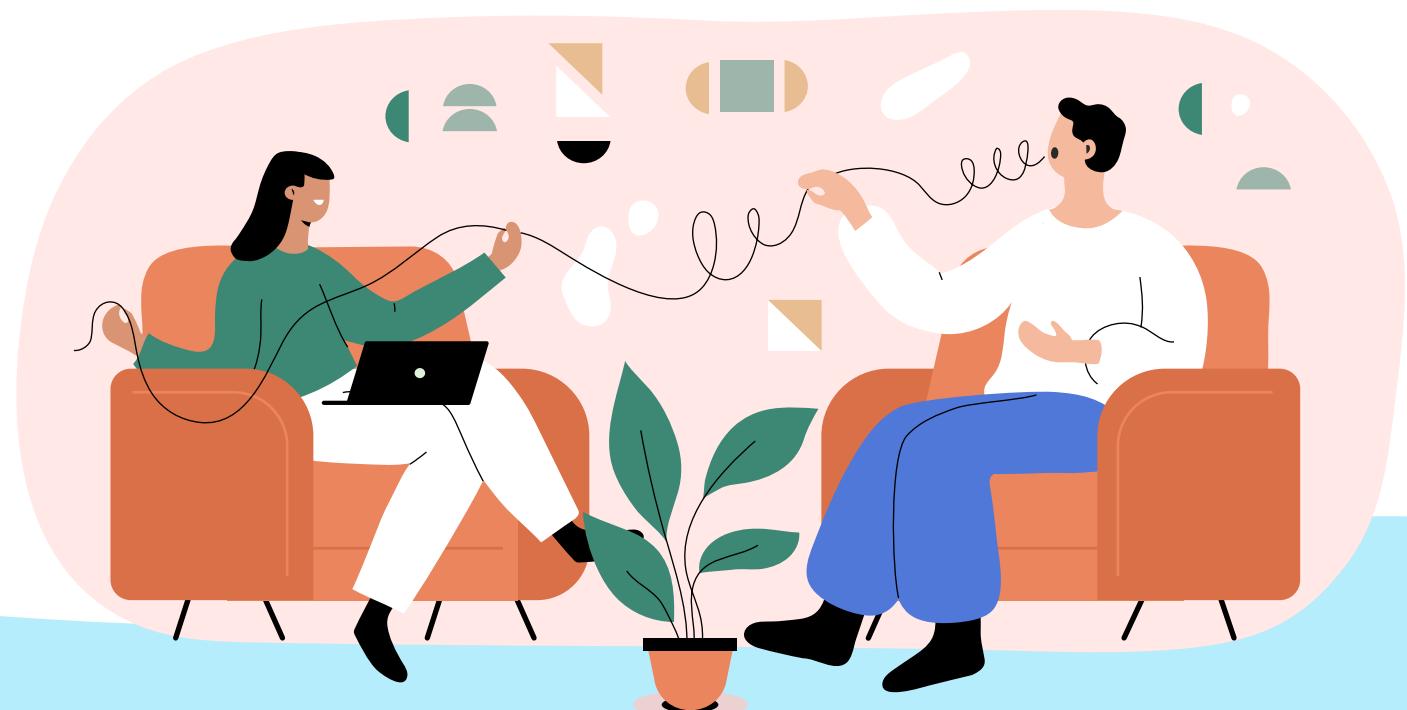


**Dr. Neeraj Kumar**

*Faculty In-Charge, Sunshine  
Indian Institute of Technology Hyderabad*

# psychological counsellors' Message







## **"Prioritizing Mental Health at Workplace"**

You know I must admit writing this piece is challenging not for any other reason, but simply because it is so difficult to sit down with a calm mind and pen your thoughts in an extremely busy life. I'm sure many of you can relate to this. We all know how hectic and fast paced our lives are. On most days than not, we barely get the time to sit still without someone knocking on our door, metaphorically speaking and literally. If there is anything that can sum up how best we feel, it would be a sense of being overwhelmed. Leaving us with little or hardly any time to just breathe peacefully.

Having said that, let's talk about how we can make mental health a priority at our workplace.

At a personal level:

- Draw Boundaries:**

As blunt as I may sound, it is important to set boundaries to preserve some of our energy. As much as we would like to be there for everyone all the time, it is practically impossible. However, what is possible, is to set some time aside for ourselves; to breathe, relax, calm down, pause and reflect. Reflect on where we are, how far we have come, the things we are grateful for and how we can improve ourselves. But for this to happen it is important that people are aware that you need some time for yourself and sometimes this needs to be told to people.

- Make your me time a daily ritual :**

What is me time? To simply put it, it's time to nurture yourself; it could be your mental health or your physical health. It could be you choosing to run by yourself or sit and observe your surroundings or slowly sip on a hot cup of coffee. I am aware not everyone is comfortable with being by themselves. Not everyone is comfortable being still. But maybe it's worth giving a try to see what comes up when you are all by yourself. Sometimes, that is actually the best time to grow as a person, because we come to face ourself in the most real and sometimes vulnerable form and if anything can come from your me time, let it be good, constructive, appreciative and supportive.



- **Not everything requires a reaction:**

With so much going on around us most of the time we feel compelled to say something or intervene. But no, sometimes you can choose to observe rather than diving all in. We can choose what facilitates our mental health and walk away from what debilitates it. As the Polish Proverb goes: we can say, 'Not my circus, Not my Monkeys.'

- **Develop Work - Life Balance:**

it simply means setting time aside for work and to live life outside of work. One best way to do it would be to compartmentalize your time; 1 hour to focus 100 % on 1 thing. It could be work, leisure, a sport or just some time to mentally relax.

At a community level what we can do:

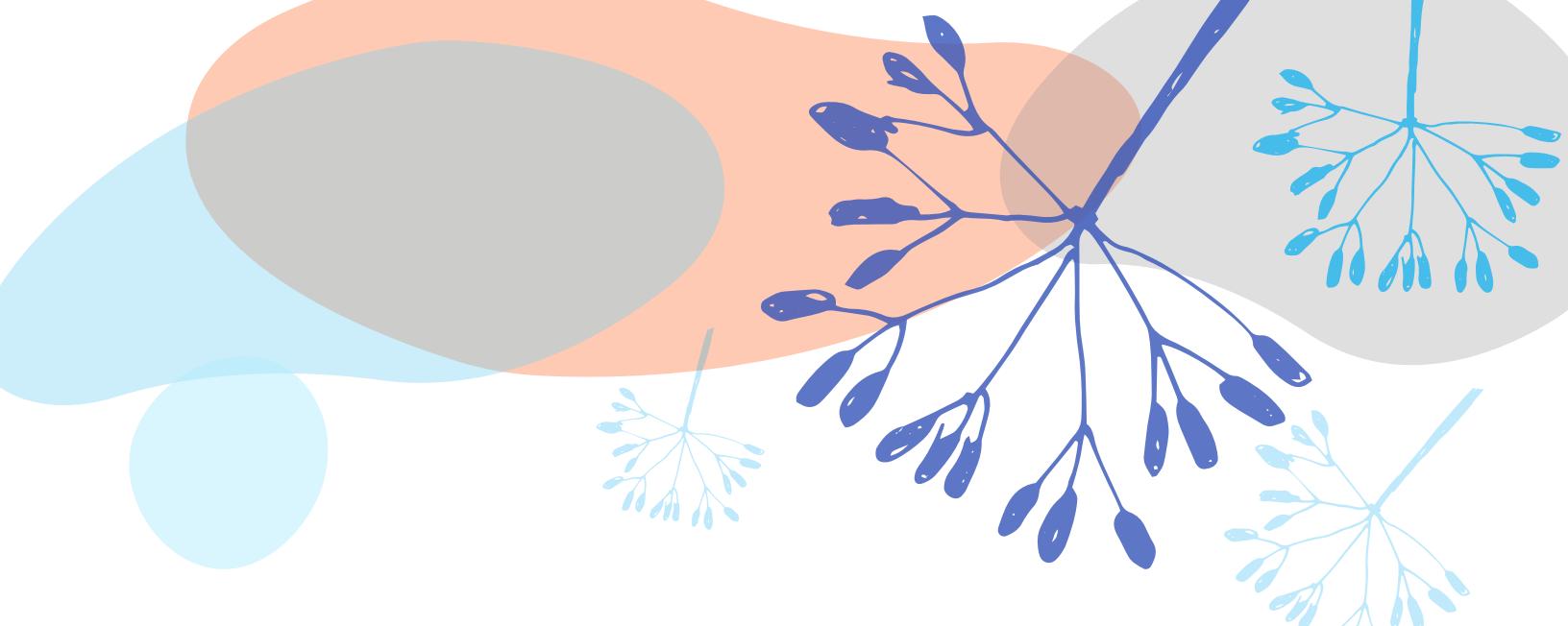
- Actively create awareness that our mental health matters not just at an individual level but collectively as a community, becoz we are interdependent and we have an impact on each other whether we accept it or not.
- Respect for other people's space and mental well-being: Honestly some of us forget this sometimes because our output, work and productivity take the front seat. But if we want a happier, creative and a more productive community, it begins with giving each other space; space to breathe, think, and show our uniqueness through our work.

So to sum up, making mental health a priority is not just an individual endeavour, but a conscious decision we collectively make to be empathetic.



**Maria Morris**

*Senior Psychological Counsellor  
Indian Institute of Technology Hyderabad*



## **"Prioritizing Mental Health on Campus: Therapeutic Techniques for a Supportive Environment"**

After a lot of reflection over several topics I chose the above topic keeping in mind the theme "Mental health at workplace". This article I am writing with my understanding of just not being in IITH but as a practitioner for over a decade. As the HEI's become cognizant of the mental health challenges faced by students, faculty, and staff, I found it essential to integrate therapeutic techniques that prioritize mental well-being into campus life. The pressures of academic performance, social dynamics, and personal development can contribute to high levels of stress, anxiety, and depression. Therefore, we must proactively create a supportive environment. With this article I am trying to illuminate therapeutic techniques that can be implemented to foster mental health awareness, promote well-being, and reduce stigma on campus.

### **Approaching Counselling and Support Services:**

The first step in prioritizing mental health on campus is ensuring that students, faculty, and staff approach to counselling and support services. Sunshine offers a range of counselling options, from individual therapy to group sessions. These services are confidential, free of charge, and easily accessible to all students and staff.

### **Peer Support Programs:**

Working in the field of psychology I understood that peer support programs are a powerful tool in reducing the stigma associated with mental health and offering students a relatable, accessible form of help. By training students to be peer counsellors or mentors, we have created a support network that encourages help-seeking behaviours and strengthens the campus community.



### **Stress Reduction Workshops and Resources:**

A proactive approach to mental health involves teaching the community how to manage stress and build resilience before they experience significant emotional or psychological difficulties. Keeping this in mind Sunshine offer regular workshops on stress reduction techniques, such as coping strategies, mindfulness, deep breathing exercises, gatekeeper training and progressive muscle relaxation. These practices can help students manage academic pressures and maintain balance during stressful periods.

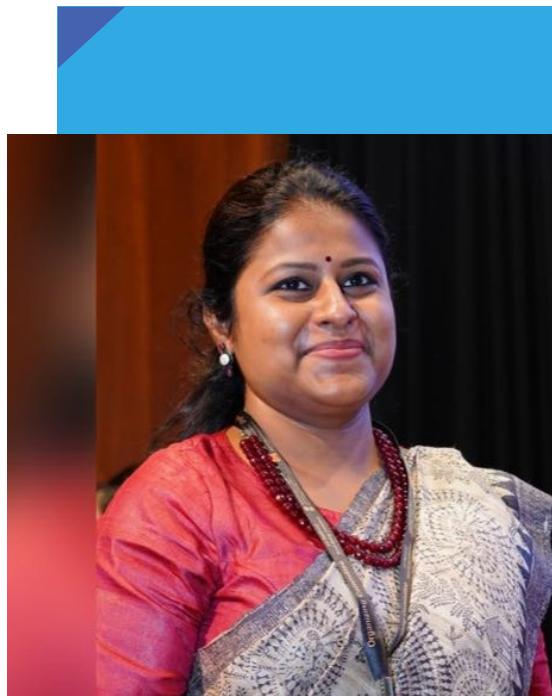
### **Inclusive and Safe Campus Environment:**

Mental health is not experienced in isolation. A student's identity and experiences—such as race, gender, socioeconomic status, and sexual orientation—play a crucial role in their mental well-being. This involves creating spaces for all groups to connect and build community, as well as addressing the unique mental health challenges faced by students from diverse backgrounds.

### **Developing Mental Health Resources for Faculty and Staff:**

It is not only students who face mental health challenges; faculty and staff members often experience the same stressors and may feel unsupported. Providing counselling services, wellness resources, and stress-management tools for faculty and staff can reduce burnout and improve the overall campus climate. When faculty and staff take care of their mental health, they are better equipped to support students as well. Prioritizing mental health on campus is a responsibility that requires thoughtful action, comprehensive resources, and ongoing efforts to reduce stigma and raise awareness.

By implementing therapeutic techniques such as accessible counselling, peer support programs, stress-reduction workshops, and training for faculty and staff, universities can create an environment where mental health is valued and supported. When students, faculty, and staff feel empowered to care for their mental well-being, the entire campus community thrives. Mental health is an essential aspect of campus life, and prioritizing it not only improves individual well-being but also contributes to a more positive, inclusive, and productive campus culture.



**Yukti Rastogi**

*Psychological Counsellor*

*Indian Institute of Technology Hyderabad*

## Why Mental Health at Work and Campus Matters More Than Ever

Mental health is more important now than ever before. After seven years as a psychologist, I've seen many stories that highlight how much our work environment affects our well-being. One story that stands out is about the need for clear boundaries at work—and how not having them can lead to exhaustion and burnout.

Many of us struggle with stress, long hours, and the pressure to always be available. But ignoring our mental health isn't an option anymore. We need to create workplaces and campuses where mental well-being matters just as much as performance and productivity.

### A Story That Might Sound Familiar-

Aditi (name changed for privacy) was a young professional in her late twenties working at a tech startup. She worked long hours - 12 to 14 hours a day - and even on weekends, she was glued to her emails. One day, she came to me and said, "I feel like I'm running on empty." Her exhaustion wasn't just mental - it was physical too. She had no energy left for her friends, family, or even herself. It was as if work had taken over her entire life. Through our sessions, we focused on small but meaningful changes. She started turning off work notifications after 6 PM, spending 30 minutes each morning on mindfulness, and making time to meet friends. Little by little, she felt better. Her energy returned, and she realized that setting boundaries didn't mean she was lazy - it meant she was taking care of herself. Her story is a powerful reminder: Boundaries aren't barriers. They help us create a healthier and more balanced life.



### The Struggle with Work and Life Balance

In today's world, it's easy for work and personal life to blur together. Remote work gives us flexibility, but it also makes it harder to switch off. Many people feel burned out—emotionally drained, detached from work, and less productive.

To prevent burnout, we need to take active steps:

- Recognize the signs:  
Feeling constantly tired, irritated, or unmotivated? These are red flags.
- Set boundaries:  
Be clear about your work hours and personal time. Talk to your manager about a realistic workload.
- Prioritize self-care:  
Even small things - taking a walk, journaling, or spending time with loved ones - can make a big difference.

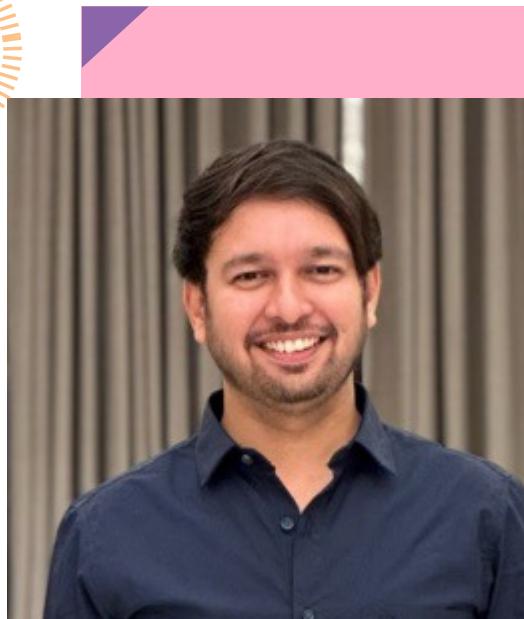


## Mental Health on Campus: A Shared Responsibility

For students, faculty, and staff, the challenges may look different, but the feelings are often the same. The pressure to perform, social expectations, and academic stress can feel overwhelming. That's why educational institutions need to create a culture where mental health is a priority.

## How We Can Move Forward Together

The phrase "It's time to prioritize mental health on campus" isn't just a slogan—it's something we all need to take seriously. Whether you're a student, a professor, or a staff member, remember: Taking care of your mental health isn't selfish—it's necessary. By setting boundaries, supporting one another, and fostering a culture of well-being, we can create a campus and workplace where people don't just survive, but truly thrive. Let's make a commitment: Support each other. Set boundaries. Prioritize mental health—not as an afterthought, but as a fundamental part of a fulfilling life.



**D Phani Bhushan**

Psychological Counsellor

Indian Institute of Technology Hyderabad





# sunshine student heads' message



## *My Journey with Sunshine Counselling Cell at IIT-H*

When I first stepped into IIT Hyderabad, I was filled with excitement but also a deep sense of loneliness. The transition to college life wasn't easy, and like many others, I struggled with finding my place. During this time, a mentor from the Sunshine Counselling Cell reached out to me, offering guidance and support. Their encouragement helped me navigate those challenges, and their impact was so profound that it inspired me to contribute as well.

I joined Sunshine as a Buddy in my first year, eager to help my batchmates who were facing similar struggles. This role gave me a sense of purpose and allowed me to connect with peers on a deeper level. By my second year, I took on the role of a Mentor, extending my support to juniors and becoming more involved in Sunshine's initiatives. I also actively volunteered and participated in various Sunshine events, which made the experience even more enjoyable and rewarding. These events not only promoted mental well-being but also fostered a strong sense of community.

By my third year, I had the honor of serving as the Mentor Head of Sunshine for Undergraduate, leading initiatives to promote peer support, mental health awareness, and student well-being. Organizing events, working with a passionate team, and seeing the impact of our efforts firsthand was an incredibly fulfilling experience.

Looking back, my journey with Sunshine has been one of transformation—not just for me, but for many others who found encouragement and support through it. If there's one thing I've learned, it's that no one has to go through tough times alone. There's always someone willing to listen, and sometimes, all it takes is reaching out.

**K Sri Varshini**

*Undergraduate Mentor Head  
Sunshine Counselling Cell  
Indian Institute of Technology Hyderabad*





## **Bright Horizons : Navigating IITH Life with Sunshine**

I am Rishitha, a 3rd-year undergraduate student at IITH. I got to know about Sunshine during the gymkhana orientations, which are conducted every year to familiarize incoming students with the clubs and various activities happening all year round at IITH. The Sunshine team members gave a great introduction, and it was refreshing to see the range of activities they conduct for the IITH fraternity.

In my 2nd year, I decided that I wanted to be a part of Sunshine, no matter what! So, I applied for the buddy role and management team member role. After many interviews, I was selected to be a UG Buddy and also a member of the Management team in the logistics division. This dual role helped me realize the amount of planning and detailing that goes into reaching out to the community and being an empathetic listener. As a Buddy and member of the logistics team, I conducted catch-up sessions for my batchmates and was able to bond over fun games and meaningful one-on-one conversations. I volunteered for events like "Heal Out Loud" and "Random Acts

of Kindness" along with other events. These events are so memorable for me because they made me realize that kindness is not a tremendous task; all you have to do is write a letter to a stranger and see the spark of joy in their eyes.

In my 3rd year, I joined the team as an Undergraduate Buddy Head. This role for me is a bit different from the previous ones because now I have to do more planning and coordination. So far, we have helped with the organization of various events, the highlight being the "National Wellbeing Conclave". We have a great UG Buddy team, and I coordinate with the buddies to conduct exciting catch-ups. The tasks might take a lot of hard work and energy, and I have made many mistakes along the way, but I have learned to understand the mistakes and change for the better. I have been able to meet people who share the same passion for mental health and made amazing friends along the way.

Overtime, I realize that the underlying principle, the force that motivates us, is our desire to be there for our fraternity, just the way many Sunshiners have been with us throughout our journey at IITH. If I have to summarize my experience with one sentence, I'll have to say that Sunshine makes each of my days brighter.

**Rishitha**

*Undergraduate Buddy Head  
Sunshine Counselling Cell  
Indian Institute of Technology Hyderabad*

Amidst the pages, lost in thought  
A journey long, with research brought  
Pressure mounts, stress does too  
But in the haze, don't forget you

Your mind, a flame, that flickers bright  
Take breaks, breathe deep, and let it shine  
Ikigai's purpose guides your way  
Work-life balance, in each new day

See support from colleagues dear  
Share burdens, let love shine clear  
Prioritize self-care with gentle might  
And shine, dear scholar, with mental light

**Devashish Prakash Singh**  
PhD Well-Being Head  
Sunshine Counselling Cell  
Indian Institute of Technology Hyderabad



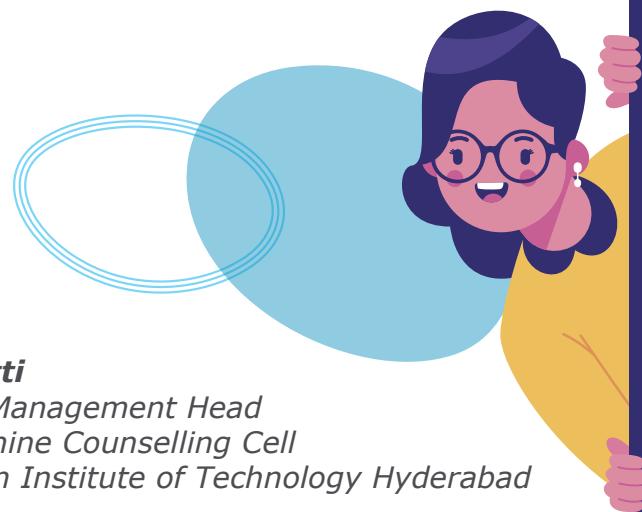
## *Making my Space with a Life Full of Sunshine*

Eversince I joined my PhD here at IIT Hyderabad, one thing has been constant in my journey so far has been Sunshine. I joined PhD in August 2021 and I have been a part of Sunshine since January 2022. I have taken up multiple roles of responsibility with the first one being PhD Buddy for my department (Department of Artificial Intelligence) to now being the PhD Management Head for the Sunshine team of 2024-25. And all these roles and my time with Sunshine has literally and figuratively played the role of bright sunshine in my otherwise mundane and absolutely monotonic PhD life.

I started with the role of PhD Buddy in my first year of PhD and this was my ticket to exploring IIT Hyderabad by all means, I met so many new people both from postgraduate studies and from PhD. A step into Sunshine and I felt like I had a home away from home. As I moved into my second year, I challenged myself by taking two roles at a time, a PhD Buddy Head and a PhD Mentor. So while the head responsibility helped me brush up some of my leadership skills, it also helped me learn about how to take a team, with all kinds of people, forward as one strong unit. The mentor role helped me connect with the freshers and create a safe and homely environment for them just as Sunshine created for me when I was a fresher. It felt like giving back the unadulterated love and support I received as a fresher to the incoming freshers batch as a senior. As I moved into my third year, I was entrusted by the counsellors and the Sunshine team with the position of a PhD Mentor Head.

It indeed was a challenging role as I had to take care of not just the freshers of my department but the entire freshers batch and take along with me a team of super enthusiastic people with so many different ideas and energy levels. And currently, as I'm in my fourth year, I challenged myself and again took up two roles, one of a PhD Well-Being Department Representative and one of a PhD Management Head. These roles have been my favourite experiences in Sunshine as it brought for me so many hands-on experiences and learnings. Managing the design and content, being involved as an editorial team for this Newsletter, curating experiences for all, this role has been such an affecting opportunity.

Throughout my journey, all three counsellors, Maria Mam, Yukti Mam and Phani Sir, have been my biggest supporters and strongest pillars of strength. Whatever I have become, from an inquisitive fresher to a seasoned Sunshine member (or veteran maybe, since I have been a part of it since 4 years and counting), however I have transitioned as an empathetic human being over my time here at IIT Hyderabad, I owe it all to these three counsellors with the most beautiful soul and the most infectious giggles.



**Suvitti**

*PhD Management Head  
Sunshine Counselling Cell  
Indian Institute of Technology Hyderabad*





**speaking  
through  
colours**



**Shweta Jain**

w/o Prof. Gaurav Dhamija

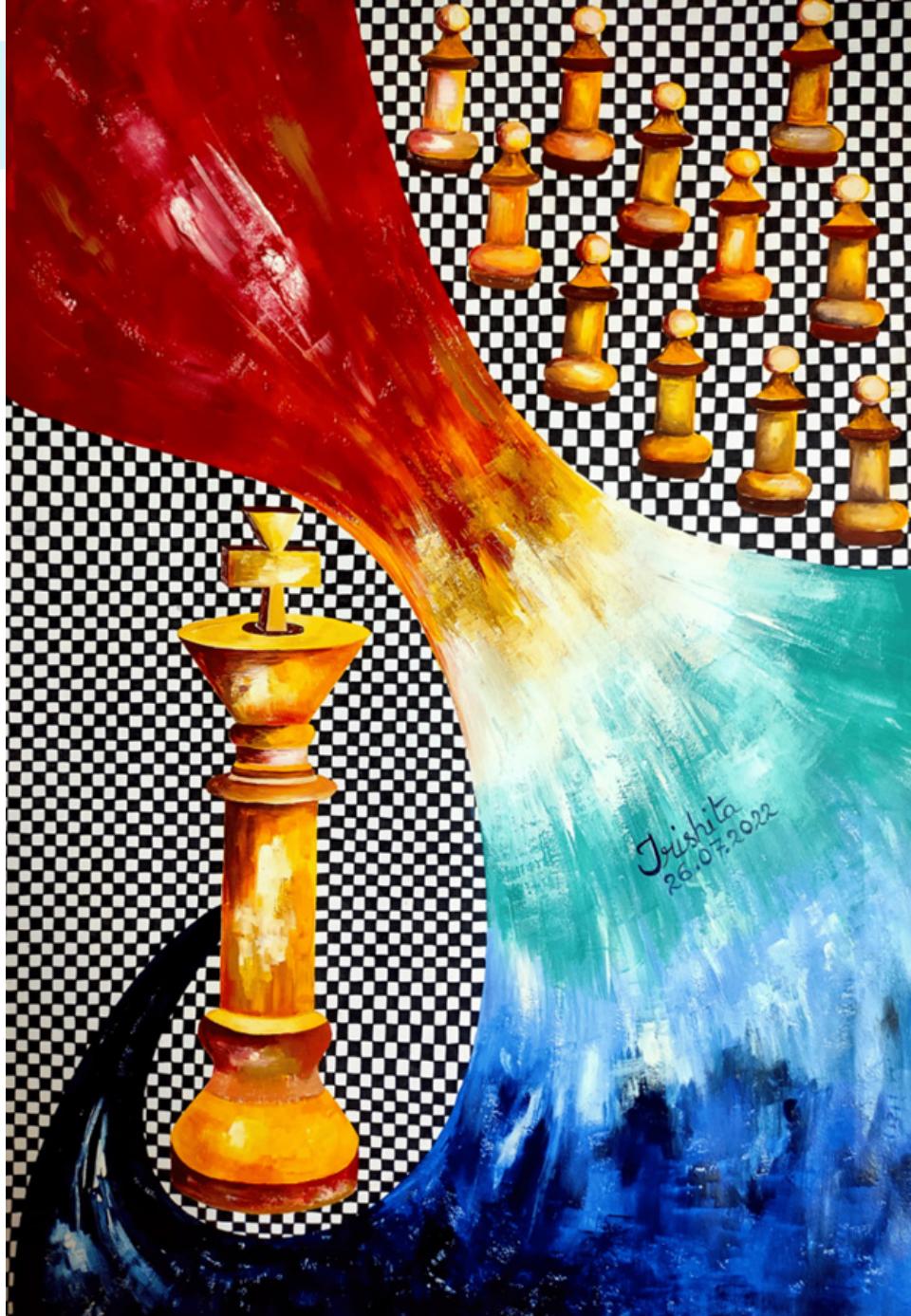
Assistant Professor, Department of Liberal Arts  
Indian Institute of Technology Hyderabad



If you want to be successful in life like a king (at the topmost position), then no one will be on your side. You will be all alone in your journey, and in the end, you will remain alone.

On the other hand, if you want to remain average, then you will find many others supporting you and will stay with you. There will be many ministers, but only one prime minister or president is there.

The colourful wave in between shows the colours of life, which are sometimes bright and sometimes dark. So when you are alone, never get depressed or frustrated; it is a process for making you the king. BeStrong!!BeHealthy!!That should be the life mantra of all success.



**Trishita Saha**

CS23MTECH14016

Department of Computer Science and Engineering  
Indian Institute of Technology Hyderabad



# cover story - whispers of the mind



## ***It Is Time to Prioritize Mental Health in the Workplace***

As a college student preparing to enter the professional world, I've spent years balancing academic pressures, extracurricular activities, and personal challenges. If there's one thing I've learned, it's that mental health isn't a luxury—it's essential. Yet, as I look ahead to my future career, I can't help but worry about the stark realities of mental health in the workplace.

We've all heard the stories: employees burning out, workplaces with unrealistic expectations, and a culture that glorifies overwork. But here's the thing—my generation, a generation raised in a digital, fast-moving world, is no longer willing to ignore mental health. We've grown up in a time when conversations about self-care and therapy are becoming normalized, but the workplace hasn't caught up. That needs to change.

### ***Why Mental Health Matters***

College life is like a trial run for the real world. Deadlines, group projects, internships, and the pressure to build a perfect resume can take a toll on anyone's mental well-being. But what keeps me going is the hope that my future workplace will support my growth holistically—not just as an employee but as a person.

### ***What We Want in Workplaces***

Our generation doesn't want a paycheck, we want workplaces that prioritize mental well-being. Here's what I and many of my peers hope to see in the future.

#### **Talk About Mental Health**

Just like in college, we want open conversations about mental health at work. It should be normal to ask for help.

#### **Work-Life Balance**

We value flexible hours, remote work, and fair workloads so we can stay healthy and productive.

#### **Access to Support**

Workplaces should offer mental health days, counseling, or wellness programs, just like colleges do.

#### **Caring Leaders**

Managers should care about their teams as people, not just as workers.

### ***A Call to Employers***

We're ready to work hard and succeed, but we need support. Companies that prioritize mental health will attract the best talent and thrive. Those that ignore it will lose out.

*Mental health isn't just personal—it's everyone's responsibility.*

**Sivaneasan**

**MA23BTECH11024**

**Mathematics Department**

**Indian Institute of Technology Hyderabad**





## ***It's time to prioritize Mental Health on Campus/Workplace***

The context of Mental Health reflects a deep irony in the modern work culture. The work, which is meant to secure the basic necessities of life, such as income for survival, can sometimes lead to a loss of the very essence of life—health, happiness, and personal fulfillment. The paradox lies in the idea that while we work to support and sustain ourselves, the nature of the work or the demands it places on us may drain the joy, energy, and life from us, leaving us feeling disconnected from the very purpose of our labour.

It points to many people's struggle when their work becomes overly stressful, monotonous, or consuming, preventing them from living fully or enjoying the fruits of their labour. This tension between "making a livelihood" and being "devoid of life" captures a broader social critique of work-life imbalance and the existential dilemma many people face in modern economies.

The workplace is indeed a significant part of our lives, and for many of us, it occupies a large portion of our time. The environment we work in greatly impacts our mental health, well-being, and behavioural patterns.

A supportive, positive work environment can foster growth and satisfaction, while a toxic one can lead to stress, burnout, and frustration.

When dealing with a boss who may have poor mental health or exhibits difficult behavior, it can be particularly challenging. A boss's attitude and actions can directly influence not only the team dynamics but also individual job satisfaction and overall morale. However, handling this situation with a calm, resilient attitude can be essential. Maintaining emotional stability in these circumstances allows us to navigate the challenges without letting them negatively affect our mental health.

It's also important to remember that situations at work, including management or office environments, are often temporary. Whether the boss changes or the organizational culture shifts, things can improve over time. In the meantime, focusing on personal growth, building coping mechanisms, and seeking support from colleagues can help to endure difficult situations. Ultimately, we need to prioritize our mental health and well-being and, if necessary, consider moving on when the work environment becomes untenable.

In the same way, handling the nasty batch of staff and getting the work done is also the most difficult thing for any boss. In the end, it's the responsibility of every individual to maintain his own mental decorum and have the ethnic and moral values to abide by his to-do duties in a dedicated manner, which can bring a lot of changes in the surrounding community and try to bring a change in others mindsets.

"Beginning with birth, followed by a brief period of play, then the acquisition of basic skills such as learning the alphabet, attending school, striving for academic success, pursuing higher education, securing a prestigious job, marrying, having children, raising them, educating them, eagerly anticipating their career establishment, seeing them marry, and eventually settling back to witness the cycle repeat itself endlessly..."

This repetitive cycle, crafted by our own hands in pursuit of well-being, becomes a cause for concern if it obstructs our genuine happiness."

Consider the case of a working woman who performs tasks at the office comparable to those of her male counterparts, only to return home and manage all the household responsibilities as well. Indeed, her home becomes a second workplace, where her duties never cease.

Her primary motivation lies in the well-being of her family—her selfless dedication, her commitment to nurturing her children, and her unyielding support for her loved ones. But what about her mental health amidst the constant juggle of work and life?

The key to balancing mental health in this demanding environment lies in cultivating a broad perspective, along with unwavering determination and self-awareness. With these qualities, one can effectively manage both professional responsibilities and personal life while safeguarding their mental well-being.

Coming to the keynotes of maintaining mental health at the workplace,

- Have a greater dedication to the upbringing of your Organisation.
- Develop your skills according to the trend.
- Be stubborn to overcome the politics of hierarchies. Everyone needs to pay off each penny for every deed of ill-treating.
- Have a deeper consciousness of where your life is leading.
- Work at your own pace.
- Always remember, "Making money is not the ultimate success" and "Luxuries alone cannot heal the mental bruises"

Always have a deeper perspective of how the universe runs, as Newton's third law of motion states, for every action, there is an equal and opposite reaction; it definitely works for us, and every vibration we generate will ultimately reach us back.

**L Neeraja**

S254

*Executive Assistant, Public Relations Office  
Indian Institute of Technology Hyderabad*





## ***It Is Time to Prioritise Mental Health in Our Campus.***

In today's fast-paced academic environment, the mental health of students often takes a backseat to deadlines, grades, and expectations. On our college campus, the situation is no different. While the focus on intellectual growth is essential, the importance of mental well-being cannot be overstated. It is time to break the stigma and create an environment where mental health is as much a priority as academic success.

The pressures students face are multifaceted: competitive academics, extracurricular commitments, and the constant need to meet social expectations. These stressors, when left unchecked, lead to anxiety, burnout, and depression. Yet, many students hesitate to seek help due to fear of judgment or lack of accessible resources. This reluctance highlights the urgent need for our campus to adopt a proactive approach toward mental health. A crucial first step is fostering open conversations about mental well-being. Workshops, peer support groups, and awareness campaigns can create a safe space for students to share their experiences.

When the stigma surrounding mental health diminishes, students will feel more comfortable reaching out for help. Our college's faculty and administration must also be equipped to identify and support students in distress through training programs and sensitivity sessions.

Furthermore, the integration of mental health resources within the campus infrastructure is paramount. Dedicated counselling centres, relaxation zones, and routine mental health check-ins can provide students with the tools to manage stress effectively. Incorporating mindfulness practices, such as yoga and meditation sessions, into the weekly schedule can also significantly enhance emotional resilience.

Creating a mentally healthy campus is not a one-time initiative but a continuous effort. It demands collaboration among students, faculty, and administration to build a community rooted in empathy and support. By prioritising mental health, our campus can set a precedent for academic institutions everywhere, proving that success and well-being go hand in hand. Let us take this step together and ensure that our college is not just a place of learning, but a sanctuary for growth, happiness, and mental peace.

***Shreyansh Gupta***

***ME24BTECH11057***

***Department of Mechanical and Aerospace Engineering***

***Indian Institute of Technology Hyderabad***



## Prioritizing Mental Health on Campus: A Lifeline for PhD Students.

PhD programs are often described as marathons of endurance and intellectual rigor. While these programs are designed to push boundaries of knowledge, they frequently come with intense pressure, uncertainty, and isolation—factors that make PhD students particularly vulnerable to mental health challenges. Addressing these issues requires practical, targeted interventions from universities to create a healthier and more sustainable academic environment. Research shows that nearly half of all graduate students experience symptoms of anxiety or depression during their studies. The reasons are clear: long hours in the lab or library, financial strain, unclear career paths, and the often-competitive academic culture can erode mental well-being. For many PhD students, setbacks like failed experiments or rejections feel deeply personal, compounding feelings of inadequacy. Despite these challenges, mental health is often sidelined due to stigma or fear of appearing weak.

The campus must adopt a more practical and proactive approach to supporting their PhD students. First, counselling services tailored to the graduate experience should be readily available. Offering extended hours or virtual sessions can make these services accessible to students juggling demanding schedules. Peer-support groups, where students can share experiences and build community, can help reduce feelings of isolation. Faculty training is another critical area. Advisors often serve as gatekeepers to students' progress, so equipping them to recognize signs of burnout or distress is essential.

Clear communication, reasonable expectations, and constructive advisor feedback can significantly reduce unnecessary stress. The campus should also introduce structural changes, such as offering flexibility in deadlines for personal or health reasons and ensuring that funding packages include provisions for mental health support. Workshops on time management, coping strategies, and stress reduction techniques can equip students with tools to navigate challenges.

For PhD students, small, actionable steps can also make a big difference. Setting realistic goals, celebrating progress, and cultivating hobbies outside of academia can help maintain a sense of balance. Building a support network of peers, mentors, and loved ones can provide a buffer during tough times.

Ultimately, addressing mental health in PhD programs requires collaboration between students, faculty, and administrators. By integrating mental well-being into the fabric of campus life, universities can ensure that their students thrive—not just academically, but personally. A healthier, more supported PhD community benefits not only individuals but also the broader academic world.

*"Mental health is not a distraction; it's the foundation on which brilliance is built."*

**Praveen Kumar**

EM23RESCH01003

Department of Entrepreneurship and Management

Indian Institute of Technology Hyderabad



## *Balance Beyond Books*

### *The Pillars of Mental Health in Campus Life*

Mental health is often overlooked in the hustle and bustle of academic life, especially for students immersed in research. However, it is the foundation upon which our productivity, creativity, and overall well-being are built. As a student navigating the challenges of research, I've realized that good mental health doesn't just make life better—it makes work more efficient. Tasks that might take hours when weighed down by stress can often be completed in a fraction of the time with a clear and focused mind.

So, how do we nurture our mental health in the midst of deadlines, experiments, and presentations? Our campus offers a variety of ways to recharge and refresh, each of which plays a critical role in maintaining a healthy balance.

My Basketball 'Family' @ IITH



## **Investing in Well-being**

Engaging in activities like sports, yoga, meditation, or even casual hangouts with friends isn't a waste of time—it's an investment in your mental health. The time spent on these activities pays dividends in the form of increased focus, better problem-solving abilities, and overall happiness. Personally, I find solace on the basketball court. When I step onto the court with a heavy mind, I leave with a lighter heart. The physical exertion, camaraderie, and sheer joy of the game help me unload the mental burden of the day. This rejuvenation translates into better productivity and a more positive outlook on my research work.

## **The Ripple Effect**

Engaging in these activities doesn't just improve mental health—it creates a ripple effect. For instance, after a good game of basketball, I'm naturally inclined to eat nutritious food and prioritize sleep, both of which are essential for mental and physical health. Good sleep is perhaps the most underrated aspect of mental health. It's during sleep that our minds process the day's events, solve problems subconsciously, and prepare for the challenges ahead. Pairing this with balanced nutrition fuels both body and mind, creating a virtuous cycle of well-being.

## **Finding Your Anchor**

While sports work for me, each individual has their own anchor. For some, it might be the tranquillity of yoga or meditation. For others, it could be the laughter and connection shared with friends. The key is to find what works for you and make it a non-negotiable part of your routine

## **A Shared Responsibility**

As a campus community, we also have a collective responsibility to create an environment that prioritizes mental health. Encouraging open conversations about stress, organizing wellness activities, and supporting each other can go a long way in fostering a healthier, happier campus.

## **Final Thoughts**

Mental health is not a luxury—it's a necessity. By prioritizing activities that nurture our well-being, we can not only enhance our academic and professional performance but also lead more fulfilling lives. Remember, the time you invest in your mental health is never wasted; it's the foundation for everything else.

Let's make it a priority to balance beyond books and build a life where mental health thrives. After all, a happy mind is a productive mind.



**Lokesh Bucchimgarı**

CE23MTECH11031

Department of Civil Engineering

Indian Institute of Technology Hyderabad



# Prioritizing Mental Health in the Workplace/Campus: A Path to a Healthier, More Productive Environment

In today's fast-paced world, the importance of mental health cannot be overstated. According to the World Health Organization (WHO), Mental health is integral to our overall well-being, influencing our ability to make decisions, build relationships, and shape the world we live in.

## Challenges Faced

Despite growing awareness, several challenges persist in addressing mental health in the workplace and on campus:

- **Stigma:**

Many feel ashamed to seek help for mental health issues, fearing judgment or discriminationDevelop your skills according to the trend.

- **Lack of Resources:**

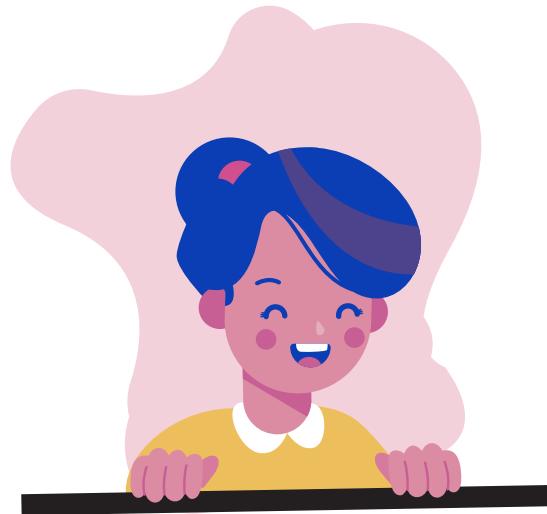
Limited access to mental health resources, such as counseling services and support groups, can hinder individuals from getting the help they need.

- **High Stress Levels:**

Workplaces and campuses can be high-pressure environments, contributing to stress, anxiety, and burnout.

- **Family Expectations:**

In India, the competitive nature and high expectations placed on individuals from a young age add extra mental pressure.



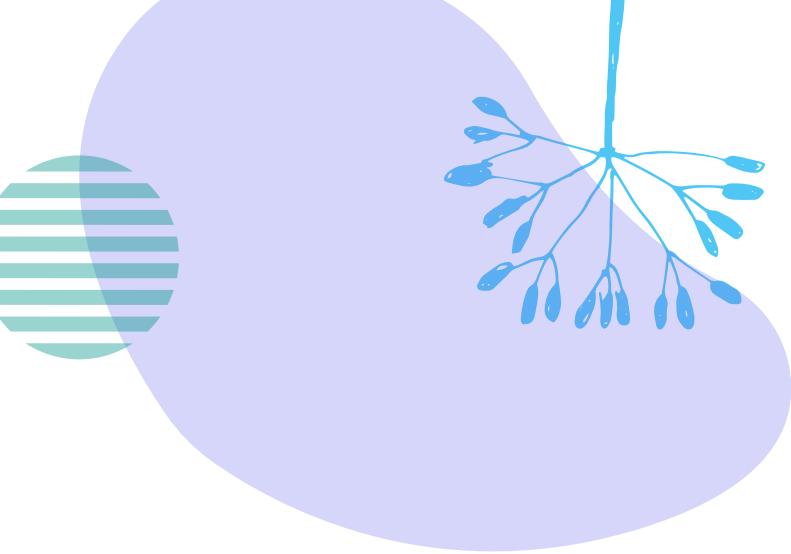
## Speaking Up and Looking Beyond

It is crucial to speak up about mental health issues and seek help when needed. Additionally, looking outside the digital world to our immediate physical surroundings can reveal many positive aspects of life. While digital tools and social media are integral to modern life, it is important to regularly disconnect or follow a fair usage policy.

## Identifying and Addressing Mental Health Issues

Taking the first step and identifying if you are facing a mental health issue is very important. Arrangements should be made to ensure that individuals feel comfortable talking about their mental health, whether to a friend, family member, professor or professional. It is also vital for others to raise flags if they notice signs of mental health issues in someone else.





## Strategies for Prioritizing Mental Health

To address these challenges, organizations and educational institutions should implement various strategies to prioritize mental health:

### Creating a Supportive Culture:

- Open Dialogue: Encouraging open conversations about mental health to reduce stigma and promote understanding.
- Leadership Involvement: Leaders and managers setting an example by prioritizing their own mental health and supporting their teams.

### Providing Access to Resources:

- Counseling Services: Offering on-site or virtual counseling services to provide professional support.
- Employee/Student Assistance Programs: Implementing programs that offer mental health resources, workshops, and support groups.

### Promoting Work-Life Balance:

- Flexible Schedules: Allowing flexible work or study schedules to help individuals manage their responsibilities and reduce stress.
- Encouraging Breaks: Promoting regular breaks and time off to prevent burnout and maintain well-being.
- Physical Activities and Hobbies: Encouraging involvement in physical activities, yoga, meditation, or hobbies to enhance mental well-being.

### Training and Education:

- Mental Health Training: Providing training for employees, students on recognizing and addressing mental health issues
- Awareness Campaigns: Running campaigns to raise awareness about mental health.

### Conclusion

As we continue to navigate the complexities of modern life, let us remember that mental health is a cornerstone of overall well-being and success. Failures are a part of life, and it is perfectly okay to experience them. What matters is how we respond and grow from these experiences.

**Unnat Sinha**

EM25RESCH04002

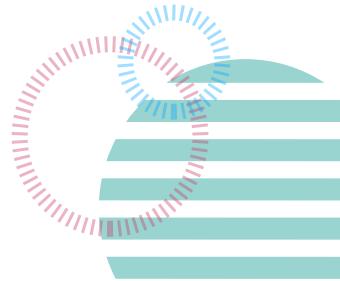
Department of Entrepreneurship and Management

Indian Institute of Technology Hyderabad





# **prioritizing mental health at my workplace - A mind's monologue**





## Mental Health

Dear readers, a quick introduction about me : I am Shreya Bangal, currently pursuing my bachelor's degree from the department of mechanical engineering and here's my take on what mental health means to me on campus as a pre-final year student.

I still remember my day one on campus, a girl who came to a totally different city, living alone with total strangers. Within a week, I made friends. My first friend was Surbhi, we both reside in the same place and that just comforted me. And the next person was Pooja. She loved retro music and so did I. You see, a sense of similarity or some common interests was enough for me to make friends.

Soon my personality took a 180° turn, from being an introvert, I became the extremist point of extrovert. Then I joined the sunshine team under the buddy program, my very first POR (position of responsibility) and it taught me a lot.

I could easily figure out people in distress and all I did was sit with them and listen to what they had to say and soon enough, they started confiding in me.

Two and half years have passed by, I have come across a lot of people on campus- some think it's a taboo to talk about mental health and often end up concluding it as a "psychological disorder". On the other hand, I feel privileged to know the other side of it.

We are all part of this prestigious institution, competing with the best. You have to be at the top of your game to survive the fittest. And amidst this chaos, we often tend to sideline our mental health until we reach the brink, overwhelmed with all the emotions. So before you reach that point, just pause, breathe and seek help. Two and half years have passed by and I am grateful that I have people around me to lean on. Remember, it's okay to not be okay sometimes and seek help - be it the sunshine team or someone from your friends circle, people are out there extending their hand for help-all you have to do is extend your hands to hold them.

You have come a long way my friend, you have fought all your battles alone but in life, but it isn't necessary that every battle be fought alone, it's totally fine to accept help now and then. We are in this together and we will sail through it.

**Shreya Bangal**

ME22BTECH11051

Department of Mechanical and Aerospace Engineering

Indian Institute of Technology Hyderabad



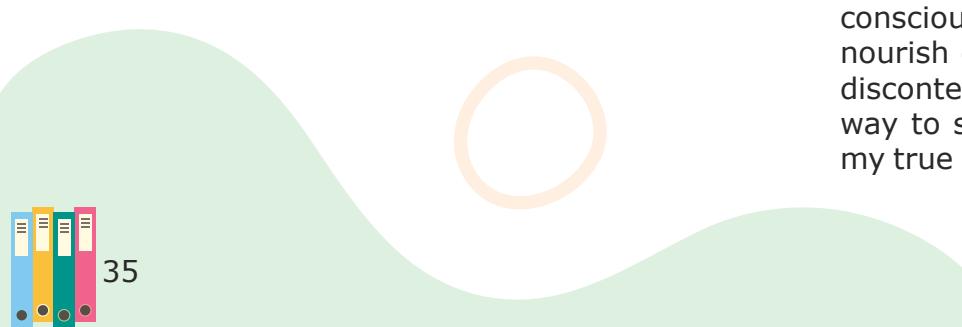


## ***My Take on What Mental Health Means to Me on Campus***

Mental health, to me, is simply about finding happiness and contentment in the present moment. On any given day, we see people experiencing a variety of emotions—joy, sorrow, anger, and frustration. It's natural to feel these emotions, but what often goes unnoticed is the way we allow them to control us. Why do we let external circumstances dictate how we feel? Our mental state is often a reflection of our inner consciousness, and the power to shape it lies within us. Instead of letting our emotions run unchecked, we can train our minds to be more balanced, calm, and aware.

One of the most effective ways to achieve this balance is through mindfulness and meditation. While controlling your mind can seem challenging at first, it becomes easier with practice. Meditation is a powerful tool to help us center our thoughts, connect with our inner selves, and build emotional resilience. When we attain this level of control, it becomes easier to approach life with a stoic attitude, remaining composed regardless of what happens around us. This emotional stability has the potential to diminish negative emotions like anger, sadness, or frustration.

On a campus like ours, there are countless opportunities to maintain mental well-being. The key is recognizing them and making the conscious choice to engage in activities that nourish our minds. After all, who wants to feel discontent with themselves? For me, the best way to stay mentally sound is to connect with my true self and make time for the things I love.



Here's how I prioritize my mental health:

- **Do what I love:**

I stay focused on my chosen profession, something I pursued out of passion and not obligation. This gives me a sense of purpose and fulfillment, which is key to maintaining inner peace.

- **Engage in hobbies:**

Drawing and painting help me express my creativity and patience. These hobbies are not just relaxing; they also enhance my ability to focus and observe the world more deeply.

- **Sing and meditate:**

Singing has a calming effect on me, almost like a form of meditation. Even in difficult moments, taking a few deep breaths—ten breaths to be exact—can help me reset and regain my calm.

- **Dance like no one's watching:**

Music is a universal language, and dancing to any rhythm—whether with friends, family, or even alone—can be a joyful release. It's a way to connect with the present and shed the stress of the day.

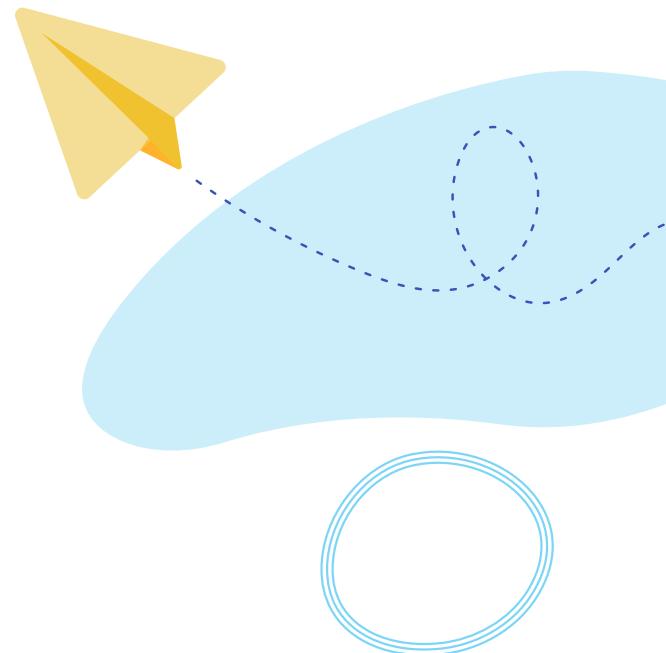
- **Stay physically active:**

Physical exercise is essential not just for body health, but for mental clarity. Engaging in sports or outdoor activities helps me stay fit and boosts my mood, making it easier to stay positive.

- **Read daily:**

Spending at least 30 minutes reading keeps my brain engaged and sharp. It also helps me stay informed, boosting both my knowledge and mental agility.

Mental health doesn't have to be complicated. It's about making time for the things that bring you joy, keeping your mind and body active, and prioritizing your well-being. In a campus environment, these practices are not only accessible—they are also essential. So, why wait? Embrace these simple but powerful habits and experience the magic they can bring to your life.



**Dr. Sonia Madhav Naik**

S301

Medical Officer

Indian Institute of Technology Hyderabad





When we first arrive at campus, it feels like stepping into a dense fog. Everything is unfamiliar—the faces, the routines, even the air seems different (trust me you can smell it). We're alone, unsure, and clutching at our past selves. And as time goes on, the new environment shapes us into a completely different and grown person.

When it comes to mental health, the most important lesson I've learned is this: never hesitate to reach out. Whether it's to a close friend, a family member, or even a counsellor, talking to someone can make a world of difference. Keeping everything bottled up only makes things harder, while sharing lightens the load. A kind word or a listening ear can remind us that we're not alone, no matter how tough things feel.

Reaching out isn't just about seeking help when things go wrong—it's also about connecting with others in everyday life. A simple conversation can lift your spirits and create moments of warmth and understanding. Sometimes, just knowing that someone else is willing to listen is enough to help us feel grounded again. And it goes both ways. You never know how much a simple act of kindness, as small as just listening, can make a world of difference for someone else.

Another thing that helps me is being proactive towards extracurricular activities. The campus has a plethora of activities to choose from in terms of arts, culture, sports, and competitions. These activities provide us with a special community. A community that grows alongside each other. Sometimes, all we want to do is take a break from our daily routine and simply find our "flow" in these activities.

In the end, mental health isn't about having everything figured out. It's about finding what works for you, whether it's talking to others, diving into your hobbies, staying active, or taking a little trip. For me, it always starts with reaching out—because when we connect with others, we remind ourselves that though we have arrived alone on the campus, we do not have to stay that way for long.

**Rishab Prasad Soni**

EM21RESCH01001

Department of Entrepreneurship and  
Management

Indian Institute of Technology Hyderabad





# Testimonials – honest reflections & mindful journeys



## *Embracing Challenges: A Journey of Growth and Resilience*

When I first joined IIT Hyderabad as a PhD student, I found myself struggling with a sense of disappointment. Coming from a non-IIT, non-NIT academic background, I immediately felt the weight of expectations. I had completed my MTech from a government university, but my exposure to proper research methods was limited. The thought of being surrounded by such accomplished peers, who seemed confident and well-organized, was overwhelming. It was difficult for me even to ask questions about the simplest things. I felt out of place and unsure of how to navigate this new environment. My guide, an incredibly knowledgeable and supportive person, provided the right guidance, but I found it hard to apply. It felt like I had the answers in front of me but did not know how to use them. This inability to act on the help I was given made me feel even more isolated. Life up until then had been smooth, with few challenges. Suddenly, I was facing a barrage of difficulties—academically, personally, and mentally. My inability to organize and manage my work properly left me feeling inadequate. Even though I eventually completed all my tasks, I was never fully satisfied with my performance, always feeling like I could have done better. As time passed, I spiraled into self-doubt and procrastination. There were moments when I seriously considered dropping out of the PhD program. I felt like I did not belong and that I was not cut out for this level of academic rigor. But when I thought about my family—my wife, my parents, and the future we were working towards—I realized I could not give up. As a married man, my priority was to provide a secure future for my loved ones.

The thought of letting them down and walking away from this challenge was not an option. I began to see this difficult period not as a barrier but as an opportunity for growth. I understood that life after this would be even tougher, and if I could not endure now, how could I handle future challenges? The support from my family and friends became my anchor. I realized that dropping out because of mental struggles would not guarantee an easier life. In fact, the challenges I faced were helping me develop resilience. Running away from difficulties does not secure peace; it only delays the inevitable challenges life throws at you. What helped me overcome my mental struggles was acknowledging that tough times would come and go, but my strength would grow by facing them head-on. I learned that success does not necessarily bring peace, and challenges will always arise, no matter how much I achieve. The key is not to avoid trouble but to face it, learn from it, and grow stronger. I may not have control over every aspect of my life, but I can control how I handle adversity. By accepting and confronting these struggles, I have become a stronger, more resilient version of myself. For anyone struggling, remember: you do not have to be perfect. It is okay to feel low sometimes but do not let that stop you from growing. Embrace the challenges and use them to become the best version of yourself.

***Prabhu Teja Cheerla***

***CE22RESCH11016***

***Department of Civil Engineering***

***Indian Institute of Technology Hyderabad***

## To the Undying Spirit of Not Giving Up Ever

I was elated when I got my admission secured into an IIT and that too in an IIT which has an independent and a dedicated Department for anything and everything about Artificial Intelligence. But little did I know what was awaiting. They say that a PhD journey is the most dark of them all and that's somewhat true. Away from home, we are here juggling between academic timelines, personal timelines as well as career timelines.

But one thing that always helped me stay sane as well as stay true to my research journey, it was Sunshine. Right from the start of my PhD, Sunshine - the counselling cell of IIT Hyderabad, has been a constant source of inspiration, support and encouragement for me. It always helped me feel at home and never let me lose the faith I had in myself, because honestly the journey of PhD can often make us think that we probably are not enough or we do not have that curiosity enough. It also helped me find friends here on campus. All the people that I know, have my daily meals with, I have gained all of them through Sunshine only. I have explored the city with people I have met through this cell and I have experienced the best of emotions with the people this cell blessed me with. It also helped me learn so many things because of the different roles & responsibilities I got to enjoy through different tenures. While some helped me with content writing, some helped me with designing - be it posters, key chains, stickers, bookmarks or badges.

Who said one's PhD journey has to be boring and dedicated to just sitting at one corner? I took it as a last chance to enjoy that student's life which is full of colors, exposure and knowledge, in all forms and ways and Sunshine bestowed me with all that.

What's even more beautiful is that I always had three most selfless guardian angels in the form of three psychological counsellors as a constant backbone for me. No matter what situation I faced - be it my daily struggles with my research, or my own constant to and fro with my emotions, or me being overwhelmed with work - I was always provided with a safe space where I felt heard and seen, where I was reinforced that 'It's okay, going on is what matters'. I have no doubt when I say that my research journey probably wouldn't have been this exciting and rewarding had it not been for Sunshine and its people by my side. Sunshine always pushed me to be a go-getter, to be a better human and above all, it never let me give up.



**Suvitti**

AI21Resch11005

Department of Artificial Intelligence  
Indian Institute of Technology Hyderabad



“ Musings &  
metaphors -  
couplets, quotes  
& poetry ”





*No matter what I do and how well I do,  
I am not good enough for my inner critic.  
And I respond to it in the style of Bhagavanth Kesari:  
"Bro, I don't care".*

**Syed Nizamuddin Khaderi**

Associate Professor

Department of Mechanical and Aerospace Engineering

Indian Institute of Technology Hyderabad

*Our time on this tiny planet is limited; let us not have FOMO by not giving our best. We have only got one shot; it is perhaps too stupid to live in grief.*

**Saswata Mishra**

CS24MTECH12001

Department of Computer Science and Engineering

Indian Institute of Technology Hyderabad

*"Work is all about making a livelihood. How ironic is it to be devoid of life/liveliness in making a livelihood!!  
Mental Well-being exists in the harmonious Work Culture, not in the Luxurious Amenities or Sophisticated Infrastructure."*

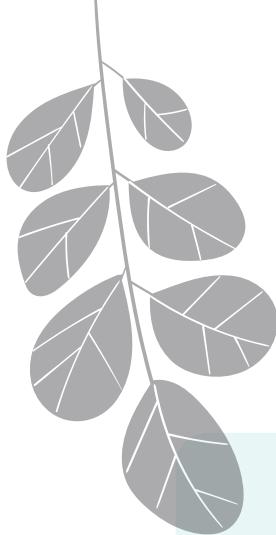
*"Do not worry about the world. The World only recognises your Success and does not acknowledge your Passion. Mental Well-being lies in pursuing the things that you are passionate about."*

**L Neeraja**

**S254**

Executive Assistant, Public Relations Office

Indian Institute of Technology Hyderabad



*In the workplace, let minds breathe free,  
For mental health fuels productivity's key.*

*When pressure mounts high and the stress levels soar,  
It's time to remember what we're working for.*

*Not just the numbers, the targets, the gain,  
But the hearts and the minds, the joy and the pain.*

*Each email that pings, each meeting that drags,  
Can weigh on our minds like heavy, worn flags.  
But behind every number, each report we compile,  
Lies a soul yearning for a moment to smile.*

*Let's nurture the spaces where thoughts can take flight,  
Encourage our colleagues to share their own plight.*

*Let's champion balance, with grace and with care,  
For a thriving workplace where all burdens we share.*

**LNVL Manikanta**

S402

Accountant, Finance and Accounts Office  
Indian Institute of Technology Hyderabad



Some poems in Telugu to improve positive mindset/ balance of mind. I tried to maintain the special grammatical rules called 'Chandassu' while writing these poems and the poems belong to a special category called 'ATaveladi';

**Context:** A college student is surrounded by a series of worries like some close relative's health is not good/ family facing economic issues and got severe due to washout of the crop in recent floods etc.,

బాల! దిగులు యేల? ఒహువిధ బాధలు  
క్రమంగొనిన యట్టి క్రైసమ్య  
మందె ధృతిని కలిగి మ్నుజడు నిలైన  
ముంచి జరుగుగలదు మ్యు ఏడి(/వీడు)!

**Meaning:** O little child! In these kind of sadful circumstances, the one who doesn't loose hope and standsboldly continuing the work will see happy days in (near) future, as the clouds of miseries fade out

**Context:** When a college student is feeling low, to boost up the confidence this poem helps.

దైనయమేల నీకు? దైరయముంతో చేయు  
పనులు సఫలమౌను; పలుకు విశ్వ  
సంచి పాట్టింపడిన స దిద్ధంచు విజయముం  
ముంచిరోజులోచే! మ్యువబో కు!

**Meaning:** Why do you feel low. By taking on things boldly (of course after thinking), one can succeed. Those who have faith and work (intelligently), will succeed. Don't forget..good days ahead.

**context:** Someone who was a bit lazy and got into problems due to that can be energised by this kind of counselling

పనులు చేయకుండ పలుసారు సాకులు

చెపుచునన కీడు చేయునదియె

నీకు; కావలేను! నిజముం నీవెతుగవె?

పనులుచేయువారెపరగతినందు (/చెందు)!

**Meaning:** You were doing things well in advance during your school/ junior college days & that is why you are here in this institute now. However, some laziness crept in after joining here, you seem to have got into trouble by delaying in doing assignments & telling some excuses. As you know very well that the one who works (intelligently) will progress. Once you realize this, and start doing things rightly, you can start feeling freeness

**Context:** A student may be found to be very reserved and not talking to others at all (due to some reason). To bring such a student to a state where (s)he becomes at least somewhat socialized the following tonic in the form of a poem helps.

పనులు విఱిగెనననుచు మాటలు మానేసి

బంటిగబండనేల? ఒకరికొకరు

సాయపడుచు వ అంచెసాధ్యమౌనన పరగతి

సింఘుజీవనంబోసెవయమౌనస!

**Meaning:** "Saying that you gothurt (psychologically) (by the behaviour of some(/others)), There is no point in staying highly reserved/ (self-isolated) without talking to anyone. You know for sure, that we humans are 'social animals' and interactions (/ helping each other) are useful for mutual success.

**P Vikram Kumar**

**EE24RESCH11013**

**Department of Electrical Engineering**

**Indian Institute of Technology Hyderabad**



# sunshine REwind

## (Mar'24 - Feb'25)



**March 2024 :** Lace Up, Level Up' for UG Community, Sunshine Newsletter and App Launch, PG PhD Emosnap Photo Exhibition

**April 2024 :** PG Buddy Meets, PG Mentor Meets, PhD Buddy Meets, PhD Mentor Meets, Sunshine 2023-24 Team Farewell

**May 2024 :** Interviews and Selection of New Heads

**June 2024 :** Interviews and Selection of UG & PG Mentors Team and Management Team

**July 2024 :** Training of UG Mentors

**August 2024 :** Welcome Kits Distribution, Training of PG Mentors, UG Orientations, Pre Internship Talk

**September 2024 :** PG Freshers Orientation, UG Mentor Mentee Meet, Heal Out Loud on Suicide Prevention Day, Selection of PhD WellBeing Head

**October 2024 :** Training of PhD Department Representatives, Training of PG Buddies, Art Therapy for PG and PhD students by Saher Ali, Mental Health Awareness Week - Stone Painting Competition, Clay Therapy Workshop, Workshops by Counsellors, Art Therapy for UG by Dr. Asha

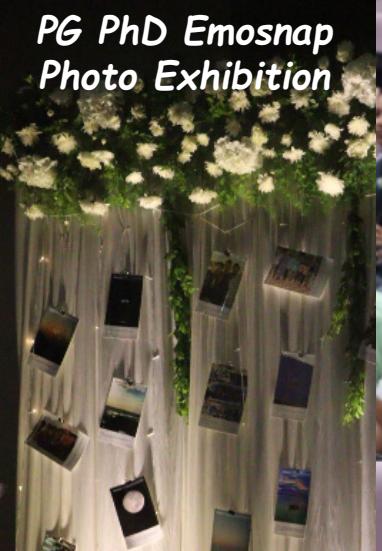
**November 2024 :** 1st National Well Being Conclave, PhD Freshers Fiesta, PG Buddies Meet

**January 2025 :** PG PhD Orientation, Sunshine 13th Foundation Day Celebrations, Pre Placement Talk, UG Funshine

**February 2025 :** UG Buddy Departmental Catch Up, PG Mentors Mentee Meet, Sunshine Breathe & Bond, PhD Meet



*PG PhD Emosnap  
Photo Exhibition*



*PG Buddy Meet*





PhD Buddy Meet



PG & PhD Mentor Mentee Meet



Sunshine 2023-24 Team Farewell



Welcome Kits Distribution



Pre-Internship Talk





*PG & PhD Gestalt Art Therapy*



*1st National Wellbeing Conclave*

### STRESS VS BURNOUT

STRESS	BURNOUT
Over-engagement	Disengagement
Emotions are hyperactive	Emotions are blunted
Produces Urgency	Produces helplessness and despair
Loss of energy	Loss of motivation, ideals & purpose
Leads to anxiety issues	Leads to detachment and isolation
Primary damage is physical	Primary damage is emotional



*Workshop By Counsellors*



*1st National Wellbeing Conclave*





*1st National Wellbeing Conclave*



*PhD Freshers Fiesta*



*PG Buddy Meet*



*PG PhD Orientation*



*UG FunShine*



*UG Mentor Mentee Meet*



*PG Mentor Mentee Meet*





[sunshine.iith.ac.in](http://sunshine.iith.ac.in)