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# LIFE@25 (THE SECOND INNINGS)

The piece of writing is collected from my blog posted on 25th May 2016 during the Ph.D. days. It is expected that this small piece would help students to develop their interest in writing about their real life experiences. It can be accessed at: <http://lifeofnisikant25.blogspot.com/>

## **Silver Jubilee Completed: The Second innings Starts here...**

Today only I completed my Silver Jubilee. In a cricket term, I can better explain it as the second innings of my life (more or less equal to that of a kinda T-20 game) where one has bowled defensively and still hoping for chasing down to a high scoring target in the next half of the innings. In terms of a movie can narrate it as "part-2" where all the dramas like a struggle, hard work, romance, suspense are yet to come. The first part has covered the Brahmacharya stage (According to the traditional so-called Vedic Gurukul system) along with acquiring knowledge through the present system of Indian education hierarchy i.e from school education to the highest level of Ph.D. Let me begin with the academic talks...

I completed my Master's exactly three years ago. International Political Economy, Foreign Policy, Public Policy & Climate Change, International Relations still makes me hungry and weekend online shopping, playing online quiz/quiz anchoring, organizing G.D, writing small stories, debate, or any group activity make me crazy. My only prayer to the Almighty is that my romance with my subject must continue and I should interpret arguments/opinions in my way.

Self-imposed work makes me happy and in my mid-twenties I feel more young, energetic, and romantic at heart. Over the years I learned that I can speak and my friends, colleagues, student friends, teachers, family, and loving brother Keshab are the force behind me and without them, I would not have evolved with intellectual thirst.

I have no words to explain about the most important person in my life none other than my Ph.D. Research Supervisor. I do agree with Aristotle's statement...when he said a teacher is a "friend, philosopher and guide". Thanks, Sir Dr. Gyana Ranjan Panda for your constant encouragement and friendly behavior which I was searching for over the years. Thank you my friends for all the love and friendship. My best wishes to all my friends and students.

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# 10 TIPS FOR GOOD MENTAL HEALTH



- 1.) Follow your passion
- 2.) Mind your own business
- 3.) Engage in Yoga and Meditation
- 4.) Avoid over thinking
- 5.) Self-awareness is the most important key
- 6.) Ignore destructive comments and criticism
- 7.) Learn to be OK if you are not invited or included in any event/work
- 8.) Take things on face value
- 9.) Don't expect from others
- 10.) Accept whatever life unfolds gracefully

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# WOMEN'S DAY CELEBRATION

## **The Title Essence of Feminism and Its Current Reality**

A long voyage has been travelled tackling the obstacles, stereotypes and paradigms by women. March 8 cherishes the historic journey women have taken globally, historically and culturally, though there's a long path yet to cover. In blood, flesh, ideas and vigour there is an essence of femininity that the first wave of feminists has passed to the present times. One such reflection is Women's Day.

Feminism, throughout the years, has come across as an arsenal for the recognition of marginalized genders. The term feminism doesn't endorse femininity but equal recognition of all genders and their types.

USLM and UWSB sailed on the tempest of answering and discussing all age-old queries about feminism. The diverse panel of this distinctive session consisted of esteemed faculties from USLM, UWSB and UID; Gayatri ma'am, Bansari ma'am, Mansi ma'am, Preeti ma'am and Rickimi ma'am who with their valuable experiences came up to make way towards the modern understanding of feminism.

The discussion started with an interesting question that why the world needs women's day and such discussion panels. The answer comes in the answers of panellists that reality is different from the visible scenario in social media or books. The issues of feminism are multilayered and need to have deeper introspection from the global to the individual level, which in itself is a tough task. The barriers of culture, religion, finance, cast, creed cultures and so on. From where to start, it should start as the responsibility of all women. At their level, every individual has to take this communication further.

One more challenge remains that feminism doesn't mean man-haters. Feminism means asking for gender equality in all aspects and it will solve most of the issues.

It was very interesting to have questions and added comments from Male faculties and students in the audience. The young generation was on the same note of seeking gender equality and this generation relies upon that things are improving with each year and decade but still lots of things still needed to be done.

**Vivek Luhana, SEM 6, USLM**

**Khushi Shrivastav, SEM 6, USLM**









# WOMEN'S DAY: THE HYGIENE EDITION

A wave of novelty, a spirit of change, a spectacle of strength in pink, all around on the occasion of International Women's Day. March 8 marks a global celebration of women's achievements and pursuit of gender evolution. However, this distinctive day, when we cherish change and evolution started off as more than a day to celebrate women in your life, the day owes its origin to socialism, protest, labour rights and of course gender equality.

At Unitedworld School of Business and United School of Liberal Arts and Mass Communication, Karnavati University, we celebrated this spirited occasion with the theme of change and hygiene. Students and Professors came together and took an initiative to arrange a special session on Women's health and hygiene, followed by spreading smiles by distributing sweets among staff members.

The mischievous play of Miss Fortune doesn't favour all with resources and the right kind of knowledge. Those with this gift can, and in good measure, should spread their trove of knowledge for the good of society. This Women's Day, UWSB and USLM aimed to open the forum for a significantly present yet subtly noticed topic: Hygiene.

Ms. Purnima Gupta, moderator for the session and a faculty of Psychology, warmly welcomed the participants to her talk. As basic and regular as it may seem, the reality still remains that the majority of us are unaware and un-involved in the right practices of hygiene.

The discussion elementarily included topics of physical, mental and social hygiene. Physical hygiene as Ms. Gupta explored goes beyond bodily hygiene. It also indicates the hygiene of our intimate physical environment. Another vital part of hygiene that often is left in the dark is mental hygiene. "Everything that comes in front of us, we think it deserves our attention. We must have priorities, then only we can put our heart, mind and soul to something" she said while talking about cleaning our mind. A failure to prioritise will leave us in a mess of failed tasks and induce a cycle of negative self talk. Mental hygiene includes tracking one's emotions, healthy and balanced expression of emotions, introspecting on the cause-effect. As a social animal, humans can't live in isolation. Expanding on the social instinct of us, 'social hygiene' was served as dessert.

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# REHABILITATION PSYCHOLOGY FIELD TRIP

## Introduction

On 22nd of November 2021 psychology students of semester 3 and 5 with Professor Purnima Gupta ma'am visited the BM institute of mental health of Ahmedabad with an aim to get an experience of rehabilitation psychology. BM institute of mental health is the oldest institute in terms of rehabilitation psychology. We arrived there at 2:00 pm and tried to collect information about the institute.

## The objective

The objective of visiting BM institute of mental health was to learn about the institute in detail , professional operations, rehabilitation facilities, government programs regarding rehabilitation psychology if any, initiatives of the institute if any and functioning of the institute.

## Observations

On our arrival we were briefed about the functioning of the institute and steps in which clients are assessed and assigned in different therapies. We were also given information regarding PGDM and Diploma programs in rehabilitation psychology for career options. During the fifteen minutes of briefing we cleared our doubts regarding the institute and asked questions on peculiar process of client assessment and assessment of disability. We were briefed about the OPD unit of the institute every mental condition and disability is treated. It was fascinating to learn that institute was providing genetic counselling, a major step towards educating people about genetic conditions which can't be reversed. BM institute was also providing art therapy for diagnosed clients which is a positive steps because apart from therapeutic advantages art therapy also unleashes the creative side of affected people. After our briefing we visited the four major units of rehabilitation centres, Prayas unit , chetan unit , day care unit and multi category workshop unit.

Prayas units operates with children's of age group 2-6 years specifically children have developmental delay. The rehabilitation therapies consists of behavioural therapy. Speech therapy, special education, sensory integration therapy and cognitive therapies.

Chetan unit provides intervention programs for autistic children and ADHD. Psychologists work with special educators, speech therapist and dieticians to provide help. We got to experience how psychologist were working with autistic children and the intervention process which was underway. Although sensory integration therapy is a major part when it comes to autism, when we visited the sensory integration therapy room all the available equipments were well placed and functioning but we felt that space of the room wasn't enough even for a single child especially in terms of sensory integration therapy.



Day care unit provides a unit care for people who are suffering from different psychiatric or psychological conditions. Psychologists and psychiatrists work with family members to provide help. Major limitation of a day care unit was the availability of psychologist only from 10:00 am to 3:00 pm. Although operating only for five hours we found it intriguing that the institute offered day care for adults and children's. It was a pleasing experience to witness that sort of facility provided by institute.

After visiting the institute few students got the chance to ask questions to parents and care givers of the diagnosed clients. We were taken into another campus parallel to the main campus of the institute for workshop unit. Multi category workshop unit provides vocational training for people who are diagnosed with psychiatric conditions. Vocational training in various skills helps individuals to function better in a society. Workshop unit was diverse and provided different skills for clients. In the workshop unit we learned about the Pehchan initiative started by BM institute in which vocationally trained clients aim to produce eco friendly items and products which unfolded the creative side of the institute and as well as people who work there.

## Conclusion

Our trip ended around 4:15 pm. It can be concluded that we learned the practical aspects of the rehabilitation psychology and got to experience how intervention program work right from the basics. We learned about the amount of work that rehabilitation Psychology and an institution like BM institute demands to function properly. It was a learning experience which also expanded our practical aspects in rehabilitation Psychology.







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