



AIBAS

NEWSLETTER



IQAC

AMITY INSTITUTE OF BEHAVIOURAL AND
ALLIED SCIENCES
MUMBAI

Mission and Vision



The Story Of Our Logo

Our logo is a graphic, symbolic representation of the unique identity of AIBAS, tying together various strands of thoughts. The 'PsychInsight' Logo begins with a flourish- the 'P' structured like the brain with its multifarious connections denoting the plasticity of the brain and the richness of human thoughts, the imagination of an artist and the bounty of a tree. The two basic colors- black and white- stand in stark contrast, black signifying industriousness and white pointing out to innovation, and together denoting clarity and vision.

Edition #1

Amity Institute of Behavioral And Allied Sciences

THEME: Mental Health Promotion and Suicide Prevention

Suicidal behavior has existed throughout human history, but due to several complex factors, it has increased gradually in all parts of the world and, in the past few decades, has reached alarming statistical levels.

While the WHO has made suicide a priority issue for a number of years, it is important to emphasize that it is a topic that has attracted the interest of most fields of study for centuries, which is why it has been explored by philosophy, religion, medicine, sociology, bioethics, law, and psychology, among other fields.

"AIBAS, the largest institute of Amity University, Maharashtra, is dedicated to teaching and research. AIBAS' primary focus is on Applied Psychology and its role in prevention and remediation of mental health disorders, healthy developmental processes and best practices that promote mental health and well-being. By starting its own newsletter, AIBAS' goal is not only to encourage our students to read and write as part of their academic life and college fraternity, but to go beyond core academics. Our focus is on augmenting students' ability to demonstrate their critical and creative thinking skills, connect with audiences by becoming resourceful and skillful communicators, and develop a curious attitude towards exciting innovations happening in the world around them. We hope this newsletter would be one more step towards our goal of nurturing sensitive, mindful, observant citizens of the world."

- Dr. Gautam Gawali, Professor and Director, Editor-in-chief

Message from : Dr. Ashok K. Chauhan, Founder President
: Dr. Aseem Chauhan, President
: Prof. D.S. Rao, Vice Chancellor, AUM

SUICIDE AND ITS PREVENTION STRATEGIES: A NATIONAL CRISIS AT HAND

Suicide is a national crisis that is highly underreported and under-treated in our country. A 2016 report by WHO revealed that India is the country with the highest suicide rate in South-East Asia. Since the last report, the number of suicide deaths in India has risen to 2,30,314 deaths.

Worrying Statistics about Suicide

Suicide is a serious public health problem. India is often quoted as the leading country for suicide rates. The most concerning finding from these statistics is that suicide is the most common cause of death in the age group of 15-29 years old Indians. That is a heavy burden to bear, not just by the grief felt by surviving family and friends, but also by account of the stolen potential and bright futures that these individuals have lost. Factors commonly attributed to suicide are experiencing long term mental health issues such as depression or anxiety, the recent loss of a loved one, loss of a job or end of a relationship.

Decriminalizing Suicide: A Step in the Right Direction

Previously, suicide was a punishable offence under the Section 309 of the Indian Penal Code, but it has since been decriminalized. The Mental Health Care Act 2017, that was enforced on 29th May 2018, details a few strategies such as offering opportunities for rehabilitation, providing greater access to mental health resources and measures to decrease the stigma related to mental health illnesses. These efforts tie in with the WHO's approach to global suicide prevention, which is known as LIVE LIFE (leadership, interventions, vision and evaluation). It involves restricting access to means of fatally harming oneself, helping youth develop skills to cope with life's pressures, early identification and intervention for at risk individuals, and working with the media to ensure responsible reporting of suicide.

Helpline numbers

National: www.vandrevalafoundation.com 1860 266 2345 / 1800 233 3330

Mumbai: www.icallhelpline.org 022-25563291

What can we do to help?

Suicide is a preventable issue that can be tackled at various levels. At an individual level, we can help at risk adults by pointing them in the direction of freely available mental health resources or community programs like support groups. With professional help, appropriate crisis intervention and coping planning can then take place. Family and friends can keep an eye out for warning signs such as experiencing suicidal ideation, feelings of purposelessness, feeling trapped, substance abuse, anxiety, agitation, strong feelings of pain or irregular sleep patterns.

We can also do our part as students by talking to at risk individuals in our circles. Talking helps to deal with the painful thoughts and feelings that they may be experiencing. We can let them know we are concerned about them and show them that we care about their well-being. Helping them to discuss their feelings and plans is the first step towards getting help. Even the little gesture of asking someone how they are, could help ease the isolation that these individuals feel and help save a life.

-Tanya K. Rodrigues



HELP-LINES

1. ICALL : 022-25521111
2. HITGUJ Helpline : 022- 24131212
3. Vandrevala Foundation: 1860 2662 345
4. COOJ: 8322252525

Lets

Listen

- 1) Lullaby by nickelback
- 2) How to save a life by the fray
- 3) Everybody hurts by R.E.M

Read

Death is not the Answer
-Dr Anjali Chhabria

Act

Check on 3 friends and talk about their mental and physical wellbeing

Watch

- 1) Number 23
- 2) Perks of being a wallflower

Guidelines for reflections

To see beyond that which meets the eye: let your digital lens unravel the optical illusions that underlie mundane realities. Take us to your world. Let your camera give us a clearer view- a different take on reality. Send in your photography entries along with an appropriate one line caption.



1) Ministry of Health @MoHFW_INDIA
"Why we banned E-cigarettes: When used by never-smokers, these can be a gateway for #cigarette smoking and drug use". OpEd by @drharshvardhan in @timesofindia today. #VapingBan #ecigarettesban

2) The Nobel Prize @NobelPrize
The 2019 Sveriges Riksbank Prize in Economic Sciences in Memory of Alfred Nobel has been awarded to Abhijit Banerjee, Esther Duflo and Michael Kremer "for their experimental approach to alleviating global poverty." #NobelPrize

3) VREC @VetRefCentre
Having a pet can bring so much joy and benefits to your mental and physical well being. #mentalhealth #healthylife #pets

ACHIEVEMENTS

70 students from AIBAS participated in the delivery of World's Largest Lesson in Navi Mumbai of Promoting and creating awareness of United Nations Sustainable Development Goals.

Achievements in sports

Students of AIBAS won the following matches in Sanghatan:

- 1) Carroms boys and girls singles doubles gold
- 2) Table tennis boys singles and doubles gold
- 3) Football girls gold
- 4) Badminton boys singles doubles gold
- 5) Badminton girls single gold

UPCOMING

A week for mental health awareness is going to be organised by IQAC AIBAS from 11th to 16th November.

BACK IN HISTORY

1963 — Stanley Milgram's article "Behavioral Study of Obedience" was published in the Journal of Abnormal and Social Psychology.

1968 — The Soviet Union authorized doctoral-level degrees in psychology. Previously, degrees were awarded in "pedagogical sciences" with a specialty in psychology.

1970 — Julius Axelrod, Sir Bernard Katz, and Ulf von Euler won the Nobel prize for their studies of the chemistry of nervous transmission. These studies contributed to the understanding of the biology of behaviour.

Guidelines for Simple Short Stories



"Clever, well-crafted, and original" is a 35-character phrase that can be expressed in 140. Tell us your story in 140 characters- with a pseudonym and a hashtag on top!

Guidelines for Inked Solace:

A blank paper is an invite;
To select a string of verses,
To rummage the old cabinets
For long forgotten words;
To prune them, and polish them
And let them flow.
To let your soul etch
Its own song on the paper.
A given prompt, igniting a spark,
A sonnet or a limerick,
An acrostic or an epic,
Or a free verse without any rhyme.
A hundred words and
A pen full of emotions;
The blank paper awaits...

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RESEARCH

Social Media And Youth Suicide: A Systematic Review

This study from the University of Oslo reviewed 495 research studies and found positive and negative links of social media to suicide in 97 of them. They found a positive link with social media being utilized for youth suicide prevention strategies and a negative link wherein it was used to pressure youth towards suicide via cyberbullying and dissemination of information about self-harm techniques or pro-suicide content on these platforms.

https://drive.google.com/file/d/11XaEu41x__2T5K8hVzIQAf1W9ElxvY9j/view?usp=drivesdk

The Youth-Nominated Support Team-Version II for Suicidal Adolescents: A Randomized Controlled Intervention Trial

This research study assessed the efficacy of an intervention program called the Youth-Nominated Support Team-Version II (YST-II) for suicidal adolescents, based on social support and health behavior models, that supplemented standard treatments. It found that while the program provided psychoeducation to youth-nominated adults and aimed to facilitate their supportive role with adolescents, it had positive effects that were small in size, and evident for only select outcomes, moderated by whether the adolescent had a history of multiple suicide attempts.

https://drive.google.com/file/d/1Hu_EzH-xqdsKjXd6mejfmunVreS8fEFd/view?usp=drivesdk



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Logo Explanation

The Logo comprises of a yellow shield which symbolically represents Amity University and its emblem. The Medal within the shield symbolises achievement and participation. The human figure and the highlighted Brain within, represents the field of Psychology. The two olive branches are a symbol of peace and empowerment.

The Internal Quality Assurance Cell (IQAC) is an integral part of AIBAS. Established in 2016, it is committed towards betterment and maintaining the overall quality of the department. For carrying out its functions, the cell consists of a faculty coordinator, student body (elected by the students of AIBAS), executive members and faculty members.



Chairperson Dr. Gautam Gawali

Coordinator Dr. Tanvi Vijay

IQAC Student Body :

President Mr. Abhishek Karishiddimath

Vice-President Mr. Aayush Jha

Secretary Ms. Palchhin Jammu

Joint-Secretary Ms. Muskan Singh

Treasurer Mr. Arshit Kevadiya

IQAC Executive Members

Report Writing

Mr. Deeanj Hinduja

Discipline

Mr. Piyush Thawrani
Mr. Sidharth Mishra

Decoration & Physical Arrangements

Ms. Charmi Maniar
Ms. Susmita Saha
Ms. Suchitra Rampelli
Ms. Alefiya Malubhoj
Ms. Sneha Makoji

Marketing

Mr. Ashish Bhamare
Ms. Syeda Ruuhe

Hospitality

Ms. Priyanshi Garg
Ms. Chanak Agarwal
Mr. Fatma Abdul

Photography

Mr. Kedar Kulkarni

For queries and entries for Reflections, Inked Solace and Simple Short stories drop an email at iqac.aibas@gmail.com

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