

NEWSLETTER

DEPARTMENT OF EDUCATION
B.H. COLLEGE, HOWLY

Volume-2, April, 2024

"The Battle Within: Coping with Mental Disorders"



COMMON PSYCHO NEUROTIC DISEASE

1. Anxiety
- 2..Phobia
- 3.Kleptomania
- 4.Frustration
- 5.Isolation
- 6.Sleepdisorder



"MENTAL HEALTH IN MITIGATING PSYCHO NEUROTIC DISEASE"

In the field of mental health, establishing emotional resilience, applying effective coping mechanisms, and cultivating supportive social relationships all play critical roles in minimizing and potentially preventing psychotic disorders. These diseases, which are characterized by distressing symptoms such as anxiety and sadness, can be alleviated by proactive steps that promote strong mental health. Individuals who cultivate resilience through resilience-building activities and mindfulness practices acquire adaptive coping techniques to effectively manage life's obstacles, minimizing their risk of developing psycho-neurotic disorders. Furthermore, building strong social support networks gives people a sense of belonging and validation, which improves their psychological health and resilience. Individuals can call on a comprehensive support system to manage through life's obstacles and hardships, lowering

INSIDE STORY

- Recent achievement
- Departmental activities

DO YOU SUFFER FROM ANXIETY?

Anxiety is a psychological condition characterized by persistent worry, fear or unease about future events or situations, often accompanied by physical symptoms such as increased heart rate or sweating

Causes of Anxiety

1. Stressful Life: Thinking like exams, job, interviews, or moving to a new place can make people anxious.
2. Genetics: Sometimes anxiety can run in families, meaning if your parents and siblings have it, you might be more likely to experience it too.
3. Traumatic Experience: Going through something scary or traumatic, like an accident or base, can lead to anxiety.
4. Brain Chemistry: Changes in the brain's chemical balance can contribute to anxiety.
5. Personality Traits: Some people are naturally more prone to anxiety due to their personality.

Symptoms of Anxiety -

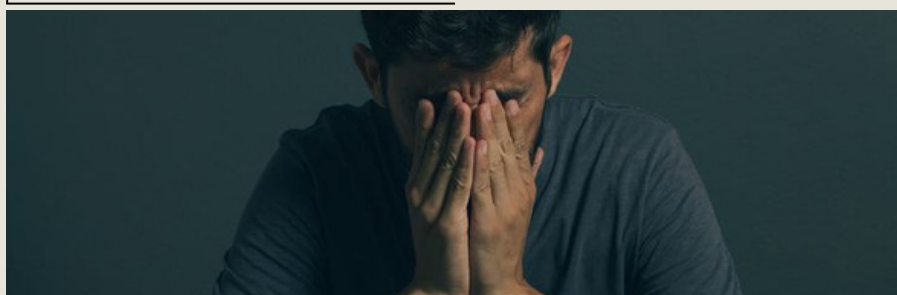
1. Excessive Worrying: Feeling worried or fearful about everyday situations, even when there's no immediate threat.
2. Physical Symptoms: These can include increased heart rate, sweating, trembling, or feeling dizzy or lightheaded.
3. Difficulty Concentrating: Finding it hard to focus or concentrate on task because your mind is preoccupied with anxious thoughts.
5. Sleep Problems: Having trouble falling asleep staying asleep, or experiencing restless, interrupted sleep due to anxious thoughts or feelings.



Remedies for Anxiety

1. Deep Breathing: Practice deep breathing exercises to help calm your mind and body during moments of anxiety.
2. Exercise Regularly: Engage in physical activity regularly as it can help reduce stress and anxiety levels.
3. Maintain a Healthy Lifestyle: Eat nutrition food, get enough sleep, and avoid excessive caffeine and alcohol, as these can exacerbate anxiety symptoms.
4. Practice Relaxation Technique: Try mindfulness meditation, progressive muscle relaxation, or yoga to help relax your body and mind.
5. Seek Support: Talk to a trusted friend, family member. Sometimes, simply sharing your worries can provide relief.

Remember, what works for one person may not work for another, so it's essential to find the strategies that best suit you and your lifestyle. If anxiety persists or interferes with your daily life, consider seeking professional help from a therapist or counselor.



PHOBIA

A Phobia is a type of anxiety disorder that is more than simple fear. Many people are afraid of things.

Fear only becomes a phobia when we begin to organize our life around avoiding the things that frightens us. Children and teens with one or more phobias have consistent anxiety when exposed to the object or situation. Fear of animals, blood, heights, closed spaces or flying are common phobias. Phobias are diagnosed mental disorder.



SYMPTOMS OF PHOBIAS

- a) A sensation of uncontrollable anxiety when exposed to the fear.
- b) A feeling that the source of that fear must be avoided at all costs.
- c) Not being able to function properly when exposed to the trigger.
- d) Have trouble with daily activities because of your fear.
- e) Have physical reactions and feelings, including sweating, rapid heartbeat, tight chest or trouble breathing.



CAUSES OF PHOBIAS

- a) Past incidents or traumas.
- b) Reactions and responses to panic or fear.
- c) Experiencing long-term stress.
- d) Learned responses from early life.
- e) Genetics factors.



REMEDIES OF PHOBIAS

- a) Taking care of yourself.
- b) Try not to stay away from feared situations.
- c) Physical activity and exercise may help manage anxiety related to specific phobia.
- d) Mindfulness strategies may help you learn how to manage anxiety and reduce avoidance behaviors.
- e) Relaxation techniques, such as deep breathing, yoga, may help you cope with physical symptoms of anxiety and stress



"KLEPTOMANIA"

Kleptomania is a mental illness characterized by an inability to curb the urge to steal unnecessary items for personal gain or valuable cash.

Symptoms of Kleptomania

- Uncontrollable urges to steal something when they don't need it.
- Kleptomaniacs feel tension, worryness before stealing any item and feel satisfied, pleasure, relief after stealing activities.
- Once the positive emotions trade, most people with Kleptomania feel guilt, shame or regret.
- These urges are of a cycle formation which is repetitive in nature.

Causes of Kleptomania

- Psychological factors such as anxiety and depression can contribute to kleptomania.
- Neurobiological imbalances, plays a great role in development of kleptomania.
- A genetic predisposition can increase the chances of developing kleptomania.
- Some individuals may turn to stealing as a way to cope with stress or negative emotions.
- Early exposure to theft or theft in the environment may also influence the development of kleptomania.



Remedies of Kleptomania

- Psychotherapy, especially cognitive-behavioral therapy, helps to reduce such problems.
- Medications like antidepressants or mood stabilizers are effective in reducing kleptomania.
- Support groups offer empathy and understanding in managing kleptomania.
- Lifestyle adjustments, such as stress reduction techniques, helps controlling this type of symptoms.
- Professional guidance from psychiatrists or mental health experts reduces such



FRUSTRATION



SYMPTOMS OF FRUSTRATION :

Anger. Frustration often leads to feelings of anger, which may manifest as outbursts or expressions of hostility.

Impatience: Frustrated individuals may exhibit impatience, wanting immediate resolution or relief from the source of frustration.

Irritability: Individuals may become easily annoyed or agitated by minor inconveniences or setbacks.

Feeling Helpless or Powerless: Frustration often stems from a sense of powerlessness or helplessness when faced with obstacles or unmet goals.

Changes in Eating Habits: Frustration can impact eating habits, leading to changes in appetite or eating patterns.

CAUSES OF FRUSTRATION:

Obstacles and Challenges: Facing significant barriers or challenges in pursuit of goals can be frustrating, especially when progress is impeded despite one's efforts.

Lack of Control: Feeling powerless or unable to influence outcomes in certain situations can lead to frustration, particularly when individuals feel trapped or constrained by external factors.

Unmet Expectations: When reality doesn't align with one's expectations, whether in personal relationships, work, or other areas of life, it can lead to frustration.

Repeated Failures: Experiencing repeated setbacks or failures without seeing improvement or progress can be extremely frustrating and may lead to feelings of hopelessness or helplessness.

Communication Issues: Misunderstandings, conflicts, or breakdowns in communication with others can cause frustration,

Inability to Meet Personal Standards: When individuals set high standards for themselves but struggle to meet them, it can lead to frustration and feelings of inadequacy or self-doubt.

REMEDIES OF FRUSTRATION

- Frustration can be treated by practicing self compassion.
- Effective communication helps reducing Frustration
- Meditation helps reducing Frustration.
- Avoiding unhealthy habits can be a effective way to reduce frustration.
- Practicing yoga helps people with problems of Frustration.

HOW COULD THAT BE?

Frustration is an emotional response that arises when individuals encounter obstacles or challenges that impede their progress or attainment of goals. It is a complex emotional state characterized by feelings of annoyance, disappointment, and anger that occur when something doesn't go as expected or when one is unable to achieve a desired goal or need. Understanding frustration and adopting healthy coping strategies are crucial for navigating challenges effectively.

Isolation refers to a state where individuals have minimal or no social contact or interactions with others. It can result from various factors such as living alone, geographical remoteness, or lack of social support networks. Social isolation can lead to feelings of loneliness, depression, and decreased overall well-being, highlighting the importance of maintaining meaningful social connections for mental and emotional health.

Symptoms of Isolation

- **Depression and Anxiety:** Isolation often leads to feelings of depression and anxiety, or it can occur alongside existing depression or anxiety.
- **Aggressive Behavior:** Loneliness may manifest as deep frustration, which can result in aggressive behaviour.
- **Lethargy:** Some individuals may have a muted response to isolation, feeling lethargic or lacking energy.
- **Insomnia or Light Sleep:** Social isolation can impact sleep quality, leading to insomnia or disrupted sleep patterns.
- **Memory Loss:** Extended periods of isolation may affect cognitive function, including memory.



Causes of Isolation

- **Mistrust:** Negative experiences with other people and trust erodes can lead to social isolation.
- **Frustration:** Feeling undervalued or lacking a sense of community can lead to self-imposed isolation and may hinder building new relationships.
- **Lack of Self-Confidence:** Low self-esteem can result in social isolation. Some individuals believe their characteristics or appearance repel others.
- **Mental Health Issues:** Conditions like schizophrenia can limit participation in society, leading to isolation.
- **Physical Health Conditions:** Health issues may prevent active participation in social life, contributing to isolation.

Remedies of Isolation

- To seek out social activities or groups aligned with personal interests.
- Initiate conversations with neighbors or acquaintances.
- Volunteering for community events or organizations.
- Utilizing technology to stay connected with friends and family.
- Attending local gatherings or events to meet new people.



SLEEP DISORDER



Sleep disorder refers to disruptions in the normal sleep pattern, leading to difficulties in sleep quality or duration. It is a medical condition that disrupts a person's normal pattern of sleep and these disorders can affect the quality, timing, and duration of sleep, leading to difficulties in falling asleep, staying asleep, or experiencing restful sleep

Causes of Sleeping Disorder:

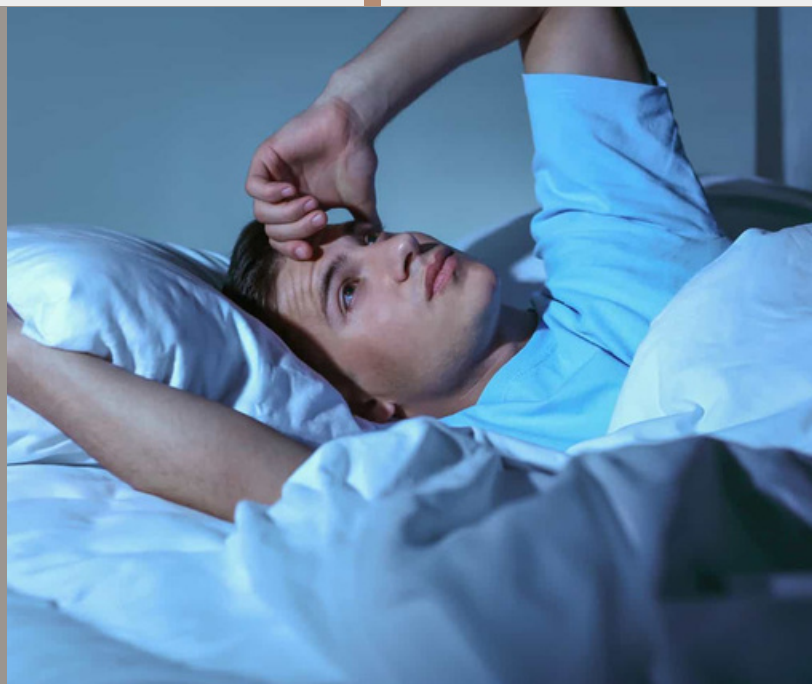
1. Stress or anxiety
2. Poor sleep habits or irregular sleep schedule
3. Medical conditions such as sleep apnea or restless leg syndromes
4. Certain medications or substances like caffeine or alcohol
5. Environmental factors like noise or light pollution

Symptoms of Sleeping Disorder -

1. Difficulty falling asleep or staying asleep
2. Daytime fatigue or sleepiness
3. Irritability or mood swings
4. Lack of concentration or memory problems
5. Changes in appetite or weight

Remedies of Sleeping

- Establish a consistent sleep schedule
- Create a relaxing bedtime routine
- Ensure a comfortable sleep environment (dark, quiet, and cool)
- Limit caffeine and alcohol intake, especially before bedtime
- Seek professional help if the problem persists, such as therapy or medication prescribed by a doctor.





MOMENTS OF RECEIVING PARTICIPATING PRIZE BY HOD FOR CULTURAL RALLY 2024



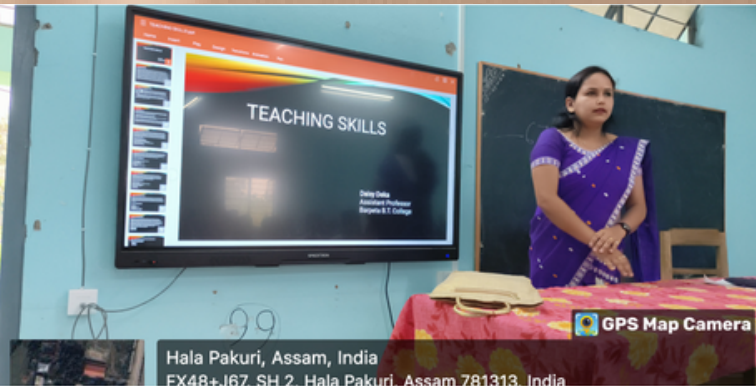
STUDENTS' VOLUNTEERING PROGRAMME ORGANIZED BY DEPT OF EDUCATION AT KASTURBA GANDHI BALIKA VIDYALAYA 2024



EDUCATIONAL TOUR TO COOCH BEHAR 2024



INAUGURATION OF DEPARTMENTAL WALL MAGAZINE “SIKSHA JYOTI” BY HONOURABLE GUEST SAHITTYA ACADEMY AWARDEE DIGANTA BISWA SARMA 2024



INTERACTIVE SESSION ORGANISED BY DEPARTMENT FOR IMPROVING TEACHING SKILLS OF STUDENTS 2024



A PROGRAMME ON REMEMBRANCE OF Dr. BHUPEN HAZARIKA BY CREATIVE BUDS



FIELD TRIP 2023 TOTEZPUR UNIVERSITY



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