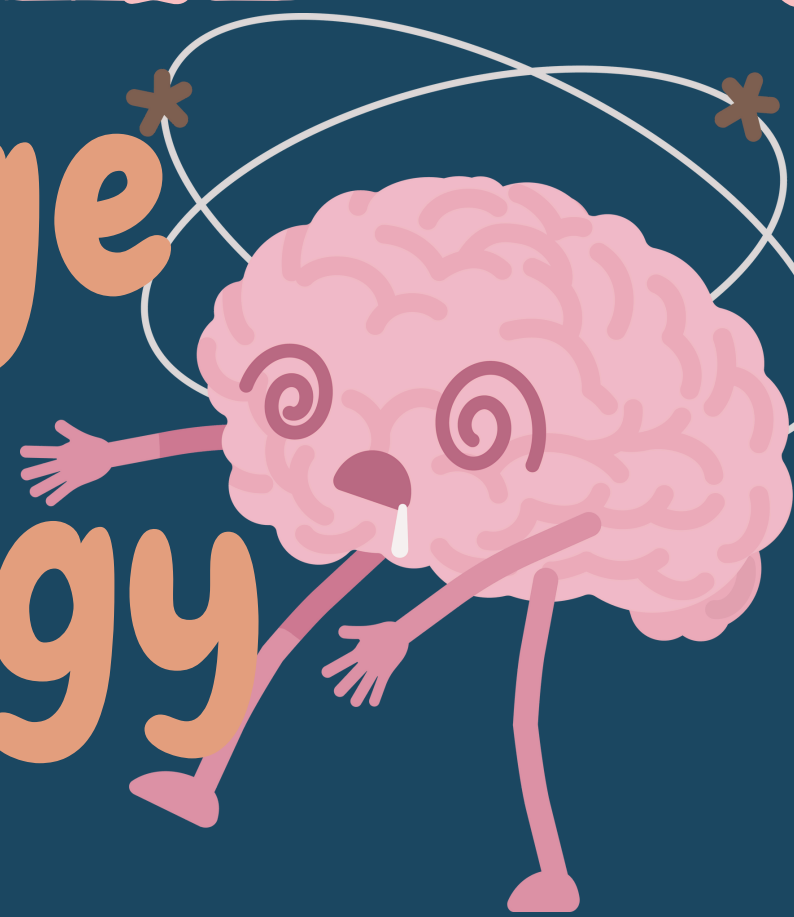


Haflong Govt. College Department of Zoology



Edition-VI

01/10/2025

World Mental Health Day



EDITORIAL BOARD

E-MAGAZINE EDITION-VI

ADVISOR

Dr. Sarbojit Thaosen, Principal HGC

EDITOR

Dr. Shyamalima Gogoi

ASSOCIATE EDITORS

Mr. Bubul Das

Mrs. Anima Das

Dr. Mandira Lohar

E-DESIGNER

Mr. Anubhav Joishi

Dear Readers,

Welcome to the sixth edition of our e-magazine! We are thrilled to bring you a collection of engaging stories, insightful articles, and creative expressions. This edition reflects the talent, passion and dedication of our contributors and we hope it inspires and resonates with you.

Happy reading!

Warm regards,


The Editorial Team

MESSAGE FROM THE ADVISOR

I want to feature on the importance of consistency in achieving success. Often we focus on grand goals and forget that small, consistent efforts lead to significant outcomes. Its okay to stumble but always get back up and continue, consistency lays the foundation for progress. Growth is not about perfection, its about persistence.

Together, we can explore ways to overcome challenges and search our fullest potential.

My best wishes..

A handwritten signature in blue ink, reading "Sarbojit Thaosen", with a horizontal line underneath.

Dr Sarbojit Thaosen(Principal i/c)

Advisor

E - Magazine

Department of Zoology

WORLD MENTAL HEALTH DAY

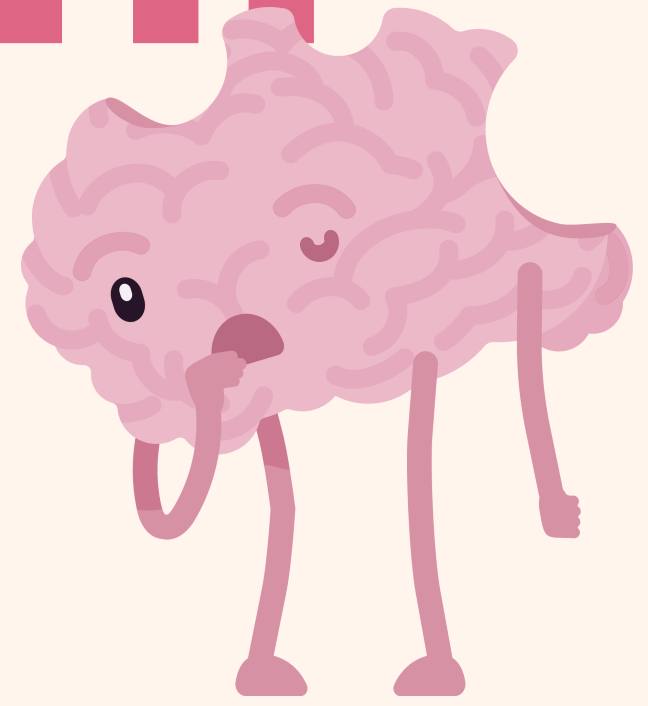
World Mental Health Day is celebrated every year on 10 October for global mental health education, awareness and advocacy against social stigma. It was first celebrated in 1992 at the initiative of the World Federation for Mental Health. World Mental Health Day is supported by WHO through raising awareness on mental health issues using its strong relationships with the Ministries of health and civil society organizations across the globe. WHO also supports with developing technical and communication material.

Each year, World Mental Health Day centers on a different theme to highlight a specific area of mental health concern. The event is a crucial platform for organizations, governments, and individuals to educate the public, encourage open conversations about mental health issues, and advocate for more accessible, effective, and compassionate mental health services. By encouraging discussions and providing resources, World Mental Health Day seeks to empower individuals and create a more understanding and supportive global society where no one feels alone in their mental health struggles.

Anubhav Joishi
FYUG 3rd Semester

Let's take a deep breath

MENTAL HEALTH IN DAILY LIFE



When we talk about health, we often think of the body. But true health also means having a healthy mind. Mental health is the balance of our thoughts, feelings and actions. It helps us handle stress, build good relationships and enjoy our life.

Why it Matters? : A healthy mind makes us calm, focused, and strong. Without it, even small problems can feel too heavy. Good mental health improves memory, patience and decision-making.

Good Mental Health : Improves concentration and memory, builds patience and kindness in relationships, gives us energy to handle stress, helps us make better choices.

The role of sleep, exercise and habits.

► **Sleep** : Just like our body, the brain needs rest. A good night sleep refreshes the mind, improves mood, and reduces anxiety.

► **Exercise** : Moving the body releases “Happy Hormones” that reduce stress. A simple walk, yoga or sports can make a big difference.

► **Healthy Routines** : Eating well, staying organized and taking breaks keep the mind balanced.

Mental health is important as it controls physical health, shaping our thoughts, behaviours and overall quality of life. By prioritising mental well-being, adopting healthy habits and fostering supportive environments, individuals can thrive personally and professionally. As society continues to progress, breaking the stigma and ensuring accessible mental health care must remain top priorities.

Molisha Bodo
FYUG 1st Semester



IMPORTANCE OF SLEEP

When it comes to mental health, we often focus on managing stress, building resilience and seeking support. but there's another crucial factor that can significantly impact our mental well-being i.e **"SLEEP"**.

Sleep is a fundamental aspect ratio of our daily lives, playing a critical role in maintaining our physical and mental well-being. While we often prioritize work, socializing and other activities over sleep, the consequences can be severe.

The Amazing Science behind Sleep



When we sleep, our brain goes through different stages, processing and consolidating memories, regulating emotions and repairing itself. An adequate amount of sleep is vital for maintaining cognitive function, mood regulation and overall mental well-being.

According to experts research it has been shown that **"Sleep Deprivation"** can have a significant impact on mental health.

Some of them are : **Mood Disorder, Brain Fog, Stress, Anxiety and Psychotic Episodes.**

On the other hand, getting enough sleep can have a profoundly positive impact on mental health. Some benefits includes: **Improved Mood Regulation, Enhanced Resilience, Sharper Mind, Better Stress Management.**

By prioritizing sleep and taking care of our mental health, we can improve our overall quality of life. Remember sleep is not a luxury; it's a necessity and not only a physical necessity but also a mental health essential. By making sleep a priority, one will be better equipped to handle life's challenges and maintain a healthy mind.

Thankyou for Reading!

Archita Johari
FYUG 1st Semester



SMALL STEPS



BIG IMPACT



Exercise is an important part of living a healthy and happy life. When we stay active, our muscles grow stronger, our hearts stay healthier, and we feel more energetic throughout the day. Regular movement helps us manage weight,

fight off illness, and even sleep better at night. Beyond the physical benefits, exercise is a natural stress reliever it lifts our mood, clears our mind, and makes us feel more confident. Whether it is a walk, a sport or some simple stretches, staying active keeps our body healthier and our mind balanced. In short, exercises helps us live longer, healthier.

Also exercising releases “feel good” chemicals like endorphins, reducing stress and anxiety and improving mood and self esteem.

“Strong Body makes Strong Minds.”



Lungsangsuig Nriame
FYUG 1st Semester



MENTAL HEALTH AWARENESS



SOCIAL MEDIA AND MENTAL HEALTH

(A Double Edged Sword)

In today's World, it's hard to imagine life without social media. From Instagram reels to Facebook stories and endless tweets on X (Twitter), these platforms have become our daily companions. But behind the fun and filter lies a serious question: **What is Social Media doing to our Mental Health ?**

■ Mental Health | ■ Social Media | ■ Digital World



The Silent Struggles

Yet, these very platform affect us silently. The endless comparison with **"Perfect Lives"** online can lower self-esteem. Notification and likes can become validation tools, making us anxious when expectations aren't met.

Excessive use often leads to:

- Sleep Problems.
- Reduced Attention Span.
- Anxiety and Depression
- Loneliness – ironic in a space built for connection.



Did You Know?

Using Social Media for 3 hours daily increase the risk of anxiety, depression, and for academic performance.



Finding the Balance

The answer is not to quit social media, but to use it wisely:

- ✓ Limit Screen time.
- ✓ Follow Positive Pages.
- ✓ Take digital detox breaks.
- ✓ Value offline conversations.

"Social Media is a tool. Use it, don't let it use you."

Pranjol Tripura
FYUG 1st Semester

The Importance of **MENTAL HEALTH** **A W A R E N E S S**



Mental Health Awareness is indispensable for cultivating an empathetic and enlightened society. It underscores that psychological well being is as vital as physical health, yet entrenched stigma often deters individuals from seeking appropriate care. Disorders such as depression, anxiety and persistent stress afflict people across all demographics. By fostering awareness, we dismantle prejudice and encourage candid dialogue. Promoting empathy, accessible interventions and resilient support systems not only empowers individuals but also strengthens communities, ensuring collective resilience and the pursuit of human flourishing.

Anshuman Hojai
FYUG 1st Semester

HOW TO REDUCE MENTAL STRESS

Mental stress has become one of the most pressing challenge of the 21st century. The World Health Organization (WHO) (2017) identifies stress as a **“Global Health Epidemic”** that affects both mental and physical well-being.

One of the most effective strategies to combat stress is **Physical Activity**. According to **Harvard Medical School** (2020), exercise lowers stress hormones such as cortisol while stimulating endorphins, which improve mood and mental clarity. Similarly, yoga and meditation promote relaxation and enhance mindfulness. As the Dalai Lama has observed, **“Calm mind brings inner strength and self-confidence”**.

Another crucial factor is time management. Students often experience stress due to procrastinations and poor planning. Developing timetables, setting achievable goals and prioritizing task can significantly reduce last minute stress.

Social support also plays a vital role in stress reduction, sharing problems with friends, family or mentors provides emotional relief and strengthens resilience. Likewise, pursuing hobbies such as reading, painting or listening to music refreshes the mind and restores balance.

Finally, lifestyle choices directly influence stress levels. Adequate sleep, a balanced diet, and positive thinking are essential for good mental health. The American Psychological Association (2019) highlights that sufficient rest and nutrition reduce burnout and improve overall well being.

While stress is an inevitable part of life, it can be managed through healthy practices.

“ It is not stress that kills us; it is our reaction to it.” By adopting strategies, individuals can strengthen their mental health, enhance productivity and live a happier and more fulfilling life.

Priska Hrangkhoh
FYUG 1st Semester