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Students discuss the merits and demerits of Delhi University's Choice-Based Credit System (CBCS)

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Samsung's unique selection process, and working on cutting-edge technology were exciting, writes Akankshya

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Fight those demons away

Depression among students has now become a serious problem on college and school campuses. Experts talk on how to recognise the symptoms and battle it out of one's system.

SARTHAK SARASWAT

A first-year engineering student in Kochi attempted suicide allegedly due to ragging by senior students. - September 27

A 19-year-old medical student allegedly committed suicide by jumping into the quarry waters of Vetal Tekdi, Pune. - September 23

An 18-year-old commerce student committed suicide by jumping in front of a train at a railway station in Muzaffarnagar. - August 5

A first-year engineering student committed suicide in Thiruvananthapuram allegedly due to the fear of losing a year after failing in the examination. - August 5

Students committing suicide is almost becoming part of everyday news. In another incident, a first-year student of fine arts in Hyderabad recently committed suicide. In his notebooks recovered by the police, he had written, "Why am I unable to study well? Why am I so scared of everything? Why am I unable to mingle with anyone? ... Why am I

starts increasing. A traumatic incident in one's life or other reasons can trigger it. One starts to think that he or she is causing problems to everyone around them. This can lead to a mix of emotions such as fear and so on. Mood swings happen often, too, which disturbs the sleep pattern. Either one sleeps a lot or barely sleeps. When these emotions become really strong, one starts getting suicidal thoughts.

"Normally, people treat obstacles as ups and downs in life and try to overcome them. But for someone suffering from depression, who thinks he or she is a loser, even small losses seem huge. This leads to increase in agitation and one reaches a 'that's it' stage," explains Shyam.

Dr. Sumathi Chandrasekaran, founder, Neha Foundation, and a developmental psychologist, says that the seeds of depression are sown during the teenage years, a time when youngsters are still trying to discover themselves. High

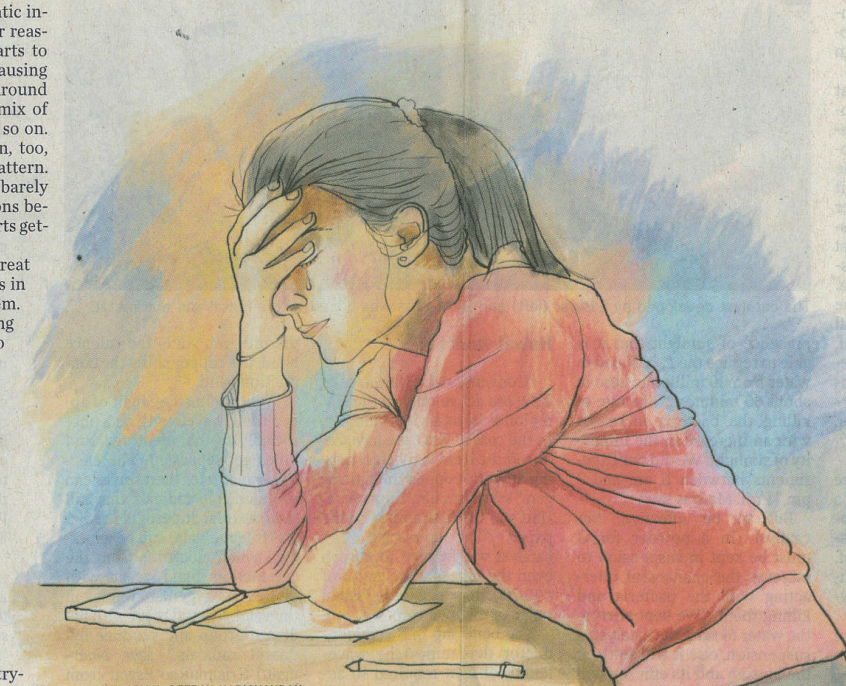


ILLUSTRATION: DEEPAK HARICHANDAN

Students suffering from depression get irritated easily. A feeling of guilt also persists.

"Bullying and ragging, prevalent in several colleges, are other major contributors. The sad part is that this is perpetuated by their friends. It has a terrible impact on sensitive students and can even drive them to commit suicide," he says.

And how much of a problem is rejection by the opposite sex? "This has been less of a cause since the last five years. Earlier, failed relationships used to be the problem. But these days, youngsters have multiple relationships. So if one relationship doesn't work out, they are not devastated. Also, I find the younger generation more practical about love failures. Though they are affected by it initially, they

feeling of guilt also persists. When they do not get their parents' approval, they feel they have done something wrong. Sometimes, they feel like they are being punished. This leads to sadness, and, after a while, intensifies into depression," explains Dr. Sumathi.

A critical problem is that people are not able to distinguish between ordinary sadness and depression. Speaking about how to identify a clinically depressed person, Dr. Sumathi says, "People undergoing depression are extremely vulnerable. Either they indulge in excessive eating or don't eat much. Another core clinical feature is Anhedonia, where they lose interest in the things they used to enjoy doing, such as watching TV, going out with friends, and so on." This is when suicide ideation happens. In extreme cases, the idea becomes a reality.

Way forward

"Efforts should be made to improve the studying style of students. They need to understand what they are studying and not merely mug up. Also, they should not aim for 100 per cent perfection as this can lead to a lot of stress. Parents should let them

Drive those demons away

Continued from Page 1

Another thing that needs to change is students' perception of exams and competitions. They should focus on getting into their desired field rather than scoring the highest in various subjects. Cognitive behaviour therapy is also an effective solution," adds Dr. Manju.

Parents and siblings have an important role to play, says Dr. Sumathi. "These days, parents are not connected to their kids. They are so busy with their own lives that they do not pay attention to what is going on in their lives. If parents are involved in what their kids are doing, they can easily identify the withdrawal symptoms," she explains.

For a long-term solution, care has to be taken right from the formative years, emphasises Dr. Sumathi. "The most important thing parents should do is to

give importance, value and respect to their children. It is important for the parents to approve and accept the child the way he or she is," she says.

For Shyam, his hobbies helped him find solace. "Distraction on my part by doing what one likes really helps."

If one keeps thinking about the problems, the depression intensifies. For me, writing stories helped me go beyond my sorrows and problems," he says. What about seeking the help of a psychotherapist? "The last thing a person suffering from depression wants to do is talk to a psychotherapist. But it does help to an extent. Initially one locks up oneself and refuses to talk. Then you get the feeling that if you want to get away from there, you'll have to cook up some story. But most of the times, they are really nice people, and I ended up sharing my story. Sometimes you get the

feeling that maybe you should not tell them everything, but by the end of it you gain so much trust in them that you feel comfortable confining everything," he explains.

"Medicines do provide a feeling of numbness, but in the long term, after their effect wears off, the 'demons' come back. I think it is all about helping yourself. If you want to get out of it, make the effort to do so," he adds.

Lack of counsellors

In a country that perhaps needs student counsellors the most, there is a critical shortage of trained professionals. "Though colleges have started programmes in counselling psychology, the practicum is missing. Instead of focusing on the practical skills, there is an overload of theory," says Dr. R. Subhashini, dean and head of department, counselling psychology, Madras School of So-

cial Work.

"Even though year after year the government and vice-chancellors keep saying that counselling should be part of academic institutions, not many have taken it seriously or have ended up compromising on the quality. Generally, educational institutes appoint anybody in the name of a counsellor and make them do other jobs as well," she says.

Why is it essential to have trained counsellors?

Dr. Subhashini explains, "Having a psychology background, either at the undergraduate or postgraduate level, helps in moulding one's personality as per the requirements of the job."

It is essential for them to have an understanding of different types of personality, various emotions, how people express themselves, what the coping mechanisms are, and so on."

Courses from MDIS-VELS India

Three new internationally accredited bachelor's programmes from the University of Sunderland, U.K., have been introduced by Management Development Institute of Singapore (MDIS) and VELS University. They are Bachelor of Science (Hons) International Tourism and Hospitality Management, Bachelor of Arts (Hons) Business and Marketing and Bachelor of Arts (Hons) Accounting and Financial Management. Toppers will be awarded a six-month internship in Wall Street, New York City, USA, and graduates will be employed by multinational companies in India.

The courses will be available from this month and will have seminars, training programmes by international faculty from MDIS Singapore and hands-on training from leading Indian companies as well as internships in MNCs in the US.

For more information on MDIS, visit www.mdiss.edu.sg

mally say 'I have a car' and not 'I'm having a car'. You can, however, use 'having'
 — Laura Swenson,
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 upendrankye@gmail.com

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Applications are invited from highly motivated candidates for admission into Ph.D. Programs offered in all the disciplines of Engineering, Sciences, English and Management at NIT Warangal.

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- 2. Part Time Ph.D.:** Admissions through Written Test / Interview. Candidates working in National Laboratories, R&D organizations and Organizations having MOU with NIT, Warangal are only eligible.

Details of the programs, eligibility criteria, and application form are available at www.nitw.ac.in.

Reservation rules will apply on overall available seats as per Govt. of India norms.

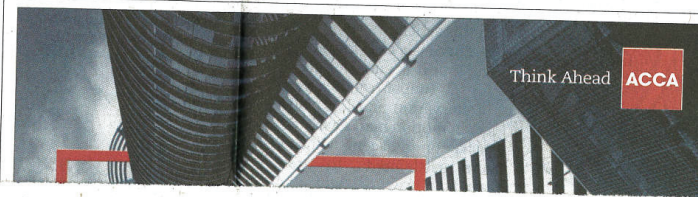
How to apply

Follow the instructions given in www.nitw.ac.in. The duly filled-in application form, along with relevant documents should reach the Associate Dean (Admissions), Academic Section, NIT, Warangal - 506 004 on or before 28.10.2016 in an envelope superscribed "Application for Ph.D. Program - December 2016 Session".
 DIRECTOR

Great summer at Kingston

A heady mix of fun and exciting fields of study awaited us at Kingston, writes RADHIKA KHEMKA.

GOALPOST



VIJAYADASAMI FESTIVAL

INTERNSHIPS

LAMP Intern at Geazy Technologies
 Content Writing Intern at the Silver Lining
 Category: Web Development/Backend Development/Chennai
 Spends: Rs. 2,000/month
 Eligibility: All students
 Website: <http://bit.ly/Tweny19TH654>

Graphic Design Intern at Score
 Category: Graphic Design/Art Work/Illustrator
 Location: Bangalore
 Spends: Rs. 3,000 - 20,000/month
 Eligibility: All students
 Website: <http://bit.ly/Tweny19TH657>

Marketing Intern at BASE 2 Media Works
 Category: Sales/Business Development
 Location: Bangalore
 Spends: Rs. 10,000 - 15,000/month
 Eligibility: All students
 Website: <http://bit.ly/Tweny19TH656>

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- GUNAWATI
- HYDERABAD
- INDORE
- JALPUR
- KOCHI / COCHIN
- KOLKATA
- LUCKNOW
- MADURAI
- MUMBAI
- NAVI MUMBAI
- NOIDA
- PATNA
- UDAIPUR
- VIJAYAWADA

It is evident that goodness in the world exists alongside and malice, but also, equally. All around us are tricky the other developed. regularly and majority said that they will actively encourage other teachers to participate. TPO will now be an annual initiative.

Experience national recognition with the Hindu Form in Dubai.

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Win cash awards - including Rs. 1 Lakh for each of three winners.

Registrations for the CENTA Teaching Professionals' Olympiad TPO 2016 are open on www.tpo-india.org.

Prachi Windlass, Director of Education, Michael & Susan Dell Foundation, says, "We are very happy to be the primary partner to the TPO. Recognizing and rewarding the teaching profession is important to bring about positive change in education. We are also excited about the learnings that TPO throws up for teacher professional development".

Sangeeta Agrawal, Kendriya Vidyalaya teacher and topper of the Chemistry subject track, Cherrie Blair, noted British barrister and wife of Britain's former PM, Tony Blair, at the Global Education and Skills Forum in Dubai.