

THE MITHIBAI CHRONICLES

The Official Newsletter of Mithibai College

HEALTH AND BEYOND

Honouring Physical and Mental Health

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PREFACE



The Mithibai Chronicles, a bi-monthly newsletter is a venture of the Mithibai Readers' Club and the Library of SVKM's Mithibai College, with the support of the Principal, the Vice-Principals, the teaching and the non-teaching staff.

The theme for the April 2022 issue is 'Health and Beyond- Honouring Physical and Mental Health'. As the title suggests, this newsletter is an attempt to spread health awareness as a celebration of World Health Day. The colour 'orange', used for the colour palette of this issue represents creativity, confidence, energy, optimism, youthfulness and enthusiasm.

Happy reading!

IT'S OKAY TO NOT BE OKAY

The word 'MENTAL HEALTH' has a lot of stigma attached to it which refuses to get doused. It's a fire of ignorance and irrationality with its frolicking flames ready to consume and devour its host. So from here let's begin the new journey of self-acceptance. Let us begin this new phase by normalising this so called 'taboo'. I just want you all to know that it's okay to be imperfect, to be different, to have flaws as it only adds to your uniqueness quotient. You are 'IMPERFECTLY PERFECT'. Take pride in your every stride. No one on this planet can claim to be perfect and flawless. You might yourself be abnormal if you claim to be ticking all the boxes of perfectionism. Accept all your flaws with elegance. It's really okay to not be okay- This must be ingrained and hammered in the tiny needle like mindset of orthodox people.

It's okay to feel low on some days, to have foul mood, to have the urge to be left alone in order to sew the pieces of your togetherness and mindfulness from the daily humdrum of life.

Sometimes you just want to break the shackles of your emotions and be freed of the cantankerous melody which seems to drive you insane. Your Life is a story book full of twists, turns, dark truths but that is what makes it interesting.

It's okay to be bipolar, where you experience see-saw of emotions which seem to sway in the crystalline waters of rationality.

It's okay to reveal to your demons, your true dark side which otherwise manoeuvres your integrity.

It's okay to sometimes hallucinate things, be in a state of delusion and euphoria. You cannot be labelled as 'MENTAL' or 'ABNORMAL' on the basis of this, as it is not you, who is at fault but life's situations as a whole.

It's okay to experience fluttering of heart, wavering of voice, sweaty palms or high levels of serotonin while in public. It's common to have anxiety attacks as there is always this fear of public scrutiny. But again I repeat, this isn't abnormality.



IT'S OKAY TO NOT BE OKAY

It's okay to vent your emotions, to have an outburst as its necessary to clean your conscience and get rid of the complexities of your emotions which always keep gnawing and scrutinising your self-esteem.

It's okay to have phobias, it's your body's way of warning you from falling in the dark pit of pain and suffering. Phobias take place as a result of childhood traumas or fear instilling situations, so again this isn't your fault.

It's okay to love and prioritise yourself above others, there is nothing wrong in being a 'narcissistic'. It's okay to be hard-hearted and self- centred. No one can stop you from being the brightest star and illuminating your pathway of mirth. Loving yourself is the greatest boon you can ever ask any God for! Self-love is the key to everlasting happiness.

It's okay to experience multiple personalities. It's again not a result of your abnormality but as a result of bitter early life experiences which has shaped your conscience into defence mechanisms. You use different personalities to shield yourself from the sharp edged sword of fate and bitter miseries of remembrance.

It's okay to forget things, to be amnesic as again it is the body's way of safeguarding you from bitter memories by blocking them from your consciousness.

I would like to conclude by summarising the main motive which is trying to reduce our prejudices against mental health problems and by addressing them with a broader perspective.

By labelling children suffering from autistic spectrum disorder or from cerebral palsy or ADHD as 'SPECIAL' we are only acting like a catalyst to their problems. They are pretty much normal, they just need extra attention and that's all. So there should be no distinction between normal and special kids.

By reading this, even if 20% are motivated enough to change their outlook and perspective towards mental health, all my hard work will pay off.

- By Vishwa Vora,
SYB.A. C

CAN WE?

Can we for once stop?

Stop glamorizing our lives on social media

When on the inside, it is all a mess.

Can we for once be real?

Real about our genuine feelings and state of mind

And not pretend for the fear of losing.

Can we for once listen?

Listen to people and what they are trying to convey

Instead of comparing their problems with ours!

Can we for once be there?

There in the literal sense

Not just to put those stories and disappear.

Can we for once accept?

Accept people for who they really are

Rather than trying to mould them into someone we can adore!

Can we for once care?

Care about ourselves first

And not hide all the pain by taking up tasks.

Can we for just once be empathetic?

Empathetic without judging

And not laugh about people and their problems behind their back.

Can we for once understand?

Understand that mental health is a normal thing

And not just stigmatize it to label people mad!

Can we for once normalize?

Normalize that all these emotions are for real,

So, can you and I, together work upon

Creating a safe space for everyone?

-By Poorva Karamchandani,
M.A. English Part 1

SERENITY

Seeking the sun on cloudy days,
Or guidance, when the road splits into ways.
Chasing the future, afraid of the past,
Or happiness, wanting it to last.
Scouring for scraps in hunger,
Or for hope, longing to feel better.

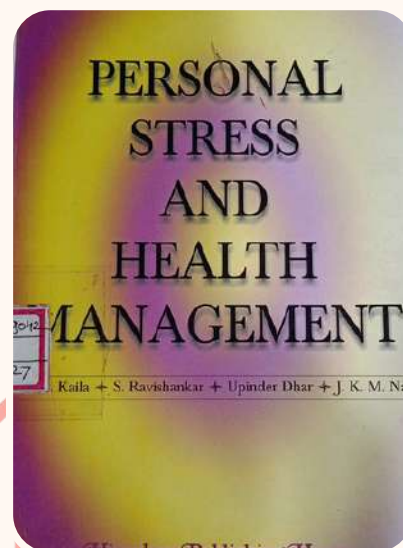
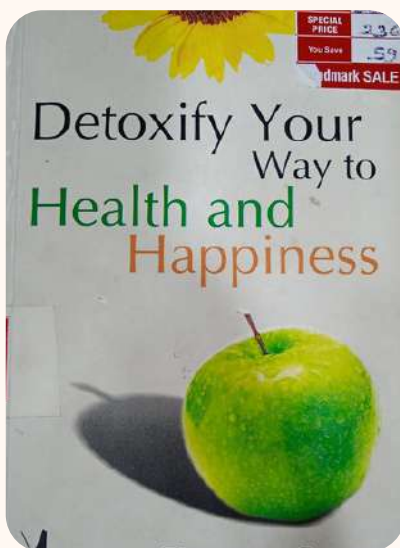
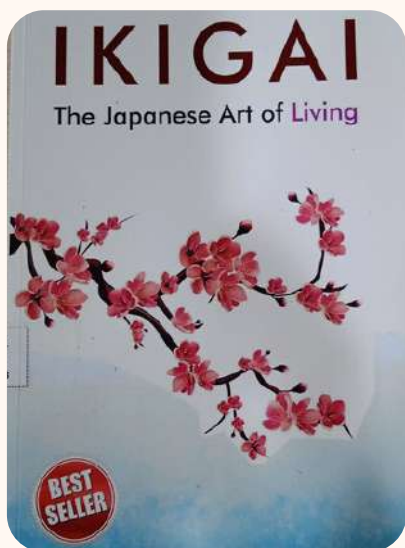
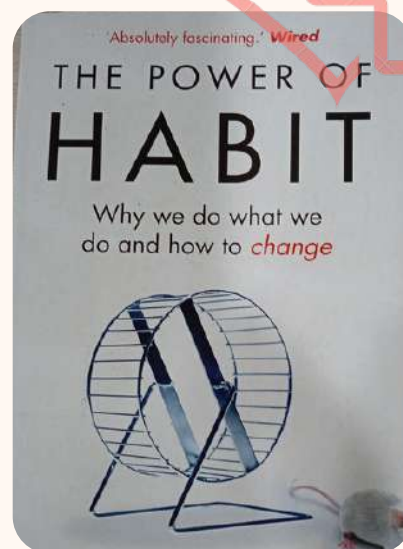
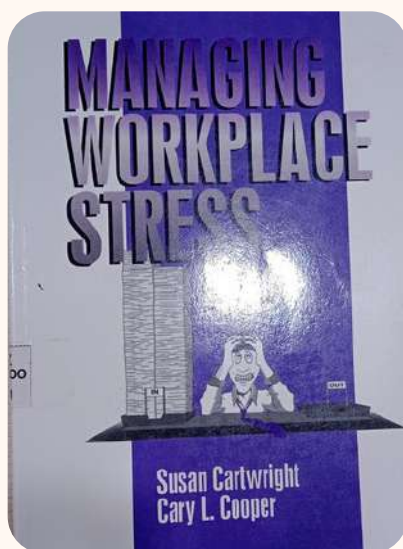
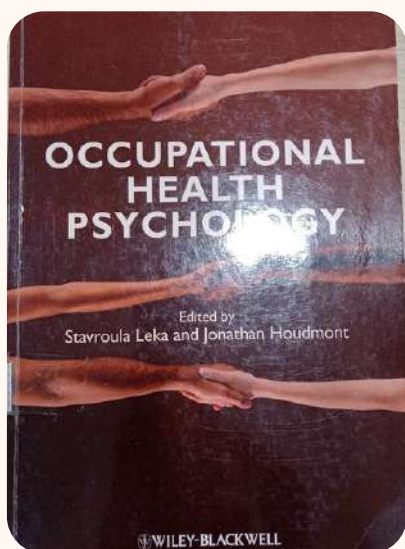
Itching for peace of mind,
Or the soul to be content,
Still wishing we could rewind,
Or understand what it all meant.
Isn't it ironic, how far the heart wanders?
Battling through thick and thin,
In pursuit of serenity, which in reality resides within.

-By Khyati Ramkrishnani,
SYB.Sc. Computer Science



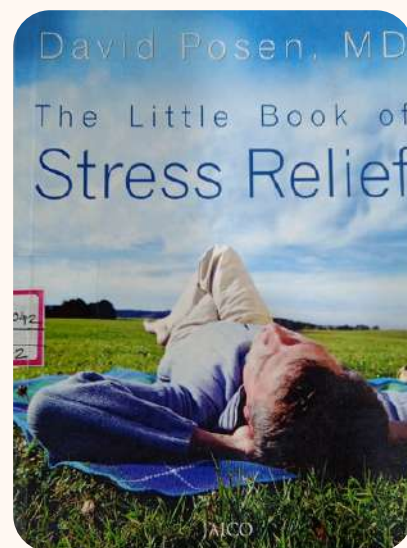
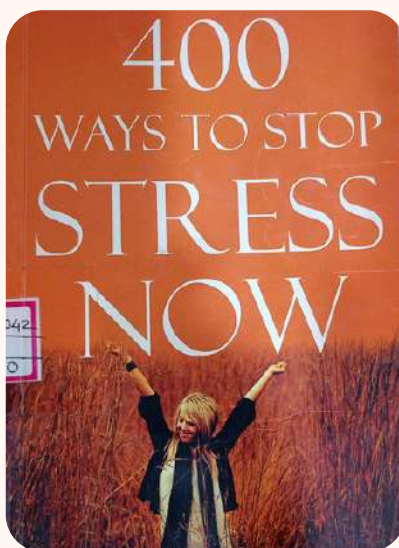
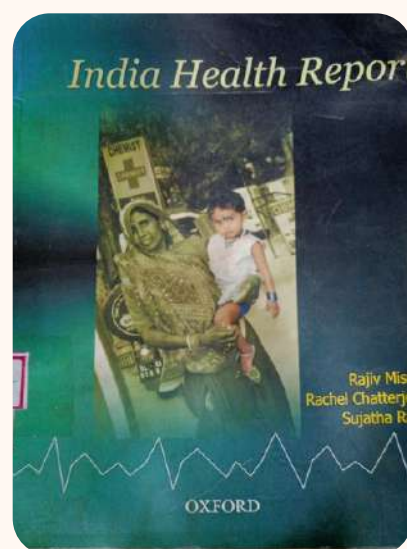
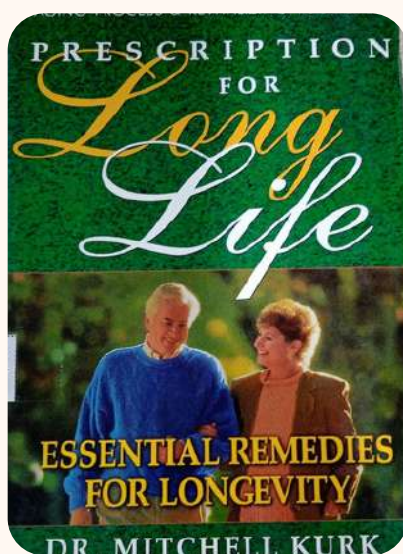
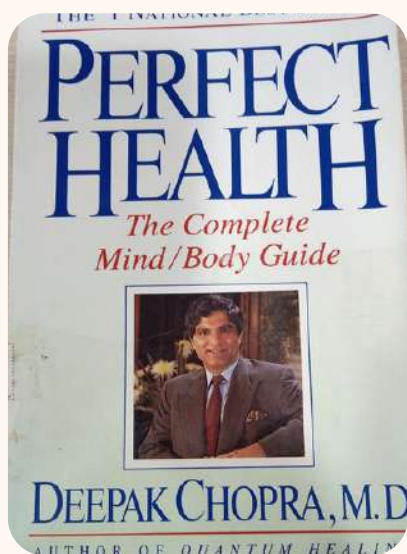
NEW ARRIVALS

PAPERBACK



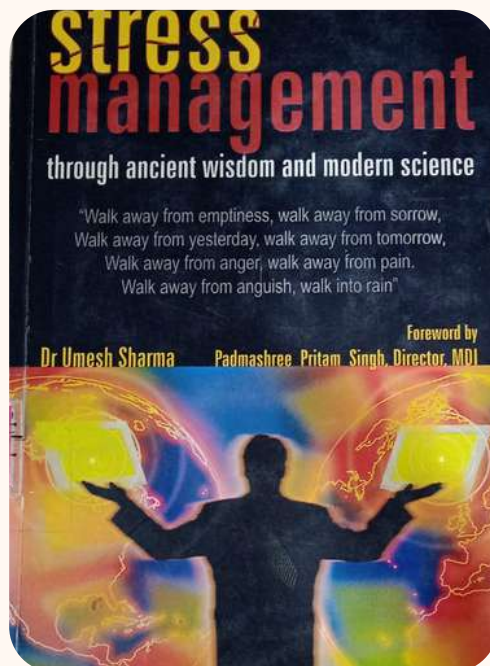
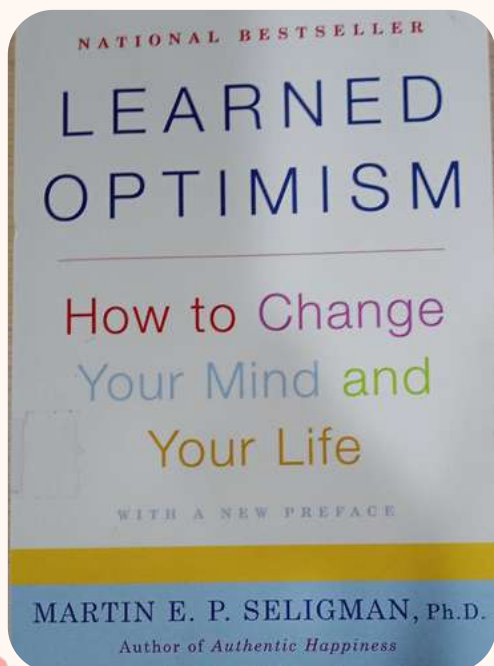
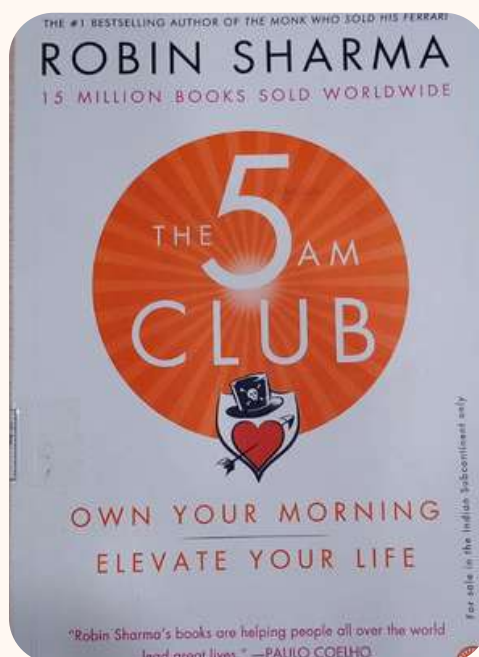
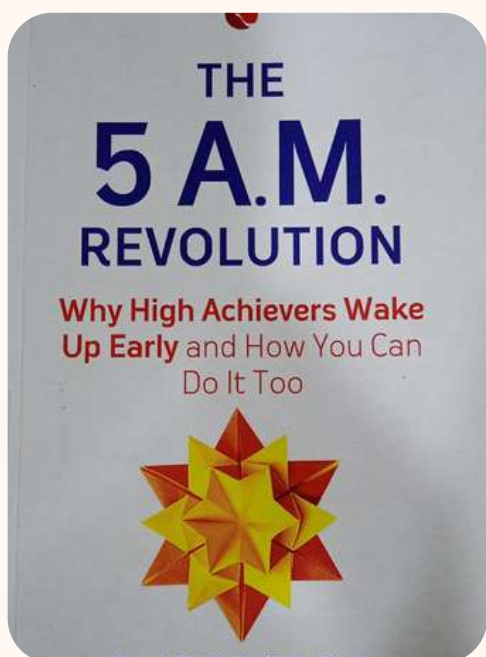
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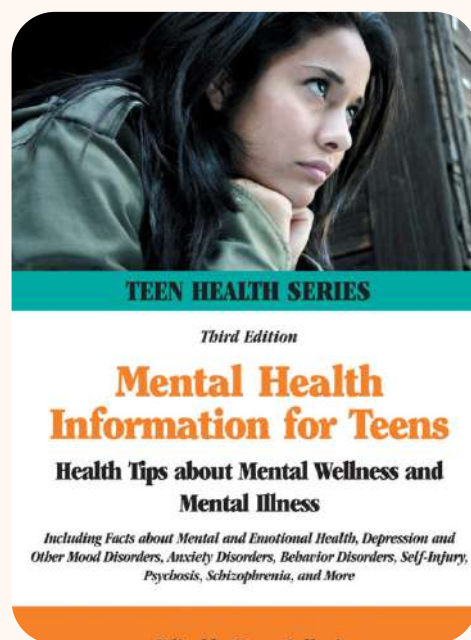
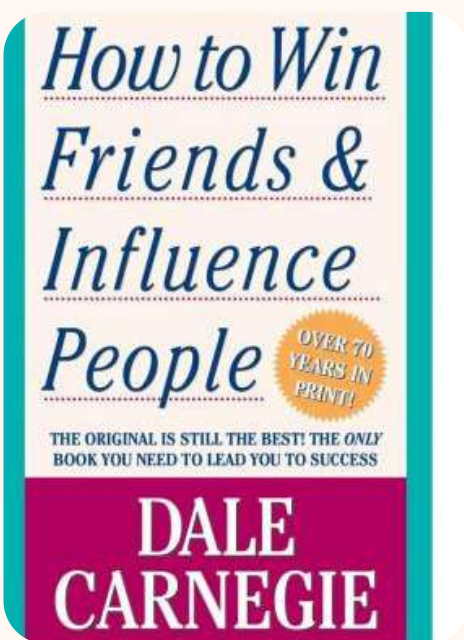
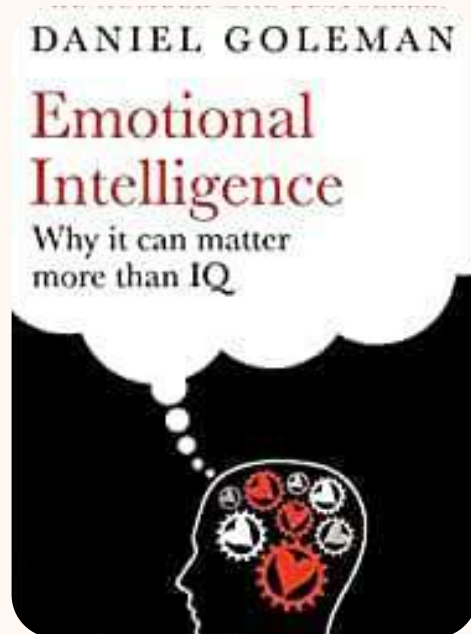
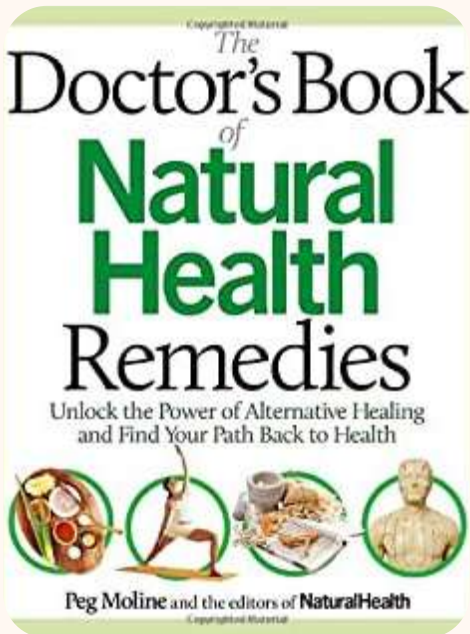


NEW ARRIVALS

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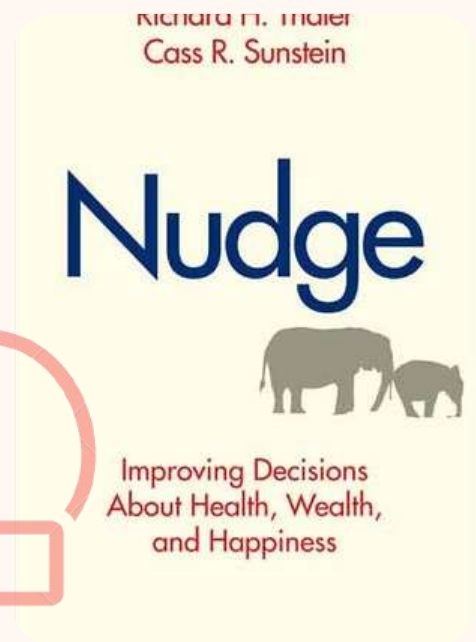
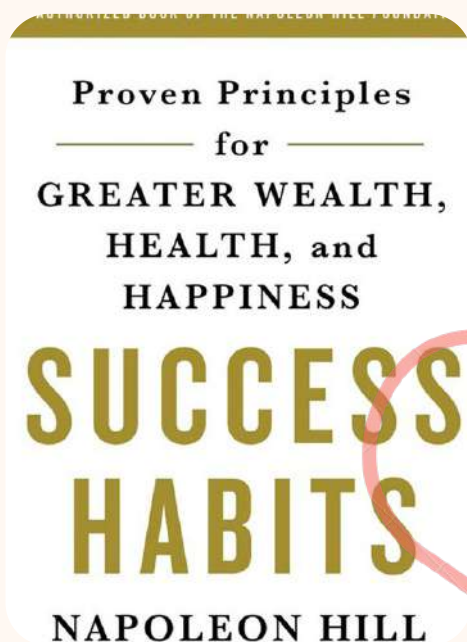
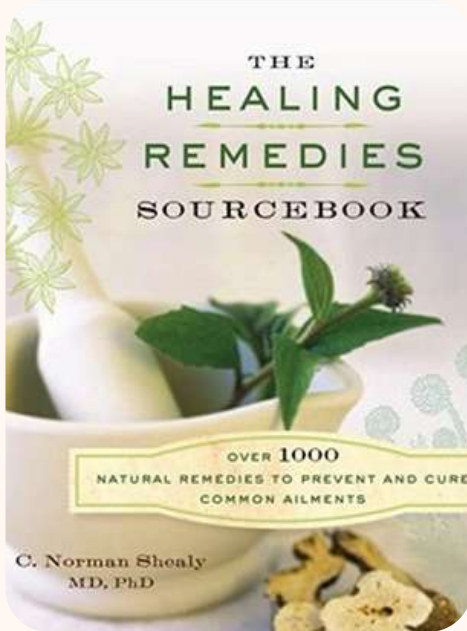


OPEN ACCESS



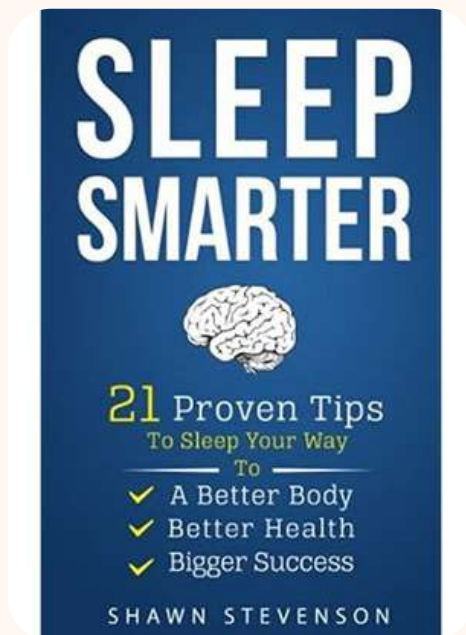
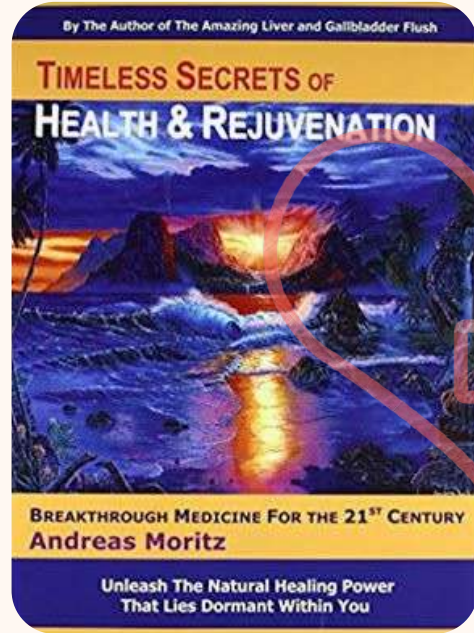
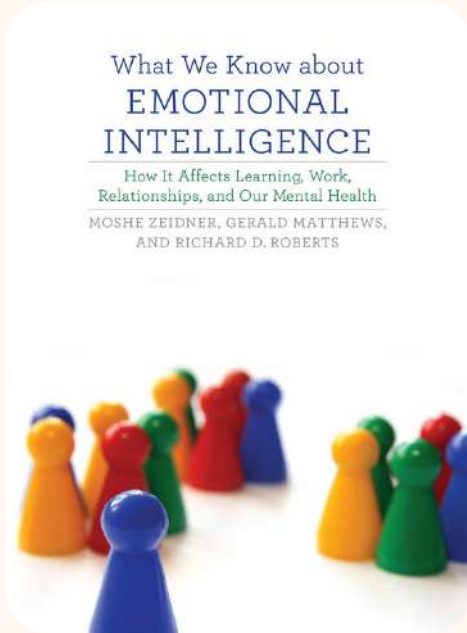
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OPEN ACCESS



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OPEN ACCESS



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THE ART STATION

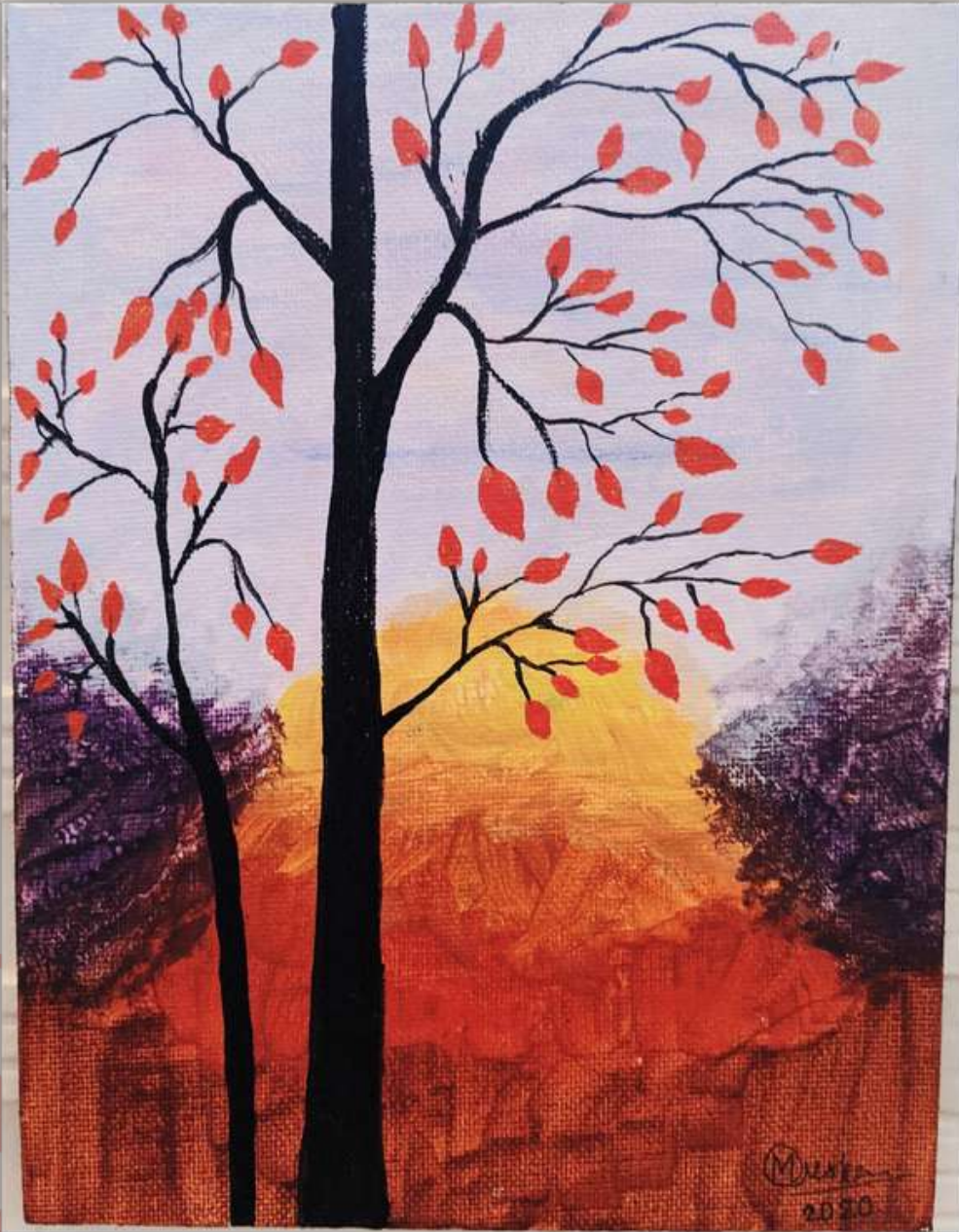


Mr. Bean emphasizes on laughter and comedy as a method to keep our body healthy. Rowan Atkinson once said, "I feel as though the camera is almost a kind of a voyeur in Mr. Bean's life, and you just watch this bizarre man going about his life in the way that he wants to."

I think this contextualizes freedom, happiness and health in Mr. Bean's life.

- By Muskan Charodia,
SYB.A.

THE ART STATION

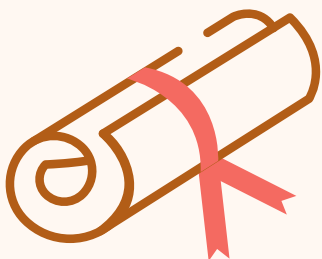


A painting with the colors having a therapeutic effect; the leaves of the tree fall but new ones grow, orange and fiery amidst the cool purple background.

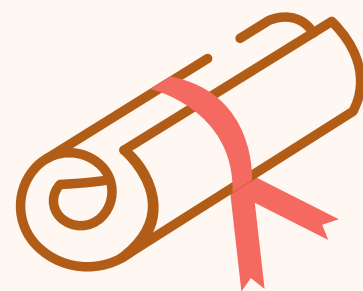
- By Muskan Charodia,
SYB.A.

DEGREE CERTIFICATE DISTRIBUTION CEREMONY

28th March, 2022

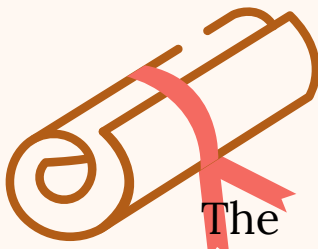


After striving through great turmoil and mental pressure during the pandemic, the graduated students of Mithibai College were welcomed to celebrate their journey on Convocation Day, this year.



DEGREE CERTIFICATE DISTRIBUTION CEREMONY

28th March, 2022

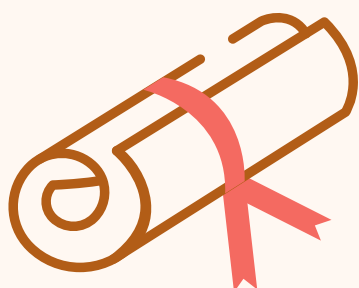
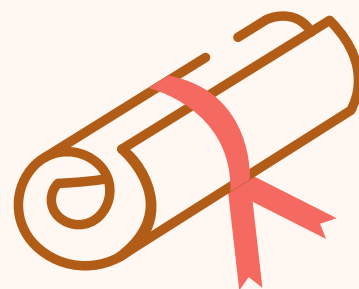


The Degree Certificate Distribution Ceremony was organised by Mithibai Students' Council on 28th March 2022. It was an ecstatic and exulting experience with the graduated students coming back to college for one of their most awaited days of college life, the Convocation ceremony. The DCDC was graced and honoured by the presence of Dr. Geetanjali Sachdeva, Director, ICMR-NIRRH as the Chief Guest and Shri Bharat M. Sanghvi, Vice President and Trustee, Shri Vile Parle Kelavani Mandal as the President of the ceremony.



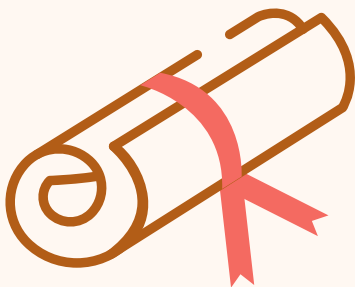
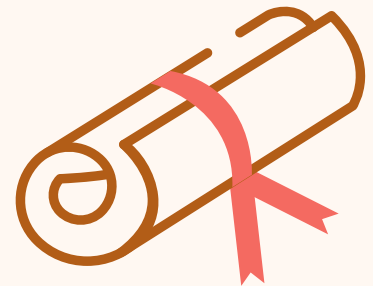
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28th March, 2022



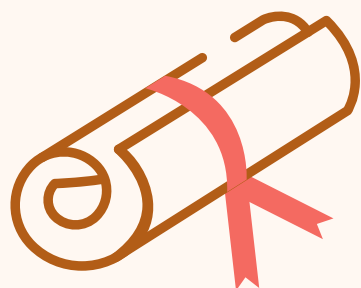
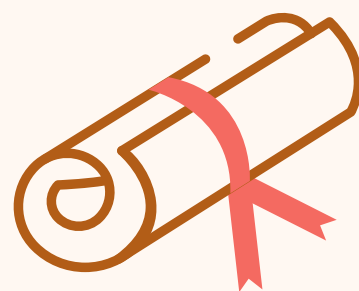
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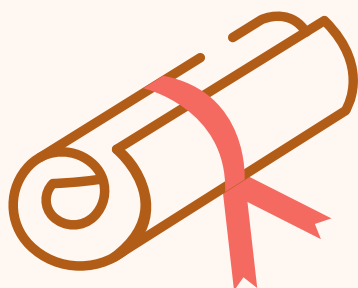
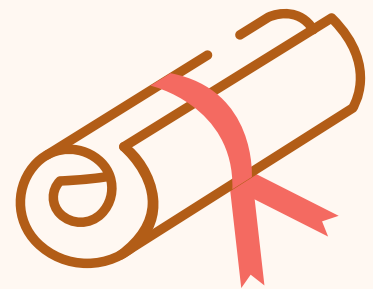
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DEGREE CERTIFICATE DISTRIBUTION CEREMONY

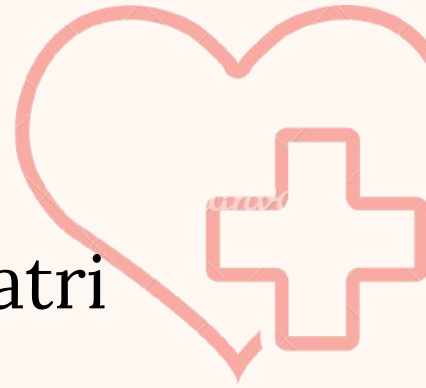
28th March, 2022



KEY CONTRIBUTORS



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Khushi Chothani
Sneha Hegde
Het Unadkat
Bansri Shah



EXPRESSING GRATITUDE TO OUR MENTOR!

Shri Amit Sheth



"With happy thoughts and glorious actions, lets make Mithibai College the best place to be!"

SPECIAL THANKS TO

I/C. Principal

Dr. Krutika B. Desai

Vice Principal, Science

Dr. Meenakshi Vaidya

Vice Principal, Arts

Mrs. Nilima Raval

Vice Principal, Commerce

CA Dr. Bharat Patel

Vice Principal, Junior College

CA Ms. Gladys Albert

Special thanks to the
Librarian, Library Committee
and staff for their inputs





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Convenor, Library Committee**