HERE EVERY MIND RESONATES

A CHRDS Initiative

MAY 2025

Centre for Human Rights and Disability Studies Himachal Pradesh National Law University, Shimla



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Brain Gym



From the VC's Desk

Prof. (Dr.) Priti Saxena

At the very outset, I extend my heartfelt congratulations to the dedicated team of the Centre for Human Rights and Disability Studies at HPNLU, Shimla, for transforming this visionary idea into the written word. In their work. I have witnessed ideas that echo deep truths about mental healthinsightful, honest, and thought-provoking. Today, mental health has become a profound but often unheard-of affliction. Behind every silent face lies courage, anguish and a deep desire to be understood. This magazine is an inspiration for those voices - soft, strong and possessive of compassion.

As an institution, we have to move beyond just awareness to true empathy and concrete action. Let this platform be a reminder that no one should suffer in silence. You are seen, you are heard, and you matter. Let us be your VOICE, until the world learns to listen.

I sincerely commend the efforts of CHRDS and extend my best wishes for a luminous and meaningful future.

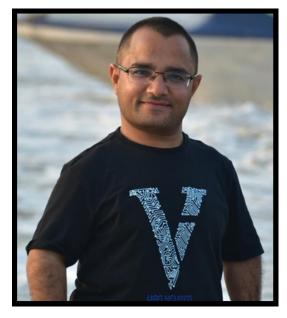


With hope and solidarity, [Prof. (Dr.) Priti Saxena] Vice Chancellor

संवाद -From the Director

Dr. Sachin Sharma, Associate Professor of Law

"There are real indignities and real problems when all facets of life are controlled - when to get up, to eat, to shower-and chemicals are put inside our bodies against our will" - Judi Chamberlin Life is like an air, which doesn't have any boundaries. Any shape or structure, otherwise normative or is mere construction, which shape our beingness. The so-called plans and tactics are noting but only negligible fractions. They can't define life or give it a meaning. In fact, any expression defining life and giving it any particular "meaning" is just construct and noting else. Further, meaning is about learning the meaninglessness of a meaning. But the kind of rat race we are in, it dehumanizes the humanistic expression. We "rationalize" (at least in our mind) every expression with so-called reason. Interestingly, people are indulged in discussing about themselves and about other persons; about their "success"; "failure"; "aloofness"; "socialness". The places are full of gossip, where world seems very insecure or fearsome from the Unknown. This reminds me the quote of Socrates, who once said, "strong minds discuss ideas, average minds discuss events and weak minds discuss people".



We all are moved far away from ourselves, and are unable to recognize our real self and living in a virtual-real. We simply "act", as an actor of a movie, as stated by Erving Goffman. This is an alarming condition. Though, we had lessons from COVID, but ultimately we humans have week memory. Therefore, the idea is about living freely, thinking freely, away from any cage or boundaries. We must remember there is no one to judge and if there is one, then in fact a judge is also getting judged. Thus, lets have the conversation with the silence within us.

With these lines I thank Vice-Chancellor Ma'am, Prof. Priti Saxena for her support and also thank entire team of CHRDS for starting a new and significant journey of mental health and related discourse at HPNLU.

संवाद -From the Convenor

Ms. Aastha Mahesh Saboo Convenor, CHRDS

Batch 2021 - 2026

Spending nearly 4 years at HPNLU has brought me closer to nature and has made me a better individual. The whispering pines often reminds me to pause, breathe, and find balance. When stress creeps in, I often step outside, the canteen, stand near the railing, gazing across and letting the mountain breeze, do its job, clear my mind.

A short walk to 16mile and a chai at some random tea stall in Ghandal during a rainy day puts everything into perspective. It's always been like the mountains are saying, "You've got this, one step at a time."

It is the routine here: we reach the campus, classes end, and as we take snacks in the common mess, a light drizzle falls, the sun still shining. Through those big windows, a vibrant rainbow arcs across the misty hills - that's the magic here. This beauty soothes the mind, reminding us to pause and breathe. Like the rainbow, born of storm and light, we too can find resilience and hope amid challenges. Let us support each other's mental health and take the strength from nature's gifts.



Holding a good academic position, feels stressed quite often. But, to my fellows: it's okay to feel the weight of academic life. Reach out to someone let it be friends, mentors, or seniors. Parents and Teachers are the best ones to seek a mental detox therapy from. And when it feels like too much, let the mountains hold you. Take a moment to soak in their calm and get inspired from their strength.

This magazine is the brainchild of the beautiful team at the Centre (CHRDS 2024-25) and a long due dream that each one of us carried throughout. Let us all keep the conversation on mental health open and kind, supporting each other as we grow, learn, and rise much like the mountains surrounding us.



Featured Articles



Normalisation of Psyche in the Age of Reason

By Dr. Mritunjay Kumar Assistant Professor of Law, HPNLU

"No truth, it is said, can grow to heaven unless its roots reach down to hell".~ Carl Jung "Men are so necessarily mad that not to be mad would amount to another form of madness". ~ Blaise

Pascal

Since Millennium, humankind has not accepted mental suffering as a moral problem in comparison to suffering of the body (Bhikhu Parekh, 1986). The pathos of the body was a central concern for the medical science. The reason behind the exclusion of mind from the sphere of medical practices may be attributed to the social construction of the medical science organised on the assumption that matter is the substratum of every component of life, including the psychic experiences of human beings. Therefore, the search for illness of the mind was considered as elusive as will-o'-the-wisp. It was believed that the abilities to think, feel, and to make practical judgement are not only dependent on the functionality but also the normality or abnormality of the body. Hence, the diagnosis and treatment of the body have been the central concern of the medical practices and the emergence of psychology and psychopathology, which are still condemned as nothing more than pseudo-sciences.

The fragmentation of the Medieval life-worlds in Europe by the revival of the much celebrated "culture of reason", questioned the traditional practices on the value of abstract reason, conceived as universal and eternal normative standard. The Age of Reason narrowly sketched the space of normal functioning of life on the capabilities of will and practical reasoning. Those who fail to conform to these normative standards were condemned as an infantilised state of being. This epochal transformation in Europe made people believe that mental illness is a form of the decadence of reason. This is a state of being incapable to function as per the average normativity. The functionality and normality as socially desirable values were conceived on the scale of instrumentalised conception of normal life, premised on "production and consumption mentality" (referring Marxist notion by Andrew Feenberg, 89, 2002). The reason of desire and reason as substratum of desire produce the practices of normalisation and ab-normalisation. Mental illness, in this sense, is an artefact of the society, which creates a defined territory of normal desires and digressions of desirability on the assumed parochial standard of rationality.

Every expression of nature is uniquely functional. The desire to normalise and to control a life-expression has been the principal concern of a mechanical society, whose practices of the uniformalisation of the values, produce the normative standard of desirability and un-desirability, normality and abnormality. In order to establish the order of the psyche, the modern medical science and psychiatric practices counterproductively produce a chaotic order of perversions and digressions, which, nonetheless, blooms as the secret unconscious of the society in its exclusion and repression. In unbounded eloquence of Gilles Deleuze and Felix Guattari:

"Psychoanalysts are bent on producing man abstractly, that is to say ideologically, for culture. It is Oedipus who produces man in this fashion and who gives a structure to the false movement of infinite progression and regression" (Gilles Deleuze and Felix Guattari, 108, 1983). Pre-modern societies, as per Michel Foucault, allowed the people suffering from the mental illness to have a dialogue with the normalised reasonable human beings. They were believed to be the sufferer of the cosmic tragedy, therefore, they remained as an integral part of the society.

In the beginning of the Age of Reason, the people suffering from the mental illness were separated and institutionally confined in the mental asylums and hospitals. They became an object of clinical curiosity and arche-type of decadence for the "dynamic normalisation" of the social behaviors.

In his considered opinion:

"By a strange act of force, the classical age was to reduce to silence the madness whose voices in the Renaissance had just liberated, but whose violence it had already tamed. It is common knowledge that the seventeenth century created enormous houses of confinement;...It is common knowledge that absolute power made use of lettres de cachet and arbitrary measures of imprisonment; what is less familiar is the judicial conscience that could inspire such practices (Michel Foucault, 38, 1988).

In the middle of the eighteenth century of Europe, the mental illness was institutionally medicalized, it became an object of experimentation, curiosity to be unearthed by the psychiatric practices. The medicalised and stigmatized effects produced by the rationalized culture of Europe are still budding in an ideal market of desires deployed by the "market society" (Karl Polanyi, 1944). The Mental Healthcare Act, 2017 was passed by the Indian Parliament. The Act is considered as a paradigmatic shift in terms of guaranteeing an entitlement based approach to empower the people suffering from the mental illness, and to enable them to have free consent in choosing the healthcare as per their requirements. The Act significantly postulates the idea of intermingling of the people suffering from the mental illness in the society. As per Section 19 of the Act, "Every person with mental illness shall have a right to live in, be part of and not be segregated from society". The Act has the potentiality to liberate the conception of disability from the narrow confinement of a medicalised conception of mental disability. This Act along with the Rights of Persons with Disabilities Act, 2016 have prescribed the norms to conceive the meaning of disability in context of the societal constructions, barriers and stigma attached to it by the social attitude. Therefore, a true liberation requires the structural changes of the social psyche, which produces the seductive desires of normality and counter-productively silences and infantilizes the myriad expressions of human lives. India can hope for a better future for the people suffering from the mental illness. As Roberto Unger reminds us, "Hope is not the condition or cause of action. Hope is the consequence of action. And those who fail in hope should act, practically or conceptually, so that they may hope" (Roberto Unger, 2014).

About The Author

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We Are All Becoming: Mental⁴ Health, Identity, and the Courage to Be Seen

By Debra Ruh

We are human fragile, ever changing, complex beings. Some of us are born with disabilities. Others acquire them through aging, accidents, war, or trauma. And all of us, at some point, must confront the quiet truths of mental health.

For decades, I've worked at the intersection of disability inclusion, accessibility, and global human rights. And now, through Billion Strong, a global identity and pride movement led by people with lived experience of disability, we are working to unite over 1.3 billion people with disabilities —and the billions more who are their families, allies, and friends. We are building a movement grounded in dignity, empowerment, and visibility.

Mental health is at the core of this work.

Too often, people with disabilities are expected to mask their challenges—to hide their needs, their pain, their uncertainty. But masking comes at a cost. It separates us from our true selves, and from one another. In the Billion Strong community, we are committed to changing that. We want people to be able to show up proudly and safely as their full selves. I have the honour of being the mother of a daughter born with Down syndrome. Watching her grow into a talented artist, a proud woman, and a bright light in this world has taught me what real resilience looks like. But I've also witnessed how society often tries to flatten her identity—to reduce her to a diagnosis, or to an inspiration, rather than a full human being with needs, emotions, and dreams. That happens to so many of us.

As we face global challenges—climate crises, war, displacement, aging populations—we must rethink how we define strength and wellness. Mental health is not a side conversation. It is central to inclusion, innovation, and human rights.

Technology, including AI, holds incredible potential to support this shift—through accessible communication, virtual exchange, culturally aware care, and even emotional support. But tech alone cannot heal us. Only connection can do that.

What I've learned is this: mental health is not a separate issue from disability, inclusion, or human development. It's at the centre of all of it. When we create space for people to show up fully—messy, vulnerable, beautiful—we begin to build a world that works for everyone.

And that is the world Billion Strong is working to build—with, not for, our community.

About The Author

Debra Ruh is a global disability inclusion strategist, CEO of Ruh Global IMPACT, and founder of Billion Strong—a global movement led by people with disabilities. She has spoken at the United Nations, advised governments and Fortune 500 companies, and is the proud mother of a daughter with Down syndrome.

Mental Health in College Students

By Abhinav Krishna Chitguppa HPNLU Student, Batch 2024-29

In a highly progressive step towards desensitising mental health as a topic while breaking

traditional notions of ignoring mental health, this magazine is being introduced as a student coordinated effort to de-stigmatize the topic of mental health. With its rising influence, mental health has garnered significant discourse. In India, traditional cultural and familial notions of strength have been misunderstood as true strength and the importance of talking about mental health has been eclipsed by this notion. It is thus a very wise and proactive step by the Centre for Human Rights and Disability Studies, HPNLU, Shimla to introduce such a platform in the way of a magazine, encouraging creative, thoughtful articles, artworks, poetry etc. College students often have the same reinforced notion pertaining to mental health, which makes it a difficult topic to talk about, creative efforts must be taken to encourage and empower them to talk about mental health. Indeed, the umbrella term 'mental health' encompasses a plethora of sensitive issues that people may feel uncomfortable about, however, our perspective must change to see the truth, which is simply that not a single person in this world is normal, every person is inherently quirky and weird. The concept of "normal" is but a fiction created by repeated patterns, and even so, many of us share the same thoughts but fail to voice them out, by our own logic, is that not indeed normal?

Institutions such as Mental Health First Response and Mental Health First Aid have started training individuals in identifying, approaching and dealing with mental health issues. Such programs are mainly prevalent in developed countries that are only now realising the importance of mental health. For a developed world, it is imperative that we understand each others' thoughts and live in a sense of comfortable harmony created by our collective underlying patterns of similar thoughts. Therefore, such initiatives are powerful tools to bring about a silent revolution that will eventually desensitise mental health as a topic and heal the damage caused by false assumptions of our forefathers in this regard.



Personal Stories



Harshvardhan Raj Singh A musician stuck between the black and white letters of law at HPNLU





Since my childhood, I have been a musician, and my experiences have ranged from playing to impress my friends and family members to growing up to perform in various cafes with my own band. Just like an average student, academic pressures were always running parallel to my passion, but music for me wasn't just any regular leisure activity; rather, gradually, it grew as a way I could express myself better. And even if nobody was watching me play the piano or sing my own tunes, I always tried to hit the perfect highest note. I was, anyway, more comfortable in my hobbies rather than relying on any external support. My music has been my biggest supporter during my toughest personal battles and has been my go-to companion after a hectic day at the law school as well. As a child, my biggest wish was to be able to sing for people because I knew it has the power to make others feel elated and energised. For me, music has always been my own way of therapy. Psychology says therapy is always required whenever coping strategies fall short beyond a particular threshold, but being a musician, I will suggest my readers to pick up a song of their choice and hum some tunes or maybe pick up any instrument to begin to invest energy into a creative channel. Always remember, life in the real sense means finding ways to waste it in whatever ways a person likes. Music can always be a better choice to just vent out bottled-up emotions instead of trying to shoo them away, only to find a disheartening reality that negative emotions never escape on their own. They have to be channelised into something positive by opting for better alternatives. So always remember, when life puts you in a situation where you cannot just cope up with things and selfcomposure begins to shatter, your favorite Bollywood song awaits you...

Dr. Hari Chand Thakur

Assistant Professor of Economics, HPNLU

Linking mental health with student scholarships - how scholarships can impact mental wellbeing of a student in need.

Scholarships can reduce the burden of tuition, housing and other expenses, which can lower the tensions related to money amongst the weaker sections' students. Scholarships can boost a student's self-esteem, making them feel recognised and make them capable of improving the overall wellbeing and confidence of the students without the need for part part-time job to support themselves, and students can dedicate more time to studies and self-care. Scholarships can empower students and support them with mental health. Institutions should ensure students are not only financially supported but also emotionally guided to cope with the expectations regarding their future.

Maideni Shukla

Associate, S&R associates HPNLU Graduate Batch 2019 - 2024

Graduating from law school often feels like standing at the edge of an ocean, with corporate law firms beckoning you toward prestige and stability. In those first whirlwind months of navigating billable hours, complex transactions, and high-stakes negotiations - it's easy to let pressure overshadow your well-being. You may find yourself wrestling with looming deadlines but remember to pause and breathe even if it is for five minutes. Guard your weekends jealously-whether it's a sunrise walk or a simple cup of filter coffee with a friend, these moments are vital for reclaiming your sanity. Learn early that saying "no" to extra assignments isn't a sign of weakness but a commitment to sustainable excellence. One must learn to seek out mentors and share struggles; this helps discover that many people have walked this path and can offer invaluable guidance. Above all, know that nurturing your mental health isn't a detour-it's the compass guiding you toward a fulfilling and resilient legal career.

Under the Weight of Academic Alienation: A Badiouian Reflection

By Ishpreet Singh

A PhD scholar's life often teeters on the edge of silent collapse, concealed beneath academic rigor and institutional prestige. Loneliness, despair, and fear arise from the existential conflict between the mechanical "publish or perish" culture and the pursuit of truth. Alain Badiou's philosophyparticularly his concept of truth procedureshighlights this tension. He identifies truth as emerging from politics, science, love, and the arts -pointedly excluding academia. This is no institutionalized accident; academia often prioritizes output over insight, careerism over conviction, and recognition over revelation.

For scholars, especially in fields like law where justice is central, this realization can be disheartening. Daily life is consumed by metrics, deadlines, and the pressure to stay relevant. Publications become performances for funding and tenure rather than expressions of truth. Badiou's "truth event"—a transformative rupture requiring faithfulness—is replaced by a "simulacrum of truth," an illusion of intellectual progress. This dissonance breeds depression. Social issues may be discussed but rarely acted upon, and academia often becomes a self-referential space detached from lived experience. With its climatecontrolled sterility and air-conditioned chambers, academia, which is supposed to reflect and influence society, frequently ends up reflecting only itself. The absence of embodied engagement, essential in Badiou's truth domains, further alienates scholars. Risk is penalized, discouraging fidelity to transformative truths. The result is a psychic limbo: emotionally numb yet intellectually alert.

Unless academia is challenged—through radical pedagogy, activism, or truth pursuits beyond its confines—mental health will remain under siege. Scholars must remember that truth transcends institutions; academia should be a means, not a foucauldian prison.

About The Author

Ishpreet Singh is a professional songwriter, screenwriter and an aspiring filmmaker from Faridabad, Haryana. Apart from music and cinema, they are also actively involved in theatre making and literary activities. They are currently pursuing PhD from HPNLU.

Where do you go when you're already gone?

By Neelakshi

HPNLU Student Batch 2020-25

Where do you put your body when it all gets too heavy? When the weight isn't just in your mind, but in your limbs, your voice, your eyes. Where do you go when the world keeps spinning, but your feet have stopped wanting to move? Do you lie on the floor or do you wrap your arms around your knees because it's the closest thing you'll get to being held? Where do you go when the people you love keep applauding your strength while watching you drown? When they say, "You're the strongest person I know," but never ask what it's costing you to survive that way? Where do you go when you're too tired of carrying all their expectations while your own heart is begging to be seen? What do you do when you can't keep going but you don't know how to stop? When rest feels failure, but continuing feels like self-destruction? When your body keeps waking up but your soul hasn't gotten out of bed in weeks? What do you do when the only thing more terrifying than falling apart is knowing you'll have to pull yourself back together by morning- quietly, quickly, as if the night hasn't done anything to you. What would you do if the world knew that the bravest thing you've been doing lately is simply existing? Tell me, where do you go when you're already gone?

Navigating College Life: A Journey of Self Discovery

By Kritika Arora,

HPNLU Graduate, Batch 2018 - 2023

"You alone are enough. You have nothing to prove to anyone."

This was my mantra for surviving law school, and I believe it's THE TRUTH that can guide you through your college journey as well.

Realistically speaking, college can be overwhelming. The pressure to perform, comparisons to peers, managing friendships and the constant pursuit of perfection can be exhausting.

But here's the thing-

YOUR WORTH ISN'T DEFINED BY GRADES, LIKES, OR VALIDATION FROM OTHERS. You get to forge your own path, make mistakes, and learn from them. YOU ARE THE AUTHOR OF YOUR STORY AND YOUR UNIQUENESS IS WHAT MAKES YOU EXTRAORDINARY.

YOU ARE CAPABLE, STRONG, AMAZING- OWN IT!!





Poetry and Art



उम्मीदों का समंदर

By Ashish Sharma

Batch of 2021-2026

A HPNLU student who tries transforming the "bars" of legal study into a canvas for creative expression. He is the Convenor of the Debate Drama and Literary Society, HPNLU (2024-25). He has written a number of plays and Nukkad Nataks on Disability rights, while being one of the founding members of the centre.

उम्मीदों से भरा मेरा समन्दर, अब हलचल मचाता हैं बहुत सोचने पर भी, कुछ समझ नहीं आता हैं. जिंदगी की डोर तोड़ दु, मन मेरा अब बताता हैं. क्यों इतनी उलझन हैं, सब धुंधला नज़र आता हैं.

सफ़र का परींदा बन उड़ा, मगर क्षितिज़ नहीं आता हैं थक गए पंख अब मेरे, गिरने का डर सताता हैं साथ मिले किसी एक का भी, दिल यही चाहता हैं एक बार गिरा तो वापस, नहीं उड़ना ही समझ आता हैं

इतने कोलाहल मे, जज़्बा मेरा दब जाता हैं किसे सुनु किसे नहीं, यह दिल मेरा डर जाता हैं सुबह कुछ बनने का सपना, अब रात मे मर जाता है आँखें बन्द करता हूँ, तो फाँसी का फन्दा दिख जाता है

ज़िंदगी आसान हैं कहना, अब मुश्किल हो जाता हैं शांति से जीने का सलीखा, आँखों से आँसु गिराता हैं दिल और दिमाग़ मेरा, बस अब चुप होकर चिल्लाता हैं ये सब रोज़ रोज़ होने का दर्द, अब रोज़ सताता हैं

लोग क्या कहेंगे सुनकर, सर मेरा घुम जाता हैं पर भरोसा मेरे अपनो का, मुझे रोज़ जगाता हैं कुछ बनने का सपना, मेरी आँखों मे फ़िर आ जाता हैं यह सफ़र नहीं, सामना हैं जो मुझे अपने आप से मिलाता हैं

उम्मीदों से भरा मेरा समन्दर, अब हलचल मचाता हैं बहुत सोचने पर भी, कुछ समझ नहीं आता हैं.



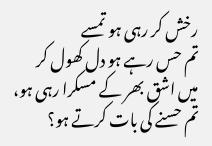
('Bebasi') بے بسی

By Samia Mirza Batch of 2023-28

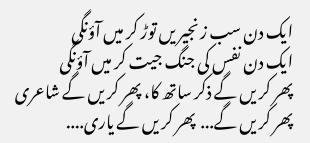
میں دیکھ رہی ہو آسمان, تم حال کیوں پوچھتے ہو؟

میں کر رہی ہو کچھ بیان تم سوال کیوں پو چھتے ہو ؟

الجھنوں میں بس گئی ہے ساری میری خواہشیں، میں چل رہی ہو سہارا لیکے، تم اُڑنے کی بات کرتے ہو؟



یہ نفس میرا پھنس چکا ہے ی بیکسی کی ڈور میں، میں دم سادھ کے سانس لے رہی ہو، تم جینے کی بات کرتے ہو؟





Main dekh rahi hu aasmaan, Tum haal kyu puchte ho?

Main kar rahi hu kuch bayaan, Tum sawal kyu puchte ho?

Uljhano me bas gayi hai sari meri khwahishe, Main chal rahi hu sahara leke, Tum udne ki baat karte ho?

Raqsh kar rahi hu tumse, Tum has rahe ho dil khol kar Mai ashq bhar kar muskura rahi hoon, Tum hasne ki baat karte ho?

Ye nafs mera phas chuka hai bekasi ki dor me, Mai dam saad kar baat kar rahi hoon, Tum jeene ki baat karte ho?

Ek din sab zanjeere tod kar mai aaungi, Ek din nafs ki jung jeet kar aaungi, Phir karenge zikr saath ka, phir karenge shayari Phir karenge..phir karenge yaari....



She

By Neelakshi Batch of 2020-25

She doesn't know how to feel anymore. One moment, she thinks she's healing. The next, she's questioning everything about herself.

One moment, she's laughing like she's finally free.

The next, she's holding back tears, trying to keep from falling apart.

She just hopes that, or maybe someday, it'll all make sense.

Until then, she's healing, stumbling, learning, and growing - one day at a time.



By Shreya Kanaujiya

(Batch of 2022-27)

This pencil drawing shows a deep, emotional story about mental health. A dark figure with long hair stands tall, but their face is hidden by a broken shadow, like they're hiding their true feelings. Inside their chest, there's another facethis one looks sad, with a hand softly touching its cheek, maybe looking for comfort. Twisted branches grow around them, like feelings of worry or fear, and birds are flying away, showing thoughts that won't stay still. The figure holds a white skull, which means they're thinking about life and death. This picture shows how hard it can be for people with disabilities to deal with mental health struggles, making us think about the challenges they face every day.

By Bhoomi Papnoi⁽ (Batch of 2022-27)

The doodle puts together various assistive elements such as a hearing aid, a white cane, a prosthetic limb, a wheelchair, and a Braille book—into a harmonious composition. Accessibility systems are not merely physical aids but the pillars of emotional strength and mental health that brings in confidence, connection, and a sense of belonging.

Each device is much more than a tool, it is a symbol of resilience, inclusion, and independence.



Canvas of the Mind: Creative Works by Young Artists

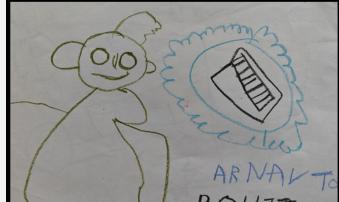
Heartfelt paintings and drawings created by children with mental disabilities.

Each artwork is a unique window into their world. These drawings here reflect their emotions, imagination, and inner strength.

These pieces remind us that creativity knows no boundaries.







These paintings were made by children when the CHRDS team went for a sensitization program at Orchid Prep School, on 31.05.2023.





Brain Gym





Brain Gym

Match the Term to What Happens on Campus

Instructions: Match the mental health term (Column B) to the scenario or phenomenon (Column A) that best represents it in the life of a university student. Some are tricky—think beneath the surface!

Column A – Campus Scenarios

A. You keep partying late even when you know it's hurting your grades—your values and behavior are clashing.

B. After weeks of assignments and events, you feel numb, drained, and disconnected from everything.

C. You join a club you don't like because all your friends are in it and expect you to.

D. Watching others get internships and scholarships makes you question your self-worth.

E. In college, you might stay in a toxic relationship—defending their behavior, pushing others away, and hoping they'll change—because pain has tied you to them in ways love never did.

F. Even after winning an award, you feel like a fraud and fear people will "find out."

G. You replay a negative interaction over and over, losing sleep and peace of mind.

H. You attend every event—even ones you hate—because you're scared to feel left out.

I. You avoid seeking counseling because you think only "serious" cases should.

J. You panic when your crush doesn't text back and overthink every message.

K. Your senior constantly says "you're too sensitive" after making cruel jokes.

L. You're drinking daily after exams and can't stop even though you want to.

M. A college refuses to offer extra time in exams even though you have dyslexia.

N. A student with ADHD is mocked for "zoning out" in class discussions.

O. You make a to-do list of 3 small activities—walk, journal, class—and actually do them.

P. You feel emotionally chaotic and start stalking your ex's social media.

Q, You think "maybe they'd care more if I just disappeared."

R. You need quiet study zones, but there's no infrastructure for sensory-sensitive students.

S. October 10th arrives—campus finally talks about anxiety and depression.

T. Someone says "I'm so OCD about my notes!" but has no idea what OCD actually is.



Brain Gym

Match the Term to What Happens on Campus

Column B - Mental Health Terms

- **1.** Attachment Anxiety
- 2. Self-Stigma
- 3. Neurodivergence
- 4. Therapy Speak
- 5. Ableism
- 6. Gaslighting
- 7. Substance Use Disorder
- 8. FOMO (Fear Of Missing Out)
- 9. World Mental Health Day
- 10. Peer Pressure
- 11. Suicidal Ideation
- **12.** RPwD Act, 2016
- 13. Rumination
- 14. Social Comparison
- 15. Trauma Bonding
- **16.** Imposter Syndrome
- 17. Behavioural Activation
- 18. Burnout
- 19. Post-Breakup Dysregulation
- 20. Cognitive Dissonance

Answer Key

Shhhhhh.... Don't peek here until you've attempted all prompts....

A-20, B-18, C-10, D-14, E-15, F-16, G-13, H-8, I-2, J-1, K-6, L-7, M-12, N-5, O-17, P-19, Q-11, R-3, S-9, T-4

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