

**THE WELLNESS CLUB  
OF  
INSTITUTE OF INNOVATION IN TECHNOLOGY & MANAGEMENT**



**BEAT THE WINTER  
BLUES. SHINE  
THROUGH THE  
SEASON.**

DECEMBER 2025

# Academic Voice

## WINTER BLUES: FINDING WARMTH WITHIN

AS THE COLDER MONTHS SETTLE IN, MANY OF US NOTICE SHIFTS IN OUR MOOD, FOCUS, OR GENERAL ENERGY. SHORTER DAYLIGHT HOURS AND COLDER DAYS CAN QUIETLY INFLUENCE HOW WE FEEL, OFTEN LEADING TO WHAT IS COMMONLY REFERRED TO AS THE WINTER BLUES. IT ISN'T DRAMATIC OR ALWAYS VISIBLE, BUT IT IS REAL, AND MANY PEOPLE EXPERIENCE IT IN DIFFERENT WAYS. IT'S NOT ALWAYS OBVIOUS, BUT THE REDUCED SUNLIGHT, COLDER WEATHER, AND SLOWER PACE CAN AFFECT OUR EMOTIONAL AND MENTAL BALANCE. THIS SEASON CAN SERVE AS A REMINDER TO BE MORE DELIBERATE ABOUT OUR WELL-BEING. SMALL BUT STEADY CHOICES MAKE A DIFFERENCE: STEPPING OUT INTO NATURAL LIGHT, MAINTAINING PHYSICAL MOVEMENT, EATING NOURISHING FOOD, STAYING CONNECTED TO YOUR LOVED ONES, AND ALLOWING RESTFUL SLEEP. THESE PRACTICES DON'T ELIMINATE CHALLENGES, BUT THEY HELP US MEET THEM WITH GREATER STEADINESS.

IT'S ALSO IMPORTANT TO ACKNOWLEDGE HOW WE FEEL WITHOUT JUDGMENT. SOME DAYS WILL BE PRODUCTIVE AND FULL; OTHERS MAY FEEL HEAVIER OR QUIETER. BOTH ARE PART OF BEING HUMAN. AND WHEN THOSE FEELINGS BECOME DIFFICULT TO MANAGE, SEEKING SUPPORT, WHETHER PROFESSIONAL OR PERSONAL IS NOT A SIGN OF WEAKNESS, BUT OF SELF-AWARENESS. WINTER ENCOURAGES REFLECTION. IF WE APPROACH IT THOUGHTFULLY, IT CAN BECOME AN OPPORTUNITY TO STRENGTHEN RESILIENCE AND CULTIVATE WARMTH WITHIN, EVEN WHEN THE WORLD OUTSIDE FEELS COLD.

~MS.AKSHITA  
FACULTY HEAD,  
PRAVAAH THE WELLNESS CLUB

# Editor's Message

WELCOME TO OUR DECEMBER ISSUE! AS WINTER WRAPS US IN ITS CHILLY EMBRACE, IT'S COMMON TO FEEL A LITTLE SLOWER, LOW ON ENERGY, OR EVEN A TOUCH OF THE WINTER BLUES. BUT THIS SEASON IS ALSO AN OPPORTUNITY A TIME TO SLOW DOWN, REFLECT, AND TAKE EXTRA CARE OF YOUR MIND AND BODY.

THIS EDITION, WE EXPLORE WINTER WELLNESS, SHARING TIPS TO STAY WARM, HEALTHY, AND ENERGIZED, AND PRACTICAL WAYS TO LIFT YOUR MOOD WHEN THE DAYS FEEL SHORTER. FROM COZY SELF-CARE ROUTINES AND MINDFUL MOMENTS TO FUN ACTIVITIES AND ANIME-INSPIRED INSPIRATION, WE'VE PACKED THIS NEWSLETTER WITH IDEAS TO HELP YOU THRIVE THIS WINTER.

SO GRAB A WARM CUP OF TEA, WRAP YOURSELF IN A BLANKET, AND JOIN US ON A JOURNEY OF COMFORT, CALM, AND SELF-CARE THIS DECEMBER!

In this newsletter  
you can expect:

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**Month in  
Focus**

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**Winter  
Blues**

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**Quick Winter  
Mood  
Boosters**

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**Riddle  
Corner**

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**Volunteer  
Spotlight**

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**Famous  
Artwork**

# Month in Focus

## Our Recent Campaign

The Online Pre-Exam Stress Awareness Campaign is a series of engaging Instagram posts and digital resources deigned to support students during the exam period.

Through this digital initiative, students can access informative content, interactive stories, and resources at their convenience and mental wellness in a virtual format.



## Reminders

Share your Winter Wellness tips with us before December 31st to get featured in next month's newsletter!

### EXAM STRESS 101: WHAT'S HAPPENING IN YOUR BRAIN?

- CORTISOL & ADRENALINE SPIKE – YOUR 'FIGHT OR FLIGHT' MODE IS ON.**
- MEMORY & FOCUS TAKE A HIT – STRESS HIJACKS YOUR BRAIN, MAKING IT HARDER TO RECALL INFO.**
- SLEEP & MOOD DISRUPTED – TOSING & TURNING? THANK STRESS FOR THAT.**
- PHYSICAL SIGNS – HEADACHES, TENSE MUSCLES, RAPID HEARTBEAT – YOUR BODY REACTING.**

Swipe right for tips.

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## Contact Info

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### Poll Results

Most students shared that syllabus load and overthinking are their top stressors right now.  
If this is you → breathe.  
Let's handle this one page, one thought, one day at a time.

OK

### STRATEGIES FOR OVERTHINKING

**Thought Parking**  
Have a "Parking List" in your notebook/phone. Whenever a thought distracts you → park it there. Brain relaxes because "it's noted."

**Grounding Technique (5-4-3-2-1)**  
Identify:  
5 things you see  
4 things you feel  
3 things you hear  
2 things you smell  
1 thing you taste  
Pulls the mind back from spiraling.

**Worry Window**  
Give yourself 10 minutes a day to overthink. Outside that window → "I'll think about this at my worry time."  
Teaches the mind boundaries.

## Upcoming Events

- MENTAL HEALTH SCREENING
- GUIDED MEDITATION SESSION
- PEER SUPPORT GROUP LAUNCH

# WHAT ARE WINTER BLUES?

MILD MOOD DIPS THAT OCCUR DURING THE WINTER MONTHS DUE TO LESS SUNLIGHT, LOWER ACTIVITY, AND SEASONAL CHANGES.

## **COMMON SYMPTOMS:**

FEELING LETHARGIC OR TIRED,  
LOW MOTIVATION,  
IRRITABILITY OR MILD SADNESS,  
CRAVING COMFORT FOODS.

## **DIFFERENCE FROM SEASONAL AFFECTIVE DISORDER (SAD):**

SAD IS MORE INTENSE, PERSISTENT, AND MAY REQUIRE PROFESSIONAL HELP.  
WINTER BLUES ARE Milder AND MANAGEABLE WITH SELF-CARE STRATEGIES.

# BRIGHTEN UP YOUR WINTER

## A. LIGHT & ENVIRONMENT:

- SPEND **AT LEAST 15–30 MINUTES OUTSIDE IN NATURAL LIGHT** DAILY.
- USE **BRIGHT INDOOR LIGHTING OR A LIGHT THERAPY** LAMP IF POSSIBLE.

## B. MOVEMENT & EXERCISE:

- SHORT **INDOOR WORKOUTS OR YOGA** TO BOOST ENERGY AND MOOD.
- EVEN **10-MINUTE DAILY STRETCHING** HELPS.

## C. NUTRITION & HYDRATION:

- EAT **VITAMIN D-RICH FOODS**.
- **AVOID EXCESSIVE CAFFEINE OR SUGAR**, WHICH CAN WORSEN MOOD SWINGS.

## D. MENTAL & EMOTIONAL WELLNESS:

- **JOURNALING** OR **NOTING 3 GRATITUDES EACH DAY**.
- **MINDFULNESS** OR **BREATHING EXERCISES** FOR 5–10 MINUTES DAILY.
- **CONNECT WITH FRIENDS OR FAMILY** TO PREVENT SOCIAL ISOLATION.

## E. COZY SELF-CARE:

- WARM **BATHS, COZY BLANKETS, OR FAVORITE HOBBIES**.
- **LISTEN TO UPLIFTING MUSIC OR PODCASTS**.

# RIDDLE CORNER

1. I can brighten your day without a ray, I start with a smile. What am I?
2. I weigh nothing but can lift your heart — name the tiny habit that changes your start. What am I?
3. I'm a short pause between thoughts, a breath you take with care. What am I?
4. I hold your memories and your plans, written down by thoughtful hands. What am I?
5. You can share me without speaking; I'm felt, not heard — a small warm feeling. What am I?
6. I glow without a flame and warm without a fire — I'm found in kind words and small desire. What am I?
7. I ask for nothing but give relief; five minutes with me can ease your grief. What am I?
8. I'm the tiny habit at the end of the day that turns moments into thanks. What am I?
9. I'm a short journey outdoors that brightens mood and clears the mind. What am I?
10. I'm a cozy corner, soft blanket, and time to be alone — what do you call this restful zone?

ANSWERS  
1. GRATITUDE 2. A KIND HABIT 3. DEEP BREATHING 4. A JOURNAL 5. COMFORT 6. ENCOURAGEMENT 7. A 5-MINUTE MINDFULNESS BREAK 8. GRATITUDE PRACTICE 9. A SHORT WALK 10. A COZY NOOK

# Volunteer

## SPOTLIGHT

**Sneha Guchait,**

Year / Course: **BCA 3rd Year**

**Sneha, a creative thinker and anime fan, noticed winter blues affecting her focus. She combined her hobbies with wellness making anime-inspired vision boards and practicing short meditation sessions. Sharing these with friends made it even more fun and uplifting.**

Pearl of Thought: **"Combining creativity with mindfulness helped me stay positive and productive!"**

Takeaway:

**Using hobbies creatively is a great way to manage stress and lift your mood during winter.**



**Gracy Panwar**

Year / Course: **BBA 1st Year**

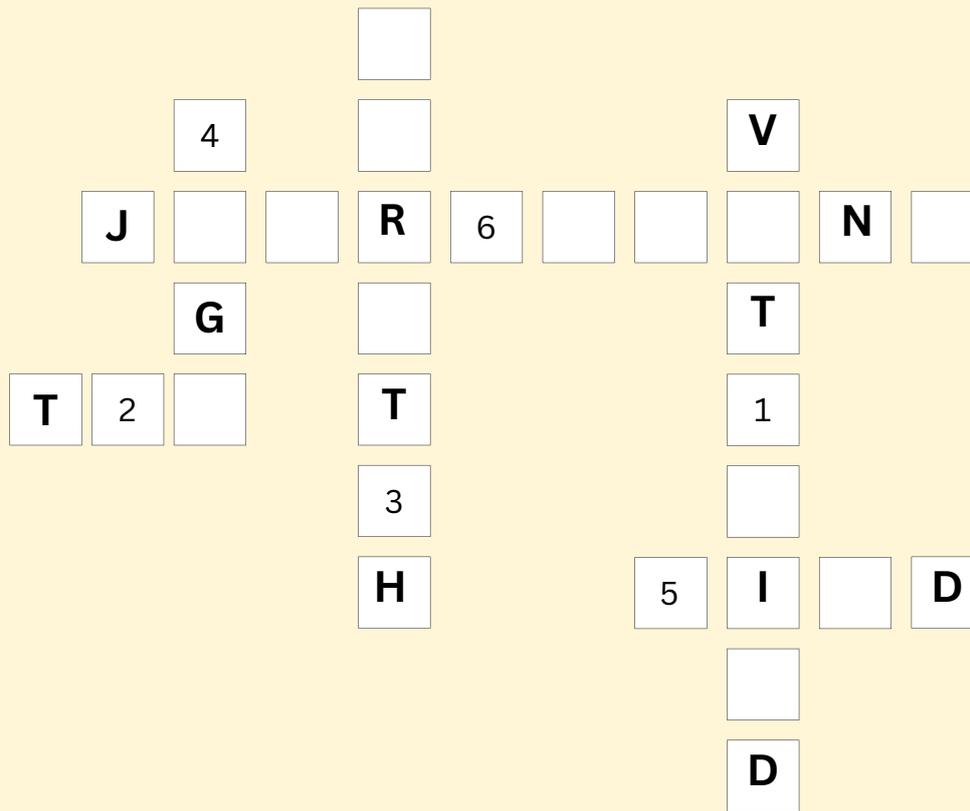
**Recognizing the Hand of God nurtures psychological resilience. This sense of divine presence offers comfort, reduces feelings of loneliness, and helps the mind manage fear more effectively.**

Pearl of Thought : **"A sense of divine support can anchor the mind, easing loneliness and calming fear."**

Takeway: **"Feeling connected to something greater than ourselves enhances psychological well-being and inner strength."**



# CROSSWORD



## Across

- 2. Something you can drink to feel warm and cozy.
- 4. A short practice to calm your mind and body.
- 6. A daily habit of writing your thoughts or things you are grateful for.

## Down

- 1. The nutrient you get from sunlight that boosts mood.
- 3. A short physical activity to boost mood indoors.
- 5. "Powerhouse of Thoughts".

## THE MENTAL HEALTH STORIES BEHIND ICONIC ARTWORKS



A BLINDFOLDED WOMAN PLAYS A LYRE WITH ONLY ONE REMAINING STRING.

### WHY IT INSPIRES:

EVEN WHEN ALMOST EVERYTHING IS LOST, ONE SMALL STRING OF HOPE IS ENOUGH TO KEEP GOING. IT IS A REMINDER OF RESILIENCE, COURAGE, AND FINDING STRENGTH IN THE SMALLEST THINGS.

FORWARD.

**HOPE – GEORGE FREDERIC  
WATTS**

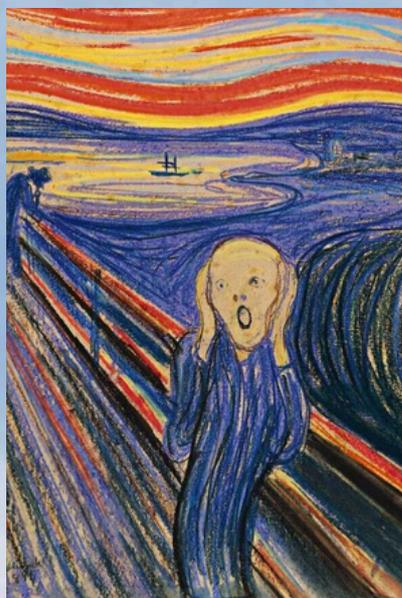
PAINTED DURING HIS STAY IN A MENTAL ASYLUM, THE SWIRLING SKY REFLECTS HOPE AND MOVEMENT EVEN IN EMOTIONAL TURMOIL.

### WHY IT INSPIRES:

IT REMINDS US THAT EVEN IN OUR DARKEST MOMENTS, CREATIVITY AND EXPRESSION CAN BE POWERFUL PATHS TO HEALING.



**THE STARRY NIGHT – VINCENT VAN GOGH**



**THE SCREAM – EDVARD MUNCH**

MUNCH, WHO STRUGGLED WITH ANXIETY, PAINTED THIS DURING A MOMENT OF INTENSE EMOTIONAL OVERWHELM – “A SCREAM PASSING THROUGH NATURE.”

### WHY IT INSPIRES:

IT SHOWS THAT EXPRESSING OUR INNER STRUGGLES CAN TRANSFORM PAIN INTO ART, HELPING OTHERS UNDERSTAND AND FEEL LESS ALONE.

# December Edition : FAQ

**Q1: What's special in the December edition?**

**A: This month, we focus on managing winter blues, stress-relief tips, mindfulness exercises, and inspiring student stories to stay motivated during the cold season.**

**Q2: How can I access the December newsletter?**

**A: Download the PDF from the college website or view it in the library portal.**

**Q3: How do I share it with friends and peers?**

**A: Simply forward the PDF via email, WhatsApp, or other messaging platforms to spread wellness tips!**

**Q4: Can I contribute content for the Next edition?**

**A: Yes! Share your personal wellness tips, artwork, or stories. Submit by December 31st.**

**Q5. Are there any special activities ?**

**A: Yes! Participate in mindfulness sessions, stress-relief workshops, and Vision Board challenges.**

**Q6: Who curates and designs the newsletter?**

**A: Ms.Preeti Mehra curates and designs every edition with tips and activities to boost mental and emotional well-being.**

**Q7: Where can I find past editions?**

**A: Past newsletters are archived in the college library and on the official college website under the Pravaah Section.**

Help is a call away

**PRAVAAH THE WELLNESS  
CLUB IS HERE FOR YOU!**

This is your safe space.

A place to breathe.

A place to reflect.

A place to grow.

Confidential Counseling Support

Scan the QR code to connect  
with the counselor.

Your details and conversations  
will remain private and safe.

