

IPAC

NEWS LETTER

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Institute of Psychometric Assessment & Counselling

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Self Care Is A Must

Taking care of self is equally important the way you take care of other priorities in life because it will help you to remain physically and emotionally healthy. It will also help to increase your productivity and prevents burnout. Some people think that taking self-care is a selfish attitude but in fact it makes you more effective and productive. Self Care is also called Self Love. It gives you inner happiness and when you are happy from inside then you spread happiness in your environment also. So, start looking and doing the things that make you feel alive. If you love others and feel committed to care for them then self-care is a must because if you are fit and healthy then only you can care for others.

Ask Dr. KomalPreet Kaur

Q1. How does lack of sleep affect our mental state?

Ans. It is very important to take a good night's sleep of 6-7 hours because when you sleep you restore your energy for functioning effectively. But when you do not take proper sleep then it affects your thought processes and makes it difficult for you to concentrate. This also hampers your ability to perform tasks that require logical reasoning or complex thought process. Lack of sleep also affects your mood significantly. It causes irritability and anger and may lessen your ability to cope with stress.

Q2. This lockdown is affecting our learning skills and we are not able to learn something very easily. What can we do?

Ans. This lockdown is affecting the learning skills of the students to a greater extent because the screen time has increased a lot. Students have their online classes and apart from that in their spare time they involve themselves in social media (WhatsApp, Facebook) or watching movies, etc. So screen time has increased tremendously and the mind is not getting something healthy. Physical activity is also minimized these days. Therefore in order to allow your mind to function effectively, you need to take a healthy diet, involve some physical activity in your routine like skipping, cycling, or any which you can do on your own, do some exercise, make meditation and deep breathing a part of your daily routine and drink plenty of water.

Q3. How to keep mentally fit during this pandemic?

Ans. The coronavirus pandemic is taking a toll on mental health. Therefore it is very important to take care of mental fitness because it plays a very important role in how we think, feel and behave. Below are the ways that will help you to keep yourself mentally fit during this pandemic.

1.Eat Healthy- Healthy diet is important because the stomach is significantly related to mental health.

2.Regular Exercise- Do regular exercise or yoga for at least 30 minutes a day. Exercise helps to generate oxygen and chemicals in the brain that uplifts your mood.

3.Minimize Screen Time- Give yourself a break from social media and news. Manage your social media usage and be careful about fake news.

4.Mindfulness: Practice mindful activities like meditation for at least 15-20 min in a day.

5.Make time to relax: Take out some time for entertainment. Watch a movie or a show together with your family or do video chats with your friends and loved ones.

Tip Of The Week



**When God showers blessings
then there is no logic in things
only magic is there**

Laughter is the Best Medicine



1. एक अंकल ने एक बच्चे से पूछा - पढ़ाई कैसी चल रही है...?
बच्चे ने जवाब दिया - अंकल, समंदर जितना सिलेबस है,
नदी जितना पढ़ पाते हैं, बाल्टी भर याद होता है,
गिलास भर लिख पाते हैं, चुल्लू भर नंबर आते हैं,
उसी में डूब कर मर जाते हैं...!!!

2. संजू - शादीशुदा लड़की और शादीशुदा लड़का में क्या अंतर है...?
पप्पू - मंगलसूत्र लटका हो तो लड़की शादीशुदा और
मुंह लटका हो ते लड़का शादीशुदा...!!

Our Upcoming Events

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- Eliminate Your Fears And Phobias.
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- And Much More...

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INSTITUTE OF PSYCHOMETRIC ASSESSMENT AND COUNSELLING

Our Upcoming Events



IPAC
Presents
Webinar:
**Introduction to
Thematic Apperception Test**

3rd October,
2020
5 pm to 7 pm

Resource person : Ms. Waasuli Kalsi
(Compatibility Mentor)

Institute of Psychometric Assessment and Counselling

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We'd love to hear from You!

If you have any question or want to attend any of our webinar, then email us at ipacinfo@gmail.com or contact us +91-9911903358,+91-8860555898

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