

VIDYĀ

A MONTHLY EMAIL NEWSLETTER

SEPTEMBER 2020 • ISSUE 1 • VOLUME 1

WHO ARE WE?

We are a student lead society that provides an outlet for Hindu Dharma. We bridge the gap between home and university life, to provide a well-knit community within Kingston University. This allows us to celebrate festivals and embrace the Hindu culture whilst studying at university.

Not only do we create a home away from home environment, where you can connect with the culture and deal with university life. We as a society can adhere to your every needs; at university and provide a helping hand, in some of the best years of your life.

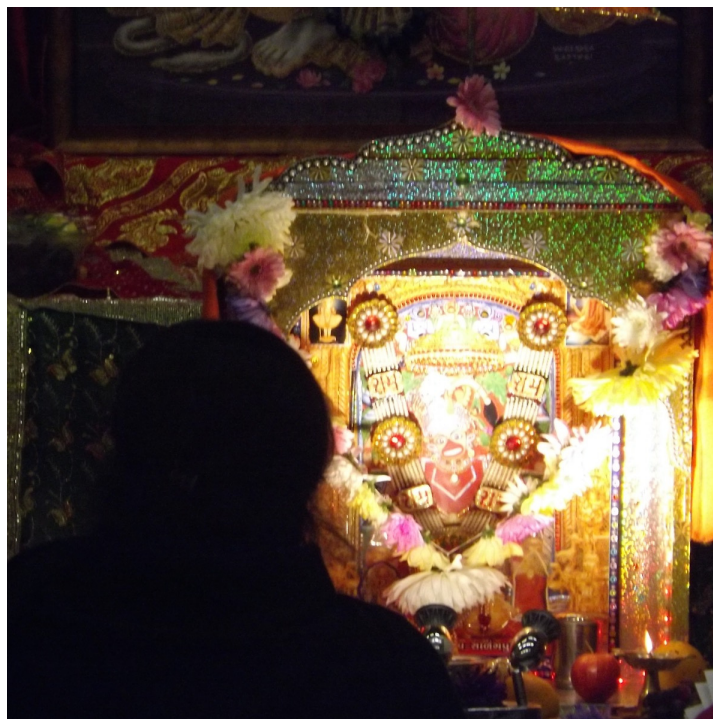
We have lots of new and exciting events, socials, and talks lined up for this upcoming academic year. Be sure to follow us on all our socials, to keep up to date, with all upcoming events.



A MESSAGE FROM OUR PRESIDENTS

Namaste, thank you for taking the time to read our first newsletter. We hope it will give you an insight into our society; so, without further ado, welcome to our parivaar. In light of the Covid-19 outbreak, there will be a lack of on-campus events. We would like to ensure you that we will be active throughout our socials and fortnightly zoom events. If you have any questions or enquiries, please message us personally or on any of our socials.

Dhanyavaad,
Ashna Seeburn, President
Yashvi Pravinkant, Vice President



MENTAL HEALTH AT UNIVERSITY

This is especially an important time to focus on your mental health. As we see an increase on online lectures, sitting in your room alone for long periods of time and possibly missing home. What if all these opportunities to study new, fun topics end up being far less freeing than you expected and sources of spiralling stress?

So what is mental health?

'Mental health' refers to the broad spectrum of health affecting an individual's state of mind. It ranges along a continuum, from mental wellbeing at one end to mental distress and illness at the other. This can also include mild anxieties and disappointments of daily life as well as more severe problems that affect mood, sensory perception and the ability to think and communicate. At various stages of our lives we may find ourselves at different points along this continuum.

Kingston university offers a range of mental wellbeing services from counselling and check-ins to more practical support related to your course. If you have any concerns about your mental health and would like to speak to someone in confidence, you can contact the Mental Health team via **StudentHUB** or email Student Wellbeing at health@kingston.ac.uk



FRESHERS 2020

Monday 14th September - Friday 9th October
this year we're going virtual.

SURVIVING FRESHERS!

This is an exciting time for everyone. This maybe the first time you are moving away from home..

Here are some tips to get the most out of freshers and university:

- 1) Attend as many fresher events as you can
- 2) Join a society or several!
- 3) Try a new sports
- 4) Step out of your comfort zone
- 5) Explore your new city



Kingston Old London road



Take a walk on the Riverside



OUR SOCIALS:



@nhsfkingston



NHSF Kingston



@nhsfkingston

EVENTS FOR THIS MONTH

Meet and Greet
Learning event
Sports event
Surprise social event

THOUGHT OF THE MONTH

What does it mean to be a Hindu?

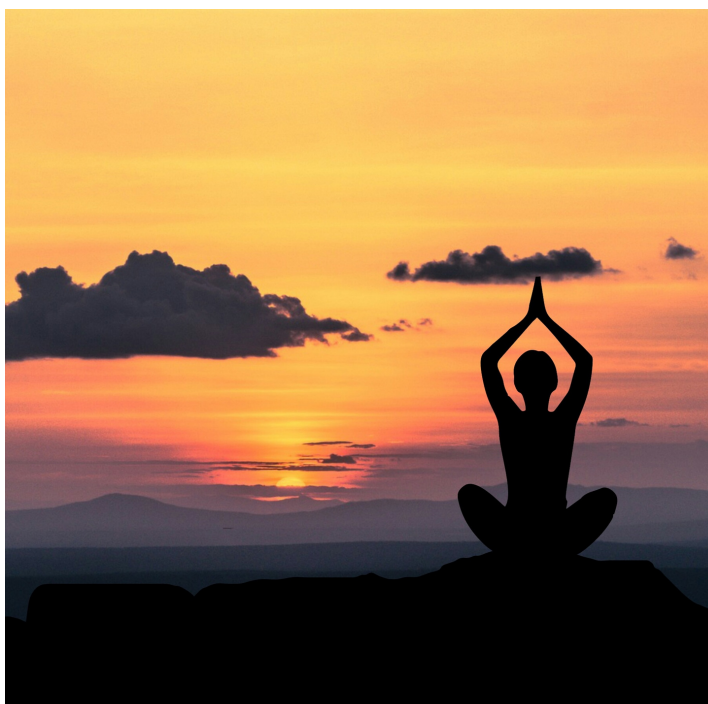
This question will be our main topic for our first learning event of the year!

TAKING CARE OF YOURSELF AT UNIVERSITY

In your first few weeks of university you'll be exposed to vast numbers of different people in a very short period. It's a rate of social interaction you have probably never experienced before and may never again. And there is a similarly vast range of responses to this that all fall under the umbrella of "normal". You may need to seek help of one kind or another if your initial feelings of loneliness or disorientation turn into depression. But you shouldn't feel like there's anything intrinsically wrong with you if you find the first few weeks of university more challenging and a whole lot less enjoyable than you expected. Putting yourself under pressure to have fun and worrying continually that there's something wrong with you because you're not doing so is going to achieve one thing and one thing only: increased anxiety. Be kind to yourself.

Here are some things to remember in your first few weeks of university:

- 1) Eat a healthy diet
- 2) Be active
- 3) Get enough sleep
- 4) Feeling homesick? Call a friend or family member
- 5) Keep yourself busy



MEET YOUR 20/21 COMMITTEE



Ashna -
President



Yashvi - Vice
President



Chetan - General
secretary



Kev -
Treasurer



Nithipan -
Sports Co



Nikita -
Events Co



Srini -
Events Co



Raghav -
Social Media



Sarvesh -
Sanskaar Co