



**JAIN**  
DEEMED-TO-BE UNIVERSITY

SCHOOL OF  
COMMERCE



## ABORTION AND MENTAL HEALTH

# REFLECTIONS THE NEWSLETTER

Sow your seed of Knowledge

## **ABORTION - "Freedom of choice!"**

Abortion is the removal of a fetus from the uterus before it has reached the stage of viability. It can occur naturally, which is also a case of miscarriage, or may be brought on purposefully, known as induced abortion. Natural abortions, or miscarriages, occur for many reasons, including disease, trauma, genetic defect, or biochemical incompatibility of mother and fetus. Occasionally a fetus dies in the uterus but fails to be expelled, which can be termed as a missed abortion.

Induced abortions may be performed in four general categories:

1. to preserve the life, physical or mental well-being of the mother
2. to prevent the completion of a pregnancy that has resulted from rape or incest
3. to prevent the birth of a child with serious deformity, mental deficiency, or genetic abnormality
4. to prevent a birth for social or economic reasons (such as a particularly young pregnant girl or the sorely strained resources of the family unit).



When women have no choice but to abort their child, it is usually a painful procedure, but also depends on which procedure they chose as some does not hurt. There are many side effects of abortion like nausea, fever, dizziness, heavy bleeding or vomiting. How they feel after abortion is different. Some will feel relieved or guilty, even after knowing that it was the right decision. If they still feel guilty and anxious, they can seek professional therapy and counseling, or support groups.

Abortion is a difficult topic. Society sometimes sees it as a bad and immoral step, especially if it is an induced abortion. They may even consider it as a mother killing her own child, depending on the situation. If it were a natural miscarriage, society would mostly support them emotionally. Yet sometimes society can make a woman feel that she is not worthy to be a mother and this could lower her self-esteem.

For those who have undergone abortion, you are not alone. There are many women around you and around the world who have gone through the same pain as you, physically and/or emotionally. Talk to someone that you trust, if you feel guilty about it. They would support you and comfort you. That is the reason why 15 October is celebrated as Pregnancy and Infant Loss Remembrance Day, for you are never alone.

**ANUPAMA KANDANGA**  
**1 BCOM HONS CPA Q'**

# WTD 2022 COMPETITION WINNERS ORGANIZED BY BMS-THM



## SPEECH COMPETITION WINNERS-15-9-22

I PRIZE



Ms. NEHA POWREL MMS-IB II year

II PRIZE



TAKAUDZWA KATEMBO- II year BMS- IB

## ESSAY COMPETITION WINNERS 16-9-22



Ms. ANGGITA SEPTI, BMS -THM-II Yr



TAKAUDZWA KATEMBO- II year BMS- IB

## PHOTOGRAPHY COMPETITION WINNERS 22-09-22

I PRIZE



Ms. ANGGITA SEPTI, BMS-THM-II YR

II PRIZE



Ms. B. CHANDRIKA DHARMA RAO II Yr BMS-IB

## **WHO WILL BE THERE THEN**

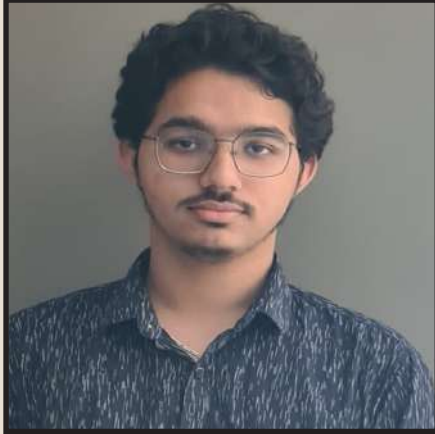
When the world will hate you,  
Your own will disown you,  
Your friends will betray you,  
Who will be there then to know you.  
Life is all about ups and downs,  
It's all about the adjustments you make,  
Life will be bright, but will sometimes be dark,  
Who will be there then to help you.  
You will learn, understand and grow,  
And you will become a successful person,  
You will be right, but will sometimes be wrong,  
Who will be there then to correct you.  
Later you will begin to grow old,  
You will buy and store gold,  
You will always be scared of death,  
Who will be there then to save you.  
Time will pass as it does,  
You will now be seen only in photos,  
Slowly all will begin to forget you,  
Who will be there then to remember you.

**RISHI JAIN**  
**BMS-IF**



**WORLD  
TOURISM  
DAY 2022** | **RETHINKING  
TOURISM  
27 SEPTEMBER**

**QUIZ COMPETITION 19-9-22  
I PRIZE WINNING TEAM**



**FAISAL SHEIHK II year BMS - IB**



**TAKAUDZWA KATEMBO- II year BMS- IB**

**QUIZ COMPETITION II PRIZE TEAM**



**GARIMA S GANNA I year BMS- THM**



**ADITYA SHARMA I year BMS-THM**

**PAINTING COMPETITION-WINNERS-20-9-22**

**I PRIZE**



**ROSE RANI TAIGA- BMS-IB 3 yr**

**II PRIZE**



**MEHUL JAIN II yr BMS-THM**

## Student's Triumphs



Set your heart on victory, Samashti-The Student Council believes in working hard towards victory with maximum determination and dedication.

As the overall championship winners of Academics 2022 hosted by Mount Carmel College, the council members got to learn various festing skills under Cultural, Commerce and Academic clusters.

## Librarian's Day



The Learning Resource Center, Knowledge Campus, Jayanagar 9th Block celebrated Librarian's Day, also the 130th Birth Anniversary of Dr. S R Ranganathan, the Father of Library Science on August 26, 2022. On the occasion, a national seminar on "Man as an information processor" was organized at conference hall-2, Ground floor from 3.00pm to 4.30pm.

Prof. K R Sridhara Murthi, Director (Academics & Planning), Jain (Deemed-to-be University) shared his knowledge and advice with everyone, discussing about how to convert information and knowledge, where to find information, how to use it, and how to avoid becoming a slave to technology.

# ART CORNER



HARIKA B  
1 BCOM 'P'

JUSTIN PHILIP JACOB





# REELS COMPETITION – WINNERS-21-9-2022

## I PRIZE



Ms. B. CHANDRIKA DHARMA RAO II Yr BMS-IB

## II PRIZE



Mr. EESHAN MORCHE I Yr B.COM- ACCA

## WOMEN

The world often speaks about women empowerment. However, an intriguing question is, are women really empowered?



Since the beginning of the world, women have always been made to sacrifice compromise and kill their own dreams. Mainly, they have suffered in hands of the male counterparts. Usually people think that women are too emotional but little do those people know that women channelize and express their feelings in the right way. For instance, one can wonder why the rate of heart attacks is prominent amongst the male population; probably because men are too strong to exhibit their emotions. What's the use of being tough if

one doesn't get to live?

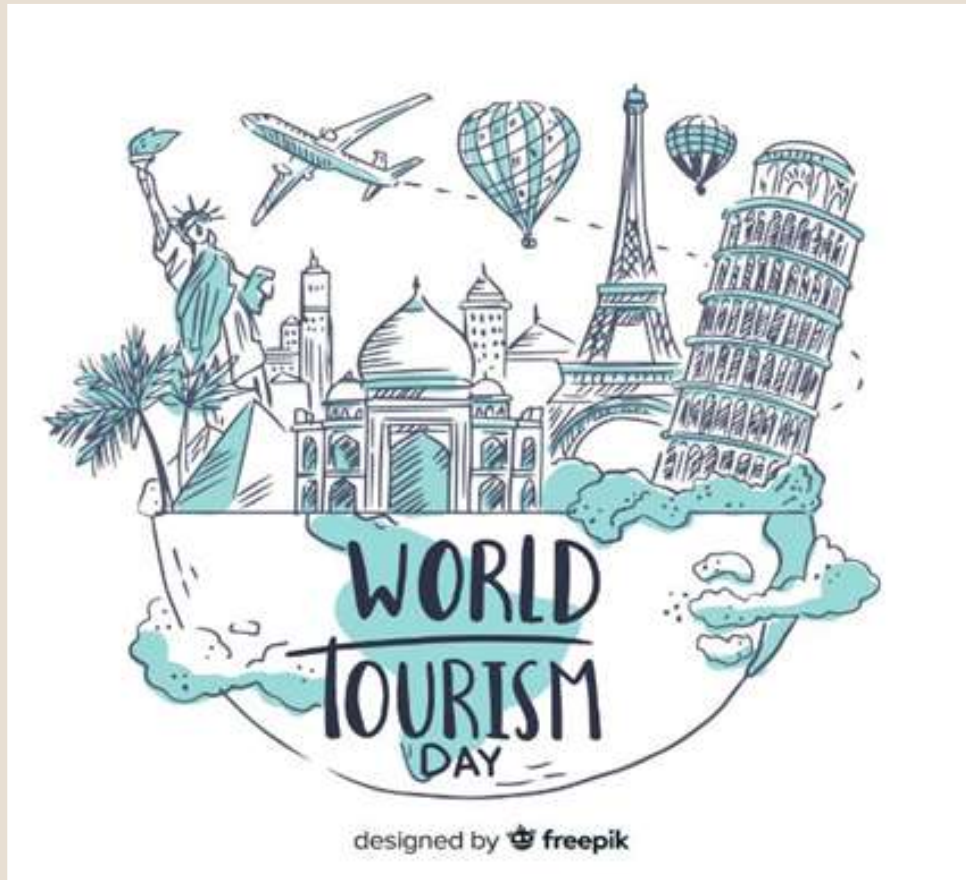
In addition, contradictory to the above opinion, many of them have complimented women for being emotionally and mentally strong. Nevertheless, women are also the ones who are physically strong, even more than men. The pain that females go through during their menstrual cycle and even during the labor is simply beyond compare.

To sum up, as an emerging youth of the nation, I feel that families must prioritize on educating their sons about the purity, position, pride and respect of a women. Henceforth, men shouldn't forget that it is a woman who gives them birth. The world shouldn't forget that the lion, who is the king of the jungle, has also been brought into the world only by a lioness.

**SANIA KAUSER**



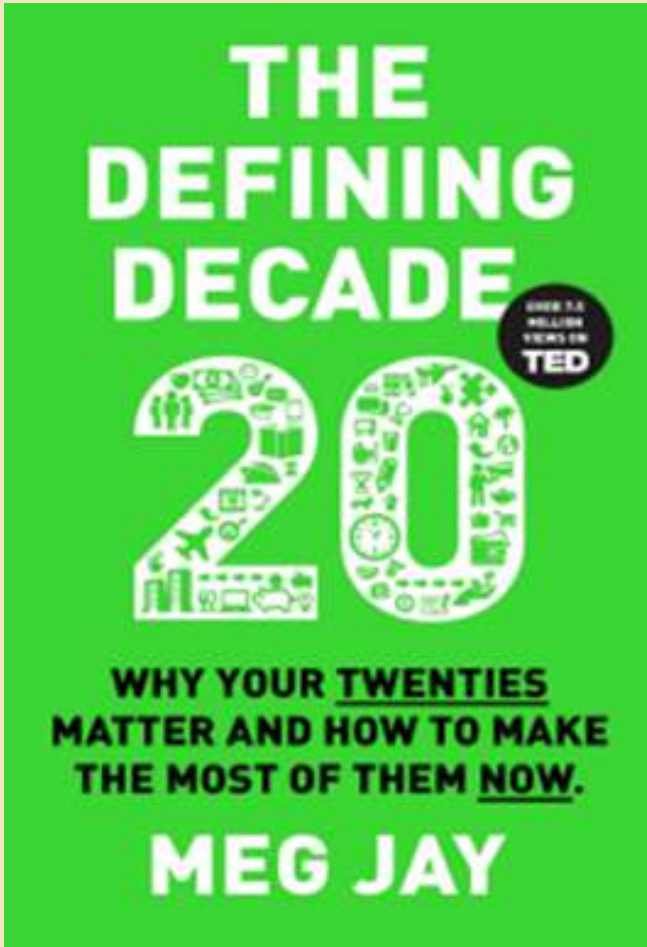
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## BOOK OF THE MONTH: Rather be Reading

Book name: The Defining Decade

Author: Meg Jay



“[Society] is structured to distract people from the decisions that have a huge impact on happiness in order to focus attention on the decisions that have a marginal impact on happiness.” - Meg Jay

The 'thirty-is-the-new-twenty' culture is directly confronted in this book. Meg Jay advocates for being purposeful about how we spend our twenties, based on research and her professional experience as a clinical psychologist.

As college students entering our twenties, this book will be instrumental in shaping our 'defining decade' and subsequently, our lives. The book addresses and guides us on various aspects of our twenties: our identity, networks, career, relationships and the body.

- SACHIN S. SHENOY (5-BHIFA-K)

## THE LAST QUEEN

On the day of dead, she was born,  
Barely a teen when wed to a distant land.  
Deprived of her given name,  
They altered her every trivia,  
Into one that her eyes were foreign to.  
Censured by her realm for seven summers,  
For her failure to emblem the union.  
Caught up in a fiasco of prodigality,  
The subjects infuriated with one less bread,  
She said, "let them eat cake!"  
Queen of deficit she was named,  
And soon they called for her head.  
What more did they foresee,  
From a girl crowned when green in judgement,  
Was she truly the one to blame?  
Thrown into an unmarked grave,  
Lays the last queen of France.  
So let us spare a thought and pray,  
For Queen Marie Antoinette,  
For she ignited the flame of revolution.



DWMWI BASUMA  
5 BHMR L



CREATORS TEAM

RAKSHITA  
ARCHITA