



DAANA NEWSLETTER



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Click RED



Image courtesy: Riyas Abdul Kalam @_mr_kurukkan

Volunteer sign-up for HELPLINE

COVID HELPLINE & Overseas Telehealth Outline
Sunday May 2, 2021
04:00 PM EST
9:00 PM GMT (UK)
11:00 PM Saudi Time

ZOOM
ID: 815 5497 0615
Passcode: 721876

Contact info:
daananewsletter@gmail.com
DAANA Vimeo channel

MEET OUR ALUMNI - DCMS STRONG!

This month, rather than the life-story of one alumnus, we wish to highlight the hard work & sacrifices performed by our alumni & their families, working bravely through these physically & mentally stressful times. Even kids doing their part to keep us all safe! With this representative collage, we honor all our very own COVID WARRIORS!



Dealing with Helplessness & Grief during Pandemic

by Afshan Khan '96



After the recent collective prayer as Deccan Alumni community, I thought this would be a good reminder for all of us including me.

So here are few things for a good read :

We as a community are not only dealing with communal grief but anticipatory grief, watching all the suffering in Hyderabad. Grief can be isolating and loss is an intrinsic part of our life. Identifying grief is often the first step and giving grief a name can be a relief and helps put what one feels into context.

Be kind to yourself while you heal and make sure you carve out time to grieve. Being sad is normal when you are grieving, and it's important to give yourself permission to be sad and to acknowledge the other emotions you might be feeling. Part of this could be being vulnerable and reaching out to friends and family. You surprise yourself at how wonderful the experience could be and may feel a great sense of connection. Celebrating the good things about loved ones, writing a letter or leaving a voicemail, doing the things they would love is well known to help. We all have heard this, how important it could be have a good sleep hygiene, even if it takes sleep aid, eating healthy, increasing our physical activity, letting endorphins be produced and sometimes a to-do list to check off items as you complete them can be cathartic!

Can't go without mentioning the feeling of helplessness with group of physicians who watch suffering day in and out. I had a call with a friend, who does a lot for us all, feeling guilty and upset at herself for not taking a call while she was asleep!

We truly need to be kind to ourselves!

Check our thinking for the kind of narratives we tell ourselves. We are in the middle of unprecedented pandemic and control is the last time we have on many things. In very stressful situations where we don't have a lot of control, our thinking can often make us feel more distressed and upset. It can be easy to blame ourselves even when there is no evidence for doing so.

The secret is to focus on what's happening right now, right in front of us. If one can do that, studies suggest, you'll be better equipped to solve the problems you face — and to accept situations you can't change.

How to find a few ounces of control:

There's something to be said for releasing our mania for control; not all cultures have such a strong need to be in charge all the time. But who are talking about here - a group of physicians!

Spend some time thinking about where you have control and what actions you can take in those areas. If you start to worry about things you do have control over, you can remind yourself of your plans to address them.

In the face of everything we're powerless to change, it's easy to feel weak and helpless and resign ourselves to a fate dictated by reckless neighbors and foolhardy leaders. And we probably will, sometimes by spending time criticizing and arguing on social media.

But it's the little things we do—the daily routines, the way we deal with our emotions, and our care for others—that will remind us our actions make a difference!

Will my parents be okay?

Every time this question comes to my mind, I work on some cognitive restructuring, challenging my negative thoughts and reminding myself who is in charge?

What I can do to keep my town/ family safe?

How can I spend quality time with them now rather than figure out things I have no control over.

Trust me it has not been easy!

Want to end this with asking you all to focus on mindfulness and “being in the present”.

We all are human “BEING “ (being in present) not human DOING (wanting to do things all the time)!



A Spring of Hope

Hema Malini '89

“A comely sight indeed it is to see, a world of blossoms on an apple tree”
~ John Bunyan

The Voice of a Virus

by Mohammed Shah Iftekar Ali '92



You may say I am, but I am not really odd
In fact, like you, I am a creature of God
Who is here, seemingly, to harm you
And I know you are doing what you can do.

But for now, I have confined you to your house
In the company of your children and your spouse
To experience the warmth of marital strife
Which can sometimes get hot; but that, as they say, is life!

For life for you was going good
With lots of fun and plenty of food
Moving with the time and dressing with the trend
With a visit to the mall, on the weekend.

Roasting a lamb at your outskirts farm
Regaling friends with your impeccable charm
Moving a leg to a Bollywood beat
A musical follow up to the sumptuous treat.

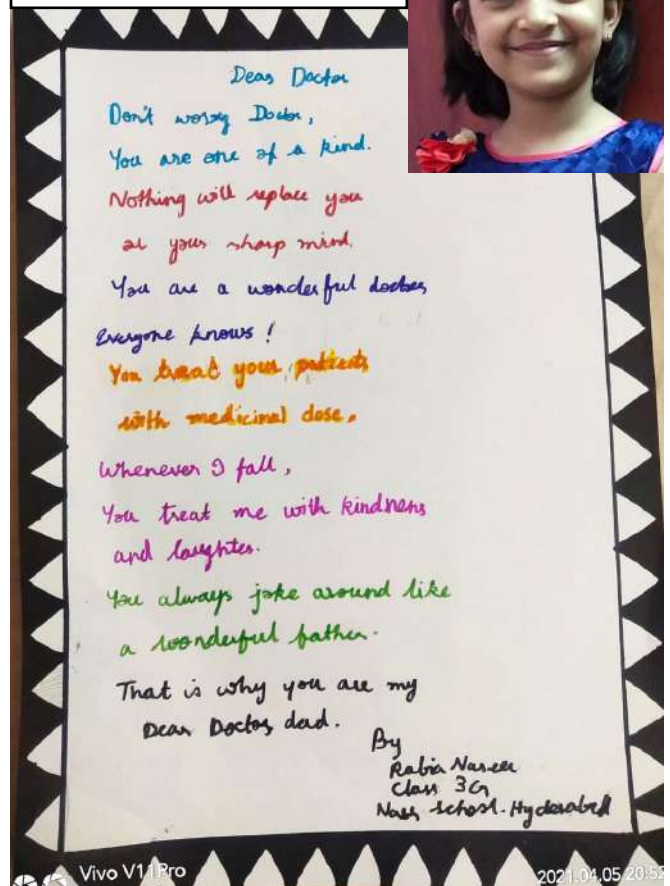
But all that has come crashing down
Within months, I have turned the world around
The tyrants and the Pharaohs of the 21st century
Bitten by a creature that they can't even see.

The venues of sin have closed under threat
Every sinner I have pushed into a mode of regret
A reminder that vice cannot go without retribution
Shame on humanity for needing my contribution.

Perhaps now you realize, when you see the closed door
Of the place of worship that you used to ignore
That I am here only on your call
A mercy for mankind, a blessing for you all.

So, rather than fearing me, fear your Lord
Who has your deeds in a record
Ask for his forgiveness and his limitless grace
And the desire in your heart to seek His face.

Rabia Naseer (Gr3)
d/o Khaja Naseeruddin '94 &
Nabila Afsar '97



Amina Ahmed (10yr)
d/o Rabia Khan '96

