

Grade-XII

PSYCHOLOGY

ABNORMALITY AND ANXIETY DISORDER



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Delhi Public School, Jaipur

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PREFACE

The National Education Policy 2020, Central Board of Secondary Education plays a significantly remedial role in improving and balancing the country's socio-economic framework. The first step towards change is awareness and the second is acceptance and with this progressive mindset, people have accepted that Psychology is a science of intellects, characters and behaviours. The myths regarding the subject have broken down and the importance of psychologists in restoring the mental health of the society is being appreciated all over.

The concerted effort of the subject experts, teachers and students formed the basis of this wonderful graphic novel to help the students in Problem Solving, Creative Thinking, Critical Thinking Self Awareness, Empathy, [Interpersonal relationship](#), Good Communication and most importantly Stress Management.

The topic 'Abnormality and Anxiety Disorder' is narrated in a manner that children find it easy, comprehensive and interesting to understand and apply as it has integrated art with psychology as per the National Education Policy 2020 to relate to the psychological concepts with everyday human behaviour and life experiences. We hope that the students would be able to know the various causes, symptoms of anxiety disorder and realise the importance of mental health after going through the graphic novel as a radical inner transformation and rise to a new level of consciousness is the only hope for a better mental health.

We take pleasure in placing this graphic novel in the hands of students and the teachers and express gratitude to all who provided their support in producing this novel and enlightening us with a rich experience.

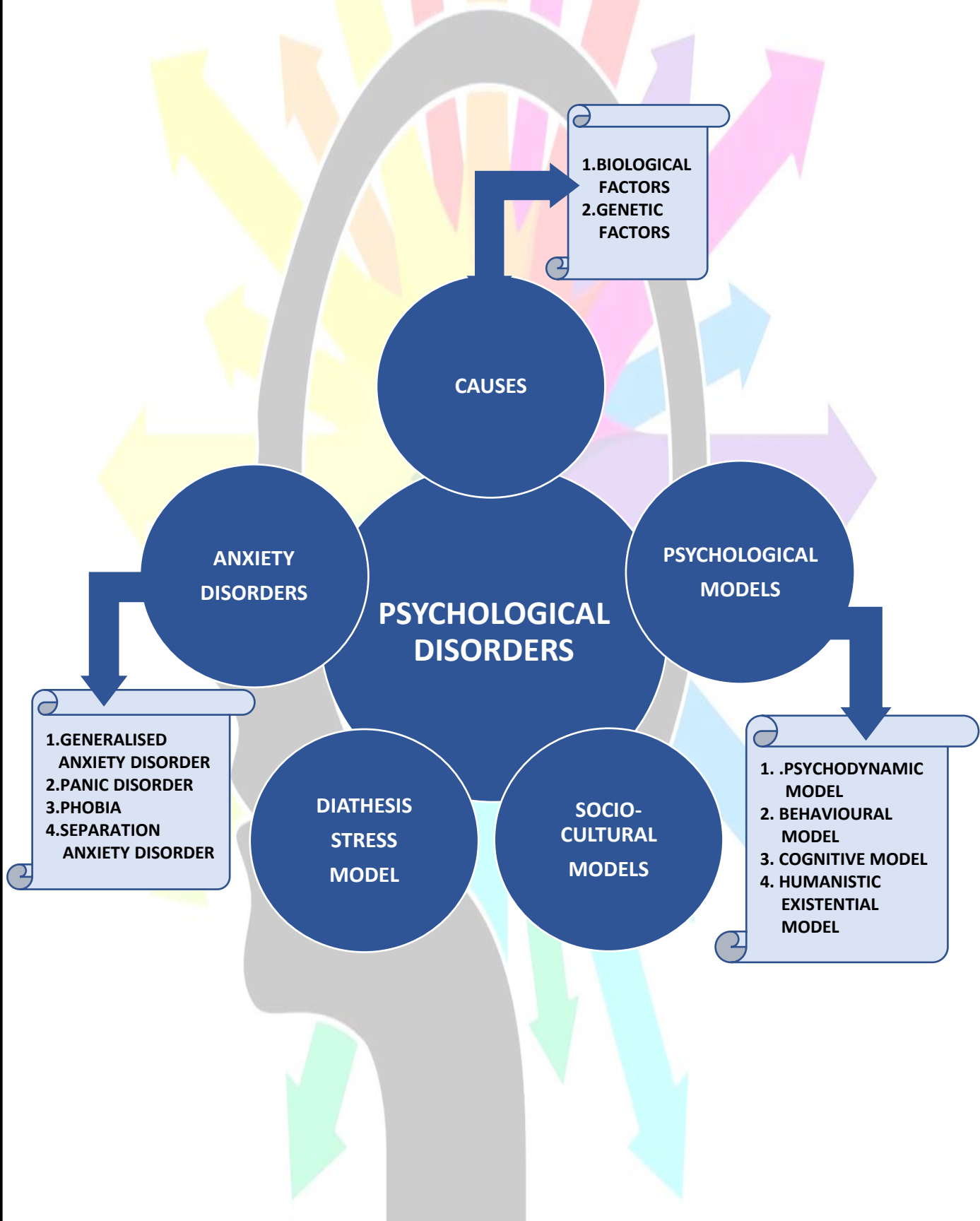
Opinions and suggestions on improving this document are welcome. These inputs would be helpful to improve this resource material and shall be incorporated in the subsequent editions. All possible efforts have been made to remove any technical or typing errors and present this resource material in a form that the teachers would find it easy and comfortable to use.

LEARNING OUTCOMES

After reading this novel, children will be able to-

1. Identify the factors that cause abnormal behaviour.
2. Understand different models of abnormal behaviour.
3. Describe the concept of Anxiety Disorder.
4. Know the significance of mental health.
5. Establish the role of a psychologist.

STORY BOARD



CHARACTERS



MOHIT SAXENA

A 15 year old boy- happy, cheerful and full of life.

RAMESH SAXENA

Mohit's Father- friendly and handsome.



REKHA SAXENA

Mohit's Mother- housewife, smiling and understanding.



Ms. GOMES

Mohit's Teacher- empathetic, concerned and helpful.



Dr. WANCHOO

Senior Psychologist, experienced and renowned, author of several books on Human Psychology.



CHARACTERS



Dr. SHREYA BHATNAGAR

PHd Psychologist- observant and competent.

Mr. SHARMA

Neighbour- cheerful



2 MALE MEMBERS

Mohit's Friends-playful and intelligent.

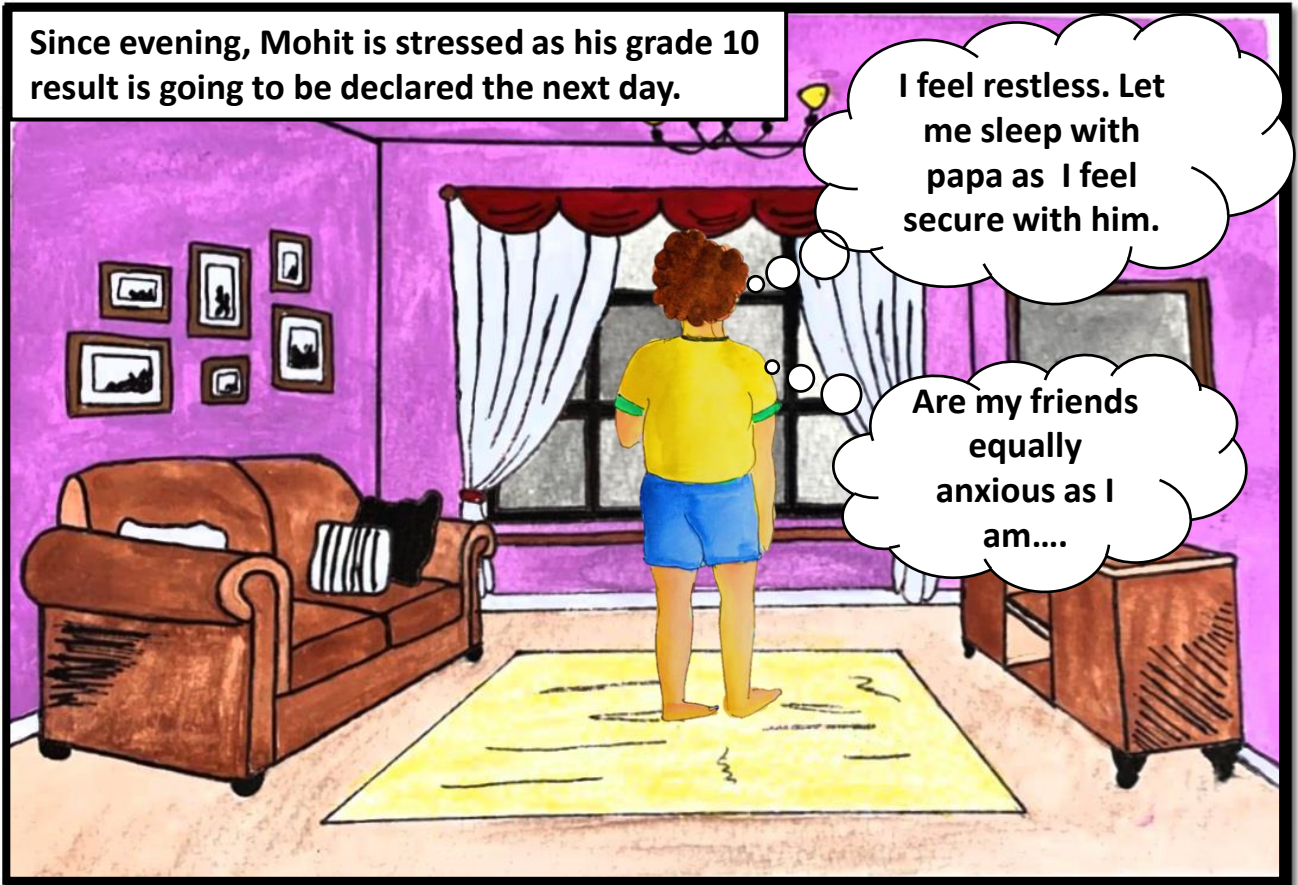


ADDITIONAL CHARACTERS

Varied age group- 6 people.



Since evening, Mohit is stressed as his grade 10 result is going to be declared the next day.



I feel restless. Let me sleep with papa as I feel secure with him.

Are my friends equally anxious as I am....

Mohit goes and hugs his father tightly.



Come my baby! I know how you might be feeling. Even I am worried but I know you would get an excellent result tomorrow.

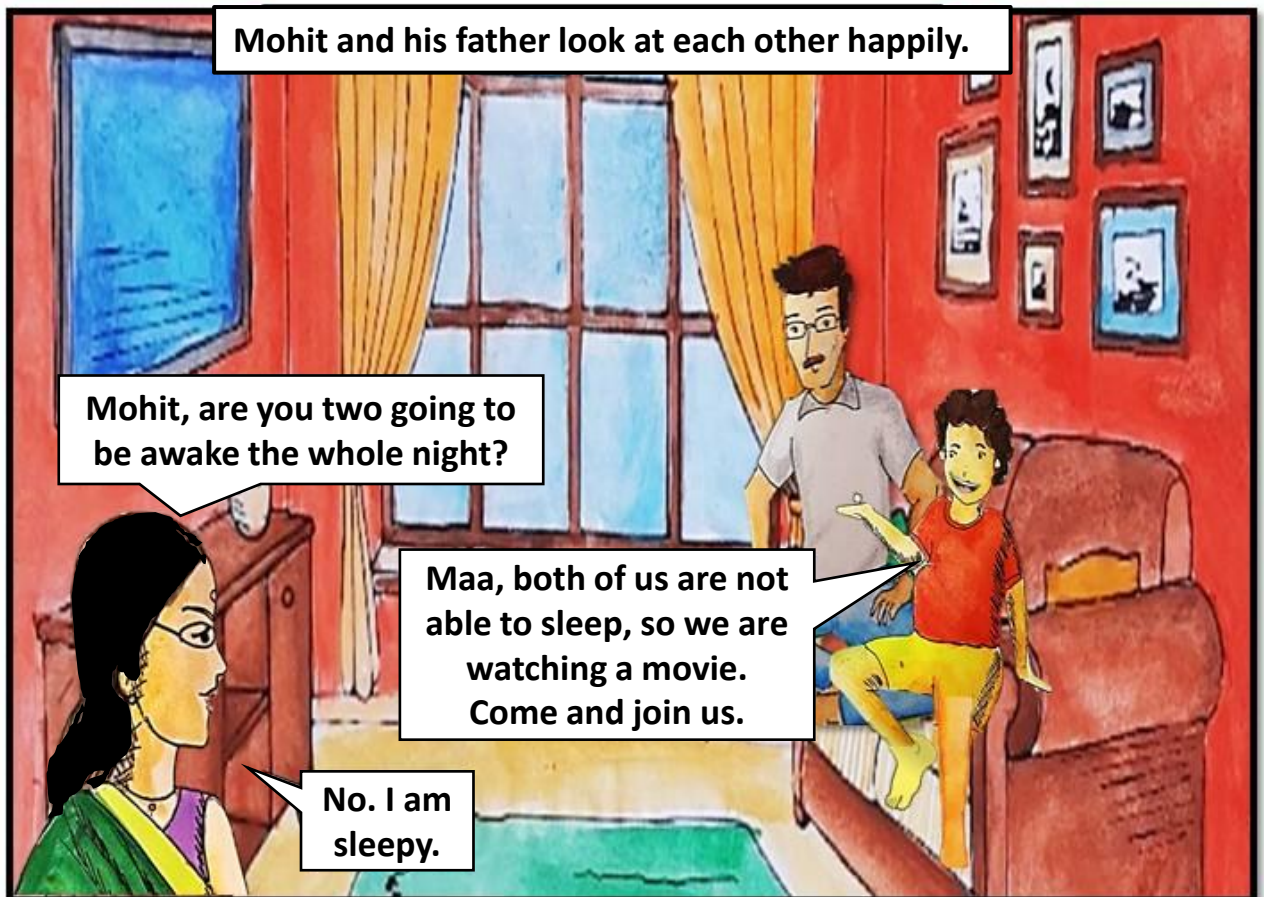
Papa! I am unable to sleep ?

He seems disturbed...

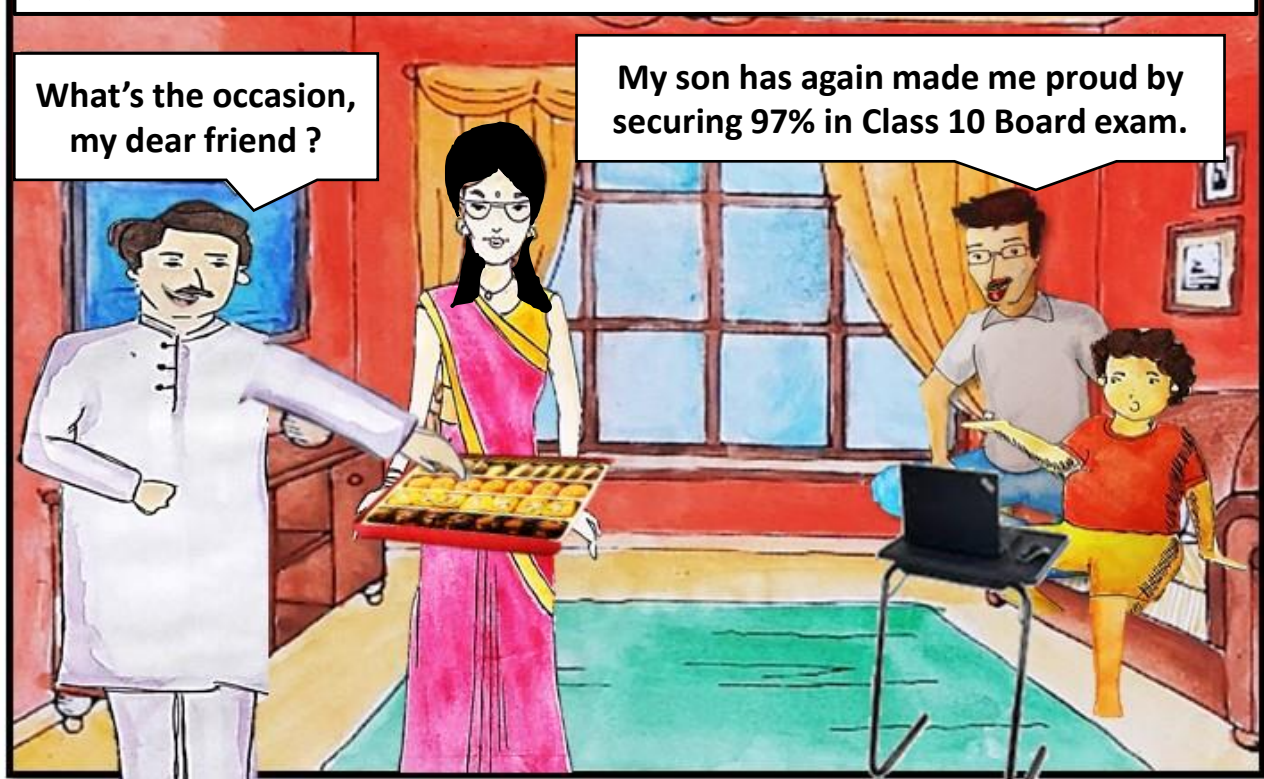


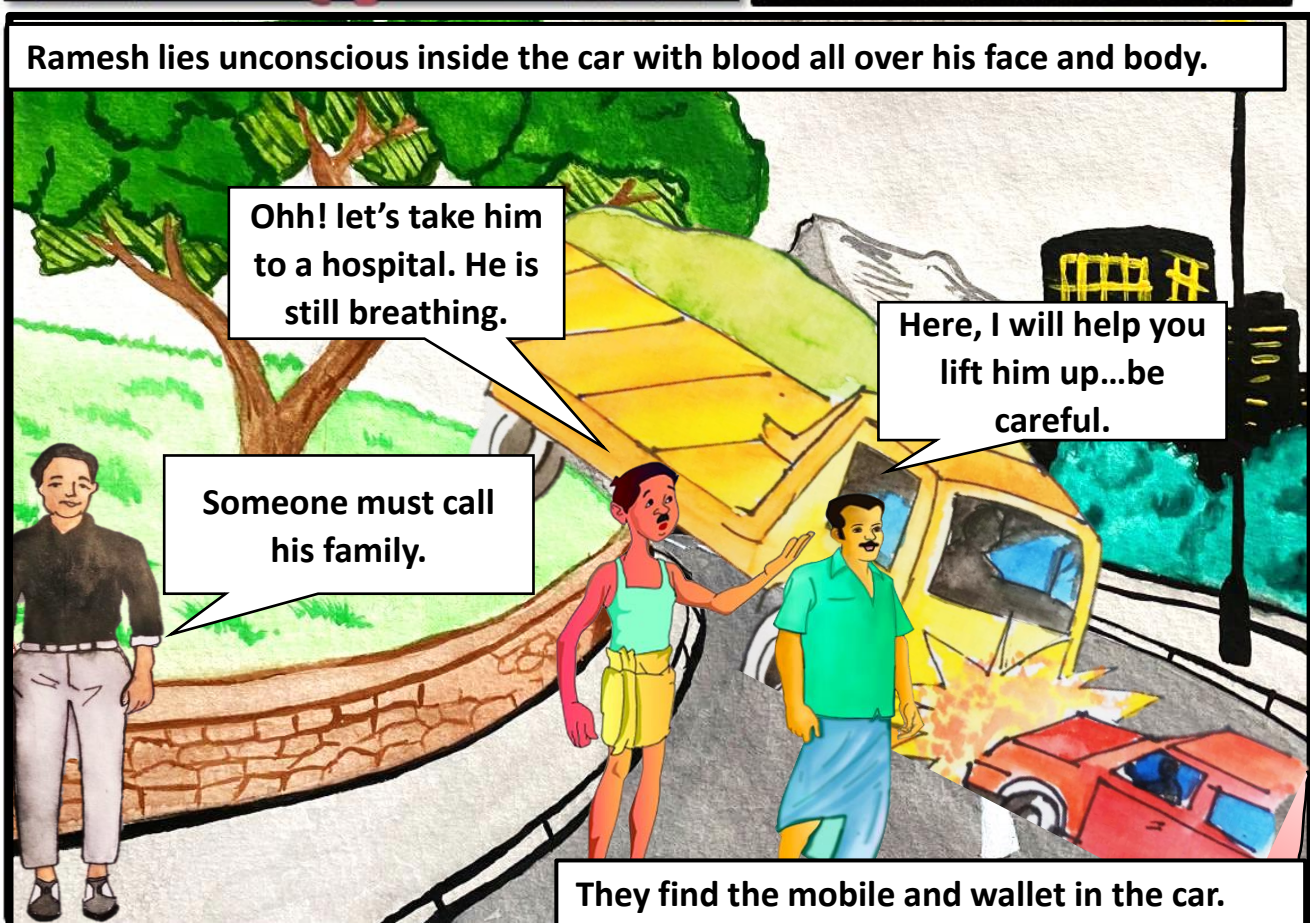
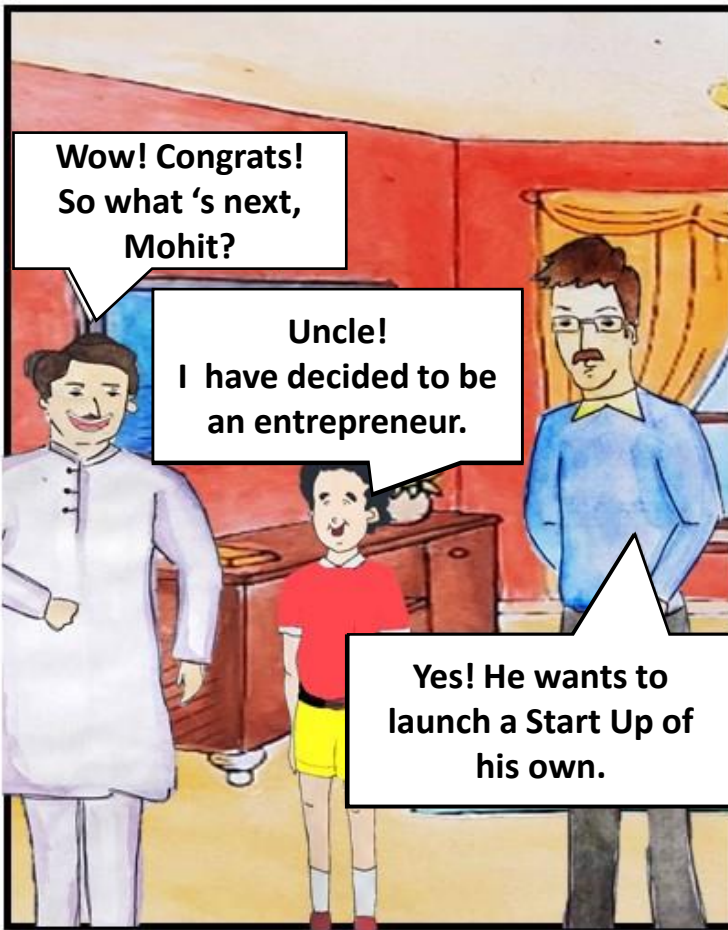
Don't worry son. You have done your best.

To cheer Mohit up, the father plays Ludo with him.



Next day, Class X Board result is out. Mohit, his father and mother are sharing sweets with each other. A sweet box is lying on the table. A neighbour enters the room.







Hello! Am I talking to Mr Ramesh's wife?



Yes. Who is this?

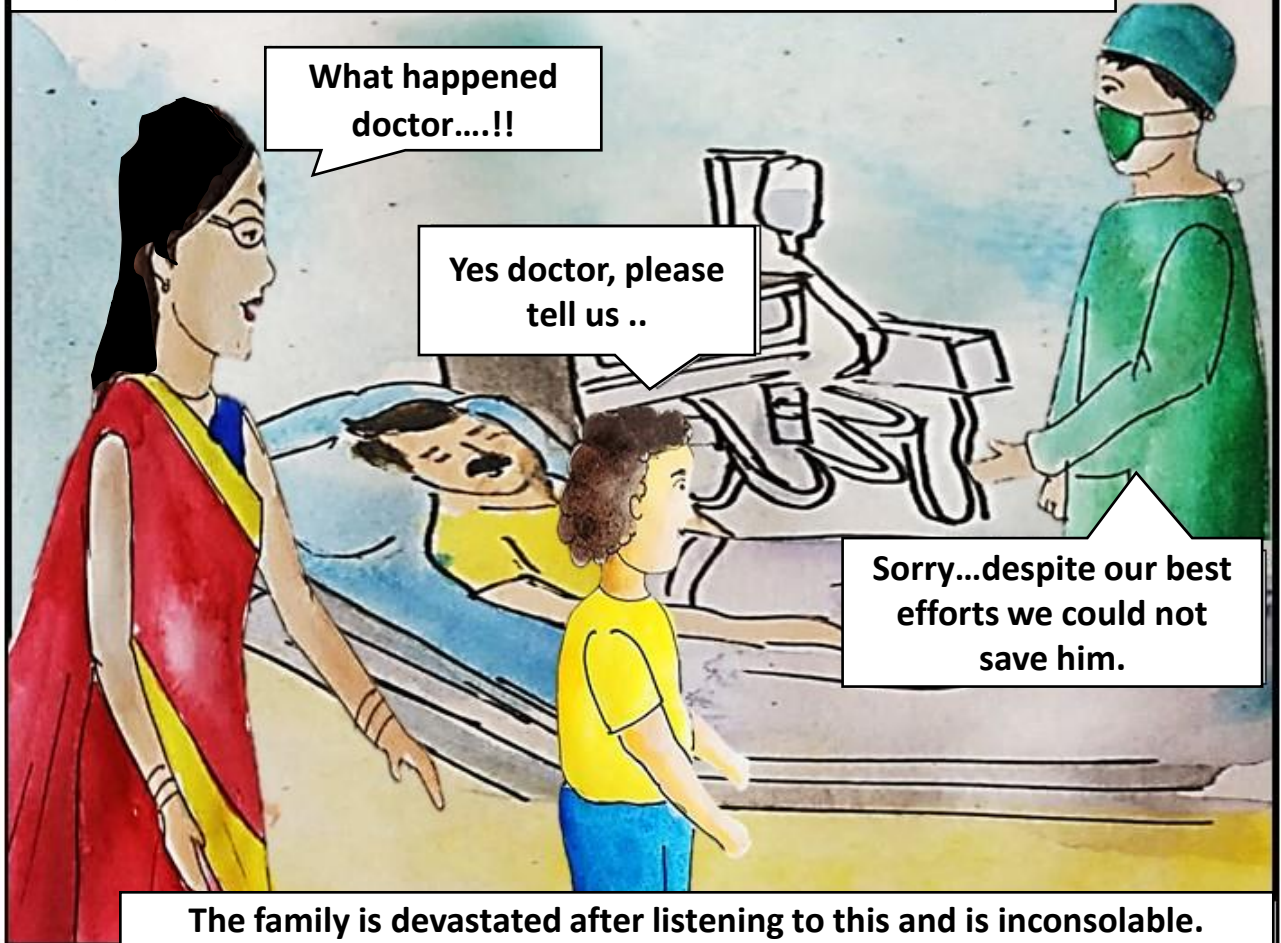


Mr Ramesh has met with an accident on the highway. We are taking him to the City Hospital. Please come fast.



Both Mohit and his mother rush to the hospital where Mohit's father is admitted. On reaching the hospital, the doctors inform them that Mr Ramesh's condition is critical.

Days pass and his condition worsens and becomes more critical.

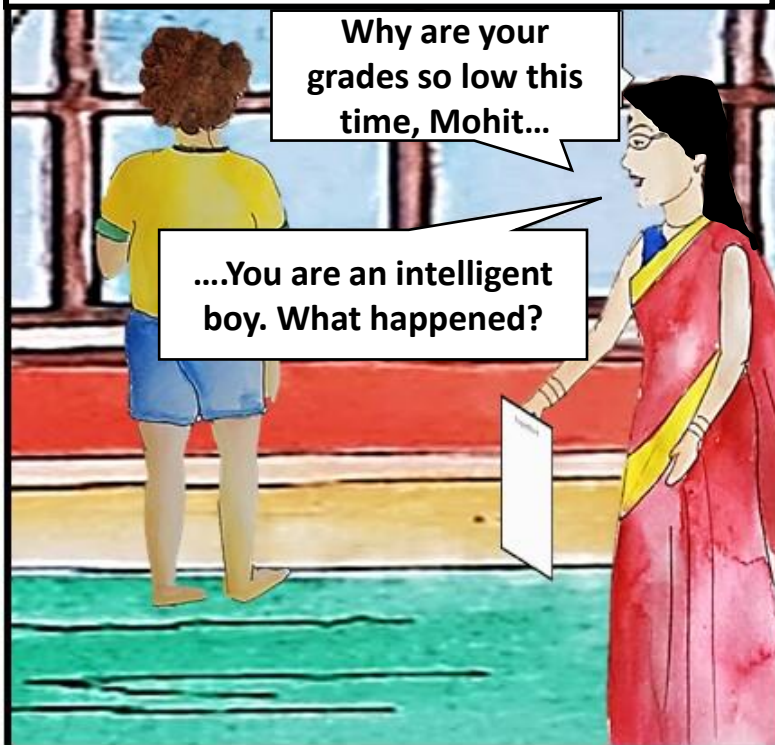


After the sudden tragic demise of Mr Ramesh, everyone is shocked and grief-stricken.





Mohit is standing near a window, looking out and Mohit's mother, with his report card in her hand, looks at him angrily.



I don't know. I don't want to talk about it.



Mohit's mother leaves helplessly, while Mohit continues to stare outside gloomily.

Mohit is introspecting and seems to be in deep thought.

What's happening with me? Just in a month, my life has completely changed....

....My grades, relations, health - everything is getting affected.

I must pull myself together and change. I can't waste my life like this.

From now on, I will study hard and take care of my mother.

Hello Ma!

Hello beta! How are you doing?

Concentrate on your studies. Your teachers are there to give you support, if need be.

Yes Ma! I feel better now.

Next day, Mohit's friends come to meet him.

Hi!

Hey buddy!
What's up?

Your mom
is worried
about you.

Why don't
you talk to
her? You
just sit in
your room
all day
long. Tell us
what is
going on.

Mohit does not like it and
is anxious.

Thank you for your
concern but I would like
you both to leave now..



Bewildered...his friends
leave the room and Mohit
starts sobbing quietly at
his own condition and
gets a panic attack.

Worried, mother is thinking about the
behavioural changes in Mohit.

It has been so many
days. Mohit has been
so restless. What's
been bothering him
so much?

Days have passed
and there has been
no change in Mohit.
What's wrong?
What should I do?

He does not
like me talking
to his friends.
Should I talk to
his teachers?

I feel so
helpless and
sorry for
Mumma !!



Next day, both of them are at the breakfast table.

OHH ... I can't breathe!! My heart !! I feel hot and sweaty !!
What's happening ?

Mohit, what happened ? Let me call a doctor quickly.



Doctor has arrived. Mohit is lying on the bed- upset and restless. Mother is standing beside his bed (worried).

What's been bothering you, Mohit ?

Something is troubling him. It's a panic attack. If he does not share, find out from his friends.



He did not like it when I talked to them . I will call his teacher and ask.



Mother explains the behavioural changes & the sudden symptoms of Mohit to the doctor.

Doctor prescribes some medicines to relax him and leaves.

Mother decides to call Mohit's teacher.

Mrs Gomes, Mohit's state has worsened since the panic attack. He is scared, has stopped eating food and is always indoors.

He hasn't stepped out of the house as if he is scared of something.

Please come and meet me.

Next day, Mohit's mother meets Mrs Gomes.

Ma'am! All our dreams are shattered. I am so upset and worried.

Hmmm! I suggest you consult the psychologist, Dr Shreya Bhatnagar and take her guidance.



Mohit is a strong boy. I am sure he will get better.

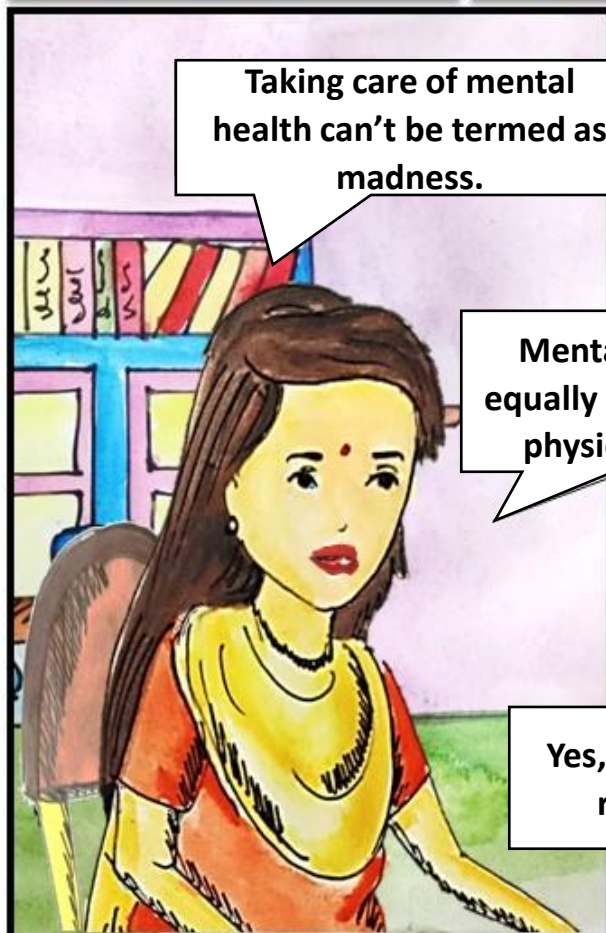


Are you sure he needs to visit a psychologist ? What will people say?

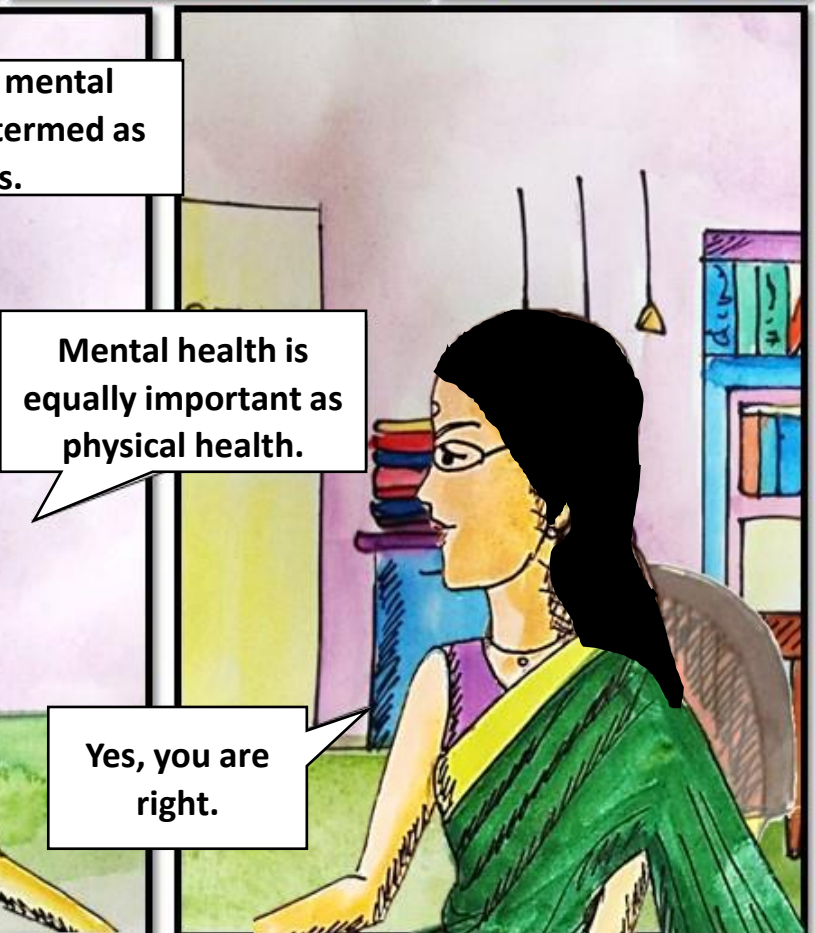


Oh no !
He is not mad !!

Mrs Saxena. You are an educated parent. Please do not harbour any misconceptions about the role of a psychologist.



Taking care of mental health can't be termed as madness.



Mental health is equally important as physical health.

Yes, you are right.

Since his father's death, the deterioration in his academic performance has been worrying him, I think.

He has not shared his emotions and feelings with anyone. Maybe, talking to a psychologist can help him.



You are right. I should seek help of a psychologist. I will take an appointment for tomorrow.

Great! I hope you will come out of this very soon.



This is their first session. Dr Shreya finds Mohit restless and insecure.

Good morning Mohit!
How are you?

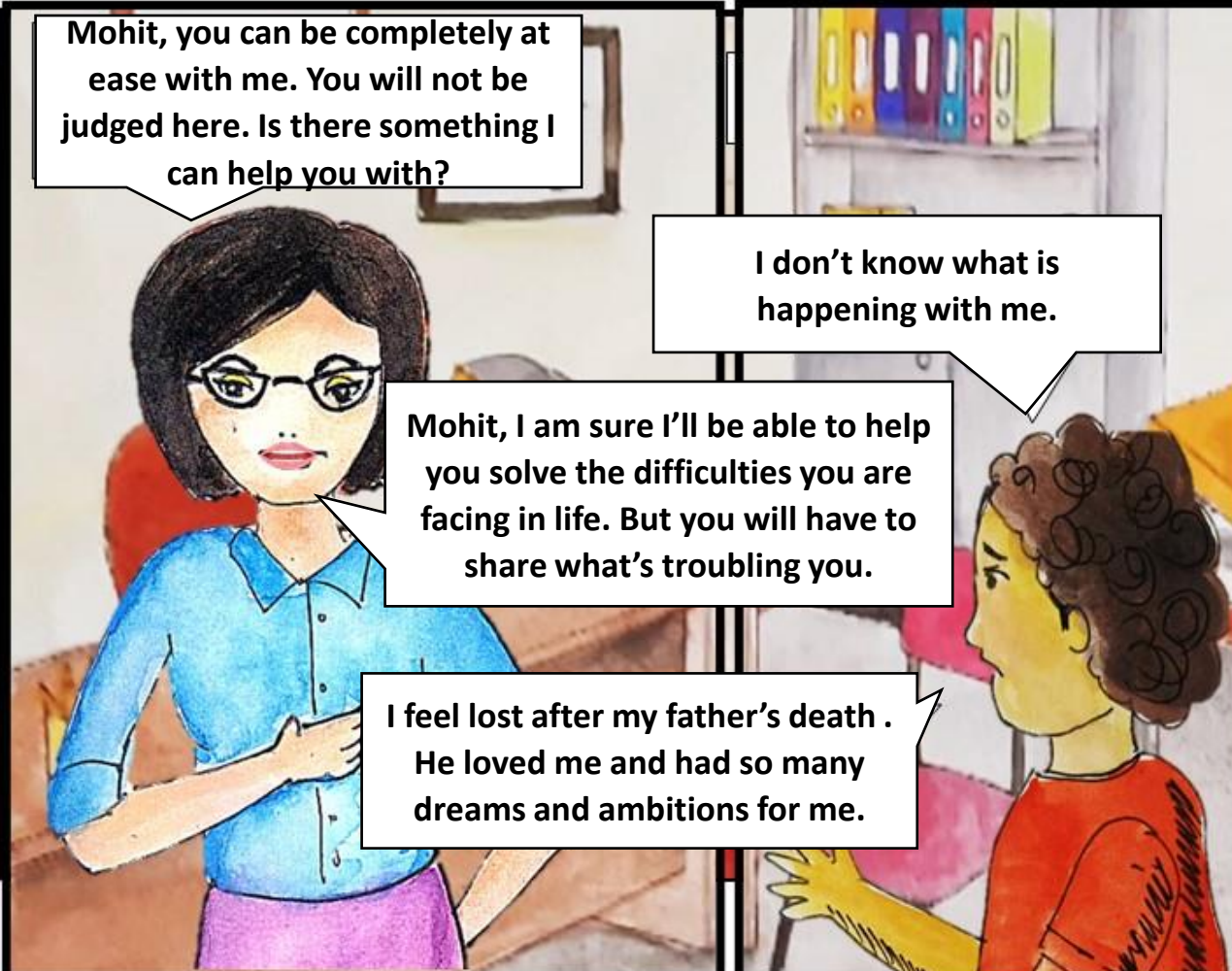
Good morning
doctor. I am
absolutely fine.

Although Mrs Gomes
speaks highly of him
yet I need to get to
the real cause of his
problem.

Doctor, I don't know what has
happened to him lately. He
remains anxious most of the
time.

I am extremely
worried. He has lost
control over himself.

Dr Shreya requests Mohit's
mother to wait outside while
she talks to Mohit in private.



Mohit, you can be completely at ease with me. You will not be judged here. Is there something I can help you with?

I don't know what is happening with me.

Mohit, I am sure I'll be able to help you solve the difficulties you are facing in life. But you will have to share what's troubling you.

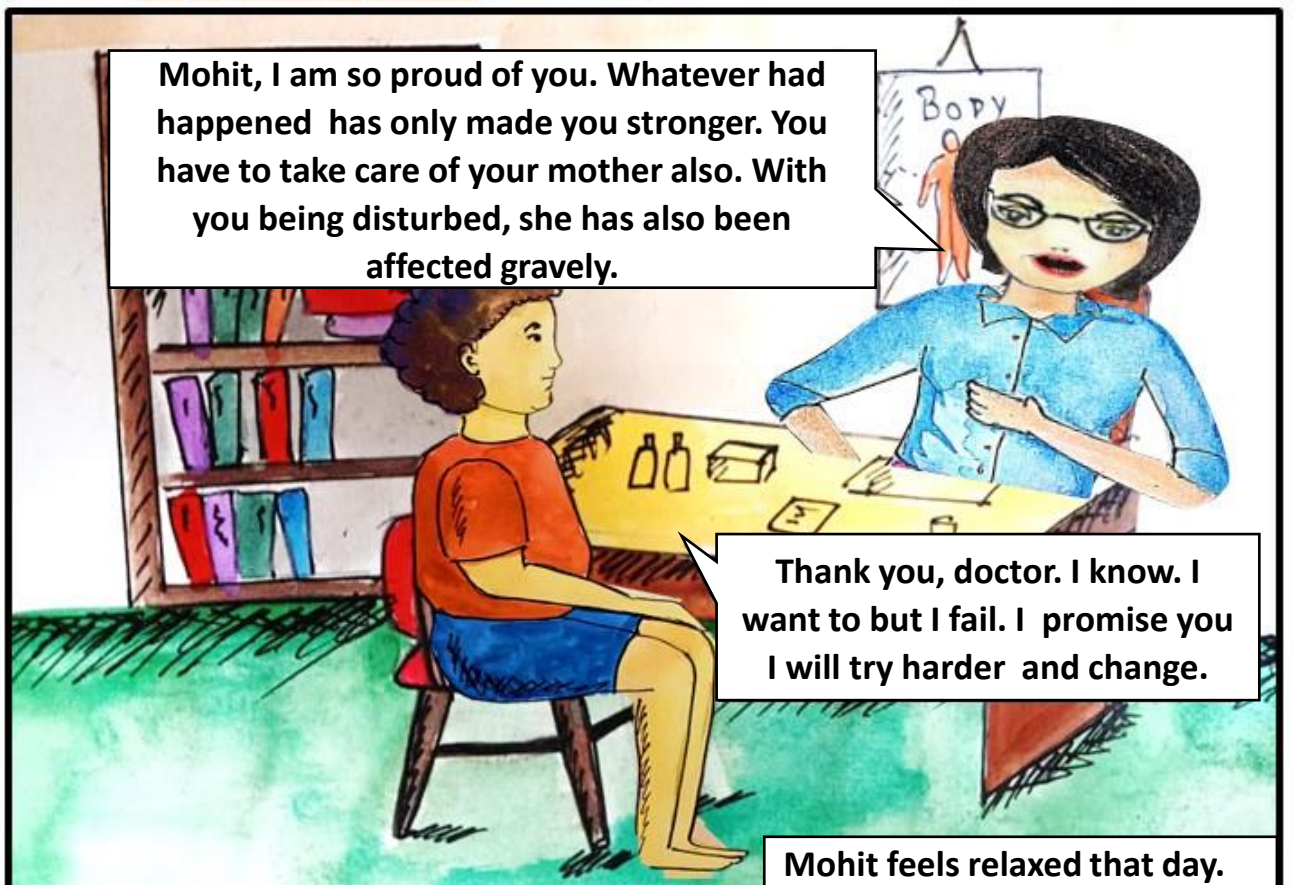
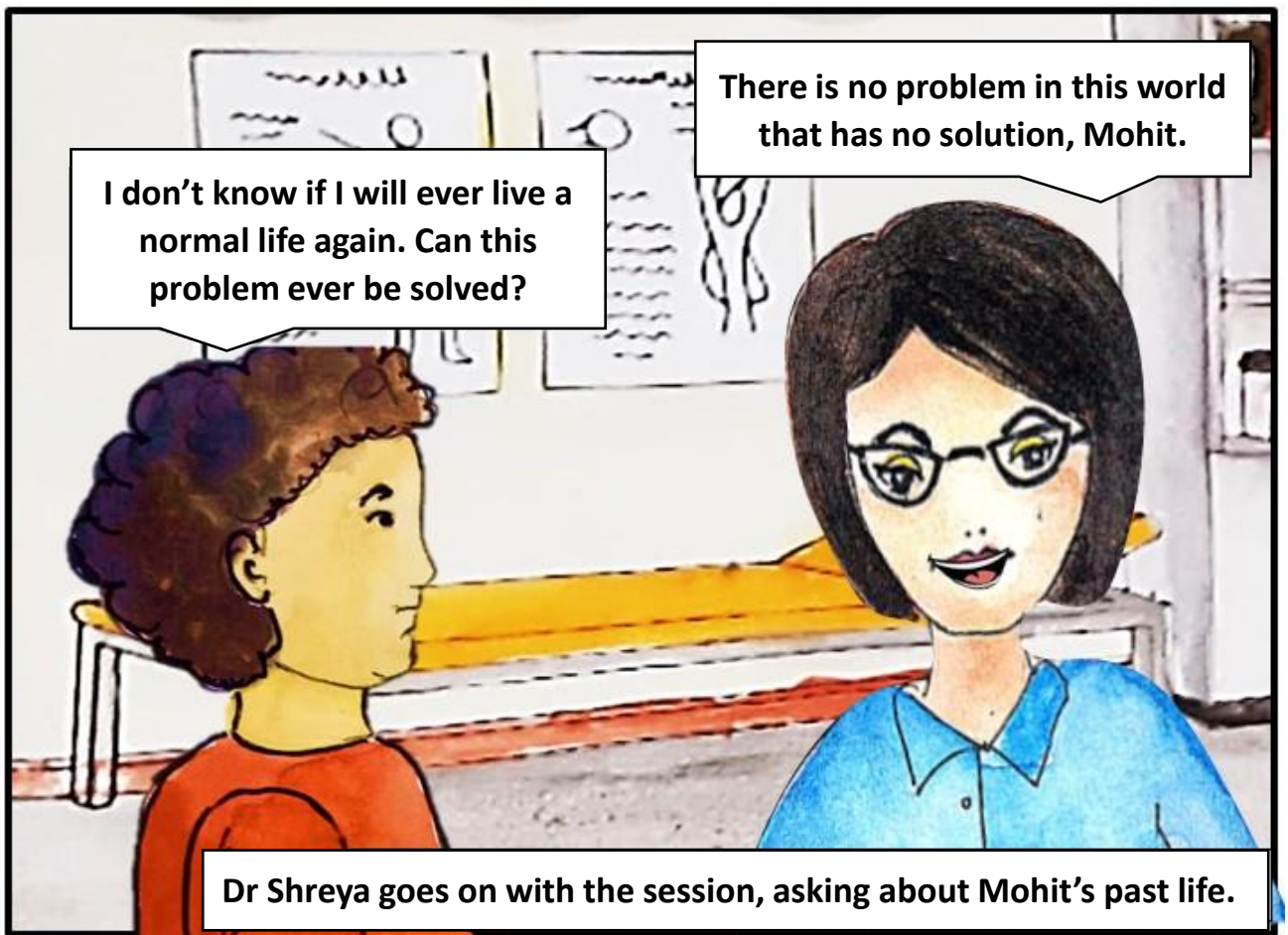
I feel lost after my father's death . He loved me and had so many dreams and ambitions for me.



Tell me about your relationship with your father. What are your favourite memories with him?



I miss him a lot. He was my friend, guide and support . We played and watched movies together. I miss him badly.



Causes & Models of Psychological Disorder

Biological influences

- ❖ Genetic makeup of the individual
- ❖ Brain structure and neurotransmitters
- ❖ Example-Brain dysfunction.

Psychological influences

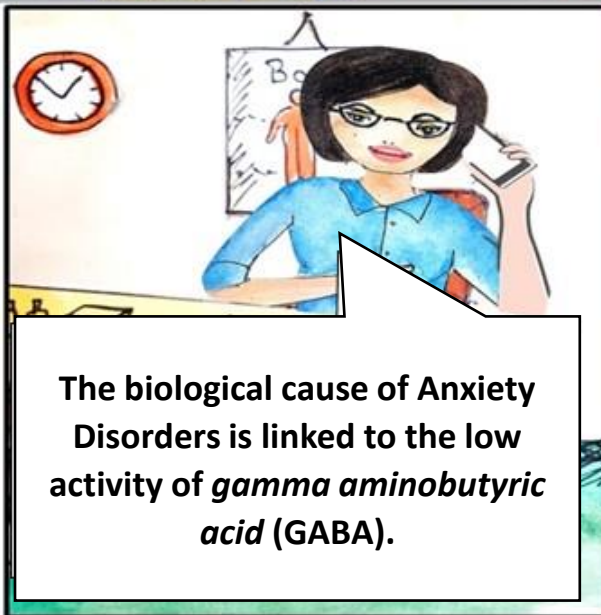
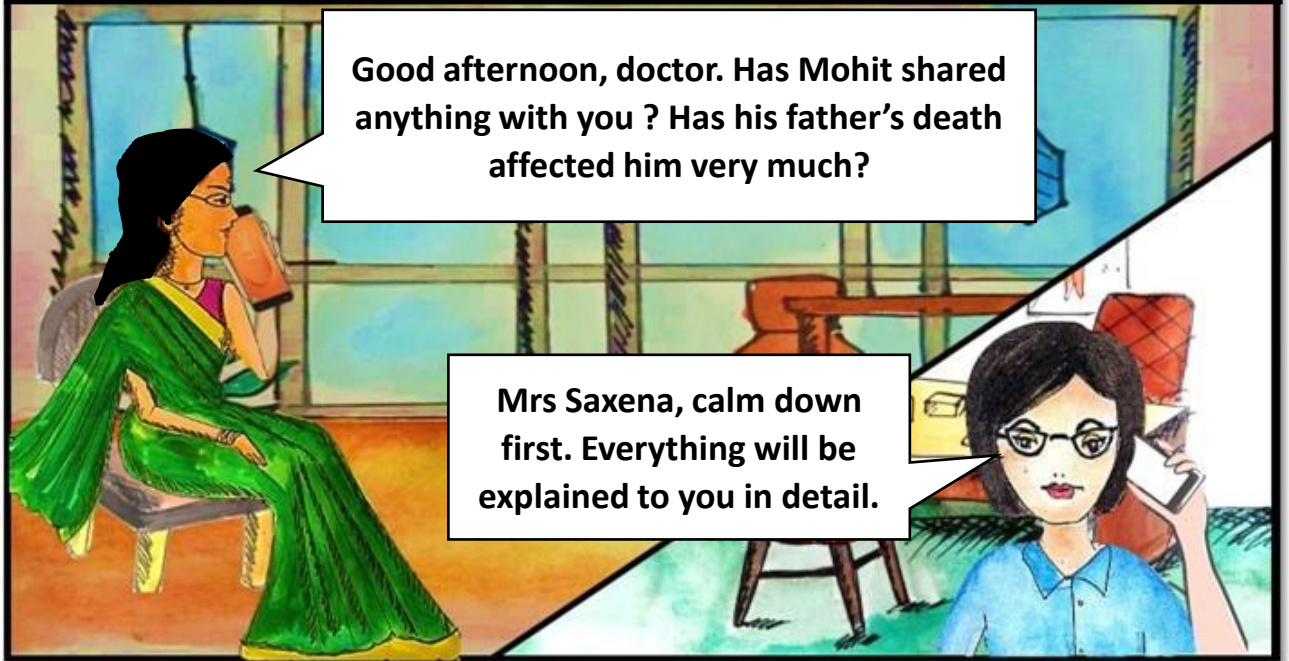
- ❖ Responses to stress
- ❖ Patterns of negative thinking
- ❖ Example-Loss of a parent, childhood trauma.

Psychological Disorder

Socio-cultural influences

- ❖ Cultural expectations
- ❖ Definitions of normality and disorder
- ❖ Stigma and prejudice
- ❖ Homelessness
- ❖ Abuse
- ❖ Example-Gender, race, household patterns.

Next afternoon, Mohit's mother decides to call Dr Shreya to enquire about her son's health.

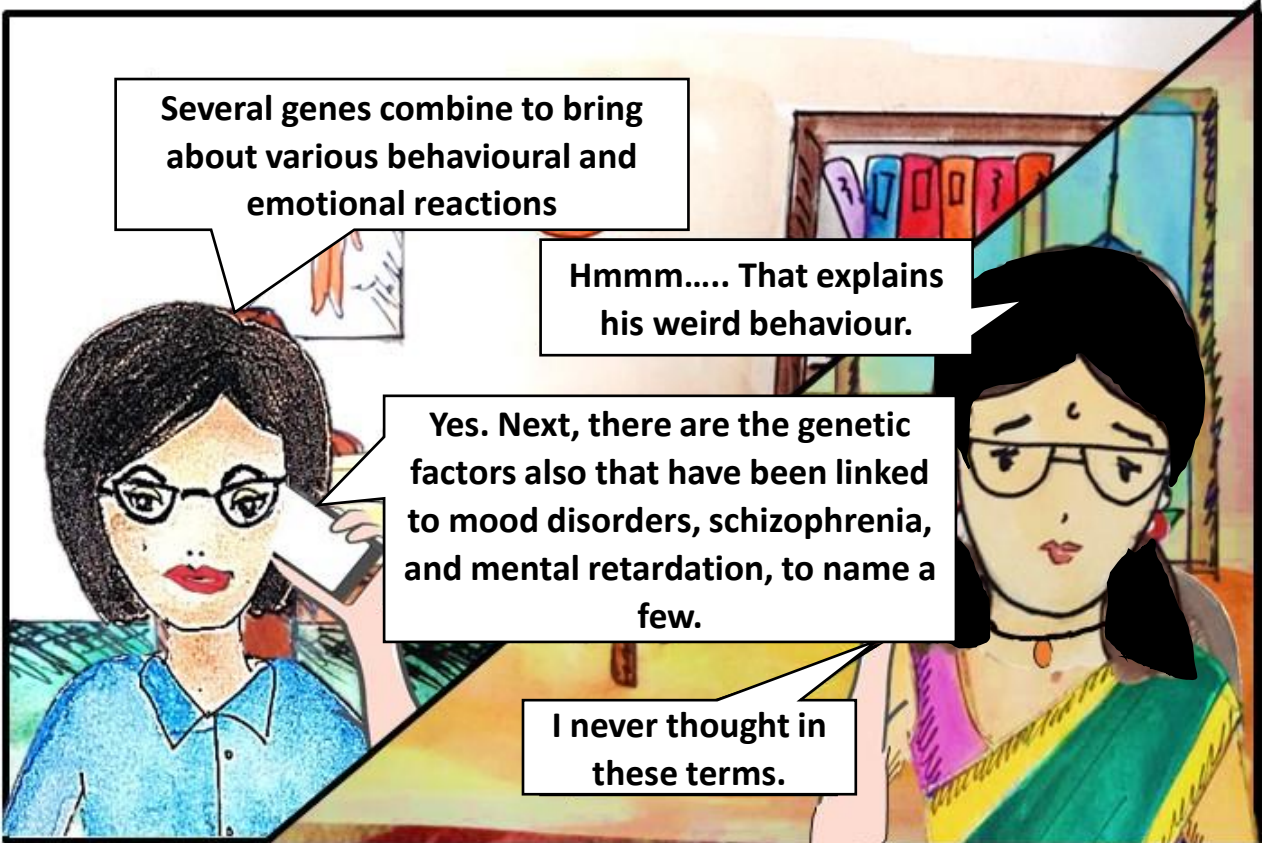


Biological factors like- endocrine imbalance, malnutrition, injuries might interfere with the normal functioning of our body

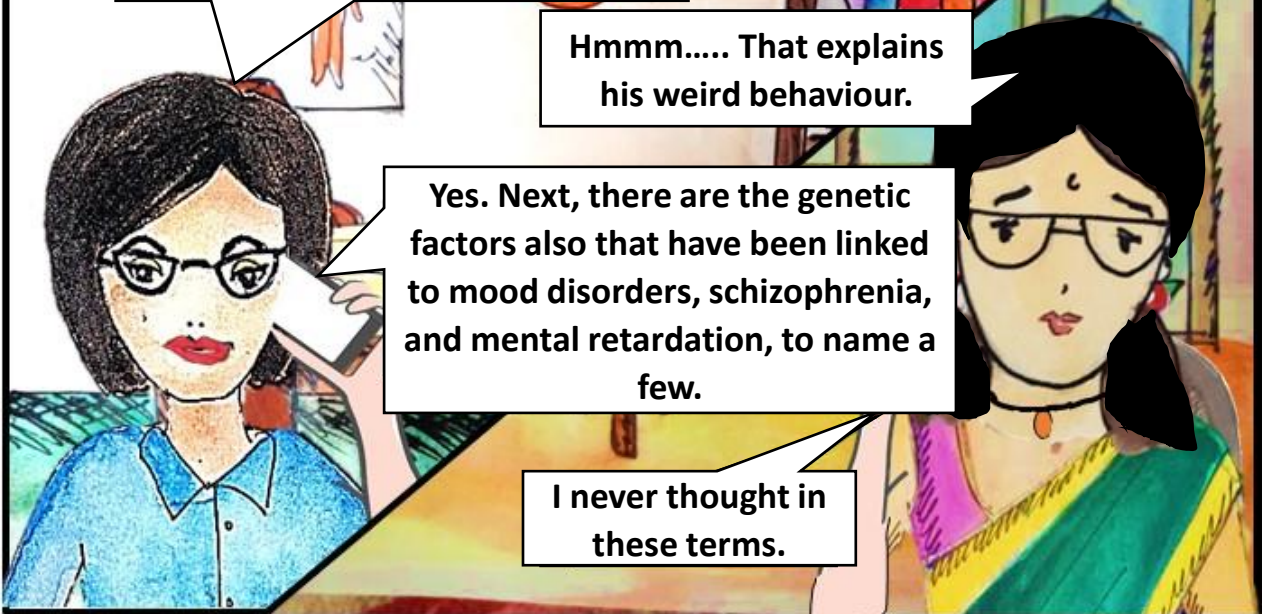


This could possibly be the reason in his case...

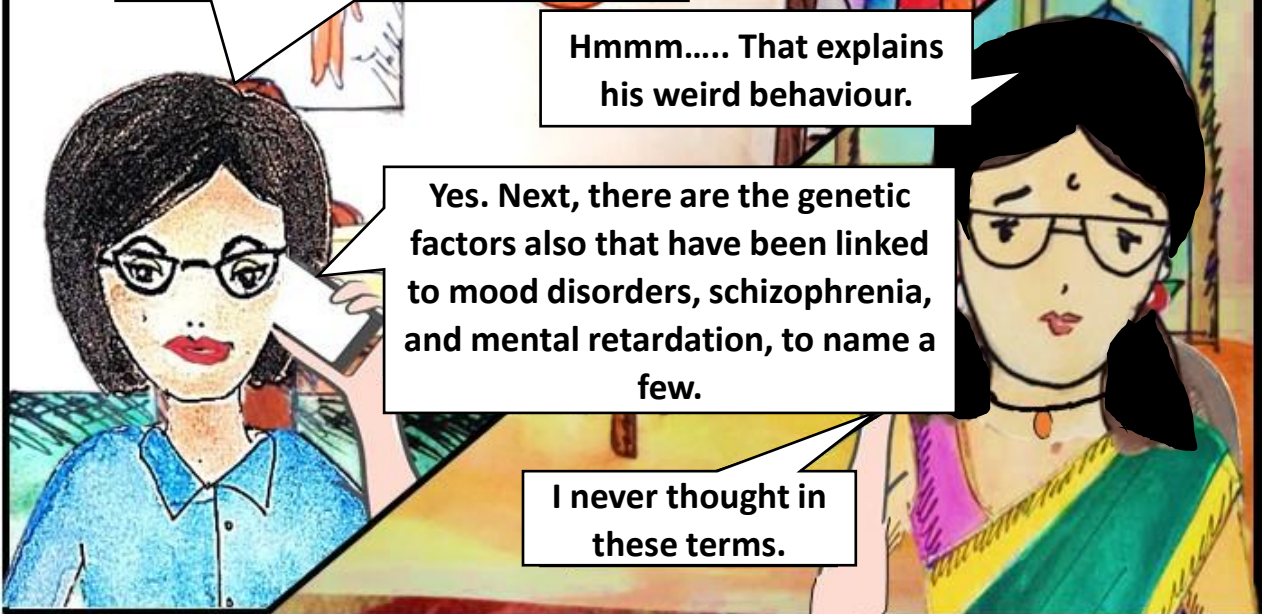




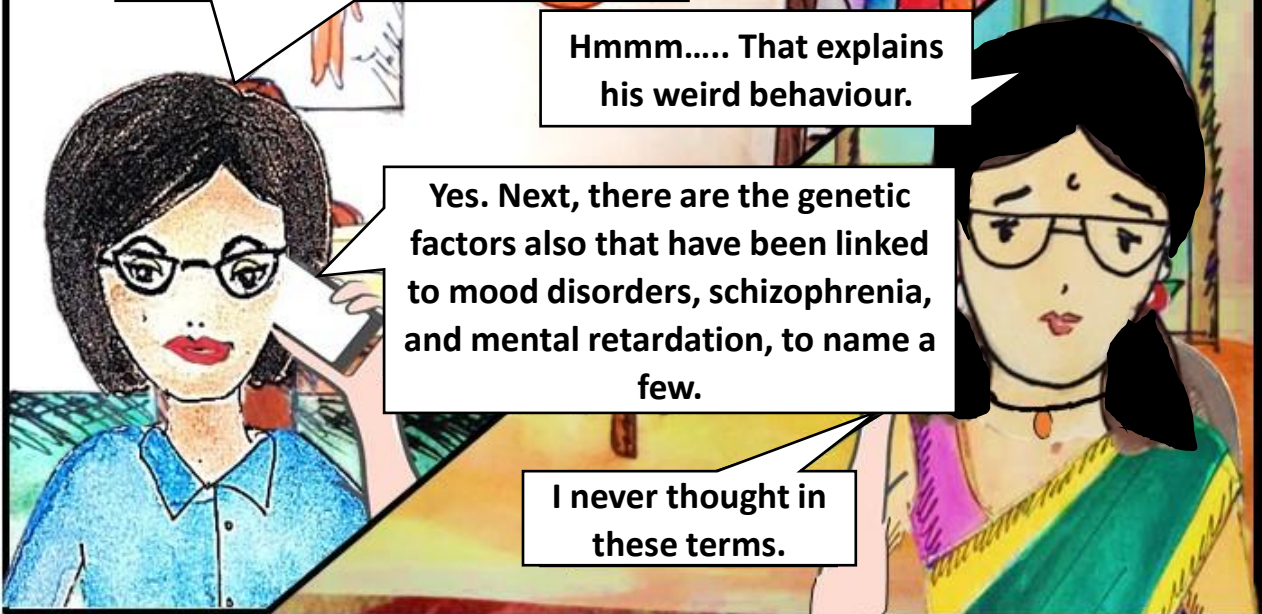
Several genes combine to bring about various behavioural and emotional reactions



Hmmm..... That explains his weird behaviour.



Yes. Next, there are the genetic factors also that have been linked to mood disorders, schizophrenia, and mental retardation, to name a few.



I never thought in these terms.



Few psychological models say that maternal deprivation (separation from the mother or motherly figure, here it is Mohit's father in this case, or lack of warmth during early years of life) can cause such disorders.



Hmm, everything has started to make sense now.

Furthermore, faulty parent-child relationships (rejection, overprotection, over permissiveness, faulty discipline etc.) and severe stress can also trigger such disorders.



Probably such cases are more common in dysfunctional families. Can you please tell me something more about these models?



Please come to my clinic tomorrow. I will elaborate on it.

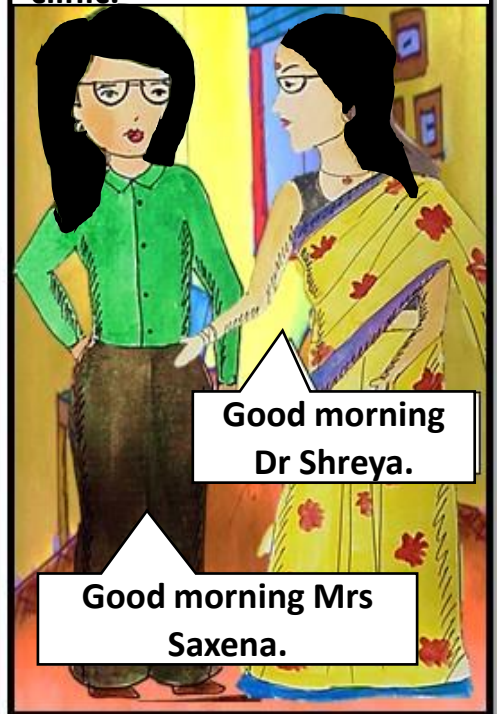
Ok doctor.

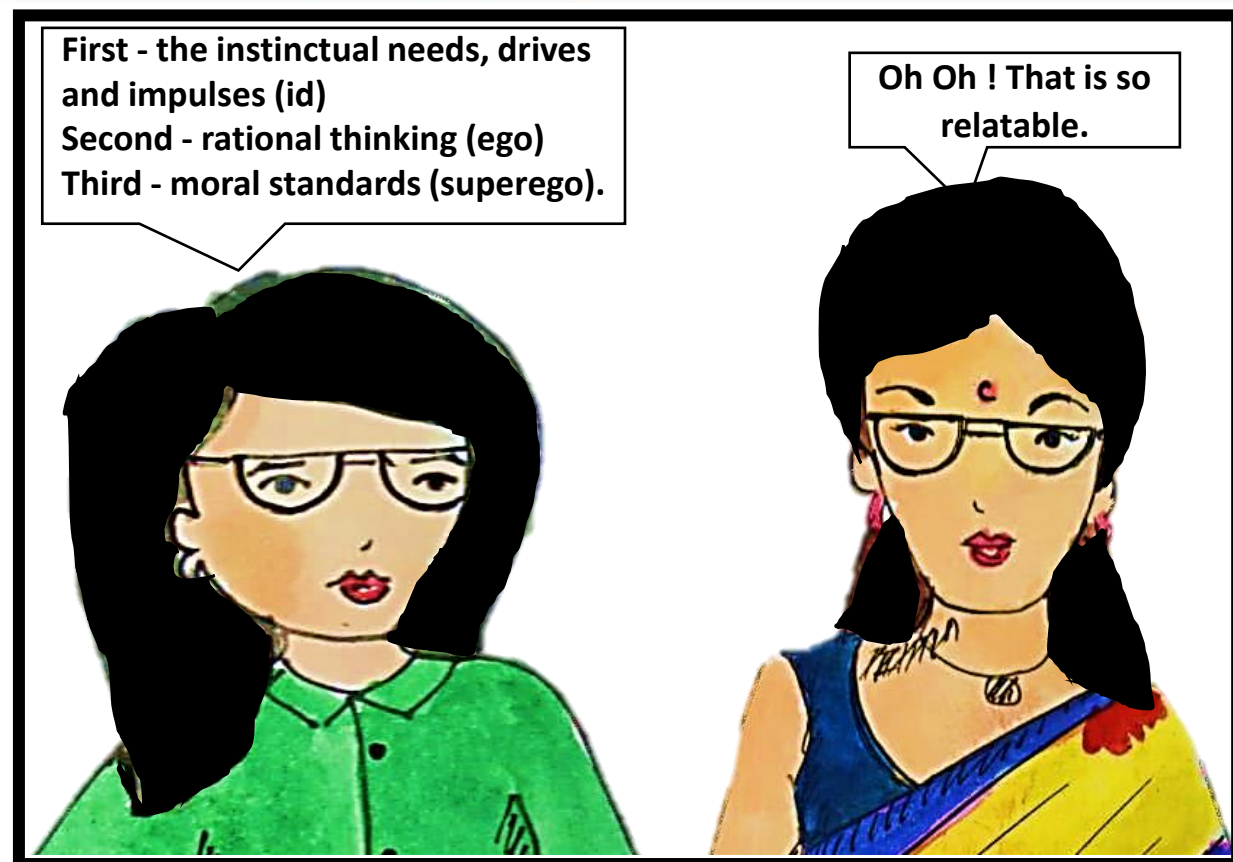
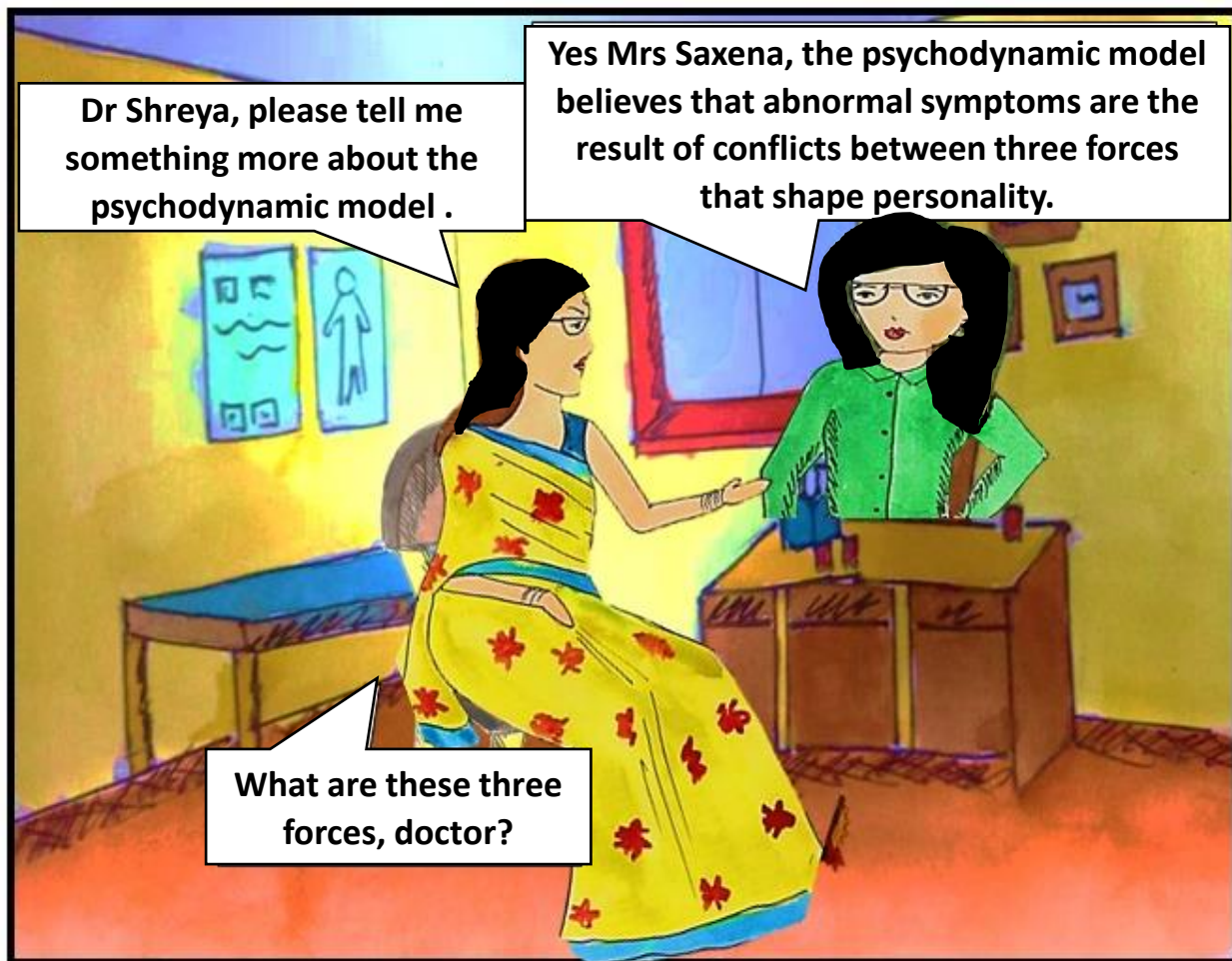


Next morning, Mohit's mother visits Dr Shreya's clinic.

Good morning Dr Shreya.

Good morning Mrs Saxena.



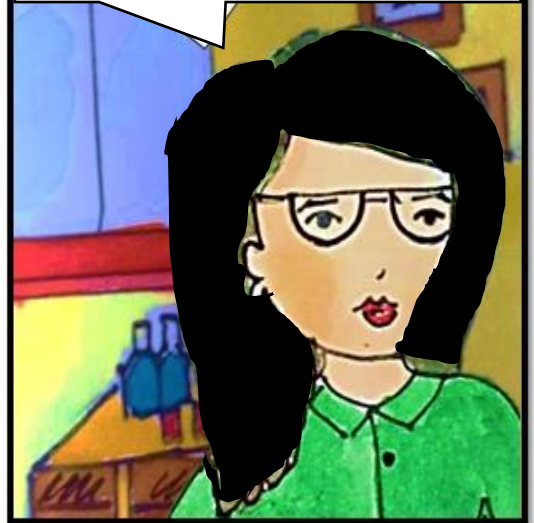


Few psychological disorders are the results of learning maladaptive ways of behaving. Like-Smoking , abusing due to an ill-chosen friends.



That's why parents are concerned about the company of their children.

Moreover, it also states that what has been learned can be unlearned through behavioural techniques.



That's a relief.



Cognitive model states that people may hold irrational and inaccurate assumptions about themselves like- 'No one loves me.'



Human mind is indeed complicated.



Yes, it is. People may also repeatedly think in illogical ways and draw negative conclusions on the basis of a single unpleasant incident.



One cannot remain positive all the time.

Still doctor, can this behaviour be rectified with timely mentoring and encouragement?



Yes, Mrs Saxena. However, it is a long process and needs patience.

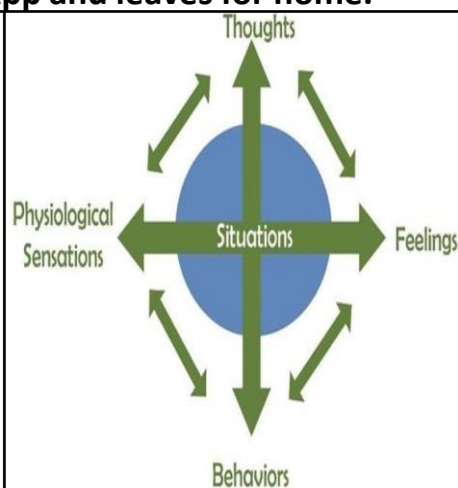
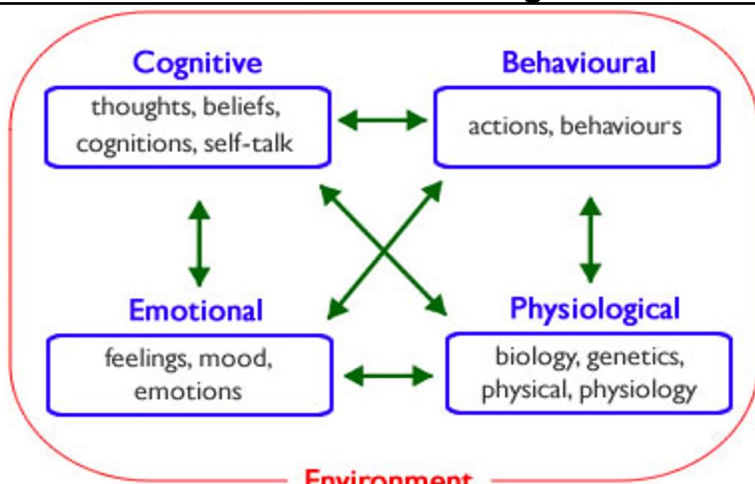
I would request you to be a little more patient with me and fix up a telephonic appointment for tomorrow.



Sure Ma'am. I have sent some images to you on WhatsApp to explain it in a better way . Let's talk again tomorrow.



Mohit's mother sees the images on her WhatsApp and leaves for home.

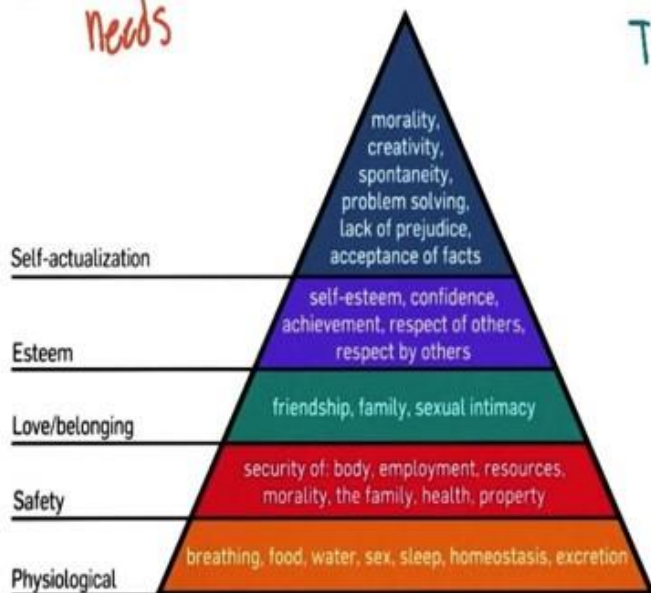


Psychotherapy developed by Carl Rogers

Client-centered therapy
humanistic therapy

Therapist shows unconditional
positive regard

Maslow's hierarchy of
needs



Next morning, Mohit's mother talks to Dr Shreya over the phone....

Hello doctor.. Can we continue with our conversation from where we left yesterday?

Humanistic-existential model believes that human beings are born with a natural tendency to be friendly, cooperative and are driven to self-actualise, i.e. to fulfil this potential for goodness and growth.



Existentialists believe that from birth we have total freedom to give meaning to our existence or to avoid that responsibility. Those who shirk from this responsibility would live an empty and dysfunctional life.



I hope you are able to understand the underlying reasons, Ma'am ?

Yes slowly and gradually there is some clarity now.



To further clarify , let's take the help of socio-cultural model that says that behaviour is shaped by certain family systems and societal labels.



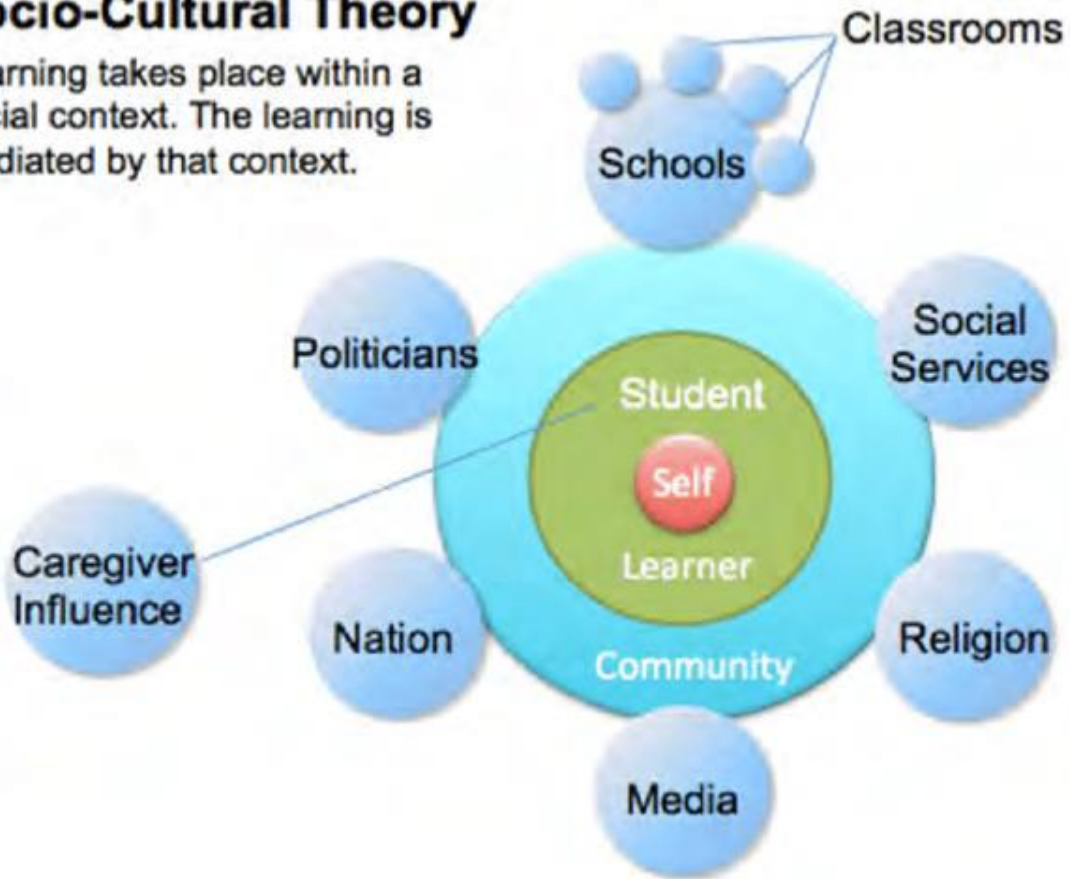
That was an eye opener.



Dr Shreya sends some more images to Mohit's mother on Whats App for better understanding.

Socio-Cultural Theory

Learning takes place within a social context. The learning is mediated by that context.



Sociocultural Theory of Development

A person's cognitive development is largely influenced by their surrounding culture



Now , Diathesis-stress model states that psychological disorders develop when a diathesis (biological predisposition to the disorder) is set off by a stressful situation.

If such 'at risk' persons are exposed to these stressors, their predisposition may actually evolve into anxiety, depression and schizophrenia.



I have no words to express my gratitude for patiently explaining the causes of psychological disorders.



For better understanding, Dr Shreya advises Mohit's mother to attend a workshop by a renowned psychologist on Mental Wellness.

LEARNING CHECKS 1

1. A view, that the interaction of factors as biological predisposition combined with life stress may cause a specific disorder, is associated with _____ model.
2. According to Freud, _____ & _____ are the central forces that shape personality.
3. Low activity of _____ can cause depression.
4. Behavioural model asserts that disorders are result of _____ way of learning.
5. Cognitive model is based on _____ & _____.
6. Fulfilling one's potential for growth is the basis of _____ model.

Q. Ritu's young son works in a call centre. In spite of knowing his odd hours of returning, she continues to have prolonged, vague and intense fear, accompanied by hyper vigilance, showing a kind of anxiety. Identify the type of anxiety she is suffering from.

Anxiety Disorders



Next day, Mrs Saxena attends the workshop.

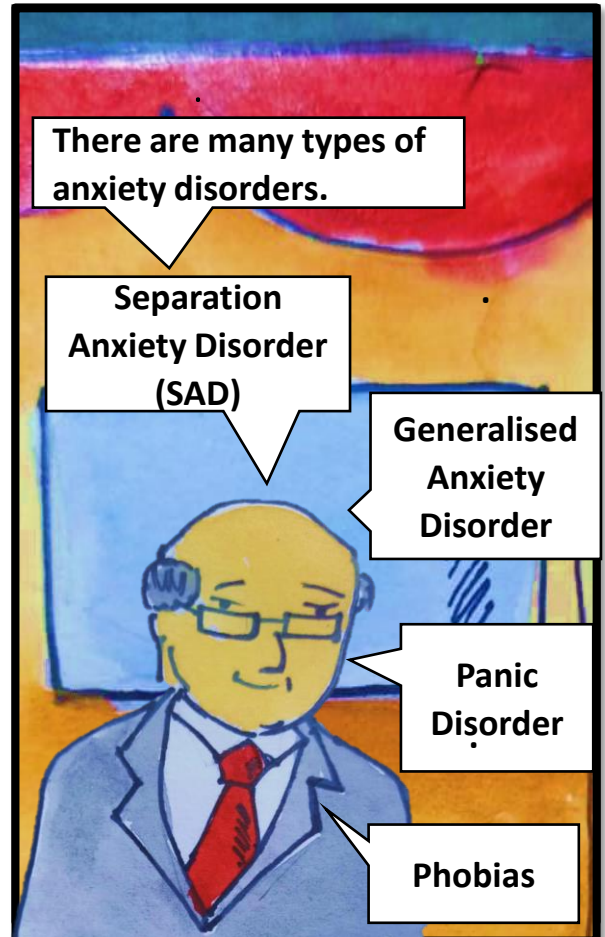
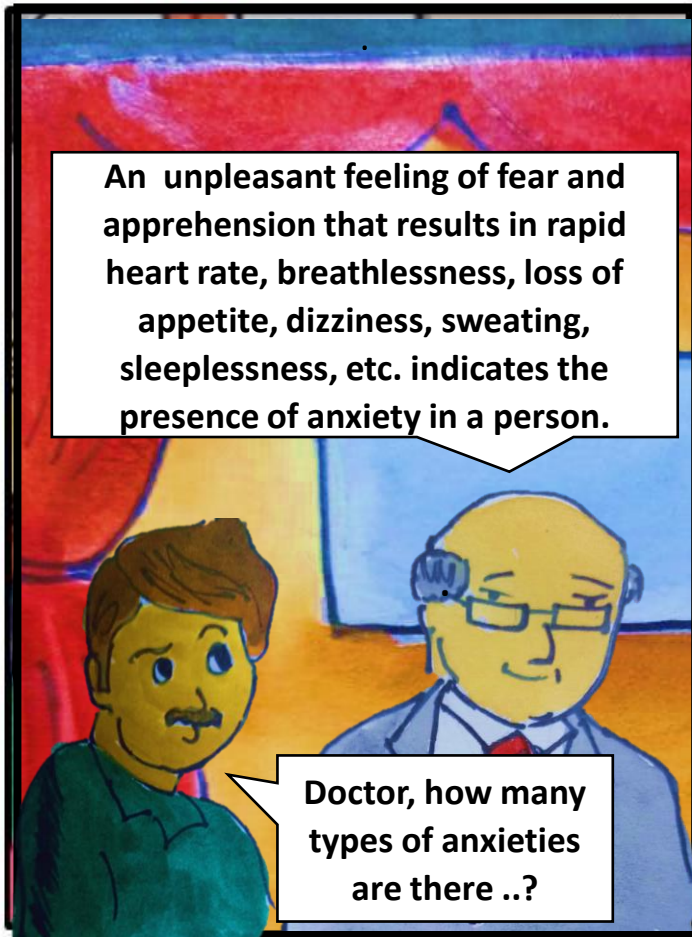
Have you ever experienced anxiety pangs just before an examination or before boarding a flight?

TALK SHOW ON ANXIETY DISORDER

By-Dr Wanchoo

Yes we have...

Right, this is normal but beyond a certain limit when this interferes with effective functioning, it is termed as 'Anxiety Disorder'.



A prolonged, vague, unexplained and intense fear that is not attached to any particular object comes under 'Generalized Anxiety Disorder'.

What are its symptoms, doctor?

Worry and apprehension about the future and hypervigilance, marked by motor tension makes a person restless.

Understood doctor.

Another type of anxiety disorder is 'Panic Disorder' which includes recurrent panic attacks leading to intense terror.

Ohh! Panic attacks !
That's what Mohit gets...

In panic attack, intense anxiety rises to a peak in an unpredictable manner when thoughts of a particular stimuli are present.

Hmm.. in Mohit's case , it could be the recurring thoughts of his father's memory.

...and the clinical features, doctor?

The clinical features include shortness of breath, dizziness, choking, nausea, chest pain or discomfort, fear of going crazy, losing control and related symptoms.



You might have met or heard of someone who is afraid to travel in a lift or climb to the tenth floor of a building or refuses to enter a room if she/he sees a lizard.



You may have also felt it yourself or seen a friend unable to speak a word of a well-memorised and rehearsed speech before an audience.



Yes, it is. These kinds of fears are termed as Phobias- which is also a type of anxiety disorder. I will elaborate it in my next session.



Incidentally, Mrs Saxena meets Dr Shreya in the park the next day ..

Oh, Hello Mrs Saxena. How did you like the Talk show yesterday?

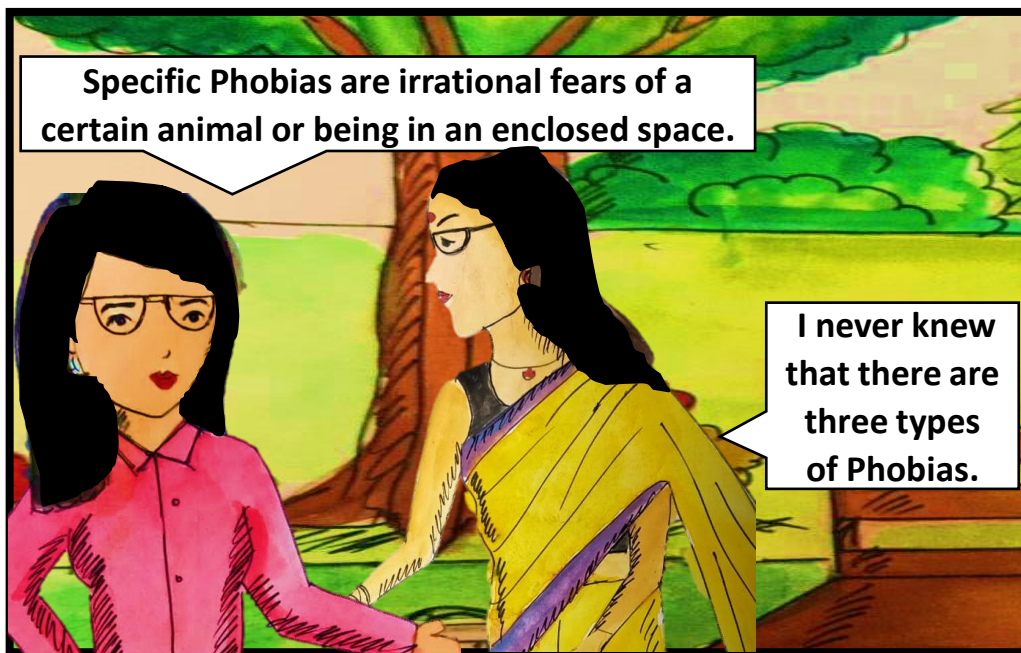
Hello! Dr Shreya.

Yes .It was very informative. But what are Phobias?

Irrational fears related to specific objects, people or situations are called Phobias.

They are:

- Specific Phobia
- Social Phobia
- Agoraphobia



Specific Phobias are irrational fears of a certain animal or being in an enclosed space.

I never knew that there are three types of Phobias.

Quick View

How many types of Phobias are there? What is Specific Phobia?



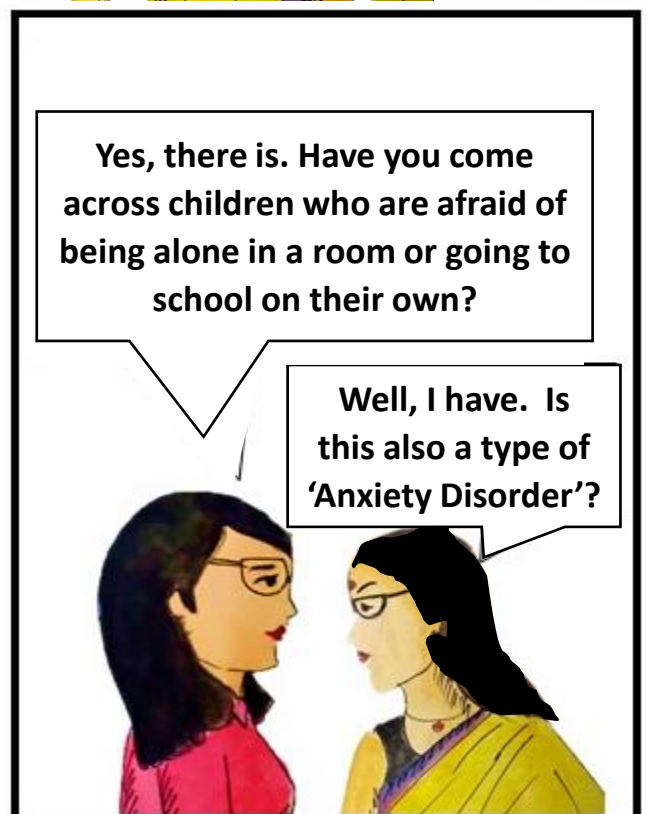
Intense fear and embarrassment while dealing with others characterise Social Phobias.

Please tell me about other types of Phobias also.



Okay. When people develop a fear of facing unfamiliar situations, they develop Agoraphobia. Many agoraphobics are afraid of leaving their homes.

Is that all or is there something else also that I should know?



Yes, there is. Have you come across children who are afraid of being alone in a room or going to school on their own?

Well, I have. Is this also a type of 'Anxiety Disorder'?



Let's know more

What is Disorder?

A disorder could be defined as a set of problems, which result in causing significant difficulty, triggers distress, impairment and/or suffering in a person's daily life.



LEARNING CHECKS 2

1. Fear of entering an unfamiliar situation is called _____.
2. _____ is followed by a stressful event.
3. _____ disorder is unique to children.
4. Dizziness, palpitation, choking and nausea are symptoms of _____ disorder.
5. Vague and unexplained fear that are not attached to an object describes _____ disorder.

Q. What are phobias? If someone had intense fear of snakes, could this simple phobia be a result of faulty learning? Analyse how this phobia could have developed.

ACTIVITY

TO DO : Make a list of movies/shows where a particular type of anxiety disorder has been highlighted. Prepare a report on this. Also mention a few steps that you would have taken as a psychologist.

Thereafter, Mohit keeps taking sessions with Dr Shreya. With increased number of sessions, Dr Shreya applies Cognitive Behavioural Therapy and Meditation.



She suggests some changes in his dietary habits and trains him in relaxation exercises like meditation, for further benefits.



After several days, Mohit feels a positive difference in his state of mind. The sessions end and Mohit, with his mother, visits the doctor to thank her.



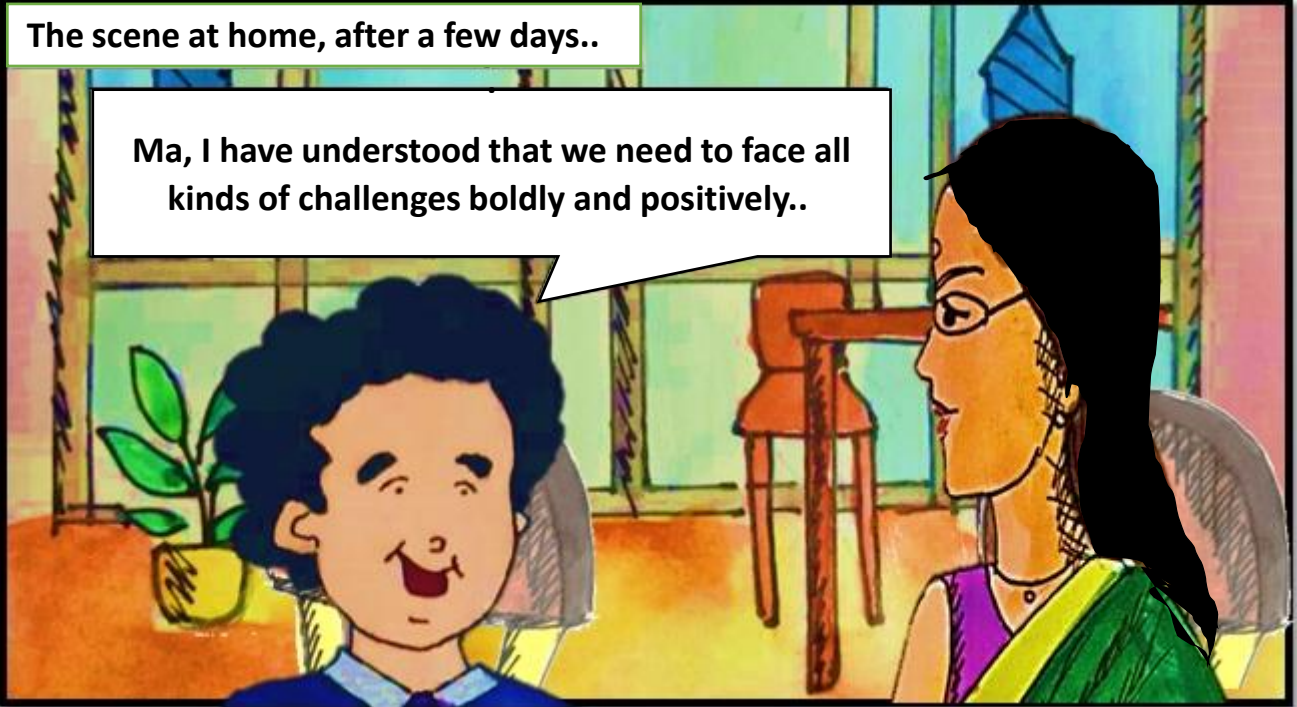
Ma'am, I feel calm, composed and balanced. The therapies have helped me channelize my energy positively.

I am also able to focus on studies now in a better way. Thank you so much!

I am so glad to hear this! Remember Mohit, with every approaching challenge, think positively. This will change the way you look and deal with problems. All the best for your future.



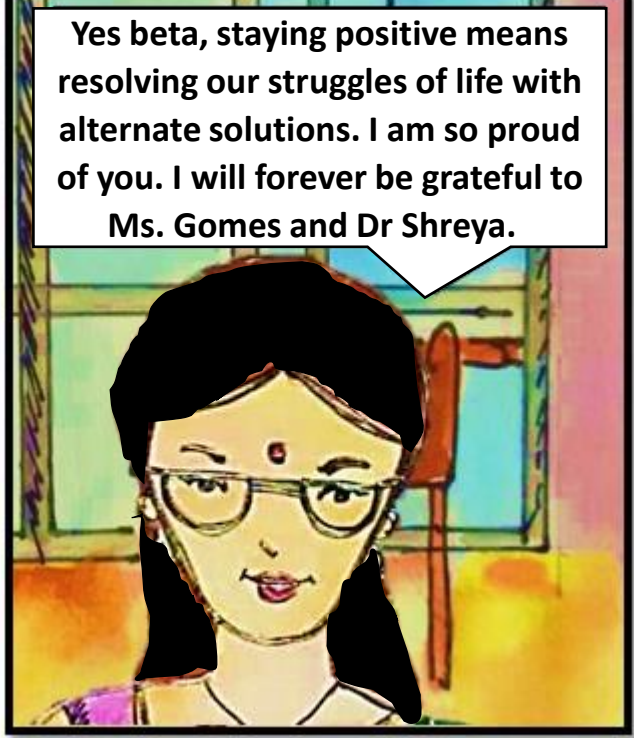
The scene at home, after a few days..



Ma, I have understood that we need to face all kinds of challenges boldly and positively..



Dad can no longer be present with me, but I will work hard to fulfill his dreams and take care of you as well.



Yes beta, staying positive means resolving our struggles of life with alternate solutions. I am so proud of you. I will forever be grateful to Ms. Gomes and Dr Shreya.



Now go and meet your friends .

Yes Ma..!

Mohit meets his friends in the park who are playing cricket.

Hey guys! I have come here to apologize for behaving rudely earlier. Thank you for always being there to support me.



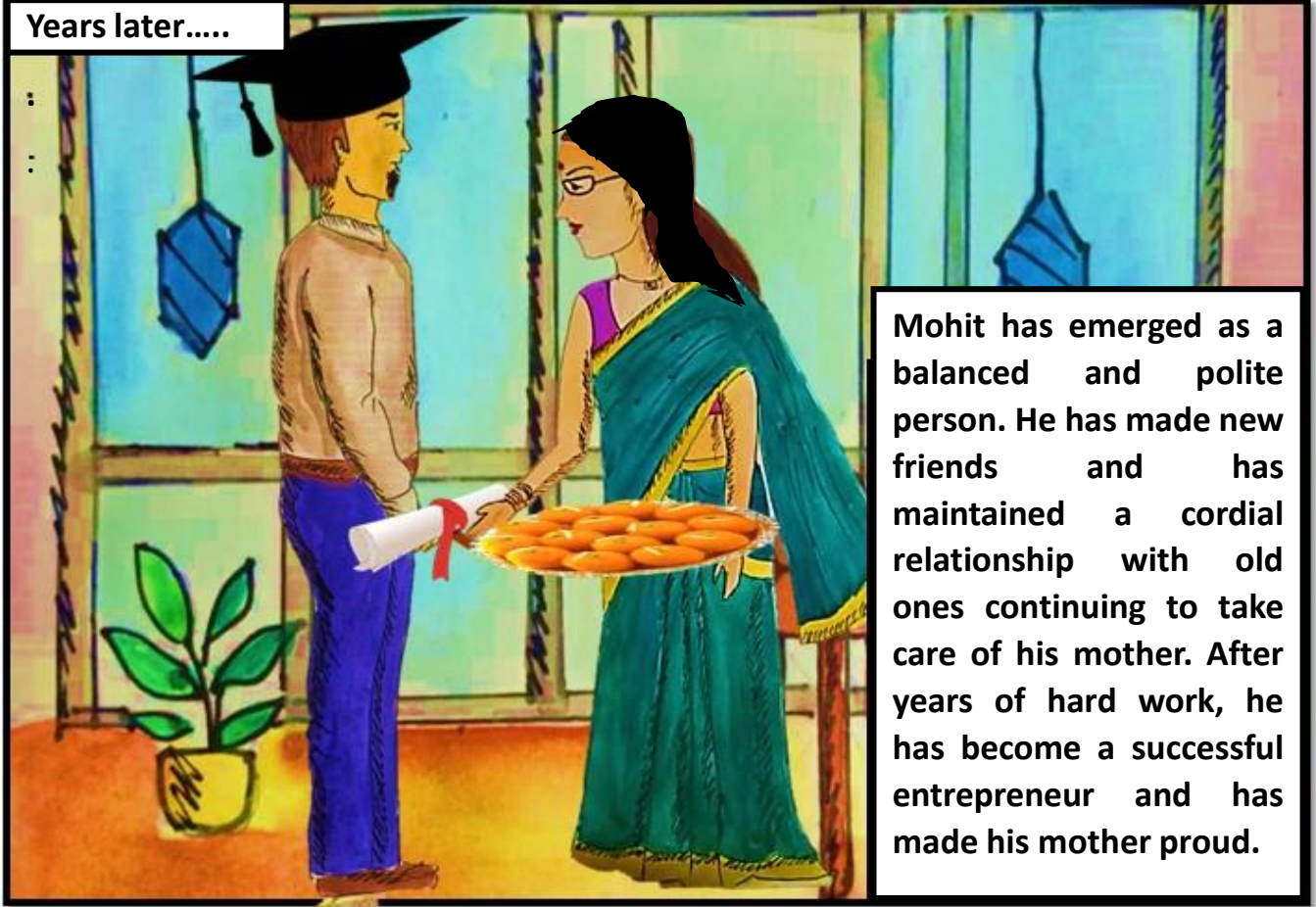
Come on, Mohit. We are your friends. Please don't say sorry. We are so glad to see you happy again.

Yes Mohit. We are very happy to have you back. Come, let's play...



All play happily. Mohit feels blessed to have such people in his life.

Years later.....



Mohit has emerged as a balanced and polite person. He has made new friends and has maintained a cordial relationship with old ones continuing to take care of his mother. After years of hard work, he has become a successful entrepreneur and has made his mother proud.

This poster has motivated him throughout his life and has become a morale booster for many -

FEAR has two Meanings

F-Forget
E-Everything
A-And
R-Run

OR

F-Face
E-Everything
A-And
R-Rise

The Choice is Yours...!!

GLOSSARY

Agoraphobia: When people develop a fear of entering unfamiliar situations.

Anxiety: A diffused, vague, very unpleasant feeling of fear and apprehension.

Anxiety Disorders: High levels of anxiety that are distressing and interfere with effective functioning.

Behavioural Model: States that both normal and abnormal behaviours are learned and psychological disorders are the results of learning maladaptive ways of behaving.

Biological Factors: A wide range of biological factors such as faulty genes, endocrine imbalances, malnutrition, injuries and other conditions may interfere with normal development and functioning of the human body.

Cognitive Model: States that abnormal functioning can result from cognitive problems.

Diathesis: A person's biological predisposition to a disorder.

Diathesis-Stress Model: States that psychological disorders develop when a diathesis is set off by a stressful situation.

Generalised Anxiety Disorder: Consists of prolonged, vague, unexplained and intense fears that are not attached to any particular object.

Genetic Factors: Many genes combine to help bring about our various behaviours and emotional reactions, both functional and dysfunctional.

Humanistic-Existential Model: Believes that human beings are born with a natural tendency to be friendly, cooperative and constructive, and are driven to self-actualize.

Hyper-vigilance: Constantly scanning the environment for dangers.

Maternal Deprivation: Separation from the mother or motherly figure.

Motor Tension: Person's inability to relax, restlessness, and visible shakiness and tension.

Panic Attack: An abrupt surge of intense anxiety rising to a peak when thoughts of a particular stimuli are present.

Panic Disorder: Consists of recurrent anxiety attacks in which the person experiences intense terror.

Phobias: Irrational fears related to specific objects, people or situations.

Psychodynamic Model: States that behaviour, whether normal or abnormal, is determined by psychological forces within the person of which one is not consciously aware of.

Separation Anxiety Disorder (SAD): An internalizing disorder unique to children. Children feel excessive anxiety or even panic at being separated from their parents.

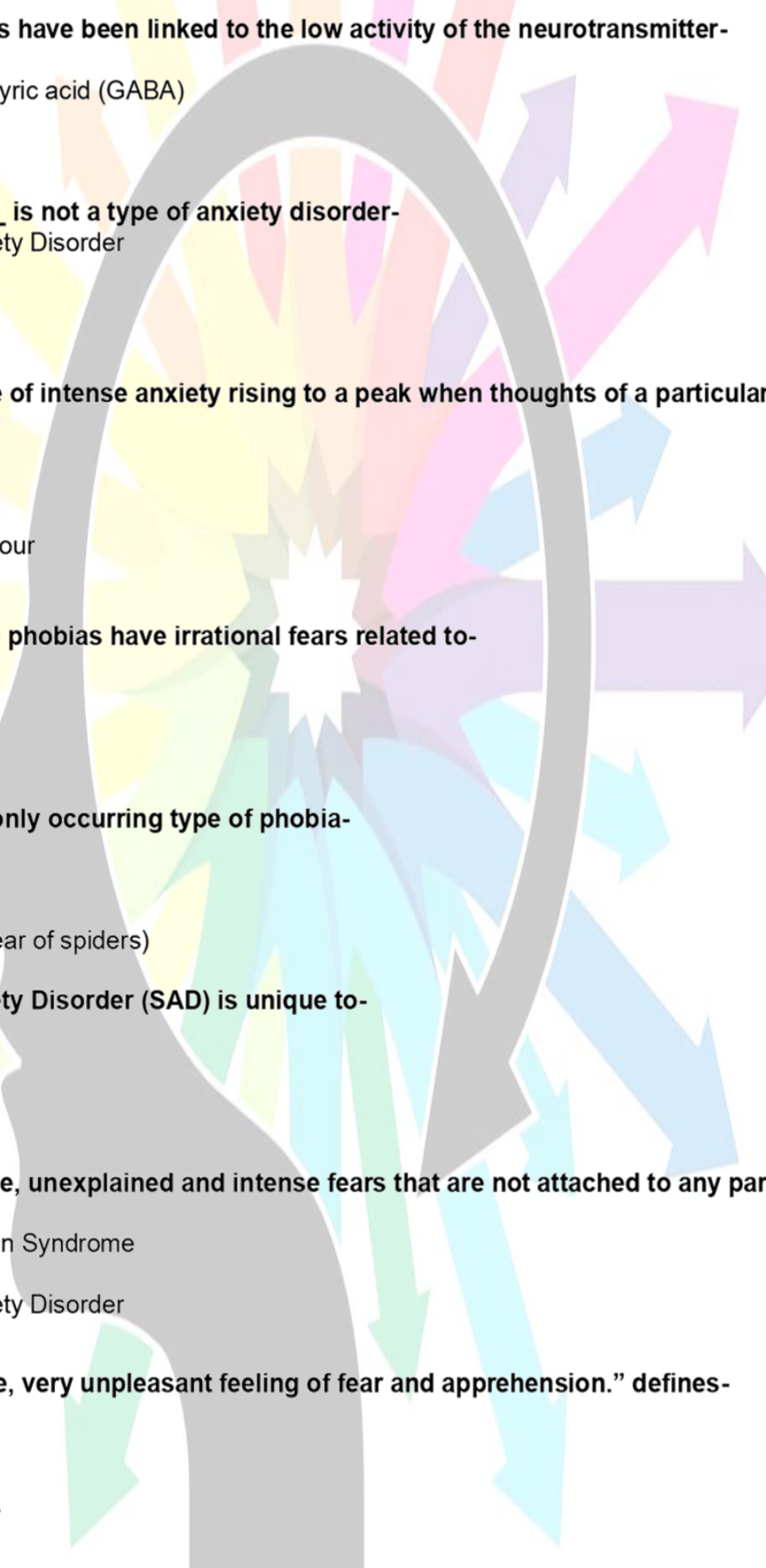
Socio-Cultural Model: Believes that abnormal behaviour is best understood in light of the social and cultural forces that influence an individual.

Social Phobias: Intense and incapacitating fear and embarrassment when dealing with others.

Specific Phobias: Most commonly occurring type of phobia which includes irrational fears of a particular stimulus.

LEARNING CHECKS 3

Multiple Choice Questions

- 
- Anxiety disorders have been linked to the low activity of the neurotransmitter-**
 - Dopamine
 - Gamma-aminobutyric acid (GABA)
 - Serotonin
 - Norepinephrine
 - _____ is not a type of anxiety disorder-**
 - Generalised Anxiety Disorder
 - Panic Disorder
 - Autism
 - Agoraphobia
 - “An abrupt surge of intense anxiety rising to a peak when thoughts of a particular stimulus are present” denotes-**
 - Panic Attack
 - Social Anxiety
 - Obsessive Behaviour
 - Exam Anxiety
 - People who have phobias have irrational fears related to-**
 - Specific objects
 - Specific people
 - Specific situations
 - All of the above
 - The most commonly occurring type of phobia-**
 - Social Phobia
 - Agoraphobia
 - Specific phobia
 - Arachnophobia (fear of spiders)
 - Separation Anxiety Disorder (SAD) is unique to-**
 - Children
 - Infants
 - Adolescents
 - Elderly people
 - Prolonged, vague, unexplained and intense fears that are not attached to any particular object indicate-**
 - General Adaptation Syndrome
 - Agoraphobia
 - Generalised Anxiety Disorder
 - Social Anxiety
 - “A diffuse, vague, very unpleasant feeling of fear and apprehension.” defines-**
 - Phobia
 - Panic Attack
 - Anxiety
 - Heart Palpitations

9. To avoid separation, _____ might fuss, scream, throw severe tantrums, or make suicidal gestures.

- A. Adults with agoraphobia.
- B. Adolescents with depression.
- C. Children with SAD.
- D. All of the above.

10. Hypervigilance and motor tension are symptoms of-

- A. Generalized Anxiety Disorder
- B. Panic Disorder
- C. Autism
- D. Agoraphobia

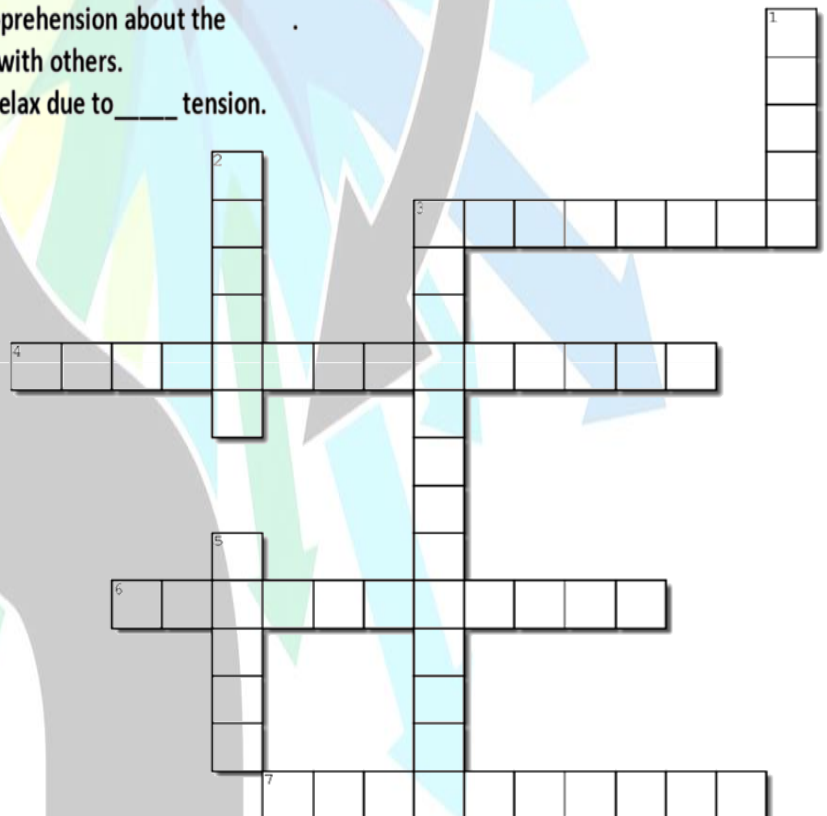
Crossword

Across

- 3. Most common type of phobia; includes irrational fears such as intense fear of a certain type of animal.
- 4. Constantly scanning the environment for dangers.
- 6. Fear of entering unfamiliar situations.
- 7. ___ anxiety disorder is unique to children.

Down

- 1. This type of disorder consists of recurrent anxiety attacks.
- 2. Symptoms of GAD include worry and apprehension about the _____.
- 3. Fear and embarrassment when dealing with others.
- 5. Person suffering from GAD is unable to relax due to _____ tension.



Answer Key

Across

- 3. Specific
- 4. Hypervigilance
- 6. Agoraphobia
- 7. Separation

Down

- 1. Panic
- 2. Future
- 3. Social Phobia
- 5. Motor

ANSWER KEY

LEARNING CHECKS 1

Answers:

1. Diathesis Stress Model
2. Id, Ego, Superego
3. Serotonin
4. Faulty / maladaptive
5. Irrational beliefs, overgeneralisation
6. Humanistic -existential

Value points

- Define anxiety
- Symptoms
- Types of anxiety disorder with symptoms

LEARNING CHECKS 2

Answers:

1. Agoraphobia
2. Post Traumatic Stress Disorder
3. Separation anxiety
4. Panic
5. Generalised Anxiety Disorder

People with phobias have irrational fears related to specific objects, people or situations. It is of the following types: Specific Phobias, Social Anxiety Disorder or Social Phobias and Agoraphobia.

Specific phobias are the most commonly occurring type of phobia. This group includes irrational fears such as intense fear of a certain type of animal, or of being in an enclosed space.

According to Social Learning Theory

- Both faulty and adaptive behaviours are a result of faulty learning.
- The mechanism of reward and punishment will decide the behaviour will be learned or eliminated.
- This phobia can be treated with techniques like systematic desensitisation, modelling or using methodology of behaviour therapy.



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DISCLAIMER

This Graphic Novel is a supportive reading and learning material created by Delhi Public School, Jaipur, to enable students to have a deeper and better understanding of the course content based on the lesson 4, Psychological Disorder of the NCERT book for Class XII.

This publication is meant as a source of valuable information for the reader. However, it is not meant as a substitute for direct expert assistance. If such level of assistance is required, the services of a competent professional should be sought.

The story has not been duplicated or plagiarised. The illustrations done by the art teacher ensure originality. This is a work of fiction. Unless otherwise indicated, all the names, characters, businesses, places, events and incidents in this book are either the product of the script writer's imagination or used in a fictitious manner. Any resemblance to actual persons, living or dead, or actual events is purely coincidental. The use of this book implies your acceptance of this disclaimer.

FROM THE PRINCIPAL'S DESK

The National Education Policy 2020, Central Board of Secondary Education plays a significant role in bringing about the much required changes in the present education system. It helps to strengthen and develop the Life Skills, along with the Vocational Skills in students and teachers to build a firm foundation for the 21st century India. NEP 2020 has given a mantra of joyful and experiential learning by integrating visual and performing arts into academics.



Every project has a birth history and here I take pleasure to share the conceptualization of the 'Graphic Novel' project. It all started in 2019 when I and Mr Sandeep Sethi visited Ms. Anita Karwal, Secretary, Department of School Education and Literacy, Ministry of Education (Chairman CBSE, Delhi at that time) to present a book named 'Khichdi' to her.

Mr. Sandeep Sethi had conceived an ingenious idea of simplifying the complex concepts in an interesting manner by integrating arts and making it an experiential learning pedagogy and shared it with me for giving it a shape wherefore I started the compilation of the book 'Khichdi'.

Ms. Anita Karwal found 'Khichdi' to be very informative, engaging and child centric way of teaching. She coined a term, 'Comic Cast', pedagogy similar to Podcast, to be used to enthuse joyful learning among children. Ms Anita Karwal got it included as a supportive teaching aid for the Food and Nutrition course with QR code immediately and thus, her enthusiasm and support excited us to embark on our new journey of creating Graphic Novels at large scale.

To inspire and embolden the educators, Ms. Anita Karwal, Secretary Education MOE and Mr. Manoj Ahuja, IAS, Chairman, CBSE, Delhi willingly joined the WhatsApp group comprising fifty schools from different states of India to create different inter disciplinary projects of Graphic Novels.

I thank Ms. Anita Karwal for her vision which turned this project into a reality. She appreciated and recognized the diligent efforts of all the participating schools. Her hand holding at each step to direct, improve and enhance our work to make the Graphic Novels more fruitful and enriching, took the projects to greater heights and enabled them worthy to be uploaded on the Diksha portal to facilitate learning far and wide. This will set an example for all the other schools to think out of the box and use innovative strategies to integrate art and make learning joyful by demonstrating experiential learning, which is the need of the hour for our young children.

I thank my Mentor Ms. Aditi Misra, Director, Delhi Public School, Jaipur, for her constant support and always motivating us to put our best foot forward. Her undaunting spirit towards excellence moves us as a school towards performing better than before with each new project. We owe our sincere gratitude to Mr. Sandeep Sethi for being a torch bearer and inspiring many schools to work collaboratively to bring out the true spirit of education.

I hope this Graphic Novel will enable our young learners to get a little more of learning.

Rita P Taneja

Principal

Delhi Public School, Jaipur

Summary

This story highlights the pain a child goes through when he has to deal with an unfortunate situation of losing a beloved one. In this story, Mohit, a fourteen year old boy, who is very attached to his father, is left shattered when he loses his father in a fatal accident.

Mohit and his father were very close to each other. They both shared common interests and felt happy and relaxed in each other's company. Mohit, a brilliant student, dreamt of becoming an engineer. His parents supported him ardently. But his father's unfortunate and untimely demise, left Mohit, aghast. Mohit went through such emotional trauma that he lost interest in anything he did. He stopped communicating with others and secured lower grades in his class. His behavioural changes made his mother extremely anxious and worried, especially when one day Mohit got panic attacks while having dinner.

On sharing this with Mohit's teacher, she was advised to take Mohit to a good psychologist. The extremely competent doctor removed all their misconceptions and explained the various causes of such psychological ailments. In detail, she explained the causes and types of anxiety disorders to his mother and the importance of the role of a psychologist.

Mohit's therapy sessions started and the mother felt relieved as she felt that her son was in safe hands and would be fine soon. Gradually the doctor applied a combination of cognitive behavioural therapy, meditation and relaxation techniques to completely treat the anxiety symptoms in him. Mohit gradually started showing good response from the therapy and the life took a normal course.

Mohit emerged as a balanced and polite person now. He made new friends, started taking care of his mother and became a successful entrepreneur in later years of his life.



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