

VIDEO SUMMARY

Monsoon Semester 05: The Second Glance

Resource person: GuruSetu | An animated series for teachers in Indian higher education

Monsoon Semester 05: The Second Glance | Monsoon Semester | psychological-literacy

Mani Anna, the lab assistant, has watched the cycle stand for thirty years. He looks twice, and he tells Arjun. Farah explains the difference between stress, distress and illness. Teachers aren't there to diagnose. They notice, they ask, and they walk the student over.

A change from the student's usual pattern, such as repeated absence or withdrawal, can prompt a private check-in. The same behaviour can have many explanations, and diagnosis requires appropriate professional assessment. They are not a single simple scale; someone may struggle without a diagnosis or live well while managing an illness.

Share relevant concerns discreetly through a suitable route, limiting information to what is needed for support. Attend to ordinary interactions and observed changes; do not monitor private phones, accounts or social media.

In practice: Choose one signal to watch for in a large class, such as three missed sessions in a row. Ask your TAs and lab staff to tell you when they notice a change.