

VIDEO SUMMARY

Spring Semester 04: After the Fourteenth

Resource person: GuruSetu | An animated series for teachers in Indian higher education
Spring Semester 04: After the Fourteenth | Spring Semester | psychological-literacy

After a relationship ends, Kabir withdraws and stops sleeping well. Arjun notices missed work, offers a manageable academic adjustment and walks with him to Farah. Dev helps through breakfast and routine. Anjali's quieter story shows that some students cannot discuss a relationship openly at home. Support begins without requiring the teacher to know every private detail.

Ask about sleep, daily functioning and what support would help; let the student choose how much personal detail to share. A short relationship can matter deeply, and dismissing distress as disproportionate makes it harder to ask for help. Arjun provides a clear alternative date for the missed quiz, reducing one immediate pressure while connecting him with support.

Regular meals, ordinary company and a return to meaningful activities can support daily life without forcing disclosure or recovery. The studies describe groups and different circumstances; an individual student may need longer or professional support.

In practice: Ask one student how they are sleeping and identify one reasonable way to help them re-engage with coursework.