

Crosswinds



Finding Calm in Life's Crosswinds

Country Lens on
New Zealand

Spotlight on
George Washington University, USA

Student Spotlight on
Santhiya Krishnamoorthy



K-GEO
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Finding calm in life’s Crosswinds

There’s a quiet truth we don’t say out loud often enough that the world is getting heavier to live in. Not always visibly. Not always dramatically. But steadily. Across continents, **nearly one in eight people** live with a mental health condition. Depression and anxiety alone affect hundreds of millions, yet most never receive the support they need. This is not just a health crisis. It’s a human one.

The weight we carry

Mental health doesn’t exist in isolation. It is shaped by the lives we lead. Like, a student battling expectation, a worker facing uncertainty, a community navigating inequality. Research shows that factors like poverty, discrimination, social exclusion, and even where you live deeply influence mental well-being. In India and across the world, the identity of people, be it caste, gender, or religion, can quietly shape emotional health. Add stigma to the mix, and many choose silence over seeking help. The result? Struggles remain invisible and untreated.

When the system falls short

Even when people reach out, help is not always within reach. In high-income countries, only about one in three people receive treatment for depression. In many low- and middle-income countries, that number drops to less than one in ten. The gap is not due to a lack of solutions. But merely due to a lack of access. To bridge this, many new approaches are emerging that are promising shifts.

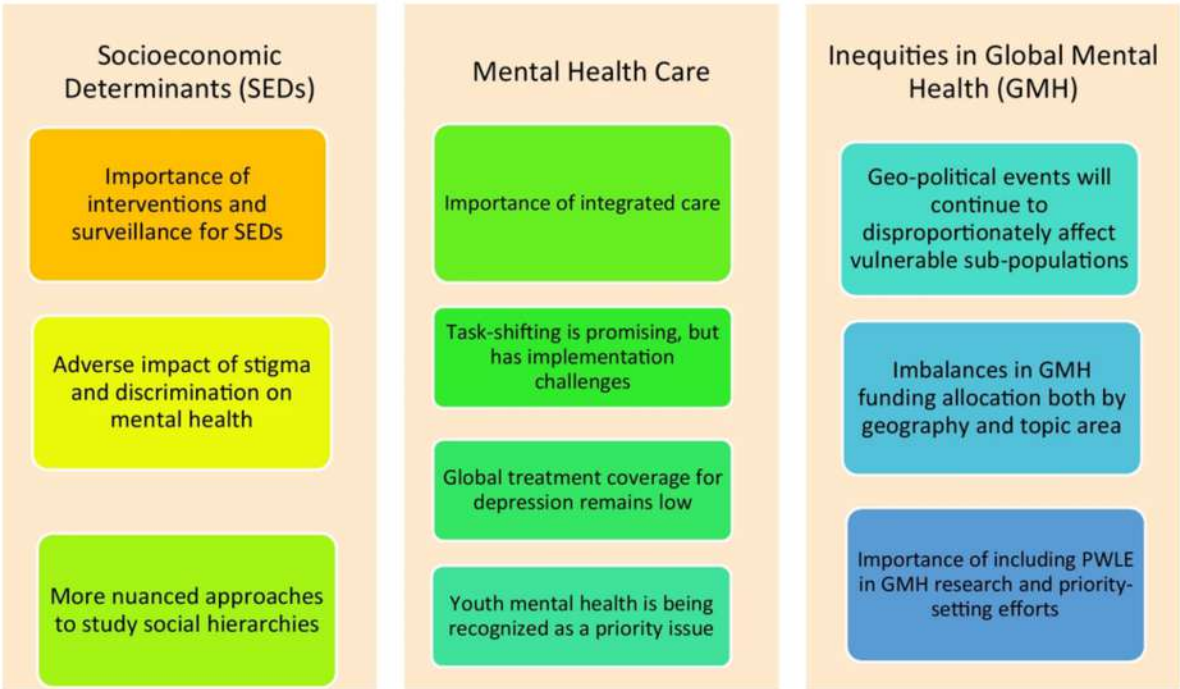
- Mental health support integrated into primary healthcare
- Community workers trained to provide basic care
- Digital platforms expanding reach

But without sustained investment and support, they remain incomplete.



A World that tests the mind

In recent years, the world itself has become a source of stress. The COVID-19 pandemic alone triggered millions of new cases of anxiety and depression. Conflicts have displaced families, leaving psychological scars that outlast physical ones. Climate change is not just an environmental crisis. It is an emotional one, affecting livelihoods, stability, and hope. Mental health today is deeply intertwined with global realities.



Summary of recent priority areas in the field of global mental health. This figure summarizes recent findings across priority areas in global mental health that are reported in this review

Cover Story

Finding calm in life's Crosswinds

The silence around it

Despite all this, one barrier remains stubborn: stigma. It shows up quietly in hesitation, in denial, in fear of judgment. It affects careers, relationships, and even the quality-of-care people receive. And it keeps the conversation where it doesn't belong in the shadows.

A shift that matters

But there is movement. Across the world, mental health is finally being recognized not as a luxury, but as a necessity. Young people are speaking up. Institutions are responding. And importantly, people with lived experiences are beginning to shape the conversation, bringing authenticity where theory once dominated. This shift matters. Because solutions become meaningful only when they reflect real lives.

Where Do We Go From Here?

The path forward is not complicated, but it requires commitment. We need to:

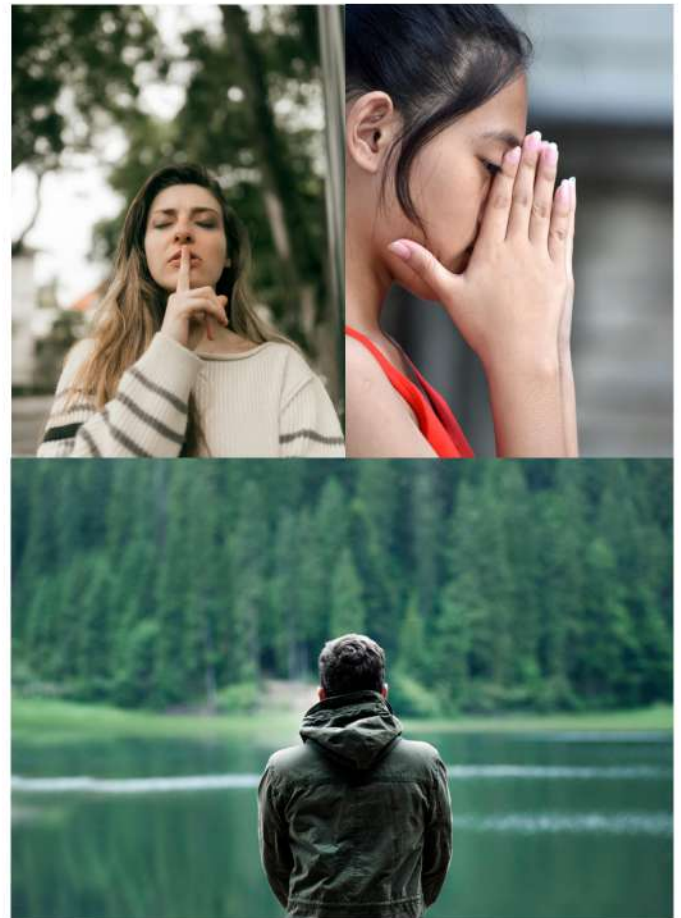
- Treat mental health as essential, not optional
- Invest in accessible, community-based care
- Build systems that reach the most vulnerable
- Normalize conversations before crises emerge

Most importantly, we need to learn to listen without judgment, without urgency to fix, but with a genuine intent to understand.

In the End

Life will always have its crosswinds. Sometimes unexpected, most of the time uneven, and at times overwhelming. But resilience is not about avoiding the storm. It's about learning how to navigate through it with support, awareness, and care. Because no one should have to steady themselves alone. As we mark World Mental Health Month, this is more than a moment of awareness. It's a reminder to act. To check in, to reach out, and to make space for conversations that matter. Because mental health cannot remain a once-a-year discussion. It has to become part of how we live, every single day.

***Crosswinds is not just about understanding the world around us.
It's about understanding what's happening within us—and choosing to respond.***



**Reference article: Global Mental Health: Where We Are and Where We Are Going, Current Psychiatry Reports (2023) 25:301–311
<https://doi.org/10.1007/s11920-023-01426-8> (Springer Article)**

Across Borders, Within Minds: My Journey in Psychology and Mental Well-being

What began as curiosity about human thoughts grew into a life-changing journey. I started psychology at Kumaraguru College of Liberal Arts and Science to understand myself and others. This evolved into a deeper passion, leading me to the University of Aberdeen for an MSc in Business Consulting and Psychology. Moving from Coimbatore to Aberdeen shaped me academically and personally. Having travelled across 28 countries, I learned that despite differences, human emotions are universal—a belief guiding my academic and personal choices.



Santhiya Krishnamoorthy,
Class of 2023
B.Sc. Psychology

Why I Chose to Study Psychology

Psychology was never just a course. It answered my lifelong question: why do people think, feel, and behave as they do? It helped me understand myself and others. Growing up observant, I sought meaning in people's actions and silences. Psychology gave me that framework, teaching empathy, boundaries, and respect for inner worlds. It transforms not just careers but individuals. In a world that ignores emotions, psychology is powerful—especially for young women, offering language, confidence, and the ability to advocate for themselves and others.



What motivated an International Education?

My motivation to study abroad came from a desire to grow beyond classrooms. A study trip to Malaysia during my undergraduate years exposed me to diverse perspectives and made me realise that I wanted transformation, more than a degree. This led me to the unique MSc at the University of Aberdeen, combining psychology and business. Visiting the university confirmed my choice. Its calm, welcoming environment and global outlook made it the perfect place for both academic and personal growth.

My Experience at the University of Aberdeen – Academic and Cultural

Arriving in Aberdeen was challenging, but the warmth of people helped me settle. My diverse cohort taught me cultural exchange, respect, and collaboration. Academically, the programme was rigorous, blending business and psychology with real-world exposure. More importantly, I witnessed inclusive mental health support—like a classmate with ADHD receiving full support and excelling. Balancing work and study was tough, but faculty support and counselling helped me recover. The key lesson: mental health comes first, and institutions must actively support it.



Student Spotlight

How would you compare the mental health support in India and UK?

In the UK, mental health is openly supported through institutional systems and cultural acceptance. In India, stigma still exists, though change is emerging. Young people are speaking up, demanding support and safe spaces. Progress is visible in institutions like KCLAS. However, India needs a cultural shift to normalise conversations and consistently encourage help-seeking. Mental health care must go beyond treatment to empathy, community support, and awareness, ensuring no one suffers in silence when help is possible.

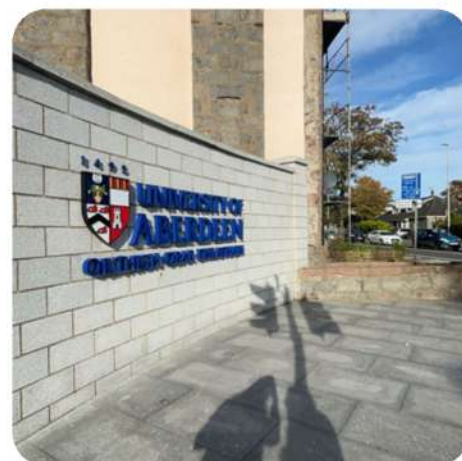


Student-Led Mental Health Initiative

During my final year at KCLAS, I served as Psychology Department President and helped launch Coimbatore's first student-led mental health forum. Initially, stigma slowed participation, but gradually, conversations opened and trust grew. Even after I left for Aberdeen, the forum continued. Today, students still reach out for guidance. That continuity proves impact. Such forums are essential, as they are not symbolic, but real spaces where students feel safe to express themselves and seek help without fear or judgment.

What India Must Build On

India can build a strong mental health culture through collective effort. First, normalise open conversations by creating safe, stigma-free spaces. Second, institutions must balance academic rigor with empathy through flexible policies. Third, improve access to counselling and peer support systems. Finally, focus on prevention by creating environments that reduce pressure and promote balance. Small shifts in mindset, policy, and conversation can enable students not just to cope, but to truly thrive.



Advice to Future Students on International Education

If you plan to study abroad, be ready for discomfort—it drives growth. Focus on relationships, not just academics; the most valuable lessons come from people and experiences. Prioritise mental health early and use available support systems. Stay rooted in your culture while embracing others. Travel and explore. Remember, a degree is not the destination—it's a tool. The real outcome is becoming more adaptable, empathetic, and globally aware. Hold on to your curiosity throughout the journey.

Closing Note

Dear KCLAS juniors, international education is about breaking personal barriers. Normalise "barefoot counselling". Practice simple acts of checking in and listening. Mental health heals through connection, not just medicine. Let's build an India where mental health is openly valued. Be observant, supportive, and courageous—both for others and yourself.

Article by
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George Washington University: From the heart of the Capitol City

The George Washington University (GW) is a comprehensive global research university located in the heart of Washington, D.C., just blocks from the White House. More than 14,000 graduate students from around the world come to GW to develop cross-cultural competencies, build international networks, and prepare for success in the global setting.



GW School of Business

The School of Business's prime Washington, D.C. location provides distinctive advantages. Our faculty includes experts from the public, private, government, and non-profit sectors, bringing real-world experience directly into the classroom. Students gain access to exceptional opportunities in one of the world's most dynamic job markets.

Our pedagogical approach is outcome-focused, moving beyond technical skills to provide the strategic knowledge and insights needed for executive-level decision-making. Our 53,000+ alumni network includes Fortune 500 CEOs, government leaders, and senior executives across industries ranging from consulting to politics.

Kumaraguru-GW Partnership

This collaboration enables qualified Kumaraguru students to pursue graduate studies at GW School of Business across multiple disciplines, preparing them for the rapidly evolving global economy.

Accelerated Pathway to Master's Degree:

Kumaraguru undergraduates can earn a Master's Degree from GW School of Business through an accelerated pathway. By completing 6 graduate-level credits during their undergraduate studies, students can:

- Complete their Master's Degree in three semesters
- Reduce overall time to degree and program costs
- Maximize their experience through summer internships

Key Benefits:

Exceptional Financial Value: By completing two approved courses at Kumaraguru, students automatically receive a 20% tuition discount toward their Master's Degree. Admitted students can receive up to an additional 35% scholarship on remaining credits through our holistic application review process. This brings the total tuition cost to approximately \$32,385 USD compared to the standard \$62,280 USD for a 30-credit program—a combined savings of approximately 50%.

- **Comprehensive Support:** Full access to university facilities, Graduate Advising, and the F.D. Fowler Career Center
- **Work Authorization:** CPT and OPT eligibility; STEM-designated programs qualify for up to 36 months of Optional Practical Training
- **Simplified Admissions:** No GRE/GMAT required

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Global Engagements

From Classroom to Community: A Transformative Learning Journey in Water Quality at Kumaraguru Institute of Technology



The three-day international engagement at Kumaraguru College of Technology (KCT), from 16–18 April 2026, moved smoothly from foundational learning to real-world application. Anchored around the visit of Prof. Hadas Mamane, Professor, Faculty of Engineering, Tel Aviv University, Israel, and her team, the programme offered students of the NPTEL+ (National Programme on Technology Enhanced Learning, by IIT Madras) course on Water Quality and People's Water Data an immersive, experience-driven understanding of environmental science.

The journey began on Day 1 with a thoughtfully designed orientation that laid the scientific and conceptual groundwork. Through engaging discussions, students were introduced to the principles of People's Water Data, water quality indicators, and rigorous sampling methodologies. The emphasis was not just on techniques, but on the why of the role of community-driven data in sustainable water management. Equipped with sampling kits and clarity of purpose, students transitioned from passive learners to field-ready investigators.

On Day 2, learning moved beyond the classroom into the Mannar tribal village, where theory met practice. The 13 students registered actively collected around 130 water samples, engaged with the local community, and contributed to live data platforms. The experience extended into the laboratory, where they analyzed samples, interpreted results, and connected environmental observations with scientific evidence.

The programme culminated on Day 3 with a rich blend of outreach, collaboration, and innovation. Interactions with school students and the *Siruthuli* NGO highlighted the social dimension of water sustainability, while the international masterclass introduced cutting-edge advancements in water disinfection technologies. These engagements expanded the students' perspectives from local action to global solutions.

Overall, the programme created a coherent learning arc, moving from knowledge to action to reflection—while laying the foundation for future initiatives in real-time water monitoring and sustainable environmental stewardship.

The 3 day event was jointly organised by the Department of Civil Engineering, KCT, Kumaraguru Microcosm Team, K-GEO and Siruthuli, NGO.

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PSA Malaysia Sustainability Benchmark Visit 2026: From Observation to Action



The PSA (Politeknik Sultan Salahuddin Abdul Aziz Shah) Malaysia Sustainability Benchmark Visit 2026 at Kumaraguru Institutions (KI), Coimbatore, held from 27–29 April 2026, marked a decisive shift from sustainability dialogue to measurable, action-driven implementation. Conceived as a working engagement rather than a ceremonial exchange, the visit enabled PSA Malaysia's leadership and academic teams to closely benchmark KI's sustainability infrastructure, academic frameworks, and student-led innovation ecosystem.

The conclave commenced with a formal inauguration led by the Director of Global Engagements, setting a clear and ambitious tone for the engagement. The opening session underscored the urgency of transitioning toward net zero ecosystems, positioning educational institutions as key accelerators of change and emphasising the power of collaborative intelligence over isolated efforts. An institutional overview of Kumaraguru Institutions further highlighted its strengths in student-led sustainability initiatives, rural development and livelihood programmes, and integrated academic–industry engagement models—signalling that this was not a routine exchange, but a commitment to scale meaningful impact. This engagement was not an isolated initiative but part of a growing international partnership anchored in sustained collaboration.

The benchmarking visit was formally inaugurated by Mr. Saravana Kumar Kumaravasagam, Consul General, who set a clear and forward-looking direction for the engagement. In his address, he emphasised that such visits must move beyond observation, urging institutions to translate collaborations into immediate, outcome-driven joint initiatives. He also highlighted India's rich cultural heritage, noting that institutions have a unique opportunity to showcase their cultural diversity as a strategic strength—one that can attract global partnerships and deepen international academic engagement.

Building on the COIL (Collaborative Online International Learning) programme and the 2025 intercultural sustainability workshop involving India, Malaysia, and Germany, the visit represented a transition from virtual knowledge exchange to immersive, on-ground validation. It reinforced a shared commitment to answering pressing global questions: how institutions can operationalise net zero goals, and how academia–industry partnerships can co-create scalable climate solutions.

PSA Malaysia Sustainability Benchmark Visit 2026: From Observation to Action

The programme unfolded as a carefully layered experience integrating strategy, application, and reflection. Initial sessions established alignment through PSA's Smart Green 2030 Roadmap, presenting structured approaches to governance and carbon reduction. This strategic lens was complemented by direct exposure to KI's campus systems, where sustainability is embedded into everyday operations. Delegates examined solar energy infrastructure, IoT-enabled monitoring systems, water and waste management cycles, and KI's achievement of 100% wastewater recycling, demonstrating that sustainability becomes credible only when it is measurable and continuously monitored.

Experiential learning played a critical role in deepening understanding. Field visits to agricultural, industrial, and ecological sites highlighted circular economy practices, renewable energy applications, and conservation-driven land use. Academic and technical presentations further showcased interdisciplinary innovation, bridging engineering, design thinking, and policy frameworks to address sustainability challenges across sectors.

One of the most compelling outcomes of the visit was the recognition of students as central to sustainability transformation. KI's innovation ecosystem illustrated how learners evolve into practitioners—designing renewable technologies, building energy-efficient systems, and contributing to entrepreneurial solutions. This reinforced a key insight: institutions that function as living laboratories create the most durable and transferable sustainability impact.

The visit culminated in a forward-looking collaboration roadmap that extends well beyond benchmarking. Planned initiatives include joint research, co-developed curricula, faculty and student mobility, shared net zero frameworks, and AI-driven sustainability solutions. More importantly, the engagement established mutual trust, a shared vocabulary, and a clear strategic direction. What began as a benchmarking exercise has now evolved into a long-term partnership—positioning KI and PSA Malaysia to collaboratively shape scalable, global sustainability pathways.



Global Engagements

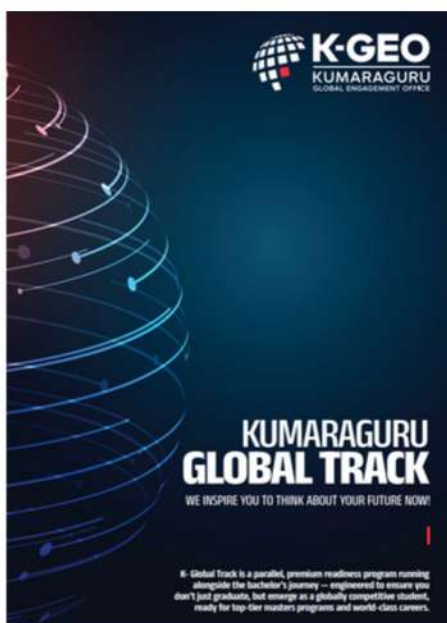
Global Masters Acceleration Program (G-MAP) Level 103

The second phase of the 3-day G-MAP Level 103 (Global Masters Acceleration Program) for the Kumaraguru School of Innovation brought together 28 highly engaged students from CSE, IT, and AI & DS, focused on preparing students for the next stage of their global education journey—application readiness.

Through a series of hands-on sessions, students actively worked on scholarship scouting, crafting Statements of Purpose (SoP), building academic CVs, and strengthening their LinkedIn profiles.

A key highlight was the Admission War Room simulation, where students evaluated sample profiles to understand how universities assess applicants, helping them rethink and strengthen their own positioning. The program also emphasised peer learning, with students reviewing and refining each other's SoPs for clarity and impact.

To ensure sustained progress, participants developed a structured 11-month action plan and compiled all their work into a digital portfolio using Google Microsites. By the end of the program, students moved beyond awareness to clear, strategic preparation, equipped with essential application materials and a roadmap to confidently pursue global higher education opportunities.



WHAT HAPPENS ACROSS 4 YEARS A structured ascent — not a last-minute sprint!	
Every year of K-Global Track is intentionally designed. While your bachelor's program builds knowledge, K-Global Track builds the global professional identity that top masters programs look for — and rarely find. Through Global Masters Acceleration Program (G-MAP) you get an individually crafted global career plan, reviewed and recalibrated every year by a dedicated counsellor.	
Year 1 Foundation Global Mindset & Self-Discovery	Personality & Strengths profiling Global education systems Expectations of top Universities Foreign Languages – French / German / Japanese Cross Cultural awareness
Year 2-3 Build Portfolio Building for top Global Universities	Academic Performance guidance Curated Community Projects Certifications aligned to Career goals Guidance on Research and Publications Leadership experiences Global alumni Mentorship Opportunities in Global Competition
Year 3 Accelerate the Global preparedness	University and Program shortlisting strategy On-campus Coaching – GRE/ IELTS SoP Crafting with experts Writing research proposals International Immersion Summer program / Volunteering Guided Industry Internships Financial Planning Guidance Cross-Cultural Intelligence training
Year 4 Transition Advance through personalized guidance	Year / semester Abroad Program with Partner University Application dossier Scholarship submission Financial Readiness Visa, Pre-departure coaching Progression to Partner University for Fast Track Masters

For International HEIs

K-GEO's G-MAP program develops students who are application-ready, with SoPs, CVs, portfolios, and clear plans in place.

We invite institutions to partner with us to identify and engage high-intent, well-prepared students early, through targeted sessions and interactions.

Connect with K-GEO to build a stronger, ready student pipeline.
geo@kumaraguru.edu.in

New Zealand

Country Lens



Capital	Wellington
Currency	New Zealand Dollar (NZD)
Population	52,83,104 (Approx. as per 2026)
Major cities	Auckland, Wellington, Christchurch, Dunedin, Napier-Hastings, Tauranga, Nelson
Industry	Agriculture, Forestry, Horticulture, Seafood, Construction, Finance, Energy, Health Care, Health Technology, Tourism and Hospitality
GDP	\$278.64 billion USD (Estimate)
Higher Education Institutions	25 universities and colleges
Academic cycles	Two primary intakes February and July Additionally November and Rolling
Popular Programs	Business, Management, Computer Science, Built Environment, Biological Sciences, Public Health
Post-study options	Students completing qualifications equivalent to Level 7 in New Zealand is eligible for Post-study work visa valid upto 3 years. Awarded to those who have a valid job offer and allows dependents to travel to New Zealand.
Visa policies	To obtain a student visa, you need an admission offer, flight ticket proof, sufficient funds for one year of living, and required documents. The visa validity depends on the program duration.

Perspectives

Higher Education News around the Globe

New research finds global youth moving away from Western study destinations



New research finds global youth increasingly drawn to non-Western governance models and study destinations

Two important new global studies – the 2025 iterations of the British Council's Global Perceptions survey and QS's Global Student Flows project – suggest that youth are craving certainty in an increasingly unpredictable and volatile world, and...

ICEF Monitor / Apr 24

- Global student preferences are shifting beyond traditional destinations like the US, UK, Canada, and Australia, with growing interest in Asia and the Middle East. Students are prioritizing affordability, safety, and clearer career pathways.
- Tightening visa rules and higher rejection rates—especially for applicants from India and Africa—are pushing students to explore alternative destinations, accelerating “South–South” mobility trends.
- Youth perceptions of governance are evolving, with increased value placed on stability, predictability, and strong leadership over traditional liberal democratic ideals.
- Emerging study destinations are gaining influence, intensifying global competition for talent and reshaping future academic, economic, and geopolitical partnerships.

<https://monitor.icef.com/2026/04/new-research-finds-global-youth-increasingly-drawn-to-non-western-governance-models-and-study-destinations/>

New Zealand a sought after study destination: Even before a decade

- New Zealand has achieved a major international education target nearly a decade ahead of schedule, signalling strong global demand for the destination.
- Around 22% of prospective international students now rank New Zealand among their top choices, placing it within the top tier of global study destinations.
- Growth is driven by factors such as quality education, student experience, and post-study opportunities, making the country increasingly competitive globally.
- However, rapid success may bring policy tightening risks, as seen in other countries, highlighting the need for sustainable growth strategies.

<https://thepienews.com/new-zealand-hits-study-destination-target-a-decade-early/>



New Zealand hits study destination target a decade early

New Zealand has hit a key international education target nearly a decade ahead of schedule, according to a new survey by Education New Zealand (ENZ).

The PIE News / Apr 24

India's TNE Push Reveals Workforce Gap



India's TNE push is exposing a workforce challenge universities are not addressing

As India experiences a transnational education (TNE) boom, Annette Ord explores the very real practicalities that institutions often overlook when opening overseas branch campuses.

The PIE News / Apr 23

- India's transnational education (TNE) growth, driven by National Education Policy 2020, is accelerating—but universities are underestimating the complexity of workforce planning.
- There is no single staffing model: differences in labour laws, immigration rules, and programme types make it difficult to replicate UK/US hiring structures in India.
- Heavy reliance on short-term or “flying faculty” creates long-term risks in consistency, quality, and visa compliance as programmes expand.
- Workforce challenges emerge at the programme level, not strategy level, making flexible, locally compliant staffing frameworks essential for sustainable TNE delivery.

<https://thepienews.com/indias-tne-push-is-exposing-a-workforce-challenge-universities-are-not-addressing/>

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