



Mental health & Wellness Services

Presents

Manotsava™: Mann ka utsav



Chief Guest:

Sh. Anil Vij, Honorable Health Minister, Haryana

Chief Guest's Message

मानसिक स्वास्थ्य महत्वपूर्ण है, हम इसे कितना भी नकार दें, यह अधिक से अधिक महत्वपूर्ण होता जा रहा है। आँकड़े हमें मानसिक स्वास्थ्य के मुद्दों से जुड़ी रुग्णता का एक कठोर अनुमान देते हैं, ना केवल सामाजिक दृष्टि से, लेकिन आर्थिक दृष्टि से भी, जैसा कि WHO का अनुमान है कि भारत को मानसिक स्वास्थ्य संबंधी परेशानियों कि वजह से, 2012 से 2030 के बीच 1.03 ट्रिलियन डॉलर का नुकसान होगा।

एक ओर हम समझते हैं कि हमें इस क्षेत्र में अधिक जागरूकता और शिक्षा की आवश्यकता है, दूसरी ओर हम इस तथ्य से भी सीमित हैं कि हमारे देश में प्रति 100000 लोगों पर 0.75 मनोचिकित्सक हैं। इसलिए, हम स्वास्थ्य और कल्याण के क्षेत्र में सभी हितधारकों को शामिल करके मानसिक स्वास्थ्य में सुधार की जिम्मेदारी का विस्तार करना एक व्यवहारिक हल के तौर पर देख रहे हैं।

मैं मनस्थली की संस्थापक डॉ ज्योति कपूर द्वारा उठाए गए कदम का स्वागत करता हूँ, जिसमें एकीकृत मानसिक स्वास्थ्य की शुरुआत की गई है, एक अवधारणा जो न केवल आज प्रासंगिक है बल्कि हमारी अपनी

पारंपरिक चिकित्सा प्रणालियों के साथ भी प्रतिध्वनित एहोती है। योग और आयुर्वेद में मन और व्यक्ति की मानसिक संरचना को प्रमुख महत्व दिया गया है। स्वस्थ और खुश रहने के लिए नियमित जीवनशैली उपायों के माध्यम से शारीरिक और मनोवैज्ञानिक पहलुओं को संतुलित किया जाता है और असंतुलन को ठीक करने और बहाल करने के लिए दवाएं निर्धारित की जाती हैं। मुझे यह जानकर खुशी हुई कि डॉ ज्योति कपूर द्वारा आधुनिक वैज्ञानिक समझ और पारंपरिक ज्ञान को एक साथ लाकर इसी तरह की नीति अपनाई जा रही हैं जो निश्चित तौर पे इस समस्या का समाधान करने में हमारी मदद करेगी।

मनोत्सव कहे जाने वाले मन के इस उत्सव में चिकित्सा विशेषज्ञों, पारंपरिक चिकित्सा विशेषज्ञों और सामाजिक स्वास्थ्य के क्षेत्र में हितधारकों को लाने का उनका प्रयास सराहनीय है और मुझे विश्वास है कि यह एक बेहतर व्यक्तिगत कल्याण और बेहतर सामाजिक कल्याण के लिए आगे का रास्ता खोलेगा।

मैं डॉ ज्योति और टीम मनस्थली के साथ-साथ इस कार्यक्रम में उपस्थित सभी प्रतिनिधियों और प्रतिभागियों को शुभकामनाएं देता हूँ।

जय हिन्द!



Our Patrons



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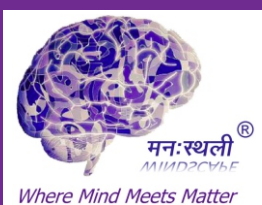
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MindScape *Where Mind Meets Matter*

Theme - Making Mental Health a Global Priority Through Integrative Approach
News Letter - October - December 2022

Senior Editor : Dr Jyoti Kapoor

Editor : Aishwarya Raj

Asst. Editor : Mehak Thukral

"The problem with the stigma around mental health is really about the stories that we tell ourselves as a society."

Matthew Quick

News and Events

INTERNATIONAL

1. One hour walk in nature reduces stress-related brain activity and the risk of developing mental health problems, says a study reported by Max Plank Institute for Human Development.
2. A new study reported by University of Colorado suggests that therapeutic interventions in Neuro developmental disorder may be more effective if done during the early stages of brain development.
3. Music can help people with dementia to connect better with their loved ones as music memories may remain in a person after they may lose their language related abilities, as reported by Northwestern University.
4. Replacing 30 minutes of social media use with the physical activity can improve your mental health by enhancing the levels of happiness and reducing the stress, as suggested by a study conducted by Ruhr Universitat Bochum.

NATIONAL

1. Maharashtra state Road Transport Corporation (MSRTC) will soon start training program for the drivers and conductors that will address their stress factors.
2. Gujarat High court to start a mental health initiative for the prisoners. The psychosocial support centres will help in rehabilitation and reintegration of the prisoners.
3. The 'MaNaM' by Tamil Nadu State government started an initiative for medical students. It is aimed at suicide prevention and providing psychological support to the students.

LOCAL @Manasthali

1. Manasthali's Mental Health support helpline successfully completed an year. The helpline received around 500 calls from various parts of the country.
2. Manasthali celebrated the essence of friendship by conducting an offline meet with the members of the support group on the occasion of Friendship's day.
3. Manasthali proudly presents Manotsava™: Mann ka Utsav, a mental health festival on 9th of October 2022. The festival is aimed at addressing the stigma associated with mental health and making it a global priority.



Manasthali's
Mental Health Support Helpline
(Psycho Education, Guidance, Support)
85277 52775 चलो बात करें



EDITORIAL

World Mental Health Day 2022

Make mental health & well-being for all a global priority



The world has been increasingly recognizing it since a long time that as the human civilization is technologically advancing and solving problems of the physical world, greater challenges are appearing in terms of satisfaction and wellbeing. We are waking up every day to the news of purposeless violence, abuse and suicide among the youth that is the future of our world while struggling with multitude of anxieties, insecurities and doubts. In 2021 the UN Secretary-General said that, without determined action, the impact of COVID 19 on mental health may last far longer than the pandemic itself. In the midst of it all, making mental health a priority looks like a rational thing to say but how do we go about it?

The balance of life depends on a hierarchy of sorts in the physical realm. A child is born helpless and has to be trained to become strong and independent. This process takes acceptance of baby's inherent dependence and a belief that with time and proper parental guidance, child will learn to walk, talk and take care of herself. But learning takes time and patience, one can't put a chip in the brain of a living being, well at least not at the moment and expect it to become mature overnight. Both physical and psychological growth happens according to a predetermined speed, unless its hampered by an injury or a pathology, when it happens too fast, even then it causes problems.

But we are in a fast paced world, and we appear to be running a race against time while trying to make

time for everything. We want everything overnight and we have developed technology to fast forward most things, transportation, communication, manufacturing processes. We are even trying to fast forward production of food crops, plant life, human intelligence, learning skills, all in the name of development. We are forgetting the value of waiting and letting the messages seep into our system and build a memory.

If we want to make health a global priority, we should be able to understand what is healthy and what is not healthy. Not just for our individual self, but our environment as well, not just for our physical self but our mental and spiritual self as well!

If you ask me how, I would ask you to take a pause, let the baby crawl before walking, stammer before talking and be with the natural rhythms of sun, moon and flowers. I am not asking you to go back to the jungle and start living on the trees, I am asking you to learn to wait for the buds to gradually open up the petals and become a flower while accepting that after a while, it will shrivel and die.

It's all right, we are all together in it!

Dr Jyoti Kapoor

Consultant Psychiatrist and Psychotherapist

WHY MENTAL HEALTH NEEDS TO BE A GLOBAL PRIORITY?

Of all the lessons we have learned over past few years, the most important, possibly, is to focus on aspects of our lives that we have been taking for granted. While physical health and well-being certainly top the list of things we must pay attention to, there is no better time to address the other equally important priority: mental health.

It is impossible to ignore the fact that the pandemic has intensified feelings of distress. On the one hand, loneliness and isolation can have debilitating effects on our morale, while on the other, the constant fear and uncertainty leaves us feeling helpless. There are few things more distressing to the human psyche than a complete loss of control, and the Covid-19 pandemic has forced us to take stock of our resources in such challenging experiences.

Although this year has seen the rapid emergence of mental health into public discourse, there is a lot more that needs to be done. Unfortunately, partly due to ignorance and primarily due to apathy, we remain grossly unprepared to tackle the fallout of a mental health crisis. From a shortage of mental health professionals and gaps in training to a society still riddled with stigma, the challenge is vast. Awareness remains focused on urban areas and, more specifically, to the digitally empowered, and while that can be considered progress, it is certainly not enough. Mental health has significant implications for the human race, just like climate change, security, and sustainability, and therefore it needs to be treated with the same importance.

As most countries currently do, spending a minuscule portion of health budgets on mental health is not a display of urgency or intent. As we move into the new year, it may be more useful to reflect on community-driven impact solutions and opportunities. As with any transformation, the real impact comes from a systemic change that needs to be consistent and sustained over a prolonged period. Mental health interventions need to recognise individual distress, but they need to do so with the collective interest of a society invested in well-being.

Given the sheer enormity of the challenge, mental health needs to be a collective priority, with stakeholders at every step of the chain taking responsibility to contribute effectively. For instance, in the corporate sector, employee mental health must be on the boardroom agenda, even after the risk of physical illness diminishes either because of the vaccine or other changes. Companies should invest in their employees' psychological well-being because it is the right

thing to do. A robotic focus on productivity has only hastened a decline in our mental health; continuing that approach could prove to be disastrous.

When we talk about holistic change, it can be easy to fall into the usual trap of focusing on business, government, and the development sector, but the shift required is more comprehensive than that. Consider the design of our academic curriculum across age groups, for example. We need to look at how these models serve our youth and whether they are equipping them with the appropriate resilience-building techniques if ever they are faced with a distressing life situation.

This phase is an opportunity to ask uncomfortable questions and make the changes that will serve us for generations. A narrow-minded approach to damage control is going to be ineffective in the long run. Economic sustainability is crucial, but if the pandemic has taught us anything, focusing purely on capitalist metrics such as profitability at the cost of humanity, happiness, and peace of mind can be catastrophic. Acting with urgency is not just a practical alternative but a prerogative for us to progress as individuals, communities, and nations.

Mental health services must be incorporated as a core component of health systems and must be clear in calls for comprehensive primary health care.

Most fundamentally, any response to the global challenges of mental health will only succeed if it addresses the multiple social, political and economic determinants of the problem. This World Health Day should provide the impetus for transforming how we understand, and respond to, the problem of mental illness, to give the issue the priority it needs and deserves.

Self Help Tip - When you start to think about what you “should” be doing right now, reframe your thoughts in terms of what you actually want, would like, or can do. “Shoulds” often come with judgment and guilt—not great for mental health. Instead of telling yourself “I should do X,” tell yourself what you actually would like to do in the moment, want to do in the moment, or can do in the moment.

Aishwarya Raj
Consultant Clinical Psychologist

Insights from the Vedic Lore - 3

Mind & its dimensions

Part - 1

In English language, Mind is synonym for Mann. Mind alone is the cause of bondage and freedom for understood as a function of the brain, the faculty that human beings. Mind attached to sense objects is (the integrates the information brought in through the senses cause of) bondage and devoid of the desire for objects is which is converted into a perception of the physical considered free. (2)

world and based on this construct, reactions, responses and behaviors are created. It's a physical construct of the physical world that we perceive and even though it appears incomplete at times, because the mind seems to have a mind of its own when it's acting despite what's been perceived as real , it works for most practical aspects of our living in the physical world.

But beyond the physical mind, I am calling it physical because it's a function of the physical brain and all those Neuro chemicals that are there at physical level, there is something more subtle. Modern science and psychiatry is grappling with the idea now but our ancient texts have been exploring the concept forever.

I am reminded of the following verse from the Amritbindu Upanishad-

**मन एव मनुष्याणां कारणं बन्धमोक्षयोः ।
बन्धाय विषयासक्तं मुक्तम् निर्विषयं स्मृतम् ॥२॥**

**शब्दादिरूपं भुवनं समस्तं
शब्दादिसत्तेन्द्रियवृत्तिभास्या ।
सत्तेन्द्रियाणां मनसो वशे स्या-
न्मनोमयं तद्भुवनं वदामः ॥८॥**

The whole world is in the form of the five senses perceptions, such as sound, sight, taste, smell and touch. The existence of the sensations is revealed by the corresponding thoughts. The sense organs and the sensations are under the control of the mind. Let us say, therefore, that the world is purely mental, projection of the mind. (Verse 8)

The Vedic darshan thus focuses on freeing the mind of the impressions of the sense organs by shifting the focus away from the physical sense perceptions, but one may ask , 'shifting towards what'. That 'away from sense perceptions' is towards the subtle aspect that baffles us. Why I feel sad when everything in the external world tells me 'it's fine', is answered by modern psychiatry as an imbalance of neurotransmitters. But how do I adjust that imbalance and make it balanced is addressed by ancient lore by focusing on the self beyond the physical perception of the self and the world.

Sri Aurobindo, in 'The Hierarchy of Mind', describes the different levels of mind, from physical to subtle, a concept difficult to intellectualize and put in words.

For the sake of relevance to our physical existence, the inward focus towards an understanding of self can be achieved by removing the layers of sense perceptions, so my practice

“Close your eyes

Visualize yourself not as how the others look at you

But how you would want to look at yourself

And strive to be that”

Dr Jyoti Kapoor

Consultant Psychiatrist and Psychotherapist

STIGMA & DISCRIMINATION: BARRIER TO GLOBAL WELL-BEING

According to reports by WHO, 1 in 8 people in the world is affected by mental health issues but very few of these make it to psychiatric clinics or seek out help from a mental health professional.

What could be the reason for this? When we list down the factors that may affect the help-seeking behavior of an individual in terms of mental health, the stigma associated with these tops the list. The negative perceptions that one carries are noted barriers in accessing mental healthcare and help-seeking. Most studies report perceived stigma is one of the considerable hindrances in mental healthcare and recovery. This reason can also be held accountable for underreporting the various mental health issues and makes it difficult to report the exact number of people seeking treatment. The statistics around various mental health topics also vary. Other factors may include lack of knowledge of one's symptoms, not knowing where and how to access mental healthcare, and inability to identify resources that are made available to them. Here we will be focusing on stigma and negative beliefs.

Stigma can be seen as the complex social process that involves labeling others, devaluation, and discrimination around a concept that includes social, emotional, and cognitive components. It can exist on different levels simultaneously. Stigmatization can be Intrapersonal (self-stigma), Interpersonal (stigmatization by others), and structural (includes discrimination or exclusionary laws and policies).

Stigma may stem from fear as well as a lack of awareness and understanding. The negative attitudes and behaviors that people with mental health issues face might lead to the feelings of being devalued, dismissed, and dehumanized in various interactions they have. decision-making and marginalized,

These lived experiences can include threats of coercive treatment options, feelings of being excluded in feeling the loss of independence, inadequate policies and measures while seeking treatment, infrastructural inadequacy, and many more. The discrimination and prejudice that has been rooted in our society can come out in subtle forms but is capable of causing cascading negative effects on an individual as well as on their care givers.

Stigma, discrimination, and negative attitudes can actively contribute to worsening of symptoms, episodes of relapse, seeking professional help, and affecting family dynamics. It is also a chief reason that compels people to seek treatment from various sources which are not only incompetent but are harmful too. It not only impacts the person directly affected by the illness but also society as a unit. Many groups can take undue advantage of this and offer treatment that can be kept "under the covers".

Apart from these, the harmful impact may include:

- Reduced hope
- Lower self-esteem
- Decreased treatment compliance
- Interpersonal & occupational challenges

The practice of stigmatization and prejudice is even bigger in the pediatric and adolescent mental health domain. Many institutions are becoming inclusive of the neurodivergent population and opening up to the idea of providing in-house mental health guidance but the core issue of negative attitudes and perceived stigma in the population remains untouched.

Addressing this stigma and prejudice may be the first step to bringing a change in our system and society. Other than that, sharing stories of mental health challenges may also create a strong impact. Having connections with people with lived experiences may help. Hence, if we want to make mental well-being a global priority, the idea of bringing people together for creating narratives is around mental health is a crucial step.

Mehak Thukral
Assistant Psychologist



Manasthali® *Mental Health and Wellness Services*

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Services:

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B. Tele Psychiatry - Online Psychiatric Consultation.

C. Psychological Services:-

1. Psycho-Diagnostics - IQ/DQ Assessment, Neuropsychiatric Assessment, ADHD Assessment, PDD Assessment / Personality Assessment / Pathology Assessments etc.

2. Psychotherapy - CBT/DBT/Insight Oriented/RET etc.

3. Psycho Education and Counseling.

4. Child and Adolescent Emotional and Behavioral Services.

5. Gender Dysphoria/Transgender Education, Support and Counseling.

D. Educational - Awareness and Community Support Programs -

1. Training - Intern Training/Staff Training.

2. Wellness Workshops - School/College/Corporates.

3. Support Groups - Client/Care Givers Support Services.

4. Mental Health Support Helpline (Free phone service for mental health related education and support handled by qualified psychologist).

5. Manasthali's News Letter - 'Where Mind Meets Matter' - Authentic and Experienced based information from experts in the field of mental health and holistic wellness

E. Consultation - Liaison Services

F. Integrative Wellness Services

1. Yoga and Naturopathy

2. Music Therapy/Dance Movement Therapy

3. Energy Healing

5. Life Coaching

For services and collaborations, please contact - +91 99585 98967 or write to drjyotikapoor@gmail.com

Guest Section



(Nandika)



(Nandika)



(Mehak)

If Only
If only the sunset could see the beauty it casts upon
the land,
If only the shooting star could see the joy in my eyes
as he reaches for my hand,
If only my quick evaporating tears could see,
Their successors, the tears that fall as I watch my
laughter flee.
If only my rusted chains, my windless night, my sun,
eclipsed from sight,
Could see the gales of my life, reviving my flames and
hoisting my poles upright.
If only that flicker of a girl, lost in whispers and
jabs and slashes and crude scars,
Could see through my eyes, the wounds that have long
left my heart.
If only my smile could travel through time,
If only the beat of my heart could revive the
soundtrack of her mind,
I would scream and yell and lay my success bare,
"Watch me be,
I am brave I am free,
You brought me here. "

(Gurbani)



Inauguration : 9:00 am - 10:30 am

Introduction by Rj Kavita — Saraswati Vandana

Welcome Address — Theatre Performance

Chief Guest's Address — Dance Performance

Lecture 1:

Prioritizing Mental Health - How?

By Dr. Rajesh Nagpal

Panel Discussion 1:

Integrating Mental Health across Medical Specialties

Moderators: Dr. Ashish Mittal | Dr. Vishal Chhabra

Panelists:

Dr. Anjali Kumar | Dr. Rakesh Tiwari

Dr. Mayank M Madan | Dr. Prabhat Goel

Lecture 2:

Integrative Mental Wellness

By Dr. Jyoti Kapoor

Panel Discussion 2:

How to Integrate Modern & Traditional Healing Practices for Holistic Well-being

Moderator: Ms. Aishwarya Raj | Dr Hitesh Khurana

Panelists:

Dr. Brahmdeep Sindhu | Dr. Sunil Arya | Ms. Rita Seth

Dr. Shambhavi Das | Dr. Tushar Mittal | Mr. Arun Pandala

Music Therapy Workshop by Dr. Shambhavi Das

Zumba session - Open Mic - Rhythms of Manasthali

*Scientific Poster
Presentation
(For college students of
Psychology, Sociology
& Medicine)*

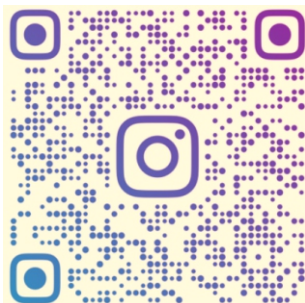
*Art Competition
@मनोसृजित
(For School Students)*

Junk the "Junk" : Let's have wholesome fun, Healthy snack making competition (Open to all)

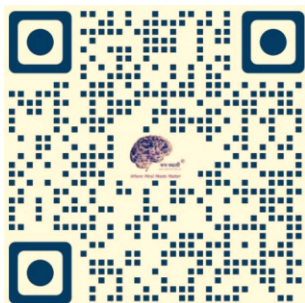
Manotsava™: Mann ka utsav



Find us on Manasthali's Social Media Handles for Infotainment and Updates.



Follow us on Instagram @manasthali for daily updates, interesting reels and tips on mind and wellness.



Visit us at www.manasthali.com for information about Manasthali® Mental Health & Wellness Services and our ongoing mental health programs, insightful articles and our quarterly newsletter- Mindscape.



Subscribe to our YouTube Channel- Manasthali- Where Mind Meets Matter, to watch engaging videos on mental health related issues and shorts on tips for better health and wellness.

<https://www.youtube.com/channel/UC5Ji3qKoD3HGrHkVnYxW4A>

Our Patron's Message

As the world limps back to normalcy and emerges from the devastating and horrific impact of the pandemic, a message is delivered very clear that no nation was fully equipped and prepared to deal with the mental health crisis when the COVID-19 pandemic was at its peak. Whilst the COVID-19 continues to take its toll on the mental health of affected individuals, an estimated rise in both anxiety and depressive disorders crossed 25% during the first year of its prevalence. The available mental health services were severely disrupted during the peak of the pandemic widening the treatment gap for mental health conditions.

Even before the pandemic began to engulf the planet in 2019, an estimated one in eight people across the globe lived with a mental disorder while the services, skills and funding remained in short supply especially in low and middle income countries. Stigma and discrimination continue unabated as barriers to social inclusion and access to the right care. Though mental health has come a long way since the early nineties century, it is yet to acquire its legitimate place in main-stream medical discipline. World Mental Health Day 2022 provides an opportunity to re-kindle the efforts to protect and improve mental health of people around the theme of Making Mental Health & Well-Being for All a Global Priority. It is an opportunity for people with mental health conditions, advocates, governments, employers, employees and other stakeholders to come together to recognize progress in this field and to be vocal about what needs to be done.

Manasthali - Mental Health and Wellness Services, is a voluntary organization that envisions a world in which mental health is valued, promoted and protected.

The organization celebrates Manotsava, first of a kind initiative to bring mental health out of academic confines to the general public. In step with the World Mental Health Day theme, Manotsava celebrates the joy of mind, provides quintessential link between the physical and the subtle, the function that makes us human with infinite potential. The festival strives to mitigate the unpleasant consequences of mental illness through raising awareness, eliminating stigma, empowering communities, encouraging greater investment by key stake-holders and celebrating accomplishments.

In a full day event on 9th October, Manasthali brings together people from all walks of life to discuss, explore and enjoy the power of mind. Manotsava celebration re-affirms the commitment made to mental health and re-enforces further engagement of all stakeholders across all sectors. I strongly believe that Manasthali through Manastava will strengthen mental healthcare to the full spectrum of mental health needs with community-based network of accessible, affordable and quality services and support. I wish the event a grand success.

RC Jiloha
Former Professor of Psychiatry
Universities of Delhi and Jamia Hamdard
9th October 2022