





## *Editor's desk*



### जाके पांवन फटी बिवाई, वो क्या जाने पीर पराई

This common saying reflects the age old belief that one who hasn't gone through suffering can't understand anyone else's suffering.

Each one of us has a perspective, derived from our individual interaction with the environment we are in. And then, we look at the world and through our own experience and capacity of interpretation, we try to understand what's going on with the others. But it's a difficult process, one that not only requires empathy but also an acceptance that the person going through the events may have an entirely different experience than our own. Still we become backseat drivers offering opinions and advice and make it difficult for people going through a specific problem to open up or even address their own issues without being judged or criticised.

Many people going through stress, anxiety, chronic illnesses, social and financial problems feel isolated in their suffering because they feel others don't or can't understand them. A child undergoing issues with academics or friends feels parents can't feel what they feel when they are trying to tell him/her to be calm or get upset with him/her for being upset. An elderly feels out of place in a world full of gadgets and busy schedules of their children and finds himself/herself grappling with the transformation from tea with neighbours to non existing neighbourhood. A person caring for a patient of schizophrenia, another dealing with frequent visits to dialysis clinic.... all live a life of solitude despite being in physically overpopulated environments.

Support groups therefore have been created world over to develop common spaces for individuals with similar problems so that they can feel a sense of belonging and can share their troubles and also be more receptive to suggestions and coping skills used by other to deal with similar issues. A health related support group fills the gap between medical treatment given by doctor and psychosocial challenges faced by patients and their caregivers. The structure of support

groups includes an organising party, members with similar problems and may have professional facilitators like doctors, paramedical workers and psychologists. Today formats vary from face to face meetings, teleconferencing or online communities. Support groups may also offer educational opportunities like guest lectures to spread relevant information and bust myths.

Support groups are not same as group therapy sessions which is a type of mental health treatment but by themselves can be therapeutic for individuals by offering safe space to express themselves, learn from experiences of others and find first hand knowledge about problems that they suffer from.

Although support groups have existed in informal settings throughout history, formal support groups in health sector is comparatively new phenomenon. Especially in India, support groups are not a common entity and in the field of mental health, where stigma has kept patients and caregivers from looking for even basic medical help, support groups are an unexplored territory. With use of internet and smart phones being on the rise since last few decades, the opportunity to connect with others despite physical limitations has provided a novel opportunity to develop family and non-family groups for dissemination of information and help. Still the concept needs to be popularized and properly managed to avoid a support group from becoming a space filled with misinformation and confusion which is in direct antithesis of its purpose of being a safe space to belong and learn through genuine firsthand experiences. Also, members need to be aligned with the basic purpose of support group as not being a place for material transaction or critical expectations but as being an environment conducive to respect, tolerance and basic understanding that everyone comes from a place of pain and is looking for comfort but is not under obligation to provide the same unless he/she is ready.

Manasthali, as a mental health and well-being organization understands the value of such endeavors and has therefore initiated three support groups in the past one year facilitated by qualified psychologists,

experts in fields of alternative therapies and wellness and patronized by well experienced doctors from modern medical fraternity with few more in the pipeline to address the unmet needs of patients and caregivers. As a voluntary and non-profit generating effort, the purpose is to enhance well-being of its patrons as well as spread genuine knowledge and information available to us through experts and research based database. The benefits accrued by members of these support groups depend upon member's expectation and perspectives but as long as the basic principles are understood and accepted, a support group can be a major component in improving one's ability to deal with a difficult situation.

**Dr Jyoti Kapoor**

Consultant Psychiatrist and Psychotherapist

Self Help:

**Practice gratitude.** Remind yourself daily of one thing you are grateful for every morning. Be specific. You can note it down in your journal. Notice good things, look for them, appreciate them. Savour, absorb, and really pay attention to those good things. Express your gratitude to yourself, write it down, or thank someone.

## Article

### *What Does Support Mean?*

If we go by a simple definition, support means to acknowledge someone's perspective and to give encouragement to someone or something. It also refers to helping someone emotionally or to try and provide the right conditions to flourish. This essence has been captured in the words of one of the members of our ongoing Senior Wellness Support groups. She says,

"To me, support is when someone is uplifting me with love, care, kindness and smiles..." (By LS)

We as humans thrive in an ecosystem and society, and this makes support a closely woven concept when we talk about an individual's health. Considering the fact that health is affected by a variety of complex factors, it would not be helpful to just acknowledge the physiological or biological aspects of it but to also acknowledge the impact of social dimensions that we face in our daily lives. It can directly or indirectly interact with our mental health and can affect it. Here support system comes into the scenario. Support can be offered by family, peers, friends, spirituality, or even by various social systems. It can also exist in the amalgamation of these. Various researches have shown that a strong support system has many positive aspects to offer such as higher levels of both physical and mental well-being as well as equipping us with better coping skills. Through a strong support system, people are more effectively able to manage the stressful events of their life and eventually can act as a protective factor in case of many mental health conditions. Together, the protective factors, as well as healthy coping mechanisms, can also help to cultivate resilience.

Following are some accounts of support, given by enthusiastic members of our ongoing support groups.

"Support means to help each other. Support means to buildup understanding & help make a person emotionally stable. Support could be in any form mental, physical & emotional. Support helps to gain confidence & uplift the moral." – N.K

"Support means to stand by or stand behind. It means to be ready to lend a helping hand when required. It means to be with someone through thick and thin. When one has the support of someone, one feels confident and manages to perform better and feel better. Support is not only for family and friends. If one has the means, it is very important to give back to society and supporting the poor and helpless is a nice way of doing that. Lastly, it is good to remember that mankind need never be miserable or unhappy as we have the greatest support in the form of God who loves all his children and wants happiness for all." – J.B.M

"Support means just being there for someone to express what they're feeling from a space of no judgement..to just exist even if as a spectator..no inputs needed just existence one human being to other." – K.U.

Hence, in Manasthali we believe in the holistic development of an individual and recognize support as an integral part of any intervention process.

**Mehak Thukral**  
Assistant Psychologist



## Article

### *Importance of Caregiver support and Psychoeducation*

*"There are only four kinds of people in the world. Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver."*

*Rosalyn Carte*

A caregiver is anyone who provides help to another person in need, such as an ill spouse or partner, a disabled child, or an aging relative. The caregiver in the family is the crucial support system for individuals with health conditions typically mental health and provides handholding support through the stages of identification, treatment, rehabilitation and livelihood. Caregiving has many rewards. For most caregivers, being there when a loved one needs you is a core value and something one wishes to provide. However, many a times family members who are actively caring for the other often don't self-identify as a "caregiver." Recognizing this role can help caregivers receive the support they need.

However, a shift in roles and emotions is almost certain. It is natural to feel angry, frustrated, exhausted, alone or sad sometimes. Caregiver stress — the emotional and physical stress of caregiving — is common. The emotional and physical demands involved with caregiving can strain even the most resilient person. That's why it's so important to take advantage of the many resources and tools available to help you provide care for your loved one. Remember, if you don't take care of yourself, you won't be able to care for anyone else.

One such way is Psychoeducation. Psychoeducation refers to the process of providing education and information to those seeking or receiving mental health services, such as people diagnosed with mental health conditions (or life-threatening/terminal illnesses) and their family members.

A family psychoeducation approach that focuses directly on the needs of the caregiver by providing them with understanding and skill building to increase coping ability and improve relationships with their loved ones. When people understand more about mental health concerns—that mental health conditions are not the result of bad choices and do not typically indicate a person is violent, for example—they are far more likely to accept people who have mental health conditions. As psychoeducation does much to inform about the true nature of mental and emotional concerns, it is an important aspect of this goal.

To conclude, Psycho education empowers individuals with mental health conditions, caregivers and the community to understand the illness, its impact on the individual, the course of treatment, relapse, recovery, rehabilitation, reintegration, access to social accommodations / entitlements & mobilize groups to advocate for better infrastructure and services at the macro level and establish linkage and networking with all social groups to promote mental health for all in the community.

**Aishwarya Raj**

Consultant Clinical Psychologist

## Expert Opinion

### **डिमेंशिया (Dementia) और सहयोगात्मक व्यवहार**

सीनियर सिटीजंस में डिमेंशिया नाम से जो स्थिति होती है और शारीरिक और मानसिक व्यवहार में थोड़ी सी दिक्कत लाती है। इसके लिए कुछ संबंधित टिप्स जो हमने केयर होम्स में अनुभव किए हैं वह शेयर कर रहा हूँ। अक्सर ऐसे में संदेह शीलता तथा गुस्सा आता है तो हम कायदे से लोगों को बताते हैं कि वह पलट कर जवाब ना दें। शांत रहें। सात्वना देने की कोशिश करें। उसके हाथों को मजबूती से थाम, प्यार से बोले। कमरे की किसी और चीज की तरफ ध्यान खींच कर उसे गुस्से की स्थिति से बाहर लाने की कोशिश करें। पता लगाने की कोशिश करें कि बुजुर्ग को गुस्सा क्यों आया। भविष्य में उस बात से बचने की कोशिश करें। मन को शांत करने के लिए कोई दवा मनोरोग विशेषज्ञ के मशवरे के बाद दें। एक और स्थिति देखने को मिलती है जब सीनियर व्यक्ति भटक कर घर से दूर निकल जाता है। केरगिवर्स को हम लोग ऐसी ट्रेनिंग देते हैं कि वह पहचान वाले ब्रेसलेट या नेकलेस का इस्तेमाल करें। घर के दरवाजों को ताला बंद करके रखे। बुजुर्ग व्यक्ति के मिल जाने पर उस पर गुस्सा ना दिखाएं। योग को अपने जीवन में नियमित अभ्यास में लाकर प्रसन्न रहें और हर पल का आनंद लें।

**Dr. Roop Singh**, Senior Physician

Director, City Nursing Home, Bhiwadi

Medical Advisor - Ashiyana Senior Citizens Resorts,

Ashiyana Utsav Care Home & Ashiyana Nir Maya



**Dr. Roop Singh**





## Manasthali<sup>®</sup> *Mental Health and Wellness Services*

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### Services

- A. Primary Psychiatric Services – OPD / Psychiatric Consultation.
- 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 Counselling
  4. Child and Adolescent Emotional and Behavioral Services
  5. Gender Dysphoria/Transgender Education, support and counselling
- 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 experience based information from experts in 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
  4. rTMS
  5. Life coaching



For services and collaborations,  
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## Insights from the Vedic Lore

'1'

From support to Independence

Health and well-being have always been the prime concern of our ancient culture. When it comes to Vedic and Upanishadic studies, control of mind and senses is given much significance because the physical realm of our existence is perceived, interpreted and responded to through our mental functions.

यस्त्वविज्ञानवान्भवत्य

युक्तेन मनसा सदा ।

तस्येन्द्रियाण्यवश्यानि

दुष्टाश्वा इव सास्थेः ॥ 5 ॥

ONE WHOSE MIND IS UNEDUCATED  
AND HAS UNRESTRAINED MIND  
HIS SENSES ARE UNCONTROLLED,  
LIKE VICIOUS HORSES OF A CHARIOTEER ॥5॥

(Kathopnishad, Chapter 3, shloka 5)

Ayurveda, the ancient healing science having its roots in Vedas considers mind as the source of distress and not without reason.

शरीरेन्द्रियसत्त्वात्मसंयोगो धारि जीवितम् ।

नित्यगर्शानुबन्धश्च पर्यायौरायुरुच्यते

The body when combined with sense organs,  
mind and soul becomes life !

(Charaksamhitasuthrasthana, Chapter 1, shloka 42)

Understanding the qualities (gunas) and temperaments (prakruti) of individuals underlies the process of diagnosis and positive intentions (through prayers aka gratitude and positive affirmations), harnessing energy principles (through mantra and color therapies equivalent to sound and light energies), medicinal formulations (included in routine dietary regulations and herbal remedies) and cleansing rituals (as means of addressing mind body correlations) underlie healing and treatment modalities in ayurvedic, yogic and siddha medical practices. Modern science is beginning to understand these relationships now with the identification of psychosomatic problems and gut brain axis disorders but such has been the basic premise of most alternative healing practices especially in India.

Does that mean we stop trusting modern medicine and allopathy?

Despite all the unfortunate venom spewed against allopathy and modern pharmacology by so called

experts, the timely and life-saving interventions it has provided to society cannot be disregarded. The kind of life style most of us are used to, offers little in terms of getting away from the diseases we invite and live with on a regular basis.

As doctors, it's our duty to think of the welfare of our patients and therefore educating ourselves of available information becomes necessary.

दक्षरु तीर्थात्तशास्त्रार्थो-ष्टकर्मशुचिर्भिषक

Qualities of a doctor- Alertness, having detailed knowledge, practical experience and cleanliness  
(Ashtanga Hridayam)

Today, most true knowledge is contaminated by views and opinions and we can't rely on everything considered holy and natural because of personal and marketing interests of individuals and corporations, therefore, as a practitioner of modern medicine, I have immense belief in and respect for research and experience based as well as result oriented modern medicine. At the same time, the wisdom of Vedic philosophy can't be and should not be ignored. It supports and enriches what we can prove through science. It also gives us an opportunity to explore wellbeing from a more holistic view point. Once a malady of mind and/or body is treated with modern medicine, these wonderful elements can prevent development of further maladies while supporting a better and insightful physical and spiritual life.

Incorporating principles of Ayurveda in routine dietary practices, doing regular yoga and pranayama, simple rituals of offering prayer or gratitude to elements (panchbhutas) that make our survival possible and above all, having an inclusive attitude of the vedic dictum of '**VasudhaivaKutumbakam**' (Maha **Upanishad** (VI.71-73) can make us more self-dependent and happy.

Like a climber takes the support of a tree to reach the sky, modern medicine can take the support of the vast and perennial trunk of Vedic science to offer an opportunity of healthy life independent of chronic and debilitating illnesses. A mutually respectful approach promises a better scientific endeavor which is in best interest of humanity.

**Dr. Jyoti Kapoor**



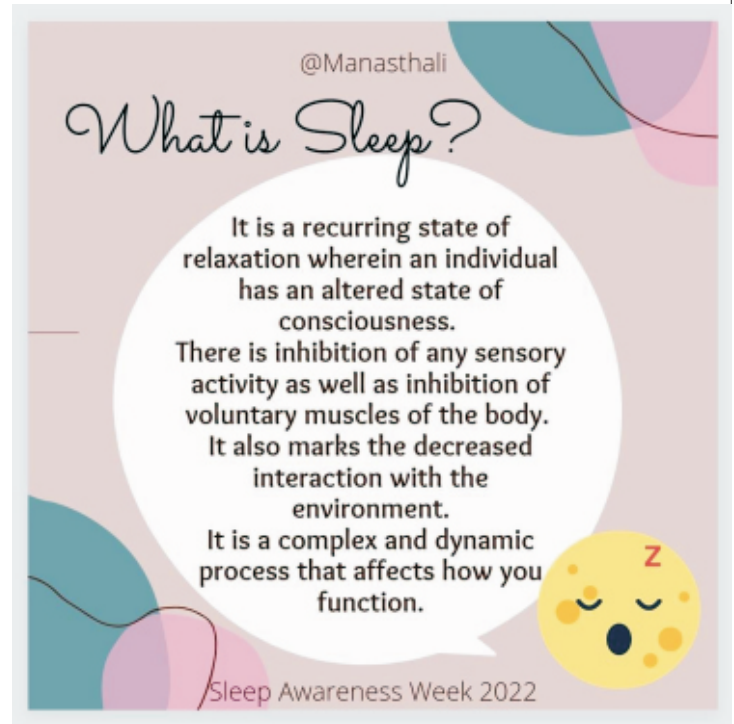
## Guest Section



Art Work By Anushka Nair

### Fun Fact

The term phobia is derived from a Greek word 'Phòbos' which means panic. If we go by the Latin translation, Phobia is called 'Timor' which is also the source of english word - **timid**



### Unsaid

Some words unsaid, some sorrows unheard.  
Someone asking if they could hold your hand, someone needing help.  
You shirk your head and let the voice dissolve itself.  
Not that you didn't hear it, you heard it alright.  
But you didn't know in that moment, you didn't know what to feel?

It's not a coffee table discussion after all.  
It's a dark room confession where one hand reaches out to comfort the other..  
But how do you say it? Your relationship is marked by invisible boundaries.  
You cannot discuss life over a game of check-mates.  
So you reassure in between broken sentences that choosing words in this conversation isn't really necessary.  
Or an attempt to voice, a sound, a move.  
No need..no need, for you to tell me anything, anymore don't say..

Sometimes it's futile to ask for knights in armour shining,  
sometimes your damsels in distress shall do.

Alas! it's just a conversation! A conversation where I put my case in bleak ink on paper..  
'I love you!'

You say 'I have loved too!'

**Kriti Upadhyay**



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