

MUSINGS

Official Newsletter - BY MHAI

PC: Rohan Somkuwar

The Paradox of Selfishness

BY RANJITHA RAJ

Have you ever been called selfish, self-centered, or accused of only doing what you like? It's an interesting paradox—when someone tells us we are wrong for not listening to them, aren't they, in a way, doing the same thing? Expecting their needs, ideas, and desires to take precedence over ours?

This raises a deeper question: Who is really being selfish?

Society often defines selfishness as prioritizing our own choices over others' expectations. But what if selfishness is just a matter of perspective? If someone is upset that we don't conform to their wishes, aren't they also prioritizing their needs over ours? And if that's the case, are we truly selfish, or are we simply not complying with their version of right and wrong?

This issue:

The Paradox of Selfishness

PAGE 01 & 02

Patience

PAGE 03

Embracing Differences:
The Power of Diverse
Perspectives

PAGE 04 & 05

The Bloom Within

PAGE 06

This Must Be Love

PAGE 07

ನೆನಪುಗಳ ನೆರಳು

PAGE 08

ಸಹನೆಯ ಸಿರಿ

PAGE 09

March Events

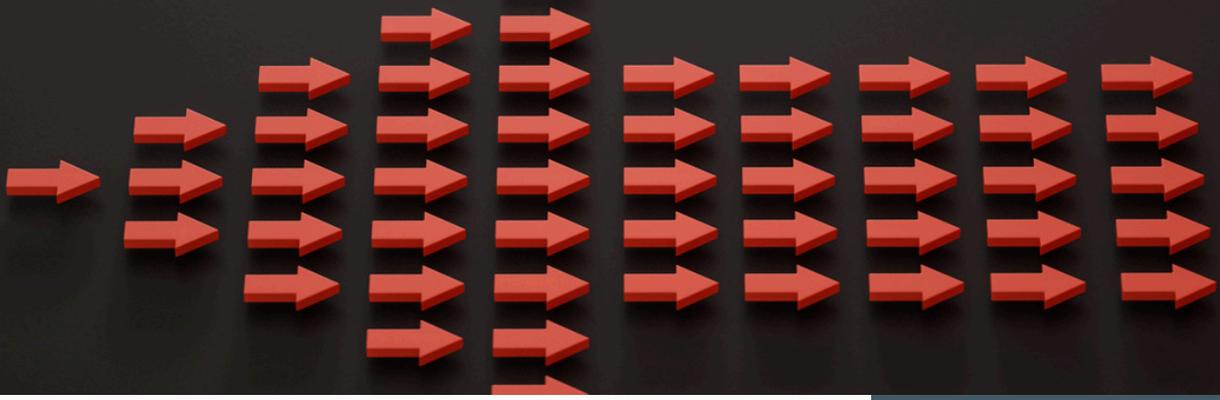
PAGE 10

Past Event Highlights

PAGE 11 & 12

MHAI Services

PAGE 13



This isn't to dismiss the importance of compromise and understanding in relationships. But sometimes, the accusation of selfishness is just a guilt trap—a way to pressure us into fulfilling others' expectations at the cost of our own authenticity.

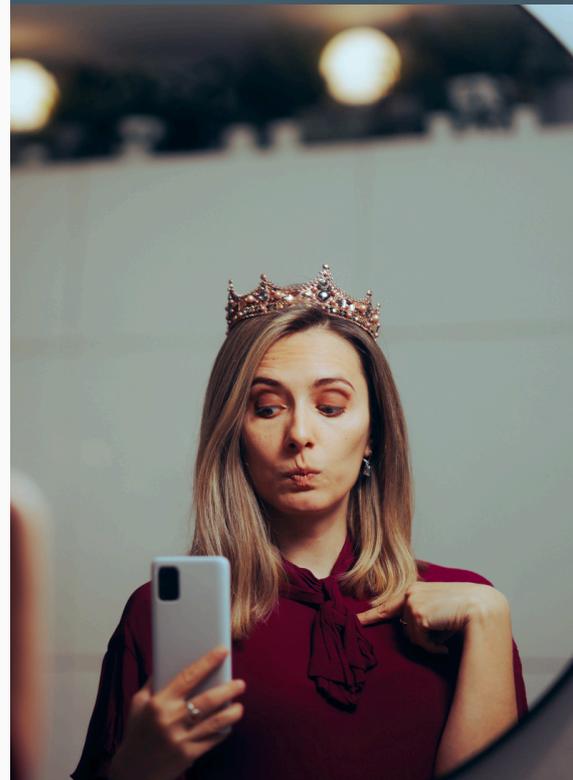
So, what is truly right or wrong? Maybe the real question is: Are we being true to ourselves while still being considerate of others? Instead of falling into the guilt trap, let's redefine balance—not as blind compliance, but as a conscious choice to respect both our needs and those of others.

At the end of the day, listening is important, but so is honoring our own voice. Because if we silence ourselves to avoid being called selfish, who is truly in control of our choices?

What do you think? Have you experienced this paradox in your life?

“Selfishness is often just a matter of perspective — what’s right for you may feel wrong to someone who wants you to follow their path.”

- RANJITHA RAJ





Patience

BY RANJITHA RAJ

Most of the time, when we give advice or try to help someone, we feel disheartened if they don't seem to listen. But what we often forget is that they're navigating their own darkness, and transformation takes time.

Just like seeds buried in the mud don't sprout the moment we wish, the thoughts we plant in someone's mind won't bloom instantly. But that doesn't mean our words are lost—they're simply taking root.

Even when it feels like nothing is changing, know that your kindness leaves an imprint. Sometimes, just knowing someone believes in them is enough to keep a person going.

So trust the process. Let them grow at their own pace, in a way that's sustainable and lasting. You can't rush someone's journey, just as you can't force a seed to bloom before its time.

"Trust the quiet work of kindness — even when unseen, your words may be taking root in ways you cannot yet imagine."

- RANJITHA RAJ





Embracing Differences: The Power of Diverse Perspectives

BY RANJITHA RAJ

We often find comfort in surrounding ourselves with like-minded people. It's natural—our beliefs, values, and ways of thinking feel validated in such spaces. It's also easier to connect when we share common ground.

But what happens when we step outside this comfort zone? What do we gain when we engage with people who think differently from us?

More often than not, we hold judgments about those who see the world differently, believing our way is the right one. This unconscious bias influences not just our relationships but also our decisions.

Over time, I've realized that interacting with people whose perspectives contrast with our own doesn't just challenge our thinking—it refines it. Engaging with diverse viewpoints shifts our focus from reinforcing what we already know to exploring new ideas and insights.

"True growth begins when we listen not to judge or convince, but simply to understand."

- RANJITHA RAJ





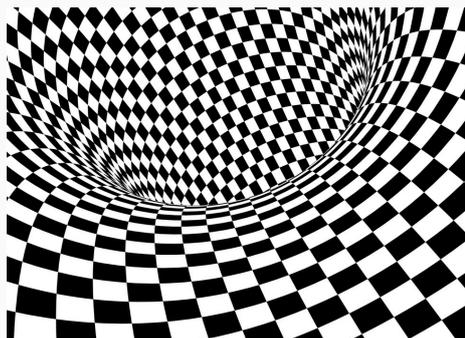
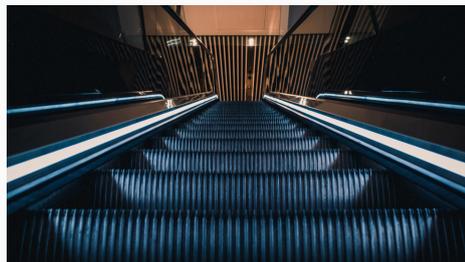
This thoughtful evaluation leads to better decisions—ones that are informed, balanced, and meaningful.

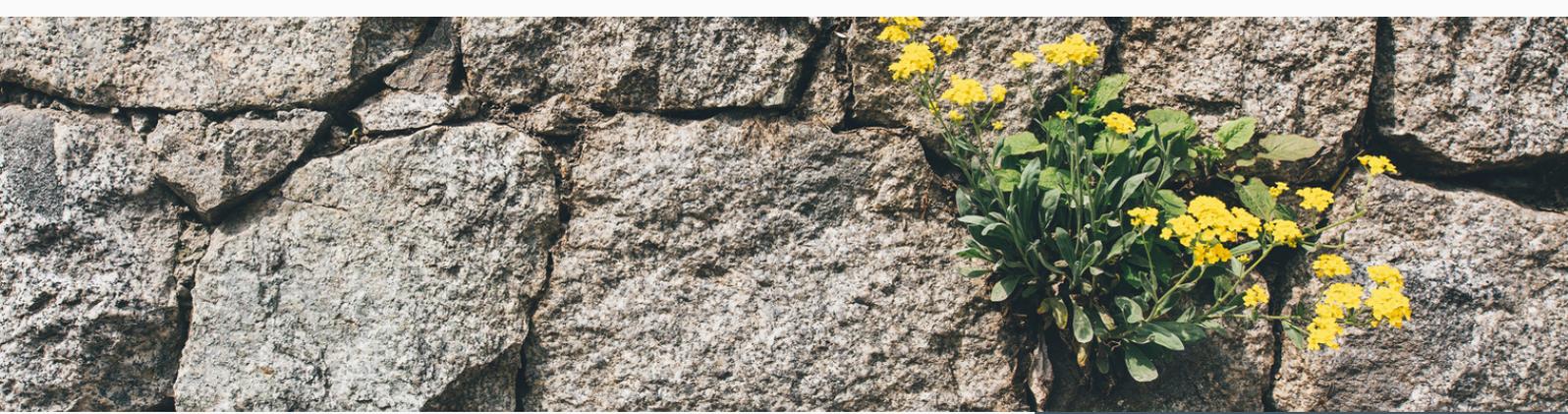
True growth happens when we listen without the intent to judge or convince, but simply to understand. Every conversation with someone different is an opportunity to expand our worldview, foster empathy, and strengthen our ability to adapt.

Let's move beyond the ease of like-minded connections and embrace the richness that diverse perspectives bring. After all, wisdom grows when we open our minds to ideas beyond our own.

"Wisdom flourishes when we embrace perspectives beyond our own."

- RANJITHA RAJ





The Bloom Within

BY CHANDRANI SAMADDER

There is beauty,
in ones who tame their minds in chaos.

There is courage,
in ones who adorn a smile, when it's difficult
to.

There is love,
in small, kind acts, in thoughtfulness.

There is strength and power,

In ones who grow against odds,
in a world that's constantly trying to convince
them,

"It's impossible to cultivate flowers on rocks"

"It's impossible to survive without the sun"

"It's impossible to do what's never been done
before"

"True strength
lies in
blooming
where others
believe nothing
can grow."

- CHANDRANI SAMADDER





This Must Be Love

BY RANJITHA RAJ

I have never felt this way before,
Is this love? I wonder, unsure.
When I am low, without a word,
You bring me joy, unseen, unheard.

No grand confessions, no borrowed lines,
Just silent gestures, subtle signs.
A thousand ways you show you care,
A quiet presence, always there.

I saw the message—soft, unseen,
A love so pure, so deep, serene.
You reached out to someone close to me,
Just to remind me of all I could be.

Not for the world, not for display,
But just to brighten up my day.
All these years, I thought I knew,
Yet love like this—I never knew.

You didn't teach me love in speech,
But made me feel what words can't reach.
And now I know, it must be true—
Love is simple. Love is you.

"Love isn't loud —
it's found in silent
gestures, quiet
care, and the
thousand unseen
ways someone
chooses you every
day."

- RANJITHA RAJ





ನೆನಪುಗಳ ನೆರಳು

ಅನುಪಮಾ ಅಬರಾಜೆ

ಅಂದು ಬೆಳಗೆ ಏಳುತಿರಲು
ಬೆರಳು ಪುಟವ ಸರಿಸುತಿರಲು
ಕಣ್ಣು ತುಂಬ ಮಂದ ಹಾಸ
ಏನು ಹೇಳಲಿ ಹೇಗೆ ಹೇಳಲಿ.....

ಸಂದ ಹಲವು ದಿನಗಳಲ್ಲಿ,
ಮಂದಿ ಮಂದಿ ಎಲ್ಲ ಸೇರ್ವ
ಚೆಂದ ಚೆಂದ ನೆನಹು ಬರಲು,
ಇಂದಿಗದುವು ಸನಿಹವಾಯ್ತೆ
ಎಂಥ ಗೆಲುವಿದು.....ಅಹಾ
ಎಂಥ ಸೊಗಸಿದು

ಮನದಿ ತುಂಬ ಮುದದ ಮೆಲುಕು,
ಗೆಳೆಯ ಗೆಳತಿಯಿರಲು ಸೊಗಸು
ರಾಗ ಭಾವದೊಳಗೆ ಕಲಿತು
ಕಳೆದೆವೆಂತ ದಾ ಕಾಲ
ಮುಗಿದೆ ಹೋಯ್ತೆ ಹಾ.....

ಇಂದು ಮತ್ತೆ ಬಂದಿರೆಲ್ಲ
ಅಳುಕ ಘನತೆ ಒರೆಸಿ ಮೆಲ್ಲ
ಅಂದಿನಂತೆ ಕಲಿತು ಎಲ್ಲ
ಮುಂದೆ ಸಾಗುವ . . . ನಾವು . . .
ಮುಂದೆ ಸಾಗುವಾ.....

ನಿಮ್ಮ ಪ್ರೀತಿಯ
ಅನುಪಮಾ...

"ನೆನಪುಗಳ
ನೆರಳು
ನಿಂತರೂ,
ಮನದ
ಓಲೆಗಳಲ್ಲಿ ಅವು
ಸದಾ ಬೆಳಕು
ಬೀರುತ್ತವೆ."





ಸಹನೆಯ ಸಿರಿ

ಅನುಪಮಾ ಅಬರಾಜೆ

ಸಹನೆಯಾ ತಿಳಿಗಡಲು
ಚಿಲುಮೆಯಾ ಸಿಹಿನೀರು
ಗೆಳೆತನದ ಸವಿಜಲದ ಸ್ಪುಟತೆ ನೀನು
ತವರ ಗುಣ ಸ್ಪಂದನವ
ಮೆರೆಯುವಾಕೆಯೆ ನೀನು
ಹೆತ್ತೊಡಲ ನುಡಿಪೆಸರ ಹರಿಸುವಾಕೆ
ಗುರುತನಕೂ ಹಿರಿ (ಸಿರಿ) ತನಕು ಸರಸತಿಯೆ ಬೇಕೆ
ನಮ್ಮ ನಿಮ್ಮೆಲ್ಲರ ಈ ಕುವರಿ ಸಾಕೆ?

ಮೃದು ಹೃದಯ ವಾರಿಧಿಯೆ
ಸದಾ , ಸಿಹಿಮೋಜ ತರುತೀಯೆ
ನಿನ್ನ ಸನಿಹವೆ ಅದು ಬಲು ಸೋಜಿಗದ ವೃತ್ತ
ಆಪ್ತತೆಯ ಪರಿಮಳವ ಪಸರಿಸುವ ಶ್ಯಾಮಲೆಯೆ
ಆವ ಕಾಲಕು ಸರಿ, ಇನ್ನಾರಿಲ್ಲ ನೀನೇ

ಕ್ಷಮಯಾ ಧರಿತ್ರಿ



My poetry book is now available.

It's a journey of emotions, nature, and healing woven into words. 🌿❤️

📖 Grab your copy today:

Amazon:

<https://www.amazon.in/dp/936331278X>

Flipkart:

<https://www.flipkart.com/search?q=expressions%20ranjitha%20Oraj>

Let it speak to your soul!

RANJITHA RAJ

EXPRESSIONS

WINNER OF THE 21ST CENTURY
EMILY DICKINSON AWARD



PC: Rohan Somkuwar

MAR 2025 Events

BY MHAI

1. Support Group Meet

ONLINE

Date: 24-Mar-2025

Time: 6 PM to 7 PM

2. Human Books

ONLINE

Date: 24-Mar-2025

Time: 7 PM to 8 PM

3. Summer Camp

Venue: MHAI Open Hall

Date: 14-Apr-2025 to 25-Apr-2025

Time: 10:00 AM - 1:00 PM, Monday-Friday

Hosted By MHAI

To Register:
www.mhai.in

INFO@MHAI.IN
+91 9880651010

No.316/5, Ibbani,
N.Nagenahalli
K.Narayanapura,
Kothanur Post
Bangalore -
560077, Karnataka,
India

7-16 yrs
KIDS SUMMER Camp
MHAI HEALTH ACADEMY INDIA
Crossing Healthy Minds
LIMITED SPOTS!
"Adventure, Fun & Learning in Nature!"

- ✓ Outdoor Adventure Games
- ✓ Creative Indoor Activities
- ✓ Nature Exploration & Learning
- ✓ Physical & Team-Building Fun
- ✓ Art & Life Skills Workshops
- ✓ Celebration

WHY JOIN?

- CONNECT WITH NATURE
- STAY ACTIVE & ENGAGED
- UNLEASH CREATIVITY
- MAKE NEW FRIENDS
- TAKE HOME FUN MEMORIES

Dates: 14th - 25th April, 2025
Location: MHAI OPEN HALL

FOR MORE INFO: WWW.MHAI.IN | +91 9880651010



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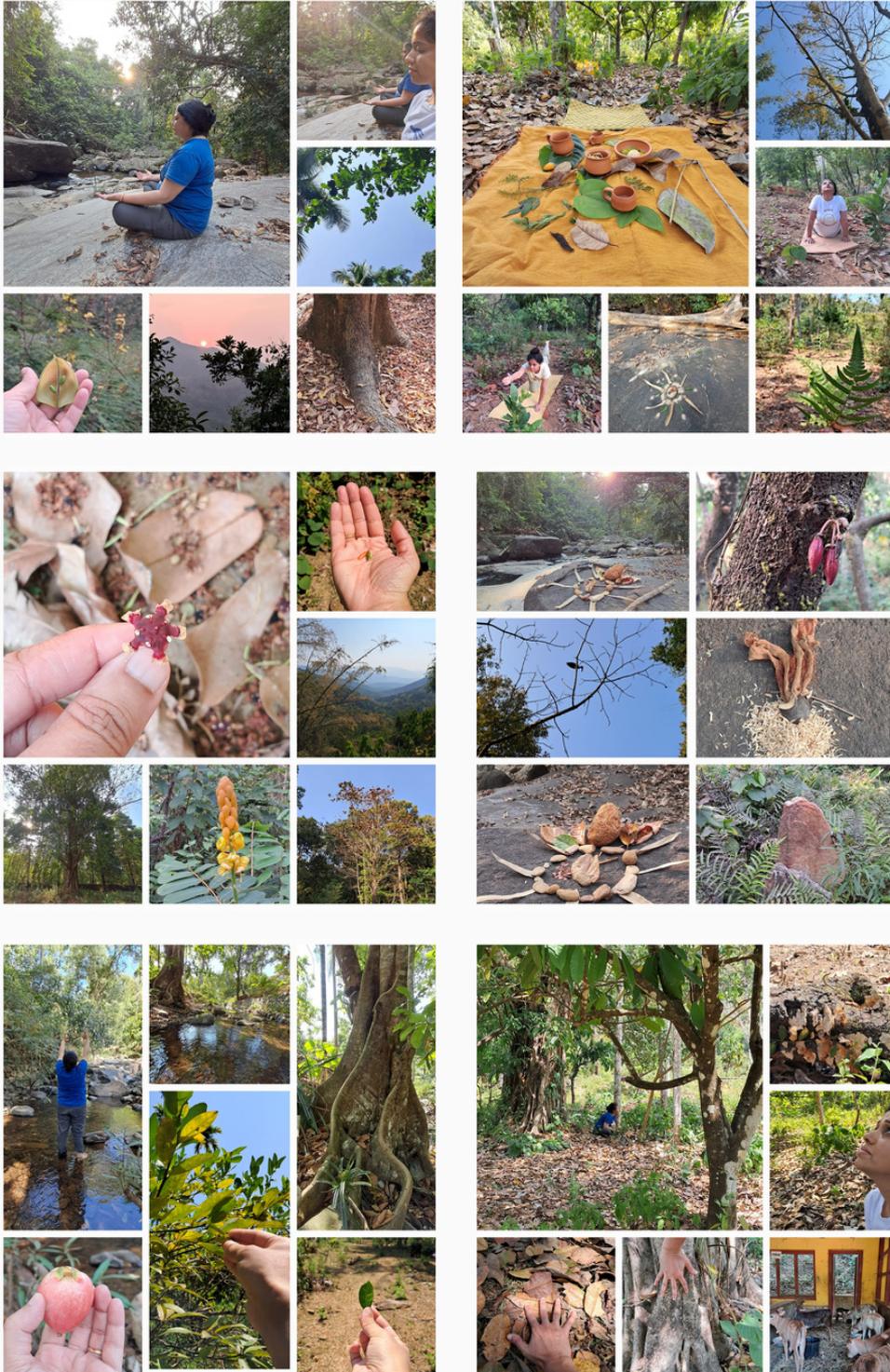


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PAST EVENT HIGHLIGHTS

MHAI - CREATING HEALTHY MINDS

SHINRIN YOKU- 2 DAY forest bathing - AT JEDLA - BY MHAI



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PAST EVENT HIGHLIGHTS

MHAI - CREATING HEALTHY MINDS

WHO AM I, I AM & I AM THAT Workshop at MHAI

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MHAI Services

CREATING HEALTHY MINDS

- **Diploma in Life Skills**
- **Diploma in Mental Health**
- **Certificate Course in Suicide Prevention Skills**
- **Certificate Course in Non-Suicidal Self-Injury (Self- Harm) Prevention**
- **Workshops - On Invite**
- **Human Books**
- **Support Group Meet**
- **Holistic Health Rural Training in collaboration with Mental Strides, Australia**
- **Eco Therapy/Shinrin Yoku (Forest Bathing)**
- **Emotional Counselling**
- **Mentoring and Internships (Teens and Adults)**
- **Mental Health Awareness Programs**
- **Harmony - The Journey Within - Outdoor Workshops**
- **Kaadu Harate - Expressive Art Therapy (EAT)**

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