

MUSINGS

Official Newsletter - BY MHAI

PC: Rohan Somkuwar

The Myth of Work-Life Balance: It's All About Choices

BY RANJITHA RAJ

Work-life balance—a phrase we hear often, yet something we rarely achieve. The truth? It doesn't exist. There is no perfect formula to divide time between work and personal life. Instead, it's about making intentional choices that align with what truly matters in the moment.

The Illusion of Balance

The concept of balance suggests that work and life are opposing forces, constantly competing for our time. But life isn't neatly compartmentalized. Some days, work takes precedence; on others, personal commitments demand attention. Striving for an unrealistic equilibrium only adds pressure. Instead, the key is adaptability—focusing on what truly matters rather than chasing an artificial sense of balance.

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The Power of Choice

At every moment, we are making choices. If we prioritize unimportant tasks, we'll always feel stretched thin. But when we focus on what truly matters—be it a work deadline, a family moment, or personal well-being—we experience fulfillment instead of stress.

Maximizing What Matters

The solution isn't balancing, but maximizing. Instead of guilt over unmet expectations, we must be intentional with our time:

Eliminate the Unimportant: Identify and delegate tasks that add little value.

Be Fully Present: Immerse yourself in the moment—at work, with family, or during personal time.

Set Boundaries: Say no to things that don't align with your values.

Embrace Flexibility: Some days will be work-heavy, others family-focused. Flow with it.

“There is no perfect formula to divide time between work and personal life. Instead, it's about making intentional choices that align with what truly matters in the moment.”

- RANJITHA RAJ





WORK

LIFE

Redefining Success

Success isn't about managing everything at once—it's about aligning actions with what truly matters. When we shift from seeking balance to making conscious choices, we craft a life shaped by our values, not external pressures.

So, instead of chasing the illusion of balance, let's focus on choosing wisely. Work, family, personal growth—what truly matters is making space for what we love without the guilt of unrealistic expectations.

We Attract What We Reflect

BY SOWMYA UDUPA

During a trip to Dandeli, I encountered a gentleman who made me smile every single day. His presence was an inspiration.

At 64, he was in remarkable physical shape, but it wasn't his fitness that truly captivated me—it was his attitude. He had likely experienced pain, loss, and hardship like anyone else.

"Work, family, and personal growth—what truly matters is creating space for what we love, free from the guilt of unrealistic expectations."

- RANJITHA RAJ





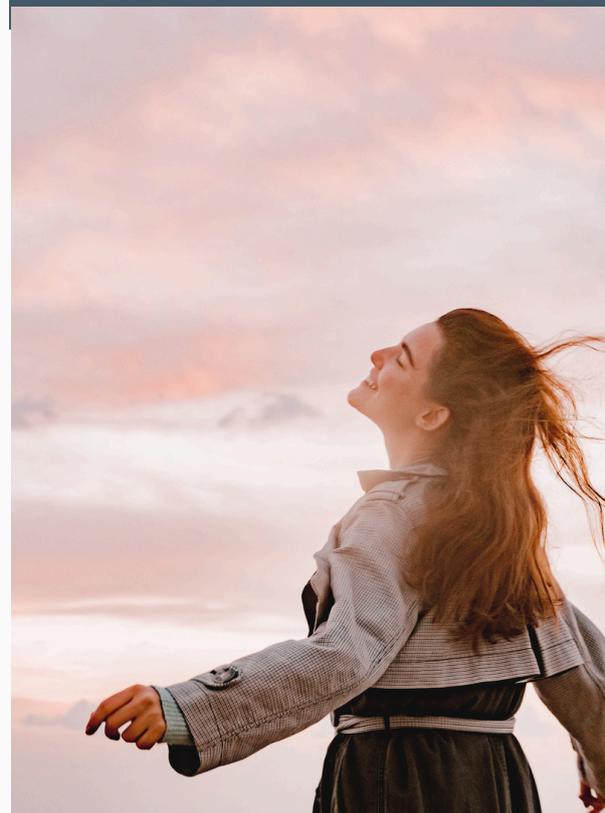
Yet, instead of becoming jaded, he remained open—curious, joyful, and engaged with life. Here was a gentleman awed by small things that life offered. At an age when life often leaves its mark, this man seemed untouched by the bitterness, ego, and arrogance that so many pick up along the way.

He was a birder, and every time he spotted a bird, he would exclaim with pure wonder, “Wow!”—as if he were seeing it for the first time. The joy on his face was infectious. He was in awe of every bird, even the ones he had seen countless times before, as though he was seeing them with new eyes, like a child experiencing the world for the first time.

At 64, he seemed as young in spirit as a child, full of wonder at the world around him. There was something so energizing and healing about his presence. It felt like being in the company of someone who had lived a full life and yet eager to experience everyday as a new day filled with surprises.

**“You attract
people with
the same
energy you
put out”**

- SOWMYA UDUPA



inspiring

I realized that this kind of openness to life isn't naivety. It is wisdom— A rare kind of wisdom that allows a person to stay open, to embrace life with awe instead of bitterness.

In that moment, I realized something profound about myself. If I had not been in a contented frame of mind, if I had been blinded by my own closed judgments, attitudes, and ego, I would not have been able to appreciate this man's energy.

Instead of seeing his curiosity and joy, I might have been cynical—perhaps laughing at his innocence, or bitterly thinking, “He hasn't experienced life the way I have.”

But because I had been working on my own healing, I was able to see him for what he truly was—a soul full of wisdom and wonder. I was open enough to receive his energy, and it touched me deeply.

He inspired me to laugh at the simplicity of a falling leaf, to marvel at the vivid colors of a bird, and to listen with love to the soft gurgling of a stream.

“It is wisdom— A rare kind of wisdom that allows a person to stay open, to embrace life with awe instead of bitterness.”

- SOWMYA UDUPA





In that moment, I understood the truth behind the saying: you attract people with the same energy you put out. We draw in what we reflect. I am so grateful that I was in a place to recognize, understand, and enjoy this wisdom.

Because They Are Beautiful

BY CHANDRANI SAMADDER

Then there was the story,
of a little red haired girl,

who ran around the streets handing a red
rose from her clumsy bunch with a smile, to
whomever she met.

Confused, asked one adult, while receiving
a large blossom from her tiny hands
"why are you giving these out for free?"
Releasing a bell-like laugh, she said with a
sheepish, toothy grin

"Because they are beautiful..."

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

- CHANDRANI SAMADDER





THE FROG SQUAD

BY DEEPTHI N

It was an afternoon of jumping excitement! The same day our 6th-grade students had learned, something unexpected happened. After lunch, I was walking back from the dining hall to the school when a group of students, who were cleaning the assembly area, approached me.

Yashmith exclaimed that they had spotted many frogs inside a hollow iron pole, and they could even see their eyes! I went to take a look, and indeed, I saw four eyes staring back at me. The students claimed there were more frogs inside.

Sai Lekhan and Tejas suggested pouring water into the pipe to help the frogs escape. Without giving me time to think, they quickly brought water in their food plates and tumblers and started pouring it into the pipe. To our surprise, one frog began to emerge, its leg sticking out of the pipe. As the students continued to pour water, another frog jumped out, and we all screamed and jumped back in surprise!

"Curiosity
turns
ordinary
moments into
extraordinary
discoveries."

- RANJITHA RAJ





The students were thrilled, feeling like they were on a mission to rescue the frogs. They poured more water, hoping to free the remaining frogs. And to our delight, two more frogs emerged! The students gathered around the pole, excitedly watching the frogs hop around. We spotted two different varieties of frogs.

The students were eager to pour more water, hoping to find more frogs, but unfortunately, it was time for classes to resume. I had to gently convince them to return to their classrooms, but they left with big smiles on their faces, proud of their successful rescue operation.

Frogs thrive in humid environments and hide in tiny spaces to escape heat, dryness, and predators.

They burrow underground during summers, winters, and dry spells to conserve energy and moisture. With over 340 species found in India, frogs play a vital role in maintaining our ecosystem's balance.

"Learning isn't confined to classrooms—it thrives in every adventure."

- RANJITHA RAJ





I know to live and I'm born to give...

BY GOURI PATIL

My feet is grounded to earth
My dreams are so, they reach sky
Therefore, I know to fly.
I have power to live
I have power to grow
Stop me not, let me flow and glow.
If not you as a care leaver
I have people who are in need of me
Show some will, some want, no matter what
someone awaits for me.

I move with wind across the mountain
I exist deep inside the water
This soil is mine and belongs to my heart.
No matter what, I may or you may belong to me,
For they who see, treat, meet, greet
Are said to be the relatives for me.
No wonder what, I still believe and have faith in
you.
I have the power to live and let me embrace the
new.

How could human values be in existence, when
the same humanity
Keeps each other's isolation in persistence?
But still say, consistency is the key for
worthiness?

“I have power
to live
I have power
to grow
Stop me not, let
me flow and
glow.”

-GOURI PATIL





I was born shy, abused several times, to give up
the shame for which
My survival eradicates my name.
So still, I have faith to say, I have power to live,
I have the power to give and embrace the
new...
You may abandon me to live
My survival might have caused exhaustion and
frustration within you to live,
May I know the reason why you want me to be
you or make me not to live?
Remember, still, I have power to live,
I gain more positivity for my generation next to
give.
For me, not doing sin is what might be causing
a lot of shame,
For which is putting you within yourself into
frustrations in my name...
So, I do think I am just good enough and I
deserve to live,
I deserve to do something better than I need
to...
You may be thinking—love, affection, respect,
and recognition is what people might be able
to give...
But no... I have my own purpose to know to live
and just to give better
Than the best for the generation next to give.

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>

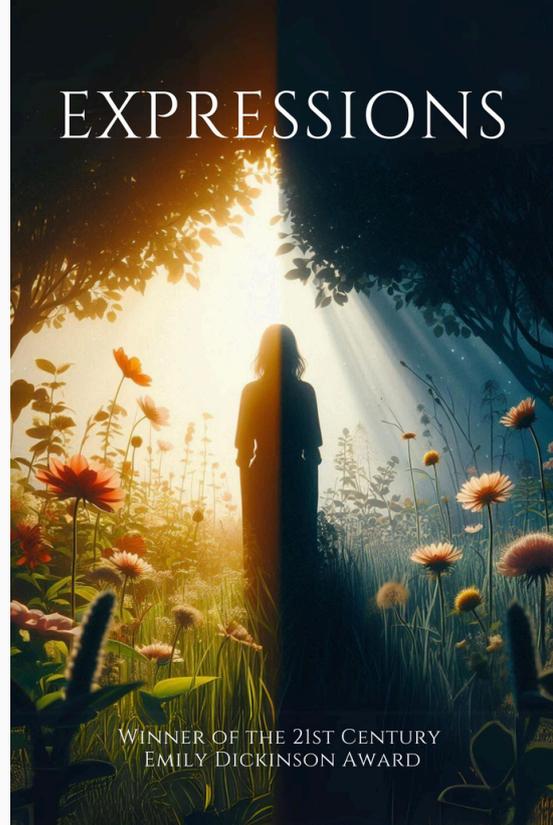
Flipkart:

<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

APRIL 2025 Events

BY MHAI

1. Summer Camp

Venue: MHAI Open Hall

Date: 21-Apr-2025 to 2-May-2025

Time: 10:30 AM - 1:00 PM, Monday-Friday

Hosted By MHAI

2. Support Group Meet

ONLINE

Date: 28-Apr-2025

Time: 6 PM to 7 PM

3. Human Books

ONLINE

Date: 28-Apr-2025

Time: 7 PM to 8 PM

To Register:
www.mhai.in

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MHAI
MENTAL HEALTH ACADEMY INDIA
Creating Healthy Minds

SUMMER CAMP

A perfect blend of learning, creativity, and adventure!
★ Explore, Learn & Grow!

- 📍 Location: MHAI Open Hall, K. Narayanapura
- 📅 Dates: April 21st - May 2nd, 2025
- 🕒 Time: 10:30 AM - 1:00 PM, Mon-Fri
- 👤 Age Group: 7 - 16 years
- 💰 Cost: ₹4,999/-



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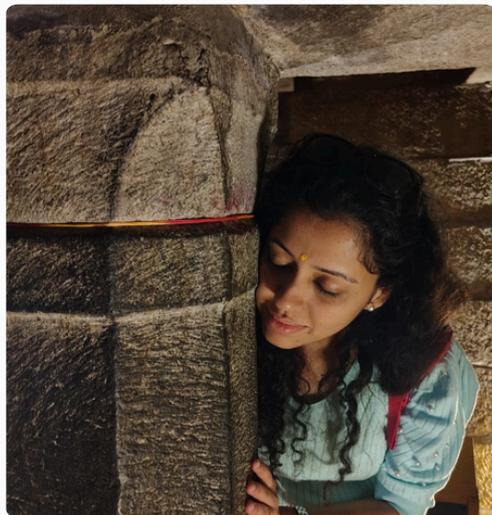
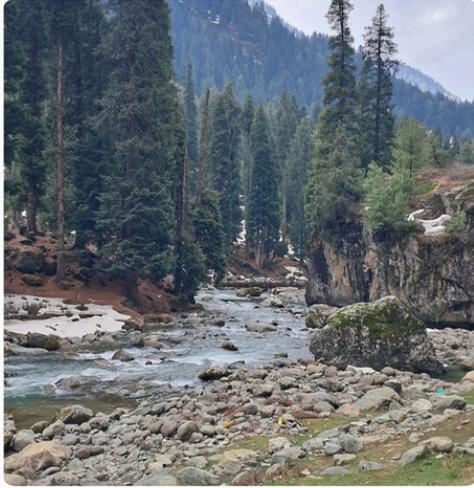


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PAST EVENT HIGHLIGHTS

MHAI - CREATING HEALTHY MINDS

SHINRIN YOKU AND MUSIC THERAPY- 5 DAY - AT KASHMIR - BY MHAI



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For
Information:

www.mhai.in

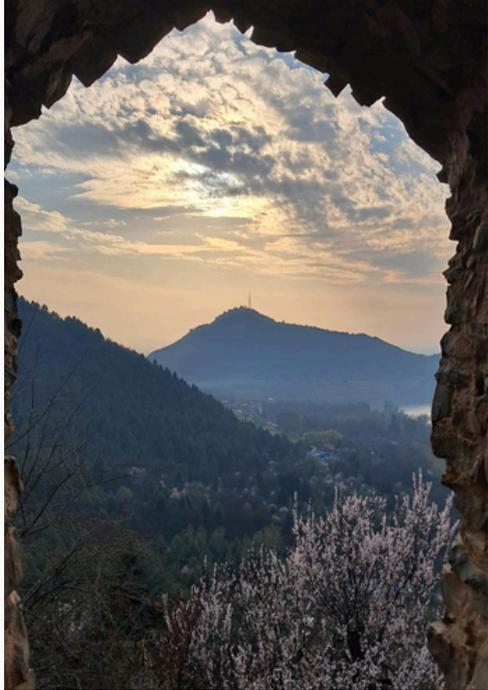
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PAST EVENT HIGHLIGHTS

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PAST EVENT HIGHLIGHTS

MHAI - CREATING HEALTHY MINDS

HOLISTIC HEALTH TRAINING PROGRAM - MHAI IN COLLABORATION WITH MENTAL STRIDES, AUSTRALIA



Holistic Health



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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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