

MUSINGS

Official Newsletter - BY MHAI

PC: Rohan Somkuwar

Beyond the Four Walls: Why We Need a Life Outside Our Family

BY RANJITHA RAJ

Culturally, especially in many Indian households, we are taught that after marriage, our world should revolve around our family — that our spouse, children, and in-laws should become our **everything**. While nurturing our family is undoubtedly meaningful and fulfilling, what happens when we pour all our energy into one space and neglect the rest of our identity?

The truth is, when we place all our emotional eggs in one basket — that of family alone — we risk losing balance, perspective, and sometimes even a sense of self. Life is multidimensional. We are partners, parents, caregivers — but we are also individuals with passions, interests, and the need for connection beyond the home.

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Having a social circle — friends, colleagues, mentors, or even a hobby group — gives us a space to share, laugh, reflect, and grow. It allows us to recharge, gain new perspectives, and feel supported in ways our family may not always be able to offer.

This isn't about neglecting family. It's about expanding our circle of belonging so that we don't feel emotionally stranded when challenges arise at home. A healthy support system acts as a buffer, offering strength and stability when family life feels overwhelming.

So let's start normalizing the idea that nurturing friendships, maintaining hobbies, and continuing personal growth after marriage isn't selfish — it's essential. Because a well-rounded individual makes for a healthier family too.

Change Agent

BY SOWMYA UDUPA

“The only aloneness you feel was created by the thought that nobody would understand,

“Having a social circle — friends, colleagues, mentors, or even a hobby group — gives us a space to share, laugh, reflect, and grow.”

- RANJITHA RAJ





or the fear that you will be judged... There is an absolute chance you will be judged, but those are not the people for you.”

“You have every right to feel your trauma and feel your struggle. You also have every responsibility to find healing from it.”

What struck me in both is the powerful sense of agency. We live in a world that now encourages vulnerability and openness—but I’ve also seen how easily it tips into victimhood. In Cognitive Behavioral Therapy (CBT), this is called “entitlement”—the idea that because I’ve suffered, the world owes me special treatment. These quotes remind us that while acknowledging trauma is necessary, surrendering to it is not. Healing requires ownership.

I’ve been on both sides. I once feared judgment so intensely that I shut down. I imagined rejection at every corner, convinced others lived perfect lives untouched by pain. In that fear, I isolated myself, created stories, wore masks. But when life shattered those illusions—when I had nothing left to hide

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behind—I found the courage to speak. And in doing so, I found people who listened, who understood. They became my anchors.

That’s when it hit me: we’re only as alone as we believe ourselves to be. Rejection still happened, but I chose to focus on those who welcomed me. That shift—from defensiveness to trust—was when healing truly began. I began to take responsibility and see that I am the change agent. I made the conscious choice to appreciate the love I received rather than dwell on the rejection.

The second quote echoed another truth I had buried. For years, I minimized my pain in the name of humility. But dismissed pain doesn’t disappear—it festers. It becomes anxiety, avoidance, addiction, fear of commitment. Healing began only when I acknowledged the weight of my trauma and claimed both my right—and my responsibility—to transform it.

Turning Setbacks into Strength: How Pain Builds Resilience

BY RANJITHA RAJ

Setbacks are an inevitable part of life — a missed opportunity, a failed plan, or a

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- SOWMYA UDUPA



✓ *Ask yourself tough questions*

personal loss. In the moment, they may feel like roadblocks, but with time and reflection, they often reveal themselves as turning points.

Every challenge holds within it the seed of growth. When we experience pain, it pushes us to dig deeper, to question, adapt, and evolve. It strengthens our emotional muscles. Just like the body grows stronger when it heals after strain, the mind and heart grow resilient when they move through difficult emotions and emerge with new insights.

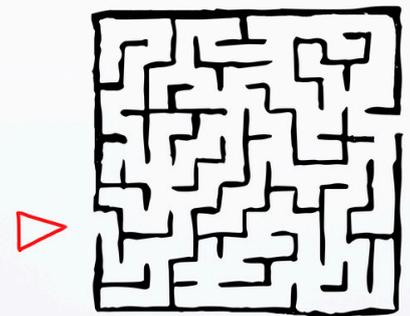
Resilience isn't about avoiding discomfort — it's about allowing ourselves to feel it, learn from it, and bounce back with greater clarity and courage. It's built moment by moment, experience by experience.

So the next time you face a setback, pause. Ask: What is this teaching me? You may find that it's not a failure, but a foundation being laid for your next breakthrough.

Because every pain has the potential to shape us — not into someone bitter, but into someone wiser, braver, and more deeply human.

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- RANJITHA RAJ





Listening Without Judgement

BY RANJITHA RAJ

“Carl Jung once said, “Thinking is difficult, that’s why most people judge.”

In the counselling world, one of the first things we learn is to not be judgmental. And this practice holds such deep value — not just in therapy but in everyday life.

To be listened to without judgement is one of the greatest freedoms a person can experience. For someone who is sharing their pain, their struggle, or their truth, being met with understanding rather than evaluation is incredibly liberating. It tells them: You are safe here. You don’t have to pretend. You are allowed to feel.

This holds true no matter how long you've known someone — even years of closeness can’t replace the safety of non-judgmental presence in a **vulnerable moment**. The instant labelling or judgement appears; the mind interprets it as

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danger. It begins to protect itself by shutting down or withdrawing. Trust is shaken, not necessarily by what is said, but by what is sensed and felt. Mind suppresses what it truly wants to express.

Imagine someone carrying a heavy load on their back or head. Now make them stand still and give them a lecture on how to lift a stone or how to live life better. They'll collapse.

This is what happens when someone in emotional pain is given life advice before they've had a chance to simply be heard. People often come to us not for solutions, but for space — a space to breathe, to release, to feel held. Sometimes, they turn to us as their last hope, after trusting and being let down many times before. And in that vulnerable moment, if we respond with judgement or correction, we could end up pushing them further into silence.

So, before we judge, label, or try to fix someone's pain, let's pause. Let's ask, listen, and seek to understand. Only after the weight

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it's okay to
Feel your
Feelings



is unloaded might someone be open to new perspectives or solutions. Not before.

Judging is easy. Listening requires presence. It requires thinking. And it requires heart. Labels look good only on clothes, not on people. Words like lazy, weak, toxic, dramatic may seem harmless in passing, but they can tear down someone's trust, self-worth, and confidence in moments when they're already fragile.

If someone chooses to share their world with you, consider yourself lucky. Being there — fully, without judgement — is one of the greatest offerings you can give. Because sometimes, just being present can remind someone they're not alone.

And that reminder can mean everything.



“Labels look good only on clothes, not on people.”

- RANJITHA RAJ





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JULY 2025 Events

BY MHAI

1. Support Group Meet ONLINE

Date: 28-July-2025, Monday

Time: 6 PM to 7 PM

Topic: "Are We Consuming the News — or Is It Consuming Us?"

Hosted by MHAI

2. Human Books ONLINE

Date: 28-July-2025, Monday

Time: 7 PM to 8 PM

Hosted by MHAI

3. Mann-Thann - In-person

Date: 26-July-2025 and 27-Jul-2025, Saturday and Sunday

Time: 10 AM to 5 PM

Hosted by MHAI

Venue: MHAI Open Hall

Fee: 10,000/-

To Register:
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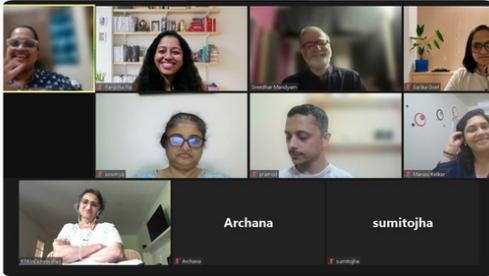


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PAST EVENT HIGHLIGHTS

MHAI - CREATING HEALTHY MINDS

THE SOUND MIND & LONELINESS IN A CONNECTED WORLD WORKSHOPS - JUNE 2025



For Information:

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MHAI - CREATING HEALTHY MINDS

HUMAN BOOKS MEET AND MANN-THANN BY 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/Mann-Thann - The Journey Within - Outdoor Workshops**
- **Kaadu Harate - Expressive Art Therapy (EAT)**

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