

VOL. 1 ISSUE 1 · JAN-FEB 2023



MHAI

MENTAL HEALTH ACADEMY INDIA
Creating Healthy Minds

MUSINGS

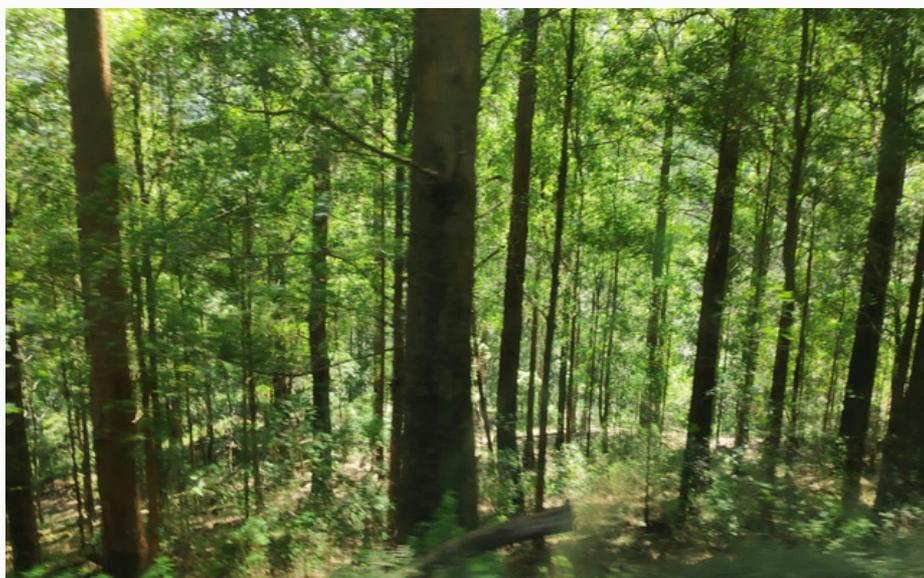
Official Newsletter - BY MHAI

PC: Rohan Somkuwar

Concrete Jungle

BY RANJITHA RAJ

She finds the wild forests, where things are **imperfect** but **REAL**, to be fascinating whereas most people are enthralled with the **Perfect** Beautiful Garden in the Concrete Jungle. She believes that because life is not a straight line and is instead filled with ups and downs, just like nature is, perfection is merely an **illusion**.



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I Have Failed!

BY SOWMYA UDUPA

"I am a failure." Isn't it an unforgiving voice that reverberates in our minds?

Like many I would have argued that saying "I am a failure" is being humble; it is about accepting one's mistakes.

I reflected on this and asked myself - Are we really accepting our mistakes? or were we harshly judging ourselves as failures? Is this voice an expression of humility or self-depreciation?

"I made a mistake". Isn't this also a voice of acceptance? Is there judgement here?

I cherished my **"aha"** moment and adopted this self-talk.

But there is more. A quote by Kristin Neff - Self-compassion, profoundly affected me "We certainly feel the sting of falling short of our ideals, but our mind tends to focus on the failure, rather than the pain caused by the failure."



We are fixated on failure, but do we recognise or accept the emotions it evokes? This results in feelings of shame, rage, and self-hatred.

"I came in late to the office and I was reprimanded ", "It hurts and I feel embarrassed ", "It's ok to feel".

Acceptance, rather than judgement, and **compassion**, rather than critical yelling, motivate us to act rather than shrink in shame.

'The quality of your self-talk determines the quality of your life.'





Childhood Trauma

BY HASANMUKHI M

Recently, I was watching the new Netflix series, "**Monster: The Jeffrey Dahmer Story.**" It is based on the life story of Jeffery Dahmer, one of America's most horrific serial killers. The series has not just shown his horrific and gruesome crimes but also shed some light on his childhood, which played a very substantial role in his particular dysfunctional behaviour. You know, we often see this in movies, where the only way to comprehend the hero's or villain's current crisis is to rewind to their past. So, why is our past so important?

McCarthy once said, "Scars have the strange power to remind us that our past is real."

This is not just the story of a serial killer. Instead, I am trying to make you conscious of some deeply rooted and upsetting aspects of childhood that affect one's identity and behaviour in adulthood. So, this time I am writing about childhood trauma and how it affects adult life.

If children are exposed to more traumatic events, they are more likely to suffer physical and mental health problems throughout their lifetimes. They can experience feelings of anxiety, helplessness, and a sense of being left alone, along with guilt and shame. Further, mental health issues like depression and PTSD, as well as difficulty forming effective relationships, make them more likely to become drug addicts and excessive drinkers.

Maybe by now, you are more vigilant about childhood trauma and its effects on adult life.

Jeffrey Dahmer killed 17 males in a truly horrific fashion. He drugged, raped, and strangled his victims.

'You are not going to heal if you keep pretending that you are not hurt.'





Later, he preserved skulls and genitalia and used the remaining parts for consumption. When we look through his childhood, we get plenty of information to help us discern how this good-looking man turned out to be a monster.

Jeffery experienced multiple traumas during his childhood. His mother suffered from postpartum depression after his birth, and Jeffery was a victim of sexual as well as verbal and physical abuse. His parents' toxic relationship fueled his antisocial behaviours. So, this doesn't imply that the child who is the victim of abuse will become a serial killer one day. But dysfunctional behaviour has so many other reasons.

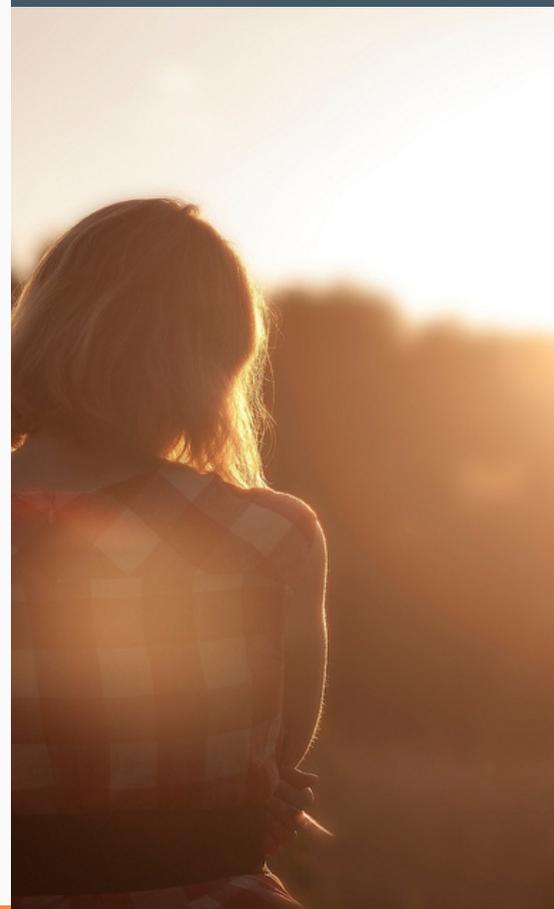
However, if he had been nurtured, loved, given attention, and encouraged by being taught in a more socially acceptable way, it would have made him a different person. So, for children, "home and school" are very significant in the development of their personalities. If a child has suffered abuse and bullying for a longer period, they don't express their feelings to anyone if no one hears them or does not show any support.

Many adults out there suffer every day because of traumatic events that happened in their lives. So, I wish to tell those who are reading this: if you have survived a traumatic event and managed yourself every day for betterment, you are doing great!!!. So remember, we are not Supreme Court or High Court judges to pass judgement over other people's lives. **" If you want to live a peaceful life, let others live in peace."**

Until next time,
See you, Homo sapiens.

"Don't judge yourself by what others did to you."

C. KENNEDY





Do you want to be Right or Happy?

BY RANJITHA RAJ

Have you ever noticed, whenever we defend ourselves to be **RIGHT**, lot of energy gets exhausted and it drains our physical and mental energy.

Even after we win over the argument with another person, it necessarily may not make us **HAPPY**.

Many a times it's the ego (Needing to be right or needing someone else to be wrong) that drives our actions and arguments.

Does that mean even when we are right, we should not voice our concerns? NO!

If the situation really demands and it is worth fighting the battle then one should not back down. Go ahead.

But always bear in mind what is at stake and what are we ready to lose in this battle.

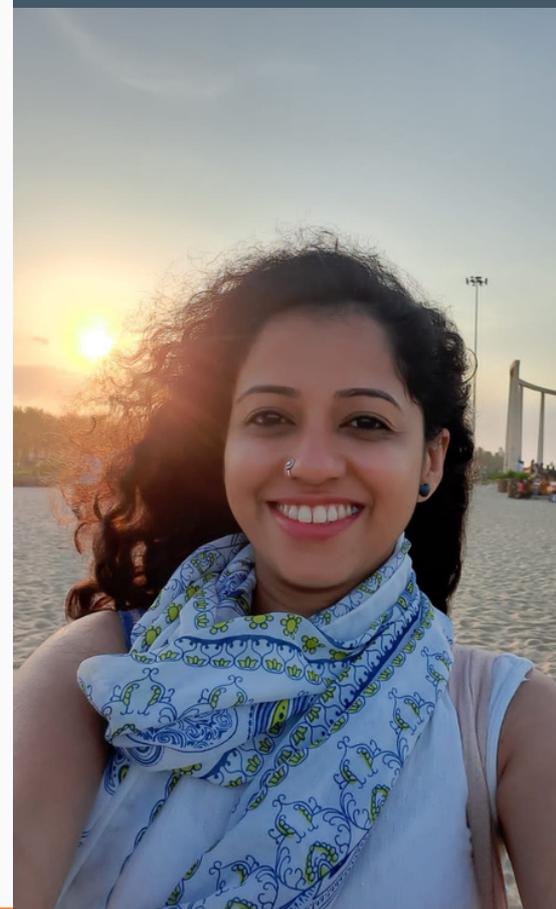
Once we start practicing this, we experience peace within ourselves, harmony with others and as a result the relationships blossom.

Hence, whenever you are struck in such a situation, take a pause and ask yourself –

“Do you want to be RIGHT or Do you want to be HAPPY?”.

'Waiting for someone else to make you happy is the best way to be sad.'

JEFFREY BENJAMIN





PC: Rohan Somkuwar

MARCH 2023 Events

BY MHAI

1. Support Group Meet

Venue: MHAI Open Hall

Date: 11-Mar-2023

Time: 10 AM to 11.30 AM

2. Human Books

Venue: MHAI Open Hall

Date: 11-Mar-2023

Time: 11.30 AM to 1 PM

3. Support Group Meet

ONLINE

Date: 27-Mar-2023

Time: 6 PM to 7 PM

4. Human Books

ONLINE

Date: 27-Mar-2023

Time: 7 PM to 8 PM

5. Holistic Health Rural Training

Bangalore - Rural

Date: 2-Mar-2023 to 6-Mar-2023

BY Team MHAI and Mental Strides, Australia

To Register:

www.mhai.in

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APRIL 2023 Events

BY MHAI

1. Support Group Meet

Venue: MHAI Open Hall

Date: 08-April-2023

Time: 10 AM to 11.30 AM

2. Human Books

Venue: MHAI Open Hall

Date: 08-April-2023

Time: 11.30 AM to 1 PM

3. Support Group Meet

ONLINE

Date: 24-April-2023

Time: 6 PM to 7 PM

4. Human Books

ONLINE

Date: 24-Apr-2023

Time: 7 PM to 8 PM

5. Personal Boundaries Workshop

ONLINE

Date: 17th and 18th April-2023

Time: 6 PM to 8 PM

By Sowmya Udupa

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JANUARY 2023 Highlights

MHAI - CREATING HEALTHY MINDS

1. Certificate Course in Suicide Prevention Skills

Jan 18th and 19th

Delivered By Ranjitha Raj

2. Workshop on Handling Difficult People

Jan 27th

Delivered By Ranjitha Raj

3. MHAI Online Support Group Meet

Topic: Effects of Toxic Relationships on Mental Health

Jan 30th

4. MHAI Online Human Books

Book 1: My Dear Lizzy!

Book 2: Mind your OWN BUSINESS!

Jan 30th

5. Life Skills Training - Schools in Bangalore

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FEBRUARY 2023 Highlights

MHAI - CREATING HEALTHY MINDS

1. Holistic Health Rural Training (TTT)

Feb 1st and 2nd

Delivered By Engel Prendergast and Ranjitha Raj

MHAI in collaboration with Mental Strides, Australia

2. Holistic Health Rural Training - Awareness workshop for employees of Earthen Browns

Feb 7th

Delivered By Ranjitha Raj and Engel Prendergast

3. MHAI In-person and Online Support Group Meet

Topic: Overcoming Fear and Overcoming Guilt

Feb 11th (In-person) and 27th (Online)

4. MHAI In-person and Online Human Books

Book 1: My Name is not AMMA!

Book 2: Jhoot Bole Kauwa Kaate

Book 3: Anything can happen over a cup of coffee!

Book 4: I Hate Maths!

Book 5: Take It With A Pinch of Salt

Feb 11th (In-person) and 27th (Online)

5. Life Skills Training - Schools in Bangalore

6. Holistic Health Rural Training, Menstrual Hygiene and Study Skills at Channarayapatna and Hirisave Government Girl's High School

Feb 16th

Delivered By Ranjitha Raj, Hasanmukhi M, Sowmya Udupa and Ramya Shetty

6. Life Skills Trainers - Alumni Meet - Feb 28th

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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**
- **Emotional Counselling**
- **Mentoring and Internships (Teens and Adults)**
- **Mental Health Awareness Programs**

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