

MUSINGS

Official Newsletter - BY MHAI

PC: Rohan Somkuwar

The Therapeutic Crunch

BY RANJITHA RAJ

As I step onto the dried leaves scattered across the forest floor, I am immediately greeted by the soft crunching sound of the leaves beneath my feet. The crispness of the leaves, brittle from the lack of moisture, creates a satisfying sensation with each step I take.



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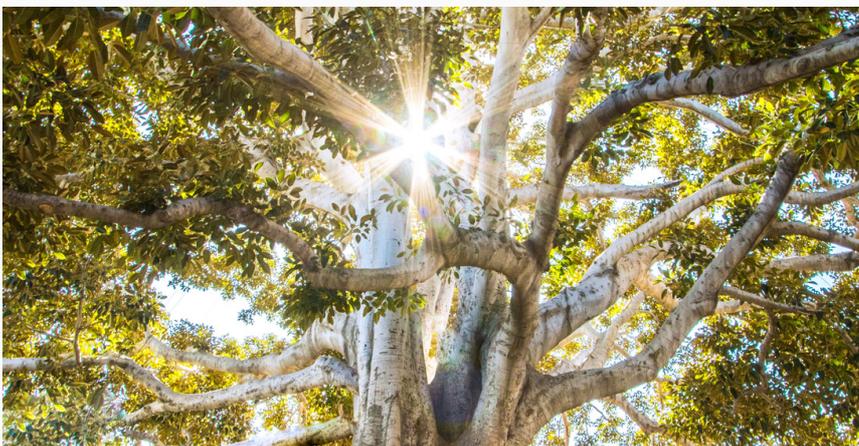
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The rustling of the leaves beneath my feet fills the air, and I feel as though I am part of the natural world around me. The leaves are of varying sizes and shapes, some brown and curled up, others still green and partially intact. As I walk, I cannot help but marvel at the intricate patterns and textures that nature has created.

The earthy aroma of the leaves mingles with the scent of fresh air, and I take deep breaths in, savoring the clean and pure fragrance. The sound of birds chirping and leaves rustling in the gentle breeze is soothing, and I feel a sense of calm and tranquility wash over me.

As I continue my walk, I find myself lost in thought, pondering the beauty of the natural world and how fortunate I am to be able to experience it. The dried leaves beneath my feet are a reminder of the cycle of life and the changing seasons, and I am grateful for this moment of connection with nature.



**“Look deep
into nature,
and then you
will
understand
everything
better.”**

– ALBERT EINSTEIN





The Childhood Dream!

BY SANJANA K

Do you recollect that time when elders in the family would ask what do you want to be when you grow up? What was your reply?

I did name a couple of things but deep within I just wanted to be HAPPY! I don't remember if I ever said it out loud but the little voice in me would always shout "Happiness, a happy world.. that's what I want."

I wanted to be an astronaut, a doctor, sometimes a teacher, a scientist.. in fact I'd say "Why settle for one job when I have 24hrs, I want to do 24 jobs and feel a sense of satisfaction every single day. If nothing, I'll atleast know that I tried it all and know what I like."

Sounds silly, right? After growing up I realized it's just impossible to do something like that... but you see that child didn't think about growing up and experiencing a hard life. The child wasn't afraid to dream big. The child didn't fear or feel foolish to think in that direction.

As a young adult, I find myself looking in the exact same direction after drifting in all the directions the winds blew. I find my heart screaming "I want a happy life, I want everybody around me to be truly happy."

This got me thinking, did we know something about who we are or what we wanted to do even as a child? How did we just forget it all and blame life for trapping us in not so pleasant adulthood experiences? Is it all just a way to rewind and remember that very thing we knew as a child?

**“Shoot for the
Moon and
even if you
miss you'll be
among the
Stars .”**

– LES BROWN





PC: Pradeep Javedar

The Myth of 'Happily Ever After' In Marriage

BY RANJITHA RAJ

The idea that marriage means "happily ever after" is a common misconception that can be harmful to both individuals and relationships. While marriage can bring happiness and fulfillment, it is important to understand that it is not a magical solution to all of life's problems. Marriage is a complex and ongoing process that requires commitment, compromise, and hard work from both partners.

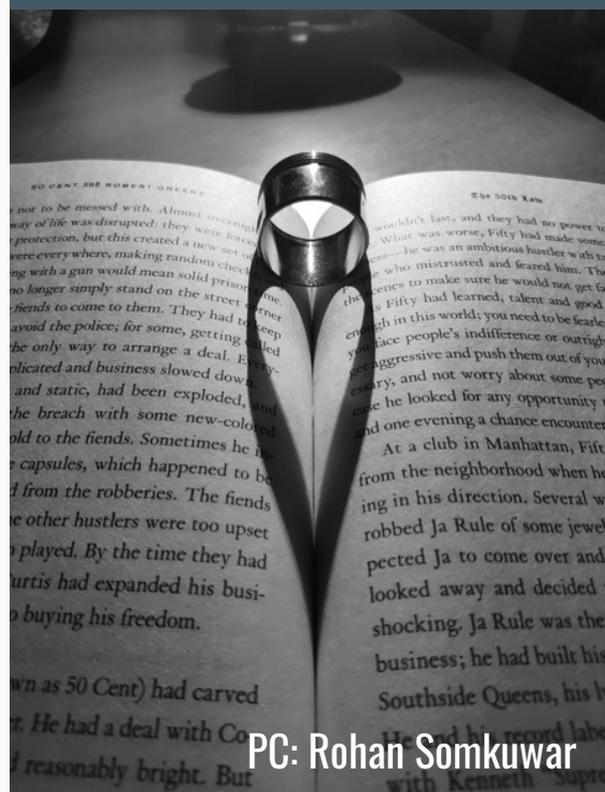
Furthermore, it is not accurate or fair to say that marriage is the only relationship that is supposed to lead to "happily ever after." Many different types of relationships can bring joy and fulfillment, such as friendships, familial relationships, and romantic relationships that don't involve marriage.

By perpetuating the idea that marriage is the only path to happiness and fulfillment, we can create unrealistic expectations for both ourselves and our partners. This can lead to disappointment, resentment, and even the breakdown of the relationship.

It's important to recognize that all relationships require effort, communication, and compromise, regardless of whether they involve marriage or not. Rather than focusing on the idea of "happily ever after," it's more helpful to approach relationships with a realistic and compassionate mindset, recognizing that they will have their ups and downs, and that both partners must work together to overcome challenges and maintain a healthy connection.

"Happily Ever After Is not a Fairy Tale. It's A Choice."

- FAWN WEAVER



PC: Rohan Somkuwar



courage

Courage is being Oneself !

BY SOWMYA UDUPA

From time immemorial courage is synonymous with being stonehearted or invulnerable.

"Heroics is putting your life on the line; courage is putting your vulnerability on the line"- Brene Brown.

Every day, I see courage, like the old lady who asks me to read her prescription, laughing embarrassingly about her deteriorating vision. "Don't get too excited, it will fail." Yes, the warning against disappointment. How many times have we downplayed our excitement for fear of disappointment? After so many years of heeding the "warning" , I am no longer able to feel anything completely. You see, there are no positive or negative emotions. Emotions are not in our control. There is no switch to turn off one set and keep another set of emotions on. When you stop feeling some things, you stop feeling everything.

So to me, the most courageous person is my bestie. Her eyes light up, her voice quivers and her body shudders, whenever she is feeling excited. And when she cries, her body buckles with pain, and her eyes shed tears. she feels it all to her bones. Yes, the most courageous person in my book.

And to embrace vulnerability is to embrace self-compassion and self-love.

"Courage isn't having the strength to go on – it is going on when you don't have strength." "

- NAPOLEÓN BONAPARTE





PC: Rohan Somkuwar

MAY 2023 Events

BY MHAI

1. Support Group Meet

Venue: MHAI Open Hall

Date: 13-May-2023

Time: 10 AM to 11.30 AM

2. Human Books

Venue: MHAI Open Hall

Date: 13-May-2023

Time: 11.30 AM to 1 PM

3. Support Group Meet

ONLINE

Date: 22-May-2023

Time: 6 PM to 7 PM

4. Human Books

ONLINE

Date: 22-May-2023

Time: 7 PM to 8 PM

5. Diploma In Life Skills

ONLINE (4 Months)

Date: May-2023 to Aug-2023

(Weekday and Weekend Batches)

To Register:

www.mhai.in

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No.316/5, Ibbani,
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560077, Karnataka,
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PC: Rohan Somkuwar



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JUNE 2023 Events

BY MHAI

1. Support Group Meet

Venue: MHAI Open Hall

Date: 10-June-2023

Time: 10 AM to 11.30 AM

2. Human Books

Venue: MHAI Open Hall

Date: 10-June-2023

Time: 11.30 AM to 1 PM

3. Support Group Meet

ONLINE

Date: 26-June-2023

Time: 6 PM to 7 PM

4. Human Books

ONLINE

Date: 26-June-2023

Time: 7 PM to 8 PM

5. Prevention of Non-Suicidal Self-Injury (Self-Harm)

ONLINE

Date: 19th and 20th June-2023

Time: 6 PM to 8 PM

By Ranjitha Raj

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MARCH and APRIL 2023 Highlights

MHAI - CREATING HEALTHY MINDS

Holistic Health, Study Skills and Menstrual Hygiene workshop at Channarayapatna, Hirisave Government Girls High Schools.

For Information:

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Holistic Health Training and Human Books, Bangalore



PC: Rohan Somkuwar



PC: Rohan Somkuwar

MARCH and APRIL 2023 Highlights

MHAI - CREATING HEALTHY MINDS

Support Group, Human Books Event, Training at Fitwel Tools and Forging Pvt.Ltd

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Personal Boundaries - Online Workshop
Sensory Approach to Stress and Anxiety - Workshop



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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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