

# MUSINGS

Official Newsletter - BY MHAI

PC: Rohan Somkuwar

## Attached, Yet Unattached

BY RANJITHA RAJ

She seeks to be attached, yet unattached,  
To avoid disappointment and regret.  
With fewer expectations,  
And less trust in the world,  
She finds strength and abilities within.  
No room for betrayal from the world,  
In this newfound understanding, she loves  
freely,  
Savoring love's pure joy,  
Embracing attachment, yet remaining  
unattached.

## JOURNEY

BY RAMYA S SHETTY

“Don't compare yourself to others; we each  
move at our own pace. Instead, measure  
your growth by how far you've come from  
your past self.”

## This issue:

Attached, Yet  
Unattached

Journey  
PAGE 01

We Are What We  
Repeatedly Do!  
PAGE 02 AND 03

Expectations  
PAGE 04

Learning Window  
PAGE 05 AND 06

September Events  
PAGE 07

Past Events Highlights  
PAGE 08, 09 AND 10

MHAI Services  
PAGE 11



## We Are What We Repeatedly Do!

BY RANJITHA RAJ

Have you ever thought what happens when we watch the same old movie again and again?

We might remember every dialogue, scene, characters, emotions etc., with much clarity. But does it add any new meaning or perspective every time you see it???

On the contrary, what will happen when you watch a new movie? You are exposed to newer perspectives, newer story, newer interpretations.

Same could apply in our real life too.

We are struck in an infinite loop of 'Play-Stop-Replay' of our very own life historical episodes of criticism, painful moments, unpleasant events, uncomfortable situations, hurtful people, etc.

This drags us deep down into never ending feeling of misery and sufferings.

“Replaying the same old scenes in our minds keeps us stuck in the past”

- RANJITHA RAJ





## Can we overcome this? Yes.

Start consciously viewing your life's old episodes with new perspective and see the changes happening in your life.

For instance, you were criticized by your parents or teacher in your childhood that you are not good enough or you are a failure.

Today, you can consciously choose to view the same situation differently.

For example, the teacher or parents may have disagreed with you, but it was not about your overall intelligence but rather a difference of perspective/thinking.

We can always think about the learnings out of any such instances.

We are what we repeatedly do! Hence, create and paint a positive mental picture everyday so that it becomes a habit and part of you.

**“Changing the script of our past by viewing it through a new lens can transform our present and reshape our future.”**

- RANJITHA RAJ





## EXPECTATIONS

BY RANJITHA RAJ

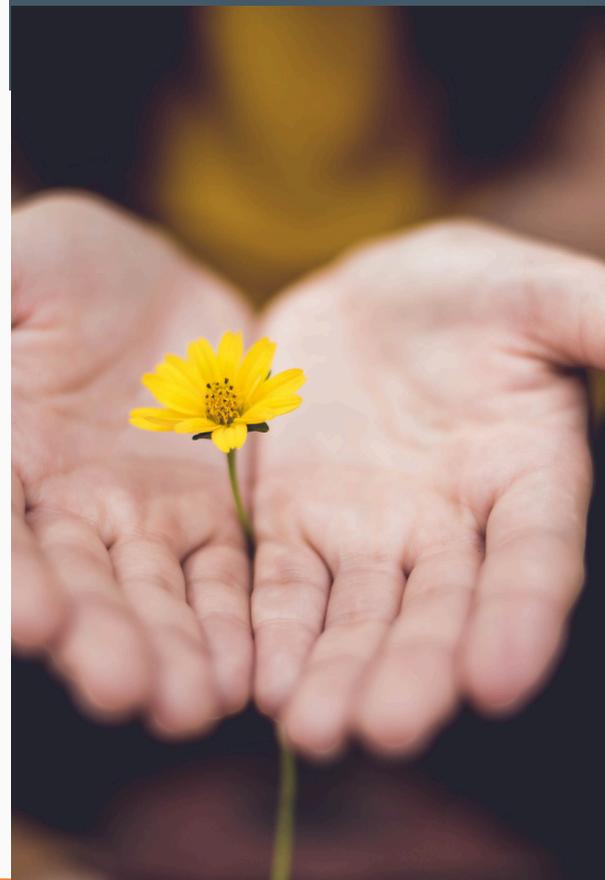
Expectations can be a double-edged sword. While they have the power to inspire us and drive our ambitions, they can also lead to disappointment when reality doesn't align with our idealized visions.

Instead of holding on to the need for perfection, why not embrace the beauty of the present moment? By letting go of rigid expectations, we open ourselves to the unexpected joys and surprises that life has to offer.

It's about finding contentment in what is, rather than dwelling on what could be. As you move forward, remember to cherish the journey. Celebrate the small victories, and allow yourself to find peace in the here and now. Life's imperfections are what make it truly unique and beautiful.

“Expectations  
are  
resentments  
waiting to  
happen”

- BRENE BROWN





## LEARNING WINDOW

EXPAND YOUR HORIZONS

**Constructive Criticism:** Offers specific suggestions for improvement in a helpful, supportive manner.

**Destructive Criticism:** Focuses on fault-finding without offering solutions, often negative and discouraging.

**Positive Criticism:** Highlights what was done well, while also suggesting areas for enhancement.

**Negative Criticism:** Points out flaws or mistakes, often without balancing the feedback with positive remarks.

**Specific Criticism:** Addresses a particular aspect of performance or behaviour, providing clear, actionable feedback.

“If we had no faults we should not take so much pleasure in noting those of others.”

- FRANÇOIS DE LA ROCHEFOUCAULD





**General Criticism:** Broad or vague feedback that lacks specific details, making it less actionable.

**Balanced Criticism:** Combines both positive and negative feedback, ensuring that strengths and weaknesses are both acknowledged.

**Feedback for Improvement:** Focuses on offering practical advice to help someone progress or improve in a certain area.

“It's easy to attack and destroy an act of creation. It's a lot more difficult to perform one.”

- CHUCK PALAHNIUK

**MHAI**  
MENTAL HEALTH ACADEMY INDIA  
Creating Healthy Minds

“  
Constructive and positive feedback guides improvement, boosts confidence, and strengthens relationships by recognizing strengths and offering actionable suggestions.  
”





PC: Rohan Somkuwar

# SEP 2024 Events

BY MHAI

## 1. Support Group Meet

Venue: MHAI Open Hall

Date: 14-Sep-2024

Time: 10 AM to 11.30 AM

## 2. Human Books

Venue: MHAI Open Hall

Date: 14-Sep-2024

Time: 11.30 AM to 1 PM

## 3. Tarot Workshop (Facilitated by Pramod Shenthar)

Venue: MHAI Open Hall

Date: 21-Sep-2024 and 22-Sep-2024

Time: 10 AM to 6 PM

## 4. Support Group Meet

ONLINE

Date: 23-Sep-2024

Time: 6 PM to 7 PM

## 4. Human Books

ONLINE

Date: 23-Sep-2024

Time: 7 PM to 8 PM

## 5. Who am I (2 Nights, 3 Days)

Venue: Devanahalli, Bangalore

Date: 27-Sep-2024 to 29-Sep-2024

Time: Friday 4 PM to Sunday 3 PM

Hosted By MHAI, Facilitated by Bidhan Roy

# To Register:

## www.mhai.in

INFO@MHAI.IN

+91 9880651010

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



PC: Rohan Somkuwar



PC: Rohan Somkuwar

# PAST EVENT HIGHLIGHTS

MHAI - CREATING HEALTHY MINDS

## Human Books and Support Group Meet



# For Information:

[www.mhai.in](http://www.mhai.in)

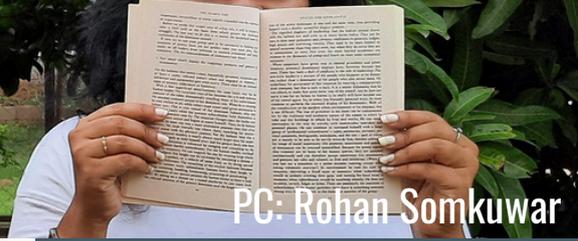
INFO@MHAI.IN  
+91 9880651010

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

## TAROT READING WORKSHOP AT MHAI Facilitated By: Pramod Shenthar



PC: Rohan Somkuwar



**LET'S GET BORED WORKSHOP AT MHAI**  
Facilitated By: Eshwar Sundaresan



**SKILLS OF WISDOM AT MHAI**  
Facilitated By: Sreedhar Mandyam



**DIPLOMA IN LIFE SKILLS at MHAI**



**For Information:**

[www.mhai.in](http://www.mhai.in)

INFO@MHAI.IN  
+91 9880651010

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



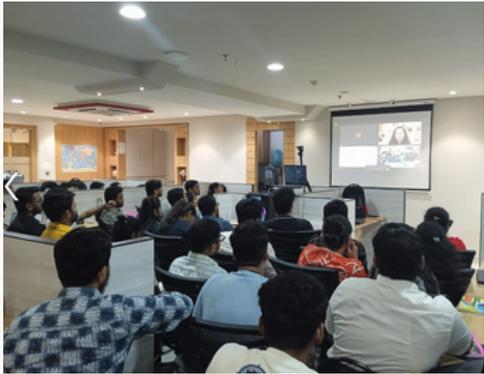
PC: Rohan Somkuwar



PC: Rohan Somkuwar

# WORKSHOPS

Facilitated By: Ranjitha Raj and Team MHAi



## For Information:

[www.mhai.in](http://www.mhai.in)

INFO@MHAi.IN  
+91 9880651010

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



PC: Rohan Somkuwar



PC: Rohan Somkuwar

## 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**
- **Harmony - The Journey Within - Outdoor Workshops**
- **Kaadu Harate - Expressive Art Therapy (EAT)**

### For Information:

[www.mhai.in](http://www.mhai.in)

INFO@MHA.I.IN  
+91 9880651010

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



PC: Rohan Somkuwar