

MUSINGS

Official Newsletter - BY MHAI

PC: Rohan Somkuwar

THE GIFT OF HOPE

BY RANJITHA RAJ

Sometimes the best gift, so small and bright,
Is the gift of hope, a guiding light.
When someone feels lost and all alone,
A little hope can lead them home.

A smile, a word, a hand to hold,
Can warm a heart that's feeling cold.
So give the gift that helps them cope,
The greatest gift—the gift of hope.

FINDING BALANCE

BY RAMYA S SHETTY

“Embrace both **feminine** and **masculine** qualities; balance comes from integrating them, not choosing one over the other.”

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EQ VS IQ

BY RANJITHA RAJ

Do you believe that **'We get Hired for IQ and Fired for EQ'**?

One of the important components of Emotional Intelligence is Managing Emotions.

Growing up we were told if we get angry or if we feel jealous its bad and negative.

But the truth is that **no emotions are Good or Bad.**

It's how we **manage** the emotions make it positive or negative.

For Example: If you are angry at your colleague. you can react and be aggressive **or** you can take a pause and go for a walk which will help you to respond better.

So, we can either choose to REACT or RESPOND which makes the outcome positive or negative.

**"The higher the IQ
the lower the EQ.
The more
intelligent you are,
the lower your
ability is to
communicate
emotionally with
people"**

- ROBERTO ORCI





That is the reason most of the time even if our IQ is high, we still can be fired if we cannot manage our emotions.

So Managing emotions is the ability to identify and express our emotions appropriately.

Next time when you feel something is bothering you ask yourself,

WHAT AM I THINKING?

WHAT AM I FEELING?

This will help you to acknowledge, accept and slowly regulate/ manage your emotions.

Remember, **YOU ARE NOT YOUR EMOTIONS. YOU HAVE EMOTIONS!**

NORMAL?

BY RAMYA S SHETTY

“Normal is subjective; it’s shaped by one’s perspective.”

“Emotions are critical source of information for learning”

- JOSEPH LEDOUX





FEAR OF REJECTION!

BY SOWMYA UDUPA

We have lost the plot.

Maslow's law states, love and belonging are the third most essential human needs. Yet today, we have neglected this need in the name of "progress".

Progress has become synonymous with, material grand expressions of wealth. Simple conversations are being replaced with the most expensive mobile phones. Simple walks with one another clasping hands are being replaced with exotic vacations. A simple meal has been replaced with the latest celebrity chef restaurants. Abbreviated cold text messages replace long conversations filled with innocent desires and heartfelt woes.

Yes, we are making progress, the cost? As with food, water, and safety, love and belonging must also be actively sought and maintained.

“Rejection and Fear of Rejection is the biggest impediment we face to choose ourselves”.

- JAMES ALTUCHER





Our society has evolved into one where quick fixes, instant gratification, and constant dopamine highs have taken precedence over rock-solid calmness of relationships. We are fattened by the excess, yet feel malnourished in our souls. We experience anxiety, depression, loneliness, and a fear of rejection that slowly spreads into our psyche.

We are so neglected in making and maintaining genuine connections, that we are terrified of being rejected by a stranger who peeks at our social media.

Today's society has it all wrong, we fight tooth and nail to be independent and self-confident. We talk about the courage to be disliked and stand on our own, strong. Self-love and identity have become new age mantras without realizing that only through genuine relationships are we truly able to find ourselves.

“The fear of being rejected becomes the fear of not being good enough.”

- DON MIGUEL RUIZ





The courage to be rejected by most requires that we have "our some", those who accept us with and without our masks, laugh with our highs and hold us through our lows, and celebrate our victories as well as pick us up when we fail. It is impossible for us to be courageous enough to be disliked for who we are until we have those who love us for who we are.

From atop buildings, we shout, rage on social media, and read and follow motivational quotes and gurus that urge us to be "us", to live for "us", to be courageous to be disliked, to embrace individualism, to walk the lonely path; however, in truth, it is the genuine connection that provides us with self-confidence.

When we have genuine relationships and connections, we become fearless in the face of rejection, disagreements, and disapproval from other individuals. The presence of genuine connections allows us to learn about ourselves and love ourselves, as well as give us the courage to express ourselves.

“Rejection is not fatal; it is merely someone’s opinion”

- UNKNOWN





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OCT 2024 Events

BY MHAI

1. Tai Chi Workshop

Venue: MHAI Open Hall

Date: 5-Oct-2024

Time: 10 AM to 4 PM

2. Diploma in Life Skills

Venue: Online

Date: 05-Oct-2024 (4 months)

Time: 4 PM to 6 PM

3. Support Group Meet

ONLINE

Date: 28-Oct-2024

Time: 6 PM to 7 PM

4. Human Books

ONLINE

Date: 28-Oct-2024

Time: 7 PM to 8 PM

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

Venue: Devanahalli, Bangalore

Date: 18-Oct-2024 to 20-Oct-2024

Time: Friday 4 PM to Sunday 3 PM

Hosted By MHAI, Facilitated by Bidhan Roy

To Register:

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PAST EVENT HIGHLIGHTS

MHAI - CREATING HEALTHY MINDS

SUICIDE PREVENTION AWARENESS PROGRAM

ಗಾಂಧಿನಗರ : ಕೆಪಿಎಸ್‌ನಲ್ಲಿ ಎಂಹೆಚ್‌ಎಐ ವತಿಯಿಂದ ಮಾನಸಿಕ ಆರೋಗ್ಯ ಜಾಗೃತಿ ಮೊಹಿತಿ ಕಾರ್ಯಾಗಾರಕ್ಕೆ ಚಾಲನೆ



ಸುಳ್ಳು ಕೆಪಿಜಿ ಆಯುರ್ವೇದಿಕೆ ಕಾಲೇಜ್ ವಿದ್ಯಾರ್ಥಿ ನಿಹಾಲ್ ಕೋಡ್ಡುಗುಳಿಯವರ ನೇತೃತ್ವದಲ್ಲಿ ವೆಂಟಲ್ ಹೆಲ್ತ್ ಅಕಾಡೆಮಿ ಇಂಡಿಯಾ ಬೆಂಗಳೂರು ಇವರ ಸಹಯೋಗದಲ್ಲಿ ಮಾನಸಿಕ ಆರೋಗ್ಯ ಜಾಗೃತಿ ಕಾರ್ಯಾಗಾರಕ್ಕೆ ಸೆ 17 ರಂದು ಗಾಂಧಿನಗರ ಕೆಪಿಎಸ್ ನಲ್ಲಿ ಚಾಲನೆ ನೀಡಲಾಯಿತು.

ವಿದ್ಯಾರ್ಥಿಗಳಲ್ಲಿ ಮಾನಸಿಕ ಆರೋಗ್ಯ ಬಲ ಗೊಳಿಸಿ ಅವರ ಜೀವನಕ್ಕೆ ದೊಡ್ಡ ಅನಂತ ದೃಷ್ಟಿಯನ್ನು ದೃಢೀಕರಿಸಲು ನಮ್ಮ ಈ ಕಾರ್ಯಾಗಾರ ಪೂರಕ ವಾಗಲಿದೆ. ಇತ್ತೀಚಿನ ದಿನಗಳಲ್ಲಿ ಕೆಲವು ಅತ್ಯಹತ್ಯೆ ಪ್ರಕರಣಗಳು ವಿದ್ಯಾರ್ಥಿಗಳಲ್ಲಿಯೂ ಕಂಡು ಬರುತ್ತಿದ್ದು ಇದು ಸಮಾಜಕ್ಕೆ ಮಾರಕ ವಾಗಿದೆ.

ಆದ್ದರಿಂದ ಅತ್ಯಹತ್ಯೆ ಎಂಬ ವಿಷಯದ ಬಗ್ಗೆ ಯಾವುದೇ ವಿದ್ಯಾರ್ಥಿಗಳು ಬಲಿಯಾಗ ಬಾರದು. ಈ ನಿಟ್ಟಿನಲ್ಲಿ ಸುಳ್ಳು ತಾಲೂಕಿನಾಧ್ಯಂತ ಎಲ್ಲಾ ಶಾಲೆಗಳಿಗೆ ಭೇಟಿ ನೀಡಿ ಜಾಗೃತಿ ಮೂಡಿಸುವ ತಿಬ್ಬರವನ್ನು ಮಾಡಬೇಕು ಎಂಬ ಗುರಿಯೊಂದಿಗೆ ಈ ಕಾರ್ಯಕ್ರಮಕ್ಕೆ ಚಾಲನೆ ನೀಡಿದ್ದೇವೆ ಎಂದು ತಿಬ್ಬರದ ಆಯೋಜಕ ನಿಹಾಲ್ ಕೋಡ್ಡುಗುಳಿ ತಿಳಿಸಿದರು.

ಕಾರ್ಯಾಗಾರದ ಉದ್ಘಾಟನೆ ಯನ್ನು ಕನ್ನಡ ಸಾಹಿತ್ಯ ಪರಿಷತ್ ಸುಳ್ಳು ತಾಲೂಕು ಅಧ್ಯಕ್ಷ ಚಂದ್ರ ಶೇಖರ್ ಪೇರಾಲು ರವರು ದೀಪ ಬೆಳಗಿಸಿ ಉದ್ಘಾಟಿಸಿದರು.

ವೇದಿಕೆಯಲ್ಲಿ ಮುಖ್ಯ ಅತಿಥಿಗಳಾಗಿ ಉಪಸ್ಥಿತರಿದ್ದ ಸುಳ್ಳು ವಕೀಲರ ಸಂಘದ ಅಧ್ಯಕ್ಷ ಸುಕುಮಾರ್ ಕೋಡ್ಡುಗುಳಿ,

ಶಾಲಾ ಉಪ ಪ್ರಾಂಶುಪಾಲೆ ಶ್ರೀಮತಿ ಜ್ಯೋತಿಲಕ್ಷ್ಮಿ ಉಪಸ್ಥಿತರಿದ್ದರು.

ಮೆಂಟಲ್ ಹೆಲ್ತ್ ಅಕಾಡೆಮಿ ಇಂಡಿಯಾ ಸ್ವಾಪಕರಾದ ರಂಜಿತಾ ರಾಜ್ ಮಾಹಿತಿ ನೀಡಿದರು. ವೇದಿಕೆಯಲ್ಲಿ ರೋಹನ್ ಎಂ ಎಚ್ ಎ ಐ ಇದರ ಸದಸ್ಯರುಗಳಾದ ರಮ್ಯಾ ಶೆಟ್ಟಿ, ಸೌಮ್ಯಾ ಉಡುಪ ಉಪಸ್ಥಿತರಿದ್ದರು.

ಕಾರ್ಯಕ್ರಮದ ಕೊನೆಯಲ್ಲಿ ಸದಸ್ಯ ಪಾಣಿನಿ ದೇರಾಜೆ ರವರು ಸುಂದರ ಜೀವನ ರೂಪಿಸುವ ಕುರಿತ ಗೀತೆಯನ್ನು ಹಾಡಿ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಅರಿವು ಮೂಡಿಸಿದರು.

ನಿಹಾಲ್ ಕೋಡ್ಡುಗುಳಿ ಸ್ವಾಗತಿಸಿ, ಅಧಿಕಾರ ಕೋಲ್ಕಾರ್ ನಿರೂಪಿಸಿ, ವಂದಿಸಿದರು. ವಿದ್ಯಾರ್ಥಿಗಳು ಹಾಗೂ ಶಿಕ್ಷಕರು ಭಾಗವಹಿಸಿದ್ದರು.



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WHO AM I? WORKSHOP Hosted by MHAI Facilitated By: Bidhan Roy



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COLLABORATIVE WORK OF MENTAL HEALTH ACADEMY INDIA (MHAI) AND MENTAL STRIDES, AUSTRALIA, WAS SHOWCASED AT SAFETY2024, THE 15th World Conference ON INJURY PREVENTION AND SAFETY PROMOTION, HELD AT THE TAJ PALACE, NEW DELHI.



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

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