

MUSINGS

Official Newsletter - BY MHAI

PC: Rohan Somkuwar

Touch Starved: The Silent Craving for Connection

BY RANJITHA RAJ

In a world buzzing with notifications, deadlines, and endless to-do lists, we often overlook one of the most profound human needs: **touch**. Not the fleeting kind, but the warm, grounding, and deeply reassuring touch that tells us, “You are not alone.”

Many of us go about our days feeling a quiet ache, a gnawing emptiness that words can't quite capture. It isn't hunger, exhaustion, or even sadness—it's something more subtle yet equally powerful. It's the sensation of being touch starved.

What Does It Mean to Be Touch Starved?

Being touch starved, or experiencing “skin hunger,” is the emotional and physical response to a lack of affectionate, comforting touch. It's a reminder that we are wired for connection.

This issue:

Touch Starved: The Silent Craving for Connection

PAGE 01 TO 05

Unimaginable Strength in Kindness

PAGE 05

Moments That Shine

PAGE 06

December Events

PAGE 07

Past Event Highlights

PAGE 08 & 09

MHAI Services

PAGE 10



From the time we are born, touch plays a crucial role in our growth, development, and emotional well-being. A simple hug, a pat on the back, or holding someone's hand can release **oxytocin**—the “love hormone”—which reduces stress, lowers blood pressure, and fosters a sense of belonging.

But in today's society, touch is becoming increasingly scarce. Many of us live alone, work remotely, or hesitate to reach out due to cultural norms or personal discomfort. Add to this the digital age, where connection often feels more virtual than physical, and the result is a generation of people yearning for something as simple as a hug.

The Quiet Cost of Deprivation

When we don't get enough touch, it impacts us in ways we may not even realize. Anxiety may creep in, sleep can become restless, and loneliness takes root. Over time, this lack of physical connection can contribute to feelings of isolation and even depression.

“Sometimes, the quiet ache we feel isn't loneliness or exhaustion—it's the soul's gentle reminder that we are touch-starved and longing for connection.”

- RANJITHA RAJ





For some, being touch starved can also manifest in subtle ways—a reluctance to seek help, an urge to overcompensate by staying busy, or even the tendency to detach emotionally. It's as though our hearts and bodies crave connection, but our minds have learned to suppress the need to “keep going.”

Reclaiming the Power of Touch

So, how do we fill this void in a world where touch is often overlooked or even stigmatized? The answer lies in intentionality.

- **Start Small:** It could be as simple as holding a loved one's hand, giving a friend a warm hug, or spending time cuddling your pet. Touch doesn't have to be grand; even small gestures can carry profound meaning.
- **Mindful Connection:** Engage in activities like yoga, massage therapy, or even group hugs. These moments of physical presence can be incredibly grounding.

"Touch isn't just a luxury—it's a lifeline that reminds us we are beautifully wired for connection and love."

- RANJITHA RAJ





- **Open Up About Your Needs:** It's okay to express that you're craving connection. With safe boundaries, friends and loved ones may be more than willing to share in mutual touch.
- **Therapeutic Touch:** If you're comfortable, explore wellness practices like reiki, somatic therapy, or bodywork. These modalities use touch to heal not just the body but the soul.

A Gentle Reminder to Yourself

If you've ever felt touch starved, know that you are not alone. It's a deeply human experience, and there's no shame in craving connection. Sometimes, we get so caught up in caring for others or meeting life's demands that we forget to pause and care for ourselves. Touch isn't just a luxury—it's a lifeline. And in seeking it, we remind ourselves that we are human, beautifully wired for connection and love.

So today, as you read this, I invite you to take a moment. Place your hand over your heart. Feel the warmth and rhythm of your own existence.

"In a world full of noise, touch speaks the quiet language of love, belonging, and connection."

- RANJITHA RAJ





In this touch, even if it's your own, lies a reminder: You are here, you are loved, and you are deserving of connection. Let's continue creating a world where touch is not just welcomed but celebrated—a world where we remind each other that we're never truly alone.

Unimaginable Strength in Kindness

BY CHANDRANI SAMADDER

It takes them unimaginable strength to care too much.

It takes them unimaginable patience to see the possibility in their dreams.

The world might see an empathic person as weak

but it takes unimaginable courage to be kind, even when it hurts.

yet they do it all with a smile.

"It takes unimaginable strength to care too much, patience to dream beyond limits, and courage to be kind when it hurts—yet they do it all with a smile."

- CHANDRANI SAMADDER





Moments That Shine

BY CHANDRANI SAMADDER

Life shows us beauty and hope in mysterious ways.

Like watching the kids play, and feeling the cool water of a clear stream, observing the cotton soft clouds swim by.

Young girls dancing on their tiptoes, and the ice-cream melting on your lips, the puppies and kittens,

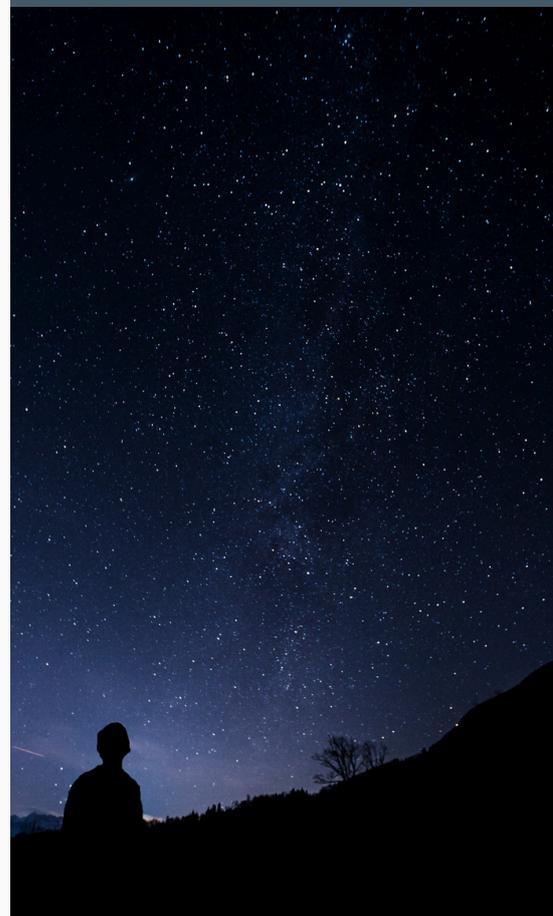
The solitary guitar strumming, the music from your headphones, the cool morning breeze, the warm food that your mother loves to feed.

The joy at reading, the adrenaline in running, the relief at crying.

The pain in our stomachs as we laughed so hard, that we forgot time as it gently passed us by.

And I hope, when you look back on such times, the hope, the joy will shine brighter on your quiet nights.

"Life reveals its magic in the simplest moments—where laughter, love, and quiet joys leave a glow that lights up our darkest nights."





PC: Rohan Somkuwar

DEC 2024 Events

BY MHAI

1. Harmony - The Journey Within

Venue: Jedla, Foothills of Coorg

Date: 14-Dec-2024 to 16-Dec-2024

Time: Saturday 9 AM to Monday 5 PM

Hosted By MHAI, Facilitated by Ranjitha Raj,

Panini Deraje and Pramod Shenthar

3. Support Group Meet

ONLINE

Date: 23-Dec-2024

Time: 6 PM to 7 PM

4. Human Books

ONLINE

Date: 23-Dec-2024

Time: 7 PM to 8 PM

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

FACULTY TRAINING PROGRAM - KLE LAW COLLEGE



For Information:

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

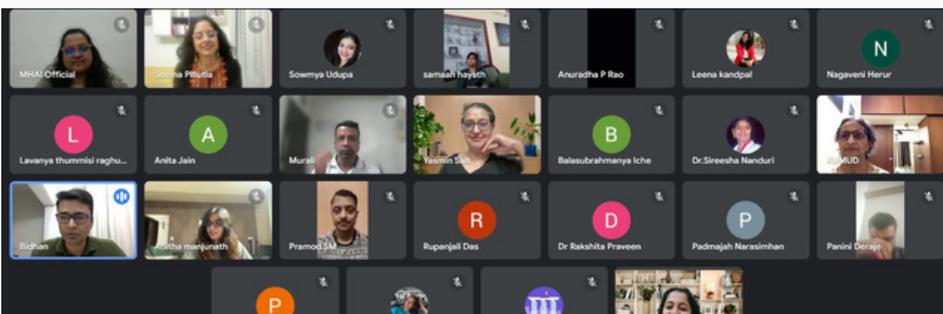
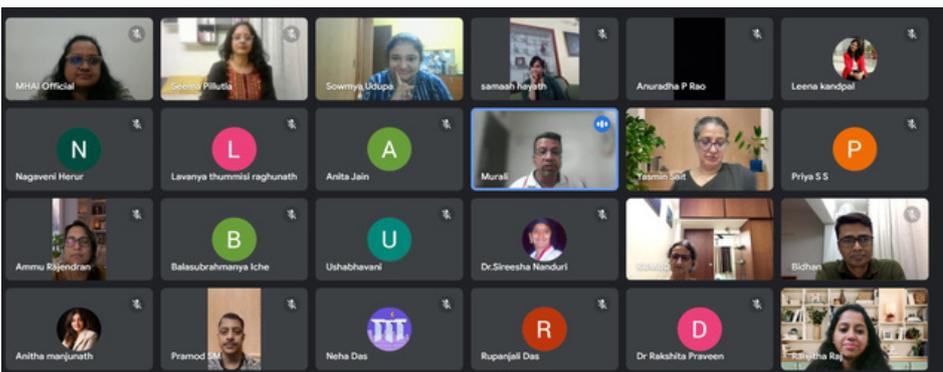
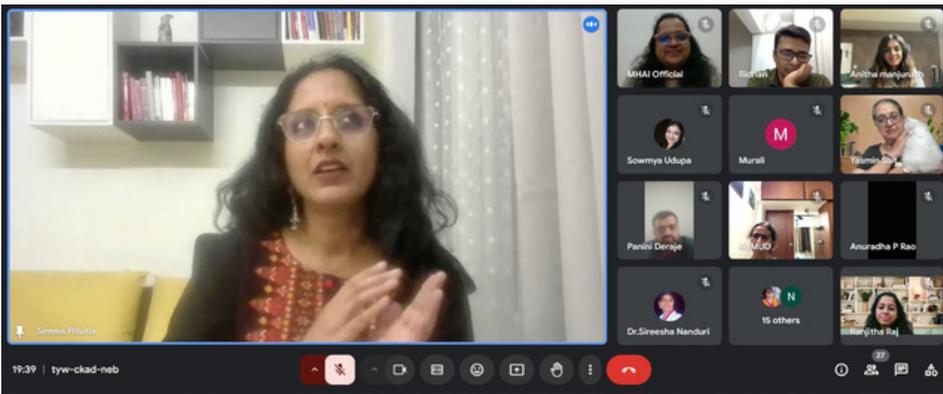
Human Books and Support Group Meet - NOV 2024

For Information:

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

INFO@MHA.I.IN
+91 9880651010

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



PC: Rohan Somkuwar