

# MUSINGS

Official Newsletter - BY MHAI

PC: Rohan Somkuwar

## When Familiarity Breeds Contempt

BY RANJITHA RAJ

“Familiarity breeds contempt” is an old saying, yet it continues to reveal itself in our most intimate relationships—friendships, families, partnerships, even professional spaces meant to feel safe.

In the beginning of any relationship, there is care. We choose our words gently. We listen. We pause before reacting. But as familiarity grows, something subtle shifts. The effort to protect the other person’s feelings slowly reduces. Comfort replaces consciousness. And often, empathy quietly exits the room.

What is most painful is not the contempt itself—but **when it emerges precisely at the moment, we become vulnerable.**

When we open up—about our fears, insecurities, past wounds—we believe we are building closeness. And in many ways, we are. But vulnerability also gives others information. Information about where we are tender.

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Where it hurts. Where we are unsure of ourselves.

Not everyone knows how to hold that responsibly.

Some people, knowingly or unknowingly, use this information to protect themselves. When they feel threatened, uncomfortable, or emotionally exposed, they deflect. They dismiss. They strike back—not with fists, but with words. And because they **know** us, they know exactly where to aim.

Imagine a woman who confides in her close friend that she struggles with self-worth and often doubts her decisions. The friend listens, comforts her, reassures her.

Months later, during a disagreement, the same friend says casually:  
“You always overthink. That’s your problem. You can’t trust your own judgment anyway.”  
The sentence may sound ordinary to an outsider. But to the woman who shared her vulnerability, it lands like a blow. Something sacred was taken out of its safe space and used as a weapon.

**“What is most painful is not the contempt itself—but when it emerges precisely at the moment, we become vulnerable.”**

- RANJITHA RAJ





This is how familiarity breeds contempt—not loudly, not dramatically, but quietly, through carelessness or self-defence.

Often, it is not cruelty but emotional immaturity.

When people feel overwhelmed, ashamed, or unable to handle conflict, they instinctively try to regain power. Using another person's vulnerability becomes a shortcut—a way to feel stronger without actually doing the inner work.

In close relationships, boundaries blur. People assume:

“They know I don't mean it.”

“They should understand.”

“I can say anything; we're close.”

But closeness does not cancel responsibility.

The real loss is not the argument—it is safety.

Once vulnerability is mishandled, people begin to retreat. They speak less. Share less. Feel less. Not because they want distance, but because they are protecting what remains tender inside them.

**“Once vulnerability is mishandled, people begin to retreat. They speak less. Share less. Feel less.”**

- RANJITHA RAJ





Over time, relationships don't break due to big betrayals alone—but due to small, repeated moments where vulnerability was met with disregard.

Familiarity should deepen kindness, not dilute it.

Knowing someone's wounds should make us softer, not sharper.

Closeness is not permission to be careless with words.

Because when someone trusts us with their inner world, they are not giving us ammunition—they are offering us responsibility.

And how we hold that determines whether intimacy becomes healing... or harm.

## From Doing to Being

BY RANJITHA RAJ

My recent trek at Jedla, in the foothills of Coorg, was not just a walk through the nature—it was a walk back to myself. It became a lived experience of mindfulness and ecotherapy, reminding me why nature has always been one of the most powerful healers for the human mind.

“Familiarity  
should deepen  
kindness, not  
dilute it.”

- RANJITHA RAJ





As we walked slowly and mindfully, I noticed how much we usually miss when life is lived in a rush. A fibre-like pod lying quietly on the forest floor. A green pista pod camouflaged so perfectly that it demanded stillness to be seen. Tiny mushrooms emerging with confidence. A cinnamon leaf—simple, yet rich in fragrance when touched and smelled. These delicate details are always present, but our minds are rarely present enough to notice them.

The trek terrain was not easy. Uneven paths, slippery slopes, and moments that required full attention challenged the body. Yet, these very challenges anchored the mind to the present moment. Every step required awareness. Every breath became conscious. This is mindfulness in its most natural form—not practiced in isolation, but experienced through movement, effort, and connection with the earth.

In our everyday lives, we are constantly in the mode of **doing**.

What next?

What after this?

What outcome will this bring?

We are so focused on goals and productivity that we forget the most essential aspect of mental

**“Mindfulness in its most natural form —not practiced in isolation, but experienced through movement, effort, and connection with the earth.”**

- RANJITHA RAJ





well-being—**being**. During this trek, there was no pressure to perform, achieve, or reach faster. There was only the invitation to experience **what is**. And in that space, the mind softened.

From an ecotherapy perspective, nature does not demand anything from us. It does not judge our pace, our productivity, or our thoughts. It simply allows us to exist. This non-demanding presence of nature creates a safe psychological space where the nervous system relaxes, thoughts slow down, and emotional regulation happens organically.

Living in Jedla was equally therapeutic. The basic, minimalistic lifestyle, staying close to nature, being part of a small group, and sharing simple homely food created a sense of grounding and belonging. There was comfort without excess, nourishment without indulgence—something our overstimulated minds deeply crave.

Water streams flowed freely in their natural form, untouched and honest. Sitting by the water for meditation, I felt how effortlessly nature supports mindfulness. The breeze, the sound of flowing

**“Nature does not demand anything from us. It does not judge our pace, our productivity, or our thoughts. It simply allows us to exist.”**

- RANJITHA RAJ





water, leaves falling gracefully—each moment became a silent guide back to presence.

Everything in nature is free.

The air.

The calm.

The healing.

In contrast, our minds are often trapped in scarcity—of time, of peace, of enoughness. Nature gently dissolves this illusion.

Every single minute spent there felt worth it—not because of what I did, but because of how deeply I experienced it. This trek reaffirmed my belief that ecotherapy is not an add-on to mental health—it is a return to our original state of balance.

Sometimes, healing does not come from doing more.

It comes from slowing down.

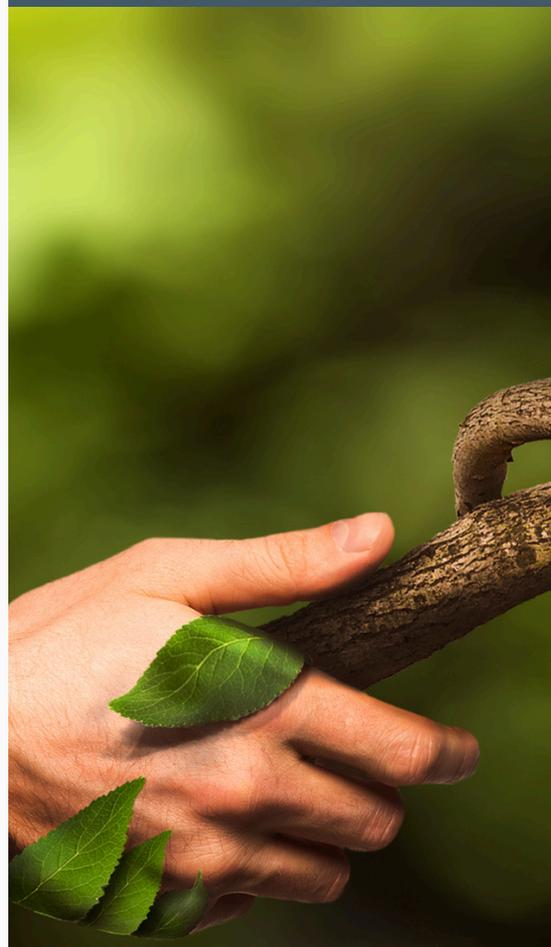
Observing.

Feeling.

And allowing ourselves to simply **be**.

“Sometimes,  
healing does not  
come from doing  
more.  
It comes from  
slowing down.”

- RANJITHA RAJ





## The Quiet Hunger for Validation

BY RANJITHA RAJ

Validation is one of the most unspoken yet powerful needs in a marriage or any intimate relationship.

It is not about praise.

It is not about agreement.

It is simply the feeling of being seen, heard, and **emotionally acknowledged**.

At its core, validation says:

“Your feelings make sense to me.”

### Why do we crave validation so deeply?

From childhood, our sense of self is shaped by how others respond to us. When our emotions are understood and accepted, we learn that we are safe to be ourselves. When they are dismissed or ignored, we slowly learn to doubt our inner world.

In adulthood, especially in marriage or long-term relationships, we unconsciously expect our partner to become that emotional mirror. We want them to reflect back that our thoughts, struggles, fears, and efforts matter. Validation becomes the emotional oxygen of intimacy.

“When our emotions are understood and accepted, we learn that we are safe to be ourselves.”

- RANJITHA RAJ





## Marriage magnifies the need for validation

Marriage is not just companionship; it is **emotional proximity**. When two lives are closely intertwined, the partner's response carries enormous weight.

A casual dismissal like

**“You're overthinking”**

or

**“Why do you make such a big deal out of everything?”**

may seem small, but emotionally it lands as:

**“Your inner experience doesn't matter.”**

Over time, this creates loneliness even within togetherness.

## Why does lack of validation hurt so much?

Because when our emotions are invalidated, we don't just feel misunderstood—we feel invisible.

Many partners don't crave solutions; they crave understanding.

They are not asking to be fixed.

They are asking to be felt.

When validation is missing, people often:

**“when our emotions are invalidated, we don't just feel misunderstood —we feel invisible.”**

- RANJITHA RAJ





- Repeat themselves hoping to be heard
- Become defensive or withdrawn
- Seek validation outside the relationship
- Start doubting their own emotions
- Feel emotionally unsafe

What looks like “neediness” is often unmet emotional acknowledgement.

### Validation vs Agreement

One of the biggest misunderstandings in relationships is confusing validation with agreement.

Validation does not mean:

- You are wrong
- I agree with everything you say
- Your perception is the only truth

Validation means:

- I can see why you feel this way
- Your feelings are real, even if my perspective is different.

Two truths can coexist in a healthy relationship.

“Two truths can coexist in a healthy relationship.”

- RANJITHA RAJ





## Why some people crave it more than others

People who:

- Grew up with emotionally unavailable caregivers
- Were frequently dismissed, compared, or criticized
- Learned to earn love through performance or people-pleasing

often hunger deeply for validation in adulthood. For them, validation is not a luxury—it is repair.

They are not “too sensitive.”

They are carrying old unmet emotional needs.

## The cost of unvalidated relationships

When validation is consistently absent, relationships slowly shift from connection to coexistence.

Partners stop sharing.

Silence replaces vulnerability.

Resentment replaces closeness.

And yet, both people may still love each other.

## Healing begins with small moments of validation

“When validation is consistently absent, relationships slowly shift from connection to coexistence.”

- RANJITHA RAJ





Validation doesn't require grand gestures. It lives in simple moments:

- Listening without interrupting
- Naming the emotion you hear
- Acknowledging effort, not just outcome
- Saying, “I understand this was hard for you”

These moments create emotional safety.

In the end

We all crave validation because we are wired for connection.

To be loved is not just to be chosen—but to be understood.

In marriage and relationships, validation is the bridge between two inner worlds.

Without it, love struggles to breathe.

With it, even difficult conversations become spaces of healing.



“Validation doesn't require grand gestures. It lives in simple moments.”

- RANJITHA RAJ



# VALIDATION

## How Do We Cope When Our Need for Validation Is Not Met?

BY RANJITHA RAJ

When validation is not received—especially from someone we love—it hurts deeply. Not because we are weak, but because humans are wired to seek emotional attunement. The absence of validation can make us feel unseen, unheard, and emotionally alone.

Overcoming this doesn't mean **not needing validation anymore**.

It means learning how to **hold yourself even when others cannot**.

### 1. Name the pain without judging yourself

The first step is acknowledging:

**“This hurts because I wanted to be understood.”**

Often people shame themselves by thinking:

- Why am I so sensitive?
- Why do I need reassurance?

Needing validation is not a flaw. Suppressing this need only deepens the wound. Naming the pain with kindness reduces its intensity.

“Needing validation is not a flaw.”

- RANJITHA RAJ





## 2. Practice self-validation

Self-validation is not self-delusion.

It is the ability to say:

- My feelings are real
- My reaction makes sense given my experience
- I don't need permission to feel this way

A simple practice:

Ask yourself, "If someone I loved felt this way, what would I tell them?"

Offer that same compassion to yourself.

## 3. Separate being unheard from being unworthy

One of the deepest wounds of invalidation is internalizing it as:

"Something is wrong with me."

But often, lack of validation says more about the other person's emotional capacity than your emotional legitimacy.

Not everyone knows how to listen.  
Not everyone feels safe with emotions.  
Not everyone has learned empathy.

Their limitation is not your lack.

**"Often, lack of validation says more about the other person's emotional capacity than your emotional legitimacy."**

- RANJITHA RAJ





#### 4. Express, don't chase

When validation is missing, many people:

- Over-explain
- Repeatedly justify themselves
- Argue harder to be understood

This usually increases exhaustion and resentment.

Instead, express once—clearly and calmly:

“When my feelings are dismissed, I feel hurt. I need to be acknowledged, not fixed.”

If it still doesn't land, pause. Chasing validation often costs self-respect.

#### 5. Build multiple sources of emotional nourishment

When one relationship becomes the sole source of validation, the emotional load becomes too heavy.

Healthy coping involves:

- Safe friends
- Support groups
- Journaling or expressive writing
- Therapy or reflective spaces
- Creative expression

Validation doesn't have to come from one place alone.

#### 6. Regulate before you reason

Invalidation often dysregulates the nervous system—tight chest, racing thoughts, shutdown, or anger.

“When one relationship becomes the sole source of validation, the emotional load becomes too heavy.”

- RANJITHA RAJ





Before seeking understanding, ground yourself:

- Slow breathing
- A walk in nature
- Placing a hand on your chest
- Naming sensations instead of stories

Regulated emotions create clearer communication.

## 7. Accept what may not change

This is the hardest part.

Sometimes the person we want validation from is unable—or unwilling—to offer it consistently. Acceptance here doesn't mean approval; it means realism.

Ask yourself gently:

- Can I live with this emotional gap?
- What boundaries do I need to protect myself?

Self-worth grows when we stop begging for what cannot be given.

## 8. Reclaim your inner authority

Healing from invalidation is about shifting from:

“Do you see me?”

to

“I see myself.”

“Self-worth grows when we stop begging for what cannot be given.”

- RANJITHA RAJ





Love Yourself

The more you trust your inner experience, the less power external invalidation holds.

### In closing

Validation heals—but lack of it can also become a teacher.

It teaches us:

- Where we abandon ourselves
- Where we over-give
- Where we need boundaries
- Where we need deeper self-compassion

You are allowed to feel hurt.

You are allowed to want understanding.

And you are allowed to validate yourself when the world falls short.

## Applied Knowledge is Power

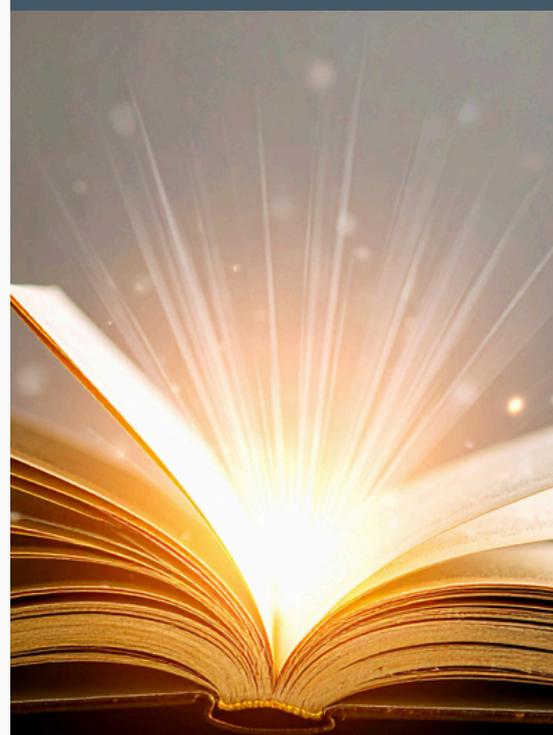
BY RANJITHA RAJ

We've all grown up hearing the phrase “**Knowledge is power.**” It was repeated so often that we began to believe knowledge itself was the ultimate key to success and happiness. But somewhere along the way, we missed the deeper truth — that **applied knowledge is where real power lies.**

Today, we live in a world overflowing with information. With a few taps, we can access

“The more you trust your inner experience, the less power external invalidation holds.”

- RANJITHA RAJ





insights from experts, read countless self-help books, and attend webinars on almost any topic imaginable. We know what to do — how to manage emotions, eat right, communicate better, or handle stress — yet so many remain stuck, anxious, and unfulfilled. Why? Because awareness without action creates frustration, not transformation.

Knowledge by itself is static. It sits in the mind like a book left unopened — full of potential but powerless to create change. When we fail to apply what we know, we begin to experience a subtle disconnect between our intellect and our reality. We can talk about mindfulness without ever pausing to breathe. We can discuss emotional intelligence yet still react impulsively. We can read about self-love yet continue to neglect ourselves. This gap between knowing and doing becomes the breeding ground for misery.

Applied knowledge, on the other hand, is lived wisdom. It is what turns ideas into experience. When we practice what we know — when we apply the principles of patience, gratitude, or empathy in real-life situations — knowledge begins to transform into understanding. The mind learns not through theory, but through

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embodiment.

For instance, knowing the importance of setting boundaries means little unless we actually say “no” when it matters. Reading about stress management is just data until we start incorporating rest, reflection, or routine into our days. **Real growth happens not in the pages we read but, in the moments, we live with awareness.**

**Awareness without action** can become a **comfort zone**. We feel good “knowing” things; it gives us an **illusion of progress**. But the essence of personal development is not intellectual satisfaction — it’s behavioral change. The true test of knowledge is not how much we can recall, but how much we can **practice**.

So, the next time you come across a powerful quote, a meaningful insight, or a helpful strategy, pause and ask yourself — **How can I apply this in my life today?** Because only when knowledge moves from the head to the heart and into action does it truly become power.

In the end, **wisdom isn’t about knowing more — it’s about living what we already know.**

**“Awareness  
without action  
can become a  
comfort zone.”**

- RANJITHA RAJ





## Like Water

BY RANJITHA RAJ

Water just flows.

It does not pause to question its direction.

It does not get hooked to what it leaves behind.

It moves—soft, steady, certain.

When there is no obstacle, it flows freely.

When there is a barrier, it does not argue or resist.

It simply finds another way.

Water does not complain about the rocks in its path.

It does not carry resentment toward the bends it must take.

It adjusts, reshapes, and continues.

In its flow, there is acceptance—not helplessness, but wisdom.

It knows that stopping would only stagnate it.

So it keeps moving, even if the movement looks slow from outside.

There is a quiet strength in water.

It does not announce its power, yet over time, it shapes mountains,

“In water’s flow,  
there is  
acceptance—  
not  
helplessness,  
but wisdom.”

- RANJITHA RAJ





carves valleys, and transforms landscapes.

Perhaps life asks us to learn from water.

To move without clinging.

To adapt without losing ourselves.

To face resistance without bitterness.

Not every obstruction is meant to break us.

Some are simply invitations to find a new path.

Like water, we are allowed to flow.

Without constant explanations.

Without carrying the weight of every pause.

And in that flow, we may discover that

gentleness and resilience

can exist together—

just as they do in water.

## When Life Stagnates, the Soul Suffers

BY RANJITHA RAJ

We have all heard this simple truth:

stagnant water smells, decays, and becomes a

breeding ground for disease, while flowing water

remains fresh, alive, and nourishing. Nature

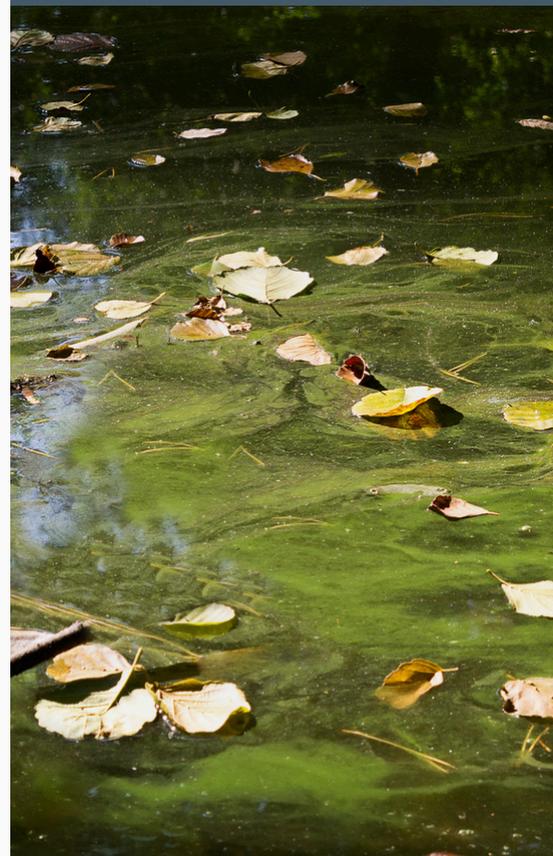
teaches this lesson effortlessly. Yet, when it

comes to our own lives, we often forget what we

already know.

“Not every  
obstruction is  
meant to break  
us.  
Some are simply  
invitations to  
find a new path.”

- RANJITHA RAJ





Stagnation in life doesn't always look dramatic. Sometimes it appears quietly—as routines that no longer excite us, emotions we suppress, relationships we outgrow but cling to, or dreams we postpone out of fear or fatigue. On the surface, everything may seem “fine,” but inside, something feels heavy, dull, or lifeless.

Just like stagnant water, anything that gets stuck—thoughts, emotions, roles, habits—begins to affect our well-being. Unexpressed emotions can turn into anxiety or resentment. Unquestioned beliefs can limit our growth. Prolonged stillness, when it is not conscious rest, slowly becomes a form of inner disease.

The irony is this: intellectually, we know that movement heals. Emotionally, we forget to move.

When we feel stuck, our instinct is often to endure rather than flow. We tolerate discomfort. We tell ourselves to adjust, compromise, or wait it out. Over time, this “adjustment” becomes suffering. We stop asking ourselves important questions:

What wants to change? What needs to move?  
What am I holding on to that has already served its purpose?

“Prolonged stillness, when it is not conscious rest, slowly becomes a form of inner disease.”

- RANJITHA RAJ





Flow does not always mean drastic action. Sometimes it is a small shift—having an honest conversation, allowing yourself to grieve, learning something new, changing a daily pattern, or simply acknowledging a truth you’ve been avoiding. Flow begins the moment we stop resisting movement.

Nature never apologizes for flowing. Rivers don’t stay still out of loyalty to their past path. They move around rocks, carve new directions, and continue forward. Perhaps we, too, need to give ourselves permission to move without guilt.

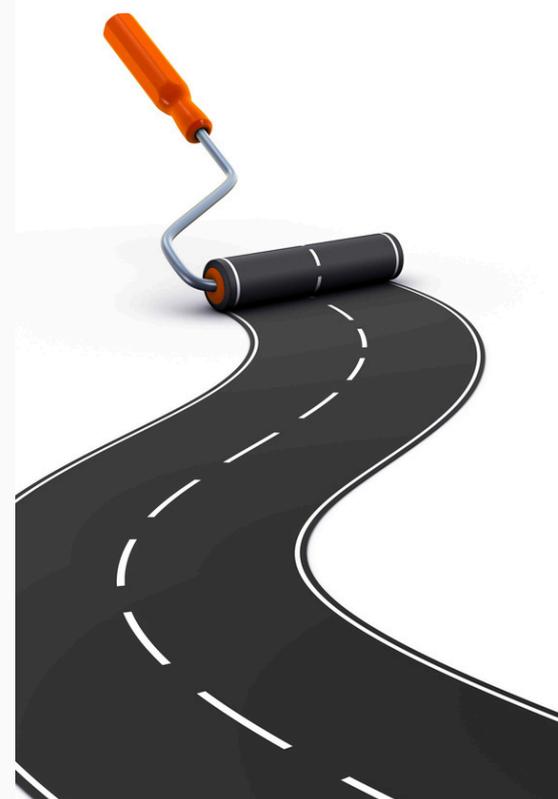
Stillness has its place—rest, reflection, and pause are necessary. But stagnation is different. Stillness is conscious; stagnation is unconscious. One restores life, the other slowly drains it.

When you notice a sense of being stuck, see it as a signal—not a failure. A reminder that something within you is asking for movement, expression, or change. You don’t have to know the entire path. You only need to take the next step that allows energy to flow again.

Life, like water, is meant to move. And the moment we remember to flow, healing begins.

“When you notice a sense of being stuck, see it as a signal—not a failure.”

- RANJITHA RAJ





PC: Rohan Somkuwar

## FEBRUARY 2026 EVENTS

BY MHAI

### 1. Tai Chi Easy

Date: 21st Feb 2026 , Saturday

Time: 10 AM - 5:30 PM

Language: English

Classroom Training Venue: MHAI

Facilitated By: Pramod Shenthar

Age Group: 18yrs+

### 2. Qi Gong and Tai Chi facilitator workshop

Date: 21st & 22nd Feb 2026 , Saturday & Sunday

Time: 10 AM - 5:30 PM

Language: English

Classroom Training Venue: MHAI

Facilitated By: Pramod Shenthar

Age Group: 18yrs+

### 3. Support Group Meet ONLINE

Date: 23-Feb-2026, Monday

Time: 6 PM to 7 PM

Topic: "What I Wish Schools Taught Us About Life"

Hosted by MHAI

### 4. Human Books ONLINE

Date: 23-Feb-2026, Monday

Time: 7 PM to 8 PM

Hosted by MHAI

### 5. Certificate Course in Suicide Prevention Skills

Mode : Online

Days : 6:00 PM – 8:30 PM

Date: 26th & 27th February 2026 (Thur & Fri)

Age Group: 18yrs and above

To Register:

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

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# PAST EVENT HIGHLIGHTS

MHAI - CREATING HEALTHY MINDS  
EXPRESSIONS - MENTAL HEALTH FEST



**10, 11ರಂದು ಮಾನಸಿಕ ಆರೋಗ್ಯ ಉತ್ಸವ**

ಬೆಂಗಳೂರು: ಮೆಂಟಲ್ ಹೆಲ್ತ್ ಅಸೋಸಿಯೇಷನ್ ಆಫ್ ಇಂಡಿಯಾ (MHAI) ಮುಖ್ಯ ಕಛೇರಿ 10 ಮತ್ತು 11ರಂದು ಎಕ್ಸ್‌ಪ್ರೆಷನ್ಸ್ ಎಂಬ ಎರಡು ದಿನಗಳ ಮಾನಸಿಕ ಆರೋಗ್ಯ ಉತ್ಸವವನ್ನು ಬೆಂಗಳೂರಿನಲ್ಲಿ ಆಯೋಜಿಸುತ್ತಿದೆ. ಮಾನಸಿಕ ಆರೋಗ್ಯ ಸುಖವು ಜಾಸ್ತಿ ಮೂಡಿಸುವ ಸಾಮಾನ್ಯ ಸಂದರ್ಭವಲ್ಲ. ಮಾನಸಿಕ ಆರೋಗ್ಯ ಸುಖವು ಒಂದು ಸ್ವಾಭಾವಿಕವಾದ ಸ್ಥಿತಿ. ಆಯೋಜಿಸಲಾಗುವ ಉತ್ಸವವು ಉತ್ತಮವಾದ ಮಾನಸಿಕ ಆರೋಗ್ಯದ ಮೂಲಕವಾಗಿರುತ್ತದೆ. ಉತ್ಸವವು 10 ಮತ್ತು 11ರಂದು ಎಕ್ಸ್‌ಪ್ರೆಷನ್ಸ್ ಎಂಬ ಎರಡು ದಿನಗಳ ಮಾನಸಿಕ ಆರೋಗ್ಯ ಉತ್ಸವವನ್ನು ಆಯೋಜಿಸುತ್ತಿದೆ. ಉತ್ಸವವು 10 ಮತ್ತು 11ರಂದು ಎಕ್ಸ್‌ಪ್ರೆಷನ್ಸ್ ಎಂಬ ಎರಡು ದಿನಗಳ ಮಾನಸಿಕ ಆರೋಗ್ಯ ಉತ್ಸವವನ್ನು ಆಯೋಜಿಸುತ್ತಿದೆ. ಉತ್ಸವವು 10 ಮತ್ತು 11ರಂದು ಎಕ್ಸ್‌ಪ್ರೆಷನ್ಸ್ ಎಂಬ ಎರಡು ದಿನಗಳ ಮಾನಸಿಕ ಆರೋಗ್ಯ ಉತ್ಸವವನ್ನು ಆಯೋಜಿಸುತ್ತಿದೆ.

**For Information:**

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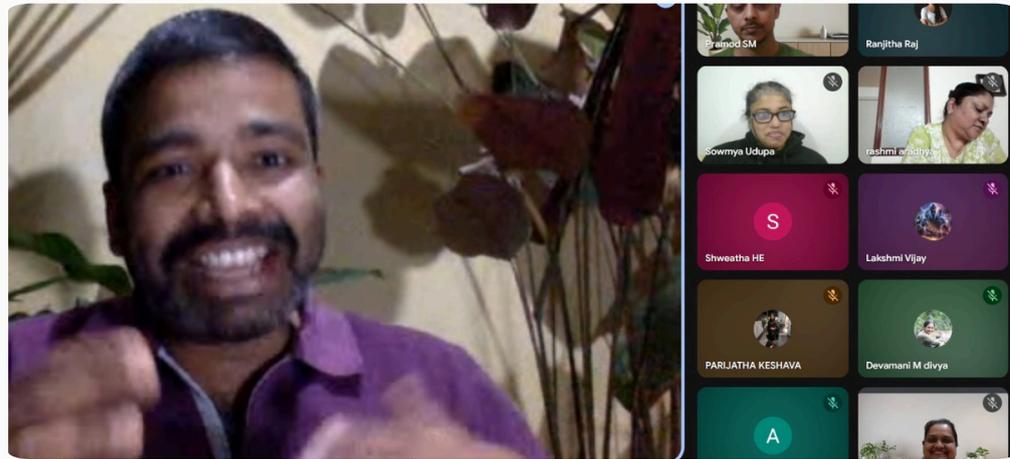


PC: Rohan Somkuwar

# PAST EVENT HIGHLIGHTS

MHAI - CREATING HEALTHY MINDS

## DIPLOMA IN MENTAL HEALTH & COUNSELING SKILLS, SUPPORT GROUP & HUMAN BOOKS SESSION - MHAI



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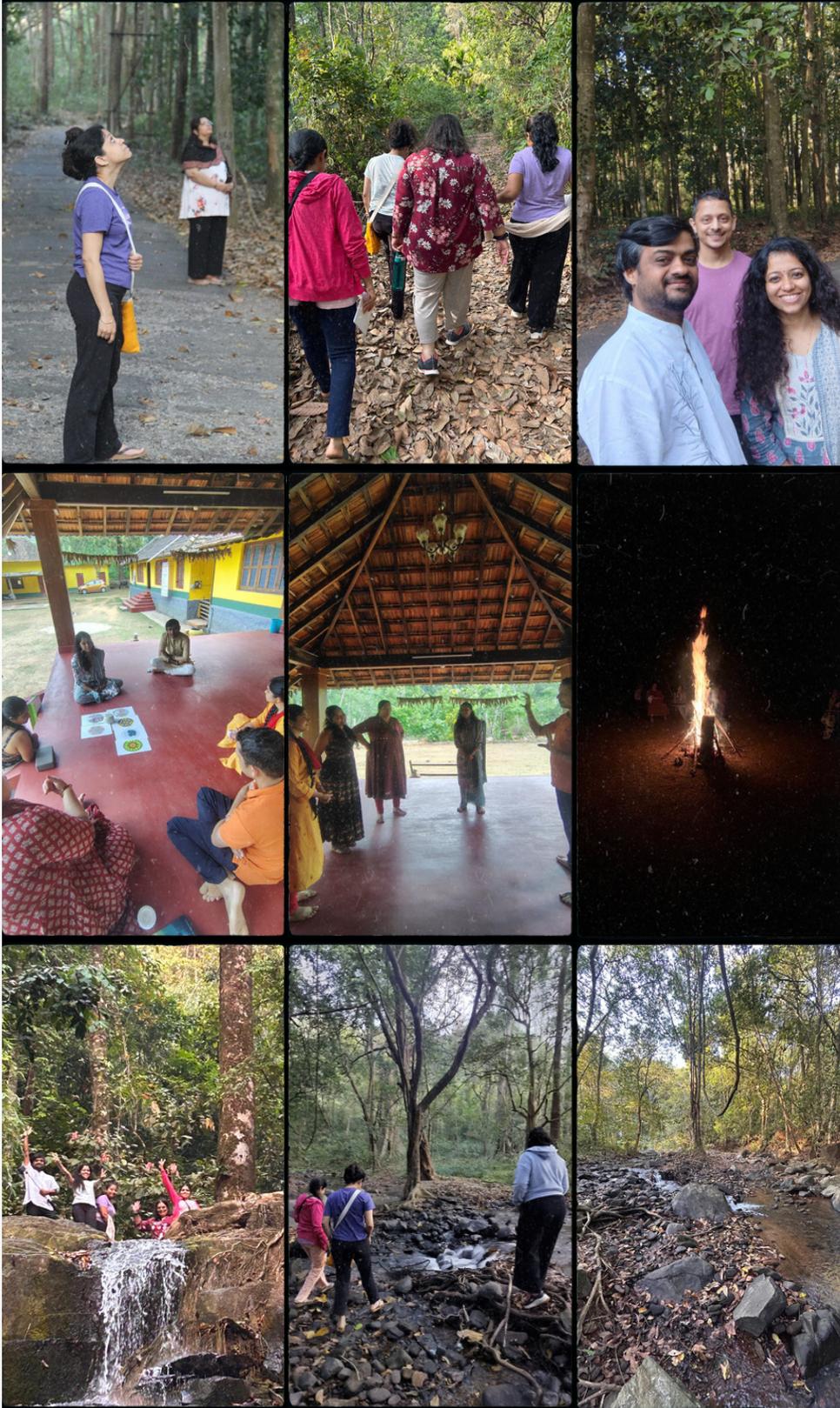


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# PAST EVENT HIGHLIGHTS

MHAI - CREATING HEALTHY MINDS

HARMONY- JEDLA, FOOTHILLS OF COORG - MHAI



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## MHAI Services

CREATING HEALTHY MINDS

- **Diploma in Life Skills**
- **Diploma in Mental Health and Counselling Skills**
- **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/Shinrin Yoku (Forest Bathing)**
- **Emotional Counselling**
- **Mentoring and Internships (Teens and Adults)**
- **Mental Health Awareness Programs**
- **Harmony/Mann-Thann - The Journey Within - Outdoor Workshops**
- **Kaadu Harate - Expressive Art Therapy (EAT)/The Sound Mind - Sound Healing and more..**

For Information:  
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