

# MUSINGS

Official Newsletter - BY MHAI

PC: Rohan Somkuwar

## The Urge to React: Why Do We Feel the Need to Respond to Everything Around Us?

BY RANJITHA RAJ

In today's world, almost everything invites a reaction. A message in a group chat, a post on social media, a comment in a meeting, a conversation at home—many people feel an immediate need to respond, clarify, correct, or add their opinion. Even when their opinion is not required, the urge to react can feel almost automatic.

But why do people feel this constant need to respond to everything happening around them?

### The Psychological Need to Be Heard

One of the deeper reasons behind this behaviour is the human need to be seen and heard. For many people, expressing their opinion becomes a way of asserting their presence. Saying something—even if it is not necessary—can feel like a confirmation that “I exist in this conversation.”

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Sometimes this comes from earlier life experiences where a person may have felt unheard, overlooked, or dismissed. As adults, they may unconsciously try to reclaim that voice by responding to everything around them.

### The Desire to Be Right

Another common factor is the desire to be right. When people hear something, they disagree with, the mind immediately prepares a counter-argument. Correcting others or proving a point can feel satisfying because it gives a sense of control or intellectual superiority.

However, constantly trying to prove oneself right can become emotionally exhausting. Every conversation becomes a debate; every difference becomes a battle.

Ironically, the energy spent in being right often takes away the possibility of being peaceful.

### The Fear of Silence

Silence can feel uncomfortable for many people. If someone says something controversial or incorrect, the mind feels that **not responding** means agreeing. This belief pushes people to react immediately.

“Saying something—even if it is not necessary—can feel like a confirmation that “I exist in this conversation.”

- RANJITHA RAJ





But silence does not always mean agreement. Sometimes silence simply means discernment—choosing where your energy deserves to go.

### Social Conditioning and the Culture of Instant Reaction

Modern culture has also conditioned us to react quickly. Social media platforms encourage immediate responses—likes, comments, shares, replies. News cycles, debates, and online discussions create an environment where everyone is expected to have an opinion about everything.

Over time, people begin to feel that having an opinion on every issue is necessary to appear informed, intelligent, or socially responsible.

Yet, constantly reacting to everything around us can overload the mind.

### Emotional Overload and Mental Fatigue

When people feel the need to respond to every conversation, every issue, every opinion, they unknowingly expose themselves to continuous emotional stimulation.

The mind rarely gets the chance to rest.

“The energy spent in being right often takes away the possibility of being peaceful.”

- RANJITHA RAJ





Arguments, disagreements, explanations, and justifications slowly build mental fatigue. Many people do not realize that this constant engagement is draining their emotional energy.

They feel exhausted, irritated, or overwhelmed, but they rarely connect it to the habit of reacting to everything.

### The Difference Between Responding and Choosing

Standing up for what one believes in is important. There are moments where, speaking up is necessary—when injustice happens, when values are threatened, or when silence can cause harm.

But not every situation requires a response.

Wisdom often lies in discernment—the ability to recognize when to speak and when to remain quiet.

Choosing not to react does not mean weakness. Sometimes it reflects emotional maturity.

It means understanding that peace of mind

“Constantly reacting to everything around us can overload the mind.”

- RANJITHA RAJ





can be more valuable than winning a small argument.

### The Freedom of Not Reacting

When people learn that they do not need to respond to everything, something interesting happens: their mental space expands.

They begin to conserve emotional energy.

They listen more carefully. They choose conversations more intentionally. They engage where their voice truly matters.

And perhaps most importantly, they discover that happiness often lies not in proving a point, but in protecting inner calm.

Being right may win a moment.

But choosing peace often wins the day.

### A Gentle Reminder

The world will always be full of opinions, disagreements, and conversations. It is impossible to address them all.

Sometimes the most powerful response is simply the quiet decision:

“Wisdom often lies in discernment—the ability to recognize when to speak and when to remain quiet.”

- RANJITHA RAJ





PEACE

This does not require my energy.

And in that moment, the mind becomes lighter.

Because not every thought needs to be spoken.

Not every debate needs to be entered.

And not every opinion needs to be defended.

Sometimes, choosing peace over reaction is the most meaningful response of all.

## The Cost of “Brutal Honesty”

BY RANJITHA RAJ

“I’m just being honest.”

“I don’t lie.”

“I say things as they are.”

These statements are often worn like badges of honor—symbols of authenticity, courage, and integrity. And yes, honesty is a value worth respecting. But there is a quiet truth we don’t speak about enough: honesty without empathy can wound just as deeply as a lie.

There’s a difference between being honest and being **brutally** honest. The word “brutal” itself

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carries weight—it implies force, harshness, and a lack of sensitivity. When honesty becomes an excuse to disregard another person’s emotional state, it stops being a virtue and starts becoming a weapon.

### When Timing Becomes the Real Issue

Most people who pride themselves on brutal honesty don’t intend to hurt. They believe they are helping, being real, or preventing illusions. But what they often overlook is **timing**.

Imagine someone sharing their excitement about a new job they just got. They’ve worked hard, they’re hopeful, maybe even a little anxious. And the response they receive is: “That company isn’t great. People don’t last long there.”

Is it honest? Possibly.  
Is it necessary at that moment? Not really.  
Is it kind? Definitely not.

Honesty delivered at the wrong time can shatter confidence, overshadow joy, and plant unnecessary doubt.

“When honesty becomes an excuse to disregard another person’s emotional state, it stops being a virtue and starts becoming a weapon.”

- RANJITHA RAJ





## The Difference Between Truth and Care

Truth does not lose its value when it is expressed with care. In fact, it becomes more meaningful.

Being honest doesn't mean saying everything that comes to mind. It means knowing:

- **When** to say something
- **How** to say it
- **Whether it even needs to be said**

There are moments when people are not seeking analysis—they are seeking connection. Not correction—but comfort.

## A Relatable Moment

Think about a friend who gathers the courage to open up about a relationship they're struggling with. They're already vulnerable, maybe confused, maybe hurting. And instead of being heard, they're met with:

"I told you this would happen. You should have seen the red flags."

Again, it may be true. But in that moment, truth doesn't heal—it isolates. It makes the person feel judged rather than supported.

**"Truth does not lose its value when it is expressed with care."**

- RANJITHA RAJ





Sometimes, people don't need the truth immediately. They need space to process, to feel safe, to not be broken further.

### Honesty vs. Emotional Intelligence

Honesty is a value.

Emotional intelligence is a skill.

And without that skill, honesty can become careless.

Emotionally intelligent honesty asks:

- Is this the right moment?
- Is this the right tone?
- Am I saying this for them—or just to express myself?

Because often, “brutal honesty” is less about helping the other person and more about relieving one's own urge to speak.

### The Hidden Impact

Repeated exposure to poorly timed honesty can create distance in relationships. People begin to hold back, not because they want to hide things, but because they don't feel emotionally safe.

“Often, “brutal honesty” is less about helping the other person and more about relieving one's own urge to speak.”

- RANJITHA RAJ





They start thinking:

- “Will I be judged?”
- “Will this be used against me?”
- “Will my moment be taken away from me?”

And slowly, connection fades.

### A Gentler Way Forward

Honesty doesn't need to be brutal to be real. It can be:

- Kind honesty
- Compassionate honesty
- Thoughtful honesty

Sometimes it sounds like:

- “I hear you. Do you want my perspective, or do you just want me to listen?”
- “I have a thought, but I want to make sure it's the right time to share.”
- “I care about you, so I want to say this gently...”

These small shifts don't dilute the truth—they protect the person receiving it.

### In the End

Honesty is not just about what is said. It is about how it lands.

“Honesty  
doesn't need  
to be brutal  
to be real.”

- RANJITHA RAJ





Because words don't exist in isolation—they land on emotions, experiences, and vulnerabilities.

And sometimes, what people call “brutal honesty” is not strength—it is a lack of pause, a lack of empathy, a lack of awareness.

The real strength lies in knowing that truth can be powerful **without breaking someone in the process.**

## Irony

BY BALASUBRAHMANYA ICHE

A man who had lived a fulfilling life of 80 years, passed away. People — recipients of his help, those who lived in his village, their children, grandchildren, and those who felt the void — arrived to witness his final rites.

The man principally believed that, “Keep aside half of what you earn for society.” People were praising him, weeping, and describing how he would be missed by all of them.

He had not written a will for what he left behind. Now, his elder and younger sons have

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- RANJITHA RAJ





filed a case in court, each claiming a bigger share of his property, waiting for the hearing date.

## Business

BY BALASUBRAHMANYA ICHE

A rich man and a poor man lived nearby. The rich man lived with utmost care, ensuring that even the shadow of his bungalow did not fall on the poor man's hut.

One day, the poor man hit the jackpot in a lottery. He brought all the money home in a bag. The rich man got to know and arrived at the hut.

For the first time, with a broad smile, he addressed the poor man:  
“See, it is not safe for you to keep so much wealth here. And of course, why do you even need it? I will send you grains and food for the rest of your life. Give me the money for business.”

The poor man obliged.

By the fourth month, he received no food or grains. The shadow of the bungalow moved further away from the hut.

“The real strength lies in knowing that truth can be powerful without breaking someone in the process.”

- RANJITHA RAJ





## Life and Death and Beyond!

BY DR NISHANT SABALE

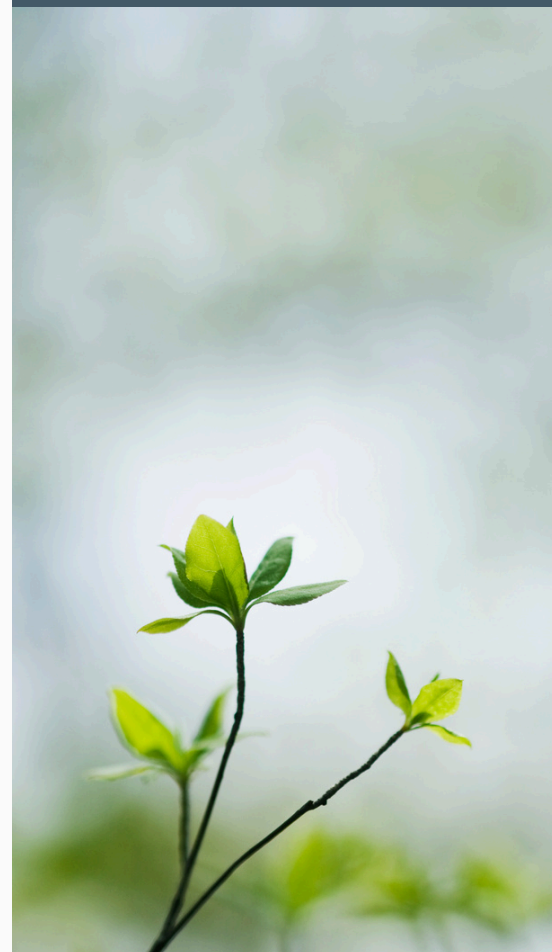
This is an ambitious project, isn't it? To know after all what lies beyond death! That way we can make better sense of the fact of being alive as well. The understanding of the broader picture can then help us place our own isolated existence in a larger context and lead us towards knowing things about ourselves which would be universally meaningful as well!

One simple answer can perhaps snowball into knowing who we truly are, perhaps the ultimate task of our existence!

We know what life is, don't we? But can we figure out what death is? Our definitions of death are inescapably dependent on our characterization of the idea of life. Life is assumed to have positive attributes like organization, growth, reproduction and so on. Death, therefore, is the end of those attributes. Like something that was moving and growing, if it ceases to do so, we call it dead! In medical terms also death is defined as "cessation" of heartbeats as well as breathing. So it is defined in negative terms as "end", "cessation", "absence" and so on! There is, as yet, no positive definition where we try to figure out what death might as well be!

**"Something that was moving and growing, if it ceases to do so, we call it dead!"**

- DR NISHANT SABALE





In order to have any positive definition of death we will perhaps need some tools to know what happens after death! The tool that we have when we are alive is our ability to experience things with our sense organs like eyes for seeing, nose for smelling and so on. Add to it the last sense as Mind which is able to perceive thoughts, emotions and mental phenomena. By very definition all these sense organs cease functioning when we are dead. So are we totally helpless now? Not necessarily!

It is reasonable, at this point, to ask if there is anything that exists beyond what our senses can detect! If there is anything we can experience which is not dependent on our six senses! If that sense independent realm exists and if those sense-independent experiences are indeed possible then would it be fair to say we have overcome or transcended our physical limitation and hence even death, in a way?

That realm is at least a parallel, if not the same, to being dead. Because death takes away those senses and this realm has no need for those senses. So, can the absence of these senses

**“Our definitions of death are inescapably dependent on our characterization of the idea of life.”**

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after death lead us to a place where we are free from those senses! In other and positive words, if this realm can be something that death might take us to!

And if we are so able to, can we experience that realm while we are still physically alive? What would that amount to for any individual who could freely travel between these different realms at will! And what if this sense-independent realm was to be more attractive to such an individual than this realm of our daily routine? Would we call someone who chose this other sense-independent realm a mad, lunatic or an insane person!

If we take even a superficial dip into human history and learn about some extraordinary people who have had a major influence on human society, we will find that some of them were indeed called insane by their contemporary ordinary souls! We are not necessarily talking only about the likes of Ikkyus and Avadhutas and some Sufis but also some highly accomplished scientists like Isaac Newton(suffered from Bipolar Disorder), John Nash (suffered from Paranoid Schizophrenia) and even Albert Einstein was

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considered an eccentric scientist by his contemporaries!

A common element among these people might as well be that they could travel in these various realms freely and hence could come up with things of vital importance to human existence today!

Interesting chain of possibilities, isn't it? And this is a reasonable one! It's not that we are mythologizing a Neverland either! The mere possibility of experiencing that realm can also help us get over the conventionally understood binary nature of existence in the form of "either Life or Death" which essentially blocks the possibility of that "Beyond"!

## Intentions

BY BALASUBRAHMANYA ICHE

A cute little girl appeared on the stage, eyes wide open. She sang, danced, and performed whatever she could. The judges showed no expression. No one applauded.

She looked at everyone's faces, slowly bowed her head, and walked away.

**"A brief look into history shows that many extraordinary people who deeply influenced society were once called insane by their contemporaries."**

- DR NISHANT SABALE



# WHAT TO EXPECT?

She understood that it was the panellists who needed evaluation, not her.

## Expectations: The Illusion We Quietly Live In

BY RANJITHA RAJ

We often believe our disappointment comes from people, situations, or outcomes. But if we look closely, most of it begins much earlier—inside our own expectations.

Expectations are not the problem. In fact, they help us plan, hope, and move forward. The real challenge lies in **unrealistic expectations**—the silent illusions we carry without questioning.

We assume things will go a certain way.  
We assume people will respond the way we would.  
We assume effort will always be rewarded in the way we imagine.

And when reality doesn't match the script in our head, we feel hurt, confused, or even betrayed.

But the truth is—most of the time, we are not reacting to reality. We are reacting to the gap between reality and our expectation of it.

“We create a version of reality in our mind and start believing it is how things should be. Over time, this imagined version feels more real than reality itself.”

- RANJITHA RAJ





## The Illusion We Live In

We don't always realize how much of our life is built on assumptions.

You send a heartfelt message and expect an equally warm reply.

You help someone and expect gratitude.

You work hard and expect immediate recognition.

None of these expectations are wrong—but they are **fragile**. Because they depend on factors outside our control.

And yet, we hold onto them as if they are promises.

This is where illusion begins.

We create a version of reality in our mind and start believing it is how things should be. Over time, this imagined version feels more real than reality itself.

## A Relatable Example

Imagine planning a simple evening with a friend.

In your mind, it's going to be meaningful—you'll talk deeply, laugh, feel connected.

But when you meet, they seem distracted, checking their phone, giving short responses.

“Expectations  
give us a sense  
of  
predictability  
in an uncertain  
world.”

- RANJITHA RAJ





Now, what hurts more?  
Is it their behavior? Or the difference between what you **expected** and what actually happened?

Often, it's the latter.

If you had gone in without a fixed picture, you might have simply noticed, "They seem tired today."

But because you had already **emotionally invested in an imagined experience**, the moment feels like a letdown.

### Why We Hold onto Unrealistic Expectations

#### 1. **Control feels comforting**

Expectations give us a sense of predictability in an uncertain world.

#### 2. **Projection of self**

We assume others think, feel, and behave like us.

#### 3. **Emotional investment**

The more we care, the more we build scenarios in our mind.


#### 4. **Social conditioning**

Movies, social media, and stories subtly teach us how life "should" look.

**"Managing expectations doesn't mean becoming pessimistic or emotionless. It means becoming aware."**

- RANJITHA RAJ





I appreciate you.

## The Cost of Living in Illusion

When expectations become rigid:

- We misunderstand people
- We feel unappreciated even when others are trying
- We create unnecessary conflict
- We carry silent resentment

And most importantly, we miss **what is actually happening**, because we are too busy comparing it with what we imagined.

## Moving Towards Realistic Expectations

Managing expectations doesn't mean becoming pessimistic or emotionless. It means becoming **aware**.

- **Hold expectations lightly**  
It's okay to hope—but don't hold it as a certainty.
- **Separate effort from outcome**  
You can control what you give, not how it is received.
- **Allow people to be different**  
Not everyone will express care the way you do.
- **Stay present**  
Experience moments as they unfold, not as you planned them.
- **Communicate instead of assuming**  
Clarity reduces disappointment.

“Peace is not  
found in life going  
exactly as planned

—  
it is found in our  
ability to meet life  
as it truly is.”

- RANJITHA RAJ





### A Gentle Shift

Instead of thinking:  
“This should happen.”

Try:  
“This may happen, and I’ll respond to whatever comes.”

That small shift moves you from illusion to awareness.

### Final Thought

Life becomes lighter when we stop forcing it to match our expectations.

There is less resistance, less disappointment, and more acceptance.

Because peace is not found in life going exactly as planned—

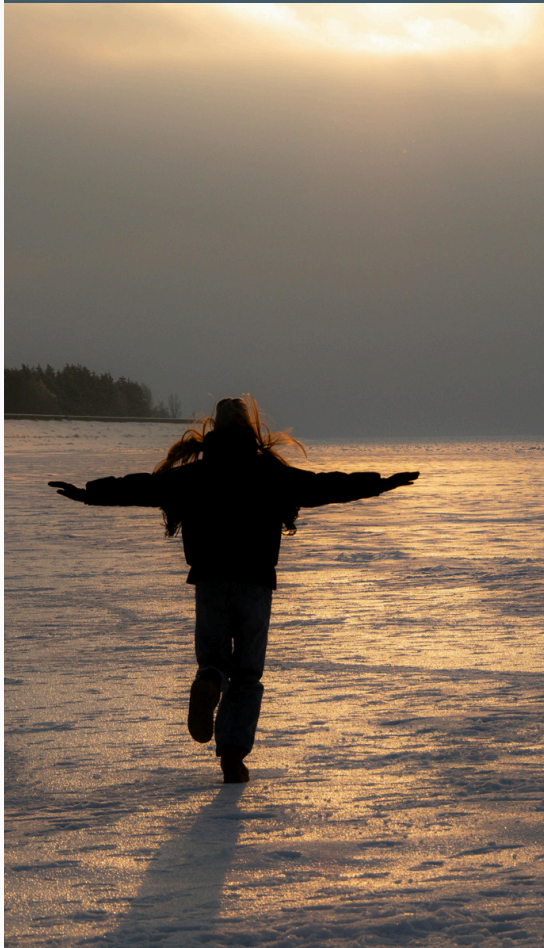
it is found in our ability to meet life as it truly is.

And maybe, just maybe, the moment we let go of illusion...

we begin to see reality more clearly—and respond to it more wisely.

“Life becomes lighter when we stop forcing it to match our expectations.”

- RANJITHA RAJ





## ನೀವೂ ಹೀಗೇನಾ ಅಥವಾ...?

BY SAHYADRI NAGARAJ

ಸಿನಿಮ್ಯಾಟಿಕ್ ಅನ್ನಿಸಬಹುದು, ಆದರೆ ಆಗಾಗ ಹೀಗಾಗೋದುಂಟು; ಕಣ್ಣಿಂದ ಯಾರಾದರೂ ಅಳುತ್ತಿದ್ದರೆ ನನಗೇ ಅರಿವಿಲ್ಲದೆ ನನ್ನ ಕಣ್ಣಾಲಿಯೂ ತುಂಬಿಕೊಳ್ಳತೊಡಗುತ್ತದೆ. ನನ್ನದಲ್ಲದ ಯಾವುದೋ ದುಃಖದ ಭಾರ ಧುತ್ತನೆ ನನ್ನನ್ನು ಆವರಿಸಿದಂತೆ ಭಾಸವಾಗುತ್ತದೆ.

ಮೊನ್ನೆ, ನನ್ನೂರಿಗೆ ಹೋಗುವ ದಾರಿಯಲ್ಲಿದ್ದೆ (ಟಿ ದಾಸರಹಳ್ಳಿ ಬಸ್ಸಿಲುಗಡೆ). ಸ್ವಲ್ಪ ದೂರದಲ್ಲಿ ಯಾರದೋ ಅಳುವನಿ. ದನಿ ಬರುತ್ತಿದ್ದತ್ತ ತಿರುಗಿದರೆ ಮೂವತ್ತರ ಆಸುಪಾಸಿನ ಹುಡುಗಿ. ಒಂದು ಕೈಯಲ್ಲಿ ಮೊಬೈಲ್ ವಿವಿಗಿಟ್ಟುಕೊಂಡು ಮಾತನಾಡುತ್ತ, ಇನ್ನೊಂದು ಕೈಯಲ್ಲಿ ಕಣ್ಣೀರು ಒರೆಸಿಕೊಳ್ಳುತ್ತಿದ್ದಾರೆ!

ಇತ್ತನನ್ನ ಕಣ್ಣಾಲಿ ತುಂಬತೊಡಗಿತು. ಗಂಟಲು ಭಾರ ಅನ್ನಿಸತೊಡಗಿತು.

ಹೀಗೆ ಆದಾಗೆಲ್ಲ ನನ್ನನ್ನು ನಾನು ಹಗುರ ಮಾಡಿಕೊಳ್ಳೋಕೆ ಇರುವ ಏಕೈಕ ಹಾದಿ ಅಂದರೆ, ಅವರನ್ನು ಮಾತನಾಡಿಸುವುದು. ಮಾತನಾಡಿಸಲು ಮುಂದಾದಾಗ ಅವರು ಸರಿಯಾಗಿ ಸ್ಪಂದಿಸಿದರೆ, ಯಾಕೆ ದುಃಖದಲ್ಲಿದ್ದಾರೆ ಅಂತ ತಿಳಿದುಕೊಳ್ಳುವುದು; ಜಸ್ಟ್... ಅವರ ಮಾತನ್ನು ಕಿವಿಗೊಟ್ಟು ಕೇಳಿಸಿಕೊಳ್ಳುವುದು. ಉಪದೇಶ ಮಾಡುವುದು, ಅವರಿಗಿಂತ ನಾವೇ ಜಾಸ್ತಿ ಮಾತಾಡುವುದು, ಅವರದೇ ತಪ್ಪಿದೆಯೇನೋ ಅನ್ನುವಂತೆ ಮಾತಲ್ಲೇ ಅನುಮಾನಿಸುವುದು, ಜಾಸೂಸಿ ಮಾಡುವುದು... ಇತ್ಯಾದಿಗಳನ್ನೆಲ್ಲ ಕಟ್ಟಿಟ್ಟಬೇಕಾಗುತ್ತದೆ ಅಂತಹ ಹೊತ್ತಿನಲ್ಲಿ.

“ದುಃಖದಲ್ಲಿದ್ದವರನ್ನು,  
ಅಳುವವರನ್ನು,  
ಬೇಸರದಲ್ಲಿ  
ಮುಳುಗಿದವರನ್ನು  
ಮಾತನಾಡಿಸುವುದರಿಂದ,  
ತಾತ್ಕಾಲಿಕವಾಗಿಯಾದರೂ  
ನಾವು ಅವರನ್ನು ಆ  
ಮನಸ್ಥಿತಿಯಿಂದ ಆಚೆಗೆ  
ಕರೆತರಬಹುದು.”

- SAHYADRI NAGARAJ





ಈ ಮಾತನಾಡಿಸುವ ಪ್ರಕ್ರಿಯೆಯಲ್ಲಿ ತಮ್ಮ ದುಃಖದ ಬಗೆಗೆ ಮಾತನಾಡಿದ್ದರಿಂದ ಅವರೂ ಹಗುರಾಗಬಹುದು - ಆ ಕ್ಷಣಕ್ಕಾದರೂ. ನಾನೂ ನನ್ನದಲ್ಲದ ಆ ದುಃಖದಿಂದ ನನ್ನನ್ನು ಬಿಡಿಸಿಕೊಳ್ಳಬಹುದು.

ಆದರೆ, ಹೆಣ್ಣುಮಕ್ಕಳನ್ನು - ಅದರಲ್ಲೂ 18ರಿಂದ 35ರವರೆಗಿನ ಹೆಣ್ಣುಮಕ್ಕಳನ್ನು ಇಂತಹ ಸಂದರ್ಭಗಳಲ್ಲಿ ಮಾತನಾಡಿಸೋಕೆ ಹಿಂಜರಿಕೆ ಉಂಟು ನನಗೆ. ಒಂದೆರಡು ಸಂದರ್ಭದಲ್ಲಿ, "ನಿಮಗ್ಯಾಕೆ?" ಅಂತ ಹೇಳಿಸಿಕೊಂಡಿದ್ದು ಇದಕ್ಕೆ ಮುಖ್ಯ ಕಾರಣ. ಇಂತಹ ಪ್ರತಿಕ್ರಿಯೆಗಳು ನಾವಿರುವ ಸಾಮಾಜಿಕ ಪರಿಸರದಲ್ಲಿ ಅತ್ಯಂತ ಸಹಜ ಕೂಡ. ಕಾರ್ಯಕ್ರಮವೊಂದರಲ್ಲಿ ಶಶಿ ತರೂರ್ ಹೇಳಿದ ವಾಸ್ತವದ ಮಾತೊಂದು ನೆನಪಾಗುತ್ತದೆ: "ಭಾರತದ ಸಮಾಜದಲ್ಲಿ ಅಪರಿಚಿತರನ್ನು ಮಾತನಾಡಿಸುವಂತಿಲ್ಲ, ಆದ್ರೆ ಮದುವೆ ಆಗಬಹುದು!"

ಈ ಸಮಸ್ಯೆಯ ಪರಿಹಾರಕ್ಕೆ ಒಂದು ಅಡ್ಡದಾರಿ ಕಂಡುಕೊಂಡಿದ್ದೇನೆ; ಆಸುಪಾಸು ಯಾರಾದರೂ ಹಿರಿಯ ಮಹಿಳೆಯರಿದ್ದರೆ, "ಅವರು ಯಾಕೋ ಅಲ್ಲಿದ್ದಾರೆ. ಸ್ವಲ್ಪ ಮಾತನಾಡಿಸಬಹುದಾ?" ಕೇಳಿ. ಇದುವರೆಗೂ 20ಕ್ಕೂ ಹೆಚ್ಚು ಬಾರಿ ಹೀಗೆ ಸಹಾಯ ಕೇಳಿದ್ದುಂಟು ನಾನು - ಯಾರೂ ಆಗೋಲ್ಲ ಅಂದಿದ್ದಿಲ್ಲ.

ಹೀಗೆ ದುಃಖದಲ್ಲಿದ್ದವರನ್ನು, ಅಳುವವರನ್ನು, ಬೇಸರದಲ್ಲಿ ಮುಳುಗಿದವರನ್ನು ಮಾತನಾಡಿಸುವುದರಿಂದ, ತಾತ್ಕಾಲಿಕವಾಗಿಯಾದರೂ ನಾವು ಅವರನ್ನು ಆ ಮನಸ್ಥಿತಿಯಿಂದ ಆಚೆಗೆ ಕರೆತರಬಹುದು. ತಲೆಯ ತುಂಬಾ ತುಂಬಿಕೊಂಡ ಅಸಹಾಯಕತೆ, ನಿರಾಶೆ, ಬೇಸರ, ದುಃಖದಿಂದ ವಾಸ್ತವಿಕ ಜಗತ್ತಿಗೆ ತೆರೆದುಕೊಳ್ಳಲು, ತಮ್ಮ ಆ ಹೊತ್ತಿನ ಮನಸ್ಥಿತಿಯನ್ನು ಮೀರಲು,

**“ನೀವು ದುಃಖದಲ್ಲಿದ್ದಾಗ ಯಾರಾದರೂ ಮಾತನಾಡಿಸಿದಾಗ ಮಾತ್ರವೇ ನಿಮಗೆ ಈ ಉಪಕಾರದ ಅಂದಾಜು ಸಿಗಬಲ್ಲದು.”**

- SAHYADRI NAGARAJ





ಪರಿಹಾರ ಕಂಡುಕೊಳ್ಳಲು ನಾವು ಪರೋಕ್ಷವಾಗಿ ಸಹಾಯಮಾಡಬಹುದು.

ಅನಿರೀಕ್ಷಿತವಾಗಿ ಹಠಾಶೆ ಬಂದೆರಗಿದಾಗ, ಬಹುತೇಕರಿಗೆ ಮುಂದೇನು ಎಂಬುದೇ ತೋಚದಂತಾಗುತ್ತದೆ. ಕೆಲವರಿಗೆ ನಿಂತ ನೆಲ ಕುಸಿದಂತಾಗಿಥಟ್ಟನೆ ಗೊಂದಲ ಆವರಿಸಬಹುದು. ಅಂತಹ ಸಮಯದಲ್ಲಿ ಅವರನ್ನು ಯಾರಾದರೂ ಅಕ್ಕರೆಯಿಂದ ಮಾತನಾಡಿಸಿಬಿಟ್ಟರೆ, ಅವರಿಗೆ ಸಿಗುವ ರಿಲ್ಯಾಕ್ಸೇಶನ್‌ಗೆ ನಿಜಕ್ಕೂ ಬೆಲೆಕಟ್ಟಲಾಗದು. ಇನ್ನೂ ಮುಂದುವರಿದು ಹೇಳುವುದಾದರೆ (ಕೆಲವು ಸಂದರ್ಭದಲ್ಲಿ), ಆ ವ್ಯಕ್ತಿ ಆತ್ಮಹತ್ಯೆಯ ಆಲೋಚನೆಗೆ ಜಾರದಂತಿರಲು ಈ ಬಗೆಯ ಮಾತುಕತೆ ಸಹಕಾರಿ.

ಸೋ... ಇನ್ನುಂದೆ ಯಾರಾದರೂ ದುಃಖ ಅಥವಾ ಬೇಸರದ ಮನಸ್ಥಿತಿಯಲ್ಲಿದ್ದಾರೆ ಅಂತ ಅನ್ನಿಸಿದರೆ ದಯವಿಟ್ಟು ಅವರನ್ನು ಮಾತನಾಡಿಸಿ. ಬಹಳಷ್ಟು ಸಂದರ್ಭಗಳಲ್ಲಿ ಹಾಯ್-ಹೆಲೋ-ಆರಾಮಿದ್ದೀರಾ ಕೂಡ ಸಾಕು.

ಮೇಲ್ನೋಟಕ್ಕೆ ಇದು ಇಷ್ಟೇನಾ-ಅದ್ರಲ್ಲೇನಿದೆ ಅನ್ನಿಸಬಹುದು. ಆದರೆ, ನಿಮಗೇ ಗೊತ್ತಿಲ್ಲದೆ ನೀವು ಬಹಳ ದೊಡ್ಡ ಉಪಕಾರ ಮಾಡಿರುತ್ತೀರಿ. ನೀವು ದುಃಖದಲ್ಲಿದ್ದಾಗ ಯಾರಾದರೂ ಮಾತನಾಡಿಸಿದಾಗ ಮಾತ್ರವೇ ನಿಮಗೆ ಈ ಉಪಕಾರದ ಅಂದಾಜು ಸಿಗಬಲ್ಲದು.

“ಅನಿರೀಕ್ಷಿತವಾಗಿ ಹಠಾಶೆ ಬಂದೆರಗಿದಾಗ, ಬಹುತೇಕರಿಗೆ ಮುಂದೇನು ಎಂಬುದೇ ತೋಚದಂತಾಗುತ್ತದೆ.”

- SAHYADRI NAGARAJ





PC: Rohan Somkuwar

# MAY 2026 EVENTS

BY MHAI

## 1. Diploma in Life Skills

Facilitated By: MHAI

Mode: Online

Start Date: 06<sup>th</sup> May 2026 - 06<sup>th</sup> Sep 2026

Duration: 4 Months

Time : 2 hrs, Twice a week

Age Group: 18+ Yrs

## 2. Basic Life Support and First Aid Training Session

Facilitated By: Dr Nishant Sabale

Location : MHAI

Time : 10 AM- 4 PM

Date: 23 May 2026, Saturday

Cost : INR 1,500

## 3. Support Group Meet ONLINE

Date: 25-May-2026, Monday

Time: 6 PM to 7 PM

Topic: "When Happiness Becomes a Performance"

Hosted by MHAI

## 4. Human Books ONLINE

Date: 25-May-2026, Monday

Time: 7 PM to 8 PM

Hosted by MHAI

To Register:  
[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



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**Diploma in Life Skills - ONLINE**

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

Learn 10 Life Skills propounded by the World Health Organization (WHO).

Also learn additional 10 essential Life Skills

**REGISTER NOW!**

Date: 06-May-2026 to 06-Sep-2026  
Time: 7 PM to 9 PM, Wednesday & Friday (Prior training or experience is not necessary)  
Duration: 4 Months

To Enroll: Login to [www.mhai.in](http://www.mhai.in)  
For Queries email us at: [info@mhai.in](mailto:info@mhai.in)  
WhatsApp: +91 9880651010  
+91 7022901909

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DM for Brochure

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

**BASIC LIFE SUPPORT AND FIRST AID TRAINING SESSION**  
*Be Ready. Act Fast. Save Lives.*

**TRAINING INCLUDES**

- CPR & Emergency Response
- Handling Injuries, Burns & Bites
- Hands-on Practical Training

**Ranjitha Raj**  
Host, MHAI

**Dr Nishant Sabale**  
Facilitator

**23 MAY, 2026 | 10 AM - 4 PM | VENUE : MHAI**

**REGISTER NOW** **Cost: 1,500/-**

**No medical background needed**

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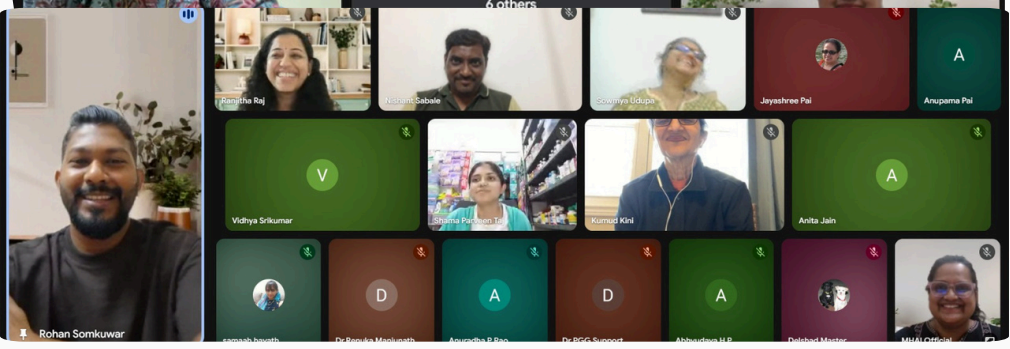
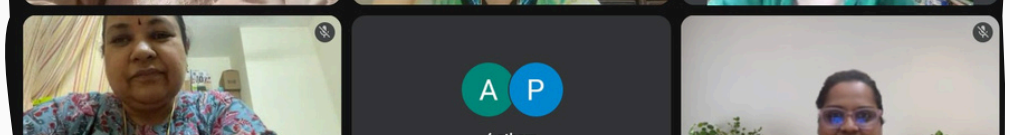
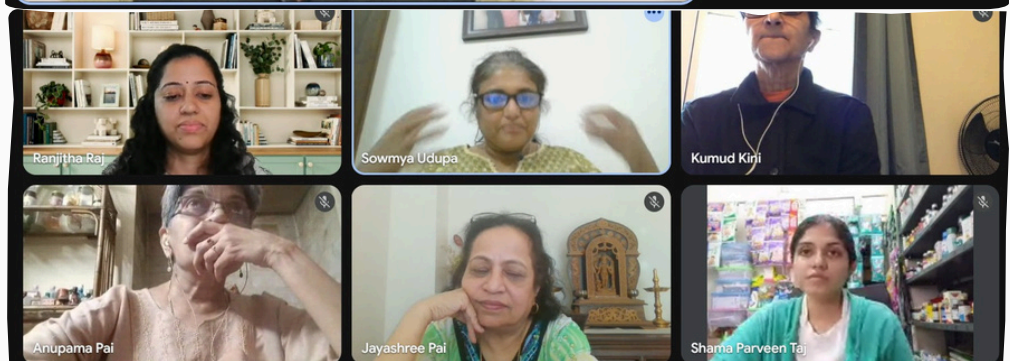


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# PAST EVENT HIGHLIGHTS

MHAI - CREATING HEALTHY MINDS

## SUPPORT GROUP & HUMAN BOOKS SESSION



For Information:

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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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