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MENTAL HEALTH ACADEMY INDIA
Creating Healthy Minds

MUSINGS

Official Newsletter - BY MHAI



PC: Rohan Somkuwar

What Happened — and What Did the Mind Add to What Happened?

BY RANJITHA RAJ

We often react not just to what happens, but to what we think happened.

There is a difference between an event and the meaning we give to that event. But most of the time, we don't stop to notice the difference.

For example, you message a friend and they don't reply.

What happened?

They haven't replied.

That is the fact.

But very quickly, the mind may add:
"Maybe they are angry with me."

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"Did I say something wrong?"
"They seem to be avoiding me."

Now we are no longer responding only to the unanswered message. We are responding to the story we have created around it.

And the interesting part is that the story may not be true.

Your friend could be busy. Maybe they haven't seen the message yet. They could be having a difficult day. Or they simply forgot to reply.

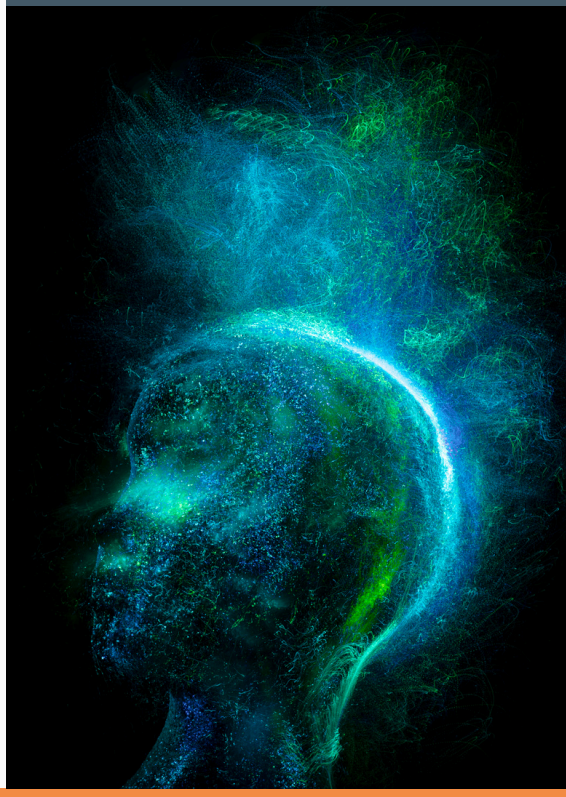
The same thing happens at work, in families and in relationships.

Someone speaks to us in a slightly different tone and we think, "They are upset with me."

Someone doesn't invite us somewhere and we think, "They don't want me around."

Someone gives us feedback and we think, "They think I'm not good enough."

> "We often react not just to what happens, but to what we think happened."
>
> - RANJITHA RAJ





Sometimes our interpretation is right. But sometimes, it is our mind filling in the gaps with assumptions.

This is why it can be useful to pause and ask ourselves two simple questions:

What actually happened?
What did my mind add to what happened?

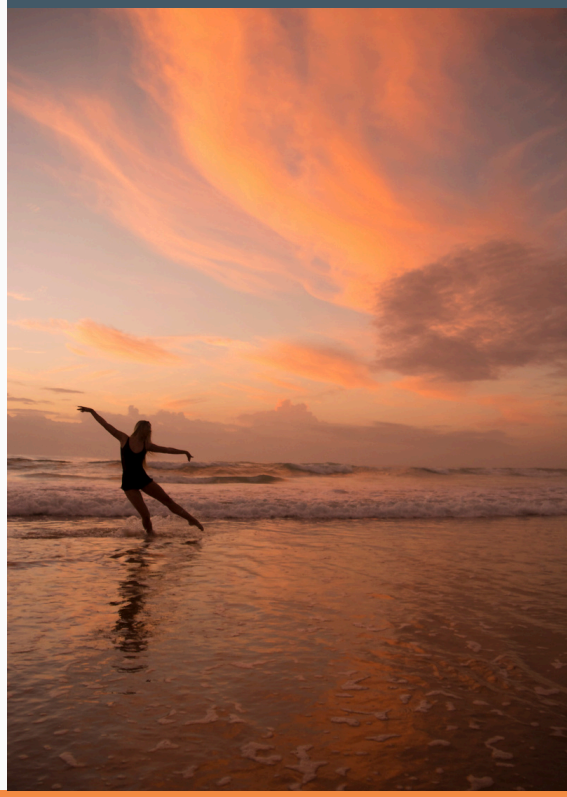
This doesn't mean ignoring our feelings or convincing ourselves that everything is fine. It simply means giving ourselves a chance to separate the fact from our interpretation of the fact.

That small pause can help us respond with a little more clarity instead of immediately reacting to the story in our head.

The next time something bothers you, try it. You may be surprised by how much of the distress comes not from what happened, but from what your mind made of what happened.

“ Small pause can help us respond with a little more clarity instead of immediately reacting to the story in our head.”

- RANJITHA RAJ





Beyond Joy and Grief

BY DR NISHANT SABALE

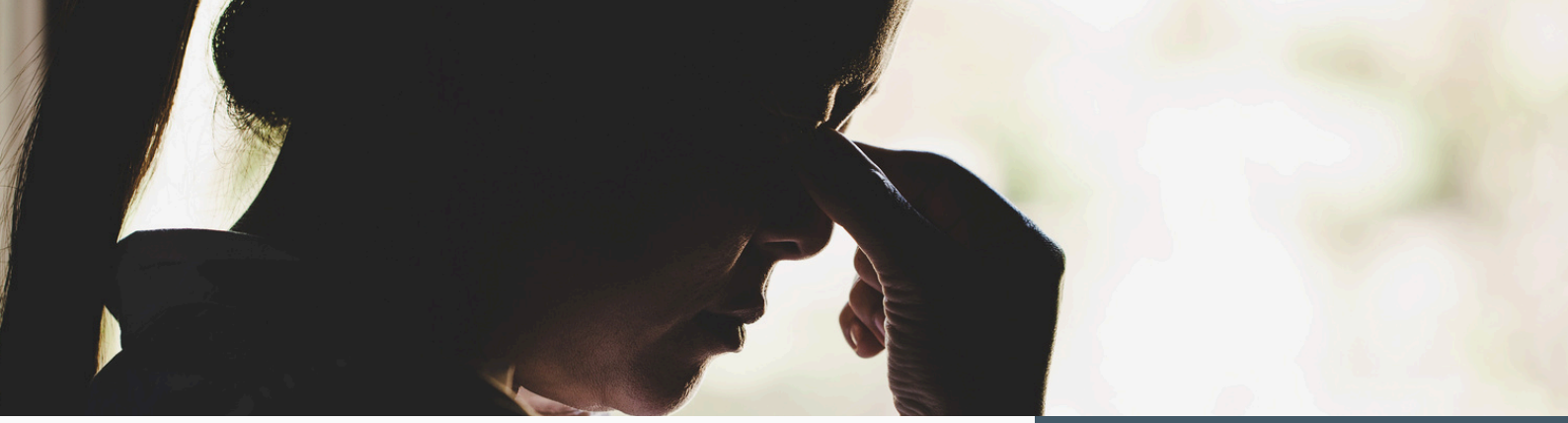
Ever wondered why screaming out extremely loud can relieve you of excruciating pain and allow you the experience of extraordinary joy all at the same time! Crying is perhaps another thing which works in extreme emotions like extreme sadness and extreme happiness. Solitude is perhaps one more such a thing which I encountered in my latest outing around my hometown Solapur!

We have this routine when I go back to my hometown. Me and my childhood friend Bablu ride on his bike totally aimlessly once we reach the outskirts of the city. Interestingly this part of the world has vast expansive grasslands. Something we are used to seeing only in movies. Fortunately, some places have branded themselves so well to be the popular tourist destinations that these ordinary places usually have nature at its pristine purity and having no one around there is so much silence that we can listen to our breaths clearly.

At the beginning of this monsoon season, just a month back perhaps, one day we took our

> "Somewhere between the silence and the open grasslands, I stopped needing the moment to be anything more."
>
> - DR NISHANT SABALE





bike out and started our routine again. There had been enough rain the week prior to our outing. Even on that day there was a bit of drizzle going on. It wasn't as heavy to drench us completely and by the time we reached the city limits it stopped altogether. The cloud cover was also almost perfect wherein it was never dark at all yet the sun never really bothered us with its intense heat (Well, we are talking about Solapur, one of the hottest places in India throughout the year).

As it is our routine we really didn't care about how pleasant the climate really was! We rode through grasslands where there is absolutely no trail as to where we were heading. We only had a clear view of the horizon and lush green everywhere else. Except for the Daval Malik Dargah which stands alone over one of the hillocks in this area, there was absolutely no visible signs of any civilization around us.

There came a moment when we decided to just soak in all of this tranquillity. We parked our bike and everything went absolutely silent as the only sound we could hear up until that moment was the sound of the engine of our bike. I realized for a moment that perhaps we were the only polluters around in that place in that moment. That guilt

"For a while, there was nothing to remember, nothing to solve, and nowhere else I wanted to be."

- DR NISHANT SABALE





however disappeared totally the moment silence was allowed to just be!

There was this enormous feeling of comfort and content in that moment which my expressions do not have the capacity to explain! There came a moment where I realized my eyes started welling up for apparently no reason whatsoever! There was no memory disturbing my mind in that silence for me to cry over. I also didn't really feel overwhelmed by this feeling of comfort and content that I would start crying either. I just realized I didn't really want to do anything else, didn't want to be anywhere else, didn't want to feel anything else, didn't want my thoughts to intrude that moment, didn't want any good or bad memory take the shin out of that moment.

And then I suddenly felt like I wanted to close my eyes, despite having one of the most beautiful views my eyes were ever graced to! Then suddenly I started feeling I need not put efforts in trying to enjoy this so I decided to lie down completely allowing my entire body to do whatever it felt like doing. This was such a unique moment I really never could have imagined that I would ever encounter! It was as

"Perhaps peace is not always a feeling; sometimes it is simply the absence of everything asking for our attention."

- DR NISHANT SABALE





though I was totally drowning in the peace to such an extent that I couldn't even realize where I was beyond a point!

All of this happened 20km from Solapur. Some of you may not even have heard about this place, I am sure. Less still the people living in Solapur wouldn't know or even bother traveling to this place. I have absolutely nothing to complain if that place remains the way I encountered it forever!

I may have lied down there for like half an hour. That moment however was never ending while I was there!

Beyond a point the temporality started waking me up as it was perhaps seemingly going to rain. We hit the green grassland with absolutely no road at all again! Astonishingly just 100 meters from where I had lied down, we ended up encountering a pair of Indian Grey Wolves who graced us with their sighting for nearly 20 odd minutes before disappearing in the shrubs! This was also unique as these are extremely shy creatures despite being one of the fiercest in the nature.

"The most unexpected moments can leave us with the feeling that time had quietly stopped."

- DR NISHANT SABALE





In the hindsight now I realize how fortunate we were to encounter all of this in a span of an hour or so just on the outskirts of my own hometown spending just Rs. 200/- in total!
One of the most memorable days, ever!

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BY BALASUBRAHMANYA ICHE

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The Art of Doing Nothing

BY RANJITHA RAJ

We have become very good at being busy.

There is always something to do, something to achieve, something to learn, something to improve. We have slowly connected productivity with success, and success with money, status, recognition and achievement.

> "There is always something to do, something to achieve, something to learn, something to improve."
>
> - RANJITHA RAJ





Even our free time often comes with a purpose.

If we read, it should make us more knowledgeable.
If we exercise, it should make us healthier.
If we travel, it should become a memory worth sharing.
If we sit quietly, we may feel we should be meditating.

When did simply doing nothing become so uncomfortable?

Perhaps we have forgotten that not everything we do needs to have an outcome.

There is something beautiful about sitting under a tree without checking the time. Watching the leaves move with the wind. Looking at the vast sky for no particular reason. Sitting by a window and watching people pass by. Listening to birds. Drinking a cup of tea slowly. Taking a walk without turning it into exercise.

Nothing is being achieved.

And yet, something is happening.

"We have slowly connected productivity with success, and success with money, status, recognition and achievement.."

- RANJITHA RAJ





We are giving ourselves a chance to simply be.

Our idea of a meaningful life has become closely tied to what we produce. We often ask, What did you accomplish today? What did you achieve? How much did you earn? What did you get done?

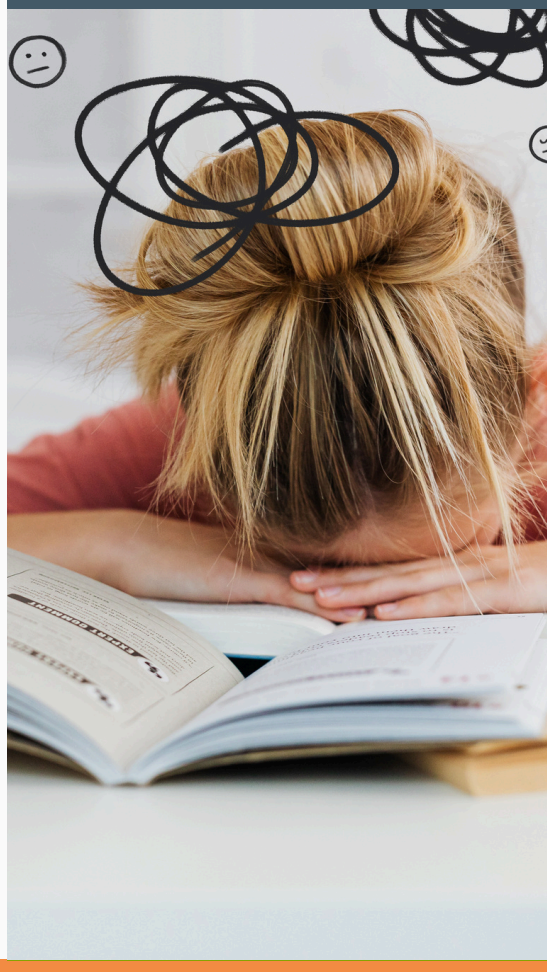
We could also ask different questions.

Did I notice something beautiful today?
Did I give myself some quiet?
Did I enjoy being alive for a few minutes without needing a reason?
Did I spend time with someone without trying to make the time productive?

Doing nothing is not necessarily laziness. Sometimes it is rest. Sometimes it is recovery. Sometimes it is simply allowing the mind to wander instead of constantly directing it towards the next task.

Of course, work, ambition and achievement have their place. Earning money, building something meaningful and pursuing our goals are not wrong. The problem begins when we start believing that our worth depends entirely on how productive we are.

> "We need to give ourselves permission to have moments that are completely useless by conventional standards—and completely valuable to us."
>
> - RANJITHA RAJ





We are human beings, not productivity machines.

Maybe the meaning of life does not have to be one big answer. Maybe it can also be found in ordinary moments that don't add anything to our résumé, bank account or social media feed.

A quiet evening.
An old tree.
The changing colours of the sky.
A conversation that goes nowhere.
A meal eaten slowly.

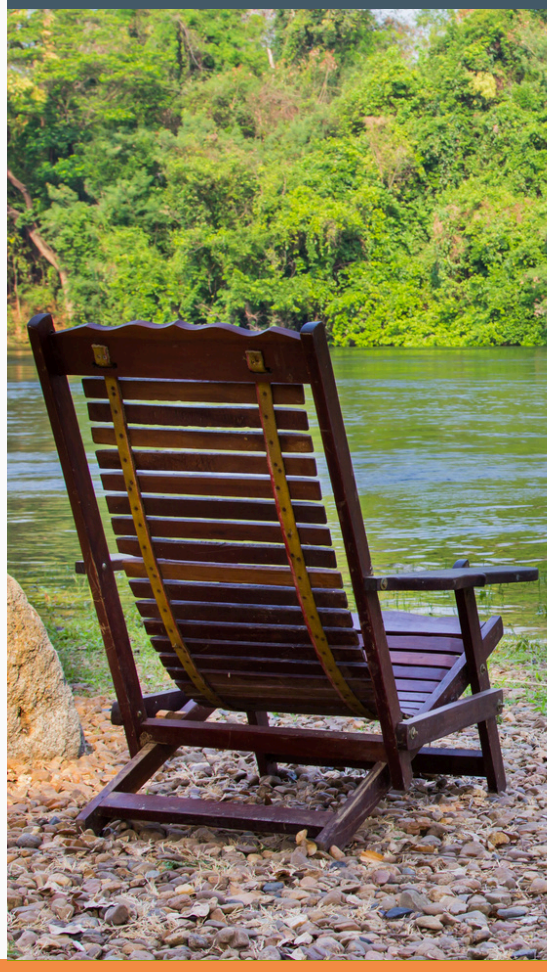
A few minutes of staring into space.

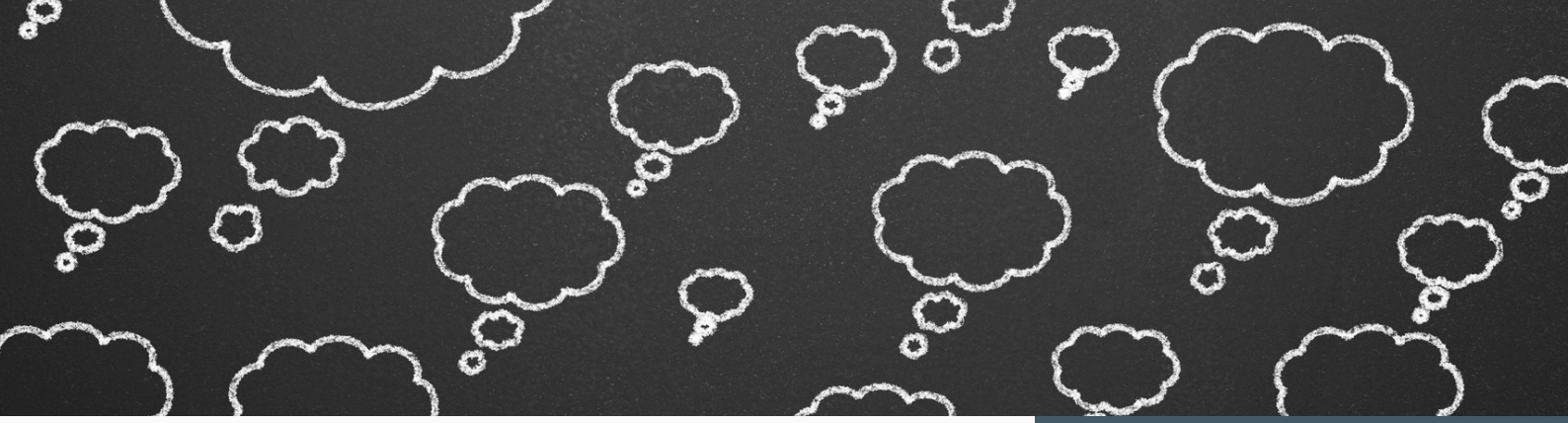
Perhaps we need to give ourselves permission to have moments that are completely useless by conventional standards—and completely valuable to us.

Maybe sometimes, doing nothing is not wasting time. It is experiencing time.

And perhaps we can slowly change the question from "What am I doing with my life?" to "Am I also allowing myself to live it?"

> "Sometimes, doing nothing is not wasting time. It is experiencing time."
>
> - RANJITHA RAJ





Are People Taking You for Granted — or Have You Taught Them To?

BY RANJITHA RAJ

“I feel like people take me for granted.”

“I do so much for others, but nobody really values me.”

“People don't think well of me.”

We hear these things often. And sometimes, they are true. People can be insensitive, ungrateful, judgmental or simply unaware of how their behaviour affects us.

But there is another part we don't always want to look at.

Sometimes, without realising it, we teach people how to treat us.

If we are always available, people may begin to assume that we will always be available.

If we keep saying yes even when we want to say no, people may stop considering that we have our own limits.

> “If we are always available, people may begin to assume that we will always be available.”
>
> - RANJITHA RAJ





If we repeatedly forgive something that hurts us without communicating what we need, the other person may assume that it is acceptable.

If we constantly put ourselves last, others may eventually get used to seeing us as the person who will adjust.

This doesn't mean that we are responsible for someone's disrespectful behaviour. We are not. But our repeated patterns can create expectations.

And expectations, over time, can become a reputation.

We also sometimes contribute to the reputation others form about us.

For example, if we constantly complain about people but continue going back to them, others may perceive us differently. If we say we are unhappy with something but never take any action, people may stop taking our concerns seriously. If we want to be seen as dependable but repeatedly don't follow through on commitments, people form an impression based on what they experience.

People don't know our intentions. They mostly

"If we repeatedly forgive something that hurts us without communicating what we need, the other person may assume that it is acceptable. "

-RANJITHA RAJ





know our patterns.

We may think, "They should understand that I'm doing this because I care."

But the other person may simply see, "They are always willing to do it."

We may think, "I'm being understanding."

They may experience it as, "There are no consequences when I cross their boundary."

That is why self-respect is not only about demanding respect from others. It is also about examining what we repeatedly allow, accept and communicate.

Sometimes the change is very simple.

Say no when you mean no.

Don't keep explaining yourself to people who have already made up their minds about you.

Don't promise what you cannot give.

Don't offer help that leaves you resentful.

"Self-respect is not only about demanding respect from others. It is also about examining what we repeatedly allow, accept and communicate."

- RANJITHA RAJ





Don't keep proving your worth to people who don't recognise it.

And don't confuse being a good person with being available to everyone all the time.

At the same time, we need to be careful not to take this idea too far. Not everything that happens to us is because we "allowed" it. People make their own choices, and sometimes we can be treated unfairly despite having healthy boundaries.

The point is not to blame ourselves.

The point is to ask:
What am I teaching people to expect from me?
What behaviour am I repeatedly accepting?
What reputation am I creating through my actions, not just my intentions?

We cannot control what everyone thinks about us.

But we can become more conscious of what we communicate through our choices, our boundaries, our consistency and the way we treat ourselves.

"Don't keep proving your worth to people who don't recognise it."

- RANJITHA RAJ





Sometimes, changing the way others respond to us begins with changing what we are willing to accept from them.

Not because we need to control them.

But because we need to stop abandoning ourselves just to keep everyone else comfortable.

> "We need to stop abandoning ourselves just to keep everyone else comfortable."
>
> - RANJITHA RAJ

Transitions

BY APARNA (REVATHI BALAKRISHNAN)

Inside and outside felt so painful
And so sorrowful,
My spirits almost dead,
Though every need was met!

Where was all the energy,
The exuberance and the synergy!

As I died a slow death,
Surviving instead of living,
Doing my best to keep the fire going
And feel the warmth of the hearth,

Hoping to live,
Rather than survive.





Transition Oh! Transition!
From my mind came the rendition!
This too shall pass,
It is time to take a pause!

So, I gathered all my energy,
Channelising it into some passion,
It lasted a short while,
Till my mind ran another mile!

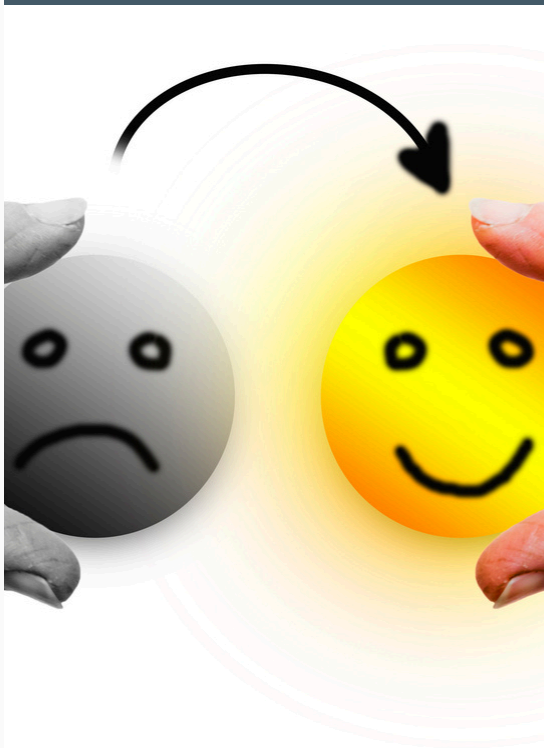
How can you just chill?
And take a pause,
Let everything be still,
Is this not a muse?
To run away from the real,
Isn't this a clever ruse?

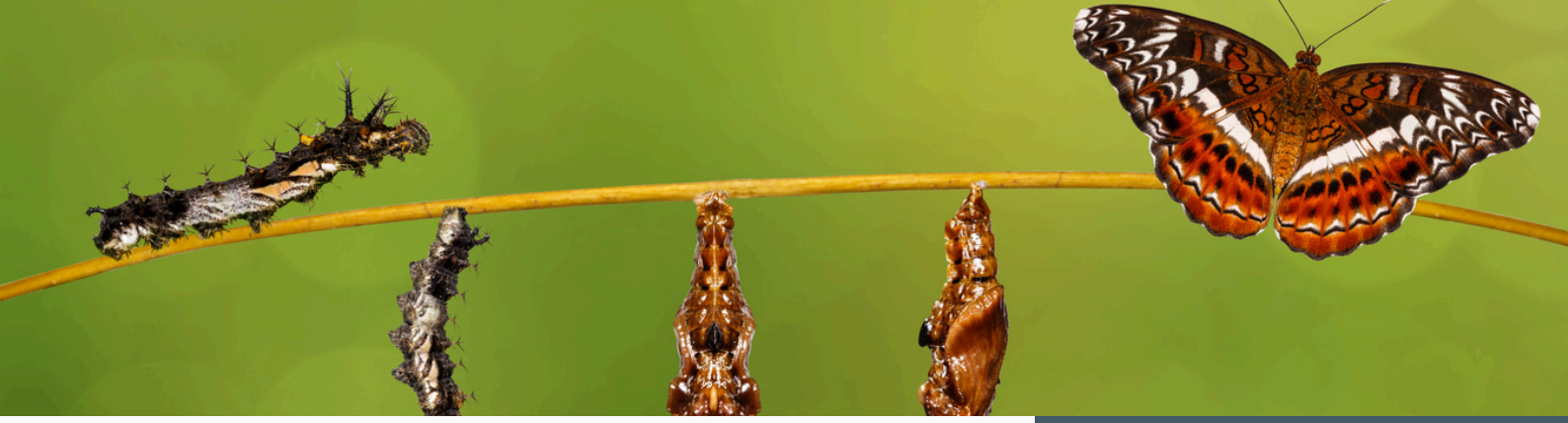
Till the day you leave mother earth,
You need to work and to contribute,
In the books it has been laid,
And by many it has been said.

What are you doing with your potential?
Must you waste?
And bitterness taste?
Many voices I heard,
And unknowingly I followed the herd!

"Till the day you leave mother earth, You need to work and to contribute."

- APARNA





So began another search,
Forgetting the warmth of the hearth,
No need to retire,
You need to now wear another satire!

Another battle within,
Raging in the outside air so thin,

Transition Oh! Transition!
From my mind came the rendition!
This too shall pass,
Enough, now you can't possibly pause!

Till one day the morning dawn,
Brought with it the rain and a song,
Still the sky was turning bright,

The sun rising such a beautiful sight,
The clouds over it hovering,
The beauty slowly covering,

This too shall pass,
For this too is but, a quiet pause!

Transition Oh! Transition!
From my mind came the rendition!
And also, the revelation,
Is it not so from birth to death, always a transition?

"From my mind came the rendition!
This too shall pass,
Enough, now you can't possibly pause!"

- APARNA





Then why this rule that after an age,
To retire or wear another satire,
To contribute or just be,
Cannot possibly be!

Who wrote these pages?
Of rules and beliefs!
What did you pick up, instead of letting yourself be,
The quiet voice spoke,
Releasing me from another piercing belief wheel's spoke!

With it came peace,
And the freedom to speak,
Or to allow oneself to pause,
Or to just be,
And to make my own choice,
That brings me joy and peace!



"Don't confuse being a good person with being available to everyone all the time."

- RANJITHA RAJ





PC: Rohan Somkuwar

OCTOBER 2026 EVENTS

BY MHAI

1. Introvert's Ashram
Date: 24th Oct 2026 , Saturday
Time: 10 AM - 1 PM
Language: English
Mode: Online
Facilitated By: Eshwar Sundaresan
Age Group: 18yrs+

2. Support Group Meet ONLINE
Date: 26-Oct-2026, Monday
Time: 6 PM to 7 PM
Topic: “The Importance of Being Kind”
Hosted by MHAI

3. Human Books ONLINE
Date: 26-Oct-2026, Monday
Time: 7 PM to 8 PM
Hosted by MHAI



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


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PAST EVENT HIGHLIGHTS

MHAI - CREATING HEALTHY MINDS

Sound Healing at MHAI, 'Decoding the Patterns' workshop by Sreedhar Mandyam and Qi Gong and Tai Chi Workshop by Pramod Shenthar hosted by MHAI









For Information:

www.mhai.in

INFO@MHAI.IN
+91 9880651010

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Kothanur Post
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PAST EVENT HIGHLIGHTS

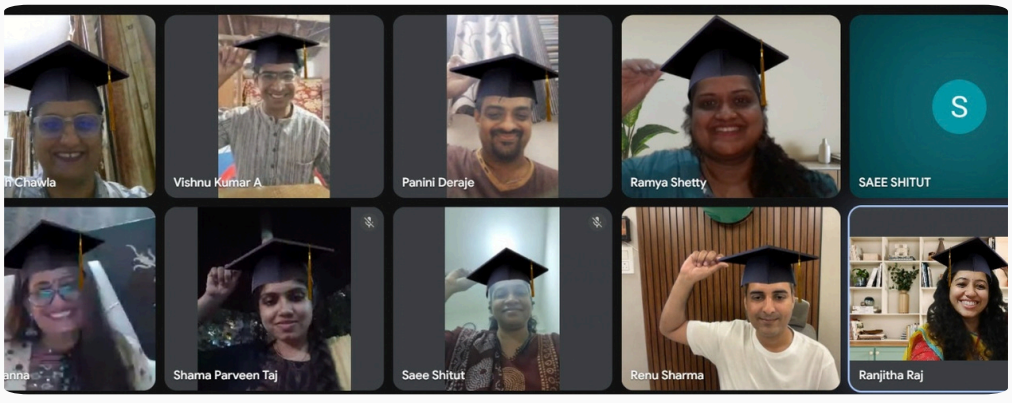
MHAI - CREATING HEALTHY MINDS

SUPPORT GROUP & HUMAN BOOKS SESSION, DIPLOMA IN LIFE SKILLS GRADUATION









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INFO@MHAI.IN
+91 9880651010

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India


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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..**

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INFO@MHAI.IN
+91 9880651010

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