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MENTAL HEALTH ACADEMY INDIA
Creating Healthy Minds

MUSINGS

Official Newsletter - BY MHAI



PC: Rohan Somkuwar

The Little Things COVID Changed

BY RANJITHA RAJ

The other day, I was thinking about my three-year-old nephew who was reluctant to return to school after the holidays.

Like most adults, we instinctively try to convince children with familiar examples. “Daddy goes to work, Mummy goes to work, and you have to go to school too.” It sounds simple enough. Everyone has somewhere to be and something to do.

But then I paused.

My nephew's dad works from home. And perhaps, from a three-year-old's perspective, that changes everything. He sees his father at home and wonders why he has to leave for school. If Dad can stay home, why can't he? Why should he go somewhere else when he could be right there with his parents?

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At three, he doesn't understand the difference between working from home and simply being at home. He sees the familiar people he loves, the comfort of his surroundings, and no obvious reason why he should have to leave them.

And I found myself wondering how much COVID has changed the everyday examples we once used to explain life to children.

Before the pandemic, children often watched their parents get ready, leave for work, and return home in the evening. Going to work and going to school were visible parts of everyday life. Children learnt these routines simply by observing them.

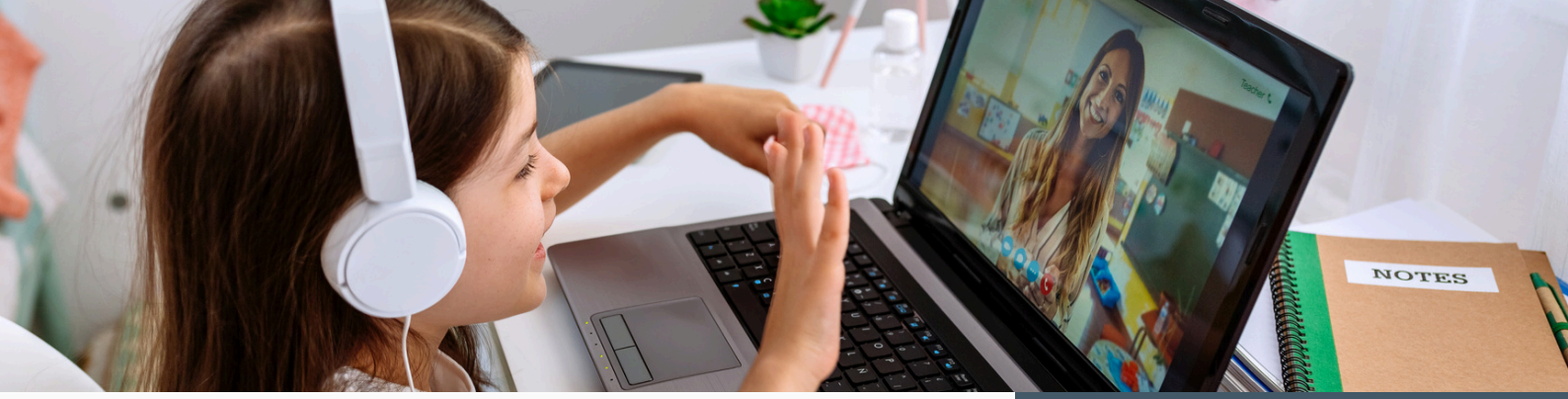
Then COVID happened. Offices moved into homes, classrooms appeared on screens, and the boundaries between work, school, and home blurred. What was once unusual became normal for many families.

Life has moved on, but perhaps not everything has returned to the way it was.

"COVID happened. Offices moved into homes, classrooms appeared on screens, and the boundaries between work, school, and home blurred."

- RANJITHA RAJ





Children born around this time have grown up with a different understanding of the world. For some, working from home is all they have known. They may not have seen the daily routine of parents leaving for work and returning later. Their reference points are different from ours.

Of course, children have always resisted school after holidays. But my nephew's little question made me think about something bigger: How do we explain the world to children when the world itself has changed?

Maybe we need to find new examples, new explanations, and a little more patience. Rather than simply telling a child that everyone has to go somewhere, we might help them understand that people have different responsibilities. Daddy has his work, and they have their own little world to explore at school.

And perhaps we also need to acknowledge that, for a three-year-old, staying home with the people he loves sounds like a perfectly reasonable plan!

Post COVID question - "How do we explain the world to children when the world itself has changed?."

- RANJITHA RAJ





Sometimes, the smallest moments make us reflect on the biggest changes. COVID changed how we work, learn, and live. But it may also have changed the little things we once took for granted, including how children understand our everyday routines.

Maybe the world has moved on. Perhaps it's time we looked a little more closely at how the next generation is experiencing it.

> "Not every silence means distance. Not every smile means happiness."
>
> - RANJITHA RAJ

Seeds of Thought 🌱

BY RANJITHA RAJ

Not every silence means distance.
Not every smile means happiness.
People carry entire worlds within them
that we may never get to see.



No Moral Stories - Organiser

BY BALASUBRAHMANYA ICHE

A man arrived at a bus stand to board a bus he had booked for his journey. To his dismay, he found the place in complete chaos. The crowd was unruly, vehicles were moving in every direction, and the police and



supervisors were struggling to bring the situation under control.

Recognising the need for effective coordination and confident in his own organisational skills, the man decided to step in. He placed his luggage nearby, where he believed it would be safe, and began directing the crowd, coordinating vehicle movements, and bringing order to the confusion.

His efforts soon began to pay off. What had seemed impossible moments earlier gradually became manageable. The traffic started flowing smoothly, the crowd became more orderly, and the entire situation improved significantly. The man felt a deep sense of satisfaction, knowing that his intervention had made a real difference.

Finally, believing that the crisis had been resolved, he turned around to collect his luggage and board his bus.

But the bus had already departed. Worse still, his luggage was nowhere to be found.

> "Sometimes, in our eagerness to put the world in order, we forget to take care of our own journey."
>
> - BALASUBRAHMANYA I





FAILURE

BY APARNA (REVATHI BALAKRISHNAN)

My expected outcome, crystal clear.
Oh my Goodness, failure!
Makes me shiver in fear,
Anxiety, as per expectations, unable to deliver.

A knot in the gut,
A feeling of rut,
The whole world feels shut.

Hope fades,
Sadness in all shades,
Does it matter? I dreamed for decades.

A sense of futility,
Soaked in fragility,

All roads feel closed,
In shame my head bowed.

I tried in vain,
Just to feel so much pain.

I beat myself black & blue,
And many other a hue.

"To trust in the process, Enjoying the journey is progress."

- APARNA





I play the game of blame
Kindness for myself goes up in a flame

I fail to be curious to see,
What I am feeling and let me be,
Though I know just this enquiry
Will probably release me.

To another it may seem a little thing,
To me my world is in a terrible swing,
In a pool of anger with myself I whirl,
It feels like the end of the world.

A sense of futility,
A feeling of fragility.

In my head I know,
Expectations I need not sow,
To trust in the process,
Enjoying the journey is progress.

To live in the moment,
Beyond all pressure & sentiment.

And there is learning at every corner,
Still in guilt I hover,
Still my heart aches,
As my hope fades.

"And gently revive dreams & hope in me, And the courage to stand up And never give up!"

-APARNA





Proverbs I know,
But, the pain will not go.
If only life had no hurdles,
Or I could bind them with a girdle!

I probably need to let it be,
For it may pass through me,
Change how I perceive,
And how I failure receive,
And gently revive dreams & hope in me,
And the courage to stand up
And never give up!

Seeds of Thought 🌱

BY RANJITHA RAJ

**We remember what people did to us,
but forget to ask what made us respond the way we did.
Self-awareness begins
when we become curious about our own reactions.**

When You Cannot Walk Away, Learn to Protect Your Peace

BY RANJITHA RAJ

Some relationships are easy to leave. Others are woven into our lives so deeply that walking away is not always possible. They may be our

"We remember what people did to us, but forget to ask what made us respond the way we did."

-RANJITHA RAJ





parents, in-laws, siblings, or other family members. We may recognise the toxicity in these relationships, understand how they affect us, and still find ourselves unable to cut ties. There are shared responsibilities, family expectations, cultural conditioning, financial dependencies, and years of history that cannot simply be erased.

So, what do we do when we cannot change the relationship, but we can no longer afford to lose ourselves in it?

Perhaps we begin by accepting a difficult truth: not every relationship can be repaired, and not every person is willing to change. We can explain our feelings a hundred times, choose our words carefully, and try to make ourselves understood, yet still encounter the same patterns. At some point, we must stop exhausting ourselves trying to make someone understand what they are unwilling to acknowledge.

This does not necessarily mean ending the relationship. Sometimes, it means changing how we participate in it.

> "Not every relationship can be repaired, and not every person is willing to change."
>
> - RANJITHA RAJ





We can care about someone without being available to them at every moment. We can fulfil our responsibilities without becoming the family's emotional punching bag. We can be respectful without agreeing with everything they say. And we can choose not to engage in every argument, defend every decision, or correct every unfair remark.

Disengagement is not always rejection. Sometimes, it is self-preservation.

We may need to spend less time in spaces where we consistently feel diminished. Keep conversations brief when they become hurtful. Stop sharing personal information with people who repeatedly use it against us. Learn to recognise when a discussion is going nowhere and quietly step away. A simple "I don't want to discuss this right now" can be more powerful than a long explanation. Not every provocation deserves a response, and not every accusation requires a defence.

This is where emotional boundaries become important. We may not control what someone says, thinks, or does, but we can gradually learn not to absorb every word as a reflection of our worth. Their anger need not become our anger. Their

> "Disengagement is not always rejection. Sometimes, it is self-preservation."
>
> - RANJITHA RAJ





disapproval need not become our self-doubt. Their inability to understand us does not mean we have failed to explain ourselves.

Of course, this is easier said than done. Family relationships carry a special weight. Guilt often follows when we say no, reduce our visits, or choose silence over confrontation. We may wonder whether we are being selfish, disrespectful, or unkind. But protecting our emotional well-being is not the same as punishing someone. Distance does not have to be dramatic. Sometimes, it is simply fewer visits, shorter phone calls, less emotional involvement, and more time spent nurturing the parts of life that bring us back to ourselves.

We also need to be honest about what we can and cannot manage. Some relationships require practical boundaries, support from trusted people, or professional help, particularly when there is ongoing abuse or when setting boundaries could put us at risk. Protecting our peace does not mean tolerating harm silently.

Perhaps the greatest shift happens when we stop making our peace dependent on another person's behaviour. We may never receive the

> "People's inability to understand us does not mean we have failed to explain ourselves."
>
> - RANJITHA RAJ





apology we deserve. We may never be understood in the way we hoped. We may have to grieve the relationship we wished we had, even while continuing to navigate the relationship that exists.

That grief is real. So is the freedom that comes from no longer waiting for someone else to change before allowing ourselves to live peacefully.

We may not always be able to choose who remains in our lives, but we can learn how much of ourselves we give away to keep those relationships going.

Sometimes, peace is not found in a final confrontation or a complete break. It is found in the quiet decision to stop fighting battles that drain us, to stop seeking validation where it is never offered, and to return our attention to the life that is still ours to live.

We can remain connected without being consumed. We can care without carrying everything. And we can choose peace, even when the relationship itself remains unchanged.

"We may not always be able to choose who remains in our lives, but we can learn how much of ourselves we give away to keep those relationships going."

- RANJITHA RAJ





The Activist

BY BALASUBRAHMANYA ICHE

He was an activist, a passionate champion of the local language, and one of the most admired figures in his state. The common people looked up to him, intellectuals listened to him, writers respected him, and politicians sought his approval. Each found a different reason to admire him, with purpose that suited their requirements.

He was uncompromising in his opposition to national and international languages, often directing his sharpest criticism at those who advocated their use or supported their wider acceptance. His philosophy was simple, forceful, and unwavering: “Local language first, local language last, and local language throughout.”

His words stirred emotions, his speeches attracted crowds, and his movement gathered momentum. Along the way, donations, grants, gifts, and other contributions flowed in, gradually adding to his personal wealth.

When it came to his own son’s education, he initially chose local-language schools for the primary years. But as his son grew older, the world around him began to look different. His

“His philosophy was simple, forceful, and unwavering: ‘Local language first, local language last, and local language throughout.’”

- BALASUBRAHMANYA I





peers, relatives, and friends were sending their children to private schools, where they were exposed to international curricula and foreign languages—opportunities increasingly associated with wider horizons and better prospects.

Quietly, without much public discussion, his son's educational journey took a similar turn. He completed his studies, moved abroad, and eventually acquired citizenship in another country. In time, he persuaded his parents to join him.

Today, the man who once spoke so passionately about the primacy of his mother tongue appears on social media sharing photographs and reflections on nature, humanity, and life in a distant land. He seems to be enjoying the peace, beauty, and opportunities of a world beyond the borders.

Meanwhile, back home, his followers gather around roadside tea stalls. Wearing colourful lungis and speaking in the very language he championed, they discuss their beloved leader. Some praise his lifelong service to the language. Others question his choices, or call him as an opportunist.

"Some praise his lifelong service to the language. Others question his choices, or call him an opportunist."

- BALASUBRAHMANYA I





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NOVEMBER 2026 EVENTS

BY MHAI

1. Introvert's Ashram
Date: 21st Nov 2026 , Saturday
Time: 10 AM - 1 PM
Language: English
Mode: Online
Facilitated By: Eshwar Sundaresan
Age Group: 18yrs+

2. Support Group Meet ONLINE
Date: 23-Nov-2026, Monday
Time: 6 PM to 7 PM
Topic: “The People We Remember”
Hosted by MHAI

3. Human Books ONLINE
Date: 23-Nov-2026, Monday
Time: 7 PM to 8 PM
Hosted by MHAI



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OCTOBER EVENT HIGHLIGHTS

MHAI - CREATING HEALTHY MINDS

EXPRESSIVE ART THERAPY SESSION @ KRISTU JAYANTI COLLEGE BY MHAI











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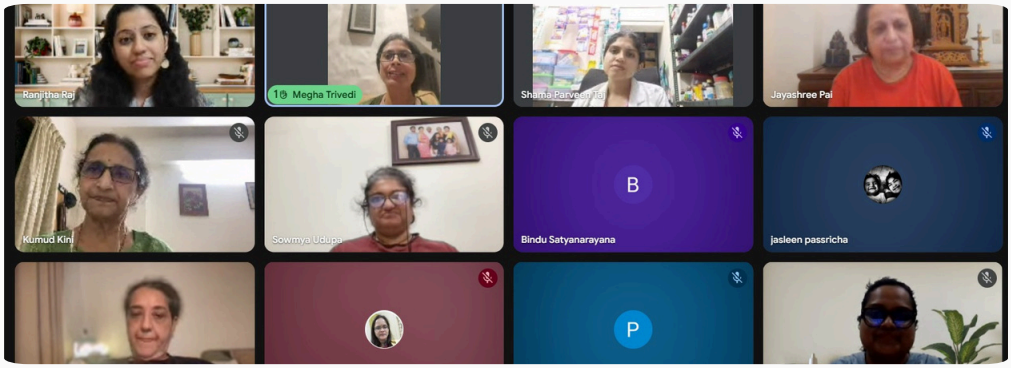

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OCTOBER EVENT HIGHLIGHTS

MHAI - CREATING HEALTHY MINDS

ONLINE SUPPORT GROUP SESSION BY MHAI & INTRODUCTION TO ART THERAPY BY DR MEGHA @ 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..**

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