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Index

Maatr

Project Nirav

Gaslighting Parents

Deception : Heart & Eye

Reforming Conveyance Through A.I

Maatr - Women & Mental illness

Women are god's most beautiful creature". The pandemic has been a roller coaster ride and therefore it has triggered mental illness of the people Especially women. Several factors has played a vital role in aggravation of mental illnesses in women such as cultural, hormonal, social and economical factors

Why women are more prone to mental illness? A single factor is not responsible for mental illness Mental illness is a result of contribution diverse factors



A women plays a major role in our families. She is always surrounded by the circle of roles and responsibilities which she selflessly justifies. In the process of justifying all these roles she often forgets about herself which in a way has a negative impact on her mental health Due to all the responsibilities they are subjected to, women often becomes isolated leading to various mental disorders like anxiety and depression. A high amount of mental stress or pressure plays a they key role in mental illness.

According to the world economic forumn, 74% of the women are unemployed and financially dependent on males.

As we live in a male dominating society, women who are dependent on men are not respected in most of them have to stay unhealthy and abusive relationship and families and in an therefore it influences their mental health to a great extent

Women are backbone of the society sadly women experience dreadful but sexual violence at home & work place. Those women are likely to experience. PTSD (Post traumatic stress disorder).



Findings show that women who have experienced sexual assault were facing mental disorders like anxiety, sleeping disorder, obsession, acute stress disorder etc. Hormones and mental illness are also interconnected; changes in hormones estrogen and progesterone results in mental illnesses.

Prejudice is a burden that confuses the past; threatens the future and renders present inaccessible. Discrimination affects mental health in terrible ways.

Transgender and dark skin colour women often experience discrimination. It may lead to low self-esteem, low self-worth and lack of self-confidence.

In our society, there is a stigma that a girl / woman is only perfect if she is slim although it is not true at all. Body shaming and inferiority complex can cause eating disorders, which is a serious mental disorder.

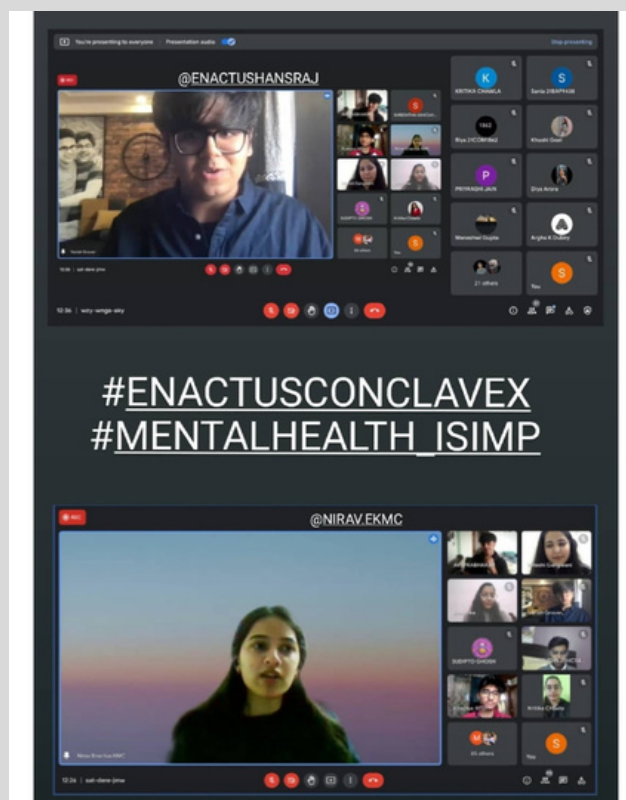
It can lead to considerable psychological distress and major physical complications. A woman is like a sun which lightens the environment and spreads shininess. Mental illness of the women can be improved through proper social support, financial independence, reduction in sexual harassment etc. Mental independence, deduction needs a great deal of attention. It's the final taboo and it needs to be faced and dealt with.



-Takshira Thakxan

Project Nirav

The world is constantly evolving but our mindset is not. Mental health issues remain a cause of concern because of how prevalent and sensitive they are and how most people still find it difficult to come out of their shells, break the stigma, and pour their hearts out. Therapy, a highly efficient and powerful healing tool, is still looked upon with great suspicion and disdain as a solution to these issues.

To revolutionize the world's perspective on mental health, Enactus Kirori Mal has stepped into the shoes of a social changemaker. A non-profit student-run organization, it takes pride in creating social entrepreneurs who take action today to create a better tomorrow. Through its service-based initiative called Nirav, Enactus Kirori Mal aims to destigmatize and spread awareness about mental health issues, while promoting access to affordable mental health services for all.



<p>MA. in Clinical Psychology and has an empathetic approach towards all clients with a goal of cognitive restructuring.</p>  <p>PREETI SOMANI Sensational Psychologist</p>	 <p>HERE FOR YOU</p> <p>Heard. Helped. Healed</p>	<p>MA. in Counselling and Guidance from NTU Singapore, founder at Journey Matters and has 7 years of work experience.</p>  <p>DRISHTI GOENKA Counselling Psychologist</p>
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Nirav, which essentially means ‘quiet or calm’, strives to increase access to mental health therapy for people from all walks of life and provide affordable professional help. Under this initiative, a vertical called Here For You was launched recently which offered pro-bono online mental health services through a panel of certified psychologists. With a panel of 8 mental health professionals, this initiative has so far successfully impacted 6500+ lives and achieved its motto ‘Heard. Helped. Healed.’. What makes Nirav unique is that strict confidentiality of the client’s information is maintained and high-quality services are provided to anyone who requires them, absolutely free of cost.

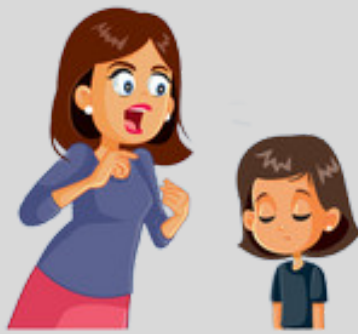
With 90+ therapy sessions facilitated so far, the aim is to encourage more and more people to get past their apprehensions and seek help at the right time. With a head for business and a heart for the world, Enactus Kirori Mal is sanguine about creating change through Nirav.

Gaslighting Parents

Most of the parents tend to subconsciously gaslight their children, which is a form of psychological abuse where the parents manipulate their children making them question themselves. Children tend to doubt their feelings and convince themselves that the treatment they receive from their parents is not that bad, or that they were too sensitive.



They feel vulnerable and insecure and in the end lack self-esteem. As a result of being a victim of gaslighting, they feel alone and powerless which makes them think that they are unstable and feel trapped, isolated. They end up thinking that they are not loving enough. To cope with being victimized by gaslighter's children should first become aware of the issue and being able to recognize and understand that they are being gaslighted.



Most of the parents tend to invalidate the children's point of view or their emotions, always the children should trust their memory, listen to their gut, and have to trust themselves which is the foremost and first step to overcome gaslighting. Making a gaslighter to confront often tends to backfire which will frustrate them and they make excuses or lie or emotional blackmail to prove themselves.

Children might think if they could prove it to them with logic and facts they would immediately apologize and acknowledge our point of view, where they will ever validate the reality if it threatens their ego. Rather than seeking validation with them accepting that this is not going to change will gain freedom, self-respect, and emotional distance from the gaslighter.



-Renuka Muralidharan

Deception : Heart & Eye

What a journey life is! The ones we thought forever left in the blink of an eye. The ones that made our blood boil once, are the lifeline of it. Maybe because we judged both of them way too earlier?

Eyes are deceptive, always. It looks for bright smiles but always loses in finding the one heart that cares. No no, you're not wrong if you underestimated or overestimated someone because of what they looked like from the outside, human beings make mistakes! That's why I and we always suggest, never get into a conclusion without weighing all the possibilities and consequences. When we write about a person's heart, it's not the biological part of the body that we're talking about, it's the conscious within us that feels the emotions.



The gut pulling you from within when encountered with a red flag is absolutely correct! Never brush them off. What they do from the outside means nothing if their intention is not to stay. They may call you with all the cute names on Earth, bring you flowers, talk about endless things but if it's all just a matter of time pass for them, then its you who's the sacrifice here.

Are we exaggerating a lot about it, well because we care for you. The next time you meet someone, never let your eyes do the judgement. In fact, Neve judge at all! Take your own time in analysing everything from top to bottom. Never let yourself be misled with mixed signals. If they care, they stay!



-Sriharshini

Reforming Conveyance Through A.I

Humans not only communicate by oral or written language, but they also communicate nonverbally. The nonverbal part of human communication plays an important role in defining, maintaining or avoiding a relationship. Affective computing is a field of research in AI, dealing with emotions and machines.

The key dimensions are the impact of emotion on artificially intellectual processes and to motivate the reason for controlled techniques applied in affective computing, in order to develop appropriate AI response.

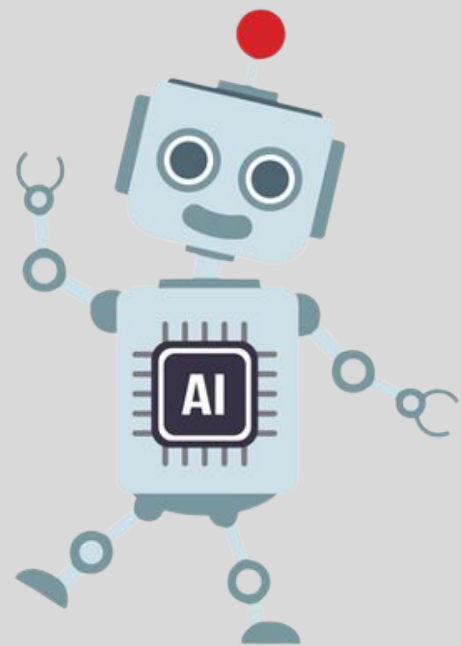


With AI-enabled time ahead, machine learning models will be able to understand context, nuance, and colloquialisms that help to fill the gaps of human communication. We already are witnessing substitutes for blue collar jobs, occupied by robotic hardware systems.

An amalgamation of machine learning, computer vision, natural language processing, predictive analytics, and the world of intelligent sensors and devices means that we will be flooded with autonomous systems of all sorts pervasive in our daily life.

Humans are incredibly social beings and one of the biggest developments to come out of Machine Learning technology is translation and communication

Many AI developers consider focus groups and surveys to understand how people feel, for standardizing input recognition. For one thing, emotions are inherently difficult to read. For another, there's mostly a gap between what people say they feel and what they actually feel. The real challenge is to capture emotional reactions in real time- by decoding facial micro expressions, analyzing voice patterns, monitoring eye movements and measuring neurological indulgence standards. The subjective nature of emotions, makes emotion AI especially prone to bias.



-Rajaram



Sriharshini



Harine

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