



CHANAKYA
INDIA'S NO.1 MENTAL HEALTH MAGAZINE



ISSUE: April- 2023



Follow @Chanakyaofficials



Index

1. The Sibling Energy
2. Chamomile Tea-A Stress Buster
3. LGBTQIA+
4. An Introvert Who Loves Networking
5. Yoga: The Happiness Therapy
6. Your Attention Teens!





1.The Sibling Energy

April 10 is widely celebrated as World Siblings Day and I dedicate this write up to the sibling I never had! Yes, being the only child of a nuclear family, I never knew what it feels like to have an elder or a younger sibling. What sort of happiness they get by teasing their siblings is still a mystery but I guess it's definitely something worth to try!

Jokes apart, we abuse our siblings the most! In fact, more than the number of times we have called them brother or sister, we would have called them “monkey” and “buffalo”. And it feels quite natural to call them so and feel no guilt about it.

But can you imagine, what you always thought of as a headache is actually a great reason why you could be mentally healthy and happy.

Yes you read that right! Your siblings are a factor that drives you towards better mental health and emotional values. Psychology study reveals that having a brother/sister can reduce the risks of anxiety, depression and makes a person more sympathetic.



On the whole, having a sibling is the best part of the world. You have someone by your side always to support you, hold you up when you feel low, help you solve your problems, be there for you emotionally and above all, the biggest guardian angel to protect you.

It's okay if he/she didn't leave the last piece of chocolate for you, remember you are always a part of their heart! Wish your brother/sister a very happy Siblings Day and let them know how much they mean to you!



-Sriharshini



2. Chamomile Tea-A Stress Buster

Nowadays we all can see there are a lot of people who are suffering from mental health issues, because of their busy lifestyles. Taking care of our mental health is very important. If someone is having problems like anger issues, insomnia, stress, and anxiety. They can try to have a cup of Chamomile Tea. Chamomile is the oldest medicinal herb. Chamomile is used to treat many problems such as gastrointestinal disorders, inflammation, the common cold, flu, insomnia, depression, and anxiety. Chamomile is one of the most well-known herbal teas in the world.

INSOMNIA


Traditionally, chamomile supplements have been used to treat insomnia. Chamomile is used by people to relax and fall asleep. Some studies have shown that insomniacs fall asleep immediately after consuming chamomile tea. Chamomile and its extracts contain benzodiazepine. Benzodiazepines are a type of medication, used to treat insomnia and stress, it also relieves anxiety and reduces seizures.



ANXIETY

Chamomile triggers the release of hormones like serotonin and melatonin, which are known to fight stress. This tea also has anti-inflammatory properties, it can help reduce tension, headaches, and migraines. Chamomile can also help you fall asleep faster and sleep more restfully. Chamomile tea can help people relax. Chamomile has been reported to be used to treat Generalized Anxiety Disorder (GAD). It has a compound named apigenin, which is beneficial for sleep and anxiety.

-Ana Salim



3. LGBTQIA+

In India, a lot of people know about lesbians, gays, Transgender, and bisexuals. But they don't know about there are a lot of categories present in it. People don't aware of the community. In the 20th century, lots of technologies are developed but peoples mindsets do not develop. now also they follow the old stereotypic things. Few members of society accept them. Some people don't accept because they think the natural patterns may affect future generations may be collapsed. The production of the population will be decreased in the future. Why society does not accept them because this society creates gender stereotypes very difficult for them to broke are create new gender stereotype, People have thought that LGBTQIA peoples are against nature.

LGBTQIA people don't expect anything from society they all need respect and proper recognition for their community. Society portrays them in a wrong way like they are doing the worst work, badass. But actually, LGBTQIA people are very kind-hearted and friendly people. LGBTQIA community faces family enacted, violence, and a lack of familial acceptance. They are also attracted to the same gender. This happens because of sexual orientation after reattending puberty both males and females feel the sexual orientation onwards the opposite gender but in the LGT community they have a feeling towards the same gender. Their mental thing and sexual hormones; bodily changes lead them to want to have sex with the same gender or otherwise they don't have any other attraction towards the opposite gender.

August 20th,2020 Indian Government approved them and gave their names as lesbian, gay, transgender, etc. LGBTQIA community had a flag to represent their community to the world. The was made up of rainbow colours. Gilbert Baker designed the rainbow flag in the 1978 San Francisco gay freedom celebration. The flag had pink, orange, green, Indigo, red, yellow, Turquoise, and violet. Each colour denotes some specific things like pink denotes sexuality orange denotes healing, green denotes nature, Indigo denotes harmony, red denotes life, yellow denotes sun, turquoise denotes art and violet denotes soul.

The LGBTQIA people struggle a lot and give self-motivation to themself or their community people motivating. They achieve in various sectors facing a lot of struggles, and rejection from society. Recent studies say LGBTQIA people have high and strong mental health they face lots of struggles in their lifetime. We cant able to control nature through our understanding and changing our perception towards them, unbuilding racism in society.



-Jaya Harini S

4. An Introvert Who Loves Networking

Being shy, being hesitant, being not confident, and easily getting nervous are not the traits of an Introvert personality. Then what does Introversion means? It simply means how people recharge themselves, and what source of energy they prefer when they feel drained out. Introverts get energy from the 'inside'.

They feel recharged when they spend time with themselves whereas extroverts get energy from the 'outside world', the people around them. They recharge themselves by spending time with their network. The famous psychologist Carl Jung said, "Introverts turn to their minds to recharge, while extroverts seek out other people for their energy needs".

Introversion is nothing to do with shyness, lack of confidence or hesitation. Introverts are usually treated sympathetically or given special sarcastic attention.

An Introvert may love to Network, like meeting new people but they make sure that they get time to spend with themselves as well to introspect and focus on what's going on internally. Their quality time with themselves recharges them, makes them more productive and able to shine among Extroverts with ease.



5. Yoga: The Happiness Therapy

A very common but very important question – “What do you want to achieve in life?” Surely everyone has a different answer but something that everyone wants to achieve in life is “HAPPINESS”. Everyone wants a happy life but without being healthy, this is not possible.

In India, more than 20 crore people are suffering from mental health diseases. A report by UNICEF says that 41% of children need help to cope with mental health. Before this number increased, this needed to be taken into consideration. So, all the negative emotions should be out and filled with positive energy.



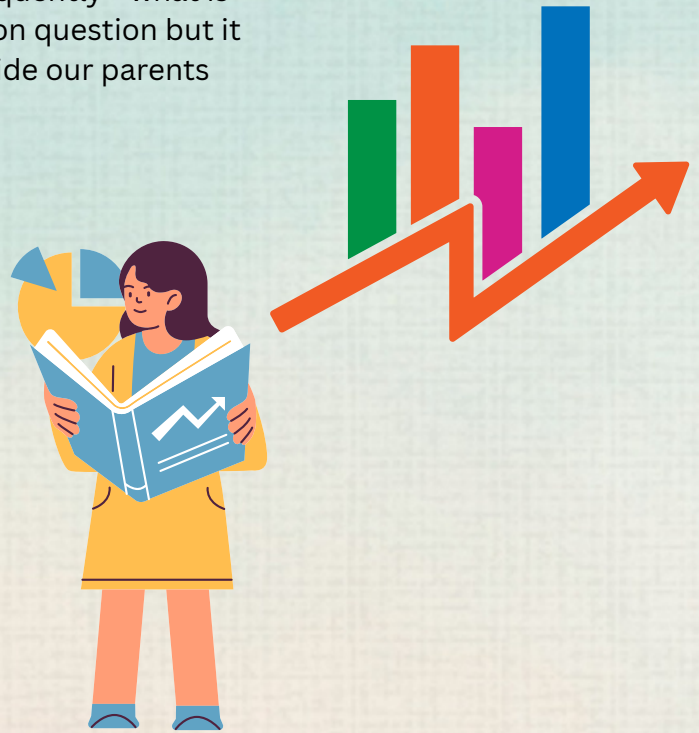
The main focus of yoga practice is to become aware of and regulate the breath which helps in lowering stress and anchoring oneself in movement which makes us happy. By deep breathing and focusing our body responds accordingly. Happy hormones begin to increase in our bodies. All forms of yoga help us to strengthen the connection between the brain and body. Yoga also acts as a drug-free anti-depressant.

Long-term yoga practice creates long-term changes. A full practice of yoga, including meditation, removes negative thoughts from our minds and our bodies and begins to reshape our attitudes, views, and thoughts.

6. Your Attention Teens!

This is the era where people commonly come across certain terms of using internet languages. The world is advanced and everything is accessible in ample time. From birth to death we are in a race of achieving what we ache for. We learn, we grow, we fail and we succeed. The process is relentless but here there is a question which arises frequently " what is destined? " and " what is it for? " So this may be a common question but it is time for us to think, time for us to analyse. Let's put aside our parents and foregoing generations

Statistically, 15.08% of Youth (age 12-17) report suffering from at least one Major Depressive Episode (MDE) in the current database of this year obstructed from Mental health of America which is also well known as American Psychological Association.



It is mandatory to examine ourselves where we specifically lack through. The reality may be insane and full of absurdity but we should all know that we are born to live not to survive. One who comes to knowledge about the differences of these terms then there will be no more place for FOMA. Dear teens, let us explore, inculcate and lend our ears to the voice of the universe.

-Deepashree

Contributors



Sriharshini



Ana Salim



Kishore.S



Rashika Suneja



Deepashree



YOGITA



Jaya Harini S