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CHANAKYA

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if you...



get tired...



learn to rest



not to quit.

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Digital Mental Health

Now a days we are surrounded by more digital appliances like phones, TVs, laptops and so on . Minimum half of a day is covered by mobile and other devices. Do you ever think about how it influences our mental health? The news we see , people we follow on the social media, videos we like, comments we post , status we share, movie we watch. Everything will influence our personality, perception and decisions indirectly. You may come across the phrase “ mind and thoughts influence your life”. And on the other hand, we influence our mind all the time and we are the masters of our mind. The mind will follow what we believe, what we see and accept is true, the belief that is created by posts on the social media. It will be reflected at any period of time in our life .



You can know about this in the social learning theory given by Mr. Albert Bandura , let's make this more simple if we watch a movie in a theatre and we automatically act like that character in our real life for at least 2 days . If it's influenced deeply, then the individual personality will start shaping like the movie character. If you intake more number of negative news . It will automatically influence your mood and make you feel low . We may also experience this if you feel a little sad and listen to sad songs, then you feel really down or else, if you listen to feel good songs or motivational songs, you can feel the positive energy in yourself . The brain is a complex organ it will believe what you aim to accept. So plan your screening time and spend it well.

“FEED YOUR BRAIN RIGHT “

-Jenifer Joys

The 21 rule to happiness



Glad to meet you all through words again! Welcome to December, the end card of 2022. What a ride it has been!! Ups and downs but in the end, it's always good 😊.

Even if this year hasn't been your best, then don't worry, work hard for the next year and it'll be better than you expected it to be.

New year is just around the corner and we all treat January 1 as a new chapter. For new beginnings, new resolutions and new decisions. But how long do they last? Probably a week or so and it's all the same from the 8th day. But why do you hold on to grudges, envy, pain, agony, vengeance and negativity for longer than they should be entertained?

The human psychology follows the 21 rule pattern. It takes 21 days to build a habit, 21 days to fall in love, 21 days to forget someone and move on(not really)

So, what shall we do about it?

One simple trick to overcome the problem of long-lasting negative emotions is to list down the positive changes that happened because of the negative incident, for 21 days. This slowly but steadily provides the much needed perspective shift from a morose to optimist.

21 days or 21 weeks, it's all in how we want to change for the better. Play along with the changes but never stop playing around as a happy kid.

-Sriharshini

We all are Natural Beauties

I was at my cousins wedding enjoying the food and the typical indian marriage ambience . This little cutiepie came to me demanding my mobile phone.

I asked her what she's doing. She immediately responded 2nd Standard ' B ' Section. Isn't it a mandatory tradition to mention our class section ? I smiled to myself .

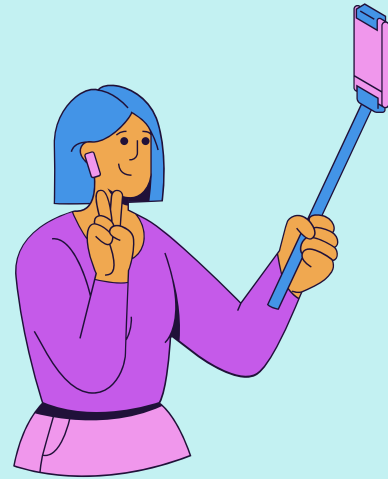
I gave her the mobile and she started to take photos by opening the camera. Metaphorically She would have took 100 photos in 3 to 4 minutes .

" Don't you have filter apps in your phone uncle ? " she asked. I was surprised also worried that our technology evolution has started making our children feel " That to look good you need filter apps "

I said her " you are a natural beauty sweetheart " she blushed and again went to play with her friends in the crowd.

Whom should I blame the technology evolution or the people who are using it in the wrong way . I didn't do both instead I expressed through my writing .

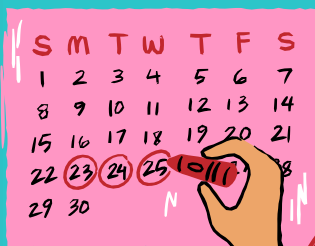
We all are Natural Beauties



-Nikhil Vyaas



People with and without Vagina- You should know this!



This one's for you all. Talking about periods, blood and sanitary products in a public medium was considered taboo for a long time. Despite accepting the stereotypes, sharing our views on menstruation is the new normal. Wait a minute, menstruation is not something related to mathematics, it's a wonderful biological process happening in a female's body. There are certain symptoms before and during periods. This includes abdominal pain, breakouts, fatigue, mood swings so and so. Mood swings being the worst affects a female's day to day activities. There will be a mixed emotion rollercoaster ride from being normal then ecstatic to irritated. To avoid this, one must be taken care in a proper way. Periods is sanity and energy draining for most people rather than what some commercial shows us. Mental support from our loved one's is important, this could be from an understanding male too. Being patient and reducing their workload is appreciable. Knowing her period cycle and pampering her with utmost care would work wonders. Periods is pathway for human survival and normalising it must be done. We are in an era where a murderer who perishes human ran can enter sacred places but not a women with red stains. Let's fine-tune our bloody perspective.

-Nandhiha

Movie review

Introduction:

Movie's name - 777 Charlie

Directed by - Kiranraj. K

Cast - Rakshit Shetty and Sangeetha Sringeri

A glance into animal therapy

I woof you!



Main theme of the movie :

The movie depicts the bond between a factory worker who leads a monotonous life and a stray Labrador dog. Dharma (lead of the story) had lost his family in an accident and since then stopped having an emotional connection with anyone around his neighbourhood and workplace. Initially hesitant and irritated by the pup's atrocities, Dharma cannot stop himself from falling for its mischievous and caring acts. He names the puppy Charlie, after his favourite comedian and TV personality Charlie Chaplin. They grow closer and Dharma feels rejuvenated in life after meeting Charlie. Things turn upside down when Charlie is diagnosed with cancer due to internal breeding by a breeder whom he later thrashes. Broken and depressed, Dharma decides to fulfill Charlie's last wish to see the snow. After a long road trip filled with lots of new friendships, they finally reach Himachal Pradesh where Dharma and Charlie have a great time in the snow. The following day, Charlie dies in Dharma's lap signing off with a "thank you" gesture in a monastery. Shaken by Charlie's demise, Dharma notices the wailing of a born puppy inside the monastery. Taking it as a sign, he returns home and opens an animal welfare body named after Charlie.



Animal therapy is a sub discipline under Psychology that involves trained psychiatric assistant dogs(PAD) to improve a patient's social, emotional, psychological or cognitive functioning. Playing with pets stimulates happy hormones (Endorphins) in our body and helps to build empathy and rapport. It's advisable to avoid aggressive and possibly harmful breeds of dogs such as pit bulls and adopt friendly breeds such as Pomeranian and Labrador. The dogs are trained by experts such that they provide moral support to the patients. It reduces the risk of suicidal thoughts, loneliness, depression and other vital issues related to mental health. It is also scientifically proven that humans tend to trust pet animals more than fellow humans. This is a great deal for people who are hesitant to open up with Psychologists. They can know about the benefits of animal assisted therapy and give it a shot to lead a better life!

-Sriharshini



Contributors



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