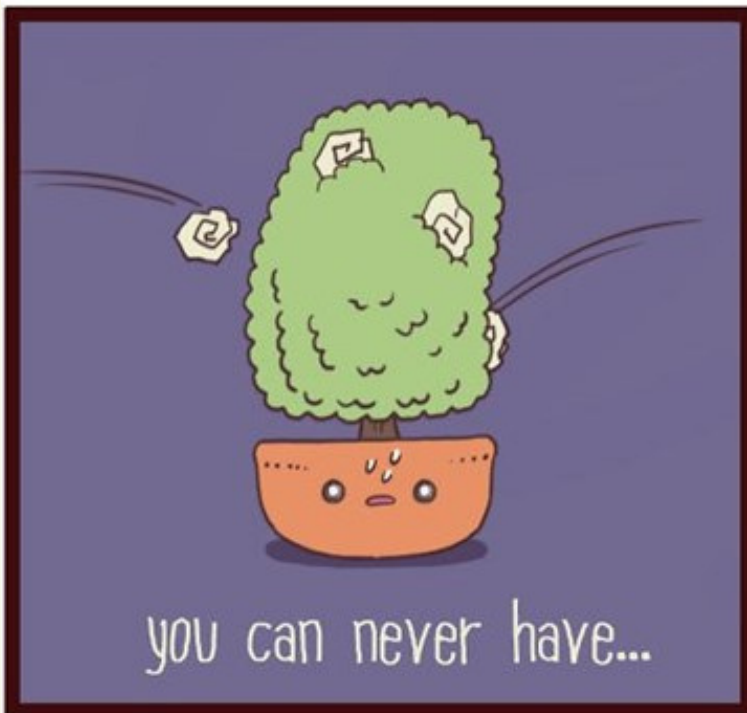


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CHANAKYA

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One for the eye!

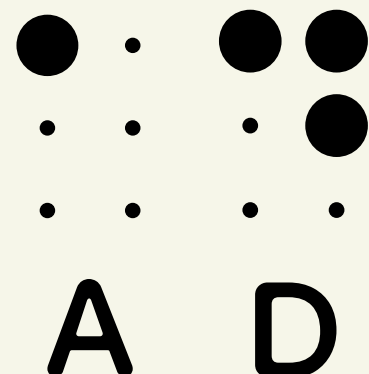
We've successfully made it to 2023 and let's start this journey with hopes as high as the sky and will as strong as the mountains. Wishing you lots of happiness, joy, prosperity and peace on this New Year journey.

4th of January is widely commemorated as the World Braille Day, to spread awareness about the importance of the Braille system as a means of communication for the visually impaired. Braille is not a language but a script which includes dot patterns that indicate specific characters of a language.

We have talked a lot about the mental health of teenagers, students, working professionals and it's time we bring the challenges of visual impairment and its effects on the mental health of people.

Nearly 5 million people in India are blind, 70 million people are vision impaired out of which 0.24 million are blind children. Changing lifestyle, food habits combined with genetic inheritance have an adverse effect on our physical health, much worse than we expect. The numbers are expected to grow in the upcoming years.

Children are the most affected because they are not yet into terms with the reality of life and lack the ability to cope up with the situation.





Individuals with visual impairment are at a greater risk of developing mental health issues such as depression, anxiety etc. They have trouble in controlling their worries, they don't socialize much, they start isolating themselves to not forcefully fit into a group. The psychological sequelae of physical disabilities are often underrated and ignored.

42% of the vision impaired community are already into depression and the count is steadily increasing.

More than toxic jokes and dark humor about the disability, visually impaired people state that it's the lack of acceptance and mere sympathy from people that hurts them the most. Friends and family constantly remind them about their disability whilst "trying" to be nice. It doesn't end here, worse comes to worse differently abled are still yet to be accepted by the society.

The above content applies to disabilities of all kinds and isn't confined to only physical ones. Disability of any kind is worse just as much as ignorance about it is. Let this be a knock into the space of acceptance of the special needs of the differently abled.

- Sriharshini

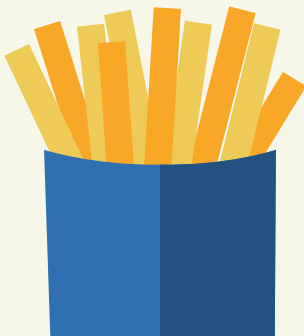
Feed Your Brain

Nutritional psychiatry is an upcoming field that shows a cross-connection between food and the brain. Lack of nutrition is one of the key factors in the incidence of mental health problems like depression and anxiety, especially in children.

Clinical Dietician Rakshita Mehra has shared significant insights on brain nourishing diet.

1. Carbohydrates

Scientifically, carbohydrates are the main fuel for the brain. For a healthy mind, a diet rich in complex carbohydrates must be preferred. Food items such as whole wheat flour, grains, fruits, vegetables, legumes, and pulses are rich in Complex Carbohydrates. On the flip side, refined carbohydrates must be eaten in controlled portions as they can adversely affect the brain and mood.

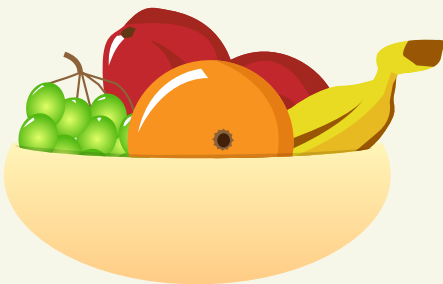
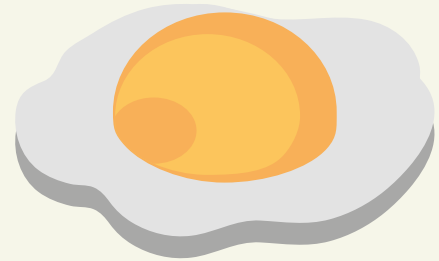


2. Fats

Omega 3's and omega 6's play a central role in maintaining the brain's health. Low omega 3's can lead to cognitive decline, depression and mood disorder. Fish, flax seeds, chia seeds, walnuts, soybeans, and almonds must be encouraged. Excess of processed, saturated and trans fats has dangerous impacts on the mind's performance and overall well-being.

3. Proteins

They are the building blocks of chemical messengers, namely, neurotransmitters. Therefore, adequate protein intake is required for one's mood and helps in ameliorating memory and cognitive function.



4. Vitamins and Minerals

Vitamin D, B6, and E and minerals like zinc, iron and magnesium affect mood, anxiety and cognitive performance. Choosing a colourful variety of fruits and veggies will aid in getting these.

Along with diet, physical activity, sleep, stress, and social connections also play a leading role in maintaining the brain's health.

**-Rakshita Mehra
(Dietician)**

Travel as a therapy for Dementia

One of the amazing and craziest activities is travelling. Most people go on holidays to relax, find themselves and explore. Travelling has several advantages that include physical as well as mental health. But ever realized that travelling is good for the brain?

According to a recent study, travelling can be a non-pharmacological intervention to improve well-being in patients with dementia. Dementia is a neurological disorder.



Dementia is the loss of cognitive functioning-thinking, remembering and reasoning to such an extent that it interferes with a person's daily life and activities. Most often, dementia impacts elderly individuals, but in some cases, it may also occur in young adults.

Dementia is still incurable, however, it can be reduced or slowed down through therapy meditation. Treatments for Dementia are continuously being developed and well-being initiatives are supported.



- **Cognitive and sensory stimulation-** Travel stimulates thoughts and knowledge which may benefit people with dementia.
- **Environment-** Travel puts people in a new environment and increases social interaction, which stimulates brain function.
- **Exercise-** Maintenance and improving physical function can help people with dementia.
- **Reminiscence-** Tourism may help stimulate memories in people with dementia.

Vacations can also improve our mental health by reducing depression and anxiety.



-Yogita Sanwal

Every ending is a new beginning...

The end of a year can bring about a rollercoaster of emotions, for some it might be festive and for some, it may be stressful. Everyone needs a moment to breathe and pause and most importantly take a mental health check. Checking our mental health status can help us critically identify the triumphs and tumbles that we went through the past year yielding necessary contributions to improve, modify or maintain our productive behaviors. Let's see how to do a brief mental health check all by ourselves!

Reflect to act

Yes, we all need to look within and examine ourselves once in a while. Reflecting can bring to the surface our conscious thoughts and feelings aiding in the expedition of our mental state. On a better thought you can reflect year around, but to the ones who haven't yet, now is the time!



Flourish to flourish

Flourishing means acknowledging meaningful relationships and to connect with others at a deeper level. Flourishing can help form rewarding relationships, increase self-esteem and find the essence of purpose in life. As a whole, it may act as a buffer to protect oneself from the effects of negative life events. If not yet, take a chance to flourish right now people!



Break to rebuild

Identify the bad habits that lead to a negative mindset to break them. What if you hit rock bottom, take some time to grieve, don't dwell on the past, strengthen your potential and rediscover yourself? Make up your mind to rebuild yourself as every new year is a fresh start.

-Dowlath Nisha

Increased Psychopathy violence in society...

Psychopathy is a psychological symptom that typically emerges early in childhood and affects all aspects of a victim's life including relationships with family, friends, work and school. Nowadays, psychopathy is increasing in every country. This is caused due to many factors such as improper parenting, relationship issues, childhood traumas etc..



Such people like their own way of doing through unacceptable behavior, because they have built it as an important habit in their life. In every stage of life, people experience a lot, and from that, they built many aspects like; strengths and weaknesses, following or avoiding emotions, acceptance, facing society, and expectations.





The symptoms of psychopathy include shallow affect, lack of empathy, guilt and remorse, irresponsibility and impulsivity. One reason for emerging psychopathy is the unfulfilled expectations from society. The above-mentioned issues can be treated when there is a healthy and proper way of parenting and treating the child. In places of education, the way teachers treat the students in harmful and hurtful ways creates irritability.



Reducing psychopathy violence can be characterized by building several different modes of activity such as psychotherapy, behavioural skills training, and recognition of the importance of family, school, peers and the community. They may also incorporate medication. We can't control nature, though every precaution is done to unbuild the psychopathy in this society, some of the odd one-outs still creates havoc.

-Prasanna

Contributors



Sriharshini



Dowlath Nisha



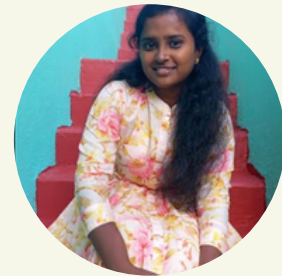
Harine



Yogita Sanwal



Rakshita Mehra



Prasanna