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# CHANAKYA

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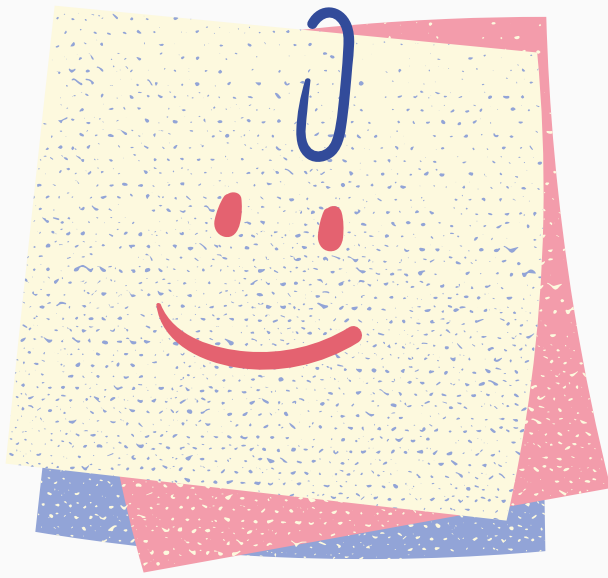
# Story



Ever imagined what things look like in a little baby's head?

Well, let's explore. "This human makes funny faces just to see me laugh, how adorable! I have always heard mom shout at dad about his untidy behavior, but he always washes his hands before lifting me up. I'm sure he cares for me. Poor mom, if only I could help her but first, I must get out of the cradle and there's no way here."

How cute and beautiful they are! We always admire how happy and smiling a baby is, ever wondered how? Because the baby has no bad thought for the person standing next to him/her. Let's see what baby chick has to say, "Hey grown up! You said I am always smiling. Let me share the secret with you. I don't know what hatred means, neither I have seen it. I have no interest in revenge and I don't compete with anyone. I'm so happy being me that all this have no time. But look at you, always grumpy thinking about this or that. Why do you stress so much for everything. You're way elder than me, but I have a lot to teach you. When you make me smile, I hope why don't you do it with others as well. Try it! It's surely fun I guarantee!"



**MORAL** : Make someone laugh, it's surely a better idea than making someone feel jealous of you. Make this place better for everyone and not just for you.

**-Sriharshini**

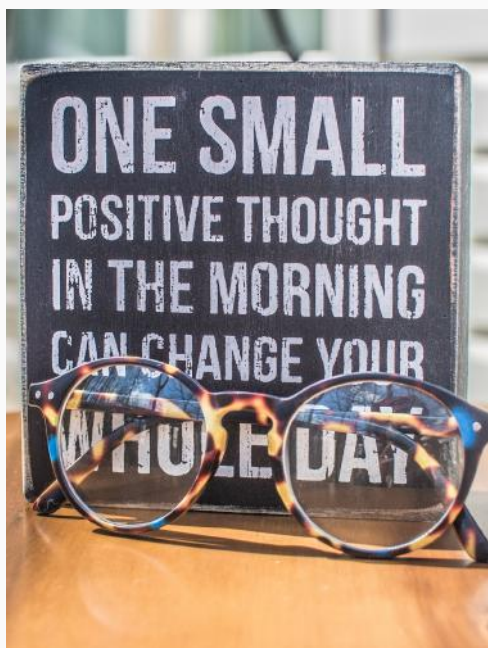


# Positive Thinking



Life is never easy and nothing is promised. With so much going around, it's tough to keep our spirits up and smile around like everything is fine. What keeps us going is just one positive thought, "Everything will be fine".

Positive thinking is a term most of us would have heard especially during the pandemic. It's not a chant to be said twice a day, but a habit that must be inculcated in ourself by us! Yeah, that's the tough part. Even when pushed to the edge of a cliff, waiting for a miracle isn't positive thought, but the confidence of "I'll climb back up" is. Our human body greatly responds to aura and vibe around us, both good and bad.



Dripping into darkness being constantly faced with rejections deprives us off the rest of the opportunity. Positive thinking needs to be checked with all the boxes including self esteem, confidence, practical thinking and clarity. Without even any one of these, even the best ideas would have to be dumped. Positivity doesn't need to be looked for anywhere rather must come from within.

A little motivation with the right guidance and support makes us look on the greener side more than the dried up one. Positive energy and enthusiasm is self built with a little inspiration from the outside. Remember, whenever you feel low one good music, one good conversation, one good meal and one good ride heals it all. They all bring joy to us, so does positivity. Its easy to start something, but the real thing lies in going on, no matter how small the steps may be.

**-Sriharshini**

# Infants And Attachments

## A guide for Parents to form secure attachments with their infants



When the topic of Mental Health is brought up, infants are usually not part of the conversation. However, infancy is a crucial stage for an individual's mental health journey. Infancy is the time duration from birth to 3 years of age, this duration is not only essential for a child's physical growth but mental growth as well, because this is the period when a child understands the emotional and social cues which are important for a brain's maturity and development.

As soon as a child is born, attachment is introduced to them, and with attachment comes attachment styles. To ensure a child grows into a healthy adult who has high self-esteem, healthy relationships with their loved one, and can seek out support when needed but are empathetic and level-headed, a secure attachment needs to develop since their infancy. A secure attachment style is one where the children will seek out their parents if in distress, feel safe, curious, and calm.

However, it seems like a given that a parent will have a secure attachment with their children but that's not always the case, the following are few points that will help parents ensure their infant's mental health is not forgotten.



1. **Provide a sense of safety:** Although your baby may not be able to speak yet they understand the emotions you feel around them and therefore you must always approach them with a sense of warmth and security even though you feel annoyed to be woken up at 3 in the morning, you should not project your negative emotions to your child.

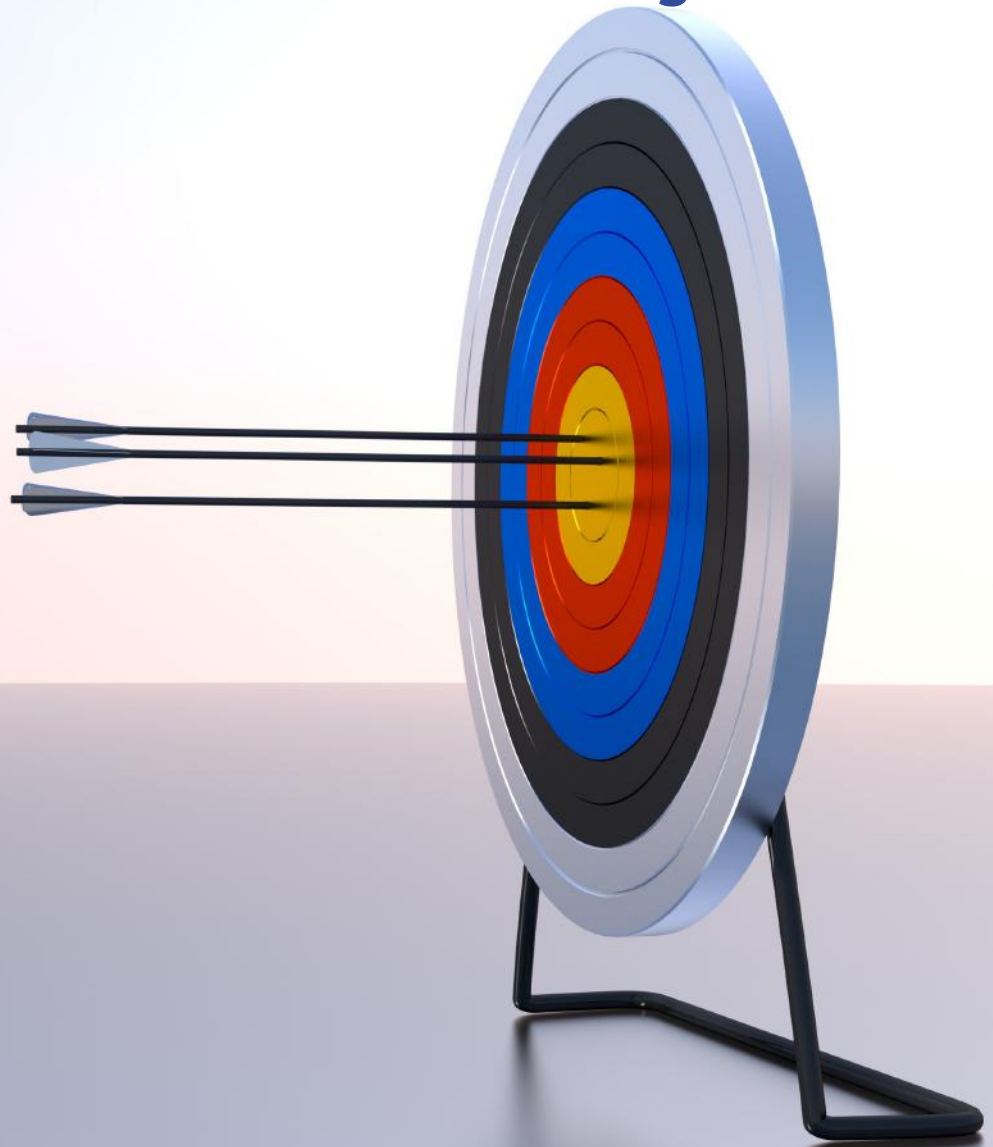
2. **Quality of Interactions is superior to the quantity:** when with your child ensure that you are conversing with them, picking up their nonverbal cues, and reacting well, they learn by mimicking their caregivers' actions so if you are focusing on your phone while with them, they will also learn to do the same which will hinder your connection with them.

3. **Closeness doesn't always mean physically:** When closeness is talked about it doesn't necessarily mean that a caregiver has to be with the child every minute of the day because if that was the case, that child will not learn independence and let me be clear an independent child is not one who will not need you but is surely the one who will seek you out when in distress because as you teach your child to explore on their own and to come to look for you when distressed, they will develop a bonding with you that is if you are consistent with providing support. Infants are impressionable and even if they don't remember their early years consciously, but the bond which will be developed in these infant years will be the foundation for their mental health.



**-Meghna Goel**

# Is "Perfect" a real adjective?





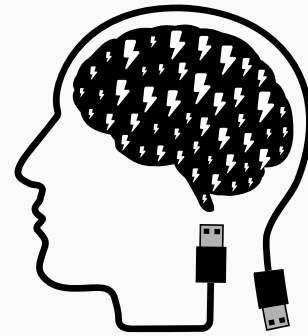
Everyone wants a perfect body, perfect life, perfect partner, a perfect friend, perfect parents, perfect all. Does every step lead to perfection or is perfection a never ending loop?. We have to understand that a happy life is better than a perfect life. A happy life doesn't need a lot of effort as it is perceived. Sometimes the smallest thing like avoiding sad songs can lead to a happy life. People expect an individual to be without flaws, without defects, without any shortcomings and every other aspect that comes with being a typical human. Humans are not robots to be too perfect. Children expect their parents to accept and forgive all their mistakes and never say no for anything and everything they ask. Parents expect their children to always be obedient, score top ranks and follow instructions. Instead of expecting perfection, why can we just expect the good side of people?. Being positive and warm can make an individual more socially likeable than being perfect. This can be achieved by simple words such as replying I'm great and I'm fantastic instead of replying I'm fine or I'm okay when someone asks you how you are. The road to a happier and more successful life starts with your attitude towards life and not with the chase of perfection. Life is not full of daisies and sun shines, it is also accompanied by bruises and thorns. It doesn't matter whether you lead a perfect life or not, all that matters is how to make it through the darker times and attain glory. Instead of working to become a perfect person, it is smarter to work on being a better, warmer and positive person. Never underestimate your power to change yourself. Everything can't happen perfectly as planned, failures and scars are unavoidable part of life's plan. Never compromise in giving the best of your ability, but at the same time remember that it's okay to get errors. A perfect thing cannot be a perfect thing from another person's point of view because through every eyeball perfection differs. Chasing perfection can sabotage your happiness and relationships. So believe in yourself and lead a happy life because happiness is not a replacement, it is a fundamental aspect

**-Keethai Balamurugan**

# Psychiatry And Psychology



In India as well as across the world psychiatry and psychology are emerging areas. In fact they both are overlapping also. Because both psychiatry and psychology are mental health professions. They both are concerned about mental health, mind, behaviour etc., They work together in order to treat mental illnesses and to spread community mental health.



### DIFFERENCE BETWEEN PSYCHIATRY AND PSYCHOLOGY

According to American psychiatric association psychiatry is the branch of medicine which focuses on the diagnosis, treatment and prevention of mental, emotional and behavioral disorders.

A Psychiatrist, practitioner of psychiatry is a medical doctor ( M.D or D.O) and is qualified to assess both mental and physical aspects of psychological problems. They monitor effects of mental illness on body and effects of medicine on body. Only psychiatrists are allowed to give medicines and write prescriptions. Psychiatrists use a variety of treatments including various forms of psychotherapies, medications, psychosocial interventions and other treatments such as electroconvulsive therapy for ECT.

Psychiatrists work in various settings including private practices, clinicals, general and psychiatric hospitals and university medical centres, nursing homes etc.,

Psychology is the scientific study of mental processes and behaviour of humans and other animals. It tries to study human mind and applies various therapies, psychological testing and evaluation to treat mental health problems.

Psychologist, the practitioner of psychology usually has an advanced degree, most commonly in clinical psychology and often has extensive training in research/ clinical practice or doctoral degree.

Graduate school provides a psychologist an education in evaluating and treating mental and emotional disorders. Licensed psychologists are allowed to do counselling and psychotherapy, psychological tests and provide treatment for mental disorders. But psychologists are neither allowed to give medicines or write prescriptions nor do medical procedures.

Psychologists also work in various areas such as sports ,schools,colleges ,universities clinics, rehabilitation centres ,research settings ,hospitals ,government agencies, community mental health centres ,child and adolescent mental health services etc.,



## HOW PSYCHIATRY AND PSYCHOLOGY IS RELATED

As both the disciplines are concerned about mental health of People , they are interrelated . Both psychology and psychiatry understand how the brain works, our emotions, feelings and thoughts. Both can treat mental illness with psychological treatments.

Usually psychologist will work in association with a psychiatrist or other medical doctor who provides the medical treatment for mental illness while the psychologist provides the psychotherapy. Psychiatrists often prescribe medications in combination with psychotherapy.

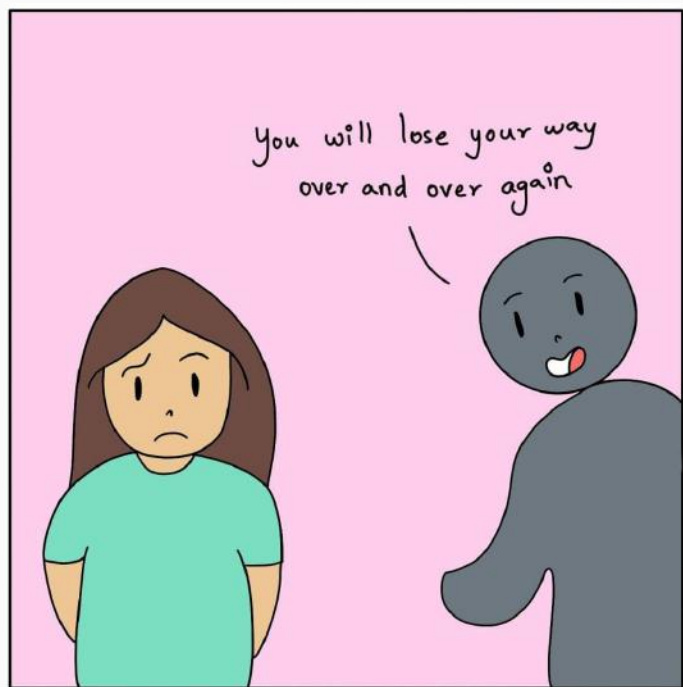
Sometimes psychiatrists make an initial assessment and diagnosis, then refer to a psychologist for ongoing psychological treatment ( or psychotherapy). Psychiatrists and Psychologists also work together in hospitals as part of mental health teams.

Above all the they both are not rivalry disciplines to each other, rather their coordination is very much important in building a healthy society.

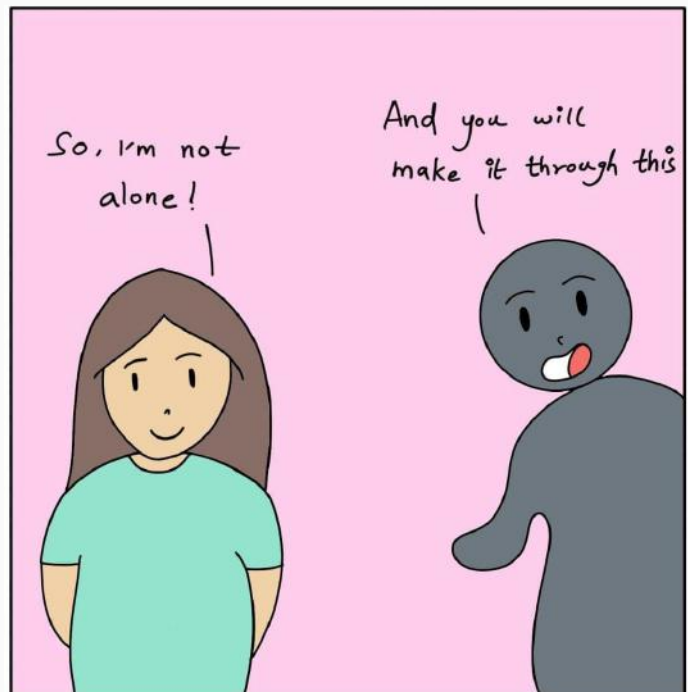
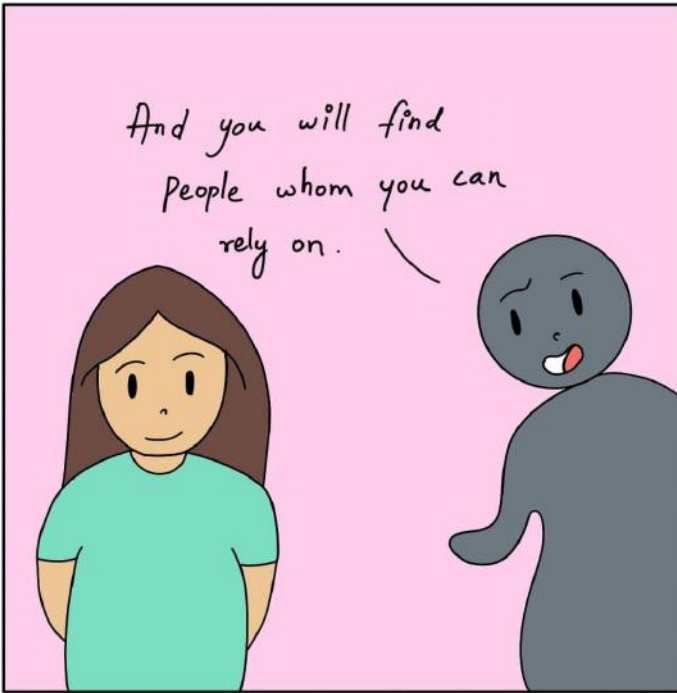
**-Hani kuruvari**

# Comic Series



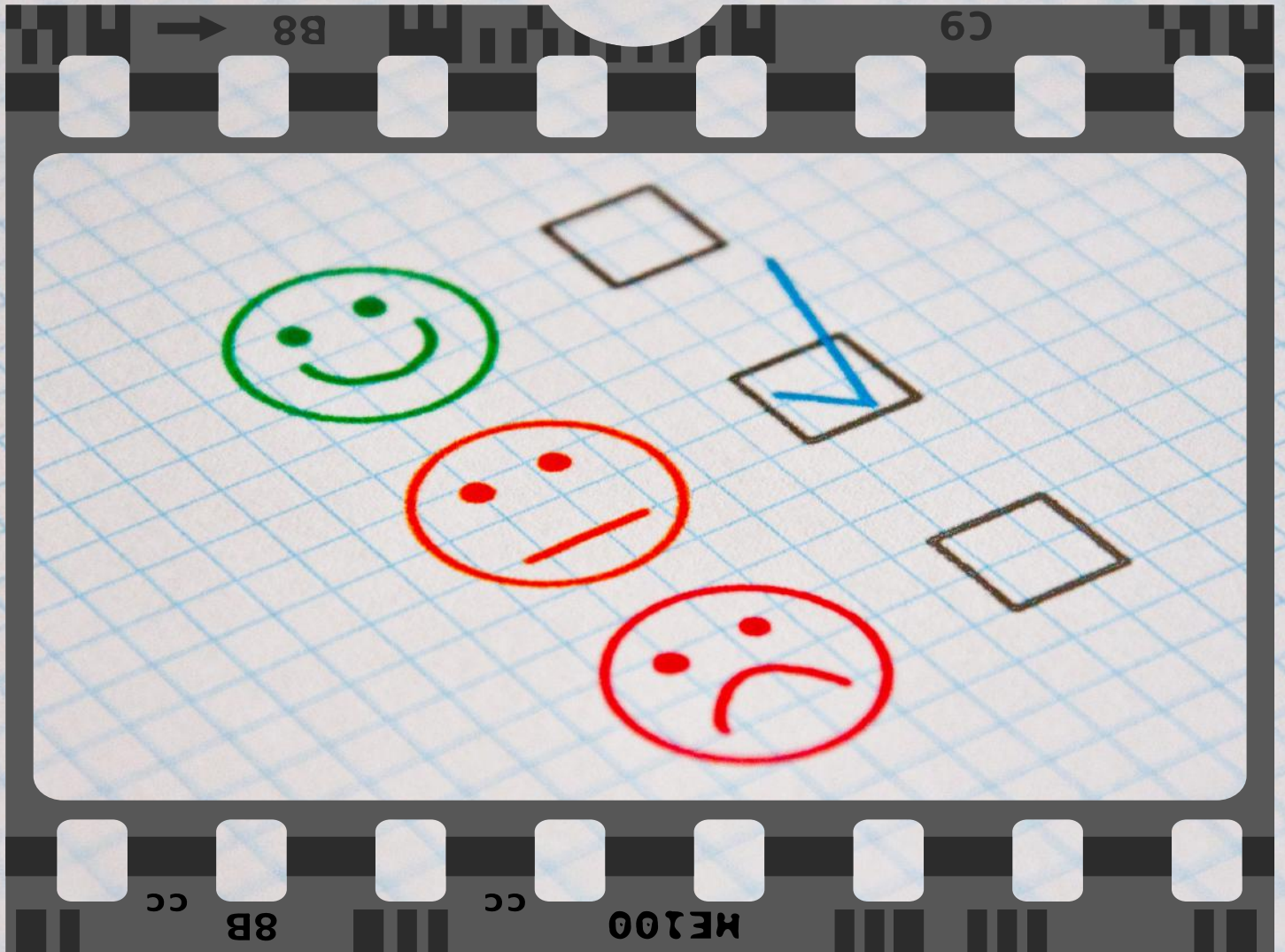






-Sandhya

# Movie Review



## 'Kumbalangi Nights' (2019) - An Endearing Tale of Healing and Bonding



The Malayalam film cinema has done it yet again. 'Kumbalangi Nights' brings to the new generation a complete packed movement of realistic and outstanding screenplays characterized by progressive themes making it a well-worth watch

### Introduction

Movie's Name - Kumbalangi Nights (2019)

Directed by - Madhu C Narayanan

Genre - Romance, Drama, Children's film

Language - Malayalam (Available with English subtitles)

### Synopsis

The film is set in a fishing village called Kumbalangi that revolves around the story of dysfunctional relationships among four brothers. Their love-hate relationship progresses to another level when Saji, Bonny, Bobby and Franky decide to help Bobby stand by his love and get married to her.

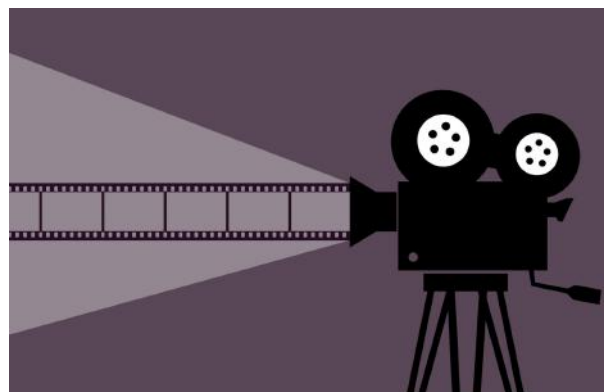
## About the Movie

The movie received quite many universal critical acclaims and was listed by several publications as one of the best Malayalam films of the decade along with considerable commercial success at the box office.

The film stars artists like Fahadh Faasil, Shane Nigam, Sreenath Bhasi, Soubin Shahir, Mathew Thomas and Anna Ben, all portraying stupendous performances that received immense positive reviews.

The movie truly is rich in quality of its content delivering a story without dragging it much and providing proper logical conclusions to them. While the first-half of the movie is more focused on character-driven plots, the second half takes over the plot.

The makers have ensured to provide genre-bending touches and layers to the film without affecting its tone which is why it may feel less directed and more real with real outstanding life examples.



## Themes Focused in the Movie

### 1. Hyper-masculinity and Patriarchy-

These themes are criticized in the movie and primarily portrayed through the characters of Shammy and Saji. Both men are living with psychological issues where Shammy insists on being the 'hero', Saji comes close to the abyss and realizes he needs help for which he then visits a psychologist to cry out his emotions.

### 2. Rural unemployment and Caste divide-

The issues surrounding the bond of the family around these two themes not only brings them but few outsiders together too. These issues act as a catalyst that repairs the ruptures and heals their relationships.

**3. Feminist undertones-** The women in Shammy's family namely, Baby, Simmy and their absent mother have been free to exercise their will without having a man to order around. But their freedom of will soon breaks when Shammy gets married to Simmy and subtly starts overpowering one of them.

## Character Psychoanalysis - A Character You Must Look Out For



### **'Shammy hero a da hero' (Shammy is the hero) - Shammy**

The character played by Fahadh Faasil is that of Shammy. He portrays an eerie performance throughout the movie that gives spine-chilling creeps but wins the top honor of its viewers.

Here the movie manages to give a new villain as Shammy - a man who is straightforward, weird, scary, mysterious, strange and uncanny in many different ways. He portrays himself as a man of details, neat and considers himself as dignified with the job of a barber but has anger management issues and seizures that strike in the scariest way.

He has a creepy aura that makes the perfect sense at the end of the movie. Shammy has a narcissistic personality who believes his decisions are always right that need to be respected and obeyed, his moustache to be perfectly shaped, clothes neat and ironed and routine to be followed without delays.

His character is one that totally focuses on self-love and appears as a cold person to others. He takes a lot of pride in being the only male head of the family with a decent job and not a man who cooks. Every time he makes a move in the film his score turns menacing.

Shammy potentially lives with Borderline Personality Disorder (BPD), a personality disorder, displaying symptoms such as abrupt changes in mood that can last for minutes or hours, has pattern of intensely chaotic relationships with the three women in his family, empathizes and nurture with the females but only with expectations of returning to meet his demands and needs. This shift is often reflected when one or more members of the family oppose and reject his opinions.

He displays marked reactivity of mood and periods of explosive, intense and inappropriate anger in conditions of extreme interpersonal stresses when his wife Simmy takes her sister's side and tells him - he is no one to talk loudly and shout at her sister, Baby Mol.

He also makes use of extreme sarcasm or bitterness when Simmy elicits withholding behavior when he displays dissociative aggressive behavior towards the boys who play football outside his house.

### **The Bottom Line In a Nutshell**

“Watch It!” The visual portrayals in ‘Kumbalangi Nights’ are a lot more alluring and arresting. It will live in the popular memory of its viewers for long and become a topic of remembrance, humor and emotions to be discussed.

**-Umme-Aiman Rampurwala**