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**CHANAKYA**

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**“YOU ARE MORE PRECIOUS TO THIS WORLD  
THAN YOU’LL EVER KNOW.”**

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## CHOOSING HAPPINESS

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"It's been 11 months! Why don't you move on?" Yelled her best friend. Sasha stood quiet under the big sky filled with tears recollecting their happy times over and over again. Knowing all the harsh reality before her, she still hoped for that one magic that may bring him back to her. 21 years old Sasha was brought up by her grandparents. She never shed even a single drop of tear all through her life. Young and bright as the bright yellow sunshine, she stood tall and brave. She fell in love with Dhruv, someone she loved more than anything. His mere presence, small texts and calls made her go crazy. Shattered knowing about his marriage to another girl, Sasha felt helpless and brutal. She cried for hours, in the locked bathroom, while taking a shower, listening to music, eating and sleep was far away. Her first thought of the day and last thought were, "We aren't together anymore, right?". All her friend's advice and support payed no fruit. She stayed the same until one day, she saw her grandma knitting an old sweater. Upon asking, her grandma said, "Child, this is the first sweater I knitted for your mom. I always feel happy when I see it. Now it's torn and your mom works abroad, I feel her presence with me looking at this. I may even feel sad for she not being with me at the moment. But I choose happiness. I have a caring granddaughter like you, an amazing husband, a roof to live under and food for three times a day. What more do I need? I am happy for my daughter working in her favourite career. Things change soon dear. Much sooner than you will know." Sasha was left dumbstruck! All her questions were answered in one so beautifully. Counting on happiness, she had more than enough. He was only a chapter of pain whereas the entire book ahead was still left to be written. She can write both happiness and worries. Choice was hers. New courage, hope and love bloomed as she finally smiled at the mirror!

**Moral:** Choose happiness over anything and anyone. It's your story, don't let one bad chapter spoil the entire beautiful novel

- Sriharshini Nachiappan



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## THE MIND, EXPLAINED

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### **Introduction:**

Series' name - The mind , explained  
Genre - documentary  
Language - English  
Available on - Netflix  
Narrated by - Emma stone  
Released on - september 12,2019

### **Main theme of the series:**

The series consists of five episodes namely: memory, dreams, anxiety, mindfulness and psychedelics. Each topic is elaborately explained in each episode.

### **Memory:**

This episode taps deep into our day to day routine visuals and past memories' role in dreams. This discusses how memories are so unreliable and how the remembering process works.

### **Dreams:**

It is obvious that for many years we have thought of dreams as a mystical thing. The theme of dreams is more accurately explained in respect to our brain.

### **Anxiety:**

What a panic attack feels like is shown and explained well in the third part. Why so many people feel anxiety and what can be done with it is also well said.

### **Mindfulness:**

Mingyur Rinpoche's real life experience and experiments by scientists are shown in this episode. He is a min expert and has built the monastery in Bodh Gaya. His words are fascinating

### **Psychedelics:**

There are a couple of experiments and cases shown in which psychedelic drugs are used to treat. The first synthesis of LSD (d-lysergic acid diethylamide) is clearly explained. Other topics such as psilocybin, mescaline and DMT are also covered.

### **Conclusion :**

Overall, this is a very interesting and informative series. It is definitely worth the time. Another season of this series is releasing on 19 th November, 2021.

**-Keethai Balamurugan**



## **WE ARE NOT SAME**

There are grown up people who still cry loud if something hurts them. There are people who still expect a hug or kiss from their parents. Just because they have become adults doesn't mean they don't deserve a kiss. Aren't we all victims and abusers at the same time?

We laugh at people who are extra sensitive meanwhile hiding our own sensitive side from others. Why we are expecting others to be someone else why can't they be themselves? Why can't we be ourselves what's stopping us? We all know that we all aren't same.

Few are short few are tall few are thin few are fat. But aren't we all beautiful? If physically we have this much changes, then why we aren't accepting the differences in our mental aspects We all aren't same and its totally fine to be not the same as others.



## **MOOD SWINGS**

Up and above a minute, death deep down the next. When people are having mood swings, maybe a few are experiencing mood tsunamis! Almost taken as a joke all the time, mood swings need to be addressed a little more carefully. Very common in women during the menstruation cycle, mood swings can also indicate early symptoms of off-late depression or unhappy mindset. Both can be equally harmful on a longer run if not taken care of. We look completely fine from the outside but unsaid emotions, the loss of something or someone dear, family and career pressure build up slowly inside us. With time passing by, they get the stronger of our feelings and thoughts. Even during the happiest of times, they penetrate into our mind and all of sudden we feel extremely numb. All the goodness remains outside and we cannot take anything in us. Happiness and joy last for a few minutes or days and then again, an unsaid pain lingers around. Speaking psychologically, it is where we start to behave different than the other days. Our response and action to activities changes, we tend to feel low key needed and seldom away from stress. Mood swings are inevitable and so is solution. The outlet everyone prefers may be different. Some may talk to their friends or go on a ride or eat heartfelt or whatever! What matters is your efforts to come out of what's bothering you. And to help a friend in need is always welcome! Glad to see when someone cares for our wellbeing. Talk about it often and listen even more.

**-Sriharshini Nachiappan**



**MENTEL HEALTH IS NOT A DESTINATION,  
BUT A PROCESS.  
IT'S ABOUT HOW YOU DRIVE.  
NOT WHERE YOU'RE GOING.**