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# CHANAKYA

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# Naptime Tale

Every child, be it a brat or the most disciplined deserves equal amount of love from their parents. Deprived of love, care and comforts, a child's entire perspective about life and people changes. Dhruv and Keshav, non-identical twin brothers aged 16 lived with their parents Mr. and Mrs. Darsh. Dhruv, an energetic, handsome young man topped in his academics. Keshav struggled to make a difference in his parents opinion about him being dull and loser. He never had the courage to stand up for his own wants because of his toxic childhood. Dhruv was always appreciated for all what he did, and Keshav always heard taunts. Mom and Dad were too busy to check on their sons equally, that it became their habit. Keshav was a little short, with sensitive skin and keen interest in arts and crafts. These are extremely normal of a teenage boy to wish for, but stereotypically Mr. and Mrs. Darsh were completely against it. With no one to share and no where to escape, Keshav grew up to be intolerant, arrogant and shabby who had no idea to lead a meaningful life. Succumbing to bad friends circle and worse life habits, even rehab sessions couldn't help him. By the time Darsh and his wife could realize, one thing lead to another and Keshav lost everything in life, money, love, job and house. If only Darsh realized everything about his parenting a little earlier.



**All children deserve parents, but not all parents deserve children**  
**Accept your child with all flaws, that's the greatest support you can give them.**

**-Sriharshini**

# Parenting Check?

I've seen many parents hitting their child when he/she tripped, fell, and got hurt. I don't understand this, the child has already got hurt by the fall, and the parents hit the child and ask "Why did you fall?" Was it the child's fault? Did he/she intend to fall and get hurt?

And another scenario I've seen is, where the child is crying and screaming, and the parents hit the child and say "shut up, stop crying". This happens both inside and outside the house. When they are out and the child starts crying, parents feel embarrassed and they just try to shut the child up by yelling or beating. How can the child stop crying when the parents are hitting him/her? Obviously, the child will cry more due to the pain that parents are causing him/her.



We try to scare or punish the children for not behaving the way we want and then we will say that we are doing it for their well-being in the future. But this is a kind of abuse. Children depend on us to learn every emotion. They love their parents deeply and whatever the parents do will be related to the world. Parent's way of showing love, care, and affection becomes the framework for them for their future behaviors or future understandings. So if we abuse them and then say "I yelled at you, because I love you or care for you", then the child thinks that it is okay to abuse someone and call it love and care. Then when they grow up, they might accept abuse as a symbol of love, or they might abuse others. Because they think that it is a way of showing love, care, and affection. And before they even know about this, they might end up getting into a toxic relationship and they might not even know that they are accepting a toxic relationship. And they will start questioning themselves, "Why am I accepting this kind of love which is shown in abusive ways" or "Why am I abusing or being violent to the person that I love the most"? The pattern is right in front of us. They have been taught, experienced, and seen parents or other adults expressing love and affection in abusive ways. This cycle has to stop. And for that, we should realize that throwing our frustrations and stress on children, and making love and affection as an excuse is not an option. And one has to pause and adopt a healthy way of showing and receiving love, care, and affection. This has to be done by us, right from now

**-Chethana R Acharya**

# Brainly diet

Food and Nutrition are close knit brothers of a distant family. All food items aren't nutritious and all nutrients aren't edible food, they are rather medical supplements and pills for better intake. But deep down, we all know what's going to help us in the long run.

Three times meal a day is an unwritten rule by our body in accordance to its need. Though new diet practices and fitness mantras are on the trend, our body accepts only those we take wholeheartedly.

Mental health is indirectly connected to our body's strength from food intake. A lot of researches and facts conclude that a person with a proper daily diet and doesn't skip meals are generally 37% more active than those of the contradictory region. Because meal fills our tummy, energizes and refreshes our body and uplifts our mood.

When pills are direct sources of nutrients, it's always better to avoid artificial intake and go with ingredients that are rich in vitamins and minerals. In plants and meat, vitamins and minerals are in their most natural form whereas in pills, they are synthetically created, which pose great threat to our health and well-being when taken on a larger basis.



Another important aspect included with food is obesity. Over stuffed diet with more than required amounts of nourishments can cause side-effects. Illness, negative body thoughts, decreasing self-esteem. Plus, our food habits greatly influence our personality, example 2 cups of coffee (caffeine) keeps you awake and brisk while 2 cups every hour makes you drowsy. It's hard to develop the perfect food diet and stick on to it. Just make sure you eat healthy and what makes you happy. Because Food is synonymous to Happiness

**-Sriharshini**

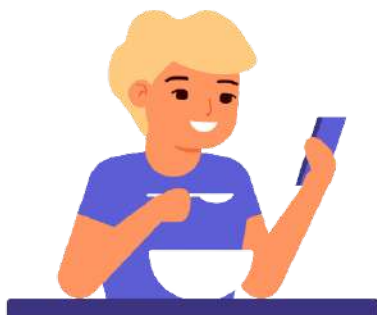


**"Celled" in phones**

The one thing which is most commonly used by all the people across the world today is smartphone. Now the world without the smartphones is little difficult to imagine. Though the smartphones are invented as a means of convenience for us in the beginning, it has become a major source of addiction in recent years.

According to WHO(World Health Organization) , addiction is defined as dependence, as the continuous use of something for the sake of relief, comfort, or stimulation, which often causes cravings when it is absent. Mobile phone addiction/misuse/abuse is one of the forms of compulsive use of a mobile phone.

Smart phone addiction is increasing in the 21st century as the more and more people, especially adolescents are using smartphones more than required. According to a survey it is evidently seen that the highest penetration rate among smartphone users was in the age group of 16 to 24 years , with 37 percentage. This was followed by the users between 24 to 35 years old.



### Possible causes for smartphone addiction

- Unlike the previous years, in the present era the communication is made easy through the smartphones, which is the main source of smartphone addiction.
- In addition to that the children or the adolescents have no one to share or express their feelings as their parents are busy in their own working world
- The required information is available to the tip of their hand through the smartphone.
- Now a days the majority of the academic processes are done through online. Which makes the children inevitable to use their smartphones.

## What are the effects of over use of smartphones?

Smartphone addiction is associated with feeling of insecurity, staying up late at night, reduced level of physical activity, impaired child parent relationships, impaired school relationship. Smart phones are affecting both physical and mental health of the adolescents. It mainly affects eyes, results in many physical health issues such as hearing problem, headache, obesity, brain damage as well as psychological issues such as depression, anxiety, loneliness, sleep disturbances, relationship problems ,etc.



It is the responsibility of every individual in the society to help the adolescents to reduce the smartphone addiction. A homely environment is needed for the adolescents to share their feelings and emotions with others. Parents should give their times for their adolescent children , and should ask about their personal life and academic life. Adolescents should involve in some or the other habits in which they are involved with, which will reduce the screen timing. Instead of relying on internet for every adolescents need to search the information in books available to them. There is a need for everyone to be involved in physical activities like walking, games, etc.



Overall it can be seen that smartphone addiction is not only the problem of adolescents, but also the problem of the whole society. As the cause for smartphone addiction is embedded in the society, the solution for the smartphone addiction will be obviously embedded in society.



**-Hani Kuruvari**

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# Movie Review

# The Social Dilemma

The Social Dilemma focuses on how big social media companies manipulate users by using algorithms that encourage addiction to their platforms. This documentary shows the depth of psychological impact social media has on us.

## Introduction

Movie's name - The Social Dilemma

Genre - Documentary

Language - English

Available on - Netflix

Directed by - Jeff Orlowski

Released on - 26 January 2020



## Main theme of the documentary :

We fail to give time for self-realisation in this busy world. Parent's fail to daily monitor their children's phone usage in their busy schedule. We all fail to realise how worse social media addiction has got us. Thus this documentary gives us greater awareness on this vast topic and is very much alarming.

## About the documentary:

The documentary starts with a saying, 'Nothing vast enters the life of mortals without a curse'. Which sounds very deep and true. Ofcourse, everything that mankind is associated with, has its own pros and cons. The amount of pros and cons are the stuff that matters.

The documentary is an interview collection from people who worked in top posts at leading companies like Twitter, Facebook, Apple, Instagram, Google, Firefox, Pinterest, etc,. The documentary also has great animated and role play contents which help us to picture what exactly is going on and how they are manipulating us. One of the person, clearly states that 'we have fallen under some kind of spell'. The people who worked there wanted this truth to be known to everyone and not only the tech industry.

They emphasize the fact that, 'if you are not paying for the product, then you are the product'. This is what exactly happens on social media. The users are made as the products over here. It covers a bitter truth that we all are not ready to acknowledge- the social media has more information about us. Thus they can say, if we are an introvert or extrovert, what kind of videos do we like to watch, what kind of places do we like to travel and what kind of emotions triggers us.

They use the psychology of what persuades people in building technologies. There are a number of skilled growth hackers in these tech industries, who provide them with leading strategies to become even more successful. We are sadly, the lab rats here.

Here is one of the lines that was quoted in the documentary that made me think deeply- 'there are only two industries that call their customers as users. Illegal drugs and software'.

Do we want us to be manipulated by tech developers for their personal gain?

**-Keethai**

# Contributors



Hani Kuruvari



Sriharshini



Keethai



Chethana R Acharya



Harine

