



Institute for
Psychological
Health

MANAS

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AGES AND STAGES: SAILING GRACEFULLY



Manas - IPH'S Mental Health Newsletter
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Editor's desk

The word 'wave' has got a new meaning since 2020. The pandemic saw the international socio-political systems crumbling under the first wave. The second wave brought to the shore, significant debris of distress. However, we see the global scenario entering a new phase, where it is riding the waves of distress like a moderately seasoned surfer. This new, evolved phase in the history of humankind signals a natural shift in the goals of individuals. The goals of a large population have transitioned from reducing distress to finding satisfaction and engagement in the new way of life.

All of us, with different circumstances, have to deal with different life changes. When faced with any change in our daily lives, we attempt to restore emotional homeostasis by dealing with the change in our own unique ways. However, every phase or facet of life does not have a differential aspect—sometimes, we find ourselves sailing in the same boat as others. We do have some common incidents and life transitions that bind us in fraternity. For example, all of us have been facing a few common concerns since March 2020.

An interesting part about any kind of transition is that we need to be ready in advance; so that we can handle it in a much better manner. For example, master blaster Sachin Tendulkar never jumped into the World Cup headlong. On the contrary, he kept his skills in practice everyday, which helped him elevate his performance at the World Cup. Some transitions are part and parcel of everybody's life, while some are completely unknown and beyond imagination. We cannot surely hold ground for

every transition, but why not do it for some of those, which are higher in possibility to occur. Similarly, we might not not be equipped to face the challenge, change, or certain life events in that crucial moment every time; but we can surely prepare ourselves for certain inevitable transitions! Because we don't merely want to sail through transitions, but enjoy them as well!

What life throws at us is not in our control. However, preparing ourselves with knowledge and emotional resources is certainly within our control. When life gives us lemons, we make lemonade, alright—we just keep ourselves prepared with a good recipe for it!

The September issue of E MANAS presents the key to gracefully transition into new life phases—Whether it be childhood, adolescence, marriage, parenthood, or the transition into the second innings of life. Each phase brings with it a mixed bag of emotions: excitement, anxiety, dread, hope, and more... Preparing for these changes, and dealing with the myriad concomitant emotions requires a few mental, emotional and social resources—such as, knowledge about the new phase of life, knowledge about oneself, healthy coping strategies and good social support.

We sincerely hope that this issue of E MANAS helps the readers flourish their resources in the face of life transitions as a guidebook—proving to be a literary resource, if you will! Do share your feedback and your own coping strategies about these life challenges, as all these are unique in nature, and as we learn from each other.



Mrunmayee Agnihotri

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Counselling Psychologist and Editor

 www.healthy mind.org/

 www.facebook.com/iphorg/

 www.vedhiph.com/

 www.iphpune.org/wp/

 www.facebook.com/puneiph/



IPH THANE



150+

Volunteers associated with IPH,Thane



76910+

Clients treated by IPH, Thane in the past 10 years



16120+

Maitra Telephonic Helpline Calls successfully attended till date



65+

Clinical Staff working in IPH,Thane



50+

Non Clinical Staff working in IPH,Thane



7837+

Charity OPD

Aaklan Trainings:

10+

Number of trainings conducted for Mental Health Professionals by Aaklan during lockdown

234+

Attended by professionals

Community Workshops

23+

Number of community workshops conducted in lockdown

Avahan

83619+

Number of Subscribers to channel

22+

Number of Programs streamed by Avahan in the past 1 year

Launched on 23rd March 1990 with humble beginnings, IPH today is a colossal unique NGO with its premises in Thane and Pune. It operates a number of Support groups & Developmental groups along with services ranging from a full fledged Audio Visual Unit to a Telephonic helpline and its independent Learning Centre.

IPH believes in an 'Umbrella approach' of piloting varied services & being holistic in mental health. It is a unique blend of individual and family intervention alongwith integration of curative and developmental models.

IPH functions at all three levels namely in-house work with individuals with problems & their care givers, Community outreach programs on awareness building and Industrial Training workshops.

In pursuit of its goal, IPH would like to consider itself as a laboratory of community mental health, a place where competent service, community participation and creative education go hand in hand. IPH has been conducting innovative programs and projects in the field of mental health over the last 30 years. Our Mission : Mental Health For All.



23 rd March 2018 was an eventful day in the history of IPH with the launch of its Pune Centre. Pune is now a growing educational hub with Cultural diversity & its own challenges. Its a blend of increasing population of young students, professionals and senior citizens along with psychiatrists in clinical practice. It was essential to have a team approach and participation of volunteers too. There was felt a need for a laboratory that will promote mental health and help in alleviating symptoms of mental disorders. IPH has developed a rich network in Pune city within two year of its functioning.

IPH PUNE



13994+
Clients treated by
IPH, (Pune)



30+
Volunteers associated with
IPH, (Pune)



10
Non Clinical Staff working in
IPH, (Pune)



18
Clinical Staff working in
IPH, (Pune)

IPH MindLab Nashik



76+
Number of clients till date



5+
Staff working

Our Unique Initiatives



Breaking the Barriers

मानसिक आरोग्याविषयी अनेक गैरसमजुती अजूनही आहेत आणि त्यामुळेच याबद्दल एक stigma निर्माण झालाय. प्रत्येक मनआरोग्य व्यावसायिकांसमोर हे आव्हान असते की हा गैरसमज कमी कसा करायचा? इन्स्टिट्यूट फॉर सायकोलॉजी, कल हेल्थ या संस्थेमध्ये काम करणारे सर्व व्यावसायिक 'ब्रेकिंग द बॅरीयर्स' या मालिकेतून या गैरसमजुती दूर करण्याच्या प्रयत्न करत आहेत. पूर्वग्रहदुषित नकारात्मक दृष्टीकोन कमी करून

वैज्ञानिक दृष्टीकोन पसरवण्याचा प्रयत्न आमच्या avahaniph या YouTube channel मार्फत करणार आहोत. संपूर्ण मानसिक आरोग्य क्षेत्राच्या दृष्टीने हा एक उपयुक्त प्रयोग ठरू शकतो.

<https://youtube.com/c/AVAHANIPH>



'Dilasa' – A Mental Health Consultation Service

Institute for Psychological Health (I.P.H.), a mental health institute, has launched a new and unique initiative – 'Dilasa' – a free of cost consultation service for medical and paramedical professionals.

This service was inaugurated online on Saturday, 1st May 2021 at the hands of Dr. Rani Bang, a senior social worker and a pioneer in medical research. The function was presided over

by eminent actor and psychiatrist Dr. Mohan Agashe.

Dr. Anand Nadkarni had a dialogue with them on "COVID Times – Challenges and their Solutions".

To seek consultation through 'Dilasa', please register on +91-9324753657 (Monday to Saturday between 10.00 a.m. to 6.00 p.m.) or Email us on dilasaiph@gmail.com

In Major Depressive Disorder
15 YEARS TRUST
STALOPAM
Escitalopram 5 / 10 / 20 mg Tablets
...Say **yes** to life

DAYO OD
Divalproex sodium extended release tablets
First Line **Moodstabiliser**

ARZU
Aripiprazole tablets
10 15 30 mg
Desire to take control

In Schizophrenia & Bipolar Depression
Lurafic
Lurasidone Tablets
40 80 mg
Begin Again...

LUPIN | ANNOVISSORI

Millennials and emotions

“If your emotional abilities aren’t in hand, if you don’t have self-awareness, if you are not able to manage your distressing emotions, if you can’t have empathy and have effective relationships, then no matter how smart you are, you are not going to get very far.” – Daniel Goleman

Emotional Intelligence is a term we hear a lot. Undoubtedly, every single individual on this planet has emotions and feelings. But that doesn’t mean we all know how to handle them. Although, a generation who seems to have a better grasp on emotional intelligence are the Millennials.

While overgeneralising a select group is rarely accurate, in order to understand the emotions of millennials and its impact on individuals around them, we have to examine the actual age range of the individuals called “Millennials.”

Millennial is an identity given to Generation Y (people born between 1981-1991) and Generation Z (born between 1991-2001).

Both Generation Y and Generation Z can be called “Millennials,” with the primary difference between the two being technology. Generation Y grew-up on personal computers, cell phones, and video game systems, while Generation Z have been brought up with furthermore technology in form of tablets, smart phones, and apps.

The common ground between both generations is that both have been transforming and altering communication and identity, globally.

Millennials expect the challenges of emotional labour to be addressed and acknowledged, as they believe in the value of their own emotions in every aspect. Over the recent past, I have had

several clients dealing with ups and downs at work or at home or even between peers. The situations may differ, but as a professional, one thing that always catches attention is the need for emotional support and approval. For example, I had a student who was unhappy with the choice of career. After graduating, the only vent out was to express the disappointment to team members and managers at work, in turn creating a foul work environment. Perceiving such impulsive actions as both rational and reasonable, at no point did this millennial consider that the emotional expressions were inappropriate. In fact, they have been raised with the notion that Emotional Intelligence (EI) supports Innovation and Creativity. Utilising EI directly relates to strong leadership and teamwork. Millennials want to be able to express themselves and be honest about their feelings when discussing their views. It has been observed that in a work environment, Great managers recognise this and pay much more attention to millennials’ emotions than Managers may have in the past.



Millennials generally tend to act up impulsively. Let me contribute to the statement with a couple of examples. During a session, I met a bunch of young millennials, and was astonished by their ability to multi-task during an exercise. The quick decision-making skills along with prompt responsiveness took me by surprise. However, on the other hand, a client of mine who was inclined towards perfectionism, would often get triggered when criticised. Another client having a deep-rooted fear of losing the job would easily be stressed whenever their boss would make slightly unfavourable comments about the work assigned. The end result being emotional turmoil, which in turn affected mental health. An externally trivial triggered situation should not be prioritised over mental wellbeing. However,

with the time and age we are in, we tend to prioritise it much more than the situation calls for. Thus, today's challenges being more Psycho Social in nature can be tactfully and effectively dealt with.

In one situation, my client had intense frequent arguments with family and colleagues (Fight Response' – emotion of retaliation) However, after a while she would find herself guilted for what had happened and was getting depressed, leading to extreme negative thoughts (Flight Response' – emotion of escaping). The thing that needs to be learnt is, not every situation requires a response. Being aware of your emotions is one thing – but having control over them is part of Self – Regulation which millennials need to work upon in general.

As the use of social media

continues to remain a major means of communication in today's society, the need to understand the relationship between social media usage and its effect on the psychological and physical well-being of those who engage with it continues. The Millennial generation is of particular interest, as it is at the forefront of technological developments, as well as the backbone of workforces worldwide. Social media use has been significantly associated with increase in depression and anxiety, as well as the feeling of Social Alienation.

I would just like to say one thing to all the zestful Millennials out there, "A big part of Emotional Intelligence is being able to feel an Emotion, without having to act on it. Not each action requires a reaction!"



Dr Pooja Thakkar (M.A. Ph.D. Psychology)
Psychologist

Are you getting engaged?

He is a 28-year-old young man working in IT, while she is a 27-year-old banker. Both happened to “click” with each other on a matrimonial website and decided to tie the knot after two meetings. However, soon after getting married, they realised that they were not compatible. He is a practical guy who takes time to express his emotions, while she is overtly expressive, and feels disheartened that her husband is not as appreciative as she wants him to be. If this scenario sounds familiar, you are probably wondering why they couldn't have taken more time to get to know each other before getting married.

They could have. They probably did not as it was an arranged marriage? Take another couple who was dating for seven years before they decided to stay together forever. After marriage they both realised they couldn't live up to each others' expectations and willingly moved out of the relationship. So, here the problem is not whether it's an arranged or a love marriage. The question is how well you are prepared before getting married.

Marriage is not just a mating of two souls but a union of two different cultures, families and values. It is the process through which two individuals make their relationship official. It is bonding of two people, which supposedly lasts till the end of life. It is perceived as a way to get companionship, emotional security and physical intimacy. A lot can happen after marriage. Many changes are inevitable; some are immediate while many evolve over decades. Unfortunately, families, and many of the couples who are getting married, spend more time on preparation for the wedding day and the ceremony rather than the marriage itself. They

enter this relationship without understanding the changes it demands from both the partners. When two individuals marry each other, they are bound to have two different personalities and vulnerabilities. Hence, many times, during stressful situations during the dating period as well as post marriage, the habitual patterns of personalities emerge and partners may fail to adapt to each other due to rigid personality traits. Research in the area of Marriage and Counselling suggest that it's always better to prepare oneself before getting married.

Marriage preparation should be more an education process. Along with the essential marriage preparation like costumes, venue, food and invitations you need to do one more preparation. The prospective bride and groom need to ask following questions to themselves.

1. Am I ready for marriage?

It may so happen that a person enters marriage without knowing his or her readiness to get married. Familial pressure and societal values can definitely be forcing factors.



Marriage brings out lots of changes in the environment and demands a lot from the self. So, the basic question is whether you are ready to take up this responsibility. Go ahead only if you have a clear sense of getting into marital relationship. Otherwise it may lead to confusion and chaos.

2. Am I willing to marry this girl or boy who I am seeing?

Yes, of course you need to like the person before you could spend next few decades with him or her. Willingness and a liking for the person whom you are thinking of marrying can contribute to post marital happiness and satisfaction.

3. What are my basic expectations from my would-be partner before I take the saath phere with him or her?

It is essential to know exactly what I am looking for. Is it that I need a partner only to fulfil my family's wishes and my physical and emotional needs? We may have an idea (or at least a fantasy) about a dream girl or a dream boy. You need to check that when you actually start looking for a partner, as you may tend to carry some unrealistic expectations. For example: Samar was a highly qualified guy who was above 30 and his parents were elderly and quite ill very often. So, he was looking for a girl who would be willing to stay at home and look after

them rather than pursue a career.

4. Can I visualise my role transition from a bachelor person to a married man or woman?

It would be better if you can visualise some transition of your role from being single to being in a relationship. This visualisation may help to predict what kind of changes will take place after marriage and you may possibly prepare yourself for better adjustment; e.g. the amount of time you usually spend for yourself, with your friends and other social commitments. So, after being in a marital relationship, balancing would be required in the amount of time you give to your partner and your professional and social commitments.

5. Are you carrying scars of a previous unsuccessful romantic relationship?

Romantic relationships may not end with dating partners marrying each other. Sometimes two individuals learn of the differences between each other, and either willingly move out of the relationship or break apart. Very often, they tend to carry the memories of this relationship. Those could be pleasant or unpleasant but more likely will affect your present or future relationships. We are carrying those unfulfilled desires and wishes

and may transfer those to the current partner or relationship. Therefore, it is very essential to understand whether your present relationship is getting affected by your past and for more understanding of it, it is best to consult a counsellor to gain more insight about it. These questions are applicable to both genders and are very important. Answering these basic questions would give you an insight into your own concept about love, relationship and marriage. It may certainly help you to assess your preparation and readiness to get married. It is amazing to see how we spend almost twenty-twenty five years of our lives to obtain the skills and knowledge necessary for a particular career, but we don't seem to be that serious about a major life decision called marriage, which potentially has a huge impact on our emotional well being.

Remember the following essentials, before getting married.

1. Meet your partner for a better understanding of each other.
2. Don't hesitate to seek pre marital counselling if required.
3. Learn to solve issues before they become problems.
4. Even happy couples do have problems, but the only difference is that they address them on time.

5. Learn to communicate with your partner when you are seeing one.

6. Express your expectations from the marriage.

7. Also express what you will contribute to your role after marriage.

8. Discuss your financial goals and ask about your partner's goals too. This may include

future jobs or self employment you might be considering for the future.

9. Discuss each others' preferences in terms of food, clothing, entertainment, hobbies, etc.

10. If you perceive that there are differences between you and your prospective partner, decide whether and where you can possibly adjust and

where you may take time to get adjusted to your partner's lifestyle, unless you are open to change.

Ultimately, it does not matter how rich or established you are before getting married. What matters is how much you educate yourself to understand these simple but core dynamics of human relationships.



Swapnil Pange

Clinical Psychologist and Marriage Counsellor

'रुखडा बोले पानसे'

झाड म्हणाले पानांना रेकशास जाता सोडून मजला
किती खेळला अंगावरतीपक्ष्यांसंगे पाउस वारा

पाने म्हणती झडतो बाप्पाकुजून जाऊ जमिनीत रे
तेथून गाढू मुळे तुझी अनशिरू तुझ्या अंगातच रे

फांदी फांदी फुटे पालवीहोशील हिरवा हिरवा रे
खेळत खेळत सुर्यप्रकाशीकरू छान सैपाक च रे

डॉ. अनिल अवचट



Mark Twain says, "Age is an issue of mind over matter. If you don't mind, it doesn't matter." Whether you mind it or look at it as a matter of fact, the trouble with ageing is that it is inevitable. The truth about ageing in India is that we have not yet built an adequate knowledge base to respond to its multifarious challenges. It is a successful achievement of medical science for civilised modern society that the number of elderly persons is increasing on the globe.

Healthy Aging

Due to higher rates of infertility the population of the elderly is increasing in higher proportions than the general population growth. India is the second highest elderly populated country after China. In India, in 1950, the number of older persons was around 20 million whereas in 2000 it became 77 million which has more than tripled over the last 50 years, and it is projected that by 2050 the number of older persons will be 324 million.

In aging gracefully it is important that you accept that there are going to be some changes according to your disposition and that there are going to be some limitations on you. If there are very few limitations you have won a lottery. I remember one of our family friends, who is 75, but who dreads aging so much that he can't stand even a lock of grey hair as he colours his hair jet black even before it starts fading. He hates to attend any senior citizen group or their activities as it would label him 'old'. As he tries to be with young people all the time, they allow him out of respect but try to avoid him whenever possible. All these continuous efforts to hide that he is old take its toll as he has to be

hyper vigilant and has lost his own identity and spontaneity. Are all these efforts worth it?

A disease- and disability-free life with high physical and cognitive functioning and active engagement with life in later years is everyone's dream. The people we see around us, who have crossed 75, and are self reliant in self help and care and enjoy their life to the full extent, are the real epitomes of healthy aging. Older people are generally considered as non productive consumers and need to have maintenance support of families, society or institutions. A greying population is one of the most significant characteristics of the twentieth century and quite often the first quarter of the twenty first century is going to be called 'The age of Ageing'

I know a gentleman who is 83 years old and very enthusiastic. His body frame has bent a bit, his gait is much slower than before, but he attends most of the cultural programmes, enjoys himself and is still very curious to know about many things around him, which are new to him. He also learnt to use computers just to know what it is all about and keeps on exploring different sites in his free time. If you start



thinking, “What is the sense in learning all these things now?” then it is a sure sign of aging. As T.S. Eliot says, I don't believe one grows older. I think that what happens early on in life is that at a certain age one stands still and stagnates. Some people start stagnating at 50 also.

Here, what we mean by healthy aging is positive mental health i.e. satisfied aging; and what decides satisfaction is much more than physical health. Yes, if the person is physically healthy and has retained self care abilities, his life will be more comfortable, but not necessarily satisfied; so what decides satisfaction is very person specific. Someone having landed property may feel secure and satisfied while someone may feel satisfied if his/her children are staying close by and meeting him every day and yet another may feel happy staying alone with his/her own hobbies.

There are many advantages of old age as well if you keenly look at it. Now you have new respect due to your age, now you don't have to bother much about what people will think about you as that had happened long back. When you start accepting yourself as you are, people also start accepting you as you are. Your needs go on decreasing and your thoughts about buying new things become less. There is nothing more to buy for the house so also for you (it is more utility than the current craze) and so there are fewer hassles. The only thoughts are about enough provisions for later years.

These are the multiple factors leading to healthy aging and longevity. A study from Harvard of the aging population over 15 years explored almost 120 different factors leading to the above (physical parameters, diet, lifestyle, kind of job, family status, to name a few) indicates that the most

important two factors contributing to the above are Social interaction and Spirituality. Out of number of factors, genes are the only factor on which we have no control, but if we try to work on all the other factors not after crossing 60, but even earlier, we can have a better second inning. Finally, what is important is how you look at the aging. By cribbing and blaming your luck or accepting whatever limitations you have and working on reducing the inconvenience caused by them. As famous Marathi poet Mangesh Padgaokar says, सांगा कसं जगायचां, कण्हत कण्हत की गाणं म्हणत!



Dr Shubha Thatte
Clinical psychologist

Understanding Excellence –PART II

We have a prayer for teachers of Shikshak Prabodhini (SP). It is a Marathi and Hindi adaptation of an English Prayer.

The English prayer is:

God Grant me the serenity

*To accept the things I
cannot change.*

Give me courage

*To change the things that I
can*

And wisdom

To know the difference.

The Marathi version is:

जे टाळणे अशक्य, दे शक्ती ते सहाया |
जे अशक्यसाध्य आहे, निर्धार हे कराया ||
मज काय शक्य आहे, आहे अशक्य काय |
माझे मला कळाय़ा, दे बुद्धी देवराया ||

In Front of the selected students of Shikshak Prabodhini I started my interactive session. “Let us start with our prayer...” I said and one of my teachers wrote it in neat handwriting on the board.

“We need to understand the prayer before we sign it...” I said and read aloud the text. I had not planned to speak on the prayer. But during communication if I get a chance to introduce any new learning, I should not let it go a begging ... so, I decided to continue. We started discussing the meaning of the poem. The students were coming out with interesting and valid remarks. How often we adults try to ‘teach’ the meaning rather than letting them ‘discover’.

“Can we point out key words in each line”, I gave direction to the proceedings. In line one, students marked ‘सहाया’ translated literally as ‘Tolerating’. Then through discussion it was pointed that the meaning was ‘accepting’. The emotional difference between these two terms was exactly described by students (all adult readers, please note).

In the second line, ‘निर्धार’ was the chosen word. “Which other word could have fitted here?” I asked. ‘निश्चय’ came the answer. We compared the two words and found ‘निर्धार’ had an edge over ‘निश्चय’. The word ‘धार’ means ‘sharp edge’ in Marathi ... Wow, how wonderful... This had not occurred to me before.

In the third line, ‘शक्य–अशक्य’ were key-words, we discussed about how factors can be classified as within control and beyond control. We took example of a school examination and listed factors within and beyond control. We decided that this differentiation was very important and then it could help us to focus on factors within control.

In the fourth line, after deliberations, ‘माझे मला’ were chosen as key words. There was an interesting discussion on how ‘my realization’ is a key as against ‘others making one realize’.

“We need to sing the prayer uttering every word with its content echoing in our mind. Otherwise, the prayer loses its power”. I took example of the



Sanskrit prayer, praising Goddess Saraswati and how the last words of the prayer 'निःशेष जाड्या पहा' were misinterpreted by students. Everyone laughed. The word 'जाड्या' can be pronounced in different manners. If pronounced in Marathi phonetics it means a 'fat person' and if pronounced with Sanskrit phonetic flavor it means, 'inertia of the intellect'. The prayer seeks blessings of the Goddess of knowledge to end 'inertia of the intellect'.

"What should be our psychological disposition while praying?" I asked

"Calm..."

"Focused..."

"With humility..."

Pat came answers. Then I sang the Prayers, line by line. They followed.

After we completed the singing, I asked them, "What are the times when you will sing this prayer..."

A Flurry of responses followed... they were interesting

"Every morning..."

"Before going to sleep..."

"Before exam..."

"Before competition..."

I gathered all responses. And then came one.

"When I want to be with myself..."

The children will never let you down, if you believe in them. Had I hurriedly gone ahead, I would have missed this golden response. Look, just look at it...

I pray when I want to be with myself.

I have narrated this entire incident because in my opinion, there are messages galore for us in this... when we at times talk of the young generation with disdain and frustration, we adults, teachers and parents forget that we have not practiced the art and science of guiding, navigating the young ones through an experience.

Singing a prayer is an everyday experience. If we can guide and navigate them through the intricacies of this experience, we are creating learning's from it... That is the essence of a 'mentoring communication'. It helps the student discover, unobstructively, wonderful meanings behind an experience... It does not rob from the student the joy and

thrill of exploring an experience but adds to it... As a communicator, I can share with you that those 30 minutes were as much an experience of joy and excitement for me as it was for them.

I may have the ability to give a 'full' discourse on the meaning of the prayer. But as a mentor my abilities are not for 'flaunting'. My abilities need to be dormant enough to let the students explore and visible enough to give them the direction that I want ... this is a secret of mentoring communication.

In fact, throughout the communication I am practicing 'empathy'. I am putting myself in their shoes (This shoe has a sole-soul of thinking and laces of emotions) and coming out, then again going out, to come out... This journey gives my communication the sense of 'Timing'. It starts and ends on exact notes. In a way, I am carefully constructing the communication so it reaches a climax as I expected and still it has that lovely element of creative uncertainty... The whole experience at the end of it divinely refreshing... for them and for me.



Dr. Anand Nadkarni
Managing Director / Trustee

मनोगत

परवा वैदेहीचा फोन आला. तिने Pandemic काळामध्ये तुम्ही स्वतःला कशा पद्धतीने बाहेर काढलं याच्या संदर्भात इ-मानससाठी लिहिण्यास सांगितलं. आणि एका क्षणात नजरेसमोर मार्च २०२० महिना आला. आकलनचे एमएमपीआय टेस्टिंग वर्कशॉप चालू होते. काही participant बाहेगावाहून आले होते तर काहीजण मुंबईतील होते. त्यातील दोघींच्या घरातून कोविडमुळे प्रवास करण्यास विरोध करण्यात आला. गीता मॅडमनी सर्वांशी चर्चा करून एक दिवस आधी वर्कशॉप पूर्ण केले. आपल्या सहचरी किचनमधून जेवण येते त्यांनाही कल्पना देण्यात आली. हे सर्व काही होईपर्यंत काऊंसेलींग स्कीलची कार्यशाळा ३० मार्च पासून चालू होणार होती; त्यालाही गडचिरोलीवरून चारजण येणार होते. परत फोनाफोनी सुरु करून सर्वांना पुढील तारखा कळवू असे सांगण्यात आले.

सर्वत्र थोडी धाकधूक आणि भीतीचे वातावरण होते. अनपेक्षितपणे सर्व बंद झाले. आयुष्यात कधीतरी घरी पूर्णपणे बंधनात रहावे लागेल ही कल्पनाच केलेली नव्हती. घराबाहेर सामान आणण्यासाठी बाहेर पडणारी मी एकटीच. घरी ८६ वर्षांचे वडील त्यामुळे आपल्यामुळे त्यांना काहीही होऊ नये असे नेहमी वाटायचे. काळजीही वाटायची. मी सुट्ट्या फार कमी घ्यायची त्यामुळे मला घरी पूर्णपणे राहण्याची सवय नव्हती. त्यामुळे काही दिवस कठीण गेले. मला वेगवेगळे पदार्थ करायला, खायला खूप आवडतात. थोडे दिवस तेही प्रयोग झाले. मार्च महिन्याच्या शेवटी डॉक्टरांच्या 'करण्याचे दिवस, कळण्याचे दिवस' ह्या पुस्तकाचे लिखाण सुरु झाले आणि माझ्या कामाची सुरुवात झाली. बाणे सर प्रत्येक लिखाणाची प्रत सुनील भाऊ, आशिष किंवा अमितकडे पाठवून घ्यायचे. टायपिंग झाले की संदीप प्रिंट घेण्याचे काम करायचा. जोडीला मीनाची मदत असायची. मी घरून काम करीत होते पण आय.पी.एच.मध्ये जाऊन काम करणारे आपले सर्व स्टाफ यांचे मनापासून आभार. पुस्तकाचे काम इतक्या जलद गतीने सुरु होते की बाहेर काय चालू आहे, कसले निराशाजनक वातावरण आहे याचा लवलेश देखील नव्हता. या सर्व Positivity मधून सकारात्मक कसे राहावे हे यातून शिकायला मिळाले. अख्खा दिवस घराबाहेर, त्यामुळे इतक्या वर्षात, इच्छा असून देखील स्वतःसाठी मी वेळ देवू शकत नव्हती. आमच्या खिडकी समोरच कन्स्ट्रक्शन चालू होते. तिथे एका मांजरीने पाच पिल्लांना जन्म दिला होता. बाहेर काहीच खायला मिळत

नसल्याने ती पिल्लांना घेऊन यायला लागली. आणि आमचे नवी विश्व सुरु झाले. पावसाचे दिवस, ही मांजर, पिल्लांची सोय करून शिस्तीत निघून गेली. पिल्ले बाहेर कुठे राहणार मग खिडकीच्या ग्रिलमध्ये त्यांची राहण्याची सोय केली. त्यांची खूप मस्ती चालायची. खूप लळा लावतात. सायलीचे वर्क फ्रॉम होम त्यामुळे तसे म्हणले तर आम्ही दोघीजणी बिझी. मग पिल्ले कशी मस्ती करतात हे लांबून एन्जॉय करायचो. चार पिल्ले जवळ येऊन बसायची. पण आम्ही कधी त्यांना उचलून घेण्याचा प्रयत्न केला नाही. त्यांची स्पेस त्यांना दिली. त्यातील दोन बोके अजूनही घरात विराजमान आहेत. दोघांपैकी एक ठिपक्या आणि दुसरा पांडू. दोघांमुळे प्राण्यांची सायकॉलॉजी समजायला लागली. दोघेही प्रचंड प्रेमळ. ठिपक्या स्वतःच्या विश्वात रमणारा. भरपूर खाऊन झाले तरी त्याला स्वीट डिश म्हणून दुध लागते. पांडू घरातून दोन महिने गायब झाल्यानंतर ठिपक्या एकटक खिडकीमध्ये पांडूची वाट बघत बसून राहायचा. पांडू परत आल्यावर या पदठ्याने त्याला काही काळ स्वीकारले पण नाही. त्याच्या देहबोलीतून ते व्यक्त ह्यायचे. या घडामोडी चालू असतानाच आय.पी.एच.मधील अॅक्टिविटी हळूहळू चालू करण्याचे ठरवण्यात आले. फक्त स्वरूप थोडे वेगळे म्हणजे ऑनलाईन प्लॅटफॉर्म. म्हणजे नेटवर्क ठीक असेल तर सर्व सुरळीत. मग त्यासाठी मीटिंग सुरु झाल्या ऑनलाईन झूम अॅपवर. त्याचे फिचर वेगळे त्यामुळे नवीन शिकायला मिळतंय याचे समाधान होतेच पण त्याच्या जोडीला व्यवस्थित पार पडेल ना याचीही

धास्ती होती. सर्वाना प्रत्यक्ष workshop attend करायची सवय त्यामुळे प्रतिसाद मिळेल की नाही याबाबत मी थोडी साशंक होते. सुरुवातीला प्रत्येकाला ऑफलाईन का घेणार नाही आणि ऑनलाईन का घेतोय यापासून माहिती द्यायला सुरुवात करावी लागली होती. आणि इतक्यात आपण ऑफलाईन वर्कशॉप घेणार नाही आहोत आणि तुमच्या साठीच हा पर्याय निवडला आहे हे सांगितल्यावर बाहेरगावातील participant खूपच खूष झाले. कारण त्यांचा प्रवासाचा वेळ वाचणार होता, त्यांना ठाण्यात येऊन राहण्याची सोय करावी लागणार नव्हती. रिस्पॉन्स जसा नेहमी वर्कशॉपसाठी असतो तसाच होता पण बाहेर गावचे participant

जास्त सहभागी झाले. वर्कशॉप चालू असताना खंड पडू नये यासाठी आय.पी.एच मधून झूम अॅप घेण्यात आले. अशा रीतीने आकलनचे ऑनलाईन वर्कशॉप सुरु झाले ते अजूनही चालू आहेत. यामध्ये फक्त एकच गोष्ट, ज्यांनी आधी ठाण्यात येऊन वर्कशॉप केले आहेत ते सर्वजण सहचरींकडून येणारे जेवण आणि नाष्टा मिस करतात आणि आवर्जून आठवण काढतात.

माझे घरी राहून सर्व काम चालू होते. मी स्वतःसाठी ऑनलाईन योग क्लास जॉईन केला. ३-४ महिने सलग केला पण नंतर टायपिंग काम वाढल्याने शक्य झाले नाही. गंमत म्हणजे डॉक्टरांचे "मन मैत्रीच्या देशात" याचे डीटीपी पण तेव्हाच

सुरु झाले होते. ओंकार, ध्यान, धारणा यांची सांगड नव्याने झाली. बुद्धांवर डॉक्टरांचे छान लेख त्यामुळे कामाचा शिण जास्त जाणवत नव्हता. आणि बाहेरच्या गढूळ, चिंताजनक वातावरणापासून थोडी दूर राहिली. डॉक्टरांच्या प्रत्येक लेखामुळे खूप वाचन झाले, शिकायला खूप मिळाले. काही लेख वाचताना स्वतःला त्यामध्ये पडताळू लागले. आणि याचा फायदा माझी मोठी बहीण कोविडमुळे सिरियस होती त्यावेळी झाला. आपल्या घरातील सदस्य जेव्हा आजारी पडतो त्यावेळी त्याची झळ आपल्याला जास्त बसते. यानिमित्ताने मला स्वतःला व्यक्त होण्याची संधी मिळाली म्हणून डॉक्टर, वैदेही, इ मानस टीम आणि बाणे सर थॅक्यू.



Rupa More

IPH admin team member

Upcoming Events

IPH Thane

Anger Management The 'Danger' of Anger

18th September, 2021,
Saturday
5 pm - 8 pm

Swabhavala Aushadh Aahe

19th September 2021,
Sunday
5 pm to 8 pm

Basics o REBT

23rd to 26th September
2021. Thursday to Saturday
6.30 pm to 8.30 pm & Sunday
10 am to 1 pm

BRAIN POLISH

25th September 2021
(Saturday),
5 pm to 8 pm

D for Disputation

2nd October 2021
(Saturday),
5 pm to 8 pm

Boost the confidence... Beat the anxiety

22nd to 24th October
2021, Fri to Sun,
5 pm to 7 pm

IPH MindLab, Nashik

Aptitude testing

8th-12th Oct 2021

Riyaaz: for recovering alcoholics

Saad: Parents of special children

Jagruti: spouses of alcoholics

IPH Pune

Counselling: demos and supervision

Sept 29- Oct 10

Credits

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