



Institute for
Psychological
Health

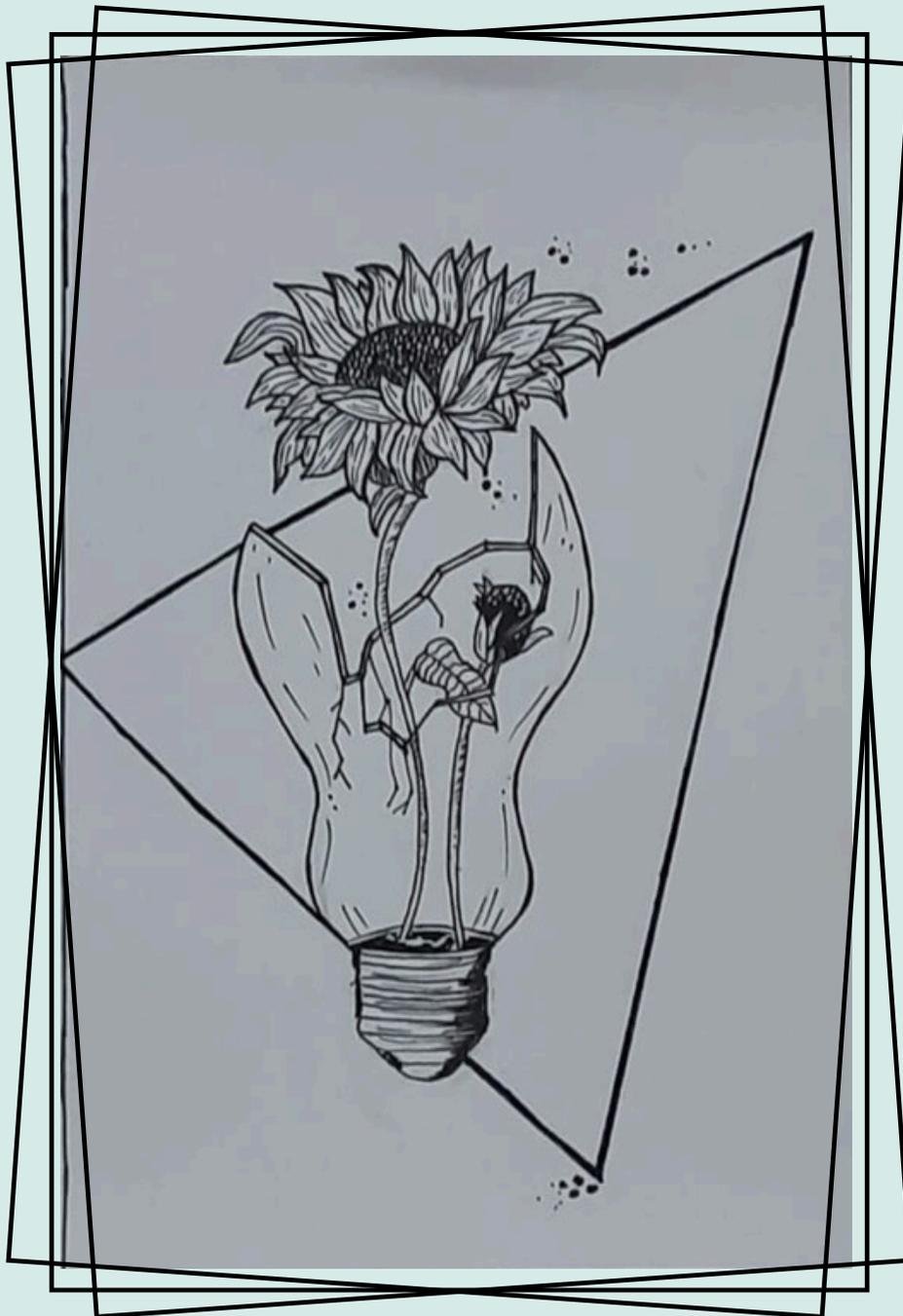
Mental health for all !

MANAS

ISSUE TWENTY THREE

New Year 2025

A Mental Health Medley



Institute for
Psychological
Health

www.healthymind.org/ Maitra Helpline :: +91-73037038737



EDITORIAL

One of our editors, (K.J) likes a full meal, with her a slice of lemon, *chutney*, *koshimbir*, preparation of two veggies, *bhakari*, *bhaat* and *amti*. "A merry medley of dishes makes a meal meaningful", says she.

Adhering to a similar value, we have attempted to spice up your new year celebrations with a similar medley of mental health related topics.

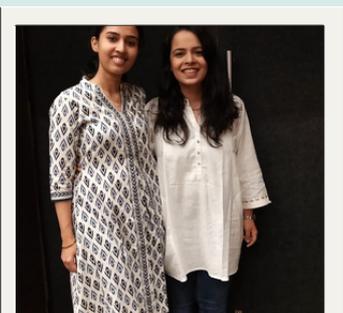
The present issue starts off with an issue that highlights a key phenomenon- 'tolerance of diversity'. With 'othering' and the 'cancel culture' being fashionably contagious, Dr. Shrikant Joshi uses insights from nature to explain how diversity and its tolerance (or lack thereof) affects mental well being. This premier article in the issue is set to stimulate our critical thinking skills.

As if to illustrate Dr. Joshi's point with her experiences, Smt. Jyotika Chitale talks about how *Saptasopan* (IPH Thane's Neuropsychological Nurturance Centre) is a source of resilience and social support for her.

While *Saptasopan* is a project for continued learning in the second innings of life, Dr. Medha Deuskar, in the next article highlights the challenges in formal education and training of mental health professionals. She further puts forth possible ways in which these challenges can be overcome to create a community of skilled mental health professionals. Interesting insights by Dr. Devika Patil, really add up to this theme in her article which talks about her experiential journey of master's and pursuing her passion.

Last up, is an article by Ms. Meera Vartak, which motivates us to balance between indulging in our guilty pleasures and committing to long term goals.

Hoping you enjoy diving into the issue, we, the editorial team of Manas, wish all our readers best wishes for the New Year!



Ms. Ketaki Joshi,
Ms. Mrunmayee Agnihotri
Counselling Psychologists
Editors, Manas



Diversity and Unity for Mental Health

One of the most fascinating sights I saw in south Africa was a herd of wild elephants stripping tree barks and foraging. They were huge beasts. After they moved on, the ground was littered with their dung in the form of huge green balls. Soon after they departed, other lives took over the area. These were tiny, shiny green dung beetles. They rolled the dung into balls and started to roll them away. The elephants had consumed the trees, and these beetles were helping the trees and the forest to regenerate and regrow.

They will eventually break down the dung and return the nutrients back to the soil and nourish the young trees to grow again.

This was nature at work, from huge elephants to tiny beetles, this was an example of diversity and balance at work.

Diversity is the rule of nature.

Now what is the significance of this when we are discussing mental health?

When we talk about mental health, we talk about individual mental health mostly, but tend to overlook the health and the mental health of the society the individual grows in.

Human beings are incredibly diverse, and every human being belongs to one or other of diverse groups, identifying with it, belonging to it, feeling secure and protected in it, and at times ready to fight with other groups.

Pride in one's own groups, subgroups, language, religion, culture and customs is natural. As different groups co-exist and sometimes share the same resources, and even have conflicts with each other, the relationships between diverse human groups is delicate and may move from cooperation, competition to even conflict with each other.

Why am I talking of this diversity and groupism ?

Mental health workers are concerned more about an individual's mental health and wellbeing, but we need to consider the system, the community and the society, this individual is living in and see the kinds of stress and strain within this community.



Diversity and Unity for Mental Health

When one identifies with the group and the group's distinct characters and cultures, this pride in one's own culture in certain cases quickly turns into lack of understanding of other customs, traditions, language, religion, customs, then fear and hatred is not far away.

Again, how does this discussion relate to individual mental health? An individual does not exist on an island. A man is a social animal and where a man (person, woman, to be correct) is a part of society and the society's overall health and wellbeing and the state of cooperation, consensus, conflicts within the subgroups impacts the mental health of everyone directly or indirectly.

What can be done to promote cooperation between the diverse groups coexisting in the same space, sharing the same, often dwindling resources?

Members of different diverse groups need to understand and acknowledge the presence of diverse groups and learn to see the similarities too.

Once you realize the underlying sameness of the process of praying to the deity of your choice, this essential human activity is the same everywhere. This realization is important to appreciate that all human beings are the same. Some may be more sophisticated and richer than others, but they are all humans.

What can be done to promote cooperation and harmony.

One step is exposure and exploration. Children can be exposed to different ways of celebrating festivals. How are my neighbors who may speak a different language, dress differently and pray to a different deity or in a different way celebrating?

There are some delicate issues about the differences which can be handled sensitively.

Following exposure, there is empathy for other ways of life. There needs to be tolerance towards diverse points of view. Some may say, whether this means we can give up our own practices or a way of life. Not at all.



Diversity and Unity for Mental Health

We can take pride in what we do and understand that others have an equal right to take pride in their own customs and traditions and that it is possible to co-exist together.

One practical step is to keep away from the deliberate fanning of fire which happens in many social media groups today which are forever spreading false news and fear about others.

In the end, there is one planet, one earth and one shared destiny for all humans.

Nature loves diversity to protect and propagate life, but that diversity is not pulling the diverse life forms away from each other, but allow all to live together in coexistence, balance and harmony for a single earth.

This is a lesson which humans with their diversity need to remember and follow.

Finally, what have I learned from the practice of a mental health delivery specialist?

While everyone is unique, all are identical!

When we find the right way to celebrate the uniqueness of the individual and the subgroup that individual belongs to, we should look out for that universality amongst all the individuals and the group he or she identifies with.



Dr. Shrikant Joshi
Senior Psychiatrist
Thane



Pursuing My Passion : Master's journey in UK

From my initial days of pursuing psychiatry, I was always passionate about working in field of sports and mental health. Simultaneously, as an athlete myself, I noticed how mental struggles could silently affect performance, but no one seemed to talk about it. There wasn't much awareness, let alone a structured system for addressing mental health in sports. I was always passionate about working in this field, but life, as it often does, threw me a few curveballs in my personal life. After going through some tough times personally, I decided it was time to take a step forward— something that I always desired to do and so that's when I found myself packing my bags to pursue a Master's degree in the UK.

Taking a leap of faith

Deciding to study abroad wasn't an easy choice. Based on my initial research, I was aware that the concept of "sports psychiatry" doesn't really exist in India. I had no clear path or role models to follow, which made the decision feel even riskier. On a global stage as well, besides some research and online course, there was no structured course that could help me develop my expertise. That's when I thought that why not pursue sports psychology? After all the distinction between psychology and psychiatry is man made and ultimately what matters is mental health as a whole.

When I started researching programs, I realized the UK had exactly what I was looking for: an interdisciplinary approach that combined psychology, sports, and health along with other factors like expense, culture and work opportunities. And so, I took the plunge, applied, and when I got accepted, it felt like a door to a whole new world had opened.

Settling Into Life in UK

The first few months were a whirlwind. Adjusting to a new culture, the academic system, and yes, the infamous British weather wasn't easy!



Pursuing My Passion : Master's journey in UK

It also felt like the good old college days had returned, as I was amongst students again. Academically, the UK's focus on independent learning was a big shift for me. Instead of spoon-fed information like it exists in India, I was encouraged to challenge ideas, research deeply, and think critically. At first, it was overwhelming and confusing. But the university offered ample resources and guidance to help us navigate it.

The people I met on the journey, fellow students and professors made it even more interesting. My classmates came from all corners of the world, bringing their own unique perspectives and stories. We were encouraged to have discussions in class, which often turned into eye-opening conversations about sports, mental health and performance. This exposure expanded my understanding of the challenges athletes face globally, from stigma to cultural barriers.

I also fell in love with the UK's outdoor and sports culture. Doing trail races, going for hikes, swimming in a heated pool or just venturing out for a run at any point of the day without any fear felt like a dream come true for the athlete inside me.

Finding my niche

One of the most rewarding parts of the program was getting practical experience. We were given an opportunity to conduct psychoeducational workshop for athletes from various sports. This hands-on opportunities showed me the real struggles athletes face—performance pressure, fear of injuries, or even balancing their personal lives with demanding careers. At the same time, it was also interesting to see the cultural differences that played their part while executing these interventions. Initially, I certainly felt bit anxious about playing my part but going through this anxiety was important as it eventually helped me to find ways to deal with such a situation. This experience also taught me a lot as to what kind of work I would like to do back home. Not just, with athletes but with regards to my philosophy and approach.



Pursuing My Passion : Master's journey in UK

Looking Back and Moving Forward

Studying in the UK wasn't just about earning a degree—it was about learning, developing my expertise, my philosophy and ultimately my purpose as a mental health professional. Most importantly, I learned to embrace a new start. I learned to be a beginner in something and eventually seeing myself getting better at it. And this certainly has given me a push to create a structured system for athletes back home, where they can access mental health support without shame or stigma. To conclude, the journey wasn't easy, but it was absolutely worth it. If there's one thing I've learned, it's that stepping out of comfort zone can lead to incredible growth. For anyone considering taking that leap—go for it. You won't regret it !



Dr. Devika Patil
Sports psychiatrist



सप्तसोपान

तुला अजून खूप वर्ष जगायचंय असं सांगून आयुष्याच्या जोडीदाराने साथ सोडली. आता त्यांच्याशिवाय कसं जगायचं कळेना. एक वर्षभर खूप मानसिक त्रास झाला Anxiety च्या गोळ्या घ्याव्या लागल्या, घरात चैन पडेना म्हणून नातेवाईकांकडे आठ पंधरा दिवस रहायला गेले. शेवटी घरात सोनालीला आणली. ती दोन मुलींची आई मला आई म्हणत वर्षभर माझ्या सोबत राहिली, मला रोज गरम भाकरी करून वाढायची. बाहेर गेल्यावर तिचा हात धरून क्रॉस करायला लागत होता कारण माझा आत्मविश्वास कमी झाला होता. हळूहळू मी सावरले. एक मुलगा-सून शेजारी आणि दुसरा मुलगा त्याची बायको अर्ध्या तासाच्या अंतरावर रहात असून माझी अशी स्थिती झाली होती.

माझे पती ज्योतिषी होते त्यामुळे घरात सतत माणसांचा वावर असायचा. मलाही थोडंफार भविष्य कळत होतं आणि ऐकायला आवडायचं म्हणून मीही त्या चर्चेत सामील होत असे. आलेल्यांसाठी चहा पाणी करण्यात व्यस्त रहात असे. कोरोनाच्या शेवटच्या फेजमध्ये हे आजारी पडले, हॉस्पिटलाइज झाले. दीड वर्षांच्या आजारा नंतर आम्हाला सोडून गेले. घर सुन सुनं झालं. सोनालीवर किती दिवस अवलंबून रहायचं असा विचार करत असतानाच सप्तसोपानने माझा हात धरला, मला आधार देण्यासाठी.

ठाण्यामध्ये डॉ. शुभाताई थत्ते आणि डॉ. आनंद नाडकर्णी या दोन मानसोपचार तज्ञांनी एकत्र येवून सहा वर्षांपूर्वी सप्तसोपान सुरु केलं ते ज्येष्ठ नागरिकांसाठी. माझ्या घरा पासून दहा मिनीटांच्या अंतरावर असून मला माहित नव्हतं. अलिकडच्या जीवन पध्दतीत मुलं नसून आणि असूनही आईवडील वृद्धापकाळात एकटे पडतात. एके काळी आमचा मुलगा अमेरिकेत किंवा युरोप मध्ये जॉब करतो असं अभिमानाने सांगणारे आईबाबा मुलगा तिथेच सेटल झाल्यावर केविलवाणे होतात, हात पाय थकेपर्यंत परदेश वार्या करतात पण तिथे कायम रहायला तयार होत नाहीत. मुलं पैसे पाठवतात पण सहवास, प्रेम नाही देऊ शकत. अशा 55 वर्षांवरील आई वडिलांसाठी हे सप्तसोपान उभं राहिलं. स्वतःचं हक्काचं घर असताना वृद्धाश्रमात का रहायचं या प्रश्नाला एक पर्याय !

मला मैत्रिणींकडून माहिती मिळाल्यावर लगेच मी भेटायला गेले. मला ती जागा खूप आवडली. मॅटल हॉस्पिटलच्या रस्त्यावर एक गणपती मंदीर आहे, तिथून थोडं पुढे गेल्यावर धर्मवीर नगर मध्ये हे सेंटर सरकारी जागेवर उभं आहे. खूप मोकळी जागा, दारातून आत शिरलं की दोन्ही बाजूला गार्डन, प्रचंड मोठा वृक्ष त्याच्या भोवताली मोठा पार बाजूला एक झोपाळा. दोन खूप मोठे हॉल त्यात खुर्चा लावलेल्या पंखे, एसी सगळी सोय. आतल्या बाजूला बाथरूम तेही प्रशस्त आणि एका बाजूला छोटे स्वयंपाक घर चहा कॉफी बनवण्यासाठी. मी सगळं बघून खुश झाले. आणि हो, एका हॉलच्या बाहेरच्या बाजूला ग्रंथालय आणि कोपऱ्यात एक मोठे कॅटिन जिथून आसपासच्या कुटुंबाना ऑर्डर नुसार सकाळी नाश्ता आणि जेवणाचे डबे पाठवले जातात. त्याच कॅटिन मधून सेंटरमधल्या ज्येष्ठ विद्यार्थी मित्रांना भाजी-भाकरी विकत मिळण्याची सोय आहे.



सप्तसोपान

माझा एक छोटासा इंटरव्यू घेण्यात आला. माझी स्मरणशक्ती पाहण्यासाठी काही प्रश्न विचारून काही चित्र दाखवून ओळखायला सांगितली. घरची परिस्थिती, असलेले आजार यांची माहिती घेऊन एक फॉर्म भरायला दिला. मी इंटरव्यू पास झाले आणि माझी अॅडमिशन झाली.

सेंटरवर अनेक विषय शिकवले जात होते शिवाय करमणुकीसाठी ब्रिज, कॅरम असे खेळही होते. विषयांमध्ये गायन, चित्रकला, अभिवाचन, स्मृतिवर्धन, संस्कृत आणि जर्मन या भाषा', स्मार्ट फोन, मोबाईल फोटोग्राफी, मेंदूला चालना देणारा ब्रेनगेम, पेपर क्विलिंग, भरतकाम आणि आता विणकाम इतके विषय आहेत आणि विशेष म्हणजे ह्या प्रत्येक विषयासाठी कोच आहेत, म्हणजे प्रशिक्षक. ११ ते १ आणि २ ते ४ अशी सत्रांची वेळ असून प्रत्येक सत्रात १ तासानंतर सकाळी कॉफी आणि दुपारी चहा दिला जातो. आणि या सगळ्याची मिळून फी आहे वार्षिक फक्त अडीच हजार. हे सगळं पाहून मी तर हरखून गेले.

आपापल्या आवडीच्या विषयांसाठी हजर रहाण्याची मुभा होती. एक महत्वाचं सांगायचं राहून गेलं. सेंटरवर ८३ वर्षांच्या शुभाताई स्वतः महिन्यातून दोन वेळा सत्र घेतात. त्यात नातेसंबंध, मानसिक तणाव, चिंता, भावभावना इ. विषयांवर दोन तास प्रोजेक्टरची मदत घेऊन खूप छान विवरण करतात. त्यांना बघून आणि ऐकून सगळ्यांना नवीन चैतन्य मिळतं. तसंच स्मृतिवर्धन या विषयात स्मृतीला उजाळा देणारी कोडी, शब्दांचे खेळ, एखाद्या विषयावर ग्रुपमध्ये स्किट तयार करून त्याचे सादरीकरण अशी मजा असते. त्यासाठी अलकनंदा पाध्ये मॅडम खूप कल्पकतेने तयारी करून येतात. हया दोन्ही साठी २५ ते ३० जण हजर असतात. हॉल भरलेला असतो

सेंटरमुळे मला अनेक मैत्रिणी मिळाल्या. ज्या आसपास रहाणाऱ्याच होत्या पण माहित नव्हत्या. त्यात बऱ्याच जणी एकेकट्या रहाणाऱ्या होत्या त्यांना दिवसभर सेंटरवर खूप छान वेळ व्यतीत करण्याचा पर्याय सापडला, दुपारची झोप बंद झाली आणि रात्री शांत झोप मिळू लागली. अभिवाचना ची तयारी करायला ग्रंथालयातून दोन पुस्तके मिळू लागली त्यामुळे वाचनाची भूक भागली. आता मला सांगा ह्याहून अधिक काय हवे माणसाला सुखी जीवन जगण्यासाठी ?

सप्तसोपान म्हणजे सातवी पायरी असं शुभाताईनी सांगितलं. मीही माझ्या सत्तरीत ही सातवी पायरी चढून सप्तसोपान मध्ये आले आणि सगळ्या विषयांचा आनंद घेत घेत वर्षभरात प्रशिक्षक बनून माझ्या सख्यांना विणकाम शिकवू लागले. दिवसा सप्तसोपान आणि रात्री सुनेच्या हातचा गरम वरणभात आणि मग गाढ निद्रा.

असे सप्तसोपान जागोजागी उभे राहोत हीच इच्छा!



ज्योतिका चितळे

Participant

Saptasopan



CURRENT CHALLENGES IN MENTAL HEALTH EDUCATION

In recent years, parents and educators alike are surprised by the growing inclination of students to pursue a career in psychology. Most colleges and universities that offer undergraduate and post graduate programs in psychology have seen an unexpected rise in the demand for seats in this subject. The fact that psychology is currently one of the most sought-after fields is undeniable. Increasing numbers of educational institutes have begun to offer short term and long-term training programs related to psychology. On the other hand the need for trained psychologists in the country is also huge. As the stigma that once surrounded both mental health as well as seeking support for mental health issues is rapidly reducing, there is an increase in the clientele for mental health services. This is definitely a welcome change. Yet the field of mental health education is fraught with unique challenges. The aim of this article is to highlight some of the issues that span the field of mental health education in our currently and also to suggest some measures that may help to improve the quality of education, and in turn the competence of mental health professionals who practice today.

The training of a psychologist begins when the subject is first introduced in either high school or junior college. The years of undergraduate training are foundational and should ideally give the student a strong theoretical base. While a large number of autonomous institutes are placing great emphasis on syllabus revision and striving to make curricula as skill oriented as possible, the quality of teaching remains questionable. It's a chicken or egg question because the teachers who are involved in framing curricula have themselves been trained in a system that was neither skill oriented nor were they given any specialized training in pedagogy such as the B.Ed or M.Ed. courses that are mandatory for school teachers. With very little or no training in pedagogy it is only reasonable to expect that teachers struggle to frame good quality syllabi.



CURRENT CHALLENGES IN MENTAL HEALTH EDUCATION

Owing to the large numbers of students seeking admission to graduate programs in psychology, there has also been a steep increase in the number of institutes of higher education that offer such programs. At present there are 512 colleges and universities in India that offer graduate training in psychology. However the entry into such programs in these institutes does not require the student to have a graduation with Psychology as the subject of specialization. Top tier institutions have entrance examinations but that does not ensure that students have a sound theoretical base when they enter these programs. Even more concerning is the fact that master's degree courses do not necessarily equip students with the skills of counselling or psychotherapy which are required for sound mental health practice. It is noteworthy, however, that the new education policy has placed a great deal of emphasis on making students employable by imparting skills and requiring them to complete internships during their graduation years. This is indeed a huge step in a positive direction.

For a student to gain sufficient experience to practice in the mental health field, it is of utmost importance to get practical experience such as hospital internships and observerships or apprenticeships. Hence the Rehabilitation Council of India (RCI) has made it clear that a student with a Master's Degree in Psychology with Clinical Psychology as their specialization cannot call themselves a 'Clinical Psychologist'. They need to complete a two year intensive training program such as the M.Phil or M. Psy which emphasizes on hospital internships. The RCI declared that at present there are only a little over three thousand licensed Clinical Psychologists in the country. The vaster majority of counselors practice without a license and also without enough supervised training.



CURRENT CHALLENGES IN MENTAL HEALTH EDUCATION

Given that education in psychology can be a long-drawn process, and that there is steep competition to get into premier education institutes, many people look for short term courses that can give them a lateral entry into the helping profession. We have witnessed the mushrooming of institutes that offer as short as three-month courses declaring trainees as counselors and allowing them to enter into private practice. Needless to say such courses neither give the students a strong theoretical orientation nor do they impart the right skill set in them. Most of such training programs do not have a mandatory component of self-work, which entails the counselor taking counseling sessions for themselves, trying to understand their own unresolved conflicts and traumas and addressing their own emotional blockages before they enter the counseling profession. This greatly compromises the reflexivity of the counselor, in terms of understanding how and why their client's behavior is affecting them the way it does. In India supervision in counselling still remains an underexplored territory. With no avenues for supervision, newly trained counselors begin to practice with no support whenever they feel "stuck" with clients. The perils of such a scenario are that counselors may give advice according to what has worked for them in the past or they may operate from their own biases and emotional blockages. They may also inadvertently practice in unethical ways, misdiagnose the patient, not recognize transferences and counter transferences, cross boundaries and not engage in adequate self-care. Ultimately it is the client who gets the backlash of working with a badly trained mental health professional.



CURRENT CHALLENGES IN MENTAL HEALTH EDUCATION

The change that should come about is on many levels. Training needs to be given to teachers at college and university level in order to frame good quality syllabi. One of the factors that affects the rigour that goes into framing syllabi is the nature of employment of teachers in institutes of higher education. The teachers employed in such institutions are largely not permanent employees but serving in the capacity of visiting faculty or even worse, employed on clock hour basis. Such an employment system naturally compromises teachers' commitment to the students and to the discipline at large. Of course this issue is a larger systemic issue and not specific to mental health education. Teachers need to be employed on full-time basis and given enough resources and time to draft syllabi thoughtfully. Licensing and periodic renewal of the license to practice based on continued professional education for counselors would be a big step to ensure that sound, evidence based practice is carried out in the country. Finally opportunities for supervision also need to be created so that novice counselors get the safety and support that they need in order to practice ethically and efficiently.



Dr. Megha Deuskar,
Assistant Professor,
Department of Psychology,
Fergusson College (Autonomous), Pune



आज्जीच्या फेण्या, मार्शमेलो प्रयोग, आणि Instant/Delayed Gratification

१९७० च्या सुमारास मानसशास्त्रज्ञांनी लहान मुलांसोबत एक प्रयोग केला. त्यांच्या समोर मार्शमेलोज ठेवले आणि सांगितले की तुम्हाला लगेच खायचं असेल तर एकच खाऊ शकता. पण जर तुम्ही १५ मिनिटं वाट पाहिलीत, तर दोन मार्शमेलोज मिळतील. बऱ्याच वर्षांनंतर, या संशोधनात असं लक्षात आलं की जी मुलं २ मार्शमेलोजसाठी १५ मिनिटं वाट पाहू शकली, त्यांची भविष्यात आरोग्य, नातेसंबंध, आर्थिक आणि इतर क्षेत्रांत चांगली प्रगती झाली.

आम्ही खूप लहान असताना, आमची श्रीवर्धनची आत्याआज्जी १-२ वर्षांतून एकदा आमच्याकडे १०-१५ दिवस राहायला येत असे. आत्याआज्जी आणि तांदळाच्या वाफवलेल्या फेण्या हे समीकरण ठरलेलं होतं. तांदळाच्या वाफवलेल्या फेण्या हा कोकणातला एक खास पदार्थ आहे. तिचा फोन आला की आम्ही उत्सुकतेने दिवस मोजायचो – कधी एकदा आज्जी येईल आणि कधी एकदा त्या गरमागरम फेण्या आम्ही चाखू.

मग आजी यायची आणि आल्याआल्या आधी फेण्या कधी करणार तो दिवस ठरवला जायचा. बरं तांदळाच्या फेण्या हा काही "आला मनात आणि केल्या" असा प्रकार नाही. आधी तांदूळ धुवून पाण्यात भिजवायचे... दररोज उठल्या उठल्या पाणी बदलायचं (अहो, आजीच्या लक्षात असायचं पण धीर कोण धरतो!). दिवसभरातून ३-४ वेळा तरी पातेल्यावरची ताटली उचलून बघायची की काही बदल घडून येतोय का. मग ते ४-५ दिवस आडाखे बांधायचे की नक्की कुठल्या दिवशी तांदूळ व्यवस्थित आंबून तयार होईल आणि आपल्या पानात फेण्या पडतील (बरं आजीला नक्कीच माहीत असायचं की ४-५ दिवस लागतात पण तरी आमच्या या गमतीत तीही सहभागी व्हायची). In the meanwhile, बाबांना मित्राकडून चांदड्याची पानं, गवत आणण्यासाठी मागे लागायचं.

आणि मग... finally तो दिवस उजाडायचा ज्या दिवशी उठताना आईने हळूच कानात सांगितलं की- "उठतेस ना, आज फेण्या आहेत नाशत्याला." की कधी नव्हे ते साखरझोपेतून direct डोळे टक्क उघडायचे आणि मग स्वयंपाकघराच्या आसपास घोटाळत राहायचं हाच उद्योग. चांदड्याची पानं मिळाली नसतील तर आता आणखी एक दिवस उशीर नको म्हणून घरच्या फणसाच्या झाडाची पानं पटापट काढून पुसून घायची. हळूहळू मोठं पातेलं गॅसवर चढवायचं, त्यात पाणी आणि पाण्यात गवताची पेंडी अशी ज्य्यत तयारी करायची. ह्या तयारीत आमची मदत की लुडबूड ते आज्जीच जाणे!

त्यातल्या पाण्याला वाफ यायला लागली की मग सरसरीत वाटलेल्या तांदळाच्या पिठाचा पातळ थर आज्जी पळीने पानावर लावायची... मग आम्ही तिला सांगायचो, "जाड नको हं... एकदम पातळ-पातळ लाव..". मग ती पानं वाफाळलेल्या पातेल्यात ठेवली जायची आणि आडवी वाफ जायला लागली की आम्ही तिथे उभेच असायचो... कधी एकदा झाकण उघडतंय, की आम्ही त्या पानांवर तुटून पडायला मोकळे! मनात कोण घाई! हात भाजायची पर्वा न करता पटापट पानं हातात घेऊन तिथेच त्यावरची वाफाळती फेणी हातांनी अलगद काढायची आणि भाजत-भाजतच तोंडात टाकून तिचा आस्वाद घ्यायचा... की जो काही स्वर्गीय आनंद मिळतो तो शब्दात वर्णन करणं मला तरी शक्य नाही. आहा!

www.healthymind.org/ Maitra Helpline :: +91-73037038737



आज्जीच्या फेण्या, मार्शमेलो प्रयोग, आणि Instant/Delayed Gratification

आजपर्यंत आजीनं फेण्या केल्यात आणि त्या डब्यात भरून आम्ही जेवताना खाल्ल्यात असं एकदाही झालेलं मला आठवत नाही... कारण त्या तिथपर्यंत उरायच्याच नाहीत. सगळं तिथेच फस्त करायची आम्ही मुलं पूर्ण जबाबदारी घ्यायचो.

बरं, ही गोष्ट सांगण्याचा उद्देश हा की, हेच ते delayed gratification नव्हे का? एखाद्या गोष्टीसाठी केलेली वेळेची आणि भावनिक गुंतवणूक, वाट बघायची तयारी आणि त्यातून अपेक्षित परिणाम मिळवण्यासाठी प्रक्रियेशी केलेली बांधिलकी (commitment to process) हे सगळं या आज्जीच्या फेण्यांच्या गोष्टीत आहे. आणि त्यामुळंच कदाचित त्यातून मिळणारी गोडी ही आज हॉटेलात पैसे देऊन १० मिनिटात मिळणाऱ्या फेण्यांमध्ये नाही. आज्जीच्या फेण्या हा एक सोहळाच होता आणि म्हणूनच मला तो मनाच्या कोपऱ्यात साठवून ठेवावासा वाटतो as opposed to instant मिळणाऱ्या हॉटेलातल्या फेण्या ज्यामुळे क्षणिक आनंद तर मिळतो, आठवणींना उजाळा मिळतो, पण त्यात आज्जीच्या फेण्यांमधलं समाधान आणि गोडवा काही मिळत नाही.

Instant gratification म्हणजे झटपट, ताबडतोब, तात्काळ मिळणारा आनंद. जसं, बाजारातून छान रंगीबेरंगी फुले विकत आणली, त्यांचा सुगंध घेतला, त्यांना छान सजवलं—लगेच मन प्रफुल्लित होतं.

Delayed gratification चं उदाहरण घ्यायचं झालं तर - मी आज एक रोप लावलं, त्याला रोज पाणी घातलं, काळजी घेतली. मग काही दिवसांनी जेव्हा त्याला फुले येतात, तेव्हा मिळणारा आनंद आणि समाधान वेगळंच असतं — त्यात भावना आणि वेळेची गुंतवणूक, प्रक्रियेशी बांधिलकी (commitment to process), आणि वाट पाहण्याची गोडी असते.

ऐकायला खूप सोपं वाटतं, नाही? वरील marshmallows च्या प्रयोगाप्रमाणे 15 मिनिटं वाट बघायची आणि मग मोठं बक्षीस मिळणार. पण इथेच तर खरी गंमत आहे — Most of us believe we're part of the wise group that chooses to wait for the reward—until life hands us our own marshmallows.

If the payoff is bigger and brighter in delayed gratification, then why is it so hard? कारण आपल्या मेंदूला जंक फूड, इम्पल्सिव्ह शॉपिंग आणि चटकन मिळणाऱ्या सोशल मीडिया लाईक्स ह्यातल्या डोपामाइन हिट्समुळे तत्काळ आनंदाचा अनुभव घेता येतो — आणि म्हणूनच तो अधिक आकर्षक वाटतो. ह्याविरुद्ध परीक्षेसाठी तयारी करणे, रोज व्यायाम करणे, नवीन भाषा शिकणे, किंवा आपत्कालीन निधीची पूर्वव्यवस्था करणे यामध्ये तात्काळ rewards मिळत नाहीत- ते जेव्हा मिळतात, तेव्हा खूप मोठे आणि समाधानकारक असतात—परंतु त्यासाठी खूप संयम आणि चिकाटी लागते.



आज्जीच्या फेण्या, मार्शमेलो प्रयोग, आणि Instant/Delayed Gratification

Let's be real— सर्वसामान्यपणे कोणालाही फार काटेकोर नियमांमध्ये बसलेलं आयुष्य जगायला आवडत नाही. We all need those carefree evenings and guilty pleasures. Sometimes, instant gratification isn't the villain— it's the spark that keeps us going. मग तो जेवणानंतरचा एखादा गुलाबजाम असो, प्रदर्शनात एखादी पटकन केलेली खरेदी, किंवा अगदीच कंटाळा आलाय म्हणून शाळेला मारलेली बुट्टी. परंतु खरी गडबड केव्हा होते माहित्ये? जेव्हा आपण या instant gratification ला फारच अंगवळणी पाडून घेतो...

खरंतर, delayed की instant ह्यांच्यात निवड करण्यापेक्षा त्यांचा आपल्याला समतोल राखता आला तर किती छान होईल नाही का? हो, कधी तरी पारडं एकाच्या बाजूने झुकूच शकतं पण जास्तीत जास्त समतोल राखण्याचा प्रयत्न आपण करू शकतो का? हा बदल आपण सोप्या सोप्या गोष्टीत नक्कीच करू शकतो. आता पहा हं... पावभाजी खावीशी वाटली तर पटकन Zomato वर ऑर्डर करण्यापेक्षा, रविवारी आपल्याला हॉटेलमध्ये जाऊन / घरी करून तिचा आस्वाद घेता येईल का? किंवा मॉलमध्ये एखादी वस्तू विकत घ्यावीशी वाटली तर ती लगेच विकत घेण्यापेक्षा आधी एकदा पूर्ण दुकानात फेरफटका मारून बघू आणि मग ठरवू असा विचारही करू शकतो.

It's not really about choosing between instant and delayed gratification - It's about balancing the two. Because here's the thing – life doesn't hand out marshmallows. We choose them. And sometimes, waiting for that second one? Oh, it's totally worth it!



Ms. Meera Vartak
M.A (Clinical Psychology)
Consultant Psychologist, IPH Thane

PHOTO GALLERY

Oct 2024- Dec 2024



Training for INDOCO remedies in Baddi HP



Bahurangi Bahar Batch



Vaze Kelkar college internship at IPH

PHOTO GALLERY

Oct 2024- Dec 2024



**Intensive REBT course at
IPH Pune**

**Basics of REBT batch at
IPH**



**Study and Stress
management seminar by
Mr. Arun Naik**



PHOTO GALLERY

Oct 2024- Dec 2024



COOL CLUB Trip

Medical conference in Shirdi



Wisdom of the body in managing emotions workshop at IPH



PHOTO GALLERY

Oct 2024- Dec 2024

VEDH THANE
preparations



Dr. Nadkarni with VEDH
faculties



UPCOMING WORKSHOPS

IPH THANE

IPH Thane presents

LADIES SPECIAL

BAHAR

Specially for women aged **18+** An Innovative 2 days Workshop

How do I manage my Anger and Frustration?

When will others understand me?

Too much Multitasking!

Who am I? What am I?

Stress, stress everywhere!

Taken for granted again! How to say "NO"?

Everybody is so demanding!

What to Prioritize and HOW?

Special Attraction
A session by **Dr. Shubha Thatte**
Senior Psychologist

Want answers to such questions?
Join this special workshop tailor – made for you!

A special, free interactive session with **Dr. Anand Nadkarni** **Sat, 18 Jan 2025**
5.30 pm – 7 pm

Sat 11 & 25 Jan 2025 10 am – 5 pm

Tridal Hall, 11th Floor, IPH, Thane

Mrs. Sharmila Londhe & Dr. Pooja Thakkar

₹ 4000/- (Incl. Lunch & Tea)

Rejuvenate your inner strength and manage your emotions!

Register now 987 011 5693 www.HealthyMind.org

IPH Thane presents

BASICS OF REBT

Heard a lot about rational living and want to learn new techniques?
Want to apply REBT in day to day life?

We, at IPH are organizing a 2 days fun filled workshop for you to apply this theory and enjoy your life to the fullest.

Register now!

987 011 5693

www.HealthyMind.org



Dr. Swaroop Bhatankar
Ms. Mrunmayee Agnihotri

1-2 Feb 2025
(Sat-Sun)

10 am - 5 pm

Saptasopan, Thane

Fees ₹ 4000



UPCOMING WORKSHOPS

Aakalan: The Learning Centre for IPH

Aakalan - IPH Learning Centre presents

PSYCHOMETRIC ASSESSMENT

for Intellectual Disability and Neurodevelopmental Disorders in children
A Skill Training workshop

Workshop Overview
7-day hybrid training on psychometric assessments covering IQ tests and evaluations for

- ADHD
- LD (Learning Disabilities)
- ASD (Autism Spectrum Disorder)

Eligibility
Clinical and Counseling Psychologists (Practicing, Qualified, or PG Students)



Training details
Online (5 days)
17 - 21 Feb 2025 (Mon- Fri)
6 pm - 9 pm
Hands-On (2 days)
22, 23 Feb 2025 (Sat-Sun)
10 am - 5 pm

Fees
Full workshop (7 days)
₹ 12,803 (₹ 10,850 + 18% GST)
Partial Workshop (5 days)
*Skip learning IQ testing
₹ 10,325 (₹ 8,750 + 18% GST)

Early Bird and Group Discounts available! (Read caption)

- ✓ Breakfast and Lunch on 22 & 23 Feb 2025
- ✓ E-certificates will be provided
- ✓ Teaching material will be shared

Faculty
Dr. Geeta Joshi
Mrinmayee Agnihotri
Ketaki Joshi
Riddhi Jadye
Neha Vishwakarma

For registration contact
987 060 0283
Roopa More
11am to 6 pm (Mon to Sat)
aakalan@healthymind.org

Last day for registration
12 Feb 2025

www.HealthyMind.org

Other Upcoming Programmes in 2025:

- Essential counselling skills in helping professionals.
- Neurodivergence in adults.

Liaison Counselling for reconstructive surgery: An interesting collaboration of Aakalan- IPH and The Department of Plastic Surgery, Bombay Hospital. IPH is providing mental health services to persons who have undergone various reconstructive surgeries, and may be in emotional distress owing to the same.

Aakalan - IPH Learning Centre presents

ESSENTIALS OF DBT IN PRACTICE

A Skill Training workshop

Eligibility
Clinical and Counseling Psychologists (Practicing, Qualified, or Students)

Training details
Online
31 Jan, 1, 2 Feb 2025 (Fri- Sun)
6 PM - 9 PM (3 hours/day)
Hands-On
8 Feb 2025 (Sat)
10 AM - 1 PM | 2 PM - 5 PM

Fees
Full workshop
₹ 7434 (₹6300 + 18% GST)
Online only
₹ 4248 (₹3600 + 18% GST)

Faculty
Panna Kamaljit
Clinical Psychologist with 15 years of clinical experience and hands-on practice in DBT.

For registration contact
987 060 0283
Roopa More 11am to 6 pm (Mon to Sat)
roopaiph@gmail.com
aakalan@healthymind.org

- ✓ Breakfast and Lunch on Sat, 8 Feb 2025
- ✓ E-certificates will be provided
- ✓ Teaching material will be shared

Last day for registration
25 Jan 2025

UPCOMING WORKSHOPS

IPH PUNE

- Mind Full of Anxiety to Mindful of Anxiety.15 Dec 2024
- Sports Counselling - 11 Jan 2025
- Procrastination - 12 Jan 2025
- Counselling Skills - 16th, 17th & 18th Jan 2025.
- Toolbox of Smart Studies - 25th Jan 2025
- ABCD of REBT - 1st & 2nd Feb 2025
- Anger Management - 22nd Feb 2025.

IPH MINDLAB NASHIK UPCOMING EVENTS

- Recurring monthly event: 'Manatarang film club: A film club
- Monthly de-addiction support group- Riyaz: for patients and Jagruti: for caregivers

IPH THANE

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 piloting varied services & being holistic in mental health. 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 33 years. Our Mission : Mental Health For All

Clinical Staff-
75+

Charity OPD-
4640+

Volunteers-
150+

Non clinical staff-
50+

Clients treated till
date-
88260+

Maitra calls-
17727+

IPH PUNE

23rd 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.



Clinical Staff-
18+

Charity OPD-
721+

Volunteers 30+

Non clinical staff
10+

Clients treated till
date-
8300+

TRIDAL HANGOUT CAFE

The Tridal Hangout Cafe (THC) is a vision to create a space that shall function as a 21st century rehabilitation programme for persons well on their way to recovery from a slew of mental health issues, a senior citizen activity center, and a satellite center for clinical services provided at IPH. It shall function as a stepping stone, guiding people to gracefully navigate themselves and transition into the outer world. The hangout cafe infrastructure shall offer various activities, and resources in the form of professional psychiatric and counselling services, books, audio visual material, arts based activities, that shall fulfill a therapeutic purpose for our vision; Thus, offering the unique confluence of individual space, structured programme, and professional help. Along with destigmatization of mental health problems, the Tridal Hangout cafe shall serve as a non-judgemental place for persons to interact, build skills, and provide healthy social support.

Clinical Staff-
6+

Charity OPD-
7+

THC Members 7+

NPNC Members 70 +

Non clinical staff
3+

Clients treated till
date-
202+

IPH MINDLAB NASHIK

IPH Mindlab is a collaboration between IPH Thane and Kulkarni Nursing Home, Nashik. Since October 2020, Mindlab has been working with the community on different levels. Initially, we started with psychometric assessments, but now different programs related to mental health are being conducted. Eg: support groups, sensitisation programs, film clubs. Along with this, we have also started counseling. We have been receiving extremely warm responses from citizens for all community programs that took place throughout the last two years.

Assessments
conducted so far:
678+



Clients treated so far-
814+

AVANAN IPH

AVAHAN is a Audio Visual Department of an NGO - Institute for Psychological Health, Thane. Which basically does the Audio/video documentation including In house Film making documentary making, events and programs held in or by IPH, Thane.

Subscribers:
362,217+

Views in last month:
4.7 million +

BINGEWORTHY ON AVAHAN:

Five most watched videos:

1. Mental Health and Doctor- patient partnership.
2. Prasad Gawade | 'कोकणी रानमाणूस'
3. Medications and misconceptions of mental illness.
4. Makarand Anaspure | Actor (Marathi cinema and theatre).
5. Rahi Shruti Ganesh. | संविधानाची ताकद (Constitution of India)

Five most watched shorts:

1. Meeting daaku Nirbhaysingh Gujjar.
2. कोकणातलं Rural Science
3. माझी नाटकातली सुरुवात
4. शिक्षकांपेक्षा मुलं एकमेकांकडून चांगले शिकतात
5. लष्करी नेतृत्वाचं वैशिष्ट्य.

AND THE JOURNEY CONTINUES....

And the journey continues.....

Credits :

Editorial Team- Pratima Naik, Vaidehi Bhide, Mrunmayee Agnihotri,
Ketaki Joshi

Front Page illustration : Mrunmayee Agnihotri

Photo Credits: Team IPH.

Designed and developed by: Team EManas.
EManas is supported by Lupin Ltd

Please share your feedback with us on :
emanas.newsletteriph@gmail.com