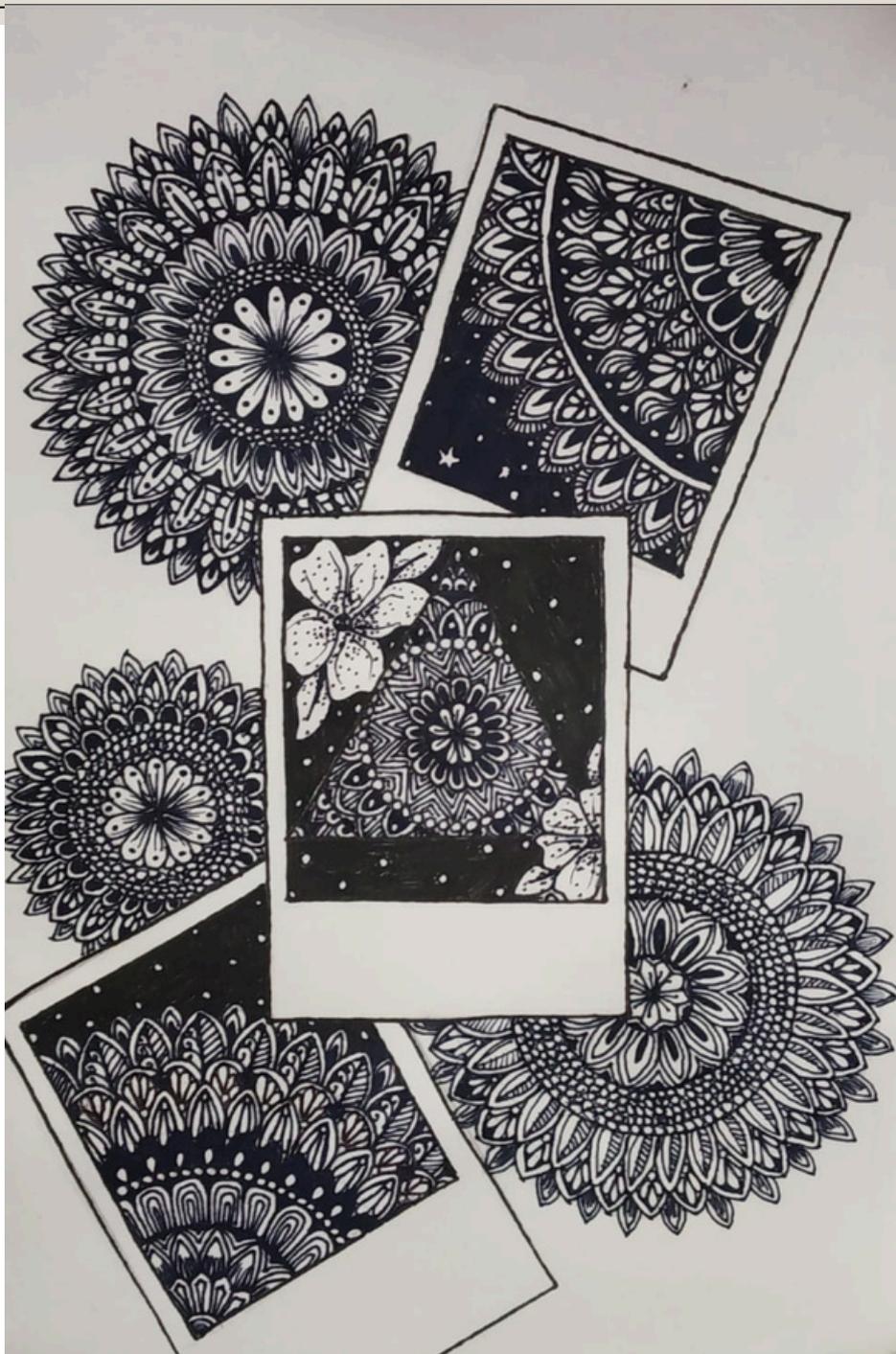


Manas

Issue Twenty Five

15 June 2025

MEDIA AND MENTAL HEALTH



EDITORIAL

At IPH we have been using media to explain, promote, destigmatize, sensitize topics related to mental health for a long time. It is very effective to convey your message especially in group and mass communication. Even before media and Mental Health became a buzzword on forums and discussions, IPH was making very effective use of various forms of media. It has utilized the print media since its inception. For eg. 'Manas' magazine, books, articles and columns in newspapers and other popular publications by the founding members of IPH and many of our team members. 'Manatarang' film club, and film festival, the establishment of 'AVAHAN' way back in 2008 and its natural progression to AVAHAN YouTube channel are prime examples of effective use of audio-visual media in the field of mental health.

Coming to the more recent avalanche – in the form of digital and social media- here are my thoughts based on what I have read, seen, studied, observed.

Humans by nature are social animals and communication is a basic need of all humans. The reason why the most widely used and popular websites are the social networking sites (SNS) is because we humans inherently seek contact and communication and SNS like Instagram, Facebook, X offer just that. They offer instant gratification, validation, a platform to spew venom anonymously; they become a nanny, a companion, or just a way to pass time without doing anything actively.

That social media plays with your mental health is adequately proven and well-known by now. So, before you scroll down, let me say that I won't be repeating the same information in my own words. But what I would like to discuss is what can be done to mitigate the ill-effects? How can we prevent ourselves from getting sucked into the vortex of doomscrolling, unhealthy comparisons, toxic feelings and loneliness which often leads to more serious mental health issues? Here are some useful tips:

1. **Physical activity** – The obvious outcome is good physical health, better strength and stamina and strong immunity. But physical activity and exercise provide numerous benefits for mental health like improved mood, reduced stress and anxiety and better sleep quality. An increasing number of young adults are reporting these problems in our clinics, and often excessive screentime is the culprit.
2. **Real-life connections and socializing-** - Never before in human history have we had such an array of tools and platforms designed to connect us. We can effortlessly reach out to friends and family, engage in virtual communities, and share our lives with a global audience at the touch of a screen. Yet, the very technologies that promise to bring us closer have also given rise to a unique form of loneliness. The isolation and loneliness are due to the nature of online connections-they are superficial, virtual. It is therefore, important to cultivate meaningful relationships.

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3. **Separate machines for productivity and entertainment** –It is very tough to not get distracted when you get a notification or message while you are in a meeting or studying or working. And once you switch windows, before you know it, you have frittered away a valuable chunk of your productive time. Many students and young professionals have access to more than one machine. So, a simple way to avoid distractions is to not install any entertainment apps on your laptop/tablet; and access them only on your phone which you keep out of hands reach with notifications on mute while working. I also know some students who uninstall apps like Instagram, X from their phones for brief periods of time like exams.

4. **Do things in real-time** – Engage in activities that allow for in-person connections, pursue hobbies, sports or volunteering. Even if you are stuck at home or think you do not have the time for the above things, there are so many things to be done in real-time –mundane chores, cleaning up a drawer, playing a board game, stepping out to buy groceries, rustling up a meal, etc.

5. **Mindful consumption** – A simple rule of thumb for students is to ask yourself if school, studies, play, offline meet-ups with friends, some offline leisure activity consume most part of my day? If the answer is yes, it does not leave more than an hour or two to engage with screens, and that much screen-time is not harmful. Because adults do not anyone monitoring them, they need to devise their own checks to ensure they are not sucked into the vortex of doomscrolling and binge watching. Be aware of how much time you spend on digital platforms and the impact it has on your emotions. Limit exposure to content that exacerbates feelings of loneliness and inadequacy.

6. **Learn to harness the power of social media and AI** - There is not denying the fact that digital and social media are an integral part of our lives and immensely useful too. If children (and adults) are encouraged to leverage this tool, we all can reap the benefits and minimize the risks. Findings from a recent NSO (National Statistics Office) survey state that internet usage is reaching a saturation point in India, but only around 18% of the population know how to report cybercrimes. Despite regular use, even the young are poorly equipped for tasks related to education and work, like creating a document or presentation (only 13%). Some examples of how we can upgrade ourselves are learning to: give the right prompts to AI, detect deepfakes, protect your data/privacy/identity, report a cybercrime, do fact-checks before forwarding messages/clips.

[As an example, here are three basic steps to report cybercrimes:

- Visit the nearest police station
- Visit the national cyber-crime reporting portal www.cybercrime.gov.in
- Call the National Helpline number 1930]

Our task is cut-out for us. As Parents, mental health professionals (MHPs), Teachers, Mentors we should be open to learn from our children/students/clients. We need to focus on a preventive and harm reduction approach rather than just lamenting about how the new generation is glued to their screens.

EDITORIAL

References:

*<https://gamequitters.com/positive-effects-of-social-media/>
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*Comprehensive Modular Survey: Telecom; Conducted across 34950 households in January-March 2025 by the National Statistics Office (NSO)
– published in Hindustan Times dated 30 May 2025*

Note to readers: This article has NOT been generated by any AI tool



WHY WRITE A BOOK?

Friends, I am not a professional author, but I happened to pen a book in my mother tongue Marathi. Now why did I write this book? As a person I always loved reading books. I thoroughly enjoyed fiction and non-fiction. Would feel very comforted when around books. I never imagined that I myself would write something for others to read.

Actually, my first attempt at writing was on my PhD thesis. I got my Ph.D in 2005. My research was on caregivers of schizophrenia. I had designed training modules for the caregivers of schizophrenia to deal with the stigma, burden and burnout that they experience. Seventy caregivers attended six sessions of two hours each which targeted the challenges they faced. I interacted with a lot of caregivers during this period. As a psychologist I was dealing with people suffering from anxiety, depression, personality disorders, schizophrenia and other psychiatric illnesses. After developing and testing the efficacy of the training modules for the caregivers, I gained confidence in handling the caregivers of people suffering from schizophrenia. We also developed a proper two days training workshop for the caregivers.

As years passed, I realised that there were some sessions, some interactions with the caregivers which if documented could benefit many. There was wisdom evolved in many such interactions. Caregivers would talk about their anxieties related to what will happen to their Shubharthi (i.e. person suffering from schizophrenia) after their death, when can the patient marry, how to encourage the Shubharthi for social interaction, how to come to a decision to say yes for ECT as a line of treatment for near and dear ones, how to understand the personality issues of the Shubharthi, so on and many such challenges were discussed.

I decided to chronicle my experiences in a form of a book "Roz navi suruvat" in Marathi. This book has 10 chapters and each chapter talks about the challenge faced by the caregivers. My aim in writing this book was to help the caregivers identify with different emotions experienced in this path of caregiving, give cognitive clarity in different phases of caregiving and help the caregivers generate action plans in their process of caregiving.

I am happy that the book has helped many caregivers and is appreciated by readers from different walks of life. In the preface of the book, I have mentioned that this book is for anyone who has the basic ability to empathize. This exercise of writing a book helped me to organize my experiences with the caregivers of schizophrenia. I am now working on the English version of this book.



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चित्रपट : समाज मनाचा आरसा

जगभरातील वेगवेगळ्या धर्मांचे , वंशाचे , वर्णांचे लोक पाहिले की त्यांच्यातील विभिन्नता आपल्याला चकित करून सोडते . त्यांच्या चालीरिती, मैलामैलावर बदलणारी बोलीभाषा , वेष . आभुषणे सर्वच बाबींमध्ये आपल्याला पीतवर्णाची चिनी माणसं , सावळ्या वर्णाची आशियाई , गौरवर्णाची युरोपातील किंवा अमेरिकेतील किंवा कृष्णवर्णीय आफ्रिकास्थित या सर्वांमध्ये कमालीचा फरक जाणवतो पण या सर्वांमागील माणूस या पृथ्वीतलावर सारखाच असतो , त्याचा राग , लोभ , माया , ईर्ष्या , जिद्द , हव्यास अशा भावनांचा वर्णपट सर्वदूर दिसतो आणि या सर्व माणसांमधील याशिवाय असलेले साम्य म्हणजे चित्रपट हे त्यांचे करमणूकीचे साधन ! प्रत्येक देशात बनलेले चित्रपट हे त्या त्या देशाच्या मानसिकतेचे प्रतिबिंबच म्हणावे लागेल आणि त्यादृष्टीने पहाता त्यातील भूमिका वठवणार्या पात्रांमधील मानसिक संघर्ष , मानसिकतेचे पदर ह्यातील विलक्षण साम्य आपल्याला विचार करायला लावते. पथेर पांचाली मधील आपल्या धाकट्या भावासाठी जीव टाकणारी व आपल्या पेरूतील पेरू त्याच्यासाठी ठेवणारी दुर्गा ही दक्षिण आफ्रिकेतील Life Above all मधील आपल्या सर्व कुटुंबाची काळजी घेणार्या 10 वर्षांच्या चांदापेक्षा वेगळी नाही व Pursuit of Happiness मध्ये आपल्या मुलासाठी जीव गहाण टाकायला तयार असणारा व त्याच्या छोट्या छोट्या प्रतिक्रियांमध्ये आनंद घेणारा बाप ख्रिस हा कुवारा बाप मध्ये स्वतःच्या पोटच्या नसलेल्या पण अपंग असलेल्या मुलासाठी कष्ट झेलणार्या महामूद पेक्षा वेगळा कोण म्हणेल ? जागतिक चित्रपट दुनियेतील नामवंत चित्रपट घेतले व त्यातील मानवीमूल्ये व व्यक्त केलेल्या भावना पाहिल्या तर या माध्यमाची प्रेक्षकांच्या मनाचा ठाव घेण्याची क्षमता लक्षात येते. चित्रपटांकडे आपण बऱ्याचदा घटकाभरची करमणूक या दृष्टीने पहात असलो तरी आपण आपल्या मनातील तिसरा डोळा उघडून त्याकडे पाहिले तर त्यातील चित्रांच्या चौकटीच्या पलिकडल्या अनेक गोष्टी आपल्याला उलगडत जातात.

शोलेसारखा निव्वळ (आणि निखळ) करमणूकप्रधान चित्रपट घेतला तरी त्यातील अंधार्या रात्री व्हरांड्यातील दिवे मालवत जाणार्या, दुःखाचे डोंगर उरात बाळगत मूक रहाणार्या जया भादुरीची नजर आपण विसरू शकत नाही आणि त्याबरोबरच खट्याळ व ठसकेबाज हेमा मालिनीचा अंध ए.के.हनगल यांना त्याच्या नातवाच्या मृत्यूनंतर हात धरून नेण्याचा हळूवारपणाही आपल्या मनाला खोलवर जाणवतो. चोखंदळ प्रेक्षकांना जगभरच्या चित्रपटाचे दार आता संगणकजालामुळे खुले आहे. त्यामुळे प्रत्येक चित्रपटाच्या चौकटीपलिकडे आपल्याला काय दिसते याचा शोध घेतला तर आपला अनुभव अधिक समृद्ध होऊ शकतो.आपण जर चिनी , जपानी , कोरियन चित्रपट पाहिले तर आपल्या लक्षात येईल की ते आपल्या अधिक जवळचे , आपल्या मातीतील वाटतात कारण ते आशियाई चित्रपट आहेत , घरातील वातावरण, नातेसंबंध आपल्याशी अधिक मिळतेजुळते आहेत व त्या उलट अमेरिकी चित्रपट आपल्या थोडे परके , त्यात मांडलेल्या समस्या आपल्या

वाटत नाहीत. पण असे चित्रपट प्रयत्नपूर्वक मिळवून आपण किती पहातो ? हा समाजमनाचा आरसा समजला तर आपल्याला लक्षात येईल की आपल्या आजाराशी प्राणपणाने लढणार्या व चेहर्यावरील हंसू ढळू न देणार्या मिलीपासून सर्वानाच शिकण्यासारखे कितीतरी आहे खासकरून आपले दुःख पर्वताएवढे वाटणार्या मंडळींना ! चित्रपट ही पाहून विसरण्याची गोष्ट नाही तर त्यातील संदेश मनात जपून ठेवल्यास तो वेळी उपयोगी येऊ शकतो. थोडी दुखापत किंवा एखादा अवयव कमकुवत झाल्यास आयुष्यातलं सगळं संपलं असे वाटणारी माणसं आपल्या आजुबाजुला दिसतात त्या बरोबर हात आणि पाय दोन्ही नसणारा बटरफ्लाय सर्कसमधील निक विजिसिक ही दिसतोच ना ! आपल्या अपंगात्वाचा बाऊ न करता लोकांना स्फूर्ती देणार्या निककडे पाहिल्यावर मानवामधील संकटांना तोंड देण्याच्या प्रचंड ऊर्जेची जाणिव होते. लगे र्हो मुन्नाभाई मधील संजय दत्तची भाईगिरी पाहून आपण हसतो पण जीव द्यायला निघालेल्या एकाला वाचविण्यासाठी त्याने केलेला आटापिटा , एका माणसाला आयुष्यात परत उभे रहाण्याची संधी देण्याचा मोठेपणा किती जण उमजतात ? म्हणजे आपण चित्रपटांना उपदेशाचे डोस देणारे माध्यम अजिबात म्हणत नाही पण करमणुकीच्या बरोबरीने आपण त्याच्या इतर गुणमुल्यांकडे पाहिल्यास आपल्याला चित्रपटाचे विविध पैलू दिसतात. उदा. पालकत्वामधील बारकावे (तारे जमीपर मधील ईशानच्या पालकांचा सुरुवातीचा attitude व नंतरचा attitude व त्याचा ईशानवर झालेला परिणाम आठवा), आपल्या सहसंवेदनेमधून आलेल्या वागणुकीचा इतरांवरील परिणाम (दो ऑखे बारा हाथ मधील व्ही. शांताराम यांच्या त्या दरोडेखोरांना समजून घेण्याच्या , त्यांच्यावर विश्वास टाकण्याच्या वागणुकीमुळे त्या अट्टल गुन्हेगारांमध्ये झालेले हृदयपरिवर्तन), अन्यायाची चीड व त्यासाठी लढण्याची तयारी (सारांश मधील त्या परक्या मुलीसाठी स्वतःची पर्वा न करता लढणारा तरुण'वृद्ध) यासारख्या अनेक गोष्टी आपल्याला जाणवत रहातात. खरे पाहिले तर प्रतिमांची भाषा ही आपली जगाशी पहिली ओळख ! नवजात बाळाने जगात प्रवेश केल्यावर त्याला प्रथम दिसतात त्या आजुबाजुच्या प्रतिमा ! मूल बोलीभाषा खूप नंतर शिकते पण जन्मापासून ते शिकते आजुबाजुच्या गोष्टींचे अवलोकन म्हणजे प्रतिमांची भाषा त्यामुळे त्या मनावर अधिक ठसतात , परिणामकारक असतात. चार तासांच्या भाषणापेक्षा 5 मिनिटांचा चित्रपट अधिक शिकवून जातो व त्यादृष्टीने लघुपटांना कमी लेखता कामा नये.

3 ते 10 मिनिटांच्या लघुपटात बऱ्याचदा मोठा आशय भरलेला असतो व तो आपल्या मनाचा कोपरा लख्ख करून जातो.

आपल्या आवाहन या शाखेद्वारे आपण २०१० पासून गेली १५ वर्षे सतत (जागेच्या अडचणीमुळे मध्ये थोडा खंड पडला तरी) मनतरंग फिल्म क्लब हा उपक्रम चालवत आहोत २०१९ पर्यंत प्रत्यक्ष व मार्च २०२० पासून on line असे त्याचे स्वरूप आहे . महिन्याच्या शेवटच्या रविवारी संध्याकाळी साडेसहा वाजता हा कार्यक्रम असतो . शुक्रवारी सकाळी त्या महिन्याच्या

चित्रपट : समाज मनाचा आरसा

चित्रपटाची लिंक सभासदांसाठी त्या whatsapp group वर टाकली जाते व रविवारी सुरुवातीची २५ ते ३० मिनिटे मी त्या चित्रपटावर भाष्य करते ज्यामध्ये दिग्दर्शकाची भूमिका , चित्रपटाचा वेगळेपणा , मांडलेल्या विषयाचे नावीन्य , कलाकारांच्या भूमिका इ. बाबी असतात व नंतर शैलेश त्यातील तांत्रिक भागावर प्रकाशयोजना , कॅमेराची करामत , लक्षात राहणारी दृश्ये इ. वर बोलतो व नंतर सर्व सभासद चर्चेमध्ये सामील केले जातात . दर सत्रामध्ये सुमारे २५ ते ३० लोक सहभाग घेतात . आत्तापर्यंत हिंदी चित्रपट / लघुपटांबरोबर इटालियन, पर्शियन , जॉर्डन , आफ्रिका , जपानी , कोरियन इ. विविध चित्रपट दाखवले गेले आहेत . या वैविध्यामुळे इतर देशातील संस्कृती , नातेसंबंध , भौगोलिक व राजकीय परिस्थिती इ. गोष्टी तर कळतातच पण त्यापलीकडे वर म्हटल्याप्रमाणे माणसामाणसातील नातेही आपल्याला समृद्ध करून जाते. हा उपक्रम माझ्यासाठी तर आनंददायी आहेच पण त्यात सामील

होणाऱ्या सर्वांनाही चित्रपट पाहण्याची नवीन दृष्टी देतो असे त्यांनी वारंवार शेअर केले आहे .



डॉ शुभा थत्ते
जेष्ठा मानसोपचारतज्ज्ञ, trustee
IPH

PHOTO GALLERY



corporate Training
in Nashik



Advanced REBT
batch 44 at Thane



Muktangan follow
up at iph, pune



Dr. Nadkarni at National conference
of Dynamic Psychiatry in Nagpur



PHOTO GALLERY



Avahan shoots



Avahan summer
Internship 2025



PHOTO GALLERY



Cool Club Annual function



Team Cool Club



Aaklan UG summer internship 2025



UPCOMING WORKSHOPS

Aakalan: The Learning Centre for IPH

Aakalan- IPH Learning Centre presents

ONLINE MODE
July 2025

Through the **Looking Glass**

DBT LENS
Narrative LENS
ABT LENS
Somatic LENS

1 CASE - 4 THERAPY LENSES

Detailed Case Discussion 9 July 2025, 6 - 9 pm

DBT Lens	Narrative Lens	ABT Lens	Somatic Lens
10 July 7 - 9 pm	11 July 7 - 9 pm	12 July 7 - 9 pm	13 July 10 am - 12 pm

Who can benefit?

- Psychologists
- Psychiatrists
- Psychology PG students

Facilitators

- Dr. Geeta Joshi
- Panna Kamaljit
- Kavitagauri Joshi
- Shama Shah
- Irawati Joglekar

Register now
987 060 0283
Roopa More (Mon-Sat 9 am - 6 pm)
aakalan@healthymind.org
www.HealthyMind.org

Fees
₹ 5500/- (Including GST)

Community workshops

IPH Thane presents

Basics of REBT

A Path Towards Rational Living

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!

28, 29 June 2025 (Sat, Sun)

10 am - 5 pm @Saptasopan, Thane

Fees ₹ 4000/- (Offline Batch)

Dr. Swaroop Bhatankar and Ms. Mrunmayee Agnihotri

Register Now 987 011 5693 www.HealthyMind.org

IPH Thane presents

MAST MAJECHHE AAI BABA!

A WORKSHOP ON EFFECTIVE PARENTING.

- How to read between the lines?
- What does your child really need and want?
- What extent of indulgences & pampering is healthy?
- How to discipline your child?

Get scientific answers to these and many more questions!

26, 27 July 2025 (Sat & Sun)

10 AM to 5 PM

Saptasopan, Thane

For parents of children aged 5-12, also useful for teachers and counsellors

Conducted by
Dr. Sukhada Abhiram
Psychiatrist | Parent Coach | Child Communication Expert

To register: 987 011 5693 www.HealthyMind.org

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-
4694+

Volunteers-
150+

Non clinical staff-
50+

Clients treated till
date-
93500+

Maita calls-
17879+

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-
736+

Volunteers 30+

Non clinical staff
10+

Clients treated till
date-
8903+

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+

Non clinical staff
3+

NPNC Members
90 +

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:
735+

Upcoming events
1. Manatarang film club
2. Monthly de-addiction
support group-
Riyaz: for patients and
Jagruti: for caregivers

Clients treated so
far-
155+

AVAHAN 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:
422,279+

Views in last
month:
3.3 million +

AVAHAN IPH

Top Five Trending Full Videos

1. VAISHALI MADE | Singer (Sa Re Ga Ma Pa) [Link](#)
2. Nagraj Manjule | Film writer, Director [Link](#)
3. Sonam Wangchuck, Ladakh | Innovative SECMOL, school in Leh [Link](#)
4. Dr. Sharada Bapat | Extraordinary Journey to Becoming a Doctor at 35 [Link](#)
5. VISHWAS NANGRE PATIL | Career in Indian police service [Link](#)

Top Five Trending Shorts

1. Padmashri KK Muhammed [Link](#)
2. Anand Malligavad [Link](#)
3. Jahangir Sheikh [Link](#)
4. Prachi Shevgaonkar [Link](#)
5. Mandar Bharde [Link](#)

...AND THE JOURNEY CONTINUES

Credits :

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Photo Credits:

Team IPH.

Designed and developed by:

Team EManas.

EManas is supported by

Lupin Ltd

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