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 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 eachother.
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 along with 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.
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. It’s 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 years of its functioning.

**IPH PUNE**

- 13,994+ 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

Maitra Helpline : 02225385447  www.healthymind.org
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
“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 “Millenials.”


Both Generation Y and Generation Z can be called “Millenials,” 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.

Millenials 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 guilting 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?

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-two to 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 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.

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Swapnil Pange
Clinical Psychologist and Marriage Counsellor

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‘sukhda bhole paanse’

 Jaad mahan se paanana re ....kasas jata sohoun mazla krita khelamla angaatare ....pakshaamee paanswa vaara

Panne mhnati jaatoo bahpa ...kujun jaao jainmaat re tehun gaddoo mube tujhi an ......shiru tujma aangaata re

Fardii Fardii paann chi...........honaal hirva hirva re khelam laajmata suryaaprajaree ..........kaal chran sippak ch re

Dhe, anil avchatr

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Maitra Helpline: 02225385447  www.healthymind.org
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 जनाणबाचं, कण्हत कण्हत की गाण भणल!

Dr Shubha Thatte
Clinical psychologist
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 गाजे अस्वक, दे शती ते सहाया।
जे अस्वक साथ आहे, निच्छर हे कराया।
मज कय रक्ष आहे, आहे अस्वक कय |
माझे मला करबया, दे बुढी देवरया।

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 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 ‘Tolering’. 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, निच्छर came the answer. We compared the two words and found निच्छर had an edge over निश्चर. 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 against ‘others making one realize’.

“We need to sing the prayer uttering every word with its content echoing in our mind. Otherwise, the prayer looses 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.
मनोगत

सर्वत्र थोडी थाकणुक आणि भीतीचे व्याचिकरण होते. अपघेपावरण सर्व बंद झाले. अपघेपावरण कवीती घरी पूर्णपणे बंधनत रहावे लागेल ही कल्याणाचे कोठली नवती. ग्रामीण सामने आणणासाठी बाहेर पडणारी बी एकटीच. घरी 86 वर्षांचे वडील त्याचे आपल्याचे त्यांना काहीही होऊ नये असे नेहमी वातावरे. काहीही वातावरे. ती सुद्धा फार कमी घातक त्याचे मला घरी पूर्णपणे राहणार्याची सवय नवती. त्याचे काही दिवस कठीण गेले. मला वेगवेगळे पठाचा करतला, खायला खुप आवश्यकता, थोडे दिवस तेथे प्रयोग झाले. मार्ग भेदीयांक्या सेवांतीकरणाचे डटेलराच्या 'कल्याणाचे दिवस, कल्याणाचे दिवस' ह्या पुस्तकाचे रिलिक्यांनुसार सुलग झाले आणि माझ्या काही मुलाकात झाली. बाचक सर चालू होता. 

सत्यता सोहऱ्या धाकडकू आणि भीतीचे व्याचिकरण होते. अन्यप्रकारपणे सर्व बंद झाले. अपघेपावरण कवीती घरी पूर्णपणे बंधनत रहावे लागेल ही कल्याणाचे कोठली नवती. ग्रामीण सामने आणणासाठी बाहेर पडणारी बी एकटीच. घरी 86 वर्षांचे वडील त्याचे आपल्याचे त्यांना काहीही होऊ नये असे नेहमी वातावरे. काहीही वातावरे. ती सुद्धा फार कमी घातक त्याचे मला घरी पूर्णपणे राहणार्याची सवय नवती. त्याचे काही दिवस कठीण गेले. मला वेगवेगळे पठाचा करतला, खायला खुप आवश्यकता, थोडे दिवस तेथे प्रयोग झाले. मार्ग भेदीयांक्या सेवांतीकरणाचे डटेलराच्या 'कल्याणाचे दिवस, कल्याणाचे दिवस' ह्या पुस्तकाचे रिलिक्यांनुसार सुलग झाले आणि माझ्या काही मुलाकात झाली. बाचक सर चालू होता.
धारती होती. सर्वाना प्रत्यक्ष workshop attend करालयी सवय त्यामुळे प्रतिसाद मिळेल की नाही याबाबत मी योजी सांभक होते. सुरुवातीला प्रयेकाला ऑफलाईन का घेणार नाही आणि ऑफलाईन का घेणार याईपूर्व काही धायला सुरुवात करायला लागली होती. आणि इतक्यात आणण ऑफलाईन वर्कशॉप घेणार नाही आहे. आणि तुमच्या सांभी हा पर्यय निवडत आहे हे सामगरणयावर बाहेरगायली participant खूपच खूप झाले. कारण त्यांचा प्रवासाचा वेळ वाचनार होता, त्यांना ठाण्यात येऊन राहण्याची सोय करायला लागणार नाहीती. रिस्पॉन्स जसा नेहमी वर्कशॉपसाठी असतो तसाच होता पण बाहेर गावते participant जास्त सहभागी झाले. वर्कशॉप चालू असताना खंड पडू नये यासाठी आयपी.एच महून झूठ अंग घेणार झाले. अशा रीतीने आकलनचे ऑनलाईन वर्कशॉप सुरू झाले ते अजूनही चालू आहेत. वाग्येंव फक्त एकत्र गोष्ट, ज्यांनी आही ठाण्यात येऊन वर्कशॉप केले आहेत ते सर्वजन शहयऱ्यकूडून येणारे जेवण आणि नाढ्या मिस करतात आणि आवश्यन आवश्यन काढतात.

माही घरी राहून सर्व काम चालू होते. मी स्वतःसाठी ऑनलाईन योग क्लास जोईन केला. ३-४ महिने सलग केला पण तार टायपिंग काम वाढवणे शक्य झाले नाही. गम्भीर म्हणजेकर डॉक्टरांनी "मन मेट्रिक्या देशात" याचे डीटीपी पण तेहाच सुरू झाले होते. ऑकार, ध्यान, धारणा यांची सांगढ नाही झाली. बुद्धांवर डॉक्टरांचे छान लेख त्यामुळे कामाचा शिर जास्त जाणवत नक्षा. आणि वाहऱ्या गदुवू, चित्राजनक वातावरणासाठी थोडी दूर राहली. डॉक्टरांचा प्रत्येक लेखामुळे खूप वाचाव झाले, शिकायला खूप मिळाले. काही लेख वाचताना स्वतःला त्यामध्ये पठतात लागते. आणि याचा फायदा माझी मोठी बहीण कोविडमुळे सिरियस होती ल्यावेची झाला. आपल्या धारतील सदस्य जेष्ठा आजगरी पढतो त्यावेची त्याची झाल आपल्याला जास्त बसते. यानिमित्ता मला स्वतःला व्यक्त होण्याची संधी मिळाली मूळमूळ डॉक्टर, भैदेही, इ मानस टीम आणि वाण सर बंकूँ.

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

BRAIN POLISH
25th September 2021
(Saturday),
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

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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