



MIND MATTERS

EDITORIAL



"PREM, SNEHA, BHAKTI, KAMA: THE ESSENCE OF LIFE"

The Sanskrit word for love is 'prem', affection is 'sneha', spiritual love and devotion to God is 'bhakti' and sensory pleasure is 'kama'. **Kama is a broad based concept including affection, love, not only of the erotic-romantic kind but encompasses the aesthetic enjoyment as well, such as love for art, music, drama etc. It is parallel to the pleasure principle hypothesised by the father of modern psychology Dr Sigmund Freud.**

The ancient Hindu thought beautifully and logically divides a 100- year life span into 4 quarters- the first quarter being 'Brahmacharya'- being celibate, pure and focused on education and learning. Here love signifies love for parents, teachers, and friends. The second quarter- is the 'Grihasth-ashram', the householder, who engages in professional/economic activity, marries, raises a family and enjoys worldly pleasures. 'Kama' is predominant initially, followed by 'sneha' (affection) and care for family and society.

The third quarter is 'Vanaprastha-ashram', where you start withdrawing from worldly and sensory pleasures and devote more time for spiritual development. Here 'bhakti' is predominant and love for Guru and God become the ultimate aim of life. The last quarter is 'Sannyasa', which means renunciation of material pursuits in service to God. Again 'bhakti' is the initial stage and the aspirant tries to become one with God by devotion and surrender.

Modern neuroscience, psychological sciences will go on researching galore, trying to decode the biology and psychology of love. **But what is needed is a firm philosophy of love, with a set of clear beliefs, convictions and principles to follow, that will make life happier and successful.**

Rita
-Rita Aggarwal.

ROTARY CLUB OF JALGAON WEST

PRESIDENT RTN. KRISHNAKUMAR WANI



"The smallest spark ignites the fire, suddenly a new world awaits"- these were the thoughts that flashed in my mind when I interviewed Rtn. Krishna Kumar Wani, President of Rotary club of Jalgaon West.

He said that DAGMHI is a brilliant concept that began at the right time. DAGMHI motivated him to conduct mental health activities, including the formation of a committee dedicated to mental health in his club. His Club had a long standing association with an old age home called, Matoshree Aanandashram. They regularly conducted health camps and organised get-togethers. This year they spent an afternoon with the residents singing songs, playing antakshari and other games.

The smiles on everyone's faces were truly an indication of how much everyone appreciated the activity he said.

Mr Wani is a businessman and deals with watch retailing. He has inculcated the habit of waking early and going for a walk. He has also done the, "Art of Living" course and attends meetings regularly. He is ably supported by his wife who is a homemaker. He is a people's person and loves making new friends and staying connected with old friends. According to him his friendships make him happy and give hope. His daily stress-buster is listening to old Hindi romantic songs.

He says that DAGMHI is a source of inspiration to all, to focus on mental health. The committee in his Club has been very active conducting seminars and online activities.

He suggested that, if possible, "Mind Matters" can be published in Hindi too, to increase interest in the newsletter. Just an English newsletter may be self-limiting as per his feedback.

**-Dr. Shantala Bhole,
Rotary Club of Nagpur Vision, Director, DAGMHI.**

"LOVE-O-MANIA" : MYTHS OF ROMANTIC LOVE



1) **Love is blind** – Is it? People say this to give or get leverage to unhealthy decisions made in the name of love. But believe you me, love can be immensely patient and tolerant, deeply accepting, but NEVER blind! A lover may turn a blind eye towards the other's shortcomings, but rest assured that he/she is doing so with full visibility and open-hearted acceptance. Not because love is blind. Love sees it all but chooses the person in spite of their fallacies.

2) **Love at first sight** – Wow, so you get those butterflies in the stomach, goose-bumps all over your body, you see only THAT ONE person and the rest of the world just fades away into nothingness, heart pounding in your chest. This is love!! Right? WRONG! It is just a temporary biochemical reaction due to the excitement of seeing someone attractive. This same reaction could have happened if a tiger had walked into the room, you wouldn't assume you have love at first sight with the tiger though, would you? It's just an infatuation. Let it pass!

3) **Opposites attract** – Yeah! For a few months! Once the novelty of the differences fades, tussles start. We are programmed to live in co-operation not in constant competition! So listen to the whole saying – "Opposites attract, but likes adhere!"

4) **We have to share everything**- Says who? Do not put that kind of pressure on love! Sharing something is a personal choice. Love doesn't last if you include too many "haves" and "musts" into it. Let the sharing be organic and natural. If you force it, it is snatching! You cannot snatch stuff and run, in love!

5) **We should be together 24x7**- No darling! Everyone is entitled to some personal space and time! You do know that too much of everything is bad and that absence makes the heart grow fonder? Make use of this knowledge and give your lover some space, time and opportunity to miss your presence, and make your time together more cherished!

Love is a feeling, an emotion and a relationship is a bond which needs attention, care and a lot of hard work!

**-Dr. Geetanjali Jha,
Homeopath, Counsellor,
Chairperson, Reiki council of India, Bhopal.**



LOVE SPECIAL

THE GOOD, THE BAD & THE UGLY OF BOLLYWOOD ROMANCE

CONGRATULATIONS TO THE WINNER!
OF THE REVIEW WRITING COMPETITION!



'Bollywood' a popular name for Hindi(Indian) cinema is more than 100 years old. And from the time of its existence it has been a strong influencer on the people of our nation and world. **The industry churns out roughly 1000 movies annually which are good, bad and ugly!** Idolizing and even worshipping Bollywood actors by common man for their clothes, action, songs, life style is a common trend. Romance in films is a recurring theme and a hot one at such! However, romantic themes, besides the murder and crime thrillers, also have positive, negative and ugly aspects.

Some examples of 'Good romance films' are **JAB WE MET, WAKE UP SID, and AMAR PREM.** These movies portray strong bonds beyond selfish love, working towards the partner's well-being and progress, tolerance of ups and downs, with respect, passion and commitment. This makes these movies morally fit, with good messages, as well as being very successful for the story line, direction and popular songs.

The 'Bad romance films' could be RAANJHANAA, KITES, DEVDAS, MASTI. Such films reinforce eve teasing, bullying, exploiting, regressive gender stereotyping, showing women in sexist light. MASTI promotes lecherous tendencies of married men and portrays wives as nags who deserve to be cheated!

There are enough 'Ugly romantic films' too. Movies such as DARR, JISM, ANJAAM, KABIR SINGH, show women to be raped, black mailed, mentally tortured, by perverse and obsessive heroes.

Though the sole motto of Bollywood especially Romance is just entertainment, they leave a lasting impression on the minds of viewers especially on the younger generations. Good movies define love in modern and positive ways. They make us laugh, love and live in healthier manner. Hence the right choice of movies for youngsters is very important.

**-Manisha Manghani,
Entrepreneur,
RC of Nagpur North.**

LOVING PARENTS

There are many stereotypes when it comes to parents which society tends to enforce. For example, mothers ooze infinite unconditional love for their children; fathers are always willing to take the role of being the rule maker and enforcer. These stereotypes ignore one key commonality between all parents: they are human. They are a culmination of their own experiences, needs, ambitions, and limitations. They simply cannot adhere to a 'one size fits all' definition of what a parent is.

In the 1960's, Diana Baumrind conducted research to study parenting styles and identified four styles: authoritarian, authoritative, permissive, and neglectful. **Authoritative is deemed by psychologists to be the most effective parenting style.** In this, parents hold firm boundaries for their children while being nurturing, supportive and responsive to their children's needs.

D. Winnicott, a Paediatrician and psychoanalyst, spoke of the mother's gaze being a mirror to her infant. If the infant can see himself reflected in mother's eyes, he would find himself; but if the mother reflected her unmet needs and desires, the infant would spend their whole life searching for themselves. In an ideal world, the former reflection would happen 100% of the time. The parent would see the child for their authentic self, and in an authoritative parenting style set boundaries while allowing for their child's uniqueness to shine through. It is crucial to understand that boundaries are essential to keep children safe. However, an authoritative parent could include their children in the decision making of the boundaries. By including them in such important decisions, one is considering the children's perspective, respecting their views, and teaching them life skills which can aid them in their future.

Reflecting children's authenticity and allowing space for it to emerge is one of the greatest gifts parents can give children.

**-Radhika Malhotra,
Psychosynthesis Therapist
in Training. (UK)**

THE NEUROBIOLOGY OF LOVE

From its most primitive yet important function related to the need of reproduction and perpetuation of species to the more evolved forms like altruism, compassion and forgiveness, love as an emotion has evolved with mankind.

Thanks to advanced neuroimaging techniques like functional-MRI & PET scans, we can now describe the neurobiology of love. The most important area of the brain besides the cerebral cortex which is found to be associated with the feeling of love is a circuit called the **Brain Reward System.** It is "turned on" by something we enjoy like eating good food, substance abuse or being in love. It motivates our brains to note that something important is happening that's worth remembering and repeating.

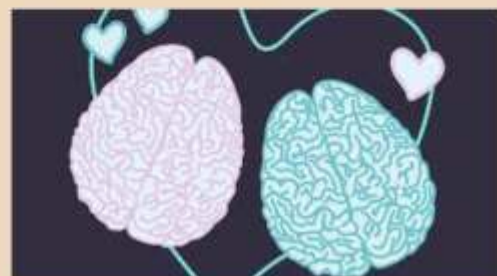
Unfortunately, this area is activated not just in response to romantic love but also feelings of lust, desire and addiction. This can also explain the basis of psychopathologies of love like Narcissism and some deviant sexual tendencies. **Long term happily married couples show strong activation of the mesolimbic area - important for emotional regulation, learning and memory.** This may be able to explain their everlasting love and commitment towards their partners.

All areas of the brain use neurochemicals to communicate with each other. Dopamine is the main neurotransmitter of the Brain Reward System. It is these increasing levels of dopamine which make love a pleasurable experience. Dopamine secretion in the mesolimbic system causes reinforcement of the experience of love and reward learning.

Another neurotransmitter associated with love and pair bonding is serotonin. The fluctuation of **serotonin** levels in early stages of love cause stress and anxiety – what we commonly call as butterflies in the stomach!

The Neuropeptide **Oxytocin** helps develop feelings of care and nurturance towards an offspring thus developing the mother child bond. **It is this cocktail of chemicals acting on the brain at appropriate times that makes us enjoy all the beautiful shades of love.**

**Dr. Rucha Sule Khot,
MD Psychiatry, Nashik.**





LOVE SPECIAL

"FEED THE NEED" –SELF LOVE CARDS

Arti-tude! Manage your Attitude with Arty tools!

Love has different meaning and understandings for every individual and it is subjective too. However, love is the basic core need of human existence as we are all social beings and are interconnected! Love is essentially an energy, which is what connects us, uplifts, soothes us. However, in today's time there is a deeper disconnect between self and a sense of self, in order to fill that gap we seek love from outside and so we have created a chain of co-dependent people in the society all feeling incomplete, broken, discontent and in disharmony. So we

at Artitude- where we create arty tools to manage our attitude, we have a wonderful tool for Self-love where you feed the need that arises within you. As you become aware of your various needs, which are physical, you need to become aware about your emotional needs too. No one usually has had a perfect childhood and many of us had been neglected unconsciously so as we grew, it is our duty to take care of it and make ourselves complete and whole before connecting to others.

We have shared with you these 8 emotional needs and their explanations. As we observe some emotional deficit arise by any situation, you can give yourself this self-love card specific to that need. Identify it, take a pausing, holding it for 5 minutes, and feel your inner child receiving it from you and release all the pent up emotions with your breath. Follow through these 5 steps whenever you need to feed self love.

You can take a printout of the cards, make it on your own and keep it on your desk! Hope these Self-love cards help you to manage your mental and emotional health!

Kavita Saraf, Life coach, Soft skills trainer, Art Therapist

COMPASSION I treat myself with sympathy, affection & love!	FORGIVENESS I have awareness, grace & allowance for my mistakes!
ACCEPTANCE I feel, face & acknowledge my fears & shadows!	APPRECIATION I see all the small wins & challenges I have overcome!
PATIENCE I practice ease, peace & calmness with myself!	UNDERSTAND I see the origin of my emotion, thought & action!
VALIDATE I approve of my needs, wants & desires!	HAPPINESS I create my own joy in this present moment!

FOOD - THE LOVE OF EXISTENCE

Food is art and magic; it evokes emotion and colours memory--Unknown.

For 21-year-old Darshan, food is something beyond everything. He gets emotional when talking about food. His love for food is highly fascinating and complex. It starts from gardening, processing, cooking to eating. He gets annoyed when food is not cooked properly or when there are so many leftovers on the plate. He can talk for hours regarding food's botany, chemistry, history and geography. For him kitchen is a holy place and cooking is an art.

Listening to him always reminds me of the triangular theory of love by Robert Sternberg. The three components of love, he states are intimacy, passion, and commitment. While these components of love make the strongest and most enduring, Sternberg suggests that this type of love is rare. Love, this primal emotion of human race is said to be associated between two individuals. However, this emotional attachment can exist for food, art, pets, and nature also.

I suppose John Lee's - Colour wheel model of Love can be applied for the love of food too. Uma cooks food with passion and also keeps an eye on the health benefits (Eros). However, Raj takes food for granted and just keeps partying and eating without restrictions. (Ludo). For Prasad, food is just a routine and he gradually evolved an interest in foods that were available to him, be it homemade or native (Storage).

While the above 3 makes primary styles of love, there are a few secondary styles of love (eating habits) too.

For Suma, food is a constant obsession. She eats when happy or sad, while feeling lonely or being with her gala gang. (Mania).

But Rama is totally the opposite. she eats only when hungry and being health-conscious, she prefers affordable nutritious foods (Pragmatic / realistic). For Nanda, Food is about donating in shelter homes, religious places and constantly feeding the poor. (Agape / selfless love).

So let our 'food-philia' which started from our mother's bosom as babies evolve into positive style of eating to improve physical, mental and emotional health.

-Dr Sripriya Shaji Ph.D

Counselling Psychologist & Nutritionist, Srisha Counselling, Kerala.

BHAKTI : DIVINE LOVE



'Bhakti', in other words, Divine love is a very powerful medium to realize oneself by showing unconditional love to the deity or the God that you love the most.

Acceptance of a higher power instills fear and leads to moral living to a certain extent. Spiritual upbringing makes one humble and helps in accepting gracefully all that comes in life and never to mourn unnecessarily for what you don't get. All those who have practiced to pray with love to God selflessly become much happier with life and accept higher responsibilities with ease than others.

In the holy book 'Bhagavat Gita', Sri Krishna states that "those who show unconditional love and faith in me, I will always be with them". Going further in spiritual understanding, Bhakti is the easiest way to transcend the limitations of mind. In Bhakti, one forgets oneself and merge with the worshipped God and this 'oneness' is the Final Reality which is without any duality. Every living being is cherished with divine love, be it animals or birds, one can see it when they feed or play with their children. **Love is Divine and it's this divinity which is present in all beings and when one recognizes it in all beings, one becomes God, like Lord Jesus or Sri Krishna who were mere mortals but became God themselves with their understanding of eternal truth and divine love in all.**

Spiritual understanding and pursuit help one to lead a much happier life. Everyone must know the 'Purpose of life' and why they have been gifted with a human birth which is so very rare. If the right understanding of eternal truth is not comprehended in this life, then one has only wasted one's life. Many Saints and scholars have repeatedly been stating that "Love one and all and be happy". **Love is such a powerful weapon that it can move mountains of doubts and unhappiness. Such is the power of divinity that Man gets transformed to God once it is realized.**

**-IPP Murali Raghavan,
RC of Deolali, 3030.**



LOVE SPECIAL

MAD IN LOVE: PSYCHOLOGICAL DISORDERS

Popular phrases such as 'he has become crazy in love, fallen madly in love' have to be taken seriously and not just metaphorically. Let's look at a few of them from a psychological lens so that you can avoid falling into these hell-holes!

One of the most common types are seen in movies and news reports. A girl is pursued by a self-professed lover who cannot take a rejection from the dis-interested girl to the point of bullying, manipulating and stalking her and loud public professions of love! This is an **obsessive love disorder**, where the love-struck person is overly possessive, overwhelmed with love, extremely jealous and crazily follows her making life miserable. Hindi movies like 'Darr', 'Anjaam' 'Dastak' have portrayed the theme.

Another disorder is **Eroto-mania**. This is not very common but nevertheless exists. The person is delusional that some celebrity or a person from high status is deeply in love with them. They keep confessing their love through messages, social media, phone. Stalkers may suffer from eroto-mania.

Another unhealthy love story is about **'attachment disorders'**. Such people are insecure, anxious, clingy, demanding, jealous, possessive and put tremendous emotional demands on the partner. They are incapable of staying alone and rely heavily on the other. The partner may seem like a child and not a matured adult who needs excessive caring, love, attention and appreciation to the point of frustration.

Watch out for these tendencies in your-self to check yourself and as well as the other to safeguard against toxic relationships. Get out of toxic relationships as fast as possible once you are able to see behind the sweet loving MASK.

**-Rita Aggarwal,
Consultant Psychologist. Nagpur.**



NARCISSISM Vs. SELF LOVE

Mr. A is a 24-year-old, single male, popular among his colleagues but does not have close friends. He boasts about his family's wealth, privileges and status. He boasts about how smart, witty, "special" he is and has the ability to convince and manipulate people for his needs. He often used online dating services, however, would not be able to maintain any relationship beyond a few weeks as he would get easily irritated, angry at them, when they would do things against his wish ending in breakups. After sulking and drinking, he would get back to his normal ways.

Although Mr. A sounds like a normal typical young adult, these personality traits constitute a certain type of personality called "Narcissistic Personality Disorder" (according to Diagnostic and Statistical Manual-5/DSM-5).

1. Boasts about his qualities and having a sense of superiority over others.
2. Has the ability to manipulate others.
3. Does not have any trustful, close relations.
4. A need for excessive admiration.
5. A need for unlimited success, power, beauty, ideal love.
6. Sense of entitlement/inflated self-worth.
7. Arrogant behavior.
8. Are unable to recognize own/others feelings.
9. Often envious of others.



This ultimately has an impact on their work, relationships with other or other areas of functioning. **With the advent of social media and the 'selfie' culture, the me, myself obsession/narcissism grows bigger, says research.**

What is positive self-love, if narcissism is 'unhealthy self-love'?

Some traits are -awareness of one's strength and weakness; acceptance of one's self completely; willingness to work towards a better version of self; feeling empathetic towards self and others; ability to recognize and acknowledge one's emotional needs (healthy and unhealthy); respecting one's physical, mental, spiritual and emotional space; ability to maintain healthy boundaries with others.

It is definitely possible to recognize unhealthy parts of our personality, seek professional help from a psychiatrist/ counselor and make changes that can make you a healthier, happier version of yourself!

**-Dr. Devika Patil,
MD Psychiatry. Aarambh Mental Health Clinic.**



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