

EDITORIAL



Strangely, more than a decade ago, World Health Organization (WHO) had predicted that the year 2020 will be the year of 'depression' and that it would be the second leading cause of death and disability after cardio-vascular diseases (CVD). Little did the WHO know then, that Covid-19 pandemic would strike humanity globally, leading to the doubling of the disease of depression and death. A decade ago, a silent pandemic in the field of mental illness was already brewing worldwide as suicides rates were going up alarmingly every year. In spite of material prosperity and technological advancement humanity was suffering within silently. The stigma was so huge that it was sacrilege to talk of 'mental' problems. Parents were afraid to consult a psychologist for the emotional disturbances of their children. Children did not want to be labelled 'mental' if they were referred for counselling. People preferred to suffer silently till matters exploded.

Responding to the pandemic induced mental health needs, District Action Group on Mental Health Initiatives (DAGMHI) of RID 3030 started a district level program on 'First Aid Depression' for the Officers of the 95 Clubs. The response was heartening as members volunteered to offer their time for training in 'Basic Counselling Skills' to tackle mild depression and common

mental ailments among the general population. The momentum of programs picked up as several Clubs joined in to organise seminars, webinars on emotional health, emotional well-being, building mental health and mental immunity and so on. We forget in the 'rat race' of life that the biggest wealth we have is mental health and not money and materials.

We forget that our MIND is nothing short of a Miracle. The mind has immense powers to heal you and your body and at the same time has the power to destroy you! Understanding the powers of the mind helps you to take care of it properly. As we exercise, sleep and eat good food for the body, we need to enhance the powers of the mind too on a daily basis. We need to be aware of our needs and expectations, regulate the emotions, reflect and meditate to raise our consciousness, be empathetic and compassionate towards self and humanity. The pandemic has taught us that as humans we either 'die together' or 'survive together'.

Live with hope and love,
Best wishes,

-Rita Aggarwal.

News from Global RAG on Mental Health Initiatives



JOIN THE INTERNATIONAL CAMPAIGN! MARVELOUS MOMENTS IN MAY!!

By Rotary District 5360:

Rotarians4MentalHealth (Western Canada within Alberta and Saskatchewan)

"An Emphasis on Facilitating Mental Health through Appreciation and Gratitude"

As People of Action, the focus of Rotarian4MentalHealth (District 5360) is to address the mental health and wellness for Rotarians and the community through Practical, Creative and Innovative Actions.

One way to take action to maintain and regain our mental health is to recognize, appreciate and celebrate what's right in our world. This has led to the introduction of the Rotarians4Mental Health, Marvelous Moments in May campaign, where we highlight things that we see in our daily lives that make us happy – and share them with others.

Our goal is to mobilize each Rotarian in the district as well as Rotarians around the world to send in at least one moment of appreciation during the month of May. We would to create a wave of marvelous moments that moves across the internet, we will positively impact many lives and become a pillar of support for people's mental health as we expose them to the happiness in the world around them. So please send in your pictures, comments, quotes or videos (under 30 seconds) of things that make you happy. Sharing these marvelous moments will impact your mental health and may have a positive impact on someone else's life and overall community wellness.

The campaign is led by Dwaine Souveny, Velma Noble, Christine Rendell and Dan Doherty.

Please submit moments to r4mhmarvelousmoments@gmail.com

(Interested Rotarians can visit the website of RAGMHI and become members and avail resources. www.ragonmentalhealth.org)

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READERS MAY SEND QUERIES TO THE EDITOR ON
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DECODING



QUESTION DEPRESSION

Question Depression

Sadness, feeling down, and having a loss of interest or pleasure in daily activities are familiar feelings for all of us. But if they persist and affect our lives substantially, the issue may be depression. These problems can become chronic or recurrent and lead to substantial impairments in an individual's ability to take care of his or her everyday responsibilities.

It can affect adults, adolescents, and children.

Causes of depression-

Depression varies very much from person to person and can happen because of one or more reasons. Occasionally it may appear for no obvious reason.

Traumatic or stressful Life events.

Physical conditions like illnesses.

Genetics

Drugs and alcohol consumption

Poor Diet.

Symptoms

Not everyone who is depressed experiences every symptom. Some people experience only a few symptoms. Some people have many. The severity and frequency of symptoms, and how long they last, will vary depending on the individual and his or her particular illness.

Symptoms may also vary depending on the stage of the illness.

- ◆ Mood: anxiety, guilt, hopelessness, loneliness, loss of interest, loss of interest or pleasure in activities, mood swings, panic attack, sadness, or emotional distress

- ◆ Behavioural: agitation, excessive crying, irritability, restlessness, self-harm, or social isolation

- ◆ Sleep: early awakening, excess sleepiness, insomnia, or restless sleep.

- ◆ Cognitive: lack of concentration, slowness in activity, or thoughts of suicide, depression or repeatedly going over thoughts

How can one overcome it?

An important thing to accept is that there are usually no instant solutions to problems in life. Solving problems involves time, energy and work. When you are feeling depressed, you may not be feeling energetic or motivated to work. But if you are able to take an active part in your treatment, it should help your situation.

- ◆ Break the cycle of negativity

- ◆ Be active

- ◆ Connect with people



Medication

- ◆ Seek help from a professional Psychologist.

Who goes through it?

They is no age barrier or any criteria that a specific person can suffer from depression. A child, an adolescent, an adult or an old person can go through it. However the reason might differ.

Conclusion

Depression is a mental disorder that is pervasive in the world and affects us all. On an individual, community, and national level, it is time to educate ourselves about depression and support those who are suffering from it and break the stigma around it. Lastly, understanding the problem does not mean it has been solved. You should help in the fight against depression because it saves lives. Having or not having depression, you must take action. We must take action now before it gets too late.

Nidhi Maheswari,

Upcoming Psychologist, Founder of MindChology, Mumbai.

BRAIN



SCIENCE

Depression is multi-factorial, which includes stressors and vulnerability or predisposition to depression. Vulnerability is due to 3 major factors called bio-psycho-social hypothesis of depression. Research says depression is due to dysfunction of neurotransmitters in the brain and not a consequence of psychological weakness. As per monoamine-deficiency theory, basis of depression is depletion of neurotransmitters like serotonin, norepinephrine & dopamine in brain. Other Psycho-social factors include, family & social relationships, social support, education, socio-economic status, emotional development, personality factors etc. play a vital role in the causation of depression. Even family history & suffering from major illness like heart disease, cancer etc., and stressful events like divorce, death of loved one, etc. can trigger depression in anyone.

Signs & Symptoms of depression vary from person to person. 2 key signs are loss of interest in things you like & constant sadness. Along with, frequent anger outbursts, hopelessness, helplessness & worthlessness, loss of self-confidence, disturbed sleep & appetite, indecisiveness, neglecting responsibilities are some of the other signs. In severe cases person may have suicidal ideas & thoughts of harming self. Depression may present with un-explained physical complaints in form of frequent headache, bodyache, stomachache, indigestion or change in bowel habits.

Studies show that chronic untreated depression can lead to more concern in older life. Even severe depression can be treated. Earlier the treatment, more effective are the results. Depression is usually treated with medication, psychotherapy & counselling. If these treatments do not reduce symptoms, ECT & other brain stimulation techniques may be used.

WHO claims, depression to be second largest cause of mortality in future. So mind it before it's too late!!!

-Dr. Snehal Nimbhorkar

MY STORY

"Yeh Hai Zindagi"

Anonymous, Chandrapur.

I was born in a middle-class Marathi family where parents taught me to respect each and every elderly person which turned out be big mistake. I did not understand how to voice over wrong touch, and they abused me physically in the absence of my parents. There were two men known to the family whom my parents trusted. My own sibling (Brother) tried to abuse me while sleeping when I was middle school. My parents were simple and completely unknown by the fact that I was assaulted, sexually abused by my own cousin uncle. They sent me with him to his office for fun games on computer and he tried his own tactics and techniques. I escaped and joined coaching for IIT, but failed to match up to the environment and came back and wasted my one academic year. I started drugs at age of 17 and was a chronically aggressive person who used to beat my own parents. My parents tried to take me to the mental hospital at Nagpur for recovery which was suggested by the psychiatrist. I cursed them for not taking care of me as this experience made me to go through hell. This physical exploitation from when I was only four years of age have disturbed my mind like hell as I became promiscuous and did not know my boundaries. I was badly depressed and could not focus on my studies. I was intelligent but very angry, hurt and sick. I would never be able to concentrate on education and kept getting attracted to boys. My mom took me to the local educational counsellor for my severe depression and then the recovery journey started. It's been 10 years I started medication and psychological counselling and continue taking professional help. I have completed my BE and MBA from a reputed college but I am still trying my best to become like a normal person of my age. I am not depressed any more but the scars still hurt.

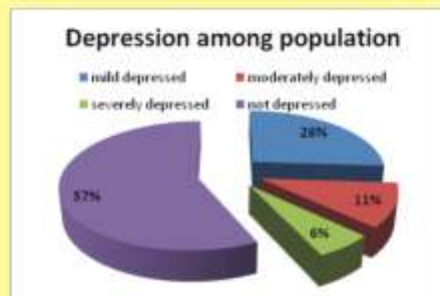
F-actual

◆ World Health Organization estimated- one in seven Indians suffered from poor mental health and labeled the country the most depressing country in the world.

(<https://www.nationalheraldindia.com/opinion/worlds-most-depressing-country-is-facing-a-mental-health-epidemic>)

◆ Women are more prone to depression than men. The most depressed class in pandemic is students. Health professionals and thirdly researchers and fourthly people in corporate jobs. ("Depression, Anxiety and Stress Among Indians in Times of Covid-19 Lockdown" published in Community Ment. Health J. 2020 Jun 23 : 1-7)

◆ One in 10 people (10%) aged 60 and above have 'probable major depression'. (<https://www.business-standard.com/article/health/around-75-of-elderly-in-india-suffering-from-a-chronic-disease-study->)



A new study by GOQii, preventive healthcare platform, surveyed over 10,000 Indians to understand how they were coping with the new normal.

(<https://timesofindia.indiatimes.com/india/43-indians-suffering-from-depression-study/>)

PSYCHE TIP

HOPE:

The "hope theory" by positive psychologist Charles Snyder says- hope gives people the will, the determination and sense of empowerment that allows them to reach their goals. Hope is an emotion characterised by positive feelings about the immediate or long-term future. Often hope is coupled with high motivation, optimism and a generally elevated mood. Hope brings the belief that things will work. Hope teams with faith and believes in the impossible. Keeping hope and being open to ideas, is the way a person should deal with depression. Never allow hopelessness to creep in.

reach out

Q: I am pursuing my career in MBA, I live in metro city, recently I have started feeling very sad and I cry frequently at times without any reason. I have become irritable. I cannot focus on my studies, I do not want to talk to anyone. These days I usually have been locking myself in a room as I cannot tolerate my siblings around me. This lockdown is weighing on my mind, please help me.

A: Dear Priyanka, yes as we are not in a position to carry on our normal routine, this lockdown has created problems for most of us. Lockdown has affected children and adults equally, but I understand that students are the worst hit. No socialization, encroachment on personal spaces is also adding to the miseries. The description indicates presence of depression very clearly. You mentioned that you feel sad, here if this emotion is experienced as a response to some life situation one can understand the reason behind it, but as you say that you cry even without any apparent reason -- then I must tell you that it requires attention. It is recommended that you immediately contact any Clinical Psychologist for getting yourself assessed and also should take Psychotherapy. Depression is a very common mental disorder; as common as cough and cold; but it is recommended that you take help immediately. Feeling aloof and irritable, not being able to concentrate are typical symptoms of depression. While treating depression we usually suggest to take up few sessions of counseling so that the negative thinking patterns or aberrations in thought processes are addressed properly. Remember pandemic is a temporary phase. We are depressed not because of circumstances; but the analysis of the facts makes us either happy or depressed. Do not let others control your moods, inculcate attitude of contentment, you will feel much better.

(Readers can send their queries in 100 words to, mindmatterseditor@gmail.com)

-Dr. Swati Dharmadhikari

BEING IN HARMONY



"Beat The Blues"

Let me walk you through how to deal with depressive moods effectively:

- ◆ Self-care: feeling fit helps to come out of depressive moods faster,
- ◆ Get enough sleep: 7 to 8 hours sleep daily,
- ◆ Take care of your diet: more vegetables, fruits and nuts,
- ◆ Regular exercise,
- ◆ Reduced intake of stimulants: black tea, coffee, alcohol,
- ◆ Take time out in a week for a different activity to break the routine.

Along with the above, there are natural herbs that are helpful:

- ◆ Ashvagandha: 4000-year-old herb, can be consumed in powder form, tablet or liquid.
- ◆ Chamomile: can be consumed in variety of forms as tea, liquid extracts and capsules.
- ◆ Pudhina (Mint): consume it as a herbal tea,
- ◆ Lemon balm: lemon scented herbs found throughout the globe. It can be consumed in the form of tea, capsule, powder.

In addition, regular practicing of some simple yoga asanas and breathing techniques are very helpful:

Breathe: inhale through nose and a longer exhale. Repeat 10 times.

Child pose (Bal Asana)– 10 times

Corpse pose (Shav Asana)– 3-5 minutes

Cat pose (Marjari Asana) - 10 times

Easy pose (Sukh Asana)– 3-5 minutes

Happy baby pose (Ananda Bal Asana)– 3-5 times

Alternate nostril breathing (Anulom Vilom)– 15-20 times

Regular, repeated practice of above techniques will give you higher energy levels, stronger will power, high self-esteem and happiness to stay in peace and harmony.

-Deepa Aggarwal



Bal Asana - Child Pose



Shav Asana - Corpse Pose



Marjari Asana - Cat Pose



Sukh Asana - Easy Pose



Ananda Bal Asana - Happy Baby Pose

DISTRICT ACTION GROUP ON MENTAL HEALTH INITIATIVES

The DAGMHI Board.
 Congratulations!!
 President -Dr. Aabha Pimprikar- RC Nasik Grapecity
 Vice president-Dr. Kalpana Date- RC Nagpur
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We invite all Rotarians to become members of the Action Group.
 CONTACT: DEVANG SHAH ON MOBILE NO. 9422284685/ 7020081613.

CLUB REPORTS

17 April 2021. "Gripping Anxiety"

Dr Rucha Sule, a psychiatrist from Nashik spoke on Anxiety. She covered topics like- what is the meaning of Anxiety, positive and negative effects of Anxiety, things that build stress and anxiety, Anxiety as an illness, Anxiety among Senior citizens and Children. As an antidote, we had a second speaker, telling about how to remove blockages from throat and heart chakra. Dr Smita Ghosh, psychologist from Ahmedabad gave a live demonstration of how to heal and cure our throat and heart chakra. The two guests speakers were introduced by DGND Asha Venugopal and Rtn. Abha Pimprikar. The question and answer session was conducted by Rtn. Rita Aggarwal. The program was organised by Rtn. PP Durga Sali of RC Nasik Grapecity.



30 April 2021. "Covid Anxiety"

Rotary Club of Nagpur Downtown and Rotary Club of Nagpur North, hosted a joint meeting on "Covid Anxiety". Dr. Neha Salaskar, the guest speaker, was interviewed by Dr Pratiksha Mayee. Through a series of questions, Dr Neha explained how the covid pandemic has given rise to anxiety in all age groups. She shared some useful tips for making life style changes, cultivating a positive attitude and staying away from all the things that hinder happy thoughts. She stressed that mental wellbeing is a super power and that people suffering from anxiety symptoms should see a psychologist or psychiatrist and seek medical help without delaying the visit. The meet was attended by PDG Tony Sharma and other Rotarians from RI Dist. 1130, UK.

