



MIND MATTERS

Rotary
RID 3030 India

Action Group on
Mental Health
Initiatives

MONTHLY NEWSLETTER OF THE DISTRICT ACTION GROUP ON MENTAL HEALTH INITIATIVES

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EDITORIAL



"The Paradox"

The pandemic threw up many challenges. One of them was the disruption of education, as schools and colleges were

forced to shut down and resort to e-learning. Online education made it imperative to provide every child with internet access either through smart phones or laptops. This increased the 'internet time' of the students for 3 to 4 hours daily. No one was sure that the student was focused only on learning and not engaging in distractions on the sly! While the teacher could see the presence of the child online, she could not see whether his fingers were busy chatting on WhatsApp, trying to know the score of the ongoing cricket match! Neither could the parent keep track of the child during online learning. Children demanded more internet time after class because 'home work' had to be downloaded! **Supervision of the child was becoming a challenge for parents.** With the advent of the extra internet time also came the social media! Children resorted to social media for communication and support. Many more apps became accessible to them, video games, dating sites, movies, u-tube and the likes.

Besides the negative impact on discipline, habits and mental health, it had an adverse effect on the health of their eyes. Rtn. Dr. Rishikesh Mayee, an ophthalmologist, conducted a research on "**Comparative analysis of myopia progression in children in pre-pandemic and pandemic period**". 58 children, aged 11 to 15, from Nagpur city were studied. **The rate of progression of myopia was more in pandemic and more among girls than boys.**

Stay safe and fit!

Rita
Rita Aggarwal

ROTARY CLUB OF NAGPUR VISION PRESIDENT RTN. VIKRAM NAIDU

President of RCN Vision, Vikram Naidu, MBA, Symbiosis Institute of Management, Poona is happily married to Shalini, MA. Economics, Madras University. They are blessed with two children Dr Avantika, Post Doc - Harvard University, Boston and Prithviraj, MS. Santa Clara University, California.

Vikram was part of his family Automobile business distributing buses, trucks, auto-parts. Presently, he works as a Business Consultant in the field of Solar Power & Industrial Automation.

Mental Health Mantra: Vikram has always been an early riser, an outdoor person who loves to play Tennis and Golf. He is fond of gardening and nurtures a rooftop garden. After a glass of warm water with honey, lime juice, pinch of powdered spices he enjoys a heavy breakfast of Idli, Dosas, Wadas, Upma. He does half a day of field visits, meeting clients, review ongoing projects or simply networking for business or Rotary.

'DAGMHI is a wonderful initiative of RI Dist.3030', he says. He is extremely happy to witness this new project make an impact. 'We as citizens watch and follow a herd mentality, for example, the pursuit of Engineering or Medicine, our youngsters are pushed into and in-case the marks are not good, left dejected. We are now experiencing many individuals pursuing their dreams even at the cost of giving up promising careers'. In short, what he means to say is "Mind Matters" at every stage in life, be it for seeking counselling, advise, reviewing of doubts, etc. The past 2 years saw a whole lot of changes due to the pandemic. Ongoing initiatives like the ones being taken up in Mind Matter are going to play a very important role and will be popular", he says confidently and encouragingly.



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

CLUB REPORTS

Celebrating World Mental World Day'

9 October 2021 --"Effects of Covid on studies and learning"

Rotary Club of Nasik Grapecity co-hosted by RC of Nagpur under the banner of District Action Group of Mental Health Initiatives, invited Dr. Ashish Deshpande, reputed psychiatrist from Mumbai. He was introduced by Rtn. Anil Deshmukh, President RCN Grapecity. The webinar was open to interactors, parents and teachers from District 3030 and was attended by 95 participants. Dr. Deshpande said that 30% efficacy has gone down during online learning as there are many distractions, technological limitations and lack of discipline amongst students as compared to offline school learning. Physical schooling is a must for optimum learning and balanced growth of the students. Rtn Kirti Chande was the MOC. Dr Harish Warbhe, Director Medical Committee (RC Nagpur) introduced the speaker Dr Ashish. DGND 2024-25 Rtn. Rajinder Khurana was the chief guest. Rtn. Rita Aggarwal District chair RAG, moderated the Question Answer session. Dr. Aabha President DAGMHI RID 3030, proposed the vote of thanks.

10 October 2021-"Ask the experts - Panel Discussion"

The three panellists were Dr Rita Aggarwal Psychologist and Director Global RAG on Mental Health Initiatives, Psychiatrist Dr. Pritam Chandak from Nagpur and Psychiatrist and IMA Nashik President Dr. Hemant Sonanis. Rtr. Krutika Thakare, General Secretary Rotaract Club of Yashwantrao Chavan College of Engineering, Rahul Pansare President Rotaract Club of Nasik Grape Valley and Pavitra Karwa Secretary Rotaract Club of Nasik Grape Valley introduced the experts. Dr Pratiksha Mayee, Secretary DAGMHI, gave the introductory remarks. The chief guest for the event was Dr Anand Jhunjhunwala, DGN, was introduced by DAGMHI President Dr Aabha Pimprikar. The panel discussion was moderated by Dr Aabha Pimprikar. 98 Rotaractors from District 3030 attended and were benefited by the discussion session. Rtn. IPP Pankaj Agrawal, Director DAGMHI, from Achalpur expressed the vote of thanks.

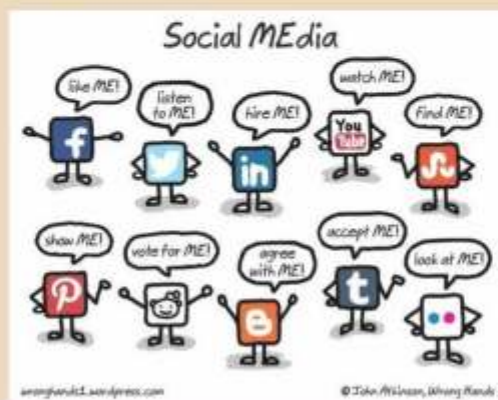


SOCIAL MEDIA SPECIAL

OVER-USE OF SOCIAL MEDIA

Many researches and studies of the effect of social media on Psychological well-being have been done. The excessive and compulsive use of these sites results in **-feeling of missing out, increased feeling of Inadequacy, self-doubt, increased self-centred behaviour, impulse control problem**, which in turn leads to serious mental health issues like Depression, Anxiety and many times life threatening behaviour. The **active user displays lots of self-centric behaviour- they lack impulse control, there is approval anxiety, specially after posting personal information**. There is constant urge of going back and forth to check the number of likes, comments, how many and who all have commented etc. Greater like's leads to euphoric state and the same individual may suffer from low moods and anxiety if otherwise. There is masking of real emotions which is a serious threat to ones inter and intra-personal relationship.

The typical traits seen in **passive users are that of feeling of missing out, self-doubt and feeling of inadequacy especially while monitoring others accounts**. These feelings ones again lead depression, anxiety, and self-harming behaviour. These sites are overloaded with information, there is constant inflow of messages, news from



everywhere around the globe leading to **'Digital overload'**. There has been increase in cases of cybercrime and exploitation of personal information. The excessive use of Social media could also be masking pre-existing underlying psychological problems. The population that could be at high risk and could fall prey is that of teenagers. As per Erick Erickson stages of psychosocial development, adolescents and youth, go through identity vs role confusion and intimacy vs isolation conflicts. Misinformation, display of fake emotions and fake relations add on to their confused fragile minds. Two highly recommended movies to watch are, **'Social Dilemma'** (how one falls into the trap of sites) and **'Searching'** (how the use can help trace and save a life). Hence social media, 'like a knife can be used to inflict pain or to carve a better future, to be socially just and responsible'.

Kunali Muchhala,
Clinical Psychologist, Mumbai.

MOBILE ADDICTION IN TINY TOTS

Good health is above wealth, and be very careful about our children's mental health. Children are becoming addicted to cell phone and they cannot do without it. There are many dangers associated with cell phones. A cell phone can affect their learning process, can interfere with their ability to sleep, can prevent from learning to cope in real life situations.

Effects on mental health:

- Academic performance.
- Effects of Inappropriate media consumption.
- Sleep Disruption.
- Affects brain activity.

How to keep your toddler away from the cell-phone:

- Avoid using it in front of toddlers.
- Spending more time with your tiny tots.
- Be a good role model.
- Encourage outdoor activities.
- Turn off the internet when not in use and disable notification.



Limiting screen-time:

The American Academy of Pediatrics suggests that, children younger than 18 months old should not be exposed to any kind of screen time. Parents of 18-24 months old should not allow their kids to watch anything alone. For children age around 5 years, should be allowed to watch only educational, non-violent programs. Too much screen time for toddlers **may lead to unhealthy behaviors growing up**. Researchers believe that children are more likely to be affected by mobile phone radiation than adults. Although a smartphone is truly of a convenience if we know how to judiciously regulate its' use.

-Lavina keswani
Asstt Professor, English, Nagpur.

CYBER BULLYING

Cyber Bullying is bullying or harassment using electronic means. It has become increasingly common, especially among teenagers, as the digital domain has expanded and technology has advanced. Cyber bullying is when someone usually a teenager, harasses others on digital spaces, especially on social media sites. Harmful bullying behavior can include posturing rumors, threats, sexual remarks, a victim's personal information or pejorative labels. Bullying can be identified by repeated behavior and an intent to harm. Research has indicated a number of serious outcomes of cyber bullying victimization. **Victims may have lower self - esteem, increased suicidal ideation, and a variety of emotional responses, including being scared, frustrated, angry, and depressed.** Cyber bullying may be more harmful than traditional bullying, because there is no escaping it. One of the most damaging effects is that a victim begins to avoid friends and activities, which is often the very intention of the bully. **Cyber bullying campaigns are sometimes so damaging that victims have committed suicide.** Cyber bullying is an intense form of psychological abuse and victims are more than twice as likely to suffer from mental disorders compared to traditional bullying. Research also demonstrates that it negatively affects young ones to a higher degree than adolescents and adults. Children are more likely to suffer since they are still growing mentally and physically. Most of the time cyber bullying goes unrecognized: the younger generation hides it and hence it continues or gets worse. **Between 20% to 40% of adolescents are victims of cyber bullying worldwide.** Child victims feel lonely, depressed along with having significant changes in their eating and sleeping patterns as well as loss of interest in their normal activities. These changes will affect their growth and development into adulthood and psychological health. There have been a number of suicide related to bullying on these platforms in different countries.



-Dr.Sijohn Kuzhickattumyalil. Ph.D
Psychologist, Asst Professor, Dept of Criminology and Police Science,
St.Thomas College, Thrissur, Kerala.



SOCIAL MEDIA SPECIAL

CYBER 19 - A MENTAL HEALTH PANDEMIC

When the pandemic hammered us hard, restrictions imposed caged us in our homes and we started seeking 'uninhibited life' in the virtual world. From the young to the elderly everyone wanted to 'stay connected' for easing stress, anxiety, depression, boosting self-worth and for fun. Even though it wiped the mist of loneliness to a great extent, there were waves of mental health disorders slowly tiding against us and catching us unaware.

Narcissism: Suma, an MBA graduate, started posting a row of selfies daily on her page. She began to pour her rational inner feelings in her write ups and insidiously moved towards glorifying herself and idolizing her image.

Morbid-jealousy: Raghu, a well-settled middle age man, started feeling insecure and morbid jealousy, seeing airbrushed portraits, success stories of his friends, and made him question his self-worthiness.

Fear of missing out (FOMO): Narayanan, a retired man, was compelled to pick up his phone frequently to check for updates and notifications. His compulsive behavior transformed him to an obsessive person and eventually ended up with snubbing his real-world connections. In the case of Ria, a software professional, the fear of missing out led to social media addiction.

Cyber bullying: A growing criminal mental disorder, is impacting mental health of young victims and their families. Stories of teens with emotional scars are rampant. Neethu finally lost her life.

Isolation, Loneliness and Depression: Sharadha, a young mother on maternity leave, kept scrolling through posts and anonymously followed others to combat isolation. Ironically it only increased her withdrawal from family and depressive symptoms.

Anxiety and Security blanket: Little Nived, when present among his family or friends, immediately turns to android and hides himself in media and does not know how to have a face-to-face conversation. There are lot more psychological problems which may remain with us even when corona is successfully battled out. And the vaccination is..... SELF AWARENESS AND SELF CONTROL.

-Dr. Sripriya Shaji, Ph.D.
Psychologist, Nutritionist,
Srisha Counselling, Kozhikode, Kerala.



AVERTING SOCIAL MEDIA ADDICTION

Avoiding social media is not something which can be achieved overnight but the tips I will mention below will surely help you get rid of it in a long run. Here are some of the steps to be taken seriously:

Keep your phone away: Make sure that while you sleep you keep your phone away and not beside you so that you don't start using your phone the minute you wake up.

Set screen limit: You can decide the number of hours you want to spend on a particular app, once the limit is set, the app will constantly remind you that you have exceeded the limit.

Keep yourself busy: We all tend to use social media out of boredom. So if you keep yourself busy all the day you get no time to use it. This can be done by planning your day beforehand.

Turn off notifications: Turning off your notifications can help you to a great extent as you won't be distracted by the new notifications that you receive every now and then.

Keep your phone low on battery: If your phone is low on charge you will try saving your battery as you may need it in case of emergency which will ultimately help you to avoid your phone.

Practise meditation: Practising meditation can help you calm your mind and will make you mindful.

Try implementing these and make them a part of your daily life. And in case you still find it difficult to keep away from social media it's never too late to seek professional help and improve your mental health.

Sakshi Kothari,
M.A Psychology, Nagpur.



CYBER SECURITY

We all carry different personality on virtual world. Some are aware of the profile they are creating but most are unaware. The virtual personality is created by your accounts, their contents, posts; comments, visits to sites, online purchases, etc. Digital advertising, marketing companies, online traders, criminals, hackers and social media sites benefit from this data. To safeguard yourself follow some precautions:

- Keep personal information limited
 - Use privacy settings on
 - Practice Safe Browsing
 - Use secure internet connection
 - Use antivirus, update it regularly
 - Create strong passwords
 - Make Online Purchases from Secure Sites
 - Be careful what you post or download, who you meet & chat with online
- Be safe online, protect yourself & others from online harm.

--Priya Zoting
Counsellor, Psychotherapist.

HUMOUR



exo



SOCIAL MEDIA SPECIAL

SOCIAL MEDIA CONSCIOUSNESS

This article will look at the benefits of social media. Yes, there are benefits of social media. If used consciously, social media can be a major asset to many, including businesses. With appropriate use, social media is the best ally any business owner can have. Social media provides global outreach at the touch of a button. With this power to influence uncountable minds of all age groups, must come consciousness. A willingness to promote messages for the greater good.

You may be aware of the sneaky impact advertisements can have on our impressionable minds. Imagine how much more forceful this impact is when people open social media unconsciously. There is a running joke with serious undertones that social media is the new fridge: one opens it to check if anything new has appeared but closes it only to open it again in five seconds. This mindless gorging of online content can have adverse effects on consumers. The trouble is that businesses know this. They know how often people use social media; extensive research has been done on how to attract audiences.

However, if a business thinks of the greater good, this mindless consumer gorging may help the consumer. With the recent lockdowns, a lot of professionals have taken their subject knowledge online and have gained popularity within one year of posting videos on TikTok, Instagram, and other platforms. An example is a British psychologist who during the first COVID lockdown began using such platforms to spread information about issues such as anxiety, self-confidence, gaslighting and more. She has gained over 2.7 million followers on TikTok alone, this has launched her career as a psychologist to heights that were probably unattainable without social media, especially during a national lockdown. Imagine how many minds she is helping simply by using social media consciously.

Radhika Malhotra
Psycho-synthesis Therapist in Training, London. (UK).



CASE STUDY ON MOBILE ADDICTION

Mobile phones have played an important role in everyone's life since the past few years but with pandemic into the scenario it has become popular among teens too. Have you ever felt that you are unable to sleep or you can't stay still without checking your phone? If yes, you have probably become a victim of mobile addiction like lavishka is.



Lavishka is a student of Class 9. She used to be a very bright student, good at her academics, dance and sports too. She used to play basketball and represented school many times. She kept herself busy all the day with her classes, and spent rest of her times with family and friends.

During the pandemic classes went online. Instead of spending hours on the basketball court, she started spending hours on her mobile phone, making friends on social media, playing games and what not. Her grades have scaled down, she is anxious all the time and can't stay away from phone for a long period. She feels phantom vibrations, texts more, feels lonely without her phone and even gets restless if her phone is not charged. Lavishka's mother told her friend and that was when she was told to consult a psychologist who can help her out of this evil trap of mobile addiction. If you find similar symptoms in your child feel free to consult a therapist because your rants may not help your child but a therapist definitely will.

Sakshi Kothari,
M.A. Psychology, Nagpur.

Arti-tude!

Manage your Attitude with Arty tools!



SELF JOURNALING

A wonderful tool to overcome
social media addiction!

Internet Addiction as we all know is being online more than required and unable to regulate the time we spend online, we engage in non-productive activities like constantly viewing videos, browsing, scrolling, seeking, searching and so on. A part of Internet addiction is Social media addiction, wherein you seek to connect with random people as friends or potential mates on various social platforms like Instagram, Facebook, WhatsApp and other messaging and dating sites. It is a very common trend and seems very normal especially during this global crisis.

In Artitude we have developed a tool of Self-journaling to overcome this addiction. Journaling is the process of putting everything in a journal or a diary. We often did it in the form of a scrapbooking our childhood days. Self-Journaling is similar, in this, you put all your feelings-emotions, your likes-dislikes, incidents-experiences, your disappointments-desires, blessings-abundance, your reflections-insights in a verbal and a nonjudgmental way. It can be in bullet or paragraph form. You can get creative with it too and express further by using various colourful pencils-pens, adding stickers-photos, scribbling-doodling, adding threads-beads and so on. It can be as unique as you and your style. You can start by journaling at least for 10 minutes in a day, you will start enjoying the process as you allow yourself to flow with it and express yourself, your connection and awareness with yourself will increase. As you commit to doing it for at least 21 days in a row, it will slowly become a wonderful habit.

Self-Journaling is magical tool and needs to be experienced for its cathartic experience. It helps us become whole and complete without the need of outside validation and hence you will attract healthy relationships too. Hope you start Self-journaling soon if you are struggling with social media addiction.

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