



# MIND MATTERS

## EDITORIAL



### FIRST ANNIVERSARY!!

We are proudly happy that we have completed one year of MIND MATTERS an e-newsletter on mental health. The circulation is more than a hundred thousand as it goes across the Rotary Districts in India, USA, UK, Nigeria, Canada and others. It also goes to thousands of college and school students via WhatsApp groups and emails. We would like to further expand the circle of readers across the globe. Rotary is truly a global family!

It's time to look back and say thanks to our Rotary Leaders who inspire us, motivate us to move ahead. RI President Shekhar Mehta graciously spoke to me on zoom and congratulated our Team. PDG Bonnie Black, Chair- Rotary Action Group on Mental Health Initiatives (Global), and the Board of Directors was a huge support in the formation of the first ever District Action Group on Mental Health Initiatives in D3030. Our gratitude to the Past District Governor 3030, Shabbir Shakir for extending full cooperation to our team. And a huge loving salute to the three Past Presidents who gave us the muscle and nerves to go ahead! Thank You PP Jatin Sampat, Rotary Club Nagpur Vision, PP Sandeep Dhodhapkar, RC Nagpur and PP Nishikant Kashikar, RC Nagpur Downtown. We lovingly acknowledge the contribution of writers, psychologists, psychiatrists, counsellors and other mental health professionals, across the country and globe, mostly non-Rotarians, who volunteered with ideas, suggestions and their articles! We love you all- for this would not have been possible without YOU! A heartfelt thanks to our precious readers and their encouraging comments and love.

We are in a happy celebratory mood. This issue focuses on Positive Psychology. Stay Positive, Stay Happy!!

*Rita*

Rita Aggarwal.

## ROTARY LEADERS SPEAK



### Bonnie Black

Chair, Rotary Action Group on Mental Health Initiatives, N.Y, USA.

It has been enervating to observe D3030 with its growth over the past year: formation of a District Committee to address Mental Health matters, a newsletter which has just achieved its first year of monthly publications which address timely and priority behavioural health issues, and designation as the first District Chapter of our Rotary Action Group on Mental Health Initiatives! Three other districts are following in your

footsteps this year and, we hope, many more will join you as we look toward 2022-2023 as we "Imagine Rotary."

## THE THREE PRESIDENTS THAT KICK-STARTED MIND MATTERS



### JATIN SAMPAT

Past President, RC Nagpur Vision

Health of the MIND has been the most neglected area in our working towards achieving perfect health. We have considered it a stigma or a matter of zero relevance in our day to day lives. MIND MATTERS make the tools easily accessible to the common people of our society. The DAGHMI Team has created a wonderful launch pad to take these initiatives forward. This Action Group, the first of its kind in our District and in India, has made all of us think MIND MATTERS. My salutation to all the team for the brilliant working and ideas that have taken MIND aspects to the forefront in achieving great Health of the Body and Mind. All the very best to all.



### SANDIP DHODAPKAR

Past President, RC Nagpur

It is a matter of great pride for me personally. The monthly bulletin has done yeoman service in not just creating mass awareness about mental illness but also in suggesting preventive measures, cures and therapy to those affected. It took the globe an event of the magnitude of Covid to realise the perils of ignoring initial signs of mental illness.

Whether it was couples fighting at home, employees being harassed by their superiors or children feeling peer pressure, mental health awareness is crucial in enabling affected people first accept the diagnosis, then seek help and finally cure themselves of the same. Congrats Team MIND MATTERS for creating this amazing magazine and I wish all of you the very best in this continuing fight against Mental Illness and the stigma attached thereto.



### NISHIKANT KASHIKAR

Immediate Past President, RC Nagpur Downtown

I am so happy that Mind Matters has come up at that time, when it was needed the most. Topics covered in it are so aptly chosen, matter is relevant and very precise to the point. A lot of hard work has gone into the Mind Matters. I wish all the success to the passionate team of DAGMHI, the way you all are working is just phenomenal. Truly DAGMHI is one of the most active District Action Group of RID 3030. Kudos to the team and continue to do

the exemplary work which you are doing.



### ANIL DESHMUKH

President, RC Nashik Grapecity

It is an amazing newsletter. This concept of Mind Matters, suggests its importance in its nomenclature itself - to always value our mind. The articles published are highly appreciable and will surely help the readers to focus on many clutter of thoughts that

come into human thought process. To mention, the grief special - an indeed commendable version, which has covered the step by step process for every phase of dealing such a situation. In the regular approach, we might follow few steps and that is quite human. But, being an aware person, it really makes a huge positive difference to deal with such a situation - either for our loved ones or in our own instance. I extend my appreciation to the team of DAGMHI, for making such an amazing concept. Wish you success in all your endeavours.

## CO-EDITORS



**Dr. Aabha Pimprikar,**  
Dentist &  
Entrepreneur,  
President DAGMHI,  
RC Nasik Grapecity.



**Dr. Geetanjali Jha,**  
Head- Cyber Psychology  
Research,  
iMatureEdTech,  
Counsellor, Homeopath,  
Reiki Master.





## POSITIVE PSYCHOLOGY

### LIFE ONLY GETS BETTER WITH "POSITIVITY"

Positive psychology is the scientific study of what makes life **most worth living**, focusing on both individual and societal well-being. It aims to improve quality of life and have a purposeful, meaningful life. It focuses on how to help human beings prosper and lead happy life by working more on their strengths rather than weakness.

The potential benefit of positive psychology is that it teaches us the power of shifting one's perspective from their negative outlook to a more optimistic view in order to improve quality of life.

**Attitudes** are evaluations people make about objects, ideas, events, or other people. Attitudes can be positive or negative.

A positive attitude is mental outlook of optimism and of expecting good things to happen. People who possess this attitude are easier to get along with, are happy, and they spread joy around them.

#### How to develop Positive attitude:

**·Changing Influence and Association:** Connect with people who have the positive mind-set, as they are very influential in our life.

**·Get Rid of Limiting Beliefs:** If one's belief about the world is bad, that is what one will see or vice versa. Try looking things from different view.

**·Start Thinking Again:** Avoid judging things based on past memories or experience. If one starts with fresh thoughts than the whole attitude changes for the same situation/person.

**·Planning:** Having a clear plan of day and week can go a long way to help maintaining a positive attitude. By knowing what to accomplish, one will be able to focus on important life priorities.

**·Be Thankful/Gratitude:** Even in a tough time in life there are many things one has that one can be thankful for example, still breathing.

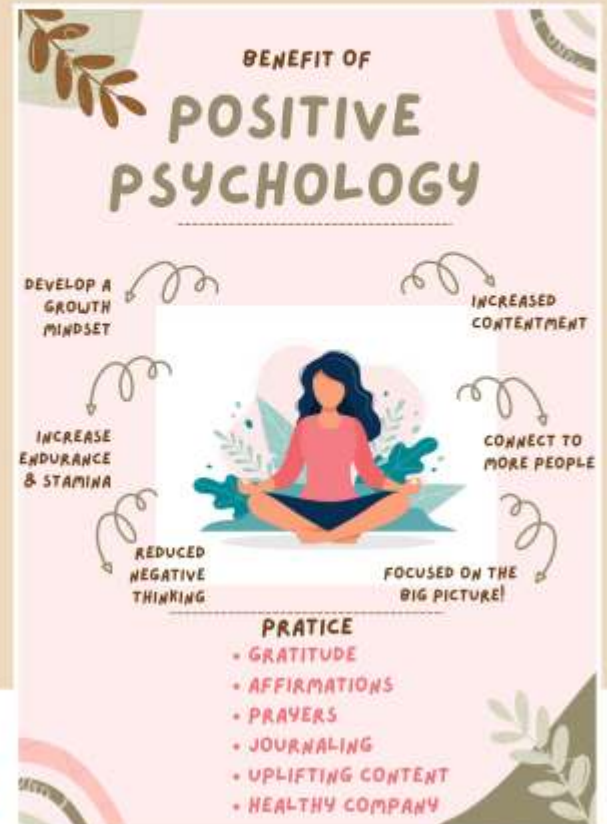
**·Be compassionate:** Compassionate about others will put you in better position of "giving" rather than asking, indirectly strengthening you, more positive about self.

**·Get Spiritually Connected:** If one is spiritually connected, one will have a positive outlook in life, a known fact.

Though positive attitude and positive psychology are different approach in

psychology, they are sometimes used interchangeably. Both work towards the happiness in life and hence improves our personal, social and work life. Dr Martin Seligman, founder of positive psychology, provides a mental "toolkit" to achieve what he calls the pleasant life by enabling people to think constructively about the past, gain optimism and hope for the future and, as a result, gain greater happiness in the present.

**-Dr. Shefali Agarwal  
Consulting Homeopath,  
Psychological Counsellor,  
Dietician.**



## RESILIENCE AND MENTAL HEALTH

What is resilience? As a child we are put through several situations from our first baby steps to changes during school years to many other unknown situations but we become resilient. We fall down, we get up, we learn, adapt and we move forward to become who we are today. What is the difference between that child who already is resilient to this adult who is not able to cope? Somehow we possess these coping skills as children but in adulthood we become vulnerable to the negativity surrounding us.

**Dr. Ken Ginsburg, a child pediatrician and expert in human development has highlighted 7 fundamental components of resilience** that has provided significant scientific results with adolescence and adults examining burnouts to many various topics (Mahmoud, &Rothenberger, 2019). The 7(c)'s of Dr. Ginsburg are competence, confidence, connection, character, contribution, coping and control (Mahmoud&Rothenberger, 2019).

**Competence:** knowledge and strength to cope and deal with present situation and environment. By understanding our surrounding that delivers meaning will allow us to adapt and change.

**Confidence:** "Hope" Do you have realistic goals? Goals that are achievable provide "Hope" and to accomplish something provides us confidence to stay positive and be resilience because we have something to look forward too.

**Connection:** Our friends and family circle and our community and society we work and reside in. Who is in our support system? Whom can we trust to lift you up in our vulnerable moments and makes you resilience so next time around you will have a better handle of your situation.

**Character:** Do you love yourself? Do you appreciate a firm sense of self-worth? Self-worth delivers confidence and strong sense of making decisions that leads to positive thinking, caring for others and making wise decisions.

**Contribution:** How are you contributing to the society and the world around you? Showing appreciation and small gestures of kinds not only makes our environment a better place but also leads to development of character, connection and competence.

**Coping:** what coping skills do you already possess? We all have these skills in us and have utilized it in many different situations throughout our life. Coping skills prepare you towards better outcome when life delivers challenges.

**Control:** Do you have control over your decisions? When you have control over your decisions and actions, you will make choices that will allow you to bounce back from life's challenges.

**-Shirley Bhat, Psychologist (USA).**





## POSITIVE PSYCHOLOGY

### MINDFULNESS: Being in the Moment

In the busy, fast pace and stressful life, most of us face base level of anxiety, stress and unhappiness. We either are stuck in the PAST or worries of FUTURE. Human being, no matter what they do, can't change the past, which is filled up with regrets. Fear of the future overwhelms us with anxiety. The only time we can be PRESENT is in "HERE" AND "NOW". Today is all we have.

The word "mindfulness" has been thrown around a lot recently by fitness gurus, motivational speakers and celebrities, but still confuse it to meditation. While mindfulness strengthens and enhances meditation, meditation nourishes and expands mindfulness. In other words, while mindfulness can be applied to any situation at any given period, meditation is usually practiced for a specific amount of time.

Mindfulness is a basic human ability to be fully present and be aware of where we are and what we are doing, and not overly reactive or

**WELCOME TO THE PRESENT MOMENT. "HERE" "NOW".  
THE ONLY MOMENT THERE EVER IS  
-Eckhart Tolle (Author- "The Power of Now")**

overwhelmed by what's going on around it means living in the present moment, intentionally being more aware and awake to each moment and being fully engaged in what is happening in one's thoughts, sensations and surroundings with acceptance and without judgment. The goal of any mindfulness technique is to achieve a state of alert.

Many studies have focused on the Mindfulness playing a major role in improving overall mental health and wellbeing. The mindfulness intervention techniques help people manage stress, depression, suicidal ideation, reduce anxiety, treat insomnia, regulate high blood pressure, improve concentration and enhance creativity.

Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress. There are some exercises which take little efforts and can be done anywhere.

**\*Mindful Breathing-** Focusing on inhale and exhale in a relaxed state of awareness.

**\*Mindful Observation-** Connecting with the nature from immediate environment for a minute or two. E.g flower, tree, sky etc.

**\*Mindful Awareness-** Appreciation and attention on simple daily tasks which your body or senses perform in automated mode every day. E.g smelling food, Touching the door knob, taking bath etc.

**\*Mindful Listening-** Paying greater attention to what others are saying rather than judging or reacting to one's thoughts. Appreciating others, acceptance for what they are. E.g listening to song with headphones without judging or relating the lyrics, enjoying every beat of the instrument.

**\*Mindful Appreciation-** Appreciating people, objects, insignificant things in life that help us living our life.

**-Ashwini Malviya,  
Founder, Malviya Counselling and  
Psychotherapy Centre, Akola.**

### GRATITUDE :

In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships. The concept of gratitude is especially important in the midst of a pandemic like COVID-19 when the world around us is unpredictable and sometimes even dangerous.

#### What Is Gratitude?

Positive psychologist defines gratitude as the ability to recognize the goodness in your life, which is due to your surroundings as well as the actions of another person or a group of people. Being grateful is a virtuous quality that allows you to not only see the best in other people but in your own life. What's more, when expressed during challenging times, gratitude can help you calm your fear and anxiety and maintain a positive outlook in an uncertain situation. The benefits of practicing gratitude

It reduces stress.

It improves self-esteem and makes us happier.

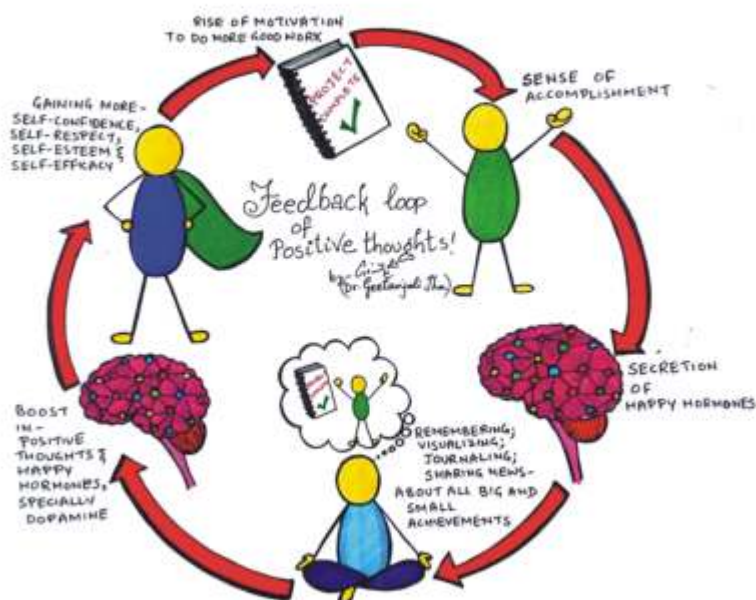
It helps us be more resilient.

It improves our sleep and physical health.

It improves our friendships and romantic relationships.

All in all, gratitude is the most essential human expression which proves that humans are sensible and have emotions. Moreover, this emotion does not just limit to humans but also animals. Often, we see them express their gratitude and return the favour. Be Thankful for what you have and stay happy.

**-Pranjal Dange,  
Consulting Psychologist, Psycho-oncologist, Nagpur/Mumbai.**







## WHAT OUR PRESTIGIOUS READERS HAVE TO SAY



**Dr PANDIAMANI SIVAM Ph.D (Yoga) Director, Value education programmes, Brahma kumaris, Mount Abu HQ, Rajasthan.**

Mind matters is inevitably the need of the hour! The contents are very much selective and

really exemplary! I have taken print outs of all issues. They are very much useful not only for reference material, I am using those on my international conferences, seminars and classes as valid authenticated material. I feel delighted to convey my gratitude to all those fortunate souls who are associated in this august noble endeavour. Supreme GOD bless them all.



**Dr Saranya Devanathan, Psychiatrist, Bengaluru.**

I am a regular reader of MIND MATTERS. Though I finish reading it in 5 minutes, it makes me think about the matters for hours. It is very crisp. It shows truly, a multidisciplinary approach to the topic. Each month a contemporary theme is chosen. Keep it up. All the best.



**Dr Utkarsh Subnis, PhD, MAHc, MBBS, Behavioural Consultant, Physician, USA.**

Mind Matters Newsletters are really amazing! Great work.



**Sai Ram Pate (Education and Career Counsellor, Rajahmundry.**

Mind Matters is one of the best E-Newsletters I have been following regularly, every month the kind of attention to detail, and sincere efforts the

makers put are splendid. Especially the Newsletter is managed to be short and content full in just four pages, making it easy to read and grasp the content, comfortable viewing in mobile. You have covered major themes around the world every month such as women, relationships, grief, and children. I liked the comic content at the end and never miss the Guest column. Keep going and make growth. All the very best to Mind Matters team.



**Siju Bhaskaran, Consultant Family Therapist & Counsellor.**

Really I appreciate your endeavour to enlighten the human mind in the past several months. The magazine could do more what you could

do in the normal way.

The newsletter could break new ground in the field of psychology, especially in the case of making the profound ideas in a simple way without losing its grandiosity. The articles are not so lengthy but were capable of imparting new insight in regards to handling the difficult situation all of us went through due to Covid 19 pandemic. The magazine helped many to look at the issues squarely and with new perspectives. The magazine was quite successful in all respects to present the profound truths and findings in simple way whereby earned a place in the mind of its subscribers

I thank all of you.



**Dr Madhavi Peddada, Freelancer Content writer, Nagpur.**

A heartily congratulations! Mind Matters has become a routine for which I had started looking forward. It has vital information which is

enlightening and supported with statistics drawn from a reliable source. It's totally focused on a particular theme. But each article has a totally new angle which briefly takes the reader through a series of information which is highly informative and an eye opener especially for me who is new to the subject of psychology. I always felt that it's worth reading the magazine and enjoyed every article of it. I shared with different age groups who too thanked me for sharing the same. Its innovative articles, novel approach of promoting the psychological concepts of daily life which are generally overlooked will slowly cultivate the importance of mental health among all walks of life. Hats off to the team for bringing such a useful magazine for free of cost.



**Dr Rashmi Shahu, Dean Students and Associate Professor, Shri Ramdeobaba College of Engineering and Management.**

Mind Matters has taken up a beautiful initiative in touching the emotional chords of the readers. The COVID-19 pandemic has brought many challenges to society and had a major impact on people's mental health. Especially in our Education field where we need a real (not virtual) connect with students. The articles in your magazine helped a lot in getting through this tough period. Many students and faculty in my institution thanked me for sharing your magazine with them as they said the articles were helped them a lot in coping through stressful times. I would like to congratulate the whole team of the magazine and would like to wish more success in bringing up more such articles to us.



**Dr. Tinni Dutta, Kolkata**

Wonderful, practical, time relevant writings. Global in nature but help persons locally. Enable the readers to update their knowledge, and to guide them and to take a path accordingly. It broadens our vision and we are eager to receive many more issues.



**Dr. Shazneen Limjerwala.**

I've been a reader and author for Mind matters. As a reader, it made for simple reading, with easy to practice steps, and suggestions. It opened my eyes to the variety of people engaged in mental health. As a

writer, writing a brief article on the positive aspects of slowing down during the pandemic, was challenging and gratifying in equal measure.



**Vagisha Jha, Student at Indrapratha College, Delhi University**

I am Vagisha Jha, a second year student of Philosophy. I read the newsletter and certain elements of it were really thought provoking. How the issue of women's mental health is addressed, and how the idea of "creativity on the go" is discussed. Looking at our hobbies a "emotional currency" really intrigued me.



**Sushma Dwivedi, Science teacher; Practitioner and teacher of spiritual healing arts. Delhi.**

I enjoy reading Mind Matters. I found the Women's Day themed issue of Mind Matters to be very engaging and

thought provoking. The best thing I liked about it is that the theme of women empowerment was addressed in a manner that doesn't display animosity towards the opposite sex. I am a believer of gender equality but I don't believe that in order to uplift women we need to put down men. This sensitivity was maintained in the articles and I thoroughly appreciate it. I wish my best to team Mind Matters.



**Raghu Pandey, Founder of iMatureEdTech, Digital Citizenship and Internet Maturity Expert. Bhopal**

This special edition of Mind Matters dedicated to the mental health of women was quite a crash course for me.

Although, being a male it's not possible to fully empathize with the challenges faced by women, but these articles have nicely





## WHAT OUR PRESTIGIOUS READERS HAVE TO SAY

educated me about a variety of factors which impact women's mental health. I found the quality of articles very good in terms of ease of understanding and readability.



**Sandhya Bhandary, Flight Attendant, Doha, Qatar**  
Women's mental health!! Writers touched the topic in every aspect, it gave food for my thoughts this is the least thing we consider but very important one. Great job.



**Dr. Sijohn. K.J. PHD, Clinical Health Psychologist, Chithanya Counselling Psychotherapy Centre, Thrissur, Kerala.**

I would like to express my heartfelt congratulations formally and sincerely for the

amazing work you accomplished with the novel and informative E-News letter "Mind Matters" last year. Your creative thinking and dedication to work in an increased output in the area of mental health is absolutely fabulous. You have been a source of inspiration throughout my psychological health services.

### DAGMHI RID 3030 collaborates with MUMBAI COASTLINE RID 3141

A Mental Health Awareness Seminar was hosted by RC Mumbai Coastline who are keen to have their own district chapter on mental health in RID 3141.

Director RAGMHI and District Chair Rita Aggarwal briefed everyone about Rotary Action Groups in general and RAG Mental Health Initiatives in particular. Dr. Aabha Pimprikar, President DAGMHI informed everyone about how DAGMHI was formed, how it works and how to register district chapters.

Rtn. Mike Veny (RC Wall Street NY USA) who is a leading mental health speaker spoke about "Transforming Stigma on Mental Health", where he shared his personal experiences and gave practical tips.

The seminar was attended by representatives of 15 clubs from RID 3141 and some RAGMHI members from Hong Kong, Kenya, Nigeria.

President Abhay Bhatia from RC Mumbai Coastline welcomed and conducted the proceedings and Director Aditya Mehta coordinated the event.

**-Dr. Aabha Pimprikar.**

### Transforming the stigma on Mental Health - Mike Veny.



### Proud moment for RID 3030

**Rotary celebrated Rotary Day with UNICEF on 25-26 March 2022.**

'How do we create a safe and more resilient world for girls?'

**Interactor Miss. Sara Pimprikar from RID 3030 participated as a panellist (virtually) on 25th where she spoke about Mental Health.**

She was selected by RAGMHI (Rotary Action Group on Mental health initiatives) as a mental health ambassador from a large group of contenders from India & abroad! This was because of her involvement as an Interactor of Wisdom High International School- Govardhan Nashik & as a social media content developer for DAGMHI (District Action Group on Mental health initiatives) RID 3030 India.

**Thus, she represented RAGMHI, DAGMHI RID 3030 India, Rotary District 3030, Rotary Club of Nasik (her Parent club), Rotary Club of Nasik Grapecity as an Annet & of course our country.**

The session was moderated by Dr Zeinab Hijazi, Senior Mental Health Technical Advisor, UNICEF. Sara shared the dais with Gary Shaughnessy, Chair of the Z Zurich Foundation Board. It was also a moment of joy & happiness as she shared the dais with the UNICEF's Executive Director Mr. Omar Abdi & the current Rotary International President Shekhar Mehta who also is an Indian.

Apart from mental health, there were panel discussions on Girl's Education, WASH / Menstrual Health & Hygiene, Preventing violence & exploitation. The aim was to educate the audience on the current situation & the practical solutions that address the issues.

**-ED TEAM**

ROTARY CARES FOR MENTAL HEALTH

DAGMHI-DISTRICT ACTION GROUP ON MENTAL HEALTH INITIATIVES



Rotary  
3030 India



Action Group  
on Mental Health  
Initiatives



#### VISION

PROMOTION OF MENTAL HEALTH AND REMOVAL OF STIGMA

#### MISSION

PROGRAMS AND PROJECTS IN ALL CLUBS  
CAPACITY BUILDING AND SKILL DEVELOPMENT  
CREATING RESOURCES AND CHAPTER FORMATIONS

#### MAJOR PROJECTS

MONTHLY E-NEWSLETTER 'MIND MATTERS'  
TEACHERS TRAINING IN SCHOOL COUNSELING (BY NIMHANS, BENGALURU)  
PERSONALITY DEVELOPMENT PROGRAM FOR SCHOOL & COLLEGE STUDENTS

Rtn. RITA AGGARWAL  
DISTRICT CHAIRMAN, ADVISOR DAGMHI  
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**Sponsor  
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& share your  
views about Mental  
Health with us.**

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