

# MANAS

## *Speaks*

Volume 01  
ISSUE **01**  
October 2021

‘Mental Health in an Unequal World’

#WorldMentalHealthDay

## MENTAL HEALTH

Childhood sacrificed pandemic

Growing up too fast: early menarche and mental illness

Adolescent mental health

Ghost of Surfing Social Media



## The Academy of Psychology



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# MANAS *Speaks*

A MONTHLY MAGAZINE

VOLUME 1 ISSUE 1 OCTOBER 2021

Manas Speaks is a monthly magazine from Manas-The academy of psychology, to publish a wide range of conceptual articles relating to different perspectives on methodologies in psychological research and to support student communities to strengthen their knowledge.

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## Author Guidelines

We accept submissions through email. You may send us manuscripts for the following submission categories: Any submission related to psychology, short stories, book review, movie review, psychology concepts, case studies, cartoons, memes or a specific genre. Content should be related to psychology, your manuscript must be in one of the following file forms word, pdf and jpeg. please send content related pictures if you are interested. All manuscripts should be in 12 point type, with at least one-inch margins, and sequentially numbered pages. The author's name, address, telephone number, and email address should be typed at the top of the first page. Contributors are asked to include a brief biographical note with their submissions. Submissions may be sent to us at any time, year-round. Manas speaks is a non-profit magazine with the ambition of encouraging good literary work. We desire is to connect readers and writers, and we strongly encourage anyone interested in submitting work to read the magazine before submitting. You may read the magazine for free. If you enjoy reading it and wish to submit it, we hope that the reading is strengthening your mental muscles. we are strongly committed to publishing debut and emerging writers.

*Disclaimer: Information provided in this magazine is purely for research and education purpose only.*



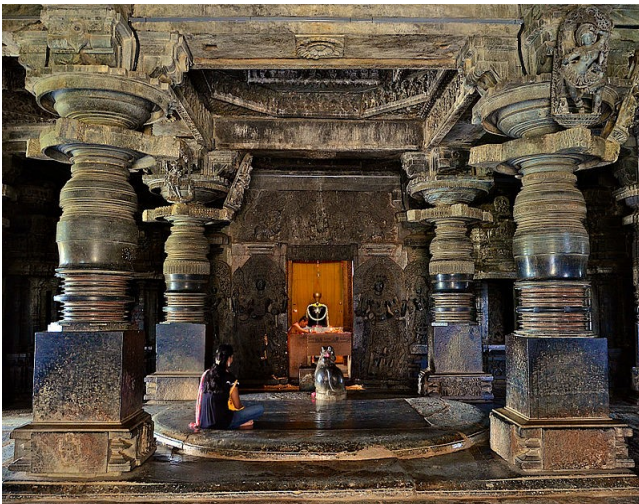
The Department of Psychology was established in the year 2010 with two Assistant Professors. Currently, the Department is running with four highly qualified faculty. The Department was set up to develop an awareness of the importance of studying human behaviour and the societal relevance of psychology. The



Department offers M.A. Psychology with an intake of 30 students, which is of four semesters and the curriculum is so designed as to provide strong theoretical, methodological and contemporary knowledge of various areas of Psychology to the students. The purpose is to equip the students with knowledge, skills and values to become an effective and competent professional psychologists. During the course, the students are taken for field visits at mental health centers and counselling cells besides interactive classroom teaching and laboratory training. From time to time, the Department organizes Conferences, Seminars, Workshops and extended lectures from experts in relevant fields are also conducted for the benefit of the faculty and students. This academic training enables the students to work in a broad range of settings such as medical, organizations, counselling centers, NGOs, educational institutions, government and semi-government organizations. The department was also planned to introduce a one-year post-graduation diploma in child & Adolescence guidance and counselling from 2021.

### Academic & Other Activities

- ◆ Regular theoretical, practical classes and tutorials
- ◆ Regular seminars, journal clubs, movie clubs, case conferences, group discussions with audio-visual medium
- ◆ Individual student counselling
- ◆ Regular assessments of the students through assignments and presentations.



Dear students, I wish to tell you a short story. Once, the people in a village decided to build a temple using the big rocks available in a nearby forest. When they came to take the rocks to the village one rock desperately prayed to God that it should not be chiseled at all as chiseling is painful. Its prayers were answered and the villagers laid it just in front of the main temple. But soon it realized that people are constantly crushing it under their feet. But it saw its friend being worshipped in the temple. Then it asked the other rock as to why it is being crushed under many feet while it is worshipped. Then the other rock said, "I experienced pain day and night in the form of chiseling while you were praying to escape. My openness to face hardships helped me to be what I am today".

In life, it is up to us whether we want to escape from challenges and be crushed or face them courageously and shape our better future.

- Dr D V Venu Gopal