

MANAS

Speaks

Volume 03

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**“Health is a relationship
between you and your body”**

#HealthPsychology

HEALTH PSYCHOLOGY FOCUS

Mindfulness

Type 1 Diabetes

Male Menopause

Positive Emotions

Yoga & Wellbeing

**The Academy of
Psychology**



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MANAS *Speaks*

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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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CONTENTS

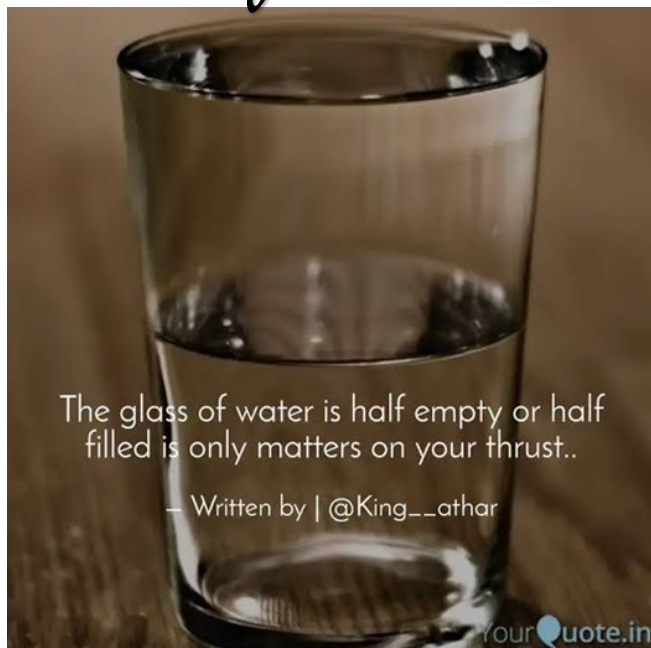
EDITORIAL ON HEALTH PSYCHOLOGY	03
DISORDERED EATING ATTITUDES	04
CULTIVATION OF POSITIVE EMOTION THROUGH COLOURS	07
MINDFUL RELATIONSHIPS, A KEY TO HOLISTIC WELLNESS	09
TYPE-1 DIABETES MELLITUS	11
OBSESSIVE COMPULSIVE DISORDER	14
PETS AS HEALTH AND MOOD BOOSTER	19
LIFE'S PERSPECTIVE: SMILE FROM SORROW	21
STRESS MANAGEMENT	22
YOGA FOR MENTAL WELL BEING	24
UNDERSTANDING MALE MENOPAUSE	26

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.

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Life's Perspective: Smile from Sorrow



The glass of water is half empty or half filled is only matters on your thrust..

— Written by | @King__athar

yourQuote.in

Optimists will usually say the glass is half-full, whereas pessimists will usually point out that its half empty. Optimists tend to focus on the good: there is still water available to drink. Pessimist on other hand sees the negative: there is water missing from what otherwise could be full glass. The idea is that if you say the glass is half empty, you see the world in a negative or pessimistic way. If you say the glass is half full, you have a more optimistic viewpoint. Whether we see the glass half full or empty, we are describing ourselves.

Ashok was 14 years old male who was doing his 10th grade was from a nuclear family. They were leading a normal life and one fine day their entire family had shattered when they came to know about his diagnosis. He was diagnosed with Acute Lymphoblastic Leukemia (ALL). ALL is most common hematological cancer among the pediatric age group. According to Kubler Ross model, he was in a state of denial. With the help of family support, he slowly started accepting his diagnosis and started receiving treatment. He was a person who would always want to know about his treatment. Ashok had completed the treatment and resumed back his education.

He was on regular follow up and they were shattered again because there was relapse of the disease. This time the chance of survival is very less, but still he had hope. He started his treatment and he was ready to accept the life as it is because he started believing in god and had a very strong religious beliefs. His mother used to be his caregiver when he was receiving treatment. He accepted things as it is and he also made his mother strong enough to live their life without him. He always wanted to help others during and he used to help other patients in the ward by gifting them what they wished. There was a child who wanted to have a tab and their family was not affordable, so he got it as a gift for that child. Disease was not responding to the treatment that was provided and mother was distressed because of that. When mother had revealed the prognosis to him, he had accepted it.

Ashok wanted to spend his time with the family and his friends and a bucket list which he wants to fulfill. One fine day time had come where he had to leave this materialistic world and went to the eternal world.

Quality of life is more important than the quantity. It is not about how long we live but what is the impact we are creating in this world when we are leaving. How much good deeds we are doing and taking each and every situation in a positive way. It is very important that our mind and body has a connection.

- G.Vidhya