

MANAS

Speaks

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IN ASSOCIATION WITH ADIKAVI NANNAYA UNIVERSITY

“Make your mental health and wellbeing a priority”

SPECIAL FOCUS

Cognitive Distortions
Mental Health Of Children
Is Dirty Talk A Sexting...?
Black Swan Review
Surgeons Without Scissors
Is Anxiety Bad?
Loneliness

#Psychology

The Academy of Psychology



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MANAS *Speaks*

A MONTHLY MAGAZINE

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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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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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Psychological Implications of COVID19: Very Brief Report

Globally, fear rose with the outbreak of COVID19. People in the world started fearing of contracting the virus. An underlying and hidden fear which people experienced was of not seeing their loved one's or separation due to quarantine, the uncertainty about treatment protocols and survival, and the helplessness about undying news of the pandemic. In contrast to quarantine or the loss of a life, people living at home struggled as their boundaries kept fusing. The balance between professional and personal life became fused and many developed physical ailments, family conflicts, experienced loss of employment and infinite stories of suffering.

Psychiatric population struggled to stay at the shelter homes and many families struggled to find them the support staff such as twenty-four-hour health care home assistance, safety at shelter homes, and many homes shut down as well. Individuals with former diagnosis such as OCD suffered terribly due to lack of in-person psychotherapy and medical support from psychiatrist. In contrast, it gave a platform for everyone to explore the use and application of psychotherapy online.

Fear of contracting the virus along with denial, stigmatization, uncertainty and fear of separation created a panic situation for many people. Post COVID, many people suffered with anxiety, frustration, anger, sleep issues, depression and socio economic distress. Different individuals and groups experienced the impact differently such as groups of socio-economic statuses, working mothers, elderly and children too.

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