

# MANAS

## *Speaks*

Volume 01  
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‘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*

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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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**FOR ARTICLE SUBMISSION**  
**DR V V S NARAYANA NAKKINA**  
**dr.nakkina@gmail.com**

**FOR COMMUNICATION**  
The Director  
MANAS-The Academy of Psychology  
Opposite Bible Place  
A.V.Apparao Road  
Rajamahendravaram, AP, India  
Tel: +91 9494 36 2233, 9494 36 2200  
Email: contact.themanas@gmail.com  
www.themanas.org

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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.*



*"Mental illness is nothing to be ashamed of, but stigma and bias shame us all."  
- Bill Clinton*

**W**orld Health Organization states globally, around 280 million people suffer from depression, whereas around 1 in 5 of the world's children and adolescents have a mental disorder. It further adds that mental, neurological disorders make up 10% of the global burden of disease and 30% of non-fatal disease burden. As far as India is concerned, according to 'The Global Burden of Disease Study 1990 – 2017' study, 197.3 million people were suffering from various mental disorders in India that is one in seven Indians. The country saw a two-fold increase in the diseases contributed by mental disorders – the total disease burden in India increased from 2.5% in 1990 to 4.7% in 2017. Ministry of Family and Health survey also states that in India, one in every 12 elderly persons have symptoms of depression. Every year, the WHO marks October 10 as the World Mental Health Day, with the overall objective to raise awareness about mental health issues around the world and to mobilize efforts in support of mental health. Every year, the day is marked with a particular theme, this year, the theme is 'Mental Health In An Unequal World' that focus on reducing the gap between the 'haves' and the 'have nots' that is growing wider by every passing day and there is continuing unmet need in the care of people with a mental health problem. The campaign slogan for this year is "Mental health care for all: let's make it a reality". Mental illness isn't rare, and it's important to talk openly about it., Let's take an initiative. – MANAS