



MANAS

Speaks

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Children's Mental Health Matters!

#ChildMentalHealth

CHILDREN'S MENTAL HEALTH

Childhood Trauma

IVF Child

Giftedness

All about ADHD

Temper Tantrums

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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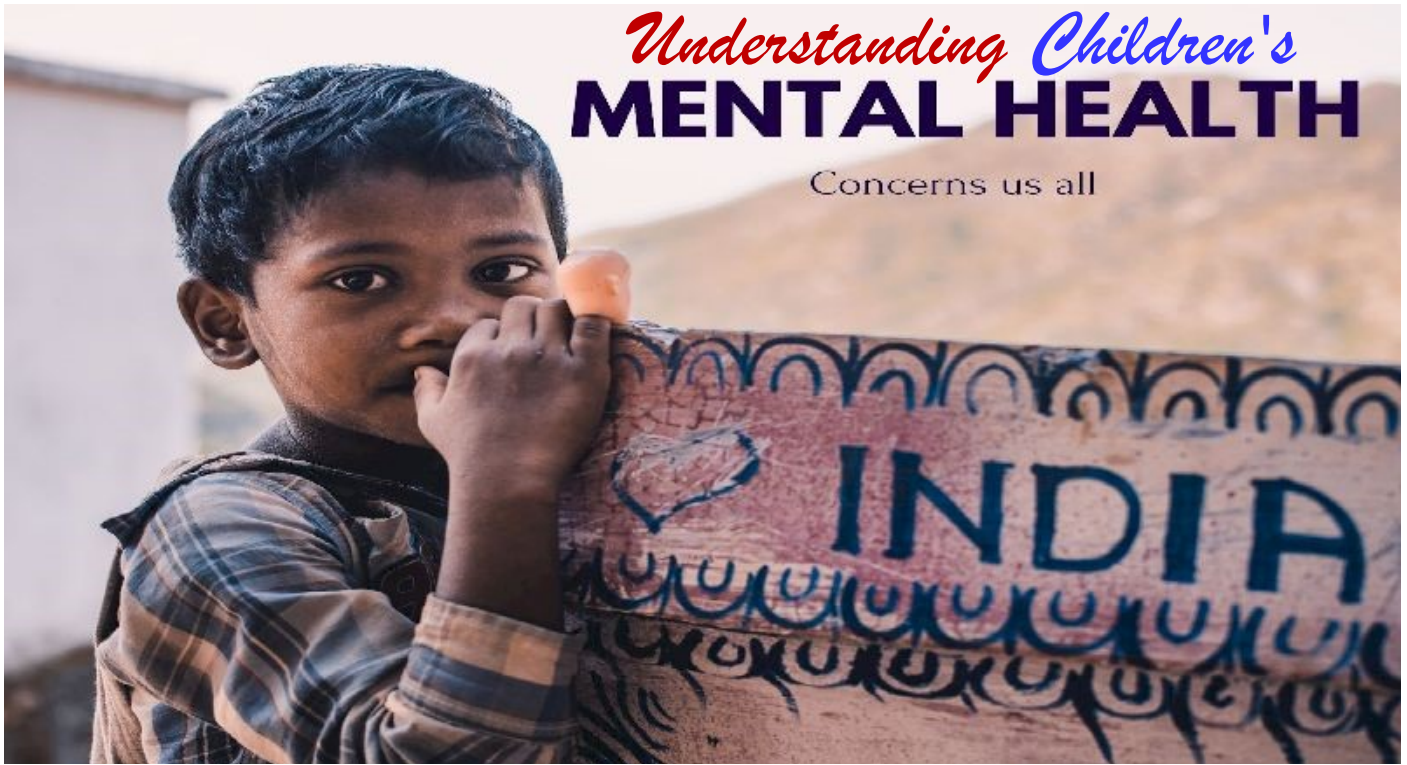
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Author Guidelines

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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Understanding Children's MENTAL HEALTH

Concerns us all

Mental health is an important and integrated part of one's overall health. When we talk about children's mental health, it is simply a state of well being with regard to various developmental, cognitive, social and emotional milestones which the child tires to achieve while growing.

What is childhood? Why is it important? Childhood begins as soon as infancy ends and persist till puberty from which adolescence begins. Childhood is a very critical period of one's life as it lays the foundations for the child's learning, development and well being in the later part of life. Many mental health related problems emerges when a child fails to achieve a sound mental health and these problems may persist throughout the life when necessary interventions and care is not provided. Data shows an increase in the prevalence of mental health issues in childhood and adolescence. According to World Health Report (2000), 20% of children and adolescents suffer from a disabling mental illness worldwide but a majority of them do not seek or

receive care. A Center for Disease Control and Prevention (CDC) report on United States children reveals that ADHD, behavior problems, anxiety, and depression are the most commonly diagnosed mental disorders in children as 9.4% of children aged 2-17 years (approximately 6.1 million) have received an ADHD (a condition almost always associated with poor academic performance) diagnosis, 7.4% of children aged 3-17 years (approximately 4.5 million) have a diagnosed behavior problem, 7.1% of children aged 3-17 years (approximately 4.4 million) have diagnosed anxiety and 3.2% of children aged 3-17 years (approximately 1.9 million) have diagnosed depression. According to the Indian Journal of Psychiatry in 2019, even before the pandemic, at least 50 million children in India were affected with mental health issues; 80 – 90 per cent have not sought support. The reports do not show a satisfactory data because the area of mental health has been given a low priority in India and has always been neglected and least talked about. "In India, we need to break the stigma of talking about mental

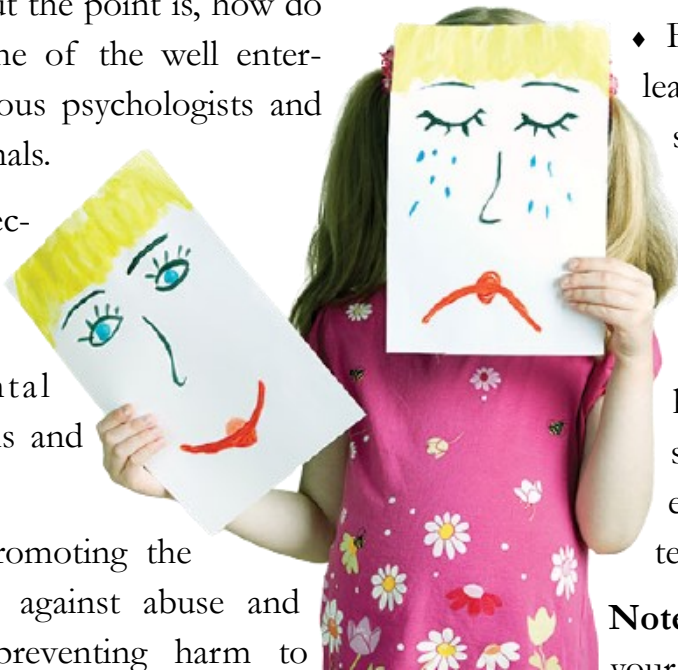
health and seeking support so that children can have better life outcomes. We must change the way we view mental health”, says the UNICEF report. But the point is, how do we do that? This is one of the well entertained question by various psychologists and mental health professionals.

According to me, the necessary interventions can be:

- ◆ Combating mental health stigmas, myths and biases together
- ◆ Safeguarding and Promoting the welfare of children against abuse and maltreatment and preventing harm to children’s health or development
- ◆ Recognizing warning signs of maladaptive behaviours in children associated with educational failure, social withdrawal, outbursts or extreme irritability, inability to cope, antisocial behaviour and so on
- ◆ Ensuring primary care

What Does Psychology Have to Offer? Psychology have contributed a lot in the mental health domain from effective treatments to prevention. In various ways it can contribute more is:

- ◆ By providing psychoeducation to society
- ◆ By therapies and counselling to those with mental health illnesses
- ◆ By developing various learning programmes and strategies for teaching, customized for children with mental illnesses
- ◆ Coordinating mental health into other health services, legal systems, education and child protection acts and policies.



Note to parents: You know your child the best and you want the best for them. Talk, talk and talk to your child about the issues and difficulties facing by them as healthy parent-child communication is the key. By supporting your child in their struggles by ensuring safe environment, sense of belonging and asking for help when required (its okay to seek for professional help) can do wonders. But, while you are working on your child’s mental health, DO NOT ignore your own!

Ms Debanjali Roy Choudhury



**WE NEED TO
TALK ABOUT
CHILDREN’S
MENTAL
HEALTH...**

