



MANAS

Speaks

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Children's Mental Health Matters!

#ChildMentalHealth

CHILDREN'S MENTAL HEALTH

Childhood Trauma

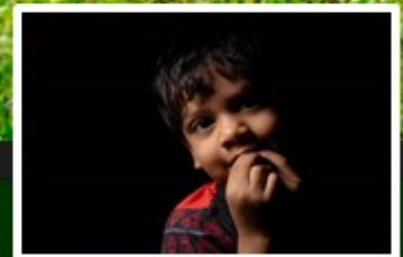
IVF Child

Giftedness

All about ADHD

Temper Tantrums

The Academy of
Psychology



THE ONLY JOURNEY IS THE JOURNEY WITHIN

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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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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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On ce upon a time, two kings fought for sovereignty over a kingdom; the Defeated king conceded his kingdom to the victor and retired into the forest, where he spent his time in religious and philosophical pursuits. To celebrate his victory, the Triumphant king decided to perform a Yagna* during which a cow died unexpectedly and that was a bad omen which had to be atoned.



The king was in a great quandary and sought advice regarding the penance that would help him to complete the yagna. All the priests and learned scholars, he consulted, told him that the only person upon earth who can give the solution to this problem was his enemy, who had retired to the forest.

The king without any hesitation approached the Defeated King and requested him for the remedy to complete the stalled yagna. The Defeated King also came forward without any hesitation to solve the religious poser and cooperated with his former enemy. In order to achieve an ideal religious solution and for the greater welfare of the community, both the kings set aside their personal egos/arrogance.

The tale of these two kings is narrated as “Khāṇḍikya-Keśidhvajapākhyānam” (Khāṇḍikya-Keśidhvaja Commentary) in the epic poem Āmuktamālyada by Sri Krishnadevaraya. Literature played a significant role in reinforcing the religious structure and righteousness in the Ancient Indian society, as can be seen from this example. Khāṇḍikya was the loser King and the triumphant king was Keśidhvaja. What makes the tale more interesting is the twist at the end!

Keśidhvaja announced that as gurudakshina – the traditional sacrificial fee for completion of the yagna, he was ready to bestow on Khāṇḍikya whatever he desired. Keśidhvaja was ready even to surrender the kingdom that he had conquered, if Khāṇḍikya used the opportunity to recover his kingdom. While adherence to religious traditions and generosity is essential for the triumphant king, it is equally important for the defeated King to be magnanimous. And that is when the whole scenario underwent a whimsical twist. Khāṇḍikya could have asked back for his kingdom easily but he did not! Instead, he asked Kesidhvaja to impart Brahmajñānam - the spiritual knowledge and highest truth, in which Kesidhvaja was well versed. Kesidhvaja was surprised and asked Khandikya the reason for not demanding the kingdom back since nothing is more precious to a Kshatriya than gaining sovereignty.

Khandikya replied, “Sovereignty is only an earthly asset – to be obtained by struggle and physical effort – one should not aspire for its strifeless acquisition. Only if we endeavour and strive to achieve something, will we understand its value! I was defeated by you, a stronger opponent – what is shameful about that? As a true Kshatriya, I should recover my sovereignty through a well-planned skirmish; to acquire it back through underhand means like this would be unethical!”

Such inspiring and instructive stories should be included as part of children’s academic curriculum. Such inputs will help them walk on the path of righteousness and would also contribute to their personal evolution. Such stories will make them realize that freebies are worthless and not to be desired for. It will also help them to acquire the knowledge necessary to discriminate between essentials and non-essentials in this World.

* Yagna - a ritual sacrifice with a specific objective.

Dr Suguna Kannan

