

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

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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.

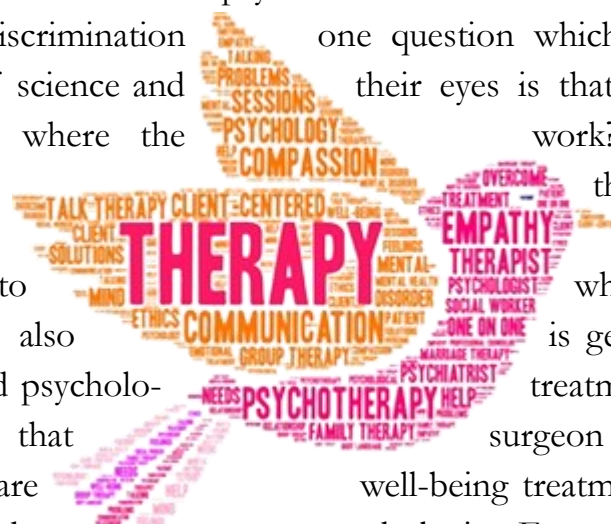
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If you are a trained psychologist and working in a clinical setup where you work with some doctors every day, you will definitely be able to connect yourself with this article today. I have observed that most doctors have no respect for psychologists. They do not give importance to the work of a psychologist. Actually, this discrimination starts with the students of science and non-science background, where the students of science always consider themselves to be smarter than others due to which this discrimination also exists between doctors and psychologists. While we all know that both mind and body are complementary to each other, not opposite.

Don't talk about common people, I have seen that despite working in the field of health and being educated, many of them do

not have much knowledge about mental health. It is also unfortunate that sometimes even knowing everything, they avoid our help. It is even more sad that they don't even know that by doing this they are strangling themselves and their loved one's life. But I would also appreciate some of them who bring patients to us and also come when needed. But one question which I have often found in their eyes is that does this therapy really work? Now how to explain them that their suspicion is one of the main reasons why therapy doesn't work. It is generally seen that medical treatment by a physician or a surgeon are more worthy than the well-being treatment by a psychiatrist or a psychologist. Even then a psychiatrist is considered wiser than a psychologist. Why? Same old fight. It is difficult for them to understand that treatment is also done without medicines and surgery is also done without a scissor and blade, which we do every day.



Is it really that easy to implant life skills, emotional maturity, social maturity, positive attitude, motivation, patience etc. into one's personality, so one can survive and function properly? Is it really easy to remove suicidal thoughts, anger, jealousy, negative attitude, superiority complex, anti-social traits etc. from one's personality and mind through excision which has stuck with them for years and is making their mind rot? It definitely demands a great concentration and a sound environment where these operations can take place.

Just imagine that deaf and mute children still get treatment, but what about those children who are abused first, then silenced, though they can speak? People who have lost their limbs, they still get a prosthesis, but which prosthesis should be fitted to those people who have lost their identity? Whether to make someone fatty or thin, many medicines will be available in the market, but which medicine should be given to

those who are shrinking in inferiority complex or are bloated in the superiority complex? It makes a lot of sense to treat an underdeveloped brain but what about those who are not able to do any work due to lack of motivation, depression etc. while they have a healthy brain. Deaf people are made to be heard by implanting cochlear, but what to implant those people who have become rapists, are engaged in antisocial work and don't want to listen anyone?

All the cases I put here as examples, their treatment is as difficult as that of any physical disease. Now, how much damage does an ignorance and disrespect cause to those who needed just a psychologist but no one else? This malpractice has been going on continuously for centuries. If this is not considered in time, then very soon we will be witness to a crippled society.

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