

# MANAS

## *Speaks*

Volume 01  
ISSUE **01**  
October 2021

‘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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## 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.

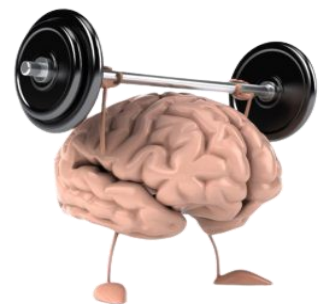
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## Role of Physical Activity On Mental Health

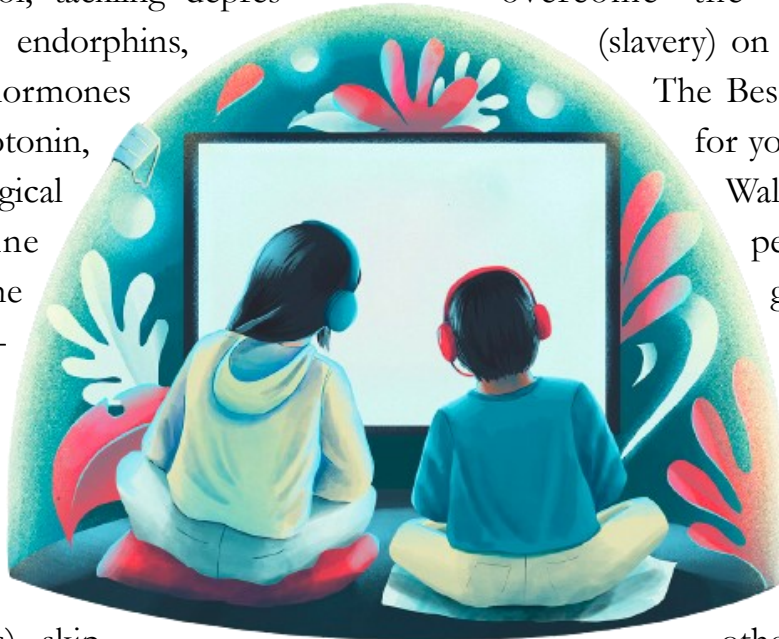
**H**ealth is Wealth- Health is a state of a person's physical, mental, emotional and social wellbeing. (Sound Mind-Sound Body-Healthy Life). Well-being is a fundamental human right and its promotion for the healthy cognitive, emotional, behavioural, physical and social development of the individual is a key objective of the World Health Organization. The United Nations (UN) Convention on the Rights of the Child considers physical activity (PA) and recreation as human rights, explicitly recognizing the right of the child to health, rest, leisure, play and to engage in recreational activities.

The UNESCO International Chapter also recognizes that “physical education, physical activity and sports are a fundamental right for all”. On par with this right, to take care of P.A is the prime responsibility of each and everyone concerned. "Inactivity Pandemic" (sedentary lifestyle) was growing among children and youth (especially with the overdependence on social media). Everyone

accepts that physical literacy is essential for health maximization, but it is the imperative responsibility of every individual, family, and all concerned to inculcate P.A culture among children, youth. No doubt that physical inactivity (in addition to Covid related issues) is one of the root causes of psychological problems, which has to be addressed appropriately by all. The individuals, as well as the community as a whole have to realize (not after 40 years) the benefits of regular exercise like better posture, bone, muscle strength, control of B.P and Diabetes, strength, stamina, reduces the risk of colon cancer, dementia etc. physical, psychological endurance, psychological factors like neuromuscular coordination, quick reflexes, agility, speed, grasping power, concentration, confidence, self-esteem and broadmindedness (sportsmanship – accepting defeat or success with psychological equipoise).



Apart from these benefits, studies have focused on the impact of P.A on Mental Health, like reduces the body stress hormones such as adrenaline and cortisol, tackling depression, production of endorphins, wellness enhancing hormones like Dopamine, serotonin, oxytocin as psychological boosters. (Endocrine health). Developing the P.A culture with self-propelled motivation must be taken up (a short time pain, but long-term gain) with exercises like walking (the king of exercises), skipping, swimming, dancing, jogging, running, bicycling, yoga etc., with all significant others. Sports Resource Potential mobilization with monitoring with timely activities along with improving their studies, reading, writing and good dietary habits is essential. Start the day with Smile, Enjoy the Sunrise (Vitamin D from Nature), and schedule time for "yourself as your mentor and monitor towards utilizing



your body and mind for your physical, psychosocial health ". Be a role model for yourself, feel pleasure (not pressure) to perform, overcome the over-dependency (slavery) on the mobile phone.

The Best gift you can give for yourself is exercise / Walking 10,000 steps per day for future good health. Your self-propelled determination, grit and hard work will make you healthy, happy and joyful to help others with empathy.

***" Refresh, Recharge, Revive and Rejuvenate "***

**- "If you think you can, you can and you will".**

**Sunkara Nagendra Kishore**

