



# ABHAYA'S KNOWLEDGE SHARING

**24 JAN '26 NATIONAL GIRL CHILD DAY**  
**FOCUS: EVERY GIRL CHILD HAS THE RIGHT TO BE BORN, TO BE SAFE, TO STUDY, TO DREAM AND TO LEAD.**

## **A New Year. A Gentle Start.** **Caring for Your Mind, Every Day.**



As we step into a new year, Abhaya Counselling Centre extends warm wishes to you and your loved ones. A new year is not only about fresh beginnings, but also about gentle reflection, acknowledging what the past year taught us and carrying forward what truly matters.

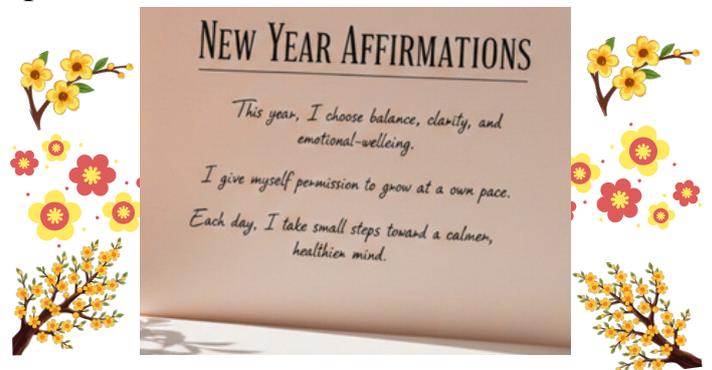
Every year brings its share of joys, challenges, losses, and growth. Through it all, one truth remains constant: mental and emotional well-being shape how we experience life. The new year invites us to slow down, listen inward, and care for our minds with the same intention we give to our physical health.

This year, let us choose progress over perfection. Let us value small steps, honest conversations, and moments of rest. Healing does not happen overnight, it unfolds through patience, awareness, and support.

At Abhaya, we remain committed to walking alongside individuals, families, and

communities, offering safe spaces, guidance, and hope. Whether you are starting fresh, continuing a journey, or simply trying to hold on, know that support is always within reach.

May this year bring clarity, balance, resilience, and peace of mind. Let us move forward together, one day, one breath, one step at a time.



## **National Girl Child Day - A Celebration**

**By Dr.Hema, Physician - Social Worker**

A girl child is an integral part of human life, the family, the community, and the nation. In India, National Girl Child Day has been celebrated on **24th January** by the Ministry of Women and Child Development since 2008 to address the declining sex ratio and to emphasize girls' education, empowerment, health, and new opportunities.



## EDITORIAL

**National Girl Child Day 2026** reminds us of our shared responsibility to nurture, protect, and empower every girl child. A girl's well-being goes beyond education and opportunity—it includes emotional safety, confidence, and the freedom to express herself without fear. At Abhaya Counselling Centre, we witness how early emotional support helps girls grow into resilient, self-aware women. This day invites families, schools, and communities to listen more, guide gently, and challenge limiting beliefs. When a girl feels heard and valued, she carries strength into every stage of life. Let us commit to creating spaces where every girl can grow with dignity, courage, and hope.

Health plays a pivotal role in overall development. As defined by the WHO, health is a state of complete physical, mental, and social well-being, and not merely the absence of disease. A girl child passes through various stages of development, from conception and childhood to adolescence and youth, each presenting unique challenges. In India, major health issues include malnutrition (both under- and over-nutrition), infections, congenital defects, and diseases. These are addressed through national screening programs such as RBSK (Rashtriya Bal Swasthya Karyakram) and RKSK (Rashtriya Kishore Swasthya Karyakram) in government schools, as well as

CSR initiatives in private schools. Screening, early detection, and correction of deficiencies, skeletal abnormalities, congenital defects, dental caries, vision and hearing problems, deworming, iron and folic acid supplementation, and distribution of hygienic sanitary pads are essential interventions.

Primordial prevention, such as maintaining a clean environment, mosquito control, and use of iodized salt, is crucial to prevent diseases before they occur. There is an urgent need to shift from ultra-processed foods to natural, wholesome foods to combat childhood obesity. Along with carbohydrates, proteins, fats, vitamins, and minerals, diets should include fiber, antioxidants, and polyphenols through colorful fruits and vegetables. Nutritional quality can be enhanced through fermentation, sprouting, fortification, and combining diverse food groups.

Childhood immunization and vaccination against preventable diseases, including HPV vaccination for girls and boys aged 9–12 years, should be strongly encouraged. Outdoor physical activity and judicious use of electronic media are vital for healthy growth. Girl children also face psychosocial challenges at every stage of development, requiring unconditional love, support, and encouragement from parents, teachers,

counselors, and society. Age-appropriate life skills training is essential for holistic health. Girls should be encouraged to communicate freely without fear and seek help whenever mental health concerns arise. Self-defense training is increasingly important in today's society.

Let us work together to build a society where the girl child can thrive holistically with good health, education, and employment opportunities. Following the Supreme Court judgment in 2021 allowing girls to appear for NDA examinations, new horizons have opened, including enrollment in RMS (Rashtriya Military School) and RIMC (Rashtriya Indian Military College) defense schools and colleges.

### DIGITAL DEMENTIA: ARE SCREENS CHANGING THE WAY WE THINK?

**By Rajani Belegur, Counselling Psychologist**  
Smartphones have quietly taken over many functions once managed by the human mind. They remind us of tasks, store information, guide our routes, and provide instant answers. While technology has improved efficiency, mental health professionals are increasingly noticing a cognitive side effect known as **digital dementia**.

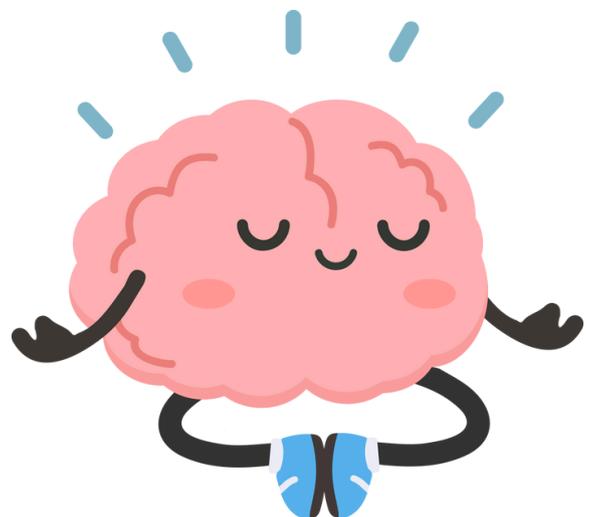
The term, introduced by neuroscientist Manfred Spitzer, refers to **reversible cognitive decline caused by excessive dependence on digital devices**.

It is NOT a medical condition, but a pattern marked by reduced memory, attention, concentration, and independent thinking. For students and working professionals, these changes often go unnoticed until they begin to interfere with learning, productivity, and mental clarity.

### What Does Digital Dementia Look Like?

Digital dementia does not appear dramatically. It develops slowly and is often mistaken for stress or burnout. Common signs include frequent forgetfulness, difficulty focusing without checking the phone, mental fog, reduced reading stamina, and anxiety when separated from digital devices. Many individuals report feeling mentally tired even after minimal work.

In therapy settings, recurring concerns such as *"I feel mentally fogged/dull even when I'm not physically tired."* Or, *"I struggle to concentrate unless something is constantly stimulating me"* are the key indicators.



## How Screen Dependence Affects the Brain

From a psychological perspective, the brain strengthens through **active engagement**. When digital tools consistently replace thinking and remembering, the brain gets less exercise.

1. **Memory weakens** when information is constantly stored externally. Over time, recall ability reduces, making it harder to remember numbers, instructions, or recently learned material.

2. **Attention becomes fragmented**, notifications, reels, and rapid content switching train the brain to expect constant novelty, reducing the capacity for sustained focus needed for studying, reading, or complex work.

3. **Thinking becomes shallow**, Scrolling prioritises speed over depth, while we consume more information, we process it less meaningfully, affecting comprehension, creativity, and decision-making.

4. Finally, excessive screen use can limit real-world interactions, impacting **emotional awareness and social skills**, which are essential for psychological well-being.

## Can Digital Dementia Be Reversed?

The encouraging answer is **YES**. Unlike other neurodegenerative conditions, digital dementia is largely reversible. The brain is adaptable and responds quickly to healthier patterns of use.

Simple strategies can protect cognitive health: single-tasking instead of multitasking,

exercising memory without immediately reaching for the phone, creating screen-free time, especially before sleep and engaging in offline activities like reading, journaling, music, or physical exercise. Even brief digital breaks allow the brain to reset.

## Final Thoughts

Technology is not the problem; unconscious dependence is. When devices replace thinking instead of supporting it, mental clarity suffers. In an age of constant information and stimulation, the ability to focus, remember, and think deeply has become an essential mental health skill.

**Protecting our attention is not just about productivity; it is about preserving the health of our minds.**



## MENTAL HEALTH QUESTIONNAIRE

COMPILED BY  
MS. RAJANI BELEGUR  
COUNSELLING PSYCHOLOGIST

Let's know how much we know about Mental Health Matters.

Come, let's dive in and try to answer the Trivial Mental Health questions in this Questionnaire.

It's multiple-choice, fun-filled and easy to answer questions.

So what are you waiting for?!!



**Good luck!**

### 1. Hormone released during stress:

- a) Adrenalin
- b) Cortisol
- c) Thyroid
- d) None of these

### 2. Practice of being present in the moment:

- a) All of the below
- b) Present fullness
- c) Doubtfulness
- d) Mindfulness

### 3. Persistent low mood and loss of interest:

- a) Fear
- b) Anxiety
- c) Depression
- d) Supression

### 4. Ability to recover from difficulties:

- a) Resilience
- b) Voilence
- c) Silence
- d) Non-violence

### 5. Fear of social situations:

- a) Panicness
- b) Worriness
- c) Anxiety
- d) Fearfulness

### 6. Difficulty falling or staying asleep:

- a) Outsomnia
- b) Insomnia
- c) Nosomnia
- d) None of these

### 7. Sudden intense fear episode:

- a) Panic
- b) Manic
- c) Tonic
- d) Vanic



**MENTAL HEALTH QUESTIONNAIRE****8. Emotional exhaustion from prolonged stress**

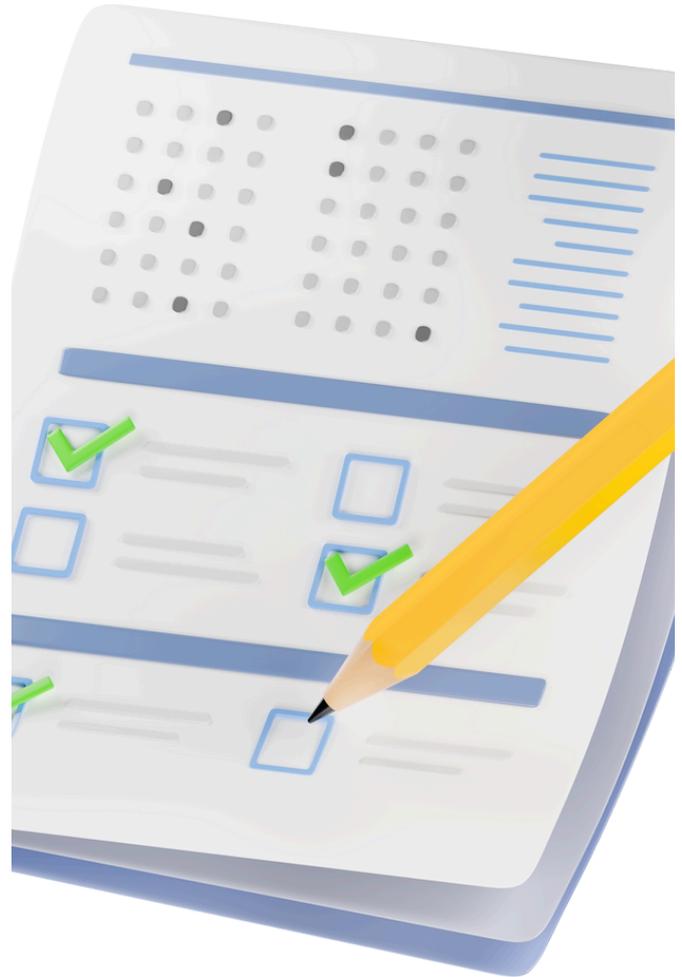
- a) Only C
- b) Both C & D
- c) Sun out
- d) Burnout

**9. Chemical linked to mood regulation:**

- a) Certonin
- b) Melatonin
- c) Serotonin
- d) Metformin

**10. Mental health professional providing therapy:**

- a) Therapist
- b) Doctor
- c) Psychologist
- d) Social Worker

**Answers**

1. b 2. d 3. c 4. a 5. c 6. b 7. a 8. d 9. c 10. a

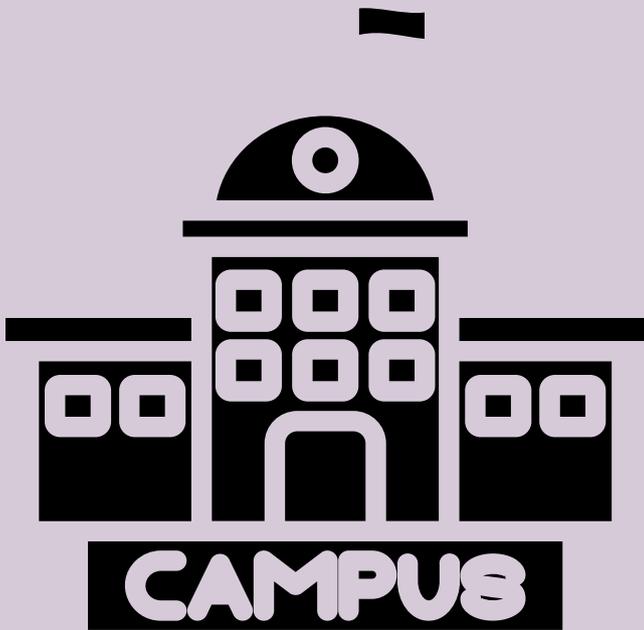




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Since 2014

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## INTERNSHIP AT THERAPYON

**Samana Annigeri and Rakshitha N  
(BA Psychology)  
BMS COLLEGE FOR WOMEN  
Interns at TherapyOn**

Practical application or 'hands on experience' is an essential aspect to understand psychology, in a more effective and a simpler manner. Internship gives us an opportunity to learn in person by applying theoretical concepts of psychology in a practical sense.

TherapyOn is a platform that promotes the idea of providing internships to psychology students for a better understanding and the real time applications. Comprehending and familiarizing the concepts of counselling and its aspects is taught here effortlessly. We, as interns, have been to a school where we addressed the academic problems the children are facing. We provided help by conducting games and unique study related activities. We also had a session organized on the insights of Forensic Psychology, conducted by Meena ma'am who is a lawyer by profession.



We were provided with different case studies of the issues faced by the clients and how to solve them. We had sessions on understanding the 'standard format of report' as assigned by the American Psychological Association (APA) and also taught about the basics of report making through these case study observations. It became evident to us that no two cases are alike, and each one requires its own distinct set of approaches and strategies.

## BRAIN FOG AND ITS IMPACT ON THE YOUNGER GENERATION

**Dharshini Om  
Interns at TherapyOn**

Brain fog is something many young people experience today. It is a growing concern and refers to a condition marked by confusion, forgetfulness, and a lack of mental clarity. Brain fog is also called mental fog. It is not a disease but a sign of mental stress or overload.

Brain fogging is not a new occurrence, earlier it used to be short-lived or temporary. Young people experienced it mainly due to lack of sleep, academic stress, or physical tiredness. However, today, brain fog has become more common and intense. Constant exposure to smartphones, social media scrolling, endless notifications, and the pressure to be constantly available overload the brain.



vibes

The COVID-19 pandemic added further stress through isolation, online classes, and disturbed daily routines. Other factors such as poor diet, lack of sleep, anxiety, and continuous stress can worsen brain fog.

This cloudiness in the mind affects daily life. Students may find it difficult to concentrate, remember lessons, or stay motivated. Young adults may feel tired, frustrated, or irritable, and even simple tasks can feel overwhelming.

Brain fog can be improved through simple lifestyle changes. Getting enough sleep, taking regular breaks from screens, eating healthy food, staying physically active, and managing stress can help. Practicing mindfulness, talking to someone you trust, or seeking professional help can also improve mental clarity.



Excessive phone usage, constant social media scrolling, and busy lifestyles lead to brain fog among young people. By taking care of their mental health, staying aware of their well-being, and asking for help when needed, young people can clear their minds and feel better overall.

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**Reach out for help.**





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## GET IN TOUCH WITH US



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Take the first step towards a healthier you. Contact us today to schedule your confidential counselling session.

*We Care with Your Mental Wellness*



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## HELPING YOU FEEL BETTER

We help to enhance mental health & well-being for all by providing compassionate support and guidance to help individuals overcome situational challenges and achieve emotional balance.

Abhaya Counselling Centre is a decade old organisation catering to enhance mental health of everyone. We are working towards assisting the needy get better from situational disturbance arising out of life instances.

Get to know



abhayacounsellingcentre



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## OUR SERVICES

- Individual Counselling
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## MEET OUR TEAM



**KARTHIK R**  
Founder  
Psychosocial specialist  
Mental Health Counselor



**DEEPA NARENDRA**  
Co-Founder  
Mental Health  
Counselor



**SATISH JOSHI**  
Sociologist  
Mental Health  
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**BHUVANA B P**  
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**Call for Student Contributions in Abhaya's Newsletter**

- ★ **SHARE YOUR EXPERIENCES:**  
COMMUNITY SERVICE, PROJECTS, INTERNSHIPS, OR COLLEGE LIFE STORIES
- ★ **SHOWCASE YOUR CREATIVITY:**  
POEMS, SHORT WRITEUPS, DOODLES, OR PHOTOGRAPHY
- ★ **CHALLENGE OUR READERS:**  
BRAIN TEASERS, QUIZZES, RIDDLES, OR FUN FACTS
- ★ **CELEBRATE YOUR JOURNEY:**  
ACHIEVEMENTS, AWARDS, OR RECOGNITIONS

Selected entries will be published in the **CAMPUS VIBES** section of Abhaya Counselling Centre Newsletter!

**SCAN ME**

**SHRI SRINIVAS PRABHU, actor and theatre artist** inaugurating our first issue in September 2025



Scan to submit an article or writeup