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WORLD DIABETES DAY 2025

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"DIABETES IN THE WORKPLACE"

DIABETES SELF MANAGEMENT : WHY AND HOW?

By **Dr. Shashikala.M.D, MD Diabetologist**

Diabetes may last a lifetime, but disciplined management makes that lifetime healthier and happier.

How to manage diabetes with a daily routine?

Diabetes is complicated, and it takes practice to manage it in your everyday life. You may be wondering about eating balanced meals, exercising safely, checking blood sugar, or giving yourself injectable medicines.

Though Diabetes is classified as life style disease, it can be kept under control by the below listed ways:

7 key self-care behaviors:

1. Healthy eating.: Most of them confuse diet as fasting, Diet is healthy eating at proper time intervals with proper quantity.

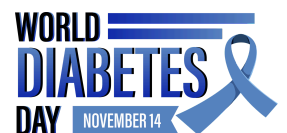
2. Being active: Along with one hour of moderate exercise or walking per day, it is also important to be active throughout the day by having a count of 200 steps per hour.

3. Taking medicine as prescribed: It is important to follow doctor's advice and equally dangerous to just decide on symptoms and stopping medications.

4. Monitoring your blood sugar levels, activity, and eating habits: Frequent monitoring is necessary as most of the symptoms are non-specific and can be asymptomatic also.

5. Reducing risks to lower the chances of diabetes complications: Good glycemic control is the only key to reduce the risk of complications.

6. Healthy coping with diabetes and emotional well-being: It is very important to manage emotional well being, as diet and exercise is one thing which everybody takes care of , but a conscious effort is required to have a mental well being, as stress can increase blood sugars. Seek help if needed but put a conscious effort towards it.



EDITORIAL

November reminds us to care for both body and mind. As we observe **World Diabetes Day**, let's remember that managing health isn't just about numbers—it's about emotional balance too. This month also celebrates **Children's Day**, a time to nurture young minds with love, guidance, and understanding. At **Abhaya Counselling Centre**, we believe that awareness begins with empathy and small daily choices. Together, let's create a world where every individual—young or old—feels supported, heard, and cared for.



THE STORY OF AJAY AND ARNA

By Gayathri Sriram, Librarian, Lay-Counselor

The day dawned for her to fly to Malaysia, and very eagerly, she was off to Malaysia with butterflies in her stomach and a jittery feeling, as she had never flown alone. Slowly and steadily, she adapted to the new place and happily explored the city too. Months passed and the time came for the Parents-in-law to come and stay with their son and daughter-in-law.

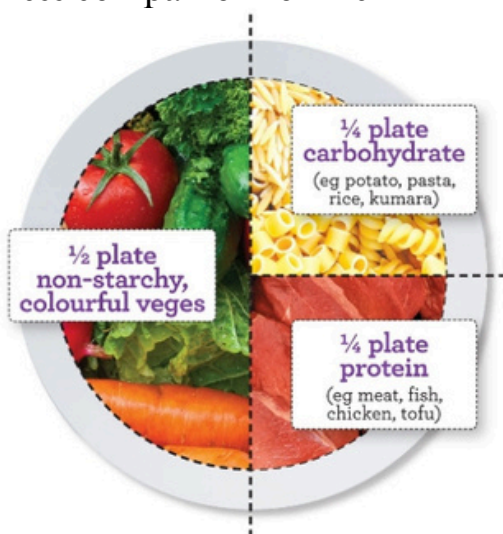
Everything seemed to be fine till she overheard the conversation between her parents-in-law who were wary of their surroundings and busily badmouthed the daughter-in-law. They talked about the cooking and also about how lazy she was, whereas Arna was very active and did all the household chores. When she spoke about this to Ajay, he was supportive initially and said Just ignore whatever they said about her.

Days passed into months and then into years and Ajay and Arna shifted many places looking for greener pastures and their family had grown into four from two.

7. Problem solving to find solutions and take action:

The thought process should change to problem solving rather than creating problems in mind.

Your blood sugars are as important as you are. Take care of blood sugars and it can be a harmless companion for life



Recommended food plate

They went to different places in India and came back to Mumbai, where Ajay's parents lived. The relationship between Ajay and Arna was tumultuous. Ajay was a dominating person who would not listen to anyone and always wanted his way. Meanwhile, Arna was a soft and subdued person who would not raise her voice and quietly accepted things as they came, to avoid any fights or confrontations.

Then a time came when Arna was left with her boys, who had grown up to be teenagers, and Ajay couldn't take his family due to some contract issues in the Middle East. Arna never wanted to stay with her parents-in law as there were extended family members also in the house. There was no choice given to her at that time and Arna was treated like a maid. She tried to reason it to Ajay but he was blindsided by the love of his parents and the extended family and refused to listen to Arna. Her children observed everything and supported their mother. Arna, in the meantime, got very depressed and didn't find a way out of her life, and wanted to end her life. She took the help of her friend, who was a counsellor. Arna came out of her depressed state and focussed on the studies of her children.

Arna took up that as a challenge and overcame her depression and pursued her hobby of teaching and taught tutorials and motivated and inspired those children who came to her.

Her life didn't change any better staying with parents-in-laws, but Arna had developed the resilience to face her life and got herself empowered to face the hardships that came her way. Her solace was that she had understanding parents, and though they gave her the choice to quit her marriage, she continued for the sake of her children.



Though her life remained difficult, Arna's strength and determination helped her navigate the complexities of her relationships. Through her journey, she demonstrated the power of perseverance and the importance of finding solace in supportive relationships. Arna's story highlights the challenges many face in balancing personal aspirations with family expectations.

Depression can impact anyone, regardless of their background or circumstances. If you know someone struggling, offer a listening ear and encourage them to seek help. Your support can make a difference.

BEWARE OF THE GRATITUDE-CHALLENGED

CHOOSING WHERE YOUR KINDNESS GROWS

By Ram Sundar a.k.a Humor ram

Have you ever done something good for someone—wholeheartedly, with no expectations—only to find that instead of being thankful, they suddenly look at you like you're running for office? They begin to suspect you have a hidden agenda, spread little rumours about you, and—just to top it off—act like they're better than you. Welcome to the curious world of the gratitude-challenged!

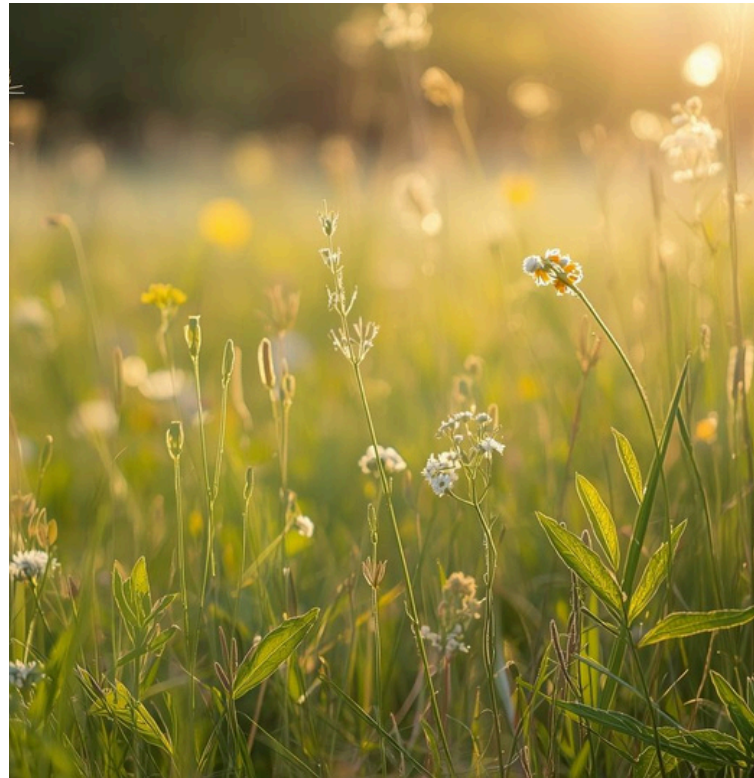
"Why do people behave this way?"

It often comes down to insecurity. Your act of kindness becomes a mirror, and instead of seeing your good intention, they see their own shortcomings. That makes them uncomfortable. So, to protect their ego, they whisper, "There must be something behind this." (Spoiler: there isn't.)

Jealousy also plays a big role. Some people can't stand it when others do good because it quietly reminds them that they could have, but didn't. It's easier for them to cut you down than to rise up themselves.

So what do we do?

First, don't stop being kind. The world is already running short on kindness; we can't afford to let a few grumpy souls scare us off.



But remember this: watering a cactus is fine, but don't expect roses to bloom. Similarly, not everyone is capable of receiving kindness with grace.

Instead, redirect your goodwill to those who appreciate it, grow from it, and maybe even pass it on. These are the people who light up when you help, not the ones who dim your spark.

Protect your peace.

Negative people are like Wi-Fi with no password—you connect once, and then regret it forever. Smile, wish them well (from a safe distance), and move on.

In the end, kindness is still the right path, but wisdom is the map. Keep giving, but give wisely. After all, your energy is precious—don't waste it trying to turn shadows into sunshine... ❤️

NURTURING LASTING LOVE: EVERYDAY HABITS THAT STRENGTHEN BONDS

By Jeevan Kalyan, Mental Health Volunteer

Lasting love rarely happens by chance. It grows through deliberate effort, daily care, and a shared commitment to understanding one another. Healthy relationships aren't sustained by luck but by intention, respect, and joy.

"We are wired to connect." To keep love vibrant and resilient, couples must actively cultivate habits that strengthen their emotional bond.

Below are five timeless practices that help relationships thrive, even through life's inevitable ups and downs.

Open Communication

Open communication remains the cornerstone of a strong relationship. Expressing your thoughts and emotions honestly—perhaps saying, "I felt supported when you listened today"—prevents small misunderstandings from growing into resentment.

The art of communication lies not only in speaking but in listening without judgment or the urge to fix. Often, what your partner needs most is to be felt, heard and understood.

Couples who consistently turn toward each other in small, everyday moments—through a question, a smile, or a glance—build lasting emotional intimacy that endures for years.

Celebrate and Stay Close

Gratitude is one of love's most powerful reinforcements. Simple gestures—saying "thank you" for a shared meal or a household task—remind your partner they are seen and appreciated.

Equally vital is physical affection. A hug, a hand on the shoulder, or a quiet moment of closeness releases oxytocin, the hormone linked to trust and connection. These brief yet meaningful touches help maintain a deep sense of safety and belonging.

Even as relationships mature, small moments of affection remain essential. It is the everyday glue that keeps love grounded.

Honour Boundaries and Encourage Growth

True partnership thrives on balance, the ability to stay connected while allowing each person the space to grow. When one partner seeks solitude and the other craves excitement, respecting both needs keeps the relationship dynamic and whole.

Supporting one another's personal goals fosters a shared sense of purpose. "Love does not consist in gazing at each other, but in looking outward in the same direction."

When partners honour individuality while moving forward together, love evolves rather than stagnates.

Compromise, Forgive, and Move Forward

Perfection isn't the measure of love—resilience is. Every relationship experiences friction, but what defines lasting love is how couples repair and recover.

Quick, heartfelt apologies and a willingness to forgive prevent resentment from taking root. Couples who can laugh at life's small missteps instead of holding grudges create emotional safety and flexibility, the foundation of endurance.

Stay Connected Through Life's Challenges

Life's pressures—career demands, financial stress, family responsibilities—can strain even the strongest relationships. The key to staying close is facing challenges as a team rather than as opponents.

Try establishing a nightly ritual: share one highlight and one challenge from your day. These check-ins foster emotional awareness and help partners stay aligned through the changing seasons of life



Love Grows When You Give It Attention

In the end, lasting love is built not on grand gestures but on small, consistent acts of care. A kind word, a shared smile, and a brief moment of gratitude are the quiet investments that deepen trust and connection over time.

Offer affection, express appreciation, or simply listen with full attention.

Attention sustains affection—let love flourish where you place your focus.

HOW CAN WALKING HELP REDUCE STRESS AND INCREASE PRODUCTIVITY!?????

By Suman Gowda, Actor, Author and Documentary film maker

We often think big gadgets, fancy workouts, or fat club memberships are needed for our physical and mental health and well-being, but it is walking that helps us reduce our stress and anxiety. It can also improve our productivity at work by maintaining healthy relationships.

Walk for a healthy "you."

Yes, walking is an age-old activity that is very basic and fundamental. Our great-grandparents walked, our grandparents walked, our parents walked, and we are walking. And yes, we are also into other physical activities, but we should make sure the next generation walks too!



Walking makes your heart healthy, makes your waist look slim, gives your body a toned look, and, more importantly, boosts your memory, reduces day-to-day stress, and enhances good relationships in your life.

When you feel stressed, take a walk!

When you feel stuck in life, take a walk!

When you feel hurt, take a walk!

When you feel extremely moody, take a walk — just take long walks!

Walking is the greatest blessing given by our ancestors. Walking lifts our mood and makes us mentally strong to fight the world.

CHAPTER 2: EMOTIONAL INTELLIGENCE AT WORK

FROM AWARENESS TO APPLIED WISDOM

By Satish Joshi

FROM AWARENESS TO APPLIED WISDOM

In the previous chapter, we learnt the importance of self-awareness in improving our professional relationships. Understanding our emotional triggers, strengths, and behavioural tendencies forms the foundation, but awareness alone doesn't change behaviour. Emotional Intelligence (EI) turns insight into action. It helps us recognise emotions as they arise, regulate them wisely, and respond in ways that strengthen rather than strain workplace interactions.



NAVIGATING EMOTIONS IN REAL SITUATIONS

Emotional intelligence becomes most visible during high-pressure moments; disagreements, feedback sessions, deadlines, or organisational changes. Rather than reacting impulsively, emotionally intelligent individuals pause, process, and choose behaviour that reflects maturity and clarity. They validate emotions without letting them control their actions. Empathy is central here, not agreement, but understanding. When we actively listen, respect different viewpoints, and manage tone and language, we build trust, reduce friction, and enable smoother teamwork.

EI AS A PROFESSIONAL ADVANTAGE

In the workplace, emotional intelligence is not optional, it is a core professional skill. Leaders and collaborators with EI communicate clearly, create psychologically safe environments, and navigate conflict without escalation. They lead with both confidence and compassion, fostering loyalty and cooperation. Emotional intelligence transforms self-knowledge into meaningful professional presence, allowing us to connect authentically, influence positively, and contribute not just through performance, but through thoughtful human engagement.



EMOTIONAL INTELLIGENCE PRACTICE POINTS

1. Pause Before Responding

- Take a few seconds before replying during tense conversations
- Ask yourself: Am I reacting or responding?

2. Name Your Emotion

- Identify what you are feeling; frustrated, anxious, overlooked, excited, stressed
- Labeling emotions reduces their intensity and increases clarity

3. Check Your Self-Talk

- Notice internal stories like *“They don’t value me”* or *“I must prove myself”*
- Reframe with balanced thoughts: *“Let me understand their view first.”*

4. Listen Fully

- Avoid planning your response while the other person is talking
- Repeat or summarize to ensure you understood correctly

5. Practice Empathy

- Ask: *What might they be feeling? Why?*
- You don’t need to agree, just understand

6. Manage Tone & Body Language

- Keep voice calm, posture relaxed, and expressions neutral
- Often *how* we say things matters more than *what* we say

7. Seek Feedback Often

- Ask trusted colleagues, “How do you perceive my behavior when I’m under stress?”
- Treat feedback as data, not criticism

8. Reflect Daily

- 5-minute end-of-day reflection
- What triggered me today?
- How did I respond?
- How can I handle it better next time?

9. Build Emotional Boundaries

- Avoid taking things personally
- Focus on *issue resolution*, not *people evaluation*

10. Appreciate and Acknowledge

- Recognize others' efforts and emotions
- A simple “Thank you” or “I see the hard work you put in” strengthens relationships





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NURTURING HAPPINESS: THE SACRED POWER OF HEALTHY ROUTINE IN CHILDREN

SDM Institute of Ayurveda and Hospital, Bengaluru
Dept. of Kaumarabhritya (Ayurveda Pediatrics)

By Dr.Srilakshmi, Ayurveda Pediatric Consultant and Associate Professor & Dr.Meghana S.K, Final Year Post Graduate

As a parent, you might have probably noticed how a good quality sleep, fun playtime and nutritious meal can make wonders in your child. But did you know that these daily routines are actually interlinked? When children get these in the right proportion they tend to be happier, focused and get better physical and mental health.

Here are the few routines to try:

Teaching personal hygiene: A gift for life

Help the child develop good daily hygiene habits that will benefit them for a lifetime.

Teach them to



- Wash hands frequently especially after toilet use and before eating
- Bathe regularly to stay clean and fresh
- Brush and floss teeth daily
- Cover mouth while sneezing and coughing to prevent germ spread
- Keep hair clean and tidy
- Wear clean ironed clothes every day

Good hygiene practices promote overall wellbeing, prevent illnesses and boost confidence. This can also help prevent bullying and low self-esteem related to poor hygiene.

Physical activity and sedentary behaviour

Encourage the child to stay active, stay healthy, build strength, manage weight, and reduce the risk of depression and chronic illnesses. It also supports social interaction & friendship building. For infants, activity should start from birth through supervised floor play. Toddlers (1–3 yrs) & pre-schoolers (3–5 yrs) should be active for at least three hours each day through play & movement. Children and adolescents aged 5–17 yrs should engage in at least 60 mins of moderate-to vigorous-intensity physical activity daily, mainly aerobic exercises like brisk walking, running, cycling, swimming, or playing sports. Vigorous activities that strengthen muscles & bones should be included at least 3 times per week, & the activity can be done in shorter sessions throughout the day.

Managing Screen Time and Sedentary Behaviour

As a parent, it is essential to be aware of the impact of sedentary activities on a child's health. Excessive screen time including TV, video games, social media and mobile devices can lead to unhealthy weight, reduced self-esteem and harm to the eyes. Children often imitate what they see, so exposure of inappropriate content can be harmful.

Here are some guidelines to manage effective screen time



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- Children under 2 years: strictly no screen time
- Children 2-4 years- less than 1 hour per day
- Children 5-17 years- limit to 2 hours or less per day

Encourage outdoor play, sports and physical activity instead.

Why is Active Play Important Among Children?

- Active play encourages creativity, independence and social behaviour.
- It also improves one's ability for conflict resolution, problem solving, and motor skills - aspects that are important to children's social, emotional and cognitive development.

- Habits and behaviours developed in childhood persist into adulthood, thus children and youth who are active are more likely to become active adults.
- Regular physical activity can reduce the risk of numerous illnesses such as cardiovascular diseases, metabolic syndrome, and depression.
- Physical activity can also help control weight, improve mood, and increase life expectancy.

Less sitting

In children under 5, the advice is to limit the time they spend watching TV, travelling by car, bus or train, or being strapped into a buggy.

While this may be a challenge for busy parents, the advice reflects growing awareness that early life experiences and habits impact upon our health as adults.

Tips to reduce sitting time:

Do not leave a child in a pram or buggy, car seats or high chair for longer than 1 hour at a time. Reduce time spent in walking aids or baby bouncers, also reduce time spent in front of the TV or other screens.

Tips to reduce sitting time – in children and teenagers aged 5 to 18

- Consider ways for children and teenagers to "earn" screen time
- Agree a family limit to screen time per day
- Make bedrooms a TV, electronic device, laptop and phone-free zone

- Set "no screen time" rules to encourage other activities
- Encourage participation in house chores, such as setting the table or taking the bins out
- Choose gifts such as a scooter, skateboard, ball or kite to encourage active play.

Nutritious diet

Growing children need calcium rich food like milk, dairy products and millets to build strong muscles and strengthen bones. The daily recommended intake is around 850-1050mg, but adolescents may need more.

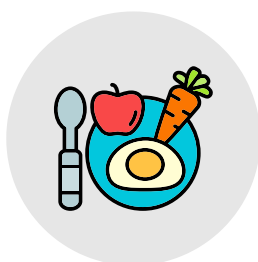
For kids under 5 years focus on,

- soft, nutrient rich foods like pulses, nuts, egg and milk
- vegetables, green leafy vegetables and seasonal fruits

For older children and teenagers include

- Protein rich food like milk, tofu, paneer and Bengal gram
- Nuts, fish for healthy fats
- Fenugreek, amaranth 3-4 times per week

Avoid packaged foods as they are excessively rich in sugar, oil and artificial additives. A balanced diet supports healthy growth, prevents obesity, nourishes the body and lowers disease risk.



Reading and homework time

Finding the right balance - The right amount of homework depends on child age and skills. Generally, 30-60 minutes is recommended per school day. If concerned about child homework load, talk to their teacher and understand their approach and policies.

Helping child with homework:

- Set a regular time to establish homework routine
- Choose a good spot- pick a quiet place, well light area with desk which is comfortable and distraction free
- Be flexible and communicate with child regarding importance of homework

Bed time reading



- Bed time reading is a wonderful way to nurture a child's mind and strengthen bond.
- It boosts vocabulary, improves imagination and builds confidence.
- Choose engaging books that match child age and interest and explore the book together.
- This quality time strengthens emotional bonds and fosters reading habits. Research also shows children whose parents read with them have better brain development.



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Quality sleep

Ensure the child gets 8-10 hours of quality sleep to support

- attention and learning
- memory and emotional wellbeing
- Balance sleep with physical activity to reduce risk of
- Obesity
- Diabetes
- Hypertension
- A consistent sleep routine is crucial for overall health and development.



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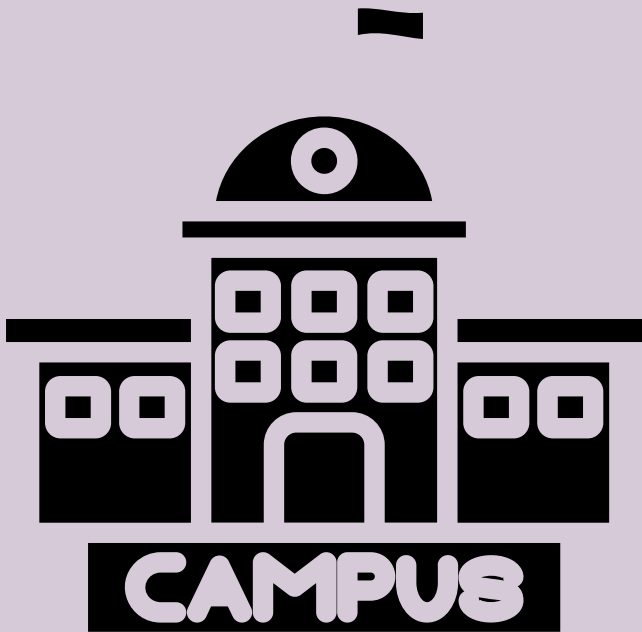
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vibes

*vibes*

WORLD MENTAL HEALTH DAY: A REFLECTION

By Nivedita Chirantan

Hello, I am Nivedita Chirantan, an Academic Director and Trainer collaborating with multiple schools to enhance teaching and learning practices. I'm also pursuing my Master's in Psychology, which allows me to explore human behaviour and emotional well-being alongside my professional work. I was honoured with the *Emerging Educator of the Year for Academic Mentoring and Training award*, and I am passionate about creating spaces where both teachers and students can grow and thrive.

As a student of Psychology, I often wonder how people think about mental health. Do they see it the way I do, or from a completely different perspective? When my internship mentor, Dr. Ramya C. N. from Therapyon, asked us to conduct interviews for a video campaign in honour of World Mental Health Day, I was excited. Each intern spoke to different people - family, friends, or strangers and it was interesting to see how varied yet meaningful everyone's views on mental health were.

This campaign was just the beginning of what turned out to be a memorable World Mental Health Day celebration at Therapyon Counselling Centre. From the moment I entered, the calm environment and warm décor made me feel included. The event began with Nikhita Shenoy's energetic welcome, followed by an icebreaker led by Kavya Gandhi. We wrote positive statements about ourselves or someone we knew, and reading them aloud filled the room with smiles and positivity. It was a simple yet powerful reminder of how small words can lift someone's day.

The panel discussion featured experts from different fields: Dr. Ramya (Psychologist), Meena Achary (Lawyer and Forensic Psychology), Kalyan (Counselling Psychologist (Addiction)), and Dr. Arya Nerli (Homeopathy Doctor and Psychology student). They shared personal insights on staying grounded, the role of family support, seeing clients beyond labels, and how emotional distress often shows up physically. The discussion ended with everyone reflecting on one thing they would like to work on, which made the session deeply personal and real.

*vibes*

Later, we had a Movement-Based Therapy session with instructor Vishakha Bariyal. Blindfolded, we moved freely to music, letting go of self-consciousness and judgment. It was freeing and refreshing.

The event ended with two activities by Vaishnavi and Ishita—turning a negative situation to positive, and an appreciation chain. The laughter, reflection, and warmth left a lasting impression. For me, the day was a reminder that mental health awareness is not just about talking, but about connecting, understanding, and appreciating ourselves and others.



PSYCHOLOGICAL HEALTH AND HOMOEOPATHY A HOLISTIC APPROACH: PART 2

By Dr. Arya M. Nerli (BHMS, CGO)
(CURRENTLY AN INTERN AT THERAPYON
COUNSELING CENTRE)

Homoeopathic consultations are typically long and empathic, so the therapeutic engagement itself is a measurable benefit for many people with anxiety, adjustment difficulties, and stress-related complaints.

Unlike standard drug protocols, homoeopathy treats the unique mental and emotional pattern of each person. Two persons with anxiety may receive different remedies because their inner experience differs. For example, one may feel restless and fearful at night, another may feel anticipatory dread before any situation. This precision makes patients feel, seen and understood, which itself reduces psychological distress.

Homoeopathic medicines are generally safe and tolerable. They are non-toxic and non-addictive, which makes them attractive long-term additions or for patients sensitive to side effects of anti-psychotic medicines.



There are many misconceptions regarding Homoeopathic treatments, one of them is regarding the existence of its medicinal properties. Contrary to what some people believe homoeopathy as a pseudo-science, it is something which is life changing for many people. There was no possibility to demonstrate this due to the lack of devices to show the nanoparticles.

Fortunately, due to advancements in Nanotechnology, the existence or presence of homoeopathic medicine is now proven which earlier was not acknowledged due to lack of high-resolution microscopes. One of the main reasons for this is that under a very high resolution microscope, homoeopathic medicines can be seen as nanoparticles, ranging from a few nanometers to hundreds of nanometers in size. These nanoparticles are composed of the original substance which are formed through mechanical processes like trituration and succussion, which create intense turbulence and particle collisions.

Transmission Electron Microscopy (TEM) is used to visualise the nanoparticles, revealing their shapes and size in the diluted solutions.

One of the main reasons I believe homoeopathy is the best choice for treating psychological disorders is that it works

by stimulating the body's innate healing capacity.

In psychological conditions, this often manifests as:

- A gradual lifting of emotional heaviness.
- Return of interest in daily activities.
- Improved ability to cope with stress.

Many patients describe the change not as a chemical suppression, but a restoration of inner equilibrium.

Psychological disorders are something which has not gained that much awareness as it is still considered a taboo to talk about mental health. Fortunately, the scenario is changing.

Many people still assume anxiety, grief or mild depression is a part of our lives. But we should always remember that anything in excess is fatal for us. These issues should not be ignored and should be addressed at the right time.

The purpose of this article is to break the misconceptions surrounding homoeopathy in relation to treating psychological problems by bringing a refreshing perspective, by seeing psychological disorders not as isolated 'mental issues', but as imbalance or disturbance in the whole person that can be gently and effectively supported.



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BRAIN TEASERS, QUIZZES,
RIDDLES, OR FUN FACTS

★ CELEBRATE YOUR JOURNEY:
ACHIEVEMENTS, AWARDS, OR
RECOGNITIONS

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**Shri. Srinivas Prabhu, actor and
theatre artist** inaugurating our
first issue in September 2025





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