



MONTHLY NEWSLETTER ON PSYCHIATRY FOR DOCTORS & MEDICAL STUDENTS

THE DIGITAL NEWSPAPER



Picture Caption : By Farheen Tabassum, BDS student, Govt Dental College, Dibrugarh, Assam

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MINDS Newsletter is the monthly newsletter that started in July 2011. It is the oldest and the only psychiatry e-newsletter for doctors and medical students available in-country.

MINDS provided a common platform to senior teachers, young faculty, postgraduates and undergraduates.

MINDS showcase a wide spectrum of items not only from medical specialities but from people creative fields also. Students are invited to contributes their thoughts creations like crosswords, book review, movie review, poems, paintings and photography.

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Picture Caption: By Dr. Arti Yadav, Agra

An complication from women editor team of MINDS

Women and Modern World



Miss Dhvani Ravi, MBBS Student
St. Johns Medical College, Bangalore

It is a truth universally acknowledged, by the Indian ad industry, that the only thing that a working middle-class mother needs to fulfil the unrelenting demands from her family, colleagues, and bosses, is a fleet of slick kitchen appliances. The husband's *only* contribution to the running of the household must be to provide said appliances.

Working women in India have been known, accepted, and supported for more than 30 years now. Yet, the expectations of a woman - to marry appropriately, bear children, provide for them, maintain a smoothly running household and take care of ageing parents and in-laws, persist to this day. But that's not all: a working woman is expected to do all the above, plus grow professionally, as well as set an example for younger women in the workforce, all while fighting ceaselessly to be considered equal to the men who have occupied this space for generations before, and while earning less than her male counterpart. Further, research shows that women senior leaders do more to help their employees navigate work-life challenges relative to their male peers, spending that additional time helping manage workloads. They are also 60 per cent more likely to be focusing on emotional support. In other words, employees are likely to be happier working under women leaders. Yet, that adds to the toll on the women themselves. For working women, the

refrain "Anything You Can Do, I Can Do Better" is really rather "Anything You Can Do, I *Must* Do Better".

All these expectations contribute to a bigger expectation of women - a woman must be emotionally resilient, strong and stoic in order to execute all of the jobs and responsibilities are given to her. A woman who shows emotions and vulnerabilities in any context, be it as a mother or as an employee, is looked down upon and immediately criticised for her weakness. Yet something must give way somewhere: 'resilience' may simply be a mask donned by the professional woman as she struggles to balance the weight of countless expectations, with untold stress, burnout and mental illness simmering under the surface.

Deepika Padukone is well-known for being public about her struggles with mental illness. Yet, in 2021, 6 years after she first announced her mental illness, she revealed that her entire team was scared at first about the knowledge of her depression coming to light, until Padukone took the risk of coming forward and being transparent, citing the greater public good that comes from advocacy. If one of the most prominent Bollywood actresses is scared about the potential repercussions on her career of having a diagnosed mental illness, one can only imagine the fear that the average woman has in accepting that she needs help.

The MINDS Women's Day Issue celebrates women in high positions while acknowledging that a woman, no matter how professionally accomplished, cannot be superhuman and deserves due attention to her mental wellbeing. Women should be allowed to fail and flourish while being supported to thrive and flourish, and not merely serve the needs of those around them.

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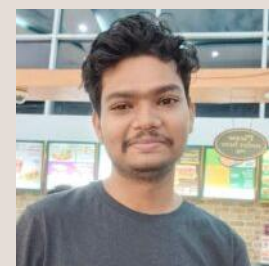
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Womanhood



Picture Caption: By Dr. Arti Yadav, Agra

Through the window panels,
Under the cumulonimbus clouds,
I saw her
Dwell in a thatched house.
Through the raindrops slipping down the glass,
In knee depth flood,
I saw her
Scoop the water out of her house.
Through the blaze of thunder,
That shook the house,
I saw her
Stand straight up in avouch.
With the changing cumulous to stratus,
Arrived the squalls
Blew her painted canvas and inked letters
Off the shelves - to water, it falls.
Through the triple pane windows,
Undeterred by the plight,
I saw her
Drawstrings around the house
And clip the papers
To wind them dry.
Through the sound locked window,
With an inaudible wailing grin,
I saw her
Not wait for the long-delayed flight of the sun.
With the ticking quartz clock
She cleaned her house,
Salvaged her work,
And recreated new pieces.
Through the window of my office,
I saw her -
I saw her struggle,
I saw her stand,
I saw her endure,
I saw her patience,
I saw her achieve her purpose
And felt her strength.



Miss Rituparna Das
MBBS student, AIIMS, Raipur

Dr Thara Rangaswamy: A Face of Indian Women Psychiatrist



Dr Thara Rangaswamy is a psychiatrist by training and the co-Founder and Vice-Chairman of a not-for-profit NGO called SCARF (Schizophrenia Research Foundation) in the city of Chennai in Tamil Nadu. She was the Director of SCARF for 23 years.

After her PhD on the subject of disability, she lobbied hard for the recognition of mental disability in India. She was largely instrumental in developing the tool IDEAS to measure disability caused by mental disorders. She has collaborated with premier institutions worldwide such as Johns Hopkins, USA, Institute of Psychiatry, UK and others in Australia, Canada etc. She has over 180 peer-reviewed publications.

She initiated several programs like the international conference ICONS, the film festival 'Frame of mind', the mobile telepsychiatry programme and one with the Tamil Nadu women's development corporation to train SHG members on mental health and basic counselling.

She is on the Advisory Committee to the Director-General of the World Health Organization, Geneva and is on the Editorial Board of several reputed journals, including the Schizophrenia Bulletin.

She was awarded the Honorary Fellowship of the Royal College of Psychiatrists, the UK, in 2014 and the Presidents Gold Medal from the Royal College, the UK, in 2012. She was recognized by the **Schizophrenia International Research Society (SIRS)** for her outstanding research in clinical and community psychiatry in 2019. In 2021, she was named a Fellow of the Royal College of Physicians, Edinburgh.

In 2022, she received from the Hon. President of India, the **Nari Shakti Puraskar**, the highest civilian award for women.



Dr Thara Rangaswamy,
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Prof. Bimla Buti: A Face of Indian Women Scientist



Professor Bimla Buti
PhD, Chicago University, USA.
Founder & president: Buti
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<http://www.butifoundation.org>

Professor Buti was born in 1933; her family migrated from Lahore to Delhi during the partition of India. She was an arts student in High School as Government School, where she got admission on migration to Delhi, did not have science as an option. Her father, a Gold Medalist in mathematics from Panjab University, who later became a SC lawyer, perhaps seeded love for mathematics in her.



Plasma Physics College at ICTP, Italy in 1985

Later, Buti joined a one-year course at Delhi University to get admission into B.Sc. Physics (Hons.). She did her M.Sc. in physics also from Delhi University.

She is known for speaking her mind fearlessly, perhaps



With Nobel Laureate Prof. S. Chandrasekhar (third from left), at Space Application Centre, Ahmedabad, during his visit to PRL as Vikram Sarabhai Professor in 1982.



At her office in PRL.

due to the values instilled in her during her childhood. Her father always stood by her side, encouraging her to pursue the field of her choice. She decided to pursue higher education in physics and went to the University of Chicago, where she had an opportunity to work with Nobel laureate Prof. S. Chandrasekhar. She worked on relativistic plasmas and earned her PhD in 1962. She decided not to marry and devote her life to physics. She returned to Delhi University as a teacher for two years and later went to the US to work at the Goddard Space Flight Center, NASA. On her return from the US in early 1968, she joined the Department of Physics, Indian Institute of Technology (IIT), Delhi as a Senior Scientific Officer.

Later, in 1969 she was invited to join Physical Research



Laboratory (PRL) by Prof. Sarabhai, then director of PRL, where She worked for the next twenty-three years. She founded the Plasma

Delivering lecture at IIT Delhi.

Science Society of India in 1978 and was its President during 1992-93. She had also founded 'Buti Foundation' in 2003 to encourage young scientists, particularly women scientists (www.butifoundation.org/education.html) Professor Bimla Buti is now an internationally renowned physicist, an inspiration to all Indian women and a face of women scientists of the country. She has exhibited deep commitment to the propagation of science to the society (www.butifoundation.org/css.html).

Some Awards and Recognitions:

- The First Indian woman physicist to receive Fellowship of Indian National Science Academy (INSA) 1981.
- The First Indian woman scientist to be elected as a Fellow of The World Academy of Sciences (TWAS) 1990.
- Fellow of National Academy of Sciences, India (NASI) 1992.
- Fellow of American Physical Society (APS) 1992.
- Director Plasma Physics, International Centre for Theoretical Physics (ICTP), Trieste, Italy (1985-2003).
- Vikram Sarabhai Award for Planetary Sciences, 1977
- INSA Jawaharlal Nehru Birth Centenary Lectureship award, 1993,
- INSA Vainu Bappu International Award in Astrophysics, 1994
- Lifetime Achievement Award of the University of Chicago in 1994.
- NASI Prof. MeghNad Saha Memorial Lecture Award, 2013.
- NASI A.C. Banerji Memorial Award 2017.
- Indian Physics Association R.D. Birla Award 2020.

What is Plasma ?

As medical professionals, we are aware of blood plasma, but in physics, plasma is different; it is an ionized gas (gas split into its fundamental constituents due to thermal energy) sometimes referred to as the fourth state of matter other than solid, liquid, and gas. Plasma technology has numerous applications in medical sciences. For cancer the plasma technology is used in Targeted Drug Delivery system, through nanoparticles produced by plasma; targeting only the cancerous cells. Plasma technology is also used in dentistry. Cold plasma jet can destroy affected dental area, root canal infection and even helps in teeth whitening. The other applications of plasma technology are in faster wound healing, sterilization and management of hospital waste.

‘SHE’ AND ‘HER PSYCHE’



---- Dr Shubhangi Dere MBBS, DNB (Psychiatry) Past editor-MINDS Newsletter (July, 2014 – June, 2015)

Mental health is any individual's fundamental right and every attempt is made to achieve it in one's lifespan. Having said that, it is important to look after the various determinants which define its dimensions. Gender is one of such determinants which influence one's mental health. Men and women are different in biological and social aspects and so is their psyche.

Women exhibit a unique way of thinking, perception, ability to deal with problem situations, use of coping styles, pattern of seeking support and resilience. All of these are decided by her genetic predisposition, upbringing, discrimination that they face at every stage of, lack of adequate support during perinatal period and later in child-rearing process, hormonal changes in her life-span and social expectations from her. When psychological disorders are considered, gender has been reported to influence age of onset of symptoms, clinical features, frequency of relapses, course, and long-term consequences of severe mental disorders (1). Hence it is important to keep in mind all these factors while addressing her psyche in clinical and social set-up.



Picture Caption : By Farheen Tabassum, BDS student, Govt Dental College, Dibrugarh, Assam

Women empowerment do not necessarily mean letting her stand at par with men and but I believe it shall be where she is allowed to be what she is where her strengths are enlightened and weaknesses are shadowed.

Reference:

1. Malhotra, S., & Shah, R. (2015). Women and mental health in India: An overview. *Indian journal of psychiatry*, 57(Suppl 2), S205–S211. <https://doi.org/10.4103/0019-5545.161479>

Candlelight Melting through Womanhood Generation after Generation



----- Ms Sona B Soni, MBBS Student, St. John's Medical College, Bangalore

“Karthave! Don't laugh so loudly, *mole*, and look at how you are sitting. Don't cross your legs. What will people say when you behave the same way at your in-laws' house?” I look up at my grandmother. “I was only laughing.”

“Darling, we want everyone around to speak highly of you. A girl your age needs to maintain decorum. Don't you care about our family's reputation? We love you and want what's best for you.”

This incident is forever engraved in my mind because it was the day I realised that my identity was curtailed by something that I have no control over, something that will remain forever true: the fact that I am a girl.

Conditioning is the process of training or accustoming a person or animal to behave in a certain way or accept certain circumstances. It begins very early on in a girl's life. This article illustrates some of the subtle ways our society manipulates the female psyche to create the domicile homemaker who takes pride in being abused.

There was a time in all our lives when we believed our parents to be omniscient. The remnants of that belief are still buried deep within us. A girl's own family sows seeds of discrimination masked under cultural norms. She who sees her brothers always served first grows up to believe that this is the norm. A girl who grows up watching her mother and only her mother tire herself out day and night with chores would believe that's how it's supposed to be. This is also a scientific fact: the chameleon effect refers to non-conscious mimicry of the postures, mannerisms, facial expressions, and other behaviours of one's interaction partners in one's current social environment. What she learns from home defines her sense of normal. This explains how these toxic ideas that a woman must always be the one to sacrifice are passed from one generation to the next.

A typical Indian household takes due care over how their women sit, walk, or even dress because these behaviours determine where a family stands on the societal honour scale.

The way ‘*Sanskara*’ is enforced takes a real toll on a girl's mental health. The girl is conditioned to believe the art of cooking and homemaking are integral parts of her identity and self-worth. Any girl who attempts to grow out of this rigid mould is treated as a delinquent in their own home, making it evident that the house was never ‘theirs’ to begin

with. It comes as no surprise that the latest findings of the National Family Health Survey (NFHS) revealed that at least 30% of women respondents across 14 states and Union Territories justified women getting beaten by their husbands.

Women of India take pride in pouring out their blood, sweat and tears until they drain themselves dry. But the most upsetting fact regarding this pattern is how it's idealised. Every Mother's Day, posters depicting women with 10, sometimes 100 hands carrying out a plethora of tasks are commonly seen. Though they seem harmless at first, these posters serve as the window to our society's unrealistic expectations from women.

She manages all domestic chores, works at a full-time job, and finds leisure time to spend with the family. The amount of emotional distress this puts on any human being is massive.

The girl who was taught her entire life purpose is to have and raise a family would never let that fall apart. Her sense of self-worth is too wrapped up in the notion of ‘*Sampoorna Nari*’ trapping her in abusive relationships. Research has shown that women who had experienced domestic violence were more likely to report mental ill-health status and suicidal tendencies. It was identified as a significant contributor to female morbidity and mortality, leading to psychological trauma, depression, and injuries. 42.8% of the women reported one or the other types of violence, and 12% of the women reported mental ill-health.

A woman consumes herself bit-by-bit till she melts away one day, being the light of the lives of her family till the very end. The world has realised the futility of candles and moved on decades ago. But our society still holds onto them despite countless experiences of the other side of the scalding hot wax.