



PARAKH

Insights to mental health

What We've Been Up To

Upcoming Events

Are you overwhelmed by stress and struggling to cope with its effects on your health and productivity? Learn how to navigate stress from a burden into a catalyst for growth and success! Find below the Details of our "Stress Management" workshop and register for the same.

Date: 18th March

**Venue: Anand Niketan, D 123, Opposite
Motilal Nehru College, New Delhi**

Time: 3:30- 4:45 PM

Fee: 250/- Rupees

Price for both workshops: 450/- Rupees



Break free from the tyranny of the mirror and learn to love your reflection, and invest in yourself. Discover the power of self-love and start your journey towards body acceptance and self-love. Find below the Details of our "Body Positivity" workshop and register for the same.

Date: 1st April

**Venue: Anand Niketan, D 123, Opposite
Motilal Nehru College, New Delhi**

Time: 3:30- 4:45 PM

Fee: 250/- Rupees

Fee for both workshops: 450/- Rupees



SLIDING SCALES

Starting therapy can be scary, but we're here to help. TMG wants to ensure that people don't give up therapists they might genuinely afford to see while helping them find affordable therapy. Most therapists don't think a person's ability to pay should dictate whether or not they receive treatment.

While therapists have flaws, many are sympathetic people who desire to assist as many people as possible, while some are selfish or otherwise unethical. Sliding scale therapy is priced according to each person's income and dependents. This cost structure was implemented to make treatment more accessible to those with less money.

Clinical psychologist Sonakshi Gandhi and the other therapists at TMG provide therapy sessions for those who cannot afford them at reduced prices. To sign up for the sliding scale therapy, people must complete the Google form below. One of our therapists can schedule the sessions cheaper if they fit for sliding scale therapy perfectly. This is the next important step in making mental health services affordable and accessible to everyone, regardless of income and financial resources.

Empowering Kids Through Early Consent Education

While one may have second thoughts about opening up their child to an intimate concept such as consent to their young children, it is important that children understand that they have the right to say no.

In a collectivist society such as ours, where boundaries become so blurred between families and loved ones, it becomes all the more crucial to ensure that individuals understand their boundaries and that they have control over their own bodies. Furthermore, children adopt their attitudes and behavior in and around consent from a young age, making talking about it promote empathy and respect toward others. This becomes even more important during social gatherings and festivities; youngsters are more likely to respect and treat others with kindness and empathy. They learn how to respect their own needs while recognizing the needs of others, which can lead to positive interactions with others.



Children should be taught to use their voices to speak up and tell an adult if someone makes them feel uncomfortable or touches them inappropriately to prevent sexual abuse. Moreover, by teaching children to ask for consent, they learn how to communicate their needs and boundaries effectively, which can lead to positive and healthy relationships in the future. Children who are taught about consent from a young age are more likely to

respect the boundaries of others and understand the importance of asking for consent in any physical or sexual encounter.

In our society, there are harmful stereotypes about gender roles and expectations, which can lead to situations where one partner feels they have more power or control in a relationship. By teaching children about consent, they learn that both partners in a relationship have an equal say in what happens and that no one should be forced into doing something they don't want to do. Teaching children about consent can help break down these harmful gender stereotypes and promote equality in relationships. develop a positive self-image. They learn that their boundaries and feelings are valid and value themselves and their needs, which can lead to a positive self-image.

Furthermore, teaching consent can also prevent bullying and other forms of harassment. By teaching children about consent, they learn that they should always ask for permission before touching or interacting with others. By teaching children about consent, they learn that everyone deserves respect and that bullying or harassment is not acceptable.

One must understand that children grasp how boundaries work and respect those of others, and teaching consent to them at an early age is crucial. It is important that parents, teachers, and caregivers take the time to teach children about consent and provide them with the tools they need to communicate their boundaries effectively. As maturity and comprehension levels develop with age, different facets of consent ought to be addressed at various ages. By doing so, we give them a language and agency to connect with the world in a much safer and more respectful approach.



HOLI being a festival of colours, It is appropriate to teach your children to provide their consent before applying or getting colour. Here are five techniques to teach your children about “Bad Touch”:



- 1. Remind your little one that no one is permitted to put colors on them without their permission. Their CONSENT matters.**
- 2. Let them to decide how they wish to celebrate Holi. Consider whether or whether they are at ease around colors and water.**
- 3. Inform them of what to do if someone makes unwanted physical contact with them. Encourage dialogue and act as their TRUSTED ADULT.**
- 4. Assist children in realizing that it is wrong to harm or cause harm to others while playing or having pleasure.**
- 5. Give them the freedom to decide whether or not to participate in Holi.**
- 6. This Holi, teach your kids #buramano. Instead of “bura namaano”**

CHILDREN HELPLINE NUMBER

Childline 1098 is a phone number that spells hope for millions of children across India. It is a 24-hour a day, 365 days a year, free, emergency phone service for children in need of aid and assistance.

VIMHANS-Child Care- tel:1800113444

ASK A THERAPIST



HOW DO YOU CURE SLEEPLESSNESS?

Insomnia is a very prevalent concern and usually is the presenting symptom for a different variety of issues that can stem from depression to anxiety to lifestyle to trauma etc.

It's best to have a thorough understanding and speak to a professional.

*Disclaimer: The information we provide is offered as general educational content only. It should not be used to treat, assess or diagnose a psychological condition, nor should it be used as an alternative to obtaining professional advice from a qualified psychotherapist, clinical psychologist or psychiatrist.

Please always consult a professional health care provider about any health concerns you might have for yourself or on behalf of another person.

FEEDBACK

Feedback from our previously conducted in person experiential workshop on how to become a therapist.

"It is easy to provide content, but the content was done ethically. I was able to learn ethical things and I really enjoyed it and I will recommend others (for therapy and for such workshops). I got extremely anxious, but thank you for providing me with a safe, breathing space. I would have already recommended this place, but this gave me another reason."

"I liked how much open, calm discussions took place and the relevance of the information I gained today. It was in the sense offered practically relevant information, both therapists have faced in their practice. Timely started, structured presentation and experienced guiders."

"The facilitators and the content created was really nice. I also liked how the workshop was interactive throughout."

"It was very interactive and all the questions were answered patiently. It was informative, and I had a great time."

For more updates follow us on,



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