



NEWSLETTER

वृत्तपत्र- जोशी हॉस्पिटल व रत्ना मेमोरियल हॉस्पिटल

SPECIAL EDITION

YOUNG MINDS, REAL CHALLENGES

INSIDE THIS ISSUE

Page 2

ART AS A THERAPY: Dr. Megha Firodiya

Page 4

COMMON NEUROLOGICAL PROBLEMS IN THE TEENS AND YOUNG ADULTS: Dr. Poornima Gauri

Page 9

MODERN RELATIONSHIPS: CHANGING CONCEPTS IN INDIA: Ms. Ruta Sahasrabuddhe

Page 11

OVERVIEW OF PSYCHOLOGY SERVICES IN HEALTHCARE IN INDIA: Ms. Surabhi Prasad Joshi

Page 13

FINDING THE WAY BACK: AN OVERVIEW ON COGNITIVE RETRAINING: Ms. Miraj Khan

Page 15

A SUBSTANCE ABUSE: AGROWING PUBLIC HEALTH CHALLENGE: Dr. Manasi Aphale

Page 17

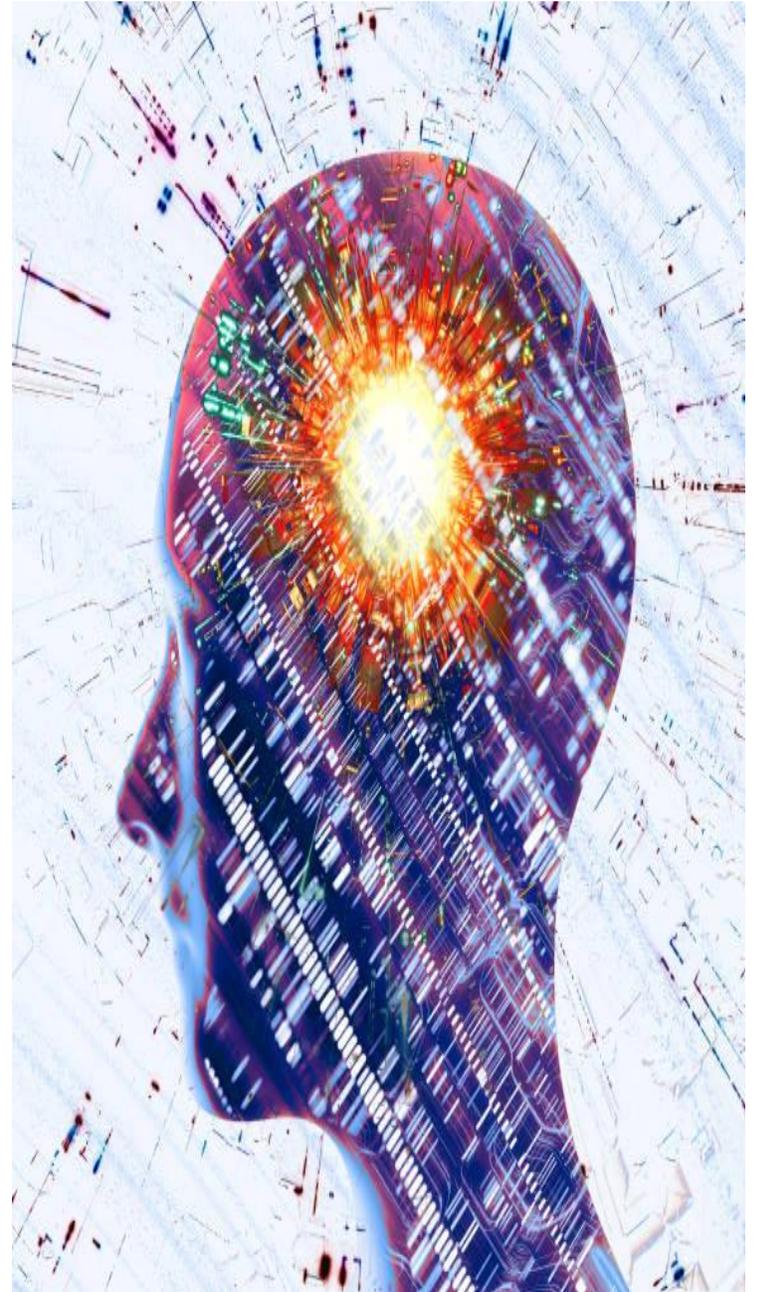
BRAIN AND MIND CENTER OUR SERVICES: Dr. Poornima Gauri

Page 18

छुपी भूक आणि आजची तरुणाई: मयुरा महाजनी

Page 20

HOSPITAL GALLERY

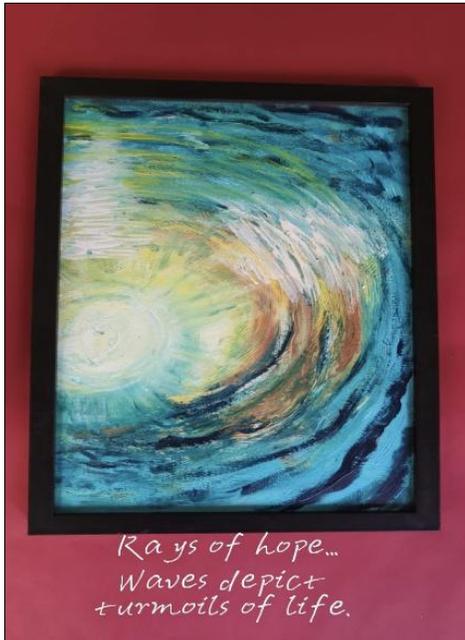


ART AS A THERAPY....

Just imagine dragging a brush on the page or canvas and watching beautiful colours spreading across and creating some pleasant surprises. And entering a new form of communication without saying a single word...Art can express feelings which even words cannot express....



Dr Megha Firodiya
MD, DNB,
EULAR cert. in Rheumatology



The American Art Therapy Association defined Art Therapy as integrative mental health and human services profession that enriches individuals through active art making. That might mean painting, drawing, sculpting, collage and even digital tools. It's less about the technique and more about expression. Art can unlock emotions, heal a person and help in emotional recovery. As told by Dr Shaun McNiff, a pioneer in art therapy, Art is a form of nonverbal communication that helps people to access subconscious thoughts and emotions. Most important mechanism of art therapy is externalization that means transferring internal experience on to external medium. When Stress or Trauma is painted it no longer remains invisible weight inside but becomes visible and manageable. Art allows reflection of your pain rather than getting trapped within it. Art works can be shared with the therapist or support group without saying a single word.

How does creative process calm the mind???

Painting activates different areas in brain that are involved in logical thinking and verbal analysis. Engaging in colours and textures trigger the "Feel good "chemicals in brain that help to encourage mindfulness, reduces depression and anxiety and also encourages self-awareness and personal growth.

Revisiting Artworks over time helps to trace emotional journeys and celebrate progress. This helps to foster hope than pain and negativity.

Scientific studies support therapeutic value of Art. According to a Research published in Journal of The American Art Therapy Association, participants in the Art programme reported significant reductions in anxiety and Post Traumatic Stress Disorder.

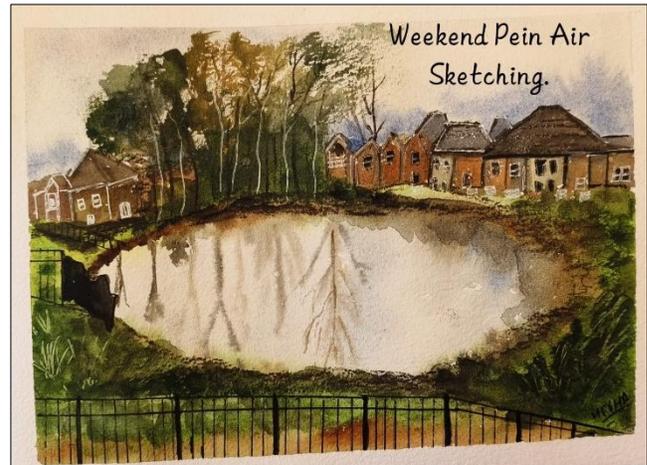


Clinical psychologist Dr Cathy Malchiodi emphasizes that Art therapy provides safe way to explore difficult emotions especially for those who struggle with traditional talk therapy.

According to a study published in 2022 in Frontiers of psychology just 45 min of creative activity significantly reduced stress hormones in 75 percent of participants with no Art background and another article in Arts in Psychotherapy journal showed that Art therapy reduces anxiety and depression in patients with chronic illness.

Art for corporate wellness.

1. Structured art session in lunch time. Just show up and draw.
2. Art corners Quiet zones of creative activity and destressing.
3. When everyone is coming and doing creative activity there can be team building.
4. Accessible online Art therapy courses.



How to include Art in daily life...

You don't have to pay a huge sum or buy expensive art materials or courses. Just do these simple things...

1. A 5-minute sketch. It's all about release than creating a Masterpiece.
2. Assign colour to your emotions and fill the page with lines and blobs and represent how you feel.
3. Clay/Play dough modelling when you feel tense, just put all your energy in modelling the clay and creating a shape than shouting/fighting/getting emotionally disturbed.
4. Weekend Art walks or Urban sketching. Its rejuvenating.
5. Curating your own creative path.
6. Journalling Put your experience in visual way.

Begin your own healing journey...

Start simple. Set aside a few minutes every day to paint whatever comes to your mind without judging it. You are expressing yourself rather than creating a Masterpiece.

You don't have to be good at it you are just letting your mind wander...That moment of quiet is healing.

The results of your artwork are variable this breaks the monotony.

Key is no rules, no pressure.

So, let's pick up our pen/brushes/phone camera/crayon and start our rejuvenating, Art Journey!!!!

Dr Megha Firodiya.

COMMON NEUROLOGICAL PROBLEMS IN THE TEENS AND YOUNG ADULTS

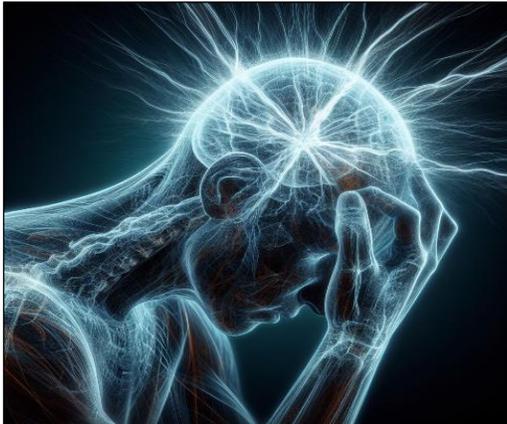


Dr. Poornima Gauri
MD (Medicine),
DNB (Neurology)

We use our entire nervous system every day. Right from our brain cells for thinking, feeling, taking decisions and other higher functions to the sensory nerves in our limbs and skin which constantly sense touch, pain, temperature, movement and position of joints. The system is always working, even during sleep. In fact, during sleep, the brain is busier doing a lot of house-keeping functions of cleaning up and refreshing. Hence good sleep is essential for us. In fact, SLEEP is now a superpower, as far as health is concerned, especially Brain and MIND Health. Since it is a system that is in active use throughout the day (and night), its problems affect us in various ways. As a neurologist I see the following problems commonly in the young age group of 16-25 years age: Headaches, Sleep problems, Memory problems, Epilepsy and related disorders. Let us get a glimpse of these problems.

HEADACHE

Headache is the commonest cause of loss of human working hours. Headaches are mainly of two types:



- 1) **Primary headache:** Tension Type Headache, Migraine, Cluster Headache are the common types. These are disorders in which Headache is the main symptom and the disorder itself. Headache is triggered by some factors in the lifestyle or environment. The duration is longer. Often these headaches are referred to as 'acidity headache' or 'normal headache'. Due to strong family history, many people grow up observing these headaches around them and take these headache episodes 'in their stride' and continue to suffer from them instead of actively seeking treatment for them.

When actually, a headache free life is possible.

- 2) **Secondary Headache:** Here headache is a symptom of an underlying disease like Sinusitis, Brain Tumour, Venous sinus thrombosis, Sub-arachnoid haemorrhage. These need to be evaluated ASAP with imaging of the brain with MRI and Venography / Angiography / contrast.

Out of the above list, the following are seen more commonly in the young:

1. Tension Headaches

The most common type. They cause a dull, tight, pressure-like pain around the head or neck. Often triggered by stress, long screen time, poor posture, or lack of sleep.

2. Migraines

Characterized by throbbing pain—often on one side—along with nausea, light/sound sensitivity, and

sometimes visual disturbances (auras). Migraine can be triggered by stress, dehydration, sleep deprivation, missing meals, irregular sleep, or certain foods.

3. Medication-Overuse Headache

Occurs when painkillers like paracetamol or ibuprofen are used too frequently. The headache becomes more frequent and harder to treat.

4. Sinus Headaches

Linked with sinus infections or allergies. Pain is usually around the forehead, eyes, or cheeks, and may worsen when bending forward.

5. Cluster Headaches (less common)

Severe, sharp, one-sided pain around the eye, occurring in repeated “clusters” over weeks. Rare in young children but can appear in older teens.

6. Dehydration or Lifestyle-Related Headaches

Skipping meals, inadequate hydration, excessive screen use, and irregular sleep can all trigger headaches in young people.

SLEEP Problems

Sleep, as I mentioned, is a SUPER-POWER. Sleep should be sufficient and efficient. The brain functions get refreshed and rebooted with proper sleep.

Overview of some common sleep disorders among the young:

- 1) **Insomnia:** Trouble falling or staying asleep, often linked to stress, screen use, irregular routines, or academic pressure.



- 2) **Delayed Sleep Phase:** Natural tendency to fall asleep late and wake up late; clashes with early school/college schedules.
- 3) **Poor Sleep Hygiene:** Excess caffeine, late-night screen time, inconsistent bedtimes, and overstimulation before sleep.
- 4) **Nightmares & Anxiety-Related Sleep Issues:** Worry, overthinking, or emotional stress can disrupt sleep quality.
- 5) **Sleep Deprivation:** Not a disorder itself, but extremely common due to packed schedules and digital distraction.
- 6) **Restless Legs Syndrome / Growing Pains:** Uncomfortable sensations that make falling asleep harder.

Iron deficiency is an important cause of this.

- 7) **Sleep Apnea (less common but possible):** Brief breathing interruptions that cause daytime sleepiness and poor concentration.

MEMORY Problems:

Attention and memory are basic essentials of all our higher functions. (Higher functions: the skills of a human being which makes them most evolved amongst the living beings on earth). Especially for academic as well as professional efficiency, both are required in precision, especially in the young age.

Overview of common memory problems in young people:



1. Poor Attention and Concentration

Many “memory issues” are actually attention problems. Distraction from screens, multitasking, or stress makes it hard for the brain to store information in the first place.

2. Stress-Related Forgetfulness

Academic pressure, family issues, or emotional stress can overload the brain, leading to difficulty recalling recent events, lessons, or tasks.

3. Sleep Deprivation

Lack of quality sleep weakens memory consolidation, making it harder to learn, retain, and recall information.

4. Digital Overload

Constant notifications, social media and rapid information switching reduce deep processing, which is essential for strong memory formation.

5. Poor Study Habits

Cramming, passive reading and irregular routines lead to weak retention. Young people sometimes mistake this for a “memory problem.”

6. Nutritional Gaps or Dehydration

Skipping meals, low iron levels, low hydration, or unbalanced diets can affect attention and memory performance.

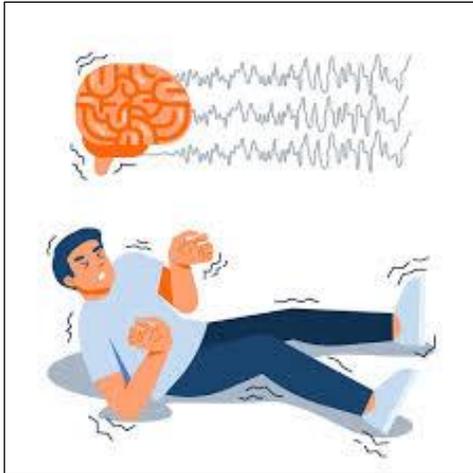
7. Anxiety or Low Mood

Emotional conditions can cloud thinking and reduce the ability to focus, organize, and recall information.

8. ADHD (in some cases)

For some young people, underlying attention disorders contribute to forgetfulness, losing things, or struggling with working memory.

Deficiency of Vitamin B 12 (due to decreased intake of nutritious food, fastidious dieting or too much processed food) is an important cause of Memory problems in the young and across all ages. In addition, **Thyroid** dysfunction has to be looked into as a cause.



EPILEPSY and related disorders

Epilepsy is the tendency of the brain to have recurrent and unprovoked seizures. A seizure is an electrical event in the brain which leads to sudden convulsions / movement / change in behaviour / sensation. This change lasts for a few minutes and may or may not be accompanied or followed by change in consciousness. There are different types of epilepsies. There are also different types of seizures. Age wise, Epilepsy is a bimodal disease with increased incidence during childhood and the elderly.

Overview of **different types of epilepsy seen in young people:**

1. Absence Epilepsy

Common in school-age children. Characterized by brief “blank staring” spells lasting a few seconds. The child stops responding but returns to normal immediately afterward. Often mistaken for daydreaming.

2. Juvenile Myoclonic Epilepsy (JME)

Usually appears in teens. Causes sudden, quick jerks of the arms or upper body, especially after waking up. May also include generalized tonic-clonic seizures.

3. Focal (Partial) Epilepsies

Seizures start in one part of the brain.

- **Focal aware:** The person stays conscious but may have unusual sensations, jerking, or emotions.
- **Focal impaired awareness:** Altered awareness, staring, automatic movements (lip smacking, picking at clothes).

These can sometimes spread to become full-body seizures.

4. Generalized Tonic–Clonic Seizures

Common across all ages. Involve loss of consciousness, stiffening, then rhythmic jerking of the body. Often followed by tiredness and confusion.

5. Benign Childhood Epilepsy with Centrottemporal Spikes (Rolandic Epilepsy)

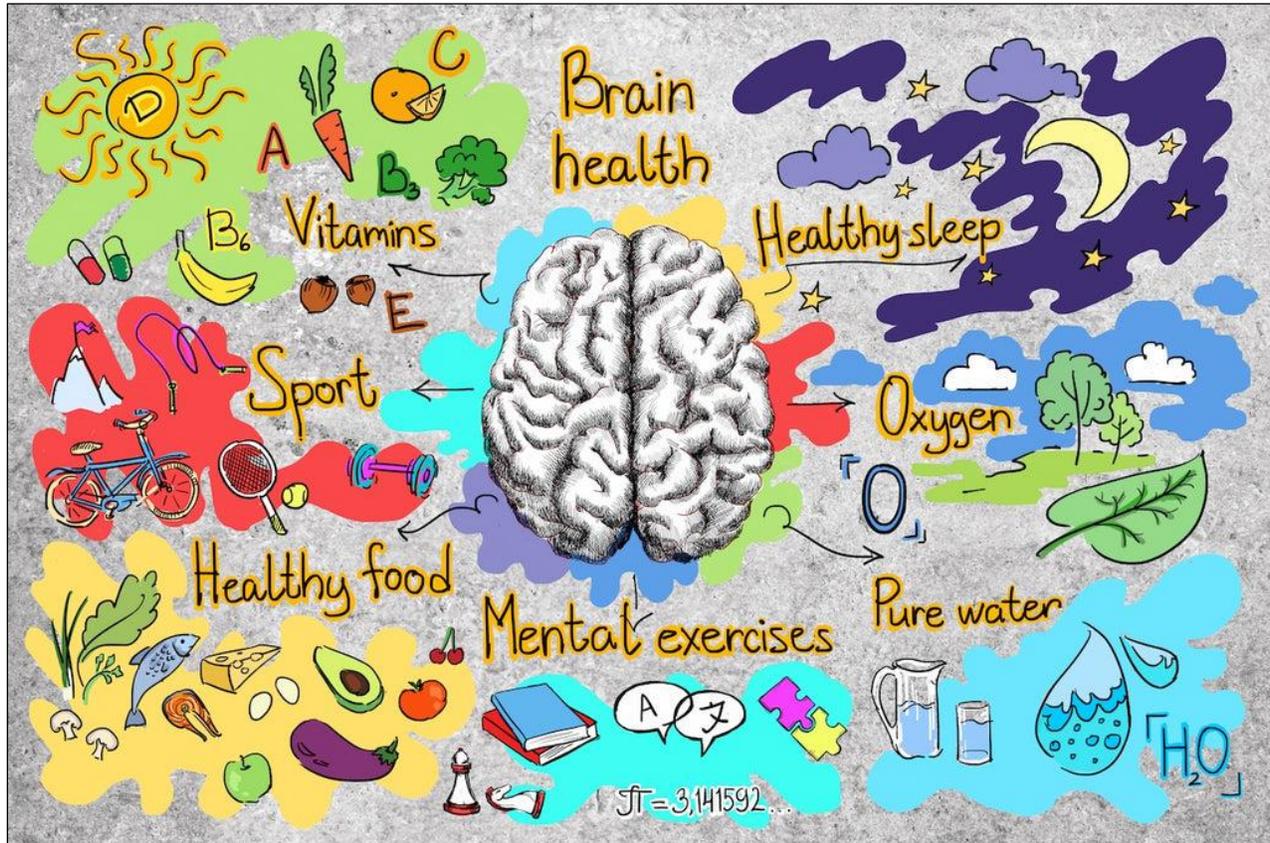
One of the most common childhood epilepsies. Seizures often occur during sleep or early morning, starting with facial twitching or speech difficulty. Most children outgrow it by adolescence.

6. Photosensitive Epilepsy

Triggered by flashing lights or certain visual patterns. More common in teens, especially those with underlying generalized epilepsies.

Common lifestyle recommendations for a healthy Brain and Mind:

- 1) Diet: Nutritious balanced diet with regular mealtimes



- 2) Sleep: Enough sleep (7-9 hours per day) that makes you feel refreshed when you wake up. **Sleep hygiene** includes: no tea / coffee after 5 pm, no heavy exertion, emotional agitation after 7 pm, avoid light emitting devices after 9-9:30 pm.
- 3) Exercise: 30-40 minutes of brisk exercise at least 3-4 days a week. This is essential not only for a healthy body but also for a healthy mind. You get free endorphins with this routine, which refreshes your brain and increases your learning and problem-solving abilities.
- 4) Screen Hygiene: for use of light emitting screens like mobile phones / smart phones, tablets, laptops, desktops, TV screens. This includes:
 - a) Fix the duration of screen time
 - b) Intermittent breaks: take visual and mental break from the light emitting screen every 1 to 1½ hour
 - c) No screen Multitasking: do not perform two tasks at one time with multiple screens. Be kind to yourself.

As of today, we cannot transplant a brain. You have only one for the entire lifetime. Take care of your brain. Be Mindful, Grateful, Smart!

Dr. Poornima Gauri.

MODERN RELATIONSHIPS: CHANGING CONCEPTS IN INDIA



Ms. Ruta Sahasrabudde
Counselling Psychologist

In the past decade, India has witnessed a quiet but powerful transformation in how people experience relationships. The framework that once defined “a successful relationship” is slowly expanding to include emotional authenticity.



Personalized Timelines

The average Indian family expects their children to follow timelines that assure parents that they are accepted and valued by the society they are a part of. These timelines may range from what age a child is starting school to when they are going to get married and have their first child and then how long they should wait till they have another one etc.

The modern relationships understand the value of these timelines but also try to reason with the strict adherence of it. The ability to challenge, and then maybe renegotiate is more meaningful to the new generation as the individual value system has started to take preference over the one dictated by society.

The Meaning of Relationships

More people are beginning to view relationships through a psychological lens. Concepts like “emotional availability,” “attachment styles,” “boundaries,” and “love languages” once limited to therapy settings are now part of dating app bios. This indicates a shift toward *conscious relating* where individuals take responsibility for their patterns and communication.



However, awareness doesn’t always mean ease. Many people struggle with flexibility or negotiations of boundaries and are more adamant about them that leads to lack of openness towards experiences.

Collaboration vs Compromise

The idea of *compromise* in relationships once considered a virtue is gradually losing its appeal. Today, couples aspire for *collaboration* rather than compromise in relationships where decisions

are made jointly, without one partner having to suppress their needs or desires

Partners are increasingly open to unconventional arrangements such as long-distance marriages where one person’s career or personal goals may momentarily take precedence, without it threatening the relationship’s foundation. When couples master negotiation, balancing empathy with assertiveness, collaboration becomes not just possible but deeply satisfying.

Redefining Gender Roles

Indian relationships are also transforming with changing gender roles. Women are asserting emotional and financial independence, while men are beginning to explore vulnerability and sensitivity. There is a sense of freedom to choose responsibilities in relationships rather than conforming to society’s idea of gender roles, a concept women find easier to grasp compared to men who may still struggle to adapt.



Therapy as an Effective Tool

Perhaps the most heartening change is the openness to seeking help. Couple’s therapy, premarital counseling, and self-work are slowly shedding stigma. People are realizing that love alone doesn’t sustain relationships, emotional regulation, communication, and empathy do. In sessions, Modern love is not about finding the perfect partner, but about co-creating safety, curiosity, and respect.

Ms. Ruta Sahasrabuddhe.

OVERVIEW OF PSYCHOLOGY SERVICES IN HEALTHCARE IN INDIA



Ms. Surabhi Joshi
Clinical Psychologist

India's healthcare landscape is rapidly evolving, with psychology emerging as a crucial component of comprehensive care. Recent surveys indicate that nearly 15% of Indians live with a mental health condition, with one in seven meeting criteria for a diagnosable disorder. Mental health challenges affect not only individuals but also families, workplaces, and communities, contributing to stress, reduced productivity, and higher healthcare costs. Despite increased awareness, stigma, cultural beliefs, and fear of judgment often prevent people, especially in rural areas, from seeking help.

A major challenge is the acute shortage of trained psychologists. The World Health Organization reports only 0.07 clinical psychologists per 100,000 people, far below the recommended 1 per 10,000. India requires over 20,000 additional professionals, yet fewer than 9,000 are registered, leading to overcrowded urban services and limited rural access.

Adopting the biopsychosocial model, modern healthcare recognizes the interplay of biological, psychological, and social factors. Psychologists support patients in managing stress, chronic illnesses, and lifestyle modifications, with targeted interventions significantly improving health outcomes.

Key Psychological Specializations in Healthcare

Counseling Psychology

Counseling psychology focuses on helping individuals and groups improve well-being, manage distress, and resolve life challenges. Practitioners work across hospitals, schools, community programs, and workplaces with clients of all ages. They assist with personal adjustment, relationships, and lifestyle changes, often collaborating with clinical, health, and child psychologists, while also contributing to academic counseling and broader community mental health initiatives.

Health Psychology

Health psychology, also known as medical psychology or behavioral medicine, focuses on how psychological, social, and biological factors influence health and illness. Health psychologists apply research and evidence-based methods to promote well-being, prevent and manage disease, and support rehabilitation. They study behavioral and emotional factors affecting physical and mental health and contribute to improving healthcare systems, policies, and patient outcomes through education, intervention, and advocacy.

Clinical Psychology

Clinical psychologists assess, diagnose, and treat emotional and behavioral disorders. Using evidence-based therapies, including cognitive-behavioral therapy (CBT), they work collaboratively with doctors, nurses, and allied health professionals to provide holistic care. Their focus extends beyond symptom management to improving overall mental health, coping skills, and quality of life.

Rehabilitation Psychology

Rehabilitation psychology is a clinical specialty dedicated to assessing, treating, and managing individuals with chronic or disabling conditions. Rehabilitation psychologists support patients recovering from strokes, accidents, or living with developmental and intellectual disabilities such as cerebral palsy, epilepsy, and autism. They assist with pain management, personal adjustment, and interpersonal functioning, collaborate with multidisciplinary healthcare teams, contribute to public health programs, and may serve as expert witnesses, providing insights into disability causes, impacts, and strategies to improve quality of life.

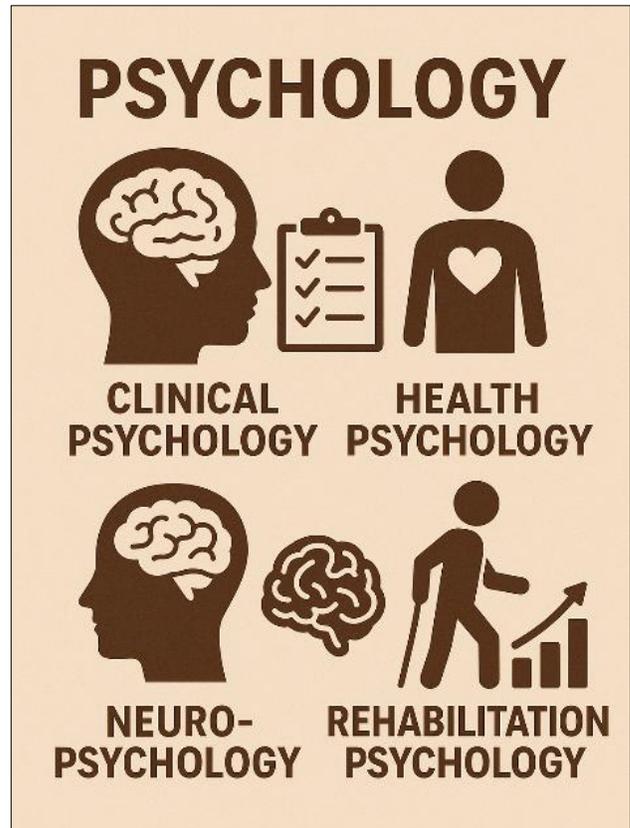
Neuropsychology

Clinical neuropsychology is a specialized branch of psychology that examines the relationship between brain function and behavior, emphasizing how cognitive, emotional, and behavioral processes are affected by neurological conditions. Clinical neuropsychologists are trained to conduct comprehensive diagnostic assessments and develop management plans for individuals with brain impairments resulting from injury, disease, or developmental disorders. They work closely with multidisciplinary teams in settings such as clinical psychology departments, neuroscience units, and neurosurgery centers to support patient care, rehabilitation, and cognitive recovery.

Psychology services are now integral to modern healthcare, enhancing mental health, chronic illness management, and overall well-being to ensure truly holistic, patient-centered care. Expanding professional training, implementing robust policies, and improving access especially in underserved areas are crucial for a healthier, more resilient India. By integrating psychological expertise, healthcare transcends mere disease treatment, embracing a comprehensive approach that nurtures the mind, body, and community alike.

References:

- Wahass S. H. (2005). The role of psychologists in health care delivery. *Journal of family & community medicine*, 12(2), 63–70.
- Meghrajani, V. R., Marathe, M., Sharma, R., Potdukhe, A., Wanjari, M. B., & Taksande, A. B. (2023). A Comprehensive Analysis of Mental Health Problems in India and the Role of Mental Asylums. *Cureus*, 15(7), e42559. <https://doi.org/10.7759/cureus.42559>
- Seal, S. (2025). Clinical Psychology in India: scope, challenges, and the urgent need for regulation and awareness. In *International Journal of Innovative Research in Technology* (Vol. 12, Issue 3, pp. 1773–1775) [Journal-article]. https://ijirt.org/publishedpaper/IJIRT183469_PAPER.pdf



Ms. Surabhi Prasad Joshi.

FINDING THE WAY BACK: AN OVERVIEW ON COGNITIVE RETRAINING



Ms. Miraj Khan,
Clinical Psychologist

When I think about the power of the human brain to heal, I often remember a young man let's call him Arjun. Arjun was 21 when a sudden road accident changed his life. Before the injury, he was a college student who could juggle assignments, exams, and weekend plans all at once. After the head injury, however, even simple tasks felt overwhelming. He struggled to focus during conversations, forgot what he had just read, and found planning his day nearly impossible. Arjun told me once, "I feel like my mind is a bookshelf where everything has fallen on the floor." And in many ways, that's exactly what a head injury can feel like, but this is where cognitive retraining stepped in.



What Is Cognitive Retraining?

Cognitive retraining also known as cognitive rehabilitation is a structured therapy designed to help people improve their thinking skills after brain injuries or neurological conditions. It is based on one powerful idea: the brain can change, adapt, and rebuild connections. This remarkable ability is called neuroplasticity, and it allows us to train the brain much like we train a muscle.

The goals of cognitive retraining are simple but life-changing:

- Restore or compensate for impaired abilities such as attention, memory, and planning
- Improve daily functioning so a person can resume routines and independence
- Reduce emotional stress caused by cognitive struggles

Who Can Benefit?

Although we began this journey with Arjun, cognitive retraining helps a wide range of individuals, including:

- People recovering from stroke or brain injury
- Children and adults with learning difficulties or ADHD
- Individuals with early-stage dementia or mild cognitive impairment

In short: anyone whose cognitive abilities have been disrupted and wants support in rebuilding them.

Arjun's Journey: How Cognitive Retraining Worked for Him. When Arjun began therapy, he was started with small steps. Cognitive retraining is never a one-size-fits-all approach; it works best when it is personalized and goal-driven.

1. Computer-Assisted Cognitive Exercises

Arjun practiced simple online tasks designed to improve attention and speed. At first, even tracking moving objects on the screen was hard. But with consistency, he began to notice small improvements he could read half a page without losing focus.

2. Strategy Training

We taught him techniques to manage day-to-day challenges.

For example:

Breaking tasks into smaller steps

Using a “stop–think–plan” approach before starting any activity

Using checklists to stay on track. These strategies helped him compensate for planning and organization difficulties.

3. Memory and Attention Enhancement Techniques

Arjun learned everyday tools such as:

- Using visual cues
- Repeating information
- Associating new information with familiar ideas

Slowly, he went from forgetting appointments to managing his college deadlines again.

4. Psychoeducation and Family Involvement

Arjun’s parents learned how to support his progress without overwhelming him. Understanding the injury and its effects reduced frustration at home and strengthened communication.



Watching the Brain Heal-

One of the most inspiring parts of Arjun’s journey was the steady transformation over time. Progress was not instant, but it was measurable. Each week reviewed his goals and adjusted strategies based on his improvements. Month by month, the “bookshelf” in Arjun’s mind began to reorganize itself. He eventually returned to his studies, regained confidence, and most importantly rediscovered hope.

Cognitive retraining is not just about exercises or strategies. It is about helping people rebuild their lives, using the science of neuroplasticity and the strength of the human spirit. Whether someone is recovering from a brain injury like Arjun, living with ADHD, or adjusting to memory changes in older age, cognitive retraining offers a path forward. Because the brain, wonderfully and beautifully, can learn again.

Ms. Miraj Khan.

SUBSTANCE ABUSE: A GROWING PUBLIC HEALTH CHALLENGE



Dr. Manasi Aphale
Consulting Psychiatrist

Substance abuse remains one of the most pressing public health concerns worldwide, affecting individuals, families, and entire communities. It involves the harmful or hazardous use of psychoactive substances—including alcohol, tobacco, drugs, and cannabis—that alter brain chemistry, function and behaviour. It is an issue that requires consistent attention due to its relapsing nature. It requires the support of one’s family and friends for them to successfully remain abstinent from addictive substances. Despite widespread awareness, the use of these substances continues to rise, especially among the youth. The vast pit of substance abuse usually begins in a peer or social setting where young adults are introduced to the substance, and the downward spiral begins from there. These substances carry an aura of curiosity and popularity, which attracts the youth.



Alcohol is the most widely researched substance with abundant data available regarding its impact on individual and community level. Its excessive consumption leads to physical damage to almost all major organs as well as psychiatric manifestations such as cognitive decline, violence, induced psychosis and depression. Alcohol Use Disorder is the second-most commonly identified mental disorder among suicide decedents worldwide (the most common is mood disorder).¹

Tobacco, on the other hand, remains a silent killer. The WHO estimates that there were 1.24 billion tobacco users globally in 2022.² According to the data provided by WHO, around 267 million adults in India (29% of all adults) use tobacco, according to the Global Adult Tobacco Survey India, 2016-17.³ Smokeless tobacco is the most prevalent form of tobacco use in India.³

It increases the risk of various oral and GI cancers, cardiovascular disease, stroke and dental problems.



Illegal drugs such as cocaine, heroin, and methamphetamine pose even greater risks, causing severe physical and psychological dependence. Their use often leads to social and economic decline, crime, and family breakdown. Cannabis occupies a complex space in this conversation. Though legalized in several regions for medical or recreational use, it still carries risks—especially for young users—such as induced psychosis, reduced motivation, and mental health issues when consumed excessively.



Addressing substance abuse requires a combined approach of education, early intervention, and rehabilitation. Effective deaddiction programs are available to help the individual quit these habits, but these require motivation and consistent efforts. Governments and communities must work together to promote awareness, provide counselling, and ensure access to treatment programs. Reducing stigma around addiction is equally vital; it allows individuals to seek help without fear or shame. Substance abuse isn't a personal failure—it's a public issue demanding compassion, understanding, and action.

References:

1. Cavanagh JT, Carson AJ, Sharpe M, et al. psychological autopsy studies of suicide: A systematic review. *Psychol Med.* 2003;33(3):395–405. doi: 10.1017/s0033291702006943.
2. (WHO global report on trends in prevalence of tobacco use 2000–2030 (PDF). World Health Organization. p. 19. ISBN 978-92-4-008828-3.).
3. <https://www.who.int/india/health-topics/tobacco>

Dr. Manasi Aphale.

BRAIN AND MIND CENTER

Contact us: 020-65097704 | +91 8484065314

Brain and Mind Center, Ratna Memorial Hospital, Senapati Bapat Road, Pune



**Brain & Mind
Center**

At the Brain and Mind Centre, we bring together specialists from multiple disciplines to provide well-rounded care.

We integrate Neurorehabilitation and Palliative Care to offer seamless, whole-person support for neurological and psychological conditions. Our multidisciplinary team provides coordinated medical treatment, therapy, and functional recovery for concerns such as Headache, Stroke, Anxiety, Depression, Migraine, Vertigo, Paralysis, Psychosis, GBS, Aphasia, Hemiplegia, Paraplegia, Insomnia, Dementia, and Parkinson’s Disease.

We also conduct comprehensive clinical assessments and neuropsychological evaluations to understand each individual’s cognitive, emotional, and behavioural profile.

The center is built on evidence-based, compassionate, integrated care that supports both the brain and the mind at every stage of healing.

Our services include:

1. Neurology
2. Psychiatry
3. Neurophysiotherapy
4. Speech & Language Pathology (SLP)
5. Counselling Psychology
6. Clinical Psychology

Crossword

A	R	T	T	H	E	R	A	P	Y	H	D	H	J	K	Y	F
D	D	R	S	H	L	A	D	S	H	P	N	D	M	D	H	V
D	I	G	I	T	A	L	O	V	E	R	L	O	A	D	S	N
I	G	L	W	O	I	H	N	S	N	B	V	D	U	I	V	W
C	C	G	T	I	M	K	O	L	P	Z	E	R	T	Y	I	O
T	O	G	N	I	T	I	V	E	T	R	A	I	N	I	N	G
I	A	K	G	J	M	A	N	E	K	R	U	R	O	A	A	N
O	R	D	H	A	S	H	N	P	M	Y	R	S	K	H	Y	A
N	L	O	C	O	U	N	S	E	L	L	I	N	G	W	T	E
N	E	U	R	O	P	L	A	S	T	I	C	I	T	Y	T	J



1. Non-verbal Form of Healing Using Creativity (3, 7)
2. Talk Therapy of Emotional Wellbeing (11)
3. Brain’s Ability to Rebuild Connections (15)
4. Substances Dependence / Abuse (9)
5. Brain Health Superpower (5)
6. Screen Related Cognitive Overload (7, 8)

ANSWERS: 1.ART THERAPY, 2. COUNSELLING, 3. NEUROPLASTICITY, 4. ADDICTION, 5. SLEEP, 6. DIGITAL OVERLOAD

छुपी भूक आणि आजची तरुणाई



Ms Mayura Mahajani
Senior Dietitian

आजची तरुणाई, कॉलेज कॅन्टीन असो की ऑफिस ब्रेक, शॉपिंगमॉल असो की दुर्गम भागातील एखादी टपरी - चटकन मिळणारे, खिशाला परवडणारे म्हणून, चटकदार जिभेचे चोचले म्हणून चिप्स, नूडल्स, पिझ्झा -बर्गर, वडापाव, पाकीट-बंद पदार्थ, कोल्ड्रिंक्स घेण्याकडे आजच्या पिढीचा कल वाढला आहे. अलीकडचे NIN, Lancet चे प्रसिद्ध झालेले निष्कर्ष धक्कादायक आहेत.

- लॅसेटच्या मते, (नोव्हेंबर 25), भारतात २०११ पासून २०२४ पर्यंत अल्ट्रा-प्रोसेस्ड अन्नाचा वापर ४० पटीने वाढला आहे.. जंक फूडचा परिणाम केवळ लठ्ठपणावर नाही, तर तो तरुणांच्या मेंदूतील 'न्युरोप्लास्टिसिटी' (शिकण्याची क्षमता) कमी करतो. अति-प्रक्रिया केलेले अन्न आणि नैराश्य (Depression) यांचा थेट संबंध असून, यामुळे तरुणांमध्ये चिडचिडेपणा आणि 'मूड स्विंग्स' वाढले आहेत.
- ICMR-NIN च्या संशोधनानुसार, भारतातील किशोरवयीन मुलांमध्ये लोह, झिंक, व्हिटॅमिन A व D यांची कमतरता मोठ्या प्रमाणावर दिसून येते. ५०% पेक्षा जास्त आजार हे अयोग्य आहारामुळे होतात.
- Lancet च्या अहवालानुसार भारतातील ३० वर्षांखालील तरुणांमध्ये अल्ट्रा-प्रोसेस्ड फूडमुळे स्थूलता, मधुमेह आणि उच्च कोलेस्टेरॉल वाढले आहेत. यामुळे दीर्घकालीन आजारांचे प्रमाण वाढून उत्पादकता कमी होण्याचा धोका आहे. किशोरवयीन मुलांमध्ये स्थूलता आणि पोषणाची कमतरता एकाच वेळी वाढत आहे.
- ICMR -NIN नुसार आजच्या आजकालच्या शेतीमध्ये रासायनिक खतांच्या अतिवापरामुळे पिकांमध्ये नैसर्गिक रित्या मिळणाऱ्या खनिजांचे प्रमाण कमी झाले आहे. त्यामुळे ही छुपी भूक अधिक तीव्र होते.

छुपी भूक/ Hidden Hunger म्हणजे काय?

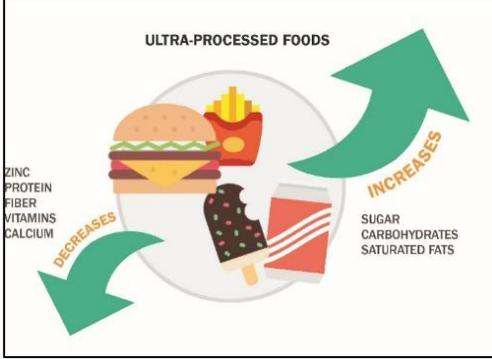
जेव्हा एखादी व्यक्ती पोट भर जेवते; पण तिच्या अन्नातून शरीराला आवश्यक असलेले जीवनसत्त्वे आणि खनिजे मिळत नाहीत तेव्हा छुपी भूक (Hidden Hunger) तयार होते.

मुख्यतः सूक्ष्म पोषक घटकांच्या (micronutrients) कमतरतेमुळे होणारी स्थिती आहे. अनेक वेळा वजन योग्य अथवा जास्त असूनही लोह, कॅल्शियम, आयोडीन, झिंक आणि जीवनसत्त्वे (Vit.D, Vit. C, Vit B, इ.) नष्ट झालेली असतात. महत्त्वाच्या पोषक घटकांची कमतरता दिसून येते. यामुळे शरीराच्या विविध कार्यांवर विपरीत परिणाम होतो छुपी भूक युवा वर्गामध्ये अधिक दिसते. कारण झपाट्याने वाढ होत असते, अभ्यास, खेळ आणि ताणामुळे पोषकद्रव्यांची वाढलेली गरज, जंक फूड/फास्ट फूडचे सेवन जास्त, अनियमित आहार, पोषणाबद्दल अपूर्ण माहिती असते.

पोट भरणे आणि पोषण मिळणे यात फरक आहे. आपण जे अन्न खातो त्यातून आपल्याला ऊर्जा (Calories) मिळतात आणि पोषक तत्वही (micronutrients) मिळतात. दोन निरनिराळ्या पदार्थातून मिळणाऱ्या कॅलरीज सारख्या असल्या तरी त्यातून मिळणारे पोषण हे भिन्न असते.

अन्नप्रक्रिया करताना, त्यातील नैसर्गिक पोषक तत्वे कमी होतात. उदाहरणार्थ, गव्हाचा मैदा करताना त्यातील कोंडा काढून टाकला जातो. त्यातील इतर पोषक द्रव्यही कमी होतात. म्हणून जेव्हा तुम्ही पांढरा ब्रेड / पिझ्झा खाता तेव्हा तुम्हाला ऊर्जा मिळते पण रक्तासाठी आवश्यक असलेले लोह, हाडांसाठी आवश्यक असलेले कॅल्शियम मिळत नाही. तसेच तांदूळ- जितकं पॉलिश केलेला तितके त्यातले पोषक तत्व (उदा. थायामिन, जे ऊर्जा, चयापचय आणि मज्जासंस्थेच्या कार्यात महत्त्वाची भूमिका बजावते) ते कमी होत जाते आणि मिळतात रिकाम्या कॅलरीज. जेवढी पदार्थांवर प्रक्रिया अधिक, तितके त्यातले सत्व कमी होत. म्हणून कमीत कमी प्रक्रिया केलेले पदार्थ आपल्या नियमित आहाराचा भाग असावेत.

अल्ट्रा प्रोसेस पदार्थांमध्ये- मैदा, साखर , फॅट्स भरपूर प्रमाणात असतात. त्यामुळे शरीराला कॅलरीज मिळतात; पण त्यात लोह, कॅल्शियम, झिंक, इतर पोषक द्रव्यही खूप कमी असते / मिळतच नाही.



Ultra Processed Food (UPF) म्हणजे काय?

UPF ही कंपनीमध्ये तयार केलेले असते, ज्यामध्ये भरपूर साखर, मीठ, चरबी, कृत्रिम रंग/सुगंध, प्रिझर्वेटिव्हज यांचा वापर करून ते अधिक चटकदार बनवलेले असतात. ज्यामुळे त्याची चटक लागते. याचा परिणाम म्हणून तरुण पिढी भाजी-पोळी, फळ या ऐवजी जंक फूड ला प्राधान्य देते. त्यामुळे पोट भरले तरीही शरीरातील पेशी, पोषक तत्वांच्या अभावामुळे उपाशीच राहतात. प्रोटीन व फायबर नगण्य. उदा.: पॅकेज्ड स्नॅक्स, कोल्डड्रिंक्स, इंस्टंट नूडल्स, प्रक्रिया केलेले मांस, रेडी-टू-इट मिल्स, बर्गर, पिझ्झा, चिप्स, बेकरी पदार्थ.

UPF चा मुलांच्या शरीर वाढीवर, मेंदूच्या विकासावर आणि मानसिक आरोग्यावर घातक ठरते.

- **शारीरिक परिणाम:** उंची न वाढणे, हाडे ठिसूळ होणे, लवकर वृद्धत्व. लठ्ठपणा, थकवा, अशक्तपणा, मधुमेह व हृदयरोगाचा धोका तरुण वयातच.
- **हार्मोनल असंतुलन:** चुकीच्या आहारामुळे insulin resistance, PCOD (मुलींमध्ये) सारख्या समस्या वाढतात.
- **मानसिक आरोग्य:** ज्या वयात मुलांमध्ये ऊर्जा असावी, त्या वयात थकवा, चिडचिडेपणा, एकाग्रतेचा अभाव, आणि अभ्यासाकडे दुर्लक्ष, नैराश्य दिसते.

सर्वात गंभीर वास्तव म्हणजे ही छुपी भूक एका पिढीकडून दुसऱ्या पिढीकडे संक्रमित होऊ शकते. जर आई मध्ये लोहाची कमतरता असेल तर येणाऱ्या बाळांमध्ये छुपी भूक असण्याची शक्यता जास्त असते.

ही छुपी भूक मिटवण्यासाठी

- पारंपारिक संतुलित आहाराला प्राधान्य द्या. Fortified पदार्थांचा समावेश करा (जसे, fortified salt, oil etc).
- नाचणी आणि इतर भरड धान्य यांचा रोजच्या आहारात समावेश करा. (कॅल्शियम आणि लोह ; मजबूत हाडं आणि हिमोग्लोबिन साठी)
- मोड आलेली कडधान्य: मोड आल्यावर त्यातील Vitamin C व Vitamin B वाढते. धान्याबरोबर खाल्ल्यामुळे प्रथिनांची गुणवत्ता वाढते. बिघडलेली पचनशक्ती सुधारते आणि शरीराची झीज भरून येते.
- हिरव्या पालेभाज्यांमध्ये Vitamin A, लोह, फॉलिक एसिड, फायबर भरपूर असते.
- सुकामेवा आणि बिया: बदाम, अक्रोड, जवस, तीळ यामध्ये चांगल्या फॅट्स असतात. (मेंदूच्या तलकपणासाठी आणि स्मरणशक्तीसाठी.)
- ताक आणि दही: यात नैसर्गिक Probiotic असतात. जंक फूड मुळे पोटातील चांगले बॅक्टेरिया नष्ट होतात दही ते पुन्हा जिवंत करते त्यामुळे अन्नाचे पोषण आणि शोषण चांगले होते. म्हणून युवा पिढीसाठी आरोग्याचा कानमंत्र- घरचा स्वयंपाक ताजे अन्न!

मयुरा महाजनी.

HOSPITAL GALLERY

ACHIEVEMENTS



Ms. Sakshi Nikam- Dietitian
Heartiest Congratulations!!!
For Receiving Bronze in Satara Half Hill Marathon
organised by Satara Runner’s Foundation.



Dr. Rashmi Phatak- Ophthalmologist
Heartiest Congratulations!!!
For Receiving 4 Gold in States & 2 Bronze in
Nationals by Swimming Federation of India.

WELCOME TO THE TEAM



DR. VISHAL MENGADE
Medical Administrator

RETIREMENT PROGRAMME



MR. RAVI JADHAV
Service Tenure: 1996–2025



MR. SIDDHARTH NIKALJE
Service Tenure: 2001–2025

DIWALI CELEBRATION



This year, we happily celebrated Dhanatrayodashi, a special day dedicated to Lord Dhanvantari, the God of Health.

Our directors and consultants performed the Dhanvantari Pooja and prayed for the good health and wellbeing of all patients, staff, and their families. The ceremony reflected our hospital's commitment to care and healing. Staff from different departments joined the celebration and shared their good wishes. The occasion filled the hospital with positivity and fresh energy.

CULTURAL PROGRAMME

Our hospitals recently organized a vibrant cultural event where staff from both units came together to showcase their talents.

Team members participated with great enthusiasm in dance performances, skits, singing, and other activities. The highlight of the evening was the warm presence of our directors along with their families, who thoroughly enjoyed the performances and encouraged all participants. The event created a lively atmosphere, strengthened team bonding, and brought lots of smiles and joy. It was truly a memorable evening for the entire MMF-Hospitals family.

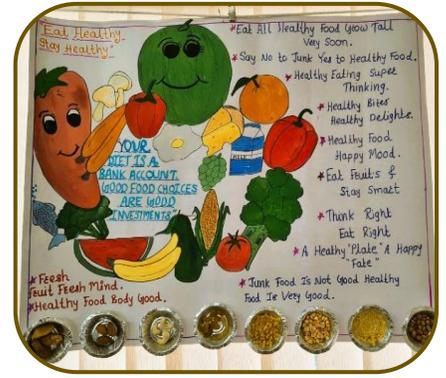


NUTRITION MONTH ACTIVITIES



**Celebration of
Nutrition Month
at Ratna Memorial
Hospital and Joshi
Hospital**

**For patient "My plate"
Body composition
analysis &
Hand grip
measurement camp
Poster Competition,
fun games for all staff.**



MMF HOSPITALS ASSOCIATION
Joshi Hospital & Ratna Memorial

Eat Right for Healthy Living

My Plate for The Day

Join us in promoting healthy eating habits through MyPlate!
Discover how to balance your meals with:

- Aim to include at least 7 different food groups every day.
- Half your plate should be fruits and vegetables,.
- 45% of energy should come from whole grains - cereals and millets,
- Include pulses, eggs, lean meat or plant protein,
- Add healthy fats as nuts & oilseeds, and dairy (low-fat like milk or curd),
- Limit added sugar to less than 5% of total energy,
- Limit oil intake to less than 30 g/day,
- Avoid fast food, packaged foods.

#MyPlate For The Day (NIN- ICMR)
#NutritionMonth #HealthyEating

Nutrition Month 2025

TESTIMONIALS

JOSHI HOSPITAL

“All staff were responsible, understanding, and displayed excellent professionalism. The procedures were well-organized and carried out punctually.”

Mr. Abhijit Kale ★★★★★

“Overall, our experience was very good. We especially appreciated the in-room pharmacy service and in-room canteen service. These facilities saved a significant amount of time for the patient’s family members who stayed with them.”

Ms. Anuradha Bhagwat. ★★★★★

“It was a great experience in the recovery unit, and even before the surgery the staff in the semi-private section were very good.”

Ms. Shrisha Joglekar ★★★★★

“The overall experience was good. The doctor not only provided an accurate diagnosis but also offered excellent counselling and motivation.”

Mr. Vinayak Valim ★★★★★

“I was staying at Joshi Hospital during and after my surgery and Avinash Gaikwad who was helping me during the process provided exceptional service. I am extremely grateful and thankful to the entire team on the third floor for the exceptional service that I received during my duration of stay at Joshi Hospital.”

Mr. Sanat Kanade. ★★★★★

RATNA MEMORIAL HOSPITAL

“I am very pleased with the services provided by the hospital staff. The care and attention I received were excellent. The RMH team helped me recover from a critical condition, and I am truly grateful. I am fully satisfied with the treatment and support offered. I sincerely thank the entire RMH staff from the bottom of my heart.”

Mr. Nitin Damodar Deo. ★★★★★

“I was admitted to this hospital for urinary bladder treatment. The surgeons communicated clearly and reassured me throughout my treatment. The other doctors, nurses, and service staff were very cooperative. The hospital is clean, and the food quality is excellent.”

Mr. Arunkumar B Sawant. ★★★★★

“We want to extend our sincerest thank for attentive service we received. We are incredible grateful for the exceptional care provided during dad’s hospitalization treatment. The level of dedication and professionalism displayed by the staff was truly remarkable. The positive experience has left us with deep appreciation to all staff for continuous patient care.”

Mr. Ravindra Gokuldas Taneja. ★★★★★

Thank you for the hospitality from the entire staff of Ratna Memorial Hospital.

I may not remember the names of all the nurses and mama I met during my stay, but I will never forget their smile and care.

Mr. Rajdeep Pator. ★★★★★

- OUR EDITORIAL TEAM -



**Mr. ANIRUDH
DESHPANDE**



**Dr. AJINKYA
KELKAR**



**Ms. MAYURA
MAHAJANI**



**Ms. HARSHALA
JOSHI**

A WARM WELCOME TO OUR MMFHA FAMILY

JOSHI HOSPITAL

- Dr. Ankita Mande
(Clinical Assistant)
- Dr. Piyusha Gavali
(Clinical Assistant)
- Ms. Suvarna Kurhade
(Staff Nurse)
- Dr. Vishal Mengade
(Medical Administrator)
- Ms. Sukita Hegde
(Billing Executive)

RATNA MEMORIAL HOSPITAL

- Mr. Mithun Chavan
(Billing Executive)
- Dr. Shubham Jadkar
(Clinical Assistant)
- Mr. Mahesh Suryawanshi
(Facility Executive)
- Mr. Dinesh Bhalekar
(Billing Executive)
- Dr. Ruchi Jondhale
(Clinical Assistant)
- Dr. Anuksha Thakare
(Clinical Assistant)
- Dr. Babasaheb Mundhe
(Surgery Registrar)

NEWLY EMPANELLED CONSULTANTS



Dr. Reshma Kshirsagar
MD Medicine, DrNB Cardiology



Dr. Chetan Phadke
MD Medicine, DM Nephrology



Dr. Sanjay Chavan
Diploma, DNB Orthopaedics

Please send your suggestions, feedback and
article contribution to editorial team at

newsletter@mmfhospitals.in

DO SHARE YOUR FEEDBACK ON WHATSAPP -
+91 8956214290 (JH); +91 8669955332 (RMH)



Scan the QR code to
explore our newsletters.