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Bringing Smiles To Your Life

DOCTORS HUB

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Love yourself and reach out whenever your happiness is compromised. *Dr. Archana Krishna*



Q1. Why did you choose Psychology as your Career ?

Ans. During my Childhood in Shimla, I was sometimes troubled by the gap between my parents, however both were intelligent and well-meaning. I felt that this gap was responsible for their delayed decision making, affecting our day-to-day lives. So, at the young age of 10 yrs, I began my innovative trials to fill in this gap, between my parents, with meaningful and Compassionate Communications. Gradually, I got positive outputs and our family began to experience the warmth of the bonding . I felt the power of connecting and got motivated to nurture humane feelings and empathy in my Personality, which is the base requisite in our field. Although Initially, I had opted for Engineering as one of the traditional choices in India, but soon I was Sensing discomfort and my mom suggested that I may choose Psychology which appeared to her, to be more in tune with my thought process and of course she was right... Finally, I met the Psychologist in me, and ever since, we have been growing together!!

Q2. What is the reason for the drastic rise in the mental health issue- Depression, in the last 15 years in India?

Ans. O' Yes, the latest Mental Health Survey in India reveals that 1 out of 20 Indians suffer from Depression. Alarmingly, 13000 student-suicide Deaths were reported in 2023, in India, as per the NCRB Report,2023.

Stressful events of life ,loneliness ,lack of faith in patience and prayers, and unhealthy Lifestyles are few reasons to trigger Depression...

Common people are not sufficiently equipped for Stress coping techniques or Conscious Destressing. Indiscriminate usage of Social Media leading to lack of introspection and guidance actually deviates individuals from their tracks.



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Becoming victims of relationship break- ups is also one of the few major causes of falling into Depression.

Q3. What are the areas of your Specialization ?

Ans.

I passionately support, the Teenagers, in their struggle during Puberty, to secure an identity while transiting from kid's mind into an Adult.

They tend to become sad at heart.

We offer to formulate Customized training for EQ (Emotional Quotient) and AQ (Adversity Quotient) of an individual. Teens tend to be short-tempered and seek Privacy and Independence. They also feel unreasonable rebellion brewing inside in general situations . I , usually opt for family counseling and soothing therapies, to get

them at ease to get ready for handling life ahead of them. My tasks include Identifying and Assessing maladaptive behavior using Psychological Tests. Providing Psycho-therapeutic relief for Anxiety Panic attacks cases, misdirected aggression and Alcohol/Substance abuse, has been my Specialization.

Q4. Tell us about the Healing at your Clinic referred to as Mann Changa Clinic ?

O'Yes , we adopt the *Mann Changa* Approach to connect (offline/online) with our Clients to understand their pressing issues. While observing their issues I study their respective environments also. The next step is to assess and diagnose, and then collaboratively we design the individual Goals of Therapy/Counseling. We design sessions for detoxification of the mind using Psychotherapies . The follow up sessions are then conducted to help harmonious synching of the Self with respect to Mind, Body and Soul. Integrating all our tools, a Holistic mental , physical and social well being is ensured for the client. The Soul purpose is to eventually evolve the *Mann-Changa* feeling. We also provide life-long support for our Clients when needed.

Q5. What is your take on the youth Relationship issues prevalent in the current scenario ?

In our ever-evolving culture, Globalization has played an important role in the Psyche of the young Indian population.



The main ingredient of any relationship- Love, is losing its value on the priority Scale.

Every individual contemplates what he or she is going to get/benefitted out of that relationship instead of giving efforts to evolve a loving relationship.

The very base seems shaken up .

The prevalent pre- trial of individuals is giving a gateway to live-in relationships wherein somewhere the point of lack of responsibility is intertwined .

Whether committal or Non committal relationships in the current social system - Cohabiting together involves big challenges. Non adaptability about sharing their very dear personal space and clashing work schedules, eventually lead to prevalent breakups.

Unrealistic expectations, insecurity, keeping Secrets, and lack of Responsibility belittle any relationship. Quarrels over money, Lack of Appreciation over a period of time , Drinking habits and Infidelity give way to the toxic relationships leading to heart break ups

Youth must learn that Enduring relationships are based on mutual honesty, trust, unconditional love, objectivity and open-communication .

Practically , Commitment, Dedication and Patience are observed to be the strong pillars of any long-term reciprocally progressive relationship. Hence, instead of falling in love , the couple needs to be rising with unconditional Love.

Q6. What do you think are the most important Qualities and skills of a top-notch Psychologist?

We all are aware of the Physical wounds but what about the invisible wounds of the mind (Mann in Hindi)..... ?

The Art of connection and communication with the Client involves working on the mercurial nature of mind of the individual . This must be expedited with lots of Empathy while simultaneously overriding the barriers of religion , culture, language ,profession and age.

A top-notch psychologist needs to be loaded with the experience of a seasoned human-being who can generate both subjective & objective perceptions.

Q7. Do you use a number of assessments to diagnose the disorders ?

Ans. With my 21 yrs of experience of working in various hospitals, I tend to strike the cause of the major psychological issues, right during the initial session with the client. Hence, at *Mann Changa Clinic*, we begin the relief work there and then, without making Psychological Assessments mandatory. Primarily, Connection with the Client is important. Most of the clients touch base with us at the eleventh hour, when they feel desperate for the psychotherapeutic intervention. By then they have already been through the Google -Gyan , friends and family. A few of them also find Psychological Assessment- boring , time taking or expensive. Nevertheless, Assessments are helpful in setting up the Goals needed to design Psychotherapeutic interventions. Therefore, whenever significant ,we mostly rely on- SCL 90, which is a checklist for screening 9 - different symptoms, including, Depression / Anxiety, and MCMI -Millon Clinical Multiaxial Inventory for diagnosing abnormal Personality Traits and psychopathology.

Q8. Tell us about your Vision and Mission *Mann Changa* ?

Ans. My Vision *Mann Changa* considers this world as one family. “Vasudhaiva Kutumbakam” - A magnificent Sanskrit phrase

from our ancient spiritualistic scriptures has inspired me and I wish that each member of my Global family gets equipped with the wisdom of *Mann Changa* Techniques to face the daily challenges of Life and appreciate small beauties of life around. Every Human being who seeks quality in Life must continue to strive towards being Happier & more Productive .

My Mission *Mann Changa* strives to mitigate the historical Stigma associated with mental health for people facing isolation and maltreatment due to the insensitive social attitude during yesteryears. It was only from 1970, when WHO thankfully identified this subject of Mental Health to be studied & Researched.

Our team has been propagating the knowledge of *Mann Changa*- by conducting workshops on Mental Health Awareness in various corporates, academic institutions and also through community Radio Programs.

Q9. kindly let us know, how do you cope with an overwhelming workload, demanding Fortitude ?

Ans. Physical and Mental exhaustion are a part of a Psychologist’s profession. The challenge is to maintain the work-life balance by evading fatigue and Burnout. I practice Mindfulness to cultivate resilience through my morning routine-walk, breathing exercises, mind-body balancing y

ogic asana, besides 6 hours of sleep. I also try to find time to be in the Sunlight for around 20-25 mins. At the end of the day, I reflect (Journal) upon the Blessings bestowed on me throughout the day. I plan for the next day as much possible and finally pay my Gratitude to the Almighty, while practicing some positive affirmations.

Q10. What would be your proactive advice to escape the Boredom or Burn-out during Early Adulthood ?

Early Adulthood (age-20 to 40yrs) is identified with bubbling peak physical capacity, ambition and passionate enthusiasm to take on to the world.

Early Adulthood is preceded by inevitable changes in lives due to need of establishing careers to monetize , expanding new social circles, fulfilling sexual desires and developing maturity.



Establishing a support system is also important - with respect to home , family, friends and companionship.

This whole process demands building of emotional and physical resilience all along, in order to enjoy the achievements of beautiful Early Adulthood.

Therefore, Opt and make time for Physical & Mental Fitness. Make conscious efforts to build up hobbies and social networks and also find time for at least one of the causes of community rehabilitation, for eg. providing service to the abandoned people in the old age homes, stray animals on the road, or create awareness about any cause dear to your heart, by connecting through local NGO's or Self Help Groups, with the like minded people.

Q11. What would be your Tips for the the Teenagers ?

- Think before you act. ...
- Find an adult mentor. ...
- Be humble. ...
- Limit Social Media use...
- Stay True to Yourselves...
- Establish a set of values....
- Surround yourself with Supportive Pears...
- Save yourselves from the vicious cycle of Procrastination....
- Find what works for you ...
- Set achievable goals by taking detailed Inputs.This will enable you to Embrace your path confidently....
- Learn to be Proactive....
- Try best to Maintain emotional stability...
- Save yourselves from late night Burnout...
- Create a relaxing bedtime routine...



Q12. What should be the role of Psychologists for improving Kids performances in schools?

Identification of problems is a challenge while dealing with kids... There are various reasons that create Learning issues, Aggressive Behavior–Bullying types, lack of focus, deterioration of performance. Whether reasons are coming from school, friends, environment or Family - there are techniques with us to apply in appropriation.

Q13. Is there an increase in Congenital Disorders (by birth) in the newborn ? Whether the increased Stress now-a-days, during pregnancy is responsible for that ?

Ans. In India, alarmingly, 1-3 out of 100 babies are born with Birth defects ,accounting for 27 million babies born with birth defects each year.

Maternal Stress due to excessive worrying or Depression, during pregnancy, is found in studies, to as one of the reasons associated with congenital disorders such as Autism Spectrum Disorder or impaired stress regulation in infants .

Q14. Let us know about the challenges of the Parenthood in this Tech-Prior Society ?

I believe , that Time scarcity is one of the prominent challenges in the 21st century

There are certainly more dual-income households today than there were in the past. This certainly makes it harder to juggle work, household duties, hobbies, exercise, kids and a social life for parents. Parents feel relieved by compensating time for more materialistic things for their children.

Lack of emotional bondage is rapidly rising between parents and kids in Tech-Prior Society.

Missed out Childhood Bonding and Eating Disorders are the by products. Today's children are spending less time outdoors and more time in front of laptops / television/ any other devices.





Parents need to study their time management, on routines and current priorities to enhance their ability to remain responsible for their family.

Ensuring the enhancement of AQ, the Adversity Quotient of our children, to take failures as their stepping stones, is very important in this fast moving materialistic world around.

Q 15. Any message for our mammoth and even large and growing readership of Doctors Hub Magazine ?

Here I would say, that we in India have been painfully evolving out of the historical stigma attached to Mental illness. Usually individuals facing difficult times or depression or obsessions have been labeled as “lunatics”, “possessed”, “crazy, and more often now jokingly “Psycho”. As responsible members of

society, please understand that there is a medical angle attached to mental illness now, and we need to talk about it openly to seek professional help from Psychologists, Psychiatrists and neurologists .

Fortunately, there are a lot of platforms that offer support, healing and guidance. Readers- Love yourself and reach out whenever your happiness is compromised.

Q16. Tell us more about your work experience ?

I have done my research work at AIIMS on the role of Anger and Anxiety, on our Physiology, Essential Hypertension. Three papers too got published in the USA.

Later I got the privilege to work at the SGPGI, Lucknow and King George’s Medical College, Deptt. Of Psychiatry, Lucknow.

Here I was trained on assessments and worked for rehabilitation of Addicts of substance abuse. I am a trained International Practitioner for NBI (UK, USA, Australia & South Africa). I divide my time to conduct workshops on mental Health at NGO’s, Corporates and Academic institutions. Majorly I practice at *Mann Changa Clinic*.

