
Dr. Prakriti Poddar

Articles, Talks, Interventions and More



Profile

1st Edition

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About Dr. Prakriti Poddar

Prakriti was born in India, but was raised all around the world. Her growing up years took her from one boarding school to another and from one country to another. The constant environmental changes drove her to remain fearlessly connected to her own spirit. But no matter where life took her she took a break at her grandmother's home. Her grandmother, a prolific healer and soothsayer taught her faith healing before she learned how to read or write, making it a part of her natural development, which of course led her to taking it for granted for decades to come.

In those decades she lived between Muscat, Toronto, New York, and India and had the opportunity to develop deep understanding of human beings, their cultural differences, their personal drives and their pitfalls. Her training in the different facets of therapy and understanding of human psyche drove her to create her own techniques to drive rejuvenation of the spirit to exponentially deeper level.

Despite being from a fairly open minded family there were undercurrents of norm and the subtle pressures nudged her to dabble in the more acceptable careers like Banking, IT, and Fashion. None kept her spirit engaged. It was then at the age of 25 that Prakriti started Mind Over Image Consulting.

Dr. Prakriti Poddar spends most of her time providing therapy, developing soft skill, life coaching, motivation and succession planning. She has created various therapy tools to deepen the effect of therapy. This includes The Legacy Gene, The HIP Technique and the I Sound Pharmacy (isoundpharmacy.com).

Prakriti became a doctor of alternate medicine in the system of Hypnotherapy in 2004. She is a certified counselor, a certified regression therapist and Member of [earTH](#), a NLP practitioner and has runs her own practice since 2001. She is amongst the first to add Neurofeedback in her clinic in India.

Additionally she is the Managing Trustee of the [Poddar Foundation](#). Her passion is mental health and wellbeing and therefore the foundation focuses on Mental Health. This foundation marries technology and ancient wisdom to deliver contemporary and effective solutions.

Prakriti balances her day between therapy, overseeing the foundation work and her three children, always leaving time for her passion in tennis.

Journey

Prakriti with her admirable dedication for whatever she does, has been a part of a lot of news articles and blogs. Her interest in emotional health, physical health, soft skills development, poetry and management consulting has been explored through various avenues. She continues to hold a private practice and public interventions and is on a constant mission to reach out to people through her content and delivery of knowledge to spur change in the minds of people struggling to find balance and harmony.

Dr. Poddar's extensive knowledge in the fields of wellness has been collated and tweaked to bring about new healing techniques with additional benefits and deeper catharsis. about life and etiquettes, behavior, mental health and physical wellness.

Certification

Added in the Appendix

Etiquette Column

Do not offend your colleagues

Dr PRAKRITI PODDAR

Etiquette WATCH



When it comes to discussing business over lunches with clients or dining with colleagues at the workplace, here are some don'ts one must keep in mind to avoid appearing rude to others.

- ▶ Never serve yourself before others do.
- ▶ Place the napkin on your lap only after the host has.
- ▶ Do not start eating until the host does.
- ▶ Don't take calls while dining with others.
- ▶ Leave the table only after others are done.
- ▶ While leaving the table, make sure you leave the napkin crumpled and not folded on the side plate.

The writer is an image and management consultant

Deccan Chronicle

Stick to the tipping rules book

Dr PRAKRITI PODDAR



Not many are aware of the dos and don'ts when it comes to tipping. Often, either services are under paid and in some cases, not paid too! Tipping etiquette differs from place to place. In the States, a tip amounting to 10 per cent of the bill

may be offensive for waiters as it's the minimum tip back there but in India, it makes for a decent tip. So fill yourself in on tipping etiquette *gyaan* to conduct yourself right while dining out.

- ▶ A tip amounting to at least 10 per cent of the bill you've made must be left for the waiter's services.
- ▶ Some restaurants do not encourage tipping, hence do not tip as it is considered rude. Such restaurants usually have boards informing the same. When in doubt, read the waiter's body language or ask.
- ▶ When opting for a buffet, one isn't expected to tip the waiter.
- ▶ The tipping rules not only apply to restaurants but also to night-clubs. Do tip the waiter in pubs or the bartender for their services.
- ▶ If you are paying the bill by swiping a card, you can fill the tip amount in the bracket provided on the payment receipt that you sign.
- ▶ If you are unhappy with the services, inform the waiter that you will probably not tip him/her owing to the poor services.

(The writer is an image and management consultant who owns Mind Over Image Consulting)



Etiquette WATCH

Etiquette WATCH

Invite the right way

Dr PRAKRITI PODDAR



So you have that all important wedding or anniversary coming up or want to invite prospective clients or colleagues to a business lunch, ensure you invite them the right way and follow up after inviting them to show how important their presence is to you.

- ▶ Do invite people in advance. It's preferred to send out cards and follow up with personal phone calls as people like being invited personally over the phone as well.
- ▶ For formal dinners, the host must send out invitation cards along with a contact number that guests can RSVP to.
- ▶ If one is inviting guests for a special occasion, ensure that the occasion is mentioned in the card so that people come prepared.
- ▶ Always make a call despite inviting them to remind them about the occasion.
- ▶ If you are inviting guests for a function of a close member of the family, give the invitation cards personally along with boxes of goodies like nuts, chocolates or sweets etc.
- ▶ In case you are inviting someone senior at work or prospective business clients, always ask them if they wouldn't mind dining with you and plan accordingly. One must follow up with a call a day or so before the lunch/dinner.
- ▶ It is absolutely fine to invite close friends to all the functions at weddings and invite acquaintances only to the reception.

(The writer is an image and management consultant who owns Mind Over Image Consulting)



Image Consulting

Mind Over Image Consulting

The Journey began in 2001 as the company that claimed “Its Not Just a Make Over, Its a *MIND OVER*” and Prakriti’s idea still holds true. No matter how you groom the outside, there is always a gap unless you harmonize the inner conflicts. Her Keynote is “Beauty is not just in the FACE, It is in the GRACE”

also hot in this field

‘The way you present yourself well is important’

Prakriti Poddar, 35, graduated in Economics from Canada and did a course in image consulting at the International Image Institute, Canada. She is an **image consultant** with Mind Over Image Consultancy in Mumbai.

How did you train to become an image consultant?

I graduated in economics from Canada and did a course in counselling. I then went to Barbazon Finishing School. I also worked with my mother in her clothes company. Then I got a certificate in image consulting from the International Image Institute.

Tell us something about your work.

Image consulting as a profession has taken off abroad but is yet to gain acceptance in India because it mainly

deals with physical appearance. Nobody in India wants to experiment with looks or clothes, and most do not realise the importance of a confident posture and presenting oneself well. This is why I market myself more as a management consultant or counsellor.

What sort of clients do you have?

Businessmen consult me when they have important meetings or presentations. I also get women who are not satisfied with their relationships and are low on confidence.

Does the profession pay well?

I may charge Rs. 1,000 for a session. One can earn to about Rs 15 lakh a month if one takes five to six clients a day.

What about job satisfaction?

I first work on the person’s mind through hypnotherapy. I make him resolve his issues through counselling. Only after that do I take the step to change his appearance. As a result, the effect is wonderful and long-lasting. It is great to see your clients’ morale get a boost.

RESHA GANDHI/HT



**To find yourself a job in
A HOT CAREER IN MUMBAI,
log on to
<http://hotcareersinmumbai.shine.com>**

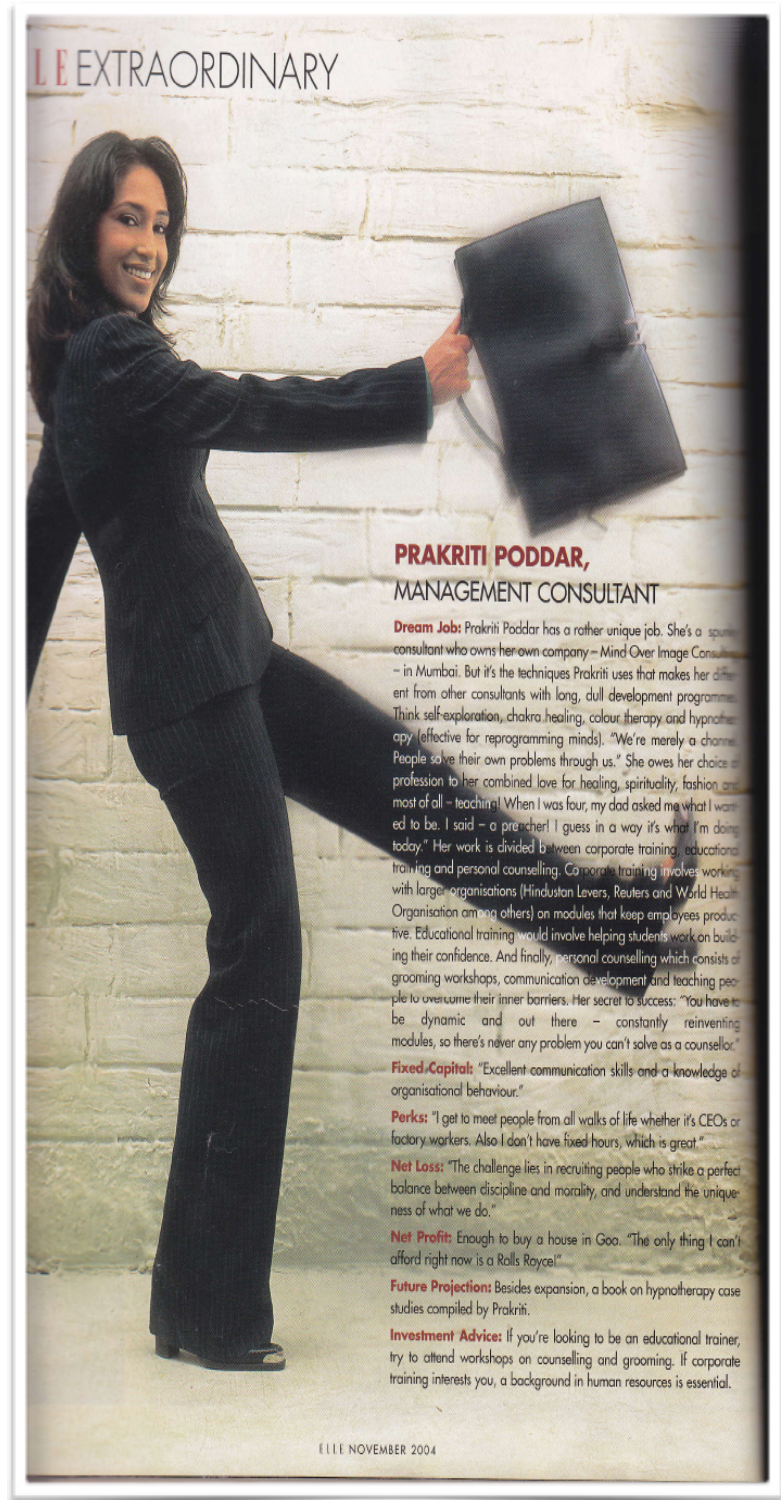
Management Consultant

Dr. Poddar spent a keen about of time in Soft Skills Development, Team Building, Counseling Training for the HR as well as Conflict Resolution.

Shortly after returning from Toronto Elle did a feature on her.

Her client base spanned from HUL, Zenta (Hiranandani Group), Reuters, United Phosphorus Limited, IDBI Principal, Asian Paints, Bilakhia Group, Sony Entertainment and Discovery Channel, YEO Team Building, Marsh, JobsAhead and several more including the Poddar Group Of Companies.

Dr. Poddar claims that the most fun she had was as the faculty for the Cambrian College, where she as faculty taught University children Human Resources for a Year.



PRAKRITI PODDAR, MANAGEMENT CONSULTANT

Dream Job: Prakriti Poddar has a rather unique job. She's a speaker consultant who owns her own company - Mind Over Image Consultants - in Mumbai. But it's the techniques Prakriti uses that makes her different from other consultants with long, dull development programmes. Think self-exploration, chakra healing, colour therapy and hypnotherapy (effective for reprogramming minds). "We're merely a channel. People solve their own problems through us." She owes her choice of profession to her combined love for healing, spirituality, fashion and most of all - teaching! When I was four, my dad asked me what I wanted to be. I said - a preacher! I guess in a way it's what I'm doing today." Her work is divided between corporate training, educational training and personal counselling. Corporate training involves working with large organisations (Hindustan Levers, Reuters and World Health Organisation among others) on modules that keep employees productive. Educational training would involve helping students work on building their confidence. And finally, personal counselling which consists of grooming workshops, communication development and teaching people to overcome their inner barriers. Her secret to success: "You have to be dynamic and out there - constantly reinventing modules, so there's never any problem you can't solve as a counsellor."

Fixed Capital: "Excellent communication skills and a knowledge of organisational behaviour."

Perks: "I get to meet people from all walks of life whether it's CEOs or factory workers. Also I don't have fixed hours, which is great."

Net Loss: "The challenge lies in recruiting people who strike a perfect balance between discipline and morality, and understand the uniqueness of what we do."

Net Profit: Enough to buy a house in Goa. "The only thing I can't afford right now is a Rolls Royce!"

Future Projection: Besides expansion, a book on hypnotherapy case studies compiled by Prakriti.

Investment Advice: If you're looking to be an educational trainer, try to attend workshops on counselling and grooming. If corporate training interests you, a background in human resources is essential.

HR Development and Training



Dr. Prakriti Poddar with the YOUTH ENTREPRENEURS ORGANIZATION (YEO) conducting a workshop on Team Building.

Team Building with Sony Entertainment and Discovery Channel. Genting Highlands, Malaysia



Workshops

Dr. Poddar was one of the first women in India to hold open platform personality development and grooming workshops in Mumbai City. Additionally, she led chakra healing workshops at the WHO in Pune using the Kirlian photography as it displays the aura and the changes of it post the healing.

Some other unique workshops worth a mention was her work with the Maharashtra Government in a Program called Prakalp Prerna. This programme was instituted by Dr. Deepak Sawant the current Minister for Public Health and Family Welfare, whereby Prakriti taught 200 government of Maharashtra Medical Officers and Asha Workers counseling skills.



Rotary Club

Workshop on the difference between the mind and the brain

KNOW YOUR FELLOW ROTARIAN

Dr. Prakriti Poddar on how Rotary is a part of her lineage

Rtn. Prakriti Poddar was inducted as a member of our Rotary Club in 2011. Her father, Rtn. Pradeep Saxena has served as the President of the Rotary Club for 2010-11 and her grandfather, Jagdish Saxena, was also a member of the Club. "Rotary is not just a club, it's a part of our family heritage," says Prakriti.

Rotary was a natural choice for more reasons than a family tradition. "They give back to society and have initiated some very noble charitable endeavours. I have made my career in a field where we help people. This is what appealed to me the most about the Club," she says.

Prakriti started Mind Over Image in 2001 and has been consulting with various international and Indian corporate as well as individual clients ever since. Her extensive experience in Consulting, Hypnotherapy and Counselling has led to a successful and flourishing career.

A master of many trades, Prakriti loves playing tennis and is a national-level player as well as an avid follower of the sport. She is also a green belt in Taekwondo and continues to pursue her training religiously. She is also a certified scuba diver and loves swimming for leisure. Her other hobbies include reading, gymming

and travelling. The family also loves skiing and often takes time off to go on skiing trips.

Prakriti is married to Rohit Poddar, MD of Poddar Developers, one of India's leading business houses. They have three children; 8-year-old Veerashwa, 6-year-old Atmaay and 2-year-old Sahasra.

EXECUTIVE SUMMARY

- Rtn. Prakriti was inducted in 2011
- Her father has previously been the President of our Rotary Club
- She has done her B.A. in Economics from York University, Toronto



Prakriti Poddar with her husband, Rohit Poddar



Prakriti Poddar with her husband and children



At home with the family on the festival of Rakhi



Family skiing trip to Gulmarg



Just recently, Dr. Prakriti Poddar was invited by The Rotary Club to talk to their members about Mental health and the Advances in the field.

By choosing to

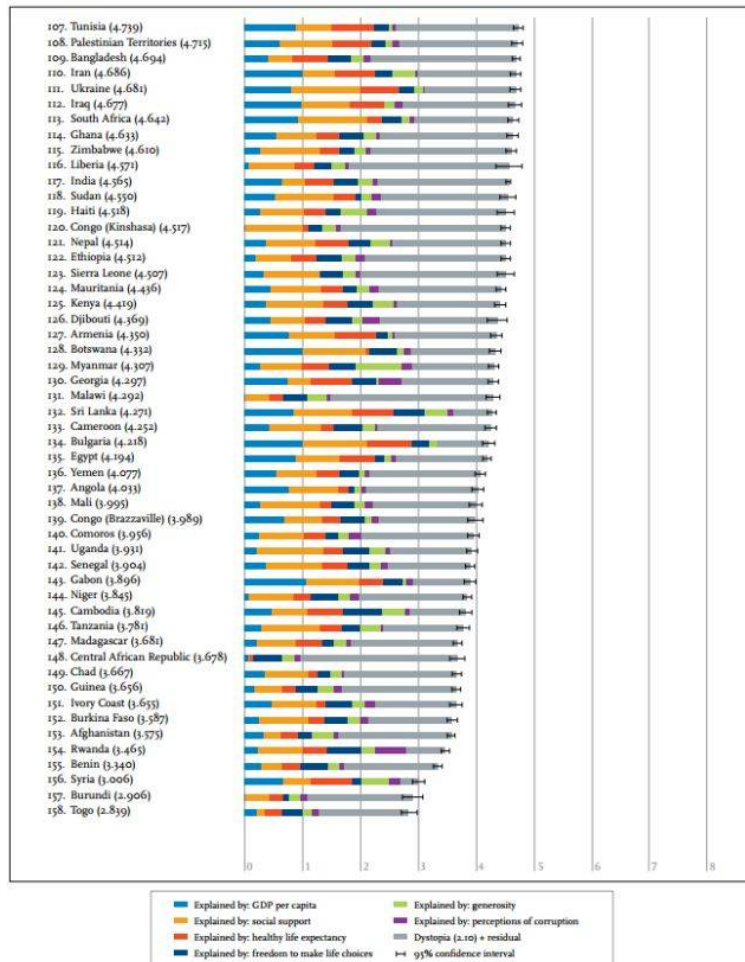
explain the difference between the Brain and the Mind the Dr. very exquisitely put forth the need to understand one's emotional functioning and how the brain and the Mind work and also introduce to the audience the technique of NEUROFEEDBACK and its uses.

Working with Children

Dr. Prakriti Poddar not only works with children through one on one therapy but also hosts workshops in schools about the importance of mental health (emotional, physical and behavioural). The workshops are interactive fun and collaborative, with the clear purpose of neutralizing the stigma towards mental health issues and disharmonies. The workshops instills checks and balances in place for coping mechanisms on various popular childhood



Figure 2.2: Ranking of Happiness 2012-2014 (Part 3)



challenges.

Currently through our YouTube platform of 'Silence Todo' we will be reaching out to BMC schools, Private Schools, Colleges and other avenues in order to increase India's Happiness Quotient (currently 117) starting with the youth.

Expert on Shaadi.Com

Dr. Prakriti Poddar is the counseling expert on shaadi.com and continues to respond to people in emotional crisis or in need of help.

Advice

Query: I'm a 21-year-old guy and my girlfriend is 26-year-old. We've been in a serious relationship for about a year now and we plan to get married soon. We belong to the same cast but it's the age factor that could create an issue for us. Our parents may not accept it easily. I believe, what really matters is how understanding the couple is more than the age difference. We understand each other really well. Moreover, I'm sailing in the same boat like Sachin Tendulkar who's 5 years younger to his wife. He too got married at the age of 21 and he wasn't even that famous then. I'm just trying to give a live example. Today, Sachin and his wife have great understanding and trust for each other. I request you to please give me some advice. We don't know how to convince our parent's.

– Prats

Expert Advice by Dr Prakriti: 21 is too early for you to get married. I would suggest you wait for a couple of years before taking this decision. Marriage is not based only around two people understanding each other, but based upon several other factors. Just because your girlfriend and you understand each other well, doesn't mean you should get married. Time is on your side and if you are committed to each other, you two shouldn't have any problem waiting a little longer. Financial security is important in a marriage and especially for you, since your parents would probably be against the match. Once you are stable you have a better ground to approach the topic of marriage with your parents. Remember, it's not your parents responsibility to take care of your wife financially. Children too are a big

The screenshot shows the Shaadi.com website interface. At the top, there's a navigation menu with 'Directory', 'Expert Zone', 'Community', 'Shaadi Shop', and 'Matrimony'. Below the menu is a search bar with the text 'Enter keyword(s)'. The main content area is titled 'Our Experts' and features a list of professionals. Each expert has a profile picture, a name, a short bio, and a 'Post your queries' link. The right sidebar contains 'shaaditimes newsletters' with categories like 'Weekly', 'Fashion Passion', 'HealthLine', 'Homemaker', and 'Travelogue'. Below that is 'Expert Advice' with categories like 'Relationships', 'Foodie Goodies', 'Hair Care', 'Vastu Shastra', and 'Ask our Experts'. At the bottom, there's a footer with 'Network Sites' and a list of categories: 'Celebrities Love & Relationships', 'Fashion & Style Beauty & Health', 'Wedding Honeymoon', 'Home & Kitchen Your Say', 'Blog Matrimonials', and 'Contact Us List Your Site'.

responsibility both, financially and emotionally. Marriage progresses into having children and since your girlfriend is considerably older it seems that she will be ready to have babies in a couple of years. Also, the feeling that you experience as love or falling in love is only a mix of feelings coming from the physical, sexual, emotional, mental and spiritual experiences you may be sharing with each other. Since you are just starting out your career you cannot afford to have a family of your own without financial support from your parents. And, the reality is that if you are still dependant on your parents even today then you have to do what they say. If they are intelligent people, they have weighed the pros and cons and only then have come to the conclusion that this is not going to be a sustainable match. Sachin Tendulkar made his debut at 13 at the CCI. Tendulkar scored 100 not out in his debut first-class match for Mumbai against Gujarat when he was 15+. He was a professional with an unstoppable agenda, so of course, he could choose to live his life as he wanted. Are you really in the same boat? I cannot give you advice on how to convince your parents, but hopefully this has shed some understanding for you to hold on to your decision till you are settled.

Query: I'm from Bangalore and I'm a very shy and introvert person. I feel scared to approach women. I've tried talking to a couple of them but I literally begin to shiver. How do I change myself and feel confident while interacting with women?

– Sumeet S Hande

Expert Advice by Dr Prakriti: You have a fear that is irrational and must be treated. I suggest you visit an NLP practitioner to get rid of the phobia as soon as possible. Meanwhile, start practicing some tools that I am listing down for you, to get rid of the fear of talking to women. Stop emotional reactions: I'm sure you have women in your life. For eg; a mother, may be sisters or cousins. You must have a few good memories and good relations with women. Please focus on that while talking to any woman. Women are human beings just like you. Take away the stress of communicating with a woman by removing the desire to be approved of or liked. View the conversation as any conversation that you would have even with a male. Change core beliefs: Do you think that a woman will never accept you for who you are and that is why you fear the rejection so greatly that you can't communicate with a woman? Then analyze it and note how irritational it sounds. Change the core belief by telling yourself everyday that you are worth it. Someone else's approval or disapproval will not alter your belief in yourself. In fact, whenever the voice in your head says something negative and tries to put you down, combat it by saying, "that is an old fear, I'm making place for new growth." This will bring about some confidence in you. Develop self-respect and self-approval, only then will you be able to communicate with anyone minus the fear of being judged.

Query: I'm a 25-year-old girl in love with a 30-year-old man. He's married and has a 1-year-old child. He says he's not happy with his wife, as she never values his thoughts, feelings and emotions. He also feels that she's neglecting his child. The child's grandparents and maid mostly look after him the whole day and so the child is more attached with them. My boyfriend's mom had an attack recently and she's been asked to take complete bed rest. Too much of stress is not good for her health but his wife doesn't understand that. I really love him and his kid a lot. He wants to leave his wife and settle down with me. How do I convince my mother? I recently lost my father, so I'm a little worried about discussing this with my mom. Please help!

– Sakshi (name changed)

Expert Advice by Dr Prakriti: First of all, the process of divorce takes a while. Let your boyfriend secure that bit. Once that is done only then look into trying to convince your mother. How much you love your boyfriend and his child is of zero consequence until the divorce is passed. I would suggest you focus on that first. Your boyfriend and his wife may have their issues and since he talks to you, it seems you have insight into it. But as a matter of logistics, a married man with a child has very little chances of actually leaving his wife. Please do write to me once the divorce has passed. Until then, you should not be putting all your eggs in one basket, unless you have no problem playing second fiddle to his family. A divorce once filed takes at least six months to process and six months is a lot of time to convince your mother. I can help you with that process once the divorce is on the way. However, since I am in the business of emotions, I feel it's necessary to warn you that you are getting carried away with this man's stories. I can assure you if the man is serious about you he will make sure he leaves his wife. Until then, these are just stories. Keep your head above the cloudy judgement.

Query: My girlfriend has pursued M.Tech in IT, whereas I'm a B.A. graduate. I'm also pursuing MBA from distance learning and managing my business at the same time. My height and weight is not that great, so my girlfriend doesn't feel attracted towards me. She wants her partner to be an engineer, settled in Delhi because she lives in Delhi, while I'm based in Ahmedabad. What should I do to attract her? Please help!

– Ravi Arora

Expert Advice by Dr Prakriti: It seems you are pursuing the wrong girl. Why are you calling her your 'girlfriend'? Is there an indication that you are dating or is it just that you are friends over long distance? There's nothing you can do about your height and if she doesn't like you because she has some height fixation, you should just stop thinking about her. If you have extra weight on you, work towards getting healthier and fitter. It's more attractive to

the opposite sex and better for you. To me, it seems like your girlfriend is clearly telling you that she doesn't want to pursue a relationship with you. If I was in place of you, I would call it quits and find a new partner. You need to know what you want in your partner. If you are clear about what you want, it will be easier for you to find and attract the right partner. Secondly, understand what your driving values and life's purpose are and see if that matches your prospective partner. (In the case of your present girlfriend, it obviously doesn't.) Also, understand that attraction is not only based on your 'looks' but also based on inner-self, hobbies, interests, desires, reactions, motivations, and extra-curricula's. If a woman relates to these areas in your life, she stands a better chance in liking you. Often women find a 'Danny De-Vito' (American actor, comedian and director) desirable and that is because of his confidence, sense of humour and his ability to laugh at himself. More importantly, a woman finds a man very attractive when he knows how to treat her. And if a man has a complex about his looks/height/weight, etc it is an absolute turn off for attraction. So, define and work on what you need to do to be the most attractive 'You'. Identify your gaps and fill them with the new improved Ravi. Once this is done, go out and find a link with a partner.

Query: I'm a 25-year-old guy and I like a girl who's my age, but my parents are against our relationship. They do not want me to get married, at least for the next two years because I'm currently pursuing a PG course. I'm a doctor by profession and the girl is an engineer. We belong to different castes and that is a major issue for my parents. I'm also emotionally disturbed, as the girl's mother passed away last year and she doesn't have many friends to connect with. So, she's developed a depressive attitude towards life. I have supported her and tried to bring that lost positive energy in her, but it hasn't helped. She also feels that she is crossing her age of marriage. My parents want me to stay away from her and when I try to do that I feel a moral sense of guilt inside. I really don't know how to make it possible or if not how to finish it without having this emotional baggage in my heart. Please give me some advice.

– Faisal

Expert Advice by Dr Prakriti: Statistics prove that a good marriageable age for a man is when he is stable and able to provide well for his family. Once you are at that level, nobody questions your decisions. If you are socio-economically dependent on your family, you will always feel torn in your decision because you will always need to value their decision over your own feelings. Only when you are earning, you and your spouse are capable of independent decision-making. Belonging to different castes shouldn't be a problem, as there are a lot of inter-caste marriages that work out well. I unfortunately get a sense that you have put a lot of emotion behind this girl and this relationship, but are now beginning to feel a little drained. I know that you want to help her, but it is not your place to do so. You are not a

trained professional in helping someone get out of depression. Your trying will bear no results and the outcome will make you feel low. If she is passing marriageable age and you find that there are too many blocks preventing you from getting married to her, please let her go. The emotional baggage from your heart is the 'guilt' and that has no place in this situation. You are not her keeper and neither do you have any contract with her. If you really are in love with her and know beyond a doubt that you want to be with her, you could and would marry her despite all the blocks. But, since that is not the impression I'm getting from your mail, and since there is so much doubt, please do not pursue it out of guilt. I suggest, she should meet up with a counselor. Here are some quick tips before she find's a counselor:

* Separate your emotional issues/needs from hers

* If you feel any sense of guilt in not being able to help her heal, remember that it is not your issue. You are not to be blamed at all. Her depressive attitude is 'Her Choice'

* Try to figure out what is it that attracts you towards her and what part of your personality is it fulfilling?

* The most important piece of the puzzle is forgiveness. You have to forgive yourself for walking away from her. Try to forgive your girlfriend for not being able to heal as quickly as you would like.

Query: My parent's finalized my wedding with one of my friend's sister two years ago. The girl and myself, we're both from the IT industry and we talk over the phone sometimes. When it comes to meeting up, she mostly denies. I also share my feelings with her, but she doesn't. She treats me like a friend and doesn't want me to have any expectations from her before marriage. This kind of attitude upsets me. Also, I feel we're not compatible or may be, she already has someone in her life. I've tried to tell her that I'm emotionally attached to her and that I feel good every time I'm with her, but she feels I'm expecting a lot from her. Please tell me what to do?

– Nikhil Das (name changed)

Expert Advice by Dr Prakriti: When you say 'marriage is finalized', does it mean that you're engaged? This sounds like two years of just a verbal understanding with no real dating

at all. How often do you two meet? Once in two months? What has caused this emotional attachment? Why is a third party causing you to feel good? Do you not feel good otherwise? You need to ensure that you're a complete, independent, and a happy person who feels good about himself at all times first. Women want mature, confident and self-reliant men. Especially, working women prefer an equal partner. It becomes a burden when it's one partner's job to keep the other 'happy' or even when they are the 'feel good' factor in someone's life. You are upset because you are in love with her and she treats you just as a friend. You may be right that she's not in love at this moment, but just because your marriage has been fixed doesn't mean that the emotions have to flow immediately. At least, one thing is clear and that is, this girl is honest and upfront and doesn't lie about her feelings. Hence, there's no pretending that she is in love. It is possible that she may allow love to happen in the safety confines of a marriage. By a quick analysis of her character she seems candid enough. It's best to ask her if she's dating someone else? Do you feel she won't tell you? Ask her if she really wants to marry you or is it the family pressure? Lay all your cards on the table. Do not guess and second guess or ask a third party. Talk to her directly. Your emotional attachment has happened too fast and too soon. I suggest, you seek some professional help for that. Here are some introspection tips:

* Recognize that you have a problem. I can see that there's one, as there has been no basis for you to feel so deeply for this person, since she hasn't given you any reason what-so-ever. Acknowledge this first.

* Identify what you're good at and what makes you different from others. What are some of your greatest pro's. Focus on it for a while everyday, so that it can help raise your self-esteem.

* Go slow. If she wants to hold off till marriage, try to honor that. Don't spend all day thinking about her or wondering why she isn't thinking about you as much, because this is not a battle of who wins the needy race. Remember, she has her own life and she is free to live it. She's not compelled to act the way you want/expect her too. Slow down your expectations.

* In fact, make sure your expectations are realistic. This girl has not dated you, so how can she be in love with you? It obviously wasn't love at first sight, so why are you expecting her to react like that. Look at the real situation Nikhil to avoid self-inflicted pain.

* Give her space to grow and come to you at her own pace. Don't try to rush things.

Find out the main cause of why you have fallen so deeply in love with the girl. Also, find out why you are expecting so much in return.

* Change your focus from her to other things that you like doing.

* Develop your interests and personality.

Query: I started working at the age of 20 and have been managing my own business since then. Things were going good but I recently suffered a great loss in my business. A person cheated on me and ran away with the cash. On the other hand, my parents have been forcing me to get married. I'm just not in the right frame of mind and I don't know how to find a suitable partner. Please help.

– Arjun

Expert Advice by Dr Prakriti: I'm sorry Arjun that you got cheated in your first business endeavour. Losing money in your business or losing someone close to you goes through the same process. Identify where you are and at what stage. Grieving takes courage, stamina and patience. It's a process that takes time, but there are things you can do to make things better. Identify what is stopping you from moving on? If you had linked your approval of yourself and your self worth on your work only then would this be effecting you over a long period of time without any release or healing. I would suggest you seek professional help for it. Most highly successful people have been bankrupt at least 3 times in their lifetime. The skill of success is how fast you can rise after a fall. So, start to rise!! Through this grief you can reveal hidden resources of resilience, compassion, and insight. Since you have already been through getting cheated you will be more capable of analyzing when someone you are opening yourself up too much in trust. It has given you a new skill therefore, it will free you of the fear of being cheated again. Start to work on getting over the shame/guilt of being cheated. As for the marriage bit, I don't really know how old you are and what you are up to now. So, to give you an accurate assessment is not possible. I suggest, first you work on the above and in the mean time keep yourself open to the possibility of getting married. You are already on Shaadi.com, which is definitely one way to meet women. Network of friends and

their acquaintances is another great way to find a suitable partner. Expanding your interests and social network is very important in finding a suitable partner. If there's something you enjoy, find someone who enjoys similar things. For instance, volunteering, sports and recreations, exercising etc...Most importantly, get back on your feet and leave your past behind.

Query: I'm a Chef at ITC: Fortune hotel, but not highly qualified. I'm looking for a partner who's well educated, so that our future is bright. Since, I'm not very educated, I at least want my partner to be educated and take good care of our family in the future. Could you give me some advice about how to find the right match.

– Arvind

Expert Advice by Dr Prakriti: Rather than looking for a partner who is highly qualified, I recommend you work on improving your professional skills. There are plenty of courses available where you could do this. The reality is that a woman is looking for someone who is more qualified than her and has a brighter future than her. You will be lucky if any woman is looking to support her partner and family. You, as the man, have to be the prime breadwinner in the family and you will have to support your family to the best of your abilities. If the woman you marry is a professional bringing in a salary, then you are in luck. However, be aware that when you have a child/children, there are chances that your wife will quit her job and be at home with her child for a few months. At that point you again will be the sole breadwinner. For a woman, love and respect go hand in hand. Women respect men who are capable and are able to support them, emotionally and financially. You won't really be happy if you look for someone above your means. Either an equal mate or someone who is thankful for all that you can provide is what you need to sustain and fulfill a happy married life. You need to become the right match, then the perfect partner will come to you.

Query: I'm a 24-year-old working professional from Ghaziabad. I recently broke-up with my girl friend. I've tried to forget her and move on, but it just seems impossible. I've lost trust in love. Also, my parents want me to get married, but I don't know how the girl will turn out to be after marriage. Please guide me.

– Sumit Arya

Expert Advice by Dr Prakriti: The best part about relationships being unsuccessful is that you have enough data to analyze and draw up a list of things that did and didn't work out for you. This helps you understand things that are important to you in a relationship. You first have to understand that your ex-girlfriend is not going to come back in your life. So,

it's best to forget your past. You say, you've tried to forget her and move on, but I don't think so. If you had, you would have got over her by now. Did you seek counseling to get over it? There are steps involved in it:

- * Talking to a professional

- * Talking to your ex-girlfriend to put closure on the situation

- * Writing a journal and addressing your feelings. (This helps you understand why you feel a certain way and helps you release the emotional connection you choose to maintain with your ex)

- * Allowing cathartic release to take place. This may mean crying, boxing a pillow, shouting out loud (in a secluded place)

- * Lessons from the experience is very important for us to realise why we went through a certain situation. Write down all the things you've learned, as a result of the break-up.

You need to understand that your personal development and emotional stability is the most important thing in life and if you're not emotionally stable and happy inside, you'll never be happy. If your cup of self love isn't full, there's no way that you can give your love to someone else. Start to enjoy your own company by doing things that you enjoy. Introspection is important. Losing trust in 'love and marriage' is an over dramatization of your feelings. You need to stop repeating that to yourself. Instead, remind yourself everyday that 'I trust in love and marriage'. The subconscious mind will make adjustments and trap this as the new belief system. Also, how the girl will turn out to be after marriage is something that can't be predicted, but I recommend, get to know what is really important to you and ask your prospective partner what are some of the key things that are important to her. If you match on the fundamental requirements, life is always better shared with a companion. Be open to good experiences and don't be scared.

Query: I'm a Shaadi.com member and needed some advice on finding the right match for my daughter who's living with hepatitis B positive? Her ID is SH95735863. Please help!

– Aparna

Expert Advice by Dr Prakriti: I can understand your frustration regarding the slow progress of your daughter's profile, however the chances of someone wanting a partner who is Hepatitis B positive will be slim. I'm sure you are well aware of the facts of the various ways in which it can be transmitted to another party. However, on her profile, the Hep B is not mentioned, so it cannot be the cause of you not finding a suitable match for your daughter. Sometimes, getting the right click takes long. If you're generating interest and when things seem to be working out, you talk to them about your daughter having Hep B. It is not something that should be kept hidden or under wraps. Not only is the partner at risk in this case, but also the child in the future. This is not an easy journey, so please brace yourself and be patient.

Query: I registered on Shaadi.com a year ago. I'm currently working in Bhopal and my family is based in Surat. My parents had an inter-caste marriage. My dad is Hindu Brahmin, whereas my mom is Muslim and I think this is one reason, why I'm unable to find the right match. Could you please give me some advice about how to find a suitable partner?

– Aman Bhardwaj

Expert Advice by Dr Prakriti: When a woman is looking for a man on a matrimonial website, she'll definitely take a good look at your profile. If you feel your parents inter-caste marriage is an issue, make sure everything else is good in your profile. If you are liberal in your religious views, chances are you will find a woman who is liberal as well. Also, the girl has to like the city, after all she has to settle down with you. This also means that she is giving up her career and in most cases, moving to a new city. She has to feel confident that you can provide her with adequate emotional and financial support. Emotional support would mean that your lifestyle, interests, friend circle, education, etc must be in sync with what she requires. On the other hand, the woman should also feel financially secure. She should be convinced that you'll be able to take care of her and the kids in the future. So, focus and enhance those qualities in life as well as on your profile and you are sure to attract a very compatible partner.

Query: I'm from Africa and I quite like Indian women. But, I don't understand why is it taking me so long to find the right match in India. What do Indian women actually look for in men? Could you please guide me.

– Moses

Expert Advice by Dr Prakriti: Women in India are more likely to first look for their own ethnic group and their own religious background and sometimes, even their own caste. Once that search is exhausted, only then do they start looking beyond that. So, you need to be patient. Moving to another country can be quite overwhelming for some of the young prospects. Unfortunately, the wait is inevitable. In the meantime, focus on putting everything else in place. Sometimes, you can jump the queue if everything else is in order. When I say everything else, I mean:

* Your intelligence: work, interests and ability to make money

* Your social skills: hobbies, friends, etc

* Your religious and spiritual views

* Your family structure

Women need to be sure that you're advanced enough in your career to be able to provide resources more adequately. Therefore, intelligence can go a long way. Women need to be reassured that the man they are with, will be able to understand them better. So, if all this is in place, you may not have to wait too long to find a good mate.

RoundGlass Partner

Prakriti Poddar was hired by Mr. Sunny Singh, a successful entrepreneur and the owner of Edifecs in Seattle to set up a Digital Healthcare company with a clear focus on disruptive technologies.



She set this up in less than a year and has hosted and been the MC for The RoundGlass Forums.

However, her loyalty towards mental health made her get back on her track shortly after setting it up and she reignited The Poddar Foundation and aligned it to her calling of Mental Health.



Poddar Foundation Interventions

Small Talk, Deep Talk

On Account of mental health awareness week in May of this year, Dr. Prakriti Poddar held a open and free counseling week with the support of Rcity mall. This initiative was able to reach out and counsel over 300 people.

The aim was to break the stigma around counseling, to bring it out from behind closed doors, to disrupt the thinking of one has to be mentally retarded to go to a counselor. It promoted that everyday healthy people also could do with talking to an unbiased third party. We have a few testimonials on our youtube channel 'silencetodo' which highlights the benefits of



the workshop.

Additionally to get the masses to relate we put up a street play by the theatre artists.

A week long awareness campaign, being one of it's kind, was carried out because of the extremely modest efforts of Dr. Prakriti Poddar and team.

Media Coverage

Shoppers would be given counseling sessions for free at R City mall, Ghatkopar as a part of World Mental Health Awareness Week in association with Poddar Foundation.

Poddar Foundation has joined hands with R City Mall, Ghatkopar to spread awareness about mental health on the occasion of World Mental Health Awareness Week. Focusing on promoting and introducing people to mental wellness, the event has been targeted towards the youth (15-29 years of age) as they are said to be at the highest risk of mental health issues.

Shoppers would be given counseling sessions for free at the mall and also break the misconception that counseling is required only for those who are mentally disturbed to a great extent.

When: Till May 22

Where: Outside Food Court, R City Mall Ghatkopar

Mumbaikar Festival

The Chairman of the festival Mr. Rohitashwa Poddar engages Dr. Poddar on the backend just to ideate. Being a supportive wife on the festival she looks at it as a way to incorporate and raise the happiness quotient in Mumbai.



Articles

Online article features of Dr. Prakriti Poddar

Huffington Post

How To Tell If A Colleague Is Depressed And How To Help Them Cope

03/06/2016 5:53 PM IST | **Updated** 15/07/2016 8:27 AM IST

Depression is [on the rise in India](#) and those working in the fast paced corporate sector are susceptible to its depredations. Last year, the apex trade association Assocham India [reported that 42.5% of employees in the private sector](#) are afflicted with depression or general anxiety disorders. The study cited increasingly demanding schedules and high stress levels as the underlying cause behind these figures. Delhi was cited as having the highest number of depressed and stressed employees.

There is a fair chance that someone at your workplace suffers from depression (it could even be you). However, being vigilant also means being able to identify and pinpoint the difference between a low or stressful phase and clinical depression.

Listing some of the symptoms of clinical depression at workplace, Dr Samir Parikh, Director, Mental Health and Behavioral Sciences, Fortis Healthcare said, "If any of these behavioural changes are observed taking place for well over a fortnight, your colleague (or you) might benefit from a mental health check-up or some counselling."

Popular In the Community

The symptoms mentioned by Dr Parikh included:

- Loss of focus over an extended period of time
- A huge change in appetite, such as a steep decline or binge-eating
- A dip in energy levels, drive and motivation
- Extreme sensitivity to criticism, while becoming overtly critical of others
- Snappiness and irritability

- Lack of socializing and mingling: no coffee or tea breaks with other employees or friends, and

forced or insincere smiles

- Inability to take decisions

- Complaints about physical exhaustion and body pain

According to Dr Prakriti Poddar of Mumbai-based Poddar Foundation, which specialises in mental health care, often well-meaning friends and family feel that their support and communication will be enough to guide a depressed person out of his or her condition. “They are not trained to assist the depressant back to strength. You can encourage them to seek help, to stick with the prescribed therapy, and allow them to feel your faith in them in their ability to heal,” she says. “This is invaluable and more than enough.”

Mental experts have suggested a few things you can do to help a colleague (or yourself):

1. Be calm: “It is important for you to not get anxious or stressed,” says Dr Parikh. “If you get worked up, you’re not in any position to help a colleague who is in distress.”

2. Share a story: “You may not have too many stressful stories of your own to share. But sharing any experience can pave the way to a conversation, which helps,” advises Dr Era Dutta, consultant psychiatrist, SL Raheja Fortis Hospital, Mahim, Mumbai.



3. Stay alert. Be on the alert for signs of any suicidal tendencies. “All dangerous items that are potentially harmful including sharp objects, pills and poisonous substances need to be removed,” says Dr Parikh.

A little encouragement goes a long way

4. Never say: “Get on with it. This is life!” “This could send them spiraling further,” says **Dr Poddar**,

likening this approach to rubbing salt on the wound. Be supportive instead of confusing them further about their vulnerable state – depression is not something they can help.

5. Respect their wishes: Space is important. “Your colleague may need a time-out every now and then, so don’t be over intrusive,” says Dr Dutta. “Sometimes one can find solace in being alone.”

6. Be around. If your colleague lives alone, try to ensure someone is around after work hours. “Being alone often spurs the condition,” says **Dr Poddar**.

Don't leave them alone.

7. Don’t get hurt or affronted easily. Always remember that you are helping out, so if the depressed individual lashes out at you, don’t take it personally, or list it as unprofessional behaviour. “It’s the depression talking, not your colleague, so don’t give up on them,” says Dr Dutta.

8. Take them to see an expert. If you can eventually cajole them into seeing an expert, do so. Especially if you observe them doing things such as harming themselves, drinking excessively or not taking regular medication, says **Dr Poddar**.

9. Motivation works. Encourage them (gently) to take up activities that they enjoyed doing in the past, says Dr Dutta. Also alert your employer, but in a careful manner so that your colleague doesn’t feel threatened.

If you or anyone you know are struggling with suicidal thoughts, call any of these helplines: Aasra 91-22-27546669, Sneha 04424640050, Jeevan 00 91 6576453841, Pratheeksha 0484 2448830.



Alex Mares-Manton via Getty Images

Having problem in married life? Fighting once a week good for conjugal life

26 Apr 2013, 20:20 [Jagran Post Editorial](#) |

Washington: Forty-four percent of married couples across India agree that the key to a long and happy marriage is having fights more than once a week, says a new survey.

In a survey conducted by leading Indian matrimonial site and market research agency, these couples believe fighting more than once a week helps keep the communication lines open.

Anand Seth, who works as a business development manager, told media that "fights help couples come closer and often clear misunderstandings. Fights are extremely necessary in a relationship as it makes the bond stronger.

"It also helps because each partner develops sensitivity and sensibility on the other's preferences through adversity." Sushila Basu, marketing manager at a multinational company, points out that arguments help as the differences get sorted out instead of "it brewing and festering in the couple's minds".

"Tiffs help one understand what 'ticks off' one's spouse. This also helps in not taking one's spouse for granted," she added. Couples in Delhi and Mumbai are least likely to fight with 32 and 33 percent respondents fighting less than once a month.

Interestingly, fights get fewer with age as only two percent couples aged 41-45 years seem to be getting into an argument once a month as compared to 10 percent couples in the age group of 20-25 years. This is mostly because mutual understanding increases with age and years spent together.

From the gender perspective - women tend to get into an argument more often than men. About 12 percent of women claim to have an argument every day as compared to eight percent men. **Prakriti Poddar, clinical hypnotherapist and counsellor with Mind over Image, doesn't feel that arguments are healthy for married couples, but adds that people try to resolve issues and about 80 percent of her clients come because they want their marriage to work.**

"In 20 percent of the cases, one partner feels the marriage isn't working but wanted to take the route of meeting a marriage counsellor just to show their partner the real problem. About 90 percent of the clients that I see have relationship issues and are with me to resolve them," Poddar, who sees about five clients every day, told media.

She feels that nobody wants to put up with a less than good marriage. "People are becoming more self-reliant and are hungry for passion, communication, respect and love in a marriage," she said, adding that "in the last five years there has been 100 percent increase in the divorce rates and the issues that lead to separation are violence - emotional and physical, lack of respect, love and communication."

She points out that financial and space issues too rock marriages and that "people want a meaningful and happy companionship with a good sex and communication", said Poddar.

Poonam Darswal, a doctor at a Delhi hospital who got married in 2009, feels that "every fight between me and my husband pushes me away from him a little especially when we don't come to a valid conclusion. We just put the fight off to avoid more hurting and resentment later".

However, she agrees that sometimes fights help in "understanding each other but only when we listen to each other with open heart. But there are times when our fights are lame and over stupid issues, and in this case nothing works."

She also says that "most fights arise from misunderstanding". Asked to name the issues that can't be solved, she said: "There are no issues which can't be solved. It's the lack of desire to solve them that leads to distance. When you stop caring for any solution, problems arise and the piling up of these unsolved issues would separate you forever."



Couples are okay with fights and arguments in marriage, but what is intolerable is extra-marital sex or affairs. Sometimes in-laws become marriage breakers too. "Fights are unavoidable in circumstances concerning in-laws. Reconciliation is impossible in situations where extra-marital sex or affairs are concerned," said Seth.

Prakriti featured in the Elle magazine, 2009



everyone is welcome to join in. Chanting in a group has an energy that is quite incomparable, especially in the temple, where each chant is accompanied by a drum beat and the holy, sanctified atmosphere only adds to the experience.

After two sessions, however, I decide to devote 15 minutes every morning to chanting at home. Initially, it is hard to concentrate when one is not compelled to. After a couple of days, however, I can centre myself and focus on the chanting and the intention. A week in, I start the day feeling much more zen and at peace than I usually do; I've also begun to look forward to the quarter-hour, which sometimes shifts from morning to evening. Two weeks on, I find that when I am anxious, I can take a deep breath and calm myself down, instead of hyperventilating as I usually did. Nonetheless, it's more a conscious move than a reflexive one, but it is progress, which is excellent.

Chinnmayee Manjunath

hypnotherapy

It's not as hocus-pocus as it sounds – you don't lose all sense of awareness and nor do you enter some sort of trance. In fact, what hypnotherapy does is elevate you to a state of altered awareness during which the subconscious mind is open and receptive to suggestions that are given – the perfect antidote to beating

anxiety and stress-related concerns that do intermittently control my body and mind.

"The key to beating anxiety and stress is identifying the root of it all," says hypnotherapist Prakriti Poddar, who helms MindOver Image Consulting, Mumbai. Whatever the issue, a session in the chair under Prakriti's supervision helps me work my imagination to create some anxiety-free mind space for myself.

She starts me off with some simple deep breathing and then proceeds to help me relax my body, starting from my feet and slowly working up to my head. All this, in a dimly lit, cool room, with my feet up on an easy chair. "Relax," Prakriti repeats in her calm voice. "The more you relax, the deeper you go. And the deeper you go the more you can relax." While some people have been known to say that their body feels like lead weight, some identify with a feeling of floating. For me, it's nothing as dramatic, but I am oddly relaxed.

Let it be clear that you are aware of everything that is happening and being said to you the whole

ellehealing

time; it's just that the relaxation helps your mind drift into different levels of awareness. Your subconscious mind is active throughout and it is this that your therapist is working with: "Find yourself at the top of a staircase and slowly descend," says Prakriti. Next, her voice guides me to a blackboard where she asks me to list all the issues (people included) that are causing me anxiety and stress, and then I am asked to slowly erase them all away. "Now start climbing the stairs again," she says, leading me out of the hypnosis.

The only side effects to hypnotherapy are beneficial ones – feeling terribly relaxed and positive about whatever you sought the therapy for.

Inquiries, 9833425000

Mehernoaz Dhondy

reiki

Binaifer Chakraborty's consulting room has a comfortable divan bed, a table set with the paraphernalia of the alternative: A Buddha statue, crystals, a wand, incense, candles, cowries and different tarot sets as well as a dowser or crystal pendant. A sceptic will merely have to suspend disbelief. Binaifer's calm, reassuring manner ought to help.

The 31-year-old reiki master began her working life in hotel management, but became interested in reiki through a friend and qualified for it four years ago. She now runs workshops to train people in meditation to combat stress, as well as reiki, and is consultant to the JW Marriott hotel's spa. "People come to me with very day-to-day problems," she says, including relationship and career issues, as well as generalised anxiety.

The first stage of the process is to use a divination method – whichever the client prefers – to put the problem in focus. Tarot offers specific answers to clear questions; cowries and dowsing can also be used in cases where the problem is less clear. Binaifer says. There follows a 20-minute healing.

I lie down on the divan and close my eyes, while Binaifer scans my aura and sends healing energy towards any blockages. These could be physical (nascent health issues), emotional or other. Mine turn out to be minor: Potentially weak knees, a backache, a possibly iffy stomach and a developing throat infection, all of which reliably and rather annoyingly manifest within the next fortnight. While the process is going on, Binaifer plays devotional chants, and I feel relaxed and warm, but the experience is otherwise undramatic. "It depends on the state in which a person comes to reiki," Binaifer says. "If they are very blocked it can take more than one healing, or it might just happen in one session."

Afterwards, I feel calm, a little more tired, and the throat tingle seems to have calmed down. Binaifer encourages her clients to learn basic reiki during the two-day workshops that she regularly conducts in Mumbai. "It's nice to go for healing, but the best thing is to be able to practise it for yourself. Then you can maintain your energy and ensure it isn't drained by negativity." Inquiries, 9833223777

Anjali Joseph

macrobiotic diet

Waking up with my mind full of thoughts. Wondering about deadlines. Obsessing about the consequences of my actions. Over-thinking every situation. Going off to sleep with clouds of questions in my head. Anxiety at every step. This is almost a way

of life for me. Hence, the introduction to macrobiotics. The benefits of a macrobiotic diet are endless. The likes of Gwyneth Paltrow and now Katrina Kaif and Esha Deol are die hard followers of this way of life. Macrobiotics follows a simple tenet: Food is energy. As you intake these energies, they interact with your internal energy. As a result, you experience different emotions after eating. When you first think of a diet to deal with anxiety, you may scratch your head thinking...really? But the fact of the matter is (and now I have proof) that what you eat defines how you feel. In my case, I try a macrobiotic diet with Shonaali Sabherwal, a Mumbai-based certified counsellor, chef and instructor for macrobiotics. She is also the director of Enhance, Healthier Lifestyle Options.

I start with a personal consultation, followed by a meal plan. For me, it involves many significant changes in my diet: No dairy products, refined flour or sugar. It seems like the end of my life. The first day is not as bad as I imagine. Though I do feel much lighter after lunch and surprisingly far more alert at work than most days. I get a terrible headache, a "normal reaction" on the first few days, I'm told by Shonaali. As the days go by, it starts getting a tad easier. I have to confess, no diet is complete without cheating – a tiny piece of chocolate or biscuit and even a glass of wine. It seems almost impossible to resist.

Just a week after, I feel lighter, more alert and far less anxious. I definitely make a more conscious effort. Every day seems like a struggle, but now it has become one of those good habits. "The key is to be mindful at all times. Be aware of the changes that your body goes through," reminds Shonaali, and this is key in my experience. I am extremely aware of all the changes in my body and hence on my mind.

If you are looking for a quick-fix, this is definitely not for you. It's more a way of life that has to be adopted to see positive results.

I ask Shonaali whether her clients adhere to this diet plan for the rest of their lives. She replies, "Each client takes the best from the diet and makes it a part of their routine. Whether it's the body scrub, the night foot soak or making miso soup a staple in your meals."

I have come to realise with only one week of this diet, that I wake up feeling calmer and fall asleep happier. Yes, there are days when things get out of hand, but now I have a better way of dealing with it. □

Inquiries, 9819035604

Tanvi Dagli

Fighting once a week is good for marriage

By IANS | Posted 23-Apr-2013

In a survey conducted by leading Indian matrimonial site and market research agency, these couples believe fighting more than once a week helps keep the communication lines open.

Anand Seth, who works as a business development manager, told IANS that "fights help couples come closer and often clear misunderstandings. Fights are extremely necessary in a relationship as it makes the bond stronger.

"It also helps because each partner develops sensitivity and sensibility on the other's preferences through adversity." Sushila Basu, marketing manager at a multinational company, points out that arguments help as the differences get sorted out instead of "it brewing and festering in the couple's minds".

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From the gender perspective - women tend to get into an argument more often than men. About 12 percent of women claim to have an argument every day as compared to eight percent men. **Prakriti Poddar, clinical hypnotherapist and counsellor with Mind Over Image**, doesn't feel that arguments are healthy for married couples, but adds that people try to resolve issues and about 80 percent of her clients come because they want their marriage to work.

"In 20 percent of the cases, one partner feels the marriage isn't working but wanted to take the route of meeting a marriage counsellor just to show their partner the real problem. About 90 percent of the clients that I see have relationship issues and are with me to resolve them," Poddar, who sees about five clients every day, told IANS.

She feels that nobody wants to put up with a less than good marriage. "People are becoming more self-reliant and are hungry for passion, communication, respect and love in a marriage," she said, adding that "in the last five years there has been 100 percent increase in

the divorce rates and the issues that lead to separation are violence - emotional and physical, lack of respect, love and communication."

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Poddar Foundation partners with IMA to create a healthier tomorrow

Mumbai | 04 April 2016 Team ScooNews

In a major development, Poddar Foundation has partnered with the Indian Medical Association, Maharashtra (IMA) and Mr. Kewal Kapoor, a well-known IEC expert, to curb issues such as obesity and ill-health plaguing the country from a very young age. With this visionary initiative, Poddar Foundation aims to proactively target health issues that arise at a much later stage in life from the very beginning by offering preventive measures during childhood itself. Corrective measures will be in the form of suggestions that alter the health



and food environments. This initiative will be initially rolled out across schools in Maharashtra.

This initiative comes at a time when the latest World Health Organisation (WHO) report shows, around 22 % prevalence rate of obesity was reported in children and adolescents aged between 5-19 years over the last 5 years in India. Globally, the trend is high among children under 5 years of age with at least 41 million found to be obese or overweight in 2014.

Poddar Foundation's Managing Trustee, Dr. Prakriti Poddar and IMA Maharashtra have tied up to create awareness in arresting obesity, mental health deterioration and its stigmas along with other related areas of good physical and mental health. IMA has committed its mammoth team of 37,000 member doctors and medical professionals to fight obesity on the ground level. While for its part, Poddar Foundation will develop a digital repository for children, parents and teachers to educate, empower and assist and educate them.

Dr. Prakriti Poddar, an expert mental health therapist and counselor, said, "We look forward to garner suitable support from the Government of Maharashtra and relevant corporate CSR programs. As a team we are aggressively taking concrete measures to ensure that the program accords the highest priority as it affects the future wellbeing of our country. Mr. Kewal Kapoor and IMA as our partners will bring on board years of wisdom, experience and knowledge to ensure a wide reach of preventive measures capable of curbing such issues right from the child's formative years."

Dr. Jayesh Lele, President, Indian Medical Association (IMA) also expressed his views on this association. He said, “Various studies suggest that mindfulness can help treat or avoid obesity in children as it helps them control overeating impulses. We intend to consciously treat such kids through this initiative and create a strong awareness about it. This is a perennial issue amongst growing children which needs immediate attention.”

Mr. Rohit Poddar, Managing Director, Poddar Housing, said, “With Dr. Prakriti at the helm, we see our Foundation contributing great value to addressing and helping solve the issues caused by mental health deterioration. In this day and age of stress, strife and inequalities, tools such as this one, that Dr. Prakriti is developing, with the help of the Government of Maharashtra and concerned Corporates via their CSR initiatives, will be a valuable mechanism for awareness and greatly help in the mental health space. I wish Dr. Poddar all the success in this important mission of addressing mental health and the well-being of our Nation.”

The Poddar Foundation will soon be making a presentation to the Honorable Chief Minister of Maharashtra to press upon the urgency of a time bound program to be implemented.

Rotary Club

Meeting on 26/09/2012

posted by: admin posted on:26 Sep 2012

Topic: Holistic Integrated Progression Technique

Dr. Prakriti Poddar; Clinical Hypnotherapist and Counsellor

Prakriti has always been inclined towards healing. Her first memory of healing was when her maid's daughter fell sick and she prayed on her. At six she didn't know that what she was doing had a term but later realized it was 'faith healing'.

In 1994 while still at York University (Toronto, Canada) Prakriti started working through the Salvation Army as a meditation mediator and counselor for the battered East Indian Women. Prakriti even started a 'Circle of Healing' club at the

University.

She has since worn many hats... from sales for a fashion design label, to trying out Private Banking. With the IT boom she joined TUCOWS as the Regional Manager for the South East Asian Market, and even as HR Faculty at Troy University. Finally realizing that her true calling was a merge between healing and training. In 2000 Prakriti started a consulting firm called Mind Over Image Consulting. The keynote of which was 'its not a make over; it's a mind over'.

This new avatar included Clinical Hypnotherapy, Counselling and Corporate Training. All the programmes were run with a deep understanding of the human psyche. Focus was on overcoming self-imposed barriers and maximizing ones potential.

Dr. Poddar was also the Programme Director with Common Purpose, an international, not-for-profit organisation that has been running leadership courses and workshops for over 20 years. Prakriti ran the course for senior leaders in Mumbai.

Prakriti now lives permanently in Mumbai and divides her time between Mind Over Image Consulting and her family.

Afternoon Dispatch and Courier

WE NEED TO TALK

Thursday, August 25, 2011



The birds and the bees, gay marriages and divorce... there's no easy way to bring up sensitive topics with your children, but it must be done. Henna Achhpal and Rhea Dhanbhoora talk to a few experts who tell us the

right (and least awkward) way to go about it...

Mommy, where do babies come from?" Yes, you've dodged the question in the past, made up some cutesy way to describe the situation or used the standard "I'll tell you when you get older line." Sadly, "older" catches up with most of us sooner or later. However, talking about certain issues that are sensitive or awkward is a must and it should be done before your children start picking up wrong information from television, the internet or peers. We talk to Madhavi Sheth, Counselling Psychologist at Solutions Counselling Centre and **Dr. Prakriti Poddar a Personal Counsellor from Mind Over Image Consulting**, to help us handle the various situations we find ourselves in as mothers to growing children...

THE BIRDS AND THE BEES

Sex is a topic that both, parents and children dread discussing. While some parents like to pretend that sex doesn't exist, children prefer to get all their information from friends or the world wide web. However, no matter how awkward, it's important for parents to have the 'sex talk' with their children.

Dr. Prakriti explains, "Times have changed and children are now exposed to sex at a much earlier age through movies, television and even music. They aren't as curious anymore as it's not something hidden that needs to be explored." However, knowledge and information is not all says Dr. Prakriti, "A healthy attitude towards sex is what a parent's goal should be. If you connect sex to love and as a means to express love, your children are more likely to grow up with a healthy attitude towards sexuality." Discussing it earlier will benefit them greatly because they'll get the information from you rather than an unreliable outside source. Madhavi says, "Be sure not to approach them out of the blue or when they're feeling vulnerable. Instead make it a casual discussion and start by asking about their friends and life in general."

GENDER ISSUES

Another important thing to keep in mind before discussing sex with your child is that the way you talk to your daughter will be different from how you approach your son regarding the topic. Madhavi says, "Sex is more emotional for girls whereas it's more of a physical feeling for boys." She continues, "It is best that mothers delicately discuss sex with their daughters when they hit puberty and mentally prepare them for their first menstrual cycle. Fathers should have the talk with their sons when you begin to notice that they have become more conscious of their looks and appearance."

TOUCH ME NOT

No matter how vigilant you are with your children, certain things can go unnoticed for a long time. Often children don't come up to parents and talk about any kind of inappropriate

behaviour because they're scared, uncomfortable or simply not aware of what's happening. Thus, it's extremely important for parents to encourage children to confide in them and explain to them what a "right" touch and a "wrong" touch is. Dr. Prakriti says, "You must make your children aware at an early stage, so that they don't shut down with the burden of shame." Make it something that's easy and open to discuss instead of something taboo. Madhavi suggests, "When they're young, parents must explain to their children that some parts on their body are private and they shouldn't allow anyone to touch them there. This can be done during activities such as bathing." Both boys and girls should be aware of the danger of predators.

HAPPY AND GAY

With society becoming more tolerant towards the LGBT community and as they express their personalities in all their glory, your child is bound to be left confused and wondering. Thus, it's time to open your children to the possibility of gay marriages apart from the 'natural' marriage that they have seen with you and your husband. Dr. Prakriti says, "If sex is taught to be an expression of love, then most children won't question a person's gender preference." However, Madhavi advises, "The ideal way to discuss homosexuality with your child is to let them know that there is nothing unusual about it and give them a scientific understanding rather than one filled with prejudice."

ADOPTION ISSUES

As most other topics, it is better to talk about adoption sooner than later. Madhavi says, "It is better for your child to hear about his or her adoption from you rather than an outside source." Dr. Prakriti explains, "From their childhood itself, positive associations should be made about adoption and how special your child is to you." Adoption is one of your best decisions and something you are proud of, let your child know this.

THE SPLIT

Often parents stick with each other in spite of a disturbed relationship because they're afraid of the consequences a divorce might have on their child. However Madhavi says, "I have seen many instances where children themselves have advised parents to separate due to the trauma that constant fights have on them." She continues, "Of course it's a difficult time and divorce takes time to accept but the mental consequences of divorce don't depend on the age of your child. A 30-year-old man might be more traumatised about his parents getting divorced than a 17-year-old boy. It all depends on the emotional and mental stability of your child and how prepared they are for it." Dr. Prakriti advises, "Children grasp a situation best when it is explained to them logically. Present it simply and remember to leave aside the name calling and blame game."

DEATH AND DYING

It's never easy to deal with the death or terminal illness of a loved one. When your child starts questioning what happened, explaining it to them is even harder. Prakriti tells us that it should be the same as dealing with a divorce, both practically as well as logically.

“Displaying emotions burdens the child. If you break down in front of your child, they will involuntarily decide that they need to be stronger and will be unable to vent causing major psychological problems in the long run. Allow your child to express his or her emotions so that they are released,” she explains.

HARSH REALITIES

Gone are the days when you could let your child live in the world of Santa and tooth fairies. With exposure to television and the internet, news of harsh realities such as terrorism and mass violence are all over, making it difficult for you to shield and protect your little ones. Prakriti says an easy approach is to draw inspiration from cartoons and fairytales. “Kids watch cartoons and read stories about good and evil all the time. They understand the difference between the good guy and the bad guy. Make current affairs into story time so that they are abreast with current issues but aren't under the notion that it's a big bad world out there,” says Prakriti.

TALK TO ME

You've decided to talk about these sensitive topics with your child, but what if they don't reciprocate the same? Madhavi says, “Discussing sensitive topics should never be sudden but rather a continuous process.” If you suddenly go up to your child and ask them what's bothering them, they will not open up to you. Instead they might push you away in spite of your best interests. Thus, Madhavi suggests, “Whenever you find your child upset, casually ask them if you could help in anyway. If they don't respond in a positive manner, leave them alone and don't force yourself into their territory. If they're ready to talk, simply listen without any judgements. Remember not to give advice unless you're asked for it.” Dr. Prakriti says, “No child is born an uncomfortable talker. It's the lack of communication that causes it. Start opening up to your child and they will follow suit.”

EXPERT SPEAK

“The ideal way to discuss homosexuality with your children is to let them know that there is nothing unusual about it and give them a scientific understanding rather than one filled with prejudice.”

— **Madhavi Sheth, Counselling Psychologist, Solutions Counselling Centre**

“If you break down in front of your child, they will decide that they need to be stronger and

will be unable to vent causing psychological problems in the long run.”
— **Dr. Prakriti Poddar, Personal Counsellor, Mind Over Image**

When things get too much to handle, don't shy away from a therapy couch

Jerry Pinto, Hindustan Times

“When I was pregnant with my third child, my first was two-and-a-half,” says Aliya who requested that her name be changed. (“Not because I have anything against being identified, but I don't want my children thought of this way.”) An artist by profession, her career is on hold. “I know. What was I thinking? Let's just say I'm not an advertisement for planned parenthood.”

And so baby Rohan at two months is at Aliya's breast, baby Nayantara at one-and-a-half is toddling around and Tahira at two-and-a-half has issues.

“When Nayantara came along, things were fine for the first six months, at least with Tahira. But then the baby begins to become a presence and Nayantara began moving quickly, taking up Tahira's space, shifting attention from her,” Aliya remembers. That's when Tahira began pushing her baby sister over, hurting her in small ways, until her mother decided to seek help.

“First, I asked other parents about it and they all said it was normal. My own mother told me that me and my sister had fought when we were children. I asked my aunt who was headmistress of a playschool and she said it was nothing to worry about. But then I got pregnant with my third, and I was asked to be very careful. And Tahira found that her mother, who had done so much with her, taken her out, had fun, romped and played, was suddenly unavailable. This was the height of summer and we were cooped up at home, Me, Tahira nearing the terrible twos, and Nayantara. I had read all about this, I knew it was jealousy, and I knew that I was not supposed to shout at Tahira. I was supposed to explain things to her, gently, caringly, not to increase the amount of violence in the air.”

But Aliya began to wonder whether things were getting out of hand. “I could see, during that time, that Nayantara's gentle nature was changing. She was fighting back. She was getting aggressive. And when I took her to a toddler group, she began to demonstrate the same behaviour as her sister.”

That was when Aliya reached for the telephone and called a psychological counsellor.

Read | India's new mental Healthcare Act

A middle-class Indian reaching for the telephone and asking for medical help? If you had a fever, sure. If your tonsils were swollen or your skin was erupting, of course. Because you weren't sure whether you were in the best of mental health? That was a stretch. But it does seem to have become a lot more common now.



“But it’s only a very small percentage,” says Dr Prakriti Poddar, a hypnotherapist who practises in Mumbai. “Many of my clients come from the very rich and they won’t even sit in the waiting room if they’re a little early. They prefer to wait in their cars.”

If it is true that one in four of us will deal with a mental health issue as we go through our lives, why are we still waiting in cars?

“it’s the stigma,” says Poddar.

“It’s real for most people.”

Everyone should go into therapy at least once in their life. However, therapy is expensive and that forms a natural barrier between most people and an analyst’s couch. (Getty Images)

Dr Sunay Pradhan, consultant psychiatrist at the Masina and Saifee Hospitals in Mumbai feels however that the stigma is beginning to abate. “More people are willing to approach a mental health professional because some of the stigma is fading. This is more pronounced in the upper middle classes and the middle classes but it is also true among the poor as well. I see many of these patients and the effect of electronic media has meant that they are willing to see a mental health problem as something that can be helped in a hospital.”

While many people see [Deepika Padukone’s confessions about her struggle](#) with depression as a milestone, it is safe to say that if you’re in a creative profession, you’re allowed much more leeway than if you’re an investment banker.

The painter Lalitha Lajmi, now 84 years old was 32 years old when she went into therapy with psychotherapist Udayan Patel. Her brother, the noted filmmaker Guru Dutt, had committed suicide and the artist herself had domestic difficulties. “I found it difficult to accept. He died so young and so suddenly.”

But it wasn't easy, the process of opening up. “For days, I would just go there and weep. And even when I stopped, I found it difficult to find the words that I wanted, that I needed, to express what was going on. When at last I began to speak, I found that I began to dream as well, disturbing dreams, good dreams. Analysis was often difficult. It was so important to go deep and so scary to do that. But I kept at it for five years and the result was an extraordinarily creative period. I was working on etchings, paintings, a series called Dream series. To my own surprise, poetry followed, poems I wanted to show to other people.”

This is the central problem. Healing isn't supposed to be scary. It's supposed to be comforting. You're supposed to be in good hands with a doctor. But what if the hands you're in are your own? What if those hands are not willing to help, but only want to pretend to help.

“For many of my clients,” says a therapist in South Mumbai who requested anonymity, “I think I am a bit of street cred. I make them interesting. **They can say, ‘As my therapist said...’ and they can signal to someone else that they're interesting.**” **Dr Prakriti Poddar calls it “Recreational therapy or therapy as recreation.”**

I don't think that was why I went into therapy myself, to be interesting or as recreation, one more thing to do of a morning; but I can understand how often one can do it for the wrong reasons. Mine were simple. I wanted someone to tell me I was okay, that I wasn't going to end up with electrodes attached to either side of my head. I knew, of course, at some intellectual level, that no one is normal, that we're all oddly-shaped, that we've all got issues. I said this to other people but I did not believe it about myself. I was different, I thought in my hubris; I would achieve the impossible: the completely creative, totally psychologically normal existence.

And so for a year in very expensive therapy, I tap-danced with my doctor. I told him ‘everything’ which meant everything I thought he should know. I saw myself as extraordinarily candid, free-flowing, but one day, halfway through a story, I realised I had fallen into an old pattern: I was trying to amuse my therapist. I wanted him to laugh at the right moment, I wanted him to enjoy our sessions and I wanted him to think well of me, not to see me as one of those terrible needy patients, but a smart sensitive man in charge of his own destiny and completely aware of his own turmoils, a somewhat amused witness to the grand guignol of his internal life.

Putting down that mask was one of the hardest things I did. Even recognising this person, this act, was a moment of searing truth.

Read: Voices in their heads - How India deals with mental illness

So the road to mental wellness is a well-lit path through a green wood. “When couples come in for counselling,” says Poddar, “they want you to say who’s right and who’s wrong. And it seems very obvious that man and woman go away with what they want to hear. Then what you say will be used as weapons against you.”

This was one of the most frustrating things about therapy, I found: the silence on the other side. There were times when I felt like I was drowning in contradictory selves but my therapist watched calmly. I knew, of course, that I was there to craft my own answers and that any interventions he made would be counterproductive. But that didn’t prevent me from getting exasperated.

“I’m not waving but drowning,” I said.

Ads by ZINC

“As long as you can quote Stevie Smith, you’re still waving,” he said.

I could have hit him. I didn’t.

Did Tahira stop hitting Nayantara?

“No,” says Aliya with the kind of grim resignation you only see in the mother of three under three. “But I now can see that I called because I wanted something to do, I wanted to feel I was handling the situation by doing something. I did speak to her, she did say all the right things, I did feel better. But at some level, what psychologists deal with is an image of the child, a formulation that they have come up with after looking at many children going through these crises. She wasn’t going to be able to deal with Tahira. I was going to have to. And once Rohan was born and I was freed from the captivity of bed-rest, I began to see that I was going to have devise my way through this. I was going to be the person on the spot, the person to decide whether it was going to be the ‘Didn’t we talk about this?’ or ‘The naughty chair for you’ or even some negative reinforcement. My call. I have to make it. I’m glad I talked to her but I am not going to cede control to her.”

Do you need help?

“Everyone should go into therapy at least once in their life,” Mehlli Gobhai, a painter who had one successful and one not-very-successful stint at analysis, once said to me. And many people would agree. However, therapy is expensive and that forms a natural barrier between most people and an analyst’s couch.

Is it for you? The answer is simple: if you think your moods, your attitudes, your responses are interfering with your enjoyment of life, perhaps you should seek help. You could start with a counsellor, and some issues which are circumstantial — dealing with the end of a relationship, with a bad time at work — can be treated right there, simply by having someone who will listen to you.

But if you are unable to function as you would like to, if you are contemplating suicide, if the things that normally make you happy — a good meal, a night out with friends, a splash out at the bookstore — leave you untouched, perhaps you need to meet a psychiatrist. They are the ones who can prescribe psychiatric medication. Other danger signals: you're entering into a strange relationship with food; your mood swings have you at their mercy; you're abusing drugs or alcohol; your fears are paralysing you; you're beginning to think 'magically'.

As for analysis or therapy, that can be used in conjunction with psychiatric medication and then as a way through and to a better relationship with yourself and the world.

Finding the therapist that suits you

1. Don't go with the first name that Google throws up. This is about your life and your mental well-being.

2. Do some research. If you have friends who have been in therapy, ask them for recommendations. But make sure it's simpatico friends, people who resemble you in the ways that matter.

3. You don't have to like your therapist. (In some schools of thought, you have to fall in love with your therapist—it's called transference—and only then can the change begin but never mind that). You do have to feel comfortable with her or him. Don't be afraid to cut and run if someone who you researched and who was recommended makes you feel strange.

4. Don't discount cultural factors. "My mother says she was plagued by guilt about the birth control she was using," says a Roman Catholic friend. "Her Parsi therapist just didn't get it. It took a Christian to understand, to help her work out her problems and to release her from them."

5. Your friend is a therapist. You think: this might work, she already knows me and she understands. Chances are, your friend will tell you kindly but firmly that it isn't possible for her to be your therapist. Because you need someone who is objective and friendship doesn't make for objectivity. But you can use a friend who is a mental health professional for referrals.

Making therapy work for you

1.You have to want to get better. This may seem easy. But your condition may become a matter of routine; it may seem comforting and comfortable. Or you may not even know that you're working to keep yourself in the same place.

2.You have to be honest. You have to be able to completely trust your mental health professional which means you have to be sure about her or him.

3.You have to hang in there. This is probably not going to work if you give yourself two weeks or two months to deal with it.

4.You have to accept unpalatable truths about yourself. "In therapy," says Dr Poddar, "there is no such thing as an accident. You stub your toe because you want to punish yourself in some way. But it's difficult to get people to see that."

5.Make sure the therapist knows your family history. Make sure you know your family history. The social stigma attached to mental illness means that many families simply won't talk about these things.

Jerry Pinto is an award-winning writer and essayist. His latest book is A Book of Light - When a Loved One has a Different Mind. He has also written Em and the Big Hoom .

A Spoonful of this... and a pinch of that...

Mind and Body

MEDICINEspecial

A spoonful of this... and a pinch of that...

Does alternate therapy confuse you? Do you find yourself constantly torn between the conventional and the experimental, when treating your child? M&B talks to experts in five different fields of therapy to make it simpler for you...

Words: Swati Chopra Vikramay
Visuals: Heather & Andy Pickare Library



MEDICINEspecial

				
<p>ALLOPATHY Dr P V Vaidyanathan is a consulting paediatrician in Mumbai, for the last 20 years, after having completed his medical education and training from the Lokmanya Tilak Municipal General Hospital, Sion, Mumbai. He is also a writer and the author of three books.</p>	<p>HOMOEOPATHY Dr Dipti Vyas, LCEH MRSH, has been independently practising Homoeopathy, in Tilak Nagar, Mumbai, since 25 years and works as an associate doctor in a maternity hospital in Mumbai.</p>	<p>AYURVEDA Dr Shefali Thanawala is currently associated with the pharmaceutical industry, as senior medical advisor. She is an Ayurvedic physician with 16 years of experience in clinical practice and Ayurveda.</p>	<p>HYPNOTHERAPY Dr Prakriti Poddar is a clinical Hypnotherapist, REBT and personal counsellor who founded Mind Over Image Consulting in 2001. She has been consulting with corporates and individuals since then, with her extensive experience in the fields of consulting, hypnotherapy and counselling.</p>	<p>ACUPRESSURE Dr Hemant Wagh started practicing Acupressure Therapy in the year 2003. Constantly focused on discovering newer techniques and improvising on the existing ones in the field of Acupressure, he is also honorary consultant for many major hospitals.</p>
				

HOW DOES YOUR SYSTEM OF MEDICINE OR THERAPY WORK?

ALLOPATHY: Allopathic medicines are basically bio-chemicals, which work in various ways in the body. Some inhibit enzymes, some inhibit prostaglandins, some destroy cell membranes of the germs, some work at the intra-cellular level. Basically, there are multiple ways in which these medicines act.

HOMOEOPATHY: Homoeopathy is a pure natural science from various sources like vegetation, animal life, infected lungs, metals, including chemicals etc. It's based on the law of *similia similibus similibus* ie, 'like cures like'. For example, a medicine known as Tuberculinum is extracted from infected

tubercular lungs which is used to cure tuberculosis. A homoeopathic remedy is an extremely pure, natural substance that has been diluted many times.

AYURVEDA: Ayurveda is an ancient system of traditional Indian medicine, which relies on a holistic approach towards disease treatment. It is a fully developed medicinal science, which describes methods to diagnose each disease as well as various modes to treat it. For treatment, Ayurveda mostly uses Indian medicinal herbs in various combinations and through different formulations, such as tablets, capsules, syrups, or powders. The traditional liquid formulations are also known as *kaadha* in local language. Sometimes, some *vaidyas*

(meaning qualified and authorised doctors trained in Ayurveda) also give raw, dried herbs to patients and instruct them how to prepare the *kaadha* at home for each dose. This method of providing a fresh dose every time is generally more potent as compared to ready syrups. Ayurveda also employs various metals and minerals in various medicinal products, which are used only after purifying through specific scientific processes. Such formulations are to be taken strictly as per guidance of qualified *vaidyas*. However, contradictory to the common myth, Ayurvedic texts clearly describe the curability of any given disease like modern medical science.

HYPNOTHERAPY: Hypnotherapy is

simply the use of hypnosis to enable you to take control of feelings, behaviours, habits, and self-image. Hypnosis directly accesses that part of your mind that's causing the problem, the deeper seat and more instinctive part, your unconscious mind. Applying specific therapeutic techniques we can help 'reprogramme' unwanted behaviour to create more positive solutions.

ACUPRESSURE: Acupressure is an oriental therapy, which uses specific points on the skin, to favourably influence the internal organs of the body. Acu means deep and Pressure means press. Thus, pressing and releasing a particular point is acupressure. There are 38 points in the palms and soles and 14 meridians in our body. Points are stimulated by a finger, thumb or certain specific instruments in some cases. Acupressure therapy is a safe method of pressure application for quick relief from chronic and acute pain. It improves blood circulation and balances the metabolic energy in the body.

HOW EFFECTIVE IS IT IN TREATING CHILDREN?

ALLOPATHY: It is difficult to say how effective Allopathy is vis-à-vis other systems, because for being able to say this, one has to conduct double blind trials, where patients suffering from similar diseases have to be divided into two groups. One group has to be given allopathic medicines, while the other group has to be given alternative medicine. These patients need to be followed up for some time and the effects need to be compared and contrasted. Hence, it is difficult to answer this question in simple terms. While some diseases get cured better with allopathy, others might be better managed by alternative medicines.

HOMOEOPATHY: Homoeopathy was first introduced by Samuel Hahnemann. Homoeopathic medicines are effective and safe for treating childhood illnesses. Children are hyperactive and are more prone to common and minor illnesses. Children usually respond positively to these remedies. As compared to conventional medications, the mildly sweet powders, and pills are palatable and hence, children readily accept these medicines. Even newborn babies can take homoeopathic medicines safely. The immune system of children can be easily boosted by using this system of medicine. What's more, even chronic conditions can be treated but you need to consult a

homoeopath since self-medication would be a disaster.

AYURVEDA: Ayurveda is a complete science, comprising a detailed study of eight branches, including medicine, surgery and gynaecology among others. Pediatrics, or the study of diseases of children, is one of these and is known in Sanskrit as *Kaumara Bhritya*. This shows the expertise of Ayurveda in treating children. This field of medicine especially advises certain home remedies, which are based on complex science, yet, are very effective. At the same time, these are simple enough to be followed on a regular basis to maintain the health of children.

HYPNOTHERAPY: On a scale of one to 10, Hypnotherapy works anywhere from eight to 10 in effectiveness whilst dealing with children. In fact, it is extremely beneficial in very pertinent children's issues like asthma, chronic fatigue, lack of concentration, bed-wetting, fear of needles and darkness. Hypnotherapy believes that all your problems start as a dis-ease in your mind and then converts into a disease in your body. Therefore, we find the dis-ease in the mind and stop the disease from spreading. **ACUPRESSURE:** In acupressure treatment, there is no age bar. Fortunately, when it comes to treating children, there is, in general, more acceptability in this therapy than in general medicine.

WHAT ARE THE BENEFITS OF THIS SYSTEM OF MEDICINE?

ALLOPATHY: Allopathic treatment is very quick and effective in conditions where it works. Also, all allopathic medicines are extensively tested in laboratories and certified by the Food and Drug Administration authorities, before being released into the market. The effects, side-effects, dosage, etc., are all well known and well documented.

HOMOEOPATHY: The medicines used by homoeopaths came from herbs, minerals, metals, animals and vegetables. The doses are small and non-toxic because of this, homoeopathic medicines have no adverse effects. It gives quicker and better healing as compared to other systems of medicines, keeping in mind the side-effects and allergies.

AYURVEDA: Though people believe that Ayurvedic medicine is effective only in chronic diseases, there are a number of Ayurvedic products available for minor illnesses like cough, cold, diarrhoea,

dysentery, vomiting, hyper acidity, etc, which give quick relief. Some of the important benefits of Ayurveda are as follows:

- The majority of Ayurvedic formulations work to remove the root cause of the disease.
- Most medicinal herbs used in Ayurvedic products also exert a strengthening effect on the affected body system, and thus help in building immunity.
- In aken as per the advice of a qualified physician, generally, the adverse effects are minimal; however, one MUST note that ALL Ayurvedic products are NOT FREE of adverse effects.
- Most treatment measures aim at providing total cure, and hence, they look forward to reduce the relapse of the disease.

HYPNOTHERAPY: This is a non-invasive, relaxing and fun method for children to get over their ailments, fears and phobias. It identifies the root of the problem, thus eliminating it from the core. Therefore, the results are long-lasting and sustainable.

ACUPRESSURE: Acupressure therapy has one major positive aspect, i.e., it has no side-effect, no reaction and no overdose possibility as we are not putting any kind of chemicals into the body. This therapy cures and controls diseases in a very simple way. This treatment is non-invasive, economical and safe!

WHAT ARE THE SIDE-EFFECTS OR DRAWBACKS?

ALLOPATHY: Side-effects do exist, practically for each and every allopathic drug. There is perhaps no medicine in allopathy that does not produce some side-effect or the other, in certain groups of people, depending on their intrinsic proneness, allergic potential, etc.

HOMOEOPATHY: There are seldom known side-effects in homoeopathy treatment. However, during medication, a patient is advised to avoid coffee, raw onions, raw garlic, strong odours like perfumes, liniments and external applications as these could reduce the effectiveness of medicines. Coffee acts as an antidote to the medicines. Secondly, homoeopathy is a very disciplined course of medication. Thus, an overdose can aggravate the condition. Also, there are certain drug interactions which may lead to unwanted effects.

AYURVEDA: Ayurveda uses very complex and highly subjective methods of

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diagnosing disease. Ayurvedic terminology (for example, *Vaata, Pitta and Kapha*), though very scientific, is often poorly understood and misused, especially by the general population. Besides, it is very difficult to get standardised medicinal products, which few Ayurvedic companies strive to provide. However, the major drawbacks of Ayurveda lie not in the system, but in its misinterpretation. For one, like other drugs, even Ayurvedic medicine can have and does have side effects, though not very common, and usually not too severe if used as per advice. Many believe that Ayurveda can cure any disease. This is wrong. Ayurveda clearly defines the curability of disease based on several factors, such as causative factors, presence of other diseases, stage of the disease, etc, and has clearly mentioned in its texts the curable as well as incurable diseases. One must be cautious of the 'cough and cold to cancer' approach of some vaidyas, which is often misleading and does not represent authentic Ayurveda.

HYPNOTHERAPY: There are no side-effects and drawbacks.
ACUPRESSURE: It has no side-effects and no drawbacks.

PLEASE GIVE SOME COMMON CURES FOR THE FOLLOWING DISEASES:

COLDS, COUGHS & FLU

ALLOPATHY: Cold and cough syrups, paracetamol for fever and body ache.
HOMOEOPATHY: Homoeopathic medicines cannot be commonly prescribed for any given condition. This is because, every patient is treated as an individual considering his/her peculiarities and symptoms. So, the patient is always treated as an independent case, where there are variations in input depending on the symptoms. Yes, there are some very generic medicines which will put down for the benefit of the readers. However, I would sincerely advise to take medication only on the doctor's suggestion.

ACONITE – on the sudden onset of sneezing, summer flu, and a thirst for water. Dose: four pills thrice a day for three days.

BELLADONNA – Early onset with redness of eyes, headache, patient is thirst-less. Dose: four pills four times a day for two days.

GELSEMIUM – Flu with no thirst, dullness, drowsy with backache. Dose: Four pills thrice a day for three days.

AYURVEDA: In general, for children it is

always better to seek medical advice from qualified doctor, in order to avoid progression and complications of the disease. However, some harmless home remedies can be tried in some of the following symptoms, but it must be noted that none of these measures are intended to replace the timely advice from a doctor. Ayurveda has an upper hand in treating cough and cold, and there are several Ayurvedic cough syrups, which exert an excellent effect on the respiratory tract. For example, Travisol cough syrup from Plethico Pharmaceuticals Ltd is an excellent treatment for coughs and cold. For a home remedy, add a pinch of ginger powder and pepper powder in a glassful of milk or drink water to keep away cough and cold. Similarly, adding a pinch of turmeric powder and a few *ajwain* seeds in milk also helps in reducing cough. *Chyawanprash* is a very useful Ayurvedic medicine, which helps to build immunity of the child. However, it is best to give it during the winter and avoid use during the strong summer months.

HYPNOTHERAPY: Colds, coughs and flu are quite psycho-somatic, therefore, the root cause can be identified and removed. It may take more than one session if it is a persistent

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HYPNOTHERAPY: Chronic stomach pain has a lot to do with a past life or present life trauma. Once the source of pain is identified, it can be easily removed. If there is a chronic problem with digestion, it can be improved through hypnotherapy.

ACUPRESSURE: Press the region between the index finger and the thumb for up to 10 to 15 counts to relieve the child from headache, stomach ache or indigestion.

HEADACHE
ALLOPATHY: Paracetamol syrup or tablets, in the right doses as prescribed by the doctor. However, if the headache does not resolve in a day or two, it is necessary to investigate and find out the cause behind the headache, so that the primary disease causing the headache can be effectively treated.

HOMOEOPATHY: **BELLADONNA** – Throbbing pain, redness of eyes, no thirst. Dose: Four pills every two hours till better. **NAT MUR** – Throbbing pain due to exposure

to sun, suppressed anger. Dose: Four pills twice a day.
AYURVEDA: In Ayurveda, we believe that headache is not a disease but a symptom. It is imperative to find the cause behind your child's headache get it diagnosed. Continuous, dull headache can be due to the onset of myopia because of strain on eyes, while headache with vomiting and indigestion can be due to migraine. Severe headache, along with fever and forceful vomiting can be a sign of underlying infection, and immediate advice from physician must be taken.

HYPNOTHERAPY: If the headache is constant, it is to do with the memory of a past trauma. This memory can be released, allowing the pain to lift.

ACUPRESSURE: Again, get your child to clap his hands hard until he feels a tingling sensation in his hands. This will relieve him from pain. Also, press the region between the index finger and the

thumb for up to 10 to 15 counts to relieve him from headache.

CONJUNCTIVITIS

ALLOPATHY: Antibiotic eye drops
HOMOEOPATHY: **EUPHRESIA** – Watering of eyes, stringy discharge, burning of eyelids, frequent blinking of eyes. Dose: Four pills three times a day for three days. **BELLADONNA** – Redness with throbbing pain. Dose: Four pills four times a day for three days.

AYURVEDA: For conjunctivitis, it is advisable not to try any home remedies but to take the physician's advice.

HYPNOTHERAPY: Again, this has an emotional base. When a child is suffering from conjunctivitis or eye problems, it generally means that he is unwilling to see something. By hypnotising the patient, we regress to the point of entry of the problem and re-adjust the peering thought that is causing the problem.

ACUPRESSURE: Use same modes of therapy as for pain. In acupressure, the same points work for any kind of pain.

WHERE IS ONE LIKELY TO FIND THESE MEDICATIONS OR TREATMENTS?

ALLOPATHY: You can find them in medical shops and chemists. However, a word of warning. As mentioned before, every medicine in allopathy can have potential side-effects and hence, self-medication can be extremely dangerous. It is always advisable, especially where children are concerned, to consult your doctor and take a prescription and administer medicines only under the care and guidance of a qualified physician.

HOMOEOPATHY: Medicines are available at all homoeopathy pharmacies, where treatment is also undertaken by homoeopaths. They are also available in general medical shops on order.

AYURVEDA: Most of these remedies can be found in your kitchen. For more systematic treatment, consult a qualified vaidya who will be able to give you the requisite treatment.

HYPNOTHERAPY: You need to find a qualified and trained hypnotherapist for these treatments. They cannot be tried at home.

ACUPRESSURE: These treatments can be obtained at any registered Acupressure doctor. **M&B**

cough. Through hypnotherapy, we can make the overall immunity stronger and the child more able to ward off most common ailments.

ACUPRESSURE: Get the child to press the finger tips of both his hands together, up to 20 to 30 counts, to get relief from sinus and common cold.

EAR TROUBLE

ALLOPATHY: Ear drops to reduce pain and inflammation, painkillers, and if necessary, antibiotics

HOMOEOPATHY: **KALI BICH** – Sharp stitching pain shooting up to the head, with sticky discharge from ears. Dose: Four pills four times a day for three days.

DULCAMARA – pain during damp cold weather, returning with change of cold, damp weather. Dose: Four pills three times a day for five days.

CHAMOMILLA – Violent pain with red cheeks, irritability. Dose: Three pills three times for three days.

AYURVEDA: In case of ear pain, one must take physician's advice to get appropriate diagnosis and treatment. In case of any ear discharge, oil MUST NOT be put in the ear, since this can aggravate the existing infection. No attempt should be made by parents to remove ear wax – especially in presence of ear pain, since this can cause harm to the delicate inner membrane. No hard or sharp object must ever be introduced in ear or nose.

HYPNOTHERAPY: Ear trouble is generally related to colds and coughs and hence, similar treatment approach applies. Sometimes however, it may be rooted with an emotional hook. In that case, we do-tangle the two and eradicate the pain.

ACUPRESSURE: Get your child to clap his hands hard until he feels a tingling sensation in his hands. This will relieve him from mild/sudden pain in his body. For specific problems, consult a therapist.

STOMACH PAIN/INDIGESTION

ALLOPATHY: Anti-spasmodics, antacids, anti-bacterials and anti-amoebics, depending on the degree and extent of the stomach condition.

HOMOEOPATHY: **ARS ALB** – specially due to food poisoning, fever with chills three more frequently for small quantity of water. Dose: Four pills four times a day for three days.

MAG PHOS – colicky pain with flatulence. Dose: Four pills every three hours until better.

AYURVEDA: Fennel seeds (*saunf*), or drinking water medicated with fennel seeds for smaller children, can act as a very good carminative and help remove gases. Similarly, addition of half a pinch of *asafoetida* (*hing*) also acts as a very good carminative and digestive agent. Regular use of our routine kitchen condiments such as cumin (*jeera*) seeds or powder, coriander (*dhanya*) powder, clove (*laung*), cinnamon (*daalchini*), etc, in everyday cooking can help in reducing indigestion. Sometimes, constipation also acts as a cause of stomach pain. In this case, five-six black raisins should be soaked overnight and crushed in the morning to make a pulp, after removing seeds. This should be given to the child every morning along with water, as a stool softener. Alternatively, a pinch to 1/4th teaspoon of pure ghee added in warm milk can be given to the child, depending on the age, to regularise bowel movements.



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Glably Buds Cols comes with built-in thermometer to measure the temperature of the water and let it off the fire if the parents have to prevent the delicate skin of the baby.

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Earth Member

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Resume: Prakriti Poddar is working in the area of Mental Health since 1999. She started Mind Over Image Consulting in 2001, with the keynote 'it's not a make over; it's a mind over'. She has spent many years in HR Development for Organizations Training personnel in soft skill development, succession planning and behavioral modification. She has created the 'HIP Technique', which is a tool that identifies the holistic journey of health and wellness in order to bridge the gaps of the individual's journey into holistic wellness. This tool is currently being deployed at a well established international firm in Mumbai, India.

Prakriti is a certified counsellor, a clinical hypnotherapist, and an NLP practitioner who uses Tarot, sound and Crystal healing within her integrated healing practice.

She completed the Tasso Transpersonal Regression Therapy Programme in the Netherlands. Prakriti Poddar has additionally participated two workshops given by iParrrt, as well as studied under Brian Weiss at the Omega Institute.

Prakriti has run her own practice since 2002. She is also a member of EARTH.

Utilizing all her skills she has created the Integrated Sound Pharmacy Therapy (ISPT) for deeper impact into healing. The soon to be launched website of isoundpharmacy will, in the near future, carry all the information and downloadable material for this program.

Recently, she has taken over as Managing Trustee of Poddar Foundation, where she promotes mental health. As her passion is mental health and well-being she endeavors to help people learn to keep themselves happy through the mind and the body.

Additionally,

She has attended the WCRT4 in Turkey as well as the WCRT5 in Porto.

Studied PLR with Brian Weiss.

Finished all the Clinical Hypnotherapy Courses with Sunny Satin in his California Institute of Clinical Hypnotherapy

And has a thriving Therapy Practice in Mumbai.

Mode of therapy

My work revolves around Integrated therapies that I have learned from various Teachers. However, lately I have been using Transpersonal Regression Therapy for regression therapy purposes, taught by Mr. Hans Tendam.

Depending on the clients requirements, I often use a mixed bag of goodies that I find most effective for them at that moment. Below are listed a few of my other learned techniques:

For counseling purposes I use Rational Emotive Behavior Therapy, taught by Dr. Bhosle.

For NLP I use the ANLP Module taught by Dr. David Lincoln

For Hypnotherapy I use different modules taught by Mr. Sunny Satin.

And for a basic journey into a story, I often use Brian Weiss Technique.

Publications

There are a few in the process. However there are plenty of Blogs that I put up.

To read it please do look at <http://blog.poddar.foundation>

Media Coverage of Poddar Foundation Initiative

GOLINOPINION

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निरोगी भारताच्या निर्माणाकरिता पोद्दार फाऊंडेशनचा पहिलावहिला उपक्रम

मुंबई: पोद्दार फाऊंडेशनने इंडियन मेडिकल एसोसिएशन (आयएमए) आणि वृद्धत्व या विषयावर भारतातील सर्वात मोठा प्रकल्प चालवणारे विख्यात आयर्ईसी तज्ञ केवल कपूर यांच्या संयुक्त विद्यमाने भारतातील लहान मुलांना लहानपणापासून भेडसावणाऱ्या लठ्ठपणा आणि अनारोग्य अशा समस्यांच्या निराकरणाकरिता एक प्रचंड मोठी चळवळ सुरु करत असल्याची घोषणा केली आहे. उतारवयामध्ये भेडसावणाऱ्या आरोग्यविषयक समस्यांना वेळीच आटोक्यात आणण्याच्या हेतूने पोद्दार फाऊंडेशन उत्तरलक्ष्य प्रयत्न करून अगदी लहानपणापासून प्रतिबंधात्मक उपाययोजना राबवण्यावर भर देण्याचा आणि त्याकरिता सुयोग्य



अशा पर्यावरणनिर्मिती करण्याचा व निरोगीपणात वाढ करण्याचा प्रयत्न करणार आहे. या प्रयत्नांची सुरुवात महाराष्ट्रातील शाळांपासून केली जाणार आहे. पोद्दार फाऊंडेशनच्या व्यवस्थापकीय विभक्त, डॉ. प्रकृती पोद्दार आणि आयएमए महाराष्ट्र यांच्या भागीदारी अंतर्गत महाराष्ट्रातील लहान मुलांच्या शारीरिक व मानसिक आरोग्यासाठी

लठ्ठपणाला आळा घालण्याकरिता, मानसिक आरोग्य खालावण्यास प्रतिबंध करण्याकरिता आणि या समस्यांशी संबंधित गैरसमज व धारणा दूर करण्याकरिता प्रयत्न करणार आहे. अगदी खालच्या स्तरावरून लठ्ठपणा या समस्येशी सामना करण्याकरिता आयएमएने आपल्या ३७,००० सदस्य डॉक्टरंस आणि वैद्यकीय प्रोफेशनल्सचा ताफा दिमतीस दिला आहे. पोद्दार फाऊंडेशन या उपक्रमास सहाय्य करेल आणि लहान मुले, पालक व शिक्षक यांना या महत्त्वपूर्ण उपक्रमाची माहिती देण्याकरिता, त्यांना या विषयांवर शिक्षित करण्याकरिता व त्यांच्या सक्षमीकरणाकरिता एक डिजिटल आधार देऊ करणार आहे.

छोटे बच्चों के कल्याण के लिए काम करेंगे

पोद्दार फाऊंडेशन का उपक्रम



निरोगी
भारत
निर्माण

पुणे, सं. पोद्दार फाऊंडेशन ने इंडियन मेडिकल एसोसिएशन (आयएमए) और विख्यात आयर्ईसी विशेषज्ञ केवल कपूर के सहयोग से भारत के छोटे बच्चों को बचपन से सताने वाली मोटापा तथा अस्वास्थ्य की समस्याओं का निराकरण करने हेतु एक बड़ी मुहिम शुरू करने की घोषणा की है. जीवन के उत्तर काल में सतानेवाली स्वास्थ्य समस्याओं को समय पर काबू करने हेतु पोद्दार फाऊंडेशन प्रयास करेगा ताकि बचपन से ही प्रतिबंधात्मक उपाययोजनाओं पर बल देकर तथा इसके लिए पूरक पर्यावरण केनिर्माण का एवं स्वास्थ्य बढ़ाने के लिए प्रयत्न किया जायेगा. इस प्रयास की शुरुआत महाराष्ट्र के स्कूलों से की जाएगी.

Mind matters

WE think it's truly noteworthy how big-ticket corporates are paying attention to health in the modern world. Close on the heels of Ananya and Neerja Birla's MPower movement that concerns itself with mental health, Prakriti Rohitashwa Poddar is all set to discuss and curb obesity amongst Indians, especially children. Her Poddar Foundation has partnered with the Indian Medical Association that looks to offer preventive measures by altering health and food environments in schools across Maharashtra. Prakriti is a certified doctor, a mental health expert and a counsellor herself. "We look forward to garner suitable support from the government of Maharashtra and relevant CSR programmes," she says. "As a team we are aggressively taking concrete measures to ensure the programme accords the highest priority as it affects the future wellbeing of our country." More strength to her.



Poddar Foundation pioneers an initiative to create a healthier India

Pune(Voice News Service)- In a recent major development, Poddar Foundation in partnership with the Indian Medical Association (IMA) and Mr. Kewal Kapoor, a well-known IEC expert who runs the largest project in India on ageing, are set to embark on a massive movement to curb issues such as obesity and ill-health plaguing the country from a very young age. In an initiative to curb health issues that arise at a much later stage in life, Poddar Foundation aims at proactively targeting the subject from the very beginning by offering preventive measures that can be tackled during childhood itself by altering the health and food environments starting with schools across Maharashtra.

According to a latest report by World Health Organization (WHO), around 22 percent prevalence rate of obesity was reported in children and adolescents aged between 5-19 years over the last 5 years in India. Globally, the trend is high among children under five years of age with at least 41 million found to be obese or overweight in 2014. Commenting on this thoughtful initiative, Dr. Prakriti Poddar, Managing Trustee, Poddar Foundation and an expert mental health therapist and counselor, said, "We look forward to garner suitable support from the Government of Maharashtra and relevant corporate CSR programs.

As a team we are aggressively taking concrete measures to ensure that the program accords the highest priority as it affects the

future wellbeing of our country. Mr. Kewal Kapoor and IMA as our partners will bring on board years of wisdom, experience and knowledge to ensure a wide reach of preventive measures capable of curbing such issues right from the child's formative years."

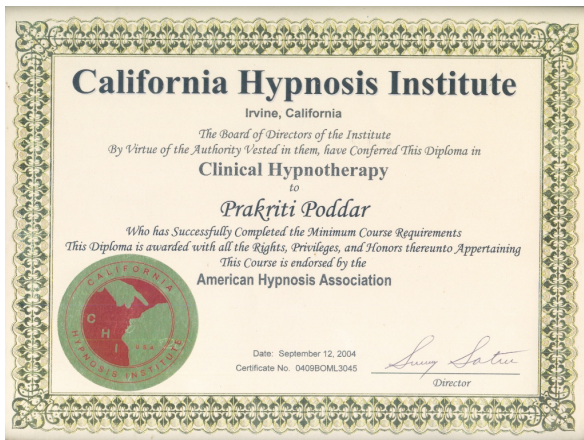
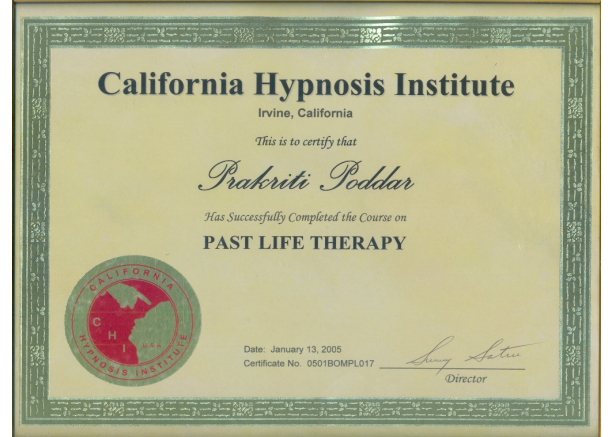
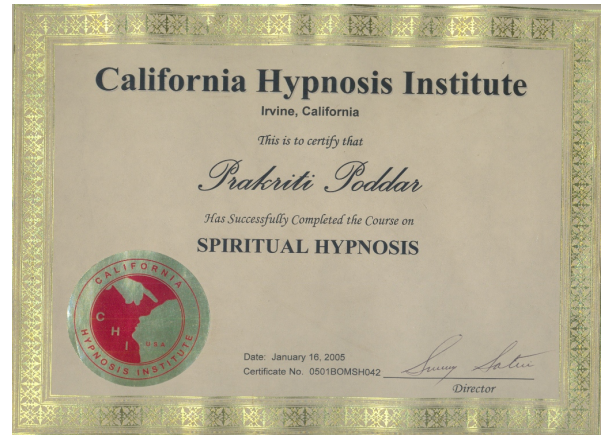
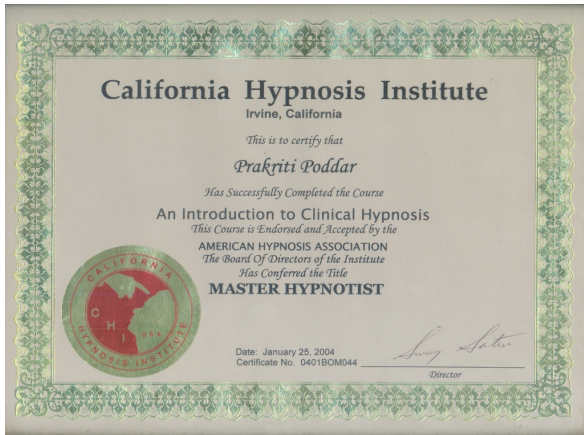
Dr. Jayesh Lele, President, Indian Medical Association (IMA) also expressed his views on this association. He said, "Various studies suggest that mindfulness can help treat or avoid obesity in children as it helps them control overeating impulses. We intend to consciously treat such kids through this initiative and create a strong awareness about it. This is a perineal issue amongst growing children which needs immediate attention."

Mr. Rohit Poddar, Managing Director, Poddar Housing, said, "We are delighted to have Dr. Prakriti take on the role of the Managing Trustee of the Poddar Foundation. With her at the helm, we see our Foundation contributing great value to addressing and helping solve the issues caused by mental health deterioration.

In this day and age of stress, strife and inequalities, tools such as this one, that Dr. Poddar is developing, with the help of the Government of Maharashtra and concerned Corporates via their CSR initiatives, will be a valuable mechanism for awareness and greatly help in the mental health space. I wish Dr. Poddar all the success in this important mission of addressing mental health and the well-being of our Nation."

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Hypnotherapy



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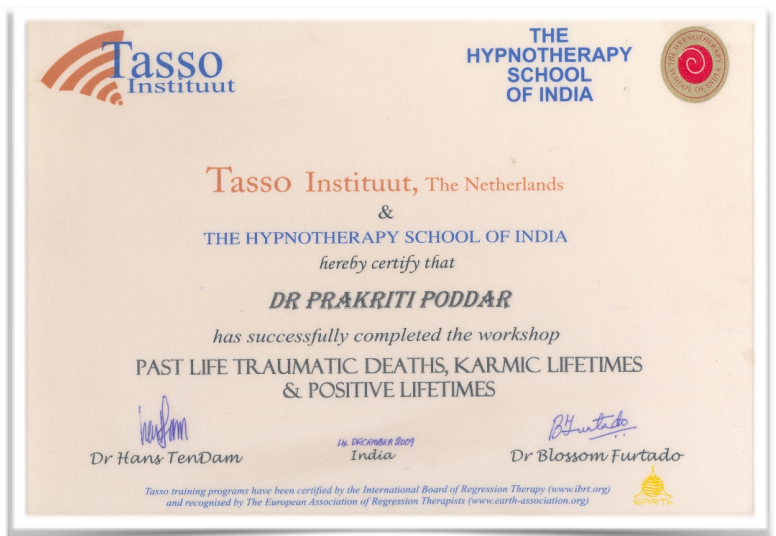
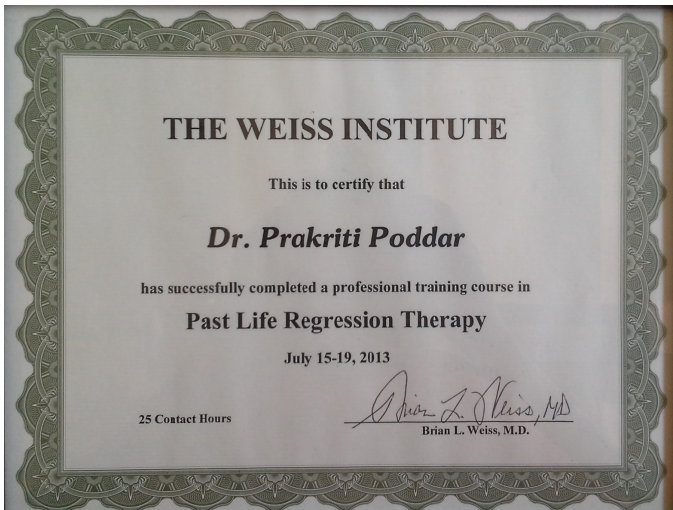
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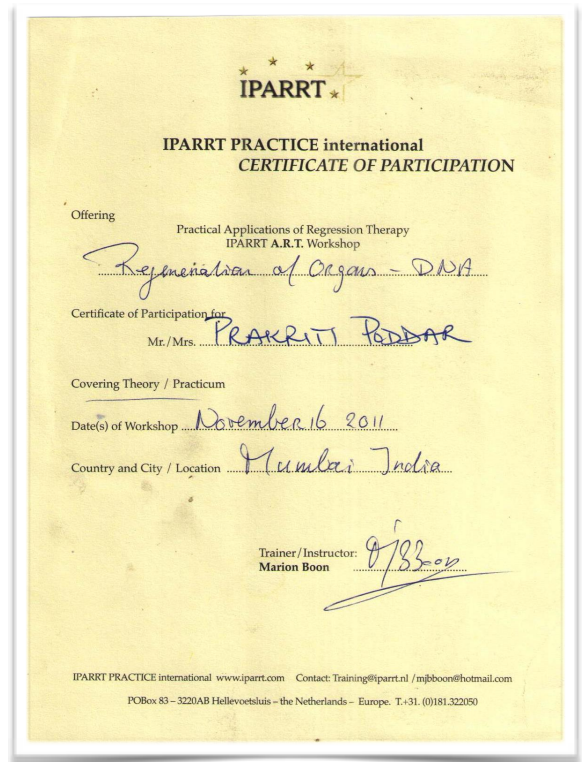
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