



DR SHOBHA RAJU

MIND

... makes heaven or hell

Our class teacher was marking attendance.

“Pushpa!”, teacher called out.

“Present sir!”, said Pushpa.

“Why were you absent last three days?” - teacher.

“I had high fever sir” - Pushpa

“Oh. Are you **okay** now?” - teacher.

“Yes sir. I had been to doctor and took medicines. I am alright sir” - Pushpa.

He called a few names and later came the name of Nalini.

“Present sir”, answered Nalini in a feeble tone.

“Why were you absent for the past five days?” - teacher.

There was no answer from Nalini.

“Answer. Why were you absent for the school for five days?”, the teacher asked in an angry tone. There was no answer from the girl. She looked down in a low feeling.

“Don’t you feel ashamed to

bunk the school? Will you answer me or you want me to resort to the cane?” - teacher.

Nalini was dumb and held her head so down out of shame and fear. Teacher was very angry at her dumbness and **beat her hard** with a cane in a fit of fury. Nalini started



crying silently but said nothing. Our teacher asked her to stand **out side** the class room door

The bell rang. The class was over. The teacher walked out of the class warning Nalini that she would

be dismissed from the school if she absented herself without proper reason.

I went out of the class to see Nalini. She was walking slowly on the street before our school, wiping her tears.

“Nalini...Nalini...” I called out and reached her.

“Where are you going?” - me.

“To home” - Nalini.

“Shall we eat ice cream?” - me. Fortunately I had 15 Paise that day. She accepted after my persuasion. We sat **in a corner** at play ground.

In our course of talk, I asked hesitantly, “Why didn’t you give the reason for your absence to school?”. She looked at me in the spirit of “You too Brutus?!”. My concern was, she could have avoided the shame and beatings. Finally she responded to my desperate trial to know her & help her in my own small way.

Her father is a drunkard. Demanded money from his wife, who

was an attender in Municipal Office. He **would beat** her if she didn't heed to his demands. Nalini didn't have regular meals **either**. She didn't have proper clothes to wear. **She developed inferiority complex as some students heckled at her, subsequently she didn't feel like coming to school.** Finally when she pushed herself somehow to school, the teacher ignited her problem.

I gave ten rupees to her which my father gave me to buy sandals and I walked bare-foot. I bluffed to my people that I lost the money. I used to share food items and give clothes to her sometimes. She disappeared from school one day and never came back. It became an unhealed pain in my heart. I was too young to enquire deep into her absence.

As I look back now, I feel **at least** our teacher would have dealt with her in an understanding way. But in those days that was the standard course.

When we could understand one student's ill-health as a reason for her absence to school, we couldn't understand the other student's psychological problem as the reason for her absence. **Her body language would give an abstract of her problem.** Psychological problems are many more times serious than physical health issues. In fact many health issues originate from mind.

I know, how many talented remained unnoticed because of their psychological problems. Many lead miserable lives due to their mental problems. All the suicide cases are because of mental issues. I have seen many promising youngsters caught in psychological cobwebs and are not able to march

ahead in life.

They need to be addressed patiently with love. Our general check ups do not include psychiatric check ups. These are the days of cut-throats competition. People tend to talk or do anything and everything to make their way. Sensitive people would fall pray. Just sedatives will not suffice to psychologically affected people. **It requires a broad spiritual under**



standing, not a religious one,- to deal with them. It requires compassion to deal with such cases. For the people dealing such cases, priority should be the well-being of people not money or recognition.

Selfishness gives little time to people in the family to understand and help one another. Almost everyone is bitten psychologically. Compassion is the most wanted quality among people.

In our country, quality of psychiatry is to be improved much. We don't like to see psychiatrist in spite of our grave problems lest we

should be branded as lunatics. This notion should be changed.

We have come a long distance socially **by changing our outlook.** My mother was stopped from going to school after she passed out eighth standard, as women were not supposed to go out in their families, in those times. Her music-tuition was also stopped for the same reason. Now, the scenario is changed. **See, how girls are coming forward to sing in public!** Same way we need to change our outlook regarding psychiatry.

When we have a physical body... it will get some health issues and we do pay attention to it and get well seeking medical aid. We have a subtle body called mind too. It will also get health issues. We need to seek solutions without any **hesitance.** People have to be compassionate and deal with psychiatric patients, **the way it is required to deal with.**

Mind is the most amazing faculty which is developed to a remarkable stage through the ages. The feelings, emotions, memory, imagination, creativity... all are faculties of mind. This sophistication is the blessing to humanity and same sophistication turns out to be a problem because of circumstances sometimes and because of the sophistication itself. Whatever be the reason, solutions have to be sought by the affected. When they are not in a position to seek the solutions, **people concerned to the affected should.** Compassion is the key.

(Author is a well-known musician, Devotional singer, writer and composer.) 