

# SUNDAY

Your Companion for a Funday

## 6 things very few people know about spirituality

Spirituality is a beautiful process, feeling, and way of life. From being completely at peace with yourself to being more accepting of the people around you, spirituality teaches people a lot of things. And, in the many realisations that people have after diving into spirituality, there are some facts that people should know beforehand. They can be called truths, facts, lesser-known revelations, or whatever sails people's boats.

So, here we list 6 of those things that people should know about spirituality.

**The moon can improve your abilities**

There is a reason why full moons and no-moon nights are so important for people across different religions. It is said that the moon has powerful abilities to change your mental powers. The moon's influence is very strong on spiritual energies and full moons are considered to be the best for initiating a new spiritual journey.

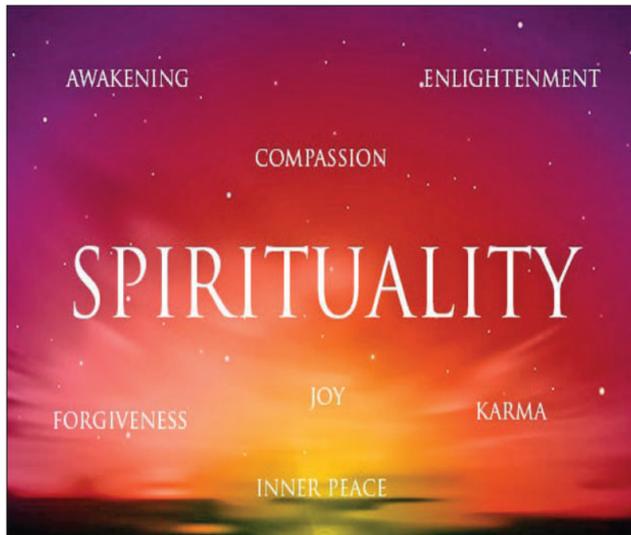
So, before diving into spirituality, it is better to pay attention to the lunar cycle and learn how to channel its energies.

**The universe is always listening**

One of the most important things that spirituality teaches you is that the universe is not an empty, non-feeling entity. Instead, it is like a mirror and a speaker that is listening and looking all the time over you. What you say is always heard and what you visualise is what comes to you. So, every thought, action, and intention sends across a form of energy into the universe and influences what happens around you.

**There is power in prayer and meditation**

Praying and meditating are very important for people who are spiritual or want to be spiritual. Praying is universal, it is a part and parcel of mankind and has been in place for ages. No matter what race, religion, or descent it is, men and women are taught to pray.



And so, this universal practice is what becomes the foundation of spirituality. Be it through spoken words, silent intentions, or meditation, prayers have the power to connect us with the divine and make positive change.

**Water is the best healer**

Water is one of the most powerful healers. Be it the ancient rituals of baptism to modern practices like water therapy, water has been worshipped and praised for its ability to cleanse, purify, and rejuvenate the body, mind, and soul.

So, before thinking about diving into spirituality, know how important water is in your journey. And not just as a form of sustenance but also as a healing energy that can help transform and improve you.

**Trees can absorb energies**

The age old saying that advised people to spend more time in nature could have its roots in this. It is said that trees can absorb all forms of energies, negative or positive, and help a human feel better and more nourished. Walking barefoot in nature or spending time around nature helps people feel free.

So, before you start your spiritual journey, try to spend some time around nature. Feel the trees, feel the grass, see how natural settings calm you down, and then start your journey.

**The world is interconnected**

Everything in the universe has a certain form and sense of energy. From the rock that was formed because of falling from a height, to the trees that give out oxygen, every being has energy in it. And so, the world becomes interconnected. Through the energy that lives in every heart, the world becomes interconnected and close to each other. And so as humans we are constantly in touch with an exchange of energy with the world around us.

## Are young people safe from heart attack? 5 myths we believe to be true

Heart failure stands as one of the most formidable challenges globally, affecting approximately 300 million individuals and putting immense strain on healthcare providers. With a staggering 40% of global heart failure deaths occurring in India, managing heart failure has been a formidable task for patients and healthcare professionals. One of the important factors in managing heart failure is understanding how it is different from heart attack and sudden cardiac arrest.

"Heart failure occurs when enough blood is not pumped into the body. It happens when either the heart is weak, or it has gone stiff. Heart failure doesn't mean that the heart has completely stopped working, it means that it needs some support to work better. There is no age for it, but commonly heart failure is more prevalent in older people," said Dr. Suvanan Roy, Director Cardiology, Fortis Hospital Anandpur, Kolkata.

There are some common myths about heart failure that people should be aware of in order to avoid any confusion:

**Myth #1 - Heart failure and heart attack are same cardiac conditions.**

Both heart attack and heart failure are serious heart problems but still they vary in nature. On one hand, a heart attack means sudden blockage of blood to the heart, while on the other hand heart failure is a condition where the heart is not able to pump blood efficiently.

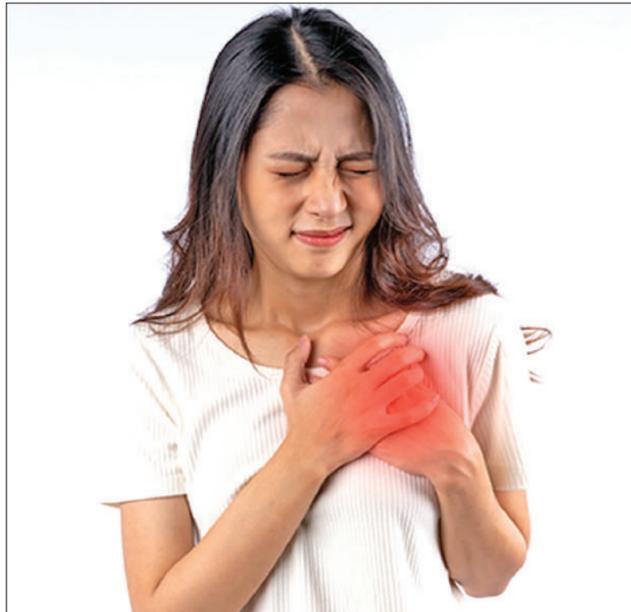
**Myth #2 - There are no warning signs for heart failure.**

There are many signs of heart failure that people ignore. These include constant dizziness, irregular pulse, temporary loss of conscious, bloating, confusion, etc. People often associate these are signs of aging or weakness.

**Myth #3 - Younger people are safe from experiencing heart failure.**

Although heart failure is commonly seen in the elderly, there are cases in which younger people have also experienced heart failure. Considering that people in their 30s and 40s are living a sedentary lifestyle, they are becoming more prone to such conditions.

Weakness and fatigue in hot weather? It may be irregular heartbeat not heat



stroke

**Myth #4 - Heart Failure is considered to be 'end of the road' and it cannot be managed.**

Heart failure doesn't mean that the heart has stopped working. Although it's not a condition that can be cured it can be treated, and its symptoms can be managed.

**Myth #5 - All kinds of chest pain is considered as a sign of heart failure.**

Chest pain is one of the symptoms of heart failure. However, chest pain can be caused due to various reasons, so it is better to get yourself diagnosed to get clarity on the condition.

**Treatment of heart failure**

"Although heart failure doesn't have a cure, treatment can help the patient live longer and have an active life with fewer symptoms. Treatment varies depending on the type of heart failure and how serious it is. Some of the treatment options for heart failure are:

**Pacemaker Implants:** A small electronic device is placed in the chest to regulate and maintain the heartbeat before it drops to dangerously low levels.

**Implantable Cardioverter Defibrillator (ICD):** A device is placed under the skin beneath the collarbone. ICD is programmed depending on the heartbeat. It can be programmed for low-energy pacing, causing mild changes in heartbeat, it can also be programmed for high-energy shock to cater to the issue of more serious heart rhythm problems.

**CRT device implantation:** This device sends electrical impulses to both the left and right ventricles so that they contract at the same time. Along with treating a slow heartbeat, this device sends electrical shocks if the heartbeat is dangerously high, said Dr Roy.

**Disclaimer:** "Issued in public interest and for educational purposes only. The content of this article is not meant to provide medical or clinical advice. Please consult your doctor for more information."

## Mental health challenges faced by children and early signs to look out for



In recent years, many discussions around mental health in individuals have gained prominence, emphasising that it is just as important as physical health. However, while adult mental health is increasingly being acknowledged, children often remain a neglected demographic in this regard.

Children face unique mental health challenges. If left unrecognised or untreated, this can have lifelong implications on their growth and development. The early years of life lay the foundation for cognitive, emotional, and social development. The profound impact of mental health issues on various domains of children's lives which include academic performance, social relationships, and overall quality of life underscores the urgency of prioritising early intervention and prevention of mental health conditions.

A closer look at some of the common mental health challenges encountered by children and the signs and symptoms that they demonstrate through their behaviours can help parents, caregivers, and educators address them at an early stage.

**Common Mental Health Challenges in Children**

**Anxiety Disorders:** Anxiety disorders encompass various forms, such as generalised anxiety disorder (GAD), social anxiety, and separation anxiety. These disorders cause significant distress and interfere with a child's daily functioning.

**Signs to Watch For:**

Excessive worry or fear, often disproportionate to the situation.  
Avoidance of social interactions or refusal to go to school.  
Physical symptoms like stomach aches or headaches without a clear medical cause.  
**Depression:** Childhood depression is often characterized by persistent sadness or irritability. It can affect children as young as preschool age.

**Signs to Watch For:**

Persistent sadness or withdrawal from previously enjoyable activities.  
Frequent irritability, crying, or anger outbursts.  
Changes in sleep patterns or appetite.



**Attention-Deficit/Hyperactivity Disorder (ADHD):** ADHD affects a child's ability to concentrate and control impulses, impacting their academic performance and relationships with other people.

**Signs to Watch For:**

Inability to focus on tasks or frequent careless mistakes.  
Hyperactivity, such as constant fidgeting or an inability to stay seated for some time.

Impulsivity, like interrupting others or difficulty waiting for their turn.

**Behavioural Disorders:** Disorders like Oppositional Defiant Disorder (ODD) and Conduct Disorder (CD) involve chronic behavioural issues that disrupt family, school, and social life.

**Signs to Watch For:**

Frequent temper tantrums or defiant behaviour towards authority figures.  
Deliberate rule-breaking or aggressive behaviour towards others.  
Lying, stealing, or other antisocial behaviour.

**Autism Spectrum Disorder (ASD):** ASD is a developmental disorder affecting communication, behaviour, and social interaction.

**Signs to Watch For:**

Difficulty in social communication or maintaining eye contact.  
Repetitive behaviours or strict adherence to routines.  
Delayed speech or lack of interest in imaginative play.

**Eating Disorders:** While often associated with teenagers, eating disorders like anorexia nervosa and bulimia nervosa can start in childhood.

**Signs to Watch For:**

Excessive preoccupation with weight, body image, or dieting.  
Extreme restriction of food intake or episodes of binge eating.  
Changes in weight or frequent trips to the bathroom after meals.

**Post-Traumatic Stress Disorder (PTSD):** PTSD can occur after a child experi-



ences or witnesses a traumatic event.

**Signs to Watch For:**

Nightmares, flashbacks, or distressing memories related to the event.  
Avoidance of places, people, or activities that remind them of the trauma.  
Hypervigilance or difficulty concentrating.

**When to Seek Help:** While children exhibit occasional behavioural issues or mood swings, persistent changes in behaviour, emotions, or social functioning may signal a deeper problem.

**Parents, caregivers, and educators should consider seeking help if a child:** Shows persistent sadness or withdrawal for more than two weeks. Exhibits sudden changes in behaviour, such as extreme irritability or aggressive outbursts. Struggles with school performance due to concentration or motivation issues. Engages in self-harm or talks about wanting to die. Has difficulty making friends or maintaining relationships. Displays significant changes in sleep or appetite.

**How to Support a Child with Mental Health Challenges**

**Listen Actively:** Provide a safe space for children to express their feelings without fear of judgment.

**Encourage Open Communication:** Help children identify and verbalize their emotions.

**Be Observant:** Monitor any changes in behaviour or routines and seek professional guidance if required.

**Foster a Supportive Environment:** Ensure the child feels loved, accepted, and understood.

**Seek Professional Help:** Consult a paediatrician, psychologist, or psychiatrist for a comprehensive evaluation and treatment plan.

Understanding the signs of mental health challenges in children is vital in ensuring early intervention and appropriate care. By being proactive, observant, and empathetic, parents can help children navigate these challenges.

