KAIZEN

"A Little Light"

PUBLISHED BY INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH

SUNDAY | 1ST NOVEMBER 2026 | 4 PAGES | 46TH EDITION | BENGALURU



Light-hunting as a Daily Practice
Page 2



Art as Light
Page 3



Beyond the Bottom Line
Page 4

Protests Across the World Put Governments Under Pressure

Shristi Gope, 5PJW

On 23rd October, 2026 protests continued across India as students, opposition parties and civil society groups demanded the resignation of Chief Election Commissioner Gyanesh Kumar over controversial voter-list revisions. Police detained more than 100 demonstrators in Delhi during a protest against the exercise. Critics fear eligible voters could be disenfranchised, while authorities maintain the revised aims to remove ineligible registrations.

Meanwhile, protests across Europe have intensified over rising living costs, housing shortages, low wages and underfunded public services. France witnessed mass rallies on 17th October, 2026 with unrest spreading to Belgium, Italy and Portugal. Protesters demanded affordable housing, improved public services and better working conditions, while clashes with police, arrests and property damage were reported in several cities.

Although the protests differ in their immediate causes, concerns over governance and demands for accountability have emerged as recurring grievances, prompting governments to confront mounting public discontent.

India Steps Up Railway Modernisation with First LNG-Powered Train

Sameer Jain, 3PJO

On 27th September, 2026, India launched its first liquefied natural gas (LNG)- powered train at Sabarmati Railway Station in Ahmedabad, Gujarat, with Union Home and Cooperation Minister Amit Shah flagging it off as part of efforts to modernise Indian Railways, reduce dependence on diesel, and lower emissions through a dual-fuel LNG-diesel system.



The Indian Express

The eight-coach Diesel-Electric Multiple Unit (DEMU) train has been fit ted with two 1,400-horsepower cars converted to operate on LNG and diesel. The system allows the train to switch between the two fuels whenever required.

This initiative is expected to reduce diesel consumption by nearly 40 per cent, lowering fuel costs and environmental impact. The Inaugural service operated between Sabarmati and Mahesana Junction. The launch was also part of wider railway develop ment projects worth over ₹1,400 crore, including the expansion of the Kavach Railway safety system.

The introduction of the LNG-powered train marks another step towards modernising India's railway system network and exploring cleaner alternatives to conventional diesel-powered transportation.

Vivek Sagar Prasad Completes 200 International Appearances for India

Gayathri KS, 3MPC

On 24th September 2026, Indian hockey midfielder Vivek Sagar Prasad completed 200 senior international appearances during India's Pool A match against South Korea at the Asian Games in Kakamigahara, Japan.



The Hans India

The 26-year-old midfielder, who made his senior debut in 2018, is known for his composure in midfield and ability to perform under pressure. He has played a key role in several of India's successes over the years.

Before the match, head coach Craig Fulton presented Vivek with a commemorative jersey to mark the milestone. Hockey India officials also congratulated him on the achievement.

Vivek was part of the teams that won bronze medals at the Tokyo 2020 and Paris 2024 Olympic Games. He also contributed to India's gold medal-winning campaign at the 2023 Asian Games in Hangzhou.

Hockey India president Dilip Tirkey praised Vivek's dedication and consistency, while secretary general Bhola Nath Singh acknowledged his commitment and contributions to Indian hockey.

The milestone highlights Vivek's importance to the national team as India continues its Asian Games campaign.

IIPR News

The new academic year at IIPR began with the commencement of PG classes, an orientation programme, and **the introduction of the new M.Sc. Clinical Psychology programme.** The campus witnessed a series of academic, cultural, and student engagement activities throughout September and October. As part of its ECA and Academic Enrichment Programme, IIPR organized several initiatives focusing on mental health and student well-being, including a panel discussion and **Street Play Competition on Suicide Prevention on 9th September**, where students used creative performances to spread **awareness, and art and literary competitions on 11 September** that encouraged students to express their perspectives through poster-making, poetry, and essay writing. The institute also organized **Brain Games Bonanza on 16 September**, featuring chess, carrom, object search, crossword, and bingo, encouraging participation and sportsmanship through indoor games. **Students' Day on 26 September** brought together students through sporting and team events, including throwball, kho kho, dodgeball, and basketball, along with food stalls and other activities. **An invited talk on World Heart Day on 30 September, delivered by Dr. Milan Varghese, Senior Resident in Rehabilitation Psychiatry at NIMHANS**, Bengaluru, highlighted the connection between lifestyle, physical health, and mental health from psychiatric and biopsychosocial perspectives. In October, IIPR continued its focus on mental health through **"Healing Harmonies," a singing competition organized on 7 October as part of Mental Health Week and World Mental Health Day**, providing students with a platform to express experiences of hope, resilience, healing, and recovery through music. A panel discussion on World Mental Health Day further promoted awareness and encouraged conversations around mental health, with green ribbons distributed as symbols of hope, renewal, and growth. **The month also saw the Investiture Ceremony of the PG Students Council 2026–2027 on 14 October**, formally inducting the new council members and presenting them with their badges. **On 16 October, a student presentation on World Food Day explored indigenous food cultures, traditional food practices, sustainability, and the importance of preserving cultural heritage**. Together, these initiatives reflected IIPR's emphasis on academic enrichment, student participation, mental health awareness, creativity, leadership, and community engagement. **The campus was decked in Red and Yellow, on the 31st and 1st of November, with a flag hoisting ceremony,** on account of Karnataka Rajyoutsava, celebrated on 1st November.



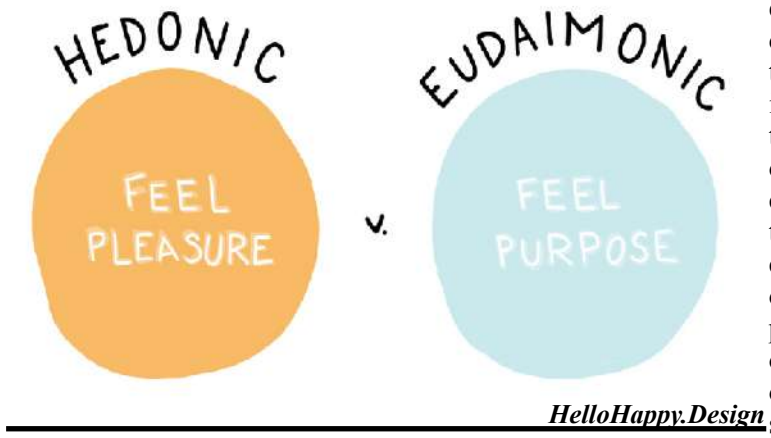
Finding Light Without Waiting for More — Hedonism and Happiness

T.Karun, 3PJC

We are conditioned to wait. We wait for the weekend, the next milestone, the adrenaline rush of a new achievement. Existence sometimes even feels like a relentless transaction where we trade our present for the promise of a brighter, so called 'more euphoric' tomorrow.

Psychology defines this exhausting loop as the hedonic treadmill. We run desperately toward pleasure, only to find that once we arrive, our neurological baseline simply resets. The dopamine high fades. The horizon recedes and we are left right back where we started, waiting for the next hit of light.

Hedonism was once crucial considering the evolutionary needs of humans, but not necessary in the 21st century where evolution continues to follow us. In the past we needed a dopamine hit to push us towards more food, shelter and a safe environment. This was especially useful when humans were nomads, they had to keep moving and when they did, they had hedonism find the better among several options of shelter. The euphoria shouldn't be too much, then we would settle and not pursue further— that can be a threat to our survival. On the other hand no euphoria would lead to a lazy state of apathy and no motivation to continue.

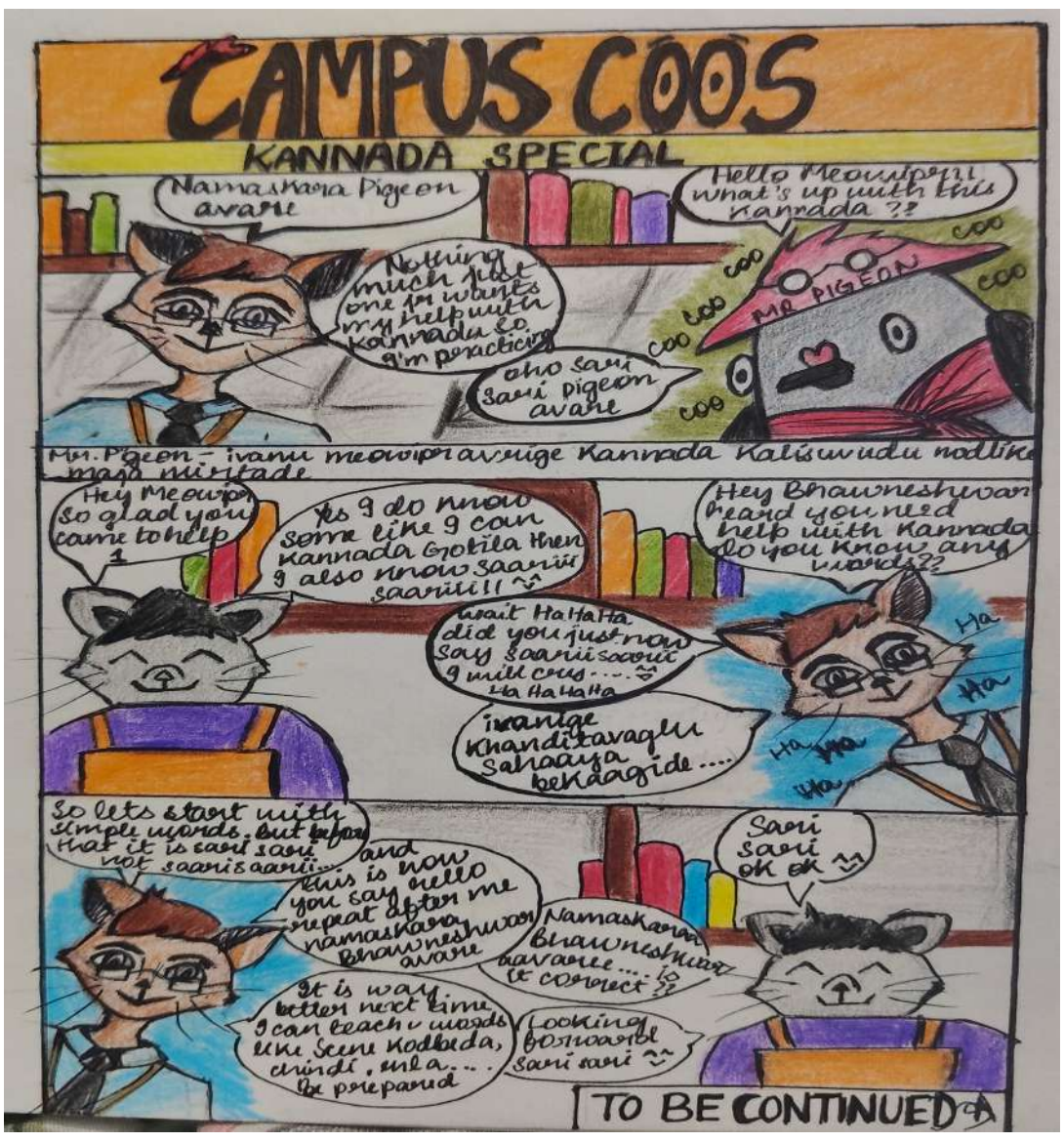


HelloHappy.Design

Hedonism markets happiness as a peak to be conquered. But relying entirely on these spikes creates a psychological paradox– the more we gorge on temporary pleasures, the hollower the silence feels when the noise stops. It's an absurd cycle. We become restless clerks of our own desires, endlessly filing away fleeting moments of joy while waiting for a grand, permanent satisfaction that never actually arrives. We all are living the life we once dreamed would make us happy, and yet we expect more— it is not greed but hedonism.

Finding light without waiting for more requires stepping off the treadmill entirely. This is where eudaimonia (a state of well-being rooted in meaning rather than momentary pleasure) takes over. Eudaimonic happiness is not feeling good every second. It is rather about engaging deeply with the world. It is found in the drafting of a difficult story, the quiet calculation of a complex game of chess, or the slow-disciplined work of understanding the human mind and not using AI. It is the steady hum of a life aligned with internal purpose rather than external validation.

True equilibrium isn't about killing desire. It's about refusing to let desire hold the present hostage. We don't have to wait, not for the perfect moment, or the next rush, to feel full. The light isn't locked behind an arbitrary quota of success. It is already here, hidden in the quiet realization that we can stop demanding the world give us more, and start extracting meaning from exactly



Light-Hunting as a Daily Practice

R J Hepshithaa 3PEC

Autopilot mode has removed the essence of living. We exist; we don't live anymore. Lacking emotional engagement or conscious awareness, we are trapped in a modern dopamine system engineered to seek instant gratification through cheap sources. In such a state, finding joy or peace becomes hard. But there is light hidden in the ordinary. We just have to look. And in order to do that, you have to intentionally break out of the system and slow down a little. One of the best ways to look for light out there is through the senses. We heavily rely on broad visual recognition. Isolating our other senses and experiencing them individually offers a doorway to real beauty and the light. Notice the weight of a water glass in your hand, the tactile friction of steam rising from a hot drink, or the rhythm of rainfall outside.

In fact, we have seen people appreciate beauty in things that are not only ordinary, but also things that are usually considered harsh, discarded, or unappealing. Like how, in Meditations, Marcus Aurelius describes the way a stack of grain is bending, or foam at a wild boar's mouth. And how Charles Baudelaire wrote of a rotting animal carcass buzzing with flies, or the movement of the larvae like a wave of music or flowing water.


pinterest.com

Or even the Japanese Wabi-Sabi tradition that embraces beauty in imperfection, asymmetry, and age.

Well, that doesn't mean you have to look at a dead animal and force yourself to call it beautiful. The point is that beauty, joy, wonder, etc., are all fundamentally subjective. They entirely depend on perception. By choosing to look with an appreciative eye and intentionally focusing on small, everyday details, we shift our perspective. In doing so, we soften the harshness of daily life and uncover the miracles disguised in ordinary forms. To see the extraordinary in the ordinary, we simply need to slow down, look, and feel.

Romanticising the Everyday

Sameer Jain 3PJO,

There are multiple days in our lives when we don't do anything special in particular, yet somehow, we remember them fondly. A quiet morning with a cup of tea, when your favourite kind of music is on autoplay, an unexpected conversation with a friend or even watching the rain from the balcony can make your day feel special. These moments may seem insignificant, but perhaps they make up most of our lives.

To me, romanticizing the everyday is not about pretending life is perfect. It is about slowing down enough to notice the small things we usually overlook. Our routined lives often feel repetitive. We wake up, we get ready, we go to study or work, scroll the phone and eventually go to sleep. We are constantly looking forward to the next break or event. Even something as simple as taking a familiar route home can feel different when you actually pay attention to your surroundings.

A simple walk home can feel something special. Enjoying the aromas from your favourite coffee shop, listening to the music you love, or playing with cute cats you found on the street. When you actually pay attention to your surroundings, even something as simple as taking a route home can feel different.


Sarayu Desu, 3PEC

There is also something special about small personal rituals. Ordering the same meal from your favorite restaurant, taking pictures of interesting things, putting your favourite songs on instagram notes, talking about your day to your favourite people or reading before sleeping can all become little traditions that we enjoy.

Social media has made romanticising life into a postable aesthetic, wheth-er its perfect coffee shops, the prettiest sunsets or perfectly organised and decorated rooms. But real life is not as polished. Enjoying the everyday does not need a picture perfect life for others to see. It should be about finding moments that make you feel genuinely happy, even when no one is looking.

What feels special to one person might be completely ordinary to someone else. For some, it could be spending time with family, while for others it could be putting on headphones and being alone for a while. The point is simply to find what makes an ordinary day feel a little less ordinary.

Moments like these are easy to dismiss because they are ordinary. But life is mostly made up of ordinary moments which deserve our attention. We do not always need something new or exciting to feel grateful for the day. Sometimes, appreciating what's already there is enough.

The Invisible Thread: Silent Ties That Never Die

Priya Tripathi 5PJW



Monideepa Das, 1PJO

My grandmother never marched in a protest or gave a speech. But every evening, she'd sit on her doorstep with the neighborhood women, sharing tea and quiet conversation. I used to think it was just gossip. Now I understand it was something else–a thread– invisible but real, passed from one woman to another so no one had to face hard days alone.

There's an invisible thread that runs between women across generations. It doesn't announce itself. It shows up in small moments– a mother teaching her daughter to notice when a friend's smile doesn't quite reach her eyes, an aunt slipping a little money into a niece's bag "just in case." A stranger's glance on a crowded bus that says, "I see you", without a word spoken. Each gesture is a small knot tied along the same invisible line.

I remember a time when everything felt too heavy to carry. I called my mother, and the moment I heard her voice, I broke down crying, complaining, listing everything I'd been struggling with, all at once. She listened quietly, without interrupting, without rushing me. And when I finally stopped, all she said was, "Everyone is different, and so are you. Stop trying to fit in, and just embrace who you are." She didn't offer solutions or fix anything. She may never have heard these words herself, may never have had someone tell her the same thing when she needed it most, and yet there she was, showing up for me anyway, giving what she never received.

This is how real change often happens, not through one loud, defining moment, but through countless quiet exchanges, carried along an invisible thread stretching back further than we can trace. A neighbor checking in on another without being asked. Or two women exchanging a look across a room when something isn't right, silently saying, "I noticed, and you're not alone". My mother always asked other women, "Are you doing okay?" Not from nosiness, but because, as she put it, "Sometimes we're the only ones who notice." She learned this from her own mother, who lived through times when women had so much less freedom than we do now. Each generation adds its own knot to the thread, and somehow it never breaks.

We don't always know we're holding this thread. When I sit with a younger cousin who's overwhelmed, or when an older woman quietly guides me without ever calling it advice, we are simply passing along something we once received ourselves, through a connection we rarely notice until we need it most.

Change isn't always loud or visible. Sometimes it's just one woman showing up for another, quietly, generation after generation, until the weight feels a little more bearable.

So today, if you see another woman struggling, say something. Smile. Ask if she's okay. What you offer may travel further along the thread than you'll ever know.

Not quite friends, not quite strangers

Niya Teresa Raj 5PEC



magnific.com

There are people we know without really knowing them. We might not know their names, their stories, or anything about their lives beyond what we see, yet somehow, their presence becomes familiar. They are the faces we recognise at the neighbourhood shop, the person who always sits at the table by the window, or the staff member whose usual greeting has become part of our routine. Somewhere between a friend and a stranger is a space filled with these people.

I began noticing this through something as simple as being a regular at the coffee shops around me. At first, I was just there for the coffee, the familiar surroundings, or just a place to sit and relax. Over time, I began recognising the person behind the counter, chatting between orders and eventually becoming friendly enough that walking in felt a little like returning to a place where I had turned into a familiar face. I even found myself naming the little dogs that wandered about, quietly looking forward to seeing them every time I stopped by.

We tend to reserve the word "connection" for relationships that are deep, intentional, or lasting. But there is something to be said about the quieter ones too. A connection does not always have to come from someone who knows us well. Sometimes, someone who barely knows you can make your day, while someone you know well might not even realise you needed it. It is often these unexpected moments of kindness that stay with us, because they have a way of reaching us when we least expect it. A person does not have to know your entire story to make a small difference to your day.

There is something comforting about being recognised. Having someone remember your usual order, noticing that you have not visited in a while, or exchanging a quick smile when you walk by can make an otherwise ordinary day feel slightly less ordinary. These interactions may last only a few seconds, but they remind us that we occupy a small space in other people's everyday lives too.

And perhaps that is why these in-between relationships matter. They make ordinary spaces feel a little more personal and ordinary routines a little less lonely.

Not everyone we meet is meant to become a friend. There is something beautiful about the space between knowing someone and simply knowing of them.

So the next time you walk into your favourite cafe or neighbourhood spot, look around. There might be a familiar face in the crowd. You may not know their story, their name, or anything about them. Yet you know they belong there.

Sentimental life- why we keep letters, photographs, gifts, and little sources

Gayathri K S, 3MPC



magnific.com

Sometimes, the smallest things in our lives hold the biggest memories. An old photograph, a handwritten note, a small gift, movie tickets, a bracelet, or even a random piece of paper can mean so much to us. To someone else, it might look like an ordinary object. But to us, it can hold an entire moment, a person, or a feeling we don't want to let go of.

I've always thought that photographs are more than just pictures. Every time I look at an old photograph, I don't just see the person or myself in it. I remember where I was, what was happening, how I felt, and sometimes even the little details, like the conversations we had that day. It feels as though I'm stepping back into a moment that has already passed. I also hold on to little things that may not mean anything to anyone else. An old note, a ticket from a day out, a gift from someone, or anything linked to a special memory can become precious over time. I may not use these things every day, but I still find it difficult to let them go.

I think we hold on to these things because memories fade, people change, and moments pass. Yet, sometimes, an old letter or a photograph can bring back a feeling that words cannot fully explain.

To me, these little things are silent reminders of the different versions of myself. They remind me of the people I have met, the places I have been, and the moments that have shaped me into who I am today. Some memories make me smile, while others make me emotional, but I cherish them all because they are a part of my story.

Perhaps that is the beauty of these little things. They may seem insignificant to the world, but they carry pieces of our lives that we are not always ready to leave behind. They remind us of the love we have received, the happiness we have experienced, and the people who have made a difference in our lives.

Sometimes, all it takes is finding one of these little things to feel connected to a moment we thought we had forgotten. And in that moment, we realise that even the smallest reminders can bring a little light into our lives.

Art as a Little Light

Raajvika Arora, 5 PEC



magnific.com

I don't like dancing. It's a sentence I've said very often throughout my life, and coming from anyone you would accept and brush it off, but if someone, who is a trained classical dancer, with over a decade of experience says that, it's slightly harder to ignore. Truth is, I never thought dance was my calling, I always thought I lacked the sophistication for it, the grace, and even the face. And having believed that for so many years, my automatic response, if offered with the opportunity to dance, would always be to reject.

One random day, I had a very strong urge to just dance, not systematically, not dramatically, but just to enjoy it. Maybe I was feeling nostalgic, but that moment provided me with a small ray of light, coming out of infinite darkness, and I decided to grab it. There was no music that demanded perfection, no audience waiting to judge me, and no choreography I had to get right. There was just me, moving because, for once, I wanted to. And it felt strange. Not bad strange. Just unfamiliar.

For years I had looked at art, as if it was something to master, something that required talent. It was something that you were either naturally good at or weren't. Dance needed grace. Painting needed skill. Writing needed the right words. Singing needed the right voice. Somewhere along the way, I had convinced myself that if I could not do something beautifully, I had no business doing it at all.

We often romanticise art when we talk about it. We talk about masterpieces, performances that receive standing ovations, paintings that end up in galleries, poems that make people stop and think. We forget about the art that nobody sees. The drawing made in the corner of a notebook. The song hummed while getting ready. The photograph taken because the sunset looked particularly beautiful that evening. The dance performed alone in a room, with nobody watching. Perhaps that is where art matters most.

Because sometimes, when everything feels too loud, art gives us a place to be quiet. And sometimes, when everything feels numb, it gives us something to feel.

I think that is what happened to me that day. I wasn't suddenly a dancer. I hadn't discovered some hidden talent. I hadn't become graceful overnight. I simply allowed myself to do something without asking whether I was good enough to deserve doing it. I realised that I don't have to be great for others, just good for myself. That one day, I made the decision to chase a little light, and it led me to the brightest sunrise I've experienced in my life.

Art has slowly changed its meaning to me: not perfection, not performance, not proof of talent, but possibility. A little space where I can exist without having to be particularly good at existing. I still don't think dance is my calling.

And perhaps that is enough. Because maybe the purpose of art isn't always to make us better at something. Maybe sometimes, it is simply there to remind us that there is still a part of us that wants to try.

Beyond the Bottom Line: The People Behind Every Business

Sameer Jain, 3PJO

When we think about a business, the first things that usually come to mind are money, sales and profit. We look at how much a company earns, how many sales it makes, and how much it has grown. But behind all these numbers, there are the people who are responsible for making the business work. Everyday businesses depend on the people that operate them. From the person working at the front desk to the people handling accounts, making the products or even customer services, everyone has a role to play. Even though some jobs seem small, they are crucial to keep a business running properly.

A business can have a good idea and a strong plan behind it, but it still needs people to turn those plans into reality. Employees are the ones who handle the everyday work. They attend meetings, solve problems, meet deadlines, deal with customers and sometimes stay late to finish something that needs to be done. Employees spend a large part of their day at work, so the way they are treated can really make a difference. A workplace where all the employees feel comfortable and respected can make them more interested in their work. On the other hand, when employees feel ignored or overworked, it can affect the impact they have on the business.

It is also important to remember that employees are not just their job roles. They have lives outside of work, with families, friends, hobbies and personal responsibilities. Sometimes, small things like getting proper breaks, having flexible working hours or simply having someone listen to their concerns can make a big difference. When a workplace understands this, employees can feel more comfortable and motivated. A company that takes care of its employees is also more likely to have people who want to stay, improve their work and grow along with the business. The people working behind the scenes are often overlooked. We see a company's advertisements, products and achievements, but we rarely see the hours that went into them. There could be hundreds of people working on something before it ever reaches the public.

This is why a business should not only be judged by how much money it makes. The way it treats the people that work for it says a lot about the company too. Employees may be a part of a business, but they are also the people who keep moving everyday to make sure we have the best services. Behind every successful company are people showing up, doing their jobs properly and making things better for the customers.



pinterest.com

Third Places and Familiar Faces

Shruti Ramesh, 3MPC

Ask your parents to tell you a story about their friends, the ones they've spent their whole lives with. You'll hear stories set in coffee stalls, libraries, and beaches, of wandering along familiar roads between their homes. I'm from Chennai, so these stories also included Spencer Plaza and Ispahani Mall. You'll hear them describe places you see every day in a way that feels almost surreal, as though the lives they lived there are somehow out of reach for us today. There's a lot to be said about the erasure of third places. The commercialisation of these spaces often turns the very young people who need them into undesirables. Ispahani Mall, by the way, is right next to where I did my undergraduate studies. My lovely memories of that place are soured by the sheer number of arguments we had with security guard who constantly tried to chase us out. Still, I'm not writing this just to dampen your spirits. As a new batch of students trickles into IIPR, I thought I'd take this opportunity to remind you that these elusive third places still exist, especially in S.G. Palya! I urge you to set aside a few minutes every week to explore. Whether it's around your PG, after college, or before you catch a bus back home, take a little time to look around.

Check out a few chai shops. Eat some pani puri. Go to the sixth floor and browse the selection. Sit in the canteen, even if you've brought your own lunch. This is where you'll start noticing the same faces. This is where you'll begin to recognise people whose rhythms of life somehow match yours.

Give them a smile. Say hello, maybe. Look for other places where your lives might intersect. Perhaps they live nearby. Perhaps they're from our college. Perhaps you like the same song. Perhaps there's nothing at all. Perhaps you never speak to them again.

Or perhaps there's a person with a full life, years of experience, and stories of their own, with whom you share a conversation. A moment in which your life touches theirs.

As third places vanish, we must take that extra step to bridge the gap. It's an awkward and perhaps scary prospect, but a necessary one nonetheless.

A momentary connection matters, too. A third place, somewhere between home, work, and college, matters, too. A familiar face, even one you may never see again, matters, too. Such is the fragile beauty of human existence. Make sure you experience it fully, with both hands stretched out.

Korero With Kaizen



Dr. Shubhkaramdeep Singh
Dentist & Public Researcher

Priya Tripathi, 5PJW & Shristi Gope, 5PJW

Dr. Shubhkaramdeep Singh is a dentist and public health researcher with experience in health programme implementation and community-based research in Punjab. He currently works as District Consultant for the implementation of a pilot project on Tuberculosis (TB) in Hoshiarpur, Punjab. Earlier, he worked on a research project on mental health in Mansa, Punjab. His work combines clinical training with a public health perspective, focused on improving health outcomes at the district and community level.

Public health often focuses on statistics, treatment outcomes, and policies. How do the personal stories of patients and their families remind you of the human side of healthcare?
Ans: So, public health does not focus only on statistics. Data triangulation also involves in-depth studies, interviews, and qualitative aspects of research, especially when dealing with sensitive issues such as reproductive health. It depends on the team investigating a topic and the importance researchers give to evidence-based work. Researchers who understand the importance of qualitative research ensure that it is included in their work. We cannot understand the complete picture through statistics alone; in-depth studies are equally important. Once we have the data, we need to understand the other aspects and fundamentals that may influence the outcomes but are missed in the data. So, the best approach is to conduct both kinds of research. Although things may go astray at the policymaking level, researchers who recognise these limitations consider both quantitative and qualitative aspects.

In communities where stigma or misinformation prevents people from seeking help, how can a simple conversation become the first step towards change?
Ans: See, research and scientific inquiry are nothing without the right kinds of questions. If you cannot frame a question or put it across appropriately to an individual or a population, you cannot begin the process of investigation. How and when a question is asked matters. The questions should also be relevant and of interest to the individual. Otherwise, people may answer them mechanically, just as they would in corporate surveys. So, to conduct meaningful scientific research, we need to frame appropriate questions and ask them in a way that encourages people to engage with us.

Has there been a time when a small act of kindness from a patient, colleague, or community member made a difference to you personally and changed how you approach your work?
Ans: Small acts of kindness often make someone's day far larger than the giver realizes. When I was practicing as a dentist, an elderly uncle brought me corn (butta, in Hindi) from his fields after I treated him. For a farmer, the harvest is usually reserved for family and loved ones, so the gesture felt very personal, and I still remember it. More recently, on a tuberculosis project, a person we had to screen asked to come to the facility instead of being visited at home, because of the stigma around the disease. Although our team usually goes to the home, I allowed it, and we delivered their medicines at the facility. They brought us sweets just for that small effort. Moments like these give me strength and joy. Daily work can feel mundane, and even after a few bad days, a gesture like this rejuvenates me and keeps me moving in the same direction.

If you could change one small thing about how society approaches mental health and public health, something that might seem insignificant but could have a lasting impact, what would it be?
Ans: The one thing I would definitely like to change is the attitude of mental health practitioners, including psychiatrists and psychologists, towards people as individuals. I am not using the term "patient" because that is where the change should begin. They should see individuals and communities as people they can connect with and work alongside. This is where stigma begins, especially among healthcare workers in rural and neglected areas, where attitudes towards individuals and communities can differ significantly. So, the first thing I would change is the attitude of practitioners towards people. There are many other fundamental changes needed in mental health, and if we do not address them now, we risk losing a lot in the future.

If there is one small thing you wish everyone would do more often to make the world a little kinder or healthier, what would it be?
Ans: The one thing I feel everyone should practise is reconsidering their thoughts before judging someone. Most misunderstandings begin when we fail to understand the perspectives of our loved ones and try to fit them into the moulds or ideas we have imbibed from society. This creates friction in relationships, whether between parents and children, teenagers, or adults. Everyone should be considerate towards people around them, whether at home, the workplace, or educational institutions. We should consider their thoughts and words to better understand what they are going through. By practising this, both professionals and people in society can help create a happier community. It is the small, everyday actions that shape our lives. These actions add up over time, creating a larger perspective on life. Ultimately, our daily experiences and actions make life meaningful.

Kaizen Editorial Board

Editors-In-Chief: Ms. Reethu Varna, Ms. Elsy Leeba, Dr. Zarine Esther Immanuel, Ms. Shivani Pandey, Ms. Archana R Nambair & Ms. Gopika Surendran
Students Editors and Design Team: Raajvika Arora, Shristi Gope, Naju Keshwala, Ridhi Bassi, Ananya Tiwari, Sarayu Desu, Monideepa Das, Daniel Antonio M P, Akshainie G, Hanna Fathima.