

SEPT 2026 Issue – 156



Observance & Awareness Programme on
“WORLD SUICIDE PREVENTION DAY”
“Changing the Narrative on Suicide: Start the Conversation”

Jointly Organized by
**Department of Psychology &
 Department of Clinical Psychology**
UNIVERSITY OF SCIENCE & TECHNOLOGY MEGHALAYA

In association with : **NSS CELL & IQAC, USTM**





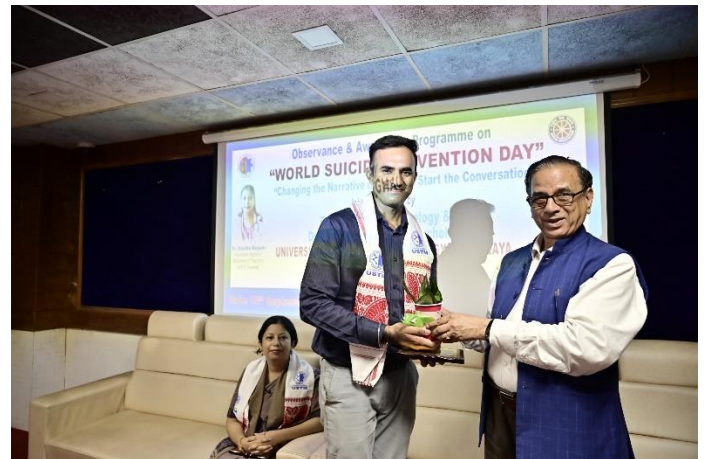
Dr. Habiba Begum
 Psychiatrist, Registrar,
 Department of Psychiatry
 GMCH, Guwahati



Mr. Kaartik Gupta
 Clinical Psychologist (RCI)
 Mind the MIND, Guwahati

Date: 10th September, 2026

Venue: Prof. NKC Auditorium, USTM



Clinical Psychologist Kaartik Gupta of Mind the MIND (Psychology Unit of AKGsOVIHAMS) was invited by the University of Science & Technology, Meghalaya to give his expert views and talk on all about Suicide Prevention. The event was held to commemorate the World Mental Health Day that is observed annually on 10th September.



DILATED CARDIOMYOPATHY

WHAT IS IT

- Dilated cardiomyopathy is a heart muscle disease where the heart's main pumping chamber stretches, thins, and enlarges, making it harder to pump blood.

CAUSES

- **Genetics:** Inherited gene changes passed down from parents.
- **Heart Damage:** Prior heart attacks or coronary artery disease, or any valvular heart disease, excessive iron in heart, Arrhythmias
- **Toxins and Substances:** Long-term heavy alcohol or cocaine use, or certain cancer treatments.
- **Infections:** Viral infections that inflame the heart muscle.
- **Other Conditions:** Severe high blood pressure, thyroid disease, or diabetes, Obesity, complications of late-stage pregnancy.

SYMPTOMS

- Fatigue and general weakness
- Swelling in the legs, ankles, feet, or belly
- Rapid or irregular heartbeats (palpitations)
- Dizziness, light-headedness, or fainting
- Reduced ability to exercise

WHAT CAN YOU DO

- Avoid or limit alcohol.
- Don't smoke.
- Don't use cocaine or other illegal drugs.
- Eat a healthy diet that is low in salt (sodium).
- Get enough sleep and rest.
- Get regular exercise.
- Maintain a healthy weight.
- Manage stress.

INVESTIGATIONS

- ECHO
- ECG
- Blood tests to check for different infections and any underlying diseases
- Chest X-ray
- Holter monitor
- Stress ECHO
- Cardiac CT or MRI scan
- Cardiac catheterisation



Dilated Cardiomyopathy has a Friend in Homoeopathy

Treatment of dilated cardiomyopathy depends on the causes. The goals of treatment are to reduce symptoms, improve blood flow and prevent further heart damage. As mentioned in the section above, there can be multiple secondary causes that in turn lead to the damage of the heart muscle.

Homoeopathy has a good and effective role to play in the earlier stages of cardiomyopathies especially when it is happening due to any infection or immune-suppressive disease like Lupus. The management of a damaged and injured heart muscle can be dealt with beautifully through the deep acting and intelligent Homoeopathic medicines. Intelligent because, the similimum that is selected on the constitutional totality of the patient, has the ability to not only cure a particular disease but also prevent or delay the complications that may arise as the sequelae of that particular infection.

Hence, the chances of a patient landing into the state of cardiomyopathy will grossly reduce if Homoeopathy is opted as the primary mode of intervention under the ever alert and observant Homoeopathic Doctor. The same principle applies to the genetic involvement of a case of Dilated Cardiomyopathy.



MIND the MIND

THE PRICE OF BEING ENOUGH

“When achievement becomes identity, falling behind can begin to feel like losing yourself.”

We live in a world where success is increasingly visible. We know who received the promotion, who bought a house, who earns more, who moved abroad, whose business is growing, and whose life seems to be moving forward. Even when we are not consciously competing, comparison can quietly become part of how we evaluate ourselves. Psychologically, the concern begins when money, achievement and social status stop being measures of circumstance and start becoming measures of personal worth.

A young adult may wonder why they are not earning enough by their age. A professional may experience a career setback as a personal failure. A parent may associate financial success with being a good provider. Someone who has always been independent may struggle when circumstances require them to depend on others. The circumstances differ, but the underlying question can become the same: **“If I am not successful, what does that say about me?”** Repeated comparison can make this question increasingly painful. We compare our private struggles with other people's visible achievements, often without knowing what exists behind what we see. Over time, this can contribute to feelings of inadequacy and defeat. Research has identified negative social comparison as being associated with suicidal ideation, with experiences of defeat and entrapment forming important psychological pathways in this relationship.

The mind can gradually turn circumstances into conclusions.

I am struggling financially becomes I am unsuccessful. I lost my position becomes I have lost my value. I cannot provide as I once did becomes I am a burden.

When these thoughts become repetitive, the person may begin to feel trapped, not only by the situation, but by the belief that there is no acceptable way out of it. This sense of **entrapment**, particularly when accompanied by defeat and hopelessness, is clinically important in understanding suicidal thinking.

Financial difficulty itself does not make someone suicidal, nor does every experience of failure lead to a mental-health crisis. Suicide is complex and influenced by multiple interacting psychological, social and contextual factors. What matters is how a person experiences and interprets what is happening to them. Financial strain, loss of status, relationship difficulties or social isolation can become particularly painful when they begin to alter a person's sense of identity, belonging and future.

This is where suicide prevention requires a deeper conversation. Rather than asking only, **“What happened?”**, psychological understanding also asks, **“What has this experience made you believe about yourself?”** That question matters because a setback can become much heavier when it is interpreted as evidence of personal failure. A person may lose an income without losing their identity, experience failure without becoming a failure, or lose status without losing their worth. But when these distinctions disappear, temporary circumstances can begin to feel permanent.

Perhaps changing the narrative around suicide also means challenging the narratives we carry about success: that productivity determines worth, that dependence means failure, that falling behind means being left behind, or that a person's value can be measured by what they earn, own or provide.

Circumstances can change. Status can change. Income can change. But none of these should become a measure of whether a life is worth living.

Sometimes, prevention begins by helping a person see that what feels like the end of their identity may simply be the end of one chapter and that a difficult chapter is not the whole story.

WHAT'S ON THE MIND DIET?

 AT LEAST **THREE SERVINGS** OF WHOLE GRAINS EACH DAY

AT LEAST ONE DARK GREEN SALAD AND ONE OTHER VEGETABLE EACH DAY



BERRIES AT LEAST TWICE A WEEK

 AT LEAST A ONE-OUNCE SERVING OF NUTS EACH DAY 

BEANS OR LEGUMES AT LEAST EVERY OTHER DAY

POULTRY AT LEAST TWICE A WEEK



FISH AT LEAST ONCE A WEEK



NO MORE THAN ONE TABLESPOON A DAY OF BUTTER OR MARGARINE; CHOOSE OLIVE OIL INSTEAD



CHEESE, FRIED FOOD AND FAST FOOD NO MORE THAN ONCE A WEEK

PASTRIES AND SWEETS LESS THAN FIVE TIMES A WEEK 

Mrs. Singh says

 **RECOMMENDED**

My husband (age 90yrs) has had rectum prolapse since the last few years. Doctors could not find a cure for it except surgery which wasn't possible at his age. He has been on Homeopathic treatment under Dr Sanket Gupta. I am very happy that a few months of treatment the prolapse has greatly improved. We are very grateful to Dr Sanket for his care and effective treatment.

LAUGHTER IS THE BEST MEDICINE

Patient: "Doctor, I was bitten by a radioactive spider!"

Doctor: "Congratulations! You get a movie franchise."





EPIDERMOLYSIS BULLOSA

CHRONIC ECZEMA

WART

AKGsOVIHAMS Medical Centre dedicated to Homoeo – Psycho Cure n Care with Wellness has been a pioneer over the years in treating difficult and incurable conditions with a good success rate and we are continuously engaged and striving in our endeavor with Homoeopathic Clinical research to combat the dreadful -

- **Motor Neuron Diseases (MND)**
- **Epidermolysis Bullosa (E.B.)**
- **Behcet's Disease (BD)**
- **Spasmodic Dysphonia (SD)**

AKGsOVIHAMS MEDICAL CENTRE

Homoeo - Psycho Cure n Care with Wellness

(25+ years of Pioneering Integration in Healthcare, Accredited in LIMCA Book of Records; Global Healthcare Excellence Awardee)

NORTH DELHI - RU-115, Pitam Pura, opp. Power House; Tel: 011- 4039259

SOUTH DELHI - 158, Satya Niketan, Moti Bagh, near Nanak Pura Gurudwara
Tel: - 9711013938, 9811341238

WEST DELHI – B-13, Local Shopping Center, DDA Market, Shivaji Enclave, Rajouri Garden
Tel: 011- 42131989

GUWAHATI - House no. 8, Chitraban Path, RG Baruah Rd, opposite Nexa showroom, Guwahati, Assam
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