



MindScape *Where Mind Meets Matter*

Theme- Integrative Mental Wellness- The Need of the Hour!
News Letter - January to March 2022

Senior Editor :
Dr Jyoti Kapoor
Editor :
Aishwarya Raj
Asst. Editor :
Sharmistha Sarkar

“The doctor of the future will give no medicine, but will instruct his patients in the care of the human frame, in diet and in the cause and prevention of disease.”

Thomas Edison



News and Events

International

UNICEF report spotlights on the mental health impact of COVID-19 in children and young people. In UNICEF survey across 21 countries, only 41 per cent of young people in India said that it is good to seek support for mental health problems, compared to an average of 83 per cent for 21 countries.

The first-ever global estimate of Covid-19 pandemic's impact on mental health showed that cases of two ailments major depressive disorder and anxiety disorder increased globally by 28% and 26%, respectively.

One in 7 children have mental health issues globally.

Domestic

In India, the two disorders rose 35% each in the period, according to a 204-country study published in 'The Lancet'.

'Mann', a campaign on mental health organised by students of Indian Institute of Technology Madras (IIT-M), has reached over 75,000 people over the past three months. Launched as part of the annual cultural festival Saarang, it aims at destigmatising psychological problems. The campaign aims at reaching over 200 schools and 20,000 students across the country.

Local - @Manasthali

Manasthali is proud to announce the launch of 'The Integrative Wellness Centre' with the collective expertise of alternative treatment practitioners in fields of Ayurveda, yoga, naturopathy, music, dance and energy healing.

Manasthali's support group meeting- Let's Meet Up started at a celebratory note on Christmas (Dec 25, 2021), amidst melodious notes of Dr Shambhavi's music therapy session.



Manasthali's
Mental Health Support Helpline
(Psycho Education, Guidance, Support)
99588 36867 चलो बात करें



Editor's desk



Integrative Mental Wellness- The Need of the Hour!

Human civilization has taken great strides in the fields of science and technology in last few decades. Modern science is exploring not just the external reality of existence objectively through physics, chemistry and biology but is also developing insights into eastern philosophy and subjective spiritual experiences that can't be defined in terms of classical science but have led to techniques of Yoga, Mantra, Ayurveda and other traditional aspects of healthy life and healing. These so called esoteric practices have stood the test of time but could not be understood through the method of direct observation and evidence based approaches of western scientific method till some time and then quantum science shook the very belief system of scientific community.

With the ever increasing imbalance in individual life style, the very balance of existence of not just humans but all life on planet is threatened and therefore more than ever, we are looking at ways to understand our relationship with the world around us and how to regain the balance to lead a fulfilling life. We want to do something about the scenario, we don't want to fall sick, we don't want to suffer, we don't want to take medicines forever but we can't understand how and so we sit and blame it on current times. We are living in a world of doubt and disbelief and are looking backwards, we want to go back to being with nature but also need a western commode. This calls for a better understanding of where we come from and where we are going....in other words, seeking an integration of ancient and modern science and prioritizing wellness.

To understand a system, we need to break it down into its components. Thus, as a part of scientific discovery, medical science in the last century has developed a highly focused approach to study different aspects of human physiology by developing specialized branches, but in the process of looking at parts, we have lost view of the whole. The super-specialties that led to categorizing of

ailments as that of particular organ systems rather than whole human being led to constricted cause-effect paradigms leading to disregard of the subtleties of the fine machine we dwell in. This approach made us believe that the eye does not know what the ear is doing. But that's not how the world works.

We have broken down the system and explored the parts, now we need to put them back together and make the system work again.

Profoundly dedicated scientists have been discovering bodily mechanisms at molecular level in individual cell organelles but our mind still maddens us. Mind as a physical function of brain, effect of ongoing psychological stress on physical and mental processes, the interrelationship between individual and every other atom surrounding him/her as matrices of energy exchange causing disease or wellness both at individual and social level.... these are some of the topics crossing borders of philosophy and psychobiology that need our attention to understand how the parts work together in the whole system.

Covid-19 pandemic has more than anything else, expanded our experience of this interrelationship and we can safely guess that the first thing that needs fixing is the health and wellness at individual level. Wellness is more than mere absence of disease and a sense of wellbeing creates an environment within and outside ourselves which is less likely to go into a state of crisis due to sudden illness or loss. This also implies that more than treating the disease, focus should be on preventing it by means of developing a system that allows for wellbeing at a personal level. This personal level is not just the physical body with faculties to feel and emote that needs physical nourishment and exercise but every aspect of the person, mind being a major driving force and stabilizing factor needs to be calm, diet being the molecular composition that forms and fuels the body needs to be wholesome and rejuvenating, consciousness

being the source of all thought and emotions needs to be connected at a level to be able to generate faith and positivity and quantum energies that exist at invisible microscopic level and eventually run the macroscopic world need to be in harmony.

Bringing all those holistic sciences together with the aim of exploring and understanding the profound insights of the hoary Vedic sages to develop a mental health system that can assimilate the best of both worlds is the motivational force behind "Eko Aham", Integrative Mental Well Being Services by Manasthali.

Modern Psychiatry has given us objective and effective means for diagnosis and symptom alleviation for most psychiatric disturbances that we see today but we don't know it all and we can't manage it all either. After treating the physical domain (mind being a part of the physical domain), it's imperative that we can empower ourselves to use holistic understanding of disease processes to incorporate methods in our daily life that can enhance our sense of wellbeing and deal with the stressors that exist within us and in outside world. By finding that balance between our mental and physical processes and then reaching out to the basic spiritual nature of human condition, we can elevate ourselves above suffering and self-destruction.

There are practical and vital practices discovered by ancient civilizations that we are now beginning to understand with better instruments of science at our disposal. The Gut Brain axis is no novelty and Ayurveda and Yoga rely on cleansing the gut as the first step in treatment of most disorders. Research pertaining to effect of sound waves, electromagnetic waves and yet unnamed quantum processes, has enabled us to grasp the phenomena that can affect individual mood, feelings, thoughts and emotions at conscious and subconscious levels. Thus comes the role of sound medicine, mantra chanting, singing bowls of Tibet etc. not just as a means for relaxation and stress reduction but also as a method of healing. Energy modulation, be it for diagnostic purposes as in case of ultrasonic sound waves for sonograms or electro-magnetic field of MRI scans or for treatments like Laser (Light Amplification by Stimulated Emission of Radiation) for Lasik (laser-assisted in situ keratomileusis- Laser Eye Surgery) and skin conditions,

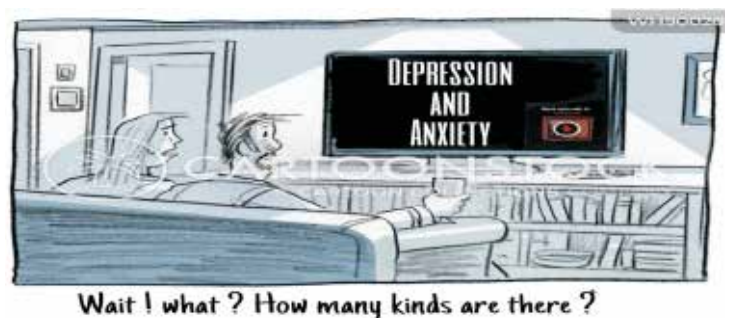
gamma knife for brain tumors, Sound waves for lithotripsy, electrical energy for unfortunately notorious Electro Convulsive Therapy and our current more acceptable rTMS (Trans-magnetic Stimulation) procedures can now take further steps in exploring the potential of energy healing practices of various cultures like Chakra and Nadi systems of yoga and tantra, acupressure and acupuncture techniques, various forms of touch therapies, Reiki, Pranic healing or Access Bars energy healing to name a few.

As health practitioners, merging our understanding of modern medicine with that of alternative and traditional medicine can not only enrich our knowledge but also give practical, effective and safe approaches to enhance the physical and mental wellbeing of our patients as well as our society. After all, the purpose of a doctor is to alleviate suffering and educating oneself while keeping an open mind is an important requirement to discriminate between science and quackery!

The message of 'Eko Aham' is that 'I am the only one'. I, the consciousness that resides in each particle of the universe is the energy that needs to be balanced to live well and experience life fully. The deterrents to this process are mental and physical ailments that are responsible for most acts of destruction at individual and social level because from parasites to pollution, from physical senses to sensations, from words to deeds, from money to material possessions everything has the potential to affect us mentally and physically. With right knowledge and techniques, we can choose this impact to be cause of wellness or misery. Let's choose wellness, let's explore our potential through integrative approach.

Dr Jyoti Kapoor

Consultant Psychiatrist and Psychotherapist



Article

Music Therapy and Integrative Wellness

"This song stays with for a day or two once I listen to it." Or "I don't understand the language, but this tune penetrates my soul.": These are some of the comments we get to read on the YouTube below the songs. Yes! Music deploys your mind where it wasn't before. You find your emotions shapes up differently, your thoughts miniaturize the worldly aspects and binds in the tunes which your eardrums provide. Music, because of its nature to soothe and makes one relaxes, is useful in the healing purposes if right kind of music is being used for the therapy.

After the second world war music therapy was intensively developed in American hospitals. Since then, some hospitals, particularly in mainland Europe, have incorporated music therapy within their practice carrying on a tradition of European hospital-based research and practice. World's awareness has shifted much closer to the reality of Holistic medicine and efficacy of inner wellbeing for healing the mental illnesses from its roots. Music Therapy is an emerging and socially benefitting field in holistic and integrative medicine which is gradually getting space in the medical world as well.

In a study of chronic psychiatric patients who exhibited disruptive and violent behavior at mealtimes, the playing of taped music as a background stimulus with the intention of providing a relaxed atmosphere reduced that disruptive behavior (Courtright, Johnson, Baumgartner et al. 1990). Meschede and colleagues (Meschede, Bender, and Pfeiffer 1983) observed the behavior of a group of chronic psychiatric patients over eight weeks of active music making sessions and discovered that the subjective feelings of the patients had no correlation with the observations of the group leaders about the outward expression of those feelings.

Wellbeing with Musings

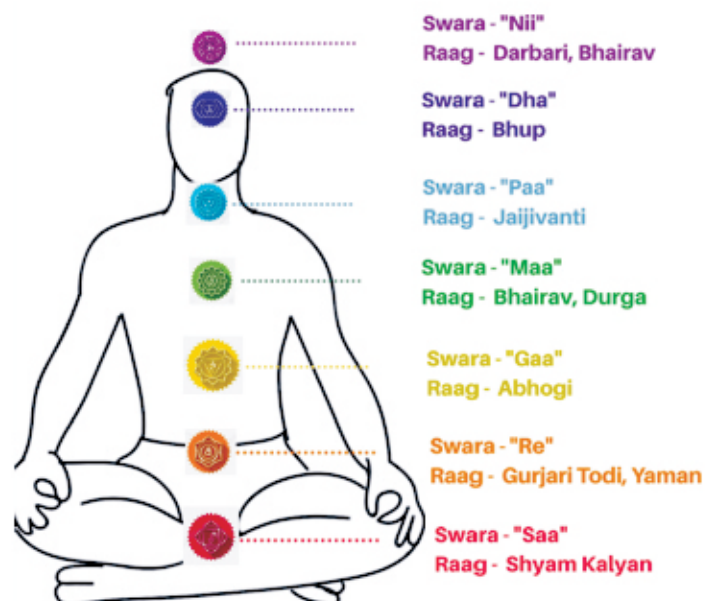
Music changes the way you perceive the world. Keeping in touch with the tunes for longer make frequencies vibrate your inner cells, hormones secretion, chemical-changes, and eventually processes the state of

transcendence and neutralism. "Music therapy, to me, is music performance without the ego. It's not about entertainment as much as its about empathizing. If you can use music to slip past the pain and gather insight into the workings of someone else's mind, you can begin to fix a problem." Well-expressed by Jodi Lynn Picoult, American novelist and Author of 'Sing You Home'.

Musical interventions with a right kind of music/sounds according to the individuals' musical background and culture incorporates better focus, memory, brain-functioning as the neural-circuits gets organized and calm to give more attentiveness and productivity. "When we look at the body of evidence that the arts contribute to our society, it's absolutely astounding. Music Therapists are breaking down the walls of silence and affliction of autism, Alzheimer's and Parkinson's disease." Michael Greene, President/CEO of Artist Tribe and myMuse.

Indian Paradigm of Music Therapy

Indian music is much connected to the zones of spirituality, so to say in music therapy as well, as it is based on the concept of one-note 'Nada' or Adhaar Swar. The monophonic sound or Omkaar leads one to the path of tranquility, stability, bliss, and relaxation. Ayurveda, the science of life, basically uses natural herbs from plants for therapy while treating illnesses, disorders or



imbalances in the body. According to Ayurveda, there are seven chakras (Mooladhara, Swadhishtana, Manipuraka, Anahata, Vishudha, Ajna and Sahasra) in our body and the seven swaras are related to the chakras. The chakra is activated when the corresponding swara is sung. The word 'Nada' is understood to have been derived from two syllables, 'Na' representing the vital force and 'Da' representing fire. Thus, Nada represents the sound produced by the combination of the 'vital force' and 'fire'. Research state that each chakra has a sound vibration which resembles the Saptaswaras in Indian music: Sa sound vibrates on Muladhara, Re (Komal) on

Swadishthana, Ga on Manipura, ma is the heart chakra (Anahata), Pa is the throat chakra (Vishuddhi), Dha (Komal) on the forehead Agya chakra and Ni vibrates on Sahasrara or pituitary gland. Thus, musical notes help in activating chakras and the related organs of the body. Since ragas are the amalgamation of notes, ragas are extensively used for healing the body chakras and Panch Mahabhootas.

Dr. Shambhavi Das

Music therapist, Manasthali, &
Surdemy Centre for music Therapy (surdemy.com)
Email: surdemy@gmail.com



Manasthali® *Mental Health and Wellness Services*

239, Sector 45, Gurugram, Haryana
M: 9958598967 | E: manasthali2016@gmail.com | W: www.manasthali.com

Services

- A. Primary Psychiatric Services – OPD / Psychiatric Consultation.
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 - 1. Psycho-diagnostics- IQ/DQ assessment, Neuropsychiatric assessment, ADHD assessment, PDD assessment/Personality Assessment/Pathology assessment etc.
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 - 4. Child and Adolescent Emotional and Behavioral Services
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 - 1. Training- Intern training/staff training.
 - 2. Wellness Workshops- School/College/Corporates
 - 3. Support Groups- Client/Care givers support services
 - 4. Mental Health Support Helpline (Free phone service for mental health related education and support handled by qualified psychologist)
 - 5. Manasthali's News-Letter- 'Where Mind Meets Matter'- Authentic and experience based information from experts in field of mental health and holistic wellness
- E. Consultation- Liaison Services
- F. Integrative Wellness Services
 - 1. Yoga and Naturopathy
 - 2. Music Therapy/Dance Movement Therapy
 - 3. Energy Healing
 - 4. rTMS
 - 5. Life coaching

For services and collaborations,
please contact
9958598967
or write to
drjyotikapoor@gmail.com



Role of Yoga in Mental Wellbeing

"True Yoga is not about the shape of your body, but the shape of your life. Yoga is not to be performed, yoga is to be lived. Yoga doesn't care about what you have been, yoga cares about the person you are becoming. Yoga is designed for a vast and profound purpose and for it to be truly called Yoga, its essence must be embodied."

Mrs. Poonam Khurana Specialist in Yoga therapy having Yoga Siromani from Sivananda Vedhanta Yoga, Kerala and 500hr TTC from Yoga Alliance(USA), completed Master's degree in "Yoga & Naturopathy". She's having a wide experience of 15 years of giving Yoga classes, TTC, Seminars on Yoga, Naturopathy and yogic diets related to this. She is the owner of "Poonam Yogasana" affiliated Yoga Centre by "Yoga Alliance"(USA) having successful centre in Delhi, Gurugram & Rishikesh. She carries his mission to share his insightful knowledge of authentic Yoga.

मानसिक स्वास्थ्य को कैसे हेल्दी रखता है योग ।

How Yoga Keeps Mental Health Wellness

नियमित योगाभ्यास आपको शांत एवं निश्चित रहने में मदद कर सकता है और साथ ही अविचलित हुए समस्याओं का सामना करने की शक्ति प्रदान करता है। योगाभ्यास आदर्श रूप से योगासन, प्राणायाम (Pranayama), ध्यान (meditation), एवं प्राचीन योग विज्ञान का संपूर्ण समन्वय है और इन सभी से कई चिंता ग्रसित व्यक्तियों को पुनः स्वस्थ करने के साथ साथ जीवन को फिर से सकारात्मक रूप से जीने की क्षमता प्रदान की जा चुकी है। समस्या तब शुरू होती है जब यह (Depression, Anxiety, Stress, etc.) भय निरंतर हावी होकर हमारे दैनिक जीवन में दखल देने लगता है। तब यह एक चिंता विकार, अत्यधिक बेचौनी या किसी अनजान चीज के भय का रूप ले सकता है जिसका इलाज करना जरूरी है, और यहीं पर योग उपयोगी साबित होता है।

यह जानना बहुत जरूरी है कि सिर्फ योग को ही इसके एक मात्र इलाज के रूप में नहीं मानना चाहिए। इन विकारों के होते हुए चिकित्सक (doctor) और योग (Yog therapist) मिलकर आपकी मदद करते हैं, चिकित्सक (Doctor) आपकी स्थिति के बारे में सही सलाह दे सकते हैं और आप किस प्रकार के चिंता विकार से ग्रसित हैं, वह आपको बेहतर बता सकते हैं जैसे कि – उत्तेजना विकार (पैनिक डिसऑर्डर), आसक्त बाध्यकारी विकार (ओब्सेसिव कंपल्सिव डिसऑर्डर), सदमे से तनाव का विकार (पोस्ट ट्रामेटिक स्ट्रेस डिसऑर्डर), सामाजिक तनाव विकार (सोशल एंगजाएटी डिसऑर्डर) अथवा सामान्य चिंता (जेनरलाइज्ड एंगजाएटी)

● इन विकारों के होते हुए चिकित्सा और योग मिलकर आपकी मदद करते हैं चिंतामुक्त होने के लिए योग कैसे आप की मदद कर सकता है?

1. फोकस (Focus or Concentration) में है मददगार

जिन लोगों को एडीएचडी (ADHD) जैसे विकार हैं, उन्हें अक्सर योग करने की कोशिश करने के लिए कहा जैसे विकार हैं, उन्हें अक्सर योग करने की कोशिश करने के लिए कहा जाता है क्योंकि यह दिमाग को केंद्रित करने में मदद करते हुए शरीर को आराम दिलाने में मदद करता है।

2. मन को शांत (Relax) करने में फायदेमंद

अशांत मन किसी को भी डिप्रेशन (depression) में डाल सकता है। मानसिक समस्याओं के मुख्य कारणों में से अशांत मन है। डॉक्टर योग की सलाह देते हैं क्योंकि योग में जटिल आसन और सांस लेने के व्यायाम शामिल होते हैं जो आपके शरीर और दिमाग को शांत करने के लिए जाने जाते हैं।

3. धैर्य (Patience) को बढ़ाता है

योग में प्राणायाम के रूप में जानी जाने वाली कई श्वसन गतिविधियां शामिल हैं जो आपके शरीर और दिमाग को शांत कर धैर्य बनाने में मदद करती हैं।

4. मूड (Feelings or Mood) में होता है सुधार

शारीरिक व्यायाम से एंडोर्फिन और डोपामाइन जैसे स्वस्थ मस्तिष्क रसायन निकलते हैं। यह आपके मूड को संतुलित करने और अवसाद जैसे सामान्य मानसिक स्वास्थ्य मुद्दों से निपटने में मदद करता है।

5. आत्मविश्वास (Confidence) बनाने में है मददगार

आत्मविश्वास या आत्म-सम्मान में कमी को अक्सर अवसाद और चिंता का कारण माना जाता है। नियमित रूप से योग करने से आपके शरीर को केंद्र में रखने और इसे धीरे-धीरे विकसित करने में मदद मिलती है। यह आपके आत्मविश्वास में सुधार करता है।

● योगासनों की मदद से स्वस्थ शरीर व मन प्राप्त कर सकते हैं।

धनुरासन, सेतुबंधासन, पश्चिमोत्तानासन, हस्तपादासन, शीर्षासन, शवासन

● प्राणायाम (pranayama) द्वारा सही सांस लेने की विधि से तनावमुक्त हो सकते हैं।

कपाल भाती प्राणायाम, भस्त्रिका प्राणायाम, नाड़ी शोधन प्राणायाम, भ्रामरी प्राणायाम।

● शांतचित्त प्राप्त करने के लिए ध्यान (Meditation) करें।

मन को शांत करने के लिए ध्यान एक सर्वश्रेष्ठ विधि है। एक शांति की अनुभूति होती है और निरंतर अभ्यास से यह अहसास कर पाते हैं कि किस प्रकार मन हमें छोटी-छोटी चीजों में उलझा कर रखता है। ध्यान हमें भविष्य के बारे में अत्यधिक चिंता करने एवं बेचौनी होने से भी बचाता है।

योग को अपने जीवन में नियमित अभ्यास में लाकर प्रसन्न रहें और हर पल का आनंद लें

Mrs. Poonam Khurana

Specialist in Yoga Therapy

Founder - Poonam Yogasana

Affiliated with "Yoga Alliance" (USA)

Article

Exploring wellness in modern times

Integrative wellness is a practice based around the belief that treating patients involves much more than only disease and symptom management and has become an approach adopted by more clinicians in recent years.

Traditional therapies like Ayurveda, Naturopathy and spiritual healing have undergone a sea change and the wellness theory has taken the world by a storm. Integrative wellness can now be termed as a lifestyle medicine. But before moving any further, let us define health and wellness.

Concepts related to holistic wellness continue to inform best practices for counsellors and other mental health professionals (Witmer, 2001). Research into the mind-body connection within fields such as public health and integrative medicine continues to support the underlying principles of holistic wellness theory (Shannon, Weil, & Kaplan, 2011). Clinicians have been encouraged due to these developments to broaden their views on human functioning, mental health, and how best to promote clients' achievement of their respective treatment goals. Various models of holistic wellness exist due to different theorists' perspectives on the aspects of human experience (e.g., mind, body, spirit, community, etc.) that comprise this multi-faceted concept.

In modern times, the concept of health goes beyond the criterion of absence of any kind of ailment. The World Health Organization (WHO) aptly defines it a state of complete physical, mental and social well being and not merely the absence of disease or infirmity.

Consequently, health now is determined by the social, emotional, physiological, spiritual and biological aspects of life. Health has adopted a personalised approach now and has become holistic in nature.

Wellness is the complete integration of body, mind, and spirit – the realization that everything we do, think, feel, and believe has an effect on our state of well-being.

Wellness is a continual process. It expects a person to take ownership of his life choices and decisions, so that

he can lead a healthy, well-balanced and happy life. It can be improved and revised at any point of time as it is in a state of perpetual movement. We need to just be mindful of the options available to us, to enhance our state of well-being and choose wisely. Our priorities, which, in turn, influence our lifestyles primarily, impact our wellness quotient.

Recognizing the influence of emotions, social support, spirituality, and other factors on the patients and clients who we treat can assist in our efforts to create more individualized and appropriate treatment plans to improve overall health and wellness. The incorporation of complementary healthcare strategies is based on tapping into the strengths, values, and beliefs of clients as they cope with or overcome mild, moderate, or severe conditions (Shannon et al., 2011). According to Shannon et al. (2011) healthcare practice from the integrative paradigm facilitates a broader and more complete view of human health (including mental health) and subsequently expands the available options that healthcare providers and clients can use to mitigate disorder and to promote resiliency. In other words, understanding what motivates the patient or client, what strengths he or she has in the dimensions of wellness, and what is important to him or her provides the physical therapist with valuable additional information to inform a treatment program.

Aishwarya Raj

Consultant Clinical Psychologist

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Guest Section



Art Work By Sneha Nehra

Self-help:

Looking to boost your mood, handle your emotions better, or build resilience? This simple strategy can lead to improved mental health and well-being. Staying active is as good for the brain as it is for the body

The mind and the body are intrinsically linked. When you improve your physical health, you'll automatically experience greater mental and emotional well-being. Physical activity also releases endorphins, powerful chemicals that lift your mood and provide added energy. Regular exercise or activity can have a major impact on mental and emotional health problems, relieve stress, improve memory, and help you to sleep better.

The key is to commit to some moderate physical activity—25 to 30 minutes—on most days. As exercising becomes a habit, you can slowly add extra minutes or try different types of activities. If you keep at it, the benefits of exercise will begin to pay off.

Aishwarya Raj

Healing is an opportunity that one is never too late for. It's a learning, to help overcome what once controlled us. And taking that step is courageous, it is what integrates wellness.

Divenaa

Poem

Your deeply imagined, carefully crafted version of me is coming to an end.
You had entered my life at a promising time,
When our conversations filled the vacant space in your heart, and now I have nothing more to say.
I'm sorry that you do not find silence reassuring.
I'm sorry that my voice isn't loud enough for an argument.
I'm sorry that our ideas of 'growth' do not intersect anywhere.
I did not imagine you loving me to eternity,
but I did imagine you loving me for a bit longer.
It also tells me that sometimes,
the longevity of relationships depends
more on the organization of fabricated lies
than messed up truths.
What were once 'inspiringly diverse' personalities of me,
now only seem borderline to you.
I read somewhere that not happiness,
but vitality is the opposite of depression,
and it is vitality that is being sucked out of me.
I am sorry that my ambitions are tired,
and that I do not want to jump
on the bandwagon of achievements.
I am sorry that my dreams are small.
I am sorry that I spend most days in bed,
writing poems but these poems are not
futile words but my extension, my hands,
my legs, my nose, my tongue.
You see, I'm a simple person,
functioning ordinarily, and perhaps,
there is nothing great about me.
Most days I struggle to find meaning
and purpose in my life,
but I do always look out for goodness.
Maybe I'll not give you the longest of hugs,
but I'll give you the warmest one, on this day, in this moment.
Maybe we'll not have the best of sex,
but you'll always feel secure
and belonged around me.
Do you remember?
We came together to love each other,
so why fall out of it for its performative representation?
Love is love,
Whether you do it standing in the middle of the world,
Or inside the tiny scope of your heart.

Prashant