

*Nervous, Depressed,
Suicidal ???
Click Here*

*A Book on Suicide Prevention
And Stress Management*

by
Kunal Marathe



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New Delhi, India.

A NOTE OF REQUEST

This book is in no way related to any person, place or incident in real. Moreover, it is not aimed at glamorizing the evil of suicide. On the contrary, SUICIDE AT SEVENTEEN is an interesting work of fiction, which will also provide you with some of the dark facts of the anti-social changes taking place in Indian society and inspire you to keep yourself away from them.

Kunal Marathe, Author
Kaushal Goyal, Publisher

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To

My friend Mohit Choudhary

*Who was very eagerly waiting for my first
novel, but lost his life in a road accident
just a few days before its release...*

*Someone who taught me that LIFE is the
most uncertain gift of the God, live every
breath we are given*

My Sincere Thanks to
Mr. Susheel Kumar Batra
MSc. (Counseling & Psychotherapy), MD
(Alternative Medicine)

Mr. Kaushal Goyal
GM and CEO, GBD Books

*And my friends,
for their support in rechecking...*
Shilpa Baburaj, Indore
Jyotsna Naidu, Navi Mumbai

Introduction

Before informing anything about this book, let me make it clear that “Nervous, Depressed, Suicidal ??? Click Here” is a free-of-cost booklet. It is not written with the motive of entertaining or profit-making, it is rather written to make millions and millions of people aware about the importance of existence. It is for the people who have lost all the interest and love for their life, it is for people who are engulfed by various troubles, and it is for people who had ever thought about or attempted SUICIDE.

In fact, it is written for all of us, because no person on this earth is away from problems.

I have heard people saying that in good olden days, man was much happy and stress free. My dad once declared that he is so misfortunate to be born in early 60s. Had he born around fifty years earlier than his life would have been much simpler, no competition, no running-life and no boss? On the contrary, my grandfather’s father (who is no more now and was born around fifty years before my dad) once would have said, “How misfortunate I was to be born in an age when there were no computers, no good vehicles, and no mobiles. Had I born eighty years later then I would have enjoyed many things.”

I concluded that we the human beings are born with an interesting characteristic. We can never be satisfied and look for every single reason and chance to be unhappy.

Worse is that sometimes some of us are so much depressed that we don't even think twice before killing ourselves. It is a fact—though not proven—that each and every person thinks of committing suicide once in his/her lifetime, some forget it the very next moment, some try it but fail, and unfortunately, some succeed. I admit that I am no different. Many a times, when I was down by one or the other reason and I was standing on the terrace of my apartment I used to think, "Just one jump, a few gushing blood, and everything wukk ve over. No pain, no stress, and no suffering." Thank God, I am still alive; because I knew after that there was NO LIFE.

It is not important to not to let suicidal thoughts rise in your mind—in fact, it is impossible—what is important is to fight them. This booklet will help you for the same.

Always remember, suicide is never the option, because there is always a way out.



Handwritten signature of Kunal Marathe.

—Kunal Marathe

A Small Inspiring Message

Millions of sperms fight each other and finally only one succeed to reach its destination, which means that the first step towards life itself started with a struggle. It is an interesting fact that competition and war begins in our life from the very first moment. And what is more interesting is that, we have won that war that is why we attained this structure of human.

After fusion, we go through various physical and biological changes for about nine months in the womb of our mother. Then a team of doctors welcome us in this holy world. With time hundreds of characters – father, brother, sister, grandparents, teachers, friends, girlfriend, boyfriend – and many others play their roles to spread the light of happiness and joy in our life.

Unfortunately, some of us, when surrounded with some troubles forget all these favors and miracles done by nature, God and our own people and choose to end up our own life.

How judicial is it to pull a trigger of gun aiming at your head or cutting the vein of your wrist in a second and insulting the great efforts taken by our parents and the Supreme to bring us up?

Think about it!!!



WHO on Suicide

Suicide is a huge but largely preventable public health problem, causing almost half of all violent deaths and resulting in almost one million fatalities every year, as well as economic costs in billions of dollars. Estimates suggest fatalities could rise to 1.5 million by 2020.

Although traditionally suicide rates have been highest among the elderly male, rates among young people have been increasing to such an extent that they are now the group at highest risk in a third of countries, in both developed and developing countries.

Suicidal behavior has a large number of underlying complex causes which include poverty, unemployment, loss of loved ones, arguments, breakdown in relationships and legal or work-related problems. A family history of suicide, as well as alcohol and drug abuse, and childhood abuse, social isolation and some mental disorders including depression and schizophrenia, also play a vital & central role in a large number of suicides. Physical illness and disabling pain can also increase suicide risks.

The most common methods are pesticides, rat poison, firearms and medicines, such as painkillers, which can be toxic when consumed in excessive amounts.

*The above information is taken from the official website of World Health Organization.

What are Suicidal Thoughts?

Suicidal thoughts, medically termed as Suicidal Ideations, are thoughts or feeling to kill yourself. Many-a-times when something goes wrong or someone faces a major failure, he or she thinks that death is the only escape. Such feelings are the first step towards committing suicide.

Suicidal thoughts are always precipitated by long or short-term periods of emotional or physical turmoil.

Most of the people who suffer get suicidal thoughts do not commit suicide. Some of them just face this evil for just a short period of time and soon forget it. However, some move a step ahead and make suicide attempts. And unfortunately, they succeed.

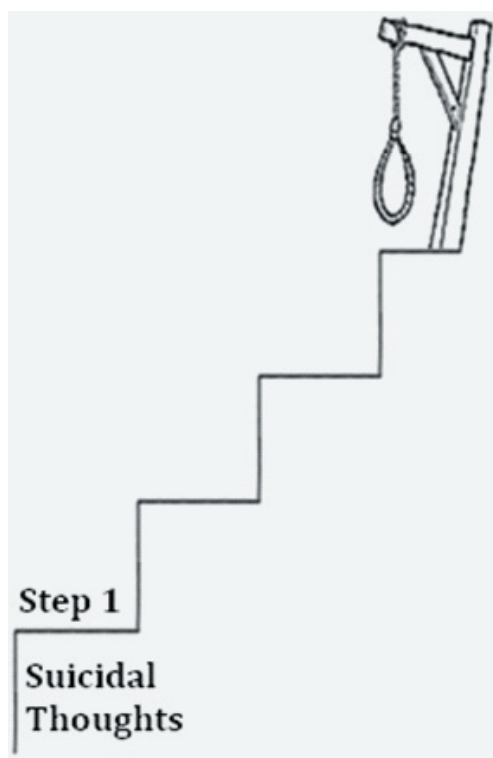
Every thought of killing yourself may not be a suicidal thought. Moreover, every person suffering from suicidal thoughts may not attempt to or commit suicide. However, in any case, you should seek social, emotional and professional help, immediately.

If your friend or someone you know tells you that he/she is suffering from suicidal thoughts, it is your duty to help him/her. If you do not feel yourself fit to help, take proper guidance and steps to prevent suicide.



Anyone talking about suicide or suicidal thoughts today may be a victim tomorrow.

Suicidal thoughts are the first step towards attempting or committing suicide. Thus, the best option is to get rid of them as soon as possible...



What can give rise to suicidal thoughts?

- 1) Economical, physical or emotional loss.
- 2) Death of a loved one.
- 3) Getting poor marks or failing in examinations.
- 4) Feeling ditched in a love affair, breakup or divorce.
- 5) Suicidal thoughts may be part of many mental illnesses, including bipolar disorder and schizophrenia.
- 6) Depression due to various reasons.
- 7) Disputes in family.
- 8) Sexual harassment or rape.
- 9) Ragging.
- 10) Social struggles.
- 11) Drug or alcohol abuse.
- 12) Feeling guilty for something.
- 13) A long, painful health problem.
- 14) Divorce of parents.
- 15) Feeling hopeless or helpless.

Apart from these there can be various reasons that can force someone to choose the fool's path. However, none of the reasons are as important as someone's life.

Suicidal thoughts are often brought by sudden, unexpected and usually negative change in life situations. Many a times, a healthy and happy person may be suddenly pushed into such thoughts.

How to fight suicidal thoughts

A very interesting and meaningful quote has been given by the American writer, film producer and media personality, Phil Donahue. "Suicide is a permanent solution to a temporary problem."

Whenever surrounded by thoughts of committing suicide, think what will happen if you live and face the situation and what will happen if you choose the cowards way *i.e.* suicide. I will tell you, if you show your real courage and fight the bad time, then there would come a day when you will be free of all the worries and concerns. Nothing in this world has remained forever.

Just think that the world wars are over, Mumbai is standing again with the same pride and honor after the 26/11 attack, Steve Jobs regained his position in Apple – after losing a power struggle with boards of directors and resigning from Apple in 1985 – and even the areas worst hit by Tsunami in year 2004 and killed over 200,000 people, are standing tall and seeing at life again. When such big tragedies in this holy world were over after a specific period of time,

will your small and tiny troubles remain forever?
The answer is NO.

So why not drop the plan of saying a 'bye bye' to this world and wait for the flood to go away. And I am sure it will. If you develop this attitude in life, nothing can provoke you to play with your own life.

There are some more ways to fight the Suicidal Thoughts

1. If you are a teenager or youngster you have one great gift of God and that is your parents. May there be any kind of trouble or stress in your life, approach your parents, tell them in what mess you are, and trust me, they will pull you out of it. Do not feel what your mom or dad will think when he or she comes to know about the mistakes or sins you have done. Rather think how they will feel when they see you dead and lifeless.
2. Talk to your close friends or relatives about your sadness or loss. It will give you a great relief.
3. Take the help of a doctor, psychologist, psychiatrist or any organization. These days there are many Non-Profit Organizations who are eager to help anyone suffering from Suicidal Thoughts.

4. Try to adopt spirituality in life. Believing in God gives you a feeling that there is always a Supreme power that will help you when all the mortals fail to do so.
5. Give yourself more time to think about getting out of your depression or troubled situation rather than thinking to run away from it.

Depression

‘I am not feeling well today,’ ‘I don’t know why but I am sad since morning,’ ‘There’s nothing good or pleasing left in my life,’ ‘Oh God! When will I be out of this mess?’ It’s often when we say or hear some of these lines. They may be spoken by us or people around us like our friends, co-workers, family members and all. These lines are some signs of depression.

Depression is one of the most common and most threatening sufferings now-a-days. Luckily, it’s curable, easily. Millions and millions of people from all over the globe, of all races, nationalities and cultures, are facing this evil.

According to World Health Organization, depression is a common mental disorder that presents with depressed mood, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, low energy, and poor concentration. These

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problems can become chronic or recurrent and lead to substantial impairments in an individual's ability to take care of his or her everyday responsibilities. At its worst, depression can lead to suicide.

Facts about Depression

Depression can be reliably diagnosed and treated in primary care.

Fewer than 25 % of those affected have access to effective treatments.

Depression is among the leading causes of suicide.

Depression will be the second largest killer after heart disease by 2020 and studies show depression is a contributory factor to fatal coronary disease. (Fact taken from www.upliftprogram.com)

Every person suffers from depression at some time in life.

It affects populace of all races, incomes, ages, ethnic and religious backgrounds.

Depression is much more than ordinary sadness.



Effects of Depression

Depression is not just a state of minute mental disorder. In fact, it can create a storm in your life and can also force you to end it up. Most of the suicides are carried on due to depression. The major side effects of depression are:

- 1) It can create a gigantic turmoil in your personal, professional and social life.
- 2) Stress or depression can give rise to headache and bodyache with no apparent source.
- 3) It can break your daily routine and push your thoughts towards negative direction.
- 4) In most of the cases it provokes you to commit suicide.
- 5) It can make a normal person restless and irritated.
- 6) Due to depression some people eat a lot and some stop eating at all. Any of the two behaviors can affect your health.
- 7) Depression spreads lot of hopelessness and emptiness in life.



How to fight Depression?

Depression is a real bad phase of life, but it is easy to fight and overcome it. However, it doesn't just go away from your life, you need to take some planned and immediate actions.

There are five very important steps to be taken when you feel depressed.

Step 1: See a doctor

A doctor can prove to be of great help in state of depression. Now-a-days there are various therapies, medical remedies and antidepressants available.

Try to adopt the most essential and health-friendly method. Take anti-depressants only if they are indispensable and on the advise of a doctor.

Step 2: Expand your social network

Man is a social animal, so being with friends, family members or colleagues can help you to keep your mind away from the matter of stress.

Go out on a drive, watch a movie, have a dinner with friends, plan a weekend with family. These small activities play great significance in life. There should be done on regular basis. Even parents should take care that such activities are done on a regular basis for the family. This will not only keep children and family members away from unwanted stress, but it also strengthens their affection for each other.

Family plays a very important role in stress release; a person close to family members is always away from depression and suicidal thoughts.

Take the help of social networking sites like Facebook, Orkut, Twitter and all. These websites are of huge importance, if the users know their limits.

Always remember that staying alone will give more chance for the negative thoughts to make place in your mind. So be with people, be busy and try to be happy.

Step 3: Don't run away from your problems. Face them.

Don't be a coward and run away from the situation, rather find the root cause of the trouble/problem that has created depression in your life, face it, fight it and defeat it.

Be strong. Discuss the same with your friends, family members or someone you trust. There is always someone who can help you. And if there is no one then be a One-Man-Army and leave the rest to the God thinking, "Everything's gonna be alright."

Here's an inspirational quote that my dad messaged me once.

"End is not an end, END means Efforts Never Die.

No is not a negative word, NO means Next Opportunity."

Step 4: Stay Healthy, Stay Fit

A healthy body and healthy mind is very necessary to keep yourself stress free. Take a healthy diet. Avoid junk food. Take proper amount of nutrition.

Try to add fruits and green vegetables in your daily intake. Do not eat less than the limit or more than the limit.

Moreover, have a proper sleep-and-wakeup plan. There is a very old, common and well known saying—Early to bed and early to rise, makes a man healthy, wealthy and wise.

Give importance to exercise, meditation, Yoga and Pranayam. Meditation works as a boon to heal stress and depression. Do meditation daily.

Step 5: Yoga and Pranayam

Yoga and Pranayam are the most powerful medicines for any kind of disease or ailment. The seven sets of Pranayam as shown by the Yogrishi Swami Ramdev Ji should be practiced daily, or twice daily.

Give an hour in the morning and an hour in the evening, and it will change your life, forever.

The seven sets of Pranayam are:

1. Bhastrika
2. Kapalbhati

3. Bahya
4. Anulom Vilom
5. Bhrahmri
6. Udgeeth
7. Ujjayi

Try to adopt them for a disease-free and stress-free life.

5 Myths about Suicide

Myth 1: People who talk about suicide do not commit suicide. They just want to attract others.

Fact: It's wrong to say that someone talking about suicide wants to attract others/attention in fact, he/she needs help. Moreover, most of the people who kill themselves have talked about their suicidal intentions to some or the other person.

Thus, if you find someone close to you speaking about suicide, take immediate actions. At least inform others or take professional help.

Just remember that your timely action can save a life and negligence can be the reason for someone's death.

Myth 2: If a person decides to commit suicide. Nothing can save him/her.

Fact: Suicide is very much preventable. In most

of the cases, a person commits suicide because he/she feels helpless. They are in a great need of help and they desperately want to live.

Such people when provided required amount of support and love, are taken out of the suicidal thoughts.

However, preventing suicide is not an easy task. It needs a lot of efforts, knowledge and support. To save a life one need to know HOW.

It is always helpful to follow the standard suicide prevention steps for the same.

Myth 3: There is no relation between alcohol, drugs and suicide.

Fact: Alcohol, drugs and suicide are very closely related to each other. In fact, recreational drugs or alcohol can most of the times work as the accelerator of suicidal feelings.

When a person is under the influence of alcohol or drugs his judgment power decreases and in such a stage he may not realize that what he is going to do is a great mistake, a mistake that can never be corrected. Under the influence he can conclude suicide to be the only option left to him.

Thus, it is very important to stay away from alcohol or drugs, especially when you are depressed.

Myth 4: You should never talk to the people who are feeling suicidal about their suicidal plans, because if you do so, you will only encourage them to kill themselves.

Fact: This is one of the most common myths about suicide. In fact, talking to suicidal people about their feelings, plans and intentions will lower their anxiety level. They will feel that someone is there to help them, or at least, to guide them.

Always be frank to people who are depressed, nervous or suicidal, try to talk about their worries directly. And help them in coming out of those troubles.

Help of a Psychologist or Psychiatrist can also be taken, if needed.

Myth 5: All suicidal people are severely nervous and depressed.

Fact: It is a fact that depression and nervousness are very closely associated with suicide. But it is not true that all the people who commit suicide are suffering from depression. Similarly, all the people who are depressed do not kill themselves.

It has also been observed that some suicidal people seem to be more contented than they have been before because they have decided to resolve all their problems by choosing the fool's path.

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Sometimes a sudden incident can force a person to commit suicide.

5 most inspirational people

When surrounded with utter hopelessness and helplessness, the life stories of some inspirational personalities work as a blessing. They fill our mind with motivation.

Read about people who have seen the worst phase of their life and fought every hurdle in front of them. And after reading about them—think, if they can, why can't I.

There are people who were challenged by the nature in the cruelest manner. But they laughed on them and did what even normal people like you and I can't do.

I have shortlisted a few of them...



Nicholas James Vujicic



*From Life Without Limbs
to Life Without Limits!*

Nicholas James Vujicic often known as Nick Vujicic is on the top of the world's most inspiring personalities, according to me.

Nick was born on 4 December, 1982 in Brisbane Australia, without arms and legs due to a rare disorder known as Tetramelia.

For few years of his early life, Nick remained extremely depressed, due to his physical disability. He even attempted suicide, until the day when his mom showed him an article about a man dealing with a cruel disability. Young Nick realized that there are many others who are suffering the hard side of life in one or the other way. He was not the only one.

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At the age of seventeen, Nick began to give inspirational speeches. And he also started his non-profit organization, named, 'Life Without Limbs'.

When Nick was asked about his suicide attempts, during his childhood, he said, "I was 8 years old when these suicidal thoughts began to materialize. I was feeling like I had become a burden to my parents and I had so many questions about what my future would look like that I couldn't resolve. I wondered what would become of me when my parents could no longer take care of me. I questioned whether I would ever marry or have children of my own? I was deeply discouraged about what kind of future I could really expect to have?"

At age 28, Nick is a preacher, a motivational speaker, President of an international non-profit organization, and a source of inspiration for millions and millions of people all over the globe.



In my life, I have never found anyone more inspiring than this person.

Stephen William Hawkins



*The man who gave
A Brief History of Time*

Stephen Hawking is suffering from a motor neurone disease, known as Amyotrophic Lateral Sclerosis (ALS). The disease has progressed over the years and has left him almost totally paralyzed.

Though his illness defeated his physical abilities, but it could not win over the will power and determination of Hawkins.

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Hawkins is today one of the most successful name in the field of science. He is regarded as an Academic Celebrity. His book 'A Brief History of Time' is a record breaking bestseller.

He is acknowledged to be one of the top scientists in the world. People even compare him to the great physicist Albert Einstein.

In August 2009, Hawking was honored by the Presidential Medal of Freedom by the 44th President of United States of America, Barack Obama in, August, 2009.

Despite being in wheelchair for more than 30 years, Hawkins is the Lucasian Professor of Mathematics at the University of Cambridge and a Fellow of the Royal Society.

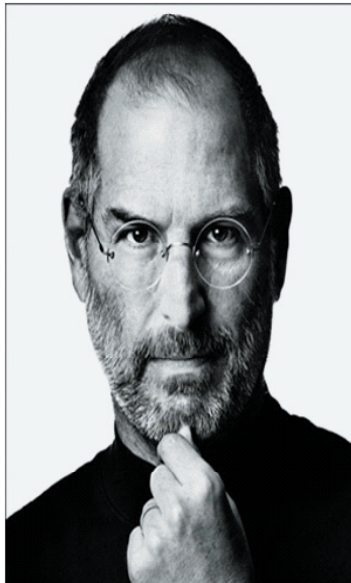
Stephen Hawkins is the best example of a physically challenged man defeating misfortune and living a great life, which not only provides satisfaction to himself, but also set a great example for others.

"It is a waste of time to be angry about my disability. One has to get on with life and I haven't done badly. People won't have time for you if you are always angry or complaining,"

- Stephen Hawking



Steve Jobs



The man behind Apple Computer

This business tycoon has seen some of the best and worst days of his life.

'Apple' was started in a garage by Steve Jobs, 20, and his friend Steve Wozniak.

Within a decade, Apple Computer turned to be a \$2 billion company. When everything was just going great, at 30, Jobs, was fired from his own company.

In an interview Jobs said, "I didn't see it then, but it turned out that getting fired from Apple was the best thing that could have ever happened to me. The heaviness of being successful was replaced by the lightness of being a beginner again, less sure about everything. It freed me to enter one of the most creative periods of my life."

In next five years he started two companies – NeXTStep and Pixar. NeXT was a failure, but Pixar's success brought Jobs back on the track.

Apple Computers was facing a real bad time and pressure from its rival Microsoft. In 1997 Steve Job was appointed as the CEO of Apple.

Steve was back in his dream project, Apple. But the hardship was not yet over. In 2004, Steve was diagnosed with cancer. Steve was informed that the cancer was not curable and he would live only for another few months. However, a biopsy showed that he had a pancreatic cancer that was curable. He then had the respective treatment and defeated the cancer.

Steve once more proved himself to be a leader in business as well as technology as under his leadership, Apple Computers returned to profitability. The innovation such as the iPod has been among the top success inventions in the field of technology.

“Sometimes life hits you in the head with a brick. Don’t lose faith. I’m convinced that the only thing that kept me going was that I loved what I did. You’ve got to find what you love. And that is as true for your work as it is for your lovers. Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work.

And the only way to do great work is to love what you do. If you haven’t found it yet, keep looking. Don’t settle. As with all matters of the heart, you’ll know when you find it. And, like any great relationship, it just gets better and better as the years roll on. So keep looking until you find it. Don’t settle.

Your time is limited, so don’t waste it living someone else’s life. Don’t be trapped by dogma-which is living with the results of other people’s thinking. Don’t let the noise of others’ opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary,”

- Steve Jobs



Randy Pausch



*Inspired thousands of people
with his dying speech*

What would you do if you come to know that you are suffering from cancer, and are about to die in a few months?

I have the answer. Most of you (may be including me) will waste the remaining time of the life in depression, stress and crying. But this man, Randolph Frederick “Randy” Pausch, a professor of computer science and human-computer interaction

and design at Carnegie Mellon University (CMU) in Pittsburgh, Pennsylvania, did not loose his self esteem even after learning that he was suffering from pancreatic cancer, in September, 2006.

On 18 September, 2007 Pausch did something that was enough to keep his name alive even after his death. He presented an extremely heart touching lecture entitled “The Last Lecture: Really Achieving Your Childhood Dreams” at Carnegie Mellon. The video of the lecture got great fame on YouTube with millions of views. Pausch also co-authored a book named “The Last Lecture”, which became a New York bestseller.

Finally, Pausch died of complications from pancreatic cancer on 25th July, 2008.

In May 2008, Pausch was listed by Time as one of the World’s Top-100 Most Influential People.

“I don’t know how to not have fun,” Pausch said to his audience during the lecture. “I’m dying and I’m having fun, and I’m going to keep having fun every day I’ve got left.”

That’s called the real art of living, and of course of dying as well.



Jessica Cox



The first pilot with no arms

Jessica Cox was born without arms, due to a rare congenital disease. Despite of this cruel challenge from the nature, Jessica defied all her physical disabilities. She is a psychology graduate and can do all the work by her feet, which are usually done by hands. To everyone's surprise, she is the first pilot in the world without arms.

However, nothing on earth is achieved without hard work. Jessica required three years to get her lightweight aircraft license, instead of the normal time-period of six months. But the dedication and determination paid her and today she flies a plane called Ercoupe, one of the few airplanes to be made and certified without pedals.

Depression & Other Psychological Disorders & Their Cure

Article by Susheel Kumar Batra

MSc. (Counseling & Psychotherapy), MD (Alternative Medicine) Author of 'Aspirations'

Depression is established as world's number one health problem. It is so prevalent like almost common cold. But there is serious difference between depression and common cold *i.e.* Depression can even kill the person. Suicide rate has been multiplied many times during recent years, particularly among adolescents. This increasing death rate has occurred in spite of all medicinal developments in the form of antidepressant medicines.

But everything is not lost. One can overcome it by learning few techniques of feeling good. Recent developments in psychotherapies proved a leap forward way out in the treatment and prevention of feeling let down. Earlier methods for treating depression were slow and not very effective. The new techniques developed, proved extremely successful way to treat depression and other emotional disorders like anxiety disorders *etc.* It is called Cognitive Therapy.

Cognitive Therapy works fast in psychological letdown conditions and makes one to feel good. It

helps in removing the symptoms of disorder and helps in personal understanding & growth which can also help one to minimize future onslaughts of any depressed feeling thus ensure a sort of cure in depression.

In a more conventional way depression is considered a medical illness with a physical basis whereas the fact is only 16 percent of depression shows genetic influence as the cause. Due to this conventional thinking about depression drugs i. e. antidepressants & tranquilizers are considered most common treatment. More over it is a considered opinion that such medicines are the most effective and reliable treatment of depression. But now the views of medical world are changing very fast and the newer forms of psychotherapies particularly cognitive therapy and cognitive behavior therapy got recognition to the extent that now these are considered as effective as anti-depressant drugs. Though in practical life psychotherapy is without any side effects and treats depression as fast as any kinds of drugs.

Medications in few severe cases of depression is definitely helpful and sometimes even life saving. In such severe cases of depression medications can be combined with psychotherapy for maximum effect in initial stages. Later on treatment can be only psychotherapy especially cognitive therapy or

cognitive behavior therapy in short CBT. In most cases when the person is suffering from either by mild or moderate depression then the depression can be cured with almost certainty with the help of psychotherapy only and again it needed to be mentioned without any side effects what so ever. Even getting treated with the help of psychotherapy would give additional benefits, as it removes lot of other psychological disorders, which almost guarantee the all around personal growth of person who was earlier suffering from depression.

With latest development in the field of psychotherapy it was found that it is not only helpful in mild or moderate depression only but also in severe depression. It is no doubt in contradiction with already prevailing popular belief that psychotherapy cannot help in severe cases of depression and one need to be treated with drugs only. Basic reason earlier in favor of drugs as a possible cure for depression is that it may result from imbalance in the brain chemistry but interestingly recent studies also almost establish that cognitive behavioral therapy actually changes brain chemistry also.

Now such scientific experiments proved beyond doubt, that brain chemistry in the patients' changes after undergoing psychotherapy and that is a big achievement in favor of psychotherapy. Here I

would like to clarify that cognitive behavior therapy is a combination of two therapies. One is cognitive therapy and another is behavior therapy and is popularly known as CBT.

Let us first see how cognitive therapy works. It is practical and based on common sense and anybody can make it work for him or her. There are certain principles of cognitive therapy; the first one is that your mental status in the form of moods is created by your 'cognition' which means thoughts. Broadly cognition refers to the way one look at things *i.e.* one's perceptions, mental attitudes and beliefs. It does also include the way one interprets things. For example: what one say about something or about one person to another. One feels the way what he or she do at the present moment is because of thoughts one is thinking at that moment. It is something we are experiencing almost daily sudden uplift or letdown in our life due to our thoughts.

Other principle is that when one is feeling depressed, one's thoughts are dominated by pervasive negativity (negative thoughts). One perceives not only oneself but entire world is dim & dark in gloomy terms. One starts believing things are really as bad as one sees them in his imagination. If one is substantially depressed, one starts believing things always have been and will be negative.

Third principle is with life philosophy and it has therapeutic importance. The research behind cognitive therapy shows that negative thoughts which are responsible for one's emotional turmoil, always contain distortions most of the times. To a person with a certain degree of depression, such thoughts appear very true but the real fact is that they are totally wrong which one can understand with the help of psychotherapy.

Cognitive therapy is definitely better than other accepted methods for treatment of depression. When the cognitive therapy is combined with behavior therapy it becomes almost a strong weapon to cure all kinds of psychological ailments, including depression. This is called cognitive behavior therapy.

Here one can have an idea about behavior therapy which is the study of how individual learn behavior, and how process of learning can be systematically and effectively applied in the treatment procedure. The principle on which behavior therapy helps the sufferers is maladaptive behavior which is responsible for psychological ailments including depression, is learnt by the same process as adaptive behavior responsive for our normal life. During (C.B.T.) therapy maladaptive behavior can be unlearned with relearning of adaptive behavior in its place.

Certain methods of behavior therapy like ERP (exposure & response prevention), systematic desensitization (more effective in curing phobia), assertive training *etc.* are systematically joined together to make it cognitive behavior therapy. CBT works as a time tested and very much effective psychotherapy for psychological disorders. CBT can also be used as self cure in mild cases and in moderate and severe cases only, there is a need of psychotherapist. Lot of written literature of CBT is available in the form of books and articles by experts as self-help techniques to cure psychological ailments including depression.

It is also observed that mindfulness (meditation) and yoga play wonders in the complete cure of all kinds of psychological disorders including depression when one is treated with psychotherapy. Use of mindfulness and yoga with psychotherapy not only guarantee in removing the symptoms but ensure complete cure with negligible possibility of reoccurrence of psychological disorders.

For utility of mindfulness I would like to mention again renowned neurosurgeon Dr. Jeffery Schwarz whose breakthrough study in OCD (Obsessive Compulsive Disorder) provided hard evidence that the mind controls the brain's chemistry and it can do so through the classic Buddhist idea of mindfulness. He advocates self treatment of even

difficult psychological ailments through CBT and mindfulness. Now lots of people are turning to mindfulness with an attempt to reduce their day to day stress level and attaining peace of mind.

Now at last but not the least I would like to mention about the usefulness of yoga with its certain physical postures and Swami Ram Dev's Yoga package which includes seven techniques/processes of Pranayam (deep breathing) which accelerate the recovery process of the sufferer when used along with psychotherapy in general and cognitive therapy and cognitive behavior therapy in particular. I am of the view that Yoga works almost like behavior therapy and much more because it works and benefits both body as well as on mind.

It is never seen by experts using psychotherapy that there was such problem in the depressed patient that was so insoluble that suicide was the solution. Ultimately victory for a person with depression is choosing to live and psychotherapy makes him or her not only to live but live effectively.

