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SPECIAL ISSUE ON

Eradication of Mental Haze through Value Education

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1. Mindful Ways to Curb the Mental Haziness

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Abstract
In our day by day life we feel that multiple times we are not ready to think unmistakably .Our capacity to finish mental undertakings are impeded, memory is poor and even our basic leadership limit is low. This sort of state in which mind is befuddled and segregated is alluded as mental cloudiness .If such sort of mental hindrance or Haziness is experienced much of the time or pretty much every day then it might prompt significant issues such sort of issues can be dealt with by the best possible counseling of the individual, through meditation, the nature of our thoughts can be changed. Meditation can help in managing the misery, mental disarray, trouble and distress by bringing the body into a condition of prosperity, expanding positive vitality and helping the individual to take control of his feelings. It is at exactly that point that your brain can think clearly, stay centered and settle on the powerful decisions expected to tackle complex issues.

Introduction

"We are not human beings having a spiritual experience. We are spiritual beings having a human experience." -Teilhard de Chardin

What does mindfulness really mean? When you think about mindfulness, you're most likely thinking of an overall sense of positivism and well-being. You would also think of meditation and essential oils, or creating a positive setting around you. In spite of the fact that any of these can add to it, there are likewise some mindfulness meditation methods that you can learn in your life to help in lessening mental cloudiness and stress.

Living carefully is sufficiently simple when things are going as per your directions. Be that as it may, the test comes when you've experienced a troublesome issue with a relative or at work. Whatever the circumstance is, you're being besieged with heaps of feelings at the same time. The characteristic response is to need to explode and simply let everything out. While these arrangements feel better in the beginning, this approach can cause long term harm. Figure out how to manage life's anxieties mindfully and perceive how much better you feel.

Luckily, clarity of thoughts can be conceivable with normal routine with regards to meditation. Meditation, a period tried method, resembles that signboard that demonstrates to you the exit from your wilderness of thoughts. It is the inconspicuous power that settles the swells of questions in your brain and gives clearness in what you think and how you act. How can

meditation transform the quality of our thoughts? What's the science behind it? Let's discover in the following sections.

The world's wisdom traditions tell us to look inside for the real obstacles that block the way to fulfillment. Outer demands will always fill the time given to them. Pitching into the swirling activity of daily life inevitably makes existence seem stressed and chaotic. What you can do instead is to examine your reality "in here," which is where clarity can be found. What most people find when they look inside are the following ingredients in their mental makeup:

1. Confusion: this manifests as not setting clear priorities because the path ahead doesn't look clear and decisive.
2. Distraction: this manifests as a hundred small things that pull your attention this way and that.
3. Disorganization: this manifests as a lack of orderly thinking that leads to productive results.

These three ingredients make up the managerial part of mental life, which is a basic necessity. There's a spectrum of problems that changes from person to person. The tightly controlled, highly disciplined thinker is at one end, while the vague dreamer sits at the other edge of the spectrum. There are countless variations on how we use our minds. If your goal is clarity, set aside the thoughts and sensations that fill your mind every day. Focus instead on the goal of finding clarity.

1. Confusion is solved by getting your priorities straight.
2. Distraction is solved by getting better at focusing your attention.
3. Disorganization is solved by throwing out non-essentials and tending to the important things first.

Keep in mind that we are discussing our internal life, so accomplishing clearness isn't the same as wiping house and rectifying each room. It is obviously better, to figure out how to give the mind a chance to end up deliberate, centered, and clear without anyone else.

Here’s mindful ways to reduce mental haze and stress in your life. Note that each of these things is to be done with purpose. That’s the heart of mindfulness – going about your daily life with intention and purpose.

Start With Awareness- Often; we need our feelings to be heard, so start by seeing and recognizing how you feel. Say something easy to yourself like, "I'm furious that ____ did _____ Take a couple of full breaths. Pray a simple prayer while you’re doing this.

Analyze Your Emotions -Where are these feelings originating from? Is it accurate to say that they are connected to something that happened as of late? It's essential to delay and inquire as to whether your feelings are in sensible extent to what happened.

Thoroughly Consider The Problem - When your disappointment or issue needs to do with another person, consider it deliberately before you choose to go up against them. Give it a great deal of time. Have you been anticipating your feelings on to them? In particular, be prepared and willing to tune in.

Consider The Alternatives- Sometimes, a disappointment or issue tags along that can be dealt with effectively. Inquire as to whether you can change the circumstance. For instance, getting furious about troublesome circumstances isn't beneficial and doesn't settle anything. Ask yourself what your genuine decisions are and what may be the most ideal approach to deal with the circumstance.

Look For Guidance- If you have a mentor or tutor you can get in touch with, you ought. Approach them for direction on the most proficient method to handle this issue successfully. Regularly someone else can give a new point of view that can enable you to take a gander at the circumstance recently. Don't beat yourself up if you don't handle every frustration or problem mindfully rather, just recognize that you could have managed the circumstance contrastingly and proceed onward from that point. Mindful living isn't about getting it right every time or being perfect. It's about living in this moment.

Gratitude - Gratitude changes your viewpoint on the life that you've been given. When you have appreciation in your life you:
Feel less exploited by others or what's occurred in your life. Accusing never again exists.
Have a more open heart. Appreciation encourages you turn out to be more merciful and sympathetic.
With appreciation you'll have the capacity to perceive and acknowledge what you have instead of what you don't.
Attract more appreciation and bliss.

Meditation with Purpose- Meditation is recorded in many mindful procedures as a major aspect of learning your body, monitoring how it feels, and how it is responding.. One of the easiest ways to get started meditating with purpose is by honing yoga. Yoga naturally incorporates breathing, meditation mindfulness as you focus on asanas, what your body is doing and how you are feeling.

Meditation Induces a Sense of Calm- Sleep can quiet down your confused mind. But, do you know that meditation can replicate this calming effect? Did you know that when in meditation, our body's oxygen requirement goes down? A lower oxygen prerequisite means that an elevated feeling of quiet, which gives our body its genuinely necessary rest. A calm mind can think more obviously than a restless mind because it is not scattered everywhere.

Meditation Increases Your System's Energy- The mechanics of meditation increases our energy levels. At the point when this happens, all questions and disarray offer approach to lucidity of mind. You can see and sense better when you are cheerful. It can happen when our energy levels are high. This way, meditation can be your energy booster..

Meditation Makes You Focused- Have you observed yourself at the circumstances you felt you were more focused on your work or whatever you were doing? At all such times, you were probably also high on energy. That is because your energy is not diverted to other wasteful

thoughts. Meditation can clear your mind of wasteful, noisy thoughts. That undoubtedly makes us clear in the mind, and we are able to work and take decisions with clarity.

Meditation Improves Observation, Perception, and Expression- We begin questioning ourselves as well as other people when our brain is covered by the feelings of outrage, disdain, desire, avarice, fear, or potentially lament. Meditation makes us focused, and such emotions don't trouble us much. In the meantime, it enhances our perception of the world all around. We are more responsive to how we feel and how others feel about us. When we begin tuning in to ourselves, it winds up simpler to have a say on our sentiments and feelings. Clearer perception implies a clearer comprehension of the circumstance and clearer refinement of appropriate from wrong, which unavoidably influences our basic decisions. At the point when your recognition and perception are clear, you realize what to express and how to do it.

Meditation Retains Clarity For a Longer Time- While we've already seen how meditation clears the garbage from our brain and mind and helps us grasp, think, and express clearly, it is also necessary to understand how to hold this clarity over the long haul. That will come when we meditate regularly. Daily meditation sustains our energy at higher levels. It also helps us maintain a perpetual state of calm, which we can otherwise lose easily when we face difficult situations. Not just that, meditation also keeps us grounded when we are overcome with happiness. The benefits of meditation are bounty.

Breathing- Deep Breathing Meditation to Find Clarity clears away mental fog and confusion. Use the power of your breath to gain a deeper understanding and be confident in yourself again.

Conclusion

We've all been taught, somehow, that the mind will run amok if it is not watched and controlled. It is easily distracted; an undisciplined mind will wander in all directions. This is where the world's wisdom traditions offer a valuable secret that the unsettled mind comes about through one thing just by focusing on the act of meditation; you take your mind to this level where clarity is natural and effortless. As your inner world becomes more orderly and clear, your actions in the outer world should follow suit. Both sides of the equation are important. Just remember that without inner clarity, all the external neatness and organization won't serve as a substitute. Inner fulfillment is the goal of life, and always has been.

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2. Impact of food and Life Style on Brain Fog

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Abstract

Brain fog may be 'termed as chronic cognitive and mood problems. Brain fog is not just emotional problem, however it is biological. It is related with significant imbalances in brain chemistry that seriously interfere with their ability to experience their power, joy and purpose. Treatment of brain fog neither require any medication nor it is chronic. However, it can be treated with rights kind of food and balanced life style. Unfortunately, many of our diets and life styles are responsible for unbalancing own brain chemistry. In fact, this problem is mainly due to imbalanced and undernourished brain. Our brain requires some specific diet to produce essential brain chemicals that keep us energised, calm, focused, and inspired. Our modern life style is creating imbalance in our brain chemistry. Such chronically imbalanced brain creates cognitive and mood problems which lead us to think badly and feeling worse. Our brain require such food that creates feel-good brain chemicals called as serotonin and dopamine and low levels of the stress hormone known as cortisol. Some foods like caffeine, sugar, starches and our life style like sedentary life, excessive use of electronic gadgets, distractions and unnecessary stress enhances brain haze and if we reverse the trend it enhances own brain health. Thus, in order to lead a fulfilling and inspiring life, there is need to restore the normal levels of serotonin, dopamine and cortisol.

Key words:- *Brain fog, diet, life style, brain chemicals.*

Introduction

A new epidemic known as brain fog is sweeping the society, It is known by several names like brain fog, brain haze, depression, ADHD (Attention Deficit Hyperactivity Disorder scatterbrain or an inability to focus etc. Some mental health professional's call it as "chronic cognitive and mood problem", Millions of people are experiences the blues of anxiety, depression, downright misery, anxiety and frustration. Problems of brain fog or similar are not just emotional but biological. Such people had significant imbalance in their brain chemistry. Over thousands of years, diet, in conjunction with other aspects of daily living, such as exercise, has had a crucial role in shaping cognitive capacity and brain evolution (Gomez-Pinilla, 2008). Although, the main function of food is to provide energy and building material to the body but it's another role is to prevent or protect the body from several diseases. In particular, research over the past 5 years has provided excited evidence for the influence of dietary factors on specific molecular systems and mechanisms that maintain mental function. For instance, a diet that is rich in omega-

3 fatty acids is garnering appreciation for supporting cognitive processes in humans (Mc Canny & Ames, 2005) and up-regulating genes that are important for maintaining synaptic function and plasticity in rodents. (Wu & Gomez-Pinilla, 2005). Such mental disabilities i.e. mental fog or brain fog are due significant imbalances in the brain chemistry. Such imbalances seriously interfere with their ability to experience their power, joy and purpose. Along with nutritional definitions, there is need to address several other issues like spirituality, connections and social elements which are needed for treatment of a person. However, there is a silver lining in the treatment of brain fog i.e. it does not require prescriptive meditation, nor, this problem is chronic. It requires adopting good diet and natural living style and avoiding bad dietary and life style habits.

Impact of food on brain fog

"In a research study in US, it was found that only 17% of American adults are considered to be in a state of "optimal mental health". 10% Americans are taking medication to cope with depression & psychiatric illness. Some 10 to 15% of US adults suffer from insomnia. ADHD diagnosis rates are through the roofs. They have already tripled in children, and stimulant abuse is rising rapidly as more and more high school and college students are scoring Adderall to party or enhance performance. Prescription rates of antipsychotic medications have doubled in the US, over the past 10 years" (Dow, 2015). This magnitude of problem in such an advanced country is alarming and the reasons are obvious; bad dietary habits and sedentary life style. Advances in molecular biology have revealed the ability of food-derived signals to influence energy metabolism and synaptic plasticity and, thus, mediate the effects of food on cognitive function, which is likely to have been crucial for the evolution of the modern brain-(Gomez-Pinilla, 2008). Dietary habits are associated with the development of human civilisation and is affected by the culture, religious beliefs, physical environment and social customs, The newly discovered effects of effects of food on cognition are intriguing for the general public, as they might challenges pre-conceptions, and they attract substantial interest from the media. (Gomez-Pinilla, 2008). Scientists and health professionals in their studies have concluded that the way we eat, sleep, work and live is flooding, starving, clogging and disrupting our brains by destabilising the levels of our brain chemicals.

Dow has suggested what your brain needs.

• Proper nutrients.
• Exercise
• Sufficient restful sleep.
• Regular healthy circadian rhythm.
• Downtime for relaxation and restoration
• Purpose and meaning
• Spiritual practice
• A connection to something larger than yourself.

Whenever the blood sugar increases, it wreaks the, same havoc in your brain as it does in your body. Thus whenever we indulge in eating unhealthy food (too much sugar products), we are putting ourself at risk of damaging our brain. The research studies show that people who are not diabetic but have higher blood sugar level performed worse on memory test, what is more, the

same study found that people with higher blood-sugar levels had a shrunken hippocampus, which is part of the brain involved in learning. (US News and World Report, 2013). And you don't have to be downing sodas every hour to be vulnerable: even having moderately above-average blood sugar is associated with decreased brain volume later in life (Mortby et al., 2013). Another ground-breaking 2013 study of 2000 people showed participants with higher blood glucose levels to be at greater risk of developing dementia (Crane et al., 2013).

How foods affect our brains

Vitamins:-

Folate, a type of vitamin B is essential to the brain. Vitamin B12 is also critical to brain health. Many patients diagnosed with Alzheimer's have low levels of vitamin B12, and as many as 30% of patients hospitalised for depression are vitamin B 12–deficient. Without enough vitamin B, our brains cannot make the chemicals we need for mood, brain function, and healthy sleep Dow, 2015).

Fats

In our normal diets, we eat mostly Omega-6 s and not enough Omega 3s. The healthiest fats are mono saturated fats like Olive oil and the anti-inflammatory, high omega 3s found in sea food help in preserving the health of our brain. One study showed people who consumed the healthiest fats were 42% less likely to experience cognitive impairment (Robert, 2012). The absolute best fats for your brain are Omega-3 fatty acids, which help prevent inflammation-the key, we now know, to preserving cognitive function and warding off depression, stress and anxiety. (Dow, 2015). Omega. 3s can lower our risk of developing chronic diseases like heart disease and arthritis, and they can even make it hard for cancer cells to survive (Q, Li et al, 2005). Several types of Omega-3s are essential for the health of our brain. The most important ones are DHA, which is mainly associated with cognition, and EPA, which is associated primarily with mood (Dow, 2015). Vegetarian source of "Omega-3 enriched" are flax seeds, walnuts, and canola oil. DHA, the source of "think better" omega-3 is wild Salmon fish, seaweed and DHA enriched milk. Because it is associated with cognition. DHA can improve IQ scores and support neurogenesis. It helps in developing brain and thus DHA is very essential for pregnant women and kids and helps in preventing brain fog. EPA Omega-3 fat is brain's "feel better" and is mostly found in seafood. People with low levels of omega-3s are more likely to be depressed and even diagnosed with ADHD (Edward, et al. 1998). One study showed a link between people who ate a lot of fish and good mood (Silvers & Scott, 2002). Another even larger study found that those taking an Omega-3 fish oil supplement were about 30 % less likely to exhibit depressive symptoms than those not taking one (Raeder, 2007). Supplementing with fish oils that have a high EPA to DHA Ratio has been shown to lead to significant reductions in both defensive symptoms and anxiety: a wonderful study of stressed-out medical students subject to frequent examinations showed that Omega-3 supplementation resulted in a 20% reduction in anxiety symptoms while simultaneously decreasing inflammation (Lesperance et al. 2011).

The Building Blocks of Body & Brown: Proteins

Soybeans:-

Soy is a complete protein when it is eaten whole and as nature made it. Soy contains all amino acids, including tryptophan and tyrosine, which are required to produce serotonin and dopamine. Soy protein itself may actually increase the levels of feel-good serotonin in the brain and improve mood (Toyohira et al. 2010). Soy lecithin may help people deal with stress by decreasing the amount of stress hormones released on tricky situations (Hellhammer et al., 2004). To reap these benefits, you do not need much soy - just a serving a day. Soy might also improve cognition (Zhao & Brinton, 2004).

What kind of soy should be eaten?

The very best soy for both vegetarians and non-vegetarians is fermented Soy, a category that includes Tempeh, miso, natto, and tamari, all of which have potent anticancer properties in addition to their brain boosting ones (Dow, 2015). Tempeh is considered the healthiest form of soy, whole soy in the form of Tofu and edamame are the next-best choices and should be eaten in moderation.

Organic milk is another source of omega-3 and healthy protein. And despite logic that says to cut fat to stay slim, a 2013 study found that children who drink low-fat were less likely to be slim than children who drank the full fat varieties (Lesperance et al. 2011). Organic milk also makes up the deficiency of vitamin D. As vitamin D is fat soluble, therefore, it should be consumed with fat. And while saturated fat from conventional dairy may be bad for heart, the conjugated linoleic acid (CLA) found in organic dairy offsets the adverse effects-namely heart attack - of the saturated fat it contains (Gelder et al. 2007).

Beans, Salmon fish and sprouted cereals

Intake of proteins can be enhanced from the sources like wild salmon fish, sprouted cereals and beans. Beans are one of my richest source of antioxidant, which can neutralise the effects of damage in your brain and possibly reduce your risk of Alzheimer's and Parkinson's, and they cost a fraction of what you pay for meat (Engelhart et al. 2002). Beans also have a favourable omega 3-to-6 ratio. Unlike factory-formed chicken, some high protein beans have more omega-3s than omega-6s. Another bonus: they contain amino acids like Tryptophan and tyrosine, which, as you know, your body needs to make serotonin and dopamine. Beans also contains B vitamins, including folate, and your body needs these to convert amino acids into mood boosting neurotransmitters" (Dow, 2015).

Life style.

Along with diet, we should do regular exercise, yoga, pursue any religious or spiritual practice, and human connections that actually support our brain health. The sedentary life is adversely affecting our body & brain and reducing the hormones that are needed for thriving brain. Overindulgence on blue lights/technology addiction is starving us of sleep and increasing social isolation.

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3. Mental Haze - Causes, Symptoms and Remedy

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Introduction:

Mental Haze (Brain Fog)

We all experience days when we are not able to think very clearly. Our ability to complete mental tasks are reduced, our memory is poor and even our decision-making capacity is not what it usually is. For most of us this is a short term impairment that we commonly refer to as brain fog or mental fog. However, when this impaired mental state is a daily occurrence then it needs to be investigated further as it may be a symptom of some underlying disease.

What is the Mental Haze (Brain Fog)

There is no clear clinical definition of the term 'brain haze', 'brain fog' or 'mental for'. It is a common term that people use to describe an impaired mental state and for medical purpose it is often labelled as mental impairment, confusion, poor memory or an inability to concentrate. The activity of the brain is depended on a host of factors which allows the brain to complete all of its functions.

This activity is largely due to the propagation of electrical impulses in the nerve cells that constitute the brain matter. It is therefore possible that brain fog is due to some impairment in brain activity, coupled with the effect of an imbalance in neurotransmitters (brain hormones), and impaired energy production within the brain and or low oxygen and glucose supply to brain cells.

Meaning and Symptoms:

Try to put the meaning of brain for into words is difficult. Probably the best way to describe brain fog is like the mental symptoms you experience after missing a night's sleep or waking up with a hangover. Brain fog is not just fatigue from poor sleep patterns or a hangover as such although it commonly arises in these situations. There is a lack of mental clarity.

Many feel that it is like a haze or fog that has clouded the mental ability. You can still think, concentrate, remember and make decisions but it is not as clear as one is accustomed to. As with most symptoms, brain fog is largely subjective and cannot be clearly measured to isolate a specific abnormality or imbalance. The symptoms of brain fog may include:

- Forgetfulness (appointments/ commitments, names and so on)
- Poor memory with recalling past events
- Difficulty concentrating and diminished attention span

- Slowness with decision-making and learning new things
- Confusion (Sometimes)
- Mixing up words or forgetting words
- Easily mentally fatigued with even moderate mental activity

However, these brain fog symptoms are not the same as learning disabilities, mental retardation, or other mental health illnesses.

Brain Fog Causes

It is important to note that the symptoms of brain fog may also be seen in certain neurological and psychiatric conditions. Furthermore, brain fog symptoms are common with using certain drugs and this is known as an iatrogenic cause. However, for most of us brain fog is a transient symptom or collection of symptoms. It comes up occasionally, lasts for short period of time and usually we can clearly identify the cause. Here are some of the common causes.

1. **Insufficient Sleep**

   Sleep is important for physical, mental and emotional wellbeing. The exact way in which sleep benefits the body is unclear but it is known that there are a host of imbalances that arise with inadequate sleep or poor quality sleep. The period of time during which we sleep is essentially a recharging session. Therefore inadequate sleep will understandably have an effect on mental functioning which may be described as brain fog. It may also be described as a morning muzzy feeling.

2. **Alcohol Overindulgence**

   Excessive alcohol consumption can impair brain functioning for hours or days afterwards. In chronic alcoholism, it can cause permanent changes and damage to the brain structure and its activity. Initially brain fog is part of intoxication. The lack of mental clarity when drunk is well understood. Most of us look at brain fog following an over indulgence in alcohol as part of a hangover. However, it usually subsides with time and rest and mental clarity restores provided that there is no further alcohol intake.

3. **Prescription Drug Use**

   A number of prescription drugs can affect brain activity as well. Often these effects are not as severe and uncontrollable as with illicit drugs. Sedatives, tranquilizers or anti-anxiety medication, antidepressants, anti-psychotics and narcotic painkillers are probably best known for its effect on brain activity. However, similar side effects may arise with other drugs some of which are not even intended to treated nervous system conditions.

4. **Mental Exertion**

   Any strenuous or prolonged mental activity that is well above the norm coupled with physical fatigue may lead to the symptoms described as brain fog. It is often easily remedies with a good night's sleep and some relaxation techniques that does not involve extensive mental activity. This effect from mental exertion is not uncommon but it is usually temporary. Even repeated episodes of such mental exertion usually does not lead to permanent brain fog.

5. **Emotional Stress**

   Emotional stress can have a range of effects on mental activity. It can be prolonged stress like continuing marital problems or a sudden emotional shock like death of a loved one and

the accompanying grief. The resulting brain fog in these cases is directly related to the events or situation. However, sometimes past events that were emotionally taxing may have an impact many years or even decades later. Brain fog may therefore be linked to this past trauma, as is seen with childhood abuse.

6. **Low Blood Glucose or Oxygen**

An adequate supply of glucose and oxygen is necessary for the brain to function optimally. Even a momentary dip in blood oxygen and glucose can affect the brain. Therefore any condition that lowers brain glucose or oxygen level will impact normal brain activity and give rise to brain fog. It may be seen in endocrine, cardiovascular and respiratory diseases. Poor air quality, extreme dieting, prolonged fasting and so on may all contribute to this mental impairment. It may also occur with nutritional deficiencies.

Here are the top solutions to clear brain fog through informal education:

1. Change Your Diet

Brain fog can be caused by foods in your diet. Approximately 15 million Americans suffer from food allergies. Meanwhile, countless more are unaware of a mild food allergy. Food allergies can start at any age or be triggered from poor gut health, such as autoimmune disorders.

For example, **gluten sensitivity** is linked to brain fog. A study of 11 newly diagnosed individuals found a gluten free diet helped **improve focus, memory, and verbal fluency**. Many people suffer from a gluten allergy but don't know it. Other common allergies include casein (dairy products), eggs, peanuts, and soy.

Research also indicates that low-fat diets can lead to cognitive decline. Studies with dementia patients found **high-fat diets decreased brain focus**. Dehydration can also cause impaired cognitive performance. Drinking too little water leads to an unhealthy gut, which can cause constipation or diarrhea. Consider your own diet and if there is anything possibly causing your mental fog. Take note of how your meals sit with you and experiment with elimination in order to discover what foods might be clouding your head.

2. Take supplements

Try taking a supplement like OptiMind. OptiMind contains premium ingredients to help you stay focused and mental alert. Antioxidants are another key component for a healthy brain. Foods rich in antioxidants are able to fight off oxidative stress. Vitamin D and Vitamin B complex supplements are essential for cognitive function. These compounds supply the body with necessary nutrients to cleanse, rejuvenate, and heal. Some supplements are designed to **enhance cognitive performance and clear mental fog**.

Bacopamonnieri, better known as water hyssop or brahmi, is an ancient Indian medicinal herb used to improve memory and cognition in healthy adults. The active compounds in Brahmi, known as bacosides, are being evaluated for their effects on the brain and human health. Some research has shown the compounds in Brahmi to Positively influence brain cells and improve retention of newly learned information.

3. Sleep more

Sleep is a critical component for a healthy, waking reality. It is necessary for your mental and physical health. **Regulating and maximizing your sleep will improve attention, memory, and mood**. Lack of Sleep has severe health consequences and too much sleep is also bad for your health. While common sense tells us that 8 hours of sleep is the right amount, some people only

require 6 hours for ideal performance. Find out what the right amount of sleep is for you by tracking your nightly sleep.

"You really can make up for lost sleep and restore focus and clarity. You can lose the brain fog within a week. But start now; the longer you have bad sleep, the longer it will take to catch up."– Dr. Epstein, medicine instructor at Harvard Medical School.

Sleep studies suggest that sleep quality is more important than sleep quantity. The brain forms new pathways during sleep in preparation for upcoming information. High quality sleep improves attention, problem solving, and decision-making skills. Researchers from the Scripps Clinic Sleep Centre report that people who sleep between 6.5 and 7.5 hours a night tend to live the longest. Harvard Health Letter suggests sleep improvement tips, like exercise and fasting close to bed, to "burn away brain fog." Here are some recommendations on improving your quality of sleep.

Sleep Quality Checklist from Sleep Foundation:

- Regulate bedtimes and wake up times
- Nightly ritual or habit that includes winding down
- Cool, dark, quiet room
- Avoid alcohol, cigarettes, and heavy meals close to bedtime
- Comfortable bedding
- Exercise daily

4. Exercise

Exercise is a fantastic way to eliminate mental fog and stress. Working out opens your blood vessels, gets your blood flowing, and increases oxygen levels. This drastically improves your body's ability to perform, physically and mentally. Research suggests that exercise actually boosts the brain's cognitive flexibility. Even walking for 40 minutes, 3 times a week, can increase brain health.

Studying the effects of running on depression found that running appears to increase cell growth in the hippocampus. This suggests that exercise improves learning and memory. Aerobic exercises and exercising in the morning seem to be the most beneficial for brain health and memory. Sticking to a schedule and having a workout buddy are great tricks to pick up a daily habit. Yoga, tai chi, and aerobic classes are excellent exercises for better memory and reducing brain fog. However, any form of exercise is beneficial so it's important to choose an exercise routine that works with your schedule, budget, and ability.

5. Chill out

In today's world, our lives are pretty hectic and often full of stress. Most of us don't take time to chill out. The science of stress is well documented as the deadly hormone that hurts the body and weakens of the immune system. Stress can also lead to brain fog.

Here are a few ways to decompress:

1. *Zen out*-Meditation can reduce stress, lower blood pressure, and improve overall health. It increases mental awareness as well. Researchers studied factors such as hearing, vision, and blood pressure amongst meditation practitioners and found meditation resulted in younger physiological testing.
2. *Jam out*-Listening to music is known to reduce stress levels. In fact, classical music has been shown to slow down pulse, heart rate, and lower blood pressure. Music can also provide security, relieve distress, and boost self-esteem.

3. Focus and Concentration Music
   - Play to increase attention levels, improve retention and memory, extend focused learning time, expand thinking skills
   - *Relax with the Classics*. The LIND Institute. Accelerated Learning research indicates slow Baroque music increases concentration. It works!

6. Detox

Modern living means high exposure to toxins from our environment. Cleaning supplies, upholstery, and clothing contain toxins that can hinder cognitive function. Chemicals for maintaining the lawn, furniture, and cars also contain toxins. These toxins build up in your liver, kidney, and throughout the body.Heavy metals are toxins commonly found in water, air, and food. One example is copper toxicity, which is more recurrent and harder to diagnose. Symptoms include confusion, mood swings, and disorientation. Heavy metal detoxes focus around the adrenals to prevent burnout. It's also important to minimize your exposure to toxins.Bowel toxicity or candida infection requires detoxification to remedy brain fog. This involves fasting, drinking plenty of water, and changing your diet. It may also be blood sugar related. Regardless, most of these ailments require detox to relieve symptoms. Reducing mental fog goes hand in hand with changing your diet.

Conclusion

If you suffer from poor memory function, adopting any one of these techniques to your life will drastically improve your cognitive performance. Incorporating any combination of them or all of them to your life will definitely rid your mind of any foggy head symptoms!

Brain fog is not a medically recognized term but is a commonly used phrase that sums up feelings of confusion, forgetfulness, and lack of focus and mental clarity. Having brain fog is fairly common, but it's not normal.When you feel foggy, unfocused, and like you *just can't think*, your brain is sending an important signal that there's an imbalance in your life that needs to be addressed. The causes of brain fog generally fall into one of two main categories — either it's **lifestyle-related** or a side effect of a **medical condition or medication**.

In this article, we'll be taking an in-depth look at the main causes of brain fog. And we'll give you concrete steps to get your brain back on track quickly. All the solutions are based on informal education because every causes of mental haze is related to our society, our surrounding, and our family that's why it is part of the informal education and we can get rid from the mental haze through this informal educational aspects only.

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4. Value Education for Removal of Mental Haze

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Abstract

Today oppression, corruption, malpractice, unrest and disparity have become widespread in our society and so schools have an added responsibility to make sure that value education as a subject is acknowledged sincerely as a part of the curriculum. The aim is to promote independent thinking, cognitive engagement and critical awareness and to enhance performance and personality of students, thus, produce responsible citizens with sharp minds who can transform the society. In today's stressful life, each one seeks easy success by taking on malpractices antisocial that point out mental haze which in growing years puts the entire society at stake. Thus, integration of values in various aspects of life for a holistic life is necessary. The people and the environment around them play a vital role in leaving an impression on the tender minds of young children which through mental haze could mislead them to go astray. Here, role of the school and mainly the teacher becomes imperative to make sure that values are woven in all her lessons she takes up with her students. It is necessary for including values within each lesson, each topic taken up irrespective of the subject being taught to eradicate mental haze. This paper discusses the importance of value education and suggests practical solutions to remove mental haze for humanitarian values, universal brotherhood and democratic thinking.

Listing of Key Terms

- Active Learning
- Democratic Classroom
- Independent Thinking
- Moral Excellence
- Self-Discipline
- Value Creation

Introduction

Mental haze, synonymous with the words like obscurity, perplexity and vagueness is a normal state. It is a clash situation in human mind. This state has affected every single human being in the human history. Greatest ones like Gautama Buddha, Swami Vivekananda and Tirthankara Mahaviraalso crossed this state in early phases of their life. Common people face this situation, relatively, in life, especially students, researchers and all those, who make constant efforts to get solutions to unavoidable problems with the purpose of generating such an environment in which society, nation and humanity altogether come forward to the path of human welfare of one and all, pass through this situation time after time. They drop this state of

mental haze – obscurity, perplexity or vagueness only with an effective, result-oriented and welfare-statist method of value education.

Education is the expression and expansion of virtues already within, and the process of making life purposeful on the power of virtues. Education is for the rise of life-values and an all-round development of one's personality on the base of these values. One, who develops his character on virtues-values, can set up himself respectfully in the society along with earning a living by way of fair means. He is well able of performing his duty towards the nation and humanity all together besides making his identity at national or international level. Despite this, the emergence of the state of mental haze, doubt or a stressful situation resulting in one's low performance – inadequacy in life is truly unfortunate. In such a situation, to make education worthy with the purpose of drawing out one from the state of ambiguity or confusion and to head to his self-reliance according to its meaning and fundamental spirit, value education is essential.

To this end, the purpose of paper is to present the worth of value education and simple practices to make sincere attempts in a planned way for making education valuable to lead one to make his life purposeful, freeing one of ambiguities, confusions – the mental haze and eradicate all perplexities, impossibilities and mental duels to emerges ideal. Thus, general education, physical and mental health education, moral and ethical aspect of education and development of intrinsic virtues, qualities or attributes right from the childhood can remove the state of haziness - the mental haze and uncertainty bringing about clarity of thoughts. This is the way of making life commendable and meaningful – achieving the object of education or making it valuable in real sense.

It is the need of the day for inter-relation of values in all the lessons irrelevant of the type of subjects. It would potentially endorse high-spirited teaching-learning process in the classroom, promote independent thinking and remove mental haze for the all-round development of the child. There are several effective teaching pedagogies that can prepare students with the power to differentiate between ethical and unethical, make them critical thinkers and active questioners to educate with correction in behavior and rise in standards.

(A) Creating Democratic Classroom

- Application of advanced pedagogies to classroom methods, such as students participating in collective and cooperative work, peer and group evaluation, open-ended discussion and the teacher taking on range of roles including lecturer, coordinator, researcher, librarian, mediator and peer-discussant and so on.
- Collaborative group work can be used for all inquiry-based project work wherein students act with confidence and motivation when they make inquiries and discuss.
- Teacher can make learning meaningful with problem posing dialogue and inspire students to think critically and learn.
- Vocational training must be given such that child becomes a self-employed and self-dependent person.

- Teacher could adopt story-telling method, arrange role play, use audio-visual aids, show presentations, organize co-curricular activities, indulge in discussions, pose questions, share ideas and experiences and revise the content and so on depending on the age, maturity, class, psychology and interest of the student. As a result, the teacher can make the lesson interesting, interactive and informative to the maximum,
- Teacher must adopt new teaching methods like inquiry-based learning, discovery learning, project method, problem posing method and discussion method and so on to facilitate student-centered development in the class and to inspire students to do critical thinking and question *why*.
- Diagnostic and remedial teaching be given to those students who are capable yet due to disabilities, they are unable to cope up with studies.
- Teacher can give problematic situations on various social issues and children may suggest the solutions themselves.
- The teacher can involve students to resolve common classroom problems such as disciplinary issues, tour planning and so on.

  Here, the creation of democratic classroom is giving an answer to all posed questions, group discussions, an organization of debates, inspiration to think and act critically, sensibly and innovatively, appreciation of creative thoughts, boost student's imagination and attitude and allow students to disagree critically and freely.

(B) Enhancing Moral Excellence

- The teacher need to realize his/her duties and professional ethics to stay ideal, dynamic and democratic for student-centered education
- The teacher should play an active role to give right education to children with critical, dialogical and liberating education.
- The teacher must equip students with the essential skills needed to strengthen themselves as democratic citizens in society.
- Teacher's role should be to trust his/her students, be humane and to have high opinion of their thoughts and share love, peace and happiness.
- Teacher must foster inquisitiveness and interest in lesson by learning with inquiry.
- It is important that teachers upgrade themselves and stay oriented with world happenings and education and prove their excellence in the 360-degree appraisal done by the school management.
- Teachers should keep positive, modern approach towards education.
- The teacher should give child ample opportunities to think and interact freely and positively for true understanding and learning of the concept.
- The teacher should never leave any opportunity to praise the students even for the slightest of efforts. This will help students, to remain determined, have a positive outlook and a happy demeanor.

Here, the encouragement to moral excellence of teachers can increase when our education system is more vibrant, analytical, creative, intellectually enjoyable and application-based. The output implies rise in moral ethics and drop in mental haze.

(C) Increasing self-Discipline

- Teacher must build confidence in students by fostering critical thinking and sensitizing their conscience from within.
- Teacher must create self-knowledge and self-awareness to enable students to have more control over their behavior, including their communication patterns.
- Teacher can create an inclusive classroom wherein each student feels free and confident to express his/her voice and concerns in classroom.
- Corporal punishment to students is not only physical abuse but mental abuse also.
- Teachers must feel concerned about the psychology and trauma of children, when they are physically or mentally abused anytime.
- Teacher needs to maintain equilibrium with the questions posed and answer all the questions sensibly.
- There should be humanitarian relationship between teacher and students based on love, humility and faith.

Here, the development of self-discipline isrelatedwith self-improvement along with introspection and acceptance of positive criticism with full objectivity and clarity.

(D) Making Active Classroom Setting

- The teacher can bring about exchange of ideas, instigate self-learning, encourage the child to think and never spoon-feed a student.
- The teacher should promote dynamic student participation in presentations, co-curricular activities and decision-making.
- The teacher must ensure students freely ask questions, raise queries, give new ideas and even debate reasonably.
- The teacher must indulge in active interaction, group discussion as well as sharing of ideas along with students.
- The teacher must be democratic, a good role model, provide favorable classroom environment and ample learning opportunities with love, humility and faith in students.
- The teacher should support participation in decision-making, inspire constructive suggestions, bring about freedom of expression as well as provide a safe and friendly classroom environment.
- The teacher can engage students in various classroom activities such as projects and co-curricular activities for instance sports.
- The teacher may give ample opportunities to students to take suitable positions of responsibility and to participate in the running of the institution and in the educational activities within the classrooms.
- The teacher can create an open classroom climate and help students to be independent, efficient, effective and strong.
- The teacher should motivate students in dynamic interaction, make effective use of teaching aids and keep the class alive by way of student participation in every teaching-learning activity.
- Teacher and students ought to teach and learn together as partners and co-intentionally interchange their roles in liberating education.

- The teacher should keep her students inspired by her thoughts, words and actions and above all practice what he/she preaches.

  Here, the making of active classroom setting includes the teaching-learning process wherein teacher focuses on understanding and not spoon-feeding, trial and error method, seek solutions to problems, use of teaching aids, usage of novel methods and techniques of teaching, make ideal students as role models, stay as friend, philosopher and guide, solution to difficulties of students, keep class highly interactive, learn jointly with students, development of positive mindsets and conduct classroom activities to promote creative thinking and to remove mental haze.

(E) Teaching Value Creation

- It is vital to think critically and to promote critical awareness amongst students by discontinuing old orthodox traditions for new, dynamic society.
- Teachers should remember that following blind faith and orthodox norms is at the cost of humanity, similarly, imposing oneself as a teacher on students is at the cost of their faith, creativity, talent, potential and so on. Thus, fundamentally, teachers should not exploit human rights of students.
- Teacher should train students to question blind superstitions and traditional beliefs which are followed in our society somewhere by educated people also.
- Teacher should allow children to question at freewill and consider answering questions correctly as their solemn duty.
- There can be assemblies conducted on different values where students can showcase the importance of value through drama, dance, music, etc.
- There can be value-based games in which students can be asked to mention one positive attribute about their partner.
- The teacher can take up group activities and stress on the significance of acceptance, belongingness, cooperation, faith and inclusiveness.

Here, teaching value creation necessitates critical awareness, application of learned knowledge, courage to raise voice and upholding national rights of freedom of expression against social evils such as blind faith and superstitions sustaining virtues.

Concluding Remarks

In trying to encourage value education for removal of mental haze, the teachers need to take an upper hand in integrating active learning into the classroom by employing resources for active learning for inclusive classroom and following constructivist approach in classroom situations to promote independent, critical and scientific thinking. It stresses upon the pivotal role of teachers to focus more on the growth of students and their far-reaching personality development and for enhancement of their scholastic and non-scholastic performance, as humane teachers, wherein mutual love, humility, hope, faith and trust are the critical matrix of a dialogical relation to create critical awareness and attitude. It is vital to promote critical thinking, creativity and true reflection.Thus, it is essential to impart value education to bring transformationin society consideringinequity, indiscipline and other broad malpractices in Indian society with the intentthat our Indian classrooms become more lively, critical, creative, liberal, academically sound and application-basedand uninhibited from mental haze.

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5. Mental Haze and Its Causes

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Abstract
Mental haze is a catch-all phrase used to describe feelings of fuzzy thinking, mental confusion, and lack of focus. it is a condition more prevalent in modern society. Through this paper author has tried to highlight some of its symptoms and causes. Sometimes mental haze is caused by lifestyle factors like diet, stress, or lack of sleep and exercise. Other times, it's caused by an underlying health condition or is a side effect of a medication. Be proactive about adopting a brain-healthy lifestyle and managing your health and medications. No one cares about your brain as much as you do.

Mental haze and its causes

We all experience days when we are not able to think very clearly. Our ability to complete mental tasks are impaired, our memory is poor and even our decision-making capacity is not what it usually is. For most of us this is a short term impairment that we commonly refer to as mental haze or mental fog.

What is mental haze?

Try to put the meaning of mental haze into words is difficult. Probably the best way to describe mental haze is like the mental symptoms you experience after missing a night's sleep or waking up with a hangover. Mental haze is not just fatigue from poor sleep patterns or a hangover as such although it commonly arises in these situations. There is a lack of mental clarity.

Many feel that it is like a haze or fog that has clouded the mental ability. You can still think, concentrate, remember and make decisions but it is not as clear as one is accustomed to. As with most symptoms, mental haze is largely subjective and cannot be clearly measured to isolate a specific abnormality or imbalance.

Mental haze is not a medically recognized term but is a commonly used phrase that sums up feelings of confusion, forgetfulness, and lack of focus and mental clarity.

Having mental haze is fairly common, but it's not normal.

When you feel foggy, unfocused, and like you just can't think, your brain is sending an important signal that there's an imbalance in your life that needs to be addressed.

There is no clear clinical definition of the term 'mental haze' or 'mental fog'. It is a common term that people use to describe an impaired mental state and for medical purposes it is often labeled as mental impairment, confusion, poor memory or an inability to concentrate. The activity of the brain is dependent on a host of factors which allows the brain to complete all of its functions.

From the above Mental haze can be defined as "a state of mental confusion, detachment, and forgetfulness," according to Dictionary.com. While not a technical term, "mental haze" is a term

with which many people with depression identify. Indeed, forgetfulness (memory loss) is a common cognitive deficit found in depression and confusion and detachment can be felt as a part of depression as well.

Mental haze Signs and Symptoms-Mental haze symptoms and signs include:

- Confusion
- Detachment
- Forgetfulness
- Poor memory with recalling past events
- Difficulty concentrating and diminished attention span
- Slowness with decision-making and learning new things
- Confusion (sometimes)
- Mixing up words or forgetting words
- Easily mentally fatigued with even moderate mental activity

However, these mental haze symptoms are not the same as learning disabilities, mental retardation, or other mental health illnesses.

Causes of Mental haze

It is not known why people with depression experience mental haze but it is likely that a combination of mood and cognitive effects, together, create a sense of a "foggy" brain.

It is important to note that the symptoms of mental haze may also be seen in certain neurological and psychiatric conditions. Furthermore, mental haze symptoms are common with using certain drugs and this is known as an iatrogenic cause. However, for most of us mental haze is a transient symptom or collection of symptoms. It comes up occasionally, lasts for a short period of time and usually we can clearly identify the cause. Here are some of the common causes.

(1) Nutritional causes

One of the causes may be that You Are Eating the Wrong Foods

One of the first things you may think when your brain gets foggy is “Was it something I ate?”And often you’d be right. Here are some of the many ways the food you eat could be behind your fuzzy thinking.

(a) Sugar

Refined carbohydrates like sugar and high fructose corn syrup send your blood sugar level skyrocketing up, then crashing down. And since your brain uses glucose as its main source of fuel, this puts your brain on a roller coaster ride — first too much, then too little glucose.

Low brain glucose leads to mental haze, mood swings, irritability, tiredness, mental confusion, and impaired judgment.

(b) Low-Fat Diets

Your brain is largely comprised of fat, about 60% by dry weight, and low-fat diets have been as disastrous for our brains as they’ve been for our waistlines. when you don’t eat enough dietary fat, the brain starts to literally digest itself for the raw materials it needs to create essential brain chemicals. Glucose is usually the brain’s main fuel source, but our brains are quite happy to burn fat which he calls “super fuel” for the brain. Avoiding dietary cholesterol puts your brain at risk.

(c) Wheat Brain

Wheat is a class unto itself as a mental haze culprit. Gluten, a protein in wheat that makes

dough stretchy, is considered the worst culprit, but there are over 1,000 other proteins in wheat that can trigger negative reactions as well.

(d) Food Additives

Anytime you eat processed food, restaurant food, or fast food, you are almost certainly getting more salt, sugar, fat, and food additives than you might think.Two of the worst kinds of additives for your brain are MSG and artificial sweeteners.MSG can cause mental haze and other brain-related symptoms

(e) Dehydration

Drinking enough water seems like common sense, Your brain is 75% water by volume and even mild dehydration will affect your ability to think clearly.)It takes only 2% dehydration to affect your attention, memory and other cognitive skills. Ninety minutes of sweating can shrink the brain as much as one year of aging!

(f) Nutritional Deficiencies

Your brain needs all essential nutrients to operate smoothly, but some deficiencies are more likely to manifest themselves as mental haze. What would your life be like if your thinking was quicker, your attention more focused, and you had energy to burn? The right brain supplement can do that. And that means you can go longer, get more done, and achieve your personal goals.

Vitamin B12 Deficiency, Vitamin D Deficiency and Omega-3 Essential Fatty Acids deficiency particularly relate to mental haze.

(2) Lack of Quality Sleep

If you have mental haze, you may be one of them. Sleep is critical to the way your brain works in both the short and the long term. While you sleep, cerebral fluid rushes in, “power washing” your brain, clearing it of debris. The period of time during which we sleep is essentially a recharging session. Therefore inadequate sleep will understandably have an effect on mental functioning which may be described as mental haze. Getting adequate sleep can go a long way towards curing many cases of mental haze.

3. Prescription Drug Use

A number of prescription drugs can affect brain activity as well. Often these effects are not as severe and uncontrollable as with illicit drugs. Sedatives, tranquilizers or anti-anxiety medication, antidepressants, anti-psychotics and narcotic painkillers are probably best known for its effect on brain activity. However, similar side effects may arise with other drugs some of which are not even intended to treated nervous system conditions.

4. Mental Exertion

Any strenuous or prolonged mental activity that is well above the norm coupled with physical fatigue may lead to the symptoms described as mental haze. It is often easily remedies with a good night’s sleep and some relaxation techniques that does not involve extensive mental activity. This effect from mental exertion is not uncommon but it is usually temporary. Even repeated episodes of such mental exertion usually do not lead to permanent mental haze.

5. Chronic Stress

Stress has become a weird badge of honor in our society.

Being stressed is wrongly equated with being productive, popular and successful Stress can have a range of effects on mental activity. It can be prolonged stress like continuing

marital problems or a sudden emotional shock like the death of a loved one and the accompanying grief. The resulting mental haze in these cases is directly related to the events or situation. However, sometimes past events that were emotionally taxing may have an impact many years or even decades later. Mental haze may therefore be linked to this past trauma, as is seen with childhood abuse.

6. Low Blood Glucose or Oxygen

An adequate supply of glucose and oxygen is necessary for the brain to function optimally. Even a momentary dip in blood oxygen and glucose can affect the brain. Therefore any condition that lowers brain glucose or oxygen levels will impact normal brain activity and give rise to mental haze. It may be seen in endocrine, cardiovascular and respiratory diseases. Poor air quality, extreme dieting, prolonged fasting and so on may all contribute to this mental impairment. It may also occur with nutritional deficiencies.

7. Underlying Health Conditions

We started with unhealthy lifestyle factors that cause mental haze since everyone has to eat and sleep, and faces some stress in their lives. But for many people, an underlying health condition is the root cause of their cognitive issues. If you ask your doctor "What causes mental haze?," the answer will almost certainly be unsatisfactory.

There is no clinical definition of mental haze, nor is there any objective mental haze test that can be administered. But your doctor can test you for underlying health conditions that could be the source of your problem. Mental haze is such a common side effect of a few medical conditions that they have their own condition-specific mental haze term.

8. Physical Inactivity

Physical exercise increases endorphins and gets more glucose and oxygen flowing to the brain. Physical exercise burns off the stress hormone cortical and stimulates new brain cell formation. Recent research shows that physical exercise may be the single most important thing you can do for the health and function of your brain. You don't need to exercise strenuously to give your brain small energy boosts throughout the day. Walking is one of the best brain exercises to clear your mind.

You've probably heard that too much sitting is very bad for your brain and your overall health.

As you can see, there are innumerable causes of mental haze. Finding your personal solution will take some trial and error, but having a clear mind again will make it worth your while!

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6. Value Education for Eradication of Mental Haze

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***Abstract**: The holiest creation of this universe, the human being is becoming dangerous species on this earth because polluted ideas of murder, dowry, castes, bullying, corruption, oppression ,rape, assault are the origins of his mind and eradication of this devil in the form of mental haze is mandatory. Even the tragedies of Shakespeare like King Lear, Othello, Macbeth, and Hamlet depict mental haze. But in the 21st century elevation of mental haze and deterioration of values has given rise to an alarming situation. The existence of widespread violence, the feelings of intolerance, women harassment is themselves the reflection of our scary social picture. The paper unfolds the dire need to impart value education at home, in schools and at higher education levels which can help in eradication of mental haze as value education develops our wisdom enough to give us the power to discriminate between wrong and right. This paper discusses the decay of moral values, the alarming situation of our society and the importance of inculcating value education that stimulates eradication of mental haze and existence of positive mindset for global peace*

Introduction

The proverb of Greek origin insists that 'A sound mind lives in a sound body'. However, we can say it in other words that a healthy mind is the pre-requisite of healthy body because they go hand in hand but today's environmental scenario speaks and reveals just the opposite. We, the Indians, talk loud of our cultural heritage, we talk a lot of the characters of Ram, Krishna, Raja Harishchandra, Sita, Savitri, Parvati ,Buddha, Mahavir, Kabir, Raidas, Chaitanya, Ramakrishna, Vivekananda, Ramanujan. We have not to go out anywhere to seek for ideals. We have them all in our mythology and history. But the need of hour is that instead of hanging them on walls and folding their teachings in books they should be a source of enlightenment within. And how would that enlightenment come? The answer is Value Based Education, which can give to our young the right direction.

The need for value education is central to all forms of education; from the primary to higher education but there are differences of opinion among educational administrators on how to organize it in the curriculum. The Central Policy on Education, 1984 explicitly states the need for value education and it even directed the Central Board for Secondary Education to frame a syllabus for value education which would then become part of textbooks of all school boards in the country. Even after more than twenty years, we have failed to see the efforts of the Policy bear any fruit. This is a sad condition for a multi-cultural, multi-religious and multi-ethnic society like ours. This would mean that tolerance, as a value, must be imbibed in the personality of every individual whether he or she belongs to a majority or minority group.

India has a prosperous legacy of tolerance and she has absorbed various cultures of people who either came as plunderers, invaders or as guests.

Sathya Sai Organization, Ramakrishna Mission, Ananda Sangha, Art of Living, Brahma Kumaris, the Chinmayananda Mission and many others organizations are actively involved in promoting value education in their schools either in the form of informal or formal classes. Gandhiji said that 'formation of character should have priority over the alphabet' and Swami Vivekananda said that teaching of religion must be part and parcel of education which, according to him, was essential to teach values. Over the years, however, value education has taken the back seat. The CBSE and NCERT have been making efforts to re-introduce Value Education into the curriculum.

Education seems to have got totally divorced from ethical standards and even laws are unable to deter people from evil conduct. There is a crying need for value education in today's people and this has to start from the very beginning. Children, whose minds are like wet cement, must be polished with moral values like personal hygiene, general cleanliness, community living, gender equality, sexual morality and social values like national integration, respect for elders, familial and societal responsibilities, respect for an individual's rights, the law and the Constitution. Value education in the agenda of higher education should essentially extend to moral and ethical practices in individual and collective behavior. For, all the malpractices widespread in the society, the educational system in the country will have to own a share of responsibility or this malaise.

Recent Cases of Mental Haze among Youth

A Class XI student of Ryan International School-Bhondsi arrested by the CBI for allegedly murdering Class II student Pradhuman Thakur in the school on September 8, 2017. Investigation revealed that accused murdered the boy just to defer a unit test and a scheduled parent-teacher meeting.

On February 14, 2018, a mass shooting occurred at Marjory Stone man Douglas High School in Parkland, Florida. Seventeen people were killed and seventeen more were wounded, making it one of the world's deadliest school massacres. The perpetrator, 19-year-old Nikolas Cruz an expelled student of the school in 2017 for disciplinary reasons, was identified by witnesses and arrested shortly afterward. He was charged with 17 counts of premeditated murder and 17 counts of attempted murder.

8 years old Ashifa, was grazing the cattle owned by her nomadic Muslim herder family when she was kidnapped. A week later, her raped and mutilated body was found in the woods of Kathua in Jammu and Kashmir. Since the incident came to light, the country had been reeling from shock and outrage.

Over 34,600 cases of rape have been reported across the country. Last year, with Madhya Pradesh and Delhi topping the infamous list of states and union territories respectively.

Such dreadful incidents are sufficient to indicate the poisonous mental haze that is spreading claws in our innocent minds leading to immoral and antisocial activities. The teachers need to take an upper hand in integrating active learning into the classroom by employing resources for active learning and following constructive approach in the classroom situations to promote independent, critical and scientific thinking. Therefore, it is essential to impart value education to bring transformation in society

Imparting Value Education

Man is not born with moral content in him. It is inculcated in him by his education and experience of life. Therefore, it is mandatory to imbibe moral values from the very beginning of the childhood. We all pick up morals throughout our life, but it is the education that moulds them in our characters. By imbibing values in the child, we can make them fit for the society as well as for the nation.

The frequent outbursts of defiance against parent authority, a lack of respect for elders, casteism, bullying, corruption, oppression ,rape, assault is all inductive of weak moral character. A great crime rate amongst the younger people who come within the range of 18 to 25 years is indicative of the kind of education they are getting. Our society has been slipping towards the ditch of immorality and the day is not far off when we will see our society fallen into that ditch if we do not mend our ways. Hence we should become careful and should not remain deaf to this alarming situation.

We notice that corruption, bribery and crimes have spread in every nook and corner of the world. It is the lack of moral education that incidents like rape, kidnapping, etc. have been flourishing without any control. Immorality is elevating day by day. We have forgotten the ideals and moral values of the great men like Mahatma Gandhi, Vivekananda etc. It is embarrassing that the country where such personalities have been born and lived and showed the world a path to lead, people have gone astray today. Hence, there is a dire need to impart value Education at all stages, so as to make our country a peaceful place to live in. Below are some ways and means to imbibe value education:

Education through mutual interaction and inter communion: There need not be any special classroom lectures on Moral Values Based Education. It is never needed to identify any particular religion or faith. God is one and we are all children of the same God. That is the basic lesson that needs to be given.

Proper training of teachers should be arranged so that the teachers acknowledge their responsibilities: It is necessary that in the Teacher's Training Programme, Value Oriented Education Programme, need to be highlighted so that the teachers are trained and should be well known to their mission and method.

Audio Visual Aids can become an important medium for values based education: Audio Visual aids, which is a craze for the young of today, should also be used to present value-based programmes through skits, cartoon scripts, documentaries, short films, and such other means.

Value education should be included at higher education levels: NCC, NSS, scouts and guides programmes are also a helpful means of creating a consciousness in discipline and co-working. The Indian Education System should adopt value based education at higher levels, as it is from there that the nation's political leaders, bureaucrats and army personnel would emerge.

Power to discriminate what is moral and what is immoral: Power to discriminate among moral and immoral should be taught so that child becomes a good and rational decision maker throughout his life and able to take right decisions.

Imbibing the feeling of unity and communal harmony helps build values in a student: In a vast and diverse nation like India with so many sections in the society, so many sects, so many religions, so many regions, and so many languages the child has to be taught the lesson in 'unity in diversity'. The daily morning prayer of the school should contain this lesson of national oneness. Speeches everyday on different moral values should be imparted, not by any teacher but by students themselves, one each day. Community lunch, when all would sit together and eat even sharing one another's lunch packet would give to them a sense of oneness, irrespective of class, caste or religion.

Home is the first School and Mother is the first teacher for her child: The basic and initial lessons of life are being taught to child at home by mother. What is right, what is wrong, what is true, what is false, what is respectable and noble and what is not; it is the mother who imparts these lessons. Hence, crucial roles need to be played at Home by mother in inculcating values among child.

Role of schools and teachers are very crucial. The day when the child enters the school, the school and the teachers should imbibe moral values among children by giving them lessons on universal brotherhood, respect for all religions, a sense of pride in our national flag. Along with these the child shall be given lessons in dignity of labour. Self-dependence, respect for the elders, concern for those who are differently abled or under-privileged.

Efforts to define the role of education in national life by implementing the designed Policies: The Radha Krishnan Commission, the Kothari Commission, National Policy on Education, Ramamurthy Committee, Central Advisory Board of Education Committee on Policy, Planning Commission Core Group on Value Orientation of Education, all have gone deep into the role that education plays and can play in designing and developing the national characters. The programmes and policies have remained just on paper, just due to lack of coordination between the different implementing agencies.

Conclusion

Value Based Education, therefore, is a crucial part of the Educational programme which cannot be shelved down. We must pledge to make our society a better place to live in by inculcating some basic moral values, which can eradicate mental haze that has spread in the innocent minds. We must be aware of the fact that better the morals in the people, greater cohesiveness in the society and universal brotherhood and peace at large.

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7. Unhealthy Lifestyle Responsible for Mental Haze

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Abstract
Mental haze is not a medically recognized term but it is a commonly used phrase that sums up feelings of confusion, forgetfulness and lack of focus and mental clarity. Unhealthy lifestyle or side effects of medication are responsible for the state of mental haze. So we should be proactive about adopting a brain- healthy lifestyle and managing our health and medication.
Key Terms: Mental Haze, Life style, medication

Introduction

Mental haze is synonymous with ambiguity, brain fog, doubt, suspense and uncertainty. It is a dual situation of perplexity i.e. fuzzy thinking. It can be defined as "a stage of mental confusion, detachment, lack of mental clarity and forget fullness". In the state of mental Haziness, our ability to complete mental tasks is impaired, memory is poor and even our decision making capacity is low and brain sends the signal that there are imbalances in life which needs to be addressed. Having mental haziness is fairly common, but it is not normal. If mental haziness is encountered frequently, then it may lead to serious problems. Brain fog or mental haze is majorly subjective and cannot be clearly measured to isolate a specific abnormality and imbalance. Mainly Lifestyle related or medication related factors contribute to mental haze. We will discuss how unhealthy life style contributes to mental haze along with its solutions.

Lifestyle factors: Modernization has brought about drastic changes in our life style, which has further contributed to mental haze. Unhealthy lifestyle factors responsible for mental haze are following:-

Eating Wrong Foods: Eating wrong foods may lead to fuzzy thinking. It includes-

- Refined carbohydrates: Refined carbohydrates like sugar and high fructose corn syrup send blood sugar level very high and then crashing down. Our brain uses glucose as its main source of fuel. Low brain glucose lead to brain fog , mood swings, irritability, tiredness, mental confusion and impaired judgment Chronically high blood glucose leads to insulin resistance and diabetes, which have been linked to Alzheimer's.

- Low fat Diets: Our brain is largely comprised of fat, about 60% by dry weight and low fat diets have been as disastrous for our brains as they have been for our waistlines. According to Dr. Datis Kharrazian, when we don't eat enough dietary fat, the brain starts to literally digest itself for the raw materials it needs to create essential brain chemicals. Neurologist Dr. David Perlmutter, author of the bestselling book 'Grain Brain' opined that nothing was worse for his patients' brain than a low-fat diet. He recommended plenty of healthy fats into diet like nuts, olive oil, coconut oil, eggs and grass fed meat because these are important nutritional building blocks for a healthy brain. Use of sunflower oil or camola oil should be avoided as they contribute to brain inflammation and chronic inflammation can lead to brain fog or mental haze. Avoiding dietary cholesterol also puts our brain at risk.
- Food allergies and food additives: Consumption of foods high on the allergy/sensitivity scale like can lead to mental fog. First of all experiment should be made with the diet to see if any specific food or food additives are to blame. Two of the worst kind of additives for brain is MSG and artificial sweeteners. MSG is found in most processed foods. Generally the saltier the food, the more MSG it will contain, with some of the worst offenders including canned soups, salty snacks and ramen noodles. Ingredients like seasoning, spices or natural flavours written on food package labels can contain hidden MSG. This is common in healthy food like veggie burgers. MSG can cause brain fog and other brain related symptoms including headaches, mood swings dizziness, anxiety and depression. Another additive-Artificial sweetener is also responsible for various health problems. Most obvious offenders which includes processed foods- the source of sugar, unhealthy fats and additives and food high on the allergy scale should be eliminated from the diet.
- Dehydration: Our brain is 75% water by volume and even mild dehydration will affect our ability to think clearly. Even only 2% dehydration can affect our attention, memory and other cognitive skills. Ninety minutes of sweating can shrink the brain as much as one year of aging. The effects of dehydration on the brain can be so noticeable that they mimic the symptoms of dementia.
- Caffeine withdrawal: On one side, coffee and tea help us to stay alert and focused, but on the other side caffeine is additive. Too much consumption of caffeine can make us jittery, irritable and mentally foggy. If we get cut off from our supply, then we can experience the withdrawal symptoms that include brain fog, headache, fatigue and even flu like symptoms like nausea and vomiting.

Nutritional Deficiencies: Our brain needs all essential nutrients to operate smoothly, but some deficiencies are likely to manifest themselves as mental haze as explained below:-

- Vitamin B12 Deficiency: Vitamin B12 deficiency may lead to poor memory or a constant state of mental haze. It is one of the most common vitamin deficiencies, affecting an estimated 40% of adults. Vitamin B12 deficiency should not be taken seriously since it can lead to a wide spectrum of mental and neurological disorders. Seniors and vegetarians are high risk groups because seniors have poor absorption and B12 is found only in animal products. Digestive disorders and use of acid suppressing medications also increases risk of deficiency. Antacids like Nexium, Zantac and Pepcid are strongly linked

to vitamin B12 deficiency since stomach acid is needed to break down and absorb vitamin B12.

- Vitamin D deficiency: Vitamin D can lift our mood, improve memory, banish brain fog and depression and increase problem solving ability. More than one billiob people worldwide are deficient in vitamin D. Sun exposure is the best source of vitamin D, but a few people living in Europe can realistically get the sun they need year round. So, most people take vitamin D supplement.
- Omega-3 Essential Fatty Acids deficiency: It is a major structural component of brain cells, especially of those found in the Cerebral cortex- the area of the brain associated with memory, language, abstraction, judgment, emotion, attention and creativity. So Omega-3 fatty acids are essential for brain health and function, but they are widely lacking in our diet. The best dietary sources are wild- caught fatty fish. If these are not a regular part of our diet, then Omega-3 supplements should be taken.

Lack of Quality Sleep: Sleep is critical to the way our brain works in both the short and long term. It is during sleep that we consolidate memories so that we can remember what we have learned the previous day. Every day we lose brain cells, but every night we have the opportunity to create new brain cells- provided we are getting high quality uninterrupted sleep. Just one bad night can affect our memory, concentration, coordination, mood, judgment and ability to handle stress the following day. Losing one night of sleep affects our mental performance as much as being legally drunk. In the era of ICT, addiction to social media and other sites has also affected quality sleep. Having adequate sleep can go a long way towards curing many cases of mental haze.

Chronic Stress: In our society, being stressed is wrongly equated with being productive, popular and successful, but in fact, chronic stress leads to anxiety, depression, poor decision making, insomnia, memory loss and even dreaded brain disease like dementia and Alzheimer's. Too much of stress hormone cortisol leads to a surplus free radicals that damage brain cells membranes, causing them to lose normal function and die. Cortisol interferes with the formation of new brain cells. Stress causes brain cells to prematurely commit suicide. Meditation is the best stress reduction technique that offers significant brain benefits. It is like doing pushups for the brain. It can make us happier, smarter and more resilient to life's ups and downs.

Physical Inactivity: Mechanization has reduced our physical activity, but too much sitting is very bad for our brain and overall health. In fact, sitting has been called "the new smoking." Physical exercise increases endorphins and gets more glucose and oxygen flowing to the brain. It burns off the stress hormone cortisol and stimulates new brain cell formation. Walking is one of the best exercise to clear our mind. The simplest exercise to counteract the ill effects of sitting is simply standing up frequently on and off throughout the day. It works even better than walking or other forms of exercise.

Toxins in Home: We live in a sea of untested and unregulated chemicals. Toxins are lurking in our home, in the water we drink and the air we breathe. Molds, dust, pollen, perfume, air

fresheners, cigarette smoke and household cleaners get trapped inside our home and this chemical stew can cause mental haze, fatigue and memory loss. We can't control the air outside but we can control the air we breathe at home. For this we should switch to natural cleaning products and personal care products and should unplug the air fresheners.

Solution: There are various causes of mental haze. On the basis of causative factors, we should find our personal solution as given below-

- Mental Haze caused by eating wrong food can be avoided by minimizing processed food and eating real food instead. Food journalist Michael Pollan in his bestseller 'In defense of Food: An Eater's Manifesto suggested "Eat food, Mostly plants, Not too much." By food means things like- vegetables, fruit, beans, nuts, meat eggs and fish that our ancestors recognized as food; not the processed food. It will reduce load of sugar and food additives and increase the healthy food which our brain needs to thrive. Along with quality of food, its quantity also matters. Eating too much at one sitting as well as skipping meals can be responsible for fuzzy thinking. So, we should pay consideration to both quantity as well as quality of food.
- Healthy fats like nuts, fatty fish, olive oil, coconut oil should be introduced into diet because these are important nutritional building blocks for a healthy brain.
- Take a whole foods multivitamin supplement to fill in any nutritional gaps. It alone can improve brain performance. Take an omega-3 supplement for overall health and brain.
- Get regular, high quality sleep, since poor sleep curtails essential brain regeneration.
- Regular meditation helps to improve focus and concentration, greater creativity, stress reduction and better sleep. Mind body relaxation techniques like progressive muscle relaxation, Emotional freedom technique, self hypnosis etc can deliver noticeable stress relief within a few minutes.
- Exercise increases the flow of blood, oxygen and nutrients to our brain and can sharpen our thinking in minutes.

  So, we should be proactive about adopting a brain-healthy life style and managing our health. No one cares about our brain as much as we do.

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8. Parental Interaction and Value Development - A Review

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Abstract
Mental haze, in psychology, means mental confusion, impaired mental state or inability to understand matters. It is in fact a normal state which affects everyone at some stage of life. One can overcome this situation of perplexity through productive, beneficial and practical ways of value education. Values help weak minded person to become strong minded. Weak minded person can easily become the victim of mental haze which leads him to do crimes but it is difficult to manipulate or pollute the mind of person with positive values. To make the mind of a person especially of a child, which is a clean slate, as strong, it is the responsibility of both parents and teachers to inculcate values in the tender age of life but before guiding the children parents and teachers should themselves become strong minded with clear thinking because children not only get guidance from their elders but also imitate them.
Key words: mental haze, value education, strong mind and weak mind, parents and teachers role.

Introduction

Today's media is replete with reports of unprecedented growth of crimes such as bashing and raping of women by men, loot, riots, violence, disrespect of elders, brutal crimes especially by juveniles. The endless list has become the order of the day. The news of such evil practices especially by minors appears in increasing order day by day. The problem has geared up so much that besides mere reporting of specific juvenile crimes, it has started paying full attention to it by involving masses in this problem. One such T.V. channel News Nation has put a Question for the public: "Is rearing up of children by their parent the root cause of crimes by the minors?" (2018, February 2). Whether the public responds by saying yes or no, it has, no doubt, caught the attention of common man. In a report, given by National Crime Bureau of India, it has been found that the Juvenile delinquency cases under SLL (special and local law) and IPC (Indian Panel Code) crimes has increased by 11% in 2016 as compared to 2006 as 32,145 cases of juvenile delinquency were reported in 2006 which increased to 35,849 in 2016.

According to various psychologists Mental Haze or brain fog is the root cause for this."Brain fog may be described as feelings of mental confusion or lack of mental clarity. It is called brain fog because it can feel like a cloud that reduces your ability to think clearly" by Wilson

(2010). Mental haze or brain fog here does not mean dementia, mental retardation, anxiety, depression or other common mental illness but a feeling of mental confusion, impaired mental state, poor memory or an inability to understand matters in their proper perspective. It is in fact, a normal state which affects almost everyone at some stage or the other in life even in childhood (Kumar, 2016). It causes intense frustration which results in low self-esteem, unconsciousness of mind, unhappy relationships, delinquency and most importantly crimes. One can overcome this dual situation of perplexity, state of uncertainty and doubt only through productive, beneficial and practical ways of value education.

Lawrence Wilson (2016) in his article on mental haze states that in some cases mental and emotional conflicts, unresolved stress, tension or other psychological problems cause mental haze while in others it is a physical problem. The former then leads to defense mechanism i.e. protecting oneself from shame, anxiety, and loss of self-esteem, conflict or thoughts and including behavior like repression, projection, denial and rationalization.

Internets, smart phones and onslaught of technological growth are also blamed for the mental haze but actually it is the weak mind which is the root cause of it. Problems of life make every person mentally weak at least once in his lifetime. Padmashri awardees Dr. Ravindra Kumar (2016) revealed that our predecessors like Gautama Buddha, Mahavira, Adi Shankaracharya, Swami Vivekananda, came across in their tender age and the best thing was that these legends fought against it and overcame this situation. The person who overcomes this situation is better known as strong minded person with positive values.

Person with strong deep rooted values cannot be moved or changed easily. A book by department of education U.S.(2005) defines a strong minded person as being

- Honest and fair
- Compassionate
- Self-disciplined
- Good judge of things
- Respectful
- Courageous in standing up for beliefs
- Having a strong sense of responsibility
- Maintaining self-respect
- In short a good citizen.

Moral values make life of a child happy and better. Values help children in balancing personal wants and needs against those of others and to make positive contribution to society. Problems arise if children do not learn proper values and behavior in the initial stage of life. These problems further multiply with serious consequences like mental confusion, lack of interest in studies and increase dropout rate in schools. A little later anti-social element makes them vulnerable to drug addiction and crimes. The result is rise in delinquency (U.S. Department of Education, 2005)

To guard children against mental haze and make them a responsible citizen with strong values, formal and informal education should be given at an early age and that too by parents and teachers. Although teachers do play crucial role in building the character of a child but she cannot pay personal attention to each and every pupil. Parents, therefore play pivotal role in shaping the personality of their child.

Role of parents

According to Bob Keeshan "parents are the ultimate role models for children. Every word, movement and action has an effect. No other person or outside force has a greater influence on child than the parents"

A child's mind is a clean slate. Whatever one teaches will have lasting impression on it. His mind can easily be manipulated. It is the utmost duty of parentsto makes the child a valuable asset of the society by teaching him what is right and what is wrong, sense of patience, tolerance and integrity of mind. If parents do not pay much attention towards their children then the negative forces enter into their premises and culture which will drag the healthy moral values and ethics out of their lives.(Carry and Elizabeth, 2007)

Children rely on their parents and families for learning moral values and if families are unstable, parents are immoral, quarrelsome, too pre-occupied to spare time for their children or absent all together and if emotional support is missing then the learning of virtues or values by children are greatly hindered (Propenoe, 1998).

A psychologist Nancy Eisenberg reports," socializers who preach … but do not model… may have little positive effect on children's pro-social development". This apparently common and simple saying and actually has a profound perspective. In modern society children are mostly left alone. They acquire whatever is dished out to them from society at large. The actions, body language and general behavior of parents has a great effect on children than their preaching. Practically parents should spend their quality time with their children but unfortunately, parents in modern times are increasingly absent from the lives of their children during their growing-up years (Propenoe, 1998).

One of the researches (Ermisch and fracesconi, 2002) has observed that working parents especially mother has negative effect on moral growth of child aged 0-5. Waldfogel, Brooks and Han(2010) also came out with the fact that maternal employment in the first year of child has negative effect on child's cognitive outcome. But a few revealed that the children of working mother do not differ significantly from that of non-working mothers on academic achievement, aesthetic achievement, religious value, emotional adjustment and total adjustment (kumar, 2010). As the cost of living has increased and the income of father alone is insufficient it is important for a mother to work. In present time it is not the number of hours a parent spends with his child but what matters is quality time he spends with him.

Treating children with mental haze

Psychologists believe that in half of the cases of lifetime mental illness, such as mental haze or mental confusion may occur long before they start appearing as early as the age of 14 (National Institute of Mental health, 2009). Such children have problem in concentrating and remembering things and also sometimes feel detached (Times of India, 2014). "Brain fog can negatively affect child's ability to work and concentrate" says psychologist Varkha Chulani. Doctors believe that both psychological and physiological factors are responsible for this mental fog (Deboy, 2014).

Mental haze or confusion leading to stress is a normal part of children's growth. The problem arises when the stress abounds much more than normal. Their stress, however, begins when they start speaking and understanding the world. Children are vulnerable to stress because they cannot find effective ways to cope up with their problems which elders do easily.

Parents should start teaching them some skills to tackle their problems so that children can cope up with their stress and grow up normal human beings. These skills help their children not only in their childhood but also in adulthood (Zolten, 2006).

Following are the some of the suggested ways by Gupta (2002) Zolten (2006) to help children grow properly mentally.

- Create a friendly and open environment at home and encourage children to discuss their matter freely and openly with parents.
- Understand and help the child in solving his problem even if it looks unimportant to parent, it may be a serious matter for a child.
- If a child rejects your effort or is irritable as it is normal reaction to stress then let your child know you are available whenever he or she needs you.
- Try to build self-confidence in child by encouraging and praising his efforts. Help him develop interests in the items which he can handle so that success encourages him
- Teach your child hoe to handle criticism from an early age.
- Help your child develop good problem- solving skills.

Conclusion

To conclude I may say that in the tender age the predominant influence is of parents as well as of teachers. What required is that they themselves should become human beings first. The teachers training programmes should include a programme which shapes the behaviour and personality of teachers besides teaching them teaching methods so that when they face the little ones they automatically may instil those values in children. For parents that schools and educational institutes should arrange some guidance programmes which help them in becoming ideal parents for their children.

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9. Lifting Brain Fog for Balancing Your Life

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Abstract

Every day we feel that many times we are unable to think clearly. Our ability to do mental tasks is declining, memory is becoming poor and even our decision making capacity is getting poor. This confused and detached state of mind is referred as brain fogging or mental haziness. If such type of condition occurs frequently in our daily life then it may lead to serious problems. There may be so many reasons behind it, but mainly there can be two reasons of brain fog i.e. wrong lifestyle and side effect of a medical condition or medication. Such kind of problems can be sorted out by the proper counseling or guidance. The current article aims to discuss why such kind of problems occurs and what kind of treatment is useful for the candidate.

Key Words: *Mental fog, mental haze, clouding of consciousness, cognitive dysfunction, causes brain fog, lifting the brain fog.*

Introduction

Having brain fog is fairly common, but isn't normal. It is a situation when you feel foggy, unfocused, and unable to think clearly. There is an imbalance in your life that needs to be addressed. Brain haze is a mental state characterized by a lack orderly thought and behavior, a confusion of impressions. It is a commonly used phrase that sums up feelings of cognitive dysfunction involving poor concentration. In this condition you feel constantly fatigued, distracted and moody. You simply can't even decide what to have for dinner or make a proper conversation with a stranger. It really does feel like a depressing cloud over your head that keeps you from thinking straight. It may include forgetfulness, confusion, decreased ability to pay attention, an inability to focus, and difficulty in processing information. Other terms that describe the same thing include 'mental haze', 'clouding of consciousness, and 'cognitive dysfunction'. Brain fogies inappropriate for a person's age. Some of the symptoms of brain fog usually include:

- Low energy or fatigue (including chronic fatigue syndrome)
- Trouble concentrating
- Headaches
- Forgetfulness and trouble remembering information
- Low motivation, feeling hopeless or mildly depressed
- Anxiety
- Confusion

- Memory deficiency
- Feeling unmotivated
- Lack of mental clarity
- Fatigue
- Mental exhaustion.
- Irritation or drowsiness
- Putting off certain tasks
- Snipping at others and,
- Feeling depressed and stressed out
- Hypothyroidism
- Heart failure
- Depression
- Anemia
- Brain disease like Alzheimer's disease
- Diabetes mellitus
- Heavy mental toxicity

What Causes Brain Fog?

For adopting suitable measure to control brain fog it is necessary to identify the reasons behind it. The causes of brain fog generally fall into one of two main categories listed below.

- Wrong lifestyle
- Side effect of a medical condition or medication

Wrong Life Style: Due to our fast-paced industrialized lifestyles, many people get brain fogged than ever before. Because brain fog is essentially a sign of energy depletion, its symptoms are mainly caused by the unhealthy lifestyle. Your diet also plays a huge role. Low-nutrient food, food allergies, use of food additives, dehydration, caffeine withdrawal, nutritional deficiencies, lack of quality sleep chronic stress and sugar overload results in brain fog. Cut throat competition and modernization puts pressure on many people and they aren't getting enough shut eye. Doctors recommend adults sleep at least eight hours a night. But many of us are usually getting less than 7 hours of sleep a night. Frequently getting little shut eye puts us at risk of developing obesity, diabetes, heart disease, stroke and frequent mental distress, low-fat diets, physical inactivity, toxins in your home, underlying health conditions resulting in increased blood pressure, weaken the immune system, and trigger depression. Stress can also lead to exhaustion which can be mentally inhibiting. This kind of disturbed life style is the main cause of brain fog in this age.

Side Effect of a Medical Condition or Medication: If someone is on a particular medication, the drugs may also affect his cognitive behavior. Excessive alcohol can impair brain functioning and chronic alcoholism can cause permanent damage to the brain. Drugs like cocaine, and heroine causes bursts of neurotransmitter section. This impairs the normal brain functioning despite the euphoria making a person think that their brain function has improved. Prolonged Emotional stress like marital process or sudden shock like death

of loved ones and the accompanying grief can lead to brain fog. To avoid such situation we use nicotine, caffeine and sedative drugs without consulting the doctor. Sleeping tablets is one such drug which causes morning grogginess. It will generally be worse if you also use other sedatives or narcotic prescription medication like opioid painkillers.

Lifting the Brain Fog

Here are some of the top solutions to clear brain fog:

1. **Sound Sleep:** First of all meet your physical needs. Over stress on your body can put worse effects on your mind. Try to get at least eight to ten hours of sound sleep daily. Neuroimaging and neurochemistry studies suggest that a good night's sleep helps foster both mental and emotional resilience. Researchers believe that sleep affects learning and memory in two ways: Lack of sleep impairs a person's ability to focus and learn efficiently. Sleep is necessary to consolidate a memory so that it can be recalled in the future.
2. **Intake of Rich Diet:** There is a relationship between food and mental haze. Nutrition also influences our immune system, which has been shown to influence the risk of depression, as well. Removal of mental fog requires intake of fruits and vegetables enough in food. Eat three meals per day, even if you don't feel hungry. Mental illness can disrupt appetite. No matter what your weight is or what your stomach says, you need to eat if you feel hunger.
3. **Routine Exercise:** Exercise is also one of the most effective ways to improve your mental health. Regular exercise can have a profoundly positive impact on depression, anxiety, and more. It also relieves stress, improves memory, helps you sleep better, and boosts overall mood. Get at least 30 minutes of exercise a day. A five-minute walk around the home is better than no walking at all. Take baby steps as needed. Even small things, such as standing at work instead of sitting, can help you to be more active.
4. **Meditation and Yoga:** Meditation can help you to slow your breath, quiet your mind, and find peace; it can be beneficial physically, mentally, and emotionally also. Meditation is now commonly used to treat mental health disorders, addiction, and every day’s stress, as well as to heal physical ailments and promote better sleep. You can prevent mental fog by sitting and closing your eyes for 20 minutes or so. Sit still and simply observe the thoughts that come into your mind. Yoga is the best therapy for curing mental fog.
5. **Listen to Music:** Sitting still with relaxed mood and playing music through headphones can transcend the brain fog. It will relax you while coaxing your mind to think about other things. Many studies have evidenced the beneficial effects of music therapy in patients with psychological disorders. It has been demonstrated that patients with mental disorders perceive the expressiveness of the music the same way than without mental illness. The results support that the music is a good therapeutic modality for individuals with mental illness.
6. **Read Something Entertaining:** There is nothing like a chapter of your favorite book to take your mind off the causes of your brain fog. Reading is an interactive action, so you

keep your mind active, while relaxing at the same time. Use reading for 10-20 minutes as a reward for 30 minutes of focused work.

7. **Go to a Movie:** If you can fit in a two hour movie, at the theater, it is worth the time and money just so you can get away mentally and physically. Sitting in front of the big screen is a great way to take your mind off everything.
8. **Listen to Motivational Lectures:** This is a useful trick to motivate you. When you are tired from intense thinking, listen a motivational CD or lecture. By listening, you can relax, and become almost motivated, as the ideas and strategies gradually break the drain.
9. **Play a Sport:** Studies show that people who do a competitive sport such as tennis, basketball, golf, martial arts, or football are happier overall. To compete in the sport may make you tired physically, but will wake you up mentally. When you wake up mentally, brain fog stops.
10. **Play a Game:** Playing a game that gets you away from your draining thoughts is an excellent way to get past the sluggishness. You might prefer crossword puzzles, chess, snake and ladder or sudokus. If you like video games it can also be tried. Either way, playing a game lets you know life doesn't always have to be so serious and focused.
11. **Break Down Your Project into Bite-Sized Chunks:** Sometimes pressure of achieving big leads to mental fog. May be you are trying to move your mountain in a day. Always remember Rome wasn't built in a day. Take a half hour or an hour to take a close look at your projects. Are you trying to achieve your big target in a short time? You might be in brain fog because you simply don't have sensible objectives. Try to achieve your big tasks in small steps.
12. **Avoid Negative Thoughts:** How can you expect your experience to improve when most of the time you are immersed in negative thinking? Never sit idle. Indulge yourself social service, hobby, artistic and creative activities.
13. **Acquire a Support Person:** Go to people you love and trust, and explain what you are going through. Don’t worry that they may be surprised. After understanding, they will show you how much they love you. Consider your spouse, a best friend, a parent, or an older sibling to be your go-to person in times of need. Your main support person will be there to see you at your worst. They will pick you up when you're down, listen to your tears, and be there for any medical emergencies.
14. **Spend Time With Your Loved Ones.** Your body will tell you that it needs rest but total isolation is not good for you either. Make sure that you get some time to hang out with people you love, even if it's as simple as snuggling on the couch and chatting or watching a movie. Emotional support will help you manage your mental fog.
15. **Cut Stressful Tasks and People From Your Life.** Sometimes negative and depressed peoples’ company may be the cause of your mental fog. They make you nervous and cause your symptoms to act up. You don't need to talk to them. Avoid their company. Don’t take their comments seriously. Your health comes first, so tailor your life to fit your needs.

16. **Consulting Medical Practitioner:** Your doctor can test you for underlying health conditions that could be the source of your problem. .Study the side effects listed on the medication's labels and have a chat with your doctors to single out whether substances inside may be causing brain fog. If this is the case, lowering the dosage or switching medication might be worth considering, but only under your doctor's supervision. If you're diagnosed with an autoimmune disease, your doctor may recommend a corticosteroid or other medication to reduce inflammation or suppress the immune system. Finding your self-medication will take some trial and error. Only medications based on prescription of expert and qualified medical practitioners should be preferred.

Conclusion

Always remember your life is more precious than anything more on the earth. Try your maximum to live your potential. Don't become hostage of your conditioned subconscious mind. Only breaking the mould and stepping out of your limited beliefs and conditioning can ensure very successful living. You can be whatever you want to be. It's not a matter of capability but a matter of desire and belief. You have different unique talents. Unfortunately, the majority of us choose to stick to the limiting thoughts and excuses. This is not to be confused with fooling yourself to think positive thoughts. It is more about awakening to the pattern of your own thought and challenging the negative beliefs. As your awareness expands, your appreciation for life grows. This is the best way to overcome boredom and mind numbing thoughts that cause mental fog.

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10. Mental Health of Public Sector School Teachers

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Abstract
Today, there are various problems around human societies. So, it is a challenge for humans to be mentally healthy. For a person to be adjusted in his environment, it is very important to be mentally healthy. Good mental health is obvious for a healthy people. Mental disorder is very dangerous and responsible for many psychological diseases and for maladjustment also. Teaching is considered as one of the oldest and noblest professions. With the changing socio-economic scenario and increa sing unemployment. The value of teacher and their professional concern with the job have forcibly undergone a change which adverse affects their mental health. Keeping these facts into the consideration, present study aimed to access the level of personal mental health of school teachers, particularly those who work in the public sector schools. Survey method has been employed and Mental Health Index (MHI) was used for collecting the data. 80 secondary and higher secondary school teachers from ferpzepur district of Punjab were included in the study. The data was analyzed using descriptive analysis and to find the differences for gender and locations t- test was applied. The t-values reveal that
Significant gender differences exist among government school teachers and male school teachers were found better on mental health than their female counterparts. Additionally, teachers posted at schools located under urban area were found higher on mental health as compared to teaches posted at schools located under rural areas.

Introduction

Mental health is a complex construct that concerns optimal experience and functioning current research on mental health has been derived from two general perspectives; the hedonic approach and multilevel approach. Hedonic approach focuses on happiness and defines mental health in terms of the degree to which a person is fully functioning.

Mental health is adjustment of human being to the world and to one another with a maximum of effectiveness and happiness (Karl Menninger). From the positive psychology point of view, mental health may include an individual's ability to enjoy life, and make a balance between life activities and endeavors to accomplish psychological resilience. Mental health is a term used to describe either a level of cognitive or emotional well- being or an absence of a mental disorder. From perspectives of the discipline of positive psychology or holism, mental health may include an individual's ability to enjoy life and procure a balance between life

activities and efforts to achieve psychological resilience. On the other hand, a mental disorder or mental illness is an involuntary psychological or behavioral pattern
that occurs in an individual and is thought to cause distress or disability that is not expected as part of normal development or culture.

Schools are not the places where students went to study but they are being considered as the temple of education where teachers play similar role being observed by the priest of any religious place. Performance of the school is the collective team work of teachers as well as students. Teachers not only impart education to the students but also act as a bridge to fill the gap between students, principal, management and parents. Their cordial relation with students reflects in the behavior and speech of teachers. Sound professional relations of a teacher with students, their parents, colleagues, and management may lead to their better mental health.

The interpretation of mental health by Das (2008) is "Good mental health can be achieved by following the principle of mental hygiene, which is the science of the investigation and application of those measures that prevent mental disorder. Mental health is a way of living satisfactorily and effectively with other members of the society". Srivastava and Khan (2008) conducted a study to know the impact of mental health on the level of burnout of the teachers teaching at different education level. They concluded that teachers with low mental health are more prone to burnouts than the teachers of average and high mental health. Srivastava(2010) assessed the personality and mental health among primary and secondary teachers. The result indicates that personality types/traits influence the mental health of primary and secondary teachers and extrovert teachers enjoy better mental health as compared to introvert teachers.

OBJECTIVES

- To study the mental health among Public Sector school teachers.
- To study the gender differences among school teachers with regard to mental health.
- To study the difference of mental health between urban and rural school teachers.

Hypotheses

- There are no significant differences of mental health between the male and female teachers.
- There is no difference of mental health between rural and urban school teachers.

Sample and Tools

Random sampling technique has been used for selecting the sample. The investigator selected 80 Public Sector secondary and higher secondary school teachers within the age range of 35 to 50 years from ferozepur district . For the final testing 80 participants were equally divided into two group's male and female (40 in each group). MENTAL HEALTH INDEX [MHI-38; Davies, Sherbourne, Peterson, & Ware (1998)]: All of the 38 MHI items, except two, are scored on a six- point scale (range 1-6). Items 9 and 28 are the exception, each scored on a five-point scale (range 1-5).

Results & Discussion

The results of statistical analysis for the present investigation has been presented , show the descriptive statistical values for the said variables. Additionally, gender differences and differences between teachers posted at urban and rural located schools t-test was applied. The mean values(98.09) for mental health are falling on the higher side. Which means that majority of Public Sector teachers comprises the present sample experience higher mental health associated with their occupational demands. The difference of mental health between both the groups (male and female). Reasons may be, better commuting facilities, short distance between school and home, connectivity to district authorities and better life style (facility of parks for walks, medical facilities, better network quality, access to hobby classes for self and children etc.). In sum, it has been found that the male school teachers' mental health is found to be higher than the female school teachers. Additionally, based on locality the urban school teacher is found to be higher than the female school teachers. Hence, both the hypotheses is accepted.

Conclusion

Mental health is a specialized field of psychiatry and its objective is to safeguard mental health by preventive measures, controlling factors effective on the development of mental diseases, timely diagnosis of mental diseases, prevention from complications due to relapse of mental diseases and the providing a healthy environment as a contributory factor on sound human relationship. The development of our country is in the hands of the teachers. Good mental health is highly essential for all in general and particularly teachers. Poor mental health of teachers has an adverse effect indirectly as well as sometimes directly on the development of learner's personality. All the school administrators and higher authorities should take keen interest in developing and maintaining positive mental health of teachers and students. Therefore, it is necessary to establish guidance and counseling cell in all the schools. It will help to solve mental, psychological and health related problems of teachers and students. Mental health promotion related workshops, seminars, groups discussions and conferences should beorganized at the interschool level then only teachers and students benefited. The teachers' mental health is directly related to the work of classroom.

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11. Value Education for Removal of Mental Haze

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'Thamasoma Jyotirgamaya'- From Darkness to Light

Mental haze is a conflicting state of mind. This is not an unusual state of mind. Great personalities like Mahatma Gandhi, Swami Vivekananda, Adishankaracharya, Swami Dayananda Saraswati all had undergone this state of mind. But they had come out of it. Great persons from all over the world also have been facing Mental Haze. Not only great personalities, but common people also face this situation in different intensities. Once we overcome this state of mind, mind becomes crystal clear. It is inevitable to find a solution to overcome Mental Haze. Researchers are doing their best to find a solution so that it will help people to overcome this state of mind. Value Education is the best remedy for overcoming Mental Haze. Value Education should be given at all levels of education. So that it will definitely help to curb the ill effects of Mental Haze. Value Education should be given not only in Educational Institutions, but also in all government and non- government organizations, PTA associations, housing societies etc. So that it will help all people to overcome Mental Haze. Value education helps in all round development of individuals there by helping in creating a sound mind and sound body. If there is all round development in an individual, the person finds it easy to eradicate Mental Haze.

Mental Haze is not a disease it is a state of mind. Mental haze is a state of uncertainty, confusions, suspicions, fear and dilemma. It is a clouding of consciousness, also known as brain fog or mental fog. It is a term used in medicine which denotes an abnormality in the regulation of the overall level of consciousness that is mild and less severe than a delirium. The person suffering experiences a subjective sensation of mental clouding described as feeling 'foggy'. Overall level of the consciousness is regulated by the part of the brain, which is responsible for awareness of oneself and of the environment. Various etiologies disturb this regulating part of the brain, which in turn disturbs the overall level of consciousness. This system of a sort of general activation of consciousness is referred to as arousal or wakefulness.

Value education can be defined as a planned educational action, aimed at the development of proper attitudes, values, emotions and character in the learners. Value education makes a person confident and fearless. It helps in becoming self- reliant by increasing self-esteem, in turn paving the way to self-independence, self-sufficiency and autonomy as the moral and ethical knowledge is increased. When such a situation arises a person becomes responsible to deliver the duty towards themselves, family, society, country and to the betterment of the world thus becoming a successful global citizen.

Along with change in time, the priorities in human life all over the world are changing rapidly. The national core values should be given due place in the total educational programme. Educational institutions are a part of society. They are influenced in every manner by the society.

Our mass media, voluntary organizations, government agencies – all have to play vital role in reinstating social and moral values. The system of education needs to be re-organized with certain basic values for restoring harmony and peace in human life. All the teacher training institutions have to include Value Education in the courses for pre-service and in-service orientation of various strategies and approaches.

The Great Swami Vivekananda had opined that if moral values had kept pace with advancement of science and technology, this earth would have been a paradise.

Values are attributes that involve mind, feeling and will, which are strong, deep and enduring. They are attitudes that confer on man, humanism and peace. Values in short shape the personality of an individual. Values help one to lead a harmonious life. It makes a person realize the responsibility he/she owes to the society. Values foster peace, order, dignity, beauty, grace and delight. Thus it promotes and protects life and helps a person to come out of Mental Haze. Values help an individual to be aware of his duty. Some values are accepted universally. These basic values are essential for building a sound character. Values help in the development of right attitude, order, obedience, team spirit, self- control, self- discipline, and courage, acceptance of victory or defeat, love for work, dignity of labor, love for nature, aesthetic sense, punctuality, good citizenship, duty consciousness, leadership quality, responsibility, integrity, service mindedness and patriotism. Depiction of great personalities helps in inculcating certain values.

Values are standards of behavior. They are nothing but a set of principles which are conclusive to all round development of an individual. An individual who has undergone all round development finds it easy to come out of Mental Haze. Values give direction and firmness to life bringing happiness, fulfillment and peace. Because of the constant changes in society, culture and politics, today's youth are confused about value system. Further breakdown of traditional values and lack of role models contributes to this. Inculcation of such values is a lifelong quest.

Value Education helps us to accept and respect others. Swami Vivekananda said we need a man making and nation building education system. If our children get a man making education they will definitely have the ability to overcome mental haze. Value education involves the three domains- cognitive, psychomotor and affective. So head, hand and heart have its role in value education. Inculcation of values starts from home. Inculcation of values is influenced by so many factors like home, peer group, educational institutions, society, media etc. Parents and teachers have a great role in inculcation of values. Teachers who are second parents to students, through suitable strategies should make possible the transmission of values to students. Value oriented education is an inevitable part of good education. Value education helps in man-making and character building. Value Education is the training of mind, body and soul. It liberates man from fear, inertia, ignorance and superstition. From this it is crystal clear that how it helps to overcome Mental Haze.

According to the great scripture Bhagavad Gita Arjun had undergone Mental Haze and it was Lord Krishna who helped him to overcome that state of mind. The discourse, that Lord Krishna had given to Arjun to overcome the trauma came to be known as Bhagavad Gita. The gist of Bhagavad Gita is 'Do your duty'.

Roy Choudhury (1989), Reddy and Reddy (1992) and Bhat (1996) elaborate the concept of value education relevant to the elementary, secondary, college and university levels, the objective being the development of an individual, character-building and upholding of human dignity and

self-respect. Great educationists, social reformers and humanists have been emphasizing the importance of giving Value Education in every country.

We have to take into consideration the lack of value prevalent in educational institutions, government and private sectors even in homes also. There is a need to bring about a synthesis of traditional, modern and social values. There is a demand for such systems of education which strengthen social solidarity through meaningful and purposeful inter disciplinary approach.

Prof. S.R. Rohidekar in his paper on 'Inculcation of Values-How?' says the values have to be caught and taught. He gives six types of strategies to inculcate values. They are direct value education, incidental approach, routine co-curricular activities approach, indirect curricular, indirect co-curricular and personal example.

Value education can be imparted directly or indirectly through all subjectsof curriculum or incidentally through school situation having value education potential. These methods are not to be looked upon as opposed to one another but as mutually supportive.Dr. B.R. Goyal in the paper on Methodologies for developing Value Education Programmes, one of the emerging point was the need of schools to plan for developing a definite outlook on values in students, teachers and parents.

Dr. A.R. Seetha Ram in his paper on 'Methodology of Inculcating Values gives three dimensions of methodology of value education. The first step is to frame a school policy on moral and social values, then announce that policy to teachers, students and their parents. Then for the implementation of this policy, create a sense of feeling in teachers and parents. The concepts of the policy can be introduced through the school programmes and classroom activities. Then monitor and assess the positive and negative points of the programme. Next step is to make modifications wherever needed. Last step is the reassurance that value education is the main reason for the school's success in all the fields- academic, cultural, sports etc. Value education contributes not only to school's success but also to each student's success.

Value Education can be given formally and informally. It can be given through curricular or co-curricular activities. A person who received proper value education will think in the right direction causing less chance of mental haze. And even if the person undergoes mental haze he will come out of it easily and quickly. Teachers with proper vision, adopt suitable methods and programmes to mould a generation of citizens having proper values in their minds, behavior and deeds.

In service training programmes need to be planned in such a way as to motivate teachers to innovate suitable strategies to inculcate values in students according to the mental level, needs of the society, nation and the world. Teachers need to make students aware that an individual has a worthy purpose in life, motivated by ethical, social and spiritual values. Values show right path in life. Thus value education helps to select the right path when mental haze shadows our mind. A good educational institution ought to lead its students to achieve harmony in all aspects of life. If we lead mankind in the right way we can set the world right. We can see harmony in the creation of nature; we have to develop a harmonious mind for the smooth functioning of life, otherwise mental haze will ruin us.

The University Education Commission (1948-49) of India – 'The child is robbed of its full development, if it receives no guidance in early years towards recognition of salient values of life. If this guidance is left to homes and communities, the chances are that communal bigotry, intolerance and selflessness may increase'.

'The destiny of India is now being shaped in her class rooms'- Education Commission Report 1966 of India.

'We need to fit children for society into which they will grow up'. Plowden expresses this on the aims of primary education. Adjustable and adaptable persons will be successful in life. Teachers need to be the living embodiment of all the human values. Students see the guru as the incarnation of god in the human form. It is the guru that converts darkness into light.

Teacher education programmes should be planned in such a way that it produces skilled teachers, who give importance to values and who is capable of inculcating values in students. Teacher education needs to be value oriented so that it will lead to a value oriented education system. Teacher training institutions need to cater to work in a pragmatic way to develop in teachers the right attitude, interest and skills to convey the values which are needed for the all- round development of the child which in turn wipe away the Mental Haze.

We should believe and rely on teachers for value inculcation. Teachers are the real architects of society. According to the national policy on Education (1986) of India 'The status of the teacher reflects the socio cultural ethos of a society' it is said that no people can rise above the level of their teachers. Teachers are the role models to students so the extent of influence that a teacher can cast on the students is great. Thus teachers are apt persons to inculcate values in students.

Value education helps in the development of reflection and analytical thinking to move towards inner consciousness. Through value education people learn empathy, patience, time management and perseverance. Resurgence of a country could come, not through the narrow gates of politics and even through the channels of science and technology, but only through value oriented education. It must be implemented at all levels of education. A lot of awareness should be given to realize the significance of it as it helps to face challenges in life. It helps to wipe out mental haze. Value Education helps our future citizens to rise from Mental Haze as a phoenix bird.

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Abstract

India along with other developing countries like Sri Lanka, Bangladesh, Bhutan and Korea is rapidly registering its growth in the global socio- economic index of progress. It has carved a niche in the area of science and energy as well as in nuclear and space. The upcoming generations equipped with knowledge, adventure and energy are on the way to make their country 'a young India'. Though there are comprehensive and reliable data that reveal the growth index of India in the past decades yet there is a major concern of mental haze that is afflicting the mental health of our youth. There are multiple factors responsible for this mental haze. Among all, most importantly, education is losing its hold on the young generation and becoming one of the responsible factors to aggravate the process of declining of values. The present paper is an effort to reassess the educational system as a remedial step for the removal of mental haze.

Introduction

The word mental haze is the reflector of vagueness, ambiguity and uncertainty. India along with other developing countries like Sri Lanka, Bangladesh, Bhutan and Korea is rapidly registering its growth in the global socio- economic index of progress. It has carved a niche in the area of science and energy as well as in nuclear and space. The upcoming generations equipped with knowledge, adventure and energy are on the way to make their country 'a young India'. Though there are comprehensive and reliable data that reveal the growth index of India in the past decades yet there is a major concern of mental haze that is afflicting the mental health of our youth. There are multiple factors responsible for this mental haze; it's being a universal dilemma in the words of Hamlet "to be or not to be" tracing the duality of human mind, unemployment among youth, maladministration , competition and the unfair distribution of opportunities ranging all over.

Among all, most importantly, education is losing its hold on the young generation and becoming one of the responsible factors to aggravate the process of declining of values. The remedial step to be taken to remove this mental haze among youngsters is to reassess and redesign our Indian education system which demands serious overhauling. Starting with the Adikaal and Vedic age, education had been incorporated with moral and ethical claims as propounded by lord Mahavira and Shakyamuni Gautama. During colonial times, Rabindranath Tagore, Sri Aurobindo and Swami Vivekananda declared that the true manifestation of knowledge or study is the reflection of virtues and values. Apart from them, Indian philosophers and thinkers from the rest of the world also opine the same that education plays the most

significant role in the personality molding of person. Science of Living's source of inspiration is Jain Acharya Ganadhipati Shri Tulsi (1914–1997). His thoughts were further developed and expanded by Acharya Shri Mahapragya (1920–2010). Currently Muni Shri Kishan Lal Ji, under the leadership of Acharya Shri Mahashraman, is the Principal of SOL.

In modern times, contrary to its expectations, education system has lost its true purpose in the present scenario. Some researchers use the concept value education as an umbrella of concepts that includes moral education and worthy citizenship training. Themes that values education can address to varying degrees include moral development of character, religious understanding, spiritual training, personal development, social and cultural development (Taylor, 2006).

Now- a-days the sole purpose of education is related to earn money, job or livelihood while it’s true goal of enhancing the mental, physical, moral and spiritual qualities has taken a back seat. The educational institutes like school, colleges and universities are running with a set agenda to frame the syllabi, to impart the education, to check the capability of students through examination and to deliver a certificate or a degree. But this whole pedagogy becomes an illusion when the sole aim of getting job is not fulfilled. Thus the value system imbibed through education loses its practical value and the students go astray sometimes in the lack of satisfaction. Morals as socio-legal-religious norms are supposed to help people behave responsibly. However, not all morals lead to responsible behavior. Values education can show which morals are "bad" morals and which are "good". The change in behavior comes from confusing questions about right and wrong.

In the educational pyramid, primary education being the fundamental basis becomes most crucial and its syllabi must be designed keeping in frame all the basic, ethical and moral codes and values. In Japan, Sweden and Australia, the primary education is considered as most vital and the primary teachers are the most respected and valued teachers among the hierarchy of entire community of teachers. The whole pedagogy revolves around how to escalate the life values and personality of tiny toddlers while in India, this important aspect of education gets marginal treatment. Even secondary and senior secondary system generate a breed of parrots where students are good enough to mug up all the scholarly items within a span of one year and then vomit it out in their examination assignments. The real worth of this value system in the framing of syllabi is purely ignored as marks obtaining instead of gaining knowledge become the foremost agenda for the students.

Our colleges, universities and inter-universities become a resource house to obtain certificates , diplomas and degrees and in the long run when these documents prove insufficient in generating any funds or financial support to the students then our youth after spending his/her finest of time and energy in the futile chase become restless and desperate. They are caught in the universal dilemma and become the victim of mental haze. This stressful situation leads them towards non-performance, failure and to some extent towards sex and drug abuse. This unfortunate state clearly indicates that there are glaring flaws in our educational policies. As a matter of fact the education system gets ruptured at a certain point.

The entire educational programming must be work oriented so that the modern generations might be busy both mentally and physically to keep them in perfect health. The higher education system must include the innovative approaches, an effective work culture, pragmatism and western models targeted upon the self sufficiency of the students. Apart from

this, the system of four fold knowledge propounded by Swami Vivekananda where knowledge, sports, meditation and technology become the four components for the ideal educational set up is much more adoptable for modern generation. This amalgamation of body mind, soul and technology can generate meaningful results for youngsters as it enables them to resist fear and to overcome any state of depression and tension. It can imbibe the constructive approach among them so that they can constitute a new society, a progressive nation and above all, an emerging globe for themselves.

One can wipe away the present state of haziness only when one is equipped with moral values and inner strength. There should be a perfect combination of science with religion, literature with technology and practical works like plumbing, cleaning, cooking along with studies. The syllabi-setters should try to incorporate each and every ingredient of personal and professional skill that may enable a person highly independent and self sufficient. The most desired education system requires when a person is able to write, read, listen and speak properly in any language, gets his/ her tickets booked, deals with bank accounts and can cook, stitch and wash for oneself. All these minimal manual tasks need a lot of accomplishments that is lacking in modern Indian students.

If we explore our history, we shall find out that all the great philosopher, scholars, intellectuals and thinkers were without degrees or diplomas but they did every thing with their own mind, heart and hand and created their own knowledge system. This type of originality and creativity is very much expected from our youth who can generate many new things, discover new lands and invent new techniques. To keep the students vitally busy, it is important to replace cramming with creativity and this creativity is a product of busy and healthy mind. This innovative structuring of education is much required in present scenario which can safely land modern generation out of the mental duels and global perplexities.

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ਪ੍ਰਿੰ. ਸੁਜਾਨ ਸਿੰਘ ਦਾ ਜੀਵਨ ਸੰਘਰਸ਼ਵਾਦੀ ਹੋਣ ਕਰਕੇ ਉਨ੍ਹਾਂ ਦੀਆਂ ਕਹਾਣੀਆਂ ਦੇ ਵਿਸ਼ੇ ਜ਼ਿਆਦਾਤਰ ਸਮਾਜ ਦੇ ਗਰੀਬ, ਦਲਿਤ ਅਤੇ ਸੋਸ਼ਤ ਵਰਗ ਦੀਆਂ ਯਥਾਰਥਕ ਸਮੱਸਿਆਵਾਂ ਨਾਲ ਜੁੜੇ ਹੋਏ ਹਨ। ਉਸਦੀਆਂ ਕਹਾਣੀਆਂ ਦੇ ਪਾਤਰ ਆਮ ਤੌਰ ਤੇ ਕਿਰਤੀ, ਕਾਮੇ, ਕਿਸਾਨ, ਦੁਕਾਨਦਾਰ, ਰਿਕਸ਼ਾ ਚਾਲਕ, ਕਲਰਕ, ਮਾਸਟਰ ਭਾਵ ਸੰਘਰਸ਼ਸ਼ੀਲ ਵਰਗ ਦੇ ਆਮ ਲੋਕ ਬਣੇ ਹਨ। ਭਾਵੇਂ ਸੁਜਾਨ ਸਿੰਘ ਨੂੰ ਮਨੋਵਿਗਿਆਨਕ ਕਹਾਣੀਕਾਰ ਦੇ ਤੌਰ ਤੇ ਨਹੀਂ ਮੰਨਿਆ ਜਾ ਸਕਦਾ ਪਰ ਉਸਦੀਆਂ ਕਈ ਕਹਾਣੀਆਂ ਵਿੱਚੋਂ ਮਨੋਵਿਗਿਆਨਕ ਅੰਸ਼ ਲੱਭੇ ਜਾ ਸਕਦੇ ਹਨ ਜੋ ਪਾਤਰਾਂ ਦੀ ਮਾਨਸਿਕਤਾ ਦੇ ਲਖਾਇਕ ਹਨ। ਭਾਵੇਂ ਪ੍ਰਿੰ. ਸੁਜਾਨ ਸਿੰਘ ਨੇ ਸੁਚੇਤਕ ਤੌਰ ਤੇ ਕੋਈ ਮਨੋਵਿਗਿਆਨਕ ਕਹਾਣੀ ਨਹੀਂ ਲਿਖੀ, ਪਰ ਉਸਦੀਆਂ ਕਈ ਕਹਾਣੀਆਂ ਮਨੋਵਿਗਿਆਨਕ ਸਥਿਤੀਆਂ ਵਿੱਚ ਵਿਚਰਦੀਆਂ ਹਨ। ਉਹ ਅਚੇਤਕ ਹੀ ਪਾਤਰਾਂ ਦੀ ਮਾਨਸਿਕਤਾ ਨੂੰ ਸਿਰਜਣ ਵਿੱਚ ਕਾਮਯਾਬ ਹੋਇਆ ਹੈ।

ਗੁੱਸਾ, ਨਫ਼ਰਤ ਅਜਿਹੀਆਂ ਮਾਨਸਿਕ ਬਿਰਤੀਆਂ ਹਨ ਜੋ ਵਿਅਕਤੀ ਨੂੰ ਧੁਰ ਅੰਦਰ ਤੀਕ ਹਿਲਾ ਦਿੰਦੀਆਂ ਹਨ। ਜਦੋਂ ਕੋਈ ਵਿਅਕਤੀ ਮਜ਼ਬੂਰੀਆਂ ਵਸ ਸਮਾਜ ਵਿੱਚ ਕਿਸੇ ਦੀਆਂ ਜ਼ਿਆਦਤੀਆਂ ਨੂੰ ਝੱਲਣ ਲਈ ਬੇਵੱਸ ਹੁੰਦਾ ਹੈ ਤਾਂ ਉਸ ਵਿਅਕਤੀ ਦੇ ਮਨ ਵਿੱਚ ਜ਼ਿਆਦਤੀਆਂ ਕਰਨ ਵਾਲੇ ਪ੍ਰਤੀ ਗੁੱਸਾ, ਨਫ਼ਰਤ ਅਤੇ ਘ੍ਰਿਣਾ ਦੀ ਪ੍ਰਤੀਕਿਰਿਆ ਪੈਦਾ ਹੋ ਜਾਂਦੀ ਹੈ, ਜਿਸ ਨਾਲ ਉਸਦੀ ਮਾਨਸਿਕ ਸਥਿਤੀ ਸਥਿਰ ਨਹੀਂ ਰਹਿੰਦੀ। 'ਰੱਬ ਦੀ ਮੌਤ' ਕਹਾਣੀ ਦੀ ਪਾਤਰ ਰੇਸ਼ਮੋ ਜੋ ਕਿ ਗਰੀਬ ਪਰਿਵਾਰ ਨਾਲ ਸੰਬੰਧਿਤ ਖੂਬਸੂਰਤ ਮੁਟਿਆਰ ਹੈ, ਘਰ ਦੀ ਗਰੀਬੀ ਤੇ ਆਰਥਿਕ ਤੰਗੀਆਂ ਦੀ ਸਥਿਤੀ ਸੁਧਾਰਨ ਲਈ ਗੋਪਾਲ ਕ੍ਰਿਸ਼ਨ ਦੀ ਸਪੀਨਿੰਗ ਫੈਕਟਰੀ ਵਿੱਚ ਮਜ਼ਦੂਰੀ ਕਰਦੀ ਹੈ। ਫ਼ੈਕਟਰੀ ਦਾ ਮਾਲਕ ਅਤੇ ਮਜ਼ਦੂਰ ਮਰਦ ਪਾਤਰ ਜਿਹੜੇ ਉਸਨੂੰ ਮੈਲੀਆਂ ਨਜ਼ਰਾਂ ਨਾਲ ਦੇਖਦੇ ਹਨ, ਸਾਰੇ ਰੇਸ਼ਮੋ ਦੇ ਗੁੱਸੇ ਅਤੇ ਨਫ਼ਰਤ ਦਾ ਸ਼ਿਕਾਰ ਹੁੰਦੇ ਹਨ। ਇਸੇ ਪ੍ਰਕਾਰ 'ਡੇਢ ਆਦਮੀ' ਕਹਾਣੀ ਦੀ ਮੁੱਖ ਪਾਤਰ ਪਾਰਵਤੀ (ਪਾਰੂ) ਦੀ ਜ਼ਿੰਦਗੀ ਮਰਦ ਪ੍ਰਧਾਨ ਸਮਾਜ ਦੀਆਂ ਧੋਖੇਬਾਜ਼ੀਆਂ, ਬੇਈਮਾਨੀਆਂ ਅਤੇ ਜ਼ਿਆਦਤੀਆਂ ਨੇ ਨਰਕ ਬਣਾ ਦਿੱਤੀ। ਸਮਾਜ ਦੀਆਂ ਵਧੀਕੀਆਂ ਨੇ ਇੱਕ ਖੂਬਸੂਰਤ ਮੁਟਿਆਰ ਨੂੰ ਜੋ ਆਪਣੇ ਘਰ ਵਿੱਚ ਗ੍ਰਹਿਸਥੀ ਜੀਵਨ ਬਤੀਤ ਕਰ ਰਹੀ ਸੀ, ਨੂੰ ਮਜ਼ਬੂਰਨ ਵੇਸਵਾਗਮਨੀ ਦੀ ਜਿੱਲਤ

ਭਰੀ ਨਰਕ ਵਾਲੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਧੱਕ ਦਿੱਤਾ। ਮਰਦ ਪ੍ਰਧਾਨ ਸਮਾਜ ਦੀਆਂ ਵਧੀਕੀਆਂ ਕਾਰਨ ਉਹ ਮਾਨਸਿਕ ਪ੍ਰੇਸ਼ਾਨ ਹੋ ਕੇ ਪਾਗਲਖਾਨੇ ਪਹੁੰਚ ਜਾਂਦੀ ਹੈ। ਇਸ ਤਰ੍ਹਾਂ 'ਕੁੱਤਾ' ਕਹਾਣੀ ਦੀ ਪਾਤਰ ਮਰੀਅਮ (ਮਰੋ), 'ਕਪੂਰ ਤੇ ਮਜ਼ਦੂਰ' ਕਹਾਣੀ ਦਾ ਪਾਤਰ ਕਰਮਚੰਦ, 'ਪੱਤਣ ਤੇ ਸਰਾਂ' ਕਹਾਣੀ ਦੀ ਪਾਤਰ ਮੋਹਣੀ, 'ਔਰਤ ਦੀ ਕਰਾਮਾਤ' ਕਹਾਣੀ ਦੀ ਮੁੱਖ ਪਾਤਰ ਨਿਲੋਫਰ ਸ਼ਾਹੀ, 'ਦੂਜਾ ਵਿਆਹ' ਕਹਾਣੀ ਦੀ ਪਾਤਰ 'ਕ੍ਰਿਸ਼ਨਾ' ਆਦਿ ਕਹਾਣੀਆਂ ਵਿੱਚ ਕਾਮੁਕਤਾ ਕਿਤੇ ਨਾ ਕਿਤੇ ਆਪਣਾ ਰੂਪ ਅਖਤਿਆਰ ਕਰ ਲੈਂਦੀ ਹੈ ਜੋ ਕਿ ਵਿਅਕਤੀ ਨੂੰ ਮਾਨਸਿਕ ਤੌਰ ਤੇ ਪ੍ਰੇਸ਼ਾਨ ਕਰਦੀ ਹੈ।

ਡਰ ਇੱਕ ਅਜਿਹੀ ਮਾਨਸਿਕ ਪ੍ਰਕਿਰਿਆ ਹੈ ਜੋ ਵਿਅਕਤੀ ਨੂੰ ਮਾਨਸਿਕ ਤੌਰ ਤੇ ਪ੍ਰੇਸ਼ਾਨ ਕਰਦਾ ਹੈ। ਇਨਸਾਨ ਅੰਦਰੋਂ ਸਹਿਮਿਆ ਹੋਇਆ ਡਰ ਦੇ ਅਹਿਸਾਸ ਥੱਲੇ ਆਪਣੇ ਆਪ ਨੂੰ ਅਸੁਰੱਖਿਅਤ ਮਹਿਸੂਸ ਕਰਦਾ ਹੈ। ਪ੍ਰਿੰ. ਸੁਜਾਨ ਸਿੰਘ ਦੀਆਂ ਕਹਾਣੀਆਂ ਵਿਚੋਂ ਮਨੁੱਖ ਦੀਆਂ ਮਾਨਸਿਕ ਪ੍ਰਵਿਰਤੀਆਂ ਪਿਆਰ, ਨਫ਼ਰਤ, ਇਕੱਲਾਪਨ, ਡਰ ਬੇਚੈਨੀ, ਗੁੱਸਾ, ਗੁਨਾਹ ਦਾ ਅਹਿਸਾਸ, ਹਮਦਰਦੀ ਅਤੇ ਕਾਮੁਕਤਾ ਆਦਿ ਮਾਨਸਿਕ ਅੰਸ਼ਾਂ ਨੂੰ ਪਕੜਨ ਦਾ ਯਤਨ ਕੀਤਾ ਗਿਆ ਹੈ। ਮਰਦ ਪ੍ਰਧਾਨ ਸਮਾਜ ਵਿੱਚ ਔਰਤ ਦੇ ਕੰਮ ਦੀ ਥਾਂ ਉਸਦੇ ਜਿਸਮ ਨੂੰ ਮਹੱਤਤਾ ਦਿੱਤੀ ਜਾਂਦੀ ਹੈ ਕਿਉਂਕਿ ਔਰਤ ਨੂੰ ਹਮੇਸ਼ਾ ਵਸਤੂ ਦੇ ਰੂਪ ਵਿੱਚ ਵਰਤਣ ਦੀ ਇੱਛਾ ਰੱਖੀ ਹੈ। ਮਰਦ ਆਪਣੀ ਜਿਨਸੀ ਚਾਹ ਦੀ ਪੂਰਤੀ ਲਈ ਸਿਧੀ ਤਹਿਤ ਕੰਮ ਵਾਲੀ ਥਾਂ ਔਰਤ ਦਾ ਸਰੀਰਕ ਸੋਸ਼ਣ ਕਰਨਾ ਚਾਹੁੰਦਾ ਹੈ। ਇਥੋਂ ਤੱਕ ਕਿ ਉਸਦੀ ਪ੍ਰਮੋਸ਼ਨ ਅਤੇ ਨੌਕਰੀ ਬਚਾਈ ਰੱਖਣ ਦੀ ਸਥਿਤੀ ਵੀ ਉਸਦੇ ਸਾਥੀ ਕਰਮਚਾਰੀ, ਅਫਸਰ ਜਾਂ ਮਾਲਕ ਦੀ ਕਾਮ ਤ੍ਰਿਪਤੀ 'ਤੇ ਆਧਾਰਿਤ ਹੈ। 'ਨਰਸ' ਕਹਾਣੀ ਅਧੀਨ ਨੈਨਸੀ ਵਿਚਲੇ ਨਰਸ ਦੇ ਲੋੜੀਂਦੇ ਗੁਣਾਂ ਦਾ ਪ੍ਰਗਟਾਵਾ ਕਰਦਿਆਂ ਕਥਾਕਾਰ ਮਰਦ ਦੀ ਨੀਚ ਸੋਚ ਉੱਪਰ ਗਲਤ ਧਾਰਨਾ ਪ੍ਰਸਤੁਤ ਕਰਦਾ ਹੈ – "ਲੋਕੀਂ ਨਰਸ ਤੋਂ ਪਿਆਰ ਨਹੀਂ ਸਰੀਰ ਚਾਹੁੰਦੇ ਹਨ। ਡਾਕਟਰ ਹਾਊਸ ਸਰਜਨ, ਵਿਦਿਆਰਥੀ, ਚਪੜਾਸੀ, ਭੰਗੀ ਸਭ ਦੀ ਨਰਸ 'ਤੇ ਅੱਖ ਹੁੰਦੀ ਹੈ।"[(1)] ਪ੍ਰਿੰ. ਸੁਜਾਨ ਸਿੰਘ ਦੀ ਕਹਾਣੀ 'ਭੀਸ਼ਮ ਤਪੱਸਿਆ' ਵੀ ਇਸੇ ਪ੍ਰਕਾਰ ਦੀ ਪ੍ਰਸਥਿਤੀ ਦਾ ਵਿਖਿਆਨ ਕਰਦੀ ਹੈ। ਕਹਾਣੀ ਵਿਚਲੀ ਪਾਤਰ ਰਾਹੀਂ ਕਥਾਕਾਰ ਨੇ ਕੰਮਕਾਜੀ ਔਰਤ ਦੇ ਵੇਸਵਾਗਮਨੀ ਦੇ ਧੰਦੇ ਤੱਕ ਪਹੁੰਚਣ ਦੀ ਤਸਵੀਰ ਦ੍ਰਿਸ਼ਟੀਗੋਚਰ ਕੀਤੀ ਹੈ। ਆਪਣੀ ਇੱਜ਼ਤ ਨੂੰ ਖਤਰੇ ਵਿੱਚ ਪਇਆ ਵੇਖ ਕਹਾਣੀ 'ਇੱਜ਼ਤ ਦਾ ਸਵਾਲ' ਦੀ ਗੁਰਨਾਮੋ ਉੱਚ ਵਰਗ ਕਹਿਲਾਉਂਦੇ ਮਰਦ ਪਾਤਰ (ਪਰਮਿੰਦਰ) ਨੂੰ ਮੋੜਵਾਂ ਜਵਾਬ ਦਿੰਦੀ ਹੈ।

ਵਰਗ ਸ਼੍ਰੇਣੀ ਸਮਾਜ ਵਿੱਚ ਹਰੇਕ ਉੱਚ ਸ਼੍ਰੇਣੀ ਵਰਗ, ਨਿਮਨ ਸ਼੍ਰੇਣੀ ਦੀ ਔਰਤ ਉੱਤੇ ਆਪਣਾ ਅਧਿਕਾਰ ਸਮਝਦਾ ਹੈ। ਔਰਤ ਨੂੰ ਮਹਿਜ਼ ਵਰਤਣ ਦੀ ਸ਼ੈਅ ਹੇਠ ਉਸਦਾ ਜਿਨਸੀ ਸ਼ੋਸ਼ਣ ਕੀਤਾ ਜਾਂਦਾ ਹੈ। ਜਾਤੀ ਹੰਕਾਰ, ਆਰਥਿਕ ਸਮਾਜਿਕ ਨਾ ਬਰਾਬਰੀ ਅਤੇ ਪਿਤਰੀ ਸਮਾਜ ਦੀਆਂ ਗਲਤ ਕਦਰਾਂ-ਕੀਮਤਾਂ ਔਰਤ ਦੀ ਤ੍ਰਾਸਦਿਕ ਦਸ਼ਾ ਦਾ ਪ੍ਰਮੁੱਖ ਕਾਰਨ ਹਨ। ਜਿਨਸੀ ਸ਼ੋਸ਼ਣ ਤੋਂ ਇਲਾਵਾ ਔਰਤ ਦੇ ਮਾਨਸਿਕ ਦਵੰਦ ਦੀ ਪੇਸ਼ਕਾਰੀ ਤਹਿਤ ਕਥਾਕਾਰ 'ਰਾਸ ਲੀਲਾ', 'ਗਊ ਮਾਤਾ' ਅਤੇ 'ਅਨਜੋੜ' ਆਦਿ ਕਹਾਣੀਆਂ ਦੀ ਰਚਨਾ ਕਰਦਾ ਹੈ। ਇਨ੍ਹਾਂ ਕਹਾਣੀਆਂ ਦਾ ਬਿਰਤਾਂਤਕ ਪ੍ਰਵਚਨ ਵੀ ਔਰਤ ਦੇ ਮਾਨਸਿਕ ਸੰਤਾਪ ਨੂੰ ਪ੍ਰਗਟਾਉਣਾ ਹੈ। 'ਰਾਸ ਲੀਲਾ' ਕਹਾਣੀ ਜਿੱਥੇ ਅਣਜੋੜ ਵਿਆਹ ਦਾ

ਸੰਤਾਪ ਹੰਢਾਉਂਦੀ ਔਰਤ ਦੀ ਮਾਨਸਿਕ ਪੀੜਾ ਪੇਸ਼ ਕਰਦੀ ਹੈ, ਉੱਥੇ 'ਗਊ ਮਾਤਾ' ਕਹਾਣੀ ਦੇ ਬਿਰਤਾਂਤ ਵਿੱਚ ਕਥਾਕਾਰ ਨੇ ਅਜੋੜ ਵਿਆਹ ਪ੍ਰਤੀ ਔਰਤ ਦੀ ਵਿਦਰੋਹੀ ਭਾਵਨਾ ਦੀ ਅਭਿਵਿਅਕਤੀ ਕੀਤੀ ਹੈ। "ਲੋਕੀ ਆਖਦੇ ਹੁੰਦੇ ਸਨ, ਧੀਆਂ ਤੇ ਗਊਆਂ ਹੁੰਦੀਆਂ ਹਨ, ਜਿਸਨੂੰ ਮਰਜ਼ੀ ਉਨ੍ਹਾਂ ਦਾ ਰੱਸਾ ਫੜਾ ਦਿੱਤਾ। ਪਰ ਸਮਾਜ ਦੇ ਇਸ ਹੱਕ ਤੇ ਅਜੋੜ ਜੋੜਾਂ ਤੋਂ ਦੁਖੀ ਹੋ ਕੇ ਉਹ ਵੀ ਬੋਲ ਪਈਆਂ ਹਨ।"(2) ਪ੍ਰਿੰ. ਸੁਜਾਨ ਸਿੰਘ ਦੀਆਂ ਕਹਾਣੀਆਂ ਵਿੱਚ ਔਰਤ ਸੰਬੰਧੀ ਮਜ਼ਬੂਰੀਆਂ, ਔਕੜਾਂ ਅਤੇ ਸਮੱਸਿਆਵਾਂ ਦੀ ਪੇਸ਼ਕਾਰੀ ਹੀ ਨਹੀਂ ਹੋਈ ਸਗੋਂ ਉਹ ਜਥੇਬੰਦ ਰੂਪ ਵਿੱਚ ਵਿਦਰੋਹ ਦੇ ਰਾਹ ਉੱਪਰ ਵੀ ਤੁਰਦੀਆਂ ਹਨ। ਪ੍ਰਿੰ. ਸੁਜਾਨ ਸਿੰਘ ਦੇ ਸਮੇਂ ਸਮਾਜ ਵਿੱਚ ਇਸਤਰੀਆਂ ਦੀ ਸਥਿਤੀ ਬੜੀ ਕਮਜ਼ੋਰ ਤੇ ਮਰਦ ਨਾਲੋਂ ਦੁਜੈਲੀ ਸੀ, ਜੋ ਹੁਣ ਵੀ ਪਿੰਡਾਂ ਤੇ ਕਸਬਿਆਂ ਵਿੱਚ ਕੋਈ ਬਹੁਤੀ ਪਰਵਰਤਿਤ ਨਹੀਂ ਹੋ ਸਕੀ। ਬਲਕਿ ਦਹੇਜ ਅਤੇ ਭਰੂਣ ਹੱਤਿਆ ਵਰਗੀਆਂ ਘਟਨਾਵਾਂ ਨਾਲ ਔਰਤਾਂ ਦੀ ਤ੍ਰਾਸਦੀ ਵਿਕਰਾਲ ਰੂਪ ਧਾਰਨ ਕਰਦੀ ਜਾ ਰਹੀ ਹੈ। ਅਜਿਹੀਆਂ ਪ੍ਰਸਥਿਤੀਆਂ ਨਾਲ ਜੂਝਦੇ ਦੋ-ਚਾਰ ਔਰਤ ਪਾਤਰ ਸੁਜਾਨ ਸਿੰਘ ਦੀਆਂ ਕਹਾਣੀਆਂ ਵਿੱਚ ਆਮ ਹੀ ਵੇਖੇ ਜਾ ਸਕਦੇ ਹਨ।

'ਬੰਦ ਖੁਲਾਸ' ਕਹਾਣੀ ਦੀ ਨਾਇਕਾ ਗੁਆਂਢੀ ਦੁਆਰਾ ਸ਼ੋਸ਼ਿਤ ਹੋ ਰਹੀ ਹੈ। ਔਰਤ ਦੀ ਮਾਨਸਿਕ ਪੀੜਾ ਲਈ ਵਿਅਕਤੀਗਤ ਕਮਜ਼ੋਰੀ ਦੇ ਨਾਲ-ਨਾਲ ਸਮਾਜਿਕ ਕਾਰਨ ਵੀ ਉਘੜਦਾ ਹੈ ਕਿ ਸਮਾਜ ਨੇ ਮਨੁੱਖ ਨੂੰ ਜਾਤਾਂ, ਵਰਗਾਂ, ਧਰਮਾਂ ਵਿੱਚ ਵੰਡ ਕੇ ਉਸਦੀ ਮਾਨਸਿਕਤਾ ਉੱਪਰ ਗਹਿਰਾ ਪ੍ਰਭਾਵ ਪਾਇਆ ਹੈ। "ਸੈਕਸ, ਸਮਾਜ ਤੇ ਸੰਸਕ੍ਰਿਤੀ ਇਨ੍ਹਾਂ ਤਿੰਨ ਬੰਦੂਕਾਂ ਦੀ ਨੋਕ 'ਤੇ ਇਸਤਰੀ ਨੂੰ ਆਪਣੇ ਸਵਾਰਥ ਤੇ ਸੁਵਿਧਾ ਖਾਤਰ ਦਬਾ ਰੱਖਿਆ ਸੀ।"(3) 'ਐਕਸੀਡੈਂਟ' ਕਹਾਣੀ ਦੀ ਨਾਇਕਾ ਪਦਮਾ ਮਰਦਾਂ ਵਾਂਗ ਸਮਾਜ ਵਿੱਚ ਖੁੱਲ੍ਹਾ-ਡੁੱਲ੍ਹਾ ਘੁੰਮਣਾ ਚਾਹੁੰਦੀ ਹੈ ਪਰ ਅਣਭੋਲਪੁਣੇ ਵਿੱਚ ਇਹ ਨਾਇਕਾ ਮਰਦਾਂ ਦੇ ਵਹਿਸ਼ੀਪਨ ਦਾ ਸ਼ਿਕਾਰ ਹੋ ਜਾਂਦੀ ਹੈ। 'ਡੇਢ ਆਦਮੀ' ਕਹਾਣੀ ਦੀ ਔਰਤ-ਪਾਤਰ 'ਪਾਰਬਤੀ' 1947 ਦੇ ਦੰਗਿਆਂ ਕਾਰਨ ਆਪਣਾ ਘਰ-ਬਾਰ, ਦੇਸ਼, ਪਤੀ ਗੁਆ ਚੁੱਕੀ ਹੈ। 'ਦੋ ਰਸਤੇ' ਕਹਾਣੀ ਮਾਰਕਸਵਾਦੀ ਦ੍ਰਿਸ਼ਟੀਕੋਣ ਤੋਂ ਲਿਖੀ ਗਈ ਹੈ। ਇਸ ਕਹਾਣੀ ਵਿਚਲੀ ਨਾਇਕਾ ਪਾਤਰ ਇੱਕ ਕੁਲੀ ਗਰੀਬ ਮਜ਼ਦੂਰਨ ਹੈ। ਦਿਨ ਭਰ ਦੀ ਮਿਹਨਤ ਮਜ਼ਦੂਰ ਵਿਚੋਂ ਪਤੀ-ਪਤਨੀ ਦੋਨੋਂ ਮੁਸ਼ਕਿਲ ਨਾਲ ਪੰਜ ਆਨੇ ਕਮਾਉਂਦੇ ਹਨ ਪਰ ਆਰਥਿਕ ਮੰਦਹਾਲੀ ਕਾਰਨ ਪਤਨੀ ਪਤੀ ਦੀ ਸਹਿਮਤੀ ਨਾਲ ਵੱਧ ਪੈਸੇ ਕਮਾਉਣ ਦੇ ਲਾਲਚ-ਵੱਸ ਵੇਸਵਾਪੁਣਾ ਵੀ ਕਰਦੀ ਹੈ। ਜੇਕਰ ਸਮਾਜਵਾਦ ਹੋਵੇ ਅਤੇ ਔਰਤ ਆਰਥਿਕ ਤੌਰ 'ਤੇ ਮਜ਼ਬੂਤ ਹੋਵੇ ਤਾਂ ਉਹ ਕਦੇ ਵੀ ਅਜਿਹੇ ਧੰਦੇ ਵਿੱਚ ਨਾ ਪਵੇ। 'ਪਰਦਾ' ਕਹਾਣੀ ਵਿੱਚ ਔਰਤ ਤੋਂ ਜ਼ਬਰਦਸਤੀ ਵੇਸਵਾਪੁਣਾ ਕਰਵਾਇਆ ਜਾ ਰਿਹਾ ਹੈ ਭਾਵੇਂ ਉਹ ਆਪਣੀ ਆਰਥਿਕਤਾ ਤੋਂ ਤੰਗ ਆ ਕੇ ਇਸ ਧੰਦੇ ਵਿੱਚ ਨਹੀਂ ਪਈ। ਪਰ ਹੋਟਲ ਦੇ ਮਾਲਕ ਦੀ ਉਹ ਜ਼ਰਖਰੀਦ ਹੈ। ਬਾਹਰੋਂ ਸੰਗੀਤ ਦਾ ਪਰਦਾ ਬਣਾਇਆ ਗਿਆ ਪਰ ਉਸ ਔਰਤ ਤੋਂ ਵੇਸਵਾਪੁਣੇ ਦਾ ਧੰਦਾ ਕਰਵਾਇਆ ਜਾ ਰਿਹਾ ਹੈ। ਇਸ ਕਹਾਣੀ ਵਿੱਚ ਔਰਤ ਦੇ ਸਰੀਰ ਦਾ ਸ਼ੋਸ਼ਣ ਲੋਟੂ ਸਮਾਜ ਕਰ ਰਿਹਾ ਹੈ, ਔਰਤ ਬੇਵੱਸ ਲਾਚਾਰ ਹੈ। ਪ੍ਰਿੰ. ਸੁਜਾਨ ਸਿੰਘ ਦੀ ਕਹਾਣੀ 'ਭੁਲੇਖਾ' ਦੀ ਨਾਇਕਾ ਸੰਤੋਂ ਮਰਦ ਦੇ ਸ਼ੱਕ ਕਾਰਨ ਕਸ਼ਟ ਸਹਿੰਦੀ ਹੈ। ਪਿਆਰ-ਦੁਖਾਂਤ, ਜਾਤ-ਪਾਤ ਅਤੇ ਗਰੀਬੀ-ਅਮੀਰੀ ਦੇ ਵਖਰੇਵੇਂ ਕਾਰਨ 'ਘੜੀ ਦੀ ਦੁਨੀਆਂ', 'ਲੁਕਣਮੀਚੀ' ਆਦਿ ਕਹਾਣੀਆਂ ਵਿੱਚ ਔਰਤ ਭਿੰਨ-ਭਿੰਨ ਦੁੱਖਾਂ ਦੀ ਮਾਰ ਅਧੀਨ ਆਈ ਵਿਖਾਈ ਗਈ ਹੈ। ਕਹਾਣੀ 'ਰਾਸ ਲੀਲ੍ਹਾ' ਅਜਿਹੀ ਰਚਨਾ ਹੈ ਜਿਸ ਵਿੱਚ ਔਰਤ ਦੀ ਸਰੀਰਕ ਅਤੇ ਮਾਨਸਿਕ

ਕਾਮੁਕ ਅਤ੍ਰਿਪਤੀ ਨੂੰ ਹੀ ਨਹੀਂ ਬਿਆਨਿਆ ਸਗੋਂ ਮਰਦਾਵੇਂ ਪ੍ਰਬੰਧ ਦੀ ਅਨਜੋੜ ਵਿਆਹ ਸੰਸਥਾ ਤੇ ਵੀ ਪ੍ਰਸ਼ਨ ਚਿੰਨ੍ਹ ਲਗਾਇਆ ਹੈ। ਸਮਾਜ ਸੁਧਾਰ ਦੇ ਰਾਹ ਚਲਦਿਆਂ ਇਹ ਔਰਤ ਪਾਤਰ ਜੰਗਾਂ ਯੁੱਧਾਂ ਦੇ ਵਿਰੋਧ ਅਤੇ ਸ਼ਾਂਤਮਈ ਢੰਗ ਰਾਹੀਂ ਸਮਾਜਿਕ ਸਿਸਟਮ ਦੇ ਸੁਧਾਰ ਲਈ ਉਪਰਾਲੇ ਕਰਦੀਆਂ ਹਨ ਤਾਂ ਜੋ ਸ਼ਾਂਤਮਈ ਅਤੇ ਕੁਰੀਤੀ ਰਹਿਤ ਤੰਦਰੁਸਤ ਸਮਾਜ ਦਾ ਨਿਰਮਾਣ ਹੋ ਸਕੇ। ਕਹਾਣੀ 'ਝੂਠ ਤੇ ਸੱਚ' ਦੇ ਦੋ ਫੌਜੀ ਜਵਾਨਾਂ ਨੂੰ ਔਰਤ ਪਾਤਰ ਵੱਲੋਂ ਸਰਹੱਦਾਂ ਦੀ ਜੰਗ ਛੱਡ ਅਸੂਲਾਂ ਦੀ, ਸ਼ਾਂਤਮਈ ਮਾਹੌਲ ਦੀ ਪ੍ਰਾਪਤੀ ਅਤੇ ਸਮਾਜਿਕ ਕੁਰੀਤੀਆਂ ਦੇ ਵਿਰੋਧ ਦੀ ਜੰਗ ਲੜਨ ਦਾ ਸੰਦੇਸ਼ ਦਿੱਤਾ ਜਾਂਦਾ ਹੈ।

ਸਮੁੱਚੇ ਰੂਪ ਵਿੱਚ ਕਿਹਾ ਜਾ ਸਕਦਾ ਹੈ ਕਿ ਪ੍ਰਿੰ. ਸੁਜਾਨ ਸਿੰਘ ਦੇ ਕਥਾ ਸੰਸਾਰ ਵਿੱਚ ਔਰਤ ਦਰਪੇਸ਼ ਮਜ਼ਬੂਰੀਆਂ, ਔਕੜਾਂ ਅਤੇ ਸਮੱਸਿਆਵਾਂ ਦੀ ਪੇਸ਼ਕਾਰੀ ਹੀ ਨਹੀਂ ਹੁੰਦੀ ਜਦਕਿ ਇਹ ਔਰਤਾਂ ਜਥੇਬੰਦ ਰੂਪ ਵਿੱਚ ਵਿਦਰੋਹ ਦੇ ਮਾਰਗ ਉੱਤੇ ਵੀ ਤੁਰਦੀਆਂ ਹਨ। ਔਰਤ ਸੰਬੰਧੀ ਮਸਲਿਆਂ ਦੀ ਪ੍ਰਸਤੁਤੀ ਵੱਖਰੇ ਜ਼ਾਵੀਏ ਤੋਂ ਹੋਈ ਹੈ। ਇਨ੍ਹਾਂ ਸਾਰੀਆਂ ਕਹਾਣੀਆਂ ਦਾ ਪ੍ਰਮੁੱਖ ਮੁੱਦਾ ਔਰਤ ਨੂੰ ਆਪਣੀ ਸਥਿਤੀ ਤੋਂ ਜਾਣੂ ਕਰਵਾ ਕੇ ਸੁਚੇਤ ਕਰਨਾ ਅਤੇ ਸਵੈ-ਹੋਂਦ, ਸਵੈ-ਪਛਾਣ, ਸਵੈ-ਮਾਣ ਦੀ ਪ੍ਰਾਪਤੀ ਦੇ ਰਾਹ ਵੱਲ ਰੁਖ਼ਸਤ ਕਰਨਾ ਹੈ।

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ਗੁਰਸੇਵਕ ਸਿੰਘ
ਸਹਾਇਕ ਪ੍ਰੋਫ਼ੈਸਰ
ਪੰਜਾਬੀ ਵਿਭਾਗ
ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ ਕਾਲਜ, ਜੈਤੋ

ਸ਼ਿਰੋਮਣੀ ਪੰਜਾਬੀ ਸਾਹਿਤਕਾਰ, ਸਾਹਿਤ ਅਕਾਦਮੀ ਪੁਰਸਕਾਰ ਅਤੇ ਭਾਰਤੀ ਗਿਆਨਪੀਠ ਐਵਾਰਡ ਨਾਲ ਨਿਵਾਜੀ ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ ਪੰਜਾਬੀ ਦੀ ਉਹ ਪਹਿਲੀ ਕਵਿੱਤਰੀ ਹੈ ਜਿਸਨੇ ਔਰਤ ਦੇ ਮਾਨਸਿਕ ਅਸਤਿਤਵ ਨਾਲ ਜੁੜੇ ਮਸਲਿਆਂ ਨੂੰ ਆਪਣੀ ਕਵਿਤਾ ਵਿੱਚ ਬਹੁਤ ਹੀ ਸੂਖ਼ਮਤਾ ਅਤੇ ਸ਼ਕਤੀਸ਼ਾਲੀ ਢੰਗ ਨਾਲ ਚਿਤਰਿਆ। ਪੰਜਾਬ ਦੀ ਆਵਾਜ਼, ਆਲ ਇੰਡੀਆ ਰੇਡੀਓ ਤੇ ਕੰਮ ਕਰਨ ਵਾਲੀ, ਮਸ਼ਹੂਰ ਚਿੱਤਰਕਾਰ ਇਮਰੋਜ਼ ਨਾਲ ਮਿਲ ਕੇ 'ਨਾਗਮਣੀ' ਪਰਚੇ ਦਾ ਪ੍ਰਕਾਸ਼ਨ ਕਰਨ ਵਾਲੀ ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ ਦਾ ਕਾਵਿ ਸਫ਼ਰ ਬਹੁਤ ਲੰਮਾ ਅਤੇ ਪ੍ਰਗਤੀਸ਼ੀਲ ਦ੍ਰਿਸ਼ਟੀ ਦਾ ਧਾਰਨੀ ਹੈ। ਉਸਨੇ ਸਮਕਾਲੀ ਔਰਤ ਦੇ ਮਾਨਸਿਕ ਦਰਦ ਨੂੰ ਬਹੁਤ ਹੀ ਭਾਵਪੂਰਤ ਸ਼ਬਦਾਂ ਵਿੱਚ ਪ੍ਰਗਟਾਇਆ। ਉਸਦੀਆਂ ਕਵਿਤਾਵਾਂ ਜਿੱਥੇ ਔਰਤ ਮਨ ਦੀ ਸ਼ਾਹਦੀ ਭਰਦੀਆਂ ਹਨ ਉੱਥੇ ਪੰਜਾਬੀ ਕਵਿਤਾ ਵਿੱਚ ਉਸਦਾ ਵਿਲੱਖਣ ਮੁਹਾਂਦਰਾ ਵੀ ਨਿਸ਼ਚਿਤ ਕਰਦੀਆਂ ਹਨ। ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ ਸਮਾਜ ਵਿੱਚ ਮਰਦ ਪ੍ਰਧਾਨ ਸਮਾਜਿਕ ਢਾਂਚੇ ਉੱਪਰ ਵਿਅੰਗ ਕਰਦਿਆਂ, ਮਾਨਸਿਕ ਗੁਲਾਮੀ ਭੋਗਦੀ ਔਰਤ ਦੀ ਮਾਨਸਿਕ ਹੋਂਦ ਅਤੇ ਹੋਣੀ ਬਾਰੇ ਕਾਵਿ ਰਚਨਾ ਕਰਦੀ ਹੈ।

ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ ਪੰਜਾਬੀ ਦੀ ਪਹਿਲੀ ਕਵਿੱਤਰੀ ਹੈ ਜੋ ਪੰਜਾਬ ਦੀ ਇਸਤਰੀ ਦੀ ਮਾਨਸਿਕ ਪੀੜਾ ਨੂੰ ਪੰਜਾਬੀ ਕਵਿਤਾ ਵਿੱਚ ਪ੍ਰਤੀਬਿੰਬ ਕਰਦੀ ਹੈ। ਪ੍ਰਗਤੀਸ਼ੀਲ ਕਾਵਿਧਾਰਾ ਦੇ ਪ੍ਰਭਾਵ ਸਦਕਾ ਇਸਤਰੀ-ਮਰਦ ਸੰਬੰਧਾਂ ਨੂੰ ਉਸਨੇ ਆਪਣੀ ਕਾਵਿ ਰਚਨਾ ਦਾ ਵਿਸ਼ਾ ਬਣਾਇਆ ਹੈ। ਉਸ ਸਮੇਂ ਦੀ ਇਹ ਲੋੜ ਬਣ ਚੁੱਕੀ ਸੀ ਕਿ ਸਦੀਆਂ ਤੋਂ ਦੱਬੀ-ਕੁਚਲੀ ਭਾਰਤੀ ਨਾਰੀ ਦੀ ਮਾਨਸਿਕ ਪੀੜਾ ਦੀ ਗੱਲ ਸਾਹਿਤਕ ਪੱਧਰ 'ਤੇ ਵੀ ਤੁਰੇ ਅਤੇ ਵਿਵਹਾਰਿਕ ਪੱਧਰ 'ਤੇ ਵੀ। ਇਹ ਉਹ ਸਮਾਂ ਸੀ ਜਦੋਂ ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ ਨੇ ਘਰ ਦੀ ਚਾਰ ਦੀਵਾਰੀ ਤੱਕ ਮਹਿਦੂਦ ਕੀਤੀ ਔਰਤ ਦੀ ਹੁੰਮਸ ਭਰੀ ਜ਼ਿੰਦਗੀ ਨੂੰ ਆਪਣੀ ਵਿਦਰੋਹੀ ਸੁਰ ਦੀ ਨਜ਼ਮ 'ਅੰਨਦਾਤਾ' ਰਾਹੀਂ ਆਵਾਜ਼ ਦਿੱਤੀ। 'ਪੱਥਰ ਗੀਟੇ' ਦੀਆਂ ਕਵਿਤਾਵਾਂ ਵੀ ਮਰਦ ਪ੍ਰਧਾਨ ਸਮਾਜ ਵਿੱਚ ਔਰਤ ਦੇ ਸੋਸ਼ਣ ਅਤੇ ਮਾਨਸਿਕ ਵਿਸ਼ਾਦ ਨੂੰ ਗਹਿਰੇ ਕਟਾਖਸ਼ ਨਾਲ ਵਿਅਕਤ ਕਰਦੀਆਂ ਹਨ:-

ਅੰਨਦਾਤਾ।
ਮੈਂ ਚੰਮ ਦੀ ਗੁੱਡੀ ਖੇਡ ਲੈ, ਖਿਡਾ ਲੈ
ਤੇਰੇ ਸਾਹਵੇਂ ਖੜੀ ਹਾਂ ਅਹਿ

ਵਰਤਣ ਦੀ ਸ਼ੈ
ਜਿਵੇਂ ਚਾਹੇਂ ਵਰਤ ਲੈ (ਪੱਥਰ ਗੀਟੇ, ਪੰਨਾ-59)

ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ ਦੇ ਕਾਵਿ ਰਚਨਾ ਸੰਸਾਰ ਦੀਆਂ ਬਹੁਤੀਆਂ ਕਵਿਤਾਵਾਂ ਮਰਦ ਦੀ ਜਗੀਰੂ ਸੋਚ ਨੂੰ ਜਿੱਥੇ ਵੰਗਾਰਦੀਆਂ ਹਨ, ਉੱਥੇ ਔਰਤ ਦੀ ਪ੍ਰਗਤੀਸ਼ੀਲ ਸੋਚ ਨੂੰ ਵੀ ਉਸਾਰੂ ਬਣਾਉਂਦੀਆਂ ਹਨ। ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ ਆਪਣੀ ਇੱਕ ਪ੍ਰਸਿੱਧ ਕਵਿਤਾ 'ਵਿਉਪਾਰ' ਵਿੱਚ ਮਰਦ ਪ੍ਰਧਾਨ ਸਮਾਜ ਦੇ ਅਨਿਆਇ ਕਾਰਨ ਇਸਤਰੀ ਦੀ ਮਾਨਸਿਕ ਮੰਦਹਾਲੀ ਦੀ ਜੋ ਸਥਿਤੀ ਪੇਸ਼ ਕਰਦੀ ਹੈ, ਉਹੋ ਸਥਿਤੀ ਪ੍ਰੋ: ਮੋਹਨ ਸਿੰਘ ਪੇਸ਼ ਕਰਨ ਦੀ ਕਾਬਲੀਅਤ ਨਹੀਂ ਰੱਖ ਸਕਿਆ। ਇੱਕ ਬਿਰਹਨ ਇਸਤਰੀ ਵੱਲੋਂ ਆਪਣੇ ਪਿਆਰੇ ਨੂੰ ਪੁਕਾਰਨਾ ਆਮ ਸ਼ਬਦਾਵਲੀ ਵਿੱਚ ਭਾਵੇਂ ਰੁਮਾਂਟਿਕ ਹੋਵੇ ਪਰ ਮਨੋਵਿਗਿਆਨਿਕ ਪੱਧਰ ਉੱਤੇ ਇਹ ਯਥਾਰਥਕ ਹੈ।

ਚਾਨਣ ਦੀ ਫੁਲਕਾਰੀ
ਤੋਪਾ ਕੌਣ ਭਰੇ?
ਦਿਲ ਦੀ ਉੱਚੀ ਮੰਮਟੀ
ਦੀਵਾ ਕੌਣ ਧਰੇ? (141 ਕਵਿਤਾਵਾਂ, ਪੰਨਾ-37)

ਇਸ ਤਰ੍ਹਾਂ ਦੀ ਮਾਨਸਿਕ ਅਵਸਥਾ ਨੂੰ ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ ਨੇ ਕਈ ਕਵਿਤਾਵਾਂ ਵਿੱਚ ਪ੍ਰਤੀਕਾਂ ਰਾਹੀਂ ਅਤੇ ਸੰਕੇਤਾਂ ਦੁਆਰਾ ਅਭਿਵਿਅਕਤ ਕੀਤਾ ਹੈ। **ਡਾ. ਸਤਿੰਦਰ ਸਿੰਘ ਨੂਰ** ਦੇ ਸ਼ਬਦਾਂ ਵਿੱਚ, "ਪੰਜਾਬੀ ਨਾਰੀ ਕਾਵਿ ਦੇ ਇਤਿਹਾਸ ਵਿੱਚ ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ ਦੇ ਆਉਣ ਨਾਲ ਇੱਕ ਵੱਡਾ ਪਰਿਵਰਤਨ ਵਾਪਰਦਾ ਹੈ।..... ਉਸਨੇ ਇਹ ਖੁੱਲ੍ਹ ਪ੍ਰਾਪਤ ਕੀਤੀ ਕਿ ਨਾਰੀ ਆਪਣੇ ਅਸਤਿਤਵ ਨਾਲ ਜੁੜੇ ਮਾਨਸਿਕ ਵਿਸ਼ਾਦ ਦੇ ਭਾਵਾਂ ਨੂੰ ਸਿੱਧੇ ਤੌਰ ਤੇ ਪ੍ਰਗਟ ਕਰੇ।"[(1)] ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ ਨੂੰ ਸਦੀਆਂ ਤੋਂ ਲਿਤਾੜੀ, ਪਿਛਾੜੀ ਅਤੇ ਦੱਬੀ-ਕੁਚਲੀ ਪੰਜਾਬੀ ਔਰਤ ਦੀ ਜ਼ੁਬਾਨ ਬਣਨ ਦਾ ਮਾਣ ਵੀ ਹਾਸਿਲ ਹੈ। ਔਰਤ-ਮਰਦ ਦੇ ਅਣਸੁਖਾਵੇਂ ਸੰਬੰਧ, ਭਾਰਤ-ਪਾਕਿ ਵੰਡ ਦਾ ਸੰਤਾਪ, ਔਰਤ ਮਨ ਦੀਆਂ ਸੰਵੇਦਨਾਵਾਂ, ਪੂੰਜੀਵਾਦੀ ਅਤੇ ਰਜਵਾੜਾਸ਼ਾਹੀ ਨਿਜ਼ਾਮ ਦੀਆਂ ਕਰੂਰ ਪ੍ਰਸਥਿਤੀਆਂ ਆਦਿ ਵਿਸ਼ੇ ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ ਦੀ ਕਵਿਤਾ ਦਾ ਕੇਂਦਰ ਬਿੰਦੂ ਹਨ। ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ ਦੀਆਂ ਕਵਿਤਾਵਾਂ ਸਮਾਜ ਦੀਆਂ ਉਨ੍ਹਾਂ ਗਲਤ ਰਾਜਸੀ ਕੀਮਤਾਂ ਤੇ ਚੋਟ, ਕਟਾਖ਼ਸ਼ ਕਰਦੀਆਂ ਹਨ ਜੋ ਸਮਾਜ ਵਿੱਚ ਔਰਤ ਦੀ ਮਾਨਸਿਕ ਦੁਰਦਸ਼ਾ ਅਤੇ ਤ੍ਰਾਸਦਿਕ ਜੀਵਨ ਲਈ ਜ਼ਿੰਮੇਵਾਰ ਹਨ। ਇਸਤਰੀ ਨਾਲ ਹੁੰਦੀਆਂ ਬੇਇਨਸਾਫ਼ੀਆਂ, ਦੁਸ਼ਵਾਰੀਆਂ ਨੂੰ ਸਮਾਜ ਸਾਹਮਣੇ ਪੇਸ਼ ਕਰਕੇ ਮਹੱਤਵਪੂਰਨ ਰੋਲ ਅਦਾ ਕਰਦੀ ਹੈ:-

ਪੀੜ ਹੈ ਤਾਂ ਪੀੜ ਰਹੇ
ਪੀੜ ਬਣ ਕੇ ਜੰਮੀ
ਪੀੜ ਬਣ ਕੇ ਜੀਵੇ
ਪੀੜ ਬਣ ਕੇ ਮਰ ਜਾਏ। (ਪੱਥਰ ਗੀਟੇ, ਪੰਨਾ-42)

ਸਮਕਾਲੀ ਸਮਾਜਿਕ ਢਾਂਚੇ ਵਿੱਚ ਔਰਤ ਦੇ ਦੂਜੈਲੇ ਸਥਾਨ ਵਿੱਚ ਉਸਨੂੰ ਸਦੈਵ ਇੱਥੇ ਔਰਤ ਹੋਣ ਦਾ ਦਰਦ ਸਹਿਣਾ ਪੈਂਦਾ ਹੈ। ਭਾਰਤ ਵਰਗੇ ਵਿਕਾਸਸ਼ੀਲ ਦੇਸ਼ਾਂ ਵਿੱਚ ਔਰਤ ਸਦਾ ਹੀ ਪਰਦੇ ਪਿੱਛੇ ਰਹੀ ਹੈ। ਜਗੀਰੂ ਰੁਚੀਆਂ ਦੇ ਦਬਦਬੇ ਕਾਰਣ ਔਰਤ ਮੰਡੀ ਦੀ ਵਿਕਣਯੋਗ ਵਸਤੂ ਸਮਾਨ ਹੀ ਰਹੀ ਹੈ। ਔਰਤ ਆਰਥਿਕ ਮਜ਼ਬੂਰੀ ਕਾਰਨ ਵੀ ਆਪਣੇ ਆਪ ਨੂੰ ਬੇਬੱਸ ਅਤੇ ਲਾਚਾਰ ਸਮਝਦੀ ਹੈ। ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ ਔਰਤ ਦੀ ਅਜਿਹੀ ਤ੍ਰਾਸਦਿਕ ਅਤੇ ਮੰਦਭਾਗੀ ਸਥਿਤੀ ਲਈ ਸਮਾਜਿਕ ਪ੍ਰਸਥਿਤੀਆਂ ਨੂੰ ਸਾਹਮਣੇ ਦ੍ਰਿਸ਼ਟੀਗੋਚਰ ਕਰਨ ਦਾ ਯਤਨ ਕਰਦੀ ਹੈ। ਵੱਖਰੇ-ਵੱਖਰੇ ਸਮਾਜਿਕ ਰਿਸ਼ਤਿਆਂ ਵਿੱਚ ਜਕੜੀ ਔਰਤ ਜਿਵੇਂ ਪਤੀ-ਪਤਨੀ, ਮਾਂ-ਧੀ, ਭੈਣ-ਭਰਾ, ਪਿਉ-ਧੀ ਨੂੰ ਇੰਨ੍ਹਾਂ ਵੱਖੋ-ਵੱਖ ਪ੍ਰਸਥਿਤੀਆਂ ਵਿੱਚ ਵੱਖਰਾ-ਵੱਖਰਾ ਤਸ਼ੱਦਦ ਝੱਲਣਾ ਪੈਂਦਾ ਹੈ। ਔਰਤ ਮਰਦ ਜਾਤ ਨੂੰ ਆਪਣਾ ਦੁਸ਼ਮਣ ਸਮਝਦੀ ਹੋਈ ਮਰਦ ਪ੍ਰਤੀ ਵਿਦਰੋਹੀ ਸੁਰ ਅਪਣਾਉਂਦੀ ਹੈ। ਸਮਾਜਿਕ ਢਾਂਚੇ ਵਿੱਚ ਮਰਦ ਦਾ ਜ਼ਿਆਦਾ ਤਾਕਤਵਰ ਹੋਣਾ, ਔਰਤਾਂ ਨਾਲ ਹੁੰਦੀਆਂ ਵਧੀਕੀਆਂ, ਔਰਤ ਦੀ ਮਰਦ ਸਾਹਮਣੇ ਅਬਰਾਬਰਤਾ ਆਦਿ ਕਾਰਨ ਔਰਤ ਦੀ ਮਾਨਸਿਕ ਸੋਚ ਨੂੰ ਅਪੰਗ ਬਣਾਉਂਦੇ ਹਨ। ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ ਦੇ ਕਾਵਿ ਜਗਤ ਵਿੱਚ 20ਵੀਂ ਸਦੀ ਦੀ ਪੰਜਾਬੀ ਔਰਤ ਦਾ ਸੰਤਾਪ ਅਤੇ ਸਥਾਪਿਤ ਸਮਾਜਿਕ ਸਿਸਟਮ ਵਿਚਲੀ ਔਰਤ ਦੀ ਸਥਿਤੀ ਦੇ ਮਾਨਸਿਕ ਦਰਦ ਦੀ ਪੇਸ਼ਕਾਰੀ ਮਿਲਦੀ ਹੈ। 1947 ਦੇ ਦੇਸ਼-ਵੰਡ ਦੇ ਹਾਦਸੇ ਵਿੱਚ ਪੰਜਾਬ ਦੀ ਆਵਾਜ਼ ਬਣ ਕੇ ਕੁਰਲਾਉਣ ਦਾ ਦਰਦ ਇਤਿਹਾਸਕ ਮਹਾਨਤਾ ਦਾ ਧਾਰਨੀ ਬਣ ਚੁੱਕਾ ਹੈ:-

ਅੱਜ ਆਖਾਂ ਵਾਰਿਸ ਸ਼ਾਹ ਨੂੰ, ਕਿਤੋਂ ਕਬਰਾਂ ਵਿੱਚੋਂ ਬੋਲ
ਤੇ ਅੱਜ ਕਿਤਾਬੇ ਇਸ਼ਕ ਦਾ, ਕੋਈ ਅਗਲਾ ਵਰਕਾ ਫੋਲ
ਇੱਕ ਰੋਈ ਸੀ ਧੀ ਪੰਜਾਬ ਦੀ, ਤੂੰ ਲਿਖ ਲਿਖ ਮਾਰੇ ਵੈਣ
ਅੱਜ ਲੱਖਾਂ ਧੀਆਂ ਰੋਂਦੀਆਂ, ਤੈਨੂੰ ਵਾਰਿਸ ਸ਼ਾਹ ਨੂੰ ਕਹਿਣ। (141 ਕਵਿਤਾਵਾਂ, ਪੰਨਾ-09)

ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ ਦਾ ਸਾਰਾ ਕਾਵਿ ਸੰਸਾਰ ਇਸਤਰੀ ਦੀਆਂ ਮਨੋਗਤ ਰੇਖਾਵਾਂ ਨਾਲ ਲਕੀਰਿਆ ਹੋਇਆ ਹੈ। ਉਸਦੇ ਹਰ ਅੰਦਾਜ਼ ਵਿੱਚ ਨਾਰੀ ਦੀ ਭਾਵਨਾ ਅਭਿਵਿਅਕਤ ਹੈ। ਉਸਦੇ ਹਰ ਸ਼ਬਦ ਵਿੱਚੋਂ ਨਾਰੀ ਦੀ ਮਾਨਸਿਕ ਪੀੜਾ ਦਾ ਸਵਰ ਗੂੰਜਦਾ ਹੈ। ਮੰਨੂੰ ਦੇ ਕਾਨੂੰਨ ਤੋਂ ਲੈ ਕੇ ਹੁਣ ਤੱਕ ਨਾਰੀ ਦੀ ਸਥਿਤੀ ਹਮੇਸ਼ਾਂ ਹਾਸ਼ੀਆਗਤ ਰਹੀ ਹੈ। ਨਾਰੀਵਾਦ ਆਧੁਨਿਕ ਯੁੱਗ ਦੇ ਪੱਛਮੀ ਚਿੰਤਨ ਵਿੱਚ ਪੈਦਾ ਹੋਈ ਧਾਰਾ ਹੈ। **ਡਾ. ਬਲਵਿੰਦਰ ਕੌਰ ਬਰਾੜ** ਦੇ ਸ਼ਬਦਾਂ ਵਿੱਚ - "ਭਾਰਤੀ ਨਾਰੀ ਨੇ ਹੋਰਨਾਂ ਦੇਸ਼ਾਂ ਤੋਂ ਵੱਖਰਾ ਅਹਿਸਾਸ ਹੰਢਾਇਆ ਹੈ। ਉਸਦੀ ਮਾਨਸਿਕਤਾ ਹੋਰਨਾਂ ਦੇਸ਼ਾਂ ਤੋਂ ਵਿਥ ਤੇ ਪਲਦੀ ਰਹੀ ਹੈ। ਇਸਦਾ ਬਿਆਨ ਵੀ ਹੁਣ ਤੱਕ ਮਰਦ ਹੀ ਕਰਦਾ ਆਇਆ ਹੈ ਪਰ ਸਮਕਾਲੀ ਸਥਿਤੀ ਵਿੱਚ ਆਪਣੀ ਹੋਣੀ ਆਪ ਬਿਆਨ ਕਰਨ ਦੀ ਜੁਰਅੱਤ ਭਾਰਤੀ ਔਰਤ ਨੇ ਪੱਛਮੀ ਪ੍ਰਭਾਵ ਤੋਂ ਹੀ ਬਟੋਰੀ ਹੈ ਜਿਸਦਾ ਸਬੂਤ ਸਾਨੂੰ ਹੁਣ ਤੱਕ ਦੇ ਸਾਹਿਤਕ ਵੇਰਵਿਆਂ ਤੋਂ ਸਬੂਤ ਵਜੋਂ ਪ੍ਰਤੱਖ ਹੁੰਦਾ ਹੈ।"[(2)] ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ ਦਾ ਵਿਅੰਗ ਭਾਰਤੀ ਢਾਂਚੇ ਉੱਪਰ ਹੈ ਜਿਸਨੇ ਔਰਤ ਦੇ ਮੁੱਲਵਾਨ ਪੱਖਾਂ ਦੀ ਕਦਰ ਨਹੀਂ ਪਾਈ ਸਗੋਂ ਮੁੱਲ ਵੱਟਦਾ ਰਿਹਾ ਹੈ। ਪੁਰਖ ਨੇ ਔਰਤ ਨੂੰ ਹਮੇਸ਼ਾਂ ਆਪਣੇ ਮੁਤਾਬਿਕ ਢਾਲਿਆ ਹੈ। ਅਜਿਹੀ ਪੁਸ਼ਟੀ ਉਸਦੀ ਕਵਿਤਾ 'ਅੰਨਦਾਤਾ' ਵਿੱਚੋਂ ਹੁੰਦੀ ਹੈ। ਇਸ ਤਰ੍ਹਾਂ ਨਾਰੀ ਦੇ ਸਦੀਆਂ, ਯੁੱਗਾਂ ਤੋਂ ਮਿੱਧੇ ਹੋਏ,

ਲਿਤਾੜੇ ਹੋਏ ਕਿਰਦਾਰ ਦੀ ਅੰਦਰਲੀ ਚੀਸ ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ ਦੀ ਕਵਿਤਾ ਦਾ ਕੇਂਦਰ ਬਿੰਦੂ ਬਣਦੀ ਹੈ। **ਡਾ. ਗੁਰਭਗਤ ਸਿੰਘ** ਇਸ ਬਾਰੇ ਇੱਕ ਪੱਛਮੀ ਚਿੰਤਕ ਦੇ ਹਵਾਲੇ ਨਾਲ ਲਿਖਦੇ ਹਨ – "ਨਾਰੀ ਇੱਕ ਵਿਲੱਖਣ ਸੱਚ ਹੈ। ਇਸਦੀ ਨਵਾਂ ਰੂਪ ਸਿਰਜਣ ਦੀ ਸਮਰੱਥਾ ਅਤੇ ਸਮੁੱਚਾ ਦੇਹ ਵਿਧਾਨ ਇਸਨੂੰ ਵੱਖਰਾ ਆਤਮ ਦਿੰਦੇ ਹਨ, ਜਿਸਦੀ ਪਛਾਣ ਹੋਣੀ ਜ਼ਰੂਰੀ ਹੈ। ਇਸ ਨਾਲ ਇਸਨੂੰ ਵੱਖਰਾ ਪਰਿਪੇਖ, ਵੱਖਰਾ ਦ੍ਰਿਸ਼ਟੀਕੋਣ ਅਤੇ ਜੀਵਨ ਸ਼ਕਤੀਆਂ ਨੂੰ ਅਨੁਭਵ ਕਰਨ ਦੀ ਵੱਖਰੀ ਵਿਸ਼ੇਸ਼ਤਾ ਮਿਲੀ ਹੈ ਜਿਸਨੂੰ ਪੁਰਖ ਪ੍ਰਧਾਨ ਸੋਚ ਵਿੱਚ ਅਣਗੋਲਿਆਂ ਕਰ ਦਿੱਤਾ ਹੈ। ਨਾਰੀ ਇੱਕ ਖਪਤ ਵਸਤੂ ਨਹੀਂ, ਸਗੋਂ ਅਸਚਰਯ ਹੈ, ਵਿਸਮਾਦ ਹੈ।"[(3)] ਇਸੇ ਸੰਦਰਭ ਵਿੱਚ ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ ਦੀ ਨਜ਼ਮ, 'ਕੰਨਿਆਦਾਨ' ਇਸ ਤਰ੍ਹਾਂ ਮੁਖ਼ਾਤਿਬ ਹੁੰਦੀ ਹੈ:-

ਰੱਤੀ ਮਹਿੰਦੀ ਨਾਲ ਲਬੇੜੀ
ਸੂਹੇ ਸਾਲੂ ਵਿੱਚ ਲਪੇਟੀ
ਪੀਲੇ ਸੋਨੇ ਵਿੱਚ ਵਲੇਟੀ
ਮਾਸ ਦੀ ਬੋਟੀ ਕੁੱਖ ਦੀ ਬੇਟੀ
ਵਾਹ ਵਾਹ ਦਾਨੀ ਵਾਹ ਵਾਹ ਦਾਤੇ
ਕਿੱਡੇ ਕਰਮ ਕਮਾਣ
ਜਿਹੜੀ ਝੋਲੀ ਤੱਕਣ ਉਹੋ ਪਰਵਾਨ
ਕਰਦੇ ਜਾਂਦੇ ਦਾਨ, ਖੱਟਦੇ ਜਾਂਦੇ ਪੁੰਨ
ਗੰਗਾ ਦਾ ਇਸ਼ਨਾਨ।
ਕੰਨਿਆ ਬੇ ਜ਼ੁਬਾਨ
ਰਜ ਰਜ ਦੇਵੋ ਦਾਨ,
ਕੰਨਿਆਦਾਨ ..... ਕੰਨਿਆਦਾਨ। (ਕਾਗਜ਼ ਤੇ ਕੈਨਵਸ ਤੋਂ ਪਹਿਲਾਂ, ਪੰਨਾ-34)

'ਕੰਨਿਆਦਾਨ' ਕਵਿਤਾ ਵਿੱਚ ਅੰਮ੍ਰਿਤਾ ਦੀ ਤਿੱਖੇ ਵਿਅੰਗ ਵਾਲੀ ਵਿਦਰੋਹੀ ਸੁਰ ਹੈ ਜੋ ਨਾਰੀ ਜਾਤ ਦੇ ਸਦੀਆਂ ਤੋਂ ਮਰਦ ਦੀ ਗੁਲਾਮੀ ਸਹਿਣ ਦੇ ਅਹਿਸਾਸ ਨੂੰ ਸਾਹਮਣੇ ਲਿਆਉਂਦੀ ਹੈ। ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ ਨਾਰੀ ਦੀ ਲਾਚਾਰਤਾ, ਬੇਬਸੀ ਨੂੰ ਪ੍ਰਗਟ ਕਰਨ ਸਮੇਂ ਅਜਿਹੇ ਬਿੰਬਾਂ ਦੀ ਵਰਤੋਂ ਕਰਦੀ ਹੈ ਕਿ ਮਜ਼ਬੂਰੀਆਂ ਵਿੱਚ ਜਕੜੀ ਔਰਤ ਦੀ ਮਾਨਸਿਕ ਪੀੜਾ ਦਾ ਅਸਲ ਚਿੱਤਰ ਸਾਹਮਣੇ ਆ ਜਾਂਦਾ ਹੈ। ਮਾਨਸਿਕ ਪੀੜਾ ਦਾ ਸ਼ਿਕਾਰ ਇੱਥੇ ਅਬਲਾ ਔਰਤ ਨੂੰ ਚਹੁੰ ਪਾਸਿਉਂ ਆਪਣਾ ਸਰੀਰ ਵੀ ਸੁਰੱਖਿਅਤ ਨਜ਼ਰ ਨਹੀਂ ਆਉਂਦਾ, ਉਹ ਮਜ਼ਬੂਰਨ ਇਸ ਜਿਸਮ ਨੂੰ ਵੇਚਣ ਲਈ ਮਜ਼ਬੂਰ ਹੋ ਜਾਂਦੀ ਹੈ ਜਿਸਨੂੰ ਸਮਾਜ ਵੇਸਵਾ ਦੀ ਦ੍ਰਿਸ਼ਟੀ ਤੋਂ ਵੇਖਦਾ ਹੈ ਪਰ ਵੇਸਵਾ ਬਣਾਉਣ ਵਿੱਚ ਸਭ ਤੋਂ ਵੱਧ ਭੂਮਿਕਾ ਮਰਦ ਪ੍ਰਧਾਨ ਸਮਾਜਿਕ ਢਾਂਚਾ ਨਿਭਾਉਂਦਾ ਹੈ। ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ ਦੀਆਂ ਕਈ ਕਵਿਤਾਵਾਂ ਰਾਹੀਂ ਵੇਸਵਾ ਦੀ ਤਸ਼ੱਦਦ ਭਰੀ ਜ਼ਿੰਦਗੀ ਦਾ ਵਰਨਣ ਹੋਇਆ ਹੈ:-

ਜਗਦੀ ਜੋਤ ਸੀ, ਤਾਂ ਚਹੁੰ ਪਾਸੀ ਔਂਦੇ ਸੀ ਭੰਬਟ

ਅੱਜ ਮੁਰਦਾ ਮਾਸ ਏ, ਤਾਂ ਚਹੁੰ ਪਾਸੀ
ਕੀੜਿਆਂ ਦਾ ਝੁਰਮਟ। (ਪੱਥਰ ਗੀਟੇ, ਪੰਨਾ-12)

ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ ਔਰਤ ਦੀ ਅਜਿਹੀ ਸਥਿਤੀ ਦੀ ਪੇਸ਼ਕਾਰੀ ਕਰਕੇ ਇਹ ਦੱਸਣਾ ਚਾਹੁੰਦੀ ਹੈ ਕਿ ਔਰਤ ਵੀ ਇੱਥੇ ਜਿਊਂਦੀ ਜਾਗਦੀ ਹਸਤੀ ਹੈ। ਉਸਦੇ ਮਾਨਵੀ ਗੌਰਵ ਦੀ ਬਹਾਲੀ ਲਈ ਉਹ ਉਹਨਾਂ ਕਦਰਾਂ ਕੀਮਤਾਂ ਵਿੱਚ ਬਦਲਾਵ ਲਿਆਉਣ ਦੀ ਇਛੁੱਕ ਹੈ ਜਿਹੜੀਆਂ ਔਰਤ ਨੂੰ ਦੁਜੈਲਾ ਦਰਜਾ ਪ੍ਰਦਾਨ ਕਰਦੀਆਂ ਹਨ ਅਤੇ ਉਸਨੂੰ ਮਨੁੱਖ ਤੋਂ ਵਸਤੂ ਬਣਾਉਂਦੀਆਂ ਹਨ। **ਡਾ. ਧਨਵੰਤ ਕੌਰ** ਦੇ ਸ਼ਬਦਾਂ ਵਿੱਚ - "ਪੰਜਾਬੀ ਸਾਹਿਤ ਵਿੱਚ ਔਰਤ ਚੇਤਨਾ ਦਾ ਹੀ ਨਹੀਂ, ਇਸ ਚੇਤਨਾ ਦੀ ਸਿਰਜਕ ਔਰਤ ਦਾ ਆਗ਼ਮਨ ਵੀ ਆਧੁਨਿਕ ਬੋਧ ਨਾਲ ਜੁੜਿਆ ਹੋਇਆ ਹੈ ਅਤੇ ਇਸ ਤੱਥ ਦਾ ਮਾਣ ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ ਨੂੰ ਪ੍ਰਾਪਤ ਹੈ।"[(4)] ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ ਦੀ ਕਾਵਿ ਸੰਵੇਦਨਾ ਸੁਚੇਤ ਪੱਧਰ ਉੱਤੇ ਨਾਰੀ ਦੇ ਪ੍ਰਚਲਿਤ ਅਤੇ ਪਰੰਪਰਾਗਤ ਬਿੰਬ ਨੂੰ ਤੋੜਦੀ ਹੋਈ ਇਸਤਰੀ ਦੀਆਂ ਖਾਮੋਸ਼ ਭਾਵਨਾਵਾਂ ਅਤੇ ਖਾਹਿਸ਼ਾਂ ਨੂੰ ਜ਼ੁਬਾਨ ਪ੍ਰਦਾਨ ਕਰਕੇ ਆਜ਼ਾਦੀ ਭਰਿਆ ਜੀਵਨ ਜਿਉਣ ਦੀ ਲੋਚਾ ਨੂੰ ਦ੍ਰਿੜ ਕਰਦੀ ਹੈ।

ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ ਦਾ ਕਾਵਿ ਜਗਤ ਔਰਤ ਦੀ ਘਰੇਲੂ ਸਮੱਸਿਆ ਤੋਂ ਲੈ ਕੇ ਔਰਤ ਦੀ ਹੋਂਦ, ਕਾਮਨਾ, ਉਸਦੀ ਹੋਣੀ, ਉਸਦੇ ਅਸਤਿਤਵ ਨਾਲ ਜੁੜੇ ਦੁੱਖ-ਦਰਦ ਨਾਲ ਵਧੇਰੇ ਸੰਬੰਧਿਤ ਹੈ। ਉਸਦੀਆਂ ਜ਼ਿਆਦਾਤਰ ਕਵਿਤਾਵਾਂ ਜਿਵੇਂ ਅੰਨਦਾਤਾ, ਜਿਸਮਾਂ ਦਾ ਵਿਉਪਾਰ, ਬੁਰਕੀ, ਕੰਨਿਆਦਾਨ, ਅੱਜ ਆਖਾਂ ਵਾਰਿਸ ਸ਼ਾਹ ਨੂੰ, ਜਨਮ ਜਲੀ, ਤੀਸਰੀ ਕਸਮ, ਜਿੰਦ ਰੂਪੀ, ਸੂਈਆਂ, ਵਰਤ, ਹਉਕਾ, ਜਨੂੰਨ, ਅੱਜ, ਆਦਿ ਔਰਤ ਦੀ ਅਸਲੀਅਤ ਦਾ ਨੰਗਾ ਸੱਚ ਬਿਆਨ ਕਰਦੀਆਂ ਹਨ। ਮੱਧ ਵਰਗੀ ਸ਼੍ਰੇਣੀ ਦੀਆਂ ਤੰਗੀਆਂ-ਤੁਰਸ਼ੀਆਂ, ਲਿਤਾੜੇ ਜਾ ਰਹੇ ਹੱਕ ਤੇ ਅੱਖੋਂ ਪਰੋਖੇ ਕੀਤੇ ਜਾ ਰਹੇ ਸਾਧਾਰਨ ਜੀਵਨ ਦਾ ਅਸਤਿਤਵ, ਹਾਸ਼ੀਆਗ੍ਰਸਤ ਔਰਤ ਦੀ ਪ੍ਰਸ਼ਨ ਚਿੰਨ੍ਹਤ ਹੋਂਦ ਆਦਿ ਵਿਭਿੰਨ ਮਸਲੇ ਉਸਦੀ ਕਵਿਤਾ ਦਾ ਅਹਿਮ ਕੇਂਦਰ ਬਿੰਦੂ ਬਣਦੇ ਹਨ। ਪਰ ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ ਕਵਿਤਾ ਵਿੱਚ ਸਿਰਜਤ ਔਰਤ ਇੱਕ ਖ਼ਾਸ ਕਿਸਮ ਦਾ ਭਾਵ-ਬੋਧ ਪੈਦਾ ਕਰਦੀ ਹੈ ਜੋ ਸਭਿਆਚਾਰਕ ਮਾਨਤਾਵਾਂ, ਸਮਾਜਿਕ ਢਾਂਚੇ, ਕਦਰਾਂ-ਕੀਮਤਾਂ ਅਤੇ ਸਦਾਚਾਰਕ ਨੈਤਿਕਤਾ ਦਾ ਮੂੰਹ ਚਿੜਾਉਂਦਾ ਪ੍ਰਤੀਤ ਹੁੰਦਾ ਹੈ।

ਹਵਾਲੇ ਅਤੇ ਟਿੱਪਣੀਆਂ

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15. Instructional Material for Activity Based Value Education For School Students of 7th grade

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Abstract

All cherished aims of any nation have been realized through classrooms only… "What the schools are, the race shall be". Our students very often fall short of our expectations because their personalities are developed mostly intellectually by assimilating and vomiting of the information and not by acquisition of moral and spiritual values. There has been a gradual erosion of values and wide spread corruption in all walks of life which is causing havoc in our society. In view of the present scenario in the country there is an urgent need to inculcate values among our students. This research paper deals with the comparison of two way of teaching value education to school students of Chandigarh. One with Activity based lessons to imbibe values in school students and other with conventional type of lessons for the same purpose It also deals with the development of five activities based lessons on value education and five traditional methods based lessons on value education This research paper also tries to relative effectiveness of activity based value education as compared to traditional way of teaching value education .

Introduction

Value literally means something that has a price, something precious, dear and worth while; hence something one is ready to suffer and sacrifice for. In other words, values are a set of rules or regulations of behavior. In the words of Dewey, "the value means primarily to price, to esteem, to appraise and to estimate". It means the act of achieving something, holding it and also the act of passing judgment upon the nature and amounts of values as compared with something else. Values are regarded as desirable, important, and held in high esteem by a particular society in which a person lives. Thus values give meaning and strength to a person's character by occupying a central place in his life. Values reflect one's personal attitudes and judgments, decisions and choices behavior and relationships, dreams and vision. They influence our thoughts, feelings and actions. They guide us to do the right things. But values may differ from one society to the other.

Value Education may be means inculcating the children, a sense of humanism, a deep concern for the well being of others and the nation. It teaches us to preserve what is good and worthwhile. It helps us to accept and respect the attitude and behavior of those who differ from us.

Emergence of the problem

All cherished aims of any nation have been realized through classrooms only …" what the schools is, the race shall be". Our students very often fall short of our expectations because their personalities are developed mostly intellectually by assimilating and vomiting of the information (knowledge) and not be acquisition of moral and spiritual values. Value education has been altogether in our present education system, which is responsible for various unfortunate acts of indiscipline in the student world. One such example of violence in student which comes to mind happened recently in Gurgaon. A student of 8th standard of Euro international school killed his fellow classmate with his father's revolver. The incident clearly declares the need of imparting value oriented education along with academic knowledge. There has been a gradual erosion of values and wide spread corruption in all walks of life. The erosion of values is causing havoc in our society. Involvement of students in recent bomb blasts in the country is another example. In view of the present scenario in the country, there is an urgent need to inculcate values among our students. Value education is a formative factor in the moral development and the moral judgment of the students. It also affects their intelligence level. The setting in which the child is attached more with the family and getting value oriented education, child tends to become moral developed and has high levels of aspiration s when their parents make appropriate demands at appropriate time regarding success liberally and holding standards of excellence for them while also giving them freedom to work out their own problems in their own ways.

Objectives of the study

1. To develop five activities based lessons on value education.
2. To develop five traditional methods based lessons on value education.
3. To study the relative effectiveness of activity based value education as compared to traditional way of teaching value education.

Instructional Material Based On Activity Method of Teaching

A set of five lessons based on activity method of teaching were developed under the following heads:

- How big is your heart?
- Emotional Intelligence
- Greed versus peace
- Commitment to continual learning and growth
- Keys of success

Lesson no- 1

How big is your heart ?

Activity No1. Make different badges stating

'My Best friend'

'My loving mother'

'My loving father'

Now gift these badges to your friend, mother, father.

Activity No.2
Role Playing
Take two children .Assign them roles of an old lady and boy respectively. Now teach them to help old people at different places. E.g. in crossing the road, in carrying their bags, teach children to wish their elders at appropriate times.
Activity No.3
Through questioning
Q. How big is your heart?
E. R. Our heart is the size of our own fist.

Q.What is the main function of your heart?
E. R. It pumps blood to all other parts organs of body.

Concluding remarks by teacher: Students, It is the nature of the heart to do work bigger than it. No wonder, it not only does physical function of body, but also unique capacity of the heart , to work with love . It gives strength to go beyond the physical limitations of the body, to be helpful to others.

Lesson no- 2
Emotional Intelligence
Activity No. 1 List any 10 things that give you happiness.
E.R. watching TV, playing, holidays etc.
Activity No.2 Tell students about great persons who were emotionally strong and proves their worth to the whole world. Also show pictures of Mother Teresea , Nelson Mandela ,Helen Keller and ask about their qualities.
Activity No.3 Through questioning
Q. What do you mean by 'Emotions'?
E.R. Feelings

Q. To whom will you call an emotional person?
E.R. Who is not able to face difficult circumstances of life?

Concluding remarks: Students, Emotions are also an important part of a person's life. It is very important to express appropriate expressions at appropriate time. Emotionally intelligent person is a person, who can control his/her emotions and express those at right time.

Lesson 3 Greed versus peace
Activity No. 1: Ensure that there is peace in your school and in your surroundings by understanding the problems of others .Whenever you have urge to quarrel or fight , chant the word 'PEACE' at least 10 times in your mind.
Activity No.2: Look at a coin .Turn it around and look at the other side .Just as there are two sides of a problem .There are usually 2 different viewpoints and each of them is correct.
Activity No. 3: Draw a picture showing how man is dependent on atmosphere earth and then ask your friend to give a caption to your drawing.

Activity No.4 Jot down your thoughts on the lesson Greed v/s peace.
Activity No.5 through Questioning
Q: What do you mean by Peace?
E.R. Shanti, satisfaction, prosperity

Q: What do you mean by 'peace talks?
E.R. which are held to maintain peace.

Q. How can peace maintained?
E.R. By stopping wars and disturbance.
Concluding remarks by teacher: Peace has become a rare commodity in this world ravaged by war, poverty and pollution. Man is fighting with man in the name of religion , economic and social power . Awareness+Gratitude+Sharing = Contentment and Peace. When you look around d carefully and absence of plight of people around you, you are able to look at your own self and be grateful for what you have . with this gratitude you are able to share with others your skills , your time, your love and joy. When you 'give 'to others in this manner you naturally 'gain the joy of contentment.

Lesson - 4
Commitment to continual learning and growth
Activity No.1 Discuss with your friends and write atleast 5 study techniques .
Activity No.2 Discuss with friends and write 5 stress busters.
Activity No. 3 write any 5 news headlines on your notebook.
Activity No. 4 Through questioning
Q: Tell some ways of enhancing your knowledge.
E.R. By reading books, newspapers etc.

Q: tell any 5 obstacles to success.
E.R. laziness, weak health, un willingness

Q. Give any 5 advantages of doing hard work.
E.R. respect,fame,satisfaction,status,success
Concluding remarks by teachers: Students, your mind should be trained enough to make a smart choice in adopting a strategy that could help you to gain the maximum benefit from what you studied. A weak mind could be made stronger by identifying one's passion and following it, adopting a positive attitude and though to whatever happens and of course making meditation and prayer a regular habit .

Lesson No. 5
Keys of success
Activity No.1 Make your own creations. Bring out the creative artist in you.
-learn to play an instrument.
-invent a recipe
- Design and build a set of shelves for your home.

Activity No. 2 with the help of an example allot 168 hours of a week for various activities.
Activity No. 3 Through questioning
Q. what do you mean by success?
E.R. it is achieving something you want .
Concluding remarks by teacher: Success is an internal feeling of happiness which you get when you achieve your goal ,provided you have reached the same with honesty and within the time stipulated by you. .Also remember your goal should be realistic and worthy .you cannot get success if you hurt others in the process of attaining success for yourself .Shakespere had remarked that there are three ways to attain success

A) Know more than others
B) Work more than others
C) Expect less than others

After developing these above stated activity based lessons for value education, students of 7th grade were divided in two groups.

Sample for the study

In the present study the sample consisted of 100 students of 7th standard of Govt. model senior secondary school, sector-46, Chandigarh. It was a purposive sample. The investigator selected school in accordance with the availability and convenience. The 50 students were allowed to learn value education through activity based method and rest 50 students taught through conventional method. The present study was descriptive in nature as it tells us about what exists at present by determining the nature and degree of existing conditions.

Results & findings of the study

The performance of the students taught through activity based method was found statistically significant. Hence, Activity based method as an instructional strategy was more effective over the conventional method.

Educational implications of the study

1. At present value education is not taught as a separate subject in schools. While going through the results of the study, researcher recommends that value education should be made key component of the school curriculum at all levels till grade VII even in the govt. schools.
2. The results of the present study indicate a better values acquisition by the student when they are taught through activity based method.
3. Imparting value education by both the conventional and activity based method fastens the character development of the students, but still high gain scores on moral judgment of the students taught by activity based method indicate more effectiveness of the same.
4. Activity based method can be used to teach other school subjects also.
5. Activity based method as an instructional strategy will be effectively used for the students who recognize activities quickly than the verbal communication. So this method is suitable to the needs of students with diverse cognitive styles.
6. Activity based instructional strategy helps in democratic classroom participation and brain storming.
7. Students will be able to make ethical decisions in the real life situations.

8. Inculcation of moral values will help them to attach with their culture and family.
9. Students will be able to evaluate the situations and moral issues as right or wrong at an earlier stage, which is going to help them in their future lives.
10. Students will inculcate the cardinal values such as commitment, peace, keys of success, emotional stability, courage, compassion, insight, kindness, charity, generosity, sincerity.

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16. Formal / Non-formal /Informal Education for Removal of Mental Haze

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Introduction: We all experience days when we are not able to think very clearly. Our ability to complete mental tasks are impaired, our memory is poor and even our decision-making capacity is not what it usually is. For most of us this is a short term impairment that we commonly refer to as mental haze. However, when this impaired mental state is a daily occurrence then it needs to be investigated further as it may be a symptom of some underlying disease.

Try to put the meaning of mental haze into words is difficult. Probably the best way to describe brain fog is like the mental symptoms you experience after missing a night's sleep or waking up with a hangover. Mental haze is not just fatigue from poor sleep patterns or a hangover as such although it commonly arises in these situations. There is a lack of mental clarity.

By agencies of education we mean those institutions, organizations or sources which play significant role in the process of education. These institutions of education have been variously classified by different educationists. *Some of the major classifications are the following.*

1. Formal Agencies: Formal agencies of education are those which have a pre –determined location, time, aim, plan curriculum or programme as well as trained educator. Education is imparted consciously and intentionally. There is a code of discipline. Some of the formal agencies of education are school, religious institution, library and organized recreation centres like museum art gallery, art gallery, and sport club.
2. Informal Agencies: Informal agencies of education are those in which education is imparted informally and unconsciously. These agencies lack formality, rules, systematization, pre-planning. They have no code of discipline. Some of the informal agencies of education are family, play groups, gangs and youth membership groups.

Family is the oldest and the most important informal active agency of education. It is the foundation of all social organizations. In the words of Ballard, " Family is the original social institutions from which all other institutions developed." It plays very important role in the education of the child. In Indian literature, mother is regarded as the first teacher of man. It was Jija Bai who had filled the spirit of Shivaji with the feelings of valour. .Jagdish Chandra Bose had got the insight of scientific invention from his mother 's speech during his childhood. Pandit Madan Mohan Malviya used to say that his real education was what he had learnt during childhood.

The following are some of the important function of family:-

1. **Physical development:-** One of the important functions of family is to provide favorable opportunities for sound physical development. Home has the responsibility of providing nutrition's food, proper clothing, rest, attention to child's internal and external cleanliness because the child is incapable of attending to such things. Hygienic care includes cleaning

the eyes, nose, ears, tongue, teeth, nails, regular movements of the bowels etc. In dress ,more attention should be paid to child's health and comfort than to fashion.

2. **Intellectual development:-** Another function of family is to provide opportunities for the intellectual development of child i.e. for language development, development of healthy interests etc. If there is rich in intellectual environment in the family, mental, development of child is speeded. If family atmosphere is disruptive then intellectual development of the child will be obstructed.
3. **Character development:-**Family should play an active part in the character development of children .It is said," The hand that rocks the cradle rules the world."In fact, family lays the foundation of character. Ethical virtues like sincerity, sympathy, love, honesty, truthfulness, industriousness, sublimation of instincts are developed in the family. If the family environment is disruptive then the child may develop weak character.
4. **Emotional development:-** Family is the basis of emotional development of the child. Parents should give full affection to children so that sense of emotional security may be developed in them. Parents should be sympathetic and they should provide proper solution of various problems. The children should not be made to feel that they are ignored and rejected children. Parents should live amicably in the home. They should have control over their emotions because emotions are caught and not taught.
5. **Social development:-** Family is said to be the cradle of all social virtues. The child is born in a family and social development tales place first of all in the family It is in the family that he learns how to talk , eat were clothes and greet others respectfully. Co-operation, good will, mutual understanding , sense of subordination of self to larger interests of the society, sense of belongingness etc., are some of the cardinal social virtues which have their beginning in the home. The child gets love, affection, recognition, security, approval, freedom etc. from the family for the first time. These needs are the basic determinations of social development or socialization.
6. **Cultural development:-** Family plays an important role in transmitting the cultural heritage of the society to the child. It makes the child familiar with customs, conventions, traditions, values and norms of the society. Thus the function of family is to maintain the continuity of social life by handing down the culture of the society to the child.
7. **Religious and spiritual development: -** Family should pay attention to religious and spiritual development of children . It should make the children conversant with the life history of religious leaders and religious precepts. It should encourage the children to say their daily prayers , worship in religious shrines and show devotion to God. Virtues like "Brotherhood of man' and "Fatherhood of God'. Should be developed. Love for Truth, Beauty and Goodness should be cultivated.
8. **Civil function: -** In the words of Mizzini, "The child learns the first lesson of citizenship between mother's kiss and father's caress. " The child learns various civic virtues in the family. It is family which helps the child in realizing and discharging his duties and responsibilities. It develops in them quality of discipline, co-operation and tolerance.
9. **Economic function: -** Another function of family is to help the children in the satisfaction of economic needs. Family should give vocational training to those children who want to adopt the profession of their fathers or mothers . It should help the children in standing on their own feet.

10. **Development of personality :-** Thus we find that the function of the family is to help the child in the development of all the aspects of personality-physical , intellectual , aesthetic, social ,cultural, moral , spiritual, religious and vocational etc. In short , we can say that family is a nursery in which personality is developed. Frank rightly remarked, "The family is the only socially recognised relation for child bearing and the essential agency for child rearing ,socialization and introducing the child to the culture of the society, thereby shaping the basic character structure of our culture and forming the child's personality."

Peer is one who is equal in rank . Members of peer groups are equal in rank .Older boys and girls and form groups of their peers called peer groups is an importance informal agency of education. In peer groups , individuals can learn even those things which they cannot learn from the individuals can learn even those things which the teacher comes down at the rank level of the students , there is quick and affective learning students must be given time to learn in the peer groups . " Birds of a feather flock together." is an old proverb but it holds good here. Students of one type like to be with the students of their own types . They can discuss things freely , frankly and without any hesitation in peer groups. Consequently they can learn quickly and effectively.

The following characteristics of peer group will future helps us in understanding the meaning of peer group:-

1. **Equal rank:-** The members of a peer are equal in rank. There is no difference in rank and profile of the students of a peer group.
2. **Freedom:-** Members of a peer group are free to take in any member of the group . There is an element of freedom. They can discuss various things freely with member of the peer group. There is no hesitation, reluctance and fear.
3. **Outlet to emotional energy:-** Members of a peer group are able to give an outlet to their emotional and pent up feelings. The catharsis of pent up emotions is performed by means of discussions and activities.
4. **No suppression of feelings:-** There is no suppression of feelings. The complexes formed in the class are relived in the discussion with peers. Mind works without any compulsions.
5. **Interest and motivation:-** Peer group is characterized by interest and motivation. Interest and motivation are helpful in good learning.
6. **Self – study: -** Peer group provides incentive for self –study and self learning.
7. **Independent thinking:-** It promotes independent thinking , self confidence and self – dependence .

Role, Importance or Functions of the Peer Groups:-

1. **Socilisation:-** Peer group helps in the process of socilisation. The child learns various social qualities in the peer group. Co-operation, good will, mutual understanding and respect, sense of subordination of self to larger interests of the group, sense of belongingness are some of the social virtues which can be learnt and developed with the help of pers.

2. **We-feelings:-** Peer groups are helpful in the development of we-feelings. The child learns the ability to take interests in others, to share , to co-operate , to develop friendship , group loyalties and to live together. He becomes interested in the welfare of others.
3. **Sense of belongingness:-** Peer groups are helpful in developing sense of belongingness brotherhood and security. Members of peer group begin to understand that they belong to one another . They do not hesitate to sacrifice their individual interests for the wider interest for the wider interest of the group.
4. **Development of healthy attitudes:-** Peer groups are helpful in developing healthy attitudes like love, affection, co-operation , patience among the group members.
5. **Development of free expression: -** Members of peer group are free to express their feelings, thoughts, opinions or viewpoints without any fear, stress or strain. They can think independently, make their own judgments and take own decisions.
6. **Development of knowledge:-** Peer groups helpful in acquisition and development of knowledge. "Knowledge is power is a well known proverb . It helps in broadening mental horizon and making adjustments.
7. **Development of study habits:-** Peer groups are helpful in developing study habits among the members.
8. **Interaction and closeness:-** During the interaction of peer groups the individuals of different religions, castes, communities, loyalties and language, etc.. come closer according to their interests ,aptitudes, attitudes, beliefs, values aims, ambitions and aspirations.
9. **Self – dependence:-** peer groups are helpful in developing the quality of doing work independently . They help them in developing a sense of responsibility, discharging their duties and solving problems with the help of other members of the peer group.
10. **Modification of behavior:-** Because of free and frank atmosphere peer group helps in the modification of behavior of group members. Qualities like activeness, obedience, cheerfulness, politeness, kindness, honesty, loyalty, bravery, social service programmes are developed among group members.
11. **All round development of personality:-**Members of the peer group play together, talk to together, discuss together and learn together. Thus they have good interaction with one another. Interaction among the members of the peer groups helps in the all round development of personality.

Conclusion:- Continuing education is the phenomenon of ever learning . It does not stop at any particular stage. It is call for not to cease to learn. It includes all learning opportunities which are taken up after full time education has ceased. It is the resumption of the process of studying or learning which might have interrupted due to some economic, professional and personal compulsions of the individual. It enables the individual to study or learn further, even after a gap and acquire knowledge and skills.

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17. Inculcating Sound Values at the Foundation Level - Role of Curriculum in Imparting Value Based Education under Inclusive Scenario in the Government Schools of Punjab

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Abstract
Values are neither defined by huge talks and nor by the mammoth explanations. Even, a little care, a tiny help and a small act of empathy also forms the part of the values, especially when we are concerned about imparting the sound value based education among students at school level. The study was conducted with the objective of analyzing the role of school curriculum and the content being taught in providing foundation building values among the students with diverse backgrounds and with differential abilities studying under one roof. The school curriculum developed by Punjab School Education Board being practiced in ten Government High Schools of Punjab in rural areas was analyzed by the researchers. The whole activity schedule, beginning from the time when the students enters the gate, greet the teachers by touching feet, support the specially able mates in carrying their bags, blissful morning assembly, sharing mid day meal irrespective of their background, attending classes together, till the last bell rings were monitored and it was found that these daily activities play a major role in enhancing the moral as well as fundamental values of the students. Along with that it was inferred that subject content of Science sensitize the students about their surroundings, Social sciences act as a big motivator, unfolding the historical chapters of bravery and valour and providing civic sense to the students, Punjabi and Hindi highlight the importance of the Tricolor, Punjab state and song of the earth inculcate the values of intense love for the native place, English conversation help in developing the multidimensional aspects of the little buds. Whole study content act as the full package source of huge moral values at the foundation level.
Key words: *values, curriculum, inclusion.*

Education without values makes a man a more clever devil. -C.S.Lewis.

Introduction:

Inculcating high moral as well as ethical values is the urgent need of the hour. Values not only means talking huge words and doing big deeds. Even a little care, a tiny help and a friendly adjustment also forms the part of value education, when we talk of the adjustment among

students at school level. The curriculum being practiced in the school holds a big impact on the psychology of the child, not only for the short period but it holds its permanent impressions for whole of his life span. The habits and values learnt in the school are carried forward by the children in every sphere of life.

If the curriculum being practiced and the content being taught act as the ocean of value education then the task of educating the students with values becomes easy. According to Weber (1990), in the analysis of content, the meaningful inferences are made using a proper procedure. The multiple usage of the syllabus being taught at high school level is changing the old perceptions of mugging up the facts only.

Objective:

1. To study the curriculum being practiced in the government schools of Punjab.
2. To analyze the role content being taught in providing value based education to the students in an inclusive scenario.

Methodology:

The school curriculum being followed in the Government High Schools of Punjab in rural areas of Patiala district was analyzed by visiting ten schools by the researchers. The whole activity schedule being followed, starting from the time when a student enters the gate till the last bell rings was analyzed along with the content of various subjects being taught in the classrooms.

Greeting the Teachers and supporting the compeers with special ability:

When the students reach the school, most of them greet the teachers not only verbally but also touch their feet, which is a big example of high moral value of respecting the elders, which are imbibed in their roots. While reaching their classrooms the students with special ability were being helped by their compeers, in the best possible way. The gesture was the best example of the values being learned in the schools.

Morning Assembly: The blessings of the Almighty spread through the campus when the chorus hymns fill the environment with Gods name, through the morning prayers. The thoughts being shared and the energizing words of the head of the school surely empower the nerves.

Sharing the Mid- Day meal: All the students up to eighth standard, sit in a row and take the mid day meal together. This creates poise feeling and removes the backlogs of the high and low in the society. Most of the kids in the rural schools are from farming background, so they respect the grain and it added to the researchers surprise that there was least wastage. The other important thing which was noticed was that the students with mild or severe disability were being served at their place by their compeers, which glorified the extent of harmony the tender souls share.

Subject Content Being Taught: Though value based lessons are taught by all the teachers, at various instances, even the subject content is also a mammoth source of value education. The various chapters in different subjects are massive source of facilitating the students to be on the correct path and learn value based moralities.

Science as a subject acting as a source of value education in disguise:

In the text book of class six the chapter named changes around us sensitizes the students about their surroundings and their mates, who need special attention and the chapter of waste management teach them that cleanliness is next to Godliness. The food and its elements chapter highlight the importance of valuing the hard earned food. Through the lesson of living beings and their surroundings, children understand the importance of even the minute organisms and their value in our lives like in making curd, digestion, composting etc.

In the science textbook designed for seventh standard students, the chapter of water a precious source makes the students aware and they learn the importance of water conservation. The chapters in the book also makes the children alert about various natural calamities and develops the sense to deal with the adverse conditions.

In the science text book for eighth class the chapter of air and water pollution makes the students to understand the responsibility of protecting the mother earth and safeguarding the environment. The chapter named stars and the solar system makes the kids to be keen observatory of the vast universe above and appreciate the heavenly bodies. The reproduction chapter makes the students to realize the importance of creation and appreciate the creator for this beautiful world.

Social Science, a big motivator, unfolding the historical chapters of bravery and valour and providing civic sense to the students:

In the text book of class six the chapters of earth as a part of the solar system make the students to ponder over the fact that no one is alone in this cosmos. Rather each and every miniature is a part of the bigger universe. The motivating historical stories induce the values of patriotism among the students.

In the eighth standard text book the chapters of regional culture and growth makes the kids aware of the various cultural values which hold aesthetic importance. In the chapter human environment and early human, the students learn to respect the privileges they are facilitated with. The topics like cities, business men and the government bodies act as an eye opener for the kids.

Punjabi, a reflection of the culture and heritage:

In the text book designed, highlighting the importance of the tricolor, Punjab state and song of the earth inculcate the values of intense love for the native place. The chapters like all are good from their perspective and whole world cannot be won, teach the students about how to be a good human being and imbibe the good moral values. One of the chapters throws light on the message given by the flowers that who in spite of being surrounded by the thorn the flower always maintains its fragrance and glow. Same way we should also keep smiling in spite of all the difficulties and challenges we face in our life.

In the text book for seventh class the chapters describing the love towards animals, importance of culture and heritage in our lives, life history of martyrs, stories filled with wisdom, astonishing world, importance of games provide the indirect boost of values to the students.

The eighth class text book contains the chapter of goddess India, bravery, Independence Day, folk dance of Punjab, importance of library and benefits of plants.

Hindi, providing wisdom in the easiest possible way:

In the text book of Hindi the chapters on prayer, story greedy dog, or cow, jai jawan jai kisan, my school, health is wealth, the Sun, honesty, my village, grow more trees, read news paper, cleanliness drive and the life story of a hardworking ant are full of knowledge and wisdom.

In the seventh standard text book, the chapters like the different parts of India, baisakhi festival, god is our well-wisher, my friend, converting loss to victory, my teacher, valuable stories like lion and the mouse, hare and the tortoise.

In the eighth standard text book the chapters like space fairy Kalpana Chawla, hard work always pays, patriotic challenges, morning walk, motivation, importance of support system, life of soldiers on border, cleanliness drive inculcate the values which help to build strong and integrated character of the future nation builders.

English, acting as the source of multidimensional polishing:

The chapters of English literature in sixth standard text book like brave Sunderlal, the three fish, letter from a father to his daughter, from walking to flying, the blind begger, bad company, games for fun, the gift, fire and conversation help in developing the multidimensional aspects of the little buds.

In the text book designed for seventh standard the chapters like My shadow, the selfish giant, reaching for the stars, Birbal hits back, kindness always repays, the fox and the grapes, let us meet the ice cream man, a clean confession, the child's return, the Olympic games, the wind and the clever donkey are the full package source of huge moral values at the foundation level.

In the text book designed for the students of eighth standard the chapters like Abdul Hamid, true growth, say no, Abou Ben Adhem, our national symbols, A robot called Makito, This is my prayer to thee, lucy gray, two memorable speeches, saint Ravidas and sympathy.

Motivational slogans on the walls:

One of best teaching practice in government schools is that there various slogans are written on the walls, the pillars and the doors even which act as a big boosting power pat for the students. A project named B.A.L.A. project was also incorporated which is using Building as learning aid. The surrounding environment definitely has a long lasting impact on students mind.

Specific privilege for Special Children:

Under the umbrella of inclusive education, all children despite the challenge they face are taught under one roof. For the students with physical disability special ramps are made and a separate wash room is also constructed. A specific resource teacher is made available for the students with different ability. Such provision helps the specially abed children to grow and flourish and also the other children learn the value of adjustment and cooperation.

Discussion All such efforts made by the educational boards in developing the curriculum as well as the content, have a big impact on the on the students, who learn the lesson of adjustment, tolerance and most importantly empathy towards other children, which would surely help them to develop into a responsible human being.

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18. Mental Haze and its Causes

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Abstract

In our daily life we feel that many times we are not able to think very clearly. Our ability to complete mental tasks are impaired, memory is poor and even our decision making capacity is low. This kind of state in which mind is confused and detached is referred as brain fogging or mental Haziness. If such type of mental impairment or Haziness is encountered frequently or more or less daily then it may lead to serious problems. Such kind of problems can be sorted out by the proper counseling of the candidate. The current work aims to discuss how such kind of psychotherapy is useful for treatment of the candidate.

Introduction

Brain fog can be defined as "a stage of mental confusion, detachment and forget fullness". Sometimes it is described as an unpaired mental state and inability to concentrate. Causes of brain fog are not clear yet many hypotheses tried to explains the causes. (R. Atkins, 1894). The main reason of brain fogging include missing night sleep, imbalance in neurotransmitter (brain hormone), impaired energy production within the brain or low oxygen/glucose supply to brain cells leading to hangover which causes lack of mental clarity. Moreover, it is reported in the literature that propagation of electrical impulses in the nerve cells that constitute the brain may be also the reason. Other causes include insufficient sleep, over consumption of alcohol, illicit drug use, mental exertion, emotional stress, long term disease.

Meaning and Symptoms

Try to put the meaning of brain fog into words is difficult. Probably the best way to describe brain fog is like the mental symptoms you experience after missing a night's sleep or waking up with a hangover. Brain fog is not just fatigue from poor sleep patterns or a hangover as such although it commonly arises in these situations. There is a lack of mental clarity.

Many feel that it is like a haze or fog that has clouded the mental ability. You can still think, concentrate, remember and make decisions but it is not as clear as one is accustomed to. As with most symptoms, brain fog is largely subjective and cannot be clearly measured to isolate a specific abnormality or imbalance. The symptoms of brain fog may include:

- Forgetfulness (appointments/commitments, names and so on)
- Poor memory with recalling past events
- Difficulty concentrating and diminished attention span

- Slowness with decision-making and learning new things
- Confusion (sometimes)
- Mixing up words or forgetting words
- Easily mentally fatigued with even moderate mental activity

However, these brain fog symptoms are not the same as learning disabilities, mental retardation, or other mental health illnesses.

Brain Fog Causes

Symptoms of brain fog can also be seen in certain neurological condition. Brain fog is common with using certain drug and hence known as iatrogenic cause**.** It is important to note that the symptoms of brain fog may also be seen in certain neurological and psychiatric conditions. Furthermore, brain fog symptoms are common with using certain drugs and this is known as an iatrogenic cause. However, for most of us brain fog is a transient symptom or collection of symptoms. It comes up occasionally, lasts for a short period of time and usually we can clearly identify the cause. Here are some of the common causes.

Insufficient Sleep

Sleep is important for physical, mental and social well being .there are host of ombalences that arise with inadequate sleep. The period of time during which we sleep is essential a recharging session .Hence inadequate sleep will lead to brain fog,which is described as morning fuzzy feeling.

Alchol Overindulgence

Excessive alcohol can impair brain functioning. Excessive alcohol consumption can impair brain functioning for hours or days afterwards. In chronic alcoholism, it can cause permanent changes and damage to the brain structure and its activity. Initially brain fog is part of intoxication. The lack of mental clarity when drunk is well understood. Most of us look at brain fog following overindulgence in alcohol as part of a hangover. However, it usually subsides with time and rest and mental clarity restores provided that there is no further alcohol intake.

Illicit Drug Use

Illicit substances act on the brain in different ways. Some of these suppress nervous system activity while others stimulate it excessively for short periods of time. The nervous system disruptions vary but drugs like cocaine, MDMA and heroin causes bursts of neurotransmitter secretions temporarily. This impairs normal brain functioning despite the euphoria making a person think that their brain function has improved. The after effects are just as debilitating and brain fog is one of the many symptoms that can persist for day, weeks or even months thereafter.

Mental Exersion

Any strenuous or prolonged mental activity that is well above the norm coupled with physical fatigue may lead to the symptoms described as brain fog. It is often easily remedies with a good night's sleep and some relaxation techniques that does not involve extensive mental activity. This effect from mental exertion is not uncommon but it is usually temporary. Even repeated episodes of such mental exertion usually does not lead to permanent brain fog.

Emotional Stress

Prolonged Emotional stress like marital process or sudden shock like death of loved ones and the accompanying grief can lead to brain fog.(BouHolaigahI,Rowe PC,KanJ,Calkins H 1995).

- Brain fog symptoms : Sleep apnea
- Post traumatic stress disorder (PTSD)
- Liver disease
- Hypothyroidism
- Heart failure
- Depression
- Anemeia
- Brain disease like Alzheimer's disease
- Creutzfeldt-Jakob disease, Parkinson's disease Encephalitis
- Diabets mellitus
- Heavy mental toxicity

Remedy for morning muzzy feeling (foggy mimd,groggy). There are different terms to describe brain fog.Lightheadednss or confusion,difficulty in concentrating or reasoning ,Hence there is no single word to describe this sensation accurately .Often we used different terms like muzzymor groggy feeling or a foggy mind. A GOOD NIGHT SLEEP EVERYDAY 7-8 hours of uninterrupted sleep everyday around the same time prevents from brain fogging sleep ensures that you are physically and mentally refreshed. There are some remedies for sound sleep: Avoid Nightime Disturbance –Here are few tips to avoid nighttime Disturbances:

- Ensure that we are sleeping in a quiet and cool environment.
- Bedding and sleeping cloths should be comfortable .
- Prevent waking at night to urinate (Nocturia): Empty your bladder completelybefore bedtime and keep the fluid intake to a minimum about 2 to 3 hours before sleeping

Sleeping Pills

Sleeping Pills may cause :Sleeping tablets is one such drug which causes morning grogginess. It will generally be worse if you also use other sedatives or narcotic prescription medication like opioid painkillers.

Do not depent upon stimulants

It is said that" what goes up must come down". Same goes with mental and physical state when you use stimulant. Nicotine and caffeine may give you a short time boost but it is not the solution for the morning muzzy feeling infact it may worsen the problem. Use an anti- snore Pillow: Snoring is one of the following which can affect sleep.Use an anti – snore pillow even if you are not snosring these pillow even if you are not snoring these pillow can help in maintaining airways which may assist to some extent to mild.

Physical Inactivity

Physical exercise increases endorphins and gets more glucose and oxygen flowing to the brain. Physical exercise burns off the stress hormone cortisol *and* stimulates new brain cell formation. Walking is one of the best brain exercises to clear your mind.

Drink more water during the day

The muzzy or graggy feeling can always help in recovering from muzzy feeling. Water is not only the solution .Water with electrolytes like oral Rehydration solution (ORS) canbe the best source for rehydration. Eat a good breakfast: Breakfast is the most important meal of the day .it provides fuel to get through the day.

Low Blood Glucose or Oxygen

An adequate supply of glucose and oxygen is necessary for the brain to function optimally. Even a momentary dip in blood oxygen and glucose can affect the brain. Therefore any condition that lowers brain glucose or oxygen levels will impact normal brain activity and give rise to brain fog. It may be seen in endocrine, cardiovascular and respiratory diseases. Poor air quality, extreme dieting, prolonged fasting and so on may all contribute to this mental impairment. It may also occur with nutritional deficiencies.

Vitamin B12 Deficiency

If your memory is poor or you're in a constant state of brain fog, you may have a vitamin B12 deficiency. This is one of the most common vitamin deficiencies, affecting an estimated 40% of adults. Vitamin B12 deficiency is a serious matter and should not be taken lightly since it can lead to a wide spectrum of mental and neurological disorders. Two particularly high risk groups are seniors, who often have poor absorption, and vegetarians, since B12 is found only in animal products. Digestive disorders and the use of acid-suppressing medications also increases your risk of deficiency. Antacids like Nexium, Pepcid, and Zantac are strongly linked to vitamin B12 deficiency since stomach acid is needed to break down and absorb vitamin B12.

Vitamin D Deficiency

Vitamin D can lift your mood, banish brain fog and depression, improve memory, and increase problem-solving ability. Over 1 billion people worldwide are deficient in vitamin D. Sun exposure is the best source, but few people who live in North America and much of Europe can realistically get the sun they need year-round. So most people benefit from taking a vitamin D supplement.

Omega-3 Essential Fatty Acids

Omega-3 essential fatty acids are found in high concentrations in the brain. They are crucial to memory and overall brain health and function, yet are widely lacking in our diet. The best dietary sources are wild-caught fatty fish like sardines and salmon. If these aren't a regular part of your diet, consider taking an omega-3 supplement. Particularly when brain fog is a problem, choose one with a high concentration of DHA (docosahexaenoic acid).

Of all the omega-3s, DHA is the most beneficial for your brain. It's a major structural component of brain cells, especially of those in the cerebral cortex - the area of the brain associated with memory, language, abstraction, creativity, judgment, emotion and attention.

Diseases and Other Causes

Brain fog symptoms may be also be seen in these conditions but it depends on the stage and severity of the disease.

- Anemia (severe)
- Brain diseases like Alzheimer's disease, Creutzfeldt-Jakob disease (CJD), Parkinson's disease
- Brain atrophy (any cause)
- Chronic alcoholism (Korsakoff syndrome or Wernicke's encephalopathy)
- Concussion and post-concussion syndrome
- Depression
- Diabetes mellitus (usually uncontrolled)
- Encephalitis
- Heavy metal toxicity
- Heart failure
- Hypothyroidism
- Liver disease
- Meningitis
- Post traumatic stress disorder (PTSD)
- Sleep apnea
- Stroke and transient ischemic attacks (TIA)

Conclusion:

Brain fogging is one of the serious health related issue in human being. This is a typical state of mental confusion, detachment and forgets fullness. However, the symptoms cause and cure is still not well known. The current work discusses about the causes, symptoms and the cure of brain fogging in humans. Insufficient sleep, excess drug usage, over consumption of alcohol, emotional stress, mental exertion and long term disease are found to be the main reason for brain fogging. The person having such state of mind may have any of the these symptoms such forgetfulness, poor memory with recalling past events, difficulty in concentrating slowness with decision making and learning new things, confusion, mixing up words or forgetting words, easily mental fatigued with moderate mental activity. The current study suggests the best cure for brain fogging is the proper counseling of the candidate. The counselor may be their parents, teachers, elders or friends.

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19. Mental Haze - Causes and Symptoms

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Abstract

In our daily life, almost all of us experience a mental state sometimes when we are not able to think properly, we cannot manage many tasks, our memory is poor or we are forgetful. Mostly, it is a temporary stage having many causes. This state is commonly called Mental Haze or Mental Fog or Brain Fog. There is a lack of concentration power too in it. It is a minor problem but if unchecked for a long time, may lead to serious illness too. In this paper, I have tried to throw light on some aspects of this state, its symptoms and consequences.

Keywords: *Mental Haze, Brain, Mental State*

Introduction

Let's discuss what is mental haze or brain fog. There is no clear clinical definition of this term. It is a term used commonly by people to describe an impaired mental state. Medically, it is often labeled as mental impairment, confusion, poor memory or an inability to concentrate.

This activity is largely due to the propagation of electrical impulses in the nerve cells that constitute the brain matter. So, it might be due to some impairment in brain activity, along with the effect of an imbalance in neurotransmitters (brain hormones), impaired energy production within the brain and/or low oxygen and glucose supply to brain cells.

Meaning and Background

It is also called clouding of consciousness. It is a term used in medicine denoting an abnormality in the regulation of the overall level of consciousness that is mild. The patient experiences a subjective sensation of mental clouding described as feeling foggy.

This term has always denoted the main pathogenetic feature of delirium since Greiner first pioneered the term in 1817. The Diagnostic and Statistical Manual of Mental Disorders (DSM) has historically used the term in its definition of delirium. However, the DSM-III-R and the DSM-IV replaced "clouding of consciousness" to make it easier to operationalize, but it is still fundamentally the same thing. Clouding of consciousness may be synonymous with subsyndromal delirium, which is less severe than delirium, lacking acuteness in onset and duration, having a relatively stable sleep-wake cycle and having relatively stable motor alterations.

In clinical practice, there is no standard test which is exclusively and specific, therefore, its diagnosis depends on the subjective impression of the physician. In common language, brain fog is like the mental symptoms you experience after missing a night's sleep or waking up with a hangover. It is not just fatigue from poor sleep patterns

or a hangover as such although it commonly arises in these situations. Actually there is a lack of mental clarity.

It is just like a haze or fog clouding the mental ability. Patient can still think, concentrate, remember or make decisions but not as precise as one is accustomed to. Brain fog is a common condition but it is not normal. It is to be checked out properly. Mady Horing, M D, associate professor of epidemiology at Columbia University Medical Center in New York City says,

"Brain fog is an inability to really punch through, it's a vague sense of what you're trying to retrieve, but you can't focus in on it, and the effort to harness the thought can be as draining as physical activity."

Brain fog is not a permanent condition. It is forgetfulness, confused mind, lack of concentration and poor memory. This fog can last for several days, sometimes even weeks. According to rheumatologist Robert Lahita, Md, Ph.D., Chairman of Medicine at Newark Beth Israel Medical Center and Prof. of Medicine at Rutgers University in New Jersey, "Its impermanence is the big difference between what we know as brain fog and actual dementia. Brain fog might cause you to forget where you parked that car at the mall, but dementia might make it impossible to get there in the first place."

Researchers have not really found a way to measure or test for brain fog like they have found for dementia. Brain fog can be called mental fatigue also. Actually it doesn't have a proper definition.

Causes

Brain fog isn't a medical condition itself, but rather a symptom of other medical conditions. It's a type of cognitive dysfunction involving:

- Memory Problems.
- Poor Concentration
- Lack of Mental Clarity
- Inability to Focus

Depending on how severe the brain fog is, it can interfere with work or school. But it does not have to be a permanent fixture in your life. There are many explanations for why it occurs. But you can begin treating it after indentifying the underlying cause. Here are some important causes.

1. **Wrong foods:** Eating wrong foods is also a cause of mental haze. Here are some foods that might be the cause.

i. Sugar: Refined carbohydrates like sugar and high fructose corn syrup send your blood sugar level skyrocketing up, then crashing down. And since your brain uses glucose as its main source of fuel, this puts your brain on an extremely fluctuating level, first too much, then too little glucose. Low brain glucose leads to brain fog, mood swings, irritability, tiredness, mental confusion and impaired judgement.

ii. Low fat diets

The low fat diet fad has backfired, making us the fattest people who have ever walked the earth. Your brain is largely comprised of fat, about 60% by dry weight, and low-fat diets have been dangerous for our brains as they've been for our waistlines. According to Dr. Datis Kharrazian, "when you don't eat enough dietary fat, the brain starts to literally digest itself for the raw materials it needs to create essential brain chemicals." Neurologist Dr. David Perlmutter found that nothing was worse for his patients' brains than a low-fat diet. Glucose is surely the brain's main fuel source, but

our brains are quite happy to burn fat which he calls "superfuel" for the brain. So he recommends eating a diet roughly 50% fat from healthy sources like nuts, avocados, coconut oil, etc. This does not include vegetable oils. Canola oil also contributes to brain inflammation as it contains pro-inflammatory omega-6 fatty acids, which is an underlying cause of brain fog and other mental ailments.

iii. Food Allergies

Consuming allergic or sensitive foods put you in a mental fog. Most common allergic foods are wheat, soy and corn. The others are dairy, eggs, shellfish, peanuts, tree nuts, etc. If you are doubtful that you react adversely to any foods you normally eat, cut them out of your diet for a week and notice how you feel.

iv. Wheat brain

Wheat is a class unto itself as a brain fog culprit. Mayo clinic found that celiac disease which goes hand in hand with dementia is an auto immune disorder triggered by gluten. Dr. William Davis built a compelling case against wheat for both your waist line and your brain in his book "wheat Belly". Wheat has been found to worsen brain disorders like Shizophrenia, autism and ADHD.

v. Food Additives

You get more salt, sugar, fat and food additives than you need in processed or restaurant food. Two of the worst kinds of additives for your brain are MSG and artificial sweeteners. MSG (monosodium glutamate) is a known neurotoxin, which causes brain fog and otehr brain related symptoms. Artificial sweeteners, e.g., Aspartame are made from three brain damaging chemicals - aspartic acid, phenylalanine and methanol. Sucralose is no better as it is made from bonding sugar to chlorine, making it a toxic chlorocarbon.

vi. Dehydration

Your brain is 75% water by volume and ever mild dehydration will obviously affect your ability to think clearly. It takes only 20% dehydration to affect your attention, memory and other cognitive skills. Ninety minutes of sweating can shrink the brain as much as one year of aging.

vii. Caffeine withdrawl

Coffee and tea offer a lot to health benefits and can help you stay alert and focused. But cafffeine is addictive. So if you get cut off from your supply, you can experience withdrawl symptoms including brain fog, headache, fatigue etc.

2. Nutritional Deficiencies

Your brain needs all essential nutrients to operate smoothly, but some deficiencies are more likely to manifest themselves as brain fog.

i. Vitamin B12 deficiency

Deficiency of Vit. B12 makes your memory poor and causes brain fog. This is one of the most common vitamin deficiencies affecting an estimated 40% of adults. It is a serious matter.

ii. Vitamin D deficiency

Vitamin D can lift your mood, eradicate brain fog and depression, improve memory and increase mental power. Over 1 billion people worldwide are deficient in vitamin

D. Sun exposure is the best source. But under certain conditions, vit. D supplement is also the solution.

iii. Omega-3 essential fatty acids

These are found in high concentrations in the brain. They are crucial to memory and overall brain health. These are needed to save your brain.

3. Lack of quality sleep

Sleep is critical to the way your brain works in both the short and the long term. During sleep, cerebral fluid rushes in "power washing" your brain, clearing it of debris. It is also during sleep, that you consolidate memories so you can remember what you learnt the previous day. Even in the night, new brains cells are created if you are getting enough high quality uninterrupted sleep.

4. Chronic stress

Stress has become a weird padge of honor in our society. Stress puts you at greater risk for every major disease. Chronic stress leads to anxiety, depression, poor decision making, and insomnia and memory loss.

5. Physical inactivity

Physical exercise increases endorphins and gets more glucose and oxygen flowing to the brain. It also burns off stress hormone and stimulates new brain cell information. It is the single most important thing for your brain health. Too much sitting is very bad for brain and health. In fact, sitting has been caleld "the new smoking". According to Dr. Joan Vernikos, a former NASA Physician, "easy way to counteract sitting is simply standing up frequently on and off throughout the day".

6. Toxins in your home

Of the 80,000 new chemicals we have placed in our environment in the past 100 years, only a few hundred have been tested for safety. Toxins are everywhere, in the water you drink and the air you breathe. Indoor air pollution is also very dangerous. Toxins like formaldehyde and polychlorinated biphenyls outgas from your carpet, furniture and mattress, these chemicals also can cause brain fog.

7. Underlying health conditions

Sometimes an underlying health condition is the root cause of brain fog. Some are these:

i. Chemo brain

It is a common side effect of chemotherapy used to treat cancer called chemo fog or chemo brain. It is caused by a combination of the disease itself, treatments, sleep problems, hormonal changes, depression and stress.

ii. Fibro fog

Brain fog is most commonly seen in people with fibromyalgia and chronic fatigue syndrome (CFS). Fibro fog is more of disability than their pain and fatigue.

iii. Lupas fog

It is a term used to describe the cognitive impairments that almost always appear with systemic lupus erythematosus (SLE).

iv. Thyroid disorders

Both hypothyroid and hyperthyroid conditions cause brain fog. Other health conditions that cause brain fog are:

- ADHD
- Adrenal fatigue
- Anxiety
- Brain injuries
- Candida Albicans
- Chronic pain
- Depression
- Diabetes
- Heavy metal toxicity
- Hepatitis C
- Hypoglycemia
- Irritability bowel syndrome
- Lyme disease
- Menopause
- Multiple sclerosis
- Neurodegenerative disorders
- Neurotransmitter imbalance
- Nutritional deficiency
- Rheumatoid arthritis
- Seasonal allergies
- Substance abuse
- Substance withdrawl

8. Prescription and OTC Medications

Every medication carries some risks. Brain fog is one of the most commonly reported side effects of prescription and over-the-counter (OTC) medications. Statin cholesterol-lowering drugs and prescription, sleeping pills cause memory loss. The anticholinergics work by blocking the action of a brain chemical of memory and learning. Many OTC drugs also cause brain fog.

Symptoms

Brain fog or foggy head is often described as :

- Your head, mind and brain feel foggy or like in a fog.
- It feels like you have a foggy head or foggy mind.
- You have difficulty in thinking, concentrating and/or forming thoughts.
- Your thinking feels like it is muddled and impaired.
- Some people describe it as being foggy-headed or having a foggy-head.
- It seems as if your thoughts are illusive and you can't recall or remember things.
- It feels like you short-term memory is not as good as it used to be.
- It feels like normal intellectual tasks seem much more difficult.
- You find it harder to focus and concentrate now.
- You are feeling hopeless or depressed.
- You are having trouble sleeping or insomnia.
- You have difficulty in exercising.
- You are now more forgetful.
- You have difficulty at carrying on conversations.
- Your thoughts seem like in a cloud.
- Your thinking is unclear.
- You mix up words or forget words.
- You are confused sometimes.
- You are easily mentally exhausted with even moderate mental activity.

Brain fog can come and go rarely, occur frequently or persist indefinitely. It may precede, accompany or follow an escalation of other anxiety sensations and / or an episode of nervousness, anxiety, fear and elevated stress. It can range in intensity from

slight to moderate, to severe. It can also come in waves, where it is strong one moment and eases off soon. It can change from day to day and/or from moment to moment.

Natural Treatment -Here are some natural ways to end brain fog.

1. **Watch your sugar intake but eat enough healthy carbohydrates.** You should avoid processed and packaged foods that are high in sugar level and are also having harmful artificial sweetners. This is the first step to fire the problem. Refined sugar raises inflammation, quality carbs from things like fruits and veggies do the opposite. Eat good brain foods like sweet potatoes, yams, fruit, rawdairy and ancient grains.
2. **Get enough protein and healthy fats:** We all require aminoacids and essential fatty acids to make brain work properly to think clearly. Protein deficiency causes lack of essential amino acids, completely proteins are food sources like meat, dairy products, fish and eggs to provide essential aminoacids to brain to get a positive mind set. Also we need plenty of healthy fats to produce happiness hormones and fight inflammation. We should have Omega-3 fatty acids.
3. **Manage stress:** High amounts of stress increase the production of cortisol, which has side effects including feeling 'wired but tired', weight gain, suffering hormonal imbalances, sexual dysfunction, insomnia, depression and anxiety. To manage stress, you need meditation, listening music, reading, exercising, and spending more time in nature.
4. **Get good sleep:** It is one of the fastest and more reliable ways to improve brain function. Adequate rest allows brain hormones to stay in balance and creates new brain cells too. Adults need atleast seven hours of sleep per night. Brain fog is kicked off by a lack of sleep because this raises cortisol levels.
5. **Exercise in a healthy way:** Exercise lowers inflammation, helps burst stress and increase energy levels. But excess of everything is bad. So moderate exercise is good to avoid brain fog.
6. **Create a hormonal balance:** If you have a low thyroid function, adrenal insufficiency and chronic fatigue, these are hormonal imbalances. Treat this problem to eradicate brain fog.
7. **Address any unknown food allergies:** If you notice brain fog after eating certain foods, cut the same from your diet for some days and notice the change. If you are better then stop eating that allergic food. Your overall health depends heavily on the health of your gut. So if a food is allergic for your gut, stop eating it.
8. **Detox:** You should often detox yourself to wash away toxins.

Supplements to help stop brain fog

There are certain supplements that can help you to stop brain fog. There's no substitute for a healthy diet, regular rest, exercise and a fun and happy lifestyle. So, supplements, or therapy won't work if you are not following good diet and a proper lifestyle. Tackle the lifestyle changes mentioned above then consider adding in certain supplements to further speed up the healing process. Some supplements are the following:

- Adaptogens like holy basil, maca and ashwagandha. Adaptaogens herbs help lower cortisol.
- Omega-3 fish oils - are effective at helping lower inflammation, balance the ratio of fatty acidis in your diet and support brain health.

B-vitamins - Deficiencies in various B-vitamins can make you feeling sluggish and moody. You can have a B-complex supplement for this.

- Magnesium
- Zinc
- DHA
- Butyrate
- CBD oil
- Curcumin
- Olive leaf extract
- Galantamine
- Nicotinamide Riboside
- Vitamin B6

Conclusion

"The brain is the crowning organ of the human being. Therefore, its dysfunctions are always important. Brain fog is one of the most important symptoms today, even though I have not seen it listed as a diagnosis or recognized health condition in most medical or psychological texts." Dr. Lawrence Wilson

Dr. Wilson gives a clinical definition of brain fog as feelings of mental confusion or lack of mental clarity. Brain fog is not recognized as a clinical diagnosis because it is not easy to test for it. Means, it is quite subjective. This is not similar to dementia, anxiety, mental retardation or other mental symptoms. But it is very common, there must be a test invented for it. Because it seems a simple or minor problem, but it is not. It contributes to school and work problems, accidents, problematic relationships, and often it is a factor in crime and delinquency because it can cause intense frustration and inability to function well in society. It is such a non-recognized problem that most of the sufferers do not know that they have this problem. They think their state of mind is normal, which makes it even more important to be tested or examined. But as brain is the most important organ of our body, we must not ignore even a simple problem related to it. We should take enough sleep, stay away from stress, avoid unnecessary medication, and eat balanced and healthy diet for our brain health. Brain fog, if untreated my turn into a bigger or more serious mental problem. We hope that it future, its recognition or diagnosis will become easier.

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20. Mental Fret - A Major Worry of Modern Era

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Introduction: We have a tendency to all understand what its wish to feel stressed, however it is not simple to pin down specifically what stress suggests that. Once we say things like "this is stressful" or "I'm stressed", we'd be talking about:

- things or events that place pressure on us – for instance, times wherever we've heaps to try and do and rely on, or haven't got abundant management over what happens.
- Our reaction to being placed fraught – the sentiments we have a tendency to get once we have demands placed on us that we discover troublesome to trot out. It's overwhelming. Generally you cannot see on the far side the thick fog of stress.

  There's no medical definition of stress, and health care professionals usually disagree over whether or not stress is that the explanation for issues or the results of them. This may build it troublesome for you to figure out what causes your feelings of stress, or the way to touch upon them. However no matter your personal definition of stress is, it's possible that you just will learn to manage your stress higher by:
- Managing external pressures, thus disagreeable things do not appear to happen to you quite thus usually.
- Developing your emotional resilience, thus you are higher at managing powerful things once they do happen.

Is stress a mental state problem?

Being fraught may be a traditional a part of life. It is often a helpful drive that helps you are taking action, feel a lot of energized and find results. However if you regularly become inundated by stress, these feelings might begin to be a retardant for you. Stress is not a psychiatrically identification, however it's closely coupled to your mental state in 2 vital ways:

- Stress will cause mental state issues, and build existing issues worse. For instance, if you regularly struggle to manage feelings of stress, you may develop a mental state drawback like anxiety or depression.

• Mental state issues will cause stress. you may notice managing the regular symptoms of your mental state drawback, still as doubtless desperate to manage medication, heath care appointments or treatments, will become further sources of stress.

This can begin to desire a vicious circle, and it would be laborious to ascertain wherever stress ends and your mental state drawback begins

Why will stress have an effect on Pine Tree State physically?

You might notice that your 1st clues concerning being stressed are physical signs, like weariness, headaches or Associate in nursing dyspepsia. This might be as a result of once we feel stressed showing emotion; our body's unharnessed hormones referred to as Cortef and internal secretion. This is often the body's automatic method of getting ready to retort to a threat (sometimes referred to as the 'fight or flight' response). If you're usually stressed then you're in all probability manufacturing high levels of those hormones, which might cause you to feel physically unwell and will have an effect on your health within the long run.

What are the signs of stress?

We all expertise stress otherwise in several things. Generally you may be ready to tell directly once you are feeling underneath stress, however different times you may keep going while not recognizing the signs. Stress will have an effect on you each showing emotion and physically, and it will have an effect on the method you behave. Common signs of stress,

How you may feel:

- Irritable, aggressive, impatient or aroused
- Over-burdened
- Anxious, nervous or afraid
- Like your thoughts ar sport and you cannot turn off
- Neglected or lonely
- Depressed
- Tired of life
- Like you've got lost your sense of humour
- A way of dread
- Disquieted concerning your health
- Unable to get pleasure from yourself

How you may behave:

- Finding it laborious to create choices.
- Avoiding things that are heavy for you.
- Snapping at individuals
- Biting your nails
- Selecting at your skin
- Unable to concentrate
- Consumption an excessive amount of or insufficient
- Smoking or drinking alcohol over usual
- Restless, such as you cannot sit still
- Feeling tearful or crying

How you may be physically affected:

- Shallow respiration or hyperventilating
- You may have fearfulness
- Blurred visual modality or sore eyes
- Issues attending to sleep, staying asleep or having nightmares
- Sexual issues, akin to losing interest in sex or being unable to get pleasure from sex
- Tired all the time
- Grinding your teeth or clenching your jaw
- Headaches
- Chest pains
- High pressure
- Stomach upset or symptom
- Constipation or symptom
- Feeling sick, dizzy or fainting

What causes stress?

Feelings of stress are usually triggered by things happening in your life that involve:

- Being underneath many pressure
- Facing huge changes
- Worrying concerning one thing
- Not having abundant or any management over the result of a scenario
- Having responsibilities that you are finding overwhelming
- Not having enough work, activities or modification in your life.

How to manage stress:

The amount of stress we have a tendency to feel in several things will rely on:

- Our perception of matters – this could be connected to our past experiences, our vanity, and the way our thought processes work (for example, if we have a tendency to tend to interpret things completely or negatively)
- However ball-hawking we have a tendency to ar at handling pressure.
- Our emotional resilience to disagreeable things.

What quite things will cause stress? Some common life events which frequently cause tons of stress are listed below.

Personal problems

- Ill health or injury
- Gestation and turning into a parent
- Sadness
- Semi permanent health issues
- Organizing a sophisticated event, sort of a family vacation.
- Obtaining married or civil partnered
- Researching a break-up or obtaining single
- Troublesome relationships with folks, siblings, friends or kids
- Being a carer for a follower or relative UN agency wants much support

Employment and study

- Losing your job
- Semi permanent state
- Retiring
- Exams and deadlines
- Troublesome problems at work
- Beginning a replacement job

Housing

- Poor housing conditions
- Moving house
- Issues with neighbours

Money

- Worries concerning cash or edges
- Poverty
- Debt

How am I able to touch upon pressure?

Even though there are possible to be some things happening in your life that you just cannot management, there are still many sensible stuff you will do to manage the quantity of pressure you are underneath day to day.

Identify your triggers: Working out what triggers stress for you'll be able to assist you anticipate issues and think about ways that to unravel them. Even if you cannot avoid these things, being ready will facilitate. Take a while to mirror on events and feelings that might be contributive to your stress (you might wish to try and do this with a follower or family member).

You could consider:

- Problems that come back up often, which you are worried concerning, for instance paying a bill or attending an arrangement
- Natural event events that ar on your mind tons, akin to moving house or taking Associate in Nursing communicating
- In progress disagreeable events, like being a carer or having issues at work.

You might be shocked to search out simply what quantity you are managing right away. Bear in mind that not having enough work, activities or modification in your life are often even as disagreeable a scenario as having an excessive amount of to touch upon.

Organize it slow

Making some changes to the method you organize it slow might assist you feel a lot of au fait of any tasks you are facing, and a lot of ready to handle pressure.

- Establish your best time of day, and do the vital tasks that require the foremost energy and concentration at that point. For instance, you may be a morning person or a night person.

- build an inventory of stuff you ought to do. Prepare them so as of importance, and take a look at to target the foremost pressing 1st. If your tasks are work connected, raise a manager or

colleague to assist you order. You will be ready to obstruct some tasks till you are feeling less stressed.

- Vary your activities. Balance attention-grabbing tasks with a lot of mundane ones, and disagreeable tasks with those you discover easier or will do a lot of sedately.
- Attempt to not do an excessive amount of right away. If you are taking on an excessive amount of, you may notice it more durable to try and do someone task well. This may cause you to desire you've got even a lot of pressure on you.
- Take breaks and take things slowly. It would be troublesome to try and do this once you are stressed, however it will cause you to a lot of productive.

I attempt to reassure myself by breaking things down into tiny doable tasks.

Address a number of the causes of stress: Although there'll in all probability many things in your life that you just cannot do something concerning, there may still be some sensible ways that you'll to resolve or improve a number of the problems that are golf stroke pressure on you. You may notice it useful to browse a number of our different booklets on problems around mental state, family and private life, work life, student life, finances, housing and legal rights.

Accept the items you cannot modification: It's not simple, however acceptive that there are some things happening to you that you just in all probability cannot do something concerning can assist you focus it slow and energy a lot of profitably.

Sometimes I take a second to 'reply' to my stressy thoughts... it's laborious to be stressed once you have things in perspective! Most of the items I worry concerning ar either things i am unable to modification or things which are not earth-shatteringly vital.

How am I able to become a lot of showing emotion resilient?

Taking steps to seem once your well-being will assist you touch upon pressure, and cut back the impact that stress has on your life. This is often generally referred to as developing emotional resilience – the power to adapt and retrieve once one thing troublesome happens in your life.

Make some life-style changes

There are some general changes that you just will build to your life-style that might assist you feeling a lot of ready to trot out pressure and disagreeable things. You can:

- Follow being easy and assertive in human action with others. If individuals ar creating unreasonable or surrealistic demands on you, be ready to inform them however you're feeling and say no.
- Use relaxation techniques. You will already understand what helps you relax, like having a shower, taking note of music or taking your dog for a walk. If you recognize that an explicit activity helps you're feeling a lot of relaxed, ensure you put aside time to try and do it.
- Develop your interests and hobbies. Finding Associate in nursing activity that is utterly completely different from the items inflicting you stress may be a good way to urge off from everyday pressures. If stress is creating you're feeling lonely or isolated, shared hobbies also can be a decent thanks to meet new individuals.

- Build time for your friends. Once you have tons on this might sound laborious, however it will assist you feel a lot of positive and fewer isolated. Chatting to friends concerning the items you discover troublesome will assist you keep things in perspective – and you'll be able to do identical for them. Happy and smiling with them also will manufacture hormones that assist you to relax.
- Notice balance in your life. You will notice that one a part of your life, akin to your job or taking care of young kids, is taking over the majority of it slow and energy. Attempt creating a call to focus a number of your energy on different elements of your life, like family, friends or hobbies. It is not simple, however this may facilitate unfold the burden of pressures in your life, and build everything feel lighter.

Look after your physical health

Taking steps to seem once your physical health will assist you manage stress and reduce the impact on your overall mental state. For example:

- Get sensible sleep. Stress will build it troublesome for you to sleep, and you will develop sleep issues. Being well-rested will increase your ability to touch upon troublesome things.
- Be a lot of physically active. Physical activity is vital for reducing stress levels and preventing a number of its damaging effects on the body (so long as you do not exaggerate it).
- Eat healthily. Once you are stressed, it is often tempting to eat an excessive amount of the incorrect varieties of food or to eat insufficient. However what you eat, and once you eat; will build an enormous distinction to however well you're feeling.

How am I able to become a lot of showing emotion resilient?

Give yourself an occasion

Learning to be kinder to yourself generally will assist you management the quantity of pressure you're feeling in several things, which might assist you feel less stressed.

- Reward yourself for achievements – even tiny things like finishing a bit of labor or creating a call. You'll take a walk, browse a book, and treat yourself to food you get pleasure from, or just tell yourself "well done".
- Get a modification of scenery. You may wish to travel outside, visit a friend's house or visit a restaurant for an occasion – albeit it's only for a brief time.
- Take an occasion or vacation. Time off from your traditional routine will assist you relax and feel reinvigorated. Even defrayment on a daily basis in an exceedingly completely different place will assist you feel a lot of ready to face stress.
- Resolve conflicts, if you can. Though this may generally be laborious, talking to a manager, colleague or friend concerning issues in your relationship with them will assist you notice ways that to maneuver forward.
- Forgive yourself once you build a slip-up, or do not deliver the goods one thing you hoped for. Attempt to bear in mind that nobody's excellent and golf stroke further pressure on you does not facilitate.

Use your support network

Remember that no matter you are going through that is inflicting you stress, you ought not to trot out it alone.

- Friends and family. Generally simply telling the individuals on the point of you are feeling will build an enormous distinction – and that they could be ready to assist you get into different ways too.

- Support at work, akin to your line manager, human resources (HR) department, union representatives, or worker help schemes.

- Support at university or school, akin to your tutors, edifice or student services.

- On-line peer support. Generally sharing your experiences with individuals who've been through one thing similar will assist you feel less alone.

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21. Mass Media and Mental Haze

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Introduction:

Today, throughout the world, social and technological changes are taking place rapidly due to expanding world of information and there is explosion of knowledge. Knowledge are opening day by day and the perspective of human knowledge and understanding is growing very fast.

The student population is massively increasing year by year due to the growth of population and democratization of education with unreliable levels of motivation and ambition. Today there is a cry for "more education to more people in less time". Both qualitative improvement and quantitative expansion of education can be facilitated and accelerated with the help of mass media under educational technology. So the mass-media has come to our rescue to tackle the problem in education. Education of tomorrow will be able to play its role more effectively by making the individuals creative, active and efficient.

There are a good number of media for mass communication such as radio, Television, newspapers and films etc. Mass media is very important for class room teaching as a part of the process of instruction. The sole objective is to improve the teaching- learning process with the use of various media. Therefore, the main purpose of mass-media in education is to benefit more students with fewer teachers or to obtain quality education.

In fact, the mass media have become a well of message around the world of today and have entered into all the structures of daily life, can be used and in fact is being used as a means of education. So the role of mass media in education is gaining importance every day.

Importance of Mass Media:

1. Mass Media provide information to the mass within a less time.
2. It brings the entire world to the individual or to the classroom. Children spend hour's together sitting in front of the television and can imagine, hear and acquire knowledge about the world.
3. These media easily reach groups, allow repeated use, give more reality, influence attitudes, show cause and effect relationships and ultimately motivate the audience.
4. It sends information to remote places and helps in distant learning.
5. It helps in modification of attitudes, inculcation of desirable values and acquaintance with cultural heritage.
7. Mass media acts as an agency of social change.
8. Mass media as means of communication make thoughts and ideas clear to children and also help them to get exact information. They help in simplifying and in giving intensity to clarification.

Mass media make the lessons real and inspire interest and excite interest in things.

”Education today, therefore, has a responsibility than it had ever before. Contemporary education has to be more comprehensive and complete than it was ever before. The role of the various agencies of education like home, society, community etc. has consequently increased, so has the role of the mass media like television, radio, cinema, newspaper increased.” So now-a-day, press, radio, cinema, television, etc. are becoming more and more important in an individual’s life. Mass media in education are press, radio, motion-picture, television, etc. So mass media are many and these are technically called passive agencies of education. They influence the attitude and behavior of the people indirectly. These agencies cover entertainment, informatory propaganda, historical record, education and improvement of moral judgment and moral tone of the people.

Mass media in Distance Education:

As student must have a net-work of telephone, a computer and a T.V. and V.C.R. interfaced to function as interactive video systems for communication.

Through e-mail and the WAN (wide area net-work) or LAN (local net area) the university communicates with students. In e-mail system, the computer is connected to telephone line through modem (a digital analog converter) if my friend in America wants to write a letter, he can use my pass word on computer network and in e-mail (in Non-Document mode) can type the matter to be send to my computer. The message will come to my computer and me system will store it, when I open my computer, or through signal, I will be informed about the message. The e-mail will flash no my monitor screen of the computer. I can read a hard copy. So without any postal expenditure, I can also send my reply through the same e-mail system. It is very popular and common in developed nations. It has come to all big cities in India.

Let us now look to the system that operated in the university. In the university the entire campus is under the watchful eyes of the super main frame computer. The Registrar of the university is an expert engineer in electronic communication. In front of him is an array of TV screens hooked to all sections of the university. He is in contact with all parts of the campus instantaneously video, software sections and library are the brain centers of the university. The system can enter into the campus through their computers network at anytime of the day and can have an access to the learning materials by in line service open to the user on password code.

Instructional Software:

In the distance education wing, the reading materials and library books, are produced in the form of instructional software. What is it? It may be learning materials produced by the subject experts in the form of Video cassettes or computer disc (CAI) like the one children use for computer games. Like viewing a camera, you can see the video on environment education; how man was polluting the air or water you can see them in picture with comment. It will be followed by questions you have to answer in your e-mail system. All your answers will be checked by the Master computer in the distance education department and your marks will be entered in your database (record where all your details from admission to marks will be stored)

The distance education prepares various formats of the information software and stocks them in use. When on issue if the student comes across any mistake conceptually with the new inventions, or need some changes, it is brought to the technologies. They refer the requests for change to the expert in charge. If it is found to be genuine, the changes are brought in time. Improvement for quality instruction is always welcome.

The role of mass media:

(A) Radio:

Radio acts as the medium of mass-communication. It is used mainly to broadcast events to far and wide places of the world. It is also a very important source of entertainment. Every day, listen to various talks, discussions and debates from radio. These are extremely important and useful for the students. Especially for the purpose of teaching, many programmes are broadcast over the radio. So radio acts as a great recreational and education force. It broadcasts scientific and cultural facts. It enlightens public opinion. It stimulates curiosity and interests. The radio has proved a valuable supplement to class teaching and learning Through school broadcasts, expert leaching in such diverse fields of science, social studies, art, music, languages, politics, current affairs and other areas, can provide information and enrichment for pupils and for the teacher.

As a part of classroom teaching, an educational programme may be preceded by an introduction by the class teacher and followed by long discussion among students on the subject-matter under the broadcast discussion. A talented teacher may teach through radio for the benefit of the students. So important happenings, elections, inventions, political developments in other countries and other current topics may be heard and discussed in the classroom.

Well-planned radio broadcasts are presented in such a way as to engage the active participation of the local teachers and pupils. So there should be preliminary study and discussion on the topic before broadcast time. The class may be encouraged through broadcast suggestions to carry on follow-up discussion, projects or creative activities.

Educational radio can offer corrective programmes for self learning by the individuals. It can reach the participants while at work, at play, at drawing room, at recreational centres breaking all boundaries and constraints of formal education. Being an expensive medium, it has reached villages and is now available in very comer of the society.

So, radio is an effective medium. It has occupied a significant place in communication. It is also playing an important role in education. It not only informs, but also inspires. It not only inculcates values and virtues, but also creates attitudes, interests and appreciation.

The Central Institute of Educational Technology under the NCERT at New Delhi, is mainly concerned with the development of innovations and with using various media in school education. It is engaged in the development of an attractive system of education using television through INSAT to reach in and out of school children and teachers in rural areas.

The Press:

The Press covers the entire printed matter. These printed matters are books, magazines, journals or newspapers. Reading matter has vast potentialities. It exerts good influence on the individuals. It acts on the intelligence and emotions of the individuals in shaping out attitudes and philosophies of life. Newspapers contribute very largely in education for the above end. Press not only gathers events, they also present their own views on issues.

The reader gets an opportunity to consider an issue from many angles. Press also contributes to the study of History, Geography, Science, Literature etc. The knowledge is supplemented to these subjects by the newspapers.

It is possible to link certain topics with everyday life by means of the press through newspapers and other journals. The child must be aware of what is happening in the world around him.

So the press is an important service that can render to education by imparting knowledge of current affairs to children. News regarding earthquakes, cyclones, new planets and political

changes may be brought to the notice of the pupils by the press. It also gives a great deal of historical information.

The pupil's limited knowledge of history may be elaborated and enhanced by this press. So the press is to serve as one of the important medium of education and instruction.

B) The motion Pictures:

The motion pictures exercise a great influence on human mind very skillfully. They help to create lasting values in the pupils. There is also wider use of films in education. Educational films are coming into the field to meet the challenge of commercial pictures, to supplement them and to explore new avenues of educating children and adults. These films can give more reality, influence attitudes, show cause and effect relation and motivate the students. For example, in teaching of geography or science, we can use these motion-pictures. Rivers of India, climate of India etc. can also be taught effectively with the help of the motion pictures. 1. The educational films make the concept more clear, durable and realistic. Motion pictures arouse interest in children and satisfy their emotions. They can present abstract and abstruse problems of life and nature in concrete reality illuminate the hidden meanings of events and mysteries of nature, reconstruct history in a short mirror of life. Motion pictures can best be used for demonstration of skills and experiments. Motion pictures can serve the purpose better, if they are made for specific age and ability groups, if they can be fitted into the school syllabus, if the commentary is simple and straight forward.

Today, education plays a vital role. It has to meet the demands of a dynamic world. The role of the various agencies of education has consequently increased. Thus the role of mass media as passive agencies of education cannot be under-estimated.

Conclusion: The role in education is recurring and unavoidable. Rapid changes in the technologies are indicating that the role of mass media in future will grow tremendously in education. By observing the current practices in education we say the development of mass media within education has strongly affected on what is learned? How it is learned? When and where learning takes places? Who is learning and who is teaching? Mass media have proved to help in classifying concepts, stimulating group and individual activities, developing a collective critical awareness, changing attitudes, imposing a new structure on certain subjects and encouraging originality and creativeness. Therefore, teachers have to be properly motivated and made interested in the use of such materials. And they have also to be trained and oriented in the adequate use and maintenance of the materials.

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22. Strengthening the Human Mind through Spirituality to Eliminate Mental Haze

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Abstract
Mental haze is the psychological mental disorder which exists due to many physiological reasons and due to the stressful life style of today's world. The top-ranked descriptors of brain fog were "forgetful," "cloudy," and "difficulty focusing, thinking and communicating," while the most commonly reported brain fog triggers were fatigue, lack of sleep, prolonged periods of standing, dehydration and feeling faint. To eliminate the mental haze human beings adopted various methods. Human mind is considered as the ultimate power to clear the confusions of mankind. Spirituality leads human mind to eliminate the mental haze and promote mental health. The present paper is an attempt to explain the role of spirituality in the strengthening of mind to eradicate the mental haze.

Introduction

In our daily life we commonly encounter the problem of lack of clarity in our thinking process. It can be due to the presence of mental haze. Mental Haze, mental fog and brain fog are the synonyms of each other which reflect the impaired mental state of the individual. It can be stated as a state of mental confusion and forgetfulness. In this condition an individual cannot concentrate on things actively. It occurs due to the propagation of electrical impulses in the nerve cells that constitute the brain matter. The best way to explain mental haze is the experience of individual after missing a night sleep or waking up with a hangover. This is the situation of lack of mental clarity. It is the clouded mental ability. Mental exertion, conflict and emotional stress is the common reason for this cloudiness. It affects thousands of people by contributing low self esteem and unhappy relationships.

Frequent descriptors of Mental Haze

The conceptual model of clouding of consciousness is that of a part of the brain regulating the "overall level" of the consciousness part of the brain, which is responsible for awareness of oneself and of the environment. Various etiologies disturb this regulating part of the brain, which in turn disturbs the "overall level" of consciousness. This system of a sort of general activation of consciousness is referred to as "arousal" or "wakefulness"

A 2013 study printed in the *Journal of the Clinical Autonomic Research Society* used the Wood Mental Fatigue Inventory test (WMFI) to gather information from 138 subjects suffering from brain fog. The top-ranked descriptors of brain fog were "forgetful," "cloudy," and "difficulty

focusing, thinking and communicating," while the most commonly reported brain fog triggers were fatigue, lack of sleep, prolonged periods of standing, dehydration and feeling faint.

According to a 2015 report published in *Frontiers in Neuroscience*, people most likely to suffer from brain fog include those dealing with chronic fatigue syndrome; autism spectrum disorders; celiac disease, gluten intolerance symptoms or other food allergies; fibromyalgia symptoms; mastocytosis; Alzheimer's disease; and other neuropsychiatric disorders.

Positive role of human mind and spirituality

No doubt mental haze is the psychological mental disorder which exists due to many physiological reasons and due to the stressful life style of today's world. There are many ways to eliminate mental haze. It can be eliminate or controlled with changing life style and medication also. This paper focuses on the spirituality as the way to eliminate mental haze. In the past decade or so, researchers across a range of disciplines have started to explore and acknowledge the positive contribution spirituality can make to mental health. Service users and survivors have also identified the ways in which spiritual activity can contribute to mental health and wellbeing, mental illness and recovery.

Spirituality is a broad concept, in general it includes a sense of connection to something bigger than us, and it typically involves a search for meaning in life. As such, it is a universal human experience – something that touches at all. According to Waijman, the traditional meaning of spirituality is a process of reformation which aims to recover the original shape of man the image of God.

In modern times the emphasis is on subjective experience. It may denote almost any kind of meaningful activity or blissful experience. It still denotes a process of transformation, but in a context separate from organized religious institutions termed 'spiritual but not religious'. A spiritual person has a purpose and meaning of his or her life, feels connected to a broader eternal power believe in equality and has a self and other acceptance also and these things determine the happiness. Spirituality makes a person more open to positive emotions and feelings. So spirituality is highly positively correlated with happiness and mental health.

Numerous researches have been conducted in the field of spirituality and subjective well being. Diener (2000) explored about the subjective well- being and national indicators of happiness and cultural influences on the subjective well- being. Zinbauer, Pargament, Scott (2001) examined traditional and modern psychological characterizations of religiousness and spirituality. Pargament, Keneth, Mahoney, Annette (2002) reviewed some of the ways that spirituality can be understood and studied from a psychological perspective. They also reviewed the empirical studies of spirituality and its connections to well –being. Miller, William, Thoresen (2003).

Mankind has forever adopted different methods and practices in an attempt to connect with the Divine, hoping to attain peace, tranquility, and mental happiness. However, for most of us, performing these acts (e.g. meditation, prayers, pilgrimages, service, etc.) has resulted in only temporary calmness and peace; our minds remain confused and cluttered with negativity, and spiritual harmony is not obtained. Immanuel Kant posits that the goal of life should be, not happiness but choosing to do the right thing, even if it puts our happiness at risk. Fortunately, mankind has been blessed with immense knowledge and wisdom contained in different religious scriptures. One of them is Sri Guru Granth Sahib, the tiny knowledge of which can be helpful in making spiritual, happy and peaceful life at individual and social life. In Guru Granth Sahib the

stress to strengthen mind for consciousness reflects the importance of human mind. Mind is the set of cognitive faculties including consciousness, perception, thinking, judgment, language and memory. It is usually defined as the faculty of an entity's thoughts and consciousness. It is the human mind which plays important role to clear mental haze especially due to depression and emotional stress. The power of human mind to create the results we desire is ultimate.

The Gurbani indicates that each one of us is capable of finding the Eternal Happiness in the midst of this complex world, "here" and "now"! That is to say, we all can obtain the state of Eternal Existence - Pure Consciousness -True Bliss while performing our duties as householders in this world; like a lotus that lives untouched in muddy water, or like the bird who flies in the sky without leaving any footprints behind, or like the swan who swims against the stream without becoming wet.

Conclusion

So, it is to be thoughtfully contemplated that spirituality should not be confused as the religious fanaticism. It is only a way to lead a truthful life while being in oneness with one's own self. Religion or religious teachings can be source of that. So, for attaining happiness through spiritual living we need not to look for complex thoughts and living patterns but only to look into our own selves with greater belief in the goodness we are endowed with. As Sri Guru Granth Sahib preaches:

ਇਉ ਕਹੈ ਨਾਨਕੁ ਮਨ ਤੂੰ ਜੋਤਿ ਸਰੂਪੁ ਹੈ ਅਪਣਾ ਮੂਲੁ ਪਛਾਣੁ ॥੫ *Thus says Nanak - O mind! Your own, True State) is Divine Light! Recognize your Source, Origin, and Reality... ||5|| (sggs 441).*

ਸਭ ਕਿਛੁ ਘਰ ਮਹਿ ਬਾਹਰਿ ਨਾਹੀ ॥ ਬਾਹਰਿ ਟੋਲੈ ਸੋ ਭਰਮਿ ਭੁਲਾਹੀ ॥ ਗੁਰ ਪਰਸਾਦੀ ਜਿਨੀ ਅੰਤਰਿ ਪਾਇਆ ਸੋ ਅੰਤਰਿ ਬਾਹਰਿ ਸੁਹੇਲਾ ਜੀਉ ॥੧॥: (The Divine Virtues, Wisdom, Spiritual tranquility, all that is within the Heart-Home; not outside. Who searches outside is deluded by doubts. By the Grace of the true knowledge or the divine wisdom those who have realized within are happy inwardly and outwardly. ||1|| (sggs 102).

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23. Value Education and Removal of Mental Haze

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Abstact

Mental haze synonymous with the words like ambiguity, doubt, suspense and uncertainty. It is not unusual state. In-fact it is normal human state. It is situation of duality in human mind. Every one of us must usually encountered this kind of situation in life. Particularly in today's era of competition and survival we observe laxity in moral values. Industrialization has led to the emergence of high life style and raised the standard of living of people. It has made man rich in materialistic sense but deteriorated the ethical values in the society. People crave for money, power and pelf. They are ready to jeopardize the interest of other people in pursuit of their selfish gains. Corruption in religious, economic, social, educational field is rampant. We come across many social evils in the society. Children due to their exposure to mass-media are turning juvenile delinquents. They are not capable enough to choose beteen good and bad. In other words they are in the state of Mental Haze. Weas common people face this situation more or less in life especially students. Today'syoung generation is frustrated. Increasing crime rate is an alarm for the present education system that things need to be revised. Students can get rid of this state of mental haze- doubt, suspense or uncertainty onlythrough an effective, result oriented way of value education. Present paper is an attempt how teachers can help in solving the problem of mental haze by imparting value education.

Introduction

In today's era of competition and survival we observe laxity in moral values. Industrialization has led to the emergence of high life style and raised the standard of living of people. It has made man rich in materialistic sense but deteriorated the ethical values in the society. People crave for money, power and pelf. They are ready to jeopardize the interest of other people in pursuit of their selfish gains. Corruption in religious, economic, social, educational field is rampant. We come across many social evils in the society. Children due to their exposure to mass-media are turning juvenile delinquents. They are in the state of Mental Haze. Mental haze synonymous with the words like ambiguity, doubt, suspense and uncertainty. It is not unusual state. In-fact it is normal human state. It is situation of duality in human mind. Every one of us must have encountered this kind of situation in life. Even in the initial stage of great persons like Swami Dayanand, Arbindo Ghosh and so many others must have faced the situation like conflicting state of mind. They fought with it and successfully came out of this dual situation of perplexity-mental haze. Their mind became crystal clear for the rest of life. We all general people face this situation more or less in life especially students. Today' young generation is frustrated. Increasing crime rate is an alarm for the present education system that things need to be revised.

Students can get rid of this state of mental haze- doubt, suspense or uncertainty only through an effective, result oriented way of value education.

Meaning of Mental Haze

Mental haze synonymous with the words like ambiguity, doubt, suspense and uncertainty.Mental haze or Brain fog is a collection of symptoms such as forgetfulness, lack of mental clarity, confusion, and inability to focus.**It is avoidable and treatable.** Brain fog is not a medically recognized term but is a commonly used phrase that sums up feelings of confusion, forgetfulness, and lack of focus and mental clarity.Having brain fog is fairly common, but it's not normal. When you feel foggy, unfocused, and like you *just can't think*, your brain is sending an important signal that there's an imbalance in your life that needs to be addressed.**Clouding of consciousness**, also known as **brain fog**,**mental fog**or '**cognitive dysfunction**

Brain Fog Symptoms

- Fatigue and low energy (including chronic fatigue syndrome)
- Irritability
- Inability to concentrate
- Poor working memory and executive function
- Poor ability to memorize things
- Impaired ability to process new information and delayed processing
- Confusion
- Low motivation
- Mental confusion
- Wandering thoughts; inability to sustain a train of thought
- Disorientation

Value Education: Need of the Hour

Mankind is passing throughgreat value crisis. The tremendous emphasis on the scientific and mechanical ways of life is fast reducing man to the status of a machine. Moral and religious values are being undermined. The fundamental principles of civilization are being ignored. Conflicts of ideas, manners and habits are pervading the atmosphere. Disregard for everything old is the fashion of the day. At this situation, the solutions of all these social and global evils is through value education. Emphasis should be laid on such education through which moral values can be developed among the students so that they can conduct their life morally in other their metal haze should be removed. They can decide what is right or wrong; what is good or evil; what is justice or injustice. If we can make a student as a good human being, the development of moral values within him is the prior task of education. They are the foundation of human existence. They make our life meaningful. Due to dearth of values in the present generation the curriculum must give prominence to value education. Value education has never been out of style. It is very relevant in almost all the fields concerning human activity. We have outstanding doctors who are in to organ robbery, brilliant engineers whose bridges collapses soon after their bills are passed, accountants who rob governmenttreasury by manipulation, civil servants who rule as emperors, politicians with fake promises. All of them are the best educated and trained

but their intellectual dishonesty is horrifying. Hence, the need of development of moral values is very significant. Some important needs have been mentioned below:

1. Preparing Our Children for Future Roles in Society:

Knowledge gained in school is only one goal of education. The primary goals of education should be enabling students to gain knowledge and moral values. Our kids will need both in preparing themselves to be good parents and citizens in society.

2. **Many Parents are not Teaching Moral Values:**

If all parents were teaching their children moral values in the home, it would not be necessary for the schools to do this work. The sad fact is that a lot of kids are not learning from their parents the difference between right and wrong. This is because most mothers and fathers in their busy work days spend only a few hours with their children. In many families there is only one parent and no other role models for kids to follow.

3. **There is Too Much Violence and Dishonesty in Society:**

Every day students are exposed to violence, dishonesty, and other social problems in the media and the real world. How many times have we heard about school shootings? What about other times when students are caught cheating on exams? Then, too, we read about bullying in school and fights between gangs. If moral values were taught in schools, we would have fewer of these problems.

4. **To Counter Bad Influences in Society:**

Unfortunately, many of the role models of young people are setting bad examples. These bad examples range from sexual promiscuity, degrading of women, advocacy of violence, and the condoning of dishonesty in order to succeed.

5. Moral Values Will Stick with You for Life:

The significant of moral values in our life is very important. Moral values teach us what is right or wrong. Thus, we can conduct our life in a right direction. We can understand what is good or evil. This type of learning helps us to conduct our life morally in this world.

Some Important Moral Values and School Curriculum

According to Swami Vivekananda, if we want to make our students as a moral human being, school curriculum is one of the best ways to serve this purpose. Because he think that moral values can be inculcated among our students through a value based school curriculum. Therefore, Vivekananda suggested some important moral values which should be included in our school curriculum.

1. **Unconditional Love and Kindness**: In most cases, if you love someone, he or she will love you back in return. This, however, is not the real meaning of love. Love should be unconditional. With more love in the world, kindness will follow and replace cruelty.
2. **Honesty:** Students must be taught that dishonesty and cheating is wrong, and will get you nowhere in the future. As a student, one is only hurting himself or herself by cheating, because this action will eventually catch up to you in the end with bad consequences.
3. **Hard Work:** Nowadays, so many students want to cheat and cut corners in their studies, because they are lazy and don't place any value on hard word. This thinking must change.
4. **Respect for Others**: Unfortunately, in our highly competitive dog eat dog society; many people will tread on others to get ahead in life. Respect for others should include respecting different religions, races, sexes, ideas, and life styles.

5. **Co-operation:** To achieve a common goal, it is necessary for all people to work together. If this is not done, a few people may profit, but the end result for everyone will be a failure. I still believe in the motto, "united we stand and divided we fall."
6. **Compassion:**Compassion is defined as being sensitive to the needs of people. If there were more compassion in the world, there would be less homeless, hunger, wars, and unhappiness.
7. **Forgiveness**: Anger in most cases is caused by unwillingness to forgive. There would be less violence and fighting in school if students could learn this moral virtue.

Role of Teachers in Removing Mental Haze through Imparting Value Education

Ordinary Teachers can bring about extraordinary transformation in the society. A teacher should practice what he preaches. Teachers are a role-model for the students. Their actions convey more than their words. Students learn values from what the teachers are rather than from what they say. Teacher makes a maximum impact on the personality of a student in the formative years. Students imbibe virtues and vices knowingly and unknowingly from theses role models. Teachers demonstrate the appropriate behaviour of their students by their actions. Teachers must have healthy attitude and should possess rich values. Teaching is all about attitude-positive/ negative towards their job of imparting quality education. Teacher should act as a friend, philosopher and guide. A teacher is not only a source of information but is also a mentor and guardian. For this teacher must respect the teaching profession, love her subjects and students, Students will seek inspiration from teachers who have high self-esteem. A decade back or so the role of a teacher was limited to being a source of information. But today this place is shared by books, coaching classes, multimedia technology etc. So the role of a teacher is marginalized. Role of a teacher has increased manifold. In modern times we are experiencing transition. A teacher can maintain values and nurture them. A teacher has an immense potential of bringing about a sea change in the society by demonstrating essential values of head and heart. Teacher can impart values in students by giving them instructions through discussion, experimentation and lectures and by the following mentioned ways:

1. Teachers can maintain a case-study register to closely observe the students and note down the positive and negative traits of their personality.
2. By organizing cultural and sports events values like team spirit, sharing, spirit of cooperation, patience, courtesy etc can be imparted.
3. National and religious festivals must be celebrated to foster a feeling of homogeneity.
4. "Thought for the Day" should be employed in assemblies. Moral thoughts trigger in them moral thinking.
5. Teachers should give importance to cooperative learning.
6. Skits, role plays propagating moral values can be performed by students under the guidance of teacher.
7. Teacher should make arrangements to show value oriented movies.
8. Teacher must tell the students to go to the libraries- the treasure house of knowledge. Classics available in the library are morally rich and inspiring.
9. Teacher must explain the students the importance of meditation& yoga practices for realization or the attainment of oneness with God.
10. Every day a Teacher must spent at least 5 minutes on moral lecturing.
11. Impart knowledge of foreign languages to make them know different cultures.

12. Organize games, excursions, visits to places of historical importance. Club activities like nature club, literary club, wildlife prevention club, social service camps, blood donation etc.
13. Suicidal tendencies in students should be curbed. They must be prepared by the teacher to face the challenges of life fearlessly and with courage.
14. The most important agent for building the character of the student is a teacher. Swami Vivekananda says that "character is nothing but a bundle of habits formed through repeated acts. It comes through "Samskaras" or past impressions. Character building can change the nation. As strong foundation is required for a strong building, strong character is required for nation-building.

Conclusion

When a problem arises, it needs to be recognized, addressed and resolved. Instead of blaming people or institutions for the results of a lack of morality in schools, we should focus our efforts on finding ways of successful removal of mental haze through value education into schools. Changes have to occur in parents, legislators, communities, and the media and educational system so that children are taught how to discriminate. They can decide what is right or wrong; what is good or evil; what is justice or injustice. Actualizing character education programs into schools is necessary in order to overcome this nation's crisis of values leading mental haze. Thus Teachers play an important role in the nation building by removing mental haze of the students. The best and the greatest profession in the world is that of a teacher, because the future of a nation depends upon the type of teachers who shape the future generations. Every teacher plays the most important role in shaping the students as enlightened citizen. Swami Vivekananda's words should not be forgotten by the teachers- "Arise, Awake and Stop not till the goal are achieved".

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24. Brain Fog - Its Identification, Causes and Preventions

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Introduction:

Clouding of consciousness, also known as brain haze or mental fog, is a term used in medicine denoting an abnormality in the regulation of the overall level of consciousness that is mild and less severe than a delirium. The sufferer experiences a subjective sensation of mental clouding described as feeling "foggy".Brain fog can make once-familiar tasks such as remembering names and dates, keeping appointments or processing your thoughts more difficult. Brain fog can be frustrating and alarming for patients. Symptoms may come and go or be continuous, making school or work difficult or even impossible in extreme cases. Brain fog may be noticeably worse during flares or when fatigued.

The main reason of brain fogging includes missing night sleep, imbalance in neurotransmitter (brain hormone), and impaired energy production within the brain or low oxygen/glucose supply to brain cells leading to hangover which causes lack of mental clarity. Other causes include insufficient sleep, over consumption of alcohol, illicit drug use, mental exertion, emotional stress, long term disease.The symptoms of brain fogging are not clear too (M. Basavanna,2000). However, the assumed hypotheses suggest person suffering from brain fogging may have following symptoms: forgetfulness, poor memory with recalling past events, difficulty in concentrating, lack of decision making ability and learning new things, confusion, always feeling tired with moderate mental activity. Many people may experience a sensation of brain fogging.

Symptoms of Brain Fog: -

Suffering from brain fog is basically the opposite of feeling level-headed, calm, optimistic and motivated. Brain fog can easily rob you of inspiration and happiness, while increasing the likelihood for symptoms of anxiety and depression. The symptoms of brain fog may include: low energy or fatigue (including chronic fatigue syndrome),Poor memory with recalling past events,irritability, trouble concentrating, headaches, forgetfulness and trouble remembering information, low motivation, feeling hopeless or mildly depressed, anxiety, confusion, trouble sleeping through the night or insomnia, difficulty exercising, always feeling tired.

Main causes of Brain Fog: -

Lowthyroid function, adrenal insufficiency and chronic fatigue syndrome can all increase symptoms of brain fog. These hormonal imbalances are mostly caused by the same factors as inflammation: a poor diet, possible sensitivities and allergies, stress, and not enough rest.

- **Insomniaortrouble sleeping through the night:**

Sleep is important for physical, mental and social well-being. The period of time during which we sleep is essential a recharging session. If you do consistently get good sleep but still struggle

with brain fog symptoms like ongoing fatigue and low motivation, chances are this might have something to do with the quality of your diet. We all need between about seven to nine hours of quality sleep every night to think clearly and children and teenagers usually need even more. If you're not getting enough sleep, you have a higher likelihood of always feeling tired and dealing with brain fog. Deficiencies, coupled with sugar, alcohol, refined carbohydrates and caffeine overdose can majorly impact brain function.

- **High levels inflammation and changes to three primary hormones:**

On a cellular level, brain fog is believed to be caused by high levels inflammation and changes to three primary hormones that determine your mood, energy and focus: dopamine, serotonin and cortisol. Cortisol is often called the body's primary "stress hormone," since it helps keep you awake and alert, while dopamine and serotonin help keep you joyful, motivated and calm.The brain and entire body rely on a complex symphony of hormones that work to keep one another in check, so when levels of one hormone either falls too low or climbs too high, the whole system can be thrown off. Rebalancing your production of these chemicals helps put you on the right track for better brain function.

- **Low Blood Glucose or Oxygen:**

An adequate supply of glucose and oxygen is necessary for the brain to function optimally. Even a momentary dip in blood oxygen and glucose can affect the brain. Therefore, any condition that lowers brain glucose or oxygen levels will impact normal brain activity and give rise to brain fog. It may be seen in endocrine, cardiovascular and respiratory diseases. Poor air quality, extreme dieting, prolonged fasting and so on may all contribute to this mental impairment. It may also occur with nutritional deficiencies.

- **Emotional Stress:**

Emotional stress can have a range of effects on mental activity. It can be prolonged stress like continuing marital problems or a sudden emotional shock like the death of a loved one and the accompanying grief. The resulting brain fog in these cases is directly related to the events or situation. However, sometimes past events that were emotionally taxing may have an impact many years or even decades later. Brain fog may therefore be linked to this past trauma, as is seen with childhood abuse.

- **Prescription Drug Use:**

A number of prescription drugs can affect brain activity as well. Often these effects are not as severe and uncontrollable as with illicit drugs. Sedatives, tranquilizers or anti-anxiety medication, antidepressants, anti-psychotics and narcotic painkillers are probably best known for its effect on brain activity. However, similar side effects may arise with other drugs some of which are not even intended to treated nervous system conditions.

- **Alcohol Overindulgence:**

Excessive alcohol consumption can impair brain functioning for hours or days afterwards. In chronic alcoholism, it can cause permanent changes and damage to the brain structure and its activity. Initially brain fog is part of intoxication. The lack of mental clarity when drunk is well understood. Most of us look at brain fog following an overindulgence in alcohol as part of a

hangover. However, it usually subsides with time and rest and mental clarity restores provided that there is no further alcohol intake.

- **Sleeping Pills may be the cause:**

L,0.4Sleeping tablets is one such drug which causes morning grogginess. It will generally be worse, if you also use other sedatives or narcotic prescription medication like opioid painkillers.

- **Food Chemicals:**

There arenumber of foods that often cause mild allergic reactions and may lead to brain fog. Everyone will not react to these foods but some people do show low tolerance to foods like spelt, wheat, soy, oats, rye, barley, corn and cow's milk and other dairy products. If you believe you may be suffering with brain fog, then try eliminating them from your diet.

- **Nutrient Deficiencies:**

The human brain requires a number of nutrients in order to perform at optimum efficiency. These include proteins, high-quality fats and starches. Our brains also need minerals and vitamins. Some of the more important are zinc, magnesium, calcium, selenium, chromium, thiamine, iodine, L-taurine, choline, L-glutamine, B6 and B13. Omega 3 fatty acids and vitamin D are also important for good brain health. B-vitamin deficiencies can result in irritability, confusion and lethargy.

- **Infections:**

Viral infections affect the brain by excreting toxins into the bloodstream. This results in the depletion of certain nutrients essential to the brain. Viral titer may be normal but s sensitive person can be affected. Such stealth viruses that can directly or indirectly affect the brain include Hepatitis C, Herpes, Human papillomavirus, Epstein-Barr and cytomegalovirus among others. Infected teeth or gums can also release toxins.

- **Electromagnetic Fields Sensitivity:**

Everyone is different and some people are more susceptible to electrical and electromagneticfields. Though they can be quite harmless to some, they may adversely affect

others. They can disrupt sleep patterns and cause a decline in your overall performance at work or school. This type of brain fog can have its source from sitting in front of a computer screen for long periods or excessive use of cell phones.

- **Other Causes**

Brain fog symptoms may be also be seen in these conditions but it depends on the stage and severity of the disease.Anemia (severe), Brain diseases like Alzheimer's disease, Brain atrophy, Chronic alcoholism, Concussion and post-concussion syndrome, Depression, Diabetes mellitus , Heavy metal toxicity, Heart failure, Hypothyroidism, Liver disease, Sleep apnea, Diabetes mellitus, Meningitis, Post traumatic stress disorder, Stroke and transient ischemic attacks.

Preventions of Brain Fog:-

- **A good night sleep everyday:**

7-8 hours of uninterrupted sleep everyday around the same time prevents from brain fogging sleep ensures that you are physically and mentally refreshed. There are some remedies for

sound sleep: Avoid Night-time Disturbance-Here are few tips to avoid night-time Disturbances: Ensure that we are sleeping in a quiet and cool environment; bedding and sleeping cloths should be comfortable.

Do not depend upon stimulants:

It is said that" what goes up must come down". Same goes with mental and physical state when you use stimulant. Nicotine and caffeine may give you a short time boost but it is not the solution for the morning muzzy feeling infact it may worsen the problem.

- **Use an anti-snore Pillow:** Snoring is one of the following which can affect sleep. Use an anti-snore pillow even if you are not snoring these pillows even if you are not snoring these pillows can help in maintaining airways which may assist to some extent to mild sleep apnea.
- **Consider a mild-day nap:** If you did not have 7 hours of sleep receding night then go for short power naps.
- **Drink more water during the day:** The muzzy or groggy feeling can always help in recovering from muzzy feeling.
- **Water is not only the solution water:** Water with electrolytes like oral Rehydration solution (ORS) can be the best source for rehydration.
- **Eat a good breakfast:** Breakfast is the most important meal of the day, it provides fuel to get through the day.

Conclusion:

Brain fogging is one of the serious health related issue in human being. This is a typical state of mental confusion, detachment and forgets fullness. However, the symptoms cause and cure is still not well known. Insufficient sleep, excess drug usage, over consumption of alcohol, emotional stress, mental exertion and long-term disease are found to be the main reason for brain fogging. The person having such state of mind may have any of these symptoms such forgetfulness, poor memory with recalling past events, difficulty in concentrating slowness with decision making and learning new things, confusion, mixing up words or forgetting words, easily mental fatigued with moderate mental activity. The counselor may be their parents, teachers, elders or friends.

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25. Mental Haze - Symptoms, Causes and Solutions

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Abstract
The present paper is an effort to throw a beam of light on the topic Mental Haze: Symptoms, causes and Solutions. Mental Haze is a common term that people use to describe an impaired mental state. It is often called mental impairment, confusion, poor memory or an inability to concentrate. It's a type of cognitive dysfunction which involves, memory problems, lack of mental clarity, poor concentration and inability to focus. Causes of mental haze are our unhealthy life style, lack of proper sleep, medications, unhealthy diet, stress, anxiety, horomonal changes and use of mobile phones too much. Symptoms of mental haze are low energy or fatigue, irritability, trouble concentrating, Headache, forgetfulness and trouble remembering information, low motivation, feeling hopeless or mildly depressed, Anxiety, confusion, trouble sleeping and through the night. Solution of this problem lies in adopting proper healthy life styles, meditation, healthy diets, getting good sleep and by minimising the use of Cell phones.

Introduction:-
Sometimes, we are not able to think very clearly. Our ability to complete mental tasks are impaired, our memory becomes poor and even our decision-making capacity is affected. This is a short term impairment that we commonly refer to as mental haze. However, when this impaired mental state becomes daily occurrence then it needs to be investigated.
It is a common term that people use to describe an impaired mental state. It is often called mental impairment, confusion, poor memory or an inability to concentrate. The activity of the brain is dependent on various factors which allow the brain to complete all of its functions. This activity is largely due to the propagation of electrical impulses in the nerve cells that constitute the brain matter. It is therefore possible that mental haze is due to some impairment in brain activity, coupled with the effect of an imbalance in neurotransmitters, impaired energy production within the brain and /or low oxygen and glucose supply to brain cells. Mental haze isn't a medical condition itself, but rather a symptom of other medical conditions.
It's a type of cognitive dysfunction which involves:-

- memory problems
- lack of mental clarity
- poor concentration
- inability to focus

Some people also describe it as mental fatigue. Depending on the severity of brain fog, it can interfere with work or school. But it doesn't have to be a permanent fixture in your life.
Causes of Mental Haze

1. **Stress: -** Stress is the cause of mental haze. Chronic stress can increase blood pressure, weaken the immune system, and trigger depression. It can also cause mental fatigue. When your brain is exhausted, it becomes harder to think, reason, and focus.
2. **Lack of sleep: -** Poor sleep quality can also affect your brain functions. Always Aim for 8 to 9 hours of sleep per night. Lack of sleep can lead to poor concentration and cloudy thoughts.
3. **Hormonal changes:-** Hormonal changes can also trigger mental haze. Levels of the hormones progesterone and estrogen increase during pregnancy. This change can affect memory and cause short-term cognitive impairment. Similarly, a drop in estrogen level during menopause can cause forgetfulness, poor concentration, and cloudy thinking.
4. **Diet: -** Diet can also play a role in mental haze. Vitamin B-12 supports healthy brain function, and a Vitamin B-12 deficiency can bring about mental haze. If you have food allergies or sensitivities, mental haze may develop after eating certain foods. Possible culprits include peanuts**,** dairy products
5. **Medications**

   Mental haze mental hazemay be a known side effect of the drug. Lowering your dosage or switching to another drug may improve your symptoms. Mental haze can also occur after cancer treatments. This is referred as chemo Brain.
6. **Medical conditions: -** Medical conditions associated with inflammation, fatigue, or changes in blood glucose level can also cause mental fatigue. For example, mental hazeis a symptom of chronic fatigue syndrome, which involves persistent fatigue for longer than six months. People who have fibromyalgia may experience similar fogginess on a daily basis. Other conditions that may cause mental hazeinclude anaemia, depression, diabetes, migraine. Arthritis and dehydration.

Symptoms of Brain Fog

Suffering from mental hazeis basically the opposite of feeling level-headed, calm, optimistic and motivated. Mental hazecan easily rob you of inspiration and happiness, while increasing the likelihood for symptoms of anxiety and depression. Mental hazesymptoms usually include:

- low energy or fatigue
- irritability
- trouble concentrating
- Headache
- forgetfulness and trouble remembering information
- low motivation, feeling hopeless or mildly depressed
- Anxiety
- confusion
- trouble sleeping through the night
- difficulty exercising

Ways to End Brain Fog

1. Watch Your Sugar Intake but Eat Enough Healthy Carbs

Cutting back on packaged and processed foods that are loaded with sugar, in addition to many other artificial and harmful ingredients — like artificial sweeteners — is the first step to fixing

brain fog. Sugar might make you feel energetic and happier at first, but ultimately your sugar addiction robs you of steady energy and focus. That being said, going *too low* in terms of natural sugar/carbohydrate intake can backfire and increase brain fog. While refined sugar raises inflammation, quality carbs from things like fruits and veggies do the opposite. Focus on filling up on brain foods that improve focus and memory— things like sweet potatoes, yams, fruit, raw dairy and ancient grains are all good sources of serotonin-boosting carbs.

2. Get Enough Protein and Healthy Fats

We all require a steady supply of amino acids and essential fatty acids in order to make all of the brain chemicals we need to think clearly. Protein deficiency is caused a lack in certain amino acids, specifically the kinds that are called "essential amino acids," because the body cannot make them on its own. Complete proteins are food sources like meat, dairy products, fish and eggs that supply all the essential amino acids we require, and these are the best way to keep the brain pumping out enough of the hormones that support a positive mind-set.

3. Manage Stress

These days, it's tough to go more than a few hours without an influx of "stressors" like emails, texts and cell phone calls. This becomes distracting, tiring and makes it hard to work uninterrupted for any extended period of time. Although you might not realize it, it's also stressful to receive various alerts and so much information all day long.

4. Get Good Sleep

One of the fastest and more reliable ways to improve brain function is to **get better sleep.** The hormones in your brain stay in balance when your body gets adequate rest every night, at least seven hours for most adults. When you're constantly "running on fumes," you're very likely to find it hard to pay attention at work, engage in meaningful conversations and retain information. You're also better able to manage your hunger, food cravings and emotions when well-rested, which can benefit your weight and health in multiple ways.

5. Exercise in a Healthy Way

Exercise lowers inflammation, helps bust stress and increase energy levels, but too much poses risks for hormonal imbalance and even more fatigue. For most people, moderate and regular exercise can help balance hormones, improve insulin resistance and help you to get better sleep, all of which are important for fighting fatigue. Exercise releases natural endorphins, boosting your stamina and lifting your mood. But at the same time, overexerting yourself without enough rest increases cortisol and depletes the body of electrolytes, nutrients and energy. That's why it's vital to get the appropriate amount of rest between work .

6. Consider If You Have a Hormonal Imbalance

Low thyroid function, adrenal insufficiency and chronic fatigue syndrome can all increase symptoms of brain fog. These hormonal imbalances are mostly caused by the same factors as inflammation: a poor diet, possible sensitivities and allergies, stress, and not enough rest.

In order to regain your energy and solve underlying adrenal or hormonal issues, adjust your diet to balance hormones naturally.

7. Meditation

By doing meditations, we can manage our stress level, which is responsible for mental haze. It improves our concentration.

Conclusion:-

Our unhealthy life style, lack of proper sleep, medications, unhealthy diet, stress, anxiety and use of mobile phones too much is responsible for mental haze. The symptoms of mental haze are low energy or fatigue, irritability, trouble concentrating, Headache, forgetfulness and trouble remembering information, low motivation, feeling hopeless or mildly depressed, Anxiety, confusion, trouble sleeping and through the night . This problem can be solved through by adopting proper healthy life styles, meditation, healthy diets, getting good sleep
and by minimising the use of Cell phones.

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26. Value Education-Policy to Practice

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Introduction

Today society becomes increasingly intolerable and there is rapid erosion of ethical and moral values in society. Despite considerable progress made, our society is shaken by conflicts, corruption and violence. There has been distortion in our value system. We do not need scientific surveys to tell us what our own eyes and ears are revealing. This indicates there are serious flaws in thinking pattern. They are unable to see between good and bad. This indicates mental haze.

Mental haze-This is stage of conflicting state of mind, doubt, suspense or uncertainty. We all face this situation more or less in daily life.

According to Dr. Ravinder Kumar, ‘‘Over the entire human history not a single person remain unaffected by mental haze,Great ones like-Mahavira ,Buddha,Vivekanand passed through this stage”. They get through this state of mind only through effective, result oriented and welfarist value education.

Thus Such State of mental affairs may partly be attributed to the faulty educational system, which has lost sight of one of its primary goals of nurturing human values. In this context, the education system which was originally aimed at improving the quality of human life as well as bringing about social harmony appears to be losing track of its original objectives. Resultantly the education is becoming a subject matter of debate and criticism. It is making us address a serious of pointed questions like, whether the modern education system has currently diagnosed the fundamental problems plaguing the human world; whether priorities of the contents in the education need to be reassessed.

Also we know that children are as white marbles, hence the society basically the parents, teachers and family as well as the school has a vital role to develop human values among students. It is generally agreed that a citizen must be educated in such a way so that it would develop certain values in him both for the manifestation of his own self and for the country's progress.

But due to changing socio cultural scenario now students spent most of their times in schools as compared to other informal education institutes-family, society, place of worship, etc. Schools thus have assumed to play role on bigger margin. They should cater the needs of value development which was previously more role of family, society as due to changing times these informal institutes have less time to interact with children. Thus school education can play great role in all round development .So current resurgence of interest in education as a powerful means

to inculcate values and to remove mental haze among masses is due to the fast degeneration of values in our country.

How mental haze can be removed-

Young people need help and guidance in the development of their values and value system more than ever before. They are confronted with many more crises than the previous generations. They are surrounded by a bewildering array of alternatives. They are faced with many important personal and theoretical questions that head them to crucial decisions and actions subsequent to failure in the Affective Domain. At the individual level each and every human being by virtue of his social nature faces different problems in his day to day affairs. In order to put an end to the traumatic experiences suffered by a person, it is very important for him/her to arrive at a consensus in a logic manner. In every problematic situation, two or more values are conflicting with each other. Since the relationships, situations and the social arena around a person are changing, it is not possible for a person to stick to the same values for a long time. So each person must acquire qualities and skills to assess each of the problematic Situations by himself and, on the basis of his beliefs and ideals find the best solution for both, the person himself and for the society. Also rapidly growing value conflict suggests that the school must prepare students for dealing with social controversies and cultural change in a systematic and creative way.

No doubt, Values Education is both parent and public responsibility but schools as organized institutions ought to take the major responsibility in fostering values in students. The Endeavour is to be seen as an investment in building the foundation for lifelong learning, promoting human excellence as well as promoting social cohesion, national integration and global unity. The significance of Values Education for removal of mental haze is thus justified.

Schools have long been seen as institutions for preparing children for life, both academically and as moral agents in society. In order to become capable moral citizens children need to be provided with opportunities to learn moral values. However, little is known about how teachers enact social and moral values programs in the classroom (Brownlee et al., 2011). Further the overloaded curriculum gives no time to conduct such programmers in school.

Also It may be apt here to quote Rajput, (2001), "Yet another issue is related to the development of social, personal qualities, attitudes and values in children through education is, no serious attempt has been made by the curriculum developers to identify stage wise, therefore, neither these are reflected in policy making nor in curriculum and ultimately neither in teaching. On the contrary it is all the time being lamented that the values are not getting developed. Policymakers and curriculum planners and teachers are not conscious and cautious for this. The crux of the problem lies in the fact that unless these are specified at curricular level the entailing process will automatically leave the area unattended". So there is need to drastic changes from policy to curriculum to classroom practices. It should be done at all levels—policy, curriculum, classroom practices.

What need to be done?

1. Educational policy-

The concern for values development reflected in our key policy documents from time to time. After independence the National Commission of Secondary Education (1952-53) was a

significant landmark in emphasizing character building as the defining goal of education. "The supreme end of the educative process should be the training of the character and personality".
The Education Commission of 1964-66 put the spotlight on "education and national development" from which perspective it identified the absence of provision for education in social, moral and spiritual values" as a serious defect in the curriculum.

The National Policy on Education (1986) expressed concern over "the erosion of essential values and an increasing cynicism in society". It advocated turning education into a "forceful tool for the cultivation of social and moral values."

National Policy on Education, Draft (2016) "The core objectives of education in the coming years should encompass four essential components–i.e.building values, awareness, knowledge and skills. While knowledge and skills are necessarily specific to the objectives of study and largely determined by factors like future employment or the pursuit of a vocation, awareness and values are universal in nature and should be shared by all".
Despite of major emphases given on value education in every education policy, Due to fear of indoctrination and propagation of particular ideology through value education very little is done at ground level for development of values in students. Thus it would be required that policy makers need to deliberately consult with all stakeholders in whom all stakeholders would agree upon common values which need to be developed through whole education process. Thus there is need to agree upon some core values which need to be developed through process of education.

2. Curriculum-
Given that a nation's curriculum is specified as a series of discrete subjects,e.g: reading, writing,spelling, language, arithmetic/mathematics, general science/the sciences, art and craft, woodwork, metalwork, physical education, social studies, geography ,history,etc.;then the task becomes to find ways to include value education for removal of mental haze in any or all of them.
The task can be approached al different levels of complexity. At the simplest level, it is a matter of relying on the teacher, or the textbook writer or the curriculum materials designer, to come up with a number of 'teachable instances 'where a moral point might be made, or an attitude reinforced or a value promoted which will lead to clarity of thinking. For example, at the pre-school level there is no shortage of songs, poems and stories that carry moral values which may help young minds to find what is best for them in long run.
Values Education in schools is possible only when each individual stakeholder in the school-student, teacher, parent, management and support staff realizes its inherent worth for the well-being of the learners. This requires adoption and structuring of the curriculum in such a manner that optimizes the transmission and assimilation of values within and outside the classroom. Every lesson, routine activity and environment becomes value-centric and the entire gamut of relationships and processes in the school is thereby strengthened and empowered.
It should be noted that *Values for removal of mental haze* cannot be taught like a subject, i.e., like Languages, History, Science or Mathematics. They can only be inculcated through the situations deliberately planned while teaching various school subjects.

According to Teachers handbook for Value education 2012, ”It is therefore imperative that Values Education be woven into the teaching of subjects. All Languages contribute to the development of skills like listening, speaking, reading and articulation of ideas. The very nature of Social Science (Geography, History, Political Science and Economics) is to understand the human and social environment for developing a humane and values based perspective. Mathematics and the Sciences need to be oriented towards their role and responsibility in fostering values rather than being seen in isolation. Similarly, Sports and Fine Arts (performing and visual) also offer the opportunities to initiate and develop values among students.”

Thus we need to re-orient our curriculum towards providing blend of cognitive, affective and psychomotor learning. Much emphasis on cognitive aspect and neglect of affective domain learning have serious consequences on minds of learners, as this lead to mental haze.So value education in curriculum which will cater the need of affective domain of learning can be very beneficial for removal of metal haze among individuals and thus society can free itself from this evil clutches.

3. Classroom interaction-

Before going into the methodologies of imparting values to students it is important to realise that values cannot be entirely taught as a subject in school and the inculcation of values cannot be left only to the moral science or values education teacher. Every teacher has to be made equally responsible for this undertaking inside and outside the classroom, for values education truly permeates the entire learning process.

There are various techniques which might be useful for values development among students are mentioned by different educationist. Teachers need to evolve its own technique of values development according to nature of topic, students , etc. Some of most useful approaches to value education are mentioned by Superka, Ahrens, & Hedstrom (1976) these are-

1. Inculcation Approach

The inculcation approach considers values as socially or culturally accepted standards or rules of behavior. If a student identifies with and accepts the standards or norms of the important individuals and institutions within his society he is said to be in the process of valuing. Thus the student ‘incorporates’ these values into his or her own value system.

2. Moral Development Approach

Kohlberg’s approach to moral education is called cognitive development of moral judgment. He recommended giving a test of moral judgment to determine the stage of development at which each pupil functions. The pupils are asked to react to hypothetical or factual value dilemmas and their replies are analyzed to see stage of moral development they belong. The education programme consists of small group discussions of moral dilemmas. Students are presented with alternative viewpoints within these discussions which is hypothesized to lead to higher, more developed moral thinking.

3. Action Learning Approach

The action learning approach is derived from a perspective that valuing includes a process of implementation as well as development. Therefore it is important to move beyond thinking and feeling to acting. The approach is related to the efforts of some social studies educators to emphasize community-based rather than classroom-based learning experiences.

4. Analysis Approach

The analysis approach to values education was developed mainly by social science educators. The approach emphasizes rational thinking and reasoning. The purpose of this approach is to help student's use logical thinking and the procedures of scientific investigation in dealing with values issues. Students are urged to provide verifiable facts about the correctness or value of the topics or issues under investigation. This approach concentrates primarily on social values rather than on the personal moral dilemmas presented in the moral development approach.

5. Values Clarification Approach

The central focus is on helping students use both rational thinking and emotional awareness to examine personal behavior patterns and to clarify their values. It is believed that valuing is a process of self-actualization, involving the sub-processes of choosing freely from among alternatives, reflecting carefully on the consequences of those alternatives, and prizing, affirming, and acting upon one's choices.

Thus there are various strategies which are very useful for inculcation of values among students. But teachers need to be serious to address this dimension of learning. Values development among students requires serious efforts. Teachers need to learn various strategies, approaches, methods which can be adopted for particular class for development of values. Objectives of value development need to be decided in planning of lesson, need to mention it explicitly in objectives, and then implement in classroom and finally need to evaluate impact of it on student's affective domain of learning. This also need special training and thus our teachers education courses need to orient towards it also.

Conclusion-

There is no doubt that value education can be proved to be great tool for removal of mental haze among individuals upliftment of society. But due to value education is controversial in nature and due to fear of indoctrination it is long being neglected. Thus We are paying the price for neglecting it as society increasingly become intolerant, materialistic despite being knowledgeable. Thus policymakers, curriculum frameworks, teachers and all stakeholders must arrived at core values which need to be developed through education process and these core values should not based on ideology of one section of society but should represent India's composite culture. They need to take into confidence every stakeholder .Thus Serious deliberation are needed from all India level as what core values on which we all agreed upon to be inculcated among students.

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27. Value Education for Removal of Mental Haze

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Abstract

The purpose of this paper is to review the challenges of teaching values and ethics in mental-health, explore the different perspectives of the key stakeholders and stimulate further questions for debate in this area. Value education is rooted in Indian philosophy and culture and ingrained in every tradition of Indian culture. Educational institutions play a significant role in the promotion of value. The Vedas and Upanishads form the source of inspiration for value education. Society has always been in occurrence and change due to its dynamic characteristic. Changes and developments in a society result in new needs, events and problems in time. These changes might be both negative and positive. The positive changes need to be continued and generalized and negative changes need to be changed into positive. The only way to do that is value education.. The best and the least costly way of avoiding social diseases, protecting and improving social structure is value education.

Introduction

Value education is not a recent concept. Most of the educational systems include value education as an important part of their curriculum. They include a) Living Values b) Human Values c) Family Values. Countries like Australia, Japan, Singapore, Sweden, Thailand and United Kingdom have made value Education a part of their educational programmes. But howfar it is practiced is the question**.** In the contemporary world, we suffer from information explosion and are consumed by the influence of technology where the rational mind takes over the emotional mind. So value based education system has taken a backseat and a result oriented system has taken the driver's seat. Thus, our preoccupation with the techno-world has made us almost mechanical beings.

The overwhelming fast pace of life has taken a toll on our mental peace. The demands that complex modern life imposes on us cause great fear in people from all walks of life.

This sense of fear and stress is felt by the student community too, creating emotional imbalance especially among college students. Destructive elements have made inroads into modern lifestyles where incidents of crime, greed and lust degrade the concept of truth, honesty, sincerity and ethics that we hold as valuable. The question is how to mould and defend themselves against exploitation of any sort, mass education and inculcation of values are compulsory factors. Our education should not only help us earn our bread and butter but should be one that makes our life. So it is our duty to choose the one which will lead to wholesome development. Students should be trained to keep the goodness and finesse of traditional values and not to be consumed by modern lifestyles.

Meaning of value education

Value- based education is a threefold development of any individual of any gender and age, but most importantly of a child. Education tries to develop three aspects: physique, mentality and character. Even though physique and mentality are important, but character is the greatest of these. Value-based education is a tool which provides us a purpose in life. The purpose of our life is undoubtedly to know oneself and be ourselves. We cannot do it unless we learn to identify ourselves with all that lives. The objective of education in a country like India, which has a glorious heritage and broth of diversity in geography, culture, values and beliefs very rarely seen in this wide world, should be to educate a student with the value based education which is indispensable to live successful life (Das, Sayan, 2008).

Role of value education in contemporary society

Every Country develops its own system of education to express and promote its unique Socio-Cultural identity and also to meet the challenges of the times. Although the country has made rapid progress in various areas like scientific technology, economic infrastructure etc. but its value system has been declined. Therefore, education in general and value education in particular occupies a prestigious place in modern context of contemporary society. The problem of value education of the young has assumed increasing prominence in educational discussion during recent times. Parents, teachers and society at large are concerned about values and value education of children. We are witnessing tremendous value crisis throughout the world today. A lackadaisical attitude towards value and its institutions is pervasive in the world today. The reappearance of barbaric qualities of selfishness, clashes and conflagration give clear indication of the process of degeneration of human society. There is an urgent need for a great effort to revive and reform the values of human life and to rejuvenate the foundation of civilization. Values are goals set for achievements and they motivate, define and color all our activities cognitive, affective and cognitive. They are described as the socially defined desires and goals that are internalized through the process of conditioning, learning & socialization. The present education needs moral, spiritual and aesthetic values also to be included in it. The culture and traditions can be preserved & transferred to the next generation by the help of value education only.

Value education is much concerned with striving for personal wholeness as well as generating a responsible attitude towards others and an understanding of wrong and right behavior. The most constructive factor in value education is its purpose which encourages the child to explore the powers while offering living guidance and setting appropriate limits to behavior. Value education helps in building and strengthening of positive sentiments for people. Value education has to be included in various aspects of education. Attention needs to be pay by higher authorities to spread the importance of value education in society.

Importance of value education

Education is a methodical effort toward learning basic facts about humanity. And the core idea behind value education is to cultivate essential values in the students so that the civilization that teaches us to manage complexities can be sustained and further developed. It begins at home and it is continued in schools. Everyone accepts certain things in his/her life through various

mediums like society or government. Value education is important to help everyone in improving the value system that he/she holds and put them to use. Common values should be re-discovered to unite human beings with the general decline of traditional values. Once, everyone has understood their values in life they can examine and control the various choices they make in their life. One has to frequently uphold the various types of values in his life such as cultural values, universal values, personal values and social values. Thus, value education is always essential to shape one's life and to give him an opportunity of performing himself on the global stage.

The need for value education among the parents, children, teachers etc., is constantly increasing as we continue to witness increasing violent activities, behavioral disorder, lack of unity in the society etc. The family system in India has a long tradition of imparting value education. But with the progress of modernity and fast changing role of the parents it has not been very easy for the parents to impart relevant values in their wards. Therefore many institutes today conduct various value education programs that are addressed to rising problems of the modern society. These programs concentrate on the development of the children, young adults etc. focusing on areas like happiness, humility, cooperation, honesty, simplicity, love, unity, peace etc.

Causes of value degradation

In the present time moral degradation are occurred. The main causes of value degradation are :-

- Lack of respect for the sanctity of human life
- Breakdown of parental control of children in families
- Lack of respect for authority seen through the brazen breaking of the law and total Disregard for rules and regulations
- Crime and corruption
- Abuse of alcohol and drugs
- Abuse of women and children and other vulnerable members of society
- Lack of respect for other people and property

Role of value education in removal of mental haze

Due to liberalization, industrialization and globalization rapid changes are occurring in almost all walks of life. The value possessed and their attitudes according to the changes should be known up to date. Philosophical foundations of India are declining day to day. With the country in a state of social turbulence, the goals and functions of formal education need to be reassessed and updated. Through value education we can change the world.

- By giving a place for moral values in the curriculum.
- Moral values can be explained through stories and illustrations.
- Through poetry, novel and stories we can inculcate moral values in the students.
- Role plays of a good story in the lesson.
- Educate students through posters, advertisements and dramatizations; those are all a part in the curriculum.
- By introducing a course on moral values as a part of its Master Degree in Developmental Administration.
- Giving course training to students to develop moral values in the society

- By educating citizen through direct contact by setting up local offices across the religion.

First of all educate women in the society. Mother is the first teacher. Motivate every woman to know about moral values through special course like "Gandhian Studies".

According to Father of Indian Nation M. K.Gandhi:

"If wealth is lost nothing is lost
If health is lost something is lost
If character is lost everything is lost"

Conclusion

In today's scenario our values have been discarded by the new generation in the upcoming of the new fashion. In such a situation it is very important for someone to lay down basic principles for us so that we may lead a brightened life, no matter the stepping stones of success hit us hard.We on the basis of these principles can guide our life. Today's children are tomorrow's citizens. If we give good education to the present day children, the future of the next generations will be well. In my opinion value education is the solution for all types of the problems. Now we are living in the modern century. If we use science and technology in the proper way it is not difficult for us to solve all the problems of the non-moral and value things. Thus value education completes this need very easily with an impact on the young minds making the world a better place to live in.

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28. Survey of Adolescent Netizens and Their Engagements Using the Internet

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Abstract

The emergence of Internet, E-Commerce and Information Technology has completely changed the landscape of Communication in the 21st century. Also that uncontrolled use of Internet or Social Media directly paves way for Mental Haze. In this context, 'Netizen' is a term that has been introduced by the Internet pioneer as well as author Michael F.Hauben (1997) for the users of Internet who particularly use it for constructive purposes and he clearly states that Lurkers on the Internet are not Netizens. To talk in context of Internet use by Adolescents , they are able to communicate and network by forging connections at the click of a button and in the field of Education, their learning is no longer limited to the face to face interaction between the teacher and taught as much of it is happening through the medium of Cyberspace. Thus, the strategic intent of the survey is to study the Internet usage by Adolescents, estimate their dependency, usage and to identify the recent trends in using Internet. The Survey primarily focuses on the Use of Internet by Adolescents studying in the schools of Chandigarh so as to find out if the Adolescents fall under the established norms of the term "Netizen".

Introduction

The term 'netizen' is a blend of words ' Internet' and 'citizen'; to describe people who use the Internet to participate in or contribute to it in any way. (Naughton, 2001). Netizens are also referred as cybercitizens (Hauben & Hauben, 1997). The term is also defined as, " person who regularly uses the internet" (Collins dictionary); especially a habitual or avid one(Oxford dictionary) and someone who spends a lot of time using the Internet(Macmillan dictionary).It was widely adopted in the mid-1990s as a way to describe the genre of those who inhabit the new geography of the Internet. Internet pioneer as well as author Michael F.Hauben is credited with coining and popularizing the term.

In the book, The Net and Netizens: The Impact the Net has on People's Lives, Hauben (1997) states, "Welcome to the 21st Century. You are a Netizen (a Net Citizen), and you exist as a citizen of the world thanks to the global connectivity that the Net makes possible. You consider everyone as your compatriot. You physically live in one country but you are in contact with much of the world via the global computer network. Virtually, you live next "

door to every other single Netizen in the world." Lurkers on the Internet can't be included under the terminology of Netizen though.

Just as Hauben rightly put across, the advent of technology has put every age group of technology user into this common category of netizens. And evidence supports that 'Adolscence ' (13-18 years) is the most sensitive and affected age group out of all in which a human experiences bountiful variations be it Physical, psychological or physiological. Not just limited to the beforesaid, it is also a period of immense stress and strain. Ever since the internet swept its boundaries across the globe, the adolescents like other age groups have deeply depended on it for various reasons, be it Social networking, academic purpose, research, e banking, e shopping, e reservations or entertainment. This pattern of regular usage and dependence has casted effects on almost every aspect of their personality and especially the area of Communication skills, Social Intelligence, Metacognition, Emotional Intelligence etc.

Communication

Communication can be defined as the process of transmitting information and common understanding from one person to another (Keyton, 2011). In its simplest sense is a human relationship involving two or more persons who come together to share, to dialogue, and to commune, or just be together at a time of celebration or mourning. Communication is thus not so much an act or even a process, but rather social and cultural 'togetherness' (Kumar, 2001).

It is fundamental to any human interaction and is means of understanding one's own thoughts and ideas, and understanding the thoughts and ideas of others. It is the foundation of learning about others and in turn learning much about ourselves. In the field of education it is identified as one of the essential skills that students must acquire in order to make progress in their life.

There are two basic categories of Communication skills i.e. Verbal Skills and Non Verbal skills.Under the domain of Verbal skills come the following:

1. Listening
2. Speaking
3. Reading
4. Writing

Kline (2010) asserted that we spend 70% of our time awake in some mode of communication, which is comprised of the following proportions: 10% writing; 15% reading; 30% talking; 45% listening.

Non Verbal skills involve emotions or context or innate knowledge to bridge human understanding. It covers physical ways of communication like tone of the voice, touch, smell and body motion. Creative and aesthetic non-verbal communication skills include

singing, music, dancing and sculpturing. Body language, posture, expressions, gestures and physical contact are another non-verbal way of communication. Depending upon the flow of communication it could be Upward, Downward, Lateral and Diagonal depending upon the levels of Communicators with respect to each other.

Communication in the 21st century

The emergence of Internet, E-Commerce and Information Technology has completely changed the landscape of Communication in the 21st century. To talk about Adolescents, they are able to communicate in a way their parents and grandparents could not; by forging connections at the click of a button with people across the world In the field of Education, Communication is no longer limited to the face to face interaction between the teacher and taught as much of it is happening through the medium cyberspace via e content viz. interactive smart boards, e conferencing, presentations, posts, blogs, chats, discussions etc. Thus, the burgeoning field of information technology demands Educationists, Researchers, leaders etc who are well versed with these soft skills. It is only through the use of these skills be it Intra or Intercommunication skills that a person can forge connections on Internet for any purpose.

Researches indicate that overall overuse of Internet has proven detrimental to an adolescent's verbal skills. Adolescents who use internet to avoid the real world fall into bad communication habits. Omar(2012) " Impact of technology on Teens" explains that too much communication via internet can hurt a teen's writing and verbal abilities. He found that teens accustomed to communicating online are less fluid with their language, using a smaller variety of words, dependence on autocorrect, and being less emotional with their language while such informal and somewhat cold communication is acceptable in social media circles it doesn't work in Academic and business. For the present study is being conducted as a pilot survey on the use of Internet by Adolescents residing in Chandigarh so as to see if they fall under the accepted norm of "Netizens".

Objectives

The strategic intent of the survey is to:

To study the usage of Internet by Adolescents
To estimate the frequency of dependency on Internet
To estimate the purpose of use Internet
To identify the recent trends in Internet use.

Methodology

The survey study was conducted on a sample of 400 adolescents in the age group 13-15 years and the technique of sampling was random in nature. The main objective was to collect data for the compilation of descriptive statistics pertaining to access of the Internet by Adolescent Netizens of Chandigarh. For the purpose of research a questionnaire was constructed by the

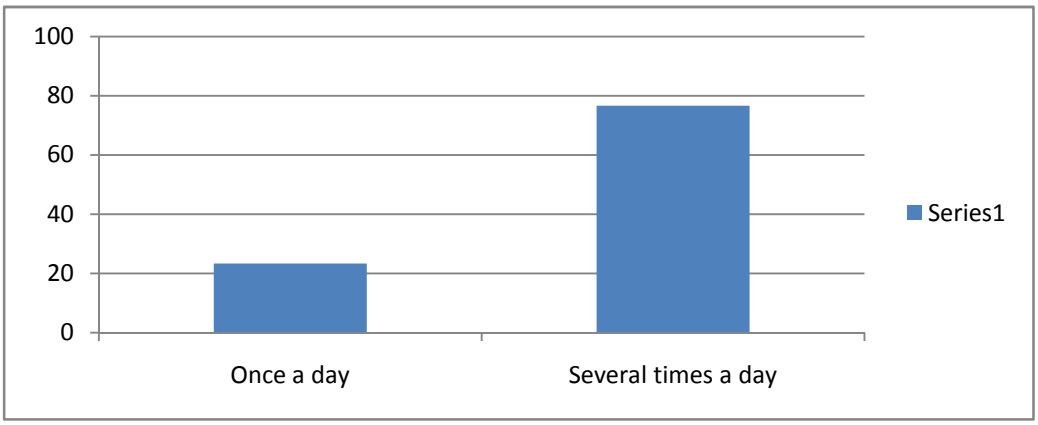
Researcher and the same was got validated by experts. The survey focused on usage and dependence on Internet by the Adolescent Netizens in Chandigarh with reference to their online activities and exhaustive use of social networking from frequency to societal concerns. The study is delimited to the Adolescents studying in the city of Chandigarh

Research Findings

It was found out that the entire sample of 400 Adolescents randomly drawn from schools of Chandigarh used the internet for various purposes and had their identity on the World Wide Web either in the form of E accounts on Mail or Social networking websites.

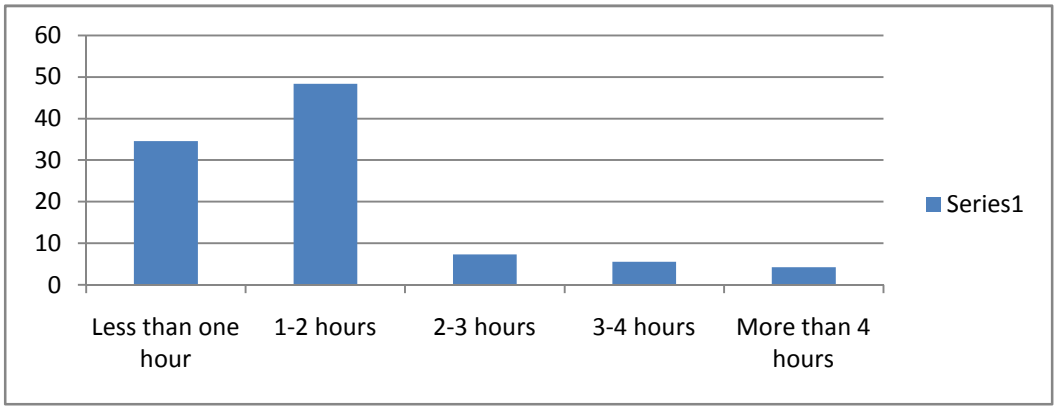
Usage of Internet by Adolescent Netizens

It was found out that 23.4% Adolescent Netizens used the internet only once a day whereas the remaining 76.6% accessed the Internet several times in a day.



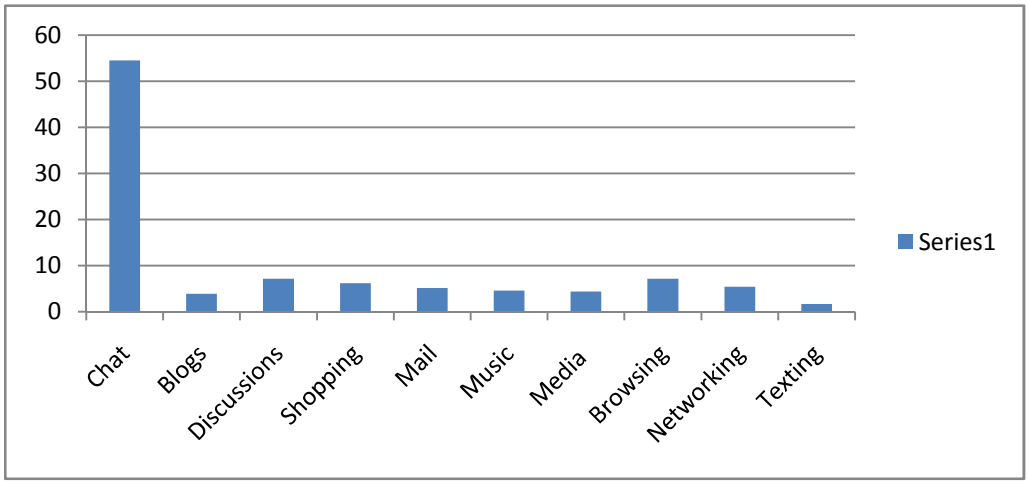
Time spent while using the internet

34.56% Adolescents reported that they used the Internet for less than an hour on everyday basis. 48.34% reported usage between 1 -2 hours; 7.28% adolescents put in 2-3 hours on Internet daily; 5.56% adolescents used for 3-4 hours and 4. 26% stated they used internet for more than 4 hours daily.



Most liked activity on Internet

54.53% adolescents stated their favourite online activity was Chatting; 3.92% stated blogging; 7.12% reported discussions; 6.15% stated online shopping as their favourite activity; 5.11% mentioned sending and receiving emails; 4. 55 stated listening to music; 4.38 % said going through media files; 7.14 stated browsing; 5.43% reported networking; 1. 67% adolescents reported texting as their most liked online activity



Frequency of use of Internet for the following purposes

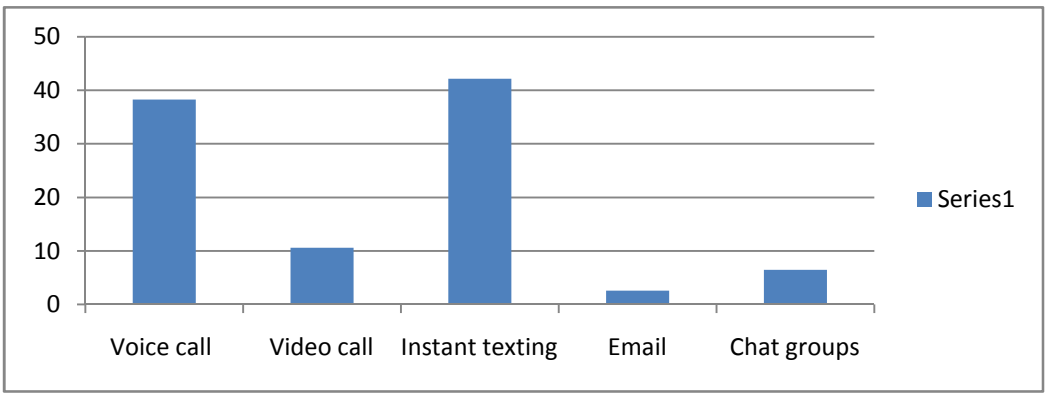
The following table shows a detailed account of Adolescents use of Internet for various purposes:

Particulars	Several times a day	Once a day	Once in 2-3 days	Once a week	Once a month	Never
Chat	54.55%	32.10%	10.82%	2.53%	-	-
Social Networking	57.67%	38.24%	2.09%	2%		-
Banking	-	-	4.34%	12.10%	83.56%	
Shopping	2.58%	4.71%	14.27%	44.53%	18.38%	15.53%
Music	40.24%	19.51	25.34%	14.91%	-	-
Browsing	58.25%	23.67%	18.08%	-	-	-
Writing Blogs	02%	8.26%	9.24%	15.67%	18.38%	46.45%

Main way of communication on Internet

38.27% adolescents stated that their main way of communication through the medium of Internet was Voice call; 10.56% reported video call; 42.14% stated Instant texting;2.57% stated Emails

and 6.46% said communication via Chat groups was their main way of communication on Internet.



Usage of Internet for Academic learning purposes

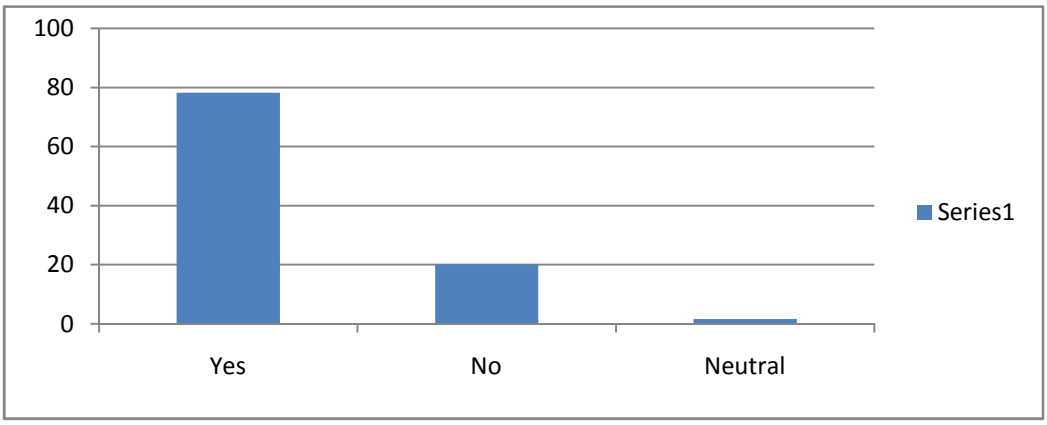
The following table presents a detailed account of use of Internet by adolescents for learning purposes:

Particulars	Several times a day	Once a day	Once in 2 -3 days	Once a week	Once a month	Never
Emails for school work	22.56%	55.84%	14.89%	6.71%	-	-
Educational blogs and discussions	12.87%	25.68%	49.55%	6.86%	5.04%	-
Collect information for assignments	14.43%	26.88%	39.64%	10.3%	8.75%	-
Chat online for discussion of school work	37.64%	40.56%	21.77%	1.03%	-	-
Contribute to Social awareness and causes	6.94%	8.22%	32.67%	34.55%	17.62%	-

Safety on Internet

Regarding the safety on Internet 78.24% adolescent netizens stated they found it safe as a medium; 20.14% reported it unsafe and 1.62% had neutral opinions regarding the safety on

Internet. In addition to this 82.80% adolescents reported they had not been given any lessons on Internet safety and 17.80% stated they had received lessons in form of Instructions from School staff and through their Parents



Analysis and Conclusion

From the interpretation of data it can be concluded that the adolescents in the age group of 13- 15 years studying in the various schools of Chandigarh have a registered account in their name on the World Wide Web and rely on it majorly for extracting information related to Academics and Entertainment. They use it majorly for Communication, Networking, contributing to Discussions, Browsing, Media, Shopping and related purposes. A detailed look at the result unveils a phenomenon that all of them in some form or the other use internet for constructive purposes related to Academics, Knowledge and Social causes in addition to the purpose of Entertainment. Hence, they can be categorized under the domain "Netizens". Howsoever the study also found out there is an urgent need for the schools to construct programmes in context of Internet safety and deliver the same to Adolescents in regard to their safety on Internet. Especially with the reports on increasing rate of cybercrimes these programmes are all the more pertinent to be conducted for the safety of students

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29. Mental Haze - Causes, Symptoms and Remedies

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Abstract
Mental haze is not a medically recognized term but is a commonly used phrase that sums up feelings of confusion, forgetfulness, and lack of focus and mental clarity. Mental haze isn't a medical condition itself, but rather a symptom of other medical conditions. Try to put the meaning of Mental Haze into words is difficult. Probably the best way to describe mental haze is like the mental symptoms you experience after missing a night's sleep or waking up with a hangover. Many feel that it is like a haze or fog that has clouded the mental ability. You can still think, concentrate, remember and make decisions but it is not as clear as one is accustomed to.
Key Words: *Mental Haze, forgetfulness, symptoms, Confusion, Medical Condition.*

Introduction:
Have you ever felt like someone threw a blanket over your head? Or that you know you can think, but the thoughts just will not come? We all experience days when we are not able to think very clearly. Our ability to complete mental tasks are impaired, our memory is poor and even our decision-making capacity is not what it usually is. For most of us this is a short term impairment that we commonly refer to as brain fog or mental haze. However, when this impaired mental state is a daily occurrence then it needs to be investigated further as it may be a symptom of some underlying disease.
Mental haze isn't a medical condition itself, but rather a symptom of other medical conditions. It's a type of cognitive dysfunction involving:

- memory problems
- lack of mental clarity
- poor concentration
- inability to focus

It is a common term that people use to describe an impaired mental state and for medical purposes it is often labeled as mental impairment, confusion, poor memory or an inability to concentrate.

Symptoms
Probably the best way to describe mental haze is like the mental symptoms you experience after missing a night's sleep or waking up with a hangover. Many feel that it is like a haze or fog that has clouded the mental ability. The symptoms of brain fog may include:

- Forgetfulness (appointments/commitments, names and so on)
- Poor memory with recalling past events
- Difficulty concentrating and diminished attention span
- Slowness with decision-making and learning new things
- Confusion (sometimes)
- Mixing up words or forgetting words
- Easily mentally fatigued with even moderate mental activity

- However, these brain fog symptoms are not the same as learning disabilities, mental retardation, or other mental health illnesses.

Related Studies

According to **Dr. Datis Kharrazian**, author of **Why Isn't My Brain Working?** when you don't eat enough dietary fat, the brain starts to literally digest itself for the raw materials it needs to create essential brain chemicals.

Neurologist **Dr. David Perlmutter**, author of the bestselling book **Grain Brain**, found that nothing was worse for his patients' brains than a low-fat diet.

Mayo Clinic found that celiac disease, an autoimmune disorder triggered by gluten, goes hand in hand with dementia. But it's not only people diagnosed with celiac disease that suffer from brain fog when they eat wheat.

Dr. William Davis built a compelling case against wheat for both waistline and brain in his blockbuster book **Wheat Belly**.

According to **Dr. Davis**, the wheat we eat today bears little resemblance to the **"the staff of life"** consumed by our ancestors.

Causes of Mental Haze

For most of us, Mental Haze is a transient symptom or collection of symptoms. It comes up occasionally, lasts for a short period of time and usually we can clearly identify the cause. **Here are some of the common causes.**

1) **Insufficient Sleep**

   Sleep is important for physical, mental and emotional well being. Therefore inadequate sleep will understandably have an effect on mental functioning which may be described as brain fog. It may also be described as a morning muzzy feeling.

2) **Alcohol Overindulgence**

   Excessive alcohol consumption can impair brain functioning for hours or days afterwards. In chronic alcoholism, it can cause permanent changes and damage to the brain structure and its activity. The lack of mental clarity when drunk is well understood.

3) **Illicit Drug Use**

   Illicit substances act on the brain in different ways. Some of these suppress nervous system activity while others stimulate it excessively for short periods of time. The after effects are just as debilitating and Mental Haze is one of the many symptoms that can persist for day, weeks or even months thereafter.

4) **Medications**

   If you notice brain fog while taking medication, talk with your doctor. Mental Haze may be a known side effect of the drug. Lowering your dosage or switching to another drug may improve your symptoms.

5) **Mental Exertion**

   Any strenuous or prolonged mental activity that is well above the norm coupled with physical fatigue may lead to the symptoms described as Mental Haze. It is often easily remedied with a good night's sleep and some relaxation techniques.

6) Stress

Chronic stress can increase blood pressure, weaken the immune system, and trigger depression. It can also cause mental fatigue. When your brain is exhausted, it becomes harder to think, reason, and focus.

7) Low Blood Glucose or Oxygen

An adequate supply of glucose and oxygen is necessary for the brain to function optimally. Even a momentary dip in blood oxygen and glucose can affect the brain. Therefore any condition that lowers brain glucose or oxygen levels will impact normal brain activity and give rise to Mental Haze.

8) Hormonal changes

Hormonal changes can also trigger brain fog. Levels of the hormones progesterone and estrogen increase during pregnancy. This change can affect memory and cause short-term cognitive impairment.

9) Diet

Diet can also play a role in brain fog. Vitamin B-12 supports healthy brain function, and a vitamin B-12 deficiency can bring about Mental Haze.

10) Diseases and Other Causes

Anemia, Brain diseases like Alzheimer's disease, Creutzfeldt-Jakob disease (CJD), Parkinson's disease, Brain atrophy (any cause),Chronic alcoholism (Korsakoff syndrome or Wernicke's encephalopathy),Concussion and post-concussion syndrome, Depression, Diabetes mellitus (usually uncontrolled), Encephalitis, Post traumatic stress disorder (PTSD), Sleep apnea,Stroke and transient ischemic attacks (TIA)etc.

Things You Should Know Well If You Live With Mental Haze

How long does Mental Haze last?

For people who are relatively healthy and have a good diet, brain fog may only last a few hours when you do something the body doesn't like. But, most people know brain fog as a perpetual, never-ending state that they only experience brief reprieve of.

How Does Mental Haze Start?

While not a valid medical condition that can be pinpointed to a start date, brain fog will sneak up on you slowly. Even children experience brain fog when they're tired.

How Does Mental Haze Make You Feel?

Everyone describes Mental Haze a little bit different. Most people associate it with a heavy feeling, as if something is blocking their thoughts.

What Causes Mental Haze after Eating?

Most people know they get sleepy after eating a big pasta meal, and that is because they have consumed too many sugars and ate way too much food. Any meal or food that contains a lot of sugar will cause Mental Haze.

Mental Haze due to Dehydration

Dehydration may be the top cause of mental haze. It vies for the number one spot with processed foods. When your brain does not have enough fluids, the neurons are not able to fire as efficiently and certain processes are simply shut down.

Pregnancy Mental Haze

During pregnancy, the hormones in a woman's body can fluctuate from nearly nothing to horribly excessive. These fluctuating hormones cause all sorts of changes in the woman's body and that can cause mental haze.

Mental Haze with Anxiety

Similar to stress, anxiety also produces cortisol. Cortisol acts as a depressant and when your mind is depressed, it does not function as it should. The higher-level anxiety you get, the greater the mental haze will be.

Mental Haze when Reading

When you read a good story, your brain creates a whole world. You experience that world, and you actually cannot tell the difference between that imaginary world and the real world. By putting your effort into what you are reading, you are creating the fog between you and the real world. However, if you are falling asleep when you are reading, it could be that you are too tired to read.

Mental Haze and Headaches

Headaches can cause mental haze because the pain will depress our thought patterns. Many times, stress, a lack of nutrients, and dehydration cause our headaches and they are the same things that cause mental fog.

Mental Haze - Home Remedies That Can Help

Eating a good diet is hard work. But there's no easy cure for brain fog. Natural home remedies, supplements, and all the other do it yourself trucks are nothing more than that: tricks.

In the short-term, **coffee** can help clear your brain fog. It only lasts a couple hours and if you become addicted to the caffeine, that causes other health problems. Since coffee is a stimulant, it helps accelerate your brain and clear away the fog.

Dark chocolate is also good for helping to clear away brain fog. It contains a minor amount of caffeine and sugar, both of which are stimulants.

Vitamins and Supplements for Mental Haze

Most people are not getting enough vitamins. When you eat processed foods, vitamins are taken out because they encourage the growth of healthy tissues. So getting your vitamin A, B, C, D, E, and K is extremely important.

Herbs for Mental Haze

Herbs are so wonderful because you can get so many nutrients in tasty and small packages. Ginkgo and ginseng are two of the most popular herbs used for helping increase brain function. They are well-known and have a long tradition of being used to help clear the mind. Green tea is

also popular. Black tea has a small amount of caffeine which can give you both healing benefits of tea and a small pick me up.

Probiotics for Mental Haze

You can help realign your gut naturally by taking in probiotics. If you want to do it more naturally, just seek fermented foods. Sauerkraut, yogurt, kefir, natural tofu, and over 100 more types of fermented foods exist.

Essential Oils for Mental Haze

A certified aromatherapist can be of great help in order to create a blend that will work specifically for you. Essential oils can be toxic if used incorrectly which is why it is recommended to use the certified aromatherapist.

Mental Haze Exercise

In our brain, exercise helps us to utilize the energy correctly, balance the hormones and help to sleep better. Well, the first couple days will be tough and may create uncomfortable conditions, if you stick with it, you'll find your brain fog lifting and your health improves.

Medicine for Mental Haze

If you discover severe brain fog that is set on suddenly, this is something your doctor needs to look at immediately. It is recommend starting the diet and exercise and to see your doctor as soon as possible.

To sum up, Brain fog is a catch-all phrase used to describe feelings of fuzzy thinking, mental confusion, and lack of focus. Sometimes brain fog is caused by lifestyle factors like diet, stress, or lack of sleep and exercise. Other times, it's caused by an underlying health condition or is a side effect of a medication. Be proactive about adopting a brain-healthy lifestyle and managing your health and medications. It is rightly said no one cares about your brain as much as you do.

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30. Clearing the Mental Haze by Managing Anxiety and Stress

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Abstract

In our daily life we feel that many times we are not able to think very clearly. The power of our mind is so incredible, but most of the time it unknowingly crippled by being full of unhelpful 'baggage' (or garbage) that only serves to weigh down, affecting focus, concentration, creativity and even the ability to think clearly. It's the reason that rational thinking disappears and irrational behavior kicks in. Our ability to complete mental tasks are impaired, memory is poor and even our decision making capacity is low. This kind of state in which mind is confused and detached is referred as brain fogging or mental Haziness. If such type of mental impairment or Haziness is encountered frequently or more or less daily then it may lead to serious problems. Such kind of problems can be sorted out by managing anxiety and stress.

Introduction:

You can't find your keys. You forgot the new neighbor's name. You don't remember why you went upstairs or what you were planning to make for dinner. If you're in your 20s or 30s, you chalk up your mental haziness to late nights or serious partying. But when you're a little older, you worry that "brain fog" means early Alzheimer's is setting in. Although not a recognized medical condition, brain fog is typically a term people use to describe symptoms of mental haziness. In addition to forgetfulness, symptoms that people report might range from fatigue and headaches to crankiness and lack of energy."It's a vague sense of what you're trying to retrieve, but you can't focus in on it and the effort to harness the thought can be as draining as physical activity." Health care providers say they've seen an uptick in the number of younger people, often baby boomers, who report mental fogginess."These people are in the prime of their lives, and the very thought of having dementia is causing them to panic. They are particularly fearful of Alzheimer's, the most common form of dementia, knowing it is incurable and difficult to detect early on," writes geriatric psychiatrist Marc Agronin in the Wall Street Journal. "Everyone needs to take a deep breath."

Brain fog, foggy head is often described as:

- Your head, mind, and brain feel foggy or like in a fog.
- It feels like you have a foggy head, foggy mind.
- You have difficulty thinking, concentrating, and/or forming thoughts.
- Your thinking feels like it is muddled and impaired.
- Some people describe this symptom as being “foggy-headed” or having a “foggy head.”
- It seems as if your thoughts are illusive, and things that you once knew seem hard to comprehend or recall.
- It feels like your short-term memory isn’t as good as it used to be.
- It feels like normal intellectual tasks seem much more difficult.
- You find it hard to focus and concentrate.
- You are more forgetful (forget things that you normally wouldn’t).
- You have difficulty focusing on and carrying on conversations.
- Your thoughts seem like in a cloud.
- Your thinking isn’t as clear as it normally is.
- Your head feels foggy, clouded, muddled, and 'off.'

Brain fog, foggy head can come and go rarely, occur frequently, or persist indefinitely. For example, you may feel foggy headed once in a while and not that often, feel it off and on, or feel it all the time. Brain fog, foggy head may precede, accompany, or follow an escalation of other anxiety sensations and symptoms, or occur by itself. Brain fog, foggy head can precede, accompany, or follow an episode of nervousness; anxiety, fear, and elevated stress, or occur ‘out of the blue’ and for no apparent reason. Brain fog, foggy head can range in intensity from slight, to moderate, to severe. It can also come in waves, where it’s strong one moment and eases off the next. Brain fog, foggy head can change from day to day, and/or from moment to moment.
All of the above combinations and variations are common.

Possible causes

Being stressed and exhausted can contribute to mental haziness. So, if your fuzziness isn't a sign of impending dementia, what could the root cause be? There are plenty of possibilities.

Not enough sleep. When your body doesn't get enough rest, your brain also suffers. "Poor sleep has an adverse impact on thinking," says sleep expert Dr. Lawrence Epstein, an instructor in medicine at Harvard Medical School. "This is true whether it's due to a lack of sleep or a sleep disorder." When you don't get enough sleep, your attention and clear thinking can falter, Epstein says. Try to get seven to eight hours of sleep every night. Make your room a comfortable sleep haven without electronic devices. Establish a sleep routine by going to bed and getting up at the same time every day. If that doesn't help, see a doctor to look for underlying sleep problems.

Stress. Being stressed can take a toll on your emotions and devastate your body. Symptoms of stress can range from headaches and nausea to chest pain and aching muscles. Not surprisingly, stress can also make your mind foggy. "Stress impairs performance, physically and mentally," rheumatologist Robert Lahita, M.D., Ph.D., chairman of medicine at Newark Beth Israel Medical

Center, tells Prevention. So find ways to deal with whatever is causing you anxiety. Try deep breathing or meditation, yoga or biofeedback. Run around the block or get some coloring books that help you de-stress.

Drug side effects. As we age, we tend to take more medications. Whether it's antibiotics, allergy pills or even blood pressure drugs, check the fine print about potential side effects. Often fogginess is just one of the extras that comes with your new drug. If the medication is short-term and the cloudiness is minimal, then know you'll likely be coming out of the haze soon. But if you're on the drug for the long haul, talk to your doctor. He or she may be able to switch you to a different medication.

Hormone issues. Several studies have found a drop in performance on memory tasks right around the same time that a woman's estrogen level dips — between age 45 and 55. Based on other studies, up to 60 percent of women report memory issues , Julie Dumas, an associate professor of psychiatry at the University of Vermont, told HealthDay. "There really is something going on in the brain," she said.

An overworked brain. If you are trying to do too many things at once, it's no wonder your brain gets a little fuzzy. "Processing speed and other skills of the typical brain begin to slow down in middle age," says Agronin. But no matter how old you are, multitasking takes a toll. Try concentrating on just one thing at a time and see if you get a little clarity.

Other health issues. Brain fog can be a symptom in a number of diseases including chronic fatigue syndrome, fibromyalgia, lupus and multiple sclerosis. It can also be a major part of depression. If you're experiencing cognitive issues that can't be explained away by sleep, stress or other issues, see your doctor to rule out any other possible problems.

These may be reasons where you feel your head is so congested and overloaded it might just suddenly explode! Trouble is when you focus on too many different things at once; nothing gets fully completed or achieved. Have you felt exhausted at the end of the day, frustrated with all the things you meant to do but failed to complete? Your head swimming with disappointment and negative self talk.This reminds you of the fable of a wealthy king, who had so much money and power he demanded a full banquet to be presented to him each meal. But was so overwhelmed by the choices, failed to make a decision on what to eat first, consequently the food quickly became spoilt and he ordered it all to be taken away. The wealthy king starved because he was overpowered and paralysed by having too many choices, the fog of indecision shut down his ability to choose what to eat.

Think back to the last time you were stressed or overwhelmed – it’s likely you behaved or communicated out of character – a misty emotional mind can create someone you don’t recognise as yourself. Perhaps the most stark and candid research done on office workers in London in 2005 was the unequivocal affects of multi-tasking on the brain. Using MRI scanners to monitor brain activity, the average workers IQ dropped 10 points . This is undeniable evidence that multi-tasking slows the brain and stuns productivity – ironically, where you thought you’re saving time, is actually wasting brain power and arresting the ability to perform at your optimum. In simple terms, more than one task splits the brain and prevents total focus. As much as we’d like to believe otherwise, we can only fully concentrate on one thing at a time.

Here's something to think about…

- Whether at home managing family life or work with a to-do list or action planner – choose just one thing at a time, fully complete it or to the point of where you want to be.
- Then and only then move to the next thing.
- Notice any differences in your level of focus, natural creativity and energy.
- At the end of the day/week/month how much more have you achieved and more importantly, how much better do you feel and how much more time do you have? Clear thinking gives you better choices on how to respond, act or react, feel and achieve what you want. We all have mind 'baggage' relating to business, family, events, challenges, etc. that affects our thoughts and behaviours. But we can let it go.

Brain-Fog Elimination Plan

- Small simple things like sitting out in the sunshine (wrapped up at the moment) coz vitamin D is crucial to well-being…..when suns out.
- Watch carbohydrate intake – need some but not overload
- Eliminate any junk/processed foods (not a big deal for me!)
- Meditation – (Research show that there is a connection between mood disorders like anxiety/trauma/depression and other emotional problems and that regular Meditation can help alleviate symptoms
- Massage – I have booked a monthly Indian Head Massage with Colleen Budge– this can help stimulate the Vagus Nerve (Every organ in your body is connected to the vagus nerve, so there's little wonder that stimulating your vagus nerve helps relieve fatigue, anxiety, brain fog and more. The vagus nerve is important to your sense of intuition, or your 'gut sense' which can help you to pay attention to tiny but important details that help you make good decisions.)
- Gentle exercise – for me its walking
- Water – to drink more
- Mindful Breathing techniques – Helps to slow things down and help reduce anxiety/panic/anger/irritability/impatience
- Pacing – involves balancing periods of activity with periods of rest, not overdoing it or pushing yourself beyond your limits. If you do more than you are ready to, this could slow down your progress in the long term.
- Laughter & Happiness – can release the good chemicals in your body that help produce a sense of well-being.

Why do things like stress and anxiety leave with a foggy brain?

When our brain experiences a situation that causes stress or anxiety, the cortex (rationalisation) is turned down, along with the hippocampus (learning and memory). The amygdala (reaction to danger), however, is turned up. So WE become less able to be rational and

sort information and instead become hyper-vigilant.**This is not only a switch in our regular brain functioning, it doesn't seem to leave much of our brain space for** other things. And with ongoing anxiety, our brain can be in this 'red alert' state constantly.

Actually there are the hormones released when we feel stressed. It's an invigorating cocktail to provide enough energy to handle things, but it sends the brain into a spin that is ultimately exhausting. For example, the high levels of cortisol leave us buzzy but eventually lead to a crash. And fatigue then adds to our inability to think straight.

Brain fog due to anxiety and stress

Because there are many medical conditions that can cause brain fog, it's best to discuss this symptom with your doctor. If your doctor attributes your brain fog, foggy head to anxiety, you can feel assured that there isn't a medical cause.

There are a number of reasons why brain fog and foggy head symptoms in anxiety occur. Here are five:

1. **An active stress response suppresses the rationalization areas of the brain (the cortex) and increases the areas of the brain reactive to danger (the amygdala and others).** This change in brain functioning makes us more aware of danger and increases our reaction to it. While this change is beneficial when in real danger, it can become a problem when the stress response is activated too frequently and/or dramatically, such as when being overly anxious. This change in brain functioning can come across as 'brain fog or foggy head.'
2. **High levels of stress hormones (caused from worry, stress, fear, anger, frustration, and anxiety), because they are stimulants, cause an increase in the electrical activity in the brain.** Increased electrical activity in the brain causes the brain to generate an increase in thought generation and at a faster rate. This change can cause our attention to be more easily sidetracked, which can cause split attention and focus making it seem like our thoughts are foggy.
3. **Persistent anxiousness and its stress response consequences can cause persistent brain function changes.** As we mentioned in point one, stress hormones suppress the rationalization areas of the brain (the cortex) and increase the activity in the fear center of the brain (the amygdala). This combination reduces the ability to logically rationalize and process information while at the same time increases the awareness of danger, fear, apprehension, gloom and doom - many describe anxiety as a sense of sudden or ongoing foreboding and doom. The more anxious we are, the more persistent these changes become. Persistent anxiousness can cause persistent brain fog and foggy head.
4. **Stress responses also suppress the hippocampus – the learning and memory area of the brain.** As the body's stress elevates, the suppression it causes can make it more difficult for the brain to store and retrieve information.
5. **Elevated stress taxes the body's resources harder and faster than normal, causing it to become tired more quickly.** When the body becomes tired, it has a harder time functioning normally, including processing, storing, and retrieving information.

   Studies have shown that the brain tires more quickly than the rest of the body. An exhausted brain loses its ability to think, remember, and reason sooner than the body fatigues. That's why when we're tired, we don't think as well as when we're not tired.These are just five of the many factors associated with stress (including the stress caused by being anxious) and

how it can negatively affect our concentration and short-term memory.Another consideration is that those who experience entrenched anxiety commonly develop a habit of being internally focused (ruminating about their health, how they feel, the implications of anxiety disorder and how that might affect their future, concerns about their recovery, questions about recovery, what others will think, how their struggle may affect their loved ones, and so on).

When they become internally focused, they are easily distracted by all of their "what if" thinking. It's also common for them to become so obsessed with trying to figure out their condition that everything else takes a back seat, including their attention and focus on the external parts of their lives.Internally focused and "what if" thinking can become so habituated and automatic that many sufferers aren't even aware that they are doing it.

Unfortunately when short-term memory and concentration problems occur, many become frightened and think that they may be losing their mind, think that they may be on the verge of a complete mental breakdown, or think that their brain fog is an indication of a serious mental or biological illness. These anxieties can add even more stress to an already stress-response hyperstimulated body.

Underlying Factors of Anxiety?

When brain fog and foggy head are caused by an active stress response, calming yourself down and containing your anxious behavior will bring an end to the active stress response. As the active stress response ends, it will bring an end to the stress response changes and their effects, including having brain fog and foggy head. When brain fog and foggy head are caused by persistently elevated stress (stress-response hyper stimulation), such as that from behaving overly apprehensively (anxiety), working to reduce your body's stress, containing your anxious behavior, and giving your body ample time to respond will bring an end to symptoms of hyper stimulation…in time. As your body recovers from hyper stimulation, all stress-caused symptoms diminish and eventually subside, including brain fog and foggy head.

Because brain fog is a common symptom of anxiety and persistently elevated stress, it needn't be a cause for concern. It will completely disappear when the body's stress has returned to a healthy level. Yes, brain fog and foggy head can be uncomfortable and problematic as it pertains to thinking. But, they aren't harmful. Again, brain fog and foggy head are common indications of an overly stressed body. Nothing more. Eliminating your body's overly stressed state will eliminate the brain fog and foggy head symptoms in time. Unfortunately, there generally aren't any quick-fix cures for this symptom. Eliminating it requires ending an active stress response and/or eliminating your body's overly stressed state. But as with all sensations and symptoms of stress (including the stress caused by behaving overly anxiously), they fully disappear when the body's stress is reduced to a normal level and the body has had sufficient time to recover.

The combination of good self-help information and working with an experienced anxiety disorder therapist, coach, or counselor is the most effective way to address anxiety and its many symptoms. Until the core causes of anxiety are addressed - we call these core causes the underlying factors of anxiety - a struggle with anxiety unwellness can return again and again. Dealing with the underlying factors of anxiety is the best way to address problematic anxiety.

Learning how to manage stress and anxiety through mindfulness

If it's ongoing stress behind our foggy head, anxiety that won't stop, we are also experiencing low moods, or if we suspect our brain fog is connected to adult ADHD or past trauma, it's highly advisable to seek support. **A professional** counselor or therapist **can help us quickly ascertain what is driving our brain into a fog**, as well at what steps we can now take to regain clarity of thought. This lowers our body's'fight or flight' mode, meaning we are less stimulated and our clear thoughts have a better chance of returning. Things like self-care and exercise are useful. Mindfulness has also been shown in clinical studies to help stress. Mindfulness is the psychological process of bringing one's attention to experiences occurring in the present moment which can be developed through the practice of meditation and other training. The term "mindfulness" is a translation of the Pali term *sati* which is a significant element of Buddhist traditions. In Buddhist teachings, mindfulness is utilized to develop self-knowledge and wisdom that gradually lead to what is described as enlightenment or the complete freedom from suffering. Studies have shown that rumination and worry contribute to mental illnesses such as depression and anxiety, and that mindfulness-based interventions are effective in the reduction of both rumination and worry. Clinical psychology and psychiatry since the 1970s have developed a number of therapeutic applications based on mindfulness for helping people who are experiencing a variety of psychological conditions. For example, mindfulness practice is being employed to reduce depression symptoms, to reduce stress, anxiety and in the treatment of drug addiction. The practice of mindfulness also appears to provide numerous therapeutic benefits to people with psychosis, and may also be a preventive strategy to halt the development of mental health problems Clinical studies have documented both physical and mental health benefits of mindfulness in different patient categories as well as in healthy adults and children Programs based on Kabat-Zinn's and similar models have been widely adopted in schools, prisons, hospitals, veterans' centers, and other environments, and mindfulness programs have been applied for additional outcomes such as for healthy aging, weight management, athletic performance, for children with special needs, and as an intervention during the perinatal period. The necessity for more high-quality research in this field has also been identified – such as the need for more randomized controlled studies, for providing more methodological details in reported studies and for the use of larger sample sizes. Mindfulness meditation involves the process of developing the skill of bringing one's attention to whatever is happening in the present moment. There are several meditation exercises designed to develop mindfulness meditation. One method is to sit on a straight-backed chair or sit cross-legged on the floor or a cushion, close one's eyes and bring attention to either the sensations of breathing in the proximity of one's nostrils or to the movements of the abdomen when breathing in and out. In this meditation practice, one does not try to control one's breathing, but attempts to simply be aware of one's natural breathing process/rhythm. When engaged in this practice, the mind will often run off to other thoughts and associations, and if this happens, one passively notices that the mind has wandered, and in an accepting, non-judgmental way, returns to focusing on breathing.Other meditation exercises to develop mindfulness include body-scan meditation where attention is directed at various areas of the body and noting body sensations that happen in the present moment. Engaging in yoga practices, while attending to movements and body sensations, as well as walking meditation are other methods of developing mindfulness. One could also focus on sounds, sensations, thoughts, feelings and actions that happen in the present.

In this regard, a famous exercise, introduced by Kabat-Zinn in his MBSR program, is the mindful tasting of a raisin, in which a raisin is being tasted and eaten mindfully. Meditators are recommended to start with short periods of 10 minutes or so of meditation practice per day. As one practices regularly, it becomes easier to keep the attention focused on breathing.

In nutshell, Brain fog, also commonly known as brain fatigue, can be a mild to severe episode of mental confusion that can strike without warning. When this occurs, it is common to experience a lack of focus, poor memory recall and reduced mental acuity. In almost all cases of brain fog, people experience anxiety and oftendepression/bad moods.This is mainly because inflammation increases our stress response and causes anxiety. This also lead to depression. Indeed, that's why cognitive dysfunction, depression, and anxiety often go together. Mindfulness exercise is fantastic way to remove mental fog. This drastically improves your body's ability to perform, physically and mentally.

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31. Mass Media and Mental Health

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Abstract

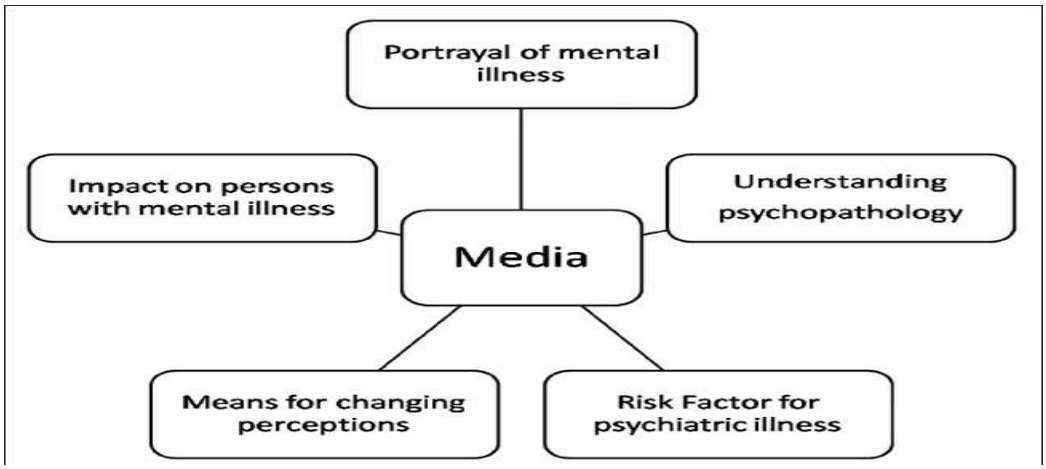
An idol person automatically has an innate indication of relaxation by means of enjoying and appreciating the television programs .Storylines provide viewers to experience situations otherwise unachievable to them. Media programs possess the ability to affect the nation's ethical and economic principles by taking the advantage of its suggestible viewers. Media reports of homicides attributed to the mentally ill seem to be depicted in a more stigmatizing manner as if to emphasize that they were different from homicides committed by others. Labeling people with mental illnesses as dangerous and violent reinforces the public view of fear and anxiety toward the mentally ill.

Introduction

Mass media is defined as any medium that carries messages to a large number of people. Media can play a variety of roles. It can be used as a source of information, amusement, recreation as well as anxiety and restlessness. Engaging with mass media cannot only affect our emotions but it is also capable of challenging our intellect. Mass media include books, radio, magazines, newspapers, television, sound recordings and computer complexes. All these mediums are useful for the audiences in their own way. Each medium is a soft face of a big industry, which is further linked with other related industries. Therefore media serves both the industries and its audience through advertising. Media programming is actually spent in the ease time available to the individuals.

An idol person automatically has an innate indication of relaxation by means of enjoying and appreciating the television programs .Storylines provide viewers to experience situations otherwise unachievable to them. Media programs possess the ability to affect the nation's ethical and economic principles by taking the advantage of its suggestible viewers. When experienced in a balanced dose, the media programs promote positive attributes, societal goodness and idealism. The balanced consumption of media programs improves the personal and societal happiness.

Media reveals different impacts on different individuals according to their perceptual abilities. For example, for some the media is perceived as a source of promoting different cultures to various audiences; whereas for students studying politics, it is considered as an important source.



Portrayal of Mental Illness, Mental Health Professionals and Treatment

It has been shown that media portrayal can influence one's perception about mental illnesses. Media influence can override personal experiences in relation to how mental illness is viewed. Media can perpetuate the negative stereotypes associated with mental illnesses. Often, persons with mental illness are depicted with negative attributes like being unlikable, dangerous, aggressive, violent, asocial, untrustworthy and incompetent.

Media reports of homicides attributed to the mentally ill seem to be depicted in a more stigmatizing manner as if to emphasize that they were different from homicides committed by others. Labeling people with mental illnesses as dangerous and violent reinforces the public view of fear and anxiety toward the mentally ill.

Perpetuation of stigma by the media towards mental illness is an important problem that requires concerted attention. One feature of depiction of mental illness in the media is the omission of specifics. Often, the description is carried out of a "psychiatric patient" or "mentally ill." Because there is a variety of mental disorders each with different manifestations, giving a common label to all may lead people to generalize. The qualifiers like "severe" if used indiscreetly may lead to an inaccurate portrayal of mental disorders and misunderstanding of psychiatric diseases. Movies like "*Psycho"* and "*Halloween*0" may increase the anxiety and fear about the mentally ill patients among the general public and lead to further distancing and stigmatization.

Mass Media and Mental Health

Whether media predisposes a person to mental illness has been a matter of query. The association of media and various mental illness and psychiatric disorders has been evaluated.

1. **Media and Eating Disorder**: Exposure of women to glamorously thin images in the media has been suggested to lead to body image dissatisfaction and low self-esteem. This has been suggested to lead to a drive for thinness and a quest for dieting, which may result in eating disorders. It is difficult to conclude whether media plays a causal role, acts as a trigger or is just another confounder for those who are otherwise predisposed. It is possible that only

those individuals having pre-existing anxiety, depression, low self-esteem or genetic liability are vulnerable to cultural demand and develop symptoms of eating disorders.

2. **Media and Suicide:** The role of fictional portrayal of suicide-leading imitative acts began in the late 18 th century, when Goethe released his novel "The Sorrows of Young Werther," wherein the protagonist ends his own life due to unrequited love.
3. **Media and Substance Use**: Media can play a key role in the initiation and accentuation of substance use. Research has revealed that advertising may be responsible for up to 30% of adolescent tobacco and alcohol use. Exposure to tobacco marketing and advertising increases the smoking initiation rates in teenagers more than two-fold. Advertisements and promotion of cigarettes have been increasing in developing countries like India due to a sharp decline in sales in Western countries, and pose as a major concern.

   Media research also shows that, alcohol and tobacco appeared in the majority of the movies. Illicit drugs were commonly shown in a large proportion of movies as well as through the television. Characters in the movies or television are often shown smoking as a part of daily life. Covert sponsoring of mega sport events like international cricket matches and bravery awards surreptitiously aim to promote tobacco products. These may attract the vulnerable adolescents toward smoking as a desirable "grown up" activity. .
4. **Media and Internet Addiction**: Internet addiction has emerged as a new form of behavioral addiction with the popularization and easy access of the World Wide Web Dependence on the Internet seems to have criteria similar to that of pathological gambling and other substance use disorders. It has been seen that Internet addiction is present in a significant proportion of the youth in countries like South Korea and Taiwan. It has been suggested that Internet addiction coexists with other psychiatric disorders like substance use disorder, attention deficit hyperactivity disorder, depression and anxiety. Because India also possesses a gradually expanding Internet-using population, it is likely that Internet addiction and comorbid problems would be encountered more frequently.
5. **Media and Sexual Behavior**: Media in the form of television, magazines or movies has been found to be an important source of sexual information to the teenagers. Adolescents who selectively viewed more sexual content on television were more likely to have sexual intercourse in the preceding year. Media exposure to pornography may lead to experience of conflict, suffering and sexual dissatisfaction. Mass media can provide knowledge about healthy sex, contraception, family planning, sexually transmitted diseases and treatment of sexual disorders. Viewing advertisements about human immunodeficiency virus (HIV) have led to a reduction in the reported number of sexual partners by both men and women and increased condom usage. In India too, mass media including television and radio were the most important sources of information about HIV. Several international studies have found that women who view more family planning messages on television, radio and print media are more likely to use contraceptives than those who see fewer messages.
6. **Media and Depression**: Exposure to significant levels of television and other electronic media during the teenage years has been suggested to influence depression during young adulthood, especially among men. Media exposure at night may disrupt sleep, which is important for normal cognitive and emotional development. In addition, messages transmitted through the media may lead to fear, anxiety and aggression. The new face of social media in the form of Facebook and others may cause depression in teenagers. The

association between social media use and depression may not be a very robust one as there evidence to the contrary. Whether media multitasking is used by persons who are depressed and anxious as a means of distraction needs to be evaluated.

The rise and acceptance of social media has been particularly marked in India. Although it may act as a means of making friends and gathering social support, it may lead to stress in some individuals. Because social media websites are among the most commonly accessed websites in India with a large quantum of users, it is likely that social media may negatively affect a large segment of the population through concerns about social image.

7. **Media and Post-Traumatic Stress Disorder (PTSD)**: Media viewing of tragic events may produce PTSD symptoms in vulnerable populations such as children. It was seen that 5.4% of children who indirectly witnessed through media the terrorist attacks of 11 September 2001 developed symptomatic PTSD. The amount of television viewing predicted increased risk of PTSD. Similarly, in adults, PTSD symptoms markedly developed in those who had high-trait anxiety and were exposed through the media to the terrorist attacks.
8. **Media and Aggression**: The potential relationship between media exposure to violence and subsequent violent behavior has been a matter of clinical enquiry for quite some time. Reports have shown that childhood television watching is associated with higher rates of aggression in later life. The time spent on the media devices has been found to be a better marker of further violent behavior than the actual content. On the other hand, there are studies to suggest that television violence does not influence children's behavior or make them excessively prone to violence. Neurogenetic and environmental factors apparently interact to increase the risk of the development of aggression in violence-prone personalities. Media may just act as a stylistic catalyst, i.e. when an individual with high-violence proneness decides to act violently; he or she may model it on what was encountered through media. However, because aggression is multifactorial in origin, no single factor including media influence can be pinned down as a dominant influence.

- Media portrayal can influence those who suffer from psychiatric disorders. About half of the patients with mental health disorders reported that media coverage had a negative impact of their lives, about one-third reported that it increased their anxiety and depression and one-fourth endorsed that they had hostile behaviors from their neighbors due to newspaper reports. Patients with mental illness are usually shown as victims of verbal and/or physical abuse in entertainment media, who when pushed "too far" become dangerously aggressive and even violent. Being stressed and the trauma of being victimized can increase an individual's sense of vulnerability to further victimization and exacerbation of symptoms of the mental illness. Negative portrayals of mental illness has been suggested to interfere with the social integration of patients with psychiatric illnesses and hamper their self-image and family life. [Not only the patients but also their families can be affected due to "courtesy stigma." The most common depictions of mental illness in the popular media involving mentally ill people as violent and criminal is not in keeping with the epidemiological data that suggests that rates of violence with only schizophrenia are not greater than that in the general population.

- Media can have an impact on the course and outcome of mental illness. Stigma due to negative media reporting can impair the self-confidence, impede recovery and create barrier for seeking treatment. Stigma due to negative media coverage can increase anxiety, distress and depression and cause hesitancy in disclosing difficulties. People who suffer from a mental illness may internalize negative references and develop avoidant coping mechanisms that become obstacles to treatment. Experiences of discrimination and violence can result in psychological distress.

- Additionally, inaccurate portrayals of mental illness and psychiatry in films may have a range of adverse effects, including promoting inaccurate knowledge in the society, accentuating negative attitudes, increasing the stigma perceived by patients, their families and mental health professionals and causing patients to be less willing to seek psychiatric help.

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32. Mental Haze - Its Consequences and Identification

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Introduction

Brain fog can be defined as "a stage of mental confusion, detachment and forget fullness". Sometimes it is described as an unpaired mental state and inability to concentrate. The main reason of brain fogging include missing night sleep, imbalance in neurotransmitter (brain hormone), impaired energy production within the brain or low oxygen/glucose supply to brain cells leading to hangover which causes lack of mental clarity.

The symptoms of brain fogging are not clear too. However, the person suffering from brain fogging may have following symptoms: forgetfulness, poor memory with recalling past events, difficulty in concentrating slowness with decision making and learning new things, confusion, mixing up words or forgetting words, easily mental fatigued with moderate mental activity. Many people may experience a sensation of brain fogging. In the patient's own words they say that they are feeling "foggy" One sufferer expressed that "I thought it become misty". So we can conclude that Brain fog is majorly subjective and cannot be clearly measured to isolate a specific abnormality and imbalance.

Brain Fog Causes

Symptoms of brain fog can also be seen in certain neurological condition. Brain fog is common with using certain drug and hence known as iatrogenic cause.

Insufficient Sleep

Sleep is important for physical, mental and social well being .there are host of imbalances that arise with inadequate sleep. The period of time during which we sleep is essential a recharging session .Hence inadequate sleep will lead to brain fog, which is described as morning fuzzy feeling.

Alchol Overindulgence

Excessive alcohol can impair brain functioning. Chronic alcoholism can cause permanent damage to the brain.

Illicit Drug Use

Drugs like cocaine, MDMA and heroine causes bursts of neurotransmitter section .This impairs the normal brain functioning despite the euphoria making a person think that their brain function has improved.

Mental Exersion

Any prolonged or strenuous mental activity that the above the norm coupled with physical fatigue may lead to brain fog.

Emotional Stress

Prolonged Emotional stress like marital process or sudden shock like death of loved ones and the accompanying grief can lead to brain fog

- Brain fog symptoms:
- Sleep apnea
- Post traumatic stress disorder (PTSD)
- Liver disease
- Hypothyroidism
- Heart failure
- Depression
- Anemia
- Brain disease like Alzheimer's disease ,Creutzfeldt-Jakob disease, Parkinson's disease
- Encephalitis
- Diabetes mellitus
- Heavy mental toxicity Remedy for morning muzzy feeling (foggy mimd, groggy).

How It's Diagnosed

See your doctor if you have persistent lack of clarity that worsens or doesn't improve. A single test can't diagnose brain fog. Brain fog may signal an underlying issue, so your doctor will conduct a physical examination and ask about your:

- mental health
- diet
- level of physical activity
- current medications or supplements

You should let your doctor know about other symptoms you might have. For example, someone with hypothyroidism may have brain fog along with hair loss, dry skin, weight gain, or brittle nails.

Blood work can help your doctor identify the cause of brain fog. A blood test can detect the following:

- abnormal glucose levels
- poor liver, kidney, and thyroid function
- nutritional deficiencies
- infections
- inflammatory diseases

Based on the results, your doctor will determine whether to investigate further. Other diagnostic tools may include imaging tests to look inside the body, such as X-rays, MRI, or CT scans. The doctor may also conduct allergy testing or a sleep study to check for a sleep disorder.

How to Treat It

Brain fog treatment depends on the cause.

For example, if you're anemic, iron supplements may increase your production of red blood cells and reduce your brain fog. If you're diagnosed with an autoimmune disease, your doctor may

recommend a corticosteroid or other medication to reduce inflammation or suppress the immune system.

Sometimes, relieving brain fog is a matter of correcting a nutritional deficiency, switching medications, or improving the quality of your sleep.

Home remedies to improve brain fog include:

- sleeping 8 to 9 hours per night
- managing stress by knowing your limitations and avoiding excessive alcohol and caffeine
- exercising
- strengthening your brain power (try volunteering or solving brain puzzles)
- finding enjoyable activities
- increasing your intake of protein, fruits, vegetables, and healthy fats

There Are Some Remedies For Sound Sleep:

Avoid Nighttime Disturbance –Here are few tips to avoid nighttime Disturbances:

- Ensure that we are sleeping in a quiet and cool environment.
- Bedding and sleeping cloths should be comfortable.
- Prevent waking at night to urinate: Empty your bladder completely before bedtime and

Keep the fluid intake to a minimum about 2 to 3 hours before sleeping .

- Sleeping Pills may be the cause: Sleeping Pills may cause: Sleeping tablets is one such drug which causes morning grogginess. It will generally be worse if you also use other sedatives or narcotic prescription medication like opioid painkillers.
- Do not depend upon stimulants: It is said that" what goes up must come down". Same goes with mental and physical state when you use stimulant. Nicotine and caffeine may give you a short time boost but it is not the solution for the morning muzzy feeling infact it may worsen the problem.
- Use an anti- snore Pillow: Snoring is one of the following which can affect sleep. Use an anti – snore pillow even if you are not snoring these pillows even if you are not snoring these pillows can help in maintaining airways which may assist to some extent to mild sleep apnea.
- Consider a mild-day nap: If you did not have 7 hours of sleep receding night then go for short power naps.
- Drink more water during the day: The muzzy or graggy feeling can always help in recovering from muzzy feeling. Water is not only the solution .Water with electrolytes like oral Rehydration solution (ORS) can be the best source for rehydration.
- Eat a good breakfast: Breakfast is the most important meal of the day .it provides fuel to get through the day.

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33. Eradication of Mental Haze through Value Education

Ms. Ayushi Arya

Human personality is governed by both heredity and environment. But environment influences more and that through with indelible imprinting on one's mind. In today's stress ridden life, every one aspires to succeed too early by adopting mal practices and shortcuts and becoming antisocial that indicates mental haze. As our mental setup acquired with growing years governs our behavior, consequently society at present is at stake to be gripped in these evil clutches of mental haze . Today we are as sum up of our past mental states therefore it becomes mandatory to eradicate this pollution in the guise of mental haze as it misleads to adopt such wrong paths that makes an individual repent for entire life . Thus removal of mental haze can be feasible and even dealt through value education. Value education potentially equips an individual with the power to differentiate between good and evil. We human beings unlike animals need to be educated and rever each other for universal brotherhood.

Having brain fog is fairly common. But it is not normal when you feel foggy, unfocussed and like you can't think. Your brain is sending an important signal that there is imbalance in your life that needs to be addressed. ***The causes of brain fog falls into two categories:-***

1) Either it is life style related or,
2) Side effect of medical condition or medication.

Broadly there are eight main causes of brain fog:-

1) Wrong food
2) Nutritional deficiency
3) Lack of quality sleep
4) Chronic stress
5) Physical inactivity
6) Toxins in your home
7) Underlying health conditions
8) OTC medications

Here are some of many ways the food you eat could be behind your fuzzy thinking:-

1) SUGAR-Refined carbohydrates like sugar and high fructose corn syrup increase your blood sugar level skyrocketing up and crashing it down and since your brain uses glucose as it's main source of fuel. This puts your brain on a rollercoaster ride. Low brain glucose leads to brain fog, mood swings and mental confusion and impaired judgments
2) LOW FAT DIET-Your brain is largely comprised of fat about 60% by dry weight and low fat diets have been found disastrous for our brain. When you don't eat enough dietary fat, the brain starts to literally digest itself for the raw materials it needs to create essential brain chemicals. Neurologist Dr. David found that nothing was worse for his patients than a low fat diet. Glucose is usually the brain's main fuel source but our brains are quite happy to burn fat which he calls super fuel for the brain.

   Fats from nuts, avocados, coconut oil are healthy for brain. Canola oil rich in pro-inflammatory omega 6 fatty acids which contributes to brain inflammation which can be

main cause of brain fog, anxiety and memory loss as well as serious neurological disease such as stroke and Alzheimer's disease. Lack of cholesterol in your brain increase your chances of suicide, depression and dementia.

3) FOOD ALLERGIES-Consuming food you are allergic to can certainly put you in mental fog. Wheat, corn and soya are most common food allergies. Dairy eggs, pea nuts and tree nuts are also food allergies. Processed and restaurant foods are also of allergic in nature. Wheat is a brain fog culprit. Wheat has been found to worsen brain disorders like Schizophrenia, autism etc.

4) DEHYDRATION-Our brain is 75% water by volume and even mild dehydration will affect your attention, memory and other cognitive skills. 90 minutes of sweating can shrink the brain as much as one year of aging. The effects of dehydration on the brain can be so noticeable that they mimic the symptoms of dementia.

5) CAFFEINE WITHDRAWL- Coffee and tea offer a lot of health benefits and can help you stay alert and focused. So if you cut off caffeine supply either on purpose or on circumstance, you can experience withdrawal symptoms that include brain fog ,headache and even vomiting and nausea. f you enjoy caffeinated drinks, as most of us do consume moderately and strategically to avoid caffeine highs and subsequent crashes that can leave you fitter and mentally foggy.

6) EAT REAL FOOD-Avoid brain fog by avoiding processed food and eating real food instead. Food quality matters so does food quantity while skipping meals can leave you with a fuzzy brain so as the case after eating too much at one sitting.

7) NUTRITIONAL DEFICIENCIES - May be you already eat healthy but your thinking is still fuzzy. Your brain needs all essential nutrients to operate smoothly but some deficiencies are more likely to manifest themselves as brain fog.

Vitamin d can lift your mood, banish brain fog and depression and improve memory to increase problem solving ability.

Sun exposure is the best source of vitamin d but few people are benefitted from it and many people are benefitted from supplements.

8) LACK OF QUALITY SLEEP- Sleep is critical to the way your brain works in both in short and the long term. While you sleep, cerebral fluid rushes in power washing your brain clearing it of debris. It is during sleep that you consolidate memories so that you can remember what you learned the previous day.

Natural sleep aids – every day you lose brain cells but every night you have the opportunity to create new brain cells , provided you are getting enough high quality un interrupted sleep . Just one bad night can affect your memory , concentration, moods and ability to handle stress the following day . Losing the night of sleep affects your mental performance as much as being legally drunk. Getting adequate sleep can go a long way towards curing many cases of brain fog.

9) BRAIN FOG CAUSES AND CHRONIC STRESS – Being stressed is wrongly equated with being productive, popular & successful but stress puts you at greater risk for every major disease you hope you never get including dreaded brain diseases like dementia and Alzheimer 's disease . Chronic stress leads to anxiety , depression , poor decision making , insomnia and memory loss . Too much of stress hormone Cortisol leads to surplus of

free radicals , unattached oxygen molecules , that damage brain cell membrane , causing them to lose normal function and die .

Cortisol interfares with the formation of new brain cells. Stress causes brain cells to permanent commit suicide .

Meditation causes brain benefits in chronic stress. Regular meditators experience improved focus and concentration , greater creativity , stress reduction and better sleep.

10) PHYSICAL INACTIVITY – Physical activity increase endorphins and gets more glucose and oxygen flowing to brain It burns stress hormone cortisol and stimulates new cell formation . Walking is the best brain exercise and cleans your mind. Too much sitting is very bad for your brain and your overall health. Infarct, sitting has been called "the new smoking "(sitting kills and moving heals)

11) TOXINS IN YOUR HOME– We live in sea of untested and unregulated chemicals and toxins are lurking in your home, water you drink and air you breathe.

While outdoor pollution can cause cognitive problems, indoor pollution often can times create higher problems?

These toxins can cause brain fog, fatigue and memory loss.

12) UNDERLYING HEALTH CONDITIONS- We started with unhealthy life style factors that cause brain fog since everyone has to eat and sleep and faces some stress in life.

An underlying health condition is the root cause of these cognitive issues. A common side effect of chemotherapy used to treat cancer is a type of brain fog dubbed as chemo fog or chemo brain.

13) OTC MEDICATION- Every medication carries some risks. Brain fog is one of the most common side effects of this.

-Mental haze or brain fog can be eradicated in many ways but we will focus more on value education and its effect in eradication of brain fog. We shall confine to value education, meaning, objectives and needs. The very purpose and main function of education is the development of a well balanced personality and able to develop all dimensions of intellect so that our children can help make our nation more democratic socially responsible , culturally rich and intellectually competitive nation .

But now days more emphasis is unduly laid on knowledge, knowledge based and information oriented education which takes care of only the intellectual development of child .

Consequently the other aspect of their personality like physical , emotional ,social and spiritual are not properly developed in providing for the growth of attitudes habits , values and skills among pupils. It is here that we talk in terms of value education. Value education is the aggregate of all the processes by means of which a person develops abilities, attitudes and other forms of behavior of positive values in the society in which he lives.

Traditionally, the objectives of value education were based on religion and philosophy. There was no secular education but in today's modern world this has been taken as very much essential.

Need for Inculcation Of Value Education:-

The question that bursts out is "where have the values gone?" While making an attempt for answering these questions one notices a conscious and conspicuous in the latter day educational philosophy from a cognitive and kinetic development of the pupil.

A wide range of values of moral, aesthetic and social nature that have evolved during the marathon march of human civilization is posing before us a crises of priorities-which of these have to be cultivated and what is the right stage of doing so?

Hence the issue becomes all the more jumbled when it comes to fixing up of the responsibilities-who is to inculcate values? Parents, leaders , business tycoons , artists , teachers ? The easy and obvious answer is the teacher is the prime inculcator of values because the young ones are under his or her formal care .

It is not enough just to know about values because values have to be practiced. Our country is undergoing radical, social change. So the students who are the future citizens of tomorrow have to be oriented to respond to and adjust with these social changes satisfactorily by equipping them with desirable skills and values.

The modern India has committed to the guiding principles of social issues like Secularism, Democracy, and National integration. These guiding principles should be emphasized in educational system and suitable values are to be inculcated in the students for promoting equality, social justice , national cohesion and democratic citizenship.

With these aims in view, radical reforms in the present lop-sided education and to be introduced and all attempts need to be made for developing well integrated personalities for our individuals. Hence this needs for inculcating desirable values.

India is known for its rich cultural and spiritual heritage and the need for value system through education has been felt and recognized through centuries. Value system plays an important role in decision making process. In fact every human action is the reflection of personal and social values.

Without moral values, evils like violence, jealousy and arrogance finds its space in the world. Violence gloom and unease are formed in the world inspite of wonderful scientific achievements.

Value oriented school education shall develop India towards Industrialization, technology etc. We need education that is learned in spiritual, social and moral values.

The important spiritual, moral and social values which form part of Indian cultural heritage are courage, truth, universal love and respect for all religions, peace and joy.

Through value education, the so called evils of mental haze can be eradicated apart from other means of eradication.

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34. Value Education for Removal the Mental Haze

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Abstract
The brain is the crowning organ of the human being. Therefore, dysfunctions involving it are always important. Brain fog is one of the most important symptoms today, even though I have not seen it listed as a diagnosis or recognized health condition in most medical or psychological texts. In this paper we are discussing about mental haze which is also called as Brain fog. We all experience days when we are not able to think very clearly. There are many reasons of Mental Haze like nutritional imbalance, sleep disorder, physical exertion, dehydration, allergies, and the most important is mental exertion, our unhealthy and imbalanced life style. In which we have no time for our self. I think there is a very big reason for it that is lack of values in our life. In these days every person is following others life style. Every person has become a self centered personality. There is no place for values in our life. In this paper we are discussing that there is a great need of values in our life and with the help of Education we can inculcate the values for a happy and healthy life style.

Introduction

There is no clear clinical definition of the term 'brain fog' or 'mental fog'. It is a common term that people use to describe an impaired mental state and for medical purposes it is often labeled as mental impairment, confusion, poor memory or an inability to concentrate. The activity of the brain is dependent on a host of factors which allows the brain to complete all of its functions. Brain fog may be described as feelings of mental confusion or lack of mental clarity. It is called brain fog because it can feel like a cloud that reduces your ability to think clearly. It can cause a person to become forgetful, detached and often discouraged and depressed. Brain fog is not recognized as a clinical diagnosis because it is not easy to test for it. It is quite subjective, in other words. There is a lack of mental clarity. Many feel that it is like a haze or fog that has clouded the mental ability. You can still think, concentrate, remember and make decisions but it is not as clear as one is accustomed to. As with most symptoms, brain fog is largely subjective and cannot be clearly measured to isolate a specific abnormality or imbalance.

The symptoms of brain fog may include:

- Forgetfulness (appointments/commitments, names and so on)
- Poor memory with recalling past events
- Difficulty concentrating and diminished attention span
- Slowness with decision-making and learning new things
- Confusion (sometimes)
- Mixing up words or forgetting words

Values

The term values is often used to refer to the principles and beliefs which act as general guides to behavior and enable the individual to judge what is desirable and what is not. It is necessary to teach values in the formative years and no child is born with such knowledge. The phrase `Value Education' as used in the area of school education refers to the study of development of essential values in pupils and the practices suggested for the promotion of the same. In its full range of meaning, value education includes developing the appropriate sensibilities moral, cultural, spiritual and the ability to make proper value judgment and internalize them in one's life. It is an education for `becoming' and involves the total personality of the individual. Value education is essentially `Man Making' and `Character Building'.

Classification of Values

- Personal Values: The principles and ideologies that a person follows in personal life.
- Universal Values: Principles that all people across the planet are expected to adhere.
- Human Values: Principles and ideologies that is basic to human nature to make their life smooth and happy.
- Religious Values: Persons believe in a particular thought which is a guide for reasoning between good and bad.
- Civic Values: Principles, which guide in the dos and don’ts of the citizens.
- Moral Values: Principles and directives, which enables us to follow the correct and right path.
- Spiritual Values: Principles, which gives directives to follow a faith in some philosophical thoughts.
- National Values: Principles, which encourage a person to imbibe the feelings of patriotism and national integration.
- Social Values: Principles and ideologies, which encourage us to live together.
- Scientific values: Principles and directives which force us to test, analyze, verify inquire etc.

Value education

Education is meant not only to provide knowledge and information, but also for healthy body and mind of human beings. Having a set of values and ideals, learners must be guided for self-development, so that values become a part of their character. There is a strong feeling that in the present times there is a crisis in character formation. The recent disturbing trend of increasing deviant behaviors among youth has also emphasized the need for education that promotes among youth the values of discipline, respect, self-control and peace.

Development of Values through Education

Mahatma Gandhi states, “Education aims at development of the 3Hs:”hand, head and heart”. He says “Education is thus an awakening of the soul”. “It was to be their real teacher and guardian who must touch their hearts. I must share their joys”. Gandhi was broad –minded in religious views. He believed in mortality. Idealists only think about moral and religious education. He

believed in absolute values, trust, beauty and goodness. The central purpose of education is to build character. To educate a man in mind and not in morals is to educate a menace to society. Theodore Roosevelt states, "Education is continuous and dynamic process. It is a process that leads to all round development of man and creates a 'sound mind in a sound body'. It assists in discovering lasting values and modification of behavior".

For Swami Vivekananda, the goal of education is "Man making". It is making of the whole human being

To make the value aspect of our education programmes more prominent, the following ideas may be incorporated in the educational programmes.

- Developing self-respect, awareness of self-growth, one's uniqueness, self-confidence.
- Promoting selflessness, cooperative spirit, spirit of sharing.
- Cultivating respect for property, one's own and that of other.
- Understanding the contribution of home towards the physical, emotional, cultural and spiritual development of young people.
- Knowing of surroundings –visiting slums, villages, hospitals, orphanages, old people's homes.
- Becoming aware of the need of the others.
- Promoting civic scene, awareness of oneself as a member of a community, civic duties.
- Awareness of one's strength and weakness, and also those of others.
- Love of friends, classmates, and the not so fortunate.
- Seeking to realize one's potentialities and talents, disciplined learning in academics, sports, cultivating the scientific temper.
- Independent thinking, not blindly following others.
- Exposure to great personalities.
- Knowledge of the Constitution, rights, and duties.
- Knowing the provision to promote human dignity and justice, patriotism, national integrity, international understanding.
- Protection of environment.
- Modifying human behavior through values.
- Knowing one's village/city, state, country.
- Promotion of equality and justice for all the citizens.
- Prayer of various religions.
- Awareness of good point in other religions.
- Appreciating the useful views of others and their cultural traditions.
- Propagation of value philosophy.

Approaches to value based education:

Douglas Supreka (1976) outlines eight different approaches to value Education, which may be briefly stated as under:

1. Evocation Approach: The students are encouraged to make spontaneously free, non-rational choices, without thought or hesitation. It provides an environment which allows maximum

freedom for students, and provides a provocative situation for which spontaneous reactions are elicited. For example, the reaction to a picture of starving children.

2. Inculcation Approach: Students are forced to act according to specific desired values. A positive and negative reinforcement by the teacher helps value inculcation. This can be done by a teacher's natural actions and responses. This time honored method has been notably unsuccessful.

3. Awareness Approach: This approach helps students to become aware and identify their own values. The students are encouraged to share their experiences. The teacher presents value laden situations or dilemmas through readings, films, role playing, small group discussions and simulation. Students thus engage themselves in the process of making inferences about values from the thoughts, feelings, beliefs or behavior of themselves and others.

4. Moral Reasoning Approach: Kohlberg's theory of six stages of moral development is the framework most frequently used in this approach. The teachers setup learning experiences which will facilitate moral development. These experiences fall under the general category of what Kohlberg calls role taking. The critical factor in role taking is empathy. Through placing themselves in a role and experiencing the process of deciding, students can begin to see moral decisions in a larger framework than their single point of view. It consists of the students discussing a dilemma and by reasoning they attain a higher level of knowledge. In this way by discussion and reflection students are encouraged to express a value position rather than compromise on a consensus.

5. Analysis Approach: The group or individuals are encouraged to study social value problems. They are asked to clarify value questions, and identify values in conflict. They are encouraged to determine the truth and evidence of purported facts, and arrive at value decision, applying analogous cases, inferring and testing value principles underlying the decision.

6. Value Clarification Approach: It helps students to use both rational thinking and emotional awareness to examine personal behavior patterns and classify and actualize values. This approach has been detailed by Raths et al (1966) and Simon et at (1972) where the child is made to jot down a self _ analysis _ reaction work sheet, consisting of drawings, questions and activities.

7. Commitment Approach: It enables the students to perceive themselves not merely as passive reactors or as free individuals but as inner-relative members of a social group and system. The Action Project helps to clarify and restructure One's value system and to ascertain the depth of commitment of one's values.

8. The Union Approach: The purpose is to help students to perceive themselves and act not as separate egos but as part of a larger inter-related whole-the human race, the world, the cosmos.

Conclusion

Every person in these days suffers from many problems, some one is from physical and another is from mental problem. Mental Haze is not recognized as a clinical diagnosis because it is not

easy to test for it. It is quite subjective, in other words. The person just knows that they do not function well, and the mind often seems foggy or cloudy. This is not the same as dementia, mental retardation, anxiety, depression or other common mental symptoms. Because of unhealthy life style we all are suffer from these problems. So there is a great need of a balanced style of life and this can become possible with value education. Value Education can teach us to live a happy and healthy life. As Swami Vivekananda rightly said, true education is man-making education; it implies that all education must stem from value education.

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35. Strategies to cope up Mental Haze among adolescents

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Abstract
Mental Haze is a stage where persons are not able to think clearly, their abilities to complete tasks are diminished, retention power decays and capacity to take decisions is weakened. Although this stage is usually temporary but if it occurs on daily basis than needs to be investigated thoroughly. Adolescence is a stage where teenagers are not able to think clearly or present their views properly. At the period of adolescence, youngsters feel aimless and find themselves in a stage of dilemma where they are not able to think vividly. It's a natural phenomenon which occurs due to physical, emotional and social changes. Present paper is an effort to highlight some strategies which help adolescence to cope up mental haze fostered by diverse changes in their life.
Key words: *Mental Haze, Adolescents and Strategies*

Introduction: The term mental haze may be defined as a situation where people suffer from poor concentration, stage of confusion, decaying memory etc. No clear clinical definition on mental haze is available but generally it is termed as inability to perform mental tasks (Brain Fog (Mental Haze) Meaning, Symptoms, Causes (n.d.)). Mental Haze is universal but this stage is not normal. When someone is not able to focus or feels foggy than person has to understand that his/her mind is sending the signal that there is disparities in the life and required to be confronted immediately (Alban, D.). Mental haze effects different mental functions such as power of recalling, perceiving, understanding etc. which makes persons feel that they are not able to do the work as they should (Sissons, C. 2017).

During the period of adolescence the brain of the teenagers undergoes many changes i.e. physical, psychological, mental, social etc. which lead to difficulty in navigating them (Bergland, C. 2013). In this stage adolescents feel stress to meet the expectations of their parents and society which causes disappointment among them. When things go wrong and do not turn into their favour than they revolt or overreact. In this situation they feel anxious and puzzled and are not competent to think clearly (Depression in Teens (n.d.)). This may result in hampering the mental growth of adolescents and may create haze in their mind. The period of adolescence needs to be given attention and care for eradication of mental haze among young adults.

Reasons of Mental Haze among Adolescents

The following are the major reasons of mental haze (Rastogi, S. K. 2016):

1. Inadequate sleep: Proper Sleep is important for every person to recharge the brain. Deficiency of sleep leads to dizziness, feeling of fuzziness which may result in improper functioning of brain.
2. Use of Alcohol: During the period of adolescence some young adults indulge in the habit of taking alcohol. Initially they start taking alcohol as social status but sometimes get addict to it. Excessive use of alcohol disturbs their cognitive functions and can permanently harm their brain.
3. Drug addiction: Some adolescents get addicted to drugs. Use of drugs e.g. cocaine, heroine etc. effect the normal functioning of the brain.
4. Emotional and Psychological stress: During the phase of adolescence young adults face emotional and psychological stress. Sometimes they are not able to cope with the stress which hampers proper functioning of their brain.

The reasons mentioned above of mental haze can lead to irreparable damage to brain. Thus, some steps needs to be taken to eradicate this problem among adolescents1.

Review of Literature

Rastogi, S.K. (2016) had done work on mental haze or brain fogging and tried to find out its causes, symptoms and solutions. She explored in her research that inadequate sleep, overkill drug usage, excess consumption of alcohol, emotional and mental anxiety and long term illness are the main reasons of mental hazing among human. Consequences of it can be resulted as absent-mindedness, poor memory recalling, difficult to concentrate the objects, confusion and mental exhaustion. For curing this mental haze or brain fog one of the best therapy was found i.e. counseling. With the help of proper counseling, the state of mental haziness can be reduced among human. The researcher suggested that it can be done by anyone e.g. parents, teachers and friends.

Narcolepsy Network (2015) explored the area of narcolepsy and tried to find out the reasons which affect it. Brain fogging is one of the factors which affect it. It is the situation of daytime drowsiness among adolescences. It is caused by excessive loss of brain cells which construct orexin and the chemical that control sleep and waking.

Ross, J. A. et. al (2013) investigated the area of brain fogging. The purpose of the study was to assess the symptoms of brain fog with reference to it etiology and potential palliative interventions. They found that POTS (postural tachycardia syndrome) affect cognitive impairment. Wood Mental Fatigue inventory and self constructed test series consisting 38-items were executed on 138 subjects. The results of the study highlights that fatigue, lack of sleep, prolonged standing, dehydration and feeling faint are the major indicators of POTS. For curing this syndrome most used intervention are intravenous saline, stimulant medications, salt tablets, intra-muscular vitamin B-12 injections and midodrine. Some exercise related to brain can also be beneficial to cure the POTS.

In the light of above discussion it is clear that mental haze is major block in the path of brain development. It reduces the individual capacity of thinking and makes him mentally lame. So, proper precautions should be taken to break this mental blockage among adolescences.

Justification of the Problem

India is one of the countries having largest youngest population and adolescents mind have capacities to provide new outlook to the society. They have innovative/novel ideas for generating new world but due to the changes occurring in this period they may not be able to express their views distinctly. They have immense energy to do any kind of work but they may not know how to channelize the energy in right direction. They feel pressurized and this pressure may result in mental haze. They need support from the family and society to go through this period efficiently. The family and society may take help from some strategies to help adolescents for surpassing this period of stress and strain. The present research paper has emphasized on some strategies to cope up the mental haze among adolescents.

Objective

The objective of the study is to draw attention towards the different strategies for eradicating mental haze among adolescents.

Coping Strategies for Mental haze among Adolescents

In psychology, Coping is expending conscious effort to solve personal and interpersonal problems, and seeking to master, minimize or tolerate stress or mental haze. Psychological coping mechanisms are commonly called as coping strategies or coping skills. There are three types of coping strategies viz. appraisal focused, problem focused and emotional focused.

1. **Appraisal focused**: This type of coping strategy is directed towards challenging one's own assumptions. Here individual adopts the adaptive cognition. Such as keeping away one selves from problems. Usually people change their way of thinking to cope with such problematic situations.
2. **Problem focused**: These are directed towards reducing or eliminating a stressor. People using problem focused strategies try to deal with the cause of their problem. This is usually done by looking for the new information regarding the problem and to learn new skills and techniques to manage with it.
3. **Emotion focused**: Such strategy is directed towards changing one's own emotional reaction. It involves releasing pent-up emotions, distracting oneself, managing hostile feelings, meditating or using systematic relaxation procedure. They are oriented towards managing the emotions that accompany the perception of stress.

From the above mentioned types of coping strategies problem focused coping strategies adjust better to life. They allow an individual to control their problem and lead to a reduction in perceived control. Adolescents are at the crucial age of their development. They undergo various physiological, emotional, cognitive, social, moral and ethical changes. Adolescence period is often called as the period of stress and mental haze. Individuals often behave unnatural or remain isolated due to the changes. Such stage of mental haze can only be regulated or controlled by implementing coping strategies. An adolescent can adopt various coping strategies to deal with mental haze or stress. The coping strategies are grouped under Physiological, emotional and behavioral aspects. Such aspects further consist of dealing mechanisms according to the type and amount of the mental haze or stress.

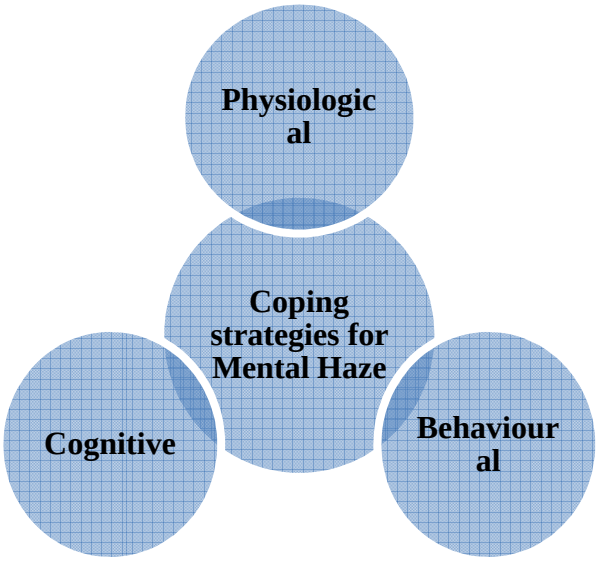

Figure-1 Coping strategies for Mental Haze among Adolescents

Physiological Strategies:

1. Exercise: Exercise is a healthful, inexpensive, and insufficiently treatment used for a variety of psychiatric disorders. Exercise offers physical benefits that extend over multiple body systems. It reduces the risk of multiple disorders. As with physical effects, exercise offers both preventive and therapeutic psychological benefits. In terms of Roger Walsh American Psychologist exercise can reduce the risk of depression as well as neurodegenerative disorders such as age-related cognitive decline, Alzheimer's disease, and Parkinson's disease (Hamer & Chida, 2009; Sui et al., 2009). In terms of therapeutic benefits, responsive disorders include depression, anxiety, eating, addictive, and body dysmorphic disorders. The most seen disorder is depression. For this, exercise is very effective to cope up with it.

2. Nutrition and Diet: Number of studies has been conducted that shown the significance of nutritive diet in mental health. Two major dietary components must be considered: food selection and supplements. For food selection, a diet should consist predominantly of multicolored fruits and vegetables, some fish and reduces excessive calories. Such diets may enhance cognitive and academic performance in children. Supplements offer valuable prophylactic and therapeutic benefits for mental health. Dietary assessment and recommendations are appropriate and important elements of mental health care.

3. Relaxation and Stress Management: Yoga and meditation are the best methods under stress management techniques. Yoga is helpful for mood disorders. In addition to its benefits for relaxation and stress management, it may also enhance measures of psychological capacities, health, and maturity in both patients and non patients (Walsh & Shapiro, 2006). Further, health care professionals are of the view that meditation can enhance valued caregiver qualities such as empathy, sensitivity, emotional stability, and psychological maturity while reducing distress and burnout (Shapiro & Carlson, 2009). On the cognitive side, studies suggest that mediation can enhance some measures of cognition and may reduce age-related cognitive losses and corresponding brain shrinkage (Pagnoni & Cekic, 2007; Xiong & Doraiswamy, 2009).

4. Nature: Nature can play important role in managing mental haze. In the layman language it can be defined as an interaction with the nature. It is a well known fact that nature could promote

cognitive functioning and mental health. For thousands of years, wise people have recommended nature as a source of healing and wisdom. The more we interact and mingle with the nature or people around us, more we will be satisfying and stress free.

Emotional Strategies:

1. **Psychotherapy:** Psychotherapy is the use of psychological methods, particularly when based on regular personal interaction, to help a person change and overcome problems in desired ways. The main aim of the Psychotherapy is to promote the individual's health, solve their problems, and improve their relationships. Although the number of published studies examining the effects of preventive psychotherapy interventions for mental haze is not large, a considerable proportion of such studies have targeted the prevention of depression or stress. The beneficial effects of psychotherapy often endure long after treatment discontinuation (Jarrett et al., 2001; Seligman et al., 1999), and this advantage seems to be larger than that observed with pharmacotherapy.
2. **Controlling emotions:** Other cognitive strategy that one can apply to cope up with the mental haze is the controlling emotions. Emotions are specifically defined as extense behavior for a fraction of time. It is of short duration. Once we learn to manage our emotions we can easily fight out mental haze. This can be done by stress managing techniques such as yoga and meditation.
3. **Positive thinking:** Positive thinking is the key to deal with mental haze. Positive thinking drives us to control our emotions, encouraging the individual to come out of the stressful circumstances easily. Positive thinking may provide

- Increased life span
- Lower rates of depression
- Lower levels of distress
- Better psychological and physical well-being
- Better cardiovascular health and reduced risk of death from cardiovascular disease
- Better coping skills during hardships and times of stress

This is our duty to promote in ourselves the positive emotions and keep aware of our surrounding.

Behavioral Strategies

1. Pleasure and Leisure time activities: This is a clear fact that pleasure and fun seeking activities promote behavioural changes among people. They become more creative, enjoyable, socially resilient and more aware about the enjoyable facts and activities. This helps in changing the lifestyle of the people. People think in their way to regenerate their energies.

2. Relationships: The idea that good relationships are central to both physical and mental well-being is supported by considerable research. Rich relationships reduce health risks ranging from the common cold to stroke, mortality, and multiple psychopathologies. Good relationships are connected with the enhanced happiness, quality of life, resilience, cognitive capacity, and perhaps even wisdom (J. H. Fowler & Christakis, 2008; Jetten, Haslam, Haslam, & Branscombe, 2009). Interpersonal rapport among individuals can mold them psychologically and physically.

3. Contribution and Service: Community service and contribution to others have been regarded as virtues that can benefit both giver and receiver (Walsh, 1999). Service and contribution to the

community can foster qualities such as happiness, mental health, and spiritual maturity. Altruism is said to reduce unhealthy mental qualities such as greed, jealousy, and egocentricity while enhancing healthy qualities such as love, joy, and generosity (Hopkins, 2001; Walsh, 1999). The benefits of service are also said to extend to healing, such that healing oneself and others can be intimately linked. Multiple myths and healing traditions describe wounded healers, people who by virtue of their own illness learn to heal others and may thereby be healed themselves.

4. Religious and Spiritual Involvement: Considerable research suggests a complex but usually beneficial relationship between religious involvement and mental health. Number of studies has proved the significant positive associations between religious involvement and mental health. (Koenig, McCullough, & Larson, 2001). Religious and spiritual concerns are vitally important to most people and most patients. The population which is engaged in the religious activities or spiritually involved is better at coping with the stress. Mental health enhances psychological, marital well-being, relational, as well as reduced rates of disorders such as anxiety, depression, substance abuse, and suicide.

Conclusion

A sound mind is the key to unlock the aggravated body. In the situation of mental haze, one doesn't know what to do and how to do? Implication of good strategies at the period of adolescence helps the young minds to cope up mental haze and make them able to solve the problems on their own. It's the responsibility of the family and society to pay attention towards them moreover they also need to pay heed towards themselves as no one can care about their brain as much as they can.

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36. Mental Haze in Teens and Role of Teacher in Value Education

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Abstract:
Mental haze or Brain fog is an avoidable situation of poor concentration, feeling groggy, lack of reminiscence, mental cloudiness, and difficulty in focus along with lack of clarity. Brain fog has long been associated with conditions like fibromyalgia and Alzheimer's but now the teens are reporting feelings of mental sluggishness which is most common in older age people. Teens need to be guided towards a good quality value education. Teacher should develop a value that could help in eradicating the effects of mental haze like confusion, brain clouding, and anxiety. Brain fog or mental haze can arose in teens because of stress, lack of sleep, hormonal changes, diet, medications, medical conditions, poor blood circulation to brain etc. teacher should make value education an effective tool for helping students who are facing problem associated with mental haze. Mental haze is not an huge problem but we cannot deny that a person having a mental fog condition do have a problem of slow processing of information along with some behavioral issues which can affect the environment of such person. Such behavioral issues can be avoided by giving appropriate value education.

Key words: Education, mental haze, behavior modification, self-expression

- **Education:** education is step by step process of making a person capable of understanding various things in their surroundings.
- **Mental haze:** mental haze or brain fog is word used for describing the level of confusion, feeling groggy, concentration, cloudiness in a person.
- **Behavior modification:** behavior modification means rectification or improvement in the overall behavior of an individual.
- **Self-expression:**self-expression is term that means expressing the feeling, emotion and idea of oneself.

Introduction:
A person with a mental haze can experience foggy head coming and going rarely, occur frequently or persist hazily. Mental haze can change brain functioning and can even cause a person's attention to be more easily sidetracked. There are many medical conditions that can cause brain haze. But mental haze can be avoided except certain medical condition. Value education can be a fruitful way to eradicate the mental haze condition to some level. The value education focuses on the development of overall, well balance personality of the student who can contribute at a great level for the development of nation. Value education is thus concerned to make morality a living concern for students with mental haze. Student who are facing situation

of mental haze should be given good education along with special attention towards value education.

According to C. V. Good, "value education is the aggregate of all the process by means of which a person develops abilities, attitudes and other forms of behavior of the positive value in the society in which he lives"

Objective of the study:

- To reduce the level of fogginessamong people by the help of value education.
- To inculcate value through education in mental haze person.

Roleofteacher in inculcating value education

A teacher can bring about great change in students life. Teacher needs to be very particular about what he/ she teach and how much the education given by teacher is fruitful for student. One of a most vital way of making the education effective is loving wholeheartedly what you teach. It becomes a responsibility of a teacher to give proper value education to students and special attention to mental haze student.

For mental haze students the value inculcation requires a special attention and specific rules. Person with mental haze are confused and some time lost in their world. It becomes responsibility of teacher to not only educate them but also give them all the required values for their life such as honesty, hard work, respect for others, co-operation, compassion, forgiveness and many more. So, value can be inculcated in more specific and clear way.

- **Remedial teaching**

  Mental haze student can lack behind because of their mental condition in spite of having ability to do good not only in academics but also when it comes to values. A teacher can tackle this situation by providing a remedial lecture for their improvement. It cannot be denied that according to scientific research average people have a span of attention for 10 to 20 minutes and when it comes to teenagers the span of attention even reduces. In such a situation a teacher should not only use various methods but also provide remedial teacher for their further improvement.

- **Teaching materials**

  From my point of view a person with mental haze can be kept involved in study and can be kept away from mental haze situation by the help of using various teachingmaterial. Teaching material will keep the student busy and can reduce the mental haze condition.Teaching material should be specific and should focus on values because developing a vital value is the ultimate goal of education. Today the expectation from education institution is very high. Students are very keen in having theory knowledge along with a practical exposure. In such an era teacher can use attractive and useful teaching materials for providing value to mental haze students. For example, diagrams, charts, power point presentation, educational videos, visits and excursion etc.

- **Meditation and yoga practices**

  Yoga is considered as best ancient way to keep a person's mind and body healthy. A good person with all the significant value is important for our society. A teacher should involve

students in yoga and meditation which could reduce their mental condition and improve their response toward daily work at a great level. Ultimately that will help them in learning' how to be cam and to control them self.

- **Maintain diary**
  Teachers can guild students to maintain a dairy for keeping a day to day record. Such diary can help a student's not only in keeping records but also for tracing the thing done in life and turning oneself into a morally good and appropriate human being. Teacher should play the role of guild and give them all the necessary guidelines according to individual requirement.
- **Co curricular activity**
  Mental haze person are confused and unclear. Students with mental haze should be involved in activities apart from their curriculum. Involving them can be a difficult task for teacher but it can help the students to a great extent in keeping them self away from hazy situations.
  Co curricular activity such as sports, Educational tour, competitions, drama and dance etc. can help the teacher in developing good values among students. Co curricular activities can help a teacher in inculcating values like, team spirit, spirit of cooperation, patience, courtesy etc. In mentally haze students co curricular activity plays a crucial role.
- **Libraries**
  Teacher should inspire student to go to libraries where students will get a mine of knowledge in books. Those books propagating moral values can be referred by students. Teacher should first provide freedom to students for choosing their type of books and then teacher should guild students (special attention should be given to students with mental haze situation) to make proper differentiation between books useful for their life.
- **Moral lecturing**
  Teacher should spend some time in a day for moral education. As we discussed earlier value plays a vital role in life of people and accordingly it should be guided keeping in mind the standard and age of a student. While giving a moral lecture teacher can also involve students in activities and can also use various teaching material. Using these things can provide a good aid to teacher along with saving time.

Result:

In the study and discussion about the role of teacher in value education, for mental haze students. The objective are seems to be achieved as explained below;

Objective 1: the first objective talks about reducing the level of fogginess among people by the help of value education. When a teacher follows all the above mentioned techniques of teaching to students the level of fog in mental haze student can be reduced. Teacher can use any above mentioned technique to inculcate value, to improve teaching, to make them a good citizens etc.

Objective 2: the second objective listed in study is about inculcating value through education in mental haze students. From above discussion it become very clear that how following various teaching techniques can inculcate value among students.

Conclusion:

Moral education is significant part of the whole education system. A student can be highly educated but if he don't have a proper moral base his/her education is not sufficient as per me. When it comes to student with mental haze it becomes responsibility of a teacher to pay a full attention toward students.

The situation of mental haze is at high among teen age students these days. Mental haze is not a disease it is just a situation of having a confused or unclear mind. During such a situation teacher can involve students in various activities where their mind should be completely busy and in a processing mode

Value education is very much essential for eradication of mental haze. Value education includes developing an individual in terms of responsibility, respect, honesty, clarity etc. and mentally fogged student need a good guidance in this term. Various good teaching learning materials can be used to accomplish the objective of value education.

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37. Mental Haze - Its Identification, Consequences and Treatment

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Abstract
In our daily life we feel that many times we are not able to think very clearly. Our ability to complete mental tasks get impaired, memory become poor and even our decision making capacity seems low. This kind of state in which mind is confused and detached is referred as mental hazing or mental Haziness although this is not a medical condition itself rather a symptom of other medical condition. Such type of mental impairment or Haziness is encountered frequently or more or less then it may lead to many serious poor concentration inability to focus problems ,memory problem lack of mental clarity Such kind of problems can be sorted out by the proper counselling of the candidate. It's a type of cognitive dysfunction involving; some people also describe it as mental fatigue. Interfere with work or school. But it doesn't have to be a permanent fixture in one's life. Can The current work aims to discuss What is Mental Haze, how it can be identified, what are its consequences, how such kind of psychotherapy is useful for treatment of the candidate.
Key words: Mental Haze, Its Identification, Consequences and Treatment.

Introduction

Mental Haze can be defined as "A stage of mental confusion, detachment and forget fullness". Sometimes it is described as an unpaired mental state and inability to concentrate. Causes of Mental Haze are not clear yet many hypotheses tried to explains the causes. (R. Atkins, 1894). The main reason of Mental Hazing include night sleep, missing imbalance in neurotransmitter (brain hormone), impaired energy production within the brain or low oxygen/glucose supply to brain cells leading to hangover which causes lack of mental clarity. Moreover, it is reported in the literature that propagation of electrical impulses in the nerve cells that constitute the brain may be also the reason. Other causes include insufficient sleep, over consumption of alcohol, illicit drug use, mental exertion, emotional stress, long term disease.

The symptoms of mental hazing are not clear too (M. Basavanna2000). However, the assumed hypotheses suggest person suffering from mental hazing may have following symptoms forgetfulness, poor : memory with recalling past events, difficulty in concentrating slowness with decision making and learning new things, confusion, mixing up words or forgetting words, easily mental fatigued with moderate mental activity. Many people may experience sensation of mental hazing. In a patient's own words they say that they are feeling "foggy or Hazy" One sufferer expressed that "I thought it become misty . So mental haze can be

concluded that Mental haze is " majorly subjective and cannot be clearly measured as isolate a specific abnormality and imbalance.

Mental Haze Causes

Symptoms of Mental Haze can also be seen in certain neurological condition. Mental Haze is common with using certain drug and hence known as iatrogenic cause.

1. Stress Chronic stress can increase blood pressure, weaken the immune system, and trigger depression. It can also cause mental fatigue. When your brain is exhausted, it becomes harder to think, reason, Stress is a natural physical and mental reaction to life experiences. Everyone expresses stress from time to time. Anything from everyday responsibilities like work and family to serious life events such as a new diagnosis, war, or the death of a loved one can trigger stress. For immediate, short-term situations, stress can be beneficial to your health . It can help you cope with potentially serious situations. Your body responds to stress by releasing hormones that increase your heart and breathing rates and ready your muscles to respond.

Yet if your stress response doesn't stop firing, and these stress levels stay elevated far longer than is necessary for survival, it can take a toll on your health. Chronic stress can cause a variety of symptoms andaffect your over allwell being. Symptoms of chronic stress include:

- irritability
- anxiety
- depression
- headaches
- insomnia

2. Insufficient Sleep

Poor sleep quality can also interfere with how well your brain functions. Aim for 8 to 9 hours of sleep per night. Sleeping too little can lead to poor concentration and cloudy thoughts. Sleep is important for physical, mental and social well being .there are host of imbalances that arise with inadequate sleep. The period of time during which we sleep is essential a recharging session .Hence inadequate sleep will lead to mental haze,which is described as morning fuzzy feeling.

3. Hormonal changes can also trigger mental haze.

Levels of the hormones progesterone and estragon increase during pregnancy. This change can affect memory and cause short-term cognitive impairment. Similarly, a drop in estragon level during menopause can cause forgetfulness, poor concentration, and cloudy thinking. Hormonal changes can also trigger mental haze. Levels of the hormones progesterone and estragon increase during pregnancy. This change can affect memory and cause short-term cognitive impairment.

Similarly, a drop in estragon level during menopause can cause forgetfulness, poor concentration, and cloudy thinking. Memory issues are a normal occurrence during perimenopause, the transitional time before menopause. If you're in perimenopause, you may be worried about lapses in your memory. But mild memory problems and a general fogginess are very common. They happen because your body is making less estragon. And for many women, the effect is temp Estragon is an important sex hormone. Only in recent years have researchers begun to recognize the major role estragon has throughout the rest of your body. Changes in your estragon levels also affect your:

- brain
- bones
- blood vessels
- breast tissue
- bladder
- urethra
- skin

Estragon and another hormone, progesterone, are largely responsible for triggering development of your reproductive organs and female characteristics. They play an important role in the functioning of your reproductive system, including menstruation and pregnancy

4. Diet

Diet can also play a role in mental haze. Vitamin B-12 supports healthy brain function, and a vitamin n B-12 deficiencycan bring about mental haze. If you have food allergies or sensitivities, mental haze may develop after eating certain foods. Possible culprits include:

- MSG
- aspartame
- peanuts
- dairy

Removing trigger foods from your diet may improve symptoms.

5. Medication

If you notice mental haze while taking medication, talk with your doctor. Mental haze may be a known side effect of the drug. Lowering your dosage or switching to another drug may improve your symptoms.

Mental haze can also occur after cancer treatments. This is referred to as chemo brain.

6. Medical conditions

Medical conditions associated with inflammation, fatigue, or changes in blood glucose level can also cause mental fatigue. For example, mental haze is a symptom chronic syndrome , which involves persistent fatigue for longer than six months.

People who have fibromyalgia may experience similar fogginess on a daily basis.

Other conditions that may cause mental haze include:

- Anaemia
- Depression
- Diabetes
- Migraine
- Hypothyroidism
- Autoimmune diseases such as lupus, arthritis, and multiple sclerosis
- Dehydration

7) Alcohol Overindulgence

Excessive alcohol can impair brain functioning. Chronic alcoholism can cause permanent damage to the brain.

8) Illicit Drug use

Drugs like cocaine, MDMA and heroine causes bursts of neurotransmitter section .This impairs the normal brain functioning despite the euphoria making a person think that their brain function has improved.

9) Mental Expression

Any prolonged or strenuous mental activity that the above the norm coupled with physical fatigue may lead to mental haze. (Deak MC,Stickgold R2010)

10) Emotional Stress

Prolonged Emotional stress like marital process or sudden shock like death of loved ones and the accompanying grief can lead to mental haze.(BouHolaigahI, Rowe PC,KanJ ,Calkins H 1995) □ Mental haze symptoms : Sleep apnea□ Post traumatic stress disorder (PTSD) □ Liver disease

□ Hypothyroidism □ Heart failure □ Depression □Anemeia□ Brain disease like Alzheimer's disease ,Creutzfeldt-Jakob disease, Parkinson's disease □ Encephalitis □ Diabets mellitus □ Heavy mental toxicity

Remedy for morning muzzy feeling (foggy mimd, groggy). There are different terms to describe mental haze.Lightheadednss or confusion,difficulty in concentrating or reasoning ,Hence there is no single word to describe this sensation accurately .Often we used different terms like muzzymor groggy feeling or a foggy mind.

11) A Good Night Sleep Everyday

7-8 hours of uninterrupted sleep everyday around the same time prevents from mental hazing sleep ensures that you are physically and mentally refreshed.

There are some remedies for sound sleep:

Avoid Night time Disturbance –Here are few tips to avoid night-time Disturbances:

□ Ensure that we are sleeping in a quiet and cool environment.

□ Bedding and sleeping cloths should be comfortable.

□ Prevent waking at night to urinate (Nocturia): Empty your bladder completely before bedtime and keep the fluid intake to a minimum about 2 to 3 hours before sleeping.

Sleeping Pills may be the cause: Sleeping Pills may cause: Sleeping tablets is one such drug which causes morning grogginess. It will generally be worse

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if you also use other sedatives or narcotic prescription medication like opioid painkillers.

Do not depend upon stimulants: It is said that" what goes up must come down". Same goes with mental and physical state when you use stimulant. Nicotine and caffeine may give you a short time boost but it is not the solution for the morning muzzy feeling in fact it may worsen the problem.

Use an anti- snore Pillow: Snoring is one of the following which can affect sleep .Use an anti snore – pillow even if you are not snoring these pillow even if you are not snoring these pillow can help in maintaining airways which may assist to some extent to mild sleep apnea.

Consider a mild-day nap: If you did not have 7 hours of sleep receding night then go for short power naps.

Drink more water during the day: The muzzy or groggy feeling can always help in recovering from muzzy feeling.

Water is not only the solution .Water with electrolytes like oral Rehydration solution (ORS) can be the best source for rehydration.

Eat a good breakfast: Breakfast is the most important meal of the day .it provides fuel to get through the day.

Features of Diagnosis of Mental Haze

See your doctor if you have persistent lack of clarity that worsens or doesn't improve. A single test can't diagnose mental haze. Mental haze may signal an underlying issue, so your doctor will conduct a physical examination and ask about your:

- mental health
- diet
- level of physical activity
- current medications or supplements

You should let your doctor know about other symptoms you might have. For example, someone with hypothyroidism may have mental haze along with hair loss, dry skin, weight gain, or brittle nails.

Blood work can help your doctor identify the cause of mental haze. A blood test can detect the following:

- abnormal glucose levels
- poor liver, kidney, and thyroid function
- nutritional deficiencies
- infections
- inflammatory diseases

Based on the results, your doctor will determine whether to investigate further. Other diagnostic tools may include imaging tests to look inside the body, such as X-rays, MRI, or CT scans. The doctor may also conduct allergy testing or a sleep study to check for a sleep disorder. Keeping a food journal can help you determine if your diet contributes to mental haze

How Mental Haze can be treated

Mental haze treatment depends on the cause For example, if you're anaemic, iron supplements may increase your production of red blood cells and reduce your mental haze. If you're diagnosed with an autoimmune disease, your doctor may recommend a corticosteroid or other medication to reduce inflammation or suppress the immune system.

Sometimes, relieving mental haze is a matter of correcting a nutritional deficiency, switching medications, or improving the quality of your sleep.

Home remedies to improve mental haze include:

- sleeping 8 to 9 hours per night
- managing stress by knowing your limitations and avoiding excessive alcohol and caffeine
- exercising

- strengthening your brain power (try volunteering or solving brain puzzles)
- finding enjoyable activities
- increasing your intake of protein, fruits, vegetables, and healthy fats

Conclusion:

Brain fogging is one of the serious health related issue in human being. This is a typical state of mental confusion, detachment and forgets fullness. However, the symptoms cause and cure is still not well known .The current work discusses about the . Causes, symptoms and the cure of mental hazing in humans. Insufficient sleep, excess drug usage, over consumption of alcohol, emotional stress, mental exertion and long term disease are found to be the main reason for brain fogging. The person having such state of mind may have any of the these symptoms such forgetfulness, poor memory with recalling past events, difficulty concentrating in slowness with decision making and learning new things, confusion, mixing up words or forgetting words, easily mental fatigued with moderate mental activity. The current study suggests the best cure for mental hazing is the proper counselling of the candidate. The counsellor may be their parents, teachers, elders or friends.

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38. Eradication of Mental Haze through Value Education

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Abstract

In our daily life we feel that much time we are not able to think very clearly. Our ability to complete mental takes are impaired, memory is poor and even our decision making capacity is low. This kind of state in which mind is confused and detached is referred as brain fogging or mental Haziness. If such type of mental impairment or Haziness. Is encountered frequently or more or less daily then it may lead to serious problems. Such kind of problems can be sorted out by the proper counselling of the candidate. The current work aims to discuss how such kind of psychotherapy is useful for treatment of the candidate

Key words: *Mental Haze, Teacher*

Introduction

We all experience days when we are not able to think very clearly. Our memory is poor and even our decision-making capacity isnot what is usually is this is a short terms impairment that refer to mental haze. It is situation of duel in human mind. We all general people face this situation more or less in life. Especially students, researchers and all those, who make continuous endeavors to find solution to inevitable problems with the purpose of creating such an atmosphere in which society nation and humanity as a whole step forward to the pathway of welfare and prosperityof one and all pass though this situation time and again . They get rid of this of mental haze through value education value educating is currently a burning topic of discussion and analysis at national international foras, seminars, workshops on significance and utility of value education are being organized continuously at various & ends in every country of globe. Value education is a process by which people give moral value to others, it can be an activity that can take place in any organization during which people are assisted by other who may be older to assess the effectiveness of these value and associated behaviors for their own and other long terms will being and to reflect on and acquire other, value and behaviors which they recognize as beingmore effective for long term well being of self and others. Value education is of two types, one is explicit and second is implicit vale education. Explicit value education is associated with those different methods or programmed that teachers use to create learning experiences for student'simplicit value educating is learning about self and wisdom of life in a self exploratory, systematic and scientific way through formal education.

in great Indian viewpoint pertaining to education, it is one of the six vendanges. Starting from these, especially beeping the meaning and basic spirit of education in the center, taking education contrary to its meaning and purpose, it has been used only to earn livelihood, that is why education has driven away from values. Resultantly education has not contributed towers

real self sufficiency of man and become. Less supportive even to earn livelihood though virtuous demeanors. This state is in fact the main reason of mental haze. Or a situation of uncertainty when what we deem education is on by aillusion.

Without proper co-ordination and deliverance of these three aspects of knowledge the process of education is incomplete. Education can-not be imparted will in terms of its real meaning or base spirit.

Methodology : The present paper based on primary as well as secondary data Which was prepared by self and collected from various public sources like magazines, journals, newspaper, internet suffering etc.

Cause of metal haze:

1. Insufficient sleep
2. Alcohol overindulgence
3. Mental exertion
4. Illicit drug use

Conclusion:- Mental haze is one of serious health related issue in human being. This is typical state of mental confusiondetachment and forgets fullness however the symptoms causes and cure is still not well known. The current work discusses about the causes, symptoms and the cure of brain forgging in humans, insufficient sleep, excess drug usage over consumption of alcohol, emotional stress, mental exertion and long term disease are found to be the main reason forbrain fogging mental haze can be removed , through value education value education include moral rules discipline, willingness, liberty, justice, equalityetc, the second are education commission 1952-53 said special emphasis on the following value in the formation of characters of the studentse.g efficiency good temper co- operation, integrity, discipline etc.

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39. Eradication of Mental Haze through Value Education

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Abstract: *Mental haze is one of the serious health related issue in human being. This is typical state of mental confusion.Term Mental haze is actually a synonymous with the words like ambiguity, doubt, suspense and uncertainty is not an unusual state. It is in fact a normal state. It is a situation of duel in human mind. Mental haze is a common term that people use to describe an impaired mental state and for medical purposes it is often labeled as mental impairment, confusion, poor memory or an inability to concentrate. The activity of the brain is dependent on a host of factors which allows the brain to complete all of its functions.Probably the best way to describe brain fog is like the mental symptoms you experience after missing a night's sleep or waking up with a hangover. Brain fog is not just fatigue from poor sleep patterns or a hangover as such although it commonly arises in these situations. There is a lack of mental clarity.*
Keywords: *Mental haze, ambiguity, brain-fog, power nap, suspense, uncertainty, etc.*

Methodology: The present paper based on Primary as well as Secondary data which was prepared by self and collected from various public sources like magazines, journals, newspapers, internet suffering, etc.

Introduction: Value education doesn't only refer to the process that gives young people an initiation into values, giving knowledge of the rules needed to function in this mode of relating to other people, and to seek the development in the student a grasp of certain underlying principles, together with the ability to apply these rules intelligently, and to have the settled disposition to do so. But also the education of values relating to mental haze.

We all experience days when we are not able to think very clearly. Our ability to complete mental tasks are impaired, our memory is poor and even our decision-making capacity is not what it usually is. For most of us this is a short term impairment that we commonly refer to as brain fog or mental haze. However, when this impaired mental state is a daily occurrence then it needs to be investigated further as it may be a symptom of some underlying disease.

Mental haze, synonymous with the words like ambiguity, doubt, suspense and uncertainty is not an unusual state. It is in fact a normal state. It is a situation of duel in human mind. Mental haze is a common term that people use to describe an impaired mental state and for medical purposes it is often labeled as mental impairment, confusion, poor memory or an inability to concentrate. The activity of the brain is dependent on a host of factors which allows the brain to complete all of its functions.Probably the best way to describe brain fog is like the mental symptoms you experience after missing a night's sleep or waking up with a hangover. Brain fog is not just

fatigue from poor sleep patterns or a hangover as such although it commonly arises in these situations. There is a lack of mental clarity.

In entire human history not a single human being remained unaffected by this state. Greatest ones like GAUTAMA BUDDHA – The light of Asia, TIRTHANKARA MAHAVIRA, ADI SHANKARACHARYA, SWAMI DAYANANDA SARASWATI and SWAMI VIVEKANANDA also passed through this state in early phases of their life. All of them faced a conflicting state of mind, fought with it and successfully came out of this dual situation of perplexity – mental haze. But, the fact remains, that having once overcome the state of uncertainty, no one of them allowed ambiguity to dominate his mind. Their mind became crystal clear for rest of life.

Symptoms of Mental Haze: The symptoms of brain fog may include: Forgetfulness (appointments/commitments, names and so on),Poor memory with recalling past events,Difficulty concentrating and diminished attention span,Slowness with decision-making and learning new things, Confusion (sometimes), Mixing up words or forgetting words, Easily mentally fatigued with even moderate mental activity.

Causes of mental haze:- Insufficient Sleep,Alcohol Overindulgence, Illicit Drug Use,Prescription Drug Use, Mental Exertion, Emotional Stress etc.

Generally people face the situation of mental haze more or less in life. Students, researchers and all those, who make continuous endeavors to find solutions to inevitable problems with the purpose of creating such an atmosphere in which society, nation and humanity as a whole step forward to the pathway of welfare and prosperity of one and all, pass through this situation time and again. They get rid of this state of mental haze – doubt, suspense or uncertainty only through an effective, result oriented and welfaristic way of value education.

Value education is currently a burning topic of discussion and analysis at national-international foras. Seminars, symposiums and workshops on significance and utility of value education are being organized continuously at various levels in every country of the globe. Along with this, efforts are being made to make value education an essential part of the process of learning.

To analyse how education is successful in achieving objectives, it will be appropriate if we get familiar with meaning of education- shiksha in Indian term, and value education in particular.

Education is the process of facilitating learning, or the acquisition of knowledge, skills, values, beliefs, and habits. Educational methods include storytelling, discussion, teaching, training, and directed research. The methodology of teaching is called pedagogy. Education began in prehistory, as adults trained the young in the knowledge and skills deemed necessary in their society. Education is the manifestation and development of virtues, it is precious or valuable. The word value is naturally, inevitably and necessarily connected with it.

Taking education contrary to its meaning and purpose, it has been used only to earn livelihood. Resultantly, education has not contributed towards earning of livelihood through virtuous demeanors. This is in fact the main reason of mental haze or a situation of uncertainty, when what we deem education is only an illusion.

It is to be borne firmly in mind that education is not just livelihood. It is all round personality development on the basis of moral values. Educational institutions play a vital role in development of one's personality and growth of society of which man is an indivisible part. Despite this, the emergence of the state mental haze, uncertainty or a stressful situation resulting

in one,s non- performance- insufficiency in life is really unfortunate. This clearly indicates lack of values.

In order to make education valuable and prevent mental haze, the fourfold knowledge - education is necessary. Secondly, games- bodily exercises including the yoga making one physically healthy also lead one towards auspiciousness. It helps man to become mental sound, static, courageous, fearless, strong, confident and in overalldevelopment of an individual. Third, the moral and ethical aspect of education, which is not a parochial subject of religious belief , but necessarily related to righteous acts – Shuddhaacharna. Moral and ethical education develops a sense of responsibility in an individual. It develops social values, team spirit which helps an individual to stay with respect in a society. With society development and nation grows and develops and there is humanity in country.

Fourth aspect leads to virtues, qualities or attributes possessed by every human being right from childhood. Everyone has many qualities or attributes within by birth and among them one is the chief attribute – forte. Identification of one's chief quality and development of his personality is the most important aspect of the process of education. Through this one can wipe away the state of haziness- the mental haze and uncertainty bringing about clarity of thoughts.

Hence the fourfold education can help in freeing mental haze through value education.

Strategies To Blast Brain Fog:-Drink Water With Lemon & Lime, Use Essential Oils, Do Movement Surges, Use Rosemary & Fennel, Use a Wobble Board, Sit Tall & Breathe Deeply,Barefoot Walking, Cold Showers, Take a Power Nap, Snack On Raw Chocolate.

Conclusion: Mental haze is a common term that people use to describe an impaired mental state and for medical purposes it is often labeled as mental impairment, confusion, poor memory or an inability to concentrate.Let us comprehend in this direction and make sincere endeavors accordingly in a planned way for making education valuable to lead one to make his life meaningful. The present paper suggests the best cure of brain fogging is the proper counseling of the candidate. The counselor may be their parents, teachers, elders or friends.

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40. Mental Haze - Its Identification and Consequences

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Abstract

In personal life, sometimes a stage comes when one is not able to think very sharply. One feels that he is not in a position to complete mental tasks so swiftly and that he has developed a habit of forgetting important tasks, events and even decision making power. This situation in which mind is muddled and disconnected is known as mental haze or brain fog. When this state of mind occurs more often than rarely once in a while, it should be taken seriously and investigated further to avoid some underlying disease that may lead to serious complications. Many people may experience a sensation of brain fogging. Brain fog is usually subjective in nature as it cannot be clearly measured to isolate a specific irregularity or unevenness. This article discusses in detail the concept of mental haze, including its symptoms and causes.

Key words: *mental haze, brain fog, mental task, people.*

Introduction

Although there is no exact definition of the term brain fog or mental haze. It can be defined as a state of mental confusion, separation and forgetfulness. Sometimes it is stated as an odd mental state inability to concentrate. For medical purpose it is often labeled as mental impairment, confusion, poor memory and lack of concentration. The activity of the brain is dependent on a host factors which allows the brain to complete all of its functions. This activity is largely due to the propagation of electrical impulses in the nerve cells that constitute the brain matter. It is possible that brain fog is due to some impairment in brain activity, coupled with the effect of an imbalance in neurotransmitters (brain hormones), and impaired energy production within the brain and/or low oxygen and glucose supply to brain cells.

Meaning and Symptoms

The best way to describe the meaning of mental fog into words is like the mental symptoms you experience after missing a night's sleep or waking up with a hangover. Brain fog is not like fatigue from poor sleep patterns or a hangover as such although it commonly arises in these situations. Generally lack of mental clarity occurs in brain. Many feel that it is like a haze or fog that has clouded the mental ability. You can still think, concentrate, remember and make decisions but it is not as clear as one is accustomed to. As with most symptoms, brain fog is largely subjective and cannot be clearly measured to isolate a specific abnormality or imbalance. The symptoms of brain fog may include:

- Puzzlement of thoughts
- Absentmindedness
- Lack of memory.

- Lack of attentiveness.
- Reluctance in decision making and learning new concepts.
- Missing words during conversations.
- Feeling mentally fatigued even with lesser mental activities.
- Disturbance in thinking.
- Failure in setting a proper level of aspiration.
- Suffering from mental disturbances.

However, these brain fog symptoms are not the same as learning disabilities, mental retardation, or other mental health illnesses.

Identification

It is very difficult to identify mental haze in an individual. Most of the time it is related to mental capability of a person. However, there are some signs which point out to the fact that a person is suffering from mental haze.

- Change in behavior over a period of time which was not observed earlier.
- Showing frequent signs of emotional weariness in shorter spans and/or during modest events.
- Dodging taking decisions which were taken spontaneously earlier.
- Even while taking a decision, showing signs of misperception.
- Unable to remember basic happenings/dialogs whether during work, at home or in a get together.

Causes

It is important to note that the symptoms of brain fog may also be seen in certain neurological and psychiatric conditions. Furthermore, brain fog symptoms are common with using certain drugs and this is known as an iatrogenic cause. However, for most of us brain fog is a transient symptom or collection of symptoms. It comes up occasionally, lasts for a short period of time and usually we can clearly identify the cause. Here are some of the common causes.

Lack of Sleep

Sleep is the cornerstone of health. It allows us to regenerate both physically and mentally. In an article, Walker says that, 'human beings are the only species that deliberately deprive them self of sleep for no apparent gain. Many people walk through their lives in an underslept state, not realizing it'. We need good sleep before learning new things. Sleep is essential for emotional regulation. It unable us to maintain balance between emotional reaction and careful decision making.

Excessive Use of Alcohol

Extreme alcohol consumption can impair brain functioning for hours or days afterwards. In chronic alcoholism, it can cause permanent changes and damage to the brain structure and its activity. Initially brain fog is part of intoxication. The lack of mental clarity when drunk is well understood. Most of us look at brain fog following overindulgence in alcohol as part of a hangover. However, it usually subsides with time and rest and mental clarity restores provided that there is no further alcohol intake.

Prohibited Drug Use

Prohibited substances act on the brain in different ways. Some of these suppress nervous system activity while others stimulate it excessively for short periods of time. The nervous system disruptions vary but drugs like cocaine, MDMA and heroin causes bursts of neurotransmitter secretions temporarily. This impairs normal brain functioning despite the euphoria making a person think that their brain function has improved. The after effects are just as debilitating and brain fog is one of the many symptoms that can persist for day, weeks or even months thereafter.

Recommended Drug Use

A number of recommended drugs can affect brain activity as well. Often these effects are not as severe and uncontrollable as with illicit drugs. Sedatives, tranquilizers or anti-anxiety medication, antidepressants, anti-psychotics and narcotic painkillers are probably best known for its effect on brain activity. However, similar side effects may arise with other drugs some of which are not even intended to treated nervous system conditions.

Mental Exertion

Any strenuous or prolonged mental activity that is well above the norm coupled with physical fatigue may lead to the symptoms described as brain fog. It is often easily remedies with a good night's sleep and some relaxation techniques that does not involve extensive mental activity. This effect from mental exertion is not uncommon but it is usually temporary. Even repeated episodes of such mental exertion usually do not lead to permanent brain fog.

Emotional Strain

Emotional strain can have a range of effects on mental activity. It can be prolonged stress like continuing marital problems or a sudden emotional shock like the death of a loved one and the accompanying grief. The resulting brain fog in these cases is directly related to the events or situation. However, sometimes past events that were emotionally taxing may have an impact many years or even decades later. Brain fog may therefore be linked to this past trauma, as is seen with childhood abuse.

Low Blood Glucose or Oxygen

An adequate supply of glucose and oxygen is necessary for the brain to function optimally. Even a momentary dip in blood oxygen and glucose can affect the brain. Therefore any condition that lowers brain glucose or oxygen levels will impact normal brain activity and give rise to brain fog. It may be seen in endocrine, cardiovascular and respiratory diseases. Poor air quality, extreme dieting, prolonged fasting and so on may all contribute to this mental impairment. It may also occur with nutritional deficiencies.

Diseases and Other Causes

Brain fog symptoms may be also be seen in these conditions but it depends on the stage and severity of the disease.

- Anemia (severe)
- Brain diseases like Alzheimer's disease, Creutzfeldt-Jakob disease (CJD), Parkinson's disease

- Brain atrophy (any cause)
- Chronic alcoholism (Korsakoff syndrome or Wernicke's encephalopathy)
- Concussion and post-concussion syndrome
- Depression
- Diabetes mellitus (usually uncontrolled)
- Encephalitis
- Heavy metal toxicity
- Heart failure
- Hypothyroidism
- Liver disease
- Meningitis
- Post-traumatic stress disorder
- Sleep apnea
- Stroke and transient ischemic attacks

Conclusion

Brain fogging is one of the serious health related issue in human being. This is a typical state of mental confusion, detachment and forgetfulness. However, the symptoms cause and cure is still not well known. The current work discusses about the causes, symptoms and the cure of brain fogging in humans. Insufficient sleep, excess drug usage, over consumption of alcohol, emotional stress, mental exertion and long term disease are found to be the main reason for brain fogging. The person having such state of mind may have any of the these symptoms such forgetfulness, poor memory with recalling past events, difficulty in concentrating slowness with decision making and learning new things, confusion, mixing up words or forgetting words, easily mental fatigued with moderate mental activity. The current study suggests the best cure for brain fogging is the proper counseling of the individuals. The counselor may be their parents, teachers, elders or friends.

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41. How to Get Rid of Mental Haze

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Abstract
In our daily life we feel that many times we are not able to think very clearly. Our ability to complete mental tasks are impaired, memory is poor and even our decision making capacity is low. This kind of state in which mind is confused and detached is referred as brain fogging or mental Haziness. If such type of mental impairment or Haziness is encountered frequently or more or less daily then it may lead to serious problems. Such kind of problems can be sorted out by the proper counseling of the candidate. The current article aims to discuss how such kind of psychotherapy is useful for treatment of the candidate.

What is Mental Haze?

Mental haze, or cognitive dysfunction, is an increasingly common condition in today's society. It is characterized by a lack of mental clarity and poor concentration, and almost everyone has suffered from it at some point in their lives. Due to the subjective nature of mental haze, however, it is often difficult for individuals to determine its exact causes. Fortunately, a number of studies into brain fog have emerged in the last few years, helping us to isolate the main culprits behind this vexing and misunderstood condition.

There is no clear clinical definition of the term 'Mental Haze'. It is a common term that people use to describe an impaired mental state and for medical purposes it is often labeled as mental impairment, confusion, poor memory or an inability to concentrate. The activity of the brain is dependent on a host of factors which allows the brain to complete all of its functions. This activity is largely due to the propagation of electrical impulses in the nerve cells that constitute the brain matter. It is therefore possible that brain fog is due to some impairment in brain activity, coupled with the effect of an imbalance in neurotransmitters (brain hormones), and impaired energy production within the brain and/or low oxygen and glucose supply to brain cells.

Try to put the meaning of mental haze into words is difficult. Probably the best way to describe mental haze is like the mental symptoms you experience after missing a night's sleep or waking up with a hangover. Brain fog is not just fatigue from poor sleep patterns or a hangover as such although it commonly arises in these situations. There is a lack of mental clarity.

Many feel that it is like a haze or fog that has clouded the mental ability. You can still think, concentrate, remember and make decisions but it is not as clear as one is accustomed to. As with most symptoms, brain fog is largely subjective and cannot be clearly measured to isolate a specific abnormality or imbalance. The symptoms of brain fog may include:

- Forgetfulness (appointments/commitments, names and so on)

- Poor memory with recalling past events
- Difficulty concentrating and diminished attention span
- Slowness with decision-making and learning new things
- Confusion (sometimes)
- Mixing up words or forgetting words
- Easily mentally fatigued with even moderate mental activity

1. Choose Right Foods

Your mental haze may be caused by foods you eat daily. In concrete, the things you eat have a certain impact on your mental clarity, the risk of obesity, high cholesterol, hypertension, cognitive functions and so on. To prevent and get rid of mental haze, you can try Mediterranean diet. Add more vegetables, fruits, fishes to your meal. Reduce intake of processed foods, saturated foods, sweets and junk food.

2. Improve Lack of Sleep

If you often have brain fog, it may link to your sleep. Your brain likes other body parts, it needs some rest and sleep. Sleep helps your brain is refreshed and work more effectively in both the long term and the short term. Having good sleep also helps improve your memory and prevent diseases related to brain cells and other sleep problems such as insomnia, dementia and interrupted sleep.

3. Relieve Stress

Stress is wrongly equated with being popular, successful and productive. But in reality, stress can put you at higher risk for major diseases you hope you will never get such as dreaded brain diseases Alzheimer's and dementia.

Prolonged stress can lead to poor decision, depression, anxiety, memory loss and insomnia. Literally, stress can cause the brain to shrink. Moreover, ongoing stress is really inflammatory that elevate the hormone levels like cortical leading to chronic inflammation in body and brain. In addition, chronic stress may cause imbalances of glucose, increase fatigue, fuel depression and destroy brain cells.

Scientific studies have shown that reducing stress can benefit the brain so much, especially stress management techniques such as meditation, Tai Chi and Yoga. The breathing is so essential to increase oxygen through the body and brain that in turn increases your overall energy. Exercises also help reduce inflammation and calm the nervous system. Besides, it's important to get rid of stress and enjoy life with outdoor activities, friend meeting, massage and a lot more. So, try to control stress with positive mind, brain healthy diet, meditation or exercise.

4. Exercise Your Brain

Let's take a look at benefits of physical exercise on how to get rid of brain fog. Exercise can help increase endorphins and deliver more oxygen and glucose to the brain. Recent studies have

shown that physical exercise can be an extreme important thing we can do for our brain. Don't knock yourself out to give the brain an energy boost through the day. Moreover, regular exercise can help increase neural connections through the body, balance different hormones in the body and support other aspects of human health. There are different types of exercises and activities to exercise your brain that you should try such as biking, walking, swimming and a lot more.

5. Practice Meditation

As I mentioned above, meditation is good for brain, helps you get rid of brain fog and have a clear mind. Practicing regular meditation can also help you experience improved concentration, have greater creativity, reduce stress and have better sleep. Studies show that meditation can actually help increase the biological age in human by 12 years. If drug companies could bottle benefits of meditation, they could be ecstatic and there would be new billion dollar pills.

6. Take Brain Supplements

Beside dieting, exercising and meditation, you can supply your brain with supplements in order to prevent brain fog. Here are the most effective brain supplements for you.

- Omega-3 fatty acids that are found to help your brain have high concentrations. Omega-3s are also crucial to memory and brain function and health.
- Vitamin D and B12 are essential for overall brain health and the deficiency of these vitamins.
- Antioxidants help prevent free radicals to that brain cells are often susceptible.
- Multivitamins aid in filling in nutritional gaps and work as a nutritional insurance when you are ill or can't eat as well as you want.
- CoQ10 helps improve the cellular power, symptoms of foggy brain and energy levels. CoQ10 is also considered a natural supplement for boosting mitochondrial function and reducing inflammation in the body.

7. Balance Your Hormones

Next to natural and effective ways on how to get rid of brain fog, pay attention to improving your hormone balance, especially in women. If you are reaching to the end of your middle years, your inability in thinking may signal the start of your per menopause, which runs up to the menopause as your menstrual cycles are irregular and your estrogen hormone drops. Many premenopausal women have problem with lack of concentration. When you see the signs of per menopause such as night sweats and vaginal dryness, consider using a hormone replacement therapy for your mind and body. Besides, you can take concentration-boosting supplements to improve the condition.

8. Quit Smoking

It's boring to talk about smoking, but when it comes to ways on how to get rid of brain fog, quit it. Smoking cigarette is never good for overall health, including the brain health. It is linked to

brain aging, brain inflammation and also heart diseases. Quite smoking to prevent your brain fog daily, especially when you are getting old, then it can make your life last longer.

9. Get Rid Of Anxiety

Like stress, anxiety can make you lose concentration on thinking and taking action. Take any little positive actions for reducing psychological stress such as playing with pet, taking a warm bath, going out, joining a group, playing a new sport, practicing meditation, keeping patient and laugh a lot. Just change your behaviors and thoughts to function it in a healthy way.

10. Try Foot Reflexology

Next to a therapy on how to get rid of brain fog, try food reflexology. This treatment is to pinpoints the target body areas that utilizing the massage-based therapy for promoting the waste removal from the body and improving the general body processing. Your brain therefore also gets the benefits from this therapy.

11. Improve Your Digestion

All the body parts are linked with each other. Your digestion is also related to your brain function. A healthy nutrition and digestion is the core of vitality. Nutrition directly affects all system in your body, especially the brain. People who have nutrient-dense foods often have longer cognitive power with having stronger digestive system than those who do not.

Recent studies have found that there is an abundance of neuropeptides in the gastrointestinal tract and beneficial bacteria in the GI tracts can influence mood and brain health. Overall, your healthy digestive system is a complex process of organization and assimilation. A nutrient-dense diet with anti-inflammatory ingredients such as legumes, sprouted grains, healthy fats and green vegetables also support cognitive function and brain health. Besides, certain herbs and ingredients such as cinnamon, cardamom, galangal, pomegranate, zinc and chromium can support nutrient absorption, digestion and help eliminate brain inflammation.

12. Detoxify

Your body receives a lot of toxins and heavy metals from foods you eat and environment you live such as lead, mercury and pesticides. The pollutants may accumulate in your body and cause deadening cognitive function and inflammation over time. Detoxifying the body along with an anti-inflammatory diet and natural cleansing supplements can aid in improving your brain function. Modified citrus pectin is one of these supplements like that. It is proven to remove toxins and heavy metals in the body without harming your essential mineral levels. This solution can bind to toxins and allow them to be removed by the natural detox system in the body. Additionally, this compound binds to the inflammatory protein galectin-3 that is linked to heart disease, cancer, and other health problems.

13. Eliminate Distractions

Next to simple ways on how to get rid of brain fog fast and naturally, try eliminating all distractions around you and in your mind. If you have cognitive dysfunction, make sure that you do not engage in any conversation while doing another thing such as cooking. Make sure that music, computer, television and noise turned off or limited when you want to focus on doing a single thing.

Conclusion

Brain fogging is one of the serious health related issue in human being. This is a typical state of mental confusion, detachment and forgets fullness. However, the symptoms cause and cure is still not well known. The current work discusses about the causes, symptoms and the cure of brain fogging in humans. Insufficient sleep, excess drug usage, over consumption of alcohol, emotional stress, mental exertion and long term disease are found to be the main reason for brain fogging. The person having such state of mind may have any of the these symptoms such forgetfulness, poor memory with recalling past events, difficulty in concentrating slowness with decision making and learning new things, confusion, mixing up words or forgetting words, easily mental fatigued with moderate mental activity. The current study suggests the best cure for brain fogging is the proper counseling of the candidate. The counselor may be their parents, teachers, elders or friends.

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42. Mental Haze - Its Symptoms and Causes

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Abstract
In our daily life we feel that many times we are not capable to think very clearly. Our ability to complete mental tasks are impaired, memory is poor and even our judgment making capacity is low. This kind of state in which mind is confused and detached is referred as mental Haziness. If such type of mental destruction or Haziness is encountered frequently or more or less daily then it may lead to serious problems. Such kind of problems can be sorted out by the proper psychotherapy of the candidate. The current work aims to discuss how such kind of psychotherapy is useful for treatment of the candidate.

Mental Haze

There is no clear clinical definition of the term 'Mental Haze'. It is a common term that people use to describe an impaired mental state and for medical purposes it is often labeled as mental impairment, disorder, poor memory or an inability to concentrate. The activity of the brain is dependent on a host of factors which allows the brain to complete all of its functions.

This activity is largely due to the propagation of electrical impulses in the nerve cells that constitute the brain matter. It is therefore possible that mental haze some impairment in brain activity, coupled with the effect of an imbalance in neurotransmitters (brain hormones), impaired energy production within the brain and/or low oxygen and glucose supply to brain cells.

Meaning and Symptoms

Mental haze is like the mental symptoms you experience after missing a night's sleep or waking up with a hangover. Mental haze is not just exhaustion from poor sleep patterns or a hangover as such although it commonly arises in these situations. There is a lack of mental clarity. Many feel that it is like a haze or fog that has clouded the mental ability. You can still imagine, concentrate, remember and make decisions but it is not as clear as one is accustomed to. As with most symptoms, mental haze is largely subjective and cannot be clearly measured to isolate a specific deformity or imbalance. The symptoms of mental haze may include:

- Absentmindedness (appointments/commitments, names and so on)
- Poor memory with recalling past events
- Difficulty focused and diminished attention span
- Slowness with decision-making and learning new things
- Misunderstanding (sometimes)
- Mixing up words or forgetting words
- Easily mentally fatigued with even moderate mental activity

However, these mental haze symptoms are not the identical as learning disabilities, mental retardation, or other mental health illnesses.

Mental haze Causes

It is important to note that the symptoms of mental haze may also be seen in certain neurological and psychiatric conditions. Moreover, mental haze symptoms are common with using certain drugs and this is known as an iatrogenic cause. However, for most of us mental haze is a transient symptom or collection of symptoms. It comes up occasionally, lasts for a short period of time and usually we can clearly identify the cause. Here are some of the common causes.

Insufficient Sleep

Sleep is important for physical, psychological and emotional well being. The exact way in which sleep benefits the body is uncertain but it is known that there are a host of imbalances that arise with inadequate sleep or poor quality sleep. The period of time during which we sleep is essentially a recharging session. Therefore insufficient sleep will understandably have an effect on mental functioning which may be described as mental haze. It may also be described as a morning muzzy feeling.

Alcohol Overindulgence

Excessive alcohol consumption can impair brain working for hours or days afterwards. In chronic alcoholism, it can cause permanent changes and damage to the brain structure and its activity. Firstly mental haze is part of intoxication. The lack of mental clarity when drunk is well understood. Most of us look at mental haze following excess in alcohol as part of a hangover. However, it usually subsides with time and rest and mental clarity restores provided that there is no further alcohol intake.

Illicit Drug Use

Illicit substances act on the brain in different ways. Some of these repress nervous system activity while others stimulate it excessively for short periods of time. The nervous system disruptions vary but drugs like cocaine, MDMA and heroin causes bursts of neurotransmitter secretions temporarily. This impairs normal brain functioning despite the euphoria making a person think that their brain function has enhanced. The after effects are just as debilitating and mental haze is one of the many symptoms that can persist for day, weeks or even months thereafter.

Prescription Drug Use

A number of prescription drugs can affect brain activity as well. Often these effects are not as harsh and uncontrollable as with illicit drugs. Sedatives, tranquilizers or anti-anxiety medication, antidepressants, anti-psychotics and narcotic painkillers are probably best known for its effect on brain activity. However, similar side effects may arise with other drugs some of which are not even intended to treated nervous system conditions.

Mental Exertion

Any strenuous or prolonged mental activity that is well above the norm coupled with physical tiredness may lead to the symptoms described as mental haze. It is often easily remedies with a good night's sleep and some recreation techniques that does not involve extensive mental activity. This effect from mental exertion is not unusual but it is usually temporary. Even repeated episodes of such mental exertion usually does not lead to permanent mental haze.

Emotional strain

Emotional strain can have a range of effects on mental activity. It can be prolonged stress like continuing marital problems or a sudden emotional shock like the death of a loved one and the accompanying heartache. The resulting mental haze in these cases is directly related to the events or situation. However, occasionally past events that were emotionally taxing may have an impact many years or even decades later. Mental haze may therefore be linked to this past trauma, as is seen with childhood abuse.

Low Blood Glucose or Oxygen

An adequate supply of glucose and oxygen is necessary for the brain to function optimally. Even a momentary dip in blood oxygen and glucose can distress the brain. Therefore any condition that lowers brain glucose or oxygen levels will impact normal brain activity and give rise to mental haze. It may be seen in endocrine, cardiovascular and respiratory diseases. Poor air quality, excessive dieting, prolonged fasting and so on may all contribute to this mental impairment. It may also occur with nutritional deficiencies.

Diseases and Other Causes

Mental haze symptoms may be also be seen in these conditions but it depends on the stage and severity of the ailment.

- Anemia (severe)
- Brain diseases like Alzheimer's disease, Creutzfeldt-Jakob disease (CJD), Parkinson's disease
- Brain atrophy (any cause)
- Chronic alcoholism (Korsakoff syndrome or Wernicke's encephalopathy)
- Concussion and post-concussion syndrome
- Depression
- Diabetes mellitus (usually uncontrolled)
- Encephalitis
- Heavy metal toxicity
- Heart failure
- Hypothyroidism
- Liver disease
- Meningitis
- Post traumatic stress disorder (PTSD)
- Sleep apnea
- Stroke and transient ischemic attacks (TIA)

Conclusion

Mental haze is one of the serious health related issue in human being. This is a typical state of mental disorder, detachment and forgets fullness. However, the symptoms cause and cure is still not well known. The current work discusses about the causes, symptoms of the mental haze in humans. Insufficient sleep, excess drug usage, over consumption of alcohol, emotional strain, mental exertion and long term disease are found to be the main cause for mental haze. The person having such state of mind may have any of the these symptoms such absentmindedness, poor memory with recalling past events, difficulty in concentrating slowness with decision making and learning new things, confusion, mixing up words or forgetting words, easily mental fatigued with moderate mental activity.

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43. Mental Haze - A Precarious Inability to Use Cognitive Abilities

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Abstract
Mental haze also known as mental fog is a non medical condition which affects our cognitive abilities to do work efficiently. It covers our cognitive powers with cloudy thoughts resulting in lack of concentration, less attention span, confusions, poor memory , poor decision ability etc. In the present scenario all of us are suffering from this condition less or more. Some persons face it for short duration but if it occurs more frequently results may be intolerable. In the present paper meaning and symptoms of mental haze have been presented. Causes and remedies have also been elaborated.

Introduction:

In this aera of technological development we are enjoying lots of comforts to make our life easy and delightful. We have all type of facilities which can make us to live a smooth life. But still we face many problems to be happy. These problems are of many types. Mental haze is one of these. Mental haze is a condition when we are impaired to use our mental abilities like attention, concentration, reasoning power, focusing and decision making etc. We are in a situation where we are not able to use our mental abilities to the extent to which we are able to do so. It is like a haze or fog that has clouded our mental abilities, making us unable to use them properly. Some people elaborate mental haze as the mental symptoms we experience after missing a night's sleep. But it is not just fatigue due to missing of sleep. It is not a medical condition rather a symptoms for other medical conditions. It is dysfunctioning of our mental abilities which has the following symptoms:

- Memory is poor
- Poor decision making ability
- Inability to focus
- Lack of mental clarity
- Poor concentration
- Confusion
- Irritability
- Diminishing attention span
- Slow in learning new things
- Mixing up of words
- Trouble remembering people's names or simple words
- Feeling like you've lost parts of your memory
- Feeling depressed
- Declined Social skills

People suffering from mental haze may exhibit the above said symptoms. These symptoms may be exhibited frequently or after some time period showing there is something wrong regarding the mental abilities of the person. Care should be taken to remove these to escape from brittle conditions. For this we should know the possible causes of mental haze and remedies to remove it. So here we are discussing some possible causes and their remedies.

1. Inadequate Sleep

After doing a lot of work rest is very necessary. A sound sleep is urgent for this. It recharges us for next work. Due to inadequate sleep we face lots of imbalances and it has adverse effect on our mental functioning. So we should plan undisturbed 6-8 hours of sleep at night. The period when we sleep is the session of recharge. Sleep will refresh us physically, mentally and emotionally. One thing should be kept in mind that for sleep we should not take sleeping pills without the consultation of doctor. These pills may cause morning grogginess.

2. Consumption Of Alcohol

Relying more on alcohol may create mental haze as it may damage the functioning of nervous system. When we take alcohol at the first time, it may give the feeling of calmness and relief. But as we increase the consumption of alcohol number of free radicals in our body increases which results in mental confusion, restlessness, anxiety etc. To avoid such situation we should stop take alcohol in any form or minimize the intake quantity. After some time we will really feel that conditions are good now.

3. Use of Prescription Drug

Many of us may have some physical or mental problems. For curing we take some prescribed drugs. Although we take these after the consultation of doctor, but a number of prescription drugs like drugs of anti-anxiety, anti- depression, painkillers may affect our cognitive abilities. If you feel some cloudy thoughts after the intake of these drugs, consult your doctor regarding this. By replacement of drug, lowering your dosage, following certain precautions while taking these drugs may improve your conditions.

4. Poor Diet

When we are hungry cause may be fasting or overwork our body may lacks nutrients and vitamins. Most of the time due to hunger our body lacks sugar and brain needs glucose to work properly. Lack of glucose results in the malfunctioning of brain and we face mental haze. It is important to take diet full of nutrients, vitamins and minerals. For this we should eat fruits, plenty of vegetables, meals having proteins and healthy fat. Antioxidants and vitamins in the vegetables help us to be free from stress and improve the functioning of brain. Avoid processed and packed food.

5. Stress

In modern days all of us facing stress of different types. Stress creates such type of situation that we are unable to concentrate, focus and work uninterruptedly. High amount of stress may increase the production of cortisol which has side effects of creating mental haze. We can use stress reducing techniques like meditation, talk therapy, exercise, playing games, yoga asanas, praying etc. to deal with stress. Another important thing that can be done is to do the activities we love to do. It will produce happy hormone in our brain reducing the mental haze.

6. Dehydration

Dehydration also causes mental haze because it decreases the energy formation in brain. It affects the functioning level of our body including cognitive activities and we feel anxiety, depression and stress. Also water supply nutrients and remove toxins. If we do not drink required amount of water, our body will fulfill the requirement by taking water from other parts of body like from bones, muscles and brain. It will create many other physical problems. So it is beneficial to drink 8-10 glasses of water daily.

7. Financial Worries

Financial worries like making two ends met, debt problems, financial insecurity etc. are both cause and consequences of mental haze. If we are facing financial problems we feel stressed. Due to stress we do not take sound sleep, feel depressed and anxious, which results in mental haze. Mental haze results in inability to use our cognitive abilities to handle financial problems efficiently. If we want to break this circle we should explore saving schemes, income security schemes, learn to say no , keep some finance for emergency, discuss financial problems with your close friends for suggestions, consult some financial experts.

8. Absence of Goal

Without a goal all our activities will be like wandering aimlessly. Aimless actions will destroy our energies and powers. This would take us in the state of frustration, confusion and depression. To get out of these situations we should firstly set our purposes or goal. Purpose may be small or big. It may require short term or long term planning. Goal for the day or week may also be beneficial. It is the goal which will give direction to your actions. It will channelize your energy and help you to concentrate and focus. It would really uplift your moods.

9. Staying Unorganised

Sometime when our talents and energies are not being used properly, due to this we feel cloudy emotions. To remove this we should manage our daily activities properly. We should set our priorities. We should make the list of our daily activities and plan our time and energy accordingly. We should stick to our plans for success.

10. Social Isolation

Human beings are social animals. We enjoy and grow if we are in social settings. Feeling lonely may be a serious cause of mental haze. To raise from such conditions try to be socially active. Make good friends and improve your family relations. Involve in social activities and functions of your interest. This will feel you valued, confident and happy.

11. Physically Inactive

Physically inactiveness is a major cause of mental cloudiness as mental and physical aspects of our personality are inextricably linked. Physical exercise will help to supply more glucose, sugar and nutrients to our brain. This will make our brain to work efficiently. To make ourselves physically active join sports and indoor sports activities. Regular walk, running, cycling, gym workouts will shape our figure and brain. We should do our household work ourselves. Do not depend on others for little things. Do exercise daily. A 20-30 minute daily exercise may improve our attention, concentration, and observation etc.

12. Negative Thoughts

Negative thoughts are considered the diseases of mind. We cannot escape from these because it is natural to have negative thoughts specially when we are in problematic situations. We focus on negative aspects of things and distracts from positivity. Such situation will distract our mind, concentration and focus resulting in depression. Do not run from the situation. We can face negative

thoughts bravely with mindfulness. Mindfulness is the technique which help us to identify our negative thoughts. It helps us to concentrate and understand our thoughts and feelings. It will help us to identify and understand the way we indulge in negative thoughts. It will help us to take the steps to change our thinking and feel calm by understanding the situation more clearly.

13. Menopause and Hormonal Changes

Fluctuations in hormones may cause cognitive impairment. During menopause hormonal changes can create symptoms of mental haze like memory loss, lack of concentration, lack of clarity of thought etc. To get out from this situation some hormone supplements and medicines may be used with the prescription of a doctor. Daily exercise may also be beneficial for cognitive activities.

Conclusion: Mental haze is such a situation in which our ability to complete mental tasks are impaired. Our memory becomes poor, we lose our decision- making capacity, stress becomes the regular feature of our personality. Sometimes this situation remains for short duration but if it is occurring regularly we should take care of this situation urgently. This may be the signal of some underlying disease. We should take proper steps to eradicate this. For this some natural ways like enjoy fresh air, do 20-30 minutes exercise daily , take proper diet, do yoga, play cross-word puzzles, learn some new activities and things like new game, new language, recipe, knitting, painting, music, playing a musical instrument etc. may be adopted.

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44. Brain Fog - Causes and Remedies

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Abstract
Brain fog (Mental Haze) is the condition of an Individual when he is not able to think clearly. His /Her ability to complete mental tasks are impaired. His /Her memory is poor and decision making capacity is nil. It is a state of mental impairment, confusion, poor memory or an inability to concentrate. It is not just fatigue but it is like a haze or fog that has clouded the mental ability. However, when this impaired mental condition is a daily happening then it needs to be investigated as it may be a symptom of some underlying disease .This paper will throws light on many causes of Brain Fog and Home remedies.

Introduction

The human brain considered as the control centre of the neuro endocrine system. Subclinical brain dysfunctions can be extremely serious. It may cause a number of problems in our lives. One of the more common problems that people deal with every single day is brain fog. This is a condition where a person cannot think clearly.

In this condition the individual lacks mental clarity. The term "fog" is used because it feels as if a cloud comes over one's thought process and reduces the ability to think clearly. This may cause an individual to become extremely forgetful. It can be slowly or suddenly.

Brain fog can endure for a long time, lasting months or years.. It can be due to fast food, menstrual cycle, body temperature, activity level, sleep irregularity, stress, hydration level, exercise, and many other causes.

Severe brain fog can lead to inferior work performance among those whose career relies on a high degree of mental sharpness. Severe constant brain fog can also lead to discouragement and depression.

Causes of Brain Fog

- **Adrenal Fatigue Syndrome**

  Adrenal Fatigue Syndrome (AFS) is very common today. It reflects an imbalance of the body's neuroendocrine system. In this state symptoms are fatigue, low libido, hypoglycemia, anxiety, brain fog, constipation, insomnia, heart palpitation, and depression. During this state the entire body slows down to conserve energy as a survival mechanism. The liver slows down, metabolic clearance reduces while laboratory values continue to be normal. Internal growth of unwanted metabolites can travel to the brain, causing brain fog.

  Nutritional diet, supplements and change in lifestyle can help to improve this problem.

- **Yeast Infection**

  Candida alb cans overgrowth can produce toxic substances like alcohol and acetaldehyde, which can poison the nervous system. These factors causes brain fog.

  An individual may feel like mentally confused, although they have consumed no alcohol. Symptoms can severely worsen from eating too much carbohydrates, processed sugars, starches and fats. In severe cases, the yeast infection can reach our body parts and brain.

  During yeast die-off, individuals may experience brain fog and this is brought on by a dietary change, fasting, antibiotic therapy, or a dramatic lifestyle change.
- **Hypoglycemia**

  Hypoglycemia is known as low blood sugar, has been linked with brain fog. The glucose level in our brain can become very low. It results that our brain starves for fuel. Our brain uses a large portion of the calories we consume orally. Our muscles have the ability to store fuel, but our brain does not. Maintaining a normal blood sugar level in the brain is one of the key survival mechanisms of the body. When the brain's fuel supply varies, all organ system functions are affected.

  Symptoms of low blood sugar often occur 2-3 hours after eating and it include:

  - Confusion and forgetfulness
  - Bad temper and Anxiety
  - Fatigue and Light Headache

  NutraSweet may cause depression, panic attacks, light headache,fatigue and many other ailments. This substance can be found in thousands of products of our daily use. It is sometimes hidden in products like toothpaste, vitamins, medications, and breath mints etc.

- **Food Chemicals**

  For those who are sensitive, additives to foods, beverages, and other products can cause problems. These are known as excito-toxins. These substances can be added to drinking water, foods and common products we all use daily. One of the more common is monosodium glutamate. It is responsible for the Chinese Food Syndrome where people develop symptoms of anxiety, dizziness, or brain fog after eating foods from a Chinese restaurant.
- **Medications**

  We find a number of prescription everyday and over-the-counter drugs. These drugs have ingredients that can cause brain fog or mental confusion. Those with sensitive systems should learn to read the labels and know what they are really taking. Blood pressure medicine or heart medications or drugs for infections and glaucoma can contain irritating substances.

  Often, people take several drugs at the same time. It's difficult to predict how a combination of drugs may affect a person.
- **Nutrient Deficiencies**

  The human brain requires a number of nutrients in order to perform optimal efficiency. These include proteins, high-quality fats and starches. Our brain also need minerals and vitamins. More important are zinc, magnesium, calcium, selenium, chromium, thiamine, iodine, L-

glutamine, B6, and B12. Omega 3 fatty acids and Vitamin D are very important for good brain health.

Deficiency of B-vitamin can cause irritability, confusion, and lethargcity.

- **Infections**

  Viral infections affect our brain by toxins into the bloodstream. This results in the reduction of certain nutrients necessary for the brain. Viral titer may be normal, but a sensitive person can be affected. Such sneakiness viruses that can directly or indirectly affect the brain like Hepatitis C. I Toxins are also released by infected teeth and gums. Brain fog is also increased by Lyme disease and H. Pylori infections.

- **Mercury**

  Most fresh fish has some level of mercury. It is advisable for Pregnant women and children not to use fish. Those living near coastal regions are particularly in danger. Those who consume a diet including fish more than twice per week, may over time; toxic level of mercury in their body's increases.

  Another common source of mercury is dental fillings. A biological dentist must be careful for proper removal in these cases. Overzealous removal of mercury fillings can cause brain fog . Mercury that is released from the oral cavity travels to the central nervous system.

  Mercury is a neurotoxin. Extreme build up can lead to numerous neurological symptoms including memory loss and brain.

- **Copper**

  People who consume excess level of copper in their bloodstream may experience mood swings, confusion, or feelings of puzzleness. Their thought process may be jumbled . Women's condition just before and during their menstrual period. This time of the month is usually marked by higher cellular activity. It increases the blood level of copper.

  This problem can be worsen by using regular birth control pills. A copper imbalance can affect other areas as well, including thyroid. If people have regular migraine headaches for years with no reasonable cause, this can indicate high levels of copper.

  Most vegetarian diets are low in zinc and high in copper. These diets are repeatedly low in other essential nutrients .These nutrients are important for proper brain function. These include carnitine, taurine, B12, essential fatty acids, and others. Those who suspect they may have brain fog should avoid a vegetarian diet One portion of meat must be taken everyday.

- **Other Toxic Metals**

  Brain fog can also be caused by toxicity with other metals, such as aluminum, lead, cadmium or others. Aluminum is found in antacids, antiperspirants, soda-cans, and many cosmetics..

- **Gluten Intolerance**

  Foods that contain gluten can cause unusual reactions in the brains of those with gluten sensitivities. Gluten is a protein found in grains like wheat, rye and barley. Any type of food allergy can disturb the sensitive balance of hormones and chemicals in our brains. It results depression to schizophrenia.

- **Psychogenic Causes**

  In some cases, brain fog can be caused by mental and emotional conflict or serious trauma. For example if an individual is in a severe family conflict or accident; he might

continue to experience a condition same as post traumatic stress disorder for some months afterwards.

Individual feels detached. He can't think clearly about ordinary things. In cases like this, the individual uses brain fog as a way to reject reality. This can occur when his life isn't going well.

If the situation doesn't improve, it may warrant speaking to a licensed therapist or psychologist.

- **Other Causes of Brain Fog**

  Headaches and backaches are also caused by misalignment of the Spine. These can be hereditary or caused by trauma in an accident. When the cranial or cervical nerves are pinched or out of alignment, this may not only cause pain; brain fog is also caused due to this.

  Less quantity of oxygen to the brain is another cause. This can be due to simply not taking good deep breaths and filling lungs with fresh air daily. Most of the people sit in stuffy offices and never go outside to take deep breaths and enjoy the sunshine. Less oxygen can also be caused by blocked arteries or low blood pressure. Some other diseases such as chronic bronchitis, asthma, or emphysema will impair breathing. Excessive sweating during exercise or physical labor will often cause temporary brain fog. Thinking is affected; when sodium level is low in body.

Home Remedies

1. Take sleeps 8 to 9 hours per night.
2. Manage stress by knowing your limitations and avoiding extreme alcohol and caffeine.
3. Take Exercise daily.
4. Strengthen your brain power by solving puzzles.
5 Always find enjoyable activities.
6. Increase protein, fruits, vegetables and healthy fats in your diet.

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45. Life Style Changes to Prevent Mental Haze

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Abstract
Many a times in our lives, we are not able to think very clearly to complete mental tasks because of impaired memory, poor and low decision making capacity. This mental state in which mind gets confused and detached is called as mental haziness. If we encounter such type of mental haziness or impairment daily then, it may lead to serious mental health issues. Such type of mental problem can be sorted out by the life style changes. The present paper aims to discuss how life style changes may aid in the treatment of mental haze.

Introduction

Mental haze is *"a state of mental confusion, detachment and forget fullness*" It leads to unpaired mental state and inability to concentrate It is often described as a **cloudy headed feeling** Mental haze , synonymous with ambiguity, doubt, suspense and uncertainty is not an unusual state . It is situation of duality in one's mind. This mental obscurity is caused by lack of sufficient sleep, imbalance in neuro transmeter, less supply of oxygen to the brain, low nutrient food, over intake of alcohol, low nutrient food, over intake of alcohol, drugs, sugar mental exertion and certain long term disease.

Symptoms

Mental haze or brain fog includes symptoms of lack of concentration, mental obscurity, confusion, forget fullness. It is not a medically recognized term but is a commonly used phrase. Despite being fairly common, it is not normal, During the state of mental fog or haze one is unable to focus, foggy brain sends the signal that immediately needs attention and needs to be addressed; it also includes moodiness such as irritability , Impaired decision making and judgment , muscle weakness and dizziness.

- Poor memory in remembering past events
- Even Moderate mental activity makes mentally fatigued. Some people may feel mental sensation
  Other terms that describe the thing include mental fog, clouding of consciousness and cognitive dysfunction
- Sleep apnea
- Feeling completely drained post hard day at work place may be similar to such people.
- **Life style changes to prevent mental haze**
  Feeling of mental confusion or lack of mental clarity termed as mental haze can be prevented by adopting certain modifications in our daily life style.

Get Quality Sleep

Sleep is very important for our physical, mental and social health. There are host of imbalances that arise with inadequate sleep. Sleep is essentially a recharging session, hence inadequate session will lead to brain fog which is morning mental fuzzy feeling .7 to 8 hours of uninterrupted sleep everyday around the same time prevents form brain fogging and ensures that one is physically and mentally refreshed. Going to bed and getting up early at the same time every day, avoiding heavy meals caffeine and alcohol before bed time , removing electronic devices, making sleep environment cool quiet and calm are some life style remedies for sound sleep

Dietary Factors

- Lesson your sugar intake
- Consuming less intake of sugar is less risky than eating a lot of sugar in one bite
- Low intake of omega -3 fatty acids 2-3 times a week. Chia seeds and walnuts can be included in the diet
- Veggies are important as they contain magnesium to b vitamins; antioxidants; all are very important for brain health; so include veggies in your diet.

Water is the remedy

Hydrate regularly with minimum 2 liters of water every day. Water with electrolytes like ORS can be the best source for rehydration. Dehydration leads to Foggy Brain.

Eat Healthy carbs and cut back on packaged and Processed foods

Foods loaded with natural sugar is the important step to fix brain joy as artificial sweeteners raise inflammation, where as quality crabs in fruits and veggies do the opposite Serotonin is the hormone that is released when one needs carbohydrates and its main is role to keep us calm, confident and hopeful when Serotonin levels are too low it increases insecurity, anxiety and sadness. So to rise Serotonin levels within optimum range eat complex unprocessed carbohydrates throughout day. Consume enough protein to ensure your cover bases and help manage inflammation.

Manage Stress

Higher amounts of stress increases the production of Cortisol, which carries after math effects including feeling wired but tired, weight gain, hormonal imbalance, sexual dysfunction, insomnia depression, and anxiety Thus, to keep Cortisol in check, put aside time to practise stress eliminating techniques like yoga, meditation, exercising, reading, journaling, praying and spending quality time in nature and with your loved ones.

Stress can be combated by being lost in doing the things you love which increase the brain's production of the **'Happy Hormone'** Dopamine. Dopamine is the responsible chemical to make you feel pleasant, excited, laughing and loud; because lack of Dopamine leaves you unfocussed, bored and uninspired and learning disabilities.

Exercise in healthy way

Exercise helps combat stress, increase energy levels, Moderate and consistent exercise can help balance hormones, improve insulin resistance and get better sleep, all of that factors are crucial

for combating fatigue. But avoid overtraining and ensure that you take at least one to two rest days weekly.

Moderate and regular exercise can help balance hormones, improves insulin level and helps get better sleep. Doing exercises releases natural endorphins, boosts our stamina and lifts mood. It , further lowers inflammation , helps combat stress and increases energy levels. But workout without enough rest increases Cortisol and depletes the body of electrolytes, nutrients and energy. The type of exercise one prefers should make you happier and more energetic.

So exercise is the fantastic way to eliminate mental cure hormonal imbalance, adrenal insufficiency and chronic fatigue syndrome can all increase symptoms of brain fog. Like Poor diet, feasible sensitivities allergies stress and insufficient sleep.

In order to regain your energy levels and solve hormonal issues cure hormonal imbalance eliminate caffeine , alcohol and sugar intake Apart from this , avoid packaged food inflammatory hydrogenated oils, rather fill up on hormone ,balancing healing fats, proteins and fresh vegetables and enough reclining .

Know Your Food Allergies and Intolerances

Our digestive system is interlinked to the brain. Gut health and brain health are related. This happens because mood regulating chemical Serotonin that is a responsible factor for pleasant and positive moods is produced in the gut it also synthesizes the sizes nutrients like vitamin B^{12} which are important for the brain. Therefore, it becomes important to know which food causes you discomfort. Intake of food that you are allergic to can cause stress and impair decision making and focusing hard. So, choose your own healthy eating habits . Whatever diet you choose, ensure its nutrient properties because what goes into your mouth is also food for your brain.

Improve Mental focus with Yoga and Meditation

Yoga being the ultimate stress buster can help tone our body, enhance our flexibility at the same time improves our mental clarity and concentration It includes certain specific movements, muscle contractions, controlled breathing and attention to provide our body and mind some peace.

Take B^{12} supplement

Cognitive woes can be cured by enough intake of vitamin B^{12} for healthycell production, DNA production, energy levels and so much more.

Eat a little Chocolate

Flavanoid rich foods like dark chocolate can rescue you form mental limbo. Just take care that you don’t eat too much of dark chocolate since dark chocolate does contain sugar. Over intake of it can backfire our attempts to thwart this metal cloudiness.

Improve Gut health

With regard to gut health, intestinal permeability, or leaky Gut or an imbalance of gut microbiota can increase inflammation, there by contributing to brain fog. To prevent microbial imbalance or Dysbiosis, probiotics can also be great at help to modify inflammation.

Vitamins, Herbs and Supplements

Lack of nutrients in the body also affects our level of mental haze. Omega essential fatty acids are found in high concentration in the brain. General studies have found that taking multivitamin, dietary supplements can come for rescue. If you have met your brain's basic nutritional needs but still aren't feeling mentally sharp try supplements and herbs designed to boost brain power.

Go Easy on Yourself

Always accept that we can't control everything in our life. We can't do things ever time perfectly. So give yourself a favour and stop over thinking keep sense of his humor. Laughter goes a long way towards making you feel relaxed.

Do Catharsis

If things are bothering you in over way, talk to family, friends, a trusted clergyman, doctor or a therapist. Listen closely to what you are thinking. If giving yourself a wrong message, change it to a positive one.

Extract Time for Hobbies

Try to do something every day that makes you feel good and enjoy. It doesn't need ton of time just 20-30 minutes will do; Relaxing hobbies includes things like reading, solving puzzles, reading etc.

Conclusion

In bottom line, it's summed that brain fog or mental haze is a catch-all phrase used to describe up feelings of fuzzy thinking, metal confusion and lack of focus. Metal haze sometimes is caused due to poor lifestyle factors like diet, stress lack of sleep and exercise, underlying health conditions or may be due to side effects of medication. One has to be proactive about
adopting a brain healthy and medication because No one cares about our brain as much as man do to be brain fit.

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46. Mental Haze as Anxiety Center

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Abstract

In this article, we'll look at what mental haze is, what increases your risk of experiencing it, and how you can manage it, so that it doesn't affect your well-being and productivity. Mental haze is a symptom of another medical condition. It involves memory problems, a lack of ***mental*** *clarity, and an inability to focus. This article also raises awareness of the roots and causes of mental conflict, and it provides people with the necessary skills and knowledge how to cope up the mental conflict As we know the prominent and most observing symptom of mental haze is anxiety. Anxiety is an acute condition. Many of the symptoms of anxiety are physical: There is muscle tension, there is rapid heartbeat, there is sweating, and more. Arguably all symptoms of anxiety are mental haze symptoms - even physical symptoms - because they're caused by the way your brain is interpreting information, So anxiety playing a central role to cause a significant amount of disruption in mental block.*

Introduction

Our mind is more complex than our body. This is probably the reason why we often forget to understand the mind. We understand body pain easily and we start treatment soon, but often ignore the pain of the mind, and when we feel the pain of the mind, it is too late it occurs. And they change into a mental disease and our behavior becomes abnormal to normal. Gradually, the people around us begin to tell us about these changes Most people do not even have the time to understand the mind in today's race-filled life.

It is frequently asserted that duality in mind has become a major feature of modern living, There is no clear clinical definition of the term mental haze. A **mental haze** is an uncontrollable suppression, or repression of painful or unwanted thoughts/memories.

It is a common term that people use to describe an impaired mental state and for medical purposes it is often labeled as mental impairment, confusion, poor memory or an inability to concentrate. The activity of the brain is dependent on a host of factors which allows the brain to complete all of its functions.

Sych Ronization of Mental Health

We can synchronization mental haze with these words clouding of consciousness, brain fog, mental fog, duality of mind, blockness of mind, mental impairment.

Anxiety Centerdness Of Mental Haze

Anxiety is a much stronger, more fearsome force—one that never goes away.

The American Psychological Association (APA) defines anxiety as "an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure."
Mental haze is thought to be a principal cause of psychological distress and anxiety. mental anxiety ' when you are under a lot of pressure', or 'when things are getting on top of you' and the severe condition is 'when you think you can't cope' and have too much strain put on you and you don't have the resources to deal with it .
Following is the list of life events that occurs rarely in any one's life. These events reflects greater degree of level of mental haze experienced by people in their day -to- day life.

Life Events and Daily Hassles

- death of spouse
- divorce
- marital separation
- jail term
- death of close family members
- personal injury or illness
- marriage
- fired at work
- marital reconciliation
- retirement
- not enough time
- too many things to do
- troubling thoughts about future
- too many interruptions
- misplacing or loosing things
- social obligations
- concern about standards
- concerned about getting ahead
- to many responsibilities

With a bit of planning and showing yourself compassion and understanding, there are some effective ways to cope up with mental anxiety. While it's frustrating, remember that in most cases it's only temporary.

- Use lists, reminders and calendars. Keep some of these tools, such as a calendar, in a prominent spot and develop a routine for using it.
- Use baskets to quickly get organized – They can be a swift and effective way to put related items, whether flare-up items, medications or simply your bathroom products, into one place. They look tidy and also are easy to keep tidy.
- Use medication boxes – these have the time and day printed on each compartment within the box so you know when to take your meds, as well as if you have already taken a dose. Vital for safety if your mental thought hampers with this.
- If you have a doctor's or other kind of appointment, ensure everything is ready the night before. It can be useful to write out a check-list of what you need leave the house with. Medications, heat wraps, cushions and supports, any of the things that help you live and cope with pain.

- You can also place a check-list on the inside of your door so you do not forget anything when leaving your home.
- Put the items you need and use every day near to your bed, if mostly bedridden, or simply in the same place if housebound or with limited mobility.
- Always keep items you use regularly such as your keys in the same place .
- Use your flare-up tool-kit (free when you sign-up to the newsletter) and put everything you need to help you make it through your flare in the same place/in a flare-up tool-kit box.

- **Give Up Being A Great Multi-Tasker-** There's more and more evidence that multitasking is actually counterproductive because our brains can really only focus on one task at a time. Concentrate on one task at a time and focus on getting it done. This will not only reduce the amount of time you spend on a single task, you're also going to do a better job and it will give you a sense of accomplishment.
- **Give Meditation or Mindfulness a Try-** While both mindfulness and meditation are buzzwords right now, trying to keep a regular meditation practice , just sit with your mind and body at rest. The regular practice of these techniques will give you the tools to manage mental anxiety when it strikes and also will help you cultivate more compassion for yourself.
- **Rest and Get Proper Sleep -** A lack of real downtime and a full night of sleep is only going to make mental haze symptoms worse. Try and develop a night time routine that helps you to shut things down and get into bed at a decent time.
- **Take a Look at Your Diet and Nutrition-** It seems that diet and nutrition can be linked to a multitude of mental illnesses, including anxiety and depression, and what you eat can have a direct impact on how your brain functions. It may be that there are certain foods making your brain operate at less than full capacity.
- **Look at the Side Effects of Any Medications-** Many antidepressants, antianxiety and antipsychotic medications can have side effects that make mental anxiety worse. If you've recently started a new medication, give yourself at least a full week to see if symptoms improve. You may want to make notes about how you're reacting to a medication, especially if your ability to concentrate or remember things is affected. Talk to your doctor about these side effects, especially if they're impacting your ability to function . Exercise/Physical ActivityExercise is not just about getting fit. The overwhelming majority of those that experience anxiety do not engage in enough physical activity, and many experts believe that this is one of the issues that causes anxiety. Physical activity improves the immune system, releases calming neurotransmitters (known as endorphins), tires the muscles, and burns away stress hormones. It's incredibly important for controlling stress and anxiety, and incredibly important for coping.

- Several herbal supplements you can consider to help you cope with anxiety. Chamomile, Kava Kava, Valerian, Passionflower, all produce sedation/relaxation without side effects. Always talk to a doctor though before starting any herbal anxiety treatment.

- Meditation and Yoga: Both meditation and yoga have the potential to improve your ability to cope with stress. They teach healthier breathing, and poor breathing is one of the issues that makes anxiety symptoms worse, especially during anxiety and panic attacks. Many people believe the spiritual qualities of meditation and yoga are also helpful for curing anxiety.
- Learning to think positive is also an important step in learning to cope with your anxiety. It may sound a bit "new age," but the truth is that anxiety really does cause very negative thinking. There are ways to train yourself to think positively, including faking positivity, writing in a positivity journal, and spending time with more positive people. These really will have an impact on your ability to cope with stress.
- Learning to Accept It: It's also important that you accept your anxiety rather than run away from it. Anxiety may cause you to have fears - but many people also fear anxiety, and that fear can actually make your anxiety works. Learn to talk about it openly, and don't try to hide when you're suffering. The more you're able to find your anxiety less intimidating, the easier it will be for you to overcome

Be patient with yourself and develop your own toolkit of strategies that work for you and your situation.

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47. Yoga- A Practical Guide to Eradicate Mental Haze

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Abstract

It is a known fact that the standard of living of the people all over the world is improving considerably, thanks to the enormous contributions made by science and technology in recent years. When there is an improvement in the material wealth of the people, the stress and strain of the mind also increases. That is why, in the incidence of stress disorders are also increasing at a very fast rate. Therefore, in order to lead a happy and prosperous life with utmost harmony in the society, Yoga can play an important role throughout the world. In fact, Yoga is defined as science of mental control. It not only helps to control the mental state, but also helps to improve the personality and behavior, if it is practiced regularly from the childhood, In middle and old age groups, if appropriate yogic practices are continued it will bring activeness and energies and also brings harmonious development of body, mind and soul.Thus, for maintaining a good mental health, one should adopt all the types of yogic practices.

Mental Haze is a state of Duality, when mind is not thinking so clearly. We feel mentally impaired, Memory is poor and even not in a state of taking accurate decisions. This situation hangovers the mind. It resembles to lack of mental clarity, difficulty in concentrating, slowness of decision making, confusion, consciousness is foggy. When this impaired mental state is a daily occurrence then it needs to be investigated further as it may be a symptom of Anxiety, Stress and Depression.

Mankind had always tried to attain peace and happiness through whatever means that it can easily get. The urgency of getting an ideal method of attaining such a mental peace has become great, in view of the tremendous increase in the stress and strain of life in people, specially living in urban areas. The rapid industrialization and urbanization leading to excessive crowding, too much of competition, excessive hurry and worry are some of the important factors which ultimately lead to mental and physical changes. Initially, a man tries to adapt himself to face such a strain. However, if such a situation is allowed to continue for a long the person fails to adapt himself and then he starts getting the manifestations of psychosomatic changes one by one. At first he gets psychic changes such as irritability, nervousness, sleeplessness, haziness, foggy mind etc. If the process is not recognized and checked in time he gets some additional

manifestations such as palpitation, increased pulse rate, rise of blood pressure etc. As these changes continue, he ultimately became a victim of one of the psychosomatic stress disorders and mental haze.

What is most alarming is that the incidence is still increasing and is affecting more and more of younger generation.

It is gratifying to note that more and more powerful drugs are being invented and marketed for the benefit of such patients. However, use of such powerful drugs has its own drawbacks, such as drug dependency, drug addictions, and toxic manifestations if used for a long time.

Hence, in recent years there has been an intense search for non-medical measures not only to have control over these diseases, but also to prevent the development of all these disorders. Man would like to mould his psychosomatic apparatus in such a way that he can boldly face the situation of mental haziness, the stress and strain of modern life without much difficulty.

If we look into the ancient past of mankind, one can easily search and find out some of the methods described by the earlier philosophers, sages and spiritual leaders for maintaining tranquility of mind. Amongst them, Yoga seems to be the earliest and the most effective method for providing peace and tranquility of mind. By Yoga and other similar practices people attain mental peace.

Yoga shows the way out of the complexities and problems of life and holds the key to eradicate Mental Haze.

In fact, Yoga is defined as science of mental control. It not only helps to control the mental state, but also helps to improve the personality and behavior, if it is practiced regularly from the childhood. In middle and old age groups if appropriate yogic practices are continued it may delay the aging and degenerating process, with the result, the person may remain active and energetic for a considerably longer period of life. Yoga tries to re-educate the patient to alter his habitual reaction pattern, develop a coping mechanism and thus holds the key to eradicate mental haze. Yoga was the first system in the world to recognize the connection between the body and the mind.

"Man is what his mind is.'

Thus, for maintaining a good mental health, one should adopt Yoga Therapy.

Yoga-therapy has three steps; (i) Yogic Diet; (ii) Yogasans; (iii) Proper knowledge of things which are inextricably connected with the life of an individual.

Yogic Diet:-

Worry, depression, and unholy thoughts produce dark layer at the surface of the mind. Yogic diet aims at harmonious development, physical, mental and spiritual. A yogic diet increases efficiency and stamina. We should eat to live and not live to eat.

The corner-stone of diet is balance. Care should be taken to eliminate those items from the daily intake which are considered harmful in case of a particular disease. The most common items of diet for almost all patients of therapeutic yoga are fruit, salad, leafy vegetables, green vegetables, pulaos. Some basic principles of eating; to eat slowly, to eat only 75% of the capacity; to eat at least 2 hours before bed time at night; to avoid drinking water while eating; not to eat hot, spicy, fried and roasted food, to avoid coffee, tea and tobacco in any form and finally to avoid alcohol,

should be followed by them who accept Yoga-Therapy. It is said hunger is the best sane. We must eat when we are hungry.

Yogic diet is Sattvic diet and lays stress on fresh, simple, wholesome and nutritious diet. It is non-alcoholic, natural, non-stimulating, health building and energy-producing food. The famous saying of Hippocrates, "The food shall be thy remedy" is true for all ages and for all men.

Asans:-

Asans are psychic exercises for mental discipline. These are effective in puring the mental impurities.

Asan is the intentional pre-planned, systematic scheme of bodily movements and manipulations practiced regularly for health and vitality. Yogasans are suitable for everyone, as they need the will to practice and some initial training under the supervision and guidance of an expert Yogi.

In Yoga purification of the body and the mind is very essential. The Yogi is particularly concerned with the inside of his body. It is essential to gain control of the breath. When the whole system of nadis which is full of impurities, is cleaned, then the Yogi is in a position to conserve the Prana. By removing the impurities of the nadis, one can be restrained according to one's wish. Mastery of some techniques is essential to go ahead with purification of the system in a facile and effortless manner.

Asana implies a posture in which one can remain steady, calm and comfortable physically and mentally. The great sage Pantanjali has defined Asan "Sthiram Sukham Asanam"

If pure physical exercises have only a physical effect on the muscles and bones, Yogasana aims at the harmonious development of body, mind and soul. Different asans have different effects on the organs of the body.

The functioning of the digestive or circulatory systems affect directly the entire nervous system. Pure and proper supply of blood to the brain improves memory, alertness, mental attitude, and revitalization of all the faculties.

Asans must be practiced regularly and punctually with faith, determination and tenacity and without any interruptions and distractions. If is much convenient and hygienic to practice asans in the morning, first washing and cleaning your teeth and mouth, evacuating the bowels and taking bath. Taking a bath before or after practicing asans has soothing and refreshing effect. Bath should be taken with cold water or lukewarm water in accordance with age and seasonal conditions. Asans should not be done with tight dresses or garments on the body. Spectacles, watch, rings, waist belts, boots, braziers, sandals, boots should be removed while doing asans. Asans should be done with an empty stomach and never immediately after a meal. Asans may be practiced in a quiet, calm, clean and a secluded place preferably on the bank of a lake, river, a mountain in the field, or in a garden with fresh air. In unfair or in an unpleasant weather, the asans may be done in an airy room or verandah free from mosquitoes, files, ants and bugs. The asans should be practiced on a folded blanket or soft carpet or cushion or a folded rug laid on the floor. During the practice of asans and the Pranayama no strain or stress or jerk should be felt in the facial muscles, ears and eyes. The body should remain active and the mind watchful and free from any unholy thought, care and worry. While doing asans, breathing should be done through nostrils and never through mouth. After doing each asan, rest must be taken for a couple of minutes. After completing all the asans, Shavasana must be done for at least ten minutes. This will give soothing effect and remove all fatigue and strain, physically and mentally.

Meditative postures for conditioning the Mind:-

Sukhasana

Sukhasana, while confronting the mental haziness, is the easiest asana to practice for a beginner. This asan leads to mental conditioning. The very name indicates 'ease' and therefore steadiness. People who are used to sitting on chairs may have difficulty in initial stages but for all others it is one of the easiest postures to adopt and practice. It is sometimes called "sitting-tailor fashion". This asana develops mental and physical potential.

Vajrasana

This asan brings tranquility to the Mind. It also cures the state of nervousness. Vajra implies diamond. As the name suggests, this asan makes the body as graceful and strong as diamond. It is the prayer pose of the Muslims and the Meditative poise of the Buddhists.

Padamasana

Padamasana is a unique pose for meditation, worship and prayer. It increases the Psycho-physical energies. It helps in proper functioning of the circulatory system. This asana also develops the mental and physical stability and cure dyspepsia. This is a comfortable asan for the ease and comfort of the mind.

Parvatasana

This asan cures the nervous debility. It is extremely useful for attaining the powers of concentration and removing tension.

Fish pose

Fish pose asan is a tool to combat anxiety.

Headstand (*Salamba Sirsasana*)

This advanced posture is an inversion and balancing posture. Through this asana, we find mastery in conquering fear through strength.

Shavasana

This increases the sensation of relaxation and alerts us to hidden areas of tension by using the contrast between forceful tension and relaxation.

Yoga practices done with breath awareness, pranayama and meditation can help to bring calmness of the mind. This is an excellent asan for complete physical, mental and spiritual relaxation and refreshment. Tension, irregular breathing or faulty breathing can cause many diseases. Rhythmic breathing in shavasana is highly beneficial for the body and mind. This asan removes all mental tension, stress and strain. This asan when performed correctly gives peace, tranquility and relaxation to body and mind.

Proper Knowledge:-

We should always remember the advice of the greatest, brightest and wisest sage Patanjali "The young, the old, the extremely aged, even the sick and the infirm obtain perfection in yoga by

constant practice. Success in yoga is not obtained by mere theoretical study, or talking about it, or reading the sacred texts. Constant practice alone is the secret of its success."

Lack of adequate knowledge about life, environment and society gives rise to diseases and disorders. Yogic literature, rich in thought and content, is at the disposal of the people to lead them to a proper understanding of life which is the best and greatest gift of God to mankind.

Vivekanand says "It is imperative that all these various yogas should be carried out in practice. Mere theories about them will not do any good. First, we have to hear about them, then we have to think about them. We have to reason the thoughts, impress them on our minds and we have to meditate on them, realize then until at last they become our whole life."

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48. Cognitive Impairment - A Road to Mental Haze

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Abstract: *Mental haze is described as feelings of mental confusion or lack of mental clarity. It is also called as brain fog because it can feel like a cloud that reduces the ability to think clearly. It can cause a person to become forgetful, detached and often discouraged and depressed. Mental haze is not recognized as clinical diagnosis because it is not easy to test for it. It is quite subjective. The person just knows that he does not function well, and the mind often seems foggy or cloudy. It affects thousands of people, including children as well as adults. It contributes to school and work problems, low self-esteem, accidents, unhappy relationships and often is a factor in crime and delinquency because it can cause intense frustration and inability to function well in society.*

Mental haze

The position of mind, when a person cannot think very clearly. The person's ability to complete mental tasks is impaired, memory becomes poor and even decision-making capacity becomes reduced. This short-term impairment is known as Mental Haze. It is the period when thoughts in mind becomes so complex that the situation of confusion arises. It is also called BRAIN FOG or mental fog.It is the common state of impairment of mind. It is often called as mental impairment, confusion, poor memory or inability to concentrate. This leads to incompleteness of functions of brain. It mostly occurs after missing a night's sleep or waking up with a hangover. It is the position of lack of mental clarity.Brain fog, foggy head can come and go rarely, occur frequently, or persist indefinitely. For example, you may feel foggy headed once in a while and not that often, feel it off and on, or feel it all the time. In it, foggy head may precede, accompany, or follow an escalation of other anxiety sensations and symptoms, or occur by itself. It can precede, accompany, or follow an episode of nervousness, anxiety, fear, and elevated stress, or occur 'out of the blue' and for no apparent reason. The hazed head can range in intensity from slight, to moderate, to severe. It can also come in waves, where it's strong one moment and eases off the next. It can change from day to day, and/or from moment to moment.

A person feels like a haze or fog which has clouded his mental ability. He can think, concentrate, remember and make decisions but it is not as clear as it must be. The symptoms of mental haze are general forgetting of appointments, commitments, names or numbers; poor recalling of past events; difficulty in concentration; lowered attention span; slower decision-making power; decreased learning of new things; more or less confusion; mixing of words; quick mental tiredness even with moderate mental activity etc.

Causes of mental haze

- Severe anemia
- Brain diseases like Alzheimer's disease, Creutzfeldt-Jakob disease, Parkinson's disease
- Any cause of brain atrophy
- Chronic alcoholism
- Depression
- Diabetes mellitus
- Encephalitis
- Heavy mental toxicity
- Heart failure
- Hypothyroidism
- Any disease of liver
- Meningitis
- Traumatic stress
- Sleeplessness
- Stroke and transient ischemic attacks

Cognitive impairment

Cognitive impairment is the loss of intellectual functions such as reasoning; memory loss; making decisions, and other neurological abilities that is severe enough to interfere with daily functioning. It is also called as cognitive dysfunction. It reduces the brain functions like thinking, remembering and reasoning of sufficient severity to interfere with daily functioning. Persons suffering from cognitive impairment or cognitive dysfunction have trouble with verbal recall, basic arithmetic, and concentration.

Cognitive impairment ranges from mild to severe. With mild impairment, people may begin to notice changes in cognitive functions, but still be able to do their everyday activities. Severe levels of impairment can lead to losing the ability to understand the meaning or importance of something and the ability to talk or write, resulting in the inability to live independently.

Cognitive impairment leads to mental haze

While age is the primary risk factor for cognitive impairment and mental haze, other risk factors include family history, education level, brain injury, exposure to pesticides or toxins, physical inactivity, and chronic conditions. Individual may reduce the risk of mental haze by keeping physical activity and maintaining healthy cholesterol and blood sugar levels. However, some causes of mental haze are related to health issues that may be treatable, like medication side effects, vitamin B12 deficiency, and depression. So, it is important to identify people who are showing sign of cognitive impairment, that lead to mental haze, to ensure that they are evaluated by a health care professional and receive appropriate care or treatment.

An action for now

More than 16 million people in the United States are living with cognitive impairment and in India it is approximately double. But the impact of cognitive impairment is not well understood. The knowledge of assessment of cognitive impairment is vital for developing or maintaining effective policies and programs to address the needs of people living with cognitive impairment.

The imminent growth in the number of people living with cognitive impairment will place significantly greater demands on our systems of care. There are more than 10 million family members providing unpaid care to a person with a cognitive impairment, a memory problem or a disease like Alzheimer's disease etc. Much more in-home or institutional care and unpaid assistance by family and friends will be needed in the future as the numbers of those with Alzheimer's disease and other forms of cognitive impairment grow.

The increasing economic burden and growing demand for care because of cognitive impairment pose a serious challenge to our states and nation unless steps are taken now to address these problems: -

- State health departments can gather more state data to understand the impact, burden, and needs of people with cognitive impairment.
- States should consider developing a comprehensive action plan to respond to the needs of people with cognitive impairment, involving different agencies, as well as private and public organizations.
- Comprehensive systems of support should be expanded for people with cognitive impairment, their families, and caregivers.
- Additional training is needed for health professionals to detect cognitive impairment in its early stages and help patients with multiple conditions manage their care.

Failure to address these needs now will have serious consequences for the millions of people affected by cognitive impairment as well as state agencies providing care and services to this population.

Action to be taken by policymakers

Cognitive impairment needs to be addressed with a comprehensive and coordinated approach,as it is a road which leads to mental haze. The condition will continue to impose an increasing economic burden on states, families, and individuals unless action is taken now. As a legislator, you play a crucial role by exploring policy changes and initiatives that will expand research, increase support, and ultimately, improve conditions for people living with mental haze and their families. Some potential strategies include the following recommendations: -

- Establish a legislative task force to study cognitive impairment and mental haze in your state.
- Support the development and implementation of a state mental haze action plan or address the needs of individuals living with mental haze in existing state action plans.
- Check to see if your state is collecting information to assess mental haze in your state.
- Encourage your state health agencies to consider the needs of community-dwelling people with mental haze in their policies and programs.
- Support state-level collaboration and expansion of home- and community-based services to better serve the needs of individuals with mental haze.
- Encourage collaboration and pooling of resources, starting with wraparound community projects, to assist individuals living with mental haze and their family caregivers.
- Support training for people in the health and human services fields.

Conclusion

As the body ages, one's memory can slowly start to fade and momentary lapses of confused thinking can become more common. This is a natural process but in some cases, mental haze can be accelerated by certain situations or conditions. Understanding the common causes of mental haze is essential for maintaining good health practices that will keep the brain clear-thinking and healthy for as long as possible. Mental haze can be caused by a range of factors. In all cases, getting to the heart of what causes the mental haze is the key to overcoming this debilitating condition. Mental haze is often a controllable condition, if one is able to determine the underlying causes of it. Some activities that may help reduce the mental haze include good sleep, quit smoking and drinking, eat healthier diet, reduce stress, increase antioxidant intake etc.

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49. How Brain Fog Affects Life

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Abstract:
Brain fog is a collection of symptoms such as forgetfulness, lack of mental clarity, confusion and inability to focus. It's not a clinical term and is also referred to as mental fog, clouding of consciousness. Brain fog is not just fatigue from poor sleep patterns or a hangover as such although it commonly arises in these situations. There is a lack of mental clarity. It is like a haze or fog that has clouded the mental ability. You can still think, concentrate, remember and make decisions but it is not as clear as one is accustomed to.

Brain fog may be observed in

- Forgetfulness (appointments/commitments, names and so on)
- Poor memory with recalling past events
- Diminished attention span and lack of focus.
- Poor decision-making and learning new things
- Confusion (sometimes)
- Mixing up words or forgetting words
- Easily mentally fatigued with even moderate mental activity

Brain Fog Symptoms

- Fatigue and low energy (including chronic fatigue syndrome)
- Irritability
- Inability to concentrate
- Poor working memory and executive function
- Poor ability to memorize things
- Impaired ability to process new information and delayed processing
- Confusion
- Low motivation
- Mental confusion
- Wandering thoughts; inability to sustain a train of thought
- Disorientation

What are the causes of brain fog

There are number of explanations for why brain fog occurs. Once you identify the underlying cause, you can start fixing the problem. Here are six possible causes

1. Hormonal Imbalance

Hormonal imbalance can also brain fog. Levels of the hormones progesterone and estrogen increase during pregnancy. This imbalance can affect memory and cause short-term cognitive impairment.

2. Stress

Chronic stress can increase blood pressure, weaken the immune system, and trigger depression. It can also cause mental fatigue. When your brain is over exerted, it becomes harder to think, reason, and focus.

3. Medications

If you observed brain fog while taking medication, talk with your doctor. Brain fog may be known side effects of the drug. Lowering your dosage or switching to another drug may trigger your symptoms. Brain fog can also occur after cancer treatments. This is referred to as chemo brain.

4. Lack of sleep

Poor sleep quality can also determine with how well your brain functions. Aim for 7 to 8 hours of sleep per for brain recharge. Sleeping too little can lead to poor concentration and cloudy thoughts.

5. Diet

Diet plays a important role in brain fog. Vitamin B-12 supports healthy brain function, and a vitamin B-12 deficiency can bring about brain fog. If your sensitive & allergic certain foods brain fog may develop after eating certain foods. Possible culprits include:

- MSG
- Aspartame
- Peanuts
- Dairy

Removing trigger foods from your diet may improve symptoms.

6. Medical conditions

Medical conditions related with inflammation, fatigue, or changes in blood glucose level can also cause mental fatigue. For example, brain fog is a symptom of chronic fatigue syndrome, which involves persistent fatigue for longer than six months.People who have fibromyalgia may experience similar fogginess on a daily basis.

7. Drug Dependence

Excessive alcohol consumption can impair brain functioning for hours or days afterwards. In chronic alcoholism, it can cause permanent changes and damage to the brain structure and its activity. Initially brain fog is part of intoxication. The lack of mental clarity when drunk is well understood. Most of us look at brain fog following an overindulgence in alcohol as part of a hangover. However, it usually subsides with time and rest and mental clarity restores provided that there is no further alcohol intake.Illicit substances act on the brain in different ways. Some of these suppress nervous system activity while others stimulate it excessively for short periods

of time. The nervous system disruptions vary but drugs like cocaine, MDMA and heroin causes bursts of neurotransmitter secretions temporarily. This impairs normal brain functioning despite the euphoria making a person think that their brain function has improved. The after effects are just as debilitating

8. Mental Exertion

Any strenuous or prolonged mental activity that is well above the norm coupled with physical fatigue may lead to the symptoms described as brain fog. It is often easily remedies with a good night's sleep and some relaxation techniques that does not involve extensive mental activity. This effect from mental exertion is not uncommon but it is usually temporary. Even repeated episodes of such mental exertion usually does not lead to permanent brain fog.

9. Insufficient Sleep

Sleep is important for physical, mental and emotional well being. The exact way in which sleep benefits the body is unclear but it is known that there are a host of imbalances that arise with inadequate sleep or poor quality sleep. The period of time during which we sleep is essentially a recharging session. Therefore, inadequate sleep will understandably have an effect on mental functioning which may be described as brain fog.

10. Emotional Stress

Emotional stress can have a range of effects on mental activity. The resulting brain fog in these cases is directly related to the events or situation. However, sometimes past events that were emotionally taxing may have an impact many years or even decades later. Brain fog may therefore be linked to this past trauma, as is seen with childhood abuse.

11.Low Blood Glucose or Oxygen

An adequate supply of glucose and oxygen is necessary for the brain to function optimally. Even a momentary dip in blood oxygen and glucose can affect the brain. Therefore any condition that lowers brain glucose or oxygen levels will impact normal brain activity and give rise to brain fog. Poor air quality, extreme dieting, prolonged fasting and so on may all contribute to this mental impairment. It may also occur with nutritional deficiencies.

12. Brain Fog and Diet

There are many other possible sources for brain fog. However, The most common ones that wouldn't be diagnosed by your doctor.

If you get brain fog after eating, then you must look more carefully at your diet

Other conditions that brain fog include:

- Anemia
- Depression
- Diabetes
- Migraines
- Alzheimer's Disease
- Hypothyroidism
- Autoimmune Diseases Such As Lupus, Arthritis And Multiple Sclerosis
- Dehydration

The effect of an imbalance in neurotransmitters (brain hormones), impaired energy production within the brain and/or low oxygen and glucose supply to brain cells.

How Brain Fog Effects Life and Remedy

The most common causes of brain fog are lectin and food sensitivities. Lectins are plant proteins that induce an immune response. People with lectin sensitivity will most often experience inflammation in their gut, joints, thyroid, and brain fog. In some cases, people are allergic to specific proteins or foods and they're fine.

However, lectins are not the only problem in food.

Some common triggers of inflammation are:

- **Lectins** (every food has lectins, but we can be sensitive to different lectins)
- **Gluten** (wheat, spelt, rye, barley, and oats)
- **Casein** (all dairy products)
- **Amines**
- **Yeast** (in gluten-free breads)
- **Food additives** like carrageenan (in rice milk, almond milk, etc.)

Caffeine

You can be allergic to any other food as well. Egg and fish allergies are quite common, so pay attention to them.

Remedy

You should try out the Lectin Avoidance Diet, which can help with brain fog.

1) Brain Fog and Sleep

Not sleeping well is another common cause of brain fog. If you suffer from sleep apnea, that is most likely be the cause of your brain fog. Sleep apnea causes (lack of oxygen) at night, which increases oxidative stress [R].Even if you don't have sleep apnea, Lack of sound sleep is still a significant cause of brain fog, Sleep loss increases oxidative stress in the hypothalamus, by the loss of glutathione [R].People with morning brain fog should particularly watch out for this. Adequate sleep in my book means getting the amount of sleep you'd get if you didn't have an alarm clock.

Remedy

- Doing a sleep study and check how much sleep you're getting.
- Improve the ways, place to get sound sleep to cure mental haze.

2) Brain Fog and Infections

Science is increasingly becoming aware of the link between various autoimmune conditions and infections – usually earlier in life.

When someone as healthy their whole life and suddenly comes down with brain fog after an infection, an effort should be made to identify and get rid of the infection. In the case of viral infections, you should take steps to control it.

Infections can cause chronic inflammation and oxidative stress, leading to brain fog.

a) Bacteria

If you can identify that you have a bacterial infection, then targeted drugs such as antibiotics would be a better option than herbs.

b) Fungal Infections

Candida comes from an immune deficiency. Environmental triggers include refined carbs, stress, low stomach acidity (could be from antacids), and antibiotics.

Remedy

Anybody with brain fog after antibiotic treatment a particularly stressful period should look into Candida as being the cause.

People with Candida or bacterial infections will often have a chronic type of brain fog Candida and bacterial infections can usually be cured through conventional and alternative means.

3) Brain Fog and Hormonal Imbalance

A deficiency of hormones such
as pregnenolone, progesterone, melatonin, hormone, oxytocin, DHEA, testosterone, estrogen

Brain injuries from car accidents, being in the military, being a competitive athlete, fighting (professionally or not) or any kind of hit to the brain can lead to low hormones. If you've received head blows from any source, you must check your hormones.

Remedy

- The most common, *fundamental* causes of low hormones are generally chronic inflammation, circadian imbalances, sleep problems, or chronic stress.

4) Brain Fog, Leaky Gut, and Dysbiosis

With regard to gut health. An imbalance of your gut microbiota ("gut dysbiosis") can increase inflammation, thereby contributing to brain fog. To prevent microbial imbalance or dysbiosis, the gut needs the right ingredients to work well (like prebiotics), which is also why the right foods matter. Probiotics found curd yeast etc can also be great at helping to modify inflammation.

Remedy

- Consume leafy greens
- Probiotics intake

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50. Spontaneous ways to remove Brain Fog

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Brain fog is an inability to really punch through. It is a Vague sense of what we are trying to retrieve but can't focus on it and the efforts to harness the thought can be as draining as physical activity. Brain fog can linger on for hours several days, sometimes even weeks. In our daily life we feel that many times we are not able to think very clearly. Our ability to complete mental tasks are impaired, memory is poor and even our decision making capacity is low. This kind of state in which mind is confused and detached is referred as brain fogging or mental Haziness. This paper is aimed at the spontaneous ways to remove brain fog. Brain fog can be defined as "a stage of mental confusion, detachment and forget fullness". Sometimes it is described as an unpaired mental state and inability to concentrate. The main reason of brain fogging include missing night sleep, imbalance in neurotransmitter (brain hormone), impaired energy production within the brain or low oxygen/glucose supply to brain cells leading to hangover which causes lack of mental clarity. So Brain fog is majorly subjective and cannot be clearly measured to isolate a specific abnormality and imbalance

Brain Fog & Its Causes

Symptoms of brain fog can also be seen in certain neurological conditions. Brain fog is common with using certain drug and hence known as iatrogenic cause. Not Enough Sleep is important for physical, mental and social well being .There are host of imbalances that arise with

Inadequate sleep. The period of time during which we sleep is essential a recharging session Hence inadequate sleep will lead to brain fog, which is described as morning fuzzy feeling.

Drug Dependence Excessive alcohol can impair brain functioning. Chronic alcoholism can cause permanent damage to the brain. Drugs like cocaine, MDMA and heroine causes bursts of neurotransmitter section .This impairs the normal brain functioning despite the euphoria making a person think that their brain function has improved. Over Mental work any prolonged or strenuous mental activity that the above the norm coupled with physical fatigue may lead to brain fog. (Deak MC, Stickgold R2010) Emotional Stress prolonged emotional stress like marital process or sudden shock like death of loved ones and the accompanying grief can lead to brain fog.(Bou-HolaigahI,Rowe PC,KanJ,Calkins H 1995)

- Brain fog symptoms: Sleep apnea
- Post traumatic stress disorder (PTSD)
- Liver disease
- Hypothyroidism

- Heart failure
- Depression
- Anemeia
- Brain disease like Alzheimer's disease,Creutzfeldt-Jakob disease, Parkinson's disease
- Encephalitis
- Diabets mellitus
- Heavy mental toxicity

Remedy for morning muzzy feeling (foggy mimd,groggy). There are different terms to describe brain fog.Ligh the addends or confusion, difficulty in concentrating or reasoning Hence there is no single word to describe this sensation accurately .Often we use different terms like muzzy or groggy feeling or a foggy mind. If you find yourself constantly feeling fatigued, distracted, moody and just plain "off," you're likely dealing with some sort of "brain fog." A high percentage of people suffer from nutrient deficiencies, sugar overload, a lack of sleep and high amounts of stress, all of which deplete energy levels. The brain relies on a steady stream of vitamins and minerals, amino acids, essential fatty acids, and glucose from complex carbohydrates, in addition to getting enough rest and relaxation.

A Good Night Sleep Everyday

7-8 hours of uninterrupted sleep everyday around the same time prevents from brain fogging sleep ensures that you are physically and mentally refreshed. There are some remedies for sound sleep: Avoid Nighttime Disturbance –Here are few tips to avoid nighttime Disturbances:

- Ensure that we are sleeping in a quiet and cool environment.
- Bedding and sleeping clothes should be comfortable.
- Prevent waking at night to urinate (Nocturia): Empty your bladder completely before bedtime and keep the fluid intake to a minimum about 2 to 3 hours before sleeping. If you also use other sedatives or narcotic prescription medication likes opioid painkillers.

Do not depend upon stimulants: It is said that" what goes up must come down". Same goes with mental and physical state when you use stimulant. Nicotine and caffeine may give you a short time boost but it is not the solution for the morning muzzy feeling infect it may worsen the problem. Use an anti- snore Pillow: Snoring is one of the following which can affect sleep. Use an anti – snore pillow even if you are not snoring this pillow even if you are not snoring this pillow can help in maintaining airways which may assist to some extent to mild sleep apnea. Consider a mild-day nap: If you did not have 7 hours of sleep reseeding night then go for short power naps. Drink more water during the day: The muzzy or groggy feeling can always help in recovering from muzzy feeling. Water is not only the solution .Water with electrolytes like oral Rehydration solution (ORS) can be the best source for rehydration. Eat a good breakfast: Breakfast is the most important meal of the day .it provides fuel to get if you also use other sedatives or narcotic prescription medication like opioid painkillers. Do not depend upon stimulants : It is said that" what goes up must comedown". Same goes with mental and physical state when you use stimulant. Nicotine and caffeine may give you a short time boost but it is not

the solution for the morning muzzy feeling .Infact it may worsen the problem. Use an anti- snore Pillow: Snoring is one of the following which can affect sleep. Use an anti – snore pillow even if you are not snoring these pillow even if you are not snoring these pillow can help in maintaining airways which may assist to some extent to mild sleep apnea. Consider a mild-day nap: If you did not have 7 hours of sleep reseeding night then go for short power naps. Drink more water during the day: The muzzy or craggy feeling can always help in recovering from muzzy feeling. Water is not only the solution .Water with electrolytes like oral Rehydration solution (ORS) can be the best source for rehydration. Eat a good breakfast: Breakfast is the most important meal of the day.It provides fuel to get through the day.

If we want to address brain fog it starts with the underlying issues, including your diet, stress levels, sleep and level of physical activity.

Symptoms of Brain Fog

Suffering from brain fog is basically the opposite of feeling level-headed, calm, optimistic and motivated. Brain fog can easily rob you of inspiration and happiness, while increasing the likelihood for symptoms of anxiety and depression. It's likely that brain fog is rooted in a lifestyle that promotes inflammation and hormonal imbalances and is exacerbated by stress.

Brain fog symptoms usually include:

- low energy or fatigue (including chronic fatigue syndrome)
- irritability
- trouble concentrating
- headaches
- forgetfulness and trouble remembering information
- low motivation, feeling hopeless or mildly depressed
- anxiety
- confusion
- trouble sleeping through the night or insomnia
- difficulty exercising

If you do regularly get good sleep but still struggle with brain fog symptoms like ongoing fatigue and low motivation, chances are this might have something to do with the quality of your diet. Deficiencies, coupled with sugar, alcohol, refined carbohydrates and caffeine overdose can majorly impact brain function. On a cellular level, brain fog is believed to be caused by high levels inflammation and changes to three primary hormones that determine your mood, energy and focus: Dopamine, Serotonin and Cortisol. Cortisol is often called the body's primary "stress hormone," since it helps keep you awake and alert, while dopamine and serotonin help keep you joyful, motivated and calm.

Spontaneous Ways to Prevent Brain Fog

1. Watch Your Sugar Intake

Cut back on packaged and processed foods that are loaded with sugar, in addition to many other artificial and harmful ingredients like artificial sweeteners .This should be the first step to fixing brain fog. Sugar might make you feel energetic and happier at first, but ultimately your sugar addiction robs you of steady energy and focus. Refined sugar raises inflammation, quality carbs

from things like fruits and veggies do the opposite. Serotonin is the hormone that's released when you need carbohydrates, and its main role is to keep you calm, hopeful and confident. When levels of serotonin fall too low (perhaps from a very low-carb diet), increases in feelings of vulnerability, insecurity, sadness and anxiety can set in. Focus on filling up on brain foods that improve focus and memory things like sweet potatoes, yams, fruit, raw dairy and ancient grains are all good sources of serotonin-boosting carbs.

2. Get Enough Protein and Healthy Fats

We all require a steady supply of amino acids and essential fatty acids in order to make all of the brain chemicals we need to think clearly. Protein deficiency is caused a lack in certain amino acids, specifically the kinds that are called "essential amino acids," because the body cannot make them on its own. Complete proteins are food sources like meat, dairy products, fish and eggs that supply all the essential amino acids we require, and these are the best way to keep the brain pumping out enough of the hormones that support a positive mind-set. We also need plenty of healthy fats to produce adequate happiness hormones and fight inflammation. Similarly, to low-carb diets, low too.

3. Bust the Stress

It's tough to go more than a few hours without an influx of "stressors" like emails, texts and cell phone calls. This becomes distracting, tiring and makes it hard to work uninterrupted for any extended period of time. High amounts of stress increase the production of cortisol, which has side effects including feeling "wired but tired," weight gain, suffering hormonal imbalances, sexual dysfunction, insomnia, depression, and further anxiety. In modern-day society, to keep cortisol in check, most people need to regularly put aside time for practicing "stress-reducing techniques," particularly since chronic stress can kill your quality of life. These can include praying, meditating, exercising, journaling, reading and spending more time in nature.

4. Get good Sleep

One of the fastest and more reliable ways to improve brain function is to get better sleep. The hormones in your brain stay in balance when your body gets adequate rest every night, at least seven hours for most adults. You're also better able to manage your hunger, food cravings and emotions when well-rested, which can benefit your weight and health in multiple ways. Brain because this raises cortisol levels, which means you can become more irritable

5. Workout in a Healthy Way

Exercise lowers inflammation, helps bust stress and increases energy levels, but too much poses risks for hormonal imbalance and even more fatigue. For most people, moderate and regular exercise can help balance hormones, improve insulin resistance and help you to get better sleep, all of which are important for fighting fatigue. Exercise releases natural endorphins, boosting your stamina and lifting your mood. But at the same time, overexerting yourself without enough rest increases cortisol and depletes the body of electrolytes, nutrients and energy. That's why it's vital to get the appropriate amount of rest between workouts.

6. Hormonal Imbalance

Low thyroid function, adrenal insufficiency and chronic fatigue syndrome can all increase symptoms of brain fog. These hormonal imbalances are mostly caused by the same factors as inflammation: a poor diet, possible sensitivities and allergies, stress, and not enough rest.

In order to regain your energy and solve underlying adrenal or hormonal issues, adjust your diet to balance hormones naturally and also aim to cut back or eliminate caffeine, alcohol and excess sugar or "white carbohydrates."

7. Address Any Unknown Food Allergies or Sensitivities

When people suffer from a food sensitivity but don't cut out all sources from their diets, they experience gut-related damage that affects brain function. These can cause significant changes in the gut micro biota — which is problematic because your overall health depends heavily on the health of your gut. Nearly every cell, tissue and system in the body, especially the gut-brain connection.

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51. Stress - Major Factor for Mental Haze

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Abstract:

Imagine you have left to see a friend. Your mind get foggy and you start losing your sense of direction or you are going to do a big presentation, you prepared and practiced well. Suddenly someone brings in a snacks with triggering aroma, you are slacked off and scrable hard to remember the prepared words and the entire foundation of knowledge is lost. This is mental cloudiness or fogginess. Reasons may be a lot but one major factor that contributes a lot in mental haze is stress. When brain is confronted with extreme stress; some changes take place. The paper focuses on stress as factor for mental haze and low it cans bemanaged

Mental Haze or Brain fog can be defined as "a stage of mental confusion, detachment and forget fullness". Sometimes it is described as an unpaired mental state and inability to concentrate. Causes of brain fog is not clear yet many hypotheses tried to explain the causes. (R. Atkins, 1894). The main reason of brain fogging include missing night sleep, imbalance in neurotransmitter (brain hormone), impaired energy production within the brain or low oxygen/glucose supply to brain cells leading to hangover which causes lack of mental clarity. Moreover, it is reported in the literature that propagation of electrical impulses in the nerve cells that constitute the brain may be also the reason. Other causes include insufficient sleep, over consumption of alcohol, illicit drug use, mental exertion, emotional stress, long term disease. stress become major factor for mental haze. now the question arises what stress is.

SHAIMA (1995) "Stress is force tending to deform a system".
The word 'Stress' is defined as the status of psychological upset or disequilibrium in the human being caused by frustration conflicted and other internal as well as external strain and pressures. Now-a-days, everyone seems to be talking about stress.

Stress is defined as state of psychological upset or disequilibrium in the human being caused by frustration, conflicts and other internal as well as external strain and pressures. Man is ventured to study the stress in great detail since he is aware that his survival may depend on his ability to deal with it or get out of it.

Stress symptoms commonly include a state of alarm and adrenaline production, short-term resistance as a coping mechanism, and exhaustion, as well as irritability, muscular tension, inability to concentrate and a variety of physiological reactions such as headache and elevated heart rate. Stress is a feeling that's created when we react to particular events. It is the body's way of rising to a challenge and preparing to meet a tough situation with focus, strength, stamina, and heightened alertness.

The events that provoke stress are called stressors, and they cover a whole range of situations everything from outright physical danger to making a class presentation or taking a semester's worth of your toughest subject. The human body responds to stressors by activating the nervous system and specific hormones. The hypothalamus signals the adrenal glands to produce more of the hormones adrenaline and cortical and release them into the bloodstream. These hormones speed up heart rate, breathing rate, blood pressure, and metabolism. Blood vessels open wider to let more blood flow to large muscle groups, putting our muscles on alert. Pupils dilate to improve vision. The liver releases some of its stored glucose to increase the body's energy. And sweat is produced to cool the body. All of these physical changes prepare a person to react quickly and effectively to handle the pressure of the moment.

Ellis (1999) "Stress is a feeling of tension that is both emotional and physical it can occur in specific situations".

TYPES OF STRESS

There are many types of stress:-

1. **Acute stress**:-Acute stress is the most common type of stress. It's your body's immediate reaction to a new challenge, event, or demand, and it triggers your fight-or-flight response. As the pressures of a near-miss automobile accident, an argument with a family member, or a costly mistake at work sink in, your body turns on this biological response.

   Acute stress isn't always negative. It's also the experience you have when riding a rollercoaster or having a person jump out at you in a haunted house. Isolated episodes of acute stress should not have any lingering health effects. In fact, they might actually be healthy for you, as these stressful situations give your body and brain practice in developing the best response to future stressful situations.

   Severe acute stress such as stress suffered as the victim of a crime or life-threatening situation can lead to mental health problems, such as post-traumatic stress disorder or acute stress disorder.
2. **Episodic acute stress:-**When acute stress happens frequently, it's called episodic acute stress. People who always seem to be having a crisis tend to have episodic acute stress. They are often short-tempered, irritable, and anxious. People who are "worry warts" or pessimistic or who tend to see the negative side of everything also tend to have episodic acute stress.

   Negative health effects are persistent in people with episodic acute stress. It may be hard for people with this type of stress to change their lifestyle, as they accept stress as a part of life.
3. **Chronic stress:-**If acute stress isn't resolved and begins to increase or lasts for long periods of time, it becomes chronic stress. This stress is constant and doesn't go away. It can stem from such things as:
   - poverty
   - a dysfunctional family
   - an unhappy marriage
   - a bad job

Chronic stress can be detrimental to your health, as it can contribute to several serious diseases or health risks, such as:

- heart disease
- cancer
- lung disease
- accidents
- cirrhosis of the liver
- suicide

Other types of stress like Management stress and occupational stress are there.Occupational stress is stress at work. Stress related with a job or occupation is called occupational stress.Stress is defined in terms of its physical and physiological effects on a person (or thing). Stress is mental, physical or emotional strain or tension or it is a situation or factor that can cause this.

But stress doesn't always happen in response to things that are immediate or that are over quickly. Ongoing or long-term events, like coping with a divorce or moving to a new neighborhood or school, can cause stress, too. Long-term stressful situations can produce a lasting, low-level stress that's hard on people. The nervous system senses, continued pressure, may remain slightly activated and continue to pump out extra stress hormones over an extended period. This can wear out the body's reserves, leave a person feeling depleted or overwhelmed, weaken the body's immune system, and cause other problems.

Effects of stress

Stress is considered as an involuntary response to a dangerous situation. When we face a situation which our brain is incapable of handling, it puts the body on alert by producing hormones which are required in fight or flight situation, which are:

Mental brainfog or Mental Haze

• Increased blood pressure.
• Rapid heartbeat.
• Reduced blood supply to the skin.
• Cessation of digestive activities.
• Increase perspiration.
• Additional release of sugar and fast into the system to coup up with the additional energy requirement.
• Decrease in immune system's functions to preserve it for later action.

All these actions are a perfect requirement if we come across a physically stressful situation, like being attacked by a large predator, but most unbefitting in a classroom scenario.

All these actions which are mentioned above have a very long lasting negative effect if these stressful situations are to become frequently occurring feature. They may lead to the

Following serious and even fatal conditions:

• Depression and anxiety.
• Alcoholism.
• Drug dependency.
• Congenital heart diseases.
• Stress related Diabetes.

Stress is main factor to start many types of problems related to our life. overall we can say that stress leads to mental haze.

How to Overcome Stress to Avoid Mental Haze?

Most people have experienced mental fog. It's often described as a **"cloudy-headed"** feeling. Common conditions include poor memory, difficulty focusing, and struggling with articulation. Overworking, multitasking, or substance abuse (i.e. alcohol) can cause this foggy feeling.

1. Change Your Diet

Brain fog can be caused by foods in your diet. Countless people are unaware of a mild food allergy. Food allergies can start at any age or be triggered from poor gut health, such as autoimmune disorders and at large leading to mental haze.

2. Take supplements

Try taking a supplement try it free here help you stay focused and mental alert. Antioxidants are another key component for a healthy brain. Foods rich in antioxidants are able to fight off oxidative stress. Vitamin D and Vitamin B complex supplements are essential for cognitive function. These compounds supply the body**.**

3. Sleep more

Sleep is a critical component for a healthy, waking reality. It is necessary for your mental and physical health. Regulating and maximizing your sleep will improve attention, memory, and mood**.** Lack of sleep has severe health consequences and too much sleep is also bad for your health. While common sense tells us that 8 hours of sleep is the right amount,

"You really can make up for lost sleep and restore focus and clarity. You can lose the brain fog within a week. But start now; the longer you have bad sleep, the longer it will take to catch up."– Dr. Epstein, medicine

4. Exercise

Exercise is a fantastic way to eliminate mental fog and stress. Working out opens your blood vessels, gets your blood flowing, and increases oxygen levels. This drastically improves your body's ability to perform, physically and mentally. Research suggests that exercise actually boosts the brain's cognitive flexibility. Even walking for 40 minutes, 3 times a week, can increase brain health.

5. Chill out

In today's world, our lives are pretty hectic and often full of stress. Most of us don't take time to chill out. The science of stress is well documented as the deadly hormone that hurts the body and weakens of the immune system. Stress can also lead to brain fog.

6. Detox

Modern living means high exposure to toxins from our environment. Cleaning supplies, upholstery, and clothing contain toxins that can hinder cognitive function. Chemicals for

maintaining the lawn, furniture, and cars also contain toxins. These toxins build up in your liver, kidney, and throughout the body.
Heavy metals are toxins commonly found in water, air, and food.

7. Eliminate Your Triggers

Figure out what are the biggest causes of stress in your life.Is it your job,your commute,your schoolwork?If you are able to identify what they are,see if you are able to eliminate them from your life,or at least reduce them.
If you cannot identify the main causes of your stress,try keeping a stress journal.Mke note of when you become most anxious and see if you can determine a pattern,then find ways to remove or lessen those triggers.

8. Talk about Your Problems

If things are bothering you,talking about them can help lower your stress.you can talk to family members,friends,a trusted man,your doctor or a therapist.You can talk also to yourself.It is called self-talk and we all do it.But in order for self-talk to help reduce stress you need to make sure it is positive and not negative.So listen closely to what you are thinking or saying when you are stressed out.If You are giving yourself a negative message,change it to a positive one.

9. Make Time For Hobbies

You need to set aside time for things you enjoy.Try to do something every day that make you feel good,and it will help relieve your stress.It does not have to be a ton of time even 15 to 20 mintues will do.relaxing hobbies include things like:
Reading
Knitting
Doing an art project

Conclusion

In a nut shell,There are plenty of factors why a person may experience ‘mental naziness or mental cloudiness’.when a healing brain is confronted with extreme stress,some changes take place;The parts of brain that control rational thought,learning and memory may temporarily shut off.offcourse, Mental confusion is a common side effect of depression.Mental fog can be confusing and scary,but if learn to understand our strengths and weakness,we can still lead a fulfilling life.stress can be managed through various lifestyle,modifactions and positive thinking.it is likely that brain fog is rooted in lifestyle that promotes inflammation and hormonal imbalances and is exacerbated by stress.

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52. Ways to Eradicate Mental Haze Naturally

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Abstract

In our life there are occasions we feel that we are not able to think or focus on things too much clearly. Our ability to finish mental tasks is imperfect, memory is less and our decision-making capacity is also low and weak. This kind of state of mind is called Mental Haze. Mental haze also known as Mental Haze is one of the serious health related issue in human being. . Insufficient sleep, excess drug usage, over consumption of alcohol, emotional stress, mental exertion and long-term disease are found to be the main reason for mental haze. You can still think, concentrate, remember and make decisions but it is not as clear as one is accustomed to. A large percentage of population suffers from deficiencies in important nutrients, sugar overload, lack of sleep and stress, as a result of which decrease their energy levels. So there are some natural ways to end this mental haze which are discussed in this article.

Natural Ways to End Mental Haze

1. Keep Sugar Intake under control and get healthy diet

Avoid those foods which are loaded with sugar and other artificial and harmful sweet products. Sugar can make you feel energetic and happy, but at last your sugar addiction decreases your energy and focus. Being very low in natural sugar and carbohydrate intake can be harmful and increase mental haze. Try to intake food which increase focus and memory- things like sweet potatoes, fruit, raw dairy and grains are all good sources of boosting carbohydrates. Dependence on fast food to keep energy up can lead to long term health problems. All sources of proteins are foods like meat, dairy products, fish and eggs that supply all the necessary amino acids. We also need healthy fats to produce enough happiness hormones. Similarly to low carbohydrates diets, low fat diet creates risks too. High sugar level is caused by imbalance in fatty acids and is linked to depression, weight gain and other disorders. Protein and healthy fats like coconut and olive oil, and seeds are the best way to make sure you cover your needs and help to improve health.

2. Avoid stress through yoga

Stress can kill the quality of your life. It weakens the immunity system of our body. Stress also disturbs our sleep cycle. It can also cause hair loss and heart problems. It can result in weight gain. Digestive of our body can be impaired by stress. So it is necessary to reduce as much stress as possible. Stress reducing activities may include prayer, meditation, exercise, reading and spending maximum time with nature. Stress can also be reduced by doing things that you like, which increases the production of the happy hormone in brain. Stress in brain decrease every time you do or experience something exciting, like trying a fun activity, laughing, spending time

with people you like or busy in hobbies. You should also do yoga to get rid of stress and use your mind freely.

3. Quality of sleep

Brian fog is also caused by lack of sleep which means you can become more irritable and may find it even difficult to get good rest through the night. Due to not sleeping well the body does not get proper rest and is tired as a result. When experiencing stress you can practice breathing deeply, read a book or listen to music to relax your mind. One of the fastest and more reliable ways to improve brain function is to get good sleep. The hormones stay in balance in your brain when your body gets proper rest every night, a minimum of seven hours for most adults. You can manage your hunger and emotions better when you are well rested, which can be of great benefit to your health. Getting right amount of sleep is extremely important in order to have a healthy life.

4. Exercise in a Healthy Way

Exercise decreases the level of stress in the mind. Exercise also strengthens the muscles of the body and keeps the body healthy. Exercise can be done to burn fat, increase strength as well as stamina and get fit. Exercise should be done regularly in order to get its benefits. Exercise lowers sugar level and increases energy levels, but too much exercise increases risks of hormonal imbalance and fatigue. For most people, moderate and regular exercise can help balance hormones. Exercise releases natural painkiller in your body, boosting your stamina and your mood. You should do the type of exercises that make you happy and more energetic. In order to avoid overtraining but still get all the benefits of exercise make sure you take at least one or two rest days weekly and avoid forcing yourself to do any exercise you hate.

5. Be aware of any food allergies

When people suffer from a food allergy but often do not remove all the sources of allergy from their diets, they experience some problems that effects brain function. Food allergies can be harmful for the body and in some cases even fatal. In order to find the source, help of a doctor should be taken. The advice of the doctor should be followed to find out the source of the allergy. Food related problems affect almost each and every function of the body. Nearly every system in the body, especially the gut brain connection, suffers from sensitivity. A new diet should be considered if you have not yet experimented with diet.

6. Relax with the help of meditation and music

Our lives are chaotic and often full of stress. Most of the people do not take time to relax properly. The science has documented stress as a dangerous hormone that hurts the body and weakens the immunity system. Stress can also lead to mental haze.

Meditation- Meditation can decrease stress level, lower blood pressure, and improve our overall health. It increases mental awareness as well. Factors such as hearing, vision, and blood pressure have been studied by researchers amongst meditation practitioners and found meditation resulted in younger physiological testing.

Music- Listening to music is known to reduce stress levels. Classical music has been shown to slow down heart rate, and lower blood pressure. Music can also give relief and increase self-esteem.

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53. Mental Haze: Stimulants and Preventive Measures

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Abstract
We overall experience days when we are not prepared to think clearly. Our ability to complete mental errands are incapacitated, our memory is poor and even our essential administration confine isn't what it ordinarily is. For a substantial bit of us, this is a transient shortcoming that we by and large imply as cerebrum fog or mental fog. Regardless, when this crippled mental state is a consistently occasion then it ought to be inspected further as it may be a sign of some essential ailment. The present paper discusses the causes, symptoms and the cure of brain moistening in individuals. It also suggests the best cure for mind right of passage is the right coordinating of the candidate.

Mental Haze

Mental haze or Brain fog can be characterized as "a phase of mental disarray, separation and overlook completion". Now and again it is depicted as an unpaired mental state and powerlessness to think. Reasons for mind mist isn't clear yet numerous theories endeavored to clarifies the causes. (R. Atkins, 1894). The primary reason of cerebrum hazing incorporate missing night rest, unevenness in neurotransmitter (mind hormone), hindered vitality creation inside the cerebrum or low oxygen/glucose supply to mind cells prompting headache which causes absence of mental clearness. In addition, it is accounted for in the writing that engendering of electrical driving forces in the nerve cells that constitute the mind might be likewise the reason. Different causes incorporate lacking rest, over utilization of liquor, illegal medication utilize, mental effort, enthusiastic pressure, long haul malady.

Stimulants of Brain Fog

1. **You Are Eating the Wrong Foods:** One of the main things you may think when your cerebrum gets foggy is "Would it say it was something I ate?" What's more, regularly you'd be correct.
   Here is a portion of the numerous ways the sustenance you eat could be behind your fluffy reasoning.

a. **Sugar**: Low cerebrum glucose prompts mind haze, temperament swings, touchiness, tiredness, mental perplexity, and debilitated judgment. Incessantly high blood glucose levels prompt insulin protection and diabetes, both of which have been connected to Alzheimer's

b. **Low-Fat Diets:** Your mind is to a great extent included fat, around 60% by dry weight, and low-fat eating methodologies have been as awful for our brains as they've been for our waistlines

c. **Food Allergies:** Consuming foods you're allergic or sensitive to can certainly put you in a mental fog. Most of the people get two-thirds of their calories from wheat, corn, and soy, and these are among the most common food allergies. The other top allergy-causing foods are dairy, eggs, shellfish, peanuts, and tree nuts if your gut is sensitive to it.

d. **Dehydration:** Your mind is 75% water by volume and even gentle drying out will influence your capacity to think plainly. It takes just 2% drying out to influence your consideration, memory and other psychological aptitudes.

2. **Nutritional Deficiencies:** Perhaps you as of now eat healthy, yet your reasoning is still fuzzy. Your mind needs all fundamental supplements to work easily, yet a few lacks will probably show themselves as brain fog.

a. **Vitamin B12 Deficiency:** If your memory is poor or you're in a constant state of brain fog, you may have a vitamin B12 deficiency. This is one of the most common vitamin deficiencies, affecting an estimated 40% of adults.

b. **Vitamin D Deficiency**: Vitamin D can lift your mood, banish brain fog and depression, improve memory, and increase problem-solving ability.

3. **Lack of Quality Sleep:** Sleep is basic to the way your mind works in both the short and the long term. At minimum 40 million people experience the ill effects of more than 70 different sleep disorders. If you have cerebrum haze, you might be one of them. It's amid rest that you solidify recollections so you can recall what you realized the earlier day.

4. **Physical Inactivity:** Physical exercise increases endorphins and gets more glucose and oxygen flowing to the brain. Recent research shows that physical exercise may be the single most important thing you can do for the health and function of your brain.

5. **Toxins in Your Home:** Toxins are lurking in your home, in the water you drink, and the air you breathe because we live in a sea of untested and unregulated chemicals and these chemicals stew can cause brain fog, fatigue, and memory loss.

6. **Perpetual Stress:** Perpetual stress leads to anxiety, depression, poor decision making, insomnia, and memory loss. Too much of the stress hormone leads to a surplus free radicals — unattached oxygen molecules — that damage brain cell membranes, causing them to lose normal function and die.

7. **Underlying Health Conditions:** We began with unhealthy way of life factors that reason brain fog since everybody needs to eat and rest, and faces some worry in their lives. Be that as it may, for some individuals, a hidden well being condition is the underlying driver of their intellectual issues.

Some Health Conditions That Cause Brain Fog

- ADHD
  - Adrenal fatigue
  - Anxiety
  - Brain injuries
  - Depression
  - Diabetes
  - Hepatitis C
  - Heavy metal toxicity
  - Heart disappointment
  - Hormonal imbalances
  - Liver infection
  - Multiple sclerosis
  - Seasonal allergies

Preventive Measures of Brain Fog:

1. **Change Your Diet:** You will maintain a strategic distance from the greater part of the brain fog causes said above by limiting handled nourishment and eating genuine food. By "food" Pollan implies things that your progenitors would perceive as nourishment — vegetables, natural product, nuts, beans, meat, eggs, and fish — NOT the processed foods that make up the greater part of things in the supermarket.

2. **Brain Supplements for Brain Fog:** On and off chance that you've met your brain's fundamental nutritious needs yet at the same time aren't feeling rationally sharp, you might need to attempt a supplement for boost brain power. Here are some brain supplement ingredients that are specifically good for addressing brain fog- Arctic Root, Citicoline, Magnesium, Vinpocetine etc.

3. **Sleep More:** Sleep is a basic part for a solid, waking reality. It is vital for your psychological and physical wellbeing. Managing and boosting your rest will enhance consideration, memory, and state of mind. Lack of sleep has severe health consequences and too much sleep is also bad for your health. While common sense tells us that 8 hours of sleep is the right amount, some people only require 6 hours for ideal performance. Find out what the right amount of sleep is for you by tracking your nightly sleep.

4. **Exercise:** Exercise is a fabulous method to wipe out mental haze and stress. Working out opens your veins, gets your blood streaming, and expands oxygen levels. This radically enhances your body's capacity to perform, physically and rationally. Research proposes that activity really supports the brains's subjective adaptability. Even walking for 40 minutes, 3 times a week, can increase brain health. Aerobic exercises and exercising in the morning seem to be the most beneficial for brain health and memory.

5. **Detox:** Bowel toxicity or candida contamination expects detoxification to cure brain fog. This includes fasting, drinking a lot of water, and changing your eating routine. It might

likewise be glucose related. In any case, the vast majority of these diseases expect detox to diminish indications. Lessening mental fog runs as one with changing your eating routine.

6. **Meditation:** The best pressure lessening method that offers noteworthy included brain benefits is meditation. Meditation can make you more joyful, more astute, and stronger to life's high points and low points. Standard meditators encounter enhanced concentration and focus, greater creativity, stress reduction, and better sleep.

Conclusion

Mental haze is one of the veritable prosperity related issue in person. This is a regular state of mental perplexity, detachment and ignores consummation. In any case, the signs cause and cure is so far not eminent. Lacking rest, excess sedate usage, over use of alcohol, energetic weight, mental exertion and whole deal disorder are seen to be the crucial clarification behind cerebrum moistening. The individual having such point of view may have any of the these appearances such diversion, poor memory with assessing past events, inconvenience in concentrating continuousness with fundamental administration and adjusting new things, confuse, mixing up words or neglecting words, easily mental depleted with coordinate mental activity.

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54. Mental Haze and Its Causes

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Abstract
Many a time in our life we feel that we are not able to think very perspicuously.Our memory starts to fade and momentary lapses of confused thinking can become more common. Our ability to accomplish mental tasks is imperfect, memory is reduced and we can feel disorganized to put thoughts into words and our decision making power is also diminished. This kind of state of mind is called Mental Haze i.e. there is abnormality in the regulation of consciousness. Mental haze (also known as Brain fogging) is one of the serious health related issue in human being.Mental Haze is also known as mental fatigue. It can be mild or severe. It is actually a mental confusion which can attack any time without any previous warning. Many feel that it is like a haze or fog that has clouded their mental consciousness. You can still think, concentrate, remember and make decisions but it is not as clear as one is accustomed to. Understanding the common causes of mental haze is essential for maintaining good health and to keep the brain clear thinking.Stress, loneliness, multiple sclerosis, depression, aggression, materialistic perspective, chronic fatigue syndrome, perfectionism are found to be the main reason for brain for mental haze.

Meaning of mental haze:
When we find our-self constantly feeling fatigued, abstracted, moody and just plain "off," we're likely dealing with some sort of "mental haze" or "brain fog." Brain fog has become an unwanted side effect of our fast-paced lifestyle. This isn't a medical condition in itself but rather a collection of symptoms that may underlie other medical conditions. Other terms that describe the same thing include 'mental fog', 'clouding of consciousness' and 'cognitive dysfunction'.

Mental Haze sign and symptoms:
- Confusion
- Detachment
- Forgetfulness
- Inability to concentrate
- Lack of decision making power
- memory deficiency;
- feeling unmotivated

Causes of mental haze:

- **Stress:** this is most common and powerful problem these days. Stress can negatively affect the bodyand sometimes it cause very serious problem like lack of sleep, lack of concentration which automatically cause mental haze or brain fog. Stress can be felt in two ways; one is during severe problem like when we lost someone special and other one is normal everyday stress which is the main reason of mental haze or fatigue.
- **Multiple sclerosis:** this disease affects your central nervous system and changes your brain "talks" to the rest of your body. People suffering from this disease have memory issues, attention disorders, language disorders or language problems. Many persons having multiple sclerosis experience changes in their ability to make decisions and to process and remember information.
- **Loneliness:** While solitude is soulful, loneliness can be painful.Loneliness is the absence of imperative social relations and lack of affection in current social relationships. Loneliness is one of the main indicators of social well-being. Loneliness is caused not by being alone, but by being without some definite needed relationship or set of relationships. We function best when our social needs are met. It make easier for us to stay motivated to meet the various challenges of life. In fact, there are evidences supporting the fact that when our need for social relationship is not met, we fall apart mentally and even physically. Depression is also a disease of loneliness. In adults, loneliness is a major precipitant of depression and alcoholism. Loneliness destroys the quality and efficiency of sleep and lack of sleep is a root cause of mental haze. In this way loneliness create stress in our mind and make our consciousness more doubtful and cloudy.
- **Perfectionism:** everybody wants to be perfect. It is not harmful if it is taken to certain limits. It can cause more damage if it is not taken to an extreme. It could do more damage than good when we strive for unfeasible goals. So when we are unable to achieve them, this may affect our views about life and we may find our life, relationships and interaction not satisfying. And our mind may not accept the reality that we are unable to achieve that goal and a state of conflict occurs. Which will ultimately leads to mental haze.
- **Chronic Fatigue Syndrome:** this is a condition in which your body and mind are tired for a long time and subsequently causing forgetfulness, confusion and lack of concentration.
- **Aggression:** anger is a powerful emotion. If it is not handled appropriately, it may have devastative results for us. Uncontrolled aggression can lead to arguments, fights, stress and self harm. Decision making power is also reduced when we are in a state of aggression. Most of the decisions lead to wrong path which are taken in aggression. In fact aggressionreduces our ability to see the positivity in our life, make us uncertain about our goals and create confusion about what should be done. And thus leads to fickleness in our life.
- **Depression:** Depression is a real illness that impacts the brain. Depression is more than just feeling "down". Depression is a constant sense of hopelessness and despair. It is combination of symptoms that interfere with the person's ability to work, study, sleep, eat and enjoy once pleasurable activities. It also includes sadness, thoughts of suicide, withdrawal from social activities, appetite changes etc. many a time depression is a cause as well as affect of loneliness which affects our body and brain's normal functioning especially the thought process. So depression is also one of the contributing factors of mental haze.

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55. Mental Mist- Its Identification, Consequences and Treatment

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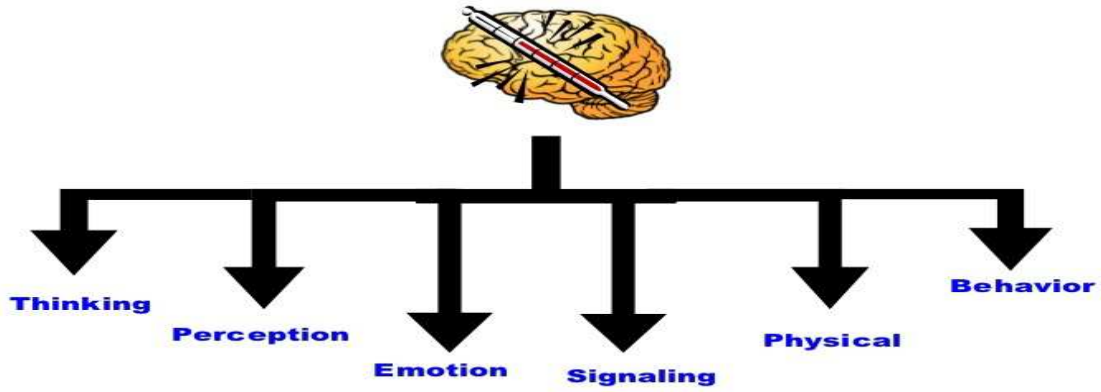
Abstract:
We as a whole ordeal days when we are not ready to think obviously. Our capacity to finish mental errands are disabled, our memory is poor and even our basic leadership limit isn't what it normally is. For a large portion of us this is a transient weakness that we generally allude to as cerebrum mist or mental mist. In any case, when this debilitated mental state is an every day event then it should be examined further as it might be a manifestation of some basic malady.

What is Brain haze?

Mind haze is an accumulation of side effects, for example, absent mindedness, absence of mental clearness, disarray, and failure to center. It's not a clinical term and is likewise alluded to as 'mental mist', 'blurring of awareness', or 'intellectual brokenness.' It is for the most part caused by irritation in the cerebrum, coming from some hidden reason.

At the point when the mind isn't working appropriately, at least one of its six capacities will be disrupted.



The manifestations of cerebrum haze may include:

- Forgetfulness (arrangements/responsibilities, names and so on)
- Poor memory with reviewing past occasions
- Difficulty focusing and reduced capacity to focus
- Slowness with basic leadership and adapting new things
- Confusion (sometimes)
- Mixing up words or overlooking words
- Easily rationally exhausted with even direct mental movement

Cerebrum Fog Causes:

Note that the indications of mind mist may likewise be found in certain neurological and mental conditions. Besides, mind mist indications are normal with utilizing certain medications and this is known as an iatrogenic reason. In any case, for the vast majority of us cerebrum haze is a transient side effect or accumulation of manifestations. It comes up once in a while, goes on for a brief timeframe and more often than not we can unmistakably distinguish the reason. Here are a portion of the regular causes.

- **Deficient Sleep**
  Rest is vital for physical, mental and enthusiastic prosperity. The correct manner by which rest benefits the body is vague however it is realized that there are a large group of uneven characters that emerge with insufficient rest or low quality rest. The timeframe amid which we rest is basically an energizing session. Consequently deficient rest will naturally affect mental working which might be depicted as cerebrum mist.
- **Liquor Overindulgence**
  Exorbitant liquor utilization can impede mind working for a considerable length of time or days subsequently. In interminable liquor abuse, it can make perpetual changes and harm the mind structure and its movement. At first mind mist is a piece of inebriation. The absence of mental lucidity when smashed is surely known. The greater part of us takes a gander at cerebrum haze following overindulgence in liquor as a major aspect of a headache. In any case, it for the most part dies down with time and rest and mental lucidity reestablishes gave that there is no further liquor admission

- **Illegal Drug Use**
  Illegal substances follow up on the mind in various ways. Some of these stifle sensory system action while others fortify it unreasonably for brief timeframes. The sensory system disturbances shift yet tranquilizes like cocaine, MDMA and heroin causes blasts of neurotransmitter emissions incidentally. This disables ordinary cerebrum working regardless of the elation influencing a man to feel that their mind work has moved forward. The eventual outcomes are similarly as incapacitating and cerebrum mist is one of the numerous indications that can hold on for day, weeks or even months from there on.
- **Doctor prescribed Drug Use**
  Various physicians recommended medications can influence mind action also. Regularly these impacts are not as extreme and wild as with unlawful medications. Tranquilizers, sedatives or hostile to tension pharmaceutical, antidepressants, against psychotics and opiate painkillers are presumably best known for its impact on cerebrum movement. In any case, comparable reactions may emerge with different medications some of which are not by any means proposed to treated sensory system conditions.
- **Mental Exertion**
  Any strenuous or delayed mental movement that is well over the standard combined with physical exhaustion may prompt the indications depicted as mind haze. It is frequently effortlessly cures with a decent night's rest and some unwinding methods that does not include broad mental action. This impact from mental effort isn't unprecedented yet it is

normally brief. Indeed, even rehashed scenes of such mental effort as a rule does not prompt changeless mind mist.

- **Low Blood Glucose or Oxygen**

  A satisfactory supply of glucose and oxygen is essential for the cerebrum to work ideally. Indeed, even a passing dunk in blood oxygen and glucose can influence the cerebrum. In this manner any condition that brings down cerebrum glucose or oxygen levels will affect ordinary mind action and offer ascent to cerebrum haze. It might be found in endocrine, cardiovascular and respiratory sicknesses. Poor air quality, outrageous abstaining from food, delayed fasting et cetera may all add to this psychological weakness. It might likewise happen with wholesome inadequacies.

Illnesses and Other Causes:

Cerebrum haze side effects might be additionally be found in these conditions however it relies upon the stage and seriousness of the infection.

- Anemia (severe)
- Brain illness like Alzheimer's disease, Creutzfeldt-Jakob disease (CJD), Parkinson's infection
- Brain decay (any reason)
- Chronic liquor addiction (Korsakoff syndrome or Wernicke's encephalopathy)
- Concussion and post-concussion disorder
- Depression
- Diabetes mellitus (normally uncontrolled)
- Encephalitis
- Heavy metal poisonous quality
- Heart disappointment
- Hypothyroidism
- Liver infection
- Meningitis
- Post traumatic stress disorder (PTSD)
- Sleep apnea
- Stroke and transient ischemic attacks (TIA)

NORMAL WAYS TO END BRAIN FOG

- **Watch your Sugar Intake however Eat Enough Healthy Carbs**

  Curtailing bundled and prepared sustenance's that are stacked with sugar, notwithstanding numerous other simulated and unsafe fixings — like counterfeit sweeteners — is the initial step to settling mind mist. Sugar may influence you to feel fiery and more joyful at in the first place, at the end of the day your sugar habit denies you of enduring vitality and core interest. That being stated, going too low regarding characteristic sugar/starch admission can blowback and increment mind haze. While refined sugar raises irritation, quality carbs from things like products of the soil do the inverse.

- **Get Enough Protein and Healthy Fats**

  We as a whole require an unfaltering supply of amino acids and fundamental unsaturated fats keeping in mind the end goal to make the majority of the cerebrum chemicals we have to think plainly. Protein inadequacy is caused a need in certain amino acids, particularly the sorts that are called "basic amino acids," on the grounds that the body can't make them all alone. Finish proteins are nourishment sources like meat, dairy items, fish and eggs that supply all the fundamental amino acids we require, and these are the most ideal approach to keep the cerebrum drawing sufficiently out of the hormones that help a positive outlook.

- **Oversee Stress**

  Nowadays, it's hard to go more than a couple of hours without a convergence of "stressors" like messages, writings and mobile phone calls. This progresses toward becoming diverting, tiring and makes it difficult to work continuous for any expanded timeframe. In spite of the fact that you would not understand it, it's additionally unpleasant to get different alarms thus much data throughout the day.

- **Get Good Sleep**

  One of the speediest and more dependable approaches to enhance mind work is to show signs of improvement rest. The hormones in your cerebrum remain in adjust when your body gets sufficient rest each night, no less than seven hours for generally grown-ups. When you're continually "running on exhaust," you’re prone to think that it’s difficult to focus at work, take part in significant discussions and hold data. You're likewise better ready to deal with your appetite, sustenance yearnings and feelings when all around rested, which can profit your weight and wellbeing in various ways.

- **Exercise in a Healthy Way**

  Exercise brings down irritation, helps bust pressure and increment vitality levels, yet an excess of stances dangers for hormonal irregularity and significantly more exhaustion. For a great many people, direct and normal exercise can help adjust hormones, enhance insulin protection and help you to show signs of improvement rest, which are all vital for battling exhaustion. Exercise discharges regular endorphins, boosting your stamina and lifting your disposition. Be that as it may, in the meantime, overexerting yourself without enough rest expands cortical and drains the assemblage of electrolytes, supplements and vitality. That is the reason it's key to get the fitting measure of rest between exercises.

Conclusion

Brain fogging or mind misting is one of the genuine wellbeing related issue in person. This is a commonplace condition of mental perplexity, separation and overlooks completion. Be that as it may, the manifestations cause and cure is as yet not outstanding. The present work talks about the causes, indications and the cure of cerebrum misting in people. Deficient rest, overabundance medicate utilization, over utilization of liquor, passionate pressure, mental effort and long haul infection are observed to be the fundamental explanation behind cerebrum hazing. The individual having such perspective may have any of the these indications such absent

mindedness, poor memory with reviewing past occasions, trouble in concentrating gradualness with basic leadership and adapting new things, perplexity, stirring up words or overlooking words, effortlessly mental exhausted with direct mental movement. The present investigation proposes the best cure for cerebrum misting is the best possible advising of the applicant. The advocate might be their folks, educators, seniors or companions.

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56. Value Education for Eliminating Mental Haze among School Goers

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Abstract
The paper is about establishing a link between mental haze and effect of type of education we give in our schools. If the education is specifically value orientation it can be automatically reduce the mental haze among adolescents. Paper discusses the concept of meaning of mental haze characterized by number of factors from memory reduction to confusion and in extreme case depression, but can't be easily diagnosed as well established medical problem. Author considered this problem form perspective of software (behavior) rather than hardware (body). Value education on the other hand is guiding the learners in accordance of well established universal laws of good human behavior. Value education can be hidden or explicit agenda of an institution or a teacher. Value education can be delivered by virtue of five operational modes namely- Value transfer, reflective practitioner, Moral sensitivity, Participation and dialogue, and moral politics. These five modes can be put in practice by three operational domains namely- cognitive, affective and psychomotor as is done with the learning. Finally author concludes that conscious effort of value education on the part of teacher and institutions can work wonder for elimination of mental haze among school gores.
Key words: *Mental haze, Values, Value education, School education, Morality*

Mental haze is mostly thought as clouding of consciousness, also known as brain fog or mental fog, the term used in medicine denoting an abnormality in the regulation of the overall level of consciousness that is mild and less severe than a delirium. It is less of literal definition or etymological meaning of the term rather a form of syndrome the condition which includes symptoms of confusion, forgetfulness and lack of focus and mental clarity. If a person shows indecisiveness, unpredictable, unsystematic, labile, but otherwise shows no symptom of abnormality in medical sense, we must attribute it probably as mental haze. This is more of a psychological and habitual disorder which is definitely avoidable and so to say treatable as well. But if ignored it can escalate from simple headache, heavy head, and confusion to anxiety, sensations, isolation, depression and even neuroticism. Although serious troubled later on can not be really traced to start as so simple a condition like mental haze that is why people tend to ignore brain fog in its initial stages. It is quite subjective a condition, vary from person to person, context to other context and culture to culture. People may live with it for whole life, if undiagnosed and be accepted as such for various good or bad reasons. Factors like poverty, lack of awareness, job conditions, social and political pressures and religious alliances seem to influence it severely positively as well as negatively. The most important determinant of mental

haze is awareness of the victim, who is pivotal in its remedy. Karl Roger the practitioner psychologist used to stress that if a psychiatric disorder patient accepts that s/he is suffering from a disorder, the half recovery is achieved at that moment. One must be very clear that it does not amounts to well established psychological disorders like dementia, neuroticism, psychosis, ADHD, forms of depression and the like.Nor it is disorder of intellectual or social disabilities. This implies that mental haze is a loosely defined phenomenon, with varied symptoms, no tool of diagnosis and no clear cure in medical sense, but still it is real, it exists for sure.There are symptoms which need to be watched out for possibilities of mental haze in a person. These can be -

- Trouble remembering people's names are simple words.
- Feeling like you've last parts of your memory.
- Wondering if you might have the onset of Alzheimer.
- Feeling like you're in a fog and state of confusion.
- Decreased mental sharpness
- Unable to focus
- Short term memory loss
- Feeling depressed
- Feeling like you are in a fog and state of confusion.
- Feeling like you are losing your mind

As far as medical sense prevails number of possible causes has been pointed out for possible mental haze. It mainly looks in to the trouble related to body hardware. There is also software or psychological side to the problem as reported by psychologists, counselors and psychiatrists. When we admit that there is no diagnosis and no medical cure is available for a condition which severely affects one's efficiency, it is there to be attended by some alternative means. It is not a problem with hardware of the body rather it has something to do with its software and we should look for a solution in software perspective. It is something to do with making of man rather than man himself. Making of man is expressed in terms of our interests, attitudes, motivations, and so and so on. These all sorts of entities can be summed up as mental life of a person. The base of a mental life is in one's brought up which helps in shaping one's view about objects and subjects. The substance for making such decisions is our value system i.e. the priority index of our endorsed values. Priority index means the preference we give to value over others in the long list of values which we encounter in our life so far. For instance a person places more weight on curtsey than honesty, will help somebody in cheating in exams (using unfair means), but is not true for a person who place more weight on honesty than on courtesy. Parents and teachers consciously or unconsciously participate in making this priority index for a child. Again it must be clear that this priority index keeps on revising with more and more good and bad experiences one has in his/her life. Even with passage of time we keep on adding new values emerged with new inventions, discoveries and social compulsions. Some of the values we embrace due to changed times, some we reject due to job demand and others some with gaining self identity with age. In the present times values related to environment, human dignity, technology, communication, productivity and consumerism etc. are emerging very fast. This means that value system can be affected deliberately too, thus value education finds its due place and recognition.

Value Education is a process by which people learn to take decision regarding issues of daily life which are inherently moral by one mean or other. It is the abilitydevelopment in which people are assisted by others, who may be older, experienced, wiser, knowledgeable, better placed or a person who had faced similar problems. This sort of education may be explicit or implicit but always be based on logic in favor of well being of the person and society in general. Values are the guiding spirit of an action supported by interest, attitudes and motivations to follow it. Since attitudes, interest and motivations can be affected by some external designs like social engineering of institutions and governments can devise such programs which help in value inculcation. In this direction government of India has done a lot under the ministry of Human Resource Development. It is being operationalized in the form of teachers training in seminars, workshops, conferences, camps and the like. The training is aimed at implementing agenda of value education in schools in terms of both content and practices. Some people may call it as hidden curriculum of the institution. This hidden curriculum can be implemented in terms of teaching methods, rules and procedures of the institution, vision & mission of the institution, institutional magazine, morning prayers, celebration of days and so and so on.

But why values are needed to be taught to the students. The simplest reason is to make learners mentally neat and clean, malign free, free from all biases and material benefits i.e. giving priority to intrinsic values over extrinsic ones. Actually we are stressing that this would lead to find a mind free of mental haze. The simplest embodiment of mental haze free life is life of Gautama Buddha, TirthankaraMahavira, Adishankaracharya, SawamiDayanandaSarawati and swami Vivekananda and others to add illustrations from around the world. They all were great as they had very clear understanding of their abilities, necessities and endowments, and environment around them and way to attain these of eternal value. A crystal clear mind and thoughts guided by values leaves no space for mental haze. These great personalities had no formal education, but their heredity, self effort, illumination and guidance by the Gurus worked for them to live a values studied life surely free of mental haze. In present times education has become a formal institution and students don't go to the Gurus in Gurukuls. At the same time need of values guided life is even more than any times before, off course for keeping the mental haze away forever. This necessitates value education as an integral part of education, imbedded both in theory and practice.

As discussed before value education program in an educational institution can be explicit as well as implicit agenda. There is no harm if we can explain that learning, following and adapting the values in life can make our life much better as it would keep our mind healthy. Much of our health belongs to our thoughts and mind that really constitutes our mental life. At the same time it could be imbedded cleverly in the content and practices of the institution which unconsciously picked up by the students and at some time or other they analyze and become aware of the outcomes of those hidden lessons. Explicit or implicit value education modality is decided by the nature of school, society, government mandate, subjects being taught and the like. Value education in an educational institution can be given via five modes- Value transfer, reflective practitioner, Moral sensitivity, Participation and dialogue, and moral politics. Value transfer is nothing but clarification of a value by virtue of illustration and logical analysis of life ideas. Institution at institutional level and teacher at classroom level must clarify the actual meaning of truth, honesty, peace, beauty, justice and the like. For this purpose institution can organize talks, workshops, moral exercises, seminars, conferences and others. Where as at

classroom level teacher can find a dimension of morality in their teaching contents and find some teachable moments in the form of incidents those happen in around the life of students. But only clarification of a value will not serve, learners also need to find out consciously the moments where values are operating. This is also known as reflecting, which requires a skill besides clarification of a value. It is basically taking side with or without value, taking a decision where a higher value is preserved and lower value is sacrificed. This can be practiced by analyzing the real incidents or solving a moral conflict or a dilemma. Moral sensitivity again demands clarification as well as skill to act against the lack or opposition of a value in an action of one's own or somebody else's. Participation and dialogue is an instrument for origin, maintenance and promotion of a value. It requires not only clarification and skill to practice a value but also a practical experience of the value. Finally value politics is about making value a social action by accomplishing all the previously defined three components. In fact it is avocation and fighting in favor of a value. All the five modes of value education need to be part and parcel of the curriculum of the school. Value need to be clarified theoretically through content, explanations, events, dilemmas, exercises and the like. It needs to make reflective by the way of analysis of the events from content and life around the child which needs creative and innovative teacher besides content involving critical pedagogy. Moral sensitivity requires taking action and side of the value against non-value. This is judged by one's behavior and actions in the crisis situation that may form an anecdotal record observed by teachers, principals and others. Participation and dialogue in school situation may be a sort of social engineering or social experimentation i.e. putting student in a moral dilemma and observing his/her critical thinking about value parameters. Moral politics is more about inculcation of decisiveness in the behavior in respect of values. This can only be brought about by consistent favor regarding a value we may call it as moral attitude a refined version of value practice. Students should be encouraged to take stand in favor of a value which promotes idea of good schooling. For instance students should take oath against cheating abide by the oath and encourage others not to indulge in cheating during exams and other intellectual discourses and productions. This can also be done in the form of non-formal platforms like prayers, library, library, play ground, wall magazine, school magazine, symbols and object etc.

In conclusion we can say that value education can be direct as well as hidden agenda of the school. It may start as hidden but later on has to be brought to the conscious of the students. This bringing to the conscious level is actually works for clarity of thoughts and hence lessening of mental haze. Value education makes things straightforward for deciding in favor and against pursuing a behavior or an action. There is always a hue and cry by so called modernists for attaching value education essentially to some or other religion. Yes, it is true that values originally sprung from religion, due to the fact that people were not educated like modern times. People use take education only as a way of guiding life action rather than literacy, numeracy or the content of so called knowledge. Being virtuous was being educated. But time changed and concept of values has also changed. But at the same time original values of truthfulness, love, honesty, peace, and courtesy, aesthetic and so and so on remained unchanged. Change of the concept is only in terms of context and addition of new values and the understanding of values in terms of knowledge and theories of modern time. Much of the mental haze is due to perceived contradiction by adolescents between value and frame of reference for judgment of a value. For instance the new values related to science, technology, economics, management etc. have

emerged which are product of new context of life. These values can't be judged in the religious framework and at the same time religious values are loosing shine in new life orientations. In value education, institutions and teachers have to play significant role in contextualizing values. Religious values can stand alone without religion i.e. one can be moral without being religious. In other words values can be practiced with knowledge instead of untested beliefs as we do in religion. At the same time lot of mental haze exists due the fact that students find lot of content being taught which is devoid of any value. In fact they are not finding a sense in religious sense but in knowledge sense. They study social Darwinism so loose the sight of democratic socialism, reason being teacher is unable to substantiate it with morality and justification for morality. The best way is that besides content planning teacher needs to do a value planning of the content so as not to give any chance for creation of fog in child's mind.

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57. मानसिक धुंध और जन संचार की भूमिका

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लोकसंपर्क का अर्थ बड़ा ही व्यापक और प्रभावकारी है। लोकतंत्र के आधार पर स्थापित लोकसत्ता के परिचालन के लिए ही नहीं बल्कि राजतंत्र और अधिनायकतंत्र के सफल संचालन के लिए भी लोकसंपर्क आवश्यक माना जाता है। कृषि, उद्योग, व्यापार, जनसेवा और लोकरुचि के विस्तार तथा परिष्कार के लिए भी लोकसंपर्क की आवश्यकता है। लोकसंपर्क का शाब्दिक अर्थ है 'जनसधारण से अधिकाधिक निकट संबंध'।

प्राचीन काल में लोकमत को जानने अथवा लोकरुचि को सँवारने के लिए जिन साधनों का प्रयोग किया जाता था वे आज के वैज्ञानिक युग में अधिक उपयोगी नहीं रह गए हैं। एक युग था जब राजा लोकरुचि को जानने के लिए गुप्तचर व्यवस्था पर पूर्णत: आश्रित रहता था तथा अपने निदेशों, मंतव्यों और विचारों को वह शिलाखंडों, प्रस्तरमूर्तियों, ताम्रपत्रों आदि पर अंकित कराकर प्रसारित किया करता था। भोजपत्रों पर अंकित आदेश जनसाधारण के मध्य प्रसारित कराए जाते थे। राज्यादेशों की मुनादी कराई जाती थी। धर्मग्रंथों और उपदेशों के द्वारा जनरुचि का परिष्कार किया जाता था। आज भी विक्रमादित्य, अशोक, हर्षवर्धन आदि राजाओं के समय के जो शिलालेख मिलते हैं उनसे पता चलता है कि प्राचीन काल में लोकसंपर्क का मार्ग कितना जटिल और दुरूह था। धीरे धीरे आधुनिक विज्ञान में विकास होने से साधनों का भी विकास होता गया और अब ऐसा समय आ गया है जब लोकसंपर्क के लिए समाचारपत्र, मुद्रित ग्रंथ, लघु पुस्तक-पुस्तिकाएँ, प्रसारण यंत्र (रेडियो, टेलीविजन), चलचित्र, ध्वनिविस्तारक यंत्र आदि अनेक साधन उपलब्ध हैं। इन साधनों का व्यापक उपयोग राज्यसत्ता, औद्योगिक और व्यापारिक प्रतिष्ठान तथा अंतरराष्ट्रीय संगठनों के द्वारा होता है।

वर्तमान युग में लोकसंपर्क के सर्वोत्तम माध्यम का कार्य समाचारपत्र करते हैं। इसके बाद रेडियो, टेलीविजन, चलचित्रों और इंटरनेट आदि का स्थान है। नाट्य, संगीत, भजन, कीर्तन, धर्मोपदेश आदि के द्वारा भी लोकसंपर्क का कार्य होता है। लोकतांत्रिक व्यवस्था के अंतर्गत जुलूस, सभा, संगठन, प्रदर्शन आदि की जो सुविधाएँ हैं उनका उपयोग भी राजनीतिक दलों की ओर से लोकसंपर्क के लिए किया जाता है। डाक, तार, टेलीफोन, रेल, वायुयान, मोटरकार, जलपोत और यातायात तथा

परिवहन के अन्यान्य साधन भी राष्ट्रीय और अंतरराष्ट्रीय संपर्क के लिए व्यवहृत किए जाते हैं। लोकतांत्रिक व्यवस्था के अंतर्गत जनता द्वारा निर्वाचित प्रतिनिधि भी लोकसत्ता और लोकमत के मध्य लाकसंपर्क की महत्वपूर्ण कड़ी का काम करते हैं।

किसी प्रियजन की मौत , जुदाई , दुर्घटना, अलगाव, व्यापार में घाटा, बचपन के बुरे अनुभव , जॉब को लेकर चिंता , पैसे की कमी , काम का दबाव इन सभी सामाजिक कारणों की वजह से जो व्यक्ति मानसिक बीमारी के लिए बेहद संवेदनशील होते हैं , वे इसकी गिरफ्त में आ जाते हैं । अतः आप देख सकते हैं कि मानसिक बीमारी के कारणों में वातावरणीय कारक,बायोलॉजिकल कारक और मनोवैज्ञानिक कारक हो सकते हैं ।

इसका मतलब है कि मानसिक धुंध के उपचार के लिए दवाएँ ही अकेले समस्या का समाधान नहीं कर सकती है। वे मरीज के न्यूरोट्रांसमीटर में हुए असंतुलन को नियंत्रण करने में मदद करती हैं, बाकी काम विभिन्न प्रकार की थेरेपी के द्वारा मनोवैज्ञानिक और सामाजिक स्तर पर किया जाता है। थेरपी व्यक्ति के अंदर के नकारात्मक विचारो को सकारात्मक विचारों में परिवर्तित कर उसे सशक्त बनाती है ।

परन्तु विडम्बना यह है कि,मानसिक धुंध को लेकर काफी सारी भ्रांतियां फैली हुई हैं , हमें इसकी रोकथाम के लिए मिल जुल कर काम करना चाहिए । हम अभी भी मानसिक धुंध के रोकथाम और उपचार पर पर्याप्त खर्च नहीं कर रहे हैं, और सामाजिक परिस्थितियों, गरीबी, शोषण और हिंसा जैसे अनुभवों से इसके और अधिक होने की संभावना है । पीड़ित व्यक्ति के साथ प्यार भरा व्यवहार ही इसकी रोकथाम की दिशा में पहला कदम होगा ।

मानसिक धुंध से परेशान व्यक्ति को अपशब्द जैसे 'तुम पागल हो' या 'क्या तुम साइको हो' जैसे वाक्य बोल कर अपमानित नहीं करना चाहिए । हमें यह समझना होगा कि पीड़ित व्यक्ति किन संघर्ष के साथ जीवन को जीने की कोशिश कर रहा है । हमे उन लोगों का अपमान नहीं करना चाहिए , क्योंकि वे खुद इस रोग के होने का कारण नहीं है, यह समाज उनकी इस स्थिति के लिए जिम्मेदार है ।मीडिया यानि मीडियम या माध्यम। मीडिया को लोकतंत्र का चौथा स्तम्भ कहा जाता है। इसी से मीडिया के महत्त्व का अंदाजा लगाया जा सकता है।समाज में मीडिया की भूमिका संवादवहन की होती है।वह समाज के विभिन्न वर्गों, सत्ता केन्द्रों,व्यक्तियों और संस्थाओं के बीच पुल का कार्य करता है।

आधुनिक युग में मीडिया का सामान्य अर्थ समाचार-पत्र, पत्रिकाओं, टेलीविज़न, रेडियो, इंटरनेट आदि से लिया जाता है।किसी भी देश की उन्नति व प्रगति में मीडिया का बहुत बड़ा योगदान होता है।अगर मैं कहूँ कि मीडिया समाज का निर्माण व पुनर्निर्माण करता है, तो यह गलत नहीं होगा। इतिहास में ऐसे अनगिनत उदाहरण भरे पड़े हैं जब मीडिया की शक्ति को पहचानते हुए

लोगों ने उसका उपयोग लोक परिवर्तन के भरोसेमंद हथियार के रूप में किया है।अंग्रेज़ों की दासता से सिसकते भारतीयों में देश- भक्ति व उत्साह भरने में मीडिया का बड़ा योगदान था।

आजके इस युग में मानसिक धुंध को समाप्त करने में मीडिया सकारात्मक रूप में पूरी भूमिका निभाता हैं|आज भी मीडिया की ताकत के सामने बड़े से बड़ा राजनेता,उद्योगपति आदि सभी सिर झुकाते हैं। मीडिया का जन-जागरण में भी बहुत योगदान है। बच्चों को पोलियो की दवा पिलाने का अभियान हो या एड्स के प्रति जागरुकता फैलाने का कार्य, मीडिया ने अपनी ज़िम्मेदारी पूरी तरह से निभाई है।लोगों को वोट डालने के लिये प्रेरित करना,बाल मज़दूरी पर रोक लगाने के लिये प्रयास करना,धूम्रपान के खतरों से अवगत कराना जैसे अनेक कार्यों में मीडिया की भूमिका सराहनीय है।मीडिया समय-समय पर नागरिकों को उनके अधिकारों के प्रति जागरुक करता रहता है। देश में भ्रष्टचारियों पर कड़ी नज़र रखता है।समय-समय पर स्टिंग ऑपरेशन कर इन सफेदपोशों का काला चेहरा दुनिया के सामने लाता है। इस प्रकार मीडिया हमारे लिये एक वरदान की तरह है।

किंतु रुकिए! जैसे फूल के साथ काँटे होते हैं, उसी प्रकार मीडिया भी वरदान ही नहीं अभिशाप भी है। मीडिया या प्रेस को स्वतंत्रता मिलनी चाहिए। मिलती भी है। लेकिन स्वतंत्रता जब सीमा लाँघ जाए तो उच्शृंखलता बन जाती है। कुछ ऐसा ही हाल मीडिया का भी है।आज के समाज मे मीडिया पैसा कमाने के लालच में समाज को गुमराह कर रहा है। आज हमारे समाचार पत्र अपराध की खबरों से भरे रहते हैं। जबकि सकारात्मक समाचारों को स्थान ही नहीं मिलता । यदि मिलता भी है तो बीच के पन्नों पर कही किसी छोटे से कोने में ।मीडिया में कई बार गलत तथ्य जुड़ जाने से परेशानी का कारण बी बन जाता हैं और मानसिक धुंध कम होने की बजाए बढ़ जाती हैं

टी.वी. तो इससे भी चार कदम आगे है।टी. वी. पर चैनलों की जैसे बाढ़ सी आई हुई है।हर किसी का ध्येय है ऊँची टी. आर. पी. यानि अधिक से अधिक पैसा। ज़रा देखिए न्यूज़ चैनल पर आप को क्या देखने को मिलता है? सुबह- सुबह चाय के साथ अपना भविष्य जानिये। दिन में टी. वी. सीरियलों की गपशप देखिए। रात को देखिए 'सनसनी' या 'क्राइम पैट्रोल' चैन से सोना है तो जाग जाइए। ऐसा लगता है कि समाज में या तो केवल अपराध हैं या फिर हीरो-हीरोइनों के स्कैंडल। क्या कहीं कुछ अच्छा नहीं है?

'सनसनी' फैलाने के लिए ये देश की सुरक्षा को भी दाँव पर लगाने से नहीं चूकते। 26\11 को हम कैसे भूल सकते हैं। बड़े-बड़े चैनलों पर पूरी कार्यवाही का सीधा-प्रसारण दिखाया गया। जिससे होटल में घुसे आतंकवादी बाहर होने वाली हलचल से वाकिफ होते रहे और हमारा अधिक से अधिक नुकसान करते रहे। मीडिया यदि अपने निहित स्वार्थों को भूलकर अपनी ज़िम्मेदारी

निभाए तो समाज को एक दिशा प्रदान कर सकता है।मीडिया अपराध की खबरों को दिखाए पर सकारात्मक समाचारों से भी किनारा न करे। समाज में फैली बुराइयों के अलावा विकास को भी दिखाए ताकि आम आदमी निराशा में डूबा न रहे कि इस देश का कुछ नहीं हो सकता।

अंत में मैं मीडिया के प्रति यही कहते हुए अपनी बात समाप्त करना चाहूँग कि

शक्ति का तू स्रोत है, वाणी में तेरी ओज है
लोक के इस तंत्र का तू एक महान स्तंभ है
भूल अपने स्वार्थ को फिर देश का निर्माण कर
मनुज के मन में नया फिर से तू ही विश्वास भर।

पुस्तक सूची

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58. Value Education for Removal of Mental Haze

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Abstract
Mental Haze synonyms with the words like ambiguity, doubt, suspense and uncertainty which is not an unusual state. It can be described as 'Chronic Fatigue Syndrome' or 'Brain Fog'. Brain Fog can be defined as the perception and experience of mental fatigue that is associated with and related to mild cognitive impairments in Chronic Fatigue Syndrome (CFS). It occurs due to the effects of chronic orthostatic intolerance (OI) in the form of Postural Tachycardia Syndrome (POTS) and decreases in cerebral blood flow (CBF). It is abnormal state of mind in which person remains confused, absent- minded and stay away from others. He is unable to take decisions independently. He is not able to communicate properly and express his views or feelings to others. Education plays very important role in modifying their behavior in positive way. This paper aims at emphasizing the need of value education for mental haze personalities. Value Education, an initiative towards empowerment of students, is an attempt to understand the role of value education in making a positive difference in the personality of students.
Keywords: *Value Education, Mental Haze.*

Introduction

The term Mental Haze is known as *'Clouding of Consciousness'*. It is abnormal state of mental confusion, slow thinking, difficulty in focusing, detachment, lack of concentration, forgetfulness or haziness in thought processes. It can also be described as '*Chronic Fatigue Syndrome*' or '*Brain Fog*'. Brain Fog can be defined as the perception and experience of mental fatigue that is associated with and related to mild cognitive impairments in CFS. It occurs due to the effects of chronic orthostatic intolerance (OI) in the form of Postural Tachycardia Syndrome (POTS) and decreases in cerebral blood flow (CBF).

Swami Vivekananda-

"Education is the manifestation of divine perfection already existing in man."

Vedantic-

"The essence of man is spirituality. We need an education that quickens, that vivifies, and that kindles the urge of spirituality inherent in every mind."

Shankaracharya-

"Education is the realization of the self".

Education is the modification of the behavior. It helps in the overall development of the students. It helps them to think in positive way. It is the process of development of virtues and on the strength of them to build a worthy and meaningful structure of life. It is the basic spirit in the root of the Vedic proclamation of Sa Vidya ya Vimuktaye. Anything contrary to it does not relate to education, i.e., it is not in consonance with the true meaning and purpose of Shiksha.

Education is meant not only to provide knowledge and information, but also to build character of human beings. Having a set of values and ideals, students must be guided for self –development so that values become a part of their character. Holistic and value oriented education can secure an integrated personality, thereby enabling the optimum development of the physical, emotional, mental, aesthetic, moral and spiritual entities of learners. It will help them to understand the value of discipline and moral uprightness. They have developed a greater team spirit, enhanced their levels of confidence, improved the power of concentration and built better interpersonal relationships. This has helped them to develop into sensitive human beings and equipped them to effectively face the challenges of life.

Value Education

Value represent basic convictions that 'a specific mode of conduct or end-state of existence. They contain a judgmental element in that they carry an individual's idea as to what is right, good or desirable. Values are relatively stable and enduring. This may be due to their genetic component and the way in which they are learned. Value education refers to those pedagogies that educators use to create enriching learning experiences for student and addresses issues related to character formation. Education is meant not only to provide knowledge and information, but also to build character of human beings. Having a set of values and ideals, students must be guided for self- development so that values become a part of their character. There is strong feeling that in the present times there is a crisis in character formation. It is also felt that since character is largely molded during childhood and youth, it is the responsibility of educational institutions to provide education for character building. As the contemporary world is rapidly demanding greater communication and oneness, there is an urgent need for cultivating the values of co-operation, mutuality and harmony which can best be fostered through education. The recent disturbing trend of increasing deviant behaviors among students has also emphasized the need for education that promotes among students the values of discipline, respect, self-control and peace. The ideals of liberty, equality and fraternity have been expressed stated in the preamble of the Indian Constitution. Certain fundamental duties such as pursuit of noble ideals like non- violence and patriotism, the promotion of harmony and spirit of common brotherhood, development of scientific temper and the spirit of inquiry, humaneness and striving towards excellence in all areas of individual and collective endeavor have also been enunciated. The quest for excellence has also stressed the need for value education at all levels. As human life is becoming more and more complex, there is a need to equip students with the requisite skills to deal effectively with such complexities.

Symptoms of Mental Haze

- Short term Memory loss
- Unable to concentrate

- Unable to take decisions
- Lack of Confidence
- Confusion
- Irritable
- Feeling Depressed
- Decreased mental sharpness
- Unable to understand others
- Narrow mindedness
- Short tempered
- Forgetfulness
- Not having clarity of concepts
- Stay alone
- Feeling of fearfulness

Causes of Mental Haze

Education and value, despite connected integrally to each other in principle, the practical aspect of the issue is not the same. In spite of education being essentially valuable, the reality is different. It is unfortunate that for the last more than two thousand years education is not imparted according to its true meaning and basic spirit. It is also irony that education is taken as a means to serve immediate purpose. How much emphasis is laid on making education a goal? Taking education contrary to its meaning and purpose, it has been used only to earn livelihood. That is why education has driven away from values.Education has not contributed towards real self- sufficiency of man and become less supportive even to earn livelihood through virtuous demeanours. This state is, in fact, the main reason of mental haze or a situation of uncertainity, when what we deem as education is only an illusion.

It is to be borne firmly in mind that education is not just for livelihood. It is for the escalation of life- values and an all round development of one's personality on the basis of these values. One who builds his character on virtues – values, he can establish himself respectfully in the society along with earning livelihood through fair means. He can well capable of discharging his responsibility towards the nation and humanity as a whole besides making his identity at national or global level.

Solutions to Overcome Mental Haze Problemsthrough Value Education

Spiritual, Value and Moral education are the powerful force that forges the strong and staunch individual.

- Value Education helps us to think positive and remain energetic in every task. It helps to build good character, moral values, critical thinking. It also helps to develop problem solving ability.
- It focuses on meditation and prayer as it will help in increasing the power of concentration and combat stress. It helps to control our emotions in proper way.
- It focuses on healthy and balanced diet. Salads must be included in the diet on daily basis. Serotonin is the hormone that is released when you need carbohydrates and its main role is to keep calm, hopeful and confident.

- It encourages to be in discipline,to do work on time and get proper sleep.The hormones in our brain stay in balance when our body gets adequate amount of sleep daily. Otherwise lack of sleep raises cortisol levels in our body and makes it difficult for serotonin to work properly.
- It helps to cope with stress and frustrations. Chronic Stress can kill our quality of life but physical exercises help us to keep our body fit and healthy. Exercises lowers inflammation helps bust stress and increases energy levels.
- It encourages to avoid smoke and alcohol as it is dangerous for our healthand increases the number of free radicals being produced in our body and leads to poor brain health.
- It can suppress the central nervous system and can stress the adrenals glands.
- It helps to minimize the use of caffeine on daily basis as it can retard ourgrowth and development of our body.
- It lays emphasis on fresh fruits and green vegetables which should be taken on daily basis.Allergies and poor diet can lead to low thyroid function, adrenal insufficiency and chronic fatigue syndrome which causes hormonal imbalances.
- It encourages to spend more time on reading books, magazines and journals as books are man's best- friend. It will help themin utilizing their time in proper way.
- It encourages to spend more time in nature as they will rejoice our mind and body and helps to feel good and healthy.
- It focuses on outdoor games which help to overcome mental stress and fatigue.It also helps in gaining confidence and feeling of oneness and brotherhood.
- It encourages to avoid watching T.V, emails or text and cell phone calls.
- It focuses on filling up on brain foods that improves memory and concentration. Things like sweet potatoes, yams, fruit, raw dairy and ancient grains are all good sources of serotonin- boosting carbs.
- It helps to avoid fast food as it can lead disastrous results and make us unhealthy.
- It lays emphasis to drink more water as mild dehydration will affect our ability to think clearly.
- It encourages to avoid excess sugar as it leads to Diabetes which can cause short term brain fatigue symptoms.
- It encourages to take proper amount of amino acids, VitaminB12 and proper levels of magnesium as their deficiency can lead to brain fog.
- It also encourages to take medicines in limited amount as certain medications such as high blood pressure, pain management and allergy relief can cause mental confusion.
- It focuses on healthy protein diet as inflammation and swelling caused by allergies and food sensitivities can affect the brain so try to eat protein and healthy fats.

To get rid of abnormal state of mental haze – doubt, suspense or uncertainity, oriented and welfaristic way of value education plays important role in overcoming it. Efforts are made to make value education an essential part of the process of learning.

Conclusion

Mental Haze is abnormal state of mind. It is situation of duel in human mind.It is a state of mental confusion, slow thinking, difficulty in focusing, detachment, lack of concentration, forgetfulness or haziness in thought processes. Value Education plays very important role in overcoming the state of mental haze. To survive and sustain in a volatile, competitive and quickly changing world, educational institutions will be required to become more interconnected and holistic with greater stress on human values and with greater concern for others. A holistic approach to value education has ensured that there is the balanced development of all dimensions of students' personality.

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59. Social Media and Mental Haze

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Introduction

Brain haze (fog) can make a person feel as if the processes of thinking, remembering and understanding are not working as they should.

Mental haze synonymous with the words like ambiguity, doubt, suspense and uncertainty is not an unseal state. It is, in fact, a normal state. It is a situation of duel in human mind.

A 2013 study printed in the Journal of the clinical Autonomic Research society used to wood Mental Fatigue Inventory test (WMFI) to gather information from 138 subjects suffering from brain haze. The top-ranked descriptors of brain haze were "cloudy", "forgetful" and difficulty focusing communicating and thinking, while the most commonly reported brain fog triggers were fatigue, prolonged periods of standing, lack of sleep, feeling faint, headaches, irritability, difficulty exercising and dehydration.

A study published in the American journal of preventative medicine in July examined whether young people's use it Social media sites- Twitter, You Tube, Interest, Vine, Tumbler, Face book, Google+, LinkedIn, Integra, Reedit and Snap chat- correlated with their" Perceived social isolation."

One of the most blatant negative effects of social media platforms such as Face book is the way it fucks up your mental health. Even for people who would normally be considered relatively anxiety free, the use of face book can really mess up the way you perceive both your own life situation and other's lives too. The mental effects of Face book are more evident than on any other social media platform. Flicking through social media before bed might help you mentally wind down but physically it's wreaking havoc in your body. " When it's dark and we flood our brain with light, it affects our circadian rhythm and leads to the dysfunctional release of melatonin, which over, time destroys your normal wake cycle Says Craig.

And It's the blue light found in computer and Smartphone screens in particular, That's proven to delay REM. Sleep by an extra 30 minutes, according to the Department of sleep Medicine in Germany.

Face book, Twitter or Integra, using, social media excessively can increase your loneliness, and loneliness can lead to depression. The latest research by UK Disability Charity Scope reviewed almost 1500 Twitter and Face book users, out of which 60% felt jealous of pears on social media. And 62% felt isolated.

Media and Mental Health Statistics

- People with low self-esteem tend to be more active in social media. They use social media mostly for self-promotion. The National Health Service in the UK has identified an alarming Trend among girls specifically related to media Use. The attribute stress and social media with a 68% increase in hospital admission for self-harming behaviours. The increase in admission among boys is only up 26%.

- The increase in social media use over the last ten years in almost equal among females and males, but the negative effect on mental haze seems to afflict females more than males.

  You probably know that these are some real benefits to cutting down on screen time. But did you realize. That spending Hours on computers, tablets or smart phones can cause mental exhaustion, too? According to an article in Live Science," Such digital overload may have an advice effect on the brain and leave you distracted, Foggy brained and less productive." Try carving out times without electronics so your brain can rest and re-boot.

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60. योग द्वारा मानसिक संभ्रम का समाधान

श्रीमती .राजविन्द्र कौर
कक्षा – एम.ए. (प्रथम) हिन्दी
गुरू नानक खालसा कॉलेज, अबोहर।

कार की चाबी हाथ में है, मगर आप उसे ढूंढते रहते है या फिर कॉलेज के मित्रों के नाम याद करने में परेषानी होती है और खुद को व्यक्त करने के लिए श्ब्द भी नहीं मिलते, यह संकेत मानसिक संभ्रम के है। मानसिक संभ्रम एक ऐसी स्थिति है, जिसमें कुछ क्षणों के लिए याददाषत पर कोहरे की तरह एक धुधं सी छा जाती है और कुछ याद नहीं आता। हांलाकि मस्तिष्क कोहरे अपने आप में एक मानसिक बीमारी नहीं है, यह मानसिक सघंर्ष, अनसुलझे आघात या अन्य मनौविज्ञानिक कारणों के रूप में व्यक्त किया जा सकता है। मस्तिष्क कोहरे सामान्य मस्तिष्क थकान के रूप में जाना जाता है इसके कारण एकाग्रता की कमी, कमजोर स्मृति और मानसिक तीक्षणता में कमी होती है। हम इन कमियों को योग के माध्यम से सुलझा सकते है।

'योग' शब्द बहुत ही व्यापक है। इसकी उत्पत्ति संस्कृत के 'युज्' धातु से हुई है। योगाशास्त्र के अनुसार 'प्राणापान नाद बिन्दु जीवात्मपरमात्मनोः' इत्यादि।

योगषिखोपनिषद्' में लिखा है–

यो प्रानअपान योरेक्यं स्वरजोरेत सो अस्तथा।
सूर्यः चन्द्रमसो योगः जीवात्मा परमात्मनों।।

अर्थात् प्राण और अपान को मिलान, रज और वीर्य को मिलाना, सूर्य और चन्द्रमा को मिलाकर, शीतलता और तेजस्विता को मिलाना तथा जीवात्मा और परमात्मा को मिलाना ही योग है।

इसका अर्थ है प्राण अपान, नाद बिन्दु जीव और परमात्मा के मिलने से जो शरीर बनता है उसे घट कहते है अर्थात् शरीर क अन्दर की जाने वाली क्रियायें घटस्थ योग कहलाती है। इसका अर्थ यह हुआ कि परमात्मा हमारे शरीर के अन्दर विधमान है उसे परमात्मा को जानने के लिए जो योग किया जाता है वही योग है। योग को चितवृतियों का निरोधक भी कहा गया है। महर्षि पंतजलि से अपने योगाशास्त्र में योग को चितवृतियों का निरोध करने वाला बताया है–

योगश्चित्त वृत्ति निरोध'

मनुष्य का चित्र बहुत चचंल होता है अर्थात् योग में चितवृतियों को एकाग्र करना होता है मन को अन्य विषय व्यापारों से निवृति देकर मात्र ध्येय तत्व में समाहित करना चित्रवृति का निरोध करना है। मन एकाग्र होने का अभ्यस्त हो जाता है। धीरे–धीरे अभ्यासोपरान्त मन धीरे–धीरे विषयों से हटता है और स्थिर हो जाता है। योगी या साधक की यहीं मानसिक स्थिरावरण समाधि तक ले जाकर योग कहलाती है।

न्याय वैशेशिक दर्पन, जैन दर्शन व बौद्ध दर्शन में भी योग को शिक्षा में अनिवार्य माना है। योग के माध्यम से ही विद्यार्थी सत्व रजोगुण, तमोगुण आदि से दूर रह पाता है। योग के माध्यम से ही चित एकाग्र किया जा सकता है।

गीता में कहा गया है–

अभयं सत्त्वसंषुद्धिर्ज्ञान योग व्यवस्थितिः।

दानं दमष्च यज्ञश्च स्वाध्यायस्तप आजवम्।।

अन्तः करणकी पूर्ण निर्मलता तत्वज्ञान के लिए ध्यानयोग में दुढ़ स्थिति, सात्विक दान, इन्द्रियों का दमन, भगवान्, देवता, आदि उत्तम आचारण, वेद शास्त्रों का पठन–पाठन, के लिए कष्ट सझन और शरीर तथा इन्द्रियों के सहित अन्तःकरण की सरलता चित की एकाग्रता में सहायक सिद्ध होती है।

एकाग्रता के लिए योग में कई उपाय बताऐ गए हैं– इनका अभ्यास करने से चित्त विक्षेप नष्ट हो जाता है। योगदर्शन में एकाग्रता का अभ्यास बताया गया है। प्रत्याहार, धारणा, ध्यान के अभ्यास से चित्त वृतियों का निरोध सम्भव है। इसके साथ ही प्राणीमात्र के प्रति मैत्री भाव, दुःखियों के प्रति करूणा, पुण्यात्माओं के प्रति प्रसन्नता तथा पापियों के प्रति उपेक्षा का भाव चित्त को शांत करता है। योग का लक्ष्य चित्त वृतियों को शांत करना है। योगसूत्र में निरूद्ध चित्त की स्थिति को श्रेष्ठ कहा है। उन्होने कहा है ''नदा, द्रष्टु अपने स्वरूपेऽवस्था नम अर्थात निरूद्ध अवस्था में दृष्टा अपने स्वरूप में स्थित हो जाता है। अतः स्पष्ट है कि निरूद्ध मन में पुरूष और आत्मा अपने स्वरूप में स्थित हो जाता है। चित्त के निरूद्ध हो जाने की स्थिति में ही व्यक्ति को अपने यथार्थ का अनुभव होता है। भगवान कृष्ण ने श्रीमद्भागवत में कहा है कि यद्यपि चित्त्ज्ञ अत्यन्त चंचल है तथापि अभ्यास और वैराग्य से उसे नियन्त्रित किया जा सकता है।

इस प्रकार सर्वांगीण दृष्टिपात करने पर हम कह सकते हैं कि योग के माध्यम से मानसिक स्थिरता प्राप्त की जा सकती है जब मन स्थिर होगा तब मानसिक संभ्रम का अपने आप समाधान हो जाएगा। इसलिए हमें अपने रोजाना जीवन में योग को महत्व देना चाहिए।

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61. Mental Haze - Its Identification, Consequence and Treatment

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Introduction

In our daily life we feel that many times we are not able to think very clearly. Our ability to complete mental tasks are impaired, memory is poor and even our decision making capacity is low. This kind of state in which mind is confused and detached is referred as brain fogging or mental Haziness. If such type of mental impairment or Haziness is encountered frequently or more or less daily then it may lead to serious problems. Such kind of problems can be sorted out by the proper counseling of the candidate.

Brain fog can be defined as "a stage of mental confusion, detachment and forget fullness". Sometimes it is described as an unpaired mental state and inability to concentrate. Causes of brain fog is not clear yet many hypotheses tried to explains the causes. The main reason of brain fogging include missing night sleep, imbalance in neurotransmitter (brain hormone), impaired energy production within the brain or low oxygen/glucose supply to brain cells leading to hangover which causes lack of mental clarity. Moreover, it is reported in the literature that propagation of electrical impulses in the nerve cells that constitute the brain may be also the reason.

Brain Fog Causes

Symptoms of brain fog can also be seen in certain neurological condition. Brain fog is common with using certain drug and hence known as iatrogenic cause.

Insufficient Sleep

Sleep is important for physical, mental and social well being .there are host of ombalences that arise with inadequate sleep. The period of time during which we sleep is essential a recharging session .Hence inadequate sleep will lead to brain fog,which is described as morning fuzzy feeling.

Alchol Overindulgence

Excessive alcohol can impair brain functioning. Chronic alcoholism can cause permanent damage to the brain.

Illicit Drug Use

Drugs like cocaine,MDMA and heroine causes bursts of neurotransmitter section .This impairs the normal brain functioning despite the euphoria making a person think that their brain function has improved.

Mental Exersion

Any prolonged or strenuous mental activity that the above the norm coupled with physical fatigue may lead to brain fog.

- **Emotional Stress**

Prolonged Emotional stress like marital process or sudden shock like death of loved ones and the accompanying grief can lead to brain

· Brain fog symptoms: Sleep apnea

· Post traumatic stress disorder (PTSD)

· Liver disease

· Hypothyroidism

· Heart failure

· Depression

· Anemeia

· Brain disease like Alzheimer's disease, Creutzfeldt-Jakob disease, and Parkinson 's disease

· Encephalitis

· Diabets mellitus

· Heavy mental toxicity

Remedy for morning muzzy feeling.

There are different terms to describe brain fog.Lightheadednss or confusion,difficulty in concentrating or reasoning ,Hence there is no single word to describe this sensation accurately Often we used different terms like muzzymor groggy feeling or a foggy mind.

A Good Night Sleep Everyday

7-8 hours of uninterrupted sleep everyday around the same time prevents from brain fogging sleep ensures that you are physically and mentally refreshed.

There are some remedies for sound sleep:

Avoid Nightime Disturbance –Here are few tips to avoid nighttime Disturbances:

· Ensure that we are sleeping in a quiet and cool environment.

· Bedding and sleeping cloths should be comfortable.

· Prevent waking at night to urinate (Nocturia): Empty your bladder completelybefore bedtime and keep the fluid intake to a minimum about 2 to 3 hours before sleeping.

- **Sleeping Pills may be the cause:** Sleeping Pills may cause : Sleeping tablets is one such drug which causes morning grogginess. It will generally be worse *International* ,

If you also use other sedatives or narcotic prescription medication like opioid painkillers.

- **Do not depen upon stimulants**: It is said that" what goes up must comedown".
- Same goes with mental and physical state when you use stimulant.
- Nicotine and caffeine may give you a short time boost but it is not the solution for the morning muzzy feeling infact it may worsen the problem.
- **Use an anti- snore Pillow:** Snoring is one of the following which can affect sleep.Use an anti – snore pillow even if you are not snosring these pillow even if you are not snoring these pillow can help in maintaining airways which may assist to some extent to mild sleep apnea
- **Consider a mild-day nap:** If you did not have 7 hours of sleep receeding night then go for short power naps.
- **Drink more water during the day:** The muzzy or graggy feeling can always help in recovering from muzzy feeling.
- Water is not only the solution .Water with electrolytes like oral Rehydration solution (ORS) canbe the best source for rehydration.
- Eat a good breakfast: Breakfast is the most important meal of the day .it provides fuel to get through the day.

Conclusion:

Brain fogging is one of the serious health related issue in human being. This is a typical state of mental confusion, detachment and forgets fullness. However, the symptoms cause and cure is still not well known. The current work discusses about the causes, symptoms and the cure of brain fogging in humans. Insufficient sleep, excess drug usage, over consumption of alcohol, emotional stress, mental exertion and long term disease are found to be the main reason for brain fogging. The person having such state of mind may have any of the these symptoms such forgetfulness, poor memory with recalling past events, difficulty in concentrating slowness with decision making and learning new things, confusion, mixing up words or forgetting words, easily mental fatigued with moderate mental activity. The current study suggests the best cure for brain fogging is the proper counseling of the candidate. The counselor may be their parents, teachers, elders or friends.

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62. Brain Fog (Mental Haze)- Meaning, Symptoms, Causes

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Today, as life has became solidity competitive the importance of money, opportunities and privileges set the love of life especially for those living in big cities. The society has become so competitive. This unholy game of comparison and competition has added unhealthy confusion and unnecessary complications to people's lives. Due to all these reasons the people are not able to think very clearly. Their memory has been impaired and there is cloudness in memory. For most of us, this is a short term impairment that we commonly refer to as brain fog or mental fog. However, when this impaired mental state is a daily occurrence then it needs to be investigated further as it may be a symptom of some underlying diseases. There is no clear clinical definition of the term 'brain fog' or 'mental fog'. It is a common term that people use to describe an impaired mental state and for medical purposes it is often labeled as mental impairment, confusion, poor memory or an inability to concentrate. The activity of the brain is dependent on a host of factors which allows the brain to complete all of its functions. This activity is largely due to the propagation of electrical impulses in the nerve cells that constitute the brain matter. It is therefore, possible that brain fog is due to some impairment in brain activity, coupled with the effect of an imbalance in neurotransmitters (brain hormones), impaired energy production within the brain and/or low oxygen and glucose supply to brain cells.

Meaning and Symptoms

Try to put the meaning of brain fog into words is difficult. Probably, the best way to describe brain fog is like the mental symptoms you experience after missing a night's sleep or waking up with a hangover. Brain fog is not just fatigue from poor sleep patterns or a hangover as such although it commonly arises in these situations. There is a lack of mental clarity.

Many feel that it is like a haze or fog that has clouded the mental ability. You can still think, concentrate, remember and make decisions but it is not as clear as one is accustomed to. As with most symptoms, brain fog is largely subjective and cannot be clearly measured to isolate a specific abnormality or imbalance. The symptoms of brain fog may include:

- Forgetfulness (appointments/commitments, names and so on)
- Poor memory with recalling past events
- Difficulty concentrating and diminished attention span
- Slowness with decision-making and learning new things
- Confusion (sometimes)
- Mixing up words or forgetting words
- Easily mentally fatigued with even moderate mental activity

However, these brain fog symptoms are not the same as learning disabilities, mental retardation, or other mental health illnesses.

Brain Fog Causes

It is important to note that the symptoms of brain fog may also be seen in certain neurological and psychiatric conditions. Furthermore, brain fog symptoms are common with using certain drugs and this is known as an iatrogenic cause. However, for most of us brain fog is a transient symptom or collection of symptoms. It comes up occasionally, lasts for a short period of time and usually we can clearly identify the cause. Here are some of the common causes.

Insufficient Sleep

Sleep is important for physical, mental and emotional well being. The exact way in which sleep benefits the body is unclear but it is known that there are a host of imbalances that arise with inadequate sleep or poor quality sleep. The period of time during which we sleep is essentially a recharging session. Therefore, inadequate sleep will understandably have an effect on mental functioning which may be described as brain fog. It may also be described as a morning muzzy feeling.

Alcohol Overindulgence

Excessive alcohol consumption can impair brain functioning for hours or days afterwards. In chronic alcoholism, it can cause permanent changes and damage to the brain structure and its activity. Initially brain fog is part of intoxication. The lack of mental clarity when drunk is well understood. Most of us look at brain fog following an overindulgence in alcohol as part of a hangover. However, it usually subsides with time and rest and mental clarity restores provided that there is no further alcohol intake.

Illicit Drug Use

Prescription Drug Use

A number of prescription drugs can affect brain activity as well. Often these effects are not as severe and uncontrollable as with illicit drugs. Sedatives, tranquilizers or anti-anxiety medication, antidepressants, anti-psychotics and narcotic painkillers are probably best known for its effect on brain activity. However, similar side effects may arise with other drugs some of which are not even intended to treated nervous system conditions.

Mental Exertion

Any strenuous or prolonged mental activity that is well above the norm coupled with physical fatigue may lead to the symptoms described as brain fog. It is often easily remedies with a good night's sleep and some relaxation techniques that does not involve extensive mental activity. This effect from mental exertion is not uncommon but it is usually temporary. Even repeated episodes of such mental exertion usually do not lead to permanent brain fog.

Emotional Stress

Emotional stress can have a range of effects on mental activity. It can be prolonged stress like continuing marital problems or a sudden emotional shock like the death of a loved one and the accompanying grief. The resulting brain fog in these cases is directly related to the events or situation. However, sometimes past events that were emotionally taxing may have an impact

many years or even decades later. Brain fog may, therefore, be linked to this past trauma, as is seen with childhood abuse.

Low Blood Glucose or Oxygen

An adequate supply of glucose and oxygen is necessary for the brain to function optimally. Even a momentary dip in blood oxygen and glucose can affect the brain. Therefore, any condition that lowers brain glucose or oxygen levels will impact normal brain activity and give rise to brain fog. It may be seen in endocrine, cardiovascular and respiratory diseases. Poor air quality, extreme dieting, prolonged fasting and so on may all contribute to this mental impairment. It may also occur with nutritional deficiencies.

Diseases and Other Causes

Brain fog symptoms may be also be seen in these conditions but it depends on the stage and severity of the disease.

- Anemia (severe)
- Brain diseases like Alzheimer's disease, Creutzfeldt-Jakob disease (CJD), Parkinson's disease
- Brain atrophy (any cause)
- Chronic alcoholism (Korsakoff syndrome or Wernicke's encephalopathy)
- Concussion and post-concussion syndrome
- Depression
- Diabetes mellitus (usually uncontrolled)
- Encephalitis
- Heavy metal toxicity
- Heart failure

Conclusion

Indeed, stress symptoms can affect your body, your thoughts and feelings, and your behavior. Being able to recognize common stress symptoms can give you a jump on managing them. Stress that's left unchecked can contribute to many health problems, such as high blood pressure, heart disease, obesity and diabetes The symptoms of stress can be either physical or psychological. Stress-related physical illnesses, such as irritable bowel syndrome, heart attacks, arthritis, and chronic headaches, result from long-term overstimulation of a part of the nervous system that regulates the heart rate, blood pressure, and digestive system.

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63. Meditation Techniques to Reduce Mental Haze

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Abstract
Every day we go through various situations where in we feel a state of mental confusion, which results in poor decision making capacity and finally a mental haze. Meditation is a powerful tool that can lead to a greater personal insight and a flourish of inner happiness. Meditation allows us to center you and reflect on the day ahead. This paper discusses the meditation techniques for reducing mental haze. This paper talks about freeing oneself from mental haze by practicing meditation along with the benefits of the same.

Introduction

When our mind is exposed to sudden stress, we respond to 'fight or flight' response. then occurs the state of confusion and detachment which is referred to as mental haze. The ability to complete the tasks is impaired, memory is weak and even decision making capacity is decreased. It can be a mild severe episode of mental confusion without any warning. it may also lead to lack of focus and poor mental ability. An individual may also experience various stress disorders such as heart disease, high blood pressure, migraine headaches, insomnia and immune system disorders.Various simple meditation techniques practiced for as few as 10 minutes per day can help reduce mental haze and achieve greater capacity for relaxation.

What Is Meditation?

Meditation is a practice using awareness and mindfulness to sustain the continuity of mental calmness and the right view of penetrative insight. The body remains motionless and majestic like a mountain, workable and supple; speech remains quiet and wordless like the stopping of a grinding mill, mind remains awake and stainless like sunlight.

Meditation is a practice which induces a state of consciousness. The more you meditate, the more you are relaxed and calm.

Benefits of meditation

A few of benefits for mental health includes greater productivity and concentration, reduced stress throughout the day, relief from anxiety and peaceful sleep. it helps to reset your hormones, faster healing and getting less illness. it helps to create longevity for better life, build intuition and discover your higher goal.

While practicing Meditation:

- Heart rate and breathing slows down.
- Blood pressure normalizes
- Use oxygen more efficiently
- Immunity improves
- Adrenal gland produces less cortisol
- Mind ages at a slower rate

Who needs meditation?

Once under the influence of stress, people often make wrong decisions. Sometimes they attempt suicide and end this beautiful life since they do not know how to cope with problems, or cannot find solutions in time to make critical changes. Therefore, to overcome suffering due to mental haze and worries, meditation is the best way to find peace and happiness. The state of meditation is free from stress and tension; it is pure and calm, not like the calm resulting from drugs.

Many people think that meditation belongs to monks and priests; they think it is monk's daily practice and responsibility. In reality, monks and priests are sober and calmer, not requiring as much practice as ordinary and educated people. The more untamed and bewildered the mind, the more time needed for meditation. Of course monks do practice, but they do not own meditation. It is a path for everybody to follow to enter the mansion of happiness.

How Meditation Affects Us?

Better Focus

Because meditation is a practice in focusing our attention and being aware of when it drifts, this actually improves our focus when we're *not* meditating, as well. It's a lasting effect that comes from regular bouts of meditation.

Focused attention is very much like a muscle, one that needs to be strengthened through exercise.

Less anxiety

The more we meditate, the less anxiety we have, and it turns out this is because **we're actually loosening the connections of particular neural pathways**. This sounds bad, but it's not.

What happens without meditation is that there's a section of our brains that's called medial prefrontal cortex. This is the part that processes information relating to ourselves and our experiences. Normally the neural pathways from the bodily sensation and fear centers of the brain to it are really strong. **When we experience a scary or upsetting sensation, it triggers a strong reaction in medial prefrontal cortex, making us feel scared**.

When we meditate, we weaken this neural connection. This means that we don't react as strongly to sensations that might have once lit up our medial prefrontal cortex. As we weaken this connection, we simultaneously strengthen the connection between what's known as our Assessment Center (the part of our brains known for reasoning) and our bodily sensation and fear centers. **So when we experience scary or upsetting sensations, we can more easily look at them rationally**.

Better memory

One of the things meditations has been linked to is improving rapid memory recall. People who practice mindful meditation are able to adjust the brain wave that screens out distractions and increase their productivity more quickly that those that do not meditate. This ability to ignore distractions could explain **"their superior ability to rapidly remember and incorporate new facts."** This seems to be very similar to the power of being exposed to new situations that will also dramatically improve our memory of things.

Less Stress

Mindful meditation has been shown to help people perform under pressure while feeling less stressed. A 2012 study split a group of human resources managers into three, which one third participating in mindful meditation training, another third taking body relaxation training and the last third given no training at all. A stressful multitasking test was given to all the managers before and after the eight-week experiment. In the final test, the group that had participated in the meditation training reported less stress during the test than both of the other groups.

Meditation Techniques

The Relaxation Response

The relaxation response was developed by Harvard physician Herbert Benson in the 1970s. The technique has gained acceptance by physicians and therapists worldwide as a valuable adjunct to therapy for symptom relief in conditions ranging from cancer to AIDS. The relaxation response is a technique designed to bring a feeling of deep relaxation in which breathing, pulse rate, blood pressure and metabolism are decreased. It enhances mood, lowers blood pressure and reduces of lifestyle stress.

The two essential steps to the relaxation response are:

- Repeating a word, sound, phrase, prayer or muscular activity.
- Passively disregarding everyday thoughts that inevitably come to mind during the process, followed by a return to the repetition.

To elicit the relaxation response:

- Choose a phrase for repetition. You can use a sound such as "om," a word such as or "peace," or a word with special meaning to you.
- Sit in a comfortable position in a quiet place free of noise. Close your eyes and relax your muscles progressing from your feet to your calves, thighs, abdomen, shoulders, head and neck.
- Breathe slowly and naturally and as you do say your focus word, sound, phrase or prayer silently to yourself while you exhale.
- Disturbing thoughts should be dismissed to the best of your ability by focusing on the repetition.
- Continue for 10 to 20 minutes. It's okay to open your eyes to look at a clock while you are practicing,
- When you have finished, remain seated, first with your eyes closed and then with your eyes open, and gradually allow your thoughts to return to everyday reality.

Deep Breathing

Deep breathing is one of the easiest way of reducing mental haze, and the best thing about it is that it can be done anywhere! When we become stressed, one of our body's automatic reactions is shallow, rapid breathing which can increase our stress response. Taking deep, slow breaths is an antidote to stress and is one way we can "turn-off" our stress reaction and "turn-on" the relaxation response. Deep breathing is the foundation of many other relaxation exercises.

- Get into a comfortable position, either sitting or lying down.
- Put one hand on your stomach, just below your rib cage.
- Slowly breathe in through your nose. Your stomach should feel like rising and expanding outward.
- Exhale slowly through your mouth, emptying your lungs completely and letting your stomach fall.
- Repeat several times until you feel relaxed.
- Practice several times a day.

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64. Need Value Education for Removing Mental Haze

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Abstract
Education is a rope that carries to progress. It surrounds our entire life. Education is not all about studying and getting good marks. It is really a mean to discover new things and increase knowledge. Modern education had neglected concern for human values. In the race of getting good marks and high rank we are neglecting our basic values. It has become a professional ground for converting man into machine. It only inculcates the sense of competition to acquire position and money. Value is detoiriating day by day among people. Loss of value among students is creating havoc in society. They are developing a negative attitude due to mental Haze towards others at the very initial stage of their life. It is not only affecting their personal life but also the society. Thus the urgent need of value education is felt for the students and pupilsteachers. Value education will help students in knowing the importance of values and reason to be inculcated. It will guide pupil in handling ups and down in ones and finding solutions life. Through this paper researcher had tried to show the importance of value education in life and how it is helpful in removing mental haze.

Introduction

Value education includes wide gamut of learning and activities ranging from training in physical health, mental hygiene, etiquette and manner, appropriate social behaviour, civic rights and duties to aesthetic and even religious training. As a layman one can say value education is simply developing appropriate behaviour and habits. It is inculcation of certain values and morals. The vocabulary meaning of value is the quality, attitude, its significance or usefulness we think for it. Thus value education is a process of aiding the child with these entire factors. In other words, it can also be defined as a matter of educating the feeling and emotions of children. It is not just the trainings of mind alone but also the heart and it consists of developing the true feeling and emotions. It does not deal with the development of cognitive abilities that are trained. Basically, it is a matter of creating the right atmosphere, imitation and learning by citing an example or showing an ideal before it. As we know that the development of the child starts from its birth itself. The child as the member of group imbibes the attitudes, values and general behavior of the group and continuously tries to mould himself according to the group norm. The constitution incorporates the values for living in harmony with oneself and one's natural and social environment as well as the universal human values inherent in the human nature. In today's era the need is not just of leaders in conventional sense but of the people who are willing to show the

way who can take-up the responsibility to create an environment and allow others to feel empowered.

Mental Haze

Mental haze is one of the most important symptoms today; mental haze may be described as feelings of mental confusion or lack of mental clarity. It is called mental haze because it can feel like a cloud that reduces ability to think clearly. It can cause a person to become forgetful, detached and often discouraged and depressed. Mentalhaze *is quite common*. It affects thousands of people, including students as well as teachers. It contributes to school and work problems, low self-esteem, accidents, unhappy relationships and often is a factor in crime and delinquency because it can cause intense frustration and inability to function well in society.

Need of Value Education for removal mental haze

The need of 'value education' for society is not new. This concept has now been refined and modified. Traditionally this word was limited to religion based knowledge but, in present scenario it has more diversified meaning. It is high time for the inculcation of 'the values' in curriculum, if we intend to safeguard the present set-up of society from further deterioration and degeneration. It would not only helps in preserving the values but also helpful in minimizing mental haze. Thus value education is the need of the hour for which we have to strive in spite of all odds and obstacles. In words of Swami Vivekananda - "Education is not the amount of information that is put in your brain and run riots there, undigested all your life. We must have life building, man making, character making, and assimilation of ideas".

As the aim of education is multi-faced development of human being i.e. intellectual, physical, spirituals and ethical development. Today's children are tomorrow's future, in fact they are the mirror in which the future of a nation is reflected. In order to evolve, preserve, maintain and progress one's country, it is important that there should be a comprehensive program on value education system. The need of value program is felt right from the pre-primary level, embracing the entire spectrum of educational process. Increasing disintegration of joint family, growing materialistic attitude and increasing western influences are some of the key reason for the need of reinforcing values in the people, that too in their commencement years. Thus the need for education in values is due to fast erosion of values in our country and increasing insecurities, fear based survival and existence.

The socio-cultural change occurring in society like transition to nuclear family, excessive competition, parental expectation and commercialization of education, negative impact of media, misuse of information technology, globalization, consumerism etc. are putting acute pressure on children, families and schools leading to distortion of values. It therefore highlight's the need for the schools to come up with new ways of educating student's and the role of 'value education' in meeting the challenges of present time. No education is value free and goals of education include the goals of value education itself. Therefore value education is not to be taken as burden in fact it is the need of the time for controlling mental haze prevailing in society.

Commission views on 'Value Education'-

Concern for peace and values need to be viewed as core component of quality and not merely as value premises. Schools have to also make some conscious efforts to meet the goal of providing

complete education to the students. Various Commissions have given their views regarding emphasis to be given on the value education. Some of the views are quoted below along with their respective commission –

- The national commission of secondary education (1952-53) was a significant landmark in emphasizing character building as the defining goal of education. "The supreme end of educative process should be the training of the character and personality of students in such a way that they will be able to realize their full potentialities and contribute to the wellbeing of the community".
- The committee on emotional integration (1961) was formed under the chairmanship of Dr.Sampornanand. It mainly emphasised the role of education in strengthening and promoting the process of emotional integration in national life. Curriculum should be based on children age specific and their level of understanding.
- The report of the university education commission (1962) noted "If we exclude spiritual training in our institution, we would be untrue to our whole historical development".
- Sri Prakasa committee report recommended "Direct moral instructions" for which "one or two periods a week should be set aside in the school time-table".
- The programme of action of 1992 tried to integrate the various component of value education into the curriculum at all stages of school education including the secondary stage.
- Chavan's committee report (1999) submitted in both house of parliament, provided impetus to resume work on value orientation of education.
- The national curriculum framework (2005) echoed the vision of education where values are inherent in every aspect of schooling. It particularly emphasised education for peace as one of the national and global concern.

Objectives of value education in modern context

Traditionally value education was focused on religion and philosophy. There was no space for secular value education and moral thinking. In modern world the need and demand for value has been changed. Now civilized person should possess certain minimum social skills. He need these skills not only in their social life but, as well as in business and other spheres too, e.g. – in establishing a short /long term healthy relation, business transaction. He also functions as responsible person of state as well as of country and world. Thus the need of value education is to fulfill all these demands.

The value oriented education is not restricted to any single sphere rather it can be identified as-

- Physical education – It is an education related to the physique of human body, taken during primary and secondary education that encourages psychomotor learning in a play or movement, thus promoting health. It also includes stress reduction techniques such as yoga, deep breathing. It provides psychological benefit like - mental health, concentration and positive mood.
- Emotional education – It is a process by which a person becomes more socially and emotionally aware of themselves and others. Its main aim is to give the person greater personal freedom to act as we choose as express our true self.
- Mental education – It is the responsibility of all the people because it harms and damage's the mental health & hygiene. True mental education will prepare man for higher life and capacities.

- Aesthetic education – It is the education that recognizes the interconnectedness of body, mind, emotions and spirit. It enable student to express perception, feelings and ideas.
- Moral and spiritual education– spiritual development in values is the growth of their sense of self, their unique potentialities, understanding of their strength and weakness and their will to achieve their goals. Whereas moral development includes an understanding of the difference between right and wrong, correct and incorrect. It shows the right way of doing things or the ways matter should be handled.

Role of agencies for controlling mental haze and promoting value education-

Value education is both parent and public responsibility. It can't be described only through the textbook material. As we know that the value formation starts from the very primary stage of children. Main agencies which participates in the inculcation of values can be –

1. **FAMILY**-Parents are the primary teacher. They imbibe the basic character in their children. Family is the first school of child and parents are his first teacher. Few ways through which parents can inculcate values in their children.

- By citing the examples of day to day life situations.
- Being a role model for them. So that they can follow and learn basic values like – love, care, brotherhood, honesty, sharing.
- Extracts from the quotes of great men, religious epic, dramas and poems.
- By using innovative method to teach new lesson of life e.g. story-telling, games, discussion, films.
- Transferring their knowledge through usual talk and showing them the right ways for dealing things.
- Regular check and control as and when required.

2. **SCHOOL**-School as an organized institute ought to take major responsibility in fostering values in student. Through sound curriculum and co-curricular activities tremendous impact can be on the learning of values by students. Some of the ways are –

- School can priorities programs and also keep some days of class on value education.
- Expert resource person could be invited to have workshop with students and teachers.
- School can revise their program according to the strength and also redesign the curriculum when required.
- Portfolio can be made by the school principal to check the regular progress of values among student.
- A wide range of learning resource can be used for inculcation of values e.g. political events, proverbs, biographies.
- Questioning attitude and critical thinking needs to be encouraged in children.

Suggestion to overcome the problem of mental haze

A need for re-orientation of education for values is felt due to current model of education. This model focuses mainly on the cognitive aspect of student thus neglecting affective domain. It results in alienation between head and heart. Students are nurture in the spirit of excessive

competition. Education of this kind turns children into machine. Few measures are suggested here that can be helpful for controlling mental haze-

- Values should not be treated as an ideal concept but as empowering tool for the society.
- Value education is not the only responsibility of school, society as well as family is equally responsible for its inculcation.
- Since "School is the miniature of society", so vital role is required from the school side.
- Interactive session should be done in school so that children can share their problem.
- Questioning attitude and analytical thinking needs to be encouraged among children.
- Curriculum should be revised and framed according to present need and requirement.
- Regular counseling session should be held in school for the children.

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65. Sacred Solutions to Restore Mental Clarity

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Abstract

Everyone experiences occasional mental haze. But it's not normal to be chronically forgetful and mentally sluggish. Mental Haze is state of mental confusion, forgetfulness and fatigue. It often manifests itself as sluggish tempo. One feels disoriented, scattered and dull. Hence, in order to alleviate persistent brain fog, it's crucial to take broad steps to control mental haze. The present paper focuses on the sacred solutions to restore Mental Clarity.

Introduction:

How Many a times do you realize like your brain is too full of random stuff and you have mental obscurity? And too much clutter is keeping you from thinking straight? Your mind is unable to gather thoughts because they're buried under mountains of trivia or worries? Do you find yourself in a mental fog just when you need your brain the most? Anyone can escape mental clarity . Surely even Einstein had moments where he looked at a page full of formulas and had no idea what they meant; and Shakespeare probably sat there, pen in hand, while no words came out of his head. Its brain fog, a soupy cloud so thick that you cannot see anything ahead. It makes you feel, as if, moving in slow motion. It causes you to second-guess your contribution to conversations or work. It often arises as part of the array of symptoms brought on by some chronic illnesses or medications. . We all feel foggy at times. This foggy energy can hover around us like a dark cloud, confusing our thoughts, making us feel lethargic and blocking us from our creative potential.

Nevertheless, mental clarity is something that can be created .Whenever we need to think our way out of a problem, make a compelling argument, or you just want the mental noise to stop. These spiritual tools can be of great help to triumph mental haze, to clean-sweep your mind and restore mental clarity.

De stress with Meditation

Because of mental clutter and inability to think clear, our thoughts keep hovering around our problems, there's not a lot of working memory left for anything else. Just like a computer, your RAM is full from running a bunch of worry-programs that causes your brain to work slowly. Brain can only handle one thought at a time. Super-fast, mind you may be, but only one at a time. Hence, when you have a lot of unwanted and brooding thoughts running in the background, and can't expect conscious thoughts to be clear or coherent. Practice 30 minutes of meditation session every day. Meditation teaches you to focus and shut out distractions that contribute to slow mental functioning.

Simplify Your Life

Too much external stimuli clog up the works too. The more plugged-in and connected you are, the worse the situation. Too much connectivity keeps the brain haphazard. Try having one day a

week with zero electronics – no phone, no computer, no TV and other social networking. Just you, keep yourself unplugged from the world. The world won't stop without your input, and you'll be just fine without updating your Facebook status or texting, calling, tweeting anyone for a day. Also, don't automatically respond and check your gadget every time you get a beep that you have a message. Set aside a time to reciprocate emails and call people back to be away from diversions and stay focused on your work.

Ultimately, cut back on your social obligations. If you are already slammed with responsibilities, focus on what is truly important to you and say no to the rest. So follow the ritual of an electronics-free day once a week and cut back on social obligations.

Prepare a Hit List

At times you may not realize just how much binge stuff you carry around in your head that is required to be there like to-do list, reminders ,Unfinished assignments , business issues. All of that accumulated stuff is using up your mental RAM, leaving little working memory for complex problems and clear thinking. Therefore, it is advisable to jot down a to-do list that encompasses everything that needs to be addressed. Then whittle it down to the essentials. Focus on the top priority tasks, your "hit list." Do them, finish them and you can literally forget about other tasks until it's their turn . Once they have been written down on a piece of paper, you can restore mental clarity and If you spend 5 minutes a day on organizing your hit list, you can free up memory and focus on what needs to be done. This comes as great relief and allows you to put your mental energies on what you need to accomplish.

Dump Your Brain

Don't get caught in the thought. This seems silly, but little exercise can effectively clear your mind. For the next 10 minutes, observe and note down whatever thoughts are creating storm in mind. No matter how random or ridiculous they may be. Become aware of them as they float into your consciousness and jot them down. Then let your mind keep wandering and write down the next thought and the next. So dump your brain, close your eyes and wait for a moment. Your mind does not like silence. It's not accustomed to not constantly yammering on .So, within a few seconds it will come up with a topic .Write that thought down, and say, "next," before you get caught up in it. Allow the next thought to come up and write down. For 10 minutes, You don't need to keep any of this. But if you do, it's very illuminating. In fact, this is a great self-awareness exercise. You can clarify your mind jumping from topic to topic like a kid at the playground. Awareness is the first step to self-mastery .Meditation is the single most effective way to put the mental chatter in silent zone to have a mind with no thought for a while .

Oxygenate Brain

Sometimes we just indeed, need a break to reboot the mental system. So Get up and get away from whatever you're engrossed in and go clear your head. Go outside, go for a walk, run or bike ride, pet the dog, do yoga or do some deep breathing exercises where you focus on your breath. Take brisk walk and a healthy snack to clear your mind .and within 10 or 15 minutes you will raise your energy level up and be feeling refreshed and mentally clear.

Hydrate

Nothing can be more pious than taking care of this God`s gift of healthy body. Keep yourself healthy with diet and hydration. Avoid heavy food-coma-inducing meals and don't let yourself starve between meals. Both of these contribute to the deadly mental fog. Also, stay hydrated throughout the day. Your brain is a spongy mass that needs water for electrochemical

reactions to work optimally; a dehydrated brain is a slow brain. Do not starve yourself. Eat when you're hungry but in moderation and drink when you are thirsty.

Establish an Association

People around you might react adversely to your bouts of brain fog. They might wonder if you are unable to function and their attitudes towards you might hurt your sensitive spirit. Pray for words to communicate clearly what is happening to you and ask those who concern to be patient as you cope with this frustrating symptom. Surround yourself with those who can and do understand and protect yourself from those who are not sympathetic.

Reverence

If you have a chronic illness or have just endured a long journey through any life threatening disease, your body has been challenged in ways that you might not be able to fully understand. It is spontaneous for human to become frustrated or even angry that you're not back to the normalcy but even more beneficial is to venerate that you need extra spiritual care now and apply that sense of respect to how you react when brain fog occurs.

Recalibrate

Brain fog can make you, at times, feel weak and vulnerable, unsure of how God could continue to work if you are so muddle-headed. You can reshape your spiritual seeking and diversify your foggy head through prayer and meditation on good things especially wisdom, strength and patience. Change your prayer focus and, in turn, modify your reaction to episodes of brain fog and give you more courage to weather them well.

Purify Your Energy

If surrounded in mental fog you have to pay particular attention to your energy. Imagine your hand brushing away any fog or clouds that may be surrounding you. Once done this, imagine sprinkling healing protective and nourishing light over your body. You can also follow other aura clearing practices like smudging, flower essences and sound healing etc.

Tranquilize

Brain fog symptoms can worsen and become more pronounced when you are under stress. When you feel yourself tense, be kind and allow yourself breathing room, slow down and meditate on relaxing in a place that is unhurried and supportive .Pray for comfort to flood your soul. with peaceful happiness.

Conclusion

Mental haze is one of those things that will come and go at different times in our life. Mental haze from metaphysical perspective occurs, when we get stuck in a specific field of energy. Hence, to counteract this foggy brain, all we need is to do is to pay attention to the energy hovering around us and within us. Take action to rebalance through spiritual tools to triumph mental haziness.

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