



“We cannot afford to be patient, if patience means apathy; but we can well afford to be patient, if patience means poise”.

‘Poise’ has proved itself over ‘apathy’ - patient as we have all been to see Naruvi adorn the Vellore skyline.

2020 is a landmark year in the history of Vellore. I hope it turns out to be as important and memorable for all of you.

We are getting ready with the ‘starter pistol’ for the long awaited flag off of the Naruvi Hospitals. The soft launch is scheduled for the 5th of March 2020.

The building is finally showing off its stature befitting a hospital.

Another healthcare facility worthy of the nobility of the medical profession is waiting to be born in the ‘medical capital of India’.

We, at Naruvi, hope that we will be able to live up to the expectations of the people that choose to patronise our services.

I take this opportunity to wish everyone a great and prosperous 2020.

Jai Hind.



THE  
Mirrors Edition



“Did you ever wonder if the person in the puddle is  
real, and you're just a reflection of him?”

— Bill Watterson

*the hutchins company*



## THE Last Month

The entire Naruvi team has shifted gears from work on the systems and processes, to recruiting. In the true spirit of Naruvi, everyone is pitching in with their best skills to conduct interviews and group discussions in an effort to get the best of people into the system. Every day sees over 80-100 people walking in seeking jobs in Naruvi. This is in addition to the thousands of people who have already been included on our database through e-applications.

March the 5th of 2020, the day of our soft launch, is looming large like a raincloud in the skies, waiting to open up and bless the ground with the long awaited rainfall. The construction team is working 28 hours a day,

10 days a week, to complete the finishing touches to the areas that are being opened to the public on the big day.

The Modular Operation Theaters are in the final stages of completion. The Radiology equipment is expected to arrive on site in the next few days. Almost all ancillary services are ready and rearing to go.

With the way things are surging ahead, Naruvi Hospitals should be open to patients by the beginning of May 2020.

“Self-reflection is the school of wisdom”

- Baltasar Gracián

“Learning without reflection is a waste.  
Reflection without learning is dangerous”

- Confucius

# WHY IS SEEING YOUR OWN Reflection SO IMPORTANT?

Throughout history, mirrors have been associated with vanity and narcissism. But in everyday life, many people tend to avoid looking at themselves for more than a quick glance. They don't want to activate their own critical thoughts about their appearance. We are socialized to compare our physical image with ideals and standards. That's how we typically use mirrors. But, whether we realize it or not, mirrors and reflective surfaces also play an important role in our psychological and emotional functioning.




Here are four important research findings from psychology and neuroscience on how mirrors and reflections support our psychological well-being.

### 1. Reflections help us develop our sense of self.

Mirrors are used to test self-recognition in humans and animals. Researchers infer that if subjects can tell that the image on the reflective surface is in fact them, then they have developed a cognitive sense of self. Children learn to recognize themselves in the mirror at around 20 months. Before that, they regard their reflection in the mirror as either another baby they want to play with or something strange and suspicious. But once they get to 20 months, they clearly recognize themselves, as do other mammals, such as primates and dolphins. Mammals with longer periods of time spent close to their mother in early development are more likely to have the ability to self-recognize in the mirror.

In fact, we come to develop a sense of self through early interactions in which our caregivers mirror or imitate our movements and emotional expressions, and respond to us in ways that give us feedback that we are separate from them, and that our behavior creates a reaction in them. It seems that we need a context outside ourselves to self-recognize — other people reflect us as individuals, and mirrors do too.



“The mirror is the worst judge of true beauty”

— Sophia Nam

## 2. Reflections allow us to shift our perspective.

A classic variation of the self-recognition study involves putting a spot of paint on a subject's forehead while they are sleeping or otherwise unaware of it. The subject (human or animal) will attempt to wipe the spot, not from the mirror, but from their own forehead — thus demonstrating that they know the mirror is their own reflection. Humans and animals will also show signs of embarrassment about the spot — suggesting that we are hardwired to care about how we look to others.

And as adults, many of us tend to overdo it, by habitually criticizing our appearance in the mirror. While most people are mildly self-critical, about 1 percent of the population has Body Dysphoric Disorder (BDD), a mental health disorder characterized by a continued obsession with one or more parts of the body, which causes severe distress that interferes with daily functioning. Mirror exposure therapy has been used effectively to treat BDD in conjunction with cognitive behavioural therapy. By looking directly in a mirror for a prolonged time and describing what they see to a therapist, the mirror becomes a tool to challenge BDD sufferers' distorted views of themselves.



“What does a mirror look at?”

— Frank Herbert

How we look at ourselves in the mirror turns out to be essential. It makes all the difference in whether you feel better or worse. Researchers Windheim et al. (2012) found that, contrary to their prediction, not only participants with BDD, but also those without BDD, experienced an increase in distress and self-focused criticism when looking in the mirror for 10 minutes.

The mirror can be used to critique ourselves. But it also offers perspective on just how unkindly we're treating ourselves. Our preliminary research shows that looking with the intention to be kind to yourself can reduce anxiety and self-criticism (Well, et al., 2016). So, looking with kind intention can reduce anxiety, whereas looking without kind intention can allow the inner critic to run amok.

### 3. Reflections make us less socially awkward.

Articles document several quasi-research studies and personal experiments of going cold turkey by giving up the looking glass for a few days to as long as six years. These accounts are strikingly similar. At first, people appreciate the break from the relentless self-criticism triggered by the mirror itself. But as the experiment progresses, they start to avoid social interaction and seem to become more socially awkward. Why?



“Every man carries with him through life a mirror, as unique and impossible to get rid of as his shadow.”

— W.H. Auden

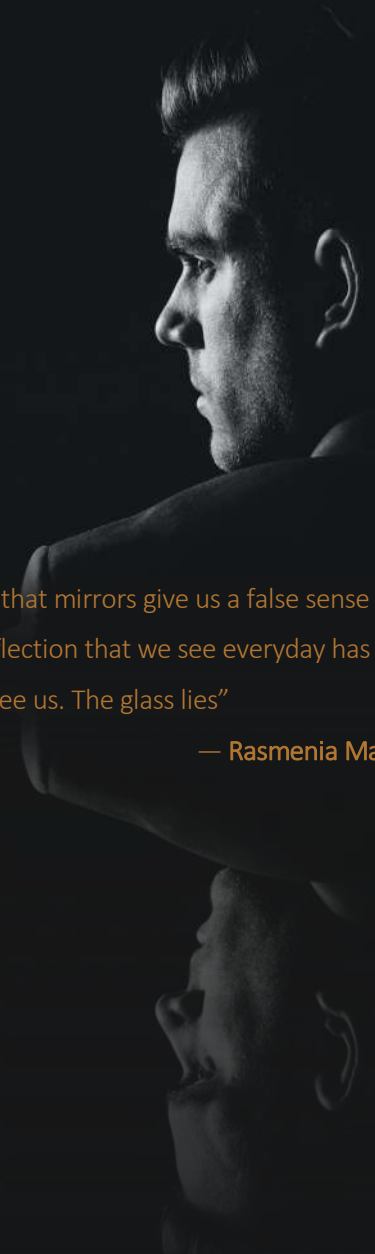


We use the mirror as we do face-to-face communication: to get feedback on who we are and what we are experiencing in the moment. A quick glance in the mirror reaffirms our sense of self. Mirrors help us regulate our emotions and sync up with ourselves and others. Mirrors simulate face-to-face contact with others. When we are in face-to-face interactions, we get feedback on what they are experiencing internally from others' reactions to us. In fact, research finds that face-to-face contact is essential for developing emotion regulation in childhood and throughout life.

People with social anxiety often have an inability to recognize their own emotions. It's reasoned that because they spend less time in social interactions, they miss the face-to-face feedback that would help them be more aware and better regulate their emotions. Psychologists Vinai et al. (2015) have conducted studies using mirrors and video technology to help people recognize their own emotions and teach them "self-mirroring" to soothe themselves when they're feeling anxious, and others aren't around to offer reflection and support.

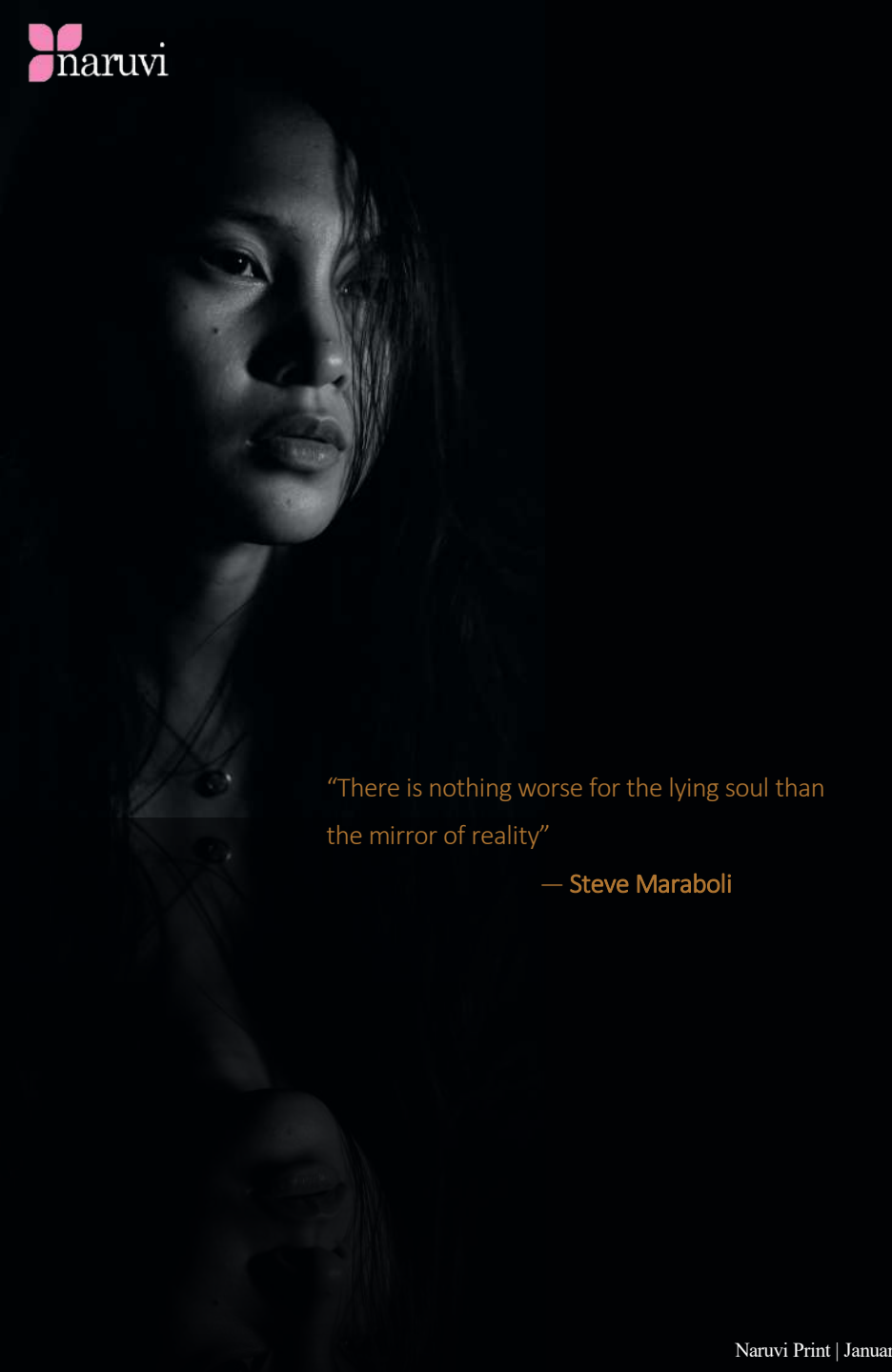
#### 4. Reflections ground us in our bodies.

Mirrors play a role in how we experience our physical bodies, too. Mirror therapy has been used to help people who've had nerve injuries and limb amputations feel connected to their bodies again.

A black and white photograph of a man in profile, looking into a mirror. The image is dark, with the man's face and hair highlighted by a soft light. The reflection of his face is visible in the lower half of the frame, creating a symmetrical effect.

"I know that mirrors give us a false sense of confidence." I continued.  
"The reflection that we see everyday has nothing to do with how others see us. The glass lies"

— Rasmenia Massoud



“There is nothing worse for the lying soul than  
the mirror of reality”

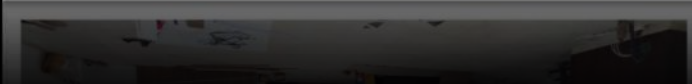
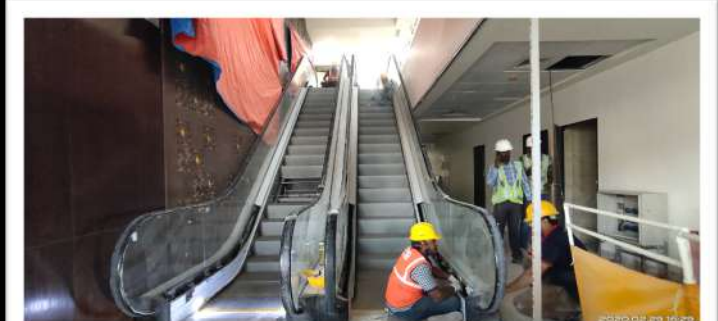
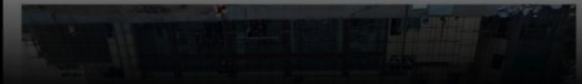
— Steve Maraboli

How does it work? In addition to vision, we experience our physical body through proprioception, which is the perception of movement and spatial orientation arising from stimuli within the body itself. Experiments that use mirrors to create visual anomalies show that our brains crave consistency between vision and proprioception. For instance, arranging mirrors to make it look as if your left hand is actually your right will generally create a feeling of confusion and disorientation.

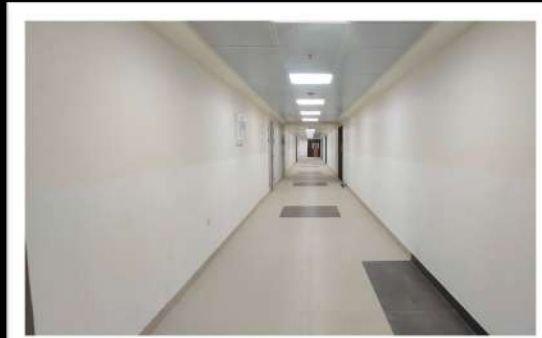
A phantom limb is the sensation that an amputated or missing limb is still attached. About 60 to 80 percent of individuals with an amputation experience painful phantom sensations in their amputated limb. A mirror box is a box with two mirrors in the center — one facing each way — invented by V. S. Ramachandran to help alleviate phantom limb pain. The patient sits with a mirror facing the remaining leg, moves the remaining leg, and watches the reflection in the mirror, so that it appears that both the good and the amputated leg are moving. This technique has been found to decrease painful phantom sensations. It seems the mirror creates a reflective illusion of the affected limb and tricks the brain into thinking movement occurred without pain.

A quick glance in the mirror may do more for you that you realize. If you're not feeling quite yourself today, consider taking the time for a thoughtful look in the mirror.

Click [here](#) for original article

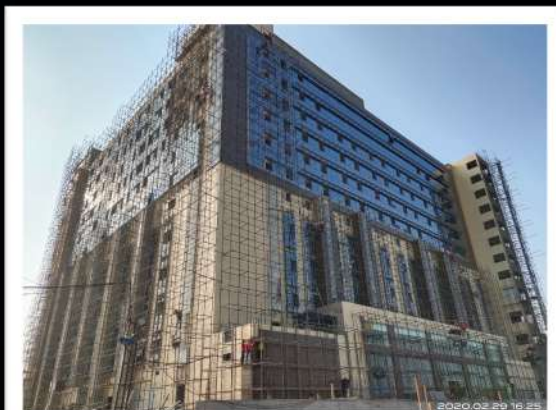


*"Beauty is truth's smile when she beholds her own face in a perfect mirror"*  
- Rabindranath Tagore



“The real man smiles in trouble, gathers strength from distress, and grows brave by reflection”

-Thomas Paine



"Since everything is a reflection of our minds,  
everything can be changed by our minds"

- Buddha





“It is when you lose sight of yourself, that you lose your way. To keep your truth in sight you must keep yourself in sight and the world to you should be a mirror to reflect to you your image; the world should be a mirror that you reflect upon”

- C. JoyBell C.

