

# DEPRESSION

AN EPISODE  
FROM THE  
KEEP  
WINNING!  
SERIES'

A  
MENTAL  
HEALTH  
INITIATIVE  
BY  
LV ASTROMIND

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Anjali  
Bahukhandi

*Opens Up*



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Q&A no. 1

ANJALI  
ANSWERS

# IN A SIMPLE WAY, CAN YOU EDUCATE US ABOUT “DEPRESSION”?

## ANJALI BAHUKHNDI ANSWERS

Depression is a mental health condition that makes a person feel very sad, hopeless, or empty for a long time — weeks, months, or even longer. It's not just a bad day or feeling low for a little while — it's deeper and lasts longer. - You might lose interest in things you used to enjoy. - You may feel tired all the time. - It can be hard to eat, sleep, or focus. - You might cry often or feel like nothing will ever get better.



**“EMBRACE EVERY  
JOURNEY AHEAD,  
TRUST IN YOUR  
INNER STRENGTH”**

**“EVERY STEP  
FORWARD IS A  
VICTORY, TRUST  
THE PROCESS”**

*“Trust the process and celebrate small victories that pave the way to your dreams. You've got the strength to turn aspirations into reality; your journey is a canvas awaiting your unique brushstroke. Embrace the adventure, face uncertainties with a fearless heart, and remember: You got this! Believe in the incredible potential within you, and watch your story unfold into a masterpiece of success and self-discovery.”*

**YOU GOT THIS!**



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## Q&A no. 2

ANJALI  
ANSWERS

# HOW & WHEN DID YOU FIND OUT THAT YOUR HAVE/HAD "DEPRESSION"?

## ANJALI BAHUKHNDI ANSWERS

Once, there was a fight at home over something, and suddenly my blood pressure dropped, and I fainted. Until 11th grade, I never really felt any stress about studies, but everything changed in 12th grade. The academic pressure became so intense that I started experiencing severe tension. Even if someone called me in a loud voice, I would get scared and sometimes faint.



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Q&A no. 3

ANJALI  
ANSWERS

# HOW HAD BEEN YOUR PERSONAL EXPERIENCE, LIVING WITH "DEPRESSION"? ANJALI BAHUKHNDI ANSWERS

I've always been very passionate about sports, especially volleyball, but my teachers never allowed me to play because of studies. That constant restriction and pressure made me feel lost — like I didn't even know what I was doing anymore. I stopped talking to people, stayed alone all day, and kept trying to cope with it. Even today, if someone speaks to me in a loud voice, I get scared — my body starts to shiver uncontrollably.



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## Q&A no. 4

ANJALI  
ANSWERS

# WHAT HAD BEEN THE EXPERIENCES OF YOUR FAMILY AND CLOSE NETWORK? ANJALI BAHUKHNDI ANSWERS

I spoke to my parents about it, and they took me to a psychiatrist. That's when I found out I was suffering from anxiety and depression. My family took care of me. We went to holidays for a week and enjoyed a lot and had a great experience.



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Q&A no. 5

ANJALI  
ANSWERS

# WHAT HELPED YOU TO OVERCOME “DEPRESSION”?

## ANJALI BAHUKHNDI ANSWERS

I went for consultations and meditation sessions for few months. I usually woke up early in the morning and used to play at park with family. Now, i am more than happy with myself however sometimes when my seniors speak to me harshly about work, I get so deeply affected by it that I completely lose track of what I'm supposed to do. It leaves me confused and overwhelmed.



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Q&A no. 6

ANJALI  
ANSWERS

# WHAT'S YOUR MESSAGE FOR OTHERS STRUGGLING WITH DEPRESSION? ANJALI BAHUKHNDI ANSWERS

I know it's hard — harder than words can explain. You may feel tired, lost, or like no one understands. But please remember: you're not alone, and what you're feeling is valid. You don't have to pretend to be okay. It's okay to cry. It's okay to take a break. It's okay to ask for help. Talk to someone. A friend, a family member, a therapist — your pain deserves to be heard.



Even if it feels like nothing will get better — it can. Healing takes time, but it is possible. You are not weak for feeling this way. In fact, getting through each day while battling your mind takes so much strength — and you are brave for that. Hold on. Take one day at a time. There's hope, and there's help. You matter. 🧡

YOU GOT THIS!



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**What's This About?**

This initiative is all about gifting the world with the actual lived experiences & real-time knowledge of true warriors, who are proudly "Winning" by successfully defeating/overcoming their

**Mental Health Disorders**



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## KEEP WINNING!

This initiative is all about gifting the world with the actual lived experiences & real-time knowledge of true warriors, who are proudly "Winning" by successfully defeating/overcoming/managing their "MENTAL HEALTH DISORDERS".

Mental Health Disorders like Bipolar Disorder, Schizophrenia, ADHD (Attention Deficit Hyperactivity Disorder), PTSD (Post-Traumatic Stress Disorder), Clinical Depression, Fregoli Delusion, Capgras Syndrome, Dissociative Disorder, GAD (Generalized Anxiety Disorder), etc.

**ARE YOU WINNING YOUR "MENTAL HEALTH" BATTLES ?**



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*Aniket Chakraborty*