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FORMAT
Press release

DISTRIBUTED
18 November 2026

THE RELEASE

Vidya Raj Sharma Discusses Childhood Trauma and Healthy Parenting with Ajay D'Almeida on FitNest Podcast

Full article inside this report

208
LIVE PUBLICATIONS
Verified, live release links

616.1M+
POTENTIAL REACH
Combined outlet audience

95
TOP DOMAIN AUTHORITY
Highest-ranked outlet

FEATURED IN

Google News · yahoo!news · Business News This Week · The Eastern Herald · upturn Business · india shorts

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THE RELEASE

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Full article inside this report

PRESS RELEASE · Content & sentiment · 18 Nov 2026

Vidya Raj Sharma Discusses Childhood Trauma and Healthy Parenting with Ajay D'Almeida on FitNest Podcast



Mumbai, 18 November 2026: On Children's Day, FitNest Podcast host Vidya Raj Sharma sat down with trauma-informed psychotherapist and psychologist Ajay D'Almeida for a 49-minute conversation on a subject most families rarely talk about: how experiences in the earliest years of life can quietly shape adult relationships, emotional reactions and even physical health.

The episode is the fifth in Season 1 of FitNest Podcast, the Hinglish health and wellness video podcast produced by Mumbai-based Vigyapan Waale.

Episode details

- **Show:** FitNest Podcast, Season 1
- **Host:** Vidya Raj Sharma
- **Podcast Director:** Raj Sharma
- **Produced by:** Vigyapan Waale
- **Guest:** Ajay D'Almeida, Trauma-Informed Psychotherapist & Psychologist

A parent's questions, an expert's answers

Vidya approached the conversation the way many viewers would: as a mother of a nine-year-old. She asked what happens when a parent loses their temper, how to tell whether a child is struggling, and why so many adults keep repeating the same painful patterns.

Ajay D'Almeida works with high-functioning adults, including doctors, officers, business owners and corporate professionals. He answered with an approach grounded in evidence rather than slogans.

What childhood trauma really means

The episode begins with a definition. Trauma comes from the Greek word for "wound". It is not only about major events: it is anything that overwhelms a child's still-developing nervous system. Loud arguments at home, constant tension or neglect can all leave a lasting mark.

The conversation also introduces the Adverse Childhood Experiences (ACE) study, a large study of about 17,000 people conducted in the 1990s. It linked difficult childhood experiences with health and life problems in adulthood, and showed that the effects of early adversity reach beyond the mind.

Why adults repeat the same patterns

Vidya asked why people often end up in similar relationships again and again. Ajay explained that the nervous system tends to work from familiarity rather than choice, so people can recreate what they grew up with even when they try hard not to. When someone keeps reaching the same point in relationships, work and parenting despite real effort, the episode suggests it may be time to seek professional help rather than self-diagnose.

Three steps to trauma-proof children

For parents, the episode offers simple, practical guidance:

1. **Lower your tone.** Calm yourself first, then speak gently. Children respond to how something is said more than what is said.
2. **Give full attention.** Put the phone away, make eye contact, and come down to the child's level instead of talking from above.
3. **Listen and don't dismiss.** Children who feel safe telling the truth are more likely to come to their parents first when something goes wrong.

Vidya highlighted the idea of "repair after rupture": when a parent loses their temper, returning quickly with reassurance and a warm hug helps the child recover. The one sentence the episode recommends every parent say more often is: "I am with you."

Myth or fact

In the myth-or-fact round, Vidya put common beliefs to the expert:

- **"I don't need anyone" is always a sign of strength.** Myth. It can be hyper-independence, a response learned when the people around a child were unreliable.
- **Quiet, obedient children are always emotionally healthy.** Myth. Very quiet children may have learned that silence keeps them safe, and should be gently encouraged to express themselves.
- **Boys told not to cry often grow into men who show sadness as anger.** Very often true. Suppressed emotions can surface later as explosive anger.
- **To heal, you must cut off your parents.** Not as a blanket rule. Limiting contact may be needed only in cases of abuse, and only after professional assessment.
- **Venting to friends is therapy.** No. It can bring relief, but relief is not healing.
- **Overthinking is just a habit.** No. It is often a symptom rooted in a lack of safety in early life.

Social media is not therapy

The episode closes with a caution about the "pop psychology" common on Instagram, where words like "narcissist", "gaslighting" and "trauma" are used loosely. Viewers are encouraged to check credentials and cited studies, and to remember that one video can make someone aware of a problem but cannot heal it.

About FitNest Podcast

FitNest Podcast is a Hinglish (Hindi + English) health and wellness video podcast produced by Vigyapan Waale in Malad West, Mumbai, and hosted by Vidya Raj Sharma. Each episode features one qualified expert who answers the health questions people actually search for and separates facts from myths.

New episodes release every Saturday at 5 pm IST on YouTube, Spotify, Apple Podcasts and Amazon Music.

Watch Episode 5: https://www.youtube.com/@fitnestpodcast
Website: https://fitnestpodcast.com

This episode is for general education and awareness only and is not a substitute for professional mental health or medical advice. If you are struggling, please reach out to a registered mental health professional.

Contact for more informations:

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PRESS RELEASE · 18 Nov 2026

Top 25 published links by potential audience

All 208 live release links are listed in the full publication directory that follows.

#	LOGO	PUBLICATION	DA	PA	AUDIENCE
1	Google News	Google	95	89	369.5M
2	yahoo!news	Yahoo	93	75	239.8M
3	india shorts	India Shorts	66	48	2M
4	The Eastern Herald	Eastern Herald	62	45	1.5M
5	Business upturn	Business Upturn	70	52	1M
6	KAROSTARTUP	Karo Stratup	25	27	278K
7	Business News This Week	Business News this week	40	50	51.1K
8	INDIA GLOBAL LIVE	India Global Live	25	27	14.9K
9	INDIAN PRESS WIRE	Indian Press Wire	30	26	14.8K
10	BRIEF BUZZ	Brief Buzz	<25	<25	14.6K
11	INSIGHTFUL NEWS	Insightful News	<25	30	14.6K
12	INDIA TIMES ONLINE	India Times Online	29	28	14.5K
13	THE INDIA WATCH	The India Watch	26	<25	14.4K
14	VVN VILLAGE VOICE NEWS	Village Voice News	29	26	14.4K
15	Karnataka NEWS NETWORK	Karnataka News Network	28	28	14.4K
16	DND DELHI NEWS DAILY	Delhi News Daily	29	28	14.3K
17	24 GOSSIP TODAY	Gossip Today	<25	27	14.3K
18	STANDARD TODAY NEWS	Standard Today News	<25	25	14.3K
19	TravellerNews INDIA	Traveller News India	<25	28	14.2K
20		India Buzz News	25	27	14.1K
21	Andhra NEWS DIGEST	Andhra News Digest	30	<25	14.1K
22	LATESTNEWS TODAY	Latest News Today	<25	28	13.9K
23	INDIA LATEST NEWS	India Latest News	27	<25	13.9K
24	LNH	Latest News Himachal	27	28	13.8K
25	INDIA LIVE NEWS FEED	India Live News Feed	27	28	13.8K

DA = Domain Authority · PA = Page Authority (see glossary)

PRESS RELEASE · 18 Nov 2026

All live links · outlets 26–74

208 live publications · sorted by audience

#	LOGO	PUBLICATION	DA	REACH
26		Indian Press Coverage	26	13.7K
27		India Tribune Times	28	13.7K
28		India Breaking Buzz	30	13.7K
29		Newz Today 24	<25	13.6K
30		News India Connectivity	27	13.5K
31		District Daily News	28	13.3K
32		Media Minds	29	13.3K
33		News Indian Bulletin	26	13.2K
34		Odisha News Hour	30	13.2K
35		Quick News Now	<25	13.2K
36		India Brief Update	30	13.1K
37		India Press Dispatch	28	13.1K
38		Uttarakhand News Wire	28	13.1K
39		Sandwich	27	13K
40		Goa New Time	26	12.9K
41		India Bulletin News	26	12.9K
42		India Today Times	28	12.9K
43		India Wire News	30	12.7K
44		News India	<25	12.6K
45		Indian Pulse Media	28	12.5K
46		India Mirror News	30	12.5K
47		India Career Week	<25	12.4K
48		India Bulletin Live	27	12.4K
49		Maharashtra Portal	27	12.4K
50		Reach News	<25	12.3K
51		Trend stellers	<25	12.3K
52		India Buzz Feednews	29	12.2K
53		The Daily Glimpse	<25	12.2K
54		Gujarat Watch	30	12.2K
55		Indian Headline Buzz	28	12.1K
56		Jharkhand India News Agency	26	12.1K
57		Rajasthan Headlines	27	12.1K
58		India Latest News Feed	27	12.1K
59		India Flash Bulletin	30	12K
60		Express Times News	<25	12K
61		The Indian Post	29	12K
62		Indian News Daily Update	30	11.9K
63		The Quick Update	<25	11.8K
64		News India Network	25	11.7K
65		Patrolling Wire News	<25	11.7K
66		The Hindustan Express	27	11.6K
67		Chronicle Today News	<25	11.5K
68		India Pulse Update	27	11.5K
69		India press Coverage	25	11.4K
70		Indian Former	26	11.3K
71		News India Web	<25	11.3K
72		News Today99	<25	11.2K
73		Karnataka News Room	27	11.2K
74		Indsider India Times	<25	11.1K

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All live links · outlets 75–122

208 live publications · sorted by audience

#	LOGO	PUBLICATION	DA	REACH
75		India Flash News	26	11K
76		India Briefings	25	11K
77		Top Icsarena	27	10.9K
78		News Wave India	28	10.8K
79		India News Junction	29	10.8K
80		Indian Daily Press	30	10.6K
81		India Current Affairs	25	10.6K
82		The News Net	<25	10.6K
83		Tripura News Central	25	10.5K
84		Report Today	<25	10.4K
85		Story India	<25	10.4K
86		India Today Updates	29	10.4K
87		India News Break	27	10.3K
88		Indian News Channel	29	10.3K
89		Times Of India Daily	25	10.3K
90		Daily India Updates	27	10.3K
91		India Current Update	25	10.2K
92		Standard News Wire	25	10K
93		News Economic India	<25	10K
94		India News Connect	26	9.9K
95		Business Line Print	<25	9.9K
96		Scroll India News	<25	9.9K
97		Daily News India Online	<25	9.8K
98		Madhya Pradesh News Tribune	26	9.7K
99		News India Live	28	9.7K
100		India Live News	27	9.6K
101		Odisha News Voice	30	9.6K
102		Report World	<25	9.5K
103		Nagaland News Watch	27	9.4K
104		India News Wire	26	9.3K
105		Report News	<25	9.3K
106		News India Point	30	9.2K
107		Telangana News Spot	28	9.1K
108		India News Nation	28	9.1K
109		The India Talks	26	9.1K
110		India Flashnewsfeed	27	9K
111		Tech Times News	<25	9K
112		India Buzz Times	25	9K
113		India Reporter Live	30	8.9K
114		Punjab News Network	26	8.7K
115		Now Report	<25	8.7K
116		News India Times	30	8.6K
117		India Press Buzz	27	8.6K
118		The Report Net	<25	8.6K
119		India Times News	30	8.6K
120		New India 24×7	26	8.5K
121		Nagaland News 24×7	27	8.4K
122		News Indian Update	29	8.4K

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All live links · outlets 123–170

208 live publications · sorted by audience

#	LOGO	PUBLICATION	DA	REACH
123		Bihar News Watch	28	8.4K
124		Indian World News	<25	8.4K
125		India Wire Channel	27	8.4K
126		Himachal Pradesh News Flash	30	8.4K
127		Tripura News Point	25	8.3K
128		Punjab News Update	28	8.3K
129		India Post Daily	26	8.3K
130		The Report World	<25	8.3K
131		Tamilnadu News Update	28	8.2K
132		Mizoram News Pulse	26	8.2K
133		Maharashtra NewsFlash	27	8.2K
134		India Today Daily	26	8.2K
135		Himachal News Report	28	8K
136		Daily Indiane	29	8K
137		India 24×7 News	27	7.9K
138		Post Times News	<25	7.9K
139		Rabale	28	7.8K
140		Mizoram News Voice	30	7.8K
141		India Globe Today	30	7.8K
142		India News Portal	27	7.7K
143		India Watch Daily	25	7.7K
144		India Today Live Update	26	7.6K
145		News Indian Line	26	7.6K
146		Indian Headline News	28	7.5K

#	LOGO	PUBLICATION	DA	REACH
147		Goa News Online	27	7.5K
148		Indian News Views	25	7.4K
149		Indian News Update	30	7.4K
150		News Today Pro	<25	7.4K
151		Latest News Karnataka	29	7.4K
152		Indian For Media	30	7.3K
153		The News India Now	27	7.3K
154		Indian Express Newsfeed	28	7.3K
155		Jammu and Kashmir News Report	27	7.3K
156		Indian News Beat	28	7.2K
157		India Watch Live	30	7.2K
158		News India Headline	27	7.2K
159		Rajasthan News Time	28	7.1K
160		India Live News Today	25	7K
161		Jharkhand News Hub	28	7K
162		Indian press Connect	30	6.9K
163		The India Brief	27	6.8K
164		Indian Express News	30	6.8K
165		India World News	<25	6.6K
166		Chhattisgarh NewsLine	29	6.6K
167		News Indian Link	26	6.6K
168		India Buzz Channel	28	6.6K
169		News Pulse India	27	6.5K
170		News Eagle India	30	6.4K

PRESS RELEASE · 18 Nov 2026

All live links · outlets 171–208

208 live publications · sorted by audience

#	LOGO	PUBLICATION	DA	REACH
171		India latest News Update	29	6.4K
172		India Press Journal	27	6.4K
173		Mizoram News Buzz	27	6.4K
174		News India Talks	30	6.4K
175		Weekly News Report	<25	6.3K
176		India Vibes Media	26	6.3K
177		The India Times Online	30	6.3K
178		India Today Headline	27	6.2K
179		Indian Express Daily	27	6.2K
180		India Live New Update	26	6.2K
181		Indian Express Update	25	6.1K
182		India Wire Media	28	6K
183		Haryana News Line	29	6K
184		India Today Newsflash	28	5.9K
185		News Mirror	<25	5.9K
186		India Global News	30	5.8K
187		Manipur News World	30	5.8K
188		News Wires	27	5.8K
189		The Indian Post Online	26	5.8K
190		India Forbes News	<25	5.7K
191		My News Today	28	5.7K
192		State Newz	27	5.7K
193		India state News	25	5.7K
194		Indian Focus News	25	5.6K

#	LOGO	PUBLICATION	DA	REACH
195		India Story Line	30	5.5K
196		State News Today	<25	5.5K
197		News Indian Pulse	28	5.5K
198		Sikkim News Update	30	5.4K
199		India Globalnews	<25	5.4K
200		Report India	<25	5.3K
201		Rapid Report	<25	5.3K
202		India Breaking News Line	26	5.3K
203		Meghalaya News Daily	28	5.2K
204		India Viral Newsnow	30	5.1K
205		News India Connect	30	5.1K
206		Nagpur Project News	<25	5.1K
207		Kerala News Journal	27	5.1K
208		Haryana News Time	27	5K

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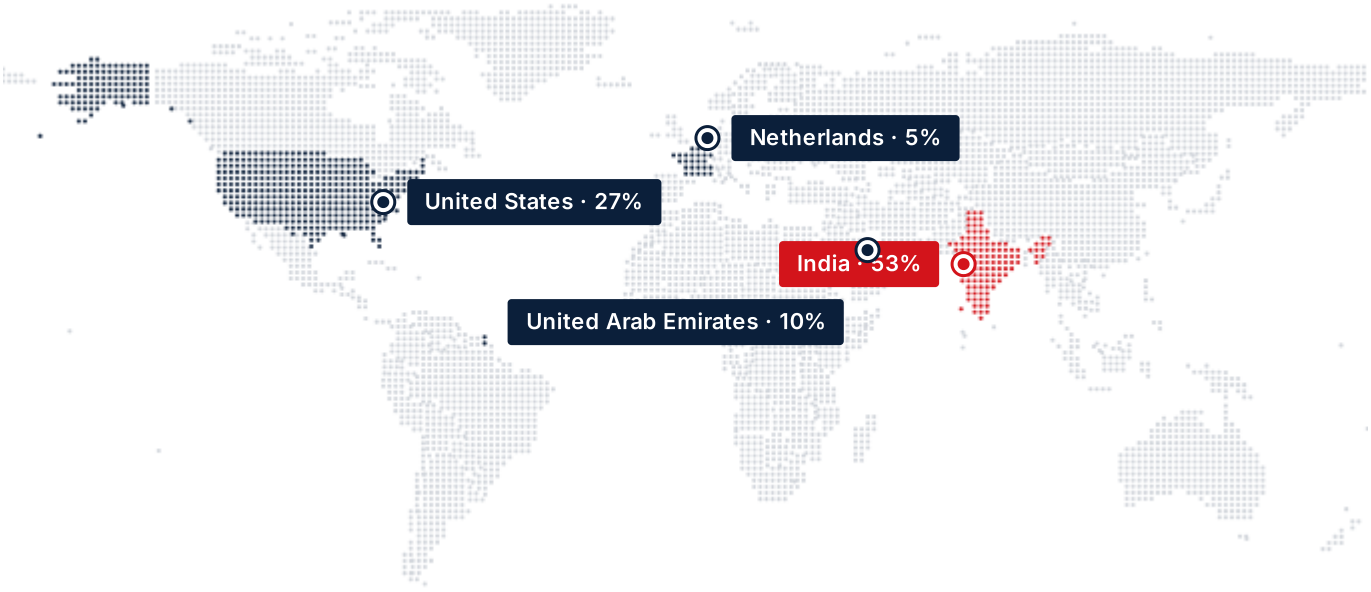
Distribution demography & sentiment

DISTRIBUTION DEMOGRAPHY



53%
INDIA

27%
UNITED STATES

10%
UNITED ARAB EMIRATES

5%
NETHERLANDS

SENTIMENT ANALYSIS

Positive

Score **10 / 10**

Category: Health & Wellness



CAMPAIGN SCORE
72/100

PERFORMANCE
72%

CAMPAIGN RATING
Excellent

URL ANALYSED
10

The article discusses childhood trauma and its impact on parenting, aligning closely with the health and wellness sector. It features a psychotherapist providing evidence-based insights, reinforcing the brand's focus on holistic well-being. The tone remains encouraging, offering practical steps for parents to support their children.

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Visibility score breakdown

SENTIMENT	SEO	DA	PA
10/10	14/20	15/10	5/10
Tone of the coverage towards your brand.	Keyword use, structure and depth of the article.	**Domain Authority:** trust in the publishing sites.	**Page Authority:** ranking power of each article.

TRAFFIC	SOURCE	COVERAGE	PLACEMENT
8/20	3/10	7/10	10/10
Estimated visits the published pages attract.	Credibility and tier of the publishing outlets.	Breadth of pickup across outlets and regions.	Prominence of the article on publisher sites.

SEO STRENGTH · How well the article is optimised for search

SCORE 14/20

TARGET KEYWORD	USAGE
childhood trauma	2 Times

Assessment: Keyword usage is solid, with the exact phrase appearing in the title and early in the copy, plus related LSI terms. The article lacks formal H1/H2 headings but compensates with short paragraphs and bullet-style lists that aid readability. Depth is strong, covering definitions, studies, practical advice, and expert commentary,...

DISCLAIMER · UNDERSTANDING YOUR SCORE

Visibility builds over time

A newly published PR article is much like a newborn learning to walk — it cannot run on day one. In the same way, Google needs time to discover, crawl, understand and index each new article. Initial scores may therefore be low and should be read as a starting point, not the final result.

1 Discover — 2 Crawl — 3 Understand — 4 Index

How you can improve PR visibility

01

Social media

Share the articles on LinkedIn and other social media platforms.

02

Website visibility

Add the publication links to an “As Featured In” section on your official website.

03

Owned channels

Promote the articles through your newsletters and email signatures.

Important: Scores may improve over time as visibility and other performance signals develop.

Reading this report

Domain Authority (DA)

A 0–100 score of how much search engines trust a website overall. Higher DA means links from that site carry more weight.

Page Authority (PA)

The same idea for a single page — how likely that specific article page is to rank in search.

Potential audience

The estimated readership of each outlet. It shows how many people could see your story, not confirmed views.

Earned media

Coverage a newsroom writes on its own initiative — a bonus beyond distribution.

Indexation

When search engines add the published pages to their results. This takes days to weeks, which is why SEO impact builds over time.

AI answer engines

Tools like ChatGPT, Perplexity and Google AI that answer questions directly, drawing on trusted published sources.

Thank you.

Your coverage stays live and keeps building visibility. Thank you for choosing us to share your story.