



Institute for
Psychological
Health

Mental health for all !

MANAS

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RELATIONSHIPS

Manas - IPH'S Mental Health Newsletter

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Editor's Desk

Towards healthier,
happier, more harmonious
relationships . . .

'Change' is an inevitable phenomenon in human existence. It is also an integral part of every relationship. Interpersonal relationships are dynamic systems that change continuously during their existence. Just like living organisms, relationships also have a beginning, a lifespan and an end. The end (breaking up) can actually be a positive experience when the relationship did not expand the self but rather led to personal growth. Healthy relationships are built on the foundation of secure attachments, and are maintained with love, trust and communication, which can be made to flourish.

We, as mental health professionals, experience varied shades of a relationship. We are witnesses to the intricacies and dynamics of relationships between spouses,

siblings, parent and child, and among teachers and students, and colleagues. The list is long . . . This is precisely the theme for this issue of our Institute Newsletter, MANAS - 'RELATIONSHIPS'.

Our relationship with you is of paramount importance to us. We started this newsletter as a way of keeping in touch with you—our well-wishers, donors, clients (patients) and caregivers, who have been an integral part of our journey. Our guiding philosophy is: "Mental Health for all".

We plan to use this newsletter partly as an additional tool of input to enrich our reader's body of knowledge and their access to further sources of information. You have been partnering with us commendably, contributing immensely to the success of our vision and mission. We elicit your continued support in this regard, and wish that this newsletter enriches your life and relationships in many ways.

In this issue of MANAS we have interesting articles on RELATIONSHIPS in addition to a detailed report of Thane VEDH one of our most popular flagship events running successfully for more than two decades now. IPH conducts VEDH in nine cities of Maharashtra viz., Thane, Pune, Aurangabad, Parbhani, Ahmednagar, Kalyan, Pen, Nasik and Latur.

We are positive that you will enjoy

reading this issue too, just as you did the earlier one. Your letters of appreciation have encouraged us no end.

Thank you. Have a great year ahead, and may all your relationships blossom.



PRATIMA NAIK & VAIDEHI BHIDE

IPH Thane

Launched on March 23, 1990 with humble beginnings, IPH today is a colossal unique NGO with its premises in Thane and Pune. It operates a number of Support groups and Developmental groups along with services ranging from a full-fledged Audio Visual Unit to a Telephonic helpline and an independent Learning Centre.

IPH believes in an 'Umbrella

approach' of piloting varied services and being holistic in mental health. It is a unique blend of individual and family intervention along with integration of curative and developmental models.

IPH functions at all three levels namely in-house work with individuals with problems and their caregivers, Community out reach programmes on awareness building

and Industrial Training workshops.

In pursuit of its goal, IPH would like to consider itself as a laboratory of community mental health, a place where competent service, community participation and creative education go hand in hand. IPH has been conducting innovative programs and projects in the field of mental health over the last 28 years. Our Mission: Mental Health For All.



150+

Volunteers associated with IPH, Thane



50

Non Clinical Staff working in IPH, Thane



65

Clinical Staff working in IPH, Thane



14837

Maitra Telephonic Helpline Calls successfully attended till date.



69248+

Clients treated by IPH, Thane in the past 10 years

IPH Pune

March 23, 2018 was an eventful day in the history of IPH, with the launch of its Pune Centre. Pune is now a growing educational hub with cultural diversity and its own challenges. It's a blend of increasing

population of young students, professionals and senior citizens along with psychiatrists in clinical practice. It was essential to have a team approach and participation of volunteers too. There was felt a

need for a laboratory that will promote mental health and help in alleviating symptoms of mental disorders. IPH has developed a rich network in Pune city within six months of its functioning.



900+

Clients treated by IPH, Pune



30+

Volunteers associated with IPH, Pune.



10

Non Clinical Staff working in IPH, Pune



18

Clinical Staff working in IPH, Pune.



MESSY HOMES

And Happy Hearts

The life and times of a young mother...

With motherhood come sleepless nights, solemn promises, lessons in patience, and more. **Panna Kamaljeet** also received the unexpected gifts – the stamina of a marathoner, the ability to look at the lighter side of life, a treasure house of lovely memories, an endearingly messy home and happy hearts all around.

On that day, as I held her for the first time, I knew nothing would ever be the same again. My relationship with my little one started a little more than two years ago and will continue till I breathe, maybe even beyond.

A mother-child relationship. Such a clichéd topic, right? Still, funnily enough, it is unique for everyone despite half of the world's population having experienced it. So like any other mother-to-be, I made certain promises to my child. Some general, like I will always be there for you and love you unconditionally and others more specific, like I'm never going to bother you for stud-



I knew from what I had read and heard that being a mother teaches patience, forgiveness, tolerance, blah blah blah. But if I have to speak for myself, what it taught me the most is to live life with a healthy dose of humour.

ies or force-feed you. I knew from what I had read and heard that being a mother teaches patience, forgiveness, tolerance, blah blah blah. Accepted, it does teach us all those things. But if I have to speak for myself, what it taught me the most is to live life with a healthy dose of humour.

I remember being at work during pregnancy. I would be conducting counselling sessions wearing my psychologist's hat, sounding all wise, and the little human inside me would be kicking away to glory. She would be probably trying to tell me, give all the 'gyaan' you want to, I want to see how well you practice-what you preach. My kid has the capacity to make me pull my hair out and laugh uncontrollably at the same time. I guess that is why we've

had so much fun when we went through all our 'firsts'. Now life is full of anecdotes.

I remember how at the end of our first flight, my husband and I shook hands in a manner only befitting two pilots who have waded through intense turbulence and managed to land on safe ground. Let me tell you, it's not easy to be smiling and singing like a fool through a two-hour flight just to keep your nine month-old from bawling her lungs out enclosed in a cramped space with no means of escape.

Once someone asked me, what scares you the most as a parent? Probably, she expected a very intense reply, me being a psychologist and all. So I looked her in the eye and said with utmost sincerity, "Me, opening my eyes for a bit at 7 am on a Sunday morning only to see my kid awake and smiling at me." Now that's a scary sight! Ask any parent who would give anything to sleep in on the weekend.

Also, my kid is very caring of my health and fitness. She probably knows that my work is of a sedentary sort. So she makes absolutely sure that I am on my toes whenever she is around me.

Once we are out of the house, she goes on a sprint, so I run after her and my husband, probably wondering why we are running like maniacs, starts following us like a sprinter. It's like a family marathon with two unwilling participants.

I'm now an expert at time-management since she is now in the I-want-to-do-everything-on-my-own phase. I can also shamelessly sit down on the floor with her at a shoe store when she decides to try on

I run after her and my husband, probably wondering why we are running like maniacs, starts following us like a sprinter.

every pair which is at least five sizes larger.

All this while trying to have a civilised conversation with her about how she needs to 'behave' better.

So yeah, I'm doing the whole parenting thing and I have my moments of self-doubt too. But I thank my little mite for helping me lighten up and become a new and improved version of myself. I thank her for teaching me that the fun lies in the imperfections of life. It lies in messy clothes and a messy home with happy hearts.



Ms Panna Kamaljeet
Clinical Psychologist

15 YEARS TRUST
In Major Depressive Disorder
STALOPAM
Escitalopram 5 / 10 / 20 mg Tablets
...Say **yes** to life

DAYO OD
Divalproex sodium extended release tablets
First Line **Moodstabiliser**

ARZU 10 / 15 / 30 mg
Aripiprazole tablets
Desire to take control

In Schizophrenia & Bipolar Depression
Lurafic 40 / 80 mg
Lurasidone Tablets
Begin Again...

LUPIN MINOVISION

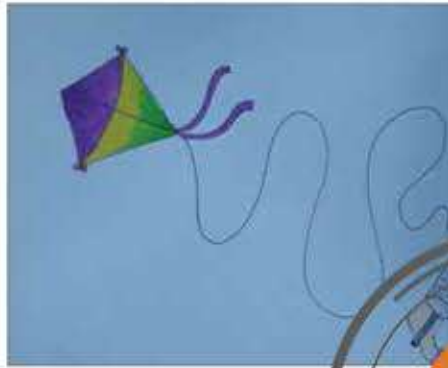
TEACHER

As Mentor

His father taught him more than just chemistry. He empowered his son and sharpened his personality till, one day,

Dr Anand Nadkarni realised that the sterling qualities he had unconsciously imbibed from his father are now a part of his DNA. Here, he explores the fascinating nuances of his special bond with his parent-teacher-mentor.

Recently, I happened to meet a college mate of mine after a gap of almost two decades. He now works for an industry, where I was his instructor during a training programme on Human Resource Development. During lunch hour, we were exchanging notes and regaling each other with old anecdotes. Nostalgia can be such an enjoyable delicacy. I noticed that he was wearing a khadi shirt and trousers. Sensing my questioning gaze, he said, 'You know, when I left college, I told myself that I want to carry something with me from here. Something significant and valuable. And I remembered a teacher. He used to wear khadi. He influenced me so much as a human being, I wanted to carry him with me all the



time. So I decided that I would begin wearing khadi from the very next day. I carry a bit of him within me, and I feel the presence of his values every single day!

I patted my friend on his shoulder. I knew exactly what he was saying. I too generally wear khadi, and the teacher concerned happens to be my father. Very rare at the turn of the century? Yes, but it exists. The bond between a teacher and a pupil. I consider myself both privileged and fortunate to be a teacher's son. However, in addition to imbibing some of my father's facets, his style has had a distinct and separate influence on me as a teacher. He taught me organic chemistry for two years in college. A

sober figure, without a powerful physical presence, when he entered the classroom, everybody stood up with genuine respect. Nobody was afraid of him or terrorised either. In fact, it was his tranquil and calm disposition that commanded reverence. The class was mesmerised by the way he played with those complex (and volatile) equations in organic chemistry. I remember his presence in the class, the genuine joy that teaching gave him, the way his gaze touched (and scanned) each one of us in his class.

Many years later, when I was teaching in a medical college and in an institute of social sciences, I used to wipe the blackboard meticulously. Then I used to pick up a medium-sized chalk stick and play with it for a second, as bowlers do with the ball, at the start of their bowling run-up. One day, it suddenly dawned on me that this was the exact sequence my father followed in his classroom. I had internalised it almost unconsciously. As a music maestro, before beginning his recital, salutes his Guru, so also was I

emulating my father. To this day, I wonder how I had mastered that 'ritual' before consciously realising that I was doing so. Now I recognise that this was probably a very enlightened form of learning. When you learn without knowing that you are learning, then you learn best. This, to my mind, is the centrepiece of the solution for the riddle of being a mentor.

When you learn without knowing that you are learning, then you learn best. This, to my mind, is the centrepiece of the solution for the riddle of being a mentor.

A friend is a sympathiser and helper. A philosopher is a wise man. A guide is an advisor (all dictionary meanings). A mentor is an experienced and trusted advisor. This dictionary meaning left a taste of incompleteness in my mind. It felt inadequate. In my opinion, being a mentor means influencing the core values of a person so delicately that the influence seems to surface in the conscious processes, as if it was NEW. The first three words mainly aim at conscious processes. The word Mentor transcends them all. When somebody is your mentor, you carry a bit of him with you, within you, so effortlessly, as if that part is with you from your cradle. Unbelievable? Yes, so it was for me, until I realised this truth. Then began my conscious search. I enjoy teaching. Very much. In fact, the word doctor comes from an original

Latin word meaning 'to teach'. Incredible as it may sound, more than fifty percent of my professional work involves teaching. Every week, I am teaching postgraduate students, community volunteers, adolescents, parents, sports persons, industrial employees, caregivers of patients, patients, teachers, children, students, mental health professionals . . . the list is long.

Often, I ask myself what prevented me from restricting myself to the confines of my clinic and treating individual patients. Most of my colleagues do this. And there is nothing wrong with it. It's the norm. Then, what was it that guided my choice to step out? The answer lies in this phenomenon of my teacher as my mentor. I further ask myself, 'Had he not been your father, then? The answer remains the same. Images from my childhood waft before my eyes with a fresh significance: My father preparing for every lecture, in spite of his many years of teaching experience. His efforts to make his teaching references up to date. His reading to keep himself well informed about his subject. His considerate manner of correcting answer papers. His careful filling up of the university examination mark-sheets. I see him refusing lucrative offers of individual tuitions. I see him politely declining.

When somebody is your mentor, you carry a bit of him with you, within you, so effortlessly, as if that part is with you from your cradle.

to accept any money for taking revision classes for students from other institutions. I also see him refusing to use his influence to get my brother's examination results in advance.

A lump rises in my throat as I write these words, and I almost choke, because I sense it so vividly: 'ALL THIS' has indeed become a part of me. Is there a better way to salute your mentor?



Dr Anand Nadkarni
Renowned Psychiatrist

BE

Not Proud

Life does not always play fair. Like a bolt from the blue, the most unfair knocks you down, leaving you seemingly defeated. And when your adversary is unconquerable, you need herculean effort to accept your relationship with him and move on gracefully with your chin up, says **Pratima Naik**.

Different relationships have different definitions in my life. My relation with each individual is unique in itself . . . to some I am bonded by birth, some through wedlock, some by choice and some by my destiny (or whatever else you may choose to call it). The relationship I want to tell you about today is my relationship with someone very close, someone who changed my very existence, and someone who changed the very meaning of life to me. It's my relationship with YOU.

Way back in 2008 when the early signs of your existence came up, I failed to know the gravity of your so-called power. When my dear husband and I ran from pillar to post trying to find out what was really wrong, you hid behind the scenes. You didn't let us know of



your presence then. You just let us become unhinged. You thoroughly enjoyed playing hide and seek, lurking in dark corners, watching us stealthily. It was much later that a smart team of doctors caught you and named you chronic liver disease. My husband was a teetotaler, a man who would refuse to even visit a restaurant cum bar for a cup of coffee. In fact, he refused to employ anyone who came to work sozzled or sponsor a meal that included alcohol. And you chose HIM! How ironical, how utterly unimaginable! How did you not bother about all those who washed their faces with drops of alcohol the first thing in the morning? You chose the wrong person. But then,

you are your own master; I have no choice anyway.

Once you made your presence known, you didn't sit still. You raised your cruel head in varied ways. I wonder how your timing was always so perfect. Your purpose was served almost every time. You were there on my birthday, on the day my son's result was declared, and whenever and wherever we decided to go away for a change. You were always there to haunt us; like a shadow you stalked us on all those lonely nights and days. You made sure that my little moments of happiness were snatched away from me. How very cruel of you.

You were always there to haunt us; like a shadow you stalked us on all those lonely nights and days. You made sure that my little moments of happiness were snatched away from me.

You boasted of your presence by weighing down on us. You made sure your friend list increased day after day. You made the insulin levels go topsy-turvy every minute. You saw that the blood pressure fluctuated and the water retention made the body swell. You didn't tire one bit in the last few years. You made sure that all the vitals were under your command. How ungrateful and selfish you have been. You made us revolve around you every minute, and my very existence got challenged. You felt you had won in

the end by causing multiple organ failure in the person I loved the most, the core of my existence . . . but you were wrong. You were completely wrong. You lost it altogether this last time. You took his body away but you couldn't take away his love for me, because that remains with me eternally, despite the hand you played, the final blow you dealt.

My relationship with you began with total denial. 'How can this happen to me?' My mind refused to believe it. Then came extreme anger. 'This is not fair!' Followed by helplessness. 'Lord, please have mercy!' And at last, acceptance. 'I need to maintain his diet chart every second.'

After you took my dear husband away from me came total forgiveness. My forgiving you for what you did to my life, my forgiveness as I knew that your hands too were tied in your own way. And this, I must tell you, brought peace to my mind at last.

Having said this, please don't misunderstand me. My forgiveness does not mean you are permitted to hurt my loved ones. I want you to go away now. To rest forever deep down in the ocean beds or high up in the sky, where there are no roads to bring you back ever.

Your presence has taught me valuable lessons about worldly existence. I have learnt to trust and totally surrender to the divine plan. I can now differentiate between people who wear a facade and those who genuinely care for me. You taught me that my association with all material things has nothing to do with happiness. You helped me understand the true meaning of love, care and warmth. I must thank

Your presence has taught me valuable lessons about worldly existence. I have learnt to trust and totally surrender to the divine plan.

you, for my counselling skills today are a million times more empathetic than before - far more than any training could hone. I realised that all of us here have come with a purpose. I now know the meaning of unconditional love in its true sense.

Name, fame, money, jewellery . . . nothing seems to attract me now. Things are getting clearer to me; just like coming out of a misty, foggy road. I have now learnt to respect human love far more than any of

these. So at the end of this long road, this is what I desire to let you know: Love wins over all challenges. Always. It's only because of you that I learned to give and receive love from the person within whom you resided.

And so as the renowned poet, John Donne says, 'Death be not proud.' I want to let you know. Do not take pride in your presence; you are a mere illusion. Remember that you are inferior to my mental strength. 'The last enemy that shall be destroyed is death itself.'



Ms Pratima Naik
Senior Counsellor

OLD

Is Gold

Ageing brings with it new challenges and illnesses and it's quite natural for the aged to become temperamental or irritable. In the winter of their lives, all that the elderly need is empathy, love, understanding, a few kind words, and some good geriatric care, says **Dr Akshay Lele.**

Shiny grey hair, wrinkled skin, the aroma of brahmi oil, an old bed roll and a brown briefcase always remind me of Ajoba, my grandfather. Ajoba was a chemistry teacher by profession and had versatile interests that included gardening, rearing pets, reading and travelling. He kept his interests alive post retirement too, and they kept him happily engaged. The time that I spent with him was simply wonderful, till he suffered a stroke that confined him to his room and restricted his movement. Naturally, this brought about a significant change in his temperament. He became very irritable and forgetful, and on many occasions, behaved like a little child. The thought of seeking the help of a mental health professional never crossed our minds, and despite the fact that my parents were themselves doctors,



Our elders do not want a lot of wealth or highly sophisticated gadgets. What they need the most is a warm touch and a few kind words.

we had no idea how to tackle the issue.

Ageing is a universal phenomenon, and as life expectancy increases, more and more health issues,

including mental health problems, are on the rise. Geriatric care facilities are sparse, and many times, the elderly are left all alone. Society is also changing; there are more nuclear families, and rarely do we see grandchildren spend quality time with elders. Memory impairment and personality changes are also universal; only, the extent to which they affect varies from person to person.

While several initiatives are taken to look after our ageing friends, like starting geriatric health training for professionals, the senior citizens' katta, etc., the ground reality is quite painful. We see children forcing their parents and grandparents to a position of adversity. Often, people take disadvantage of their decreased physical and mental strength. Our country is in transition, and accep-

tance to moving out to old-age care facilities is limited. From my knowledge and understanding, I can say that people are a bit hesitant to take up geriatric care as their profession, probably due to the poor prognosis, few monetary rewards, and also the lack of very responsive treatment measures.

There is a need to improve geriatric care facilities not only in cities but in villages as well, where there is a lot of migration, leaving behind the elderly to fend for themselves in their traditional houses. Also, there is a need for us as a society to change our perception. Our elders do not want a lot of wealth or highly sophisticated gadgets. What they need the most is a warm touch and a few kind words. At the same time, elderly care-giving is becoming a daunting task, considering that everyone has a busy lifestyle, and giving dedicated time to provide both physical and emotional care is not possible for all caregivers.

We see a mixed bucket of problems here, for which formulating a simple fix is not possible. We, as mental health professionals and a young population, need to become more sensitive towards the needs of our elders and not burden ourselves with responsibilities. We should rather enjoy the caring of our grandpas and grandmas.

I remember my Ajoba spending an entire day with me just because he wanted me to be happy. While that is a tad impractical in today's world, we need to realise that our elderly are actually treasure houses of knowledge, virtue and a whole lot of life experiences. OLD, as the saying goes, is GOLD.

A few practical tips for the care-giving of the elderly:

1. Memory impairment and changes in behaviour occur in all elders. However, bring any significant deterioration or severe impairment in activities to the notice of mental health professionals.
2. Be gentle with them and avoid getting into arguments.
3. The elders don't usually have materialistic needs, and yearn for some comforting time and a few kind words.
4. It's okay to take turns in care-giving; you need not take the entire responsibility of care. It's wise to employ help in care-giving whenever required, and change your role to 'care manager'.
5. Making small changes like providing a comforting cushion, or soothing wallpaper inside their rooms, or even offering small gifts that make them remember their old days, could be helpful.
6. Place some memory cues for the 'very old', and highlight dates, time and recent events.

7. Falls are very common during old age. Take helpful measures like providing walkers, putting low-placed handles on walls, and not leaving floors, especially the washroom floors, wet.
8. Encourage them for minor efforts, and ensure that they adhere to their medications. Pacify their anger instead of challenging it.
9. Finally, do acknowledge that elderly care-giving can be very challenging at times, and forming a support group of carers, and seeking professional help when needed, is important.



Dr Akshay Lele
Consultant Psychiatrist

माझा सखा

मी पाचवीत असताना कोयनानगर सोडून आम्ही कोल्हापूरला आलो. लहान गावातून शहरात आलो, भल्या मोठ्या घरातून छोट्या घरात आलो. त्यातच नवीन शाळा, शाळेतलं वेगळं वातावरण, सगळं बघून खूपच भांबावून जायला झालेलं. २० मिनिट चालत चालत शाळेत जायचं, सगळंच खूप कठीण वाटायचं. नको वाटायचं. २-३ आठवड्यांनंतर एका ऑफ पिरियडला आलेल्या बाईंनी माझं नाव गाव विचारलं आणि तुला काय येत? या मुलींना तू काय करून दाखवशील? असं विचारलं. "गाणं म्हणून दाखवू?" मी हळूच विचारलं. "अरे वा, छानच, म्हण की" त्या म्हणाल्या. तेंव्हा मी 'वाट इथे स्वप्रातील संपली जणू' हे गाणं म्हटलं. संपूर्ण वर्ग खुश झाला आणि बाईंनीही खूप कौतुक केलं. त्या दिवशी मला झालेला आनंद मला आजही आठवतोय. खूप मुली स्वतःहून माझ्याशी बोलायला आल्या, पुढचे सगळे दिवस मग शाळेत फक्त मजाच येत गेली. आणि त्या दिवशी माझं गाण्याशी एक वेगळंच नातं जुळलं.

मी अगदी लहान असल्यापासून गाणं म्हणत होते. उपजत चांगला आवाज आणि पक्का सूर यामुळे गाणं छान व्हायचं, त्याचं कौतुक होत असे पण मला त्याचं विशेष वाटत नसे. त्याचं महत्त्वच मला कळलं नव्हतं. पण त्यादिवशी अचानकच विनासायास सगळ्यांमध्ये मिसळून जाण्याचं एक सोपं साधनच मला मिळालं. बुजरी, शांत असणारी मी आपोआपच सगळ्यांमधली झाले. खूप मोठा आत्मविश्वास मला माझ्या या नव्या सवंगड्याने दिला. सर्वांकडून होणार कौतुक आवडायला लागलं. गाणं शिकण्यासाठी मागे लागणारी आई पण खूप आवडायला लागली. गाण्याचं शिक्षण सुरु झालं. बाबांच्या वरचेवर होण्याच्या बदल्यांमुळे गाण्याच्या शिक्षणात बराच खंड पडला पण गाण्याशी नातं मात्र घट्ट होत गेलं. जो अनुभव लहान वयात शाळेत आला तसाच मुंबईत आल्यावर कॉलेज मध्ये आला. दक्षिण मुंबईच्या हाय फाय वातावरणाने मला आपलस करून टाकलं ते या माझ्या सख्यामुळेच.



गाण्याबद्दलच माझं प्रेम दिवसेंदिवस वाढतच राहिल. सतत त्याचाच ध्यास, अगदी घरातल्यांना कंटाळा येईपर्यंत गातच राहायचं, त्याच्यासाठी घरच्यांकडून ओरडा खायचा, अभ्यास करताना सुद्धा गाणी ऐकायची आणि म्हणायची हाच छंद.

काय दिलं नाही ह्या माझ्या सवंगड्याने मला? सर्वांमध्ये आत्मविश्वासाने वावरण्याचा विश्वास, जवळच्या लोकांचं खूप प्रेम, आणि मला स्वतःला आयुष्यभर पुरेल इतका विरंगुळा.

कोणताही छंद जोपासण्याचा आनंद काही वेगळाच असतो. मी तर फक्त माझ्या आनंदासाठी या सख्याशी मैत्री केली. महत्वाकांक्षी स्वभाव नसल्यामुळे या जिवलग मित्रामध्ये आणि माझ्यात कधी अंतर नाही पडलं. म्हणजे काय की कोणत्याही छंदात करीयर करायचं असेल तर खूप मेहनत करावी लागते आणि तशी करण्याचा माझा स्वभाव नाही त्यामुळे मी गाण्याच्या किंवा गाणं माझ्या मागे नाही लागलं. सहजपणे परीक्षा देत आम्ही एकमेकांच्या साथीचा आनंद लुटला.

कशी असतात ना नाती...? स्पर्धा, महत्वाकांक्षा, करीयर या गोष्टी नात्यामध्ये आल्या की हळूहळू नाती दुरावायला लागतात. यश, स्पर्धा, पैसा, प्रसिद्धी आणि मोठेपणा या गोष्टी नात्यापेक्षा मोठ्या व्हायला लागतात, मग ते नातं माणसाचं माणसाशी असो वा माणसाचं छंद, कला, आवड, निसर्ग यांच्याबरोबरच असो.



Vaidehi Bhide
Admin Coordinator

From Flop to Top

A career conference with a difference...

The 26th Thane "VEDH" (Vocation, Education, Direction and Harmony), a three-day career conference, commenced on December 7, 2018, with a large audience of about 2000 enthusiastic students, parents, teachers and other interested people. Shunya Te Shikhar, i.e. from Flop to Top, was the theme this year, and the 16 guest invitees from different walks of life formed an enlivening, motley line-up. Dr Anand Nadkarni, along with Deepika Dabke and Ravindra Manjrekar, hosted the three-day conference.

The interface started with a profound sharing by Deepak Ghaisas, who has been involved in the software industry in a number of roles. He spoke about the need to think "beyond the top" too. He feels that innovation should be the driving force towards more activation. This inaugural session was followed by an interesting tête-à-tête with celebrated theatre and film artiste, Rohini Hattangadi. She shared her learnings from her alma mater, NSD (National School of Drama), and spoke of the challenges she faced while playing the role of Kasturba Gandhi in the Oscar-winning movie, 'Gandhi'.

Magsaysay award-winning psychiatrist couple, Dr Smitha and Dr Bharat Watwani, founders of Shradha Rehabilitation Foundation, the



next speakers, for the day held the audience spellbound with their commitment to their cause. The Foundation aims to find, restore and reunite mentally ill destitutes with their families. It has treated more than 7,000 patients and reunited an incredible 5,500 patients with their families.

Day two started with Abhijit Thorat who completed his professional CA degree purely due to his commitment and perseverance to pursue

his passion. His giving back to the society by starting 'Nadaan Parindey' an NGO working for the upliftment of the economically underprivileged was an eye-opener. Following this session was the one with the multi-faceted dynamo, Dr Sharda Bapat, who pursued her dream of becoming a Medical Doctor at age 44, after being a successful business-woman, and acquiring a Law degree. Her narration of her challenging bottom-to-top story was a huge motivation to the audience, showing

them that age is no barrier to pursuing one's dreams. The next interesting speaker was 24-year-old, Shriyans Bhandari, a MBA who founded a start-up, Greensole—an innovative way of upcycling old footwear into new usable ones. He started with his humble beginnings of manufacturing 40 shoes, which has now reached a whopping 15,000 per day. His venture is not just about creative manufacturing, but also more about distributing the products to needy people in 15 states with the support of corporates.

Mandar Bharde, owner of MAB Aviation Pvt. Ltd, spoke about his journey from a journalist and documentary filmmaker to starting a charter plane company. He spoke about the cargo service in the Gulf and the joy rides in Maharashtra covering forts like Shivneri, Raigad, etc. Entrepreneur Snehal Londhe shared her involvement in starting Payod Industries Pvt. Ltd, which manufactures gloves and exports them to Japan. She also spoke about Payod Agro, which, along with TATA Swasth Jal Abhiyan, is working on water purification plants in villages. Anuradha Prabhudesai, a retired bank professional, started the LAKSHYA Foundation for building a bridge between civilians and soldiers. She primarily focused on sensitising common people to the struggles and challenges of military men, and helped develop greater respect for those who lay down their lives to protect the country.

Day three saw Kaustubh Diwegaonkar, who stood first in Maharash-



tra in the All India IAS exams spoke openly about surmounting his academic challenges, and overcoming failures. His development work in Gadchiroli, Latur and Jalgaon, during his tenure, is praiseworthy.

Motivating 1000 teachers to make a digital curriculum and getting 'Van-hakk' (i.e. the right to using Forest land) for 1400 villagers in Gadchiroli are some of his noteworthy achievements.

Niranjan Paranjape, co-founder of C42 Engineering, shared his entrepreneurial journey to the top. He spoke about his GO-JEK application platform, growing from 30,000 users to two crore users, in a short span. Pradnya Keskar of Bakeys Foods Private Limited, shared her journey of manufacturing edible cutlery. Concern about the overuse of plastic made both Pradnya and her husband, Narayana think of eco-friendly alternatives.

Ujjwal Nirgudkar, a chemical engineer having a long career in Film Center Laboratory, and the first Indian to be selected member-at-large on the selection jury for the Oscar Academy awards, and a technical advisor to the National Film Heritage Mission, narrated his



interesting journey to the top through his sheer determination. Bindumadhav Khire, engineer by profession and a prominent LGBTQ activist, spoke about the rights and challenges of putting forth the cause of the community. Disha Sheikh, brought up as a male child and abandoned by her family for discovering her true self, shared her learnings and wisdom with the audience. Disha writes meaningful poems, mainly about her travels. Journalist Ravi Bapatle was the concluding speaker of the conference. He nurtures 82 HIV-afflicted children and desires to create a 'Happy Indian Village'. He proudly shared the experience of conducting 59 dance performances by the children to raise funds.

Every story was unique and fraught with fascinating anecdotes and insights—stories of struggles and triumphs that offered hope and faith that if you set your heart and mind on what seems an unattainable goal, resoluteness and a never-say-die-spirit can vault you from rock bottom right to the top.So, dream it, do it!

EXTRACTS BY PRATIMA NAIK, FROM REPORTS OF SADHANA KALE and DHANASHREE KETKAR.

Our Speakers



Abhijeet Thorat



Anuradha Prabhudesai



Dr Bharat Vatwani and Dr Smita Vatwani



Bindumadhav Khire and Disha Pinky Sheikh



Bindumadhav



Deepak Ghaisas



Kaustubh Divegaonkar



Mandar Bharde



Ujwal Nirgudkar



Snehal Londhe



Dr Sharada Bapat



Rohini Hattangadi



Ravi Bapatle



Pradnya Keskar



Niranjan Paranjape



Shriyans Bhandari

Gallery



Application of TAT, CAT, SCT and RCPT in Counselling Situations

Aishwarya talking on Assessment of Psychopathology, manifested in interpersonal situation, using semi projective psychometric tests with Verbal and Visual stimuli.



Psychometric Assessment in Adolescents

Dr Geeta talking on Understanding the dynamics of Psychopathology and personality functioning in Adolescents using the MMPI-A, MACI and the RORSCHACH Test.



Workshop on Anxiety Disorders

Dr Wilona and Kavitagauri focussing on Understanding Anxiety through the Biological and Psychological perspective; Diagnosis and Psychometric assessment along with therapeutic interventions.



Psychometric Assessment and Management of Psychopathology in Children with Special Needs

Focus on ADHD, LD and ASD, Understanding the role of Occupational Therapy and Remedial training. Panna conducting a session.



Understanding Relationships

Swapnil having a interactive session on What is love, relationship, signs of healthy and unhealthy relationships, and dealing with break-ups.



Workshop on Child, School and School Behaviours.

Aishwarya and Sonali speaking on the role of professionals in managing the concerns of normal and special children. Focus was on school refusal & classroom management issues with intervention strategies.



SWINDIA

An Indo-Swedish collaboration through which visiting students from Sweden are given exposure to Mental Health Care delivery.



Workshop on Understanding Personality Disorders

Dr Wilona and Swapnil speaking on brain functioning behind personality disorders, diagnosis and management (pharmacological as well as psychological interventions.)



Bahurangi Bahar.

Joint venture with WAYAM MAGAZINE. A competition for children between 7-9 std tapping the multiple intelligence in children. five students were selected out of about 450 students as prize winners.



Let's Talk about Sex

Workshop for men above 18 years. Dr Akshay and Swapnil focussing on understanding men's sexual health from a psychological perspective, breaking myths around sexuality and ways to develop a healthy attitude towards sexuality.

Our Unique Initiatives

Shikshak Mitra



Shikshak Mitra is a 13 year old innovative teacher's training programme for both primary and secondary teachers of English and Marathi medium schools. The yearly programmes focusses on self-development along with skills of healthy communication, disciplining, Class room interventions and identifying students with special needs. About

455 teachers trained from about 59 schools, coming from all over Mumbai, Thane, Nasik, Pune, Angaon, Shirdi, etc.

The sessions are thought-provoking, interactive and designed to suit the needs of the particular group by use of PPTs, films and group activities, role-plays, group discussions and case studies.

IPH Learning Centre –Aakalan



Aakalan with a slogan 'Revealing Insights' reaches out to not only mental health professionals but also individuals and groups that are working 'with people'. Aakalan offers short term courses on mental health themes and also student observers posts for budding mental

health professionals.

Recognised an agency for post-graduate training and field-work by Universities, Aakalan evolved as a nodal centre to provide educational and training inputs.

Tridal



Tridal is a rehabilitation workshop for people recovering from schizophrenia (*shubharthis*). It's run by the caregivers and non caregiver volunteers, under the guidance of professionals from IPH.

Tridal gives a platform to shubharthis to express themselves in a safe and secure environment. This

effort helps them to develop a sense of belongingness.

The work done by them is monitored by trained volunteers and the profit is distributed amongst the shubharthis themselves.

Acceptance by society has gone a long way in rehabilitating them.

IPH Pune

Avantar

Study group for undergraduate students of psychology

Samantar

Study group for postgraduate students of psychology

Nirantar

Study group for practising mental health professionals

Support Groups

ANVAY

For parents of special children

SCHIZOPHRENIA GROUP

For patients (shubharthis) and their caregivers (Shubhankars)

CARE

Cancer Peer support

MADHYANA

For Geriatric (old people) caregivers.

OCD

For people with Obsessive Compulsive Disorder.

SAHAJEEVAN

For people with addictions.

DEPRESSION & ANXIETY

For people with these disorders.

EPILEPSY

For people with this disorder.

DIABETES

For people with this illness.

Workshops And Training programs

- ABCD of REBT - Focussing on Rational Thinking principles.
- Lagnavishayi bolu kahi - Workshop on Marriage and relationships.
- Mindfulness - workshop for REBT support group.
- Password Anandacha - Enhancing positivity and healthy living.
- Five-day intensive training programmes in CBT and REBT.
- Five-day workshop on Basic counselling skills.
- Presentation on Bollywood and Stress Management.
- Presentation on Psychology and Spirituality.

Corporate and School Training

- Lodha School.
- Schools supported by Persistence Foundation.

Corporate Trainings

- Siemens Technologies Ltd.
- Persistent Systems Private Limited.
- SQS & Nitor Infotech.
- For SEAP (Software Exporters' Association of Pune).



SAA 21st Anniversary Event



स्किझोफ्रेनिया अवेअरनेस असोसिएशन (SAA) संस्थेच्या वर्तीने 'मानसिक आजार कलंकमुक्ती व मानसिक आजारी व्यक्तींना समाजप्रवाहात आणणे' या विषयावर परिसंवाद आयोजित करण्यात आला होता. यात डॉ. मोहन आगाशे, डॉ. सुखदा चिमोटे, डॉ. अच्युत गोडबोले व श्री. राजेश मेहता यांनी भाग घेतला. दीपा देशमुख यांनी

सूत्रसंचालन केले.

डॉ. अच्युत गोडबोले यांनी ऑटिझम या आजाराविषयीचे तर श्री. राजेश मेहता यांनी दृष्टिहीनता व समाज याचे स्वानुभव सांगितले.

मानसिक आजारासंबंधीचा कलंकित दृष्टीकोन बदलायचा असेल तर संवेदनशील व्हावयास हवे. दुसऱ्यांशी वागतांना, कृती मागची भावना

सुधारण्यावर भर द्यायला हवा असे मत डॉ. आगाशे यांनी व्यक्त केले.

परिसंवादात शेवटी डॉ. सुखदा चिमोटे यांनी व्यक्ती व आजार वेगवेगळ्या गोष्टी आहेत, त्यामुळे व्यक्तीला 'स्किझोफ्रेनिक' न म्हणता जाणीवपूर्वक 'स्किझोफ्रेनिया आजार झालेली व्यक्ती' म्हणावे असे सांगितले.

Community Outreach Programme – Stress Management

"विचार-भावना-वर्तन आणि तणावांचे नियोजन" ह्या विषयावर स्नेहदीप जनकल्याण फौंडेशनतर्फे कार्यशाळा आयोजित करण्यात आली होती. पुणे व परिसरातील झोपडपट्टी व निम्न आर्थिक स्तरातील प्रतिकूल परिस्थितीशी जिद्दीने मुकाबला करणाऱ्या युवकांना डॉ. आदित्य पाटील यांनी मार्गदर्शन केले.



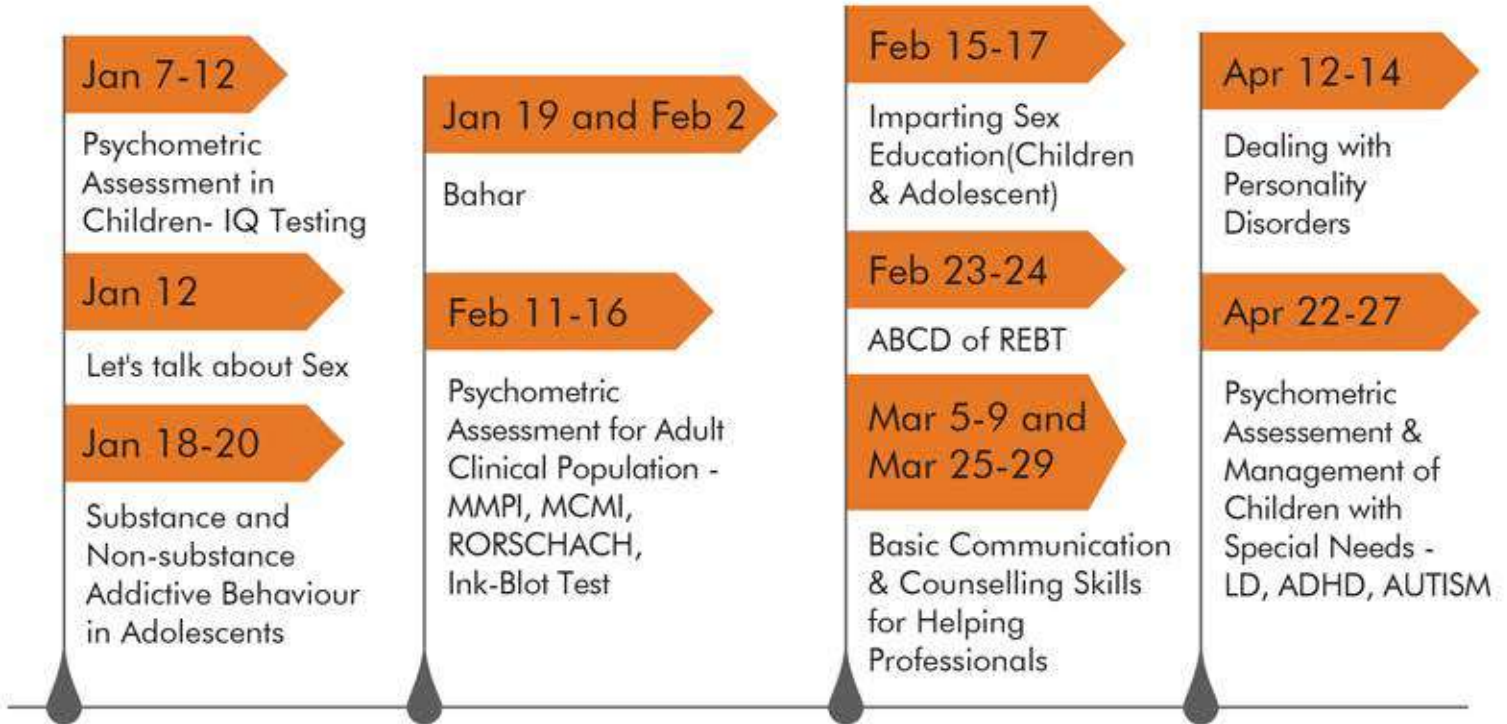
Community Outreach Programme – Mental Health awareness IPH

"मानसिक आरोग्य: कसे मापाल , कसे जपाल" ह्या विषयावर पुणे येथील प्रशिक्षित स्वयंसेवकांनी विविध गट, संस्था, टीम्स यांसाठी सत्र आयोजित करायला सुरुवात केली आहे. मैत्र ह्या संस्थेच्या हिंगणे गटासाठी, सत्र झाले. सुमारे १५ महिला श्रोत्यांमध्ये प्रश्नोत्तरे व चर्चा घडून आली.

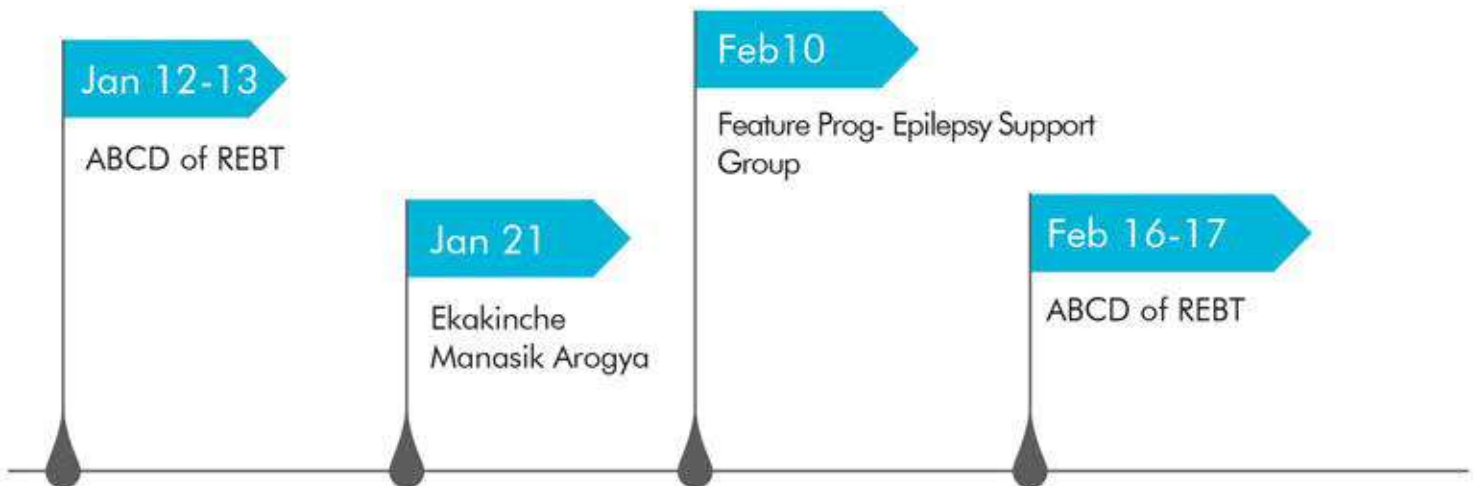


Forthcoming Events

IPH Thane



IPH Pune



Credits

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