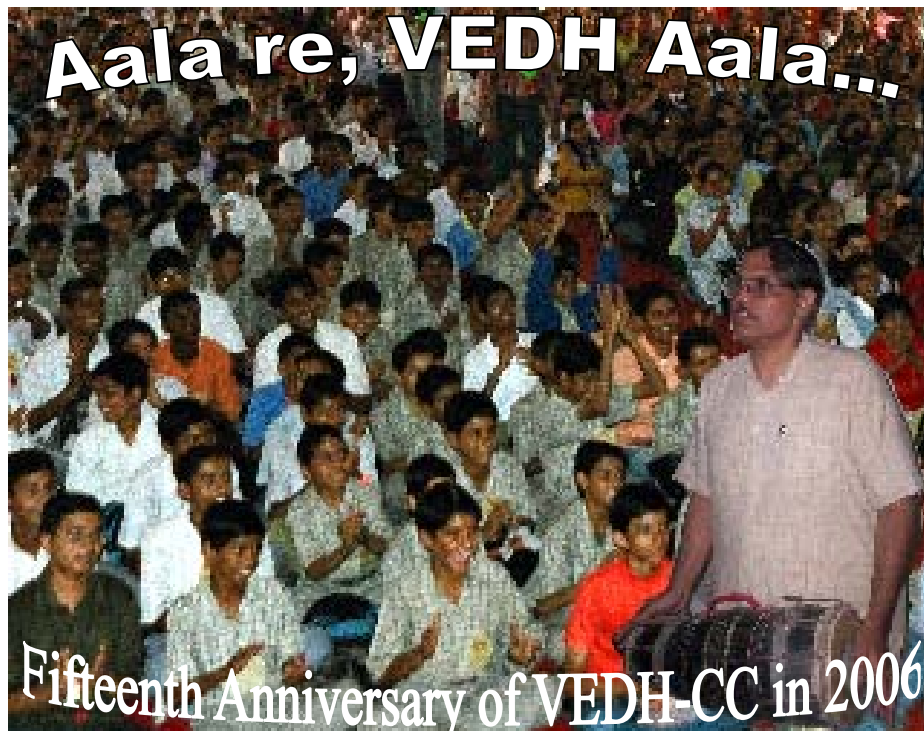


# MANAS

A MAGAZINE FROM IPH

Volume 16, Issue 2



**VEDH-Career Conference, which IPH began in year 1991, now has reached its 15<sup>th</sup> anniversary. Thousands of enthusiastic children, competing in numbers eager parents & teachers, inspiring songs emanating in chorus from pendol filled with eminent faculty from all over the world, in the middle of ever rushing volunteers... YES, VEDH is here again... and we welcome you all...**



## Institute for Psychological Health (IPH), Thane Presents

A distinctive event that will make the whole of Maharashtra proud

VEDH Career perspective conference 2006 - In its 15<sup>th</sup> distinguished year  
This year's theme: **Emerging India (Ubharata Bharat)**  
Two days that will make every Indian a proud Indian.



**Saturday, December 9<sup>th</sup> 2006 – 1.30 pm to 6.30 pm**  
**Sunday, December 10<sup>th</sup> 2006 – 9.30 am to 6.30 pm**

At

**The grounds near Bhagwati School, Vishnu Nagar, Thane (w).**

This year's VEDH is not merely career enlightenment but it is a tribute to the Indian expression of the constructive ethos of the present century - Come let us celebrate the pioneering spirit, together as students, teachers & parents..... proud Indians.

### **Interact with all these unique people from diverse fields:**

- Giving a new dimension, a new perspective to the principles of Albert Einstein and Stephan Hawking, Winner of this year's Shantiswarup Bhatnagar national scientist prize – **Dr. Atish Dabholkar**
- Mohan Bhargav personified! (of 'Swadesh' fame), A PhD from the US, fifteen years abroad, An enviable job at IBM, who returned to India leaving all this and more – **Dr. Bhushan Kelkar**
- The inspiring tale of how a farm laborer's son from Yeotmal became the CEO of a prime petroleum company – **Dr. Anand Teltumbde**
- A surgeon who chose the police force as her career option – **Dr. Pradnya Saravde**
- The inventor of a new medicament for cancer and getting its international patent – **Dr. Kalpana Joshi**
- One who went to Hollywood to get a degree in special effects and animation – **Chetan Deshmukh**
- He developed a new technology to prevent film piracy. Now films can be simultaneously released at hundreds of remote locations that too without separate prints – **Sanjay Gaikwad**
- One who exported Indian sugar into the world market. Meet the one & only sugar baron **U.D. Thombre**
- The disciple of two dance greats Kelucharan Mohapatra and Birju Maharaj, the creator of Mahagami dance academy at Aurangabad – **Parvati Datta**
- A practicing advocate with social awareness – **Adv. Jai Vaidya**
- Taking you on a guided tour of BPO & call centers, the renown management expert & writer – **Dr. Uday Nirgudkar**
- Two popular RJs (Radio Jockeys) of the FM channels – **Anjali and Sangram**
- Felicitations and dialogue with the youngsters representing India in badminton, table tennis, swimming and archery.
- After having lost everything in 2002 riots at Ahmadabad, he rose like a phoenix from the ashes & rebuilt a 70 crore company – a truly inspiring personality – **Zafar Sareshwala**
- The usual surprise package of cine and TV celebrities and emerging India in politics and social work – An exclusive dialogue with **Supriya Sule**, MP and **Dr. Sheetal Amte** (Anandwan).

**Deepika Dabke, Ravindra Manjrekar & noted psychiatrist Dr. Anand Nadkarni will interact with all.**

### **Important guidelines for all participants of VEDH 2006**

Student delegates should preserve their entry pass for both days,  
School students to attend in their respective uniforms; College students to carry their Identity cards,  
Please bring a notebook and pen, a water bottle for both days & also tiffin on Sunday,  
Advance registration will facilitate proper seating arrangements,  
Group booking by schools / other institutions available at IPH office

**Rs. 20/- for students & Rs. 50/- for adults for donor passes (for both days).**

**Cassettes and CD's of VEDH songs to-date will be available for sale at the venue – courtesy Pitambari**

**Please contact:** IPH, Ratneshwar Bhuvan, Behind Bank of Maharashtra, Gokhale Road, Thane (w)  
**Tel: 25366577, 25433270, And 25428183, Cell: 9870296694**

## Editorial

Change has a considerable psychological impact on the human mind.  
To the fearful, it is threatening because it means that things may get worse.  
To the hopeful, it is encouraging because things may get better.  
To the confident, it is inspiring because the challenge exists to make things better.  
King Whitney.Jr

And to the fool, it is confusing – they don't know whether to learn from it, enjoy it or fight it.

That brilliant last part was a special input from our enlightened brains. Humour aside, we all know that the crux of the matter is in accepting the challenge. Change is a part and parcel of our life. Be it change in the content of talk for a parenting group, the venue of an industrial program or the colleagues you are working with; or change in your clients'/ patients' priorities/goals or coping abilities, or the structure of your work, or in the workplace (we all at IPH have plenty of experience in the last few months – and we are coming out in flying colours).

One has to accept change gracefully as it comes. Only then will one achieve flexibility, which is one of the keys to success. "Flexibility flexes the Mental Muscles".  
This issue of Manas has many interesting articles on varied topics, apart from the "News-scan" articles. Hope you enjoy the essence of our new offering.

Editorial Team

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### Credits:

**Editor: Pratima Naik; Sub-editors: Venky Iyer & Sulabha Subramaniam**  
**Layout: Venky Iyer**  
**Assistance: Maruti Chavan, Rupa More, Rajan, Deepak**

## An Appeal

### What our ears want to hear

**You know what makes words in print so precious? It's because you all are seeing and savoring them. And what will make all this toil of not only the writers, but also the editors, worth while?  
It is your two and a half lines on what you liked and what you didn't – also what you would rather see in the next issue. It would boost our collective creative ego.  
So how about it?**

**Write in or email us. Who knows! Some great comments might find a place of pride in the next issue.**

*[For our regular column, **Boulevard within**... Dr. Anand Nadkarni, Consultant Psychiatrist writes about an experience of his, when he decided to change his lifestyle to improve his health. With considerable restraint on his tastebuds & devoted efforts for fitness, he has now lost more than 35 kg of bodyweight... Read on to find out, HOW?... a tip or two for all weight watchers].*

## **The real meaning of neurotic whining**

A fact that I have begun to understand is that unless I tackle my basic 'NEUROSIS' regarding myself, my efforts to achieve a better state of health through weight reduction and building physical stamina, will never be fruitful.

So what is the nature of my neurosis? Neurosis is a term that I am using now to elaborate on a self-defeating pattern of my thoughts and emotions, that has become my second nature, almost a **sig-nature**.

It took me over ten long years to find 'my truth'. Because, I was too comfortable about myself. I used to get some bouts of self-indignation, when I used to be breathless after climbing ten steps of a staircase, or after having an unabashed go at the spread of sweet dishes.

But I was deluding myself with a thought of 'unique immortality of my survival'. And I used to focus on enjoying my short term emotional benefits.

The more I started getting kick out of my eating & drinking, I became obsessed with quantity, variety and quality of food. It crossed the line of 'appreciating' the taste of food and became a demand, that the satiation is equal to quantity of food, and even the speed with which it is eaten!

Thus was born my 'craving' for anything that can be either eaten or drunk. On the one hand, I was ashamed of my 'craving' like an alcoholic or a drug addict. At such points in my psych-travel, I used to still tell myself that, "alcohol and drugs are not necessities for life, but 'food' is, you know... and hence, how can you use the word 'addiction' for oxygen, water and food... They are needs... food & drinks are also jewels in the crown of culture and civilization... "

At such junctures, I happily forgot that 'my health' is a major factor to enjoy all such jewels in the long run. Therefore, my attempts of dieting were promptly defined by me as 'sinful deprivation'. I could not stand this 'deprivation'... impossible, my mind used to constantly rebel...

"...But, look at the long term goals" I used to tell myself... you need to work on your health if you want to work efficiently for many years to come... get it from IMPOSSIBLE to DIFFICULT. You can stand it... even if it is an inconvenience... a great inconvenience... STAND IT.

God, I must have lost many mental calories in this way, than the real ones.

I used to exhaust my energy to maintain myself to this level, a cognitive wrestling for the crown of fitness.

At my best, I was at a position where I had converted catastrophic deprivation to a level of great inconvenience.

So I used to go through the motions of maintaining my diet, even exercise or visits to gym in a routine, mechanical way... without an iota of zeal and enjoyment.

THIS was the core of my neurosis. My efforts to lessen my discomfort to the level of tolerable were temporarily successful. I had taken this point as a stagnating point, believing that this is something that I will have to do persistently, continuously. And there will come a day when the difficulty level will come down (automatically) and who knows... I will start enjoying the process!

What a foolish way (another way) to delude myself... What was going to be the source of enjoyment? Who was going to ignite the process? The point that I had taken as a stagnation-point, was it actually a starting point?

If so, for what? Start of what?

I slowly discovered that as I was training myself to 'stand' the deprivation, I have to simultaneously 'train' myself continuously to enjoy every little action that I was undertaking to achieve my goal...

And my cognitive work on my self talk was helping me stand it... the other half of my goal, which I had started seeing now, required a more 'experiential' and 'emotive' approach.. I had to inculcate a feeling of 'goodness', 'satisfaction', 'enjoyment', 'confidence' in every restriction that I had decided to follow in my diet... oh, and my RESTRICTION started becoming a CHOICE. A rule, a law was a bit oppressive to me, but a choice had a sense of being 'voluntary'... I was voluntarily opting for the choice of eating something or not eating something. The pleasure in my choice was NOT going to be created by divine intervention.

I had to work on my pleasure... I started focusing on the 'actual' experience of what I was doing... simple things such as eating a bowl of curds, having a fruit, going up a stair, walking, cycling... I had to work to attach a 'meaning of mastery' to each one of these acts... I had to attach 'ownership' to these actions... and I had to 'experience' merits of what I was doing...

When I was eating a fruit, I started enjoying the color of the fruit, its touch, shape, juicy taste... the experience of chewing it till it passed the zone of my taste buds. While doing this, I realized for the first time that once you swallow the most delicious dish on this earth, the 'experience' of eating ends... and, I want that experience to stay on, to linger... therefore I go on repeating it, again and again... without interval... so, my speed of eating. Focusing on the experience reduces my speed of eating... it is a beginning of a new conditioning... Wow!.. A discovery... My own... About myself. Let us try it on next eating experience.

I now started observing the 'positive' feelings generated within. It was the sense of discovery, that adventure of exploring those tiny isolated icy north and south poles within me...

I observed with childlike curiosity, how I was avoiding elevators to climb stairs... Climb stairs without holding the railings for support... and one day... I climbed a staircase, by missing steps... you understand? . . . A leap... A quantum leap for me who used to look at staircases as dreaded monsters, and elevators as heavenly blessings.

The core of my neurosis lies in the fact that, I took the journey from 'I can't stand it' to 'I can stand it', as the ONLY active ingredient of the process and did not ACT rigorously to CREATE appropriate positive emotions. I was waiting to see whether they will 'automatically' appear as my discomfort became less... My discomfort with changes in my lifestyle did become less but it stagnated there... I and ONLY I had to take the next step of creating, inspiring emotions.

While I was attaching these positive emotions to my actions and attitudes, I had to warn myself many times that the 'act' was becoming pleasurable but I was not becoming a MASTER. Comfortable mastery over some behavioral and thinking processes increases my mastery over myself but does NOT make me a seventh degree black belt kung-fu master.

So, the real meaning of neurotic whining lies in working on creating positive emotional energy after containing and managing negative emotions. If one stops halfway, the whining continues and is likely to bounce back as a loud depressive cry...

By Dr. Anand Nadkarni

**Maitra Helpline**  
Your emotional first aid... Call 25385447

## Shikshak Prabodhini Project (report)

Our earlier Manas had an article 'Sanyojan' which gave a detailed report of all the forthcoming projects of IPH. One of them was Shikshak Prabodhini – a mentoring project for Secondary School Teachers. This project is funded by Smt. Indira Manudhane charitable trust, very keen on reaching out to students & nurture their talents in every possible way. The best way to do this is by training the teachers themselves who are with them all round the year.

The groundwork for this project commenced in April, when meetings with coordinators, committee members were undertaken and a detailed plan of action devised. Letters to principals and teachers were drafted giving complete project details with their role in the whole process. An interesting questionnaire was prepared, which was to be filled by the selected teachers.

The co-coordinators visited schools and the Principals' meeting were attended by more than 170 principals from the Thane-Vashi-Karjat-Kalyan-Kasara belt. By end of July, we received the forms filled by the teachers, and the process of screening began. About 58 teachers were selected in all. The teachers were invited for informal talk with Dr. Nadkarni & Dr. Thatte. The teachers were then selected on the basis of their flexibility in thinking, skills viz problem solving, communication adaptability etc.

The launch meeting of Shikshak Prabodhini was held at Saraswati School on 22<sup>nd</sup> July. The teachers with a few principals attended the session. Maharashtra Bhushan Dr. Abhay Bang, eminent medical research writer and social activist, talked and interacted with the participants. He stressed on the role of mentors and the challenges faced by them. He gave examples of his own process of learning of his creative ways of problem solving. The teachers asked questions to which Dr. Bang replied elaborately. The day ended with prayer.

The next session was held on 12<sup>th</sup> August between 3.30 to 7.00. The 1<sup>st</sup> session was by Dr. Anand Nadkarni. He introduced the concept of body and mind relationship and self awareness. This information was shared through group exercises, role plays and varied illustrations. This session was followed by a summing up session by Ms. Sulabha Subramaniam who spoke to the group about the qualities to be nurtured and developed by mentors, and obstacles in achieving them. She also stressed on being empathetic teacher.

The session after that was held on 19<sup>th</sup> August, again a half day, which began with Dr. Shubha Thatte's session on some more tips and essential qualities to develop mentoring abilities. After the initial session introduction of "Concept of Empathy"- the teachers were required to learn to apply them at a practical level too. Quite often, one is aware that the participants gather a lot of information in a session, but unless they are trained to put them into practice, the information shared is of no real use. Hence, each concept that was sought to be applied through practical sessions. On this day, the participants were given situations which they had to discuss in groups and then present them.

The next session for the day was our guest speaker Dr. Ravi Bapat, eminent surgeon and Prof. Emeritus of Medical College - KEM and G.S. Medical. He has many books to his credit of which 'Ward no.5, KEM' is one of the bestsellers. He also gave an interesting talk just like Dr. Abhay Bang did – Dr. Bapat spoke at length about his own academic learning and how the teachers of his school acted as his mentors as he developed his career goal. He also spoke about his own experience as a mentor with medical students. He illustrated his information through varied anecdotes & mesmerized the teachers.

The day ended with prayer and announcements. The participants write their impression about the sessions and gave it to us. They were read and commented upon by one of our Senior Counselors Mrs. Bapat. This activity helped the participants internalize what they have learnt.

The next session was held on Sept' 10<sup>th</sup> Sunday. The day began with Deepika Dabke, our senior psychologist, giving a thought provoking and interacting session an identifying self-talk and the different characteristics. She illustrated through varied instances how self-talk affects one's thinking, emotion, also actions. Her session was followed by discussion on the activating events and consequences which are responsible for one's stress. Also, the belief system i.e. pattern of thinking which works within each one of us, and the ways to handle those, were discussed. The post-lunch session was a discussion by Dr. Thatte through interactive group sessions as application of all that was learnt, is crucial to complete productive learning.

Oct' 15<sup>th</sup> – Sunday, was the next full day session planned wherein Dr. Nadkarni spoke about the varied ways of identifying talents / potentials in students, and the need to nurture them. He also gave away student proforma to be filled by each teacher after identifying students who need to be mentored. This session was followed by a session by Mr. Arun Naik covering self-development and self awareness. This session was also an interesting one. A half day session is scheduled on Nov' 25<sup>th</sup>. We will keep you posted on the progress in the next issue.

We have started our work for the English batch as well. Visiting school principals & discussing about the project is undertaken by the coordinators and propose to begin the batch by Jan-Feb 07.

Mrs. Pratima Naik; Counselor, Coordinator – Shikshak Prabodhini

## On Schizophrenia.....

Past three days we have been deeply involved in understanding multiple dimensions of schizophrenia. This is with reference to the second international conference, on Schizophrenia (ICONS) attended by Dr. Anuradha Sovani, Dr. Shweta Kadaba and myself.

There was a range of topics presented, discussed, debated and issues revisited. Professionals opined on different aspects of the causes, treatment rehabilitation openings etc of schizophrenia. As a psychologist I wondered – what does everything narrow down to? How does the debate discussion on causes, etiology, courses of illness matter to person who is suffering from this multidimensional mental illness? What about the experiences and reality of the person who is suffering? Can 'I' as a professional have the capacity to understand the 'reality' of each and every patient suffering? What does this person feel about the so-called professionals? No ....he/she was not available to comment, ask, discuss, debate or suggest.....

Dr. Beneditto Saraceno, Director of Department of Mental Health, WHO, was one of the most influential speakers of the conference. His key note address gave us a new direction to understand schizophrenia from difficult perspectives. His speech on 'Psychiatry between broad holistic thinking and narrow bio-medical practice', he fiercely supported the bio-psychosocial model approach of handling mental health issues. In his opinion 'the very often mentioned conflict between the biological, psychological and social approached is in itself a false conflict'. Today, in the light of evolution of knowledge in Neurobiology, Neuropsychology, Psychodynamics and Sociology; it would be senseless to propose a model of health/illness that was not interactive and complex.

As an IPH team member I felt proud and reassured about the work that we are doing at IPH. IPH has been approaching the community with the multi-dimensional issues of mental health. At IPH, we give psychiatric treatment to the patients. This is done elsewhere also, as it is the well established biological approach. Dr. Anand Nadkarni, Managing trustee of IPH talks about this as the 'Hard Psychiatry approach'. IPH also involves the individual and family in the process counseling for qualitatively better prognosis. Here the psychological aspect is taken care of by IPH. Now most important contribution of IPH is the 'social approach' i.e. involving the community. IPH has different mental health projects run by the community volunteers. These are the people who also work for the cause of schizophrenia, in the capacity of supervisors for the Tridal group, i.e. the rehabilitation workshop, or for the caregivers groups. Some of these volunteers acted hosts to the caregivers of Schizophrenia from different parts of Maharashtra, when they come for the training workshop and conference organized by IPH. This is the soft psychiatry approach of addressing mental health issues; to where, not only the family, but also the community through these volunteers, is sensitized about the mental health issues.

Dr. Saraceno further congratulated and appreciated Dr. Anuradha Sovani's talk as a panelist on 'Global trends in Schizophrenia Rehabilitation'. Her presentation was lucid, with a key theme of thinking research on schizophrenia and the work that we do at IPH with the 'Shubharthis' i.e. the people suffering from schizophrenia and 'Shubhankar's' i.e. the caregivers of Schizophrenia. These words coined by IPH were appreciated by the WHO Mental Health Director, as well as others.

Presentations on causes, course, co-morbidity of schizophrenia, outcome and prognosis were rampant. Comparisons were made between the mental health care available in Australia, Canada, US and India. Surprising data emerged in the presentation by Dr. Mohan Isaac. (Former professor of psychiatry NIMHANS; presently working in Australia) about the psychiatrist – patient ratio. Shocking statistics shows that there are only 3000 psychiatrists available for the 1000 crore population of this country. If we go by western standards there should be at least 1,40,000 psychiatrists. In India, the budget for mental health and related services is negligible. Here a need was emphasized to develop a cost effective model, utilizing the available resources. Once again, it is reassuring that we at IPH have tapped this resource in the form of community volunteers, in spreading the message 'mental health for all'.

Dr. Max Birchwood, another key speaker, has thrown light on the use of cognitive behavior therapy for "Command Hallucination". It was on an eye opener for me to understand that, for the Shubharthi, is in an "interpersonal relationship" with the auditory hallucination. A significant relationship which is over-powering. The powerful key is to work on the belief that the 'Voice' is powerful and not 'Me' as a person. Can we imagine a life where someone that is not physically existing but still has a command over our existence. .... Even the imagination is draining .... What about the actual existence.

Dr. Judith Jager, a Neuro-psychologist from US is working on the cognitive functions and rehabilitation of schizophrenia. According to her, "Looking into the future, new hope resides with initiatives that reconsider

the constellation of features, including cognitive deficits that together, produce this often profoundly disabling disease". Interaction with her gave me a lot of encouragement to work back home, with proper planning and implementation. Families as a strength should be enhanced. My poster on the work done with the caregiver families at IPH was well received.

What was the take home for a team member from IPH?

Firstly – We need to continue the significant work that we are doing at IPH.

Secondly- It is now time to share the work done with the scientific community.

Thirdly – People abroad are looking at India as a possible "Guru" to understand different aspect of mental health in this developing Asian power. There are high possibilities of cross-cultural research which Indians can look for. Functioning of Indian communities with respect to mental health is the key factor.

Research on genetic approaches, brain dysfunction, new pharmacological molecular will continue. It is important that one remembers the significance of human touch that is needed to work for the cause of mental health. I am happy to say that it is preserved at IPH.

By Dr. Savita Apte, 5. pm, 15<sup>th</sup> Oct 2006, Chennai  
Coordinator – Schizophrenia Rehabilitation Program, Clinical Psychologist

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## **The Mutual Benefit Fund – a give and take venture of IPH**

Consistent activities all the year round related to mental health, is one of the hallmarks of IPH functioning. Although we organize varied program for community, yet it is essential to refresh and brief ourselves with the latest information and knowledge about psychiatry.

IPH also has a large bunch of volunteers working for it in varied capacities. It is necessary therefore to equip them with theoretical background of the field of psychology. Keeping this in mind a series of lectures were organized for all the volunteers and staff. The topics were distributed amongst the psychiatrists, counselors and dates finalized. Maximum number of Maitra helpline volunteers and Manovikas coordinators and Jidnyasa enthusiasts attended these lectures. They began in August 2004 covering the following topics

Mental health related lecture series for IPH staff, topics taken up so far:

IQ testing	Bipolar disorder
Career & vocational guidance	Hypochondria
Personality theories	Geriatric disorders
Psychological disorders– classification & discussion	Childhood disorders
Study skills	Behavior therapy
Addictions	Existentialism
Depression & mood disorders	Freudian theories
Schizophrenia	Transactional analysis
Anxiety disorders	Psychopharmacology
OCD (Obsessive Compulsive Disorder)	Developmental theories
Somatoform disorders	Problems faced in counseling
Personality disorders	Bereavement & grief counseling
On medicines for psychological disorders	Suicide intervention
Rational Emotive Behavioral Therapy for OCD	Post traumatic stress disorder

The information imparted was found to be very valuable and gave an insight into the psychological conditions of the client. Pharmacotherapy and therapeutic intervention strategies work are discussed at length. All this information was given through lectures, power point presentation and interactive discussions.

We all at IPH are looking forward to further such enrichment programs in our new building, to where we will be shifting to in year 2007. Manas will keep you updated about them.

By Mrs. Rajani Karandikar.

## The Spirit of Home & Harmony – Courtesy IPH.

“Support”, “really an eye opener”, “delightful and amusing”, “thought provoking”, and बरं झाल आपण आलो, असं कुठे एकायला मिळतं?, were some of the remarks I got to hear on the way out, down the stairs of Sahyog Mandir Hall. The occasion?---it was the birthday celebration of the three babies of IPH – Jidnyasa 10 yrs, Maitra 8 yrs and Manovikas 4 yrs. There are the present community outreach projects running successfully. It was a pleasant Sunday morning, well spent – 25<sup>th</sup> June’06.

Everybody looks forward to Dr. Anand Nadkarni’s / IPH’s public programs. They are unique, special and different in their own way. Dr. Anand Nadkarni himself is a wonderful compere, having a dynamic command in his personality. He is a crowd puller – brand name himself!

On this occasion, every year there is a game show. This year the game show hosted was called “आमच्या ह्या घरात” anchored by Dr. Anand Nadkarni. The theme was – creativity within family and relationships in today’s fast life – that, though dialogue between each of the members. It all began with Dr. Anand Nadkarni’s announcement about the launch of 2 new projects – first ‘Palakshala Samvadak’, which will train 20 people to work in pairs, and they would focus on the interactions between parents, children by enhancing awareness on good parenting. The second, “Shikshak Prabodhini”, whose aim is to train motivated teachers to take the students towards excellence. (Report elsewhere in this issue)

For the game show, 15 participants invited were divided into 3 groups of 5 members each. Each group of 5 consisted of a parents, a teenager, a senior member, on distinguished personality and one member from the IPH. Some of the famous personalities from the world of show Biz were, Chandrakant Kulkarni – stage director, Meghna Pethe, a writer, Milind Balal-editor of Thane Vaibhav, Jyoti Mhapsekar – a writer and a women’s activist, Dr. (Mrs) Madhuri Pejawar - the principal of Bandodkar science College. The 3 IPH members were Sulabha Subramaniam, Deepika Dabke and Manjiri Gokhale. There were 3 teenagers Arundhati, Bhushan Vaidya & Anjore representing the youth of today.

This was really and truly a “Live” programme, to beat all the reality T.V. shows. All the participants were total strangers to each other. This I guess was by special design, which brought spontaneity, and surprisingly, they could get so well with each other!

Each of the families had to choose their own names, the pet names of the members, their slogan/mottos and their ideals i.e. role models. This was great fun. The 3 families were “Gharkul”, “Dhadpade”, “Chalwale” and the pet names too were funny and unique. With each name coming up, Dr. Anand Nadkarni gave his expert and amusing comments. Then the slogans came up – “Hum cool toh ghar cool”, “लढ बापु लढु” and “पढु धडपढु पण चढु” and the audience couldn’t stop laughing.

The role models chosen were Mahatma Gandhi, Kiran Bedi, Abdul Kalaam, Aishwarya Rai but also a usually forgotten **common man** whose zest wins against all odds. The compere then peeped into each family and examined the family health regarding their culture, values, aims and a variety of ideas- not as a “Narad Muni”, but as an onlooker.

Then began the rounds like greeting styles demonstrated with great fanfare. Everybody was roaring with laughter. The compere encouraged and enhanced the atmosphere and enthusiasm. There was dramatic interaction and sporting verbal battles between the 3 families, showing that the participants were well geared up. There was a round of Antakshri, where the groups were given a situation, for which a corresponding song was to be sung in 10 seconds. There was also an extremely interesting round called “Kal aur Aaj”, in which the movies of the yesteryears and the movies of this day were supposed to be interchanged in time!! Now can you imagine “Mother India”, “शामची आई” and “Moghul-E-Azam” produced today, and movies like “Dhoom” and “Salam Namaste” made 40 years back? All the three families performed so well and came out with such thoughtful and clever dramatization that it was really tough to say which was better than the other!!

Then came another round in which the families had to write शुभेच्छा पत्र (A loving letter) from one member to another. These letters turned out to be so hilarious and written very boldly. The intellectual debate which followed was enjoyable.

Then came the last round. Here Dr. Anand Nadkarni gave a poem each to the 3 families which they had to study and then enact it on the stage. This was the crowning glory of the programme. The poem were by Khalil Gibran, Indira Sant and Anil Avchat. The enacting along with the recitation of the poem was truly

heart rending. I could clearly see in the audience that people were really moved by the touching and sensitive way it was done/presented. Everyone's emotions were stirred up.

The comic parts, intelligence and wit having been enjoyed and appreciated by one and all, it was time to take home the message – really the most significant part of it all – the theme!!

I asked myself ..... “Hello! where are you?” I did not even realize at what point of time, a special corner, locked away in my heart and soul emerged before my eyes – my beautiful childhood!

Another moment I was in another world – found myself in the seventies – I could visualize the golden era with its charm, sweetness and sheer joy.

My conscience was as if stirr? – so many questions – why are we so inaccessible in today's era? Are we lost? Are we losing contact with co-humans in this man made rat race? Why have we forgotten to turn our head to notice someone truly needy? Why don't we find joy in sweet simple things any more? Why don't we appreciate our family members? If we appreciated each other in our families, how harmonious family life would be! Each head of the family, though he wishes to, does not manage to make enough time for his family. There is need for reviving togetherness. We have forgotten to hum and sing away while doing any work! What happened to bathroom singing? It was sooo good to hear. Family bonds should be enriched. We should not be so serious in life after all! We must rediscover humor in ourselves and the surroundings once again.

Another message that came across to all and “clicked” is that when we confront fears, they just disappear! We all learnt that we should not fear or avoid unexpected situation. When we do develop the courage to face the unexpected head on, the problem seems so small and manageable. We learnt that things are not half as bad as we anticipate them to be. This also applies to telling the truth and owning up our mistakes. A point we need to pass on to our children.

Just imagine, all this put in such an entertaining and eye catching, or should I say “ear catching”, manner – holding the audience spell bound! What a welcome change this programme was!

“I am glad I came – its good that you insisted on my accompanying you this morning” – that's what my husband said in the car on the way back home! I simply smiled.

By Dr. Kamla Hirani, (Maitra Volunteer)

This is a letter written by one of the teams in one of the rounds of the gameshow – Aamchya Hya Gharat, detailed report of which is given in the above article... Editor

### आमच्या सर्वांच्या, प्रिय प्रिय रिमोटआल्या,

आज तुमचा पंचाहत्तरावा वाढदिवस. त्यासाठीचा ७५ गुलाबांचा , सोनटक्क्याचा सांगून बूके आणून कालच हॉलमध्ये ठेवला. रात्रीच तुम्ही ती फुलं मोजलीत आणि सत्त्याहत्तर फुलं कशी ? मी काय इतकी म्हातारी दिसते काय ? असं माझ्याकडे बघत म्हणत तुम्ही दोन फुलं सहजच काढून टाकलीत.

गेल्या पंचवीस वर्षांत या घरात आल्यापासून मी पाहते आहे – नेमकेपणा आणि नीटनेटकेपणा याबाबतीत तुम्ही कधीच तडजोड केली नाहीत. माझ्या पायाला सतत भिंगरी, मुलांचे जन्म, दोन मुलं नंतर झाली असली, तरी एकूण तीन मुलांचे पालन-पोषण, लाडकोड आणि रुसवे फुगवे सांभाळताना दिवसाची वाफ होणं म्हणजे काय हे मला समजत गेलं. पण तरीही त्यांची सुखंदुःखं, अपेक्षा आणि निराशा हे पण आपल्या खोलीतून गुरुवारी मठात जाण्याशिवाय कधीही बाहेर न पडणाऱ्या तुम्ही, (तुम्हाला कुठलं सहावं, सातवं, आठवं इंद्रिय आहे कुणास ठाऊस) पण या सगळ्यांना तुम्ही जास्त जवळून आतून बाहेरून ओळखता. सोनटक्का रुसली की डोळे गाळायला तुमच्या खोलीत शिरते. वंदीची फुटबॉल टिम हरली, की How they all played foul सांगायला पाय आपटत टी.व्ही. नसलेल्या तुमच्या खोलीत शिरतो. राजेंना परदेशच्या सहा महिन्यांच्या tour ला जायच्या दिवशी, promotion interview च्या आदल्या दिवशी आणि साधा खोकला झाला किंवा पाय मुरगळला तर औषध योजनांसाठीही तुमच्याच खोलीत रहायचं असतं. तर हे कसं हा प्रश्न २५ वर्षांपासून मला पडला आहे.

बाहेर येताना सोनटक्का उमलल्यासारखे हसत असते. Modern म्हणजे अश्लील नव्हे, तरुण म्हणजे नुसतं स्वार्थी नव्हे, ritual म्हणजे religion नव्हे, पण ritual ला प्रश्न विचारले तरी श्रद्धा हे तिला समजतं. No battle is lost, till the war is won वंदि बाहेर येताना हारजीत होती रहती है, असं बडबडत बाहेर येतो. राजे argue न करता औषधे घेतात. आणि बीयर हेच जगातलं एकमेव पेय नाही आणि तळलेले काजू किंवा शोगदाणे हेच फक्त खाद्य नाही हे मानतात हे सारं तुम्ही कसं साधता ?

गेल्या पंचवीस वर्षात तुम्हाला कमी दिसू लागलं, कमी ऐकू येऊ लागलं, कमी आठवू लागलं आणि गुडघे आणि कंबर अधिकाधिक दुखू लागली तरी तुमच्याकडे जे सहावं, सातवं व आठवं इंद्रिय आहे त्या जोरावर तुम्ही remote झालात. पुढल्या पंचवीस वर्षात ही इंद्रिय अधिकाधिक तल्लख व्हावीत आणि हे घर कायम remote control वरच चालावं, त्यासाठी remote च्या चिरतरुण बॅटरीला सर्व सैनिकांच्या हजारो शुभेच्छा !

## VEDH Career Conference songs available on CD / Cassettes

आय्.पी.अेच् 'वेध' च्या गाण्यांची सुरेल मैफल

### नव्या शतकाचे गाणे...

गीते आणि मूळ चाली - डॉ. आनंद नाडकर्णी.

संगीत - शर्मिला लोंढे

#### साइड ए

१. गीत गा रहे है आज हम (गीत चळवळीतून साभार) - सर्व गायक कलाकार
२. पूरब की तरफ चल - मुकुंद मराठे, शर्मिला लोंढे
३. अभ्यासाचा कंटाळा - शर्मिला लोंढे, मधुरा लोंढे, मानसी टिळक,
४. नील गगन हरीत धरा - मंजुश्री पाटील, डॉ. अनघा वझे, शर्मिला लोंढे, मधुरा लोंढे

#### साइड बी

१. जोश मस्ती अपने अंदर - मुकुंद मराठे व कोरस
२. कर्तव्याचे होई गाणे - सर्व गायक कलाकार
३. सवईच्या सुपर हायवेवर - डॉ. आनंद नाडकर्णी व कोरस
४. नवे नवे मला हवे - शर्मिला लोंढे, डॉ. अनघा वझे, मंजुश्री पाटील
५. नव्या शतकाचे गाणे - मंजुश्री पाटील व कोरस

गायक: मुकुंद मराठे, शर्मिला लोंढे, मंजुश्री पाटील, डॉ. अनघा वझे, मधुरा लोंढे, हरिराम गोरे,  
प्रदीप गुरव, संजय इनामदार, मानसी टिळक, व डॉ. आनंद नाडकर्णी  
वादक: सुभाष मालेगावकर (किबोर्ड), भजन सिंग (ओक्टोपॅड), अजय दामले (तबला)

**Samvadmala – Discourse on stress management & philosophy by  
Dr. Anand Nadkarni also will be available on Cassettes (set of 8) & now  
in this December '06, will be released on CD as well !**

**(Available at VEDH venue & at IPH office)**

## IPH picnic 18/06/06

Got to the quaint little house our picnic 2006 destination; a bit of a climb, so all were glad we had a car! The house was situated on top of a small hillock. The 2 storey house was designed in a Rajasthani fashion (the owners are Rajasthani) complete with paintings, Rajput swords and even a hookah!

It had a huge "stepped" garden surrounding, even moulding itself to the contours of the hill. The view from the house was of Thane creek and the mountains beyond. The garden was in full bloom with colorful flowers, with a little hut towards the end of the garden.

The weather was lovely along with a slight breeze. Everyone was hoping it would rain and some even agreed to sing to the Rain God (whether their intention was to please him/her or anger him/her into sending rain was unclear!). There was a beautiful peacock in sight (also waiting for the rain we presumed). It seemed quite used to humans as it took a samosa from Savita's hand and allowed us excited "intruders" to take its pictures.

The day started with a snack of samosas and tea/coffee which everyone relished. After that most people explored the house and its picturesque surroundings. The kids had a blast. They became adventurous and explored the rocky areas surrounding the place. They went down to the creek and kept coming and giving the "boring" adults (who spent most of the day chatting) updates on all they had seen and discovered. After breakfast most people were catching up (a.k.a. gossiping) and enjoying the lovely breeze. Papers were distributed for people stock the "pond" with "fish". Some people were filling in page after page while others sat thinking whose leg they could pull.

Everyone was then called in the house next for a fun and boisterous session of "cut" Antakshri with Dr. Anand Nadkarni and Dr. Thatte leading the 2 teams. This singing session (apparently!) had to be stopped before the neighbors (probably 20 kms away) complained. Everyone was energized and in a picnic spirit after that.

Dr. Sovani then "interviewed" Dr. Thatte who awed and amused us with stories about her escapades and the people she had worked with and was taught by. Dr. Sovani also added her anecdotes and this had the audience in splits.

Pratima then interviewed Dr. Nadkarni in her unique style asking him about IPH history and his journey in this field. Doctor too enthralled the audience with his stories and funny incidents from his years of experience. All that singing and laughing had made everyone quite hungry and they ravenously attacked the scrumptious meal of paneer, puri, tomato soup, pulao and gulab jamun to top it up!

With everyone satisfied and a bit sleepy, the house was filled up again this time for a round of fish pond. There was something in it for everyone – some flattering and some not so! But it was all in good fun and it certainly had people in splits.

It was then time for people who could sing to entertain the crowd. Lovely Hindi numbers- both old and new- were sung and enjoyed by everyone. It was the perfect end to an enjoyable memorable day. It was time to leave soon after; a steaming cup of tea/coffee was served to keep us refreshed through our journey home.

By Radhika Nair – Clinical Psychologist

## R.O.C.K & R.E.B.T

(The other side of the picnic)

Understanding ROCK climbing & REBT (Rational Emotive behavioral Therapy) principles happened together for me last week. A group of us had gone to a hilly area, with a sea bay flowing near through it, situated in a rural / undeveloped place. The place we were in was a house on near top of a hill with somewhat wooded area surrounding it. There were kids too, from 5 onwards to 13 years of age. As the elders gathered together to chat, the kids began to get restless and I decided to explore the surrounding area with them.

We decided to check out the bay and some fishing boats there and they were visible from the place we were staying (about 6 of us). Instead of going through the paved path, we decided to go through 'secret paths' (actually some rough paths & not the regular road), which was accepted eagerly and we began our exploration. Although it was monsoon season, there was no rain, but some cloud cover reduced the intensity of the sun. Soon enough we encountered some rock patches and steep ways and the kids began to hesitate.

At first I could not understand the hesitation, because with my height of 5.11” it was easy for me, but for them, those 2 or 3 feet rocks were as good as 5 or 6 feet tall rocks for me. This made me realize that I could help them to learn rock climbing principles, as with my height I could provide safety for them. Also I have been going for trekking and rock-climbing for the last few years. I knew it would be easy for me to hold them and help them to climb up or down, but that wouldn't help them to learn. So I had to facilitate, which is easier said than done.

Initially, instructions and what not to do etc. automatically blew out from my mouth, and I began to realize that in order to get the things done I was imitating exactly what my elders had done to me, and it is not facilitation. I had to pause each time such words and even whole sentences jumped out internally, and then paraphrase them or change them totally before speaking out. Incidentally, the number of times 'NO' automatically came while dealing with children was shocking in itself. How would I feel if someone behind me kept saying NO or stopped me from doing something even before I thought of it? It would ruin the fun of a picnic exploration, and would raise more self-doubts or would make me feel like rebelling without a regard for risks involved.

It evolved slowly, and I began to do more of observing than commanding. Our group dynamics also was changing, as the children seemed to understand unconsciously and as usual were much faster at adapting to the environment around them. From the earlier mode of the eldest person (me) as the restrainer and the children as the ones who try to stretch how farther they can go and our roles balanced out. Their sense of responsibility became visible (maybe because I was observing in a better way). And it was amazing how even the small ones were taking care of each other as well as teasing each other to perform. These things just happened and without holding on to the past resentment or gratitude they would race ahead.

One of the major things about rock climbing or walking through a non parallel area is sense of balance. We are habituated (especially city dwellers) to roads, flat surfaces, broad steps etc, and going through slops, steeps, rocks and other uneven surfaces becomes a major concern, and attempts to over balance oneself occur during these periods of fear proves to be counter productive.

I had to learn this during my trek and rock climbing expeditions with my experienced friends, and I learned through observing them. When a layman walks through a slope, to adjust for the slope, he/she slants own body for a sense of safety, but actually leads to reduced balance. But in actuality, leaning the body to a side increases the chances of slipping. Our ankle can be bent and thus flat side of our foot is what should press itself on to the sloppy surface; our body needs to remain straight. Well, not easy to understand, so let me use an example.

Suppose Tom is walking in the direction from bottom of this page to top, and the page slopes towards left side about 25 degrees; and he walks through the page, his tendency will be to twist his upper body about 25 degrees towards right to compensate for the slope towards left. This tendency may seem as helpful to maintain balance, but actually it increases the probability of him slipping to left. We do such things instinctively and accept as common sense. Of course if we get to go through many trail and error practice we might figure out more effective way to walk on slops, but often such learning's remain unconscious or we remain unaware about the principles behind our effectiveness. There is one more thing which stops us from learning and that is if we rigidly hold on to our beliefs formed during those fearful moments.

Suppose Tom is told this principle, will it make him change his posture immediately & make him walk the proper way? Chances are low that such a change will happen immediately even when we become aware of the right principle. We might follow the more risky behavior or avoid practicing all together.

Then what is to be done? How to teach children who would be even less willing to listen to theoretical gibberish? Give them time, and give them opportunity to practice. And that's what happened on that day, though I had to fight with my instincts to help them, or command them or make them learn immediately. I had to change my reasonable demand, "since I am putting in so much effort, they should master the task immediately", and remind myself repeatedly of an unreasonable expectation that, "this is just one day, and they will learn as much as they can during this opportunity".

Well, of course, this story did have a happy ending, as, towards the evening, the once hesitant kids were walking through the slops by bending their ankles and the body straight, willing to use their muscles in newer ways, and with a sure sense of balance in their style. Though much of my learning that day was not so visible, my pride might have shown through though...

By Venky Iyer, Psychologist

**Watch out for an all new MANAS from next year!  
At IPH we are working on a new format for MANAS,  
and we welcome all our reader's suggestions.  
Be sure to write / email to us...**

[*Being on tour provides splendid opportunities for interactions with people, places & self afresh in a different environment. We have tried to tap this distinct essence for our readers... This time, there are 3 reports, from Baramati, Punjab & Hariyana..... Editor ]*

- **Baramati trip:**

IPH team visited Vidya Pratishthan College of Engineering, at Baramati on 28<sup>th</sup> & 29<sup>th</sup> July-2006, for conducting training workshops for the teaching faculty there. The team consisted of Dr. Nadkarni (Consultant Psychiatrist) and three psychologists, Kuldeep, Venky & Manjiri from IPH. Along with this workshop, an interaction of Dr. Nadkarni with final year engineering students, as well as public program of interview of Dr. Nadkarni by Mr. Tuljapurkar, one of the directors of Bank of Maharashtra, were also organized during these hectic, but enjoyable 2 days. The two day workshop based on Dr. Nadkarni's Samvadmalā (discourse on stress management & personality development), had a large number of participants, and had to be conducted in 2 groups. The questions and active involvement of these teachers showed their dedication to learn and inculcate effective REBT techniques in their teaching & life. Principal Pratap Borade, a visionary with very student- friendly attitude had arranged the whole program, guided the whole IPH team, and regaled one and all with anecdotes from his amazingly varied personal experiences.

By Venky Iyer, Psychologist

- **To Nestle (Moga district, Punjab):**

IPH team consisting of Arun Naik & Venky Iyer conducted 2 day stress management workshop for about sixty management level employees of the multinational company, Nestle. 2 batches of the workshop were conducted on 7<sup>th</sup> - 8<sup>th</sup> & 9<sup>th</sup> - 10<sup>th</sup> Aug-2006 at the Nestle, Moga premises, which is situated in a multi-acre green & serene location. This was the first visit of state of Punjab for both Arun & Venky. The participants were warm and whole-heartedly involved, which made their role-plays (done in Punjabi language) easier to understand. The famed Punjabi hospitality (direct *dil-se*) as full and frothing as the lassi, there was also a heartwarming experience for the IPH team. The sessions were enjoyed and relaxation session at the end of the day conducted in green lawns brought peaceful smiles in the participant's faces indicated the success of this workshop.

By Venky Iyer, Psychologist

- **Ties with ELI LILLY**

We have had a long association with Eli Lilly, a multinational company dealing in various life-saving drugs, having a reach throughout India. Since last 2 years, we have been training their special field staff, in giving emotional support & counseling to Cancer Patients and their family members. It's a tough task, and I am impressed with the commitment & concern with which they have been handling this; and also their own burnout. As a consequence of this, Eli Lilly could take it a step further, towards sensitizing their counterparts in the Medical fraternity. Naturally we came into the picture. A group of Doctors, Nurses and other paramedics from across India attended this workshop on Empathy and Counseling skills with special reference to Cancer in June at Gurgaon, Harayana. Mamatha Shetty and I represented IPH, where we talked to these professionals about emotions, empathy etc; topics that they usually steered clear from.

It's safe to not feel connected to the patients! But the fine line between Empathy and Sympathy, made all the difference. We took it up in our usual IPH style with theory interspersed with role plays; not to forget the wild exercises the participants did to assess their new knowledge. The use of self-disclosure, being aware and comfortable with one's own feelings and reading body language, as well as the whole range of counseling skills, and basics of REBT were discussed. For exercises we used situations they had faced in real life. We too learned a lot from their first hand experience in the clinics. But the best part was that as the day passed we could see them loosen up and get the spirit of the training; and apart from some good memories we also took home some good friends.

This association also reflected in the department that dealt with Diabetes drugs. They invited us as a part of their intensive training for the marketing staff that were to be at the doctor-patient interphase. Facing irate, confused, depressed or angry patients and keeping their motivation up to continue with the treatment was a part of their job. They also needed similar inputs on basic counseling skills. Empathy, recognizing and acknowledging emotions, creating alternatives considering factors within their control were some of the topics. Since practical training would drive the point home faster we stressed on roleplays taking typical situations in this disease. This July workshop also gave a very satisfying output by way of participation.

By Sulabha Subramaniam; Community coordinator, Counselor

## NEWS-SCAN

### Satellite VEDH Career Conferences - 2006

#### **Bhopal VEDH CC '06:**

A one day VEDH Career Conference was held at Bhopal on the 7th of April 2006. "B.H.E.L." had organized the whole event. IPH faculty – Dr. Anand Nadkarni, Dr. Pooja Thakker & Mrs. Sharmila Londhe conducted this one day program. The program began with a session on "Changing Times & Changing Vocations" and was followed by interview sessions, in which topics like determinants of career, making a career choice, misconceptions regarding career choice, career information etc were covered.

The program ended with a question-answer session which became a big hit; providing most satisfactory answers to approximately 200 questions. The audience consisting of more than 700 people (students, parents, teachers) availed of this privilege, and gave the feedback that they are eagerly looking forward to another program of IPH the next year.

By - Sharmila Londhe, Psychologist

#### **Aurangabad VEDH CC '06:**

IPH in collaboration with "Tender Care School" initiated by Mrs. Shailaja Kekre, Wing Commander Kekre had conducted VEDH-Vocational Education, Direction and Harmony at Aurangabad on 22<sup>nd</sup> & 23<sup>rd</sup> April 2006. It was a two day Career Conference wherein eminent personalities - were interviewed by Dr. Anand Nadkarni. They were Ms. Rajani Dandekar (Camlin), Shri. Uddhav Kamble (Police Commissioner), Dr. Achyut Godbole (IT specialist), Shri Raghavendra Gaikawaiwari (Hitech Bio Industries), Shri Pratap Borade (Principal, Jawaharlal Nehru Engineering College), Parwati Datta (danseuse) & Dr. Anil Awachat (Writer). They parted with information regarding how they came upon making their career choice, what were the hurdles they faced and how they overcome those. Most of them also gave a message for these students like. "If resistance increases, increase your potential". There were 6 sessions in all, interspersed with informative sessions by the IPH faculty. In these sessions Dr. Nadkarni interviewed Dr. Pooja Thakkar, Mrs. Kusum Yadava and Mrs. Sangita Jagirdar. Topics discussed were Determinants of Career, Myths regarding Career Choice and Direction regarding the same and information regarding Career. 'VEDH' at Aurangabad received an overwhelming response by the audience consisting of more than 500 participants (parents, teachers, students).

By – Kusum Yadava, Psychologist

#### **Ahmadnagar VEDH CC '06:**

IPH in collaboration with "Snehbandh-67" conducted VEDH-Vocational Education, Direction and Harmony at Ahmadnagar on 12<sup>th</sup> November 2006. An audience of more than 2000 were present at venue Bhausahab Firodiya school grounds, where eminent personalities were interviewed by Dr. Anand Nadkarni. They were Vittal Kamat (hotelier & writer), Dilip Ranjekar (director of Azim Premji foundation), Manisha Mhaskar (IAS), Ragavedra Gaikawaiwari (Biotechnologist), Aparna Velankar (subeditor-Lokmat) and Johny Leve (Actor). From IPH, Dr. Pooja Thakkar, Mrs. Kusum Yadava participated in this program.

By – Editor

### **Personality Development Workshop at Hindalco.**

Tanuja and I went by a bumpy adventurous (don't ask!) car ride to Hindalco. Workshop was on 3<sup>rd</sup> and 4<sup>th</sup> June 2006. We started with a "Tikha" vada pav breakfast. 15-20 students of 9<sup>th</sup> std and 10<sup>th</sup> we collected to hear us out.

We began the session with brief introduction on self and asked the participants to introduce themselves with their name and one good and one bad point about themselves. The first session was on Self-Awareness. We spoke on what 'Self' is made of, how to become aware of it and the benefit of begin aware.

The 2<sup>nd</sup> session was on Self Grooming. There was loads of fun in this session as we spoke of the glamour world from Salman Khan's 'tee off' to Jassi's ugly duckling look. Important aspects of physical self (we got a lot of tips on beauty and presentation from these 'evolved' young ones) – how it is connected to the inner self and so.

After the lunch -break we divided them into 4 groups and gave them common situation to enact. The goal was common to get an insight into the communication patterns and emotional extremes of our behavior. The dialogues and setting of the entire situation was done beautifully by the young actors. Some were surprised to see their own ability. Then there was an informal discussion of basic communication skills, and our favourite actors and the emotions that they can express best. Pitfalls and how to regulate the pendulum of emotions in our life was also discussed. The day summed up by a Q and A session. We came back feeling connected and with the firm belief that everyone has his own tree. One needs to nurture and allow it to grow. That creates an individual personality.

By Mamatha Shetty – Clinical Psychologist.

## **IPH board of trustees has two new faces!**

In a recently held meeting of the board of trustees of IPH, two trustees were freshly inducted. They are Dr. Anuradha Sovani and Prin. Adv. Narayan Rajadhyaksha.

Dr. Anuradha Sovani is a clinical psychologist and has been associated with IPH right from the time of germination of the IPH theme. She is working in department of applied psychology, university of Mumbai as a reader. She completed her doctoral work under the guidance of Dr. Shubha Thatte, one of the founder trustees of IPH. In addition to being an influential teacher, competent professional, Anuradha is a soft yet persuasive communicator and a versatile writer of scientific and psycho-educational literature. She has been an integral part of all IPH activities since last sixteen years.

Adv. Narayan Rajadhyaksha is the principal of New Law College in the Ruparel college campus and is regarded not only as an excellent academician in law circles but also as a very popular teacher of the law. His association with IPH goes back to 1992-93 when for one of our ill fated fundraising attempts; he worked hard as a volunteer. Thus he has been with IPH in one of its worst crisis. Both the trustees participated in the IPH picnic held in the month of June. Manas welcomes them and expects literary contributions from them in near future.

By Editor

## **Somaiya TYBA (Political science) student's workshop:**

About 25 students from KJ Somaiya college, Vidyavihar attended a one day workshop on 'know your Emotions', at IPH. This one-day workshop was arranged for the students specializing in Political Science, by their professor Mr. Deepak Pawar, who focuses on academic as well as emotional development of his students. The academic background of students reflected in sessions, and Dr. Nadkarni while discussing about evolution of emotions, inculcated the political science related aspects for the participants' reference. The students enjoyed the activities & role-plays very much, which are part of IPH workshop experience, and interacted very well.

By Venky Iyer, Psychologist

## **UPDATES OF REGULAR ACTIVITIES & PROGRAMS**

### **Maitra Update**

What glorious new things do we have to report about Maitra Helpline, in this MANAS issue?

Nothing really, except that the calls keep coming--- sometimes not really with the frequency we would like, (now, does that mean in a convoluted way that less people need emotional help????! Rejoice!) – and at other times, often enough to keep our counseling skills in good shape; almost 7000 help calls so far.

Nothing new; except that, we've had a series of lectures & workshops for Maitra communicators, to polish old skills (may be there's a genie hidden there), and to acquire new ones- And from what we hear, they have really appreciated them and gained a lot. To name a few:

- Grief & Bereavement counseling by Ms Manjiri Gokhale;
- Use of Paraphrasing by Dr. Savita Apte & Ms Deepika Dabke
- REBT in Counseling Alcohol Addiction by Dr. Anand Nadkarni
- Reporting a Call & review of the Call form by Dr. Anuradha Sovani
- Rational Emotive Behaviour Therapy in Telecounseling by Dr. Thatte
- Self Development by Ms Pratima Naik, Dr Savita Apte & Sulabha.

Again, nothing new, but wish it was more often; Maitra featured extensively in the Marathi Daily: Mahanagar. And yes, obviously nothing new, that some of our senior Maitra communicators having upgraded their skills with an exhaustive certificate course of IPH "Rational Emotive Behaviour Therapy (REBT) for professionals", - have now effortlessly integrated themselves in two new IPH projects: Palakshala Samvadak & Shikshak Prabodhini. Two others have been working extensively with Tridal, our Schizophrenia support group & Activity Centre, and doing a marvelous job. Some of the year old batch of communicators, who deserve admiration and encouragement having shown remarkable improvement in techniques, have got themselves "REBT- Trained" and can be seen using their new knowledge to the fullest. Some others are planning to enroll for the next batch. That's what I call true blue motivation!

Making the process of running Maitra a bit more structured & including a lot more of us, a few days hence some more volunteers are taking up more administrative duties. That's a true cooperative spirit. Where else but here!!

Oh yes, I almost forgot. The Birthday saga: June 25<sup>th</sup> 2006; Nothing new that it was a laugh riot. Read about it in this issue by a Maitra Bachcha in the audience.

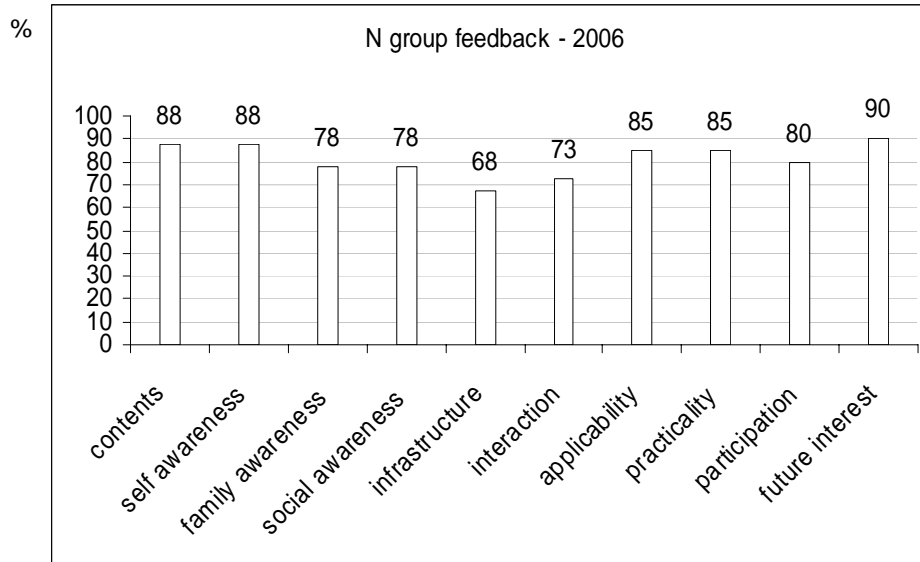
By Sulabha Subramaniam, Maitra Coordinator, Counselor

## N group (102<sup>nd</sup> group) update with statistics:

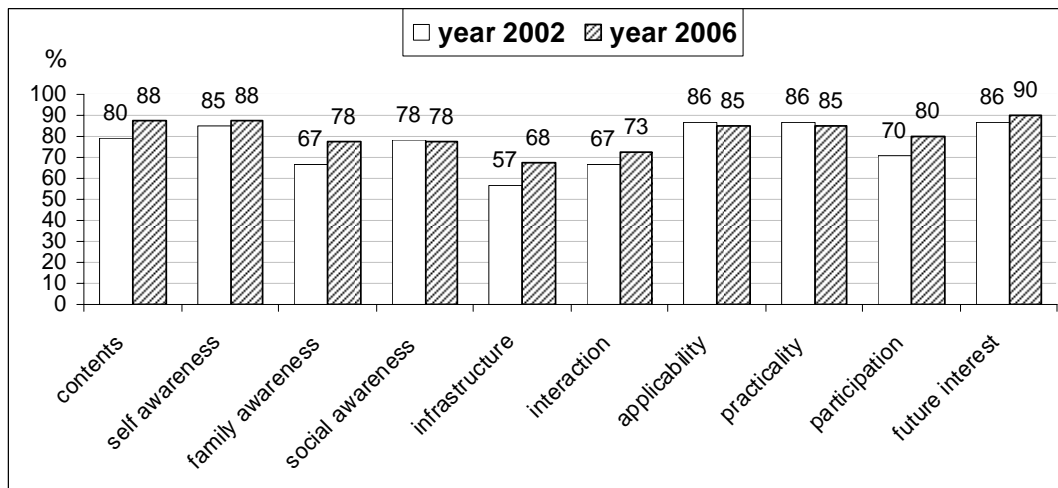
The 102<sup>nd</sup> N group was conducted from 12<sup>th</sup> July to 4<sup>th</sup> August 2006, (6.30 pm to 8.30 pm on 4 Wednesdays & 4 Fridays – 8 sessions in total) at IPH activity centre. Despite the pouring rain, more than 25 participants sincerely attended the sessions.

Here are some actual comments from participants about N-group: "I kept feeling as if, almost all the examples discussed are taken from my own life, making me really an integral part of the sessions". "All the faculty members are knowledgeable, interactive & most importantly, involved". We have tried to represent the feedback of the participants, in graphical format. The figures show % of satisfaction in various areas as given by the participants.

**Feedback of 102<sup>nd</sup> batch:**



We tried to gauge the level of satisfaction from an earlier N group of year 2002, who had been given similar feedback forms to fill. It may come as no surprise to many that IPH's been successful in maintaining consistency of the quality of such a long running program and even showed improvements in infrastructure facilities in the year 2006.



The 103<sup>rd</sup> batch of N group started on 17<sup>th</sup> November 2006 at current IPH activity premises.

The 104<sup>th</sup> batch will be held in the new IPH premises. For enquiries regarding N group please contact Mr. Prasad at IPH reception (please call or enquire personally between 11.00 am to 6.00 pm. IPH remains closed on Sundays). We will keep you updated through Manas as usual about N group activities.

By Venky Iyer, Psychologist.

### **An Unique Experience – (Palakshala update):**

In-house Palakshala is a community activity carried out at IPH campus. In July 2006, Palakshala was conducted for the parents having children in the age group of 9 to 14 years. We conducted ten sessions of two hours each. The sessions were in lecture-discussion format, and the topics were related to various aspects of parenting. Information was given about the various facets of child rearing to help parents come out with problem-solving strategies. A group of thirteen parents attended “PalakShala”. Through the lectures all faculty members tried to give these parents skills and strategies to be used in their personal lives. All the parents in the group gained a lot, as a part from lectures, sharing experiences, discussion about different aspects of this sensitive issue give it the cutting edge.

Mrs Rajani Karandikar – Palakshala Coordinator (In-house)

### **“Satellite GATI” update:**

“Gati” is an ongoing group at IPH from the past 4 to 5 years. “Gati” which means speed or pace, caters to the children with subnormal intelligence. The children whose Intelligence Quotient (IQ) falls between 75 to 85 are selected for the group. After its successful experience at IPH, Gati spreaded its wings at Sapling School for Slow Learners. The Sapling School is located opposite Sion Hospital. Since the school had many children who needed the exposure, it was decided to conduct the batch at the school itself.

Satellite Gati started on 22<sup>nd</sup> July’06. The group consisted of 10 sessions of which eight sessions were with the children, and two with the parents. The areas where stimulation was provided were on Attention, Sociability, Emotionality, Rhythmicity and Energy. The children enjoyed these sessions since they were taken in the form of games, plays, role-plays, activities, work-sheets, debates, discussions etc. At the end of children’s session, a report was given and explained to the parents, where the child’s comparative strength and weaknesses are highlighted.

The response of children, parents and the teachers was overwhelming. The coordinators were really touched by the children’s written feedback on the sessions saying how they had enjoyed them. Gati has been coordinated by Dr. Pooja Thakkar and Mrs. Sharmila Londhe. Both of them are senior psychologists and attached to IPH since past 16 years.

Dr. Pooja Thakkar, Psychologist

### **Manovikas Update:**

Manovikas is going stronger and stronger with every passing year. In the year 2006, i.e. from January to October, we had a record number of programs – 48, and still more about 15 to 20, in the next couple of months. The year started with two programmes in the Civil Hospital of Kalwa and Wadia Hospital, co-arranged by Bombay Psychiatric Association. Our team visited Talegaon in the month of May and enjoyed nature in the company of senior citizen’s club. We received the invitation from some of the reputed organizations like Ganesh Mandir Sansthan, Dombivali, Keshavrao Gore Social Trust Goregaon, Sahachari group (which is associated with Muktangan, Pune), SAA, a caregiver’s group with schizophrenic patients at Pune, Adarsh Vidyalay-Chembur, who has won the title of Best school of the year, and so on. Of course, our volunteers gave brilliant performances, and won applauses from the respective audiences.

One of the most memorable programs took place in Dombivali, Sanskar Bharati, a well known social and cultural organization. They wanted a team of teachers and disciples to celebrate “Guru Purnima”, so they invited Dr. Shubha Thatte and our Manovikas team on that day. Our volunteers took this opportunity to express our gratitude towards Dr. Thatte, Dr. Nadkarni and IPH. Mrs Sunita Kanhere spoke few words on behalf of all Manovikas volunteers about how IPH Manovikas has changed our lives and gave purpose to our living. It was a very touching moment for all of us. Well-known Marathi writer, Mr. S.N. Navare and his wife attended the program and appreciated the presentation. During these presentations, some of the motivated and inspired audience expressed the wish to join us. So, on 6<sup>th</sup> November we have an orientation session for all the new volunteers. In this meeting, we also plan to reform our Manovikas script and make some new additions, under the guidance of Dr. Thatte. We are looking forward to our new and innovated script of Manovikas!

Mrs. Chitra Deshmukh. (Coordinator, Manovikas Project)

### **Little Beginnings (LB) Update:**

Our growth group for children between 3-5 years of age called “Little Beginnings” is in its 50<sup>th</sup> batch now. There are 12-15 students in this group coming for six Saturdays (2hrs each) where creative activities, emotional developmental tasks, fine motor and gross motor skills, sensory stimulating tasks etc are conducted. The 2 parental sessions provides the parents with information about child’s developmental tasks, disciplining skills, handling issues of children etc. The next batch begins by November end.

Mrs. Pratima Naik, Coordinator, LB

## International conference cancelled

In our last issue, we had announced Elsevier's international conference on child & Adolescent mental health. IPH was the proud Indian collaborator of the same. But unfortunately it was cancelled by the sponsors due to safety concerns regarding terrorist attacks all over the world.

We write to inform you with great regret that the 4th International Conference of Child and Adolescent Mental Health, which was to be held in October 2006, has been called off by the funding organization due to the recent events around the globe. Our collaborators have written: "Elsevier has found it necessary to cancel the conference due to safety concerns and the number of registrants who have committed to the meeting at this time. We had a very significant number of international registrants withdraw due to events in Mumbai, London, and around the world. Unfortunately, our lives are being affected by these developments on a regular basis. We are as disappointed by this turn of events as you, and started immediately working towards arranging the cancellation process. We thank everyone involved for their kind understanding cooperation.

IPH organized a home conference in October '06, & we had international guests ;) Read on:

## Staff Development Conference.

(Or - Finding a great option to a cancelled International conference.)

Staff Development programme was held on 4<sup>th</sup> and 5<sup>th</sup> October 2006. Groups of counselors were formed and were given different topics to discuss & present. The intention was to enhance the counseling skills. The experts, which included Dr. Nadkarni, Dr. Thatte and Dr. Sovani, passed special comments on each and every presentation. Overall, the presentations covered a wide range of counseling techniques, starting from showing empathy, paraphrasing, confrontation, explaining the test result, self disclosure, to the importance of home assignment etc.

The presentations were divided in 2 parts; disputing beliefs and demonstrations through role plays. The topics included, talking to the caregiver of a schizophrenic patient, handling a perfectionist client, explaining the study skills to a child and her anxious mother, disputing the belief of a client who is an "impossible" track, a client suffering from loneliness and depression, a demanding husband a client, who is confused about her extra marital relationship, a client having an adjustment problem with a new office and a new boss and so on. One presentation demonstrated different characteristics of the counselors i.e. aggressive, passive, judgemental, indifferent, non empathetic etc.

Dr. Nadkarni, Dr. Thatte and Dr. Sovani gave valuable suggestions regarding not only the content but also about the verbal and non verbal communication skills, touch therapy, words, language, eye contact, body language, voice-tone modulation. So, everyone had opportunity to introspect and to find out the areas of improvement. The atmosphere was informal, friendly and proactive.

On the second day, there were presentations on different kinds at testings. The purpose was to bring more clarity and professionalism to our reporting and to make them more client friendly and empathic. The guests on the day included well known psychologist, Dr. Geeta Joshi and some psychiatrists from Canada and New Zealand. These presentations gave all of us an insight on her read the test results and how to talk them the clients and their family members. Even though, the discussions were more technical, they helped us to be more précised and focused.

The guests also participated and shared their experiences. Their words of appreciation boosted our spirit and confidence. In short, this workshop was a real nourishing treat for us. We look forward to have such kind of activities more frequently.

(By Chitra Deshmukh, Community Coordinator)

And now over to, what we call, the journey from humming "*Honge kamayab*" to actualizing it... Editors

## IPH is collaborating in organizing a conference on January 2007

The Bombay Psychological Association hosts the Annual Conference 2006-2007 in collaboration with the Institute for Psychological Health, Thane, a well known community mental health initiative, and the post graduate department of psychology, SNDT University, which is celebrating its Silver Jubilee year.

For registration, please forward the delegate fee by cheque/ DD to Bombay Psychological Association Trust. c/o Post Graduate Department of Applied Psychology, 5<sup>th</sup> floor, annexe building, SNDT University, 1, N.T. Road, New Marine Lines, Mumbai 20. You are requested to register well in advance to facilitate hospitality and infrastructural arrangements.

**Theme:** Child and Adolescent Mental Health;

**Dates:** 8<sup>th</sup> and 9<sup>th</sup> January 2007

**Venue:** Patkar Hall, SNDT University campus, Churchgate.

Abstracts of your papers/ posters may be sent before 20<sup>th</sup> December 2006 to iph@healthymind.com and copied to anuradhasovani@gmail.com, thatteshubha@yahoo.com, and mdpurandare@yahoo.co.in

We all are looking forward to active participation from concerned persons. See you all there.