

## **EDITORIAL**

*Hold fast to dreams  
For if dreams die  
Life is a broken-winged bird  
That cannot fly.*

- Langston Hughes

Dear readers, it's long time since we spoke to you. It's been a busy year for us here at IPH with lots of new, creative and interesting workshop's and programmes. Few of them are a part of this newsletter and many have not for lack of space. However, you are any day welcome to visit us and speak to us about the activities you wish to know in more details. Manas is no longer a newsletter alone, it's one of our important medium of reaching you at distant places in India and abroad. We have now tried to involve more volunteers to contribute to Manas to make it an interesting mental health magazine which you will see in the coming issues. Lastly, let me quote Walter D. Wintle's thought provoking lines-

"If you think you are beaten, you are; if you think you dare not, you don't.  
If you'd like to win, but think you can't; it's almost a cinch you won't.  
If you think you'll lose, you're lost.

For out in the world we find success begins with a fellow's will; it's all in the state of mind.  
Life's battles don't always go to the stronger or faster man; but soon or late the man who wins is the one who thinks he can".

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## **My date with VEDH – December 2008**

December may have many different hues for others; but at IPH it means anxiety, anticipation, excitement, rush of work and everyone being busy, on the edge so to say. But the actual event (10<sup>th</sup> and 11<sup>th</sup> Dec, 08) brings forth many mesmerized magical moments and many an inspired souls on either sides of the stage. Following are first hand impression of persons involved in different aspects of VEDH-The Annual Career Fiesta.

### **In the thick of it all - *By Deepika Dabke***

I have been a part of VEDH, which not only brings forth uncharted career perspectives, but also gives ample food for thought, way back since 2003. Sharing the stage as copresenter with Ravindra Manjrekar, under the protective wing of the gregarious master of ceremony Dr. Anand Nadkarni, was actually a thrilling and inspiring experience, once I could deal with the gnawing stress of facing a sea of thousands of eyes. The preparation of introductions of those illustrious yet down to earth greats, gave an impetus and I must admit – a “high” building up to the actual day of event. While in this familiar comfort zone, I was suddenly thrown off gear this year, just the day before the event, when, as usual, I was cribbing about the tension to my friends, Sulabha and Savita. Ravindra, my C.C.C.(Co-anchor, Confidante and Cover ), was not going to be able to make it, due to an unavoidable reason. To say I panicked, would be to understate it. God! I would be alone and have no place to hide on stage!

But at IPH, we don't give up-we fight; we rally around. So I let the facts sink in, and later in the evening, decided to pay a visit to the venue. There, standing in front of the podium, I visualized myself doing my stuff on stage . . .and surviving. The next day, I practiced my intro-profiles with Sulabha and got my “self talk” in place. “This is not about how ‘pure’ my Marathi is, or whether my style is flawless. This is about team work; and that counts the audience too. It's the magic of VEDH”. Finally, with my heart thudding loud enough to be heard 10 miles away, I stood welcoming the Little Champs with Dr. Nadkarni. I never realized when their courage and natural ease subtly infected me. Borrowing from their can – do attitude and passion to learn, I started relishing the message each personality that graced the subsequent sessions over 2 evenings, gave to the listeners – as I relaxed and enjoyed the show with the 3500 strong audience. It is amazing how such diverse people speak a common language – that of interest, passion, experimentation and openness to challenge; while retaining their simplicity and genuineness. Through all that greatness, each of them comes across as a “real” human being and that's what makes it so inspiring.

I came away after the 2 days of presenting 13 personalities, with a sense of admiration for them; so also with resolve and immense satisfaction for me, rather than the usual feeling of exhausted relief that it's over. I actually look forward to VEDH 2009. I wonder if this is the beginning of my moving from “liking my job” to “becoming passionate”.

## **The Ringside View - By Ms. Pratima Naik**

Here at the assigned spot with my colleague Sharmila, in the scorching heat of the 2 pm sun, we enthusiastically busied ourselves with the requirements of stage – the schedule of the days, notepads, water bottles etc. We watched Sachin, our artist friend, give a look over to the splendid stage setting and décor and the technicians finalizing settings for sound, light and video. Soon the ground was filled with students and adults alike – ah! The difference being a seating arrangement of chairs for all unlike the previous years and also seats limited to approximately 3000 I thought to myself ‘some relief for our usually harried on duty volunteers in the audience’, and smiled. The evening began with the new VEDH song and took off with such excellently managed timing, thanks to well co-ordinated back stage, green room, all technical as well as volunteer teams, and the presence of mind and skill of Dr. Nadkarni ably supported by Deepika. Guests were given momentos and gifts (all Tridal and IPH products) in the green room itself to make stage time crisp and racy. Messages were ferried fast and furious and actions taken. The Tridal food stalls exuded a festive spirit.

It went on like an orchestra some unseen hand conducting the show. A bit of a relief that both the days were an ‘evening show’ as against the usual 1 ½ days event. The huge responsibility that construes the “stage duty”, is in effect an adrenalin rush and a visual and aural treat, to be able to see such awesome personalities up close. I was the lucky one this time!

## **From the ‘Mob’ – The Audience Outlook - By Shubhada Nimkar**

मी रोज स्वतःशी गावे , श्वासात मिसळुनी द्यावे

हे सूर नव्या हिमतीचे . . . . .are my friends

ITS IN ME, THE SONG OF LIFE

The strains of the new VEDH song, and the recorded speech of Mr. Hemant Karkare, Mumbai Police Chief, who sacrificed his life in the November’08 terror attack in Mumbai; these were such a fitting finale to this year’s motivational VEDH, the theme being “Yearning for Learning”. VEDH has turned 17.

Having seen how VEDH has evolved over the last 10 years that I have been attending, feels like seeing a child grow in popularity and creativity. I miss the sonorous music programs that were a part of VEDH evenings for a few years, but change in format is inevitable and always need-based. I really appreciate, as I sit in the audience, the way all the IPH staff and volunteers rush around organizing and troubleshooting throughout the long hours. E.g. this year, the technical snag to do with viewing screens and the insufficient food ‘supply’ from the stalls (this year wholly managed by Tridal) was quickly rectified.

Do I really need to say much about the actual program? – The fact that I have been attending with my daughter and friends year after year; should say it all-what started out as “it’s a good exposure for children”, soon became “it’s a life-altering experience for everyone”. It’s all about identifying our

little goals and pursuing them whole heartedly, while gathering pleasure on the way. Writing VEDH diary (what we have gained from the sessions) has helped me to focus on the finer points of my learning .

The wisdom to differentiate between dreams and reality, to appreciate the golden leaves blossoming on the sapling of efforts and to realize that I must “find myself” by consistent and creative experiential learning, by learning behind the rigid irrational way of thinking : this and more – is my “take home”.

**Translated by Sulabha Subramaniam**

### **Catering to the Challenge - By Tridal Group**

(A Schizophrenia daycare and support group of IPH)

When Dr. Nadkarni asked me whether Tridal could handle the complete catering for VEDH – faculty, audience and volunteer force, my first thought was “Oh God! How can we do it?”. But I put up a brave front and said “Yes”. On sharing this with our group, the spontaneous enthusiastic response I got was heartwarming and we decided to face the challenge.

Planning, keeping in mind the strengths and limitations of our group comprising of recovering people, caregivers and volunteers working furiously in teams for nearly 15 days preceding VEDH and finally tying loose ends together, took up a lot of our energy. And yet, our estimate were way below the actual demand on day 1. We got on our feet; we sought help of our friends in IPH staff and volunteers, we apologized for the inconvenience caused but we managed to cope.

The next day was a better effort; well executed, thanks to the learning of the previous day. At the end of day 2, we all sat in a circle, reviewing what had happened, with limbs aching and faces glowing with joy and pride. We did it!

More than the profit we made (which was distributed to the day care workshop members – Shubharthis), the experience and the confidence we all got, as well as the team spirit it generated, is very valuable. Some stalls were independently handled by Shubharthis (recovering people), which is a huge achievement. As facilitators, we also learnt that they can take responsibility and we don't need to ‘protect’ and help all the time. All they need is empathy and assurance that we are there if they need it.

- **By Ms. Asmita Mokashi – Tridal Project Coordinator.**

## Some responses from shubharthis

मला माझा पुर्नजन्म झाला असं वाटलं कारण पूर्वी मी काम करत असे. मध्यंतरीच्या काळात मी आत्मविश्वास गमावला होता. पण वेधच्या आधी जबाबदारीने काम केल्यामुळे आत्मविश्वास परत मिळाला. - सतिश

आनंद वाटला, सगळ्यांबरोबर काम करू शकतो म्हणून कॉन्फिडन्स वाटला - नरेश

एकंदरीत वेधचे वातावरण खूप उत्साहवर्धक, चैतन्यमय असते. ह्या वर्षी सर्व केटरींग त्रिदलचे म्हणजेच 'In house' असल्यामुळे आणखी मजा आली. एकूण खाद्य-पदार्थांचा मेन्यू बघून खूप काम करावे लागणार याचा अंदाज आला. Variety बघून आमच्याही तोंडाला पाणी सुटत होते तर वेधला येणाऱ्या बालगोपाळांची काय अवस्था होणार ह्याची कल्पना आली.

आधीच्या आठवड्यापासूनच कामाचा वेळ वाढवला होता. एवढ्या मोठ्या प्रमाणावर सामान बघून हबकलो. आळस झटकून कामाला लागलो. हा हा म्हणता कामं संपू लागली. त्यामुळे संघ करून रहाण्यातले महत्व पटले. अखेर वेधचा दिवस उजाडला. कामाची गती अजून वाढली. यावर्षी मंडप मोठा असल्याने व मधला पडदा उघडल्याने तेथेच बसून कार्यक्रमाचा आस्वाद घेता आला.

एकंदरीतच, एकमेका सहाय्य करू अवघे धरू सुपंथ ही उक्ती पटली.

कष्टाचे महत्व पटले त्यामुळे मनावरची जळमट दूर झाली.

आता वाट पुढल्या वेधची! - संगम मटकर

इतकी वर्षे वेधच्या वॉलेटियर्सच्या मिटिंगसबद्दल आईकडून ऐकून वाढायचं ते किती कष्ट करतात!- त्यामानाने आम्ही कमीच करतो. पण ह्यावर्षी आम्ही सगळ्यांनी खूप मेहनत घेतली. खाण्याच्या पदार्थांचे आणि आम्ही बनवतो त्या वस्तूंचे आम्ही स्टॉल लावले होते. मधे मधे आम्हीसुद्धा खाण्याच्या स्टॉलची मजा लुटली. खस्ता कचोरी, रुचकर भेळ इ. माझ्या मैत्रिणींबरोबर स्टॉलवर वस्तू/पदार्थ विकताना आणि तयार करताना मला खूप आनंद वाटला. एकदा गीता नावाच्या माझ्या मैत्रिणीला चक्कर आली पण तोंडावर जरा पाणी मारल्यावर तिला बरे वाटले. आजाराची पर्वा न करता ती शेवटपर्यंत सँडविच बनवत उभी राहिली; सर्व तिला आराम कर, घरी जा सांगत होते तरीही. माझा छोटा भाचा देखील न कंटाळता स्टॉलवर मदत करत होता. मधेमधे कार्यक्रम पाहूनही खूप मजा वाटली. सर्वांनी आमचे कौतुक केले. एकदम बरे वाटले. कॉन्फिडन्स आला.- वर्षा म्हसकर  
(Article compiled & edited by Sulabha Subramaniam)

### **Mission Excellence:** A Venture to Help Athletes Achieve Peak Performance

**Scene I :** Rahul a 13 year old Table Tennis Player. Rahul performs much better in practice than during competition. His practice game is flawless, but in competition his performance is below par. He feels free and loose in practice and then is plagued with doubts or indecision in the competitive arena. Something changes between practice and competition.

**Scene II :** Mini a 20 year old athlete. After an injury she has recovered 100 % physically, but she can't perform the way she did pre-injury. She is afraid of re-injury and this causes her to play tentatively. She has lost her confidence and wonders if she can return to her previous performance levels.

**Scene III :** Aditya a 15 year old cricketer- batsman loses focus and has mental lapses during critical times of the game. When upto bat while chasing for a higher target, with 4 out and the game unchanging, has pressure to produce for his coach, teammates and for himself. He commits simple errors that he wouldn't normally do in other less threatening situations.

Mission Excellence is a Sports Psychology program which aims at helping athletes to achieve their peak performance. There are three main attributes of any sport and they are, Technical which is sports specific, Physical which is stamina, strength, flexibility etc. and the third is Mental or Psychological which is concentration, confidence, clear thinking etc. Mission Excellence deals with the psychology attribute of the sport. Now, how does this attribute affects the sport? It's very simple when you play any sport you don't keep your head aside but you play with your head on your shoulders. Most of the times we see sports clubs and players focusing mostly on the physical and technical aspect of the game and psychological aspect is either neglected or not much attention is given to it and thus the game is affected. It's as simple as you ask an untrained driver to drive a well maintained car. It is said that almost 90% is mind game at a higher level, so it's very important to have mental training as a part of our sports practice.

IPH has been doing sports counseling and sports camps for the last eight to ten years and in 2008 we decided to give it a more structured, organized and professional look. So in November 2008 "**Mission Excellence**" was relaunched. With its new look we approached different clubs who have been associated with us for a few years now and we planned to work with the players, their parents and coaches. We designed programmes for the players, playing at different levels. We divided the club players into three different groups, Group A: Frontline players - who play at International and National levels, Group B: Selected players – who play at state level and Group C: Introductory Module for players who have just started playing competitive sport. Different training and counseling modules were developed to cater to the specific needs of every group.

The programs are conducted in the form of Individual sessions, Group sessions and Camps. For Individual sessions the Group A and B players come to IPH once a month, we have two camps in a year for Group A players and for Group B its four Camps in a year, for Group C we have group sessions at the practice venues which is twice a month. So far we have three clubs registered with us for Mission Excellence program. We have around 100 players from these three clubs and there are around 50 players who have individually registered with us, so in all we have around 150 players registered for Mission Excellence program. Work done so far is, we have conducted 150 Individual sessions, 15 group sessions and one Group B Camp. So far we have worked with different sports disciplines like, Badminton, Table Tennis, Cricket, Swimming, Chess, Volleyball and Athletics.

In the near future we are trying to increase the number of registered clubs, players and we plan to conduct workshops for the players' parents and coaches that will include topics like communication skills, basic counseling skills – crisis management, mentoring skills and developmental counseling.

## **How can players benefit from Mission Excellence Program?**

Mission Excellence is about improving players' attitude and mental skills in games to help players perform their best by identifying self limiting beliefs and embracing a healthier philosophy about their sport.

- 1. Improve focus and deal with distraction**
- 2. Grow confidence in athletes who have doubts**
- 3. Develop Coping skills to deal with setbacks and errors.**
- 4. Find the right zone of intensity for your sport**
- 5. Help teams develop communication skills and cohesion**
- 6. To instill a healthy belief system and identify irrational thoughts**
- 7. Improve or balance motivation for optimal performance**
- 8. Develop confidence post-injury**
- 9. To develop game specific strategies and game plans**
- 10. To identify and enter the "zone" more often**

**Ms. Madhuli Kulkarni** – Coordinator-Mission Excellence & Industrial Psychologist

## **An Evening with – Dr. Anita Gadhia Smith**

### **A Recovered Addict to Successful Therapist**

(On 20<sup>th</sup> February 2009, Dr. Anita Gadhia – Smith from USA gave the audience at IPH a fascinating account of her experiences in the world of alcoholics and drug addicts.)

A slim, gentle smiling figure sat facing us talking about her heartfelt acceptance of addiction, a brave self-disclosure, without the usual feelings of shame or guilt. It was a brutally honest account of her addiction at a tender age, her travel to dark bottom of drugs, her struggle to sobriety and most importantly, her determination to spread valuable message of her process of recovery.

Dr. Nadkarni who interviewed her, led her down memory lane. The audience was touched by the picture which emerged of a child of an unsuccessful marriage, becoming an alcoholic and a drug addict in adverse stressful circumstances.

In 1960, Dr. Anita's parents quite young themselves, had left India for USA with her. The turmoil in their married life led to divorce and Dr. Anita felt responsible and guilty. It resulted in self-loathing and sadness. It had all begun at the young age of 8, when her father offered her half a glass of sherry at a party. She liked that feeling which relieved her of anxiety, pain and sense of difficulties in life. She wanted more again which led to secret raids of the liquor cabinet. She was a brilliant student, so hiding her addiction, was important.

Anita very cleverly and very successfully managed her educational career and employment without anyone ever suspecting that she had a serious problem. Those were the days when partying and drinking was very popular and considered to be good fun. She felt that as long as she could successfully carry on this double life, everything was all right. Alcoholic poisoning and overdose of drugs led her to hospitalization too.

At 16, she got admission in the prestigious *John Hopkins University* and had started working. This job had no thrills and she became a bar-tender. This life was exciting due to the proximity of rich and famous people. But at this stage she felt that she had hit the 'rock bottom'. Life was dark, lonely, miserable. Guilt, self-blame and shame grew unbearably and it broke her heart. Guilt about what she did and shame about what she was.

Arrest on two occasions for 'driving while intoxicated' made her pause and review her directionless life. She was 15 yrs into active addiction and was trying desperately to cope with life. In the meantime, she obtained professional help from Dr. Smith which led to her recovery and also later on their marriage.

Today Dr. Anita is a well known psychotherapist, specializing mainly in Addiction, Substance Abuse and Relationship issues. Her book 'From addiction to recovery – a therapists personal journey' is about sobriety, emotional maturity and personal responsibilities. It is inspirational to those struggling with addiction and recovery process.

People ask her, how she is still alive after all that she has gone through, when others like her do not even survive. Curiously, among other factors, she mentions a mysterious force she calls 'the universe' which helped her. Such a force has been known to come to the aid of people who continue their efforts even though the situation seems hopeless. Dr. Anita says "talking about the whole incidence in my life helps me strengthen my sobriety".

Participants were dumbstruck with this experiential sharing. We salute Dr. Anita's strength and will power in setting an example for the innumerable addicts on the road to recovery.

by- **Mr. Sudhanshu Tilak & Madhavi Kulkarni (Maitra Communicators)**

## Sanyojan 2009

Annual event management workshop of IPH – Sanyojan, is now in its 7<sup>th</sup> year. Two eminent Economists were invited for this event-Dr.Ajit Ranade and Mr. Devidas Tuljapurkar. Their presentations, an intellectual feast, were a part of the first half "Dealing with Depression in Recession". The second half was on "IPH: The Year Ahead".

Dr. Anand Nadkarni mentioned that recession is a sensitive social issue, as is evident from emails of US based clients of IPH.Mr. Kuldeep Datay made a precise and eloquent presentation, defining recession and its causes. He stressed the effects of recession on the psychology of people e.g. Denial, Paranoia, Depression etc. Humour made his presentation all the more interesting.

Mr. Devidas Tuljapurkar presented his viewpoint by comparing recession world over, with that in India. While discussing its effects, he said, 'Organizational/system change and fear of failing to cope at a senior level, also has serious and emotional effects'. His own experiences while working as an Union leader, gave a different perspective.

Dr. Ajit Ranade elaborated on the factual data in different sectors (e.g. pharma, consumer goods etc.) doing well, even during the supposed recession in India. He thus challenged the very belief

that there is recession in India. He differentiated between the industrial and agricultural scenario, as well as financial crisis and real life day to day crisis. He stressed that psychology indeed plays a major part in economy.

This led to an interesting debate, where all participated freely. Summing up, Dr. Nadkarni talked about the important role of help via internet for NRIs, the need for corporate training and creating a lecture series 'Get Real', on DVD, where we check and cope with what 'is', rather than getting swayed by media and world beliefs and scenarios.

In the later half, Dr. Geeta Joshi, clinical psychologist & Coordinator of 'Aakalan', talked about various courses and workshops conducted since its inception and demonstrated the great demand for all our courses for various help-sectors like doctors, nurses and other professionals, as well as lay people. Aakalan's forthcoming project will be Teachers Sensitization Programme, Programme for Creche owners, Remedial training etc.

Mr. Kuldeep Datay and Ms. Saraswati presented the work done through 'Elegance'. This involves industrial testing and need based training and counseling. Their ongoing work at Castrol was well appreciated.

Dr. Anagha Vaze, Psychiatrist and Ms. Sharmila Londhe, Counseling Psychologist, both classical singers themselves, presented "Reshim-nati". This new programme is to highlight the role of relationships during the economic and emotional turmoil. The songs included will be on the theme of various relationships in life and nurturing them for personal development; a step forward from last year's "Bhavsamadhi" – on emotions and their regulation.

Ms. Madhuli Kulkarni, the anchor of 'Mission Excellence' which uses Sport Psychology to take potentially good players to great heights presented next. About 150 players are taking advantage of this project and among them 25 are frontline players in national and international arena. Her efforts in sports camps and personal counseling are fetching excellent results.

Ms. Sharmila Londhe, Counseling Psychologist and Ms. Shama Palkar, Project Coordinator talked about Zameen-Aasman- "Jan-Vikas Udyojak : Ek Yuva Swapna". Children with unique ideas for bringing about change in the society are selected, funded and helped to implement their ideas. IPH's involvement here will be to enhance their coping skills and give inputs for personality development. Next were the usual announcements about new projects and administrative changes in the system. The day repleat with ideas being shared and debated; ended on a high note of enthusiasm for the coming year.

**Ms. Madhavi Kulkarni** - Maitra Communicator,  
with Sulabha Subramaniam –Counselor, Maitra Coordinator.

## **Of Human Bonds – The Maitra Story**

When something has grown on you, it is quite difficult to step aside, look objectively and write about it. To write about Maitra Helpline and its 10 years journey was something like that – a bittersweet experience. With valuable inputs from individuals and group exercises, the raw material was a vast treasure trove (don't forget the detailed documentation and message books), from which I had to pick and choose to string a colourful chain. The whole experience both exhausting and exhilarating culminated in the publishing of 'The Maitra Story'-titled aptly – “Of Human Bonds” (like someone cheekily remarked, - stealing the idea from one of my favourite authors – W.Somerset Maugham) That was in June 2008. Many enthusiastic well-wishers who purchased the books, gave us very warm feedback and useful suggestions. It was also given as a goodwill gift to many donor and associates of IPH, as well as, to industrial clients. Mental Health Organizations from various corners of India and also eminent individuals, were sent complimentary copies. Their review comments have given us a lot of confidence. Some industries have pruned it to be distributed as gifts (e.g. for new year) and some philanthropics have donated large sums so that this book would be sent as a gift to Mental Health related organizations; who could benefit from the material. All in all, it has been a very satisfying experience.

This book is available at a concessional rate of Rs.130/- at IPH. Special rates can be offered for bulk purchase. For enquiries please contact Ms.Bharati on 022-25366577/25428183, 98702 96694 (11.30 To 5.30, Mon-Sat) Some feedback letters are reproduced here -

- **By Sulabha Subramaniam**

(Author – Of Human Bonds-The Maitra Story) Counselor, coordinator-Maitra Helpline)

### **Maitra Helpline**

**Your emotional first aid (9 am to 9 pm)**

**Call... (022) 25385447**

**email : [maitra@healthymind.org](mailto:maitra@healthymind.org)**

## DWIJ – Second to none

All of us are blessed with “one life” – and we seem to take it entirely for granted. We crib about small irregularities, insult relationships according to our moods, fight or withdraw socially, over petty things and in general, feel we deserve more.

Take a deep breath now and imagine there's an eye or a limb missing. The whole world gets shattered. Life is incomplete – unfair. But the silver lining is often, there is sympathy, help, cooperation from family, society and even the government. At least there is awareness, respect and many avenues to overcome the disability. Now, close your mind's eye and plunge headlong into the world of chaos, uncertainty, of imagined reality, of extreme and painful loneliness – and helplessness, of shame, guilt, anger and depression. Welcome to the world of mental illness.

IPH, for the last 18 years, has done much in spreading awareness, dispelling myths related to mental illnesses and creating a formidable organized system in mental health and related community work. Destigmatization is a vital ingredient of its programs. The ‘Dwij’ award was visualized as two pronged, those for patients, for exemplary recovery and rehabilitation, and another for dedicated enlightened caregivers.

Dwij Puraskar ( Award) is meant to recognize the very complexity and enormity of this struggle, often lifelong, experienced by persons affected by any of the wide array of mental health disorders or diseases ( Shubharthi), and their caregivers ( Shubhankar). What makes it more heartrending, tortuous, a virtual hell – is the deep seated and universal, sharp-edged stigma attached to it. USV Pharmaceuticals, very creditably, gave full financial support, while collaborating willingly with IPH on the logistics of this award function.

Letters explaining the philosophy behind the proposed awards were sent to Psychiatrists all over Maharashtra and articles also appeared in print media. It was required that those ‘Shubharthis’ & ‘Shubhankars’ who wished to participate, send an application requesting for the form to IPH, and later send in the completed form. The form itself was very exhaustive running into several pages & had supplementary forms to be filled by the caregivers and the treating doctor. This form was designed by IPH Team of experts, led by Dr.Shubha Thatte, eminent Psychologist, in such a way that it brought out the journey of struggle & recovery in graphic detail. Each form was received & graded by atleast 2 of the 6 member panel of judges (all experienced Psychiatrists & Psychologists)

Out of the 10 finalists in each category, three were to get the trophy and a cash award of Rs.10,000/- sponsored by USV Pharma. Also two Commendable entries were to receive a momento and a Certificate from IPH and a personal gift of Rs.2,000/- each from a caregiver parent from Jalgaon, Shri Shivajirao Bhoite, in memory of his late daughter Gayatri, as a sweet talented girl, a poet at heart; her life eclipsed by mental illness.

The programme was held at Gadkari Rangaytan, Thane, on 12th October 2008, under the joint banner of USV and IPH; in the august presence of the recent Magsaysay award winners, Dr. Prakash and Smt. Manda Amte. Dr. Anand Nadkarni compered the event, with support from Dr. Anuradha

Sovani. Smt. Leena Gandhi-Tiwari and Dr. Shirish Sule, senior psychiatrist from Nasik, graced the occasion.

The program was attended by more than 800 people from far and wide. Mrs. Leena Tiwari & USV, have taken the onus of taking this unique Award, from the state level this year, to national level next year. It is our joint dream to see the stigma attached to mental illness fade with time, leading to early detection and timely intervention, thereby leading to much higher recovery rates and better prognosis. We all owe it to the two to three percent of India's population, the widely and wildly discriminated against, due to some serious mental health problem. We can make it happen.

(DWIJ-DVD's available at IPH at a concessional rate of Rs.120/-)

### **DWIJ – The Second Awakening**

**Sulabha Subramaniam** - Counselor, Community Coordinator

## **Manovikas**

**(Ms. Preeti Gadiyar, coordinator pens down her experiences . . . Ed.)**

The story goes ten years back when I joined Manovikas as a volunteer. I was totally new to this project. I started attending this programme as a part of the audience. Manovikas is an in house programme about Mental Health awareness. My involvement in the programme increased gradually and I became the non-playing captain (i.e. co-ordinator). Slowly the 8 fold path to a healthy life (included in the programme) became a part of me with each programme I attended, I became more and more aware about myself; my flaws and strengths. As Manovikas extended its horizons so did I from a volunteer to non-playing captain. As my involvement increased, so did my ability to accept and face challenges. There was a great change in me, our monthly meetings became my motivational factor and our interactions became more productive.

I remember the day I visited the Thane Prison along with my team for a program for the inmates. Dr. Shubha Thatte had also joined us. I was very moved from what I saw here. There were criminals, petty thieves, even those who had committed minor offences all crammed in one single cell. (I remember a letter written to Dr. Nadkarni by one of the inmates saying that this very cell becomes a learning institute for all criminals). Some of them came up with interesting questions. There was also sadness; "would the society accept us once we are out?" was what they asked themselves often.

In another programme we had organized for the sex workers, there was this girl barely of 14 to 15 yrs holding her baby all of 2 mths in her arms. I could not stop my tears. Yes! But this is reality I told myself. A teenager was already a mother! We learnt that the sex workers have a very short professional life. (from 13-24 yrs) and once again they too asked the similar question, "will the society accept us?" Our Manovikas team members tried to answer many such queries. There were other memorable moments when our team designed a program specially for the street children. The children were highly motivated and some children also had their goals clear (one of them wanted to

be policeman, the other a doctor). This program was very challenging for me as I had to design the programme in a way that the children could understand about mental health and also not get carried away with their woes. At the same time. I was very happy when I saw the glitter in their eyes as well as warmth in their gestures. These milestones of Manovikas has actually started changing my outlook towards life. Working on this project has made me more empathetic and tolerant. I feel very proud that I am a part of this.

Nostalgically, I remember the lines of Robert Frost-

The woods are lovely, dark and deep.

But I have promises to keep,

And miles to go before I sleep,

And miles to go before I sleep.

**Ms. Preet Gadiyar** – Manovikas coordinator

### ***Boulevard within.....***

['Boulevard ' is a French word meaning a tree lined road, on both its sides. All pursuits of mental health and abbreviations involve a journey on these roads within us. In every issue of IPH, we plan to publish some essay pertaining to these voyages. Here we have an article by Dr. Nadkarni about the proceedings of a workshop for selected students of our mentoring project Shikshak Prabodhini. We welcome your comments on the essay.....Editor.]

### **Understanding excellence**

We have a prayer for teachers of Shikshak Prabodhini (SP) . It is a Marathi and Hindi adaptation of a English prayer.

The English prayer is;

God, Grant me the serenity

To accept the things I cannot change.

Give me courage

To change the things that I can

And wisdom

To know the difference.

The Marathi version is,

जे टाळणे अशक्य, दे शक्ती ते सहाया ।

जे शक्यसाध्य आहे , निर्धार दे कराया ॥

मज काय शक्य आहे , आहे अशक्य काय ॥

माझे मला कळाया, दे बुद्धी देवराया ॥

In front of the selected students of Shikshak Prabodhini I started my interactive session.

“Let us start with our prayer ...” I said and one of my teachers wrote it in neat handwriting on the board.

“We need to understand the prayer before we sing it ...” I said and read aloud the text. I had not planned to speak on the prayer. But during communication if I get a chance to introduce any new learning, I should not let it go abegging . . . so, I decided to continue.

We started discussing the meaning of the poem. The students were coming out with interesting and valid remarks. How often we adults try to ‘teach’ the meaning rather than letting them ‘discover’.

“Can we point out key words in each line”. I gave direction to the proceedings.

In line one, students marked “सहाय्या” translated literally as ‘Tolerating’. Then through discussion it was pointed that the meaning was ‘accepting’. The emotional difference between these two terms was exactly described by students (all adult readers, please note.)

In the second line, “निर्धार” was the chosen word. “Which other word could have fitted here?” I asked. “निश्चय” came the answer. We compared the two words and found “निर्धार” had an edge over “निश्चय”.

The word “धार” means ‘sharp edge’ in Marathi . . . Wow, how wonderful . . . This had not occurred to me before.

In the third line, “शक्य-अशक्य” were key-words, we discussed about how factors can be classified as within control and beyond control. We took example of an school examination and listed factors within and beyond control. We decided that this differentiation was very important and then it could help us to focus on factors within control.

In the fourth line, after deliberations, “माझे मला” were chosen as key words. There was an interesting discussion on how ‘my realization’ is a key as against ‘others making one realize’.

“We need to sing the prayer uttering every word with its content echoing in our mind. Otherwise, the prayer loses its power”. I took example of the Sanskrit prayer, praising Goddess Saraswati and how the last words of the prayer “निःशेष जाड्या पहा” were misinterpreted by students. Everyone laughed. The word “जाड्या” can be pronounced in different manners. If pronounced in Marathi phonetics it means a ‘fat person’ and if pronounced with Sanskrit phonetic flavour it means, ‘inertia of the intellect’. The prayer seeks blessings of the Goddess of knowledge to end ‘inertia of the intellect’.

“What should be our psychological disposition while praying?” I asked

“Calm . . .”

“Focused . . .”

“With humility . . .”

Pat came answers. Then I sang the prayers, line by line. They followed.

After we completed the singing, I asked them, “What are the times when you will sing this prayer . . .”

A flurry of responses followed . . . They were interesting

“Every morning . . .”

“Before going to sleep . . .”

“Before exam . . .”

“Before competition . . .”

I gathered all responses. And then came one.

“When I want to be with myself . . .”

The children will never let you down, if you believe in them. Had I hurriedly gone ahead, I would have missed this golden response. Look, just look at it. . .

I pray when I want to be with myself.

I have narrated this entire incident because in my opinion, there are messages galore for us in this . . .

when we at times talk of the young generation with disdain and frustration, we adults, teachers and parents forget that we have not practiced the art and science of guiding, navigating the young ones through AN experience.

Singing a prayer is an everyday experience. If we can guide and navigate them through the intricacies of this experience, we are creating learning's from it. . . That is the essence of a 'mentoring communication'. It helps the student discover, unobstructively, wonderful meanings behind an experience . . . It does not rob from the student the joy and thrill of exploring an experience but adds to it . . . As a communicator, I can share with you that those 30 minutes were as much an experience of joy and excitement for me as it was for them. I may have the ability to give a 'full' discourse on the meaning of the prayer. But as a mentor my abilities are not for 'flaunting'. My abilities need to be dormant enough to let the students explore and visible enough to give them the direction that I want . . . This is a secret of mentoring communication. In fact, throughout the communication I am practicing 'empathy'. I am putting myself in their shoes (This shoe has a sole-soul of thinking and laces of emotions) and coming out, then again going out, to come out . . . This journey gives my communication the sense of 'Timing'. It starts and ends on exact notes. In a way, I am carefully constructing the communication so it reaches a climax as I expected and still it has that lovely element of creative uncertainty . . . The whole experience at the end of it divinely refreshing . . . for them and for me.

- **Dr. Anand Nadkarni**

## **News scan**

### **Little Beginnings –**

Little Beginnings is one of IPH's regularly conducted developmental programmes designed for children aged 3 to 5 years. The programme aims at observing the children and informally assessing them in various areas of development, and to identify children in need of individual intervention, if any.

The current batch consisted of 15 children who enjoyed various play activities, like beading, singing, rope-walking, aiming, paper-writing, sticking etc. and mingled with each other.

**Kavitagauri Joshi – Clinical Psychologist**

## **GATI - A group intervention for slow learners**

Gati is an ongoing group intervention programme for slow learners i.e. children whose IQ is in the range of 75 to 85. This group intervention consists of 8 sessions in all – 6 with children and 2 with parents. Sessions with parents include awareness about characteristics and difficulties of slow learners. A detailed feedback report of every child is given to the parents informing them about the strengths, weaknesses and areas for improvement of their child. Sessions with children include various activities, exercises and games based on areas such as energy, socialization, concentration, emotions, imagination, discipline in daily schedule and diet etc. For the stimulation of these areas different sense modalities like auditory, visual, kinesthetic etc are used. Also different methods such as paper pencil based activities, role-plays, quiz, stories etc are used.

This ongoing programme is being conducted at IPH for the last 5 years. A research paper based on this intervention has also been written by the coordinators –Dr. Pooja D. Thakkar and Mrs. Sharmila Londhe, and has been published in the journal of Bombay Psychological Association. The next batch is soon to begun.

**Dr. Pooja Thakkar – (Educational Psychologist)**

## **Palakshala**

Parenting school meaning palakshala is one of our popular activities where parents are empowered with skills of understanding their child and also developing healthy relationship with them. Considering the need to face challenges by both child and parent everyday in all areas, it becomes essential that they be imparted with parenting skill like creative disciplining, emotional development, rational thinking, effective study habits, communication and many more. Mrs. Madhura Bapat, Mrs. Rajani Karandikar and Mrs. Shama Palkar have been the active coordinators of this activity. These sessions range from two full day workshops to six sessions of two hours each as per the need of the group. These sessions are conducted not only in IPH premises but also in far off places in Maharashtra and outside.

## **“N” Group**

This started as “Nourishment for mind” or “N” group many years ago. This activity has also gained immense popularity over the years. Most of the time, the batches are full long before the commencement of the sessions. Stress management techniques based on rational thinking principles is the major focus of these sessions. Being an interactive session, it has proved to be extremely useful to the participants.

## **Aakalan - IPH's Centre for Learning and Excellence**

IPH started off literally from a one-room rented apartment and has now proudly moved into its new swanky 3-floor premises, on the 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> floor of a brand new building. From 1990, the Institute for Psychological Health, Thane has been welcoming and training all those who were willing to learn, to share their experiences and enhance their skills in the field of mental health. All this training was done for free! Nevertheless, in the process of training and teaching, a lot of new modules regarding various issues in mental health emerged, and IPH recognized the requirement to structure and streamline this overwhelming data and the need to reach out to as many people as possible who were involved in mental health care delivery.

This need signaled the birth of Aakalan - IPH's Centre for Learning and Excellence. The main objective of Aakalan was to give value addition to the individual's existing abilities and attributes in order to enhance his / her skill management. Many heads and hands together, diligently and painstakingly, labored for days, and Aakalan was formally launched on October 7, 2007. A grand ceremony was held in Tip Top Plaza, Thane with Mr. Subhash Dandekar, Director, Camlin India Ltd. as the chief guest. The Aakalan brochure was released, citing the prospective learning programmes, course content and fee structure. A seminar on "Mentoring" was the highlight of the day's proceedings. Members of the IPH faculty gave valuable insights into these aspects of mentoring in various areas. Topics discussed were, "Youth Mentoring", 'Parents as Mentors', 'Teachers as Mentors' and 'Mentoring in the Industry'.

Since its launch, Aakalan has been very active in hosting several workshops and learning programmes.

### **CME for Psychometric Evaluation:**

4 CME (Continuing Medical Education) programmes have been held so far between October 2007 & November 2008. The first workshop in November 2007 on Psychometric Evaluation was held for outstation students and professionals in Clinical Psychology. Such a workshop was conceived keeping in mind the lacunae in the exposure in practical training among students in many parts of Maharashtra and Goa. Brief theoretical inputs about each test were given, and this was followed by test demonstration and discussions.

2 other CME programs comprised of an " Overview of Psychological Assessment" for MA 1<sup>st</sup> year students, held in May 2008 and a refresher training program on " Psychometry and its Clinical Implications", conducted for MA 2<sup>nd</sup> year students, in June 2008. The 4<sup>th</sup> CME was a 2-day workshop on "Understanding the MCMI", which was conducted in Nov 2008 for qualified and practicing clinical psychologists.

### **Career Enhancement Workshops:**

More often than not, whichever stream they come from, students are filled with a sense of anxiety, and are at crossroads, when they embark on a career, or even take up higher studies! In keeping with this sentiment, and having recognized the need to help students in easing their dilemma, Aakalan

conducted 2 such career-oriented programs. "Frontiers in Mental Health" was a 1 day workshop held in June 2008, for paramedical students of mental health. Likewise, "Life after Residency" was the theme of the career enhancement program conducted for Psychiatry residents in July 2008. The residents got an opportunity to interact with senior psychiatry consultants.

### **Teacher Sensitization Workshops :**

Teacher Sensitization programmes were also part of the agenda of Aakalan Training programmes. 2 programmes were held, the first in November 2007, & the second in November 2008. The objective was to sensitize both Primary and Secondary teachers to Learning and Behavioral problems in primary and secondary school children.

### **REBT Workshops:**

In the period between October 2007 and November 2008, three workshops on REBT were conducted.

### **Sensitizing General Practitioners:**

Dr. Anand Nadkarni had always nurtured an idea which he termed '**Saath Saath**' – the concept of Psychiatry working hand in hand with General Practice, with an objective of demystifying mental illness and tackling stigmatization. Through Aakalan, that effort has been initiated. A 16-day workshop entitled 'Saath-Saath – Mental Health Awareness Programme for General Practitioners' was held during the period December 2007 to February 2008. A total of 11 general practitioners were sensitized to mental health care delivery through lectures, discussions and role-plays. Guest faculty was also invited to share their expertise.

### **SWINDIA Project:**

SWINDIA Project is a Sweden-India collaboration, which sought to familiarize Swedish students to the mental health scene in India. This project had been successfully undertaken by IPH for a few years now. From 2008, the SWINDIA project is being handled by Aakalan. From February '08 to '09 a total of approx 52 students of Social Work, were put through a well-coordinated learning schedule and given wholesome information about mental health care delivery in India. One of the programmes included a visit to the Regional Mental Hospital, Thane. This visit was purported to highlight the different management and rehabilitative measures in the care of mental patients who needed institutionalization and to compare them with those who could be managed with an integrated approach while living in the community. The importance of caregiver counseling was also emphasized. A 2-day workshop on REBT was also integrated into the learning schedule. The students were enthusiastic, the sessions were interactive, and by the end of 10 days, there was a lot of sharing on both sides, both curricular and extra-curricular. Such a programme also served to strengthen Indo-Swedish ties.

### **Hypnotherapy Workshop:**

The evenings of March 3 to March 8, 2008 (6.30 pm to 9 pm) were devoted to a workshop on Hypnotherapy, focusing on Self Hypnosis.

**De-Addiction Workshop:**

Traversing the mind of an addict is by no means an easy task, and to help an addict get over his addiction calls for a dedicated and empathetic approach on the part of the counselor. A 2-day workshop highlighting these issues was held on March 10 and 11, 2008 and focused on 'Counseling Approaches in Addiction'. Participants comprising of psychiatrists, counselors, psychiatric nurses and volunteers from different NGOs working in the field of addiction, actively contributed and interacted during the lecture sessions.

**Communication and Counseling Skills Training Programme for Helping Professionals:**

Over the past one year, Aakalan and IPH have been receiving many phone calls from professionals in various helping professions about their interest in learning about Counseling. Aakalan conducted a 90-hour training program entitled "Basic Communication and Counseling Skills for Helping Professionals", from mid Aug to mid Nov, 2008. The program was conducted bi-weekly. As part of their training, a 2-day seminar was included where experts from different helping professions shared their hands-on experience.

**Refresher Training in Counseling:**

Domestic violence is a burning issue, and dealing with the victims of domestic violence, day in and day out, can take a toll on the counselor's health. 27 volunteer counselors of the Stree Mukti Sanghata from various centers in Maharashtra were put through a refresher training in Counseling Skills. Topics like Stress and Coping, Recognizing Common Psychiatric Illnesses and the issue of recognizing and preventing Counselor Burn-Out were discussed in detail.

Since its launch, Aakalan has all together conducted a total of 22 learning and training programmes, in various areas of Mental Health Care Delivery. The response has been very encouraging and the atmosphere bubbled with learning. Aakalan plans to continue with its objective of promoting value addition in skill management by conducting many more learning programmes in future. Some of those which have already been planned include training courses for Vocational Guidance, Managing and Rehabilitating Slow Learners, and workshops on Increasing Emotional Intelligence and a workshop on Remedial Training. A number of the already conducted workshops and CMEs would also be repeated. Aakalan would also welcome suggestions from mental health professionals interested in contributing to these learning programmes. Aakalan thanks all its resource persons for their valuable contributions and looks forward to working with them in all its future programmes.

**Dr. Geeta Joshi**

Clinical Psychologist, Project Director, Aakalan,IPH

## **[Here is an excerpt of an Aakalan participant-Ed.]**

### **My experiences as a participant on a IPH Learning Programme:-**

As a lawyer for more than twenty-five years, it was easy for me to argue in the courts, negotiate settlements, discuss with and convince the clients – and I thought I had no problem in communicating with others. At one point of time in my career, I decided to concentrate on marital counseling. My clientele changed.

Unfortunately (that is what I think) the people I started dealing with were and are all youngsters. I felt the need to brush up my communication skills. When I discussed this with my friends, our own Dr. Geeta Joshi introduced me to the course in “Communication and Counseling Skills”. On Dr. Geeta’s recommendation I joined the course. In the very first class to my great relief I found a lot of youngsters. Half of my battle was won there as I knew I could learn the skills amongst the youngsters.

When the course began on 19<sup>th</sup> August, I was a little worried about my attendance. However, I organized and re-organized my work, juggled my personal engagements and managed to attend all but one of the lectures. Personally I enjoyed all the lectures and, when you enjoy something you definitely learn from it. I participated in the practical assignments with the same zest as that of my younger classmates.

I could not believe it when the course got over in Mid-November, that I had completed the course and that too, to my own satisfaction. How good was the course? What did I learn? How were the teachers? - Well there could be a number of questions-I have a simple answer; I am a part of the IPH Team.

**Adv. Chaya Haldankar**

(Participant in course for Communication & Counseling Skills for Helping Professionals)

### **Tridal**

Tridal is our rehabilitation workshop for patients and their caregivers of schizophrenia. This group is actively involved in making beautiful creative items of daily use at a nominal price like mobile phone covers, greeting cards, wall hangings, paper bags, folders and also tasty chutneys, nutritious calpro powder highly recommended for all ages comprising of all essential nutrients. A visitor to the institute can visit the Tridal counter or speak to the coordinators for bulk orders.

There are also psychoeducative workshops for caregivers held once in a few months (the latest was held in January 09) to impart them with skills of handling the patient and also handling their own stress. It was interesting to see secondary care givers (friends, relatives etc.) attending these workshops signifying the downward trend of stigmatization.

### **Shikshak Prabodhini**

The mentoring project for secondary school teachers of English and Marathi medium is now in its important phase. Input sessions for teachers is completed and revision workshops are conducted. Palakshala for parents of selected students is underway. School visits, summit meeting, Sunday workshop, diwali and summer workshops, individual and group sessions are also undertaken. One-to-one intensive individual sessions with students and parents are also in the process.

## INDUSTRIAL UPDATE

**Following programme were conducted for industries & other institutes (Jan-Mar 09)**

<b>Date</b>	<b>Ind. Name</b>	<b>Subject</b>
05 & 06/01/09	H & R Johnson (India) Ltd., Delhi	Counseling Skills
13 & 14/01/09	Prog. at Kochi	Counseling Skills
12 & 13/02/09	Prog. at Kolkata	Counseling Skills
17 & 18/02/09	Prog. in Mumbai	Emoting & Thinking
5 & 6/03/09	Prog. in Pune	Emoting & Thinking
9 & 10/03/09	Prog. at Indore	Emoting & Thinking
11/01/09	VEDH at Aurangabad	Career Conference
19/01/09	Reliance Industries Ltd., Nagothane	Emotional Intelligence
20/01/09	S.H. Kelkar & Co., Mulund	Stress Management
20/02/09	S.H. Kelkar & Co., Mulund	Stress Management
13/03/09	S.H. Kelkar & Co., Mulund	Stress Management for women employees
17/03/09	S.H. Kelkar & Co., Mulund	Non-judgmental attitude in Mentoring
24/01/09	RCF, Mumbai	Self-development.
31/01/09	VEDH at Nagpur	Career Conference
25/02/09	Dr.L.H. Hiranandani College of Pharmacy	'Pharma 21 <sup>st</sup> Century-Changes & Challenges' & Stress Management
31/03/09	Hinduja National Hospital & Medical Research	Workshop for Nurses on problem solving

### **Maitra Helpline : Your Faceless Friend in need**

This is the tenth year of Maitra tele-counseling Helpline. Over the last decade, Maitra has not only grown in stature and wisdom, but also skill and scope. We have seen 4 batches of volunteers being trained. With each batch the selection process and the training module became more refined and adept. This reflects well on the capacity and maturity of the average Communicator, as the Maitra volunteers are called. These dedicated people come to IPH year after year, without expecting any remuneration or reward for their effort and time, to give an empathic hearing to the distressed callers, and to help them gather their life together. Through all this they have grown as persons and professionals in their own right. As of now, a 40 strong team mans the helpline in rolling duties of 3.5 hours each. A fifth batch of 4 select candidates have received one to one and group training and tutelage from mentors. Having joined as trainees in August 08, they are now taking calls under supervision and will graduate shortly to taking calls independently. We all are really happy the way they are shaping up and look on fondly at their progress.

The helpline has received more than 20,000 calls till now, of which about 7500 are help calls. These are well documented and used, not only as material for training, but also to study demography and trends of stresses in the society.

– **by Sulabha Subramaniam** – (Maitra Coordinator)

### **Maitra Training**

[Ed-Following is a detailed account of the Maitra training. The article will give our readers a glimpse of the kind of intensive inputs that are given to our volunteers who man the telephonic helpline.]

A refresher course for members of the Maitra group on 15<sup>th</sup>.& 16<sup>th</sup> January 09 was held at the institute. Instead of the usual faculty, senior Maitra communicators were given the opportunity to conduct this training.

On 15<sup>th</sup> Jan Mrs. Jyoti Mandke and Mrs. Manisha Mulye delineated the scope and limitations of the Maitra philosophy. The helpline provides an emotional antidote to disturbed callers, reduces the intensity of their emotions, takes them from the blaming track, encourages them to accept situations in life and think of alternatives. Advice and decisions are not given but callers are guided by the use of various techniques like factors within control/factors beyond control, choice price, demand expectations etc. Do's for communicators include listening carefully, respecting, accepting and mirroring the callers emotions and making him feel comfortable. The callers body language is not available and the call time is also limited. Besides the caller has the liberty to terminate the call at his pleasure before the communicator has dealt with his problem. Don'ts include not disclosing one's identity, not being judgemental etc.

Next Mrs. Sangeeta Rajpathak and Ms. Sheela Wagle explained the basic characteristics of communicator which includes operating on the callers level, establishing close relations with him, reducing the intensity of his emotions, active listening and giving empathy. After a tea break Mrs. Preeti Gadiyar and Mrs. Sanjivani Joshi held forth on empathy and non judgemental attitude essential for a communicator. It is essential that the communicator must not judge the callers problem by his own set of values, preferences and prejudices or adopt an attitude of superiority.

After lunch Mrs. Sanjivani Joshi and Dr. Kalpana Deore explained the importance of active listening, voice modulation and non verbal clues. Listening carefully gives awareness of self talk indicators which needs to be noted down. There should be just sufficient prompting to built rapport. Appropriate tone, pitch of voice, voice quality are all important. The communicator needs to have a gentle, mild soothing voice and must exude assurance.

After the afternoon tea break, Dr. Kamaljit Singh gave an insight into common psychiatric and psychological problems in people. He said distress can be alleviated but disorder require professional help too. Beliefs and emotions were discussed and he explained anxiety & panic disorders, obsessive compulsive disorders, phobias and many more.

On 16<sup>th</sup> Mrs. Surekha Mondkar and Dr. Kalpana Deore discussed varied skills of counseling at length. They pointed out that the callers key words must be noted & the troublesome emotions needs to be tackled. The skill of paraphrasing is the communicators narration of the callers problem as he understands it. This was also discussed in the session.

Mrs. Sulabha, Sangeeta and Dr. Mrunal discussed varied techniques used in counseling. The concept of choice price was illustrated with various examples. Expectation is a multi way, assertive effort oriented determination while demand is a one way aggressive result dominated rigid must. If not met, expectation give rise to disturbing emotions and resetting of goals, whereas in the case of demand there are intense emotions and inaction or destructive action. When the possibility, probability or certainty of the occurring of an event is considered, it may be realized that, such an occurrence is only probable which will reduce stress.

After lunch the basic principles of REBT were presented by Mrs. Chitra Deshmukh and Mrs. Preeti Gadiyar. The afternoon session by Mrs. Surekha Mondkar and Dr. Kamla Hirani focused on Hypothesis generation and the use of self disclosure. After rapport is built with the caller, the communicator may give examples from his own experience and share his emotional and coping experience with the caller. Such sharing should be of a reasonable duration and may motivate the caller to open up.

Finally Ms. Chitra Deshmukh and Ms. Ujwala Gaidhani explained how calls should be written. Initially points in respect of the call should be noted and elaborated later on. The manner of handling fake calls was also explained. Such calls were made due to the caller's continuing physical and mental distress. The communicator should not believe that fake calls are made to harass him.

The day ended with these enriching information.

### **Celebration Time:**

It was a moment of pride for IPH when it celebrated its 10<sup>th</sup> anniversary of Maitra – The 12 hour Emotional First Aid tele-helpline; Manovikas- a community mental health project completed eight years with over 500 program all over Maharashtra and Jidnyasa, another community project of IPH completed twelve years. Dr. Anand Nadkarni conducted a talk show where noted writer Kavita Mahajan and pediatrician Dr. Sandeep Kelkar were guest speakers. Representative volunteers from all the three projects were felicitated for exemplary work and commitment. Awards were given away by the “Good Morning Caller” (who wishes Maitra volunteers every morning). Volunteers also shared their experiences on how Maitra has helped them change their life and enhanced their interpersonal relationship. Manovikas volunteers said that they were involved and touched when they visited the Thane Prison and interacted with the inmates.

22<sup>nd</sup> June 2008 was more memorable for the volunteers as they were the event managers for the day. Dr. Sandeep Kelkar spoke on how important it was to maintain an emotional journal for psychiatrist as well as volunteers. He further said that self reflection and meditation also helps for volunteers working with people who are given psychological treatment.

Three books, ‘Human Bonds’ the Maitra story sculpted by Sulabha Subramaniam, Articles about IPH-Compiled by Mrs. Bapat and Manovikas (Eka Pravasachi Kahani), third edition and CDs on parenting-inhouse production by team Avahan were also released on this occasion. Dr. Anuradha Sovani and Dr. Shubha Thatte graced the occasion. Dr. Anand Nadkarni concluded saying that IPH volunteers are the backbone of the institute, and our Jidnyasa, Maitra, Manovikas and other projects are entirely managed by them. The audience heartily enjoyed the show.

**Preeti Gadiyar** - Maitra Volunteer

### **'ADHD awareness workshop'**

"I just can't make him sit at one place. Even his teachers say so."

"I don't dare to leave her alone at home...you can't imagine what the condition my house will be, in about 15 minutes!"

"All his work is incomplete. He does not write in school, nor does he study at home."

Frustrated parents, bringing their children with these and other similar concerns, form a substantial part of clinical clientele of IPH. These are the kids who need help with their hyperactivity, and attention deficits; and who suffer from Attention Deficit Hyperactivity Disorder, i.e. ADHD. The effects of these deficits are prominently evident in academic functioning, social relationships, and overall development. Medicines, parental counseling and behavior modification program have always been offered by IPH to cater to the needs of these children. Now, there's a valuable addition to the repertoire of treatment strategies we have for them. With an occupational therapy department fully functional at the institute, we are in an improved position to help this part of our clientele.

Parents' natural reaction to such problems in their children is that of frustration and anger. But this reaction doesn't seem to help the situation in any way. Awareness is needed among the parents about what ADHD is and how different treatment strategies can help, and in what way. Awareness matters in treatment adherence. A 2-hour awareness session was therefore planned at IPH on 22<sup>nd</sup> February, 2009. Parents of about 15 children, who are already undergoing a comprehensive treatment regimen for ADHD at IPH, attended the session. The session aimed at making parents aware of the presentation of ADHD and some ways of handling children with this condition. Occupational Therapy was a special focus, since the facility has been newly initiated.

Dr Koyeli Sengupta, our pediatrician, informed the audience about ADHD and its ramifications. Presentation by Mr. Shriharsh Jahagirdar, the Occupational Therapist, informed parents about why occupational therapy is essential and helpful. Academics is one of the major area affected by ADHD and also the one with greatest potential to get parents worried. Therefore, a talk on practical study skills, by Ms. Kavitagauri Joshi, Clinical Psychologist, also formed the part of the session.

IPH wishes to extend these inputs to benefit more number of parents in time to come, since the first 'trial run' of 'ADHD awareness workshop' was met with satisfying success.

**Ms. Kavitagauri Joshi** - Clinical Psychologist

## Anger Management

Dr. Shubha Thatte conducted a lecture/workshop on Anger Management at IPH on 14<sup>th</sup> March 09. About 30 participants were present.

Why does anger arise? Primitive man encountered, from natural calamities, wild animals and hostile tribes, dangers which threatened his very existence. Responses like fight, flight and fright, generating anger, anxiety and depression, had to occur instantly. Today's challenges are psychosocial and hence survival is not threatened. Though there is sufficient reaction time available the ancient response continues to operate and we feel that "it's all over"! "I can't stand it", and "he is a rotten person and should be severely punished".

It is very difficult to control anger. The closer the relationship, greater the anger and greater the damage to the relationship. Anger causes structural as well as functional damage. Body secretions increase, blood pressure goes up and acidity occurs leading sometimes to peptic ulcer. Medication can give only temporary relief. Anger also adversely affects efficiency.

It is believed that anger must be expressed and purged from the system. However when it is expressed, accompanying thoughts fan and further inflame it. Some believe in suppressing anger, but suppressed anger accumulates and explodes violently after some time. Some ascribe their anger to heredity which is untrue because environment and imitation are the real causes. Others claim their anger is rational, not knowing that it is so, only when one's or someone's very existence is threatened. Some people want others to accept them as they are, and to forget their angry utterances. These are the myths regarding anger.

Why should anger arise? The same situation will elicit different emotions from different people. All will not experience anger. This is so because emotion depends on the thoughts which occur at the relevant time. To bring about a change in us we have to become aware of our thoughts at the relevant time, accept them as ours, and then analyze them to determine which are rational and which are irrational. We have to strengthen rational thoughts, and change irrational thoughts in order to change our responses and behavior.

Dr. Thatte explained that when a person's behavior makes us angry, we must understand that one, or a few, inconsiderate acts doesn't make a person inconsiderate. We must label the act and not the person. We have no control over his behavior, and therefore aggressive efforts to change it will prove counterproductive. Submissive behavior will not help. What is required is assertive behavior firmly expressing our view point. We should consider his interest as well, without sacrificing our own. She gave a few apt illustrative examples to make her point clear.

When questions were invited they were mainly about dealing with aggressive children, Dr. Thatte explained that children have their own world and their own secrets. Parents cannot therefore expect total openness in their behavior. They must also accept the powerful influence exerted on children by their peer groups. Parents must be ready to listen to what their children say, express opinions based only on facts, and refrain from labeling them on the basis of behavior on a few occasions.

Participants enjoyed group exercises given to them to demonstrate aggressive, assertive and submissive behavior, and these were enthusiastically performed amid great hilarity.

**Mr. Sudhanshu Tilak – Maitra volunteer**

## **Counselling Skills Workshop at N.L.Dalmia Institute of Management Studies**

In the last 2 years, IPH has been holding soft skills training programs as a very valuable add-on to the inputs given to Human Resource Management Students. This has been very well taken especially our hands-on informal and interactive method of teaching was a big winner. The credit to make this happen has to go to Mr. Rajan, a friend and believer, who has experienced IPH workshops in his corporate avatar.

### **Following is a feedback from a participant :-**

It could have been just another day for most of the people. But it certainly wasn't for the fortunate students and faculty members of N.L.Dalmia Institute of Management Studies and Research! After all we were the lucky few who got to attend the counseling workshop conducted by two extremely accomplished representatives of IPH, Dr. Savita Apte and Mrs. Sulabha Subramaniam.

Some surprises do come in pleasant packages! Before the program commenced, we were not certain about what the workshop would comprise of and were waiting with much anticipation. But as the day unfolded, we lost complete track of time, being so engrossed in the participation wishing we could have just a *little* bit more!

Learning can come in different forms. The one we were exposed to was *sans* any hi-tech gadgets, power point presentations or hand-outs. It was all about "being there" and "doing it", and this probably made all the difference. Complex topics like Empathy, Sympathy, Antipathy and Apathy were what we earlier had only learned in books, and anything beyond their definition seemed like entering a foreign territory. What do they really mean, how to recognize them and how to implement them, is what we learned through the *Role Playing* exercises which we did in plenty.

The sequence of role plays ensured that each and every participant could develop a sensitivity towards ones feelings, and others feelings. Enacting roles of inanimate objects, to live imaginary people and also dealing with sensitive issues; these were the gamut of experience we received in just a few but also the most enriching of our waking hours. Once the role plays began, the room came alive with absolutely unabashed, enthusiastic and creative ideas. The learning was tremendous, the fun factor was highest, the spirit was liberated and the bonding amongst the participants became even stronger.

Finally, we are certain that the day's events will prove to be immensely beneficial to us in the short and in the long run. It will help moulding our personalities for the betterment in our personal and professional life. The endeavor of IPH is highly appreciated by us and the memories of the day's non-traditional learning will be etched in our memories for eternity!

**Ms. Bhavna Paratey**

(2<sup>nd</sup> yr H.R. Student - N.L.Dalmia Institute of Management Studies & Research)

## **The Cancer Counseling Training : *KALEIDOSCOPE***

### **A joint project of Eli Lilly, Medybiz & IPH**

Kaleidoscope is a value addition program of consumer care associated with Cancer Therapy range of products of the elite pharmaceutical company Eli Lilly. Patients and family members are given free counseling by field counselors sourced from Medybiz, who are trained continually by IPH since last 5 years.

Ever since the inception of Kaleidoscope in 2004, IPH has been an integral part of training of counselors, helping them through the many challenges faced in working with cancer patients, and guiding their gradual transformation from raw recruits, honing their professional skills to help create a competent and compassionate team of health care professionals.

Training modules at IPH are always customized to meet the needs and challenges faced by counselors on the field. The trainers are highly skilled, a combination of warm friendliness and professional competence. Team of IPH includes psychiatrists, psychologists, social workers and volunteers, headed by Dr. Anand Nadkarni. In recent years the IPH Coordinator for Kaleidoscope training has been Ms. Sulabha Subhramaniam, counselor at IPH. Over this period she has built a warm rapport with our Kaleidoscope team.

Training Sessions have focused on developing skills in the following core aspects of counseling, like: Defining Counseling, Emotional Impact of a Cancer Diagnosis, Types of Emotions & their handling, Expressing empathy, Communication skills, Rapport Building with patients/family, Goal Orientation, Counseling skills, Advice vs. Counseling, Preaching vs. Counseling, Self Awareness – understanding oneself, Rational Emotive Behavior Therapy (REBT) techniques, Expectations & Demand, Emotional Baggage & Burnout, Understanding limitations (of counselor and counselee), Autonomy of the client etc.

### **The training Process includes:**

Discussions, Role Plays and Analysis, Written exercises, Session Observation, Movie clips, Talks, experience sharing by various speakers – professionals, cancer patients, caregivers, Field Trips (eg. to Tata Memorial Hospital, home visits with Palliative Care team) & observation of counseling sessions at IPH.

**Compiled by Preetha: with contributions from all team members: Dharmendra, Preetha, Indraneel, Mahaveer, Vineeta, Navin, Swati**

### **Now some Personal feedback - Straight from the heart**

“It was really an enriching experience regarding training on counseling skills held at IPH. Previously I had more of theoretical knowledge rather than a practical approach towards any patient regarding their difficulties. IPH helped me especially when I was facing difficulties in my personal life. Discussion with Sulabha Madam gave me insight to handle difficulties, and hence primarily focusing to adapt for professional as well as personal challenges.

I was overwhelmed to see the interactive role play for different conditions and resolution provided. Whole IPH team dedication towards training was appreciable since they utilized their maximum

skills to equip us with knowledge and skills to handle chronic conditions. Their willingness to help us at any stage for the benefit of humankind also shows their unconditional approaches towards the trainee(s).

I am now more confident to handle different cases, since I am now able to differentiate different stages of counseling. These training sessions gave me an opportunity to enhance my skills in the field of patient care, but most importantly it is helping me to become a good human being.

Many Thanks

NAVIN”

“Even though I already have a psychology background, my learning at IPH was very enriching and gave me a practical understanding about the profession, as well as the demands of the professional (counselor/psychologist) on self. The classes were very informative. The session with Dr .Nadkarni was very effective, as I could discuss many of my cases, which had bothered me and made me feel like a failure. His explanation, that we, as counselors, should not consider ourselves superhuman, and that we do have our constraints, really made sense. Rather, rendering our services without too much pressure would enable us to do our work more efficiently also giving us self satisfaction. Another very informative part of the training at the IPH was the “case-observation”. I learnt a lot from this session as observing yourself isn't possible; but observing Sulabha Ma'am during the case counseling was very informative. MANY THANKS TO IPH FOR GUIDING ME AND MY FRIENDS. IT IS VERY ENCOURAGING FOR YOUNG PROFESSIONALS TO LEARN FROM SUCH AN EFFECTIVE TEAM.

Many Regards,

Swati B.Perti.”

### “बहर” खुलले हे मन माझे फुलले . . .

आयू.पी.अेचू.च्या विविध उपक्रमांपैकी एक स्तुत्य उपक्रम म्हणजे “बहर”. महिलांनी महिलांसाठी आयोजित केलेला हा उपक्रम आहे. ऋतू हिरवा या सुरुवातीच्या कार्यक्रमात बहरचे बीज रुजले. प्रत्येक स्त्रीच्या आयुष्यात एका विशिष्ट वळणावर तिला बहर साद घालतो. मग तिचे आयुष्य फुलते . . .फळते . . .बहरते. काही काळानंतर एका वळणावर हा बहर झोकाळू लागतो. ती कावरी-बावरी होते. आता आपले आयुष्य म्हणजे फक्त एक वठलेले झाड असे वादू लागते. अशा शुष्क, निःसत्व, निकामी झाडाने आनंदी कसे रहावे या भीतीने अस्वस्थ होते. आणि नेमक्या याच मनःस्थितीत “बहर” तिला उभारी देतो. पुन्हा एकदा टवटवीत होऊन बहरण्यासाठी.

स्वतःचा बहर स्वतःतच सुप्तावस्थेत असतो ही स्त्रीची हरपत चाललेली जाणीव “बहर” मुळे उपस्थित महिलांमध्ये नव्याने तरारून उठली. आपल्याला एक व्यक्तिमत्व आहे. त्यामुळे शारीरिक-सामाजिक-मानसिक-भवनिक अशी वैशिष्ट्ये अधिक खुलत असतात तर स्वभाव-दृष्टीकोन-मानसिकता-जीवनशैली असे पैलू प्रगल्भ होत असतात. आपल्यामध्ये त्रुटी असल्या तरी क्षमताही असतात. पण अशा या सकारात्मक जाणिवांकडे लक्ष न देता, मला काही जमणार नाही. . . माझ्यात त्रुटीच जास्त आहेत, अशा नकारात्मक जाणिवेने स्त्री स्वतःला गृहीत धरते. तिच्या या मानसिक वास्तवाची तिला जाणिव करून देऊन स्वतःकडे सजगपणे पाहण्याची दृष्टी “बहर” मुळे महिलांना मिळाली.

जीवनात व्यक्तीला अनेक अनुभवांना सामोरे जावे लागते. विविध प्रसंग-परिस्थितीत स्वतःला सावरावे लागते. परस्परविरोधी भावनांना झेलावे लागते. कधी भावनोद्रेक, कधी स्वीकार तर कधी तडजोडही पत्करावी लागते. यातून पुढे जाण्यासाठी उचित पर्याय शोधावा लागतो. आणि यासाठी पुन्हा “स्व” च्या क्षमतांचाच आधार घ्यावा लागतो. “बहर” मुळे ही प्रकाशदिशा उजळली आणि महिला मोकळ्या, जागरूक झाल्या. मग स्वतःमधील जाणवणाऱ्या त्रुटी त्यांनी सर्वासमोर दिलखुलासपणे अभिव्यक्त केल्या. स्वतःच्या भिडस्त स्वभावामुळे एक ज्येष्ठ आणि अनुभवी शिक्षिका वर्षानुवर्षे एका नवीन शिक्षिकेला “नाही” म्हणू शकली नाही. तिचे काम करताना स्वतः वरिष्ठांचा राग सहन करित राहिली. पण आपणच आपल्यावर अन्याय करतोय हे लक्षात आल्यावर ती खंबीर, ठाम, कणखर बनली. सुप्त क्षमता जागृत झाली. हे “बहर” मुळे शक्य झाले.

ताणतणाव तर आयुष्यात नित्याचेच असतात. ते अनुवांशिक नसून व्यक्तीच्या स्वभावाच्या विशिष्ट साच्यामुळे निर्माण होत असतात. आणि कमीअधिक त्रासदायक बनतात. या ताणामागे शारीरिक-मानसिक-कौटुंबिक-आर्थिक-सामाजिक-व्यावसायिक-आंतरव्यक्तिक अशी अनेकविध कारणे असतात. याबाबत अनेक प्रकारचे विचार एकाच वेळी गोंधळ माजवत असतात. यामधून सकारात्मक सहाय्यक विचार पकडून त्याला मजबूत करावे लागते. विचार-भावनांचा “भयंकरपणा” कमी करून “सहजपणा वर” आणावी लागते हे “बहर” मुळे उपस्थितांना जाणवल्यामुळे यापुढे ताणांचे व्यवस्थापन करणे शक्य होणार आहे.

“रजोनिवृत्ती” हा स्त्रियांच्या जिह्वारी लागणारा विषय. ही स्थिती प्राप्त होणे म्हणजे जणू आपले स्त्रीत्व संपणे, जीवन निरर्थक बनणे! अशा या भयकारक जाणिवेने तन-मन विकल होणे. या अनुचित जाणिवेबाबतही “बहर” मुळे महिलांना आश्वासक आधार मिळाला. रजोनिवृत्ती ही एक नैसर्गिक शारीरिक अवस्था आहे आणि ती तशीच स्वीकारणे योग्य आहे. त्यामुळे स्त्रियांमध्ये कोणतीही त्रुटी निर्माण होत नाही, तर अशा वेळी जरा शांतपणे स्वतःला नव्याने न्याहाळण्याची संधी मिळते आणि उर्वरीत आयुष्याला समंजसपणे सामोरे जाण्यासाठी मनोबल प्राप्त होते.

स्वतःचे आयुष्य बहरण्यासाठी प्रत्येकाने मुक्तपणे आयुष्याला सामोरे जायला हवे. विचार-भावना-वर्तन यातील समतोल राखायला हवा. इतरांचे हित साधत असताना स्वहिता कडेही लक्ष घायला हवे. स्वतःच्या विचारावर आग्रही राहूनही दुसऱ्यांच्या विचाराची दखल घेता यायला हवी. संवाद-संप्रेषण-देहबोली याद्वारे एकमेकांना जाणून घ्यायला हवे. आणि असे सारे करित असतानाही स्वतःचा विकास साधत रहावे, अशा विविध युक्त्या-क्लृप्त्यांचा बटवा “बहर” ने शिबिरार्थींच्या हाती सोपवला. निवेदन, संवाद, सादरीकरण, प्रश्नोत्तरे, चर्चा, स्वानुभवकथन याद्वारे सौ. शर्मिला लोडे, सौ कुसुम यादवा आणि डॉ. पूजा ठक्कर या तज्ञ मार्गदर्शकांनी भगिनींना मंत्र दिला. “तुझा बहर तुझ्यापाशी उगा का बाहेरी शोधिसी”. अशा या सहा अर्धदिवसीय उपक्रमामध्ये स्वतःचा शोध, सुप्त-जागृत क्षमता, संवाद-कौशल्ये, विविध ताणतणाव-विचार-भावना-वर्तन-वेळेचे व्यवस्थापन यासंबंधी जाणीव-जागृती करून चहू बाजूंनी स्त्रीचे व्यक्तिमत्व विकसित करणे हे “बहर” चे अंतिम उद्दिष्ट साध्य झाले. स्त्रियांच्या विस्मृतीत गेलेली “मी” पुन्हा एकदा त्यांच्या स्मृतिपटलावर अधोरेखित करणे ही प्रेरणा असल्याने, तरुणींपासून वयस्क महिलांपर्यंत सर्वांच्या मनाला आस असते ती “बहर” ची.

प्रा.विजया पंडितराव

### बहारदार बहर

कुटुंब कबिल्याच्या रगाड्यात विसरले होते  
स्वतःला  
बहरने शिकवले स्वतःकडे बघायला,  
स्व ला ओळखायला, स्व सन्मान करायला.  
बहरनेच शिकवलं क्षणभर थांबायला  
Self talk वाढवायला, नी healthy नाते  
संबंध जोडायला  
बहरनेच शिकवलं सोडवायला जीवन ....  
कठिण गणित  
काय उणे काय अधिक कुठलं सूर कुठे फिट  
बहरनेच शिकवला Stress Management  
चा पदन्यास  
कंट्रोल करायला, ऊहेदसूी चा उँहम  
बहरनेच दाखवली लालीमा नी निलीमा  
विषद करुन सारा पंचसूत्रीचा महिमा  
बहरने दाखवला तन मनाचा आरसा  
योग आणि प्राणायाम सुखसमृद्धीचा वारसा  
आपला रिमोट कंट्रोल आपल्याकडेच ठेवूया  
अगदी तळ मजला नाही तरी तिसऱ्या  
मजल्याचा ताबा घेऊया  
वढायला लागलेल्या वृक्षाला अवचित फुटतंय  
पालवी  
माझ्यातली स्त्री पुन्हा नवबहरात न्हायली.  
सौ. ऊर्मिला श्री. भट (बहर २००८)

### बहर

मनात आत्मविश्वास,  
वागण्यात निर्भीडपणा,  
बोलण्यात चातुर्य,  
पायात बळ,  
याची सांगड म्हणजे बहर.  
संसार वेलीवर फुलांच्या,  
मूक कळ्या झाल्या  
पुनःरुप कळ्या उमलवल्या,  
सुगंध देण्यासाठी,  
याचे श्रेय बहर  
बहरायचे बहरवायचे,  
सुगंधात न्हाऊन  
जीवन सुगंधी बनवायचे,  
ज्योतीसम केवळ जळायचे नाही  
अंधारातून प्रकाशाकडे मार्गक्रमण,  
याचे मार्गदर्शन - बहर.  
विस्तीर्ण जगात,  
हसून, हसवून आनंदी राहायचय,  
हसून नाही म्हणायचे  
नकाराच्या मागे निश्चय ठेवायचाय  
मनाला सुदृढ बनवायचय,  
निरोगी, सशक्त मनाचे दातृत्व - बहर.  
सौ.प्रिती महाडीक

“Bahar”- a personality development workshop for women was held in the beginning of the year. The focus essentially was on self awareness, self development, communication, assertiveness and stress management etc. More than 100 women participated in this workshop. Dr.Pooja Thakkar, Ms. Sharmila Londhe & Ms. Kusum Yadava coordinate this activity. Here is a beautiful poem by one of the participants.

## हसत खेळत शिकणे - पालकत्वातली गंमत

मैत्र संवादकांसाठी गंमतशाळा घेणारे प्रसिद्ध श्री. राजीव तांबे यांनी पालकत्वावरील कार्यशाळा दिनांक ६ मार्च ०९ रोजी घेतली.

Exclusive, multidimensional विचार करण्याची क्षमता वाढवणे, उणीवांचा सकारात्मक दृष्टीकोनातून विचार करणे, मुलांनी काय करू नये पेशा काय करावे हे सांगणे इत्यादी डॉ.तांबे यांनी सोदाहरण विषद केले.

संवादकांनी संवादात साधे शब्द, सोपी भाषा, परिस्थितीनुरूप आशयानुरूप बदलणारे शब्दार्थ, आवाजातील चढ-उतार, संवादाच्या हेतूची-आशयाची फोड कशी करावी यासंबंधीही त्यांनी विवरण केले.

मैत्र-हेल्पलाईनला येणारे पालकत्वासंबंधीचे सर्वसाधारण प्रश्नांकरता, काही फॉर्म्युले बनवता येतील का व त्याकरता तक्ते बनवणे शक्य आहे का, हे तपासण्यास-चर्चा करण्यास पुन्हा भेटण्याचे ठरवून कार्यशाळेची सांगता झाली.

माधवी कुलकर्णी - मैत्र संवादक

## “मागोवा” - “Applied REBT”

(Out of the many activities of the institute, there are enriching & refresher workshops all the year round for the clinical staff and volunteers of the institute. Details about REBT session series is here for you- Ed.)

जुलै ०८ मध्ये नोटीस बोर्ड पाहिला आणि लखूनू एक विचार मनात उमटून गेला. आषाढी-कार्तिकी एकादशी आली की वारकरी पंथात जसा आनंदी आनंद पसरतो अगदी तसाच आनंद आमच्या आय.पी.अेचू.मध्ये एखादी व्याख्यानमालिका सुरु होणार असं कळलं की होतो. अशावेळी आय.पी.अेचू.च्या गावी ज्ञानाचा उदीम चालणार अशी खात्री वाटते. आता नवीन काय काय ऐकायला मिळणार याची उत्सुकता लागते. यावेळचे व्याख्याते कोण कोण आहेत हे वेळापत्रकात पहायला सुरुवात झाली. १४ ऑगस्ट ०८ ला डॉ. नाडकर्णींच्या Addiction च्या व्याख्यानाने मालिकेची सुरुवात झाली.

आता ही व्याख्यानमाला संपत आली आहे. यामध्ये डॉ.नाडकर्णी, डॉ.शुभा थत्ते या आणि अशा अनेक आय.पी.अेचू.च्या मंडळींनी व्याख्याने घेतली. प्रत्येक lecture मधून खूप गोष्टींचे ज्ञान मिळाले. ‘वाटल्याने ज्ञान वाढते’ याची प्रचिती येथे येते. lecture मध्ये खूप नवे नवे प्रश्न पुढे येतात त्यात सर्वांचे वेगवेगळे दृष्टीकोन मिसळतात. आपल्याला बऱ्याच गोष्टी नुसत्या माहिती असतात पण अशा प्रकारच्या lecture series मुळे आपण त्या गोष्टी जाणून घेतो. REBT (Rational Emotive Behavior Therapy) हे तंत्र म्हणून दुसऱ्यासाठी वापरायचं म्हटलं तर खूप छान वाटतं. पण त्याची खासियत अशी आहे की तुम्हाला ते प्रभावीरीत्या वापरता येण्यासाठी प्रथम स्वतः ते आत्मसात करावं लागतं. हे करण्यासाठी सतत जागरूक रहावं लागतं. या प्रकारच्या series नंतर आपण आपली एखादी समस्या पूर्वी कशी हाताळली असती व आता कशी हाताळाल याप्रकारचे स्वाध्याय केले तर आपलं परिवर्तन डौलदार परिवर्तनाच्या मार्गावर नक्की कुठे आहे याचा अंदाज येतो.

ही व्याख्यानमाला सुरु असताना २६ नोव्हेंबर ०८ला झालेल्या मुंबई हल्ल्यात आमच्या आय.पी.अेचू.च्या कुटुंबातील एक सदस्य श्री. हेमंत करकरे यांना आम्ही मुकलो. तेव्हा २८ नोव्हेंबर ०८ यादिवशी त्यांना आम्ही सर्वांनी श्रद्धांजली वाहीली. डॉ.नाडकर्णींनी श्री.हेमंत करकरे यांच्याबरोबर असलेल्या त्यांच्या मैत्री पलिकडल्या स्नेहाचे अनुभव वाटले. तो एक हृदय हेलावून टाकणार प्रसंग होता.

वेध व्यवसाय परिषदेनंतरच्या एका lecture मध्ये “वेध”चा वेध आम्ही सर्वांनी एकत्रितपणे घेतला. निरनिराळ्या ठिकाणी झालेल्या या परिषदेचे विविध अनोखे अनुभव डॉ.नाडकर्णींनी आमच्या बरोबर वाटले. अशा अनेक कडू-गोड अनुभवांची देवाण घेवाण आमच्या या कार्यक्रमात होत असते.

३१ मार्च ०९ रोजी Caregivers for PD'S या डॉ.नाडकर्णींच्या व्याख्यानाने मालिकेची सांगता होणार आहे. आय.पी.अेचू. हा एक कौटुंबिक सोहळा असतो. एरवी प्रत्येकजण आपापल्या वेळेला आपलं काम संपवून जातो. या व्याख्यानमालेमुळे एकमेकांना भेटण्याची, एकमेकांशी अनुभव वाटण्याची एक ओढ असते. भावनिक व मानसिक अशा वेगवेगळ्या स्तरावरच्या गरजा आमच्या या कौटुंबिक मेळाव्यातून भागवल्या जातात ज्या आम्हाला नव्याने कामाला हुरूप देतात. या मालिकेकडे बघताना, दासबोधातील एक वचन आठवतं, ऐक ज्ञानाचे लक्षण।

ज्ञान म्हणिजे आत्मज्ञान।

पाहावे आपणासी आपण।

या नाव ज्ञान ॥५॥३॥१॥

सौ. संगिता राजपाठक - मैत्र संवादक

### **Interesting lines . . . . .**

(All of us conduct in numerable individual and group therapy sessions throughout the year. A few of our clients put down their ideas on paper. Two of them are here for your reading. We also have a beautiful poem by one of our student client – Ed.)

### **My Road to positivity**

Today's man is riddled with problems thanks to his life style. He is a victim to anxiety, stress, depression and such emotional burdens. It is imperative to unshackle his mind from all these negativities to have good mental health. For otherwise, in a way, such a person is a 'patient' owing to mental ill-health. For all such people IPH is an oasis – that guides you out of dreamy draining lonely desert.

But any tension or stress related mental health problem, or any other mental disorder or disease, you need a lot of willpower and mental strength to overcome to it. Here, counseling does it for you. The doctors and counselors here, guide you with empathy and help you to change the way you look at your problem, they show you how, the inferiority complex that comes from the feeling that 'you are different from others' – weak, lonely, vanishes over a period of time.

Our mind, just like a coin, has two sides positive and negative. What is our general pattern of thinking, affects how we treat and feel. I learnt how to think more positively and to keep the negative thinking at bay, through counseling.

"Maitra" is a helpline which is available to you 12 hours a day – apart from your personal counseling. If there is a need to talk and you feel no one will understand, you can call here and get help without giving your name. So one need not feel awkward or scared to talk about one's problem. If you can't reach your counselor, this is very good immediate help.

Counseling has helped me cope with my very stressful and demanding career. I got confidence that I can now stay put and survive! For that I am gladly willing to pay the price of hard work, time and patience. But it will all be out of my own honest effort. I do not now look at others and compare myself (negatively) with them. Counseling has taught me to look at a problem from various angles and find solutions that suit me best. It has also taught me to deal with aggressive people and be firm about my opinion.

All my best wishes to this organization –committed to the course of Community Mental Health

- **Mr.S. (A client in the process of therapy at IPH)**

Hi, There were several times in life I felt desperate & wanted to seek help as I felt that most of my problems were solution less. I experienced that in every walk of life I had failed relationships right from my parents, colleagues in office to my spouse. This culminated & became scary when my daughter was born. I was nearly scattered at that time & felt I won't be able to do justice either to her. Around that time, I got to know about IPH from one of my acquaintance. I still remember my first day at IPH while I was waiting for my turn I was extremely nervous. I had two apprehensions -

1. I was a total failure in life & so I had to visit this place which might be dealing with mentally disturbed people.

2. That if the counselor couldn't pull me out of my problems I had nowhere to go. But at the end of my first day itself my second fear was rested. Gradually I found that my first fear was also baseless.

My counselor helped me as below-

1. I had a strong conception that people around me & related to me should always be in perfect relationship with me. Nevertheless I was constantly at logger-heads with someone or the other & hurt myself frequently. Post counseling I can, not only deal with people but also relate to them successfully.
2. Also, I had built a strong notion that I always have to be PERFECT in life due to which I was leading an extremely stressful life. Post counseling I can see different feasible alternatives in life & feel really good about myself. Though I am still working on it.
3. Last but not least, I have learnt to appreciate myself for my little efforts in life which I had ignored throughout & concentrated only on my weakness & negativities. I have experienced that counseling has turned around my life in many ways. I don't know how to express my gratitude. The least I can do is thank you for this great job. Regards,  
**ST** (Client who has completed therapy)

## **Maitra Helpline**

**Your emotional first aid (9 am to 9 pm)**

**Call... (022) 25385447**

**email : [maitra@healthymind.org](mailto:maitra@healthymind.org)**

## ***The Beginning . . .***

When there is nowhere to go . . .

When we think, There is no hidden meaning,  
we become enlightened.

When we've found that there is nothing to be achieved,  
When we've come to realize that there is nowhere to go  
We've arrived.

So, when we see ourself as non-achiever,  
It's the start.

When we feel that our life is meaningless, we realize the emptiness  
And in order to throw that emptiness away,  
we seek enlightenment. Try to seek meaning in life; try to search  
Our self, our potential.

When we feel that there's nothing to achieve  
And we feel dull boredom,  
Then we try to seek from life great things,  
Give way to our hobbies,  
to come out and achieve.

When we realize that there is no road to go  
We never stop but start walking  
With real enthusiasm, with hope that  
At some or other turning, we'll surely find  
Our destiny  
Which will be waiting for us and  
Welcoming our precious effort.

So,  
Whenever you feel you are a loser  
Start searching..  
Somewhere, something will be unknown to you in the beginning.  
But soon your path in life, will be there in front of you  
Keep walking.

**Ms. P. (A student client, post-counseling and therapy)**

## तुझा दिवा तुझ्या हाती

एक अवस्थांतर होतेय  
अंधाराकडून प्रकाशाकडे नेणारे  
निघण्यापूर्वी अंतरातला दिवा पाजळून घे  
काजळी झटक आणि प्रज्वलीत कर.  
प्रकाशाच्या वाटेवर पाऊल टाकताना  
अंधार पाय धरून ठेवील  
शरीराचे प्रयत्न आटोकाट असले  
तरी मनाचे पाश जखडून ठेवतील  
जुनाट सवयी चिवट बनतील.  
अंधाराच्या वाटेप्रमाणेच  
उजेडाच्या वाटेवरही खाचखळगे असतील,  
कृष्ण विवरे असतील,  
पावले धेरु पाहतील.  
पण मनाच्या मगरमिठीतून सुटायचे आहे.  
दूरवरचा प्रकाशगोल  
ओंजळीत घ्यायचाय  
. . . नक्की जमेल!  
अजून शरीरात ऊर्जा आहे,  
अंगी सोसायचे बळ आहे,  
सोसता सोसता घडायचे आहे.  
घाव सहन करताना ऐरण ऱ्हावे लागले तरी,  
घाव घालताना हातोडा ऱ्हायचे आहे  
गुलाम बनवणाऱ्या सवयींचा  
निःपात करायचा आहे  
. . . नक्की जमेल!  
वाटेवरचे काटे घायाळ करतील,  
निर्धाराने दूर करायचे आहेत.  
जखम भळभळेल . . .  
आत्मविश्वासाचे मलम लावायचे आहे.  
त्याने पुढचा प्रवास सुकर होईल,  
प्रकाशगोल ओंजळीत येईल.  
. . . तोच तुझा दिवा असेल!

प्रा. विजया पंडितराव

(Ms. Panditrao is an old IPH friend, having done the REBT course and also taken professional help during a difficult period. Here, she has tried to delve in the mind of the caregiver of an addict )



**Following books and CD's /DVD's available at the IPH Book Stall**

<b>Books</b>	
1. Swabhav Vibhav :	Rs.110/-
2. Eka Psychiatristchi Diary:	Rs.90/-
3. Gadhe Panchavishi :	Rs.90/-
4. Vishad Yog:	Rs.130/-
5. Muktipatre:	Rs.90/-
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4. Bhav Samadhi:	Rs.100/-
5. Navya Shatakache Gane:	Rs.100/-
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