



WORLD ASSOCIATION FOR PSYCHOSOCIAL REHABILITATION

# BULLETIN

(The Official Publication of the Indian Chapter of the World Association for Psychosocial Rehabilitation)

For Private Circulation

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## Contents

Members of the Board of Management 2023-2026.....	2
Past Presidents .....	2
Editorial .....	3
Secretary's Report.....	5
Report of the 7 th National Conference of World Association for Psychosocial Rehabilitation- Indian Chapter (WAPR-IC) .....	8
Updates of the Activities of MS Chellamuthu Trust, Madurai .....	13
Parivartan (A Mental Health Support Group) .....	14
Updates from Rajah Rehabilitation Center, Chavakkad .....	20
Research Section.....	21
Editorial Team.....	21

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- Mr. M.S. Vasudeva Murthy





## Embracing Nature for Recovery

*When despair for the world grows in me  
and I wake in the night at the least sound  
in fear of what my life and my children's lives may be,  
I go and lie down where the wood drake  
rests in his beauty on the water, and the great heron feeds.  
I come into the peace of wild things  
who do not tax their lives with forethought  
of grief. I come into the presence of still water.  
And I feel above me the day-blind stars  
waiting with their light. For a time  
I rest in the grace of the world, and am free.*

***"The Peace of Wild Things" by Wendell Berry***

Human interfaces with nature are not limited to disasters and calamities. The benefits of interaction with nature for our physical and mental wellbeing is a widely accepted fact. The influence of seasonal changes on our moods has also been a subject of scientific enquiry.

Recognizing the impact nature can have on mental health, incorporation of Ecotherapy in the recovery and psychosocial rehabilitation (PSR) of persons with mental illness is propagated in mental health services. Ecotherapy espouses the principles of positive psychology. Ecotherapy (which is also known as nature-based therapy or green therapy) is an emerging field of Ecopsychology and is guided by the systems theory. It provides an opportunity for individuals to discover their relationship with nature and the positive outcomes it can bring about. Research indicates that exposure to nature brings reduction in medical conditions like hypertension, hyperlipidemia and increases subjective physical wellbeing. There is now an emphasis to include ecotherapy for children and adults with various mental health conditions like ADHD, depression, PTSD, stress etc.

Ecotherapy includes Animal Assisted Interventions, Forest Bathing, Green Exercises and Green Views, Wilderness Therapy, Nature Arts and Crafts, Community Gardening or Farming, Park Prescriptions and the like. Some advocate for the change of venue of traditional therapies from the confines of four walls to outdoor settings like public spaces/parks, water fronts, forests or gardens. Although empirical studies on types of ecotherapy and its effectiveness are still in their nascent form, the positive influence of nature on mental wellbeing cannot be neglected.

Psychosocial rehabilitation plans will benefit from the inclusion of “nature prescriptions” for promoting recovery and wellness. Prescribing exposure to nature should take into consideration the inclinations and interests of the individuals. Persons residing in the rural areas have more opportunities to explore the expanse of nature while those living in urban areas have limited access to it. They can explore bringing nature into their homes through indoor or terrace gardening. WHO's suggestions for greener urban spaces like “gardens, parks and residential greenery” for improved physical and mental wellbeing is a testament to the positive impact of nature-human interactions.

In India, efforts are made to involve persons with mental disorders in agricultural and horticultural activities, apiary and dairy farming in rural based psychosocial rehabilitation services.

Most of India still being agrarian, these PSR efforts are attuned to the cultural competencies and skills of persons with rural background. Several projects aimed at livelihood programs for persons with mental illness provide them with skills in nature based activities. These are aimed at vocational rehabilitation and for gainful employment. More impetus should be given on the therapeutic gains of these nature based activities for the psychosocial rehabilitation of individuals in the livelihood projects for better outcomes. Traditional pharmacotherapeutic interventions can alleviate symptoms no doubt. Inclusion of nature based therapies as an adjunct will make the process of recovery a more pleasant experience.

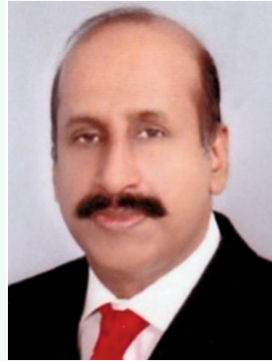
**Dr. Sobhana H**  
(Editor)

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**World Association for Psychosocial Rehabilitation.  
Asociación Mundial de Rehabilitación Psicosocial.  
Association Mondiale pour la Réadaptation Psychosociale**



**Message from Secretary General WAPR**

I am happy to learn that the WAPR Indian chapter is coming out with its prestigious bulletin. Bulletin is the best way to publish the innovative methods of rehabilitation in our country. Here we are highlighting the individual experiences in utilizing the locally available resources in the process of rehabilitation. This in turn helps the recovered people to find new meaning in their life.

The World Association for Psychosocial Rehabilitation was established in Nineteen Eighty Six has seen a steady growth as a representative international organization of professionals, patients and care givers working in the field of psychosocial rehabilitation. In last few decades WAPR has highlighted the importance of prevention and reduction of isolation from society as a framework for the care of people with Chronic Psychiatric Disorders as well as those who have suffered from psychosocial problems as a result of bad life experiences.

WAPR — Indian Chapter was also established in September 1989 under the leadership Dr. Sarada Menon and Dr. P.S Gopinath, WAPR past President Dr. T Murali was one among the Thirteen Founder members of WAPR Indian Chapter. Our bulletin was well appreciated by the international leaders many times. So, I wish you all success.

**Dr. V.K Radhakrishnan**

## Secretary's Report

# WAPR Indian Chapter AND WAPR India Foundation



### Psychosocial Rehabilitation Activities

The members of WAPR IC & WAPR FN actively participated in the 7th National Conference of WAPR IC hosted by Lokopriya Gopinath Bordoloi Regional Institute of Mental Health Tezpur, Assam held on 17th -18th March 2023.

The Report of the Conference is posted in the WAPR IC Website.

The WAPR IC & WAPR FN held its Board of Management meeting at the Conference Venue.

WAPR IC Website: The website was redesigned and reorganized and accessible through [www.wapric.in](http://www.wapric.in)

The department Clinical Psychology and Psychiatric Rehabilitation services of National Institute of Mental Health And Neurosciences, Bangalore have come forward to host the International Regional Conference of WAPR IC in 5th -7th December 2024 at Convention Centre at NIMHANS.

Following members of WAPR IC & WAPR FN continue to serve on WAPR Board.

Dr. V.K. Radhakrishnan	- Secretary General
Dr. C. Ramasubramanian	- Regional Vice President, South East Asia
Dr. Ravi Shankar Rao	- Deputy Regional Vice President, South East Asia
Dr. Mathew Varghese	- Representative of Voluntary Organization
Dr. T. Murali	- Immediate Past President

### Support for Activities of NGO's

- Medico Pastoral Association, Bangalore. During its golden Jubilee Year organized 12th Bangalore Rehabilitation Cricket League Tournament on 21st Oct 2023. Residence of 5 Half way homes having Mental Health issues participated in the event. A Contribution of Rs. 25,000/- was made as a sponsor of the Program.
- Chittaprakasha Charitable Trust, Bangalore, organized World Mental Health Day on 22nd Oct 2023 at Chittadhama, Shantipura H.D. Kote, a Home for homeless persons with Mental illness. Several other organizations such as IPS Karnataka Chapter, M.S. Ramaiah Medical College supported the program. A contribution of Rs. 30,058/- was provided to this event.

## **Collaborative Activities**

WAPR IC supported IPS Rehabilitation Psychiatry Specialty Section organized a Webinar on Community Initiatives in Psychosocial Rehabilitation on 28th June 2023.

## **NIMHANS**

Members Participated in the symposium on Residential Rehabilitation with persons with severe mental illness organized by NIMHANS in collaboration with WAPR IC, IPS Karnataka Branch and Rotary North supported by Dr. R.M. Murthy Foundation held on 7th Oct 2023 at Sakalwara Village.

At the Virtual General Body meeting held on 30th July 2023, the following new Board of Management was elected.

## **MEMBERS of the Board of Management 2023-2026**

### **PAST PRESIDENTS**

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Dr.T.Murali

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Dr. C. Ramasubramanian

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Dr. Alok Sarin

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Ms. Sonia Pereira Deuri

Ms. Arunjyoti Baruah

### **HONORARY ADVISOR**

Mr. M.S. Vasudeva Murthy

## Report of the 7th National Conference of World Association for Psychosocial Rehabilitation- Indian Chapter(WAPR-IC)

The 7th National Conference of World Association for Psychosocial Rehabilitation-Indian Chapter was jointly organized by LGBRIMH, Tezpur and WAPR-IC on 17th and 18th of March, 2023. The theme of the conference was “Promoting Rights and Recovery in Mental Health”

The conference consisted of speakers from across the globe with carefully selected array of topics relevant to the theme. The conference was supported by North Eastern Council, Government of India, Shillong, Mariwala Health Foundation, Mumbai, Indian Overseas Bank Tezpur, CPWD, Tezpur, Sigma Technologies, Bengaluru, Parliamentary and Administrative Research Institute (PARI Training), New Delhi, INTAS Pharmaceuticals, Rusan Pharmaceuticals, Linux Laboratories Pvt. Ltd., Oxpro Pharma Pvt. Ltd., Life Supports and Pharmaceuticals, Sun Pharma, Alteus Biogenics, Shine Pharmaceuticals Ltd., Bokahola Tea Co. Pvt. Ltd, Jorhat 785001 (bokaholasales@gmail.com).



A total of 288 delegates participated in the conference from different parts of the country. To deliver evidence based and well-informed scientific sessions, 35 experts from the field of mental health (psychiatrists, clinical psychologists, psychiatric social workers, NGO personnel) were invited from India and abroad. The list of speakers also included persons with lived experiences and caregivers with the objective of highlighting the issues and needs of service users and to strengthen the existing psychosocial and rehabilitation-oriented service delivery models.

Dr. Karuna Hazarika, Principal, Tezpur Medical College and Dr. Bharat Vatwani, Founder of Shraddha Rehabilitation Foundation and Magsaysay award winner were the Chief

Guest and Guest of Honour respectively for the inaugural function on 17th of March 2023. Dr. Gabriele Rocca, President WAPR, Dr. Radhakrishnan, Secretary General, WAPR, Dr. Murali Thyloth Immediate Past President WAPR, Dr. C. Ramasubramanian President WAPR-IC, Dr. H Chandrashekar Secretary WAPR-IC addressed the gathering. Dr. S.K Deuri Director and Organising Chairperson welcomed the delegates and Dr. Sobhana H Organising Secretary gave the vote of thanks.



The Valedictory function was held on the 18th of March 2023. Dr. Mathew Varghese, Vice President of WAPR-IC, presided over the meeting. Dr. H Chandrashekar Secretary WAPR-IC was also present on the dais. Dr. Sonia P Deuri, Chairperson Publicity and PR Committee, Head of Department of Psychiatric Social Work gave the welcome address, Dr. P Abhishek, Chairperson Scientific Committee read out the conference report. Dr. S.K Deuri addressed the delegates. Four delegates also gave feedback on the conference. Dr. Sobhana H gave the vote of thanks.

The scientific programme included two plenary sessions, sixteen symposia, six workshops, two corporate sessions and a panel discussion. Researchers working in the area of psychosocial rehabilitation for persons with mental illness participated in significant number and a total of 66 free papers were presented during the technical sessions.

### **Details of the plenary sessions**

Two plenary sessions were conducted during the conference. First session, titled 'Promoting Rights and Recovery in Mental Health', featured four speakers, Dr Gabriele Rocca, Dr. V. K. Radhakrishnan, Dr. Murali Thyloth, and Mr. Alexander Smith. The speakers discussed various topics such as historical perspective on deinstitutionalization, the importance of community-based practices, and the NHRC 2023 findings regarding the status of mental health care institutions. Additionally, the session highlighted the global perspective on psychosocial rehabilitation services, particularly focusing on the USA.

The second plenary session was a Memoriam for Prof. Dr. M Sarada Menon, the pioneering woman psychiatrist and founder of the Schizophrenia Research Foundation (SCARF). Dr. R. Thara from SCARF, Chennai, was the speaker for this session. She underscored Dr. Sharada Menon's significant contributions to the field of mental health and psychosocial rehabilitation.

### **Symposia and Workshops**

A total of sixteen symposia were presented in the two-day conference. On the first day, three symposia were presented parallelly. Symposium-1 was on the theme 'Different Models of Psychosocial Rehabilitation in India'. The speakers included Dr. C. Ramasubramanian, Dr. Shashi Rai, Dr. R. Padmavati and Dr. Mohan K. Isaac. All speakers emphasized that the success of the models of psychosocial rehabilitation depends on the participation of stakeholders such as users, caregivers, communities, religious & political heads, and legal authorities. Symposium-2 titled 'Rehabilitation in Northeast India' was presented by Dr. Mintu Moni Sarma, Mr. Dilip Gaonkar, Dr. Nilesh Mohite and Dr. Rajkumar Lenin Singh. Speakers highlighted the status of psychosocial rehabilitation in Assam from the collective, contextual and community perspectives that underscored the need for community-based rehabilitation. Symposium-3, on the theme 'Rehabilitation of Homeless Persons with Mental Illness' was



presented by Dr. G. Swaminath, Dr. Bharat Vatwani, Dr. Anjana Goswami and Mr. Maichel P. A. The models of rehabilitation of homeless persons with mental illness were illustrated in this session through the Chittadhama Experience- Homeless mentally ill (HMI), Shraddha Rehabilitation Foundation- The Karjat Project, The Ashadeep Foundation-and The Jyotinivas Charitable Society.



Two concurrent corporate sessions were also held on the first day. Dr. Nishant Goyal spoke on the topic 'Role of Protein Kinase C in Bipolar Disorder Management and Real-World Experience of Endoxifen'. The other concurrent session was on 'Neurofeedback Technologies for Mental Health: Methodology – Systems – Clinical Application' with Dr. Horst Schneider as the speaker.

Six concurrent workshops were also held in the second half of the first day of the conference. Dr. Devvarta Kumar was the resource person for 'CBT in Psychosis- Augmenting Recovery Oriented Psychiatric Rehabilitation by Improving Insight'. Dr. Rachit Sharma conducted a workshop on 'Psychosocial Rehabilitation with Industrial Workers'. Dr. Lakshmi Venkatraman & Dr. Subhashini Gopal were the resource persons for the workshop on 'Cognitive Deficits and Cognitive Remediation in Psychosis'. Dr. Aarti Jagannathan, Ansur Farooq Khan & Rugozevou Khate conducted the workshop on 'Adaptation of the WHO's Rehabilitation Competency Framework (RCF) in the Indian Context'. Dr. Veenashree Anchan & Dr. Kallappa N were the resource persons for the workshop on 'Caring for Carers: Creating a Network of Support'. Dr. Srilatha Juvva conducted a workshop on 'Transforming Rehabilitation Landscape using the CFSR Model'.

Throughout the second day several symposia were organized. Symposium-4, on the theme 'Legal Issues and Dilemmas in Psychosocial Rehabilitation (Vide MHCA, PWD)' had Dr G. Gopalakrishnan, Dr. H. Chandrashekhar, Dr. B. R. Ravi Shankar Rao and Dr. Priyaranjan Avinash as speakers. It highlighted the legal perspective of rehabilitation with a special focus on MHCA, 2017 and RPWD Act, 2016. Symposium-5 on 'Helping Families of Persons with Chronic Mental Illness' highlighted the need for inclusion of families in the rehabilitation of persons with mental illness. It had Dr. Mathew Varghese, Dr. Aarti Jaganathan, Dr. Upasana Baruah and Dr. Indira Sharma as speakers. Symposium-6 on the theme 'The Role of Work in Recovery, Restitution and Rehabilitation of the Persons with Mental Illness: A Historical Account of the Asylums of India' had Dr. Sanjeev Jain, Dr. Alok Sarin and Dr. S. K. Deuri as speakers. The session described the practices of occupational therapy during the 19th century in England,





contribution of Pinel, Asylums in Bengal, Lunatic Asylum, Bangalore. The session also highlighted the evolution of LGBRIMH, Tezpur from inception in 1876 to the developments of present day. Symposium-7 had Dr. Sailaxmi Gandhi, Dr. T. Sivakumar, Ms. Kantadorshi Parashar, Dr. Nishanth K. N shared their experience of establishing ROSES café at NIMHANS, Bengaluru, its conceptualization and current status as an initiative for rehabilitation of persons with mental illness. Symposium-8

was on the theme 'Community Based Rehabilitation' with Dr. R. Thara, Dr. Sachin Barbde, Mr. Binit Kumar Mohanta. Speakers detailed on the CBR practices in the rural setting and the experiences gained through work in SCARF in Tamil Nadu, Jharkhand and Assam. Symposium-8 highlighted the mental health needs of immigrants and refugees in India, and had Dr. Binu Mathew, Ms. Chitreka Sippy, Dr. Padmini Roy as speakers for the session. Symposium-10 highlighted the usefulness of neuropsychologically informed psychotherapy in the recovery of persons with mental illness. Session had Dr. Manisha Jha, Dr. Vibha Sharma, Professor Dr. Sampa Sinha as the speakers. Symposium-11 elaborated upon the pragmatics of running psychiatric rehabilitation in India with Dr. Amrita Roy, Dr. T. Sivakumar as speakers. Symposium-12 highlighted the socioeconomic aspects of rehabilitation for persons with mental illness and the prominent challenges in the process with Dr. Sushma Kumari and Dr. Sangeeta Gotewal. Symposium 13 had Dr. Sravani Gaddipati, Dr. Jyotsna Jain, Dr. Sharad Philip as speakers who deliberated on dementia friendly hospitals. Symposium-14 was on CBR practices in the field of child and adolescent mental health. The session had Dr. Kavita V. Jangam, Mr. Aasim Ur Rehman Ganie, Ms. Cathy Roshni as speakers who highlighted the holistic nature of interventions in their clinic. It further touched upon the challenges in the rehabilitation of children in conflict with law, and also discussed on the need for reintegration and rehabilitation strategies. Symposium-15 highlighted the use of brain stimulation-based technology in psychosocial rehabilitation. Dr. Nishant Goyal spoke on Transcranial Electrical Stimulation and Dr. Jamuna Rajeswaran spoke on qEEG based Neurofeedback in this symposium. Symposium 16 focussed on the rehabilitative works at Paripurnata and Satra with Mr. Bidhan Chandra Chakrabarti and Mr. Nani Kumar Saikia as speakers.

Finally, there was a panel discussion on the theme 'Needs and Issues of Families of Persons with Mental Illness' with caregivers and PWMI Mrs. Aabha Rani Devi, Mrs. Kamalakshi Agarwala, Mrs. Ranju Begum, Ms. Bhaswati as discussants, chaired by Dr. Pradip Sharma.

### **Outcome of the conference**

- The conference sensitized the participants towards the need for rehabilitation of persons with mental illness.
- It led to the dissemination of valuable knowledge on various psychosocial approaches for the rehabilitation of persons with mental illness

- Needs of service users were highlighted, and the development of user-oriented service delivery model was emphasized. It led to fruitful discussions among the delegates.
- Delegates also got to know about the experiences of NGOs in the field, and led to a better understanding of challenges faced in community-based rehabilitation.
- Need for deinstitutionalization and community-based treatment of persons with mental illness was a major focus of the conference, and was observed as imperative for the rehabilitation across several sessions.
- State of the art brain stimulation techniques such as tDCS and EEG-Neurofeedback evoked a lot of interest among the audience, and the current research in the field caught significant attention among the participants.
- The workshops provided opportunity enhance their competency in psychosocial rehabilitation services through the skills training sessions.
- The conference also provided an active platform to services users (persons with mental illness and their caregivers) to discuss specific needs and barriers they face.

***Prepared By:***

- **Dr. Sobhana H**, Organising Secretary, WAPR-IC, 2023
- **Dr. Priyadarshee Abhishek**, Chairperson Scientific Committee, WAPR-IC, 2023

# Updates of the Activities of MS Chellamuthu Trust, Madurai

## 1. Title: “Empowering Minds: Speak2us Mental Health Helpline Outreach Program”

Date: 21.01.2023

The “Empowering Minds” program has established a Speak2us Mental Health Helpline, deploying 60 dedicated volunteers to provide crucial psychological first aid. This initiative addresses the psychological needs of an individual who are seeking support facilitate, this recovery also helps seeking support, fostering open discussions to enhance mental well-being. The helpline has touched the lives of 1,215 individuals, addressing diverse mental health challenges.

## 2. Project Happy Schooling: Nurturing Well-being for Academic and Life Success.

Date: 14.02.2023

Project Happy Schooling prioritizes students' overall well-being through specialized sessions on Healthy Behaviour, Academic Advancement, and Emotional Regulation. With dedicated counsellors, the program achieves tangible positive outcomes, fostering improved student behaviour, stronger teacher-student relationships, increased attendance and enhanced academic performance.

## 3. Staying OKAY?

Date: 20.07.2023

The ‘Staying Okay?’ is a School Mental Health program, a campaign that addresses students' emotional distress through open discussions and empathetic support. This initiative successfully cultivates an empathic environment, reflected in a significant increase in students' willingness to seek mental health support.

## 4. Southern Tamil Nadu Mental Health Initiative: Community Well-being Program

Date: 17.08.2023

The Southern Tamil Nadu Mental Health Initiative is a comprehensive Community Well-being Program addressing mental health needs. Through sensitization programs, screening camps, treatment initiatives, and self-help groups, the program maximizes resources to support the mental health of the community in the southern district of Tamil Nadu.

## 5. Suicide Bereavement Support and Postvention Services for Women.

Date: 16.10.2023

Many women silently suffer psychically and psychologically after the loss of significant person's to suicide. For women impacted by this loss, the Suicide Bereavement Support and Prevention Services was initiated. This programme has adopted two blocks in Madurai district. Support groups were created by professionals which meet once a month. The monthly suicide bereavement support group meetings provide a safe and affirming space, reducing stigma and offer social support to normalize the experience of grief related to significant others' suicide and mitigate the risk of further suicides.

**PARIVARTAN**  
(A MENTAL HEALTH SUPPORT GROUP)



**ANNUAL REPORT 2023-24**

- 1. REHABILITATION:** Following a Public Private Partnership model, along with Mental Health Institute (MHI), GMCH, Sector-32, Chandigarh, Parivartan provides vocational rehabilitation for persons with severe mental illness in a variety of trades like cutting and tailoring, arts, and crafts, jute product making, computer training, nursing and gardening, etc. Parivartan provides vocational instructors and raw materials to run various sections and actively does marketing and sales of the products made by PMIs. The remuneration/salary earned by PMIs while working in these sections gives a great boost to their self-confidence and many get gradually shifted to the open market. A total of 30 PMIs from different sections availed this service in the year 2023-24.
- 2. COMMUNITY AWARENESS AND CAPACITY BUILDING:** Every year Parivartan organizes various seminars/symposiata to reduce stigma, increase acceptance, awareness of mental illness and to psycho-educate people on various topics pertaining to mental health. Throughout the year various programs are organized for PMIs, caregivers, and mental health professionals to observe special days dedicated in the field of mental health. Following is some of the events organized by the NGO in the year 2023-24.

- **Marathon:** NGO Parivartan collaborated with JW Marriot Hotel, Chandigarh to organise a short marathon of 3 kms in Chandigarh on 17th May 2023. The name of the event was 'Run for Parivartan'. The agenda of this event was to promote the working of NGO Parivartan in the field of mental health. Members of Parivartan also participated in this event.



- **World Schizophrenia Day:** NGO Parivartan collaborated with Department of Psychiatry, GMCH-32 and Mental Health Institute, Chandigarh in observance of World Schizophrenia Day on 24th May 2024. This day serves as a platform to



challenge stereotypes, debunk myths, and advocate for better support and treatment for individuals living with this complex mental health condition. The theme for this year for World Schizophrenia Day was “Celebrating the power of community kindness”. A cultural event was organized for the inpatients and outpatients of Mental Health Institute, Disability Assessment Rehabilitation and Triage

(DART) and Psychiatric ward, GMCH, Sector-48, Chandigarh. Caregivers of patient with schizophrenia were also invited. PMIs showcased their performances by dancing, singing and elocution. Prof. Dr. AK Attri, Professor In-charge Academics, GMCH-32 graced the occasion and presented token of appreciation to all the PMIs who participated in the event. The event was followed by Q & A session for the caregivers of persons with mental schizophrenia. Dr. Priti Arun, Dr. Shikha Tyagi, Dr. Bandana Bisht and Dr. Jyoti Mishra answered the queries of the caregivers.



- **Suicide Prevention Day:** NGO Parivartan teamed up with the Dr. Harvansh Singh



Judge Institute of Dental Sciences at Panjab University, Sec-25, Chandigarh, for a campus lecture held on September 11th, 2023. Dr. Jyoti Mishra, Assistant Professor in Clinical Psychology from the Department of Psychiatry at GMCH-32, delivered the lecture on that occasion.

- **Cyclothon:** NGO Parivartan, in collaboration with the Department of Psychiatry at GMCH-32 and the Mental Health Institute in Chandigarh, conducted a Cyclothon on October 7th, 2023, starting at 6 AM, under the guidance of Dr. Priti Arun, Head of the Psychiatry Department at GMCH-32. This uplifting journey commenced with the flag-off by Sh. Ajay Chagti, IAS, Secretary of Medical Education



& Research, UT. The cyclists pedaled their way from Sukhna Lake to the Mental Health Institute (MHI) in Sector 32, Chandigarh. The event was graced by the presence of Prof. Dr. Jasbinder Kaur, Director Principal of Government Medical College, Chandigarh, adding to its significance.



- **World Mental Health Day:** On October 10th, 2023, in observance of World Mental Health Day, NGO Parivartan orchestrated a musical event in collaboration with the Department of Psychiatry at GMCH-32 and the Mental Health Institute in Chandigarh. The Taj Divine group from Taj Hotel, Chandigarh, presented the musical program at this event, which was tailored for individuals with mental illness and their caregivers.



- **Dr. B.S Chavan Memorial Lecture:** NGO Parivartan, in collaboration with the Department of Psychiatry at GMCH-32, Chandigarh, hosted a lecture on December 4th, 2023. This annual event commemorates the memory of 'Dr. B.S. Chavan' on his death anniversary. Dr. Suresh Kumar delivered a lecture on Community Psychiatry in New Zealand at the event, which was tailored for mental health professionals.



- **Picnic trip for PMIs:** NGO Parivartan, in conjunction with MHI, arranged a picnic excursion to the Japanese Garden in Chandigarh on January 12th, 2024. A total of 28 PMIs joined in on the outing, where they enjoyed a guided tour of the garden and engaged in various games. Following the activities, refreshments were provided to the PMIs.



- Dr. B.S. Memorial Rehabilitation Programme:** To commemorate the work done in the field of mental health in the Tri-city by late Prof B.S Chavan, NGO 'Parivartan' along with Mental Health Institute and Department of Psychiatry, GMCH, Sector 32, celebrated “Dr B.S Memorial Rehabilitation Program” on 10th March 2024. Dr. A.K Attri, Director Principal of GMCH-32 graced the occasion as the chief guest. An interactive program on ‘**Mental health Stigma: Overcoming the barriers**’ by Dr. Dhanesh Gupta (Senior Consultant Psychiatrist, Institute of Mental Health, Singapore). ‘**Dr. B.S. Chavan Memorial Award**’ including a certificate and a cash prize of Rs.25,000 was conferred to ‘Nishkam Foundation’, Gurugram during the program. Additionally, NGO Parivartan unveiled a book ‘Resilience and Perseverance’, capturing a collection of stories steeped in the experiences and challenges faced by family members caring for individual with mental illness.



- Bipolar Day:** NGO Parivartan, in collaboration with the Department of Psychiatry at GMCH, arranged an event for World Bipolar Day 2024 on March 28th at DAV College, Sector 10, Chandigarh. The event featured a poster competition centered around the theme “Bipolar Together”, followed by an interactive session discussing mental illness and bipolar disorder. Additionally, the program incorporated a poster competition on the theme ‘Bipolar Together.’



- Training Program for students:** Students from various disciplines such as Social Work, Psychology, Law, and others participate in block placement training at NGO Parivartan. This training is interactive and ranges in duration from 1 to 3 months. Throughout the training period, students receive exposure to various programs and activities organized by Parivartan. A total of 56 students participated in this program during the 2023-24 period.

**3. RECREATIONAL GROUP FOR CAREGIVERS:** Caregivers experience significant stress and burden while looking after individuals with mental illness and often require support and guidance to manage burnout. Parivartan organizes recreational activities monthly to alleviate burnout among family members and



caregivers. These activities take place in group settings on the first Saturday of each month, chaired by Ms. Seema Gupta, Ms. Sunaina Sachdeva, and Ms. Rosy. Throughout the 2022-23 period, 11 such activities were conducted through group meetings. Some of the activities included exploring social support, coping with worries through acceptance and smiles, troubleshooting everyday challenges, wellness and self-care, as well as discussions on lifestyle and mental health.

4. **PSYCHOEDUCATION SESSIONS FOR CAREGIVERS:** From August 2022,



Parivartan initiated ventilation sessions specifically designed for caregivers who wish to express both their positive and negative emotions to trained professionals. These sessions occur once a month on the first Saturday and are facilitated by Mrs. Lamba. During these sessions, caregivers are provided with a safe and supportive environment where they can openly share

their experiences, challenges, and emotions related to caregiving. The aim is to offer caregivers an outlet to release pent-up emotions, receive validation for their experiences, and gain support from both professionals and peers. Through these sessions, caregivers can find solace, relief, and guidance in navigating the complexities of caring for individuals with mental illness.

5. **VOLUNTARY INDUCEMENT PROGRAMME (VIP):** The NGO is dedicated to the rehabilitation and community integration of individuals with mental illness, including those who are challenging to engage. It operates a specialized program aimed at facilitating job placements. Individuals with treatment-resistant schizophrenia are offered opportunities for meaningful employment through this program, receiving salaries from NGO Parivartan. To date, this initiative has successfully placed 10 individuals. During the 2023-24 period, three of these individuals transitioned to open employment through this service.

6. **Rehabilitation At Home and Community Treatment (RAHAT):** Within this initiative, community-based rehabilitation services are extended to individuals with mental illness who have disengaged from hospital-based rehabilitation services. The objective is to support people with mental illness in achieving independent living within the community. Furthermore, the project plays a role in preventing mental health issues and advocating for mental health wellness for all within the community.

During the 2023-24 period, the project served 38 PMIs, conducting 330 visits to deliver rehabilitation services. Additionally, 99 telephonic sessions and



143 sessions through DART services were conducted to further support individuals' mental health needs.

7. **Services for destitute PMIs:** Destitute or orphan individuals with mental illness receive complimentary medications, clothing, and essential daily items. Moreover, for those among the destitute or orphan population who lack the capacity to make decisions regarding their mental health and are admitted to the Department of Psychiatry at GMCH Chandigarh or the Mental Health Institute, a nominated representative is appointed under section 14 (Chapter IV) of the MHCA-2017.



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## Updates from Rajah Rehabilitation Center, Chavakkad

The activities of **Rajah Rehabilitation Center, Chavakkad** in 2023-2024 are briefly described here.

### *Sober birthday commemorations*

Seven persons recovering from alcohol addiction received their sober anniversary medallion @ AA gratitude meeting, new life group held at rajah rehabilitation center on 7th April 2024. The details of their sobriety is given below:

- 1) Mr.R– 7 years sober
- 2) Mr.S– 7 years sober
- 3) Mr.S– 6 years sober
- 4) Mr.R– 10 years sober
- 5) Mr.S— 12 years sober
- 6) Mr.P– 10 years sober
- 7) Mr.P..10 years sober

Members shared their experiences, strength and hope, furthermore felicitated the birthday boys. 63 people including members of the Al Anon's participated in this programme. Topics like brain reward circuit, stress circuit and long term sobriety were discussed during this programme. Contributions were given by intergroup, district committee, local group and GSO.

### Rehabilitation Centre – Amrita College of Nursing, Kochi

94 third year BSc nursing students and two faculties of Department of Mental Health Nursing, Amrita College of Nursing, Kochi visited our Rehabilitation Centre “THANAL” on 05/12/2023 to observe the functioning of the Centre and got oriented to the rehabilitation activities of the Centre. They were also given classes on different aspects of mental illness, rehabilitation and supported employment

#### **Dr. pfizer**

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Rajah Rehabilitation Center

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## Research Section

### **Role of Yoga therapy on Anger management in Persons with Mentally Challenged: Pilot Study**

The aim this research study was to see the effects of yoga therapy in anger management among adults with mild to moderate mentally challenged. The sample consisted of 8 persons with mentally challenges (4 people with Intellectual Disability, 1 with Autism Spectrum Disorder, 3 with Mental Illness (on medication) aged from 18 to 25 years, who were attending vocational training, Bangalore. Qualitative analysis was done. Strengths and Difficulties Questionnaire (trainers and parent version) revealed that trainees show suspicious talks (“You are only targeting me”), verbal fighting, pushing, shouting and screaming, not accepting criticism, easily distracted, impulsive/reactive, fearful, easily upset and comments on others. Brief yoga intervention for stress management (Yoga Capsule from department of integrative medicine, NIMHANS) was conducted for 2 months twice in a week for 45 minutes in a group. Qualitative post assessment showed mild improvement in listening skills and adequate verbal expression, concentration and ability to stay on task (complete yoga capsule module), relaxed and deep engrossed during yoga, reduced physical fighting and making friendships with peers. Hence, it can be said that yoga therapy is effective in anger management.

Note: The study is under process.

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