



Schizophrenia Research Foundation (India)



Madam Dr. M. Sarada Menon (1923 - 2021)

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Schizophrenia Research Foundation, SCARF (I) Monthly Newsletter - March 2022

SCARF India is a nonprofit organization based at Chennai, Tamil Nadu, offering a multidisciplinary, comprehensive range of psychiatric care and rehabilitation services. SCARF has been a World Health Organization (WHO) Collaborating Center since 1996.



Dr R Thara received the Nari Shakti Puraskar on March 8th 2022

A historic and proud moment for SCARF. Our Vice-Chairman and Co-Founder Dr. R Thara was awarded the 'NARI SHAKTI PURASKAR' by the Honourable President of India, for creating awareness about mental disorders.

SCARF honored with the Dr B S Chavan Memorial Award

Parivartan an NGO working towards sustainable development of the community since 1995, chose to honour SCARF with the first Dr B S Chavan award, for outstanding work in the field of mental health for three decades in the country.



9th Edition of Media for Mental Health Awards

In 2012, SCARF instituted the annual Media for Mental health award to recognise journalists who contributed to the cause of mental health through their sensitive reportage.

The 9th edition of the SCARF Media for Mental health awards function was held virtually on March 4th. Dr. Jaya Shreedar and Mr. Venkatesh R (Chairpersons of Media Awards) chose the winning articles and Dr. Girija Vaidyanathan, Former Chief Secretary, Government of Tamil Nadu announced the prize winners.



The prize winners are

English Category

- First Place – Riddhi Dastidar – India Spend
- Second Place – Sudipta Das – Feminism India
- Third Place – Vinod Kumar Menon – Middy

Regional Category

- First Place – Sindhuvasini – BBC Hindi
- Second Place – Sijo Pyanadath – Deepika Daily

Special Mention

- Sudiksha Jain – Margika
- Ayushi Kemka – The Health Collective India



Women's Day Celebrations at SCARF - March 8, 2022



Several fun activities and games were conducted for all the women employees and clients at SCARF which served as a great stress buster for all the women

SCARF in the media

Live Interview in DD Podhigai

Dr R Thara was interviewed in Podhigai Channel for the program 'Makkal Medai'



Live Interview in DD Podhigai

Dr R Mangala participated in a live interactive session with the viewers, on women's mental health.



Orientation for Nursing Students



Students from Shenbhaga College of Nursing, ACS college of Nursing and Omayal Aachi College of Nursing visited SCARF on 3 separate days. They were oriented to the functioning of our facility and the extent of services offered, by Mr D Koteswara Rao.

Mehelp India Live Webinar on Community Mobilization: Promoting mental health literacy by SCARF India

Dr R Padmavati and Dr R Mangala participated in a live webinar on 'Community Mobilization: Promoting mental health literacy by SCARF India' by MeHeLP India. MeHeLP is a project which focuses on improving mental health literacy through theatre and art. The session was well attended and covered by the press.

Article in The New Indian Express



University of Houston Visits SCARF

Students from University of Houston visited SCARF. The students interacted with the various department heads and were oriented to the extensive services we offer at SCARF.

- The team from the PIECES project had their annual review meeting with their counterparts from Pakistan and UK at Dubai between 15-18 March.

World Bipolar Day - 30th March

Posters on Bipolar disorder were put up on all our social media on World Bipolar Day. It was well received and gained a lot of good responses from people

World Bipolar Day - 30th March

What is Bipolar disorder?

- A serious mental disorder, episodic in nature
- Marked emotional highs (Mania) and lows (Depression)
- Known as Manic depressive psychosis earlier

How Common is it?

- It affects 45 million people worldwide.
- 6.9% prevalence in India.
- Starts in the teens usually
- Affects both men and women in India

What causes it?

- An interplay of genetic, biological and socio environmental factors.
- It can run in families
- Imbalance of neurotransmitter chemicals in the brain leads to the clinical picture

What are the symptoms?

Mania

- Inflatable or elevated mood
- Increased energy
- Hyperactive
- Less need for sleep
- Talks, eats and spends excessively
- High self-esteem, grandiose thoughts
- Bright ideas/ flashy jewelry thoughts
- Lasts 2-4 months (average)

Depression

- Glad, dull
- Retained, fatigued, grieved
- Sleep less
- Reduced appetite and conversation
- Suicidal ideas, negative views
- Careless dressing
- Lasts 2-4 months (average)

Some common features

- Both mania and depression affect everyday life, cause difficulty at work, affects interpersonal relationships and increases risk of accidents/death/suicide.
- Episodes can happen repeatedly, one after the other or alternating with each other.
- Can affect cognitive functions.

Did You Know?

This day is observed on this date in honour of the great artist Van Gogh, who was diagnosed to have bipolar disorder.

Many persons with Bipolar disorder are creative and very talented.

Some other famous personalities with Bipolar disorder are: Winston Churchill, Catherine Zeta Jones, Graham Greene

World Bipolar Day - 30th March

The Good News:

- It is a treatable disorder.
- Medicines, especially mood stabilizers are the mainstay of treatment
- Complete remission of episodes possible
- Can return to normal life.

Caution:

- May need prolonged treatment.
- Do not discontinue mood stabilizers without doctor's advice and risk a relapse
- More episodes with shorter gaps can affect cognitive functions.
- Say no to Alcohol and drugs
- Practice Sleep hygiene.

Some good movies on Bipolar disorder you could watch:

- Aarohanam (Tamil)
- Mr. Jones
- Infinitely Polar bear

Annual National Conference of Indian Psychiatric Society (ANCIPS) - 2022

- Dr R Thara and Dr R Mangala spoke on Telepsychiatry services at SCARF.
- Dr A Pavithra presented a poster on Factors associated with the age of onset of illness among patients with schizophrenia: A cross-sectional study from South India.
- The Youth Mental health team (Dr D Vijayaraghavan, Dr Shiva Prakash, Dr A Pavithra and Chiranjeevi) presented a symposium on youth mental health research in SCARF.

In the Pipeline

Awareness programs for World Schizophrenia Day - 24th May 2022

Thank You Donate Today!

Mental health service is a need for all. Help us serve people with mental illness and provide better care for all

Visit <http://www.scarfindia.org/donations/>