

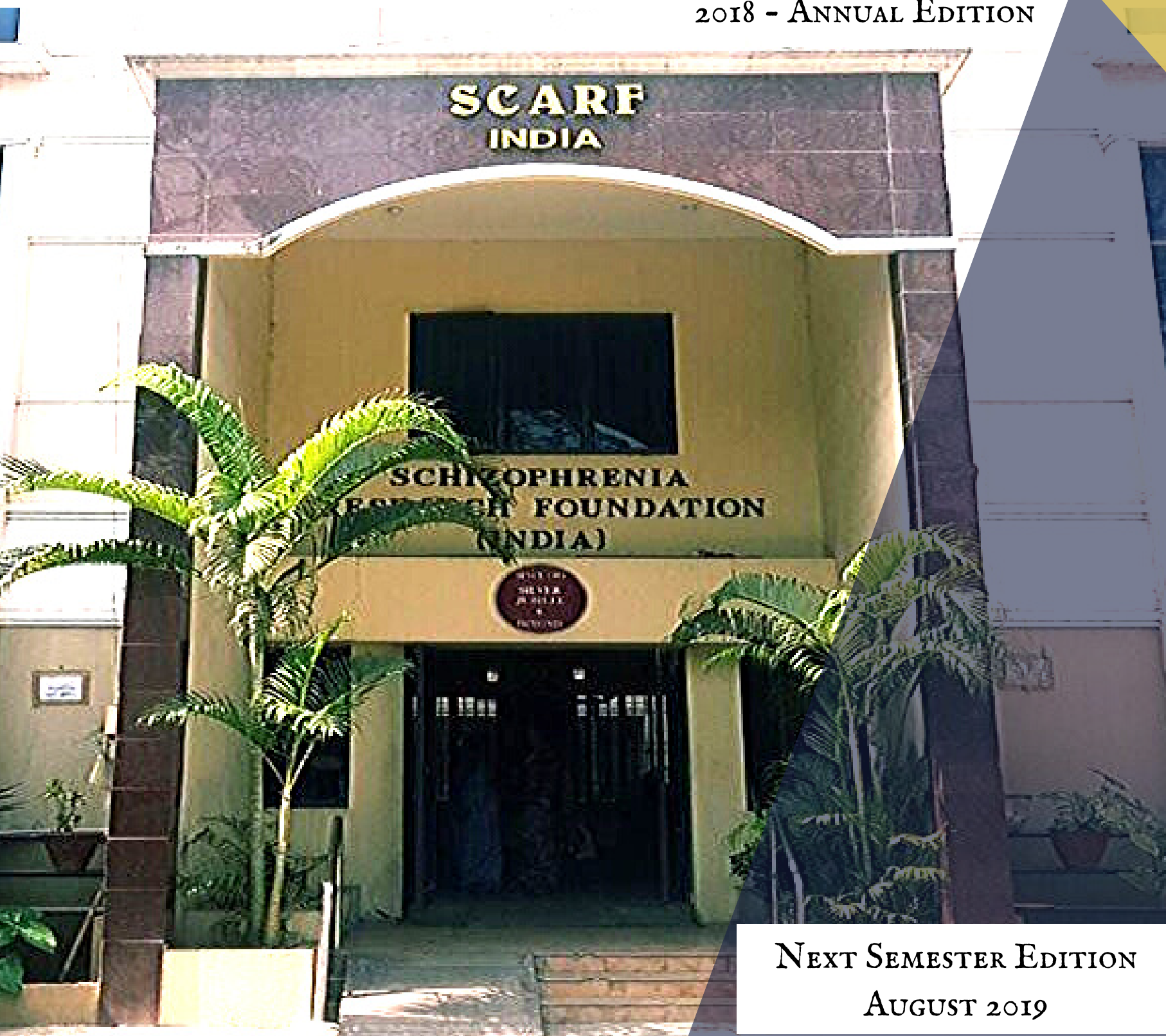


Schizophrenia Research  
Foundation (India)

# SCARF ZINE

SCARF INDIA NEWSLETTER

2018 - ANNUAL EDITION



NEXT SEMESTER EDITION  
AUGUST 2019

## MESSAGE FROM THE EDITOR



Dear Reader,

Greetings and best wishes for 2019 to you from SCARF!

The SCARF Newsletter is back after a hiatus. You will see it regularly henceforth every 4 months. 2018 has been a very eventful year for SCARF. It was the year for IConS and Frame of Mind, the two major biennial events of SCARF. This year's edition became more significant as the first edition under the new Director of SCARF, Dr. R. Padmavati. She took over from Dr. R. Thara in June 2018. We wish her good luck in her new role and look forward to several new interesting activities at SCARF under her leadership in the coming years some of which are detailed inside this newsletter. Dr. Thara continues to be associated with SCARF as Vice President and is busier than before. We @SCARF are lucky to have her continued valuable guidance.

This newsletter has put together all major activities of Team SCARF in the year 2018. The year began well but ended on a sad note following cyclone Gaja. Our staff members and clients in the community outreach unit in Pudukottai district were affected by the cyclone and incurred major loss of property. Luckily there was no loss of life. We wish to acknowledge the spontaneous support and contribution of all the staff members of SCARF towards relief measures for cyclone Gaja.

Best Wishes  
Dr R Mangala  
Assistant Director

## FROM THE DIRECTOR'S DESK

I am pleased to share a fresh new edition of SCARF's newsletter, SCARF Zine. SCARF, as you are aware has made huge strides in our endeavors to provide comprehensive quality care for persons with serious mental illnesses. All efforts through the past three and a half decades have been guided by our motto - **"Towards a better future for the mentally ill"**.

SCARF is well known for its continuous innovations such as clinical services, psycho-social interventions, research, training or fighting stigma of mental illness. This edition of the newsletter aims to tell our stories over 2018 - which was a very busy year. I acknowledge the tremendous efforts put together by the Editorial team.

Best wishes!

Dr R Padmavati



## WHAT'S INSIDE THIS ISSUE :

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- Adding another gold medal to the list
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- Adding new trend to the year 2018
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## New association

### Tie-up with NIMHANS



- SCARF has signed MOU with National Health Mission and Director of medical and rural health services on June 06, 2018 to provide mental health services in Ellapuram block, Thiruvallur district
- Under this nurses, auxiliary nurse midwife and paramedical staff were trained on how to identify mental health issues in community level and refer them to the nearest psychiatric facility

Diploma in Mental Health Care & Counseling course offered by SCARF for eligible students has received accreditation from National Institute of Mental Health and Neurosciences (NIMHANS). The 3rd batch successfully commenced in July, 2018



### AMIGO tie-up

- SCARF tied up with Amigo, a well known IT firm to take mental health education into the workplace. Services started in the beginning of July of 2018 and were continued till October of 2018
- The services that were rendered included multiple group sessions of education about positive mental health and well being. This was followed by an evaluation of their subjective satisfaction in their personal and work spheres



## New start

### Youth Mental Health Program

Youth Mental Health is a specialized program that caters to mental health needs of youth and promotes mental health as a movement to reach the unreached. This center was launched in February, 2018 at Chevalier T Thomas Elizabeth College for Women by Dr. R. Thara, Vice chairman, SCARF India.

- Mental health promotion in schools and colleges
- Training the teachers on early identification of common mental health symptoms and referral
- Screening of mental health issues among students, referral and management
- Strengthening mental health services in schools and colleges



## CONGRATULATIONS



### Diplomate of National Board

Dr. Sindhu Maran was awarded the coveted “Dr. Sarada Menon Gold Medal from Honorable Vice President of India, Mr. Venkaiah Naidu for securing the highest marks in psychiatry in the final examination of June 2016 session for the Diplomate of National Board, New Delhi

## Conferences & Meetings



- **The Eighth edition of the IConS** held from August 30 to September 1, 2018 at Chennai, Tamil Nadu, India. The theme of the conference was **Strengthening links : Research and Interventions.** It was an interactive environment, where researchers from all over the world met, discussed developments in the field of Schizophrenia and related areas. The conference covered the range of issues that impact the management of Schizophrenia

- **SCARF-PFIZER** organized two day workshop on recent Updates in Schizophrenia for practicing psychiatrists from various parts of India
- **Support group** meeting for caregivers on managing stress being conducted by the Demcares team every alternative months and psycho education were also provided for the caregivers
- **Mental Health Café** facilitates an open and intimate discussion on mental health. The fifth edition of mental health on Women's day titled "Is the mental health of women today better than their grandmother" is held on March 8, 2019 in Arkay Convention Center, Mylapore
- TATA Trust commissioned the services of SCARF to conduct an audit of the clinical services at Regional Mental hospital Nagpur and make recommendations to improve the services in Nagpur. Dr Ramesh kumar and Dr Lakshmi Venkatraman from SCARF conducted an audit in Nagpur during the period of February – May, 2018
- **World Mental Health** day was observed on October 10, 2018 and conducted series of programmes in schools, colleges, industries and for general public in Ellapuram block. Most of the programmes are published in both print and digital media
- Two day workshop on **Cognitive Behavior Therapy** was conducted for Mental health professionals, November 2018
- A survey on mental health awareness was conducted in an urban slum in Padi Kuppam with the help of students interning at SCARF. A street play on **Alcoholism** was performed and well received

## What staff did through the year

- **World of Women** award recipient Dr R Thara for her excellence in healthcare from The Hindu.
- **Reach OUT: LGBTIQA+ Rights beyond the Decriminalisation Verdict.** Dr.Hema Tharoor was a panelist
- Parivarthan for Parkinson's Foundation organized T.R.L.Narasimhan Annual Memorial Lecture "**Psychosis in Parkinson's disease**" addressed by Dr. Sridhar Vaitheswaran
- In connection with **Mental Health Day** Dr Mangala and Dr.Shivaprakash gave talk on AIR and Rainbow FM
- In connection with **World Mental health day**, Madras School of Social Work invited Dr Shivaprakash and Dr. Mangala to speak to students
- **Unnai Arindhal**, a talk show on Jaya TV invited Dr. Mangala to be the panelist on Suicide Prevention
- **World Association of Social Psychiatry Regional Congress** held at Kochi on December 8 & 9, 2018. Dr Lakshmi was the delegate from SCARF

## Awareness & Empowerment

### Maitri Awards

- Caregivers of 5 persons with mental illness and 5 well functioning clients were acknowledged in the year 2018
- The awards were distributed by Ms. Monika, TV & Film Personality at M.K. TATA Memorial Auditorium, SCARF, Anna Nagar West on July 03, 2018



### Media Awards

- As part of our efforts to improve public awareness on mental health and reduce stigma, we have been giving away Media Awards for the Best Articles on Mental Health
- The 6th edition (2018) prize winners were
  - Ms. Jyoti Shelar (The Hindu)
  - Mr. Ramanathan S (TheNewsMinute.com)
  - Ms. Disha Shetty (The Wire)
  - Ms. Usha Narayanan (Kungumam Doctor)
  - Ms. Maheswari N (Kungumam Thozhi)



## Theme based events

### World Schizophrenia Day

- Street play was conducted in Anna Nagar tower park, The Millennium Park and the Perambur Murasoli Maran Park
- The street play depicted the illness and emphasized the effectiveness of treatment and also busted some myths associated with the illness
- This 15 minute play was performed by staff and student interns of the organization. Pamphlets on schizophrenia were distributed and several people watched the play and interacted with the group to know more about the illness



### Disability Day

- SCARF organized the Disability Day in our three residential centers in December 2018 inaugurated by Dr. Sarada Menon, our Founder Advisor
- Various activities were performed by the clients. Famous Kollywood Comedian Mr. Vadivel Balaji, Actor Ms. Maya S Krishnan and Theater artist Ms. Keerthipandian were the Chief Guest and gave away prizes for all the clients to acknowledge their valuable work in different units



## Biennial event

### Frame of Mind

- The primary aim of **Frame of Mind International film festival** is to counter the stereotypes and clichéd portrayals of mental illnesses in movies and to promote positive and realistic depictions. The theme for the year 2018 was “Youth Mental Health”
- We received a record number of 77 entries this year - 33 International and 44 Indian. The eighth edition of Frame of Mind retained the changes made in the 6th edition and happened for a day and a half with 4 feature films and 15 short films from the competition entries



## Clients corner

How plastic is the human mind? How honest and open would you want your thought audits to be in the event telepathy is real and you have the fear that you might not have perfect thoughts? I have been suffering from symptoms of schizophrenia where my inner \*hears\* or auditory hallucinations have proven both beneficial and insanity personified. My demons were unraveled 6 years back after a sudden onset of rejuvenation where I experienced symptoms of male pattern baldness.

I trialed myself with some dietary supplements for about 6 months in vain. Soon after, in the Feb of 2012, I was beset with auditory hallucinations while the scalp inflammation itself went away. I have been hearing a US marine corps colonel who calls himself Dr. Colonel C sir take over every center of my brain and started auditing my thoughts while trying to make me come good on the science of rejuvenation medicine. It started as a blistering fire in my brain at which point I lost all touch with reality. I am going to express a few more symptoms in this blog that makes schizophrenia a mammoth to master - all my states including my dream state, my wake state and my sleep state were captured and I was subject to behavioral modulations of several kinds.

During a seminar (ten years back), I got touched by a lady who leaned on me for more than necessary. And I in a state of indignation (and in a state of mental chaos and flurry of random thoughts), tried to softly assert and say so. I shared a little proximity on the arm chair rest so that I can say I was “sorry and embarrassed for being leant on – I felt a touch”. Instead her arm got removed from the arm chair rest politely and I realized it was a faux pas stupidly making me realize how over conscious and oversensitive I was being. We both did not cross paths in real life but I still started hearing her voices in an effort to explain my conscious touch – after a complete thought unraveling process where every emotion and thought of mine got audited, I started calling her sister and hopefully earned some trust and peace from within my mind. I had auditory hallucinations about science with all my professors’ voices. I will not dwell any deeper into this as there was substantial science content that made me come good on rejuvenation science and epigenomic medicine.

I will end it by saying that I fought my way here as well by digging deeper and deeper into my scientific temper as this was my only means to stay occupied and in touch with my field and career. Mind is such a powerful master that to muster it and be above it as the person to control its function and abilities is the real challenge schizophrenics face. This is true for a normal person as well. Human behavior is to err and to admit and correct oneself is part of life. I am now trying to gently get back on tracks my career and life after having suffered a divorce and failures in multiple jobs.

**- Mr.Ram (Client)**



The seasons greetings designed by one of our talented client.



## A TRIP TO LION'S CITY

As a natural sequel of bidding Good-bye to my smoking habit, my sister kept her promise of taking me to Singapore. As this is my maiden visit abroad, I had to start everything from the scratch. I had to approach the regional passport officer, Ashok Nagar, Chennai, India and furnish all the documents and office papers from my graduation certificates; the ration card to my S.S.L.C book as a proof of age.



As my sister had some linking of travel agencies, the obtaining of visa documents was not a problem. The travel commenced on the late evening of Tuesday, June 25, 2013 at about 11:30 P.M. My sister and me arrived at the Singapore city airport, by Jet airways early the day morning at about 7:30A.M. The dwelling accommodation for us at Singapore was provided free of cost by my older sister in-laws and relatives by which, my sister told me that we could save up to 40,000.00 Singapore dollars.

We had our breakfast and lunch at komala vilas, a South Indian restaurant. The next day, we visited universal kingdom and spent a while there. After mustering sufficient guts and courage, I tried my hand in the roller coaster. The Island of Singapore was largely uninhabited in 1819, when Sir Stomford Raffles Established, a station of the British East India Company, in Singapore. In 1824, Singapore was ceded to Great Britain. Singapore became a British Crown Colony in 1946; and gained its independence in 1959. Republic of Singapore, A republic in South-East Asia off the Southern tip of the Malay Peninsula consisting of the Island of Singapore and over 58 islets. The majority of the diverse population is Chinese with minorities of Malays, Indians and others. Singapore is one of the world's busiest ports. Also, it is a major commercial and financial center.

Electronics, Telecommunications, Ship building and Oil refining are important. It was about this time that back home in Chennai, India. My source of income witnessed a hike that is from Rs.10,000 per mensem to Rs.15,000 per mensem. There are a lot of tie ups and memorandums of understandings between the governments of Singapore and India in higher education particularly in the Information Technology and Software. After leaving a foot print in a foreign soil, we returned to Chennai, India on July 01, 2013 by Jet airlines.

**WOW, what a wonderful trip it was!**

**- C.R Baskaran, M.A. (Client)**

## Adding new trend to the year 2018

### Walkathon at IConS VIII

- IConS had a new additional feature this year - **Walkathon!** The scientific feast of knowledge was tempered with participants that included delegates and members of the SCARF family took part with great enthusiasm despite the rain in Besant Nagar on 30.08.2018
- This is an important step that has been taken to engage the staff at SCARF and the delegates in taking care of their physical health in addition prescribing the same for the patients
- This activity has motivated individuals within SCARF to take up a more active lifestyle and engage in participating in more physical activities
- We thank all those who supported this event



### SCARF day out adventure!

Employees of scarf took a break from their routine by going on a picnic to **Tada falls**, Andhra Pradesh. A team of twenty seven, thoroughly enjoyed the hilly terrains, the scenic waterfalls & an amazing delicious pot lunch. Everyone had such a great time there that they are already excited for the next trip!



## Relief measures during Gaja cyclone



- Cyclone Gaja, which hit the Tamil Nadu coast on November 16, 2018 caused extensive damage in some coastal areas, Cauvery delta districts and some interior areas
- Around seventy thousand rupees was collected as relief money along with basic amenities from Team SCARF for our Pudukottai STEP staff towards the damage caused by the cyclone
- We thank all the people who provided their support for this good cause

## THANK YOU

We could not have  
accomplished our goals  
without the support of our  
committed supporters

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