



Schizophrenia Research Foundation (India)

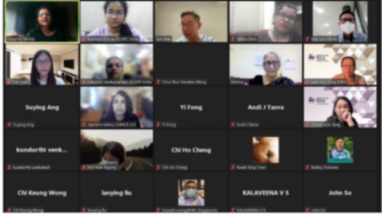


Madam Dr. M. Sarada Menon (1923 - 2021)

Website: www.scarfindia.org
 Twitter: @SRFmentalhealth
 Facebook: @SchizophreniaResearchFoundation
 Instagram: @scarfindia
 YouTube: SCARF INDIA

Schizophrenia Research Foundation, SCARF (I) Monthly Newsletter - April 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.



Peer support workshop

SCARF was part of the second virtual research workshop by Asian College of Schizophrenia Research (ACSR) on 'Experts by Experience - Peer support in Asian context'. Great insights were shared and discussed by the speakers

Dr R Padmavati (Director of SCARF) was in the panel of moderators. Kasturi Divya (Research Assistant) and Sonia Sims (Psychosocial Rehabilitation therapist) spoke in the workshop.



Community Awareness Program

Mr. D. Koteswara Rao participated in the World Health day event organized by Montford Community Development Society (MCDS) and spoke on "Health and Mental health" to the members of the Women's self help groups at Pattinapakkam. Ms Gunaselvi and two social work students of Periyar maniammai college, Thanjavur also joined the program.

Frozen Mind

A Poem by one of our client (C.K.Kutty Krishnan)

(Losing money, livelihood or shelter could turn one into a destitute. But losing the mind is much worse, because the loser is not even aware of the loss. Such people need more than our sympathy. They need our care and compassion. These lines are dedicated to them)

Lonely she walked in the alley of life,
 Cobble and sandy and often very rough,
 On patches of grass which padded her soles, and
 Protruding craggy stones punctured her feet.

In downpour and cruel blistering heat,
 In chill of the winter as cold as the Hades.
 Oblivious of the seasons or tides,
 The ramble went on, sans halt or rest.

Hungry and weary her shoulders stooped.
 Of concern I asked her to refresh a bit.
 Her reply was mum and demeanor glum;
 And sometimes thunder or a burst of rain.

With a frozen mind and sleepless nights,
 Bereft of feeling for the bounty of life.
 A rainbow beckoned her or a cul-de-sac?
 She knew not where the pursuit will take.

....
 I knew her long back as a teenaged girl
 Easy of limbs and dancing always.
 With naughty eyes dark deep and wide,
 Brimming full with dreams and mirth.

She flitted across as a butterfly fly
 With brilliant hue and iridescent wings
 Lithe and blithe with a ballerina's grace.
 A fairy on her ethereal visit.

A Lily to all her loving friends,
 A doting daughter to parents and folks.
 Warm and secure with the needs all cared,
 Life to her was a rose without thorns.

A mate was found for the nubile maid
 With fanfare was her nuptials held.
 She was a dutiful, busy housewife and,
 A couple of off springs brightened their life.
 In a quirk of fate disaster struck.

And their little boat was badly wrecked.
 The malady left her with an impaired mind
 Her pep and zest left without a trace.

Doctors and drugs or pastors and priests,
 Lotions and potions or soothing or shock,
 Nothing restored her to normal health,
 The simple, complaining cheery self.

Restless she wanders aimless around,
 Knowing not pain or roughness or rain,
 With a zombie like nonchalant vacant gaze,
 Sauntering, stuttering to her unsure goal.

Days and weeks stretched to months and years
 There was no let up to her woes or tears
 More and more she withdrew within,
 No: letting anyone to open the lock

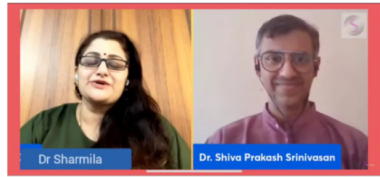
SCARF in the media

Interview in Jaya TV

Dr. R Thara appeared in "Kaalai Malar" the breakfast show of Jaya TV and spoke about mental health on 10th April 2022.

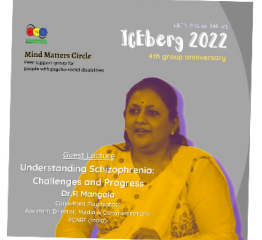


Dr. S Shiva Prakash was interviewed by Dr.Sharmila in her Youtube Channel Sharmila Talkies on youth mental health.



Lectures and Conferences

➤ Dr.R Mangala participated in ICEberg2022, the fourth anniversary meeting of Mind Matters Circle, a support group for mental health service users and delivered a guest lecture on the Challenges and progress in understanding Schizophrenia.



➤ Dr.Lakshmi Venkatraman, participated in the 31st Midterm CME of West zone of Indian Psychiatry Society on 10th April and presented a case- based discussion on borderline personality disorder.



➤ Dr Lakshmi Venkatraman and Dr Sridhar Vaitheswaran attended the national conference on psychosocial rehabilitation conducted by the Department of Psychiatry, Shree Balaji Medical College Hospital.



Announcements

Would You like to Volunteer?

Become a Volunteer at SCARF's OutPatient Department

We need your support in

- Managing patient movement in the clinics
- Filling registration forms
- Completing Satisfaction survey questionnaire
- Other General Assistance

On all weekdays - Mon - Sat Except Tuesdays and 2nd Saturday

Timings : 9.30 AM - 1.00 PM

Write to : info@scarfindia.org

World Health Day - April 7th

Posters on the relationship between physical and mental wellbeing were put up on all our social media on World Health Day. It was well received and gained a lot of good responses from people

World Health Day - April 7th
 No health without mental health

WHO defines health as a state of physical, mental and social wellbeing and not merely the absence of disease

Did You Know ?

1 Physical health and mental health affect each other across all age groups

2 Pre-existing mental conditions can affect physical health. Example: Persons with Schizophrenia have a higher mortality rate

3 Several life style diseases like Diabetes, Hypertension and Obesity have both physical and mental health components

Physical health ↔ Lifestyle diseases ↔ Mental health

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Did You Know ?

Sleep disturbances can be a sign of mental health problem and can lead to physical diseases too

People with cardiac strokes and brain strokes are more prone to depression

Some physical illnesses like Psoriasis, Asthma, Gastritis, Diabetes and Hypertension can get aggravated due to psychological stress and are called psychosomatic disorders

World Health Day - April 7th
 No health without mental health

Tips for good physical and mental health

- Sleep hygiene: Regular sleep for 8-9 hours/night
- Healthy Food habits: Balanced diet, regular meals
- Regular exercise: Walk, Jog, Dance, Swim, Yoga
- Relaxation: Meditation, hobbies, music, books, pets, holidays
- Stay connected with friends and families
- Say no to Alcohol and drugs
- Limit internet and social media usage
- Financial planning
- Stay positive

Healthy living = Sound body, Sound mind

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Caution

Long standing symptoms like headache, low backache, chronic fatigue, low vague physical symptoms can have psychological causes like Depression.

When the psychological factors are not addressed, physical ailments persist or worsen, affecting quality of life.

SCARF INDIA Presents

Graphic Design Poster Competition

A chance to express your creativity

1st Place: ₹10,000 2nd Place: ₹6,000 3rd Place: ₹4,000

Theme: Understanding Schizophrenia

Send your completed final posters to info@scarfindia.org

Registration Form: <https://forms.gle/9VM6uJhveRFDCELL199>

In the Pipeline

Street play and musical performance on May 22, 2022

Awareness programs for World Schizophrenia Day - 24th May 2022

Maitri Awards on May 24, 2022

Mental health Art exhibition on May 30, 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/>