

Major events in the month of April 2024

On **6th April**, a peer support group meeting was held for caregivers and other stakeholders by Sarika Chandak.

On **8th April**, Shubharthis celebrated Gudi Padwa (Hindu New Year) in a traditional manner by wearing traditional clothes and enjoyed Shrikhand as a sweet dish.



On **20th April**, आईना मन का, a peer support group meeting was held on “Personality Disorders” by Palak Sharma (Psychologist).

Major events in the month of May 2024

On **4th May**, a peer support group meeting was held for caregivers and other stakeholders by Aarti Pandit.

On **18th May**, आईना मन का, a peer support group meeting was held on “Rehabilitation for persons with Schizophrenia” by Dr. Yashi Jain (Counseling Psychologist).

On **20th May**, in the observance of World Schizophrenia Day, two Shubharthis from SAA were interviewed by Sarika Chandak at the Film and Television Institute of India (FTII) in Pune.



On **24th May**, the World Schizophrenia Day, SAA observed the occasion by arranging a panel discussion titled "Saathi Hath Badhana." The panelists included Dr. Viyadhar Watve (Psychiatrist), Dr. Nishchol Raval (Psychiatrist), Dr. Shirisha Sathe (Psychologist), and Sameer Lele (Shubharthi).



Major events in the month of June 2024

On **1st June**, a peer support group meeting was held for caregivers and other stakeholders by Sarika Chandak.

On **15th June**, आईना मन का, a peer support group meeting was held on “Issues faced by elderly caregivers of PMI” by Madhura Bhatwadekar (Palliative Care Expert).

Mapping the caregiver's journey

Stage	Key Activities
New	Preparing for the new role, Planning ahead
Middle	Learn about illness, Begin to take help
Continued	Engage in hobbies, Watch for burnout, Express yourself
Ending	Prepare yourself, Begin to think of future
End	Grieve and mourn, Treasure the moments

On **21st June**, SAA celebrated World Yoga Day, Shubharthis showcased several yoga asanas after learning the essentials of Yoga.



On **29th June**, an excursion was arranged for Shubharthis to Shivshrushti - a historical theme park, along with 16 Shubharthis, 1 caregiver and 2 staff members.

