

## Major events in the month of July 2023

On **1<sup>st</sup> July**, a peer support group meeting was held for caregivers and other stakeholders by Sarika Chandak.

On **3<sup>rd</sup> July**, Celebration of gurupornima.



On **15<sup>th</sup> July**, आईना मन का, Support group meeting on “Time Management for Caregivers” by Medha Purkar (Social Worker & Founder of Maitra).

## Major events in the month of August 2023

On **5<sup>th</sup> August**, a peer support group meeting was held for caregivers and other stakeholders by Anuradha Patil and Ravindranath C.

On **7<sup>th</sup> August**, an Erwadi Day was observed by SAA. This year the subject was “Human Rights of Persons with Mental Illness” and the speakers for the subject was Mr. Arjun Kapoor, (Programme Manager and Research fellow at Centre for Mental Health Law & Policy, ILS, Pune) and Mr. Amrit Bakhshy, (Former president of SAA).



On **12<sup>th</sup> August**, an MC meeting

On **14<sup>th</sup> August**, SAA celebrated independence day by hoisting flag under “Har Ghar Tiranga” campaign.



On **19<sup>th</sup> August**, आईना मन का, Support group meeting on “Understanding barriers and strategies for medication adherence” by Dr. Viren Kothari (Psychiatrist from Australia).



On **21<sup>st</sup> August**, SAA celebrated nagpanchami by adorning everyone’s hand with mehendi.

On **29<sup>th</sup> August**, SAA celebrated rakshabandhan by tying rakhi around the wrist of our male shubharthis and with some sweet distribution.



### **Major events in the month of September 2023**

On **2<sup>nd</sup> Sep.**, a peer support group meeting was held for caregivers and other stakeholders by Sarika Chandak.

On **7<sup>th</sup> Sep.**, Dahi Handi celebration in SAA.

On 11<sup>th</sup> Sep., SAA observed caregivers' day in memory of late Dr. Jagannath Wani, this year, we hold this programme in partnership with Amaha, a mental health private company in Mumbai. Programme was arranged in five sessions.

- First Session : “Experience sharing by caregivers” and the panelists were
  - Shivaji Dale
  - Paresh Naik
  - Neerja Singh
- Second Session : Support We Provide, Support We Need and the panelists were
  - Arnab Das
  - Kiran Joshi
  - Veera Pinto
- Third Session : Posthumous Planning and the panelists were
  - Devraj Gauda
  - Ujjwala Dixit
  - Arnab Das
- Fourth Session : Law and Policies and the panelists were
  - Dr. Amar Shinde
  - Dr. Sachin Ganorkar
  - Dr. Bhalchandra Kalmegh
- Fifth Session : Psychiatric Treatment and Talk Therapy: Cost, Benefits, Side Effects and the panelists were
  - Dr. Dhruva Ithal - from Amaha
  - Sweta Bothra - from Amaha
  - Shivaji Dale



On 16<sup>th</sup> Sep., आईना मन का, Support group meeting on “Taking care of yourself” by Dr. Angha Patil (Renowed author and President of Dilasa janvikas pretishthan).

On **16<sup>th</sup> Sep.**, Shubharthis one day excursion to Swaroopseva's Madhurangan about 17 km. from Pune.



On **27<sup>th</sup> Sep.**, an orientation visit by 30 B.A. psychology, students of St. Meera's College for girls.

