

## Major events in the month of July 2024

On **6<sup>th</sup> July**, a peer support group meeting was held for caregivers and other stakeholders by Sarika Chandak.

On **17<sup>th</sup> July**, Shubharthis celebrated the Aashadi Ekadashi by tree plantation.



On **20<sup>th</sup> July**, आईना मन का, a peer support group meeting was held on “Addiction and Therapy Program” by Mr. Shirang Umrani (Senior Counsellor).

On **22<sup>nd</sup> July**, Shubharthi celebrated the Guru Pournima by giving greeting cards and flowers to their gurus.



On **25<sup>th</sup> July**, 4<sup>th</sup> International Conference on Mental Health, Homelessness and Inclusive Development arranged by Banyan Chennai. SAA’s Vice President and ‘Home Again’ Project Director Dr. Pragathy Kaushal attended the above conference; the theme for the conference was “Hope, Home and Health”.



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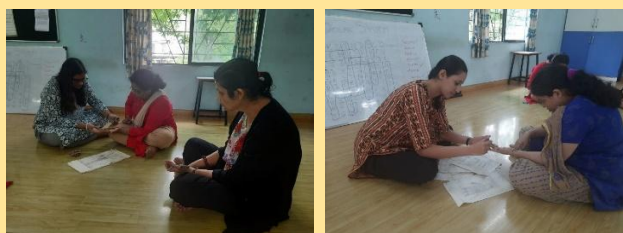
On **3<sup>rd</sup> Aug. and 10<sup>th</sup> Aug.**, SAA has organized a 2 day workshop on Essentials of CBT (Cognitive Behaviour Therapy) and facilitator for the workshop was Dr. Manik Dande and Archana Rathod.



On **6<sup>th</sup> Aug.**, SAA observes Erwadi Day as a Human Rights Day for persons with mental illness. The topic for the program was 'Legal Benefits Available for Persons with Mental Illness,' presented by Dr. Ananya Bibve, Principal of Modern Law College, Pune.



On **9<sup>th</sup> Aug.**, Nagapanchami was celebrated by Shubharthis by applying mehendi on female shubharthis hand.

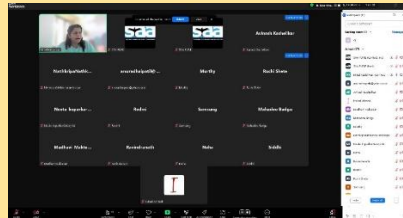


On **14<sup>th</sup> Aug.**, 78<sup>th</sup> Independence Day Celebrated in SAA.



On **16<sup>th</sup> Aug.**, 35 Students and 1 faculty member of Karve Institute of Social Science visited SAA for field orientation.

On **17<sup>th</sup> Aug.**, आईना मन का, a peer support group meeting was held on “Pet therapy’s benefits for mental health” by Mrs. Minal Kavishwar (Clinical Psychologist & Founder of Animal Angels Foundation).



On **20<sup>th</sup> Aug.**, Rakshabandan Celebration by Shubharthis

On **27<sup>th</sup> Aug.**, Dahihandi Celebration



On **30<sup>th</sup> Aug.**, Swarsamvad was organized by SAA on 5th Friday of the month to introduce different musical art forms to our Shubharthis through this Shubharthis will get revitalized mood. As part of this, an enthusiastic bhajan mandali came and performed melodious bhajans.



## Major events in the month of September 2024

On **10<sup>th</sup> Sep.**, Caregivers' Day webinar was arranged in the memory of Dr. Jagannath Wani and the subject was " Indian Family Caregivers of Persons with Mental Illness: Stresses and Strains, Worries and Way Outs" and caregiver panelists were Anantha Agasthya (Member State Mental Health Authority, Karnatak), Aman Batish (Member State Mental Health Authority, Haryana), Ratna Chibber (President ASHA NGO and Co-founder Atmanirbhar, Chennai), Mamtha D. (Member Central Mental Health Authority, Bangalore), R.P.S. Kapur (President, Prayatan NGO, Chandigarh). In connection with Caregivers' Day we have arranged Composition Contest for care receivers, the subject was 'My Caregiver' and we have received entries from Chandigarh, Delhi, Kolhapur etc. and winners have received cash prizes.

Another event we conduct every year was giving token cash support to caregiver's of moderate means. This year we have supported 10 families under this event.



On **16<sup>th</sup> Sep.**, 8 Students and 1 faculty member of St. Meera College visited SAA for field orientation.



On **21<sup>st</sup> Sep.**, आईना मन का, a peer support group meeting was held on "Pet therapy's benefits for mental health" by Dr. Sadhana Natu (Professor and Head of Psychology; Modern College Ganeshkind, Pune).

On **23<sup>rd</sup> Sep.**, 35 Students and 1 faculty member of DY Patil College visited SAA for field orientation.