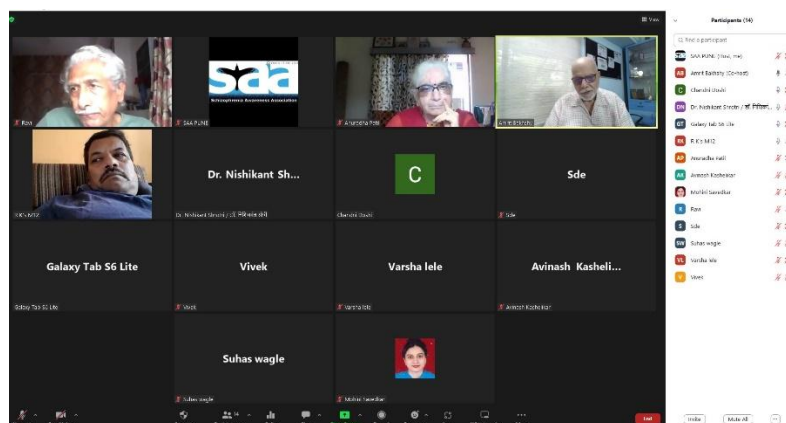


Major events in the months of October, November, and December 2022

In the 1st week of October SAA arranged in-house competitions for our Shubharthis, like cooking, drawing, essay, carom, chess etc.



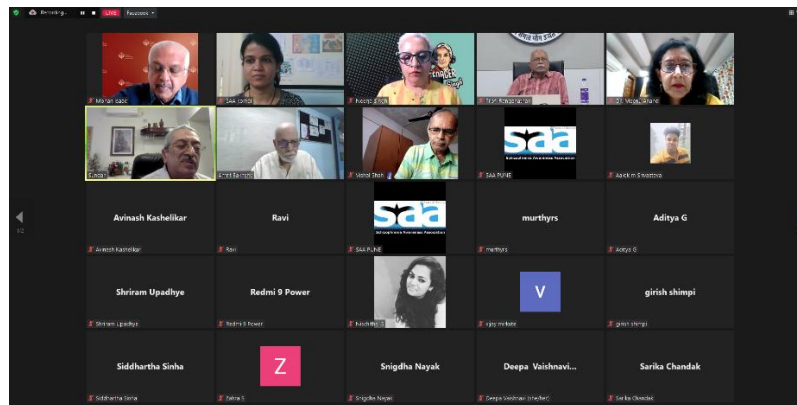
On 8th Oct., a peer support group meeting was held for caregivers and other stakeholders by Shri Amrit Kumar Bakhshy.



On **9th Oct.**, SAA participated in Exhibition Organized by Rotary Club.



On **10th Oct.**, Mental Health Day, a webinar on the topic “Making Mental Health a National Priority: The Roles and Responsibilities of the Stake Holders” was held. Panelists: Dr. Issac Mohan, Dr. Seshadri Kalyanasundaram, Ms. Neerja Singh, Dr. Ranganathan Pillai, Dr. Meenu Anand. Moderator: Mr. Amrit Bakhshy.



On **12th Oct.**, two sessions were held as part of the Mental Health Week. 1st was a cultural program by shubharthis and 2nd was drum circle, conducted by Abhijit Bartakke. Shubharthis, Trustees and Caregivers participated.



On **14th Oct.**, MC meeting was held.

On **19th Oct.**, SAA participated in an exhibition Organized by an IT company “Merkle Sokrati”.

On **20th Oct.**, Diwali Party was organized for SAA’s Shubharthis by distributing Diwali snacks and sweets.

On **29th Oct.**, An Excursion was arranged for our shubharthis and shubhankars to “Zapurza”- museum of art and culture.



On **12th Nov.** – a peer support group meeting was held for caregivers and other stakeholders by Ms. Sarika Chandak.

On **16th Nov.** – MC meeting at KKB.

On **19th Nov.** – Awareness Program on “Screen addiction in Shiksha Veritas School- Dhayari, for students of Stds, VII to X by Ms. Neeta Koparkar, Ms.Sarika Chandak and Ms. Kadambari Kulkarni.

On **20th Nov.** – A WhatsApp group “MISSION” for caregivers was started by Mr. Amrit Bakhshy.

On **24th Nov.** – 3 Shubharthis participated in Gandharva Mahavidyalay Music Exam.

On **26th Nov.** – आईना मन का, Support group meeting on “Defence Mechanism as a Psychological Strategy” by Dr. Uma Dalvi (Clinical psychologist).

On **29th Nov.** – Visit of Snehalay group, Ahmednagar to observe and understand the working of SAA’s rehab center.

On **30th Nov.**, SAA’s new vehicle, donated by MSSO (Force 13-seater Tempo Traveler) arrived.



On **10th Dec.** a peer support group meeting was held for caregivers and other stakeholders by Mr. Nishikant Shrotri on “Burnout Syndrome”.

On **11th Dec.** a Film Festival was organized by SAA in two sessions - screening of short films related to mental illnesses and mental health, and an exclusive screening of National Award winning film ‘**Devrai**’ produced by SAA.



On **13th Dec.** Mr. Jeevan Kayande, President of MSSO visited SAA.



On **16th and 17th Dec.** Shri Amrit Bakhshi’s “Mental illness and caregiving” (Tamil edition) - Book release program in Chennai by Banyan NGO, Chennai.



On **18th Dec.** celebration of SAA’s Silver Jubilee. Shri Yashwant Oak and Ms. Neelima Bapat shared their experiences on working with SAA. A Funfair was held where stalls (games and food) were managed by Shubharthis.



On **24th Dec.** आईना मन का Support group meeting on “Importance of Psychoeducation” by Dr. Kiran Chavan (Psychiatrist).

On **25th Dec.** ‘Man Mandira’ musical awareness event was held at Ahmednagar, arranged by Snehalay.



On **31st Dec.** celebration of 31st December at SAA with activities including workshops, games, lunch and a comedy movie.



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