



Pushpanjali Trust

Mental Health matters


PUSHPANJALI TRUST MONTHLY UPDATE - RAYS OF HOPE

Our recent work highlight

Empowering People With Mental Illness



Let us remove physical and cultural barriers, build resilient societies and create opportunities that truly leave no one behind.



Around the world, physical, social, economic and attitudinal barriers prevent people with disabilities from participating fully and effectively as equal members of society. People with disabilities lack equal access to basic resources, such as education, employment, healthcare and social and legal support systems. Yet disability as a whole has remained largely invisible in the mainstream development agenda. On account of International Disability Day on 3rd December, we initiated informative webinar series for persons with mental illness, so that they can be empowered, with particular reference to skills training. This year's theme, "Building Back Better: Toward a disability-inclusive, accessible and sustainable post COVID World" is in line with our campaign. Additionally, our major focus was to further the participation of persons with mental illness in social life. Therefore, for empowerment to be possible, we tried to equip individuals with skills and qualities, such as assertiveness training, anger management, self-esteem, confidence to communicate their views and wishes etc.

Saathi Sahara - Peer Support Network

We work towards forming a peer support network for caregiver's and persons with mental illness in order to alleviate loneliness and stigma. For this, we organize online meetings twice a month and physical meeting at least once a month. The goal behind forming a peer support network is to:

1. Know others having similar problems and help them develop empathy towards one another.
2. Communicate and motivate each other in the group.
3. Build connections and help each other overcome their loneliness.
4. Build secure coping mechanisms and self-confidence.



Soulful Music in the Park



Sometimes, good tea and good music are all that we need to unwind. Music touches all aspects of our lives – physical, emotional, psychological, and behavioral. It replenishes the mind and body.

As part of our recreational activity, we conduct weekly musical evenings in the open lush green gardens. We use music as a relaxation technique and our primary goal is helping clients visualize positive imagery that evokes pleasure and happiness. Most importantly, our clients report positive changes in mood and that music helps them achieve a deep state of relaxation.

Serenity Therapeutic Village- Inclusive Community Living

This campaign is led by 'Citizens for Inclusive Living' (CIL) which is an association of persons working for the dignity and welfare of people with mental disabilities in Chandigarh. The association comprises mental health professionals, special educators, social workers, parents and caregivers of persons with disabilities and concerned citizens. It challenges the barriers to inclusion and advocates for the inclusion of persons with mental disability in all aspects of their communities, based on shared values of respect, and human rights. We're in the third month of our campaign and have a long road ahead. We are still requesting the government to envision it as a unique project of inclusive and integrated community living in a 21st century modern therapeutic village. There have been several newspaper articles published highlighting the urgent need for such an inclusive community at Indira Holiday Home



Several emails and letters have been sent to the government authorities by citizens, parents and professionals and we will continue doing so. On Dec 24, CIL organized a press conference and a project proposal has been released and forwarded to the UT Administration, the President's office and the Prime Minister's office. We are working hard to get the attention and approval of the government authorities. If this project resonates with you, and if you would like to support the cause, please email us at: citizensforinclusiveliving@gmail.com Help us in the cause and bring a culture of inclusion to life by providing your continuous and unwavering support in this campaign as it is a MOVEMENT not a MOMENT.

Our work on Advocacy, Awareness and Rehabilitation to strengthen families and transform communities cannot be achieved without your support. We are grateful and hope you will continue to support us in our endeavor to promote mental health.

Thank you.

(We will share our next newsletter in March)