

PUSHPANJALI TRUST MONTHLY UPDATE - RAYS OF HOPE

Our recent work highlight

Campaign for Inclusive Community Living- Now there is Hope!

We, at Pushpanjali Trust, firmly believe that an inclusive community for marginalized sections is the cornerstone of all progress. **Serenity Therapeutic Village @ Indira Holiday Home** can be made a safe space in Chandigarh devoted for effective community integration for persons with mental illness, intellectual impairment and old aged people. We aim to create robust community-resources, peer support, and a continuum of care options, which we consider as bedrock requirements of community inclusion. This will be the beginning of a better life, a dignified livelihood and a brighter future for persons with mental health problems. Based on need assessment survey, we have published several articles regarding the urgent need for group homes in Chandigarh and numerous emails and letters have been sent to Government authorities to take an adequate step to fulfill the needs of the families. With your support and trust, we continue on our mission to fight for equal rights and we need more people to join in to make our dream turn into reality.

INCLUSION MATTERS

Never doubt that a small
group of thoughtful,
committed citizens can
change the world;
indeed, it's the only
thing that ever has.
-Margaret Mead

Family Needs Assessment

The initial idea is to assess the multiple needs of these families. Based on our need assessment of families in tricity we found lack of structural facilities, support network, and administrative concerns as being the central problem.

A needs assessment is a process of understanding the families' specific difficulties, needs and expectations, as well as their own existing resources, means and coping mechanisms. This helps us identify existing services that could be useful for the families, but also gaps between expressed needs and existing resources or services.

Our agenda is to psycho-educate families and formulate a comprehensive plan to work through their problems.



Recreational Activities



With the recent outbreak of COVID-19 across the world, for many of us, life looks very different. For those of us who struggle with mental health problems, it can be even harder. Structure, routine, social interaction, physical activity, and intellectual engagement are all essential for mental health.

We aim to boost mental health through recreational activities by weekly social gathering in open green spaces which in itself is therapeutic. It also enhances their self-esteem and well-being.

Mental Health Matters!

November is recognized as National Family Caregivers Month. During this month, we celebrate and acknowledge the contributions of caregivers, empower them with tools that they need and continue to advocate for individuals with mental health concerns.

In recognition of National Family Caregivers Month, we initiated our interactive webinar series for caregivers, which explores whether family caregivers feel involved in the care of their loved ones, if involvement has an effect on their levels of distress and conflict in providing care, and the hope they have for their loved one's recovery.

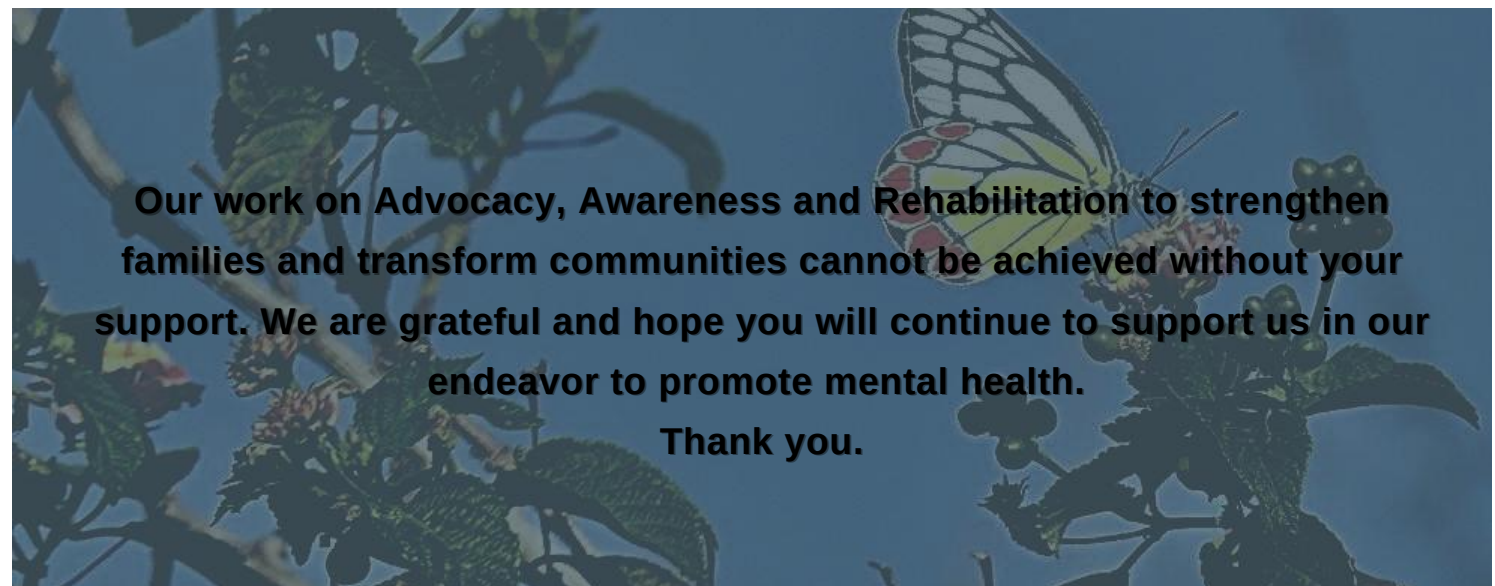
The critical role of caregivers comes with insight into barriers to services, supports, integration that keeps their loved ones struggling and isolated from communities. We provide a platform for caregivers to share their problems and coping resources that will help other families to deal more effectively with similar problems. This platform also helps them form a strong support network.



Weekends with Japneet & Gurpreet

An opportunity to virtually meet with Japneet Bakhshi (Psychologist) & Gurpreet Singh (Psychiatric Social Worker) to discuss various topics surrounding stigma, caregiving and mental health problems. Each week we'll learn, engage, and listen to one another alongside experts in the community.

Weekly sessions every Friday for Persons with Mental Illness and Saturday for Caregivers from 11a.m. – 12 noon.

A background image for a thank you message. It features a close-up of green leaves and branches on the left, and a butterfly with yellow, black, and red wings on the right, set against a clear blue sky.

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.