



PARIVARTAN

A Mental Health Support Group



Annual Report 2023-2024

Office:

Disability Assessment Rehabilitation & Triage (DART) Services

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PARIVARTAN

A Mental Health Support Group

Parivartan is a voluntary organization working for the welfare of persons with mental illness and their families in UT Chandigarh. It is a venture of the Department of Psychiatry, Government Medical College & Hospital, Sector-32, Chandigarh and persons from civil society desirous of working for the betterment of persons with mental illness. It is registered under the Societies Registration Act (XXI of 1860), Darpan portal of Planning Commission, Government of India (Reg no. 4006) and Rights of Persons with Disability (RPwD) Act, 2016. Parivartan was established in the year 2009 with the vision of working towards bringing lasting and constructive changes in the lives of persons with mental illness. The NGO works primarily on the Public Private Partnership (PPP) model and believes in building constructive partnerships with other sectors. Besides working along with the Mental Health Institute (MHI), Department of Psychiatry GMCH-32 Chandigarh, Parivartan works closely with Centre for Social Work, Panjab University, like-minded NGOs Chandigarh Legal Services Authority etc.

Parivartan provides a range of key services, including Crisis Resolution and Home-Based Treatment (CRHT) Services, Rehabilitation, Community Awareness and Capacity Building, Recreational Groups for Caregivers, Doorstep Oral Screening & Testing (DOST), Rehabilitation at Home and Community Treatment (RAHAT), and Services for Destitute Persons with Mental Illness.

1. CRISIS RESOLUTION AND HOME-BASED TREATMENT (CRHT) SERVICES:

There are large numbers of persons suffering from mental illness who lack insight and do not feel the need to seek treatment despite being violent and aggressive and other myriad reasons. Family members fail to convince them to seek treatment and come to the hospital. Thus, despite the availability of psychiatric facilities in the city of Chandigarh, there remains a considerable treatment gap. Parivartan has been running CRHT services since the year 2013 to provide treatment and support the persons having mental health issues. All residents of Tri-city (Chandigarh, Panchkula & Mohali) can avail these services by writing an application or through a call on mobile no. 9888876632. These services are provided to the following category of persons with mental illness.

Any person with (suspected or definite) mental illness [PMI] with the following conditions are eligible to apply for CRHT services.

- i. Gross personal neglect leading to potential threat to life, which may be suspected to be related to mental illness; however, patient is unwilling to come to hospital for treatment OR engage in treatment.
- ii. PMI (Person with mental illness) who is staying alone or family members suffering with debilitating physical illness/infirmity/ mental illness and there is no one to bring him/her for treatment to the hospital.
- iii. PMI who is homeless and there is no one to bring him/her for treatment to the hospital.
- iv. A non-compliant patient with a history of multiple relapses and in need of regular medication to prevent relapse and hospitalization.
- v. PMI who is unwilling to come for/seek treatment arising as a product of psycho-pathology/ illness/ negative perception about treatment and its providers.
- vi. Patients (especially elderly) who are bed ridden and are unable to come to the hospital for mental health treatment.
- vii. A situation in the community where it is immediately necessary to prevent—(a) death or irreversible harm to the health of the person; or (b) the person is inflicting serious harm to himself or to others; or (c) the person is causing serious damage to property belonging to himself or to others where such behavior is believed to flow directly from the person's mental illness.
- viii. Any Other Request ('under special circumstances' as recommended by the Registered Medical Professionals /Mental Health Professionals/Child and Woman Helpline Service and to be decided by the In charge running the service).

A total of 521 families have been covered under this service till now. During the year 2023-24, 22 cases were enrolled under the service and a total of 152 visits were done for old as well as new cases. An additional 38 sessions were taken through tele-mode mainly to ensure compliance with medication for the old cases enrolled under CRHT services.

2. **REHABILITATION:** Following a Public Private Partnership model, along with Mental Health Institute (MHI), GMCH, Sector-32, Chandigarh, Parivartan provides vocational rehabilitation for persons with severe mental illness in a variety of trades like cutting and tailoring, arts, and crafts, jute product making, computer training, nursing and gardening, etc. Parivartan provides vocational instructors and raw materials to run various sections and actively does

marketing and sales of the products made by persons with mental illness. The remuneration/salary earned by PMIs while working in these sections gives a great boost to their self-confidence and many get gradually shifted to the open market. A total of 30 persons with mental illness availed this service in the year 2023-24 from different sections.

3. COMMUNITY AWARENESS AND CAPACITY BUILDING:

Every year Parivartan organizes various seminars/symposia to reduce stigma, increase acceptance, awareness of mental illness and to psycho-educate people on various topics pertaining to mental health. Throughout the year various

programs are organized for patients, caregivers, and mental health professionals to observe special days dedicated in the field of mental health. Following are some of the events organized by the NGO in the year 2023-24.

- **Marathon:** NGO Parivartan collaborated with JW Marriot Hotel, Chandigarh to organise a short marathon of 3kms in Chandigarh on 17th May 2023. The name of the event was 'Run for Parivartan'. The agenda of this event was to promote the working of NGO Parivartan in the field of mental health. Members of Parivartan also participated in this event.



World Schizophrenia Day: NGO Parivartan collaborated with Department of Psychiatry, GMCH-32 and Mental Health Institute, Chandigarh in observance of World Schizophrenia Day on 24th May 2024. This day serves as a platform to challenge stereotypes, debunk myths, and advocate for better support and treatment for individuals living with this complex mental health condition. The theme for this year for World Schizophrenia Day was “Celebrating the power of community kindness”. A cultural event was organized for the inpatients and outpatients of Mental Health Institute, Disability Assessment

Rehabilitation and Triage (DART) and Psychiatric ward, GMCH, Sector-48, Chandigarh. Caregivers of patient with schizophrenia were also invited. Patients showcased their performances by dancing, singing and elocution. Prof. Dr. AK Attri, Professor In-charge Academics, GMCH-32 graced the occasion and presented token of appreciation to all the patients who participated in the event. The event was followed by Q & A session was for the caregivers of schizophrenia patients. Dr.Priti Arun, Dr.Shikha Tyagi, Dr.Bandana Bisht and Dr. Jyoti Mishra answered the queries of the caregivers.



Suicide Prevention Day: NGO Parivartan teamed up with the Dr. Harvansh Singh Judge Institute of Dental Sciences at Panjab University, Sec-25, Chandigarh, for a campus lecture held on September 11th, 2023. Dr. Jyoti Mishra, Assistant Professor in Clinical Psychology from the Department of Psychiatry at GMCH-32, delivered the lecture on that occasion.

Cyclathon: NGO Parivartan, in collaboration with the Department of Psychiatry at GMCH-32 and the Mental Health Institute in Chandigarh, orchestrated a

Cyclathon on October 7th, 2023, starting at 6 AM, under the guidance of Dr. Priti Arun, Head of the Psychiatry Department at GMCH-32. This uplifting journey commenced with the flag-off by Sh. Ajay Chagti, IAS, Secretary of Medical Education & Research, UT. The cyclists pedaled their way from Sukhna Lake to the Mental Health Institute (MHI) in Sector 32, Chandigarh. The event was further graced by the presence of Prof. Dr. Jasbinder Kaur, Director Principal of Government Medical College, Chandigarh, adding to its significance.



World Mental Health Day: On October 10th, 2023, in observance of World Mental Health Day, NGO Parivartan orchestrated a musical event in collaboration with the Department of Psychiatry at GMCH-32 and the Mental Health Institute in

Chandigarh. The Taj Divine group from Taj Hotel, Chandigarh, presented the musical program at this event, which was tailored for individuals with mental illness and their caregivers.



Dr. B.S Chavan Memorial Lecture: NGO Parivartan, in collaboration with the Department of Psychiatry at GMCH-32, Chandigarh, hosted a lecture on December 4th, 2023. This annual event commemorates the memory of 'Dr. B.S. Chavan' on his death anniversary. Dr. Suresh Kumar delivered a lecture on Community Psychiatry in New Zealand at the event, which was tailored for mental health professionals.

Picnic trip for patients: NGO Parivartan, in conjunction with MHI, arranged a picnic excursion to the Japanese Garden in Chandigarh on January 12th, 2024. A total of 28 patients joined in on the outing, where they enjoyed a guided tour of the garden and engaged in various games. Following the activities, refreshments were provided to the patients.



Dr. B.S. Memorial Rehabilitation Programme: To commemorate the work done in the field of mental health in the Tri-city by late Prof.B.S Chavan, NGO 'Parivartan' along with Mental Health Institute and Department of Psychiatry, GMCH, Sector 32, celebrated "Dr B.S Memorial Rehabilitation Program" on 10th March 2024. Dr. A.K Attri, Director Principal of GMCH-32 graced the occasion as the chief guest. An interactive program on 'Mental health Stigma: Overcoming the barriers' by Dr. Dhanesh Gupta (Senior Consultant Psychiatrist, Institute of Mental Health, Singapore). 'Dr. B. S Chavan Memorial Award' including a certificate and a cash prize of Rs 25,000 conferred to 'Nishkam Foundation', Gurugram during the program. Additionally, NGO Parivartan unveiled a compelling book 'Resilience and Perseverance', capturing a collection of stories steeped in the experiences and challenges faced by family members caring for individual with mental illness.



Bipolar Day: NGO Parivartan, in collaboration with the Department of Psychiatry at GMCH, arranged an event for World Bipolar Day 2024 on March 28th at DAV College, Sector 10, Chandigarh. The event featured a poster competition centered around the theme "Bipolar Together," followed by an interactive session discussing mental illness and bipolar disorder. Additionally, the program incorporated a poster competition on the theme 'Bipolar Together.'

Training Program for students: Students from various disciplines such as Social Work, Psychology, Law, and others participate in block placement training at NGO Parivartan. This training is interactive and ranges in duration from 1 to 3 months. Throughout the training period, students receive exposure to various programs and activities organized by Parivartan. A total of 56 students participated in this program during the 2023-24 period.

- RECREATIONAL GROUP FOR CAREGIVERS:** Caregivers experience significant stress and burden while looking after individuals with mental illness and often require support and guidance to manage burnout. Parivartan organizes recreational activities monthly to alleviate burnout among family members and caregivers. These activities take place in group settings on the first Saturday of each month, chaired by Ms. Seema Gupta, Ms. Sunaina Sachdeva, and Ms. Rosy. Throughout the 2022-23 period, 11 such activities



were conducted through group meetings. Some of the activities included exploring social support, coping with

- PSYCHOEDUCATION SESSIONS FOR CAREGIVERS:** Starting in August 2022, Parivartan initiated ventilation sessions specifically designed for caregivers who wish to express both their positive and negative emotions to trained professionals. These sessions occur once a month on the first Saturday and are facilitated by Mrs. Lamba. During these sessions, caregivers are provided with a safe and supportive environment where they can openly share their experiences, challenges, and emotions related to caregiving. The aim is to offer caregivers an outlet to release pent-up emotions, receive validation for their experiences, and gain support from both professionals and peers. Through these sessions, caregivers can find solace, relief, and guidance in navigating the complexities of caring for individuals with mental illness.
- VOLUNTARY INDUCEMENT PROGRAMME (VIP):** The NGO is dedicated to the rehabilitation and community integration of individuals with mental illness, including those who are challenging to engage. It operates a specialized program aimed at facilitating job placements. Individuals with treatment-resistant schizophrenia are offered opportunities for meaningful employment through this program, receiving salaries from NGO Parivartan. To date, this initiative has successfully placed 10 individuals. During the 2023-24 period, three of these individuals transitioned to open employment through this service.



- Door Step Oral Screening & Testing (DOST):** The DOST project focuses on conducting community-level mass screenings for oral premalignant disorders (OPMD) among tobacco users residing in rehabilitation colonies in Chandigarh. The project aims to identify all risk factors associated with oral cancer, provide optimal screening for the population, and ensure adequate management of high-risk individuals. A significant aspect of the project involves tobacco cessation, community health education, and raising awareness about the harmful effects of tobacco.

A free oral screening checkup was organized on February 5th, 2024, at Shree Raghunath Mandir, Sec-15 Panchkula, by Shree

Sanatan Dharma Charitable Trust in collaboration with IDA Mohali, Rotaract Club of Dr. Harivansh Singh Judge Institute of Dental Sciences, and NGO Parivartan under their Project DOST.

Additionally, on February 21st, 2024, NGO Parivartan, in partnership with the Government Rehabilitation Institute for Intellectual Disability and NSS, organized a dental checkup camp at The Heritage Public School, Jagatpura Mohali.

Throughout the 2023-2024 period, the DOST project team screened a total of 205 individuals, identifying 64 of them with risk factors during the oral screenings.



7. Rehabilitation At Home and Community Treatment (RAHAT): Within this initiative, community-based rehabilitation services are extended to individuals with mental illness who have disengaged from hospital-based rehabilitation services. The objective is to support people with mental illness in achieving independent living within the community. Furthermore, the project plays a role in preventing mental health issues and

advocating for mental health wellness for all within the community.

During the 2023-24 period, the project served 38 patients, conducting 330 visits to deliver rehabilitation services. Additionally, 99 telephonic sessions and 143 sessions through DART services were conducted to further support individuals' mental health needs.



8. Services for destitute persons with mental illness: Destitute or orphan individuals with mental illness receive complimentary medications, clothing, and essential daily items. Moreover, for those among the destitute or orphan population who lack the capacity to make decisions regarding their mental health and are admitted to the Department of Psychiatry at GMCH Chandigarh or the Mental Health Institute, a nominated representative is appointed under section 14 (Chapter IV) of the MHCA-2017.

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