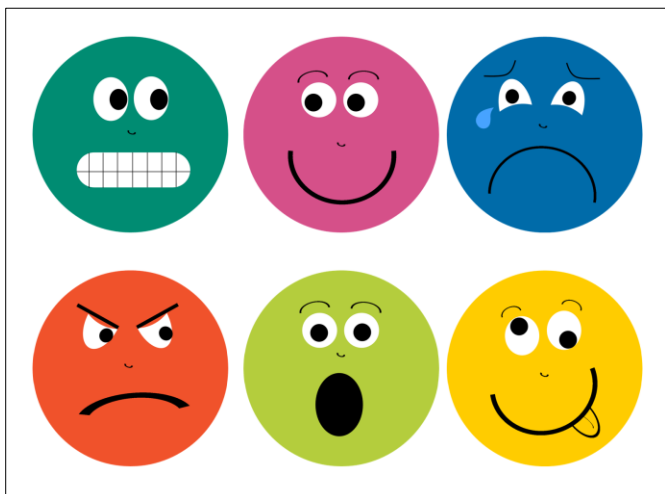




Adveka Foundation
An Organisation for Mental Health

Understanding & recognising emotions: A workshop for children

In April 2016, Adveka conducted a workshop with children on how to recognise and understand emotions. Twelve children aged between 5 and 12 years participated in the workshop, which was conducted as part of a summer camp at the Orchid Residency in Panvel, Navi Mumbai. The objective of the workshop was to introduce the children to various emotions such as happiness, sadness, anger, and fear, and



to help them recognize, understand, and feel comfortable in expressing them in their everyday lives. In the early years, children learn about emotions primarily by observing their parents. And if an adult expresses these basic emotions incorrectly, like throwing things in anger or suppressing sadness, the children too will

follow. The activities at the workshop included discussing the situations in which different emotions are felt, and enacting various scenarios. One of the activities specifically focused on anger and anger management.

Why India needs to wake up about teen, student, and youth suicide

On April 3, a 23-year-old management student committed suicide by jumping from the 19th floor of a hotel in Mumbai. In his note, he blamed depression and drug use for his decision. According to *Hindustan Times*, [one student commits suicide every hour in India]. It cites a 2012 Lancet report, which says India has one of the world's highest rates of suicides among people aged 15-29 years. In the light of this worrying scenario, here are some facts that illustrate the urgent necessity of tackling suicide, especially among the youth:

1.8% of all suicides in India occurred due to "failure in examination"

"Failure in examination" was one of the top 3 causes of suicide among children below 14 years of age

Students comprised 6.1% of the total number of suicides in India in 2014

*Statistics courtesy the National Crime Records Bureau report, 2014, on suicide in India

Needless to say, intervention and suicide prevention is one of the most urgent requirements of the mental health landscape in India today. If you or someone you know is suicidal, please contact these suicide helpline numbers immediately:

Vandrevala Foundation: 1860-266-2345/1800-233-3330

Aasra: +91-22-27546669

Sneha: +91-44-2464 0050

"Not sure I'm coping well as a caregiver": A dementia carer's story

"When my mother started becoming forgetful and absent-minded, I initially put it down to her old age," Devika remembers. After all, Yamuna was then over 70 years old. "But some of the incidents that happened as a result of her absent-mindedness were quite alarming. Once, she switched on the gas, and forgot to turn it off. Luckily, the live-in help spotted it, and switched it off, saving them both from a potentially fatal accident."

Devika is a busy professional who works late hours and usually has a hectic morning-to-evening routine. But there is one phone call she can never afford to let go unanswered, regardless of how important a meeting she's in, or how packed her schedule is, or how late at night or early in the morning it is. And that's from her mother Yamuna, who is now 80 years old and suffers from dementia.

It was after the near-fatal gas incident that Devika's daughter Manisha, a psychologist, realized that something more than just ageing was at work in her grandmother's case. When she took Yamuna to a neuropsychologist, the doctor confirmed Manisha's suspicions: her grandmother showed signs of dementia; Yamuna's memory was affected and would continue to deteriorate.

(To read Devika's full story, please visit advekafoundation.com/blog)