



Awareness Group established to promote mental health

At Adveka, our mission is to promote mental health in every section of society. With this in mind, we now have our newest division: an awareness group. Led by two volunteers, Sarika Karnad and Krish Mehta, the group's main objective is to raise awareness about mental health issues. They aim to do this by conducting awareness drives in public spaces, fundraisers, and competitions. The group comprises entirely of college volunteers, most from Narsee Monjee Institute of Management Studies, Mumbai. They will also have a big role to play in Mind Mela, Adveka's annual mental health initiative.

Preparing for Mind Mela, our annual mental health initiative

Preparations have begun for Mind Mela, the mental health initiative Adveka conducts every year in October with Maniben Nanawati Women's College and The Change Entrepreneurs. This will be the initiative's third year. It will be held from 3rd to 10th October, which is also International Mental Health Week. Mind Mela was first held in 2015, with the theme "Dignity in Mental Health", which was the World Health Organization's theme for that year's World Mental Health Day. In 2016, the theme was Psychological First Aid. In 2017, Adveka will focus on mental health at the workplace, and partner with businesses and companies so that they can ensure their employees have a healthy and safe work environment.

Living with an anxiety disorder: Here's what you need to know

Most of us experience some nervousness before big events. We might stress about work or feel apprehensive about making important decisions. Such temporary unease or fear is perfectly normal. But when the worrying does not stop, instead becoming a constant state and worsening over time, it is an anxiety disorder.

Anxiety-related disorders can affect a person's life to the extent that it interferes with their day-to-day functioning. It affects their daily activities, their relationships, and can even adversely impact their physical health.

There are several types of anxiety disorders, but the most common ones are generalized anxiety disorder, panic disorder, social anxiety disorder, and specific phobia. Common symptoms of generalized anxiety include: persistent worrying and thinking about worst-case scenarios in all or most situations; lack of focus on current tasks; easily fatigued, both emotionally and physically; irritability; persistent muscle ache or soreness, especially the back, neck, and shoulders; sleep difficulties (trouble falling or staying asleep, restless sleep); and other physical symptoms such as nausea, tremors, irritable bowel syndrome.

Anxiety disorders are more prevalent than one might imagine. According to the National Institute of Mental Health and Neuro Sciences (NIMHANS), in their 2015-2016 National Mental Health Survey, **as much as 3.1 percent of India's population suffers from some type of anxiety-related disorder.**

If you are experiencing any or all of these symptoms, thus affecting your personal or professional life, do seek help from your physician or a mental health professional.



What makes you a caregiver?

At some or the other point in our lives, most of us become caregivers.

Caregiving involves taking care of someone who is either a geriatric, mentally or physically disabled or diagnosed with a terminal disease that makes them unable to perform the activities of daily life by themselves.

The recipient of care could be an elderly person, an adult or a child, while the caregiver could be the patient's partner or spouse, parent, adult or minor children, sibling, relative, friend or even neighbour. Caregiving is not restricted to caring only for old people. It is important to understand the person supporting the patient is a caregiver regardless of the patient's age.

The roles and responsibilities of the carer broadly encompass:

- Seeing to the health, hygiene and nutrition of the patient.
- Supporting them with everyday activities like cleaning their surroundings, shopping for essentials.
- Supervising or handling timely administration of medication, support with any medical procedures.
- Ensuring comfortable living arrangements for the patient
- Ensuring the care recipient has access to companionship and entertainment.

The physical strain and emotional stress of being a carer has a high impact on their mental and physical health. It is, therefore, extremely important for the caregiver to take out enough time for themselves to focus on their own wellbeing.

(To read the full article, please visit advekafoundation.com/blog)