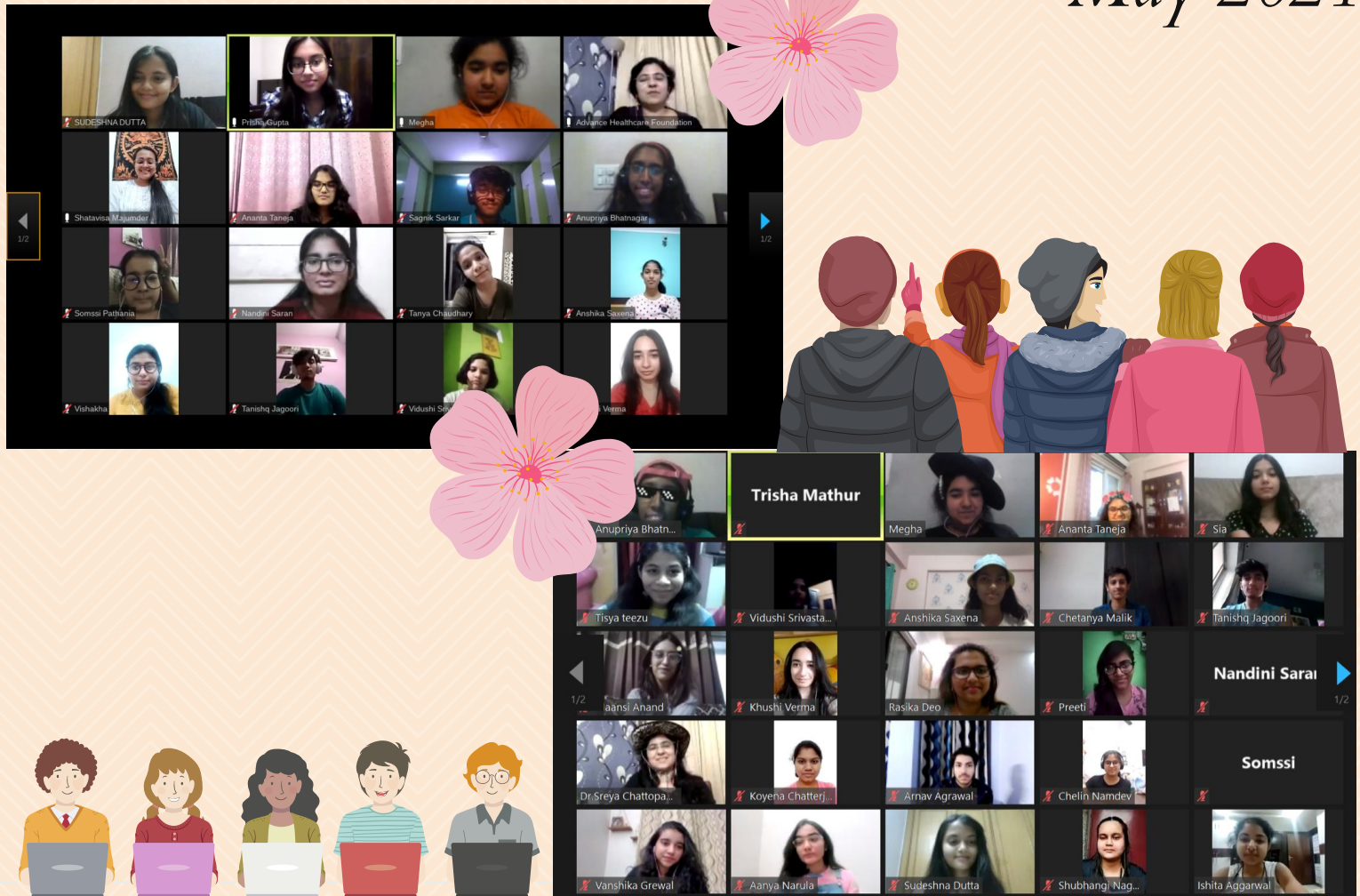


ONE BREATH AT A TIME

A Moment to Relax and Rejuvenate

May 2021



Celebrating Mental Health Awareness Month!

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A BETTER US

By- Tisya Choudhury

In these tense times when our country subjected to immense chaos and discord, it is of utmost importance that we **do not give up** in the face of these intense circumstances. To **provide some breathing space** from all the negativity, Advance Healthcare Foundation organized a **virtual event- Sfiato-** as a means of **ensuring the wellbeing and good mental health** of their Volunteers, and focused on providing a pause, a breather and creating a fun, optimistic and healthy atmosphere in these pressing times.

It was conducted with the motive to help **people forget about all their stress** for a while and have **lots of fun! Sfiato** was an event **full of energy-** Lots of **interactive quizzes, live performances, healthy chats** were in store for the participants!



QUIZ



WEvolve, on the other hand, was **focused on students and youngsters** and was a great way to **seek advice on dealing with anxiety and stress**. Our esteemed panelist- **Dr Shatavisha Majumder** answered all the queries of our audience and helped create a **positive environment for all**. These events helped us realise that it is extremely **important to take care of oneself- physically and emotionally** and of those around us. These are harsh and cruel times- but **together we can overcome anything**.

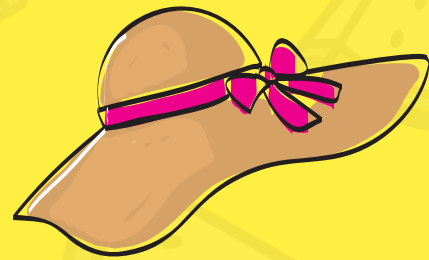
SFIATO- A BREATHER



By Preeti Chauhan



Sfiato is an **Italian** word, which means to **vent**. This event was organized with the motive to give us some moments to **pause, breathe and rejuvenate ourselves**. It featured a **Cultural Night** where one could **show his/her talent** without any hesitation along with some **awesome online games** for everyone to enjoy. A **unique dress code** was decided i.e. **Accessories one would wear to the Beach**.



Chetanya Malik, the host for the event, welcomed everyone to the wonderful evening. The event kickstarted with **Anupriya Bhatnagar** reciting a **wonderful poem** titled "**Poetic Trouble**".

Then, the virtual stage was graced by **Arnav Agarwal** who recited a **poem** on **courage and happiness**.

After that, we had to use some brains as it was time for a bunch of quizzes- **Hunky Brains**- on topics like **Netflix, Bollywood, Marvel, Potter and Food** quizzes.



SFIATO- A BREATHER



By Preeti Chauhan



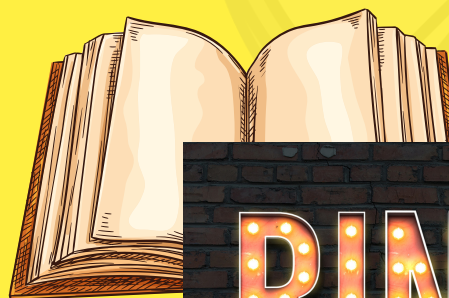
The next performer was **Sudeshna Dutta** who sang a **beautiful song** which was followed by a **fun game called Riddle Parade**, organised by **Somssi Pathania**. Next, **Koyena Chatterjee** graced the virtual stage with her **sweet, melodious voice**. The next performer was **Preeti Chauhan** who recited a **lovely Hindi poem titled "Papa"**. Then, there was a **superb dance performance** by **Tisya Chaudhary**. A unique game named **Stay-in or Bin-go** was organised by **Megha Chattopadhyay** after this. Everyone enjoyed playing the Bin-go!



To conclude such a wonderful evening,
Dr Sreya Chattopadhyay, Director of Advance Healthcare Foundation proposed the **vote of thanks** for the stress buster event.

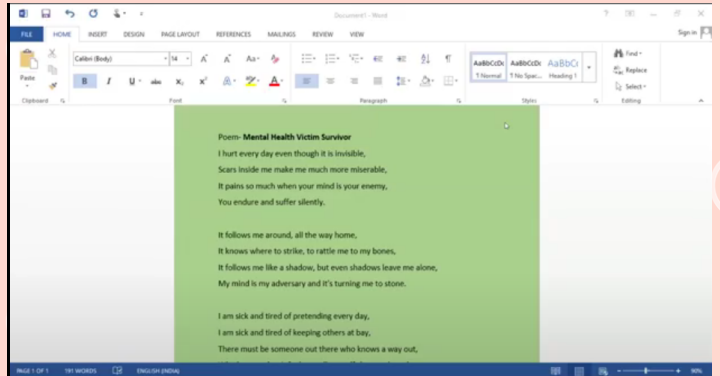
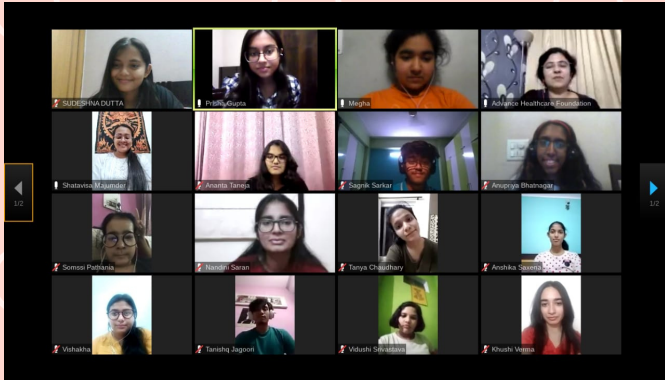
The event was a **great way to interact with people and enjoy ourselves** a bit.

It is highly necessary to **take a pause** sometimes and **live our lives to the fullest**.



WEVOLVE

By Ahira Mendiratta



‘In such unprecedented times, it is those who stick together that emerge the strongest.’

On 23rd May, the volunteers and members of the **Adolescence Development Club of Advance Healthcare Foundation** came together and participated in an interactive webinar-- **“WEvolve- Mental Health Matters”**. With the help of **Dr. Sreya Chattopadhyay, Director, Advance Healthcare Foundation**, this webinar was organised for the **mental wellbeing of the club volunteers, members and their families** and further, fostered the goal to help **volunteers navigate through these tough and testing times**.

The event was graced by **Dr Shatavisa Majumdar, a clinical psychologist at MindPlus, Ludhiana and a queer affirmative psychotherapist, who, is also a dance movement therapist and a member of CMTAI (Creative Movement Therapy Association of India) Chapter East**. who provided her **insightful and helpful advice** to the volunteers and **answered their questions in depth**. Dr. Sreya then started the event by discussing the current scenario and shed light on the **importance of Mental Health**. She urged the attendees to ask whatever doubts they had, creating a **safe environment for everyone**.

WEVOLVE

By Ahira Mendiratta

The event also witnessed **wonderful poetry** by Ms **Anupriya Bhatnagar** who shared her wonderful words on **Mental Health (not Victim) Survivor**. **Dr Shatavisa** then shared her wise words on the **need for discussion on Mental Health** and how we **should not ignore our mental wellbeing** in our lives.

The event then proceeded to an **interesting and informative panel discussion** wherein the participants addressed all their **questions about motivation, stress and anxiety, aspects of adolescent life, grief, mental state in a pandemic** and much more.

Every question was **wonderfully answered** by **Dr Shatavisa** who counselled the participants and discussed the **importance of an active mind, healthy lifestyle, both physically and mentally, the role of child and parents and support**. She also gave various **useful suggestions** by asking the student to **foster mindfulness** by **positively using technology, setting the right routines** and much more. She discussed how **holistic development becomes essential for overall growth** and provided **advice and insights** on how the attendees can deal with their problems.

The event also witnessed a **fun-filled activity**, in the form of a game of **WEvolve Tambola** and saw the **active participation** of excited and cheerful volunteers. The event ended with a **vote of thanks** delivered by **Adolescence Development Polymath, Megha Chattopadhyay** who thanked **Dr Shatavisa for her informative guidance** and encouraged more events for volunteers that help maintain a **positive environment** in the club.



BECAUSE... MENTAL HEALTH MATTERS

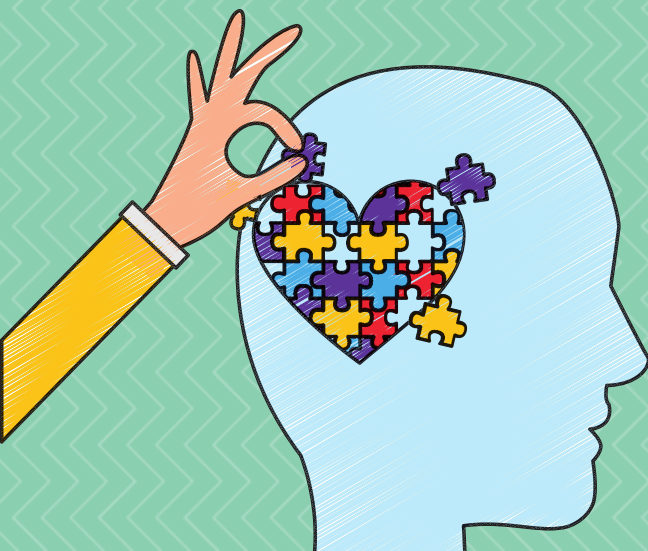
By Shhreya Anand

As the COVID pandemic rapidly sweeps across the world, inflicting a **massive level of dread, stress, and worry** in the people everywhere and among **certain vulnerable groups** specifically, like the **elders, nursing staff and frontline workers and individuals with underlying medical concerns**.

In public mental health terms, the **primary mental and psychological effect** right now are **heightened rates of stress, tension, and anxiety**. As new measures and effects are introduced – particularly **quarantine and its impacts** on numerous individuals' **standard exercises, schedules, or occupations** – levels of **loneliness, depression, unsafe alcohol and drug abuse, and self-hurt or self-harm conduct or suicidal behaviour** are additionally expected to rise.

Children, away from their school, friends, and colleagues, remaining at home can have **numerous doubts and questions** regarding the flare-up and they look toward their **caregivers and guardians for the solution**. Not all youngsters and guardians react to pressure in the same way. Children can **encounter anxiety, distress, and social isolation** that can have **short- or long-term impacts on their emotional well-being**. Some **normal changes** in kids' conduct can be **excessive crying, increased sadness or stress, trouble with concentration and attentiveness, avoiding previously enjoyed activities, unexpected migraines and headaches, and changes in dietary patterns**.

The **involvement of parents in healthy activities with their children** can aid in **reducing stress and anxiety** and bring relief to the overall situation.



In terms of the **older population**, they **depend on young ones** for their **daily needs**. The **elderly and disabled people** living in **nursing homes** can face **extreme mental health issues**. However, something as **simple as a phone call** during the pandemic outbreak can **help to console** many. **COVID-19** can also have a **detrimental effect on their mental health** leading to **increased stress, anxiety, and depression**. **Behavioural changes** could include **increased irritability, change in their sleeping and eating habits, or frequent emotional outbursts**. The **World Health Organization** urges family members to **regularly check on their elderly relatives** and have **calming and soothing conversations**.

Keeping one's **mental health in check** is of paramount importance in these troubling times. It is important to **take adequate breaks** while working or sitting in front of the computer or a device for too long to **rest your eyes**. Efforts should also be made to **avoid “zoom fatigue”** which is the **tiredness related to video calls on any number of platforms**. According to **Harvard Business Review**, **avoiding multitasking, taking built-in breaks, reducing on-screen stimuli, and switching to regular phone calls or email** would help **reduce “zoom fatigue”** and help you feel **less drained** after a long day of work.



BEHIND THE SCENES- SFIATO



Megha Chattopadhyay



Nandini Saran



Vanshika Grewal



Tanishq Jagoori



Sia Chandna



Somssi Pathania

CULTURAL COMMITTEE



Maansi Anand



Anupriya Bhatnagar



Trisha Mathur



Rasika Deo

*Thank you for
joining us!*



A wooden-framed blackboard sign with the words 'MENTAL HEALTH MATTERS' in white capital letters. To the right of the sign is a dried plant in a vase and a white textured sphere.

MENTAL
HEALTH
MATTERS

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