

World Mental Health Day-10 October 2020

Mental Health For All— Greater Investment Greater Access Everyone, Everywhere

WHO defines health as a state of complete physical, mental, social & spiritual health, not a mere absence of disease. Mental health is an important component of health. Good mental health is the foundation for good physical health & vice-versa. Mental health is the Cinderella of health, often neglected, ostracized, abused & with a social stigma. We freely talk of physical health issues like, heart disease, blood pressure, diabetes etc, but keep under wraps issues like depression, anxiety & schizophrenia.

Magnitude of mental health disorders: 450 million people suffer from mental health disorders around the globe. (197.3 million in India, almost 40-45% of cases in the world)

45.7 million have depression & 44.9 have anxiety. India has been labelled as most depressing country in the world by WHO. These 2 conditions are most important disorders especially in 15-29 year age group. More in females than in males.

Almost more than 50% mental health disorders begin before 14 years of age.

Suicide is the most common cause of death in 15-29

years of age in India. 1,39,123 suicidal deaths were reported in 2019. 1 death every 4 minutes. (1 death every 40 seconds in the world. 50% due to family problems & 56% by hanging. Maximum in Maharashtra, Tamil Nadu, Karnataka, West Bengal, & Madhya Pradesh. Rajasthan has 5.8/1 lakh whereas Indian average is 10.8/1 lakh population.

The cost of mental health disorders has been reported to be \$16 Trillion from 2010-2030.

How to recognize person with Mental Health Disorders? Unduly sad, loss of interest in pleasurable activities for a period more than 2 weeks.

Generalized Anxiety, fear of social gatherings, panic attacks, bouts of anger

Obsessed with hand washing, cleanliness, repeated checking of locks etc.

Altered sleep (excessive, poor sleep), appetite (excessive or poor)

Poor scholastic performance, absenteeism.

Taking undue risks, speed driving, increased smoking, alcohol, drugs, stealing, anger outbursts, getting into fights, aloofness & isolation.

Talking, writing, drawing etc about death

Feeling of helplessness, hopelessness, blaming self, guilt feelings.

Distributing precious possessions, asking for forgive-

ness, saying good bye & clearing all dues etc.

Collecting means for suicide, visiting websites etc for suicide means, collecting railway time tables etc

What are the bottle necks in access to mental health services?

Trained manpower deficit -1-3 psychiatrist & 2 psychiatric health care staff per lakh population.

75% of population no access to mental health services.

Level of investment only a meagre 2% of the health budget.

The social stigma attached to mental health disorders. Mental health persons are called "Pagal Ka Doctor" till late.

The lack of humane care & focus on recovery is grossly missing.

Ill equipped, poor hygienic conditions at mental health hospitals.

False & poor depiction in movies, mass media, printed literature has led to social ostracization.

How can we be of help?

Recognize symptoms & signs of mental health disorders in family, friends & colleagues

Ask them directly with empathy & in person about their problem/ Are they planning to hurt themselves/commit suicide? Direct question does not increase risk of suicide. It help as almost 75% are crying to



be heard/ ask for help.

Stay with them, inform responsible person, take them to psychiatrist / emergency of hospital, remove means of suicide. Do not laugh off their problem, provoke/ dare them, look down on them for not thinking of family etc, never leave them alone. Motivate to take medication regularly, do exercise/yoga, consult doctor & ask for help without being embarrassed. NGOS may organize parenting program, life skill program (creative & critical thinking, problem solving, decision making, assertively saying No etc), publication of articles on common problems, use of You Tube, face book, zoom, twitter, TV, AIR, publications in lay press etc.

Schools to have teacher/ staff training to pick up children with problems, regular physical activity, resilience building skills.

At home- have at least one meal together with no media, judicious use of media (not more than 1-1.5 hrs tv, mobile, computer, besides use for on line classes), sleep hygiene (7-8 hrs of sleep, no media in bedroom)

Mental health issues in

Corona Pandemic?

Corona pandemic has created a physical, mental, financial, social & emotional havoc all over the globe. Mental health disorders like depression, anxiety, suicide, hyperactivity, anger outbursts, drug use, overdose of online education Important factors responsible are isolation, fear of death, financial hardships, societal ostracization, restriction of movement & fear of harm to dear ones. Simple measures like regulating screen time, regular exercise/yoga/ mindfulness etc, eating healthy & together, adequate sleep, pursuing hobbies, & seeking doctor support. The silver lining is corona has brought families closer, with working from home culture. For prevention remember the pneumatic MDH (Mask, Distance & Hygiene). If you were to ask me of one measure, it is a good quality mask covering nose & mouth.

Take Home Message:

1 billion people have a mental health disorder. Anyone, anywhere may be affected. 1 in 5 children are affected my mental health disorder.

Depression & anxiety are the leading ones. Both are preventable & treatable. \$1 invested in care gives dividend of \$5.

People with severe mental health disorder die 10-20 years earlier than normal.

Suicide is a disease & is preventable. Visit www.zer-suicidealliance.org/ or www.relias.co.uk. Ask for help. A number of websites & helpline are available in India & abroad. We have a 24x7 helpline in Kota manned by trained counsellors Hope helpline-0744 2333666.

Multipronged approach by health policy, health legislation, community involvement, humane care, dispelling myths, erasing the stigma & each one acting as mental health volunteer. Government of India launched Mental Health policy in 2024 & Mental Health Act in 2017 to improve care & enhance accessibility.

Everything begins at home. Let us focus on parenting, inculcating positive value, spending time together, judicious media use, nutritious diet & a culture of mutual help.

Schools to focus on Life skill education, physical activity & inculcate culture of fairness & co-operation.

Community & NGOs to inform, educate & communicate. Dispel myths & erase stigma.

Let us join hands to prevent mental health disorders. Make community treat them like any other health issue. Each one can contribute. Let us ensure everyone, everywhere gets help & treated with compassion & love.

Time To Act Is Now. Let Us Just Do It.

The meaning of the schemes is only when the concerned get benefits - Dr. Raghu Sharma

Minister-in-charge reviewed the review meeting with district-level officials

Bhilwara: District In-charge Minister, and Medical and Health and Minister of Information and Public Relations Department, Dr. Raghu Sharma, said that the state schemes are meaningful only when their respective beneficiaries can benefit.



Dr. Sharma told the district level officials that the progress report of the schemes reflects their success. That is why, after making complete preparations with the updated progress report of the plans of your department, come to the meeting. He said that the Chief Minister's instructions are that other departments' schemes should not be interrupted during the Corona period. He reviewed the Chambal Project, Ajmer Vidyut Vitran Nigam Limited, Public Works Department, Municipal Council, Medical and Health Department, Zila Parishad, Education Department, Social Justice, and Empowerment Department, City Development Trust, and State Government Flagship Schemes. During the meeting, District Collector Mr. Shivprasad M. Nakate, District Superintendent of Police, Mrs. Preeti Chandra, ADM Mr. Rakesh Kumar, Acting ZP CEO Mr. N.K. Rajora, Deputy Forest Conservator D.P. Jagavat, SDM Riya Kejriwal, and all other departments were present. The minister in charge said that there is a need to be vigilant about other severe diseases and seasonal diseases during the Corona period. Apart from making proper arrangements in every hospital, treatment should be provided to the people through a mobile van. He was instructed to achieve 100 percent target of vaccination and to develop model CHC in each assembly constituency from MLA Fund, to train staff for special investigations. Instructed to take concrete action against the samples' shopkeepers found to be impure from the samples taken under the war for purification.

Appoint personnel to clean toilets in villages:

While reviewing the Zila Parishad plans, Minister-in-charge praised the scheme MNREGA, which provides daily employment to the migrants during the Corona period. Under the scheme, Bhilwara also praised the best performance across the state. He had instructed to increase the average employment day, maintain average payment, and start an impressive campaign to make job cards of scheduled castes, tribes. To clean the community toilets built under the Swachh Bharat Mission in the villages. He also asked to appoint cleaning personnel through NREGA. He also gave instructions to provide a separate toilet for girls in government schools. Directing the officials of the Department of Mines and Medicine, Minister-in-charge said that efforts should be made to prevent the spread of silicosis disease among the people working and residing in the mining areas. The mine owners should be asked to arrange the mine workers' health checkup and take measures to avoid this disease. Special care should be taken to ensure that no victim remains deprived of the state government's financial assistance.

The minister in charge gave instructions to the officers of the Social Justice and Empowerment Department to organize special camps to provide relief to the Divyang by providing artificial limbs and other accessories. He asked to prepare the camp plan in the same manner by collecting the data of Vidhan Sabha wise persons with disabilities. Describing the Palanhar scheme as a boon for impoverished children, he said that not a single eligible child should be deprived of this scheme. Minister-in-charge expressed displeasure over the incidents of illegal gravel mining and transportation in the district and said that there is a need to discourage the gravel mafia. Instructed to patrol the gravel mafia through special patrolling of police stations adjoining Banas river, effective action of the Mines Department's Vigilance team, and a hefty fine as per rules by Transport Department. He said that due to the gravel mafia development, complaints are being received about an increase in crimes in rural areas.

Bhilwara: Harshit Vyas elevated to Chief Operating Officer

Bhilwara: Keeping its commitment to talent and recognizing the role certain leaders have played in managing operations as well as motivating teams during the ongoing impact of COVID-19 on business, OYO Hotels & Homes has elevated Harshit Vyas, a young talented professional originally from Bhilwara to COO, India & South Asia, Franchise Business.

One of the youngest CXOs in the hospitality industry, Harshit Vyas is now COO, India & South Asia, Franchise Business. He is one of the first 10 OYOpreneurs and recently completed over 6 years with OYO. He started as a Business Development Manager in Gurgaon and later helped OYO in making a foray into international markets by setting up the local team in Malaysia. As Region Head for West, he led a large team and made the region one of the fastest-growing and most profitable business units for OYO. In his most recent role in the last year, as Chief Business Officer (CBO) for Franchise business, he worked collaboratively with Region Heads and led teams across Hubs to ensure synergy and a healthy competitive spirit among all hubs. During the entire lockdown period, Harshit ensured that all on-ground teams were motivated and meaningfully engaged.

During his tenure at OYO, Harshit has demonstrated a clear ability to collaborate with central business leaders and drive outsized outcomes on the ground right from OYO Secure penetration to improvement in guest experiences. In his new role, Harshit will continue to work closely with Rohit Kapoor, Chief Executive Officer, India & South Asia, to drive outcomes through regional teams, help OYO recover faster from the COVID-19 crisis and make the company move forward as one team.



The delegation met Khachariwas for problems in the hotel business

Udaipur: Delegation of Hotel Institute Southern Rajasthan met district in-charge and Transport Minister Pratap Singh Khachariwas about the crisis and various issues being faced from the government and municipal corporation and made them aware of the issues.

Memorandum was given to provide relief to the hotel and tourism industry, which he assured to consider sympathetically. The delegation included Chairman Subhash Singh Ranawat, Vice President KP Agarwal, Secretary Rakesh Chaudhary, Joint Secretary Prafulla Singh Kumawat, Treasurer Ambalal Sahu.

Gandhi and Shastri Jayanti celebrated in Neerja Modi School



Udaipur: Mahatma Gandhi and Mr. Lal Bahadur Shastri Jayanti is being celebrated at Neerja Modi School, Chitrukoot Nagar

On the occasion of the birth anniversary, students in grades 1 and 2 attended a special session. To learn from their biography, philosophy, and values, the students participated in an activity that they will need in the future. The students learned about Gandhiji's three moneys, famous for 'Don't listen, don't say bad and don't speak badly.' He realized its importance in a sports game like children who used

masks, headphones, and glasses. The students of class 3 to 8 understood the importance of maintaining dignity and cleanliness of labor by cleaning various places in their homes. The students also told about Lal Bahadur Shastri that the second Prime Minister of our country. Lal Bahadur Shastri, had given the slogan of 'Jai Jawan' 'Jai Kisan to the country. School director Mrs. Sakshi Sojatia told the students that we, too, should follow the path of Gandhiji's truth and non-violence, and Principal George A. Thomas said that Gandhiji and Shastri Ji are our ideals, we need their stated plans.

New education policy: Points to Ponder

Raisha Upadhyay, JECRC University, Jaipur



Education is the passport to the future for tomorrow belongs to those who prepare for it today. By Malcolm X

Education is the most important National activity and the backbone of country progress.

The new education policy is likely to lead to 100% literacy in the 15 to 35 age group in the wake of century. The Government of India recently announced a new reform education policy on 29 July 2020 it was a long-awaited discussion to reform the national education policy is framed in 1986 and modified in 1992 the new education policy is framed to make it suitable to current educational, economical and societal changes. The Government of India infused some release into the mind of student who were fed up with old education system and were eagerly waiting for it to change.

Some of the main highlights and fact about national education policy 2020.

1. Schooling will start at the age of 3 years
2. 5+3+3+4 curricular and teaching structure
3. Emphasis on mother tongue as medium of instruction
4. Universalisation of Early Childhood Care Education (ECCE)
5. No rigid separation between Science, Arts and Commerce streams
6. Internships and vocational education from Class 6
7. Focus on attaining foundational literacy and numeracy
8. Board exams to have low stakes

9. Reduction in curriculum to core concepts
10. NCC wings in the secondary and higher secondary schools.
11. Internship included in class 6th Advantages of NEP 2020
 - 2 crores out of school childrens back into the mainstream.
 - Reduced unnecessary stress and importance of board exams.
 - Infusion of technology.
 - More qualified teachers.
 - Music art and literature to be taught in all colleges.
 - Importance to practical and skill development.
 - More budget for education.
 - Disadvantages of NEP 2020
 - New education policy of 2020 will be challenging in rural India.
 - Learning problem for students and teachers to adapt to new learning system.

Lack of qualified teachers according to the new requirements

The Governments which are anti-farmer and anti-labour are far from the Ideals of Gandhi – Himmat Seth

Udaipur: North Western Railway Mazdoor Union, Udaipur organized a meeting at Gate No. 2 of the Udaipur City Railway station on the topic " Mahatma Gandhi aur Mazdoor Andolan" to observe the 151st birth anniversary of Mahatma Gandhi. The chief guest of the meeting was Himmat Seth, Chief Editor of Mahaveer Samta Sandesh. In his address he said that Mahatma Gandhi participated in the textile workers strike in Ahmedabad and also in the peasant's movement of Bardoli which was led by Sardar Vallabh Bhai Patel. He was in favour of an agro based and village centered economy. He said that the Union Government led by Narendra Modi who has enacted laws against farmers and workers is miles away from Gandhiji and his ideals. Beginning the discussion Prof. Hemendra Chandalia said that Mahatma Gandhi was deeply impressed by Leo Tolstoy's book The Kingdom of God is within You and John Ruskin's book Unto this Last. He translated this book Unto This Last in Gujarati with the title Sarvodaya. He said that Gandhi was against the western capitalist model of development and advocated a kind of development based on village autonomy, indigenous production and dignity of labour. Gandhi ji said that the earth had everything for the need of everyone but not enough for the greed of a single individual. He said that the Union government and BJP are only paying lip service to Gandhi. Their real masters are the corporate who support him to win elections. President of Samta SAMvaad Engineer Piyush Joshi said that Railways are the backbone of Indian econo-

महात्मा गांधी के 150वें जयन्ती के अवसर पर
पाठिक समता संवाद का आयोजन
 दिनांक 02-10-2020, शुक्रवार समय: शाम 4.45 बजे
विषय : महात्मा गांधी मजदूर-आंदोलन, नये श्रम सुधार कानून
आप सादर आमंत्रित है।
 स्थान : सिटी रेलवे स्टेशन, एंटी गेट नं. 2, उदयपुर।
 इस विषय पर आप अपने विचार लिखकर भी भेज सकते है।
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 -: निवेदक:-
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 सचिव, NWREU (र.आई.पी.एफ.) (अध्यक्ष, समता संवाद)

my and also of social fabric of India. The NDA government is bent upon making it private.

Every Indian must fight against such a policy. The convener of Bhrashtachar Mukh Bharat Harish Suhalka said that the service conditions, service security and the honour of railway employees must be protected at any cost. The meeting was convened by the secretary of the union comrade Nisheeth Shrivastava who warned about the challenges of the privatization of railways.

The meeting was presided over by Jagdish Kumar of the Union. The Vice President Ramcharan Meena offered a vote of thanks. Prof. L.R.Patel, B. Panchal and about a hundred employees of north western railway were present in the meeting.

You Are the BEST Dedicated to my Motherly Figure – Dr. Hind Alotaibi

You are a wonderful mother,
 So gentle, yet so strong.
 The many ways you show you care,
 Always makes me feel I belong.
 You're patience when I am irritated,
 You give guidance when I ask;
 It seems you can do most anything;
 You are the master of every task.
 You are dependable source of comfort;
 You are my cushion when I fall,
 You help in times of trouble;
 You support me whenever I call.
 I love you more than you know;
 You have my total respect.
 If I had my choice of mothers,
 You would be the one I would select!
 Hind you are the BEST!

- Dr. Mehzeen Sadriwala

