

THE SHRADDHA MUMBAI CENTER - 1997

Shraddha Samarpan
Jehangir Exhibition
Coverage - 1 / 11

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ART A LA CARTE

Shraddha Samarpan

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IN one of the most simple and yet touching, humane and sensitive gestures, over 100 senior and eminent artists from all over India and abroad have come together for a common cause.

The cause of the mentally ill. In absolute altruism, with spontaneity, genuineness and selflessness writ large on their intentions, they have decided to donate some of their creative artistic works towards the cause of the mentally-ill destitute wandering aimlessly on the streets of India.

These artists have joined

In aid of the mentally ill who wander the streets of India

hands with Shraddha Rehabilitation Foundation, an organisation inspired by and dedicated to the mentally-afflicted downtrodden meandering in the bylanes of India.

These senior and eminent artists believed that the wandering insane, who have no place to go, no shelter or roof over their head, no doctor or friend to turn to, do have a basic intrinsic right to live life with dignity, and that someone could and should con-

tribute towards this basic intrinsic right of the mentally-insane person.

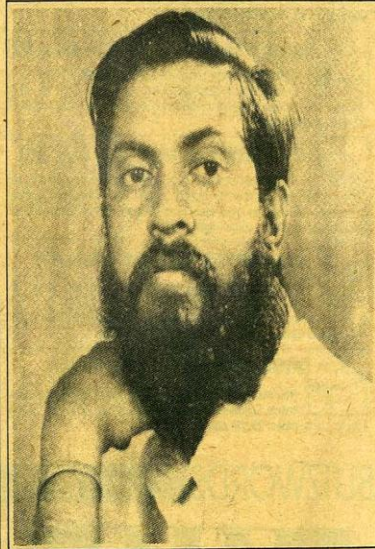
It all began with the story of one Shri Hemant Thakare, a gold-medallist lecturer of J. J. School of Arts, Bombay, who was tragically afflicted with mental illness and who in the process was knocked off the rolls from the faculty of J. J. School of Arts.

Ending up on streets, he was drifting aimlessly for one whole year until one of his students heard about Shraddha Rehabilitation Foundation.

The Foundation picked him up, treated him, met the Secretary of Education and saw to it that he got his job back.

This process of rehabilitation of Hemant from a mentally-ill roadside destitute to a fully functioning lecturer in his original Alma Mater took one whole year and saw some of the senior and eminent artists of Bombay who had had a soft corner for Hemant come close to Shraddha Rehabilitation Foundation.

Now Hemant, under the guidance of these social and eminent artists, is the pioneer behind the national art exhibition. "Shraddha Samarpan" and has personally gone and met all the



HEMANT THAKARE: giving back to the Shraddha Rehab Foundation

senior and eminent artists from all over India to seek their esteemed and revered paintings/sculptures as donation towards the cause.

Artists like Gieve Patel, Navjot, Akbar Padamsee, Suruchi Chand and Badri Narayan have generously contributed their work. The response has also been emotionally overwhelming.

For these senior and eminent artists unanimously empathised with the cause which Hemant personified and believed that the wandering insane who have no place to go, no shelter or roof over their head, no doctor or friend to turn to, do have a basic intrinsic right to live life with dig-

nity, and that someone could and should contribute towards this basic intrinsic right of the mentally-insane person.

This exhibition is both their commitment towards Shraddha Rehabilitation Foundation and an appeal on its behalf.

As Dr. Bharat Vatwani of Shraddha said, "It is a representation of the heart-rending cry for help emanating from the wrecked souls of the thousands of mentally-ill downtrodden existing in searing starkness on the streets of India."

May the echoes of the cry not go unheard. May the efforts of Hemant Thakare not be in vain.

Business Standard

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Art of heart

An art show for the mentally deranged by a former patient

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Growing pressure

Tobacco Board gives in to the demand for raising the crop limit

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Painting for a good cause

WHEN Bharat Vatwani rescued a deranged man from the pavement outside the Jehangir Art Gallery in Bombay two years ago, he didn't expect any reward for it. Vatwani and his wife, Smitha, both psychiatrists, treated him and then helped him to get back his job at the JJ School of Art.

Well, one good turn deserves another. Hemant Thakare, the man who was once picked up from the pavement, is today putting out a giant art show to aid the Vatwanis in their work with the mentally deranged. Thakare has worked round the clock to get more than 120 artists to take part in the show. Shraddha Samarpan, an exhibition of paintings, etchings and sculptures, which opens at the Jehangir Art Gallery and the Artist's Centre on October 18. The proceeds from this exhibition will go to the Vatwanis' Shraddha Rehabilitation Foundation.

The list of artists who have contributed to the cause reads like a veritable who's who of the Indian art world. There's S. H. Raza, Sakti Burman, Ganesh Pyne, Paritosh Sen and Akbar Padamsee. Besides that there will also be Manu Parekh, Krishna Khanna, Krishna Rao, Arpana Caur, Anjolie Ela Menon, Bhupen Khakhar and Vivan Sundaram.

Not all the paintings will be auctioned. About 20 odd paintings will be up for auction while the others will be sold at predetermined prices. Prices vary, but the average is estimated to be around Rs 20,000.

The money raised by the show will be used by the Vatwanis to open a 50-bed hospital-cum-vocational training centre to rehabilitate mentally ill destitutes. For several years now they have run a small centre, the Shraddha Rehabilitation Foundation, where they cured beggars and other destitutes picked up from the streets. Now, thanks to Thakare they may be able to enlarge their vision.

Although the Shraddha Rehabilitation Foundation was officially registered two years ago, the Vatwanis have been rehabilitating the "wandering insane" since 1987.

It all started when the Vatwanis chanced upon Vijaun, a young man, who constantly haunted the garbage cans near their nursing home. Both Bharat and Smitha decided to treat him. To their surprise they found that this man who had subsisted on waste from the bin was, in fact, highly educated. The successful rehabilitation of an educated patient was a positive reinforcement, says Smitha, and soon the Vatwanis were on the look-out for their next patient.



Vijaun (top) and paintings at the show (above): aiding the mentally ill

Today, they have cured nearly 200 such cases. The Vatwanis have derived inspiration in their efforts from Mother Teresa. Says Bharat: "Just as Mother Teresa's Shanti Daan is for the destitute and dying, Shraddha Rehabilitation Foundation is for the destitute and mentally ill." Often the two institutions have collaborated in the past by referring cases to each other.

The destitutes the Vatwanis pick up are mainly psychotics with a majority suffering from schizophrenia. According to them, it is easy to distinguish the psychotic from an ordinary beggar. Says Bharat: "Unlike the normal beggar who will grab you if you offer money or food, these people are fearful. Also, you will find them laughing or talking to themselves, or conducting imaginary conversations. If one extreme is

violent behaviour, at the other extreme, they may not speak at all and display extreme paranoia."

So cut off from reality are some of these people that they just wander out of their houses, getting on to trains or buses. Which is how they end up in urban centres or terminus points.

The treatment for these cases primarily consists of a course of anti-psychotic drugs along with nutritional inputs. The first step, however, is to clean the patient since invariably they are in an unkempt condition. Also, most of the patients picked up suffer from skin diseases or from diarrhoea and have to be treated for these too. Sometimes the mental illness is so acute that the patients have to be tied down or locked up.

But once the new clinic materialises, there will be no bar on age. The plan is to set up a separate clinic here for mentally ill destitutes while the present clinic will be only for private patients. If the show is a success, Hemant Thakare, in his own small way will have done his bit for the mentally ill.

when their physical and mental health has improved that we question them about their whereabouts," says Smitha. The facts divulged are reconfirmed after a month when the patient's condition has further stabilised.

The rehabilitation programme includes getting the patient back home and uniting him with his relatives. Alternatively, they try to find their patients jobs. It is only when the patient has recovered that the relatives are contacted, as otherwise they could stop the treatment midway. This itself is a difficult task since the destitutes don't always remember a proper postal address.

Very often the cured patient has a relapse as they fail to take the prescribed medication. Apart from medication, counselling has an equally important role. Most of the patients lack the confidence to go back to society, says Smitha. Thakare, for instance, initially refused to go back to his teaching job and had to be pushed to accept the month's trial offer that the dean of JJ School made. Even today, he is on mild medication and lives at the nursing home where he helps out by escorting destitutes back home.

Another success story for the Vatwanis is Sathir Phadke, who worked as a sub-engineer with the Bombay Municipal Corporation for 16 years. Bharat and Smitha have not only helped Phadke recover the flat he was duped of but have also helped him get back his job.

Of course, there are plenty of failures and these cost a lot. It needs at least Rs 3,000 for a minimum of two months treatment. And usually the treatment costs much more as patients can take a long time to recover. Escorting patients back to their homes is an additional financial burden. At present, the Vatwanis rely on donations from Rotary and other organisations as well as from the families of patients they've treated.

Although initially, the Vatwanis only took on one destitute at a time as they had only a five-bed clinic, they now house eight to ten destitutes in their 20-bed clinic. The remaining beds are kept for private patients. Bharat also prefers to pick up destitutes in the age group of 20 to 30, since it means a higher turnover.

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DRS. BHARAT and SMITHA VATWANI with a mentally-ill destitute who was picked up from a Bombay railway station

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Jehangir Exhibition
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GUJARATI

INDIA TODAY

OCTOBER 1993



કળાપ્રદર્શન

અસહાયોની સહાયમાં

સંવેદનશીલ કળાકારો માનસિક રોગીઓની વહારે ચરે છે

અંજલિ ઈલા મેનન, જે. આમીનાથન, બિકાસ ભટ્ટાચાર્ય, ગુલામ શેખ, બદરીનારાયણ, મનુ પારેખ, મનજિત બાવા... યાદી તો હજી ઘણી લાંબી છે. ભારતીય કળાજગતના આ બધા ચમત્કાતી સિતારાઓની મુંબઈ ઝગમગી ઊઠવાનું છે. આઈની દુનિયાના આ માંધાતાઓ ૧૮મી ૨૪ ઓક્ટોબર દરમિયાન મુંબઈની જાંગીર આર્ટ ગેલેરીમાં પોતાનાં ૧૪૦ જેટલાં ચિત્રોનું પ્રદર્શન યોજી રહ્યા છે. 'શ્રદ્ધા સમર્પણ'ના બેનર તળે યોજાનારા આ પ્રદર્શનમાં વિદેશમાં સ્થાયી થયેલા ભારતીય કળાકારો પણ ભાગ લેવાના છે.

આ બધા જ ખેરખાંઓ એક બેનર નીચે ભેગા થયા તેની પાછળ રસ્તે રાજ્યતા અને માનસિક રીતે અસ્થિર લોકો માટે ભંડોળ ઊભું કરવાનો ઉપદ્રા આશય છે. આવા અસહાય લોકો માટે બધા જ પ્રતિનિદિત કળાકારોએ પોતાની સર્જકતાનું દાન કરીને રાષ્ટ્રીય કલાના પ્રદર્શનનું આયોજન કર્યું છે.

આ પ્રદર્શનનાં મુળિયામાં પાંચ વર્ષ પહેલાં બનેલા એક પ્રસંગમાં પડલાં છે. એ આખા પ્રસંગના કેન્દ્રસ્થાને છે જે. જે. સ્કૂલ ઓફ આર્ટ્સનો એક ગોલ્ડ મેડલિસ્ટ વિદ્યાર્થી હેમંત ઠાકરે. હેમંતને જે. જે. સ્કૂલ ઓફ આર્ટ્સમાં જ આસિસ્ટન્ટ લેક્ચરર તરીકે નોકરી મળી ગઈ હતી. બધું સરસ રીતે ગોઠવાઈ ગયું હતું પણ એક દિવસ અચાનક હેમંત ઠાકરેનું જીવન છિન્નભિન્ન થઈ ગયું.

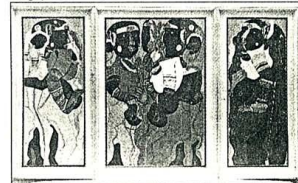
હેમંતને સિઝોફ્રેનિયા નામે ઓળખાતો એક માનસિક રોગ લાગુ પડી ગયા હતા. આ ઊભરતો કળાકાર વાસ્તવિકતા સાથેનો બધો જ સંપર્ક ગુમાવી બેઠો. કોઈ એની મદદે પણ ન આવ્યું અને આમ એક આસિસ્ટન્ટ લેક્ચરરે રસતા પરતો 'ભગવારી' થઈ ગયા. દિવસોની વધી ગયેલી દાદી, જુઓ મદબહત લખરવખર વાળ અને અભ્ય રમણથી જાગ્રતા દુઃર હેમંત જાંગીર આર્ટ ગેલેરીની આસપાસ રખડતો રહેતો. એ ઘણી વાર એ.એ. હુસેન સાથે યાત્રા કરતો. બધા એને જાઈ રહેતા, દયા પણ માતા પણ કરી મદદ ન કરતા.

એ પછી પણ એક વર્ષ વીતી ગયું. આખરે

એક દિવસ હેમંતના એક ભૂતપૂર્વ વિદ્યાર્થી આવા માનસિક રીતે અસ્વસ્થ લોકોની સારવાર કરતા શ્રદ્ધા રિહેબિલિટેશન ફાઉન્ડેશન વિશે જાણ થઈ. ત્યાંના ડોક્ટરદંપતી ડૉ. ભરત મનુભાઈ



ડૉ. મનુભાઈ



એક વાર આ રોગ થયા પછી વાસ્તવ અને ભ્રાંતિની એવી ભેળસેળ થાય છે કે વ્યક્તિ દારવાય છે

સાવ વિખૂલે પડી જાય છે. આખરે એ રસ્તે રાજ્યતા વ્યક્તિ બની જાય છે. એ તબક્કે ખોરાક, આશરો કે સારવાર જેવી મુળભૂત જરૂરિયાતથી પણ આ દર્દીઓ વિચિત થઈ જાય છે.

રોગીઓની આવી અસહાયતા જોઈને જ ૧૯૮૦ જેટલા સંવેદનશીલ કળાકારો તેમને મદદ કરવા પ્રેરવા છે. એટલે તેમણે પ્રદર્શનનું આયોજન કર્યું છે-એક એવા આશય માટે જે સિદ્ધ થયે તો આજે થોડીઓ અને ગટરોમાં સબકાતા અસૌખ્ય લોકો તેમની પૂર્વવત્ જિંદગીમાં પાછા ફરી શકશે. દલેશ પરીખ

કરવામાં મદદ કરતી વ્યક્તિઓમાં અગ્રસ્થાને છે. હેમંત જેવો જ બીજો એક કિસ્સો સુપીર કડકનો છે. મુંબઈ મહાનગરપાલિકામાં સબ-એન્જિનિયર તરીકે નોકરી કરતા સુપીર કડકે એક દિવસ માનસિક રોગનો ભોગ બન્યા.

પોતાને વોશિંગ્ટન પોસ્ટનો કોરસપોન્ડન્ટ માનવા લાગેલા સુપીર માનસિક સમતુલા સાવ ગુમાવી બેઠા. તે અરસામાં તેમના અંધકારવ્યાં જીવનમાં શ્રદ્ધા નસિંગ હોમની પાંચ મહિનાની સારવારથી ચમત્કાર સર્જાયો. હવે મુંબઈ મહાનગરપાલિકાના રિસ્ટર ઓફ ટેકનિકલ સર્વિસીઝ ડૉ. એમ. કાળે સાથે સુપીર પુરા આત્મવિધાસથી ચર્ચા કરી શકે છે.

અત્યારે તો મુંબઈના બોરીવલીમાં એક નાનકડી જગ્યામાં ચાલતા આ નસિંગ હોમને ૧૦૦ દર્દીઓને સમાવી શકે તેવી વિશાળ જગ્યાએ ફેરવી નાખવાનું તેના સંચાલકોનું સ્વપ્ન છે. ડૉ. ભરત વાટવાની કહે છે, 'રસ્તો રાજ્યતા માનસિક રોગીઓની સારવાર કરતું આખા ભારતનું આ એકમાત્ર કેન્દ્ર છે.' ડૉ. સ્મિતા વાટવાની કહે છે, 'આ રોગને અનુકૂળ બાધોકેમિકલ માનસિક સ્થિતિ ધરાવતાં બધાં જ સ્ત્રી-પુરુષોને આ રોગ થઈ શકે છે.'

એક વાર આ રોગ થયા પછી વાસ્તવ અને ભ્રાંતિની એવી ભેળસેળ થાય છે કે વ્યક્તિ ભ્રાંતિથી દોરવાય છે. વ્યક્તિ પોતાના પરિચિત સ્થળોની આસપાસ કોઈ હેલુ િના ભટકવા લાગે છે. ભૂલાઈ આ રોગનો દર્દી જો બસ કે ટ્રેનમાં ચડી જાય તો તે ધરથી

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SPECIAL FEATURE

FAR FROM THE MADDING STREETS

A psychiatrist couple in Bombay restores the dignity and sanity of destitute schizophrenics

MUD-CAKED and clad in tattered clothes, Vijay was a familiar sight at Borivli in suburban Bombay. As familiar as the dustbin he lived next to and ate out of, often fighting for leftovers with stray dogs. Most passersby did not give him a second look. A few paused, to laugh at the 'mad man' who spoke gibberish. Only one man stopped.

"I had seen him every day for two weeks. Once I saw him scooping water from the gutter into a coconut shell and drinking it," says Dr Bharat Vatwani, a psychiatrist. Dr Bharat asked Vijay to join him for a cup of tea. They then hopped into an autorickshaw which took them to Shraddha, his nursing home for the mentally disturbed. After an overdue bath, the malnourished Vijay was fed glucose, calcium and vitamins intravenously for a few days. He was simultaneously put on a course of anti-psychotic drugs. Vijay had been driven to the pits not by poverty but by schizophrenia, a mental disorder marked by disconnection between thoughts, feelings and action. In common parlance the disorder is called 'split personality.' After two weeks of treatment, Vijay started speaking coherently and behaving normally. And he poured out his story. A science graduate, he was a resident of Cuddapah in Andhra Pradesh and had come to Bombay in search of a job. He was staying at an uncle's house in Chembur. One fine day he strolled out and did not go back.

"Sometimes a victim of schizophrenia may be staying just a few blocks away from home but is unable to make his way back," says Dr Bharat.

He believes that Vijay became a schizophrenic because of the ignorance of his family and lack of proper medical treatment.

After getting Vijay's postal address, Dr Bharat contacted his father, an ex-zilla parishad superintendent, and asked him to take his son home. "Initially, he was reluctant because he believed Vijay would continue giving problems. But we reassured him that his son was all right. When he came, he was very happy to see the improvement in Vijay," says Dr Smitha Vatwani, Dr Bharat's wife. A gold medalist in psychiatry, Dr Smitha was a lecturer in Cooper Hospital before she married Dr Bharat.

"Psychiatry still has a stigma attached to it. Very few private hospitals and nursing homes admit such patients. Nurses are afraid of the patients



The hug and smiles say it all. Dr Bharat with a patient (top): a recovered Vijay with his father (below)

of beds. Patients are often refused admission if they are not accompanied by a relative. Private hospitals that do admit psychiatric patients place many restrictions on them.

Realising that there really was no place for the mentally-disturbed destitutes, the Vatwanis decided to set up Shraddha. Vijay was the first patient to be admitted. In the two years since it was founded, around

200 patients have been treated at Shraddha. However, it cannot accommodate more than eight patients at a time. The Vatwanis also treat other psychiatric patients separately. While both categories of patients are housed



The Vatwanis usually approach a potential patient with a warm smile which is accompanied by a friendly gesture like putting an arm around the person's shoulders and offering him or her a cup of tea. If the offer is accepted, he or she is brought to Shraddha.

in the same building, they are kept in separate wards. "Relatives of other patients do not like destitutes to be kept in the same ward," explained Dr Bharat.

SCHIZOPHRENIA could happen to anyone. Like it did to Hemant Thakare, 32, a gold medalist from the prestigious J.J. School of Art. A brilliant student, one of his paintings was presented to the Maharashtra minister of education. Hemant joined his alma mater in 1986 as an assistant lecturer in fine arts. His warmth and commitment made him a favourite with the students and the staff.

Gradually, however, the confident young man became psychotic. "I don't know what happened. I couldn't teach," recalls Hemant, whose family is in Amravati. In 1989, his service was terminated. Hemant had been sharing accommodation with another person in Vashi. Taking advantage of his mental state, his roommate slammed the door on Hemant's face and he found himself on the streets. Scared and lost, he drifted to the Jehangir Art Gallery and started living on the steps outside.

PHOTO: SANJAY PANDYA



Wedded to the cause. The doctor couple outside Shraddha

Some of his students who visited the place brought him food and clothes. The workers in the gallery who found him harmless if a trifle strange, always got him released when he was picked up by the police. But once he spent eight days in jail. "They used to take me to court. The magistrate used to ask me something; then they would let me go," remembers Hemant. His family is not bothered about him. "Not even one member of his family has come to meet him," says Dr Bharat.

Hemant's students who had heard of Shraddha, took him there. "I don't remember coming here," says Hemant. "He refused to eat the first few days. We had to sedate him and give him IV," says Dr Bharat.

Hemant's condition improved gradually. His ex-colleagues and students visited him often to cheer him up. After he had recovered completely, the Vatwanis went to the education secretary and requested that Hemant be reinstated. "We knew he loved teaching and was very good at his work," says Dr Bharat.

Their efforts paid off and Hemant was back in J.J., a year after he had been sacked. Now, he is due to be promoted as lecturer. Hemant loves to spend time at Shraddha, helping the doctors. He has escorted around 15 people to their homes in different parts of the country, after they recovered. "It is wonderful to see the joy of the family when they are united. I understand what they are going through," says Hemant. "I don't feel different from anyone else now. Yes, I want to get married," he adds with a smile.

It hasn't always been smiles though at Shraddha. Recently, a phone call was made to the institution asking someone to go and pick up a young woman from Wadala railway station. When they saw her, the doctors realised that she was the same patient they had sent to Mother Teresa's Home in Santa Cruz, two years ago. She was first picked up from Dahisar where she walked around stark naked with a pack of stray dogs at her heels. After 20 days of treatment she revealed that she belonged to Vellore in Tamil Nadu. But no more information was forth-

Shraddha Samarpan
Jehangir Exhibition
Coverage - VI

NATIONAL
News

Bombay

OCTOBER 1993

THE METROPOLIS

O N S A T U R D A Y

BOMBAY, WEEKEND OCTOBER 16-17 1993

28 PAGES WITH PERSPECTIVES RS. 2

THE METROPOLIS RECOMMENDS

MAIN EVENTS



PAINTING
Shraddha Samarpan, an exhibition of contemporary Indian paintings and sculptures is a coming together of 139 eminent artists from India and abroad for a worthy cause — the mentally ill destitutes

JEHANGIR ART GALLERY & ARTISTS' CENTRE, OCT 16-25, 11 AM-7 PM

The colours of sanity

The mentally ill are, generally, rejected by society. But the art world is making a special effort to help. **Dnyaneshwar Nadkarni** reports on a new exhibition in town

"Our Foundation has specifically selected one section of the mentally ill," says Dr Bharat Vatwani, psychiatrist and founder of the Shraddha Rehabilitation Foundation, Borivli. "We have been trying hard to treat those who are destitute and are found wandering aimlessly on the streets. We make every effort to rehabilitate these people."

The Foundation is now involved in a unique undertaking — an exhibition of paintings and sculptures by 139 well-known Indian artists from all over the country and abroad. Called 'Shraddha Samarpan', the show will open at the Jehangir Art Gallery and the Artists' Centre on October 18. "All the artists gave a ready response to our appeal for donating one canvas or sculpture for the show," says Dr Smita Vatwani, also a psychiatrist with the Foundation.

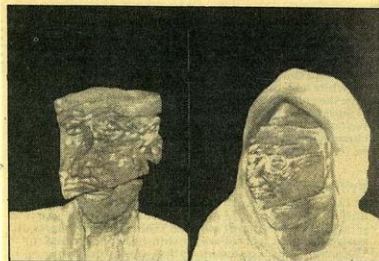
"We have been able to organize 16 centres for collecting these works of art in the country and also tap the resources of Indian artists based in Paris,

From Paris come the canvases of Akkitham Narayanan, Sakti Burman (who grossed the mind-boggling highest price of Rs 5 lakhs at the recent Helpage auction), Chittrovanu Mazumdar, son of the legendary Nirode Mazumdar of the Calcutta Group of 1945, the equally legendary Syed Haider Baza and the firebrand, peripatetic, V Vishwanathan, painter and film-maker.

How the organizers reached these distant benefactors is a mystery one would rather not unravel. Suffice it to say that the most representative work of these *emigre* geniuses will be in *Shraddha Samarpan*. The eminent artists' *samarpan* would obviously not have been accomplished without some *shraddha*.

"We have been in touch with the art world in one way or another," says Dr Bharat Vatwani. "So this is a cause dear to our hearts. There couldn't have been better rapport between us and all these generous-hearted artists."

It is impossible when assessing this kind of venture to men-



Heads by Altaf

Munich, Toronto, New York and London," says Dr Ghanashyam Bhimani, founder-psychiatrist of the organisation.

tion all the contributors to the fund-raising venture. Especially pleasant surprises include the international

phicist Krishna Reddy, represented by one of his inimitable prints. Reddy has not been to India for a long time. One remembers the child figure in some of his prints and the divine aura of light (the child derives from Reddy's own daughter when she was younger). It is a kind of imagery which immediately relates to the objects of the Foundation.

Nearer home there are expressive heads by the husband-and-wife team of Altaf and Navjot. There is a very impressive painting by Rini Dhimal showing two figures. Rekha Rodwitty contributes a typically muscular work. T Vaikuntham sends his colourful, folk art-oriented works.

How widely the net of the organizers has been thrown is proved by the inclusion of Delhi artists — ranging from Sankho Chaudhary and Krishen Khanna to Ramkumar, Anjolie Ela Menon and Vivan Sundaram. Add many more distinguished names to these and you will be convinced about the strength of the capital's contingent.

Cholamandal sends Bhagwan Chavan, C Douglas (who did so well at the Helpage auction) and the sculptor Nandagopal. The Calcuttians include Ganesh Pyne and Paritosh Sen, among others equally well-known. Even Santiniketan sends K G Subramanyan and four colleagues. Laxma Goud leads a sizable team from Hyderabad, while Bangalore promotes G S Shenoy, S G Vasudev and six other noted artists.

Baroda naturally has a strong contingent, including Blupen Khakkar, Gulam Shaikh and (a curiosity) Ranjitsingh Gaekwad. This princeling is known as a connoisseur and a vocalist but this is the first time he is featuring as an artist in Bombay's gallery world. And there are painters and sculptors from Ahmedabad, Udaipur, Gwalior, Bhopal, Udupi, Vishakhapatnam and Pune.

"We have been round the whole country approaching these artists personally," says Bharat Vatwani. "One of our immediate projects is to build an extension to the Foundation's present facilities in Dahisar. The funds raised by this show will go towards making that a reality."

It is a tribute to our artists that they can rise to the occasion, thinking of the needs of the mentally ill and destitute.



Inspired by and dedicated to
the mentally-ill destitutes
on the streets of India

It is one of the most heart-rending of endorsements of concern for a particular cause.

One hundred & thirty nine senior & eminent artists from all over India & abroad have come together to etch their brilliance, their soul-stirring empathy & their creative worth.

They have donated these artistic efforts to Shraddha Rehabilitation Foundation, an organisation inspired by & dedicated to the mentally ill destitutes wandering aimlessly on the streets of India.

These senior & eminent artists have pledged their creative works to the wandering insane, the lonely mortals seen gesticulating in empty space, laughing & speaking to themselves, hair dishevelled, clothes tattered, nakedly exposed to the blazing heat of the sun, shrouded by the desolate emptiness of the night

We, the psychiatrists of the Shraddha Rehabilitation Foundation, bow our heads in humble respect to this warm, compassionate & touching gesture of goodwill of theirs.

And hope that their offerings will help to bring succour to those thousands of faceless unknown strangers existing in searing starkness in the bylanes of India.

Come.

Be with them.

In their moment of care, compassion & concern.

For "Shraddha Samarpan" (a national exhibition of paintings, sculptures & exhibits as a tribute to the mentally ill downtrodden)

At the Jehangir Art Gallery & the Artist's Centre, Bombay

From the 18th to the 24th of October, 1993

Between 11 am & 7 pm

And extend your august presence, your revered blessings & your esteemed commitment to the cause of the mentally-ill downtrodden.

Dr. Bharat Vatwani
M.D. (Psychiatry)

Dr. Smitha Vatwani
M.D. (Psychiatry)

Dr. Ghanshyam Bhimani
M.D. (Psychiatry)

SHRADDHA SAMARPAN ART EXHIBITION - 1993 - JEHANGIR ART GALLERY

141 ARTISTS FROM INDIA & ABROAD WHO CONTRIBUTED

"Shraddha Samarpan"

(A national offering of tributes to the mentally-ill downtrodden on the streets of India)

The Jehangir Art Gallery &
The Artist's Centre, Bombay.

18th to 24th October, 1993.

Artists who have volunteered their creative works towards the exhibition "Shraddha Samarpan"

Delhi Chapter

Shri Manjit Bawa
Shri Rameshwar Brooto
Shri Sukumar Chatterjee
Shri Sankho Chaudhary
Smt Arpana Caur
Shri Biren De
Shri Jatin Das
Shri Shaishad
Shri Krishen Khanna
Shri Ram Kumar
Smt Anjolie Ela Menon
Shri Manu Parekh
Smt Madhavi Parekh
Shri Laxman Pai
Shri Amrut Patel
Shri Mickey Patel
Shri A Ramchandran
Shri Gurcharan Singh
Shri J Swaminathan
Shri Himmat Shah
Shri G R Santosh
Shri B C Sanjal
Shri Vivan Sundaram

Madras Chapter

Shri R B Bhaskaran
Shri Dakshinamoorthy
Shri Hariram
Shri Achutham Kuddlur
Shri Valsan Kolleri
Shri Reddeppa Naidu
Shri Krishna Rao
Shri K Sreenivasulu
Smt Vasudha Thozhur
Shri T Viswanathan

Cholamandal Chapter

Shri K M Adimoolam
Shri Bhagwan Chavan
Shri C Douglas
Shri Gopinath
Shri Nandagopal
Shri Ravishanker
Shri Venkatpathy

Calcutta Chapter

Shri Bikash Bhattacharjee
Shri Shuvaprasanna Bhattacharya
Shri Sunil Das
Shri Ganesh Haloi
Shri Wasim Kapoor
Smt Zofin Moochhala
Shri Ganesh Pyne
Shri Shyamal Dutta Ray
Shri Paritosh Sen

Santiniketan Chapter

Shri Jogen Chowdhary
Shri Sanat Kar
Shri Suhas Ray
Shri K G Subramanyam
Shri Lalu Prasad Shaw

Hyderabad Chapter

Shri Laxma Gouda
Shri C Jagdish
Shri Surya Prakash
Shri P T Reddy
Shri Gouri Shankar
Shri T Vaikuntham
Shri Vidyaubhusan

Bangalore Chapter

Shri Yusuf Arakkal
Smt Sheela Gowda
Smt Raina Gargi
Shri Bhaskar Rao
Shri Jasu Rawal
Shri Nataraj Sharma
Shri G S Shenoy
Shri S G Vasudev

Baroda Chapter

Shri Vasudevan Akitham

Shri Jyoti Bhatt

Shri Sashi Dharan
Smt Rini Dhumal
Shri Ranjitsinh Gaekwad
Shri Bhupen Khakhar
Shri Surendran Nair
Shri Jeram Patel
Shri Nagji Patel
Smt Jyoti Pandya
Smt Rekha Rodwittiya
Shri Vinod Shah
Smt Nilima Sheikh
Shri Ghulam Sheikh
Shri B V Suresh

Ahmedabad Chapter

Shri Amit Ambalal
Shri Haku Shah

Udaipur Chapter

Shri P N Choyal

Gwalior Chapter

Shri Tushar Dighe

Bhopal Chapter

Shri Anwar
Smt Seema
Shri Akhilesh Verma

Udupi Chapter

Shri Ramesh Rao

Vishakhapatnam Chapter

Shri Ravindra Reddy

Poona Chapter

Shri Murlidhar Lahoti
Shri Murlidhar Nangare
Shri Vijay Shinde

Bombay Chapter

Shri G S Adivrekar
Smt Uma Adivrekar
Shri A M Boulekar
Shri Badrinarayan
Shri Prabhakar Barve
Smt Chandra Chakravarty

Shri Chiru Chakravarty

Smt Suruchi Chand
Shri J K Chhillar
Smt Prafulla Dahanukar
Shri M B Ingle
Smt Prayag Jha
Smt Hema Joshi
Shri Ram Keote
Shri Abhay Khatau
Shri Prabhakar Kolte
Shri Paul Koli
Smt Lalitha Lajmi
Shri Manohar Mhatre
Smt Navjot Mohamedi
Shri Altaf Mohamedi
Shri Mario Miranda
Shri Akbar Padamsee
Shri Dr Patwardhan
Shri Homi Patel
Shri Dr Gieve Patel
Smt B Prabha
Smt Rekha Rao
Shri Shyamendu Sonawane
Shri Abid Surti
Shri Suresh Telore
Shri Hemant Thakare
Shri Gautam Waghela

Paris Chapter

Shri Narayanan Akkitham
Shri Sakti Burman
Shri R K Dhawan
Shri Chittrovan Mazumdar
Shri S H Raza
Shri V Vishwanadhan

Munich Chapter

Shri Mahirwan Mamtani

Toronto Chapter

Smt Budikins Chawla
Shri Mansaram
Smt Tarunika

New York Chapter

Shri Krishna Reddy

London Chapter

Shri Prafulla Mohanti

Art to the rescue

'SHRADDHA Samarpan' is an offering by the artist community for the cause of the mentally afflicted, manifested through the medium they know best. A week-long exhibition of their paintings and sculptures will open at the Jehangir Art Gallery on October 18. The exhibition has been organised by the Shradha Rehabilitation Foundation, an organisation which works for the mentally-ill destitutes.

This foundation has rescued countless mentally disturbed people from the streets and has looked after them, treated them and tried to rehabilitate them.

"The exhibition will culminate in an auction and sale of some of the works on October 21, the proceeds of which will go to Shradha Rehabilitation Foundation," say the organisers.

Nearly 150 pieces of art have been received from prominent artists like Vivian Sundaram, T Vaikuntham, Prabhakar Barwe, Yusuf Arakkal, C Jagdish, J Swaminathan, Nagji Patel and Rini Dhimal to name a few.

On show will also be paintings of Narayanan Akkitham, Krishna Reddy and Prafulla Mohanti flown in from Paris, New York and London respectively. Mohanti has named one of his his water-colour for the exhibition as 'Shhradha - source of light'.

The genesis of the exhibition is interesting. Hemant Thakre, a lecturer of JJ School of Arts, was picked up by Shradha Rehabilitation Foundation from the streets where he was roaming aimlessly after losing his mental balance. Bharat and Smitha Yawani, psychiatrists, took him under their wings. Once cured, he got back his job at the Art School.

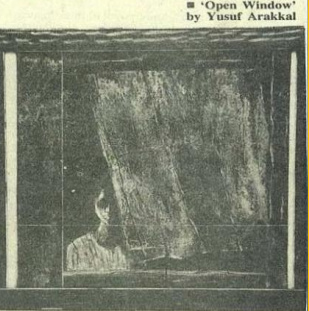
It was Hemant's idea to organise an art auction to collect funds for the expansion work of the Shradha Foundation. The artist community responded - as they always do and over 130 Indian painters and sculptors from India and abroad pledged their works for the cause.

Of special mention at the exhibition are 'Open window' by Yusuf Arakkal, 'Telangana Woman' by Vaikuntham, 'Aging couple', a ceramic sculpture 'Devi' by Himmat Shah and another ceramic and copper piece by Nandgopal.

The exhibition will be inaugurated by Sunil Dutt. Prominent industrialists and business houses, bureaucrats and a number of film industry personalities are expected to visit the exhibition and bid at the auction.



■ Ceramic and copper by Nandgopal



■ 'Open Window' by Yusuf Arakkal

The Foundation proposes to open a bigger rehabilitation centre with occupation facilities at Dahisar so that more mentally afflicted destitutes can be given free medicare, counselling, shelter and a sense of purpose in life.

Mini Pant-Zachariah

Sunil Dutt
Member of Parliament
Inaugurates
Fund Raising Art Exhibition
At The Jehangir Art Gallery, Bombay
October 1993



The Friday, October 15, 1993 With Colour Section

Afternoon

Shradha Foundation to hold fund-raiser

SHRADDHA SAMARPAN, an exhibition of paintings organised by the Shradha Rehabilitation Foundation, begins today Monday at the Jehangir Art Gallery.

By A Staff Reporter

The Shradha Rehabilitation Foundation, an organisation which works for the mentally afflicted, will be holding an art exhibition to raise funds for the cause.

The exhibition, which will be held at the Jehangir Art Gallery, will feature works by over 130 Indian painters and sculptors from India and abroad. The exhibition will be inaugurated by Sunil Dutt, Member of Parliament, on Monday.

The Shradha Rehabilitation Foundation, which was set up in 1982, has been helping the mentally afflicted since its inception. It has been providing them with shelter, food, clothing and medical care. The foundation also provides them with vocational training and helps them to find employment.

The exhibition will be held from October 18 to 21. The proceeds of the exhibition will be used to fund the expansion work of the foundation.

The exhibition will feature works by prominent artists like Vivian Sundaram, T Vaikuntham, Prabhakar Barwe, Yusuf Arakkal, C Jagdish, J Swaminathan, Nagji Patel and Rini Dhimal to name a few.

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Mini Pant-Zachariah

■ Horse - Colwyn
■ Face - London
■ Couple - London
■ Face - London
■ Face - London
■ Figure - Delhi



بانی: عبد الحمید انصاری مرحوم

India's Leading Urdu Daily. Established 1938

THE INQUILAB

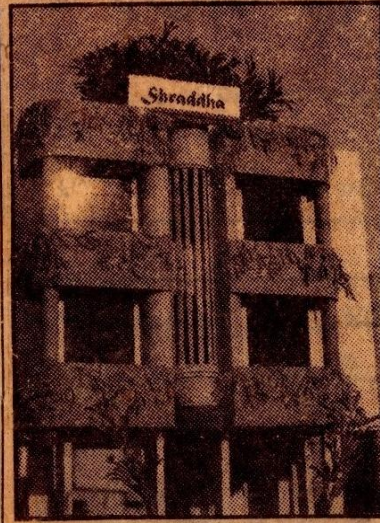
انقلاب

ہندوستان کا منفرد اور کثیر الاشاعت اردو روزنامہ۔ قائم شدہ ۱۹۳۸ء

Mumbai, Thursday, April 25, 1996

دماغی توازن کھونے والے مریضوں کے مفت علاج کیلئے لائسنس کلب کا شروع ہوا اسپتال

رکھ کر عطیاتی کارڈ ڈیزھ سو، تین سو اور ساڑھے چار سو روپوں کے رکھے گئے ہیں۔ لائسنس کلب کے سکریٹری نے شری دھار سنگھ ہوسپتال کی اب تک کی کارگزاروں اور لائسنس کلب آف جوہو گلمہبر کی خدمات کا ذکر کرتے ہوئے کہا کہ پولیو کیب آگے کر ۳۵۰ پولیو کے مریضوں کا علاج کیا گیا ہے جس میں اس وقت ۱۵۰ مریض اپنے پیروں سے چل پھر رہے ہیں۔ معذوروں کے لئے مفت گریسیاں (ویٹل چیز) میسا جی تقسیم کی گئی ہے۔ خون کے عطیہ کا ۲۰ گھنوں کی حاجت کا اور ایچ ڈان کا کیب لگایا گیا۔ ضرورت مندوں کو مفت دوا میں اور غذا میں تقسیم کی گئی ہیں۔



شری دھار اسپتال کی عمارت کا نمونہ

اپنے دشمن کو بھی وہاں داخل کرنا پسند نہیں کریں گے۔ ہندوستان میں دوسری کوئی ایسی تنظیم نہیں ہے جو پاکوں اور اس طرح کے مریضوں کے لئے کوئی کام کرتی ہے۔ اس نامہ نگار نے لائسنس کے صدر سریندر لمہوترا سے تفصیلات معلوم کیں۔ انہوں نے بتایا کہ ایک سلیب تک کام مکمل کر لیا گیا۔ اسپتال کے سامان و عمارت کا مجموعی تخمینہ تقریباً ۴۰ لاکھ روپیہ ہے۔ اتنی بڑی رقم عطیہ میں حاصل کرنے میں کافی وقت لگ جائے گا اس لئے مشہور شو آرگنائزر جگنو کی خدمات حاصل کی گئی ہیں جنہیں ملک و بیرون ممالک ۲۰۰ کامیاب پروگرام کرانے کا تجربہ ہے۔

سریندر لمہوترا نے بتایا کہ پنجاب کے مشہور پاپ اور ریپ گلوکار دلیر مندی نے جنہوں نے امریکہ، یورپ، کناڈا اور دوسرے خطی ممالک میں کامیاب شو کئے ہیں اور اس وقت فرانس میں شو کر رہے ہیں، ممبئی میں پہلی دفعہ اس نیک مقصد کے لئے مفت پروگرام دینے کی منظوری دے دی ہے۔ اس غرض سے گھار جھانڈے اپنا میدان بلا معاوضہ دیا ہے جس میں تقریباً ۸ ہزار لوگوں کے بیٹھنے کی گنجائش ہے۔ ۲۷ اپریل کی شب یہاں دیر مندی ٹانٹ کا اہتمام کیا گیا ہے جس سے ہمیں یہ یقین

میں (تخلیل احمد): ہندوستان میں لائسنس کلب انٹرنیشنل ۸۰ برسوں سے عوامی خدمات میں مصروف ہے۔ اس کی ایک شاخ لائسنس کلب آف ممبئی جو جو گلمہبر نے دو سال قبل یورپی میں شری دھار سنگھ ہوسپتال کا قیام دماغی معذور افراد کے علاج کی غرض سے عمل میں لگایا تھا اس اسپتال میں ممبئی اور مہاراشٹر کے بیشتر مریضوں کا علاج کیا گیا ہے جو اب ایک نئی زندگی جی رہے ہیں۔ اس نامہ نگار کو نفسیاتی امراض کے ماہر سائیکیاٹرسٹ ڈاکٹر بھرت اور سیمینا دتواری نے بتایا کہ کتنے ہی وکیل انجینئر ڈاکٹر اور پروفیسر کا ہم نے علاج کیا مثال کے طور پر سر جے آرٹ اسکول کے ایک جوئیئر لکچرار کا ذہنی توازن بڑ گیا تھا جس کا سی ایس بی اسٹیشن سے لے جا کر علاج کیا اور آج وہ جے جے کالج میں سینئر لکچرار ہیں۔ بہار، مغربی بنگال، جدکناؤں، آندھرا پردیش اور دوسرے اضلاع کے کئی مرد و عورتوں کا ہم نے کامیاب علاج کیا ہے۔

ڈاکٹر گھنشیام بیانی نے بتایا کہ تقریباً ۴ سے ۵ ہزار روپیہ ایک مریض پر خرچ آتا ہے۔ چاہے مریض کا کوئی رشتہ دار یا ساسا ہو یا نہ ہو ہم کسی سے کوئی فیس نہیں لیتے۔ تمہارے دماغی اسپتال کی حالت اگر آپ دیکھ لیں تو

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मनोरुग्णांचा आधार 'श्रद्धा'



डॉ. भरत आणि डॉ. स्मिता रुग्णाची प्रेमळपणाने चौकशी करतांना.

कदाचित डॉक्टरांनी त्यांच्या नर्सिंग होमचं नाव 'श्रद्धा' ठेवलं असावं. तर काय श्रद्धेविषयी! डॉ. भरत व स्मिता बलवानी यांचं श्रद्धा नर्सिंग होम आहे बोरिवली भागात शांती आश्रमाच्या मागे. तसं बघायला गेले तर मुंबईत इस्पितळ भरमसाट, पण श्रद्धा नर्सिंग होम वेगळं. रस्त्यावर राहणाऱ्या मनोरुग्णांसाठी. रस्त्यावर कोणी स्वखुषीने रहात नाही. परिस्थितीच त्याला कारणीभूत उरते. मुंबईसारख्या मोठ्या औद्योगिक शहरात बहुतेक लोक

नोकरीच्या शोधात येतात. आणि फसवले जातात. पैसे, जे काही असतील ते संपतात. परिस्थितीच्या तणावाखाली हे लोक खचून जातात. परिस्थितीमुळे मुब्यत्तः हे मानसिक तणावाखाली येतात. हताश होतात व रस्त्यावर फिरू लागतात. मग भीक मागणं आलं. अन्नासाठी दाहीदिशा फिरतात. परिस्थितीच्या भोवऱ्यात सापडलेले हे लोक मनोरुग्ण होतात. रेल्वे प्लॅटफॉर्मवर, रस्त्यावर, कचरापेटीजवळ, दाढी वाढलेली, भयान विमनस्क चेहरा,



पूर्वीचा पांडुरंग



आताचा पांडुरंग

पाच वर्षांपूर्वीची गोष्ट. योगीनगर, बोरिवली पश्चिम. मुंबईतील एक उपनगर. याच योगीनगर-मध्ये माझं घर. जवळच एक मैदान. याच मैदानावर मी राहत होतो. घर असूनही घर नसल्यासारखा. कारण पैशाच्या तंगीमुळे तें घर एकाला मी भाड्याने दिले होते. या भाडेकरूने २५,००० रुपये डिपॉझिट म्हणून दिलेले. शिवाय भाडं २००० रुपये महिन्याला; परंतु मित्राने फसवले. पैसे गेले व दर महिना मिळणारे भाडे एकजण मला न सांगता घेऊन जायचा. पैसा हे सर्वस्व नसावं पण जरूरीपुरता तरी असावा हे कोणालाही पटेल. पण तोही मला मिळत नव्हतं. कधीतरी भाडेकरूकडून २०० रुपये आठवड्याला मिळायचे. पण ते लगेच संपायचे. कारण तहान-भूक माणसाला सर्व विसरायला लावते हेच खरं. यामागे माझी कर्मकहाणी सांगण्याचा हेतु नाही. कारण वेगळंच आहे.

मी मनोरुग्ण झालो होतो. त्यामागेही कारण होतं. माझे आई आणि वडील जवळजवळ २० वर्षांच्या अनंत यातनांनंतर कॅन्सरमुळे संपले. पत्नी व अचानक गेले. प्रचंड मानसिक तणावामुळे मी खचलो. प्रत्येकाला दुःखही असतंच. मान्य; परंतु दुःखालाही मर्यादा असतात. मर्यादा, मग ती कोणतीही असो, ओलांडली गेली की माणूस फरफटत जातो. माणसातलं स्वतःच हरवतो. माणूस, माणूस रहात नाही. सुख हे माणसाला हवं असतंच! मग ते कौटुंबिक असो, पैशाचं किंवा छंदाचं असो! मीही पूर्वीपासून लिहायचो. माझ्या मित्रांनी, द्वारकानाथ संझगिरी, निखिल वागळे या पत्रकारांनी, मला लिहायला लावले.

तर काय मी मनोरुग्ण झालो होतो. कारण मला वाटायला लागलं की मी 'वॉशिंग्टन पोस्ट'चा पत्रकार आहे. असं का वाटायला लागलं हे मला अजूनही माहीत नाही. काही गोष्टी माहीत नसलेल्या बऱ्या असतात. परंतु

परिस्थितीची जाणीव असावी लागते. तीच जाणीव मी विसरायला लागलो होतो. परिस्थिती माणसाला बदलवते; परंतु मी मानसिक आजारांमुळे परिस्थितीच बदलायला लागलो होतो. परिस्थितीच भान मला राहिलं नव्हतं. याच अवस्थेत मी पांच वर्षांपूर्वी एके संध्याकाळी योगीनगरच्या मैदानावर बसलो होतो.

क्रिकेट खेळून झालं होतं. मी चहा पिण्यासाठी म्हणून मैदानबाहेर पडलो आणि तेवढ्यात एक गाडी माझ्याजवळ येऊन थांबली. टाय लावलेले एक गृहस्थ उतरले व त्यांनी मला विचारलं, 'तू आजारी आहेस, हॉस्पिटलमध्ये येतोस का?' मी विचारलं, 'तुम्ही कोण?'

ते म्हणाले, 'जवळच माझं नर्सिंग होम आहे तर तिथे तू चल.'

मीही तयार झालो व ते मला त्यांच्या श्रद्धा नर्सिंग होममध्ये घेऊन आले. त्यांची पत्नी डॉ. स्मिता बलवानी व स्वतः डॉ. भरत बलवानी हे नर्सिंग होम चालवितात. तर काय मला घर मिळालं. डॉ. भरत व स्मिता यांनी मला पहिल्यापासून प्रेमाची, आपुलकीची वागणूक दिली. रोगाचं निदानही केलं व औषधं, इंजेक्शन्स घायला सुरुवात केली. मीही त्या औषधांना प्रतिसाद घायला लागलो. सहा महिन्यांतच मी बरा झालो. डॉ. पतिपत्नीही म्हणाले, पैसे देऊ नकोस. त्याची जरूरी नाही. मीही विचारात पडलो. डॉक्टर पैसे देऊ नकोस का म्हणतात? कारण पैशाच्या या दुनियेत माणुसकीचा झरा असलेली माणसं विरळाच. डॉ. स्मिता व भरत एक व द्वारकानाथ संझगिरी-माझा मित्र दुसरा.

पैसे घाबे लागले नाहीत म्हणून मी म्हणत नाही. माणसं प्रेमावर जगतात. शेवटी माणूस हा एकटा! त्याला प्रेमाचीच जरूर. प्रेम तेही निःस्वार्थी या जगात मिळणं महाकठीण. नातेवाईकही तोंड फिरवतात. आईचं प्रेम हे श्रेष्ठ. तसंच प्रेम मला त्यांच्याकडून मिळालं.

प्रेमात श्रद्धा असावी लागते म्हणूनच

भुकेमुळे अंशहाय झालेले हे मनोरुग्ण तुम्हाला दिसलेही असतील. अशाच मनोरुग्णांना डॉक्टर पत्नी पत्नी शोधतात. त्यांच्याशी प्रेमाने बोलतात. पैशाची कोणतीही आशा न देता त्यांना श्रद्धा नर्सिंग होममध्ये घेऊन येतात. त्यांच्यावर उपचार करतात. त्यांना आसरा, सहारा देतात. त्यांना बरं करतात. शिवाय त्यांचा पत्ता शोधून त्यांच्या आत्मस्वकीयाकडे पाठवतात. डॉ. पत्नी-पत्नीनी हे एक व्रतच हाती घेतलंय. समाजसेवेचं व्रत!

डॉ. भरत व स्मिता शिकत असतानाच एकमेकांच्या प्रेमात पडले व लग्न करायचा निर्णयही त्यांनी तेव्हाच घेतला. हॉस्पिटलमध्ये जाताना त्यांच्या लक्षात आलं की रस्त्यावरच्या कचरा पेटीजवळ, रेल्वे प्लॅटफॉर्मवर स्वतःशीच बडबडणारे, भीक मागणारे, हावभाव करणारे, कचरा पेटीतल्या अन्नावर निजारा करणारे खूपजण मनोरुग्ण आहेत. तेव्हाच त्यांनी या मनोरुग्णांसाठी एक पुनर्वसन केंद्र उघडायचं ठरवलं. श्रद्धा बोरिवलीला आहेच. शिवाय फक्त रस्त्यावरील रुग्णांसाठी दहिसरलाही त्यांनी एक हॉस्पिटल, श्रद्धा पुनर्वसन केंद्र उभारलंय. ते लवकरच सुरू होईल.

सगळ्यात वाईट गोष्ट म्हणजे मानसिक रुग्णाला समाज आपला मानत नाही. स्वीकारत नाही. समाज झिडकारून टाकतो ते फक्त मानसिक रुग्णालाच! शारीरिक दुखणं, आजार असणाऱ्यांकडे समाज सहानुभुतीने बघतो. त्याला जवळ करतो. परंतु एक गोष्ट लक्षात ठेवली पाहिजे. मानसिक तणावामुळेही शारीरिक आजार होतो. शारीरिक आजारामुळेही त्याची मनोवस्था बिघडते. मानसिक रुग्णाला कुच्छरोग्यासारखं समाजानं टाकल्यामुळे त्याला ना व्यवस्थित व्यवसाय करता येत, ना नोकरी!

म्हणूनच डॉक्टर पतिपत्नीनी कुवतीप्रमाणे त्यांच्या हॉस्पिटलमध्ये खूपजणांना नोकरी दिली आहे. परिस्थितीतील हा बदलच रुग्णाला मदतीचा हात देतो. व्यवसाय असो वा नोकरी, माणूस त्याच्या आजुबाजूच्या परिस्थितीमुळे म्हणजेच राजकारण, पैसे खाणारे आजुबाजूचे लोक मग त्यात त्याचे विरष्ट अधिकारी असो वा त्याचे सहकारी असोत, जबरदस्त मानसिक तणावाखाली येतो. कौटुंबिक तणाव म्हणजेच पत्नी-पत्नी यांचे संबंध, मुलांचे, आईवडील व भाऊ- बहीण यांचे संबंध यामुळेही जबरदस्त तणावाखाली माणूस येतो. त्यात सुशिक्षित माणसास देशाची परिस्थिती, राज्य करणाऱ्यांचे गलिच्छ राजकारण, खेडी, शहरातील उद्वेगजनक परिस्थिती यामुळेही नैराश्य, वैफल्य येतं.

सुधीर फडके

जवळच्या नातेवाईकाचा मृत्यू हाही माणसास उद्वेगजनक बनवतो. ही परिस्थिती सतत बदलत राहते. या कालचक्राच्या भोवऱ्यात सापडलेला माणूस अत्यंत मानसिक तणावामुळे मनोरुग्ण होतो. म्हणूनच डॉक्टर पतिपत्नींचे मनोरुग्णांना नोकरी देण्यामागचं कारण असावं. मीही व्यवसायांने इंजिनियर. परंतु मानसिक तणावामुळे नोकरी सोडली परंतु डॉक्टरांनी सहानुभुतीचा हात दिला व मला हॉस्पिटलमध्येच नोकरी दिली. १७९५ साली पिनेल त्यांनी फ्रान्समध्ये मनोरुग्णांसाठी इस्पितळ उघडलं. हा हॉस्पिटलमध्ये दाखल केल्या गेलेल्या मनोरुग्णांना पिनेल यांनी त्यांच्याच हॉस्पिटलमध्ये नोकरी घायला सुरुवात केली. असं केल्यावर त्यांच्या लक्षात आलं की या रुग्णांना नोकरी दिल्यावर हॉस्पिटलमधील वातावरण एकदम शांत होते. मनोरुग्णही मन लादून काम करतात. हाय आदर्श डॉ. भरत व डॉ. स्मिता यांनी ठेवला असावा.

Milestones - The First Phase - 1997 - Mumbai



➔ From the proceeds of an art exhibition of leading Indian artists, & the contribution of independent donors

➔ A separate psychiatric institution was setup in Dahisar, Mumbai in 1997

➔ It had a capacity of 20 beds with infrastructure and appropriate facilities & a recognition from the Govt of India



**However, not all was easy going
& the local residents
resisted & took
Shraddha to court for picking up**

**“roadside, psychiatrically disturbing
elements”**

**that they perceived
threatened their families
with a bad influence**

EXPRESS Newsline

EXPRESS Newsline
MUMBAI ■ SATURDAY ■ FEBRUARY 22, 1997

Residents wage war against mental hospital in Dahisar

KAJAL WALIA
FEBRUARY 21

IRATE residents of New Link Road colony in Dahisar (West) are threatening to force the closure of a newly opened mental hospital in their locality. Displeased with the hospital's location, the residents are agitating to shut down the institution.

The hospital run by a trust 'Shraddha rehabilitation Centre' has been in operation since February 10, 1997 from a bungalow here.

Starting with a single patient, the hospital now has nine mental inmates including four women.

Dr Bharat Vatwani, director of the rehabilitation centre, alleges that over 60 residents of the township tried to enter their hospital on February 12 night when his wife, Dr Smita Vatwani, was inspecting the patients.

"They tried to force their way

into the hospital but somehow, were kept in check. On February 16, the residents' association threatened to stage a dharna, after which, we sought protection from the police," he says.

Two police constables from the nearby Dahisar police station are kept on guard at the entrance of the hospital.

However, the New Link Road Residents' Association, which has 800-odd members, denies resorting to violence. "We are all middle-class working people. When would we get time for all this," they ask.

They further alleged being cheated by Dr Vatwani who had earlier promised to shift the hospital premises to a suitable location. "In one of our meetings with Dr Vatwani, it was mutually decided that the hospital premises would be shifted to another location.

He even agreed to look into our suggested alternative sites," a

member of the association informs.

"The construction work of the hospital abruptly stopped after the meeting, which naturally gave the impression that Dr Vatwani had lost interest in the project. However, a flurry of activity was witnessed towards the end of January. A fortnight later, the hospital started functioning after an inaugural ceremony was secretly performed at midnight," he disclosed.

The association, is quick to point out that they are neither against the trustees nor the mental hospital. "Dr Vatwani is doing a wonderful job. We simply want the hospital premises to be shifted to a secluded place, away from our residential area since we are worried about the safety of our members," informs N J Save, general secretary of the association.

Dr Vatwani says, mental destitutes without a violent streak are admitted to their rehabilitation in-

stitute, which should calm the residents' fears. He further denied having ever agreed to shift the hospital premises to another location.

"We have been running a similar rehabilitation centre at Borivli for the last six years and none of our neighbours there have faced any problems. In fact, I have extended an open invitation to the association to visit my Borivli premises and speak to the residents anytime to clear their doubts," when contacted, Dr Vatwani told *Express Newsline*.

Shankar Pawar, senior police inspector at Dahisar Police station talking about the issue said, "We have received complaints from the residents as well as the hospitals trustees.

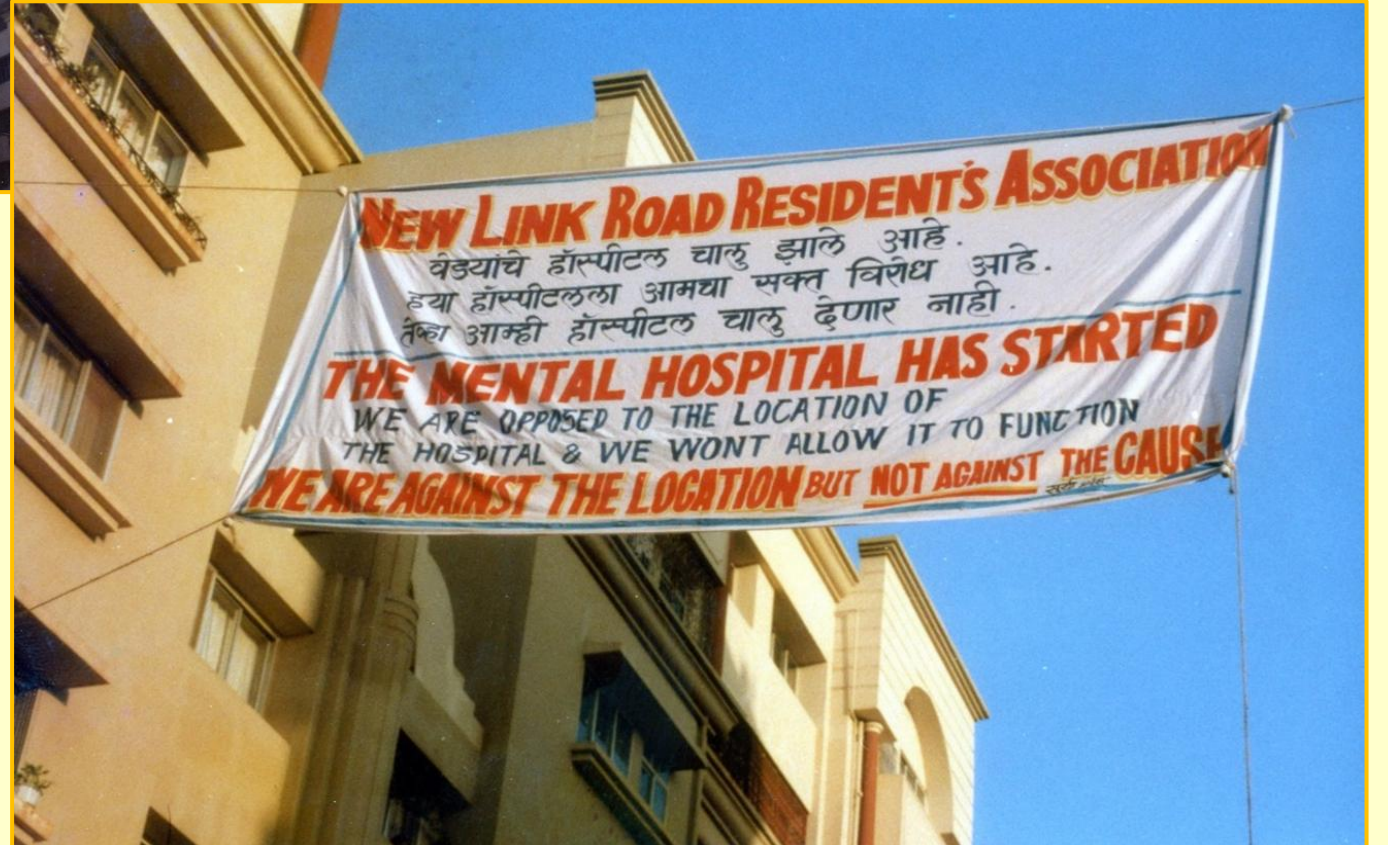
We have provided police protection to the hospital after the residents' threat to stage a demonstration. However, now everything is under control."



**Banners were put up in Multiple Locations
Against Shraddha Center**

&

SHRADDHA WAS TAKEN TO THE HIGH COURT



STRONG LETTER OF SUPPORT FROM TISS

TATA INSTITUTE OF SOCIAL SCIENCES



Vimla V. Nadkarni, Professor and Head
Department of Medical and Psychiatric
Social Work (TISS) & Member of Mental
Health Authority, Government of
Maharashtra

No. MPSW/VVN/010/97/

March 27, 1997

Drs. Bharat and Smitha Vatwani
Shraddha Rehabilitation Foundation
Garnet, Behind Shanti Ashram Bus Depot
Off Eksar Road, Borivli (West)
Mumbai 400 103.

Dear Drs. Bharat and Smitha Vatwani,

We were most surprised to read in the newspapers about the movement started by the Resident Members of New Link Road Residents Association against your proposed Rehabilitation Centre to be set up by you, with the help of the Lions Club of Bombay (Gulmohar Juhu). This only exposes very glaringly how ignorant many of our citizens in Mumbai are about the problems of mental illness affecting at least about 10 per cent of the population.

Today, in our cities and villages, there is a dearth of facilities for the treatment and rehabilitation of the mentally ill. No doubt there exist private psychiatrists undertaking chemotherapy, and four teaching hospitals providing treatment for the poor and low middle class in Mumbai. The Samaritans does also exist. But these are hardly sufficient to deal with the number of cases not only from Mumbai but also, as your cases show, from other States. They may come from well placed families, but due to their illness, they are treated as destitutes on the street and exploited, ridiculed, beaten or merely ignored.

We consider your service to this group of people unique. We admire your commitment and courage to pick these unfortunate persons from the streets, to treat them like human beings by providing them with basic hygiene, food, shelter and care, along with scientific means of diagnosis and treatment. We have read about the new lease of life that your centre in Borivli provides to them - that, with the help of your counsellors, you are even able to locate their families within and outside Mumbai and return the recovered individuals to their near and dear ones.

....2/-

TATA INSTITUTE OF SOCIAL SCIENCES

CONTINUATION SHEET

2

In fact, we consider your work very inspiring and a model for professionals in the field of mental health. We feel that we seriously need to educate the residents of the communities around your centre so that rather than reject the mentally ill, they should come forward to help and support your cause. It is only a myth that the mentally ill are troublesome and will be a nuisance in the neighbourhood. In fact, such centres in other parts of the country like in Bangalore and Madras, and in various parts of the world, have shown that there are no such problems and the lay public is only harbouring fears which have no basis in reality.

We do hope that you will be able to overcome the hurdles being placed in front of you and you will succeed in setting up your centre and bring life to many more mentally ill individuals in our society.

With best wishes and in solidarity,

Yours sincerely,

Vimla V. Nadkarni

Dr. S. K. P. Jaswal - Mrs. Binell D'Souza

Dr. S. K. P. Jaswal

Mrs. Shubhada Maithra

Vineeta S. Chitale

Ms. Sumiti Arora

(Faculty of the Department)

**In a landmark judgement,
the much-abused section of society
found its lawful
place under the Sun...**

**“The mentally-ill roadside destitutes”...
emphasized the Mumbai High Court,
“are as much entitled
to medical help as any physically
indisposed person ”**



HC gives rehab centre the nod

MANOJ KUMAR SHARMA
JUNE 29

BRUSHING aside residents' fears, the Bombay High Court has upheld Shradha Rehabilitation Foundation's (SRF) right to run a rehabilitation centre for mentally ill at Kandarpada in Dahisar (W). The centre provides shelter to mentally-ill destitutes for free. It also provides for their treatment and rehabilitation.

The centre was facing stiff opposition from the Kandarpada residents who perceived a threat to their children and womenfolk from its inmates. They wanted the centre shifted to a "safer place" and had filed a petition at the Bombay High Court against the centre and the Brihanmumbai Municipal Corporation (BMC).

Upholding SRF's right to run the centre, the bench comprising Justice A C Agrawal and S D Gundewar observed that since the foundation was engaged in providing psychiatric care, food, shelter and rehabilitation facilities to destitutes free of charge, it becomes every citizen's duty to support it in whatever way possible.

The foundation had sought a licence to run the centre on March 14 from the BMC. But its application was not processed as the residents' petition was pending in the court. The bench directed the state government to appoint an inspection committee as per the prescribed norms of the Mental Health Act, 1987 within three weeks. The inspection committee will inspect the SRF centre and submit its report to the government within period of three months.

Dr Bharat Vatwani, a trustee of the SRF said, "None of the psychiatric hospitals in the state have a licence. I am running my psychiatric institute at Borivli as a nursing home."

Dr Vatwani said, "This judgment is moral victory for the mentally ill destitutes who have been rejected by the society."

About the residents' fears he said, "We have been running a similar rehabilitation centre at Borivli for the past 10 years and none of our neighbours there have faced any problems." The residents, however are far from convinced. "We appreciate the project but its location is not acceptable to us."

"There is no security in this centre and local residents would be victims of mentally ill patients who cannot be held responsible by the law," lamented another residents.

**NATIONAL
News**

AUGUST 1997

THE WEEKLY NEWSMAGAZINE
Rs 10 August 13, 1997
OUTLOOK

■ **SOCIETY**

The Road to Tranquility

IN what may be considered a landmark judgement, a much-abused section of society found its lawful place under the sun. The mentally-ill, roadside destitutes..., emphasised a Mumbai High Court statement, are as much entitled to medical help as any physically indisposed person. This ruling was in response to the case filed by the residents of Dahisar, a far-flung, western suburb of Mumbai, against the Shraddha Rehabilitation Foundation, started by Dr Bharat Vatwani, a psychiatrist by profession.

Founded a decade ago, Shraddha is the only institution of its kind; it picks up roadside destitutes and helps rehabilitate them. "Mental illness has a taboo attached to it," feels Vatwani. Add to that patients "picked from the roads" and the neighbours found enough to complain about. They believed that such 'anti-social elements' would be a threat to their families, besides being a bad influence.

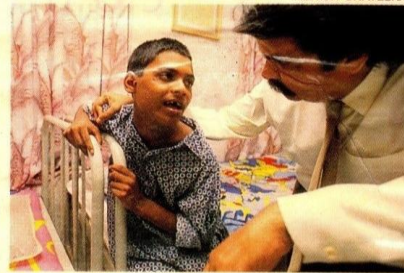
The court, however, was concerned about the laxity in the implementation of the Mental Health Act 1987, where institutions like Shraddha do without mental health clinic licences. It directed the government to appoint an inspection committee to take stock of Shraddha and issue the required licence.

The judgement has come as good news for Vatwani who, along with his psychiatrist-wife and staffers, have been engaged in this unromantic enterprise. While

some patients respond within a few days, the average treatment period ranges from a month to two. Over 500 patients have been rehabilitated in the last ten years. Patients from areas as far off as Nagaland have been found and treated.

Shraddha has, in the process, gathered sufficient goodwill from others in the medical fraternity. Doctors from all disciplines ranging from gynaecology to skin-specialists offer their services voluntarily. Today, at any given time, there are about 20 inmates living and working together. That's when the doctor bought the premi-

ABHIJIT BHATLEKAR



ses in the hub of the case. Help from organisations like the Lions Club—which is paying for the construction of the double-storey structure—has been forthcoming, but none from the government yet.

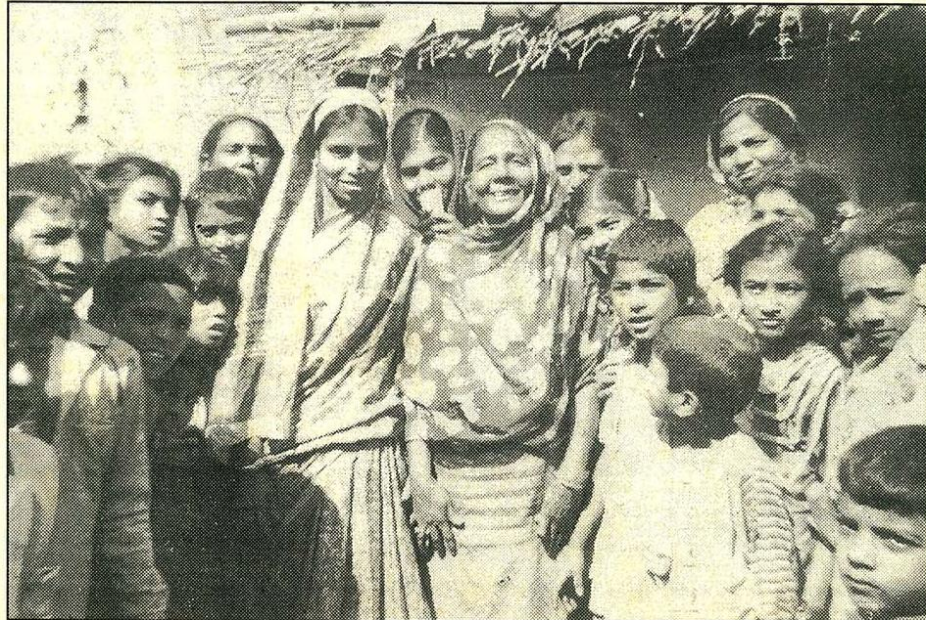
The problem is widespread, which is why Vatwani has had to set a criterion for choosing patients. Shraddha takes young people who have been ill for short periods and have a greater chance of recovery. This choice may seem a poor commentary on our society's current values: Older patients are rarely accepted back by their family members whereas the older willingly accept their young ones. ■

Charubala Annuncio

श्रद्धा रिहेबिलिटेशन फाउंडेशन

सहज
जीवन
का
आंगन

मानसिक रूप से विकसित और बेसहारा लोगों को नया जीवन प्रदान करता है श्रद्धा रिहेबिलिटेशन फाउंडेशन। अपनी पहचान, अपनी सामर्थ्यता और अपना व्यक्तित्व खो चुके लोगों को वापस सहज जीवन में लाने का बड़ा काम यह फाउंडेशन कर रहा है। इस फाउंडेशन के कार्यकलापों की जानकारी दे रही हैं दिव्या जैन।



श्रद्धा रिहेबिलिटेशन फाउंडेशन, मानसिक रूप से विकसित और बेसहारा लोग, जो कि मुंबई की सड़कों पर पाए जाते हैं, उनसे प्रेरित और उनको समर्पित संस्था है। मुंबई के उपनगर दहिसर स्थित इस संस्था की स्थापना फरवरी १९९७ में हुई। इससे पहले १९८८ में बोखिली में श्रद्धा नर्सिंग होम की स्थापना हुई थी। यहां सड़क से उठाकर लाए गए मानसिक रूप से विकसित (स्किडोफ्रेनिक) मरीजों के अलावा उन मरीजों को भी रखा जाता है, जो आर्थिक रूप से सक्षम होते हैं और अपनी मानसिक बीमारी का इलाज करवाने आते हैं। इन लोगों की दुर्दशा के बावजूद जिंदा रहने की क्षमता तथा कष्टदाईं वातावरण के बावजूद दृढ़ निश्चयी और तर्कसंगत होने की क्षमता ने हमें यह काम करने की प्रेरणा दी है। इन्होंने लोगों ने हममें आत्मविश्वास और शक्ति जगाई है। हमारा यह काम इन्होंने लोगों की उन्नति को समर्पित है।

“पिछले कुछ सालों में हमें कई मर्तबा यह पूछा गया है कि हम यह सब क्यों कर रहे हैं? मुंबई की सड़कों पर ऐसे हजारों मानसिक रूप से विकसित लोग घूमते हैं। उनमें से कुछ लोगों का इलाज करने से क्या फर्क पड़ेगा? कब तक आप उनको खाना, दवाइयां, शरण स्थान और उन्हें उनके गांव तक पहुंचाने की तथा अन्य आर्थिक जिम्मेदारियों का बोझ उठाते रहेंगे।”

“सड़क पर जिन बेसहारा लोगों का अस्तित्व है और जिन्हें मदद की जरूरत है, वे हैं मानसिक रूप से विकसित लोग। उनकी व्यथा, उनके मिट्टी की परतों से लबालब चेहरों पर झलकती हैं। उनको कहानी उनके गुल्थीवाले बालों में लिखी हुई दिखाई देती हैं। ऐसे मरीजों को समाज में फिर से जीने लायक बनाने का हमारा दृढ़ संकल्प है।” बताते हैं डा. सिमता वटवानी, डा. भरत वटवानी तथा डा. घनश्याम भिमानी जो कि मनोचिकित्सक हैं। पिछले कुछ सालों से वे इस काम में सक्रिय हैं। स्कीडोफ्रेनिया एक गंभीर मानसिक बीमारी है। विश्व भर में स्वास्थ्य संबंधी एक बड़ी समस्या है। हर देश की लगभग दो प्रतिशत आबादी इस रोग से ग्रस्त हैं। इस बीमारी की तत्काल और उचित चिकित्सा बेहद जरूरी है। इस बीमारी में मरीज का वास्तविकता से संबंध टूट जाता है। उनके विचार और भावनाएं विचित्र, तर्कहीन और अर्थहीन हो जाती हैं। उनके अजीब, अनोखे व्यवहार के

कारण सामान्य लोग उन्हें पागल कहते हैं। दुकान जाते समय मेरी कार का टायर फट गया। लगा कि यह किसी की साजिश थी। पेट्रोल पंप पर भी लोग मेरी तरफ देखकर हंस रहे थे और मुझे लगा कि अब मेरा अंत आ गया। ये लोग मुझे मार डालेंगे। तभी मुझे उनके चेहरे आकाश में दिखने लगे।” इसी प्रकार के अनुभवों से गुजरते हैं स्कीडोफ्रेनिया के मरीज। इसी प्रकार की तर्कहीन बातें इनके दिमाग पर हावी होती चली जाती हैं। अपनों से इनका रिश्ता टूटा चला जाता है। ऐसे में कभी डर के मारे तो कभी कुछ बन दिखाने के चक्कर में ये मरीज घर छोड़ देते हैं। सड़क ही इनका स्थाई सहारा बन जाती है।

ऐसे ही कुछ मरीजों से रूबरू होते हैं, जिनका मानसिक संतुलन एकदम बिगड़ चुका था। सालों साल सड़क पर रहने से धूल- मिट्टी की परतों से लबालब चेहरे अपनी पहचान खो चुके थे। लेकिन श्रद्धा नर्सिंग होम के डा. वटवानी दंपति ने उन्हें नई जिंदगी बखशी है।

“बात उस समय की है जब मैं नवीं कक्षा में पढ़ता था। एक दिन पिताजी ने मुझे एक तरफ ले जाकर जिंदगी की कुछ सच्चाइयां बताई थीं। उन्होंने कहा था मृत्यु से कभी डरना नहीं। दूसरे दिन उन्होंने कहा अपनी मां और भाई का खयाल रखना। मैंने पूछा क्यों? कहा, उन्हें कैसर है। मैं परेशान हो गया। ऐसे में मेरे सामने दो ही विकल्प थे। कोई नौकरी खोज लूं या अपनी शिक्षा को अंजाम दूं। मैंने दूसरा विकल्प चुना। जिस दिन मैंने बीए की डिग्री हासिल की, उसी दिन पिताजी की मृत्यु हो गई।” बताते हैं सुधीर।

इस घटना से उबरने से पहले ही पता चला कि मां को स्तन का कैंसर है। मेरा हताशा होना स्वाभाविक था। बड़ी कोशिश के बाद मुझे बीएससी में स्थाई नौकरी मिल गई। लिखने का भी शौक था। नौकरी के साथ-साथ पत्रकारिता भी करता था। उसी दौरान मैंने शादी भी कर ली। एक बेटा का पिता बना, जिसका नाम था नेहा। दस साल तक कैंसर जैसी बीमारी से जूझने के बाद मां चल बसी। मां-पिता के मरने का दुख तो था ही। इस बीच घटनाएं घटती चली गईं। मेरी शादी टूट गई। मैं टूट गया और नर्वस ब्रेक डाउन का शिकार हो गया। मैंने अपनी स्थाई नौकरी छोड़ दी। मैंने अपना फ्लैट लीव लाइसेंस के आधार पर मित्र को दे दिया। उसने भी मुझे धोखा दिया। उसने



रमेश म्हात्रे इलाज के पहले



रमेश म्हात्रे इलाज के बाद

मुझे अपने फ्लैट का किराया नहीं दिया। मैं सड़क पर आ गया। सड़क पर रहते-रहते मैं अपने होश खोने लगा था। उस समय मुझे लगता था कि मैं वाशिंगटन पोस्ट का चीफ रिपोर्टर हूँ। मुझे अजीब सी आवाजें सुनाई देती थीं। कोई गाली दे रहा है तो कोई मेरी तारीफ कर रहा है। दो साल तक सड़क पर ही रहा। श्रद्धा नर्सिंग होम के डा. वटवानी बताते हैं कि वो जब मुझे उठाकर अपने नर्सिंग होम में ले गए तब भी मैं इसी तरह बड़बड़ाता था। यही बातें बोलता था।

“बहरहाल, यहां इलाज होने पर मैं बहुत जल्दी अच्छा हो गया। श्रद्धा नर्सिंग होम के सभी लोगों ने मुझे भरपूर प्यार दिया। सही मायने में मुझे नई जिंदगी दी है। अब मैं यहीं रहता हूँ और मेरे जैसे लोगों की मदद करना अपना दायित्व समझता हूँ। वैसे तो मैं चालीस की दहलीज लांच चुका हूँ, लेकिन मुझे लगता है कि मैं जिंदगी भर एक छोटा बच्चा ही बना रहूँ।” बताते हैं सुधीर।

डॉ. स्मिता वटवानी मनोचिकित्सक हैं। उन्होंने अपने पति डॉ. भक्त वटवानी के साथ मिलकर स्कीजोफ्रेनिक यानी मानसिक रूप से विकसित और खासकर सड़क से उठाकर लाए गए मरीजों का इलाज करने का निश्चय किया है। इन मरीजों के लिए उन्होंने पुनर्वसन केंद्र भी शुरू किया है। मरीज के ठीक हो जाने पर वे उन्हें उनके निश्चित ठिकाने पर पहुंचाती भी हैं। उनसे हुई बातचीत के मुख्य अंश :

● **मानसिक रूप से विकसित मरीजों को सड़क से उठाकर उनका इलाज करने की बात आपको कैसे सुझी ?**

मनोचिकित्सा में एमडी करने के बाद कुछ समय तक मैं सायन अस्पताल में मनोचिकित्सा विभाग में रजिस्ट्रार थी। सायन अस्पताल में भी सड़क से उठाकर लाए गए मरीजों का इलाज करने का अनुभव तो था ही। शादी के बाद हम लोगों ने अपनी निजी प्रैक्टिस शुरू की। श्रद्धा नर्सिंग होम की शुरुआत की। यहां हमारे प्राइवेट मरीज तो थे ही, लेकिन सड़क से उठाकर लाए गए मरीजों का इलाज करने की बात हम दोनों के दिमाग में बैठ गई। उस समय हमें लगा कि अर्पण वा अंधजनों के लिए तो कई संस्थाएं काम कर रही हैं। लेकिन मानसिक रोगियों के लिए, और खासकर जो सड़क पर पाए जाते हैं, उनके लिए कोई कुछ नहीं करता। लोग उन्हें भिखारी समझकर छोड़ देते हैं। उन्हें टाल देते हैं। लेकिन वास्तव में वे भिखारी नहीं होते। इन लोगों की मदद की जा सकती है, ऐसा हमें बड़ी शिद्दत से महसूस हुआ। इन लोगों में से कुछ तो बहुत बुद्धिमान होते हैं।

हमने जब निजी प्रैक्टिस शुरू की तब हम बोरीवली के एक होटल में नाश्ता किया करते थे। होटल के सामने कचरे का बड़ा सा ढेर था। वहां एक युवा लड़का बैठा रहता। कचरे के ढेर से उठाकर कुछ-कुछ खाता। बड़बड़ाता रहता। उसे देखकर हमें लगा क्यों न इसे ही उठाकर अपने नर्सिंग होम में ले जाया जाए। हम उसे उठाकर ले आए। उसका इलाज किया। दो सप्ताह के इलाज के बाद वह बातचीत करने लगा। उसका नाम विजयन था। पता चला वह आंध्रप्रदेश का था। अंग्रेजी जानता था। उसने डीएमएलटी पास किया था। पूरी तरह ठीक होने पर उसने अपना पता - ठिकाना बताया। हमने उसके पिताजी को संपर्क किया। एक महीने बाद उसके पिताजी आकर उसे ले गए। उस समय हमने जो एक पिता और बेटे का पुनर्मिलन देखा तो लगा कि बस यही काम करते रहना चाहिए। हमारा पहला मरीज था। हमारे लिए प्रेरणास्रोत भी वही मरीज था।

● **नशाखोरी करने वाले, शराबी या मंदबुद्धि मरीजों को आप सड़क से क्यों नहीं उठाते ?**

शराब या नशीले पदार्थ लोग जानबूझकर लेते

लगा कि ऐसी मदद करनी चाहिए

- डा. स्मिता वटवानी



हैं। उन्हें मालूम होता है कि ये नशीली चीजें नुकसान करती हैं, फिर भी वे लेते हैं। जबकि मंदबुद्धि लोगों की समस्या होती है कि वे अपना अता-पता नहीं बता पाते। ऐसे में उनको अपने निश्चित ठिकाने पर पहुंचाना मुश्किल होता है।

मानसिक रोग का जहां तक सवाल है, वह हो जाता है, जैसे स्वतःचप बढ़ जाता है। मनोरोग के कारण वे सड़कों पर भटकते हैं, गुम हो जाते हैं। काफी लोग सड़क पर ही मर जाते हैं।

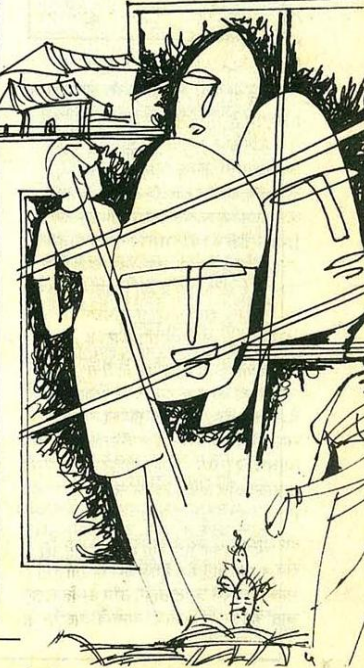
● **श्रद्धा रिहैबिलिटेशन फाउंडेशन बनाने के लिए आपने धनराशि कैसे इकट्ठा की ?**

यहां बात श्रद्धा की है, विश्वास और पंके इरादे की है। इस काम में हमारे प्रयास और समर्पण के कारण स्वीडिश तथा चैरिटीबल संगठनों से तो मदद मिलती ही थी, लेकिन इस पुनर्वसन केंद्र के बनने में हमारे एक मरीज का सुझाव काफी महत्वपूर्ण साबित हुआ। इस केंद्र को बनाने के लिए आवश्यक बड़ी रकम जुटाने का नायाब तरीका उन्होंने ही सुझाया था। उनका नाम है प्रो. हेमंत ठाकरे। फिलहाल वे जेजे स्कूल आफ आर्ट्स में लेक्चरर हैं। वे भी स्कीजोफ्रेनिया के शिकार हुए थे। उनकी गलत हकतों के कारण वे जेजे स्कूल आफ आर्ट्स से निकाल दिए गए थे। सड़कों पर भटकते थे। उनके एक विद्यार्थी ने हमें उनको सड़क से उठाने का सुझाव दिया। उन्हें हम श्रद्धा नर्सिंग होम में ले आए। उनका इलाज किया। तीन महीने में वे अच्छे हो गए। उस समय की शिक्षा सचिव मैडम कुसुम बंसल से ठाकरे की बीमारी का वास्ता देकर

तथा जेजे के डीन से भी अनुरोध करके उन्हें फिर से वहां नौकरी पर रखवा दिया। आज वे वहां के सबसे ज्यादा कर्मनिष्ठ प्रोफेसर माने जाते हैं। उन्होंने शादी भी कर ली है।

श्रद्धा रिहैबिलिटेशन फाउंडेशन बनाने के लिए राशि जुटाने के लिए उन्होंने अच्छा सुझाव दिया। उनका सुझाव था कि देश-विदेश के प्रसिद्ध चित्रकारों के पेंटिंग्स मंगवाई जाएं और जहांगीर आर्ट गैलरी में एक बड़ी प्रदर्शनी लगाई जाए। उनके इस सुझाव के अनुसार हमने देश-विदेश के १४५ चित्रकारों से पत्र एवं फोन द्वारा संपर्क किया 'श्रद्धा समर्पण प्रदर्शनी' के लिए उन्होंने अपने चित्र भेजे। प्रदर्शनी कामयाब रही। चित्रों के बिकने पर करीब सात लाख रुपए इकट्ठे हुए। इन रुपयों से दहिस्स में एक प्लॉट खरीदा गया। यह बात १९९३ की है। प्लॉट तो तुलत खरीद लिया। भवन निर्माण में भी तो पैसा लगाना ही था। हमने संस्थाओं से फंड इकट्ठा करना शुरू किया।

इस भवन निर्माण का पूरी खर्च लायंस क्लब आफ जुहू गुलमोहर वालों ने दिया। इसी प्रकार यह रिहैबिलिटेशन फाउंडेशन बना। इस संस्था का उद्घाटन १० फरवरी १९९७ में हुआ। यहां २० मरीजों के लिए जगह है। मरीज को हम लाते हैं और वे अच्छे होकर चले जाते हैं। अब तक कुल मिलाकर ५०० मरीजों का हमने इलाज किया है।



रेखांकन : मनोज नागरकर

देखभाल करना एक बड़ा दायित्व है

- सुप्रिया सिन्हा



सुप्रिया सिन्हा श्रद्धा नर्सिंग होम तथा श्रद्धा रिहैबिलिटेशन फाउंडेशन में बतौर परामर्शदाता तथा सामाजिक कार्यकर्ता काम कर रही हैं। सुप्रिया ने मनोविज्ञान में बीए किया है। बीए के अंतिम साल में छात्र-छात्राओं को टागो मेंटल हास्पिटल तथा मंदबुद्धि बच्चों के लिए विशेष स्कूल दिलवखुश ले जाया गया था। तब सुप्रिया को लगा था कि अगर कुछ काम करना है तो इन्हीं लोगों के लिए करना है, वरना मनोविज्ञान पढ़ना बेकार साबित होता है।

बकौल सुप्रिया सिन्हा

१९९३ में मैंने श्रद्धा नर्सिंग होम जॉईन किया। इससे पहले जब भी सड़क पर मरीजों को घूमते देखती तो लगता था कि इनके लिए कुछ करना चाहिए, यह समझ में नहीं आ रहा था। खैर... यहाँ आने पर सब कुछ समझ में आ गया। इस काम में मेरा मन लगा और रुचि बढ़ती गई।

शुरू में मेरा काम होता था मरीजों से बातचीत करना, उनके घर जाना, उनको समझाना। हर मरीज सबके सामने तो खुलकर बात नहीं करता। यदि कोई मरीज कम बोलता है तो उससे बातें निकलवानी पड़ती है। उनके रहने का पता-ठिकाना, घर वालों के बारे में जानना आदि।

दूसरी बात कि जब मरीज यहाँ आते हैं तो उनकी हालत बहुत खराब होती है। सड़क पर रहते-रहते उनके बदन पर मेल की परतें जम जाती हैं। सर में जूएं हो जाती हैं। गट्टर का पानी पीने से और सड़क से उठाकर कुछ भी खाने से वे अनेक बीमारियों के शिकार हो जाते हैं। उनके प्रति सहानुभूति होना और उनके फिर से समाज में जीने लायक बनाना आसान काम नहीं है।

तीसरी बात है समर्पण भाव की। इस काम में पूरी तरह लगना पड़ता है। कुछ घंटे इट्टी कर लेने से काम नहीं चलता। जब भी मरीज ठीक होने लगता है, अपना पता-ठिकाना बताता है तब हम उनके घर वालों को पत्र लिखते हैं। मरीज के घर वाले उसे लेने न आए तो उसे छोड़ने उसके गांव भी जाते हैं। मरीज को अगर गांव में कोई दवाई न मिलती हो तो उन्हें दवाइयां भेजने का काम भी हम करते हैं। मरीज को छोड़ने कभी डा. दंपति जाते हैं तो कभी मैं और स्टाफ नर्स जाती हैं।

जब हम मरीज को छोड़ने उनके गांव जाते हैं तो उनके घर वाले बहुत प्यार देते हैं, हमारी इज्जत करते हैं। एक महीना मरीज अपने घर से छह-सात साल से लापता थी। हमारे वहां से ठीक होने पर मैं उसे छोड़ने बीडू गई थी। उसे देखकर उसके घर वाले बहुत खुश हो गए। बिछड़ी हुई उनको सालों बाद वापस मिल गई। उन्हें लग रहा था कि कोई चमत्कार हो गया। गांव वालों में भावनात्मक रिश्तों की प्रगाढ़ता आज भी मौजूद है। जब कभी हम मुंबई में ही किसी मरीज को छोड़ने जाते हैं तो ऐसा रिस्वान्स नहीं मिलता।

दिलीवरी के बाद पागलपन का शिकार हुई एक अन्य महिला नागपुर स्थित अपना गांव छोड़कर मुंबई चली आई थी। श्रद्धा नर्सिंग होम में उसका इलाज हुआ। ठीक होने पर हम उसे छोड़ने गांव गए। पता चला कि उसका पति नौटंकी में काम करता था। उसने दूसरी शादी कर ली थी। वह उसे रखना नहीं चाहता था। हमने उसे उसकी बीमारी के बारे में बताया। उसकी दूसरी पत्नी ने कहा कोई इलाज नहीं, मैं इसे खू लूंगी।

बहरहाल, आम तौर पर गांव के लोगों को मालूम नहीं होता कि वह मानसिक बीमारी होती क्या है? गांव में जब किसी को इस बीमारी के लक्षण दिखाई देते हैं, जैसे मरीज खुद से बातें करने लगता है, तो उनको लगता है कि वह भूतप्रेत का शिकार है। किसी ने जादूटोना कर दिया है। ऐसे में ये लोग इलाज नहीं करवाते। इलाज न करवाने पर मरीज की हालत बिगड़ती है। वह घर से निकलकर भटकने लगता है। ऐसे में जरूरी होता है गांव वालों को इस बीमारी को सही जानकारी देना, उनको समझाना। लेकर, कार्यशाला द्वारा यह हो सकता है। इस काम को अभियान की तरह करने से निश्चित परिणाम सामने आएंगे।



सुधीर फडके इलाज के बाद



सुधीर फडके इलाज के पहले

स्की ज़ोफ्रेनिया अनेक कारणों से होता है। बायोकेमिकल अस्थिरता के कारण दिमाग अधिक्त मात्रा में 'डोपेमाइन' का रसायन बनाता है। इसकी वजह से स्नायुओं की गति तैज हो जाती है, जो बाद में विचार और व्यवहार को प्रभावित करते हैं। ऐसे में बिना किसी आधात की वजह से भी व्यक्ति को यह रोग हो सकता है।

परिवार में किसी की मृत्यु, भारी आर्थिक नुकसान, प्रेम में असफलता, परीक्षा में असफलता, नौकरी से निकाल दिया जाना, तलाक, गर्भावस्था आदि, इस रोग के कारण बन सकते हैं।

अखिल फिल्म स्टार बनने में असफल हुआ और स्कीजोफ्रेनिया का शिकार हो गया। अखिल कुरैशी, गोर-चिद्दा सुंदर सा दिखने वाला नौजवान। उम्र २१ साल। शुरू से अपने ही व्यक्तित्व से काफी प्रभावित रहा। बचपन से ही फिल्म में देखने का शौक। पढ़ाई-लिखाई के नाम पर शून्य। फिल्म स्टार बनने का भूत सर पर सवार हो गया।

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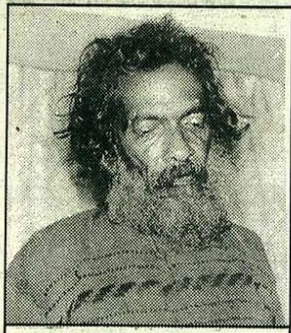
JANSATTA SABRANG

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MARCH 1998



प्रकाश गोखले इलाज के बाद



प्रकाश गोखले इलाज के पहले

दोस्तों के बीच बातें होतीं। दोस्त उसे चिढ़ाते रहते। "चला है हीरो बनने, सब कुछ इतना आसान है क्या?"

अखिल, हर हाल में अपने सपनों को साकार होते हुए देखना चाहता था। मूल रूप से परभगी का रहने वाला। एक दिन अचानक घर छोड़कर मुंबई चला आया। यहां उसकी किसी से जान-पहचान नहीं थी। बस कुछ कर दिखाने के चक्कर में सुबह से शाम तक भटकता रहता।

दोस्तों के चिढ़ाने पर अखिल का मुंबई आना, दर-दर की टोकरे खाना और अंततः स्कीझोफ्रेनिया का शिकार हो जाना एक हादसा है। लेकिन तीन महीनों के छोटे से अंतराल में इस बीमारी से उबर पाना, एक बड़ी उपलब्धि भी है। इसका श्रेय रमेश नामक व्यक्ति को मिलता है, जो कि श्रद्धा नर्सिंग होम का सक्रिय कार्यकर्ता है। वह खुद इस पीड़ा से गुजर चुका है। रमेश अखिल को बोरिवली की किसी सड़क से उठाकर श्रद्धा में लाया था। इलाज के बाद

अखिल अच्छा हो गया। उसके पिताजी को खबर करने पर वे उसे ले गए।

बाप-बेटे के पुनर्मिलन के क्षण आह्लादपूर्ण थे। लेकिन अखिल इस बीमारी का क्रानिक मरीज बन जाता तो? एक नहीं कई सारे 'तो' से अखिल अब उबर गया है।

अकेले में अपने विषय में बातें करती हुई आवाजों का सुनाई देना, दृष्टिभ्रम होना तथा बिना अस्तित्ववाली चीजों का दिखाई देना आदि स्कीझोफ्रेनिया के लक्षण हैं। रमेश ने जब घर छोड़ा था, तब उसे किसी पुरुष की आवाज सुनाई पड़ती। "तुम सड़क पर ही घूमते रहना। घर मत जाना, वरना कोई तुम्हें मार डालेगा। घर की, घर के लोगों की दाद आने के बावजूद वह घर नहीं गया। रमेश के घर छोड़ने की वजह और आज श्रद्धा नर्सिंग होम का सक्रिय कार्यकर्ता बनने के दरमियान, किन-किन पड़ावों से वह गुजरा, उसी के शब्दों में।

"ऐसा कुछ होने के पीछे एक नहीं, अनेक कारण थे। शादी का टूटना पहला और अहम कारण था। निम्न मध्यम वर्गीय परिवार। परिवार में माता-पिता, बीवी और दो बच्चे थे। मैं किसी प्राइवेट कंपनी में काम करता था। मेरे सहयोगी कारीगर मुझ पर चोरी का इल्जाम लगाते। ईमानदारी से काम करने पर भी बास मुझे पैसा नहीं देता था। मैंने नौकरी छोड़ दी। तनाव बढ़ता गया। दिमाग पर इन बातों का गहरा असर हुआ मैं सनकी हो गया। मेरी शादी टूट गई। अपनी खराब मनोदशा में मैं लोगों को मार देता। लोग भी मुझे मारते। नौबत यहां तक आई कि मुझे एक दिन के लिए जेल में रहना पड़ा। मैं पूरी तरह मानसिक रोगी बन गया था। यहां-वहां भटकना। लोगों को इशारे करना। मुझे दृष्टिभ्रम भी होने लगा था। मैं कांदिवली, बोरिवली की सड़कों पर भटकता रहता। मां मुझे खोजते हुए आती, मेरे लिए खाना ले आती। कांदिवली के स्विमिंग पूल के पासवाली गली में मैं घंटों बैठा रहता। एक दिन डा. दंपति मुझे लेने आए तो मैंने उन्हें भी भला-बुरा कहा। वे मुझे नर्सिंग होम में लाए, मेरा इलाज किया। लेकिन उस दौरान उन्होंने मेरी कितनी ही ज्यादतियों को झेला होगा? छह महीने में मैं ठीक हो गया।"

एक मांहला मरीज थी, जिसे लगता था कि वह मदर मेरी है। मदर मेरी वर्जिन थीं। वह भी वर्जिन है, ऐसा उसे लगता था। इसी प्रकार के विचारों में खोए रहते हैं ये मरीज। ऐसी ही किसी सोच का गहरा असर उनके

दिमाग पर हावी होने लगता है। तनाव और डिप्रेशन के कारण वे अपना मानसिक संतुलन खो बैठते हैं। वे पूर्णतया मनोरोगी बन जाते हैं। दवाइयां लेने पर मानसिक स्थिति तो कुछ हद तक ठीक हो जाती है, लेकिन उनकी सोच में कभी-कभार कोई तब्दीली नहीं आती। श्रद्धा फाउंडेशन में श्री प्रकाश गोखले से बातचीत करके कुछ ऐसा ही महसूस हुआ। उन्हीं के शब्दों में।

"करीब छह-सात साल पहले बीमारी के कारण घर छोड़ दिया था। मुझे क्या हुआ था, ठीक से याद नहीं है। मैंने कलकत्ता से प्रबंधन में एमए की डिग्री प्राप्त की है। परिवार में भाई, बीवी और बच्चे हैं। फिलहाल तो यहां रहते हुए अच्छा महसूस हो रहा है। अच्छा हो जाने पर क्या करूंगा, कहां जाऊंगा कह नहीं सकता। घर छोड़ा था तब भी नहीं सोचा था। अब मेरी उम्र ५० साल की हो चुकी है। अब कोई महत्वकांक्षाएं नहीं बची हैं। यदि श्रद्धा पुनर्वसन केंद्र में आने वाले अन्य लोगों को लगता है कि उनका पुनर्वसन हो रहा है तो मेरा भी हो रहा है।

बहरहाल, प्रकाश गोखले के दिमाग पर किसी बात का गहरा असर हुआ हो ऐसा लगता है। शायद परिवार में अनबन रही हो। हो सकता है अपनी नौकरी को सही अंजाम न दे पाए हों।

दवाईयों के अलावा इन मरीजों को सही मार्गदर्शन देना, उन्हें समझाना, उनसे प्यार से बातें करना भी बहुत जरूरी होता है। इसमें व्यावसायिक चिकित्सक की भूमिका भी अहम होती है।

"एक्टिपीटी थेरापी महत्वपूर्ण होती है, जिसके अंतर्गत मनोरंजनात्मक गतिविधियां होती हैं जैसे गेम्स, पजल्स, ड्राइंग, पेंटिंग आदि। इन सबसे मरीजों की छिपी हुई प्रतिभा उजागर होती है। महिलाओं को सिलाई- बुनाई आदि सिखाया जाता है।" बताती हैं व्यावसायिक चिकित्सक अमरप्रीत कौर।

इस प्रकार की गतिविधियों से इन मरीजों की एकाग्रता और सहनशीलता बढ़ती हैं। इससे इनकी भावनात्मक जरूरतों को पुष्टि मिलती है। उनके साथ साइको ड्रामा भी खेला जाता है। उनसे छोटे-छोटे संवाद बुलवाए जाते हैं। इससे उनके एक-दूसरे के साथ के संबंध सुधरते हैं।

सभी चित्र : दिव्या जैन

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మంగళవారం 3 నవంబరు 1998

మానసిక బికలాంగులను

అక్యుసే చేర్చుకొంటున్న 'త్రేద్ద ఫౌండేషన్'

మచిలీ, నవంబరు 2 (న్యూస్టుడే) సమాజంలో దీడరిం పులు, కుటుంబాలకు గురై ఎటువంటి ఆదరణకు నోరుకోక దీరులవెంట తిరుగుతున్న మానసిక బికలాంగులకు తోడ్పాటు గుండీస్తోంది ముంబయిలోని శ్రద్ధ రివ్యూచిరిటివ్స్ ఫౌండే షన్. అలవాపాలవారిని మానసిక బికలాంగులను అక్కడనే చేర్చడాని వారికి రికిట్ల కేసులు ఈ సంస్థ లక్ష్యం. మచిలీ పరిసర శ్రద్ధాశిల్ప వర్కషాలు మండలం మాడీసేపిపాలిం గ్రామానికి చెందిన బాబోరు బాబో(30) మానసిక బ్యాధికి గురై నాలుగు నెలలక్రితం మచిలీలో శైలిక్కి ముంబయి కేరు కొంది. అక్కడ బోర్నెలి ప్రాంతంలో రోడ్లపై తిరుగుతూ వెళ్ల

కుప్పల ద్వారా పోరైన అవారాన్ని తింటూ జీవిస్తుండగా ఈ సంస్థకు చెందిన సంఘసేవకులు తీసుకొని ఆశ్రయం కల్పిం తారు. వ్యాధి నివారణకు రికిట్ల కేసులు ప్రాథమికంగా వారు తమ వారు చేసుకునే పనుల్లో క్లియరిచ్చారు. వాటిని ఆమె గ్రామంలో విడివిడిచేయడం సంస్థకు చెందిన సంఘసేవకులు సుప్రీయ సిస్ట్ర్, మనీషా సురేష్, లక్ష్మణకరం మచిలీకు చేరుకు వ్వారు. తెలుగుభాషలాని దీరిని కూసీ జనం గుమికారారు. ఈవిషయం అనేక ఈవోల పోలీసుల వరకు వెళ్ళడంతో దీరిని స్టేషన్కు పిలిపించారు. సి.ఐ రిమాండ్లోకి వెళ్ళారు. చూ వివరాలను తెలిపారు. వారుచెప్పిన వివరాల మేరకు



ముంబయి వారు శ్రద్ధ ఫౌండేషన్ సభ్యులు. చివర్న వారు మానసిక బికలాంగులు

సి.ఐ ముంబయిలోని అసంస్థ కార్యాలయానికి పోనీచేసి తెలుసుకున్నారు. ఈ సందర్భంగా సంఘ సేవకురాలు సుప్రీయసిస్ట్ర్ విశేషంకో మాట్లా డారు. ముంబయికి చెందిన మానసిక రికిట్ల నిపు ణులు కలర్వకొచ్చి, స్థితి తయోనీలు పరి సంక త్తాల క్రితం స్థితియుండగా ఈ సంస్థకు స్థాపించా రని తెలిపారు. అనుభవరతు కేసంలోని విచార కాష్టాలకు చెందిన 900 మంది రోగులకు రికిట్లనేని వారి అక్షణ క్షేమంగా చుంపింట్లు వివరించారు. దీని వెంట వాటికోపాటు గుంటూరు జిల్లా సత్తెనపల్లి మండలం పెదేద్దుం గ్రామానికి చెందిన లార్డుమా(35), తూర్పు గోదావరి జిల్లా కొత్తపేట మండలం మనుగొండ గ్రామానికి చెందిన రాంలాను (42) అక్కారు రికిట్ల ఆనందం దీరిని కూడా దీని గవ్యస్తాలకు వెళ్ళేయకు తీసుకోవ్వారు. మానసిక బికలాంగులవల్ల దీరు మామీస్తున్న కరుణ, చేస్తున్న సేవలను పలువురు ఆధీనందిం తారు. మచిలీ పోలీసులు వారి వాపోనంలో దీరిని మాడీసేపిపాలిం చుంపారు.

ప్రజాశక్తి

ప్రతి లక్షణం ప్రజల పక్షం

సురువారం 29-10-98

ఖమ్మం జిల్లా



మేతి స్రమితిం కార్యకర్తయిన మేహిబాను ఇంటికి చేర్చిన 'త్రేద్దా'

మచిలీ, అక్టోబర్ 28 - ముంబయిలోని అసంస్థ కార్యాలయానికి పోనీచేసి తెలుసుకున్నారు. ఈ సందర్భంగా సంఘ సేవకురాలు సుప్రీయసిస్ట్ర్ విశేషంకో మాట్లా డారు. ముంబయికి చెందిన మానసిక రికిట్ల నిపు ణులు కలర్వకొచ్చి, స్థితి తయోనీలు పరి సంక త్తాల క్రితం స్థితియుండగా ఈ సంస్థకు స్థాపించా రని తెలిపారు. అనుభవరతు కేసంలోని విచార కాష్టాలకు చెందిన 900 మంది రోగులకు రికిట్లనేని వారి అక్షణ క్షేమంగా చుంపింట్లు వివరించారు. దీని వెంట వాటికోపాటు గుంటూరు జిల్లా సత్తెనపల్లి మండలం పెదేద్దుం గ్రామానికి చెందిన లార్డుమా(35), తూర్పు గోదావరి జిల్లా కొత్తపేట మండలం మనుగొండ గ్రామానికి చెందిన రాంలాను (42) అక్కారు రికిట్ల ఆనందం దీరిని కూడా దీని గవ్యస్తాలకు వెళ్ళేయకు తీసుకోవ్వారు. మానసిక బికలాంగులవల్ల దీరు మామీస్తున్న కరుణ, చేస్తున్న సేవలను పలువురు ఆధీనందిం తారు. మచిలీ పోలీసులు వారి వాపోనంలో దీరిని మాడీసేపిపాలిం చుంపారు.

Haven for the homeless

Nivedita Gowda visits Shradha Rehabilitation Centre, where mentally ill patients with no place to go find shelter

A dishevelled Sudhir Phadke was found wandering aimlessly at Yogi Nagar in Borivli, muttering to himself. His clothes were in tatters and his hair badly matted. Sudhir believed he was a journalist with The Washington Post. After a traumatic 15 years at the Brihanmumbai Municipal Corporation, Sudhir, who found himself a misfit there, fell prey to schizophrenia.

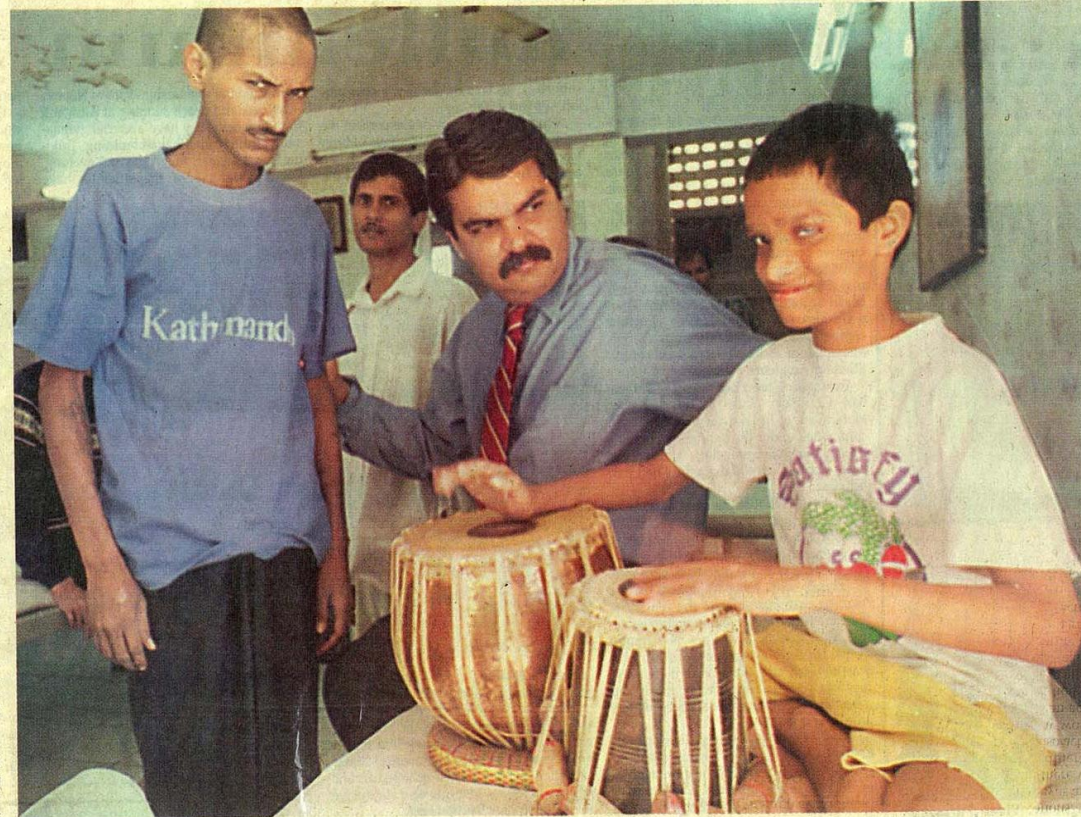
His wife left him, and his friends fleeced his money and inhabited his house. Now, Sudhir roams the streets of Borivli, at the mercy of strangers.

Hemant Thakre, a gold medalist, and professor at JJ School of Arts used to behave and talk like Maqbool Fida Hussain. He would even refuse to wear slippers. Diagnosed a schizophrenic, he lost his job at JJ. He would often sit on the steps at Jehangir Art Gallery, muttering to himself.

Raja Kalid, son of a police inspector from Kashmir, was wandering naked on the streets of Borivli. He was very violent when taken in by social workers. He had to be drugged for many days before they started psychiatric treatment on him.

Apart from the fact that Sudhir, Hemant and Khalid were mentally ill with schizophrenia, they have another thing in common: They were all rescued by the Vatwanis, the doctor couple that founded Shradha Rehabilitation Centre for mentally ill roadside destitutes.

But for the timely intervention from the Vatwanis, Sudhir, Hemant, Khalid and the 20-odd patients at Shradha would have had no hope, left to die on



WHERE THERE'S A WILL, THERE'S A PLAY: A mentally retarded child who was brought in by the Vatwanis became a master at the art of playing the tabla during his stay there.

It all started 10 years ago, when the Vatwanis first spotted a man eating garbage and mumbling to himself. He displayed all the signs of a schizophrenic. The Vatwanis picked him up and put him under psychiatric treatment. After a few weeks of treatment, the patient started talking fluent English and it was learnt that he was a pathologist.

His parents in Andhra Pradesh were contacted and the patient finally left for his home town.

There are scores of such inspiring examples at Shradha.

Due to a financial slump, the Vatwanis are finding it extremely difficult to manage even daily expenses. But that is hardly a deterrent to the spirits of this couple. Recently, they had organised an art exhibition and auction of paintings from some of the most renowned painters in India.

The tremendous response to the exhibition enabled the foundation to buy its own land at Dahisar and build a day-and-night care centre for the mentally ill.

A set of 10 greeting cards with picture of famous paintings are sold for Rs 8 each to further raise funds for Shradha.

But most of the funds for the foundation come from Bharat and Smitha Vatwani's private practice.

The doctors personally escort their patients to their native land and homes. Sometimes finding the correct address is the most Herculean task. This is

because most of the patients are uneducated with little or no knowledge or memory about the place they come

from. "Sometimes," says Smitha, "they even wonder how they landed up in Mumbai. They have absolutely no recollection."

"These patients are mentally ill. They sit in any train and land up anywhere the train takes them. So it becomes very difficult to trace their village," she says.

Shradha Foundation presently has three permanent patients. One of them is a woman who was found at Dahisar railway station.

"The satisfaction of seeing people reunited with their families is satisfaction enough" - Smitha Vatwani

She was violent and throwing stones at passerby. Her husband and family refused to take her home, even after she was cured. She now helps the nursing staff at Shradha.

Smitha Vatwani divides her time between the nursing home at Borivli and Shradha at Dahisar.

If that is not enough, she even has three adopted kids at her home in Borivli. Life is busy business for this unusually concerned couple.

"I used to find it difficult when I came in the mornings to attend to my patients. Now I come only in the evenings. That way I am free during the day to do whatever I please. And most of the time, I work," says Smitha Vatwani.

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the streets of Mumbai. At Shradha, Smitha and Bharat Vatwani pick up such people and rein-

state them back life. They even keep the odd patient who finds it hard to be accepted by society at their private

nursing home in Borivli. Sudhir, who was reinstated at the BMC after he was cured of his illness,

opted for social service. He now engages his time gardening and managing the Shradha office.

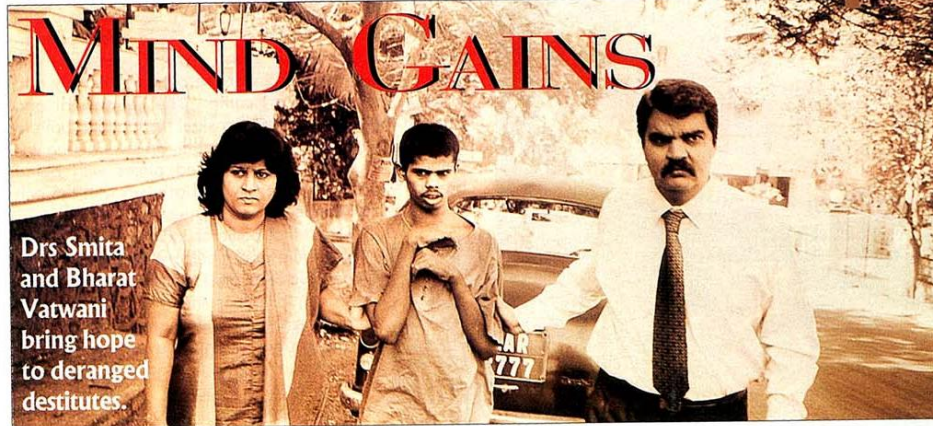
because most of the patients are uneducated with little or no knowledge or memory about the place they come

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SAVVY

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Leading Light



Drs Smita and Bharat Vatwani bring hope to deranged destitutes.

It was triggered off by a dirty, mad man in rags who lived next to a garbage bin near a gutter — his sources of food and water. Psychiatrists Drs Smita and Bharat Vatwani saw him and immediately realised that he was a schizophrenic. They took him to their clinic and treated him. The recovery of the patient, Vijayan, was dramatic and he was immediately escorted back to his village in Andhra Pradesh. Vijayan was a diploma holder in pathology.

This was the turning point in the lives of Drs Smita and Bharat too. "The seed of interest in helping others was always there in us. Even as students in psychiatry, when we used to see the mentally ill on the road, we used to wonder why nobody was helping them out. With treatment, people like Vijayan can be useful members of society. However initially, we had neither the infrastructure nor the resources to support them. After we set up our own private practice and our treatment on Vijayan yielded very quick and positive results, we decided to devote our energy to helping others like him."

Their 'Shraddha Rehabilitation Foundation' in Borivali, a western suburb in Mumbai, was registered in 1992, though the couple started their good work much earlier. Currently, they house and treat at least 20 mentally ill destitutes totally free of cost, at any given point of time. Most of their patients are schizophrenics and manic depressives.

The destitutes at 'Shraddha' are referred by concerned individuals and organisations. The staff too bring in such persons from the roads and railway stations. They are given medication and injectable treatment which gives quick results — crucial for those who are violent or suicidal. Treatment can last for about two to three months, depending on the seriousness of the illness.

"After the person is back in touch with reality, we ask him/her for the home address and escort the person back," says Dr Smita. This is often a very satisfying experience as, "the entire village turns up to receive the person. Their emotional bonds are very strong," says Supriya Sinha who has been working with them for more than seven years. 'Shraddha's' services are free. The

staffers follow up on cases through letters and send medicines if they are not locally available. Most of the rehabilitated patients settle in well but there are a few who fail to take the medicines and have a relapse. Drs Bharat and Smita finance all the activities of the 'Shraddha Foundation' by their earnings from private practice and private donations.

That mental illness is a grave spectre haunting society, is undeniable. Says Dr Bharat, "There is a 50 per cent chance in every person's life of undergoing some form of mental illness. One per cent of the population suffers from schizophrenia. In spite of these facts, mental illness is not on anybody's priority list."

Paucity of funds and volunteers hampers the activities of 'Shraddha' a good deal. Says Dr Bharat, "Mad people don't evoke sympathy. There is still a great deal of stigma attached to psychiatric patients."

Adds Dr Smita, "After a patient becomes well, no volunteer comes forward to take the patient back home. We have to divert our own trained staff to take him back to his village." To solve this problem, the couple are planning to form a corpus of funds to employ more qualified staff.

Drs Smita and Bharat are equally passionate about their cause. They divide their time between their home, private practice and the work of 'Shraddha'. Of course, it is an uphill battle and Dr Bharat often finds himself frustrated. "The magnitude of the problem is gigantic and our coverage is too little in comparison." Dr Bharat poured out his despair in a book of poetry entitled, 'Alone. Isolated. And Lonely'. He penned,

"There has to be an end,
vision at the end of the tunnel,
redemption..."

Over 800 patients have recovered with the help of Shraddha Foundation. They are probably a part of the redemption.

(Shraddha Rehabilitation Foundation can be contacted at 022-8954333/8918321)

KHUSHMAND

PHOTOGRAPH MUKESH PANCHAL

SAVVY, MARCH 2000

سندھ میگزین

دماغی صحت کی بحالی کا ادارہ

ہمارا ون رشید

پوری ایک خصوصیت سی عمارت کے دوسرے منزلے کی بیڑیوں پر بیٹھا ہے۔ دماغی صحت کی بحالی کا ادارہ۔

۱۹۹۳ء میں راجس اپنی زندگی بھانجی آرٹ گیلری کے فٹ پاتھ پر گزارا تھا اور لوگ اسے پاگل کہتے تھے کیونکہ وہ اپنے آپ سے بات کرتا تھا اور لوگوں کو دیکھ کر طرح طرح کی حرکتیں کرتا یا سنتا تھا۔ ایک دن اسے شردھانا فاطمین کے رشتہ کاروں نے اپنے ساتھ لے جانے کا فیصلہ کیا۔ یہ بیٹی بعد راجس ٹھیک ہو گیا لیکن اس کے خاندان والوں نے اسے پکھیلنے سے انکار کر دیا۔ پچھلے آٹھ برس سے وہ فاطمین میں رہا ہے۔

فاطمین ہندوستان کا واحد غیر سرکاری ادارہ ہے جو سڑکوں پر گھومنے والے بے گھر، دیوانگی کے شکار شیزوفرینیا (Schizophrenia) لوگوں کو اپنے فاطمین میں بنا دے کر ان کا علاج کرتا ہے۔ فاطمین کے بانی اور بانی نسیات ڈاکٹر بھرت واناوی نے کہا کہ "ہندوستان کی ایک فیصلہ آدائی شیزوفرینیا کی بیماری کی شکار ہے۔ اس بیماری میں انسانی دماغ میں "ڈیپانکٹامی" کی کمی کی وجہ سے دماغی صحت کے مسائل پیدا ہوتے ہیں۔ اس کے علاوہ دماغی صحت کے مسائل کی وجہ سے انسان اپنا ذہنی توازن کھو کر خرابی دماغ میں رہنے لگتا ہے۔ وہ ان چیزوں کو سمجھنے اور سننے لگتا ہے جن کا کوئی وجود ہی نہیں۔ نتیجتاً مریض کے پاس کے لوگ اسے پاگل کہتے ہیں۔ لیکن یہ

ہماری بد قسمتی ہے کہ لوگ بیماری کا علاج کرانے کی بجائے اسے چھپانے لگتے ہیں اور سوشلسٹ اور باپاؤں کے پکر پکرانے شروع کرتے ہیں۔"

فاطمین ڈاکٹر بھرت واناوی نے ۱۹۹۱ء میں شروع کیا۔ ڈاکٹر بھرت کے بقول میڈیکل کی پڑھائی کے دوران شیزوفرینیا میری تھیمس کا موضوع تھا۔ اس دوران میں نے سڑک پر لاچاروں کی طرح گھومتے ہوئے لوگوں کو دیکھا جنہیں دو وقت کے کھانے اور ذہنی بیماری سے لڑنے کے لئے دواؤں کی ضرورت تھی۔ سڑک کے لوگ ان کی مدد کرنے کی بجائے انہیں پاگل کا خطاب دے دیتے ہیں۔

۱۹۸۹ء میں اپنے دلیرانہ کے دوران ڈاکٹر بھرت نے سڑک پر ایک شخص کو کھڑے پا کر پتہ پتہ ہوئے دیکھا۔ ڈاکٹر بھرت اسے اپنے ساتھ کلینک لے آئے۔ دواؤں کے ساتھ اس کے کھانے پینے اور رہنے کا انتظام کیا۔ تین مہینے بعد وہ شخص بالکل ٹھیک ہو گیا۔ اس سے متاثر ہو کر وہ اس کے ساتھ ایک لیب میں بیٹھیں۔ اور آخر کار بریڈنگ کے طبع پر بھرت کے اثر کا بیٹا ہے۔ علاج کے بعد اسے دوبارہ اس کے آبائی وطن بھیج دیا گیا اور اس طرح ڈاکٹر بھرت نے یہ فیصلہ کیا کہ فاطمین کے ذریعے وہ بھی جیسے ممکن آدائی والے شہر کے فٹ پاتھوں پر پڑے ہوئے ان لوگوں کی مدد کریں گے جو اپنا ذہنی توازن کھو چکے ہیں۔

فاطمین کی کاؤنسلر ڈاکٹر نیہا بھاتی ہیں "پچھلے دنوں میں ہم نے ۸۰۰ لوگوں کو سڑکوں سے اٹھا کر

اپنے سینٹر میں بنا دی۔ ان کا علاج کیا اور انہیں ان کے آبائی وطن بھیج دیا۔ فاطمین سے استفادہ کرنے والے بیشتر لوگوں کا تعلق ہندوستان کی دوسری ریاستوں سے ہوتا ہے۔ ہم نے لوگوں کو عملی علاج کر کے انہیں پنجاب، بنگور، اتر پردیش کے پٹیالہ سے ملایا ہے۔ بعض مرتبہ تو ایسا بھی ہوتا ہے کہ سریش کی زبان ہم سمجھتے ہیں۔ ان حالات میں ہم باہر سے اپنے گھن کو بلاتے ہیں جو مریض کی بات سمجھ سکتے۔"

فاطمین کے طبی رضا کار شہر میں مختلف مقامات پر گھومتے ہوئے یا عجیب و غریب حرکتیں کرنے والے افراد کو اپنے ساتھ سینٹر لے آتے ہیں یا عوام کو بھی رابطہ قائم کرتے ہیں۔ ڈاکٹر نیہا نے کہا "فاطمین میں آنے کے بعد ہم مریض کو اپنی سائیکھک (Anti Psychotic) دوا میں دینا شروع کرتے ہیں۔ تقریباً ۱۵ دنوں میں مریض اپنی چار ماہی حرکتوں پر قابو پالیتا ہے اور ہم پاؤں پاؤں میں چاہنے کی کوشش کرتے ہیں کہ وہ کس مقام یا جگہ سے متعلق رکھتا ہے۔ مریض کو عملی طور پر ٹھیک ہونے میں تین سے چار مہینے لگتے ہیں۔ اس دوران کاؤنسلنگ کے علاوہ اسے چھلنے پھینے سے بچانے کے لئے دیتے جاتے ہیں تاکہ اس کی سوچنے کی قوت میں اضافہ ہو۔ مگر وہاں جانے کے بعد بھی تقریباً ایک سال تک مریض کو دوا میں استعمال کرنے کی صلاح دی جاتی ہے۔ اور اگر اس کے مالی حالات ٹھیک نہیں تو وہ نہیں سمجھتے سفارشات کی جاتی ہیں۔

فی الوقت اس فاطمین میں شیزوفرینیا کے ۱۹ مریض زرعہات ہیں۔ ان میں سے صرف چار سے پانچ لوگ ٹھیک ہونے کے باوجود بھی اپنی زندگی کے

باقی دن وہیں کالے پڑے ہیں کیونکہ ان کے گھر والوں نے انہیں پکھیلنے سے انکار کر دیا ہے۔ اس سلسلے میں Occupational تھیراپسٹ ڈاکٹر نیہا کا کہنا ہے کہ "سماج، سرگرمی، روپیہ و وجہ سے اردو ایسی تھیمس غیر قانونی جہلوں کا وجود میں آتا ہے جہاں انسان کو جانور سے بھی بدتر حالت میں رکھا جاتا ہے اور علاج کرنے کی بجائے اس کے سر سے کاٹھا لگایا جاتا ہے۔"

آج دماغی بیماری کے لئے جدید سائنسی علاج مہیا ہے۔ لیکن سبکی کی برہمنی ہوئی آبادی کے لحاظ سے کتنے نئے اسپتال ہیں جو ذہنی بیماریوں کے لئے کھولے گئے ہیں۔ جھول ڈاکٹر بھرت "اس کا جواب مفر ہے۔ جب میں طالب علم تھا تب صرف کے ائی ایم، جے ہے اور ہائر اسپتال میں نفسیاتی مریضوں کے لئے علاحدہ وارڈ ہوا کرتا تھا۔ آج بھی صورت حال وہی ہے۔ اس کے علاوہ فاطمین اسپتال ہے۔ سرکاری اسپتال میں بھی مریض کو ۳۰ دن سے زیادہ نہیں رہنے دیا جاتا۔ سریش عملی طور پر ٹھیک ہو یا نہ ہو اسے ذہنی علاج کر دیا جاتا ہے۔"

ممبئی کی آبادی میں گزشتہ ۱۵ برسوں میں دوگنا اضافہ ہوا ہے۔ کیا وجہ ہے کہ ممبئی کے بڑے پرائیویٹ اسپتال میں نفسیاتی مریضوں کے لئے کوئی جگہ نہیں ہے؟ ایسے سبکی سوال ہیں جو ڈاکٹر بھرت کے ذہن میں گونجتے رہتے ہیں۔ اس کے باوجود وہ ہر اس شخص کی مدد کے لئے اپنا ہاتھ بڑھاتے ہیں جو کسی وجہ سے اپنا ذہنی توازن کھو بیٹھا ہے۔

(رابطہ: شردھانا فاطمین: ۸۹۵۵۰۲۰)



راجس شردھانا فاطمین میں علاج سے پہلے اور اسٹیٹ میں علاج کے بعد

NATIONAL
News
URDU
THE INQUILAB
Mumbai
OCTOBER 2001

வியாழக்கிழமை 29 நவம்பர் 2001

ஐதிகு பீச்சில் பாட்டுப்பாடி பிச்சை எடுக்கும் கோல்கத்தா தலைமையாசிரியை

மும்பை, நவ. 29-

கோல்கத்தாவை சேர்ந்த பள்ளி தலைமையாசிரியை ஐதிகு பீச்சில் பாட்டுப்பாடி பிச்சை எடுத்து வருகிறார்.

கோல்கத்தா அருகிலுள்ள சத்னா என்ற இடத்திலிருக்கும் ராமகிருஷ்ணா மிஷன் பள்ளியின் தலைமை ஆசிரியையாக பணியாற்றி வந்தவர் மிருதுளா போஸ் (44).

வசதியான குடும்பத்தைச் சேர்ந்த மிருதுளாவுக்கு, சமையலறையில் ஏற்பட்ட தீவிபத்தில் முகம் மற்றும் உடலின் மேல் பகுதியில் தீக்காயங்கள் ஏற்பட்டன. அவரது சிகிச்சைக்கு ஏராளமான பணம் செலவழித்தார் மிருதுளாவின் மூத்த சகோதரர்.

ஆனால் தீ விபத்தினால் ஏற்பட்ட பாதிப்பில் இருந்து மிருதுளா விடுபடாததால் மனமாற்றத்துக்காக அவரை மும்பை மற்றும் கோவாவுக்கு அனுப்பி வைத்தார் அவரது சகோதரர்.

கடந்த ஐதிலை மாதம் மும்பை வந்த மிருதுளா, முதல் நாள்ன்றே ஐதிகு பீச்சில் பணம் அனைத்தையும் ரவுடிகளிடம் பறி கொடுத்தார். உடுத்த மாற்று துணியின்றி கையில் பணம் இல்லாமல் பரிதவித்த அவர் பாட்டுப்பாடி பீச்சுக்கு வருபவர்களிடம் பிச்சை எடுக்க துவங்கினார்.

நாளடைவில் பீச்சில் பிச்சை எடுப்பதே அவரது தொழிலாகி விட்டது. இந்நிலையில் பீச்சில் உள்ள மற்ற பிச்சைக்காரர்களின் துன்புறுத்தல் பற்றி புகார் செய்ய

கடந்த 19ம் தேதி சாந்தா குரூஸ் போலீஸ் நிலையத்துக்கு மிருதுளா சென்றபோது அவரது பரிதாப கதை தெரியவந்தது.

சரளமான ஆங்கிலத்தில் பேசியும், வங்காள மொழியில் இனிமையாக பாடிய மிருதுளாவை போலீசார் முதலில் சாந்தாகுரூசில் உள்ள 'கிரேசியஸ் ஹோம்'மில் சேர்த்தனர்.

பின்னர் நன்கொடை திரட்டி ரயிலுக்கு டிக்கெட் எடுத்துக் கொடுத்து மிருதுளாவை சொந்த ஊருக்கு அனுப்பி வைத்தனர். ஆனால், ஏற்கனவே தனக்கு ஏராளமாக செலவு செய்த குடும்பத்தினருக்கு மேலும் பாரமாக இருக்க விரும்பவில்லை என்று கூறி மிருதுளா மீண்டும் மும்பை திரும்பி விட்டார்.

TAMIL NADU

News

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MUMBAI TAMIL TIMES

NOVEMBER 2001

13000 Tales of Hope



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BEFORE



AFTER



Mid Day

Saturday • December 1, 2001



THE SMILE SAYS IT ALL: Mridula with other patients of Shradhdha Nursing Home, which specialises in helping destitutes who need mental help

Samaritans to aid of destitute principal

Scholar beggar now in Dahisar nursing home. Several others come forward to help

Shailesh Bhatia

"MY world is about to change," says Mridula Bose, former principal of Ramkrishna Mission High School, near Kolkata, who has been singing songs for money on Juhu Beach for the past four months. The beggar was discovered when she walked into Santa Cruz Police Station to complain about the other beggars on the beach harassing her.

Now, after a story in Mid Day about the beggar woman who could quote Kalidas and Shakespeare, Sanskrit shlokas and Wordsworth, several people have come forward to give Mridula the assistance she needs.

"I have received more than 15 calls, from people and institutions who want to help Mridula. Some came personally to the police station to meet her," said Senior Inspector Vilas Tupe, of the Santa Cruz police.

For now, help has come from the Shradhdha Nursing Home, Dahisar, which is run by Dr Bharat Vatwani. Mridula is being treated for mental problems at the centre. Shradhdha, which offers its services for free, specialises in the psychiatric treatment and rehabilitation of mentally afflicted.

Vatwani sent Dr Sheetal Bhandari, an occupational therapist, and Neha Mehta, a social worker, to the Santa Cruz police on Wednesday evening.

Tupe arranged for Bhandari and Mehta to go to the beach and find Mridula. Mehta said, "She was just lying on the beach, clutching her small bundle of belongings and a copy of Mid Day in which her story had appeared. She readily agreed to come with us to the nursing home."

Vatwani, who has examined Mridula, said, "There are some



COMFORT AMONG FRIENDS: Sheetal Bhandari (left), an occupational therapist, and Neha Mehta, a social worker, who were sent by Dr Bharat Vatwani (below) of Shradhdha Nursing Home to find Mridula at Juhu Beach on Wednesday

signs of psychological imbalance. Such bio-chemical disturbances can be treated with medicine. There are very, very good chances of her recovering in four to eight weeks."

He added, "Normally, in such cases, when the patient starts responding to medication, she may want to rise back to her earlier social status. Whether she wants to go and stay with someone, or return to her family in Kolkata, will depend on her at the time of her discharge."

Yesterday afternoon, Mridula seemed at ease at the nursing home. "This place reminds me of Mother Teresa's Ashram back in Kolkata," she said. "Everyone is kind to me. All the fussing over me is giving me an inferiority complex. I like it here, but I feel like a bird in a golden cage. I will truly be happy when I am free to lead a normal life."

Vatwani said, "This is a common case of people not diagnosing a mental problem and treating it on time. People run to a doctor for a common cold, but tend to ignore mental health."

If Mridula decides to not return to Kolkata, she would have several options. Those wanting to help include Amrita Ahluwalia, an Air India airhostess, who was in the news a decade ago for rescuing Ameena, a minor from Hyderabad. Ameena was able to be put on a

plane at Delhi airport and sent to Saudi Arabia to be sold as a child bride.

"I want to take Mridula with me to Hyderabad. She can live in my flat for the rest of her life. After all, my mother used to be a teacher too. I will not let her spend another night on the beach," Ahluwalia says.

Due to her flight schedule, Ahluwalia was unable to meet Mridula, but she said, "I have psychiatrist friends in Hyderabad who will be able to give her the best of help she needs."

Mridula was happy to know that Ahluwalia had offered to take her to Hyderabad. "I would like to be in the company of decent people who stimulate me intellectually."

Offers to help have also come from Mahua Chanda, who works in a financial firm and has completed a list of institutions that could treat Mridula. Chanda also personally volunteered to be of assistance.

Nalini Shetty, of the Shradhdhanand Mahila Sangh, Mumbai, is also willing to treat and rehabilitate Mridula at the institution. "Since she has a degree in music and a fabulous voice, she can teach music," she said.

Mridula, while on leave as principal, had received 30 per cent burns on her face and body in an accident. She never recovered



from the trauma, and was sent to Mumbai on a holiday by her brother to help her get her mind off her problems. But on her first day here, she was robbed of all her possessions on Juhu Beach. After that, she made the beach her home, returning there even after being sent back to Kolkata by the police, who had donated their own money to buy her a ticket on the Gitanjali Express.



I FEEL LIKE A BIRD IN A GOLDEN CAGE. I WILL TRULY BE HAPPY WHEN I AM FREE TO LEAD A NORMAL LIFE

— Mridula Bose

Tuesday • February 5, 2002

Mid Day

We deliver Mumbai

Bye-bye Mridula

VIJAYANAND GUPTA

A couple of months ago Mridula Bose was found living on Juhu Beach, uncared for and unloved. Thanks to the timely attention she received from samaritans, this former school principal is today on the Howrah Mail, travelling back to her family in Kolkata

City bids adieu to its most celebrated beggar

Mid Day impact

School principal turns beggar

Says she cannot return to Kolkata and let her family see her in this condition

Report in the Mid Day on November 28, 2001

Principal who sang for alms heads back to Kolkata

Shailesh Bhatia

AT 8 pm yesterday, a small group of people gathered at Chhatrapati Shivaji Terminus (CST) to bid farewell to 44-year-old Mridula Bose, perhaps this city's most celebrated beggar. Bose ended up singing for alms at Juhu Beach after a couple of tragedies. But nearly two months after Mid Day first carried her story, a rehabilitated Bose, who has received psychiatric help in the city, bid adieu to well-wishers and began her journey back east.

Bose was once the principal of Ramkrishna Mission High School, in Satna, West Bengal. She was burned in a freak accident, which left her scarred, both physically and psychologically. Her brother sent her to Mumbai to help her forget her troubles. But on her first night in the city she was robbed of all her belongings on Juhu Beach. With no other alternative, she took up residence on the beach, singing for alms.

The other vagabonds soon realised she was no ordinary beggar, and harried her. She complained about this to the Santa Cruz police, who also realised she was no ordinary tramp. She quoted Kalidas and Shakespeare, and sang Rabindra Sangeet.

Once her story was reported, many concerned people and organisations volunteered to shelter and rehabilitate her. Dr Bharat Vatwani, who runs the Shradhdha Rehabilitation Foundation, a voluntary organisation dedicated to mentally afflicted destitutes, took Bose



FAREWELL: Former high school principal Mridula Bose on the Howrah Mail yesterday

to his Dahisar hospital.

After two months of treatment, Bose is keen to rebuild her life. She says, "I will go back to my family and start a new life. Maybe I will start teaching again or maybe, I will join Mother Teresa's ashram and do social service." There are no traces of the earlier dependency that led her to describe herself as a "caged bird".

Dr Smita Watwani, who has been keenly involved in Bose's treatment, says Bose's homesickness shows the treatment has been successful. Since Bose was diagnosed as epileptic and psychotic, treatment will have to continue for up to five years, she adds.

Neha Mehta, a social worker at Shradhdha, is accompanying Bose to

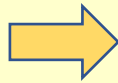
Kolkata. "My job is to meet Mridula's family and explain the situation to them. They have to be told to continue the medication and keep in touch with Dr Smita and keep her informed about her progress," explains Neha.

Bose is confident of a warm welcome back home. "I am sure my brother and nephew will take care of me. I made the mistake of venturing out alone to Mumbai and found out that things don't always turn out as planned. I was lucky to get help in my hour of need," she says.

As the Howrah Mail chugs out of the station, Bose hurls out an invitation. "Come to Kolkata. I will cook lovely sweetwater fish in a mustard curry for you," she says.

13000 Tales of Hope

**REUNION WITH
BELOVED FATHER
IN MAHARASHTRA**



13000 Tales of Hope



Upon Recovery, this destitute turned out to be a
Chartered Accountant



13000 Tales of Hope

BEFORE



AFTER



13000 Tales of Hope



BEFORE



AFTER

13000 Tales of Hope



ذہنی طور پر معذوروں کیلئے ایک جائے پناہ:

شرڈھا آشرم

مہیبی کا وہ اسپتال جہاں نوجوان پاگلوں کا علاج کیا جاتا ہے۔ سڑکوں پر بھٹکتے

پاگلوں کو طبی سہولیات مہیا کی جاتی ہیں

شرڈھا آشرم نوجوان ذہنی طور پر معذور افراد کے علاج کیلئے اپنے بڑے شہر میں واحد آشرم ہے۔ سڑکوں پر گھوم رہے لوگوں کا یہاں مفت میں علاج کیا جاتا ہے۔ جب کہ اسی سے ملتا جلتا ایک آشرم ہفتی میں بھی ہے جو صرف بچوں کے لئے ہے۔ ہذا ہذا

شرڈھا آشرم کے ایک وارڈ ہوائے کی نظر روزی پر چکی اور وہ اس کو آشرم لے آیا۔ علاج کیا گیا اور اب روزی کی حالت کافی بہتر ہے، وہ اپنے اہل و عیال کو یاد کر کے ان کا پتہ بتاتی ہے۔ روزی پھر امریکہ جانے کی کوشش ہے۔



روزی نام کی عورت ہے عمر لگ بھگ ۳۰ سال ہے وہ کافی تعلیم یافتہ ہے اور آج بڑی تباہی پر مجبور تھی ہے اس کی کہانی بڑی المیہ انگ ہے۔ روزی ایک ہندوستانی ہے لیکن امریکہ میں ملازمت کرتی تھی۔ ملازمت کے دوران ہی روزی کا دائمی ذہنی بگاڑ کیا اور وہ پائلس بین کی حالت میں گئی۔ جس کی وجہ سے روزی کو

ساحب سے بھی گواہی کرنی ہوں کہ مجھے جلد میرے والدین سے ملوایا جائے" ایک بچہ بنائیں کا رہنے والا ہے۔ اس کی عمر ۱۸ سال کے لگ بھگ ہے وہ بھی ایسے گھر جانے کیلئے ہے۔ قرار ہے۔ یہ بھی کہتا ہے کہ "اب میرا یہاں دل نہیں لگتا"۔ ساتھ ہی وہ ڈاکٹر کے بارے میں کہتا ہے کہ "ان لوگوں نے ہمارا علاج کر کے



انہیں نیا جسم دیا ہے۔ اس لئے ہم ڈاکٹر کے ہمیشہ شکر گزار رہیں گے۔ انہیں لوگوں میں سے ایک سمجھ کر لوگوں پر دھماکا نہیں لگائی۔ ایک دن امریکہ سے واپس ہندوستان پہنچ دیا گیا۔ روزی

بہت زیادہ اگل پن کی حالت میں آئے ہیں ساتھ ہی وہ کسی کو کچھ بھی اظہار کر دیتے ہیں، شروع شروع میں یہاں پر سرینڈوں نے تڑپ، وارڈ ہوائے اور یہاں تک کہ مجھے بھی کچھ بھی اظہار کر دئے مارا تھا۔ لیکن اب سب ٹھیک ہے، وہ افراد جن کی عمریں ۱۶ سے ۳۰ سال تک ہے تین چار مہینے میں ہی ٹھیک ہو جاتے ہیں علاج پر ایک مہینے میں تین ہزار تک کا خرچ آتا ہے۔" ہمارے ذاتی سکول سے ہوتے جاتے ہیں " ہمارے یہاں کے کچھ وارڈ ہوائے بھی شہر میں ایسے لوگوں کی تلاش میں گھومتے رہتے ہیں، اگر ایسا کوئی مریض نظر آتا ہے تو اس کو یہاں لے آتے ہیں، اور علاج کرنے کے بعد ان کے والدین سے ملوئے گا کہ ہم تک اس آشرم میں کیا جاتا ہے، کئی بھی کافی پریشانی بھی ہوتی ہے کیونکہ کئی ریاستوں اور شہروں کے مریض یہاں ہوتے ہیں، جیسے ہوں ممبئی، بنگلور، چنئی، آہوا، کیرالا اور اتر پردیش جیسے علاقوں کے افراد جن کو ان کے خاندان والوں سے ملوانا کافی مشکل ہو جاتا ہے۔ لیکن ہمیں یہ وقت اٹھانے میں بڑی خوشی ہوتی ہے۔"

انہوں نے یہ بھی بتایا کہ آشرم ایک ٹرسٹ کے ذریعے چلایا جا رہا ہے۔ اس میں ڈاکٹر بھرت داتوئی، رانیس پارکیر (پروجیکٹ مینیجر) اشک منہانی (وائس چانسلر) ایکا کرپ (ڈاکٹر) مہن شیاہ وغیرہ شامل ہیں۔ آشرم کے نندوں کی ایک ٹیم بھی ہے کسی رابطہ قائم کر رکھا ہے۔ ڈاکٹر بھرت داتوئی آشرم کو بچ کرنے کا ارادہ رکھتے ہیں، اس کے لئے کرجت میں ایک چیک لی گئی ہے، عمارت قائم ہونے پر وہاں کم سے کم ۱۰۰ مریض ایک ساتھ رہ سکیں گے۔ اسپتال کے میدان میں سٹیٹ بانی سروس نامی باپچر دوسرے کام شروع کرنے کا بھی ارادہ ہے۔ وجہ دریافت کرنے پر وہ بتاتے ہیں کہ ایسے افراد جن کا علاج تو ہو جاتا ہے لیکن ان کو خاندان نہیں ملتا وہ یہاں روک کر کام کر سکتے ہیں۔

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