

ANNUAL ACTIVIY REPORT 2013-14



MARIAM WELNESS CENTRE

Mental health and Rehabilitation unit of HELP Foundation, J&K



Message from Chairperson:



It gives me immense pleasure to work in the process of development, which leads to increase in the happiness index. This has been our dream and goal to start this organization 15 years ago. With a humble start in 1997, we had a dream to build an organization which would take the edge of the suffering and retain the social fiber of the people of our land who have been suffering for several decades. The experiences gained during this period have fortified our resolve to

turn our dream into reality.

We at HELP Foundation believe that even a thousand mile march is taken in steps. The journey being undertaken by us may be only a few steps but it takes us that much closer to the destination.

Mrs. Nighat Shafi

CHAIRPERSON



Introduction:

HELP (Human Effort for Love and Peace) Foundation J&K is a Non Governmental Organization (registered under the Societies Registration Act, number: 5902-S.) established way back in 1997 by Nighat Shafi (who is recipient of Jamnalal Bajaj Award 2012 and several national and state level recognitions which include the Stree Shakti Award in 2008, nominee for 2005 Noble Peace Prize and several other awards). HELP has been set up with the objective of assisting people affected by both natural calamities and violence in the strife torn region of Jammu and Kashmir. It began its work in the field of education, health care, the revival of culture and programs for the empowerment of women were introduced subsequently. With a team of dedicated trustees, volunteers and staff, the Foundation has extended its activities to seven districts of Jammu and Kashmir.

Mariam wellness centre- a complete mental health and rehabilitation centre is an initiative by H.E.L.P (Human Effort for Love and peace) Foundation J & k. During inception of the foundation, Mental health was one of its core objectives. We believe that Physical illness effects one patient but mental illness is a social problem which gives rise to depression, desperation, drug addiction, social evils and conflicts in family by large. The main objectives of the centre is to rehabilitate the people, who have been victims of domestic violence, depression, anxiety, sexual abuse and drug addiction. The services are provided by qualified mental health professionals, medical officers and counselors.



Main focus of the Centre:

- Awareness in community by identifying the different dimensions of Mental Illness.
- To reduce the stigma associated with Mental illness.
- To mobilize the community support.
- Establishing a domestic peace centre for helping the victims of domestic violence and suicide affected families.
- Running a full time daily medical OPD and counseling services

A gist of activities carried during the year 2013-14

S.no	Activities
1	School Mental health programme
2	World Day Against Drug Addiction
3	Helping Hand to special children
4	Breast cancer Awareness Camps
5	Workshop for differently abled children
6	World Mental Health Day Rally
7	World Mental Health Day
8	World Day against Suicides
9	One day interactive Awareness camp cum training program for students of (IUST)
11	One day interactive workshop with ICDS
13	One day workshop with Association of parents of disappeared persons.
14	Free Medical checkup to Beneficiaries
15	Organized free Medical camps
16	Daily Medical OPD and counseling services.

A. SCHOOL MENTAL HEALTH PROGRAMME:

Mariam Wellness centre working under the aegis of H.E.L.P Foundation, launched its highly significant and target oriented intervention programmes for schools in Kashmir valley. Prominent Psychiatrists and psychologists of valley sensitized teachers as well as students regarding various mental health ailments including drug addiction, stress, Exam phobias and suicidal ideation and in girls on gynecological disorders.

This is the first such initiative in Jammu and Kashmir by HELP Foundation. A seminar on mental health illness was conducted in Prime Public school, Barzullah attended by teachers and large number of students. Lectures were delivered on various Mental health issues which were then followed by a lively interactive question answer session between visiting doctors, Psychologists,

students and teachers. Although efforts to address mental health issues in schools often are hampered by competing initiatives and agendas, the diversity of initiatives has laid a foundation that can be built upon. There is need, however, for increased emphasis and strategic approaches.

Mental Health- an essential part of child's overall development has a complex interactive relationship with their physical health and their ability to succeed in schools, at work and in society. Both physical and mental appearance affects how we think, feel and act on the inside and outside. MWC has developed tools to assess the risk and protective factors for the mental health of children and youth, to test them for behavioral or emotional problems, and to continually monitor treatment progress.

B. DAYS OBSERVED:

World Day Against Drug Addiction

On Thursday, June 27, 2013 MWC organized a rally. This rally was carried out from Hyderpora in which participants including teachers, doctors, psychology professionals and volunteers participated. The participants held ply cards describing life threatening effects of drugs and distributed pamphlets on drug addiction, child sex abuse and domestic violence, the menace of drug addiction is increasing in Kashmir as more than **Four Lakh** people are believed to be drug abusers in the State.

If drug addicts are to be completely rehabilitated, it is necessary for the local community to be involved in the treatment and social integration of addicts. To promote such an initiative a number of de-addiction camps are being regularly organized at the community level through voluntary organizations like HELP. These camps provide counseling, treatment and rehabilitation facilities to drug addicts in the localities they live in. Building awareness and creating therapeutic communities are other concepts that help in the rehabilitation of addicts.

The main thrust of these programmes is to strengthen the ties of addicts to their family and community and get the community to cooperate in the rehabilitation process.

World mental health day:

On 10th February 2013, MWC held an awareness rally on world Mental Health Day. The purpose of this rally was to bring to the fore the increasing cases of desolation of elderly people in Kashmir. Psychologists stress for establishment of old age homes due to increasing cases of isolation of old people in the valley. The rally was attended by psychologists, students, lawyers, teachers and other professionals. MWC had so far registered 52 old people for counseling and they were made to attend book reading sessions, one-to one interaction with youth in order to treat their psychological structure. The rally started from Hyderpora and ended at press enclave, during the

March participants distributed posters were specially written for common masses in which information about depression, dementia, drug- addiction and suicides was given. WHO predicts by 2020 Depression would be the 2nd biggest health problem worldwide after heart diseases and the leading cause of disability and death.

The participants vowed to end the stigmatization and isolation of such people and fight for their rights.

World day against suicides:

Observing World Day against Suicides, MWC in collaboration with Child line Srinagar organized a joint rally from Hyderpora to press enclave. The participants were mainly the students, teachers and social workers. Participants were carrying placards and banners and also urge people to take effective steps regarding curbing the menace of suicides in valley. Since 2012, there had been drastically raise in the committal suicidal cases in the valley. As per the research there has been 40 fold increases in the suicidal cases in valley. It is apt to mention here that MWC gives free treatment and counseling to survivors of suicides, rapes and mental health disorders.



C. Step By Step- School for Specially abled Children

Special Education programs are designed for those students who are mentally, physically, socially and/or emotionally delayed. This aspect of “delay,” broadly categorized as a developmental delay, signify an aspect of the child's overall development (physical, cognitive, scholastic skills) which places them behind their peers. These disabilities are categorized into the following areas:

- Autism Spectrum Disorder.
- Multiple Disabilities.
- Traumatic Brain Injuries
- Speech language/Impairments.
- Intellectual disability.
- Visual impairment/(Including Blindness)
- Deaf Hearing Impairment.



- Development Delay
- Deaf Blindness
- Emotional Disturbance.
- Specific Learning Disability.

HELP Foundation started a specialized centre “Step by Step” learning institute at Hyderpora. The Centre was meant for children with Learning, Attention, speech and concentration problems, for children with learning problems, Attention and concentration deficit, Border line and mild mental retardation, Down’s syndrome, Autism, speech problems and other behavioral symptoms.

D. AWARENESS AND CAMPS:

Breast Cancer Awareness Camps:

On the eve of “National Cancer Awareness Day” Mariam wellness center in collaboration with Cancer Society of Kashmir organized two awareness cum screening camps at Inderhama and Shah Anwar Memorial School Khumriyal, Kupwara. Kupwara Camp was attended by Dr. Shaqul Qamar, Assistant Professor and Dr. Shaiba Hussain PG from Department of Radiation Oncology SKIMS, Dr. Arif Maghribi Mental Health Officer and Motivational Counselor, Tazeen Matto Psychological Counselor from HELP Foundation. 64 patients were screened there. The doctors made the participants aware about the causes, prevention, symptoms and treatment of Breast Cancer. The self examination of the breast was also advised to the participants. 75 participants were screened during the camp. The people of the area welcomed and appreciated the programme and have stressed for holding such camps in future also. Women with breast cancer are now coming forward. Earlier, they would feel uncomfortable in explaining their breast health problems to doctors especially men, as the diagnosis of the disease requires a physical/medical examination. Breast cancer detected at a later stage like most cancers can be fatal. Hence, HELP Foundation in collaboration with Mariam wellness took an initiative of preparing women to come forward and share their breast health problems. These patients also have to deal with trauma and mental illness once they undergo mastectomy.



Workshop for differently abled children held in Bhijbehara:

HELP Foundation in collaboration with Mariam wellness centre held an IQ assessment and free medical camp for the differently abled children of Zeba Apa Institute of Inclusive Education at Bijbhera in Anantnag district of south Kashmir. Children between 6 and 14 yrs of age, who were

diagnosed with attention deficit Hyperactive Disorder, were assessed. The experts attributed the cause of disorder to chromosomal abnormalities, hypothyroidism and prenatal causes.

One day Interactive Awareness Camp cum training program for students of Islamic University:

Mariam wellness centre, Hyderpora under its expansion program conducted a one day interactive awareness cum training program for students of Islamic university Awantipora in its Auditorium. Around 300 students and distinguished faculty members attended the program. Lectures were delivered on topic of suicides, depression, PTSD and simple relaxation techniques. Our Approach is simple: sensitizing one student means indirect awareness among his circle of, family Friends, relatives, and neighbors then actually we have given awareness to 3000 persons.

One day interactive workshop with ICDS workers:

Mariam wellness centre under the aegis of HELP Foundation J&K, in collaboration with ICDS project office, Hyderpora conducted one day interactive workshop. The MWC team went to the aganwadi centre to aware them regarding the services and facilities of MWC. The participants were also sensitized regarding alarming problems and conflicts in families. So in this regard MWC has come into existence to cater to the needs for addressing such issues. The team of Mariam wellness centre highlighted and proposed different strategies to overcome these conflicts through counseling. The workshop was attended by 80 aganwadi workers and some women from the locality.



Association of parents of Disappeared persons (APDP):

HELP Foundation in collaboration with Mariam wellness centre organized a one day workshop with the Association of Parents of disappeared persons (APDP) at office of APDP, Hyderpora. All participants in the workshop were aware regarding the services and facilities of MWC. Among them & beneficiaries were benefitted with counseling service.

Free Medical Checkup to Beneficiaries:

On 30th March, MWC conducted free medical checkup and counseling services to the beneficiaries of the HELP foundation. Around seventeen beneficiaries were treated free, prescribed medicines were also distributed among them.

Free Medical Camps:



HELP foundation organizes free medical camps at remote Areas to aware women and younger generation who has almost no access to hygienic health care facilities. These medical camps are facilitated by prominent specialists and health care providers of the valley. Since 2013 HELP in collaboration with MWC organized 13 Medical camps were around 851 patients were diagnosed and provided with the prescribed medicine. These camps provide Free specific and General checkups, counseling services and conducts such activities during epidemics and natural Calamity.

S.No	Location	Total treated	Beneficiaries
1	Hyderpora(Prime public School)	11	
2	Baghat Barzulla (AlHaya Public School)	16	
3	Hyderpora(Syed Hyder School)	100	
4	Inderhama (M.A college)	37	
5	Hyderpora Bypass(APDP)	49	
6	Miskeen Bagh	50	
7	Zaiba Aapa Institute	22	
8	B.Ed College	30	
9	Kupwara	64	
10	Karanagar(National School)	19	
11	Kupwara(SAM)	56	
12	Hyderpora	123	
13	Kupwara (Khumeriyal)	274	

E. Daily Medical OPD and counseling services:

MWC centre runs a daily OPD and counseling services for the down trodden people .In this centre free medical (General and specific) checkup are provided. Free prescribed medicines are provided to the patients suffering from different health Ailments. Around 661 patients were treated in this Health centre. This centre aims to provide specialized service to people who seek help for memory disturbances. Unlike Dementia clinics that only cater to the elderly, this clinic provides its service to a wider age group,



to evaluate this common complaint. Patients are screened with structured rating scales that assess the domains of cognitive difficulty. Counseling team provides assessment of psychological status of patient by standard psychological tests that evaluate personality, unconscious conflicts etc. The counseling techniques include teaching relaxation exercises, bio feedback technique, cognitive behavior therapy along with marriage counseling, family counseling, parent management training.



Finally, it is argued, health care is like food, clothing and shelter. Just as these "basic needs" are sold on the market and distributed according to ability to pay, so too should health care. If some cannot afford to pay for such basic needs, it is up to the government or voluntary agencies to see that they secure it.

Reports:

Date: April, 2015

Assma Qureshi

Incharge

MWC Project at Head Office

