

N. K. :

Staying at home makes me feel lazy, lethargic but after coming to Dhayari Centre I feel fresh for the rest of the day. I feel happy while participating in the various activities and yoga. Also I get to learn new things. Due to this, I forget about my illness when I am here as my mind is filled with positive thoughts. I still take medicines regularly. While doing any jobs like washing utensils, dusting etc. I don't feel ashamed as if I am working at my home. We have a good group of trainer volunteers teaching us many skills. My favourite activities are Warli (tribal art) painting on bed sheets, cushion covers, hankies, table-clothes, greeting cards and also Yogasanas.

R.B. :

SAA has been the best medicine for me ever since I discovered I have schizophrenia. The various activities here have really assisted in my recuperating. Singing, my in-born talent, which I enjoy doing along with gardening. Since I am from the J.J School of Art, I also enjoy drawing and painting as a hobby. Being the first and only student of this Centre for many months initially, I got personal attention. I also have learnt several other skills like hand-embroidery and cooking. It's been a boon and every morning I look forward to coming to this Centre.

S.A. :

When we shubharthis come to the Centre we get a chance to socialize. After coming here I learnt Warli painting from Datar Madam, tailoring from Kaduskar Madam and now I am going to learn knitting from Kulkarni Madam. All these activities help in improving my concentration. I enjoy yogasanas as they make my body flexible and supple. When I try to do asanas, which are difficult for me, that increases my will power.

P.K. :

Swanand Punarvasan Kendra has taught me a lot of things and given me hope and skills. Earlier I did not know how to even operate a sewing machine but now I can make creative use to produce bags, cushion covers, aprons etc. I used to paint on paper before but now I am able to do Warli painting on hankies, bedspreads, table covers, dresses etc. When such products that I make get sold and I get some income and that gives me hope that I can stand on my own feet. I even take work home on the weekends for completion. We shubharthis take orders for painted panaties (earthen lamps), masala and chutney powders etc. Every Tuesday we cook snacks or masala powders due to which my interest in the kitchen work has increased and my parents also appreciate this change in me. I get the opportunity to learn all these things because I come here regularly. The credit for my recovery goes to SAA because of which I feel deep love and respect for it.

M.D. :

When I learned that I am suffering from schizophrenia then my world around me collapsed and the relations I shared with my in-laws was severed and I felt very alone in the world. Because of

the unfaltering support of my father, I came to SAA. SAA has really helped me a lot, the Self Help Group meeting and the activity centre have helped me in recovering from my depression. I got a feeling that I also have achieved something in my life.

The staff and volunteers are very loving and understanding so I don't hesitate in approaching them with my problems. This place has a homely environment so I get involved from my body and soul. As I forget about all my personal problems I want to continue coming here without fail. I involve myself in all the activities here and after that I get the confidence that I too can come out of this illness and start living independently.

If this activity centre starts offering residential facility then it would be really good for all the persons who are alone.

H.T. :

It's been a year since I have joined SAA's Punarvasan Kendra and it gives me immense happiness to share that after coming here I can concentrate on my work and I can forget all my past sadness and start afresh along with everyone. Here I am involved in fabric painting, Warli painting, cooking, stitching, and yogasanas .While doing these activities I make a lot of mistakes but the staff and trainers accept me with a big heart. I feel that I am improving a lot.

Mr. Kashelkar :

I am AvinashKashelkar. After my retirement I shifted to Pune. When I came in Pune my daughter was suffering from delusions, social phobia, anxiety, negative attitude, low confidence etc. she also had fear of managing her daily activities independently. She was admitted in SAA's Rehabilitation Centre in 2015. Variety of activities like Art Based Therapy (ABT), drum therapy, use of music, Dance Movement Therapy and Yoga have helped her to overcome her problems.

Encouraging activities of the Centre like presenting Centre's Activities on stage by Shubharthis has helped her to develop stage confidence. She has developed confidence to live and manage activities independently. She pursued music and appeared for the music examination conducted by GandharvaMahvidyalaya, in which she won the 1st prize . She now conducts music classes at SAA with full confidence. Activity of living together, kitchen activity has helped her to developed insight that lead to sensitivity in helping family household work. Stitching, Warli painting, file making and other income generating activities have helped her to earn financial incentives and also has boosted her self esteem and moral. All credit of change in shubhrathis is given to therapeutic approach and the commitment of staff at SAA.

Mr. Gosavi :

Myself, Mr. Subhash Gosavi , wish to express gratitude towards SAA. My daughter Swati, 40 years old, was a very bright student, always used to score high. However, in 1997, when she was studying in the 3rd year of engineering developed symptoms like suspiciousness, irritability and inferiority complex about inability to manage day to day life activities. We were not aware about mental illness then,hence, we could not give her any treatment.

After my retirement in 2001, I shifted to Pune from Malegaon and started treatment from Dr. Watve .He referred us for admission at SAA ,Swati wasadmitted to SAA in 2007. Initially she did not like to attend SAA activities.However, a very committed and responsible team has helped her in realizing importance of attending SAA day care centre. Her admission in SAA was the only respite for myself and my wife, otherwise Swati had made our life very miserable, due to her symptoms. At SAA Swati got encouragement and appreciation for her qualities and skills. Counselors helped her in gaining her confidence and maintaining sociability. We find about 85% improvement in Swati, it has helped us to keepour peace of mind and ability to cope with the stress. The managing committee members and the team at SAA, are really doing very good work about creating awareness about mental illness through various activities.I thank the team at SAA,for bringing a very positive change and recovery in my daughter.