



ATHMA SHAKTI VIDYALAYA SOCIETY, BANGALORE

Dear Friends, Family & Well-wishers,

It gives me immense pleasure to share with you all the first annual issue of "**WINGS**", Athma Shakti Vidyalaya Society, Bangalore newsletter.

"WINGS", very aptly describes the therapy process at ASV. This process begins with teaching our clients to become aware of their wings (the inherent inner capacity/ potential within every human being to make healthy choices) to change their attitudes, beliefs, behavior and destiny. Even though everyone has "wings", not everyone is aware of them, or if they are, may just be flapping them without changing or moving from their position. Many of our clients are like this when they come to the community- stuck in their

feelings, memories, beliefs and behaviors. To achieve freedom, the client has to trust enough in the support that is available and leave their "comfort zone" and fly in a particular direction towards a definite destination learning to deal with the obstacles (most of which are within them) that may come in their way. This issue is mainly focusing an update on ASV happenings and activities for the year 2014. As you read this issue, I hope you will enjoy it and appreciate that we, as a therapeutic community have used our wings to soar above the many obstacles in our path and are flying high with a sense of hope and determination towards achieving even higher levels of success in 2015.

Dale Peacock | Director

Wings

ASV NEWSLETTER | ISSUE 2014

MANAGEMENT HANDOVER

18th January, 2014;

ASV Directorship handed over to Mr. Dale Peacock.



Over these 35 years, our Founder, Fr Hank Nunn SJ, had kept his vision & mission alive by supporting the cause of mental health in spite of all the difficulties & struggles he had encountered, especially the stigma that mental illness carries in India. He has been a

champion for the rights of people suffering with Mental Illness & we are grateful for his dedication in upholding his vision. Effective Jan, 2014, Fr Hank Nunn decided to step down, handing over the mantle of leadership to Dale Peacock as the Director of ASV.

Dale has put in 28 years of service with ASV as a psychotherapist and as President of the Board of Directors, has also been actively engaged in its growth. Dale now strives to carry on the good work that Fr Hank had started and will continue to maintain this momentum moving forward in the direction of achieving and providing emotional support to heal those suffering from mental illness.

Dale has been a dependable, compassionate, and committed leader/therapist and has the ability in handling difficult situations with remarkable patience and admirable tact. Congratulations Dale on your promotion & all the best!

WORLD MENTAL HEALTH DAY

10th October, 2014: Stigma is one of the main reasons why so many people with mental illness suffer in silence rather than ask for help. 10th October, 2014, was WORLD MENTAL HEALTH DAY which was



celebrated at ASV premises. Our main aim was to bring about awareness and take mental health even more into the open, thus creating a more compassionate and caring society, one in which people struggling with mental illness do not live in fear, shame and



isolation. To show our commitment & support, one simple & effective way was in showcasing a badge on the social media sites on "World Mental Health Day" to help spread awareness among friends and families.

ASV staff, clients, parents and well-wishers – all came together as one community and participated in celebrating WORLD MENTAL HEALTH DAY ; address mental health issues, it was a fun-filled day with song, dance, testimonies, games, much laughter and a shared meal.. Thanks to all our speakers – Dr Srinivas Reddy, Usha Srinath, Parents – Martine Traks, Dr Bhagawati and our ex kids Namrata and Nicky. The ASV team felt supported and heard in their journey to heal and help the mentally ill. A special mention to the dance



troupe who performed 'Jade Kolaata'. Thanks Aishwarya for training them to such a high level of perfection. Thanks also to Tanya, the youngest in our community, for writing, composing, directing and singing the song titled, "It's World Mental Health Day", and for those lovely posters created by our kids ie Tanya & Mitra with Umesh's guidance.

Our long awaited NEW WEBSITE was finally launched! We are happy and excited to announce our new website – <http://www.athmashaktividyalayasociety.org>

Our goal with this new website is to provide our visitors an easier way to learn not only about what ASV does, why we do what we do and how to get involved, but also to spread awareness and invite families and individuals to get timely help. The new website has a fresh look, is informative and easy to navigate. Please feel free to send us your feedback on asvsociety@gmail.com.

Our special thanks to Patricia Peacock for helping us in this endeavor.



STAFF TRAINING

10 – 31st January 2014

Jenny Robinson & Caroline Gorman, Psychotherapists from the UK visited ASV to conduct training for the staff. Jenny and Caroline had rich experience in the field of mental health treatment. We appreciate Jenny and Caroline for their sincere service.

DIAGNOSTIC QUESTIONNAIRES

ASV Clinical Psychology department came up with a diagnostic as well as a recovery assessment scale based on their experience.

OUTREACH SERVICES

31st January 2014:



We provide psychotherapy and counseling services to ex-clients of ASV in several states of India, mostly who cannot come to our centre. We provide assistance in replicating organizations like ASV in other states of India. We also train staff to run such places. We supported in setting up 'Athma Vishvas Vidyalyaya in Valsad, Gujarat.

AWARENESS PROGRAMME



There was an awareness programme on Schizophrenia at Medico – Pastoral Association (MPA), Fraser

Town, Bengaluru. Mr. Dale Peacock, Director participated in this event on 23rd May, 2014.

VISITING STUDENTS & INTERNSHIPS

Students & staff from the department of psychology, Central University of Gulbarga, Karnataka visited A.S.V. on 14th July 2014. Umesh, Clinical Psychologist/psychotherapist & Internship coordinator, gave an introductory talk about A.S.V, community and mental health recovery process.

Students of M.Sc. Psychology from Christ University, Bangalore came to ASV for a one month Internship in the month of May 2014. Another one month internship was conducted for students from various universities in India. A 4 month internship began in November 2014.

All students got good exposure to the Therapeutic Community concept & its treatments. Opportunity was given to the students to do personal work & to gain insight into their attitudes & beliefs, which may come in the way of their functioning at personal & professional levels. Thanks to Umesh, our Internship Coordinator & Jayashree for assisting him.



STUDENTS OF PSYCHOLOGY VISIT



STAFF NEWS



Fr. Hank Nunn SJ, Founder & Former Director (Retired) of ASV.

In the month of August 2014, Fr. Hank Nunn, Former Director shifted his residence to Mt. St. Joseph, Jesuit House on Bannerghatta Road, Bangalore.

Ambika from Hyderabad joined as a clinical staff in June 2014.

Ann Jacob from Kerala joined as clinical staff in September 2014.

Teena Grace from Kerala joined as a clinical staff in October 2014.

Rekha Shenoy joined the Community as our yoga teacher in November 2014. Rekha has passion towards yoga practices and various therapies for people with emotional challenges.

FAREWELL

Six of our clients had recovered and left the community to pursue their studies / careers. We are proud of them and wish them all the best for a bright future.

Anando, psychotherapist left the community after 14 years of service.

Aishwarya M. joined us as a psychotherapist and was with us for a little over a year.

Daisy, a clinical staff who rendered her services for almost a decade, has moved on

Serina, was a clinical staff with us for over a year and left due to family commitments.

We wish them the very best for a bright future.

SAD DEMISE

We regret to inform the sad demise of our efficient kitchen staff, Hamsa in May 2014. She served the community efficiently for over 3 decades. May her soul rest in peace.

STAFF PERSONAL EVENTS

Udaya Bharu, our administrative staff, celebrated her son's marriage on 17th May, 2014.

Non – clinical staff Shivakumar's daughter was wedded on 9th November 2014. We wish them too all the very best in life.

We wish the newlyweds all the very best.

Best wishes to our Administrative Manager, **Manjunath** and his family on their housewarming.

Dale Peacock, our Director & his wife Patricia celebrated their 25th Silver wedding anniversary on 30th December 2014. We wish them both many more years of togetherness

FESTIVITIES



Diwali was celebrated with lights and bursting of crackers. It is a time filled with Light and love & a time for bonding with family & friends. Diwali is heralded as the triumph of good over evil.

Christmas celebrations like all years were grandly celebrated at the community. Clients and staff came together to celebrate the joy of Christmas with a smile on each face. Be it storytelling, an activity or celebration - Christmas with lots of gifts and love, can



definitely spread joy & cheer. This year besides the gifting, the positive strenghts of each client was highlighted - so it was Christmas in the heart that put Christmas in the air.



“Gifts of time and love are surely the basic ingredients of a truly merry Christmas.”

HOLIDAY SPIRIT

The Hope & Joy of Christmas





ASV IN THE MEDIA

Athma Shakti Vidyalaya was interviewed by Satyamev Jayate Channel - Aamir Khan hosts and produces this documentary/talk-show that explores the social issues effecting modern India.

“Located on the outskirts of Bangalore, Athma Shakti Vidyalaya takes a radically different approach to treating the mentally ill. Here the therapist becomes the parent of the mentally ill person and the

same kind of bond and love is shared between the two. While mainstream medicine asks doctors and patients to maintain a distance, at Athma Shakti, personal relationships with patients are nurtured”.

To view the entire interview conducted by Satyamev Jayate, please view this link:

<http://www.satyamevjayate.in/nurturing-mental-health/episode-5article.aspx?uid=s3e5-ar-v7>



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