

## MIND FE(A)ST

Institute for Psychological Health (IPH), Thane proposes to conduct MIND FE(A)ST, an event in the area of Community Mental Health with focus on:

- Family
- Life style
- Values

Institute for Psychological Health (IPH) is a Social Enterprise with a strong community mental health focus. We are today a family of over 70 mental health professionals ably assisted by an administrative team of 30 individuals & working along-side are over 100 trained volunteers. Over 30 % of people coming to us are from a more compromised socio economic strata who receive services at a token cost. For more on the range of services (OPD, counseling, workshops, industrial training, events, projects) provided by IPH do visit our website [www.healthymind.org](http://www.healthymind.org)

Our focus since inception has been to increase awareness about mental health and its scope in daily living. In the process, we strive to reduce stigma associated with mental illness. Stigma occurs as a result of stereotypes and negative perceptions and is often associated with mental health conditions. Despite efforts to raise awareness of mental illnesses and mental health over the years, stigmatizing views stubbornly persist to this day. (Some statistics about MH in India)

It has been our experience at IPH that community programs are a very effective way to increase awareness and reduce stigma. Some of our programs like *Manovikas*, *Manatarang*, *Cool Club*, *Palakshala*, and *VEDH* have been running successfully for several years/more than decade and have managed to change perceptions of people to some extent.

A special mention can be made of VEDH. VEDH (vocational education, direction and harmony) began in 1991 as a career conference when these concepts were unheard of to the masses. Through VEDH adolescents and their parents were exposed to a wide range of professions and vocations. Through interviews with experts and stalwarts in various fields VEDH attempted to increase awareness about vocational guidance. After 25 years the VEDH model has been replicated in 10/11 cities across Maharashtra; and Thane VEDH attracts a crowd of over 3000 students and parents who listen in rapt attention to our speakers over a span of 3 days. Instead of basking in its own glory, IPH is now venturing into uncharted territories. Through the proposed event IPH is trying to create new designs based on the need of current times

**Need for such an event:**

The new millennium has brought with it a new set of challenges (rapid changes in technology and modes of communication, terrorism, political instability,

economic instability, global warming,). Some issues that are increasingly coming to the focus of us mental health professionals include

- Change in family structure and family dynamics in India.(from root family to roof family)
- Search for values, identity, and finding work-life balance. (The changed family structure has had a subsequent impact on value system and lifestyle. Conversely, it can also be said that these two factors have caused change in the family structure)
- As a result of all this change, people today are facing new challenges Some commonly faced challenges include:
  - How to maintain Cohesion and Bonding in Family?
  - Balance between personal and common space.
  - How to look at / evaluate / cope-up with change?
  - How to integrate TRADITION and MODERNITY
  - What are my core values
  - How to tackle challenges caused due to change in lifestyle?
  - How to bridge the gap between science and spirituality
  - How to handle practical implications / dichotomies between values and their application in day to day life.

## What IPH proposes to do?

With a robust experience of 30 years in the sphere of mental health IPH has the expertise and experience in conducting a yearly community event with the main focus on MENTAL HEALTH SENSITIZATION. It proposes to do this by addressing some of the above mentioned questions related to family dynamics, value system, and lifestyle issues. These questions are contemporary, relevant and need to be addressed urgently.

## MIND FE(A)ST AT A GLANCE:

8<sup>th</sup> Dec 2017: 6.30 to 8.30

9<sup>th</sup> and 10<sup>th</sup> Dec: 4.30 to 9.30

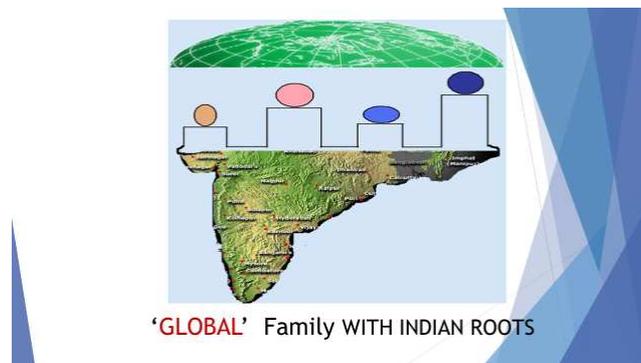
MIND FE(A)ST will be an yearly event conducted over 3 days (which will be divided into 7 sections). The target audience will be adolescents (16 up) and their parents/family. It will be focused on the 3 core areas/spheres of FAMILY, LIFESTYLE, and VALUES and will address various challenges that people face in these spheres through multiple formats like

- Panel discussion / Talk show:
- Interaction with an ICON (main aurmeramann)
- Live improvisations by theatre/film personalities

- Public Debate
- Performances (drama, dance, drawing, fusion of multiple arts mediums)
- Lecture cum demonstration

### Some key features of this event would be

- People will get Edutainment
- People will experience the event (due to use of multiple mediums and formats), instead of simply attending it
- The aim would be to achieve Integration of Thinking/Feeling/Behavior for the audience
- It will focus on concerns which need to be addressed, and are contemporary



IPH hopes to nurture a new generation of INDIANS who have their roots embedded in a robust healthy national identity and are ready to embrace the whole world as their home.

IPH wants to achieve this through a community event like MIND FE(A)ST so that a large number of people from all sections of the society have access to it.