

In a world that is increasingly recognizing the importance of mental health, The Orchid School's Class 10 students embarked on a remarkable journey of enlightenment. Their destination - Pratiti, a renowned mental health centre located in Balewadi, Pune. However, Pratiti is not just any mental health centre; it is a residential rehabilitation facility that plays a crucial role in helping individuals with psychological disorders reintegrate into society. Beyond its primary mission, Pratiti also extends its care to the elderly, offering specialized services such as Geriatric & Dementia Care.

A Glimpse into Pratiti's Mission

The visit began with an enlightening session conducted by the Director, Sushupti Sathe, who passionately introduced the students to Pratiti's mission and the profound impact it has on residents' lives. Through her words, the students gained insight into various psychological disorders, the significance of inclusivity, and the importance of refraining from casual use of terms like "depressed" or "anxious."

Sushupti Ma'am also provided an overview of the range of facilities available to the residents, which include a residential facility, ambulance pick-up, computer access, vocational training, gymnasium, library, and various outdoor activities. This comprehensive approach ensures that residents have access to holistic care and support.

Comprehensive Mental Health Services

Pratiti's commitment to providing mental health services goes beyond just offering a comfortable living environment. They also offer an array of therapy services to cater to the unique needs of their residents. These therapies include Individual Psychotherapy, Family Therapy, Group and Art Therapy, Behaviour Therapy, Relaxation Therapy, Community Meetings, Yoga and Meditation Therapy, Counselling Therapy, Pharmacological Treatment, Activity Scheduling, Recreational Therapy, and Movement Therapy.

Walking in the Residents' Shoes

The Orchid School students had the opportunity to witness the real-life experiences of Pratiti's residents during a guided tour of the centre. The residents' daily routines mirrored those of ordinary people – they enjoyed meals, rested, engaged in outdoor activities, pursued creative endeavours, and watched television, reminding us of all that they are much like us, striving for normalcy in their lives.

Understanding the Diversity of Psychological Disorders

The visit reached its pinnacle with an interactive session with the residents. Students met individuals with a range of disorders, including schizophrenia and depression. Through these interactions, they learned that psychological disorders manifest differently in each person. Some individuals exhibited subtle symptoms while others faced severe challenges. This invaluable lesson highlighted the wide spectrum of psychological disorders and the importance of tailored compassionate care.

The Healing Power of Music and Human Connection

The experience continued with a heartwarming music therapy session with the elderly residents at Pratiti. The students sang old Hindi songs, shared jokes, and basked in the joy of seeing the elderly resident's smile. It was a testament to the transformative power of therapy and human connection.

Reinforcing the Importance of Mental Health Awareness

The visit concluded with an insightful question-and-answer session with Sushupti Ma'am, further reinforcing the importance of mental health awareness. The students left Pratiti with a deeper

understanding of the significance of mental health and the need to destigmatize psychological disorders, visiting an enlightening and impactful experience.

A Journey of Enlightenment

The Orchid School's visit to Pratiti proved to be a journey of enlightenment, where they discovered the diverse range of psychological disorders, the resilience of the residents, and the imperative role mental health centres like Pratiti play in our society. It was a reminder that the pursuit of mental well-being is a collective responsibility, and that seeking help is an essential step toward healing. The students expressed their gratitude to the school for providing this invaluable opportunity to learn and grow, emphasizing that the visit had broadened their horizons and instilled a renewed appreciation for the importance of mental health.

This visit to Pratiti was not just an excursion; it was an educational and emotional journey that left a lasting impact on the students, fostering a greater understanding of mental health and the importance of compassion in our society. It serves as a testament to the fact that awareness and empathy are the first steps towards creating a more supportive and inclusive world for individuals dealing with psychological disorders.



