



SAVE A LIFE PREVENT A SUICIDE. SUICIDE PREVENTION IS EVERYBODY'S RESPONSIBILITY. THIS BLOG IS BASICALLY MEANT TO SUPPORT EFFORTS OF ORGANISING EVENTS THAT CAN FURTHER THE CAUSE OF SUICIDE PREVENTION. CALL AASRA HELPLINE FOR THE DEPRESSED AND SUICIDAL-91-22-27546669(24X7) FOR CARING AND CONFIDENTIAL EMOTIONAL SUPPORT.

#### CANCER EXPERT SEARCH



Cancer Expert:  Search

Enter your question and submit. Use a complete English sentence for better results.

Cancer Expert, © 2012-2013, ctSearch - Context Search Engine.

FRIDAY, MARCH 11, 2011

#### BLOG ARCHIVE

- ▶ 2014 (76)
- ▶ 2013 (37)
- ▶ 2012 (50)
- ▼ 2011 (27)
  - ▶ November (3)
  - ▶ October (7)
  - ▶ September (9)
  - ▶ August (2)
  - ▶ July (1)
  - ▼ March (4)
    - Thank you for your interest in organizing a local ...
    - Dear Sir/Madam, Greetings from Academy for Cou...
    - Amidst rising concern about student suicide, ex...
- ▶ January (1)
- ▶ 2010 (13)



## ABOUT ME



JOHNSON THOMAS

I am a very sensitive and caring person, love animals. have many friends, love involving myself in social work, writing and critiquing are my passions, I run an NGO for Suicide Prevention called AASRA and have been writing for various publications like

Indian Express, TOI, Bombay Times, Free Press Journal, HT, DNA, Jame Jamshyd, Every Tuesday, Clean india Journal, Buildotech, The Sindhian, Frames, Images, SPI, have coordinated an Indian Package for a film festival in Rome, Have worked on several catalogues and newsletters for the Asian film festival, Mumbai abd MAMI. Have also worked on mini biographies of prominent people. (Freelance) Indian Express, Business India, Bombay Times, Navi Mumbai Plus, Complete Cinema, UT's Voice, e-filmcritic.com, cafemumbai.com, Jam-e-Jamshyd, G Magazine, CED publications, Clean India Journal, Screen Print India, Mid-day, The Pioneer, Buildotech., Tribune India, Free Press Journal, Sunday Mid-day, The Sindhian, Jade Magazine, Images, Frameworks, DNA, HT, Media voice, page 7 Jury member - Frames and Ssamiksha film festival, Selection Panel member for 2010 IFFI , Goa, Panorama Section Res:/ Mob:

Email:johnsont307@gmail.com,johnsont307@rediffmail.com,

johnsont307@hotmail.com

Director AASRA- A helpline for the depressed and the suicidal AASRA- Helping People in Despair Helpline: Office: Email: aasrahelpline@yahoo.com Website:

www.befriendersindia.org,

www.samaritans.org,

www.aasra.info

My blogs

[The Apolitical Indian](#)

[HollywoodBollywo...](#)

[JohnsonThomasBoo...](#)



Amidst rising concern about student suicide, experts debate the way forward.

Mumbai, March 5th, 2011: The Vandrevala Foundation, which runs the only 24x7 Mental Health Helpline (25706000) in Mumbai, conducted today a Mr. Firdose Vandrevala and Shri Suresh Shetty, Minister Public Health and Family Welfare at the Vandrevala Foundation Seminar on Mental Wellbeing for the Knowledge Economy. JPGseminar on 'Mental Wellbeing for the Knowledge Economy'. Shri Suresh S. Shetty (Hon'ble Minister of Public Health & Family Welfare and Protocol, Government of Maharashtra), graced the occasion as the guest of honour. The keynote address was delivered by Dr. S K Chaturvedi, Professor and HOD, Department of Psychiatry, NIMHANS Bangalore – the premier academic institution in the country devoted to mental health.

The keynote address was followed by a panel discussion which brought together experts from the fields of business, education, academia and the psychiatry profession. The panel discussed various aspects of mental wellbeing such as stress experienced by students, the mental challenges faced by the workforce in the IT, BPOs and KPOs; and the steps that could be taken by our country to prepare for the knowledge economy.

The panel was monitored by Dr. S Parasuraman (Director, Tata Institute of Social Sciences) and included Dr. Henal Shah (President, Bombay Psychiatric Society), Dr. Santosh Mathew Thomas (Executive

[Aasra & NGO Forum of Navi Mumbai](#)  
[Art Buzz India International](#)  
[Theatrewala-about... theatre & culture](#)  
[Expatriate Issues-Aasra](#)  
[Film Critic JohnsonThomas](#)  
[AASRA Suicide Prevention](#)  
<http://aasra.for...>  
[save a life prevent a suicide](#)  
[Aasra-Adoption](#)  
[Issues/centers](#)

#### Blogs I follow

[AASRA Suicide Prevention](#)  
<http://aasra.forumotion.net>  
[Art Buzz India International](#)  
[Film Critic JohnsonThomas](#)  
[Imperfect Parent](#)  
[UNESCO Resources on Information Literacy](#)  
[www.aasra.info](http://www.aasra.info)

[VIEW MY COMPLETE PROFILE](#)

Director, Emmanuel Hospital Association), The discussion also saw participation from Mr. Ajit Mahadevan (Partner, Business Advisory Services, Ernst & Young), Mr. Ranbir Saravjit Singh (COO, JP Morgan Services) and Prof. Manju Nichani (Principal, K.C. College). The participants touched upon the various aspects of Mental wellbeing within the context of education and business.

On this occasion, the Foundation also felicitated contributors to the field of mental wellbeing through the arts, business, research, social enterprise and lifetime achievement. Which included:

- Chennai Based NGO, The Banyan was awarded in the category in NGO in mental health care.
- National Institute of Mental Health and Neuro Sciences (NIMHANS) was awarded in the category of 'Knowledge'.
- 'Ek Don Adich', the play was awarded in the category of Art.
- Godrej was awarded in the category of 'Corporate'.
- Dr. Shubha Sadanand Thatte was awarded the 'Lifetime Achievement' for her work in the field of Psychiatry for more than 30 yrs.

Mr. Firdose Vandrevale opened the proceedings informing the audience about the Foundation's progress since inception and future plans. Mr. Vandrevale remarked that, "As a society we have the capacity and capability to deal with mental health challenges, all we need is the will." Dr. Arun John, Executive Vice President of The Foundation concluded the seminar with a vote of thanks.

"The Thane Mental Hospital will be undergoing a name change this month. The Government is partnering with the Vandrevale Foundation to introduce a 2 year training programme for the staff this month. This will be extended to the other institutes soon", said Shri Suresh S. Shetty (Hon'ble Minister of Public Health & Family Welfare and Protocol, Government of Maharashtra)

Founded by Priya Hiranandani-Vandrevale and Cyrus Vandrevale, the Vandrevale Foundation is active in support of a number of causes. In August 2009, the Foundation started its Mental Health Initiative India

providing free help and support to people suffering from mental distress of any form, through its professionally run 24x7 helpline (022-25706000). The personnel manning the helpline are qualified clinical psychologists who have undergone professional training. Calls are escalated to highly qualified and trained psychiatrists depending on their severity. The foundation not only provides mental counseling through its helpline but it also provides face to face counseling for cases which need special attention. Vandrevala Foundation goes an extra mile by helping these individuals by calling back those who have recently undergone an extremely stressful episode as well as sought help in acute distress by calling them back to know about their well being and fortify their sagging morale. Vandrevala Foundation's helpline, which has handled more than 11500 calls since its inception, is well connected with various government bodies, panel of renowned psychiatrists, doctors, mental care facilities, hospitals, ambulance services, police stations and NGO's to tackle an emergency including suicide callers.

- More -

Sharing further insight into the functioning of Vandrevala Foundation's 24 hours helpline 25706000, Dr. John elaborated that "currently, an overwhelming majority of callers (about 60%) are students who were unable to deal with the mental stress of examinations and anxiety about results. Other calls are related to depression caused by relationship and family issues, anxiety about children's career etc. Calls related to situations where the patients suffer from suicidal tendency are the most challenging". He also added that "With growing stress levels across all age groups, every individual in the age bracket 12-85 undergoes some form of stress at a given point in their life"

The Foundation works in Mumbai and Pune through its 24 hours Helpline, which can be accessed by individuals from any part of the country. The ground breaking work in mental health earned the Foundation's Helpline Number 022-25706000 the status of an "official" BMC helpline. It has also been designated as an official helpline for Indian seafarers and their families. The amazing response received by the Foundation has given it confidence to extend its presence in other parts of the country, which the Foundation plans to initiate in a phase-wise manner starting with the launch of North India operations in the next two months followed by coverage of Southern India in the second quarter of the year.

## About the Vandrevala Foundation

The Cyrus and Priya Vandrevala Foundation is a charitable social enterprise that aims to make a sustainable difference for those in need. The Vandrevala Foundation is focusing on a number of causes, including mental health, dyslexia and multiple sclerosis.

Cyrus Vandrevala and Priya Hiranandani-Vandrevala established their Foundation as a vehicle for their philanthropic activities. The Vandrevala Foundation identified mental health as an area where it could usefully and practically contribute to society in India. As the first step in its initiative, the Foundation launched a 24x7 Mental Health Helpline (022-25706000) to serve patients, families and others dealing with mental health issues. The foundation would also be involved in major Awareness and Anti-stigma programs.