



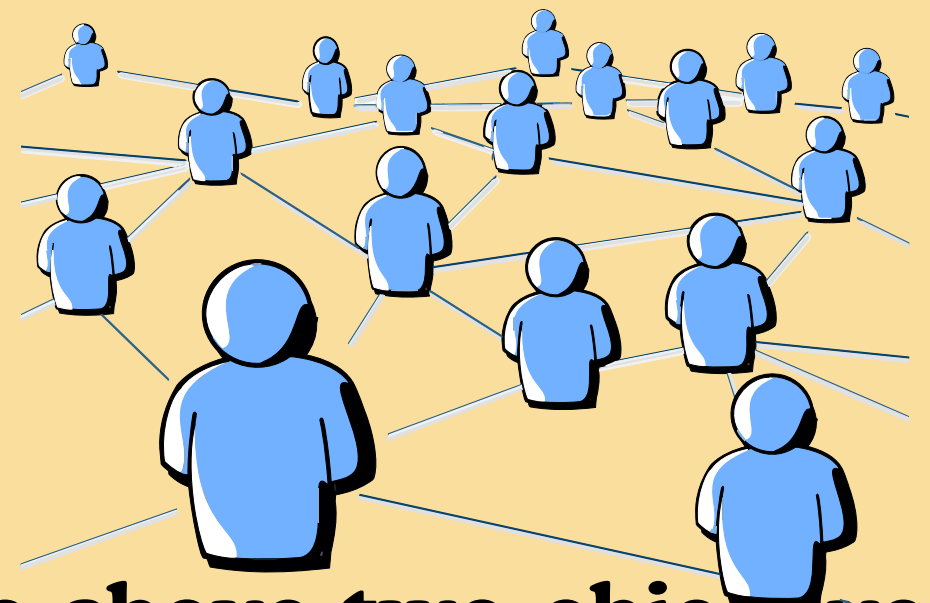
EKLAVYA
FOUNDATION FOR
MENTAL HEALTH

Work Experience at Eklavya Foundation

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Community mental health has become an important issue in today's discourse surrounding the role of psychology and other social sciences. Eklavya Foundation of Mental Health here comes to play an important role as an institution ensuring that necessary help is provided to the souls suffering in silence. At a backdrop of the general ignorance of, and a disparity in knowledge production over the issues such as mental disorders, stigma associated to mental health and so on—we as students, teachers, psychologists and concerned citizens are required to do two things: critique the modes and patterns in which mental health is understood by the laypersons in our community and take action to change these misunderstandings by spreading awareness.

Communities
**MAKE
CHANGE**



My work at the organisation focused on the above two objectives. And to achieve this I had to ensure firstly, that my work *includes*—in the sense that it is understandable by any person who understands any particular language (given that a translation is made available with the similar spirit); and secondly, that it can be shared across various means of communication, be it social media, stage performance or simple narration—as this ensures that it can be efficiently transmitted by any means and be widespread if efforts are made to do so.

To achieve the above, my primary body of work included composition of two fictional works: the first work being a one-act play titled “Friend” and the second work being a short story titled “Caring”. In the former, themes such as mental illness and acceptance, self-harm, depression, etc. are covered through a dialogue between the protagonist and his mental disorder. In the latter, themes such as self-care, relationality and its discontents, prioritisation, etc. are covered through a dialogue between two friends and a dilemma which the protagonist has to confront in the end. My final work, which is more or less secondary and required group efforts, is a promotional poster for the book “Tried and Tested Methods for Regaining Mental Health” (2023). The poster includes three chapters from the book—being friends with your illness; at first, things improve in bits; and improvement is not dosage related.



As for my own experience at the foundation, I really appreciate the way the it functions internally—the interns are given a lot of autonomy with how they are willing to complete their hours, how they want to go along with the process of the workflow, what they are willing to work on (within the given options), and so on. The environment of the organisation is also really positive with there being almost no rigid hierarchies among interns and supervisors unless necessary and the interns being treated fairly well. As for the social implications of the organisation, I believe that it is working at its best capacities to make a difference with regularly held programs, meetings, guest lectures, etc. open to every participant willing to seek help.