



UNNAT BHARAT ABHIYAN
AMITY UNIVERSITY HARYANA

PROGRESS REPORT

February 2023

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Sr. No.	ADOPTED VILLAGES	TALUKA(Block)	DISTRICT
1	Gwalior	Manesar	Gurgaon
2	Fazalwas		
3	Kukrola		
4	Fakharpur		
5	Chandla Dungerwas		

List of Activities:

ACTIVITY 1:

Title of the Activity: International Epilepsy Week- 2023 Awareness Program at Gwalior Anganwadi, Panchgaon, Haryana organised on 27th Feb 2023.

Need of the Activity: Create awareness about epilepsy, the dos and don't about the disease and how to take care of such patients.

TARGET POPULATION: CARE GIVERS, MOTHERS, SCHOOL TEACHER AND ANGANWADI WORKERS AND FAMILIES

Brief Description (Need/Impact/Action/Picture (if any)):

Amity Institute of Clinical Psychology (AICP), Amity University Haryana, Gurgaon organized Epilepsy Awareness camp on 27th February at Gwalior Anganwadi, Panchgaon. Mustafa Nadeem Kirmani (Associate Professor), Dr. Mehfooz Ahmed (Assistant Professor-II), Ms Nidhi Mehta, Dr Meenakshi and Mr Manoj along with MPhil Clinical Psychology students participated and significantly contributed in the programme.

Epilepsy is a physical condition characterised by unusual electricity in the brain. It is a symptom of a neurological disorder and shows itself in the form of seizures. Epilepsy is the tendency to have recurrent, unprovoked seizures and seizures are caused by a temporal change in the way the brain cells (neurons) work. Epilepsy is neither a disorder, not a disease, illness, psychiatric disorder nor a mental illness; and it is not contagious. Epilepsy affects all people, sexes, all ages, all races, people of all levels of intelligence and of all social backgrounds. Most people with epilepsy are diagnosed before age 20, but the onset can be at any age. Many children with epilepsy do outgrow it and are able to live drug-free and seizure-free as adult. As seizures are mostly unpredictable they may cause a disruption or interruption of the person's daily routines. Many people who have epilepsy however state that the actual seizures do not impact negatively on their lives, but that it is the ignorance, stigmatization, discrimination and lack of knowledge of society that impact very negatively on their lives.

The M Phil students staged a play to demonstrate the things that one should do in case there is an incident sudden seizure. The skit was done by the M.Phil trainees, AICP which was mentored by Ms



Meenakshi Gupta, Assistant Professor, AICP. The purpose of the skit was to demonstrate the epilepsy symptoms and what needs to be done and not done during the seizure.

They also demonstrated the need of proper medication and consultation from qualified doctor and advised them not to follow the “desi nuskas” that are commonly followed. The students also told the participants about the symptoms of the disease and the medicines and food that one needs to take as per the advice of the doctor. The participants were also asked to share their experience with the audience and how they have treated the patient.

The target population was sensitized about the Epilepsy, its nature and symptoms, dos and don't while there is a seizure, myths related seizure, role of medicines and the role of clinical psychologists was highlighted.

The trainees were told prior about the objectives of the camp and their learning evaluation was also planned. One of the major targets was to train the trainees in community mental health model to work as community clinical psychologist.

The programme emphasized the role of Clinical psychologist in creating the awareness about the epilepsy and the effective coping strategies for them. The pamphlets were distributed to the community members to circulate the information. The handouts on epilepsy in Hindi was being prepared and distributed among the target population.

Videos were made along with geotagged photos.

Mr Manoj Sani, AICP supporting staff provided the required support to the faculties, trainees and target population.

The following M. Phil. trainees participated in the program: Ms. Jesmeen, Ms. Pryanks, Ms. Divya, Ms. Sakshi, Ms. Vasudha, Ms. Pooja Jaiswal, Ms. Shefeen Jacob, Ms. Ria Bhatia, Ms. sheenu, Ms. Vandana Hooda, Ms. Kanak, Ms. Pragyasha, Ms. Parnika, Ms. Steffi Jadhava, Ms. Akanksha

30 Participants from Gwalior Village participated for the program. Ms. Neelam, Head of Anganwadi helped in coordinating the event.

Impact: Creating awareness about Epilepsy

Strategies to prevent/cope with issues of sudden seizures and prolonged illness.

Mental stress associated with the problem.

Few target population did raise issues about epilepsy in their families and they were informed to contact AICP Clinic through Anganwadi coordinator (through Ms Meenakshi) for further line of actions.

To encourage children and others to attend such health camps, the biscuits were distributed as incentive.



**AMITY INSTITUTE OF CLINICAL PSYCHOLOGY
AMITY UNIVERSITY HARYANA (NAAC A)**



WITH

CLINICAL PSYCHOLOGY SOCIETY OF INDIA (CPSI)

INTERNATIONAL EPILEPSY WEEK - 2023 AWARENESS PROGRAM

27.02.2023

GWALIOR VILLAGE, PANCHGAON



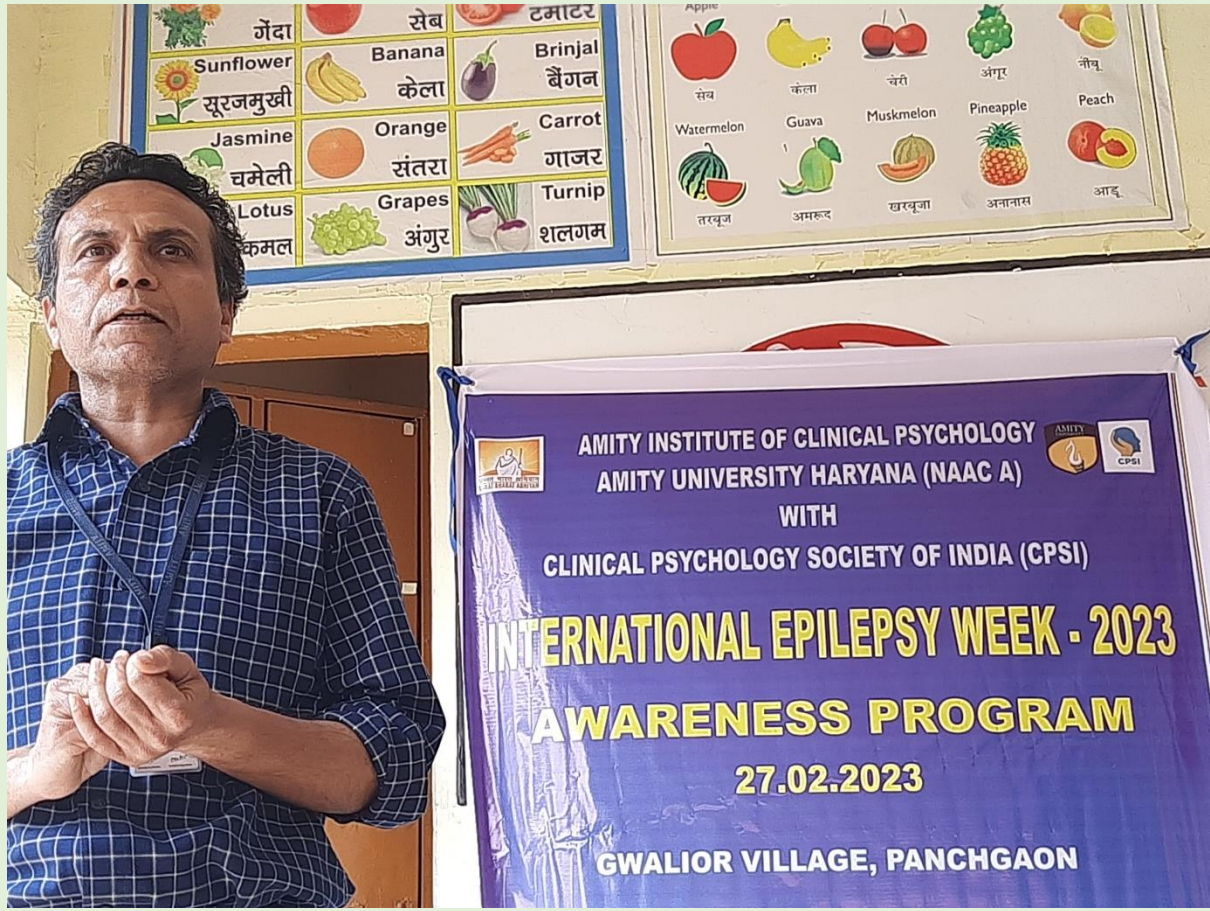
Faculty and Students of Amity University Haryana at The Epilepsy Awareness Camp at Gwalior Anganwadi.



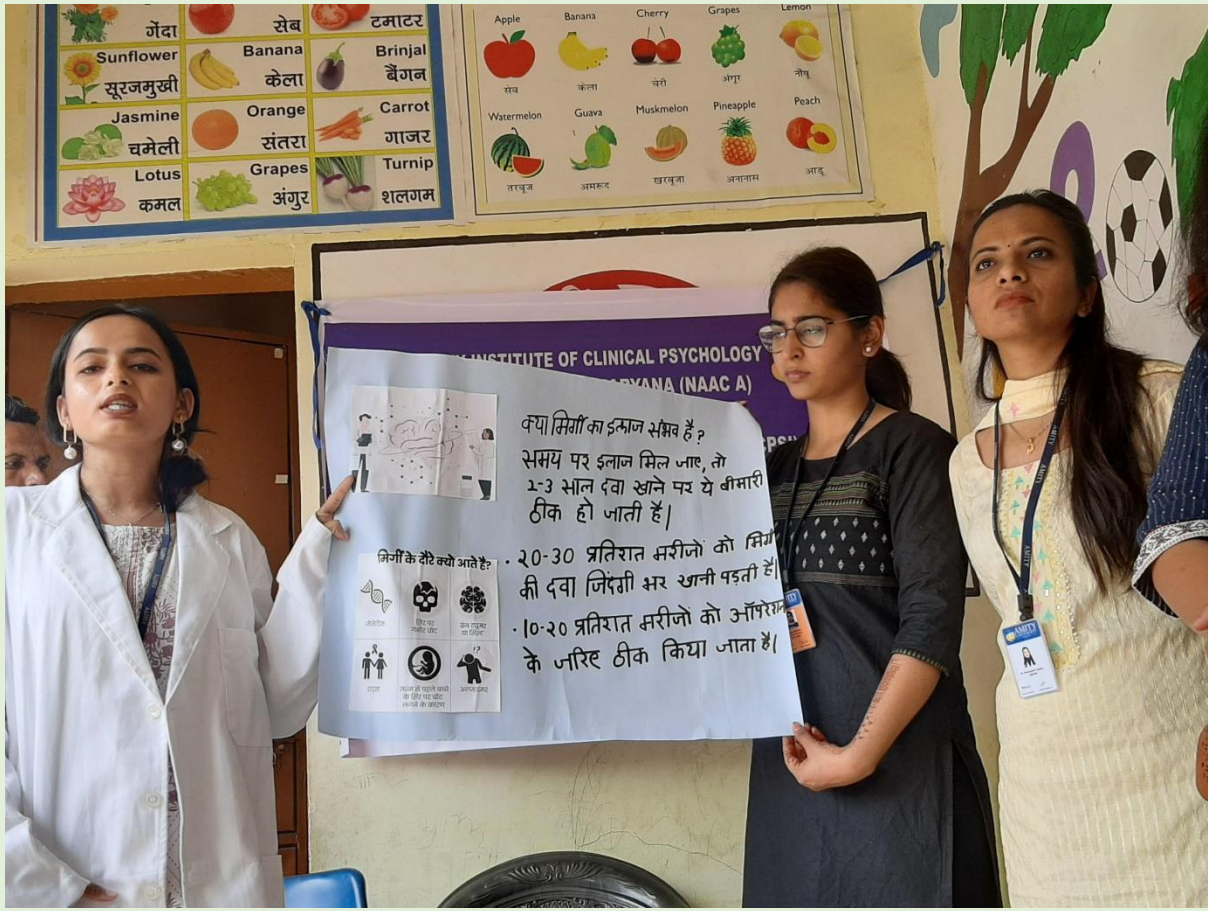
Ms. Neelam, Head of Gwalior Anganwadi at the event



M Phil Students at the Epilepsy Awareness Camp











Students interacting and counselling locals



Handout

एमिटी यूनिवर्सिटी हरियाणा एमिटी इंस्टीट्यूट ऑफ क्लिनिकल साइकोलॉजी मिर्गी दौरा मिर्गी के साथ बच्चों और वयस्कों की देखभाल

मिर्गी क्या है

- मिर्गी एक स्नायविक रोग है
- मस्तिष्क में अधिक विद्युत प्रवाह के कारण मिर्गी का दौरा पड़ता है.
- मिर्गी का दौरा किसी को भी हो सकता है.

मिर्गी के दौरों के बारे में गलत धारणाएं

- यह जादू के कारण होता है
- यह भगवान के क्रोध के कारण होता है
- यह माता-पिता के गलत कामों के कारण होता है

मिर्गी के लक्षण

- बिना किसी स्पष्ट कारण के अचानक गिरना
- हाथ पैरों का मरोड़ना
- शरीर का अकड़ना
- आंख की पुतली का घूमना
- आंत्र या मूत्राशय नियंत्रण समस्या
- जीभ काटना



- मांसपेशियों का कसना

मिर्गी के दौरान हमें क्या करना चाहिए और क्या नहीं

- कोई भी वस्तु मुंह में डालने से बचें
- मिर्गी के दौरान कुछ भी या पानी न पिलाएं
- रोगी को दाएँ या बाएँ करवट दें, कपड़े ढीले करें और यदि चश्मा पहने हुए हैं तो उसे हटा दें
- जीभ काटने से बचने के लिए दांतों के बीच स्पंज या कपड़ा लगाएं
- चाकू या भारी वस्तु जैसी तेज वस्तुओं को रोगी से दूर रखें
- मिर्गी के दौरों के दौरान शांत रहें और रोगी के आसपास भीड़ न लगाएं

मिर्गी का इलाज

- उपचार संभव है
- न्यूरोलॉजिस्ट द्वारा दवाओं का नियमित सेवन
- डॉक्टर की सलाह के बिना दवा बंद न करें

मिर्गी में नैदानिक मनोवैज्ञानिक की भूमिका

- रोगी की काउंसलिंग
- माता-पिता की काउंसलिंग
- स्मृति और ध्यान प्रशिक्षण
- उच्च मानसिक कार्यों में रोगी को प्रशिक्षण देना
- यदि है तो अवसाद का आकलन और उपचार



मिर्गी के दौर के रोगी के लिए बुनियादी सावधानियां

- मिर्गी के दौर वाले मरीजों को पर्याप्त आराम और नींद लेनी चाहिए
- मिर्गी के दौर के रोगियों को समय पर भोजन करना चाहिए
- मिर्गी के दौर के मरीजों को टीवी और मोबाइल के ज्यादा इस्तेमाल से बचना चाहिए

माता-पिता और शिक्षकों की भूमिका

- मिर्गी से पीड़ित बच्चे को प्रोत्साहित और सहारा दें
- मरीजों के माता-पिता को समर्थन और प्रोत्साहन प्रदान करें
- मिर्गी से पीड़ित बच्चे को पढ़ाई में प्रोत्साहित करें और उसका समर्थन करें
- मिर्गी से पीड़ित बच्चे को उसके शौक में शामिल होने के लिए प्रोत्साहित करें

शिविर के बारे में आज का संदेश

**आइए हम सब मिलकर मिर्गी
की पहचान करने और इसका इलाज कराने का काम
करें**

डॉ. मुस्तफा नदीम किरमानी



एसोसिएट प्रोफेसर और प्रमुख
एमिटी इंस्टीट्यूट ऑफ क्लिनिकल साइकोलॉजी
एमिटी यूनिवर्सिटी हरियाणा
संपर्क विवरण: 8295320920
डी ब्लॉक चौथी मंजिल

Next action plan:

Sr. No.	Activity to be conducted(along with reason)
1	Amity Medical School is planning of Health Check up based on the suggestions of the villagers
2	Agi voltaic Training
3	Digital Literacy Training