



Dr. \_\_\_\_\_  
**Sachin Ganorkar**

Opens Up About His  
Mother's **"Schizophrenia"**



***In a simple way,  
can you educate us  
about “Schizophrenia” ?***



# Dr. Sachin Answers

## Answer to Question 1

*“It is a thought disorder affecting thinking, emotions and behavior. It falls along with non-communicable physical disorders like heart disease, diabetes, cancer. as a chronic mental health disorder. It can be managed with access to good mental healthcare systems.”*



***How & when did you find out that your mother has "Schizophrenia" ?***



# Dr. Sachin Answers

## Answer to Question 2

*“It was roughly 53 years back but she was able to navigate it with the support systems in 90s. She continued teaching, her PhD and her work as a publisher. There have been ups and down. She had a change in her appearance, behavior and increase in irritability and affected her daily functioning as a teacher and a publisher.”*



***How has been your personal experience so far, living with your mother who has "Schizophrenia" ?***



# Dr. Sachin Answers

## Answer to Question 3

- *“It was difficult to understand the symptoms first and accept the change in behavior and change in an active working life.*
- *Reaching out to a mental health professional and getting the diagnosis helped and she got back to her teaching and publishing work after following medication and counseling...”*



# Dr. Sachin Answers

## Answer to Question 3 (Contd...)

- *“... A corollary is like having your foot fractured and ‘motivating’ the person to run with a fractured foot. The fracture would take a cast and time to heal under professional guidance. Same happens with mental health disorders as it needs professional guidance and medicines.*
- *One cannot snap out of a disorder by ‘motivating’ or distracting oneself by changing the environment. Since it is not seen physically and one cannot measure lab parameters, does not mean that it does not exist...”*





# Dr. Sachin Answers

## Answer to Question 3 (Contd...)

- *“...Nobody asks for depression or schizophrenia nor it is a luxury to have. It is a combination of biological-psychological-social events and reasons which we still need to find out.*
- *It is not to be trivialised or given moral sermons on why the person is not behaving or talking what we expect. It’s a clinical condition, not to be told to come out of it and minimise it. One needs to seek professional medical help.”*



***What is it that your  
mother is doing,  
(medically & otherwise) to  
manage “Schizophrenia” ?***



Question 4 (Contd...)

***How happy & healthy is your mother, with these results & effects ?***



# Dr. Sachin Answers

## Answer to Question 4

- *“Accept the situation which is the most difficult step and reach out to a mental health professional. Work together as a family as one member is affected. Continue Medicines as they have helped her resume her work and household activities but one has to taper expectations as it is a disability. A change in her neurotransmitters or circuits has caused the disease and one needs to take medicine and counsel to stay on course. She lives a good functional life with professional medical help...”*



# Dr. Sachin Answers

## Answer to Question 4 (Contd...)

- *“...Contrary to the myths and misconceptions, majority of people who take medicines and counseling recover and get back to their lives.*
- *Access preventive care for physical health along with the mind, as she has also had cancer and prevent future complications .”*



***What's your message for others, who are having a tough time because of "Schizophrenia" ?***



# Dr. Sachin Answers

## Answer to Question 5

- *“Seek professional help from mental health practitioners as it is a lifelong disease but can be managed well, take medicines and seek counseling. There is no cure but management is available. Work as a family for financial and healthcare access and creating awareness.*
- *There is a lack of understanding and support about the suffering faced by families on multiple fronts, exhaustion, financial distress, rights of patients, families as it is...”*



# Dr. Sachin Answers

## Answer to Question 5 (Contd...)

- *“...not seen like a physical disorder. One has to adjust continuously but at the same time also replenish emotional and financial reserves. Relax and also take care of yourself. Ask for help.*
- *Covid has been a catalyst as lot of people have had a minor inkling of what it means to be in isolation, suffer from fear and anxiety. Society is slowly changing its perception about mental health disorders and the...”*





# Dr. Sachin Answers

## Answer to Question 5 (Contd...)

- *“...government is addressing it with the Telemans mental health helpline initiative for example. Sharing lived experience with various stakeholders can help shape up policies regarding disability, rehabilitation, employment, financials and insurance.*
- *Mental health does not lie in the hands of a mental health provider or an institution only but it also exists in the different parts of our life like academics, workplaces, social structures, systems and being sensitive to the problems being faced which affect mental health.”*

## CAREGIVER EVENT ORGANISED BY SAA, PUNE



Sachin Ganorkar is a physician and a senior healthcare management professional who has done stellar work in the area of primary care and health tech.

He shared his experience of managing mental health disorders as a family carer and director, board member of FAVMI at a caregiver event organised by SAA, Pune on laws and policies on 11th Sept, 2023.

**CAREGIVER EVENT  
ORGANISED BY  
SAA, PUNE**



The aim of FAVMI mumbai (Families voices on Mental Illness) is to provide advocacy for mental illness and propose solutions and campaign for change to address the underlying causes with related to mental illness.



**Families Voices on Mental Illness**


 An initiative by "Consult Aniket"

**What's This About?**  
 This initiative is all about gifting the world with the actual lived experiences & real-time knowledge of true warriors, who are proudly "Winning" by successfully defeating/overcoming their **Mental Health Disorders**



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## KEEP WINNING!

This initiative is all about gifting the world with the actual lived experiences & real-time knowledge of true warriors, who are proudly "Winning" by successfully defeating/overcoming/managing their "MENTAL HEALTH DISORDERS".

Mental Health Disorders like Bipolar Disorder, Schizophrenia, ADHD (Attention Deficit Hyperactivity Disorder), PTSD (Post-Traumatic Stress Disorder), Clinical Depression, Fregoli Delusion, Capgras Syndrome, Dissociative Disorder, GAD (Generalized Anxiety Disorder), etc.

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