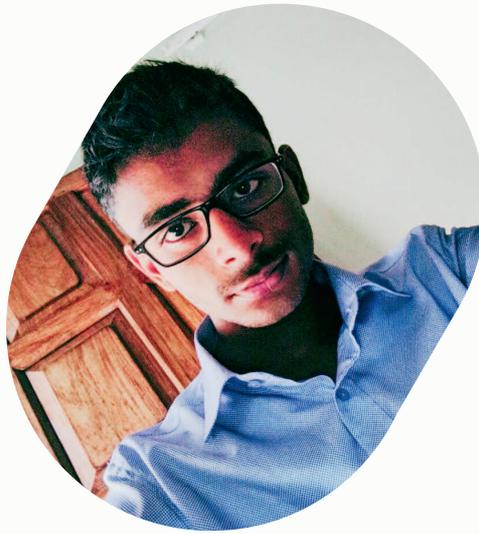


Sharique Khan

Opens Up About His
"BIPOLAR DISORDER"



KEEP WINNING - AN INITIATIVE BY "CONSULT ANIKET"

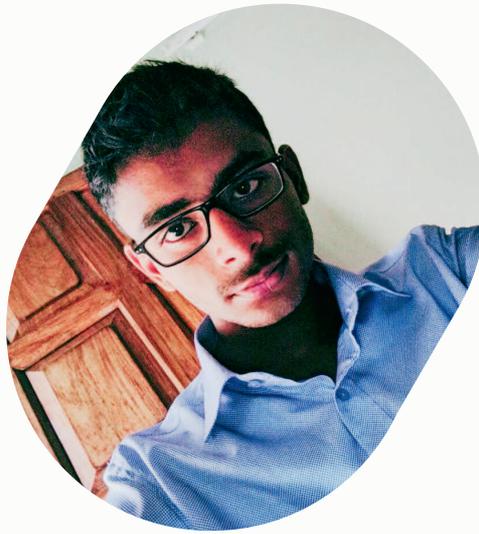


In a simple way, can you educate us about "Bipolar Disorder"?



ANSWER TO Q1

"Extreme mood swings, such as mania (high mood and energy) and depression (low mood and energy), are signs of the mental illness bipolar disorder. These mood swings might range in length and intensity. Consider a manic episode in a person who has bipolar disorder as an illustration. They may experience excessive euphoria, a racing mind, quick speech, impulsive behavior, and little to no sleep during this time..."



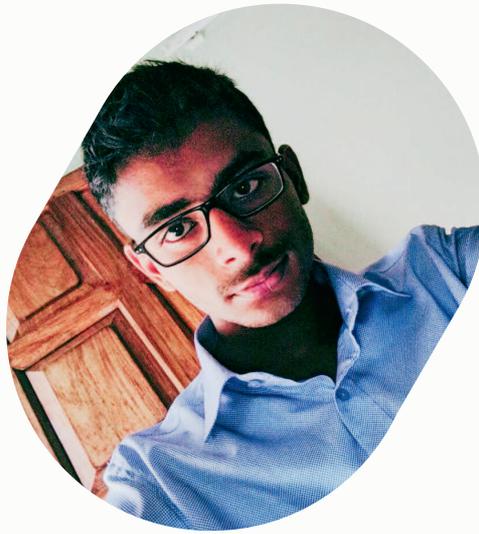
In a simple way, can you educate us about "Bipolar Disorder"? (Contd...)



ANSWER TO Q1 (CONTD...)

"...They may begin several large-scale initiatives at once, thinking they can do anything. In contrast, the same individual may go through intense melancholy, lose interest in things, feel low energy, have trouble focusing, modify their appetite or sleep patterns, and even have suicidal or self-harming ideas during a depressive episode.

They may struggle to get out of bed or find pleasure in activities they once enjoyed. These mood swings can..."

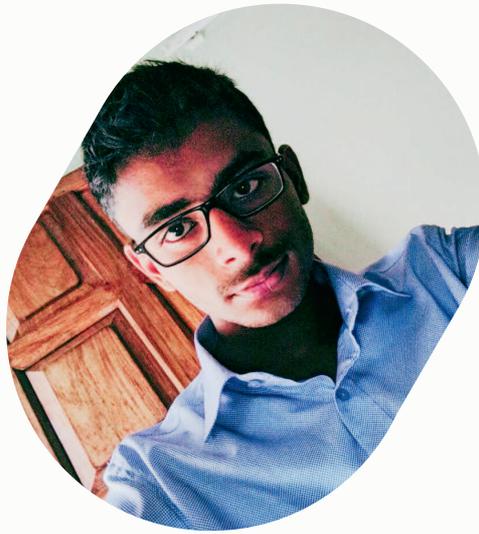


In a simple way, can you educate us about "Bipolar Disorder"? (Contd...)



ANSWER TO Q1 (CONTD...)

"...have a substantial impact on daily living, relationships, and general well-being. Individuals with bipolar disorder must receive proper medical care and assistance in order to effectively manage their symptoms. In a nutshell it's a combination and a recipe of many complicated emotions and physical behaviour. And you suffer from many things like gastrointestinal problems, situation related to memories, work ethics. You try to make ill choices."

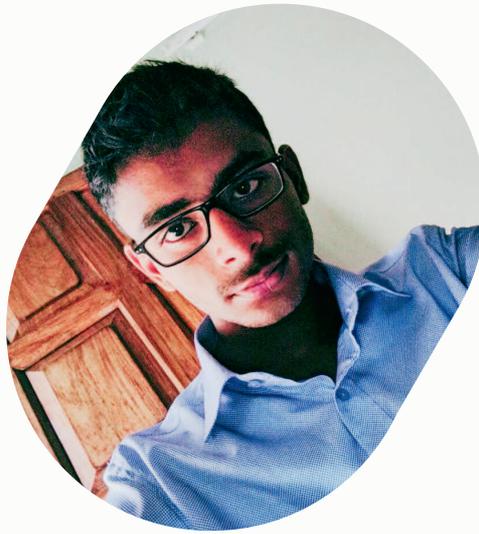


How & when did you find out that you have "Bipolar Disorder"?



ANSWER TO Q2

"While I was preparing (second time) for national medical exam of India (NEET). My health used to get degrade consistently and simultaneously getting positive for typhoid strains. My parent told me to visit a psychiatrist, but I was very unusual about it. As I believed it's typhoid why should I go to psychiatrist, I should visit a good general physician but they informally insisted me which led me to visit psychiatrist. He took 7 months to diagnose that..."

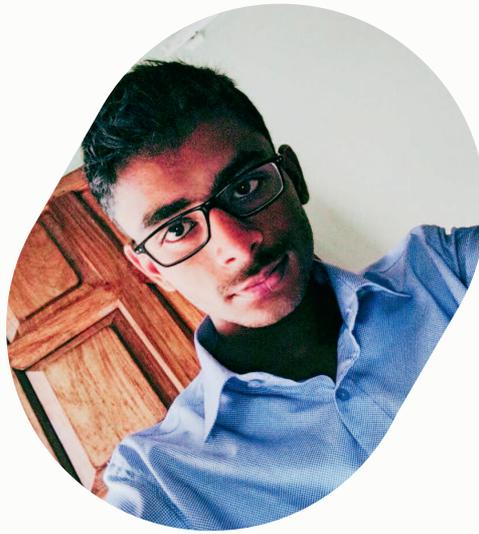


How & when did you find out that you have "Bipolar Disorder"? (Contd...)



ANSWER TO Q2 (CONTD...)

"...am suffering from Bipolar disorder as these things are not easily detected many mental issues are conjured with all the same symptoms. Still this date I don't know the cause maybe because of the trauma I faced, when I was a child or recent relationship with a girl I met."

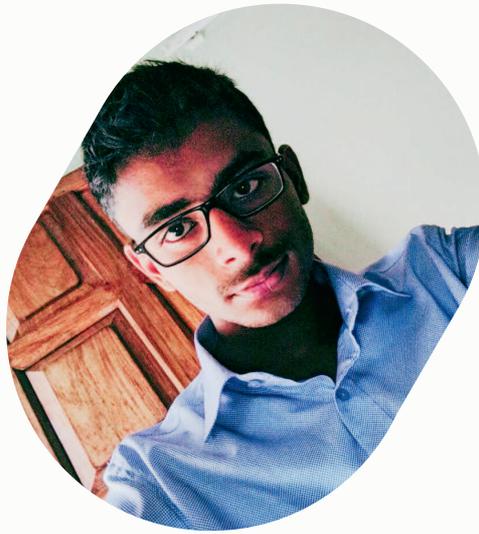


How has been your personal experience so far, living with "Bipolar Disorder"?



What is it that you are doing, (medically & otherwise) to overcome/manage "Bipolar Disorder"?

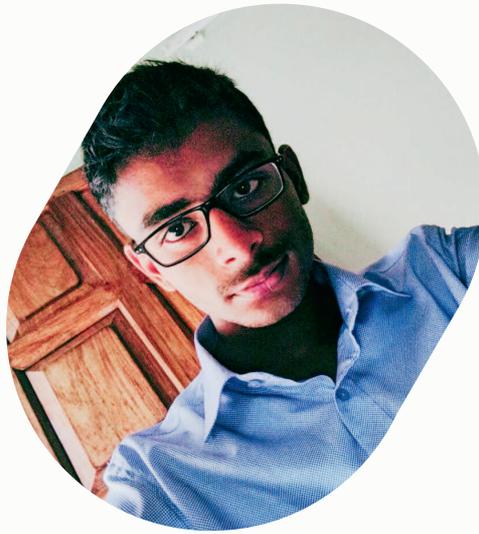
How happy & healthy are you, with these results & effects?



ANSWER TO Q3 & Q4



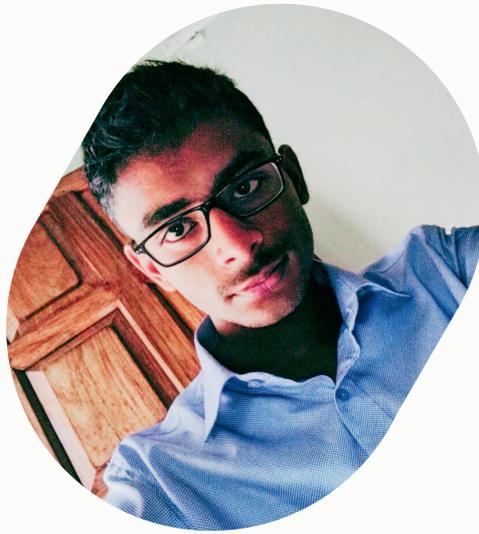
”Personally I feel at times like it’s a gift and at times a curse. Cause it gives a different approach to your thinking and you tend to be like different from normal people which is totally dependable on your thinking whether it is a gift or curse and people who is judging you. I have failed numerous times still fail to do some normal task like my hands trembles a lot, I am bit over-weighted. Sometimes I forget things not usually but still...”



ANSWER TO Q3 & Q4 (CONTD...)



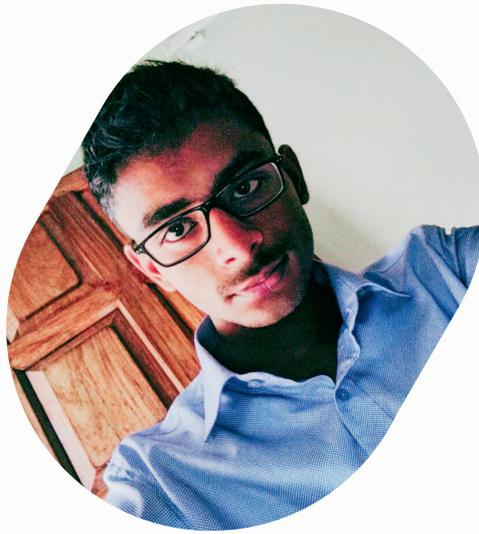
”...I am currently on last stage of this disorder. The people who are suffering from it can still control it with yoga and meditation also medications. I don’t practice yoga and meditation, which I should, that’s why I am on medication. Many times I got a suggestion to get clinical shocks with some small voltage difference. But I denied it every time as it is costly and sounds dangerous! I have wished many times to die rather than suffering but, now...”



ANSWER TO Q3 & Q4 (CONTD...)



”...**I see life is beautiful** so I try to embrace it. I have tried suiciding I still have marks. I take benzodiazepenes and beta simulators. I can easily live with medicines on but sometimes you have to experience many changes which occurs. I usually go without medicine for maximum 2 days, after that I become vulnerable to Bipolarity and it’s symptoms, which is other dimensional.”



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



ANSWER TO Q5

"I love people who are special and if you are too suffering from any kinda disorder, though the interviewer asked me about bipolar, but I ain't bounded to it. If you are suffering from any of the problems and you are dealing with it you are a survivor! Pat your back, you're gonna make it! Never seen someone like you! You'll make it! Just don't quit it, or try to! You can compete with this world easily. doesn't matter if you are having something latched on you. You are special."

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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**



Keep Winning!

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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.

ARE YOU WINNING YOUR "MENTAL HEALTH" BATTLES ?



CONSULT ANIKET

Vedic Astrology | Mental Health | Psychology | CBT, NLP & Mindfulness | B.Tech - Computer Science Engineer | PGDM - Silver Medalist, Topper in HR & OB | Creator & Founder - Consult Aniket

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