

LV ASTROMIND PRESENTS

AN EPISODE OF

**KEEP
WINNING!**

AUGUST

13



BIPOLAR-BD

Sonu Acharya

AN INITIATIVE BY ANIKET CHAKRABORTY

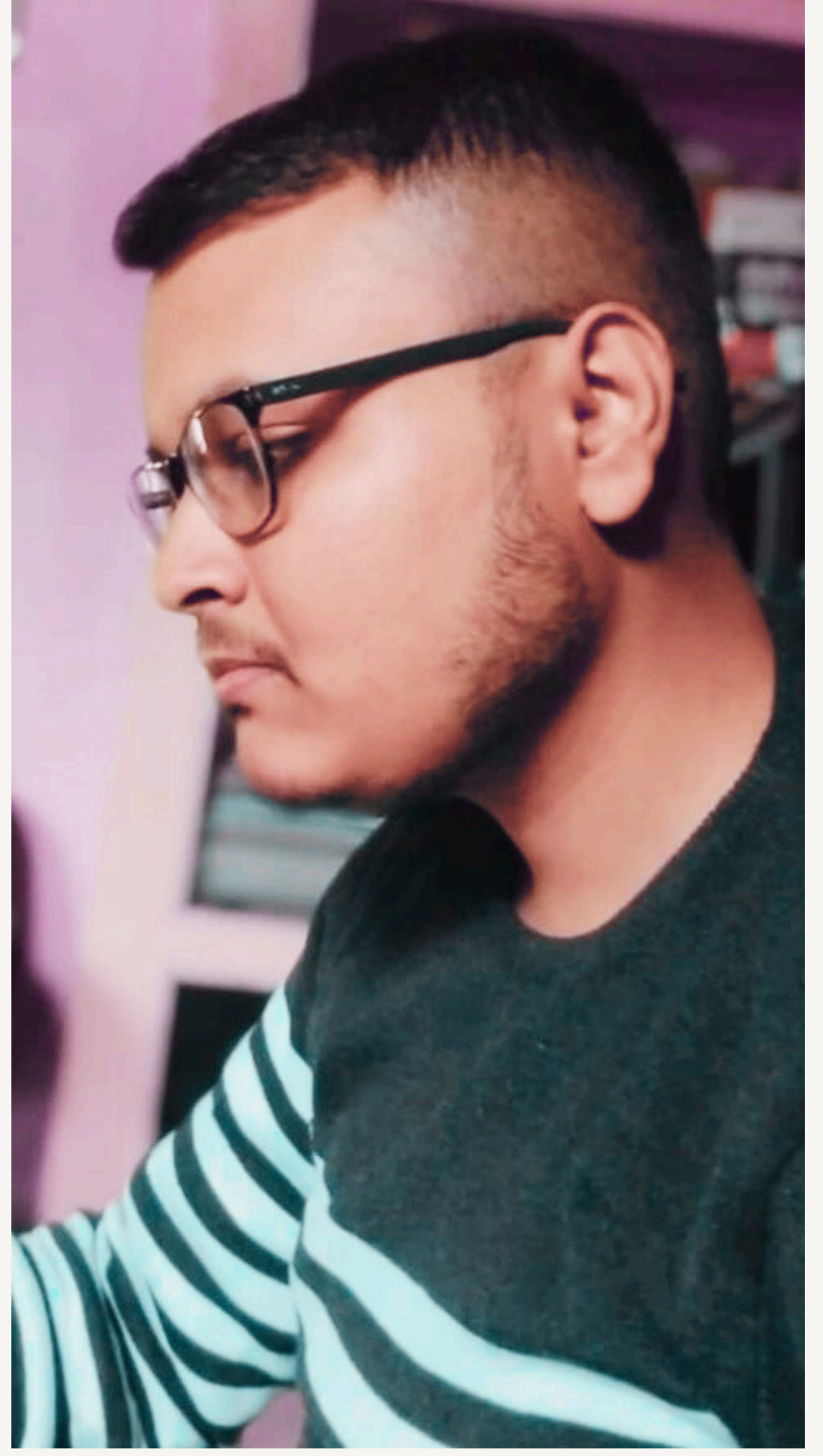
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FIRST QUESTION

AN INITIATIVE BY “LV ASTROMIND” ● KEEP WINNING!

SONU ACHARYA SHARES HIS THOUGHTS
WITH ALL OF US, THUS CREATING AN
INFORMED AWARENESS ON “BIPOLAR DISORDER”

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



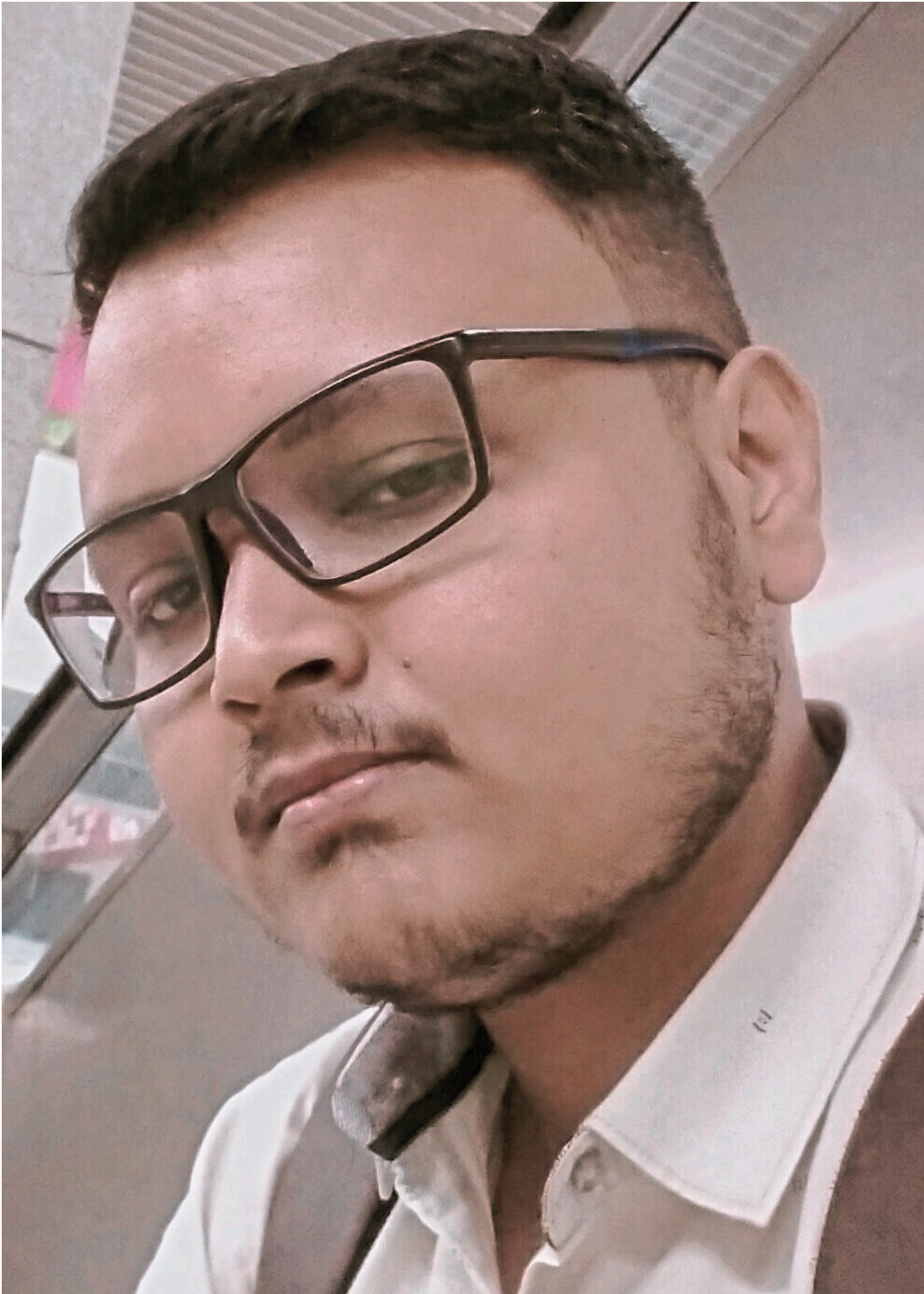


IN SIMPLE WORDS, SONU EXPLAINS US WHAT
IS THE MEANING OF "BIPOLAR DISORDER"

Answer to Question 1

"Bipolar Disorder In Simple Words Would Be
Disbalance In Your Mood Either Happy sad anger
or emotional anything can exceed to a certain level
which affects your daily life."

HOW & WHEN DID YOU FIND OUT THAT YOU HAVE "BIPOLAR DISORDER"?



“I was working as an intern. After working for two months, suddenly I felt really tired than usual. I was getting regular nightmares, my sleep was lost and one day I fainted in road... then I went to a physician who told that it's not physical and you should consult a psychiatrist... then I decided to consult him but unfortunately it took 6 months to diagnose bipolar and the correct medication.”

Sonu Acharya Answers

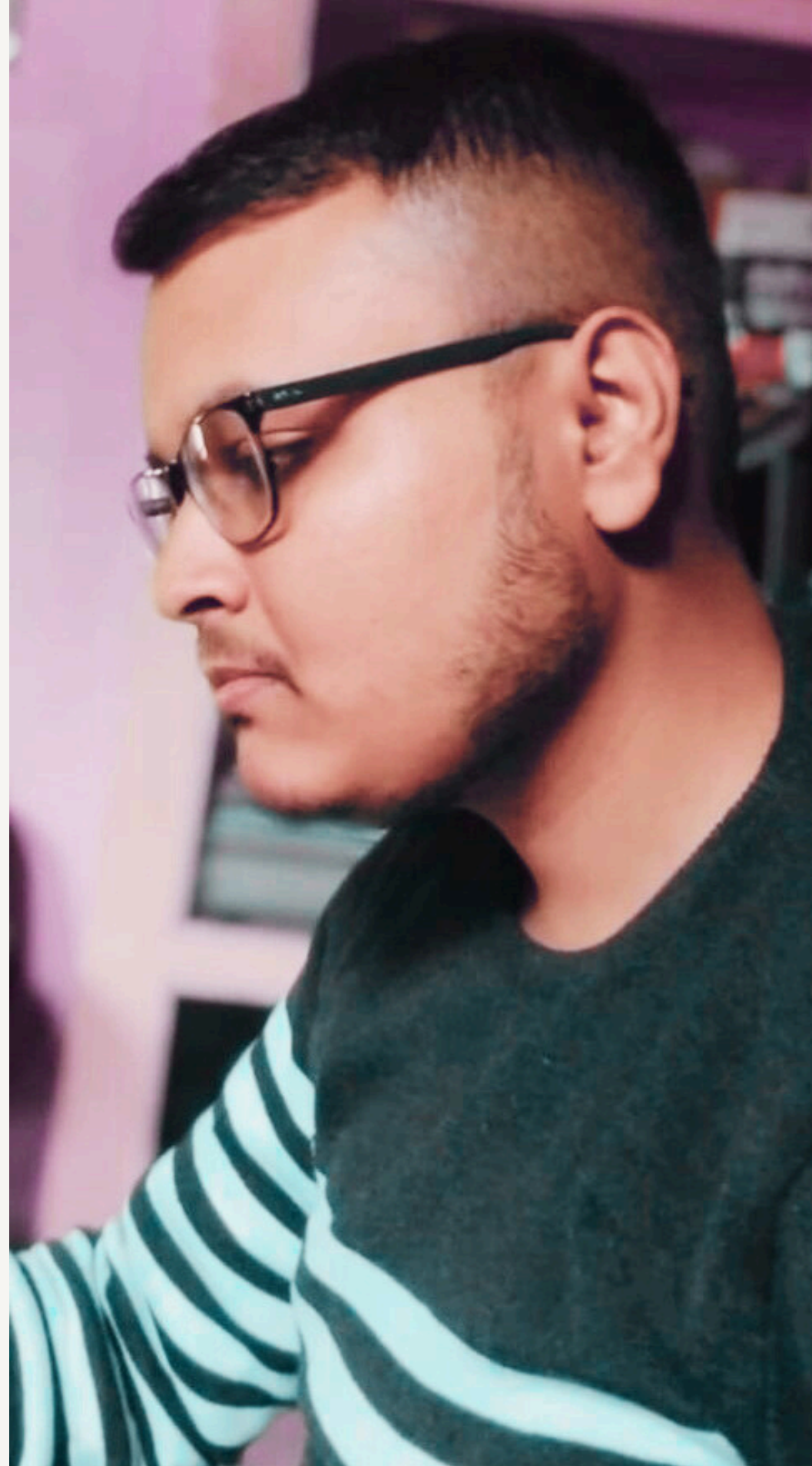
Sonu Acharya shares his Thoughts with all of us, thus creating an informed awareness on “bipolar disorder”

THIRD QUESTION

AN INITIATIVE BY “LV ASTROMIND” ● KEEP WINNING!

SONU ACHARYA SHARES HIS THOUGHTS
WITH ALL OF US, THUS CREATING AN
INFORMED AWARENESS ON “BIPOLAR DISORDER”

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





IN SIMPLE WORDS, SONU SHARES WITH US
ABOUT HIS PERSONAL EXPERIENCES OF BD

Answer to Question 3

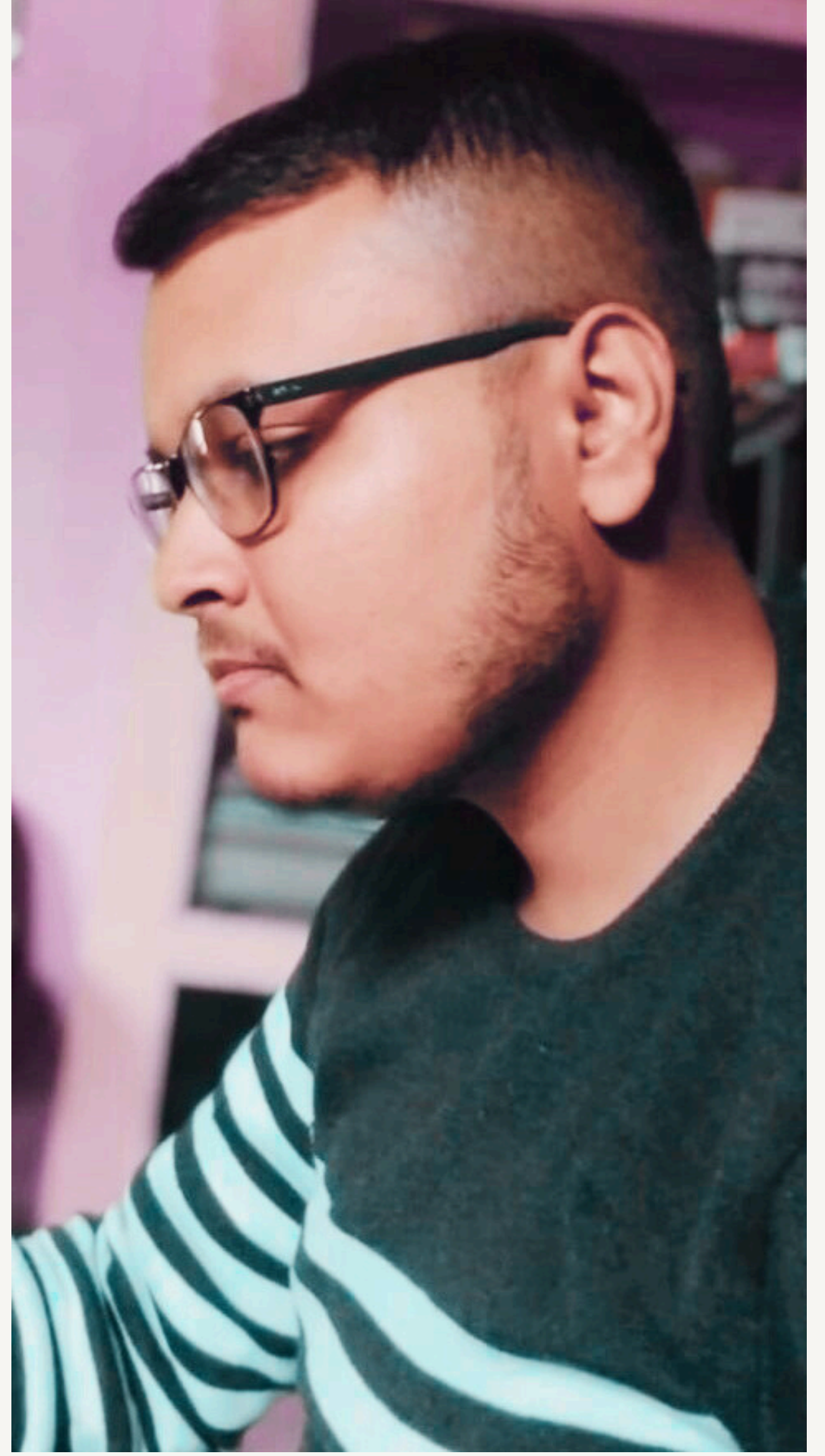
"It was horrifying to be honest - scary thoughts, unnecessary pain, sleepless nights...I was not able to eat, my nerves were so on down that I could barely stand for more than a minute. I used to get seizures, akathisia attacks everyday and additional fear that God It has happened but when will it be cured, will I will be able to lead normal life apart from going to mental hospital and coming home."

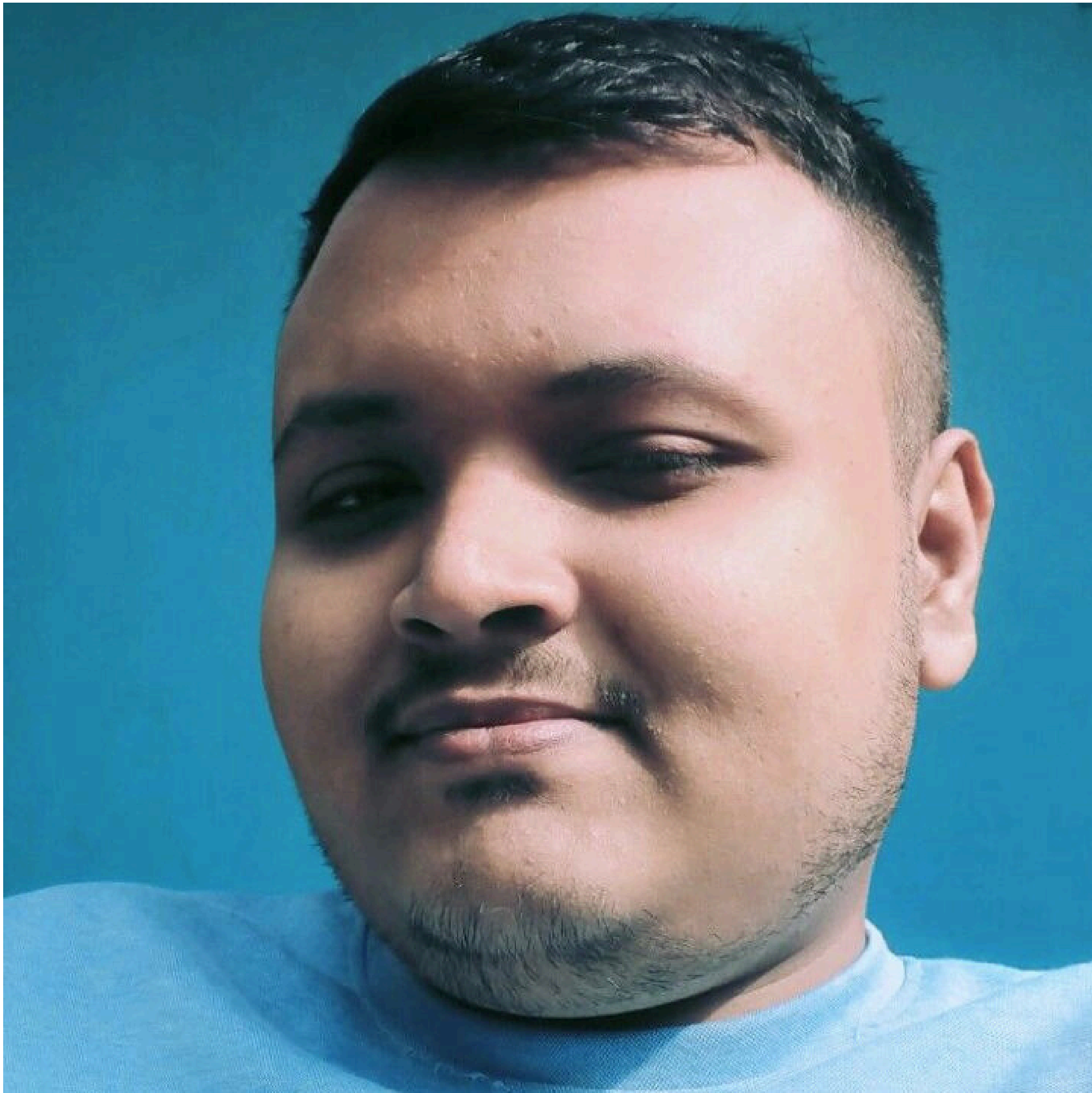
THE 4TH QUESTION

AN INITIATIVE BY “LV ASTROMIND” ● KEEP WINNING!

SONU ACHARYA SHARES HIS THOUGHTS
WITH ALL OF US, THUS CREATING AN
INFORMED AWARENESS ON “BIPOLAR DISORDER”

*"What has been the
experiences of your
family members, close
network during
these times?
What's been their roles
and responsibilities as
care givers?"*





IN SIMPLE WORDS, SONU SHARES WITH US
ABOUT HIS FAMILY, NETWORKK EXPERIENCES

Answer to Question 4

"My Family Acted Maturely Because My Sister had suffered depression in early years so they were used to it i was fearful of it but family was strong enough to handle me be it timely medicine moral support and care. They did everything."

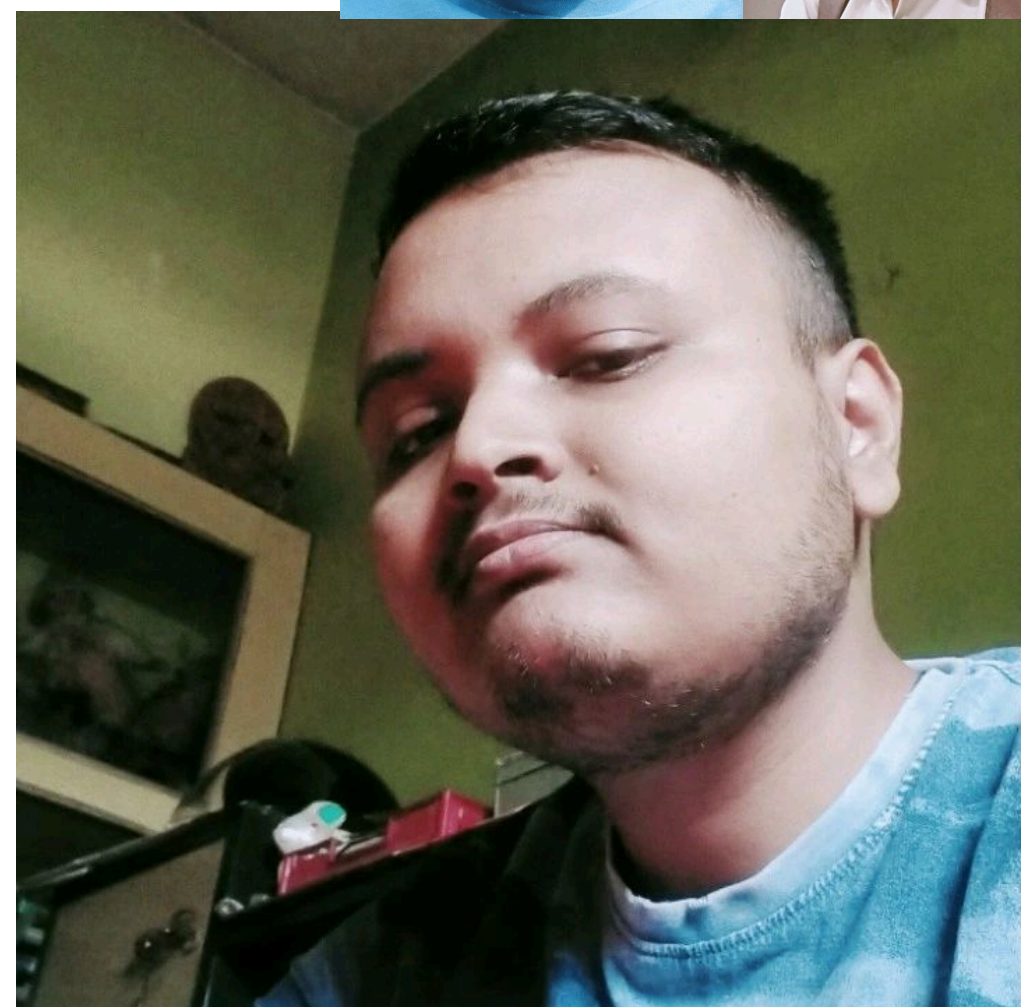
What is it that you are doing, (medically, psychologically & otherwise) to manage “Bipolar Disorder”?
How happy & healthy are you, with these results & effects?

Sonu Answers

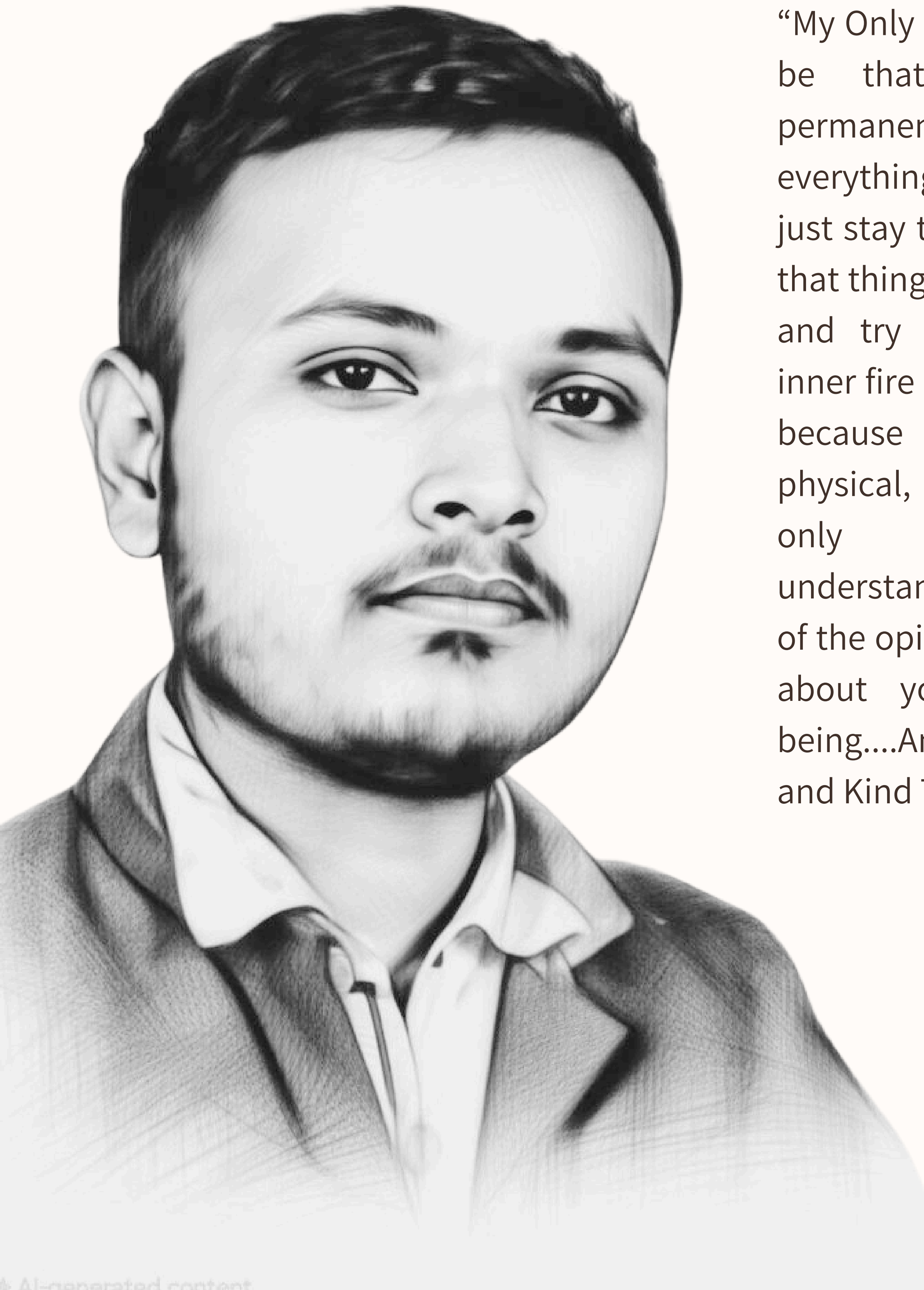


So I was going OPD sessions in ranchi Cip...there after changing 7 doctors finally I got Dr Varun there who changed my medication, stopped anti psychotic medicines, and changed the lithium dosage. Also for eps symptoms, he gave medicines for side effects and after words stopped it. It's been 4 months since I am stable..After that I did therapy where I firstly started physical activities...and then because of the social anxiety which I had developed during disease, I forced myself slowly to go out with consistency...

...Then I asked can i start job and studies again...they said yes so I tried to get a job but due a gap of one year I was not getting the same amount, so I decided I will continue my cma course...then I started studying from half hour to now 7 hours. In two months i have completed 80% of my syllabus and will give exams in December...I don't know about the results in future but I am happy about the efforts which I have put in.
Life is almost 90% normal.



WHAT'S YOUR MESSAGE FOR OTHERS, WHO ARE HAVING A TOUGH TIME BECAUSE OF "BIPOLAR DISORDER"?



“My Only message would be that nothing is permanent... in life everything changes... just stay there with hope that things will get better and try to ignite your inner fire to fight this. It's because it is not physical, it is mental. So only you can understand....Be carefree of the opinions and think about your own well being....And Be Grateful and Kind To Others.”

Keep Winning!


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

Keep Winning!

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LET'S CONNECT
Be a Part of This Initiative
LIKE, COMMENT & SHARE

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.

ARE YOU WINNING YOUR "MENTAL HEALTH" BATTLES ?



ANIKET CHAKRABORTY

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

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