

KEEP WINNING



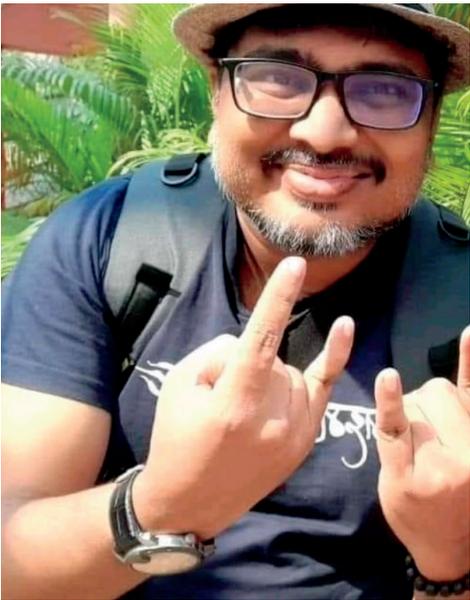
Tr. Amit Asha Anand

Opens Up About His
"Bipolar Disorder"

KEEP WINNING

An Initiative by "Consult Aniket"

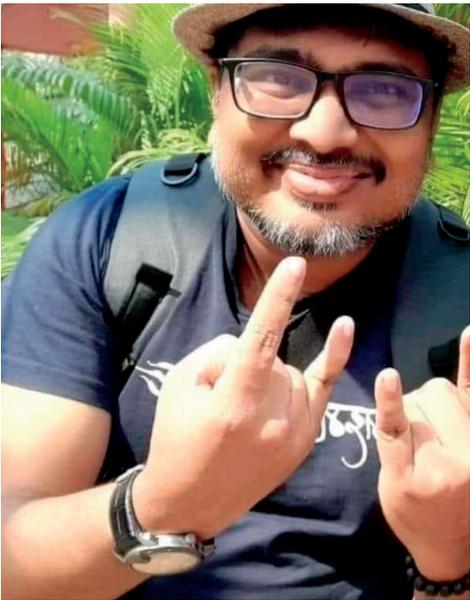
In a simple way, can you educate us about “Bipolar Disorder”?



Answer to Q1

"Bipolar Disorder Type 1 and Bipolar Disorder Type 2, is a Mental Health Condition. As it says "Bi-polar", There are Two Poles in Mood Swings or Mood Episodes which are Depression and Mania or Hypomania. It has been stabilized by medicines and therapy."

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

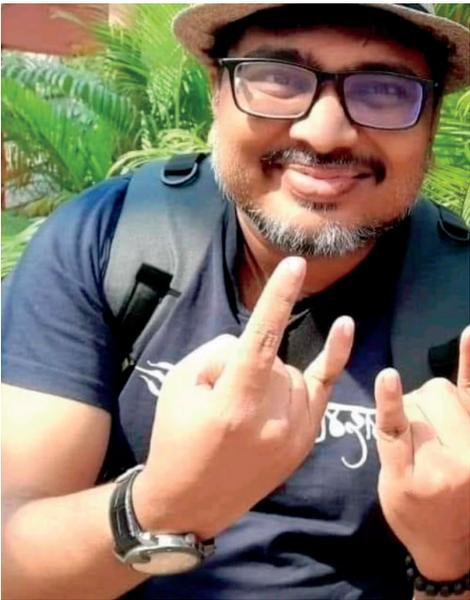


Answer to Q2

"I was in Semester-V of my Undergraduate Degree in Electronics Engineering at K. J. Somaiya College of Engineering, Vidyavihar. My Faculty Mentor and my mother admitted me in K. J. Somaiya Hospital, Sion. I had first Episode of Severe Depression, So no body knew that it's Bipolar Disorder. Eventually I spent..."

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

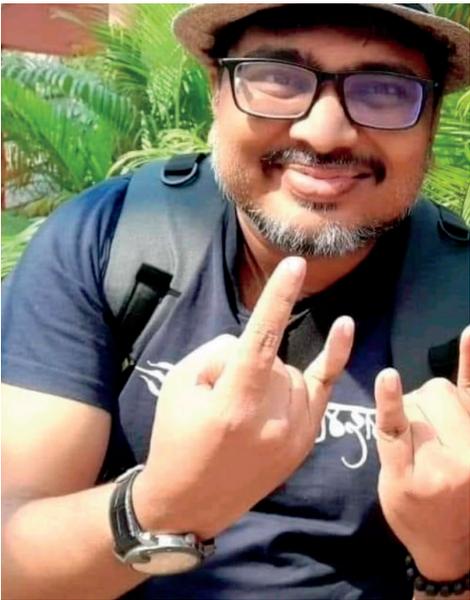
(Contd...)



Answer to Q2

"...the entire Semester in the Hospital with the diagnosis of "Major Depression" as a Mental Health Condition. I was released from Hospital. I completed B.E. I qualified for GATE(EC) and got into IIT Madras for M.Tech in Communication Systems. I completed M.Tech and joined Ciena India Private Limited as Engineer in..."

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



Answer to Q2

"...July 2008. Here I had second episode of "Depression Episode". I got admitted in Dr. D. Y. Patil Hospital. It was again diagnosed as "Major Depression" I spent a couple of month here and released in 2009. I resigned from Ciena India Private Ltd, Gurgaon.
In 2009, I became..."

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



Answer to Q2

"...Super Excited, bursting with Happiness, Creativity, Imagination. I decided to start a Tattoo Studio and wrote a Book. I put all my savings in it.

My family had shown me to a Private Psychiatrist after looking at my Over Enthusiasm about my ideas and the way I was..."

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



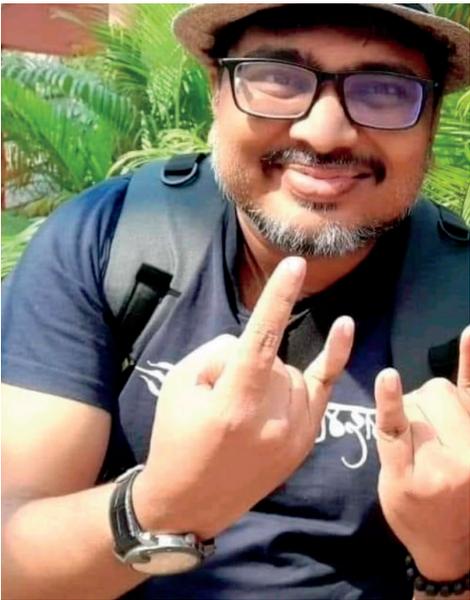
Answer to Q2

"...behaving.

Then after looking at my past episodes and current condition, Private Psychiatrist concluded, it's not just "Major Depression", there is "Mania" too.

So, in 2009, I found I have had Bipolar Disorder Type 1."

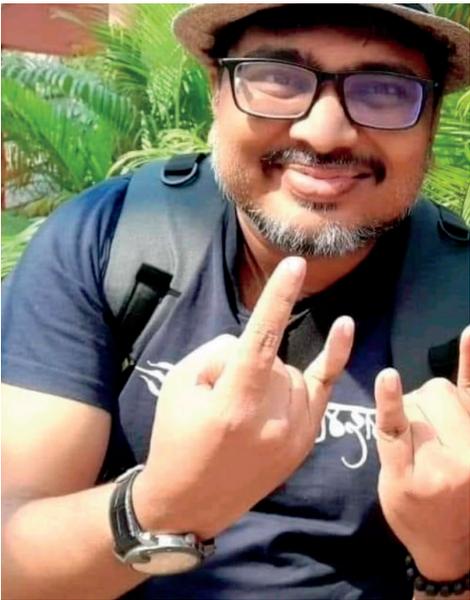
How has been your personal experience so far, living with "Bipolar Disorder"?



Answer to Q3

"There is a Negative Side of Bipolar Disorder Type 1: It has wiped out most of my Technical knowledge of undergraduate and postgraduate degrees. It has badly affected my Cognitive, Comprehensive, and Technical Skills. Also, my Personal, Social and Professional Life have taken a hit! There have been..."

How has been your personal experience so far, living with "Bipolar Disorder"? (Contd...)



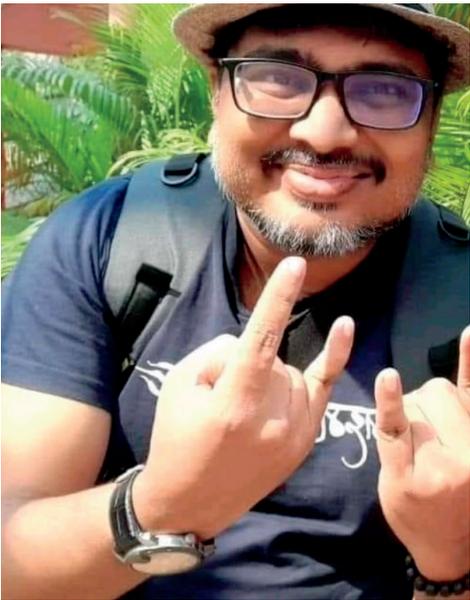
Answer to Q3

"...many Career Breaks, Failures, Setbacks and Rejections so far.

The Positive Side of Bipolar Disorder Type 1: It has accelerated my Ideation, Imagination, intuition, Curiosity, and Creativity

It has helped me to find my Passions:..."

How has been your personal experience so far, living with "Bipolar Disorder"? (Contd...)



Answer to Q3

"...1.) I love to interact with young curious learners over a cup of tea or coffee at informal places like CCD / College Canteen Let these conversations rotate around Relationships, Internships, Career, Co-curricular, Extracurricular, Campus Life and Beyond.

2.) Writing Poems in Marathi, Hindi and English..."

How has been your personal experience so far, living with "Bipolar Disorder"? (Contd...)



Answer to Q3

"...3.) Storytelling

4.) Hackathon Design inspired by Curiosity, Creativity, Imagination, ideation and STEAM.

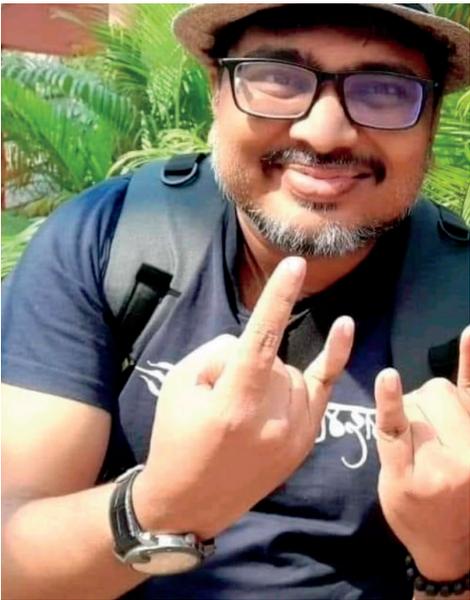
5.) Solo Backpacking

JOURNEYs ... 6.) Research on Education & Pedagogy

7.) Mythological and Archeological Expeditions

8.) Advocacy of the Mental Health."

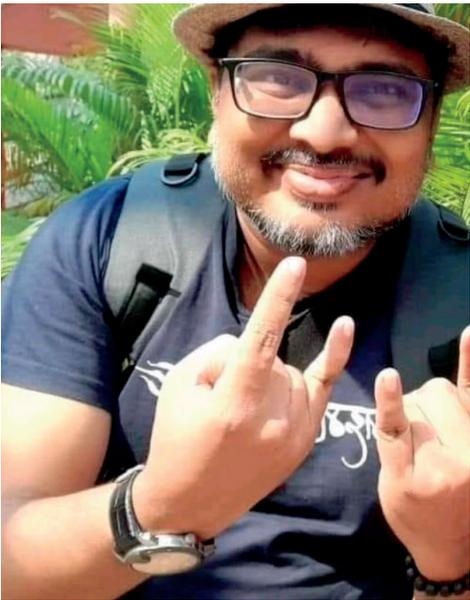
What is it that you are doing
(medically & otherwise), to
overcome/manage “Bipolar Disorder”?
How happy & healthy are you, with
these results & effects?



Answer to Q4

"I'm on regular medication from a Private Psychiatrist, and I have taken therapy sessions a couple of times. I learnt that, my Past and Future has definitely affected, so I can't really help myself with that. But I could follow "Carpe Diem 🍁" I can sieze my present moment and present day, to live with happiness."

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



Answer to Q5

"

- Carpe Diem 🍁🦋

- Acceptance of Bipolar, it's
medicines/therapy 🎉

- Celebrating One Day at a
time 🎉

"

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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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 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 ?



CONSULT ANIKET

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