



▲ A painting made by 26-year-old Harikrishna Reddy, a schizophrenic patient, who is being treated by Dr Padmavathy in Hyderabad



▲ Painting made by 23-year-old Shilpa, a patient suffering from mood disorder, who is being treated by Dr Ruma Bhattacharya in Bhopal

▼ Painting made by 37-year-old B Dutta, a schizophrenic patient from Kolkata, who is being treated by Dr Arnab Banerjee

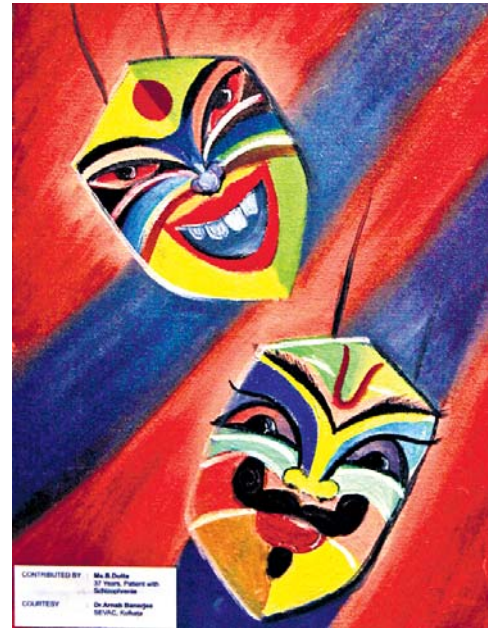
**Nidhi Bhushan**

We're all familiar with art being a form of expression, aren't we? Be it anger, frustration, love, shyness — art has no limits and one can express everything through the medium.

On the occasion of World Mental Health Day, the Medico Pastoral Association and Lundbeck, a global organisation dedicated to the cause of people suffering from mental disorders in the world, organised a one-of-its-kind painting exhibition in the city. Titled *Art Against Stigma*, the exhibition aimed at fighting society's prejudices against persons with mental disorders.

"The exhibition is very encouraging for those who otherwise don't have a platform to showcase their talents and express their emotions," says Shirley Mathew, artist and guest of honour at the exhibition. "Art is a good medium of expression even for those who are diagnosed with mental disorders," says Santosh Kumar Chaturvedi, officer and head of department, NIMHANS. Agreeing with him, Maya Unnikrishnan from Lundbeck India Pvt Ltd, explains: "Most patients who suffer from mental disorders keep emotions like stress, anger, love, and anxiety, bottled up. Art is a way of expression for them."

"Though the paintings displayed at the exhibition were not on sale, "we are planning to organise ones where the art work is for sale too. This is a preview into bigger things that are in store for the future", says Lata Jacob, clinical manager, Medico Pastoral Association.



▲ A painting made by George Peromal, a schizophrenic patient, who is being treated by Dr Kalyan Sundram in Bangalore

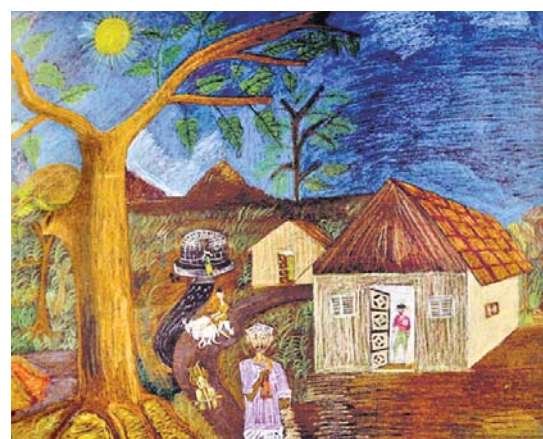
# Art is a way of EXPRESSION



On the occasion of World Mental Health Day on October 10, the Medico Pastoral Association organised an exclusive art exhibition — *Art Against Stigma* — that acted like a platform for those diagnosed with mental disorders in the country. The one-day exhibition showcased their paintings. **DNA's** Selvaprakash L and Nidhi Bhushan visit the venue and come back amazed with the artwork put together at *Art Against Stigma*. The bold brush strokes in paintings, greeting cards and calendars spoke volumes of the talent and passion that went into creating them



▲ This painting has been made by a patient suffering from bipolar disorder, who is being treated by Dr D Bog. The name of the artist had not been given for reasons of privacy



▲ A painting made by Gurayya, a patient diagnosed with OCD, who is being treated by Dr Johnson Pradeep in Bangalore

▲ A painting made by Sevak, a schizophrenic patient, from Kolkata

**ART AGAINST STIGMA**  
*The artist as a creator beyond limitations*



▶ Another painting made by Sevak from Kolkata was on display at the Medico Pastoral Association Exhibition on October 10

▶ Placed at the entrance, this portrait of Mother Teresa has been sketched by Rajiv Sardana, a schizophrenic patient, who is being treated by Dr Puneet Dwivedi in Bangalore

