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DELIVERING HOPE !

Newsletter of Stroke Support India

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Stroke Support India

Delivering **HOPE**



Web : strokesupport.in

Raising Stroke Awareness and
Supporting Stroke Survivors
and their Families

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Some more happenings
and plans!

Miracles start to
happen when you give
more energy to your
dreams than to your
fears !

Strive- and improvements
are bound to follow !

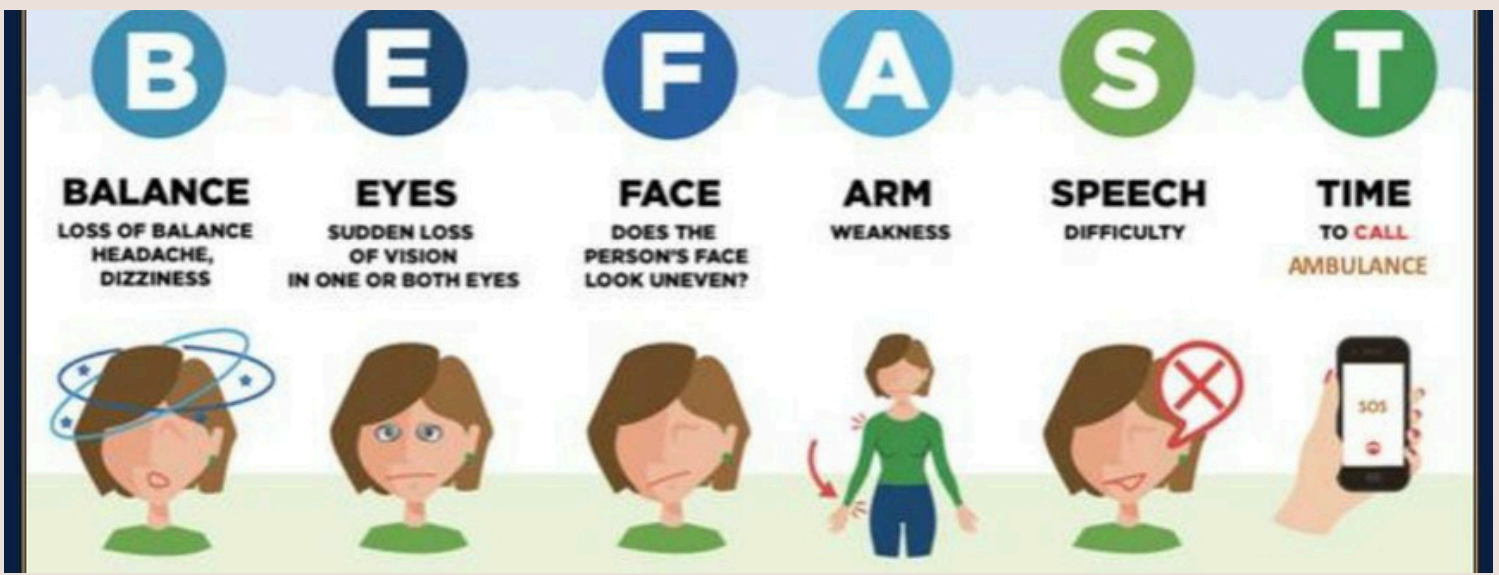
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PAGE 01



ALWAYS REMEMBER AND TELL OTHERS THE MOST COMMON SYMPTOMS OF STROKE AS SHOWN ABOVE ! For more elaboration please see <https://strokesupport.in/be-fast>

Communication Practice Group and Sessions

Will shortly start practice with dedicated Speech Improvement App in some sessions !

Hi Shruthi, Hope you are well. Looking forward to today's session. I elaborated yesterday's activity into pictures. The pictures helped Niranjana to speak similar or identical words. He is still speaking singular words but I consider this as a good start. Sometimes we are out of ideas as to how to engage him in a conversation. The activities suggested here are really helpful and I sometimes would tailor it according to Niranjana's needs. 4:18 pm

Thank u dear Shruti
 Ur help is immense, immeasurable....I am sooo grateful to u...
 I will definitely take up each one and make my husband do it
 Whatever u send us definitely useful
 Keep up ur good work
 I am totally tied up with all the other work at home too...so my response may be late
 But remember I make it a point to see all that u send and make use of it for my husband
 Shruti I will call u soon and talk to u personally..
 Thank you very very much dear...





When Circumstances Get Better....

Sreekanth Kesava

When I started working, the first time I remember having surplus money was sometime in early 1999. Most of the time earlier, I didn't have money or barely lasted till month end. In late 1998, I was sent to another country to work for a few months. Since it was not a long-term posting, we were not getting a salary but a daily allowance (per diem).

It was the first time I received the money in a stronger currency and better purchasing power, and I realized the potential of saving it.

So, I mostly did not live there. Everything was converted to my home currency, and my eyes would bulge. At the same time, if the same amount was saved, it was a big deal of money to bring back to my home country and live with it later.

Almost everything was seen through this lens, either not bought, not spent, or experienced. Everything, including the food I allowed myself to eat, the condition of places we chose to live, the groceries I bought, etc. I tightened the belt till the breathing didn't stop.

Although it was a great place, I don't remember exactly experiencing it much. Basically, I didn't live it. I existed so I could live later.

This is just an example. There are many, many instances in my life I never did live and experience, thinking I would do it later, mostly when something else happened.

It's a milestone-based living approach. My mind has always been like: When I get there, I'll do it.

It is not a wrong thought; when that happens, it is a better circumstance for whatever I want to do.

Contd. Pg. 4

Grow through what you go through

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When Circumstances Get Better....

Sreekanth Kesava

The only problem is that many more things happen when I reach those favorable circumstances, and circumstances change. It is a moving goalpost.

Does that mean I have not done anything? Nope, I have done many things as well. It is an alternative reality of life that was lived not the other life experienced and lived.

Is it good or bad? I don't know. But I wish I had known more.

After my stroke, the first few months (first 2-2½ years, actually) were only thoughts of regret. Everything I could do earlier was over. I only thought of things I should have done and experienced when I could.

After that, basically since I was able to see some very little progress in rehab, the mind had relapsed to that thinking. Nothing was explicit in the mind as a milestone, but there was an unstated, non-explicit thinking of "when I get better, I should do this...". There was no definition for what should get better and by how much, etc.

It is the equivalent of "When circumstances get better, I will live my life."

Logically, when we think about it, circumstances will never get better; it doesn't mean I don't have hope of getting better, but what do circumstances get better mean? Circumstances and everything will change, but will it ever get better? Age will not be the same, strength will not be the same, responsibilities will not be the same, and risk appetite will not be the same. The circumstances of what I wanted might have improved, but I am no longer the same person who experiences and lives it the same way.

Contd. Pg. 5

**It does not matter how slow you
go as long as you do not stop.**





When Circumstances Get Better....

Sreekanth Kesava

For small things, we call postponement procrastination.

For big things like living, we call postponement as circumstances get better.

It took me until recently to realize that it will never get better. I am not referring to my health and physical condition. It may get better or not. But life is now—in my current condition and circumstances. Circumstances will never get better than now in living and experiencing life.

Of course, that line of thinking doesn't give us a clean chit to do irresponsible, imprudent, risky, and dangerous things. Rationality doesn't go away. I think more rationally now. It is the same mind but with the luxury of more thinking time.

It helps to be rational about circumstances now versus reasoning about better possibilities with better circumstances later.

It has helped me accept my life and condition and be happy overall.

Better living with my life now versus possibly a better life later.



About Sreekanth:

Sreekanth had a massive basilar stroke on 6th Feb. 2019. He was 43 years old and leading a normal, healthy lifestyle. He has some movements on the left side and slightly on the right hip. He can't speak, and feeding is via a PEG tube. But he now can type using some movements in his left hand. And that has liberated him from the cage! He writes wonderfully well, and these are some of his thoughts. He is truly a great inspiration and exemplifies that where there is a will, there is a way! You can read more of his thoughts at: <https://mindofmystrokedbrain.blogspot.com>





Stroke and Depression

Harini Gali

According to the American Heart Association, stroke is a condition that occurs when blood flow to the brain is disrupted. This disruption can occur due to blockage of flow in the blood vessels supplying the brain or when those vessels rupture.

The effects of stroke are diverse and can vary from one person to another and also depend on the type of stroke.

One of the most underdiagnosed and underrated conditions is post-stroke depression.

The brain is a complex organ responsible for an arid range of functions and tasks, and the effects of stroke depend on the part of the brain affected, emotional equilibrium being one.

Research shows that about half of stroke survivors in India suffer from Post-stroke Depression (PSD).

The common symptoms associated with depression include lack of sleep or excessive sleep, loss of appetite, loss of interest in doing their day-to-day activities or job, feeling guilty /helpless and hopeless, decreased energy, poor concentration, suicidal ideation, low mood, and feeling irritable, etc.

Post-stroke depression not only affects the quality of life of the individuals but also alters the recovery process. Hence, the diagnosis of PSD must take precedence. It is essential to look at stroke rehabilitation holistically, involving mental and physical attributes of health.

Contd. Pg. 7

Our greatest glory is not in not falling, but in getting up every time we fall.

...Confucious





Stroke and Depression

Harini Gali

Recovery doesn't depend solely on the patient/individual. It involves a myriad of individual, family, and social support and grit. The process can be long and challenging, but with the proper support and determination, it is possible to overcome the effects of stroke in most cases.

Being part of stroke support groups helps us better deal with the aftermaths of stroke. Hearing fellow survivors' struggles and successful rehabilitation stories can help improve our endurance, determination, and, more importantly, the persistence of HOPE.

Various treatment options available to stroke survivors include Psychotherapy and Antidepressants. As per the American Heart Association, at least four weeks of structured exercise programs, in addition to other treatments, can help deal with depression.

Meditation and breathing exercises are also recommended. Talking to others has shown to help deal with depression significantly.

Family and friends play a crucial role in fighting depression among stroke survivors. Your support, understanding, and encouragement can significantly impact their recovery journey.

An important message that I want to convey to all stroke survivors and their loved ones is that the aftermath of a stroke is difficult and challenging, but remember, you are not alone. There are people who care, who will listen, and who are willing to help you in your journey towards recovery and happiness. Finding people via Stroke Support Groups who are walking similar journeys to yours is a strong help and motivation for both the survivors and their family members.

For more information and some resolution tips on post stroke depression see <https://strokesupport.in/depression/>

About Harini Gali

Harini Gali is an MBBS graduate and aspiring Neurologist. She first encountered stroke when she came across a 58 year old percussionist who had suffered a stroke. Later, her father was diagnosed with lacunar stroke. She has seen at close hand the agony and apprehensions of both the stroke affected and their family caregivers, and the importance of family support and motivation to help in recovery. She wants to help all stroke affected and make their lives better.





Unstoppable - My Ride on the World's Highest & Toughest Road - The First Brain Stroke Survivor to Conquer It Twice in One Day

Rajesh Arora

I, Rajesh Arora, faced one of the greatest challenges of my life—a Brain Stroke that left me struggling with Speech and Communication. But I refused to let this define me. Instead, I took on a new challenge: riding my motorcycle to the highest road in the world, not just once, but Twice in a Single Day.

As the First Person to ride a motorcycle on the World's Highest Motorable Road Twice in one day as a Brain Stroke and Aphasia Survivor, I embarked on a journey that was as much about defying the odds as it was about conquering the terrain.

The road to Umling La Pass- Ladakh, standing at an astounding 19,024 feet (5,799 meters), was unforgiving—steep, winding, and perilous. The weather was brutal, with freezing winds and thin, oxygen-poor air making every breath a struggle. Each turn of the road-tested my strength and determination. But with every mile I covered, my confidence grew. This journey was more than just a motorcycle ride; it was about proving to myself and others that I could overcome any obstacle, even after a stroke.

Reaching the top of Umling La Pass for the first time filled me with immense pride. I had conquered one of the toughest challenges known to man. But my journey was far from over. I ventured further to the last village in the Demchok sector, a region disputed between India and China.

Afterward, I descended the treacherous path, only to climb it again. This second ascent wasn't just about reaching the summit again; it was about demonstrating that no matter how daunting life's challenges may be, even in the most extreme conditions, you can push beyond them.

Contd. Pg.9

When you start doubting how much more you can improve.....just remember how much you HAVE improved ! Then keep on striving !





Unstoppable - My Ride on the World's Highest & Toughest Road - The First Brain Stroke Survivor to Conquer It Twice in One Day

Rajesh Arora

By the end of that day, I had reached the top of the world twice and showed everyone that a stroke cannot strip away your courage or willpower. I returned home as more than just a survivor—I became a beacon of hope for other stroke survivors.

My story stands as a powerful reminder that no matter how tough the road, how extreme the conditions, or how insurmountable the odds may seem, you can achieve extraordinary things. To all stroke survivors, know this: Your life is not defined by your stroke but by how you rise above it. I did it, and I want you to know that you can too. There is HOPE, and there is a life beyond stroke.



About Rajesh Arora

Until 2016, Rajesh ran his own businesses, car rallies, traveling, and adventures. His family and friends described him as a rock star and Tiger. Then, he had a stroke that affected his brain's left side, leading to a complete loss of speech, memory, and strength on his right side. A sudden and life-altering change left him and his family very frustrated. For almost two years, he could not speak and was highly dependent upon others. But his indomitable spirit prevailed. With very vigorous therapy as well as trying all that he could think of, he has recovered substantially and is now totally independent. He is now on a mission to challenge himself to more achievements and, in the process, inspire other stroke warriors to persevere and recover.



Online one to one Web-based consultations and support services !

Stroke Support India
<https://strokesupport.in>
 Delivering HOPE!
 Raising Stroke Awareness and Supporting Stroke Survivors and Families

Presents...


Free Online Physiotherapy Camp

- Managed by Dr. Jenis Bhalavat (PT)

23rd June 2024(IST)

Calendly Appointment Link:
<https://calendly.com/ssimeet/jenis>

- Bachelor in Physiotherapy and a Post Graduate Diploma in Nutrition and Dietetics, Certification in Health coaching, Guided meditation expert
- Practicing since 2010 with own practice since 2016 . Specializing in neuro rehabilitation for adult patients, she has dedicated her career to enhancing the quality of life for patients through tailored therapeutic interventions.
- **Attendees shall receive personalized assessment and treatment plans,** effective exercises and techniques to manage and improve their condition and answers to their questions and concerns directly from an experienced professional.
- **Slots are limited (about one hour each) !** Click the link given and book earliest. Zoom meeting link shall be emailed after appointment made.



Please share this message to raise stroke awareness and to encourage and help stroke affected.THANK YOU !

Meetings may be recorded and excerpts put on different channels

Stroke Support India
<https://strokesupport.in>
 Delivering HOPE!
 Raising Stroke Awareness and Supporting Stroke Survivors and Families

Presents...

Free Online Aphasia Therapy Sessions

- with Ms Alifia Bharmal , CCC-SLP SLP

28th July 2024: Different Times Slots with Appointment

Calendly Appointment Link:
<https://calendly.com/ssimeet/alifia>

- More than thirteen years experience with speech and swallowing disabilities, Founder of Therapy Tales Speech-Swallow Clinic and Rehabilitation Centre in Nariman Point, Mumbai.
- An MASLP, certified by the American Speech & Hearing Association (ASHA) along with the certification of Clinical Competence in Speech Language Pathology (CCC-SLP), International Board Certified Cognitive Specialist (IBC-CS), and a specialized LSVTLOUD trainer; and a Certified Oral Placement and Feeding Therapist (Level 1&2).
- Two-time recipient of the Young Fellowship Awards. Awarded Distinguished stroke care provider of the year in 2023.
- Creator of a Speech and Swallow mobile app for individuals with Parkinson's.
- Member, Indian Federation of Neuro-rehabilitation 22-23, IFNRCON 2023.
- Attendees shall receive personalized assessment and treatment suggestions, and answers to their questions and concerns directly from an experienced professional.
- **Slots are limited (about one hour each) !** Click the link given and book earliest. Zoom meeting link shall be emailed after appointment made.



Please share this message to raise stroke and aphasia awareness and to encourage and help aphasia affected.THANK YOU !

Meetings may be recorded and excerpts put on different channels

Stroke Support India
<https://strokesupport.in>
 Delivering HOPE!
 Raising Stroke Awareness and Supporting Stroke Survivors and Families

Presents...

Free Online Physiotherapy Camp

- Managed by Dr. Forum Shah (PT)

10th Aug 2024: Different Times Slots with Appointment

Appointment Link:
<https://tidycal.com/ssi/forum>

- Practicing physiotherapist at Valsad (Gujarat). She has her own clinical practice and also works as consulting physiotherapist at Zenith Doctor House hospital , one of the oldest and well known hospital at Valsad.
- Masters of Physiotherapy in Neurological Sciences with special interest in Cerebral Palsy, Stroke and Parkinson's disease.
- Attendees shall receive one to one consultation and resolutions to their queries, with exercises and techniques to manage and improve their condition and answers to their questions and concerns directly from an experienced professional.
- **Slots are limited (about one hour each) !** Click the link given and book earliest. Zoom meeting link shall be emailed after appointment made.



Join using your mobile Whatsapp/ Telegram Global stroke support groups for stroke affected families/ doctors by:
 1)Visiting:
<https://strokesupport.in/add> or
 2)Scanning the QR Code and clicking link generated.



Please share this message to raise stroke awareness and to encourage and help stroke affected.THANK YOU !

Meetings may be recorded and excerpts put on different channels

Very kindly supported by various Service Providers, Stroke Support India has recently started individual online sessions on Physiotherapy and Aphasia for the stroke affected . These are being very well received and we hope to continue with them !

We are very grateful for all the Service Providers who have very kindly volunteered of their time and efforts for these webmeets.

If you are a stroke rehabilitation expert who would like to contribute, please contact via strokeindia@gmail.com as a first step. Thank you very much !



Independence Day Meetup by the Communication Practice Group- this time last year - August 2023 !

Some snaps of what the group members talked about...

SESSION CONTENTS

- Compering by Mr Guru
- Welcome speech by Suryam
- National Anthem
- "Jai Hind" by Mr Setu Shah
- "Bharath Mata Ki Jai" by Mr ChandraShekhar
- Vote of thanks by Gopi
- Independence day in pictures – picture naming
- Memory activity – words related to Indian freedom movement
- Participants share their memory word.
- Famous women freedom fighters of India
- Naming activity – freedom fighters
- Reading, Sentence completion – fill in the blanks
- Writing names
- Numbers – Timeline of the Indian freedom struggle
- Short motivational video
- Memory recap

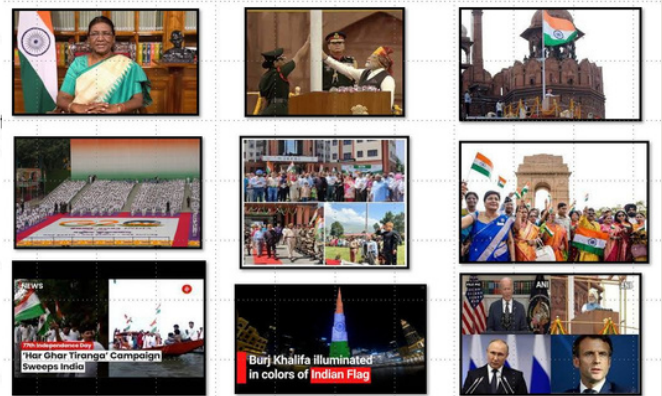
COMPLETE THE SENTENCES

1. Mahatma Gandhiji is called the _____.
2. Iron man of India is _____.
3. Nightingale of _____ is Sarojini Naidu
4. First President of India _____.
5. _____ is the architect of our Indian Constitution
6. Subash Chandra Bose is called _____.
7. Integration of princely states post Indian Independence _____.
8. "Vande mataram" is the National song of _____.
9. Our _____ was written by Rabindranath Tagore.
10. Partition Horrors Remembrance Day is _____ August.

NAMING ACTIVITY – FREEDOM FIGHTERS



INDEPENDENCE DAY CELEBRATION IN PICTURES



Motivational message on the occasion of Independence day



Celebrate Independence Day "इस बार कुछ तो अलग करो" वन्दे मातरम्

The last blow splits the rock. But each earlier blow made it happen. Consistency and perseverance is the key !





Some More Happenings (recordings of prior Zoom Sessions on YouTube)

- Chat with stroke and Aphasia Warrior Dr. Thomas Broussard
- Stroke and associated Brain diseases- chat with Dr. Makarand Hirve
- A session on Aphasia (in Hindi) by Ms Aishwarya (SLP)

and some Plans!

Similar and other activities, including more offline ones, are planned in the future as well. Most hearteningly, all are done with the voluntary help and participation of Stroke Support India members. All your ideas and help are welcome!

Join our Support Groups to be informed of other events and participate/help where you can!

PS : Volunteers needed ! If you want to help us in any manner in our efforts, please contact via :

<https://strokesupport.in/volunteer>

**You do not have to see the whole staircase-
just take it step by step !**

This Newsletter is now also available via Whatsapp ! Visit <https://strokesupport.in/r/ssi> on your mobile or scan this QR Code!

