FREE LIVE WEBINAR · 01

Understanding Schizophrenia

A treatable brain illness — early care brings life back on track



Bharosa 90-Day Schizophrenia Recovery Program

Your host

Dr. Uday Kiran

MBBS, MD Psychiatry · Founder & Chief Consultant Psychiatrist

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Neuro Psychiatry Hospital

Meet Your Doctor

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Neuro Psychiatry Hospital



Dr. Uday Kiran

Founder & CEO, Bharosa

MBBS, MD Psychiatry

Osmania Medical College, Hyderabad

Founder & CEO

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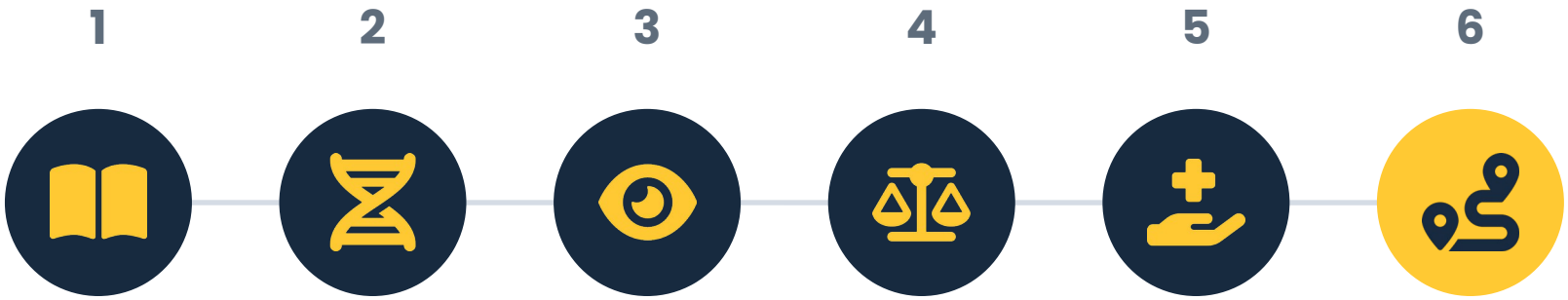
Acute care, emergency psychiatry & rehabilitation

Children to elderly

Care for every age, at four branches

Today's Journey

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Stay till the end: live Q&A with Dr. Uday Kiran and how the Bharosa 90-day program works.

What Is Schizophrenia?

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A brain illness that changes how a person thinks, feels and senses what is real.



A brain illness

Not weakness, not black magic, not bad parenting



Starts young

Usually begins between 15 and 30 years of age



Treatable

Medicines plus therapy keep most people stable

Schizophrenia in Numbers

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1.41%

of Indian adults get schizophrenia-type illness in life

NMHS 2015-16 (Hegde et al., Indian J Psychiatry 2023)

72%

of people ill right now in India get no treatment

NMHS 2015-16 (Hegde et al., Indian J Psychiatry 2023)

1 in 3+

people with schizophrenia can fully recover

WHO Schizophrenia Fact Sheet

Who Can Get It?

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Young adults

Most often starts in late teens and twenties



Men earlier

Men often fall ill earlier; women a few years later



Family history

Risk is higher if a parent or sibling has it

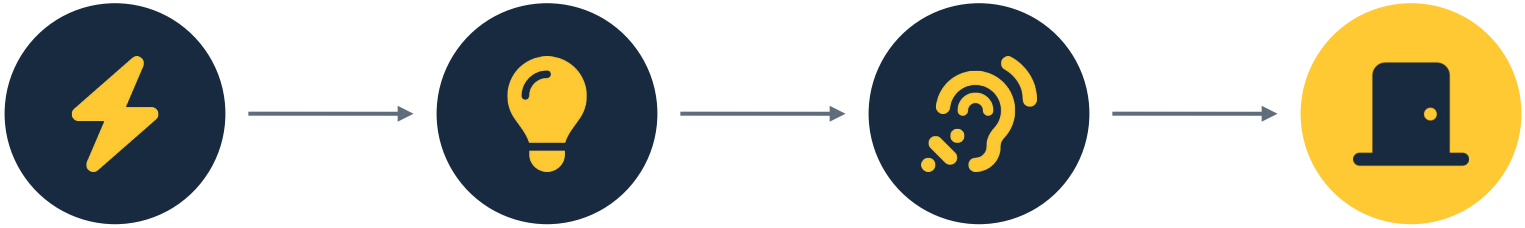


Cannabis use

Heavy cannabis use in teens raises the risk

What Happens in the Brain

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Dopamine overload

Brain's 'this matters' signal fires too much

Wrong importance

Ordinary sounds and looks feel full of meaning

Voices, suspicion

Brain 'explains' it with voices or secret plots

Withdrawal

Person feels scared, confused and stays alone

Medicines calm this overactive signal, so the brain can sort real from unreal again.

Why Does It Happen?

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Genes

Runs in families; no single gene causes it



Early brain growth

Problems in pregnancy or birth affect wiring



Brain chemicals

Too much dopamine; glutamate imbalance



Cannabis (ganja)

Strong, early, daily use raises the risk



Stress

Big life stress can trigger the first episode



Childhood trauma

Abuse or neglect early in life adds risk

Early Warning Signs

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Poor sleep, awake at night



Stays alone, avoids friends



Falling marks or work



Stops bathing, self-care



Odd suspicion of others



Talks less, or strangely

When Reality Feels Different

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Positive symptoms

'Positive' means added experiences — not good ones



Hallucinations

Hearing voices or seeing things others don't



Delusions

Firm false beliefs: 'neighbours are poisoning me'



Disorganised speech

Jumps between topics; words hard to follow



Disorganised acts

Laughing alone, odd actions, or freezing still

When Energy & Thinking Fade

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Negative & thinking

'Negative' means things lost — often mistaken for laziness



Blunted emotion

Flat face and voice; little joy or sadness shown



Low motivation

Can't start or finish even simple daily tasks



Social withdrawal

Stops meeting people; stays inside the room



Attention & memory

Weak focus, memory and planning

How It Affects the Family

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Studies & job

Studies stop, job is lost, income falls



Family stress

Constant worry, fights and sleepless nights



Physical health

Higher risk of diabetes, heart disease, smoking



Safety risk

Self-harm risk is higher when untreated

> *We thought he was just lazy, or under a spell. We lost two years before we met a doctor.*
>
> — A family member

Myths vs Facts

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MYTH	FACT
It is black magic or a curse	**It is a brain illness — doctors treat it, like diabetes or BP**
It means split or multiple personality	**No — it affects sensing what is real, not two personalities**
People with schizophrenia are violent	**Most are never violent; they are more often victims of harm**

Get Help Urgently If...

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- Talks of suicide or self-harm
- Threatens or attacks others
- Refuses food or water for days
- Stops moving or talking (frozen)
- Stopped medicines, symptoms back

Act today

Don't wait. Call Bharosa today or go to the nearest hospital emergency.

Emergency: 112
Tele-MANAS 14416 (free, 24×7)

How Doctors Diagnose It

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01



Family interview

Full story of symptoms from patient and family

02



Mental exam

Psychiatrist checks thinking, mood and insight

03



Tests

Blood tests and brain scan rule out other causes

04



Diagnosis

Confirmed by ICD-11 criteria

THE GOOD NEWS

Recovery Is Possible

With early treatment and regular medicines, many people live stable, productive lives.

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5 Pillars of Treatment

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One team · one plan · every day



Right medicine

Antipsychotics at the right dose, taken daily



Therapy

CBT and coping skills for voices and stress



Family support

An informed family means fewer relapses



Healthy body

Yoga, exercise, diet and a sleep routine



Rehab & skills

Back to daily tasks, studies or work

Medicines & Therapies

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Medicines

- Antipsychotics calm voices and suspicion
- Long-acting injections if pills are missed
- Regular checks: weight, sugar, lipids, tremor
- ECT for severe, resistant or catatonic cases

Therapies

- Psychoeducation for patient and family
- CBT for psychosis to cope with voices
- Social skills and cognitive remediation
- Family therapy and vocational rehab

Why 90 Days?

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Stabilise, rebuild, and plan a safe return home

Medicine settles

Full effect takes weeks; dose and side effects fine-tuned

New habits

Routine, skills and insight need steady daily practice

Relapse plan

Family trained; warning signs and follow-up fixed

The 90-Day Recovery Roadmap

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Day 1-30 — Stabilise

- Full assessment and tests
- Right medicine, side effects watched
- Sleep, food and safe routine restored

Day 31-60 — Rebuild

- CBT, social skills, cognitive training
- Yoga, fitness and daily tasks
- Family psychoeducation sessions

Day 61-90 — Return home

- Home visits and trial outings
- Written relapse-prevention plan
- Follow-up and injection schedule set

Your Care Team at Bharosa

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Every patient in the 90-Day Schizophrenia Recovery Program is cared for by:



Psychiatrists



Psychologists



General physicians



Dietitians



Yoga trainers



Fitness trainers



Nurses, 24×7



Family counsellors

A Day in the Program

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6:30 AM	8:00 AM	10:00 AM	2:00 PM	5:00 PM	7:30 PM
					
Yoga and morning walk	**Breakfast and medicines**	**Doctor review, therapy**	**Skills and brain training**	**Sports and fitness**	**Family call, calm sleep**

Medicines on time · therapy every day · healthy food · safe, calm rooms · weekly family update

For Families: Do's & Don'ts

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Do

- Give medicines on time, every day
- Speak calmly, in short clear sentences
- Note warning signs, call the doctor early
- Praise small steps: bathing, eating, talking

Avoid

- Don't stop medicines when they look better
- Don't argue about voices or beliefs
- Don't blame, shout or compare with others
- Don't delay treatment for rituals

Choose Your Nearest Bharosa

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L.B. Nagar

Standard & mid-range care

East Hyderabad



Kothapet

Standard & mid-range care

Close to the city centre



Banjara Hills

Premium private rooms

Privacy and comfort



Achampet

Long-term rehabilitation

Healing close to nature

The same 90-Day Schizophrenia Recovery Program and the same care team at every branch.

Take the First Step Today

Join the Bharosa 90-Day Schizophrenia Recovery Program

1

Reply 1 on WhatsApp

Our counsellor calls you today

2

Free family assessment

At your nearest branch this week

3

Visit any branch

L.B. Nagar · Kothapet
Banjara Hills · Achampet

Your questions now

Dr. Uday Kiran answers live



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