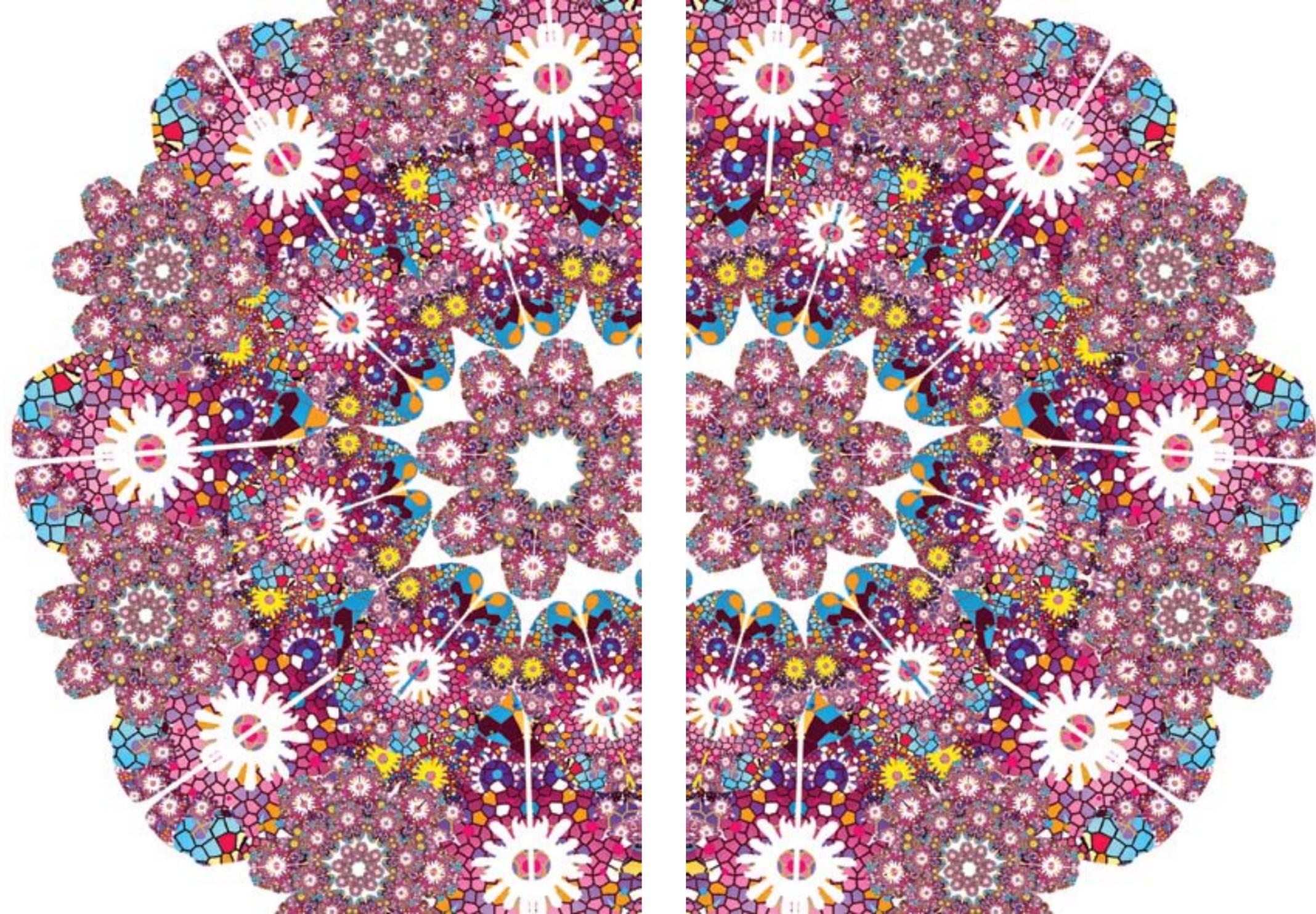




FIGHT THE MONSTER

SCHIZOPHRENIA AWARENESS



SCHIZOPHRENIA
A MONSTER WHICH CAN BE
DESTROYED BY LOVE

A mental disorder characterized by a breakdown of thought processes and by impaired emotional responses. Common symptoms are delusions including paranoia and auditory hallucination and disorganized thinking reflected in speech, and a lack of emotional intelligence.

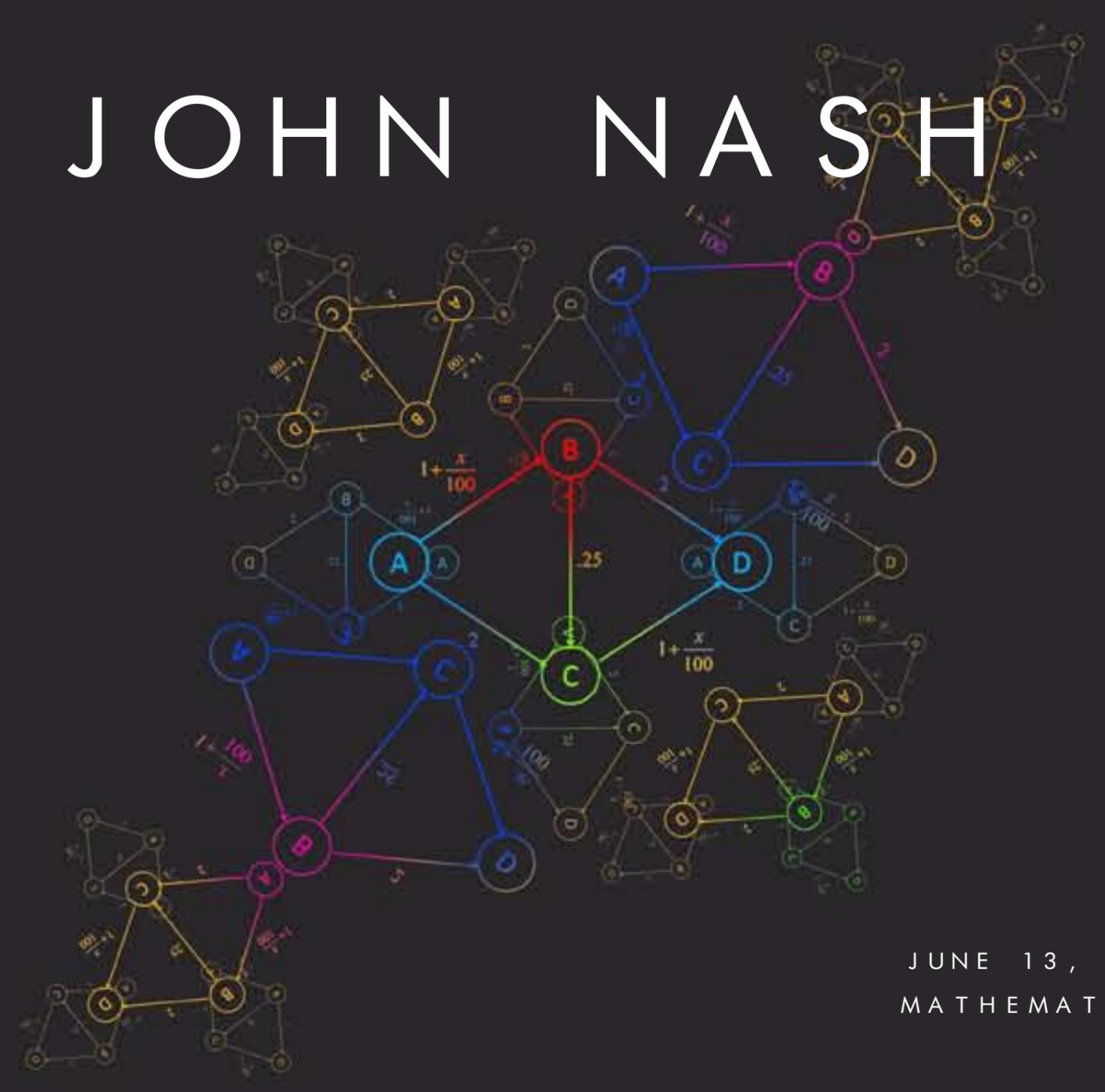
LEFT ALONE 36-49



ACHIEVERS

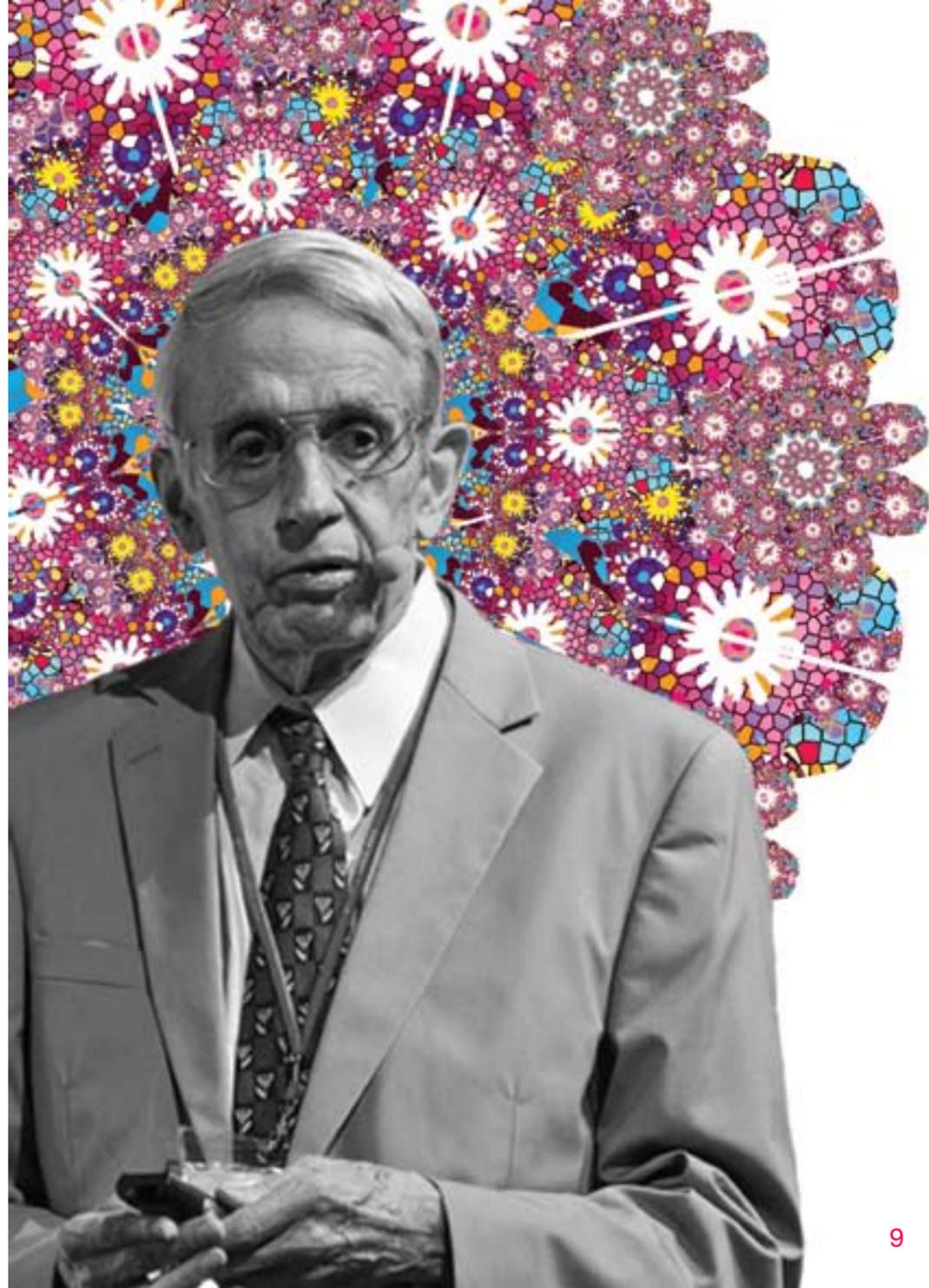
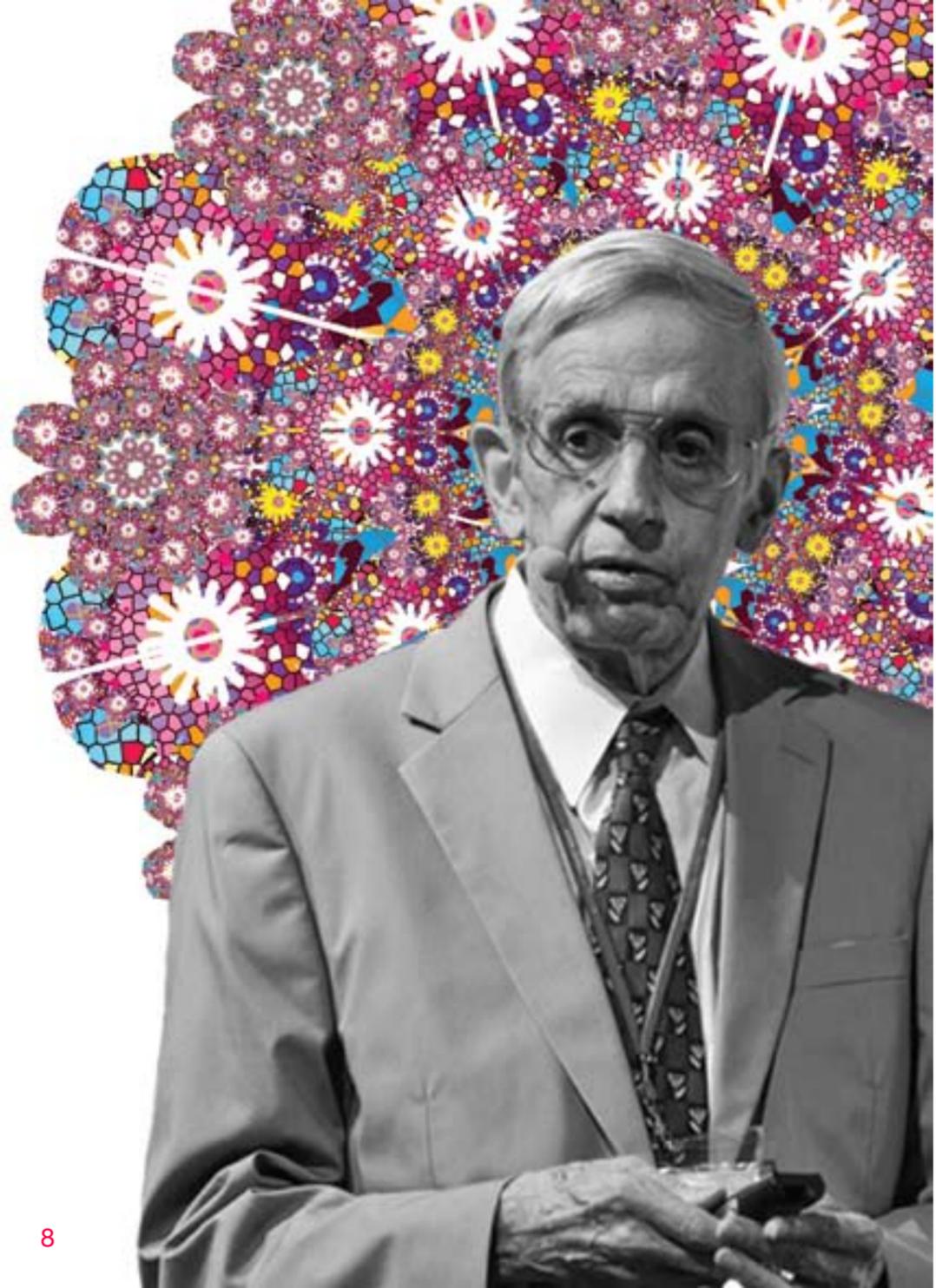


JOHN NASH



JUNE 13, 1928
MATHEMATICIAN

John Nash is famous mathematician whose works in game theory, differential geometry, and partial differential equations have provided insight into the forces that govern chance and events inside complex systems in daily life.



His theories are used extensively in market economics, computing, evolutionary biology, artificial intelligence, politics and military theory. He won 1994 Nobel Memorial Prize in Economic Sciences.

BRILLIANT MADNESS

Developed an equilibrium for non-cooperative games that now is called Nash equilibrium. In 1951, Nash went to the Institute of Technology as a C. L. E. Moore Instructor in the mathematics faculty. There, he met Alicia Lopez-Harrison de Lardé a naturalized U.S. citizen from El Salvador. De Lardé graduated from M.I.T., having majored in physics. They married in February 1957 at a Catholic ceremony, although Nash was an atheist. Nash experienced the first symptoms of mental illness in early 1959, when his wife was pregnant with their child. He resigned his position as member of the M.I.T. mathematics faculty in the spring of 1959. Nash's wife admitted Nash to the McLean Hospital for schizophrenia in 1959; their son, John Charles Martin Nash, was born soon afterward, but remained nameless for a year because his mother felt that her husband should have a say in the name.

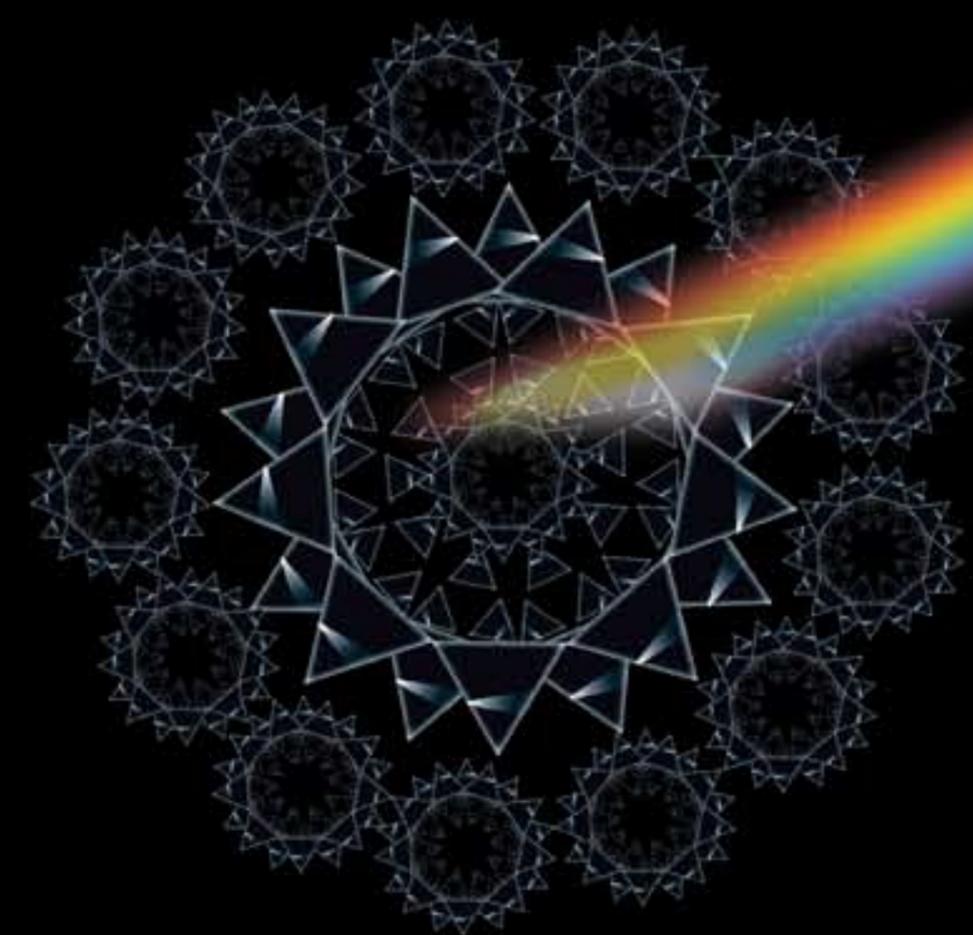


SURVIVED

He's 76 now, and even by the standards of a life that has been anything but ordinary, the past decade has been particularly adventurous. He is one of the most famous mathematicians although most people don't know the details. He won the Nobel Prize in 1994 for a mathematical theory that has become a cornerstone of modern economics, but it was Russell Crowe who brought him to the masses. In the movie *A Beautiful Mind*, Hollywood took Nash's remarkable story of mathematics and schizophrenia and fashioned an unlikely hero from it. Nash has suggested hypotheses on mental illness. He has compared not thinking in an acceptable manner and not fitting into a usual social function, to being "on strike" from an economic point. He has advanced evolutionary psychology views about the human diversity and the potential benefits of nonstandard behaviors.

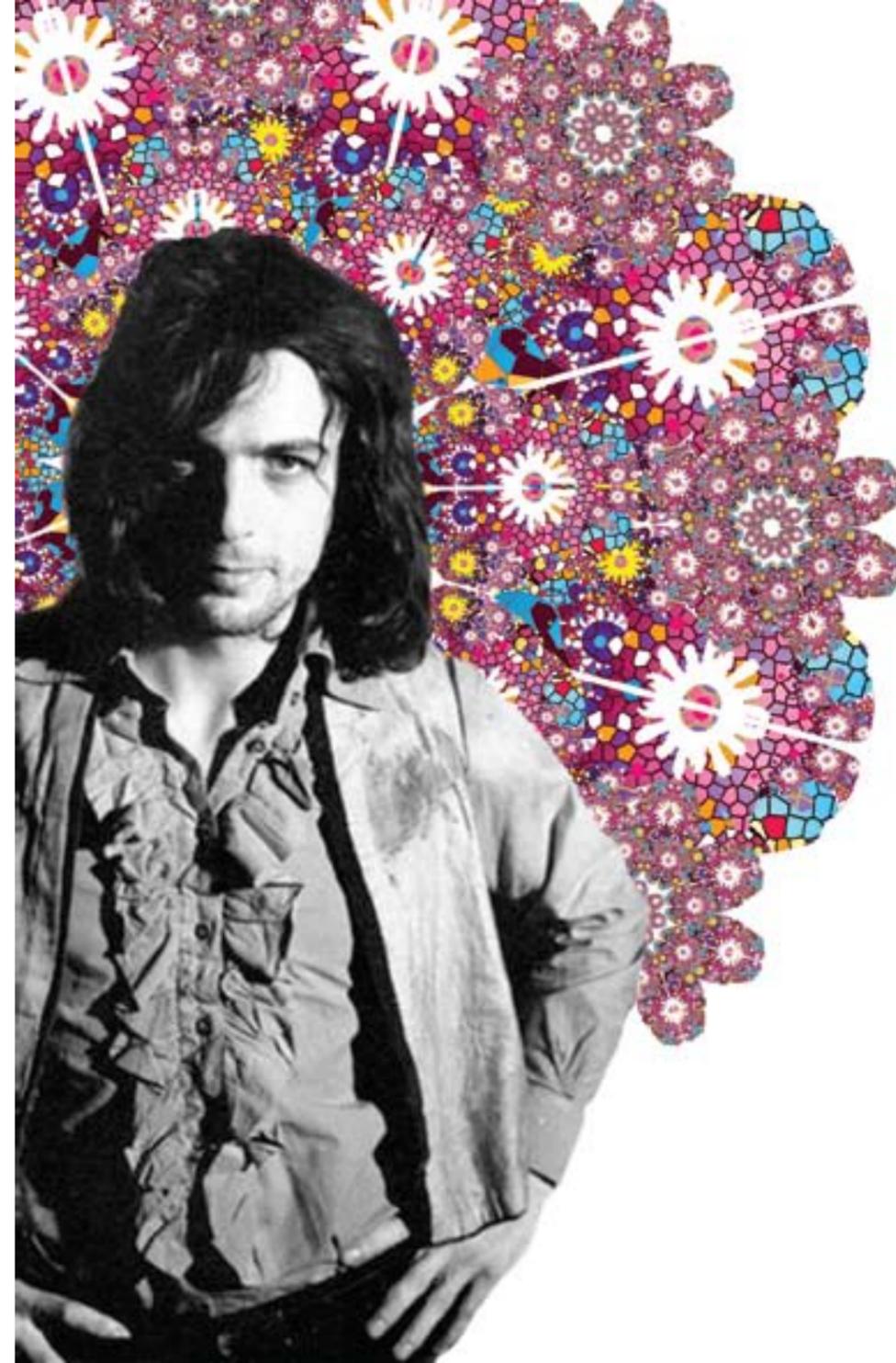


SYD BARRETT



MUSICIAN
1946 - 2006

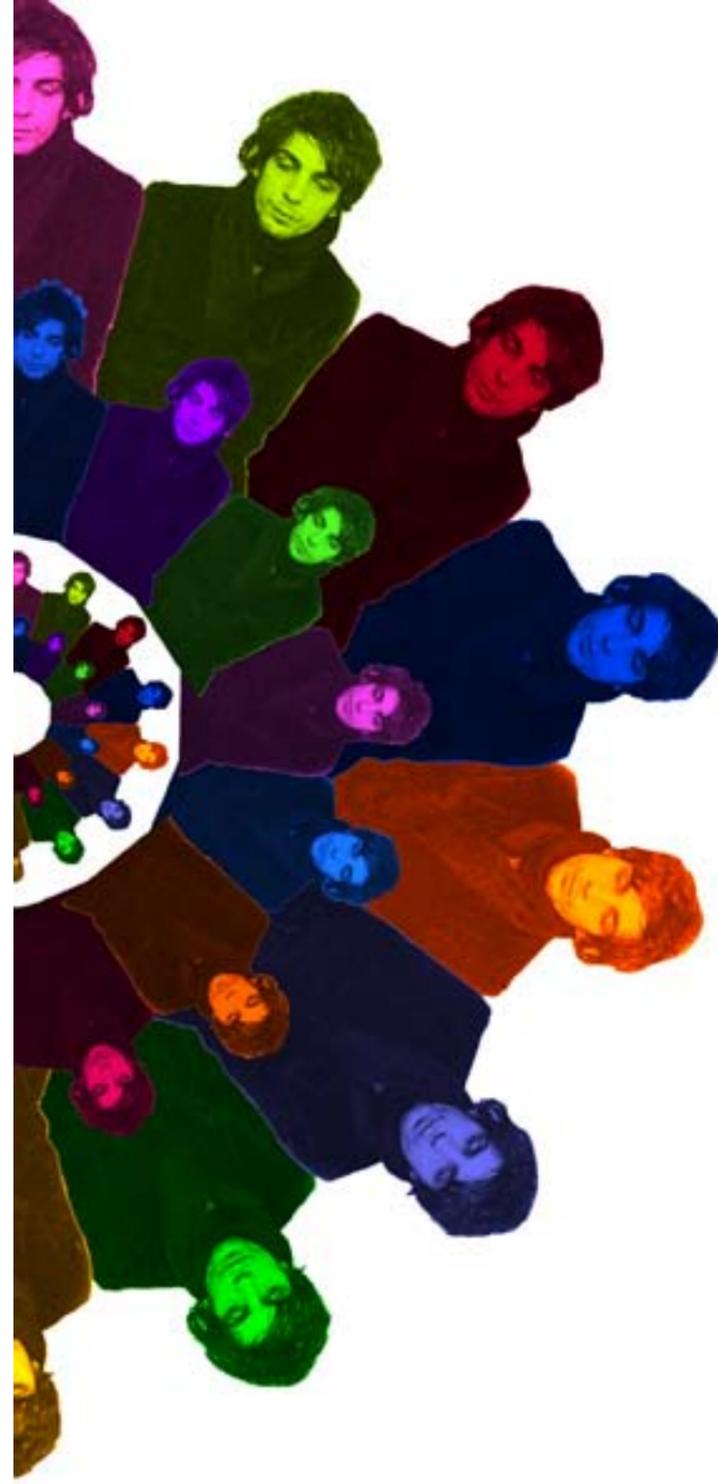
Syd took to music at an early age. As a teenager, formed a band, Geoff Mott and the Mottoes. best remembered as a founder member of the band Pink Floyd. He was the lead vocalist, guitarist, and primary songwriter during the band's psychedelic years.



After leaving pink floyd Syd released two albums, The Madcap Laughs and Barrett, but he played only one concert Barrett died of pancreatic cancer on July 7, 2006, at the age of 60, in Cambridge, England.

CRAZY DIAMOND

The color black is not a solitary real color. Nor is it the total absence of color. A black hole in space, in fact, is a concentrated area so densely packed that nothing, not even light, can penetrate it. Blackness is actually all colors at once, so many colors merging at such intensity that the riot of their profusion produces, to the superficially perceptive eye, only nothingness: black. Try it with your crayons or magic markers: everything at once, too much simultaneous input layered repeatedly, gives you blackness. You all know who Syd Barrett is even if you think you don't. Without him there would have been no Pink Floyd. Barrett dominated the band during their first years, writing most of their songs, singing lead vocals and playing lead guitar. He left the band (or the band left him) for reasons of mental health, and in 1970 with the aid of his replacement in the Floyd, David Gilmour, recorded two solo albums: *The Madcap Laughs* and *Barrett*. Syd then performed with Stars, an ensemble in the Cambridge area, but left them after three gigs and virtually vanished from the public eye.



ERRATIC MIND

There is no question that Syd Barrett was one of the "umma" and "just mad enough to be holy." Barrett's madness was not quite a sudden explosion, however, but a gradual implosion, the clues to which he articulated in his music long before his behavior signalled distress. Barrett's songwriting genius was original and extremist as well. His singing was highly stylized; obscure chanting vocals, high-tension verses and explosive choruses alternating with deadpan storytelling and hypnotic drawls. He utilized fairytale technique, surrealistic juxtaposition of psychedelic detail and plain fact, childhood experience and adult confusion. Like the Beatles, Barrett combined dream imagery and irony with simple, direct tunes, strong, catchy melodic hooks with nonsense rhymes and wandering verses that sound like nothing so much as what goes on inside people's heads when their minds are running aimlessly. The lyrics to "Shine On You Crazy Diamond" are in perfect context that clearly expresses the band's outrage at the whoring business of rock and roll and its toll on a human being like Barrett.

TOM HARRELL



JAZZ MUSICIAN
June 16, 1946

Tom Harrell is a composer and arranger and a jazz trumpeter and flugelhornist. Harrell has won awards and grants, multiple Trumpeter of the Year awards from Down Beat magazine, Jazz Award, Composers Award, and Prix Oscar du Jazz.



His fame is perhaps more significant in light of his struggle with schizophrenia, Tom Harrell has been called the John Nash, Jr. of jazz. Against any odds, Harrell has successfully struggled with schizophrenia and now is one of the most respected trumpeters.



SUPREME TRUMPETER

Tom first picked up the trumpet when he was eight and began jamming locally with professional bands at 13. After playing with the Jazz Workshop in the late 60s, Harrell toured with the Stan Kenton and Woody Herman bands. Harrell's family moved to San Francisco when he was five and he started playing the trumpet when he was 13. After playing with the Jazz Workshop in the late 60s, Harrell toured with the Stan Kenton and Woody Herman bands. After several years with Horace Silver during the 70s Harrell moved to New York, where he performed with Chuck Israels National Jazz Ensemble, Azteca and Arnie Lawrence's Treasure Island. He also played with Cecil Payne, Bill Evans and Lee Konitz, and during the 80s Phil Woods expanded his quartet to a quintet with the addition of Harrell. His late 90s octet was a compelling mix of talent and experience, featuring trombonist Wayne Andre, tenor saxophonists Don Braden and Greg Tardy, baritone Gary Smulyan, pianist Xavier Davis,



THE MASTER

Harrell shuffles out of the darkness and onto the stage and he begins shaking. His eyebrows twitch. His lips smack. He stares at the ground, trying hard not to make eye contact with his audience. He doesn't want to give the voices or the hallucinations a chance to pop back into his head. I apologize for my lack of charisma, he once told a club full of people. As he raises his trumpet, the golden spotlight strikes stars on the horns bell. Even as he puts the cold mouthpiece to his lips, twitching never quite stops. He takes a deep breath, and for one frozen moment, all is quiet. Tranquillity hangs on an unplayed note. The trumpeter begins to blow, playing silky ribbons of sixteenth notes that rise and fall. Behind him, the band beats a latin-jazz rhythm. Then he tosses in a handful of slower, cloudier notes that curl and fade away. Harrell has successfully struggled with Schizophrenia and now he's working with his latest group "Colors of Dream".

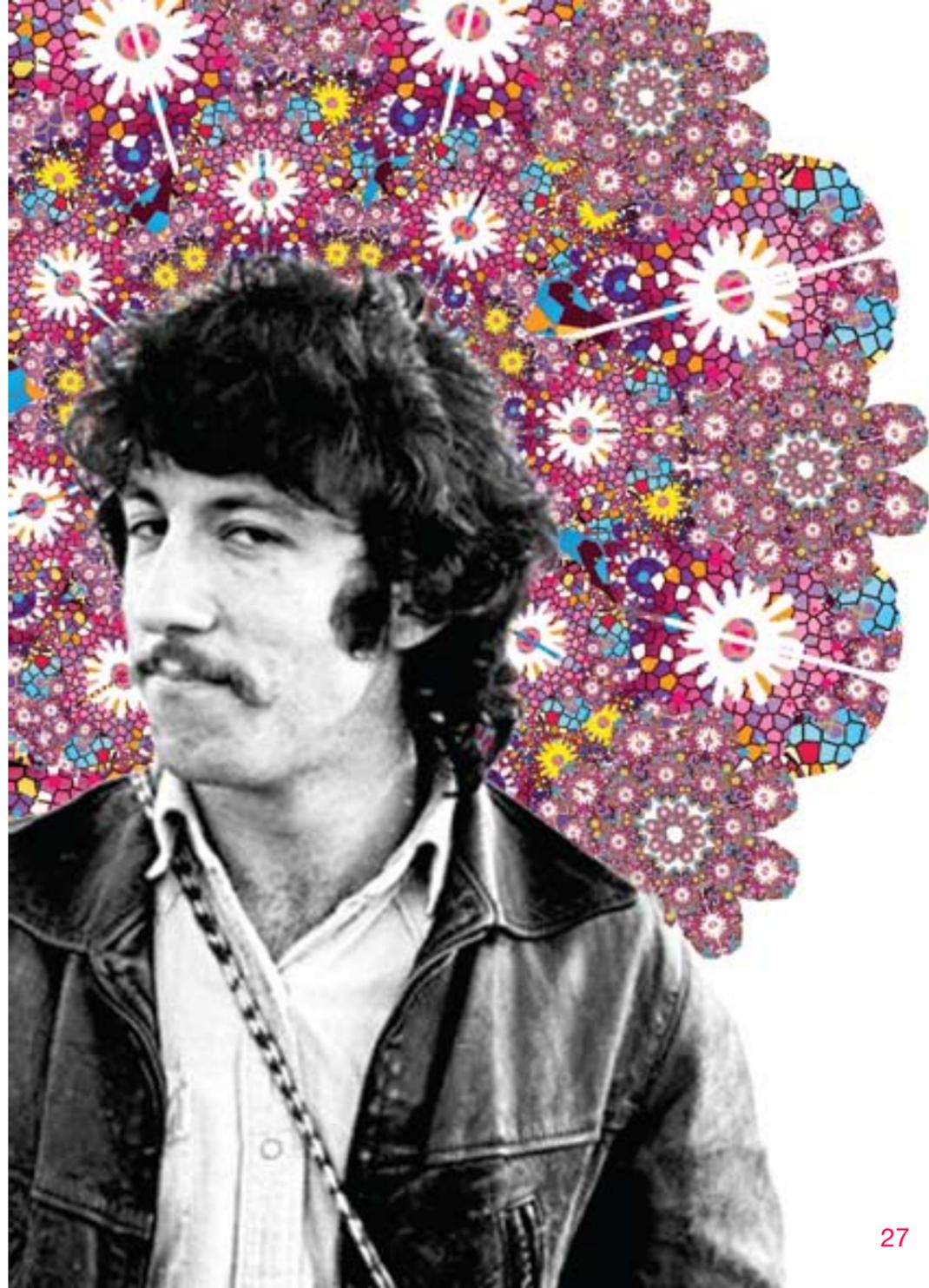
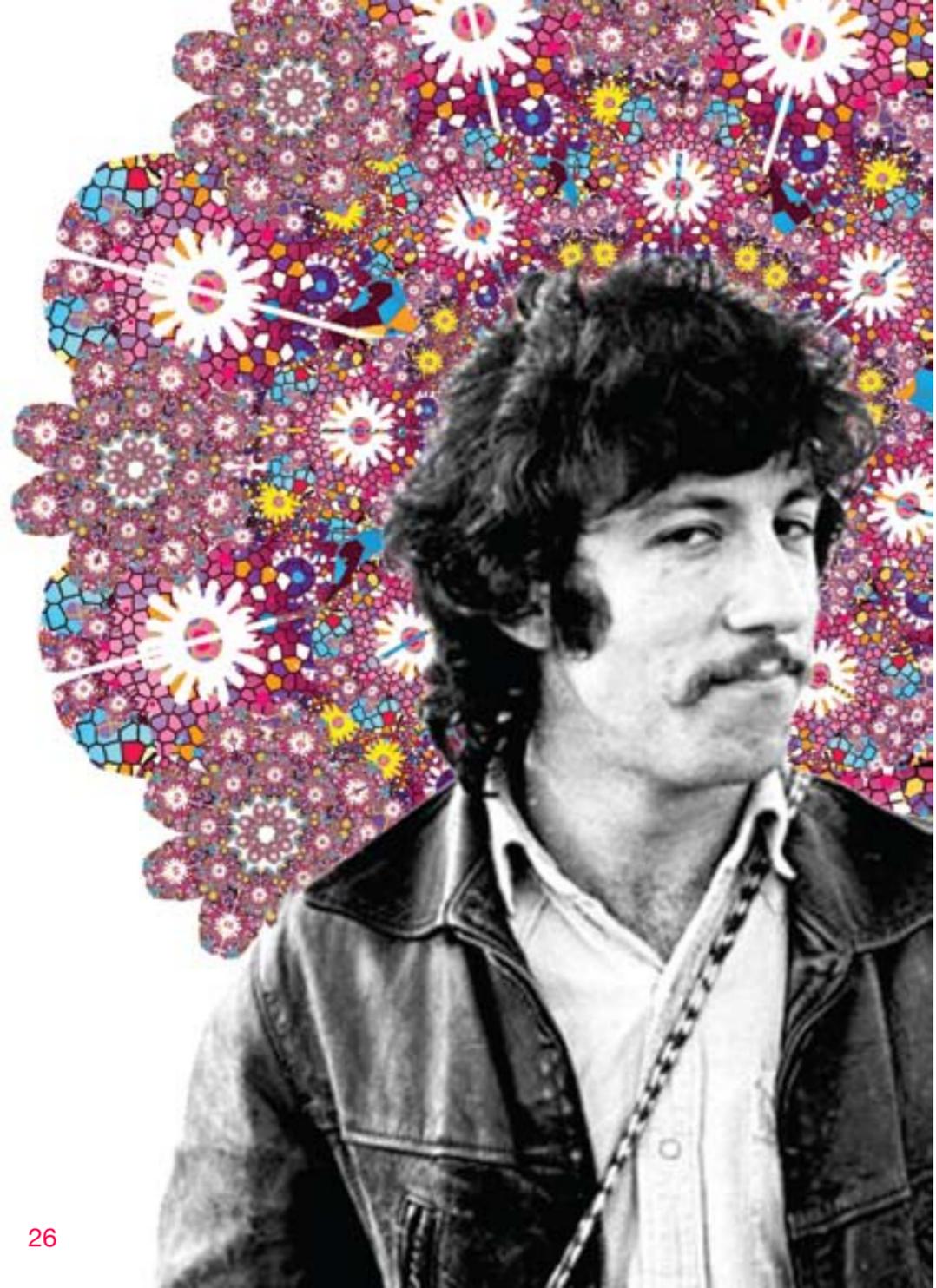


PETER GREEN



MUSICIAN
October 29, 1946

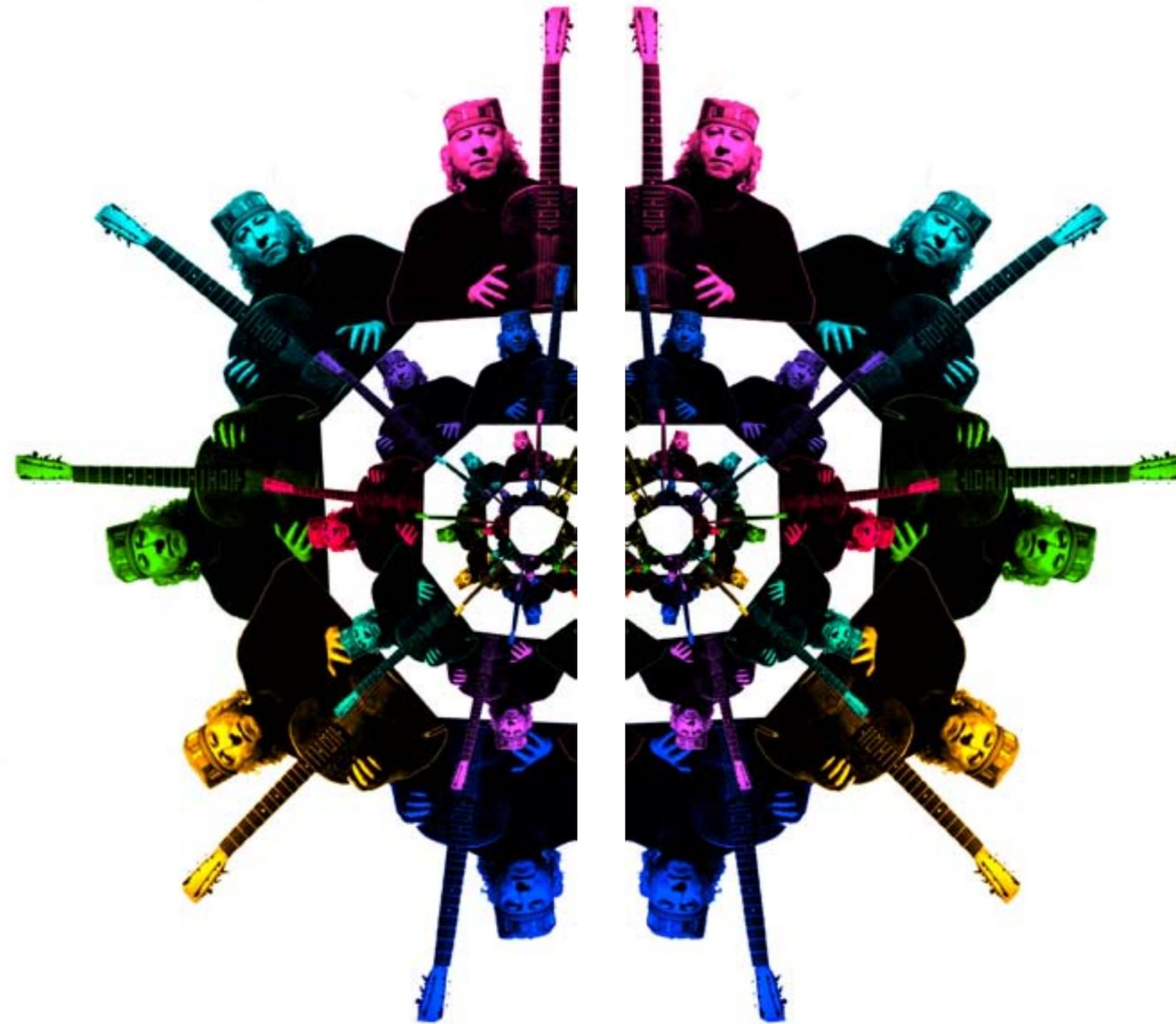
Peter Green is a British blues rock guitarist and the founder of the band Fleetwood Mac. Inducted into the Rock and Roll Hall of Fame in 1998 for his work with the group,



Green was at his peak for his work. But Green had been experimenting with acid and his behavior became increasingly irrational, especially after he disappeared for three days of drug use in Munich.

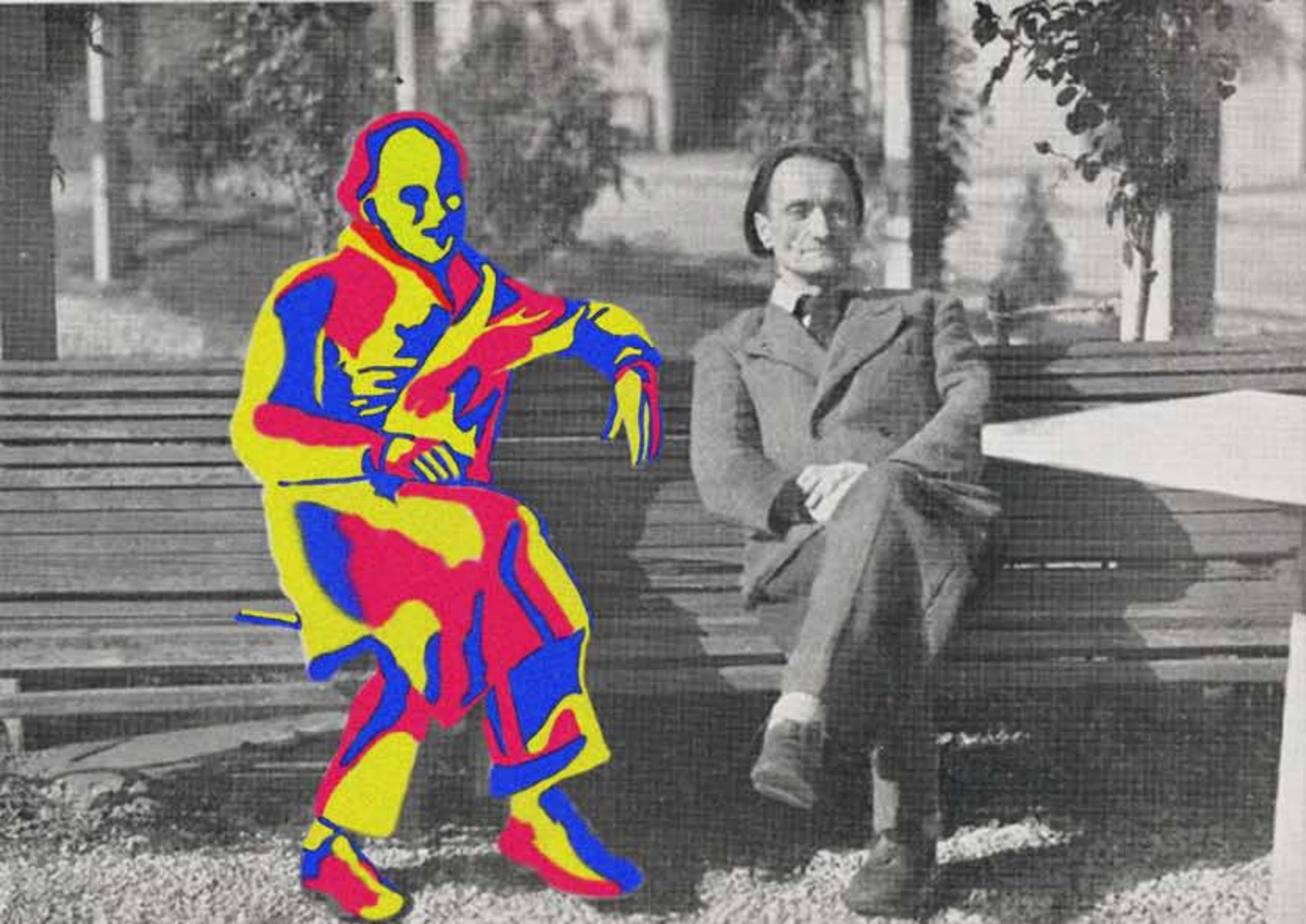
ROLLING STONE

Green recorded various sessions with a number of other musicians notably the Katmandu album A Case for the Blues with Ray Dorset of Mungo Jerry, Vincent Crane from The Crazy World of Arthur Brown and Len Surtees of the The Nashville Teens. Despite attempts by Gibson Guitar Corporation to start talks about producing a "Peter Green signature Les Paul" guitar, Green's instrument of choice at this time was a Gibson Howard Roberts Fusion. Green has been praised for his swinging shuffle grooves and soulful phrases and favoured the minor mode and its darker blues implications. Green was eventually diagnosed with schizophrenia and spent time in psychiatric hospitals undergoing electroconvulsive therapy during the mid-1970s. In 1979 Green began to re-emerge professionally. With the help of his brother Michael he was signed to Peter Vernon-Kell's PVK label.

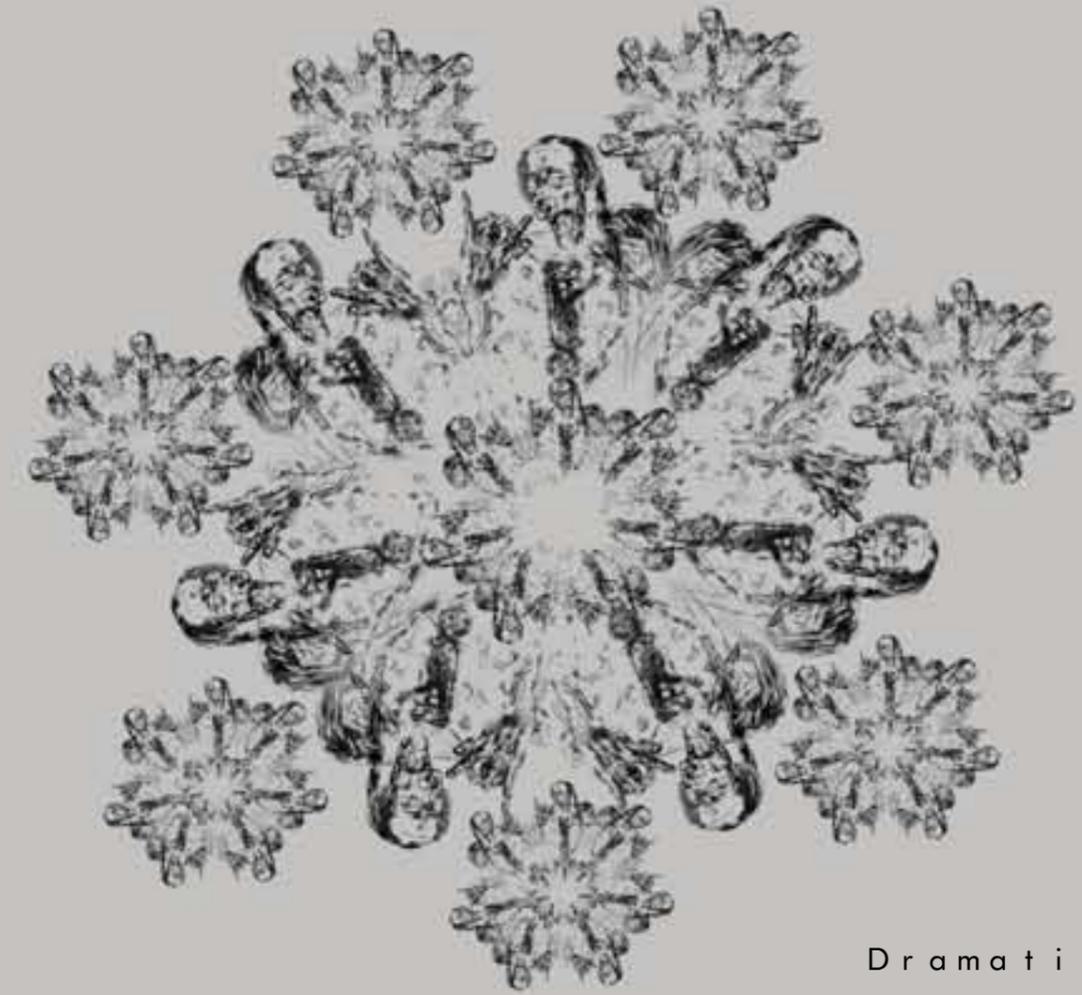


SURVIVED

He was arrested for threatening his accountant Clifford Davis with a shotgun. The exact circumstances are the subject of much speculation, the most popular being that Green wanted Davis to stop sending money to him. In the BBC documentary "Peter Green: Man Of The World" (2011), he stated that at the time he had just returned from Canada needing money and that, during a telephone conversation with his accounts manager he alluded to the fact that he had brought back a gun from his travels. His accounts manager promptly called the police who surrounded Green's house. After this incident he was sent to a psychiatric institution in London. Enduring periods of mental illness and destitution throughout the 1970s and 1980s he moved in with his eldest brother Len and his wife Gloria, and his mother in their house in Great Yarmouth, where a process of recovery began.

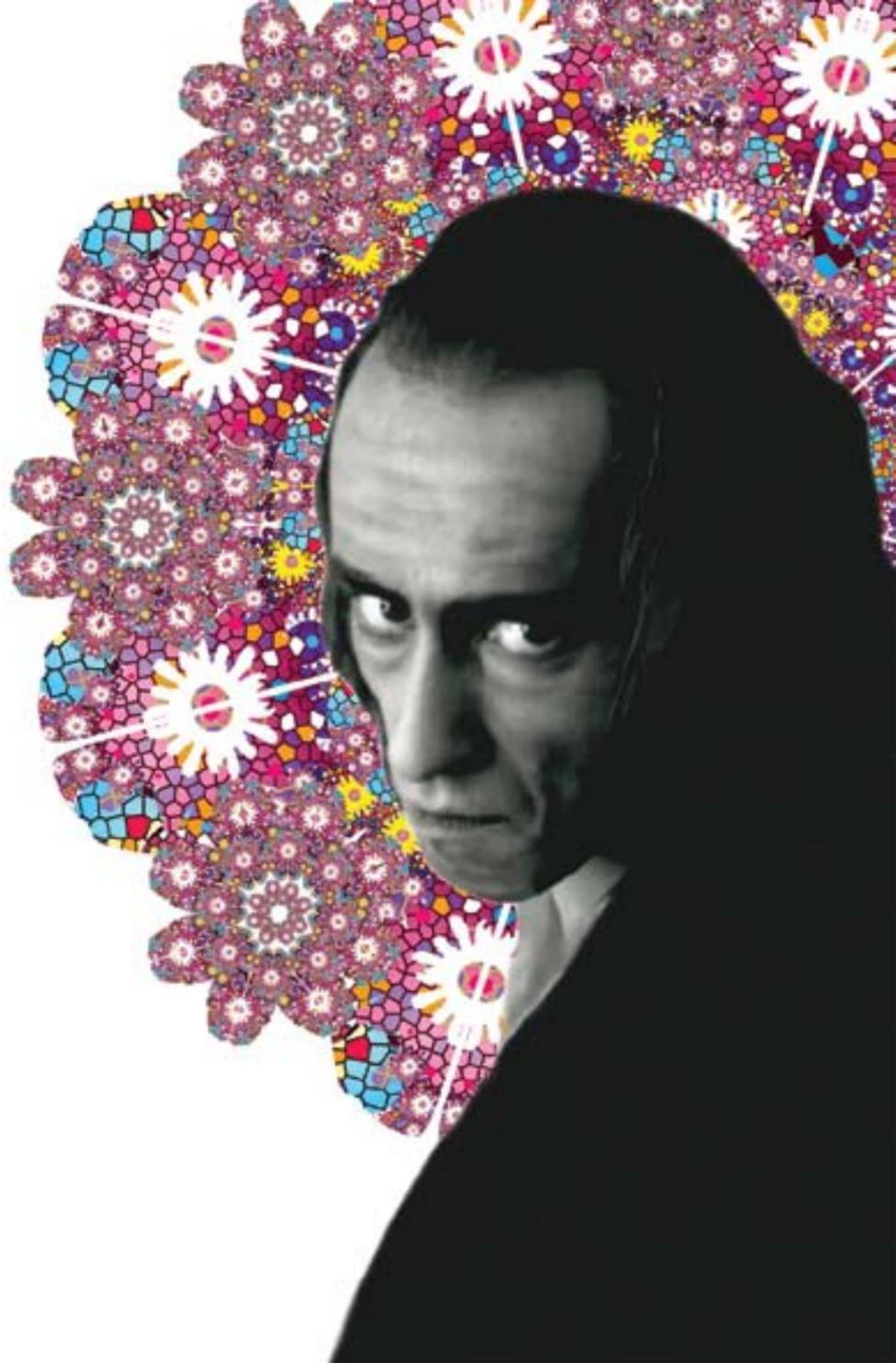


ANTONIN

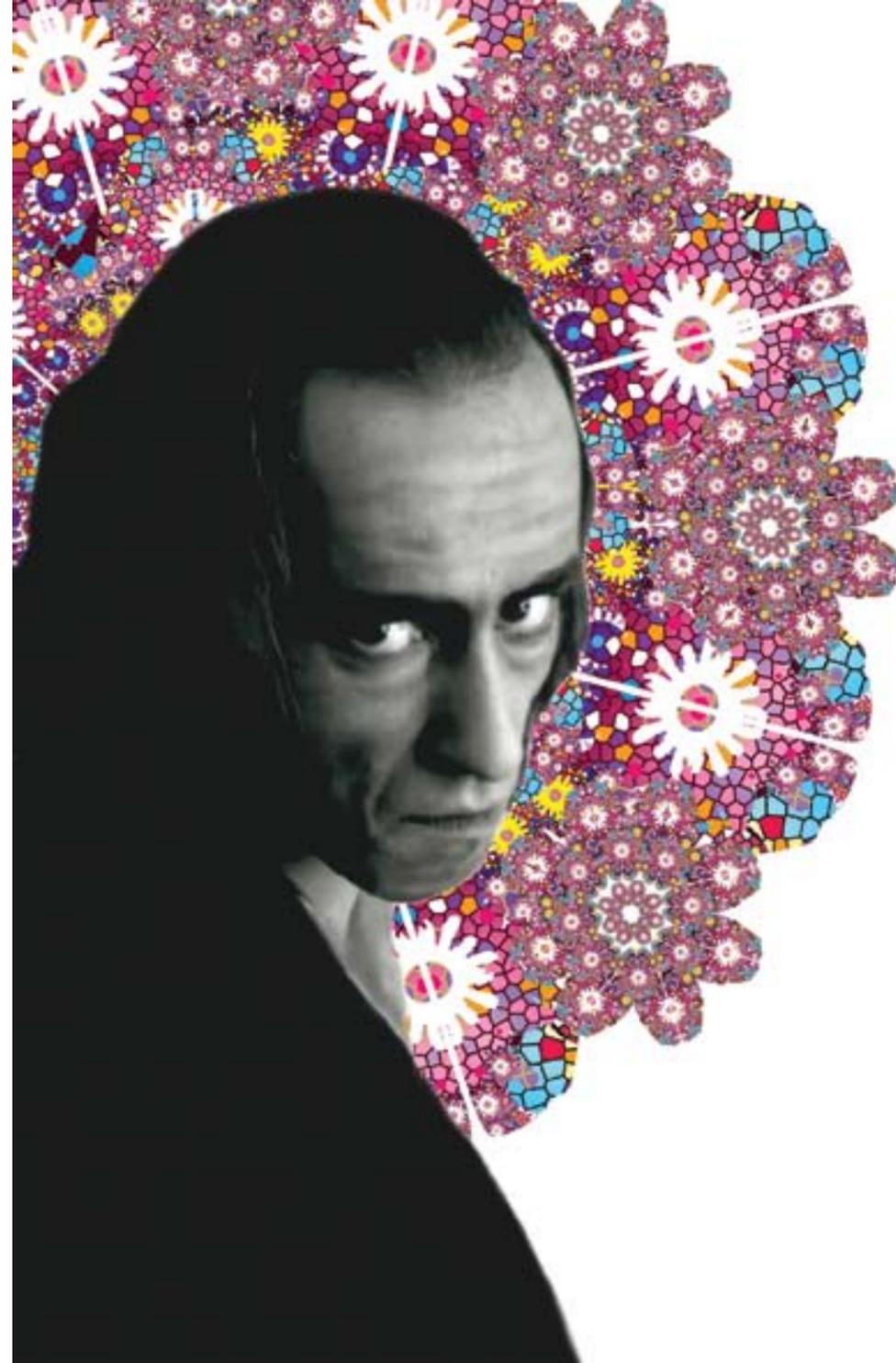


Dramatist, Artist
SEPTEMBER 1896 - MARCH
1948

Antonin Artaud worked as an actor onstage and in film with works like *La Passion de Jeanne d'Arc*. He was involved in the surrealist movement as a writer and dramatist.



He came up with the idea known as "The Theater of Cruelty," which argued that drama must abandon its emphasis on text and rely on more mysterious, primal expressions of sound, movement and light.



LITTLE ANTHONY

Antonin Artaud worked as an actor onstage and in film. With works like *La Passion de Jeanne d'Arc*. He was involved in the surrealist movement as a writer and came up with the idea known as "The Theater of Cruelty", which argued that drama must abandon its emphasis on text and rely on more mysterious, primal expressions of sound, movement and light. Artaud moved to Paris to pursue a career as a writer, he had a talent for avant-garde theatre. He mailed some of his poems to the journal; they were rejected, but the editor, Jacques Rivière, wrote back and a relationship in letters developed. This epistolary work, *Correspondance avec Jacques Rivière*, was Artaud's first major publication. Antonin Artaud, an early Surrealist, rejected the majority of Western theatre as a perversion of its original intent, which he felt should be a mystical, metaphysical experience. He thought that rational discourse comprised falsehood and illusion. Theorising a new theatrical form that would be immediate and direct, that would link the unconscious minds of performers and spectators in a sort of ritual event.



FINAL YEARS

Artaud spent his life in asylums, friends of Artaud had him transferred to the psychiatric hospital in Rodez, well inside Vichy territory, where he was put under the charge of Dr. Gaston Ferdière. Ferdière began administering electroshock treatments to eliminate Artaud's symptoms, which included various delusions and odd physical tics. The doctor believed that Artaud's habits of crafting magic spells, creating astrology charts and drawings of disturbing images were symptoms of mental illness. Artaud began writing and drawing again, after a long dormant period. Current psychiatric literature describes Artaud as having schizophrenia, with a clear psychotic break late in life and schizotypal symptoms throughout life. If he was mad, he welcomed his madness. To him the rational world was deficient; he welcomed the hallucinations that abolished reason and gave meaning to his alienation. He purposely placed himself outside the limits in which sanity and madness can be opposed, and gave himself up to a private world of magic and irrational visions.

LEFT ALONE



PARVEEN BABI



INDIAN ACTOR
1949 - 2005

Parveen Babi was an Indian actress,
who is most remembered for her
glamorous roles alongside top heroes
of the 1970s and early 1980s.



She is often cited as one of the most
beautiful actresses to have ever
appeared in Indian cinema. Later she
was diagnosed with Schizophrenia.

BEAUTIFUL BABI

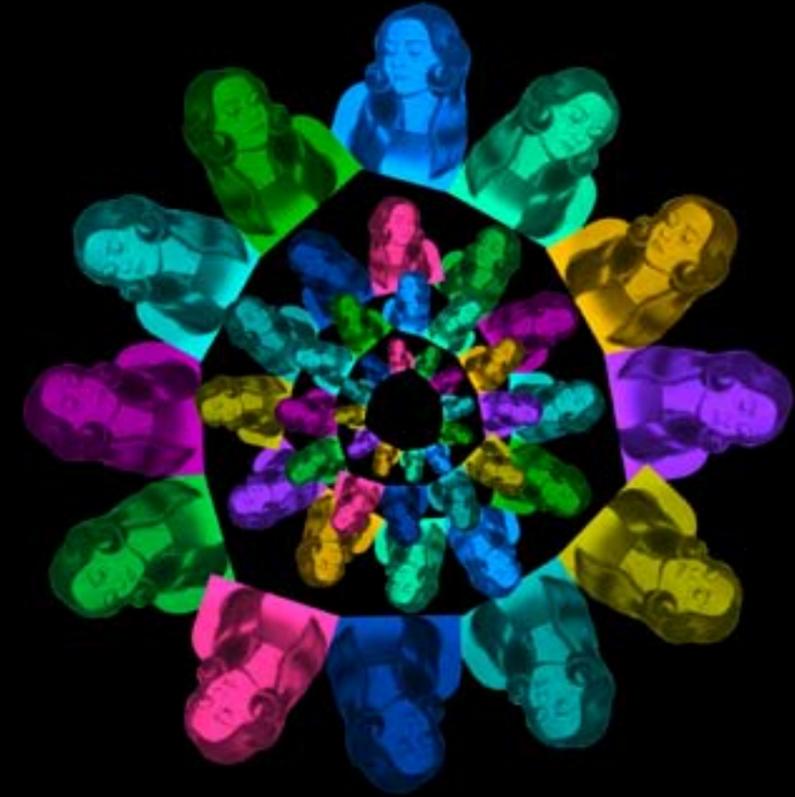
Babi was an Indian actress, who is most remembered for her glamorous roles alongside top heroes of the 1970s and early 1980s. She is often cited as one of the most beautiful actresses to have ever appeared in Indian cinema. Her popularity was so immense that often movie producers would line up at her door to sign her for their upcoming movie projects. Her career peaked at the time when most heroines were engulfed in Indian attire and Babi was one among the few actresses whose attire was completely westernised and this made her unique among different breed of female artistes. Parveen Babi with her chiselled looks, well-sculpted body and anglicised accent donned the mantle of archetypal Indian heroine. Parveen Babi left India and the film industry at the height of her career. On 7 April 1984, She was suspected at John F. Kennedy International Airport after she failed to submit her identification papers and as she behaved to be difficult, the authorities handcuffed her and kept her in a general ward with thirty other mentally disturbed patients.



FINAL YEARS

Babi returned to Mumbai where she was unrecognizable as her former self after having put on a considerable amount of weight. She was rumored to have diagnosed with Paranoid Schizophrenia, a genetic mental illness although she regularly denied it and said that it was a conspiracy by the film industry and the media to malign her image and make her appear as insane, so that they can cover up their crimes. She was said to have lived lonely. Her mistrust was so intense that she refused to be treated for her mental illness. She didn't trust the doctors. Anyone who suggested that she should see a psychiatrist became her enemy, even her mother. She was found dead in her Mumbai apartment on January 20, 2005 after her residential society secretary complained to the police that she had not collected milk and newspapers from her doorstep for two days. She was found to have gangrene of the foot as a complication of her diabetic condition. Parveen Babi lived alone for several years. Alone with her disturbed thoughts and hopeless heart.

ROOHI BANO



PAKISTANI
ACTOR
BORN 1951

Many of Roohi's fans still remember her as a charming actress par excellence, who ruled the mini-screen for nearly two decades. Television had found a great actress in Roohi when she appeared on the screen.

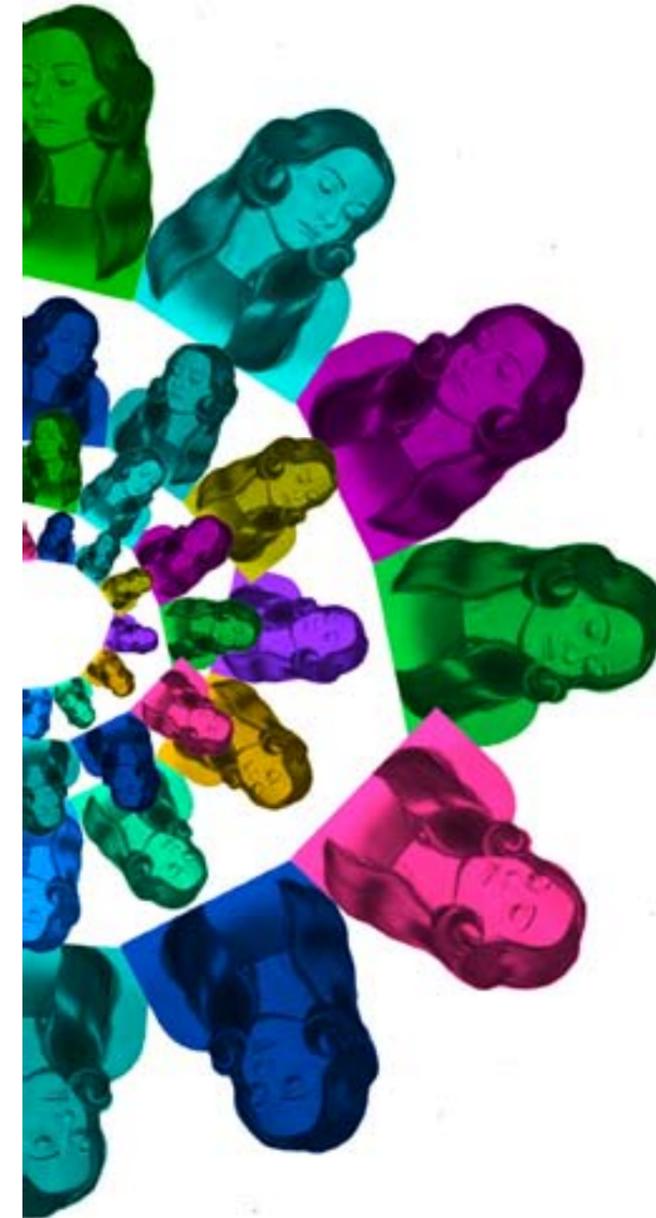
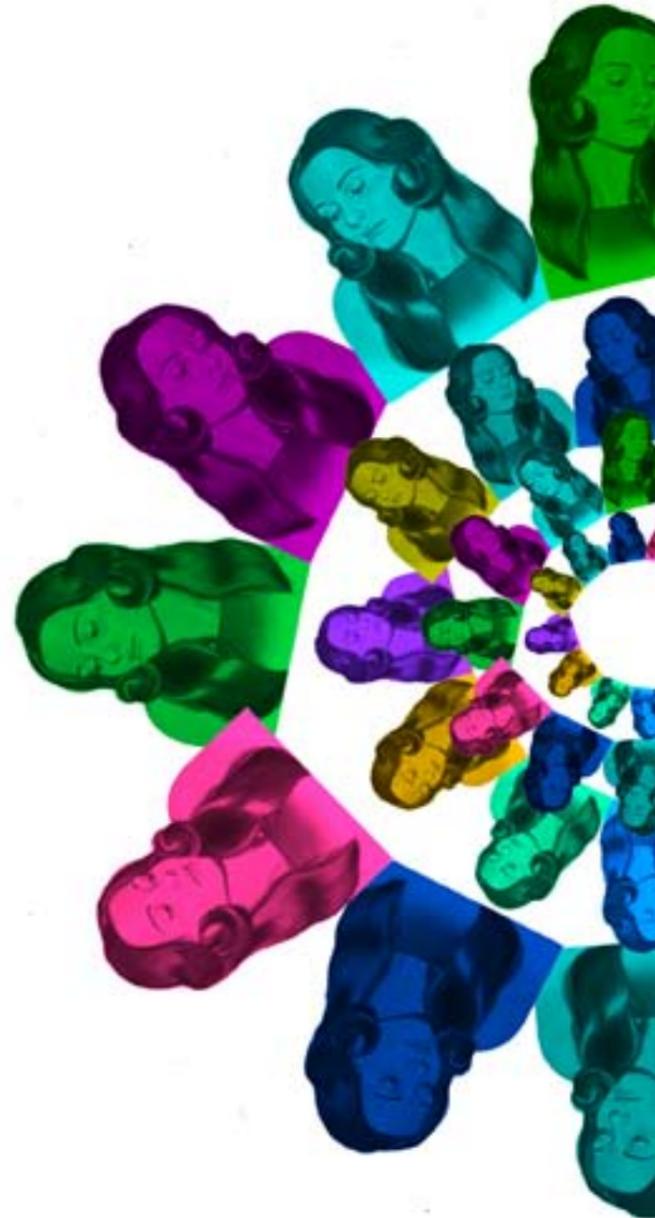


Undoubtedly one of the finest Pakistani actresses. She was diagnosed with schizophrenia and was admitted in a rehab for some months. Now she lives alone in her Lahore residence.

She has been totally isolated.

LOST ONE

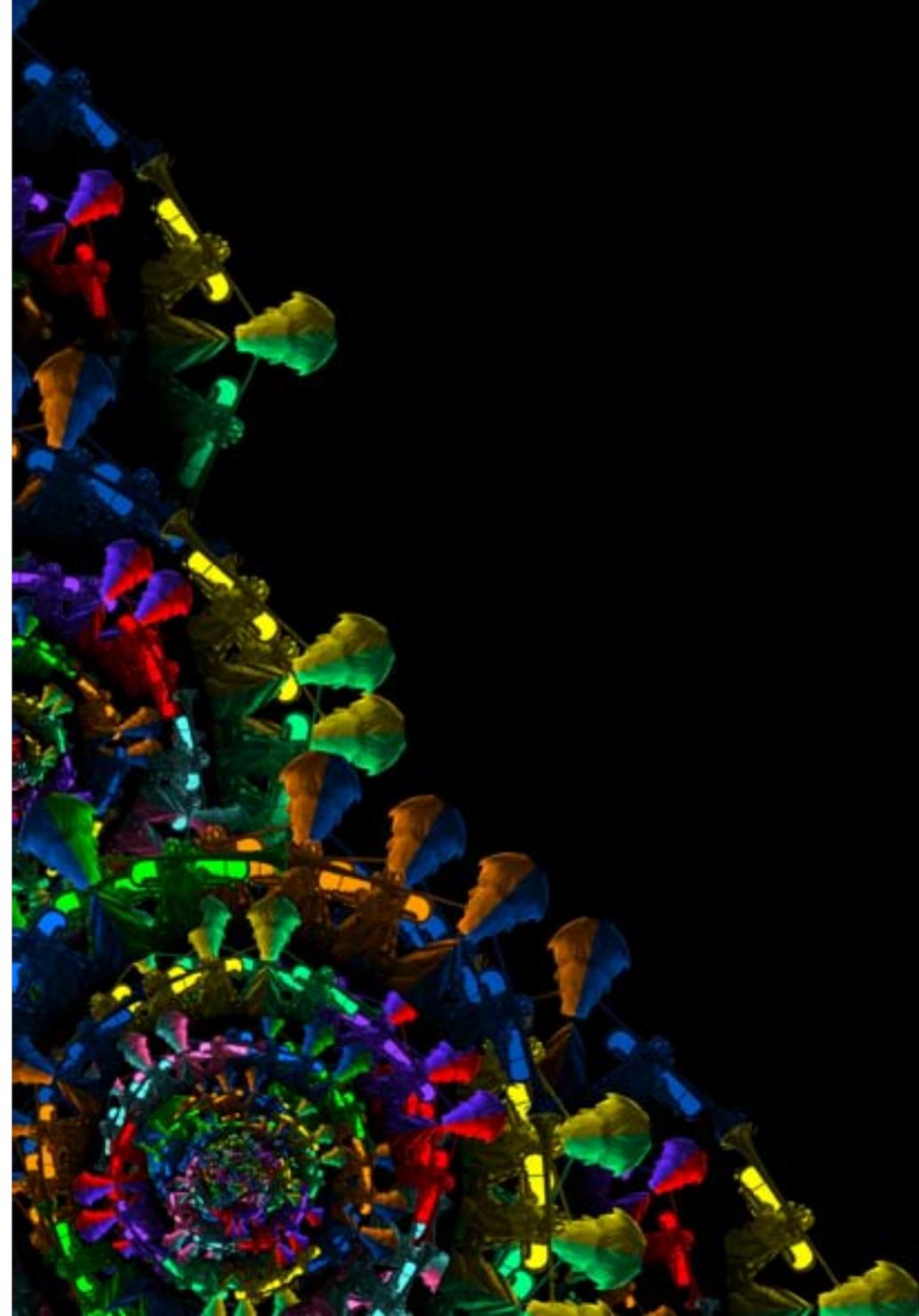
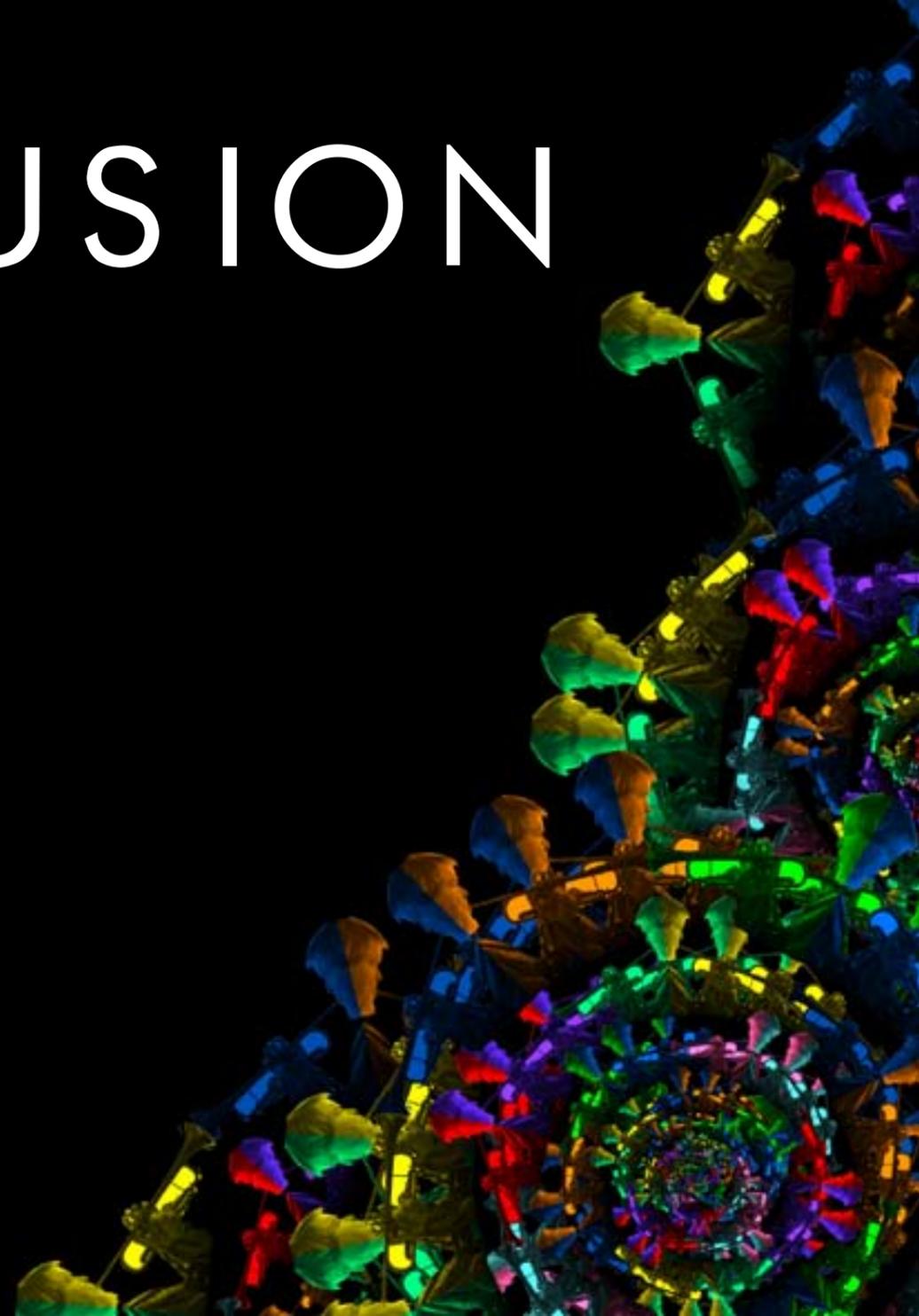
Roohi Bano is a popular Pakistani actress who rose to fame in the late 1960's. She became hugely popular with several roles that she played in her films. She made her debut on television in a quiz show as a student. She was given a break by Farooq Zameer, which she happily accepted. The way she portrayed the character's emotions soon made her a famous star. However, Roohi's career took a turn for the worst when she was sent to a rehabilitation center on account of schizophrenia. Even though she has been released now, it is going to take a lot of time for Roohi to get back on her feet again and start performing as consistently as she used to before. She is an artist who witnessed the birth of the television industry in Pakistan, become an integral part of it and has worked with some of the country's leading actors, including Talat Hussain and Rahat Kazmi. However, it's unfortunate that the woman who once ruled the screens is now living in solitude in her derelict Lahore home.



ROOHI BANO NOW

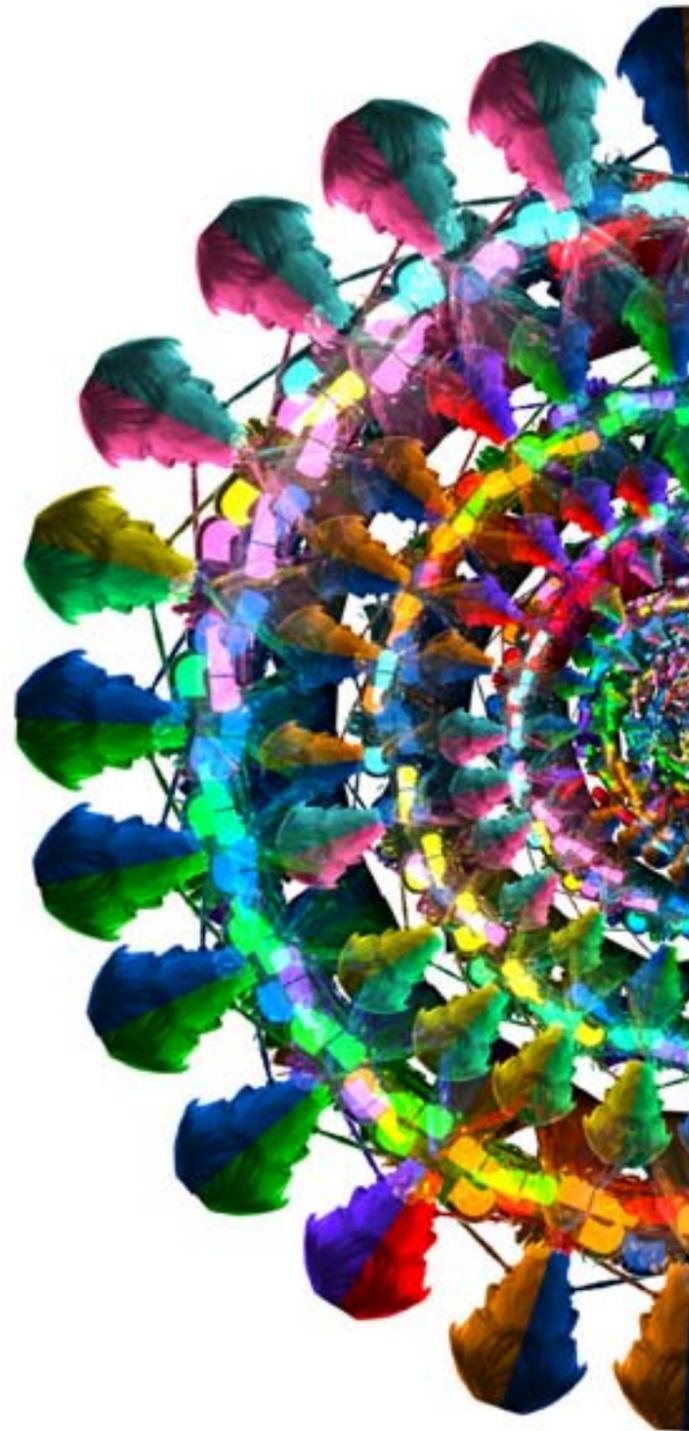
Daughter of Indian tabla master Allah Rakha, Bano has won many awards including the Pride of Performance. But today she lives alone on Kasuri Road, in a house that is so broken down and gives one the impression that it is haunted. It lacks basic amenities such as gas and power, the furniture is broken, trash fills the driveway and a stench surrounds the place. The only working appliance she owns is a television. Is Roohi Bano's present attitude and condition a consequence of her changed circumstances, or, was her career affected by her own actions? Will Roohi Bano, once a legend, continue to suffer the sepia fate of oblivion and misery, or are there people out there who can pull her out of her illness by providing help, treatment, emotional comfort and, most importantly, a vocation, bringing back real colour to her cheeks. She deserves the understanding and support of her colleagues and admirers alike.

CONCLUSION



SCHIZOPHRENIA IN PAKISTAN

The reason I took this topic was that I've always felt that people suffering from schizophrenia are ignored in our society; their personal life is totally disturbed. People in our society think that schizophrenic person can be harmful and destructive to them. General public has strange perspective about these kind of people. People call them with different disrespectful terms like psycho and weirdo. The patient I met during my research, few of them admitted that they have issues of bullying, their attendant said that people taunt their schizophrenic relative's personal life. Negative attitudes toward people with mental illness are widespread in the general public. Stigmatizing attitude towards these kinds of patients can only become more problematic towards them. People with such mental illness need attention and love to overcome such disease. The book is to make the general public realize that what they are actually losing, If people like Jhon Nash and Tom Harrel survived schizophrenia then anyone can, They just need attention and love.



MANAGEMENT

Management of schizophrenia depends largely on medications and on psychosocial interventions. Psychotherapy is also widely recommended, though not widely used in the treatment of schizophrenia, due to reimbursement problems or lack of training. As a result, treatment is often confined to psychiatric medication. People with schizophrenia often lack social and work skills and experience. In these cases, the psychosocial treatments can be especially important. Research has consistently shown that people with schizophrenia who have involved families fare better than those who battle the condition alone, all family members should be involved in the care of a loved one, with schizophrenia. The Psychosocial can be very usefull to Schizophrenics. By Love we can actually help them fight the monster 'Schizophrenia'. The book is all about those people who have suffered schizophrenia and have done wonders, Its a message to our general public that people living with schizophrenia dont need excludion but Love and care to overcome such horrible disease.



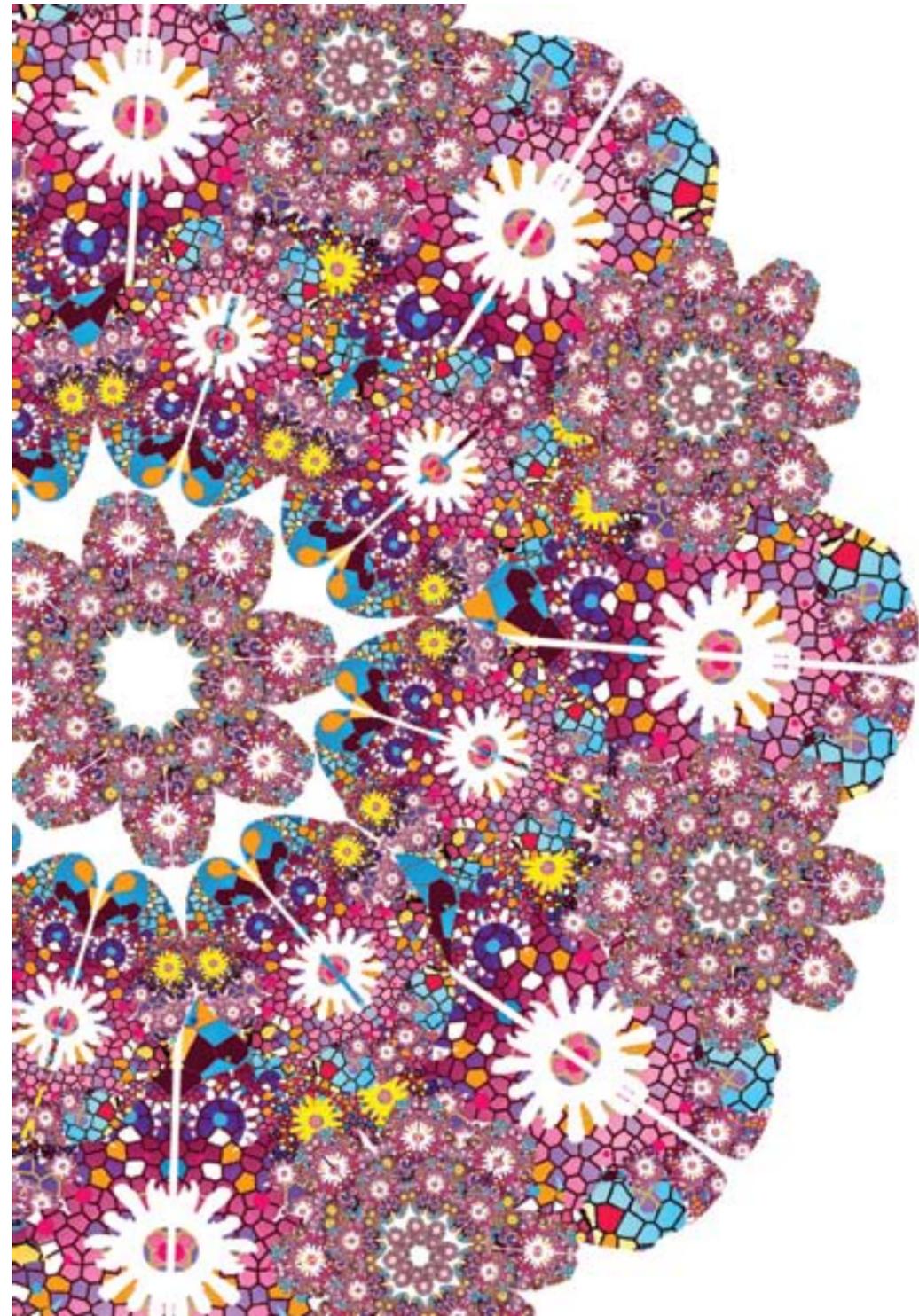
IT'S TIME

It's time to let people know about what actually is Schizophrenia and how can they help people suffering from such mental disease. the purpose of my book is to let the general public know that the people suffering from Schizophrenia dont want isolation but a good care and support to live a normal and successful life by giving them the example of amazingly successful people who are suffering (or had suffered) from schizophrenia. Schizophrenia, characterized by gross distortion of thought, perception and emotion is also prevalent in Pakistan with all its symptoms and dramatic features. About 1.5% of the population is suffering from this ailment. Paranoid schizophrenia is the most common. One of the study done by a local doctor reveals that 6% of the schizophrenics run the risk of committing suicide due to depression which sets in when problem aggravates and due to lengthy treatment, he loses hope. In our society we actually alienate them. The point is it may be a minor issue to work on but its one of the most dangerous diagnosed mental illness. Depression, stressful events, (very common issues in our society) are believed to trigger Schizophrenia.



FIGHT THE MONSTER

People like John Nash Mathematician and noble prize winner, Syd Barrett of the band Pink Floyd, Bollywood beauty Babi Ayesha and our own Pakistani actor Roohi Banu, they were all diagnosed as schizophrenics. Schizophrenia is a brain disorder that typically strikes people when they are quite young - age 17 to 28. People this age typically are too young to be famous; they are just starting out their professional lives after completing high school or college. It's kind of overwhelming to know that they were successful and they were schizophrenics. We just need to fight the monster by love and care. There are a number of people who are diagnosed as schizophrenics and are doing wonders. We have this idea that if the person is suffering from Schizophrenia he will never live independently, hold a job, find a loving partner, get married. It's not like that, as I've mentioned above there are many famous people who have suffered schizophrenia and other mental disorder. I've found several websites with successful schizophrenia stories and a book called "The Center Cannot Hold" My Journey Through Madness by Elyn R Saks. We still have hope.



IT'S TIME
TO FIGHT THE MONSTER

This book is about famous schizophrenics and thier achievements throughtout life. The purpose of the book is to make the general public aware about such mentall illness and its prevention.

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Observing Delicate Minds

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