

8. **Reaching the vulnerable** - 50% victims of this disorder are affected by the age of 20 years. We are aiming our awareness programmes at children and youth for early detection and early treatment by conducting medical checkups in schools and colleges, conducting slide shows and seminars, exhibitions etc.
9. **To increase awareness** amongst affected people and their families so that these helpless people should not consult unqualified persons, quacks, vaidus etc.
10. **Getting Global** - through websites and e-mail and by getting linked to Vitiligo support groups all over the world.

#### How to meet us

1. Daily for counselling, data collection, for marriage bureau facilities, camouflage makeups to needy persons at 'Sahawas Hospital', Pune from 10.00 a.m. to 1.00 p.m.
2. Weekly meaningful meetings on topics of interest for planning future strategies and for registrations at 'Muktangan Counselling Centre' at Narayan Peth, Pune on Sundays only from 5.00 p.m. to 7.00 p.m.
3. Public Meetings - Twice a year to increase social awareness and to minimize social stigma attached to Vitiligo.

#### How to participate in this Mission

1. For fulfillment of our ambitious projects of social awareness and eradication of Vitiligo we seek the cooperation and active involvement of all sections of the community.
2. 'Shweta' counts on the whole - hearted support of common man by directing Vitiligo sufferers for any help to us and by generous donations. We appeal to Medical Institutions and Educational Institutions and Industries with social commitment to come forward and contribute for this worthy cause.

Association Regd. Maharashtra/1144/2001/Pune.  
Income Tax Exemption to donors under section 80G  
Vide No.PN/Tech-1/80G/N-185/2002-2003/334.

• *Shweta produced "Nital" - a feature film on Vitiligo with famous director duo Sumitra Bhave - Sunil Sukhtankar in Feb 2006.*

• *Prestigious "Dr. Anita Awachat Smriti Sangharsha Puraskar" was awarded to our founder Dr. Mrs. Maya Tulpule on 10<sup>th</sup> Feb. 2004.*



# Shweta Association

## Vitiligo Support Group

**Registered Office :**  
C/o. Dr. Maya Tulpule MS, DA  
Sahawas Hospital,  
26, Sahawas Society, Karve Nagar,  
Pune 411 052.  
Maharashtra / India  
Ph. 9520-25458760, 25440530  
E mail : [info@shwetaassociation.com](mailto:info@shwetaassociation.com)  
Website : [www.shwetaassociation.org](http://www.shwetaassociation.org)

**Activity Centre :**  
Muktangan Counselling Centre,  
534/1, Gondhali Galli,  
Narayan Peth,  
Pune 411 030.

Vitiligo or Leucoderma is psychologically devastating and therapeutically challenging disorder. It is not a disease per se, it is an autoimmune disorder in which body destroys its own pigment cells. Melanocytes or cells giving colour to skin, sometimes gradually decrease in number leading to white patches on the skin. This depigmentation of the skin does not affect other organs of the body. Cosmetic disfigurement and fear of hereditary transmission has attached undue importance and social stigma to this disorder.

Vitiligo is found all over the world and is seen in about 1 to 3% of the total population. Vitiligo is not a contagious disease and it does not affect physical and mental capability of a person in any manner. In approximately 10 to 15% people it can be transmitted to future generation.

Cosmetic disfigurement in Vitiligo leads to lot of emotional problems, depression, damage to one's self image and family disputes. These people need firm emotional support from family, friends and society to overcome the devastating mental trauma. In half of the affected population, the patches are noticed before the age of 20 years, shattering their childhood, disturbing their education and spoiling their youthful dreams.

### A RAY OF HOPE

It was under such gloomy, stigmatized social scenario, "Shweta Association" was initially formed in March 2001 by few

individuals suffering from Vitiligo who have overcome their complexes with the help of emotional support from close ones and are successful in their personal, professional and family life. All of us are working with a mission of spreading this light of hope to Vitiligo people all over the world. Many eminent Social workers, Skin specialist, Psychiatrists, Genetic counsellors, Pathologists, Beauticians are working actively with us.

### OUR VISION

Our highest aim is to secure eradication of the curse of Vitiligo affecting millions of people, by scientifically identifying causes of this malady and by developing curative treatment. Till then we work towards prevention and diluting ill-effects of Vitiligo including social stigma.

### OBJECTIVES

1. To bring people suffering from Vitiligo together, to form a common platform to discuss their problems, to exchange their experiences, to learn scientific facts about the disorder and above all to gain the self respect.
2. To undertake programmes towards education and awareness of Vitiligo among the various sections of society.
3. To provide counselling to the persons afflicted with Vitiligo, their parents and their relatives.
4. To advocate and support for research in various systems of medicines to find a

permanent remedy to cure and prevent Vitiligo.

5. To establish chapters in various parts of India by identifying like minded people who will share our vision.

### SPECTRUM OF ACTIVITIES

1. **Counselling by experts** and experienced persons.
2. **Data collection** for socio economic, psychiatric, genetic, allopathic, ayurvedic and homeopathic studies.
3. **Running a Marriage Bureau** for girls and boys of marriageable age having white patches or children of parents having white patches.
4. **Providing Cosmetic Camouflage** - concealing makeup is important for psychological and aesthetic reasons. It corrects skin disfigurement and discoloration and improves one's reflective self image.
5. **Providing sunscreen** lotions for protection of depigmented skin from sun burns.
6. **Publishing pamphlets and booklets** to give scientific information of the disorder and its management to increase public awareness by writing articles in news papers, weeklies and magazines, giving interviews on TV., All India Radio etc.
7. **Strengthening Medi-Links** by active participation of skin specialists, psychiatrists, genetologists and family physicians from all systems of medicine.