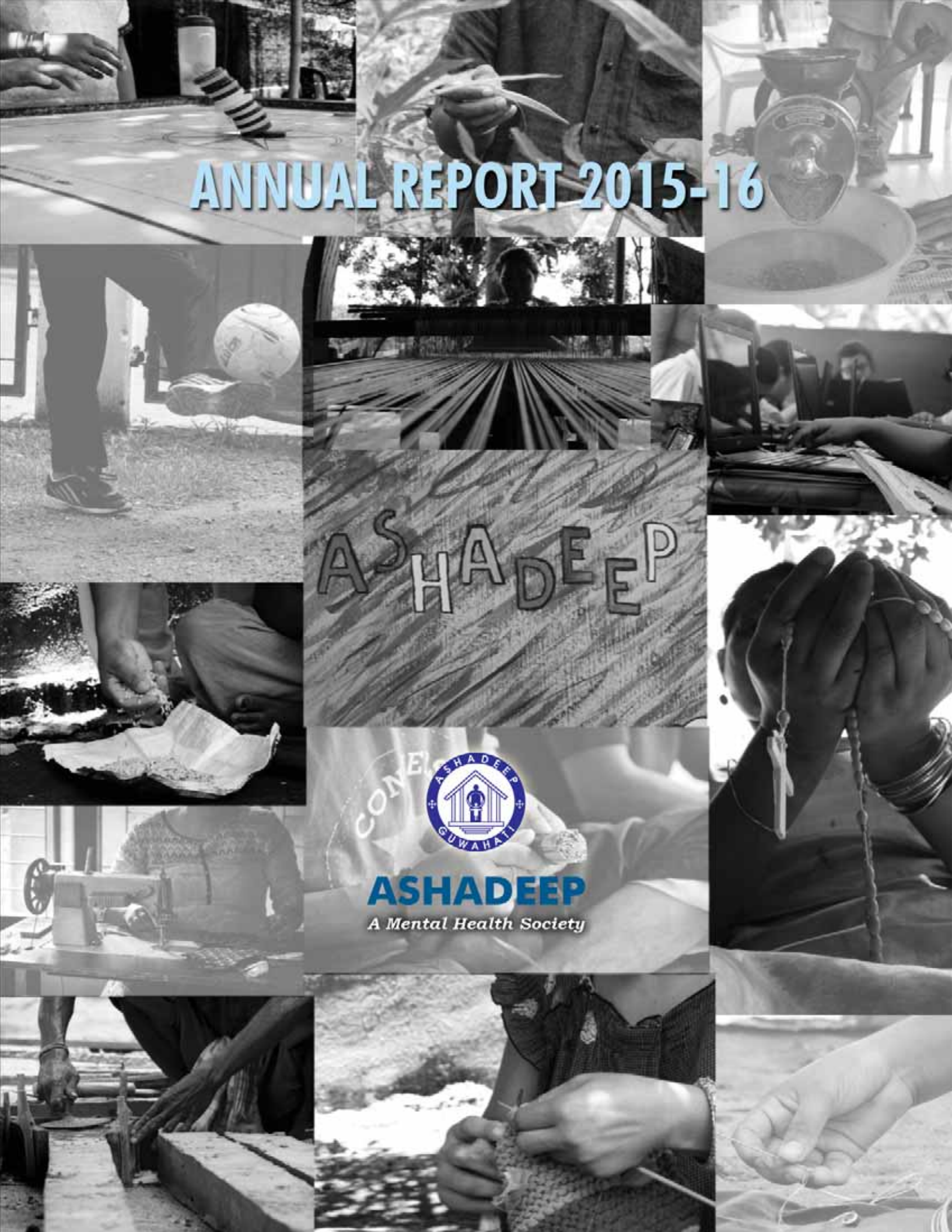


# ANNUAL REPORT 2015-16



ASHADEEP



**ASHADEEP**  
*A Mental Health Society*



# **ASHADEEP**

***A Mental Health Society***

**Registered office:** Piya Apartments, Kanaklata Path, Lachitnagar, Guwahati-781007, Assam, India

**Phone:** 0361-2456837

**Email:** societyashadeep@yahoo.com

**Website:** www.ashadeepindia.org

*Registered under Societies Registration Act No. **RS/KAM/240/C/385 of 1996-1997***

*Registered under Foreign Contribution Regulation Act No. **020780056***

*Registered under National Trust No. **0306/MR-MD/2003 dated 11/3/2003***

***Accredited Member of Credibility Alliance***

*Donations exempted from Income tax Under Sections 12(A) & 80(G) of IT Act 1961*

### **Name and Address of Bankers**

1. State Bank of India, West Guwahati Branch, Bharalumukh, Guwahati
2. ICICI Bank, Bhangagarh, Guwahati
3. Axis Bank Ltd., Chibber House, G.S. Road, Guwahati
4. IDBI Bank Ltd., G.S. Road, Guwahati
5. Yes Bank, G.S Road, Ulubari, Guwahati

### **Name and Address of Auditor**

**D. Purkayastha & Company**

Police Bazar,

Shillong - 793001, Meghalaya

### **Name and Address of Internal Auditor**

**Dhawan Pandey & Associates**

101, Shivam Apartment, Opposite PIBCO Building

Rukmini Gaon, Guwahati - 781022, Assam

### **Name and Phone numbers of Contact Persons**

1. MUKUL CHANDRA GOSWAMI, Secretary, Ph : +919435043308
2. DR. ANJANA GOSWAMI, Director, Ph : +919864077861

## From Secretary's Desk

Completing two decades, Ashadeep needed to take stock of the impact and change it has been able to achieve on the issue of mental health in Assam. In 1996 Ashadeep was the only CSO, working with mental health, today there are quite a few, with six of them having initiated into this field by us doing excellent work in many districts. On the other hand, in terms of Government policy and involvement, we have been able to play a major role in the formulation of proper policy for the rehabilitation of Homeless persons with mental illness in the State.

The high points of Ashadeep's work has been in the areas of Vocational skill development of persons with mental disorders (includes persons with intellectual disabilities), rehabilitation of homeless persons with mental illnesses and creating access to mental health services in the remote districts of Assam.

On the down side, despite having a good data base, very little has been achieved in terms of research and follow up presentations and publications. Geographic coverage of Ashadeep's services has so far been limited to the areas of Lower Assam only when most of upper Assam has not been touched by such services.

Unfortunately, even after twenty years of existence, Ashadeep has not been able to achieve even 'reasonable financial stability'. Working on project mode in most areas, Ashadeep has been having a 'hand to mouth existence' with very little growth of corpus. Working with marginalized groups of people, where revenue generation is not at all possible, leaves us with the option of appealing for donations and grants towards our corpus. The retention of a substantial amount in the corpus becomes vital in the light of the fact that many of our residents need to be taken care of for the rest of their lives, and as is already happening funding support may not be forthcoming always. In this context we are grateful to The Hans Foundation, New Delhi, who in addition to funding current needs for homeless men with mental illness, have also provided for livestock and vegetable farming.

Before concluding, I would like place on record our appreciation and gratitude to Dr. H.K. Borah, Deputy Superintendent and all other members of Boko CHC/PHC/FRU, Dr. Pranjal Sarma (Psychiatrist) and all other members of Sipajhar CHC/FRU, Dr. Jayanta Dutta (Psychiatrist) and all other members of Naukhola Model Hospital - Jagiroad, who have provided invaluable support in running community mental health programmes in their respective blocks.

I extend my sincere gratitude to all staff members for their dedication and hard work and the Executive Committee members for their encouraging involvement which has made all our achievements possible. I also extend thanks and gratitude to all our donors and well-wishers who relentlessly supported us in our endeavor. Finally, I must acknowledge the invaluable support provided by all our Funding Agencies.

**Mukul Chandra Goswami**



## Vision

*Our vision is to achieve a life of better quality for persons with mental disorders and their families.*

## Mission

*Our mission is to initiate and strengthen Mental Health Interventions in the North Eastern states of India.*

### ONGOING PROJECT LOCATIONS

1	<b>Day Rehabilitation Centre</b> <i>-For individuals with intellectual disabilities and associated disorders and persons with mental illness</i>	House No. 9, Karbi Namghar Path, Behind State Zoo, Japorigog, Guwahati, Pin – 781005 Phone: 0361-2380027
2	<b>Navachetana</b> <i>-Rehabilitation homes for homeless women with mental illness</i>	1. Transit Care Home - 'Doya Bandhu Bhawan', Bilpaar Road, Rehabari, Guwahati 2. Rehab Home – P.L. Home Campus, Bamunigaon, Near Boko, District Kamrup (Rural), Pin – 781123
3	<b>Udayan</b> <i>- Rehabilitation homes for homeless men with mental illness</i>	Rehab Home – P.L. Home Campus, Bamunigaon, Near Boko, District Kamrup (rural), Pin – 781123
4	<b>Psychiatric Outdoor Clinic (OPD)</b> <i>-Psychiatric consultation for those who are socially and economically marginalized; follow up centre for ex residents of Navachetana and Udayan</i>	Medi Safe, Below Ulubari Fly Over, Ulubari Chariali, Guwahati
5	<b>Community Mental health Programme</b> <i>-Creating access to mental health interventions in rural areas</i>	1. Boko Block, Kamrup (Rural), Dakuwa Para, Opposite Jatiyo Vidyalay, Boko 2. Sipajhar Block, Darrang District- in collaboration with SATRA 3. Mayong Block, Morigaon District- in collaboration with Morigaon Mahila Mehfil
7	<b>Resource Centre on Mental Health</b> <i>-Training, workshop, sensitization and awareness generation, creation of resource material, and advocacy</i>	3B Piya Apartments. Kanaklata Path Lachit Nagar, Guwahati – 781007

## Major Grants received during 2015-16

Sl. No.	Agency	Purpose	Amount in ₹
1	Navajbai Ratan Tata Trust, Mumbai	For 'Navachetana' - home for rehabilitation of Homeless Women with Mental Illness, Community Mental Health Programme at Sipajhar and Morigaon and Resource Centre	98,52,349/-
2	Jamsetji Tata Trust, Mumbai	For Community Mental Health Programme at Boko, Kamrup(rural) district	32,55,080/-
3	The Hans Foundation, New Delhi	For Udayan – Rehabilitation home for homeless men with mental illness (For the period July'15 to March'16)	22,39,454/-
4	Social Welfare Department, Government of Assam	For Rehabilitation home for homeless women with mental illness	20,23,700/-
5	Sitaram Jindal Trust, New Delhi	Towards General Fund	25,000/-
6	Give India, Mumbai	Towards Rehabilitation expenses at Day Care Centre, General expenses, Corpus Fund, Food & Medicine Expenses of Navachetana residents and Ashadeep Shop	4,69,696/-
7	South Asia Voluntary Enterprise (SAVE)-UK, Glasgow	Towards General Fund	1,97,800/-
8	Gobardhan Das Trust	Towards General Fund	1,10,000/-
9	Mintoo Bulbul Trust	Towards General Fund	1,00,000/-

## Executive Committee Members w.e.f. 20/09/2015

Sl	Name & Designation	Occupation	Address
1	Shri Bhaskar Barua President	Retired Civil Servant	House No. 3, 2 <sup>nd</sup> By Lane, S.K. Baruah Road, Rukmini Nagar, Guwahati – 781006 Ph: 9435011862
2	Shri Mukul Ch. Goswami Secretary	Retired Bank Employee	4 <sup>th</sup> Floor In-Built Residency 9 Monalisa Path, Mother Teresa Road, Guwahati – 781024 Ph: 9435043308
3	Shri Vijoy Patir Treasurer	Business	Near Anganbari, West Silpukhuri Road, Guwahati – 781003 Ph: 9864091783
4	Shri Ronojoy Sen Member	Consultant Architect	4th By Lane, Tarun Nagar, Guwahati-7 Ph: 9435107827
5	Shri Ashok Kumar Jhuria Member	Business	Garima Palace, H.B. Road, Kamarpatty, Guwahati – 781001 Ph : 0361-2514332
6	Shri Ajit Narayan Dev Kachari Member	Retired Central Government Servant	Sixth Mile, G.S. Road, Guwahati Ph: 9435708864
7	Shri Anjan Bordoloi Member	Retired Assam Government Servant	R.G. Baruah Road, Near Assam State Zoo, Guwahati Ph: 9435304306
8	Smt. Manjusri Baruah Member	Retired College Teacher	HNo. 30, Sanyogi By Lane, Bishnu Rabha Path, Guwahati Ph: 9864038692

## Executive Committee Meetings in 2015-16

Sl. No.	Meetings Held on	Members present
1	14/05/2015	5
2	10/09/2015	6
3	20/09/2015	5
4	20/12/2015	6
5	19/03/2015	6

## Consolidated Progress for each segment during 2015-16

### Day Rehabilitation Centre



- Number of admissions = 11
- Number of regular students = 73
- Progressive Total : 364

### Navachetana Rehabilitation programme for homeless women with mental illness



- No. of new admission = 48, Re-admission = 9. TOTAL ADMISSION = 57
- No. of Re-integration = 51
- Progressive Total : Admission = 583 Re-integration = 516

### Udayan Rehabilitation programme for homeless men with mental illness



- No. of admission = 37
- No. of Re-integration = 26
- Progressive Total : Admission = 96 Re-integration = 50

### Free Psychiatric Outdoor Clinic (OPD)



- New Patients enrolled = 80
- Old Patients reviewed = 706
- Total Patients enrolled = 1074

### Resource Centre



- No. of Training/Workshop/Seminar = 43
- No. of Trainees / Participants = 380

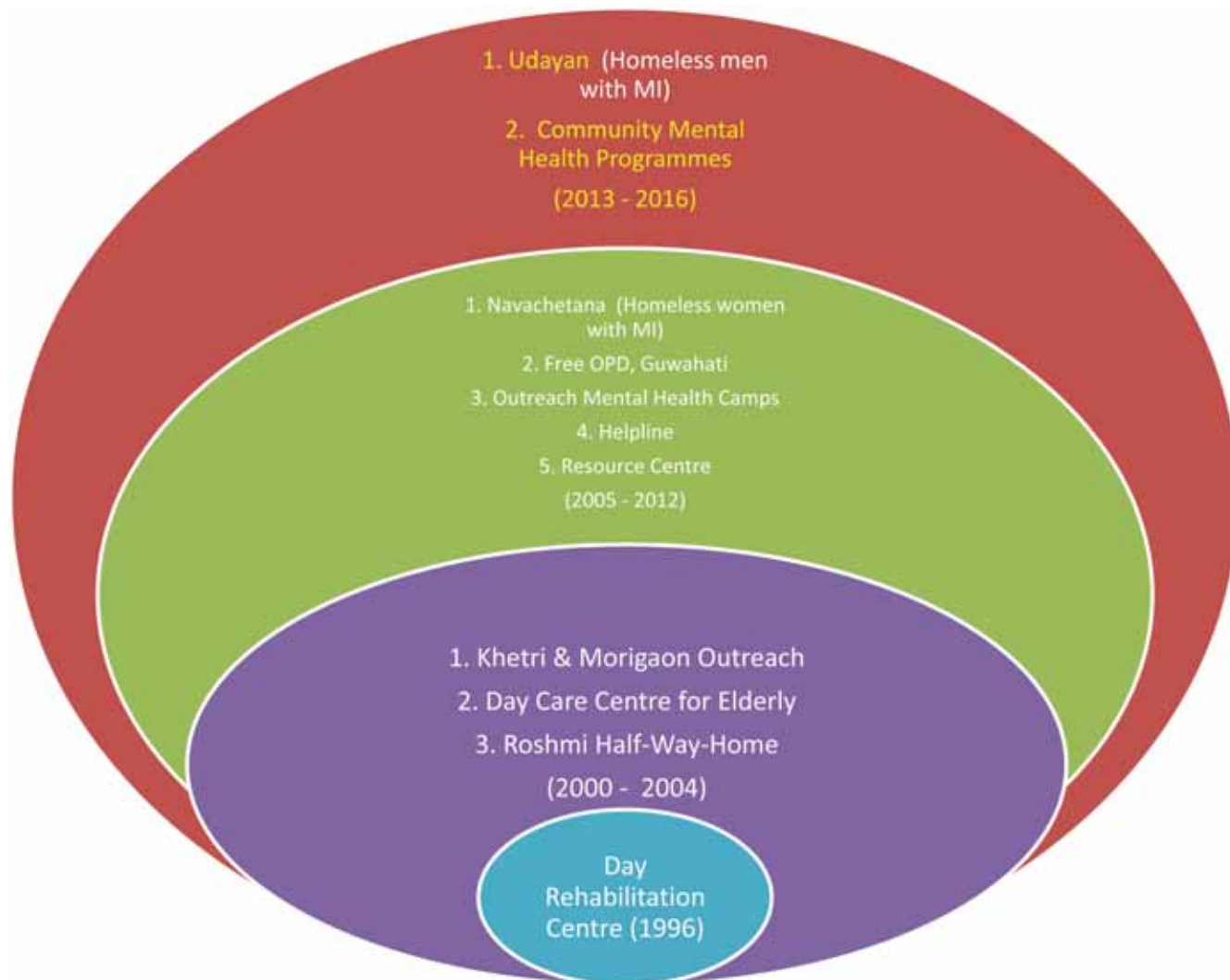
### Community Mental Health Programme



- Blocks - Boko, Mayong and Sipajhar in Districts Kamrup (R ), Morigaon and Darrang
- Total Patients = 1748
- Total Population covered = 3.26 lakhs

## Brief History of Ashadeep

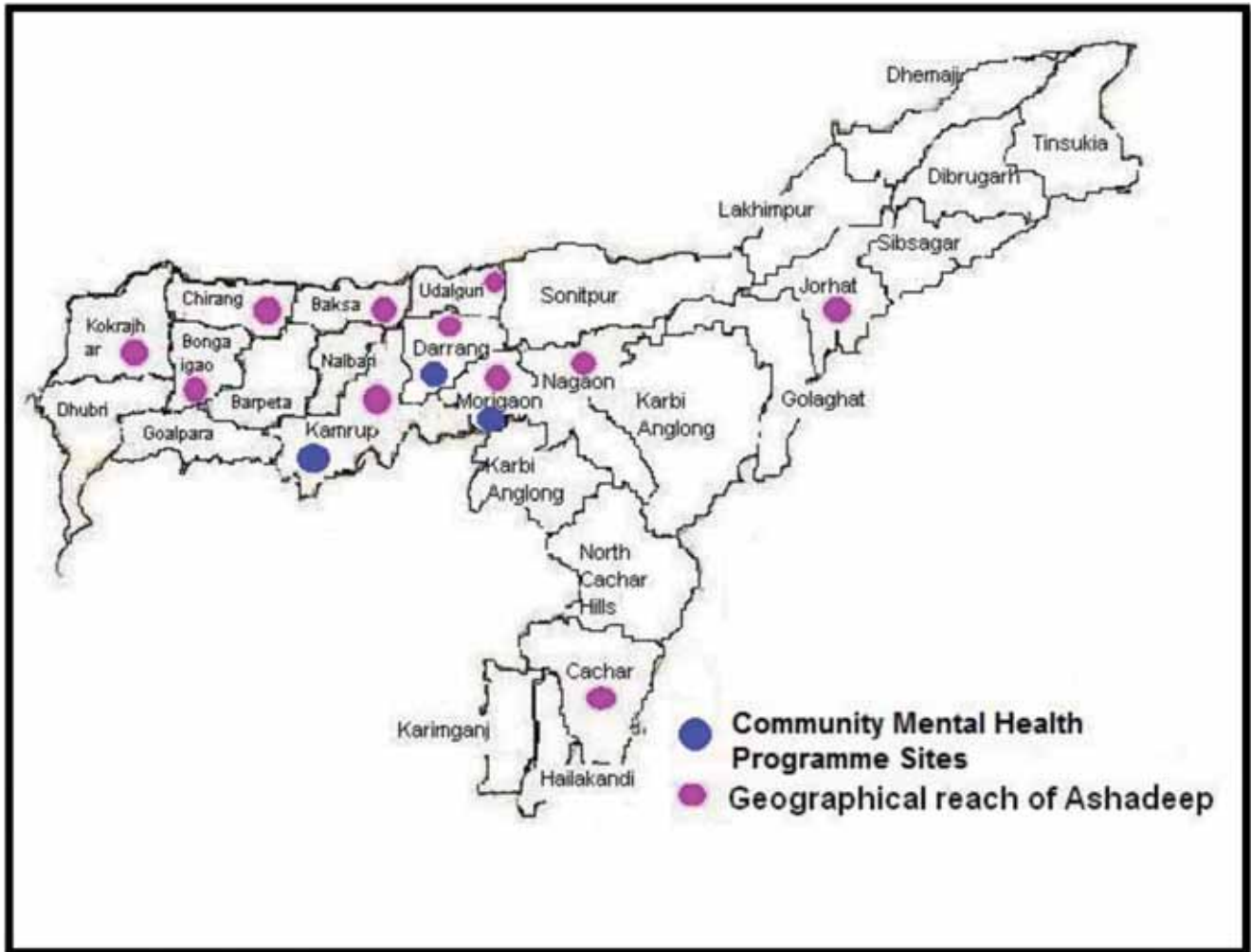
Initiated in the year 1996, Ashadeep was established in Guwahati with the vision of achieving a life of better quality for persons with mental disorders and their families. During this time rehabilitation services pertaining to mental health were very much limited in the region. Since its inception, every intervention facilitated by the organization has evolved keeping in view the 'contextual needs' of persons with mental illness and individuals with intellectual disability and associated disorders. The initiation of Ashadeep facilities in the last 20 years is shown in the following diagram :



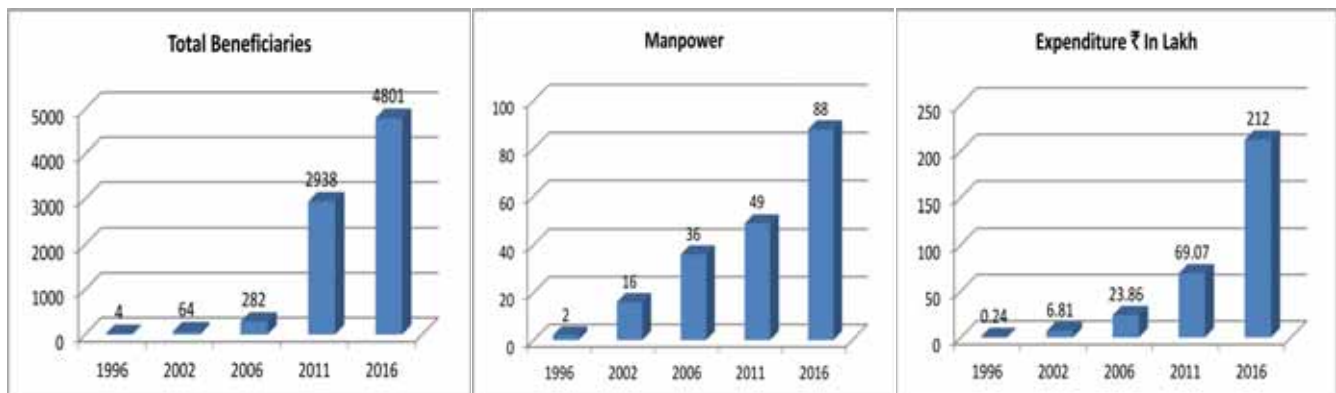
Ashadeep's efforts were given due recognition when prestigious awards like India NGO Awards, Edel Give Social Innovation Honours (2012), CSO Partners Outstanding Annual Reports (2010), The De Rozio Award for Education and Human Enrichment in the category of 'Special Education' (2013) by Council for the Indian School Certificate Examinations were conferred to the organization and National Commission for Women honoured Dr Anjana Goswami, Founder cum Director of Ashadeep. One of the most defining moment for the organization was when Shri Mukul Chandra Goswami, Founder Member & Secretary of Ashadeep was conferred the Padma Shri Award for Social Work in 2014, by the Government of India in a ceremony held at Rashtrapati Bhawan, New Delhi.



## Geographical Reach in the districts of Assam



## Growth of Ashadeep in last 20 years





## Ashadeep Day Rehabilitation Centre

The Day Rehabilitation Centre caters to individuals with intellectual disability and associated disorders and persons recovering from mental illness.

For the individuals with intellectual disability, focus is given on Activities of Daily Living, Functional academics, prevocational activities, sports and music along with conventional academics. Every student has an individualized intervention plan along with a six monthly goal based on their level of retardation. Specialized inputs like drama, speech, movement and yoga therapies are provided as part of the rehabilitation process. Learning through role plays, one to one and peer training are followed here.

Sport is given special focus here as every student is registered as a special athlete under Special Olympics Bharat. These students are trained in various sports like Bocce, Baddminton, Floor Ball, etc and prepared to compete at state, national and international sports forum.

For persons recovering from mental illness re-instilling social skills including interpersonal and communication skills are imparted here. Individual and group counseling are provided on regular intervals to such individuals along with their care givers.

The Vocational unit provides skill development training to the intellectually disabled adults and persons recovering from mental illness which forms a part of therapy as well as a source of facilitating income generation. Here training in block printing, candle making, jute products making , food processing and products made with waste clothes are given .

**Recently an intensive job oriented computer data entry training program as a part of vocational therapy has been initiated in collaboration with Amba, a Bangalore based NGO working**



**for empowerment of intellectually disabled adults. 40 students of Ashadeep are undergoing this training programme and 10 students are ready to be inducted as professional data entry operator by May 2016.**

### Highlights of 2015-16

- Ashadeep's Annual Day celebration was held on 10th April 2015 with full frill and fervor. Eminent personalities like Mr. Padmanabhan M.D NRL, Mr. Anil Kapur (Vice President) Topcem Pvt. Ltd attended the program along with parents and well wishers of Ashadeep. The children and adults of Ashadeep Day Rehabilitation centre and residents of Navachetana and Udayan showcased their talents through Dance Drama titled , 'SAVE TREES SAVE THE EARTH', Bihu performance , rhythms and action songs and group dance.
- Like previous years, this time also, Saraswati Puja was celebrated with full enthusiasm by all the residents, stakeholders, staff and well wishers of Ashadeep.
- The pre-primary students of Ashadeep are undergoing training in Young Athlete program of Special Olympics Bharat where they are being prepared to be inducted in Special Olympics Bharat as Special athlete for various sports events.



*Young students actively taking part in young athlete program*

This year our students were exposed to arrays of activities like:

- Road safety workshop for special children organized by PIBCO Motors, where 40 students of the centre took part and were given certificates in May, 2016.
- Anudhriti Saikia , Pinki Baruah, Akriba Rehman and Khusbu Zebin of the centre won bronze medals in Girls Bocce Championship under unified sports program organized by Karunadhara in March, 2016. Six special and regular schools took part in the event.
- 40 students underwent a vocational skill development training program in Candle Making and Food Processing organized by Indian Institute of Entrepreneurship, Guwahati in December and January 2015-16. All the participants are entitled to a stipend and certificate.
- Dhiraj, Rinku, Rohan, Anudhriti, Ranjita, Dikshita, Supriya, Pinki, Ananta, Mugdha, Debolina, Khusboo, Viswanath, Kabir Pritam, Jayanta, Amrita, Akriba, Bhaskar, Paplu, Papor represented Ashadeep in National Children's Drama Festival in January 2016. These children gave a very strong message through the drama 'SAVE TREES SAVE THE EARTH'.
- For the first time all the students took part in a Half Marathon organized by IIT Guwahati, where they ran together with other citizens of Guwahati in August 2015.

- 30 students participated in Special Olympics National Coaching camp in Athletics in May 2015 held at Guwahati along with participants from Nagaland and Manipur.
- Modern Assamese Dance and Recital presentation by Jayanta, Rohan Sharma, Anudhriti, Mugdha, Bhaskar, Ananta and Khusbu was telecasted in National TV channel Doordarshan in September 2015.
- An exposure visit to Accoland Theme Park was organized in September 2015. All the students along with staff and vocational unit team had a fun filled day !!.



*Students' day out to Accoland Theme Park*



*Ashadeep students taking part in National Coaching Camp in Athletics*



**'Sitaras' of Ashadeep Day Rehabilitation Centre :**

- Ms. Supriya Sudha Khaound was conferred the National award as outstanding creative person with Disability by Mr. Arun Jaitley (Finance Minister, Government of India) in December 2015.

- Master. Kabir Pritam Baruah represented India in 2015 World Summer Games held at Los Angeles , U.S.A. He won the fourth position in athletics.
- Rohan Ho, Rohan Sharma, Rinku Kalita, won silver medal in National Floor Ball Championship held at Himachal Pradesh in February, 2016.



*Kabir Pritam Baruah got fourth position in World Summer Games 2015*



*Students performing dance under school's regular activities*



*Students of Ashadeep marching along with other denizens of Guwahati in Half Marathon organized by IIT-Guwahti*



*A scene from the drama 'Save Trees Save the Earth'*

Ashadeep values its internees and volunteers as valuable assets of the organization. In previous years some very significant contributions were made by these group of young minds. This year also 53 students from institutes like Tata Institute of Social Science (Guwahati and Ranchi), Delhi University,

Bangalore University, Assam Don Bosco University, Composite Regional Centre and Mizoram University did their internship at Ashadeep. Some remarkable contribution made by these students are :

- Beautification of Ashadeep Day Rehabilitation Centre, Udayan and Navachetana Rehabilitation

Homes through painting walls with murals and collages.

- Organized street plays focusing on themes like stigma and mental health, positive mental health in Boko and Guwahati.
- Made short documentaries and photo collages of the activities of Ashadeep.
- Worked as volunteers in organizing and celebration of World Mental Health Day 2015.
- Participated in unified programs of Ashadeep and Special Olympics Bharat.

## FIGHTS TO FIREWORKS: TALES OF BATTLING DEVELOPMENTAL DISORDERS

- **Partha Sarathi Sinha** became a part of Ashadeep Day Care & Rehabilitation Centre on 27th April, 2015 at the age of 18 years. Second child to a family of 4, Partha has been diagnosed with Moderate Intellectual Disability with Autism. Despite achieving motor milestones on time, Partha's speech and language was substantially delayed. Thinking that socialization in school would help, his parents enrolled him in normal school, but soon observed the limitedness of his behavioral repertoire, and inability to function and speak like other children of his age. His parents reached out to various medical and psychological services, and eventually, the disappointing truth of his diagnosis was broken to them when Partha was 9 years old.

Understanding the realities of Intellectual Disability and Autism, Partha's parents immediately enrolled him in a special school and later brought him to Ashadeep. From teaching how to be responsive to others, to learning to use a calculator, his putting efforts to read and gradually to initiate the same. Academically, he can put in effort to read in a slow pace and is also able to calculate with the help of a calculator; behavioral enhancement was focused through

continual goal-setting, execution, assessment and evaluation.

Partha has made his own group of friends and is often seen to be enthusiastic about going out and playing a game or two. Though his emotional expressiveness is not at par with many others, his sense of joy and the cheer of his laugh keeps the candle of hope burning- for him, his parents and also for Ashadeep.

- When **Himadri Doley** dances, her ecstasy will probably not reveal any of her daily fights or that of her parents. The only child of her parents, her motor and speech impairments was indicative of Intellectual Disability with Down's syndrome. On 7th August, 2012, she was enrolled to Ashadeep Day Care & Rehabilitation Centre.

At the time of admission, Himadri was moderately able to take care of herself but was often negligent about it, and similar was her case of communicating with or responding to others. So along with scholastic focuses, the socialization aspects were also roped in- beginning from initiating greetings and responding to them, expressing needs and engaging in social conversations. She was taught the academic ideas of language (English and Assamese) and Mathematics, as well as involved in drama to augment facial and verbal expression. Himadri has a challenge in speaking with clarity, therefore speech therapy through music classes were introduced whereby she was trained to repeatedly practice various phonemes and musical notes.

Her love however resides in dance, and she never holds back from enjoying every beat of the music or song she is dancing to. Though she often requires verbal prompts to go ahead and participate, but once in the game, she never gives up. For her parents, she is the one their world revolves around. There are days when her mood swings probably gives them the tough calls, but it is her very existence that brings in the sunshine to their lives.



- Immediately after birth **Deepjyoti Sharmah** suffered from respiratory distress and his birth cry was delayed. As the days passed by, his pace of growth remained slow, including the development of speech and motor abilities. His parents sought medical help and were immediately advised to sign him up in a special school- the benefit of which was early identification and intervention. At the tender age of 5 years, he stepped into the Ashadeep Day Care & Rehabilitation Centre with a diagnosis of Intellectual Disability with Down's syndrome.

His intervention plan was formulated targeting personal, occupational and communication arenas. His self help skills were impaired and he also wasn't able to communicate successfully with others. So accordingly he was trained, and rewards and verbal prompts were used to enhance appropriate behavior. Over time academic goals were also set, and through dot joining and repeated readings, alphabets were taught. A persistent challenge that however existed was Deepjyoti's hyperactive nature, for which he was then enrolled in meditation and yoga as well as self-instructional training through puzzle solving tasks, coloring and collage making.

For Deepjyoti's mother, her hopes with her son have sustained after observing the positive changes in his behavior. Time and again, in the parent-teacher feedback meetings, she has expressed her gratitude and prayers for granting Deepjyoti a better life. The child does have a long way to traverse, but with combined efforts from special educators, psychologists and physical trainers the challenges can definitely be faced up and won over. Maybe as time transcends, he will take better control of his self and mind, and till then, the efforts shall ceaselessly exist.

## Rehabilitation of homeless persons with mental illness

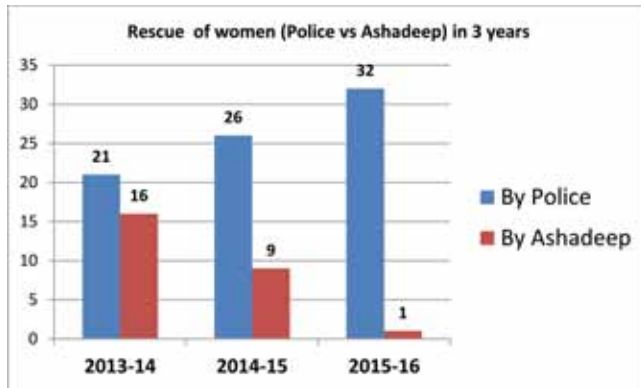
1. **Navachetana (Transit Care)** for homeless

women with mental illness having 30 beds, located at Rehabari, Guwahati.

2. **Navachetana (Rehab)** for homeless women with mental illness having 30 beds located at Bamunigaon, 60 Kms from Guwahati.
3. **Udayan** for homeless men with mental illness having 40 beds located at Bamunigaon also.

The prime objective of our work in these 'Homes' is to provide care, treatment and rehabilitation measures to homeless persons with mental illnesses and to eventually re-integrate them with their families. Psychiatric and other medical treatment and care; Psychological and other social rehabilitation services are provided at the residential facilities by a team of qualified personnel including psychiatrists, psychologists, counselors, social workers, and trained health care staff. Scientific monitoring and therapeutical tools are used in a more home like environment rather than like that of a hospital. **A valid assessment of the quality of interventions could perhaps be gauged from the fact that nearly 90 out of every hundred homeless persons could be re-united with their families.** Further, follow-up support in terms of treatment, counseling, and free medicine supply is provided to the discharged residents on a regular basis. Till march 2016, 583 women and 96 men have been admitted into our Rehabilitation homes out of which 516 women and 50 men have been re-integrated into the community in locations across the length and breadth of our country.

Over the years a huge shift has taken place in terms of involvement of the Police stations of Guwahati in rescue of wandering mentally ill persons. When we started work in this area in 2005, a standard reply to our requests for assistance was 'we are not permitted to touch such persons after the removal of the "Lunacy act". **In the last year as against 1 person rescued by Ashadeep from the streets 32 have been rescued by the Police stations. Also, this change in attitude has been spread across 15 out of the total 20 thanas in the city.**



### Involvement of the Police Stations in rescue process in 2015-16:

Sl. No.	Name of Police Station	Women	Men	Total
1	All Women P.S.	1	-	1
2	Bharalumukh	2	-	2
3	Birubari Out Post	2	2	4
4	Chandmari	3	-	3
5	Dispur	6	1	7
6	Fatasil Ambari	1	4	5
7	Gorchuk	2	1	3
8	Jalukbari	2	-	2
9	Latasil	2	-	2
10	Noonmati	4	1	5
11	Odalbakra Out Post	1	2	3
12	Paltan Bazar	4	2	6
13	Pan Bazar	1	-	1
14	Bijoy Nagar	1	-	1
15	Boko	-	3	3
<b>TOTAL</b>		<b>32</b>	<b>16</b>	<b>48</b>

53% women and 69% men out of those rescued during 2015-16 have been re-integrated in the same year. The following Table shows the states where re-integrations have taken place. One woman had been re-integrated in Bangladesh.

### Places of Re-integration in 2015-16

Sl. No.	State	Women	Men	Total
1	Assam	43	18	61
2	Bihar	2	3	5
3	Maharashtra	2	1	3
4	Orissa	-	1	1
5	Uttar Pradesh	-	1	1
6	West Bangal	3	2	5
7	Bangladesh	1	-	1
<b>TOTAL</b>		<b>51</b>	<b>26</b>	<b>77</b>

The program for rehabilitation of homeless women with mental illnesses (Navachetana) has been primarily funded by the Navajbhai Ratan Tata Trust, Mumbai. On the other hand, the **Program for Rehabilitation of homeless men with mental illness (Udayan)**, which was initiated in 2013 only has been supported by "The Hans Foundation' New Delhi. The assured support by the Foundation includes a component for income generation through agriculture and livestock farming. Most of the residents of 'Udayan' are from rural backgrounds and are used to working in farming and rearing cows and goat. This work in addition to becoming a source of occupational therapy, should result in income generation for the individual and organization.

The Social Welfare department of the Assam Government has provided the infrastructure and land at Bamunigaon, Boko for the Navachetana (Rehab) and Udayan homes.



*Vocational activity at Udayan*



*Lunch hour at Udayan*



*Yoga session at Udayan*



*Lunch hour at Udayan*



*Holi celebration at Navachetana (Transit Care)*



*Navachetana (Transit Care) residents enjoying a game of music chair*



*Yoga session of Navachetana (Rehab) residents*



## CASE STUDY

### Missing for a decade, memoir of a life: Bindiya

50 years' old Bindiya was rescued by the staff members of Ashadeep on 8th July, 2014 after information was received from the public about a woman loitering on the streets of Birubari area moving around carrying a pile of garbage. The team reached the said location and brought her to Navachetana's Transit Care at Rehabari, Guwahati.

Illkempt, talking to herself and irresponsible to others, she was yet another case of Chronic Schizophrenia for which immediate treatment was begun. It took a lot of persuasion and therapeutic efforts on the part of the Ashadeep staff to retrain her in toilet habits and also engage her in productive behavior. Her irritability knew no bounds when she would be asked to be a part of group activities or taught vocational work. Yet no endeavor ever stopped. Over time as her medications and therapeutic intervention continued her active symptoms subsided. She was involved in household chores that required sharing responsibilities with other inmates so that it facilitated socialization with others. She was also taught jute work that helped in refining her fine motor skills. In the course of her stay, it was noted that her sense of work responsibility was very high and she would never leave a job unfinished. The person, who once refused to cooperate with anyone, now participated in taking care of other inmates as well.

Bindiya reported her home to be located in Jirrah village of Bankura district, West Bengal. Once the Psychiatrist recommended discharge, the reintegration team started on its journey to locate this never-heard-of place. And when they finally reached the village on 21st February, 2016, the entire community gathered to welcome Bindiya. She was home after 10 long years! Her husband and children were at a loss of words to express their emotions. Over the years they had come to believe that she

must have died while wandering on the streets. She was suffering from psychiatric illness for almost 30 years and though they sought treatment, they couldn't afford to continue the medications due to financial challenges. She had given up on any hopes of homecoming, and over the years on streets, she accepted it as her life's dictation. And yet a spring did await her, and now that it has arrived, the winter shall only be a memoir.

### In sun and shade, day in and day out- a parent stands by: Krishna Das

The 22 years' old Krishna Das was rescued on 11th September, 2015 from Boko market area by the Boko Police when he was found walking around in a disoriented manner and replied to questions of the public in incoherent and un-intelligible speech.

Most of what he said was not comprehensible and he was neither in touch with the environment nor in the know-how of his whereabouts. In the initial days he stayed aloof from others but was never aggressive or hostile. On the contrary, he was compliant to medicines and obeyed instructions well. But things turned upside down on the evening of 13th October, 2015 when very unexpectedly he absconded from Udayan. The staff members searched around all neighboring areas, market places, and railway stations but failed to trace him anywhere. However 5 days later, while visiting a neighborhood market place, a staff member found him roaming around on the streets. He immediately went up and talked to Krishna, and brought him back to Udayan. Krishna later revealed that he tried to run away because he wanted to go home, but since he couldn't figure out the way, he stayed on the streets and begged food from others.

Gradually as his mental status improved, Krishna was reunited with his family in Pahartol, Barpeta on 16th March, 2016. He is the only son of his parents, and his sister being married off; he is their hope and support. For 2 years he had been suffering from mental illness and his family had sought faith

healing. He failed to engage himself in financially rewarding activities and his father would often scold him for that. He had left home in a fit of anger, but due to confabulation couldn't find his way back. His father searched all nearby areas, but disheartened for not being able to find his only son, he went back home. All that he was left with was his prayers, which eventually were answered. At the time of reintegration, it was discovered that his real name is Rubul Das, and not Krishna Das- a name he coined for himself. His family was provided information about the illness, as well as the importance of medication and treatment, and accordingly his father brought him to the Ashadeep OPD at Ulubari, Guwahati for follow-up.

Parent-child relationships might not always be the smoothest, but time and again they are the only ones whose under whose shadow the truest caregiving happens.

### **FREE PSYCHIATRIC OUTDOOR CLINIC**

Consultation is provided in this outdoor clinic once a week within the city. This clinic benefits not only past residents of Navachetana but also caters to socially, economically and geographically marginalized population residing within the city as free consultation on mental health is provided by a psychiatrist and other trained staff members of Ashadeep. During 2015-16, 80 patients registered in this OPD and 706 old patients came for review.

### **RESOURCE CENTRE**

Highlights of different programmes and trainings accomplished by the Resource Centre –

- A Workshop on 'Sensitization of Police Personnel Regarding Homeless Persons with Mental illness' was organized for Second Officer of all the 20 Police Stations of Kamrup (Metro) on 26th July 2015 at Police Control Building, Ulubari, Guwahati. 36 Police personnel including Assistant Commissioner of Police attended the workshop.



- A College Workshop was organized for students at J.N. College, Boko in collaboration with the Women Cell of the same college on the topic 'Stress Management and Positive Mental Health of women' on 19th September 2015. A total of 80 students and faculties of the college participated in the workshop.



- 2 days Refresher Training of 23 Field Workers under the three Community Mental Health Programme was held on 30th September 2015 and 1st October 2015 at Guwahati.
- CBR workers of Bethany Society, an NGO based at Shillong, Meghalaya have been imparted training program on Community Mental Health Program by Ashadeep's Resource centre in two phases. The first phase training was held at Guwahati in December 2015 from 8th to 12th December 2015 which was attended by 26 CBR workers. The second phase of the training was held at Shillong from 15th to 19th February 2016 and was attended by 33 CBR workers.

- The theme for 'World Mental Health Day' 2015 was declared as 'Dignity in Mental Health' by the World Health Organization (WHO). Going by the theme, Ashadeep organized month long competitions to engage the youth in expressing their understanding regarding the subject of 'Dignity in Mental Health' and creating awareness. The response was overwhelming as more than 100 entries were received from over 21 Colleges and Universities in the categories of poetry writing (Assamese & English), Photography and Poster Making.
- World Mental Health Day was observed through day long activities on the 9th of October 2015. In the wee hours of the morning, **Signature Campaigns** were organized by Volunteers and Interns of Ashadeep at Cotton College, Handique Girls College, B Baruah College, USTM, Assam Don Bosco University, IIT Guwahati and Tata institute of Social Science. Around two thousand five hundred students signed and took a pledge to "End Stigma and Discrimination towards Persons with Mental Disorders".



In the evening, various programmes were organized at Shradhanjali Kanan. The major event was a **lively Panel Discussion centered on the theme of 'Dignity in Mental Health' which saw participation from professors and students of various institutions.** Panelists included noted personalities like Dr Sangeeta Goswami (Conselor MIND INDIA), Mrs

Malaya Goswami (Professor, Former Film Actress), Dr Indrani Phukan (HOD, Psychology Dept, Guwahati University), Psychiatrist Dr P.K Thakura, and Shri Mukul Goswami (Padma Shri, Founder of Ashadeep), Dr. Gayatri Goswami (Professor, Gauhati University) and moderated by Shri Nurul Islam Laskar (Former Editor 'The Sentinel' & 'Eastern Chronicle'). The evening concluded with declaration of the names of the winners of the competitions held during the month. To mark the occasion, students of Assam Don Bosco University and Tata Institute of Social Sciences, Guwahati presented street plays which explored society's various perception of mental health problems. Soulful musical numbers were performed by Garima Jhuria, Gillin Abhi, Nazreen and SoulPower.



## COMMUNITY MENTAL HEALTH PROGRAMME

Ashadeep initiated its community services in the form of Out Reach Programmes in 2000 at Khetri followed by Morigaon. During 2006-2012, Ashadeep had conducted Mental Health Camps in different rural locations in the districts of Darrang, Kamrup, Chirang, Bongaigaon, Kokrajhar, Baksa and Nagaon in collaboration with partner NGOs, local bodies, PHCs and Mini PHC. A total of 131 such camps were conducted covering 1863 patients. As an outcome of this Outreach initiative, Ashadeep could achieved in empowering its partner NGOs to deliver mental health interventions in their own communities.

From the experiences gained during this period of piloting community programmes, Ashadeep realized that a more meaningful outcome of community intervention could be achieved by the involvement with the Government through the public health systems. And also, apart from clinical interventions, if the patients could be reinforced with the psychosocial rehabilitation processes by health workers from the community, the recovery of patients will be much more and long lasting.

Initiated in 2013, Community Mental Health Programme is a more intensive approach of Ashadeep's outreach intervention aimed at empowering the community as a whole on mental health. The major objectives of the programme consists of identification of persons with mental illness, their referral to primary health centre, treatment through provision of medicines, follow-up by field workers to ensure psycho-education, continuation of medication and facilitation of income generation activities amongst persons recovering from mental illness.

Locations of the ongoing Community Mental Health Programme are –

1. Sipajhar Block of Darrang District (Population 1.15 lakhs)
2. Mayong Block of Morigaon District (Population .65 lakhs)
3. Boko Block of Kamrup (Rural) District (Population 1.11 lakhs)

The Community Mental Health Programme at Sipajhar and Morigaon has been implemented through two partner NGOs viz. SATRA in Sipajhar and Morigaon Mahila Mehfil in Mayong.

In Boko, the programme is implemented directly by Ashadeep in close association with Boko CHC/PHC/FRU. Here, apart from mental disorders patients with Convulsive Epilepsy are also being intervened.

## A brief of Community Mental Health Programme

Block	Partner NGO	Clinical interventions at	Patients enrolled in 2015-16	Total patients enrolled	No. of Field Workers
Sipajhar	SATRA	Sipajhar CHC	162	692	10
Mayong	Morigaon Mahila Mehfil	Nakhala CHC & Nellie PHC	168	533	6
Boko	-	Boko PHC/CHC/FRU	296	534	8

## CASE STUDIES

**Iridescent hope in yarn of illness: Ranjita Devi -** Ranjita Devi, 46 years old, was enrolled with CMHP, Sipajhar in September, 2013, after having suffered from Chronic Schizophrenia for more than a decade. Unlike most other cases, the challenge in regard to Ranjita and her caregivers was not unavailability of treatment sources or stigma; rather it was confined in poor drug compliance and continuation. She had



sought treatment from various medical sources but discontinued medication every time that the symptoms began to subside.

As CMHP intervention started, with continued supervision and visits of the field worker, it was ensured that she didn't discontinue her drugs. Soon she was back to her usual self and got engaged in household work, weaving and gardening. However she again stopped medicine intake and deceived her husband by saying that she is regularly taking them. A major relapse followed where she would wander around, verbally abuse and engage in instrumental aggression against others. Her husband then consulted the CMHP Psychiatrist and hospitalized her in LGBRIMH, Tezpur for 2 months. Since then; her drug intake has strictly been monitored by her caregivers and she is currently fully functioning.

Belonging to an agriculture-based financially poor background, CMHP has come forth as the only spinal support in Ranjita's treatment. Her caregiver's were provided with specialized caregiver's training such that her husband and three sons can adequately take care of her, and provide the necessities in the most efficient manner. Also, to involve Ranjita in a financially productive and behaviorally activating engagement, she was provided with a variety of seeds for the kitchen gardening that she seemed to enjoy so much.

### **Weaving the Colors : Suman Doloi**

A decade ago, 22 years' old Suman Doloi was one of those quite and docile girls of her neighborhood who is loved by all, and her story of life was smooth until one fine day in April, 2006, she had a sudden onset of fever and then few days later, her mood started to be unexplainably elated, along with decreased sleep and appetite and increased religious ideation. Her parents, suddenly in a helpless consign, resorted to faith healing. The symptoms persisted infrequently, and suddenly everything escalated in severity; post which she was rushed to the district government hospital. With medication, her psychiatric status stabilized but within a few more months, another



severe episode struck, and she was hospitalized again.

When she was identified by the CMHP field worker, she already had a diagnosis of Chronic Schizophrenia and to fight it, her parents had drained themselves of almost all financial and emotional resources they had gathered in their lifetime. The difficulties of commuting to the capital city with often derailed conditions of Suman, and the long hours of wait to access doctors took a toll on them in more ways than can be measured from a distance. After enrolling with CMHP, her family which is primarily engaged in cultivation has been relieved of these pains in ways not fathomable to our coveted lives. She has also been forwarded livelihood support, whereby her weaving skills were let to bloom by providing her with thread to weave clothes.

Her psychiatric status has substantially improved, and beyond that has her occupational engagement. For her parents, to see their daughter no more succumb to irrational fears and disconnection with reality is perhaps one of the few joys they today cherish. And for Suman, life is again adding colors-like one of those colorful clothes she delightfully weaves!



# FINANCIAL INFORMATION

## Abridged Balance Sheet As On 31<sup>st</sup> March 2016

Particulars	2015-16		2014-15	
	AMOUNT	%	AMOUNT	%
<b>Assets</b>				
Fixed Assets	309154.11	2%	124076.11	2%
Investment	3861450.00	30%	1550000.00	19%
Deposits and Advances	204142.00	2%	241090.20	3%
Current Assets	8305683.49	66%	6064321.67	76%
Income and Expenditure A/c Balance				
<b>Total</b>	<b>12680429.60</b>	<b>100%</b>	<b>7979487.98</b>	<b>100%</b>
<b>Liabilities</b>				
Corpus/Endowment Funds(s)	5694710.70	45%	2571891.39	32%
Capital Reserve	-	0%	0.00	0%
Earmarked Funds	6290804.90	50%	4919123.59	62%
Loans / Borrowings	-	0%	0.00	0%
Current liabilities and provisions	694914.00	5%	488473.00	6%
<b>Total</b>	<b>12680429.60</b>	<b>100%</b>	<b>7979487.98</b>	<b>100%</b>

## Abridged Income and Expenditure Account As On 31<sup>st</sup> March 2016

Particulars	2015-16		2014-15	
	AMOUNT	%	AMOUNT	%
<b>Income</b>				
Self generated funds	1604278.09	9%	1596099	8%
Indian sources	14852904.72	80%	17277674.56	86%
International sources	2087063.88	11%	1251205.74	6%
<b>Total</b>	<b>18544246.69</b>	<b>100%</b>	<b>20124979.30</b>	<b>100%</b>
<b>Expenditure</b>				
Programme expenditure	17277457.53	96%	18734954.63	97%
Management expenditure	645111.62	4%	539105.34	3%
Other expenditure	71403.09	0%	79147.40	0%
<b>Total</b>	<b>17993972.24</b>	<b>100%</b>	<b>19353207.37</b>	<b>100%</b>
<b>Surplus/ (Deficit)</b>	<b>550274.45</b>		<b>771771.93</b>	

## Abridged Receipts and Payments Account As On 31<sup>st</sup> March 2015

Particulars	2015-16		2014-15	
	AMOUNT	%	AMOUNT	%
<b>Receipts</b>				
Opening Balance : Cash and Bank	3742614.04	13%	9851502.93	40%
Self generated funds	1734311.30	5.90%	1755693.58	7.05%
Indian sources	21117195.75	71.89%	12679316.11	50.91%
International sources	2317135.88	7.89%	391863.74	1.57%
Secured loans	-	0.00%	0.00	0%
Other receipts	465007.00	1.58%	229044.00	0.92%
<b>Total</b>	<b>29376263.97</b>	<b>100%</b>	<b>24907420.36</b>	<b>100%</b>
<b>Payments</b>				
Programme Expenditure	16180269.50	55.08%	14745608.00	59.20%
Management Expenditure	459156.55	1.56%	476398.32	1.91%
Other Expenditure	53532.00	0.18%	95900.00	0.39%
Fixed Assets purchased	279998.00	0.95%	32900.00	0.13%
Loan repaid	-	0.00%	0.00	0%
Investments	4200000.00	14.30%	5750000.00	23.09%
Advance to staff	129500.00	0.44%	64000.00	0.26%
Closing Balance : Cash and Bank	8073807.92	27.48%	3742614.04	15.03%
<b>Total</b>	<b>29376263.97</b>	<b>100%</b>	<b>24907420.36</b>	<b>100%</b>

**Diksha Purkayastha**  
Chartered Accountant

**Bhaskar Barua**  
President

**Mukul Ch. Goswami**  
Secretary

Place : Shillong  
Date : June 25, 2016

Place : Guwahati  
Date : June 25, 2016

### Staff Strength

Type of Staff	Male	Female	Total
Paid Full Time	4	3	7
Paid Part Time	2	0	2
Paid Contract Staff	34	40	74
Paid Consultant	4	1	5
<b>TOTAL</b>	<b>44</b>	<b>44</b>	<b>88</b>
Unpaid Volunteers	1	1	2

### Distribution of Staff According to Salary Levels (for all full time/part time/contract/consultant/other staff)

Slab of gross monthly salary (in ₹) plus benefits paid to staff	Male Staff	Female Staff	Total Staff
<5000	16	20	36
5001-10000	17	16	33
10001-25000	6	5	11
25001-50000	5	3	8
>50000	0	0	0
<b>TOTAL STAFF</b>	<b>44</b>	<b>44</b>	<b>88</b>

### The salary and benefits of the NGO Head, the highest paid staff member and the lowest paid staff member in 2015-16

<b>Head of the Organisation</b> : Mukul Chandra Goswami, Secretary /Director (Programme)	₹ 4,35,600
<b>Highest paid</b> : Mrs. Chandana Sharma, Sr. Executive, (Communication & Documentation) / Program Co-ordinator (CMHP, Boko)	₹ 5,74,640
<b>Lowest paid</b> : Part Time Drama Teacher	₹ 36,000

### Remuneration paid to Executive Committee Members in the year 2014-15:

SL	NAME & DESIGNATION	AMOUNT (₹)
1	Shri Bhaskar Barua, <i>President</i>	ZERO
2	Shri Mukul Chandra Goswami, <i>Secretary</i>	₹ 4,35,600/-
3	Shri Vijoy Patir, <i>Treasurer</i>	ZERO
4	Shri Ronojoy Sen, <i>Member</i>	ZERO
5	Shri Ashok Jhuria, <i>Member</i>	ZERO
6	Shri Ajit Narayan Dev Kachari, <i>Member</i>	ZERO
7	Shri Anjan Bordoloi, <i>Member</i>	ZERO
8	Smt. Manjusri Baruah, <i>Member</i>	ZERO

**NOTE:**

Remunerations paid to Shri Mukul Chandra Goswami towards his full time involvement as Director (Programme).

### Amount Reimbursed to Board Members in the year 2015-16 for the following items:

1	International Travel	nil
2	Domestic Travel for Mukul Chandra Goswami, Secretary	₹ 30,000/-
3	Local Conveyance	nil
4	Entertainment Expenses	nil
5	Others	nil

### Travel

- Total cost of national travel by all Staff and Board Members during the year : ₹ 52,384/-
- Total cost of international travel by all Staff and Board Members during the year : Nil

# ***Acknowledgements***

**The Ashadeep family is grateful to the following individuals and organisations for their support to the cause of Ashadeep:**

1. Department of Social Welfare, Government of Assam
2. Department of Health, Government of Assam
3. Ministry of Youth Affairs & Sports, Government of India
4. Navajbai Ratan Tata Trust, Mumbai
5. Jamsetji Tata Trust, Mumbai
6. GiveIndia, Mumbai
7. Sitaram Jindal Foundation, New Delhi
8. Hans Foundation, New Delhi
9. 'Prerana', I.A.S Officers' Wives Association, Guwahati
10. Shamdasani Trust, Hong Kong
11. Members of Staff, World Bank, New Delhi
12. Govardhan Das Trust, Guwahati
13. Shradhha Foundation, Mumbai
14. The Deputy Superintendent and Staff of Boko PHC/CHC/FRU
15. SEPPA Gives, Guwahati
16. Parivartan Trust, Satara, Maharashtra
17. Morigaon Mahila Mehfil, Morigaon
18. 'SATRA', Sipajhar
19. 'Seneh', A home for elderly women
20. Gold, Guwahati
21. St. Stephen's School, Guwahati.
22. South Asia Voluntary Enterprise (SAVE), United Kingdom.
23. Special Olympics Bharat (Assam Chapter)
24. Dr Rana Patir, New Delhi
25. Mr Maqbul Ahmed, Guwahati
26. Topcem Cements Ltd
27. Numaligarh Refinery Limited
28. All other individual donors who have made contributions towards the organization during the year.
29. Members of the Print & Audio-Visual Media.