

Annual Report 2012-13



ASHADEEP
A Mental Health Society



ASHADEEP

A Mental Health Society

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

Phone: 0361-2456837, Fax : 0361-2380027

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

Name and Address of Auditor

Parthasarathy Choudhury & Associates

F/90, Gurdwara Building

Anup Chanda Land, Police Bazar

Shillong – 793001, Meghalaya

Name and Phone numbers of Contact Persons

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

Vision

To achieve a life of better quality for persons with mental disorders and their families.

Mission

To initiate and strengthen Mental Health Interventions in the North Eastern states of India.

From the Secretary's Desk



In recent years the focus of Ashadeep's work has been towards persons with mental health problems in remote areas of Assam and 'homeless persons with mental illnesses'. We are happy today that the Assam Government has also started to focus on these two areas, by developing innovative action plans to address the needs. Ashadeep has played an active role in formulating these policies and further is today a major partner of the Government in implementing these plans.

The collaboration with the Government in setting up the two 'Rehabilitation homes for homeless men and women with mental disorders' in the Social welfare department's P.L. Home complex, Boko has been a significant milestone in the mental health history of the State. On the other hand, the 'Community Mental Health Programme' in association with local NGOs and the Primary Health services of the Government in Sipajhar and Mayong revenue blocks would supplement the efforts of the Government 'State Mental Health program'.

On another note, I would like to point out that the rapid expansion of Ashadeep's work obviously entails the need for higher inputs, both manpower and material. The pressures of HR management, resource generation, accounting, reporting, etc have also simultaneously grown rapidly. It is noteworthy to acknowledge the hard work put in by the Back office team of Ashadeep, who have continued to keep pace with the expansion of existing programmes and inclusion of new ones. I would like to thank all staff members of Ashadeep whose enduring hard work and dedication infuses soul to this organization. The positive and upbeat stance of the members of our Executive Committee is a constant source of encouragement. Finally, I thank all the general and life members and all donors who have contributed towards the work of Ashadeep for a cause which was conveniently neglected for many years by a larger section of the society.

Mukul Chandra Goswami
Secretary

To fill up a vacuum in the area of Psychiatric Rehabilitation in the State of Assam, Ashadeep was formed by a few Family Care-Givers in the year 1996 at Guwahati.....we have grown since then.

CURRENT PROJECTS / ACTIVITIES OF ASHADEEP

Sl. No.	Name of Project	Location	Service Provision
1	Day Rehabilitation Centre	House No. 291, Jatia, By Lane opposite Sarala Residential Complex, Kahilipara Road, Dispur, Guwahati. Pin – 781006. Phone & Fax : 0361-2380027	<ol style="list-style-type: none"> 1. Special Education and Rehabilitation of Mentally Challenged Children and Adults 2. Rehabilitation (Therapy) 3. Vocational Training and Activity including Sheltered Workshop (income generation)
2	Navachetana	<ol style="list-style-type: none"> 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 	<ol style="list-style-type: none"> 1. Rescue / Admission of Homeless Women with Mental Disorders 2. Care and Treatment 3. Rehabilitation (Therapy) 4. Vocational Training and Activity including Sheltered Workshop for income generation 5. Follow up support for reintegrated women
3	ROSHMI – Half way home for women with mental disorders	'Doya Bandhu Bhawan', Bilpaar Road, Rehabari, Guwahati	Rehabilitation with special emphasis on vocational training
4	Psychiatric Outdoor Clinic (OPD)	Medi Safe, Below Ulubari Fly Over, Ulubari Chariali, Guwahati	<ol style="list-style-type: none"> 1. Free Psychiatric intervention to mentally ill persons coming from marginalized sections of population. 2. Follow up of re-integrated residents of Navachetana homes.
5	Ability – The Ashadeep Shop	Subham Swaraj Sadan, Opposite HP Petrol Pump, Chachal, VIP Road, Guwahati	Sale outlet of all products produced at Ashadeep's rehabilitation facilities.

Sl. No.	Name of Project	Location	Service Provision
6	'Paritrnam' – Helpline (995-447-1111)	3B Piya Apartments. Kanaklata Path Lachit Nagar, Guwahati - 781007	Tele- Counselling by trained counsellors for stress management and emotional well being
7	Resource Centre on Mental Health	3B Piya Apartments. Kanaklata Path Lachit Nagar, Guwahati - 781007	Sensitization, Orientation & Training, Research & Documentation and Advocacy on the issues of mental health
8	Rehabilitation Home for Homeless Men with Mental illness in collaboration with Social Welfare Department, Government of Assam <i>(Under construction)</i>	P.L. Home Campus, Bamunigaon, Near Boko, District Kamrup (rural), Pin - 781123	Rehabilitation of homeless men with mental illness
9	Community Mental Health Programme	1. Mayong Block in Morigaon district 2. Sipajhar Block in Darrang district	1. Capacity building of local NGOs and Primary Health Care System on mental health intervention 2. Identification, treatment & Rehabilitation of persons with mental illness (PWMI) 3. Empowering caregivers of PWMI 4. Creating opportunities for livelihood generation for PWMI 5. Sensitizing the Community on mental health

EXECUTIVE COMMITTEE MEMBERS w.e.f. 08-12-2012

Sl.	Name & Designation	Occupation	Address	Phone
1	Shri Bhaskar Barua President	Retired Civil Servant	House No. 3, 2nd By Lane, S.K. Baruah Road, Rukmini Nagar, Guwahati - 781006	9435011862
2	Shri Mukul Ch. Goswami Secretary	Retired Bank Employee	4th Floor In-Built Residency, 9 Monalisa Path, Mother Teresa Road, Guwahati - 781024	9435043308
3	Shri Vijoy Patir Treasurer	Business	Near Anganbari, West Silpukhuri Road, Guwahati - 781003.	9864091783
4	Shri Ronojoy Sen Member	Consultant Architech	4th By Lane, Tarun Nagar, Guwahati-7.	9435107827
5	Dr. Jolly Baruah Member	Associate Professor / Pandu College	Chenikuthi, Guwahati	9864058137
6	Smt. Leeta Hazarika Member	Practicing Psychologist / Guest Lecturer Gauhati University	Bamunimaidan, Guwahati	9954711343
7	Shri Pabindra (Opu) Dutta Chowdhury Member	Business	Sangpu House, Opp. Raj Bhawan, Uzan Bazar, Sat Pukhuri, M.G. Road, Guwahati-781001	9864054745 9954083383

EXECUTIVE COMMITTEE MEETINGS

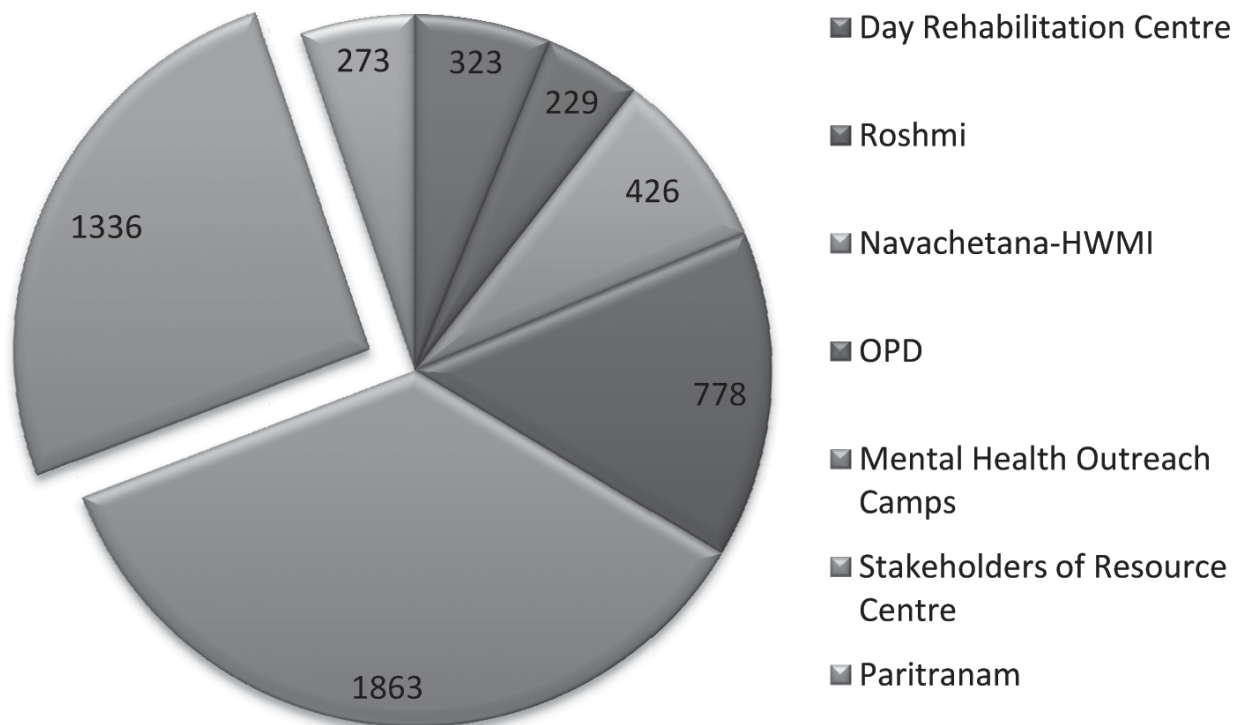
Sl.No.	Meetings Held on	Members present
1	05/06/2012	6
2	01/09/2012	6
3	17/11/2012	5
4	23/02/2013	7

Major Grants received during the year 2012-13

Sl. No.	Agency	Purpose	Amount (₹)
1	Ministry of Youth Affairs and Sports	Promotion of sports among the disabled in the year 2010-11	3,14,496/-
2	Social Welfare Department, Government of Assam	Towards setting up of a Rehabilitation home for homeless men with mental illness at Bamunigaon, Boko – Construction and recurring expenses for 1 year	100,00,000/-
3	Navajbai Ratan Tata Trust	For the project 'Navachetana' (from August, 2009)	66,00,000/-
4	Give India, Mumbai	Towards Rehabilitation expenses at Day Care Centre, General expenses, Corpus Fund, Food & Medicine Expenses of Navachetana residents and Ashadeep Shop	7,63,460/-
5	Sitaram Jindal Foundation, New Delhi	Towards General Fund	25,000/-
6	Jamnalal Bajaj Foundation, Mumbai	Towards General Fund	3,50,000/-
7	PRERANA – Officers Wives Association, Guwahati	Towards meeting the commutation needs of Day Rehabilitation Centre students	1,00,000/-

Overall Progress and Results Achieved in 2012-2013

Sl. No.	Project / Activity	No. of Beneficiaries in 2012-13	Progressive Total up to 31 st March, 2013	Supported by
1	Day Rehabilitation Centre, Guwahati	167	323	Ministry of Social Justice & Empowerment, Government of India, New Delhi
2	Roshmi Half-way-home, Guwahati	51	229	Ministry of Social Justice & Empowerment, Government of India, New Delhi
3	Navachetana – Rehabilitation of Homeless women with mental illness, Guwahati & Boko			Navajbai Ratan Tata Trust, Mumbai
	Total admissions	54	426	
	Residents re-integrated with families	40	369	
4	Free Psychiatric Outdoor Clinic (OPD), Guwahati			Navajbai Ratan Tata Trust, Mumbai
	Number of new patients	110	778	
	Total examinations	750	3586	
5	Mental Health Outreach Camps (Upto July 2012)			Navajbai Ratan Tata Trust, Mumbai
	Number of camps conducted	7	131	
	Number of new patients	34	1863	
	Total examinations	239	6822	
6	Resource Centre			Various sources
	Number of Training Programmes	7	53	
	Number of Trainees	224	1336	
7	Paritrnam (995-447-1111) – helpline	106	273	Hans Foundation, New Delhi up to October 2012
	Number of calls received			
8	Rehabilitation of homeless Men with mental illness	Under construction		
9	Community Mental Health Programme	1. Mayong block in Morigaon district 2. Sipajhar block in Darrang district		Navajbai Ratan Tata Trust



Direct Interventions provided to 5228 individuals till date.

The above chart depicts the proportionate break-up of the number of people whose mental health intervention needs have been met by the different service provisions of Ashadeep.

Programme and Activity Information

DAY REHABILITATION CENTRE for the Mentally Challenged, Guwahati (Established 1996)

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

For individuals with intellectual disability and associated disorders the activities undertaken are as follows:

1. Conventional and Special Education, Living & Social skills training, Sports and Adventure sports, Pre-vocational & Vocational training.
2. Sheltered Workshop to facilitate income generation.
3. Counselling & Training of Family Care Givers.

Services provided to persons recovering from mental illnesses are as follows:

1. Re-instilling social skills including interpersonal and communication skills.
2. Counselling – individual /group and family members.
3. Vocational training.
4. Income generation activities at the Sheltered Workshop.

Members of Ashadeep's Day Rehabilitation Centre participated in various special events organized by Social Welfare Department, Government of Assam, other NGOs - 'Karuna Dhara' and 'Matri', international drawing competition of 'the Delegation of the European Union to India', and the Annual IIT-Guwahati festival under their social initiative called 'Udaan'.

Sports continues to be one of the focus areas for physical and mental development of the intellectually disabled children of Ashadeep. During the year 2012 -2013, Ashadeep students participated in various events organized by the Special Olympics (Bharat).

Highlights in Sports and Games during the year –

- ❖ 10 students represented Assam in the National Games of Special Olympics Bharat held at Bhopal in December, 2012 and two of them viz. Anudhriti Saikia and Pinky Baruah won Silver Medals.
- ❖ 53 students participated in the State games of Special Olympics Bharat, Assam held at Guwahati in March, 2013 and won 7 Gold, 10 Silver and 6 Bronze Medals.
- ❖ **A team of six students from Ashadeep have been selected to represent India in the 2013 Asia Pacific Regional Games to be held at New Castle, Australia in the month of November.**
- ❖ Ashadeep organized a Unified sports event in collaboration with St. Stephen's School in the month of March, 2013.
- ❖ **Seven Students of Ashadeep received State Sports scholarship in the year 2012-2013.**

Sheltered Workshop

One of the very positive outcomes of Ashadeep's rehabilitation process has been income generation amongst beneficiary groups through the concept of '**Sheltered workshop**'. This unit has varied range of vocational activities for developing the skills of Ashadeep's beneficiary groups in its various facilities. Depending on the interest and skills, the beneficiaries participate in activities like Weaving and preparing

products out of Jute, Cloth, Paper and Wool. Some special articles produced here are (a) beautiful carpets and door mats made from old clothes, (b) bags and envelopes made from old calendars, news papers, wedding cards and waste paper, (c) hand fans made from incense stick packets, etc. The other items produced here are handkerchiefs, pot-holders, napkins, dress materials, file covers, etc. and crochet products such as mobile covers, door mats and baby blankets.

The individuals engaged in the production of goods and services through the Sheltered Workshop receive monetary incentives. Thus for many of those who had joined for therapeutic needs, the Rehabilitation centre has become a workplace for livelihood generation.

ROSHMI : Half Way home for Women with Mental Illnesses (*Established 2004*)

Roshmi Half Way Home, a therapeutic community, aimed at psycho-social rehabilitation of women with major mental illness in residential settings, was established in 2004 at Guwahati.

It's main focus is on training and reinstating in such women the skills required for leading an independent life. The activities at ROSHMI are designed in a way which enables the women to maintain an adequate level of functioning after going back to their families. Vocational and recreational activities are part of the therapies applied for the residents.

Although the Half Way Home was partially supported by the Ministry of Social Justice & Empowerment, Government of India, the grants from the Ministry have not been disbursed to us for the past three years. The obvious difficulty in maintaining this facility in the absence of financial support is bringing in an element of uncertainty in continuing with this project.

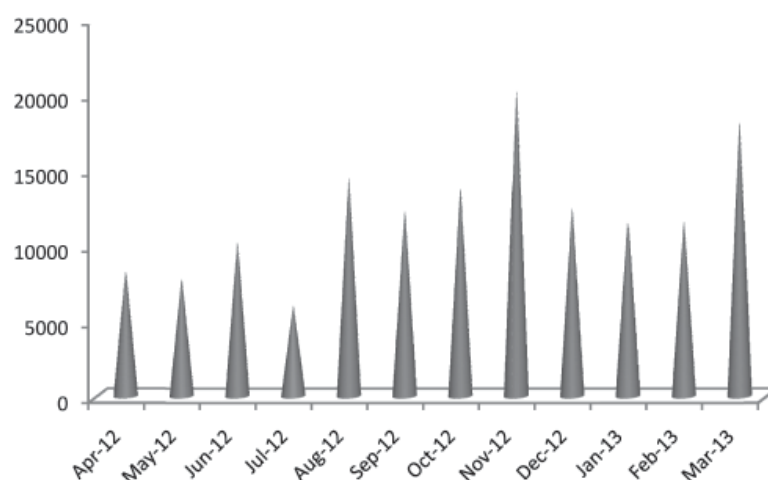
ABILITY – THE ASHADEEP SHOP

This shop is the sale outlet for various articles produced in the Sheltered Workshop of Ashadeep, which include block printed mekhela chadar sets, sarees, seminar file covers, jute handicraft items, handloom dress material and decorative candles. Thus, this unit of Ashadeep is an amalgamation of all such livelihood generating activities for individuals recovering from various mental disorders.

We are ever grateful to Sri Ananta Senapati an NRI living in the USA, whose financial support for two years through 'Give India' foundation has made it possible for us to set up this unique shop.

Sale figures and its graphical representation during April 2012 to March 2013 are as follows :

Month	Sale in Rupees
Apr-12	8,190
May-12	7,715
Jun-12	10,130
Jul-12	5,935
Aug-12	14,405
Sep-12	12,220
Oct-12	13,714
Nov-12	20,145
Dec-12	12,410
Jan-13	11,430
Feb-13	11,500
Mar-13	18,070
TOTAL	1,45,864



Total beneficiaries who received incentives for their contribution in producing the finished articles are 83 (Female = 78, Male = 5). Out of the 83, 72 are homeless women rescued from streets and 11 are persons coming from families to the Day Rehabilitation Centre.



Conventional Education for the children at Ashadeep's Day Rehab Centre



Jute braiding at Navachetana Rehab Centre



Recreational activities at Ashadeep Day Rehab Centre



Orientation Programme on Community Mental health programme for doctors & Medical officers in Morigaon



Participants at the Workshop on 'Developing tools for Awareness Generation on Mental health'



Vocational Activity at the sheltered Workshop of Navachetana



Rehabilitation Home for Homeless Men with Mental Illness at Boko



Rehabilitation Home for homeless women with mental illness in Boko



Residents undertaking vocational activities at Navachetana Rehab Centre



Street Play for Awareness Generation on Mental Health by Interns from Assam Don Bosco University



Students of Ashadeep Day Rehab participating in Shot Put under Special Olympics Bharat



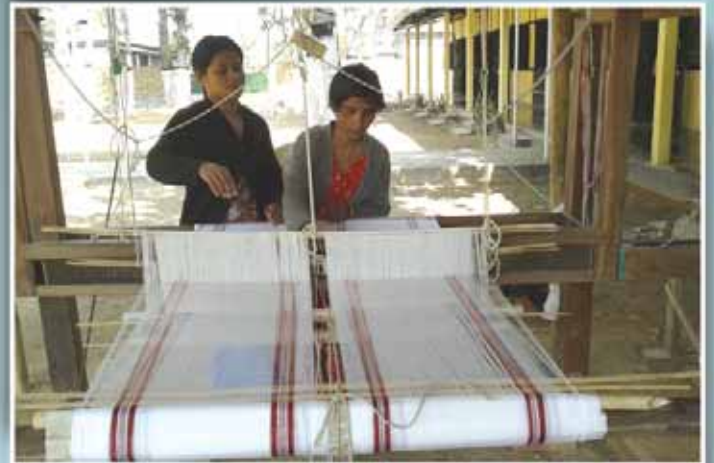
Students of Ashadeep performing chorus at the European Union Event in Vivekananda Kendra



Students of Holy Child School performing dance recitals with students at Day Rehab Centre



Tutumoni with the women folk during reintgration with her family at Darrang District



Vocational Training at Navachetana Rehab Centre



Weaving activities at Navachetana Rehab centre



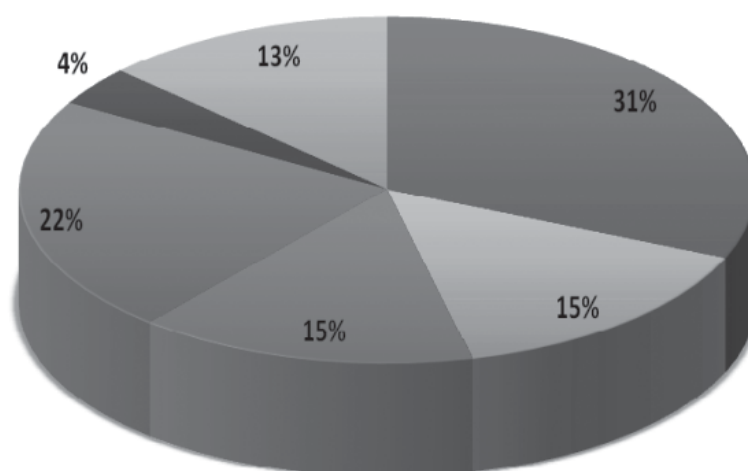
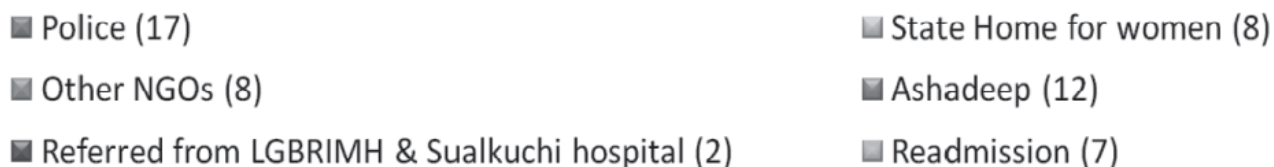
Winner of caption writing competition held at Handique College on the occassion of World Mental Health

NAVACHETANA - Rehabilitation of 'Homeless Women with Mental Illness'

Homelessness amongst persons with mental illness is a common sight in developing societies like ours where psychiatrist/population ratio is one for every million (source: Ministry of Health & Family Affairs) and poverty looms large over majority of the overall population. Vulnerability within this populace is two-fold in case of homeless women with mental illness whose number has been increasing. In 2005, Ashadeep initiated project 'Navachetana' for rehabilitation of such homeless women with mental illness. The prime objective of this project - 'Navachetana' is to provide care, treatment and rehabilitation measures to these women and to eventually re-integrate them with their families. Psychiatric, and other medical treatment as may be necessary for admitted women and care; Psychological and other social rehabilitation services are provided at the 'Navachetana' residential facilities by a team of qualified personnel including psychiatrists, psychologists, counselors, social workers, and trained health care staff. This project is currently in its third phase of funding (Phase I: 2006-2009, Phase II: 2009-2012, Phase III: 2012-2015) by Sir Ratan Tata Trust and Navajbai Ratan Tata Trust, Mumbai. This process was being undertaken through the three Homes - Navachetana (Transit Care) - 20 beds, Navachetana (Rehab) - 20 beds and Roshmi (Half way home) - 10 beds.¹

54 women were admitted during 2012-13, the cumulative figure from inception being 426 up to March 2013. Over 80% of the rescued women have been re-integrated with their families. Further, it has been possible to maintain follow-up care for over 60% of the ex-residents of Navachetana.

The most prominent impact of the project 'Navachetana' is that denizens of Guwahati no longer ignore the mentally ill persons wandering or lying in the streets and come forward to extend a helping hand in rescuing such persons. Proof of such attitudinal change is the fact that out of 54 admissions in the year 2012-13, only 12 women were directly rescued by Ashadeep and 7 women have been re-admitted due to relapses. 35 women were admitted by other agencies such as the police and other NGOs, etc. The following pie chart represents the intervention of different agencies in the admission process :



¹ Since June 2013, the three homes have been consolidated into two viz. Navachetana (Transit Care) - 20 beds, Navachetana (Rehab) - 30 beds.

Certain sights linger in our memories long after they have been witnessed. For many of us in Assam it was the graphic visual of that of a woman breast feeding a puppy which was unmindfully and repeatedly being telecasted on our TV screens. The woman on the screen seemed to be unperturbed by the swarm of people gathered around her. It was being reported that she had recently given birth to a girl child who was taken away by local people of the area where she had been wandering for many a months. A few days after this incident was captured by the media and the ensuing hue and cry on talk shows had subsided the woman was brought to Ashadeep by the Police (of Rowta Police Station).

At the time of admission she was displaying symptoms like self muttering, self smiling, uncooperative, and hallucinatory behavior. After she was brought to Navachetana, she was given the anti-rabies injection and attended by a Gynecologist as she was having post delivery related issues. She was diagnosed as having Schizophrenia by the Psychiatrist. Soon thereafter her treatment begun and she was provided with psychosocial inputs. She was called as Tutumoni by fellow residents and staff members.

After recovering substantially and spending nearly about 18 months at Ashadeep, Tutumoni started recollecting names of few of the landmarks near her residence. Her home was traced to an interior village in Udalguri District (BTAD). On reaching her village it was found that that her mother had passed away a couple of months ago and she was survived by two elder brothers and a sister-in-law. She developed symptoms of mental illness when she was around 16 years old. She was under treatment and medication under the consultation of the LGBRIMH at Tezpur. During this period she eloped with a man from her village who had approached her family for her hand in marriage. Post marriage she discontinued her medication which led to a relapse of the illness. Few months later her brother found her sitting near the Tangla Market where he learnt that she was pregnant and has been wandering there on the streets. He brought her to home where she gave birth to a healthy boy child. Her husband contacted her family and took her back to his home along with the boy child. Her situation deteriorated in the absence of any treatment and few weeks later she wandered away from home and started living on the streets. It had been 8 years of wandering in the streets before she found her way to Navachetana and was able to regain her former healthy self. Presently she is leading a normal life with her brothers and continues to receive treatment at Ashadeep's OPD every month.

FREE PSYCHIATRIC OUT DOOR FACILITY

Due to the very limited psychiatric care facilities available at Government Institutions where the patient load tends to be very high, the caregivers of persons with mental illness who belong to the marginalized groups face immense problems. Providing access to mental health care for marginalized population has been the prime objective of the Free Outdoor Service (OPD) located at Ulubari, near the Guwahati Railway Station. Along with serving the needs of lower economic groups and mentally ill inmates of different shelter homes, this provision has become the focal point of continuing treatment of Navachetana residents who have been re-united with their families, and also individuals from discontinued Outreach locations.

During 2012-13, 110 new patients registered in the OPD and 640 old patients came for review.

OUTREACH PROGRAMMES

While intervening with homeless women with mental illness and reintegrating them to their families it was found out that a majority of them hailed from rural areas. Also, a lot of individuals who attended the OPD came from far flung rural areas. Taking stock of such a scenario, Ashadeep initiated outreach

mental health camps in 2006 for individuals residing in rural areas who did not have access to psychiatric interventions. A unique element of this endeavour was sensitization and training of a local NGO and Government service delivery facilities on mental health interventions and the community at large.

Over 1800 patients in nine locations, mostly in lower Assam have been touched through this programme. The details are tabulated below.

ASHADEEP OUT REACH PROGRAMME – Overall status From October 2006 to July 2012

Sl. No.	Location	Period	In Collaboration with	No. of Camps	No. Patients	Male	Female	Total Attendance
1	Sipajhar, District Darrang	Oct'06 to Jan'08	SATRA	14	288	146	142	1023
2	Bijoynagar, District Darrang	Nov'06 to May'07	Local Public	6	133	73	60	211
3	Rowmari, District Chirang	July'07 to Aug'09	the ant	19	290	145	145	876
4	Mangaldoi, District Darrang	Mar'08 to July'09	Namaskaram	14	167	94	73	799
5	Kokrajhar, District Kokrajhar	Mar'09 to Jan'11	NERSWN	20	423	237	186	1567
6	Kumarikata, District Baksa	Oct'09 to Nov'11	Bosco Reach Out	21	273	152	121	1254
7	Chandrapur, District Kamrup(M)	Oct'10 to Mar'12	Panikhaity MPHC	16	21	9	12	83
8	Abhayapuri, District Bongaigaon	Mar'11 to June'12	Abhayapuri CHC	15	246	156	90	954
9	Lumding, District Nagaon	Feb'12 to July'12	Ghorua	6	22	12	10	55
	TOTAL			131	1863	1024	839	6822

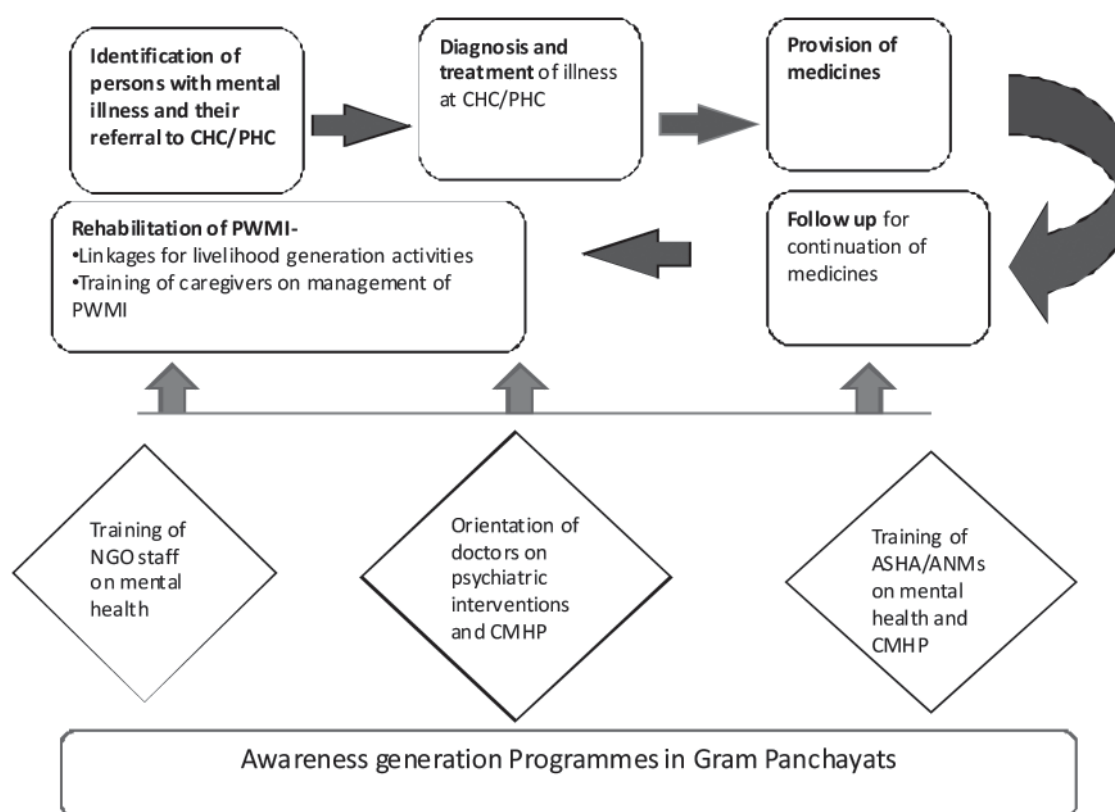
The camp approach of Ashadeep's Outreach intervention had been fruitful in the sensitization and creation of access to mental health camp. However **to achieve a more sustainable and holistic outcome in a given area, 'Community Mental Health Programme' was conceptualized in place of the outreach camp model. As per this programme, persons with major mental illnesses shall be identified and taken care of through the existing primary health care system of the government. Through collaborative efforts in partnership with a local NGO and the Government Primary health services, a sustainable outcome will be strived for. This 'Community Mental Health Program'(CMHP) has been initiated for a period of three years as a Pilot Project with support from Sir Ratan Tata Trust and Navajbai Ratan Tata Trust under Mental Health Initiative.**

The basic aim of this project is to empower the community by integrating mental health services with the general community health care system and social care services, and provide socio-economic empowerment to persons with mental illness and their families.

The objectives of this programme are -

- To increase Mental Health services in partnership with Government and Non-Government Institutions, Mental Health professionals, Caregivers and persons with mental illness.
- To increase Human Resource in Mental Health service delivery at Primary Health Care level.
- To increase awareness on Mental Health and reduce Stigma related to Mental Illness.
- To improve ability of persons with Mental Illness to function in family, at work and society at large.

Flow chart showing the process of CMHP



Status of CMHP as on March 2013 –

Block	District	Partner NGO	No. of Gram Panchayats	No. of programme staff at the NGO	Target Population
Mayong	Morigaon – covered under District Mental Health Programme (DMHP)	Morigaon Mahila Mehfil	6	6	65,000
Sipajhar	Darrang (Non DMHP)	SATRA	10	11	1,50,000

PARITRANAM – TELE COUNSELING HELP LINE (995-447-1111)

Emotional and psychological trauma is the result of extraordinarily stressful events that shatter a person's sense of security, making the person feel helpless and vulnerable. Traumatic experiences often involve a threat to life or safety leading to mental imbalance and sometimes suicidal attempts. At such a point of time, counselling (either on a phone line or face to face) can help in easing the levels of stress and prevent unwanted situations.

“*PARITRANAM*” helpline provides free and confidential emotional support for the depressed and suicidal. The help-line addresses needs of all age groups and all kinds of people with mental health issues and is attended by trained counselors.

During 2012-13, 106 calls were attended to through the HelpLine. Some of the callers have become regulars, availing this service to cope with their emotional distresses during various life events.

RESOURCE CENTRE

Since its very inception Ashadeep had been actively involved in activities pertaining to networking with other civil society bodies and training and capacity building of various stakeholders. In 2009, such endeavours were brought together under the banner of the ‘Resource Centre’. It has been a sanctum of various discourses on Mental Health for students from different Schools, Colleges, Universities and

other Professional Institutes such as Tata Institute of Social Sciences (Guwahati), Indian Institute of Technology (Guwahati) etc.

A major project carried out by the Resource Centre in the year 2012-13 was **“Awareness Generation on Mental Health through a Process of Developing Communication Products among College and University students”** with support from Sir Ratan Tata Trust, Mumbai. The basic idea of involving the youth was the fact that young people are vulnerable to peer pressure, risk of substance abuse, inability to deal with negative self esteem, burden of expectations such as academic achievement, etc. Several mental illnesses also start early in adolescence. Hence, it is essential that of all the age groups, young people are most made aware of issues of mental health. Mass awareness and education on mental health especially of young people could be an effective strategy to improve community mental health. This would be more effective, if communication products/medium such as short films, still photographs, posters and audio clips are used for the awareness campaign, which are prepared by young people themselves with their perception of Mental Health Issues.

The entire programme started with the conduction of symposia at 14 premier colleges and universities in Guwahati, Dibrugarh, Jorhat and Tezpur with around 750 participants, and culminated in a seven day workshop involving selected students. A total of seventy three entries in photography, film-making, poster, and audio clipping were received of which ten in each category were selected for the workshop.

The details of participation of the students from various colleges in the symposia is shown in the following Table :

Sl. No.	Institution	Date	No. of Participants		
			Male	Female	Total
1	Dibrugarh University	25/04/2012	28	77	105
2	Cotton College, Guwahati	02/05/2012	02	14	16
3	B.Barooah College, Guwahati	03/05/2012	59	86	145
4	Gauhati University, Guwahati	04/05/2012	04	19	23
5	Handique Girls' College, Guwahati	07/05/2012	-	95	95
6	Central IT College, Guwahati	08/05/2012	5	11	16
7	Regional Government Film and Television Institute, Guwahati	08/05/2012	25	01	26
8	NEF College, Guwahati	08/05/2012	20	41	61
9	Tezpur University, Sonitpur	09/05/2012	22	25	47
10	Jagannath Barooah College, Jorhat	10/05/2012	29	33	62
11	Devi Charan Barooah Girls' College, Jorhat	10/05/2012	-	54	54
12	Home Science College, Assam Agricultural University, Jorhat	11/05/2012	15	31	46
13	Computer Education Centre, Guwahati	14/05/2012	8	5	12
14	Government College of Art and Craft	18/06/2012	16	20	36
TOTAL			233	512	745

Details of entries received from 18 colleges in different categories :

SL. No.	CATEGORIES	ENTRIES
1	POSTER	12
2	STILL PHOTOGRAPH	11
3	AUDIO CLIPPING	23
4	FILM	27
TOTAL		73

Out of these 73 entries, 10 best entries in each category were selected and the students who made the selected products were invited for residential workshop at Guwahati.

A seven day residential workshop titled “Developing Communication Tools for Awareness Generation on Mental Health” was successfully completed by a heterogeneous team consisting of experts from various creative fields such as filmmaking, photography, etc, and 31 selected students.

The programme was unique as it was for the first time youth of our state were dealing with the sensitive issue of mental health. It was a sensitive yet creative venture involving the user group in creating awareness generation products through modes like photography, film making, audio clipping and poster making.

DRAWING COMPETITION IN COLLABORATION WITH THE DELEGATION OF EUROPEAN UNION

Though the focus of Ashadeep’s work has always been on mental health, we had to make an exception on a request from the Delegation of European Union, New Delhi to conduct a drawing competition on the occasion of World Environment Day. The competitions were held amongst budding artists as young as 8-10 years in over 20 different schools and other organizations including Maharishi Vidya Mandir, Srimanta Sankar Academy, Faculty School, Maria’s Public School, St Stephen’s School, Assam Jatiya Vidyalaya, South Point School, Nichol’s School, Government B.D.S Deaf and Dumb School, Rang Tulika, Snehalaya, Guwahati Artists’ Guild, Akritee Art School, Guwahati Kala Vidyalaya, Nilachal Jatiya Bidyalaya, Vidya Mandir, Children’s Drawing and Painting School and Ashadeep Day Rehabilitation Centre.

The prize distribution ceremony for this was held at Vivekananda Kendra Auditorium, presided over by **Mr. Pavel Svtil, Deputy Head of Delegation of the Delegation of the European Union to India.**

PARTNERSHIP WITH GOVERNMENT OF ASSAM

To reinforce the element of sustainability in mental health care and bring about systemic positive change Ashadeep has been continuously advocating with various policy making bodies especially at the Government level. Advocacy with Assam Government led to the formation of a Consultative Committee through a Government Notification to develop services and policies for meaningful rehabilitation of persons with mental illness in the state of Assam. Headed by the Commissioner Social Welfare, this group included representatives from all relevant stake-holders both from the Government and Civil society.

Such advocacy resulted in Assam Government prioritizing Mental Health within the ambit of health care, and developing a PPP model with Ashadeep for establishing interventions for **Rehabilitation of Homeless Men with Mental Illness**. As a part of this endeavour a grant of ₹ 1 crore was given to Ashadeep for constructing and furnishing a 40-bedded **Home for ‘Rehabilitation of Homeless Men with Mental Illness’** and also to meet the recurring expenses required for a period of 1 year. This facility is nestled within the verdant serene ambience at **P.L. Home Campus, Bamunigaon**, which is approximately 60kms away from Guwahati city. Construction has been completed and the facility was made ready as per schedule, to become operational by August 2013.

The Social Welfare Department, Government of Assam allocated about 27000 sq. ft. land area with 2 dilapidated Assam type houses of about 4000 sq. ft. area to Ashadeep at the same P.L. Home Campus, Bamunigaon, Boko. The idea is to create provision to house 20-30 mentally ill women so that the issue of residential set up in rented accommodation within the city is solved. Accordingly, the old houses have been renovated and the Home has been in operation since November 2012.

FINANCIAL INFORMATION

Abridged Balance Sheet As On 31st March 2013

Particulars	2012-13		2011-12	
Assets	AMOUNT (₹)	%	AMOUNT (₹)	%
Fixed Assets	90012.65	1%	91355.09	3%
Investment	550000.00	5%	300000.00	9%
Deposits and Advances	9500.00	0%	87493.00	3%
Current Assets	11180260.35	95%	3010418.26	86%
Income and Expenditure A/c Balance				
Total	11829773.00	100%	3489266.35	100%
Liabilities				
Corpus/Endowment Funds(s)	657754.43	6%	943843.08	27%
Capital Reserve	353952.27	3%	353952.27	10%
Earmarked Funds	9601695.30	81%	1761285.00	50%
Loans / Borrowings	0.00	0%	0.00	0%
Current liabilities and provisions	1216371.00	10%	430186.00	12%
Total	11829773.00	100%	3489266.35	100%

Abridged Income and Expenditure Account As On 31st March 2013

Particulars	2012-13		2011-12	
Income	AMOUNT (₹)	%	AMOUNT (₹)	%
Self generated funds	854558.00	11%	2080584.00	26%
Indian sources	6432505.87	83%	5553991.55	69%
International sources	480932.10	6%	380122.09	5%
Total	7767995.97	100%	8014697.64	100%
Expenditure				
Programme expenditure	7872340.50	92%	6263914.95	91%
Management expenditure	603901.60	7%	486992.00	7%
Other expenditure	56541.44	1%	164589.14	2%
Total	8532783.54	100%	6915496.09	100%
Surplus/ (Deficit)	(764787.57)		1099201.55	

Abridged Receipts and Payments Account As On 31st March 2013

Particulars	2012-13		2011-12	
Receipts	AMOUNT (₹)	%	AMOUNT (₹)	%
Opening Balance : Cash and Bank	3010418.26	13%	2133424.04	21%
Self generated funds	857044.00	3.75%	1347326.00	13.27%
Indian sources	18701441.09	81.93%	5847057.32	57.57%
International sources	105716.10	0.46%	755338.09	7.44%
Secured loans	0.00	0%	0.00	0.00%
Other receipts	152200.00	0.67%	72869.00	0.72%
Total	22826819.45	100%	10156014.45	100%
Payments				
Programme Expenditure	10692948.50	46.84%	6545572.37	64.45%
Management Expenditure	1653769.60	7.24%	436756.82	4.30%
Other Expenditure	2040.00	0.01%	39622.00	0.39%
Fixed Assets purchased	24301.00	0.11%	92145.00	0.91%
Loan repaid	0.00	0%		0.00%
Investments	250000.00	1.10%		0.00%
Advance to staff	150000.00	0.65%	49500.00	0.49%
Closing Balance : Cash and Bank	10053760.35	44.04%	2992418.26	29.46%
Total	22826819.45	100%	10156014.45	100%

Parthasarathy Choudhury
Chartered Accountant

Bhaskar Barua
President

Mukul Ch. Goswami
Secretary

Place : Shillong
Date : June 5, 2013

Place : Guwahati
Date : 20th June 2013

Staff Strength

Type of Staff	Male	Female	Total
Paid Full Time	3	1	4
Paid Part Time	4	1	5
Paid Contract Staff	12	32	44
Paid Consultant	2	1	3
TOTAL	24	31	56
Unpaid Volunteers	3	9	12

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	12	21	33
5001-10000	4	7	11
10001-25000	4	5	9
25001-50000	1	2	3
>50000			
TOTAL STAFF	21	31	56

The salary and benefits of the NGO Head, the highest paid staff member and the lowest paid staff member in 2012-13

Head of the Organisation : Mukul Chandra, Goswami, Secretary /Director (Programme)	₹ 3,12,000
Highest paid : Dr. Anjana Goswami, Secretary / Director (Programme)	₹ 3,31,200
Lowest paid : Attendants of the Day Rehabilitation Centre	₹ 24,000

Remuneration paid to Executive Committee Members in the year 2012-13:

Sl. No.	NAME & DESIGNATION	AMOUNT (₹)
1	Shri Bhaskar Barua, <i>President</i>	ZERO
2	Shri Mukul Chandra Goswami, <i>Secretary</i>	₹ 3,12,000/-
3	Shri Vijoy Patir, <i>Treasurer</i>	ZERO
4	Shri Ronojoy Sen, <i>Member</i>	ZERO
5	Dr. P.K. Thakuria, <i>Member</i> (From April, 2012 to November, 2012)	₹ 1,28,000/-
6	Dr. Upala Baruah, <i>Member</i>	ZERO
7	Dr. Reeta Sharma, <i>Member</i>	ZERO
8	Dr. Jolly Baruah, <i>Member</i>	ZERO

NOTE:

- Remunerations paid to Shri Mukul Chandra Goswami towards his full time involvement as Director (Programme) and to Dr. P.K. Thakuria towards his consultancy services for the period April 2012 to November 2012.
- In the present Executive Committee formed on 08/12/2012, Shri P.K. Thakuria, Dr. Upala Baruah and Dr. Reeta Sharma were replaced by Smt. Leeta Hazarika and Shri Pabindra (Opu) Dutta Choudhury. None of the new members are paid any remuneration.

Amount Reimbursed to Board Members in the year 2012-13 for the following items:

1	International Travel	nil
2	Domestic Travel for Mukul Chandra Goswami, Secretary	₹ 35,409
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 : Rs. 57,458/-
- 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. The Ministry of Social Justice & Empowerment, Government of India.
2. Department of Social Welfare, Government of Assam
3. Department of Health, Government of Assam
4. Gauhati Medical College & Hospital, Guwahati
5. Sir Ratan Tata Trust, Mumbai.
6. Navajbai Ratan Tata Trust, Mumbai.
7. GiveIndia, Mumbai
8. Sitaram Jindal Foundation, New Delhi
9. Jammalal Bajaj Foundation, Mumbai
10. Hans Foundation, New Delhi
11. Delegation of European Union to India
12. The Banyan, Chennai.
13. The L.G.B. Regional Institute for Mental Health, Tezpur.
14. National Institute for Mentally Handicapped, Secunderabad.
15. SEPPA Gives, Guwahati
16. Morigaon Mahila Mehfil, Morigaon
17. 'SATRA', Sipajhar
18. 'Seneh'. A home for elderly women
19. 'the ant', Bongaigaon
20. North East Research & Social Work Networking, Kokrajhar
21. Gold, Guwahati
22. St. Stephens School, Guwahati.
23. South Asia Voluntary Enterprise (SAVE), United Kingdom.
24. India League, United Kingdom
25. Assam Foundation of North America
26. Special Olympics Bharat (Assam Chapter)
27. Dr. Kamini Arandhara, United Kingdom
28. Mr. Ajit Narayan Deb Kachari, Rehabari, Guwahati.
29. Dr. Pranab Kumar Baruah, Guwahati.
30. Mrs. Jul Sharma and Dr. Jagadish Sharma, United Kingdom.
31. Mrs. Krishna Barua, Rukmini Nagar, Guwahati.
32. Mr. Vishal Solanki, IAS, Guwahati
33. Mr. Ananta Senapati, U.S.A
34. All individual donors who have made contributions towards the organization during the year.
35. Members of the Print & Audio-Visual Media.

We welcome all our donors, well wishers and any individual to visit all our centres and projects. We sincerely treasure your views and suggestions, which will positively help us improve our work and encourage us to carry on regardless of what lies ahead.



*A candid moment at
Ashadeep's Day Rehab Centre*

