



ASHADEEP

# ANNUAL REPORT

2023-24



36, Bilpar, Chabipool,  
Rehabari, 781008,  
Guwahati, Assam, India

# ACCESSIBILITY TO QUALITY MENTAL HEALTH TO ONE AND ALL

## MENTAL HEALTH: NOT A DESTINATION BUT A JOURNEY

Welcome to our Annual Report 2023-24. Be a part of our journey of educating, empowering and elevating the society through dedicated Mental Health support, Inclusive Disability and Rehabilitation services.

***Disclaimer:** The photos in this Annual Report are published with the permission of the respective individuals.*

# CONTENTS

1	Words from the Leaders	----->	<b>1-2</b>
2	Our Board Members	----->	<b>3</b>
3	About ASHADEEP	----->	<b>4</b>
4	Mission, Vision, Goal & Objectives	----->	<b>5</b>
5	Programme Details	----->	<b>6</b>
6	Ashadeep Day Rehabilitation Centre	----->	<b>7-10</b>
7	Ashadeep Rehabilitation Homes for Homeless Persons with Mental illness	----->	<b>11-13</b>
8	Shared Homes: Assam & Nagaland	----->	<b>14-15</b>
9	Community Mental Health Programme: Goalpara & Karbi- Anglong	----->	<b>16-20</b>
10	Outdoor Composite Care Unit	----->	<b>21</b>
11	Resource Centre	----->	<b>22</b>
12	Ability- Ashadeep's Vocational Unit	----->	<b>23-24</b>
13	Our Champions	----->	<b>25-27</b>
14	Words from our Professionals	----->	<b>28-29</b>
15	Photo Gallery	----->	<b>30-33</b>
16	New Initiatives	----->	<b>34</b>
17	Financial Outlook	----->	<b>35-38</b>
18	Our Supporters	----->	<b>39</b>

## FROM OUR SECRETARY'S DESK



After twenty seven years, Ashadeep has a “roof over its head”. Working from our own premises with quality accommodation for our office and therapy units based in Guwahati has made a difference in the overall functioning of the organisation. Over and above the logistic aspects, the sense of pride and belonging to Ashadeep has been strengthened across the whole Ashadeep family.

Our commitment in providing quality service on the issue of mental health in Assam and the other states of the North east region for over a decade has created more visibility for Ashadeep in funding partners and others related to mental health in our country and abroad also. Our community based approach in addressing the wide spectrum of needs in this sector has perhaps enhanced the status of Ashadeep.

The above very positive movement will lead to upscaling the services in terms of quality and also coverage of areas. In this regard, we are trying to limit our geographical footfall to Assam and the NE region as there is still a very long way to reach a reasonable level of mental health service provisions in the region. But this does not stop us from creating models of our work through scientific research and documentation. The obvious complementary movement in this regard is in the area of training and exposure to community based models for professionals and others in this field. We could thus take a call to focus in these two areas in the coming years.

My sincere gratitude to all persons and institutions who have supported us in our endeavour. The Ashadeep members as always were totally involved in all activity. Finally a huge salute to the members of the staff who through their commitment levels and sincerity have received accolades from many.

A handwritten signature in blue ink, appearing to be 'Mukul Chandra Goswami', written in a cursive style.

**MUKUL CHANDRA GOSWAMI**

Secretary, Ashadeep

## MESSAGE FROM OUR DIRECTOR



Ashadeep has continually strived to live up to its vision, and a close review of the past years' activities and achievements reveals significant growth across all its ongoing programs. Today, Ashadeep stands at a pivotal moment, with the future offering both new opportunities and challenges. With over 27 years of expertise in mental health, we are confident in our ability to overcome these challenges and expand our services to new regions within the state.

Ashadeep continues to grow stronger with each step forward. This progress requires immense commitment and hard work from all stakeholders, and I am confident they are more than capable of meeting this challenge. Let us remain hopeful and dedicated, as Ashadeep continues to bring light and empathy to the lives of individuals with mental health disorders and their families, just as it has done so far.

**DR. ANJANA GOSWAMI**

Director, Ashadeep

## OUR BOARD MEMBERS



**SHRI ANJAN BARDOLOYE**  
President



**SHRI MUKUL CHANDRA GOSWAMI**  
Secretary



**SHRI BIJOY PATIR**  
Treasurer



**SHRI BHASKAR BARUA**  
Member



**SMT. MANJUSHRI BARUAH**  
Member



**SHRI RONOJOY SEN**  
Member



**SHRI DIPAK BHAGAWATI**  
Member



**DR. RUBY DAS**  
Member

## About

# ASHADEEP

*27 Years of Transformative journey*

Established in 1996, Ashadeep is a non-profit organization, nestled in the heart of Guwahati, Assam. This organization is dedicated to transforming the lives of individuals grappling with Mental Health Disorders, offering crucial support to their caregivers. Ashadeep's outreach extends to include intellectually challenged individuals, those without shelter struggling with mental illness, underserved communities in the region, and advocacy for mental health issues in Northeast India.

The genesis of Ashadeep can be traced back to its founders, Mr. Mukul Goswami and Dr. Anjana Goswami, who themselves faced the challenges of caring for a family member dealing with Schizophrenia. Through a decade-long journey of caregiving and rehabilitation, they realized that numerous other families were navigating similar struggles. This epiphany inspired them to create Ashadeep, with the primary goal of providing post-clinical rehabilitation for those in need. Starting as a modest initiative that offered daycare and rehabilitation services for individuals with mental disorders, Ashadeep has now grown into a comprehensive institution that offers a wide spectrum of mental health care services.



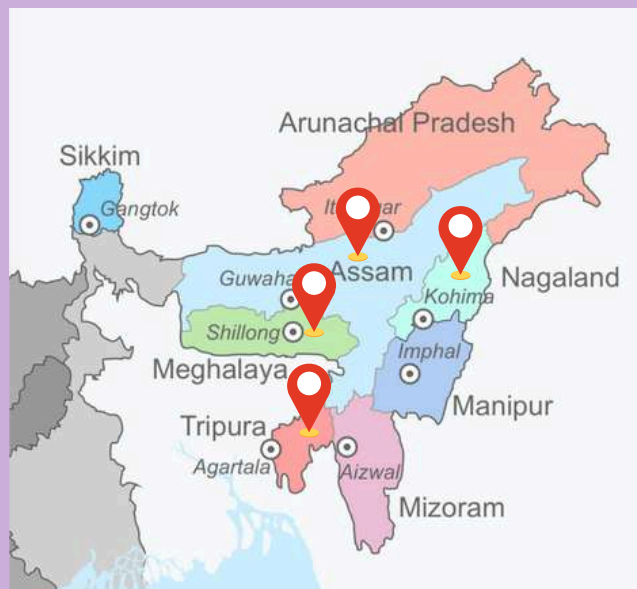
**10000+**

**Service Users**



**17**

**Districts covered**



**5000+**

**Human resource  
created in the field  
of Mental Health**



**3**

**Process Manuals  
Developed**

## VISION

To achieve 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

## GOAL

Access to quality mental health services to one and all irrespective of caste, economic condition, geographical location & create a pool of like-minded stakeholders to support the cause of the organization.

## OBJECTIVES

- Raise awareness about mental health across all strata of society.
- Creating access to interventions across the state of Assam, the North- eastern Region and the whole country.
- Provide a path to dignified life for individuals with mental health disorders on the road to recovery while actively reducing the stigma associated with mental health in communities.
- Empower individuals with intellectual disabilities with associated disorders, both children and adults, with specialized education, training, and psychosocial rehabilitation.
- Address the mental health needs of homeless and marginalized populations in Guwahati and its surrounding areas.
- Offer psycho-education to caregivers, sensitising them on Mental Health and empower them to take care of their wards.
- Collaborate with other organizations and government agencies to fortify mental health services in North East India and to empower them to integrate mental health services into their agendas, thereby expanding the scope of mental health services in the sector.
- Ensure continued support and follow-up for individuals receiving mental health services from Ashadeep.



## PROGRAMME DETAILS



Through its 27 years of providing intervention in the mental health space Ashadeep has designed these following programmes keeping in mind the contextual needs of the individuals along with their families.






Name of the Programme	No. of Beneficiaries in 2023-2024	Progressive total up to 31/03/2024
Ashadeep Day Rehabilitation Centre for Children & Adults with Intellectual Disability along with Associated Disorders and Persons Recovering from Mental Illness- Urban (1996), Rural (2022)	Total Students: <b>143</b> Guwahati- <b>112</b> Dhupdhara- <b>31</b>  New Admissions: <b>36</b>	Total Students: <b>750+</b>
Rehabilitation Home for Homeless Women with Mental Illness- Navachetana (2005)	Total Residents: <b>60</b> Total Admissions: <b>31</b> Reintegrated with Families/Communitites: <b>23</b>	Total Admissions: <b>820</b> Reintegrated with Families/Communities: <b>798</b>
Rehabilitation Home for Homeless Men with Mental Illness- Udayan (2013)	Total Residents: <b>60</b> Total Admissions: <b>37</b> Reintegrated with Families/Communities: <b>27</b>	Total Admissions: <b>331</b> Reintegrated with Families/Communities: <b>298</b>
Community Mental Health Programme (2013-2016: Boko 2020-2024: Rangjuli 2023- 2026: Karbi- Anglong)	Number of cases registered: <b>2081</b> Population Covered: <b>1.94 Lakhs</b> No. of districts: <b>2</b>	Number of cases registered: <b>4991</b> Population covered: <b>4.85 Lakhs</b> No. of districts: <b>3</b>
Shared Home (2017) 5 Homes in Assam 3 Homes in Nagaland	Total Residents: <b>51</b> Assam- <b>32</b> Nagaland- <b>19</b>	Number of Residents: <b>71</b>
Resource Centre (2018)	No. of Nursing Students: <b>176</b> No. of Interns: <b>459</b> No. of Caregivers trained: <b>5</b>	No. of Nursing Students: <b>1000+</b> No. of Interns: <b>5000+</b> No. of Caregivers trained: <b>24</b>
Psychiatric OPD (2006) Modified to Outdoor Composite Care Unit- (2023)	OPD held at Guwahati & Dhupdhara  Total Cases Registered: <b>471</b>	Total Cases Registered: <b>1977</b>
Ability: The Vocational Unit		Total No. of Residents Engaged & Receiving Incentives: <b>169</b>

## DAY REHABILITATION CENTRE & RURAL SPECIAL SCHOOL

**For Children and Adults with Intellectual Disability along with Associated Disorders & Persons Recovering from Mental Illness**

Ashadeep Day Rehabilitation Centre (ADRC), is the flagship programme of Ashadeep initiated in the year 1996 in Guwahati. It provides **Special Education and Rehabilitation Services**, focusing on skill enhancement, and empowerment of individuals with **Intellectual Disabilities** along with **Associated Disorders** such as **Down Syndrome, Autism Spectrum Disorder, Attention Deficit Hyperactivity Disorder, Cerebral Palsy**, and those in the process of recovering from **Mental Illness**. Furthermore, the center offers support to **Caregivers** through counseling, educational initiatives, and the facilitation of **Support Groups**, fostering an inclusive community environment.

Similarly, the **Rural Special School** was set up in 2022, formerly as a part of the Community Mental Health Programme, later becoming an independent entity in the rural set up of Dhupdhara in Goalpara district, providing similar services like ADRC.

 <p><b>750+</b></p> <p>Day Residents are provided with Specialized Intervention</p>	 <p><b>650</b></p> <p>Success Stories</p>	 <p><b>18</b></p> <p>Medal Winners at International Levels</p>
 <p><b>46</b></p> <p>Children with ID are provided with Conventional Academics under NIOS curriculum in 2 years</p>	 <p><b>7</b></p> <p>Individuals/ Adults with ID has been earning livelihood through Vocational activities</p>	



## Holistic Development through Enrichment Programmes



### Highlights of the Year 2023-24 ✨

- Dhruba Jyoti Patowary won Gold in the general category at **World's First Yoga Pro Card Championship (National Pro Am Yogasana Championship, 2023)** held in Roorkee.
- Parishmita Baishya (Athlete Leader) along with her Partner (Youth Leader) Loni Kalita and Mentor Priyanka Goswami represented as Unified pair in the “**Special Olympics Asia Pacific Youth for Inclusion: Expanding Unified Champion Schools Progra**” held in Singapore.
- Arnab Jaan Dutta participated in the **National Youth Summit** under Special Olympics Bharat held in New Delhi with his Mentor Saddam Hussain.
- **12** Students from Rural Special School participated in the **4th State Divyangjan Sports Meet** and won 14 medals including 3 Golds, 4 Silvers & 7 Bronze.
- Day Residents attended a 10 day workshop under the **Director of Cultural Affairs** in collaboaration with **Dibyang Natya Bidyalaya**. They performed a skit named ‘**Raikkhok Hua e Bhal**’ at **Srimanta Shankardev Kalakshetra**.
- **31** day residents participated in various competitions including drawing, Bocce, Softball and Running organized on the occasion of **World Disability Day** by **Lions Club International And Social Welfare Department**

## Collaborating with different Partner Organisations, Professionals to add quality to our services

- **World Mental Health Day, 2023** was observed, featuring presentations by renowned **Psychiatrist Dr. Sushil Agarwalla** and **Counseling Psychologist Ms. Lita Hazarika**.
- A workshop focusing on "**Understanding the Unique Challenges of Individuals with Autism and Their Families**" was organized on **World Autism Day 2024** in collaboration with **West Guwahati College of Education**, with insights shared by **Clinical Psychiatrist Dr. Prajjita Bardoloi** from the **University of Alberta, Canada**.
- **Ms. Divya Sood**, a Certified Child Care Nutritionist, provided valuable information on '**Nutrition for Special Child**' to the caregivers of Ashadeep Day Rehabilitation Centre.
- Unified Events were conducted in collaboration with **World Wildlife Fund (WWF)** and **Pachhunga University College (Mizoram)**.
- Awareness sessions on topics like **Time and Money Concept, Stranger Danger, Good Touch & Bad Touch, Healthy Food, Save the Environment** by the Interns of Ashadeep.



Moments from Workshops conducted on World Mental Health Day 2023 and World Autism Day 2024



Moments from One Day Visit and Awareness Sessions by the Students of Pachhunga University College and The Royal Global University.

## NEW INITIATIVE UNDER ASHADEEP DAY REHABILITATION CENTRE



**Ashadeep**  
A Mental Health Society

**FUN & LEARN**  
**HOME-BASED PROGRAMME**

**A Special Friend for your Special 'Ones' -**

- Activity-based Games during recreational hours
- Socio-Emotional Training
- Psycho-education to the family & Caregivers
- Respite to the caregivers.
- Home-based Sessions (Duration: 90 minutes)

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**Register Here !!!**



*"A Special Child does not come with a guide book.  
It comes with a family who will never give up."*



### FUN & LEARN HOME-BASED PROGRAMME

This Programme was designed as a pilot project to engage children with special needs in enjoyable and educational activities at home with our trained professionals during the evening hours. This initiative not only offers a stimulating environment for the children but also provides much-needed relief for their caregivers.

### Testimonials from a Case Worker & a Caregiver

I am a student currently pursuing my Masters in Psychology and joined the Fun n Learn project as a caseworker. As a caseworker working with an eight-year old autistic child, I gained valuable hands-on experience beyond my theoretical knowledge of developmental disorders. I learned to manage tantrums and challenging behaviors while exploring activities to improve motor skills. This experience deepened my understanding and equipped me with essential practical skills for professional growth. As part of the Fun and Learn project, Ashadeep will also provide me with a valuable recommendation letter, which is especially important for my future endeavors, and I'm thankful for that.

*-Rituparna, Case Worker, Fun & Learn Home-based Programme*

After enrolling my daughter Darshita, who has Intellectual Disability and Autism, in Ashadeep's Fun & Learn Home-based Programme, I've seen remarkable progress in her social skills. Before joining the programme, Darshita would hide whenever guests came to our home, avoiding any interaction. Now, she confidently goes out to greet them, which is a big change for her.

The Case Worker has been a big part of this improvement. They have worked closely with Darshita, using different activities and techniques to help her feel more comfortable around people. Their dedication and personalized approach have made a significant difference in her development.

Seeing Darshita become more social and confident has been heartwarming. The support from Ashadeep and the Case Worker has truly made a positive impact in her life. I am very grateful.

*-Ashadeep's Caregiver*

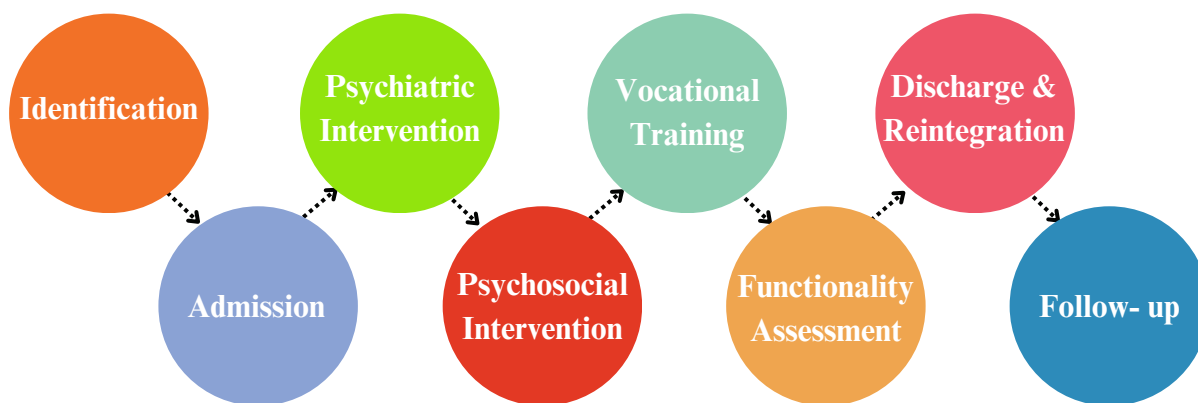
## REHABILITATION HOMES FOR HOMELESS PERSON WITH MENTAL ILLNESS

### Navachetana & Udayan for Homeless Men & Women with Mental Illness

The primary goal of this ‘model of intervention’ is to provide psychiatric care and psychosocial rehabilitation to the **Homeless Men and Women with Mental Illness** wandering in the streets, ultimately aiming to reintegrate them with their families and communities.

Ashadeep established Rehabilitation Home for Homeless Women with Mental Illness (Navachetana) in the year 2005 at Guwahati, starting with 20 women. Later, with support from the Social Welfare Department, Government of Assam, the home was relocated to Bamunigaon (18 kms away from Guwahati). In 2013, a similar facility for men (Udayan) was established beside Navachetana. Remarkably, **95%** of the residents have been successfully reintegrated so far.

#### Rehabilitation Process of the Homeless persons with Mental Illness



### UNIQUENESS OF THE PROGRAMME

#### Diagnosis & Intervention

- **Schizophrenia** and **Bipolar Affective Disorder** are two of the commonly identified issues.
- Each resident under Ashadeep’s care is monitored using **Individual Tracking Sheets**.
- A **Growth Chart** has been developed to track each resident’s functionality.
- Psychological tools and scales such as the **Mental Status Examination (MSE)**, **Brief Psychiatric Rating Scale (BPRS)**, **Indian Disability Evaluation & Assessment Scale (IDEAS)**, **Vineland Social Maturity Scale (VSMS)** are used throughout their intervention to assess their daily changes.



- **Pharmacological & Non- Pharmacological** (including **Training on daily living activities and vocational activities, Counselling, interactive sessions and Yoga**) interventions are provided.
- Psychosocial Rehabilitation through **Cognitive exercises, Group Activity, Vocational Activities** such as household activities, livestock farming, gardening, kitchen assistance, handloom and needlework, preparing them for reintegration with their families and communities.
- **80%** Residents receive incentives as per their performances in completing their daily chores. It leaves a positive impact in the their lives and also in their communities when they get reintegrated.
- Every resident are provided with the necessary credentials.
- Residents actively participate in all the festivals and programs of the centre.

### **Reintegration**

- Ashadeep has successfully reintegrated **95%** of individuals across India, and even neighboring countries like Nepal and Bangladesh so far.
- The Reintegration Team provides **Psycho-education** to sensitize the family & the neighbourhood about Mental Illness and the importance of Medication and Monitoring to prevent relapse.
- Individuals receive one month of medication during reintegration.

### **Follow- up**

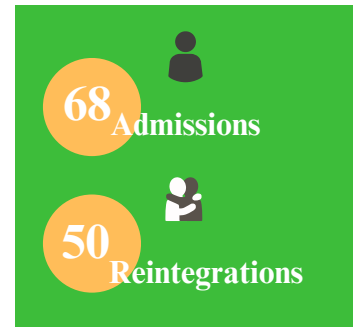
- Ashadeep team conducts follow-ups over the phone and through **Home visits** to the nearby residents. Provisions has been made to attend monthly OPD sessions in Guwahati and Dhupdhara by the reintegrated residents.
- Provision has been made to send medicines through courier to the residents reintegrated in the other parts of the country.



**Capturing Everyday Moments of Our Residents**

## **PROGRAMME OUTCOMES FOR THE YEAR 2023-24**

- **Community Sensitization:** More than **100** communities were sensitized about Mental Health issues by providing Psycho-education and linking them with local organizations to ensure 0% relapse of the reintegrated persons.
- **Human Resource Development:** Trained **477** nursing students from **6** Nursing Institutes and **200** students from Psychology, Social work, and other fields in mental health management. Additionally, a doctor and a PhD scholar from **NIMHANS** visited for research and experience and trainee Magistrates under **Judicial College** came for an exposure visit.
- **Collaborations:** **12** residents from outside the Northeast were reintegrated with the help of **Shraddha Rehabilitation Foundation**. **13** residents availed UDID and AADHAR Cards in collaboration with **DMHP Kamrup** and **Circle Office Chaygaon**. Ration Cards were applied in support of **Food, Civil Supplies and Consumer Affairs Department**.



## **Testimonials from a Local Youth, Police Personnel and a Member of Missionaries of Charity**

I live near the Ashadeep Rehabilitation Home, and growing up, I've seen Ashadeep rescuing and treating homeless individuals with mental illness. Over time, I've become indirectly involved by identifying homeless persons and informing the team about them. Sometimes, I also visit with my brother to meet the residents. Ashadeep's work has made a significant positive impact on the local youth and the entire community. As a young person, I can say that it has fostered a sense of responsibility and compassion among us. *-Raj, a local youth of Bamunigaon*

I was quite anxious about this homeless case, worried about the potential outcomes. My main goal was to ensure this woman found a safe place. Thanks to Ashadeep's incredible support and cooperation, we were able to make it happen. I'm deeply grateful to the team for their kindness and assistance. *-ASI of Amingaon Police Station*

We Missionaries of Charity, Bharalumukh Sisters are very grateful to Ashadeep for the immediate help they give us always. They are open to help us in our needs and their service has always uplifted the poor and the needy and the betterment of the needy. So, we pray and wish that all that you do for the poor will be rewarded by the God who is hidden in the poor. *-Sister Angela, MOC, Bharalumukh*

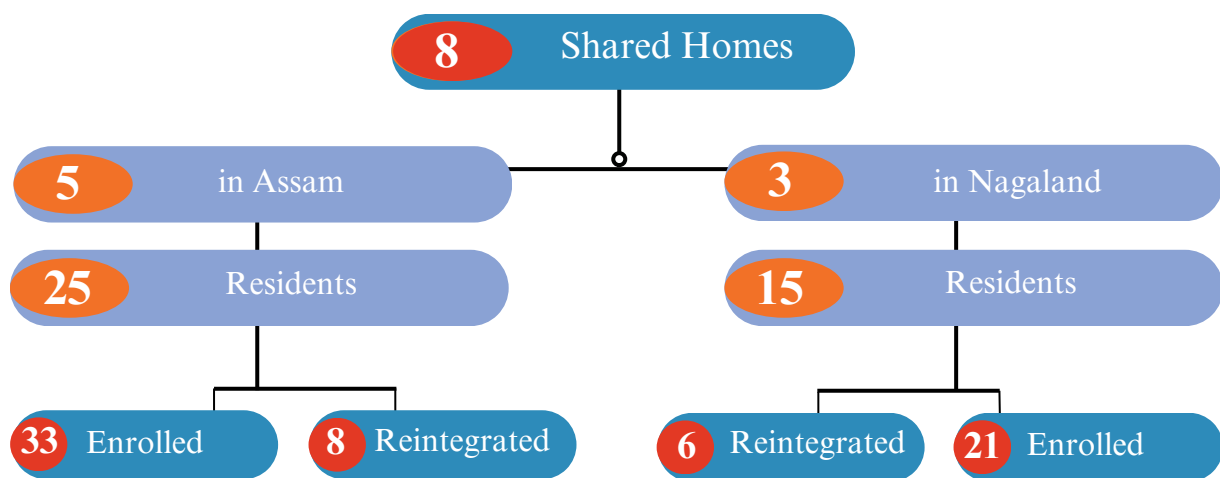


## SHARED HOME

### Assam & Nagaland

In January 2017, Ashadeep initiated the “**Shared House**” program in **Assam**, and expanded it to **Nagaland** in July 2022. This initiative aims to rehabilitate individuals with chronic mental illnesses by integrating them into inclusive community settings. The program supports people from both **institutions** and **open communities**. Each "shared home" accommodates five residents together with a health worker; five for women and three for men; each in rural and urban settings. The residents of the homes are living an independent life, taking their own decisions and employed in different settings.

#### Total Count of Shared Homes and its Residents for the year 2023-24



#### Creating Identities for the Residents of Shared Homes through:

##### Employment & Engaging them in different Vocational Activities

- **8** Residents are working outside the Ashadeep premises in a Tea Packaging Unit, a Bakery and a nearby Shop.
- **28** Residents are engaged in Livestock Farming, Knitting, Gardening, Paper and Bamboo crafting. Household works, Main Kitchen, Canteen and Ashadeep's Soulfood Cafe.

##### Providing them with their Credentials (shown in numbers)

<b>20</b> PAN Card	<b>2</b> Bank Account
<b>36</b> AADHAR Card	<b>10</b> Disability Certificate
<b>2</b> Ration Card	<b>11</b> UDID

Residents enjoying quality time with their Shared Home families through outings and daily activities



**Assessment Tools used for Shared Home Residents**

- ✦ **Community Integration Questionnaire (CIQ)**
- ✦ **Modified Colorado Symptom Index (MCSI)**
- ✦ **Quality of Life (QOL)**
- ✦ **WHO Disability Assessment Schedule (WHODAS)**

**Testimonial of a Shared Home Resident**

“I was admitted to Ashadeep’s Udayan in 2016 and was diagnosed with Schizophrenia. After six months of treatment, I recovered and returned to my family in Tezpur. Unfortunately, they didn’t accept me, so I returned to Ashadeep and moved into their Shared Home in 2017. Now, I live with five others, enjoying their company and sharing responsibilities like a family. I also run a small café on the Ashadeep campus. I am deeply grateful to Ashadeep for all they have done and will continue to do for me.”

*- Shekhar Pran Goswami*

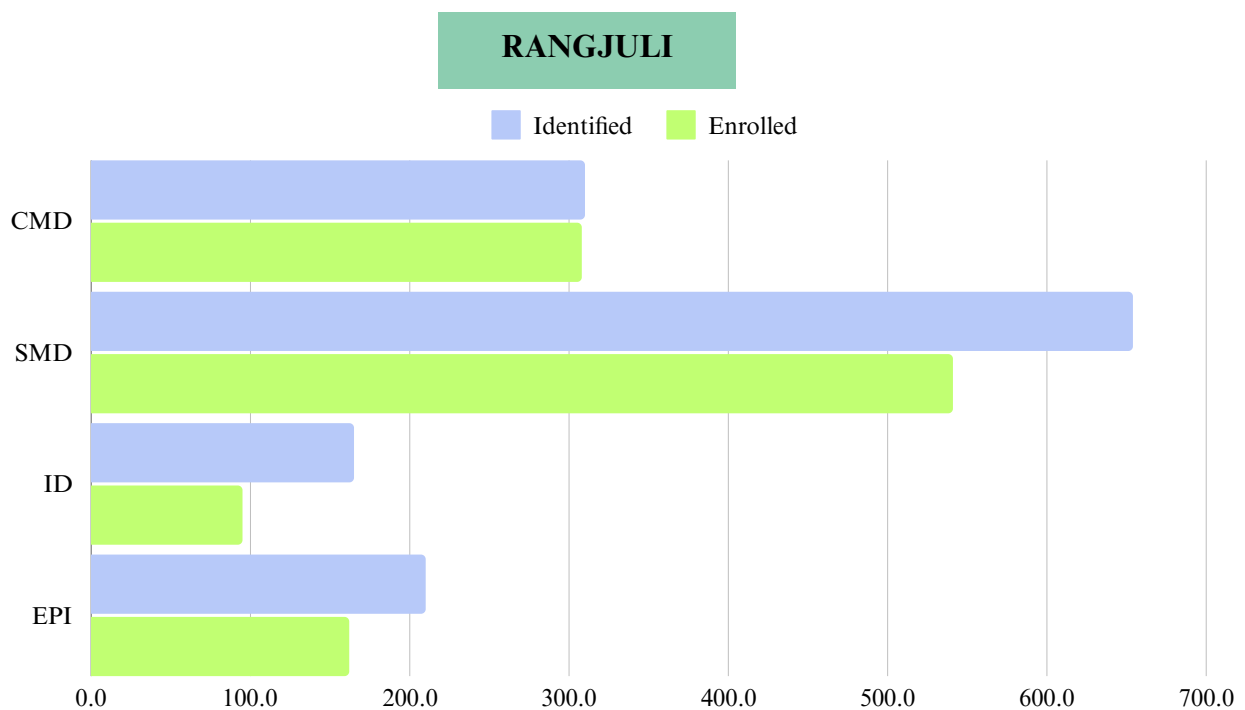
**Impacts**

- Reduction of Social Stigma and developing inclusion through acceptance & participation in community gatherings.
- Encouraging independent living.
- Preparing the residents for livelihood generation through Vocational Skill Development and linking them with different job avenues inside and outside Ashadeep while providing all the necessary credentials.
- All the members from the 8 Shared Homes have developed a sense of autonomy and ownership in the context of decision making and taking responsibilities for their sustenance.

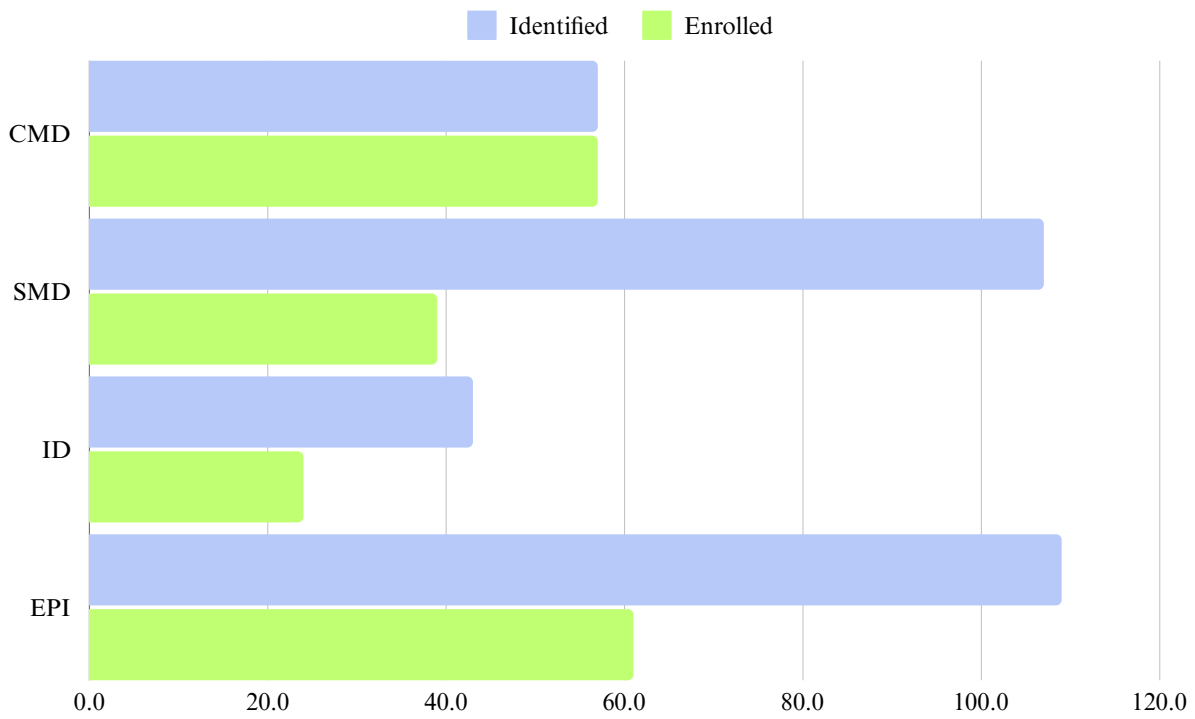
# COMMUNITY MENTAL HEALTH PROGRAMME

## Rangjuli (Goalpara) & Lumbajong (Karbi- Anglong)

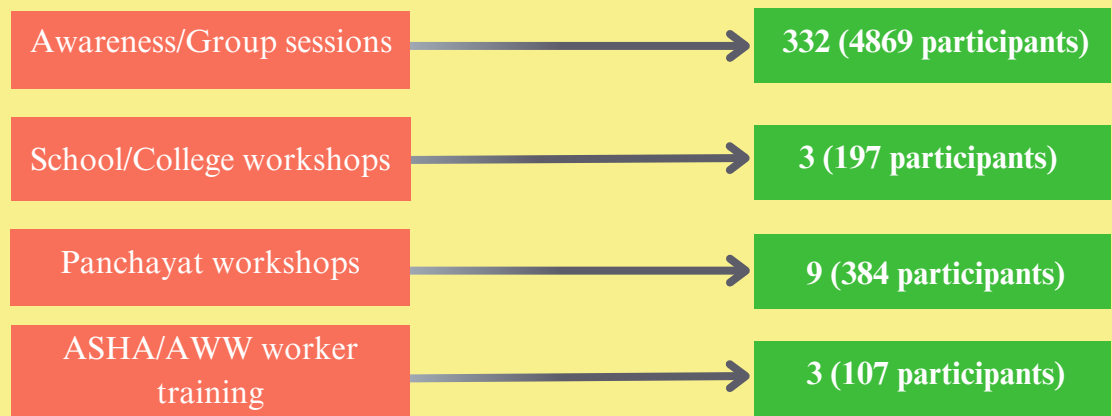
In 2000, Ashadeep launched its community services with Outreach Camps in Khetri and Morigaon. From 2006–2012, Mental Health Camps were held in rural areas across several districts in Assam in collaboration with NGOs, local bodies, and health centers. Based on these experiences, Ashadeep initiated the Community Mental Health Programme (CMHP) in 2013, partnering with public health systems in three blocks across Kamrup, Darrang, and Morigaon districts. The program, now active in **Rangjuli (Goalpara)** and **Lumbajong (Karbi Anglong)**, addresses **Severe Mental Disorders (SMD)**, **Common Mental Disorders (CMD)**, **Convulsive Epilepsy (EPI)**, and **Intellectual Disability (ID)**. Currently, there are **230** villages of Rangjuli and **200** villages of Karbi Anglong that are being impacted by Ashadeep's CMHP. The graphs below depict Identified, Registered, and Intervened cases under the mentioned disorders.



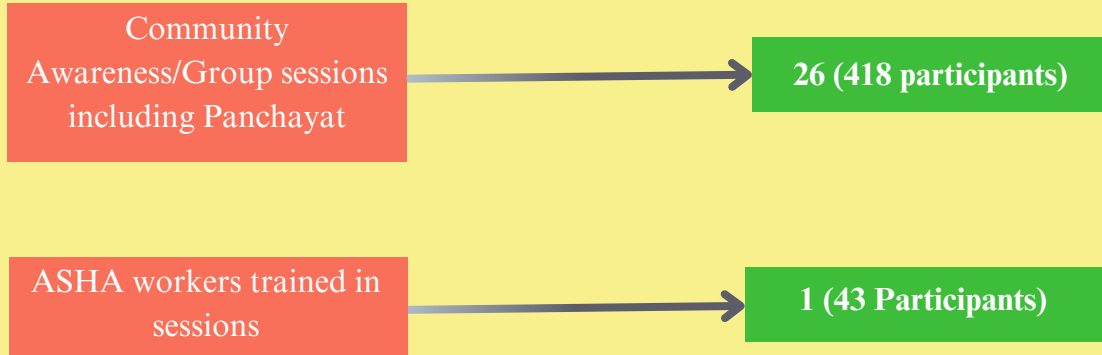
**LUMBAJONG**



**Stakeholder Engagement in Rangjuli**

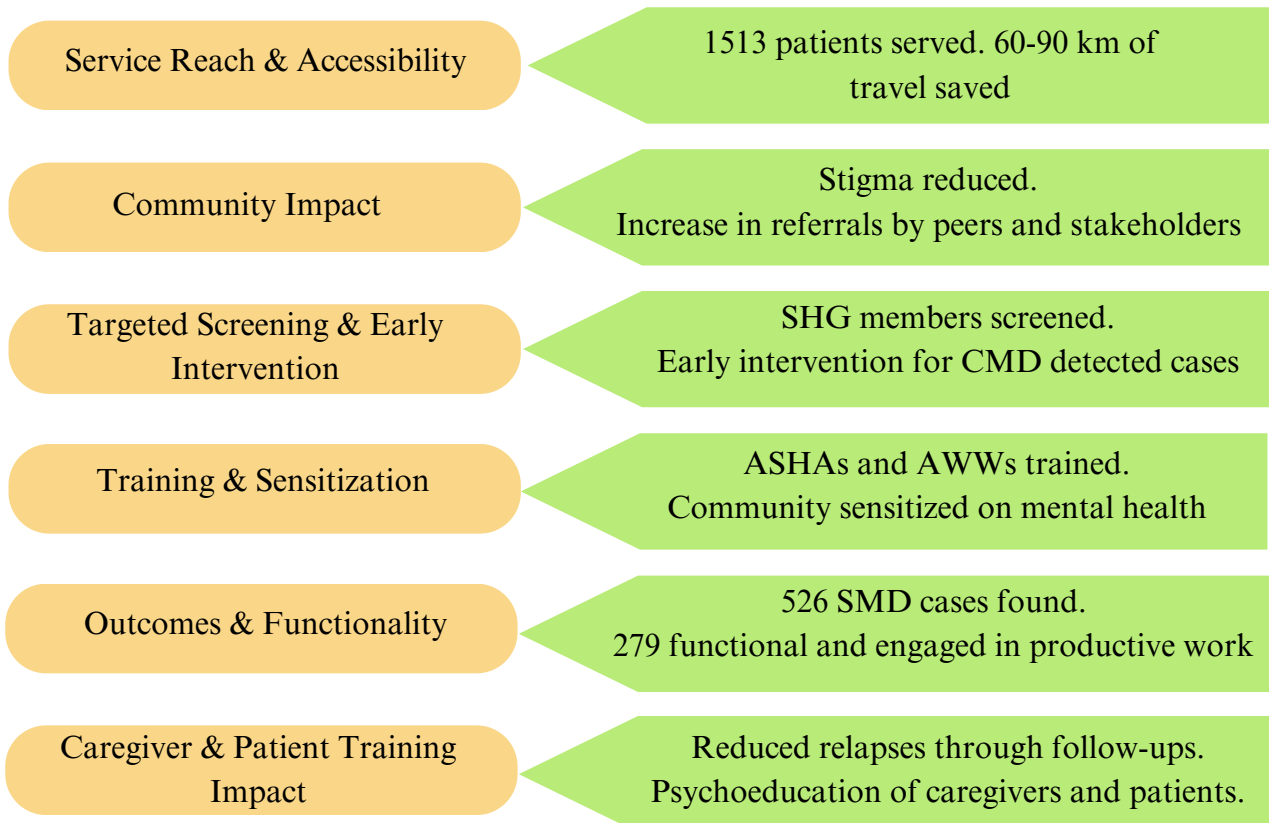


### Stakeholder Engagement in Lumbajong



### OUTCOMES

#### RANGJULI



LUMBAJONG

Achievements

BPHC Manja received 1st position under Swastha Sewa Yojana for CMHP by Ashadeep.

Collaborations

Collaboration with District Mental Health Programme initiated.

Human Resources

4 CHWs recruited in Lumbajong block. 68 ASHA workers trained.

Geographical Reach

255 villages and 2 towns (Manja & Diphu) covered

Home Visits

334 home visits conducted by CHWs

Engagement in Work

527 individuals engaged in professions such as govt employees, farming (livestock, agri, etc.), teaching, driving, or continuing studies



The images highlight community workers conducting home visits, showcasing the extensive reach of our mental health program, even in challenging environments via difficult roads and terrains. Our team delivers essential therapies for individuals with intellectual disabilities (IDD), as seen in a child receiving therapy under the CMHP, emphasizing the comprehensive care provided to improve their lives.

## CHALLENGES

Community Mental Health Workers (CHWs) play a crucial role in delivering care to underserved populations, but they face significant obstacles in their work. These challenges stem from limited patient communication, seasonal barriers, and difficulties in ensuring long-term medication adherence and support as follows:

Communication Gaps: Patients from remote, low-income areas lack phones, making follow-ups difficult and affecting treatment adherence.

Seasonal Barriers: Cultivation seasons delay awareness and screening sessions.

Unrealistic Expectations: Guardians often expect full recovery with medication alone, leading some to discontinue treatment for patients with intellectual disabilities

Caregiver Support: Patients without caregivers struggle with treatment adherence.

Medication Non-Adherence: Many patients stop treatment when feeling better, leading to relapses despite CHW counselling.

Medication Side Effects: Early side effects cause patients to stop medication despite reassurance from CHWs.

## INITIATIVE TOWARDS SUSTAINABILITY

Our collaboration with the government in recruiting doctors has played a critical role in bolstering mental health care at the grassroots level, ensuring that specialized services are accessible to remote and underserved communities. Through ongoing advocacy efforts, we've managed to create a sustainable framework where patients can access psychiatric interventions, along with a full month's supply of medication, for a nominal registration fee of ₹300. This initiative has not only facilitated a steady influx of patients seeking essential mental health treatment but has also promoted the long-term sustainability of our programs by making care both affordable and consistently available. As a result, a significant number of patients have shown marked improvement in their mental health conditions, reinforcing the impact of this initiative in creating healthier, more resilient communities.

### Testimonial from a Female recovered from General Anxiety Disorder

“I learned about Ashadeep from a health worker from our village who recommended me to seek consultation in the Ashadeep OPD in Rangjuli. I used to suffer from leg tremors and insomnia, and was later diagnosed with General Anxiety Disorder. Thanks to the treatment I received here, my symptoms have significantly reduced. Initially the treatment was Although the distance poses a challenge, I never miss my follow-up dates and sometimes I purchase my medications from a nearby pharmacy. There's also another person from our village whose condition has greatly improved after receiving treatment here. Previously, his family had to restrain him with a chain due to his uncontrollable behavior.”

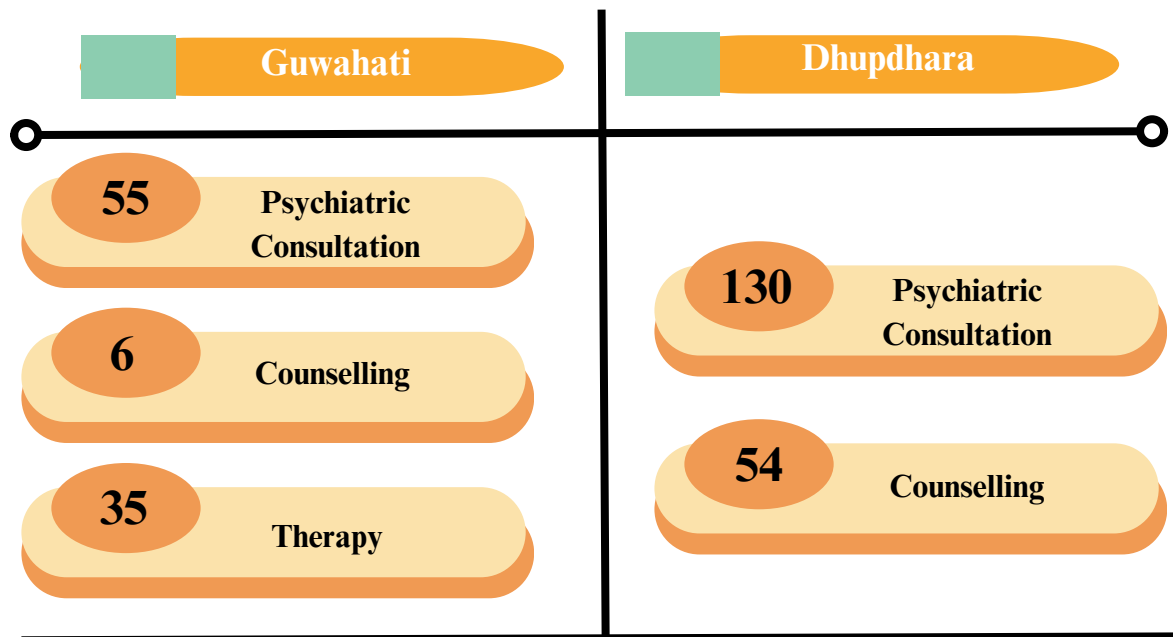
- *Bandana Rabha*

## OUTDOOR COMPOSITE CARE UNIT

The **Outdoor Psychiatric Clinic** was established in 2006 and is held once a week in Guwahati. Here, Psychiatrist and other trained staff members of Ashadeep offer free consultations on mental health, benefitting not only former Navachetana and Udayan residents but also populations living in the city that are socially, economically, and geographically marginalized. Later in 2023, it was modified to **Outdoor Composite Care Unit** with an expansion of services including **Psychiatric OPD, Psychological Counselling (covering the youths of various Educational Institutions)** and three major Therapies such as **Occupational Therapy, Speech Therapy and Physiotherapy for individuals with Intellectual Disability and Associated Disorders**. The service was extended to **Dhupdhara** to ensure the sustainability of psychiatric interventions of the beneficiaries.

OPDs are conducted every **Tuesday** and **Thursday** in **Guwahati** and **thrice a month** in **Dhupdhara**.

### No. of Cases for the year 2023-24



“I came to Ashadeep seeking Therapy for my 6-year-old daughter with Cerebral Palsy. Enrolled in February 2024 in Ashadeep’s Therapy Unit, she has made significant progress, now able to climb stairs independently and showing enthusiasm for school. My understanding of special needs has also grown through the “Two Months Caregivers’ Certificate Course” at Ashadeep. Here, I found a supportive family and positivity, for which I am deeply grateful to Dr. Anjana Goswami.” *-Testimonial from a Caregiver*



Psychiatric OPD in Dhupdhara









Occupational Therapy





## RESOURCE CENTRE

Ashadeep offers internships, traineeships, volunteerships and workshops on Mental Health Interventions for Nursing, Psychology, Social Work and also students from other allied fields. This helps create empathetic leaders and inclusion. Furthermore, short-term courses are provided to healthcare professionals to enhance their skills and caregivers to empower them in management skills. Moreover, it promotes Research and Advocacy in the form of Manuals through practical experiences over the years. The aim is to guide other agencies who are willing to initiate similar operations to provide quality intervention to the most marginalized and vulnerable groups in our society.

 <p><b>1000+</b></p> <p>Nursing students from 12 Nursing Institutions got practical exposures in the field of Mental Health</p>	 <p><b>5000+</b></p> <p>Students from Psychology, Social Work and other backgrounds were transformed into future Mental Health Leaders through hands-on training and orientation</p>	 <p><b>3</b></p> <p>Ashadeep Model Manuals were published on Community Mental Health Programme, Rehabilitation Home for Homeless Persons with Mental illness and Day Rehabilitation Centre</p>
 <p><b>5</b></p> <p>MOUs signed with Moran College, USTM, Bikali College, West Guwahati College of Education Ashadeep &amp; S. B. Deorah College</p>	 <p><b>100+</b></p> <p>Educational Institutions were sensitized on Positive Mental Health</p>	 <p><b>24</b></p> <p>Caregivers of special children completed certificate course developed by Ashadeep</p>

### Key Highlight

Trained **802** nursing students from **12** Nursing Institutions in the last three years to work in a Psychiatric set up and administering Psychological Tools. This initiative will prepare them for effective patient care, reduce stigma, and promote a more inclusive society.



#### Programme Highlights 2023-24

- Working on Stress Management and Mental Well- being of members of Para Military Forces (CISF).
- 5 Caregivers of ADRC completed 'Caregivers Certificate Course'.
- 2 MOUs signed with USTM and West Guwahati College of Education
- 1 Doctor and 1 PhD Scholar from NIMHANS visited Ashadeep for their research requirements.
- 24 Judicial Officers of Assam Judicial Service & Arunachal Judicial Service made an Orientation visit to the Rehabilitation Homes in Bamunigaon.



## ABILITY: VOCATIONAL & LIVELIHOOD

### Turning Efforts into Earnings

#### *Psychosocial Rehabilitation and Income Generation through Vocational and Livelihood Trainings*

“Ability” is the vocational unit of Ashadeep, serves as both a training center and a sales outlet for products made by individuals in Ashadeep. These workshops provide vocational training and skill development opportunities for people with Intellectual Disability along with Associated Disorders as well as persons with Mental Illness, helping them gain independence and improve their quality of life.

Meaningful Engagement of Our Residents & Day-Residents in Vocational Activities led to the following Outcomes



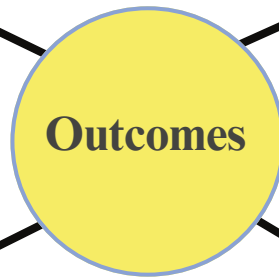
Soul Food Cafe



Happy Petals Nursery



Ability Shop

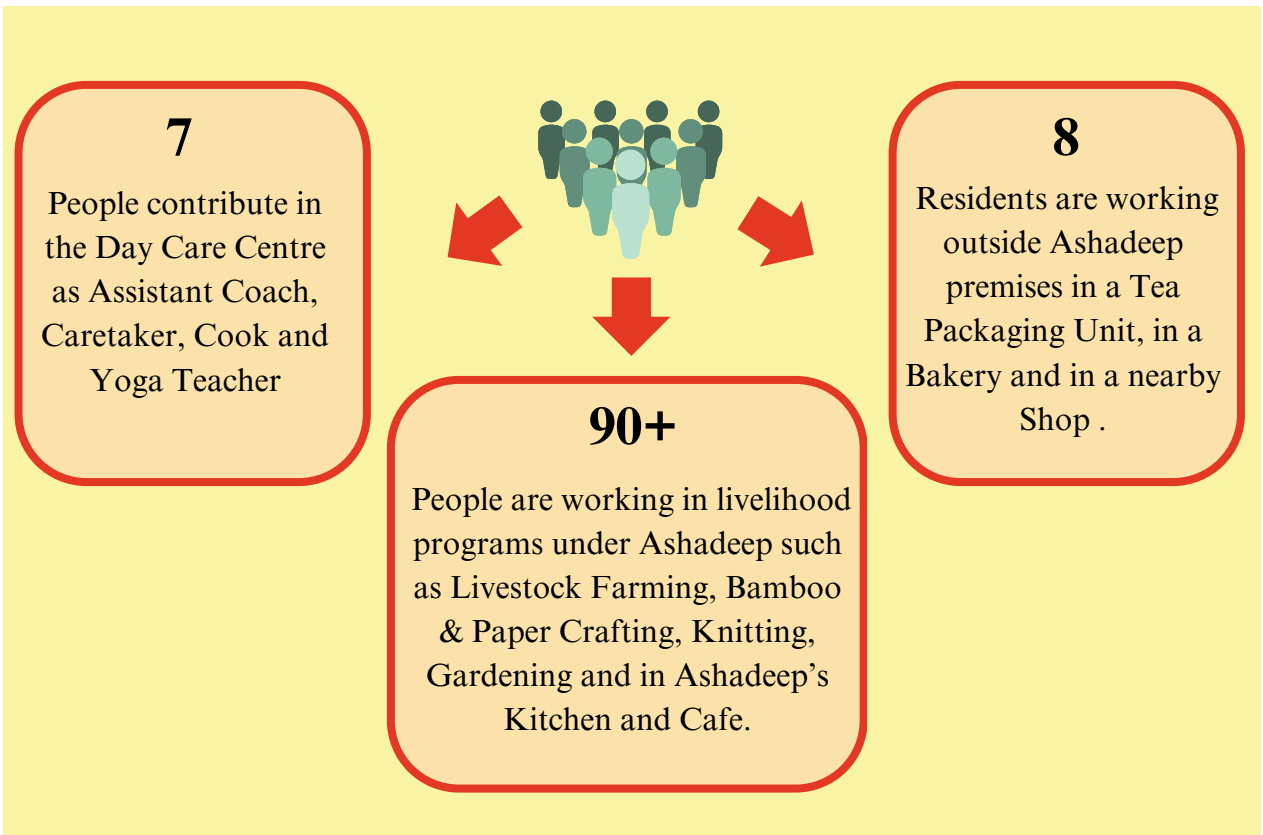


Livestock Unit

Integrating work opportunities through Livestock Unit, Happy Petals Nursery, and Soul Food Coffee Shop along with sewing, diya coloring, embroidering, handloom and tailoring into rehabilitation programs has significantly aided in the recovery process of

**160+** Individuals

These efforts are not only providing financial independence but also helping in reducing the stigma associated with mental disorders by showcasing the abilities and capabilities, thereby, helping them in their recovery.



Product sales earnings for 2023-24: **Rs. 1,99,037**

Number of Residents & Day Residents Earning Incentives Through Participation in Vocational Activities for 2023-24: **100**



Glimpses of Ashadeep's Residents and Day- Residents thriving through Vocational Activities

## OUR CHAMPIONS

**Inspiring Stories of Ashadeep’s Heroes Overcoming Life’s Challenges with Unstoppable Determination and Capabilities!**

### Unleashing Potential: Dhruba’s Journey to Recovery

Since 2010, Dhruba, diagnosed with Intellectual Disability, Down Syndrome, and Speech Problems, has been at Ashadeep Day Rehabilitation Centre. Initially needing constant prompting, he has excelled in Yoga, Sports, and Painting with support from his family and Ashadeep. He also attends Drama Workshops and has improved his social skills, participating in various competitions.

In 2023, Dhruba won Gold in the World’s First Yoga Pro Card Championship, showcasing his strength and resilience. Despite his mother’s passing a year before, he continues to progress, with Ashadeep as his guiding light. Over the years, Dhruba has participated in various District



and National Level Competitions, significantly improving his social skills and enjoying time with friends. His journey is a testament to his determination and the constant support from Ashadeep and his family.

### Regaining the Lost Identity: Sinobia’s Journey to Recovery

**Rescue:** In February 2023, the Ashadeep team found Sinobia wandering aimlessly with poor hygiene. She was taken to Navachetana with her consent and admitted after assessment.

**Intervention:** Initially mute, Sinobia began speaking after a month of care. Identified as Khasi, communication was challenging, but with the help of Khasi interns, she shared her background. Despite starting to speak, she remained guarded and preferred solitude. Her condition improved with treatment, and she participated in rehabilitation activities.

**Reintegration:** Sinobia was reunited with her family in a small village in Meghalaya on September 30, 2023. Her family, overjoyed by her progress, plays a crucial role in her recovery with their kindness and acceptance.



After reintegration, she returned to Navachetana for a follow-up check-up, accompanied by her grateful family. Their support and understanding are essential in providing her a good life, bringing a sense of accomplishment to both Sinobia and the Ashadeep team.

### A Journey of Resilience and Love: Rahul's Journey to Recovery

**Rescue:** On January 9, 2024, the Boko Police brought a disoriented homeless young man to Udayan. After the usual procedures, he was admitted to the center.

**Intervention:** Upon admission, his care began immediately. Health workers ensured he was cleaned and groomed. Following a consultation with the psychiatrist, pharmacological treatments were initiated, and regular assessments were conducted to better understand his background. Concurrently, he received psychosocial rehabilitation and became familiar with the vocational activities at the center.

**Reintegration:** Rahul's reintegration with his family in Goalpara, Assam, on February 9, 2024, is a testament to the power of community and familial love. Despite his struggles with mental



illness since 2015 and a relapse during a trip to Jharkhand, his family's firm support, especially from his younger sister and her in-laws, showcases incredible compassion and acceptance, free from stigma.

### From Chaos to Harmony: Roko's Journey to Recovery

Roko, a 56-year-old, joined the 'Home Again' program in 2022 due to severe disorganized and hallucinatory behavior caused by substance abuse that began in his late 20s. His addiction disrupted his family life, replacing peace with anger and conflict. Despite multiple attempts at institutional care and strong family support, Roko's uncooperative behavior made it challenging to manage him at home.

The 'Home Again' program brought relief and hope to his family. Initially resistant, Roko's behavior improved significantly with consistent psychosocial care. Now cooperative and well-loved, he enjoys scribbling and playing the guitar. Although he can't take on major household responsibilities, he actively participates in recreational activities and group discussions. Roko feels happy living with his peers



and aspires to reunite with his family soon. His journey highlights the transformative power of dedicated care and community support in rehabilitation.

**Healing together:  
Debolina & Banani’s Journey to Recovery**

Debolina, a bright Class 8 student, developed schizophrenia at 14, showing aggressive behavior and irrelevant speech. After ECT in 2011, her condition worsened, leaving her mute and unresponsive. Her mother, Banani, became her full-time caregiver but also developed mental health issues. By 2019, Banani stopped Debolina’s medication, worsening her condition.

Debolina’s father, balancing his job and caregiving, sought help from Missionaries of Charity in 2021. They were referred to Ashadeep’s Rehabilitation Home, where Banani initially resisted treatment. With proper medication and education, both showed gradual improvement. Banani’s overprotectiveness initially hindered Debolina’s progress, but with education, she consented to rehabilitation, leading to improvements in both their



conditions. In 2017, they moved to Ashadeep’s Shared Home, forming a familial bond with other women.

**A Voice Restored:  
Ashim’s Journey to Recovery**

Ashim Das, a 37-year-old from Goalpara, Assam, battled schizophrenia for 10-15 years. He ran a grocery shop until it burned down, and later, he was kidnapped by a friend. Ashim escaped to his maternal aunt’s home, but the trauma left him deeply fearful.

Ashim’s behavior changed drastically, showing depression and suicidal tendencies. His family sought help from a faith healer, but his condition worsened, leading to a loss of speech. During the lockdown, an Anganwadi worker connected him with Ashadeep. Diagnosed with schizophrenia, he received medication and support, gradually improving, though his speech hadn’t returned.

One day, Ashim visited the Ashadeep office with his brother and joyfully announced, “Sir mur maat ulaise, moi kotha kobo paru atia” (Translation: “Sir, my voice has recovered, I can speak now.”).



Ashim’s speech recovery after 8 years highlights his family’s relentless efforts and dedicated care. He now stays committed to his medication, follows up regularly, and actively helps with household chores, showing remarkable resilience and determination.

## WORDS FROM ASHADEEP'S PROFESSIONALS

### “A Journey of Dedication: My Experience as a Special Educator at Ashadeep



My journey as a special educator at Ashadeep, a day rehabilitation center, has been both transformative and deeply fulfilling. Over the years, Ashadeep has become more than just a place of work; it has shaped my perspective, taught me invaluable lessons, and reinforced my commitment to supporting individuals with special needs.

At Ashadeep, I have had the privilege of working with a diverse range of clients, each with their own unique challenges and strengths. My role as a special educator has allowed me to assist individuals with intellectual disabilities, autism, physical health issues, and mental health challenges. These experiences have highlighted the importance of tailoring my approach to meet the specific needs of each individual. Every child is different, like a unique puzzle piece, and as their teacher, it is my responsibility to find the right approach for each one. The satisfaction of discovering what works best for each child is immense and makes my job incredibly rewarding.

Beyond the classroom, I have been involved in a wide range of therapeutic and skill-building programs at Ashadeep. These include physiotherapy, occupational therapy, speech therapy, and various forms of movement and music therapy. Additionally, I have played a part in skill-based training, vocational training, and even Special Olympics events. Each of these programs is designed to cater to the holistic development of our students, helping them build essential life skills, improve their physical and cognitive abilities, and express themselves creatively. Ashadeep has also offered me numerous opportunities to participate in specialized events. Each event has been a learning experience, contributing to my growth as an educator and a person.

One of the key lessons I have learned is that a burning desire is the starting point of all accomplishments. This realization has become a guiding principle in my work, driving my efforts to support students with various disabilities, whether they are physical, cognitive, emotional, or behavioral.

My journey in special education has been incredibly rewarding. It is a career that demands patience, empathy, and dedication, but the impact it has on the lives of the students makes it all worthwhile. Every day at Ashadeep is a reminder of the power of education and the difference it can make in the lives of those who need it most.”

## “A Profound Journey of Learning: My Experience as A Psychologist



In my six years of service at Ashadeep, one thing I have truly come to appreciate is the value of practical experience. What you learn in the field often goes beyond anything that books or classrooms can offer. As a student of Psychology, I had a good grasp of clinical symptoms of mental illnesses, at least the common ones. I even felt like I had mastered the subject to some extent during my postgraduation days, especially after a few internships. However, stepping into the real world of mental health care as a professional made me realise that practical work is a completely different experience. In my academic journey, I never learned about the deep connection between homelessness and severe mental illness. It wasn't a part of my training and it was certainly not the client population I ever imagined working with. During my interview at Ashadeep, Mukul Sir asked me if I could handle working with homeless persons with mental illness. Without hesitation, I said yes. At that point of time I only had the confidence in my ability to adapt and survive in any situation, but definitely I had no idea how to begin.

Joining Ashadeep as a Psychologist, everything felt new, but fortunately, I was supported and trained every step of the way. This guidance helped me apply the knowledge I had and made me grow in ways I had never imagined.

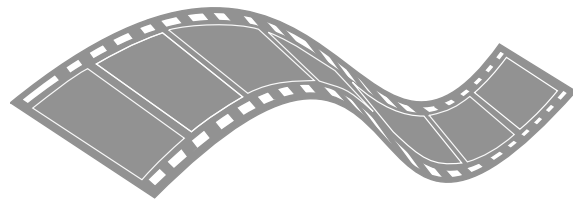
Looking back, I realise how fortunate I was to be taken in as a fresher and given the chance to grow into an experienced professional. The exposure I have had over the years is immense. I believe this was possible because of Ashadeep's unique work culture, there's a familial bond and despite a strong leadership, the hierarchy never feels overpowering. It's hard to find an organisation that values everyone's ideas and provides opportunities for employees to present themselves at different platforms. It's a place where not only our clients' mental health is cared for, but the employees' wellbeing is also prioritised. The work life balance is perfect and there's always support during challenging times.

What also stands out is the organisation's thoughtful approach to recognising the efforts of its team. Over time, I have felt genuinely valued, not just through words but through the care taken to ensure growth and stability, including timely rewards and increments that encourage and motivate. This kind of attention speaks volumes and adds to the sense of belonging I feel at Ashadeep.

I'm truly grateful to be part of such an inspiring and supportive team and I look forward to continuing to contribute to Ashadeep's mission.”



# PHOTO GALLERY



Striking snapshots capturing the essence of Ashadeep



Mr. Mukul Chandra Goswami was invited to RIST's India 2023 & Beyond: Partnerships for Impact in New York city.



Parishmita Baishya with her Youth Leader Loni Kalita and Mentor Priyanka Goswami went to Singapore for Sepcial Olympics Asia Pacific Youth for Inclusion



Mrs. Chandana Sharma & Ms. Lisali M. Humtsoe has attended the 4th International Conference of The Banyan on "Mental Health, Homelessness and inclusive Development" at Chennai.



Ashadeep Team won the "Best Paper in the Session Award" at the World Association for Psychosocial Rehabilitation-Indian Chapter conference held at LGBRIMH



Workshop on Mental Wellbeing and Stress Management by Ashadeep in collaboration with CISF



Ms. Sangeeta Deka & Ms. Chandrama Das attended a Workshop on Suicide Prevention by The Azim Premji Foundation in Bangalore



Day Resident Arnab Jaan Dutta & his Mentor Saddam Hussain participated in the Special Olympics Bharat National Youth Leader Summit at New Delhi



Ms. Priyanka Goswami & Ms. Priyanka Mahanta attended the EDGE 2024 by EdelGive Foundation at New Delhi



24 Judicial Officers of Assam Judicial Service & Arunachal Judicial Service visited Bamunigaon Rehabilitation Homes



Psychiatric Consultation in Guwahati CCU



Livestock Farming at Udayan



Heartwarming Home Visit in Diphu, Karbi Anglong



Two Caregivers Honored with Certificates for Completing the "Caregivers Certificate Course"



Residents of Shared Home on their way to Kamakhya Temple, Guwahati



Unified Sport as a part of Youth Activation under Special Olympics Bharat at ADRC



Oro Motor Exercise (part of Speech Therapy) at Ashadeep's Therapy Unit



The Day Residents of the Rural Special School won medals at the 4th State Divyangjan Sports Meet



Topcem Cements brings Bohag Bihu joy to the Bamunigaon Residents



Residents of Nagaland Female Home Sun-Drying Eco-Friendly Newspaper Bags



Caregivers, Development Professionals, and Students Create Inspiring Posters on World Autism Day 2024



Future nurses gain vital experience by working with the homeless mentally ill, enhancing their skills and empathy



Day Residents Shine on Stage with a Captivating Skit named 'Raikkhok Hua e Bhal' at Kalakshetra

# ASHADEEP'S PRESS HIGHLIGHTS OVER THE YEARS

The collage consists of numerous newspaper clippings from Assamese media. Key headlines include:

- Back home from a trouble** (The Tribune, 2012)
- A flicker of HOPE** (The Tribune, 2012)
- Ashadeep organises walkathon to commemorate silver jubilee** (The Tribune, 2012)
- State women launche** (The Tribune, 2012)
- Riverside conf** (The Tribune, 2012)
- Ashadeep project to rehabilitate mentally ill** (The Tribune, 2012)
- NGO puts mentally ill women back on their feet** (The Tribune, 2012)
- New helpline for people facing emotional stress** (The Tribune, 2012)
- Mission possible: A cured schizophrenic makes award-winning film and now plans a hospital!** (The Tribune, 2012)
- Free psychiatric clinic by Ashadeep** (The Tribune, 2012)
- Over 10 million in country suffer from mental diseases** (The Tribune, 2012)
- First day care centre for the elderly** (The Tribune, 2012)
- Ashadeep celebrates World Mental Health Day by launching unique coffee outlet** (The Tribune, 2012)
- Assam Special Olympics team returns from Australia with 16 medals** (The Tribune, 2012)
- Day for Older People observed** (The Tribune, 2012)
- Cases of mental disorders in rural areas Lack of treatment, awareness cause of concern** (The Tribune, 2012)
- আশাদীপে দেখুৱাইছে আশাৰ প্ৰদীপ!** (The Tribune, 2012)
- সুহাদ-আশাদীপে সুস্থ কৰিলে মানসিক বিকাৰগ্ৰস্তক** (The Tribune, 2012)
- Rehab centre for mentally ill men** (The Tribune, 2012)

## NEW INITIATIVES

### ○ Urban Community Sensitization

Through this initiative around 50+ people were sensitized on Positive Mental Health in the urban pockets of Guwahati with the aim of identifying undiagnosed cases of Mental Disorders.



### ○ Technical Update

Ashadeep implemented a mobile-based Leave & Attendance application for its employees, procured from Asilia Technologies Private Limited, starting on September 15, 2023. In September 2024, with support from Asilia Technologies Private Limited, Ashadeep developed a Data Management portal to enhance visualization and strategy-building activities.

### ○ Collaboration with Composite Regional Centre

**ASHADEEP**  
GUWAHATI

**CONSULTANT  
OCCUPATIONAL THERAPIST**

Available at **ASHADEEP**

Every Saturday  
11 am onwards

For details  
contact- 9101548240

# FINANCIAL OUTLOOK

Abridged Balance Sheet As On 31st March 2024				
Assets	2023-24		2022-23	
	AMOUNT	%	AMOUNT	%
Fixed Assets	21,60,953	7%	3,25,455	1%
Fixed Assets (Building Construction WIP)	1,26,91,812	44%	1,01,33,444	39%
Investment	57,86,084	20%	75,34,402	29%
Deposits and Advances	80,20,098	28%	78,81,758	30%
Current Assets	3,50,633	1%	3,35,770	1%
Income and Expenditure A/c Balance				
<b>Total</b>	<b>2,90,09,580</b>	<b>100%</b>	<b>2,62,10,829</b>	<b>100%</b>
Liabilities				
Corpus/Endowment Funds(s)	3,86,790	36%	3,66,790	1%
Building Construction Reserve	1,26,91,812	37%	1,01,33,444	39%
Capital Reserve	18,68,484		835	
Earmarked Funds	1,40,02,385	22%	1,55,65,053	59%
Loans / Borrowings				
Current liabilities and provisions	60,110	6%	1,44,707	1%
<b>Total</b>	<b>2,90,09,580</b>	<b>100%</b>	<b>2,62,10,828</b>	<b>1%</b>
Abridged Income and Expenditure Account As On 31st March 2024				
Particulars	2023-24		2022-23	
	AMOUNT	%	AMOUNT	%
Income				
Self generated funds	32,82,867	11%	26,06,525	11%
Indian sources	1,50,86,969	53%	1,29,89,672	53%
International sources	1,17,45,999	36%	88,39,439	36%
<b>Total</b>	<b>3,01,15,835</b>	<b>100%</b>	<b>2,44,35,636</b>	<b>100%</b>
Expenditure				
Programme expenditure	2,49,35,201	83%	2,04,17,402	83%
Non-Programatic (Capacity bldng, Org. devlmt)	45,57,350	14%	35,05,494	14%
Management expenditure	5,99,902	2%	5,60,467	2%
Other expenditure	36,015	0%	49,109	0%
<b>Total</b>	<b>3,01,28,468</b>	<b>100%</b>	<b>2,45,32,472</b>	<b>100%</b>
Surplus/ (Deficit)	-12,633		-96,836	

Abridged Receipt and Payments Account for the year ended 31st March 2024				
Particulars	2023-24		2022-23	
	AMOUNT	%	AMOUNT	%
Opening Balance : Cash and Bank	75,92,784	17%	1,22,83,995	31%
Self generated funds	33,31,386	7%	31,53,911	8%
Indian sources	2,13,67,774	48%	1,38,96,642	35%
International sources	1,13,56,939	25%	1,02,85,572	26%
Secured loans				
Other receipts	12,52,844	3%	5,11,353	1%
<b>Total</b>	<b>4,49,01,726</b>	<b>100%</b>	<b>4,01,31,473</b>	<b>100%</b>
Payments				
Programme Expenditure	2,86,65,815	64%	2,56,97,521	64%
Management Expenditure	3,29,400	1%	3,15,389	1%
Non Programmatic Expenditure	14,51,654	3%	9,24,021	2%
Fixed Assets purchased	4,642	0%	76,150	0%
Building Construction (Work in progress)	26,10,153	6%	42,67,772	11%
Loan repaid / Refund	10,28,437	2%		
Investments	28,51,052	6%	10,00,000	2%
Advance to staff			2,57,837	1%
Closing Balance : Cash and Bank	79,60,574	18%	75,92,784	19%
<b>Total</b>	<b>4,49,01,726</b>	<b>100%</b>	<b>4,01,31,474</b>	<b>100%</b>

## STAFF STRENGTH

Type of Staff	Male	Female	Total
Paid Full Time	4	2	6
Paid Part Time	2	-	2
Paid Contact Staff	32	37	69
Paid Consultant	4	1	5
<b>TOTAL</b>	<b>42</b>	<b>40</b>	<b>82</b>
Unpaid Volunteers			

### 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	2	3	5
5001-10000	3	11	14
10001-25000	26	18	44
25001-50000	9	6	15
>50000	2	2	4
<b>TOTAL STAFF</b>	<b>42</b>	<b>40</b>	<b>82</b>

**The salary and benefits of the NGO Head, the highest paid staff member and the lowest paid staff member in 2023-24**

<b>Head of the Organisation:</b> Mr. Mukul Chandra Goswami, Secretary/ Director (Programme)	₹7,73,040/-
<b>Highest paid:</b> Dr. Anjana Goswami, Director Resource Centre & Project Head	₹10,52,304/-
<b>Lowest paid:</b> Shri Anil Das, Part- time Cleaning Staff	₹30,000/-

**Remuneration paid to Executive Committee Members in the Year 2023-24**

SL. NO.	NAME & DESIGNATION	AMOUNT (Rs.)
1	Shri Anjan Bardoloyee, President	ZERO
2	Shri Mukul Chandra Goswami, Secretary	₹ 7,73,040/-
3	Shri Vijoy Patir, Tresurer	ZERO
4	Shri Bhaskar Barua, Member	ZERO
5	Shri Ronojoy Sen, Member	ZERO
6	Smt. Manjushri Baruah, Member	ZERO
7	Shri Dipak Bhagawati, Member	ZERO
8	Dr. Ruby Das, Member	ZERO

**NOTE:**

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

**Amount Reimbursed to Board Members in the year 2023-24 for the following items:**

1	International Travel	Nil
2	Domestic Travel	Nil
3	Local Conveyance	Nil
4	Entertainment Expenses	Nil
5	Others	Nil



**Traveling the year 2022-23**

Total cost of National travel by all Staff and Board Members	67,804
Total cost of International travel by all Staff and Board Members	20,000

**MAJOR GRANTS**

Sl. No.	Agency	Purpose	Amount in ₹
1	The Hans Foundation, USA	For Udayan- Rehabilitation Home for Homeless Men with Mental Illness.	53,22,750/-
2	Azim Premji Foundation, Bengaluru	For Community Mental Health Programme, Navachetana Home and Construction of Day Rehabilitation Centre.	82,44,301/-
3	Social Welfare Department, Government of Assam	For Rehabilitation Home for Homeless Persons with Mental Illness and Day Rehabilitation Centre for Intellectually Disabled	18,90,000/-
4	Give Foundation, Mumbai	Towards Rehabilitation Expenses at Day Care Centre, General Expenses, Corpus Fund, Food & Medicine Expenses of Navachetana Residents	19,50,265/-
5	Rural India Supporting Trust, New York	Towards Home- Again- Shared Housing for Homeless Persons with Mental Illness with Long Term Care Needs	47,69,050/-
6	UK Online Giving Foundation	Towards General Fund	6,51,634/-
7	Ishwar Vijoy Charitable Trust	Specialized Therapy Unit for Children and Adults with Intellectual Disability and Associated Disorders	6,12,920/-
9	EdelGive Foundation	Towards Non- programmatic Expenses	40,00,000/-

## OUR HEARTFELT GRATITUDE

1. Azim Premji Foundation, Bengaluru
2. Rural India Supporting Trust, USA
3. The Hans Foundation, USA
4. The Hans Foundation, New Delhi
5. Department of Social Justice & Empowerment, Government of Assam
6. Department of Health, Government of Assam, Guwahati
7. Joint Director Health Service, Goalpara
8. Department of Health and Family welfare, Karbi NAGlong Autonomous Council
9. Give India, Mumbai
10. UK Online Giving Foundation
11. LIC Golden Jubilee Foundation
12. Edelgive Foundation, Mumbai (GROW Team)
13. Hamilton Housewares Pvt. Ltd.
14. Marico Industries
15. Members of Staff, World Bank Group, New Delhi
16. Shraddha Rehabilitation Foundation, Mumbai
17. The Banyan, Chennai
18. 'Seneh', A home for destitute elderly women
19. Special Olympics Bharat (Assam Chapter)
20. Composite Regional Centre, Bhangagarh, Guwahati
21. Mr. Parthasarathy Choudhury, Shillong
22. 'Atma Nirbhar' Ek Challenge, Guwahati
23. World Wildlife Fund
24. Mr. Abhik Banerjee
25. Mr. Virendra Mittal
26. Ms. Pankaja Sharma & Hemlata Sharma
27. Mr. Mukti Kumar Sharma
28. Ms. Neema Agarwal
29. Members of the Print & Audio-Visual Media.
30. All other individual donors who have made contributions towards the organization during the year.

We would like to thank our Auditors and Bankers for their immense support and cooperation to Ashadeep

Name and Address of Auditors:	Names and Addresses of Bankers:
1.M/s SSD & CO. Chartered Accountants, RE DO Ria Cottage, Near Meghalaya High Court, MG Road, Shillong 793001, Meghalaya.	1.State Bank of India, West Guwahati Branch, Bharalumukh, Guwahati
	2.Axis Bank – Guwahati Branch and Rajgarh Road Branch
2.Dhawan Pandey & Associates, 101, Shivam Apartment, Opposite PIBCO Building, Rukmini Gaon, Guwahati – 781022, Assam.	3.Yes Bank, G.S Road, Guwahati
	4.HDFC Bank, Beltola, Guwahati
	5.North East Small Finance Bank, Pamohi, Gorchuk, Guwahati
	6.State Bank of India, New Delhi Main Branch, 11 Parliament Street, New Delhi

**Report Developed by:**

**Priyanka Mahanta & Akangkhyia Kashyap (Social Workers of Ashadeep)**