

ASHADEEP



2018-2019

ANNUAL
REPORT



Registered office : Piya Apartments, Kanaklata Path, Lachitnagar,
Guwahati-781007, Assam, India. **Phone :** 0361-2456837

Email : societyashadeep@yahoo.com

Website : www.ashadeepindia.org

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OUR VISION & MISSION

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

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

- 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 NoAASH16515908695 dated 30/11/2016
- Donations exempted from Income tax Under Sections 12(A) & 80(G) of IT Act 1961

Contact Persons

1. Mukul Chandra Goswami, Secretary Ph : +919435043308
2. Dr. Anjana Goswami, Director Ph : +919864077861

Name and Address of Auditor :

D. Purkayastha & Company,
Police Bazar, Shillong – 793001, Meghalaya.

Name and Address of Internal Auditor :

Dhawan Pandey & Associates,
101, Shivam Apartment, Opposite PIBCO Building,
Rukmini Gaon, Guwahati – 781022, Assam.

Names and Addresses of Bankers :

1. State Bank of India, West Guwahati Branch, Bharalumukh, Guwahati
2. Axis Bank, Chibber House, G.S. Road, Guwahati
3. Yes Bank, G.S Road, Ulubari, Guwahati
4. HDFC Bank, Beltola, Guwahati
5. IndusInd Bank, Bhangagarh, Guwahati
6. North East Small Finance Bank, Pamohi, Gorchuk, Guwahati

Brief History

Ashadeep was formed in 1996 to fill a vacuum in the area of psychiatric rehabilitation in the state of Assam. It is the fruitful outcome of an endeavor of a few family care-givers, mental health professionals and other like-minded citizens. What started off as a small organization for day care and rehabilitation for persons with mental disorders, has today blossomed into a full-fledged institution providing mental health care, bringing into its realm a wide range of services that cater to a population beyond the borders of Assam.

The growth of Ashadeep has been spurred by the realization of the needs of the North East region in the context of mental health, and various projects have been initiated to address these needs.

Secretary's Desk

Amongst all the varied community services developed by Ashadeep for people with mental health issues, the 'Rehabilitation of homeless persons with mental illness' takes centre stage by touching the lives of those who have always been in the margins and very satisfying for each and every person involved in the process, because of the somewhat unexpected but very positive outcomes. Quality medical, psychological and social inputs comparable with those provided for people coming from a higher socio-economic strata with similar health problems, together with steadfast adherence to scientific systems have resulted in the reintegration of 90% of the total 900 plus homeless persons into families and communities. By avoiding overcrowding in the homes and maintaining discharge indices at optimum functioning level of individuals, the danger of becoming a dumping ground has been taken care of. Adherence to our mandate and objective of intervening with homeless persons only and not those staying with their families, have helped in overall turnover of people from the streets to their homes.

In the last few years two very disturbing trends have gradually surfaced related to our work, which are creating pressure on our highly committed work force. With increase in awareness for the need to help those with mental health problems lying on the streets of all parts of Assam and the NE region amongst citizens, we receive requests for admission into our 'homes' from both the Administration and private citizens. Obviously with our limitations and also mandated geographical area, we do have to refuse leading to un-warranted negative comments from many. The solution would be to set up **effective** rehabilitation programs across the region. As Ashadeep has been working in this area for nearly fifteen years, we are always ready to share our experiences in this regard.

The other issue is related to changes in the admission process into indoor facilities of other Institutions, where it has become mandatory for family attendants for indoor residents. Families create tremendous pressure for admission of their wards into our homes for the homeless.

All said and done, Ashadeep is continuing with its efforts for all stakeholders in the same committed manner, for which I thank all members, staff and donors who have been the support systems in this endeavor.

Thank you.

11 October 2019
Guwahati

Mukul Chandra Goswami
Secretary

EXECUTIVE COMMITTEE MEMBERS

Sl	Name& Designation	Occupation	Address
1	Shri Anjan Bardoloye PRESIDENT	Retired Assam Government official	R.G. Baruah Road, Near Assam State Zoo, Guwahati Ph:9435304306
2	Shri Mukul Chandra Goswami SECRETARY	Retired Bank Employee	4 th Floor In-Built Residency 9 Monalisa Path, Mother Teresa Road, Guwahati –781024 Ph: 9435043308
3	Shri Vijoy Patir TREASURER	Business	Near Anganbari, West Silpukhuri Road, Guwahati – 781003. Ph: 9864091783
4	Shri Bhaskar Barua MEMBER	Retired Government official	House No. 3, 2 nd By Lane, S.K. Baruah Road, Rukmini Nagar, Guwahati – 781006. Ph: 9435011862
5	Shri Ronojoy Sen MEMBER	Consultant Architect	4 th By Lane, Tarun Nagar, Guwahati- 781007. Ph: 9435107827
6	Smt. Manjusri Baruah MEMBER	Retired College Teacher	Hno. 30, Sanyogi By Lane, BishnuRabha Path, Guwahati Ph:9864038692
7	Shri Nilamoni Goswami MEMBER	Law Practitioner	K.K. Bhatta Road, Chenikuthi, Silpukhuri, Guwahati – 781003 Ph : 9435044407
8	Shri Dipak Bhagawati MEMBER	Retired Engineer	Laxmi Bhawan, Hno-18, Janapath, Hatigaon, Guwahati Ph : 8011232509

EXECUTIVE COMMITTEE MEETINGS IN 2018-19

Sl.No.	Meetings Held on	Members present
1	23/06/2018	7
2	29/09/2018	4 (Re-convened after adjourning for a brief period)
3	07/10/2018	7
4	16/03/2019	6

Project-wise Outputs	Sl. No.	Project / Activity	Number of Beneficiaries in 2018-19	Progressive Total upto 31/03/2019	Supported by
	1	Day Rehabilitation Centre, Guwahati Total students New admission during the year	85 6	375	<ul style="list-style-type: none"> Self generated Part sponsorship by Give India
	2	Navachetana – Rehabilitation of Homeless women with mental illness, Bamunigaon Total admissions Re-integrated with families	38 44	701 668	<ul style="list-style-type: none"> Part by Give India Part by Social Welfare Deptt. Govt. of Assam
	3	Udayan Home for Rehabilitation of homeless Men with mental illness Number of men admitted Number of men reintegrated	33 33	205 176	<ul style="list-style-type: none"> The Hans Foundation, New Delhi Partly by Give India
	4	Free Psychiatric Outdoor Clinic (OPD), Guwahati New Cases Registered Total cases reviewed	49 612	1279	
	5	Resource Centre Number of Interns who attended the facilities of Ashadeep Certificate course conducted	142 1 batch		
	6	‘Home Again’ – Shared Housing Number of homes Total residents No. of residents reintegrated	5 32 5		<ul style="list-style-type: none"> Social Welfare Department, Govt. of Assam
	7	Study on National Strategy for Inclusive and Community Based Living for Persons with Mental Health Issues States covered by the study	Assam, Meghalaya, Nagaland and Tripura		<ul style="list-style-type: none"> The Hans Foundation, New Delhi

Major Grants received during 2018-19	SI No	Agency	Purpose	Amount in ₹
	1	The Hans Foundation, New Delhi	For Udayan – Rehabilitation home for homeless men with mental illness	59,51,286/-
	2	Social Welfare Department, Government of Assam	For Rehabilitation home for homeless persons with mental illness and Day Rehabilitation Centre for Intellectually Disabled	37,39,667/-
	3	Give India, Mumbai	Towards Rehabilitation expenses at Day Care Centre, General expenses, Corpus Fund, Food & Medicine Expenses of Navachetana residents	11,73,975/-
	4	Sitaram Jindal Trust, New Delhi	For Rehabilitation home for homeless women with mental illness	25,000/-
	5	Shamdasani Foundation, Hongkong	Towards General Fund	25,000/-
	6	PRERONA – IAS Officers' Wives Association	For Rehabilitation home for homeless women with mental illness	1,40,000/-
	7	Smt Manjusri Baruah – in the memory of Late Dr. Pranab Kumar Baruah	Towards General Fund	1,00,000/-
	8	RGVN (North East) Microfinance Ltd., R.G. Baruah Road, Guwahati	Towards Rehabilitation home for homeless women with mental illness	1,50,000/-
	9	Donation from World Bank Staff Members	Towards General Fund	3,14,212/-

Projects / programmes

DAY REHABILITATION CENTRE for persons with Intellectual Disability and those recovering from mental illness

Ashadeep Day Rehabilitation centre (ADRC) in its 22nd year has been steadily working towards its mission of providing a comprehensive rehabilitation solution to individuals with intellectual disability and mental illness in Guwahati. With more than 600 individuals with mental disorders registered under its aegis, ADRC has become a recognizable **brand** amongst the disabled community, parents, caregivers of such individuals and concerned youths and citizens of Assam. Ashadeep's constant efforts to impart regular lessons in the areas of special and conventional education, life skills, social and communication skills, pre vocational and vocational skills and extra- curricular activities like yoga, music, drama, table, guitar and art & craft sessions to its students has shown a positive outcome. As twenty percent of the senior students have reached a functional level and are able to support their family by earning a monthly incentive at the centre. Similarly, 25 students have been trained in computer data entry operations, 2 students have established their own retail shops and another 2 are working as Assistants at the Centre itself. The group recovering from mental illness are working in the 'Sheltered Workshop' and are earning a livelihood by contributing in the production of various articles such as seminar file covers, block printing works, various jute items, door mats and carpets etc.

Ashadeep has always emphasized on the mantra – 'Development through sports'. As constantly the students are developed as Special Athlete under Special Olympics Bharat in sports disciplines like Bocce, Athletics, soft ball, floor ball, football, cricket, skating and badminton. These Special Athletes had represented Ashadeep at local, district, national and international sports arena, thus breaking the myth that 'people with disability cannot do anything'.

Recently Ashadeep in collaboration with the Master Trainers of Special Olympics Bharat has started a sports Academy named as Sports Academy for the Disabled where evening sports session for the children and adults with Intellectual disability are imparted training in disciplines like Skating, Athletics, Cricket, Football, Badminton and Basketball at Nehru Stadium, Guwahati. Two international athletes of Ashadeep also assist the coaches in the Academy.

As a Crusader of the intellectually disabled community ADRC has extended its services to people living in far off places of Assam where there is hardly any facility or infrastructure in the name of rehabilitation services. **Short term intensive training in special education has been**

designed for such parents/caregivers where they can come and learn the training methods from the centre's experienced special educators and apply it back in their homes. In Guwahati also the computer classes which is 'open for all' are held every Saturday at the centre where guidance, counseling and support to parents in various issues related to intellectual disability and associated problems are given.

Highlights of 2018-19

- A twenty one member team of Ashadeep Day Rehabilitation Centre consisting of students and teachers headed by Dr. Anjana Goswami, Director represented Assam in 'Divya Kala Shakti – Witnessing Ability in Disability', a cultural extravaganza organized by Department of Empowerment of Persons with Disability & Ministry of Social Justice and Empowerment, Government of India held at Rashtrapati Bhavan's Cultural Centre on 18th April 2019. The students presented an Assamese Bihu dance before Hon'ble President of India Sri Ram Nath Kovind.



The Bihu Group of Ashadeep who performed at Rashtrapati Bhawan, New Delhi in April



The Bihu performers interacting with President of India His Excellency Sri Ram Nath Kovind and Hon'ble Minister of Social Justice & Empowerment Sri Thawar Chand Gehlot

- National and local festivals such as Republic Day, Independence Day, Gandhi Jayanti, Children’s Day, Teacher’s Day, Bihu, Diwali, Chirtsmas and Holi were celebrated at the center. Popular figures viz, singer Jubilee, Bidya Sagar, Bheetali were present during the celebrations.
- On 26th May 2018, an awareness session on the topic – ‘Child Protection Awareness for Persons with Disabilities’ was organized in collaboration with Special Olympics Bharat for individuals with Intellectual Disability at Vivekananda Kendra, Guwahati. 132 participants consisting of parents, college students along with individual with Intellectual Disability took part in the event.
- Like previous years International Yoga Day was celebrated on 21 June, 2018 with an essence of unified theme. The program was facilitated by Ms. Alice Banting an international yoga professional and volunteer of Ashadeep.



STUDENTS ATTENDING REGULAR YOGA SESESSIONS AT THE CENTRE

- From 3rd -10th July, 2018, Nishanta Hazarika, a student of ADRC participated in Khelo India’s National Games organized by Ministry of Youth Affairs and Sports held at Gujarat. He won a silver medal in Athletics.



NISHANTA HAZARIKA OF ADRC RECEIVING THE SILVER MEDAL AT MYAS KHELO INDIA
NATIONAL GAMES HELD AT GUJARAT

- On 22nd September, 2018 Ashadeep in Association with Special Olympics Bharat conducted an awareness session on the topic – ‘Fitness - Physical Activity, Yoga and Breathing and Sensitivity’ at the Vivekanada Kendra. There were 87 participants.
- On 10th October, 2018 the World Mental Health Day was celebrated where a poster competition was organized amongst 40 interns of Ashadeep on the topic- ‘Young People and Mental Health in a Changing World’.
- On 3rd December, 2018 the World Disability Day was celebrated by the students of Ashadeep at different venues - Assam Government’s Social Welfare Department’s celebration at Srimanta Shankardev Kalakshetra, Karunadhara’s celebration at Assam Engineering College field Chandmari and a cultural evening organized by Shilpagram in collaboration with Indian Council for Cultural Relations and North East Zone Cultural Centre.
- In December, Seven students of Ashadeep took part in a 3-Day Training Camp organized by Assam Mountaineering Association. There were 250 participants from different regular schools of Guwahati.
- On 30th January 6 students of ADRC presented a chorus song in a cultural event organized by Indira Gandhi National Centre for the Arts, North East Regional Centre. On 13 February 2019, ten students of the centre took part in Divyajnan Sports Meet organized by Sports Authority of Assam in collaboration with Assam Paralympics Association.
- From 21st -24th February, 2019 Anshuman Baruah, Physical Instructor of the centre along with Nishanta Hazarika, a student of the centre took part in Special Olympics Bharat’s Athlete Leadership Program.



Students performing at a National Conference Organised by National Institute for Locomotor Disability in the presence of Hon'ble Minister of Social Justice & Empowerment Sri Thawar Chand Gehlot



Students of autistic wing trying their hands on the drums



The canteen at the centre being managed by the senior students of the centre.

Residential Rehabilitation program for homeless persons with mental illnesses : (Navachetana home for women, Udayan home for men and rural and urban 'Shared Homes' for residents with long term care needs)

This program which was initiated in 2005, by providing residential rehabilitation services for homeless **women** from a rented house in Guwahati, was definitely effective as in the next seven years we had to utilize two more houses to accommodate the pressures of admissions by citizens and also the administrative authorities. The Administration also felt that there was a need to replicate our efforts towards the homeless women for the men on the streets too, leading to the provision of a spacious infrastructure at Bamunigaon.

Apart from providing psycho-social rehabilitation to the residents of the homes, residents are encouraged to participate in vocational activities as soon as their symptoms are controlled. The types of vocational activities for women and men residents are not similar. Women residents show more interest in household activities, weaving, Jute braiding, stitching door mats & carpets with recycled cloth. On the other hand men prefer to work outdoors and hence they are engaged in Gardening, Vegetable farming, Cattle farming, Poultry, Piggery and Duck farming. Generally the residents take part in these activities as per their interest and choice. There is always a constant effort by the Health Care Staff and the Social workers to motivate the residents to participate in the activities. The residents are paid incentive for their productive works in the vocational activities which ranges between Rs. 50 to Rs. 1200 in a month. Payment of incentive is actually a therapy to boost their motivation level.

A total of 906 homeless women and men have been admitted till March 2019 and out of this 906, 844 women and men have been re-integrated with their families / communities at across the country. It is not always possible to trace the families of every person and about 7-10% of the residents remain with us. Most of this 7-10% group recover from their illness and are fully functional and deserve to be in the mainstream.

Out of this group of residents who have completed at least one year in the Rehabilitation homes, have reduced positive symptoms related to their illness and have attained better functional level are being shifted to independent **Shared Homes**. The shared home facilities created by Ashadeep in 2017 are clustered together both in the rural and also in the urban settings. Usually five men or women reside in these homes, and they live a life like any normal family. Most of the residents of these shared homes are earning a livelihood - Six of them are employed with a packaging industry in Guwahati, one is engaged as a Teacher in Ashadeep's Day Rehabilitation centre, one works as a housemaid near her home and one male resident is

engaged as handyman in Ashadeep's school bus. Two male residents are running a vegetable shop at Bamunigaon.

All of the residents of Shared Homes have their PAN Card and Bank Accounts. The women do spend more of their earnings on cosmetics in addition to contributing to running their homes, whereas the men in addition to having a smoke now and then do go to the movie halls too. They all deposit a part of their earnings in their bank account. Mangala, a resident of a Shared Home who had been reintegrated with her family in Nepal on 8th February 2019 had an amount of Rs. 18000/- when she closed her bank account to leave for home.

A few real life stories presented below will illustrate the process and outcome of our efforts at Navachetana and Udayan. The first case highlights the path of a woman on the streets through the different phases of our program and finally reaches her family. The other three cases showcase instances where the residents post re-integration monitor their relapses and find their way back to the Ashadeep facilities.

'Tulu' was admitted in Ashadeep on 17th January 2017 by sister's from Missionaries of Charity (MOC), Lankeshwar, Guwahati. As stated by the sisters of MOC, Tulu was abandoned by her family few years back. On humanitarian ground, they provided her shelter and care. She was doing well and used to take part in daily activities but after a few days of her stay, some changes in her behaviour was observed. Slowly she developed symptoms of mental illness like aggressive behaviour, shouting for no reason and sleeplessness.

Post admission, Tulu was diagnosed as Psychosis. After her symptoms had controlled she was engaged in household work and gradually adjusted with the environment. A remarkable change was seen in her within a month and as she recovered from her illness and became functional, Tulu was given a choice to move to a rural 'Shared Home'. Tulu expressed her willingness to move to the home where her co-resident 'Labanya' was shifted. They were trained on home management & basic life skills. In 'Shared Home' everyone had equal distribution of work for example; who will cook in the morning, who would clean the house and who will do marketing. Tulu was employed at Ashadeep Transit care as kitchen attendant. In her free time, she used to sit in the Handloom to weave. Unlike Transit care home, Shared house is an independent setup where residents do not have to follow a strict routine; they are free to live the way they want. The residents started socializing with the community like visiting and inviting neighbours, celebrating festivals together and so on.

One year later, a remarkable change was seen in Tulu's life style. Her social and work skill had improved to a great extent. As work opportunity was limited in rural areas, Tulu was motivated to stay in urban Shared house in Guwahati city. She was a little hesitant as she did not want to stay away from Labanya and other members but her desire to work moved her and was shifted

to urban home. She was engaged in a packaging unit and started earning Rs. 2500 per month. Meanwhile she owned a bank account.

One day on her way to work, she noticed that a lady was following her. When she turned back, she was surprised. The lady was her elder daughter (Madhabi) who stays nearby. 'It was an emotional moment for me, as I never expected this would happen' as narrated by Tulu. She then expressed her eagerness to stay with her daughter. After about a week, her daughter came to take her home. The daughter informed that Tulu's husband and son have passed away. Madhabi was psycho educated about the illness, medicine management and made sure that her mother should continue her work to which she agreed and said she would take full responsibility of her mother. Medicines for one month was given and they were advised to visit OPD for follow-up.

Currently, Tulu is living a happy life with her daughter and granddaughters. She is continuing her work at Atma Nirbhar and regularly attending OPD for follow-up.



Tulu at her work place (left) and ready to go home with her daughter (right)

Mental illness led to Tunna, a 26 year old boy from Bihar, leaving the home and becoming homeless. He was rescued from the streets of Guwahati and brought to Ashadeep by Gorchuk Police Station for treatment and rehabilitation on 11th of October, 2017. On examination, he was found to be a poorly groomed young man who seemed to be inattentive and had a very uncooperative attitude along with symptoms of delusion, hallucination, irrelevant speech, all of which fit with a diagnosis of schizophrenia. Bio-psychosocial treatment plan was made for Tunna with the aim of addressing his symptoms and improving his daily living and communication skills. To everyone's satisfaction, Tunna made a fast progress towards recovery.

Within a few months, he was able to recall his address accurately and was also in a position to go home alone. He was given voluntary discharge by Ashadeep on 15th of March, 2018. His father, overwhelmed with the joy of his son's return, called Shri Joseph Sangma (Social Worker, Ashadeep) to express his deep gratitude for taking care of his son. Thereafter, he was continuing his treatment from Ranchi Institute of Neuro-Psychiatry & Allied Sciences as was advised to him at the time of discharge.

Everything went well for a few months. However, after going through an unsuccessful relationship, things started to change for Tunna. He self medicated himself with alcohol to escape the pain and hurt of being left by his girlfriend and skipped his prescribed medicines. What began as low mood turned into more intensified symptoms. Tunna, being completely aware of his relapse symptoms insisted his family to bring him to Ashadeep for treatment as he felt that he could only get better in Ashadeep. His family members requested Ashadeep for his



admission to which Ashadeep agreed and he was readmitted on 18th of January, 2019. This time Tunna appeared with a more cooperative attitude and his response to the pharmacological and psychosocial treatment was rapid. Within a period of one month improvement was noticed in Tunna. He got engaged in activities like gardening and sweeping. He also got involved in the construction work that was going on in UDAYAN. After 3 months of his admission, discharge was planned and accordingly his family was informed to

take him back as this time he had been admitted by his family. In the month of July 2019, Tunna's brother came to Guwahati to take back Tunna home. Tunna plans to go to Delhi and get some work after a short stay at home.

Similar is the case of **Rupam Baruah** who hails from Dimapur, Nagaland. He had once been picked up from Guwahati Club area by Ashadeep staff on 12th of September, 2017. After receiving treatment and care at Ashadeep for about five months he was reintegrated to his family. However, on 31st of May, 2019, Rupam came to UDAYAN requesting for his admission and he was readmitted with symptoms of restlessness. He explained how he managed to get there during an interaction with the staff. He left home without informing his brother where he was going. He has a relative's home in Narengi area of



Guwahati and from Dimapur he came to their place and asked them to find out the exact address of Ashadeep. They wrote it in a piece of paper and Rupam took the address and set out for Bamunigaon where Udayan was located. He lost his way somewhere before reaching Udayan. He asked someone from the crowd to help him out. A call was received by Sri Mukul Goswami (Secretary, Ashadeep) informing about Rupam who was searching for Ashadeep home (Udayan). The person noted down the address and asked a bus conductor to take Rupam to Bamunigaon. Rupam did not get some of the medicines in Dimapur so there was a medication gap due to which he started feeling unwell and as he was aware of the early signs of relapse, he decided to come to Ashadeep for treatment. With due course of pharmacotherapy and other psycho-social intervention, he has slightly recovered but he would still need some time to fully recover. Currently he is not engaged in any household work as he is still in a state of recovery. But he is being encouraged to participate in other leisure and recreational activities which he is doing along with assistance. He wishes to recover soon and be back with his family.

Jayanta was reintegrated on 20/04/2017 at Gogamukh area in Dhemaji district of Assam. His family comprises of his mother, wife and his children. It was known that because of their financial constraint, they could not afford to seek Psychiatric interventions for him. The family was assured of regular supply of the required medications by courier services from Ashadeep and accordingly the medicines were sent regularly. In the month of September 2018, a phone call was received from Jayanta's wife that he has gone out of home without informing anyone. After a few weeks Jayanta made a phone call to one of Ashadeep's Social worker to inform that he is not feeling well and wants to visit Udayan home. He also informed that he is working in a Saw mill somewhere in Itanagar of Arunachal Pradesh. Jayanta's family was informed immediately along with his phone number. On 9th of April, 2019, Jayanta took an auto-rickshaw and was taking rounds of Guwahati city in search of Ashadeep OPD. He gave Joseph Sangma's (Social Worker) phone number to the auto rickshaw driver who called him to ask the address. The driver gave the phone to Jayanta to talk with Mr. Sangma. Jayanta requested for his admission in Udayan as he was not feeling well and wanted to seek treatment in Udayan. Accordingly Jayanta was admitted for relapse intervention. After about a week, Jayanta was showing improvement in his mental status. He was engaged in different activities, taking care of piggery and cattle. As he was fit for discharge and he too was requesting to go back home so that he can take care of his family, on 1st May 2019, after consultation with Psychiatrist, Social Workers and Centre in charge, it was decided to give him Voluntary Discharge. Jayanta's Bus ticket was booked and along with some money he was sent back home. A phone call was received the next day from Jayanta who informed that he reached home safely and gave the phone to his mother. His mother expressed her gratitude and highly appreciated Ashadeep

Staff members for taking care of her son. Since then, Jayanta makes phone calls regularly to inform that he is keeping well and is living with the family.



International Yoga Day celebrated by residents of Navachetana and Udayan at Bamunigaon, Boko



Regular physical activity is integral to the rehabilitation process.

Admission of homeless persons during 2018-19 :

Facility	Admissions				Total Admission
	By Ashadeep	By Police	By NGOs	Readmission	
Navachetana	1	15	18	4	38
Udayan	15	7	11	-	33
TOTAL Re-integration (Women & Men)					71

The increasing level of involvement of the administration and other community stake holders is obvious from the above two tables.



Admission by Boko Police Station



Rescue by Team Ashadeep

Re-integration of homeless persons during 2018-19

Facility	Assam	Other states	Total re-integrated
Navachetana	36	8	44
Udayan	21	12	33
TOTAL Re-integration (Women & Men)			77



Sarju (at the centre lifting his son) at the time Of re-integration at Araria, Bihar



Subir Hajong while feeding the cows



Mohit while feeding the pigs

FREE PSYCHIATRIC OUTDOOR CLINIC

The free psychiatric outdoor clinic is located at Ulubari, within a distance of about two kilometers from the Guwahati Railway Station. This outdoor clinic is being conducted since 2006 and the reintegrated residents of Navachetana and Udayan are advised to come here for their follow up treatment. Consultation is provided in this outdoor clinic on every Tuesday. This clinic benefits not only the past residents of Navachetana and Udayan, but also caters to socially, economically and geographically marginalized population residing within the city as free consultation on mental health is provided by a psychiatrist and other trained staff members of Ashadeep. During 2018-19, 49 patients registered in this OPD and 612 review were done for both old and new patients. Total number of registered patients in the OPD is 1288.

This Outdoor Clinic has no financial support from any agencies and Ashadeep is managing the expenses from its own resources.

RESOURCE CENTRE

As a service provider in the field of mental health Ashadeep Resource Centre has a number of interventions being carried out under its banner. During its course of action it had empowered varied stakeholders like community workers, students, youths on the issues of mental health. The Resource Centre of Ashadeep is involved in various advocacy, training, orientation, sensitization and awareness generation programmes. These programmes are being carried out continuously but the need of the hour is to strengthen and intensify them and expand their reach. Therefore the Resource Centre had developed mental health courses/training programmes for various stakeholders which are customized depending on the contextual needs of the particular group. Henceforth, the first 'Two months certificate course on Mental Health and Behavioral Science' was initiated in July, 2018 with 7 individuals enrolled for the course. The participants were from varied fields like special education, engineering, psychology and social work. The course was facilitated by resource persons like clinical Psychologist, Psychiatrist, Counselor and Social workers.

Under the Internship Program of Ashadeep, 142 interns had registered during the year. They were from various Universities across the country such as Guwahati University, Delhi University, Tezpur Central University, Silchar Central University, Bangalore University, Christ University (Bangalore), Tata Institute of Social Science (Guwahati and Mumbai), Assam Don Bosco University, Assam Down Town University, Dibrugarh University, Kaziranga University, IIT (Guwahati and Chennai), Amity University Noida, NMIMS (Mumbai), Jindal Global Law School,

Xavier Institute of Management and Enterprenuership (Kochi), XLRI Jamshedpur, Mizoram University, NEHU (Shillong), IGNOU and Martin Luther University Shillong.

SURVEY IN GOVERNMENT MENTAL HEALTH INSTITUTION AS A MEMBER OF THE NATIONAL TASK FORCE TO EVOLVE A COMPREHENSIVE NATIONAL STRATEGY FOR INCLUSIVE AND COMMUNITY BASED OPTIONS FOR PEOPLE WITH MENTAL HEALTH ISSUES IN INDIA

In the first part of 2018, a Task Force was constituted at national level to carry out a study on de-institutionalization of persons with mental illness admitted for over one year in the 44 mental health institutions of the country. The objective of the study was to develop a National Strategy on Inclusive and Community Based Living for such Persons. The Secretary, Ashadeep Shri Mukul Chandra Goswami was a member of this Task Force along with other members from organizations such as Ministry of Social Justice & Empowerment, Ministry of Health and Family Welfare, The National Trust, Keystone Human Service International, Tata Institute of Social Science, NIMHANS Bangalore, a few reputed NGOs working in the field of mental health across the country including Ashadeep.

The Task Force had developed a study protocol to assess the condition of persons who have recovered from their mental illness, but are still languishing in these institutions for more than one year. At the same time it also aims to collect information on the Rehabilitation facilities in the community with an aim to shift the long stay patients of the Hospitals to such facilities if the families are not traceable. The Study was given ethical clearance by Tata Institute of Social Science, Mumbai and was funded by The Hans Foundation, New Delhi.

Ashadeep was entrusted to carry out the Survey in the Government Mental Health Institutions of the North Eastern states viz. Assam, Meghalaya, Tripura and Nagaland. The team of Ashadeep comprised of one Senior researcher, four Research Assistants for Data Collection from the hospitals and interview the long stay patients and a Co-ordinator to liaison with the Government Authorities for smooth conduct of the survey. Apart from the data collection, Focus Group Discussion(FGD)s were held in each of the hospitals to understand various issues related to the long stay of the patients. The four hospitals where the survey was conducted were, LGB Regional Institute of Mental Health (Tezpur) in Assam, Meghalaya Institute of Mental Health and Neuro Sciences (Shillong) in Meghalaya, State Mental Health Institute Kohima in Nagaland and Modern Psychiatric Hospital (Agartala) in Tripura. Individual State Reports had been submitted to the Task Force research team and the final National Report is awaited.

During the process of the survey, it was found that some of the long stay patients in the hospitals are from Assam and as requested by the hospital authorities, 4 patients from MIMHANS Shillong and 1 patient from SMHIK Kohima were shifted to Ashadeep's homes and later, they were successfully reintegrated with their families.

Interviewing a long stay patients in Meghalaya, Nagaland and Tripura (clockwise)



Focus Group Discussions at Tezpur LGBRIMH and Shillong MIMHANS



Financial Information

Abridged Balance Sheet As On 31st March 2019

Assets	2018-19		2017-18	
	AMOUNT	%	AMOUNT	%
Fixed Assets	222035.50	2%	221158.50	2%
Investment	9259689.26	65%	8406390.46	62%
Deposits and Advances	225793.42	2%	195667.00	1%
Current Assets	3156983.67	37%	4809880.12	35%
Income and Expenditure A/c Balance				
Total	12864501.85	100%	13633096.08	100%
Liabilities				
Corpus/Endowment Funds(s)	11117178.25	71%	9112997.50	67%
Capital Reserve				
Earmarked Funds	1400470.60	26%	3335650.28	24%
Loans / Borrowings				
Current liabilities and provisions	346853.00	9%	1184449.00	9%
Total	12864501.85	100%	13633096.78	100%

Abridged Income and Expenditure Account As On 31st March 2019

Particulars	2018-19		2017-18	
	AMOUNT	%	AMOUNT	%
Income				
Self generated funds	2489878.00	15%	2633944.75	18%
Indian sources	8053150.31	49%	4186851.82	28%
International sources	5939010.06	36%	8049262.06	54%
Total	16482038.37	100%	14870058.63	100%
Expenditure				
Programme expenditure	14019725.65	97%	12039258.61	89%
Management expenditure	340355.50	2%	1461961.87	11%
Other expenditure	46229.47	0%	46113.99	0%
Total	14406310.62	100%	13547334.47	100%
Surplus/ (Deficit)	2075727.75		1322724.16	

Abridged Receipt and Payments Account for the year ended 31st March 2019

Receipts	2018-19		2017-18	
	AMOUNT	%	AMOUNT	%
Opening Balance : Cash and Bank	3982981.97	18%	6326344.60	27%
Self generated funds	2180626.00	10%	2611098.28	11%
Indian sources	6177952.44	28%	3800816.86	16%
International sources	6051740.68	27%	10216752.95	44%
Secured loans				
Other receipts	3938974.40	2%	393002.50	2%
Total	22332275.49	100%	23348015.15	100%
Payments				
Programme Expenditure	14871586.00	67%	13996543.81	60%
Management Expenditure	221148.50	1%	445919.37	2%
Other Expenditure	302943.00	1%	422570.00	2%
Fixed Assets purchased	36550.00	0%		
Loan repaid				
Investments	4200000.00	19%	4500000.00	19%
Advance to staff				
Closing Balance : Cash and Bank	2700047.99	12%	3982981.97	17%
Total	22332275.49	100%	23348015.15	100%

Diksha Purkayastha (Chartered Accountant)

Membership No. 307881

FRN : 0326761E

Place : Guwahati

Anjan Bordoloye(President)

Mukul Ch. Goswami (Secretary)

Place : Guwahati

Date : May 23, 2019

Date : May 23, 2019

STAFF STRENGTH

Type of Staff	Male	Female	Total
Paid Full Time	5	3	8
Paid Part Time	2		2
Paid Contract Staff	19	27	46
Paid Consultant	3		3
TOTAL	29	30	59
Unpaid Volunteers	1	2	3

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	8	10
5001-10000	15	15	30
10001-25000	9	4	13
25001-50000	3	3	6
TOTAL STAFF	29	30	59

The salary and benefits of the NGO Head, the highest paid staff member and the lowest paid staff member in 2018-19

Head of the Organisation : Mukul Chandra Goswami, Secretary /Director (Programme) ₹ 4,80,000/-

Highest paid: Dr. Anjana Goswami, Director ₹ 6,53,400/-
Resource Centre & Project Head

Lowest paid : Shri Pankaj Das ₹ 33,600/-
Part Time Yoga Teacher

Remuneration paid to Executive Committee Members in the year 2018-19:

SL	NAME & DESIGNATION	AMOUNT (Rs)
1	Shri Anjan Bordoloye, <i>President</i>	ZERO
2	Shri Mukul Chandra Goswami, <i>Secretary</i>	₹ 4,80,000/-
3	Shri Vijoy Patir, <i>Treasurer</i>	ZERO
5	Shri Bhaskar Barua, <i>Member</i>	ZERO
5	Shri Ronojoy Sen, <i>Member</i>	ZERO
6	Smt. Manjusri Baruah, <i>Member</i>	ZERO
7	Shri Nilamoni Goswami, <i>Member</i>	ZERO
8	Shri Dipak Bhagawati, <i>Member</i>	ZERO

NOTE:

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

Amount Reimbursed to Board Members in the year 2018-19 for the following items:

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

Travelin the year 2018-19

Total cost of national travel by all Staff and Board Members	₹ 16,826/-
Total cost of international travel by all Staff and Board Members	Nil

Acknowledgements

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

1. The Hans Foundation, New Delhi
2. Department of Social Welfare, Government of Assam
3. Department of Health, Government of Assam
4. GiveIndia, Mumbai
5. PRERONA – IAS Officers Wives Association, Guwahati
6. Mrs. Manjusri Baruah, Guwahati
7. RGVN (North East) Microfinance Ltd., R.G. Baruah Road, Guwahati
8. Sitaram Jindal Foundation, New Delhi
9. Shamdasani Trust, Hong Kong
10. Members of Staff, World Bank Group, New Delhi
11. Shradhha Foundation, Mumbai
12. The Banyan , Chennai
13. Meghalaya Cement Ltd. (Topcem Cement)
14. Morigaon Mahila Mehfil, Morigaon
15. 'SATRA', Sipajhar
16. 'Seneh', A home for destitute elderly women
17. St. Stephen's School, Guwahati
18. Assam Don Bosco University
19. Special Olympics Bharat (Assam Chapter)
20. Mr. Parthasarathy Choudhury, Shillong
21. 'Atma Nirbhar' Ek Challenge, Guwahati
22. All other individual donors who have made contributions towards the organization during the year.
23. Members of the Print & Audio-Visual Media.