

# THE RICHMOND FELLOWSHIP SOCIETY (INDIA) BANGALORE

(For Community Mental Health-Training Centre In Therapeutic Community)



## ANNUAL REPORT

### 2016-2017

## Services at a Glance

### NATIONAL BOARD:

#### Administrative office & National Headquarters

- Administer and manage the affairs of the Society
- Initiating new branches
- Coordinating activities of all the branches with representatives from the Branches
- Undertake and run projects.

### Bangalore Branch ASHA

ASHA  
HALFWAY  
HOME

JYOTHI  
LONG STAY  
HOME

CHETANA  
DAY CARE  
CENTRE

TRAINING &  
RESEARCH  
CENTRE

### Delhi Branch VISHWAS

VISHWAS  
HALFWAY  
HOME

DAY CARE  
CENTRE

OUTREACH  
SERVICES

### Sidlaghatta Rural Branch PRAGHATI

OUTREACH  
SERVICES

### Lucknow Branch NAVUDAY MANSIK SWASTHYA SANSTHAN

DAY CARE  
FACILITY

HALFWAY  
HOME

OPD  
AND  
OUTREACH  
SERVICES

COUNSELLING  
SERVICES

## Table of Contents

• Objectives	4
• Vision and Mission	5
• Background	6
• Chairman's Message	7
• Secretary General's Message	8
• National Board	9
• Overview	10
• Bangalore Branch	13
• Delhi Branch	20
• Sidlaghatta Branch	25
• Lucknow Branch	28
• Treasurer's Report	33
• Acknowledgement	34
• Governing Board	35

## **THE RICHMOND FELLOWSHIP SOCIETY (INDIA)**

### **Objectives**

- Offer skilled help to those who are chronically mentally and emotionally disturbed and need support to be rehabilitated and integrated with family and Society.
- Capacity building for manpower development to work in the area of psychosocial rehabilitation.
- To create public awareness and to enhance people's understanding of themselves and the disabled.
- Promote mental health in the community, particularly by providing courses in personality development and humanism.
- Provide comprehensive mental health services to the poor and needy, particularly in rural areas.
- Collaborate with organizations working in the field of mental health care.
- Create public awareness and enhance people's understanding of themselves and the disabled through print and audio –visual media/aids, talks and training and to print and issue handouts/booklets giving information on mental health and on living a positive life after becoming ill.
- Research in the field of mental health, rehabilitation & related areas.
- To promote advocacy in the field of mental health and protect the rights of persons with mental illness.
- To network with existing primary health infrastructure in both the rural and urban areas to the extent possible to make judicious use of this infrastructure for the benefit of the mentally ill people.

### **Strategies adopted**

- Providing residential and day care facilities, regular training courses for the staff and others in personal development, therapeutic approach in human relations, and group work.
- Conducting regular mental health clinics and outreach programs in rural and slum areas.
- Organizing seminars/workshops/symposia for the professionals, semi-professionals and the public.
- Creating awareness in the community and eliminating stigma.
- Promoting therapeutic community movement and facilitating accessibility and affordability.
- Starting half way homes and day care centers at other places in India.
- Taking part in courses or related activities sponsored by others.
- Helping families of the disturbed to restructure behavior patterns as move towards healthier and more creative relationships.
- Utilizing community recourses and helping those disturbed to lead constructive lives within their own cultural milieu



## **Vision Statement**

Persons with Mental Illness are entitled to equal rights to lead a life of good quality and live in the community. This will be ensured by providing suitable models of care that are aimed at equal opportunity by means of affordable, acceptable and committed treatment options.

## **Mission Statement**

To provide accessible and quality psychiatric rehabilitation services, reduce stigma surrounding Mental Illness, network with various organizations for training and sensitization activities, develop manpower in the field and make relevant research contributions.



## BACKGROUND

The Richmond Fellowship Society (India) – RFS(I) for short, was started in the year 1986 in Bangalore, as a not-for-profit organization and registered under the Societies Registration Act, 1860.

RFS(I) is India's only national level NGO working across the spectrum of Psychosocial Rehabilitation (PSR) for Persons with Mental Illness. It offers services through its four Branches at Bangalore, New Delhi, Sidlaghatta and Lucknow, which provides residential care facilities of halfway Home and Long stay Home, Day Care with Vocational Training, and Outreach Services. One of its Rural Branch at Sidlaghatta caters to economically weaker sections of the population by providing free consultations and medicines.

RFS(I) continues to maintain links with Mental Health Professionals, networking with other NGOs in this area and institutional links with National Institute of Mental Health & Neuro Sciences (NIMHANS), Bangalore and other academic institutions both in India and abroad.

The PSR model followed by RFS(I) is based on the well-known principle of Therapeutic Community (TC). The Philosophy of the TC, that drives the recovery process for those suffering from mental illness, embodies three principles: non-hierarchical functioning on the part of the rehabilitation professional; self-responsibility and self-ownership on the part of the client; and the human social group as the matrix for recovery. Two key principles upheld in the process of recovery are that learning happens best by doing and practice, and that rehabilitation is a process where all the stakeholders, viz, the client, family and the professionals, all have to work in tandem in order to make recovery a reality.

From its inception, RFS(I) has subsisted on charity. Its milestone projects have seen the light of day simply because patrons came forward to fund a humanitarian concern, restoring dignity through recovery for persons suffering from mental illness. The structural transparency, fiscal accountability and elaborate documentation diligently followed across the organisation has ensured a high quality of service delivery to the clients who constitute the basis for RFS(I)'s existence.

*What we achieve inwardly will change outer reality*

*-Plutarch*

## CHAIRMAN'S MESSAGE



The past year, which incidentally marks the thirtieth year of the setting up the Richmond Fellowship Society in India, has been an interesting year in terms of both opportunity and challenge for the organisation.

The RFS, in three decades of dedicated service, has, in the space of psychosocial rehabilitation in India become a byword for excellence and voluntary service. With a small but dedicated cadre of mental health and rehab professionals it has become an exemplar of the well-run, not-for-profit organisation. The thirtieth year has also been a stimulating time in which the journey so far has been examined, as has the possibility of alternative and exciting options, in the on-going spaces of engagement with the discourse of improving lives of people with severe mental illness.

As organisations develop, they also face challenges in the development of good governance ethics and practice. The RFS has been no different. While most of these challenges have hopefully been met, there remains the need for introspection, and a continuous discussion on good practices.

I would be hopeful that challenges would be an opportunity for both reflection and growth. The thinking about the process by which endeavours such as this evolve, grow and do what they are mandated to do, is something that all of us should collectively engage in

I wish the RFS well in its on-going endeavours, and am confident that with its core values of selfless service and integrity that it should continue to grow in stature.

Alok Sarin

*The Strongest Hearts  
have the most scars*

## SECRETARY GENERAL'S MESSAGE



Despite developments in Law and Policy and several meetings at Governmental and NGO levels, the progress in the area of Rehabilitation has been slow.

Richmond Fellowship continues to be one of the very few agencies devoted to this cause. At a time when not many new agencies are taking up this work, it becomes imperative to strengthen our initiatives and collaboration.

The Fellowship has continued in this quest and will strive to bring in more and more professionalism in its care and related endeavours.

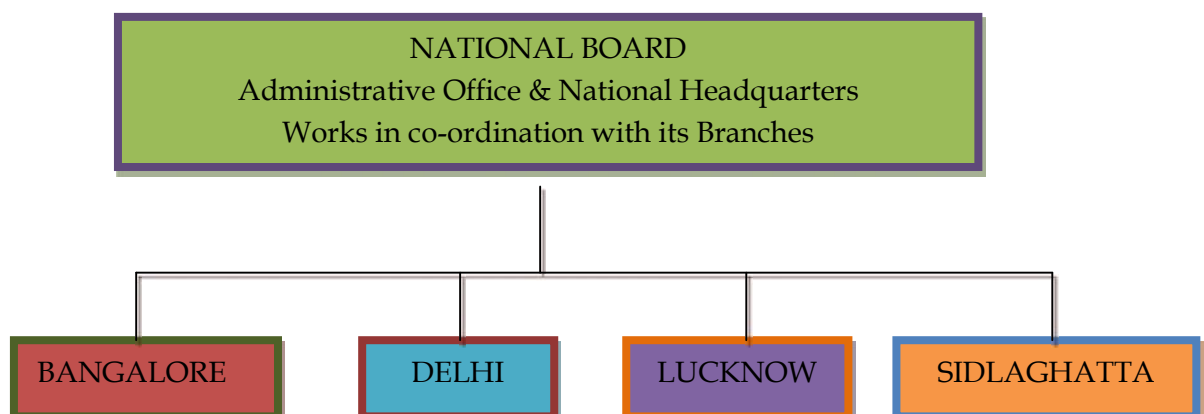
Shekhar Seshadri



## NATIONAL BOARD



The National Board of the RFS(I), formed in the year 2001 has representatives from all its four Branches. The Board exercises its control over all matters related to the Management and organisation of the Society. The Board coordinates the activities of all the Branches to ensure professional quality service and facilities. The Board exercises its power to establish, open, operate or close any facility of the Society at such place/s as considered necessary or desirable. The Rules of the Society provides for the Branches to function as an autonomous unit under the overall supervisor of the National Board.





## Overview

### 1. SERVICES

Details	Bangalore			Delhi			Sidlaghatta		Lucknow			Total
	Asha Halfway Home	Jyothi Group Home	Chetana Day Care Centre	Vishwas Halfway Home	Day Care Centre	Out-reach Service	Day Care	Out-reach	Halfway Home	Day Care Centre	OPD Services	
Capacity	20	17	60	20	40				20	40		217
Clients Admitted	18	01	12	15	15				15	9		85
Clients Discharged	17	01	10						7			35
Position as on 31.3.2017	18	16	54	15	15	1569			8	28	1392	154
* Total No. Of clients provided rehabilitation services from April 2016-March 2017	196	203	386	15	15	1569		4419	15	28	1392	8238

\* The figures based on customised program for each client in different facilities of the Branches over the entire annual period i.e. of 12 months.

#### Fee Concessions:

- 20 clients in residential and Day Care facilities at the Bangalore Branch received fee concessions of Rs. 7,62,534/-
- The Day Care Centre in Lucknow is running with the help of M/s. Pipavav Railway Corporation Limited (PPRL).
- **4419** clients at Sidlaghatta Branch were provided with free consultations, free medicines, free meals, snacks and conveyance at outreach services. **25 No. of MH patients received fee concession in outreach services.**

### 2. MANPOWER DEVELOPMENT AND TRAINING PROGRAM:

#### A. Bangalore Branch:

- 34 PG students from different Institutions & Universities were provided training under Block Placement/Internship/Concurrent field work/Data Collection, and 190 students attended its facilities in connection with orientation visit.
- Classes were conducted on 'Psychology' for 10 students of II year bachelors of Prosthetics and Orthotics from Mobility India, Bangalore.
- Two weeks training programme on 'Health and Mental Health Care in the context of A Developing Country' was imparted for a female student from Ohio State University, Columbus, Ohio, USA as part of their Study Abroad Program.
- A psychologist from the Cleveland clinic, USA, along with two of her colleagues, who are also practitioners of hypnotherapy and counselling visited the facilities for internship

from 5th to 9th December 2016. They conducted 'Emotional Freedom Techniques (EFT) Tapping therapy for clients and a session on hypnosis for all the staff

**B. Delhi Branch:**

- a. Counsellors in Vishwas benefitted from hands-on experience going for the outreach program with DrSatyawati, Senior Psychiatrist. She also conducted meetings in Vishwas inviting individual care givers and discussing their progress in the presence of the counsellors.
- b. Training was conducted on 'Psychological First Aid' by Dr Sandhya Gupta from the Nursing Department of the AIIMS on 26th November 2016.
- c. Training to use traditional games for communication on mental health was organized by Dr AparnaKhanna, Associate Professor Lady Irwin College (Delhi University). Participants used the games that had been developed through intensive participatory processes.

**Internships**

- d. Intern from UK – Hannah Cleevely spent four weeks to gain an understanding of mental health in India. Being a drama therapist, she focused on using drama as a therapy with the residents.
- e. IIT Kanpur – Arpita Gupta doing research for Ph.D from IIT Kanpur spent six weeks.
- f. Ashoka University – two interns Shishti Das and Ridhima Jain spent four weeks
- g. Jindal University – Jasnoor Marwaha for four weeks

**C. Lucknow Branch**

27 students of Psychology attended the centre for Internship and 89 students visited the centre for orientation from various Institutions and Universities like National PG College, Amity University, JB Academy, IGNOU University, Christ University, MillenniumSchool ,etc..

**D. Short-term training/ Orientation & Block field Placement:**

Sl. No.	Branch	Block Placement/Internship / Concurrent Field work	Orientation visit	Total
1.	Bangalore Branch	34	190	224
2.	Lucknow Branch	27	89	116
TOTAL		61	279	340

**E. Other activities:**

Celebration of 30 years of service by Richmond Fellowship Society (India) was hosted by the Delhi Branch of RFS(I). As part of the celebrations, a National Conference was organized in September 2016 at the All India Institute of Medical Sciences, New Delhi. Details at page-13.

An independent Psychiatrist was engaged for a period of three months to evaluate the functioning of RFS Delhi Branch. The purpose of the evaluation was: a) to review the status of the services provided by the RFS Delhi Branch; b) to envision the future based on the reflections of past and present. The evaluation critically reviewed the strengths and weakness of the organization and made recommendations.

The Bangalore Branch received FCRA grant amount of USD 30,000/- equivalent to INR 20,01,900 /- from Columbus Foundation; Limited Brand Cares/Mast Cares for the project “Caring for women with mental illness” for the period 1<sup>st</sup> August 2016 to 31<sup>st</sup> July 2017.

New Hospital complex of the Sidlaghatta Branch was completed and inaugurated on 1<sup>st</sup> May 2016.

A MoU was signed by the Lucknow Branch in June 2016 with Pipavav Railway Corporation Limited (PRCL) for obtaining assistance for running the Day Care Centre . Accordingly PRCL gave Rs. 60,000 for purchase of items for the Centre. Also Rs. 70,000/month is given for running the Centre.

### 3. **30th ANNIVERSARY CELEBRATIONS OF RFS (I)**

To celebrate its 30th Anniversary, the RFS India held a National Conference on **Reflections & the Way Forward: Empowering People with Mental Health Needs** in the Board Room of the All India Institute of Medical Sciences (AIIMS) on 24th September 2016.

The objective of the Conference was twofold— to reflect on the journey of RFS from its initial days to present times and to analyse its achievements and challenges for charting a roadmap for the future, Discussions focused on ways to empower those with mental health needs for improving their treatment and recovery. A total of 154 participants attended the conference.

Presentations were made by all the branches of RFS across India. The conference also saw contributions from other NGOs working in the field as well as from the Department of Psychiatry, AIIMS. A Symposium and a Panel Discussion were held to discuss the pertinent issues of rehabilitation strategies and empowerment. Innovative youth advocacy for Mental Health programs conducted by various colleges and organisations working in this area, in collaboration with RFS, ensured participation by several college students at the conference.

The Conference witnessed enthusiastic participation from a wide spectrum of people- psychiatrists, care-givers, social activists, family members, youth as well as mental health patients themselves which helped make the Conference a success.



## BANGALORE BRANCH

The Bangalore branch of the Fellowship runs the following facilities:

- a) Halfway Home – ‘Asha’ for 20 residents (men and women)
- b) Long stay Home – ‘Jyothi’ for 17 residents (men and women)
- c) Day Care Centre with Vocational training – ‘Chetana’ for 60 clients

The Branch provided rehabilitation to **1185** clients at their residential and Day Care Centres. All three centres provide treatment and support to adults battling chronic mental illnesses such as schizophrenia, bipolar disorder, chronic and recurrent depression and mild to moderate mental retardation. The residents re-learn personal and social skills in a therapeutic environment. In addition, individual and family counseling services are provided. The therapeutic community offers a safe and friendly environment for personal growth and builds a sense of self-respect. The Fellowship also offers respite care.

At the Vocational training centre, skills such as Basic training in Computers, offset printing, Screen Printing, Block printing, Tailoring and Embroidery, Paper file making, Paper cup making, Book Binding and Spiral Binding are imparted to the clients. And in the process this helps in developing work habit and functions as a sheltered workshop.

The Fellowship provides internship for Psychology / Social work and Nursing students from different universities from India and abroad. Graduates with behavioural / social sciences / nursing degrees from Institutions across the country come for orientation visits regularly. In addition, the Fellowship offers short-term training in “Psychosocial Rehabilitation” and in “Basic Counselling Skills” and is also engaged in relevant research activities.

### Highlights of activities

- ❖ Received FCRA grant amount of USD 30,000/- equivalent to INR 20,01,900/- from Columbus Foundation: Limited Brand Cares / Mast Cares for the project “Caring for women”.
- ❖ Started a new vocational training activity – ‘Green skilling’ at Chetana Day care Centre.
- ❖ Organised two fund raising events:
  - a. KGA-Richmond Fellowship Charity Golf Tournament on 3rd February 2017 with 125 golfers participating in the tournament.
  - b. Garage Sale was organized on 22 & 23<sup>rd</sup> of July 2016 at Chetana
- ❖ Dr.S.Kalyanasundaram, Hon.Secretary& CEO, RFS(I) Bangalore Branch, received the “WAPR-IC 2016 “Award for Excellence in Psycho Social Rehabilitation” in recognition of his outstanding services in Psychosocial Rehabilitation for persons with mental disabilities, given during the World Association of Psychosocial Rehabilitation (WAPR) Indian Chapter in its annual meeting held on 19th November 2016 organized by the Chellamuthu Trust and Research Foundation, Madurai, Tamil Nadu

## Client Oriented Activities and Programmes

### Recreational activities

- a. Mr.Satish Hampiholi, a well-known Tabla Artist, is teaching tabla for the clients and residents, twice a week for 45 minutes
- b. Picnic / out-door movie / lunch in restaurants / in-house film shows once a month on rotation
- c. Indoor and outdoor games once a week
- d. Birthdays of clients and residents are celebrated enthusiastically
- e. All the major festivals in India celebrated
- f. Words search, sudoku, simple cross words, origami, vegetable painting
- g. Reading of books & newspaper readings forms an essential part of their daily routine.
- h. Ms.Ranjini Santhanam conducted dance movement therapy in which staff and some of the clients and residents participated
- i. Computer music

**Bengaluru Rehabilitation Cricket League 2016:** The clients of Asha / Jyothi / Chetana participated in Seventh Annual tennis-ball cricket tournament organized by Medico Pastoral Association exclusively for the residents of psychosocial rehabilitation centers in Bangalore City, on 22<sup>nd</sup> October 2016 at the Holy Ghost Church Grounds. Our team played well and one of them received the “Man of the Match” award

**Charity Golf Tournament 2017:** The 10<sup>th</sup> edition of Annual Charity Golf Tournament was held on 3<sup>rd</sup> February 2017 at Karnataka Golf Association (KGA), Bangalore. The event was a grand success and **125 golfers** participated in this tournament. As always, there was an encouraging response from the donors / sponsors also. There was an overwhelming demand from the golfers that this event should be conducted next year also.



**Garage Sale:** Garage Sale was held on 22<sup>nd</sup> and 23<sup>rd</sup> of July 2016 at Chetana as part of the fund raising and publicity activity. Staff, Governing Council members / members of RFS(I) and well-wishers contributed used clothes, articles, books and other house hold items for this sale.

**Joy of Giving:** A wish tree was placed in Fintellix Solutions located at Koramangala, Bangalore in the month of December 2016 as part of ‘Joy of Giving’. Based on their suggestion our requirements were handed over to them and some of the members of this company were kind enough to donate almost all the items that were requested when



they visited the facilities on 26<sup>th</sup> of December 2016. Some of the items included: Stationaries, groceries, linen and kitchen utensils.

**Sports Day:** Residents and staff participated in the indoor and outdoor sports events organized on 30<sup>th</sup> November 2016 as part of the sports day competitions.

**Art Competition 2016:** As part of World Mental Health day observation, the Department of Psychiatric Rehabilitation Services, NIMHANS, had organized “Art Competition 2016” Seven of the branches’ clients participated and one won the first prize two won consolation prizes.

**Annual Fellowship Day:** The 30<sup>th</sup> Annual Fellowship day was celebrated on 16<sup>th</sup> December 2016. Dr. Prabha S Chandra, Prof. & Head, Dept. of Psychiatry, NIMHANS was the Chief Guest Mr. MuraliSundarajan, Vice President & Ms. LakmeBidapa, Director, Business Process, Mast Global Business Services India, Bangalore were the ‘**Guests of Honour**’ Mr. .K.S.Mahesh, Team Lead-Logistics, from Mast Cares also attended this function. A cultural programme was organized by staff team where the clients and residents showcased their talents. The Chief Guest Dr. Prabha S Chandra appreciated the performances show-cased by the clients / residents and staff members. Ms. Lakme Bidapa & Mr. Murali Sundarajan were glad to be part of this event and they too addressed the gathering and appreciated the work done by the organisation, especially with respect to the Mast Cares project. The expenditure for this programme was met from the donations raised for this purpose.



**Art work:** A painting of Mr. Salil Sood, a resident of ‘Jyothi’ longstayhome, has been included in the calendar for the year 2017, printed and distributed by M/s. Lundbeck India Pvt. Ltd., a Pharma Company.

**Green Skilling project :** This initiative came from, Department of Psychiatric Rehabilitation (DPNR), NIMHANS. Avacayam project is a part of Green Skilling Program, an initiative started by Dr. Madhumita Puri, Executive Director of Society for Child Development (SFCD), an NGO that works to create equal opportunities for children and young adults with mental handicap and other disabilities. This project involves skill development using discarded flowers to make products such as organic holicolours and agarbattis. The collected flowers are first segregated, cut, dried and finally powdered to be distributed through various outlets.

The aims of the project are as follows:

- Creating employment for people with disability.
- Empowering other NGOs to address the issues of employment of PWDs.
- Contributing to environment conservation by generating an alternative for temple and other flower disposal.
- Contributing to the larger society by making available eco-friendly products.
- Providing a work experience which is also therapeutic in nature.

A hands-on-training of the project was provided by Society for Child Development along with its Design and Technical Partner - Craftizen Foundation. The training consisted of 6 modules spread over a period of three months (June-August). Ms. JyotiVerma, and Mrs. Deepmala, Junior House Officers, have attended this training.

The project was started in Chetana Day care centre on 01/07/2016, where all the clients of the centres are actively participating in this activity. The RFS(I) has initially taken up the responsibility of collecting the flowers and getting them dried and handing the same over to Seva-in-Action. Flowers are being collected from temples, marriage halls and from other locations through known sources. We have supplied 49.98 kgs of dried flowers and received Rs. 3052/- the same.

#### **Columbus Foundation: Limited Brand Cares / Mast Cares Fund:**

Mast Cares is the CSR wing of Mast Global, a holding company that handles L Brands. An application was made to Mast Cares seeking funds for the project titled “**Caring for Women with Mental Illness**” Give2Asia, an independent non-profit organisation located in California, USA, was assigned to carry out the due diligence process for our application. After submitting the relevant documents, they have granted approval for this project and it is valid till 18/07/2019. Further the Grant agreement between RFS(I) National Board and Give2Asia was signed on 19<sup>th</sup> August 2016. The RFS(I) Bangalore Branch received USD 30,000/- (equivalent to INR 20,01,900/-) on 1<sup>st</sup> September 2016 from Columbus Foundation: Limited Brand Cares / Mast Cares Fund for this project. The Grant period is from 1<sup>st</sup> August 2016 to 31<sup>st</sup> July 2017. As per the sanction terms of Give2Asia, the amount was utilised for the purpose for which it was granted. As per the directives of the National Board, a committee has been formed to monitor this project and the following are the members of the Committee:

1. Mr.VijayaRaghavan, President
2. Dr.S.Kalyanasundaram, Secretary & CEO
3. Mr.Seshadrinath, Treasurer
4. Dr.Shekhar Seshadri, Secretary-General of RFS(I) National Board
5. Mr.Sukumar, Co-ordinator, RFS(I) National Board

As on 31<sup>st</sup> March 2017, nine residents / clients have been offered fee concession, amongst them two from Jyothi (Long stay home) & seven from Chetana (Day Care Centre)

There are 10 residents / clients who have been offered medication support. Two from Asha – Halfway home, three from Jyothi – Long stay home and five from Chetana – Daycare & Vocational Training Centre. The project is being implemented on the expected lines and the outcome is quite satisfactory. We would like to re-appropriate the remaining amount, if any, for the benefit of such clients, keeping in mind the objectives of the Project.

## **Training and Research Centre in Mental Health**

### **1. ICMR funded Research Project – Perception, Attitudes and Experiences regarding sexuality of people with severe Mental Illness:**

The RF PG College had submitted a project proposal titled 'Perceptions Attitudes and Experiences towards Sexuality of people with severe Mental Illness' to ICMR for a funding amount of Rs.7,87,600/- in the year 2012. The ICMR has approved this project for funding and the first installment amount of Rs.2,40,544/- was received on 20.11.2015. Since the College has been closed, a request was made to ICMR to permit the organization to continue the project under the Training and Research Division of RFS(I) Bangalore Branch. The ICMR has acceded to this request and the project work had commenced from May 2016. Dr. Lata Hemchand is the Principal Investigator, Dr. S. Kalyanasundaram & Ms. Jyothsna Chandur are the Co-Investigators for this project. Ms. Arundhati Chaudhuri has been appointed as a Research Assistant for this project w.e.f. 2<sup>nd</sup> May 2016.

### **2. Therapy Support Specialist Training Program:**

Short-term training was provided to the staff members of Strides Shasun, a leading pharmaceutical company on the following modules (1) Depression and Anxiety (2) Schizophrenia (3) Bipolar Affective Disorder (4) Geriatric Mental Health. The candidates with M.Sc. in Psychology background were selected by the company. The 1<sup>st</sup> batch of training was provided for 9 trainees in the month of January 2016. The 2<sup>nd</sup> batch consisting of 8 students were provided training from **March 28<sup>th</sup> to April 6<sup>th</sup>, 2016**, on Depression and Anxiety and Basic Counseling Skills. Nine trainees came for this session from 6th to 14th June 2016 and the training included basic knowledge about the illness and different concepts of psychosocial rehabilitation and basic counseling skills specific to Schizophrenia, under their Therapy Specialist Training programme.

## **Success Stories**

### **Disability is not a Deterrent**

Mr. R, 29 years old, Hindu, is an unmarried male, only child to his parents, has studied up to SSLC in a special school. He comes from an upper socio economic status, belongs to nuclear family and resides in Bangalore. He was referred to Chetana with a diagnosis of Down's syndrome with moderate mental retardation. Initially he exhibited symptoms like irritability, slowness in learning, difficulty in speaking and stubbornness. Gradually these problems were dealt through individual sessions and his symptoms like stubbornness, irritability, improving communication, gradually vanished. He further gained in self-confidence and his work habit improved which helped him to gain economic independence.

Initially he was placed in printing and file unit to learn paper cover and cloth bag making in the printing unit. Simultaneously he was also being trained in the file unit in arrangement and clipping of files. There has been a gradual improvement in his ability to concentrate and work with the constant support from the instructor, staff. The family was regularly apprised of his progress. Based on his quality of work, he was trained in operating the Photocopying machine. His mother helped him to get a job outside with a friend's help. He initially started working in a small-scale firm, where he was placed on trial from April 2016 for a period of 6 months. Over a period, he has been able to take more responsibilities and has even taken up a job.

### **Conferences/Seminars/Trainings conducted**

1. Awareness programme on 'Childline&Childrights' was conducted by BOSCO Mane on 23<sup>rd</sup> April 2016 at Chetana in which all the staff participated.
2. Dr.S.Kalyanasundaram, Secretary & CEO, was invited for a session of Virtual Knowledge Network (VKN) NIMHANS ECHO Road 2 Recovery (R2R) held on 26<sup>th</sup> August 2016 on the theme Rehabilitation Services, Department of Psychiatry, NIMHANS. The sessions comprised didactic session and clinical case presentation, which was chaired by Dr.Pratima Murthy, Professor of Psychiatry, NIMHANS, Bangalore. Mr.Vijaya Raghavan, President and all the staff took part in this programme.
3. Ms.Prathiksha Shukla and Ms.Deepmala Sutar, Junior House Officers, attended an International Conference on "Justice and the rights of homeless persons with psychosocial needs" held from 1<sup>st</sup> to 3<sup>rd</sup> September 2016 at Chennai, organized by The Banyan, The Banyan Academy of Leadership in Mental Health (BALM), Tata Institute of Social Sciences(TISS) and the McSilver Poverty Institute (NYU).
4. Ms.Preeti Pandey, Junior House Officer, attended a two-day workshop on "Cognitive Rehabilitation for Schizophrenia:Current status and future directions" held at NIMHANS on 28<sup>th</sup> and 29<sup>th</sup> September 2016, organized by the Neuropsychology Unit, Department of Clinical Psychology, NIMHANS, Bangalore.

5. Ms.Linda Maria, Junior House Officer, participated in a workshop on ‘Under the Spotlight: A theatre based exploration of mental health issues’ held from 12<sup>th</sup> to 17<sup>th</sup> of January 2017 at NIMHANS.
6. Dr.S.Kalyanasundaram, Secretary & CEO, was invited to be a panelist at 3<sup>rd</sup> ISPN International Conference organized in collaboration with NIMHANS on ‘Rehabilitation of Persons with Mental Illness: Nurses Perspectives’ held from 10<sup>th</sup> to 12<sup>th</sup> February 2017 at NIMHANS. He was a moderator of the panel discussion of “Issues and challenges of Rehabilitation services in India; Multidisciplinary team perspectives” held on 12<sup>th</sup> February 2017.
7. RF- ASIAPACIFIC Conference; The 12<sup>th</sup> Biennial Richmond Fellowship Asia Pacific International Mental Health Conference will be held in Brisbane, Australia from 24<sup>th</sup> to 26<sup>th</sup> October 2016. The AsPac CEOs meeting will be held on 25<sup>th</sup> October 2016. Dr.S.Kalyanasundaram, Secretary & CEO, will be attending this conference and the expenditure connected to this trip will be borne by him

## 11. Published Articles

1. Kalyanasundaram S and Johnson Pradeep R. Examination of the Elderly Patients. In: Namboodiri VMD. John CJ. Subhalakshmi TP editors. Clinical Methods in Psychiatry. 3<sup>rd</sup> ed. New Delhi: CBS Publishers & Distributors Pvt Ltd; 2016, p. 155- 202.
2. Kalyanasundaram, S and Johnson, Pradeep R. Organic Mental Disorders. In: Vyas, JN and Ghimire Shree Ram, editors. Text Book of Post Graduate Psychiatry. 3<sup>rd</sup> ed. Vol. 1, New Delhi: Jaypee Brothers Medical Publishers (P) Ltd; 2016. p. 45-102.
3. Jyothsna Chandur. DharitriRamaprasad. Primary Mental Function. In: Namboodiri VMD. John CJ. Subhalakshmi TP editors. Clinical Methods in Psychiatry. 3<sup>rd</sup> ed. New Delhi: CBS Publishers & Distributors Pvt Ltd; 2016. p. 37-51
4. Seshadri Kalyanasundaram, Tak Lam Lo, Matthew Warden, Yanling He, Tianmei Si, ManickamThirunavukarasu, Nurmiati Amir, Ahmad Hatim, Tomas Bautista, Cheng Lee, Robin Emsley, Jose Olivares, Yen Kuang Yang RonnachaiKongsakon, David Castle. Recommendations for the optimal care of patients with recent-onset psychosis in the Asia-Pacific region Asia Pacific Psychiatry, 8 (2016): John Wiley & Sons, Australia, Ltd. p. 154-171.
5. Madhura Joshi, Sumana B.G, DharitriRamaprasad. A Study of Occupational Stress among Special Educators in the State of Goa. Stress Management Professional-an International Journal. January- June 2017; Volume 5 No.1. P. 47-53. Published by Stress Management Lab.

*POSITIVE THINKING is not only about Expecting the best to Happen. But it is also about accepting whatever happens is for The Best.*



## DELHI BRANCH

### Services provided

#### Facility

The Halfway Home and Day care facilities were utilized by 15 residents even though there is provision for more members. The community outreach services were provided at the Najafgarh Public Health Centre; OPD at the Hero MotoCorp facility; and Mental health camp organized in Greater Noida.

#### Clients

The number of clients at the Halfway home & Day care centre was 15 (Male-6; Female -9).

Outreach - A total of 1217 patients were served in the OPD clinic of the Primary Health Centre (PHC) of Najafgarh. Majority (74.7%) of the patients were in the age group of 19-50 years. There was not much difference in terms of male (52.7%) and female (47.3%) patients. As per the diagnosis, most of the people reported the problem of depression (48.6%) followed by schizophrenia (33.9%).

The OPD clinic at Hero MotoCorps in Daruhara was held once a week. Data of 352 patients shows that majority (81.0 %) of them were in the age group of 19-50 years. The number of male patients was nearly twice in number compared to female patients (66.5% and 33.5% respectively). This is because the male employees outnumber the female workers.

One Client has received concession.

A sum of Rs. 46,777/- was spent on free medicines on Outreach services

#### Recreation activity.

- *Art and Craft* – members continued to engage themselves in creative activities with the help of Art and Craft teacher in the afternoons twice a week. A volunteer also helped them with new ideas for making pottery items for sale during Diwali Melas and special functions. A special feature was making paper flowers that were given as souvenirs to guests and resource persons.
- *Games and Yoga* – members were encouraged to participate in indoor and outdoor games for providing physical exercise, promoting critical thinking and helping them to build social skills. The Oriental Insurance Co. donated Table tennis equipment and a Cycle for exercise. Yoga and music teacher regularly conducted the sessions.
- *Wall painting* - volunteers from the Delhi Street Art painted the basement walls of the Day Care Centre and the exterior building with the members. This was done on two occasions. It was a joyful activity that has cheered up the environment.



*Celebrations*- important National Days, festivals and Birthdays were celebrated. As part of the 30 years' celebrations, the resident members of the Halfway Home organized a programme in Vishwas. They put up a fashion show, played floor games on mental health and danced for enjoyment followed by lunch with the guests

- *Quiz* – Quiz continues to be a very popular activity enjoyed by all. A Quiz bank on 'Trees' was prepared through a very participatory process beginning with planing trees in July; each person learning about one specific tree; making Fact-sheet on the selected tree; making quiz questions and presenting them to the group before finally turning it into a ppt that was used for the quiz.
- *Library* – Aseem library in Vishwas was used by the residents. Books and magazines of their choice were provided to them on a regular basis.
- *Going beyond the four walls of the facility* - every fortnight, members went out for lunch in a local restaurant and enjoyed the outings. Going out to see a play in BIMTECH directed by Arvind Gaur followed by dinner was a unique experience for them in October 2016. A picnic was organized in winter where members along with staff and volunteers went to Lodhi gardens to enjoy the beautiful weather. They played games, sang and enjoyed the food.

#### **New programmes/initiatives/facilities.**

- *Library* - Library is being used as a therapy by providing opportunity to the members for developing self-confidence and self-esteem. An MOU has been signed with the Birla Institute of Management Technology (BIMTECH) located in the neighbourhood for using their library every Monday. Ten members are using the facility but only a few of them are regular. They enjoy special coffee and biscuits and have created a special space for themselves in the library. Visible improvement has been noticed in the behaviour of those going regularly to the library in terms of their discipline and communication skills. Some of them shared their experiences with others and are being encouraged to write them by the counsellors.
- *Bulletin Boards* – the members displayed their work on boards that were changed every month. The “talking walls” showed their feelings which they shared with others.
- *Youth Advocacy for Mental Health* - In April 2016, an initiative was taken up to establish a model of partnership between academic institutions and NGOs working for promoting mental health. The first phase of the project (April – Dec 2016) was supported by The Oriental Insurance Company Ltd. The objectives were: a) to break the silence (*chuppitodo*) and create a dialogue on mental health issues; b) to dispel stigma and myths related to mental health; and c) to make effective behavior change communication. The partners were – Ashoka University -Kirdaar group; University of Delhi – Lady Irwin College, Department of Development Communication & Extension; JamiaMilliaIslamia- AJK- Mass Communication Research Centre; Mind Piper; and Sambandh Health Foundation. Technical support for development of materials was provided by the All India Institute of Medical Science Delhi.



- *Poster Competition* - A poster/slogan/poetry competition was organized on the theme of “Let's break the silence on mental health”. Sixty-three young people participated. Prizes and certificates were given on the Annual Day. An exhibition of the posters/slogans/poems was appreciated by the guests.
- *Evaluation of RFS Delhi Branch* – An independent Psychiatrist was engaged for a period of three months to evaluate the functioning of RFS Delhi branch. The purpose of the evaluation was: a) to review the status of the services provided the RFS Delhi branch; and b) to envision the future based on reflections of past and present. The evaluation critically reviewed the strengths and weaknesses of the organization and made recommendations.

### **Staff Training**

- Counsellors in Vishwas benefitted from hands-on experience going for the outreach programme with Dr Satyawati, Senior Psychiatrist. She also conducted meetings in Vishwas inviting individual care givers and discussing their progress in the presence of the counsellors.
- Training was conducted on ‘Psychological First Aid’ by Dr Sandhya Gupta from the Nursing department of the AIIMS on 26th November 2016.
- Training to use traditional games for communication on mental health was organized by Dr Aparna Khanna, Associate Professor Lady Irwin College (Delhi University). Participants used the games that had been developed through intensive participatory processes.

### **Internships**

The RFS Delhi branch continues to provide experiential learning to students preparing for careers in psychology, social sciences, nursing and social work.

- Intern from UK – Hannah Cleevely spent four weeks to gain an understanding of mental health in India. Being a drama therapist, she focused on using drama as a therapy with the residents.
- IIT Kanpur – Arpita Gupta doing research for Ph.D from IIT Kanpur spent six weeks.
- Ashoka University – two interns Shishti Das and Ridhima Jain spent four weeks
- Jindal University – Jasnoor Marwaha for four weeks

### **Success story**

This is the story of a patient who is currently living abroad. Her daughter visited India in 2016 and expressed gratitude for improvement in her mother's condition because of her stay in Vishwas for seven years.

S was admitted in the Halfway Home in December 2008. She was diagnosed with paranoid Schizophrenia and acute depression and was unable to maintain personal hygiene. The high depression was related to the sad events of her past revolving around the death of her husband and very tragic death of her mother with whom she was living. The experience of being alone at the time of mother's death was so traumatic that she

got into a state of deep mental shock and was unable to tell anybody about her mother's death. Sitting with a dead body inside her house for several days added to her mental instability. She was unable to eat and look after herself. When she was admitted in the Halfway home, even though she was being given medicines on a regular basis, she was unable to adjust with others and repeatedly desired to be with her only daughter and grandchildren who were her only concern in life. S's daughter, living abroad was unable to spend time with her mother due to her personal and work commitments. The only relation S had in India was her elder sister who was unable to meet her because of restricted mobility. Her niece looking after her own aged mother was unable to spend time with S. Thus, their presence never really made any difference to her health. While staying in Vishwas, she was persuaded by the counsellors to participate in group activities and received personal counselling. However, she insisted on being with her daughter and grandchildren. Her daughter was informed and was advised to take her mother and keep her in the family. She was discharged in October 2015. Going to UK, there is a marked improvement in the behavior and attitude of S towards herself and others and she is actively participating in all the family activities. She is even taking care of her daughter's house. Daughter's love and closeness has been therapeutic for her affecting her food habits and personal hygiene. Her social interactions have also improved.

### **Meetings, Conferences and Workshops attended.**

- Sujatha Sharma: "Mind your Mind: Tools and training for public education and stigma reduction for mental health. Co-facilitation for pre-conference workshop at the World Psychiatric Association Congress, Cape Town. 18-22 Nov 2016.
- Sujatha Sharma: Paper presented at symposium on Role of Mass Media in Public Education – an Indian Experience. "Public Education for Mental Health: Prevention, Early intervention & Comprehensive management of Psychological problems of Mental illness. World Psychiatric Association Congress, Cape Town. 18-22 Nov 2016
- Payal Kumar: International conference presentation at the Academy of Management conference, Anaheim, August, 2016; Exploring Subtle Forms of Racism at Higher Education Establishments with Lorianne Mitchell
- Shalini Narayanan: Delivered talk on Disability and New Media at the International Conference on Disability Communication, organised by the University of Mumbai in collaboration with the Jankoping University of Sweden on 9th January 2017.
- Mridula Seth: "Lifelong Learning and Life Skills for Self-Development ". Paper presented at the Indian Adult Education Association Conference. Lucknow. Dec 2016

### **Conferences/Workshop/Symposia organised by the branch.**

- National Conference for celebration of 30 years of RFS in India
- Dissemination meeting for sharing the experiences of Youth advocacy on mental health with partner organizations.

### **Visitors to the branch.**

- Institutions - 248  
(Ashoka University -2; Galgotias University -34; Global Genesis School- 72; RajkumariAmritKaur school of Nursing- 67; JamiaMilliaIslamia – 20; BIMTECH -1; Holy Family College of Nursing- 52)
- NGOs - 22  
(Delhi Art Group-15; Mind Piper-2; Mpathy-2; RFS Lucknow-1; Sambandh Health Foundation -2)

### **Awards and Felicitations.**

- In recognition of his long and dedicated service to RFS Delhi branch, Dr KrishanKhurana, founder of Vishwas, was nominated as the ‘Mentor’ of RFS Delhi branch
- A visioning workshop was conducted to strengthen the activities of the RFS Delhi branch to plan strategic interventions for the next five years.
- Payal Kumar was awarded Ph.D. from XLRI. Her topic of research was "Examining the outcomes of Mentor-Protégé personality incongruence and the mediating role of affect”.
- Dr. Rangashri Kishore was honoured with "*Matru Shakti Samman*" by the Haryana Government for community services on 28th March 2017.

*The Dalai Lama when asked what surprised him most about humanity, answered “Man. Because he sacrifices to make money. Then he sacrifices money to recuperate his health. And then he is so anxious that he does not enjoy the present, the result being that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then dies having never really lived”.*



## SIDLAGHATTA BRANCH

### **Overview/Highlights of the activities of the branch**

New Hospital Inauguration was completed on 1<sup>st</sup> May-2016

Conducting 2 camps in a month on Second Sunday & Last Sunday of every month &

Issuing food pockets to Patients and care givers.

Donation of Rs. 2,00,000/- received from Dr. Veerendra Heggede, Dharmadhikarigalu, Sri Kshethra, Dharmasthala.

Donation of Rs. 1,00,000/- received from Chartered Sahakari Bank Niyamitha, Bangalore.

### **Services provided:**

Day Care Center was temporarily stopped

Outreach services Clients: Male & Female - .

A total number of 4419 persons ( New cases 238 and 1783 Male & 2398 Female follow up ) cases were treated in the out reach camps

25 No. of MH patients fee concession in outreach services.

Receipts from District Health officer, H.F.W, C.B.Pur, Rs. 273259/-

Chittasanjeevini Trust is supporting by donating medicines worth Rs.15000/- every month & some medicines are donated by Government of Karnataka.

### **New Hospital Inauguration on 1<sup>st</sup> May-2016**



.....the Building



**Invoking GOD**



**Mentor cutting the ribbon**

### **Success stories**

Mrs L.D, 35- year-old married woman suffering from the symptoms of illness from past 8 years. Before the illness started L.D use to do not only household work but also agricultural work and taking cattle and sheep for grassing in the field. By the onset of illness she stopped doing all the work and became difficult to manage. At some point her family members took her to NIMHANS for treatment, but there was no improvement in her condition & her family faced many problems in managing her at home. She would not take care of her personal hygiene & would not participate in community activities. She was first seen at the monthly clinic 4 years back, at that time she was unable to do work, not talking with any one, had auditory hallucinations & disrupted emotional behavior. She was treated at the camp, she

responded well for the medication/ treatment. After she was treated at the camp, the disruptive behaviors & the symptoms of illness gradually decreased & slowly she was adjusted to the normal life, started to interact with others. Now she is able to do house work & agricultural work. It is such a satisfying experience to see her husband coming in smilingly along with his wife for the regular follow-up. He expresses his gratitude to all the staff for having helped his wife to come back to earlier functioning level.

### Conferences and Workshops attended

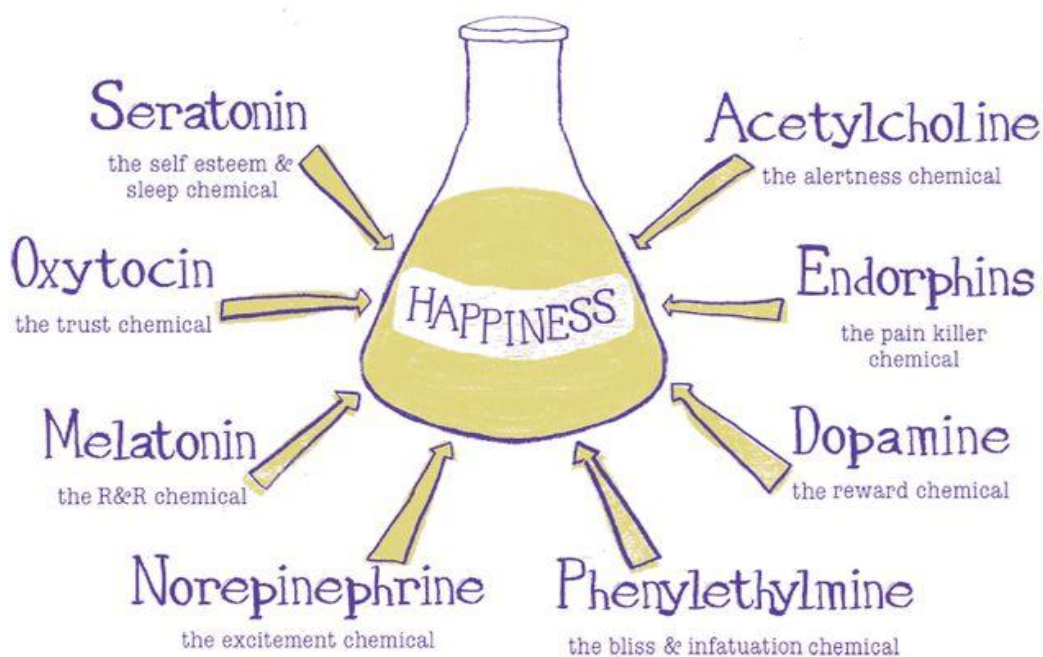
Representatives of the Branch attended RFS (I) 30 years celebration at Delhi Branch on 24-09-2016 and AGM meeting at Delhi on 25-09-2016.

A meeting on 24-11-2016 with Mr. Swaminath (CSCT) for discussion about ICD codes. Drug for patient, & MOU for supply of medicine for three years from 1<sup>st</sup> February was signed.

### Consultancy fees/Services charges.

Consultancy fees collected from April-2016 to March- 2017, Rs.2,35,290/-

Twenty volunteers with different professional backgrounds offered their services to our Branches during the year.



## LUCKNOW BRANCH

### **Overview/Highlights of the activities of the branch:-**

**O.P.D. Services:** O.P.D. Services are being conducted 3 days/week. ( between 10:00 A. M. - 01:00 P.M. on Tuesdays, Thursdays and Saturdays). 1392 patients were seen in this year (410 New and 982 follow up) free consultation was given to those having BPL Card or who could not afford (45) and 50 % concession given to 10 patients.

**Day Care Facilities:** The Branch has capacity to have 40 patients in Day Care, at present it has 28 clients (20 plus 8 of HWH) attending the Day care regularly with another 2-3 clients coming on and off. The Day care runs 6 days a week, Saturday being half day from 10:00 am to 4:30 pm and 10:00-2:00 pm respectively. 9 new clients enrolled in this period. 22 clients (Male- 16, Female 6) are coming regularly to the centre. Few clients come on and off for counseling.

The Day Care Centre is being run free of cost as we are being sponsored by PRCL for the period July 2016-June 2017 and we hope to renew the sponsorship

**Half Way Home:** The Branch has infrastructure to keep 20 clients (Male and Female) in the half way home. 15 clients were enrolled in this year, at present we have 8 clients (Male-5, Female-3).

The clients of the halfway home participate in all activities of day care and are also taught skills like washing their clothes, tidying their room, doing their routine shopping, helping in the kitchen etc.

**Counseling Services:** The Branch was running counseling services till January 2017 but had discontinued as counselors got engaged elsewhere. It plans to restart the services soon.

**Vocational Training:** -The Branch makes things for use & sale at the Center (though on very small scale) depending on seasonal availability. **Miss Sangeeta, Part-Time Knitting and Tailoring teacher joined our centre on 19<sup>th</sup> December 2016.**

**Internship and Orientation Programme:** In this year 27 students of Psychology attended the centre for internship and 89 students visited the centre for orientation. The details are given below:-

- One student of MA psychology from, IGNOU attended our center for 240 hours of internship program.
- 17 students of GNM Nursing from S.S. Institute of Nursing, Hardoi attended the center for one month Internship Program.
- 12 Students from S.S.J. Campus, Almora visited our center on 22/04/2016 for orientation.



- Ms. Aditi Mishra (XII standard) from Millennium School attended our center for 15 days Orientation program.
- Ms. Anandana Trivedi (Graduate) from Christ University, Bangalore joined our center for One Month Internship Program.
- 30 students (BHU & IGNOU) visited our center for Orientation.
- 44 students of JB Academy, Faizabad with two of their faculty visited our centre on 30/08/16. Lectures were given by Dr. M. C. Upreti (Psychosocial Rehabilitation) and Mrs. Pushpa Sethi (About RFS) and Dr. Shashi Rai.
- Ms. Rakshanda Anjum, M.A. Clinical Psychology, Amity University, Lucknow attended our center for One week orientation program.
- Six students of MA psychology from National P.G. College attended our center for One month internship program



**World Schizophrenia Awareness Day** was celebrated at our center on 23<sup>rd</sup> May 2016.. A painting competition was organized with the help of IPCA Pharmaceuticals for our clients. An awareness program was also organized. Dr. A.K. Agarwal stressed on the significance of World Schizophrenia Awareness Day and Dr. Shashi Rai gave a talk on Schizophrenia. Dr. Bharti Gandhi, Founder CMS Group of Schools was the Chief Guest and Dr. Mridula Kapoor, Senior Official from Northern Railway was The Guest Of Honor. Mrs. Swati Bhagchandani, Consultant Clinical Psychologist spoke on the role of Family in treatment of Schizophrenia. Our Counselors Ms. Sheeba and Ms. Namrata Dixit also presented their views about the role of a counselor in the process of Rehabilitation. The function was attended by about 100 people.

**International Yoga Day** was observed on **21/06/2016**. Col. S. S. Yadav and Dr. L. K. Maheshwari delivered talks on the importance and benefits of practicing yoga in daily life. Mr. S. Panwar, one of our clients at Half-Way Home demonstrated various Asanas of Yoga. The program was conducted by Mrs. Pushpa Sethi, our Day Care Incharge.

**Erawadi Day** was observed on **6/08/2016** Justice D. K. Nigam (Retd.) was the Chief Guest. Col. S. S. Yadav, Dr. M. C. Upreti, Dr. A. K. Agarwal and Dr. Shashi Rai spoke on the occasion.

The Branch celebrated **World Mental Health Day on 08-10-16**. A video was shown about how care givers should look after their patients. It was attended by about 50 people. Dr. Shashi Rai and Dr. A. K. Agarwal answered the queries raised by the parents and caregivers.

A pre Diwali get together was organized at the centre on **22-10-16** by ManorogiKalyanSansthan. Members of MKRS and RFS, clients and staff of NavUday participated in the program. The articles made by the clients were put-up for sale and a talk was organized on Dementia for the benefit of caregivers. Clients performed at the Annual Day Celebrations of Indian Medical Association at GannaSansthan Auditorium, Lucknow on **20/11/2016**.

### **Conferences, Travel and Other Achievements of our members and staff:**

Counselor Mr. Amresh is an active dramatist and performed in various plays. He Participated in a KaviSammelan at RaiUmanath Bali Auditorium, Lucknow. He also attended the dissemination meeting on **21-12-16** organized at Delhi for youth Advocacy program. He also spent a day at RFS (I) Delhi to gather insight into its functioning and learn the positive aspect which we could inculcate.

### **Recreational activities conducted at the centre are as follows:-**

- a. Music class once a week.
- b. Games and entertainment once a week.
- c. Collective Movie watching once a week at the centre.
- d. Birthday Celebration of the clients and staff along with cultural activities.
- e. Picnic and Outings are organized occasionally.

### **Success stories:-**

#### **The thoughts shared by Father of a client**

“This is to inform you that my younger son, VibhuDwivedi who has been admitted in NavUdayMansikSwasthyaSansthan since June 2016, has improved considerably. We have observed the following changes

- (i) Gets less irritated now.
- (ii) Tries to manage his anger.
- (iii) Enjoys the company of family members.

Thanks to the dedicated team of NavUdaySansthan. We are grateful for such a nice guidance. I would like to mention few habits of Vibhu which has to be improved.

- (a) Toilet habits.
- (b) Eats more than his appetite.

### **Workshops:-**

1. Workshop on Cognitive Behavior Therapy was held on 3<sup>rd</sup> and 24<sup>th</sup> April and 28<sup>th</sup> May, attended by 14 participants and was conducted by Ms. Saumya Singh, Clinical Psychologist.

2. Open House Seminar on **Stress Management** and **How to Stop Negative Thoughts** was organized for the staff and general public conducted by Ms. Saumya Singh, Clinical Psychologist.
3. 23/07/16 and 30/07/16- Workshop was conducted by Miss Saumya Singh on Basic Counselling Skills for Psychology Students.
4. 03/08/2016- **A WORKSHOP was conducted at our center on family therapy by Dr. Anisha Shah. Prof. and former H.O.D. Dept. of Psychology NIHMANS. It was a very successful program** attended by 55-60 student of psychology of National P.G. College (Lucknow), from Amity University and Lucknow University. Two faculty members from Amity and one from K.G.M.U. also attended the program. Our counselor Miss Saumya Singh played a very active role in organizing the program. All our staff worked hard to make the program a success.



#### **Meetings, Conferences and Workshops attended/conducted.**

Date	Description	Attended by
08/04/2016	Attended Advisory board meeting of Abbot Ltd. at Kolkata on Bipolar Affective Disorder.	Dr. Shashi Rai
08-09/05/2016	Attended the IAPP midterm CME at Amritsar and chaired a session.	Dr. Shashi Rai
8-9/7/ 2016	Attended P. G. Development programme at Mussourie	Dr. Shashi Rai
29-31/ 7/2016	Attended the EC meeting of IPS as Zonal representative and Mid Term CME of IPS Guwahati	Dr. Shashi Rai
10-11/9/2016	Dr. A. K. Agarwal was awarded the PKC oration and gave a talk on Psychiatry Practice: Over the Years in the Annual Conference of IAPP UP UK; Dr. Shashi Rai was the organizing secretary of the same conference held at Lucknow	Dr. A. K. Agarwal
24-25/9/2016	Attended 30 years of RFS celebration at Delhi organized by RFS (I) Delhi	Dr. A. K. Agarwal, Dr. Shashi Rai, Dr. Upreti and Mr. Alok Saxena
15-16/10/16	Attended the CIPCON conference at Indore and moderated a panel discussion on DRUG FREE INDIA	Dr. Shashi Rai
30/11-3/12/ 16	WASP at Delhi.	Dr. Shashi Rai



01/01/2017	ANCIPS,2017 at Raipur and chaired various session.	Dr. Shashi Rai
27/03/2017	Meeting of RFS(I) held in Banglore	Dr AK Agrwal, Dr. Shashi Rai, Mr. Alok Saxena

### **MOUs/Joint Ventures with other agencies.**

A MOU was signed with Pipavav Railway Corporation Limited (PRCL) on 25<sup>th</sup> June 2016. As per the MOU PRCL is helping us in running our Day-Care center and they have given us an amount of Rs. 60,000 for purchase of items for the Day Care Centre and Rs. 70,000/month for running the centre. This has been effective from 1/7/16. A copy of the Project proposal and the MOU signed by both the parties has already been sent to the National Board.

## **HUMAN RESOURCE**

### **Number of staff by gender and salary scale**

Slab of gross salary per month & benefits paid to staff	Male	Female	Total Staff
Less than Rs. 5000/-	2	1	3
Rs. 5000/- to 10,000/-	12	4	16
Rs. 10001/- to 25000/-	27	26	53
Rs. 25,001/- to 50000/-		2	2
Total staff			74

### **Volunteers:**

19 volunteers and 17 consultants with different professional backgrounds offered their services to our Branches during the year.

The Richmond Fellowship Society (India) is in full compliance with Provident Fund and Employee State Insurance Scheme Acts.

### **Staff Remuneration per annum**

Head of the Facility

Highest paid full time staff- Rs. 351,120/-

Lowest paid full time staff – Rs. 144,000/-

Expenditure on Staff International Travel: Nil

Annual Gross Remuneration paid to the members of the Governing Council: Nil

Amount reimbursed to all Governing Council Members towards International travel, domestic travel, local conveyance, entertainment expenses and other during the year Rs. 90,570/-.

## TREASURER'S REPORT

The financial year 2016-17 of RFS (I) has ended with a surplus of Rs. 31.87 Lakhs as against Rs. 63.88 Lakhs in the previous year. As in last year, Bangalore Branch has been the major contributory of RFS (I). Out of total spending, the amount spent on “Direct program activity” is Rs. 214.29 Lakhs (80.46%) which is higher as compared to previous year amount of Rs. 155.47 Lakhs (66.98%). Administrative Expenses (Excluding Depreciation) is Rs. 52.03 Lakhs which is comparatively higher than previous year expenditure owing to increase in staff costs and Office costs. The Amount of Direct programme expenses incurred during the year is 72% of the gross income of RFS (I). A Brief summary of consolidated Assets & Liabilities and Income & Expenditure is given below:

(Rupees in Lakhs)

		<b>2017</b>	<b>2016</b>
<b>ASSETS</b>	Fixed Assets	549.19	
	Advances /Deposits/ Loans & other Assets	29.49	437.16
	Cash, Cash Equivalent & Investments	416.12	72.84
			431.99
<b>TOTAL</b>		<b>994.80</b>	<b>941.99</b>
<b>LIABILITIES</b>	Funds & Reserves	793.37	712.45
	Loans/Advances/Deposits/Unspent	201.43	
	Spent grant/Creditors		229.54
<b>TOTAL</b>		<b>994.80</b>	<b>941.99</b>
<b>INCOME</b>	Grants-Restricted	21.48	5.21
	Grants-Others	35.83	-
	Donations	217.31	46.85
	Other Income	23.57	210.20
	Net Financing Income		33.72
<b>TOTAL</b>		<b>298.19</b>	<b>295.98</b>
<b>EXPENDITURE</b>	Direct Program Expenditure	214.29	155.47
	Administration	52.03	76.63
	Donation in kind	-	-
<b>TOTAL</b>		<b>266.32</b>	<b>232.10</b>
<b>Surplus/ (Deficit) for the year</b>		<b>31.87</b>	<b>63.88</b>

## ACKNOWLEDGEMENT

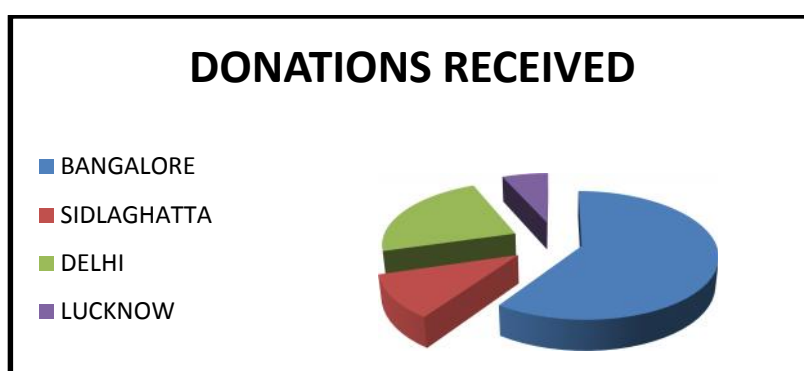
### Our Supporters

We gratefully acknowledge all the donors (from India and abroad) who have supported our Organisation. A sum of Rs. 45,26,351 was generated through grants and donations by all Branches during the year. In addition to the cash donations several good hearts donated in kind also.

### DONATIONS RECEIVED

(in Rs)

BANGALORE	26,93,538
SIDLAGHATTA	4,94,500
DELHI	10,39,913
LUCKNOW	2,98,400



Sometimes it takes dealing with a disability - the trauma, the relearning, the months of rehabilitation therapy - to uncover our true abilities and how we can put them to work for us in ways we may have never imagined.

Tammy Duckworth

## NATIONAL BOARD

Mentor- Dr. G.N.Narayana Reddy

Dr. Alok Sarin	Dr. (Ms.) Shashi Rai
Vice Chairman	Vice Chairman
3. Dr. ShekharSeshadri – Secretary Genera	
Dr. Shekhar Seshadri	Mr. N. Sreekanth
Secretary - General	Treasurer

### Members:

- |                           |                           |
|---------------------------|---------------------------|
| 1. Dr. A.K. Agarwal       | 5. Dr. S.K. Khandelwal    |
| 2. Mr. K. Vijaya Raghavan | 6. Mr. S.M. Narayanaswamy |
| 3. Dr. S. Kalyanasundaram | 7. Mr. Alok Saxena        |
| 4. Dr. (Ms.) Mridula Seth |                           |

### Invitees:

P.Sukumar  
Co-ordinator.

## GOVERNING COUNCILS OF THE BRANCHES

### I. Bangalore Branch:

1. Mr. K. VijayaRaghavan – President
2. Mr. B. Chandrashekar – Vice President
3. Dr. S. Kalyanasundaram – Secretary & CEO
4. Mr M.S. Seshadrinath– Treasurer

### Members:

1. Dr. R.B. Galgali
2. Dr. R.G. Nadadur
3. Dr. Shekhar Seshadri
4. Prof. Shreedhara Murthy
5. Dr. Anisha Shah
6. Dr. Lata Hemchand
7. Prof. Rajan Gurukkal
8. Dr. Vidya Sathyanarayanan
9. Dr. T. Sivakumar
10. Mr. Ramanujam Sridhar
11. Ms. Nithya Rangarajan

### II. Delhi Branch:

Dr. Krishan Khurana, Mentor

1. Dr. Alok Sarin – President
2. Dr. Rangashri Kishore – Vice President
3. Dr. Mridula Seth – Secretary
4. Mr. Sanjiv Mittal - Treasurer

### Members:

1. Dr. Satyawati Devi
2. Mr. P.C. Rawal
3. Gp. Capt. Kapil Shukla
4. Mrs. Nadira Chaturvedi
5. Mr. Debashish Majumdar
6. Dr. Sudhir Khandelwal
7. Mr. M.C. Kishore
8. Dr. Sujatha Sharma
9. Mr. Paresch Shah
10. Prof. Payal Kumar
11. Dr. Shalini Narayanan
12. Dr. Rishi Tiwari (Advisor)

GOVERNING COUNCILS OF THE BRANCHES	
<p><b>III. Lucknow Branch</b></p> <ol style="list-style-type: none"> <li>1. Prof. Anil Kumar Agarwal – President</li> <li>2. Dr. Prabhat Sitholey – Vice-President</li> <li>3. Dr.(Ms). Shashi Rai-Secretary</li> <li>4. Mr.Alok Saxena – Treasurer</li> <li>5. Mrs.Pushpa Sethi – i/c Day care Centre.</li> </ol> <p><b>Members:</b></p> <ol style="list-style-type: none"> <li>1. Dr. Harjeet Singh</li> <li>2. Dr. J.S. Srivastava</li> <li>3. Dr. M.C.Upreti</li> <li>4. Col. S.S.Yadhav</li> <li>5. Dr.Ajay Kohli</li> <li>6. Dr. Abba Awasthi</li> <li>7. Dr. Harish Agarwal</li> <li>8. Dr. Ramesh Agarwal</li> <li>9. Dr.(Mrs). Mrudula Agarwal</li> <li>10. Dr. L.K.Maheswari</li> </ol>	<p><b>IV. Sidlaghatta Branch</b></p> <ol style="list-style-type: none"> <li>1. Mr. S.M. Narayanaswamy – President</li> <li>2. C.P. Lakshmanachar – Vice-President</li> <li>3. N. Shreekanth – Secretary</li> <li>4. K.V.Satyanarayanachar – Treasurer</li> </ol> <p><b>Members:</b></p> <ol style="list-style-type: none"> <li>1. Dr. V. Venkataramaiah</li> <li>2. Mr. A.R.Chandrasekar Reddy</li> <li>3. Mr.B.K. Narayanaswamy</li> <li>4. MrH.V.Ramakrishnappa</li> <li>5. Mr. S. Somasekar</li> <li>6. Mr. K.V.A. Padhmanabha</li> <li>7. Mr. T.R.RaghunathaRao</li> <li>8.Mr. P.V. Ramana Reddy</li> <li>9. Mr. H. L. Somashekar</li> <li>10. Mr. B.V.Munegowda</li> <li>11.Mr. C.A. Devaraj</li> </ol>

# CONTACT DETAILS

## **National Board**

### **Administrative Office & National Head Quarters**

“USHA KIRANA” #406-A/10, 7<sup>th</sup> Main Road, 2<sup>nd</sup> Block  
Jayanagar, Bangalore – 560 011

Tele: (080) 2657 5389

Email: [rfsnationalb@gmail.com](mailto:rfsnationalb@gmail.com); Website: [www.rfsindia.org](http://www.rfsindia.org)

## **Bangalore Branch**

“ASHA”, 501, 47<sup>th</sup> Cross, 9<sup>th</sup> Main,  
V Block, Jayanagar,  
Bangalore – 560 041

Tele: (080) 26645583/ 22446734

Fax: (080) 22441673

Email: [rfsbangalore@gmail.com](mailto:rfsbangalore@gmail.com)

## **Delhi Branch**

“VISHWAS”, 30/3, Knowledge Park  
III, Greater Noida – 201 308 (U.P)

Tele: (0120) 2323811

Mobile: +91 9717126009

Email: [rfsdelhi@gmail.com](mailto:rfsdelhi@gmail.com)

Website: [www.rfsdelhi.in](http://www.rfsdelhi.in)

## **Sidlaghatta Branch**

“PRAGATHI” Rural Centre  
Bellutti Gate, Jangamakote Road,  
Sidlaghatta Taluk – 562 105  
Chikkaballapura Dist, Karnataka  
Tele: 08158-254080, M: 9845872374,  
Email: [rfspragathi@gmail.com](mailto:rfspragathi@gmail.com)

## **Lucknow Branch**

‘NAVUDAY’ Mansik Swasthya Sansthan,  
Viraj Khand – 5,  
Gomti Nagar, (Behind Divine Heart  
Hospital), Lucknow-226 010  
Tele: 0522-2728998, M: 9450412974,  
07651806138  
Email: [rfslucknow@gmail.com](mailto:rfslucknow@gmail.com),  
Website: [www.rfslucknow.com](http://www.rfslucknow.com)

## **Registered Office:**

The Richmond Fellowship Society (India)  
J33, Lajpath Nagar – III, New Delhi – 110 024



Ms. Elly Jansen, OBE, (Order of the British Empire), has pioneered the creation and development of therapeutic communities.

Richmond Fellowship (RF) was founded in 1959 by Elly Jansen. A young theology student from Holland, taking advantage of the first Mental Health Act, she invited patients from Long Grove Hospital to leave and live with her in the community in Richmond, Surrey. This core founding belief in the concept of recovery has been the guiding light throughout our journey to the

present day. She bought a house in Richmond, London, and invited patients from the local psychiatric hospital to live with her. She ran the house based on the ethos of a therapeutic community, with the aim of reintegrating people back into the local community despite long periods of time in hospital.

An experienced social worker and trained nurse, Ms. Jansen long ago recognized the need for a new model of care and treatment, independent of the mental hospital and other traditional service institutions. She has embraced a holistic psycho-social approach, striving to eradicate the historical isolation of persons with mental health and other adjustment problems.

She has spent most of her life working in England, wherein 1959 she has founded the Richmond Fellowship halfway house. Since then, she has founded the Richmond Fellowship International and has accomplished the development of a flourishing network of community mental health facilities spanning the world from Australia and New Zealand to Austria, France, India, Nepal, Sri Lanka, Japan, Hong Kong, the Caribbean, Malta, Canada and the Americas.



It is not just a person with mental illness recovers, but family members of a person in recovery, the mental health care system and society as well that recovers