

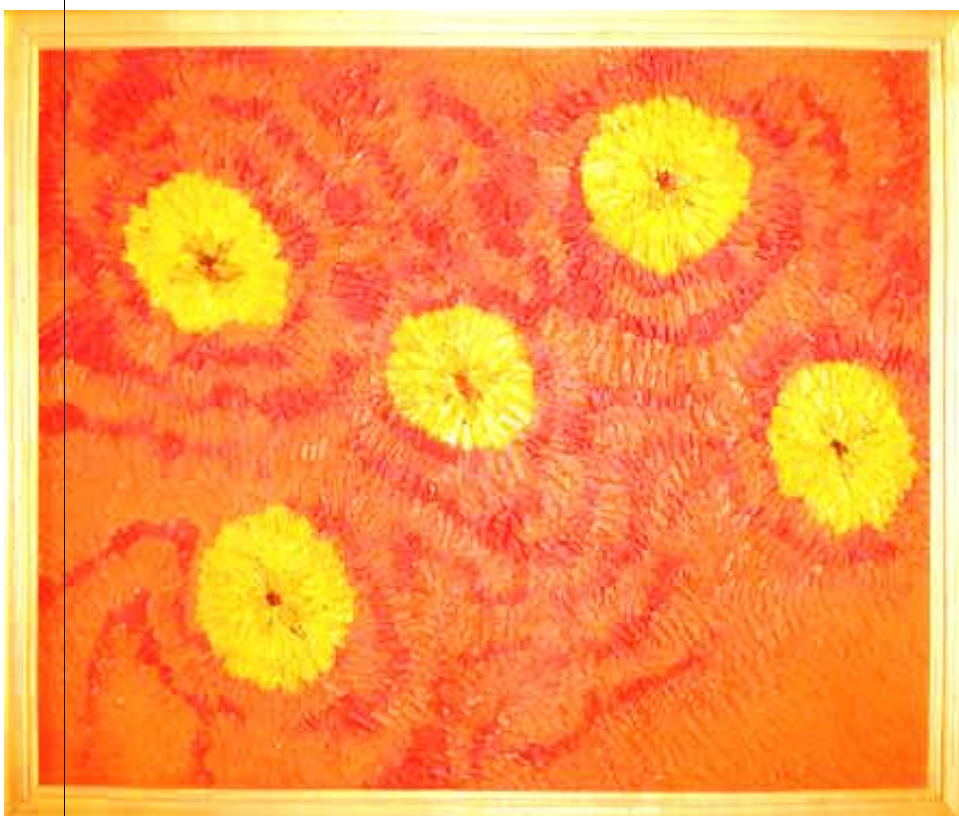


# **THE RICHMOND FELLOWSHIP SOCIETY (INDIA) BANGALORE**

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

## **2015-2016**

## **ANNUAL REPORT**

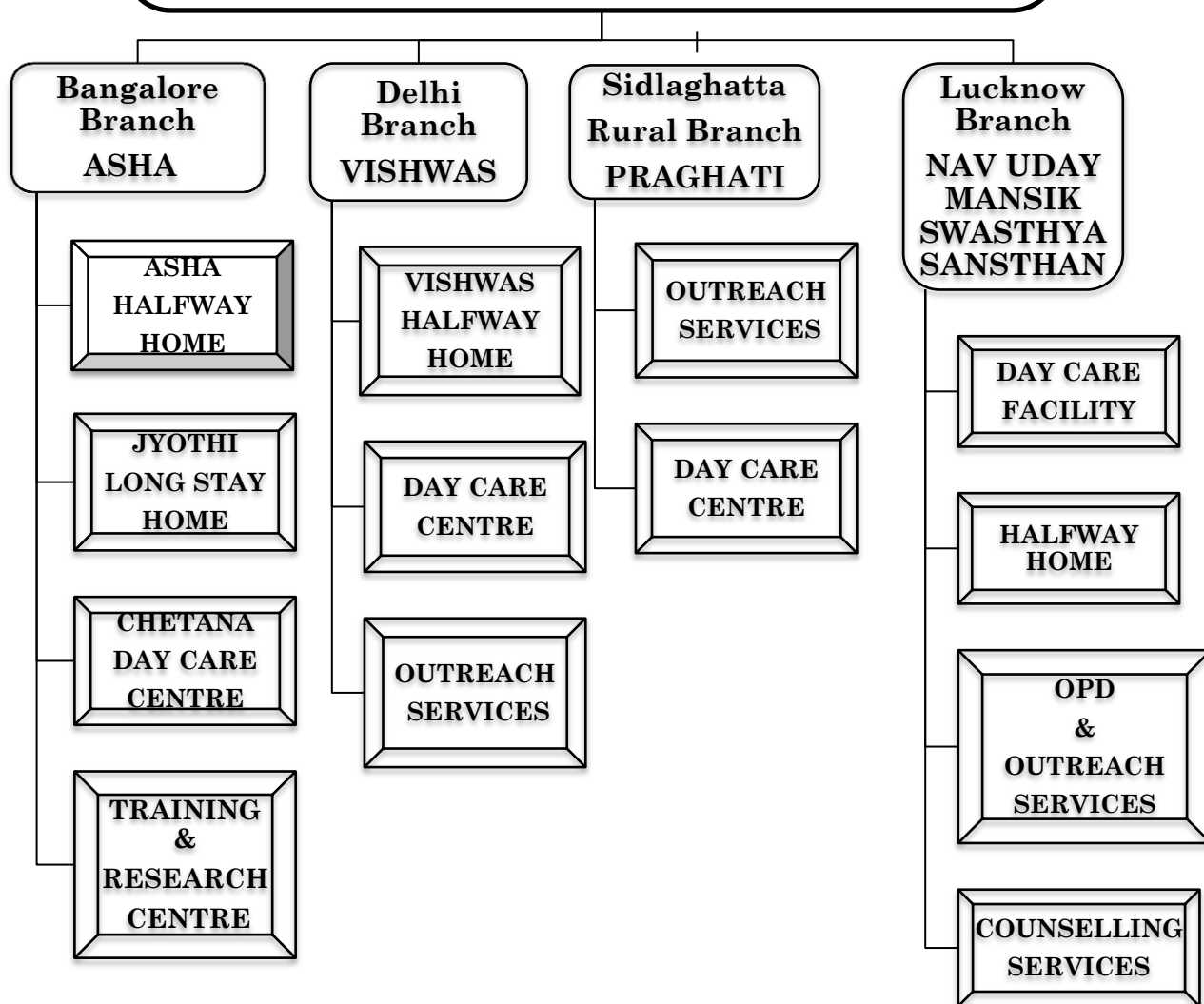


## Services at a Glance

### 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.



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## 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 a move towards healthier and more creative relationships.
- Utilizing community resources 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.

Recovery and rehabilitation is an integrated process of individual effort, continuity in medical treatment as per the recommendation, and support from family, social and workplace stakeholders.



## BACKGROUND

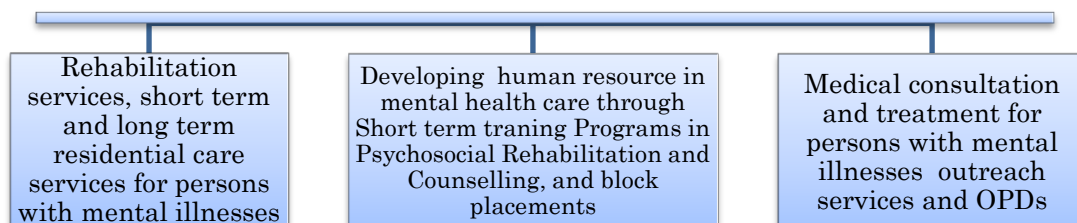
The Richmond Fellowship Society (India) – RFS(I) for short, was started in the year 1986 in Bangalore, as a not-for-profit organization and registered under the Societies Registration Act, 1860.

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 cater 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.



## CHAIRMAN'S MESSAGE



Friends, another year has gone by and we are reviewing the year that was and welcoming a new year. I had the good fortune to hold this position for six years and I must thank you for your faith and cooperation during this period. Time has come to move on and I will cherish the fond memories of a fruitful relationship with the members of the Richmond fellowship Society. The year under review had its ups and downs and proved our maturity to face all of them and emerged victorious.

The society has given itself a new constitution which comes in force in this year. We have been able to surmount the details of the working of this constitution and I hope and pray that it will improve our functioning in the future. There were some problems in the functioning of one of our branches and that issue also has been satisfactorily settled.

The functioning of all our Branches have improved and all of them are having many new activities. The Sidlaghatta Branch has got a new building which was inaugurated recently. I hope this branch will develop new models for rehabilitation in rural setting. RFS Bengaluru has shifted the long stay patients in a new setting and this appears to be one of the best infrastructures for a long stay home in India. The Delhi RFS had made a beautiful film on the Delhi experience which has been critically acclaimed. Congratulations to them. Lucknow branch has also been very active and all these programs are being running efficiently. They started training programs for clinical psychologists, caregivers and others which are running well and are producing welcome change in the care and attitudes towards the mentally ill.

The care of the mentally ill is improving gradually and imperceptibly towards better. The rehabilitation program of National Institute of Mental Health and Neuroscience is producing impact at national level and I hope we may develop some mechanism to evaluate different rehabilitation initiatives and provide ways and means to strengthen them and improve them. The way ahead can only be through government initiative in the form of pilot programs in most of the states and the NIMHANS could take initiatives in this direction. Yet human suffering cannot wait and every little effort to provide relief to suffering humanity has to be welcomed.

We had suffered a severe loss in this year. Mr. V.S.Mathur, Secretary of Delhi Branch passed away in a tragic road accident along with some of his family members. Mr. Mathur was a devoted member of the RFS family. He was always available with a smiling face. We pray to God to give peace to him and strength to the family to bear this loss. Such events bring home the temporary nature of our existence and reemphasize the need to serve others especially the needy and disabled as that is the only way to live with honour and dignity.

**Dr. A.K. Agarwal**

## SECRETARY GENERAL'S MESSAGE



It is with the sadness of loss that I write this message. Mr. Mathur's untimely and tragic passing away with two of his family members was a blow not just to the Delhi Branch of which he was an active member but the entire RFSI family. He brought conviction, energy and deep commitment to what he did. We hope to continue our work inspired by the spirit that he represented.

RFSI has had to keep abreast with all the changes in systems of governance and the constantly emerging mandatory accounting/reporting processes. This has called for many changes and amendments and the efficient team at the National Board office has ensured due diligence.

All the Branches have been active. Of particular note is the opening of the Sidlaghatta branch building and commencement of the remodelling of Asha Home in Bangalore.

I would like to thank all members for their active participation in the growth of RFSI and invite them to continue to be part of our journey as newer opportunities and challenges emerge.

**Dr. Shekhar Seshadri**

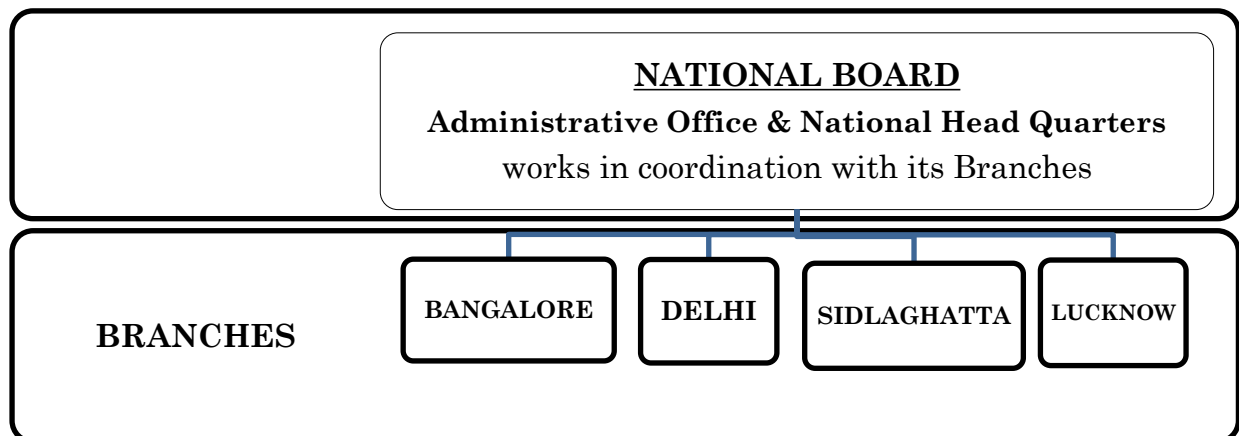
***The only Disability in life is a Bad  
Attitude***



## 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 organization 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	Halfway Home	Day Care Centre	Outreach Service	Day Care	Outreach	Halfway Home	Day Care Centre	OPD Services	
Capacity	17	16	60	20	40		40	-	20	40	-	253
Clients admitted	17	5	10	16	40		32	-	8	15	-	143
Clients discharged	17	-	06	1	*		-	-	5		-	29
Position as on 31.3.2016	18	11	45	15	16	212		-	3	15	-	335
*Total no. of clients provided rehab services from April 2015 – March 2016	174	180	697			1385	967	4,449	96	180	1634	9762

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

### Fee concessions:

- 25 clients in residential and Day Care facilities at the Bangalore, Delhi and Lucknow Branches received fee concessions of Rs. 5,52,600
- 4449 clients at Sidlaghatta Branch were provided with free consultations, free medicines, free meals, snacks and conveyance at outreach / Day Care services.
- 70 patients having BPL Card were provided with free consultation at Lucknow Branch outreach services.

## 2. MANPOWER DEVELOPMENT AND TRAINING PROGRAM:

### a. Bangalore Branch:

37 PG students from different Institutions & Universities provided training under Block Placement/ Internship/ Concurrent field work/ Data Collection, and 402 students attended its facilities in connection with orientation visit.

**b. Delhi Branch:****Educational Field Visits**

- B.Sc. 3<sup>rd</sup> years and M.Sc. Students of Rajkumari Amrit Kaur College of Nursing visited on November 24, 2015 along with 2 faculty members.
- B.Sc. & Diploma in Nursing student of Sharda University, Greater Noida visited on April 24, 2015 along with 3 faculty members.
- Visit of students from Ashoka University with Prof Neil Lutsky of Carleton College USA

**Orientation of students from a Delhi University college**

- Four students of the Dramatics Society of Shriram College of Commerce (SRCC) visited Vishwas to understand the problems of mental health patients in preparation for Street theatre. Their street play won a prize in the inter-college festival. The prize money of Rs 5,000 was donated to Vishwas.

**Visit of Architecture Student from Mumbai.**

- Poorva Vadke, a student of B. Arch of L. S. Reheja School of Architecture, Mumbai visited VISHWAS for her research on Rehabilitation center for the Psychological & Mentally Challenged.

**The following Interns gained experience in Vishwas:**

- Ms. Sophie Raymont from UK - 6 weeks from May to July 2015.
- Ms. Jyoti Kumari, B.A. Social Work from IGNOU, New Delhi for 25 days.
- Mr. Abhijit Pathak, MA in Social Work from G-SET- TISS, Ranchi, one month in September 2015
- Mrs. Hemlata Sharma from 1<sup>st</sup> December 2015 to 15<sup>th</sup> January 2016.

**c. Lucknow Branch**

62 students from various institutions and Universities like. National PG College, Kumaun University, Amity University, BHU University and Dev Sanskriti Vishwa Vidyalaya attended were provided training during the course of their internship.

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

Sl. No.	Branch	Block Placement Internship / Concurrent Field work	Orientation visit	Total
1	RFS Bangalore	37	402	439
2.	RFS Delhi	4	108	112
3.	RFS Lucknow	26	36	62
TOTAL		67	546	613

**e. Other activities:**

- i. **Financial Support to RF Nepal in disaster management:**  
The Richmond Fellowship Society (India) extended financial support of ₹ 50,000 to Richmond Fellowship, Nepal in their rehabilitation program for sufferers of the major earthquake in April – May 2015.
- ii. Plan to Celebrate 30 years of service of RFS (I) by organising a scientific in September 2016 at Delhi with RF Delhi Branch hosting the program.
- iii. Giving effect to Amendments to MoA and Rules of RFS(I) approved at the Special AGM are to be given effective from 1<sup>st</sup> April 2016.
- iv. The National Board after examining all aspects agreed to close the operation of its branch at Ramanagara (Nemmadi Ashram).

**Mental pain is less  
dramatic  
Than Physical Pain  
But it is more  
Common and also  
More Hard to Bear.**

**- C.S. Lewis**

## BANGALORE BRANCH

Started in the year 1986, the Bangalore Branch manages the following facilities:

- **Asha** - Half-way home
- **Jyothi** –Long stay/group home
- **Chetana** –Day Care and Vocational Training Centre

A two-year Research project titled “Perceptions, Attitudes and experiences towards Sexuality of people with severe Mental Illness” submitted to ICMR for funding has been approved.

Setting up of a new Training wing - “The Richmond Fellowship Society (India) Bangalore Branch - Training and Research Centre in Mental Health”.

### **Inauguration of Jyothi Block:**

The Inauguration of new ‘Jyothi Block’ was held on **6th May 2015**. A Pooja was performed followed by formal inauguration by Dr. G.N.Narayana Reddy, Founder Chairman & Mentor of RFS(I). Residents of ‘Jyothi’ house and their family members, members of the Governing Council, well-wishers, Architects and Contractors of the new Jyothi Block, staff and students were present on this joyous occasion. Dr. Satish Chandra, Director of NIMHANS attended this event, at our invitation. Everyone present complimented the well-planned structure.



**World Mental Health Day:** The World Mental Health Day was celebrated on 16th October 2015 at ‘Chetana’ and the programme coincided with the World Mental Health week, and the theme for the year was “Dignity in Mental Health”. The programme was sponsored by the WAPR India Foundation.



**Bengaluru Rehabilitation Cricket League (BRCL) 2015:** The clients of Asha / Jyothi / Chetana participated in the sixth Annual tennis-ball cricket tournament organized by Medico Pastoral Association exclusively for the residents of psychosocial rehabilitation centres, across the city, on 15th October 2015. Our team played quite well.

**Musical Event:** Mr. Giridhar Udupa and his team, from Udupa Foundation, a well-known group of percussionists, presented a musical ensemble on 23rd September 2015. The Foundation members were very keen to perform the inaugural programme in RFS(I) after forming the Foundation.

**Sports Day:** Residents and staff participated in the indoor and outdoor sports events organized on 11th December 2015 as part of the sports day competitions.

**Annual Fellowship Day:** The 29th Annual Fellowship day was celebrated on 18th December 2015 with a variety of entertainment performed by the clients of the three centres. Prizes were distributed for the winners in the sports events.

A painting of Mr. George Perumal, a resident of 'Asha' house, is featured in a calendar for the year 2016 printed and distributed by M/s. Lundbeck India Pvt. Ltd., a pharmaceutical company.

Yoga classes were conducted for the residents / clients of the facilities by the trainees and staff from Atmadarshan Yogashram from 16/11/2016 to 10/02/2016.

One of the 'Jyothi' long stay residents, Ms. Sneha, successfully completed her 6th Semester B.Com exams (overall aggregate of 3 years is 58%)

Dance and Movement therapy sessions were conducted for 'Chetana' clients by an intern, from 19th of February 2016

**(1) Jyothi Family Meeting:** The Annual 'Jyothi' Family meeting was held on 5th May 2015. It was well attended by 11 family members, staff, students & volunteers of the facilities.

**(2) 'Chetana' Family Meetings:**

(a) The Chetana Family Meet was held on 11th July, 2015 between 10.30 am – 12.45 pm. Mrs. Sadhana Surekha, a qualified Chartered Accountant, an independent Social worker, freelancer and is associated with various NGOs in the area of primary and secondary education was a Guest Speaker on the topic. **“ARE YOU A CARER?”**

It was attended by 18 Chetana clients' family members, staff, students and volunteers.



Articles made by the Chetana Day Care Centre clients

(b) Ms. Ranjini Santhanam, a dance and movement therapist conducted a workshop on 'Handling Emotions' on 30th January 2016 at 'Chetana'. Nine families, staff members & volunteers attended this workshop and found it useful.

(c) Renovation of 'Asha' house: The Renovation remodelling work of Asha Halfway Home Building was undertaken on 10<sup>th</sup> February 2016 at an estimated cost of Rs. 90 lakhs. The Residents of Asha Halfway Home were shifted to the hostel block of RF PG College.

**a. Garage Sale:** Garage Sale was organized on 21st & 22nd August 2015 and on 7th November 2015, as part of the fund raising and publicity activities. Staff, students, Governing Council members / members of RFS(I) and well-wishers contributed used clothes, articles, books and other house hold items for this sale.

**b. Charity Golf Tournament:** The 9th Annual Charity Golf Tournament was held on 5th February 2016 at Karnataka Golf Association (KGA), Bangalore. The event was a great success with 129 golfers taking part in this tournament.

## **Testimonials & Experiences**

### ***A Helping Hand...***

*Mr. R a 47-year-old unmarried man, educated till BSc. (discontinued) came to reside at Asha halfway home in February 2014. He has a 25-year history of Schizophrenia and was hearing voices, talking to self, was suspicious, decreased sleep and appetite. At the time of joining Asha, Mr. R was found to have difficulties in the areas of interpersonal relationships, social skills, work and leisure activities and particularly, medication compliance. The family also expressed that Mr. R should learn to use his free time productively. Over a period of time, he was able to carry out independent living activities such as money management, budgeting, catering to his daily needs and required no supervision for the same.*

*The therapeutic activities and social skills groups conducted helped his communication to a great extent. He used to stammer initially when he would read the newspaper aloud. His confidence at public speaking vastly improved via participation in these activities. He also enrolled in several computer courses and a Kannada class and did well.*

*Mr. R never refused to take his medications at Asha. However, he considered his psychiatric medications useless and insisted it did not help him in any manner. Despite repeated sessions with him on this issue, he held onto his opinion. When the staff contacted his sister post discharge, she informed the staff that contrary to expectations, Mr. R was continuing to take his psychiatric medications regularly, was an immense help to his mother, ran daily errands for her and engaged in household chores and was still handling money independently. Overall, he was maintaining well and was managing his day to day activities with minimal supervision.*

### ***Progression from Day Care Centre to part-time job at the Centre***

*Mr. O is a 45-year-old unmarried male, educated up to Diploma in Electricals and Electronics Engineering, currently unemployed, hailing from upper middle socio-economic background and staying in Bangalore more than 25 years. He was referred to 'Chetana' with a diagnosis of Obsessive Compulsive Disorder with chief complaints of ruminating thoughts disturbing all the time, inability to concentrate, low self-esteem, excessively anxious, inability to carry out routine activities and worried about future having a gradual onset with a continuous course for the past 19 years. He joined 'Chetana' in March 2014. Individual interventions focused on self-care, activity scheduling, gaining self-confidence, improving his attention and concentration, relaxation techniques and journal writing that motivated him to work. Client was keen to get a job and had unrealistic expectations. Sessions were focused on understanding the job requirements and expectations from the employer as well as employee. He was compliant to the medication prescribed. There was gradual improvement in various areas with consistent support from the therapist and vocational instructors; he is able to function as a telephone operator in our own Day care centre with constant support from the staff.*



# **The Richmond Fellowship Post Graduate College for Psychosocial Rehabilitation**

The Richmond Fellowship Post Graduate College for Psychosocial Rehabilitation, started in the year 1999, was offering a two-year full-time course in M. Sc. Psychosocial Rehabilitation and Counselling ceased to function with effect from the academic year 2015. This was mainly due to the sharp decline in the number of applications for the course and poor financial state of the PG College. The Governing Council and the College Management Committee that the RFS(I) has taken up the short term programs and strengthen the research work in the area of psychosocial rehabilitation & counselling.

The RFS(I) Bangalore Branch is starting from April 2016 a Training and Research Centre in Mental Health.

## **Dissertations submitted**

As per the requirement of RGUHS, three students of II Year M. Sc PSR & Counselling course of Batch 2013-2015 submitted their Dissertations to the University on the topics as follows:

1. Religiosity and Resilience among persons suffering from Chronic Renal Failure
2. A study of Occupational Stress among Special Educators in the State of Goa
3. A Comparative Study of Interaction Patterns in Families of Individuals with Schizophrenia and Affective Disorders

## **Conferences / workshops attended by the staff / teaching faculty**

- Mrs. Sumana, In-charge of 'Chetana' Day Care Centre, attended a Care givers meet organised at NIMHANS on 23rd February 2016 on 'Swavalamban Health Insurance Scheme' organised by new India Assurance Company.
- Ms Niveditha invited as a resource person for workshops conducted for DNB students on Research Methodology session on "Qualitative Research" on 14th, 15th & 18th Sept 2015 at St John's Medical College Research Society.
- Ms. Sneha Kumar, Senior House Officer, invited as a Resource Person for the symposium on the theme "Nuts and Bolts of Starting and Running Psychiatric Rehabilitation Services" organised by the Psychiatric Rehabilitation Services (NIMHANS) on 4th April 2015. She made a presentation on "Practicalities of starting and running halfway homes for persons with mental illness"

### **Guest Lectures:**

- A talk by Dr. Kalyanasundaram was organized on 22nd July 2015 titled, "Schizophrenia-the brain, the symptoms and impact on rehabilitation".
- A talk by Ms. Jyothsna Chandur was organized on 29th July 2015 titled, "Cognitive Therapy in Schizophrenia - Lessons from Cognitive Neuroscience".
- Three Psychoeducation sessions were conducted for admin staff, instructors and support staff by Ms. Sumana, Ms. Jyothsna and Dr. Lata Hemchand, on 17th June, 9th & 30th of September 2015.

### **Brief training**

- Two faculty from the RFPG College were resource persons for a workshop on Multi-Drug Resistant Tuberculosis organised in collaboration with Karnataka Health Promotion Trust (KHPT) on "Supportive Supervision Training" for Project Managers of PSI- India, an NGO.
- Sessions on Psychology was provided to three 2nd year Bachelor of Prosthetics and Orthotics (BPO) students of Mobility India, Bangalore from 22/06/2015 to 26/06/2015.
- Ms. Jyoti Verma, Counsellor from RFS(I) Lucknow Branch, underwent two months training at RF Bangalore Branch from 8<sup>th</sup> June to 8<sup>th</sup> August 2015. As part of her posting, she observed and participated in the various therapeutic programmes.

### **Collaborations:**

**(1) Therapy Support Specialist Training Program:** At the request of Strides Shasun, a pharmaceutical company, a short-term training program for their nine trainees from January 18 to 28 was organised and was conducted at Chetana. The Training consisted of four modules: (1) Depression and Anxiety (2) Schizophrenia (3) Bipolar Affective Disorder (4) Geriatric Mental Health.

The second batch of trainees consisted of 8 students were provided training from 28<sup>th</sup> March to 6<sup>th</sup> April on the same topic.

**(2) Cytecure** is a newly established Cancer care facility, with a 150-bedded hospital that is coming up at Yelahanka. The Fellowship has offered to train of their counsellors in basic counselling skills with respect to cancer care in their overall patient care programme.

## **Publications**

- Dharitri Ramaprasad, S. Kalyanasundaram : Group intervention in a Therapeutic Community for Persons with Chronic Mental Illness, the International Journal of Psychosocial Rehabilitation, Volume 19, Number 2 July 2014– June 2015
- S. Kalyanasundaram : Importance of networking during psychiatric training Publication Psychiatry in India, Training & training centres. Editors: Sathyanarayana T.S. Rao and Tandon Abhinav, 2<sup>nd</sup> Edn. Indian Journal of Psychiatry; 2015. P. 547-551
- Dharitri R, Suryanarayana Rao N, Kalyanasundaram S. Disability and quality of life among elderly persons with mental illness. Asian J Psychiatry 2015 Dec; 18:31-36.
- Dharitri R, Rao S.N, Kalyanasundaram S. Stigma of mental illness: An interventional study to reduce its impact in the community. Indian Journal of Psychiatry 2015; 57(2): 165-173.

**Mental illness is nothing ‘  
To be ashamed of  
But stigma and bias  
Shame us all.”**

**Bill Clinton**

## DELHI BRANCH

The report highlights the vision of the RFS(I) achieved through the services provided and related activities to strengthen the organization. The untimely and sudden death of Mr V.S. Mathur, Secretary of Delhi Branch in February 2016 is deeply mourned and his absence felt.

### 1. SERVICES PROVIDED

#### 1.1. Facilities

- **Halfway Home - Vishwas**

Vishwas, the Halfway home located in Greater Noida (U.P) is a facility for accommodating 20 persons. The spacious lawns are used extensively by the residents. Many of the residents have continued to stay on beyond five years and the need for a long stay home is becoming a felt need of the residents and their carers.

- **Day care**

The basement in Vishwas “Leena Khurana Cente” can accommodate 40 patients for day care activities. However, the facility is mainly used by the residents and only one outsider is using the facility. The location, lack of access and inadequate advocacy are reasons for underutilization of the facility.

- **Outreach service**

The outreach service continues in two locations reaching out through a Rural Primary Health Centre once a week and in a corporate setting once a month (Hero Moto Corp). Easy access to service and friendly attitude of the volunteer psychiatrist and counselors are the motivating factors for sustainability of the outreach programme.

#### 1.2. Clients/Beneficiaries

- Currently, there are only 15 residents – 6 male and 9 female in the Halfway home.
- The Daycare facility is used by all the residents of the Halfway home and one person who commute daily. Thus, 16 persons are using the facility.
- Outreach Programme (2015-16)

Place	New		Follow-Up		Total
	Male	Female	Male	Female	
Hero Moto Crop, Dharuhera	39	08	202	104	353
PHC, Najafgarh	87	78	441	426	1032
Grand Total	126	86	643	530	1385

### 1.5 Photographs



Members of Vishwas and Students sharing Most Significant Memories



Monthly Quiz- healthy competitions between two teams

### 1.6 Recreational activities

- **Games:** Indoor and outdoor games keep the residents engaged and provide opportunities for enhancing their social skills. Board games like Chess, Carom, and Chinese checkers are popular with them. Some of the members actively participate in outdoor games like Badminton, Cricket, Ball in Basket and Table Tennis. Antakshari and Musical chair are popular.
- **Reading for pleasure:** In Aseem library, books and magazines are provided on the request of the members on a monthly basis. Discussions are held as part of the group activities. Newspaper reading forms an essential part of their daily routine.
- **Film shows:** Members enjoy in-house film shows and watch TV with great interest. Listening to music and working on computers, interaction with other member in the lounge and lawn are relaxing.
- **Cultural activities:** singing, dancing, reciting poetry and display of other talents and skills is encouraged.

- **Celebration of festivals and events:** Birthdays of members and staff are enthusiastically celebrated. Members participated in celebrations of National days like Republic Day and Independence Day. They look forward to celebrating festivals like Holi, Diwali, Christmas, Eid and New Year.
- **Interactions with Youth Groups:** Visits of students from Smile Club of Dronacharya Group of Institutions, Greater Noida and Genesis Global School, Noida bring a lot of cheer and energy to the residents. Some of the members also participated in the college/school as invited guests.
- **Outdoor Visits:** outings by the members twice a month for shopping, lunch in restaurants, movies and picnics are looked forward by most of the residents.
- **Monthly quiz:** every month, a quiz is organized on a theme selected in advance by the residents. Themes included Famous personalities, Bollywood, Environment, Animals, Sports, Religion, World events, Baking and Cooking. They are divided into two teams and the names of the teams are also decided by the members. A healthy competition ends with muffins and chips as reward for all.

### ***1.9. New programs/initiatives***

- A concert was organized in Delhi to raise funds and create awareness on mental health. Y-Point Orchestra was a musical ensemble of IIT Bombay Alumni who are successful corporate leaders pursuing their musical interest. The event was sponsored by Banyan Capital Advisors and INTAS. Volunteer support was provided by the Lady Irwin College (Delhi University) who also organized an exhibition supported by the All India Institute of Medical Sciences (AIIMS).
- Cooking – to engage the members in meaningful activities of their choice, a Volunteer has been identified who has been coming to Vishwas to give cooking demonstrations once a month. Baking has become a popular activity and now the residents are baking their own cakes and muffins. The scope of baking muffins for sale is being explored.
- Every month, the residents narrate their “Most Significant Memories” of the month. Sitting in a circle, they not only talk about what was the most memorable event of the month, but also give the reasons for considering it so. While enhancing the thinking and communication skills of the residents, the counselors get feedback on the value of selected activities.

### **1.10. Details on monitoring the progress of programs**

Regular reporting of activities by the counselors to the Manager who reports to the Governing Council on regular basis

## **2. PERSONNEL**

### **2.1 No. of full time Staff**

Male – 6, Female – 3

### **2.2 No. of part time staff**

Male: 4

### **2.3 Consultants.**

One

### **2.4. No. of Volunteers**

5

### **2.5. Highest paid full time staff (per annum)**

Md. Kalimullah – Rs 3,00,600

### **2.6. Lowest paid full time staff (per annum)**

Tapan Nayek – Rs 1,32,000

## **3. STAFF TRAINING**

To improve the quality of service delivery and enhance the existing capacities of the staff of Vishwas, a training programme was planned based on needs analysis. It included orientation programme for new joiners on vision, mission and values of RFS; clinical case history taking; effective communication skills; counseling essentials; psychotherapeutic interventions; handling crisis situations; psychiatric medications; substance abuse; office procedures; grievance redressal; stories as a tool for monitoring and evaluation; handling sexual harassment at workplace; and project management. Some of the GC members were the resource persons. The training was conducted in Vishwas, AIIMS, Dr Sharma's clinic and during the community outreach sessions.

## **4. MEETING, CONFERENCES AND WORKSHOPS**

- Clinical Staff attended workshop organized by AIIMS, "Drugs, Human Trafficking and Migration" held on July 21, 2015.
- SHARE Studentship Award 2015: Counselor Ms. Naina Bhardwaj attended 2 week course from 15<sup>th</sup> October to 28<sup>th</sup> October, 2015 on Leadership in Mental Health.
- Dr Sujatha Sharma was awarded the C.S. Kang Oration award given by the Indian Association of Clinical Psychologists in recognition of her work at the 42<sup>nd</sup> National Annual Conference at Imphal in February 2016.
- Dr Mridula Seth was awarded the Tagore Literacy award by the Indian Adult Education Association.

## **5. INCOME GENERATED**

### **5.2. Corporate Sources**

Total Rs.1,05,350

### **5.5. Individual Donors**

Amount: Rs 2,91,500

Ashoka University

Oriental Insurance Co. Under CSR in kind worth 2 lakhs

P.C. Memorial Fund Rs 20,000

### **5.6. Sale & Sponsorships.**

Total Rs.2860

(Sale of Film DVD “Vishwas Inspiring Faith

Products made by Vishwas Members)

## **6. VISITORS**

### **6.1. Educational Field Visits**

- B.Sc. 3<sup>rd</sup> year and M.Sc. Students of Rajkumari Amrit Kaur College of Nursing visited on November 24, 2015 along with 2 faculty members.
- B.Sc. & Diploma in Nursing student of Sharda University, Greater Noida visited on April 24, 2015 along with 3 faculty members.
- Visit of students from Ashoka University with Prof Neil Lutsky of Carleton College USA

### **6.2 Orientation of students from a Delhi University college**

- Four students of the Dramatics society of Shriram College of Commerce (SRCC) visited Vishwas to understand the problems of mental health patients in preparation for Street theatre. Their street play won a prize in the inter-college festival. The prize money of Rs 5000 was donated to Vishwas.

### **6.3. Visit of Architecture Student from Mumbai.**

- Poorva Vadke, a student of B. Arch of L. S. Reheja School of Architecture, Mumbai visited VISHWAS for her research on Rehabilitation center for the Psychological & Mentally Challenged.

## **7. INTERNSHIP PROGRAMME**

The following Interns gained experience in Vishwas:

- Ms. Sophie Raymont from UK - 6 weeks from May to July 2015.
- Ms. Jyoti Kumari, B.A. Social Work from IGNOU, New Delhi for 25 days.
- Mr. Abhijit Pathak, MA in Social work from G-SET- TISS, Ranchi. One month in September 2015
- Mrs. Hemlata Sharma from 1<sup>st</sup> December 2015 to 15<sup>th</sup> January 2016.



## ACKNOWLEDGEMENTS

The contribution of various stakeholders is gratefully acknowledged in strengthening the activities of Vishwas. Support of the Banyan Capital Advisors; Oriental Insurance Co; INTAS Pharmaceuticals; Tandon Enterprises; Prakash Books India Pvt. Ltd; T. R Chadha Foundation, Aseem library and individual donors has enabled the organization to serve the needs of people suffering from mental illnesses. We thank the members of the Y-Point Orchestra for their voluntary performance in the fund raising music concert. Volunteer support from the Lady Irwin College and resident doctors of AIIMS in organizing the music concert is acknowledged. Volunteers Ms Sunita Chopra and Dr Anita Marwaha provided support to the activities. Members of the Governing Council, counsellors at Vishwas, Art & Craft teacher, music teacher, Yoga instructor and the Carers of residents have extended support in continuing our mission to make a difference in the lives of some people we were able to reach out to. We are also thankful to the support staff for their services. Services of A.K. Nair & Co. Chartered Accountants is gratefully acknowledged.

### Success stories

#### *Story No 1*

CJ was 45 years old when she was admitted in Vishwas. She had been suffering from paranoid schizophrenia since the past 20 years with a family history. At the time of admission, her symptoms included auditory hallucinations, emotional disconnectedness and reclusiveness. A very pleasant person, with a sense of humour, CJ had mood swings that seriously affected her social behaviour. Initially, she was not keen to involve herself in different activities but with the use of psycho-social rehabilitation approach she began observing other members participating in different activities, influencing her to change her own behaviour to interact with others in the group. She was provided opportunities through group activities which included 'feelings group', 'group discussions' 'connectivity' and many other group activities and games. Slowly CJ started following the routine like other members and began managing time well. Through formal and informal counselling sessions, the goal of developing insight about the importance of medicine was achieved. By keeping herself busy in activities and interaction with others, her perceptual and auditory disturbances were reduced. She became emotionally connected with her family. She demonstrated her confidence by co-anchoring the Annual Programme of Vishwas with a counsellor. CJ was discharged from Vishwas in May-2015 and is presently living with her mother in Delhi.

#### *Story No 2*

Mr D. is 29 years old living with his parents. He visited the Najafgarh Outreach weekly Clinic for the first time in June 2011. His symptoms as reported by the informant were - being very quiet and lazy; not interested in doing any work and preferring to lie in bed all day. He also had sleep problem. According to his parents, he was very suspicious of

his stepmother. Mr. D confessed that his problems began when his own mother died due to drug overdose. He could not handle the loss and was traumatized to the extent of beginning to think that his gender had changed. He complained that each time he saw a female; he began to feel like he was also a female. However, that thought did not last too long. At the weekly Clinic, the counselors provided him counseling and he was asked to revisit after 2 weeks.

The patient did not visit the camp for the next 2 years and when he came back in December 2013 his condition had worsened. During this visit, he reported that he found it extremely difficult to fall asleep. His suspicions of his stepmother had also increased and he felt she has done some 'Jaddu Tona' (witch craft). Moreover, by now he had started believing that an external agency was controlling his life. At this point he was diagnosed as suffering from Schizophrenia and was provided free medication at the outreach Clinic. Over time, he improved and also came back for his reviews. At 6 months, not only did his concentration improve but gradually his suspicions reduced and he began to stabilize. Mr. D is much better and happy now and has also begun to work at an office.

**The best way to find yourself**

**Is to lose yourself in the**

**Service of others.**

**- Mahatma Gandhi**

## SIDLAGHATTA BRANCH

Pragathi, Rural Centre of the Sidlaghatta Branch is functioning since September 2003. The following services are offered in the separate space provided at the Government General Hospital at Sidlaghatta Taluk

1. Outreach Mental Health clinics twice a month where patients with mental illness, epilepsy and intellectual disability disorders are provided free medical consultations and free drugs.
2. Day Care Centre with vocational training under the Government of Karnataka supported Public - Private Scheme from August 2014. This program is fully funded by the government and all the patients provided with free medical consultation, free drugs and vocational training.
3. Disability Certification for patients with mental illness attending the centre.

Statistics of patients seen at the centre:

1. Camps held on 2<sup>nd</sup> Tuesday and last Sunday of the month.

Month	2 <sup>nd</sup> Tuesday Camp								Last Sunday Camp								Total		
	New		F-up		Diagnosis				Total	New		F-up		Diagnosis				Total	G.Total
	M	F	M	F	MI	Epl	MR	Ref.		M	F	M	F	MI	Epl	MR	Ref.		
Apl-15	5	8	55	113	9	4	-	-	181	7	6	75	78	3	10	-	-	179	360
May-15	6	5	66	93	6	4	-	1	170	2	3	73	95	1	3	1	-	178	348
Jun-15	5	2	64	86	5	2	-	-	157	9	9	84	105	11	6	1	-	225	382
July- 15	1	7	62	91	4	1	1	2	161	5	6	82	101	7	4	-	-	205	366
Aug- 15	6	3	69	90	4	5	-	-	168	4	12	101	101	11	5	-	-	234	402
Sept-15	5	2	66	69	1	4	2	-	142	4	4	92	99	3	4	1	-	207	349
Oct- 15	6	3	102	84	1	5	1	2	195	2	12	72	95	7	6	1	-	195	390
Nov- 15	1	1	57	83	2	-	-	-	142	7	4	97	109	4	4	1	2	228	370
Dec- 15	1	2	61	85	1	2	-	-	149	3	1	82	104	1	3	-	-	194	343
Jan-16	5	3	80	73	4	2	2	-	161	4	11	106	82	8	4	3	-	218	379
Feb-16	2	4	71	88	2	4	-	-	165	2	10	93	106	4	8	-	-	223	388
Mar-16	2	1	66	81	1	1	-	1	150	4	4	91	115	4	3	1	-	222	372
Total	20	18	417	502	13	17	4	4	1941	53	82	1048	1190	64	60	9	2	2508	4449



2. **Day care Centre vocational training:** The day care centre under the support by the Government stop functioning from 1<sup>st</sup> July 2015 since the required funds were not received from Government

Month	Male	Female	Total
April-2015	162	165	327
May -2015	160	156	316
June-2015	176	148	324
<b>Total</b>	<b>498</b>	<b>469</b>	<b>967</b>

Types of Vocational activities.

1. Candle making
2. Paper cover making
3. Washing powder making
4. Tooth Powder making
5. Pain Balm making
6. Phencil making

3. Disability Certificate with the District Psychiatrists visiting our centre on the clinic days, 34 patients were examined and disability certificates were issued to them.

#### 4. New building for the Branch:

The new building for the branch at Belluti Village, 3 kms to Sidlaghatta Town is nearing completion and is expected to ready for occupation in about two months' time. The Council is grateful to the following for providing financial support.

- a. Sri. K. Govindaraj, MLC, Rs. 5 lakhs under MLA Local Area Development Scheme
- b. Smt. B. Motamma , MLC, Rs. 4 lakhs, under MLA Local Area Development Scheme
- c. Sri. K.H. Muniyappa, Member of Parliament Rs. 5 lakhs under MP Local Area Development Scheme
- d. On 9<sup>th</sup> November 2015 the members of the Council met Sri. Veerendra Heggade, Dharmadhikari, Sri Kshetra Dharmastala for extending financial help. We are grateful to him for his positive response.

- e. M/s. North East Properties Rs. 1 lakh
- f. Other donations Rs. 1,25,000

#### **5. Visiting Psychiatrist:**

The Council is grateful to the Consultant Psychiatrists for providing consultation services to all our patients attending the monthly clinic and Day Care Centre.

#### **6. MoU with Chittasanjeevini Charitable Trust**

Under the MoU entered with Chitta Sanjeevini Charitable Trust, medicines of the value of Rs. 1,82,164 were received as donation for distribution to the patients attending our facilities. Chittasanjeevini Trust has received corpus donation from M/s. Infosys Foundation and the Trust is providing medicines to the Pragathi Centre and few other NGOs in the State of Karnataka.

**7. Visitors:** Number of Visitors from Government and other agencies visited Pragathi During the Clinic Days and expressed support to our cause.

In connection with our application to M/s. Infosys Foundation for construction of first floor to our new Building, the concerned project engineers visited the Building.

#### **Success Stories:**

1. Mr. N.S is a 40 year old man with symptoms of Chronic Schizophrenia. The symptoms started last 20 years back & he was not been able to do any work at home. He was under treatment by NIMHANS. Due to the difficulties of commuting to Bangalore for the necessary consultation & medication, the visits to the hospital became irregular and completely stopped 15 months back. For about 6 months he was without any medication/ treatment, because of this the mental illness relapsed and all the symptoms like extreme anger, picking fights with family members for no reasons, beating others etc surfaced. The family members faced many problems of managing him at home. Upon hearing the camp services at Sidlaghatta Mr. N.S was brought to the camp by his family members who live in a village 7 km away from Sidlaghatta. He has shown remarkable improvement in his mental condition by utilizing the free consultation & medication provided at the monthly camp. He is currently shown lot of improvement, he is able to do work well at home & also in their land. He now comes to camps with his mother willingly, conversing with smile on his face along the regular follow-up. His mother & wife are very much relieved by the change in his behavior at home. Earlier they had to struggle in bringing him to clinic or elsewhere. Now he is co-operative & tries to communicate with the family members & others also. The symptoms of illness have considerably decreased.

2. 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.

**I can't change the direction  
Of the wind, but I can adjust  
My sails to always reach my  
Destination.**

**- Jimmy  
Dean**

## Lucknow Branch

The year 2015-2016 has been a very vibrant year with lots of activities having taken place at our Lucknow branch. It is satisfying to note that in the last 11 years we have marched steadily ahead in spite of hardship and obstacles. It has been possible because of able guidance of our president, selfless and committed effort of few of our members and sincere hard work of our staff who have managed the facilities with determination and compassion in spite of being few in numbers. The detailed report is given below-

### **Facilities:-**

1. **O.P.D. Services:** **O.P.D. Services** are being run 5 days/week (Timing: 10:00 am to 1:00 pm). 1634 patients were seen in this year (436 New and 1195 follow up) free consultation was given to those having BPL Card or who could not afford – (70).
2. **Day Care Facilities:** We have capacity to have 40 patients in Day Care. 12 clients were enrolled in this period. 15 clients (Male- 11, Female 4) are coming regularly to the centre. Few clients come on and off for counseling. **One client in Day Care is not being charged. Incentive is being paid to two of our clients at day care.**
3. **Half Way Home:** We have the infrastructure to keep 20 clients (Male and Female) in the half way home. 8 clients were enrolled in this year, though at present we have only three clients (male-2, Female-1).
4. **Vocational Training:** - We make things for use & sale at the Center (though on very small scale) depending on seasonal availability. Mrs. Neelam Sethi comes to the centre twice a week to teach tailoring to our clients.
5. **Care Givers Meetings are held on 2<sup>nd</sup> Saturday of every month.** In each programme the society invited people of prominence to give talk to the caregivers regarding various issues related to mental health.
6. **Counseling Services are provided four days a week by trained clinical psychologists**
7. **Internship Program:** In this year 26 students of Psychology from various institutes like National P.G.College, Amity University and Dev Sanskriti Vishwa Vidhyalaya, Haridwar attended our centre for internship and 36 students visited our centre for orientation program (Department of psychology, BHU and Kumaun University, Almora). This is a very successfully running program of our centre.
  - All important dates related to mental health are celebrated at the centre. We had 2 important programs:

### **Conferences/Workshop/ Symposia organized by the branch**

**World Schizophrenia Day** was celebrated on **23 May 2015** in collaboration with Rotary Club Lucknow. The function was attended by about 150 people and it was a very interactive program.

Few photographs of the activities conducted at the centre



Interns with clients and counselors



PICNIC-Clients and Staffs



Gathering at Ist International Yoga Day





Lighting of Lamp at Annual Day 12/3/2016



World Schizophrenia Day 2015



Address by Dr. Agarwal at Erawady Day 2015

**National Mental Health Awareness Day** was celebrated on **6/8/15** at the Shiv Shanti Asudaram Ashram on VIP Road. The function was attended by more than 350 peoples. Talk was given by Dr. A.K. Agarwal, Dr. Shashi Rai and Dr. Upreti.

**Annual Day Celebration:** The 11<sup>th</sup> Annual Day was celebrated on 12/03/2016 and a workshop was organized on “**Dignity in Mental Health**”. It was a very successful programme attended by about 250-300. The function was inaugurated by Chief Shri Anees Mansoori, Advisor/State Minister, Viklang Jan Vikas Vibhag, Uttar Pradesh. A souvenir giving information about the vision, the mission, the efforts made for the treatment, welfare and rehabilitation of mentally ill persons and the progress achieved was released on the occasion.

**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 organized occasionally.

**Success stories:-**

1. **In general many of our clients who have been coming regularly to the center have shown overall improvement in their sense of hygiene, behavior and activities of daily living.**
2. All our clients enrolled in the Day Care and Half way Home took part in the cultural program at Amity University, IMA Annual Day Celebration and at our annual day celebration. Their participation and performance was appreciated by one and all.

**New programmes/initiatives/facilities.**

- Case discussion- 3rd Thursday
- Topic discussion-1st Tuesday
- Open house- Seminars- 2nd Saturday
- Open house-Workshop/ training - 4th Saturday

**Other Important Information:**

- A project Proposal was submitted to a senior official of Northern Railway to ask for help in improving the facilities to run the centre.
- State Bank of India have donated ‘Tata Winger’ vehicle for the smooth functioning of our Day Care facilities in the month of January 2016.
- An MoU was signed on 2-05-2015 with Amity University for the training program of students.

## HUMAN RESOURCES

### **Number of staff by gender and Salary scale:**

Slab of gross salary per month + benefits paid to staff	Male	Female	Total Staff
Less than ₹ 5,000	4	-	4 (Part time)
₹ 5,000-10,000	17	18	35
₹10,000-25,000	15	10	25
₹25,000-50,000	02	03	5
<b>Total Staff</b>	<b>38</b>	<b>31</b>	<b>69</b>

### **Volunteers:**

**Twenty one volunteers** 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 acts.

### Staff remuneration per annum

Head of the Facility	- ₹ 3,84,475/-
Highest paid	- ₹ 3,87,611/-
Lowest paid	- ₹ 86,460 /-

- 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: ₹ 77,806

# Financial Statements

## Overview of Financial Statements from the Treasurer



The financial Year of RFS (I) has ended with a surplus of ₹ 63.88 lakhs as against ₹49.78 lakhs in the previous year. The reason for the increase in surplus is on account of improved performance of Branches the Branches. As in last year the Bangalore Branch continues to be the major contributory of RFS(I).

Out of total spending, the amount spent on direct program activity is ₹ 155.47 lakhs which is less as compared to previous year amount of ₹ 162.48 lakhs. Administration expenses (excluding Depreciation) are ₹ 49.42 lakhs which is slightly more with previous year expenditure. The amount of direct program expenses incurred during the year is 58% of the gross income of RFS (I).

The brief summary of consolidated assets and funds/liabilities and income and expenditure is given below.

		(Amount: Rupees in lakhs)	
		2016	2015
<b>ASSETS</b>			
	Fixed Assets	437.16	371.74
	Advances /Deposits/ Loans & other Assets	72.84	71.23
	Cash, Cash Equivalent & Investments	431.99	415.71
<b>TOTAL</b>		<b>941.99</b>	<b>858.68</b>
<b>LIABILITIES</b>			
	Funds & Reserves	712.45	682.45
	Loans/Advances/Deposits/Unspent Spent grant/Creditors	229.54	176.23
<b>TOTAL</b>		<b>941.99</b>	<b>858.68</b>
<b>INCOME</b>			
	Grants-Restricted	5.21	5.10
	Donations	46.85	31.92
	Other Income	210.20	412.21
	Net Financing Income	33.72	22.36
<b>TOTAL</b>		<b>295.98</b>	<b>471.59</b>
<b>EXPENDITURE</b>			
	Direct Program Expenditure	155.47	162.48
	Administration	76.63	61.33
	Building improvement Fund	-	198.00
<b>TOTAL</b>		<b>232.10</b>	<b>421.81</b>
<b>Surplus for the year</b>		<b>63.88</b>	<b>49.78</b>

## 2. Analysis of Program Expenditure:

	<b>2016</b>		<b>2015</b>	
	Percent	Amount	Percent	Amount
Client/facilities maintenance & up-keeping	29.81	46.35	35.03	56.92
Staff Costs	48.67	75.66	48.38	78.61
Travel and Transport	3.27	5.08	3.45	5.61
Communication	0.56	0.87	0.52	0.82
Office Costs	17.69	27.51	12.62	20.51
<b>Total</b>	<b>100.00</b>	<b>155.47</b>	<b>100.00</b>	<b>162.47</b>

## 3. Branch-wise Income & Expenditure:

<b>2015</b>	<b>NB</b>	<b>Bangalore</b>	<b>Delhi</b>	<b>Sidlaghatta</b>	<b>Lucknow</b>	<b>Ramanagara</b>	<b>Total</b>
Income	9.66	365.82	54.01	13.46	27.64	4.56	475.15
Expenses	6.49	127.11	54.09	14.55	25.00	4.28	231.52
<b>Surplus/ (Deficit)</b>	<b>3.17</b>	<b>238.71</b>	<b>(0.08)</b>	<b>(1.09)</b>	<b>2.64</b>	<b>0.28</b>	<b>243.63</b>

<b>2016</b>	<b>NB</b>	<b>Bangalore</b>	<b>Delhi</b>	<b>Sidlaghatta</b>	<b>Lucknow</b>	<b>Total</b>
Income	11.32	169.51	54.09	8.52	49.25	292.69
Expenses	8.37	129.10	50.06	6.76	34.52	228.81
<b>Surplus</b>	<b>2.95</b>	<b>40.41</b>	<b>4.03</b>	<b>1.76</b>	<b>14.73</b>	<b>63.88</b>

M.S.Seshadrinath  
Treasurer

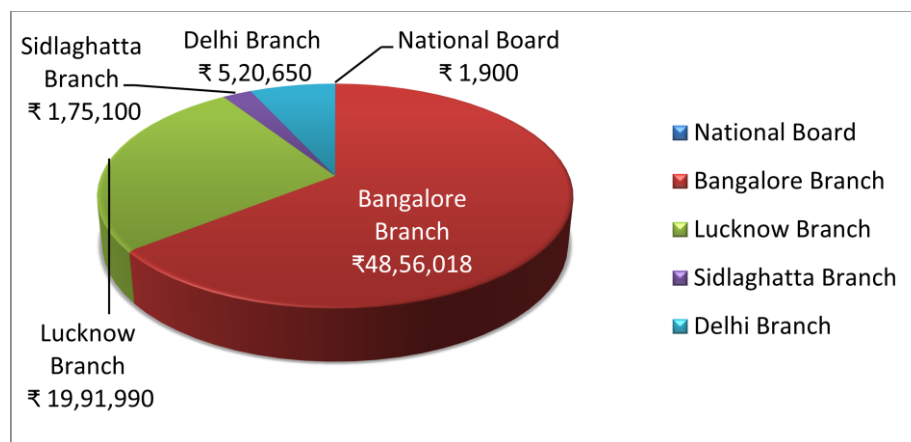
Nothing is impossible, the  
word itself says 'I'm  
possible'!

- Audrey Hepburn

## ACKNOWLEDGEMENTS

### Our Supporters:

*We gratefully acknowledge all the donors (from India and abroad) who have supported our organization. A sum of ₹52,06,141 was generated through grants and donation by all the Branches during the year.*



## GOVERNING BOARD

### NATIONAL BOARD:

**Mentor** – Dr. G.N. Narayana Reddy

1. Dr. A.K. Agarwal - Chairman
2. Dr. Alok Sarin - Vice Chairman

3. Dr. Shekhar Seshadri - Secretary General
4. Mr. M.S. Seshadrinath - Treasurer

### Members:

- |  |                            |
|--|----------------------------|
| 1. Mr. K. Vijaya Raghavan                        | 7. Mr. K.V.A. Padmanabha   |
| 2. Dr. S.Kalyanasundaram                         | 8. Dr. V. Venkataramaiah   |
| 3. Dr. (Mrs.) Lata Hemchand                      | 9. Dr. (Mrs.) Shashi Rai   |
| 4. Dr. Anisha Shah                               | 10. Dr. M.C. Upreti        |
| 5. Dr. Mridula Seth (From 4 <sup>th</sup> March) | 11. Dr. S.K. Khandelwal    |
| 6. Dr. (Mrs.) Sujatha Sharma                     | 12. Mr. S.M. Narayanaswamy |

### Invitees-

- |  |   |
|--|---|
| 1. Honorary Consultant (Admin)<br>Mr. M.S. Vasudeva Murthy | 2. Coordinator(Admin)<br>Mr. B.N. Sudheendra (Upto 28 <sup>th</sup> Feb 2016) |
|--|---|

## **GOVERNING COUNCILS OF THE BRANCHES**

### **I. Bangalore Branch:**

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

#### **Members:**

- |                                    |                            |
|------------------------------------|----------------------------|
| 1. R.B. Galagali                   | 7. Dr. (Ms.) Lata Hemchand |
| 2. Dr. T. Jagadisha                | 8. Mr. Ramanujam Sridhar   |
| 3. Dr. R.G. Nadadur                | 9. Ms. Nithya Ranjarajan   |
| 4. Dr. Shekhar Seshadri            | 10. Ms. V. Padmapriya      |
| 5. Prof. M. Shreedhara Murthy      | 11. Mr. K.S.Srinivas       |
| 6. Dr. (Ms.) Vidya Sathyanarayanan |                            |

### **II. Delhi Branch:**

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

#### **Members:**

- |                        |                                 |
|------------------------|---------------------------------|
| 1. Dr. K.M. Khurana    | 6. Dr. Sujatha Sharma           |
| 2. Dr. S.K. Khandelwal | 7. Mr. P.C.Rawal                |
| 3. Dr. Satyavati Devi  | 8. Mr. Sunil C. Saxena          |
| 4. Mr. M.C. Kishore    | 9. Fr. Capt.Kapil Shukla (Retd) |
| 5. Mr. Paresh Shah     | 10. Dr. Mridula Seth            |
|                        | 11. Dr. Manish Jha              |

### **III.Sidlaghatta Branch:**

- |  |  |
|--|--|
| 1. Mr. S.M. Narayanaswamy- President   | 3. Mr. K.V.A Padmanabha – Secretary      |
| 2. Mr. C.P.Lakshmanachar-VicePresident | 4. Mr.K.V. Sathyanarayanachar- Treasurer |

#### **Members:**

- |                              |                            |
|------------------------------|----------------------------|
| 1. Mr. S. Somashekar         | 6. Dr. V. Venkataramaiah   |
| 2. Mr. H.V. RamaKrishnappa   | 7. Mr. M. Venkatesh        |
| 3. Mr. N. Shreekanth         | 8. Mr. B.R. Chandrashekar  |
| 4. Mr. P.V. Ramana Reddy     | 9. Mr. H.L. Somashekar     |
| 5. Mr. K.N. Srinivasa Murthy | 10. Dr. M. Mallikarjunaiah |

### **IV. Lucknow Branch:**

- |  |   |
|--|---|
| 1. Prof. A.K.Agarwal – President       | 4. Mr. Alok Saxena – Treasurer          |
| 2. Dr. Prabhat Sitholey-Vice President | 5. Dr. M.C. Upreti- I/C Day Care Centre |
| 3 .Dr. (Ms.) Shashi Rai - Secretary    |   |

#### **Members:**

- |                        |                        |
|------------------------|------------------------|
| 1. Dr. Harjeet Singh   | 6. Dr. Abha Awasthi    |
| 2. Dr. J.S. Srivastava | 7. Dr. Harish Agarwal  |
| 3. Dr. S.C. Gupta      | 8. Dr. Ramesh Agarwal  |
| 4. Col. S.S. Yadav     | 9. Dr. Mrudula Agarwal |
| 5. Dr. Ajay Kohli      |                        |

**Secretary General, National Board: Ex-Officio Member for all the Branches.**

**Coordinator (Admin) Permanent Invitee for all meetings of the Branches.**

## CONTACT DETAILS

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