



THE RICHMOND FELLOWSHIP SOCIETY (INDIA)

BANGALORE

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



ANNUAL REPORT

2017-18

Services at a Glance

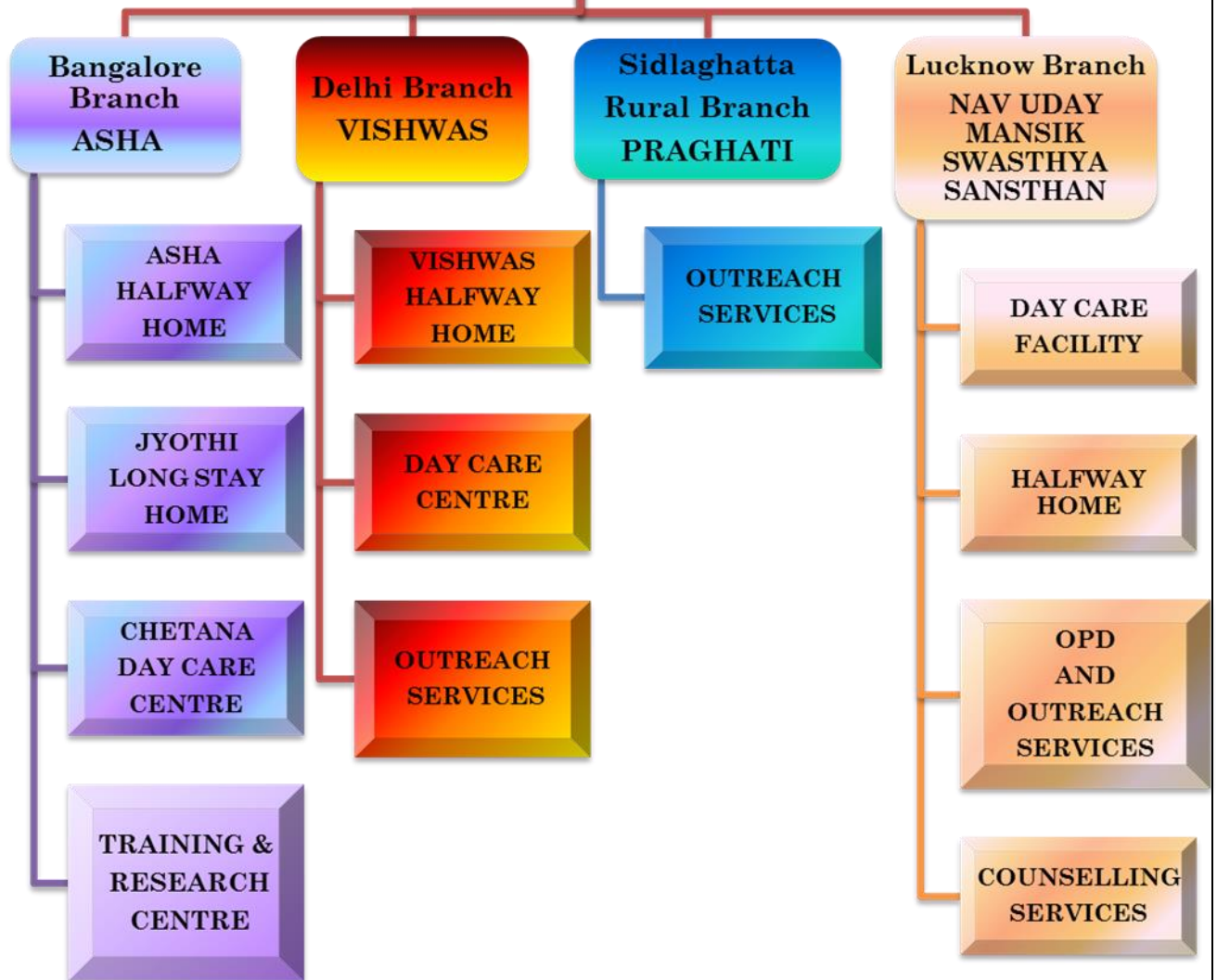


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THE RICHMOND FELLOWSHIP SOCIETY (INDIA)

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 centres at other places in India.
- Taking part in courses or related activities sponsored by others.
- Helping families of the disturbed to restructure behaviour patterns as a 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.



CHAIRMAN'S MESSAGE



On the occasion of the annual meeting of the National Board and the General Body of the Richmond Fellowship Society, India, it gives me great pleasure to offer my felicitations to the Richmond Fellowship Society, India.

As we meet to discuss the rules and regulations that govern the functioning of the Society, it is an appropriate time to revision and re-evaluate the nature of the commitment and endeavour of the organisation to the multiple goals that it has set for itself.

For many decades the RFS, India has been at the forefront of the efforts of rehabilitation of people with mental illness. In this effort it has offered residential support, day care programmes, community outreach, advocacy efforts, training facilities and awareness building. It has worked to provide service, facility, build social resource and work towards reducing stigma.

This journey has been a very satisfying one, and has been a learning experience both for the organisation and a role model for other organisations working in the field.

On this occasion, I would like to wish the organisation success in all these multifaceted theatres of engagement, and hope for continuing success in all these areas.

**Alok Sarin,
Chairman, National Board,
Richmond Fellowship Society, India.**



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.

Dr. 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.

NATIONAL BOARD
Administrative Office & National Headquarters
Works in co-ordination with its Branches

BANGALORE

DELHI

LUCKNOW

SIDLAGHATTA

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	Out-reach service	Halfway Home	Day Care Centre	OPD Services	
Capacity	21	17	50	20	40			20	40		208
Clients Admitted	18	01	11		15			06	10		61
Clients Discharged	14	01	06	03				08	18		32
Position as on 31.3.2018	21	17	57	14	15			06	32		162
* Total No. Of clients provided rehabilitation services from April 2017- March 2018	234	204	413	14	15	1367	4419	14	32	1485	8198

* 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:

- 19 clients in Residential and Day Care facilities at the Bangalore Branch received fee concessions of Rs. 7,83,450/-
- The Day Care Centre in Lucknow is run free of cost with the help of M/s. Pipavav Railway Corporation Limited (PPRL).
- 45 No. of MH patients received fee concession in outreach services (Sidlaghatta)

2. MANPOWER DEVELOPMENT AND TRAINING PROGRAM:

A. Bangalore Branch:

- a. 25 PG students from different Institutions & Universities were provided training under Block Placement/Internship/Concurrent field work/Data Collection, and 381 students attended its facilities in connection with orientation visit.
- b. Classes were conducted on 'Psychology' for 14 students of II year bachelors of Prosthetics and Orthotics from Mobility India, Bangalore.

B. Delhi Branch:

- a. Counsellors in Vishwas benefitted from hands-on experience by going for the outreach program 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.
- 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 Aparna Khanna, Associate Professor Lady Irwin College (Delhi University). Participants used the games that had been developed through intensive participatory processes.

C. Lucknow Branch

During this year 113 students attended Lucknow centre for internship and orientation as detailed below:-

1. 8 male students of GNM Nursing from S.S. Institute of Nursing, Hardoi visited the center for orientation.
2. 12 Students from S.S.J. Campus, Almorah visited the center on 22/04/2016 for orientation.
3. Ms. Vatshala student of BA from IT college attended the center for one month internship program.
4. Mrs. Poonam, Student of MA Psychology from IGNOU, joined the center for 240 hrs Internship Program.
5. 15 Nursing students from Nova nursing institute came to the centre for 2 weeks Internship Programme in the last week of July to August Ist week.
6. 13 students of BA and MA from Amity University with 2 faculties visited the centre to celebrate World Mental Health Day.
7. 9 students of MA psychology from National P.G. College attended the center for One month internship program from 28 Dec 2017.

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

During the year 2017-18, the branches imparted short-term training / Orientation & Block Field Placement as under:-

Sl.	Branch	Block Placement/Internship /Concurrent Field work	Orientation visit	Total
1.	Bangalore Branch	25	381	406
2.	Lucknow Branch	27	89	116
TOTAL		52	470	522

E. Other activities:

Bangalore Branch received FCRA grant amount of USD 30,000/- equivalent to INR 19,34,535/- from Columbus Foundation; Limited Brand Cares/Mast Cares for the project "Caring for women with mental illness" for the period 1st August 2017 to 31st July 2018.

A MoU was signed by the Lucknow Branch in June 2016 with M/s. Pipavav Railway Corporation Limited (PRCL) for obtaining assistance for running the Day Care Centre for the year 2017-18, PRCL gave Rs. 60,000 for purchase of items for the Centre. Also Rs. 70,000/month is given for running the Centre.



BANGALORE BRANCH

The Bangalore branch of the Fellowship runs the following facilities:

- a) Halfway Home–‘Asha’ for 21 residents (men and women)
- b) Longstay Home–‘Jyothi’ for 17 residents (men and women)
- c) Day Care Centre with Vocational training facilities – ‘Chetana’ for 50 clients

The Branch provided rehabilitation to 1205 clients at their residential and Day Care Centres. All three centres provide treatment and support to adults battling chronic mental illness 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 on case to case basis..

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 Fellow ship 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 “ Psycho social Rehabilitation” and in “Basic Counselling Skills” and is also engaged in relevant research activities.

Highlights of activities

- ❖ Received FCRA grant amount of USD30,000/- equivalent to INR 19,34,535/- from Columbus Foundation: Limited Brand Cares / Mast Cares for the project“ Caring for women” .
- ❖ Started vocational training activity–‘Green skilling’ at Chetana, Day care Centre.
- ❖ Organised two fund raising events:
 - a. KGA-Richmond Fellowship Charity Golf Tournament on 2nd February 2018 with 129 golfers participating in the tournament.
 - b. Garage Sale was organized on 12th& 13thof May 2018 at Chetana

Client Oriented Activities and Programmes

Recreational activities

- Mr.Upendra, Artistic Director of theatre, has been conducting ‘Drama Processes’ for the residents and clients of all the facilities, twice a month. The sessions are conducted for ‘Jyothi’ and ‘Chetana’ residents / clients on 1st and 3rd Wednesdays of every month and for ‘Asha’ residents on 2nd and 4th Saturday of every month. The clients / residents have found these sessions useful.
- Mr.Satish, Hampiholi, a well-known Tabla Artist, is teaching tabla for the clients and residents, twice a week
- Picnic / out-door movie / lunch outings / in-house film shows all form part of entertainment programme for the residents and clients.
- Indoor and outdoor games once a week
- Birthdays of clients and residents are celebrated enthusiastically
- All the major festivals are celebrated
- Words search, sudoku, simple cross words, origami, vegetable painting
- Reading of books & newspaper readings forms an essential part of their daily routine.
- Ms.Ranjini Santhanam conducted dance movement therapy in which staff and some of the clients / residents participated
- Talents day was held for the residents / clients of all the three facilities at the auditorium located at Chetana.
- Ms.Anitha Devi, a resident of ‘Jyothi’ house, who is learning Carnatic Shastriya Sangeetha at Nadamrutha Music School at NR Colony, is conducting music session for the residents / clients of Asha and Chetana Computer music

Art Competition: On International Yoga Day 2017, NIMHANS Integrated Centre for Yoga, had organized “Art Competition” on the theme ‘**Yoga for Depression**’ on 22nd June 2017 at NIMHANS. This programme was open to Faculty, staff, students and caregivers. Ten of the Branch residents / clients and 2 Professional staff members enthusiastically took part in this competition. One of the residents of ASHA won a prize for *Exceptional performance* and two of ‘Jyothi’ residents got prize for *Commendable performances*.

Publication by Mr.Salil Sood: An article titled ‘**Living with Schizophrenia**’ written by Mr.Salil Sood, a resident of ‘Jyothi’ long stay, has been published on-line in the **Journal of Psychosocial Rehabilitation and Mental Health**, brought out by Department of Psychiatric and Neurological Rehabilitation, NIMHANS.

Green Skilling project: Twenty-eight clients from Chetana are involved in this activity. About 8 residents for Asha and Jyothi participate in making fabric beads and eco - friendly pens. Mrs. Anuradha, volunteer is helping the clients in this activity. On 13th of

November 2017, Ms. Prathiksha Shukla, Rehabilitation Counsellor and Ms. Bharathi, Instructor of Tailoring Unit, attended a training session for making fabric beads and ecofriendly pens, organized by Craftizen Foundation. The Branch sold 20 kgs of dried flowers to Craftizen Foundation and 2 kgs to Seva in Action. This year the Branch also initiated the process of making ecofriendly Holi / rangoli powder from dried flowers. This initiative is in collaboration with Craftizen Foundation. Four colours (orange, pink, green and yellow) were made

Bengaluru Rehabilitation Cricket League 2017: The clients of Asha & Chetana participated in Eighth Annual tennis-ball cricket tournament organized by Medico Pastoral Association exclusively for the residents of psychosocial rehabilitation centers in Bangalore City, on 14th October 2017 at the Holy Ghost Church Grounds, Bangalore. The residents of the branch gave their best and fought well in the matches they played.

Sports Day: Residents and staff participated in the indoor and outdoor sports events organized on 15th November 2017 as part of the sports day competition.

Annual Fellowship Day: The 31st Annual Fellowship day was celebrated on 8th December 2017. Dr.Ajit V Bhide, Senior Psychiatrist of St.Martha's Hospital and President Elect of the Indian Psychiatric Society was the 'Chief Guest' for this event.



Ms. .Kamala Srinivasan, Associate Vice-President, Mast Global Business Services India, Bangalore was the 'Guest of Honour'. Mr. K.S. Mahesh, Team Lead-Logistics, Mr. Vinay Anand, Director and two other team members from Mast Cares also attended this function.

The staff members planned and helped the clients /residents perform and show-case their talents. The invited Guests were requested to handover the prizes for the winners in the sports events.

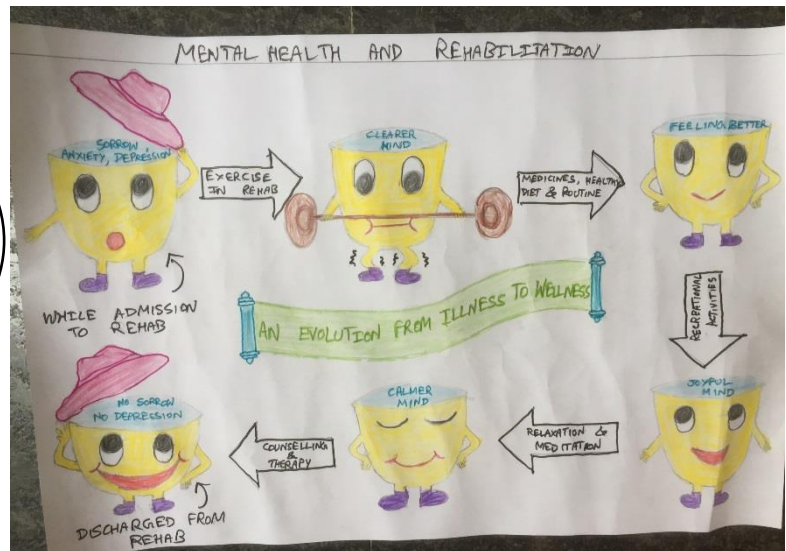
Art work: A painting of Mr.Salil Sood, a resident of 'Jyothi' long stay home, has been featured in the calendar for the year 2018, which is printed and distributed by M/s. Lundbeck India Pvt. Ltd., a Pharma Company.

The artefacts made by clients of JYOTHI and CHETANA were displayed for sale at Cyte care, Cancer Hospital, at their request, on 16th of November 2017.

Other Events

World Mental Health Day: The World Mental Health day was observed on 10th October 2017. On this day, two activities were conducted for the clients / residents of the facilities. The first one was painting/drawing competition on the topic: **Mental Health and Rehabilitation**. It was observed during the activity that all the clients / residents from the three facilities were keen on doing their best and brought out beautiful drawings/paintings keeping the theme in mind.

Soujanya, a resident of ASHA halfway home was declared the overall winner for depicting the theme very well



The second activity was a “competition on Poster making” titled “**Mental Health in the work place**”, which was the theme of the World Mental Health Day 2017. All the clients / residents showed great interest along with the staff in gathering material for the poster and the outcome was a wonderful justifying the theme.

Family meetings:

Family meeting was held on 5th August 2017, on the theme ‘Chronic Mental Illness: **What families / carers need to know?**’ About 20 family members and all the staff attended this programme. M/s. Emcure Pharmaceuticals, Ahmedabad, sponsored this programme by contributing ₹ 22,000/- which covered the expenses. The following members were the resource persons and they spoke on the topics mentioned.

1. Dr.G.Venkatasubramanian, Professor of Psychiatry, NIMHANS, Bangalore, gave a talk on ‘Schizophrenia and the Brain – What should the family member know?’
2. Dr.T. Sivakumar Thanapal, Associate Professor of Psychiatric Rehabilitation, NIMHANS, Bangalore gave a talk on ‘Current Government Schemes benefiting people with Mental Illness and Mental Retardation’ and ‘What after Me?’
3. Panel discussion on “Treatment and Outcome” – Moderator Dr.S. Kalyanasundaram and the Panelists were Dr.G.Venkatasubramanian and Dr. Lata Hemchand
4. Panel discussion on ‘Families and their concerns’ for which Dr.Lata Hemchand was the moderator and panelists were Dr.S.Kalyanasundaram, Dr.T.Sivakumar and Dr.Aarti Jagannathan.

The 'Jyothi' Annual Family Meeting was held on 14th October 2017. Mr.K.Vijaya Raghavan, President, Dr.Kalyanasundaram, Secretary & CEO, Dr. Sivakumar T, Chairperson of 'Jyothi' House, family members of 11 residents, all the residents of Jyothi House ,both professional and admin staff of the facilities took part in this meeting.

Ms.Maya Karkal, a resident of 'Jyothi' met Ms.Elly Jansen on 12th June 2017 during her holiday visit to UK. Ms.Elly was given some of the artefacts made by the clients. She was very happy to have met Maya and has conveyed her best wishes to all at RF Bangalore.

Renovation of 'Asha' house: The residents were shifted to ASHA house on 1st August 2017, after completion of the renovation work.

Products of Day Care Centre, RFS Bangalore



GREETING Cards & Wish Tags

"Dare to Care"

Society that is committed to the cause of Rehabilitation of the Mentally ill and Man Power Development

Charities are exempt under Section 80(G) of the Income Tax Act. Contributions are eligible for 100% Deduction.

The Richmond Fellowship Society (India) Bangalore
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 Web: www.rfsvi.org

We train our clients in making greeting cards by cross stitch, block printed, embroidery and free hand drawing s.

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 We train our clients in making greeting cards by cross stitch, block printed

SUCCESS STORY

Triumph against all odds

Ms S, 23-year-old female who was attached to her mother, excelling in academic performance, admired by father and sibling, likes being adored and cuddled, had a sudden turn of events following a road accident, that still haunts and daunts her. The uncertainty of not knowing what would have been if her mother was alive bothers her, impairing her ability to perform and conduct herself effectively in the society. A fatal road accident when Ms S lost her mother in year 2007, when she was 13 years old forever leaves her with questions and no answers. Post the accident Ms S is still unable to come in terms with losing her mother.

Ms S has faced many road blocks in the path of life. Her schooling, college and work life were always difficult. Ms S is a fast and a very keen learner, she has always excelled in studies, always been a friendly and loving person. These qualities in her were envied by classmates, supposed friends, colleagues etc... which led to her being isolated, feeling lonely; she was always put down and bullied. All these led to frustration during her college days.

She adapted a maladaptive way of dealing with these situations. She would get aggressive, throwing objects, screaming at her father. The lack of maternal affection she feels caused all this is what she believed and continues to believe this when she feels frustrated. Her father always tried his best to make up for the absence of her mother; she continues to be grateful to her father but still feels the absence of her mother. Due to repeated loss of friends, loss of affection from friends and alienation she developed a defence mechanism which resulted in her inability to make friends fearing abandonment from their side. These unhealthy ways of dealing with her emotions caused aggressive outburst. At this point in time, her father took her to a psychiatrist. She responded very well to her medications and brief therapy sessions. She was compliant on medications until she finished her graduation. However, these did not come in her way of her studies and continued to excel in school and all through college. She got a job in Chennai post her graduation; she was performing exceedingly well at her workplace, received a good appraisal despite being the junior in her team. Certain unpleasant incidents at her workplace, where she was ignored, isolated because her other colleagues became insecure of her good performance. This combined with non-compliance due to shame of taking psychiatric medicines led to a relapse. Her father suggested her to quit her job, take a year off to get better instead of working in an unhealthy work environment causing further damage to her health.

She came back to Bangalore and her aggressive behaviour and periods of depression continued. She came across ASHA. Ms S has gotten better since August 2017. Her personal therapy sessions are helping deal with her anger and grief; it has also helped her in building resilience. Her psycho-education about illness and medications helped her get rid of her shame in taking psychiatric medications.

Ms S is a very keen learner, always looking forward to learn and develop new skills. She attends Chetana, our vocational training centre. She takes part in the tailoring unit where she has learnt various things such as quelling, embroidery beads, different types of art work etc... and she thoroughly enjoys herself while she is participating in such activities. Learning these new skills gives a sense of fulfilment and confidence making her keen to continue to learn new skills every day.

The haunt of uncertainty has most certainly decreased. Her stay at ASHA, her therapy combined with the financial support received has also helped her father support her financially to take up training for bank exams; her father has always expressed his gratitude for receiving this support and appreciates the comfort being given to Ms S at Asha.

Feedback from a care giver

My name is L and I am the sister of a resident of Jyothi house. Also, was made a member of 'Jyothi' House Committee recently. I must have attended 2-3 meetings; the meetings were real eye-openers in many ways, for me.

To be able to manage 17 clients in different age groups and stages of illness, both mental as well as physical with utmost care, respect, kindness and love, is not an easy task.

I used to think, as trained professionals, it must be easy for them; but what I did not consider was the human angle. Trained or not, at the end of the day, all are human beings, and being human are fallible.

I, as a family member, failed to provide the care that is required by my brother. RFS Bangalore, under the leadership of Dr.Kalyanasundaram, stepped in to provide the much needed support and succour to us.So, my thoughts and feelings can only be one of gratitude for all that team RFS has done and continues to do for my brother. As family members, we need to be supportive and helpful in all possible ways, rather than be critical in any way.

Together we will be able to surmount the challenges, howsoever demanding they may be and provide the best possible care and comfort to our wards.

I thank the team Jyothi and all the support staff for their dedication and compassion not least Dr. Kalyanasundaram and the admin staff; when the head of the organisation is a live wire, it has a cascading effect, and the result is there for all to see and feel.



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 research work was started in April 2016 and the written report got completed on March 25th, 2018. The study had adopted exploratory design with qualitative analysis. The sample consisted of 18 clients (male and female), 10 caregivers and 10 professionals. The data was collected through focused group discussions and structured interviews which were conducted individually. The discussions and interviews were audio taped and transcribed. The transcribed data was analyzed using the grounded theory approach.

A consistent finding across all the three groups of participants was that the people with SMI need a supportive environment to have discussions about sexuality. This most basic need gets ignored both by professionals and family members due to the compelling need to focus on symptom relief and their inability to discuss about this vital issue due to various reasons. The caregivers' program on psycho-education should, as a rule, include a section on the importance of sexual needs of the client. They need training in having an open dialogue with their wards on this topic. These programs should explore and clarify the socio-cultural beliefs about sex, as well as their own personal inhibitions and biases (gender discrimination, homophobia).

The study has implications in terms of changing the attitudes and practices adopted by professionals. Training programs for professionals to break the silence on the topic and to facilitate an open conversation with the clients on their sexual concerns is of crucial importance. Professionals must include taking sexual history of clients as a rule into their practice, rather than attending to it only when the clients complain about their sexual problem. The present study found that 50% of the SMI had issues related to their experiences of sexual coercion and abuse. Professionals need to be sensitized to deal with it in an appropriate manner. An accurate assessment of the extent of sexual dysfunctions due to side-effects of medication and reviewing of the treatment is another area which requires to be addressed by the professionals.

The study has clearly pointed out that one of the major barriers to finding partners is the poor interpersonal skills of the clients. This finding has implications for changing the existing Social Skills training for clients which need to be tweaked to dating and negotiating skills in the context of interaction with opposite sex. The study has implications for policy makers involved in residential settings, because people with SMI are likely to spend long periods in residential settings. The policy makers need to have a dialogue with all the stakeholders namely, the clients, the family members and the professionals to formulate new policies under the umbrella of the 'recovery model' (Deegan, 2003). This model emphasizes the client's perspective using the rationale, 'dignity in risk and right to failure'.

The pervasive negative impact of stigma on mental illness on all aspects of clients' functioning is well established. The results of the present study reiterate this fact by

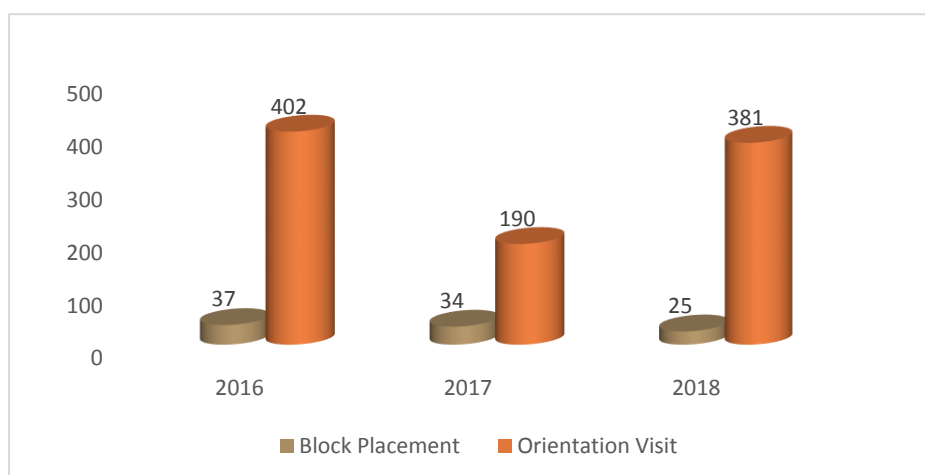
reporting the detrimental effects of stigma on the sexual functioning of clients. Hence, the awareness programs designed to reduce stigma have to be more effective and should include the participation of recovered clients whose narratives could have greater impact in changing people's attitudes. The arduous task of reaching many people cannot be done by individuals or organization, the government and department of health must rigorously take part in the process of reducing the stigma associated.

2 Classes for BPO students – Mobility India:

Classes were conducted on 'Psychology' for 14 students from 19th to 21st June 2017 and again for 15 students from 25th to 27th October 2017 for 2nd year Bachelor in Prosthetics and Orthotics (BPO) from Mobility India, Bangalore.

3. Block Placement training / Orientation visit:The Fellowship provided training to the following number of students from different Institutions and Universities

Sl.No.	Training	No. of students
01	Block Placement / Internship / Concurrent field work / Data collection	25
02	Orientation visit	381



Conferences / workshops / Lectures /Other events attended by the staff

1. Ms. Charmaine D'Souza, Rehabilitation Counsellor, participated in the workshop on 'Promoting Local Innovations in Disaster Risk Reduction and Management in India' held on 10th April 2017 at Vidyadeep College, Bangalore. This one-day workshop was organised by Give2Asia in collaboration with the IIRR, Humanitarian Leadership Academy and Habitat for Humanity.
2. Ms. Taranum Taj, Rehabilitation Manager, Dr. Jaishri H Prasad, Medical Officer / Volunteer and Ms. Seema, Rehabilitation Counsellor, attended 'Sanjeevini Vedike'

held on 20th June 2017 organised by the Department of Psychiatric Rehabilitation Services, NIMHANS, on the topic 'Job oriented training programmes'.

3. Ms. Deepmala Sutar, Rehabilitation Counsellor, attended a two-day workshop on "Cognitive Behaviour Therapy: Principles and Applications" organized by Behavioural Medicine Unit, Department of Clinical Psychology, NIMHANS on 4th and 5th August 2017.
4. Dr. Lata Hemchand conducted a session on 'Maintaining Professional boundaries' for all the professional staff.
5. Dr. S. Kalyanasundaram, Secretary & CEO, was invited to chair a session titled "Is prognosis of OCD different in India" during the '2nd Symposium on OCD and Related Disorders : An Update on Research & Treatment Practices' held on 28th and 29th October 2017 at NIMHANS, Bangalore.
6. Mrs. Sumana B.G, Rehabilitation Manager, attended the Silver Jubilee celebrations of Association for Mentally Disabled (AMEND) held on 15th December 2017 at Dept. of Psychiatry, Bangalore Medical College, Bangalore.
7. The Department of Psychiatry/ Psychiatric Rehabilitation Services, NIMHANS organized a one-day symposium for Family / Caregivers of persons with Mental retardation, Mental illness and Autism on 7th October 2017. Ms. Prathiksha Shukla, Rehabilitation Counsellor, took part in this session that was live streamed.
8. Mrs. Sumana B.G., Rehabilitation Manager, and 4 Rehabilitation Counsellors – Ms. Suman K Anand, Ms. Ramya B, Ms. Prathiksha Shukla, Mr.Aravind attended a meeting on the MHCA 2012 organised by Karnataka Association for Psychiatric Disability, on 3rd February 2018.
9. Ms. Jyoti Verma and Ms. Charmaine Ann D'Souza, Rehabilitation Counsellors, attended a one-day workshop on 'Developing Social Pragmatic Skills in Children with Autism Spectrum Disorder (ASD) and Social Communication Disorder (SCD)' conducted by FAME India on 3rd March 2018.
10. Ms. Suman K Anand, Ms.Ramya, Ms.Prisca Marie Souce, Ms.Jyoti Verma, Ms. Charmaine Ann D'Souza, Ms.PrathikshaShukla, Ms.Bhuvaneshwari attended the Sanjeevini Vedike programme on 'Affordable medicines for Mental Illness' held on 27th March 2018 organised by NIMHANS.

Published Articles

Kalyanasundaram S, Sneha Kumar: Tracing the development of Psychosocial Rehabilitation from its origin to the current with emphasis on the Indian context: **Indian Journal of Psychiatry**; 2018; Vol. 60: 253-7.



DELHI BRANCH

The Delhi branch of the Richmond Fellowship Society – “Vishwas” – was established in the year 2000 in Gurgaon and shifted to Greater Noida in 2006. The residential facility is a 20-bedded home-away-from-home for people suffering from Schizophrenia, who are clinically stable but require additional support and assistance before re-integration with their family or society. The Day Care Centre has been established to build functional skills of the patients as part of the rehab programme. The Community outreach programme through weekly OPD in Primary Health Centre Najafgarh and advocacy initiatives to break the silence on mental health issues through youth advocates have provided valuable learning experiences.

DAY CARE

The Day Care Centre in Vishwas has a capacity to serve 40 patients. However, the facility is not optimally utilised due to the relatively inaccessible location of the center, lack of awareness about the center, and poor telephone connectivity. The resident clients are called ‘members’ who use the Day Care for engaging themselves in various activities for enhancing their life skills – thinking skills, social skills and self-management (emotional) skills. They follow a schedule of activities from 9.30 am to 5.00 pm, five days a week and Saturday being a half day.

During this year, the participation of all the members in 13 activities of Vishwas was recorded: Feeling group; Vocabulary classes; Art & Craft classes; Music classes; Yoga; Games; Going to BIMTECH library; My Perch library in Noida; Computer classes; Going out for evening walks; Participation in Planning meetings; Outings including going out for lunch every fortnight; and getting books issued from in-house Aseem’s library. The participation of each member in every activity was recorded and members were informed about it. On the notice board, their participation was displayed and they were given certificates of participation on the Annual Day with mention of activities in which they had over 90 percent attendance.

Some of the members are getting motivated to engage themselves in remunerative activities. SG is specializing in making candles and sold candles over Rs 4000 during Diwali. Two members sold knitted scarfs and are feeling encouraged to make more items. After their visit to Vishwas, students from the Kothari International School in Noida got motivated to help the organization and organized sale of items in their school for the PTA meeting. They also invited Vishwas members to the school to receive the cash collected from the sale.

The walls of the Day Care centre have Bulletin Boards displaying the work done by the members during the month. The “talking walls” show their feelings which are shared with others.

Eating out is fortnightly activity members look forward to - ordering food of their choice. In-house movie and weekly Tambola are eagerly awaited by most of the members. Members celebrate birthdays, important National Days and actively participate in festivals. A picnic

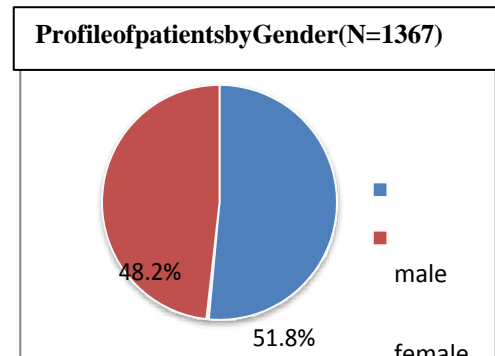
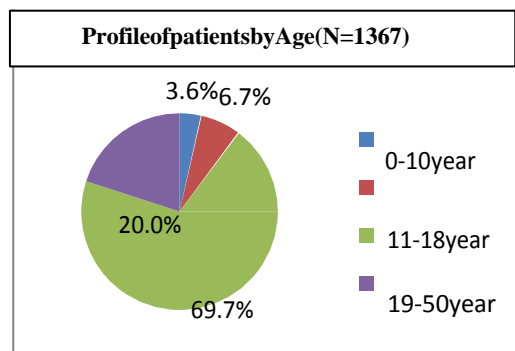
was organized in winter where members along with staff and volunteers went to Humayun Tomb along with kids from My Perch library. They played games, sang and enjoyed the food. Going out for evening walks beyond the four walls of Vishwas has been a useful exercise started this year. Some members are taking interest in learning computer skills and using the internet.

COMMUNITY OUTREACH

The purpose of the community outreach programmes are:(i) to provide free diagnosis and treatment for mentally and emotionally disturbed persons; (ii) to create public awareness about mental health problems& removing stigma; and (iii) to collaborate and network with other organizations having similar objectives.

Community outreach services through the mental health OPD of the Najafgarh Primary Health Centre have been provided for the past nine years. Dr Satyawati Devi, senior Psychiatrist, along with two counselors from the RFS Delhi branch continued to visit the centre once a week to strengthen the Government services. In the past five years, over 5000 patients have utilized the service. The number of patients served during the period April 2017 to March 2018 was 1367. Of these, 247 were new patients and 1120 were follow up patients. The large number of patients coming for follow up is a clear indication of the satisfaction derived by the patients.

Age



A majority (70%) of them was in the age group of 19-50 years; one fifth (20%) were above 50 years and seven percent were below 18 years. Thus, the OPD service was mostly being used by young persons. There was not much difference in terms of gender - male (52%) and female (48%).

RESIDENTS AND CAREGIVERS

The residential facility of Vishwas has become a home where members feel happy and

relaxed! Three members were discharged and were replaced by two bringing down the number to 14. A majority of them were females and in the age group of 40-50 years.

During the year, meetings with the carers were held once in two months. The carers donated an air conditioner for the day care activity room in the basement to encourage the members participate in the activities during the sweltering summer months.

The refundable deposit amount was increased to Rs 1 Lakh in 2017, though some families of members admitted before 2017 have been reluctant to pay the balance amount. The issues of funds required for facility maintenance and increase in expenses have been repeatedly raised.

OPD SERVICES

Efforts were made to introduce the service of OPD at the Vishwas facility in Greater Noida once a month. A total of 86 patients visited Vishwas for the OPD service. The location and lack of transport facility were the main reasons for poor utilization of the service.

The OPD service provided by a team of senior psychiatrist and counsellors in the Primary Health Centre (PHC) in Najafgarh was a small contribution of the RFS Delhi branch to add value to the services being made available for the needy and poor population suffering from mental illnesses. This was recognized in the Annual report of the PHC

ADVOCACY AND NETWORKING

An initiative on Youth Advocacy for Mental Health was taken up by the RFS Delhi branch in 2016 to establish a model of partnership between academic institutions and NGOs working for promoting mental health. The objectives were: (i) to break the silence (*chuppitodo*) and create a dialogue on mental health issues; (ii) to dispel stigma and myths related to mental health; and (iii) to make effective behavior change communication.

Youth involvement – Our partnership with the Lady Irwin College, (Delhi University) Department of Development Communication and Extension had a dual purpose - strengthening the on-going activities of Vishwas and sensitizing youth to the issues of mental health. Preparing some youth as Advocates for mental health was a positive outcome of this effort. Tying up with the National Service Scheme (NSS) was a useful strategy for involvement of volunteers from various colleges in Delhi, Noida and Greater Noida. Some very creative communication materials have been developed for advocacy on mental health as an outcome of partnership with academic institutions

Partnership with the Lady Irwin College (Delhi University), Dronacharya, Galgotia and G.L.Bajaj group of educational institutions in Greater Noida enabled RFS Delhi to work with youth on advocacy on mental health. Partnership with Birla Institute of Management Technology (BIMTECH) strengthened activities of the day care centre

Partnership with NGOs - Working with Mind Piper and Sambandh Health Foundation added to our understanding of the problems faced by families and people living with mental

illnesses and strategies for dealing with their challenges. Working with Aseem library, Perch library and BIMTECH enriched the Day care activities.

Networking

Some of the members visited Psycare and interacted with the members. Organizations like Shanti home, Psycare and Tulasi home were visited to explore linkages. Meetings were held with PwC, Rotary club of Greater Noida and some local leaders

2018 calendar - A Calendar for 2018 was developed with the theme on promoting mental health. For the 12 calendar months, the following themes with pictures were selected depicting the various activities carried out by the Delhi branch of the RFS(I): *i) Exploring creativity: Art & Craft ; ii) Appreciating rhythm of life: Music & Dance; iii) Expressing self: Drama & Role play; iv) Promoting team spirit: Games, Sports; Sharing concerns: Counselling, Feelings; vi) Caring for self: Meditation, Yoga, Medication; vii) Stimulating the mind: Library, Vocabulary, Quizzing; viii) Refreshing the mind: Celebrations, Movies, Outings; ix) Building skills: Computers, Cooking, Handmade products; x) Getting close to nature: Gardening, Nature walks; xi) Reaching out: Community outreach; xii) Advocating for mental health: Campaigning, Breaking the silence.*

Working with Non-governmental organisations (NGOs) like Sambandh Health Foundation and Mind Piper enabled testing the model of academic institutions collaborating with NGOs for mutual benefit in mental health advocacy. Aseem library was a valuable resource for the organization

Annual Day celebrations - The Annual Day 2018 was celebrated on 11th March 2018. In the audience were many young people besides the care givers and guests who had been involved with the activities of the organization during the year. MrGajanan Mali, founder of Tennews portal and many other social media channels, was the chief guest. The members had practiced for several weeks for the cultural programs but on the final day, some of them refused to appear on the stage. This year, the theme was ‘Stress management’. They beautifully depicted stress situations and how they deal with them. Unique item in the program was a skit presented on the same theme by children of My Perch library with whom the members interact every Tuesday.

Dr. Satyawat Devi, senior psychiatrist and GC member, was felicitated for her dedicated service for the underprivileged through the weekly OPDs in the Najafgarh Rural Health Centre for several years.

Poster/ slogan/poetry competition - A poster/slogan/poetry competition was organized by the RFS Delhi and Lady Irwin College on the theme “Beat the Stress, Be your Best”. Over 100 young people participated. Prizes and certificates were given to the winners and participants. On the Annual Day, the posters/slogans/poems on the selected theme were displayed and appreciated by the guests. Uma Malik recited her prize-winning poem.

RFS MEMBERS AND VOLUNTEERS

Volunteers form the resource pool adding quality to the services of the organization. Volunteers helped in Arts & craft activities; picnic and outings; cooking; and housekeeping. We have a total of 145 members of which 26 are Associate members or carers of the current or former resident members.

The National Board of the Richmond Fellowship Society (India) provided guidance and regular sharing of information with the branches of RFS. This helped to learn for enriching ongoing activities and strengthening the RFS Delhi branch programme.

Involving volunteers to enrich the organizational activities required closely working with them and assigning specific tasks. Due recognition was given to them on the Annual day. Coordination of volunteers with the staff members was also required.

The Director of the Primary Health Centre in Najafgarh has been very appreciative of the service provided by the RFS Delhi branch especially DrSatyawati. Some of the clients came for follow up even from long distances due to credibility of the team and the organization.

VISIT TO OTHER FACILITIES

Four facilities - PsyCare, Shanti Home, Tulasi Health Centre and Tulasi home were visited on 16th February and 6th March 2018 by four GC members, Project manager and a carer. The specific objectives of the visits were – to promote networking with other organizations with similar mandate; observe the facilities and understand the functioning of the organizations for improvements in our facility; to find out method of attracting fresh admissions for the facilities; explore the possibility of shifting members from Vishwas in case we decide to close down the halfway home facility.

TRAINING AND CAPACITY BUILDING

Building the capacity of the staff of the RFS Delhi branch is an important need especially because of the rapid staff turnover. RFS Delhi branch, in partnership with the Lady Irwin College, developed communication materials that have been used effectively for advocacy on mental health especially with youth. However, training them for using the materials for campaigning has been realized therefore, half day workshops were conducted for various groups to demonstrate the use of communication materials after sensitizing them to the issue of mental health.

Dr Satyawati Devi conducted monthly training sessions on Client history taking; MSE (Mental Status Examination); Effects of medicines; Child psychiatry (Child related mental illnesses); and Improving Memory. Families of two clients were also invited in the training sessions for live demonstrations.

Dr S.K. Khandelwal addressed the needs of the staff in a session on 'Dealing with Stress'

Dr Mridula Seth conducted a workshop on using the “Most Significant Change” (MSC) technique as a tool for monitoring and evaluation of development programmes.

DR Mridula Seth and Dr Aparna Khanna conducted a workshop for RFSD staff, Interns from Amity University and Staff of NGO Aastha on “Advocacy and communication for mental health”.

Two staff members – Ms Garima Jain and Mr Anwar Imam Siddiqui were sponsored to attend a training programme on OCD and Depression conducted by Shanti home

A follow up workshop on Advocacy for mental health was also conducted in Gautampuri for the field staff of NGO Aastha.

1. Orientation of students (60) from the Raj Kumari Amrit Kaur College of Nursing was done by Dr. Aparna Khanna facilitated by student volunteers.
2. An interactive session with students of the PG. College Noida was conducted by Mr Kalimullah, RFSD project manager, Ms Rashmi Chadiwal ex counsellor, and Ms Manisha Mishra.
3. An orientation programme on mental health advocacy was conducted by Dr Aparna Khanna and staff of RFSD for students (58) of the Holy Family Hospital Nursing college. Two members of Vishwas confidently facilitated Tambola game with the students demonstrating the use of games for mental health advocacy and proving that mental patients can become good advocates.
4. Two workshops were conducted by RFSD and Mind Piper in G. L Bajaj College, and Dronacharya College in Greater Noida on Mental Health Awareness among college students
5. Variety in activities is needed for an enriched day care programme. Part-time services of specialists in music, art & craft, vocational skills (depending on interests of clients) can enrich the programme.
6. The experience of two counsellors going with the psychiatrist was considered as the most valuable experiential learning for the counsellors, most of whom lack practical experience.

ACHIEVEMENTS

Dr Sujatha Sharma. Awarded “Indian Health Care Professionals Award 2017” for the category ‘Excellence in Healthcare Management’. Award given by the Indian Health Care Awards, a Pune based organization. It is also referred to as Indian Health Oscars.

Dr Payal Kumar selected as an Associate Editor for the Academy of Management (USA), which entails reviewing the work of reviewers.

Dr Rishi Tiwari received the Technical Institute Librarian Award for 2017 from the Higher Education Minister of MP in Bhopal.

Dr Mridula Seth, Co-chaired a session in the World Mental Health Congress, Delhi 2-5 November 2017.



LUCKNOW RANCH

The year 2017-2018 has been a satisfying year for Lucknow branch with lots of activities taking place. The year ended with a grand celebration on the Annual Day of the branch held on 23-03-2018. The detailed report is given below.

- **Services provided by the branch:-**
- A. **O.P.D. Services:** O.P.D. Services are being run 3 days/week (Timing: 10:00 am to 1:00 pm). 1485 patients were seen in this year (408 New and 1077 follow up). Free consultation- 61 patients (given to those having BPL Card or who could not afford) and 50 % concession was given to 3 patients.
- B. **Day Care Facilities:** 10 new clients enrolled in this period. 32 clients (Male-18 , Female-14) are coming regularly to the centre. Few clients come on and off for counseling.
- C. **Half Way Home:** We have the infrastructure to keep 20 clients (Male and Female) in the half way home. 6 clients were enrolled in this year, 8 patients were discharged this year after satisfactory improvement. At present we have 6 clients (Male-4, Female-2).
- D. **Counseling Services:** Mrs Swati Bhagchandani, Clinical psychologist visit the centre to run counseling services on Consultation basis on Tuesdays.
- E. **Vocational Training:** - We make things for use & sale at the Center (though on very small scale) depending on seasonal availability and put up for sale.
- F. **Care Givers Meet:** Regular care givers meet is held. Emphasis is given on trying to empower the guardians with relevant information required for betterment of the clients. The meetings were held on 8/4/17, 13/05/17, 26-8-17 and 11/11/17.
- G. **Internship and Orientation Program: In this year 113 students attended our centre for internship and orientation. The details are given below:-**
 - ❖ 8 male students of GNM Nursing from S.S. Institute of Nursing, Hardoi visited the center for orientation.
 - ❖ 12 Students from S.S.J. Campus, Almora visited our center on 22/04/2016 for orientation.
 - ❖ Ms. Vatshala student of BA from IT college attended our center for one month internship program.
 - ❖ Mrs. Poonam, Student of MA Psychology from IGNOU, joined our center for 240 hrs Internship Program.
 - ❖ 15 Nursing students from Nova nursing institute came to our centre for 2 weeks Internship programme in the last week of July to August Ist week.
 - ❖ 12 Oct- 13 students of BA and MA from Amity University with 2 faculties visited our centre to celebrate World Mental Health Day.
 - ❖ 9 students of MA psychology from National P.G. College attended our center for One month internship program from 28 Dec 2017.
 - ❖ **15-04-17-Free Mid-Day Lunch was started for all day care clients.(sponsored by PRCL)**

- ❖ **19/05/2017:** Mr. Amresh Kumar Srivastava, Coordinator RFS (I) Lucknow, participated in a Kavi Sammelan at Rai Umanath Bali Auditorium, Lucknow.
- ❖ **20/06/2017: International Yoga Day** was observed. Dr. Shashi Rai, Col. S. S. Yadav, Mr Ramesh Agarwal, D. L. K. Maheshwari were present in the program. Our clients demonstrated various Asanas of Yoga and Aerobics.
- ❖ **5/8/2017:** We organized a programme at RLB boy's school at Vikas Nagar for children of 8-10th class in lieu of National Mental Health Awareness Day which was on 6/8/17. It was a successful programme, Dr. A. K. Agarwal and Dr. Shashi Rai spoke on the occasion. Mr. Alok Saxena gave a very befitting vote of thanks. Our counselor Mr. Amresh, Ms Sheba and Pharmacist Mr. Lal Mani interacted with the children through various games designed to increase awareness of mental health.
- ❖ **10/10/17:** World Mental Health day was celebrated in collaboration with Rotarians in Rotary Club, Nirala Nagar, Lucknow. Dr Agarwal gave a talk on **Mental well being in work place.**
- ❖ **28/10/17:** A board was set up at the centre with the help of CMO office and nodal officer mental health Dr. Sunil Pandey for issuing disability certificate to our clients.
- ❖ **Birthdays of Clients, Staff and Members are celebrated with great fervor. Cultural program are normally organized by our clients themselves.**

H. Our counselor Mr. Amresh is an active dramatist and has performed in various plays. He Participated in a Kavi Sammelan at Rai Umanath Bali Auditorium, Lucknow on 17 May 2017. He has also won Special recommendation prize in a poetry competition organized by RFS Delhi.

I. 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.

J. Conferences/Workshop/Symposia organized by the branch.

13th Annual day celebration was held. Programme was a grand success attended by 250-300 people. The Programme was inaugurated by Dr. Anil Rastogi, Senior Theatre Artist & Film Actor was the chief guest. The theme of this year's workshop was '**Mental Health Act 2017 and Its Implementation in Uttar Pradesh**'. Workshop was addressed by eminent speakers Dr.Sarvesh Chandra, MD (Psychiatry) - Senior Consultant Psychiatrist, Bareilly and Justice D. K. Nigam- Retd. Special Judge Anti-corruption, Gorakhpur. The workshop was followed by a colourful cultural program by our clients which was well appreciated.

MOUs/Joint Ventures with other agencies.

The Branch is happy to inform that the sponsorship of the Day care by PRCL has been extended to March 2019 and they have also assured us to give us additional help in improving the vocational training and infrastructure of the Day care.

Success stories

There has been qualitative improvement in many of our clients in their overall behavior. 2 clients have cleared their B. A. in this year and 1 client has become very proficient in knitting. One of our female clients who is also staying in the Half Way Home has done a six month course in computers. Below we have shared few individual success stories and feedback.

The thoughts shared by Father of one of our clients suffering from Autism with Hyperactivity.

This is to bring to your kind notice that my younger son has improved considerably; his hyperactivity has decreased, makes eye contact when interacting with others. Since his admission in the institution, he has improved a lot in eating habits, tries to manage his anger but still repeats things many times. We have to pursue him to come out of the washroom as he takes more time in toilet activities. The improvement that has occurred in his behaviour is due to the repeated efforts and dedication of Nav Uday team

Mr. M J, 35 years male, a B. Tech presented with complain of recurrent depression with phobia with panic attack in October 2015. The patient had been earlier working in MNC but due to his problems could not continue the job and became house bound. He was put on medication asked to join the Day care center and attend regular counseling sessions. Initially his parents came every day and stayed with him for 2 hours and he went back with them. Gradually the duration in the daycare increased, he was given the responsibility of teaching 1 or 2 patients of the Day care. The progress was slow but over the period of 8 months he started using his Motorcycle in a radius of 5 kms and now comes to center alone. Currently he feels confident enough to apply for jobs

Feedback of interns

We had different types of experiences here, we learned many things. Whatever we had read or learnt through books and lectures now we were actually experiencing it and practically learning it. We had heard about the various symptoms of illnesses and disorders but in reality we saw here and that makes a huge difference in whatever we read and whatever we saw with our eyes and felt it, observed it. The internship has helped us to learn many things, how the clients behave, how they think, they are also human; they also have feelings, choices, interests. We need to understand them in order to help them in the journey of their recovery. This institution works on the potential and capabilities of the clients. They enhance their possibility to live a good life - a life free from dependency. It is easy to point the flaws in a person who is suffering from mental illness rather than finding good habits or virtues in them and motivating them and making them learn good things. I like this spirit, the best.



SIDLAGHATTA BRANCH

Overview/Highlights of the activities of the branch

- Conducting 2 camps in a month on Second Sunday & Last Sunday of every month
- Issuing food pockets to Patients and care givers.

i. Day Care Center was temporarily stopped.

ii. Outreach services Clients: Male & Female

During the year 2017-18, 159 new cases were registered in the Out reach service.
3990 follow up cases were attended aggregating to 4149 cases were attended in the Outreach activity.

Photographs of the activities



ii. No. of Clients receiving Concession (Residential/ Day-care facilities) -

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

iii. Amount Spent on Free Medicines on outreach services-

Rs. 8.473/- of Medicines purchased from April-2017 to March-2018.

Chittasanjeevini Trust donated Rs.15000 worth of medicines per every month & some medicines are donated by Government of Karnataka

iv. **Additions to buildings.**

1. Ground floor molding was completed on 08-12-17, donated by Mr. A.R. Chandrashekar Reddy
2. Parking tiles donated by Mr. A.R. Chandrashekar Reddy on 25-01-18.
3. 1st floor plan & estimate was prepared to submit Infosys foundation but they were not able to donate.

v. **Consultancy fees/Services charges.**

Consultancy fees collected from April-2017 to March- 2018, Rs. 2,17,760/

vi. **Names of all donors with amount of donation received.**

Sri. M.V. Ramesh, Vagata, Hoskote Taluq donated Rs. 10,000/-

vii, **Names of all Donors who have donated in kind.**

Mr. A.R. Chandrashekar Reddy donated 18 No. of patients waiting Benches on 16-01-2018.

SUCCESS STORIES

Mr.A.M. aged 28 has been attending the camp since 24-06-2007.He had typical symptom of Schizophrenia. He was disturbed and had haler and duralumin. He was earlier treated at NIMHANS. He was started on Resperidone & Fluphenazine & olanzepine. He showed slightly improvement he still had and development. Subfrequently he had started on amisulpride 50mg along with resperidone 2mg from 18-11-08, he started gradually improving in almost three years and after four years, he was a tailor and after improvement he completed his problem. He is able to live well, maintaining the family and he is happy. He comes to day care center and tried to teach the tailoring for other patients. The surprising part of the case is a chronic paranoid Schizophrenia with only one patient treatment in this camp has shown remarkable improvement, practically normal however he is still on maintenance dose of drugs.

Smt. S aged 40 years has been attending this camp since 28-10-12. She was found to have symptom of schizophrenia of short duration. She was not interest in work , She was having delusions and negative symptoms she was started on inj. fluphenazine once in two weeks, Resperidone 2mg and THP 2mg with this treatment she showed improvement in a short period but still had negative symptoms. Amisulpride 50mg was added to this treatment with this in a short period she became symptom free. Since one year she continues to be on the same treatment without Amisulpride . she is maintaining improvement . After using Amisulpride tab she is maintaining well and she is attending day care center and able to do work with interest.

TREASURER'S REPORT

The financial year 2017-18 of RFS (I) has ended with a surplus of Rs.17.93 Lakhs as against Rs.31.87 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. 173.22 Lakhs (64.40 %) which is slightly higher as compared to previous year amount of Rs. 170.64 Lakhs (65.07%). Administrative Expenses (Excluding Depreciation) is Rs.45.94 Lakhs which is less than previous year expenditure owing to effective implementation of economy in staff costs and Office costs. The Amount of Direct programme expenses incurred during the year is 59.80% of the gross income of RFS (I). A Brief summary of consolidated Assets & Liabilities and Income & Expenditure is given below:

(Rupees in Lakhs)

		2018	2017
ASSETS	Fixed Assets	579.58	549.19
	Advances /Deposits/ Loans & other Assets	32.69	29.49
	Cash, Cash Equivalent & Investments	417.14	416.12
	TOTAL	1029.41	994.80
LIABILITIES	Funds & Reserves	823.48	793.37
	Loans/Advances/Deposits/Unspent grant/Creditors	205.93	201.43
	TOTAL	1029.41	994.80
INCOME	Grants-Restricted	25.30	21.48
	Grants-Others	36.68	35.83
	Donations	197.67	217.31
	Other Income	30.03	23.57
	Net Financing Income	30.03	23.57
TOTAL		289.68	298.19
EXPENDITURE	Direct Program Expenditure	173.22	170.64
	Administration	91.69	95.68
	Donation in kind	6.84	-
TOTAL		268.98	266.32
Surplus/ (Deficit) for the year		17.93	31.87

2. Analysis of Program Expenditure:

(Rupees in Lakhs)

	2018		2017	
	Percent	Amount	Percent	Amount
Client/facilities maintenance & up-keeping	34.22	54.83	32.83	53.46
Staff Costs	58.75	94.15	59.25	96.47
Travel and Transport	2.78	4.44	4.09	6.66
Communication	0.72	1.15	1.12	1.83
Office Costs	3.53	5.66	2.63	4.29
Research Projects		-	0.07	0.12
Total	100.00	160.23	100.00	162.83

3. Branch-wise Income & Expenditure:

<u>2018</u>	<u>NB</u>	<u>Bangalore</u>	<u>Delhi</u>	<u>Sidlaghatta</u>	<u>Lucknow</u>	<u>Total</u>
Income	17.12	183.94	49.28	3.31	36.03	289.68
Expenses	9.71	169.12	51.92	9.78	31.22	271.81
Surplus/ (Deficit)	7.41	14.82	(2.64)	(6.47)	4.81	17.93

<u>2017</u>	<u>NB</u>	<u>Bangalore</u>	<u>Delhi</u>	<u>Sidlaghatta</u>	<u>Lucknow</u>	<u>Total</u>
Income	13.51	167.79	58.46	7.93	50.50	298.19
Expenses	7.51	148.93	57.66	8.32	43.89	266.31
Surplus/ (Deficit)	6.00	18.86	0.80	(0.39)	6.61	31.88

N. Shreekanth
Treasurer



LOSS OF LOVED ONES

Mr. C P Lakshmanachar, Vice-President, RFS Sidlaghatta Branch



Mr. C P Lakshmanachar, born in the year 1943, served in the Sericulture Department Government of Karnataka. While in service itself he was bent upon Social Service. He was the one who initiated Rotary activities in Gouribidanur. He was a very active Rotarian throughout his service in the Sericulture department. He was also successful in getting Dr. Narayana Reddy, Mentor of RFS (I) to Gouribidanur to start Mental Health activities.

Mr. C P Lakshmanachar joined RFS (I) during the initial years of Sidlaghatta branch. He was the real catalyst for the Sidlaghatta branch activities. He used all his previous contacts to raise donations and conduct activities through 'Pragathi'. It was Mr. C P Lakshmanachar's efforts which resulted in 'Pragathi' getting the land donation from Mr. B. K. Narayana Swamy where the present office is situated.

The demise of Mr. C P Lakshmanachar, last year is a great loss to the organization. His demise has created a vacuum which cannot be filled by any person.



Dr. Kishan Mohan Khurana, Mentor, RFS Delhi Branch

Dr Krishan Mohan Khurana, Founder of the Richmond Fellowship Society (RFS) Delhi branch, left for his heavenly abode on 2nd June 2018. Dr Khurana was a visionary who operationalized his dream of setting up a Half-way home and Day care centre for persons suffering from mental illness. He was a pillar of strength and inspiration to all who had the opportunity of coming in contact with him. His loss will be deeply felt by the Delhi branch and the National Board of the RFS India.



Dr Khurana graduated from King George's Medical College, Lucknow in 1956. After practicing radiology in Zambia and Fiji, general medicine in England and then to working in the mental health sector was a long and consistent journey. He was a very active Rotarian in the four countries he lived in (India, Zambia, Fiji and the UK) but dedicated his post-retirement life to the cause of mental health in India and became well known for his committed work in this domain.

It is only when his middle child, Leena, began a downhill slide from one of the topmost students in her class with an IQ of 141 to terrible bouts of depression, because of being bullied at school, that Dr Khurana began understanding what schizophrenia was. To see such an exceptional child derail is a very painful experience for any parent. He with his wife Kalpana went through much trauma as a result. For years, they tried everything, from the best doctors in the UK, to yoga in India to electrotherapy, but to no avail. It was Leena who inspired her parents to change their life direction. Kalpana decided to stay on in England and singlehandedly founded Harmony, an organization that aims to forge multicultural understanding by breaking down barriers through the medium of dance and music.

As fate would have it, when Dr Khurana packed his bags in 1996 to settle in India post-retirement, he met Ms Elly Jansen, the lady who was instrumental in starting the Richmond Fellowship, a mental health charity, in 1959. Ms Jansen asked Dr Khurana to set up a chapter in Delhi. Given his own daughter's condition, setting up "Vishwas" on behalf of the Richmond Fellowship with like-minded supporters became his passion. When he came to Delhi, he met like-minded people such as Dr Satyawati, Dr Rangashri Kishore, Mr Kishore and Dr Sujatha Sharma who helped him set up the foundation. Other well-wishers joined him in the cause, such as late Mr P.C. Seth and Late Mr V.S. Mathur. Together, they worked zealously to set up "Vishwas" in 1999, first in a rented house in Gurgaon and eventually in Greater Noida on its own land.

Since setting up Vishwas, many families who also have a “Leena” in their midst, came to seek his help and advice. He realized the devastating effect this illness has not only on the patient but also on the carers. The RFS Delhi is ever so grateful to Dr Khurana and will always remember him as a ‘perfect gentleman’, a visionary and a philanthropist.

Words can't express how saddened we are to hear of your loss



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You are not your **illness**. You have a name, a history, a personality. Staying yourself is the battle.



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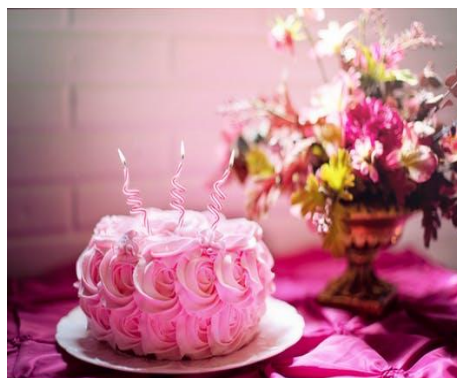
Website: www.rfslucknow.com

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