



THE RICHMOND FELLOWSHIP SOCIETY (INDIA)

BANGALORE

**(FOR COMMUNITY MENTAL HEALTH-TRAINING CENTRE IN THERAPEUTIC
COMMUNITY)**

ANNUAL REPORT

2018-19



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.

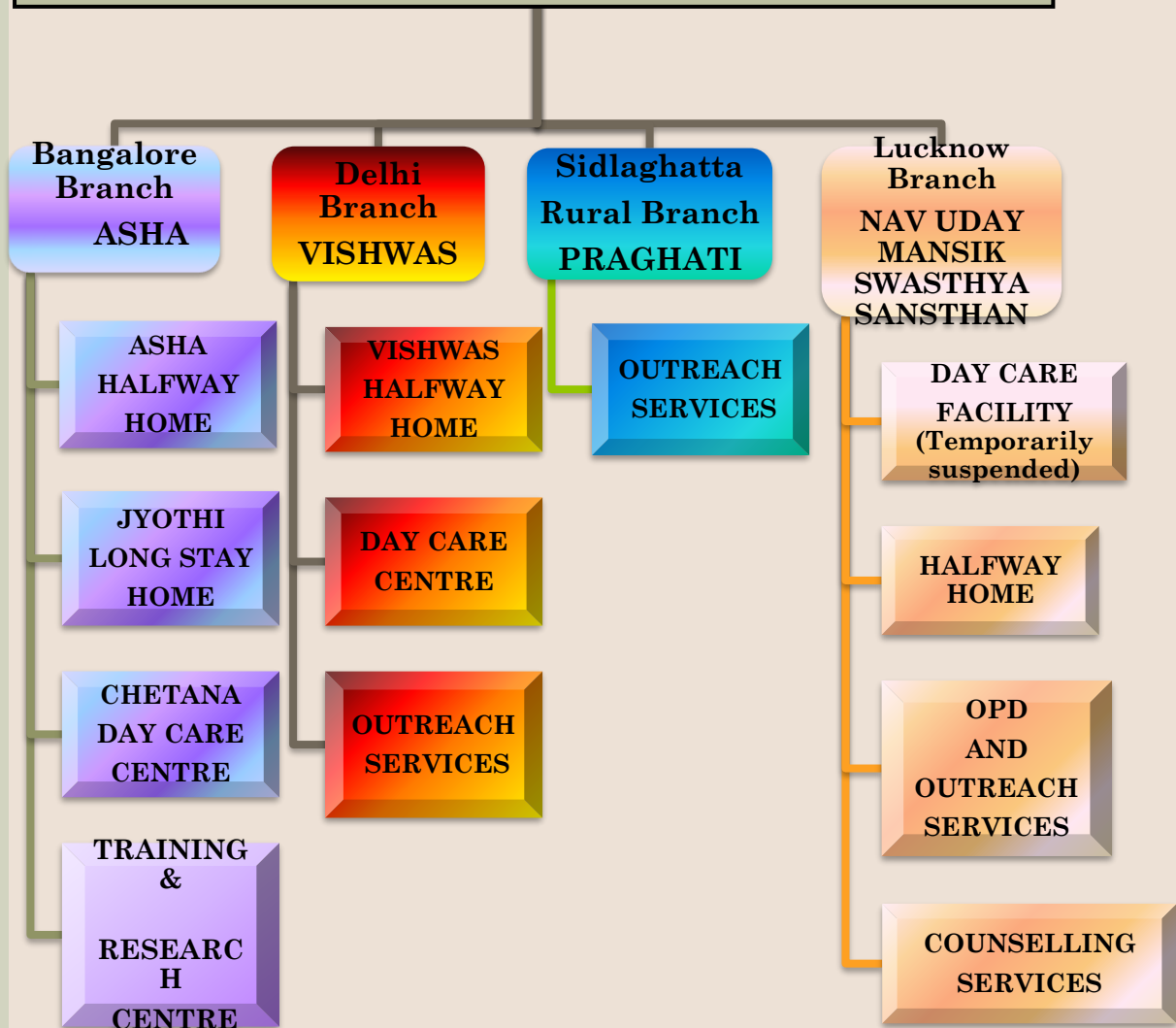


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THE RICHMOND FELLOWSHIP SOCIETY (INDIA)

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 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.



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	Jyoti Group Home	Chetana Day Care Centre	Vishwas Halfway Home	Day Care Centre	Out-reach Service	Day Care	Out-reach	Halfway Home	Day Care Centre	OPD Services	
Capacity	21	17	50	20	40				20	40		208
Clients Admitted	18	NA	13	17	17				10	17		92
Clients Discharged	14	NA	05						11	NA		30
Position as on 31.3.2019	21	17	61	17	17	1289			5	36	1436	174

Fee Concessions:

- 15 clients in residential and Day Care facilities at the Bangalore Branch received fee concessions of Rs. 7,67,000/-
- The Day Care Centre in Lucknow is running with the help of M/s. Pipavav Railway Corporation Limited (PPRL).
- 20 MH patients received fee concession in outreach services.**

2. MANPOWER DEVELOPMENT AND TRAINING PROGRAM:

A. Bangalore Branch:

- 67 PG students from different Institutions & Universities were provided training under Block Placement/Internship/Concurrent field work/Data Collection, and 546 students attended its facilities in connection with orientation visit.
- Classes were conducted on 'Psychology' for 09 students of II year Bachelor of Prosthetics and Orthotics from Mobility India, Bangalore.
- Talk by Mr NiranjanAurobindo from Chattahoochee High School, Atlanta, Georgia on "Brief insight into American School System" held on 20th June 2018.

Mr.Niranjan did his internship at RFS(I) Bangalore Branch for a period of 3 weeks in the month of June 2018. Talk by Mr.AbhimanyuAurobindo from Chattahoochee High School, Atlanta, Georgia on " Sports Injury and Sports Medicine" held on 4th July 2018. He did his internship at RFS(I) Bangalore Branch from 25th June to 6th July 2018.

- d. Dr.S.Kalyanasundaram, Secretary and CEO was invited to be the resource person for a session of online "Road to Rehabilitation (R2R)" Programme held on 26th of October 2018, as part of Virtual Knowledge Network (VKN) NIMHANS ECHO. He presented a case on 'Challenges in dealing with persons with psychiatric disability' as well as a short didactic on 'Challenges in running a Halfway Home'.

B. Delhi Branch:

- a. On 19th March Minister of Health from Ireland with 7th members (Ambassador along with delegate) visited Vishwas. They had meeting with G.C members and interacted with them. Our members had presented them handmade cards, candles, scarves, handbags and paintings. The entire delegate accepted the token of gift given by our members and appreciated it with great love and affection. .
- b. The need for upgrading the skills of counsellors is important. A comprehensive training programme has been designed based on their needs, assessment. It includes orientation programme for new joining on vision, mission and values of RFS: Clinical case history taking: Counselling skill: Counselling session: intervention: handling crisis situations and psychiatric medications. Selected members of the Governing Council are the resource persons for this training session.
- c. Between 8th August to 28th September 2018 one counsellor – Ms.Manisha Mishra was sponsored by RFSI, Delhi Branch to attend a training programme on Child and Adolescent Mental Health Course by Children First Mental Health Institute Pvt Ltd. at Safdarkanj Enclave, New Delhi

C. Lucknow Branch

39 students of Psychology attended the centre for Internship and 13 students visited the centre for orientation from various Institutions and Universities like National PG College, Amity University, Lucknow IGNOU, SSJCampus, Almora ,etc..

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

Sl. No.	Branch	Block Placement/Internship / Concurrent Field work	Orientation visit	Total
1.	Bangalore Branch	67	546	613
2.	Lucknow Branch	39	13	52
TOTAL		106	559	665

THE RICHMOND FELLOWSHIP SOCIETY (I)

BANGALORE BRANCH

Bangalore branch of the Fellowship runs the following facilities:

- a) Halfway Home – ‘Asha’ for 21 residents (both men and women)
- b) Long stay Home – ‘Jyothi’ for 17 residents (men and women)
- c) Day Care Centre with Vocational training – “Chetana” for 60 clients

The Branch provided rehabilitation services to 1205 clients in their residential and Day Care Centres, as on date. All three centres provide treatment and support to adults battling chronic mental illnesses such as schizophrenia, bipolar disorder, chronic and recurrent depression and mild to moderate mental retardation. The residents re-learn personal and social skills in a therapeutic environment. In addition, individual and family counselling services are provided. The therapeutic community offers a safe and friendly environment for personal growth and offers an opportunity to regain self-respect. The Fellowship also offers respite care, on a case to case basis.

At the Vocational training centre, skills such as Basic training in Computers, offset and screen printing, block printing; Tailoring and Embroidery are taught to the clients. Paper file making, Paper cup making, Book Binding and Spiral Binding skills are also imparted to the clients. This helps in developing work habit and functions as a sheltered workshop for some of them.

In addition, the clients and residents are engaged in Green Skilling activity, which involves recycling discarded flowers from the nearby temples, marriage halls and other similar places/events. The process involves segregating and cutting, drying petals, grinding dried petals, mixing, refining and packaging resulting in “Eco Friendly Holi / Rangoli Colours.”

The Fellowship provides internship opportunities 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.



1. Clients / Beneficiaries

Details	Asha	Jyothi	Chetana
	Halfway home	Group Home	Day Care Centre
Capacity	21	17	57 36 direct clients 15 from ASHA & 06 from Jyothi
Clients discharged	14	NIL	05
Clients admitted	18	NIL	13
Numbers as on 31.03.2019	21	17	37 (chetana) 20 (Asha) 04(Jyothi)

2. Types of disorders treated

Sl. No	Diagnosis
1	Schizophrenia and other Psychosis
2	Schizophrenia with Mental Retardation
3	Bipolar Affective Disorder (BPAD)
4	Obsessive Compulsive Disorder (OCD)
5	Mental Retardation
6	Autism + Autism Spectrum Disorders
7	Attention Deficit Hyperactivity Disorder (ADHD)

3. Concessions offered to clients

This excludes fee concession offered to the women clients under Give2Asia funds

Facility	No. of beneficiaries	Amount of concession in INR
Halfway home	10	5,55,500
Day Care Centre	07	2,11,500
Total	17	7,67,000

4. Client Oriented Activities and Programmes

4.1. Mr.SatishHampiholi, a well-known Tabla Artist, taught tabla for the clients and residents.

4.2. Mr.Upendra has been conducting ‘Art and Movement therapy’ classes’.

4.3. Ms.RanjiniSanthanam conducted painting and colouring classes for the clients / residents.

4.4. Soap making workshop was conducted by Craftizen Foundation. Residents and staff members participated with keenness.

4.5. Ms.Anitha Devi, a resident of 'Jyothi' house, has been conducting music sessions for the residents & clients.

4.6. Talents day was organised on 13th June 2018. Following this, there was a performance by Ms.Indurshree, well-known Ventriloquist. All the residents, clients and the staff enjoyed this programme.

4.7. On International Yoga day – 21st June 2018, Ms.Deepmala, a Rehabilitation Counsellor, who has been undergoing Yoga Teachers Training Course (YTTC), at AtmadarshanYogashram, conducted yoga session for all the clients, residents and staff of the facilities.

4.8. A music and dance programme were organised by the Udupa Foundation at 'Chetana' on 11th August 2018. All the residents, clients, staff and some family members took part in this event and they thoroughly enjoyed the programme.

4.9. Independence Day was celebrated on 15th August 2018 at 'Chetana', wherein all the residents, clients and staff of RFS(I) took part in this celebration. Brig B.G.Jagadish, who has been serving in the Indian Armed Forces for the past 33 years in Corps of EME, was invited as the Chief Guest for this event to hoist the National Flag. Brig. Jagadish, gave a brief talk about our Armed Forces and this was followed by a lively Q & A session. The programme was well attended, and the clients and staff enjoyed the event.

4.10. A group of 6 members from NrithyakalaMandiram gave a dance performance on 29th August 2018. It was attended and appreciated by all the staff and clients.

4.11. An exercise cycle has been purchased for the use of 'Jyothi' clients and some of the family members have contributed for this. The residents are using this regularly with great enthusiasm.

4.12. Art work: Four paintings of our residents have been printed in the Lundbeck (a Pharma Company) Calendar 2019. One painting of Mr.SalilSood, a resident of 'Jyothi'; Two of Ms.SukanyaBhowmick and the other of Mr.GeorgePerumal, residents of 'Asha'.

4.13. Carol Singing: Some of the residents of ASHA / JYOTHI and staff members visited Senior staff member's house for Carol Singing.

4.14. Classical dance performance by Ms.Shreya, USA.

4.15. Bengaluru Rehabilitation Cricket League 2018: The clients of ASHA & CHETANA participated in the 9th Annual tennis-ball cricket tournament organised by Medico Pastoral

Association exclusively for the residents of psychosocial rehabilitation centres in Bangalore City, on 27th October 2018 at the Holy Ghost Church Grounds, Bangalore. Although we failed to win, our residents performed well in this match.

4.16. Art Competition - Six residents / clients participated in the Art Competition 2018 held on 3rd November 2018 on the theme 'Young people and Mental Health in a Changing World' conducted by Psychiatric Rehabilitation Services, NIMHANS, Bangalore on observing WorldMental Health Day 2018. One of the residents of 'Asha' was awarded for 'Exceptional performance' and the other five residents were given certificates of appreciation for 'Commendable Performance'.

4.17. Sports Day - Residents and staff participated in the outdoor sports organized on 5th December 2018, as part of the sports day competition.

4.18. Annual Fellowship Day: The 32nd Annual Fellowship day was celebrated on 21st December 2018. Dr.H.Chandrashekar, Professor and Head, Dept of Psychiatry, Bangalore Medical College and Research Institute & Member Secretary, Karnataka State Mental Health Authority, Bangalore was the 'Chief Guest' for this event. Mr.SanbirKeer, Sr Manager for Campus Security & Asset Protection of Asia Region, Mr.Jemin Mehta, Associate Vice-President of Mast Global Digital from Mast Global Business Services India, and Dr.SaveethaMeganathan, Regional Manager, South Asia, Give2Asia, were invited as the 'Guests of Honour' for this event. Mr.K.S.Mahesh, Team Lead-Logistics from Mast Cares also attended this function.

The staff team organized cultural programmes where the clients and residents showcased their talents. The Guests were requested to handover the prizes for the winners in the sports events.

It was a well-attended programme. Around 175 members comprising of residents / clients, family members, staff, some members of the Governing Council attended this programme.

The expenditure for this event was met from the donations raised for this purpose. Synapse Division of Micro Labs, Bangalore were the major sponsor for the event.

4.19. Table Calendar 2019: In order to encourage the talents of persons with Psychiatric Disabilities, the RFS(I) Bangalore Branch, created a Table Calendar 2019 from the paintings done by the clients of the three facilities. The printing cost of 500 calendars was sponsored by 'Sun Pharma'. This calendar was released during the Annual Fellowship Day.

4.20 Green Skilling Activity: Green Skilling activity has been going on satisfactorily and about 30 clients are enthusiastically participating in flower sorting, de-petalling, cleaning, dividing and packaging. Discarded flowers are being collected from temples, kalyanamantaps, individual houses and other places. Three clients are being trained in making fabric beads. Craftizen, has donated a pulveriser, which is being used to make powder from dried petals.

Rangoli making training programme was conducted by Craftizen for RFS and NIMHANS green skilling team on 23rd August 2018. Further, the staff team from RFS trained volunteers from NIMHANS and Craftizen on Diya painting. Rangoli Diya Kits were made and sold during the Deepavali season. 1000 packets of Holi powder consisting of 4 colour packets of 50 gms each were delivered to Micro Labs (a Pharma Company). This powder is eco-friendly, stain free with no chemicals mixed in it.



We have received positive feedback from the users across the country. We made a total of 270 kgs of Holi powder this year and all were sold.

5. OTHER EVENTS

5.1 Inter NGO Mental Health Fest: The Fellowship celebrated World Mental Health Day 2018 by organizing an Inter NGO Mental Health Fest. Seven NGO's/Organizations namely: 1) Family Fellowship Society for Psychosocial Rehabilitation, 2) Spandana Health Care, 3) Cadabam's Psycho-social Rehabilitation Centre, 4) Medico Pastoral Association, 5) DPNR NIMHANS, 6) MIND and 7) The Richmond Fellowship Society (I), Bangalore Branch took part in this exhilarating NGO Fest, which was organised for the first time by the RFS, Bangalore Branch.) The WHO World Mental Health Day theme 2018 was 'Young People and Mental Health in a Changing World'. Each NGO paid ₹ 2,000/- towards registration fees.

The Chief Guest for the event was Dr. Shekhar Seshadri (Professor and HOD of the Child & Adolescent Psychiatry Department of NIMHANS). The Judges for the competition were Dr. Srikala Bharath, retired Prof. of Psychiatry from NIMHANS and Consultant Psychiatrist, Ms. Radha Sharma and Ms. Veena Gangadhar, Associates from Mast Care. The following two interesting competitions were organised for the residents / clients of the invited NGOs

The criteria for the assessment of the skit were presentation, relevance of the theme, props, use of time, team work and the script. Their presentation touched upon different mental health issues that the youth of today are facing. The audience were amazed by the different theatrical styles they used to portray their ideas and the effort put in to their overall presentation. The beautiful part of the skit competition was that the clients/residents were able to tap into the audience's emotions and take them through the journey of individuals struggling with mental health issues. The struggle and lived experiences of our clients was visible in their acting, which made the performance intense and sincere.

Fourteen artistic clients/residents took part in the drawing/painting competition from different NGOs. The theme for the competition was 'Mental Health and Rehabilitation'. A duration of

45 minutes was given for the competition and the criteria for scoring was relevance of the theme, creativity, use of colours, overall neatness, presentation and use of time. Their drawings/painting showed creative perspectives on how rehabilitation as a process can bring positive change in individuals with mental illness. Many of the drawings depicted their own struggles in life and the solace they experienced with the support they have received through rehabilitation.



Medico Pastoral Association won the 1st prize for the skit competition, while Richmond Fellowship Society (I), Bangalore Branch won the 2nd Prize and 3rd prize went to NIMHANS. For the drawing competition a client from Cadabam's Psychosocial Rehabilitation Centre won the 1st prize, 2nd prize went to a client from Medico Pastoral Association and the 3rd prize went to the client from Richmond Fellowship Society. All the participants were also given gifts for taking part in the competition. This event was an eye opener for all of us- when given a platform to display their talents our residents/clients outlived all our expectations. The Chief Guest and the participants requested us to make this a yearly event. M/s. Intas Pharmaceuticals Ltd had sponsored this event.

5.2 'Jyothi' Annual Family Meeting: The 'Jyothi' Annual Family Meeting was held on 14th November 2018. Mr .K. VijayaRaghavan, President, Dr.S. Kalyanasundaram, Secretary & CEO, Dr.T.Sivakumar, Chairperson of 'Jyothi' House, family members of 10 residents, all the residents of Jyothi House, both professional and admin staff of the facilities took part in this meeting. Dr. T.Sivakumar, Associate Professor, Psychiatric Rehabilitation Services, NIMHANS gave a talk on 'Financial Planning for Long Stay Patients'. He covered various aspects related to insurance schemes, making a will/ forming a trust, and welfare benefits for persons with psychiatric disability. His comprehensive talk was much appreciated. The presentation and documents related to the same have been distributed to the family members.

My experience as a resident at RFS – by Maya Karkal

In the year of 1993, I was admitted to Asha Half Way Home. My Psychiatrist Dr. T. Murali, who was working in NIMHANS, advised my family to admit me in RFS Asha. I was staying in Asha for only 2 years because Asha was a Half Way Home and the patients had to go back to the family after 2 years. We could not stay in Asha more than 2 years.

Now, when I say family, I mean only my few uncles and aunties apart from them, I have no real family. I am an orphan and I do not have any father, mother, sisters and brothers. I am

not married, and I do not have any children and so when I was to be discharged from Asha, I had nowhere to go to.

I am a patient diagnosed with Schizophrenia and in those days, I was very symptomatic. I used to have bad bouts of anger and depression. I used to be violent, so all my relatives said, “Don’t stay in our house”.

So, after Asha, I had nowhere to go and stay. When I say that I am an orphan and I have no one who will care for me, I am wrong because I have God who loves me and cares for me. To my good fortune around the time of my discharge, Jyothi house Long Stay Home opened in 1995. I grabbed hold of this opportunity and got myself admitted in Jyothi Home. I was among the very first people to be admitted to Jyothi House. When Jyothi House was opened, there was a rush and waiting list.

To be admitted in Jyothi I had to pay an advance of 6 lakhs. I did not have this much of money with me so since I had to pay amount this as soon as possible. I had to sell the house which my father had built and left in my name I his will.

In these 25 years, I have undergone a lot of change. When I was newly admitted in Jyothi house, I was very symptomatic, I used to have bouts of anger, aggression, violence, and depression. I also have attempted suicide quite a many time.

In the last 20 years or more I have seen many any staff members come and go. And thankfully all of them were very caring, understanding, affectionate and very loving.

Any time I had a problem, I was always welcome to go them. They always had a solution to my problem. Staying in Jyothi House was fun- lots of fun. This is because of the fulfilled activity that we used to do. We go for picnics, lunch out, movie out, talents days, snack out etc.

The best of all was and still is our family day which we all at Jyothi House look forward throughout the year.

Family day is held once in a year, we prepare for it well in advance, the whole house is cleaned, and we practice for the entertainment. This includes us all taking part in group songs, individual songs, group dance, solo songs, and jokes, Shayaries etc...

On family day all our families come. Now, I am a very much improved person and a happier person.

All this has become possible because of the miracle called “RFS JYOTHI HOUSE”.

Thank you Jyothi!

From the bottom of my heart.

Thank You God.

Feedback from a Caregiver

Coming from a country where there is not much awareness and resources for dealing with mental illness, care giving for my sister at home was indeed an enormous challenge. We are very fortunate to find RFS and now she is able to perform routine daily tasks, such as working, living independently, and maintaining relationships. RFS has a holistic approach starting from consultation, drug treatment, counseling patients and families, and psychological support via outpatient care, community-based rehabilitation, and participation in support group. The system is dynamic and driven by voluntary, compassionate, methodical and systematic units that go hand in hand in building a robust team within RFS, which is highly inspiring. A special mention of compassion each individual in the group is must here.

RFS has played a significant role in empowering my sister and we are glad we got the help we needed, services are so variable that it touches life in a way so profound that it has made our lives meaningful. Thank you for everything RFS!

Mr.Saul Levin, CEO & MedicalDirector, The AmericanPsychiatricAssociationWashington, DCUSA

This program shows that every person has value and great skills that they can share with one's community.What an amazing program and your efforts to help those with mental illness is both inspirational and a role model to all of us in the Psychiatric world.

Wonderful!!

6. Fund Raising Events

6.1 Garage Sale 2018: This was held on 25th and 26th May 2018 at 'Chetana', as part of the fund-raising activity. Around 25 well-wishers of our organization contributed used items for this event. About 95-100 members came and bought items which were given away at very low prices so that the poorer section of the society can benefit from this annual event.

6.2 Charity Golf Tournament 2019:

The 12th edition of Charity Golf Tournament was held on 1 st February 2019 at KGA. It was a successful event with 131 golfers participating. There was an encouraging response from the donors and sponsors. As always, Karnataka Golf Association encouraged and supported this event. A write-up about this event was published



in Golf Digest India – March 2019 issue.

7. Columbus Foundation: Limited Brand Cares / Mast Cares Fund:

Care for Women 2017 Grant: This project was completed on 31st July 2018. Fee concession was offered to 13 women clients (6 from Chetana, 3 from Jyothi and 4 from Asha) and 13 (5 from Chetana, 4 from Jyothi and 4 from Asha) of them received medication subsidy. A Sewing machine, a music system, a washing machine and a laptop were purchased out of this grant amount for the use of women residents / clients. The Interim Narrative Report (for the period 01/08/2017 to 31/03/2018) and the Final Grant report (for the period 01/08/2017 to 31/07/2018) have been submitted to Give2Asia, as per their requirements.

Care for Women 2018 Grant: Project period 1st August 2018 to 31st July 2019: The Fellowship has received this grant from Give2Asia for the 3rd year running. The grant amount of US \$30,000 equivalent to ₹ 21,69,450/- was received on 28th September 2018.:

Currently 13 women residents / clients (4 from ASHA, 3 from JYOTHI and 6 from CHETANA) are provided fee concession and of them are 12 residents / clients (4 from ASHA, 3 from JYOTHI and 5 from CHETANA) are provided medication subsidy.

Care for Women 2019 Grant: Mast Cares Committee has tentatively decided to support \$30,000 to RFS for the year 2019 (subject to the approval process by the CMH/Due diligence team) and the required forms have been submitted. Their response is awaited.

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

1. Talk by Mr NiranjanAurobindo from Chattahoochee High School, Atlanta, Georgia on “Brief insight into American School System” held on 20th June 2018. Mr.Niranjan did his internship at RFS(I) Bangalore Branch for a period of 3 weeks in the month of June 2018.
2. Talk by Mr.AbhimanyuAurobindo from Chattahoochee High School, Atlanta, Georgia on " Sports Injury and Sports Medicine" held on 4th July 2018. He did his internship at RFS(I) Bangalore Branch from 25th June to 6th July 2018.
3. Talk by Dr. Vidhushi, a student of MD Psychiatry at MVJ Medical College, Hoskote, on ‘Metabolic Disorders in Psychiatry’ held on 11th August 2018. Dr.Vidhushi did her internship for two weeks at RFS(I) Bangalore Branch, from 01/08/2018 to 14/08/2018.
4. Ms.Suman K Anand, Rehabilitation Counsellor, participated in the monthly care-givers’ programme on 16th of October 2018 and gave a talk on – “What happens at a Halfway Home?”. This was organized by the Department of Psychiatric Rehabilitation Services,
5. Dr.S.Kalyanasundaram, Secretary and CEO was invited to be the resource person for a session of online ”Road to Rehabilitation (R2R)” Programme held on 26th of October 2018, as part of Virtual Knowledge Network (VKN) NIMHANS ECHO. He presented a case

on 'Challenges in dealing with persons with psychiatric disability' as well as a short didactic on 'Challenges in running a Halfway Home'.

6. Dr.S.Kalyanasundaram, Secretary and CEO was invited to chair the session on 'Adults with Autism: Experiences from a clinical setting on what they seek help for and what we can do' at the Global Autism Convention 2018 held on 12th December 2018 at the St.John's National Academy of Health Sciences, Bangalore.

7. All the professional staff members attended Yoga session (theory and practical) conducted by Dr.Usha Sundaram, Yoga teacher, on 6th February 2019.

8. Mrs.Meenakshi and Mrs.Chandrika, Vocational Instructors attended Paper Mache training session organized by Craftizen Foundation on 6th February 2019. It's a very involved process to do that and it was felt that we would not undertake this now.

9. Mrs.Sumana BG, Rehabilitation Manager, attended the meeting convened on 11th February 2019 by Directorate of Health and Family Welfare Services, Bangalore, to discuss the draft Karnataka State Mental Health Rules.

RF AsPac Conference 2018: Dr.S.Kalyanasundaram, Secretary & CEO, attended the 13th Biennial Asia Pacific (AsPac) International Mental Health and Addiction Conference - 'Healthy Futures – Inspiration, Inclusion and Integration'. This conference was organized by Richmond Fellowship Queensland at Waipuna Hotel & Conference Centre, Auckland, New Zealand, on 31st October and 1st November 2018. All the expenses related to this trip was borne by him. It was a well organised conference. Around 400 delegates participated in this conference mostly from New Zealand. There were 5 keynote addresses and several concurrent sessions.

He had the opportunity of visiting three of their centres and it was a good learning experience to understand the kind of population they provide rehabilitation for. There is a facility that looks after the exclusively native Maori population with their illness and disabilities. Lot of emphasis is placed on indigenous services and their practices, which is inclusive in their understanding and providing rehabilitation services.

The Chairperson and the CEO discussed with him the prospects of staff exchange between RF New Zealand and RFS(I) Bangalore Branch. A committee will be formed to discuss about this staff exchange programme.

The next RF AsPac conference will be held in 2020 in Hong Kong.

10. Awards and Honours:

a. Communication for Mental Health' (C4MH) Campaign: The Fellowship participated in the following categories for the poster/slogan/poetry/film competition, organized by Department of Development Communication and Extension, Lady Irwin College (University of Delhi), The Richmond Fellowship Society (India), Delhi Branch and Mind Specialists. The

theme of the competition was: “We are not alone – Let us together break the silence on Mental Health”.

1. A Short film titled ‘Mera Safar’ of 5 minutes duration
2. A Poster on ‘Breaking the silence on Mental Health’
3. Slogan from 11 clients / residents
4. Poetry from 4 clients / residents

‘Mera Safar’, a short Hindi film, was awarded the 2nd prize in the Short Film category to create awareness about mental health under the Communication for Mental Health (C4MH) Campaign. A sum of ₹ 3,000/- was received as Cash prize.

b. BMJ Awards 2018: BMJ India recognized Dr.S.Kalyanasundaram from the Richmond Fellowship Society (India), Bangalore Branch, as one of the three Finalist in the category ‘Mental Health Team of the Year’.

c. The organising committee of XXXVII Annual National Conference of the Indian Society of Professional Social Work (ISPSW) felicitated all the NGOs in Bangalore for its service for persons with Psychiatric Disabilities and RFS(I), Bangalore Branch was one amongst them. Dr.S.Kalyanasundaram, Secretary and CEO, attended this event held on 5th January 2019 at the Convention Centre of NIMHANS and received a plaque on behalf of the organisation.

d. The American Psychiatric Association presented a commendation to Dr.S.Kalyanasundaram in official recognition of his contributions, achievements, dedication and distinguished leadership as ‘Chief Executive Officer’ of the Richmond Fellowship Society (India).

Training and Research Centre in Mental Health

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

Chief Investigator: Dr. Lata Hemchand, Co-Investigators: Dr.S.Kalyanasundaram, Ms.Jyotsna Chandur, Research Assistant: Ms.Arundhati Chaudhuri The final project report along with the utilisation certificate has been submitted to ICMR / DHR, as per the obligation of ICMR.

2. Brain-storming session on Training in PSR:

St. John’s Academy is contemplating a collaborative training program in Psycho-social Rehabilitation in collaboration with RFS, Bangalore Branch. The objective of the program is to train people for entry level jobs in the field of Psycho-social Rehabilitation. The one-year rigorous program will include intensive training at St. John’s Medical College Hospital

(Department of Psychiatry) and a “hands-on” training component at some of the reputed mental health rehabilitation centres.

To identify all the critical aspects / dimensions of the program, such as accreditation, funding, selection of students, program curriculum and the role of partner NGOs in this important journey,

One-day brain-storming session was organised on 20th July 2018 from 9.30 am to 5.30 pm at ‘Chetana’. This meeting provided an opportunity to learn from the valuable experiences of eminent individuals and organizations who have been working in the field of Psychosocial Rehabilitation and Training across India.

It was jointly hosted by St. John’s Medical College Hospital (Dept. of Psychiatry), Richmond Fellowship Society (India), Bangalore Branch and Pushpanjali Trust, Delhi.

3. Dr. Joel Richard, a Post Graduate student in the speciality of Public Health Dentistry, from Bangalore Institute of Dental Sciences and Hospital, conducted a study on ‘Association of Oral Health Status, Dental Anxiety and its Impact on Oral Health Related Quality of Life Among Long Term Psychiatric Patients’ – A Cross Sectional Study’. He started this study on 14th September 2018 and completed the same in two weeks’ time, which was part of his dissertation work.

4. Dr. Vidushi, a II year Psychiatry resident from MVJ Medical College, was permitted to conduct a study on ‘The psychosocial rehabilitation needs of residents of Halfway home for mental health care in Bangalore’ in September 2018. The aim of the study was to identify the needs, aspirations and hopes of the residents of halfway home. It was an observational study done by administering a semi structured questionnaire, which included – skills for daily living, management of illness, symptom control, sources of social support, vocational and housing aspect.

5. Block Placement training / Orientation visit: The Fellowship provided training to the following no. of PG students from different Institutions and Universities

Sl.No.	Training	No. of students
01	Block Placement / Internship / Concurrent field	67
02	Orientation visit	546

6. Classes for BPO students – Mobility India: Classes on topics related to Psychology were conducted for nine 2nd year students pursuing Bachelor in Prosthetics and Orthotics (BPO), from Mobility India, Bangalore, from 19th to 21st March 2019.

7. RF PG College Alumni re-union meeting:

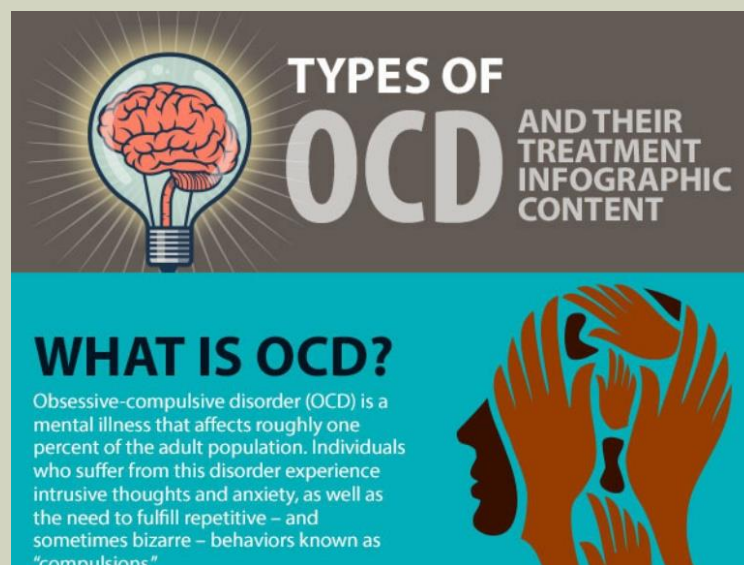
The RF PG College Alumni re-union meeting was organised on Saturday the 4th August 2018 from 9.30 am to 2.00 pm at the Chetana auditorium. It was a well-organised programme

by the students. Around 65 members took part in this event, which included 21 students, some faculty members, admin / professional / support staff.

FEEDBACK FROM INTERNS

Viviendouf Yin Wei KohLundbeckSouth East Asia

Very dedicated team led by Dr.S.Kalyanasundaram. Experienced staff and they have a strong sense of responsibility to the society. Keep up the good work and we will try our best to be part of this meaningful act.



RFS (I), Delhi

Service provided

Halfway Home, Day care and Outreach services are provided by the Delhi Branch of the RFSI.

Halfway Home – Vishwas

Vishwas Halfway Home offers residential psychosocial rehabilitation to persons suffering from schizophrenia and allied disorder. The facility is accommodating 20 persons. The structured rehabilitation programme assists residents in learning/ regaining community living skills. This enables them to lead life with minimal assistance after discharge. The spacious lawns are used extensively by the residents.

Day Care

The basement in Vishwas “LeenaKhurana Centre” can accommodate 40 patients for day care activities. The programs are designed to improve the deficiencies of members and improve their mental health, living and social skills. The activities include vocabulary building, quiz, discussions/ debates, story creation & its continuation, computer class, art, music, yoga, indoor games – chess, scrabble etc and outdoor games like badminton, cricket, basketball etc. However, the facility is mainly used by the residents. The location and lack of access are reasons for underutilization of this facility.

Outreach Service

The outreach programmes provides free psychiatric OPDs: offering consultation, medicines and counselling services to rural, under privileged segments of society in and around National Capital Region. The outreach service functions at three locations by reaching out through rural Primary Health Centre once a week. Vishwas’s own premises in Greater Noida is used once a month and an outreach camp has started wef January 2019 at Primary Health centre, Bisrakh, Greater Noida on every last Tuesday of the month.

Advocacy

The purpose of the advocacy programme is breaking silence on the mental health issues and removing stigma. Under advocacy we organized an event in partnership with Rahaat Charitable Trust and Lady Irwin College, Delhi University. The purpose for organizing the event, was to create awareness on mental health issue and break the silence to reduce stigma. Mr.Najjev Jung, former Lieutenant Governor of Delhi and former V.C. JamiaMilliaIslamia, New Delhi and B. K. Shivani Didi graced the occasion as chief guests. Awards were distributed to the winner in poster/ slogan/ poetry competition on the theme “We are not Alone – Let us together Break the Silence on Mental Health”. The event was organised at Lady Irwin College, Delhi University with an audience of about 600.

Clients/ Beneficiaries

- Currently, there are 17 residents – 3 Male and 14 Female in the Halfway Home.
- The Day Care facility is used by all the residents of the Halfway Home.

Outreach Programme (2018-2019)

Place	New		Fellow – up		Total
	Male	Female	Male	Female	
PHC, Najafgarh, Delhi	96	87	572	488	1243
Vishwas, Greater Noida	09	06	04	15	34
PHC, Bisrakh, Greater Noida	04	07	00	01	12*
Grand Total	109	100	576	504	1289

* PHC, Bisrakh, Greater Noida, Outreach Camp started from January 2019

No of clients receiving concessions

One member of the Halfway Home was granted concession during 2018-19

Amount spent on medicines for the outreach service: Rs. 72,892/=

Recreational Activities

- Games: Indoor and outdoor games keep the residents engaged and provide opportunities for enhancing their social skill. Games like Chess, Carom, Table Tennis, Musical Chair, Badminton, Cricket, throw ball etc are played by the members.
- Celebration of festival and event: Birthday of members and staff are enthusiastically celebrated. Members participate in celebration of national day like Republic Day and Independence Day. They are also celebrating festival like Holi, Dewali, Eid, Baisakhi, Christmas and New Year's.
- Film Shows: Members enjoy in-house weekly movies and movies in theatre on monthly basis. They also watch film and other programmes on TV with great interest and Listening music in spare time.

- Interactions with Youth Group: Visit of the Student from Genesis Global School, Noida, Smile Club, Greater Noida and Step-up dance Woix Group, Greater Noida brought in lot of cheer and energy to the residents.

- Outdoor Visit: Outings by the members are undertaken twice a month for lunch in different restaurants, weekly shopping, Picnic etc, weekly visit My Perch, Noida and BIMTCH Library, Greater Noida. Most of members enjoy



going to like to go My Perch and BIMTCH Library.



Greater Noida for Cancer awareness.

- Walk for Cancer Support: Can-support walk was held on 5th February 2019, wherein forty Children from My Parch (NGO for slum Areas Children), Noida and our members walked around one K.M.in the surrounding areas of Vishwas at

Success story of Clients

After relapses Mr. U.S. was readmitted to Vishwas Halfway Home in December 2018. He was diagnosed with Schizophrenia with high arousal of aggressive feature. Family came with a hope of rehabilitation. At the time of admission, his symptoms were delusion, violence, aggressiveness, disobedience, lack of maintenance of personal hygiene, complaint pertaining to medicine intake, showing irrelevant behaviour with poor social interaction.

He was put under the assigned counsellor. Counsellor undertook the process to create change in his life. His wife was cooperative with continuous follow up, and with her support finally improvement were noticed/ marked. For an evaluation he was sent to his home with submission of report on his past behaviours and their improvements .After continuous evaluation and sessions he was sent home.

Mr. U.S was discharged and taken home on February 2019. Over telephonic conversation, we have been informed that now he is willing to take their advice and is staying with his two kids at home with his parent's. Presently he is going to an NGO where he has started teaching small kids. He is now also, guiding his own children, and looking after his home as his wife is a working lady. He is taking care of his parents and has taken his children all by himself for a vacation.

Detail on monitoring the progress of programme

Regular reporting of activities by the counsellors to the Manager which is updated to the Governing Council on a regular basis

Staff Training

The need for upgrading the skills of counsellors is important. A comprehensive training programme has been designed based on their needs, assessment. It includes orientation programme for new joining on vision, mission and values of RFS: Clinical case history taking: Counselling skill: Counselling session: intervention: handling crisis situations and psychiatric medications. Selected members of the Governing Council are the resource persons for this training session.

Meeting, Conferences and workshops

All Staffs attended workshop conducted by Ns. Vibha in Vishwas, “Brainstorming for Advocacy” held on the 9th June 2018.

Between 8th August to 28th September 2018 one counsellor –Ms.Manisha Mishra was sponsored by RFSI, Delhi Branch to attend a training programme on Child and Adolescent Mental Health Course by Children First Mental Health Institute Pvt Ltd. at Safdarkanj Enclave, New Delhi.

Two Staffs from RFSI, Delhi Branch attended training organized by RFSI, Delhi Branch, LIC and Rahat Charitable Trust, on “Communication for Mental Health” in September 2018.

Manager and one Counsellor attended, Two days’ workshop organized by RFSI, Delhi Branch Lady Irwin College and Rahat Charitable Trust, on “Mental Health Advocacy” held on 29 – 30 November 2019.

Educational Field Visits

- B.Sc. 3rd Years and M.Sc. Students of Rajkumari Amrit Kaur college of Nursing visited on September 23, 2018 along with one faculty members.
- B.Sc. 3rd years and M.sc Students of Holy Family Nursing College, New Delhi visited on November 13, 2018 along with one faculty members.
- B.Sc. 3rd years and M.sc Students of Holy Family Nursing College, New Delhi visited on November 16, 2018 along with one faculty members.
- Ms. Anshika Srivastava of B. Arch of L.S. Reheja School of Architecture, Mumbai visited VISHWAS for her research on Rehabilitation centre for the Psychological & Mentally challenged.

Visit of Foreign Delegates

- On 19th March Minister of Health from Ireland with 7th members (Ambassador along with delegate) visited Vishwas. They had meeting with G.C members and interacted with them. Our members had presented them handmade cards, candles, scarves, handbags and paintings. The entire delegate accepted the token of gift given by our members and appreciated it with great love and affection.

Outlook

We look forward with confidence and hope in improving our environment as well as fund position for our further successful growth of Vishwas. Meanwhile our endeavours to ensure that people suffering from mental illness are taken care off.

Acknowledgement

We thank our Donor for their generosity, the Carers for the co-operation and well-wishers for their support. We also appreciate the dedication and hard work of all these who have made the journey of Delhi Branch successful.

A rich tribute was paid to Dr. K M Khurana, founder member of RFSI, Delhi Branch, 'Vishwas' who left for his heavenly adobe on 2nd June 2018. He is remembered for dedication, commitment, visionary contributions in promoting Vishwas as an institution for the care of mental health.

We also acknowledge the great contribution made by our members i.e. Mrs. Nadira Chaturvedi, Dr. Aprana Khanna, Mr. Rishi Tiwari, Mr. M.C Kishore and Dr. Rangashri Kishore for enhancing the glory of Vishwas.



zestydoesthings.tumblr.com

Anxiety

The anxiety monster is small enough to sit on its victim's shoulder and whisper things in to their unconscious, eliciting fearful thoughts and irrational worries. The anxiety monster is often seen as weak in comparison to others, but it is one of the most common and is very hard to get rid of.

They often carry small objects linked to their victim's anxieties such as clocks which represent a common but irrational fear of things that might never happen. No one has ever seen the face of the anxiety monster for it always wears a skull as a mask.

Toby Allen 2013

RFS (I) Lucknow

The year 2018-2019 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 16-03-2019. The detailed report is given below.

Overview/Highlights of the activities of the branch:-

- (1) O.P.D. Services: O.P.D. Services are being conducted 3 days/week. (10:00 A. M. - 01:00 P.M. on Tuesday, Thursday and Saturday)
 - (2) Day Care Facilities: We have capacity to have 40 patients in Day Care, at present we have 36 clients attending the Day care regularly with another 2-3 clients coming on and off. The Day care runs 6 days a week, Saturday being half day from 10:00 am to 4:30 pm and 10:00-2:00 pm respectively.
 - (3) Half Way Home: We have the infrastructure to keep 20 clients (Male and Female) in the half way home. 10 clients were enrolled in this year, at present we have 5 clients (Male-3, Female-2).
- The clients of the halfway home participate in all activities of day care and are also taught like washing their clothes, tidying their room, doing their routine shopping, helping in the kitchen etc.
- (4) Counselling Services: Mrs Swati Bhagchandani, Clinical psychologist was visiting the centre to run counselling services on Consultation basis on Tuesdays till August 2018 but have discontinued lately as she got engaged elsewhere. We are planning to restart the services soon.
 - (5) 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.
 - (6) 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 23/06/18, 4-8-18, 6/10/18 and 30/03/19.

(7) Internship and Orientation Program: In this year 34 students attended our centre for internship and orientation. The details are given below:-

- a 4 Students (under graduate) from Amity University attended our centre for internship from 15 May to 15 June 2018.
- b. 5 students (Post Graduate) from Lucknow University attended our centre for internship from 1st June to 30th June.

- c. 12 Oct- 13 students from Amity University attended our center for internship program for one week.
- d. 12 students of MA psychology from National P.G. College attended our center for One month internship program from 19 Dec 2018.
- e. 7 Jan- One student from IGNOU attended our center for One month internship program.
- f. 22 Jan- 4 students of from SSJ Campus Almora attended our center for One month internship program.
- g. 22 Jan- 13 students of MA psychology from Amity University attended our center for One Week Orientation program.

Functions and Recreational activities

- 05/06/18: On world Environment Day the clients planted saplings.
- 23/06/2018: International Yoga Day was observed. Dr. A. K. Agarwal, Col. S. S. Yadav, Mr Ramesh Agarwal, Dr. L. K. Maheshwari were present in the program. Our clients demonstrated various Asanas of Yoga and Aerobics.
- 8/10/18- World Mental Health day was celebrated in collaboration with Counselling & Placement Cell and Department of Psychology, University of Lucknow. Dr A K Agarwal gave a talk on the theme and Dr ShashiRai spoke about RFS and the function was attended by approximately 150-170 people.
- 3rd November 2018:- Pre Deepawali celebration and exhibition cum sale was organised in which different types of craft items, beautiful Bandhanwar, Mandir, painted Diyas, woollen garments were put on sale.
- 8/12/18- A picnic was organised at Lucknow Zoo for clients, staff, caregivers and members of ManorogikalyanSansthan and RFS.
- Birthdays of Clients, Staff and Members are celebrated with great fervor. Cultural program are normally organized by our clients themselves.

Services provided by the branch:-

O.P.D. Services: O.P.D. Services are being run 3 days/week (Timing: 10:00 am to 1:00 pm). Patients seen in this year were (354 New and 1082 follow up).

Free consultation- 55 patients (given to those having BPL Card or who could not afford) and 50 % concession was given to 5 patients.

Day Care Facilities: 17 new clients enrolled in this period. 36 clients (Male-19, Female-17) are coming regularly to the centre. Few clients come on and off for counselling.

Half Way Home: We have the infrastructure to keep 20 clients (Male and Female) in the half way home. 10 clients were enrolled in this year, 11 patients were discharged this year after satisfactory improvement. At present we have 5 clients (Male-3, Female-2).

Few photographs of the activities conducted at the centre.



Birthday Celebration-



Dr. M. C. Upreti

Clients Performing at Annual Function



World Mental Health Day

The Day Care Centre is being run free of cost as we are being sponsored by PRCL since July 2016 to 31st March 2019.

Free Medicines issued to patients coming to outreach services/OPD.:-

10% discount is being given on medicine to every patient coming to OPD.

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:

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.

Feedback by interns

The time I spent in NavUday (RFS) as an intern from December 19, 2018 to January 19, 2019 was a memorable one for me as it was a rich experience and helped me discover my potential. I have had so many rich experiences that I personally believe will forever shape & influence my life while fostering personal growth & development.

I would like to thank NavUday (RFS) for the enormous opportunities provided as I got to experience an overall new setting and tried to learn about the importance of psychosocial rehabilitation & the services provided there. The daily routine & the different activities done here in NavUday (RFS) have a purpose i.e. to inculcate in the clients a routine which is disturbed due to their illness.

Here, we also got to attend different classes on different mental illnesses their causes, symptoms & treatment. I also got to attend O.P.D. of Dr. A.K. Agarwal sir & Dr. Shashi Rai madam which was a great experience for me as I got to know about the conditions & symptoms which the clients feel in their illness.

So at last but not the least the one month spent in NavUday (RFS) was a lifetime experience as it is my first internship so it would be important for me always. The staff of NavUday is also very helpful. All the counselors (HeenaMa'am, Sheeba Ma'am, Preeti Ma'am) & Amresh Sir provided us with all the information needed & guided us to the best possible manner.

- Anjali Singh, M.A. Psychology, National P.G. College.

Carl Rogers said, "What you are is good enough if you would only be it openly." This institution "NavUdayMansikSwasthyaSansthan" works on the potentialities, capabilities and creativities of the clients rather than just focusing on their problems and where they are lacking.

It is easy to point out flaws in a person but far more difficult to motivate and inculcate good habits and virtues in them. This was my very first experience and I feel myself very lucky in selecting and pursuing internship here.

This institution showed me the brighter side of mental illness which was far away from my expectations. Everyone here be it teachers, staff or clients are very much cooperative and supportive.

It was an immense pleasure for me to have an internship with the faculty or members of NavUday. This internship has helped me a lot in learning many things which will obviously help me further and I had a lifetime experience for long-run.

I observed that everyone involved with the institution believes in "our task is to help clients' climb their own mountains, as high as possible."

And, I wish all the best to the center and will always be ready to provide any help to it if needed.

Staff Training:

Date	Trainer	Trainee	Topic
23-8-18	Mrs Swati	Clinical Psychologist	Counselor Case History
6-9-18	Mrs Swati	Clinical Psychologist	Counselors Disorders

Meetings, Conferences and Workshops attended.

14-15/4/18	Dr Agarwal and Dr ShashiRai attended IAPP MID TERM CME at Bahraich, Dr ShashiRai was the organizing Chair Person.		
22/7/18	Dr ShashiRai attended IAPP MID TERM CME at Delhi		
10-11/8/18	Dr Agarwal was the Guest of Honor, Dr Rai Chaired a session MIDTERM CME of IPS at Orchha,		

- 8-9/9/18 Dr ShashiRai attended Annual Conference of IAPP UP UK at Gorakhpur
- 26/9/18 Mr AlokSaxena and Mrs PushpaSethi attended the National Board Meeting and special GBM held at Bangalore
- 17-18/11/18 Dr. ShashiRai attended a workshop and CME on Women Mental health held at Mumbai.
- 29/11-02 /12/18 Dr ShashiRai attended IGP conference and IAPP Annual Conference held at Hyderabad.
- 8/12/18 Dr ShashiRai attended CME on Preventive Psychiatry held at Patna
- 31 Jan -3 Feb 2019 Annual Conference of Indian Psychiatric Society held at Lucknow. A talk was given by Dr A K Agarwal on His Fifty Years experience in psychiatry.

Dr A K Agarwal was awarded Life Time JKT achievement Award. Dr A K Agarwal, Dr PrabhatSitholey, DrHarjeet Singh and Dr ShashiRai

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

Mr.Amresh, counsellor is an active dramatist and has performed in various plays including play at KumbhMela. He Participated in a KaviSammelan at RaiUmanath Bali Auditorium, Lucknow on 22 May 2018.

Conferences/Workshop/Symposia organized by the branch.

16th March 2019- 14th Annual day celebration was held. Programme was a grand success attended by 250-300 people. The Programme was inaugurated by our chief guest Honorable Mayor of LucknowMrs.Sanyukta Bhatia. The theme of this year's workshop was 'Mental Health and Rehabilitation'. Workshop was addressed by eminent speakers Dr T Shivkumar, Associate Professor, Psychiatric Rehabilitation Services, NIMHANS Bangalore. The workshop was followed by a colorful cultural program by our clients which was well appreciated.

Visitors to the branch.

28-5-18 Mr Amitabh Lal, Ms Leena and Mr Siva from PRCL visited the centre and interacted with the clients. They advise us to purchase various items for the vocational training of the clients. Few clients made certain demands to which Mr Amitabh Lal said that we should fulfill the demands of the clients so that they feel happy.

Nov 2018 Mr Siva Subramanian, Admin HR from PRCL visited the centre to get the feedback of activities being done.

11. Donation Received in this financial year (2018-2019)



RFSSidlaghatta

“Pragathi” Rural Branch,

Services offered:

Day Care Center was temporarily stopped.

Outreach services Clients: During 2018-19 patients treated were 3825 (Male and Female)

No. of Clients receiving Concession (Residential/ Day-care facilities) - 20 No .of MH patients received fee concession in outreach services.

Amount Spent on Free Medicines on outreachh services-

Chittasanjeevini Trust (a chariable organisation in Health care sector) is donating Rs.15000 worth medicines every month & some medicines are donated by Government of Karnataka . Hence no money was spent for purchasing medicines in this year.

Success stories

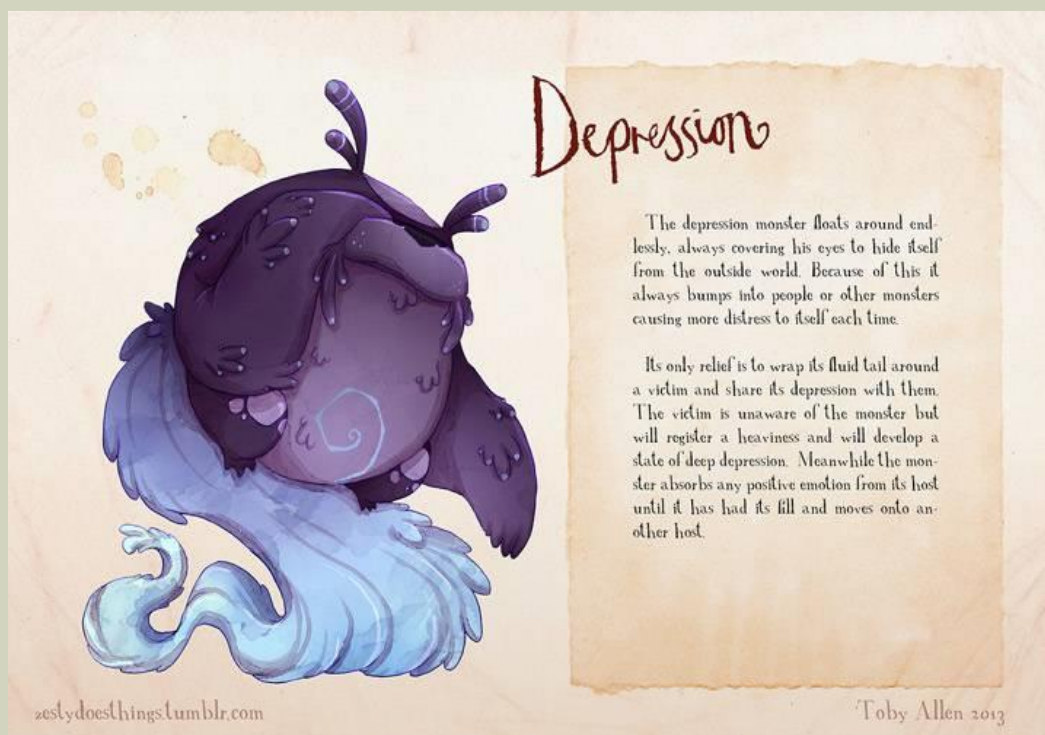
Mrs L.D,35- year-old married woman suffering from the symptoms of illness from past 8 years. Before the illness started L.D use to do not only household work but also agricultural work and taking cattle and sheep for grassing in the field. By the onset of illness she stopped doing all the work and became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



Patients during the outreach services

A-20-year-old girl who reported with symptoms of mental illness for 4 years, and was on regular treatment due to the difficulties of commuting to Bangalore for the necessary consultation and medication, has shown remarkable improvement in her mental condition by utilizing the free consultation and medication provided at the monthly camp. She attended the day care facilities, five days a week for nearly a period of 4 months, which helped her in learning communication skills and also rescheduling her daily routine which was disrupted due to her illness. She was able to overcome her dejection as she felt there was hope for her recovery. The supportive and encouraging environment of the day care facility helped her to develop the confidence in her abilities. She is currently able to work well except for her problems related to her physical symptoms. She works at least 4 days a week and is able to earn Rs.50 per day. It is such a satisfying experience to see the mother coming in smilingly a long with her daughter for the regular follow-up. She repeatedly expresses her gratitude to all the staff for having helped her daughter to come back to her earlier functioning level. She says “Thank you all very much for bringing my daughter back to me. I had lost all hope of

getting
back
my
daughter
before
coming
here”.



TREASURER'S REPORT

The financial year 2018 – 19 of RFS(I) ended with a surplus of Rs.22.88 Lakhs as against Rs. 17.93 Lakhs in the previous year (Depreciation excluded). As in last year, Bangalore Branch has been the major contributor to the surplus of RFS(I). Out of total **spending**, the amount spent on “Direct program activity” is Rs.204.90 Lakhs (74.96 %) which is significantly higher as compared to previous year amount of Rs.173.22 Lakhs (64.40 %). Administrative Expenses (Excluding Depreciation) is Rs.68.42 lakhs (25.03%) which is less than previous year expenditure Rs.91.69 (34.41%) owing to effective implementation of economy in staff costs and Office costs. The Amount of Direct program expenses incurred during the year is 61.09% of the gross income of RFS(I). A Brief summary of consolidated Assets & Liabilities and Income & Expenditure is given below:-

(Rs. In Lakhs)

		2019	2018
ASSETS	Fixed Assets	545.92	579.58
	Advances/Deposits /Loans & other Assets	25.82	32.69
	Cash, Cash Equivalent & Investments	481.14	417.14
TOTAL		1052.88	1029.41
LIABILITIES	Funds & Reserves	845.39	823.48
	Loans/Advances/Deposits/Unspent grant/Creditors	207.49	205.93
TOTAL		1052.88	1029.41
INCOME	Grants – Restricted	18.07	25.30
	Grants-Others		
	Donations	44.85	36.68
	Other Income	255.80	197.67
	Net Financing Income	16.64	30.03
TOTAL		335.36	289.68
EXPENDITURE	Direct Program Expenditure	204.90	173.22
	Administration	68.42	91.69
	Donation in Kind		6.84
TOTAL		273.32	266.32
	Surplus/(Deficit) for the year	22.88	17.93

Branch-wise Income & Expenditure

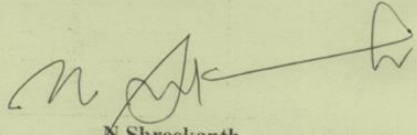
(Rupees in lakhs)

2019	NB	Bangalore	Delhi	Lucknow	Sidlaghatta	Total
Income	13.44	200.15	51.00	67.73	3.03	335.36
Expenses	7.51	182.94	52.16	62.25	7.61	312.47
Surplus/(Deficit)	5.93	17.21	(1.16)	5.48	4.58	22.89

Branch-wise Income & Expenditure

(Rupees in lakhs)

2018	NB	Bangalore	Delhi	Lucknow	Sidlaghatta	Total
Income	17.12	183.94	49.28	36.03	3.31	289.68
Expenses	9.71	169.12	51.92	31.22	9.78	271.81
Surplus/(Deficit)	7.41	14.82	(2.47)	4.81	(6.47)	17.93


N. Shreekanth
Treasurer

Acknowledgement

Our supporters

We gratefully acknowledge all the Donors (from India and abroad) who have supported our organization. A sum of Rs. 44,84,662/- was generated through grants and donations by all Branches during the year. In addition to the cash donations several good hearts donated in kind also.

Donations Received during the year

Bangalore	Rs.44,17,562
Delhi	Rs. 35,000
Sidlaghatta	Rs. 32,100



Branch-wise Income & Expenditure**(Rupees in lakhs)**

2019	NB	Bangalore	Delhi	Lucknow	Sidlaghatta	Total
Income	13.44	200.15	51.00	67.73	3.03	335.36
Expenses	7.51	182.94	52.16	62.25	7.61	312.47
Surplus/(Deficit)	5.93	17.21	(1.16)	5.48	(4.58)	22.89

Branch-wise Income & Expenditure**(Rupees in lakhs)**

2018	NB	Bangalore	Delhi	Lucknow	Sidlaghatta	Total
Income	17.12	183.94	49.28	36.03	3.31	289.68
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(Sd)**N.Shreekanth****Treasurer**

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The Richmond Fellowship Society (India)
Bangalore Branch

Members of the Governing Council
(2019-2022)

Office Bearers

- | | |
|------------------------|-----------------|
| 1. Mr.B.Chandrasekhar | President |
| 2. Dr.Anisha Shah | Vice President |
| 3. Dr.LataHemchand | Secretary & CEO |
| 4. Ms.NithyaRangarajan | Treasurer |

Members

1. Mr.K.VijayaRaghavan
2. Dr.S.Kalyanasundaram
3. Mr.M.S.Seshadrinath
4. Dr.ShekharSeshadri
5. Prof. Shreedhara Murthy
6. Prof. RajanGurukkal
7. Dr.VidyaSathyanarayanan
8. Dr.T. Sivakumar
9. Dr.H.S.Aditya
10. Ms.Niveditha
11. Dr.SrikalaBharath

Ex-Officio : Secretary General, RFS(I)

Permanent Invitee: Administrative Co-ordinator, RFS(I)

The Richmond Fellowship Society (India)

Delhi Branch

Members of the Governing Council (2019-2022)

<u>S.N</u> <u>o</u>	<u>Name</u>	<u>Position</u>
1	Mr. P.C. Rawal	President
2	Dr. Satyavati Devi	Vice President
3	Dr. Manish Kr. Jha	Secretary
4	Gp. Capt. (Retd.) A. Marwaha	Treasurer
5.	Dr. AlokSarin	Member
6	Dr. Sudhir K. Khandelwal	Member
7	Dr. Mridula Seth	Member
8	Dr. Payal Kumar	Member
9	Mr.Sanjiv Mittal	Member
10	Mrs.NishaMalhotra	Member
11	Ms.NeeruAbrol	Member
12	Dr. Swati Kedia	Member
13	Dr. Adarsh Sharma	Member
14	Dr. VimlaMenon	Member
15	Mr.ManmohanMullick	Member
16	Mr.Kran R. Sawhny	Member

**The Richmond Fellowship Society (India)
Lucknow Branch**

OFFICE BEARERS

1. Dr. A. K. Agarwal : President
2. Dr. PrabhatSitholey : Vice President
3. Dr. ShashiRai : Secretary
4. Mr.AlokSaxena : Treasurer
5. Mrs.PushpaSethi : In charge Day Care

GOVERNING COUNCIL MEMBERS

1. Dr. Harjeet Singh
2. Dr. J. S. Srivastava
3. Dr. M.C. Upreti
4. Col. S. S. Yadav
5. Dr. Ajay Kohli
6. Dr. AbhaAwasthi
7. Dr. Harish Agrawal
8. Dr. Ramesh Agrawal
9. Dr. (Mrs.) MradulaAgrawal
10. Dr. L. K. Maheshwari

New Office Bearers & GC members

- | | | |
|-------------------------------|---|-----------------|
| 1. Mr. S.M. Narayanaswamy | - | President |
| 2. Mr. N. Shreekanth | - | Vice President |
| 3. Mr. N.K. GururajaRao | - | Secretary |
| 4. Mr. K.V. Satyanarayanachar | - | Treasurer |
| 5. Mr. K.V.A. Padmanabha | - | Joint Secretary |
| 6. Dr. V. Venkataramaiah | - | GC Member |
| 7. Mr. R. Jeevan Kumar | - | GC Member |
| 8. Mr. B.K. Narayanaswamy | - | GC Member |
| 9. Mr. H.V. Ramakrishanappa | - | GC Member |
| 10. Mr. S. Somashekar | - | GC Member |
| 11. Mr. T.R. RagunathaRao | - | GC Member |
| 12. Mr. P.V. Ramana Reddy | - | GC Member |
| 13. Mr. H.L. Somashekar | - | GC Member |
| 14. Mr. B.V. Munegowda | - | GC Member |
| 15. Mr. K. Subramanya | - | GC Member |

