



THE RICHMOND FELLOWSHIP SOCIETY (INDIA)

BANGALORE

(For Community Mental Health Training Centre in Therapeutic Community)

ANNUAL REPORT

2019-20



Table of Contents

- Objectives
-
- Vision and Mission
-
- Background
-
- Chairman's Message
-
- Secretary General's Message
-
- National Board
-
- Overview
-
- Bangalore Branch
-
- Delhi Branch
-
- Sidlaghatta Branch
-
- Lucknow Branch
-
- Treasurer's Report
-
- Acknowledgement
-
- Governing Board

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 hand-outs/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. The National Board, the apex body coordinates the activities of the branches and ensures legal compliances.

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.





Message from Chairman

Respected All,

My Greetings and best wishes to the whole RFS family!

I wish everyone a very happy, safe and healthy 2021. We have all gone through a very unprecedented and difficult time since COVID-19 pandemic struck. The first case of COVID 19 was reported in November 2019. The impact was felt in March 2020 when Lockdown was announced in whole of India and many parts of the world and obviously we at RFS could not have been unaffected. For the first few days everything came to a standstill, but then slowly life started limping back to 'New Normal's' with use of masks, sanitizer and social distancing. That is the beauty of mankind, our resilience; we learn to adapt to all situations however adverse it may be. The functioning of all branches of RFS was affected, but we all stood the test of times and managed to march ahead. Each branch evolved its own methodology and protocol to face the challenges thrown by the Pandemic. The long stay facility at Bangalore and half way homes of all the three branches continued to function but the day care services; the OPD and outreach programmes had to be stopped. Income declined but the expenses rose. Bangalore branch outshined all branches by conducting all events, Annual day celebrations and meetings online. The Lucknow branch had scheduled its annual day the day lockdown started and it had to be cancelled. We tried to remain connected with day care clients through whatsapp and phone call to keep them motivated. Delhi branch had been doing wonderful job in advocacy and during the lockdown kept up the spirit of clients by making festivals special for them. Sidlaghatta the rural branch spread awareness among the local public by helping in distribution of masks and sanitizers through local Samaritans. Few of our members suffered health issues due to the COVID but by Gods grace they regained good health. It was very unfortunate that we lost our senior National board member Mr. S.M. Narayanawamy during this period. We pray to God to give peace to the departed soul.

Few of our activities got delayed, but as things are coming back to normal we have to gear ourselves to fulfill "The vision and mission of RFS". There are many grey areas in our constitution and the pending work of amendments in constitution has to be completed this year. We also have to look at redesigning our services to reach out to more people and to relocate our long standing halfway have clients in the community.

I wish to thank each and every member of RFS, all staff of branches, National Board and all our clients for having stood together in this crisis which enabled RFS to step into the New Year. A special mention to Mr. Sukumar, our coordinator and all past chairmen of RFS for having guided us in these difficult times.

Long live RFS.

Dr. Shashi Rgi

Consultant Psychiatrist
Lucknow



Secretary-General's Message



The year gone by has been traumatic in many ways. Managing the welfare of our clients amidst lockdowns, movement and travel restrictions and keeping the establishments going with the activity of provisioning the very basic needs, was a huge challenge.

It is to the credit of all staff and stake holders from all branches who worked together, as one, to keep things going.

The downward trend in new cases overall and the activity of vaccinating the masses (which has begun) has paved the way for the return of a semblance of normalcy to our routine.

Looking forward to continued dedication from the entire RFS family to this great cause that we have espoused, I close on a note of optimism that the worst is over and we are going to march ahead with renewed energy and vigour towards our continuously rising levels of quality service to clients.

B.Chandrasekhar



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

ACTIVITIES OF THE SOCIETY

The Richmond Fellowship Society (India)

National Board

The National Board is the apex coordinating body of the Society. Presidents and Secretaries of the branches are Members of the Board. Additional members are permitted based on the activities of the Branches. At present the Board has eleven members, three each from Bangalore, Delhi and Lucknow. Two members represent the Sidlaghatta branch. The Board functions from Bangalore and the affairs are managed by a Chairperson, Vice-Chairman, Secretary-General and Treasurer who are the primary Office Bearers of the Board.

The National Board is entrusted with responsibilities related to compliances of the Society under different statutes. The National Board organises statutory meetings and submits statutory returns to concerned Agencies. It is also an advisory body to the branches. During the year 2019-20, the periodical returns to be filed under the FCRA, IT Act, and Societies Registration Act were filed in time. The Annual General Body Meeting -2019, of the Society was hosted by RFS Lucknow. New Team of Office Bearers and members of the National Board for the period 2019-22 took over in September 2019 during the Annual General Body Meeting.



OVERVIEW

1. Services

Branch wise capacity of facilities and their utilisation during the year 2019-20

Details	Bangalore			Delhi			Sidlaghatta	Lucknow			Total
	G	H	D	H	D	O	O	H	D	O	
Capacity	23	17	60	20	40			20	40		220
Nos.as on 1-04-2019	21	17	61	17	17			5	36		174
Clients discharged	14	Nil	05						15		34
Clients admitted	18	Nil	10					4			32
Position as on 31-03-2020	23	17	58	17	17	1051	3541	9	25	1139	166

**G: Group Home;
O:OPD Services**

H: Halfway Home;

D: Day Care Centre

Concession:

- The Bangalore Branch extended Fee concession, medication subsidy and transport support to 50 clients to the tune of Rs. 20,53,233/-
- 10 per cent discount is given to all patients for medicines purchased at RFS Lucknow Centre. Free consultation is given to all BPL Car holders and unaffordable patients. 11 clients of Day Care Facility availed Fee concession.
- Sidlaghatta Branch received Mental Health Drugs worth 15,000 from **CHITTA SANJIVINI CHARITABLE TRUST** for distribution to the OPD patients. The branch also spent Rs. 18,700 for free distribution of medicines. 25 patients were granted fee concession.



2. Man Power Development and Training Programme

a. Bangalore Branch:

- 70 PG students from different Institutions & Universities were provided training under Block Placement/Internship/Concurrent field work/Data Collection, and 377 students attended its facilities in connection with orientation visit.
- Ms.PrathikshaShukla, Ms.DeepmalaSutar and Ms.Charmaine Ann D'Souza, Senior Rehabilitation Counsellors conducted an interactive session on 'Work stress' for a team of 27 staff members of Nudge Foundation, on 28th June 2019, at their office located at Marthahalli.
- a two-week training programme on 'Heath and Mental Health Care in the context of a Developing Country' to a team of 7 undergraduate students (1 male and 6 female students) from the Ohio State University, Columbus, Ohio, USA as part of their Study Abroad Program from 1st to 13th July 2019.
- The MOU with NIMHANS has been renewed for a period of 3 years w.e.f. 14th November 2019.

b. Delhi Branch

- Students (60) from the RajkumariAmritKaur college of Nursing in Delhi attended an orientation programme on 11th September 2019 conducted by the Manager in Vishwas. Students (31) from the Holy Family college of Nursing, New Delhi attended an orientation programme in Vishwas on 23rd September 2019 conducted by the counsellors. Students from Genesis school visited Vishwas and interacted with the members after an orientation programme on 29th February 2020
- Students (19) of the G.L. Bajaj institute in Greater Noida and College of Nursing students (2) of the All India Institute of Medical Sciences (AIIMS) were trained by Dr AparnaKhanna and YashPathak on 15th February 2020 at the PHC Bistrack. After the training at the centre, they went into the community to conduct a campaign to remove myths and misconceptions related to mental health and informed the people about the OPD psychiatric services provided by the Government and RFS in the PHC.

c. Lucknow Branch

- 35 students from various institutes came for internship and orientation programmes.

THE RICHMOND FELLOWSHIP SOCIETY (I)

BANGALORE

Bangalore branch of the Fellowship runs the following facilities:

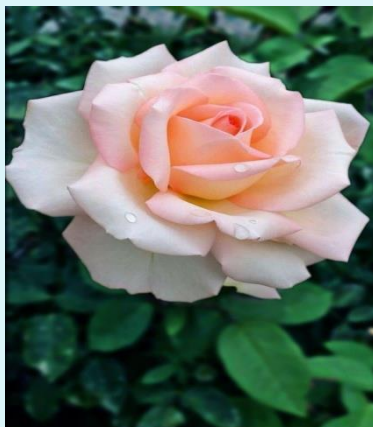
- a) Halfway Home – ‘Asha’ for 21 residents (both men and women)
- b) Long stay Home – ‘Jyothi’ for 17 residents (men and women)
- c) Day Care Centre with Vocational training – “Chetana” for 60 clients

The Branch provided rehabilitation services to 1225 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 Data

Particulars	Asha Halfway home	Jyothi Group Home	Chetana Day Care Centre
Capacity	21-23	17	50-60
Numbers as on 01.04.2019	21	17	37 (Direct clients) 20 (ASHA) 04 (Jyothi)
Clients discharged	14	NIL	05
Clients admitted	18	NIL	10
Numbers as on 31.03.2020	23	17	36 (Direct clients) 17 (Asha) 05 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 information excludes fee concession offered to women clients under Give2Asia funds.

Facility	No. of beneficiaries	Amount of concession in INR
Halfway home	07	5,38,500
Day Care Centre	10	3,17,000
Total		8,55,500

In addition, 19 women clients were granted fee concession, medicine subsidy and transport assistance to the extent of Rs. 11,97,733/-



4. Client Oriented Activities and Programmes

The entire country was under lockdown from 22.3.2020. The following safety measures were taken and implemented during the sudden Covid-19 Pandemic outbreak.

The Covid Pandemic has impacted the whole world and it has caused havoc globally. As an organization working in the field of rehabilitation of persons suffering with mental illnesses, this has necessitated stringent measures for containment and management during this period.

- CHETANA' Day Care Centre was closed w.e.f. 15th March 2020, as a precautionary measure.
- ASHA and JYOTHI residents were not allowed to go out anywhere.
- The Caregivers of ASHA residents living locally were requested to take their wads home.
- ASHA and JYOTHI facilities were managed efficiently, without any glitch, by the residential staff with the help of administrative staff and support staff. Dr. Lata Hemchand and Dr. S. Kalyanasundaram visited the facilities frequently to check on the resident's well being and address staff concerns during COVID-19 lockdown period.
- COVID-19 lockdown period gave an opportunity for the staff team to exercise their skills while handling the house independently and also got to revisit crisis management skills to cope p with the daily challenges.
- All festivals during the period were celebrated by the residents enthusiastically.
- Yoga is being conducted once a week for the residents. Dance / movement and music sessions are being conducted regularly
- Ms. Anitha Devi, a resident of 'Jyothi' house, has been conducting music sessions for the residents & clients
- Independence Day was celebrated on 15th August 2019 at 'Chetana', wherein all the residents, clients, and staff of RFS(I) took part in the celebration. Col. Ryan Lobo, who had served the Indian army for 26 years, was invited as the Chief Guest. Col. Ryan is currently the Vice-President - Corporate Properties Group of Wells -Fargo Enterprise Global Services, Bangalore.
- SukanyaBhowmick's paintings, one of the clients of 'Chetana' Day Centre, were selected for display in an art exhibition conducted exclusively for people with disabilities at ChitrakalaParishad on 25th and 26th May 2019. **This Art show was organised by Rotary Bangalore Abilities District 3190 (the only Rotary club globally by and for the differentlyabled).**
- The artefacts made by the clients / residents of 'Jyothi' and 'Chetana' were displayed at an exhibition organised by Bangalore Medical College and Research Institute on 24th and 25th August 2019. The artefacts made by

the clients / residents of 'Jyothi' and 'Chetana' were displayed at a Fest in Fortis Hospital, Bannerghatta Road, on 25th October 2019

- **Bengaluru Rehabilitation Cricket League (BRCL) 2019:** The clients of ASHA & CHETANA participated in the 10th Cricket tournament for Psychosocial Rehabilitation Centers organised by Medico Pastoral Association exclusively for the residents of Psychosocial rehabilitation centers in Bangalore, on 12th October 2019 at the Holy Ghost Church Grounds, Bangalore. One of our ASHA residents won 'Man of the Match' reward.
- **Annual Fellowship Day:** The 33rd Annual Fellowship day was celebrated on 20th December 2019. Dr. C.N. AshwathaNarayana, Hon'ble Deputy Chief Minister of Karnataka, Higher Education, Medical Education, ITBT and Science & Technology, Bangalore was invited as the Chief Guest for this event. Ms. Shammu S., Administrative Assistant of Mast Global Business Services India, Dr. KiranShetty, Professor of Dentistry, Government Dental College & a Syndicate member of Rajiv Gandhi University of Health Sciences, also attended this function. Dr. C.N. AshwathaNarayana, during his visit to 'Chetana', gave an assurance to provide support for Starting of Diploma / Certificate course in Psychosocial Rehabilitation and for 'Chetana' land registration. He assured all possible help to RFS to run these courses.
- **The Table Calendar for the year 2020, created by the RFS(I) Bangalore Branch, from the paintings and artefacts made by the clients / residents of the three facilities, was released on this occasion. 'Sun Pharmaceuticals Ltd' sponsored the printing cost for 500 calendars** and gave annual gift for all the residents / clients and staff members.
- **Green Skilling project:** This programme is going on regularly. RangoliDiya Kits and Holi powder were made and sold. Incentive was given to the clients/residents, who were actively involved in making Eco friendly Rangoli flower powder and Holi colours. The Incentive amount was classified into 3 slabs of ₹ 3,000/-, ₹ 2,000/- and ₹ 1,000/-. The other clients attending Chetana, but not participating in the green skilling activity, were also paid some incentive amount, to acknowledge their contribution to the vocational units.
- **Inter NGO Fest 2019:** The Fellowship celebrated World Mental Health Day 2019, 2nd year in a row, by organizing another Inter NGO Fest on 16th October 2019 at 'Chetana'. In addition to this, an Inter Collegiate Short Film Competition was also held. Seven NGO's / Organizations viz., Athma Shakti Vidyalaya, Spandana Health Care, Cadabam's Psycho- 14 social Rehabilitation Centre, Medico Pastoral Association, NIMHANS, MIND and The Richmond Fellowship Society (I), Bangalore Branch took part in this exciting NGO Fest. PSG College of Arts & Science, Coimbatore, and St. Philomena College, Puttur were the two colleges who

participated in the Inter Collegiate Short Film Festival. The entire event was based WHO (World Health Organization) World Mental Health Day, theme - 'Suicide Prevention'. Two competitions were conducted. The dance competition theme was 'Fusion Dance'. A maximum of 6 clients/residents could participate and a time limit of 6 minutes was given for each team. All participating NGOs took part with great enthusiasm and showed their skills admirably. The criteria for the assessment of the dance were connection to theme, direction, and technical work. NIMHANS won 1st prize, AthmaShakthiVidyalaya won 2nd prize and 3rd prize was won by Richmond Fellowship Society. All 7 NGO's took part in the quiz competition which had three categories namely, general knowledge/sports, suicide prevention and the audio-visual round. The amount of information these clients possessed was mind boggling and many questions could not be answered by the staff too! AthmaShakthiVidyalaya won 1st prize, Cadabam's won 2nd prize and the 3rd prize went to NIMHANS. Two colleges took part in the Inter Collegiate Film Festival- PSG College of Arts & Science, Coimbatore, and St. Philomena College, Puttur. The criteria for judging were – theme (positive message), direction & acting and technical details (lighting, music background). St. Philomena College won the prize for the best film.

5. Columbus Foundation: Limited Brand Care/Mast Cares Fund:

For the 4th year running, RFS(I) Bangalore Branch has received the grant amount of US \$ 30000 (INR 21,43,800/-) from Give2Asia for the project "Care for women 2019 grant" for the period September 2019 to August 2020. This grant amount was to be utilised for a) Salaries for 4 women staff working in the Day Care and Vocational Training Centre, (b) Fee concession for women clients of the Fellowship, (c) Medication for women clients, (d) Transportation for women clients. The family members are extremely grateful to the organisation for continuing to provide such benefits for their wards. • 14 women residents / clients (7 from Chetana, 3 from Jyothi and 4 from Asha) are getting fee concession • 13 (6 from Chetana, 3 from Jyothi and 4 from Asha) of them are getting the benefit of medication subsidy. • 6 of them are getting support for transportation

An application for renewal of Due Diligence with relevant documents was submitted to Give2Asia on 16th of July 2019. It was informed by Give2Asia team that RFS(I) has passed Give2Asia's due diligence review and that they are honoured to have us, as a part of their network. This due diligence is valid for 3 years and will expire on 5th September 2022. Give2Asia Network Badge has been received, which identifies our organisation as one that has been vetted by Give2Asia and held to the highest standards of validation. In addition, it also identifies that U.S. and Hong Kong based donors are eligible for tax-deductible giving to support our organisation. They have encouraged us

to include the badge in our website, social media, newsletter, emails, and other forms of PR / marketing communication.

6. Fund Raising Events:

Garage Sale – 2019: This was held on 26th and 27th April 2019 at ‘Chetana’, as part of the fundraising activity. Around 60 well-wishers of our organization contributed used items for this event. The left-over women / men / kids’ clothes were given to Little Sisters of the Poor (Home for the aged) at Hosur Road and SnehaJyothi Orphan Children’s Home at Kumbalgodu, Mysore Road, Bangalore. 5 boxes of books (Academic / Religious and Novels) were given to Public Library which is located inside the Krishna Rao Park, Basavanagudi. The recipient’s organisations were overjoyed by this gesture of ours

RF Charity Golf Tournament 2020: The 13th edition of this was held on 7th February 2020 at KGA. It was a successful event with 129 golfers participating in this event. As always, there was an encouraging response from the donors / sponsors. A write-up about this event was published in Golf Plus – March 2020 issue.

7. Conferences/Workshops/Lectures/Other events attended by Staff

- On 28th May 2019, all the Professional staff members attended a presentation made by Ms. Ingrid Venseth, a 2nd year undergraduate student from Norway, about her experience / learning at the facilities of RFS(I) Bangalore Branch and also about Mental Health status in Norway. She did her one-month Internship at RFS(I) Bangalore Branch in the month of May 2019.
- Ms.Sumana B.G, Rehabilitation Manager, Ms.PrathikshaShukla, Ms. DeepmalaSutar, and Ms.Charmaine Ann D’Souza, Senior Rehabilitation Managers, attended the Indian Psychiatric Society National Mid-term CME programme on ‘Mind & Sex’ held at Mysore from 9th to 11th August 2019.
- Ms. DeepmalaSutar, Senior Rehabilitation Counsellor, Ms. Chaitra, Senior Rehabilitation Counsellor and Mr.Jithin Thomas, Rehabilitation Counsellor, attended the 40th anniversary celebrations of Athma Shakti Vidyalaya Society, on 25th August 2019. 5. Ms.TarannumTaj, Rehabilitation Manager and Ms.AthiraKishor, Rehabilitation Counsellor, attended the SanjeeviniVedike August 2019 on the theme ‘PradhanMantriKaushalVikasYogana (PMKVY): Implication for Persons with Psychiatric Disability’ held on 27th August 2019, organised by Department of Psychiatric Rehabilitation Services, NIMHANS.
- Ms.Chaitra N, Senior Rehabilitation Counsellor and Ms.Likhitha, Rehabilitation Counsellor, participated in the NGO Milap held on 12th September 2019 at Christ (Deemed to be University), Hosur Road, Bangalore. The products made by the clients were displayed. A brief presentation about the Fellowship was also made during this event.

- Ms.Chaitra N, Senior Rehabilitation Counsellor, attended the SanjeeviniVedike September 2019 on the theme “All about the APD’s (The Association of People with Disability) livelihood program of Skill development training courses to youth with disability” held on 17th September 2019 organised by Department of Psychiatric Rehabilitation Services, NIMHANS.
- Ms.DeepmalaSutar, Senior Rehabilitation Counsellor, attended a workshop on “Connect Workshop 2019” organised by Charities Aid Foundation (CAF) India, on 17th September 2019. All the NGO partners involved in Green Skilling Project were invited for this workshop.
- Ms. PrathikshaShukla, Senior Rehabilitation Counsellor and Mr. AshishKunjachan, Rehabilitation Counsellor, participated in a workshop on Cognitive Behaviour Therapy for Obsessive Compulsive and Related Disorder. This programme was conducted by the Behavioural Medicine Unit, Dept. of Clinical Psychology, NIMHANS, on 25th and 26th October 2019 at NIMHANS.
- Dr.LataHemchand, made a presentation on the topic the ‘RFS Experience’ in a workshop at the International Conference on ‘Psychosocial Rehabilitation’ held on 13th and 14th December 2019 at Bangalore Medical College and Research Institute, Bangalore. This conference was organized by World Association for Psychosocial Rehabilitation (WAPR), Indian Chapter.
- Dr.S.Kalyanasundaram, Hon. Advisor, gave a talk on ‘Let’s Talk about Depression’, organized by Sumedhas Academy of Human Context at Montfort College on 11th January 2020.
- Mrs. Sumana B.G., Rehabilitation Manager, attended the meeting of Karnataka State Mental Health Authority held at VikasSoudha, Bengaluru, on 6th February 2020.
- Ms.PrathikshaShukla, Senior Rehabilitation Counsellor, Ms.Chaitra, Senior Rehabilitation Counsellor, Ms. Meera G Nair, Rehabilitation Counsellor, Ms. SanjanaKulkarni, Rehabilitation Counsellor, took part in the Mythri FACEMI workshop on “OCD 26 and OCD Mixed – clinical and coping aspects” held on 15th February 2020 at AnnaswamyMudaliar General Hospital, Bangalore.
- Mrs. B.G.Sumana, Rehabilitation Manager, has been invited to be one of the members of the College Internal Complaints Committee of BMS College of Engineering, Basavanagudi, Bangalore. She has gracefully accepted to be a member of this Committee. She attended the 1st meeting held on 7th March 2020.

8. Published Articles

- Articles by Dr.S.Kalyanasundaram, Hon. Advisor • Mental Health in times of Covid-19, a two-part article published by ‘Citizen Matters’, an online portal in March 2020.
- The same was re-published with certain updated data by ‘Progress in Mind – A South Asia, Psychiatry & Neurology Resource Centre, located at Singapore, in June 2020

9. Awards and Honours

On 8th March 2020, Mrs. Radha, working as a support staff at ASHA house for the last three decades, was honored by Rotary West for the dedicated / continuous services rendered by her to RFS(I), Bangalore Branch on the occasion of International Women's Day. She was nominated to this award by Mrs. Sumana B.G.

10. Training and Research Centre in Mental Health:

- **Nudge Foundation:** Ms.PrathikshaShukla, Ms.DeepmalaSutar and Ms.Charmaine Ann D'Souza, Senior Rehabilitation Counsellors conducted an interactive session on 'Work stress' for a team of 27 staff members of Nudge Foundation, on 28th June 2019, at their office located at Marthahalli.
- **Study Abroad Program:** For the 5th time, the RFS(I) Bangalore Branch provided a two-week training programme on 'Health and Mental Health Care in the context of a Developing Country' to a team of 7 undergraduate students (1 male and 6 female students) from the Ohio State University, Columbus, Ohio, USA as part of their Study Abroad Program from 1st to 13th July 2019.
- **ICMR funded Research Project** – Perception, Attitudes and Experiences regarding sexuality of people with severe Mental Illness: The Project completion Report of the study on "Perception, Attitudes and Experiences regarding sexuality of people with severe Mental Illness" has been accepted by the Expert Committee (EC) of the Department of Health Research, Ministry of Health and Family Welfare, Government of India.
- **MoU between NIMHANS and RFS(I) Bangalore Branch:** The MOU with NIMHANS has been renewed for a period of 3 years w.e.f. 14th November 2019.
- **Internship / Block Placement / Orientation visit training** The Fellowship provided training to the PG students from the following Colleges / Institutions across the country:



Sl. No	Training	No. of students
01	Block Placement / Internship / Concurrent field work	70
02	Orientation visit	377



SUCCESS STORIES

“Never give up” : Should be the Motto Mr. H, aged 27-year-old, unmarried male, educated up to 5th standard and done a diploma course in Computer education. He was referred to Chetana with a diagnosis of Moderate Intellectual disability. He joined the center on 26/07/2013. He came with the complaints of delayed milestones, lack of self-confidence, social withdrawal, restlessness, isolation, and lack of motivation. His family brought him for vocational rehabilitation with the doctor’s referral.

Individual interventions over a span of 7 years 2 months at the day care center included sessions that aimed at activity scheduling, improving his social interaction, gaining selfconfidence and motivation enhancement. He was placed in the File, computer, and printing units as per his interest. With medication compliance ensured by the family and consistent support from the therapist and the Vocational Instructors, gradually he showed noticeable improvement in various areas, notably in his appearance (interest in dressing) , interaction skills and improved concentration in the work allotted to him. In a few weeks’ time, he took on the role of a valuable contributor as he used to help us in screen printing of files and was very a neat and a methodical worker. The family was regularly apprised of his progress.

The client expressed a desire to take up a job and as he was quite functional in work habits and independent living skills. The staff team had sessions with family about his work plan. Coincidentally, family found a source of job placement in a mobile store and miscellaneous work like Xerox and other sales of stationary items were sold. He was started on a trial placement for more than a year around 2018 or so. The employer was understanding and accommodating. Therefore, the family took a formal discharge from Chetana in the month of March 2020

Dr.AnandaPandurangi, MD Prof. of Psychiatry VCU, Richmond, VA

Most impressed.Unique. Had been here 15 years back. Remarkably well run. Patients are respected and they recover. Thanks for letting me visit.



Poem by ArjunanMurugesan-- 'Jyothi' resident

The most power full emotion that exists is love.
Love is like the ocean vast and flowing some time gentle sometime furious.
It also can be destructive and also can be illusive,
distracting and confusing just like life.

A plant when it is nourished with love of union of two hearts it blossoms
bearing flowers and radiates energy that is infinite.
The moment thorns appear, love falters in this union we start fumbling and
the energy gradually fades resulting in darkness.
It is important to remove the thorns and keep control so that love is eternal.
This is life.

Love is like an ocean that flows and ebbs.
One falls in and out of love till one find one's feet in eternity to love in the purest form.
That is the soul.

Like a flowering plant nurtured by love will bloom with joy and happiness
seeking happiness where none existed, lighting the lamp of togetherness.
If unfulfilled the flowers of love may fade to oblivion leaving one bereaved.

Love is strange, weather it blooms or not it can inspire.
The inspiration will reflect on one's outlook in life and
inspire one to accept it in one's stride and get on with life.

Love is one of the many emotions that we feel.
We are slaves to our emotions and when we learn to master the same,
we will be able to achieve more than we thought we could.
Emotions cloud, distract and confuse us.



Feedback from Mast Care Fund beneficiary – Maya G Karkal, a resident of ‘Jyothi’

I am an orphan, my parents passed away when I was very young and have no siblings, I have no resources, and I am very poor. Hence, I depend only on my cousins for my care & stay expense at Richmond Fellowship Society. As I am mentally ill, I need to take quite a lot of medicines for my well-being. These medicines are quite expensive and I had to pay through my nose to buy them, but this fund has greatly helped me to buy these medicines, which I absolutely need & without which I can't do. My heartfelt thanks for sponsoring and I hope in the future if it is possible, you will help me as before. In these COVID times, when the world is going through Economic Crisis, I greatly appreciate the help.

Feedback from the Caregivers of the Mast Care Fund beneficiaries

We wish to convey our sincere gratitude to the board of RFS, for their efforts in arranging the grant fund all these years. The subsidy amount given to Madhuri has helped us immensely to take care of her needs. She was abandoned by her husband nearly 25 years back, and the family had to financially support her stay & other expenses to support her stay & other expenses at RFS facilities. Definitely the funds have been of great help for mitigating her concerns.

RAJENDRANATH



THE RICHMOND FELLOWSHIP SOCIETY (I)

DELHI

With the successful setting up of the Family Fellowship Society for Psycho-Social Rehabilitation in Bangalore, the idea of starting a similar facility for the residents of New Delhi was conceived in the year 1996. Dr Rangashri Kishore and Dr Satyawati conceived the idea that culminated in organizing a meeting of caregivers under the leadership of Dr D.K.Mitra, Head of the Paediatric Surgery in AIIMS. As a result of the efforts, Delhi Psycho-social Rehabilitation Society (DPSRS) was established on November 11th 1996.

The founding members were – Late Dr KrishanKhurana, Dr Satyawati Devi, Dr Rangashri Kishore, Late Mr. P.C. Seth and Mr M.C. Kishore. Governing Council members were- Late Mr V.S. Mathur, Dr S.K. Khandelwal, Dr Sujatha Sharma, Dr Alok Sarin, AVM Dr V.K. Singhal, Mr P.C. Rawal, Mr Sunil Saxena, Lt Col K.K. Koul (retd), Gp. CaptKapilShukla and Mr Sanjiv Mittal.

DPSRS was struggling for funds, so Ms Elly Jensen of the Richmond International UK was approached. She willingly responded and came to India to meet the team including Dr KrishanKhurana who had just returned to India from UK with a daughter diagnosed with Schizophrenia. Decision was taken to merge DPSRS with the Richmond Fellowship Society.

“VISHWAS”, the RFS Delhi branch, started its activities in a rented accommodation in Gurgaon in 2000 to meet the growing need for psychosocial rehabilitation of people with mental illness and lack of such services in Northern India.

It shifted to Greater Noida in its own premises in 2008. The halfway home facility, for 20 residents – male and female, was conceptualized as a home away from home, wherein patients after rehabilitation, would go back home and integrate with family and society. The residents follow a routine that enables them to be engaged in various participatory activities along with the medical treatment prescribed by their respective psychiatrists. The structured rehabilitation programme assists residents in learning and regaining community living skills. This enables them to lead life with minimal assistance after discharge. The spacious lawns are used extensively by the residents. We are constantly trying to improve and enrich the lives of our members by integrating them back into society.

Vishwas, the Delhi Branch of the RFSI, provides residential facility – Halfway Home; Day care; Community outreach and Advocacy on mental health to serve the needs of persons with mental illness, to create awareness in the communities and to reduce stigma related to mental health issues

1. Halfway Home

The residential facility for Halfway home is available for 20 persons but we have not been able to fill up the vacancies despite dearth of such facilities in the Delhi NCR region. Only 17/ 18 persons were using the facility, with very few newcomers. All the members attend Day care programme. One member was attending only the Day care for a short period only.

2. Day Care

The basement in Vishwas "*LeenaKhurana Centre*" can accommodate 40 persons for day care activities. However, the facility is mainly used by the residents. The location and lack of awareness about the facility are reasons for its underutilization. Persons diagnosed with mental illnesses especially schizophrenia need to be engaged in activities while undergoing treatment as part of their rehabilitation. The activities are designed to improve the deficiencies of the members and improve their mental health and life skills. A schedule is followed, and they are encouraged to participate in all the activities.

- ***Sharing feelings***- following a routine is an integral part of the rehabilitation process. One way of emphasizing on routine is through the feeling group that is conducted every morning. It is significant as members must revisit the previous day and remember what they did through the day.
- ***Newspaper reading*** is a daily session. Three English and one Hindi newspaper are delivered daily. There are two rounds that are followed in this session. In the first, members must remember and report the news from the previous day, following which they must individually read the latest news. This aids in cognitive remediation and keeps them oriented to the real world around them - a major problem with people with schizophrenia. After browsing through the paper, each one selects a news item to share with others. Sometimes there is discussion initiated by the counsellor. This activity is encouraged to enhance their ability to engage in higher order thinking or metacognition, or to have an opinion, which is severely impaired in PMIs.
- ***Vocabulary classes*** are facilitated by a few members in rotation. This activity is popular when planning sessions with slum children who welcome vocabulary building activities. Quiz continues to be an immensely popular activity enjoyed by all. Topics for the quiz are selected by the members well in advance and counsellors help in obtaining information related to the topics.
- ***Medicine filling*** - every Monday afternoon, all the members have a session when they fill up their medicine boxes for the week. The medicines are taken in the presence of the counsellors or of the night nurse as per the schedule prescribed by their respective psychiatrists.
- ***Planning session*** - once a week they have planning session when all the residents plan for the week, register their complaints related to living facilities (often leaking tap, bulb fuse etc) and allocate duties. Person on 'calling duty' must make sure that all members come down to the basement for the day care activities.
- ***Art and craft*** - members engage themselves in creative activities with the help of Art and Craft teacher in the afternoons twice a week. The members display their work on bulletin boards that are changed every month. The walls speak of their feelings which they share with others
- ***Library*** - Aseem library in Vishwas is used by the residents. Books and magazines of their choice are provided to them on a regular basis. Not all members use the in-house facility.
- ***Recreation activities*** - members are encouraged to participate in indoor and outdoor games for providing physical exercise, promoting critical thinking, and helping them

to build social skills. Yoga and music teachers come twice a week. In-house movie and weekly Tambola are eagerly looked forward to by most of the members. Picnics are organized in winters where members along with staff, carers, volunteers, and children from the neighbouring marginalised/economically weaker sections of an NGO, My Perch, with whom they interact on regular basis participate

- ***Celebrations*** - Birthdays of members are enthusiastically celebrated. Members participate in celebration of National days like Republic Day and Independence Day. They also celebrate festival like Holi, Diwali, Eid, Baisakhi, Christmas, and New Year.
- ***Counselling*** - individual and group counselling is an important aspect of the rehabilitation process. Individual counselling sessions at Vishwas are either in the form of interventions decided upon by the counsellor or self-referred by the member. They may or may not take shape of a formal counselling session. Many a times, due to lack of insight or resistance, informal sessions are used with the members.
- ***Interactions with children*** - members visit an NGO “My Perch” in Noida once a week to interact with children from the neighbouring marginalised/economically weaker sections of Noida. A new activity is conducted every week for which planning is done by the members as part of their day care programme.
- ***Eating out*** – Every 15 days, members go out for lunch in a group. This helps in building their life skills, sharing and socializing with each other. Members decide, plan, and execute the place they want to go for lunch out. They enjoy searching for new restaurants for good food. As a safety concern, presently lunch out of members is suspended.
- ***Can Support walk*** - Students of the G.L Bajaj institute organized Can Support Walk on 16th February 2020 at the Central Park in Greater Noida. All the resident members, staff and 3 members of the GC and 10 children from My Perch participated in the walk. Students had collected donations for the event and arranged snack packets for all the participants. Students and Vishwas members received certificates from Can Support represented by Dr Anita Marwaha.
- ***Handing over of Bus*** - a handing over ceremony was organized on 12th March 2020 for representatives of the Oriental Consultants India Pvt Ltd to hand over the bus donated by their organization for community outreach work of the RFS Delhi branch. The members welcomed the team from the organization and expressed their gratitude to them. Some G.C. members were also present for the special occasion.

3. Community Outreach

The purpose of the community outreach programme is to provide free diagnosis and treatment for mentally and emotionally disturbed persons. The community outreach activities in Vishwas have continued since inception due to the sustained commitment of psychiatrist and GC member Dr Satyawati Devi. She goes with a team of two counsellors twice a month to the Primary Health Centre (PHC) in rural Najafgarh, Delhi. Since our facility is in Greater Noida, a decision was taken to start OPD from January 2019 at the Primary Health centre, Bisrakh block in GautamBudha district. The purpose is to

strengthen the District Mental Health Programme (DMHP). Once a month OPD service is also provided at Vishwas

Over 6000 patients have benefitted from the community outreach service in the past five years. A total of 1051 patients benefitted in 2019-20 from the community outreach programme. Of these, 634 were male and 417 were females. The majority of patients came for follow-up i.e. 921 against 130 new patients showing their confidence in the service being provided by the visiting psychiatrist.

4. ***Health camp in Bisrack***

A health camp was organized in March 2020 by the Government in Bisrack PHC. Dr Khushboo, Dr Jha and Yash Pathak participated on behalf of the RFS Delhi branch

5. **Clients related activities**

Annual Day: Annual day was celebrated on 7th April 2019 at Vishwas. Chief guest was Mr Manoranjan Sahay, renowned clinical psychologist. Members gave a good cultural programme of dance and songs with counsellor Manisha Mishra anchoring the programme. About 100 people attended the function.

World Mental Health Awareness Week with IHBAS, SMHA & NGOs: October 2nd-11th 2019 Mental Health Awareness week was celebrated by IHBAS and State Mental Health Authority (SMHA) in conjunction with other partners. The weeklong agenda highlighted issues such as Caregivers Challenges, Need for Half way Homes & Long Stay Homes, The Mental Health Act 2017, Youth Advocacy and Child Rehabilitation amongst other issues. RFS Delhi representatives participated in the events and panel discussion. The highlight was PMI's sharing their stories, their lives trials and tribulations

6. **Advocacy and Networking**

Sensitising youth with an objective of not only benefitting themselves and their peer group but going beyond this to become mental health advocates for strengthening the District Mental Health Programme (DMHP) was the vision for starting the initiative on a pilot basis. The Branch selected one block of the Gautam Budha district in U.P where the RFS Delhi is providing mental health services through the psychiatric OPD. It is hoped that the students can play an important role by interacting beyond their campus for creating awareness and generating demand for mental health services.

“Beyond Four Walls” (B4W) is a project conceived in 2019 with a dual vision: a) sensitising the youth, breaking their silence, removing stigma related to mental health issues and motivating them to become youth advocates for mental health; and b)

improving the quality of life of the resident members of the rehab facility at Vishwas. The concept of “Beyond Four Walls” (B4W) assumes that Activity Based Learning (ABL) is meaningful to build life skills of youth as well as the patients with mental illnesses.

Besides working with youth, building life skills of the members of Vishwas rehab centre was also a pilot initiative taken up to enable members go outside the four walls of the rehab centre to interact with the outside world specially with children and youth. If successful, this strategy can be adopted for rehabilitation of patients with mental illness (PMIs)

G.L. Bajaj Institute of Management and Research, Greater Noida

Orientation programme for nearly 300 students was organised by RFSI Delhi with NGO Mind Piper on 29th August 2019. A total of 100 volunteers signed up for the advocacy training. However, only one group of 30 students was trained on 9th September 2019 by RFSI-Delhi in partnership with Lady Irwin college and Mind Specialists. On-campus advocacy campaign was organized on 11th October 2019 for over 100 students using floor games for breaking silence and creating awareness.

A follow-up training was organized for students trained in the campus in the PHC Bistrack block. 19 students from G.L. Bajaj and 2 students from AIIMS College of Nursing attended the training at the centre followed by conducting advocacy campaign in the nearby village on 15th October 2019. After field visit, they met the officials from the PHC and gave feedback on their field visit. The officials suggested that we should increase our OPD service currently provided twice a month to every week.

Dronacharya College of Engineering, Greater Noida

After orientation of over 200 students, training for conducting advocacy campaigns was conducted in Aug 2019. A group of 10 students volunteered to strengthen the DMHP in Bistrack block and perform community campaigns for creating mental health awareness and increasing demand for OPD service being provided by the RFS Delhi branch.

Amity University, Noida

RFSI-Delhi collaborated with Amity School of Communication (‘ASCO’) department of which Radio Amity 107.8 is an integral part. Training was conducted for 31 volunteers for dispelling myths and misconceptions and familiarizing the students with the communication tools based on traditional games. 21 volunteers agreed to participate in project “Beyond Four Walls” (B4W) as mental health advocates.

Volunteers of ASCO and AISS (Amity Institute of Social Science) along with team Radio Amity 107.8 campaigned in two of their own outreach villages - Raipur and Chalera. Mental Health Day was celebrated on 1st October 2019 in their campus where the students displayed the work done by them. Sale of items made by Vishwas members was also done.

7. *Mental health advocacy for Health workers*

At the request of PHC Bistrack officials, a training on mental health advocacy was organized for paramedical staff and support promoters such as ANMs (Auxiliary Nurse Midwife) and ASHA (Accredited Social Health Activist) workers. Resource persons from Lady Irwin College and RFS Delhi branch conducted training for 80 participants. Around 300 printed handouts were distributed for giving information about signs and symptoms of mental illness and the days when free psychiatric OPD facility is available in the PHC. The workers found the training useful and many of them felt that they themselves required counselling and treatment.

8. *Networking with VIMHANS Delhi*

RFSI - Delhi branch in partnership with Mind Specialists and Lady Irwin College were invited by the Vimhans team to share our mission on destigmatizing and demystifying Mental Health issues using floor games.

9. *MoU with Bajaj Institute of Management and Research*

An MOU has been signed between RFS Delhi branch and Bajaj Institute of Management and Research.

10. *Public Private Sector*

Government

- The OPD service in the Primary Health Centre Najafgarh (Delhi) continues and our team of psychiatrist with two counsellors visited every fortnight to conduct free psychiatrist OPD service. After much effort, we were able to persuade the PHC to give free medicines making considerable saving in our expenses.
- Vishwas is located in Greater Noida in Gautam Budha district so we have started providing psychiatric OPD service in Bistrack block from last year. The service is gradually picking up. Dr Satyawati continued to provide service in both places.

Private sector

- *Academic institutions* - partnership with the G.L. Bajaj Institute of Management and Research, Amity University, Dronacharya College of Engineering and Lady Irwin College enabled RFS to reach out to over 400 youth to sensitize them on mental health issues.
- *NGOs* – Rahat charitable Trust provided technical inputs for training field level functionaries and development of communication games for advocacy.

11. Orientation of students

- Students (60) from the RajkumariAmritKaur college of Nursing in Delhi attended an orientation programme on 11th September 2019 conducted by the Manager in Vishwas.
- Students (31) from the Holy Family college of Nursing, New Delhi attended an orientation programme in Vishwas on 23rd September 2019 conducted by the counsellors.
- Students from Genesis school visited Vishwas and interacted with the members after an orientation programme on 29th February 2020



Back home with family - Success story

This is a success story of AshaKhatri with her permission and her husband's permission. Photograph was sent by him. Asha also wanted me to post her picture in Vishwas or with children of My Perch. For advocacy on mental health and the organization, we desperately need voices from the carers and the members themselves to share their experiences.

Asha, a 59-year-old female, was admitted to Vishwas in the month of August 2018. A homemaker and a teacher by profession in Uttarakhand, she presented with symptoms of paranoid schizophrenia. She was suspicious, uncooperative and was quick to get into an argument with others. Her delusions and hallucinations were active and created severe disturbance in her sleep and overall functioning. She was given Respidon 2mg, Oleanz 10 mg and Pacitane 2mg. Regular psychiatric consultations, a good response to the medicines and adjustment of dosage led to favourable outcomes when it was supported with individual and group psychotherapy at the Day Care Centre. However, the most significant contribution could be attributed to her family members, who showered her with immense support and encouragement during her stay at Vishwas.



Some early signs of rehabilitation were observed when Asha started following a routine, maintained personal hygiene and went one step ahead with daily morning religious rituals. Her participation and reflections in group sessions along with engagement with the children of My Perch were some other milestones she achieved at Vishwas. One day after coming back from My Perch, where she had done a presentation on Trees for the children, she said, "Next time, we can invite the children here and make them identify trees in our garden (Vishwas). They would love to learn by looking at these trees."

Asha was discharged on 28th of February, 2020 and is currently living with her family in Bhimtal. Some days after getting discharged, she called to express concern and empathy for everyone at Vishwas for dealing with the on-going crisis and was able to initiate and sustain the conversation well.

I have talked to her and her family twice on the mobile and found her to be very cheerful and communicative. Talking about her favourite activities at home, she said "cooking and watching video with my husband." When asked about the activities in Vishwas, she liked being busy all day. She mentioned going to My Perch every Tuesday and said "mujhebacchokesaathmilnabahunachalagata (I liked meeting the children). She missed her 'bed-side friends' of Vishwas with whom she shared the room. She talked very affectionately about the counsellors and Dr Satyawati and said "mujheapbahun enthusiastic lagte the" (I found you to be very enthusiastic).

Asha is taking medicines regularly on her own but said "mere husband bhidekhtehai" (my husband also monitors).

(Written by Mridula Seth, Member with inputs from counsellor)

THE RICHMOND FELLOWSHIP SOCIETY (I)

LUCKNOW

The Lucknow Branch of RFS (I) is situated at VirajKhandGomti Nagar and is named, “NavUdayMansikSwashthyaSansthan”. The branch runs the following facilities.

- ❖ Day care centre with vocational training – There is capacity for 40 clients (Both male + female)
- ❖ Halfway home: Capacity for 20 clients (for both male and female)
- ❖ OPD services: Twice a week
- ❖ Internship and orientation Programme

1. Halfway home

The Branch has infrastructure to keep 20 clients (Male and Female) in the half way home. At present it has nine clients (Male-7, Female-2). All the clients of the Halfway home take part in the day care activities. One of their client of the halfway home is working as a computer teacher in the Day care and another client is given a part time care taker job in Halfway home. Counsellors are deputed on rotation basis as Halfway home and day care incharge.

2. Day care centre

25 clients (Male-17, Female-8) are coming regularly to the centre. 11 clients of Day care are availing concession in fees.

Vocational Training given at the centre are as follows-

- a. Computer Training
- b. Screen Printing once a week
- c. Tailoring and knitting class twice a week

3. OPD Services

O.P.D. Services were being run 3 days/week till August 2019-20 but since September 2019 it is being run twice per week. (Timing: 10:00 am to 1:00 pm)..A total of 1139 (241 New and 847 follow up)patients were seen in the OPD this year, 48 patients were given free consultation and 19 were given concession. A 10% discount is given to all patients for medicine purchased at the centre. Free consultation is given to all having BPL Card Holders or even others who cannot afford.

4. Client related activities

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 :

Four day care clients continued their education and have passed various exams.

1. Mr. 'A' 31 yrs/M suffering from chronic paranoid Schizophrenia since 2007, had been enrolled in our day care since May 2013 to June 2016 as regular client and then came on and off for counseling. He has completed his BA in 2018 and pursuing MA in English currently.
2. Mr. 'B' 39 yrs/M, suffering from seizure disorder with Psychosis had joined the day care since 2013 and attended regularly for 3-4 years but then started his studies from IGNOU and comes for weekly sessions. He has completed his BA in 2018, computer course in 2019 and is preparing for various exams. He had been selected for a clerical job in the first round but the final round did not take place due to the lockdown.
3. Miss 'C' 25 yrs/F, suffering from chronic paranoid schizophrenia since 2008, joined the day care in September 2016, as her problem increased stayed in Halfway home in 2018 and then again continued in day care. She was selected for a 1 year course of counseling and guidance and has completed it successfully this year.
4. Mrs. 'D' 40 yrs/F, diagnosed having chronic schizophrenia disorder since 1989, joined the day care since May 2017 and continued till lockdown, has qualified NET in 2019 and enrolled for Ph.D. in Feb 2020, but has not been able to join due to the lockdown.

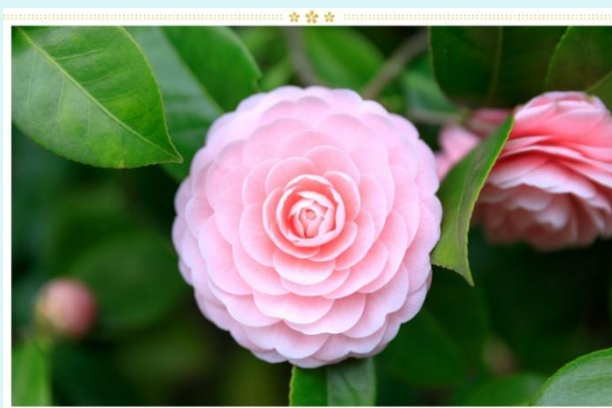
The credit for the success of the above clients goes to their caregivers who along with motivation from our counselors were very regular with medication and very supportive.

Feed Back From Care Givers

1. So my feedback is I appreciate timely communications from NavUday regarding my brothers health and activities learnt and transparent communication regarding financial transaction, and happy that my brother is being well kept there.
I also appreciate that your centre provides activities for the people there like picnic, New Year celebration
I hope you will keep up the good job you are already doing.
Thank you.
(Brother of a Client)

5. Conferences, Travel and Other Achievements of members and staff:

- Dr. A. K. Agarwal president of the branch was awarded JKT life time achievement award at the National Conference of IPS held at Kolkata in January 2020.
- Dr. Shashi Rai Secretary of the Branch is also executive member of IPS, IAPP, IMA Lucknow and LHNA Lucknow.
- Dr. A. K. Maheshwari our G C Member and former VC of BITS Pilani is often invited to various institutes as faculty.
- Col. Yadav our GC Member is active in Politics and a renowned Yoga Teacher.
- Our counselor Mr. Amresh is an active dramatist and has performed in various plays in and around Lucknow. He participated in many KaviSammelans also.
- Mid Term CME IAPP held at Bangalore. Dr. Shashi Rai attended the CME.
- CME on Sexual Disorder held Lucknow. Dr. Agarwal was the Chief Guest and Dr. Shashi Rai Chaired a session.
- CME on Autism at Delhi. Dr. Shashi Rai attended the programme.
- Annual Conference of IAPP UPUK. Dr. Shashi Rai attended the conference and gave a talk on women mental health.
- National Mid Term CME of IPS at Bangalore.
- Talk on Suicide Prevention at Dept of Psychology Lucknow University. Dr. Shashi Rai was the Chief Guest for the function.
- Dr. Shashi Rai gave a talk on Suicide Causes and Prevention at BCM Hospital Khairabad.
- Dr. Shashi Rai attended ANCIAPP at Mumbai and presented a symposium. She was nominated as the chairperson Research Committee IAPP.



THE RICHMOND FELLOWSHIP SOCIETY (I)

SIDLAGHATTA

Services offered:

Day Care Center was temporarily stopped.

Outreach services Clients: During 2019-20 patients treated were 3541 (Male and Female)

No. of Clients receiving Concession (Residential/ Day-care facilities) - 25 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.



TREASURER'S REPORT

The financial year 2019-20 of RFS (I) ended with a surplus of Rs.33.61 Lakhs as against Rs. 22.88 Lakhs in the previous year. Income of the Society increased by Rs. 30.12 lakhs registering 8.98 percent increase over the previous year's income. Major sources of increase in income were Grant-Restricted (Rs.11.96 lakh) and Net Financing income (Rs.15.08 lakh).

Out of total **spending**, amount spent on "Direct program activity" was Rs.221.26 Lakhs (66.67 %) which was almost the same as that of the previous year amount of Rs.204.89 Lakhs (65.58 %). Administrative Expenses (Excluding Depreciation) was Rs.53.53 lakhs (16.13 %) which is less than previous year expenditure Rs.68.41 (21.89 %) owing to effective implementation of economy in staff and Office costs.

A Brief summary of consolidated Assets & Liabilities and Income & Expenditure is given below:-

(Rs. in Lakhs)

		2020	2019
ASSETS	Fixed Assets		
	Advances/Deposits /Loans & other Assets	535.82	545.92
	Cash, Cash Equivalent & Investments	24.99	25.82
		567.06	481.14
TOTAL		1127.87	1052.88
LIABILITIES	Funds & Reserves		
	Loans/Advances/Deposits/Unspent grant/Creditors	917.86	845.39
		209.99	207.49
TOTAL		1127.87	1052.88
INCOME	Grants – Restricted	30.03	18.07
	Grants-Others		
	Donations	47.46	44.84
	Day Care & Other Income	256.27	255.81
	Net Financing Income	31.72	16.64
TOTAL		365.48	335.36
EXPENDITURE	Direct Program Expenditure	221.26	204.90
	Administration	53.53	68.41
	Depreciation	37.08	39.15
	Rehab & Admin Fund	20.00	
TOTAL		331.87	312.46
	Surplus/(Deficit) for the year	33.61	22.88

Branch-wise Income & Expenditure**(Rs. in lakhs)**

2020	NB	Bangalore	Delhi	Lucknow	Sidlaghatta	Total
Income	3.52	231.46	72.70	51.04	6.76	365.48
Contribution from Branches	12.81					12.81
Income (after adjusting contribution)---I	16.33	231.46	72.70	51.04	6.76	378.29
Expenditure	10.04	188.19	53.62	51.98	7.86	311.69
Contribution to NB		9.10	2.53	1.18		12.81
Expenditure (after adjusting contribution)----II	10.04	197.28	56.14	53.16	7.86	324.68
Excess of Income/Expenditure over Expenditure/Income--(I-II)	6.29	34.17	16.55	(2.12)	(1.10)	53.61
Rehab & Admin Fund	4.00	15.00		1.00		20.00
Net Surplus/Deficit						33.61

Approved**Ms. NithyaRangarajan****Treasurer RFS(I).**

ACKNOWLEDGEMENT

We gratefully acknowledge all the Donors (from India and Abroad) who have supported our Organisation. A Sum of Rs. 47.51 lakhs./- was generated through Grants and Donations by all Branches during the year. In addition to cash Donations several good Hearts donated in kind also.

Donations received during the year.

Bangalore	Rs. 43.45 lakhs
Delhi	A Bus was donated by Oriental consultancy Services.
Lucknow	Rs. 4.18+ lakhs
Sidlaghatta	Rs. 3.81 lakh



The Richmond Fellowship Society (India)

National Board

Dr. Shashi Ra

Chairperson

Mr. N.K. Gururaj

Vice-Chairman

Mr. B. Chandrasekhar

Secretary-General

Ms. NithyaRangarajan

Treasurer

Dr. A.K. Agarwal

Member

Mr. Alok Saxena

Membeer

Gp.Capt (Retd).KapilShukla

Member

Dr. Satyavati Devi

Member

Mr. B.K.Asthana

Member

Dr. H. S. Aditya

Member

Mr. N. Shreekanth

Member



**The Richmond Fellowship Society
Bangalore**

**Members of the Governing Council
(2019-2022)**

Office Bearers

Mr. B.Chandrasekhar	President
Mr. RajanGurukkal	Vice President
Dr. H.S, Aditya	Secretary
Ms. NithyaRangarajan	Treasurer

Members

Mr. K. VijayaRaghavan
Dr. S. Kalyanasundaram
Mr. M.S. Seshadrinath
Prof. Shreedhara Murthy
Dr. Vidyasathyanarayanan
Dr. T. Sivakmar
Dr. LataHemchand
Dr. SrikalaBharath
Dr. DharithriRamaprasad
Ms. Niveditha
Dr. Johnson Pradeep



**The Richmond Fellowship Society
Delhi**

**Members of the Governing Council
(2019-2022)**

Office Bearers

Gp.Captain (Retd) KapilShukla	President
Dr.Satyavati Devi	Vice – President
Mr. Brijesh Kumar Asthana	Secretary
Mr. Karan Sawhny	Treasurer

Members

Dr.Payal Kumar

Mr. P.C Rawal

Mr. ManmohanMullick.

Mr. Gurudev Singh Soin

Dr..KaveriChauhan.

Mr. Sanjiv Mittal

Ms.Abha Sharma

Mr. SubashSaxena.

Dr. D. Mitra

Mr. S.C Batra.

Mr. Shiv Sankar



Singh

**The Richmond Fellowship Society
Lucknow**

**Members of the Governing Council
(2019-2022)**

Office Bearers

Dr. A. K. Agarwal	: President
Dr. PrabhatSitholey	: Vice President
Dr. Shashi Rai	: Secretary
Mr. Alok Saxena	: Treasurer

Members

Mrs. Pushpa Sethi	: In charge Day Care
Dr. AbhaAwasthi	
Dr. Harish Agarwal	
Mr. Ramesh Agarwal	
Dr. Mridula Agarwal	
Lt. Col. S.S. Yadav	
Dr. L. K. Maheshwari	
Mr. H. K. Abidi	
Mr. S. S. Dixit	
Mr. L.H. P.S. Gupta	



**The Richmond Fellowship Society
Sidlaghatta
Members of the Governing Council
(2019-2022)**

Office Bearers

Mr. N. Shreekanth	President
Mr. K.V.A Padhmanabha	Vice President
Mr. N.K. Gururaja Rao	Secretary
Mr. K.V. Sathyanarayanachar	Treasurer

Members

Dr. V. Venkataramiah
Mr. B.V. Munegowda
Mr. K.N.SrinivasaMurthy,
Mr. Gundu Rao
Mr. Jeevan Kumar
Mr. B.K. Narayanasamy
Mr. H.V Ramakrishnappa
Mr. S. Somashekar
Mr. Mr. P.V. Ramana Reddy
Mr. H.L. Somashekara
Mr. K.Subramanya



CONTACT DETAILS

National Board
Administrative Office & National Head Quarters
“USHA KIRANA”
406-A/10, 7th Main Road, 2nd Block
Jayanaagar, Bangalore -560 011
Tele: (80) 26575389
Email: rfsnationalb@gmail.com
Website: www.rfsindia.ngo

Bangalore Branch

“ASHA”, 501, 47th Cross, 9th Main,
V Block, Jayanagar,
Bangalore – 560 041
Tele: (080) 26645583/22446734
Email: rfsbangalore@gmail.com

Delhi Branch

“VISHWAS”, 30/3, Knowledge Park III
Greater Noida-201 308 (UP)
Tele: (120) 2323811
Mobile: 971726009
Email: rfsdelhi@gmail.com

Sidlaghatta Branch

“PRAGATI” Rural Branch
Bellutti Gate; Jangamakote Road,
Chikkaballapura Dist.
Karnakata-562105

Mobile:9845872374
Email: rfspragath@gmail.com

Lucknow Branch

“NAV UDAY” Mansik Swasthya Sansthan,
VirajKhand, -5, Gomti Nagar
(Behind Divine Heart Hospital)
Lucknow
Uttar Pradesh – 226 010
Tele: (0522) 2728998,
Mobile: 945041974
Email: rfsleknow@gmail.com

Registered Office
The Richmond Fellowship Society (India)
A-308, Navin Apartments,
Plot No. 13, Sector-5, Dwarkha
New Delhi – 110 075



