



Canvas painting by Anitha
devi, a resident of 'Jyothi'
House.

THE RICHMOND FELLOWSHIP SOCIETY (INDIA)

BANGALORE

(For Community Mental Health Training Centre in Therapeutic Community)

ANNUAL REPORT

2020-21

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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 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 resources and helping those disturbed to lead constructive lives within their own cultural milieu

VISION STATEMENT

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

MISSION STATEMENT

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



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 the chairman

My greetings and best wishes to the whole RFS family, friends and well-wishers of RFS



The bygone year 2020-2021 has been a very challenging year, but I am happy to note that all our branches faced the challenge of pandemic 'head on' and marched ahead. Adversities and challenges bring the best in human beings and we have all been witness to this during the pandemic.

The financial year April '20 started with strict lockdown in whole of our country for 3 months and many activities came to a halt. The day care of all our branches had to be suspended, hoping we could start back in few months but the closure had to be continued for more than a year and still uncertainty looms. The Half Way Home of all the three branches Bangalore, Delhi and Lucknow continued functioning and we had to take utmost care of our clients to protect them from the Covid-19. I must thank all our staff and clients of all branches for having helped us sail through this period.

The year has been a learning experience with technology showing us the way forward. We learnt to switch to online mode for all the purchases made at the centre and conducting all our Governing Council, National Board and General Body meetings. The silver lining to the situation was our attendance in the meetings increased as members could join from anywhere. We have learnt that by including online platform for some of our national meetings we can save both money and time.

The work related to amendments to the memorandum which has long been pending could not be completed but we hope to finalise it by the next year. Though our organisation is doing good job it is just a drop in the ocean. We should pay greater attention to advocacy so that more people can be helped. In spite of being a 'Pan India' organisation our recognition at the national level is lacking. We need to work more to make our presence felt and we are involved in making national policies on Rehabilitation.

This year we lost many of our psychiatrists to the Covid and I would specially wish to remember Dr. Sharda Menon, the first lady psychiatrist of the country and 'Mother of Rehabilitation Psychiatry' in India. We also lost our very able former treasurer of RFS Mr. V. S. Thyagarajan. I pray to God to give peace to the departed souls.

I must thank and congratulate all the National Board members and G.C. members of all the branches for having steered RFS in these difficult times. I will fail in my duty if I don't mention Mr. Sukumar our coordinator for his untiring effort in getting things done.

I wish all the best to our organisation and hope that the work done by RFS benefits many more and we grow in stature.

Long live RFS!
Dr. Shashi Rai

"It is only in our darkest hours that we may discover the true strength of the brilliant light within ourselves that can never ever be dimmed" - Doe Zantamata

Message from Secretary-General



The year gone by was one of the toughest challenges for the RFS family across the country. The pandemic was raging and hampering our service all round and families were facing the brunt of the absence of day care from our various centres. Added to this was the financial strain that we faced as an organisation with funding for some centres that had gone on for a few years not getting renewed. The only positive was the move to online meetings that have gone on without impediment and importantly enabling members across continents to attend, which would never have been possible in the normal course of events. The added advantage, being the saving of the huge expenditure which some meetings entail for travel, logistics and hospitality too. This is a pointer to switching over to online meetings whenever possible and having in-person meetings only when considered to be the only option.

Credit to all the centres for having carried on several activities and programmes despite these limitations and keeping the spirit and flag of RFS flying high.

We look forward to better times with signs of the pandemic tapering off slowly but surely and rising expectations of life returning to the old normal as we all knew it to be.

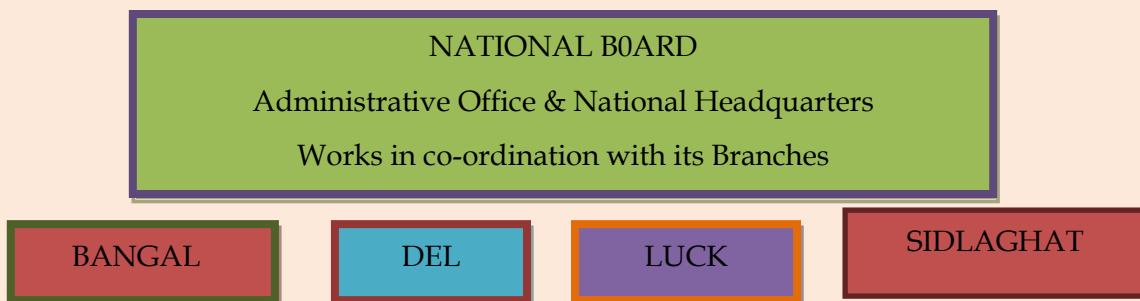
B. Chandrasekar

Secretary-General

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.



The Richmond Fellowship Society (India)

National Board

The National Board is the apex coordinating body of the Society. Membership of the Board consists of the Presidents and Secretaries of the branches. 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. It organises statutory meetings and submits statutory returns to concerned Agencies. It is also an advisory body to the branches. During the year 2020-21, the periodical returns to be filed under the FCRA, IT Act 1961, and Societies Registration Act 1860 were filed in time. The National Board met more than twice this year to discuss various issues relating to the branches, their activities and exchanged ideas on the functioning of the facilities during the pandemic period. The Annual General Body Meeting -2020, of the Society was conducted through Zoom Platform.



OVERVIEW

1. Services

Branch wise capacity of facilities and their utilisation during the year 2020-21

Details	Bangalore			Delhi			Sidlaghatta	Lucknow			Total
	G	H	D	H	D	O	O	H	D	O	
Capacity	17	23	50-60	20	40			20	40		220
Nos.as on 1.04.2020	17	23	61	17	18			9	25		170
Clients discharged	1	10	4					7			22
Clients admitted	Nil	7	2					4			13
Position as on 31.03.2021	16	20	35	13	13		2915	6		544	103

G: Group Home;

H: Halfway Home;

D: Day Care Centre

O:OPD Services

Day care service in all our Branches temporarily stopped from March 20 onwards due to Covid-19 pandemic.

Concession:

RFS Banagalore:

Bangalore Branch extended Fee concession, to 10 clients to the tune of Rs.6,72,650.

Care for Women 2019 Grant: For the 4th year running, RFS(I) Bangalore Branch had 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 project was completed on 31st August 2020 and the final Grant report was submitted to Give2Asia on 30th September 2020. The project grants were utilised for the following:

- (a) Salaries for 4 women staff working at ‘Chetana’ Day Care Centre
- (b) Fee concession support was offered to 16 women residents / clients (7 from Chetana, 3 from Jyothi and 6 from Asha)
- (c) Medication subsidy for 15 women residents / clients (6 from Chetana, 3 from Jyothi and 6 from Asha)
- (d) A cloth cutting machine, a water purifier and a computer were purchased

Due to COVID outbreak and its impact, the project could not be continued from October 2020 onward.

10 *per cent* discount is given to all patients for medicines purchased at RFS Lucknow Centre. Free consultation is given to all BPL Card holders and unaffordable patients. Out of 544 patients seen in the OPD, 15 patients were seen freely and six patients treated at concessional rates.

Sidlaghatta Branch received Mental Health Drugs worth Rs.15,000/- from **CHITTA SANJIVINI CHARITABLE TRUST** for distribution to the OPD patients. The branch also spent Rs. 46,334/- for free distribution of medicines. 59 patients were granted fee concession.



2. Man Power Development and Training Programme

a. Bangalore Branch:

- Block Placement / Internship / Concurrent field work: This training programme has been withheld due to COVID scenario
- Short-term training: Online training was conducted for 2nd year Bachelor students in Prosthetics and Orthotics (BPO), from Mobility India, Bangalore, from 15th to 29th July 2020.
- Virtual Orientation visit: 80 students from Department of Social Work, Loyola College. 21 students posted in Psychiatric Rehabilitation Services NIMHANS. These students are from MD Psychiatry, M.Phil. in Psychiatric Social Work & Clinical Psychology and Psychiatric Nursing.
- The MOU with NIMHANS has been renewed for a period of 3 years w.e.f.14th November 2019.

THE RICHMOND FELLOWSHIP SOCIETY (I)

BANGALORE

Bangalore branch of the Fellowship runs the following facilities:

- a) Halfway Home – ‘Asha’ for 21-23 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 more than 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.



Covid-19 Pandemic

Impact on residential services (Asha and Jyothi)

Most clients were at high risk due to their age and multiple medical co morbidities. RFS adopted adequate precautions at the onset of the first wave of the pandemic. Visitors and family members were not allowed inside the residential premises. Outings for residents were stopped. The staff ensured social distancing, usage of masks, and hand hygiene among clients. The premises were regularly sanitized, and temperature and oxygen saturation levels were checked daily for all clients and staff present.

Videos on COVID-19 awareness and washing hands helped them better understand the situation. As residents perceived the news telecast disturbing, staff advised them to avoid news channels if possible. The residents were personally reassured and educated about various precautions taken at the facility by Dr.Kalyanasundaram and Dr.Lata Hemchand. Reassurance and firmness in handling (when required) were helpful.

When the Government declared lockdown for the first time, the support staff (like cook and attenders) chose to stay at the facility instead of going home not to interrupt the facility's routine and provide food to residents and staff on time. It was challenging to ensure continuity of care for all residents, including follow-up consultations and administering injections/ electroconvulsive therapy sessions during the first lockdown. Dr. Kalyanasundaram personally visited the residential facilities 2-3 times a week and administered injections personally. Tele-consultations became the norm during the pandemic, and the situation was better.

On the brighter side, lockdown helped enhance the creative side of the staff in engaging the residents. The usual recreation programs like snacks out, lunch out, picnic, movie, and Chetana Vocational activity were impossible during the lockdown. Thus, keeping the clients engaged every day was a great challenge. Films were screened in-house with physical distancing. Daily snacks were made in-house. Special activities like collage making, quiz competitions, group games, music classes, and coloring activities helped clients follow a routine, stay calm and active during the daytime. One resident completed her online embroidery course also.

As the first wave subsided by September 2020, residents settled into a routine with the group and other rehabilitation activities until the second wave started.

Handling COVID-19 outbreak in the residential facilities

COVID-19 cases were reported in Asha during the first wave, and affected residents were hospitalized by the families.

Taking care of the staff

The Chetana staff worked from home during lockdowns. The staff was paid salary in full during lockdowns. The management compensated the staff who put in more work during the lockdown and quarantine with extra leaves and monetary compensation.

Role of families

The Families were very supportive during the period. They were in constant touch with their loved ones over video and audio calls during the pandemic. Some of the families took their wards home during the first lockdown.

COVID-19 Vaccination drive

Residents of residential facilities above 45 and all staff members were vaccinated with first dose in February 2021 with Covishield.

Shift to online meetings and virtual platforms

During the first wave lockdown, Chetana engaged clients online (through WhatsApp video calls, Zoom, and Google Meet) in various topic discussions, apart from encouraging them to share individual concerns and assigning homework. The annual Jyothi family meet happened virtually instead of in person, and families across the globe joined for the program. The clients in residential facilities availed tele-consultations from their doctors unless there was a compelling indication for an in-person assessment.

Internship and orientation programs for students, which earlier used to happen in person, were discontinued to avoid the risk of COVID-19 transmission through visitors.

World Mental Health Day Celebrations:

As part of World Mental Health Day Celebrations, the Fellowship had organised the first online meet to celebrate the same on 14th October 2020. Dr.H.S. Aditya, Hon Secretary & CEO, addressed the staff and residents on the WHO theme of World Mental Health Day 2020 – “Mental Health for all, Greater Investment – Greater Access, Everyone, Everywhere”.

Two competitions were conducted for the residents of ASHA and JYOTHI

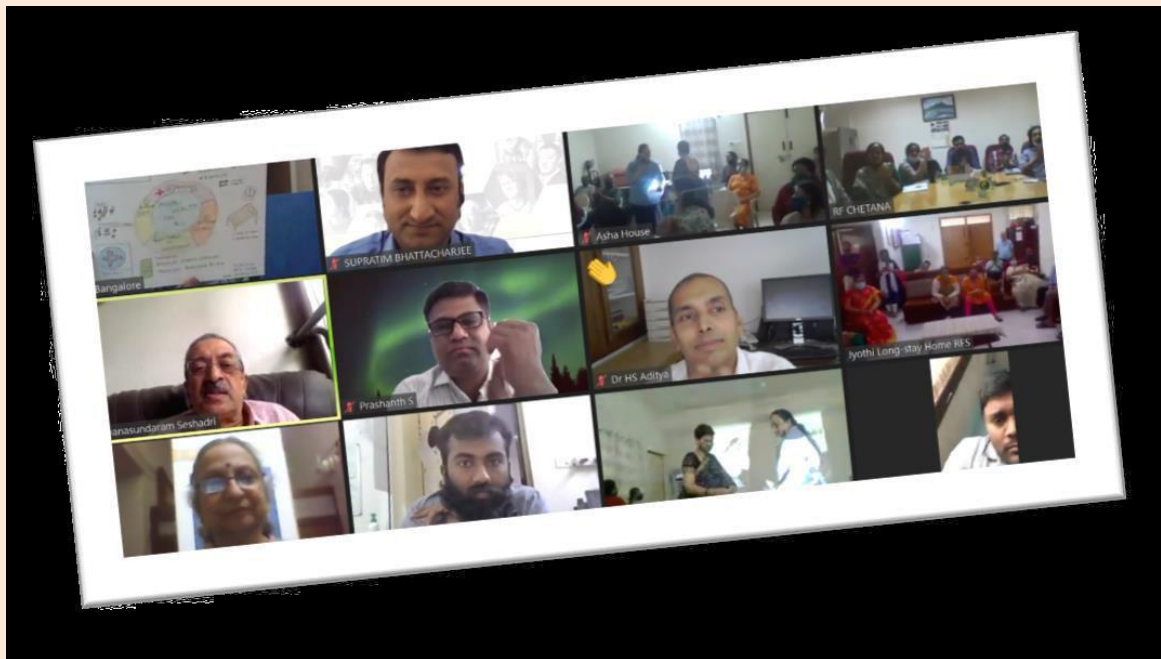
Intra facility painting competition on WHO theme: 8 residents each from ASHA and JYOTHI participated.



Inter facility collage competition on 'Covid-19 Pandemic concerns: ASHA and JYOTHI residents made collage on the theme.

The winners were awarded with cash prize for their remarkable efforts and bringing up colourful outputs with enthusiasm.

This programme was sponsored by M/s Lundbeck. Mr. Prashanth, National Sales Manager, and Mr. Supratim National Marketing Manager, of Lundbeck took part in this online event. Both of them expressed their gratitude and happiness in getting an opportunity to collaborate with RFS and to see the clients and their work.



Art competition: Commemorating the World Mental Health Day 2020, Heritage Museum NIMHANS in collaboration with Psychiatric Rehabilitation Services NIMHANS conducted online art competition and online exhibition on the topic: "PRS – Priceless rays of sunshine beyond the pandemic" in November 2020. 3 residents from ASHA, 6 from Jyothi & 2 from Chetana took part in this online art competition.

JYOTHI Family Meet 2020: For the first time, due to covid pandemic, Jyothi Family meet was organised via zoom platform on 21st November 2020. Most of the families of ‘Jyothi’ residents participated in this meeting. The families very thankful for organising this virtual meeting as all those staying abroad got an opportunity to participate and interact with their wards and other family members. Dr. Sivakumar Thanapal, Chairperson of ‘Jyothi’ house, spoke on ‘New Normal and the way forward’. Prof. V. Ravi, Prof of Neurovirology, NIMHANS, was invited to give a talk on “Covid-19, Challenges and Opportunities”. His talk was highly appreciated by everyone present. It has been suggested by the families to arrange for this meeting once in 6 months.

Annual Fellowship Day: The 34th Annual Fellowship Day was celebrated on 18th December 2020 via zoom platform. Dr.H.S. Aditya, Hon. Secretary & CEO, gave a talk on ‘Telemedicine in RFS; a Challenging opportunity’. The staff team had organized cultural programmes where the clients and residents showcased their talents, which were pre-recorded. Dr. Kalyanasundaram and Dr. Lata Hemchand handed over the prizes for the winners of indoor sports activities. It was a well-attended programme. The expenditure for this event was met from the donations raised for this purpose. The E- Table Calendar for the year 2021 created by the Fellowship from the paintings done by the residents / clients of the three facilities was released on this occasion. The printing cost of 500 calendars was sponsored by ‘Sun Pharmaceuticals Ltd’.

OTHER EVENTS

Awards & Honours: Dr.G.N.Narayana Reddy, Mentor of RFS(I) and Dr.S.Kalyanasundaram, Hon. Advisor were honoured (via virtual platform) for their contribution to Psychosocial Rehabilitation. This was organised by Indian Psychiatric Society - Rehabilitation Speciality Section, on 23rd December 2020 during the Webinar on ‘Psychosocial Rehabilitation: Past, Present and Future’.

Espousal Online: Dr. S.Kalyanasundaram & Dr.Lata Hemchand, were the Panelists for the discussion titled “Healthy Relationships : Pre and Post Marriage” during ESPOUSAL Online : first ever online Wedding Expo held on 11th & 12th September 2020. This programme was organised by Zeroin. On this occasion, the RFS(I) was provided a Platinum stall to display / project the activities of the Fellowship (free of cost)

Dry Ration Kit Support from Craftizen Foundation: Dry Ration Kits were distributed to the Green Skilling Beneficiaries and also to the support staff of RFS facilities, who are BPL card holders, on three occasions (May 2020, August 2020 & February 2021). This was sponsored by Craftizen Foundation. On the first occasion, 19 of them were benefitted and subsequently 25 of them got this benefit of dry ration kit worth ₹ 1000/- each which consisted of rice, sugar, toor dhal, moong dhal, oil, jeera, atta, mustard, chilli powder and dish washer soap.

Short film 'Connected' – Frame of Mind 2020

The Fellowship participated in the short film contest organised by SCARF India and Frame of Mind. '**Connected**' a short film, made by Mr. Jithin Thomas working as a Junior Rehabilitation Counsellor and his team, was awarded the 3rd prize. A sum of ₹ 10,000/- was received as prize.



Painting done by George Perumal, a resident of 'ASHA' house

Columbus Foundation: Limited Brand Cares / Mast Cares Fund:

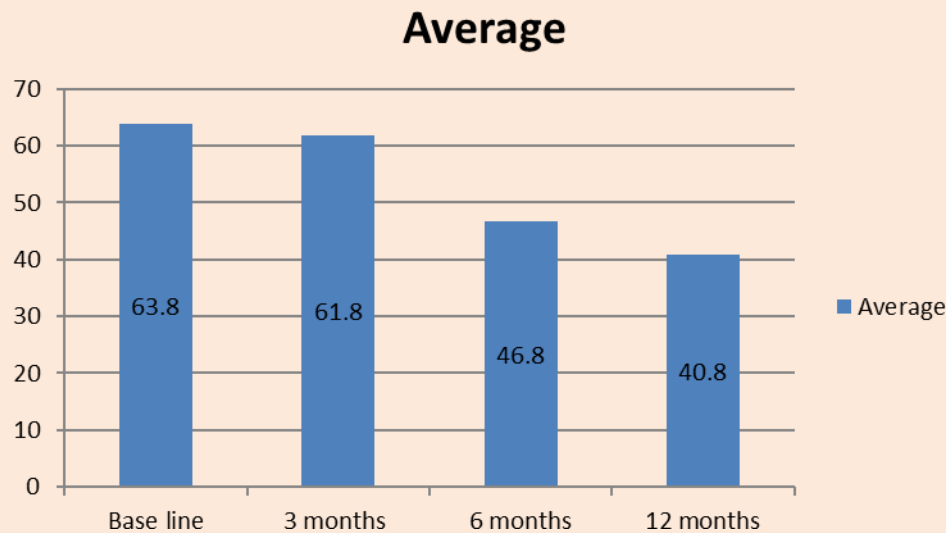
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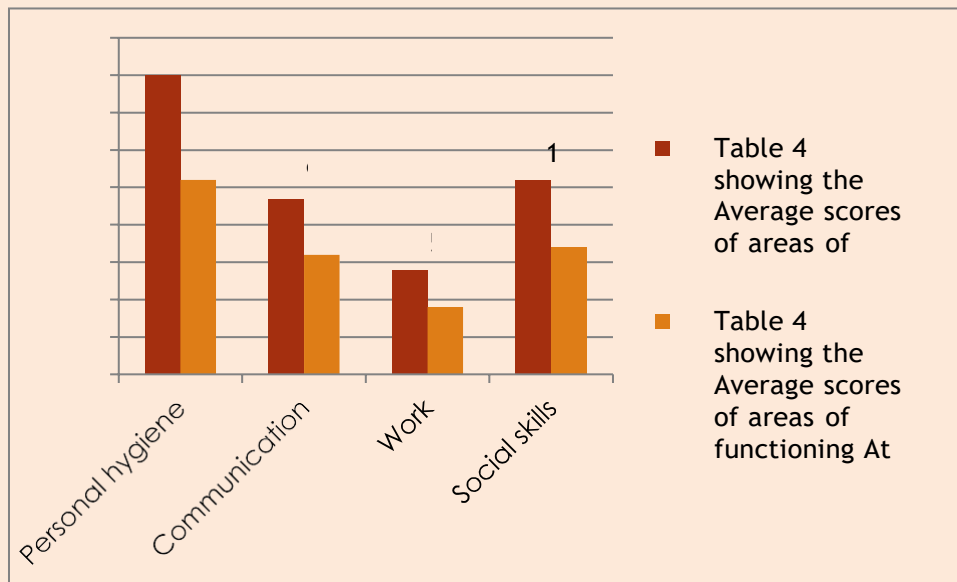
Details of tracking the progress of clients at Asha (2020-2021)

The progress of 9 clients was tracked in the one-year period between 2020 to 2021, using the Social-Occupational Functioning Scales (SOFS). These clients were chosen based on their stay at the halfway home which was one year or more. It was considered appropriate to observe the clients over a period of one year to assess the impact of interventions and rehabilitation measures that were carried out. SOFS provides a disability score based on the functioning in four areas, namely: personal hygiene, communication, work habits and social skills. A higher score indicates greater disability and vice versa.



- The above table and graph show improvement of clients over three equal intervals during their Rehabilitation process.
- In the base line average score average score in SOFS is high.
- By the end of 6 months there is remarkable improvement in the Average scores of all domains in SOFS.
- Improvements were seen in core areas of functioning when assessed under SOFS
- By the end of 12 months there is an improvement in the average scores of all domains.

Graphical representations of Areas of functioning



Intervention strategies:

- ❖ Structuring the daily routine
- ❖ Modeling
- ❖ Demonstrating
- ❖ Individual and group discussions
- ❖ Activities of Daily Living (ADL) planners
- ❖ Group and individual sessions on personal hygiene
- ❖ Regular monitoring on diet and eating habits
- ❖ Exposure to group activities: Role plays, didactic discussions, discussions using charts and information leaflets.
- ❖ Individual sessions.
- ❖ Effective communication skills training.

SUCCESS STORIES OF CLIENTS

Dear Dr Kalyanasundaram and Staff,

Sending you this picture of a one-time patient of yours -Michael Miller.

He has come a long way thanks to your dedicated staff and services for which we are very grateful.

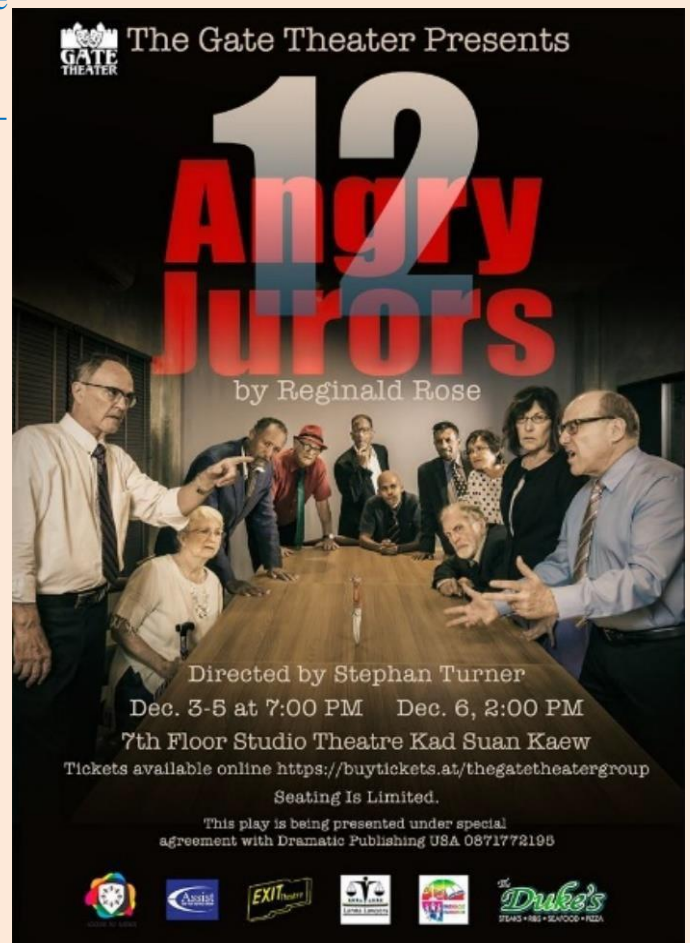
As you can see, he is doing wonderfully well in the world now and has even joined a Theatrical Company.

This is a picture of his first Theatrical play - Michael is the man in the middle sitting down.

Once again thank you for everything.

Warm regards,

George Miller



Fund Raising Event



RF Charity Golf Tournament 2021:

The 14th edition was held on 5th February 2021 at KGA. It was a grand success with 132 golfers participating in this event. The response from the golfers and donors / sponsors was very encouraging, in spite of COVID scenario. A write-up about this event was published in Golf Plus Magazine (an International Golf Magazine) – March 2021 issue.

Training and Research Centre in Mental Health

Internship / Block Placement / Orientation visit training

Sl. No	Training	No. of students
01	Block Placement / Internship / Concurrent field work	This training programme has been withheld due to COVID scenario and this programme will be re-started once all the staff and residents are vaccinated. Although the students are informed about online internship, requests are largely being received for 'Physical' training rather than 'Online' training.

02	Short-term training	Online training was conducted for 2 nd year Bachelor students in Prosthetics and Orthotics (BPO), from Mobility India, Bangalore, from 15 th to 29 th July 2020.
03	Virtual Orientation visit	<ol style="list-style-type: none"> 1. 80 students from Department of Social Work, Loyola College. 2. 21 students posted in Psychiatric Rehabilitation Services NIMHANS. These students are from MD Psychiatry, M.Phil. in Psychiatric Social Work & Clinical Psychology and Psychiatric Nursing.

THE RICHMOND FELLOWSHIP SOCIETY (I)

DELHI

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. The Branch is 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.

The Delhi branch hosted the 30 years’ celebrations of RFS in India in September 2016. As part of the celebrations, a National Conference was organized at the All India Institute of Medical Sciences with the objective of reflecting on the journey of RFS in India and charting a roadmap for future.

The basement in Vishwas “Leena Khurana 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 under utilization.

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.

- ***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. However, presently the activities with the slum children are suspended as safety measure.

- ***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. Music teacher comes twice a week. Yoga classes are taken daily by our trained counsellors. 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 and volunteers, 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.



Diwali Celebration



Birthday Celebrations of Members

- **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.

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 13 / 14 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.

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 Vice President, Dr Satyawati Devi. She used to go 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 Gautam Budha district. The purpose is to strengthen the District Mental Health Programme (DMHP). Once a month OPD service is also provided at Vishwas. However, due to Covid pandemic, these programmes have been suspended temporarily.

Residents and Carers

The profile of members admitted in Vishwas has changed over the years with more than half of them continuing to stay on beyond the period of 18 months envisaged as the norm for rehabilitation. The strength of members in Half Way Home is as under:

As on	Male	Female	Total
01.04.2020	06	11	17
31.03.2021	04	09	13

The main source of funding is through donations and fees paid by the carers for their wards. Limited CSR funding is also utilised mainly for community outreach and day care activities. P.C. Seth Memorial Fund was created to support outreach and

advocacy activities and give concessions to some residents staying in the rehab facility.

Covid-19 Pandemic

The Corona Pandemic has impacted the whole world and is going to leave unexpected scars of miseries on all walks of life, socially, physically, mentally, and financially. The concerns of an organization working in the field of rehabilitation of persons suffering with mental illnesses, required special skills and administrative decisions during this period. The resident members are more vulnerable to this virus because of various factors such as physical, their mental health and age.

To safeguard the interests of members and staff, the following steps were taken:-

- The counsellors were deployed on day & night long duration rotational duties to avoid exposure to virus due to frequent to & fro journey to Vishwas.
- Services of art teacher, music teacher, yoga teacher were discontinued. The activities of these teachers were taken care by the counsellors.
- Services of housekeeping staff, laundryman and gardener were discontinued. Housekeeping job was being done by the members with the active personal involvement of our female counsellors/nurse. Members were motivated to wash their own clothes. The plants were being watered with the help of our staff.
- Members and staff were educated about the safety measures required to be taken to safeguard themselves. sanitizers, masks, gloves etc were provided to all the members and staff.
- For all the branch's daily need services, it depends on support from various vendors. Covid protocols were followed while dealing with the vendors for various consumable requirements.
- For motivating the staff to work during the pandemic, financial benefits were given in addition to monthly salary.

Donation received:

The branch received donation in cash of Rs. 1,25,100 and fifteen blankets and a Diner set.

THE RICHMOND FELLOWSHIP SOCIETY (INDIA)

LUCKNOW

The Lucknow branch of RFS(I) is located at Viraj Khand, Gomti Nagar and the branch was started 16 years back.. The centre is known as Nav Uday Mansik Swasthaya Sansthan and it has the following facilities:

The Day care centre: The branch has a capacity to cater to 40 clients, in better times the branch had up to 20-25 clients coming everyday or on and off to the day care. This service remained closed since March 2020 and will start once things improve. In this period the branch tried to connect to their clients and their caregivers through whatsapp video call and caregivers meeting on zoom. The counsellors kept in touch with the clients and regularly motivate them.

Half way home: This facility has a capacity for 20 clients but could not have more than 50% clients and generally there were only 7-8 inmates at any given point of time. The half way home clients participated in all the activities which were usually planned for both the day care and half way home clients. They followed the normal routine which was being carried out earlier.

O.P.D Services: Earlier O.P.D Srvices were being conducted thrice per week, since 2019 the branch reduced it to two times per week but since March 2020 either the O.P.D was suspended during the lockdown or conducted only once a week on Tuesdays by Dr. Shashi Rai.

Internship and orientation programme: This has been a very cherished programme since start of RFS as the young interns come as a whiff of fresh air and bring novelty to the functioning of the centre but it had to be suspended this year to safeguard the half way home inmates from exposure and contact from people coming from outside. There were few enquiries to conduct online classes but could not be organised.

Staff Training:

Date	Trainer	Trainee
Once every week on Tuesday	Dr Shashi Rai	All Staff (Training Regarding sanitization protocols to be

		followed during the pandemic.) for Staff and clients of half way home
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Overview / highlights of the activities of the branch

O.P.D. Services

O.P.D. Services were run on and off and only once/week by Dr. Shashi Rai. Strict covid protocols were followed. The premises of O.P.D. area were sanitised before and after O.P.D., patients were seen by appointment only and physical distancing and mask was compulsory. All patients and attendants were scanned for temperature and proper travel history was taken. The details of patients seen in this period are given below:

O.P.D. Details

Month	New	Followup	Free	Concession
Apr-June	12	31	1	0
July-Sep	46	117	1	4
Oct-Dec	55	132	9	0
Jan-March	28	102	4	2
Total	141	382	15	6

Total 544 patients were seen in this annual year 2020-2021.

Half way home:

On an average we had 7-8 clients throughout the year. It was mandatory before any admission to get the covid test done by RTPCR method. The details of half way home attendance throughout the year are given below:

Halfway Home Details

Month	Male	Female	Total
Apr-June	6	3	9
July-Sep	7	3	10

Oct-Dec	6	3	9
Jan-March	4	2	6

No. of patients admitted in this year - 4

No. of patients discharged in this year – 7

Two of the halfway home clients are given incentives:

- Miss Anita Khanna - Rs. 3100 p.m. & Mr. Sango Panwar - Rs. 1250 p.m.

Important meetings and events held in this period:

All festivals and days of national importance were celebrated by the staff and clients of the half way home. The secretary Dr. Shashi Rai often joined these celebrations. Birthdays of all clients, staff and office bearers were celebrated with enthusiasm. These celebrations infuse energy and spark to the routine life of the inmates. The counsellors made great efforts in compiling videos sent by different members into a collage and sent it to the person concerned as a surprise gift.

Other important events

On 6/6/20- 5 saplings were planted at the centre by the office bearers in lieu of World Environment Day.

Activities/Confereneces/Workshops attended by members and staff

Dr. Shashi Rai attended various webinars and conferences organised by various psychiatric associations in this period. Few of the important events attended in this period are enumerated below:-

July-Sep 2020

Date	Description
01/07/20	Dr.Shashi Rai was honoured by Bhartiya Kisan Union on Doctor's Day at IMA Lucknow.
06/08/20	Dr.Shashi Rai chaired a session on "Internet Addiction" in children and adolescents conducted by IPS Odisha

	branch.
13/09/20	Dr. Shashi Rai chaired a session on “Mindfulness “ in a CME conducted by Art of Psychiatry Committee.
26/09/20	Dr. Shashi Rai delivered a lecture on “Depression in women” the effect of pandemic organised by Alkem Pharmaceuticals.

Oct-Dec 2020

Date	Description
10/10/20	organised an awareness programme for caregivers of RFS(I) Lucknow branch on World Mental Health Day.
18/10/20	Dr. Shashi Rai was one of the participants in IAPP Midterm CME and spoke on issues of mental health in children and adolescents on zoom platform.
5/12/20- 6/12/20	Dr. Shashi Rai attended IAPP Annual conference on virtual platform and gave a talk on Rehabilitation.
13/12/20	Dr. Shashi Rai attended symposium organised by women mental health speciality section and chaired a session.
	Dr. Shashi Rai has been nominated as one of the members of District Mental Health review board.
23/12/20	Dr. Shashi Rai attended the webinar organised by speciality section on Rehabilitation Psychiatry

Jan-March 2021

Dr. Shashi Rai attended the AGBM of Delhi branch on 24th January 2021.

On 13th February a care Givers meeting was organized.

On 13th March Dr. Shashi Rai ,Mr Alok Saxsena , Dr L.K. Maheshwari, Dr. Upreti, Mrs Pushpa Sethi, Col Yadav and Mr H. K. Abidi attended the AGBM of RFS(I).

Important purchases made in this financial year:

The branch purchased a Eco van in the month of July 2020. This was purchased by disposing off the old Maruti van and donation given by the GC Members of RFS(I), Lucknow.

Sanitizing spray machine.

Thermal scanner

Donations Received in this financial year (2020-2021)

The branch received Donation of Rs. 2,86,100/- during the year

Donations in kind.

Three bottles of Sanitizer 500 ml each, 3 wall clocks, 1 bedsheet, cloth for masks and gloves were given by Dr. Shashi Rai.

Success stories : One of the clients Miss Anita Khanna got a job at international call centre at Niftel Communications, Lucknow but couldn't join due to the ongoing covid situation.

Feedback from guardians of half way home clients:

- 1) “ I am very happy and thankful to see Vipul engaging in group activities as he used to stay all alone earlier.” -Mr. Vivek Srivastava brother of client of half way home.
- 2) “ You people are doing great work in these difficult times. May God bless you.” -Mr. Akhlesh Kaushiva, Mr. Sango Panwar's brother-in-law
- 3) Nidhi's sister Nisha Gulati thanked for regular communication from the centre and is satisfied with the way her sister is taken care of.
- 4) “I want to thank RFS for taking care of my brother.” -Mr. Ranjeev Sahu, Mr. Sanjeev Sahu's brother
- 5) “I am happy that now my brother recognises me and calls me his sister. Earlier he did not used to recognise me.” -Mrs. Madhu Chaudhari, Mr. Manish Kumar Singh's sister
- 6) “Mr. Ashish's hygiene has improved and he is responsive now.”- Mr. Manish Garg, Mr. Ashish Garg's brother

Any other activity:

Masks were made by our halfway home clients and counsellors and supplied to inmates and O.P.D patients who came without mask. Various pillow covers, wall hanging organizers and handkerchiefs were made.

In art and craft classes greeting cards, glass vases and sketch paintings were made.

Vision for the future:

Though the facility started more than 15 years back it is not fully utilised, which seems a waste of resources. The branch should raise awareness regarding the facilities and work being done.

The main aim should be to rehabilitate our inmates and send them to the outside world wherever possible as only then it will be able to fulfil the mission of RFS.

There should be more collaborative work and research work of all the centres as our facility is one of its kind.

Few photographs of events at the centre:



Dr. Rai giving gift to a client



Group photograph Republic day flag hoisting

Lohri celebration



Diwali pooja



Clients enjoying meal





Birthday celebration

Clients exercising



THE RICHMOND FELLOWSHIP SOCIETY (INDIA)

SIDLAGHATTA

The Branch is Conducting two camps in a month on Second Sunday & Last Sunday of every month Issuing food for Patients and care givers on camp days.

Services provided: **Day Care Center was temporarily stopped.** Outreach services
Clients: Male & Female -**Mental Health & Epilepsy Camps held on 2nd Sunday & Last Sunday of every month.**





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

Amount Spent on Free Medicines on outreach services-**Rs. 46334/-**



The Medical officer, Sidlaghatta supplied 10 medicines for distributions to the OPD patients **Chitta Sanjeevini Charitable Trust (R)**, Vijayanagar, Bengaluru, was donating worth Rs. 15,000/- of Mental Health drugs for every month.

Consultancy fees collected from patients during the period April-2020 to March- 2021, Rs. 1,48,640/-

The Branch received donations to tune of Rs. 1,00,500/-

Donations received in kind.

One member donated 200 kg rice for food preparing to patients on camp days and 12 other members offered Food donations on O.P.D days.

TREASURER'S REPORT

The financial year 2020-21 of RFS (I) ended with a surplus of Rs.10.51 Lakhs as against Rs.33.61 Lakhs in the previous year. Income of the Society decreased by Rs. 52.58 lakhs registering 14.39 *per cent decline* over the previous year's income. Major components of Income that showed reduction were Grant-Restricted (Rs.18.57 lakh) and Day care and other Income (Rs.52.90 lakh). Main reason for reduction in income was COVID-19 due to which the Day Care Centers and their activities of all Branches were temporarily closed. For the same reason, Grants were also not forthcoming during the current year.

In terms of total expenditure, the amount spent on "Direct program activity" was Rs.203.48 Lakhs, (67.28 %) which was slightly higher compared to the previous year amount of Rs.221.26 Lakhs (66.67 %). Administrative Expenses (excluding Depreciation) remained almost at the same level which was Rs.49.45 lakhs (16.35 %) in the current year and Rs.53.53 (16.21 %) in the previous year owing to additional compensation to staff and their transportation during the pandemic period..

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

(Rs. in Lakhs)

		2020- 21	2019- 20
ASSETS			
	Fixed Assets	503.90	535.82
	Advances/Deposits /Loans & other Assets	25.25	24.99
	Cash, Cash Equivalent & Investments	613.66	567.06
TOTAL		1142.81	1127.87
LIABILITIES			
	Funds & Reserves	942.28	917.86
	Loans/Advances/Deposits/Unspent grant/Creditors	200.53	209.99
TOTAL		1142.81	1127.87
INCOME			
	Grants – Restricted	11.46	30.03
	Grants-Others		
	Donations	63.62	47.46
	Day Care & Other Income	203.37	256.27
	Net Financing Income	34.45	31.72
TOTAL		312.90	365.48
EXPENDITURE	Direct Program Expenditure	203.48	221.26

	Administration	49.45	53.53
	Depreciation	34.81	37.08
	Rehab & Admin Fund	14.65	20.00
TOTAL		302.40	331.87
	Surplus/(Deficit) for the year	10.51	33.61

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

2020	N B	Banga lore	De lhi	Luck now	Sidlagh atta	Tot al
Income	3.9 5	205.83	62 .9 0	36.95	3.27	312 .90
Contribution from Branches						
Income (after adjusting contribution)-- -I	3.9 5	205.83	62 .9 0	36.95	3.27	312 .90
Expenditure	8.2 9	181.94	47 .4 8	43.63	6.40	287 .74
Contribution to NB						
Expenditure (after adjusting contribution)-- --II	8.2 9	181.94	47 .4 8	43.63	6.40	287 .74
Excess of Income/Expen diture over Expenditure/I ncome---(I-II)	(4. 34)	23.89	15 .4 2	(6.68)	(3.13)	25. 16
Rehab &		14.65				14.

Admin Fund						65
Net Surplus/Deficit	(4. 34)	9.24	15 .4 2	(6.68)	(3.13)	10. 51

(sd). Ms. Nithya Rangarajan
Treasurer RFS(I).

ACKNOWLEDGEMENT

We gratefully acknowledge all Donors (India and Abroad) who have supported our Organisation. A sum of Rs. 75,86,681/- was generated through grants and donations by all Branches during the year. In addition to donations in cash several Good Hearts donated in kind also.

RFS Bangalore	Rs. 69,80,981
RFS Delhi	Rs.1,25,100
RFS Luckow	Rs.3,80,100.
RFS Sidlaghatta	Rs.1,00,500

Management of the Organisation (2019-22)

National Board

Dr. Shashi Rai	Chairperson
Mr. N. K. Gururaja Rao	Vice-Chairman
Mr. B. Chandrasekhar	Secretary-General
Ms. Nithya Rangarajan	Treasurer
Dr. A.K. Agarwal	Member
Mr. Alok Saxena	Member
Gp.Capt (Retd).Kapil Shukla	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

Mr. K. VijayaRaghavan	Members
Dr. S. Kalyanasundaram HOn. Advisor	Members
Mr. M.S. Seshadrinath	Members
Prof. Shreedhara Murthy	Members
Dr. Vidyasathyanarayanan	Members
Dr. T. Sivakmar	Members
Dr. LataHemchand	Members
Dr. SrikalaBharath	Members
Dr. Dharithri Ramaprasad	Members
Ms. Niveditha	Members
Dr. Johnson Pradeep	Members

**The Richmond Fellowship Society
Delhi**

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

Gp.Capt. (Rtd.) Kapil Shukla	President
Dr. Satyavati Devi	Vice President
Mr. Brijesh Kumar Asthana	Secretary
Mr. Karan Sawhny	Treasurer
Mr. Manmohan Mullick	Member
Mr. Gurdev Singh Soin	Member
Dr. Payal Kumar	Member
Mr. Sanjiv Mittal	Member
Dr. Kaveri Chauhan	Member
Mr. P.C. Rawal	Member
Miss Abha Sharma	Member
Mr. Subhash Chandra Saxena	Member
Mr. S. C. Batra	Member
Mr Shiv Shankar Singh	Member
Dr. D.K. Mitra	Member

The Richmond Fellowship Society
Lucknow

Members of the Governing Council
(2019-2022)

Dr. .A. K.Agarwal	President
D. Prabhat Sitholey	Vice-President
Dr. Shashi Rai	Secretary
Mr. Alok Saxena	Treasurer
Smt. Pushpa Sethi	Day Care – in – Charge.
Ms. Abha Awaasthi	Member
Dr. Harish Agarwal	Member
Mr. Ramesh Agarwal	Member
Dr. Mrodula Agarwal	Member
Lt. Col. S.S. Yadav	Member
Dr. L.K. Maheswari	Member
Mr. Abidi	Member
Mr. S. S. Dixit	Member
Mr. L. H. P. S. Gupta	Member

The Richmond Fellowship Society
Sidlaghatta

Members of the Governing Council
(2019-2022)

Mr.N.Shreekanth	President
Mr.K.V.A.Padmanabha	Vice-President
Mr. N.K. Gururaja Rao,	Secretary
Mr. K.V.Satynarayanachar,	Treasurer
B.V. Munegowda,	Member
Dr.V.Venkataramaiah,	Member
Mr. Jeevan Kumar.R	Member
B.K. Narayanaswamy	Member
Mr.H.V.Ramakrishnappa	Member
Mr.S.Somashekar	Member
Mr.P.V.RamanaReddy	Member
Mr.H.L.Somashekar	Member
Mr.K.Subramanya	Member
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