



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

(For Community Mental Health Training Centre in Therapeutic Community)

ANNUAL REPORT

2021-22

Administrative Office & National Head Quarters

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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, Lucknow and Sidlaghatta, 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 rural 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 (I) family

And

All our well-wishers!

The festive season is round the corner and I take this opportunity to wish everyone, “Happy Gandhi Jayanti, Dusshera, Id-e-milad, World Mental Health Day, Durga Puja and Diwali.

Time seems to have flown since I took over as chairman RFS (I) in September 2019, inspite of the difficult times we have passed through due to the Covid19 Pandemic. We could not have even one, in- person meeting of the National Board or the Annual General Body meeting in this period but the work went on with help of technology. All activities were carried out on virtual platform. The COVID 19 pandemic has changed the world and it will be a life time experience for all of us and the impact of it is going to reverberate for decades to come. It has been a collective global stress and time will be described as ‘Pre-covid’ and ‘Post -covid’.

There has been a Tsunami in mental illness in this period and as per W.H.O. there has been more than 25% increase in just depression and anxiety.

We at RFS faced our share of challenges. The Day care services had been suspended in all branches, but now slowly it has started functioning again. The half way home continued to function in all three branches and has being doing a good Job. The internship programme has restarted albeit at a slower pace. All our four branches did their best in different areas. Sidlaghatta branch continued its Samaritan work of ‘Out Reach’ programme, Delhi excelled in advocacy, Lucknow branch was the first to restart day care services and had a very successful Annual Day celebration and the big brother Bangalore branch outshone all branches by conducting numerous activities online and their terrific golf match which ushers in a lot of revenue continued.

Technology has shown us the way forward and all our activities and meetings were carried on zoom platform. We missed the warmth of in person meeting, but the positive side was the attendance was more in the meetings and we could save on money.

Another accomplishment of this term has been that the work of amendment of the constitution of RFS (I) which had been initiated before 2014 and was long pending was completed and it has been submitted to Registrar’s of society office for final approval. Few baby steps have been taken to increase the advocacy and visibility of RFS (I), but much more needs to be done. We have to work hard to actively make this a ‘Pan India Organization’ and make our voice heard in the corridors of power to better rehabilitation services in the country.

I must thank and congratulate all our National Board members, G.C. members of all branches and our staff for having worked hard to get the work moving in spite of many constraints. I will be failing in my duty if I don’t acknowledge the hard work put in by Mr. Sukumar our coordinator who was been at the helm of all affairs.

I wish our organization all the best and hope RFS (I) takes a lead in improving the rehabilitation services in the country.

Long live RFS(I)!

Dr. Shashi Rai

Message from 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 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

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 nominated based on the number of facilities/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 2021-22, 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 -2021, of the Society was conducted through Zoom Platform.



OVERVIEW

The Richmond Fellowship Society (India) renders different services to the mentally ill patients which include, Long stay/Group Home, Half way Home, Day care centres and outreach/OPD services. The following overview presents a gist of the activities of the branches in these services.

1. Patient Care Services

Branch wise capacity of facilities and their utilisation during the year 2021-22

Details	Bangalore			Delhi			Sidlaghatta	Lucknow			Total
	G	H	D	H	D	O	O	H	D	O	
Capacity	17	24	50-60	20	40			20	40		221
Nos.as on 1.04.2021	16	23		13				6	25		83
Clients discharged	01	07						8			16
Clients admitted	01	07						11			19
Position as on 31.03.2021	17	23		13				9			62
Patients seen in OPD							2636			649	

G: Group Home;
O:OPD Services

H: Halfway Home;

D: Day Care Centre

Day care service in our Branches resumed functioning after COVID-19 restrictions.

Concessions to Patients:

Concessions to the Patients are extended to deserving patients by our branches during the course of their services. The concessions given by the branches during 2021-22 are given below.

RFS Bangalore:

Bangalore Branch extended Fee concession in Halfway Home to 10 clients to the tune of Rs.5,99,700/-.

RFS Lucknow:

The Lucknow branch conducts OPD services thrice a week (Tuesdays, Thursdays and Saturdays). The branch collects OPD charges at Rs. 600/- per consultation. Free consultation is given to all BPL Car holders and unaffordable patients. During 2021-22, out of 649 patients seen in the OPD, free consultation services were offered to 20 patients and five of them were offered consultation services at concessional charges. Five per cent discount was given to all patients for medicines purchased at RFS Lucknow Centre.

RFS Sidlaghatta:

Sidlaghatta Branch received Mental Health Drugs worth Rs.15,000/-from **CHITTA SANJIVINI CHARITABLE TRUST** for distribution to the OPD patients. The branch spentRs. 1,09,958/- for free distribution of medicines.70patients were granted fee concession.



2. Man Power Development and Training Programme

Man power Development, being one of the prime objectives of the Society, its branches impart training to students and other volunteers in the field of mental rehabilitation. The activities of the branches in Manpower Development are as under.

a. RFS Bangalore:

- Block Placement / Internship / Concurrent fieldwork: **24 students** from CMR University, St. Claret College, Madras School of Social Work, Jain University and St. Joseph's College.
- Short-term training: On-line short-term training was conducted for 15, II-year students pursuing Bachelor of prosthetics and Orthotics (BPO) at Mobility India, Bangalore from 14th to 23 July 2021.
- Orientation visit: **185 students** from NIMHANS, MV Shetty College of Social Work, Jain University, Manasa Trust and VIT University.
- The MOU with NIMHANS was renewed for a period of 3 years w.e.f. 14th November 2019.

RFS Lucknow:

Pre -covid this was a very successful programme of our centre. It was suspended from March 2020 to September 2021 to safeguard our clients staying in the half way home from unwanted exposure

Branch Annual Reports

RFS Bangalore

The Bangalore branch of the Fellowship runs the following facilities:

- a) Halfway Home – ‘Asha’ for 24 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 50 clients (temporarily closed)

The Bangalore Branch has provided rehabilitation services to 1248 clients at our residential and Day Care Centres, as on date. All three centres provide treatment and support to adults battling chronic mental illnesses such as Schizophrenia, Schizophrenia with other psychosis, Bipolar Affective Disorder, Obsessive Compulsive Disorder, Autism Spectrum Disorders, Attention Deficit Hyperactivity Disorder (ADHD) and persons with Intellectual Disabilities. 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.

RFS (I) Bangalore Branch is also India’s only NGO that pioneered exclusive education in the field of Psychosocial Rehabilitation. It offers short-term courses in Counselling and Psychosocial Rehabilitation for various Institutions / hospitals / medical colleges and NGOs to increase the number of qualified personnel to take care of the huge burden of caring for those suffer from chronic mental illness. Post Graduate students studying for medical psychiatric social work/clinical psychology from different Universities from India and abroad, are posted at RF facilities for Block Placement / Internship and are provided ‘hands on’ training.

RFS (I) Bangalore has strong professional and institutional links with the National Institute of Mental Health & Neurosciences (NIMHANS), Bangalore and other academic institutions both in India and abroad.

1. Clients / Beneficiaries Data

Particulars	Asha Halfway home	Jyothi Group Home	Chetana Day Care Centre
Capacity	24	17	Temporarily closed
Numbers as on 01.04.2021	23	16	
Clients discharged	07	01	
Clients admitted	07	01	
Numbers as on 31.03.2022	23	17	

2. Concessions offered to Clients

Facility	No. of beneficiaries	Concession Amount (INR)
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ASHA Halfway home	Male	04	5,37,300
	Female	03	62,400
Total		07	5,99,700

Dr.Dhruvaltha
I
Consultant
Psychiatrist

It was wonderful visiting this place after almost 8 years and to see how better it has become and always keep the aim of achieving perfection. Happy to be part of this big process in any capacity possible.

It is hard to replace the warmth and support of a family but Jyothi is successfully and efficiently doing it for so many vulnerable and innocent people. It is heartening to see

3. OTHER EVENTS

Eye Camp: Nayanika Eye Care Charitable Trust in collaboration with Srivatsa M.A. Memorial Trust for Mental Health conducted an Eye Camp on 27th August 2021 at 'Chetana' Auditorium. Free eye check-up was done for all the residents and staff. Few of them received eye drops and spectacles according to their eye conditions. Totally 56 participants benefited from this eye camp.

This was organised by Dr Rangashri Kishore, Founder member of the Richmond Fellowship Society (India) Delhi Branch and sister of late M.A.Srivatsa (ex-resident of ASHA house), in memory of her late father.

Inter-Psychosocial Rehabilitation Event: The residents of ASHA and JYOTHI took part in the Essay and Drawing Competitions organized by Medico Pastoral Association, observing World Mental Health Day 2021. Mr. Salil Sood (Jyothi resident) won 1st Prize in Drawing competition on the theme 'Mental health care for all: let's make it a reality'.

Online Art competition & online exhibition 2021: Psychiatric Rehabilitation services (NIMHANS) in collaboration with NIMHANS heritage museum organized an art competition on the theme 'Hope' for World Mental Health Day 2021. 4 residents took part (2 from each facility). Ms. Sukanya Bowmick, Ms. Maya G Karkal and Mr. Salil Sood's paintings have been selected on online exhibition.

Art and Movement therapy sessions: Ms. Atmica Reddy, Qualified Dance Movement Therapist, as part of her 'Arts as a Catalyst Fellowship Program', offered Art and Movement therapy sessions for the residents of ASHA. A total of 24 sessions were conducted free of cost in two groups and was spread over for a period of 3 months.

Silver Jubilee Celebrations of ‘Jyothi’ house (1995-2020)

The Silver Jubilee Celebrations of ‘Jyothi long stay home was celebrated on 23rd October 2021. It was a well-attended online programme. Dr.Pratima Murthy, Director of NIMHANS was the Chief Guest. Micro Labs, Bangalore, helped us in organizing this zoom programme. Speakers of the programme included Dr. SuneetSood, Professor of Surgery, International Medical University, Kuala Lumpur, Malaysia, Dr.Mohan Isaac, Past President of Medico Pastoral Association, Dr.C.Ramasubramanian, Founder, M.S.Chellamuthu Trust, Dr. LataHemchand, Senior Consultant Psychologist, The Richmond Fellowship Bangalore.

Annual Fellowship Day : The 35th Annual Fellowship Day was celebrated on 25th December 2021. It was an in-house event. The staff team had organized cultural programmes where the residents showcased their talents. Mr. Chandrasekhar, Dr. Kalyanasundaram and Dr. LataHemchand handed over the prizes for the winners of indoor sports games. The expenditure for this event was met from the donations raised for this purpose. The wall calendar for the year 2022 that depicted the paintings done by our residents was released on this occasion. Sun Pharmaceuticals Ltd sponsored the printing cost of 500 calendars

4. Conference / workshops / Lectures / other events attended by the Staff members

- Ms. TarannumTaj, Rehabilitation Manager and Mr. Mani Kumar, Rehabilitation Counsellor, attended a two-day workshop on Paper Products through AWAKE (Association of Women Entrepreneurs of Karnataka), organized by Craftizen Foundation on 23rd and 24th February 2022.
- On 28th January 2022, Psychiatric Rehabilitation Services (PRS) NIMHANS had organized an online interactive program for caregivers of persons with mental illness and developmental disorders as part of the Road to Recovery (R2R) Program of NIMHANS. The theme for the session - **Concerns Regarding Sexuality and Sexual Issues in Persons with Developmental Disorders**. All the staff took part in this online session.
- The staff team attended the session on maintaining boundaries conducted by Dr. LataHemchand.
- Dr. Pushpa R Lengade, a Senior Consultant Anaesthesiologist, conducted training on “COLS compression – only Life Support” for staff / support staff on 16th December 2021.
- Work from Home Module – Virtual ToT :Craftizen organized an online ToT (Training of trainers) sessions as a pilot programme to keep the beneficiaries engaged and to provide work from home opportunities. The skills selected and the products developed have been done keeping in mind the raw material availability and ease of training. The products can be broken down into simple elements that can be made at beneficiaries' homes and then assembled at the centre with the help of the trainer/mothers/able-bodied beneficiaries. Ms.Meenakshi, who had worked as an Instructor, Ms.Chaitra, Deputy Rehabilitation Manager and Ms.Athira, Rehabilitation Counsellor attended these training sessions on 9th and 18 August 2021. Training sessions were conducted for newspaper products and origami therapeutic products.

Mrs. V.
Sreelakshmi
Chief Manager

An absolutely inspiring team of people who have demonstrated by redefining community living for persons with mental illness. A heartfelt experience. Looking forward to synergies of co-travelling together.

5. Fund Raising Event

5.1 RF Charity Golf Tournament 2022:



On popular demand, the 15th edition of the KGA Richmond Fellowship Charity Golf Tournament was conducted in two sessions. It was held on Thursday the 3rd February (Afternoon Session) and Friday the 4th February 2022 (Morning session) at the Karnataka Golf Association (KGA), Bangalore. There was encouraging response from the golfers and donors and both the events were grand success. 104 golfers took part on 3rd February tournament and 108 participated on 4th February 2022.

It is with deep regrets we wish to inform about the sad

demise of Mr.V.S.Thyagarajan, who was the past Treasurer of RFSB and National Board for two terms (2007-2010; 2010-2013). He was one of the founder members of this Charity Golf Tournament. To mark a token of our appreciation, this 15th edition of Golf Tournament was dedicated to him.



6. Details of tracking the progress of residents at Asha (2021-2022)

Aim: To track the progress of residents with chronic mental illness, in a halfway home, over a period of 12 months.

Objective: To look at the level of improvement achieved in the core areas of functioning

Materials and Methods: Details were collected using SOFS (Social-occupational Functioning Scale); Socio demographic details were gathered from the case files & families.

The progress of 14 clients was tracked in the one-year period between 2021 to 2022, using the Social-occupational Functioning scales (SOFS). These clients were chosen based on their stay at 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.

Sample

Gender:	Male: 8	Female: 6
Age: in years	25-40: 1 41- 60: 7	25-40: 2 41-60: 4
Education	Class 10: 1 Class 12: 1 Bachelors: 3 Masters: 1 Technical course: 2	Class 10: 0 Class 12: 0 Bachelors: 4 Masters: 2 Technical course:
Marital status	Single: 7 Divorced: 1 Separated:	Single: 3 Divorced: 3 Separated: 0
Duration of illness: In years	< 10: 1 10- 20: 0 20 -30: 3 30 and above: 4	< 10: 0 10- 20 : 1 20 -30 : 2 30 and above: 3

Introduction

People with severe mental illness have associated disabilities.

Progress in domains like self- care, communication, social skills, work habits are tracked every 3 months once.

Sample includes, people diagnosed with chronic mental illness, and have undergone the process of Rehabilitation for a period of one year.

Residents were assessed on SOFS (Social-occupational Functioning Scale) to track the improvement

Social - Occupational Functioning Scale: SOFS, is a brief measure of functional status in persons suffering from Schizophrenia. The scale measures 14 domains

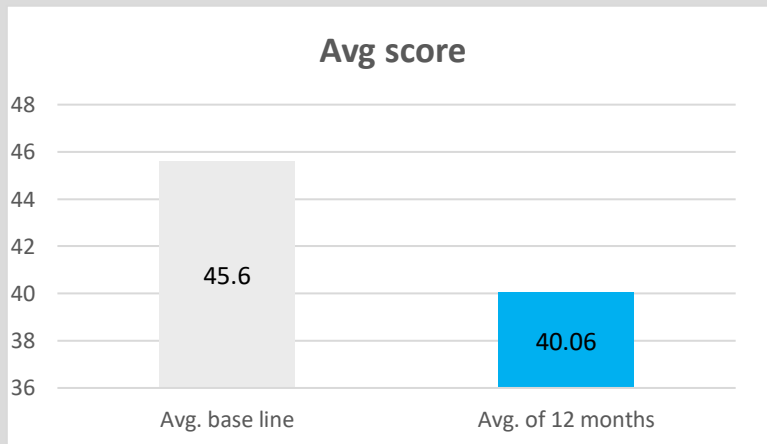
1. Bathing and Grooming	2. Clothing and Dressing
3. Eating, Feeding and Diet	4. Neatness & maintenance activities
5. Conversational skills	6. Social appropriateness/politeness
7. Social engagement	8. Money management
9. Orientation/ Mobility	10. Instrumental social skills

11. Recreation/ Leisure	12. Work
13. Respect for property	Independency & responsibility

The scale is a 5-point rating scale: lesser the score lesser the disability and higher the score higher the disability.

- Scores range from 1 to 5.
- Base line assessment at time of admission followed by Assessment done in the interval of every 3 months till the end of 12 months.
- Average score of each domain in scale is taken for comparing improvement of residents during baseline (March 2021- March 2022) assessment and assessment at the end of 12 months.

Table 1 representing Average at base line & at 12 months		
TEST	Avg. base line	Avg. of 12 months
Avg score	45.6	40.06



- The above table and graph represent the average scores of base lines and at the end of 12 months on SOFS.
- The table 1 clearly shows improvement at the end of 12 months.
- Interventions like, skills & vocational training have resulted in positive response.

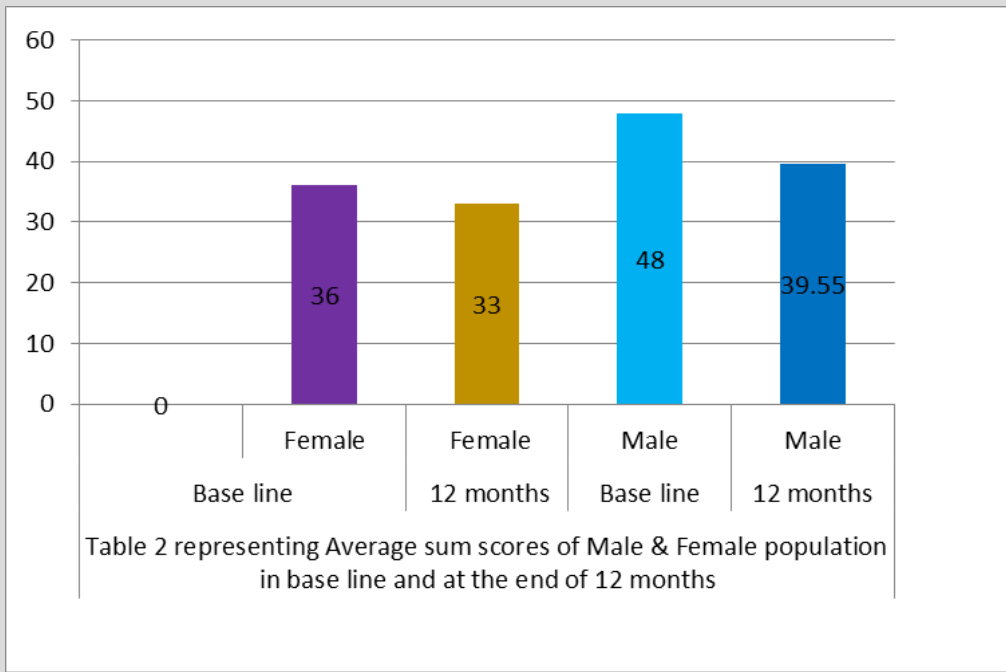
Table 2 representing Average sum scores of Male & Female populations in base line and at the end of 12 months				
Base line		12 months	Base line	12 months
	Female	Female	Male	Male
Average sum score	36	33	48	39.6

Interventions used:

During this period of assessment, among female residents there were more episodes of relapse, so the rate of improvement is more among male residents than female residents.

Graphical representation of average sum scores of Male & Female populations

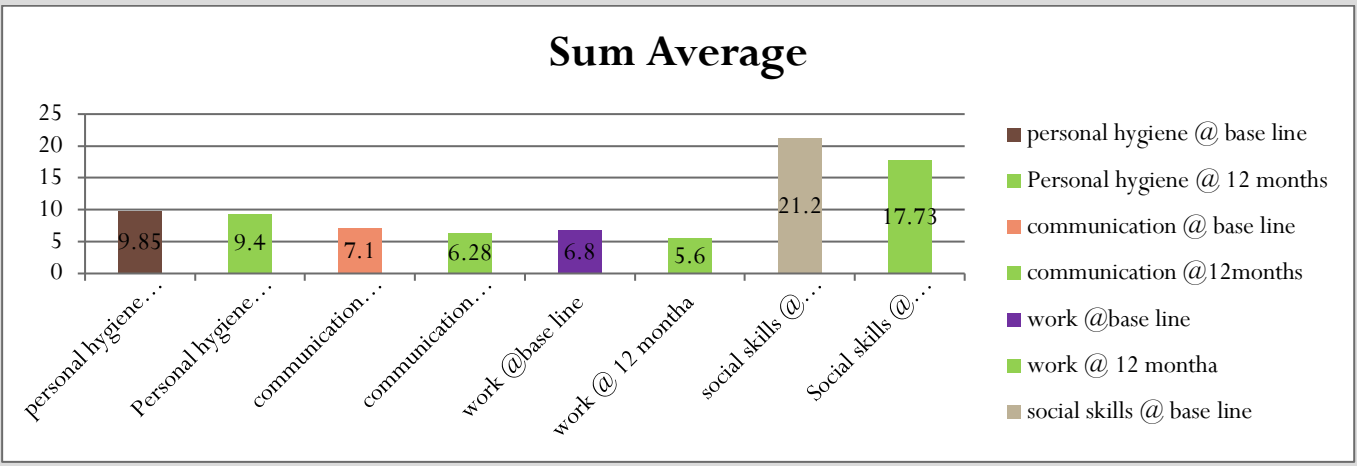
Table 3 showing the Average scores of areas of functioning		
Areas of intervention	Base line	At the end of 12 months
Personal hygiene	9.85	9.4
Communication		6.28
Work	6.8	5.6
Social skills	21.2	17.73



Out of the 14 categories evaluated in SOFS we have chosen the 4 core areas which have shown improvement through various rehabilitation measures.

- Personal hygiene
- Communication
- Work habits
- Social skills

Graphical representations of Areas of functioning



- Mild improvements were seen in core areas of functioning, but there is a larger improvement in the area of social skills.
- We have observed that the residents are involved more in social skills training sessions, also, in individual sessions some of the issues in the area of social skills are addressed with the residents.

- According to the above graph and table: residents have shown improvements under the core area of personal hygiene, communication, social skills, and work habits.
- Intervention Strategies
 - ❖ Structuring the daily routine
 - ❖ Modeling
 - ❖ Demonstrating
 - ❖ Individual and group discussions
 - ❖ 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.

Table 4: Showing the average progress of residents from base line to 12 months.

Progress of clients during	Base line	3 months	6 months	9 months	12 months
Average	45.6	46	45	42	38

Graphical representation of average progress of residents from base line to 12 months.

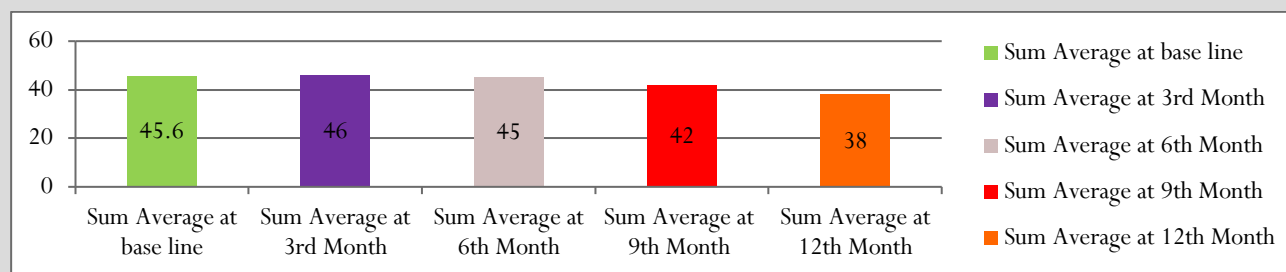


Table 4 shows the changes in scores tracked over every 3 months. In the first 6 months the scores are minimally better but by 9th and 12th month there is a considerable decrease in their disabilities.

Note:

We can observe variations in the scores, during 3rd month assessment, as few residents had relapse in their psychiatric symptoms due to anxiety issues related to COVID-19 2nd wave.

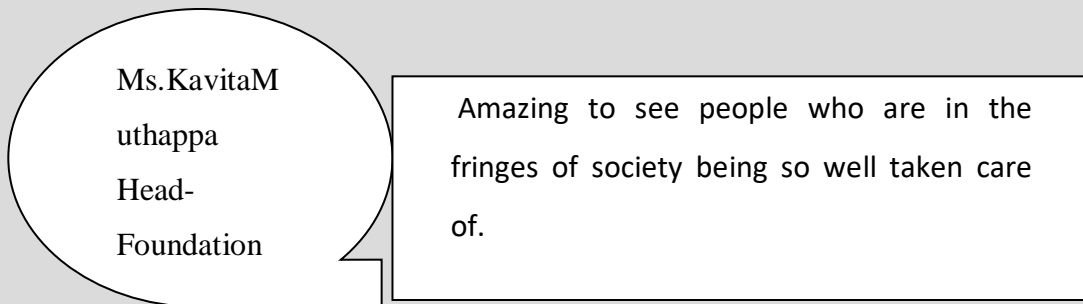
Even though no one at Asha were affected by COVID-19 during 2nd wave, we observed issues related to anxiety. Due to news about demise in newspapers and News channels, a few residents had trigger in their psychiatric symptoms.

Steps taken to contain Psychiatric relapse:

- Stopped access to the news channels.
- Started to conduct more fun activities following all the COVID-19 protocols.
- Requested family members not to speak about COVID-19 issues with their wards.
- Conducted educative sessions on how to manage the COVID-19 situation and to be safe.
- Reassured residents for their safety and motivated them to follow the appropriate COVID-19 safety protocols.

Discussion and conclusion

- ✓ The above study was conducted to assess the rate of improvement among residents with severe Mental illness using SOFS
- ✓ In the current study made: the results clearly shows that there are improvements in residents from base line assessment period to the end of 12 months
- ✓ At the base line assessment period all residents had difficulties in almost all the domains.
- ✓ Residents have shown improvements as they have undergone rehabilitation process.
- ✓ Interventions used during Rehabilitation process has helped clients to improve in the core areas of concern.
- ✓ At times even slight decline has been observed in few individuals in certain domains due to relapse in their symptoms but progress has been observed in those areas of decline over a period after the recovery.
- ✓ Overall, we have observed changes in the functioning levels of all the residents by the end of 12 months of Rehabilitation process.



SUCCESS STORY OF A

Ms. S, 49 years old, female was brought to Asha facility on 11-04-2018 by her father and her youngest sister with the chief complaints of isolating herself by staying in the bed, deterioration of self-care, talking to self and murmuring, used to hear voices where group of people commenting on her action & a male voice giving instructions to her. Apart from this, she would visualize a ghost in front of her, smiling to self, restlessness, non-compliance to the medication, irritability (verbally abusive), decreased sleep, no motivation to take up any task at home, with 29 years of psychiatric illness of insidious onset and continuous course. **Reasons for admission were** to have a structured routine, to improve upon activities of daily living like personal care, communication, money management, symptom management, medicine compliance, individual and group sessions to improve her independent living skills, work habits, leisure activities and to improve upon her interpersonal relationship skills.

Treatment received: Exposure to Therapeutic community approach in a residential facility includes participation in the therapeutic programmes namely Community meetings, Social skills training, Art and Movement groups, planned recreational activities, group therapy, individual therapy, Family sessions, sessions on activities of daily living, sessions on anger management and on improving interpersonal relationships, group discussions on reflection topics, exercises and leisure time activities, personal hygiene, psychiatric follow-up and medication compliance. She also received vocational training at “RFS Chetana” Vocational Training Centre & Day care centre in paper cover making, computers and tailoring units.

Progress in Rehabilitation:

Ms. S. joined Asha on 11-04-2018 and was able to adjust to the daily routine of Asha. She participated in all the routine activities of Asha house; followed day-to-day activities scheduled for the residents. She attended Chetana vocational centre in the afternoon (2-4) regularly where she was posted in the Tailoring and printing units.

During her stay noticed changes in her Personal hygiene, Communication and Behaviour. Initially, her personal hygiene was poor, with constant supervision during her 3 years and 4 months stay it was observed that her personal hygiene improved to a great extent with minimum supervision. She still requires monitoring of her personal care. Communication with her fellow residents and Family members improved a lot.

Follow up post discharge:

Ms. S is doing well. Father and Sister informed that Ms. S involves herself in household chores. Sister supervises the daily routine for Ms. S. There is medication adherence and follows up with the treating psychiatrist regularly. She is active and the frequency of disturbance has gradually reduced.

POEM BY CLIENTS

1. Let Beauty Lead Me – by Ms.NamrathaNagaraja

I have threaded on the path of life,
Which has been so much of a strife!
The lessons I have learnt are a plenty
Makes my heart feel less empty.
All the boulders have been laid astrell;
On my path of life second to no one.
Isn't a wonder that my obstacles,
Are the only rudders to my pinnacle.
Oh! My mind, isn't a wonder
That they have understood.....
“Let Beauty Lead Me”.....!

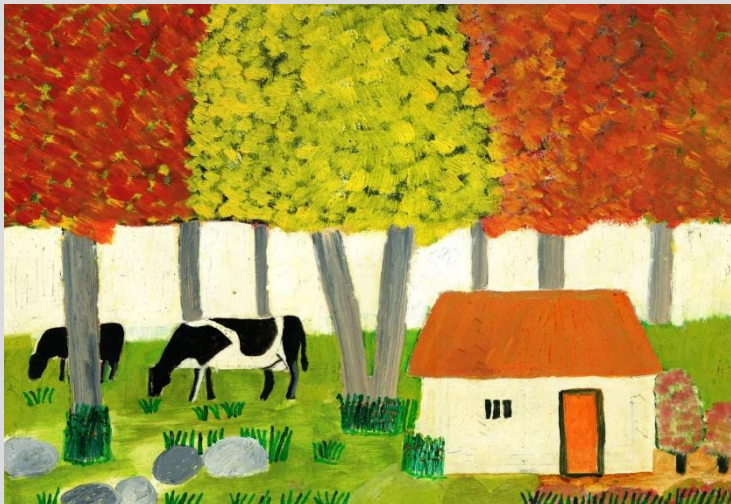
TRAINING RESEARCH CENTRE IN MENTAL HEALTH

Internship / Block Placement / Orientation visit

Sl. No	Training	No. of students
01	Block Placement / Internship / Concurrent field work	24 students from CMR University, St. Claret College, Madras School of Social Work, Jain University and St. Joseph's College.
02	Short-term training	On-line short-term training was conducted for 15, II-year students pursuing Bachelor of Prosthetics and Orthotics (BPO) at Mobility India, Bangalore, 14 th to 23 rd July 2021.
03	Orientation visit	185 students from NIMHANS, MV Shetty College of Social Work, Jain University, Manasa Trust, VIT University.

Dr.M.N.Sundare
shan
Consultant

Well maintained. Good and proper
Rehabilitation set-up.



FEEDBACK FROM AN INTERN

I would like to firstly thank you for having provided me with the opportunity to undergo my Block Placement Training at your esteemed organization.

I had applied for a trainee position at RFS hoping for an insightful month of learning in the field of psychiatry. However, what I received was more than just that. I was able to have hands -on experience in witnessing and observing the residents by staying in extreme close proximity with them and by building rapport with them. I was not only able to observe the various things that I have learnt in my college lectures in person but was also able to learn even more, learn how to handle crisis situations by observing the work done by the staff and most importantly, how to talk to residents. Although I knew theoretically a lot of concepts, it was a great learning experience to witness how to put them into practical use. One such example is of how to 'establish' boundaries with residents in a friendly yet assertive manner.

The staff at Asha Halfway Home are extremely competent at not only their work but also in teaching trainees. Everyone was very welcoming of us and ensured that we learnt the most in a short period of time. The working environment at Asha is also very positive and makes work something I looked forward to each day.

Dr. Kalyanasundaram's classes have been nothing short of insightful, enlightening and fun. He was very welcoming and has added to my motivation and zest to accomplish in the field of mental health.

Finally, the residents of Asha; every single one of them gave me a new perspective to mental health and life. I have learnt so much from each of them and this is no way a statement with any undertone of sympathy. Most of my learning stemmed from my observations of them and interactions with them. I am extremely grateful and privileged to have had their trust in interacting with me and also for all the compliments they showered on me on the work I did and for appreciating my teaching skills. I have now found confidence in myself after working with them. I wish all of them the very best in their future and hope for all good things for them, and yes definitely, to include the song I taught them- there are definitely better days coming for all of them.

Asha Halfway Home is a place that brims with positivity, life, love, professionalism, and a kind of hope that calms the anxious soul. I would like to take this opportunity to thank each one at Asha as it has been a huge part of my healing journey as well. Any student that has had the opportunity to intern at Asha is extremely lucky and I am glad to have been one of them and I believe that I have also done a fairly good job on my end. Someday, I would like to return as a professional.

RFS (I) Delhi

Vishwas

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. 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 psycho-social 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.

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.

PROGRAMMES

The overall goal of psychiatric rehabilitation is that it assures that persons living with psychiatric disability can perform those cognitive, emotional, social, intellectual and physical skills needed to live, learn, work and function with as few symptoms as possible in the community. Medications are primarily effective for symptom control and relapse prevention, while psychosocial treatments are primarily effective for personal, social, and vocational functioning. Combinations of pharmacological and psychosocial interventions are needed for the persons with psychiatric disability to reach optimal level of independent functioning in the community.

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.

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 one 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 meta-cognition, or to have an opinion, which is severely impaired in PMIs.
- Vocabulary classes are facilitated by a few members in rotation. 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 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. Two new book shelves have been added to the library to make more space for the books.
- Service to the Society: We are in touch with a NGO working in the field of helping slum children in their education to involve our members in this noble cause. As it is not possible for our members to travel daily to a distant place, possibility is being explored to arrange online classes for the children where our members will teach Science, English and Math subjects. NGO has appreciated our efforts and classes will start soon.
- 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 festivals 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.
- 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.

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 persons 12 /13 members were using the facility, with very few newcomers. All the members attend Day Care Programme.

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. Due to pandemic, these programmes were suspended temporarily.

Considering the relaxation in covid-19 protocols, the matter was taken up matter with the respective PHCs at Nazafgarh and Bisrakh. PHC Najafgarh asked for certain information which has already been provided to them but the permission is yet awaited. As regards Bisrakh, the authorities have informed that they are already availing the services of Psychiatrist at Bisrakh. They desired us to start our OPD at Jewar or Kasna. The matter is under consideration.

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
01.04.2021	04	09	13
31.03.2022	03	09	12

The Executive body comprises of a President, Vice President, Secretary, and a Treasurer from the GC members. The members are all volunteers and have rich professional backgrounds – psychiatrists, clinical psychologist, senior bureaucrats, academician, social activist, engineer, architect, and a chartered accountant. The GC meets every two/three months to take important decisions related to the management of the organization. The Secretary’s report and Treasurer’s report are presented every quarter and are shared with the RFS National Board.

Annual General Body meetings of the various branches of RFS are held every year where audited accounts are presented and approved before sending to the National Board for consolidation with other branch reports. The Annual General Body Meeting (GBM) of the RFS (India) is also held every year in branches, by rotation. Internal audit is done of each branch.

The main source of funding is through donations and fees paid by the carers for their wards. 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

Rehabilitation of persons suffering with mental illnesses, required special skills and administrative decisions during covid period. Our resident members were more vulnerable to this virus because of various factors such as physical health, mental health and age. Vaccination and booster doses were arranged for them. Some of the members were not having any of the identity proofs to become eligible for vaccination. In their cases, Adhaar Cards were arranged for them with the special recommendations of the local M.L.A. and vaccination done.

However, the second wave of pandemic impacted our members and staff. But the severity was mild, may be, due to vaccination.

ORGANIZATIONAL DEVELOPMENT

Staff Training:

The need for upgrading the skills of counsellors is important. Dr Satyawati Devi, psychiatrist and Vice President of the organization has been the main resource person for training and guiding the counsellors on clinical case history taking; counselling skills; handling crisis situations; and psychiatric medications.

HIGHLIGHTS UP TO THE PERIOD ENDED 20.08.2022

1. Strength of members: The present strength of members in the house is 11. Few inquiries for admission have been received but not yet matured.
2. Staff position: One female counsellor left the job 20th May, 2022 as she got married and in her place one female counsellor has been hired. Presently, we have two female counsellors, one male counsellor and one nurse in position apart from the Manager.
3. Renovation work: Out of Rs.5.00 lakhs approved by the G.C. for renovation work, an amount of about Rs.2.50 lakhs has been spent on wood work and door/windows frame work. The work relating to renovation of bath rooms is going on. With the left out amount of about Rs.2.50 lakhs, it will be possible to renovate three bath rooms including painting job of the rooms. Once these jobs are completed, the rooms will be available for occupation. There are four more bath rooms which need renovation. Renovation of these bath rooms and to complete other repair works in the building such as re-plastering of walls, re-plastering of boundary wall and thereafter painting etc, it is estimated that another amount of Rs.6.50 lakhs will be required. The matter is being processed further.
4. Annual Accounts & Audit Report: The annual accounts and audit report thereon has been prepared. Further, the branch has transferred an amount of Rs.2.50 lakhs to the Administration and Rehabilitation Fund to fulfil the requirement of Income Tax Act to spend 85% of the receipt for the year.
5. Renewal of Provisional Certificate under Mental Health Act, 2017: Application for renewal of provisional certificate under the Mental Health Act, 2017 has been submitted to the State Mental Health Authorities at Lucknow.
6. Collaboration with NGO: On the advice of Dr. Satyavati, Myperch NGO which is working in the field of educating slum children was approached with the aim of involving our members in their mission. With the consent of NGO, our members started teaching English, Math and Science subjects to these children through online mode.
7. Visit of Students to Vishwas: Students from RAK College of Nursing, New Delhi and Noida International University visited Vishwas for orientation.
8. Training to Counsellors: Two counsellors were hired. Dr. Satyavati regularly interacts with the counsellors to enhance their skills. Dr. Kaveri Chauhan, G.C. member also conducted group discussion with the counsellors to clear their doubts and sharpen skills.
9. Outings by Members: During pandemic, the outside visits by members were suspended. However, with the relaxed covid protocols, the shopping by members and lunch out visits have been resumed.
10. Outreach activities: For re-starting outreach activities at Najafgarh, New Delhi and Bisrakh, Greater Noida, the matter was taken up with the respective PHCs to seek their permission. PHC, Najafgarh sought certain information which

was provided to them. However, permission from them to re-start our OPD is still awaited. Similarly, PHC Bisrakh, Greater Noida informed that at Bisrakh the services of Psychiatrist are already available to them and desired that we should start our OPD at PHC, Jewar or Kasna.

RFS Lucknow

Nav-Uday Mansik Swasthya Sansthan

RFS (I) Lucknow branch started in the year 2005 and has marched slowly but steadily towards its commitment to provide affordable mental health and rehabilitation services to patients suffering from mental illness, more so patients having chronic mental illness. At present we are providing the following facilities.

1. OPD services once per week
2. Day care services 6 days per week (Saturdays are half days)
3. Half way home services
4. Internship programs
5. Conduction of awareness and outreach program with the help of Manorogi Kalyan Sansthan and other organizations working for betterment of human life and decreasing suffering

Human resources

Vocational trainers

Due to the pandemic the activities being conducted by part time vocational trainers had been suspended. The daycare activities have again started since September 2021 but very few clients are coming hence at present we have only the music teacher coming once per week.

Staff training

1. Every Tuesday staff was being trained by Dr. Shashi Rai regarding following covid related prevention protocols.
2. Staff trained routinely regarding their interaction and behavior towards patients.

OPD services:-

OPD services were being conducted thrice a week till the pandemic struck by Prof. A.K. Agarwal on Thursdays and Saturdays and by Dr. Shashi Rai on Tuesdays. Currently OPD is being conducted only on Tuesday by Dr. Shashi Rai from 12 noon to 2:00 p.m. OPD was suspended from April 2021 to June 2021 during the second wave of pandemic.

Patients seen in this period (July 2021 to March 2022)

Total patients- 649

New patients -162

Follow up -462

Concession given- 5

Seen free -20

Day care facilities

The day care activities had been suspended till August 2021. The counsellors kept in touch with the caregivers and clients regularly through zoom meeting or whatsapp video call and guiding them. No charges were taken for this. We restarted the day care in September 2021 but only one client enrolled in the first month. Gradually few more have joined and by March end we had five clients in the day care-3 females and 2 males.

Halfway home-

We have the capacity to enroll 20 clients in the half way home but we have not been able to have more than 50% occupancy on a regular basis. This year also we had 8- 10 clients at any given point of time. Number of clients as on 31/3/22 was Male-7 and Female- 2

The residential care is based on Therapeutic Community Principle. The residents of the half way home and day care relearn personal living skills like self care, hygiene, social skills, time management, money management, etc in a therapeutic environment. The therapeutic community offers a friendly, safe and non judgmental atmosphere for personal growth, development and helps in building a sense of self respect. Each individual is allowed to progress at his or her own pace without undue pressure. A proper routine is followed in the daycare.

Activities in the daycare

- ❖ Training for activities of daily living- self-care&time management.
- ❖ Social skills training
- ❖ Vocational training – computer, sewing.
- ❖ Entertainment related activities-music, dance, movies, games, birthday celebrations.

Emphasis is given on individual counselling, group counselling and family counselling.

Internship programme

Pre -covid this was a very successful programme of our centre. It was suspended from March 2020 to September 2021 to safeguard our clients staying in the half way home from unwanted exposure.

Details of interns who joined in this period

S.No.	Time period	No. of interns	Institute	Time
1.	April-August 2021	0		
2.	Sep 21	4	IGNOU, L.U.	45 days
3.	Oct-Dec 21	6	Amity University	1 week
4.	Jan- Mar 22	14	Christ Univ, IGNOU, National PG	2 months (Christ) ,1 month

Total no. of interns in this period is 24.

Other activities of the centre

- All national festivals and birthdays of clients and staffs are celebrated with great enthusiasm.
- 25/05/2021- Webinar was organized on “Discover better mental health” during Schizophrenia awareness week on zoom for caregivers.
- 15/08/2021- Independence day celebration
- 16/09/2021- Webinar organized on the occasion of World Suicide Prevention Day for interns and caregivers.
- 10/10/2021- On World Mental Health Day a webinar was organised for the students of psychology, caregivers and members of RFS on the theme “Mental health in an unequal world”. Dr. P. K. Khattri former HOD department of psychology National PG College Lucknow was the invited speaker. Dr. A.K. Agarwal and Dr Shashi Rai also spoke on this occasion. The program ended with an interaction session where the interns and the students asked their queries.
- 26/01/2022 -Republic day celebration

Conferences and Workshops attended by members and staff

DATE	EVENT
23/05/2021	Dr. Shashi Rai was invited as a faculty for Grand Round Symposium organised by WMH and Young Psychiatrist Committee
26/05/2021	Dr. Shashi Rai attended webinar on impact of Pandemic on psychosocial rehabilitation centres.
18/06/2021	Dr. A.K. Agrawal was the chairperson of a webinar organised by I.P.S on general hospital psychiatry committee.
19/06/2021	Dr. A.K. Agrawal and Dr. Shashi Rai attended the advisory board meeting of Abbott pharmaceutical company on Bipolar disorder.
20/06/2021	Dr. Shashi Rai attended conference on spirituality and yoga.
26/06/2021	Dr. Shashi Rai was the moderator for CME organized by IAPP UP UK on Prenatal psychiatry.
10/07/2021	Dr. Shashi Rai attended CME organized by IPS Up state branch
10/07/2021	Dr. A.K. Agrawal, Dr. Shashi Rai and Mr. AlokSaxena attended RFS national board meeting.
30/07/2021	Dr. Shashi Rai was the moderator for CME organized by Abott pharmaceuticals on Alcohol withdrawal syndrome
04/08/2021	Dr. Shashi Rai attended webinar organized by women mental health section of IAPP and Biological Psychiatry on PCOD and its psychological aspect.
10/08/2021	Dr. Shashi Rai was a panelist in a webinar organized by preventive psychiatry speciality section on preventive aspects of mental health.
25/9/2021	Dr. Agrawal, Dr. Sitholey, Dr. Harjeetsingh, and Dr. Shashi Rai attended the UP state Annual conference on Zoom platform. Dr. Agrawal was special guest of honor on the occasion.
09/10/2021	Dr. Shashi Rai was invited as speaker in a mental health awareness day organised by center for advocacy and research. It was attended by about 150 school students of 9th to 12th class.
13/10/2021	Dr.Shashi Rai attended the I.P.S Community Psychiatry programme organised to select best research paper in field of Community Psychiatry.
22/10/2021	Dr.Shashi Rai gave a talk on Women Mental health, effects of pandemic and tips for better mental health organized by Reliance Nippon Insurance for their female employees.
23/10/2021	Dr. Shashi Rai chaired a seminar on panel discussion on 'long stay home challenges and solutions' organized by RFS Bangalore on occasion of Silver Jubilee celebration of Jyoti long stay home.
29/10/2021- 30/10/2021	Dr.ShashiRai chaired a seminar on gaming addiction in the Annual Conference of Central Zone organized at Allahabad.
19/11/2021- 21/11/2021	Dr. Shashi Rai attended Annual IAPP conference on virtual mode.
4/12/2021	Dr Shashi Rai attended the women mental health organised at Jaipur.
2/12/2021	Dr. A.K Agrawal was felicitated by IPS Rehabilitation Speciality Section and he narrated the journey of RFS till date.
05/02/2022	National Board Meeting of RFS(attended by Dr.A.K Agarwal , Dr.Shashi Rai &Mr.AlokSaxena on Zoom.

05/03/2022	1.National Board Meeting attended by Dr A.K Agarwal, Dr Shashi Rai, Mr. AlokSaxena. 2. A.G.B.M of 2020-21 attended by Dr.Shashi Rai, Dr.M.CUpreti, Dr.L.KMaheshwari, Mr.AlokSaxena,Mr.H.KAbidi
11/03/2022	Dr. Shashi Rai attended office bearer meeting of RFS(I).
19/03/2022	Dr.ShashiRai chaired a session in CME organized by Bombay Psychiatric Society and IAPP on Mood Disorder across Life Span in Women.
23/03/2022- 26/03/2022	Dr. Shashi Rai attended ANCIPS at Vizag and was participant in 2 symposium- 1. Psychiatric and Legal Perspective of runaway marriage. 2.Community Matters-Community Psychiatry and My Experience at RFS(I), Lko.

Felicitaton

- Prof. A.K. Agarwal was felicitated by IPS Rehabilitation Speciality Section and he was invited to speak about the journey of RFS(I) Lucknow on 2/12/21
- Dr. Shashi Rai was felicitated on Doctors Day 1/7/21 at a function organised by IMA.

Publications

- (1) Raveesh B.N. Rai s. et al Domestic violence current legal status. Psychiatric evaluation of victim and offenders. Indian journal of psychiatry March 2022; 64: s 134-135
- (2) Rai S and Gupta B. NGOs and their role in Mental health care in India. Indian journal of clinical psychiatry (2021) Volume 1.

SUCCESS STORIES: -

In general many of our clients who have been coming regularly to the center have shown overall improvement in their sense of hygiene, behavior and activities of daily living.

Mr. GK 45 years male, a graduate (B.A.) was diagnosed with Bipolar disorder. His deficits at the time of admission were impatience, restlessness, aggression, unstable mood, stubbornness, disturbed daily routine, disobedience, had developed habit of staying at Charbagh Railway Station at night and taking excessive tobacco. The patient had been earlier working as a manager in a furnishing store but due to his problems he could not continue the job and became house bound. He was put on medication and was admitted in the Half Way Home. Emphasis was given on regular intake of medication, anger management, time management, contingency management.He was taught breathing and relaxation exercises. The progress was slow but over the period of 6 months his condition improved and he was back to his usual routine. He gave an interview in a firm, got selected and joined his work on 22nd March 2022.

Mr. V S, 36 years male was diagnosed with Chronic Paranoid Schizophrenia was admitted in Half Way Home in 2019 with deficits of social withdrawal, stubbornness, unwillingness to work, lack of confidence, poor hygiene and poor communication skills. Emphasis was given on Social skills training, positive reinforcement, motivation, maintaining proper and hygienic routine. Patient has shown overall improvement in his deficits. He has been helping in the conduction of center's O.P.D since last October for which he is being paid incentive. He stayed in Half Way Home for around 2.5 years and was discharged in March 2022 and is attending Day Care at present. He's living alone at his place and is managing everything independently.

Feedback of Caregivers

Over the period of 2.5 years that Vipul had spent at NavUday Mansik Swasthya Sansthan, the major changes that I have witnessed are-

- ❖ He wakes up early in the morning now on his own; this was not the case 3 years ago. My parents had to wake him up every day.
- ❖ He cleans his own clothes and dishes. This was not the case earlier
- ❖ Vipul is working in the O.P.D at Nav-Uday, this was 'unthinkable' earlier
- ❖ Vipul was an aggressive eater, what I mean is if there was many things tasty available, he used to eat it all at once without thinking about anyone else. Now he eats more consciously.

These all are very welcome changes and it is the result of the care provided to Vipul at Nav- UdayCenter. I appreciate all the hard work that is put out at Navuday to bring transformation in the patients

Thanks to all of you!

Regards

Mr. Vivek Kumar

(Brother of a client)

Feed Back from Interns-

Dr. Shashi Rai Mam and Dr. A.K Agarwal Sir helped a lot and provided insight of the field and encouraged us to part of this and guided us from our upcoming psychology field. Nancy Mam and Sheeba Mam both the counselors are our role models. They were with us everytime we need them. They guided us to each and every activity. Clients of this organization are been provided with good facilities and provided home like experience, and the helping members were very active and attentive all the time. Nav-Uday Mansik Swasthya Sansthan is a wonderful place. I enjoyed each and every second. People here are very helpful. Being from a non-psychology background. They guided me at each and every step. And they encouraged me take part in various activities and it motivated me to be the part of this organization. Some of activities of great and I will try to visit here whenever possible.

Suggestion:-

I like to request to the members of this organization, to form a committee of students, So that we can be a part of it and help.

Mr. Ankit Singh

M.A. in Psychology

Amity University

Photographs of important activities throughout the year



Staff and clients of RFS(I), Lucknow



Clients exercising



Lohri celebration

Independence Day Celebration





Day Care

“Happiness can be found in our darkest of times only if one remembers to put on the lights.”

RFS(I) Sidlaghatta

“Pragathi” Rural Branch

The branch conducts Two camps in a month on Second Sunday & Last Sunday of every month. During the camps Free Medication and Free Consultation offered to patients. Food for Patients and care givers given on camp days. Outreach services Clients: Male & Female attended Male-1106, Female-1530, Total -2636.

Consultancy fees collected from April-2021 to March- 2022, Rs.1,47,165/-

Day Care Center is temporarily stopped



70 No. of MH & Epilepsy patients fee concession in outreach services..Amount Spent on Free Medicines on outreach services- Rs. 1,09,958/-





CHITTA SANJEEVINI CHARITABLE TRUST (R), Vijayanagar, Bengaluru, was Donating worth Rs. 15,000/- of Mental Health drugs for every month.

Treasurer's Report

The financial year 2021-22 of RFS (I) ended with a surplus of Rs. 19.64 lakhs as against Rs. 10.51 lakhs Surplus in the previous year. Income of the Society increased by Rs. 38,30 lakhs indicating 12.24 *percent* increase over the income of the previous year. Major component of Income contributing to the increase was Donations amounting to Rs. 107.83 lakhs accounting for 30.70 percent of Total Income. The increase with reference to the previous year was Rs. 44.21 lakhs. The increase was not proportionally reflected in the overall income due to non-receipt of Grant. The reason being lack of Institutional Grants-in-Aid.

The expenditure on Direct Program Expenditure came down to Rs. 164.59 lakhs during the current year from Rs. 203.48 lakhs. Main reason for reduction in the expenditure on the main objective was due to closure of Halfway Home and Day Care facilities. Spurt in Administrative expenditure from Rs. 49.45 lakhs to 106.19 lakhs was due to payment of Terminal benefits to the staff of Bangalore branch who left the services of the Society during COVID-19 period and introduction of Staff Welfare Programmes.

(Rs. in lakhs)

		2021-22	2020-21
Assets	Fixed Assets	470.55	503.90
	Advances/Deposits/Loans/ & Other Assets	25.86	25.25
	Cash, Cash Equivalent & Investments	691.14	613.66
Total		1187.55	1142.81
Liabilities	Funds & Reserves	985.58	942.28
	Loans/Advances/Deposits/Unspent grant/Creditors	201.97	200.53
Total		1187.55	1142.81
Income	Grants-Restricted		11.46
	Grants-Others		-
	Donations	107.83	63.62
	Day Care & Other Income	205.52	203.37
	Net financing Income	37.85	34.45
Total		351.20	312.90
Expenditure	Direct Program Expenditure	164.59	203.48
	Adminisreation	106.19	49.45
	Depreciation	31.97	34.81
	Rehab & Admin Fund	28.80	14.65
Total		331.55	302.40
	Surplus/(Deficit) for the year	19.64	10.51

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

	National Board	Bangalore	Delhi	Lucknow	Sidlaghatta	Total
Income	2.86	248.96	53.71	38.57	7.10	351.20
Contribution from branches						
Income (after adjusting contribution)-I	2.86	248.96	53.71	38.57	7.10	351.20
Expenditure	10.16	197.16	43.47	44.34	7.62	302.75
Contribution to NB						
Expenditure (after adjusting contribution)-II	10.16	197.16	43.47	44.34	7.62	302.75
Excess of Income?Expenditure over Expenditure/Income (I-II)	(7.29)	51.80	10.23	(5.78)	(0.51)	48.45
Rehabilitation & Administration fund						28.80
Net Surplus/Deficit	(7.29)	51.80	10.23	(5.76)	(0.51)	19.65

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

ACKNOWLEDGEMENT

We gratefully acknowledge all Donors (India and Abroad) who have supported our Organisation. A sum of Rs.106,77,101/- 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. 101,61,000
RFS Delhi	Rs.22,000
RFS Luckow	Rs.87,100.
RFS Sidlaghatta	Rs.4,07,001

Management of the Organisation (2019-22)

National Board

Dr. Shashi Rai	Chairman
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
Mr. M.S. Seshadrinath	Members
Prof. Shreedhara Murthy	Members
Dr. Vidyasathyanarayanan	Members
Dr. T. Sivakmar	Members
Dr. LataHemchand	Members
Dr. SrikalaBharath	Members
Dr. DharithriRamaprasad	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. ManmohanMullick		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 ChandraSaxena		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. PrabhatSitholey	Vice-President
Dr. Shashi Rai	Secretary
Mr. AlokSaxena	Treasurer
Smt. PushpaSethi	Day Care – in – Charge.
Ms.AbhaAwaasthi	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. JeevanKumar.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
Mr..K.N. Srinivasa Murthy	Member
Mr. S. Gundu Rao	Member

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Lucknow Branch

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