

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



Annual report

**April 2022 – March 2023
Presented in Annual Meeting
Held on 09-05-2023**



R 48MP AI QUAD CAMERA
Shot by Shweta Dixit

Painted by - Clients

RFS (I) Lucknow branch started in March 2005 under the leadership of Dr. A. K. Agarwal with twelve founder members. The motivation came from founder chairman and mentor of RFS (I) Dr. G.N. Narayan Reddy. In the last 18 years we have marched steadily towards our commitment to provide affordable mental health and rehabilitation services to patients of chronic mental illness. Many of our activities had to be suspended during the pandemic from March 2020 to September 2021. The covid pandemic has changed the world, so how could we remain unaffected? Strategies adopted during the covid times have become the newnormal and is here to stay.

At present we are providing the following facilities at our centre:

1. O.P.D. Services: Started since 2012 and was running till March 2020. We were earlier having O.P.D. three times per week, it was conducted twice by Prof. A. K. Agarwal and once per week by Dr. Shashi Rai. O.P.D. was suspended for 3 months during the covid but restarted once per week since June 2020 following all covid related guidelines.

2. Halfway Home Services: This facility was started in 2013 with capacity to have 20 clients.

3. Day care Services: Started in 2005 in a rented building in Mahanagar and shifted to current place after our own building constructed in 2012 at Gomti Nagar. We have capacity to have 40 day care clients.

4. Internship Programme: A very vibrant program of our centre, where in we have students of psychology, social work or nursing coming for hands on training at the centre.



5. Conduction of awareness and outreach programme with the help of Manorogi Kalyan Sansthan.

Human resource

- Dr Shashi Rai, the secretary of the branch and halfway home incharge comes to the centre once per week to conduct the OPD, to interact with Half way home and Day care clients and look after the administrative work.
- Prof. A K Agarwal earlier conducted OPD twice per week but it got suspended during the covid time. At present he comes off and on to the centre to interact with clients or attend meetings.
- Dr Jesna Manoj member RFS (I) Lucknow has started conducting OPD on Saturdays since March 2023.
- Mr Alok Saxena the treasurer of the branch attends to all finance related matters and comes to the centre once per week.

Our Vice President Dr. Sitholey, G.C members Dr. Maheshwari, Dr. Satsangi, Dr. Khattri, Mr. Ramesh Agarwal, Col. S. S. Yadav, Mr L. H. P.S. Gupta, Dr. Prashant Shukla, Mr. Akhilesh Saxena take keen interest in activities of the centre.

Names of Office Bearers for the period 2022-2025:



Dr. A.K. Agarwal
President



Dr. Prabhat Sitholey
Vice President



Dr. Shashi Rai
Secretary



Shri Alok Saxena
Treasurer

Names of G.C. Members:

- Dr. Ajay Kohli
- Dr. Harish Agarwal
- Mr. Ramesh Agarwal
- Lt. Col. S.S. Yadav
- Dr. L.K. Maheshwari
- Mr. H.K. Abidi
- Mr. S. S. Dixit
- Mr. L.H.P.S. Gupta
- Dr. J.K Satsangi
- Dr. P.K Khattri
- Mr. Akhilesh Saxena

- We have a dedicated team of the staff members who run the centre with support and guidance of seniors:



Mr. Someshwar Dwivedi
Supervisor



Ms. Sheeba
Counsellor



Ms. Shweta Dixit
Counsellor



Ms. Nancy Bhardwaj
Counsellor



Mr. Abhishek Kumar
Pharmacist



Mr. Partho Ganguly
Office Assistant



Mrs. Archana Singh
Cook



Mrs. Vimla Lodhi
Female attendant



Mrs Nazma Khatoon
Female attendant



Mr. Kishan Sahani
Male attendant



Mr. Shivam Trivedi
Male attendant



Mr. Sandeep Kashyap
Male attendant



Mr. Ansar Hussain
Driver



Mrs. Chanda Khatoon
Safai karmchari

- **Staff leaving and joining the centre since April 2022 to March 2023:**

S. No.	Name	Designation	Date of Joining	Date of Leaving	Cause of Leaving
1.	Mr. Amit Kumar	Nursing Staff	01/07/2022	02/01/2023	Selected as CHO
2.	Ms. Shweta Dixit	Counsellor	01/01/2023		

- **Staff Training:** The staff is routinely trained regarding their interaction and behavior towards clients.

- **Volunteers:**

S. No.	Name	Designation	Activities done
1.	Dr. Anup Mohan Bala	M.B.B.S, D- Ortho and Diploma in Geriatric Medicine	Comes once in 15 days to interact with clients
2.	Ms. Mansi Singh Chandel	Student	Comes once in a while to teach dance to the clients
3.	Mrs. Rashmi Dani	Teacher	Comes once in 15 days to teach yog
4.	Ms. Pooja Dutta	Student	Came for a month to teach dance to clients for annual day celebration held on 25-03-2023
5.	Ms. Arundhuti Dutta Gupta	Student	
6.	Ms Gayatri Sharma	Student	
7.	Ms. Joshika Denise Gupta	Student	

- **Vocational Trainers:**

After pandemic very few clients are coming to the day care hence at present we have only the music teacher coming once per week.

About the facilities in details:

- **OPD services:** Held twice per week. Patients who cannot afford or have BPL card are seen free of cost.
 - a) **Tuesdays 12:00-2:30 p.m.**

Patients seen in this year – 666
New patients -136
Follow up patients - 504
Concession given to needy patients – 28

b) **Saturdays 1:00-4:00 p.m.**

8 patients were seen in March 2023.

Attached to the OPD is a pharmacy for convenience of patients.

2. Day care activities:

We have a capacity to have 40 clients. It was suspended during the covid pandemic but restarted from September 2021. Earlier more clients were coming but post covid only 8 - 9 clients have restarted to come.

We have an EECO van to bring the patients from home and drop them back.

The programme of the day care is as follows:

1. Training for activities of Daily living: Self care & Time Management

2. Social Skills Training

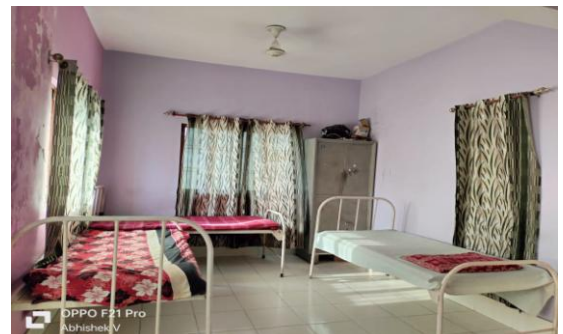
3. Vocational Skill Training- Music Training, Computer Training, Stitching & Knitting, letter head & card making by screen printing training, candles & gift items making, daily routine work like cooking etc.

4. Entertainment Activities:- Music, Playing indoor games, watching movies, birthdays' functions & sometimes outing and picnic.



Half way Home- The Half Way Home is a link between hospital and home. 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.

Our aim is to motivate half way clients to become self dependent and also participate in all the activities of day care centre. We have an arrangement to keep 20 clients in our centre but at present we have only 9 clients.



5. Manorogi Kalyan Sansthan-It is a registered society formed by caregivers who together with RFS strive to improve the lives of persons suffering from mental illness.

The President of Manorogi Kalyan Sansthan- **Mr Ramesh Agarwal**, Treasurer-**Mr. S. S. Dixit & Dr. L. K. Maheshwari** are all dedicated to this work with full of devotion.

The number of clients coming in Day Care:

S. No	Period	No. of males	No. of females	Total
1.	First Quarter	5	3	8
2.	Second Quarter	5	3	8
3.	Third Quarter	3	6	9
4.	Fourth Quarter	4	5	9
	Total	17	17	34

Halfway home: Capacity for 20 clients. We had an average of 8-10 clients throughout this year. Occupancy in half way home:

S. No	Period	No. of males	No. of females	Total
1.	First Quarter	5	4	9
2.	Second Quarter	5	4	9
3.	Third Quarter	6	3	9
4.	Fourth Quarter	5	3	8
	Total	21	14	35

4. Internship programme: Students of MA psychology, social work and nursing come from various institutes locally and out of the city for hands on training.

The young interns come with fresh ideas and abundant energy and our clients love to interact with them. This year we had 44 interns and their details is as follows:

S. No.	Date of Joining	Institute	No. of Interns	No. of Days
1.	04/04/2022	Amity University	7 Interns	7 days
2.	02/06/2022	Lucknow Christ Church College	4 Interns	1 month
3.	02/06/2022	Veer Bahadur University, Jaunpur	9 Interns	15 days
4.	02/06/2022	National P.G College	1 Intern	1 month.
5.	20/05/2022	Amity University	1 Intern	1 month.
6.	13/07/2022	Pious Vision, Kanpur	5 Interns	3 days (for observational study)
7.	31/07/2022	Manipal University, Jaipur	1 Intern	2 weeks internship
8.	16/08/2022	Symbiosis College of Arts & Commerce, Lucknow	1 Intern	1 month
9.	08/09/2022	Amity University, Lucknow	2 Interns	1 month internship

10.	14/10/2022	Amity University, Lucknow	1 intern	9 weeks
11.	16/01/2023	National P.G College	12 Interns	1 month internship
Total= 44 interns				

Fee structure:


1. O.P.D. – 600 per visit
2. Fees for Half Way Home - Rs.20000/month for double occupancy room
Rs. 30000/month for single room

Note - If a patient stays in a Half Way Home for less than 15 days then the charge would be Rs. 1500 per day.

3. Day care services:
 - a) Per Month: Rs. 2500/-
 - b) Van Charges upto 10 km: Rs 2000/-
 - c) Upto 15 km: Rs. 2500/-
 - d) More than 15 and less than 20 km: Rs. 3000/-
4. Internship:
 - a) For two months: Rs. 6000/-
 - b) For one month: Rs. 3000/-
 - c) For 15 days: Rs. 1500/-
 - d) For a week: Rs. 800/-

Activities of the centre:

All Festivals and birthdays of clients and staff are celebrated with great enthusiasm at the centre. The other important activities which took place in this period are as follows:

DATE	EVENTS/ACTIVITIES
16/04/2022 	<p>17th Annual Conference of RFS(I) Lko Branch was organized.</p> <p>The theme was “Positive Mental Health”. It was a very successful programme with more than 250 participants. Dr. Neeraj Bora, M.L.A., Lko was the Chief Guest & Mr. Suresh Agarwal, a social activist & leading businessman of the city was the Guest of Honour. The cultural programme put up by the clients of RFS was appreciated by one & all. Dr. Prabhat Sitholey, vice-president of RFS(I) Lucknow gave a talk on “Positive Mental Health” & Mrs. Sonia Bhatt Vyas, a senior psychologist also spoke on occasion. The programme was well covered by the media.</p>
28/05/2022	<p>A programme was organized on Schizophrenia Awareness Day at our centre. It was attended by more than 50 psychology students of National P.G. College, Amity University & Lucknow University. Caregivers and members of RFS also participated</p> <p>Prof. S. Z. H. Zaidi, director of AIBAS was the Chief Guest. E-certificate of participation was given to the students.</p>



25/06/2022

A video of activities of RFS(I) Lko since its inception in 2005 was made. The effort of our past counselor Mr Amresh Kr Srivastava was praiseworthy & he took keen interest & lots of effort to get this video made. A caregiver meet was also held on the same day. The video has been sent to National Board for uploading in the website.



15/08/2022

Flag Hoisting was done and program was attended by Interns, Caregivers, Members of RFS & Manrogi Kalyan Sansthan.



09/10/2022

On World Mental Health Day Our clients along with Ms. Shweta Dixit & Nursing Staff Mr. Amit Kumar visited Expressions & Celebrations, Vibhav Khand, Gomti Nagar, Lucknow and took part in various activities.



23/11/2022-24/11/2022

Dhanteras Pooja & Diwali Celebration in our centre.

24/12/2022

Christmas Day Celebration with staff & clients

13/01/2023	Lohri celebration
26/01/2023	Republic Day celebration
08/03/2023	Holi celebration
	18 th Annual Day celebration of RFS (I) Lucknow branch was held. Theme was “Suicide Prevention.” Programme was a successful one with more than 250 participants. Shri Brijesh Pathak, Deputy CM, Govt. Of U.P. was the Chief Guest. Mr. Sudhir Halwasiya, a politician, social activist & leading businessman of the city was the Guest of Honour. Dr. Alok Bajpai Psychiatrist From Kanpur and Dr. Divya Prasad R.C.I. Registered Clinical Psychologist were the two main speakers.

Conferences, activities and workshops attended by members of the society:

	DATE	EVENT
First Quarter	06/04/2022	Dr. Shashi Rai nominated as Advisor of Women Health Specialty Section of IPS..
	06/05/2022	Dr. Shashi Rai chaired CME organized by Indian Association of Biological Psychiatry on Zoom.
	14/05/2022-15/05/2022	Dr Shashi Rai attended a CME organized by I.P.S, U.P State Branch at Allahabad & chaired a session.
	11/06/2022	Dr. Shashi Rai moderated a CME organized by Abort Pharmaceuticals Limited.
	18/06/2022-19/06/2022	Dr. Shashi Rai attended IAPP midterm CME at Rajkot.
	Second Quarter	02/07/2022
12/07/2022		Dr. A.K Agarwal, Dr Shashi Rai & Mr. Alok Saxena attended National Board Meeting on Zoom.
16/07/2022 - 17/07/2022		Dr Shashi Rai attended a CME of East Zone at Siligudi and chaired a session.
04/08/2022		Dr. Shashi Rai was the moderator for a CME organized by Abort Pharmaceuticals Limited on OCD & Management.
05/08/2022		Dr. Shashi Rai chaired a session for a panel discussion organized by Consultation Liaison Psychiatry IPS Specialty Section.
12/08/2022 - 14/08/2022		Dr Shashi Rai attended the Global Biological Psychiatry Conference at Delhi & chaired a session.
20/08/2022 - 21/08/2022		Dr. Shashi Rai attended a CME at Srinagar & chaired a session.

	27/08/2022 - 28/08/2022	Dr. Shashi Rai attended mid-term CME at Raipur.
	10/09/2022 - 11/09/2022	Dr. Shashi Rai attended West Bengal State Conference and took part in panel discussion.
	16/09/2022 - 18/09/2022	Dr. Shashi Rai attended the World Congress of Asian Psychiatry at Hyderabad and presented a Symposium on Spectrum of Psychosis in Women.
	24/09/2022	Dr. Shashi Rai chaired a session in a CME organized by Biological Psychiatry on virtual platform on Zoom.
Third Quarter	14/10/2022-16/10/2022	Dr. Shashi Rai attended the North Zone and South Conference and chaired two sessions held at Jaipur & Kovalam respectively.
	05/11/2022	Dr. Shashi Rai chaired a session in the Central Zone Conference at Bhopal and was also the judge of Tara Naidu award.
	23/11/2022	Dr. Shashi Rai presented a symposium on Women Mental Health Recent Advances and also Women Mental Health at the Workplace during the ANCIAPP conference at Varanasi
	27/11/2022	Dr. Shashi Rai chaired a session on Mental Health Care Act 2017 and Insurance organized by Delhi Psychiatry society (online).
	10/12/2022	Dr. Shashi Rai chaired a session on Women Mental Health in a symposium organized at Chandigarh.
Fourth Quarter	02/02/2023-05/02/2023	Dr. Shashi Rai attended the 74 th ANCIPS at Bhuvaneshwar.
	17/03/2023-18/03/2023	Dr. Shashi Rai attended the World Association of Psychosocial Rehabilitation India held at Tejpur Assam and presented a symposium on RFS model of Psychosocial Rehabilitation and also chaired 2 sessions.
	30/03/2023	Dr. Shashi Rai attended office bearer meeting of RFS at the National Board office at Bangalore.
	31/03/2023	Dr. Shashi Rai and Mr. Alok Saxena attended the National Board meeting held at RFS Bangalore.

Financial performance - Income expense of each quarter

S. No	Period	Income	Expenditure
1.	First Quarter	13,14,709	10,25,177
2.	Second Quarter	16,02,294	10,68,795
3.	Third Quarter	12,05,824	12,32,997
4.	Fourth Quarter	15,80,121	13,94,234
	Total	57,02,948	47,21,203

- **Donations in this year**

- a) **Monetary donation:**

S.no	Date	Name of Donor	Amount
1.	02/04/2022	Justice Vishnu Sahai	Rs.11000/-
2.	19/04/2022	Dr. Rukhsana Khan	Rs. 5,000/-
3.	10/05/2022	Dr. Rukhsana Khan	Rs. 5,000/-
4.	19/09/2022	Mr. Suresh Agarwal	Rs. 1,00,000/-
5.	01/10/2022	Mrs. Shail Gangal	Rs. 25,000/--
6.	04/01/2023	Dr. Shubhra Singh	Rs. 11,000/-
7.	10/01/2023	Dr. Dinesh Dua	Rs. 51,000/-
8.	14/02/2023	Dr. Atul Kharbanda	Rs. 21,000/-
9.	17/02/2023	Dr. A.K. Agarwal	Rs. 1,00,000/-
10.	11/03/2023	Dr. Vipul Singh	Rs. 25,000/-
		Total	Rs. 3,54,000/-

- b) **Donation in kind:**

S.No	Date	Items	Donated by
1.	02/08/2022	Carrom Board and Chairs	Mrs. Renu Garg (Mother of our client Mr. Gaurav Garg)
2.	12/11/2022	1. Water Drum-1(used) 2. Sofa cushions-5(used) 3. Geyser(30ltr)-1 (used)	Dr. Divya Prasad & her mother Mrs. Mahima Prasad
3.	17/02/2023	Steel dinner set	Dr. Prabhat Sitholey

- **Sponsorship for souvenir & annual day (April 2022):**

1.	02/04/2022	Astral Cyrus Life sciences	Rs.15000/-
2.	02/04/2022	Kivi Healthcare Private Ltd	Rs.30000/-
3.	05/04/2022	Atlanta Medicines Pvt Ltd	Rs.15000/-
4.	22/04/2022	Dios Life sciences Pvt. Ltd	Rs.15000/-
5.	10/05/2022	Talent India	Rs.20000/-
6.	10/05/2022	Talent India	Rs.20000/-
7.	24/05/2022	Troche Laboratories Pvt Ltd	Rs.15000/-
8.	24/05/2022	Intas Pharmaceuticals Ltd	Rs.58800/-
9.	24/05/2022	Sun Pharma Laboratories Ltd	Rs.49000/-
10.	30/05/2022	Dewmedic Healthcare Pvt Ltd	Rs.15000/-
11.	01/06/2022	Concern Pharma Ltd	Rs.30000/-
12.	07/06/2022	Eris Lifesciences Ltd	Rs.49000/-
13.	25/06/2022	Mova Pharmaceuticals Pvt. Ltd	Rs.15000/-
14.	25/06/2022	Salas Pharmaceuticals	Rs.39600/-
15.	13/07/2022	DD Pharmaceuticals	Rs.15000/-
16.	16/09/2022	Arpik Pharmaceuticals	Rs.15000/-
		Total	Rs.4,37,400/-

- **Sponsorship for souvenir & annual day (March 2023):**

1.	17/02/2023	Talent India	Rs. 40,000/-
2.	21/02/2023	Infiniticare Pharmaceuticals Pvt. Ltd.	Rs. 10,000/-
3.	21/02/2023	Kivi Healthcare Private Ltd.	Rs. 15,000/-
4.	24/02/2023	Troche Laboratories Pvt. Ltd.	Rs. 20,000/-
5.	28/02/2023	Atlanta Medicines Private Limited	Rs. 20,000/-
6.	14/03/2023	D.D Pharmaceuticals	Rs. 20,000/-
7.	16/03/2023	Justice Vishnu Sahay	Rs. 11,000/-
8.	21/03/2023	Mova Pharmaceuticals	Rs 20,000/-
9.	28/03/2023	Alteus Biogenics	Rs 19,000/-
10.	28/03/2023	Shri Harbhaj Ram Kripa Devi Trust	Rs 20,000/-

11.	28/03/2023	Dr. Rukhsana Khan	Rs. 5,000/-
12.	28/03/2023	Dr. Sanjay Niranjana & Dr. Nidhi Niranjana	Rs.10,000/-
13.	28/03/2023	Shiv Shanti Sant Asudaram Ashram (Abhyudaya Yog Kendra)	Rs.11,000/-
		Total	Rs.2,21,000/-

• **Meetings held:**

a) **Governing council meeting:**

DATE	MEETINGS
23/04/2022	Special General Body Meeting of RFS (I) was held on Zoom.
30/08/2022	Governing Council Meeting of RFS (I) Lucknow was held at the centre.
12/01/2023	G.C meeting was held in person at the centre.
12/01/2023- 25/03/2023	Numerous meeting was held in this quarter regarding the annual day celebration.

b). **Annual meetings:**

- **30/08/2022** - Annual Meeting of RFS (I), Lucknow was held at the centre.
- **08/10/2022** - The Office Bearer & many members of the Branch joined the Annual General Body Meeting of RFS(I) on Zoom platform.

c) **Staff meeting:** held once in every three months.

d) **National board meeting:**

- **05/05/2022** - Meeting of National Board Members & members of RFS regarding advocacy program of RFS.
- **08/10/2022** - Dr. A.K Agarwal, Dr.Shashi Rai & Mr. Alok Saxena joined the National Board Meeting.
Dr. Shashi Rai was again elected as chairperson of RFS(I) for the period 2022-2025.

• **Membership:**

Total Membership - 146

Ordinary Members - 96

Associate Members – 50

New Members who have joined in this year:

1. Dr. Krishna Dutt

M.A., D.M., S.P. Ph.D.

Former Faculty at K.G.M.C, Lucknow

Director “ASMITA” a centre for slow learners & Mental Health Care

2. Mr A. K. Pandey

Retired Civil Engineer (UPRNM)

3. Mr. Akhilesh Saxena

Civil Engineer & Member of RFS(I), Lucknow Branch

4. Dr. Jesna Manoj

M.B.B.S., D.P.M., D.N.B. (Psychiatry)

Psychiatrist

Visitors to the centre and their feedback:

S. No.	Name	Feedback
1.	Shri Kamlesh Kumar Verma	This is one of the nice institutions in Lucknow working in the field of holistic development of persons with disabilities especially Mental Health. Having nice compound and well maintained garden.
2.	Mayura Bala Subramaniam	Wonderful team, very well managed facility. Such a wide range of activities are undertaken to keep the

		clients engaged and to rehabilitate. Wish the entire team the very best in their wonderful efforts.
3.	Vivek Sheel	Excellent work & wonderful team. Facilities across Richmond Fellowship Society are superb. I wish all the best to the team.
4.	Roli Mishra	Very well maintained centre. The facilities and the inmates are lovely to interact. Thanks a lot
5.	Dr. Jyoti Dubey	It was nice experience.
6.	Mrs. Namrata Dixit along with 18 students of Jaipuria School.	Students learned a lot about the disorders and the field of Psychology and the functioning of rehabilitation centre.
7.	Mr. Evan Morrisons, New York, USA	Such a special place, so happy I was able to visit.
8.	Ms. Arshiya Malik, New York City	Such a wonderful place to help people. Full of Love care & compassion.

• **Success stories:**

There has been qualitative improvement in many of our clients in their overall behaviour. Our client Ms. A 50 yrs old female, graduate diagnosed with Schizo affective disorder , who has been with us for the last few years has been doing very well and has actively participated in many online competitions and won them. She also applied for various jobs and could qualify most of the exams given. She has been entrusted with the work of computer teacher in the day care and also given the responsibility of part time care taker of the centre.

One of our clients Ms. B 28 Yrs old female diagnosed with chronic schizophrenia attended the day care centre for 2 years cleared her post graduation and also did diploma in child guidance and counselling has improved considerably and got married recently.

Feedbacks:

a. Feedback by guardians of one of our Half Way Home Clients:

The response given by the guardians of one of our clients who has been diagnosed as mental subnormality with behavioural problems and had been attending the day care centre and later admitted in the half way home for the last 10 months is as follows:

Deficits at the time of admission:

- Poor self hygiene
- Less group interaction
- Poor eye contact
- Gets aggressive
- Becomes stubborn
- Blinks eyes continuously
- Repeats statements many times
- Stammers
- Feels afraid when hears the horns of vehicles
- Dislikes to go out

Positive points:

Due to your kind efforts she is now able to take care of her personal hygiene. There has been a positive change in her behaviour and her stubbornness has decreased. She has started doing things a little faster and also takes interest in things being taught to her. Her sense of dressing up has improved as was evident in the photographs taken on her birthday. We thank everyone at the centre for bringing this positive change in her.

We would appreciate if things continue in similar fashion and she shows further improvement.

b. Feedback given by a Client's brother

My brother has received very good care at the Richmond society Lucknow. I am in constant touch with him and I find him feeling comfortable and in better frame of mind. He is taking part in various cultural, educational and social events at the center with enthusiasm. Doctors and staff members are helpful and friendly.

Feedback from Interns:

A) The environment of the institution is really calm and comforting for the clients of half way home and day care and provides them a space in which they can evolve mentally and helps them in their mental and physical development. The clients are treated very sincerely and they are given a very productive routine to follow which helps them to get in their normal life. Medications are also given on time for them to get better. My experience in this institution was really good; I learned many new things and developed many qualities which are required for being a better counselor like empathetic understanding, handling difficult clients and many more valuable lessons. Special thanks to Dr. Shashi Rai, Miss Nancy Bhardwaj and all the counselors for providing us with such great experience.

Regards,

Shreya Dwivedi

National P.G. College

B) Through this internship, I have developed self confidence in myself and now I always try to think positive in most of the situations. I learned more than I ever expected. Development in my communication skills was one of the strongest and most apparent skills that I learned during my stay here. I learned a lot and got a good exposure as to how to apply your academic knowledge into rehabilitation setting. This place is really great to learn and increase our confidence and empathetic values in life.

I thoroughly enjoyed my internship and want to thank all the authorities of Nav uday for their help and support all through.

Thank You

Ricky Shanker

Our loss:

One of our half way clients who had been with us since 30/01/2018, suffering from mental subnormality with psychosis was diagnosed to be suffering from malignant carcinoma of the breast. Though her guardian, her sister came routinely to take her for chemotherapy and radiation therapy but it was our staff that took care of her like any family member would have done. She breathed her last on **16/12/2022**. May God give eternal peace to her soul.

“It does not matter how slowly you go as long as you do not stop.

GLIMPSES OF OUR ACTIVITIES

Annual Day 2022



G.C. Meeting



Clients Exercising



Students Visit



Clients are enjoying the Lohri Festival



Annual day is celebrated on 25th March 2023 at IMA hall Lucknow. The theme of the workshop was suicide prevention. It was a very successful programme attended by about 275+ people and well covered by the media. Deputy chief minister and minister of health Mr Brijesh Pathak was the chief guest. Mr Sudhir Halwasiya politician and social activist was the guest of honour. We have two speakers Dr Alok Bajpai senior psychiatrist from Kanpur and Dr Divya Prasad clinical psychologist from Lucknow who deliberated on the subject. A very vibrant cultural programme was presented by the clients of the centre.



“It does not matter how slowly you go as long as you do not stop”