



# The Richmond Fellowship Society (India) Delhi branch “ VISHWAS ”



# Annual Report

April 2022 -  
March 2023

## Our Vision

Persons with Mental Illnesses (PMIs) 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.

## Our Mission

To provide accessible and quality psychiatric rehabilitation services, reduce stigma surrounding mental illness, network with various organizations for training and sensitization activities, develop human resources in the field, and make research based contributions.

"Happiness is not something readymade.  
It comes from your own actions."

Dalai Lama

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## **Message from the President**

The year 2022-23 was a period of transition when a new Governing Council was elected for a period of three years. As we continue the legacy and strive to make efforts for improving the scope of our work, we look forward to building new partnerships to strengthen our activities and serve the needs of people living with mental illnesses and their families.

Considerable improvements have been made in the building and facilities to improve the brand image of the organisation and increase the comfort level of the resident members. As part of our advocacy efforts, we have updated our website and hope to keep our viewers informed and involved.

This year, the Annual day was celebrated in Vishwas with a lot of enthusiasm after a gap of two years when COVID-19 had disrupted our lives.

The challenges faced by the Richmond Fellowship Society (Delhi branch) continue as we struggle with the dilemma of halfway home v/s long stay home debate within our organisation.

The Annual Report gives glimpses of our work in the past year. We seek your cooperation and support for promoting the cause of mental health and become active partners with us in our journey!

**Gp. Capt. Ashok Marwaha VSM (Retd)**



## Secretary's Message

Returning to Vishwas, especially in the shadow of COVID-19 pandemic, not only became vital to prioritize mental health care, and strengthen the support system for those who are in need of rehabilitation and half way homes, but to carry forward the tradition left behind by the founding fathers in the light of dwindling strength of the in-house residence, and to remove the established tag from the minds of the would be future family members of Vishwas - being an old age home; the going has been quite a daunting task!

As one moves forward, the importance of Vishwas, a halfway home, playing it's crucial role in rehabilitation of individuals, struggling with mental health issues through its dedicated volunteers and staff has been a great source of inspiration. Their efforts have not gone unnoticed and it is a great honour to acknowledge their contribution to Vishwas and the broader mental health community. Their commitment to improving the lives of those struggling with mental health issues is truly remarkable. Their dedication and passion for mental health advocacy are truly inspiring and their leadership has led to successful implementation of programmes and initiative that have helped individuals in their better understanding of their lives.

One is confident, even though there are many challenges still abounding, our halfway home will continue to be a beacon of hope for those in need, and one looks forward to seeing the positive impact Vishwas will continue to make in the lives of others.

Dr. Manish Kumar Jha



Dr. Krishan Khurana



Dr. Satyawati Devi



Dr. Rangashri Kishore



Mr. MC.Kishore



Mr. P.C. Seth



Dr. D. K. Mitra



Mr. B.S.Mathur

Founding Members



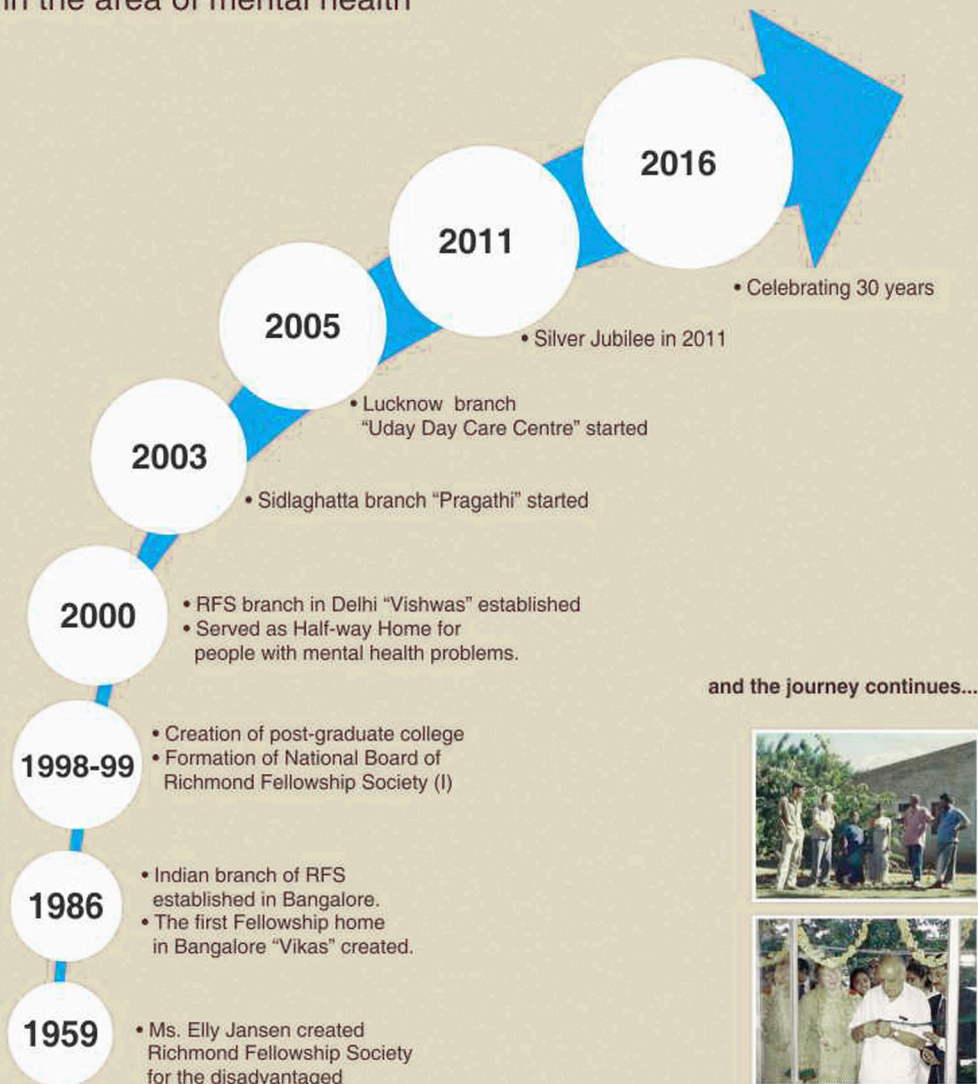
**PART 1**  
**CONTINUING**  
**THE LEGACY**

## The Richmond Fellowship Society India

The Richmond Fellowship (RF) was started in the year 1959 in UK by Ms. Elly Jansen and today RF organizations are established in more than 30 countries providing effective rehabilitative services to people recovering from severe mental health problems.

### OUR JOURNEY

The Richmond Fellowship Society (RFS) is a not-for-profit, non-governmental (NGO) and secular organization working in the area of mental health



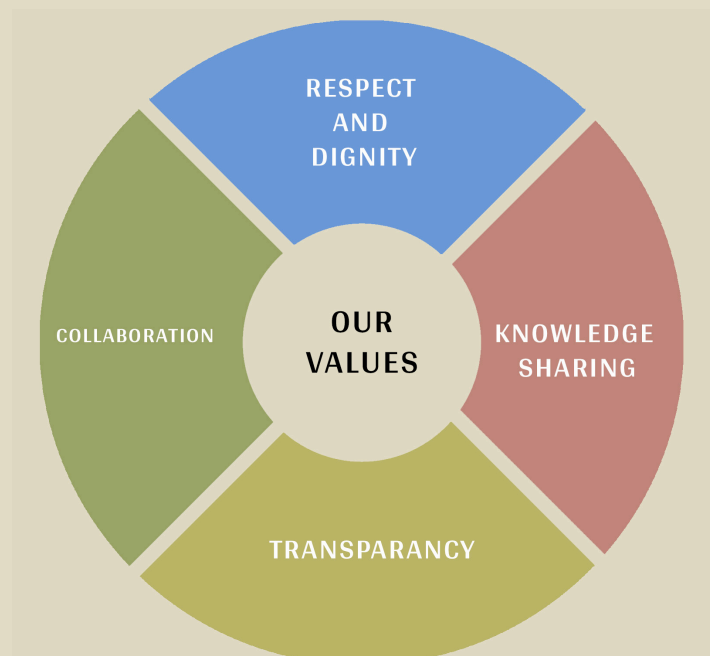
\*The RFS (I) is an Associate Member of the Richmond Psychological Foundation International (RPFI), UK (previously known as The Richmond Fellowship International, UK, a worldwide organization with Fellowship in more than 30 countries and one of the founding members of The Richmond Fellowship Asia-Pacific-Region



The Richmond Fellowship Society (India) – RFS (I) - is a National-level Non-Governmental Organization working in the area of psychological rehabilitation for those suffering from chronic mental illness. RFS(I) as a “Not for Profit” organization, founded in Bangalore in 1986. It is a registered society under the Societies’ Registration Act (1860).

RFS follows the Therapeutic Community approach for treatment of persons living with mental illness (PMIs), which is a group-based, participatory approach to healing from long term mental illnesses.

In India, The Richmond Fellowship Society has four branches – RFS Bangalore, RFS Delhi, RFS Lucknow and RFS Sidlaghatta (Karnataka). The National Board of the RFS (India), which was founded in the year 2001, has representatives from all branches. The Board exercises its control over all matters related to the management and organisation of the society. The Board coordinates the activities of all the branches to ensure a high professional quality of the services and the 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 entitle the branches to function as an autonomous unit under the overall supervision of the National Board.



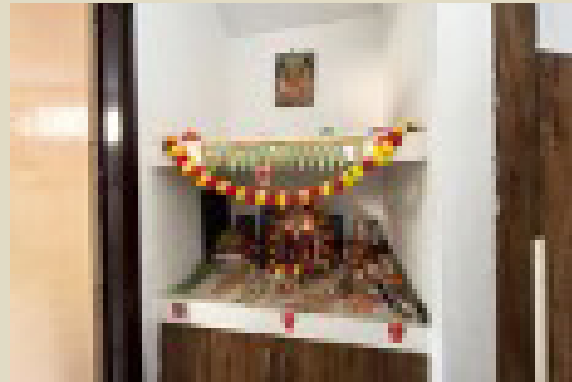
## RFS (I) Delhi Branch - VISHWAS

The RFS Delhi branch “Vishwas” started its activities in a rented accommodation in Gurgaon in 2000 to meet the growing need for psychosocial rehabilitation of people with mental illness and lack of such services in Northern India. It moved to its own premises in 2008 located in Greater Noida (U.P). The Halfway home facility, for 20 residents – male and female, was conceptualised as a home away from home, wherein patients after rehabilitation, would go back home and integrate with family and society.

The Governing Council (GC) of the Richmond Fellowship Society (India) Delhi branch, is an elected body of 15 members for a three-year term. The executive body comprises of a President, Vice President, Secretary, and a Treasurer from within the GC members. The members are all volunteers and have rich professional backgrounds. The current GC was elected in September 2022 and is making efforts to ensure continuation of the rich legacy. Renovations in the building have been carried out giving a face-lift and adding comforts to the resident members.

The main source of funding is through donations and fees paid by the carers for their wards. Limited CSR funding is also utilised mainly for community outreach and day care activities. P.C. Seth Memorial Fund was created after the death of Mr. Prakash Seth to support community outreach and advocacy activities and give concessions to some residents in the rehab facility.









**PART 2**  
**STRENGTHENING**  
**OUR ACTIVITIES**

The Richmond Fellowship Society (l) Delhi branch conducts activities to improve the quality of life of the resident members of Vishwas as well as advocacy and community outreach activities through youth as mental health ambassadors. Training is also provided to students for enhancing their understanding of mental health rehabilitation.

The RFS Delhi branch facility known as "Vishwas" provides residential care for both men and women living with serious mental illness such as Schizophrenia, Bipolar Disorder and allied disorders. The building has well ventilated rooms, two lawns and facilities for indoor and outdoor games. The rooms are on sharing basis to encourage camaraderie among the members. All room are airconditioned and have oil heaters for winter. A van and bus are available for taking the members beyond the four walls of the facility.

While psychoactive medications are primarily effective for symptom control and relapse prevention, psychosocial treatments are effective for personal, social, and vocational functioning. Combinations of pharmacological and psychosocial interventions are recommended for the persons with psychiatric disabilities; to reach the optimal level of independent functioning in the community. Rehabilitation initiatives aim to make persons living with a psychiatric disability perform all those cognitive, emotional, social, intellectual, and physical skills that are needed to live, learn, work and function in the best way.

During the past decade, psychiatric services have undergone a transition wherein the parameters of rehabilitation framework have shifted from the notion of recovery 'from' mental illness to meaningful recovery 'in' mental illness, within the limits of the disability.

The residents in the Halfway home, called "members", have an active rehabilitation programme, which runs throughout the day. The activities are based on 3E model of Engagement, Enjoyment and Empowerment.

Engagement represents all the efforts that members make during the course of treatment. Engagement is both a process and an outcome. Enjoyment or happiness does not depend on outside events alone, but rather on how we interpret and respond to them. Anhedonia, the inability to feel pleasure, is a common symptom in mental health disorders. Engaging members in activities helps to combat depression by offering a source of positive reinforcement that serves as a natural antidepressant. Empowerment aims to reduce internalized stigma that contributes to low levels of self-esteem and self-efficacy creating barriers towards a productive social and occupational life.

Activities are planned for empowering the members with life skills to identify good qualities in others and develop positive attitude towards team work. Thankfulness or gratitude is a positive trait that can help to improve mental and physical wellbeing. Activities are conducted for members to notice the good in their lives and to make positive interpretations of events, particularly grateful interpretations and therefore, they can see not just that they are worthy of kindness, but that kindness indeed exists in the world and, life is worth living.

Activities for building “Self-compassion” for quietening one’s inner critic and replacing it with a voice of support is valuable for the them to feel happy and treat themselves with kindness.

“Mind wandering” often happens when we’re not being mindful. Mindfulness is the basic human ability to be fully present, aware of where we are and what we’re doing, and not overly reactive or overwhelmed by what’s going on around us. Mindfulness is about dedicating our awareness to the present moment, in a kind, non-judgmental manner. Activities for participants to become mindful and be engaged in the present, help them to reduce stress.

## IN-HOUSE ACTIVITIES

Day care is an important component of psychiatric services. Leena Khurana Day Care Centre provides opportunities for the members to engage themselves in meaningful activities for building their life skills. Following a routine is an integral part of the rehabilitation process. Many different activities are provided to enrich the basic day care programme and engagement of residents on a day-to-day basis. The Monthly Action Plan (MAP) is prepared incorporating various activities for enhancing their thinking, social and emotional skills through participatory processes. The variety of interventions in the Action Plan meet the basic goals of intellectual, mental, social, emotional, and occupational therapies.

Therapeutic interventions include individual counselling and psychosocial education. Maintaining personal hygiene and organising their rooms are also important activities that are included in the daily and weekly plan of action.

**Newspaper reading:** English and Hindi newspapers are delivered daily. Members read the newspaper at leisure and once a week they have a session when they share the most significant news of the week perceived by them. This activity not only helps to build their critical thinking but enables them to build their social and emotional skills by communicating effectively. The activity is encouraged to enhance their ability to engage in higher-order thinking or metacognition or to have an opinion, which is often severely impaired in PMIs.

**Library:** Aseem's Library provides access to books and magazines of choice. The management of the library – stock taking and issue of books is diligently done by one of the members with the help of two others.

**Arts and crafts:** Members engage themselves in creative activities with the help of an arts and crafts teacher in the afternoons twice a



week. They display their work on bulletin boards. The walls speak of their feelings which they share with others. Items for sale are made with the help of the teacher and counsellors. Colouring Mandalas is an activity enjoyed by a few members. Mandala art therapy is a form of psychotherapy using geometric patterns in an effort to find or restore a sense of healthy mental balance. Mandalas in art therapy have gained a great deal of recent attention.

Members participated in an initiative of the Srivatsa Trust, sponsored by the Arts and Crafts Dubai, for celebration of beautiful minds through Art. Three medals for best art work were won by our members and RFS (Delhi) received a certificate and a trophy.

**Quiz:** Quiz continues to be an immensely popular activity enjoyed by all. Very often the topics for the quiz are selected by the members well in advance and counsellors help in obtaining information related to the topics. Two teams have healthy competition with score board giving visibility to their performance. A few members are also encouraged to facilitate the quiz sessions along with the counsellors, thus boosting their self-image and self-confidence. Team games not only promote social interactions amongst the members, but also improve critical thinking and decision making. Teams are carefully formed by the counsellors to provide opportunity for enhancing social skills. Healthy competition is encouraged. Puzzles is becoming a popular activity with some of the members.

**Vocabulary classes:** Vocabulary classes are facilitated by a few members. Before COVID-19, this activity was popular when planning sessions with marginalised children who welcomed vocabulary building activities.

**Games:** Indoor and outdoor games keep members engaged and provide entertainment. Table tennis, chess, punching bag, cycling and board games (Scrabble, Carom) are enjoyed by members regularly. Outdoor games such as Basketball and Badminton are also enjoyed by a few members.

**Tambola:** Friday is the day for Tambola. Members eagerly look forward to this activity. Prizes are given such as chips, cold drinks which are normally not allowed.

**Movie day:** Every Saturday is movie day. We have a projector and members enjoy watching films of their choice. Sometimes discussion follows a film show, revealing their attitudes and values of the members on the main issue.

**Music:** Music is therapeutic. Members enjoy the music classes with the music teacher coming once a week. During COVID-19, the classes were discontinued but have been resumed again. Performance on Annual Day was missed during the COVID-19 period!

**Yoga:** The Yoga classes are held regularly for the members. A Yoga teacher was coming regularly before COVID-19, but now the counsellors conduct the sessions daily.

**Vocational skills:** Candle making, knitting, painting and bag making are the skills that are being honed for income generation. One member has also done a beautician course and is doing in-house work. This member charges other members for specific services such as threading, waxing, facials, nail-painting, etc. While a few members are confident to do individual work, others are encouraged to work together to gain self-confidence. They share their earnings on a system that has been evolved through consensus. They proudly show and sell their products to visitors and in stalls.

**Computer training:** The students of G.L. Bajaj Institute of Management and Research (Greater Noida) have started coming once a week to help the members learn basic computer skills.

**Planning session:** Once a week, members have planning session with the counsellors when they plan for the coming week, register their complaints related to living facilities (often leaking tap, fused



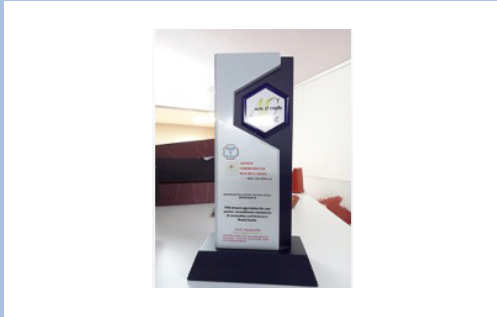
bulbs, etc) and allocate duties. The person on 'calling duty' must make sure that all members come down to the basement for the day care activities.

**Medicine management:** Every Monday, 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 nurse as per the schedule prescribed by their respective psychiatrists. As per the Mental Health Care Act 2017, awareness of the medicines being administered to the members is important. Some of the members who re-joined the facility after relapse is due to the fact that families were unable to ensure regularity in medicine management with members refusing to cooperate. The counsellors and nurse make sure that correct medicines as per the prescription are filled in the medicine boxes. The medicines are taken in the presence of the counsellors/nurse as per instructions of the psychiatrists.

**Celebrations:** Birthdays of the members are celebrated and often the family members join them with gifts and eatables for all the members. Members celebrate important National days like Republic Day and Independence Day. Flag hoisting on Republic Day in the morning is an annual feature. They actively participate in all the festivals. Lohri, Holi, Diwali, Shivratri, and Christmas are celebrated enthusiastically. Gifts from Santa Claus (one of them) are welcomed.

Diwali 2022 was celebrated by organizing lunch in Vishwas and sale of items made by the members. A special activity was also organised revolving around building life skills of the members through a participatory process culminating in giving recognition to them through . surprise gifts. The felicitation ceremony had the presence of GC members, carers and other guests. An exhibition stall was also arranged alongside, showcasing the talents of all the members.

**Counselling:** Individual and group counselling is an important aspect of the rehabilitation process. Individual counselling sessions



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 time, due to lack of insight or resistance, informal sessions are used with the members. All individual counselling sessions have a goal, preferably mutually decided by the members and the counsellor as there are more chances of goal-directed behaviour to occur in this way. Many a times, psychological therapies may not work due to social barriers and it is in such situations that an intervention is carried out. This augments the impact of the session as well. Follow up is also done by the counsellors after these sessions.

The members are taken outside Vishwas every month for lunch, barring the COVID-19 period. In 2019, 'Beyond Four Walls' (B4W) project was conceived with a vision of improving the quality of life of the members by providing them opportunities to interact with members of society especially youth from nearby colleges and children from marginalised areas. Post COVID-19, the weekly outings to the NGO 'My Perch' have not been resumed but online interactions continued - the children participated in the picnic. In winters, members eagerly look forward to going beyond the four walls of the centre. Picnics are usually combined with some other activity, like visiting a market.

**Monthly Lunch out:** Members go out for lunch in a local restaurant once a month. They enjoy ordering food of their choice and have a pleasant change of environment. This outing is awaited throughout the month.

**Family invitation for lunch:** All the members and staff were invited home for lunch by the family of one of the members on 26th January, 2023. They enjoyed very warm hospitality – playing Tambola and relishing home-made food.

**Christmas carnival at Global Genesis school:** The students from Global Genesis School (Greater Noida) have been visiting

Vishwas as every year before COVID-19. Vishwas members were invited to put up a stall and sell their products in the Christmas carnival held in the school premises in December 2022. All the members enjoyed the carnival, music, and food.



Two of the members on their own, went up to the stage and gave a song performance introducing themselves as Vishwas members. Thus, breaking the barrier of self-stigma and becoming (Remove effective) mental health advocates. The volunteers from the school were very helpful in advocating about Vishwas through posters and selling products made by the members.

**Can Support Walk for Life:** Every year, CanSupport Walk is organized in the neighbourhood of Vishwas. This is done close to the yearly 'Walk for Life' event organized by CanSupport - an event to commemorate World Cancer Day. This year, while the walk in Delhi was on 19th February 2023, the Vishwas CanSupport walk was organized on 12th February 2023. Around 50 participants included resident members of Vishwas, staff and management, CanSupport team, representatives from Global Genesis school, children from My Perch NGO, President of Lions Club Noida Ms Rachna Yadav and her team, and members of Clubhouse, a family support group. The walk was organised in the Biodiversity Park in Noida. Wearing white T-shirts with CanSupport logos, carrying banners, they walked in the park raising slogans of "We support, CanSupport". Playing games,

winning prizes and enjoying home-made food, the activity beyond the four walls of the facility was indeed a memorable event for them.



**Picnic at a farm house:** All the members were invited for picnic by one of the GC members at his farm house in Noida. Members enjoyed the food, sunshine, and entertainment.

**Annual Day:** The Annual Day of the Richmond Fellowship Society (I), Delhi Branch was celebrated on 19th March, 2023 at Vishwas, Greater Noida. Dr. Nimesh Desai, Psychiatrist & former Director of IHBAS (Delhi) and Dr. J.M. Wadhawan, Psychiatrist & Consultant Ganga Ram Hospital were invited as special guests. The President Gp.Capt. Ashok Marwaha (Retd), welcomed the Chief Guest, Guest of Honour and other dignitaries. The Secretary Dr. Manish Jha, presented the annual report of the Delhi Branch. Both the renowned Psychiatrists appreciated the efforts being made by Vishwas in the field of





mental health. They emphasized that mental health facilities are lacking in the country and there is an utmost need for establishment of more rehab centres, like Vishwas in the country for the benefit of needy people.

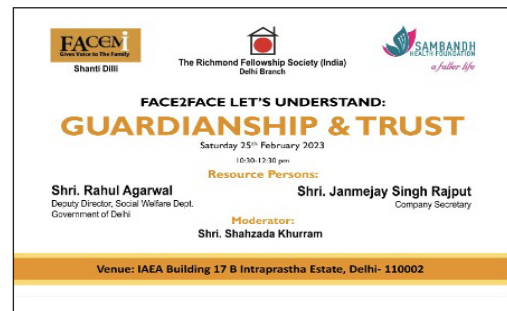
The resident members of Vishwas participated in group songs, gave solo performances which included self-composed poem and jokes.

The students of Global Genesis School also gave a rap and group song performance. The students of Bageshree Institute of Music, Dance and Art in Greater Noida gave musical performance. Handmade items by members of Vishwas, Aseem Library and Sambandh Health Foundation were displayed for sale in their respective stalls. The Certificates for art competition were given to members of Vishwas by Dr. Rangashri Kishore, one of the founder members of RFS (I) Delhi branch. The Artistic Celebration of Beautiful Minds competition was a joint effort by Arts Crafts, Dubai UAE and Srivatsa M.A. Memorial Trust for Mental Health, Bangalore. All the participants enjoyed the event.

Promoting mental health is an important component of the vision and mission of the Richmond Fellowship Society. Efforts are made to go beyond reducing stigma and creating awareness related to mental health legal literacy and to motivate volunteers to become mental health ambassadors.

**Webinar on Mental health:** The theme by World Health Organization for the year 2022 World Mental Health Day stated: 'Make Mental Health and Well-Being for all a Global Priority'. A webinar was organized on 28th October, 2022 with the theme: "Raising Voices: Making Mental Health and Well-Being a Global priority for All". The speakers included Dr. Nimesh Desai, Senior Psychiatrist and former Director, Institute of Human Behaviour and Allied Sciences (IHBAS Delhi); Dr Sujatha Sharma, Clinical Psychologist, and Managing Trustee of RAHAT Charitable & Medical Research Trust; and Mr Vijay Nallawalla, Founder Bipolarindia, CoFounder Mental Health Support Foundation. The panel discussion was moderated by Ms. Geeta Sahai. The webinar was hosted by G.L. Bajaj Institute of Management & Research. A volunteer Khushi introduced the topic of the webinar.

This webinar provided all with an opportunity to re-ignite the efforts to protect and improve one's mental health. It aimed at de-stigmatisation of the mental health services and further discussed ways to form a world where mental health is respected, encouraged,



and protected. Themes related to the commitment, engagement and investment by all stakeholders, across all sectors, were explored. The speakers emphasised the role of societal mindset, concept of over-psychiatrization and psychologization, flip sides to celebrity endorsements, behavioural change communication, and importance of mental health in school curriculum. This discussion provided an opportunity for everyone; students, mental health professionals, people with mental health conditions, caregivers, advocates, governments, and other stakeholders to come together to recognise the progress in this field and to be vocal about what one needs to do to ensure Mental Health and Well-Being become a global priority for all.

**Advocacy meeting for families of Persons living with Mental Illness (PMIs):** The families of persons living with mental illness (PMIs) are always haunted with the thought of “What after me?”. The issue of Guardianship for their loved ones is a need of many families. RFS Delhi partnered with Sambandh Health Foundation (Gurgaon) and families of FACEMI Shanti Dilli, to organize a face-to-face interactive meeting on 25th February, 2023. The meeting was hosted by the Indian Adult Education Association in Delhi. Volunteers from NSS Unit of Lady Irwin College (University of Delhi) helped in smooth conduct of the event. Mr. Rahul Agarwal, Deputy Director Department of Social Welfare, Delhi Government, keenly listened to the challenges faced by the family members of the PMIs. He responded to the questions raised by the caregivers and was open to suggestions given by them. Mr. Janmejay Singh Rajput, Company Secretary, and our GC member, made a presentation on setting up Trust for PMIs and presented the legal framework.

The session was moderated by Mr. Shahzada Khurram. The session was very interactive and ended with the Resource Persons answering questions raised by the participants. Participants expressed a need for more similar sessions in the future.

## COMMUNITY OUTREACH (BEYOND FOUR WALLS)

Beyond Four Walls (B4W) assumes that Activity Based Learning (ABL) is meaningful for building life skills of youth. Sensitising them on mental health issues and training them to become mental health advocates would benefit not only themselves and their peer group but also strengthen the District Mental Health Programme (DMHP).

The pilot B4W project, started in 2019, has resulted in establishing a model of reaching out to the community through youth in a well-planned, phased manner. Working with selected academic institutions especially Lady Irwin College (University of Delhi) and NGOs, the partnership has been fruitful and many lessons have been learnt.

The impact of COVID-19 resulted in disruption of academic calendars. Nevertheless, the dialogue with colleges has begun with renewed vigour and we have identified key persons and institutions who can take the process forward.

**Mental Health Awareness Project in Lucknow and Barabanki (U.P.):** This year, we expanded the scope of our community outreach and advocacy work beyond Greater Noida, Noida, and Delhi-NCR. For preparing youth as mental health ambassadors, we partnered with Lady Irwin College, RAHAT (Delhi), Muskaan, TaraSri (NGO), and BBD University in Lucknow. After the preparatory work done in August 2022 in terms of conducting a training for the faculty and students of the Management Dept of the University, awareness campaigns were conducted in Barabanki district (UP).




**Mental Health outreach for students of Fostiima Business School (Delhi):**

A series of mental health awareness sessions were conducted in Fostiima Business School (Delhi) for MBA students in January 2023 using innovative floor games. The students were given knowledge about different aspects, symptoms, causes, and treatment options of a few common mental disorders. As a result, some of the students approached us and took help to sort out early stages of withdrawal and depression.

The innovative and fun manner of imparting facts by Prof. Aparna Khanna and Ms Nadira Chaturvedi took the silenced stigma away from this sensitive subject and enlightened the students. The training was pitched as a communication and community awareness project for management students.







**PART 3**  
**ENGAGING WITH**  
**STAKEHOLDERS**

## Resident members of Vishwas

The resident members of Vishwas feel very much at home in the rehab facility. COVID-19 was a stressful period for all and the members felt its impact long after the situation was back to normal. They were reluctant to interact with outsiders. It was quite an effort to persuade them to go out beyond the four walls of the facility. However, after Diwali celebrations in October 2022, they enjoyed their outings and enjoyed the bus rides, visiting new places and even meeting unknown people.

The resumption of classes with art and music teachers, after a gap due to COVID-19, was therapeutic and helped to build their confidence. They were engaged in making items that were sold within the premises to visitors as well as in stalls outside the premises. While four members made items individually such as candles, paintings and knitted scarfs, others worked together to make bags.

For the items made jointly, the remuneration was decided through an interesting participatory process. Through group discussion, consensus was arrived to evolve a system that was acceptable, transparent and doable. Members gave ranking to all members in terms of their active participation in making the items for sale and organising the sale counter. The rankings were divided into three groups: A- Very Active, B- Active, C- Less Active. Each member was given an envelope to put earnings according to their level of participation in it and deposit with the manager. They felt happy and had a sense of achievement. Members were encouraged to make individual items in future and write their names to maintain identity and get paid accordingly.

### Recognising Strengths of the Members

As a team building exercise, for Diwali 2022, surprise gifts were given to the members through a team building exercise wherein each member identified strengths of others in the group. Personalised gift mugs with emojis and taglines were designed by GC member Ms Shruti Jha.



Member number	Strengths	Taglines	Emojis
1.	Writer	Word Wizard	
2.	Good with crafts	The Art Queen	
3.	Exercise and Fitness	Ms Melody	
4.	Persistence	Fitness Champion	
5.	Friendly	Ms Determinator	
6.	Poetry	Social Superstar	
7.	Analyzer	Word Artist	
8.	Kind	Mind Machine	
9.	Writer	Passion for Compassion	
10.	Observation	Ms Mindful	
11.	Patience	Ms Serenity	

## Success story

*Ms. Shobna (name changed), aged 65 years, was admitted in Vishwas on 2 March 2011. She was diagnosed with Schizophrenia with symptoms of somatic concerns, insomnia, medication dependency, delusion of grandeur, and lack of personal and oral hygiene.*

*Through rehabilitation methods (medication, memory enhancement activities, life and social skill classes, hobby building- painting for monetary purposes) and counselling, she has been successfully rehabilitated, and was recommended by the psychiatrist that she is no longer in need of rehabilitation as all her symptoms are under control. She was able to understand and work on all her concerns and there was no more need of counselling either.*

*Her stay in Vishwas ended after years of vigorous efforts on the part of herself as well as all the staff. On Saturday, 18th February 2023, Vishwas's goal of rehabilitation was achieved. She was counselled regarding why her stay at Vishwas is being ended and was discharged from Vishwas, which she understood. Her son was informed regarding her health concerns, her medication, prescriptions and about all her belongings. After everything was successfully packed, she left Vishwas saying goodbye to her colleagues with mixed feelings.*

Families of the resident members of Vishwas interact with the members and some have been taken home for a few days. However, there is scope for more involvement of the family members. One family invited all the resident members, staff and GC home on 26th January 2023. It was a memorable outing for the member!

We are also establishing linkages with Self-Help groups of PMIs in Delhi-NCR to expand the scope of our work and reach out to more families with our limited resources.

## Volunteers

Volunteers form the backbone of any NGO. Their passion and selfless service inspires others and adds value to the ongoing activities of the organization. Adults and children have volunteered in different ways – some have been associated with Vishwas for many years and have continued their journey with us.





*"People with different abilities did not get something less from the Almighty, just a little bit different just like all of us."*  
Adhering by this quote, the students of Genesis Global School have not only been

associated with Vishwas since 2012, but have also been seeking comfort and joy with the members of Vishwas. Boarders of GGS, away from their family, meet and play fun games with Vishwas members, host them to celebrate functions and help them sell their creative products. Volunteers understand a different world by the lens of the members of Vishwas. This symbiotic relationship creates a win-win situation along with a new thing to learn every time.

*Omansh Agarwal. Class 11*

Working as a volunteer for RFS has been a learning experience for me. I've been associated with the organisation since 2016. I've been volunteering in conducting training programs as well as awareness sessions around mental health as part of the community outreach activities of RFS. As a volunteer, it is of utmost satisfaction when one is able to make a difference to the community they are working in. With that, it has been a journey where I have learned a lot about the cause of mental health, the different ways of networking and working in the community, and using innovative methods to break the stigma around mental health. I'm so glad and fortunate to have availed the opportunity to volunteer with such a wonderful organisation, and I express my gratitude for making my experience enriching.

*Aprajita Sharma*

## Educational institutions

While young people these days face several issues related to their own mental well-being, youth have great potential to become peer educators and mental health advocates. For creating awareness on mental health, we have been working with educational institutions. With G.L. Bajaj Institute of Management and Research (Greater Noida), our activities have expanded. The webinar on mental health was hosted by the institute with a student Khushi Khandelwal introducing the theme.

An MOU has also been signed in 2023 with the Delhi Metropolitan Education in Noida similar to the MOU with G.L.Bajaj Institute. DME is affiliated to the Guru Gobind Singh Indraprastha University (GGSIPU), New Delhi and is approved by Bar Council of India. It offers courses in the field of Management (BBA- Bachelors in Business Administration), Journalism (BJMC - Bachelors in Journalism & Mass Communication) and Law (BA.LLB & BBA.LLB). We hope that the collaboration with the media school will support our advocacy efforts and give visibility to RFS facility and activities through the website and social media.

This MOUs outline the cooperation between RFS Delhi branch and the educational institutions for helping the students to reduce stigma related to mental health issues and become sensitive to the mental health needs among youth and society. RFSD will organize trainings for conducting advocacy campaigns with youth and in the community. This will strengthen the Government District Mental Health Programme (DMHP).

Volunteers from Galgotia University in Greater Noida volunteered for the Annual day function - we hope to renew our association with them after a lapse, due to Covid-19. Volunteers from the Lady Irwin College (Delhi University), Department of Development Communication & Extension, have been our technical partners in conducting trainings

and development of communication materials on mental health. Several innovative floor games have been used to make the trainings and community outreach activities informative and interactive.



## Government

Activities for strengthening the District Mental Health Programme in Bisrack block of Greater Noida have not been resumed after COVID-19. We are exploring alternatives to take the process forward.

## Non-Governmental Organisations

Collaboration with other NGOs provides synergy of efforts and updating knowledge. While activities with Sambandh Health Foundation (Gurgaon), and FACEMI Shanti Dilli were taken up for advocacy on issues related to mental health, collaboration with Rahaat Charitable Trust, Department of Development Communication and Extension, Lady Irwin College (University of Delhi) Muskaan and Tara Shri provided opportunities for training youth as mental health ambassadors.

The Indian Adult Education Association (IAEA) hosted the face-to-face meeting for mental health legal literacy in Delhi.

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**PART 4**  
**MANAGING THE**  
**ORGANISATION**

Governance and NGO management is not the same but is complementary. Management exercises its authority on behalf of and as directed by the governing board, but not in its own right. Setting boundaries between governance and management is, therefore, an important principle. In RFS, the secretary, a volunteer and Governing Council member, acts as the CEO and has the responsibility of administrative functioning with the help of a manager.

## Governing Council

The Governing Council (GC) of the Richmond Fellowship Society (India) Delhi branch, is an elected body of 15 members for a three-year term. The executive body comprises of a President, Vice President, Secretary, and a Treasurer from within the GC members. The members are all volunteers and have rich professional backgrounds.

The GC meets every two/three months to take important decisions related to the management of the organisation. The secretary's report and the treasurer's report are presented every quarter and are shared with the RFS National Board. The GC meetings were held on August 16, 2022, Sept 25, 2022, Dec 4, 2022 and March 5, 2023. The Annual General Body meeting of the RFS Delhi branch was held on 10th September 2022.

On completion of its 3-year term, elections to the Governing Council Member posts were conducted and a new Governing Council was established on 10th September 2022 during the Annual Meeting. The transition from the previous GC to the current GC (2022-2025) was very smooth. Mr P. Sukumar, coordinator RFS National Board, was nominated as the Election Officer for conducting the election process through email and WhatsApp. Following the announcement of election results, the elected members voted to elect their office bearers.

The current GC held its first meeting on 25th September 2022. Members were informed that renewal of registration under the

Mental Health Care Act, 2017 was received from the State Mental Health Authorities. One Governing Council member, Dr Shalini Narayanan, resigned due to personal reasons. Ms Geeta Sahai, resigned from the post of Treasurer. Ms Neeru Abrol C.A. was nominated as the new treasurer. Dr Nimesh Desai, senior psychiatrist and former Director of IHBAS accepted our request to become an honorary adviser for the organisation.

## Staff

The staff comprises of a Manager, Assistant Manager, two Counsellors, two Nurses (day and night), two Cooks, Guards (day and night) and Support staff. Outsourcing cleaning staff and security guards through an agency has been a better option in the past few years. It has been difficult to retain good counsellors. An experienced counsellor, Jyoti Verma, provided admirable service during COVID-19). Teachers for Music and arts have been coming regularly to Vishwas



*I am Jyoti Verma. I started my journey with the Richmond Fellowship Society (I) Lucknow as an intern in 2011, but that time couldn't understand that this RFS will be my second family. Just passed out my college, I was a like an unbaked clay or an unskilled person with my degree. RFS has been my stepping stone for enhancing my personal and professional skills. Under the supervision of Dr A.K. Agarwal, Dr Shashi Rai and Dr M.C. Upriti, I skilled myself and got an opportunity to serve clients till 2015. During this period, got an opportunity to get a training in RFS Bangalore. Here, got another chance to work with different culture and different people. After my training, I worked under Dr Kalyanasundaram and many seniors who guided me in each step and made me stronger for upcoming challenges. Unfortunately, I had to leave RFS Bangalore in 2020. Fortunately, I got the chance to gain experience with RFS Delhi branch where I come across Dr Mridula Seth and Dr Satyavati Devi and worked till 2022.*

*After working with three facilities of RFS(I), I can proudly say that we all work in different challenges, terms and conditions but still, we follow the basic norms of RFS which were established by Ms. Elly Jensen. It was not an easy journey for me as every time new challenges used to shake me but with support, every impossible task was made possible. I feel lucky to have worked in all the three facilities in RFS. During my college time, I had read about mental illnesses, specially about Schizophrenia, but RFS experience made me feel how and what a person goes through each moment. It's very easy to reject anyone or tell them to stop a particular behaviour but I could feel how difficult it is to juggle with a particular mental state and conflicts. RFS has given me the opportunity to learn new skills and experiences.*

*At some time or another, every fresher experiences helplessness, where despite working with our full efforts, we aren't satisfied with the outcomes. However, I learned that we must work without expectation, without judgemental and with full acceptance. This learning will always keep me motivated and have patience with the people. Actually, I feel this 9+ years I haven't only done my job, I have created a bond with others. RFS doesn't give only treatment to the clients, it tries to give new life and hope to the them and their families.*

*Thanks to the members and clients of all the RFS facilities who have given me the opportunity to work and grow in my personal and professional life.*

## **Sexual Harassment and Redressal policy**

The Richmond Fellowship Society is committed to provide equal opportunity and a harassment free workplace. Thus, the Policy has been framed, in line with the provisions of the Sexual Harassment of Women at Workplace (Prevention, Prohibition, and Redressal) Act, 2013 of India. Dr Sujatha Sharma, clinical psychologist, has agreed to become external member of the Internal Complaints Committee (ICC).

## **New members registered**

During the current year, 11 new 'Ordinary' members were registered. While Associate members are the caregivers of the clients and are not entitled to voting rights, 'Ordinary' members have voting rights for election of Governing Council members of the branch. By becoming members of one branch, they also become members of other branches of RFS and are invited for the Annual General Body Meeting of RFS India.





**PART 5**  
**LEARNING THROUGH**  
**SHARING**

We learn so we can grow, improve, and evolve. Knowledge and experience sharing has been a continuous process of enrichment for our staff, governing council members, families, and institutions with whom we have collaborated in different ways.

### **Feedback from families of PMIs discharged**

Over the past two decades, 115 members have been discharged from Vishwas after spending different durations of stay varying from a few weeks to over ten years. From the list of members discharged, an attempt was made to contact as many family members as possible to get their feedback and suggestions for improvement in the facility and functioning of the organization. While many numbers were invalid, some were not responsive. However, from the tele conversations with 20 family members, very useful feedback was obtained.

Positive feedback included homely environment in Vishwas, caring counsellors, good activities like sports, yoga, music, lunch out, Can Support walk, and interaction with kids. Negative feedback related to difficult admission procedure, state of bathrooms, structured routine, feeling out of place due to presence of elderly members. While we understand the need of educational institutions to expose their students to a rehab facility, we got feedback from a few families who reported that their PMIs did not like the idea of large groups coming to see them "as we are in a zoo."

### **Capacity building of staff**

As part of continuous growth and development of the organisation, the counsellors are provided with regular guidance sessions. These sessions are carried out by trained mental health professionals including psychiatrists and clinical psychologists. The sessions usually target understanding the individual dynamics of each resident



member along with planning of the objectives for their therapy/ intervention sessions.

The counsellors interact with the two psychiatrists Dr Satyawati Devi and Dr Satwinder Kaur, once every month to review each case thoroughly. Medication management and symptom presentation/ understanding would be the major objectives of the sessions with the psychiatrists.

The counsellors had regular sessions with the clinical psychologist Shruti Jha, a GC member, wherein they were guided with case study and mental status examination format and practical demonstrations. The case files of each resident member were updated with this new knowledge and skill development of the counsellors. The counsellors were also guided with the psychosocial management of psychiatric disorders, according to the need of the hour.

Besides clinical and psychiatric upgrading of skills, the counsellors were also guided by GC members, Dr Mridula Seth and Ms Nadira Chaturvedi for incorporating activities for engagement and participation of the members for building their life skills.

## Training of students

After Covid pandemic, we were reluctant to allow large groups of students to visit Vishwas for exposure visits. However, a few orientation and training programmes were organised.

### **Holy Family Hospital**

Four MSc students from Holy Family Hospital, College of Nursing spent one week of internship at Vishwas in February 2023 for experiential learning related to rehabilitation of persons with severe mental illnesses.

Besides learning about the organisation and observing the sessions conducted by the counsellors, they also participated in a few sessions and presented a report of their experiences. The faculty member Ms Arshi was present on the first and last day of internship.

### **All India Institute of Medical Sciences (AIIMS)**

Dr Surbala, Faculty member and two post graduate students from the College of Nursing AIIMS came to Vishwas for an orientation programme. They interacted with the members and felt that more visibility needs to be given to the facility.

#### **Interactions with RFS Bangalore branch**

At the request of the RFS Delhi branch, a zoom meeting was held on January 12th 2023 with three members of the RFS Bangalore branch (Dr Kalyana Sundaram, Dr H. Aditya, Dr Lata Hemchand). Questions were sent in advance for discussion related to management of the halfway home & long stay home, admission procedure, assessment of counsellors, internship of students and fund raising. Specific problems of the clients such as smoking were also discussed. It was a fruitful meeting giving insights from the long experience of Dr Kalyana Sundaram with RFS India. Three GC members, representatives of RFS Delhi in the National Board, stayed in the facility of the RFS Bangalore branch for three days (March 2023) and had the opportunity to interact with the resident members of the long stay and half way homes. They also interacted with the staff to understand the functioning and challenges of managing the facilities.

#### **Participation in RFS (India) National Board meeting**

The Annual meeting of the RFS National Board was held on March 31, 2023 in Bangalore. Three GC members of the Delhi branch



(President, Vice President and Secretary) participated in the meeting. Dr Shashi Rai, Chairperson and Dr Manish Jha, General Secretary of the National Board welcomed all the members representing the four RFS branches. Besides sharing the activities of their respective branches, update was given regarding the Amendments to the Memorandum of Association (MOA) by the Registrar of Societies. The need for greater collaboration among the branches was agreed.

**Visit to RFS (I) Siddlaghatta ((Karnataka)) branch**



Three executive members of the Delhi RFS branch visited RFS Siddlaghatta rural branch in district Chikkaballapura (Karnataka). It is about 60 kms from Bangalore. They received warm welcome and had fruitful discussion with

6 of the GC members of the branch. The branch is mainly focused on OPD for persons living with mental illnesses. Three psychiatrists give voluntary service on second and last Sundays every month. Nearly 200 PMIs, travelling long distances, come for diagnosis, consultation and free medicines for a whole month. Free lunch is also served to them.

## Challenges and Way Forward

Admissions – we have a facility for 20 residents but we have not been able to fill up the vacancies because we are now trying to only take new admissions that fall between the age group of 1 to 45 years as mandated for the Halfway home.

Social media – we have engaged professional help for updating our website. We are also partnering with Delhi Metropolitan Education (DME) Media School in Noida for helping our advocacy efforts.

Staffing- one of the reasons for the high staff turnover has been the low salaries being paid to the staff which does not attract talent and high-quality professionals. Sometimes, the smart counsellors from good backgrounds accepted low salaries only to leave on getting experience and finding better job opportunities. Most of them have not been exposed to good professional training. They possess certificates but have limited hands-on experience. Building their capacities and sustaining their motivation is not easy! They generally establish very good relationships with the members.

Long stay - the issue of long-stay homes has persisted over the years without clarity. According to the admission policy, the rehab facility of a Halfway home should discharge members after a period of 18 months. However, this has not been possible, and many members have continued to stay on, making it a long stay home by default. There is a burning need for middle-class families not only to have rehab facilities but also long-stay home facilities especially after the death of parents of the persons with mental illness (PMIs).

Siblings are unable to take care of them. Faced with the situation where some of our members have continued to stay on much beyond the stipulated period, finding Vishwas as their "home", we are constrained to discharge them on humanitarian grounds. A project proposal has been prepared based on the inputs from architects to construct 8 rooms on the second floor, for which we have approval, when the original plan for the building was made. This proposal has been submitted for CSR support but the response so far has not been encouraging.

Community outreach in village - Prior to Covid-19, we had adopted PHC Bsrack block in Greater Noida for regular OPD clinic wherein our psychiatrist Dr Satyawati Devi and a counsellor used to go every week. Free medicines were also given. Student volunteers from G.L. Bajaj institute, trained as mental health advocates were conducting community campaigns for creating demand for psychiatrist services to strengthen the District Mental Health Programme (DMHP). Unfortunately, post Covid, we have not been able to resume our OPD service due to non-availability of a psychiatrist.

Renovation of building – Major repairs have been made in the building of Vishwas constructed two decades back. It has given a better face lift and appearance. To make it eco-friendly and efficient, we are exploring the idea of installing solar panels.

Mental health legal literacy – we realise the need for working towards rights of PMIs and mental health legal literacy with families beyond the beneficiaries of Vishwas. Working with Self-help groups like FACEMI Shanti Dilli, we are enriching our activities.

Development NGOs must retain their non-profit values, establish the right type of professionalism, manage dilemmas and balance choices to continually reflect the priorities, rights and needs of those who give them legitimacy. Organisations tend to preserve certain behaviours, norms and values. For RFS, the Therapeutic Community (TC) approach gives value to the rights of the patients to be treated with the dignity and freedom of choices within the constraints of the organisation.

## Profiles of GC members of the Richmond Fellowship Society Delhi branch (2022-2025)



### **Gp. Capt. Ashok Marwaha, VSM (Retd), President**

Gp. Capt. Ashok Marwaha took premature retirement from the Indian Air Force after serving 22 years in various capacities and joined MNC. He is an Electronics Engineer with 30 years corporate experience and has been head of India Region as Director for 20 years. He served as Vice Chairman Special Olympics Bharat, an NGO for special children with network in 26 states.



### **Dr. Mridula Seth, Vice President**

Dr. Mridula Seth is a Development Communication professional with teaching experience of 25 years and nine years as Technical Adviser (Adolescents & Youth) with the United Nations Population Fund (UNFPA). She has served as the Secretary of the RFS Delhi branch. She enjoys fostering partnerships between academic institutions and grassroots organizations, involving youth as advocates for mental health and substance abuse.



### **Dr. Manish Kumar Jha, Secretary**

Dr. Manish Jha is a Govt. of India Certified Trainer and National Facilitator on Mentoring and Ethics & Values in Public Governance. He has more than 20 years of experience as a soft skills trainer. Retired after more than two decades, as a Director from the Ministry of Defence, Government of India having served in different Ministries.



### **Ms. Neeru Abrol, Treasurer**

Ms. Neeru Abrol is a Chartered Accountant with more than four decades of professional experience. She was Chairperson and Managing Director, Director (Finance ) of National Fertilizers Limited (NFL) and worked with Steel Authority of India at various leadership positions. Currently serving as an Independent Director on several Corporate Boards, Member Finance Committee of Autonomous Institutions under Department of Bio- Technology, Government of India

and non-profit organisations working in the area of Women leadership, Counter terrorism and Vedic literature.



### **Ms. Geeta Sahai**

Ms. Geeta Lal Sahai, is a freelance journalist-award-winning filmmaker - scriptwriter and author. She is recipient of REX-Karmaveer-Global-Fellowship and Bronze & Silver Karmaveer-Chakra Award. Her short stories have won several awards. Beginning her career as a print journalist, she was associated with many publications and TV channels. As an independent Producer-Director-Writer, she has made short films on developmental issues, mental health and gender. Her latest Feature-narrative – I REMEMBER. has won national and international awards. She is a co-founder of Heart & Soul Media Pvt Ltd and Founder-President Swayam Foundation (Non-Profit Organisation).



### **Ms. Nadira Chaturvedi**

Ms. Nadira Chaturvedi is an MBA from IIM Ahmedabad) with over 30 years of corporate experience as CEO. She is an Academician, Management Consultant, and Social Entrepreneur. She has 17 years of experience in health care with cancer patients. She has set up family NGO of non-formal education and holistic development for under privileged children and homeless adults. She is actively involved in public health service called Patients For Patient Safety Foundation.



### **Mr. Siddhant Khurana**

Mr. Siddhant Khurana is the co-founded of Mind Piper - a for-purpose organisation working towards ending mental health inequity in India. With a compassionate team of psychologists, psychiatrists, social workers, and development management professionals who're rooted in person-centered care, Mind Piper has been creating a positive change in the lives of citizens across the socio-economic status through its design approach to mental healthcare and promotion of well-being systemically.



### **Dr. Anjali Capila**

Dr. Anjali Capila retired as Associate Professor after a tenure of 35 years from Lady Irwin College (Delhi University). She is author of four books on the lives of Women in the Himalayan

communities - focussing on their folk lore, culture and health practices. She is the Vice President of Mountain India Peoples Forum and a trustee of HIMCON in Tehri Garhwal. She was Programme Officer for Adolescents in the South Asia Regional office of the International Planned Parenthood Federation (IPPF) and set up several innovative projects in the region for young people specially in Nepal and Sri Lanka.



### **Ms Nisha Malhotra**

Ms. Nisha Malhotra retired from the Indian Customs & Central Excise Service at the level of Additional Secretary to the Government of India. She has done BA Hons. & MA in

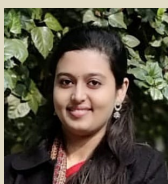
English Literature from Indraprastha College Delhi, & MBA from Leeds University (UK). and settled in Noida. Has been volunteering with Vishwas- from 2017 & assisting with General administrative matters, including obtaining statutory clearances, from the Greater Noida authorities.



### **Prof. Aparna Khanna**

Prof. Aparna Khanna is involved in teaching, training, research and advocacy for development issues since the last nearly three decades. Her research focuses on assessing

SBC tools & strategies, ICTs, social media and training programmes. Using the human centred design approach, she develops training modules and innovative communication tools & strategies including traditional games and storytelling methods for dialoguing change. Co-founder of Campaign for Mental Health (C4MH), she advocates use of the 3L model (Life Skills, Literacy and Library) for sustainable development.



### **Ms. Shruti Jha**

Ms. Shruti Jha is an experienced Clinical Psychologist and Psychotherapist registered and licensed with the Rehabilitation Council of India (RCI) - Government of India, with over 9

years of practice with a demonstrated history of working in the hospital, education and health care industry. She is a Gold Medallist in her field of education and her former experience is aligned with prestigious institutions like NIMHANS, RML Hospital, Lady Harding Medical College, R&R Hospital, Air Force CME. She has numerous papers and publications to her credit at National and International conferences.





### **Mr. Puneet Bhagat**

Mr. Puneet Bhagat is a practicing Chartered Accountant for 20 years, now enrolled as a member of the Delhi High Court Bar Association. He is a keen environmentalist, a yoga enthusiast, and enjoys swimming as a sport. Believes in the power of community living as a means to solving the problem of loneliness and isolation in the aging societies, the world over. He makes friends easily. Being positive minded, he is always willing to extend a helping hand to address issues bothering others. Lives by the Gandhian philosophy - "be the change you wish to see in the world."



### **Mr. Janmejy Singh Rajput**

Mr. Janmejy Singh Rajput is Fellow member (FCS) of Institute of Company Secretaries of India (ICSI) and Law graduate with 12 year experience in different areas of corporate and commercial laws, Entry strategy & Investment in India, business setup advisory services, FEMA practice, Legal Drafting and Corporate litigation, Audits, Taxation- direct and indirect tax matter & practices. He is advisor of various corporates and NGOs for their designing monitoring and Need and Impact assessments under Corporate Social Responsibility (CSR). He is the founder member of RASHA Welfare Foundation and RWF Educare Council for spreading legal awareness in society.



### **Dr. Deepa Gupta**

Dr. Deepa Gupta is an innovative educationist with entrepreneurial zeal, who has contributions in Institution building, brand building, collaborations, expansion and growth strategies for the organizations she has worked with. She is Doctorate in the field of CSR & has more than 23 years of experience in Management studies. She had also worked as an adjunct faculty for Michigan Tech University, Michigan (USA). She is Vice-Chairperson of ISTD-Noida Chapter & has received more than 18 awards for contribution in academia & social work.

## Contacts of current GC members @ September 10, 2022

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1.	Gp Capt Ashok Marwaha VSM (Retd)	President	marwahaak@gmail.com	9810000752
2.	Dr. Mridula Seth	Vice President	sethmridula@yahoo.co.in	9811158447
3.	Dr Manish Jha	Secretary	manishjha007@hotmail.com	8376906843
4.	Ms Neeru Abrol	Member	neeru.abrol.nfl@gmail.com	981088707
5.	Ms Geeta Sahai	Member	geetasahai@gmail.com	9810239618
6.	Ms Nadira Chaturvedi	Member	nadirachaturvedi@gmail.com	9810440506
7.	Mr Siddhant Khurana	Member	siddhant.mindpiper@gmail.com siddhant@mindpiper.org	8810359324 9503588564
8.	Dr Anjali Capila	Member	capila.anjali@gmail.com	9871593766
9.	Ms Nisha Malhotra	Member	mnisha_03@yahoo.com	9810526998
10.	Prof Aparna Khanna	Member	aparnakhanna2969@gmail.com	9868340345
11.	Ms Shruti Jha	Member	shruti23jha@gmail.com	9654437721
12.	Mr Puneet Bhagat	Member	puneetbhagat32@gmail.com	9868268533
13.	Mr Janmejay Singh Rajput	Member	info.jsra@gmail.com	9818715747
14.	Prof Deepa Gupta	Member	dr.deepaguptadg@gmail.com	9891475818

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**Sidlaghatta Branch  
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**Lucknow Branch  
NAV UDAY Mansik Swasthya**

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Website: www.rfslucknow.com

### Donations

Donations are exempt under Section 80G of the Income Tax Act 1961

**Name of Account holder:** The Richmond Fellowship Society, Delhi branch

**Branch name:** Canara Bank

**Name of branch:** Greater Noida Branch

**Account No.** 2807101005339

**IFSC Code:** CNRB000280

# Walls that Speak

