

# Annual Report 2010-11



**ASHADEEP**  
*A Mental Health Society*

# ASHADEEP

## A Mental Health Society

Registered under Societies Registration Act No. RS/KAM/240/C/385 of 1996-1997

Registered under Foreign Contribution Regulation Act No. 020780056

Registered under National Trust No. 0306/MR-MD/2003 dated 11/3/2003

Accredited Member of Credibility Alliance

Donations exempted from Income tax Under Sections 12(A) & 80(G) of IT Act 1961

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Contact Person	Mukul Chandra Goswami Ph : +919435043308
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Website	www.ashadeepindia.org
Name and Address of Bankers	i) State Bank of India West Guwahati Branch, Bharalumukh, Guwahati ii) ICICI Bank Bhangagarh, Guwahati iii) Axis Bank G.S. Road, Guwahati
Name and Address of Auditors	Parthasarathy Choudhury & Associates F/90, Gurdwara Building Anupchand Lane, Police Bazar, Shillong - 793 001.

### Locations of various Centres

Sl. No.	Centre	Address
1	Day Rehabilitation Centre	HNo. 291, Jatia, By Lane opposite Sarala Residential Complex, Kahlipara Road, Dispur, Guwahati. Pin - 781006. Phone & Fax : 0361-2380027
2	Navachetana (Transit Care)	Naamghar Path, Panjabari, Guwahati
3	Navachetana (Rehab)	Kanaklata Path, Lachitnagar, Guwahati
4	Roshmi, Half Way Home	'Doya Bandhu Bhawan', Bilpaar Road, Rehabari, Guwahati
5	Psychiatric Outdoor Clinic (OPD)	Medi Safe, Below Ulubari Fly Over, Ulubari Chariali, Guwahati
6	Ability - The Ashadeep Shop	Subham Swaraj Sadan, Opposite HP Petrol Pump, Chachal, VIP Road, Guwahati

### Outreach Partners

Sl. No.	Location / District	Name of Organization
1	Sipajhar / Darrang	SATRA
2	Rowmari / Chirang	the ant
3	Kokrajhar / Kokrajhar	NERSWN
4	Kumarikata / Baksa	Bosco Reach Out
5	Mangaldoi / Darrang	Namaskaram
6	Chandrapur / Kamrup	Panikhaity Mini PHC
7	Abhayapuri / Bongaigaon	Abhayapuri CHC



### *Vision*

To achieve a life of better quality for persons with mental disorders and their families.

### *Mission*

To initiate and strengthen Mental Health Interventions in the North Eastern states of India.

Ashadeep was formed in 1996 to fill a vacuum in the area of psychiatric rehabilitation in the state of Assam. It is the fruitful outcome of an endeavor of a few family caregivers, mental health professionals and other like-minded citizens. What started off as a small organization for day care and rehabilitation for persons with mental disorders has today blossomed into a full-fledged institution providing mental health care, bringing into its realm a wide range of services that cater to a population beyond the borders of Assam.

The growth of Ashadeep has been spurred by the realization of the needs of the north-east region in the context of mental health, and various projects have been initiated to address these needs.



## INTERVENTIONS PROVIDED

Sl.	Intervention	Provided at
1	Rehabilitation (Therapy)	1. Day Rehabilitation Centre
		2. Navachetana (Transit Care) for homeless women with mental illness
		3. Navachetana (Rehab) for homeless women with mental illness
		4. Roshmi (Half way home) for women with mental illness
2	Special Education and Rehabilitation of Mentally Challenged Children and Adults	1. Day Rehabilitation Centre
3	Vocational Training and Activity including Sheltered Workshop (income generation)	1. Day Rehabilitation Centre
		2. Navachetana (Transit Care) for homeless women with mental illness
		3. Navachetana (Rehab) for homeless women with mental illness
		4. Roshmi (Half way home) for women with mental illness
4	Rescue and Re-integration of Homeless Women with Mental Disorders with follow-up	1. Navachetana (Transit Care) for homeless women with mental illness
		2. Navachetana (Rehab) for homeless women with mental illness
		3. Roshmi (Half way home) for women with mental illness
5	Psychiatric Treatment with free medication	1. Navachetana (Transit Care) for homeless women with mental illness
		2. Navachetana (Rehab) for homeless women with mental illness
		3. Roshmi (Half way home) for women with mental illness
		4. Free Psychiatric Outdoor Clinic at Guwahati
		5. Outreach - Monthly Mental Health camps
		i) Sipajhar, District Darrang
		ii) Bijoy Nagar, District Kamrup
		iii) Mangaldoi, District Darrang
		iv) Rowmari, District Chirang
		v) Kokrajhar, District Kokrajhar
vi) Kumarikata, District Baksa		
vii) Chandrapur, District Kamrup (Metro)		
viii) Abhayapuri, District Bongaigaon		
6	Delivery of Mental Health Services to the community through Government PHCs and CHCs	1. Chandrapur Mini PHC
		2. Abampere CHC
7	Counselling & Training Family Care Givers	1. Parents and Guardians of Day Rehabilitation Centre
		2. Parents and Guardians of Roshmi (Half way home)
		3. Parents of Guardians of re-integrated Navachetana residents
		4. Care Givers of outreach locations of Kokrajhar, Chirang and Baksa districts
8	Empowerment of NGOs in the area of Mental Health	1. the ant, Chirang
		2. Bosco Reach Out, Baksa
		3. NERSWN, Kokrajhar
		4. Prerana, Jorhat
		5. Bethany Society, Shillong, Meghalaya
		6. Swabalamban, Agartala, Tripura
		7. SATRA, Sipajhar
		8. Deshabandhu Club, Silchar
		9. Namaskaram, Mangaldoi



9	Training, Awareness Generation & Sensitisation of Community Stake Holders	1. College and school students
		2. Asha and other Government health workers
		3. Anganvadi workers
		4. Officials of Social Welfare Department, Government of Assam
		5. Police personnel
		6. Staff members of Shelter homes for destitute men, women and children
10	Research, Development of Tools and Manuals, Audio Visual and printed materials	1. WORKING ON MENTAL HEALTH WITH THE COMMUNITY - a Training Manual in English and Assamese
		2. Pamphlets and Posters in English, Assamese, Bengali, Khasi and Bodo
		3. Training Modules
		4. Growth Chart for monitoring functional levels of PWMI
		5. Questionnaire for Follow up, Family Status etc.
		6. 'We Shall Overcome' - a 15 minutes Documentary Film
11	Advocacy on Mental Health through mainstream statutory bodies of the Government and networks in Civil society.	1. National Human Rights Commission - as core group member of NGOs
		2. Central Co-ordination Committee of Ministry of Social Justice & Empowerment(PWD act)
		3. Consultations of Planning Commission with Civil Society on approaches to 5 -yr plans.
		4.'North East Network' – Womens' rights
		5 'Ekta' - Network of NGOs on Child Rights in Assam
		6. Networking with 'Homeless Self-help groups' in Guwahati
		<b>7. Advocacy with Assam Government, leading to the formation of a Consultative Committee through a Government Notification to develop services and policies for meaningful rehabilitation of persons with mental illness in the state of Assam. Headed by the Commissioner Social Welfare, this group includes representatives from all relevant stake-holders both from the Government and Civil society.</b>
<b>8. A workshop to be organized jointly by the Social Welfare Department, Assam Government and Ashadeep to initiate movement on the issue of Psychiatric rehabilitation.</b>		
		<b>9. A few hoardings on mental health issues have been put up by the Disability Commissioner's Office in association with Ashadeep.</b>



## *From the Secretary*

In the last fifteen years, Ashadeep has developed a wide range of services for persons with mental disorders in the north-east region. Care and rehabilitation facilities for children as well as adults with mental disorders in day settings for those living with their families and residential provision, as also for the homeless have been set up. The Outreach programmes in association with local CSOs have addressed the requirements of the needy population in Darrang, Chirang, Kokhrajhar, Baksa and Bongaigaon districts of lower Assam. But obviously in a situation where there is a serious inadequacy of mental health initiatives by civil society and low priority in Government intervention, the direct provision of services by Ashadeep has so far been able to touch the needs of a very small percentage of the community in the area of mental health.

To ensure wider dissemination of the need for awareness, early interventions and provision of mental health services to cover all corners of the State, Ashadeep needed to do more in the sphere of advocacy with the Government and with civil society, form partnerships with all to accelerate the process of creating mental health interventions for the population of Assam. In other words, it was important for Ashadeep to take up the role as a resource centre by orienting its activities and augmenting capacity in the areas of research, training and advocacy. However, as no alternative institutions have grown, Ashadeep will continue to provide the existing services.

During last year, despite the lack of a structured Resource Centre with proper support in material and financial terms, it was possible to conduct training for many community stakeholders. Advocacy with the Government has led to the constitution of a notified Consultative Committee by the Social Welfare Department of the Government of Assam “to address the various issues in respect of mentally ill persons”. This group, perhaps the first of its kind in the whole country, has representation from the Health, Police, Education, Labour departments of the Government and also from NGOs working in the relevant areas. The Social Welfare department in association with Ashadeep is also organizing a workshop for all stake-holders to move ahead on the various issues connected with mental health. Earlier we had started the process of collaboration with the Health department of the State Government, by partnering the PHC at Chandrapur and the CHC at Abhayapuri as part of our Outreach programme in conducting monthly mental health camps.

A study of the mental health sector of the state of Assam, undertaken by Ashadeep with a grant from Sir Ratan Tata Trust, is another step in the same direction. Entering this new area of research and study has been a challenge. The lack of relevant experience on the part of Ashadeep personnel has resulted in slow progress, but we do hope to come out with a Report by the latter part of 2011.

We feel that the above initiatives would lead to the development of Ashadeep as a resource centre which will bring about a far reaching change in the mental health scenario of Assam.

At the end, I would like to thank all donors, funding partners, well-wishers, members of Ashadeep and the members of the staff who have made Ashadeep what it is today.

Guwahati  
12 September 2011

Mukul Chandra Goswami  
Secretary

## Governance

### EXECUTIVE COMMITTEE MEMBERS w.e.f. 25/09/2010

Sl.	Name &	Occupation	Address	Phone
1	Shri Bhaskar Barua President	Formerly Secretary to Government of India	House No. 3, 2 <sup>nd</sup> By-Lane, S.K. Baruah Road, Rukmini Nagar, Guwahati.	9435011862
2	Shri Mukul Ch. Goswami Secretary	Retired Bank Employee	4 <sup>th</sup> Floor In-Built Residency, 9 Monalisa Path, Mother Teresa Road, Guwahati-24.	9435043308
3	Shri Vijoy Patir Treasurer	Business	Near Anganbari, West Silpukhuri Road, Guwahati - 3.	9864091783
4	Dr. P. K. Thakuria Member	Psychiatrist	Government Press Road, Bamuni Maidam, Ghy-20	9864045108
5	Shri Ronojoy Sen Member	Architect	4 <sup>th</sup> By-Lane, Tarun Nagar, Guwahati-5.	9435107827
6	Dr. Upala Baruah Member	Lecturer, Cotton College	13, Bhayamama Path, R.G.B.Road, Guwahati-24.	9864047145
7	Smt. Jolly Baruah Member	Associate Professor, Pandu College	Chenikuthi, Guwahati	9864058137
8	Dr. Reeta Sharma Member	Retired Vice Principal, Dispur College	C/o Mr. A.C. Sharma Ashok Path, Jatia, Guwahati - 781 006	9864053465

### EXECUTIVE COMMITTEE MEETINGS

Sl.No.	Meetings Held on	Members present
1	23/06/2010	5
2	23/09/2010	5
3	25/03/2011	6

### IMPORTANT FUNCTIONARIES

Founder Member and Director (Resource Centre)	-	Dr. Anjana Goswami
Consultant Psychiatrists	-	Dr. P.K. Thakuria Dr. Silpi Sarkar
Doctor (General Practitioner)	-	Dr. Diganta Brahma



## STAFF STRENGTH = 49

Post	Paid Full Time		Paid Part Time		Paid Contract staff	
	Male	Female	Male	Female	Male	Female
Director Programme					1	
Director Resource Centre / Project Manager (Half way home)		1				
Medical Doctor			1			
Counselor / Psychologist						1
Senior Social Worker					1	
Assistant Social Worker						1
Social Worker (Rescue & Rehab)					1	
Senior Executive (Admin & Fin)	1					
Senior Executive (Communication)		1				
Accountant	1					
Principal Day Rehabilitation Centre		1				
Special Educator		1				
Trained Graduate Teacher		1				
Assistant Teacher	3	1				
Vocational Trainer		3				
Co-ordinator - Ashadeep Shop					1	
Sales Person - Ashadeep Shop						2
Tailor - Ashadeep Shop						1
Music Teacher			1			
Driver					3	
Health Care In charge (Resident)						3
Senior Health Care Staff (Resident)						2
Assistant Health Care Staff / Relief Nurse (Resident)						3
Security (Resident)					5	
Day Care Attendant / Peon	1	4				
House Keeper		1				
Cook (Resident)						2
<b>TOTAL</b>	<b>6</b>	<b>14</b>	<b>2</b>		<b>12</b>	<b>15</b>

	Male	Female
Paid Consultant Psychiatrist	1	1
Unpaid Volunteers in 2010-11	2	2

- The commitment of the resident staff of the three shelter homes can be gauged by the fact that most of them willingly work extended hours far beyond the call of duty.
- Although the Psychiatrists and General Doctor are on part time basis, all three of them are on call for 24 hours.

## Major Grants received during the year 2010-11

Sl.No.	Agency	Purpose	Amount
1	Ministry of Social Justice & Empowerment, Government of India	For the Day Rehabilitation Centre at Guwahati	2,86,552/-
2	Ministry of Social Justice & Empowerment, Government of India	'Roshmi' - Half Way Home for mentally ill at Guwahati	1,62,220/-
3	Ministry of Youth Affairs and Sports	Promotion of sports among the disabled in the year 2010-11	2,36,250/-
4	Navajbai Ratan Tata Trust	For the project 'Navachetana' (from August,2009)	50,00,000/-
5	Give India, Mumbai	Towards Rehabilitation & Conveyance expenses at Day Care Centre, General expenses, Corpus Fund, Food & Medicine Expenses of Navachetana residents and Ashadeep Shop	7,93,917/-
6	SAVE, UK	General Expenses	98,140/-
7	Abhoy Mission, Agartala	Computer Training for Elderly	35,000/-

## OVERALL PROGRESS AND RESULTS ACHIEVED IN 2010-2011

Sl. No.	Project / Activity	No. of Beneficiaries in 2010-11	Progressive Total up to March, 2011	Supported by
1	Day Rehabilitation Centre	163	286	Ministry of Social Justice & Empowerment, Government of India, New Delhi
2	Roshmi Half-way-home	55	140	Ministry of Social Justice & Empowerment, Government of India, New Delhi
3	Navachetana - Rehabilitation of Homeless women with mental disorders			Navajbai Ratan Tata Trust, Mumbai
	Total admissions	50	318	
	Residents re-integrated with families	44	273	
4	Free Psychiatric Outdoor Clinic (OPD)			Navajbai Ratan Tata Trust, Mumbai
	Number of new patients	102	556	
	Total examinations	582	2277	
5	Mental Health Outreach Camps			Navajbai Ratan Tata Trust, Mumbai
	Number of camps conducted	25	95	
	Number of patients	350	1638	
	Total examinations	1617	5493	
6	Resource Centre			Various sources
	Number of Training Programmes	27	27	
	Number of Trainees	847	847	



## PROGRAMME AND ACTIVITY INFORMATION

### DAY REHABILITATION CENTRE for the Mentally Challenged, Guwahati (*Established 1996*)

The following services are provided at this Centre :

- Rehabilitation Process for individuals disabled through major mental illnesses, primarily *Schizophrenia*. Includes counselling, living & social skills training and vocational training.
- Special Education for children and adults with Mental Retardation and associated disabilities, imparting living skills, social skills and pre-vocational training.
- Special Care and training for Children below 10 years with Autism and Developmental Disorders in self help skills, behavioural skills, speech therapy and communication skills.
- Pre-vocational training, a major thrust area for all the groups.
- Vocational training, imparted through the following disciplines : block printing, pillow making, decorative candle work, jute work, weaving, computer data entry, seminar file cover making, masala grinding/ packaging, embroidery, wool/needle work, fabric painting, envelope making, work with waste reusables, among other activities.
- Apart from skill development, pre-vocational and vocational training, special emphasis given to sports activities for all-round development of the children: all students are registered under Special Olympics Bharat, Assam Chapter, and are given the opportunity to participate in various coaching camps organized by Special Olympics Bharat.
- At the Day Rehabilitation Centre, a Sheltered Workshop has been set up as a necessary follow-up to vocational training. This workshop has become the workplace of individuals recovered from major mental illness, where they earn a livelihood by producing various goods and services, marketed by the organisation.

### Major Events during 2010-11

20 <sup>th</sup> July, 2010	Students of Ashadeep Participated in the Queen's Baton Rally.
20 <sup>th</sup> Aug, 2010	Rajiv Gandhi's Birthday Celebration by NSUI at Ashadeep.
21 <sup>st</sup> Sept, 2010	Plantation Drive was observed by the students of Ashadeep on the occasion of Eunice Kennedy Shriver Day at Hockey Stadium, Sarusajai.
26 <sup>th</sup> Sept, 2010	Rinku Kalita, a special child athlete was felicitated by National Trust for his outstanding achievement.
2 <sup>nd</sup> Oct, 2010	Students of Ashadeep participated in a Peace Marathon organized by Lions International.
3 <sup>rd</sup> Oct, 2010	World Disabled Day was observed at Ashadeep.
9 <sup>th</sup> Jan, 2011	Annual Day Celebration.
27 <sup>th</sup> May, 2011	Children of Ashadeep participated in Cultural Festival by Children with Disability organized by Directorate of Cultural Affairs.

The Grant received from Ministry of Youth Affairs and Sports, Government of India under the **Scheme for Promotion of Sports** has proven very effective. The support being provided under this scheme is utilized in making changes amongst the special children.

Earlier regular practice was not possible due to lack of equipment and trained persons for coaching. Now with this support, the special children are being trained on regular basis and they are being sent to participate in various events organized by Special Olympics, and they are getting the opportunity to excel in the field of sports. Various fun games are introduced amongst the young children of the lower ability group where



*Diwali brings light even away from home*



*Regular Activities during the day*



*Activities at Sheltered Workshop*



*Activities at Sheltered Workshop*



*Training of Family Care- Givers at 'Roshmi',  
Half Way Home*



*A Musical session at Roshmi, Half Way Home*



*Rescue*



*Reintegration*



*Re-integration trips usually requires long trekking*



*An Outreach Camp in partnership with the Government CHC at Abhayapuri, District Bongaigaon*



*Ability - The Ashadeep Shop*



*Ability - The Ashadeep Shop*



*Launching of Hidden In Full View by Mr. F.J. Gandavia (Secretary & Chief Accountant, Sir Ratan Tata Trust) at Mysore on 17th February 2011*



*They would be happier at their own homes.....*



parents are involved, as a result of which the parents are able to understand their children better. It has also helped the children in their overall development.

Various sports competitions are being held amongst the children. Today we are proud of the fact that our Special Children have brought laurels by winning 7 Gold, 14 Silver and 8 Bronze Medals in the National Championships held in various parts of India. They have also taken part in National Coaching Camps held in Chennai, Goa, Bombay, Gangtok, Dimapur, Jamshedpur, Manipur, Rajasthan, Kolkata, Delhi, Bihar, Andhra Pradesh, Pondicherry and Hyderabad.

**Mr. Mantu Kumar Nath of Ashadeep was selected as a coach for the Indian contingent to take part in the World Summer Games held at Athens, Greece in the month of June, 2011. Rinku Kalita, a Special Athlete, has been felicitated by National Trust for his outstanding performance in the field of sports. His team-mate, Kaushik Barkakaty, has been awarded a scholarship by the Sports Department, Government of Assam, in the year 2010.**

***The Amazing Story of Rinku Kalita***

*Rinku Kalita, aged 17 years, student of Ashadeep is Intellectually Disabled. He is the only child of his parents. He was admitted in a normal school at the age of 4, but as he was not showing any improvement in his studies, the school authorities asked the parents to withdraw him from the school.*

*He was taken to different schools after that but every time the same story was repeated. No one wanted to put an extra effort in educating Rinku. Finally, he was brought to Ashadeep's Day Rehabilitation centre.*

*At Ashadeep, his abilities were assessed methodically. It was discovered that Rinku has the interest and potential to excel in sports activities. Accordingly he was registered as an athlete under Special Olympics Bharat, Assam Chapter. He attended Coaching Camps in the State as well as in different parts of India. The outstation Residential Camps he attended, gave him the opportunity to develop social skill, and Sporting spirit.*

*Rinku gained self-confidence, and took up sports very seriously. He participated in the National Championship in Cycling conducted at Jamshedpur by Special Olympics Bharat from 11<sup>th</sup> to 14<sup>th</sup> February, 2010, and brought laurels to the state by winning a Gold Medal in 500 M. Cycling Race and a Bronze in 1000 M. Race. He was in the list of probable athletes for the International World Summer Games to be held at Athens in 2011.*

**ROSHMI : Half Way home for Women with Mental Illnesses (Established 2004)**

Roshmi Half Way Home, a therapeutic community, aiming at psycho-social rehabilitation of persons with major mental illness, was set up in 2004 at Guwahati.

Its main focus is on training and reinstating in such persons the skills required for living their lives independently. The activities at ROSHMI are designed in such a way that after going back to their homes, they are able to maintain an adequate level of functioning.

The Centre has the following routine for the residents:

Time	Activities
6:00 a.m.	Morning Walk
6:30 a.m.	Tea and Snacks
7:00 a.m.	Bath and Room Cleaning

Time	Activities
8:30 a.m.	Prayer
9:00 a.m.	Breakfast
10:00 a.m.	Vocational Activity
12:00 p.m.	Exercise and Yoga
1:00 p.m.	Lunch
2:00 p.m.	Rest
3:30 p.m.	Tea and Snacks
4:00 p.m.	Games and Outdoor Activities
6:30 p.m.	Prayer
7:00 p.m.	Reading, Writing and Watching T.V.
8:30 p.m.	Dinner
9:00 p.m.	Bed time

The Centre has varied range of vocational activities for developing the skills of the residents. Depending on the interest and skills, residents participate in activities like Weaving and preparing products out of Jute, Cloth, Paper and Wool. Some special articles produced here are (a) beautiful carpets and door mats made from old clothes, (b) bags and envelopes made from old calendars, news papers, wedding cards and waste paper, (c) hand fans made from incense stick packets, etc. The residents skilled in embroidery, tailoring, knitting and weaving, and are producing handkerchiefs, pot-holders, napkins, dress materials, file covers, etc. and crochet products such as mobile covers, place mats and baby blankets.

Recreational activities include drawing, painting, creative writing, memory games, money calculations, dance & music, badminton, ball throwing/catching, carroms, rope-skipping, ludo and gardening. Shopping trips and outings are also arranged for the residents.

Some of the events in 2010-11 have been :

- Christmas celebrations organized by group called 'Life Rock' on 25<sup>th</sup> December, 2010.
- An L.G Television donated by Tata Steel on the occasion of Magh Bihu on 13<sup>th</sup> January, 2011.
- On 10<sup>th</sup> December, 2010, a workshop on the management of M.I. conducted for the family members of residents.
- On 10<sup>th</sup> October, 2010, on the occasion of World Mental Health Day, a meeting held with the Social Welfare Department at Roshmi. This meeting was attended among others by Shri Hemanga Sarma (Commissioner, Social Welfare, Government of Assam), Smt. Malobika Baruah (Joint Secretary, Social Welfare Department & Disability Commissioner) and Shri Bhaskar Barua, President of Ashadeep.

### **NAVACHETANA : Shelter Homes for Homeless Women with Mental Disorders (*Established 2005*)**

Guwahati, the premier city in the north east region of India, like any other such city in India, has a sizeable population which is **homeless**, living on the streets.

A number of such people suffer from mental disorders. Some of them are on the streets because of their mental disorder, while some have developed such disorders because of their homelessness. In addition to the risk of premature death caused by poor living conditions, infections, poor personal hygiene, inadequate food and sleep, and lack of access to minimum health services, the mentally ill, because of their inherent symptoms and lack of awareness in the community, do not receive any help from any form of welfare and are generally avoided by most people.

To make an attempt at addressing the needs of this group, particularly women who are more vulnerable, project ‘Navachetana’ was initiated in March 2005 with the following objectives:

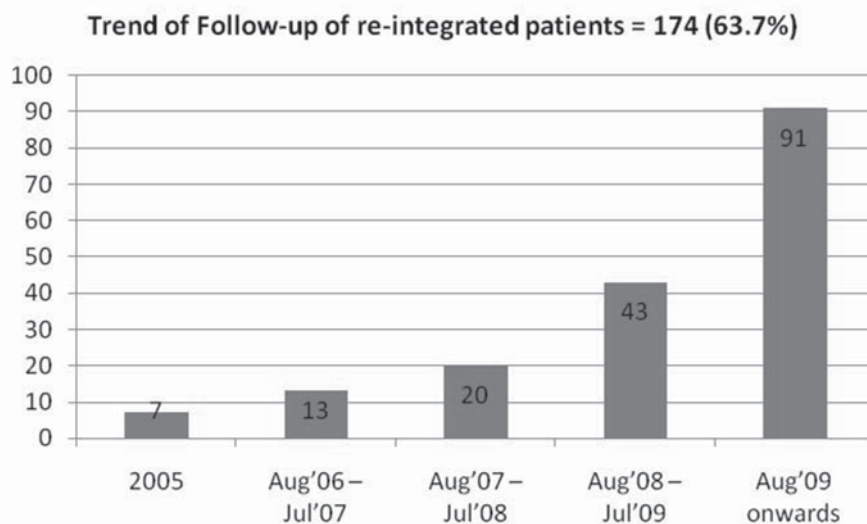
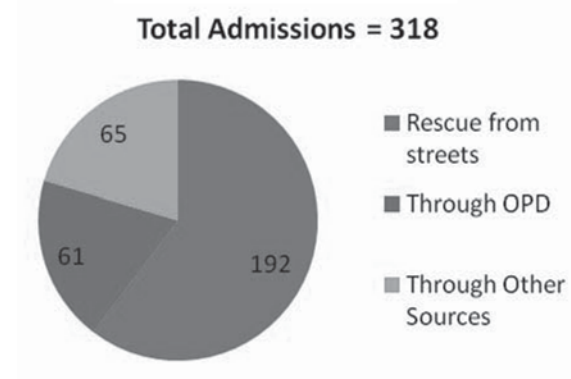
To rehabilitate the homeless women with mental disorders of Guwahati, through a process of care and rehabilitation interventions in order to eventually re-integrate them with their families.

To gradually address the needs of the mentally challenged from the vulnerable sections of our society, and to prevent homelessness as a result of mental disorders.

Mentally ill women rescued from the streets are sheltered in three homes, viz. Navachetana (Transit Care), Navachetana (Rehab) and Roshmi (Group Home). After rescue, the women are admitted in Navachetana (Transit Care) for primary care and treatment of acute problems. When a woman attains a certain level of well being, she is shifted either to Navachetana (Rehab) or Roshmi (Group home) for further rehabilitation inputs and discharge for re-integration with family.

**Highlights of the ongoing project are :**

- Number of admissions up to 31<sup>st</sup> March 2011 : 318
- Number reintegrated with family or community : 273
- Re-integrated with family in states other than Assam : Tripura, Meghalaya, West Bengal, Jharkhand, Bihar, Chattisgarh, Orissa, Madhya Pradesh, Rajasthan, Gujarat, Karnataka, Andhra Pradesh
- Follow up maintained for re-integrated women : 63.7%



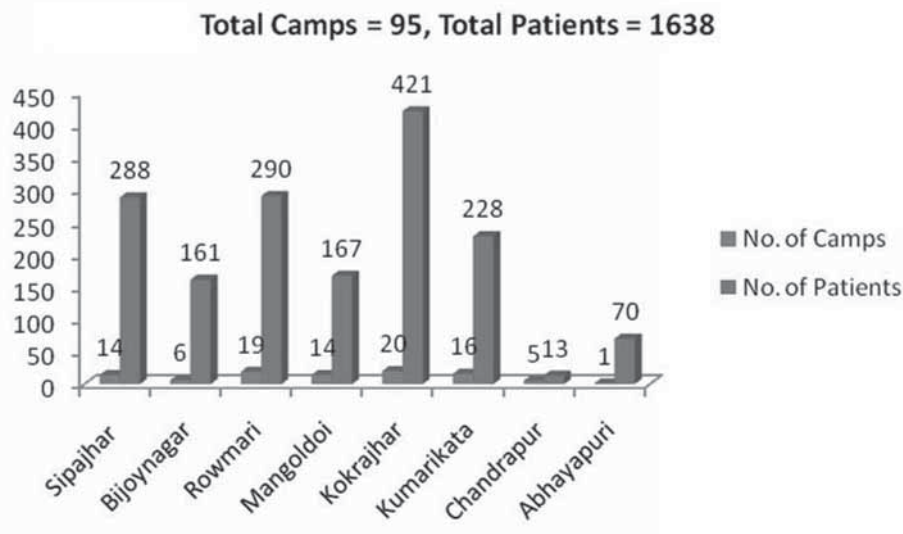
Expenses occurred during 2010-11 towards this activity are as follows :

Sl. No.	Activity	Amount in Rs.
1	Rescue & Admission	1,83,220
2	Navachetana (Transit care)	9,43,713
3	Navachetana (Rehab)	9,99,305
4	Roshmi (Group Home)	4,76,262

## CREATING ACCESS TO MENTAL HEALTH CARE THROUGH THE OUTREACH & OUTDOOR PROGRAMMES

To create access to Psychiatric Care and Rehabilitation Interventions in remote areas of the State where such services are not available, Ashadeep has been conducting monthly Mental Health Outreach Camps in collaboration with local NGOs since October 2006. Ashadeep conducts about 18-20 monthly camps in one location where psychiatric interventions with medication are provided free of cost. During this period, Ashadeep also facilitates capacity building of the partner NGO, so that the psychiatric interventions can be continued by the partner NGO after Ashadeep withdraws from that location.

The following Table shows the status of the Outreach Camps held during October 2006 to March 2011 :



Details of Outreach Programme during the year 2010-2011 are shown in the following Table :

Sl. No.	Camp Location	District	Partner Organisation	No. of Camps	No. of Patients
1	Kokrajhar	Kokrajhar	NERSWN	9	183
2	Kumarikata	Baksa	Bosco Reach Out	10	84
3	Chandrapur	Kamrup (Metro)	Panikhaity Mini PHC, Government of Assam	5	13
4	Abhayapuri	Bongaigaon	Abhayapuri CHC, Government of Assam	1	70
<b>TOTAL</b>				<b>25</b>	<b>350</b>

### ***The Amazing Story of Kitendra***

*Kitendra, aged 30 years, was one of the first patients of the Chandrapur Outreach Camps started on 13/10/2010. He was diagnosed to be a case of Chronic Schizophrenia and had all the positive symptoms and was violent, hurting others as well as himself.*

*Kitendra started receiving interventions in the monthly outreach camps conducted by Ashadeep in association with Panikhaity Government PHC. During the last five camps, the progress of Kitendra has been remarkable. In the last camp in March, 2011, it was Kitendra who opened the gates for the Outreach Team of Ashadeep when they reached the PHC. He has recovered to such an extent that, he has become the caregiver of his aged parents. His mother is mentally ill too.*

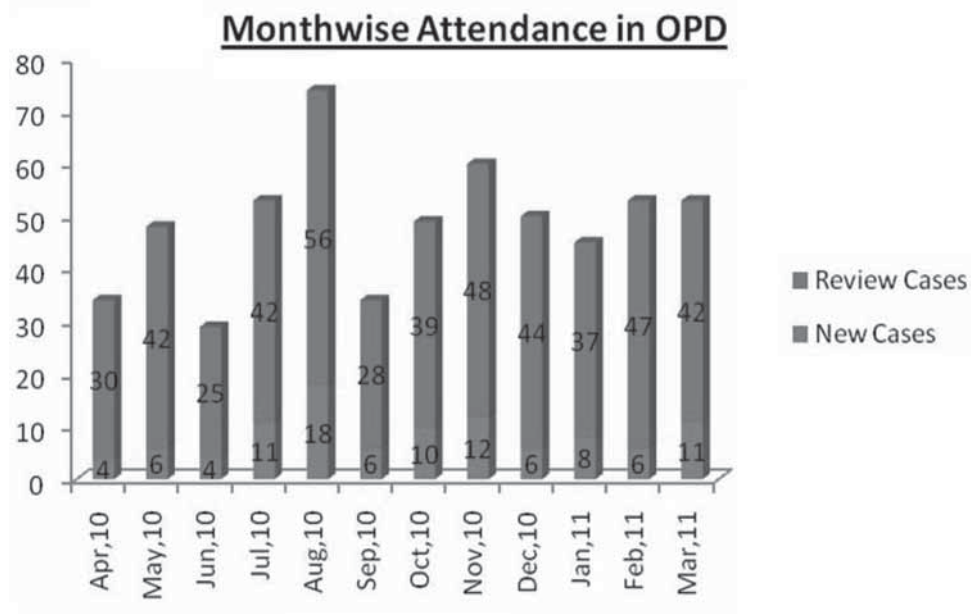
Creating access to the urban marginalized population needing mental health care is the primary objective of the Free Outdoor Service (OPD) located at Ulubari, near the Railway Station of Guwahati city. In addition to serving the needs of the lower economic groups and mentally ill inmates of different shelter homes, this provision has become the focal point of continuing treatment of Navachetana residents who have been reunited with their families, and also of discontinued Outreach locations.

Number of patients availing psychiatric interventions in the OPD till March, 2011 from August, 2006 is 556.

Details of OPD, Guwahati during the year 2010-11

Sl. No.	Month	New Cases	Review Cases	Total Examinations
1	April, 2010	4	30	34
2	May, 2010	6	42	48
3	June, 2010	4	25	29
4	July, 2010	11	42	53
5	August, 2010	18	56	74
6	September, 2010	6	28	34
7	October, 2010	10	39	49
8	November, 2010	12	48	60
9	December, 2010	6	44	50
10	January, 2011	8	37	45
11	February, 2011	6	47	53
12	March, 2011	11	42	53
<b>TOTALS</b>		<b>102</b>	<b>480</b>	<b>582</b>

Graphical representation of the data in the above Table is shown below :-



**RESOURCE CENTRE**

The prime objectives of the Resource Centre are : Sensitization, Orientation & Training, Research & Documentation and Advocacy on the issues of mental health. The following activities are taken up by the Resource Centre :

- Awareness generation on Mental Health for school and college students.
- Training for Partner NGOs at different locations.



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- Orientation for Asha, Anganwadi workers, Police personnel and other relevant stakeholders in the Government sector.
- Formation and empowerment of Family Care Giver Groups.
- Research.
- Advocacy with Government and Civil Society.

Persistent advocacy with the Social Welfare department of the Assam Government for developing meaningful policies and programmes for Rehabilitation of persons with mental illness has started to yield results. **The Government of Assam, through a notification, has constituted a Consultative Committee with all relevant Stake-holders from the Health and Police Departments, Medical Colleges, LGB Regional Institute of Mental Health and Civil Society Organizations to address various issues related to the rehabilitation of mentally ill persons. We must acknowledge the initiative taken by Shri H. Sharma (Commissioner, Government of Assam, Social Welfare) and Mrs Malobika Barua (Joint Secretary, Social Welfare & Disability Commissioner) in this regard.**

Approximately 900 people have been trained by the Resource Centre through 22 Training and Orientation Programmes during 2010-11.

- The highlights of these training programmes are :
- Workers of Partner organizations viz. the ant, NERSWN and Bosco Reach Out have been imparted training to build their capacity to carry on the mental health interventions.
- Training of Trainers for Government officials, Anganwadi workers, Health Staff.
- Orientation Programme for school and college students on Positive Mental Health.
- Care Giver Training for the Family Members of Roshmi Half Way Home residents.
- Training to ASHA Workers, Chandrapur.

### ABILITY - THE ASHADEEP SHOP

Ashadeep works primarily for the rehabilitation of persons with mental disorders. **The essential and final goal of this process is to create income generation and self-dependence for these persons through vocational occupation.** Employment of the mentally challenged is very difficult in the community, and even the reservation policies of the Government do not cover this area. Also, poverty has been a major constraint for families in managing such persons. In this context, the Sheltered Workshops which are part of the rehabilitation process at Ashadeep create livelihood by engaging such people in the production of various articles, which are supplied to various agencies. Through this process, 26 individuals are generating income.

To increase the quantum of income and also the number of earners, the need for a regular sale outlet was long felt at Ashadeep. This need has been met by an NRI, Shri Ananta Senapati, by way of an ONLINE DONATION through GiveIndia - which is going to covering the expenses for one year towards house rent, salaries, raw materials, infrastructure and the interior of the Shop.

On 12<sup>th</sup> May, 2011: **“Ability - The Ashadeep Shop”** was inaugurated by Shri B. P. Muktieh, Chairman-cum-Managing Director, North Eastern Development Finance Corporation (NEDFi), in the presence of Shri Hemanga Sharma (Commissioner, Social Welfare) and Smt. Malobika Baruah (Joint Secretary, Social Welfare & Disability Commissioner), Government of Assam and other dignitaries.

### ‘HIDDEN IN FULL VIEW’

*Hidden In Full View* is a compilation of true accounts of some of the homeless women with mental illnesses rescued by Ashadeep from different corners of Guwahati city over the years, compiled by Shri Ronojoy Sen,



a Guwahati-based architect. They are touching stories which narrate the ordeal of mentally ill women during their journey from their homes to the streets and their subsequent rehabilitation. The beautiful illustrations done by Shri V.G. Venugopal, a Bangalore-based artist, has added flavour to every story. The Sir Ratan Tata Trust, Mumbai, has sponsored the publication of the book.

The book was launched at Mysore in February, 2011 and in Guwahati on 12<sup>th</sup> May, 2011.

## FUTURE PROJECTS

### i) Rehabilitation of Homeless Men with Mental Illness

Ashadeep has been working for the rehabilitation of homeless women with mental illness since 2005. Limitation of resources has not allowed Ashadeep to intervene in a similar manner with homeless men with mental illness. The presence of a huge number of such men on the streets of Guwahati is quite evident.

The apparent success of our initiative in intervening with homeless women with mental illness through project 'Navachetana' has motivated Ashadeep to attempt a similar programme with wandering mentally ill men.

The proposed project aims at replicating the 'Navachetana' project for women to homeless men with mental illness, in the form of a joint venture with the Social Welfare Department, Government of Assam.

### ii) HELP LINE for Tele-Counselling to achieve Positive Mental Health

**NEED FOR THE PROJECT :** Emotional and psychological trauma is the result of extraordinarily stressful events that shatter a person's sense of security, making the person feel helpless and vulnerable. Traumatic experiences often involve a threat to life or safety **leading to mental imbalance and sometimes suicidal attempts.** At such a point of time, counselling (either on a phone line or face to face) can help in easing the levels of stress and prevent unwanted situations.

The fast pace of development of Guwahati, the premier city of the region, is creating a more stressful life for its citizens. Being a service provider for Mental Health interventions since 1996, members of Ashadeep have already been providing counselling over phone occasionally to people who know about Ashadeep and have access to the phone numbers of some of the staff members. Such experiences have motivated Ashadeep to plan this project, which will be taken up in the near future.

**SCOPE OF THE PROJECT :** This project will help the people of Guwahati and Assam to avail counselling services for (i) Adolescent problems such as examination phobia and changing lifestyles, (ii) Suicide prevention and (iii) any other mental trauma.

The Project will address all age groups, and all kinds of people with mental health issues without any manifest symptoms.

### iii) Early Intervention Centre

**NEED FOR THE PROJECT :** It has been observed in the Mental Health Outreach Camps organised in rural locations that about 10% of the children with mental retardation and developmental disorders who attend the camps need special care and training, and such facilities are not available at those locations. It is necessary to address this issue to see whether these children have developmental disorders, something which we have not been able to do in the absence of required infrastructure. The proposed project will help in building the infrastructure to serve this section.

**SCOPE OF THE PROJECT :** The proposed project will provide early intervention for children below 6 years with mental retardation and developmental disorder, and counselling and training for their parents.

## Financial Information

### Staff Strength

Type of Personnel	No. of Persons
Full time staff	20
Part time staff	2
Contract staff	27
<b>TOTAL</b>	<b>49</b>
Paid Consultants	2
Volunteers	4

### Distribution of Staff According To Salary Levels (for all full time/part time/contract/consultant/other staff)

Slab of gross monthly salary (in Rs.) plus benefits paid to staff	Male Staff	Female Staff	Total Staff
<5000	13	22	35
5001-10000	5	7	12
10001-25000	3	1	4
25001-50000			
>50000			
<b>TOTAL STAFF</b>	<b>21</b>	<b>30</b>	<b>51</b>

### The salary and benefits of the NGO Head, the highest paid staff member and the lowest paid staff member

Head of the Organisation : Mukul Chandra Goswami, Secretary /Director (Programme)	Rs. <u>16,200</u> per month
Highest paid: Director (Resource Centre)	Rs. <u>23,500</u> per month
Lowest paid : Attendants of the Day Rehabilitation Centre	Rs. <u>2,000</u> per month

### Remuneration paid to Executive Committee Members in the year 2010-11:

Sl. No.	NAME & DESIGNATION	AMOUNT (Rs.)
1	Shri Bhaskar Barua, <i>President</i>	ZERO
2	Shri Mukul Chandra Goswami, <i>Secretary</i>	Rs. 1,94,400/-
3	Smt. Chandana Sharma, <i>Treasurer (From April,2010 to September, '10)</i>	Rs. 51,000/-
4	Shri Shyamal Baruah, <i>Member</i>	ZERO
5	Dr. P.K. Thakuria, <i>Member</i>	Rs. 2,40,000/-
6	Smt. Shewli Chakraborty, <i>Member</i>	ZERO
7	Dr. Reeta Sharma, <i>Member</i>	ZERO
8	Shri Jacob Lais, <i>Member</i>	ZERO

**NOTE :** • Remunerations paid to Shri Mukul Chandra Goswami is towards his full time involvement as Director (Programme), Smt. Chandana Sharma is towards her part time services for documentation and systems management for the period April,2010 to September,2010 and Dr. P.K. Thakuria is towards his consultancy services. • In the present Executive Committee formed on 25/09/2010, Smt. Chandana Sharma, Shri Shyamal Baruah, Smt. Shewli Chakraborty and Shri Jacob Lais were replaced by Shri Vijoy Patir, Shri Ronojoy Sen, Dr. Upala Baruah and Smt. Jolly Baruah. None of the new members are paid any remuneration.

### Travel :

- Total cost of national travel by all Staff and Board Members during the year : Rs. 32,424/-
- Total cost of international travel by all Staff and Board Members during the year : Nil

Abridged Balance Sheet As On 31<sup>st</sup> March 2011

Particulars	Current Financial Year		Previous Financial Year	
	Amount	%	Amount	%
<b>Assets</b>				
Fixed assets	122567.23	4%	254336.37	18%
Investments	300000.00	10%	300000.00	21%
Deposits and Advances	65000.00	2%	6500.00	0%
Current assets	2665201.04	85%	878089.33	61%
Income and Expenditure A/c Balance				
<b>Total</b>	<b>3152768.27</b>	<b>100%</b>	<b>1438925.70</b>	<b>100%</b>
<b>Liabilities</b>				
Corpus/Endowment fund(s)	658033.43	21%	1317502.73	92%
Capital Reserve	353952.27	11%	353952.27	25%
Earmarked Funds	2160327.00	69%	72207.00	5%
Loans/Borrowings	0.00	0%	28260.00	2%
Current liabilities and provisions	786563.24	25%	329613.00	23%
Income and Expenditure A/c Balance	(806107.67)	-26%	(662609.30)	-46%
<b>Total</b>	<b>3152768.27</b>	<b>100%</b>	<b>1438925.70</b>	<b>100%</b>

Abridged Income and Expenditure Account As On 31<sup>st</sup> March 2011

Particulars	Current Financial Year		Previous Financial Year	
	Amount	%	Amount	%
<b>Income</b>				
Self generated income	843376.00	14%	775435.09	15%
Indian sources	4977129.00	82%	4446822.30	83%
International sources	281090.11	5%	113125.99	2%
<b>Total</b>	<b>6101595.11</b>	<b>100%</b>	<b>5335383.38</b>	<b>100%</b>
<b>Expenditure</b>				
Programme	6283836.04	91%	5117496.70	85%
Management	316922.60	5%	462271.00	8%
Others including Depreciation	306944.14	4%	418224.98	7%
<b>Total</b>	<b>6907702.78</b>	<b>100%</b>	<b>5997992.68</b>	<b>100%</b>
Surplus/(Deficit)[(A)-(B)]	<b>-806107.67</b>		<b>-662609.30</b>	

Abridged Receipts and Payments Account As On 31<sup>st</sup> March 2011

Particulars	Current Financial Year		Previous Financial Year	
	Amount	%	Amount	%
<b>Receipts</b>				
Opening Balance : cash and bank	838626.33	9%	908294.65	13.08%
Self generated funds	729851.00	7.90%	742472.09	10.69%
Indian sources	6570082.00	71.07%	4229081.30	60.91%
International sources	686557.11	7.43%	113125.99	1.63%
Secured loans	0.00	0.00%	55000.00	0.79%
Other Receipts	419350.00	4.54%	894823.00	12.89%
<b>Total</b>	<b>9244466.44</b>	<b>100%</b>	<b>6942797.03</b>	<b>100%</b>
<b>Payments</b>				
Programme expenditure	5777266.00	62.49%	5070190.70	73.03%
Management expenditure	342367.60	3.70%	427836.00	6.16%
Others expenditure	144036.80	1.56%	48227.00	0.69%
Fixed assets purchased	41360.00	0.45%	196420.00	2.83%
Loan repaid	29315.00	0.32%	55000.00	0.79%
Investments	200000.00	2.16%	300000.00	4.32%
Advance to Staff	171230.00	1.85%	6497.00	0.09%
Closing balance : cash and bank	2538891.04	27.46%	838626.33	12.08%
<b>Total</b>	<b>9244466.44</b>	<b>100%</b>	<b>6942797.03</b>	<b>100%</b>

Parthasarathy Choudhury  
Chartered Accountant

Bhaskar Barua  
President

Mukul Ch. Goswami  
Secretary

Place : Shillong

Place : Guwahati

Date : 14<sup>th</sup> June 2011

Date : 14<sup>th</sup> June 2011

## Acknowledgements

The Ashadeep family is grateful to the following individuals and organisations for their support to the cause of Ashadeep:

1. The Ministry of Social Justice & Empowerment, Government of India.
2. Department of Health, Government of Assam
3. Department of Social Welfare, Government of Assam
4. Sir Ratan Tata Trust, Mumbai.
5. Navajbai Ratan Tata Trust, Mumbai.
6. GiveIndia, Mumbai
7. Sitaram Jindal Foundation, New Delhi
8. The Banyan, Chennai.
9. The L.G.B. Regional Institute for Mental Health, Tezpur.
10. National Institute for Mental Handicaps [p[l check whether this is the name], Secunderabad.
11. SEPPA Gives, Guwahati
12. sSTEP, Guwahati
13. 'SATRA', Sipajhar
14. 'the ant', Bongaigaon
15. North East Research & Social Work Networking, Kokrajhar
16. The Superintendent, Rupnath Brahma Civil Hospital, Kokrajhar
17. Gold, Guwahati
18. St. Stephens School, Guwahati
19. Composite Regional Centre, Guwahati.
20. South Asia Voluntary Enterprise (SAVE), United Kingdom.
21. India League, United Kingdom
22. SESTAA, Australia
23. Special Olympics Bharat ( Assam Chapter)
24. Dr. Kamini Arandhara, United Kingdom
25. Mr. Ajit Narayan Deb Kachari, Rehabari, Guwahati.
26. Dr. Pranab Kumar Baruah, Guwahati.
27. Mrs. Jul Sharma and Dr. Jagadish Sharma, United Kingdom.
28. Mrs. Krishna Baruah, Rukmininagar, (Dispur) Guwahati.
29. Mr. Vishal Solanki, IAS, Guwahati
30. Mr. Ananta Senapati, U.S.A
31. All individual donors who have made contributions towards the organization during the year.
32. Members of the Print & Audio-Visual Media.

***We welcome all our donors, well wishers and any individual to visit all our centres and projects. We sincerely treasure your views and suggestions, which will positively help us improve our work and encourage us to carry on regardless of what lies ahead.***



*Mukul Chandra Goswami (Secretary, Ashadeep) receiving the INDIA NGO Awards 2010 as “REGIONAL AWARDEE, EAST IN MEDIUM CATEGORY” on 5th August 2011 at New Delhi*

The India NGO Awards is a unique national competition that celebrates and rewards the best NGO by showcasing examples of best governance practices, transparency, accountability and successful resource mobilization. Initially launched in partnership with The Nand & Jeet Khemka Foundation, the 2009-2011 India NGO Awards programme is a joint venture between The Resource Alliance and the Rockefeller Foundation. 15 NGOs were shortlist for the final out of more than 210 NGOs who participated.