

# ASHADEEP

A MENTAL HEALTH SOCIETY



## ANNUAL REPORT 2019-2020



Registered office :Piya Apartments,  
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Website :[www.ashadeepindia.org](http://www.ashadeepindia.org)

**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.

- 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 NoAASH16515908695 dated 30/11/2016
- Donations exempted from Income tax Under Sections 12(A) & 80(G) of IT Act 1961

**Contact Persons**

1. Mukul Chandra Goswami, Secretary      Ph : +919435043308
2. Dr. Anjana Goswami, Director      Ph : +919864077861

**Name and Address of Auditor :**

D. Purkayastha & Company,  
Police Bazar, Shillong – 793001, Meghalaya.

**Name and Address of Internal Auditor :**

Dhawan Pandey & Associates,  
101, Shivam Apartment, Opposite PIBCO Building,  
Rukmini Gaon, Guwahati – 781022, Assam.

**Names and Addresses of Bankers :**

1. State Bank of India, West Guwahati Branch, Bharalumukh, Guwahati
2. Axis Bank, Chibber House, G.S. Road, Guwahati
3. Yes Bank, G.S Road, Ulubari, Guwahati
4. HDFC Bank, Beltola, Guwahati
5. North East Small Finance Bank, Pamohi, Gorchuk, Guwahati



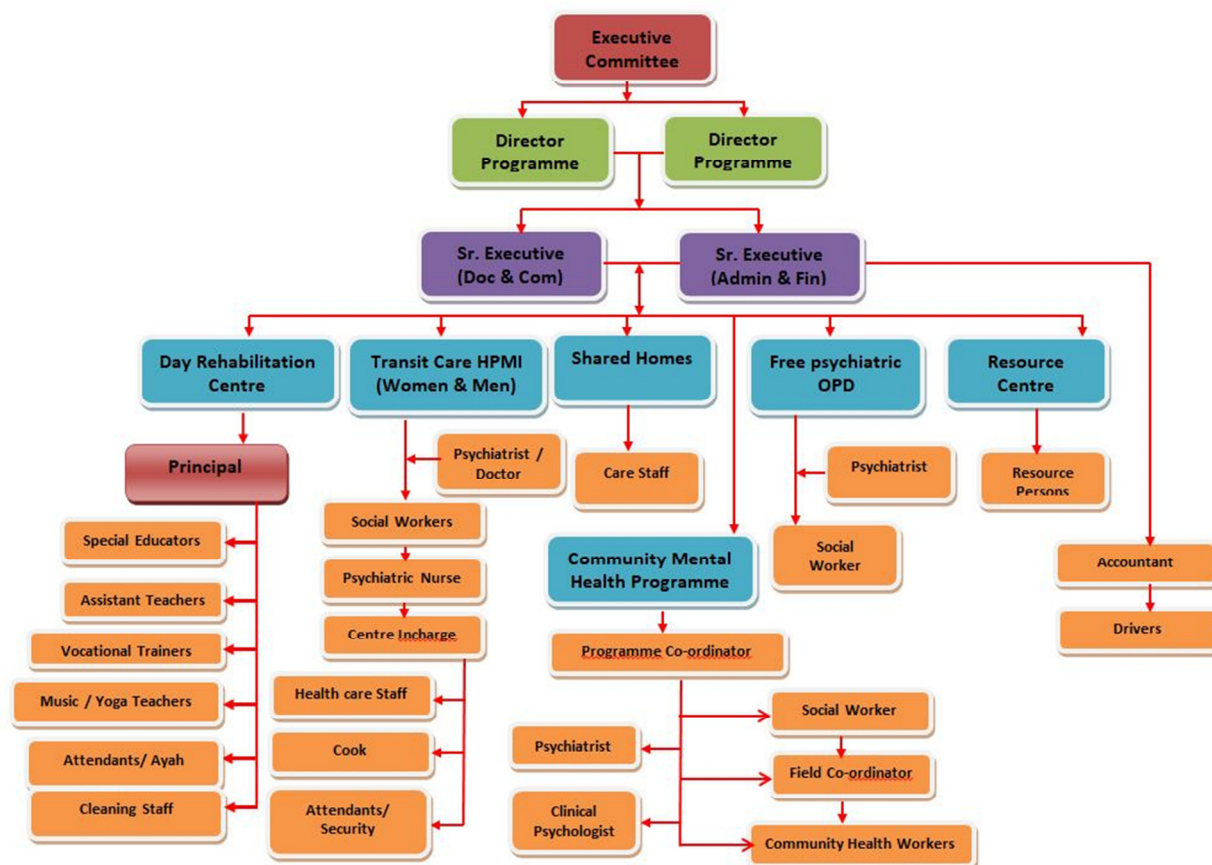
## Brief History

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 care-givers, 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.

In the past twenty four year, Ashadeep has directly intervened more than 6000 persons with mental disorders covering ten districts of Assam. Ashadeep has also partnered with organizations from its neighboring states viz. Meghalaya, Nagaland and Tripura. Ashadeep has played a pivotal role in creating more players in the mental health arena by incorporating mental health into the agenda of quite a few organizations in the North Eastern states.

The strength of Ashadeep has been the dedicated staff comprising of Health Workers, Special Educators, Vocational Trainers, Social Workers, Psychologist, Psychiatric Nurse and other support staff. Majority of the staff members have served the organization for more than ten years.

## Organization Structure



## SECRETARY'S DESK



As a body working with mental health issues and that too with two of the most vulnerable populations in such a situation homeless persons with mental illness and persons with intellectual disabilities, with whom social distancing protocols are usually very difficult to implement, the challenges were many. In addition to protecting the residents of our Rehabilitation Homes for homeless persons with mental illnesses from all sources of infection to meeting the needs of food and medicines during the lockdown periods, all members of the team involved in this program were true warriors who did not let fear of the situation affect them. The liasoning with the District Administration and maintaining admissions of homeless people from the streets even during such difficult times was truly remarkable. On the other hand the teachers and trainers of the Day Rehabilitation Centre continued their interventions with the day residents and their parents and guardians utilizing the digital platform.

On another note, the design and development of an updated process to intervene with persons with mental disorders in outlying communities by our team involved in Community Outreach programs holds significance for the future. The initiation of support from “The Azim Premji Philanthropic Initiative” for the implementation of this program in Rangjuli block of Goalpara district, Bhurbandha block of Morigaon district and Chumukedima block in Nagaland has provided the necessary impetus in this regard.

Thanking all supporters and members, who have made it possible for Ashadeep to keep moving, I would like to request all to take care in this very difficult time.

23 November 2020  
Guwahati

Mukul Chandra Goswami  
Secretary



### EXECUTIVE COMMITTEE MEMBERS

SI	Name& Designation	Occupation	Address
1	Shri Anjan Bardoloye PRESIDENT	Retired Assam Government official	R.G. Baruah Road, Near Assam State Zoo, Guwahati Ph:9435304306
2	Shri Mukul Chandra Goswami SECRETARY	Retired Bank Employee	4 <sup>th</sup> Floor In-Built Residency 9 Monalisa Path, Mother Teresa Road, Guwahati –781024 Ph: 9435043308
3	Shri Vijoy Patir TREASURER	Business	Near Anganbari, West Silpukhuri Road, Guwahati – 781003. Ph: 9864091783
4	Shri Bhaskar Barua MEMBER	Retired Government official	House No. 3, 2 <sup>nd</sup> By Lane, S.K. Baruah Road, Rukmini Nagar, Guwahati – 781006. Ph: 9435011862
5	Shri Ronojoy Sen MEMBER	Consultant Architect	4 <sup>th</sup> By Lane, Tarun Nagar, Guwahati- 781007. Ph: 9435107827
6	Smt. Manjusri Baruah MEMBER	Retired College Teacher	Hno. 30, Sanyogi By Lane, BishnuRabha Path, Guwahati Ph:9864038692
7	Shri Nilamoni Goswami MEMBER	Law Practitioner	K.K. Bhatta Road, Chenikuthi, Silpukhuri, Guwahati – 781003 Ph : 9435044407
8	Shri Dipak Bhagawati MEMBER	Retired Engineer	Laxmi Bhawan, Hno-18, Janapath, Hatigaon, Guwahati Ph : 8011232509

### THE EXECUTIVE COMMITTEE MEETINGS

Sl.No.	Meetings Held on	Members present
1	29/06/2019	7
2	28/09/2019	5
3	15/02/2020	5

## Brief details of projects

Sl. No.	Project / Activity	Number of Beneficiaries in 2019-20	Progressive Total upto 31/03/2020	Supported by
1	<b>Day Rehabilitation Centre, Guwahati</b> Total students New admission during the year	86 17	392	<ul style="list-style-type: none"> <li>• Self generated</li> <li>• Part sponsorship by Give India</li> </ul>
2	<b>Navachetana – Rehabilitation of Homeless women with mental illness, Bamunigaon</b> Total admissions Re-integrated with families	37 33	738 701	<ul style="list-style-type: none"> <li>• Part by Give India</li> <li>• Part by Social Welfare Deptt. Govt. of Assam</li> </ul>
3	<b>Udayan Home for Rehabilitation of homeless Men with mental illness</b> Number of men admitted Number of men reintegrated	38 23	243 199	<ul style="list-style-type: none"> <li>• The Hans Foundation, New Delhi</li> <li>• Partly by Give India</li> </ul>
4	<b>Free Psychiatric Outdoor Clinic (OPD), Guwahati</b> New Cases Registered Total cases reviewed	59 729	1338	
5	<b>Resource Centre</b> Number of Interns who attended the facilities of Ashadeep	267		
6	<b>‘Home Again’ – Shared Housing</b> Number of homes Total residents No. of residents reintegrated	5 30 1		<ul style="list-style-type: none"> <li>• Social Welfare Department, Govt. of Assam</li> <li>• Two of the Urbans Homes by The Hans Foundation, New Delhi</li> </ul>

## Major Grants received during 2019-20

SI No	Agency	Purpose	Amount in ₹
1	The Hans Foundation, New Delhi	For Udayan – Rehabilitation home for homeless men with mental illness	70,31,436/-
2	Social Welfare Department, Government of Assam	For Rehabilitation home for homeless persons with mental illness and Day Rehabilitation Centre for Intellectually Disabled	68,00,000/-
3	Give India, Mumbai	Towards Rehabilitation expenses at Day Care Centre, General expenses, Corpus Fund, Food & Medicine Expenses of Navachetana residents	15,16,410/-
4	Sitaram Jindal Trust, New Delhi	For Rehabilitation home for homeless women with mental illness	25,000/-
5	PRERONA – IAS Officers' Wives Association	For Rehabilitation home for homeless women with mental illness	1,12,262/-
6	Donation from World Bank Staff Members	Towards General Fund	3,16,277/-



## PROGRAMME INFORMATION

### **DAY REHABILITATION CENTRE for persons with Intellectual Disability and those recovering from mental illness**

Ashadeep Day Rehabilitation Centre has been carrying forward its mission of providing rehabilitation services to two segments of individuals viz. Children and adults with intellectual disabilities and associated disorders and persons recovering from Mental illness. Along –side continuous support to the caregivers in the form of counseling – training – hand holding are being given by Ashadeep’s Staff. The activities of the Centre focus in the following development areas-

1. Conventional and Special Education; Living and Social skills training; Extra- curricular activities; Regular and Adventure sports.
2. Pre –Vocational and Vocational activities carried out in the vocational unit which is a part of therapy as well as source of facilitating income generation .
3. Counseling (individual/family) to persons recovering from Mental illness, individuals with Intellectual Disability and their caregivers.
4. Training to caregivers of both the segments and
5. Sensitization and advocacy efforts on issues related to mental health.

For the current year the centre has accommodated **86 students** with 17 new admissions. An array of new activities were introduced to further strengthen the skills of the students like soft skill training to the young adults , monthly awareness programs covering topics like Self defense, Save the environment , Sex education and many more. These sessions were carried out by the trainers along with the interns of the centre. Creative work like up-cycling products with discarded items , hand embossing, gardening were also introduced. Yearly exposure trips to places like science museum, parks and zoo were also undertaken.

In the recent times as the world is reshaping itself to face the current challenging situation, Ashadeep Day Rehabilitation centre has introduced online classes for its students from March 2020. Constant support is being given to the students along with their caregivers through whatsapp group /video calls. In addition the vocational unit of the center has geared up for mask making activity because of its growing demand.

**Major milestones of the centre:**

-On 3 March, 2020, Sangeeta Adhikari , a teacher of Ashadeep Day rehabilitation Centre and a resident of Ashadeep 's Shared Housing were conferred the 'Brave Heart Award' by Hans Foundation in New Delhi.



On 27 February, 2020, 6 students of Ashadeep took part in the Annual Cultural Fest-'Exurbia' of Guwahati College of Architecture. They mesmerized the audience with the popular title song of an Assamese theater presentation which was originally picturized on the students of the centre.

On 11-12 January 2020, Nine students of Ashadeep took part in Children Adventure Orientation camp organised by Assam Mountaineering Association.. They were among 150 participants from various regular schools of Guwahati. They were trained in climbing, rappelling ,ziplining, rafting, monkey crawling and river crossing. The last league included a 10 km trekking with number of hurdles and three of Ashadeep's student were amongst 15 successful participants to clear it viz, Rohan , Ranjita and Dhrubojyoti who have been selected for a trekking expedition to Sandakphu.



**On 24 January 2020** Sneha Dorjee of Ashadeep was selected to represent Assam in ‘Mission Inclusion: Bharat Youth activation Summit’ organised by Special Olympics Bharat in New Delhi. Currently as an Athlete Leader, she is a part of the team wherein she is advocating for an inclusive society.



**On 7 February, 2020**, Employees of Indian Oil Corporation carried out their CSR activities at the centre. They organized Art competitions and participated in a cultural extravaganza.

**-On 3 December ,2019**, All the students of the centre took part in the celebration of International Disability Day Organized by Social Welfare Department, Government Of Assam at Sankardev Kalakshetra. The winners of the competitions like Fancy Dress, Musical Chair and Art were Arnab and Shristi, , Rinku and Anudhriti respectively.

**On 14 November 2019**, On the occasion of Children’s Day, two students viz, Jayanta and Deboleena along with Dr. Anjana Goswami , Director, Ashadeep and Pratima Devi Music Teacher were invited by News18 channel for an interview.



**On 2 November, 2019**, Ranjita and Pallab of the centre participated in the National Cycling Coaching Camp organized by Special Olympics Bharat at Jharkhand.



**On 28 June 2019**, Popular Jollywood Actor Prastuti Parashar did shooting of the title song in one of her feature presentation named Memsaab at Ashadeep Day rehabilitation centre. All the students were picturerized in the video.



**On 21 June 2019**, International Yoga Day celebration was undertaken with more than 100 participants from different schools and colleges along with students of the centre .

**On 23 May, 2019** All India Radio aired a special program ‘Gyan Tarang’ focusing on teaching techniques of Mathematics to Children with Intellectual Disability. program was recorded at Ashadeep Day rehabilitation Centre where two special educators and 10 students took part.

Twenty- one students of Ashadeep represented Assam in “Divya Kala Shakti -Witnessing Ability in Disability” a cultural extravaganza organized by Dept. of Empowerment of Persons with Disabilities & Ministry of Social Justice and Empowerment, Government of India held at Rashtrapati Bhavan and Parliament Library on 18<sup>th</sup> April, 2019 and on 23<sup>rd</sup> July, 2019 respectively. The students were of mild and moderate Intellectual Disability. They presented an Assamese Bihu folk dance before Hon’ble President of India Sri Ram Nath Kovind. In the second event Honarable Prime Minister Shri. Narendra Modi were also present with other dignitaries. The group of talented Bihu dancers along with Divyang children and youths from across India conducted the entire program by themselves and displayed their potential in music and dance.





### Internship program

This year 267 students undertook internship program at Ashadeep, representing universities and colleges like Guwahati university, Tezpur Central University, Silchar Central University, Delhi University, Bangalore University, Christ University, NERIM, NEF, Assam Don Bosco University, Symbiosis College, Narsee Monjee institute of Management Studies(Mumbai) and many more.

### **Residential Rehabilitation program for homeless persons with mental illnesses :- (Navachetana home for women, Udayan home for men and rural and urban 'Shared Homes' for residents with long term care needs)**

Navachetana is the Rehabilitation home for the Homeless WOMEN with mental illness of Ashadeep started in the year 2005. From the very beginning Ashadeep has been providing quality of service with full effort and dedication along with scientific approach. Every stage of progress in recovery of the residents are gauged by standard scientific tools and approaches such as Growth Chart, Mental Status Examination, Positive and Negative Symptoms Scale applied at regular intervals to plan for the discharge of a resident. Right from the admission till discharge of a resident, a lot of efforts are put by the dedicated team of Health Workers, Psychiatric Nurse, Psychologist, Social Workers, Psychiatrist, General Doctor and other support staff.

In the year 2013, the department of Social Welfare, Government of Assam in alliance with Ashadeep started a rehabilitation home for men those who are homeless and suffering from mental illness. The home was named as Udayan located in Bamunigaon, Assam. Udayan has provisions for admission, treatment, perpetual care, rehabilitation and reintegration along with different modes of compatible livelihood generation for these men. Here at Udayan, services and training on psychological and social rehabilitation are offered by Ashadeep.

Out of this group of residents who have completed at least one year in the Rehabilitation homes, have reduced positive symptoms related to their illness and have attained better functional level are being shifted to independent **Shared Homes**. The shared home facilities created by Ashadeep in 2017 are clustered together both in the rural and also in the urban settings. Usually five men or women reside in these homes, and they live a life like any normal family. Most of the residents of these shared homes are earning a livelihood - Six of them are employed with a packaging unit in Guwahati, one is engaged as a Teacher in Ashadeep's Day Rehabilitation centre. Most of the residents of Shared home have Disability Certificate, PAN Card, Bank Accounts and also Aadhar cards. The women residents who are employed in the Packaging Unit are covered under PF and ESIC by their employer. A few of them received the Disability Pension of Rs. 12000/- given by the Social Welfare Department, Government of Assam which has been directly credited to their account.

### **SPORTS AND RECREATIONAL ACTIVITIES AT BAMUNIGAON**

*Games conducted by student interns at Udayan for residents.*



Running race





Group work among male residents



Group work among female residents

### FITNESS AND WELLBEING



Volleyball



Gym time



Yoga practices

## **EVENTS AND CELEBRATIONS**



*Army Institute of Nursing visited Bamunigaon campus for oneday field visit, and observed World Shizophrenia Day on 24<sup>th</sup> May 2019*



*Orientation on Ashadeep by Social worker*



*The Hans Foundation team on their visit to Ashadeep.*



*'International Yoga Day' was observed by Staff, residents student interns at Udayan campus, Bamunigaon led by yoga guru Pankaj.*



*Republic day celebration at Udayan campus, Bamunigaon.*







Chief Guest, Smt. Pramila Rani Brahma, Minister, Social Welfare Govt of Assam, addressing the gathering on 'World Mental Health week' observed on 3<sup>rd</sup> October 2019 on a theme: 'Mental Health Promotion and Suicide Prevention'



Inauguration of Livestock Unit at Udayan campus by Honourable Minister, Social Welfare, Govt of Assam, Smt. Pramila Rani Brahma.

## INTERVENTIONS



Monthly Vital checking by healthcare worker



Counselling session with patient.



Resident Social worker and Psychiatric Nurse with Psychiatrist and Gen Physician during Patients review which is held once in a week.







*Distribution of sanitary napkins to female residents by JCI Guwahati Queens Club.*

## **ORGANIC FARMING**



*A few real life stories presented below will illustrate the process and outcome of our efforts at Navachetana and Udayan. The stories depicts that how support from family along with proper treatment can lead to revival of healthy life.*

## ROAD TO RECOVERY

**“Family is a life jacket in the stormy sea of life”**

**By J.K Rowling**

### Case study on Banshan Suting

25yrs old Banshan Suting, was brought to Ashadeep by the Palashbari Police station on 3<sup>rd</sup> of October 2019 who was found at Byrnihat Village by the local people as he was strolling around the streets, very ill kempt with confused behaviour, and a shabby appearance. He was completely mute, and had an inappropriate silly smiling for no apparent reason at the time of admission. No further information could be obtained at the time of admission due to language barrier as he belongs to Khasi community.

It took a lot of persuasion and effort as a part of Ashadeep staffs to retrain him in his self care activities such as bathing, brushing, and toilet habits. He was involved in household chores which involved sharing responsibilities with other mates with the objective to improve his socialization skills. Psychosocial interventions such as Relaxation therapy, behavioural therapy, group therapy was found to be effective in improving some areas of negative symptoms but the lack in social skills was very challenging to deal with. Eventually Banshan was also involved in cultivation as a part of the vocational activities and Banshan showed up his interest in this area. With due time, Banshan became manageable with no active psychotic symptoms and he could perform his self care and daily living activities independently under supervision.

Meanwhile, few of the visiting students from Don Bosco University who visited Ashadeep as a part of their internship program made an attempt to interact with the resident in Khasi language to trace the home address and his whereabouts. Banshan revealed that he resided with his parents at Meghalaya but when his eldest sister got married, he went to stay with his eldest sister and brother in law in 15<sup>th</sup> mile, Byrnihat which is in Ribhoi District and it was from this place that he ran away.

With gradual recovery of the illness, and with the recommended discharge from the Psychiatrist, the information regarding Banshan was given to his neighbour through one of our social worker, who is a known person of the resident's neighbour and stays in the same locality. On getting the information, the family members (brother in law, cousin brother) rushed to Ashadeep to receive Banshan. His family members were at a loss to express their emotions to find Banshan whom they thought was dead while wandering in the streets. At the same time Banshan was very happy and rejoiced to see his family members at Ashadeep. Nevertheless the family made repeated

efforts of searching him over again since last three months. Banshan was discharged from Ashadeep on 2/01/2020 with necessary discharge counselling along with brief family psycho-education to the family members. Explanation regarding the follow-up visits and OPD services were also given.

Banshan was brought for his 1<sup>st</sup> follow-up on 7/01/2020. This is how the supportive family members of Banshan helped him to get back on the path of recovery once again.

Recovery from mental illness requires support and family support is an important psychosocial aspect which helps to build a person's resilience, confidence and self-esteem.



**“Happy days are here again”**

### **Story of Maya Biswakarma**

Shabbily dressed, roaming aimlessly in the streets, Maya Biswakarma, a 58 yrs old, female was brought to Ashadeep for admission by the Gorchuk Police on 3<sup>rd</sup> November 2019 presenting complaints of irrational talk with rapid speech, grandiose ideas and thoughts, frequent mood fluctuations, singing songs and reciting poems in inappropriate time of the day and increased religiosity.

The response to the treatment was good and Maya gradually started recovering from the symptoms presented at the time of admission. Within weeks she became functional and started taking part in the household chores, participating in own self care and other activities of daily living. Though the psychiatric symptoms subsided, Maya started developing few of physical problems due to some underlying disease condition. The physical symptoms were followed up through certain investigations along with proper medical management and treatment. Within a month or two, Maya started recovering from her physical ailments. She started restoring her normal physical and biological functions without any assistance. Eventually as she attained

functionality level, efforts to locate her home was initiated by the team members. With an interaction that was attempted, Maya started narrating her story in bits and pieces. Maya revealed that she was brought up in a joint family in Koparty, at Darrang District of Assam. Both her parents passed away in early childhood, and she was brought up by her elder brother. Maya completed her education at Koparty till class VI. Maya got married at an early age of 17 but unfortunately her husband expired within 5yrs of her marriage due to some major physical ailments. After her husband's death, Maya felt that she was a burden to the family and so she came out of home and started staying at the Satsang temple at Koparty. Though she couldn't exactly remember how she came into the streets, but expressed her willingness to go and stay at her in-laws place located at Missamari in Sonitpur District.

With many uncertainties regarding the family acceptance, Maya was taken for reintegration by our social worker Joseph Sangma and his team. With the office vehicle the reintegration team set off to Missamari and finally reached her brothers Home. Maya's brother in law and sister in law were utterly surprised as well as happy to see Maya. On being explained regarding her illness, the family members were ready to accept her and agreed to take the responsibility of continuing the treatment and care. There was a sense of warmth, acceptance and gratitude.

As per the follow-up records, Maya is doing fine. She attends regular follow-up at the LGBRIMH OPD. Maya goes for early morning walk at 5am, helps her in-laws in house hold activities, participates in daily living activities independently and attends prayer meeting at the nearest temple. Maya expresses her happiness of getting back to her family once again.

#### ***Admission of homeless persons during 2019-20 :***

Facility	Admissions							Total Admission
	By Ashadeep	By Police	By Other Organizations	By Family	Self Admission	By Hospitals	Re-admission	
Navachetna	1	24	7	2	0	2	8	37
Udayan	24	8	2	1	2		2	38
TOTAL ADMISSION (women & men)								75

#### ***Re-integration of homeless persons during 2019-20***

Facility	Assam	Other states	Total re-integrated
Navachetana	29	4	33
Udayan	13	10	23
TOTAL RE-INTEGRATION (women & men)			56

## ***FREE PSYCHIATRIC OUTDOOR CLINIC***

Since 2006 Ashadeep has been conducted a free psychiatric outdoor clinic at Ulubari, within a distance of about two kilometers from the Guwahati Railway station. Patients of Navachetna and Udayan who are reintegrated successfully are advised to come to the psychiatric outdoor clinic. Consultation is provided in this outdoor clinic on every Tuesday. This clinic benefits not only the past residents of Navachetana and Udayan, but also caters to socially, economically and geographically marginalized population residing within the city as free consultation on mental health is provided by a psychiatrist and other trained staff members of Ashadeep. During 2019-20, 59 patients registered in this OPD and 729 review were done for both old and new patients. Total number of registered patients in the OPD is 1338.

This Outdoor Clinic has no financial support from any agencies and Ashadeep is managing the expenses from its own resources.

## ***COMMUNITY MENTAL HEALTH PROGRAMME***

Based on its experiences of implementing community Mental Health Programmes in three blocks of three different districts during 2013 to 2016, Ashadeep has come up with a very significantly structured model of Community Mental Health Programme, which can be implemented at block level in any district.

Four categories of disorders viz. severe mental disorder, common mental disorder, epilepsy and intellectual disability are covered by this programme. Though Epilepsy does not fall under mental illness, but it has been included in the programme as it is highly prevalent in the community and the treatment is very easy with remarkable results. The idea of this programme is to create access to psychiatric intervention at block PHC/CHC with availability of psychotropic medicines at the PHC/CHC itself. A team of Community Health Workers (ideally one for every 15000 population) are engaged and trained extensively so that they can identify persons suffering from any of the four categories of disorders, refer them to the block PHC/CHC for treatment from Psychiatrist, impart psycho-education to the concerned families, create awareness in the community and work towards stigma reduction. This team will also maintain follow-ups of the persons who are availing treatment and ensure adherence to medication. Individuals with intellectual disability are assessed by a clinical psychologist and parents are instructed on the necessary training or therapy to be imparted to the child/individual.

The detailed guidelines of the programme activity, training modules, documentation templates, monitoring and evaluation strategies, IEC materials have already been designed and developed.



A brief detail of the model is as below:

### **Community Mental Health Programme – Ashadeep Model**

The aim of this model is to increase access to **Mental Health interventions at Block level in Assam and other North Eastern States**. The main objectives of the programme are -

1. To increase Mental Health services in partnership with Government and Non-Government Institutions, Mental Health professionals, Caregivers and persons with mental illness.
2. To increase Human Resource in Mental Health service delivery at Primary Health Care system.
3. To increase awareness on Mental Health and reduce Stigma related to Mental Illness.
4. To improve ability of persons with Mental Illness to function in family, at work and society at large.
5. To facilitate livelihood linkages of recovered persons with mental illness so that the person can lead a dignified life by contributing to the family income.

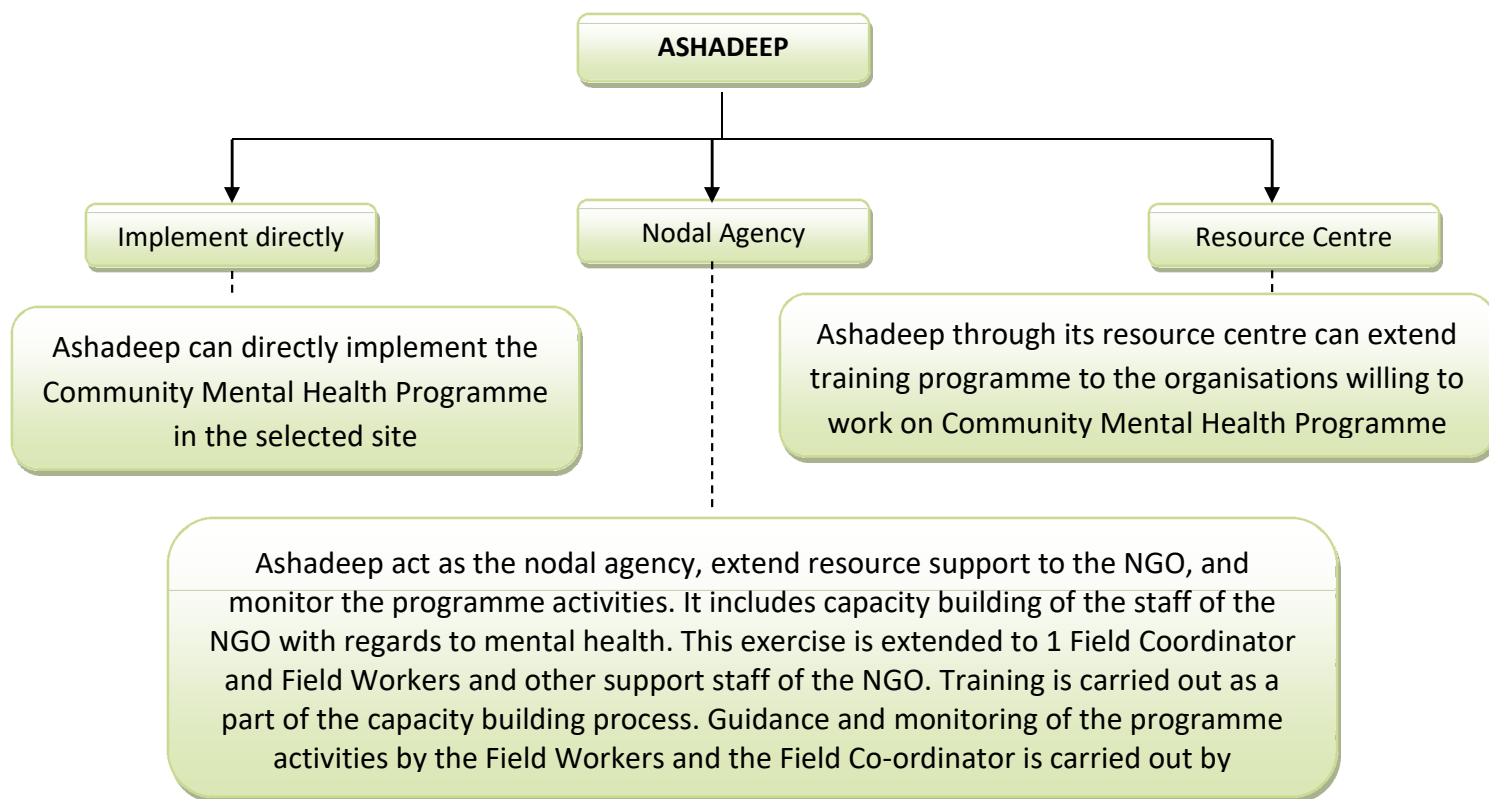
The expected Goal to be achieved from this programme are -

1. Sustainability of the mental health services at government health delivery system.
2. Change in the behaviour of the community in seeking treatment for mental health problems as they do for other physical ailments.
3. Prevention of homelessness due to mental illness.
4. A life with dignity in the family as well as in the community for the person suffering from mental illness.

The core team of the programme consists of one Programme Co-ordinator, one Social Worker, one Field Co-ordinator, a group of Community Health Workers, Consultant Psychiatrist, Consultant Clinical Psychologist and Consultant Special Educator.

The programme has to run for a minimum period of 3 consecutive years to reflect the change in the health seeking behavior of the community for mental health problems. Within this period, measures will be taken for withdrawal strategies so that the community becomes self-sustained in handling their mental health related issues.

The Community Mental Health Programme can be implemented in three different methods. The role and responsibility of Ashadeep in all the three methods is as follows:



The model is now directly implemented at Rongjuli block of Goalpara district while Ashadeep is working as a Nodal Agency in Bhurbandha block of Morigaon district and Chumukedima block in Dimapur district of Nagaland. Ashadeep has partnered with two local NGOs at Morigaon and Nagaland to implement this project.

The project is funded by Azim Premji Philanthropic Initiatives based in Bengaluru for a period of three years.

## MANAGING THE COVID-19 PANDEMIC SITUATION

Since the Nationwide Lockdown due to Covid-19 crisis, Admission and Re-integration at our Rehabilitation homes were suspended from the last part of March. The primary reason for suspension of Admission was not to put the residents at any risk of contamination from newcomers/outsideers as most of them do not have the capacity to understand about 'social distancing', 'sanitization' etc. Re-integration was suspended as there is no public transport available for the trips.

Social Workers and Psychologist were not able to visit the Home at Bamunigaon. All interventions were being carried out by the Resident Staff i.e. Resident Social Worker, Centre-in-charge and the Health Care Staff. Telephone contacts were being maintained by the Social Workers and Psychologist.

Boosting up the morals of the resident staff during the Lockdown was also a big challenge for the administration. This was managed by the Social Workers, Psychologist and the Administrative Staff with regular phone calls.

The middle level staff members were working from home and had weekly meetings to discuss work related issues on online platform such as Zoom and Google Meet.

As mentioned above, the Day Rehabilitation Centre conducted online classes for the wards of the centre during the lockdown period. Online competitions were held on dancing, singing, speech, drawing amongst the wards where they uploaded videos of all their activities. The parents took great interest in making videos with their children in the activities and thereby spent quality time with them.

# FINANCIAL INFORMATION

## Abridged Balance Sheet As On 31st March 2020

Assets	2019-20		2018-19	
	AMOUNT	%	AMOUNT	%
Fixed Assets	194086.50	1%	222035.50	2%
Investment	9116712.00	58%	9259689.26	65%
Deposits and Advances	197363.72	1%	225793.42	2%
Current Assets	6349896.40	20%	3156983.67	37%
Income and Expenditure A/c Balance				
<b>Total</b>	<b>15858058.62</b>	<b>81%</b>	<b>12864501.85</b>	<b>100%</b>
<b>Liabilities</b>				
Corpus/Endowment Funds(s)	14517922.50	70%	11117178.25	71%
Capital Reserve				
Earmarked Funds	171844.48	9%	1400470.60	26%
Loans / Borrowings				
Current liabilities and provisions	1168291.64	2%	346853.00	9%
<b>Total</b>	<b>15858058.62</b>	<b>81%</b>	<b>12864501.85</b>	<b>100%</b>

## Abridged Income and Expenditure Account As On 31st March 2020

Particulars	2019-20		2018-19	
	AMOUNT	%	AMOUNT	%
<b>Income</b>				
Self generated funds	3641313.12	17%	2489878.00	15%
Indian sources	9853726.26	47%	8053150.31	49%
International sources	7475654.42	36%	5939010.06	36%
<b>Total</b>	<b>20970693.80</b>	<b>100%</b>	<b>16482038.37</b>	<b>100%</b>
<b>Expenditure</b>				
Programme expenditure	15148681.68	87%	14019725.65	97%
Management expenditure	2110360.45	12%	340355.50	2%
Other expenditure	87824.42	1%	46229.47	0%
<b>Total</b>	<b>17346866.55</b>	<b>100%</b>	<b>14406310.62</b>	<b>100%</b>
<b>Surplus/ (Deficit)</b>	<b>3623827.25</b>		<b>2075727.75</b>	

## Abridged Receipt and Payments Account for the year ended 31st March 2020

Receipts	2019-20		2018-19	
	AMOUNT	%	AMOUNT	%
Opening Balance : Cash and Bank	2700047.99	9%	3982981.97	18%
Self generated funds	2604224.00	8%	2180626.00	10%
Indian sources	8711358.02	28%	6177952.44	28%
International sources	7473064.42	24%	6051740.68	27%
Secured loans				
Other receipts	9830898.18	31%	3938974.40	2%
<b>Total</b>	<b>31319592.61</b>	<b>100%</b>	<b>22332275.49</b>	<b>100%</b>
<b>Payments</b>				
Programme Expenditure	15205186.01	49%	14871586.00	67%
Management Expenditure	1922191.45	6%	221148.50	1%
Other Expenditure	215377.00	1%	302943.00	1%
Fixed Assets purchased	1200.00	0%	36550.00	0%
Loan repaid				
Investments	8500000.00	27%	4200000.00	19%
Advance to staff				
Closing Balance : Cash and Bank	5475638.15	17%	2700047.99	12%
<b>Total</b>	<b>31319592.61</b>	<b>100%</b>	<b>22332275.49</b>	<b>100%</b>

Diksha Purkayastha (Chartered Accountant)

Anjan Bordoloye(President)

Membership No. 307881

FRN : 0326761E

Mukul Ch. Goswami (Secretary)

Place : Guwahati

Place : Guwahati

Date : November 17, 2020

Date : Nov17, 2020



**STAFF STRENGTH**

Type of Staff	Male	Female	Total
<b>Paid Full Time</b>	4	2	6
<b>Paid Part Time</b>	1	-	1
<b>Paid Contract Staff</b>	20	26	46
<b>Paid Consultant</b>	4	-	4
<b>TOTAL</b>	<b>29</b>	<b>28</b>	<b>57</b>
<b>Unpaid Volunteers</b>			

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

Slab of gross monthly salary (in ₹) plus benefits paid to staff	Male Staff	Female Staff	Total Staff
<5000	3	5	8
5001-10000	14	12	26
10001-25000	7	5	12
25001-50000	5	6	11
<b>TOTAL STAFF</b>	<b>29</b>	<b>28</b>	<b>57</b>

**The salary and benefits of the NGO Head, the highest paid staff member and the lowest paid staff member in 2019-20**

**Head of the Organisation :** Mukul Chandra ₹ 5,28,000/-  
Goswami, Secretary /Director (Programme)

**Highest paid:** Dr. Anjana Goswami, Director ₹ 7,18,740/-  
Resource Centre & Project Head

**Lowest paid :** Shri Pankaj Das ₹ 35,520/-  
Part Time Yoga Teacher

**Remuneration paid to Executive Committee Members in the year 2019-20:**

SL	NAME & DESIGNATION	AMOUNT (Rs)
1	Shri Anjan Bordoloye, <i>President</i>	ZERO
2	Shri Mukul Chandra Goswami, <i>Secretary</i>	₹ 5,28,000/-
3	Shri Vijoy Patir, <i>Treasurer</i>	ZERO
4	Shri Bhaskar Barua, <i>Member</i>	ZERO
5	Shri Ronojoy Sen, <i>Member</i>	ZERO
6	Smt. Manjusri Baruah, <i>Member</i>	ZERO
7	Shri Nilamoni Goswami, <i>Member</i>	ZERO
8	Shri Dipak Bhagawati, <i>Member</i>	ZERO

**NOTE:**

Remunerations paid to Shri Mukul Chandra Goswami towards his full time involvement as Director (Programme).

**Amount Reimbursed to Board Members in the year 2019-20 for the following items:**

1	International Travel	nil
2	Domestic Travel	nil
3	Local Conveyance	nil
4	Entertainment Expenses	nil
5	Others	nil

**Travel in the year 2019-20**

Total cost of national travel by all Staff and Board Members	Nil
Total cost of international travel by all Staff and Board Members	Nil

## *Acknowledgements*

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

1. The Hans Foundation, New Delhi
2. Department of Social Welfare, Government of Assam
3. Department of Health, Government of Assam
4. Give India, Mumbai
5. Azim Premji Philanthropic Initiatives, Bengaluru
6. PRERONA – IAS Officers Wives Association, Guwahati
7. Sitaram Jindal Foundation, New Delhi
8. Members of Staff, World Bank Group, New Delhi
9. Shradhha Foundation, Mumbai
10. The Banyan , Chennai
11. Morigaon Mahila Mehfil, Morigaon
12. Prodigals' Home, Dimapur, Nagaland
13. 'Seneh', A home for destitute elderly women
14. St. Stephen's School, Guwahati
15. Special Olympics Bharat (Assam Chapter)
16. Mr. Parthasarathy Choudhury, Shillong
17. 'Atma Nirbhar' Ek Challenge, Guwahati
18. All other individual donors who have made contributions towards the organization during the year.
19. Members of the Print & Audio-Visual Media.