



# ASHADEEP



# ASHADEEP

Annual Report  
2022-23



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# Table of Contents

03	Message from the Leaders
06	About Ashadeep
10	Ashadeep Day Rehabilitation Center
18	Rehabilitation of Homeless Persons with mental illness: Navachetana & Udayan
26	Home Again – Shared Housing
32	Community Mental Health Program
39	Ability – Ashadeep’s Vocational Unit
41	Ashadeep’s new Abode
44	Heartfelt Testimonials: Ashadeep Team Experiences
48	Ongoing Developmental plans
49	Financial Outlook
53	Donors Matter: Our Heartfelt Appreciation

# Breaking Stigma, Building Hope **Embracing Mental Wellness**

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Welcome to our Annual Report 2022-23, a showcase of our achievements, progress, and commitment to excellence throughout the year.

# Message from our Secretary

Enhancing mental health in North East involves culturally sensitive community initiatives and accessible, diverse mental health services, while empowering local leaders to destigmatize and educate about mental well-being.



**Dear Friends and Supporters of Ashadeep,**

During the year, the passing away of two valuable and active members of Ashadeep has been a huge setback. The Late Jacob Lais was charity personified, at times of crisis he was always our primary support. On the other hand, Late Ajit Narayan Deb Kachari's humility was remarkable. He had donated his entire landed property to Ashadeep without a murmur and would feel very embarrassed if anyone mentioned this huge philanthropic act. May their Souls rest in peace.

**Our work is centered around addressing mental health and promoting the dignity of life.**

Thanks to the landed property provided by Late Ajit Kachari, after 27 years, Ashadeep has its own premises in Guwahati. We shall always be grateful to the Azim Premji Foundation for supporting us in achieving this, with Rupees fifty lakh grant and more than that motivating us to take up this task. The Life Insurance Corporation Golden Jubilee Foundation provided Rupees twenty-three lakhs, our thanks to them and also other individual donors.

On the program front, Ashadeep has been able to establish models of intervention for a few major areas in the field of mental health. The Day rehabilitation process for persons with Intellectual disabilities and associated problems and people recovering from severe mental illnesses, Rehabilitation of 'homeless men and women with mental illness' in residential settings, the outreach in rural areas with the 'Community Mental Health program' and our initiatives in the area of positive mental health in schools, colleges and even workplaces are the major thrust areas where development is taking place. The expansion of our services into Karbi Anglong and Nagaland has opened up new avenues together with the obvious challenges.

Over the years, we at Ashadeep have always tried to maintain appropriate standards of credibility and transparency in all areas of finance and administration. Even then the focus was on the programmatic areas with inadequate activity in the areas of communication, HR management and many other areas of management, which are essential to sustain the growth of an organization. The comprehensive support provided by the GROW Fund from March last year has motivated us to focus on the very important non-programmatic issues. Upgradation of communication systems in both internal and external settings through the utilization of appropriate technology has made a huge difference in our functioning. I feel that this input from the GROW fund has not only built up our capacity to sustain existing levels of activity but also achieved further growth.

The strength of Ashadeep has always been the commitment levels of all my colleagues in the organization, and I can clearly state this has been our most valuable input.



**MUKUL CHANDRA GOSWAMI**  
**SECRETARY**  
**ASHADEEP**

# Words from our Director



**Dr. Anjana Goswami**

Founder & Director

## Message

After twenty-six years, Ashadeep has been able to set up its own premises in Guwahati. More than the physical space of accommodating our Head Office and all service provisions of Guwahati under one roof, I feel this infrastructure has become a symbol of pride and achievement for the entire Ashadeep family.

I express my sincere gratitude to all individuals and organizations, who have helped us in making Ashadeep stronger.

# About Ashadeep

Established in 1996, Ashadeep is a non-profit organization committed to enhancing mental health and well-being. Nestled in the heart of Guwahati, Assam, this organization is dedicated to transforming the lives of individuals grappling with Mental Health Disorders, offering crucial support to their caregivers. Ashadeep's outreach extends to include intellectually challenged individuals, those without shelter struggling with mental illness, underserved communities in the region, and advocacy for mental health issues in Northeast India.

Over the years, Ashadeep has made a positive impact on the lives of more than 10000 individuals with diverse needs and their families.

The genesis of Ashadeep can be traced back to its founders, Mukul and Anjana Goswami, who themselves faced the challenges of caring for a family member dealing with Schizophrenia. Through a decade-long journey of caregiving and rehabilitation, they realized that numerous other families were navigating similar struggles while caring for a loved one with a mental disability. This epiphany inspired them to create Ashadeep, with the primary goal of providing post-clinical rehabilitation for those in need. The organization's inception was driven by the inadequate mental health services available in North-East India, where a population of over 30 million lacked sufficient care.

Starting as a modest initiative that offered daycare and rehabilitation services for individuals with mental disorders, Ashadeep has now grown into a comprehensive institution that offers a wide spectrum of mental health care services. Its influence extends far beyond the borders of Assam, catering to the diverse mental health needs of the population.

The evolution of Ashadeep has been propelled by an understanding of the unique mental health challenges faced by the northeastern region. Consequently, the organization has embarked on various projects to address these critical needs, perpetually striving for a more compassionate and mentally healthier society.

# Meet the Board Members



**SHRI ANJAN  
BARDOLOYE**  
President



**SHRI MUKUL  
CHANDRA GOSWAMI**  
Secretary



**SHRI VIJOY PATIR**  
Treasurer



**SHRI BHASKAR  
BARUA**  
Member



**SMT. MANJUSRI  
BARUAH**  
Member



*Meet our dedicated Board members and executive committee, the professionals who have contributed their expertise, passion, and collaboration to drive the success of Ashadeep.*



**SHRI RONOJOY SEN**  
Member



**SHRI DIPAK  
BHAGAWATI**  
Member



**DR. RUBY DAS**  
Member



# Mission, Vision & Goal

These are the pillars upon which our organization's work on mental health stands, guiding our efforts, measuring success, and communicating its purpose to the world.

## 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.

## Goal

Access to quality mental health services to one and all irrespective of caste, economic condition, geographical location & create a pool of like-minded stakeholders to support the cause of the organization.



# Objectives

Objectives play a crucial role in ensuring that our efforts in mental health remain focused, measurable, and actionable, contributing significantly to the attainment of broader goals within the field.

- Empower individuals, both children and adults, with intellectual disabilities through specialized education, training, and psychosocial rehabilitation.
- Address the mental health needs of homeless and marginalized populations in Guwahati and its surrounding areas.
- Provide a path to a dignified life for individuals on the road to recovery from mental health disorders while actively reducing the stigma associated with mental health in communities.
- Offer psycho-education to caregivers supporting individuals with mental health disorders.
- Raise awareness about mental health across all strata of society.
- Collaborate with other organizations and government agencies to fortify mental health services in North East India.
- Ensure continued support and follow-up for individuals receiving mental health services from Ashadeep.
- Empower other non-governmental organizations to integrate mental health services into their agendas, thereby expanding the scope of mental health services in the sector.



# Ashadeep Day Rehabilitation Centre (ADRC)

Celebrating 26 Years of Empowerment and Inclusion

600+ Success Stories



## ASHADEEP DAY REHABILITATION CENTER

In 1996, the Ashadeep Mental Health Society embarked on a journey to change the mental health scenario of the region with the establishment of the Ashadeep Day Rehabilitation Centre (ADRC). Over the past 26 years, ADRC has grown to become a symbol of hope and empowerment for individuals with Intellectual Disabilities (ID) and associated disorders, as well as those on the path to recovery from Mental Illness. ADRC not only serves its participants but also extends its support to caregivers, offering counselling sessions, training programs, and support groups.

In the glorious span of 26 years, ADRC has written over 600 success stories through its diverse range of interventions. Each year, ADRC welcomes more than 10 individuals with ID and related disorders, and Mental Illness to its nurturing environment, where they find a haven for personal growth and skill development.

Currently, our centre has 98-day residents enrolled, ranging in age from 5 to 70 years. The gender distribution comprises 38% females and 62% males. Among our day residents, we cater to a diverse range of conditions, including severe to mild intellectual disabilities, as well as associated disorders such as Autism, Attention Deficit Hyperactive Disorder, Cerebral Palsy, Down's Syndrome, Speech Impairment, and Psychosis. Additionally, we extend our support to adults who are in the process of recovering from mental illnesses like Schizophrenia, Bipolar Disorder, and Depression.



# 98

## DAY-RESIDENTS ENROLLED

600+ success stories

## CENTER HIGHLIGHTS

### Promoting Income Generation and Independence:

ADRC focuses on empowering its adult Day Residents through pre-vocational and vocational activities such as Craft Making, Knitting, Stitching, Sewing, Block Printing, and Computer Training. These activities are not only therapeutic but also offer a pathway to income generation, allowing individuals to embrace responsibilities and pursue their life goals.

One notable achievement is Ranjita Bhattacharya, an adult Day Resident who participated in the Divya Kala Mela inaugurated by Dr. Virendra Kumar, the Union Minister of Social Justice and Empowerment, Government of India. Her craftsmanship skills shone as she managed Ashadeep's shop independently, alongside 200 other Divyang entrepreneurs and artisans from across India. **Presently, six Day Residents are employed by Ashadeep, earning a regular income.**

### All-Round Development through Extra-Curricular Activities:

At ADRC, therapy extends beyond traditional methods. Music, arts, and sports serve as therapeutic tools, complementing Speech Therapy, Movement Therapy, Occupational Therapy, and Behavioral Modification Therapy. These activities help Day Residents discover their interests and make personalized plans for their journey to self-discovery.

- In 2022, 10 Day Residents from ADRC showcased their talents at the Divya Kala Shakti, demonstrating "Ability in Disability" in the presence of the Honorable Governor of Assam, Prof. Jagadish Mukhi.

- Kamrup Metro Open Yoga Championship, conducted by "RAW Sports Science Academy" promoted by "Arunodoi Yoga Community"
- State Divyanjan Sports Meet, 2023 conducted by the Directorate of Youth Welfare and Sports, Government of Assam. 7 Day Residents from Ashadeep bagged medals in the state-level event.

These remarkable individuals continue to inspire us all.

### Special Olympics and Inclusive Participation:

ADRC enrolled over 10+ Day Residents as Special Athletes under "Special Olympic Bharat." They proudly represented themselves in various events at district and national levels, receiving awards from distinguished dignitaries. The inclusive spirit of our residents extends beyond the centre, as they participated in noteworthy events like the "Guinness Book of World Record on One Minute Non-Stop Jogging" and the "1st All Assam Inter District Para Boccia Championship."

## Fostering Sustainability through Collaborations

Our collaborations with partner organizations have been instrumental in creating new pathways for the sustainability of our programs. These partnerships have significantly benefited the communities we aim to serve.

- A significant contribution this year involved distributing 'Free Teaching Learning Materials' to over 90 students at Ashadeep Day Rehabilitation Centre and Ashadeep Rural Special School by the 'National Institute for Empowerment of Persons with Intellectual Disability (NIEPID).' The distribution event was graced by the presence of Dr. Sravan Reddy, Psychiatrist, Shri. D. Chowdhary, Psychologist, and Shri. Pachipaan, Occupational Therapist.
- Officials from VRC visited ADRC for Registration under the National Career Service Centre for Differently Abled.
- Six students from the organization "Gentle Blooming" visited ADRC and engaged in various activities, including art, dance, and singing, with a group of students from the pre-vocational category.
- Dr Anjana Goswami, Director of Ashadeep - A Mental Health Society, received the esteemed Dr B.S. Chavan Memorial Award on behalf of Ashadeep at Chandigarh Medical College.
- We introduced Conventional Academics under the "National Institute of Open Schooling," enrolling 16 students this year.

## Practical Exposures for a change....

Exposure visits are carried out every year to enhance the functionality levels of the Day Residents and to help them capture the unusual views outside.

## Empowering Insights: Resource Person Engagements"

"In the spirit of continual growth, our engagement with resource persons is a key tradition. These dedicated individuals are invited to share their wealth of professional knowledge, enhancing not only our organization but also our broader community.

This year, we were privileged to host two distinguished resource persons: Dr Prajita Bordoloi, a renowned Psychiatrist and Neurodevelopmental Specialist based in Canada, and Srishti Bajoria, a Consultant Psychologist from InnerHour, Mumbai. They conducted enlightening sessions on [mention date] for our Day Residents and their caregivers, delving into crucial topics such as Behavioral Management, Sensory Management, and Treatment of Children with Autism. Additionally, Ms. Bajoria introduced the concept of Art-based Intervention Therapy, further enriching our understanding and capabilities."

## Youth Engagement for a Brighter Tomorrow:

Ashadeep actively involves interns who represent the majority of our youth, the torchbearers of the future. These interns come from various institutions and work closely with the communities we serve, expanding their knowledge and empowering them through informative sessions, recreational activities, and active participation in events alongside our 'Day Residents.' These sessions cover crucial topics such as 'Health and Hygiene,' 'Good Touch and Bad Touch,' 'Menstrual Hygiene,' 'Cleanliness,' and 'Classroom Rules,' employing methods like enactments, skits, and interactive discussions.

In the past year, over 190 interns have successfully completed their internship programs at Ashadeep. These interns come from diverse institutions, including Amity University (Jaipur), Assam Don Bosco University, Manipur University, Tezpur University, Christ University, O.P. Jindal University (Haryana), and many more, demonstrating the widespread appeal of our internship initiatives.

## Stars of the Year

- Arnab Jan Dutta and Jay Hazarika earned the titles of "Best Smile" and "Best Expression" in a modeling competition called 'Walk with a Difference (WWAD)' in Kolkata, organized by the AIMS Media. They were awarded a cash prize of Rs. 25,000 each.
- Srishti and Dipucharan secured gold and silver medals, respectively, in the 1st All Assam Inter District Para Boccia Championship 2023, held at Udayachal School and organized by the Paralympic Association of Assam.

- Dhurba Patowary clinched the 1st prize in the Kamrup Metro Open Yoga Championship 2023, organized by RAW Sports Science Academy and promoted by the Arunudoj Yoga Community.

## Fraternizing with various educational institutions through Unified events, for a shift in perspectives:

To foster inclusion and understanding among mainstream children, ADRC regularly hosts unified sports, art & craft activities, and informative sessions. This initiative bridges the gap, promoting empathy and unity among children.

Notable institutions that actively participated in these initiatives include Sarala Birla Gyan Jyoti School, DPS, Bal Bharti Public School, South Point School, S.B. Deorah College, Rahman Institute of Nursing and Paramedical Sciences, Army Institute of Nursing, Gauhati University, Assam Downtown University, Pragjyotish College, and various other educational institutions from across India.

Ashadeep has signed five Memoranda of Understanding (MOUs) with institutions such as USTM, S.B. Deorah College, Moran College, and the Country Women's Association to work together for the greater cause of Mental Disability. These collaborations open up new avenues for sustainable impact.



# Words of Gratitude:

from Day Resident's Parents

"We are very satisfied with the improvement of our daughter Parishmita. With Ashadeep's support, we believe that she can achieve more in life"- Father of Parishmita Baishya.

"I used to get very restless thinking about how my son will adapt to the rest of the world. The constant societal judgements fueled my fear even more. Ashadeep came like a ray of hope in our lives. Though there's a long way to go I am content with the small milestones I am encountering."  
- Mother of Rana Pratim Biswas.

"Dhriti was unable to walk earlier. But with proper guidance from Ashadeep, she can now stand on her own feet and is improving a lot otherwise at the age of 14 and we are more than happy. We are now planning to engage her more in co-curricular activities."- Father of Dhriti.

"Debashish started walking at the age of 3. Later he was admitted to a L.P. School with his elder sister, but the school authority advised us to take him to a special school. Since then we have not given up on him. Before enrolling in Ashadeep he was enrolled in another special school for 4 years. But after coming here he has got a huge platform to develop his skills and even get recognition in various fields and we are hopeful for his future." - Father of Debashish Jatukarna.

The voices of gratitude from Day Residents' parents echo the positive impact of Ashadeep. They express their appreciation for the improvement and hope that Ashadeep has brought to their lives.



## CASE STUDY

# When collective efforts help change lives for the better

Arnab Jan Dutta, who was diagnosed with Mild Intellectual Disability in 2016, was enrolled in the “Ashadeep Day Rehabilitation Centre” at the age of 8 years. At the onset, his unmanageable nature caused havoc within the school premises, as shared by his Special Educator. Moreso, he had developed some behavioural issues, particularly hyperactivity which aggravated the situation. His obliviousness towards social norms made him involved in unethical actions. Furthermore, complaints were issued against him from different directions. A point came where he had to be restricted from the group activities due to his extreme aggressive behaviour and tantrums. However, with the teachers’ consistent support and perseverance, he was continuously involved in group activities and was assigned key roles. It took several attempts after he could pave the way to acquire self-discipline and other developmental skills. He was later assigned to groups according to his interests and preferences.

Initially, his parents were stigmatized about their son’s condition which restricted them from sharing much details about him. They were scared of their son getting excluded from the larger mass. A dearth of management and coping skills from the parents’ side too led to the deterioration of Arnab’s condition. Furthermore, consistent parent counselling imparted by Ashadeep’s Psychologist and Home Management classes given by the Special Educators played a very crucial role in making his parents understand and cope with the ongoing situation.

It’s compelling to know about his achievements within these seven years. To begin with, he is a special athlete registered under “Special Olympics Bharat”, representing and winning prizes in district-level competitions including Running, Softball, Football, Relay and Bocce. In November 2022, he was among the top five finalists and won the title of “Best Smile” along with a cash prize of Rs. 25000 in a modelling competition named ‘Walk with a Difference (WWAD)’ held in Kolkata. Moreover, he is well-acquainted with playing Tabla as well as singing Bihu songs. Likewise, his improved social behaviour and communication skills helped him build healthy interpersonal relationships and maintain them.

Even though it took a long time to achieve these milestones and make him who he is today, it was a journey worth bearing (for Arnab and his parents, as well as Ashadeep). With the collective and cumulative efforts of both parties, the seeds of renewal eventually bore fruit and an unimaginable and wonderful transformation could be seen.

The words of gratitude by his parents are quoted as follows “We are very happy to see the unimaginable transformation of our son within these couple of years. Ashadeep has played a crucial role in moulding him into today’s Arnab by instilling all the good habits and skills within him. We don’t feel like he is different anymore. He is capable of doing everything without depending upon anyone and is very much self-disciplined. Furthermore, we are amazed to see the recognitions and achievements he has earned in the different fields so far.”

# Richa Devi's Journey:

## The Triumph of Self-Confidence and Resilience



In the hillside of Chenikuthi in Guwahati, lived a woman named Richa Devi (name changed), who was extremely talented and studious. After completing her Masters in M.I.L., she was engaged in different professions including Yoga and Naturopathy, Tailoring and worked as a Sahara Agent. At the age of 16, she suffered from Vitiligo (a white skin disease). During that time, she faced some mental disturbances, leading to behavioural problems. A time came when out of unfortunate circumstances she had to go through a very rough phase of her life, when she was diagnosed with “Schizophrenia” and was on medication ever since.

It was then in the year 2000, that she got introduced to “Ashadeep- A Mental Health Society”. She was enrolled in the “Vocational Training Centre”, from where she has received her trainings and therapies. She has undergone numerous group and behavioral therapies alongside some counselling sessions.

During her intervention process, she used to have relapses often, but the continuous care and monitoring by the staff members resulted in reducing her symptoms to a great extent. Gradually, it led her to gain her identity and confidence back. She belongs to a well-to-do family, consisting of four members as of now, including her elder brother, sister-in-law and nephew. Although she is taken good care by them, she is not totally dependent. She is now an active member of Ashadeep where she gives vocational training in knitting, stitching, sewing and embroidering by herself to the other persons recovering from mental illness, and earns a monthly incentive. The finished products include file covers, bags of different kinds, floor mats and pot holders. Her embroideries are so excellently done that it has gained the attention of many customers and are in great demand in recent time. She has won many prizes in Embroidery and Flower Arrangement too and is very sincere with her work. Besides she loves to cook and sing as well, but is quite hesitant to sing alone sometimes. With her dedication and passion, she has also completed two of her Yoga degrees along with a workshop in Naturopathy with the money she was earning. It helped her to continue the journey as a Yoga Instructor as well, by doing home visits, side by side. Now, at the age of 61, she is an independent working woman who has won her life battle and rose above her miseries with her will and self-confidence and is living her life with contentment, while Ashadeep has always been a source of hope to her.

With a thankful heart she said, “It was a tough phase for me but with proper medication and constant support from Ashadeep, I was able to come out well. Besides, I was confident in my skills and knew that it would help me grow more in life”.

# 02

# REHABILITATION HOMES FOR HOMELESS PERSONS WITH MENTAL ILLNESS

NAVACHETANA & UDAYAN



# REHABILITATION HOMES FOR HOMELESS PERSONS WITH MENTAL ILLNESS – NAVACHETANA & UDAYAN

In the heart of our mission lies a profound commitment to addressing the complex and often heart-wrenching issue of homelessness among individuals grappling with severe mental illness. At Ashadeep, our central objective is to provide compassionate care, comprehensive treatment, and rehabilitation support to those who have become homeless due to mental illness.

Our tireless efforts culminate in the heartwarming reunion of these individuals with their families and their successful reintegration into the broader community. A pivotal component of their rehabilitation journey involves vocational training and skill development so that they can contribute to the family's income and do not become a burden to the family, robust follow-up system ensures the continuation of treatment.

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**16  
YEARS**



**93.9%**

## REUNION

In the course of 16 years, we have admitted and transformed the lives of 1,049 patients, with an astounding 93.9% successfully returning to the loving embrace of their families and the warmth of their communities."

# PROGRAM HIGHLIGHTS

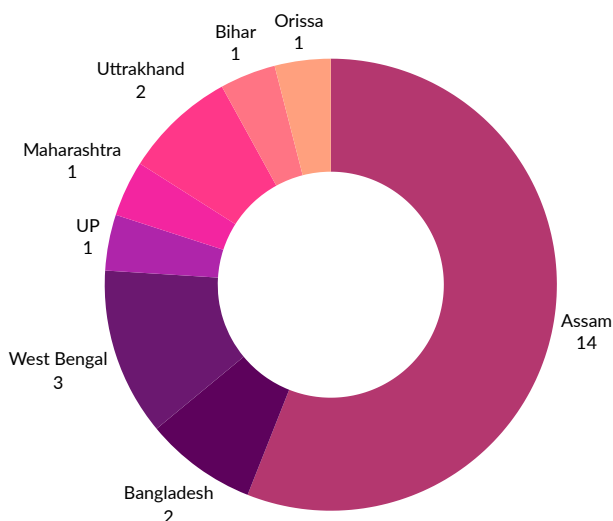
## Admission Summary:

In the period spanning from April 2022 to March 2023, Ashadeep admitted a total of 49 residents into our Rehabilitation Homes - 20 residents at Navachetana and 29 residents at Udayan.

## Discharge and Re-integration:

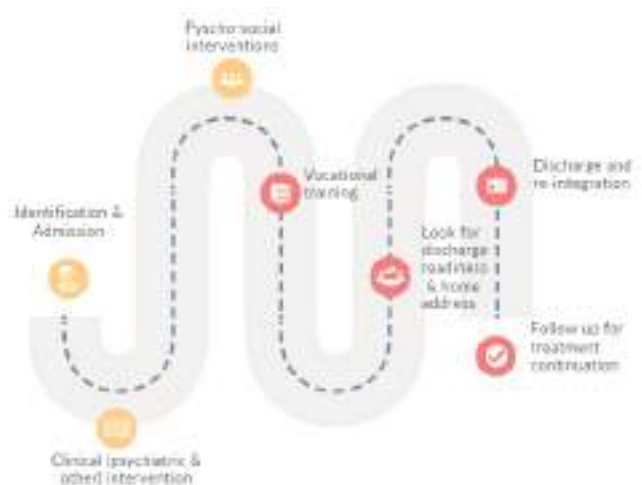
Following a resident's recovery and confirmation of their address, Ashadeep's Rehabilitation Homes prioritize the crucial phase of reintegration. During this period, 28 residents have been successfully reintegrated - 14 from Udayan, and 14 from Navachetana. Additionally, 7 residents of the rehabilitation homes have transitioned to 'Home Again,' a community-based living initiative that allows residents who have attained substantial recovery and functionality to live in 'Shared Housing' spaces in rural or urban neighborhood.

### Places of re-integration



"The graph above demonstrates our commitment to reintegrating individuals with mental illness, extending efforts beyond the confines of the Northeastern region.

## Rehabilitation Process



## Treatment Approach:

At Ashadeep's Rehabilitation Homes, we employ a holistic treatment approach encompassing pharmacological and psychosocial interventions. Pharmacological interventions involve regular reviews by psychiatrists and general physicians, along with appropriate medication. The psychosocial rehabilitation process includes individual and group counselling sessions, tailored individual sessions, recreational activities, cognitive exercises, vocational training, yoga, meditation, music and dance therapy, and social skill training sessions.

To further enhance the residents' overall well-being and functional capabilities, we implemented a structured daily routine, which included a wide range of activities such as recreational games, cognitive exercises, and communication skill enhancement activities. These activities resulted in positive changes, fostering increased participation in daily activities and notable improvements in basic communication and social skills among the residents.

### Residents' Participation in Income-Generating Vocational Activities:

Throughout this period, 29 residents from Udayan and 37 residents from Navachetana actively participated in income-generating activities tailored to their abilities and interests, including kitchen work, handloom, knitting, gardening, and more. These activities not only provide opportunities for earning incentives but also contribute to enhancing residents' functionality and preparing them for independent living.

### Networking with Other Organizations:

Ashadeep facilitated several interactions with external organizations and experts.

- An art competition organized by 'Arts and Craft' of Abu Dhabi, UAE, in collaboration with Srivastava M.A. Memorial Trust for Mental Health, Bangalore, witnessed the participation of 22 residents from our Rehabilitation Homes, with three residents receiving medals.
- An exposure visit was made to the Homes of 50 trainees undergoing a course under National Livestock by the Department of Animal Husbandry and Veterinary, Mirza.
- Dr. Bharat Vatwani, the Founder of Shraddha Rehabilitation Foundation, Mumbai, and Mr. Jhoney P.A, the founder of Jyoti Nivas Kerala, visited Ashadeep Rehabilitation Home to explore collaboration opportunities and gain insights into our rehabilitation process.

- A mental health sensitization program was organized by "Jawaharlal Nehru College, Boko," in collaboration with Ashadeep, attracting more than 70 participants, including MahilaSamitee members and students, to discuss mental health and related topics.

### Celebrations:

Ashadeep celebrated various occasions with residents and staff throughout the year, fostering a sense of community and cultural exchange. The celebrations included Bihu, Eid, Vishwakarma Puja, Durga Puja, Christmas, New Year, Shiv Ratri, and Holi. Notably, an event with Topcem Cement involved Bihu dance performances and a cultural exchange, further enhancing residents' experiences.



### Awareness Program:

On December 3, 2022, Ashadeep organized an awareness program on mental health issues, specifically for ASHA and Anganwadi workers, sub-centre health workers from Bamunigaon, and the local community, marking the International Day for Persons with Disabilities.

**Rights and Entitlement:**

Recognizing the importance of equal rights, Ashadeep enrolled 15 residents from Udayan and 5 from Navachetana in the Oronudoi 2.0 scheme, a government initiative offering monthly support of Rs. 1250 to individuals with chronic mental illness. Additionally, we applied for AADHAAR cards for residents of Navachetana and Udayan to ensure they can fully access their rights and entitlements.

**Training:**

A gym routine was introduced for residents of Navachetana and Udayan, aiming to improve their physical health, a critical aspect of their recovery journey. This routine fosters regular exercise, contributing to residents' health and well-being.

Residents who achieved an adequate level of functionality were moved to in-campus Shared Homes from the Rehabilitation Homes. Here, they receive training in daily living skills, household activities, personal hygiene, and vocational tasks. A tailored work plan was prepared for in-campus shared home residents based on their functionality and needs, covering essential household activities, promoting independent living, and fostering a sense of responsibility.

Additionally, we provided training to two healthcare staff members from each Rehabilitation Home regarding the roles and responsibilities of personal assistants in in-campus shared homes. This training ensured that staff members were well-prepared to support residents in their transition to independent living.

A Fire and Disaster Management training session was conducted on March 24, 2023, in collaboration with the Fire and Emergency Service, Boko Assam. The training covered essential strategies for tackling various emergencies, including earthquakes, floods, and fire emergencies, as well as preventive measures and recovery strategies.



# A JOURNEY FROM DESOLATION TO REUNION



*Faima ready to go home with Border Police for her repatriation to Bangladesh*

Faima a middle-aged woman was a resident of Navachetana (Ashadeep's Rehabilitation Home for Homeless Women with Mental Illness) for her psychiatric rehabilitation since December 2019. She was rescued by Kokrajhar police from a village of Kokrajhar and was taken to GMCH for her active psychotic symptoms and she even had an injury on her right foot. She was receiving the treatment from GMCH without an attendant as she was a homeless case with mental illness so she was referred to Navachetana, Ashadeep. At the time of admission, Faima was displaying poor self-care and hygiene, muttering to self, poor attention and concentration, and minimal communication. Her self-care and hygiene conditions were taken care of with the help of health care, and her symptoms were communicated to the psychiatrist and physician after some time of observation. She was diagnosed with schizophrenia (F20).

During her rehabilitation period, she received pharmacological as well as psycho-social intervention, including training in self-care, social and communication skills, and pre-vocational and living skills. Ward observation, one-to-one counselling sessions, and psychological tools were used to assess and monitor improvement in her status. With adequate psychiatric care and psychosocial intervention, Faima's active symptoms were controlled in a very short period. Within a month of her admission, she began to participate in household and kitchen activities, as well as yoga, recreational, and other activities. Her attitude towards the staff and her co-residents gradually changed and she became more cooperative. With time her psychotic symptoms were adequately controlled and she attained a high level of functionality. Therefore, she was engaged in various productive work within Ashadeep's premises and started earning a good amount of monetary incentive monthly.



However, upon treatment and training, her condition improved and she recalled the details of her home and family and urged to reunite with them. As soon as she recalled her family details, she started saving the maximum part of her monetary incentive in the thought of giving that to her parent and sister as a token of love. Through several counselling sessions, her home address was confirmed and the address turned out to be in Bangladesh Masortol Bazar in Sylhet district. Gradually with time, she became restless with the preoccupied thought of going back home but nothing much could be done even after rigorous efforts regarding her repatriation to the country of her origin due to the lack of institutionalised mechanism and the prevailing COVID-19 situation back in 2020-21.

With the continuous efforts of the team, the process of her repatriation started in April 2022, as the team member approached the High Commission of Bangladesh with Faima's details. After that an interview was conducted with Faima by the High Commission of Bangladesh and a detailed report was sent to the Bangladesh Home Ministry for the verification of her address. In October 2022 Faima's home address was verified by Bangladesh Home Ministry and after that, the Bangladesh High Commission passed the order for her repatriation along with the travel permit. The repatriation was planned for Faima to the country of her origin through the Shewla-Sutarkandi immigration point and the family members were contacted by Bangladesh Border police and they would be called to the immigration point on the respective date of her repatriation. Faima was so happy and excited as soon as she received the news about her repatriation and collected all the money, she saved which turned out to be a very good amount and the happiness in her eyes was unexplainable.

On 28th October 2022 Faima was handed over to the Border Police of India along with her psychiatric medication and a proper guideline for the care of her illness that needs to be continued to avoid relapse of her illness. The next day she was handed over to Bangladesh Border Police from where she started the journey to reunite with her family.

# CASE STUDY

## Tapan Bor - Born-Again: A Journey Towards a New Life



38-year-old Tapan Bor, who was a resident of Udayan Rehabilitation Home for Homeless Persons with Mental Illness was diagnosed with Schizophrenia back in November 2022. He was identified by Ashadeep's Senior Social Worker Joseph A. Sangma and Psychologist Sangeeta Deka near Agchia Boko on the 26th of November 2022, exhibiting clear signs of mental illness with the chief complaints of wandersome behaviour, confused, disorientation, poor self-care and hygiene.

Within a few days after starting his pharmacological treatment, his active symptoms were controlled. Along with the pharmacological treatment, Tapan's psychosocial rehabilitation process was also going on which consisted of counselling sessions (group & individual), daily living skills training, social skills training, vocational training, recreational activities, yoga, music & dance therapy, and cognitive stimulating exercises.

Right from the first interactive session with Tapan, which was carried out by our professional he was very cooperative. In the first session, we were able to get his family details and his home address, which was later verified by taking several sessions. Gradually, Tapan started showing interest in different activities, games and sports. Significantly, he had attained an adequate level of functionality within 3 months of his rehabilitation process.

Tapan's reintegration was planned after having discussed his current status with all the professionals and healthcare workers. On 17th of January 2023, Tapan was handed over to the Shraddha Rehabilitation Foundation (SRF) a Mumbai-based organization, that also works with the mentally ill and destitute wandering on the streets of India. He was first taken to SRF Mumbai where he was undergoing his pharmacological treatment from SRF. And from there his reintegration process was initiated. On the 12th of February 2023, he was finally reunited with his family in West Bengal. In his family, Tapan has his father and two siblings both are younger than him. We all were amazed by the response we received from his family while reaching his home. It has been 3 years and six months since Tapan was away from his family. They all were overjoyed to see their son/brother back at home.

We the Ashadeep Family wish him and his family a happy and healthy life thereafter.

# Home Again – Shared Housing

Independent Shared Housing in the Community



# HOME AGAIN – SHARED HOUSING

The "Home Again" initiative provides mental health and social services for individuals with long-standing mental health issues who have been in institutions. Eligible participants are those who have recovered or achieved high functionality. Ashadeep introduced four Shared Homes in Assam and Nagaland in July 2022, with two for men and two for women, each housing 5 individuals and a Personal Assistant. The project primarily aims to offer dignity and social inclusion to homeless individuals with mental illness who cannot return to their families. Supportive services include social care, income generation facilitation, government welfare support, problem-solving, socialization, healthcare access, case management, and personal assistance. The project also reduces social stigma and is financially supported by the Rural India Supporting Trust in New York.

Case managers and Personal Assistants received training to understand mental health, rehabilitation, and their roles. Residents were chosen from long-term institutionalized individuals and families unable to care for mentally ill members, with counselling to help them adjust to the Shared Home concept.

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**4**  
**HOMES**

**20**

**PATIENTS**



# ACHIEVEMENTS AND INITIATIVES AT ASSAM SHARED HOMES

## Social Inclusion and Skills Development:

- Strengthened social support for residents.
- Focused on improving day-to-day living skills.
- Encouraged group discussions to enhance decision-making.
- Residents practised financial transactions, promoting self-sufficiency.
- Provided capacity-building exercises, including banking, painting, and education in English alphabets and numerals.
- Two residents with no formal education can now write their names and give signatures.

## Employment Opportunities:

- All 10 residents are employed in various sectors.
- Male residents work within Ashadeep in livestock farming, a bakery, and a café.
- Female residents are employed in a packaging unit run by Atma Nirbhar.
- Monthly salaries range from 1,500/- to 3,200/-.

## Government IDs and Social Security:

- Obtained PAN cards for all 10 residents.
- In the process of applying for Aadhar cards for those without them.
- Assisting in obtaining voter ID cards to empower independent living and access to government resources.
- Applied for the Orunodoi 2.0 scheme for nine residents, potentially providing a monthly pension of Rs 1250.

## Health Consultation:

- Residents have access to health consultations with a Personal Assistant (PA).
- Consultation with psychiatrists and general physicians available.
- Physical health check-ups at nearby Primary Health Care (PHC) facilities or hospitals.

## Community Inclusion:

- Personal assistants and case managers made consistent efforts to build strong connections with neighbours.
- Resulted in increased community gatherings and invitations to social functions.
- The homes received several guest visits.
- During New Year's Eve, nearby community members approached the homes for feasts.
- Neighbors invite residents for celebrations like birthdays and housewarming ceremonies.
- One resident in the male home formed a close bond with a neighbour's child who taught him alphabets and numerals.
- Job opportunities in the community were found for residents who had difficulty securing employment.
- Empowered residents to take on home responsibilities, including managing grocery and daily needs, planning meals, and taking care of sick mates.
- Residents engaged in group discussions, outings, and inviting guests from the community.

## Outings

- Homes in Assam, despite their distance, organized outings to celebrate Magh Bihu together, strengthening their bond.
- Residents planned get-togethers and enjoyed outings with joy and laughter.
- Female residents, interested in arts and crafts, visited an exhibition organized by the North East Kala Mela in Guwahati.
- The exhibition aimed to promote art, culture, and creative awareness, particularly among youth and children, through various forms of visual and performing arts.

# "COMPREHENSIVE PROGRAM ACTIVITIES AT SHARED HOME, NAGALAND"

Established in 2022, Shared Home in Nagaland has positively impacted the lives of numerous individuals facing mental health challenges. Since its inception, it has benefited 12 residents, empowering them to regain their independence and engage actively in their community.

## **Treatment and Follow-Up:**

- Monthly follow-up care by an assigned psychiatrist for support and relapse prevention.

## **Counselling and Psychotherapy:**

- Talking therapy with counsellors and case manager.
- Encourages open discussion of problems, understanding their causes, and learning coping strategies.

## **Vital Monitoring:**

- Monthly checks on vital functions: blood pressure, pulse, respiration, oxygen, RBS, and weight.
- Indicators used to identify problem areas and guide necessary interventions.

## **Training on Activities of Daily Living:**

- Residents engage in basic household activities and local market visits.
- Enhances social and money management skills, and familiarizes them with accessible resources.

## **Pre-Vocational Activity:**

- Aim to increase residents' functional level and productivity.
- Personal assistants identify residents' abilities and areas of work interest.
- Engages them in pre-vocational work like broom making, doormat knitting, masala grinding, and kitchen activities.
- Supports skill development and rehabilitation.

## **Art Therapy:**

- Residents participate in creative art activities (drawing, colouring, painting, collage).
- Helps express emotions, thoughts, feelings, and enhances communication skills.

## **Outings:**

- Offers leisure and recreational opportunities like visiting park, games and sports opportunities.

## **Social Intervention:**

- Promotes social inclusion in the community.
- Residents attend church services on Sundays for spiritual well-being.

# GALLERY OF ACTIVITIES AT SHARED HOME



# Transformative Outcomes of Shared Housing

## Improved Functional Level

Approximately 90% of residents have made significant progress, demonstrating enhanced self-sufficiency and engagement in vocational activities, such as Moora and basket making. Female residents are actively involved in household work and pre-vocational activities.

## Enhanced Social Skills

Residents have developed proficient social and communication skills through various experiences, including outings, shopping, and market visits.

## Reduced Disability

As functional levels increased, residents disability levels have notably decreased, signifying substantial progress in their rehabilitation.

## Reduced Stigma

Stigmatization has considerably diminished, particularly among neighbours residing in close proximity to our homes. They now engage with the residents, even sharing meals at times.

## Community Integration

The program has fostered strong social relations with neighbours, leading to active participation in social and community events and programs. This integration underscores the program's success in bridging the gap and building a sense of community among residents and their neighbors.





## 04

# Community Mental Health Program

The project entails outreaches to patients and families in 127 villages in Rangjuli block of Goalpara district, Assam.



# COMMUNITY MENTAL HEALTH PROGRAM

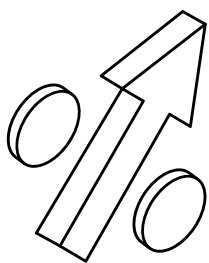
Community Mental Health Program (CMHP) includes creating access to mental health interventions and developing sustainable measures for empowering the community to take care of their mental health problems through multiple initiatives. A team of community health workers led by one Psychiatrist provides diagnosis, medications, home-based psycho-social intervention and follow-up services. It also includes a capacity-building program and engaging with key stakeholders to create awareness of mental health. The project entails outreaches to patients and families in over 127 villages in Rangjuli block of Goalpara district, Assam. The project was initiated in June 2020 with financial support from Azim Premji Foundation, Bangalore.

The Community Mental Health Programme was also implemented in the Bhurbandha block of Morigaon district and the Chumukedima block of Dimapur district in Nagaland in collaboration with local NGOs. Ashadeep provides technical expertise to the local NGOs and conducts regular monitoring of the program.

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# 68

## CAMPS CONDUCTED



- Improved community health intervention and change in treatment-seeking behaviour for mental health problems.
- Intervened with 2440 patients with Severe and Common Mental Disorders, Epilepsy and Intellectual Disability through CMHP across the 3 sites. viz. Rangjuli, Bhurbandha and Chomoukedima
- Till March 2023, 1186 cases were identified out of which 956 are enrolled in Rangjuli block.
- 53% of cases are referred by the community people for treatment after our community interventions on mental health.

# PROGRAM HIGHLIGHTS

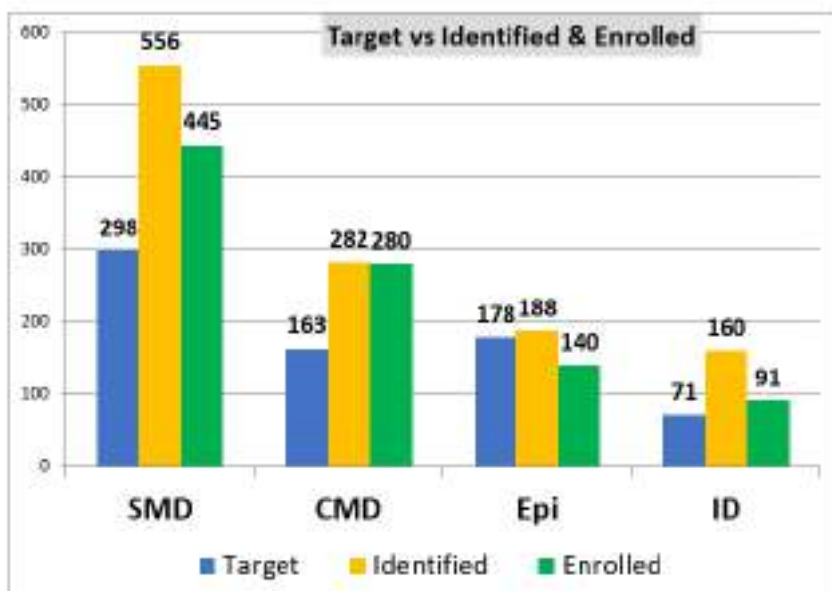
The funding period concluded in July 2023, and over the course of the three-year funding term, the total number of patients served at each site is as follows:

Rangjuli: 956 patients

Bhurbandha: 1006 patients

Chumukedima: 478 patients.

The distribution of patients from the Rangjuli block across various categories, including Severe Mental Disorder (SMD), Common Mental Disorder (CMD), Epilepsy (Epi), and Intellectual Disability (ID), is detailed in the table below.



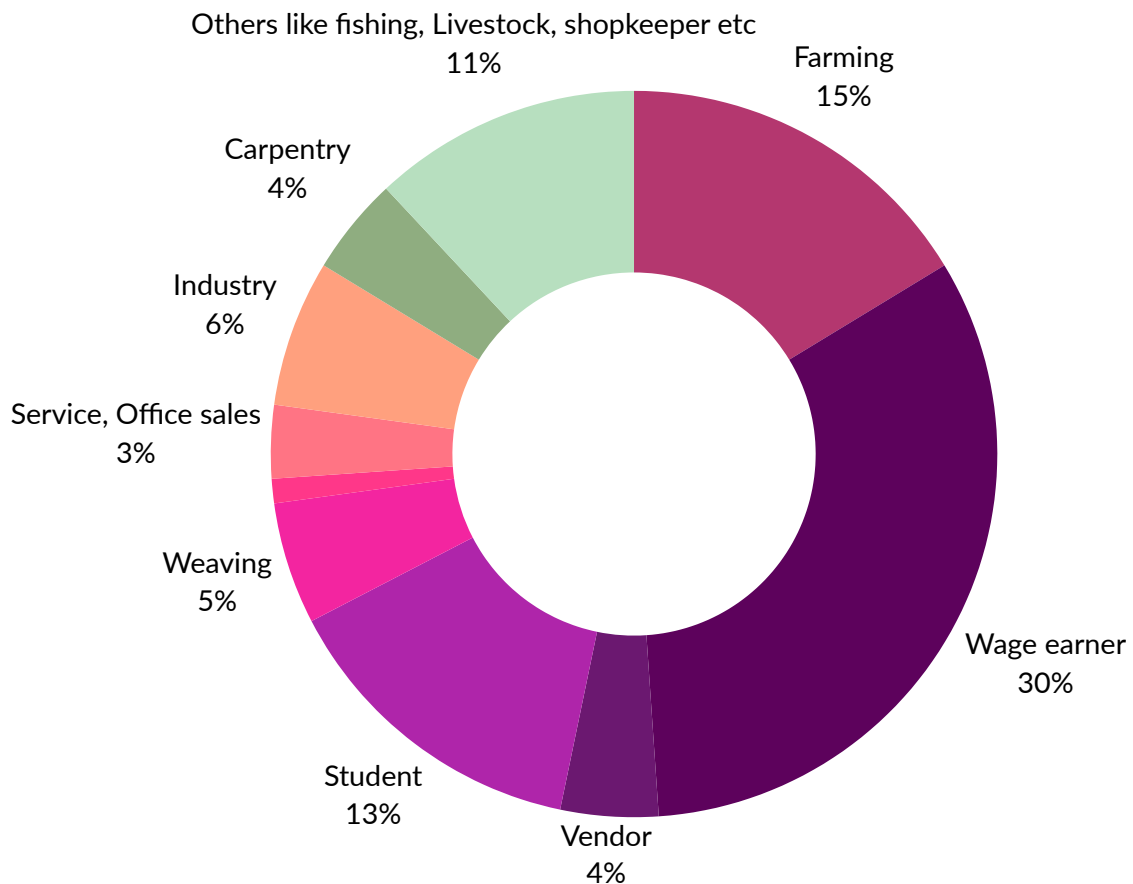
The program faces a significant hurdle in reaching those with Common Mental Disorders (CMD). Despite being able to identify CMD individuals using screening tools, treatment remains elusive due to their reluctance to seek counseling or self-reliance beliefs. To address this, we plan to enhance CMD identification and intervention efforts in the upcoming year.

A project highlight involves awareness programs for various stakeholders in the block, including Panchayat members, Police, Teachers, and Students. These initiatives aim to spread knowledge about mental health, reduce stigma, dispel myths surrounding mental illness, and emphasize the effectiveness of treatment.

# PROGRAM HIGHLIGHTS

One significant accomplishment of this program is that 64% of the patients have successfully returned to their previous employment or found new, fulfilling, and productive opportunities.

The chart below illustrates the types of engagements they have pursued.



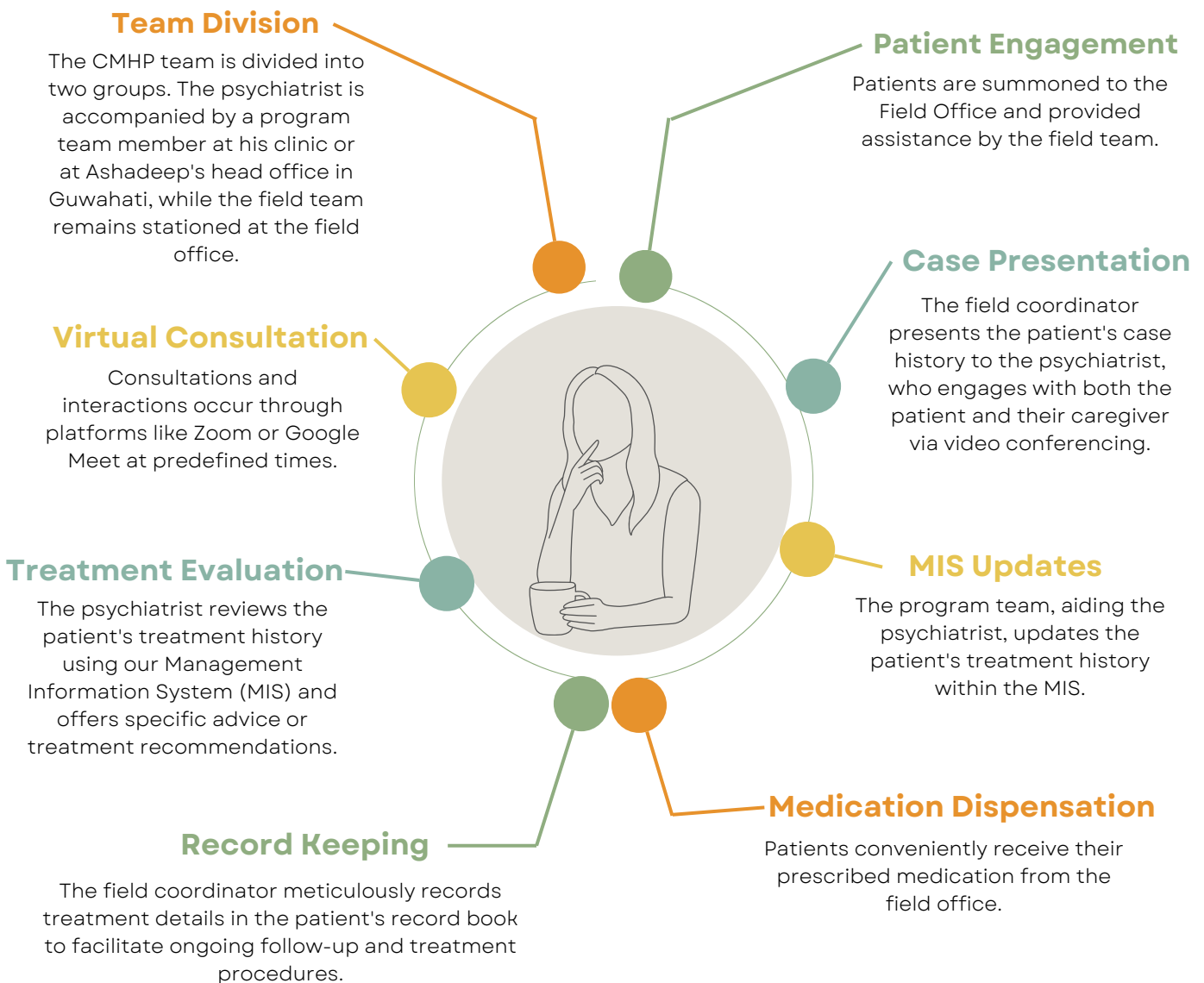
## OUTCOME

# 64%

## PATIENTS RETURNED TO PRODUCTIVE OPPORTUNITIES

# INTRODUCING A NOVEL INITIATIVE

Ashadeep's Community Mental Health Programme has ushered in a groundbreaking endeavour since September 2022 - the implementation of online OPD, or tele-psychiatry consultations. This pioneering effort aims to achieve two primary goals: (i) alleviate the workload on psychiatrists and (ii) introduce virtual mental health interventions to rural regions. Similar in nature to traditional psychiatric OPD sessions at PHC/CHC, our online OPD sessions are conducted monthly, primarily for follow-up cases. Here's how the process unfolds:



This innovative approach not only eases the burden on our dedicated psychiatrists but also ensures that essential mental health care reaches even the remote corners of our community.

● OUTCOME

# Empowering Minds and Bodies: Transformative Outcomes of Rangjuli's Mental Health Programme



## **The Community Mental Health Programme in Rangjuli has yielded significant outcomes across various initiatives.**

### **1. Special School for Children with Intellectual Disability:**

Through the program, *128 children with Intellectual Disability were provided interventions twice a week.* However, it was observed that for about 45% of these cases diagnosed with only Intellectual Disability and no comorbidities, the progress was minimal with this frequency of intervention. Consequently, a Special School was established in Dhupdhara starting in July 2022. This school caters specifically to children with functional capacities falling within the educable (Mild ID) and trainable (Moderate ID) categories. Currently, 27 children with Intellectual disabilities are enrolled in this special school. Moreover, these children have also been registered under the Special Olympics Bharat (SOB) Assam Chapter, opening doors for their participation in state and national sports events.

### **2. Establishment of a Sports Centre for children with Intellectual Disabilities in collaboration with Special Olympics Bharat Assam:**

Another significant achievement of the program was the establishment of a Sports Centre for Children with Intellectual Disabilities in Goalparadistrict in Assam. This initiative, in collaboration with Special Olympics Bharat, aims to develop young athletes with intellectual disabilities and train them in various sports. The centre provides coaching in activities like football, handball, and bocce, and focuses on enhancing fundamental motor and tracking skills, and eye-hand coordination. Parents are actively engaged in supporting and coordinating their children's sports activities, contributing to the sense of pride in the community. This centre serves as a valuable resource for nurturing and showcasing the talents of these children.

### **3. Composite Care Unit at Dhupdhara:**

To ensure the sustainability of psychiatric interventions beyond the project term ending in July 2023, a Composite Care Unit was established at the Dhupdhara office in September 2022. The unit charges a nominal fee of Rs. 300 for the first visit and Rs. 250 for subsequent visits, which includes the doctor's consultation and a one-month supply of medicines. The funds collected through these fees are utilized to cover the overall medical costs for the patients attending this clinic. *As of now, 265 patients have availed of services from this unit, ensuring continued accessibility to psychiatric care at the block level.*

The Community Mental Health Programme in Rangjuli has not only addressed the mental health needs of the community but has also made significant strides in improving the lives of children with intellectual disabilities and promoting sports involvement and psychiatric care accessibility in the region. These initiatives underscore the program's commitment to holistic community well-being and sustainability.

## Ability – Vocational Unit

Empowering through skills: Vocational units aid individuals with disabilities, yielding Rs. 61,225 from product sales while diverse ventures generate Rs. 6,26,344, benefiting 69 participants.





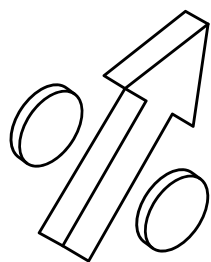
## ABILITY - VOCATIONAL UNIT

The Vocational unit serves as a crucial platform for adults with intellectual disability and individuals recovering from mental illness, offering skill development training that not only contributes to therapy but also serves as a means of income generation.

This unit focuses on diverse training areas, including block printing, candle making, crafting jute products, food processing, and creating items from waste clothes. Throughout the year, the unit successfully generated Rs. 61,225 through the sales of its finished products, showcasing the tangible outcomes of these vocational endeavours.

Additionally, within the scope of vocational activities, the enterprise extends to other units such as livestock farming, 'Soul Food' – a coffee shop, and 'Happy Petals' – a flower nursery, all designed to engage residents of 'Home Again,' Udayan, and Navachetana. The collective income generated from these units amounted to Rs. 6,26,344 for the year, underscoring the diversified nature and success of these vocational pursuits.

A noteworthy aspect is that 69 residents or beneficiaries actively participated in these vocational activities and received monetary incentives throughout the year. This not only emphasizes the inclusivity of these programs but also highlights the tangible support provided to the individuals involved, contributing to their personal and financial growth.



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# 6,87,569

## COLLECTIVE INCOME

- 69 residents actively participated in vocational activities.

# Building a Legacy, Embracing the Future

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26 Years On: Ashadeep Secures a Permanent Home in Guwahati for Mental Health Services with support from generous donations.

# EMPOWERING MENTAL HEALTH: ASHADEEP FINALLY SETTLES IN ITS NEW ABODE



## GF Ground Floor

- Day Rehabilitation Centre
- Composite Care Unit
- Waiting Area and Washroom

## 01 First Floor

- Office Room
- Vocational Unit cum Sheltered Workshop
- Washroom-Waiting Area-Kitchen
- NIOS Accredited Study Centre

## 02 Second Floor

- Head Office
- Conference Hall
- Residential Unit
- Waiting Area, Washrooms

## Financial Report:

### Building Construction

Total Built-Up Area: 750.28 SQM (8676 Sq. Ft.)

Estimated Cost: Rs. 1,32,48,479

### Total Expenditure to Date:

Rs. 1,26,93,086

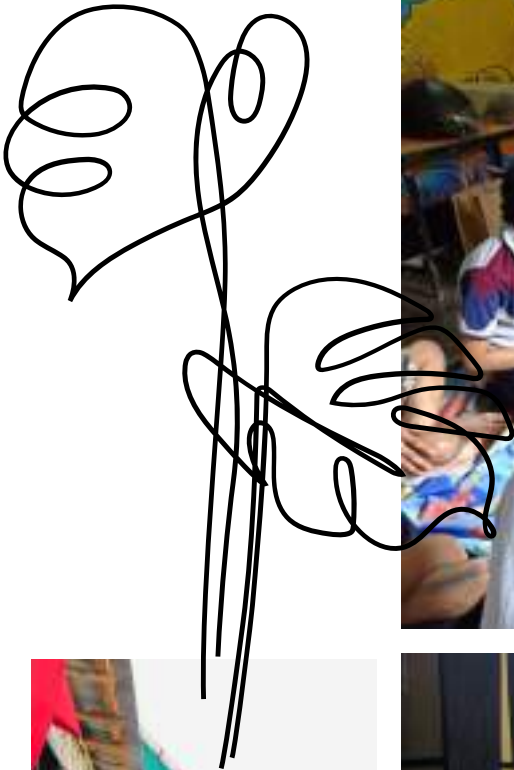
### Project Commencement:

30th November, 2021

### Project Completion:

21st June 2023

(Duration: 20 months)



***"Ashadeep:  
Illuminating Paths  
to Mental Wellness"***

# TURNING POINTS & REVELATIONS

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## FUNG RAJA MUSHAHARY

I, though having a Social Work background, never got the opportunity to experience the mental health sector before joining Ashadeep. The misery, the suffering of a mentally ill person along with his/her family never bothered me until I became a part of this prominent organization. In March 2021 I began my journey in this new endeavour.

With little to no knowledge of the sector; perplexed and tensed I underwent residential training for 1 month at Navachetana and Udayan. There I got the opportunity to experience both theoretically and practically the sector along with the rehabilitation home set up for the homeless mentally ill persons. As days went by, I became more and more excited to learn about mental health and illness along with the concept of intellectual disability. Though at the beginning it was very difficult and confusing for me to grasp all the information due to some technical terminologies, it was exciting. Eventually, I became familiar with them and it made my learning more fun.

Encountering families facing illness, disability, cultural barriers, and financial constraints hindering treatment access was emotionally impactful. Our initiatives—awareness meetings and family counselling—played a vital role in eradicating stigma and educating the community on mental health and disability.

It was after the month-long training, I was posted at CMHP, Rangjuli as a Field Coordinator. While taking up the responsibilities I was able to see the ground reality of the mental health sector at the community level.



It did not require much time for me to realize that the mental health sector is such a huge social issue that is neglected by the majority of the people. Many are deprived of the services for mental health and intellectual disability at their reach and therefore the disorders become more chronic which disturbs the entire family environment along with the society as a whole. That realization shook me to the core and that made me more motivated to work towards the betterment of that population. The helplessness of the family members is the key motivation for the entire team to keep up the zeal to provide them the services about mental health.

Being a person who loves to explore new places, meet new people and learn their stories, I was thrilled to jump into the new world of Mental Health and work with the community to bridge the gap between treatment seeking behaviour and mental health services along with intervention for intellectually disabled children.

It is very emotional for me to see the families suffering due to the illness and disability of their family member(s). The cultural and superstitious beliefs are also grasping the community in its claws. As the service is not available in their proximity, despite being aware of the treatment, many are not able to take the person suffering from mental illness to the psychiatrist due to financial constraints and it goes unaddressed for many years. I along with the entire CMHP team took up various measures like awareness meetings, family counselling etc. to educate the community on mental illness, intellectual disability and the need for medication and intervention to eradicate the stigma surrounding the issue.

Though eventually educating the community of Rangjuli on mental health and intellectual disability was difficult and the number of enrolments in CMHP was less, gradually after constant efforts from the team and the people seeing the chronically ill persons from their village getting recovered, the number of footfalls in our Psychiatric OPDs, ID intervention and counselling sessions started to increase.

While working with the community on mental health, I can feel an overwhelming response from the people. There are even some instances where the people got so emotional that they compared us with Gods for them. I have also witnessed positive changes that come to the family's environment after their member recovered from mental illness.

During my entire duration of engagement in the organization, major changes in work responsibility were shifting to the rehabilitation homes for homeless persons with mental illness located at Bamunigaon, where my role was to handle the administration of both homes. I took up the responsibility with enthusiasm as it was going to be a new learning experience for me which is a crucial leap in my career.

Unlike working in the community, here I could be a part of the residents' journey of rehabilitation towards their recovery. The transition from a homeless mentally ill person to a healthy person; to be able to witness this journey is a unique experience. The best part of this is to see the expressions of joy of the family members while reintegrating someone with their families at their homes.

I am grateful for the opportunities that were provided by the organization which paved my path towards my professional and personal growth. From joining as a trainee to field coordinator and to handling the administration, I have seen many changes in my professional journey as a mental health worker in a very short span of time. There is an ocean of things to learn more about the sector, yet the learning that I have gained has made me a person who can proudly call himself as a Mental Health Worker.

# TRANSFORMATIVE INSIGHTS

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## NARAYAN CHANDRA ROY

2006 was the year when I joined Ashadeep in the project Navachetana. At that time, I only heard that the organization works with mentally ill persons. But I never knew that it works with homeless mentally ill persons. During that time, Navachetana was functioning from a rented house located at Panjabari, Guwahati. When I first arrived there, I saw the residents playing, talking laughing to themselves and crying. I was scared and went into self-reflection about whether I'd be able to work in this setup or not. Eventually, after some days, that feeling of fear was gone as I realized that they were nothing to be scared of, rather they needed our help and care.

Generally, we used to hear that if we stay with the mentally ill people then gradually, we also become ill like them. But by working with the organization, I can burst this myth and also be able to educate others about mental health and illness. Moreover, I learned that mentally ill people can lead a normal life like us all if they are provided with proper treatment and care. This is the impact that I see that Ashadeep has made in my life where the training and support from the experts in the organization plays a vital role.

Then in 2013, Udayan - Rehabilitation Home for Homeless Men with Mental Illness started in Bamunigaon and I was shifted there. That was a new experience for me as till then I was only working with homeless mentally ill women. Initially, I thought that handling the male mentally ill men would be a challenging task as the women used to be very aggressive and restless. So, the perception was that by default men would be more active than them. But when the work started, I experienced that working with males was easier than the females. They mostly stay aloof and do not talk much unlike the females who always stay active in communication.



When someone is rescued from the streets, I see that some are very active and some are very low in mood. After observing the person's behaviour, we consult with our psychiatrist for medication. At times we need to forcefully administer injections to control their active symptoms. As per my experience, I have observed that people who are positive in symptoms, they use to recover early and those who have negative symptoms take more time to recover. After all the effort and struggle, it is when someone is reintegrated with his family after our intervention, that I always feel delighted and accomplished which keeps me motivated to continue putting the efforts into their rehabilitation.

During these years of engagement at Ashadeep, I can confidently state that all the people who are suffering from mental illness be it homeless or a person having a caregiver, must not be discriminated against and should be treated equally with a humane approach. They can always lead a healthy life like us if they are provided treatment and earn their livelihood. There are still many residents at Udayan who are fully recovered and functional but are not able to go back to their respective families due to various reasons. Therefore, we have provided them the opportunity/platform to earn their livelihood and lead an independent life.

For all these reasons I on behalf of the persons who have received intervention from Ashadeep whole heartedly thank the organization for its continuous effort and commitment to bring positive change in the mental health sector.



# Ongoing developmental plan

## Non-programmatic areas:

### **HR Management System Enhancement:**

Ashadeep continues its efforts towards the seamless implementation of an advanced HR management system. This initiative aims to streamline the recording of staff attendance and leave, ensuring efficient personnel management within the organization.

### **Digital Transition for Enhanced Monitoring and Evaluation:**

In the pursuit of improved monitoring, evaluation, and learning methodologies, Ashadeep has made significant strides in transitioning towards digital platforms. Notably, the procurement of ERP4Impact for donor and financial management, alongside the adoption of Asilia TimeLog, a mobile-based application for attendance and leave management, marks significant progress. While the implementation of these systems is underway, our focus remains on maximizing their functionalities to align with our organizational goals effectively.

### **Embracing Program Data Analysis Tools:**

Ashadeep is actively exploring additional systems dedicated to program data analysis. By investing in tools for comprehensive project status comprehension and the development of future strategies, we aim to enhance our decision-making processes and drive impactful initiatives forward.

These initiatives underscore Ashadeep's commitment to leveraging technology for operational efficiency, informed decision-making, and the continual enhancement of our programs. As we move ahead, the strategic integration of these systems will be instrumental in achieving our organizational objectives.

# FINANCIAL OUTLOOK

<b>Abridged Balance Sheet As On 31st March 2023</b>				
Assets	2022-23		2021-22	
	AMOUNT	%	AMOUNT	%
Fixed Assets	325455	1%	361085	1%
Fixed Assets (Building Construction WIP)	10133444	37%	3975753	16%
Investment	7534402	27%	6023654	25%
Deposits and Advances	334045	1%	293290	1%
Current Assets	9277595	34%	13671713	56%
Income and Expenditure A/c Balance				
<b>Total</b>	<b>27604940</b>	<b>100%</b>	<b>24325495</b>	<b>100%</b>
<b>Liabilities</b>				
Corpus/Endowment Funds(s)	9890404	36%	10353603	43%
Building Construction Reserve	10133444	37%	3975753	16%
Capital Reserve				
Earmarked Funds	6042274	22%	8510679	35%
Loans / Borrowings				
Current liabilities and provisions	1538819	6%	1485460	6%
<b>Total</b>	<b>27604940</b>	<b>100%</b>	<b>24325495</b>	<b>100%</b>
<b>Abridged Income and Expenditure Account As On 31st March 2023</b>				
Particulars	2022-23		2021-22	
	AMOUNT	%	AMOUNT	%
<b>Income</b>				
Self-generated funds	2606525	11%	2280249	9%
Indian sources	12989672	53%	12053789	50%
International sources	8839439	36%	9860716	41%
<b>Total</b>	<b>24435637</b>	<b>100%</b>	<b>24194754</b>	<b>100%</b>
<b>Expenditure</b>				
Programme expenditure	20417402	83%	23556148	97%
Non-Programmatic (Capacity bldng, Org. devimnt)	3505494	14%		
Management expenditure	560467	2%	588302	2%
Other expenditure	49109	0%	95509	1%
<b>Total</b>	<b>24532473</b>	<b>100%</b>	<b>24239959</b>	<b>100%</b>
<b>Surplus/ (Deficit)</b>	<b>(96836)</b>		<b>(45205)</b>	
<b>Abridged Receipt and Payments Account for the year ended 31st March 2023</b>				
Receipts	2022-23		2021-22	
	AMOUNT	%	AMOUNT	%
Opening Balance: Cash and Bank	12283995	31%	10544700	25%
Self-generated funds	3153911	8%	2056659	5%
Indian sources	13896642	35%	14077917	34%
International sources	10285572	26%	10730857	26%
Secured loans				
Other receipts	511353	1%	4156951	10%
<b>Total</b>	<b>40131474</b>	<b>100%</b>	<b>41567084</b>	<b>100%</b>
<b>Payments</b>				
Programme Expenditure	25697521	64%	23530299	57%
Management Expenditure	315389	1%	336454	1%
Non Programmatic Expenditure	924021	2%	205989	0%
Fixed Assets purchased	76150	0%	40294	0%
Building Construction (Work in progress)	4267772	11%	3935753	9%
Loan repaid				
Investments	1000000	2%	1000000	2%
Advance to staff	257837	1%	234300	1%
Closing Balance: Cash and Bank	7592784	19%	12283995	30%
<b>Total</b>	<b>40131474</b>	<b>100%</b>	<b>41567084</b>	<b>100%</b>

Subject to our separate report as on even date

For SSD & CO  
SUMIT DAS (Partner), Chartered Accountant  
FRN: 0326761E

Anjan Bordoloye (President)  
Mukul Ch. Goswami (Secretary)

Place : Guwahati  
Date: August 26, 2023

Place : Guwahati  
Date: August 26, 2023

## MAJOR GRANTS

Sr No	Agency	Purpose	Amount in INR
1	Azim Premji Foundation, Bengaluru	Towards Community Mental Health Program, Navachetana home and Construction of Day Rehabilitation Centre	55,24,600/-
2	The Hans Foundation, USA	For Udayan – Rehabilitation home for homeless men with mental illness	43,67,735/-
3	Rural India Supporting Trust, US	Towards Udayan – Rehabilitation home for homeless men with mental illness and Urban shared Home	38,43,841/-
4	Give Foundation, Mumbai	Towards Rehabilitation expenses at Day Care Centre, General expenses, Corpus Fund, Food & Medicine Expenses of Navachetana residents	23,50,254/-
5	Social Welfare Department, Government of Assam	For Rehabilitation home for homeless persons with mental illness and Day Rehabilitation Centre for Intellectually Disabled	20,30,000/-
6	UK Online Giving Foundation	Towards General Fund	8,67,446/-
7	Capco Technologies, Bengaluru	Towards Day Rehabilitation Centre for persons with Intellectual Disability	5,98,500/-
8	EdelGive Foundation	Towards Non-Programmatic Expenses	20,00,000/-

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  
Registered under MCA for CSR activities No. CSR00033867  
Donations exempted from Income tax Under Sections 12(AB) & 80(G) of IT Act 1961

# STAFF DETAILS

## STAFF STRENGTH

Type of Staff	Male	Female	Total
Paid Full Time	4	2	6
Paid Part Time	2	-	2
Paid Contract Staff	26	35	61
Paid Consultant	4	1	5
<b>TOTAL</b>	<b>36</b>	<b>38</b>	<b>74</b>

## Details of Staff Distribution according to the 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	2	3	5
5001-10000	6	12	18
10001-25000	19	17	36
25001-50000	7	4	11
> 50000	2	2	4
<b>TOTAL STAFF</b>	<b>36</b>	<b>38</b>	<b>74</b>

### The salary and benefits of the NGO Head, the highest paid staff member and the lowest paid staff member in 2022-23

#### Head of the Organization

Mukul Chandra  
Goswami, Secretary /Director  
(Programme)

7,02,768/-

#### Highest paid:

Dr. Anjana Goswami, Director  
Resource Centre & Project Head

9,56,644/-

#### Lowest paid:

Shri Anil Das  
Part Time Cleaning Staff

30,000/-

**Remuneration paid to Executive Committee Members in the year 2022-23:**

Sr. No.	NAME & DESIGNATION	AMOUNT (Rs)
1	Shri Anjan Bordoloye, President	ZERO
2	Shri Mukul Chandra Goswami, Secretary	7,02,768/-
3	Shri Vijoy Patir, Treasurer	ZERO
4	Shri Bhaskar Barua, Member	ZERO
5	Shri Ronojoy Sen, Member	ZERO
6	Smt. Manjusri Baruah, Member	ZERO
7	Shri Dipak Bhagawati, Member	ZERO
8	Dr. Ruby Dasi, Member	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 2022-23 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 2022-23**

Total cost of national travel by all Staff and Board Members	15,558
Total cost of international travel by all Staff and Board Members	Nil

# Grateful for your Support!

"Your generosity is changing lives and making a difference in the world. We could not have done it without you".



1. Azim Premji Foundation, Bengaluru
2. The Hans Foundation, New Delhi & USA
3. Rural India Supporting Trust, USA
4. Department of Social Justice & Empowerment, Government of Assam
5. Department of Health, Government of Assam, Guwahati
6. Joint Director Health Service, Goalpara
7. Give India, Mumbai
8. UK Online Giving Foundation
9. LIC Golden Jubilee Foundation
10. Edelgive Foundation, Mumbai (GROW Team)
11. Capco Technologies Private Limited, Bangalore
12. Members of Staff, World Bank Group, New Delhi
13. Shraddha Rehabilitation Foundation, Mumbai
14. The Banyan, Chennai
15. 'Seneh', A home for destitute elderly women
16. St. Stephen's School, Guwahati
17. St. Francis School, Dhupdhara, Goalpara District
18. Bikali College, Dhupdhara, Goalpara District
19. Special Olympics Bharat (Assam Chapter)
20. Composite Regional Centre, Bhangagarh, Guwahati
21. Mr. Parthasarathy Choudhury, Shillong
22. 'Atma Nirbhar' Ek Challenge, Guwahati
23. All other individual donors who have made contributions towards the organization during the year.
24. Members of the Print & Audio-Visual Media.

We would like to thank our Auditors and Bankers for their immense support and co-operation to Ashadeep



**Name and Address of Auditors:**

- 1.M/s SSD & CO. Chartered Accountants, RE DO Ria Cottage, Near Meghalaya High Court, MG Road, Shillong 793001, Meghalaya.
- 2.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 – Guwahati Branch and Rajgarh Road Branch
- 3.Yes Bank, G.S Road, Guwahati
- 4.HDFC Bank, Beltola, Guwahati
- 5.North East Small Finance Bank, Pamohi, Gorchuk, Guwahati
- 6.State Bank of India, New Delhi Main Branch, 11 Parliament Street, New Delhi



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## BRINGING TO LIGHT: MENTAL HEALTHCARE

Ashadeep will continue its work with full enthusiasm and dedication in the field of mental health care. Thankyou everyone!!!

**For inquiries,  
contact us.**

Website: [www.ashadeepindia.org](http://www.ashadeepindia.org)  
email: [societyashadeep@yahoo.com](mailto:societyashadeep@yahoo.com)

**Social media**

Facebook : <https://www.facebook.com/AshadeepAMentalHealthSociety>

Instagram: <https://instagram.com/ashadeepamentalthesociety?igshid=YmMyMTA2M2Y=>

Blog: <https://www.ashadeepstories.com/>

Youtube: <http://www.youtube.com/@ashadeepsociety4319>



**Report Developed by:**

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CSR Specialist

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