

ANNUAL REPORT



Manam Foundation, Odisha **Transforming Mental Health Care**

manam.ngo

Annual Report-2018-19



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Manam Foundation

Manam Foundation is an integrated and holistic mental health care social organization with its roots and presence in Bhubaneswar and wings spread in Odisha.

Manam Foundation comprises of a group of passionate individuals who, while journeying through life and its offerings came together to spearhead a movement in the area of Mental Health. Manam has dedicated itself to facilitate groundbreaking work in the area of Mental Wellness through Service, Awareness, Training, Support Groups and Advocacy.

All programs and activities of Manam Foundation are based on following lines.

Mission- Mental Health for All

Vision - Happiness is fundamental

Objective- Affordable MH services across class, age & gender



[Manam Wellness Centre in Bhubaneswar]

Manam Foundation has established “Manam Wellness Centre” with Daycare and Rehabilitation facilities at Bhubaneswar for those struggling with mild, moderate & severe MH issues, for the first time ever.

Founder/Director's Vision



Manam Foundation is a non-governmental, not for profit organization working in Odisha to target and uplift the much neglected and stigmatized domain of MH. We are committed to improve MH across class, age and gender particularly in Odisha to bring affordable and qualitative services for awareness creation, screening, identification, intervention and solution. Mental health has for years been a taboo and been brushed under the carpet in all sections of society and is the last to be recognized as a major burden in daily living and has a significant disguised economic impact. According to the WHO the economic burden due to MH conditions in India between 2012-2030 alone is estimated at USD 1.03 trillion. One of the major reasons for this non-acceptance came from the fear of being labeled, stigmatized. Most of the time mild MH issues are neglected and they escalate to become moderate or severe struggles. This struggle has a ripple effect on the family and caregivers which in turn affects the life productivity of the entire unit. Manam envisaged creating an eco-system of inclusivity to form a support group and handhold the strugglers and their families till they can find a safe landing in their lives. About 50% of MH disorders start before the age of 14, which pushed us to look at school and adolescent MH very seriously. Schools, colleges, institutions are rife with issues of child sexual abuse, addiction, personality disorders, stress and anxiety which have potential for major disorders in their future and thus a huge matter of concern for the MH fabric of the nation. Given that countries spend less than 2% of their health budgets on MH and even less on training more professionals, there is always a huge unmet gap. The marginalized section of our society such as the prisoners, LGBTQ and those in the rural areas have absolutely no access to reliable and qualitative MH care and Manam felt the need to step in to fill the gap by creating constructive partnerships with public-private-government agencies. Given the chronic nature of the diseases and condition it is imperative that all MH models be sustainable, affordable and accessible to everyone which is Manam's primary vision.

PROGRAMS & EVENTS EXECUTED BY MANAM FOUNDATION

1. WORLD DEADDICTION DAY ON 26TH JUNE 2018.

Addiction is a rapidly growing menace in our society today. It has a huge impact on the economic burden of our country. The objective of this workshop was to spread awareness with the users through expression of their emotions with art and painting. Some of their art was heart wrenching and also an insight into their dark world. Sessions like these help in the healing of the inner world of the addicts. There were 60 addicts. They also shared their experiences and recited slam poetry.

Objective: To spread awareness among substance addicted people by expression of their emotions with art and painting.

Outcome: The session gave us insight into their dark world and helped them in the process of getting their inner worlds healed.



2. MENTAL HEALTH WORKSHOP AT HAPPY HOURS ON 19TH JULY 2018.

This workshop was directed at the teaching faculty at HAPPY HOURS, a large junior level school and so the teachers have to have a certain different kind of sensibility. They were severely stressed with the nature of work and constant balancing act between their work and home life. This workshop was to teach them techniques to cope and balance their work-home space and keep their emotional and mental hygiene healthy. It was attended by 70 teachers.

Objective: To teach the faculty at Happy Hours, how to maintain a certain different kind of sensibility, techniques to cope and balance their work-home space and keep emotional and mental hygiene.

Outcome: Total 70 teachers attended the session. It was an informative and interactive session.



3. OCCUPATIONAL THERAPY SESSION AT MANAM ON 30TH JULY 2018

An occupational therapist was invited to address the different kinds of day care clients and their care givers on how the mental health illnesses from severe to moderate to mild can be dealt with by making different programmes and plans for the clients to increase their daily functionality. This was a big eye-opener for the caregivers who generally have no idea about how to motivate their wards to be more functional. It was attended by 7 day care clients and their parents/guardians / caregivers.

Objective: To provide insights to the daycare clientele and caregivers about how mild to severe mental health illnesses

Outcome: It was a big eye-opener for caregivers who had no prior idea about the ways to motivate their wards in order to be more functional.



4. MENTAL WELLNESS SESSION AT GITA COLLEGE FOR FRESHERS ON 8TH AUGUST 2018.

A session for the fresh batch of Gita College who were initiated by Manam and Empowered with Adaptability Skills, Time Management, Development Potential, Goal setting for themselves and identification of their emotions for balanced handling in a new situation. Dealing with addiction and peer pressure was a prime focal point including extreme competition and parental expectations. The talk wound up with benefits of diet, exercise and spiritual tasks for mental health. It was attended by 250 freshers of both genders and was an interactive session.

Objective: To empower the fresher students of Gita College on various topics such as, Adaptability skills, time management, developing potential, goal setting, identifying emotions, dealing with addiction, peer pressure, competition and parental expectations.

Outcome: The session enlightened 250 students of both genders. It was an interactive and a fruitful session.



5. COUNSELLING SESSION AT NIST FOR MAINTAINING IMMACULATEMENT ALHYGIENE ON 21ST AUGUST 2018

A session again for fresher's for all the coping skills and techniques to maintain the best mental hygiene for maximizing potential development and helping them to understand their own emotions and understanding the difference between depression, anxiety and stress and to know when to ask for help .Suicides in engineering colleges are rising and its important address this issue instead of brushing it under the carpet. Attended by 150 students.

Objective: To educate the fresher students at NIST about the various coping skills and techniques to attain the best mental health, achieve the maximum potential of oneself, understand emotions and various issues like depression, anxiety , stress and when to seek help

Outcome: The session was attended by 150 students. It was an informative session for the students.



6. MEDICAL STUDENT COUNSELLING AT SIKSHYA O ANUSANDAN ON 8TH SEPTEMBER

The medical profession is a highly stressed profession and this workshop was for a group of new entrants with an induction programme. It was again based on enhancing adaptability skills and expressing emotions in a healthy way so as to again balance work and other aspects of life. it was interactive with many mental and emotional based questions which were addressed. There were 162 students.

Objective: To psycho-educate the new entrants of medical department at SOA University based on enhancing adaptability skills, expressing emotions in a healthy way, work-life balance.

Outcome: Total 162 students participated in the session. It was an interactive session, many mental and emotional based questions were addressed.

7. CELEBRATE WORLD SUICIDE PREVENTION DAY AT BBSR ON 10TH SEPTEMBER 2018.

Manam conducted a suicide prevention campaign partnered with Indian Express and Radio FM in the twin cities of Bhubaneswar and Cuttack .The campaign ran for a month preceding the date and there was a competition set open to the public for poetry, painting and story writing. There were over 200 participants who sent in their entries and the campaign culminated at the Rail Bhavan with a scintillating fun action with dance and drama over core issues of suicide. There were over 700 attendees.

Objective: An extensive campaign to make people aware about the causes of suicides taking place & how we can prevent them.

Outcome: The campaign ran for a month, there were over 200 participants. 700 attendees were a part of the main event at Rail Bhavan

8. WORKSHOP ON PSYCHOLOGICAL TEST AT MANAM ON 16 TH NOVEMBER 2018.

Psychological Tests are one of the primary tools which are very important to get an insight into the personality and problem of the individual. This workshop was conducted by our clinical psychologist to educate the fresh crop of aspiring psychologists who will have an insight in to these tools and the value of it in the field of mental health. There were 23 attendees.

Objective: To educate the new psychologists about the Psychological tests.

Outcome: 23 attendees were enlightened.



9. MANAM COUNSELLING WORKSHOP ON 'LONELINESS ' WITH THE ELDERLY AT SILVER AGE FOUNDATION ON 27TH NOV 2018

Addressing 65 senior citizens about what is loneliness and how to cope with it without interfering in the lives of the children or loved ones was a very successful session. The senior member sunder stood certain skills which would help them to dispel with the notion of loneliness. This is a necessity for our senior citizens nationwide.

Objective: To address senior citizens on loneliness, and its coping mechanisms.

Outcome: 65 seniors were equipped with skills in order to dispel with the notion of loneliness.



10. WORKSHOP ON UNDERSTANDING ADHD ON 22ND DEC 2018 AT MANAM

ADHD is a rampantly growing problem because of increasing use of gadgets and electronic devices. There is lack of awareness with most parents on how to distinguish between an aught inattentive child and a child with ADHD .Because of this the child is unable to focus on anything and has problems with studies as well as interpersonal relationships. This workshop addressed the parents of ADHD children on how to effectively deal with them and slowly bring them to track. There were 36 parents.

Objective: Awareness of parents on ADHD

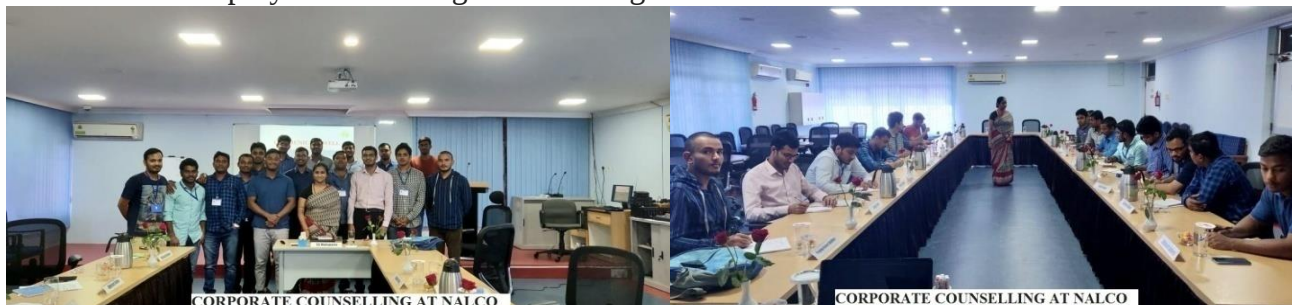
Outcome: 36 parents were a part of the awareness session, it was an informative session.

11. CORPORATECOUNSELLINGATNALCO ON28THNOVEMBER 2018

This session was directed at the corporate gathering at NALCO who are under huge stress in their work area and these sessions are devised at again coping at emotional and mental level to create the perfect work life balance. It was attended by 29 employees.

Objective: Equip the employees at NALCO for stress management, emotional regulation and work life balance

Outcome: 29 employees were enlightened through the session.



12. WORKSHOP ON SELFHELP THERAPIES FOR OCD ON 27TH FEBRUARY 2019

AT MANAM:

The workshop on self-help therapies was conducted by Dr. Sayali Mishra [Clinical Psychologist, MANAM] with the objective to empower people with OCD to develop their coping mechanisms. The workshop had a mixed participation of people with OCD, Care-givers and student-interns to have a holistic approach towards self-help techniques. The workshop concluded with an impactful experience-sharing session.

Objective: To empower people with OCD, care-givers and student interns to develop self- help coping mechanisms

Outcome: The session was very informative, it concluded with an impactful experience-sharing session.



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Objective: To empower people with OCD, care-givers and student interns to develop self-help coping mechanisms

Outcome: The session was very informative, it concluded with an impactful experience-sharing session.



14. WORKSHOP ON LEARNING DISABILITY TESTING AND INTERVENTIONS ON 27TH MARCH 2019:

With the increase in the number of children with learning disabilities and the lack of awareness about the clinical interventions MANAM provided the platform for creating awareness about learning disabilities. The workshop had an informative session followed by the necessary interventions to be done. The importance of an early clinical intervention and timely counseling sessions for the children with learning disabilities as well as for the parents was focused on.

Objective: Awareness about learning disabilities, early clinical intervention and need for timely consultations.

Outcome: It was an informative session followed by the guidance of necessary interventions to be done.



Manam works at Facility

Lives touched -	9000+
Impacted with Mental Health (MH) Care-	150+
Counselling Hours-	6000+
Institutional Collaborations-	6
MH awareness campaigns at schools& Colleges	9

Manam Foundation completing 6,000+ hours of counseling sessions in one year. Clearly define the purpose of counseling sessions, such as individual, group, family, student, community and specialized counseling. Recruited and trained a team of qualified and experienced counselors, that the team has diverse expertise to address a wide range of issues. Consider hiring interns or volunteers to assist with the workload. Develop a strategy to reach out to potential clients. Collaborate with schools, healthcare providers, community & organizations to expand the reach. Continuously monitor and assess the quality of counseling services. Collect feedback from clients and use it to improve our offerings. Consider rotating counselors to prevent excessive workloads. Gradually increase the number of counseling hours offered as our team gains experience and our organization's reputation grows.

Data and Reporting:-Keep detailed records of sessions & outcomes. Generate regular reports to measure the impact of our counseling services.

Legal and Ethical Considerations:- Ensure that our counseling services comply with all relevant legal and ethical standards. Maintain client confidentiality and privacy

SESSIONS AT MANAM FACILITY

SL NO	PARTICULARS	SESSIONS (OFFLINE)	SESSIONS (ONLINE)	TOTAL
1	Individual Session	684	37	721
2	Couple Session	19	-	19
3	Group Session	21	-	21
4	Family Session	16	-	16
5	Daycare	169	-	169
TOTAL		909	37	946

Manam's Employee List

Name of the Staff	Designation	Qualification
Dr. Anuradha Mahapatra	Alternate Therapist	BA, LLB, Dip in Human Rights, PHD in Alternate Therapy from Maharshi University, Netherlands.
Ms Somya Mohapatra	Chief Therapeutic Counselor	Master in Social Work from TISS and UGC-NET(JRF) in Criminology & Correctional Administration, Counseling course from CCC Vellore
Dr Sayali Mishra	Consultant-Clinical Psychologist	M.Phil, PHD, BA in Psychology, Fergusson College, Pune
Anju Jain	Consultant	MA in Psychology from UU, NCERT Dip in Guidance & Counseling, RIE, Bhubaneswar
Ms. Bulbul Dasgupta	Supportive Therapist	BA (Hons) in Psychology
Mr Dheeman Hota	Consultant	IIT-Kharagpur, CFA Level-II Cleared, EX-Investment Banker

Back Office/Support

Ms. Sunayana Samal	HR & Admin and Finance Manager	BA
Mr Meghanad Nayak	Office Assistant	Matriculate
Mr Bijay Ku Rout	Security	Matriculate



Manam's Trustee List

Sl No	Name	Designation
1	Dr. Anuradha Mahapatra	Director
2	Laxmidhar Nanda	Trustee
3	Anju Jain	Trustee
4	Gopika Mahapatra	Trustee
5	Devika Mahapatra	Trustee
6	Dheeman Hota	Trustee



MANAM FOUNDATION
5, LEWIS ROAD, HOUSING BOARD COLONY
BHUBANESWAR-751002

PROVISIONAL BALANCE SHEET FOR THE YR ENDED 31st MARCH 2019

LIABILITIES		ASSETS	
PARTICULARS	year 2018-19 AMOUNT IN Rs.	PARTICULARS	year 2018-19 AMOUNT IN Rs.
CAPITAL ACCOUNT		OFFICE BUILDING	812,086.00
OPENING CAPITAL	1,438,629.00		
CURRENT YEAR	174,000.00		
TOTAL	1,612,629.00	FURNITURE	74,500.00
SURPLUS IN INCOME EXPENDITURE		ELECTRICAL ITEM	548,500.00
ACCOUNT IN CURRENT YEAR	-85,700.00		
		CASH & BANK BALANCE	
		CASH BALANCE	2,149.00
		BANK BALANCE	89,694.00
TOTAL	1,526,929.00	TOTAL	1,526,929.00

Certified as per the information available to us.

For MANAM FOUNDATION


CHAIRMAN
Place : Bhubaneswar
04/07/2019

Financial Audit Report 2018-19



MANAM FOUNDATION

A PUBLIC CHARITABLE TRUST

5, LEWIS ROAD, HOUSING BOARD COLONY, BHUBANESWAR-751002

PROVISIONAL INCOME & EXPENDITURE ACCOUNT FOR THE PERIOD ENDING 31ST MARCH, 2019

Year 2018-19

PARTICULARS	Amount in Rs
INCOME	
CONTRIBUTON FROM MEDICAL	46785
TOTAL	46,785.00
EXPENDITURE	
Manam Registration Fees	
Stationery	385.00
Anita Advertisers	15,000.00
BJB Slum Workshop	4,000.00
Stamp Paper Xerox	750.00
Webblaxy Logo Design	-
Manam Seals	-
AB Corp-Abhijit & Ashirvad	-
Manam Proposal for CSR	2,000.00
Cost of Raw Material	1,500.00
Talent HR Solutions	10,300.00
Counselling & Therapy Room	28,000.00
Water Dispenser	6,000.00
Linen	
Rail Wifi Expenditure	2,000.00
medical exp.	47,500.00
Wardrobe & Painting	3,000.00
Curtain Labor Payment	1,350.00
Digital Dreams Studio	2,000.00
Printer	8,700.00
TOTAL	132,485.00
Excess/Deficit of Income over expenditure	
Transferred to Balance Sheet	-85,700.00

Certified as per the Informations given to us.

For MANAM FOUNDATION

[Signature]
4/7/19

CHAIRMAN

Place : Bhubaneswar

04/07/2019



You can reach out to Manam Foundation at:

  **97763 77140 / 6371978394**

 **healmanam5@gmail.com | reachmanam@gmail.com**

Social Media:

 **manam.ngo**  **manammindfree**
 **Manammindfree**  **Manammindfree**

Visit the Manam Centre at:

 **Plot Number 05, Housing Board Colony.
Lewis Road. Bhubaneswar-751002**