

ANNUAL REPORT



Manam Foundation, Odisha
Transforming Mental Health Care

Annual Report-2019-20

manam.ngo

Annual Report-2019-20

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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 MANAMFOUNDATION

1. WORKSHOP ON LEARNING DISABILITY TESTING AND INTERVENTIONS ON 22ND APR 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.



2. SEMINAR ON “STRESS AWARENESS FOR THE ELDERLY” ON 18TH APRIL 2019 AT MANAM:

In collaboration with the organizations working for the Elderly known as SILVER AGE Foundation and CHINMAYA Mission, Bhubaneswar the seminar for stress awareness was conducted at MANAM. The triggers of stress for the elderly and the coping mechanisms were discussed in a panel comprising of Psychiatrist, Clinical Psychologist and Psycho-social counselor. The seminar ended with activities for the elderly that could explain them about coping mechanisms for stress relief.

Objective: Seminar on stress awareness for senior citizens.

Outcome: It was an interactive and fruitful session.



3. ACTIVITY CUM AWARENESS SESSION ON WOMEN STRESS AND IMPACT

ON 26TH APRIL 2019:



MANAM in accordance with needs of the women for stress relief conducted an activity cum awareness session for women at MANAM. The session was attended by versatile women groups from students, working women, homemakers and members of the LGBTQ community as well. The session was an open forum and interaction based meeting where in women discussed their respective stressors. The session turned into a Talking Therapy with activities based on de-stressing through sharing, counseling and meaningful engagement by knowing oneself.

Objective: Awareness among women on stress

Outcome: The session was open forum and interaction based.



4. CORPORATE STRESS AWARENESS WORKSHOP AT ESPLANADE ON 27TH APRIL 2019:

In collaboration with Radio Partner RED FM MANAM conducted stress awareness workshop for the employees at ESPLANADE. The workshop dwelled upon work-life balance and awareness about signs of being highly stressed. The feedback based activity-oriented workshop had a meaningful participation from the employees that brought about group therapy session by the therapeutic counselors of MANAM.

Objective: Awareness for the employees about stress & maintaining work-life balance.

Outcome: It was a meaningful session which led to good participation from the employees.



5. MANAM CELEBRATING " WORLD DE-ADDICTION DAY '2019 WITH THEME : " JUSTICE FOR HEALTH & HEALTH FOR JUSTICE " AT MANAM CENTRE ON 27TH JUNE.

Creative Competitions were held to Foster team-spirit. Self -awareness and innovativeness inexpressingthemselves amongthe addictpatientsfrom De-addictioncenters ofCuttack & BBSR.

Objective:To foster team spirit, self awareness and innovations for self expression among the addict patients from De-addiction centers at Cuttack and Bhubaneswar

Outcome:It was a meaningful and interactive session.



6. MANAM FOUNDATION EXPERTS CONDUCTED A SESSION AT HAPPY HOURS SCHOOL ON 12 TH AUGUST 2019.

For parents with children between age group 3 - 6 years old. There was a clinical and a psycho - social perspective for symptoms to look out for in children and make parenting beautiful and easy.

Objective:The session was aimed at parents having children aged between 3-6years for creating a knowledge base about the clinical and psycho-social perspective for symptoms to look out for in children.

Outcome:It was a very meaningful and enlightening session for the parents.



7. MENTAL, EMOTIONAL AND PSYCHOLOGICAL ,HYGIENE SESSION AT THE INDUCTION PROGRAM OF GITAON 19thAUGUST 2019.

Objective:Awareness about Mental, Emotional and Psychological hygiene

Outcome:Informative and Engaging session.



8. Panel Discussion on WORLD_MENTAL_HEALTH_DAY at CYSD with Dr. Anuradha Mahapatra as one of the panel members. Theme for2019: Suicide Prevention-11thOctober.

Objective: Awareness about importance of Mental Heath

Outcome: Great session with lot of information.

9. MANAM counseling session with the elderly at Silver age foundation, Bhubaneswar. 17thOctober.





10. Senior citizens sensitization program among the students of TAPOVAN School. Supported by Tata Trusts the program is conceptualized and implemented by Livolink Foundation in collaboration with MANAM Foundation.

Objective: To sensitize the students of TAPOVAN School for Senior Citizens

Outcome: Engaging and participating audience

11. Manam Foundation won the Odisha's Women Entrepreneurs Award at CII and YIexhibition 2019.

12. Workshop on World Aids Day at Manam Well ness Centre for the youth. Addressed by Sriharsh Mohanty, Expert on Aids and Substance Abuse Preventive on 1st December 2019.

Objective: Discussion about Prevention from aids and Substance abuse

Outcome: Highly informative and inspiring session for participants.

13. MANAM conducts the BASIC psychological counseling course with Demo practice sessions on 10th&11thJanuary2020 at Manam wellness center.

Objective:To provide training on Basic Psychological Counselling skills

Outcome:Good number of participants, a successful and smoothly conducted course



14. Workshop on Advance Psychological Counselling on 7th&8th February, conducted by Dr. B.J Prashantham director CCC Vellore.

Objective: Training on Advance Psychological Counselling

Outcome: Informative session, engaging participants.

Projects Conducted by Manam Foundation

TATA TRUST

Sensitizing adolescent students in Odisha and increase empathy and understanding towards geriatric care

1. Coverage

Sl.No.	School Covered	Address	Children Covered	No. of Senior Citizens who attended the last session
1	Tapovan High School	Khandagiri, Bhubaneswar, Odisha 751030	100 (B-, G-)	1
2	Sri Satya Sai High School	BED College St, Ekamra Vihar, Kharabela Nagar, Bhubaneswar, Odisha 751001	70	0
3	Sri Jayadev shiksha kendra	Patia Station Road, Kanan Vihar, Patia, Bhubaneswar, Odisha 751024	80	2
4	Govt. Girls High School Unit-2	Govt. Girls High School Unit-2, Ashok nagar-751009	50	0
5	Govt. Girls High School Unit-6	High School Rd, Near Bana Durga Temple, Unit 6, Ganga Nagar, Bhubaneswar, Odisha 751001	50	2
6	Shanti Sishu Mandir	Near Mosque, Mancheswar Station Road, Adimata Colony, Mancheswar Industrial Estate, Mancheswar, Bhubaneswar, Odisha 751017	73	1

2. ANALYSIS OF THE FEEDBACK FROM THE STUDENTS:

Manam conducted the student's sensitization programme towards senior citizens in six different schools. There were altogether 423 students. The students were given a set of questionnaire comprise of 63 number of questions in each session of each school. After collecting all the questionnaire, we analyzed the feedback and came to the conclusion that the session was received by the students very enthusiastically and attentively. Following are the summary of the sessions:

Session 1 (K.Y.E- Know Your Elderly): They got introduced to the basic characteristics and needs of senior citizens. They learnt about how to show positive conditional care towards senior citizens.

Session 2 (Communication Building Skills): They came to know about various body postures to maintain while communicating with senior citizens. They also learnt the difference between reacting and responding.

Session 3 (Trust and Building Skills): In this session, the students learnt to develop transparency and feeling of belongingness in different ways like sharing secrets, keeping promises, having conversation in a jovial manner.



Session 4 (Tradition VS Modernity Mind the Gap): From this session the students acknowledged the importance of having a balance between generational gap in spite of the differences.

Session 5 (Empathy Building Skills): The students learnt about different types of advanced ways to show empathy like; Cognitive, Emotional, Compassionate, Somatic and Spiritual empathy.

Session 6 (Expectation Management with Senior Citizens): The student learnt about maintaining healthy and realistic expectation management skills.

Besides this the students enjoyed the activities more and showed keen participation in the interaction.

Content of each session

- a. K.Y.E. (KNOW YOUR ELDERLY) To create a seriousness towards the programme and get their attention to the issue.
- b. C.S.B.T. (Communication Skill Building Training with emphasis on Exchange of ideas of Tech vs Culture)
- c. E.B.S.T. (Empathy Building Skills Training with Visualisation of their Future)
- d. T. V. M. (Tradition vs Modernism Mind the gap)
- e. E.M. (Expectation Management with Role reversal Techniques)
- f. T.B E.I.B (Trust Building Exercise in Both and goal Setting)

The frequency of the sessions will be once a week. Each session will be one and a half hours. Each batch will have a group of 45 students preferably a mix of girls and boys to be able to evaluate the sensitisation better.

The experts will conduct the programme and the sessions. The impact assessment will be done after all the sessions in the 6th one through various tools of assessment.



Manam works at Facility

Lives touched - 22000+

Impacted with Mental Health (MH) Care- 450+

Counselling Hours- 15000+

Institutional Collaborations- 14

MH awareness campaigns at schools& Colleges- 18

Manam Foundation completing 15,000+ hours of counseling sessions over the last two years. It's especially notable considering that. We did 9,000 more hours of counseling sessions compared to the previous year. This indicates significant growth in our support services. 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	1108	316	1424
2	Couple Session	218	16	234
3	Group Session	108	-	108
4	Family Session	32	-	32
5	Daycare	66	-	66
TOTAL		1532	332	1864

Manam's Employee List

Name of the Staff	Designation	Qualification
Dr. AnuradhaMahapatra	Alternate Therapist	BA, LLB, Dip in Human Rights, PHD in Alternate Therapy from Maharshi University, Netherlands.
Ms. SomyaMohapatra	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
Ms. RajashreeBehera	Associate Psychological Counselor	MA in Psychology from UU, NCERT Dip in Guidance & Counseling, RIE, Bhubaneswar
Ms. Bulbul Dasgupta	Supportive Therapist	BA (Hons) in Psychology
Mr. DheemanHota	Consultant	IIT-Kharagpur, CFA Level-II Cleared, EX-Investment Banker

Back Office/Support

Ms. SunayanaSamal	HR & Admin and Finance Manager	BA
MrMeghanadNayak	Office Assistant	Matriculate
MrBijay Ku Rout	Security	Matriculate



Manam's Trustee List

SI 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
BALANCE SHEET FOR THE YEAR ENDED 31st MARCH 2020

LIABILITIES		ASSETS	
PARTICULARS	FY 2019-20 AMOUNT IN Rs.	PARTICULARS	FY 2019-20 AMOUNT IN Rs.
CAPITAL ACCOUNT	2,044,109	OFFICE BUILDING	1,185,512
SURPLUS IN INCOME EXPENDITURE ACCOUNT IN CURRENT YEAR	-66,222	FURNITURE	109,553
Liability for Audit Fees	11,800	ELECTRICAL ITEM	476,663
		CASH & BANK BALANCE	
		CASH BALANCE	25,374
		BANK BALANCE	197,585
TOTAL	1,989,687	TOTAL	1,989,687

Certified as per the information available to us.

For MANAM FOUNDATION

Anusudhachhapati

CHAIRMAN

Place : Bhubaneswar

31/01/2021

for GSCS & ASSOCIATES
Chartered Accountants

Levis

GSCS & ASSOCIATES
FRN N-100707E
CA. LEVISA KISHOR
Partner
M.No. 455703

Financial Audit Report 2019-20



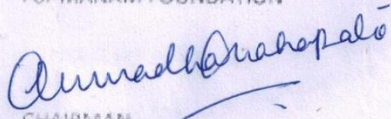
MANAM FOUNDATION
A PUBLIC CHARITABLE TRUST
5, LEWIS ROAD, HOUSING BOARD COLONY, BHUBANESWAR-751002
INCOME & EXPENDITURE ACCOUNT FOR THE PERIOD ENDING 31ST MARCH, 2020

Year 2019-20

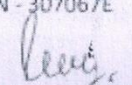
PARTICULARS	Amount in Rs
INCOME	
COLLECTION	2,136,414
INTEREST	
TOTAL	2,136,414
EXPENDITURE	
Rent	342,000
Salary	1,262,658
Printing Stationeries	23,745
Administration Expenses	11,992
Office Expenses	268,161
Mess Expenses	5,987
Travelling Conveyance	2,490
Electricity charges	40,226
Advertisement	12,000
Professional Fees	62,893
Audit Fees	11,800
Depreciation	158,684
TOTAL	2,202,636
Excess/Deficit of Income over expenditure Transferred to Balance Sheet	-66,222

Certified as per the informations given to us.

For MANAM FOUNDATION


CHAIRMAN
Place : Bhubaneswar
31/01/2021

for GSCS & ASSOCIATES
Chartered Accountants
FRN - 307067E


UMAKANTA MISHRA
Partner
Memb No-55203





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**