

ANNUAL REPORT



Manam Foundation, Odisha
Transforming Mental Health Care

manam.ngo

Annual Report-2020-21

Annual Report-2020-21

SL NO	CONTENTS	PAGE NO
A	About Manam, Mission , Vision and Objectives	3
B	Founder/ Director's Vision	4
C	PROGRAMS & EVENTS EXECUTED BY MANAM FOUNDATION	5
D	Projects Conducted by Manam Foundation	6
E	SESSIONS AT MANAM FACILITY	7
F	Manam works at Facility	8
G	Manam Staffs details	9
H	Manam Board of Trustees	10
I	Key Partners, Alliances and Collaborators	11
J	Manam Celebration of following days of importance on the theme	12
K	Financial Audit Report 2020-21	13-16
L	Contacts	17

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. MANAM CELEBRATING “International day against drug abuse and illicit trafficking” AT MANAM CENTRE ON 26TH JUNE 2020.

Objective: Awareness about drug abuse and illicit trafficking

Outcome: Fruitful session, positive feedbacks.

2. Celebrate world suicide prevention day at Manam center on 10th September 2020.

Objective: Awareness about Suicide and its Prevention

Outcome: Informative and interactive session

3. Women's Day Celebrated at Manam Center on 8th March 2021 with RJ Smita.

Objective: To empower women

Outcome: Interesting and indulging session

Projects Conducted by Manam Foundation

TSML

Manam conducted Basic Awareness Sessions for all members of the TSML team who have not been able to attend it due to unavoidable circumstances.

We began sessions on specific targeted issues (mentioned below) with earlier groups of different bands as deemed appropriate by the HR team with the time, availability and convenience of the groups. These bands as mentioned are:

- a. L to M Band Officers along with interested spouses
- b. S Band Officers along with interested spouses
- c. 01 Sub Band Officer along with interested Spouses
- d. 02 Sub Band Officers along with interested Spouses

some targeted key issues through these topics such as

- a. work place harmony
- b. work place reorientation in behaviour
- c. relationships with peer groups
- d. responses to and coping with ambiguity



SESSIONS AT MANAM FACILITY

SL NO	PARTICULARS	SESSIONS (OFFLINE)	SESSIONS (ONLINE)	TOTAL
1	Individual Session	493	2311	2804
2	Couple Session	26	37	63
3	Group Session	6	3	9
4	Family Session	19	24	43
5	Daycare	18	-	18
TOTAL		562	2375	2937

Manam works at Facility

Lives touched - 33000+

Impacted with Mental Health (MH) Care- 600+

Counselling Hours- 21000+

Institutional Collaborations- 18

MH awareness campaigns at schools& Colleges- 24

Manam Foundation completing 21,000+ hours of counseling sessions over the last three years. It's especially notable considering that. We did 6,000 more hours of counseling sessions compared to the previous year in covid pandemic. 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

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.
MsSomyaMohapatra	Chief Therapeutic Counselor	Master in Social Work from TISS and UGC-NET(JRF) in Criminology & Correctional Administration, Counseling course from CCC Vellore
DrSayali 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
MrDheemanHota	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

Sl No	Name	Designation
1	Dr. AnuradhaMahapatra	Director
2	Laxmidhar Nanda	Trustee
3	Anju Jain	Trustee
4	GopikaMahapatra	Trustee
5	DevikaMahapatra	Trustee
6	DheemanHota	Trustee
7	SomyaSucharitaMohapatra	Trustee

Key Partners, Alliances and Collaborators

Institutional Alliances	Referral Partners	Institutions	NGO Partners	Media Partners
Tata Steel Mining Ltd OMC LTD SBI Silver Age CII CSM Technologies Commissionerate of Police (Mahila Thana) FICCI Flo	AIIMS LVP Eye Institute Kalinga Hospital SUM Hospital KIMS	RECM, GITA College NISER Silicon NIST SOA Ramadevi Autonomous College BJB Autonomous College Happy Hours School Bharatiya Vidya Bhawan DAV-Kalinganagar	Samarpan DE addiction Centre Kadar DE addiction Centre Revolution DE addiction Centre Living Farms Saathi (LGBTQ)	The New Indian Express Radio FM

Celebration of following days of importance on the theme

Occasion	Day & Month
International Women's Day	March 08
International Happiness Day	March 20
World De-addiction Day	June 26
World Suicide Prevention Day	September 10
World Mental Health Day	October 10
Human Rights Day	December 10



RDA & ASSOCIATES

CHARTERED ACCOUNTANTS

H.O. N-1/A-15, IRC Village, Nayapalli,

Near CRP Square, Bhubaneswar - 751015

E-mail: rimadhawan@hotmail.com, info@rdaindia.com

Telefax: (0674) 2555776, Website: rdaindia.com

AUDITORS' REPORT

To

The Chairman,

Manam Foundation,

Plot No-5, Lewis Road, Housing Board Colony, Bhubaneswar-751002

Odisha

We have audited the attached Balance sheet of **MANAM FOUNDATION, Plot No-5 Lewis Road, Housing Board Colony, Bhubaneswar-751002, Odisha** as at 31st March 2021 and also the Receipt & Payment Account and Income & Expenditure Account for the year ending on that date annexed thereto. These financial statements are the responsibility of the organization. Our responsibility is to express our opinion on these financial statements based on our audit.

We have conducted our audit in accordance with auditing standards generally accepted in India. Those Standards require that we plan and perform the audit to obtain reasonable assurance about whether the financial statements are free of material misstatement. An audit includes examining on a test basis, evidence supporting the amounts and disclosures in the financial statements. An audit also includes assessing the accounting principles used and significant estimates made by management, as well as evaluating the overall financial statement presentation. We believe that our audit provides a reasonable basis for our opinion.

- a) We have obtained all the information and explanations which to the best of our knowledge and belief were necessary for the purpose of our Audit.
- b) In our opinion, proper books of account and records, as required by law have been kept by the organization, so far as appears from our examination of such books.
- c) The Balance sheet, Receipt and Payment Account & Income & Expenditure Account referred to in this report are in agreement with the books of Account maintained by the organization.
- d) In our opinion and to the best of our knowledge and belief the Balance Sheet, Receipt and Payment Account and Income & Expenditure Account together with the Significant Accounting Policies comply with the applicable accounting standards.
- e) In our opinion and to the best of our information and according to the explanations given to us, the said accounts give the information as required by law in the manner so required and give a true and fair view in conformity with the accounting principle generally accepted in India.

Branches : Sambalpur • Thiruvananthapuram • Guwahati • Kolkata • Mulund, Mumbai

- i) In so far as it relates to the Receipt and Payment Account of the Organization for the year ended 31st March 2021.
- ii) In so far as it relates to the Balance Sheet, of the state of affairs as at 31.03.2021 and.
- iii) In so far as it relates to the Income & Expenditure A/c, of the Excess of income/ expenditure over expenditure/income for the year ended 31st March'2021.

Place: Bhubaneswar

Date:

For RDA & ASSOCIATES
CHARTERED ACCOUNTANTS
FR NO-322810E

Rima Dhawan

(CA. RIMA DHAWAN)

PARTNER

M NO-057118

UDIN- 220571184DCED16037



Manam Foundation 5, LEWIS ROAD, HOUSING BOARD COLONY BHUBANESWAR-751002 BALANCE SHEET AS ON 31ST MARCH 2021			
Particulars	Note	(Amount in Rs.)	
		As at 31st March 2021	As at 31st March 2020
A. Sources Fund:			
(i) Capital Fund	1	2,444,230.00	1,977,887.00
(ii) Other Current Liabilities	2	11,800.00	11,800.00
Total		2,456,030.00	1,989,687.00
B. Application of Fund:			
(i) Fixed Assets	3	1,535,280.00	1,771,728.00
(ii) Current Assets			
(a) Cash and Cash Equivalent	4	920,750.00	217,959.00
(b) Other Current Assets			
Total		2,456,030.00	1,989,687.00

Date: _____
Place: Bhubaneswar

For & Onbehalf of
Manam Foundation

[Signature]
Chairman
For MANAM FOUNDATION

For RDA & Associates
Chartered Accountants
FRN: 322810E

[Signature]
CA RIMA DHAWAN
Partner
MRN: 057118
UDIN: 28057118ADCE16037



Authorised Signatory



Manam Foundation 5, LEWIS ROAD, HOUSING BOARD COLONY BHUBANESWAR-751002 Income and Expenditure Statement for the year ending 31st March 2021			
Particulars	Note	(Amount in Rs.)	
		As at 31st March 2021	As at 31st March 2020
A. Income:			
(i) Collection	5	2,357,431.00	2,136,414.00
(ii) Other Income	6		
Total Income (A)		2,357,431.00	2,136,414.00
B. Expenditure:			
(i) Administrative Expenses	7	1,654,640.00	2,043,952.00
(ii) Depreciation		236,448.00	158,684.00
Total Expenditure (i-iv)		1,891,088.00	2,202,636.00
C. Excess of Income over Expenditure (A-B)		466,343.00	(66,222.00)

Date: _____
Place: Bhubaneswar

For & Onbehalf of
Manam Foundation

[Signature]
Chairman
For MANAM FOUNDATION

For RDA & Associates
Chartered Accountants
FRN: 322810E
[Signature]
CA RIMA DHAWA
Partner
MRN: 057118



Authorised Signatory





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**