

ANNUAL REPORT



Manam Foundation, Odisha
Transforming Mental Health Care

manam.ngo

Annual Report-2021-22

Annual Report-2021-22

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	5-12
D	Projects Conducted by Manam Foundation	13-14
E	Key Partners, Alliances and Collaborators	15
F	Manam work at Facility	16
G	Sessions at Manam Facility	17
H	Manam Staff details	18
I	Manam Board of Trustees	19
J	Financial Audit Report 2021-22	20-23
K	Contacts	24

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. Manam started Free Covid helpline for Mental Health Counselling from dtd-06-05-2021 to 30-06-2021

During the COVID-19 pandemic, Manam has provides free helplines for mental health counseling to support individuals dealing with the emotional and psychological impact of the pandemic. These helplines offer a range of services, including emotional support, counseling, and resources to help people cope with stress and anxiety.

Objective: Focusing on the mental health of People

Outcome: Fruitful sessions smoothly conducted

2. MANAM counseling session with the elderly at Silver age foundation, Bhubaneswar. 17-06-2021.

Objective: Educating the geriatric on mental health

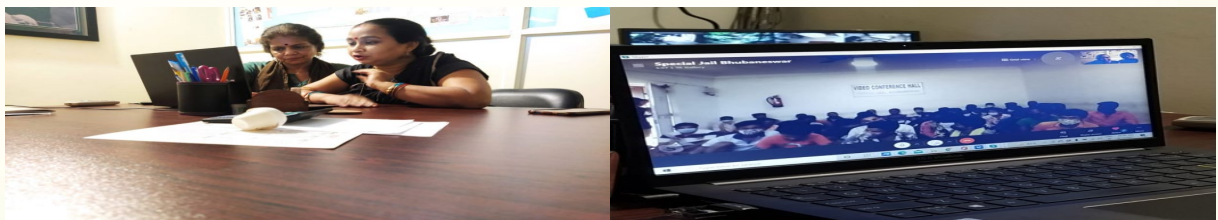
Outcome: Fruitful session smoothly conducted



3. We conducted a Webinar with Male prisoner of Jharpara Jail on dt-14-08-2021

Objective: Focusing on the mental health of the male prisoners.

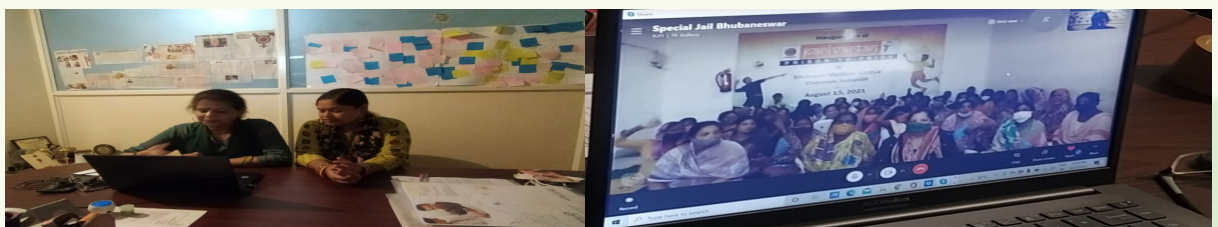
Outcome: Fruitful session



4. Manam conducted a Webinar with Women prisoner of Jharpara Jail on dt-21-08-2021

Objective: Focusing on the mental health of female prisoners.

Outcome: Engaging session with lot of emotional disclosure.



5. Seminar at Choudwar Jail on Mental Health Awareness (MEP) Session, on dt-15-09-2021

Objective: Mental Health Awareness for inmates of Choudwar Jail

Outcome: Smooth conduction, engaging audience.



6. Seminar with Women Prison of Jharpara Jail on dt-18-09-2021

Objective: Mental health awareness among women prisoners of Jharpada Jail

Outcome: The participants connected well and there were Q/A sessions



7. Art of drawing program at Choudwar Jail. On dt-07-10-2021

Objective- Art therapy with inmates

Outcome- Colourful and interesting form of emotions



8. Seminar at Ramadevi on dtd-08-10-2021.

Objective- Seminar at Ramadevi.

Outcome- Audience related to most of the contents.



9. “Mo Mana” programme at Jharpara female word on dt-30-10-2021

Objective- MoManaProgramme

Outcome- Engaging audience



10. Seminar & Books distributed at Choudwar Jail & involved in various activities. On dt-05-11-2021

Objective- Book distribution between inmates to narrate their own story

Outcome- diversified emotional thoughts



11. Seminar with male client of Jharpara Jail on dt-10-11-2021

Objective- Seminar with male inmates .

Outcome- Had a Ques/ Ans session.



12. Seminar on Recognizing & Replacing the fear of Inmates at Jharpara Jail on dt-16-11-2021

Objective:-Recognizing and Replacing Fears

Outcome- Learned about themselves a little better



13. Seminar at Choudwar jail and Book distribution on dt-18-11-2021

Objective – Book distribution between inmates to narrate their own story.

Outcome- Diversified Response.



14. Manam Full Day workshop with our diligent Conscience keepers at MG Academy for Correctional Institutions on dt- 19-11-2021

Objective- Workshop with diligent Conscience keepers of MG Academy

Outcome- The audience related to the contents



15. Manam Creating role play sessions for inmates to identify, label and handle Greed! Most appreciated session by inmates!! At Jharpara Jail on dt-24-11-2021.

Objective- Session for identifying, labeling and handling GREED with inmates

Outcome- Most appreciated session by inmates



16. Seminar at choudwar jail on dt-03-12-2021.

Objective- Seminar with inmates

Outcome- Took time to open up, but many did eventually



17. ManamCounselling Sessions encouraging peer counseling at Special Jail Jharparaon dt-08-12-2021.

Objective- Peer Counselling within inmates

Outcome- Learned how to make a support group



18. Secret Santa sharing abstract gifts of patience, well-being, peace of mind, clarity and resilience practice with the youth (18-25) at Jharpara Special Jail on dt-24-12-2021.

Objective-Secret santa came up with abstract gifts that are held within inmates

Outcome- They have learned about Patience, Well-being, Peace of mind, Clarity, Resilience



19. Counselling session with Chowdwar Ladies Inmatescoping mechanisms or fear on dt 05-01-2022.

Objective- Coping Mechanisms of fear with ladies inmates

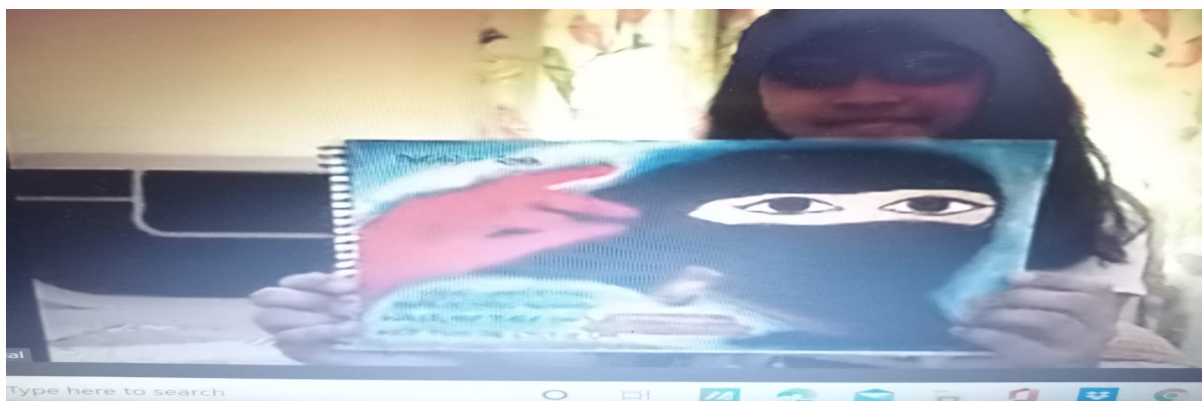
Outcome- Learned about healthy way and asked pertinent questions



20. Manam Awarenesssession on ChildSexual Abuse , emotional trauma and POCSO with young students at Apeejay school, on dt- 19-01-2022

Objective- Awareness of POCSO in Apeejay School

Outcome- Attentive Students



21. Sessions Manam Awareness over 5 days for youth CounsellingSpread over 10 sessions for Mental, emotional awareness & Potential identification from 20th to 24th Dec 2021 at different blocks of Rayagada.

Objective- Emotional Awareness and Potential Identificationamong youth in Rayagada

Outcome- Most engaging and expressive audience



22. Manam interactive session at Chowdwar Prison on the key basal emotion ... GREED on dt-18-02-2022.

Objective- Basal emotion GREED with inmates

Outcome- Learned about the stems of the emotion



23. Manam celebrates women's day and Palm printing activity to know about the hopes in life and life lessons to share as women at special jail jharpada on dt-08-03-2022.

Objective- Palm Printing to know about hopes and life lessons with inmates

Outcome- Uniqueness within Individuals



24. Manam celebrates Holi with Ficci Flo at special jail Chowdwar on dtd-18-03-2022.

Objective- Holi Celebration with FICCI FLO in Prison

Outcome- Enjoyed the festivity



25. Manam ideating on the way forward for more rights and mental hygiene for our Transgender members at a platform with TIDE on dt- 27-03-2022.

Objective – Mental Hygiene among Transgender

Outcome-Strong Response from audience



Projects Conducted by Manam Foundation



LVP

Geriatric Mental Health and Well-Being (LVP-Manam collaboration)

We have been doing thorough research on the visible signs and symptoms of mental health issues in geriatric clientele. Visible symptoms have been difficult to come across. But every research brings me back to some key pointers that can be asked about to get a general idea of the mental health status of any person. The pointers are:

1. Long-lasting sadness or irritability
2. Extremely high or low moods
3. Excessive fear, worry, or anxiety
4. Social withdrawal
5. Dramatic changes in eating or sleeping habits.

LVP Pilot Project Outcome:- Fearfulness and anxiousness were reported by patients with regards to their poor eye condition and treatment process. Dependency and lack of mobility leads to frustration and irritability in patients with poor eye condition.. Interpersonal relation issues with the family members (especially with the spouse) is the most common psychological issue experienced by most of the patients. Anxiety, dementia, hopelessness, loneliness and fear of dependency are some other psychological issues faced by the patients. Those patients who previously reported feeling of restlessness or anxiousness were found to have anxiety and patients who reported hopelessness and lack of interest in life were found to have depression. Reportedly a small number of patients were apprehensive. Other physical ailments such as Blood Pressure (BP) and Diabetes were recorded in the patients. Hypertension, muscular degeneration, hearing problems, tumor, albinism, heart and joint problems, asthma and injury due to accident was also recorded, while some Patients had none. Majority of the patients reported some kind of economic issues. Lack of information was reported by some patients while a few reported social support issues.

SOS



Transforming Mental Health Care for children

LIVING FARMS



Breaking down complicated Mental Health concepts for our tribal youth and transforming Mental Health care within the community.

DAPTA



Creating awareness on Mental Health among school going children within tribal communities, with a focus on simplifying concepts of Mental Health and discussing post Covid-19 Mental Health Care.

DEPARTMENT OF CORRECTIONAL SERVICES



First ever effort at transforming the lives of marginalised and socially shunned groups in Odisha prisons by collaborating with the Odisha Department of Correctional Services.

Key Partners, Alliances and Collaborators

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



Manam works at Facility

Lives touched - 52500+

Impacted with Mental Health (MH) Care- 1350+

Counselling Hours- 41000+

Institutional Collaborations- 22

MH awareness campaigns at schools & Colleges- 35

Manam Foundation completing 41,000+ hours of counseling sessions over the last four years. It's especially notable considering that. We did 20,000 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	SESSSIONS (OFFLINE)	SESSIONS (ONLINE)	TOTAL
1	Individual Session	2128	1102	3230
2	Couple Session	139		139
3	Group Session	108		108
4	Family Session	62		62
5	Daycare	338		338
TOTAL		2775	1102	3877



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
Mr. Umasankar Mishra	HR & Admin and Finance Manager	MBA (Marketing/Finance)
Ms. Padmaja Sarangi	Clinical Psychologist	MA in Psychology from UU.
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
Mr. MeghanadNayak	Office Assistant	Matriculate
Mr. Bijay 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	Somya Sucharita Mohapatra	Trustee

FINANCIAL AUDIT REPORT 2021-2022



RDA & ASSOCIATES

CHARTERED ACCOUNTANTS

AUDITORS' REPORT

To
The Secretary cum Executive Director,
Manam Foundation,
5, Lewis Road, Housing Board Colony, Bhubaneswar-751002
Odisha

We have audited the attached Balance sheet of **MANAM FOUNDATION**, Lewis Road, Housing Board Colony, Bhubaneswar-751002, Odisha as at 31st March 2022 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.

FIRM'S ICAI REGISTRATION NUMBER: 322810E

H/O : N-14-15, IRC Village, Nayapali,
Near CRP Square, Bhubaneswar - 751015,
Odisha, India

Ph: (0674) 2555726
Mobile: +91 9437230666
+91 9337011004

Email: rimadhawan@hotmail.com
info@rdaindia.com

Website: www.rdaindia.com

Branches : Cuttack • Guwahati • Kolkata • Sambalpur •

• Thiruvananthapuram • Mulund

- i) In so far as it relates to the Receipt and Payment Account of the Organization for the year ended 31st March 2022.
- ii) In so far as it relates to the Balance Sheet, of the state of affairs as at 31.03.2022 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 2022.

Place: Bhubaneswar

Date: 21/09/2022

For RDA & ASSOCIATES
CHARTERED ACCOUNTANTS
FR NO-322810E



(CA.RIMA DHAWAN)
PARTNER
M NO-057118



UDIN-22057118BDPDLZ6426

Manam Foundation S, LEWIS ROAD, HOUSING BOARD COLONY BHUBANESWAR-751002 BALANCE SHEET AS ON 31ST MARCH 2022			
Particulars	Note	(Amount in Rs.)	
		As at 31st March 2022	As at 31st March 2021
A. Sources Fund:			
(i) Capital Fund	1	2,712,253.00	2,444,230.00
(ii) Other Current Liabilities	2	626,998.00	11,800.00
Total		3,339,251.00	2,456,030.00
B. Application of Fund:			
(i) Fixed Assets	3	1,344,867.00	1,535,280.00
(ii) Current Assets			
(a) Cash and Cash Equivalent	4	1,994,384.00	920,750.00
(b) Other Current Assets	5	-	-
Total		3,339,251.00	2,456,030.00

Date: 21-09-2022
Place: Bhubaneswar

For & Onbehalf of
Manam Foundation

[Signature]
Managing Trustee
For **MANAM FOUNDATION**

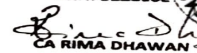
Refers to our report of even date

For RDA & Associates
Chartered Accountants
FRN: 3228108

[Signature]
CA RIMA DHAWAN
Partner
MRN: 057118

Authorized Signatory



Manam Foundation 5, LEWIS ROAD, HOUSING BOARD COLONY BHUBANESWAR-751002 Income and Expenditure Statement for the year ending 31st March 2022			
Particulars	Note	(Amount in Rs.)	
		As at 31st March 2022	As at 31st March 2021
A. Income:			
(i) Collection	6	2,562,472.00	2,357,431.00
(ii) Other Income	7	125,576.00	-
Total Income (A)		2,688,048.00	2,357,431.00
B. Expenditure:			
(i) Administrative Expenses	8	2,214,612.00	1,654,640.00
(ii) Depreciation		205,413.00	236,448.00
Total Expenditure (i-iv)		2,420,025.00	1,891,088.00
C. Excess of Income over Expenditure (A-B)		268,023.00	466,343.00
Refer to notes on account annexed.			
Date: 21/09/2022			
Place: Bhubaneswar			
For & Onbehalf of Manam Foundation  Managing Trustee For MANAM FOUNDATION		For RDA & Associates Chartered Accountants FRN: 322810E  RIMA DHAWAN 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**