

ANNUAL REPORT



Manam Foundation, Odisha Transforming Mental Health Care

manam.ngo

Annual Report-2022-23

Annual Report-2022-23

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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. Manam – ICC collaboration at blossoms school. To create awareness for teachers on adolescent mental health on dt- 09-04-2022

Objective- Mental Health awareness of teachers for adolescents

Outcome- Receptive and cooperative teachers



2. Manam's drive to create post pandemic mental health awareness with 10th class girls at BJEM School, on dt-12-04-2022

Objective- Mental Hygiene Awareness among 10th class girls

Outcome- Had a very responsive students to understand mental health concerns



3. Manam's drive to create post pandemic mental health awareness with 10th class boys at BJEM School, on dt-13-04-2022

Objective-- Mental Hygiene Awareness among 10th class girls

Outcome- Had a very responsive students to understand mental health concerns



4. Efforts to reduce Recidivism in the youth inmates of Jharpada through Role play on dt-21-04-2022

Objective- Roleplay to reduce recidivism among youth inmates

Outcome- Insightful and free flowing expression



5. Manam Mental Health awareness session at LIC Women's Convention on dt-24-04-2022

Objective- Awareness session on Mental Health

Outcome- Smoothly conducted



6. Manam counseling session at special jail Chowdwar, on dt-02-05-2022

Objective- Counselling session with inmates

Outcome- Patiently listening is important to form a support group



7. Manam workshop with Happy Hours on dt-08-05-2022

Objective- Workshop of Mental Health

Outcome- They got demystified about their emotions



8. Manam had a workshop for IQ assessment with SOS children in its premises on dt-18-05-2022.

Objective- Workshop for IQ assessment

Outcome- Meticulously conduction of the workshop



9. Manam Outreach with NEW 7 media on World Tobacco Day dtd-31-05-2022.

Objective- To raise awareness and teliphonic Q&A session among the public about the negative environmental impact of tobacco.

Outcome-The teliphonic Q & A Session went well



10. Manam has organized a seminar and interactive workshop with the students of B.J.B Autonomous college on WSPD, dtd-10-09-2022.



Objective-To create self-empowerment to address self-harm & suicide through prevention action.

Outcome- The session was interactive and students share their thoughts through role play being (Counsellor & Client) .



11. Workshop on Post Covid Counselling conducted by Manam with 3 team members from 3rd to 5th Oct-2022, the project of DAPTA at pahadpadar, Bijepur&Trilochanpur of Lanjigarh block under Kalahandi District

Objective- Workshop on post Covid Counselling among the Adolescent School Students of kalahandi district.

Outcome-The workshop went well. Students were interactive and sharing their emotions/thoughts.



12. Manam had a Mental Health Awareness programme at MaaBhubasini Govt. High School, students collaborate with Live Love Laugh Foundation for initiate dialogues on mental health, Dt- 14-10-2022.

Objective-To create mental health awareness & building resilience among adolescent students ,teachers and parents .

Outcome- Students responses to the session and demands for such session in near future.



13. Manam had a Mental Health Awareness programme at MaaBhubasini Govt. High School, students collaborate with Live Love Laugh Foundation for initiate dialogues on mental health, Dt- 15-10-2022



Objective-To create mental health awareness & building resilience among adolescent students ,teachers and parents .

Outcome- Students responses to the session and demands for such session in near future.



14. Manam had a Mental Health Awareness programme at MaaBhubasini Govt. High School, Samantarapur students collaborate with Live Love Laugh Foundation for initiate dialogues on mental health, Dt- 17-10-2022



15. Manam had a Mental Health Awareness programme at. B.M High School, Old town students collaborate with Live Love Laugh Foundation for initiate dialogues on mental health, Dt- 20-10-2022



16. Manam had a Mental Health Awareness Programme at. Badagada High School, students collaborate with Live Love Laugh Foundation for initiate dialogues on mental health, Dt- 21-10-2022



17. Manam had a Mental Health Awareness programme at. Young phoinex students collaborate with Live Love Laugh Foundation for initiate dialogues on mental health, Dt- 22-10-2022



18. Manam had a Mental Health Awareness programme at. MBS Public School students collaborate with Live Love Laugh Foundation for initiate dialogues on mental health, Dt- 27-10-2022



19. Manam had a Mental Health Awareness programme at. University High School students collaborate with Live Love Laugh Foundation for initiate dialogues on mental health, Dt- 03-11-2022



20. Manam had a Mental Health Awareness programme at. B.M High School students collaborate with Live Love Laugh Foundation for initiate dialogues on mental health, Dt- 17-11-2022



21. Manam had a Mental Health Awareness programme at. Venketeswar Eng. Medium School students collaborate with Live Love Laugh Foundation for initiate dialogues on mental health, Dt- 18-11-2022



22. Manam had a Mental Health Awareness programme at. Santanu Eng. Medium School students collaborate with Live Love Laugh Foundation for initiate dialogues on mental health, Dt- 23-11-2022



23. Manam foundation facilitates 10- hours workshop at its premises on Basic Counseling Skills, encouraging the first steps to Professional Counseling on dt- 26th& 27th Nov-22

Objective-To give professional basic counselling skill training to the interested candidates who wants to be in counselling field

Outcome- Participants were very much involved would like to have more such training programme near future



24. Manam had a Mental Health Awareness programme at. B.M High School students collaborate with Live Love Laugh Foundation for initiate dialogues on mental health, Dt- 02-12-2022



25. Manam had a Enthusiastic participation in the YANA Programme
 !!!Conversations, dialogues and awareness on how to priorities mental health
 above anything else MANN HAI TOH JAHAN HAI !atBadagarh High School on
 Dt- 16-12-2022



26. Manam- LLLF collaboration for mental health awareness spreads the word day after
 day amongst our young adolescents under the YANA (You Are Not Alone) programme
 at. Badagarh High School programme on Dt- 17-12-2022



27. Manam at it again! Conducting Mental health training workshops with our tribal
 adolescents at Trilochanpur, Bijepur schools for the young, dynamic students on
 Emotional Management for bright tribal adolescents so eager to learn and use
 information!! A Manam and DAPTA collaboration from 09-02-2023 to 11-02-2023.

Objective-To Conduct mental health training workshop on Emotional Management with
 tribal adolescents.

Outcome-The students were very receptive to acquire the knowledge and utilize it in
 their life.



28. Manam had a Mental Health Awareness programme at. Saraswati, Nuagaoncollaborate with LiveLoveLaugh Foundation for YANA programme on, Dt- 06-02-2023



29. Manam at it again! Conducting Mental health training workshops with our tribal adolescents at Trilochanpur, Bijepur schools for the young, dynamic students on Emotional Management for bright tribal adolescents so eager to learn and use information!! A Manam and DAPTA collaboration from 09-02-2023 to 11-02-2023

Objective-To create awareness & giving training related to mental health challenges among tribal adolescents .

Outcome- Students were participating well and the session was very interactive.



30. Manam Foundation at Inner Wheel Club Inter-city meets as part of awareness. Mental Health challenges for the Senior Citizens on dt- 25th Feb 2023

Objective-To create awareness among senior citizen related to mental health challenges.

Outcome- Awareness programme went well , Participant felt connected.



31. Manam had a Mental Health Awareness programme with the TEACHERS at. Saraswati, Nuagaon collaborate with Live Love Laugh Foundation for YANA Programme on, Dt- 17-03-2023



32. Presenting Manam Foundation at CCC, Vellore Golden Jubilee- alumni meet on dt- 18th and 19th March 2023

Objective- To represent manam foundation & to get felicitate at CCC,Vellore golden jubilee- alumini meet.

Outcome- The programme went well.



Projects Conducted by Manam Foundation

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.

LLLF



Collaborated with Live Love Laugh Foundation to implement the “You Are Not Alone” (YANA) program, touching 3500+ students in Odisha

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

Institutional Alliances	Referral Partners	Institutions	NGO Partners	Media Partners
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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

Tata Steel Mining Ltd	AIIMS	RECM,	Samarpan DE	
OMC LTD	LVP Eye Institute	GITA College	addiction Centre	
SBI		NISER		
Silver Age		Silicon	Kadar DE addiction Centre	
CII	Kalinga Hospital	NIST		
CSM Techologies	SUM Hospital	SOA		
Commissionerate of Police (Mahila Thana)		Ramadevi Autonomous College	Revolution DE addiction Centre	
Department of Correctional Services	KIMS	BJB Autonomous College	LLLF	
		Happy Hours School	Living Farms	
FICCI Flo		Bharatiya Vidya Bhawan	DAPTA	
		DAV-Kalinganagar	Saathi (LGBTQ)	

Manam works at Facility

Lives touched -



75000+

Impacted with Mental Health (MH) Care-

2200+

Counselling Hours-

65000+

Institutional Collaborations-

30+

MH awareness campaigns at schools & Colleges-

70+

Manam Foundation completing 65,000+ hours of counseling sessions over the last five years. It's especially notable considering that. We did 24,000 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	2108	1214	3322
2	Couple Session	446	16	462
3	Group Session	218	-	218
4	Family Session	64	-	64
5	Daycare	30	-	30
TOTAL		2866	1230	4096

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) & Persuing PGDCSR in IGNOU
Ms. AnkitaMahapatra	Associate Psychological Counselor	MA in Psychology from UU
Ms. PoonamMohapatra	Junior Counsellor	MA in Psychology
Ms. Salonya Arya	Junior Counsellor	MA in Psychology
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
4	GopikaMahapatra	Trustee
5	DevikaMahapatra	Trustee
6	DheemanHota	Trustee
7	Somya Sucharita Mohapatra	Trustee

FINANCIAL AUDIT REPORT 2022-2023



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' 2023 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.

- 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.
- 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.
- 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.
- 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.
- 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-1/A-15, IRC Village, Nayapalli,
Near CRP Square, Bhubaneswar - 751015,
Odisha, India

Phone: (0674) 2555776
Mobile: +91 9437230666
+91 9337011004

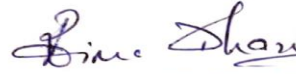
Email: rimadhawan@hotmail.com,
info@rdaindia.com
Website: www.rdaindia.com

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 2023.
- ii) In so far as it relates to the Balance Sheet, of the state of affairs as at 31.03.2023 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'2023.

Place: Bhubaneswar
Date: 27-Sep-2023

For RDA & ASSOCIATES
CHARTERED ACCOUNTANTS
FR NO-322810E


(CA.RIMA DHAWAN)
PARTNER
M NO-057118



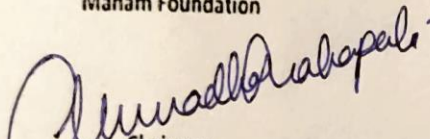
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Manam Foundation
5, LEWIS ROAD, HOUSING BOARD COLONY
BHUBANESWAR-751002
BALANCE SHEET AS ON 31ST MARCH 2023

Particulars	Note	(Amount in Rs.)	
		As at 31st March 2023	As at 31st March 2022
A. Sources Fund:			
(i) Capital Fund	1	4,190,554.00	2,712,253.00
(ii) Other Current Liabilities	2	713,934.00	626,998.00
Total		4,904,488.00	3,339,251.00
B. Application of Fund:			
(i) Fixed Assets	3	1,182,385.00	1,344,867.00
(ii) Current Assets			
(a) Cash and Cash Equivalent	4	3,629,689.00	1,994,324.00
(b) Other Current Assets	5	7,414.00	
(iii) Non current Asset	6	85,000.00	
Total		4,904,488.00	3,339,251.00

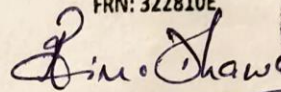
Date: 27/9/23.
Place: Bhubaneswar

For & Onbehalf of
Manam Foundation


Chairman

For RDA & Associates
Chartered Accountants

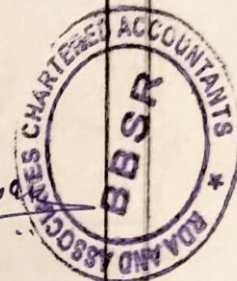
FRN: 322810E



CA RIMA DHAWAN

Partner

MRN: 057118



Manam Foundation
S, LEWIS ROAD, HOUSING BOARD COLONY
BHUBANESWAR-751002

Income and Expenditure Statement for the year ending 31st March 2023

Particulars	Note	(Amount in Rs.)	
		As at 31st March 2023	As at 31st March 2022
A. Income:			
(i) Collection	7	3,175,043.00	2,562,472.00
(ii) Other Income	8	1,308,795.00	125,576.00
Total Income (A)		4,483,838.00	2,688,048.00
B. Expenditure:			
(i) Administrative Expenses	9	2,826,575.00	2,214,612.00
(ii) Depreciation		178,962.00	205,413.00
Total Expenditure (i-iv)		3,005,537.00	2,420,025.00
C. Excess of Income over Expenditure (A-B)		1,478,301.00	268,023.00

Date: 27/9/23.
Place: Bhubaneswar

For & Onbehalf of
Manam Foundation

Alimul Hossain
Chairman

For RDA & Associates
Chartered Accountants
FRN: 322810E

Rima Dhawan
CA RIMA DHAWAN
Partner
MRN: 057118



Manam Foundation S. LEWIS ROAD, HOUSING BOARD COLONY BHUBANESWAR 751002					
Receipts & Payments Account for the year ending 31st March 2023					
Receipts	FY 2022-23 Amount (Rs.)	FY 2021-22 Amount (Rs.)	Payments	FY 2022-23 Amount (Rs.)	FY 2021-22 Amount (Rs.)
Opening Balance:			Payments:		
Cash at Banks:			Administrative Expenses		
IDBI - 7792	664,273.00	869,197.00	Advertisement	45,000.00	
Fixed Deposit	1,200,000.00		Audit Fees		
Cash-in-Hand:			Electricity Charges	44,667.00	38,500.00
Petty Cash	130,111.00	51,553.00	Festival Expenses		1,900.00
Receipts:			Mess Expenses		
Collection - Capital Fund			NAFSINDIA REGISTRATION		
Health Service Fees	3,175,043.00	2,562,472.00	Consultancy Fees	71,500.00	
Interest	117,916.00	30,576.00	Office Expenses	84,791.00	59,642.00
Giving from tribal session		95,000.00	Printing & Stationary	31,993.00	24,517.00
Grant in Aid			Professional Fees	225,100.00	179,775.00
Donation	1,103,500.00		Rent	480,000.00	25,000.00
Dr. Anuradha Mahapatra	71,995.00		Repair & Maintenance	45,130.00	4,150.00
Income tax refund	7,970.00		Salary	1,383,731.00	1,152,000.00
Loan recovery	15,000.00		Staff Welfare		4,274.00
			Bonus to staff	136,500.00	
			Telephone Bill	30,210.00	18,070.00
			Travelling & Conveyances	56,760.00	19,165.00
			Website Renew Charges	31,462.00	22,519.00
			Donation		2,950.00
			OTM bill		650.00
			Legal Expenses	3,500.00	
			MISC Expenses	44,136.00	8,696.00
			Plastic folder		2,065.00
			Water Expenses	10,000.00	
			FICCI membership		24,780.00
			Honorarium		15,000.00
			Digital Support Expenses	15,000.00	
			Purchase of fixed assets	16,480.00	15,000.00
			Loan to director	100,000.00	
			Closing Balance:		
			Cash-at-Bank	2,257,817.00	664,273.00
			IDBI - 7792	1,260,423.00	1,200,000.00
			Fixed Deposit		
			Cash-in-Hand:		
			Petty Cash	111,449.00	130,111.00
Total	6,485,808.00	3,608,798.00	Total	6,485,803.00	3,603,793.00

Date: 27/9/23

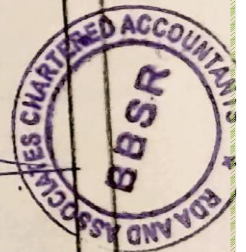
Place: Bhubaneswar

For & On behalf of
Manam Foundation

Anuradha Mahapatra
Chairman

For RDA & Associates
Chartered Accountants
FRN: 322810E

CA Rima Dhawan
Partner
MRN: 057115



Financial Audit Report 2022-23



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**