

*Dr. M. K. Chhabra, IPS*

**Director General of Prisons &  
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No. 520/Con Date 31/10/2023

Dear Dr. Mohapatra,


I am writing this letter to express my heartfelt appreciation and admiration for the groundbreaking work you have undertaken through the "Mo Mana" program in the prisons of Odisha. Your initiative to introduce mental health counseling and awareness workshops for inmates represents a monumental stride in the field of mental health and rehabilitation within the prison system.

The "Mo Mana" program, with its group sessions, art therapy camps, role plays, and storytelling sessions, has been a beacon of hope and transformation for incarcerated individuals. I commend the Manam Foundation for pioneering these holistic approaches to address the mental health hygiene of inmates, which is often an overlooked and under-addressed issue. Over the course of nine months, your program has not only provided inmates with the tools and knowledge necessary to improve their mental health, but it has also been a platform to foster important conversations on stress management, conflict resolution, and various emotional issues that are particularly relevant within the challenging prison environment.

Your dedication and commitment to this initiative are truly commendable for the inmates in offering them an opportunity for self-improvement and rehabilitation. I extend my deepest appreciation to the entire Manam Foundation team, including the volunteers and counsellors, who have tirelessly dedicated their time and expertise to make the "Mo Mana" program.

The Manam Foundation's "Mo Mana" program is a testament to the transformative power of dedicated individuals and organizations that are willing to address the often-neglected mental health needs of incarcerated individuals.

Wishing you the very best for your future endeavours.

  
D.G. of Prisons & D.C.S., Odisha

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