

Regd. Office :

6th Main Road,
Mogappair Eri Scheme,
Mogappair West,
Chennai 600 037,
Tamilnadu, India
Tel.: +91-(0)44 2653 0599
admin@balm.in
www.balm.in

balm THE BANYAN
ACADEMY OF
LEADERSHIP IN
MENTAL HEALTH
ANNUAL REPORT
2 0 1 4 - 1 5

CONTENTS

Message from the Chairman.....	1
Message from the Treasurer.....	2
Message from the Founders.....	3
Message from the Director	4
The challenge	5
About The Banyan.....	7
About BALM.....	9
Goals of BALM.....	11
Department of Social Work.....	13
Department of Applied Psychology.....	17
Department of Health and Development.....	19
Department of Extension studies.....	21
BALM Fellowship.....	23
Student activities at BALM.....	27
Mental Health and Social Action Lab (MHSAL).....	29
Seminars, Lectures and workshops.....	31
BALM trainings.....	33
Research, Projects & Publications	35
BALM team	37
Board of Trustees.....	41
Financial statement	42





Vision

An inclusive and humane world – capabilities, justice and equity promotive

Mission

To increase active stakeholder participation in the mental health sector, particularly in support deficient regions and positively affect prevalent trends through research, networking & advocacy.

To train, nurture & equip human resources in the mental health sector with appropriate knowledge, skills & competencies.

To map, document and disseminate information on best practices, challenges and progress in the mental health sector.



MESSAGE FROM THE **CHAIRMAN**

I am always struck by the drive, innovation, creativity and exponential growth seen at The Banyan and The Banyan Academy of Leadership in Mental Health (BALM) over the last seven years – what began as a passionate outburst, the empathetic response to the needs of homeless mentally ill women, has grown into an organisation that offers a range of holistic mental health services across two districts in Tamil Nadu, provides capacity building and technical support services on mental health interventions for organisations and agencies across the country, and most importantly nurtures multiple cadres of mental health and development professionals and significantly contributes to bridging the human resource gap in our country.

The cornerstone of The Banyan's care services rest in the ideology that the right to choice is fundamental, and that clients are full participants in the process of recovery and rehabilitation. Ever a learning organisation, The Banyan conducts an internal review solely based on service users' feedback. This not only enhances our service offering, approach to care but also contributes extensively to the existing literature on the nature of mental ill-health, distress and human rights in institutional settings, since studies including services users are few and far between.

The Banyan and BALM as sister organisations share a symbiotic relationship. The Banyan develops approaches to enhance quality of life of people affected by mental illness, marginalised on

account of poverty or homelessness. In this process, the organisation aims to set benchmarks for mental health services in our country through locally relevant and robust practice. BALM studies these approaches to establish evidence grounded in practice including values, ethos and culture that are embedded in such practice. This is transferred through BALM's education venture that offers Masters level courses to create a new generation of mental health and development leaders who can catalyse the large change needed for this sector.

I am immensely proud to see the zeal and enthusiasm displayed by young professionals at The Banyan and those enrolled at BALM. I am convinced that they will stimulate increased engagement, dialogue and practice in mental health and development sector and drive social change.

On behalf of the Board of Trustees, and the committed staff at The Banyan and BALM, I would like to extend our heartfelt gratitude to our institutional collaborators, corporate donors, volunteers, and well-wishers who are integral and vital partners in our endeavor to alleviate distress and promote resilience and wellbeing.

Here's to the next decade!

A.Sankaranarayanan
Chairman



MESSAGE FROM THE **TREASURER**

2014 has been a landmark year for The Banyan and The Banyan Academy of Leadership in Mental Health (BALM). It has seen both organisations innovate and fine-tune mental health services, engage with multiple stakeholders across the country with the aim of strengthening networks of care, and use participatory research and evidence derived from practice to impact policy. Most importantly this year has seen The Banyan and BALM transition into organisations led by two able and experienced Directors, and a strong Management team, who are mentored by the Board of Trustees and Founders. It gives me great pleasure and pride to commend the Internal Services Team (Human Resources, Finance and Administration departments) and the dedicated Project teams, who collaboratively ensure seamless operations and functioning across The Banyan and BALM's multiple initiatives. The commitment, drive, passion and shared values displayed by the teams makes this transition a significant milestone in the progress and growth towards organisational sustainability.

We are taking strategic steps towards ensuring financial sustainability, and have developed a multi-pronged approach to being self-sufficient – by doggedly building a corpus, bidding for Research grants, engaging with the Government, and creating micro enterprises. Securing The Banyan and BALM's core programmes and services will give the team the freedom to expand the scope of work, and incubate creative solutions

to tackle persistent problems in the mental health and development sector.

Since our inception in 1993, the philosophy of inspiring and enthusing individuals to engage with the cause has remained fundamental to our work. I am awe-struck and humbled by the generosity, kindness and empathy of our numerous volunteers, well-wishers and supporters – be it some of our staff who choose to donate their salaries back to The Banyan, or the children residing with us, who display maturity, sensitivity, grit and resilience far beyond their years, or our most committed volunteers who never miss a day and always have us in their thoughts. To you I extend our deepest gratitude – we would not be where we are without your passion, encouragement and faith in our work.

In the same vein, I also offer our heartfelt appreciation to all our institutional donors and partners – our successes are shared, and we thank you for owning the cause, and sharing our vision and dreams!

I wish The Banyan and BALM teams the very best for what promises to be exciting times ahead!

Balraj Vasudevan
Managing Trustee and Honorary Treasurer



MESSAGE FROM THE **FOUNDERS**

This has been an important year for The Banyan and Banyan Academy of Leadership in Mental Health (BALM). We are in our twenties! Besides strategic and need based expansion into other villages, panchayats, blocks and states, we have also truly transformed into a non founder(s) led organisation. Our greatest joy is in this evolution - that a young team of passionate and committed professionals, now drive the mission and vision of The Banyan and BALM in delivering cutting edge services for vulnerable groups, both in institutions and communities through shelters, hospitals and clinics; in continuing to combat social exclusion and promote participation in social and community life, in pursuing research around some very persistent problems, that otherwise could be dropped for easier, less messy ones and in building a culture of partnership and collaborative work with stakeholders across the country.

This team is representative of not just the future of The Banyan and BALM, but of hope and organisational sustainability. This sense of ownership beyond the founders, by our most engaged and competent boards, dynamic Executive Council and driven and motivated volunteers, is our biggest strength and reason for celebration. Similarly, the work of some of the women and men who have accessed our services, after their having achieved a state of personal recovery, is commendable and again, a good reason to celebrate. Be it, Selvi who fought homelessness, alienation and mental ill health, and today works as a peer counsellor and activist, supporting close to hundred other persons facing similar problems of mental ill health and deprivation in the tribal belts of the Nilgiris, or Bama, who lost herself after losing her parents and today, has found her niche in life as her customers swear by her beauty treatment and

services, at the salon she works in; or Shankar who uses art to express himself, still withdrawn and somewhat distant, however, content with life, or Subhha who experienced severe trauma owing to repeated abuse on the streets and utter and abject poverty, but today though still not entirely well, makes chappatis at The Banyan Bistro for a living and looks forward to her son who attends an English medium school, aspires to be a pilot, doctor or actor and plays the piano with the flair and aptitude of a natural.

We have grown, understood ambiguity, diversity of experience and multiplicity of narratives in life, illness, human rights and social change. This reflects in our approach today, as we are aware of the complexity of conditions and contexts and are yet bold enough to be hopeful to drive change. This approach has made us confident, authentic and mature and enables us to stay with problems and persevere (even in times of uncertainty) and in the process innovate, problem solve and develop solutions or newer pathways to care. This ecosystem is now also a learning ground for our newest initiative, the TISS BALM collaborative programme that trains students in Social Work Practice, Mental Health, Psychology, Policy Analysis etc. It is our hope that our organisational DNA will seep through and infect this new cadre of development professionals and in some ways impact the future of our nation positively, influence social mixing and inspire human connection.

As we head towards our 25th gradually, we hope to continue to do what we do best - address distress and help stimulate creativity, resilience and hope!

Vandana and Vaishnavi
Founder Trustees



MESSAGE FROM THE **DIRECTOR**

Mental disorders are disabling, burdensome and stigmatising and lead to marginalisation and deprivation of right to live with dignity. Despite the availability of very effective, safe and economical interventions in mental health care, many people who need care do not receive it due to reasons such as poor access to mental health, poor equity in distribution of services and inability to reach out proactively. Delay in appropriate care results in persistent symptoms, progression in disability, worsening poverty and poor quality of life. Wandering away from the family on the background of severe mental health problems coupled by poor safety networks at the level of family, community and the larger society is increasingly emerging as a reality in the present day context.

Pioneering care and constantly refining the process of care, working around many challenges to develop innovations resulting in human rights friendly, scientifically valid and culturally appropriate system of care has driven the work of The Banyan since our inception in 1993. Learning from the work for the past quarter century has resulted in many insights and meaningful actions. Prevention of homelessness, working towards nurturing volunteers, developing human resources who are informed by the field realities and prepared to address the issues in a scientific manner has been our logical evolution from a service organisation to academic and research institute. We hope to contribute meaningfully to understand many gaps in scientific knowledge with respect to homelessness, recovery, reintegration, alternative long term options, building capacity in lay people to become stakeholders in mental health care and lastly to

develop a strong sensitive cadre of highly trained mental health professionals to fill the gap of mental health.

We have travelled a path less travelled by many and all through this journey many innovations, pragmatic solutions have evolved. We have been raising the resources to fill the lacunae of care that exists in country today and it will go a long way if governments at all levels and corporates come forward to strengthen our hands in our journey to care for the most marginalised in the community.

I look forward to more engagement with stakeholders both from public and private sector to develop a system of care for the most vulnerable sections of the society which the country can be proud of and also provide leadership to the other low and medium income countries.

Dr. K.V. Kishore Kumar
Director, BALM



THE CHALLENGE

Mental health conditions account for 37% of non-communicable diseases (surpassing cancer and cardiovascular disease) in terms of healthy life years lost, and rank as the leading cause of disability in terms of disability adjusted life years (DALYs). Neuro-psychiatric disorders in low and middle income countries (LMICs) account for three-quarters of the global burden of disease. This region being home to two thirds of the world's extreme poor (living below USD 1/day) has to be both aware of the emerging crisis and prepared for this silent epidemic, especially since studies indicate that persons living in poverty are twice as likely to develop a mental health issue (both common mental disorders and severe mental disorders).

Within this context, the Indian subcontinent is particularly vulnerable, and estimates of the

number of persons with mental illness vary - ranging from 55 to 70 million. Social determinants significantly impact mental health losses and gains - social phenomena and structural barriers such as homelessness, stark inequity, gender and caste based discrimination, ontological insecurity and abject and multidimensional poverty expose individuals to adverse experiences and a state of extreme distress. Thus, there is an urgent need to view mental ill health within broader frameworks of care that focus on promotion of wellbeing, social justice, equity and rights. Hence, it is crucial not just to focus on symptom management and reduction but on distress reduction and management as well.

National and international organisations taking cognisance of the urgent need to initiate and reform mental health systems have strongly


advocated for the integration of mental health into the Sustainable Development Goals 2020 (SDGs), reiterating its importance in the health and development discourse. The WHO has underlined the need to focus on human resource development as a key strategy in pursuing this larger vision. In addition to the stark human resource gap, the WHO Mental Health Atlas also points to the uneven distribution of the investments in mental health: majority of low-and middle-income countries (LMICs) allocate less than 2% of their health budget to mental health.

The paucity of mental health professionals and services in India is stark - there are 0.4 psychiatrists, 0.04 psychiatric nurses, 0.02 psychologists, 0.02 social workers, per 100,000 population, and only 0.25 mental health beds per 10,000 population (WHO, 2001). In India, and other LMICs the estimated treatment gap ranges from 75% - 90%. This presents

a dismal picture even compared to other LMICs within the Asian region such as Indonesia which has 0.4 beds per 10,000 population, 0.21 psychiatrists, 0.9 psychiatric nurses, 0.3 psychologists, and 1.5 social workers per 100,000 population (WHO, 2001). While India was one of the first countries to have formulated a National Mental Health Programme (NMHP), translation at the state level through the District Mental Health Programme (DMHP) has been poor. The DMHP is currently only present in 189 of the 640 districts in the country, and even in these locations care is primarily centred on medication, and faces multiple operational issues. The overburdened public infrastructure, inadequate training programmes, lack of convergence, and high out of pocket expenditure perpetuates further inequity, especially for the poor, and puts them at high risk of spiralling downwards into a state of homelessness.

For persons already homeless, this leaves with them with almost no rehabilitation options or pathways out of their situation. In India and other Low and Middle Income Countries (LMICs), there is no organised approach to comprehensively address mental health care issues in a sustainable and cost effective manner.

Mental health and well-being are fundamental to our collective and individual ability as humans to think, emote, interact with each other, earn a living and enjoy life. On this basis, the promotion, protection and restoration of mental health can be regarded as a vital concern of individuals, communities and societies throughout the world. Hence there is a critical need to promote inter-sectoral convergence, innovate resource efficient, comprehensive, responsive and user-centric models of care that promote social inclusion, justice, equity and wellbeing.



The Banyan was founded in 1993 by Vandana Gopikumar and Vaishnavi Jayakumar with the goal of reaching out to the most vulnerable - homeless women with mental illness. Through over two decades of grappling with complex and deep rooted issues surrounding homelessness, mental ill health and poverty, The Banyan has developed innovative, and comprehensive approaches to mental health care, specifically for low resource settings, that include:

- Emergency and therapeutic care for homeless persons with mental health issues: This approach addresses multiple deprivations experienced by persons affected by homelessness and mental illness (including sexual abuse, violence, marginalization, abject poverty) through a comprehensive range of emergency and therapeutic services with the fundamental goal of restoring dignity, safety and rights.
- Inclusive ecosystems for persons with mental health issues: These approaches promote independent living, kinship and autonomy, through quasi-institutional, shared or independent housing programmes in rural and urban settings.
- Health and mental health systems: This approach follows a functional mental health systems design to address unique rural and urban geographies and emerging barriers to care through a well-being oriented multi-dimensional, multi-tiered package of care led by mental health/ social care mobilisers, aimed at alleviating distress, and promoting mental health through positive help seeking behaviour.
- NALAM: Social inclusion, skills development and wellbeing: NALAM meaning “wellness” in Tamil is focused on addressing scarcity as a barrier to wellbeing, using skills development as a tool to promote self reliance, autonomy, independent living, and social inclusion.

THE BANYAN



The Banyan Academy of Leadership in Mental Health (BALM) is a charitable Trust registered on 18th April 2007 under Indian Trusts Act. BALM has a 14 member Board of Trustees. It is governed by an Executive Committee that reports to the Board of Trustees. Director of BALM is the functional head and is assisted by Dean, Academics and teams.

The Banyan Academy of Leadership in Mental Health (BALM) is located in Thiruvidadanthal Panchayat, Kancheepuram District, Tamil Nadu.

BALM aims to consolidate findings from the work of The Banyan in mental health, set benchmarks for mental health care, build human resource capabilities across multiple cadres, and use emerging evidence as a tool to impact policy and drive change towards improved mental health services and support in India and similar contexts.

Academic programs at BALM are offered as part of BALM-Academics.

The Tata Institute of Social Sciences (TISS), Mumbai, and The Banyan Academy of Leadership in Mental Health have collaborated to offer Master's programmes in Social Work, Applied Psychology and Management and Entrepreneurship in Health. The VU University, the Netherlands is an academic collaborator for the Management and Entrepreneurship in Health program. The objective of the academic programs is to build sensitive & skilled human resource in an inclusive and nurturing ecosystem. BALM has collaborated with Rajiv Gandhi National Institute of Youth Development (RGNIYD) to offer a Diploma Course in Community Mental Healthcare. The Diplomas are awarded by RGNIYD and the Masters degrees at BALM are awarded by TISS. BALM trains students in Mental Health and

development theory & praxis such that they are equipped with values, knowledge, skills and leadership capabilities to work in mental health in the country.

Besides, BALM undertakes systematic documentation and dissemination of information related to mental health. Documentation includes both qualitative and quantitative information on existing mental health programmes, policies, persistent challenges and successes in the field of mental health. The aim is to increase information base in mental health in similar contexts.

BALM provides consultancy in initial pilot or Scaling up of mental health services in different contexts. Such mental health services are based on principles articulated in the Mental Health Policy of India (integrated, collaborative and evidence based care, equity, quality, participatory and rights based services, and strong value

frameworks).

BALM seeks to collaborate with Governments and civil society organisations (CSOs) to initiate and scale up mental health and social care services for homeless and poor persons through its India Working Alliance (a network of organisations working on the issue in India).

Finally, BALM builds awareness on mental health amongst different stake-holders primarily general population.

During the year, BALM was recipient of program grants from Navajbai Ratan Tata Trust, Azim Premji Philanthropic Initiatives. Besides, several individuals and companies supported BALM in its activities.

The annual income of BALM during the year 2014- 15 was Rs. 99,86,667.00.

GOALS OF BALM

BALM

BALM - Academics

Mental Health Social Action Lab

Other BALM Core Areas

Department
of Social
work

Department
of
Applied
Psychology

Centre for
Inclusive
Development
& Social
Innovation

Centre for
Mental
Health &
Marginality

Training

Research

Department
of Health
and
Development

Department
of Extension
Studies

Seminar &
Lecture
Series

Fellowship

Monitoring &
Evaluation

- Cutting edge research on macro and micro issues in the Mental Health and Health sectors
- Building inspired Human Resources in the health, mental health and social sectors using constructivist training methods
- Policy guidance
- Helping scale up services with the Government and Civil Society Organisations

HIGHLIGHTS OF 2014-15

On October 10, 2014, Balm moved to our new campus. The Honourable Chief Justice of Tamil Nadu, Justice Kishen Singh Kaul graced the inaugural function as Chief Guest.

Two new academic programmes were launched during the academic year- MA Applied Psychology with specialisation in Counseling Psychology and MA Management, Policy Analysis and Entrepreneurship in Health and Mental Health (MPA). With the addition of these new programmes, Balm now offered three programmes and the student strength was 29. The courses have the potential to admit more students in the next few years.

The addendum to the MoU between BALM, TISS and VU University was signed to include the new course in Counselling Psychology.

4 new faculty members joined BALM - Academics during the year. 3 were appointed in the department of psychology while one joined to teach the MPA course. In the next academic year, further faculty strengthening program would increase the core faculty.





DEPARTMENT OF SOCIAL WORK

The Department of Social Work is enshrined the values and spirit of the Banyan. Its aim is to prepare students of the course to understand and respond to the different social situations to improve human and environmental growth and development. The main focus is on vulnerable groups and vulnerable conditions where understanding state of mental health is as important as any other dimension. Issues like urban poor living on the streets and slums, women and children exposed to domestic violence, displaced people, single women, sexual minorities, people living with HIV/AIDS, person with mental illness, homeless people, are addressed in the course etc. The need of the hour is to understand the context of the vulnerable groups since rapid social changes have made erstwhile protected groups such as middle class, etc. also vulnerable. Hence, both theory and

practical understanding of working with such population and with society to include them is required.

The department currently offers one post graduate course.

MA Social Work in Mental Health

MA Social Work in Mental Health offered by the department is a postgraduate programme with one foundation in social work and another in mental health. It provides the student an incremental training in perspectives and skills in mental health to answer the needs of the groups mentioned above.

This is a 2-year, full time course offered in line with the similar course at TISS, Mumbai. The objective of this course is to understand the scope of social work practice in mental health within a development and human rights perspective; to

become responsive to the vast need for comprehensive, ethical mental health services in rural and urban India, with special focus on marginalized and vulnerable groups; to develop skills in mental health service delivery as well as policy planning, program management, advocacy, activism and research in the mental health sector and to develop abilities to work in interdisciplinary teams and contexts.

Curriculum

This is a 79 credit, four semesters, two year course.

The course structure consists of a Foundation course, core social work courses, thematic courses including rural practicum, field work and research. The field work has the highest credit weightage. The course builds strong foundation in social work techniques and its application in mental health.

Teaching (Pedagogy)

The teaching is both modular and regular time table based. The teaching methods include lectures by core in house faculty and guest faculty, Book Reviews, Seminars, Guest Speakers and reading assignments. The evaluation is either end semester examination or assignment.

The second batch (First year)

The second batch was welcomed on campus in July- 2014. The start of the session is marked by an orientation to the programme by the Dean and interaction amongst students.

After an initial immersion into academics (July 12 – August 5), the first years started their foundation courses (August – September). At BALM, it is a constant endeavour to make time table flexible to allow any student attend a course if he / she wishes to. Therefore, even foundation

courses are open to second year students. After the foundation course, regular subject classes started from September.

Field Work

The first semester students visited various organizations to get an insight into social issues, public health, education and livelihoods.

The second semester classes started in December- 2014 as scheduled. Concurrent field work also started in December - 2014.

Guest Lectures

"Urban Mental Health, Violence and Mental health, Pharma Politics and User Movements" by Dr. Anbudorai, Consultant Psychiatrist, The Banyan.

"Violence, Health and Mental health" at Pragnya, a not-for-profit organisation working on Violence Against Women.

Visits

Visit to Kuthambakam village, Thiruvallur to get an insight into community organization process, social entrepreneurship, rural healthcare and social welfare schemes.

Second Year students

The Third semester in addition to the theory papers had two Certificate Programmes. The feature of the second year is the the block field works – a rural block in third semester and an urban block in fourth semester. Each block is of one month duration. To prepare the students, a pre-block field work training was organised for two months at a rural project site of the Banyan under guided supervision of a senior Banyan staff.

Block Field Work- Rural/Tribal Setting

Students started third semester Block Field work in an organisation of their choice. Several organisations working in Mental health provided BALM students an opportunity to work and learn with them.

Block field work- Urban Setting

Fourth semester block field work was in urban mental health settings for a month in March, 2015.

Dissertation

Students submitted their dissertation in February .The chosen broad theme for research was 'Marginalisation and Mental Health'. The areas of research focussed on different groups of people experiencing social exclusion.

Certificate Courses

In order to equip the senior students with additional skills two certificate courses of 30 hours each were organised by the department. These were: "Basic Skills in Counselling" by a team of counsellors from Chennai Counselling Foundation and "Basic course in Finance Management" by Management Study Centre, Chennai.

Guest lectures

During the third and fourth semesters, students attended several guest lectures

"Reality Therapy" by Mr. Karthik, Counsellor and Hon. Secretary, Chennai Counselling Foundation

"Cognitive Behaviour Therapy" by Mr. Veerapandian, Faculty – Counselling Psychology, Madras School of Social Work

"Working with Transgenders, Gays, Lesbians and Sex Workers" by Indian Community Welfare Organisation

"Psycho Drama" by Indian Institute of Psychodrama at Women's Christian College

"Family Therapy" by Dr. Lakshmi Ravikanth, HoD – Department of Psychology

"Child Sexual Abuse and Counselling" by Dr. Lakshmi Ravikanth, HoD – Department of Psychology

"Deaddiction Counselling" by TTK Hospitals, Adyar

"Working with Children – Play Therapy" by Ms. Bhagya, Nalandaway

"Story Telling Techniques" by Mr. Kumar, Aram Trust

"Dance Movement Therapy" by Ms. Andrea Jacob

Visits

To understand the mental health services,

students visited SCARF, Chennai and Apollo Hospitals, Chennai

Workshops

a) "CV writing", Placement Preparation Workshop by Mr. Mustafa Moochhala

b) "Past perfect - Future Tense" by Mr. Sashikanth, Head - HR, SANGAM

c) "Interviews and Group Discussion" and 'Handling Placement Sessions' by Mr. Balaji, Head – HR , DORMA INDIA

d) "Self-Management" by Ms. Swetha Reddy, Kaizan

Student Participation in Conference

Kumkum Joshi

Policy Evaluation of weekly Iron Folic Acid Supplementation (WIFS), International conference on Social Work in Mental Health, Kochi (December 10-12, 2014).

Pallavi Gulati

Overcoming trauma in children through creative intervention, International conference on Social Work in Mental Health, Kochi (December 10-12, 2014).

Abhijeet Jambhale

Wellbeing of families of prisoners under trial in Goa, International conference on Social Work in Mental Health, Kochi (December 10-12, 2014).

Collaboration amongst TISS centres

III semester MA Social Work in Mental Health students from BALM attended the 'Social Policy Planning & Development", a III semester paper at MHAT, Kozhikode in August, 2014.

Senior students of MA Social Work in Mental Health from three centres - TISS, Mumbai; MHAT, Kozhikode and BALM, Chennai together attended the core paper on 'Mental Health Policy, Programs & Legislations' at BALM, Chennai in September, 2014. The programme was funded by TISS, Mumbai.

Placements

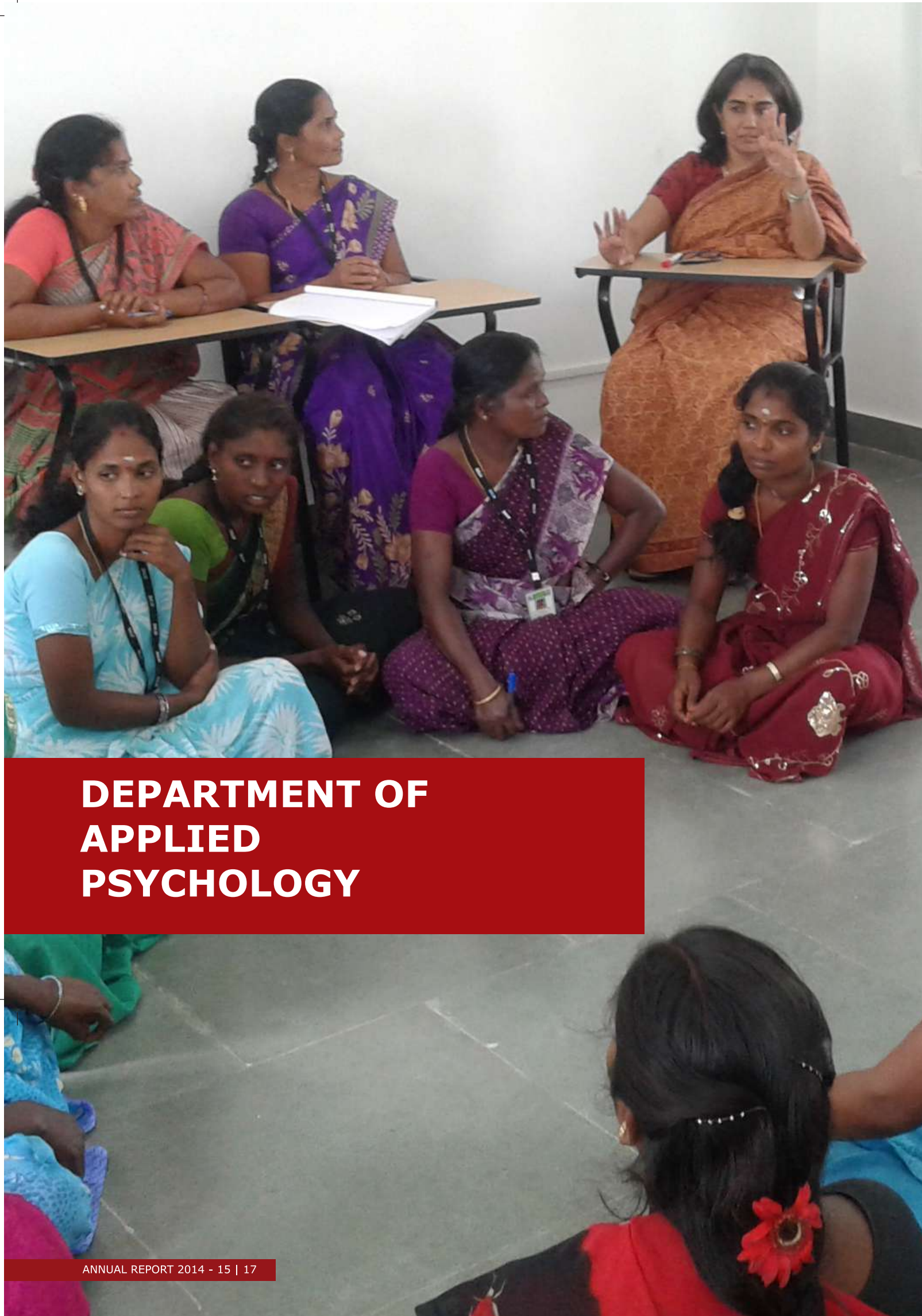
The second year students participated in the campus placement held at the Tata Institute of Social Sciences, Mumbai in January, 2015.

Acknowledgement

We sincerely acknowledge the contribution & support of organisations and individuals who interacted with students, allowed students an opportunity to for field placement. Some of them MHAT, Kerala; The Altruist, Gujarat; GASVS, Chhindwara, Madhya Pradesh; Samarpan – Madhya Pradesh, District Mental Health Program, West Bengal; LGBRIMH, Tezpur, Assam; Sanker, Meghalaya; Ashirwadh Care, Home for the Elderly, Chennai; Ms. Andrea Jacob (Dance movement therapist), Chennai and Ramakrishna Mission Home, Varanasi.

A special thanks to Mr. Shiva Kumar, member, the Board of Trustees, BALM & CEO, Prabha Engineers for sponsoring the certificate course on financial management as part of their CSR initiative.





DEPARTMENT OF APPLIED PSYCHOLOGY

The department of Psychology offered MA Applied Psychology with specialisation in Counselling Psychology. The primary focus of this programme is to impart education in counselling. Faced with different challenges (marital and family issues, substance abuse, issues in the workplace, academic challenges, self-worth, overall wellbeing and quality of life) in a rapidly changing world, people require assistance in overcoming some challenging situation. A counsellor therefore plays a pivotal role in supporting a person in difficult times. There is paucity of counsellors in our country specially ones who can work within a development program and difficult circumstances.

Training of counsellors will address the requirement of individuals encountering difficulties in coping with different situations and experience.

The Master's programme develops a sound theoretical base from which students develop skills necessary for practice in fieldwork and internship settings. Supervision is inbuilt into the fieldwork component allowing students to benefit from feedback provided by trained professionals in the field.

In light of tremendous potential demand for professional counsellors in India and the realisation that many individuals need this professional support, the specific goal of this programme is to train students in developmental counselling and issue-based counselling with a focus on primary prevention and therapeutic interventions. The programme also develops the counsellor as a researcher.

Field Work

During the 2nd semester different settings were chosen for the 12-week field placement (December-2014 – February -2015),

For the counselling practicum students visited Ashirwad Home Care for Elderly, Pudiyotor; Grassroots/Direct.

Student's participation in Workshops

The students participated in the following

workshops – (i) C.S.A. workshop on forensic and therapeutic interview by Thulir, December – 2014; (ii) the contribution of Sudhir Kakkar to Psychoanalysis in India at the Christ College, Bangalore in January -2015).

Guest lectures and Workshops

"Child and adolescent counselling, approaches and ethical practices" by Dr. Sharanya Bajaj, Grassroots, January - 2015

"Play therapy and Rogers child centred play therapy" by Ms. Jeannette Dijkxhoorn in February -2015.

Special Sessions (once a month)

To enhance skills of students, special sessions are conducted - "Micro skills of counselling" and "Individual counselling sessions for personal growth" by Dr. Lakshmi Ravikanth

Department Outing

An outing to the ECR beach was organized by the department with the residents of Ashirwad Home, along with students of Psychology and Social work on February 7, 2015

Faculty Strengthening

Ms. Divina was appointed the course Coordinator for Counselling Psychology.

Acknowledgement:

The departments acknowledges the contribution of National Institute for Empowerment of People with Multiple Disabilities (NIEPMD), Chennai; Element H; Win or Win – Purasaiwalkam; Adyar Cancer Institute, Chennai & Students' Counselling Centre, Loyola College, Chennai and The Banyan Health Centre, Kovalam, Chennai

The department thanks and acknowledges the guest faculty - Mr. Veerapandian, Asst. Prof. - Counselling Psychology, MSSW; Mr. Karthik, MPhil, Counselling Psychology, Secretary, Chennai Counselling Foundation; Dr. Lakshmi Sankaran, PhD, Counsellor, Tharu Clinic; Ms. Archana P. MPhil, The Banyan and Ms. Nisha Vinayak, MPhil, Project head, Rural Mental Health Program, The Banyan



DEPARTMENT OF HEALTH AND DEVELOPMENT


The societal challenges, such as poor access to healthcare services and problems associated with rapid urbanization, are complex because numerous actors at various levels of society are involved and there is no agreement on the definition of the problem and its solution. To address these challenges inter and trans-disciplinary approaches are required in which knowledge and perspectives of a broad range of actors from science and society are integrated. Relevant theories on ethics, management, leadership, entrepreneurship, innovation, finance and law have to contribute to resolve some of the challenges faced by mankind specially in this part of the world.

The department of Health and development offers MA Management, Policy Analysis and

Entrepreneurship in Health and Mental Health. This programme equips the graduate with theories, strategies and the competences to address persistent societal challenges through leadership and innovation.

The graduate will be able to develop and execute business plans with relevant scientific data collection methods and analytical tools. Graduates are trained to become leaders who initiate, support and/or align local innovations with broader societal systems and its goals.

Four students joined the MPA programme. After their Foundation Courses at BALM, the students attended classes at Vrije Universiteit, Amsterdam (VU University, Amsterdam), the Netherlands. The students departed for Amsterdam in August - 2014



STUDYING AT VU UNIVERSITY, AMSTERDAM

At VU University, the students attended Research Methods for Needs Assessment; Analysis of Government Policy & Communication, Organisation and Management courses. Ms. Mirjam Dijkxhoorn and Ms. Mrinalini Ravi (Faculty & Researchers at BALM) attended two courses along with the students to get acquainted about the teaching pedagogy at VU and to coordinate these courses in the following academic years at BALM.

During their visit to the Netherlands, the students were also prepared for their second semester course requirement on a Transdisciplinary Action Research Project. The examination for the Foundation Course – Understanding Indian Society, Identity and Culture was organised at VU. The students returned from VU in November 2014.

The research project is designed to give the students an opportunity to translate theory and practice from the first semester into their own (action) research project, using the background knowledge and methodologies taught in the first semester. The process is spread over five months.

During the first two months of the 2nd semester (December 2014 to January 2015), the students presented their research project, hypothesis, theoretical framework, and finalised their methodology. The process involved weekly meetings with supervisors and peer review of the research proposals. The remaining part of the semester was then spent on data collection and report writing. Students have chosen a variety of areas based on their interest and future course of action – “Assessments of needs for a new, proposed health care facility in the district”; “Organic farming and its sustainability for farmers choosing it”; “Digital feedback systems for residents of The Banyan Transit Care Centre”. In addition to the research focus, the students also attended a course on Scientific Writing, which focused on academic writing in English in order to improve writing skills.

Internship

The students did their internship with The Banyan - Transit Care Centre; IKP Centre for Technologies in Public Health (ICTPH) and Re-store



DEPARTMENT OF EXTENSION STUDIES

Members of the communities can be trained in health to serve the needs of their communities. Such resource should be selected by the communities themselves and they should be answerable to the communities for their activities. In addition, they should be supported by the health system while not necessarily being a part of its structure. Such community resource requires shorter trainings and via different pedagogies than the professional workers (World Health Organisation).

Most mental health disorders can be treated or prevented if addressed at the primary care or community level, avoiding higher health-care costs and reducing the risk of disability and

premature mortality. The role of general practitioners, nurses and community health workers in addressing mental health therefore is pivotal. They however need training in mental health. Much focus of community level health work force has been on maternal and child health hence training in mental health is poor or absent. Both the number of health workers as well as in-service education are to be substantially scaled-up to alleviate the burden of these conditions and to create a continuum of service from the clinic to the community.

In this context, the department of extension studies offered a six month "Diploma in Community Mental Healthcare".

The diploma programme was started with the primary aim of imparting training to community people in mental health care. The diploma was launched on February 16, 2015. The diploma is funded by Rajiv Gandhi National Institute of Youth Development and implemented by BALM.

28 students enrolled in the first batch. They were identified in collaboration with the Pudhu Vaazhvu Project (PVP), Tamil Nadu. Pudhu Vaazhvu Project is an empowerment and poverty alleviation project implemented by the Rural Development and Panchayat Raj department of Government of Tamil Nadu with World Bank assistance.

The students are Community Development Facilitators (CDF) of PVP, and are mainly drawn

from three clusters of Kundrathur Block, namely- Kundrathur, Padappai and Urapakkam. The Banyan is a regional resource agency for PVP in integrating mental health along with general health services at the primary health centre. The Banyan operates a mental health clinic in the area and the trained CDF in mental health would provide continuum to the services and initiate community based action in the area.

In the diploma, theory classes are held every Wednesday at the Pudhu Vaazhvu Community Center, Urapakkam. Three days in a week (Monday, Tuesday and Thursday) are designated for field work.



Nadhiya joined the Pudhu Vaazhvu Project in 2015, as a Community Differently Abled Facilitator, to supplement her family income. She joined the Diploma Programme on 'Community Mental Health Care' in February 2015.

Nadhiya is very excited about the course: "I got the opportunity to conduct many interesting activities as part of the fieldwork assignments. I wrote my own script for a puppet show on mental health awareness, which was performed in the Paddapai community and a community radio broadcast at the Rajiv Gandhi National Institute for Youth Development. I formed two children's groups, in which children learnt how to save money for their own education. I helped five women to obtain their community certificate and educated 80 people about available Government schemes. In addition, I learnt tools for community resource mapping, which I found very useful. But the most important lesson from the course was that I am now confident to speak in public and that I am confident working with people with mental health problems and other vulnerable people. I know I can help my community, which makes me very happy."

BALM FELLOWSHIP

BALM launched its fellowship in Mental Health in 2012. The fellowship is offered to those who aim to explore solutions to key challenges in mental health; including starting up mental health services in a new area. BALM Fellows are offered a monthly stipend, capacity building and mentorship by thought leaders in the mental health sector. They also receive managerial and administrative start up support. BALM offers two rural fellowships. The rural fellowships are supported by the Navajbai Ratan Tata Trust, Mumbai.



Thiruselvi, a BALM fellow, lives and works in the Nilgiris district, Tamil Nadu. As part of her fellowship, she works at the outpatient department of the Gudalur Adivasi Hospital (GAH) run by ASHWINI, a not for profit organisation working amongst the tribal populations in the Nilgiris. Thiruselvi sees an average of 50 clients per month to whom she provides counseling, telephonic follow-up and home visits.



K. Malarvizhi, another BALM fellow was involved during the year in collecting data for a research study on personal experiences with recovery amongst reintegrated clients of The Banyan. She resides in a village in Amballur Panchayat. She has started writing about self-experiences. In the Amballur Government Higher Secondary School she helped students to cope with their education. She also provided tuitions to the neighbourhood children.



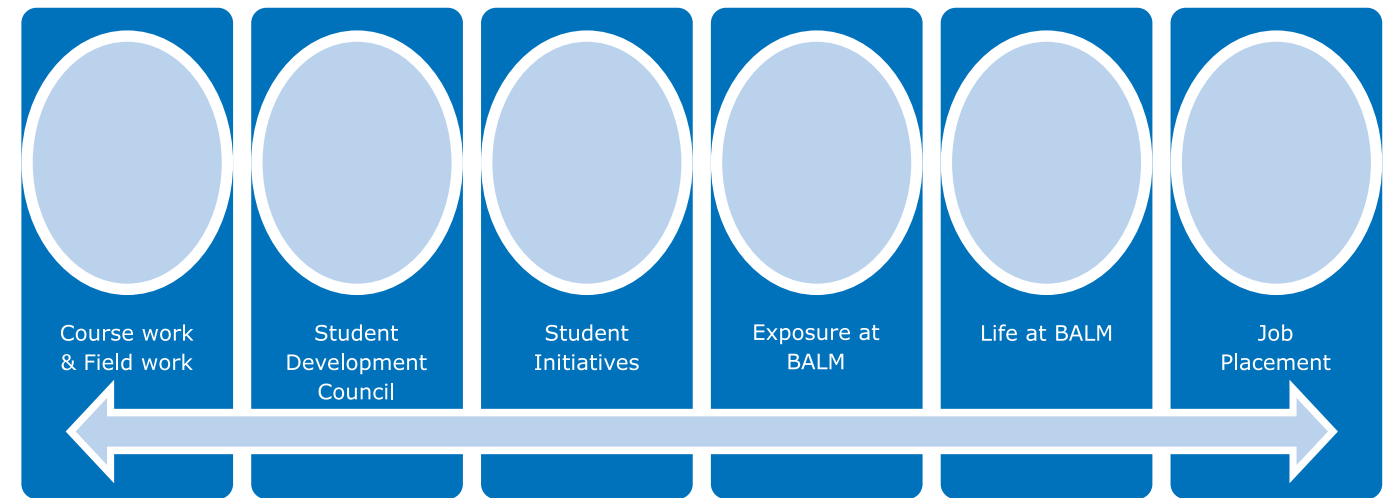
STUDENT ACTIVITIES AT BALM

BALM – Academics welcomed its second batch, Batch 2014-16. Fourteen students joined courses offered at BALM. 7 joined the MA Social Work and Mental Health, 3 joined the counselling psychology masters and 4 joined the MPA program.

The first batch (Batch, 2013-15) of 15 students of

MA Social Work in Mental Health started its second year and would graduate in May 2015.

The Student Development Council (SDC) was formed with the objective to foster a spirit of unity and fellowship amongst the students of BALM and to promote physical, social and cultural activities for the benefit of its members. Elections to the



council were smoothly held in September-2014. Office bearers were:

President : Mr. Iswar Tuika,
Vice-President : Ms. Upasana Iyer
Secretary : Ms. Annkita Mallik
Treasurer : Mr. Bikas Joshi

The first General Body meeting of the Student Development Council was held in October - 2014.

The Students' Development Council & the BALM, organised the Cultural and Sports competition in February 2015.

The first BALM Annual Day was also held in February - 2015. Mr. Shivkumar, Board Member, BALM was the Chief Guest. The senior students received their certificates for the courses 'Counselling Skills' and 'Financial Management'.

Academic Excellence awards were given to the students who scored the highest and the second highest scores in their first year examinations. Ms. Kumkum Joshi (first position) and Ms. Pallavi Gulati (second position) received the academic excellence award 2013-15.

Field Work Excellence Awards were given to students who secured the highest and second highest scores in their field work. Ms. Kumkum Joshi (first position) and Mr. Vatan Singh (second position) received this award for 2013-15

As part of the SDC, the second year students initiated "Plastic free Campus" initiative. They motivated students not to use plastic and it is a

credit to their efforts that the BALM campus is "Plastic Free".

Students participated in the International conference on Social Work in Mental Health, Kochi (December 10-12, 2014).

During the year, the students faced some difficulty in arranging their accommodation; however the BALM team has now worked out stay options nearby the campus and is working towards the possibility of renting or building a hostel near to the campus.

With the start of the café at BALM – "the Banyan Bistro", their stay is now more enjoyable.

The students from the first batch received job offers from Ramakrishna Mission Home Service, Varanasi; Koshish, Mumbai; Mehta Hospitals, Chennai; The Banyan, Chennai, and the BALM, Chennai. We are hopeful that more students would be recruited in the next batch.

In addition to the Government of India's Post Matriculation Scholarships and grant-in-aid general scholarships that students at BALM received via the Social Protection Office of TISS, Mumbai, two senior and five junior students were provided monthly assistance of Rs 4,000/- by BALM to meet their cost of accommodation, food and field work.



BALM – CAMPUS (AN INCLUSIVE ECOSYSTEM)

The college campus is co-located with the Clustered Group Homes (CGH) programme of The Banyan's Inclusive Ecosystems vertical. The vision of this co-location is to create an inclusive, dynamic learning environment for students, one that is therapeutic and stimulate personal recovery of the residents of the CGH.

Students are encouraged to engage with the residents of the Group Homes, with the support staff and contribute to an improvement in quality of life for the residents.



The Banyan Bistro is the cafeteria on campus, run and managed by persons with mental health issues, and supported by vocational training instructors. It provides meals and snacks to the students.

On the campus, graduates have the unique opportunity to spend extensive, quality time with the residents. Students have the opportunity to develop meaningful relationships with residents, leading to affectionate bonds and friendships, and gain deep insights into the 'lived experience' – an understanding that is highly sought after by all mental health and social work practitioners, thus giving them an edge when they graduate.

BALM Library

The BALM Library was formally inaugurated this academic year. Currently the library has a collection of over 1500 books. In the coming academic year, sufficient computer stations would be provided in the library for students to access e-resources.

In the next academic year, the library would adopt open-source library software and upgrade its collection of books. The timings of the library

would also be increased to all days of the week for prolonged hours to allow students sufficient library time.

Mr. Nagaraj is the librarian for the library.

BALM acknowledges the contribution of Professor Vidya Rao (retired faculty, TISS, Mumbai) for her donation of 550 books, journals, reading materials and handouts to the BALM library. She was gracious enough to meet their cartage cost to Chennai.

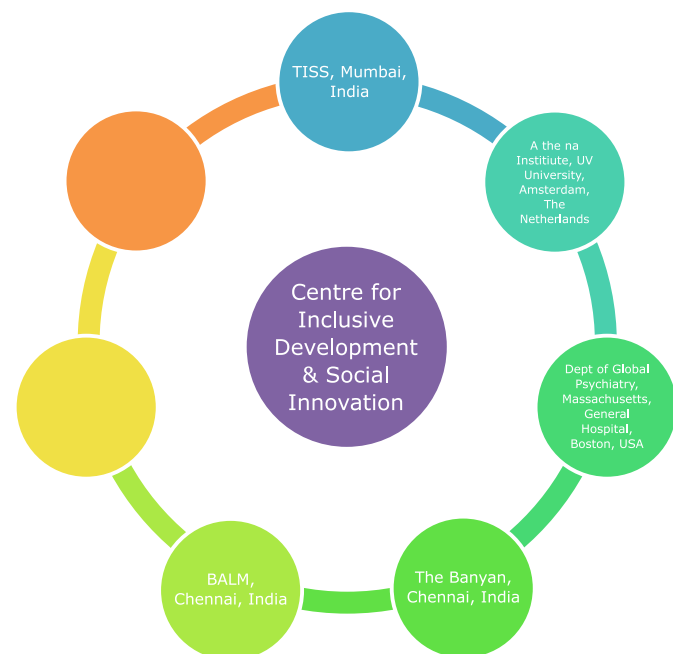


MENTAL HEALTH AND SOCIAL ACTION LABORATORY (MHSAL)

The aim of the Mental Health and Social Action Laboratory (MHSAL) is to understand, apply and test new ways to address issues in the (mental) health and development sector. The laboratory brings together BALM's research and The Banyan's service provision.

MHSAL currently hosts two research centers:

CENTRE FOR INCLUSIVE DEVELOPMENT AND SOCIAL INNOVATION



The Centre is a collaborative centre between different national and international institutions. Its aim is to engage in research, faculty and student exchange programmes, and replication and scaling of mental health services in different contexts. The research themes include mental illness, trauma, livelihoods, social innovation and social action, social inclusion and social mobility,

health policy and financing, health and social care, social justice, equity, and human rights.

The centre will host modules and programmes on key topics including but not limited to the mental ill-health - poverty - homelessness nexus; distress, deprivation and the promotion of recovery; understanding developing economies; comparative health systems analysis; and qualitative research methodology. All the research conducted at the centre operates with the principle aim of generating knowledge that can inform practice and improve quality.

Ongoing Research

"NALAM: Wellness oriented, multi-interventional approaches to mental health"

Dr. K.V. Kishore Kumar, Lakshmi Narasimhan

"Shared Housing: The home again trial, a quasi-experimental study of a housing with supportive services intervention for women with mental illness experiencing long term needs"

Prof. Vandana Gopikumar, Lakshmi Narasimhan, Archana Padmakar

"Understanding and addressing structural barriers to care"

Prof. Vandana Gopikumar, Lakshmi Narasimhan, Dr. K.V. Kishore Kumar

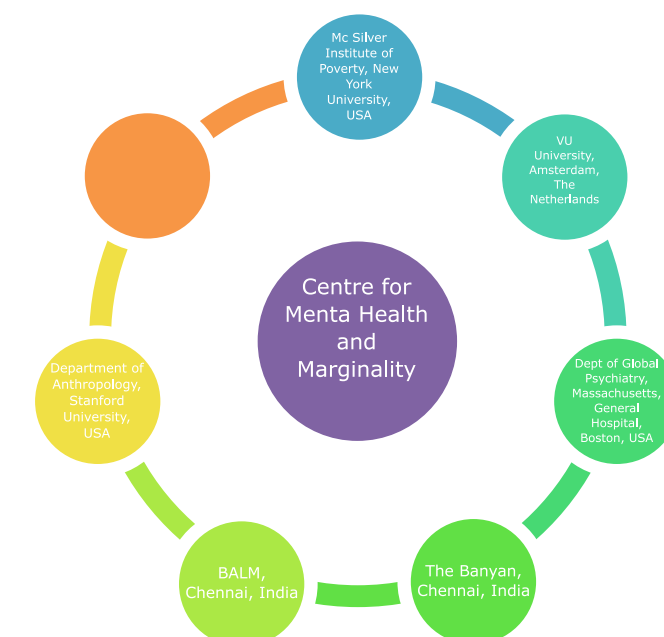
"Engaging youth in promoting social responsibility and encouraging social mixing – particularly among marginalized and vulnerable groups"

Dr. K.V. Kishore Kumar, Mrinalini Ravi

"Understanding burden and sources of strength amongst caregivers of women with mental health issues"

Mirjam Dijkxhoorn, Archana Padmakar, Nirmal Jude

CENTRE FOR MENTAL HEALTH AND MARGINALITY



The Centre for Mental Health and Marginality is another collaborative centre that engages in research that focuses on the intersections between mental ill health and marginality. The Centre focuses on understanding, conceptualising and addressing issues of homelessness, poverty, distress and mental health institutions in the Indian context.

Ongoing Research

"Reducing social distance and promoting social mobility among homeless persons with mental illness"

Prof. Vandana Gopikumar, Lakshmi Narasimhan

"Understanding pathways to homelessness"

Lakshmi Narasimhan, Preetha Krishnadas, Vikram Patel, Prof. Vandana Gopikumar, Dr. K.V. Kishore Kumar

"Understanding individual conceptualisations of distress and recovery among homeless women with mental health issues"

Kamala Easwaran, Vandana Gopikumar, Dave Henderson, Deborah Padgett

"Hearing voices – the link between the mind, brain, behavior and society"

Smriti Vallath, Prof. Vandana Gopikumar, Tanya Luhrmann

"Conceptualisation of human rights among vulnerable and marginalized groups – a nuanced perspective"

Lakshmi Narasimhan, Prof. Vandana Gopikumar

"Frameworks for adaptive mental health institutions"

Archana Padmakar

"Spirituality in mental health care"

Lalitha Vellore

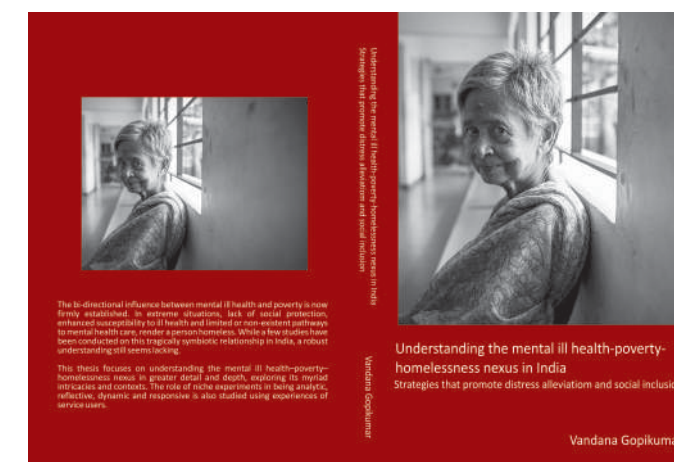
Publications

Prof. Vandana Gopikumar, Lakshmi Narasimhan, Kamala Easwaran, Joske Bunders, S. Parasuraman

2015. "Persistent, Complex and Unresolved Issues: Indian Discourse on Mental Ill Health and Homelessness". Economic and Political Weekly Vol L, No. 11

Prof. Vandana Gopikumar

2014. "Understanding the Mental ill Health - Poverty - Homelessness Nexus in India: Strategies that promote distress alleviation and social inclusion". PhD thesis, Vrije Universiteit. Available at: www.dare.uvu.vu.nl/handle/1871/52019





SEMINARS, LECTURES & WORKSHOPS

Seminars

During the year BALM launched a seminar series called Mental Health and Inclusive Development. This series is a result of the past 23 years of experience of The Banyan in addressing the problem of homelessness, mental illness and development and the realisation that a few key challenges need to be addressed in order to arrive at holistic solutions for persons affected by homelessness and mental illness. These challenges include poverty, lack of access to care and social entitlements, human rights violations, and systemic failures in responding to the needs of vulnerable populations.

The first symposium in the series was **'Gender, Violence and Mental Illness - Focus on Inclusive Development'** held at BALM campus on March 25, 2015.

The symposium was on the background of stories of rape, abuse and violation of women including those with mental illness. Women with mental health issues are one of the worst affected populations, falling victim to horrific forms of sexual abuse.

BALM is looking to engage in this critical conversation by bringing together key stakeholders engaged in law and policy making, health and mental health care, social justice promotion, women and child development, civil society organisations, researchers and academics to better understand current realities and challenges, and build meaningful partnerships such that lives of those on the fringes improve and Inclusive

This seminar series is supported by the Navajbai Ratan Tata Trust (NRTT), Mumbai.

Open Lecture Series

To enhance knowledge and to help the students and public to keep abreast with the latest developments, subject experts are invited to share their knowledge and experience. Towards this end, lectures, workshops and participation in outside events were organized on and off campus during this academic year:

"Mental Hospitals in India - Triumphs and Challenges in the Past and Directions for the Future" by Dr. Alok Sarin, Member, National Mental Health Policy Group was hosted by BALM on 26th September, 2014.

"Global Disparities in Cancer: Research and Practice Implications in Social Work" by Dr. Karen Kaiser, La Rocca Endowed Chair in Oncology Social Work at the University of Louisville was held in BALM on 8th January, 2015.

"Five approaches to deal with homelessness" by Dr. Robert Rosenheck, Professor of Psychiatry and Public Health at the Yale School of Medicine was held at BALM on 20th January, 2015

Workshops

"Noetic action for leadership" by Noetic Action Project, Director's office, TISS, Mumbai was organised in BALM from 24 - 26th November, 2014.

"Understanding Self" by Ms. Jeannette Dijkxhoorn, from The Netherlands was held for all the students on 19th, 20th and 26th February 2015.

A workshop on "Dance Movement Therapy" by SANVED was held on 13th March, 2015.

Stakeholder meeting

On March 26, 2015 following the symposium, a meeting of stake holders was held to discuss

engagements to address violence and mental health. Based on discussions, BALM has proposed a research study to measure prevalence of violent victimization of person with severe mental illness across three sites in India. The proposal has been submitted to the Ethics Committee of BALM. The collaborating partners proposed are NIMHANS and a private practitioner in New Delhi alongside The Banyan clinics in Chennai.

Professorial Address by the founder, Dr. Vandana Gopikumar

On January 22, 2015, Dr. Vandana Gopikumar delivered her professorial address after being appointed as Professor, TISS. Mr. N Ram, former chief editor of The Hindu was the Chief Guest. In her lecture, Professor Gopikumar elaborated issues around homelessness, mental illness and poverty. She also elaborated the role of a social worker. The lecture was followed by a panel discussion on Mental Health and Inclusive Development.



BALM TRAININGS

Trainings

Internal Trainings

The Banyan

One of the core objectives of BALM is to impart training on inclusion of mental health in different health or social welfare services. In addition, BALM also undertakes trainings for the Banyan staff and any other organisation that requires training on mental health.

The trainers are experienced and qualified faculty. Trainings are case based and training tools include videos, manuals, case studies, discussions and role plays. BALM continues to build a rich collection of training material suitable to different contexts. In the coming year, the BALM training material pool would be linked with the library of

External Trainings

Missionaries of Charity

Puzhal Prison

GASVS Sausar

the Balm so that students, faculty and any other can access training material.

INTERNAL TRAININGS

In addition to many regular training programs for the Banyan staff, three specific topic based training programs were organised for the internal staff of The Banyan by BALM. The topics were Managing drug-resistant clients, handling difficult patients and challenges to reintegration.

Case Presentation Conference (CPC)

Second Case Presentation Conference (CPC) was organized in June where two case managers from

the Rural Mental Health Programme presented cases. Presentations were followed with Q &A and discussions on the challenges and suggestions for treatment and interventions. The CPC was guided by Dr. Kishore Kumar, Director, The Banyan.

Lectures / Workshops

"Qualitative Research Methodology" & "Housing First Approach in Homelessness" by Dr. Deborah Padgett from New York University in October, 2014

"Quantitative Research Methods to study homelessness" by Prof. Robert Rosenheck, Yale University in January, 2015

"Mental Health services in low resource areas" by Dr. David Henderson, Massachusetts General Hospital and Harvard School of Public Health

EXTERNAL TRAININGS

Missionaries of Charity (MoC), Chennai

BALM continued its capacity building engagement with the Missionaries of Charity, Chennai via bimonthly visits to the homes of MoC. During the year, BALM team contributed to improvement in record keeping, appointment of a social worker and conducted trainings. Health care workers and social worker was trained on vision of care for mental health, counselling, pharmacotherapy, legal procedures involved in the rescue of a homeless person, documentation, record filing, case management, group activity, home visits, rehabilitation work and family conferencing.

In October, 2014 the BALM team visited MoC, Kharagpur and discussed the possibilities of care for person with mental health problems in the home.

The work with MoC would be continued in the coming year and strengthened with involvement across other homes of MoC.

This work is anchored by Dr. Anbudorai (The Banyan) and Ms. Lalitha Vellore (BALM).

Puzhal Prison, Chennai

A team of Social Worker from BALM and Psychiatrist from the Banyan visits the prisons every 3rd Wednesday and 3rd Saturday. There they train the correctional psychologists, warders and counselors. This training helps the trainees handle the mental health issue of prisoners and prison staff.

During this year, the key themes brought up were interventions for prison suicides, importance of family involvement and better integration of other police services and personnel with the 23-member psychologist team.

The team has helped put together a system of monthly data reporting. The team discussed Suicide Prevention. The training sessions discussed methods and techniques of counselling individuals with suicidal ideation and discussed about the measures to be taken to prevent suicides inside the prison.

The team also provided training on psychiatric illness and counselling techniques and how to work within the prison framework. Various aspects of behaviour modification and difficulties faced by correctional officers are routinely discussed.

The work with the prison department would continue in the coming year.

This work is anchored by Dr. Anbudorai (The Banyan) and Ms. Lalitha Vellore (BALM).

HCL, Chennai

BALM continued to provide counseling services to the staff of HCL at its different campuses. This service is much appreciated and will be continued in the coming year.

RESEARCH PROJECTS & PUBLICATIONS

Research on various issues of mental health including work of the Banyan is one of the main objectives of BALM. BALM is currently engaged in research studies, protocol documentation of the Banyan services.

During the year, BALM published 4 research papers in national and international peer reviewed journal and made presentations in national and international conferences and workshops.

Ongoing Research Projects

1. "Effect of Vocational Interventions at the Transit Care Centre and the Community Living Project of The Banyan" is funded by the Navajbai Ratan Tata Trust, Mumbai and looks at contribution of Vocational Interventions to the recovery of the patients. The study is to be completed in the next academic year.

2. "To understand the reasons for irregularity in attending The Banyan Out-Patient services of the Rural Mental Health Program (RMHP) & Urban Mental Health Program (UMHP) and to recommend facilitation services", is funded by the Navajbai Ratan Tata Trust, Mumbai. This project

researches the problem of poor regular attendance of patients with severe mental disorders and contributory factors. The study is slated for completion in the next academic year.

3. "To study the knowledge, attitude, practice and health seeking behaviour related to mental illness among select population groups in an urban low income area in Chennai", is also funded by the Navajbai Ratan Tata Trust, Mumbai. The research project is over and is currently in the report writing phase.

Ongoing Action Research Projects

"Alcohol Use and its impact on clients accessing mental health services in the Rural Mental Health Program (RMHP), Kovalam", funded by Navajbai Ratan Tata Trust, was completed.

"Extent of outreach, Impact on Quality of Life of users and caregivers & potential of scaling up of the Disability Certification by the Banyan", funded by Navajbai Ratan Tata Trust, Mumbai is in progress and would be completed in the next academic year

BALM MONITORING & EVALUATION UNIT

The Monitoring and Evaluation (M&E) unit of BALM provides data maintenance services to The Banyan. It handles the entire clinical operations of The Banyan and also its programs.

The M&E unit comprises a team of four people each of which is in-charge of different clinical locations of the Banyan. Currently, an electronic medical record system is being adopted for the Banyan services.

The data is then used to provide reports to the operations team in decision making to achieve project goals.

The M&E team interacted with each project and prepared detailed information maps and is in the process of making tailor made reports. This process would be completed by mid of next FY.

The annual statistics for FY 2013-14 for the entire Banyan operations was generated. The same exercise would be continued in coming years.

The M&E unit would be able to provide its services to any other implementing partner who wants to maintain data on its services.

INTERNSHIP AT BALM

BALM facilitated the internship of 144 students from nursing, psychology, social work, administration, global health & health systems and management courses.

BALM TEAM

DIRECTOR

Dr. K.V. Kishore Kumar

DEPUTY DIRECTOR

Mirjam Dijkxhoorn

DEAN

Dr. P Nalini Rao

FACULTY

KS Ramesh | Dr. Lakshmi Ravikanth
Divina D'Costa | Anandan Nagappan
Dr. Rama Kashyap | Mohan Ramamoorthy

MONITORING AND EVALUATION

Pavithra Ramanathan | Erinda Shah

STAKEHOLDER ASSOCIATE

Lalitha Vellore Raj

LIBRARY STAFF

Nagaraj | Srividya

ADMINISTRATIVE STAFF

Suganthi Christopher | Jothi

SUPPORT STAFF

Moorthy | Vakesh | Mary Chithra | Poongodi

COLLABORATORS AND SUPPORTERS

Examination Evaluation Committee

Dr. P Nalini Rao, Dean, BALM (Chairperson) and
Mr. K.S. Ramesh, Asst. Professor (Faculty
Representative)

Supporters:

Navajbai Ratan Tata Trust
Azim Premji Philanthropic Initiatives
Sundram Fasteners Limited
Mr. Ranvir Shah
Real Image Media Technologies Pvt. Ltd.
Mr. Jagdev Singh Gill

Principal Collaborators



ANNEXURE

S.No.	Name of the Student	Dissertation Topic
1	Abhijeet Jambhale	Understanding Living Conditions, Wellbeing of Irula Tribe in Thiruporur Taluk, Tamil Nadu.
2	Akash Jyoti Baruah	A Qualitative Study-Experiences of Social Exclusion among Homosexuals Residing in New Delhi
3	Annkita Malik	Perceived Discrimination and Challenges Due to Physical Appearances among College Students
4	Gayathri S. Kaimal	Mental Health Status and Coping Strategies of HIV/AIDS Patients in Thrissur District, Kerala
5	Iswar Tuika	Mental Health of Tribes who are Internally Displaced due to Industrial Projects.
6	Kumkum Joshi	Social Exclusion and Psychological Wellbeing among Eld-erly living in Old Age Homes in Dehradun District of Uttarkhand.
7	Mithunkumar M. Chaudhary	Socio Economic Challenges of Widows of Farmers, Who committed Suicide due to Agricultural Issues
8	Pallavi Gulati	A Study on Social Exclusion and Presence of Psychiatric Morbidity Among Hijra, New Delhi.
9	Rosina Arul	Mental Health Status of People who are Homeless.
10	Sonal Adlakya	A Study on the Impact of long Term Care giving of the Mentally Ill on the Caregivers and their experience of Social Exclusion
11	Trishla Jakhar	Discrimination and Psychological Wellbeing Status of Students from North East
12	Trishna Panchal	Study on Experiences of Marginalisation and Recovery Among Women with Mental Illness at the Banyan, India
13	Vatan Singh	Inter Generational Differences in the Mental Health of Dalits.
14	Videesha Bordoloi	A Study on the Experience of Social Exclusions, Psycho Social Well Being and Coping of the Primary Caregivers of Children with Mental Retardation in Guwahati
15	Zenia Yadav	Social Experiences and Coping Mechanisms of Afghan Refugees, New Delhi

Admission	Annual	Annual	Annual	Bi - annual
Collaborators	TISS – BALM	TISS – BALM	TISS – VU –BALM	RGNIYD - BALM
Medium	English	English	English	Tamil
Course Credits	79	74	80	25
Duration	2 years (full time)	2 years (full time)	2 years (full time)	6 months
Course Name	M.A. Social Work in Mental Health	M.A. Applied Psychology (specialisation in Counselling Psychology)	M.A. Management, Policy Analysis and Entrepreneurship in Health and Mental Health	Diploma in Community Mental Healthcare

BOARD OF TRUSTEES

1. Dr. Alok Sarin –Nehru Memorial Museum and Library & Psychiatrist
2. Mr. Balraj Vasudevan, Managing Director Autopumps and Bearings Pvt. Ltd.
3. Mr. Harsh Mander, Aman Biradari and Center for Equity Studies.
4. Mr. Mani Ratnam, Film Maker
5. Ms. Madhuri Menon, Founder, Amaya Consultancy
6. Mr. Mustafa Moochhala, Founder, Innobridge Consultancy
7. Dr. S. Parasuraman, Director, Tata Institute of Social Sciences
8. Mr. P. S. Raman, Advocate
9. Mr. A. Sankara Narayanan, Industrialist and Chairman of the Board of Trustees of The Banyan.
10. Mr. Shiva Kumar, CEO, Prabha Engineers
11. Ms. Shobhana Ramachandran, Managing Director, TVS Sri Chakra Ltd.
12. Dr. Vandana Gopikumar, Founder Managing Trustee – The Banyan
13. Ms. Vaishnavi Jayakumar, Founder Trustee – The Banyan
14. Mr. Vikram Phadke, Interior Design Consultant

FINANCIAL STATEMENT

ADVISORY COMMITTEE

Mr. Akhileshwar Sahay – Wholemind India Foundation

Dr. Alok Sarin - Nehru Memorial Museum and Library & Psychiatrist

Dr. Anirudh Kala – Clinical Director, The Mind Plus

Dr. Gayathri Balagopal – Economist

Dr. Madhu Sharan – CEO, South Asia, Hand in Hand

Dr. B. J. Prashantham – Christian Counselling Centre

Dr. Shubhada Maitra – Tata Institute of Social Sciences

Dr. Soumitra Pathare – Centre for Mental Health Law and Policy, Indian Law Society

Dr. Vikram Gupta – Previously Sir Ratan Tata Trust

Mr. Tarique Mohd – Founder, Koshish

Ms. Tanya Dutt – Aasha

BALANCE SHEET

RECEIPTS & PAYMENTS

BALANCE SHEET AS ON MARCH 31, 2015			
LIABILITIES	SCHEDULE NO	AMOUNT (Rs)	AMOUNT (Rs)
		AS ON 31.03.14	AS ON 31.03.15
Capital Fund	Annexure - 1	-303528.97	2174895.32
Earmarked Fund - NRTT	Annexure - 2		149295.00
Loans & Advances		687792.00	603915.00
Current Liabilities	Annexure - 3	1419437.00	994955.00
TOTAL		1803700.03	3923060.32
ASSETS			
Fixed Assets	Annexure - 4	226591.29	151950.23
Current AssetsAnnexure		- 5296492.00	516443.00
Cash & Bank Balance		1280616.74	3254667.09
TOTAL		1803700.033	923060.32

For BALM TRUST

For G . JOSEPH & CO .,
CHARTERED ACCOUNTANTS .
[FRN 001383S]

BALRAJ VASUDEVAN
HONORARY TREASURER

VIJI JOSEPH .
PARTNER .
(Membership No : 027151)

PLACE : CHENNAI
DATE : September 12 , 2015

RECEIPTS & PAYMENTS ACCOUNT FOR THE YEAR ENDED MARCH 31 , 2015		
PARTICULARS	AMOUNT (Rs)	
	Year Ended 31.03.2015	
RECEIPTS		
Opening Balance		
Cash - in - Hand	26546.00	
Axis Bank Ltd - 13499436	48185.65	
ICICI Bank - 032901000112	8948.00	
ICICI Bank -602701224002 - NRTT	1062928.79	
Axis Bank - 35603962	4008.30	
Kotak Bank - 8411432649	20000.00	
Fixed Deposits	110000.0012	80616.74
Donations - General		7046967.00
Consultancy charges		838799.00
InterestIncome		96704.00
Course Fees		899700.00
Education Course Deposit		80000.00
TOTAL		10242786.74

RECEIPTS & PAYMENTS

RECEIPTS & PAYMENTS ACCOUNT FOR THE YEAR ENDED MARCH 31 , 2015		
PARTICULARS	AMOUNT (Rs)	
	Year Ended 31.03.2015	
PAYMENTS		
NRTT Grant Expenses		825117.00
Education (IMHST)		3785311.00
Mental Health Social Action Lab		94394.00
Professional & Consultancy		114616.00
Salaries & Wages		1029101.00
Stakeholder Relations		227891.00
Seminar Expenses		299610.00
Internal Training Programee		840.00
Travel & Transportation		266565.00
Printing & Stationery		9036.00
Communication		41456.00
Bank Charges		1146.65
Books & Periodicals		2707.00
General Expenses		15312.00
Audit Fees		28090.00
TDS Short Payment & Late Payment		2200.00
Staff Training		60000.00
Purchase of Fixed assets		76345.00
Advances		25966.00
Closing Balance		
Cash - in - Hand	9412.00	
Axis Bank Ltd - 13499436	837319.10	
ICICI Bank - 032901000112	8948.00	
ICICI Bank -602701224002 - NRTT	294147.79	
Axis Bank - 35603962	3335.60	
Kotak Bank - 8411432649	2101504.60	
Fixed Deposit Invested	82416.00	
		3337083.09
TOTAL		10242786.74

INCOME & EXPENDITURE

INCOME & EXPENDITURE ACCOUNT FOR THE YEAR ENDED MARCH 31 , 2015		
INCOME	AMOUNT (Rs)	
	Year Ended 31.03.2015	
Grant - NRTT	850346.00	908551.00
Donations - General	3322760.00	7147944.00
Consultancy charges	514818.00	930997.00
Interest Income	53933.00	99475.00
Course Fees	510800.00	899700.00
Sundry Creditors Written Off	129855.00	
TOTAL (A)	5382512.00	9986667.00
EXPENDITURE		
NRTT Grant Expenses - Annexure - 6	887253.00	907984.00
Education (IMHST) - Annexure - 7	1644795.00	4195731.00
Mental Health Social Action Lab	184518.00	104894.00
Professional & Consultancy	76243.00	114616.00
Salaries & Wages	1043947.00	934403.00
Stakeholder Relations	7000.00	285167.00
Training & Education	4610.00	
Seminar Expenses	484922.00	382820.00
Studies on the Banyan's Project	25549.00	
Study Tour	8608.00	
Internal Training Programee	17873.00	840.00
Travel & Transportation	120690.00	266565.00
Printing & Stationery	52702.00	9036.00
Communication	51813.00	41456.00
Bank Charges	1769.66	1146.65
Books & Periodicals	5526.00	2707.00
General Expenses	12591.00	16341.00
Internal Audit Fee	33708.00	
Maintenance of Equipments	2400.00	
Audit Fees	28090.00	31350.00
TDS Short Payment & Late Payment	13360.00	2200.00
Volunteer Expenses	16710.00	
Staff Training		60000.00
Depreciation on Assets	93693.18	150986.06
Excess of Income over Expenditure	564141.16	2478424.29
TOTAL	5382512.00	9986667.00