



ANNUAL REPORT

2017-18



THANK YOU !

BALM is able to operate thanks to the generosity of our partners, supporters and friends.
In particular we would like to thank:

- 1.Sundram Fasteners Limited
- 2.Azim Premji Philanthropic Initiatives (APPI)
- 3.IDFC First Bank
- 4.Mr.Ranvir Shah
- 5.Mr.Shivkumar
- 6.Mr.Jagdev Singh Gill
- 7.Qube Cinema Technologies
- 8.The Advisory Board Company
- 9.Shri. K C Mohan
- 10.Shri Balraj Vasudevan

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It has been fascinating to have the opportunity to integrate research, education and practice to better service persons, poor and homeless and living with severe mental disorders. All through 2017-18, we determinedly focused on consolidating our learnings and arrived at care packages, approaches and models that enthuse social inclusion, personal recovery and participation. Much of this was made

possible thanks to the contribution of Sundram Fasteners Ltd. (SFL) and The Hans Foundation, our most recent partnerships. Collaboratively, SFL and BALM launched the Centre for Research and Social Action in Mental Health within which our work in action research, programme evaluation, service expansion, capacity building and policy, sit.

Message from Founder Trustees

TATA Trusts , Azim Premji Philanthropic Initiatives, Grand Challenges Canada, and Public Health Foundation of India, our long standing partners, enabled intensification of our engagement in community mental health programmes in low resource settings, development of mental health solutions for those living with severe mental disorders and in scaling up inclusive living options for those living with severe disability and persistent mental health issues. Without their support through the years, we wouldn't have gotten this far.

The TISS-BALM Masters and Diploma programmes, now in their 5th year, have trained 207 persons to date. The adoption of constructivist pedagogy, access to practitioners, experiential experts, researchers, policy makers and programmes that serve the under resourced, challenges the dichotomy between science – academics and practice– social change. This approach facilitates in amalgamating good practice and expertise from diverse and interrelated fields, so students gain from value based orientation, transdisciplinary perspectives and real world experience.

This collaboration between a premier socialscience institution and a mental health leader/ NGO, facilitated by the former Director of TISS, Prof. Parasuraman and his management team , and now supported by the acting director, TISS, Prof. Shalini Bharat is bearing fruit with students who have passed out over the years, contributing in one way or the other to the social and mental health sectors. Mr. Ramadorai, Chairperson, Governing Council, TISS has always been encouraging of such high-impact innovations. We believe this partnership will directly feed into fulfilling the human resource development goal of the Indian Mental Health Policy.

Our collaborations with visiting scientists such as Dr.NachiketMor (The Bill and Melinda Gates Foundation, India), who is also a close associate and advisor to BALM, Dr.Joske Bunders, Dr. Barbara Regeer (VrijeUniversiteit, Amsterdam), Dr. Andrew Willford (Cornell University, USA), Dr. Ramesh Raghavan (Rutgers University, USA), Dr. Sanjeev Jain (NIMHANS, India), Dr. Alok Sarin (Sitaram Bhartia Institute Of Science & Research), Dr.Deborah Padgett (New York University, USA) were

strengthened further with their contributions and insights to teaching and research, adding tremendous value to our programmes at BALM. This year, we are also welcoming new collaborations with University of Pennsylvania and Boston University; the former working with us on improving the curriculum for the Diploma in Community Mental Health and initiating aDiploma in Nursing Program in the near future, and we will be working with the latter to promote institutional exchanges to participate in research and teaching activities, exchange trainees for experiential learning, study or research, organize conferences and academic meetings related to combined research interests and issues, collaborate on joint research projects and share information and lessons learned, pertaining to capacity building, student development and teaching.

We are particularly excited by some of the research that we are engaged in around employment, social inclusion, social roles and mental health. Equally stimulating is the process of improving our insights on diversity, prejudice and participation as well as understanding the impact (or the lack thereof) of social and public policy on the lives of vulnerable / marginalised persons.

As we celebrate our eleventh year, we reaffirm our commitment to our vision of building national mental health coalitions and stakeholder networks, demonstration sites that provide comprehensive care, human service professionals and social entrepreneurs who can take some of these approaches to scale so treatment and care gaps can be bridged and the lives of many, particularly those living in acute distress or abject poverty bettered. BALM wouldn't be what it is if it weren't for the leadership of our Chair, Mr. A. Sankaranarayanan the board members of The Banyan and BALM, our Director, Dr. KV Kishore Kumar, Dean Madhuri Menon, Deputy Dean Lakshmi Ravikanth, Heads of Department, and all faculty, admin staff, researchers, senior colleagues who lead programmes across The Banyan and their teams, particularly our young, dynamic and determined mental health practitioners, social care facilitators/ mobilisers and health aids. Most of all, thanks to the insight and the wisdom of our mental health service users and caregivers who have been our best teachers and inspiration!



Message from The Chairman

This year marks BALM's entry into its 11th year of existence, and I am very proud to say that in this time, BALM has built a strong portfolio of programmes that includes a strong institutional collaboration with the leading social sciences institute in India - the Tata Institute of Social Sciences, research consultancies for some of the largest donor agencies, policy recommendations leading to State and National level changes, and national and international collaborations with some of the most renowned universities including Vrije Universiteit (VU), Amsterdam, Boston University, Rutgers University, New York University, Department of Mental Health, Trieste (WHO Training Centre), and the University of Pennsylvania.

In this time, we have managed to build thought leaders by inspiring and training over 450 human service professionals, through three full time Masters' level programmes and a Diploma programme to train community mental health workers. BALM is recognised as a think tank and formidable force within the mental health and social sector in India. BALM complements and augments The Banyan's vision by creating a platform wherein The Banyan 'DNA' and ethos can be shared with a range of stakeholders (civil society, and not for profit), across multiple levels (individual, intermediary, community, and policy).

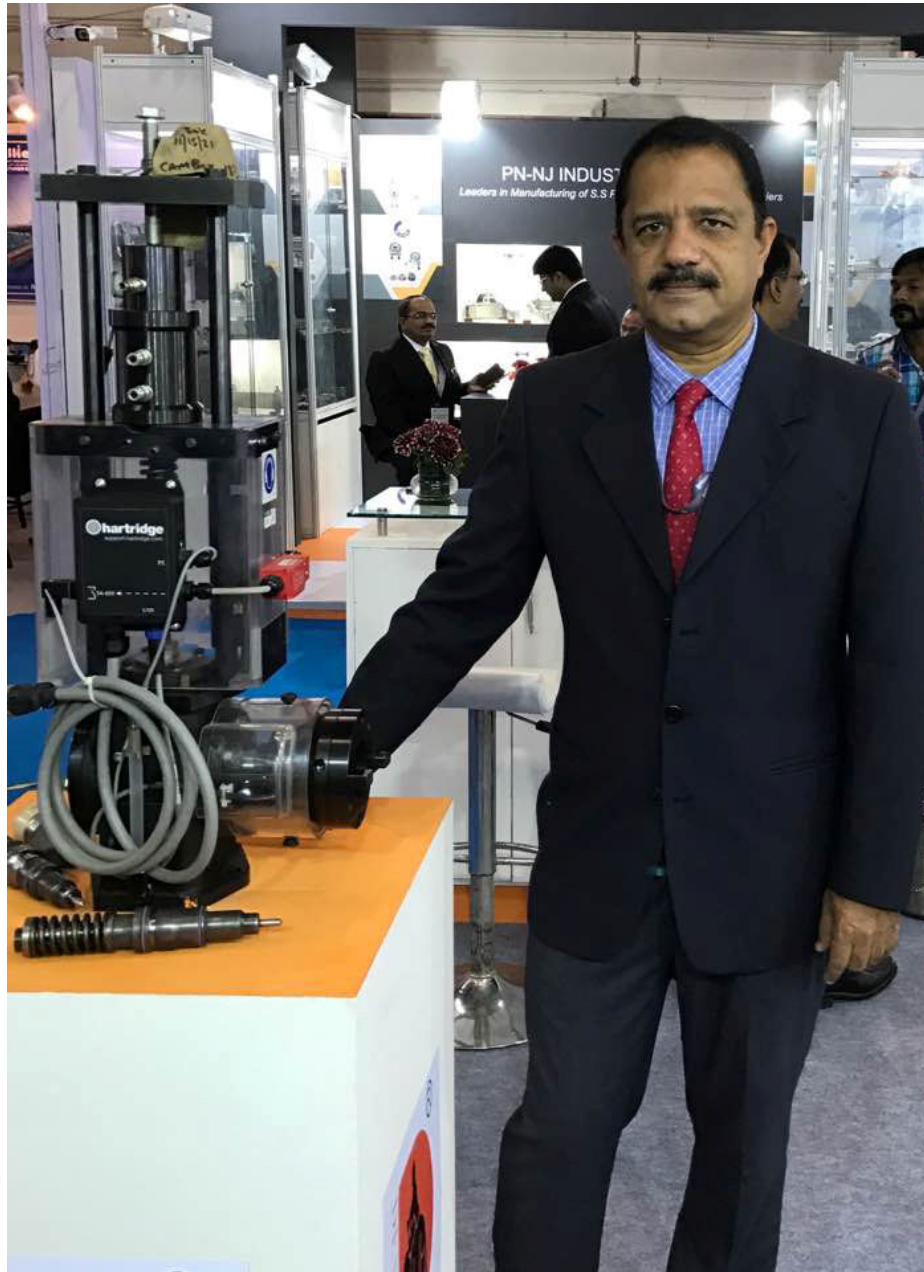
In the same vein, The Banyan offers a highly robust learning arena for the students at BALM, where each student has the opportunity to access all sites operated by The Banyan and its partners across the country. They gain invaluable grassroots level experience through the entire duration of the programme, have the opportunity to work with expert practitioners, and have access to some of the most

cutting edge approaches in mental health today.

I am also particularly pleased at the direction that BALM has taken towards ensuring sustainability of its programmes. In the last year, BALM partnered with one of the leading business houses in India - Sundram Fasteners Limited to initiate a research centre that focuses on replication of The Banyan's approaches to care to test efficacy and effectiveness of programmes such that the treatment and care gap in the mental health sector can be bridged. This unique collaboration between a not-for-profit and corporate entity showcases how multiple stakeholders can come together to collectively tackle complex challenges in the health and social sectors.

On the management levels, I am very grateful to the Dean and faculty of BALM for operationalising programmes, and seeing through BALM's vision with the utmost respect, authenticity, and fervour.

I would like to use this opportunity to thank our extremely engaged and committed board members, donors, volunteers and staff of The Banyan and BALM. My deepest gratitude to you all for believing in and embracing our vision, sharing your expertise, offering unconditional support, and building BALM into the organisation that it is today. We would not be here without you.



Message from Treasurer

This year marks the 25th year of The Banyan, and the 10th. anniversary for the Banyan Academy of Leadership in Mental Health (BALM), the research and documentation arm of the Banyan. These have been extremely exciting years for us. A huge focus of our work this year has been on changing the landscape of mental health in India, within our own programmes and within the culture at large. Both institutions have begun scaling up many of their projects and forming new relationships (both public and private) which has increased The Banyan and BALM's reach significantly across India, and the globe.

BALM and Banyan have been engaged in research to study the multiple collaborations with state governments in Tamil Nadu, Kerala and Maharashtra that the Banyan has recently begun. Research also focuses on Banyan's collaboration in Tamil Nadu with the National Health Mission, which aims to initiate starting three new emergency care and recovery centers for those who are mentally ill and homeless. Additionally, work is underway to include elements from The Banyan's NALAM approach into the District Mental Health Programme in Tamil Nadu, with the final sites of implementation being Kanchipuram, Cuddalore and Trichy districts.

Over the past few months, BALM and Banyan teams have been working extremely hard to manualise processes and create protocols that can be shared across stakeholders. Banyan's Skills Development unit has seen a massive overhaul, with our team making sure that vocational and skills training are being offered across all projects in a systematic, yet tailor-made manner. Moreover, the products being created by the skills unit are now available for order online.

The BALM-SFL Centre for Research and Social Action in Mental Health was launched in Sept. 2017. Through

this centre we will work on training, scaling up programmes and engaging in research to test the efficacy of our current approaches.

New academic partnerships at BALM mark another significant milestone for the growth of BALM. Dr. Vandana Gopikumar was awarded The Penn Nursing Renfield Foundation Award for Global Women's Health, and along with this award came the formation of a partnership with the University of Pennsylvania through which we have reassessed and improved our Diploma in Community Mental Health Programme with the help of a visiting nursing fellow who visited us from UPenn. Additionally, collaborations with Boston Medical Center, New York University and Cornell University have also been initiated. These collaborations will make room for institutional exchanges, transdisciplinary research, teaching activities and much more.

We continue to make strides towards ensuring organisational sustainability by pursuing various funding options, including research grants, corporate social responsibility (CSR) programmes, institutional funders or government schemes. As the Managing Trustee, I work closely with the second line of leadership at both The Banyan and BALM to ensure that our programmes are

As always, our priority and focus has and always will be towards the individuals that benefit from the work of The Banyan and BALM. As Managing Trustee, I would like to extend my gracious thanks to all our institutional funders, supporters and well-wishers for having faith in our work and encouraging us to lead through values, make bold strides, and continue doing the work that we do.



Message from The Director

The Banyan Academy of Leadership in Mental Health (BALM) is a unique institution in the country, which has abundant clinical material to facilitate hands on experience to understand the nuances of assessment, conceptualise care, understand the outcomes of interventions and link mental health policy and practice. The students who join this institution have tremendous opportunities to learn and develop into professionals with the required experience to cater to the needs of individuals with mental health issues and their families.

This institution was envisioned to produce well trained post graduate students in clinical Social Work, Clinical and Counselling psychology to fill the gap of mental health professionals who can work in the community and to strengthen initiatives taken by the central and state governments to mitigate mental distress in the country. Till date the institution has trained 38 students in MA Social work in Mental Health, 9 students in MA Health, Management & Entrepreneurship, 34 students in MA Counselling Psychology, 37 students in MA Clinical Psychology and 89 students in Diploma in Community Mental Health.

The Banyan Academy of Leadership in Mental Health (BALM) provides training to prepare young professionals to work in different Governmental and Non governmental agencies across different settings

like in psychiatry departments in medical colleges, District Mental Health Programme (DMHP), and mental health service providers in public sector. The DMHP covers 519 districts out of 712 districts in India and is conceptualised to provide comprehensive community-based care for the population with special emphasis on the vulnerable and the marginalised. This is directed at reducing the treatment gap for mental health problems in the country and to ensure reduction of disability, improved quality of life for people with mental health problems, reduction of family burden, increase in quality of life for the person and the family.

The complexities associated with the mental health scenario has resulted in creating challenges for professionals, policy makers, administrators and families. This social crisis has to be handled with great care, creativity and by taking into confidence all the stake holders. The BALM prepares it's students to experience these aspects first-hand by appropriate training, exposure and proper professional guidance.

Mental health is everyone's responsibility: every obstacle in mental health service delivery should be dealt with courage, conviction and in a consistent manner. We at BALM are working to producing leaders who will change the ground reality in coming decades.



From The Dean's Desk

The year 2017 has special significance for Banyan Academy of Leadership in Mental Health (BALM), having reached a milestone in its journey. The completion of a decade of BALM, which was registered in 2007, also coincides with a milestone of the Banyan, which enters its 25th year of service to the most vulnerable, homeless and marginalised people with mental health issues. The journey has been a memorable and learning experience for both organizations with many significant highs and lows. The Annual Report is but a mere glimpse into some of the events that have marked the growth and transformation.

BALM, which began with short courses, some in collaboration with world class institutions like the University College London (UCL), soon grew to offer Master's programs from 2013. These post graduate degrees were offered in collaboration with the Tata Institute of Social Sciences (TISS), an eight-decade old institution and a deemed university, and VrijeUniversiteit (VU) Amsterdam, one of the oldest universities in the Netherlands. In addition to the post-graduate programs, BALM anchors other centres for research and documentation in the area of mental health and marginalization. In Sept. 2017 the BALM-Sundaram Fasteners Centre for Social Action in Health and Mental Health was inaugurated. BALM, in collaboration with the Banyan and national and international universities and agencies, also conducts wide ranging and cutting-edge research in areas of health and mental health policy research, inclusive development and social innovation, reintegration of persons affected by mental health issues into the family or community etc. Some of these are done in collaboration with VU Amsterdam, the Harvard School of Public Health and the Global Psychiatry Department at Massachusetts General Hospital, Boston, New York University McSilver School of Poverty, University of Pennsylvania (UPENN), Pennsylvania. There are also international students' programs in collaboration with Rutgers University, New Jersey. Discussions are currently in progress for faculty and student exchange programs and new courses with some of these universities.

In its effort to support the Banyan to leverage grassroot level work in the area of mental health, BALM had designed and successfully rolled out four batches of mental healthcare workers, equipping them with a Diploma in Community Mental Health Care. The Diploma for the first 3 batches was awarded by RGNIYD (Rajiv Gandhi National Institute of Youth Development, Sriperumbudur) a central govt. institution. Two batches were initiated for rural health

care workers and two batches for urban clients.

One of the highlights of the BALM pedagogy is the focus on experiential learning, and learning through observation and participation. Towards this goal, the immersive learning process that the students go through, where the educational facility is co-located with the Cluster Group Home for clients requiring long-term care, has been a unique experience. There are also many other activities designed for hands-on learning, ranging from workshops and seminars, participation in external conferences and encouraging students to present papers. There are regular extra-mural lectures through two series of sessions- one the 'Fighter series' which invites persons who have overcome major hurdles in life to reach their current levels of operations and service. The other are lectures by academics and scholars of national and international repute, on a variety of topics.

BALM has also released its first book in Tamil, a collection of narratives of the life and victories of some of the Banyan's clients living in long term care facility. It is not all work and no play- students, faculty and residents get together to celebrate festivals, special occasions like Independence day and Republic Day. The pan-Indian face of BALM and the diversity it represents is reflected in the celebrations of festivals regardless of region or religion - including Christmas, Holi, Pongal, Ganesh Chaturthi, Navratri, Onam etc. To add flavour to other special occasions, sing-alongs with professionals invited for the occasion, are held on campus. There are fun and games through Sports Day celebrations, conducted by the students, with special events organized for the residents of CGH, Annual Day, Welcome and Farewell parties.

All this and much more, has been possible because of the faith, support and encouragement of a host of people - our Board of Trustees, the Banyan team, the TISS team, especially Dr. Parasuraman, Vrije University especially Dr. Joske Bunders and VU team, our donors and funders, especially SFL, Azim Premji Philanthropic Initiative (APPI), Tata Trust, Capital First, Real Image, individual board members and well-wishers like Dr. Nachiket Mor, Mr. K C Mohan, Mr. Shivkumar, Mr. Ranvir Shah, Mr. Balraj, Justice Prabha Sridevan, individual and corporate donors, all our visiting faculty, and most of all, all BALM faculty, Dr. Vandana Gopikumar, Dr. Kishore and the Banyan SMT, students and of course the parents and guardians of each of the students, who have stood by us through thick and thin.

It has been an exciting journey.
And still miles to go before we sleep



பான்யன் மனநல தலைமைத்துவத்திற்கான கல்வி மையம் 2007ம் ஆண்டு துவக்கப்பட்டு மனநல கல்வி, பயிற்சி, ஆய்வு, சட்டம் மற்றும் கொள்கைகளில் தன் பங்களிப்பை நல்கி வருகிறது. கடந்த பத்தாண்டுகளில் ஆயிரக்கணக்கானோர் மனநலத்தில் பயிற்சி பெற்று நாட்டின் பல்வேறு பகுதிகளில் மனநலப்பணிகளில் ஈடுபட்டுள்ளனர்.

தற்போது மனநல சமூகப்பணி, ஆற்றுப்படுத்தும் உளவியல், மருத்துவ உளவியலில் முதுகலை பட்ட கல்வியை டாடா சமூக அறிவியல் மையத்துடனும் சமுதாய மனநல பட்டய கல்வியை இராஜிவ்காந்தி தேசிய இளைஞர் மேம்பாட்டு மையத்துடனும் கடந்த 5 ஆண்டுகளாக வழங்கி வருகிறது.

அழகான காற்றோட்டமான கிராம தூழலில் கோவளம் அருகே, கிழக்கு கடற்கரை சாலையில் இம்மையம் அமைந்துள்ளது.

Renfield Award 2018

Professor Vandana Gopikumar was conferred the RENFIELD AWARD 2018 in March by University of Pennsylvania and the Renfield Foundation for Leaders in Global Women's Health. This award draws attention to the pathbreaking work that Prof Gopikumar has done for the cause of ensuring an enabling environment to heal and rehabilitate homeless women with mental ill health, with the formation of The Banyan in 1993. The prestigious award recognises people who have brought about change in the lives and health of women, in addition to encouraging survivors to participate in self advocacy and take on leadership roles. Prof Gopikumar is the youngest awardee till date and this recognition of the achievements that she and Ms Vaishnavi Jayakumar have toiled over, opens possibilities of The Banyan, TISS and BALM partnering with the University of Pennsylvania (Centre for Women's Global Health – School of Nursing and School of Social Policy) towards developing health professionals in whom are embedded the principles of equity, social justice and inclusion. For the marginalised sections of society, this represents another step towards inclusivity in mental healthcare and rehabilitation.



Ashok Pai Award

Dr KV Kishore Kumar, Director of The Banyan and BALM and former head of Community Health Service at NIMHANS, won the inaugural Ashok Pai Award for Psychiatry

COLLABORATIONS

Launch of BALM - Sundram Fasteners Centre for Research and Social Action

September 17th marked the launch of The Banyan Academy of Leadership in Mental Health (BALM) – Sundram Fasteners Centre for Research and Social Action in Mental Health.

This centre is a collaborative effort between BALM and Sundram Fasteners Limited (SFL) that aims to develop comprehensive mental health services for vulnerable individuals, transform models of care and build strong practice-driven evidence through transdisciplinary research while educating individuals to work as professionals in the field.

Several noteworthy individuals were present at the centre's launch last weekend, including Dr. Soumya Swaminathan, Director General of The Indian Council for Medical Research (ICMR), Dr. Nachiket Mor, Country Director of The Bill & Melinda Gates Foundation, India, Prof. Dr. Tom Burns (CBE) from the University of Oxford, Prof. Dr. Sanjeev Jain, from the Department of Psychiatry at NIMHANS, Dr. S. Parasuraman, Director of the Tata Institute of Social Sciences, Mr. Keshav Desiraju, the former Secretary of Health for the Government of India and Dr. J. Radhakrishnan, the current secretary of health and family welfare for the Government of India, Tamil Nadu.



Dr. Gopikumar and Ms. Arathi Krishna, friends and now colleagues, sign the MoU for the BALM- Sundram Fasteners Centre for Research and Social Action

Rutgers at BALM

The collaboration between BALM and Rutgers University involves a two week international programme for students of Social Work or related specializations. They are accompanied by one faculty from Rutgers. The special course was held from December 27, 2017 to January 9, 2018.

Government of Telangana and TISS-BALM partnership with Tata Advanced Systems Ltd.

At the invitation of the Department of Women and Child Welfare, The Government of Telangana and TISS-BALM in partnership with Tata Advanced Systems Ltd., conducted a pilot study on institutions for children in conflict with law and children in need of care and protection. The study assessed factors affecting psychosocial well-being of these vulnerable children and has initiated the process for a long-term partnership to redesign the homes to be facilitative agencies of children's wellbeing.

Virje University, Amsterdam and BALM

BALM has collaborated with Virje University since 2013 on teaching and research.

ACADEMICS

BALM was established in 2007, primarily as a knowledge hub to disseminate research on mental health and document best practices of The Banyan. In 2013, BALM's foray into mental health education was initiated in partnership with Tata Institute of Social Sciences (TISS), Mumbai with one post graduate programme- MA Social Work in Mental Health. By 2017-18, BALM offers three post graduate programmes with TISS and a 6-month Diploma in Community Mental Health Care.

The post graduate and diploma programmes offered at BALM aim to increase availability of human resources in mental health. The National Mental Health Survey 2015-16 shows that 10.6 per cent of the population in India experienced mental health conditions, but 83 per cent of them did not receive mental health treatment. This treatment gap can be linked to a severe shortage of mental health professionals of all cadres (clinical psychologist, psychiatric social worker and psychiatrists). The addition of educational programmes aim to synchronise quality mental health education immersed in the ethos of The Banyan to serve specialised needs of persons with psychosocial disabilities, engage in the mental health sector and function as a frontline innovator in mental health and social care in the community.

Programmes offered

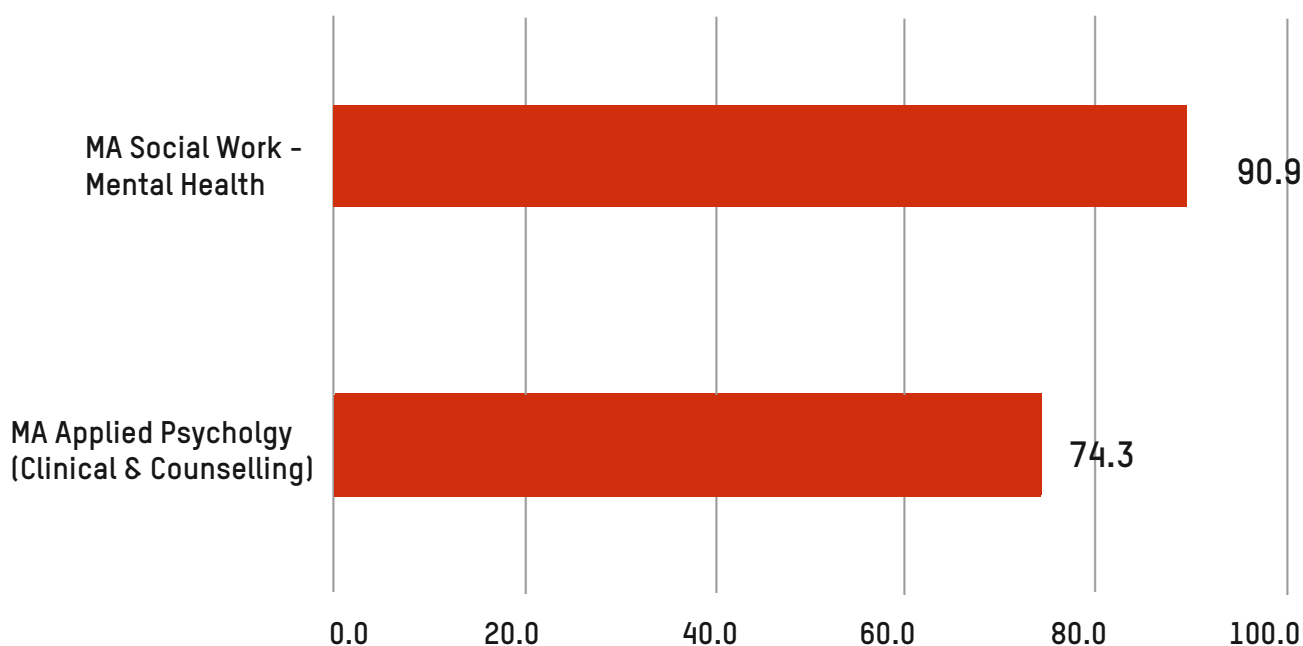
In 2017-18 there were 11 students enrolled in MA in Social Work in Mental Health programme, 21 students in MA Applied Psychology (Counselling), 20 students in MA Applied Psychology (Clinical) and 30 students in Diploma in Community Mental Health Care. Details of the post graduate programme course can be found at (<http://www.tiss.edu/schoolprogrammes/mumbai-campus/school-of-social-work/> <http://www.tiss.edu/schoolprogrammes/mumbai-campus/school-of-human-ecology/>).

Programmes offered	Name of Course	Duration
Post Graduate	MA Social Work in Mental Health	Two year, full time, 85 credits
	MA Applied Psychology (Counselling)	Two year, full time, 73 credits
	MA Applied Psychology (Clinical)	Two year, full time, 72 credits
Diploma	Diploma in Community Mental Health Care	Six Month, part time

Post Study Outcome

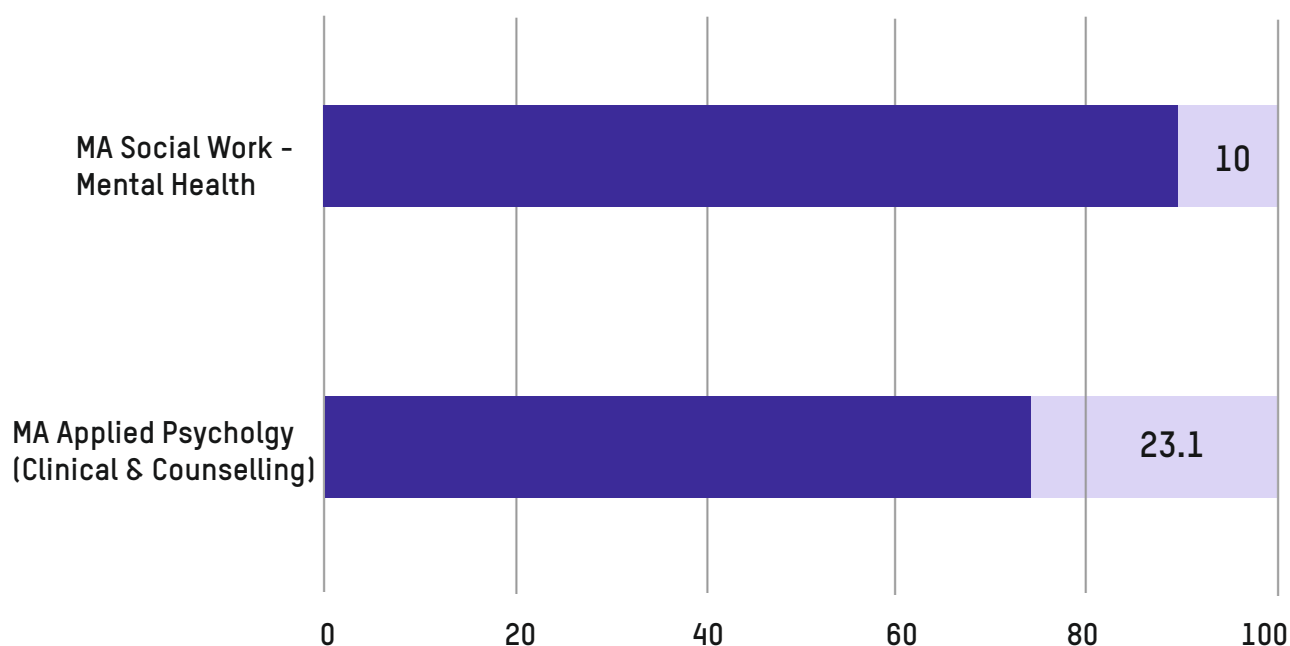
Students who have passed out of the TISS-BALM college have demonstrated a high degree of success in post study outcomes. The figure shows that 90.9 per cent of MA Social Work students and 74.3 per cent of MA Applied Psychology students of 2015-17 batch were in employment or enrolled in higher educational programmes.

Post study outcome of TISS-BALM postgraduate batch 2015-17 (as %)



Further, if the distribution of students by different categories of post study outcome is considered, it is clear that nearly all (90%) of students from MA Social Work Students were employed and lower share had opted for higher education. In contrast, while nearly three-fourth of MA Applied Psychology students were employed, nearly one-fourth had enrolled in higher educational programmes like MPhil at prestigious institutions like TISS, NIEPMED and IBHAS. Students from Psychology and Social Work were employed in institutions like CMC Vellore, Tata Trust, MANAS and MHAT.

Post study employment and enrolment in higher education of TISS-BALM post graduate batch,2015-17 (as %)



FACULTY ACTIVITIES

Publications/Reports

Dr Josephine A

1. A study on Special Homes/Observation Homes and Children Homes for Children in Conflict with Law and Children in Need of Care and Protection', Hyderabad, Government of Telangana, January – March 2018 (Co-PI along with Prof Lakshmi Lingam and Prof Vandana Gopikumar). –
2. SARASWATI' DST- EU, FP7 Project (Co-PI for TISS along with Prof Surinder Jaswal)- completed the project in January 2018.
3. Education of Migrant Children – Sandvik Asia Pvt Ltd (with Mr Sivakumar) – project completed – white paper to be submitted
4. 'Gender Equity in Education among Muslims in India: A Horizontal Inequality Analysis and its Implications'Sage, India (in process)– – Anthony, Josephine, and Sudarsan Padmanabhan

Dr Harini J Christopher

1. Accepted for publication -, "Self-Esteem and Emotional Well-Being of Adolescents Living in Relocated Homes", International Conference 'Community Mental Health: Trends and Challenges', St. Joseph's College, Bangalore, India and University North Carolina, USA.

Paper/poster Presentation at Conferences

Dr Harini J Christopher

- Presented a scientific paper on "Theory and Practice of Social Work in India: Credentials and Credibility of a Profession", at the National Conference DYUTI 18, Rajagiri College of Social Sciences, Kerala, January 2018. Paper was also accepted for publication- Dr.Harini
- Awarded "Best Free Oral Paper" in category of "Stress and Mental Health in the Work Place", at the International Federation of the 21st World Congress for Mental Health, New Delhi, November 2-5, 2017.
- Acceptance of abstract entitled: "Schizophrenia and Substance Use on Kinsmen's Emotional Well-Being: A Double Jeopardy", at the First World Congress of the World Association of Dual Disorders (WADD) & Fifth International Congress of the Spanish Society of Dual Disorders (SEPD), Madrid, Spain, 2017
- Acceptance of abstract entitled: "Opening of Closed Doors: Emotional Well-being of Women in Traumatized Marriages", at the International Conference on Trauma and Mental Health, 2017, Advances in Diagnosis and Management, Jerusalem, Israel, 2017.
- Presented a poster in the category of Mental Health across Life Span: "Academic Performance, Mental Distress and Alcohol Use Among Undergraduate Students: A Cause for Alarm?", at the International Federation of the 21st World Congress for Mental Health, New Delhi, November 2-5, 2017

Smriti Valliath and Madhuri Menon

- Paper presentation titled "Immersive learning approaches in mental health: pedagogy and challenges." in the- "3rd Critical Edge Alliance 2017 International Conference on Higher Education for the 21st Century: Innovations in University- Society Partnerships" an international conference conducted by TISS Aug 2017 in TISS Mumbai

Lakshmi Sankaran

- On NCDs and Prevention of Cardiovascular problems, 24th September 2017 at Dr MGR University

KS Ramesh

Abstracts submitted to the Joint World Conference on Social Work, Education and Social Development, 4-7 July 2018 at Dublin were selected for Oral and Poster presentations. The title of the abstracts are:

- Challenges for Women care workers in Community Mental healthcare (Oral)
- Mental Healthcare at the doorsteps by Women – Community Mental healthcare experience (Poster)
- Students' Understanding of Homelessness by field visits to streets (Oral)
- Potential of Commonwealth organization for social work to assist Commonwealth nations to meet SDGs (Poster)

Workshops/Conferences/Seminars chaired/organised

FACULTY	ROLE	TITLE	PLACE	ORGANISED BY
Dr Harini J Christopher	Chair	Mental Health of Victims of Sexual Abuse" at the International Federation of the 21st World Congress of Mental Health (WFMH)	New Delhi November 2-5, 2017	Caring Foundation, New Delhi, Cosmos Institute of Mental Health and Behavioural Sciences, New Delhi, DAPP and IHBAS
Dr Josephine A	Chair	Exclusion in Employment and Empowerment of Persons with Disabilities' at the International conference on Challenging Exclusion'- ICCE 2018	Chennai January,30 to February 2, 2018	NIEPMD and SRM Institute of Science and Technology
Dr Lakshmi S	Coordinator	Prevent and Care – Victims of Child Sexual Abuse'	Chennai July 22, 2017	Tulir
Dr Lakshmi S	Coordinator	Art Based Therapy' Workshop	Chennai July 4 & 12 2017	BALM
Dr Lakshmi Ravikanth	Coordinator	Relationship (Ms. Naomi Ackerman)	Chennai July 29 2017	BALM
Dr Josephine A	Coordinator	Social Role Valorization (State-level Workshop on in collaboration with Keystone Institute India)	Chennai 17 th Nov 2017	BALM
Psychology department of the BALM	Organiser	Elderly Care – 'Silver Lining'	Chennai January 31 2018	BALM

Open/Guest Lectures

- Guest lecture by *Prof Ramesh Raghavan* on Child Wellbeing and Parenting on January 6, 2018
- Guest lecture by *Ms. Sujatha* from MOHAN foundation on Organ Donation for first year students on June 22, 2017
- Open lecture by *Andrew Gillmor*, VU research scholar on 'Trauma - Indian Context' June 28, 2017
- Open Lecture by *Ms. Preethi*, Soulfree Foundation for BALM on July 13, 2017
- Guest lecture by *Mrs. Srividhya* from TRANSCEND on School Counseling for first year students on July 20, 2017
- Guest lecture by *Mr. Surendran* from Cancer Institute on Psycho-oncology on for first year students on August 10, 2017
- Guest lecture by *Mrs. Keerthi Prabhu* from ELEMENT H on 'Clinical interviewing & Mindfulness' for first year students on August 1, 2017
- LIVE Web-stream by *His Holiness the Dalai Lama* on 'Secular Ethics' August 14, 2017
- *Dr Simone Den Brinker* on 'Workplace issues: impact on individuals and family relationships' on August 14, 2017
- Open lecture by *Prof Tom Burns*, Social Psychiatrist, Oxford University on September 11, 2017
- Open lecture and Exhibition by *Dr. Alok Sarin and Dr. Sanjeev Jain* on 'History of Asylums' on September 18, 2017
- Open lecture by *Ms. Vartika Jaini* on 'Rural Development' on September 18, 2017
- Guest lecture by *Dr. Chockalingam* on HEART MATTER on December 6, 2017
- Guest lecture by *Ms. Preeti, Ms. Shubadra & Ms. Satya* from Rainbow homes on December 12, 2017

Professional Development of Faculty

- Dr Lakshmi Sankaran attended Cognitive Analytic Therapy Certification (ICAT- UK) on 29th Dec 2017. The certificate is given after 3 years of the course and is awarded by Christ Deemed-to-be University, Bengaluru. (applied psychology)
- Dr Lakshmi Sankaran attended a one year certificate course on Arts based therapy for psycho social needs offered by BAPU TRUST, Pune
- One year course on Family Therapy at A-STEP, Chennai commenced in Sept 2017 – Janani M

STUDENT ACTIVITIES

Cocurricular activities

- Block Field Work for social work in mental health seniors in the states of Tamil Nadu, Kerala, Punjab and West Bengal from 1st – 30th September 2017
- Rural camp for all juniors was held at Kancheepuram in collaboration with Hand in Hand NGO from 26– 29 July, 2017. Mr. KS Ramesh coordinated the camp.
- Lab sessions on 'Working with Self' for junior batch coordinated by Mr. KS Ramesh and 'Recording' by Dr. Harini Christopher on 15th & 16th June 2017.
- Lab sessions on 'Working with groups' and 'Working with Communities' for junior batch by Dr. Josephine A on 22nd & 23rd June 2017.

EVENTS

- Annual Day on January 20, 2018
- Sports Day on January 6, 2018
- Mind Meet 2017', an Inter collegiate Social Work Department Event was organised by students and coordinated by Mr. K. S. Ramesh on September 1, 2017
- Go Green Campaign on August 20, 2017
- Independence Day celebrations on August 15, 2017
- RMHP's 10th year celebrations at Health Centre on August 23, 2017
- Kutcheri for BALM students and residents on July 19, 2017
- Fresher's Day on June 17, 2017
- Convocation for 3rd Batch of Diploma in Community Mental Health on 24th January 2018,

INFRASTRUCTURE AND FACILITIES

BALM-SFL Centre for Research and Social Action in Mental Health was inaugurated on September 17, 2017.

The college has well designed classrooms for the various courses.

The BALM has a well-stocked library with journals including Indian Journal of Social Work and book.

The students can use computing facilities at the library with 11 laptops.

Testimonials from Students

Meghna Kohli, Class Representative

MA Applied Psychology-Counselling, BALM-TISS, 2016-2018

All experiences at BALM have been very special. Even the one involving taking responsibilities as BALM had become a second home. It was my departments' HOD Dr. Lakshmi Sankaran Ma'am and Mr. K Veerapandian Sir who encouraged me to take the responsibility to be the Class Representative (CR) for Counselling Psychology in the fourth semester. I have always been an active participant and this institute provided me with the opportunity to explore more of my leadership qualities. It allowed me to become a more patient and accepting leader. Earlier there were times when I thought I would become a little more authoritative than necessary but now I feel that I am more assertive as a leader and an individual. I also had a sense of self satisfaction knowing that so many people believed in my abilities to take the responsibility and were willing to guide me in every way possible. Also, being the CR allowed me to see how necessary it is to have an open communication system which was seen during the monthly meetings with the teachers. We were given the opportunity to put our point of view in front of The Dean Ms. Madhuri Menon, The Deputy Dean Dr. Lakshmi Ravikanth, The HOD Dr. Lakshmi Sankaran, all the other teachers and the administration. They were willing to listen to us without criticising us and had an open mind to the issues of the student body. Over all I will always be grateful to the opportunities BALM has provided to me in terms of both being the CR and a student. The responsibility as a CR provided me with growth as a person. It also kept me partly sane by allowing me to see that even with the added pressures of the dissertation and other work I could perform as a leader.

Monalisa Kujur

MA Applied Psychology- Counselling, BALM-TISS, 2016-2018

I feel privileged being a part of BALM. Being in BALM I had the opportunity to understand the concept of multidisciplinary approach in the field of serving mental health. As part of one of the elective papers, I had the opportunity to interact with the homeless people through a street engagement. Also being in BALM itself was a unique experience because of sharing space with the residents in CGH. While attending the CMH classes and listening to the hands on experience of the professors I became aware about the rural mental health programme and the nature of public health in Indian context. I liked working with the clients in TCC during my field work as it was the very first time I got the opportunity to interact and plan activities with clients having psychotic illness. Even having a simple conversation and seeing them smile helped me understand that even simple things can give meaning to someone's life.

Smrithi Sundararajan

Class Representative

Counselling Psychology, BALM-TISS 2016-18

Before joining BALM, I was always someone who avoided leadership tasks as I thought I wouldn't do a good job or did not want to take up additional responsibilities. So, it was quite accidental that I was appointed the Class representative for the Counselling batch in the third semester. It was VP sir's suggestion and I thought it would be a good idea to push my boundaries and try something new. To my utter surprise, I quite loved the role of a CR. I loved running back and forth between the various staff members and between the students and faculty- in search of clarifications, bargaining for deadline extensions and bridging various opinions.





I took to it with vigour and enthusiasm and even helped with additional roles like sorting out collective finances and collecting money for various events. It was such a good experience that unequivocally my responsibilities extended to the fourth semester too. I cherish the experiences I had representing my class and feel grateful for the confidence VP sir had in me (which reinforced my own self confidence) when he suggested I take up the role.

Varsha Giridhar
SDC representative
Clinical Psychology, BALM-TISS, 2016-2018

Becoming and being the president of SDC bestowed upon me the responsibility of being the voice of the others; this also turned into a journey of personal growth I embarked upon. The true meaning of being inclusive, sensitive and having our vulnerabilities out there were thrown light upon. Lending a ear to each person, being the voice for everyone, being open to criticism, accepting others' vulnerabilities, and working with a diverse team made me realize that the 'majority wins' doesn't always work in real life, each person counts and their contributions can be worth that of the majority itself.

Mr. Huber Dan
(2016-18) / MA Social Work in Mental Health
Intern @ Keystone Foundation, Kothagiri

"I owe a lot to BALM. My field work experience at Banyan and other organisations helped to apply theory into practice. The research project supervision assisted me to have better insights into the area of study. The co-location of campus with clustered group home brought a new gamut of learning experiences. I have also passed UGC NET & JRF, while studying itself. Now I am looking for opportunities for higher studies"

Ms. Gayathri
Diploma in Community Mental Health Care, Batch : 1

I am working as a Community Differently abled welfare Facilitator (CDF) in the VPRC (Village Poverty Reduction Committee). I am working for differently abled and people living with mental illness and their caregivers in my Baranichery Panchayat of Kundrathur Block, Kancheepuram District.

I have been working as a CDF for the last 6 years. I experienced a change in my work after completing the Diploma In Community Mental Health Care in 2015. I learnt how to work efficiently, how to take the message for the general public, how to facilitate access to welfare schemes of state and central governments, fundamental rights, how to conduct surveys on issues in the villages, counselling and first aid. We were taken to the NGOs for field visits which was useful for me to help differently abled and people with mental illness. The fieldwork assignment helped me to understand the theory class clearly. I could also help my village at all levels through this Diploma course. This diploma has also been very helpful in my life. Earlier I faced difficulties in taking decisions in my family. Now I am able to take decision in any circumstance. My cousin sister was suffering with mental health issues. As I had knowledge on mental health I could identify her mental illness and I took her to the Psychiatrist for the treatment. I counselled my aunt and entire family about mental illness and the survivors, and I made them understand the importance of family support for her quick recovery. I also referred her for rehabilitation. I identified nearly ten mentally ill people in my panchayat alone and took them for the treatment. I started a self-help group among the caregivers of mentally ill. They have 15 members in the group and they conduct meeting once in a month to discuss their needs and issues and help themselves.



Ms. Yamuna
Diploma in Community Mental Health Care, Batch 2

I am working as a health counsellor with SEED NGO in the villages of Thiruporur Block, Kancheepuram district. I am working for general health issues of poor people. Along with my medical team I organize general health camps in every village. The team comprises of a Doctor, nurse and counsellor. The Diploma offered by BALM was an opportunity to know more about mental health and other social issues to work as a community worker. I was happy and enjoyed the six-month course. From the course I learnt about myself- what are my strengths and weaknesses. The diploma also taught us about domestic violence and social welfare laws and how to give counselling. If I meet any person with a mental health issue, in my health camp, I would refer to The Banyan or a government hospital.



Ms. Nancy
Diploma in Community Mental Health Care, Batch 3

I have been working as a teacher for the last three years on the National Child Labour Prevention (NCLP) project with Chennai Corporation. I am working on child labour, drop out children, migrated children, and abandoned children in the Icehouse area. I meet the parents and motivate them to send their children to school. Every day I go to their area, bring the children to school, and drop them at evening. The diploma course taught me new things in every class. They taught about what people's roles are in a community, the prevalence of mental illness in the community and the need for developing a workforce for community mental health. I learnt where and when to approach for the problems through the RTI class. Before attending this course, I was not aware of how to work with persons with mental illness and used to be scared of them. But now I know much more about mental illness and where to get treatment. Moreover the field visit were gave me great experience about NGOs, particularly filed visit to TTK Hospital, Cancer Institute, NIEPMD at Muttukkadu and all the mental health sites of The Banyan. The fieldwork assignment of every class was very helpful to learn and understand the theory class.



Ms. Adhilakshmi
Diploma in Community Mental Health Care, Batch : 4

I am working as counsellor in Arunodhaya, an NGO working for Children in Royapuram, Chennai. I feel that I have got motivated and gained respect through this Diploma course. The faculties taught us very clearly in every class. Moreover, I do had not experienced college life, which was fulfilled through this diploma course. I realize that my diploma experience was a great opportunity in my life. The fieldwork assignment of every class was very helpful to understand more about theory class. The theory classes were about how to work for social issues in the community. For example, identify the person with mental illness, meet the people with various issues in the community etc... This information was helpful to approach the people easily during the fieldwork. I have done a mini research at the end of the course. It was on the impact of using smartphones by the young adults. I would say that this diploma course has motivated me to work for mental health. With the knowledge of the mental health in the community, I am able to offer them counselling. I use what I learnt in this diploma, in all situations of my life.

BALANCE SHEET

AS ON MARCH 31.03.2018

LIABILITIES	SCHEDULE NO	AMOUNT (Rs) AS ON 31.03.17	AMOUNT (Rs) AS ON 31.03.18
General Fund	1	14945859.53	24729328.53
Current Liabilities	2	1435478.00	1100749.40
TOTAL		16381337.53	25830077.93
ASSETS			
Fixed Assets	3	423649.49	2691768.94
Other Current Assets	4	706725.00	849809.00
Cash & Bank Balance	5	15250963.04	22288499.99
TOTAL		16381337.53	25830077.93

For BALM TRUST

BALRAJ VASUDEVAN
HONORARY TREASURER

PLACE : CHENNAI
DATE : September 27 , 2018

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

VIJI JOSEPH
(Membership No : 027151)

RECEIPTS & PAYMENTS

ACCOUNTS FOR THE YEAR ENDED MARCH 21, 2018

PARTICULARS	AMOUNT (Rs) Year Ended 31.03.2018	
RECEIPTS		
Opening Balances :-		
Cash-in-hand		4349.00
Bank Accounts		
Axis Bank Ltd - 13499436	967370.97	
ICICI Bank - 032901000112	8948.00	
ICICI Bank -602701224002 - NRTT	660236.79	
Axis Bank - 35603962	3611.60	
Kotak Bank - 8411432649	11560200.30	
Kotak Bank Ltd- 8411540818 -FCRA	1136528.54	
Kotak Bank Ltd-A/c. No-8411622477	909717.84	
Fixed Deposits		15250963.04
Donations - General		19403821.00
Consultancy charges		501300.00
Interest Income		588478.00
Bus Fees		118725.00
Donation - FCRA		4931295.34
Miscellaneous Income		18681.00
Loans & Advances recovery		32896.00
TOTAL (A)		40846159.38
PAYMENTS		
Education		11763021.60
APPI Grant Expenses		953994.00
Professional & Consultancy		214981.00
Salaries & Wages		776150.00
Stakeholder Relations		5027.00
Seminar Expenses		5088483.40
Travel & Transportation		133682.00
Communication		183156.00
General Expenses		117604.79
Telengana project expense		121670.00
<i>Studies on the Banyan's Project</i>		35492.00
Caregiver Study - Research		24497.00
BALM - SFL Launch		572558.00
Assets Maintenance		795131.00
Purchase of Fixed Assets		2712182.00

RECEIPTS & PAYMENTS

ACCOUNTS FOR THE YEAR ENDED MARCH 21, 2018

PARTICULARS	AMOUNT (Rs) Year Ended 31.03.2018	
Closing Balance		
Cash - in - Hand	3968.00	
Axis Bank Ltd - 13499436	1810387.62	
ICICI Bank - 032901000112	8948.00	
ICICI Bank -602701224002 - NRTT	688825.79	
Axis Bank - 35603962	3745.60	
Kotak Bank - 8411432649	12397693.70	
Kotak Bank Ltd - 8411540818 -FCRA	4785960.44	
Kotak Bank Ltd - 8411622477	2588970.84	22288499.99
TOTAL (B)		40846159.38

For BALM TRUST

BALRAJ VASUDEVAN
HONORARY TREASURER

PLACE : CHENNAI
DATE : September 27 , 2018

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

VIJI JOSEPH
(Membership No : 027151)

INCOME & EXPENDITURE

ACCOUNT FOR THE YEAR ENDED MARCH 21, 2018

PARTICULARS	AMOUNT (Rs) Year Ended 31.03.17	AMOUNT (Rs) Year Ended 31.03.18
Donations - General	19399788.00	19403821.00
Consultancy charges	420000.00	677280.00
Interest Income	288284.00	588478.00
Bus Fees	100960.00	118725.00
Course Fees	2018650.00	
Donation by Kind	1.00	
Donation - FCRA	5187462.25	4931295.34
Intenship	44500.00	
Miscellaneous Income	40207.00	18681.00
TOTAL (A)	27499852.25	25738280.34

INCOME & EXPENDITURE

ACCOUNT FOR THE YEAR ENDED MARCH 21, 2018

PARTICULARS	AMOUNT (Rs) Year Ended 31.03.17	AMOUNT (Rs) Year Ended 31.03.18
EXPENDITURE		
NRTT Grant Expenses	1036284.00	
Education (IMHST)	9520183.00	11449232.00
The Banyan - APPI Grant Expenses	2258976.00	1030773.00
Mental Health Social Action Lab	78623.00	
Professional & Consultancy	154475.00	178481.00
Salaries & Wages	468790.00	696150.00
Stakeholder Relations	57340.00	148513.00
Seminar Expenses	97972.00	
Travel & Transportation	119117.00	137338.00
Printing & Stationery	25514.00	
Communication	286915.00	186496.00
Bank Charges	1339.69	
General Expenses	24545.00	118076.79
Telengana project expense		127871.00
Audit Fees	20000.00	
Staff Bonus	7000.00	
Staff Welfare Exp	5821.00	
Studies on the Banyan's Project	46930.00	35492.00
Caregiver Study - Research		24497.00
Website Designing Charges	123379.00	
BALM - SFL Launch		576758.00
Photography Contest	20000.00	
Assets Maintenance	7515350.84	1245133.55
EXCESS OF INCOME OVER EXPENDITURE	12631297.72	9783469.00
TOTAL (B)	27499852.25	25738280.34

For BALM TRUST

BALRAJ VASUDEVAN
HONORARY TREASURER

PLACE : CHENNAI
DATE : September 27 , 2018

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

VIJI JOSEPH
(Membership No : 027151)

INDEPENDENT AUDITOR'S REPORT

REPORT ON THE FINANCIAL STATEMENTS

We have audited the accompanying financial statements of Banyan Academy of Leadership in Mental Health Trust which comprise the Balance Sheet as at March 31, 2018, Receipts and Payments Account and Income and Expenditure Account for the year ended on that date, and a summary of significant accounting policies and other explanatory information.

MANAGEMENT'S RESPONSIBILITY FOR THE FINANCIAL STATEMENTS

Management is responsible for the preparation of these financial statements that give a true and fair view of the financial position and financial performance of the organisation in accordance with the Accounting Standards issued by the Institute of Chartered Accountants of India. This responsibility includes the design, implementation and maintenance of internal control relevant to the preparation and presentation of the financial statements that give a true and fair view and are free from material misstatement, whether due to fraud or error.

AUDITOR'S RESPONSIBILITY

Our responsibility is to express an opinion on these financial statements based on our audit. We conducted our audit in accordance with the Standards on Auditing issued by the Institute of Chartered Accountants of India. Those Standards require that we comply with ethical requirements and plan and perform the audit to obtain reasonable assurance about whether the financial statements are free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial statements. The procedures selected depend on the auditor's judgment, including the assessment of the risks of material misstatement of the financial statements, whether due to fraud or error.

In making those risk assessments, the auditor considers internal control relevant to the organisation's preparation and fair presentation of the financial statements in order to design audit procedures that are appropriate in the circumstances. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of the accounting estimates made by management, as well as evaluating the overall presentation of the financial statements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

We report that :

1. We have obtained all the information and explanations which to the best of our knowledge and belief were necessary for the purposes of our audit;
2. In our opinion, proper books of accounts have been kept by the organization in so far as it appears from our examination of those books;
3. The balance sheet, income and expenditure and the receipts and payments account referred to in this report are in agreement with the books of accounts.

OPINION

In our opinion and to the best of our information and according to the explanations given to us, the financial statements give the information required by the Act in the manner so required and give a true and fair view in conformity with the accounting principles generally accepted in India:

- a) in the case of the Balance Sheet, of the state of affairs of the organisation as at March 31, 2018; and
- b) in the case of the Income and Expenditure Account, of the excess of expenditure over income for the year ended on that date.

PLACE : CHENNAI
DATE : September 27 , 2018

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

VIJI JOSEPH
(Membership No : 027151)



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