

ANNUAL REPORT

2018-2019

balm
THE BANYAN
ACADEMY OF
LEADERSHIP IN
MENTAL HEALTH



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Madhuri Menon
Dean
The Banyan Academy

Madhuri Menon



Dr. Lakshmi Ravikanth
Co-Dean
The Banyan Academy

Dr. Lakshmi Ravikanth

Message from The Deans

Banyan Academy of Leadership in Mental Health (BALM) was established in 2007 with a vision to build pillars of research, education, training and advocacy to influence policy change and augment stakeholder collaborations in the mental health and social sectors. Over the years the Banyan Academy has steadily impacted upon the aforementioned areas to make noticeable changes in relevant sectors especially in voicing the needs of the quietly surviving excluded populations living at the fringes.

Five years since its inception, the Tata Institute of Social Sciences-Banyan Academy of Leadership in Mental Health (TISS-BALM) collaboration has contributed to pedagogical depth and visible ground-level impact. Increasing interest towards the Banyan Academy's unique immersive education and its applications is reflected by a substantial increase of students of social work and psychology, from 15 in our first batch in 2013 to 68 for the batch of 2019-2021. The BALM-Sundram Fasteners Limited collaboration through its Centre for Social Action and Research has advanced into path-breaking trajectories of innovative practices in low resource settings in our country with determination and action to make a difference in the field of mental health and social well-being amongst vulnerable populations.

Students from the Banyan Academy have begun seeking clinical work opportunities in diverse settings and a large majority are opting to work with special children, adults and the elderly, low-resource areas. We are thrilled to see 5 of our students lead independent programmes at The Banyan's Home Again, in Maharashtra, Aftercare in Kerala, and research and teaching at the BALM-Sundram Fasteners Centre for Social Action and Research. We have also identified an increase in the number of students pursuing a career in academia at TISS, The Banyan Academy and other schools of social work and psychology across the country.

In addition to providing meaningful education with strongly embedded values for the sector's future leaders, the Academy is reaching out to larger audiences through conferences, intercollegiate events, workshops and certificate courses for continued learning. The Banyan Academy hosted India's first Certificate Course on Open Dialogue, a democratic treatment method used in addressing distress experienced as a result of acute psychosis in collaboration with the Trieste Mental Health Project, a World Health Organisation Collaborative from Italy. In addition, the Banyan Academy hosted a certificate course on Cognitive Analytical Therapy in collaboration with the international Cognitive Therapeutic Association, and a post-graduate diploma course in Applied Buddhist Psychology in collaboration with Arth, Mumbai.

Events like Mind meet, Beyond talk therapy organised by senior social work and applied psychology students brought in the student fraternity from city colleges to participate in discussions, debates, movement therapy and storytelling, and comprehend the immersive nature of learning and interaction at the Banyan Academy. An international conference was hosted by the Banyan Academy in January 2019 with international and national mental health stalwarts and other professionals emphasising the importance of home again and community inclusion. Faculty members from the Banyan Academy also had several opportunities to present both organisations' work at diverse forums. Some of these include the Joint World Conference on Social Work, Education and Social Development at Dublin, International Conference on Community Health Mobilisers at Anjali Mental Health Rights Organization, Kolkata, and the International Conference on Cognitive Analytical Therapy in Ferrara, Italy.

In the coming year, we are introducing new initiatives to bolster field-based learning through earn-as-you-learn fellowship programs, which will allow for select students to work at The Banyan and other partner organisations over their vacations, lead independent projects, and gain an edge on the completion of their education. This is the first of its kind fellowship exclusively for mental health in India.

Innovation is the cornerstone of The Banyan, the Banyan Academy and TISS which are constantly reinventing themselves to best serve the larger community, by building the most well-equipped, democratic and ethical leaders of tomorrow. TISS brings decades of experience to academia from a humanitarian perspective and continues to reframe social science education to suit current and emerging needs of the developing sector. Their practical ethos synergises with us, with whom there is mutual learning and resolve to make a difference.

Here's wishing the TISS-BALM collaboration years of working together as equal partners and stakeholders committed to education, research, training and pioneering path-breaking policies at the National and International level to contribute to the best of global standards and uphold sustainable development goals of "Good health and well-being", and "Quality education for all".





A. Sankaranaryanan
Chairman
Banyan Academy of Leadership
in Mental Health

A. Sankaranaryanan

Message from The Chairman

Mental Health is finally beginning to receive due attention by state and civil society players who recognise its cross-cutting impact on health, development, education and society. We are encouraged to see a diverse range of non-profit sector organisations and corporate agencies incorporate mental health into their ambit of services and Corporate Social Responsibility themes.

The Honorable Supreme Court of India continues to monitor closely responses from state governments to its ruling on exit pathways for persons stuck in mental hospitals for over a year. The HANS Foundation (THF) created a consortium of state and non-state actors including The Banyan, the Banyan Academy, TISS, National Institute of Mental Health and Neuro Sciences (NIMHANS), Institute of Behavior and Allied Sciences (IBHAS), Ashadeep, and Anjali Mental Health Rights Organisation to understand the nature of long-term care in 43 mental hospitals across the country and the profile of persons accessing them.

It is our hope that some of the knowledge developed by The Banyan and The Banyan Academy in this regard through the 'Home Again' trial funded by the Grand Challenges, Canada and thereafter taken to scale, supported by THF can be further disseminated.

The Banyan and the Banyan Academy today work with the Governments of Tamil Nadu, Kerala and Maharashtra to establish and/or contribute to crisis intervention centres, community mental health programs and inclusive living options for persons poor and homeless experiencing acute and chronic mental health issues.

These developments are especially critical to the Sundram Fasteners Centre for Social Action and Research, whose primary goal is to take to scale approaches that address concerns of disadvantaged individuals and groups. This is enabled by building a cadre of human service professionals trained to work with vulnerable populations across diverse terrains. Classroom education is delivered by renowned experts from India and around the world on various themes related to health, social development and public policy. Through a comprehensively designed fieldwork program, students are exposed as soon as they begin their education to grassroots realities, divergent points of view, and value-based service delivery.

We would like to express immense gratitude to our principal donors - Ms. Arathi Krishna and the Sundram Fasteners Limited and IDFC First Bank for their vision and commitment to bridge the treatment and care gap in the mental health service sector. Thanks are also due to the Chair of the governing council, TISS, Mr. S. Ramadorai and the Director, Prof Shalini Bharat for further strengthening the partnership initiated by former Director Dr. S. Parasuraman.

Our programmes continue to grow from strength to strength, ably led by our Director, Co-deans, faculty from The Banyan and the Banyan Academy and internal services staff. We are eagerly waiting to see how this unique ecosystem will contribute to the country's mental health and social justice landscape.



Balraj Vasudevan
Treasurer & Managing Trustee
Banyan Academy of Leadership
in Mental Health

Balraj Vasudevan

Message from Treasurer and Managing Trustee

The BALM-SFL Centre for Social Action and Research has made great strides in the past year to further deepen its vision and commitment to bridge the treatment gap in the mental health sector. 100 human service professionals graduated this year as clinical social workers, psychologists, and community health workers. 5 changemakers were appointed at The Banyan and BALM as clinicians, project coordinators, researchers and faculty members. Others are pursuing higher education or jobs in the development sector and in academia. The centre also collaborated with mental health professionals at The Banyan on short courses, certificate and diploma programmes to further build individual capabilities that will impact clinical services. We have, in addition, identified focus areas that require urgent attention towards the prevention of social descent as a result of extreme vulnerabilities and have begun restructuring our activities with these areas in mind to ensure that our services, research and advocacy are evidence-based and meaningful.

Our internal services geared up this year to ensure more cross-learning between The Banyan and BALM. In a manner similar to teaching hospitals, practitioners engaged in clinical care, organisation management and public policy work closely with students in teaching and practicum supervision. This in addition to teaching staff contributing to clinical care and action research at The Banyan helps foster a dynamic and inclusive learning environment that we hope will set a new standard in social science education for the rest of the country. These efforts are led by the director, dean and co-dean, faculty and senior management team, supported by the Executive Committee that reports to the board of trustees of The Banyan and The Banyan Academy.

The Banyan Academy is also empowered with a strong internal services team that manages administration, human resources, finance and accounting, led by the Board of Trustees and supported by our internal auditors at KPMG. We have several rounds of checks and balances at all levels to maintain robustness and ensure compliance to Labour laws, the Income-tax department, and the Foreign Contribution and Regulation Act (FCRA). Our systems and processes have and will always be transparent, and we will continue to learn and improve so as to stay firmly rooted in our purpose, mission and founding philosophy.

I want to take this opportunity to thank our primary funders, Ms. Arathi Krishna and Sundram Fasteners Limited and IDFC First Bank who have played a very important role in building a shared vision, and whose enthusiasm has inspired us and bolstered our efforts towards the goal of inclusion, equity and social justice. We have a long way to go, and many more milestones to achieve, but with the continued engagement of our partners, students and volunteers, we feel light, energised and ready to move forward.



Ms. Arathi Krishna
Co Founder
The Sundram Fasteners Centre for
Social Action and Research



Dr. Vandana Gopikumar
Vaishnavi Jayakumar
Founders
Banyan Academy of Leadership
in Mental Health



Message from The Co-Founders, The Sundram Fasteners Centre for Social Action and Research

We must say that it has been a fulfilling year at the Sundram Fasteners Centre for Social Action and Research. With steadily growing interest in our constructivist and adaptive pedagogical approaches, we are fast moving towards our vision of building a cadre of human service professionals who will apply themselves to solve complex societal problems and promote equity, justice and collective social consciousness.

To strengthen our learning environment, we hosted several special lectures and courses last year :Drs. Nachiket Mor, Phyllis Solomon, Deborah Padgett, Mark Salzer, Usha Ramanathan, Ravi Chellam, Aruna Roy, Nikhil Dey etc interacted with our students exposing them to issues of importance ranging from the right to food to comprehensive health systems, from manual scavenging to biodiversity, and from social inclusion to evidence-based health care. Some of these interactions have translated into action-research collaborations that will feedback into our programmes and indeed into policy discourse.

We are particularly pleased that our students, thanks to our primary collaboration with the Tata Institute of Social Sciences (TISS) Departments of Social Work and Human Ecology, have had the opportunity to be part of a personalised and immersive education construct, with strong roots in practice and exposure to 'wicked' problems located in the messiness of the real world. It is our belief and hope that this approach will help kindle curiosity for new learning, stimulate critical thinking, and inspire passion and enthusiasm. Our success will lie in the application of these learnings and values in day-to-day practice, as we build a community of mental health professionals, changemakers and leaders. Some of our efforts have come to fruition already, with a few of our students leading programmes in our Tamil Nadu, Maharashtra and Kerala chapters, as practitioner-scientists, community mobilisers and mental health advocates.

We are committed to advance this vision of social development using education, training and research as tools, such that mental health care gaps may be bridged and those disadvantaged, marginalised and poorly resourced are serviced equitably. We hold values of freedom and capabilities, plurality and social good as essential to building a humane and equal society and aspire to enable students imbue a similar line of thought.



Prof. Shalini Bharat
Director
Tata Institute of Social Sciences



Message from The Director, Tata Institute of Social Sciences (TISS)

From its inception in 1936, the Tata Institute of Social Sciences (TISS) has constantly evolved as an educational ecosystem where students learn to ideate, innovate and translate their learning to initiate change in society. Our academic programs offered in collaboration with The Banyan Academy of Leadership in Mental Health (BALM) are part of that rich and ever evolving ecosystem. The unique pedagogy that The Academy pioneered, involving experiential, immersive learning, bridging the gap between theory and practice upholds the vision of TISS and co-creates the potential to positively impact the lives of those relegated to the margins.

In the academic year, 2019-2020, with its 5th batch of postgraduate students, TISS-BALM further deepened its focus on practice-informed learning, developing teaching innovation that involved direct application of theory in practice, and transdisciplinary integration. Students at TISS-BALM are encouraged to challenge the status-quo of power structures, develop an acute awareness of inequities and espouse action and responsiveness as key values over all else.

It has been encouraging to see this mode of education receive due interest and attention from prospective students, as evinced by a steady increase in applications for the TISS-BALM program.

The TISS-BALM collaboration also reaches out to a global audience through international conferences, seminars and workshops. The second International Conference on Mental Health and Inclusive Development co-hosted by TISS and BALM has resulted in many research and cross-learning opportunities with universities across the world. Discussions on service-provision and the systemic shift in the care paradigm embedded in participatory action have accorded invaluable learning which will inspire students to expand their horizons, to contribute and seek education and employment in unexplored frontiers.

Wishing the very best of luck to TISS-BALM for 2019-20!



Rachana Iyer
Lead - Corporate Social
Responsibility,
IDFC First (Erstwhile Capital First)

Message from from our partner,
IDFC First Bank

The IDFC First Bank and The Banyan Academy's partnership is embedded in our joint commitment towards equitable education. In the past four years of our collaboration, IDFC First has funded scholarships for 23 students from disadvantaged communities doing their masters in social work and applied psychology. In addition to scholarships, we have supported The Academy with stipends for 48 students doing their Diploma in Community Mental Health, which were utilised for travel to classes and fieldwork, and gave students much needed motivation and financial independence to continue with their education.

Our collaboration will be further strengthened in the coming years with the establishment of the IDFC First Centre for Gender Studies at The Banyan Academy. This aim of this centre will be to support women at the intersections of poverty, caste discrimination and psychosocial distress in their journey of liberation from the shackles of dependence and powerlessness, and help build capabilities that facilitate wellbeing and a good quality of life. We will begin with an action research project to promote livelihoods and entrepreneurship opportunities for women with psychosocial needs in rural Tamil Nadu. Learnings from this research and feedback obtained through qualitative interviews and ethnographic observations on perceived changes as a result of financial autonomy will help restructure social needs care for women with mental health issues, and input into service provision, research and policy.

Here's to a long and learning-filled journey!

THE BANYAN ACADEMY OF LEADERSHIP IN MENTAL HEALTH
OUR IMPACT AT A GLANCE

52 STUDENTS
ENROLLED



3 POST GRADUATE
COURSES OFFERED

6.47%
INCREASE IN
ENROLMENT RATE
FROM 2018 TO 2019

11:1
STUDENT
TEACHER
RATIO

28
ALUMNI PURSUING
A CAREER IN MENTAL
HEALTH & ACADEMIA



15 PUBLISHED
AND UNDER
REVIEW STUDIES

4

ON-GOING
RESEARCH
STUDIES

PUBLISHED/REVIEWED IN
10
PEER REVIEWED JOURNALS

1

PHD
CANDIDATE
SUCCESSFULLY
COMPLETED
HER DOCTORATE

5

CAPITAL FIRST
SCHOLARSHIPS
AWARDED

2 DIPLOMA
PROGRAMS
ADDED & 44
STUDENTS
ENROLLED



5

BALM ALUMNI
WORKING AT
BALM/BANYAN

9

FIELDWORK
COLLABORATORS
WITH SOCIAL WORK
DEPARTMENT



7

GOVT./NGO
COLLABORATIONS

14

FIELDWORK
COLLABORATORS
WITH PSYCHOLOGY
DEPARTMENTS



4

OPEN LECTURES

2ND
INTERNATIONAL
CONFERENCE ON
MENTAL HEALTH
& INCLUSIVE
DEVELOPMENT



SECURED 4
RESEARCH GRANTS

23

INTER-DEPARTMENTAL
EVENTS OBSERVED



1ST

COLLEGE FESTIVAL
CELEBRATED 'MANAM'

The Banyan Academy's Commitment to Practice- Informed Learning

One of the founding philosophies of the Academy is its impetus on practicum-enabled pedagogy for students in the masters and diploma courses. The Academy firmly believes in the permanence of knowledge acquirement as a result of life experiences and learning by doing. This commitment is extended through the appointment of clinicians, advocates and experiential experts actively engaged in care provision, policy development and model building as teaching faculty at The Academy. The richness of their experience highlights discrepancies in existing policies against felt needs, promotes research that helps solve problems and inspires young learners broaden their horizons, build perspectives and plunge into meaningful activity. Through these approaches, we hope to build leaders who will ask the tough questions, stand for what they believe in, and not disengage from seemingly intractable problems.

We would like to extend our gratitude to the human service professionals who continue to work in challenging terrains and help mold the next generation of leaders in the development sector.

Implementing mental health programs gives us first-hand information about challenges that address unmet needs of persons with mental disorders. Linking field-based realities, in teaching goes a long way in sensitizing young professionals to devise responses to unmet needs in the community.

~ **Dr KV Kishore Kumar**

What we learn in theory and how much of that is practically followed in our country are often two different things. First-hand experiences are what students will most benefit most from. I also feel service users should take papers like psychopathology where they share their experiences and narratives that would help students better understand phenomenology and presentation of disorders than just limit it to traditional symptomatology as presented in books.

~ **Ms. Varsha Vinod**

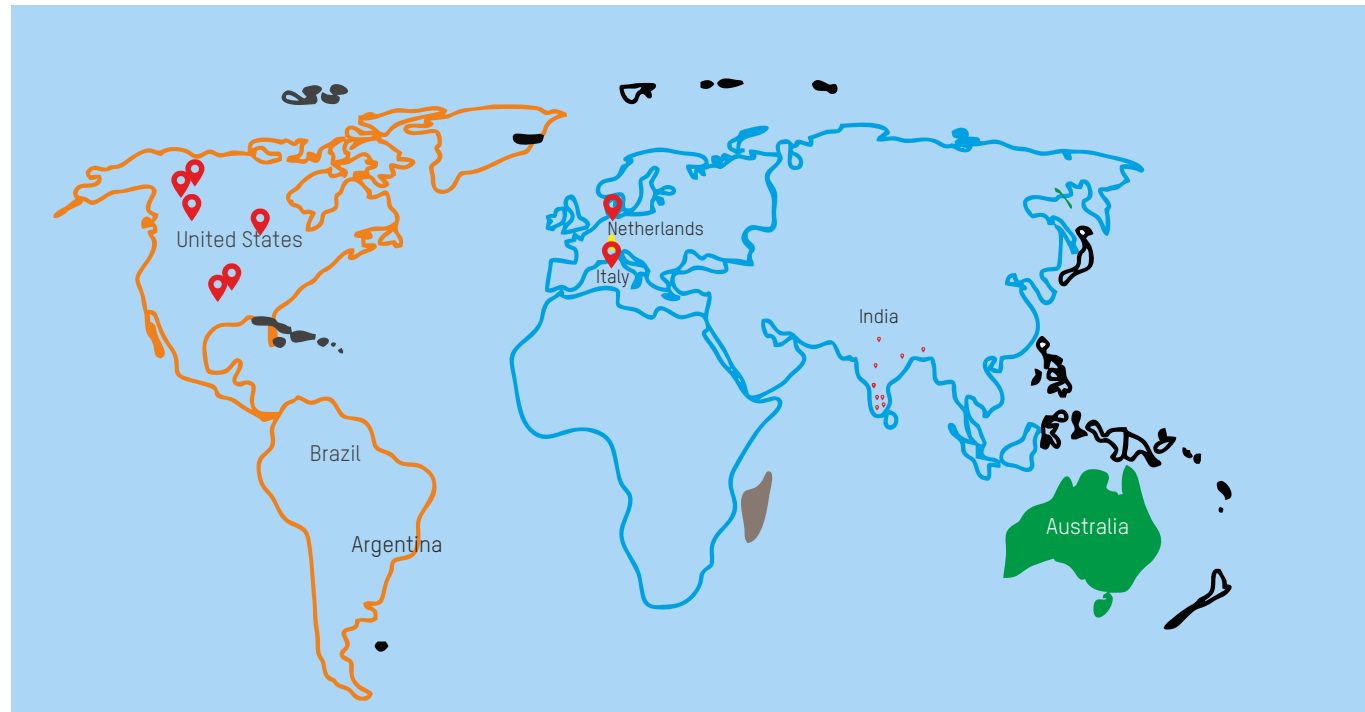
My experience as an implementer has helped me draw-in, real life adversities and its determinants on mental health into the classroom setting highlighting structural and systemic barriers. I believe that the future of mental health pedagogy lies in action-oriented field projects where social determinants of mental ill health and social models of disability are accorded greater focus.

~ **Ms. Keerthana Rajagopalan**

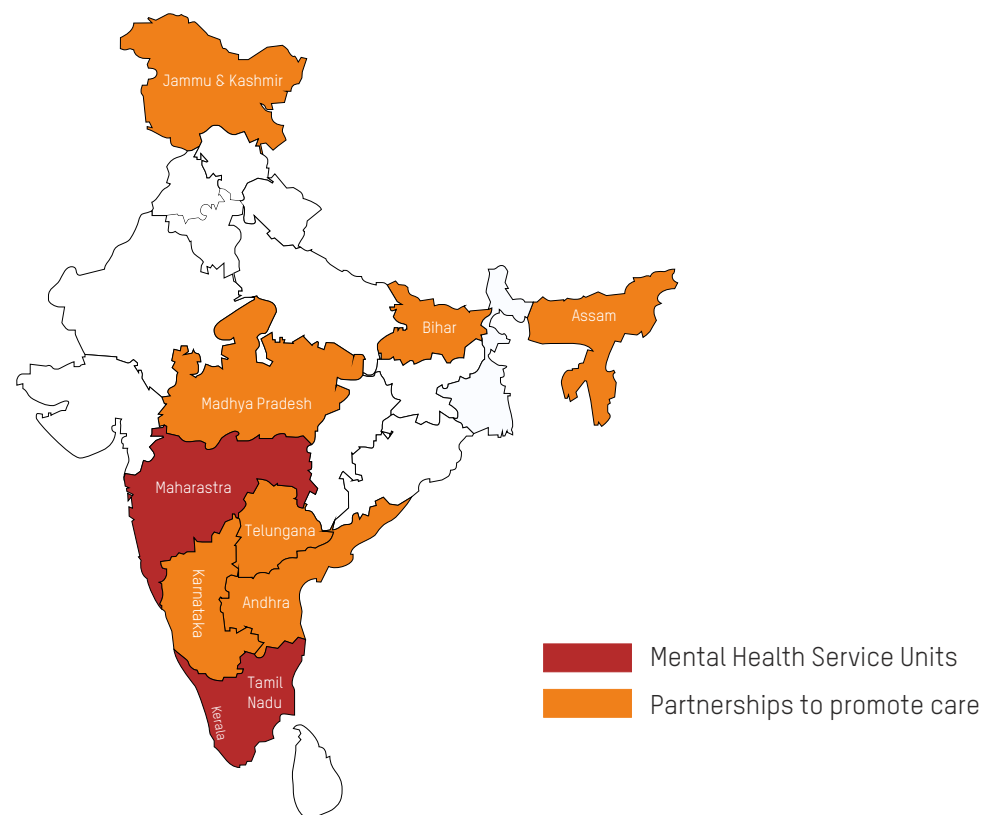
I have been teaching at BALM as a faculty in the School of Applied Psychology from 2014 and it has helped me navigate the transition from a traditional learning environment to an innovative mutual learning environment. The students of BALM help harness the clinician- scientist's knowledge and use it constructively in their clinical work, research and theory building.

~ **Ms. Archana Padmakar**

Our global partnerships at a glance



Our India focussed partnerships at a glance



Sundram Fasteners Mental Health Changemakers



Sonal Adlakhia
Lead, Home Again
Thane Chapter

"I had found the Schizophrenia Awareness Association (SAA) on the internet when I was looking for help for myself and my family as it was getting unbearable. During a SAA event, I met the co-founder, who encouraged me to come to BALM to study. So I applied and went to see the Banyan. I wasn't sure if I'd cope with the environment as I didn't want to go to a more difficult place than I already was in. I was already diagnosed with Borderline Personality Disorder a couple of months earlier. When I went to The Banyan's Emergency Care and Recovery Centre to meet Mr Ramesh (Assistant Professor, BALM), there was a woman who followed me around, came and sat on the table while he was having a conversation with me and followed me to the water filter. It brought a smile to my face reminded me of my mother following me with a glass of milk and when she wants me to do something. Everyone was free to do as they pleased, which was a relief, as I did not want to work or study in a space that made me more sick. My friends paid my fees and stay and provided emotional support to keep me going. I was free to come back if it didn't feel good. I did not have the psychological burden of a study loan. They told me to take it one day at a time. While doing fieldwork I learnt many skills I did not previously have. The most important lesson I learned was from our then Dean, Dr Nalini Rao who told me, "If I want to empower others, I need to empower myself".

I wanted to contribute to the mental health sector because I knew what I needed and what other people like me need. I always knew I'd be directly or indirectly working for The Banyan. I always felt like an extended family member. They are all about me, people like me, families like mine. And like a family does, my opinions were taken up constructively and not as criticism. It is always about growth, empowerment and being humane."



Shahanaz Irshad
Lead, Aftercare
Calicut Chapter

As a knowledge seeker BALM was the perfect decision ever happened to me. Mélange of fear, insecurity and a great amount of curiosity were the first emotions I experienced at the BALM Campus. Eventually all the insecurities and fear faded away but curiosity to learn remained, and persisted. Before joining I had very little knowledge and exposure to mental health. What I learned and received from BALM was more than what I expected. Life on the campus moulded me to be empathetic and capable to weave together the broken lives of individuals with mental health issues.

I have been endowed with priceless opportunities to shape the mental health social worker within me, and more than anything else, I was so happy to be blessed with an inclusive campus. Along with good teachers and mentors, our beloved residents were the best part of my BALM life. Life at The Banyan gave me the courage to stand up against the stigma associated with mental illness.

I had a strong determination to work in Kerala as a mental health professional while I was ending my TISS-BALM life, and coincidentally got the opportunity to work at The Banyan's Kerala Chapter! I joined as a coordinator of aftercare and reintegration in the Kerala chapter from 2017 onwards. Why did I decide to work for Banyan in Kerala? Because it is the best place to bring about the change that we all dream of.



Akansha Raghav
Lead, Home Again
Ratnagiri Chapter

BALM has been the change that I had never thought I could experience. It has challenged my beliefs and perspectives for good. BALM is that safe space that lets one grow without any fears. There is always someone who helps you get back on your feet after every fall. It became a part of my life. The sense of belongingness I felt here was unlike any other place. It wasn't college, it became home. The amalgamation of cultures, values, and perspectives enriched every moment with learning.

I procrastinated and I lagged behind but did I fail? Never. Only as a result of the perseverance that BALM instilled in me and every student. I must admit that I was very apprehensive to leave the family that BALM had introduced me to. The course at BALM wouldn't hold the value it does now if the opportunities that the Banyan settings extended weren't there. I wanted to continue learning the same way, from every person, every experience. It was always the same family, only my role in the family changed as I grew.

Hard to believe, but I joined BALM because of The Banyan and not vice versa, but little did I know that each of them would have such varied impacts on my life, both personally and professionally. Everything I learned at BALM was experience-driven and it was newer and better as we progressed through the two years. Now when I am at work, I am open to exploring and experiencing things as they come. BALM has inculcated values that will stay with me forever. Here at Home Again in Ratnagiri, it gets really tough at times, but also more exciting and enjoyable, only because of the BALM experience.



Anjali Singla
Research Associate and Faculty
The Banyan Academy

I remember reading about The Banyan and fieldwork opportunities at BALM while applying here during TISS application process. Apart from thought leaders from the sector being my professors, the emphasis on field exposure was enough to convince me to choose BALM and I was lucky enough to make the cut. The experience at BALM was exactly as advertised. It was about getting into the field and learning from a dedicated interdisciplinary team of mental health professionals, and challenging oneself to push and be better in not solely learning the skills but ethics, needs and spirit of community-based work.

My learning at BALM gave me the courage to look at public health and venture further into the field. After working in Delhi, I got the opportunity to come back and work on projects that are dedicated to building structures critical for sustainable growth and curating knowledge rooted in lived experiences of the ultra marginalized such as tribal and refugee groups. I am privileged to be encouraged to work in a space that is sensitive to the needs of individuals with mental illnesses. The Banyan Academy taught me the value of working in interdisciplinary teams, skills and techniques critical to operating as an ethical psychologist, researcher and advocate.

The Sundram Fasteners Centre for Research



The Banyan Academy with our partners Sundram Fasteners Limited and The Banyan has recognised the need to address variegated manifestations of illnesses that emerge within the unique socio-cultural milieu in which they work by designing indigenous interventions which then are tested to build a plethora of evidence-based practices. The Sundram Fasteners Centre for research hosts two emerging departments of research; the department of transdisciplinary studies and the department of homelessness and social vulnerability studies. The amalgam of both departments concentrate on understanding nuanced relationships among mental health, bio-psychosocial health and environmental influences to develop suitable interventions that would inquire into outcomes that have scalability and global reach for other LMICs, thereby influencing universal policy change and impact. The centre's futuristic vision is to develop imperative protocols for adhering to standardized ethical guidelines for all research undertaken within the TISS-BALM framework. This will be synchronized with the timely up-gradation of resources and skills for augmenting robust research.

Research Activities and Publications

Dijkxhoorn, M. A., Padmakar, A., Jude, N., Bunders, J., & Regeer, B. (2019). Understanding caregiver burden from a long term perspective: The Banyan model of caregiver experiences. Perspectives in psychiatric care, 55(1), 61-71.– A multiphase model for experiences of family members of persons with mental illness that considers both positive and negative aspects is proposed. Mixed methods (semi-structured interviews, life history timelines, focus group discussions, and the Experience of Caregiving Inventory) were used with caregivers accessing outpatient services of a nongovernmental organization in urban and rural locations around Chennai, India. Based on our results, we constructed a multiphase model, which we named The Banyan model of caregiver experiences. The phases are (1) manifestation of symptoms, (2) seeking help, (3) helplessness and attribution, (4) relative control and insight, (5) loss and worries, and (6) finding new meaning. Our multiphase model allows us to identify in more detail the needs of caregivers at various stages.

Narasimhan, L., Gopikumar, V., Jayakumar, V., Bunders, J., & Regeer, B. (2019). Responsive mental health systems to address the poverty, homelessness and mental illness nexus: The Banyan experience from India. International Journal of Mental Health Systems, 13(1), 1-10. The study uses a case study approach that describes the evolution of The Banyan using a timeline narrative. By applying an action learning framework, the organisation’s evolution through four lifecycles, strategy and the key elements underlying mental health system responses are identified and presented. ‘User centred’ and ‘service integration’ emerge as the main dimensions of The Banyan’s responsive health system. Relating to these two attributes, a typology of services is derived, indicating the responsiveness of mental health systems in addressing complex problems. The role of organisational culture and the expressed values during the transition is considered.

Ravi.M., Ravikanth.L., Dasroy.S., Homelessness and Mental Illness in Urban India (Flagship chapter of the India Exclusion Report 18-19) – a collaborative effort involving institutions and individuals working towards a shared notion of social and economic equality. The report seeks to inform public opinion around exclusion in an attempt to influence public policy in creating a more inclusive, equitable and just society. In this chapter, the authors go into the narratives of individuals afflicted with a mental illness and living on the streets, and juxtapose these stories with a presentation of the existing mental health and social justice systems. Homeless people even without mental illness are treated as non-citizens, without access to subsidised rations, drinking water, and housing. They live in constant fear of incarceration or displacement from their current street-based living arrangements. They also find no refuge in the legal system to report violations on the streets, or at their place of employment, owing to the deemed illegality of their status. These effects are multi-fold in the case of homeless persons with mental health issues who suffer social exclusion, habitual abuse and distressing pathologies. Many such individuals also consciously remain invisible, or camouflage themselves into the landscape of a busy and largely indifferent metropolis, for fear of being abused, or put away.

Vallath, S., Luhrmann, T., Bunders, J., Ravikanth, L., & Gopikumar, V. (2018). Reliving, replaying lived experiences through auditory verbal hallucinations: implications on theories and management. Frontiers in psychiatry, 9, 528. This study aims to understand the impact of negative life events (NLE) in auditory verbal hallucinations (AVHs) to explain the heterogeneity in phenomenology of this experience. Various different forms and functions of hallucinations were obtained with an evident pattern that links voices back to the NLE the individual experienced. Implications for therapeutic methods focusing on distress arising from said NLE is emphasized. The results obtained from this study implicate NLEs as a contributing factor in the development and maintenance of hallucinations. Sociocultural factors act as a catalyst with psychological factors creating distress and contributing to the voice-hearing experience. Treatment strategies must thus focus on the content of voices and past experiences of the individual to promote recovery. A model toward conceptualization of the diversity in phenomenology is put forth.

Narasimhan.L., Gopikumar.V., (2018). Free breast alteration surgery in India’s Tamil Nadu: Is there a case for public funding? British Medical Journal, Opinion. The article discusses breast alteration from the point of view of mental health care to better inform the creation of plans and policies. The authors posit that in the face of the unyielding structural barriers faced by women, and the multidimensional poverty they are entrapped in, there are alternative means to ensure mental health gains.

National Strategy for Inclusive and Community Based Living for Persons with Mental Health Issues (2019). This study was commissioned and initiated by the HANS foundation to understand the profile of patients staying for a year or more at the 43 state mental hospitals in India. HANS has partnered with BALM, TISS, Anjali Mental Health Rights Organisation, NIMHANS, Ashadeep, Institute of Behavior and Allied Sciences (IHBAS) and Hospital For Mental Health (Ahmedabad) for conceptualisation and data collection.

Healers or Predators? Corruption in India’s Healthcare (2018) – Prof. Vandana Gopikumar, Dr KV Kishore Kumar, Dr. Lakshmi Narasimhan, and Ms. Nisha Vinayak contributed a chapter in this book in the section ‘beacons of hope’ outlining The Banyan’s growth trajectory, value deck and good practice approach.

Gilmoor, A.R., Vallath, S., Regeer, B.J., Bunders, J.G.F (In press) “If Somebody could just understand what I am going through, it can make all the difference”: Conceptualizations of Trauma in Homeless Populations Experiencing Severe Mental Illness. Transcultural psychiatry. This study aims to contribute to the development of culturally sensitive interventions for identifying and treating trauma in a population of homeless persons with SMI in Tamil Nadu, India by understanding the manifestations of trauma and its associated consequences in this population. Results indicate that there appears to be discrepancies in classification of traumatic events between user-survivors and the Diagnostic and Statistical Manual of Mental Disorders. Traumatic experiences, particularly relating to social relationships and poverty, are mentioned by user-survivors that do not match traditional conceptualizations of trauma. Reported positive coping strategies for trauma include being mentally strong, knowledge and awareness, whereas the main negative coping strategy is avoidance. User-survivors report that their experiences of homelessness and developing SMI stem from past traumas they have experienced. Differing views of trauma between user-survivors and mental health professionals can lead to misdiagnosis and an underrepresentation of trauma in this specific population of homeless persons with SMI.

Vallath, S., Ravikanth, L., Regeer, B.J., Borba, PC., Henderson, D.C., Schole, W.F. (In review). Traumatic Loss and Psychosis-Reconceptualising the role of trauma in Psychosis. European Journal of Psychotraumatology. Literature suggests that the occurrence of psychological trauma (PT) from various negative life experiences beyond events mentioned in the DSM-criterion A, receives little to no attention when comorbid with psychosis. In fact, despite research indicating the intricate interplay between PT and psychosis, and the need for trauma-focused interventions (TFI), there continues to be mixed views on whether treating PT would worsen psychosis, with many practitioners hesitating to initiate treatment for this reason. This study, therefore, aimed to understand patient perspectives on the role of PT in psychosis and related treatment options. Results from interpretative phenomenological analysis (IPA) indicated that traumatic loss was central to experienced PT and trauma-related symptoms (TRS), but received no attention; this often contributed to psychotic experience and/or depression, through maintenance factors such as cognitive distortions and attenuated affective responses.

Vallath, S., Ravikanth, L., Gilmoor, A.R., Bunders, J. G.F, Borba, P.C (In review). Interplay of Negative Life Events in Persistent Delusions: Dissecting Phenomenology – Implications for Practice. Qualitative Health Research. This study aimed to understand the phenomenology of delusions and impact of negative life events (NLE) in delusion formation, maintenance and treatment. Findings indicate that owing to structural barriers, NLEs play a significant role in delusion formation, adjunct with information processing and cognitive biases. Low social support in the face of adversity led to heightened stress, trauma related symptoms (TRS) and the subsequent need to return to status-quo was then paramount. In doing so the need for an explanation becomes critical. Being ego-syntonic explanations, these are reinforced through reduced stress levels. Over a period of time, neural connectivities are developed strengthening memories and this cognitive processing becomes habituated. The presence of TRS interplaying in the content of delusions was an especially interesting finding. A model to explain delusion formation and maintenance was developed from findings and established literature.

Vallath, S., Narasimhan, L., Mani, P., Vardarajan,V., Ravikanth, L., (In review). Prevalence, Service Use and Clinical Correlates of Hallucinations and Delusions in an Out-patient Population from India. Journal of Mental Health. The current study aimed to establish the prevalence, clinical and service utilisation correlates of hallucinations (H) and delusions (D) in people accessing outpatient clinics in Tamil Nadu, India. Findings indicate that the most prevalent positive psychotic symptoms (PPSx) was hallucinations (10.7%) however, barriers to service utilisation and clinical correlates were associated predominantly with the D and the group experiencing both hallucinations and delusions (HD) group; as was severe work impairment. Yet, this group was most likely to remain with psychiatric services. Lastly, diagnostic challenges were apparent within the sample. Findings indicate that the most prevalent PPSx was hallucinations (10.7%) however, barriers to service utilisation and clinical correlates were associated predominantly with the D and the HD group; as was severe work impairment. Yet, this group was most likely to remain with psychiatric services. Lastly, diagnostic challenges were apparent within the sample. This indicates that despite more barriers to service utilisation, persons with PPSx remain in contact with services. Yet prognosis remains only moderate at best indicating other mediating and underlying factors impeding prognosis and need for enhanced biopsychosocial approaches.

Gilmoor, A.R., Vallath, S., Van der Ben, D., Peters, R.M.H., Ng, L., (In review). **Adapting the Trauma History Questionnaire for use in a Population of Homeless Persons with Severe Mental Illness in Tamil Nadu, India. Measurement and Evaluation in Counselling and Development.** Whereas exposure to traumatic events is high in lower-and middle- income countries, existing tools for diagnosis have not been sufficiently contextualized. This study aimed to culturally adapt the Trauma History Questionnaire (THQ) for use in a population of homeless persons with severe mental illness in Tamil Nadu, India. Results indicate There were diverging views between the user-survivor and MHP groups of participants in terms of the operationalization of the adapted tool. User-survivors voiced a preference for self-administration, while MHPs felt that rater-administration was necessary for accuracy. While, MHPs voiced concerns for user-survivors’ acceptance and general wellbeing following tool administration, user-survivors reported a generally positive experience with administration, with many reporting feelings of empowerment and appreciation of the opportunity to voice their traumatic experiences. This study contributes to the understanding that while there are basic-assumptions of what constitutes trauma, culture significantly impacts what types of events are considered traumatic. Several adaptations to the original THQ were needed to ensure its cultural validity for use in a population of homeless persons with severe mental illness in Tamil Nadu, India.

Gilmoor, A.R., Peters, R., Vallath, S., Regeer, B.J., Ng, L., (In review)“**When I answer this questionnaire, you will understand me better”**: Patient and Provider Perspectives on Trauma Assessment in Patients with Multiple Vulnerabilities. **American Journal of Community Psychology.** The aims of this present study were to test the application of the Trauma History Questionnaire Tamil Version (THQ-MV) for use in populations with multiple vulnerabilities, including SMI and ID in Tamil Nadu and to understand patient and provider perspectives on the use of the THQ-MV for use in assessing trauma. Patient and provider reception to the THQ-MV was generally positive. Completing the THQ-MV gave patients an opportunity to share their experiences of trauma and provided them with a sense of empowerment. For providers, the THQ-MV provided new insights into patient trauma histories and offered an efficient and systematized way of assessing trauma histories. There were, however, some perceived challenges of tool administration, including concerns about biased findings and unreliability due to the limited cognitive ability of certain patients. Findings suggest that the ability and willingness of psychiatric patients of varying intellectual ability and symptom expression to participate in trauma inventories surpassed the expectations of providers. More efforts to better inform and encourage practitioners to consider administering trauma

Ravi, M., Padmakar, A., Mander, H. & Regeer, B. J. (In review). **Beggary, the Law and People in Begging. Journal of Human Rights Practice.** In recent years, there has been growing support in India for the opinion that colonial-era laws which criminalize begging are not just wanting in compassion and humanism, but contravene the guarantees of India’s constitution. This slowly-gathering support among legal, public policy and social experts, and destitute people themselves, does not still mean that there is unanimity; indeed, there continues to be widespread prejudices against beggars. The Delhi High Court in August 2018 has resolved the legal question by striking down all provisions of the anti-beggary law in Delhi which criminalize and penalize begging as unconstitutional. However, there has been much less informed discussion about the alternatives to beggary laws which criminalize beggary; about what legal or policy regime, if any, should fill the vacuum created by the abrogation of laws which criminalize beggary. This paper attempts to seek the views of people who live by begging; as well as a few selected ‘experts’ who are actively working with the current anti-beggary act, and the new destitution bill, together with service providers, and individuals in law enforcement. This paper explores their views on the existing, proposed and desired law, policy and programmes with a bearing on the lives, work and social protection of destitute people including those who beg for a living.

Dijkxhoorn, M. Padmakar, A., Regeer, B. (In review). **Loneliness, stigma, lost opportunities and caregiver growth: understanding experiences of caregivers of persons with mental illness in Tamil Nadu, India.** Considering the knowledge gaps related to the social and cultural aspects of the caregiver experience in India, the study aimed to investigate the lived experiences of caregivers of people with mental illness in a low-income setting, across the stages of their care journey, with particular focus on stigma, loneliness, lost opportunities and caregiver growth. Results indicated that providing care for a person with mental illness has the potential to alter the course of the caregiver’s life drastically, through lost opportunities and reduced social interactions, resulting in loneliness. Lack of awareness and stigma impact caregivers, especially, female caregivers, in different ways such as loss of employment, housing, inability to marry. It is important to understand how these losses occur in daily interactions, and how the burden of caregiving changes over time. Nevertheless, the opportunity to help others, love and strong family ties have the potential to create positive experiences for caregivers and support structures can, therefore, be designed to strengthen these areas.

Padmakar, A.Dijkxhoorn, M. A., Bunders, J.,Wit de Emma E., Regeer, B (In review). **Reducing family burden: needs and strategies for responsive support structures for caregivers of persons with mental ill-health in Chennai, India.** Family caregivers are still the primary source of support of people with mental illness in low-income countries such as India. However, without guidance and support, there is a risk of families becoming fatigued, and in no shape to provide the care their loved ones need. In the context of social-economic deprivation, social stigma regarding mental illness, the plurality of cultural and religious approaches, and a slowly developing mental health system in India, organizing support for families is urgently needed, but also complex. Appropriate timing of a range of sources of support to family caregivers is important but too little is known about the needs of Indian families as they initially encounter, and then proceed to seek help for, dealing with mental illness in the family context. This study aims to explore when and how to support families in their process of understanding and taking care of mentally ill relatives, and what specific strategies might be employed throughout the caring process. The study was conducted in the context of a mental health organization in South India, The Banyan. In-depth interviews and focus group discussions (FGDs) were held with some 29 caregivers, and five senior mental health professionals (MHPs). The results depict the intricate experiences, ways of interacting, and need for support in the caretaking process of families, particularly in relation to earlier phases. Although the caretaking process is often chaotic, the results reveal a progressive line in the type of psycho-education and therapeutic support as families advance in their caretaking experience. The article concludes by sharing strategies on how mental health-care systems can further improve family-based care in India.

Padmakar, A. Wit de Emma E., Mary, S., Regeer, E., Bunders, J., Regeer, B. (in review). **Supported Housing as a recovery option for long-stay patients with severe mental illness in a psychiatric hospital in South India:** learning from an innovative de-hospitalization process. Individuals with severe mental illness have long been segregated from living in communities and participating in socio-cultural life. In recent years, owing to progressive legislations and declarations (in India and globally), there has been a growing movement towards promoting social inclusion and community participation, with emphasis on the need to develop alternative and inclusive care paradigms for persons with severe mental illness. However, transitions from inpatient care to community settings is a complex process involving implications at multiple levels involving diverse stakeholders such as mental health service users, care providers, local communities and policymakers. This article studies how the transition from a hospital setting to a community-based recovery model for personals with severe mental illness can be facilitated. It reflects on the innovative process of creating a Supported Housing model in South India, where 11 MH Service users transitioned from a psychiatric ECRC to independent living facilities. Experiences in various phases of the project development, enabling the transition. Qualitative methods (including in-depth interviews and naturalistic observations) were used with residents and staff members to explore the challenges they encountered in stabilizing the model, as well as the psychosocial benefits experienced by residents in the last phase. These were complemented with a WHO Quality of Life scale to compare baseline and post-assessment results. Results display the challenges encountered in the current context, and strategies that were used to respond and adapt the model to address these concerns effectively. Positive behavioural and psycho-emotional changes were observed amongst the residents, significant amongst those being enhanced in their mobility and participation. The article concludes by discussing the implications of this study for the development of innovative community-based models in wider contexts.

Narasimhan,L., Padmakar,A., Mary,S., Regeer,B., Gopikumar,V.(In review). **Home Again: Effects of housing with supportive services intervention for homeless women with mental illness in India.** The issue of long stay in institutional mental health facilities presents an important social justice challenge that needs to be addressed. A non-randomised controlled study was conducted to examine the effects of housing with supportive services – Home Again – for women with mental illness and long-term care needs. Home Again was found to have a significant effect on their community integration and disability. The implications of these findings are discussed with regard to potential scale-up of intervention.

Ravi.M., Rajeendran.R., Rajesh.V., Regeer.B., Salzer.M., Gopikumar.V.,(Ongoing) Barriers and Motivations in seeking livelihood options among persons with mental health issues. Workforce participation among persons with mental health issues continues to be low, at a maximum of 25% across the globe, despite evidence suggesting positive outcomes as a result of employment across different domains of functionality, symptomatology, and social mixing. This study interviewed 40 users of mental health services to explore the motivating factors, barriers, and support services required to find and sustain gainful employment. The researchers also interviewed 5 employers who to gain insight into their unique challenges in employing persons living with mental health issues and record their request for support that would help increase consistency in work performance, reduce absenteeism and attrition. Results from this study will have implications for health services, livelihoods access and training, public policy, social roles, and community participation.

PI: Dr. Gopikumar and Ms. Buteau.S., (Ongoing). Historically alienated populations such as the homeless, marginalised tribal population, refugees and persons with disabilities face a double jeopardy of economic and social exclusion, depriving them of basic rights and freedoms, and placing them at serious risk of intergenerational distress and premature mortality. Unconditional cash transfers or a push for basic income and provision of basic housing has enabled such groups to transition upward on the social and economic trajectory. This trial will help develop a theory of change to examine the links between basic income, and quality of life and upward social mobility among three cohorts- persons with severe mental illnesses accessing outpatient psychiatric clinics, homeless persons with severe mental illnesses and marginalised tribal groups. The findings from this study may contribute to addressing the intersectionality between poverty and MIH or distress and arresting the social drift.

Tyagi.S., Ravi.M., Gopikumar.V., Padgett.D., Service satisfaction in Mental Health: A user perspective (Ongoing). Feedback obtained through service audits, grievance cell meetings, human rights committee meetings, and case management have generated insight into services provided by mental health organisations and contributed to the development and implementation of user-led approaches in mental health care. This study seeks feedback from users of these mental health services, employing a participatory research approach in an attempt to understand diverse perspectives on micro-services and institutional social architecture. Findings from this study will inform services at The Banyan and hold implications for global mental health care and policy.

Singla,A., Rajesh V., Kishore K, Gopikumar.V., (Ongoing). Deliberate Self Harm (DSH), Suicidal Ideation and death by suicide: Mapping distress and Understanding Lived Experiences and Perspectives of Children and Adolescents. This study attempts to identify socio-cultural factors and psychological distress contributing to DSH and suicidality amongst adolescents and youth in Thiruporur block, Kanchipuram District, Tamil Nadu attending The Banyan Mental Health clinics. The study employs in-depth semi-structured interviews and psychological autopsy as key tools to seek information that may help the researchers arrive at socio-cultural formulations that could have implications for school mental health programmes at design and policy levels.

In the spotlight

History of mental health care in Kerala - A Hans Foundation undertaking at The Banyan Academy

Authors: Christine Holmes, Rajeev Sadanandan, Alok Sarin, Sanjeev Jain, Vandana Gopikumar

Research Associates: Anjali Singla, Bincy Chacko, Harshavardhan T Pallavi Rajankar, Swarna Tyagi

This is a research collaborative between The Banyan, HANS Foundation, the Government of Kerala and individuals from NIMHANS. The project aims to expand upon existing literature regarding the evolution of mental health systems in Kerala. The information gathered from mental health care structures will produce a book that bolsters academic understanding, best care practices and policy development for persons with mental illness.

The purpose of this book is to understand and document the historical, political and sociocultural factors that shape mental health perspectives, treatment approaches and service access for persons with mental illness in Kerala. Analysis of archival and secondary data, focus group discussions, interviews with key participants, and oral histories within a narrative approach to inquiry will uncover the values and forces that drive mental health care in Kerala.

The book will, therefore, seek to explore and investigate the origin of mental hospitals and their evolution through the years, the extent to which colonial psychiatry and mental asylums contribute to the contemporary mental health infrastructure of Kerala. It will also seek to further scholarly understanding of the role of traditional healing practices in the mental health care systems. Additionally, the book will focus on the role of the Travancore Royal Family and the impact of sociocultural perspectives on mental health care interventions available to residents of Kerala. The study aims to expand on the existing knowledge base of accessible health care systems for the most disenfranchised in Kerala, including homeless and/or impoverished persons with mental illness, individuals in need of long-term care, and those living with elderly caregivers.

Some of the recent updates on the project have been the progress on primary data collection wherein the team has been able to access gazettes and official records at the Kozhikode Regional Archives, Ernakulam Regional Archives and the Trivandrum State and Central Archives. In order to gather oral histories, visits have been made to religious sites in Kerala. Interviews have been conducted with key participants like Professor Achut Nair on Swathi Thirunal, Father Joshua on residential care of PLWMI, MHC senior psychiatrists, superintendents and staff. Also, academicians and experts in areas such as colonial psychiatry, alternative healing systems have also been interviewed.

The members of the team have developed material to supplement the study like the RA Training Manual based on the visits to the archives and MHCs. Interview guides, index catalogue, secondary literature resource list and data extraction templates have also been constructed. The team hopes to further interview members of the Royal family and traditional healing practitioners and expand the search at the Tamil Nadu Archives in order to gain further understanding of mental health care systems in the Madras Presidency during the colonial rule.



2nd International Conference on Mental Health and Inclusive Development

Social Work Education, Development of the discipline in the background of SGDs and its future:

The 2nd International Conference on Mental Health and Inclusive Development was held in Chennai from 6th-9th January 2019. Over 40% of participants and delegates were mental health service users from different countries who presented nuanced perspectives related to their ill health experiences and varied, non-binary conceptualisations of complexities of human rights that contributed to the global discourse.

The conference opened with discussions on Grand Challenges in Social Work Practice with an emphasis on social work education, themes of homelessness, severe mental disorders and social isolation. Issues around appropriateness in clinical care, social architecture and social design, operationalisation of community-based inclusive care options, minimum quality standards in service delivery, mental health service users' participation in the global discourse and on policy, were highlighted.

Furthermore, the conference aided in the conceptualisation and contribution of social work practice in diverse fields and its essentiality in understanding and addressing the social determinants of mental ill-health in Indian and Western contexts. Education, pay parity and human resource development featured as points of debate in plenary sessions.

Themes and takeaways:

Discussions in the conference focused on critical issues experienced in care models for persons experiencing severe mental illnesses. Two essential debates evolved as a result.

The relevance of institutionalisation within an inclusive human rights framework and the need for collaborative decision making in the deliberation of exit pathways and continued care to prevent recurrence of homelessness and further exacerbation of illness was discussed in detail, highlighting the urgent need to transition from binary approaches and pitting institution vs institution, to reform or better quality of care in institutions or hospitals when required.

Following this discussion, the need for inclusive living options (ILO) as an alternative to long term incarceration of persons with SMI experiencing long term care needs evolved. The challenges experienced by caregivers, concerns around employability and sustainability of community living were discussed. One of the key strategies in planning for the sustainability of inclusive living options was the need for Government collaborations and the incorporation of long-term care for persons with severe mental illness into state mental health policies and rules. Another key sustainability strategy that was highlighted was the provision of additional support systems for families, especially elderly caregivers in an effort to reduce burden, and promote participation of extended family members and local governments in the caregiving process.

The two debates also instituted the need for creating niche research centers that focus on model building and efficacy testing of innovative ILOs and allied care systems. Developing evidence-based scalable models was discussed as crucial to providing optimum care rooted in a human rights framework. This would provide for scientifically sound and economically stable models that cater to persons experiencing various levels of disability.



The Sundram Fasteners School of Social Work and Social Policy





Dr. Nalini Rao
Chairperson - The Sundram
Fasteners School of Social
Work and Social Policy

Nalini Rao

Message from the Chairperson

Social work practice is concerned with building and enhancing human potential and ensuring development for all, and therefore involves engagement with individuals and communities, particularly those disadvantaged and underserved. A few notable goals include influencing public policy to ensure equitable living opportunities, social development and the ability to pursue capabilities. Sundram Fasteners school for social work and social policy aims to actualise this vision by developing education approaches located in the real world. This pedagogy is delivered by experienced academics, practitioners and social scientists with clinical praxis, community development and advocacy. In conjunction with essential classroom learning, the school offers myriad immersive experiences to address everyday concerns and challenges of local communities that inspire students to work with solution-oriented strategies and create support networks with and within groups in order to edge out of status quo and promote visible social action. Students are trained and motivated to think out of the box and make deep inquiries into enmeshed issues of living in poverty and having to tackle structural barriers and find relevant remediation via practicum, evidenced-based research, and adoption of culturally appropriate approaches to mitigate distress. The future sees an emergence of a leadership incubation centre for students and local youth that would address and steer ongoing challenges that impact social health and mental health. There are several exciting possibilities to develop and implement new national standards for clinical social work in mental health with unparalleled ethical compliances imbued invariably with values that respect plurality and promote social justice.

SCHOOL OF SOCIAL WORK & SOCIAL POLICY

HIGHLIGHTS



10 Faculty
Members



119 Students
Enrolled



5 Workshops
Conducted



2 Certificate
Courses
Facilitated



2 Diploma Courses
Conducted



2 Field Action
Programmes

Field Action Programs Aghai Tribal Mental Health Program

NALAM (AGHAI) - The Tribal Mental health program (TMHP), driven by grassroots workers (PADA) is anchored at the Sundram Fasteners School for Social Work and Social Policy in collaboration with TISS as part of the Integrated Rural Health and Development Project (IRHDP). TMHP focuses on promoting convergence between health and social care services so social distress and structural barriers that exacerbate mental illness are alleviated to the extent possible, and recovery is holistic and embedded in a wellbeing paradigm. Some of the multimodal interventions include psychiatric and psychological care through monthly outpatient clinics, home-based care and follow up, social care facilitation that includes education and housing support, and linkages to social entitlements offered by district and state governments. Community buy-in for mental health is fostered through sensitisation and awareness programmes and formal training sessions for Accredited Social Health Activists (ASHA) and women from self-help groups. Child and adolescent mental health programmes and life-skills training programmes for teachers and parents have also been slated for the coming year.

The project currently services 68 clients across 33 villages and 26 'Padas' (6-12 villages form one PADA). 11 clinics were organized over the past year.

Life skills training for Juvenile Homes

Sundram Fasteners School for Social Work and Social Policy, the TISS Centre for Equity and Justice for Children and Families and Tata Advanced Systems Limited (TASL) have begun capacity building for teachers working with children in conflict with the law in correctional facilities in Hyderabad. This program is spearheaded by Dr. Josephine Anthony from TISS and Dr KV Kishore Kumar from The Banyan and The Banyan Academy. 3 visits have been made in the past year by Dr. Kumar, Dr. Gopikumar and Ms. Lalitha Raj Vellore for capacity building sessions, and discussions have begun on the need for interest based vocational training for children accessing these facilities. A few examples of preferred vocations as cited by the children included automobile mechanic training, cell phone repair, computer classes, jewelry making and art classes. Special lectures by volunteers from Sundram Fasteners Limited on automobile repair and team members from Timbaktu Collective on organic farming were organised by the Centre for Social Action and Research in August 2018. From the coming year, lifeskills training programmes will be organised for students by Dr. Kishore Kumar, along with training and capacity building for counselors and social workers placed by the government in the homes. Referrals for specialised services and emergency care has also been facilitated as a result of this collaboration.





The Sundram Fasteners School of Applied Psychology



Dr. Lakshmi Sankaran
Chairperson - The Sundram
Fasteners School of Applied
Psychology

Lakshmi Sankaran

Message from the Chairperson

Like the proverbial banyan tree, Sundram Fasteners School of applied psychology is one such branch that's taken root at The Banyan Academy. The campus by the sea is unique, adding to curricula via immersive learning on the ground. The school of human ecology envisages that theoretical and skill based applications of learning reach all in need of mental health services with varying degrees of complexities, without compromising on the expectations of indigenous cultures and local realities, and strengthen existing resources to promote well-being. Constructive, empirical learning experiences are incorporated for students in diverse field settings such as de-addiction, psycho-oncology, child and adolescent mental health, and geriatric care covering a wide array of psychological and behavioral science approaches for populations with specific mental health needs. Custom designed techniques are innovated, tested and applied to suit select vulnerable populations. Within the school, pathology is related to distress, and care to building resilience and empowerment. Students are motivated to challenge application imports and bring in originality, cross-fertilize and validate their trails on ground in keeping with sound ethical principles. Interventions being crucial, our USP vests in preventive, promotive and scalable models of care to build ongoing supportive changes for personal recovery. The pedagogical process incorporates sensitisation, analytical thinking, personal and professional growth among our students who represent pan-India, for them to become balanced, empowered and resilient human beings. Our alumni continue to make their presence felt with their contributions to mental health services, be it work in universities, NGOs, public and private sectors, or in academics in various schools of eminence across the world. The flow of connect remains with BALM and they serve as our live emissaries. In the words of Jiddu Krishnamurthy, "training and practice are major components of developing expertise in whatever human beings do".

SCHOOL OF APPLIED PSYCHOLOGY HIGHLIGHTS



9

Faculty
Members



86

Students
Enrolled



17

Workshops
Conducted



6

Certificate
Courses
Facilitated



1

Diploma Courses
Conducted



1

Field Action
Programmes

Field Action Programs: Prison Mental Health Project



In 2009, The Banyan entered into a collaboration with Puzhal Central Prison through a Memorandum of Understanding (MoU) with the then Director General of Prisons (DGP), to provide services to prisoners with mental health issues among women’s central prison, Chennai. A team from The Banyan Academy (a Psychiatrist, Psychologist and Occupational Therapist) has been visiting the women’s central prison twice a month for screening, counselling and medication management in collaboration with Prison doctors. Referrals have been facilitated mainly through prison doctors and wardens, who are sensitised in preventive and promotive mental health. The project’s services have been utilised on call by prison authorities during times of crisis such as threat, possibility of suicide or attempted suicide. A review of the engagement led to development of a programme that would train warders from all the state prisons on mental health issues as well as newly appointed counsellors. The prison mental health project currently reaches out to all Central Prisons in Tamil Nadu: Chennai, Salem, Vellore, Coimbatore, Cuddalore, Trichy, Madurai, Palayamkottai and Tirunelveli. 2000 warders and 28 counselors have been trained so far on mental ill-health, self-harm and suicidal behaviors. Needs analysis informed training and integrated the use of Cognitive Behavior Therapy, Transactional Analysis and Supportive Psychotherapeutic Interventions towards continued wellbeing of women prisoners. A tangible impact from The Banyan Academy’s engagement in the prison has been the significant reduction in the number of persons dying by suicide in Tamil Nadu’s Prisons, previously recorded the highest in the country.

The Banyan Academy in the Press



The Hindu published a news article on Boston University and BALM’s collaboration over building an ecosystem to drive evidence-based mental health research. “The research focusses on understanding the experience of severe mental health issues and seeks to unpack the precipitating and perpetuating factors for distress, while taking into account multiple clinical, economic and social phenomena including, but not limited to, poverty, gender and class and caste-based discrimination,” Dr. Vandana Gopikumar, co-founder of The Banyan and BALM, told the paper.
(Article published on 19th September 2018)



The Times of India carried an article on a photobook launched by the ‘Other Identity Foundation’ (OIF). The OIF was founded by Dr Vandana Gopikumar, Senthil Kumar and Balraj Vasudevan from The Banyan and The Banyan Academy. The book records 27 stories of triumph over mental illness issues.
(Article published on 21st July 2018)



Dr Vandana Gopikumar received the Devi Award by The New Indian Express in 2018. The Devi Award is given annually by the media house that “recognises and honours exceptional women across sectors who display dynamism and innovation in their line of work”. Mrs. Madhuri Menon, Dean of BALM, collected the award on Vandana’s behalf.
(Article published on 11th September 2018)



IndiaSpend, a data journalism website, featured a report based on a study conducted by The Banyan and BALM on rehabilitation of women with mental illness. The exhaustive opinion piece was co-authored by Dr. Gayathri Balagopal, a consultant at The Banyan Academy.
(Article published on 14th September 2018)



The BBC carried a long-form piece on how women with mental illness in India are abandoned by their families. The article profiled the journey of a user survivor and carried the views of mental health experts in India. Dr Kishore Kumar was quoted, saying, “Families are not necessarily always villains in this story. The state has failed the family and, therefore, the families have failed their women.”
(Article published on 16th October 2018)

Dr. Lakshmi Ravikanth, co-dean at The Banyan Academy, spoke on ‘Building an inclusive society’ at the Youth Speak Summit in Chennai. The summit was organised by NalandaWay, a non-profit organisation, in association with the United States Consulate General, Chennai.
(Article published on 26th November 2018)

The Tamil Nadu state government last year announced that doctors and healthcare workers who deny treatment to people with mental illness can attract a jail term of six months. Dr Vandana Gopikumar offered her comments on this development in The Times of India. “The most common complaints received from users were ill-treatment in institutions and denial of medical care. The Board will offer the opportunity for the user of a mental health service or a caregiver to have their grievances addressed in a timely manner, regarding violation of rights around access to care, discharge options, and supported admissions,” she said.
(Article published on 10th December 2018)



The Times of India featured an in-depth article on the rise of drug-use related mental disorders among inmates of central prisons in India. Dr K V Kishore Kumar (Director, The Banyan, The Banyan Academy) , in his comment to the newspaper, stressed that the reformation and rehabilitation of drug abusers among prisoners will bring down crimes as there is a correlation between drug abuse and crime.

(Article published on 6th March 2019)

The Times of India covered Dr Kishore Kumar’s lecture on rehabilitation and reintegration of people with mental health conditions at an event in Bihar. The programme was organised by the Centre for Health Policy in association with state departments.

(Article published on 10th March 2019)

Dr Kishore Kumar authored an opinion article in The Times of India on why it is essential to allow people with mental health illness exercise their franchise. He writes that franchise is the voice that people with mental illness need. He also offers a critique on the archaic law that denies people with mental illness their right to vote and offered suggestions on how society can take an inclusive path forward.

(Article published on 28th March 2019)

In April, the Madras High Court ordered the constitution of a panel that will oversee the overhaul of the criminal justice system in the state. Dr Kishore Kumar was named as one of the members of the committee, which also includes former police officials.

(Article published on 26th April 2019)



Our Team



Mrs. Madhuri Menon (Masters in Social Work), Dean, The Banyan Academy. Mrs. Menon is a management professional and trainer with over three and a half decades of experience in the corporate and public service sectors and has worked in organisations such as Indian Oil Corporation, Bharat Petroleum Corporation, Birla, ATNT, Pune and IFMR Trust to name a few. She has also worked as visiting faculty at Business Schools in Chennai and Coimbatore. She was a trustee at The Banyan for over 20 years before taking on the mantle of Dean at The Banyan Academy. She has been involved in academics and research, and has presented papers at various national and international fora. Her primary areas of interest include gender and urbanization.

Dr. Lakshmi Ravikanth (Ph.D), Co-Dean, The Banyan Academy. Dr. Ravikanth has been involved with The Banyan's work since its inception, and played the role of trustee prior to her engagement in The Banyan Academy as co-dean. Her primary academic interests lie in adolescent mental health, existential therapy, ethics and gender-based violence, and has facilitated various workshops at The Banyan on adolescent wellbeing, stress management and applications of existential psychotherapy. She is also a practising counsellor and provides supportive psychotherapy for persons affected by severe mental illnesses and conducts family counselling sessions. She offers personal counselling using positive psychology approaches at The Banyan's Health Centre for clients accessing inpatient emergency care and outpatient services, and supervises students at The Banyan and The Banyan Academy with their doctoral and masters theses.

Dr. Lakshmi Sankaran (Ph.D), Chair, Sundram Fasteners School of Applied Psychology. Her research interests include addiction, family therapy, cognitive analytical therapy along with alternate interventions such as art-based therapy. Her work has been featured in several national and international conferences. She is also a practising counselor and offers services to a diverse population. She facilitates workshops in art-based therapy and certificate courses including the International Labor Organization's S.O.L.V.E course.

Dr. Nalini Rao (Ph.D), Chair, Sundram Fasteners School of Social Work and Social Policy. Dr. Rao has a teaching career that spans two and a half decades, including as visiting faculty at universities across the globe. She also conducts social development research for industry and Governments. She has carried out extensive research in adolescent health, social development and equity, and her work is published in several national and international journals. She is also a founding member of the Institute of Sustainable Development, Veerapuram.

Dr. Seshadri Harihar (MBBS, MRCPsychiatry), Adjunct faculty, Sundram Fasteners School of Applied Psychology. Dr. Harihar was a practising psychiatrist in the United Kingdom for a decade and is a member of the Royal College of Psychiatrists. He has over three decades of experience in psychiatry and mental health pedagogy and trained at the Christian Medical College, Vellore. At the Banyan, Dr. Seshadri offers his services at the rural outreach clinics, emergency care and recovery centre and inclusive living options such as home again and the working women's hostel. He also mentors students in their field practicum.

Dr. KV Kishore Kumar (MD Community Psychiatry), Adjunct faculty, Sundram Fasteners School of Social Work and Social Policy. Dr. Kishore is also Director, The Banyan and The Banyan Academy and holds over 30 years of experience in community psychiatry. His areas of interest include community-based models for mental health care, health promotion using a life skills approach, initiation of community-based detox programs, stress management for lawmakers and training of all categories of mental health workers on integrating mental health care in primary care. He has been an advisor to several governments on mental health care, disaster mental health and life skills education.

Dr. Rama Kashyap (PhD, Social Work), Adjunct faculty, Sundram Fasteners School of Social Work and Social Policy. Dr. Kashyap has headed Corporate Social Responsibility at India Cements in the past and has earlier been engaged with international development agencies including the Danish International Development Agency and United Nations Funds for Population Studies. Her areas of academic interest include statistics, social development and the role of corporates in social growth.

Mr. KS Ramesh (MA in Social Work), Assistant professor and coordinator, Sundram Fasteners School of Social Work and Social Policy. He has over 19 years of experience in clinical research, health project management, psycho-social counseling, social skills training, entrepreneurship, and social work academics. He has represented The Banyan Academy in several social work conferences internationally on the role of social workers in mental health care delivery. He has also served on the State Steering Committee for the HIV/AIDS bill and is Drafting committee member of the Tamil Nadu State Youth policy. Mr. Ramesh is currently pursuing his doctoral studies with Madras University.

Mr. Anandan Nagappan (MA in Medical & Psychiatric Social work), Senior Coordinator, Diploma in Community Mental Health Care, Sundram Fasteners School of Social Work and Social Policy. Mr. Anandan has been vital in networking with multiple stakeholders such as Non-Governmental Organizations, Community Based Organizations and district and state Governments. He will also lead the The Banyan Academy's upcoming diploma course on working with vulnerable children.

Mr.K.Veerapandian (M.Phil, Psychology), Therapist, Assistant Professor and Department Coordinator, Sundram Fasteners School of Applied Psychology. Mr. Veerapandian's academic interests lie in qualitative research methods, Transactional Analysis, personality development and stress management amongst others. He was instrumental in the development of Follow-Up Counselling Toolkit Training Modules (Positive Prevention Tool Kit - PPTK) for Counsellors working in the field of HIV/AIDS, and is recognized as a consultant and facilitator for the implementation of PPTK throughout India.

Prof. Vandana Gopikumar (Ph.D), Professor, TISS, and Sundram Fasteners School of Social Work and Social Policy at The Banyan Academy, Co-Founder, The Banyan, The Banyan Academy and the Sundram Fasteners Centre for Social Action and Research. Dr. Gopikumar teaches courses in Clinical Social Work and Mental Health, Marginalisation and Human rights. Some of her research interests include exploring social, political and psychological narratives of individuals with experience of severe mental disorders and homelessness; the impact of faith healing in ill health attributions and recovery trajectories, the role of social capital and social disadvantage on mental health and social health, etc. Her research and insights feed into the development of appropriate and adaptive mental health systems at The Banyan. She continues to work with and learn from homeless and poor persons experiencing psychosocial distress with whom she has fostered bonds beyond the clinical. She believes that the future of mental health is social; therefore her focus today in her clinical work lies in better understanding the role of participation in socio-economic, political and cultural life and its impact on social inclusion, self-directed recovery planning and better outcomes and identity constructions, notions of self, personhood and well being.

Dr. Lakshmi Narasimhan (PhD), Adjunct faculty, Sundram Fasteners School of Social Work and Social Policy, Lead, Centre for Mental Health and Inclusive Development, The Banyan. Dr. Narasimhan leads implementation and research projects aimed at quality of life gains using community-based approaches to mental health. She has served as a co-principal investigator and project lead for action research projects at The Banyan. These include NALAM, a well-being oriented, multi-interventional, tiered clinical and social support service spearheaded by community mental health workers with Dr. KV Kishore Kumar; and Home Again, a housing with supportive services intervention offering exit pathways out of institutionalised care for persons with persistent mental illness with Dr. Vandana Gopikumar. She is currently engaged in a multi-site community re-entry programme to address the issue of long-term institutionalisation in psychiatric facilities in a study with diverse collaborators from The HANS Foundation, National Institute of Mental Health and Neurosciences (NIMHANS), Institute of Behavior and Allied Sciences (IBHAS) and The Banyan. Her interests are in understanding and developing social approaches for complex issues at the intersection of poverty, homelessness and mental health.

Ms. Archana Padmakar (MPhil, Clinical Psychology), Adjunct faculty, Sundram Fasteners School of Applied Psychology, Lead, Centre for Emergency Care and Recovery, The Banyan. Her PhD thesis focused on Developing A Framework For Adaptive Mental Health Systems for Homeless Women With Mental Health Issues and outlined strategies for continuity of care for caregivers in India. Her clinical experience includes work in diverse clinical settings and scale-up of the emergency care and recovery centre approach. Ms Padmakar also leads large components of research and service collaborations with Governments of Kerala, and Tamil Nadu.

Ms. Preetha Krishnadas (MSW, Psychiatric Social Work), Adjunct Faculty, Sundram Fasteners School for Social Work and Social Policy, Lead, Centre for Mental Health and Livelihoods, The Banyan. Ms. Krishnadas holds a decade of experience in psychiatric social work and community development and works with diverse populations in psychosocial distress. She has led several outreach and awareness initiatives for Panchayats, civic bodies and the general public in an effort to promote help-seeking behavior for mental health issues. Her academic interests include explorations of pathways into homelessness as a result of mental ill health and negative life experiences, caregiver burden and continuum of care for persons with severe mental disorders.

Ms. Keerthana Rajagopalan (MPhil, Clinical Social Work), Adjunct faculty, Sundram Fasteners School of Social Work and Social Policy, Co-Lead, Centre for mental health and Livelihoods. Ms. Rajagopalan's clinical interests are centred around youth and gender and its differential power on the determinants of mental health as well as risk factors for mental health. She is currently involved in a research study on the applicability of open dialogue in the Indian context with clients accessing continued care services at The Banyan.

Ms. Varsha Vinod (MPhil, Clinical Psychology), Adjunct faculty, Sundram Fasteners School of Applied Psychology, Deputy head of department, Clinical Psychology, Co-Lead, Centre for Emergency Care and Recovery, The Banyan. Ms. Vinod's academic interests lie in neuropsychology, understanding experiences of clients presenting with delusions, socio-cultural influences in developing delusions, mindfulness-based practices and their impact on coping with traumatic experiences. She is currently engaged in an enquiry on the impact of cognitive retraining on the functionality of individuals.

Ms. Mrinalini Ravi (MSc. Mental Health Services Research), Lead, Sundram Fasteners Centre for Social Action and Research at The Banyan Academy. Her key interest areas include homelessness, peer-led research and advocacy, and organisation building. In the future, she would like to immerse herself in developing and applying a strengths-based and peer-led support system to help persons with severe mental health issues obtain and sustain employment, run businesses, pursue higher education or work towards any dream they were unable to realize on account of their illness. She also leads the partnership's portfolio at The Banyan and attempts to build a strong stakeholder base engaged in addressing the concerns of persons disadvantaged, homeless and living with severe mental illnesses.

Ms. Janani M, (MSc. Counseling Psychology), Assistant professor, Sundram Fasteners School of Applied Psychology. Ms. Janani has been a practising therapist for 3 years and holds a diverse client base. She also facilitates workshops related to Mental Health in various parts of Chennai. She is involved in the BALM-HCL collaboration to offer counseling to HCL Technologies Limited employees on a bimonthly basis. Her primary areas of interest include work with transgender populations and alternative treatment models such as art-based therapy.

Ms. Smriti Vallath (MSc, Clinical Psychology), Head, Research, Sundram Fasteners Limited Department of Research, full-time faculty, Sundram Fasteners School of Applied Psychology, Clinical Psychologist, The Banyan. Stemming from her clinical practice, her primary research interests include the development of evidence-based service and policy guidelines for the treatment of trauma in psychosis. In her research endeavours, she explores various facets of trauma, including socio-cultural perceptions of trauma, intergenerational trauma, post-traumatic stress disorder and psychological underpinnings of the interplay of trauma in severe mental illnesses. She leads academic collaborations with IFMR-LEAD, Boston University (School of Medicine), and studies related to homelessness and continuity of care services among persons discharged from mental hospital at the Sundram Fasteners Center for Research.

Ms. Anjali Singla (MA, Applied Counseling Psychology), Research Associate and Full-Time faculty, Sundram Fasteners School of Applied Psychology. Ms Singla's academic interests lie in the understanding of trauma and its deep-rooted impact within generations as well as a feminist understanding of social structures and gender norms. She is currently involved in research projects that explore underpinnings of suicidality and Deliberate Self-Harm (DSH), in rural Tamil Nadu. She is also involved in a study tracing the evolution of mental health systems in Kerala from socio cultural, historical and political perspectives. She is involved in advocacy, grant and donor servicing and internship support.

Ms. Swarna Tyagi (MSc. Organisational and Social Psychology), Research associate, Sundram Fasteners Limited Center for Research at The Banyan Academy. She is a case manager at The Banyan's Rural Home Again Program and works extensively with advocacy related to social entitlements for persons with mental illness. She is currently working on research projects centred around participatory research and user-led audit across Banyan sites. She is also involved in a study that seeks to trace the historical and socio-cultural aspects of mental health care systems in Kerala. Her primary research interests centre around organisational change and mental health care systems and seeks to explore themes like mental health issues and burnout at the workplace, organisational dynamics, diversity and inclusion in terms of intersectional identities. This is in conjunction with her work to bring about awareness on queer rights and mental health along with the Student Development Council at the Banyan Academy. She is also involved in grantmaking and donor reporting, along with volunteer support at The Banyan.

Distinguished Scientists



Dr. Nachiket Mor,

(Formerly) Bill and Melinda Gates Foundation and Reserve Bank of India
Developing Economies, Health Systems Design



Prof. Phyllis Solomon,

University of Pennsylvania, Evidence Based Practice



Prof. Joske Bunders,

Vrije University

Transdisciplinary Research



Dr. Barbara Regeer,

Vrije University

Analytical Writing, Transdisciplinary Research



Dr. Wendy Grube,

University of Pennsylvania

Psychiatric Nursing



Prof. Sanjeev Jain,

NIMHANS

History of Mental Hospitals



Dr. Harsh Mander,
Centre for Equity Studies
Social Justice



Prof. Ramesh Raghavan,
Rutgers University
Implementation Sciences

Sundram Fasteners Limited - Best Outgoing Student Awardees (2016-2018)



Prof. Deborah Padgett,
McSilver Poverty Institute, New York University
Medical Anthropology



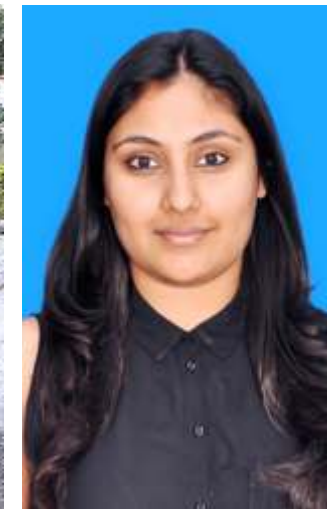
Dr. Alok Sarin
Sitaram Bhartia Institute of Science and Research
History of Mental Hospitals



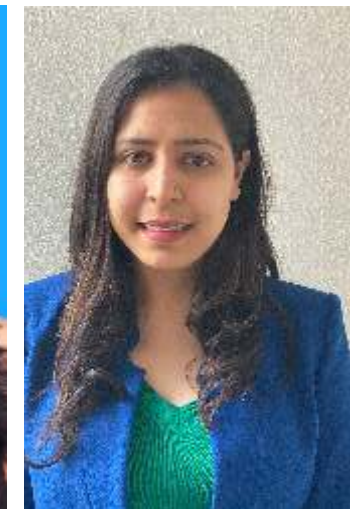
Varsha Giridhar
Applied Psychology
(Clinical Psychology)



Aakriti Vig
Applied Psychology
(Counselling Psychology)



Gurinder Preet Kaur
Social Work in
Mental Health



Sonakshi Kundra
Social Work in Health,
Management and
Entrepreneurship



Prof. Andrew Wilford
Cornell University
Idioms of Distress, Ethnography

Alumni Speak

BALM helped me to learn life and mental health in an experiential way. BALM as an institution does not believe in training students through only books and literature but also largely through sharing and providing a variety of experiences from the real world.

In my time with the institution I have had innumerable opportunities to learn from and with several people who are passionate about working for the community and bringing change in perspectives.

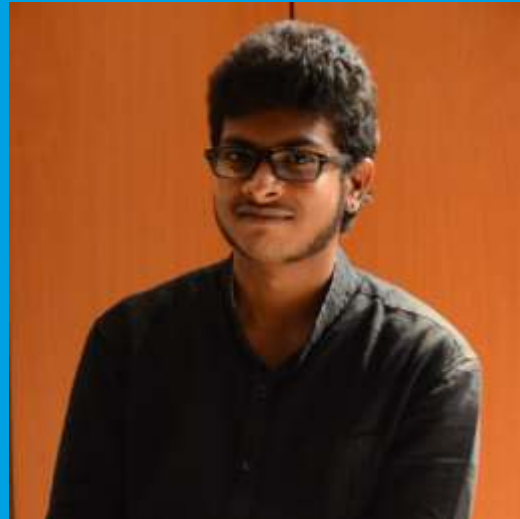
BALM as an institution works largely at the grassroots level to understand the reality of each person and aspect of the society that they are serving.

My coursework and fieldwork helped me understand the methods for executing work of this kind and how I can use my education and the skills I learn to influence things at the policy making level to meet with the reality of my people.

Il worked very closely with and observed persons who are differently abled getting another chance at a decent life and many who use this chance to work for the community. And that's when I realised how I can use my time here to work for the betterment of fellow humans.

V.Sai Balaji,

Former Research Assistant at ICMR,
Co-founder at SWASHA,
a social entrepreneurial initiative, Currently a soft skills trainer and researcher
Batch of 2017-2019



Name : Ms. Arulvani
Diploma in Community Mental Health care
-Batch II
Area : Thiruporur Block

After 17 years of completing my schooling, I got a chance to study the Diploma In community Mental Health care. I now work at the Banyan in the NALAM programme out of my community in Idarkundram, Thiruporur Block. I work with persons with disabilities including mental illnesses, persons suffering from alcoholism and suicidal ideation. My primary responsibility includes facilitating social care needs of vulnerable populations, including government entitlements for persons in need.

This course gave me happiness, a leg up in my career and a chance at an independent life.



BALM gave us the opportunity to combine extensive theory with robust practical experience. The expertise and knowledge that our professors were equipped with, helped in our expansion of learning and growth. When it came to practicals, I loved the fact that we were given the resources but we got to choose the stream we want to follow. There was always open space for exploration and discovery. The network and array of exposure that BALM has given me through internships, conferences and talks have been of immense value when I am on the field.

As a person, I feel a holistic growth with this institute. Along with the most genuine environment with absolutely no farce and an attitude that is all about bringing a change, BALM helped me transform my approach to make it more colorful if I should say. I now look at perspectives from a sociological, psychological the physiological background. I myself went through healing and found a family I never imagined I would have found. To sum it up, these 2 years have equipped me to be a better human being, a better learner, a better psychologist and most importantly, a better version of myself.

I am currently working as a senior marketing associate with The/Nudge Foundation and I run my private counseling practice as well.

- Maithreyi Sairam

MA Applied Psychology
(Counselling Psychology)
Batch of 2017-2019



Name : Ms. Yamuna
Diploma in Community Mental Health care - II
Area : Thiruporur Block

I work as a counsellor with the Socio Economic and Educational Development Trust (SEED) in the villages of Thiruporur Block, Kancheepuram district with persons living in poverty who cannot afford general health care.

The diploma was an opportunity to learn more about mental health and other social issues. I enjoyed the six-month course and learned many things, starting with who I am as a person, and shed light on my role as a parent. I used to beat my



children if they did not obey, but through this course, I learned the importance of positive reinforcement and motivation in bettering my child's life. The other significant lesson I learned was about domestic violence, and how to navigate the system to best serve victims of abuse in our community.

THANK YOU!

TO ALL OUR FIELDWORK COLLABORATORS WHO HAVE BEEN GENEROUS WITH THEIR TIME AND RESOURCES, AND HAVE IMPARTED UNFORGETTABLE LEARNINGS FOR OUR STUDENTS OF SOCIAL WORK, PSYCHOLOGY AND COMMUNITY MENTAL HEALTH.

The Banyan, Emergency Care & Recovery Centre, Chennai	TTK Foundation Hospital, Chennai
	Yerwada Regional Mental Hospital, Maharashtra
The Banyan, Home Again, Kovalam	
The Banyan- Greater Chennai Corporation Shelter for Homeless Men with Psychosocial Needs, Chennai	National Institute of Mental Health & Neuro-Sciences (NIMHANS), Bangalore
	Mental Health Action Trust, Calicut, Kerala
The Banyan, Urban Mental Health Program and Day Care Centre, State Resource and Training Centre, Loyola College, Stella Maris College, Chennai	Mirra, Chennai
	International Foundation for Crime Prevention & Victim Care (PCVC), Chennai
The Banyan, Rural Mental Health Program and Emergency Care and Recovery Centre, Kovalam	Vishranti, Chennai
	Sampoorna Swabodhini, Chennai
The Banyan, Tribal Mental Health Project, Aghai, Maharashtra	Raju Hospital, Chennai
	National Institute for Empowerment of Persons with Multiple Disabilities (NIPMED), Chennai
The Banyan, Home Again, Kerala	
V excel, Chennai	Adyar Cancer Hospital, Chennai
New Hope Association, Hyderabad	Vidyasagar, Chennai
Schizophrenia Research Foundation (SCARF), Chennai	Anjali- Mental Health Rights Organization, Kolkata
	Medall, Chennai
DEMCARE, SCARF, Chennai	Mental health Institute of Srirama Chandra Bhanja Medical College and Hospital, Cuttack

THANK YOU!

WE WOULD LIKE TO THANK OUR INSTITUTIONAL FUNDERS FOR THEIR GENEROUS CONTRIBUTION AND CONTINUED SUPPORT



Sundram Fasteners Limited



THE UK ONLINE
GIVING FOUNDATION



RUTGERS

WE WOULD LIKE TO EXTEND OUR IMMENSE GRATITUDE TO OUR INDIVIDUAL DONORS FOR THEIR GENEROSITY AND UNWAVERING SUPPORT.

Mr. Ranvir Shah

Dr. Nachiket Mor

BALANCE SHEET
AS ON MARCH 31.03.2019

LIABILITIES	SCHEDULE NO	AMOUNT (Rs) AS ON 31.03.18	AMOUNT (Rs) AS ON 31.03.19
General Fund	1	24729328.53	29459348.84
Current Liabilities	2	1100749.40	849217.64
TOTAL		25830077.93	30308566.48
ASSETS			
Fixed Assets	3	2691768.94	2810698.64
Current Assets	4	849809.00	1258305.00
Cash & Bank Balance	5	22288499.99	26239562.84
TOTAL		25830077.93	30308566.48

For BALM TRUST

BALRAJVASUDEVAN
HONORARY TREASURER

PLACE : CHENNAI
DATE : October 14 , 2019

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

Viji JOSEPH
(Membership No : 027151)

RECEIPTS & PAYMENTS
ACCOUNTS FOR THE YEAR ENDED MARCH 31, 2019

PARTICULARS	AMOUNT (Rs) Year Ended 31.03.2019	
RECEIPTS		
Opening Balances :-		
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-A/c. No-8411622477	2588970.84	
Fixed Deposits		22288499.99
Donations - General		19169657.84
Consultancy charges		446000.00
Interest Income		1082982.00
Bus Fees		159633.58
Donation - FCRA		3697632.56
Course Fee		7381100.00
Miscellaneous Income		30258.00
TOTAL (A)		54255763.97
PAYMENTS		
Education		12714381.39
APPI Grant Expenses		3013498.00
HANS Grant Expenses		1902040.00
Professional & Consultancy		1009658.00
Salaries & Wages		2068185.00
Stakeholder Relations		361530.00
Travel & Transportation		492635.00
Communication		159213.00
Telengana project expense		264395.00
Studies		378121.00
Seminar Expenses		1950426.48
Accomodation - Research		71600.00
MHSAL Expense		112036.00
Audit Fees		20000.00
Foreign Travel for Research		187869.00

RECEIPTS & PAYMENTS
ACCOUNTS FOR THE YEAR ENDED MARCH 31, 2019

PARTICULARS		
PAYMENTS		
Staff Festival Allowance		52000.00
Rutgers Exposure visit expenses		190000.00
Administration Expenses		801933.26
Assets Maintenance		999393.00
Tax deducted at source		50738.00
Purchase of Fixed Assets		642791.00
Loans and Advances		573758.00
PARTICULARS	AMOUNT (Rs) Year Ended 31.03.2019	
Closing Balance		
Cash - in - Hand	41502.00	
Axis Bank Ltd - 13499436	5184855.82	
Axis Bank - 35603962	3878.60	
ICICI Bank - 032901000112	8948.00	
Kotak Bank - 8411432649	16266396.90	
Kotak Bank Ltd - 8411540818 -FCRA	4604436.68	
Kotak Bank Ltd - 8411622477	129544.84	
		26239562.84
TOTAL (B)		54255763.97

INCOME & EXPENDITURE
ACCOUNT FOR THE YEAR ENDED MARCH 31, 2019

PARTICULARS	AMOUNT (Rs) Year Ended 31.03.18	AMOUNT (Rs) Year Ended 31.03.19
INCOME		
Donations - General	19403821.00	19169657.84
Consultancy charges	677280.00	230000.00
Interest Income	588478.00	1082982.00
Bus Fees	118725.00	159633.58
Course Fees		7381100.00
Donation - FCRA	4931295.34	3697632.56
Miscellaneous Income	18681.00	30258.00
TOTAL (A)	25738280.34	31751263.98

INCOME & EXPENDITURE
ACCOUNT FOR THE YEAR ENDED MARCH 31, 2019

PARTICULARS	AMOUNT (Rs) Year Ended 31.03.18	AMOUNT (Rs) Year Ended 31.03.19
EXPENDITURE		
Education	11449232.00	12223040.99
APPI Grant Expenses	1030773.00	3012028.00
HANS Grant Expenses		1902040.00
Professional & Consultancy	178481.00	1000832.00
Salaries & Wages	696150.00	2068185.00
Stakeholder Relations	148513.00	379735.00
Travel & Transportation	137338.00	474840.00
Communication	186496.00	155873.00
General Expenses	118076.79	
Telengana project expense	127871.00	258194.00
Studies	35492.00	438462.00
Seminar Expenses		2018577.12
Accomodation - Research		71600.00
MHSAL Expense		120000.00
Audit Fees		20000.00
Foreign Travel for Research		187869.00
Staff Festival Allowance		52000.00
Rutgers Exposure visit expenses		190000.00
Caregiver Study - Research	24497.00	
BALM - SFL Launch	576758.00	
Administration Expenses		915998.26
Assets Maintenance	1245133.55	1531969.30
EXCESS OF INCOME OVER EXPENDITURE	9783469.00	4730020.31
TOTAL (B)	25738280.34	31751263.98

For BALM TRUST

BALRAJ VASUDEVAN
HONORARY TREASURER

PLACE : CHENNAI
DATE : October 14 ,2019

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

Viji JOSEPH
(Membership No : 027151)

INDEPENDENT AUDITOR'S REPORT

Opinion

We have audited the financial statements of Banyan Academy of Leadership in Mental Health Trust ("the Trust") which comprise the Balance Sheet at March 31st 2019, and the Income and Expenditure Account for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, the accompanying financial statements give a true and fair view of the financial position of the Trust as at March 31, 2019, and of its excess of income over expenditure for the year then ended in accordance with the Accounting Standards issued by the Institute of Chartered Accountants of India (ICAI).

Basis for Opinion

We conducted our audit in accordance with the Standards on Auditing (SAs) issued by the Institute of Chartered Accountants of India (ICAI). Our responsibilities under those Standards are further described in the Auditor's Responsibilities for the Audit of the Financial Statements section of our report. We are independent of the Trust in accordance with the Code of Ethics issued by the Institute of Chartered Accountants of India and we have fulfilled our other ethical responsibilities in accordance with the Code of Ethics. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Responsibilities of Management and Those Charged with Governance 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 Trust in accordance with the accounting principles generally accepted in 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.

In preparing the financial statements, management is responsible for assessing the Trust's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the Trust or to cease operations, or has no realistic alternative but to do so. The Trustees are responsible for overseeing the Trust's financial reporting process.

Auditor's Responsibilities for the Audit of the Financial Statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with SAs will always detect a material misstatement when it exists.

Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with SAs, we exercise professional judgement and maintain professional skepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Trust's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by management.
- Conclude on the appropriateness of management's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Trust's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the Trust to cease to continue as a going concern.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

We also provide those charged with governance with a statement that we have complied with relevant ethical requirements regarding independence, and to communicate with them all relationships and other matters that may reasonably be thought to bear on our independence, and where applicable, related safeguards.

BALM
45, Sannadhi Street
Thiruvидanthai Village
Kanchipuram District
603112
www.balm.in



Sundram Fasteners Limited

