



**ANNUAL
REPORT**
2022 - 23

balm
BANYAN ACADEMY
OF LEADERSHIP IN
MENTAL HEALTH

The Banyan and BALM's work is rooted in its ethos, "I exist, therefore I am" – a radical adjustment to Descartes' "I think therefore I am". This departure from western philosophy is an important facet of the organisation's vision; to say that one's humanness and dignity is not epistemological but simply valid because we exist – being becoming, thinking, acting, feeling. The guiding vision of BALM's work will remain bringing an attitude of unconditional equality, acceptance and dignity to all the lives it engages with, and this year was no different.

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Message from the co-founders



The sheer helplessness and devastation of a woman, broken, alienated and fearful, propelled us into action, three decades ago; action of a sort that wasn't interrupted by caution, planning or rationale. There was a need to respond without thought, and yet mindfully, as an ally to a person whose experience of distress was insurmountable. A simple and random act of immediate responsiveness that wasn't thought through entirely and was further spurred by our friendship and the need to be present for persons, that we closely identified with. This seemed quite logical, after all!

Every woman who came our way, and then every man who came our way, and every now and then, every child who came our way, grew us and The Banyan up in a manner so intense, real and deep, through lessons that only seers, wise women and men can teach. That we lived with the people that we served and learned from their lived experience and narratives of suffering and pain, grit and resilience, engagement and withdrawal from service and society, helped us advance our programmes in a manner that resonated with our collective values and philosophy, embedded within a framework of justice, equity, radical empathy and critical realism.

From a care and recovery centre for homeless persons with mental illness; to community living programmes for persons with severe disabilities; to public mental health approaches and crisis support for low income households and disadvantaged persons including tribal persons and formerly homeless persons; to a child and adolescent mental health programme focussed on the needs of children living with parents with mental illness; to the founding of The Banyan Academy of Leadership in Mental Health; to constantly examining what worked, when and why, especially in the background of complex structural and systemic barriers and intractable problems; to the use of adaptive and dynamic feedback loops to allow for models to evolve and develop – so much has been led by collaborative thought and action with our service users and partners.

Peer advocates, often also survivors of violence, now lead support circles and enable care pathways for others in need; meanwhile we have learnt to resist the urge to view admissions as the first line of care, resorting to outreach and conversations, offering the safety of dialogue and safe spaces in communities. We think that we might also have learnt to expose ourselves more courageously to painful ethical dilemmas, running the course of self-doubt, introspection and reflection, knowing that we are far from perfect in doing and knowing and that intellectual and ideological humility is key to every form of our growth. The Emergency Care and Recovery Centres and Home Again have now spread, offering care closer to home in rural and remote areas and smaller towns across 10 states, both self-operated and with partners. While social health and community participation are key goals, journeys of our colleagues, care providers, mental health service users and their family members and an inspirational network of partners from whom we have learnt so many amazing lessons has been such a highlight! And now the social

cooperatives with Chennai Mission break the stereotype, take care away from the exclusive biomedical space to the social. We love the Goli Sodas from Siesmat and Kuzhi Paniyaram from Thina!

That we can disseminate our findings in ways that might inspire others through our academic partnerships that will build cadres of mental health professionals and social change agents who will further our vision and service under-resourced communities, is a milestone. We eagerly await the launch of our collaborative postgraduate degree with Madras School of Social Work and the launch of our Diplomas in therapeutics such as Open Dialogue, Trans Disciplinary Research (TDR) and in mental health systems, drawing largely from the work of and findings from The Banyan, based on our Early Intervention in Psychosis programme for homeless persons and Inclusive Living Option courses.

From Chennai to Maharashtra, Kerala to Karnataka, our universe is shrinking as we embrace a similar sense of passion and desire to plunge in and walk alongside those who live on the margins thanks to a community that believes that lives can be bettered and that status quo should be challenged – our leadership, our Board members, service users, peer leaders, collaborators and friends, you truly advance our vision and hold 'us', all of us, up!

And this year has been testimony to that.

The faith in our actions, in our intent and in keeping at our goals persistently, will bear results. Support that moved us and made us realise that a lot is good with the world came our way from the Azim Premji Foundation, Rural India Supporting Trust, TVS Sundram Fasteners, Yield Giving and MacKenzie Scott, Paul Hamlyn Foundation, Cognizant Foundation, Bajaj Finserv, Grand Challenges Canada, HCLFoundation, Capco, Apollo Foundation, VS&B Containers, Chodayil Foundation, AR Foundation, Chennai Mission and individual donors, trusts and corporates. Your gifts over the past five years, and especially this year (in some cases) gave us the strength to pause when our bodies and mind needed to heal, so we could recoup and reengage, refreshed, and with a greater sense of vitality. This was not the case even last year, or through the difficult Covid years when the desire to scale up and reach out was very much intact, although, means, non-existent. We are relentlessly hopeful, that's always been one of our superpowers, and that's why we seek out solutions in the midst of bleakness, dark truths and adversity. You, amongst many others, have reinforced our faith in audacious hope and humanity and for this, we are grateful. It is collective visioning, effort and intent that's brought us this far, and we hope that it will take us and many others through paths of immersive action and collaborative work.

Dr. Vandana Gopikumar, Vaishnavi Jayakumar and Balraj Vasudevan

Message from Chief Financial Officer, Sundram Fasteners Limited



R Dilip Kumar
Chief Financial Officer
Sundram Fasteners Limited

The Sundram Fasteners Centre for Social Action and Research (CSAR), housed within The Banyan Academy of Leadership in Mental Health, was established to address the pressing needs of marginalized populations grappling with mental health challenges as identified through years of engagement with homeless individuals and underserved communities. Our strategic approach prioritizes knowledge, compassionate care, and action with a focus on serving marginalized groups, aiming to bridge gaps in mental health services. We recognize the intricate web of factors—such as poverty, homelessness, gender, class, and caste—that intersect with mental health, driving us towards transformative change alongside committed partners.

CSAR's mission revolves around three main pillars that align with our strategic approach: research, education and training, and contributing to public

policy, alongside fellowships empowering young Indians to contribute to inclusive development.

Since the beginning of our partnership, BALM has explored important strategic shifts to realign education efforts to emphasize marginalization and mental health. Partnering with the Madras School of Social Work, BALM has now developed a Master's in Social Work in Mental Health, focusing on theory and praxis through constructivist pedagogy. Their short courses have also been tailored to address persistent and complex issues across a wide array of domains related to psychosocial distress and mental illness.

BALM's research ethics being centered around the mission of service enhancement is of huge importance to us as a partner. Their research endeavours are purpose-driven, solely aimed at improving services and positively impacting communities. All inquiries are linked to assessing the impact of the work, informing training, refining practice methodologies, fostering peer leadership, and exploring various metrics related to outcomes and sustainability, as well as legislative and policy implications.

BALM's and The Banyan's participatory approaches have also demonstrated serious impact on the lives of countless individuals; therefore, we welcome the recognition of BALM's work by several states which have invited them to create and track policies which lead to individual level gains and freedoms.

Sundram Fasteners Limited is proud of this partnership and aims to touch many more lives with ethical and justice-driven education at the core of everything we do. Moving forward, we remain committed to deepening our understanding and responding with humility and care, placing our purpose at the core of all actions.



Message from the Chairperson,
Treasurer, Directors
The Banyan & BALM

The Banyan turns 30 this year and BALM turns 16 years old.

Congratulations, Vandana and Vaishnavi, on this important milestone. Your commitment to the cause remains unchanged of course, but what we're astounded at is the same energy levels from 1993! It's rare, and wonderful to behold.

Our congratulations also to the very capable and dedicated teams at The Banyan and BALM, who have begun to take independent leadership across several domains of work, manage myriad complexities and emergencies every day.

As ever, we are so grateful to our residents and their families for continuing to trust that we will only offer the highest quality of care and for energizing us with the kind of love that only they can provide.

Finally, to our volunteers, interns, donors, and members from communities across the six states in which we're present, thank you for your trust, support and commitment. We could not and will not be able to do this without you.

Here's to the next 30!

A Sankaranarayanan, KV Kishore Kumar, Lakshmi Ravikanth



Message from The Senior Management Team,
The Banyan and BALM

We've seen a child break her piggybank to contribute to a client's emergency surgery.

We've seen a father ride 200 kms on his bicycle to procure medicines for his son.

We've seen one of the members of our housekeeping team donate her monthly wages to sponsor special meals with chicken curry because her favorite client had a hankering.

We've seen volunteers and trustees over the age of 90 be the first at inspections, first to reply to emails, first to get back on documents, first to RSVP to meetings.

We've seen our director treating patients in the hospital where he was admitted for COVID.

We've seen our founders living with the people they served for eight years, allowing themselves to learn and unlearn everything they knew about social justice, and continue to do so.

We have been mentored to value creativity, resilience, consistency and moral responsibility as central to everything we do. To go all in, immerse us in the work, get our hands dirty, and only then allow ourselves to formulate opinions, ideas and plans. To learn from experience across cadres, to know our history, and to never stop learning. To speak with confidence and pride when we are right and show humility when we are wrong. To never stop feeling angry at injustice, to measure our responses, strike a balance between that anger, and what the situation needs in the now, and in the long-term. To know that the truth, as Oscar Wilde said, is never pure, and rarely simple. And in our constant pursuit of it, a protective layer of well-meaning, erudite and strong individuals forms around us, just as they have, around Vandana and Vaishnavi since 1993.

With these lessons in mind, here is our commitment to the mental health sector for the next decade – create diverse leadership in the mental health sector which includes encouraging and facilitating peer leaders emerging from our serviced clients; providing better access to livelihood options for persons with mental health issues; greater participatory action and research that leads to enhanced agency for persons with lived experience; greater focus on children with parental mental health issues to address their unique needs; continued and sustained responsiveness to distress and emergencies; continued and reinforced model-building for impact with greater transparency and collaboration through periodic reviews and social audits; facilitating access to cost-effective care that is culturally resonant and co-created by service users; more onboarding of implementation partners, stakeholders and volunteers in the mental health sector; continued learning from setbacks and challenges and innovating at all times.

We have been given a responsibility of gargantuan proportions and seek all your support in doing justice to the work started three decades ago.

Happy 30th to The Banyan! Happy 16th to BALM!

Murugan, Swapna, Archana, Preetha, Vanitha, Salih, Roy, Ramesh, Paroma, Lakshmi Sankaran and Mrinalini



HIGHLIGHTS

a. In December 2022, Banyan Academy of Leadership in Mental Health (BALM) and The Banyan collaborated with the Madras School of Social Work (MSSW), Chennai to host a part of the Global Mental Health Summit, conducted once every 3 years by the hosting secretariat for the Movement for Global Mental Health (MGMH). This summit aims to bring together global stakeholders and mental health leaders, particularly persons with lived experience and practitioners working with vulnerable communities in psychosocial distress.

Discussions focussed around mental health pedagogy, and more specifically on transdisciplinary research for underserved populations, an approach that has gained prominence in the development sector over the past four decades culminated in. The event also launched the India Centre for Transdisciplinary Research. The centre is a collaborative initiative of the Athena Institute, Vrije University and BALM and aims to advance transdisciplinary practices as a meaningful approach to transform mental health in this region. From 2024 onwards, the Centre will also focus on integrating these methods into mainstream Masters and PhD pedagogies.

BALM hosted the summit in collaboration with the Forum for Medical Ethics as part of the 9th National Bioethics Conference, along with Sangath and the Centre for Mental Health Law and Policy at the Madras School of Social Work, Chennai. The day-long conference focussed on community mental healthcare – person-centered approaches towards it, as well as challenges and struggles.



b. BALM was approached by the Department of Health and Family Welfare, Government of Meghalaya in June 2022 to draft a comprehensive state mental health policy. After a few exploratory meetings with the Honorable Health Minister Shri James Sangma, members of The Banyan and BALM were formally invited to join a sub-committee for drafting the policy. Drs Vandana Gopikumar and KV Kishore Kumar, along with Drs Sanjeev Jain and Alok Sarin were invited as chairpersons of the committee. A 5-member team visited Meghalaya in the first week of August to conduct a comprehensive situational analysis. This visit involved several interviews and focus group discussions with a range of different stakeholders across Meghalaya. Between August and October 2022, our team liaised with other members of the drafting committee, including partners of The Banyan, to draft the policy. In addition to the chairpersons, Dr KS Ramesh, Dr Lakshmi Sankaran, Ms Deepika Easwaran, Dr Archana Padmakar, Dr Nachiket Mor, Dr Lakshmi Ravikanth, Ms Mrinalini Ravi and Ms Madhurima Ghosh represented The Banyan and BALM in the drafting committee.

On November 29, 2022, as shared through an official press release, the Meghalaya Cabinet passed its first ever Mental Health & Social Care Policy, which can be accessed on their website [here](#). Meghalaya became the first state in the Northeast and the third state in India to have such a policy.

The Banyan and Banyan Academy are honoured to have played a part in this process, and eagerly look forward to continued engagement with the State of Meghalaya, to meet the vision of the policy.

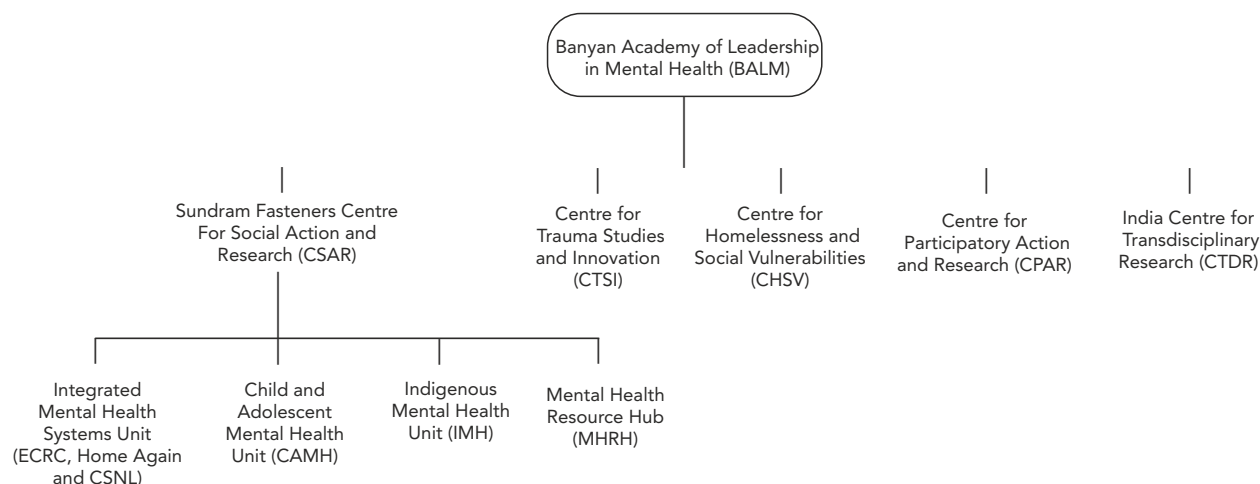
c. The Banyan and BALM organised a short training on residential and community-based mental healthcare for vulnerable populations in February 2023 for Disom Foundation: Dissom Leadership School. The Disom Foundation enables socially driven individuals in gaining an in-depth understanding of various societal issues and interventions through trainings & field-visits to pioneering organisations in India, to propel them to become leaders in their areas of interest using a Gandhian framework. About 20 Fellows attended the training that comprised topics ranging from understanding of mental health, mental illness, social determinants, social vulnerabilities such as homelessness, to community-based mental healthcare models. Interactive field visits to the Emergency Care and Recovery Centres, Outpatient Clinics run by The Banyan, Home Again houses, community engagements with the Irular community and other community spaces where we closely work to facilitate, round tables, discussions and much more, contributed to an interesting few days and sowed the seeds of a possible new relationship.





Centres at BALM

Programmes at BALM operate through five centres and four units. Each centre has a distinct focus area thematically and demographically, with corresponding objectives and programme plans.



Sundram Fasteners Centre for Social Action and Research

The centre aims to develop comprehensive mental health services for vulnerable individuals, transform models of care and build strong practice-driven evidence through transdisciplinary research while educating individuals to work as professionals in the field.

The centre comprises of four units for a more focused approach:

1) Integrated Mental Health Systems Unit:

The unit aims to study the impact of comprehensive mental healthcare models, including those at The Banyan. It focuses on enhancing last-mile connectivity, reducing the care gap through training/capacity building of different cadres of professionals including lay grassroots-level workers, and engaging in advocacy and policy-level consultations through findings from services and research.

2) Mental Health Resource Hub:

The hub promotes cross-learning, generates fresh ideas, facilitates collaborations, and identifies emerging and best practices for mental health interventions in ultra-vulnerable communities. It also aims to strengthen the involvement of stakeholders and build their capacity.

3) Child and Adolescent Mental Health Unit:

This unit focuses on addressing the mental health needs of children and adolescents with parental mental illness and vulnerable backgrounds. It aims to understand and document their concerns and needs, develop targeted interventions to promote positive youth development and harm reduction, and provide support through various programs.

4) Indigenous Mental Health Unit:

The unit aims to improve mental health services for the tribal or Adivasi population in India. It seeks to understand local perceptions about mental health and help-seeking behavior mechanism among the tribal population; to acknowledge and highlight the role of traditional healers in the larger mental health care system; to create mental health awareness programs at the community level; to develop culturally holistic community-based care approaches in tandem with tribal persons with lived experience of mental illness; and expand knowledge about the mental health burden in tribal communities through research and collaboration.

Centre for Trauma Studies and Innovation

Trauma can have long-lasting impact on mental health. This centre focuses on understanding trauma among vulnerable populations; developing training that is evidence-based and culturally relevant at the community level and develop healthy coping mechanisms; and training non-specialist mental health workers (NALAM/healthcare workers etc.) in trauma identification, support for post traumatic growth.

Centre for Homelessness and Social Vulnerabilities

This centre addresses the challenges faced by the diverse homeless community, consisting of migrant workers, elderly individuals, those with mental health issues, and more. It aims to consolidate narratives and engage in dialogue with the homeless community that have a unique perspective on the changing urban and political landscape of the city; document and disseminate peoples experience of homelessness as an advocacy platform to mobilize cross-sectoral awareness and support; raise awareness, offer outreach and access to basic goods and amenities, and access to higher order needs such as housing and employment; work with other shelters to offer mental health support for residents.

Centre for Participatory Action and Research

This center aims to build capacity and strengthen the sense of community among people with lived experience of mental illness through regular peer meetings and organizing recreational activities; promoting leadership through workshops and service user audits to empower individuals and promote advocacy; nurturing creative aspirations of service users by linking them with mentorship opportunities and showcasing their creative work as illustrations of personal growth and self-expression; providing training and education opportunities through a range of courses on life skills, peer specialist training programs for employment in the healthcare sector; engaging in participatory research, documenting personal narratives, and establishing a museum as a repository to reshape mental health narratives and challenge stigmas.

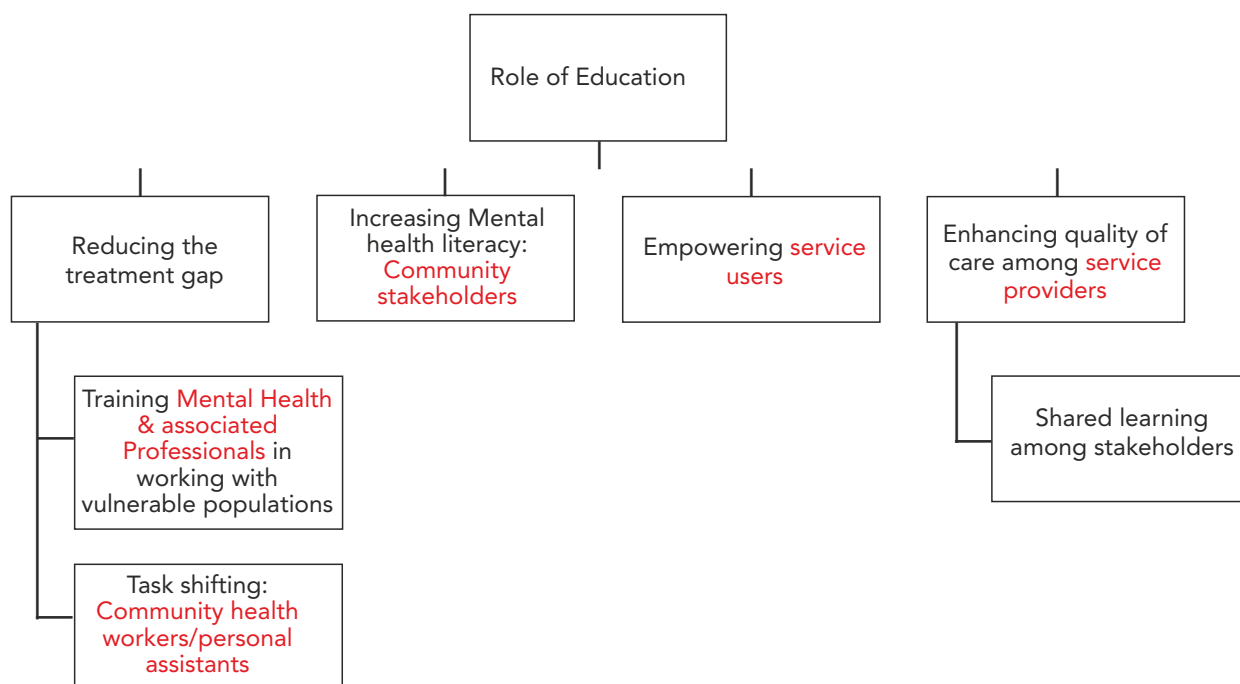
Centre for Transdisciplinary Research

Transdisciplinary (TD) methods involve stakeholders such as people with lived experience, practitioners, policymakers, entrepreneurs, and scholars from different disciplines. This center, initiated in 2022, aims to advance transdisciplinary practices and knowledge for transformation.



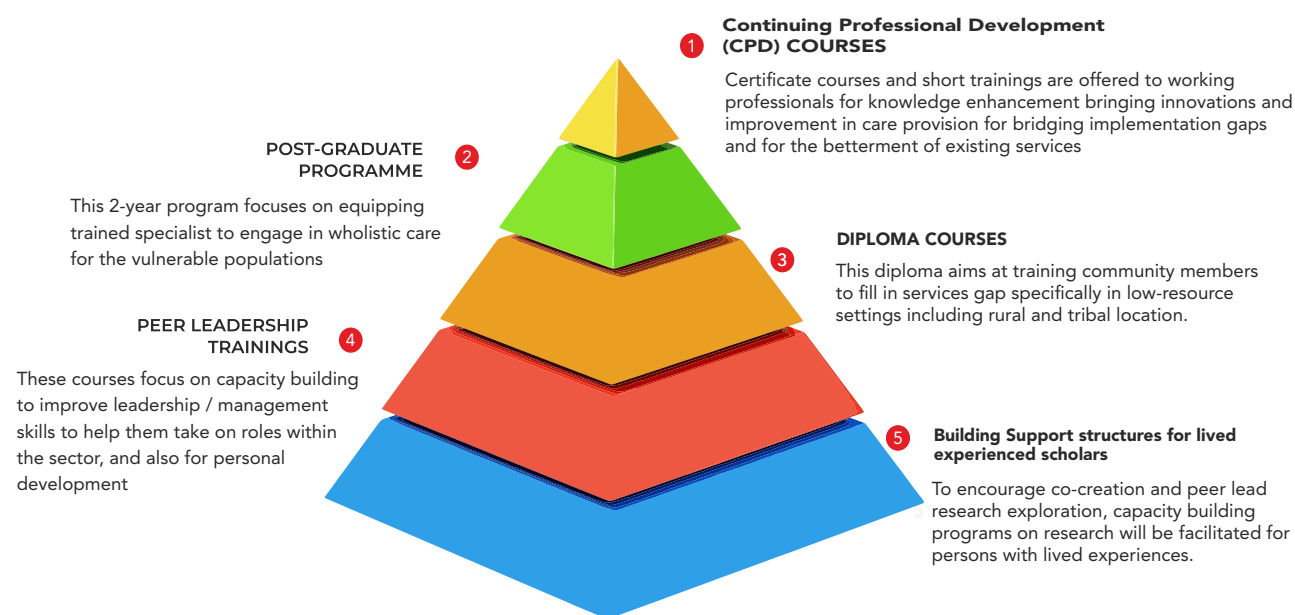
EDUCATION

Multiple factors contribute to the marginalisation of persons struggling with mental health conditions, including broader systemic challenges such as gender discrimination, poverty, caste discrimination, as well as societal biases and perceived stigma that catalyse the lack of appropriate care. BALM works to create training avenues and education programs to train persons in providing holistic healthcare by building an intersectional and interdisciplinary understanding of the lived experience of mental illness.



In India, about 10.6 percent of the population is living with mental health issues. An estimated 13.6 percent have experienced mental health issues at some point in their lives. From the approximately 150 million Indians in need of mental health services, fewer than 10-15 percent (state-wise variation) of those with common disorders and 5-30 percent (location-wise variation) of those with serious disorders are receiving any form of treatment (NMHS, 2016). This treatment gap, estimated at 83 percent, is a combination of poor mental healthcare infrastructure, inadequate healthcare staff and prevalent prejudice towards mental illness, creating blockades in pathways to access available options of care.

In this context of the wide treatment gap in the country and the limited availability of human resources, education is a key focus area at BALM. BALM has been building pedagogical frameworks that can, through various training programmes, enhance clinical, programmatic, research and leadership skills, to enable them to better service persons with mental health issues in situations of vulnerability. To ensure excellence in care that is provided to clients with inputs and involvement of not only experts across fields, but also in collaboration with the clients through their unique experiences of mental health, a range of knowledge sharing sessions, workshops and courses are hosted on a regular basis.



Reaching these targets are operationalized by a tiered model to education that caters to various stakeholder needs.

CERTIFICATE & SHORT COURSES

Public Mental Health Certificate Course: This 5-week online short course on Public Mental Health System, was led by Nachiket Mor, PhD. This course optimistically introduced the participants with the ethos of public health, various determinants of public health, burden of mental health disorders in India, and multiple evidence-based model for prevention of mental illness in Global context can be applicable in India. It commenced on 20th July 2022 with over 31 individuals graduating at the end of the course. The completion of the short course was followed by a self-assessment session. Primarily, the self-assessment approach is introduced to have a comprehensible insight into the quality learning and attentive responsibilities of the participants attuned throughout the session.

Certificate– Mental Healthcare for Service Providers at RAHT & RBQ, Kenya (ToT): A short training program was conducted during the months of September 2022 & December 2022 for community volunteers working with an NGO in Kenya called RAHT and RBQ focussed on care for victims of cross-border sex trafficking. 15+ volunteers participated in this training programme.

Certificate – Homelessness & Mental Illness: During August 2022 to Sept 2022, a 5-week course on mental healthcare was conducted for 25 participants from Centre for Equity Studies. Topics ranged from homelessness & its intersections with mental illness, to basics of counselling and community support.

Certificate – Anthropology and Public Health: Prof. Deborah Padgett, Anthropologist, New York University conducted an online 6-week course covering anthropological approaches to public health focussing on mental health interventions. 25+ participants across India attended this course.

Certificate - Research Methods (Applied Qualitative Methods): This course offered an understanding of the importance of qualitative methods within the broader context of research methods, the selection of appropriate qualitative design and the application of each qualitative design on ground or in policy. 27 students have been trained so far. Dr. Nev Jones, University of Pittsburgh, USA and Commissioner for Lancet Psychiatry commission on the Psychoses in a Global Context, was the course director and faculty.

Certificate course in trauma-informed care: This was conducted in the month of April and May 2022. We invited leading experts in the field of community mental health and psychology to cover important and relevant discourse to the participants. Ms Mrinalini Ravi, Co-Lead, Sundram Fasteners Centre for Social Action and Research, talked about the intersectionality of trauma, homelessness and poverty. Dr Anbudorai, a psychiatrist, associated with the Banyan since its inception and championing community mental health, undertook the class on 9th April and 8th May. He covered topics related to community mental health and an outline of the Banyan model. On 23rd April, Ms Keerthana Rajagobalan working with The Banyan Kovalam-ECRC discussed rehabilitating a homeless person. Lastly, Ms Lalitha Vellore, a psychologist at The Banyan spoke to the participants about the aftercare program. We received informal positive feedback from the participants, and this resonated with their active participation in class. As a part of our M&E, we administered our KAPs survey at the end of the course.

SAJIDA Foundation, Diploma supervision: Diploma in Community Mental Healthcare TOT (in English) was conducted for Sajida Foundation, Bangladesh in 2021. For the implementation of the direct diplomas by Sajida, in their local language Bangla, BALM provided supervision sessions twice a month to review and plan for their ongoing sessions with community workers focusing on class content, methodology, assignment, class activities, and field visits.

Certificate course on Panchayat Administration (in collaboration with Panchayat Academy - Thannatchi (NGO), and Madras School of Social Work (MSSW): Participants in this course are equipped with an understanding of the structure and functioning of the panchayat system, relevant welfare schemes, and the processes involved in supporting development-related projects. 36 students have been trained in this course so far.

Community-based Mental Healthcare - Value Added Course: BALM partnered with Madras School of Social Work (MSSW) to provide a 30-hour certificate course for students currently enrolled in the Master's in social work programme of University of Madras. This course aims to orient postgraduate students to community-based mental healthcare interventions in LMICs through lectures, assignment, and field-visit. The content included history of mental healthcare, community-based psychosocial care, models across India, multidisciplinary teams, etc. 36 students were trained in community-based care, enabling them to work with psychosocial organisations and programs that employ such initiatives including The Banyan and partner sites.

Certificate course titled “Reach Out, Reach Within”: The Centre for Trauma Studies and Innovation, along with the support of the IDFC FIRST bank CSR team, conducted two focus group discussions (FGDs) to understand the gaps and challenges faced by leaders and program staff from partner NGOs in the context of mental health. The focus was to understand the staff’s challenges in the context of mental health, their understanding of the concept and what kind of support they would want. Based on these findings, a certificate course was designed and facilitated until March 2023. The training consisted of 8 sessions starting in November 2022. Topics related to mental health at a workplace, common mental health signs, art-based therapy, compassion focused therapy, burnout and resilience have been covered. 61 participants attended these sessions across various organizations.

WORKSHOPS

Behavioural Management and Cognitive Training in Children & Adults with Special Needs: The workshop intended to understand treatment on current behavioural problems among children with special needs and how to manage them. The workshop was led by Dr C K Dhanapandian, rehabilitation psychologist and assistant professor, National Institute of Speech and hearing, with participation by 25 persons.

Trauma Informed Care in Mental Health Services Workshop: This workshop was conducted on 17th February 2023, and focussed on the guiding principles and strategies of trauma informed counselling with an emphasis on strength - based practices. The session was attended by mental health service providers working in emergency care and residential settings, across The Banyan and its partner sites. The workshop was headed by Ms Aditi Ghanekar, a Global Master Trainer for UNODC and Colombo Plan with twenty years of experience in family counselling and addiction - related care. Tenets from this workshop are also being formulated into a policy document at The Banyan to ensure that internal procedures reflect the values emphasised by trauma informed care. 20 mental health professionals participated in this workshop.

Transdisciplinary Research at Work: This training focused on the application of transdisciplinary (TD) research in practice, and offers insights into concepts such as transformative methods, power dynamics, outcome mapping, stakeholder analysis and creative research designs. 44 participants were trained across 2 batches.

Community-based mental healthcare Workshop: A short 2-day workshop was conducted for the community mobilisers at Rainbow Homes organisation. The mobilisers work with vulnerable stress children, providing community-based psychosocial care. This training provided them with the understanding and skills on concepts such as mental health, mental illness, social determinants of health, and components of community-based care. 25 staff from Rainbow Homes across the country attending this online programme.

Mental Health First Aid by First Responders for the LGBTQIA+ community : - in collaboration with Solidarity Foundation, BALM developed and piloted a training module for Solidarity Foundation and Nirangal on 'mental health first aid' for first responders from the LGBTQIA+ community, focusing on demonstrating critical skills such as active listening, distress identification etc. 15 participants took part in this workshop. A manual and training videos were developed by BALM which will be used in future workshops as well.

Training on Substance use Disorders, Northern Province, Sri Lanka: A 4-day on-site training programme on substance use disorders and Rehabilitation Strategies in clinical and community settings was conducted for public health professionals, medical officers, educators and other clinical staff (psychiatrists, social workers, counsellors, etc.) working in educational settings, community/ hospital/clinic setups in Sri Lanka, where 60 participants were trained.

WEBINARS & LECTURES

Social Prescribing: A webinar on 'Social Prescribing' was held with Sue Griffiths on 1st July 2022. Social Prescribing is the specialized non-medical prescribing of social interventions to improve health and wellbeing. It involves screening for non-medical needs and referrals to support services that are typically offered by community-based organizations. The two-hour webinar, with over 80 participants, focused on defining social prescribing, its utility, merit, and challenges.

A transdisciplinary approach to research for complex problems: A webinar on basics of Transdisciplinary (TD) research was conducted by Associate Professor Barbara Regeer, Vrije University, Amsterdam, in the month of November 2022. Topics such as what is TD research, why TD, and its unique features were covered and over 50 participants attended this online lecture from across the globe.

Bringing wellbeing in my daily life (CTS) - Series (2021- onwards): Each session has been conducted for large groups of more than 100+ participants each, who work as corporate professionals who work in demanding fields and are exposed to stressful work environments. The sessions helped them understand their ways of navigating self-care and providing support to each other. Topics included digital burnout and non-digital coping; stress and resilience; bounce back to bounce forward: a session on resilience; digital wellbeing in daily life; emotional regulation in daily life.

Eating Disorders: Key Information the General Public Needs to know – 28th February 2023 – This webinar was hosted by Dr Jennifer Gaudiani, founder and director of the Gaudiani Clinic, which is a Denver-based outpatient medical clinic dedicated to people with eating disorders and disordered eating. The session, attended by over 50 participants, focused on the essentials of eating disorders, about how they come about, who is at risk, what medical complications can arise, and how we all can do our part to help prevent and resolve them.

Women's Mental Health (as a part of World Women's Day Celebrations) – 23rd March 2023 – This session was hosted by Dr Lakshmi Ravikanth and Dr Lakshmi Sankaran, addressing the complex and nuance issues that working women face in their lives.





The third edition of the Sundram Fasteners Lecture Series (program is committed to fostering dialogue and knowledge dissemination in the realm of mental health and well-being) was held by The Banyan and BALM, at the Madras School of Social Work, Chennai, on 16th February, 2023. The lecturer David Mosse (Professor of Social Anthropology, School of Oriental and African Studies, UK) provided comprehensive cases from clients in the UK, elaborating the importance of accessing and including social networks into mental health practice. He stressed on the need to practice dialogue between all stakeholders – the care providers, the client, and their support systems - with vulnerability, empathy and care. The discussion at the end of the lecture added more nuance to this insightful lecture by Prof Mosse, including questions and reflections around feasibility, the nature of resources required and the need for reflection around the stance of prevention present in healthcare systems in India.



DIPLOMAS

The Diploma in Residential Mental Healthcare: Designed for frontline workers providing primary care in institutional settings and inclusive living options. The course covers various topics, including outreach critical time interventions, self-care, symptoms management, medication, side effects, and emergency management. The convocation for Batch 1 was held on 4th June 2022 at Mogappair and Dr. Alby John Verghese IAS, Thiruvallur District Collector was the chief guest. Batch II was completed in December 2022. In total more than 35 participants were trained.



Diploma in Community Mental Healthcare: This course is designed to build capacity among community members, developing their knowledge and abilities to work as community mental health workers or NALAM workers at The Banyan-led sites and partner sites. It covers a range of topics from understanding the self to working with communities. This program is envisioned as a step towards creating a grassroots-level workforce for mental healthcare initiatives by government and non-governmental organizations in providing equitable care and fostering mental health-friendly communities. BALM was awarded a prestigious 1-year HCLFoundation grant of INR 25 Lakhs, (selected by an international jury as one of the top 3 initiatives in education which has potential to transform rural villages) in 2022 to implement this course in Pullambadi & Lalgudi blocks, Tiruchirappalli district, in collaboration with the Madras School of Social Work (MSSW), Chennai. About 45 community members underwent training across two batches. Upon completion of the program (in June 2023), participants

gained the skills and knowledge to become mental health and wellness mobilizers within their community. With this training, they will be able to promote well-being, prevent or identify and address psychosocial distress, screen for mental illness, provide referrals for care and support including rehabilitation, facilitate social welfare entitlements, and network with various agencies for community mental healthcare development and advocacy. They will also be provided with opportunities to work at The Banyan sites. 10,000+ hours of fieldwork was done in more than 120+ villages by these Diploma students. The students also engaged in research under the supervision of programme faculty ie. professors from the Madras School of Social Work, Bishop Heber College, Srimad Andavan College, Holy Cross College, and BALM. Throughout the programme, the students reached 8,600+ community members which includes 600+ persons with mental health issues. So far, BALM has trained and awarded a diploma to more than 300 community members in Community mental healthcare across Tamil Nadu, Sri Lanka and Bangladesh.



“

One of the fieldworks we did was conducting an awareness program. We felt so good about organizing this awareness among the people of that village. We learnt about “How to run an event. What kind of projects should be done.... what kind of information is needed by the people... our strengths... I would not have had such a great experience if I had not been given such fieldwork.”

– Student, Diploma in Community Mental Health

“

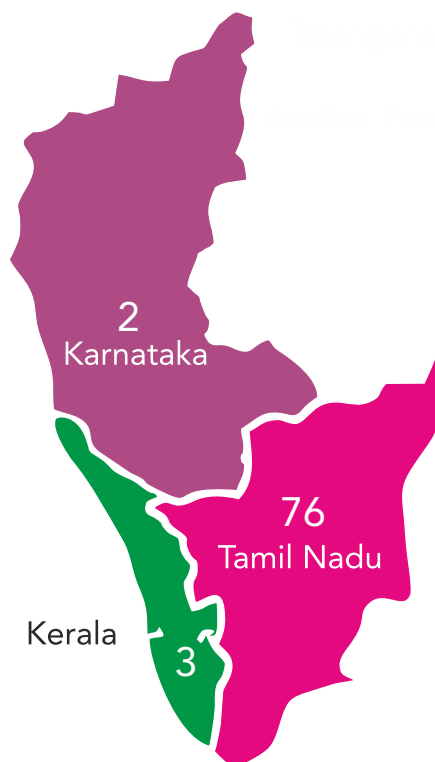
“Through this course we can bring a transformation in the society... by this I don’t mean a big socio-economic change, but the circumstances that cause mental illness”

– Student, Diploma in Community Mental Health

Internship programme at The Banyan and BALM

The Banyan and Balm Internship programme offers a learning experience focused on social role valorization and user-centric approaches to care, research and advocacy addressing complex and persistent problems faced by those at the intersection of multiple vulnerabilities. The internship programme is intensive that covers academic training as well as field work and data collection, as per the requirements of the various centres and projects running at The Banyan.

In 2022-23, 81 internships were completed across the sites of The Banyan and BALM centres, where students enrolled received hands-on experience in client management, exposure to the operation of the interventions at The Banyan sites, the evolution of The Banyan's work including the Emergency Care and Recovery Centre programmes, the Home Again model, the NALAM programme. The interns were engaged across Research, Social Action and Training in a variety of tasks including data collection, report writing, programme/course coordination, client management and engagement etc.



Workshops and activities for continued education of The Banyan programme teams

Case conferences

Case conferences help bring staff from various centres together to brainstorm on improving care for clients in need of complex interventions. They happen monthly and in the past year, we have completed 12 case conferences. The BALM staff are paired with a staff from The Banyan and present cases that are complex and require multidisciplinary input to problem solve and provide best possible care for clients. This helps to bring theory and practice together to impact the client positively in care planning. Many issues that are seen by implementation and program staff on the ground are put in perspective with existing theories and practices from different contexts to come up with innovative solutions to address complex care needs of clients through discussion and guidance from senior management during these presentations.

Capacity Building sessions:

Capacity building sessions for staff help improve technical skills and field-based knowledge on an ongoing basis to help them take on skilled responsibilities in providing client care. In the past year several capacity building workshops were held with the programme staff of The Banyan, as well as its replication sites for the Emergency Care and Recovery Centre programme, the Home Again programme and the community-based mental healthcare (NALAM) programme:

Emergency Care and Recovery Centres: Week-long intensive refresher training in community mental healthcare for all staff and carers across the ECRC sites run by The Banyan and its replication sites, to understand how to access community activities, work and education for the clients being served.

Home Again: Using the Home Again manual as a guide, the capacity building programs focused on concept of formed families, understanding the social ecology of mental illness, setting up houses, person-centred client care, community inclusion and social entitlements, for mental health professionals implementing the programme across The Banyan and the replication sites.

Community-based mental healthcare refresher training: A capacity building program for NALAM workers from Chennai & Chengalpattu was organised in the months of September and October 2022. A need assessment was conducted with the staff through a focus group discussion and educational requirements, which was then drawn-up in the form of a short course. 18 NALAM workers participated in this training.



RESEARCH

Research at BALM is conducted to understand and evaluate programmes, services and their impact, understand different therapeutic modalities, build ground-up theoretical formulations to explain complex problems and offer commentary pertaining to policies and social realities, towards advocacy. Hence, research at BALM is used as an important tool that continuously feeds into services and training initiatives, educational programmes and policies, to ensure a strong feedback loop. This is important as evidence pertaining to concerns of vulnerable groups is in many cases is limited and not contextualised.

Sundram Fasteners Limited Fellowships

TVS Sundram Fasteners Limited supported BALM to launch the SFL Fellowship in the year 2019. It was conceptualized to bolster fieldbased learning through the learn-as-you earn model. This is the first of its kind fellowship in mental health in India, as it amalgamates practice with theoretical tenets. The fellowship is dynamic in nature as it focusses on individuals working in mental health, peer advocates, and people who are passionate about mental health and development. It is an opportunity meant for young people who want to work in the mental health sector, particularly to bridge the treatment and care gap for ultra-vulnerable populations. A SFL Fellow is supported for a duration of 2-3 years, and they receive guidance and support from The Banyan to develop a more nuanced understanding of running an organization. The mentorship model supports social entrepreneurs, peer advocates, and individuals working in the development sector.

In 2022-23. Five social entrepreneurs at different stages of their career benefitted from the Sundram Fasteners Fellowship. These included senior mental health professionals trained at The Banyan who launched their own organisations, leaders and advocates of local self-governance, and graduates placed at ECRC and Home Again Replication Sites.



Commissioned Studies

Rainbow Homes study

In September 2022, BALM entered a collaboration with Rainbow Homes Program (RHP) to undertake a research study focusing on the experiences of children at RHP during the Covid-19 pandemic. Rainbow Homes Program offers non-custodial, residential, long-term care for children formerly on the streets, across 49 homes across the country, collectively housing around 4,355 children. The need for this study emerged given that the effects of the pandemic were heightened for children from vulnerable backgrounds, who already experience poorer health and well-being outcomes, and face several barriers to healthcare and support services. In this context, it became important to understand the impact of the pandemic, long-term consequences of the lockdowns, and most importantly - how we can collectively respond to the complex systemic barriers that affect marginalised and vulnerable children's health and wellbeing outcomes.

BALM conceptualised and conducted a mixed-methods research study against this backdrop. The study was conducted across six metropolitan cities in India – Chennai, Bengaluru, Delhi, Hyderabad, Patna and Ranchi. A total of 184 children participated in the quantitative study, and a total of 77 children and 64 institutional caregivers participated in the qualitative phase. The study offered insights into the children's current physical, psychological and social wellbeing, and perceived wellbeing during the Covid-19 lockdowns. In accordance with these findings, a set of recommendations was presented, from the perspective of the children and the staff and other key stakeholders.

Training Manual on Mental Health Aid by First Responders for the LGBTQIA+ community

Research globally indicates that peer mentors (who typically belong to the community) often serve communities well due to their inherent understanding of mental health issues experienced by the community. In this context, BALM partnered with Solidarity Foundation, Bengaluru, to develop a training programme for grassroots-level first responders who are often the first points of contact for persons in distress. We have manualised this programme. This initiative was led by Dr Lakshmi Sankaran and the Centre for Trauma Studies and Innovation.



Mezzina R, Gopikumar V, Jenkins J, Saraceno B, Sashidharan SP. Social Vulnerability and Mental Health Inequalities in the "Syndemic": Call for Action. *Front Psychiatry*. 2022 May

Abstract: Covid-19 is referred to as a "syndemic," i.e., the consequences of the disease are exacerbated by social and economic disparity. Societal inequalities affect especially vulnerable groups, and Covid itself had a wider impact on the most socially vulnerable and marginalized populations, suffering for structural discrimination and violence. There are complex relations among these social processes and domains, and mental health inequalities and disparity. The paper published in May 2022 is a collaborative effort that The Action Plan addresses the need for fundamental change by focusing on social determinants and achieving equity in mental health care. Equally the need for the politics of wellbeing has to be embedded in a system that places mental health within development and social justice paradigm, enhancing core human capabilities and contrasting discriminatory practices. These targets are for people and organizations to adopt locally within their communities and services, and also to indicate possible innovative solutions to Politics. This global endeavor may represent an alternative to the global mental discourse inspired by the traditional biomedical model.

“India’s Million Missions: 75 Years of Service towards Nation Building”, November 2023: A collaborative exercise by volunteer partner organisations (including The Banyan and BALM) part of the CSO Coalition@75, this report highlights the role of CSOs in areas of education, public health, and social justice, and landmark interventions by CSOs, consequent transformations, and ground impact across diverse landscapes and timeframes since 1947. The report was released as part of the Jaipur Lit Fest in January 2023. While the exercise is not exhaustive in its documentation of the varied and Impactful CSO interventions over the past 7.5 decades, it provides a humble glimpse into some interventions and tries to archetype their work and practices for today’s development sector practitioners – bearers of the non-profit legacy. The [report](#) can be accessed online and be shared in its entirety.

Mental Health and Social Care and its Impact on Sustainable Development Goals: The Role of Social Workers | Journal of Madras School of Social Work: Special volume, "Social work, Human Development and Sustainability", Deepika Easwaran, KS Ramesh, Barbara Regeer, Vandana Gopikumar, was submitted in 2022 for consideration of publication.

Abstract: The 2030 Agenda for Sustainable Development offers a framework for societal change, equitable development, and improved quality of life. Trends suggest that while India has made progress towards some goals, progress in several other areas appears only moderately improving. In this context, this article focuses on the mental health-homeless/social disadvantage nexus, its linkages to sustainable development goals (SDGs), and the multi-dimensional role social work practitioners can play in driving change. The importance of social workers’ contribution to policy-making, mental healthcare services, research and pedagogy is outlined using a transdisciplinary lens and social justice framework.

Radhakrishnan, R. & de Wit, Emma Emily & Gopikumar, Vandana & Bunders, Joske. (2022). Social Mobility of Rohingya Women in a Small Refugee Camp in Chennai, India: A Case Study. Journal of Immigrant & Refugee Studies. 1-14. 10.1080/15562948.2022.2144659.

Abstract: Conflict and displacement are gendered processes which impact women in refugee communities in various ways. The following case study, in a small refugee camp in Chennai, explores whether the design of a small refugee camp allows for increased mobility among women and a different position for female refugees in the community. Findings from a two-year long study, including participant observations, FGDs and interviews, show that Rohingya women gained social mobility by accessing schools, market places, health centers and the police station outside the camp. Through such interactions, women gained skills and knowledge which somewhat altered their position in the camp.

ONGOING PROJECTS

Pathways in, out and through homelessness of individuals with severe mental illness accessing

services at the Banyan: This study investigates the effects of emergency care and recovery services offered by The Banyan in South India for homeless individuals with severe mental health conditions. It aims to fill the gap in existing literature by examining the psychiatric profiles, pathways, and family backgrounds of individuals with a history of homelessness. The findings of this study will contribute significantly to the global evidence base, particularly in the context of the Global South. Currently, the manuscript is being reviewed by senior advisors and is set to be published in a suitable journal by September 2023.

Outcomes of Continuity of Care of individuals deinstitutionalized from State Mental Hospitals

in Kerala – A Report: This study focuses on examining the outcomes of continuity of care for individuals experiencing severe mental illnesses. It aims to provide insights into the effectiveness of aftercare services, the impact of continued care, and the outcomes for individuals accessing these services. By identifying gaps in the continuity of care, the study aims to contribute to effective solutions and improvements in this area. Data collection for the study is currently in an advanced stage, gathering valuable information for analysis. The report summarizing the findings and recommendations is expected to be ready for publication by the end of September 2023.

Metabolic Profile of Homeless People with Severe Mental Disorders in a Psychiatric Hospital,

South India: The study aims to provide valuable insights that will contribute to the development of effective general health interventions for homeless individuals with severe mental disorders. The second draft of the manuscript is currently undergoing editing to incorporate feedback from supervisors. The paper is scheduled to be published by the end of August 2023.

Grand Challenges Canada 'Home Again' Study: GCC Home Again scale up implementation addresses the need for sustainable pathways towards full inclusion for people with psychosocial disabilities, particularly those with histories of homelessness and long-term institutionalization. Its overarching focus is on substantive social inclusion and reducing disabilities. The research explores the lifestyles and approaches to mental health and wellbeing that clients are able to access through the Home Again set up.


Understanding ideas around hope, conceptualizations of home and homelessness, and living with mental illness are some of the themes that will be deepened into. Changes in health outcomes for clients who have transitioned from institutional settings to community-based housing services using 5 qualitative tools will also be assessed. Qualitative methods such as Focused Group Discussions, Case Studies are additionally employed to learn directly from clients and assess the nuanced changes in behavior.

Systematic review on Adolescent Suicide in India: This study is a systematic review that focusses on understanding the risk factors associated with adolescent suicidal behaviours in India. Data was collated from newspaper articles and journal articles in the last 15 years. A report summarising all the findings will be released by December 2023. This report is an attempt to gain a deeper understanding of the possible risk factors related to these deaths, in the context of India, with its heterogeneities that intersect to form influencing factors. It is also to inform future directions in terms of research and interventions.

Art Making Activities intervention for HCWs: Health care workers in health and mental health settings are exposed to traumatic stories and experiences of others through work, which can lead to vicarious trauma and secondary stress. This study aims to understand ways in which healthcare providers at The Banyan sites can use art-making activities as interventions for themselves as well as their clients in long-stay facilities such as the ECRC and Home Again. So far, the workshops and data have been collected at the ECRC in Mogappair, the ECRC in Kovalam and the ECRC in Bengaluru, with a total of 33 participants experiencing art-making, to better process their work and share it with the clients they work with. The report will be written out by December 2023.

Experiences of children with parental mental illness in the Global South: This study aims to add to the current evidence base, as literature around parental mental illness particularly in the global south remains limited. Findings will also inform The Banyan and BALM's work with children with parental mental illness.

Experiences of children with parental mental illness at The Banyan, South India: This study aims to offer insights into the challenges that young people (at the intersection of parental mental illness and a history of poverty and/or homelessness) experience, and support that they may require from institutions, communities and the state. This study also aims to work with children with lived experience to co-develop interventions and build peer-led support systems.



Other Highlights

26th international network meeting for the treatment of psychosis

A four-day virtual event in August 2022 comprising workshops, open lectures, and research conferences to practice, and understand the science and philosophy of psychology. The event was organised by JAEC Foundation whose mission is to raise awareness about mental health.

On 26th August 2022, BALM members Dr. Lakshmi Sankaran, Keerthana Rajagobalan, Vandana Gopikumar, introduced the Open Dialogue Approach as part of the Banyan Community in Chennai, presented as part of an Extraordinary Workshop.

Editorial member of Cambridge Prisms Journal

Dr Vandana Gopikumar was invited to be an editorial member of the Cambridge Prisms Journal from July 2022 onwards. Cambridge Prisms is a dynamic new journal series addressing major scientific, technological, and medical real-world challenges. Utilising open science approaches, the online-only journals will shape solutions to global issues through the publication of cutting-edge research articles and reviews.

ACTIVITY	IMPACT	NUMBERS
School and College Scholarships for children with parental mental illness	Prevention of dropouts owing to economic challenges rampant amongst persons with mental health issues	10 children and adolescents
School mental health sessions (in collaboration with DB89 Foundation)	Building awareness and understanding of concepts such as the mind-body connection, aspects of mental health, interplay between thoughts, emotions and behaviours, and healthy coping mechanisms	360 students across 5 schools
Mental health awareness programmes in tribal villages, Aghai	The sessions also served as an open forum, where some elderly people from the village spoke about everyday life events, circumstances and challenges (unemployment, marital conflict, debt, water scarcity). Participants were also encouraged to avail psychiatric and social care services of The Banyan in Aghai.	Approximately 100 participants across 6 hamlets
Support to the Banyan with implementation of ECRC replication	Increased access to mental health care and acute care for homeless persons with mental illness.	Management of 13 existing scale-up sites + support towards 4 new planned districts in 2023
3rd International Conference on Mental Health and Inclusive Development, Dec 16-17, 2022	Increased awareness on mental health and social care for persons experiencing psychosocial distress.	353 attendees

ACTIVITY	IMPACT	NUMBERS
Sundram Fasteners Lecture Series - 3rd Edition, Feb 16, 2023	<p>Topic: Open Dialogue as a response to Crisis and Suicidal Distress - Working with vulnerable and Marginalised People - By Prof David Mosse</p> <p>Greater understanding of 'Open Dialogue' as a mental healthcare approach, practical applications of the approach, and the creation of resource-sustainable mental healthcare systems.</p>	160 participants
Meghalaya State Mental Health & Social Care Policy	In November 2022, the Meghalaya government released its Mental Health and Social Care policy, in which BALM and The Banyan were members of the sub-committee, instrumental in shaping the policy along with other partner organisations.	.

Visiting Scientists & Collaborators at BALM



Nachiket Mor
Economist and
senior research fellow
Centre for Information Technology and Public Policy
IIIT Bangalore.



David Mosse
Professor Social Anthropology
School of Oriental and African Studies, UK



Andrew C. Willford
Professor of Anthropology
Cornell University
Faculty - Cornell-Keystone Nilgiris Field Learning Centre



Deborah K. Padgett
Professor
Silver School of Social Work
New York University



Ramesh Raghavan
Professor
New York University
Silver School of Social Work



Joske Bunders-Aelen
Visiting Professor
Faculty of Science, Athena Institute
Vrije University Amsterdam



Nev Jones
Assistant Professor
School of Social Work
University of Pittsburg



Pina Ridente
Pyschiatrist, Psychologist
and certified Open Dialogue practitioner
Mental Health department, Trieste, Italy



Barbara Reeger
Professor
Faculty of Science, Athena Institute
Vrije University Amsterdam



Teun Zuiderent-Jerak
Associate Professor
Transdisciplinary Science & Technology Studies
Vrije University Amsterdam



Emmy de Wit
Transdisciplinary/Qualitative Researcher
Vrije University Amsterdam



Dr Shailender Swaminathan
Director
Sapien Labs Centre for the Human Brain and Mind
Krea University



Dr Mahesan Ganesan
Consultant Psychiatrist
National Institute of Mental Health
Angoda, Colombo, Sri Lanka



Prof Asha Banu Soletti
Professor
Centre for Health and Mental Health
Tata Institute of Social Sciences



Dr Alok Sarin
Psychiatrist
Sitaram Bhartia Institute of Science and Research



Dr. S. Raja Samuel
Principal
Madras School of Social Work



Sharon Buteau
Executive Director
LEAD (Leveraging Evidence for Access and Development)
KREA University



Dr Sanjeev Jain
Emeritus Professor
National Institute of Mental Health and Neuro-Sciences

BALANCE SHEET AS ON MARCH 31.03.2023

LIABILITIES	SCHEDULE NO	AMOUNT (Rs) 31.03.2022	AMOUNT (Rs) 31.03.2023
General Fund	1	2,12,07,337	2,19,16,529
Current Liabilities	2	17,15,818	4,21,103
TOTAL		2,29,23,155	2,23,37,633
ASSETS			
Fixed Assets	3	1,18,93,187	1,59,37,750
Current Assets	4	6,28,840	13,32,539
Cash & Bank Balance	5	1,04,01,128	50,67,344
TOTAL		2,29,23,155	2,23,37,633

For BALM TRUST

BALRAJ VASUDEVAN
HONORARY TREASURER

PLACE : CHENNAI
DATE : September 29, 2023

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

VIJI JOSEPH
(Membership No : 027151)

INCOME & EXPENDITURE ACCOUNT AS ON MARCH 31.03.2023

PARTICULARS	AMOUNT (Rs) 31.03.2023
INCOME	
Donations - General	2,95,48,361
Foreign Contribution	4,89,985
Consultancy charges	13,41,500
Interest Income	3,33,771
Miscellaneous Income	10,24,844
Excess of Expenditure over Income	3,861
TOTAL (A)	3,27,42,322
EXPENDITURE	
Education	99,47,599
Research	66,00,621
Social Action	53,73,264
HCL Project Expenses	13,19,952
Other Programme Expenses	1,67,766
Events & Awards	3,80,414
Mental Health Recovery Hub - Trichy	5,87,985
Administration	32,53,093
Assets Maintenance	12,67,435
Sub Grant	31,35,000
Excess of Income over Expenditure	7,09,192.85
TOTAL	3,27,42,322

For BALM TRUST

BALRAJ VASUDEVAN
HONORARY TREASURER

PLACE : CHENNAI
DATE : September 29, 2023

For G . JOSEPH & CO .,
CHARTERED ACCOUNTANTS .
FRN : 0013835

VIJI JOSEPH
(Membership No : 027151)

RECEIPT & PAYMENTS ACCOUNTS FOR THE YEAR ENDED MARCH 31.03.2023

PARTICULARS	AMOUNT (Rs) 31.03.2023	
RECEIPTS		
Opening Balance		
Cash in hand	23,241	
Axis Bank Ltd [A/c # 13499436]	89,056	
ICICI Bank [A/c # 032901000112]	8,948	
Axis Bank Ltd [A/c # 35603962]	3,879	
Kotak Mahindra Bank [A/c # 8411432649]	12,90,931	
Kotak Mahindra Bank [A/c # 8411622477]	15,71,429	
IDFC Bank Ltd [A/c # 10061721449]	11,98,578	
Kotak Bank Ltd - 8411540818	60,02,163	
Donations - General		2,95,48,361
Consultancy charges		9,57,000
Interest Income		3,48,747
Course Fees		10,24,844
Miscellaneous Income		3,861
Foreign Contribution Received		4,89,985
Programme advances recovery		7,556
TOTAL		4,25,68,580
PAYMENTS		
Education		99,66,788
Research		64,16,221
Social Action		53,73,264
HCL Project Expenses		13,19,952
Other Programme Expenses		1,67,766
Events & Awards		3,80,414
Mental Health Recovery Hub - Trichy		5,87,985
Administration		32,53,093
Assets Maintainance		3,33,340
Sub Grant		31,35,000

**RECEIPT & PAYMENTS ACCOUNTS
FOR THE YEAR ENDED MARCH 31.03.2023**

PARTICULARS	AMOUNT (Rs) 31.03.2023	
PAYMENTS		
Loans & Advances Sundry Creditors		1,71,312
Outstanding Liabilities		94,575
Fixed Deposit		13,02,012
Fixed Assets		49,78,658
Closing Balance		
Cash in hand	8,603	
Axis Bank Ltd [A/c # 13499436]	2,14,065	
ICICI Bank [A/c # 032901000112]	8,948	
Axis Bank Ltd [A/c # 35603962]	3,879	
Kotak Mahindra Bank [A/c # 8411432649]	4,14,335	
Kotak Mahindra Bank [A/c # 8411622477]	16,64,745	
IDFC Bank Ltd [A/c # 10061721449]	11,25,765	
Kotak Bank Ltd , Chennai	11,38,393	
State Bank of India, New Delhi	4,88,611	
TOTAL	4,25,68,580	

For BALM TRUST

BALRAJ VASUDEVAN
HONORARY TREASURER

PLACE : CHENNAI
DATE : September 29, 2023

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

VIJI JOSEPH
(Membership No : 027151)

