



Sankalpa ISWAR
SUPPORT FOR THE MIND

ANNUAL REPORT

2015-2016

Iswar Sankalpa's Vision

Iswar Sankalpa is a not for profit organization founded in 2007 by mental health professionals, with the aim of reaching out to the 'forgotten' and 'untouchable' population – that of the homeless persons with psychosocial disability on the streets of Kolkata.

Today it is a multi-pronged service delivery organization providing intervention for both the homeless and the urban home-based poor population in Kolkata. Iswar Sankalpa's work is rooted to its well-articulated vision:

“To ensure the dignity and holistic well being of persons with psychosocial disability, particularly to those from underprivileged parts of society, in a humane manner, and in addition, to empower them in attaining their rights.”

Governing Body

Dr. Ranadip Ranjan Ghosh Roy (President)

A psychiatrist by profession, he has been associated with several NGOs. He has been an active member of the Indian Psychiatric Society, Indian Association of Social Psychiatry and Indian Association of Private Psychiatry.

Dr. Prabir Paul (Vice-President)

A psychiatrist, working in the field of mental health since 1978. He has been associated with the Indian Psychiatric Society, Indian Association of Social Psychiatry and Indian Association of Private Psychiatry for last 20 years.

Sarbani Das Roy (Secretary)

She holds a post graduate degree in Business Management and has experience working in the development sector as an Executive Director of an International Funding Agency. She is also a trained psychotherapist.

Dr. Debashish Chatterjee (Assistant Secretary)

A psychiatrist by profession, he was the past secretary of Mon Foundation. He received his PhD from Department of Philosophy, Jadavpur University.

Dr. Srikumar Mukherjee (Treasurer)

He has been in the field of psychiatry since 1986, with special interest in community psychiatry and geriatric psychiatry. He has been involved with the Indian Psychiatric Society in various capacities.

Kalpana Basu Mazumder (Member)

She is a Post Graduate in Modern History from the University of Kolkata. She has been a lecturer in Rani Birla College before taking up psychotherapy as a profession.

Surajit Ray (Member)

He is a mechanical engineering graduate from IIT, Kharagpur and has been trained in Advanced Personnel Management from Royal Institute of Public Administration, London. He specializes in HR & Organizational Development and is a Corporate Trainer.

Jayati Saha (Member)

She is a well-established lawyer. She is also an acclaimed photographer and her work has been featured in many international and national publications. She also has many exhibitions in India and in other countries to her credit.



Message from The Secretary

What can you say of human beings who have lost their way in this world. Who can no longer remember who they are or where they come from. The voices they hear compel, engage, scold, curse and sometimes even praise them. The landscape of their inner world compels them to withdraw from the realities of their surroundings. While society withdraws in fear and helplessness.

Iswar Sankalpa made a pledge to make a difference in these lives. And in the last year, we have taken giant strides to break the stigma created by labels of 'violence', 'life long burden', 'unemployable' which stick like tar on persons with 'different minds'.

In our work over the years, one of the barriers we faced was society's attitude to men and its indifference to the value of men who do not earn. Its blanket assumptions of 'vulnerability' of women and 'strength' of men.

We strove to provide equal opportunity and choices for homeless men with psychosocial disability to avail of a shelter this year. Marudyan (An Oasis) was inaugurated this year, and 73 men have availed its services.

Work, employment and economic independence was our primary focus this year. In each of our programs we have gone beyond care, treatment and protection. We have endeavoured to raise the dignity of persons with psychosocial disability by increasing prospects for employment, self help group led start ups, and independent work opportunities. Through work we break the stigma that enshrouds these persons and provide evidence that persons with psychosocial disability are responsible citizens of this country and CAN contribute to society.

In order to break the cycle of mental illness, poverty and homelessness, our

focus this year was on prevention. The partnership with Kolkata Municipal Corporation in the two wards of Kolkata registered 431 new persons with mental health conditions. Through our relentless advocacy and awareness programs the community leaders have become part of a committee which addresses the barriers people with mental health issues face, while the Municipal Corporation offers medicine and infrastructure within the primary health care facility in the ward.

This is the dream we hold for Kolkata. That no one should become homeless in the city of joy on account of a treatable condition of mental health distress. The expansion of the program in collaboration with Kolkata Municipal Corporation is on the anvil. Together, we aim to ensure mental health treatment to all wards of Kolkata.

For those who will never be able to return home, we plan to build a Residential Rehabilitation unit in Kashipur, 24 Parganas (South) where community based organic agricultural activities, animal breeding, pisciculture and handicrafts will be the avenues for engagement and therapy. Care Farms with all modern amenities will be open for persons requiring short term respite in crisis.

May there never be the need for coercion of persons in need of care, may we all respect diversity as a way of life, and treat the persons with 'different minds' as an equal citizen of this country.

Thank you for taking time to glance through our Report. Hope you will enjoy reading the stories of this 9 year old Iswar Sankalpa. Do Bless him.

Sarbanu Dasgupta



Recognition

Iswar Sankalpa received the HUDCO Award for 'Best Practices to Improve the Living Environment 2014-15' for its shelter programme.

For the first time, a West Bengal organization was chosen for this prestigious award under the category 'Services for Urban Poor- Health & Training Facilities'. On 27th April, 2015 on behalf of Iswar Sankalpa, Ms. Sarbani Das Roy, Secretary, received the award from Mr. Babul Supriyo, Hon'ble Union Minister of State for Urban Development at an award ceremony organized by HUDCO in Delhi.

[HUDCO- Housing and Urban Development Corporation Limited- A government of India Enterprise]

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Naya Daur

Community-based outreach project

Team Strength
 6 Social Workers, 1 Counsellor, 1 Field Supervisor, 1 Coordinator, 2 Psychiatrists

Project Expenditure in 2015-16
 INR 3,138,236

Supported by
 The Hope Foundation & Tata Trusts



About the Project: Initiated in 2007, Naya Daur is Iswar Sankalpa’s flagship project in community mental health care. The project has ‘ensuring dignity of homeless persons with psychosocial disability’ as its core philosophy. This guiding philosophy is reflected in the humane community care model of intervention that Project Naya Daur developed and has been implementing over the past 9 years. A homeless person with psychosocial disability has no identity. Therefore, she/he has no access to healthcare and other social security. Naya Daur’s team of doctors, counsellors and social workers reaches out to this forgotten population on the streets of Kolkata and provides care, treatment and reintegration support, on the streets itself. Intervention includes identification, negotiation for treatment, services such as providing psychiatric medicine, general healthcare, counselling, nutrition, clothes and hygiene items. During the intervention period, the social workers build a care and support network in the community around the person. This network consists of community caregivers, local police, NGOs and CBOs, social welfare department of the Government and government hospitals. This process also helps sensitize stakeholders about psychosocial disability and de-stigmatize mental illness. As the person responds to the interventions and gains functionality, efforts are made towards his/her sustained well-being. If she/he has a home somewhere, Iswar Sankalpa reunites the family. If this is not possible, community caregivers are motivated to provide supportive employment to the person. In the past 9 years, Iswar Sankalpa has helped over 2000 homeless persons with psychosocial disability to live a better life.

Project Activities in 2015 - 16:

- o **123** clients were provided treatment and care. All clients showed improvement in functionality
- o **34** new clients were enrolled into the programme
- o **8** clients were facilitated to find their way home from the streets
- o **9** new community caregivers were identified for clients
- o **24** community awareness meetings were held to address the gap in awareness, attitude and perception of the community towards the homeless persons with mental illness
- o **4** medical camps were held

10 new clients were engaged as vegetable vendor, daily labourer, rag picker, rickshaw puller, van puller and security guard. They earned- Rs. 600 to 1200/ month (3 persons), Rs. 1500 to 1800/ month (3 persons), Rs. 3000 to 9000/ month (4 persons).

Donation in kind worth Rs. 9,50,458 was received from the communities which speaks volumes for community participation and involvement.



Case Study :
Basudeb Bor

Story of Strength



Basudeb Bor's Journey – Suffering from psychosocial disability for the last 10 years and rejected by the family.

Under the care of Team Naya Daur and the community in Dhakuria-Selimpore area, Basudeb Bor has progressed from living in a severely distressed condition on the streets to being a functional individual who earns Rs.300 per day by driving passengers in his cycle rickshaw. He is soon to open a bank account for better money management. Basudeb's story echoes the resilience we see in our participants who show immense strength to fight the odds- All they need is a few caring hands for support.

Day Care Centres

Team Strength

Hastings- 1 Coordinator, 1 Social Worker
Keoratala- 1 Coordinator

Project Expenditure in 2015-16

Hastings- INR 3,05,672
Keoratala- INR 12,379

Supported by

Paul Hamlyn Foundation
Hastings Police Station & Tata Trusts



Day Care Centre- Hastings

- o 38 persons in total availed services
- o 14 new persons availed services
- o 5 persons were engaged in supportive employment
- o 14 persons were engaged in vocational therapy

Day Care Centre- Keoratala

- o 10 persons in total availed services
- o 3 new persons availed services
- o 4 persons were engaged in supportive employment
- o 9 persons were engaged in vocational therapy

About the Project: Iswar Sankalpa is the first organization to make the guardians of Law and Order look at the Homeless Persons with Mental Illness as human beings in need of care rather than law breakers. Unheard of such an instance anywhere in India, since 2009, the Hastings Police Station in Khidderpore, Kolkata is providing Iswar Sankalpa a space to run a day care centre for the homeless persons with psychosocial disability. The centre effectively supports the outreach programme by providing a safe space where gardening, playing games, cooking or simply chatting in a group helps the clients to heal their minds and improve their functionality and social skills. Intervention is need based and treatment is supplemented with motivational counselling, dance therapy, green therapy and art therapy. The reintegration activities involve teaching them vocational skills that ready them for supportive employment which is organized within the community. If a family is located, all efforts are made to reunite the client with his family members.

In 2014, another day care centre was opened in Keoratala, near Chetla. In 2015-16, it served 10 persons with psychosocial disability from the streets of Chetla and nearby slums while successfully engaging the participants in various income generation activities like paper bag making, greeting card making and clothes alteration jobs on sewing machine.

Marudyan

*Open shelter for homeless men with
psychosocial disability*

Team Strength

3 Caregivers, 1 Counsellor,
1 Supervisor, 1 Psychiatrist
and supported by
Vocational Trainers

Project Expenditure in 2015-16

INR 2,483,292

Supported by

Paul Hamlyn Foundation
& Social Welfare
Department of the Govt. of
West Bengal



About the Project: Started on 1st April, 2015, Marudyan (The Oasis) completed one year as an open shelter for homeless men with psychosocial disability. This project is essentially an extension of Iswar Sankalpa's street based intervention and day care centres. It caters to those men who are high-at-risk of succumbing to the perils of street living if not provided a shelter at night. Iswar Sankalpa's experience with the outreach project showed that not only women, but men also are highly vulnerable to all forms of abuses and human rights violation, especially in the night. As a result, the men relocate themselves constantly to protect themselves or do not respond well to treatment. They also are more prone to substance abuse at night. The night shelter gives these identified clients a safe space from evening to morning- away from threats of the unkind street. During daytime, the residents are encouraged to continue with their current day jobs or odd jobs such as helper at tea-stalls or cleaner in Mosques. This helps the residents to foster a sense of independence and retain a sense of dignity. In the future course, this practice will decrease dependency and will help the clients adjust to community environment more easily post-rehabilitation.

The primary focus of the project is to provide the basic needs - food, shelter, clothes and hygiene care. The men are also provided with the treatment and therapy necessary to reduce symptoms and increase functionality. Gradually these men are also being involved in the reintegration programme which includes locating their homes and reuniting them with families or preparing them for supported/independent living through community based reintegration.



Minister (Dr.) Shashi Panja interacting with the residents



Doctor providing medical care



Project Activities in 2015 - 16:

Inaugurated by Dr. Shashi Panja, Minister-of-State, Department of Social Welfare, West Bengal. This is the 2nd shelter of Iswar Sankalpa in partnership with the government.

73 men availed services

11 persons were facilitated to find employment

12 persons were restored back home

17 persons were involved in vocational therapy



Marudyan shelter residents are being taught to make paper packets (on top)
Marudyan residents in employment (left)

Happy Reunion after 17 Years

Case Study: Premanand Khamari



Premananda Khamari, a man of approximately 35 years of age, was identified by Iswar Sankalpa social workers near Vidyasagar Setu and was taken to an IS organized medical camp on 19th July 2015. He was in a highly symptomatic state, unwashed and unclean, and unable to carry out any self-care. At the camp, he was diagnosed with schizophrenia and was referred to Marudyan, the Open Shelter for Homeless Men with Psychosocial Disability, for better observation and treatment services. Along with regular medication, he underwent several sessions of supportive counselling, motivational counseling, dance movement therapy and vocational therapy. The constant support of care, love and affection and a sense of security, made him respond to the treatment. Around October, he got involved in the shelter's daily chores. Within 2 months time he showed a marked improvement in the level of functionality and reduction of symptoms. At this stage, he expressed his wish to be involved in paid jobs outside the shelter. The shelter team helped him to be engaged as a kitchen assistant in a local eating house.

During several interview sessions with the restoration team he gave details about his place of origin in Khurda district of Odisha. The family was traced with the help of the Police. His family contacted us on 11th January 2016. Following that his family visited us on 13th January 2016 and shared how Premananda got separated from the family. From a young age, Premananda had shown signs of mood disorder. Premananda was 15 and his elder brother Rakesh



Khamari was 17 years of age when they were travelling to Mumbai to their maternal uncle's home. Premananda got down from the train at Kalyan, near Mumbai, while his brother was asleep. The family could not find any whereabouts of Premananda.

It was after 17 years that they got any news of Premananda. The reunion with his brother was an emotional moment for Rakesh. The family members had very little knowledge about mental illness and caregiving. IS team made them aware of Premanand's illness and the support he would need to maintain his well-being. They took Premananda back to their home with a promise to continue with his treatment.



Sarbari

A special shelter for urban homeless women with psychosocial disability

Team Strength

1 Social Worker, 4 Caregivers, 1 Supervisor, 2 Counsellors, 3 Psychiatrists and supported by Reintegration Team

Project Expenditure in 2015-16

INR 7,340,807

Supported by

Oak Foundation, Azim Premji Philanthropy Initiatives Pvt. Ltd., Tata Trusts, West Bengal Govt. & Kolkata Municipality Corporation



About the Project: While working with street clients, Iswar Sankalpa was getting concerned about the women because of their increased vulnerability. This propelled Iswar Sankalpa to start a shelter for women with psychosocial disabilities in a place provided by the Kolkata Municipal Corporation in 2010. Named Sarbari, which means a beacon in the night sky, the shelter has a capacity of about 80 persons. Once a person is taken in following a thorough assessment, appropriate interventions are carried out that includes medications, maintaining hygiene, proper nutrition, counselling, and other therapies. The activities are done in a manner so that the residents, apart from recovering from their illness, re-develop self worth. Reintegration support includes literacy and vocational training, employment and rehabilitation in home or a community of their choice.

Project Activities in 2015 - 16:

- o **91** homeless women with psychosocial disability received safe shelter, treatment and livelihood options
- o A significant achievement was securing adhar cards for **34** residents with the support of the local councillor. It is an enormous statement for a homeless person with psychosocial disability to be acknowledged as citizen of India. The path to entitlement continues with opening of bank accounts for **6** of our residents. Now a total **21** residents have their personal bank account.
- o For homeless persons with psychosocial disability, especially women, gaining employment is always an important step towards her reintegration into the community. **8** shelter residents were successfully placed in jobs.
- o Reintegration was also enabled through restoring **23** of the Sarbari residents to their homes in different parts of West Bengal, and as well as in other states such as Bihar, Odisha, Jharkhand and Uttar Pradesh.



The most significant achievement in 2015-16 was introducing computer-aided Functional Literacy programme for the shelter residents. The course modules were developed by TATA Consultancy Services (TCS) which also conducted training for our trainers on how to teach using digital aid. The interesting learning methods generated great enthusiasm in the shelter residents, who had very little or no literacy experience, towards learning to read and write. Those who were partly literate but had forgotten how to read, write or count because of the mental illness, got a chance to re-learn and they found the classes very helpful. Very recently we have also started English classes for a group of willing residents. Spoken English training is imparted to the job aspirants to enhance their soft skills.

69 residents attended functional literacy classes, gaining ability to sign their names and count their earnings.

Story of Strength

Case Study: Rath God



Rath making roti and tea simultaneously



Rath preparing bill for the sale

She claims that she was named Rath, meaning chariot for gods, as she was born on the day of Lord Jagannath's Rath Yatra. She believes her real parents are Lord Shiva and Goddess Durga and she hailed from heaven in a golden Rath or chariot, hence the surname God. She remembers that she used to live with a mortal family where she had a father, a mother and two elder brothers. Rath remembers some fragments of her day-to-day life, has some vague memories of her school and college life. But she doesn't remember how she became homeless.

Rath was identified at Sealdah station in April 2009 and was diagnosed with schizophrenia. She has been one of the witnesses of the major milestones of Iswar Sankalpa – the opening of the Hastings DIC and being one of the first residents in Sarbari Shelter upon its inauguration in April 2010.

She was the first person to speak about the necessity of a shelter for women like her on the streets. "Rath was one of the spokesperson for the outreach clients in Sealdah and took the initiative to cook their meals. She acquired the utensils and fuel on her own and prepared the meals to the exact proportion for 18 people so that nothing was wasted," shared Chameli Rani Saha, then outreach social worker, who brought Rath into the folds of Iswar Sankalpa's care. Rath used to call her Chameli God as Chameli was like her guardian angel in time of need.

Rath is currently a functional member of an SHG called Mousumi where she shoulders multiple responsibilities like purchasing raw materials for canteen, cooking and managing accounts. Many will be astounded by her ability to calculate billing amounts without a calculator.

Iswar Sankalpa feels immensely happy to be a part of her journey from the Sealdah station platform to the kitchen of Sarbari; from a person with schizophrenia having no control over her body & mind to the treasurer of Mousumi Self Help Group; from being a reclusive resident of Sarbari to an outspoken woman who has taken charge of her life and well being.

– Case study contributed by Samir Khan, Reintegration Officer

Urban Mental Health Programme

Team Strength
 2 Social Workers, 2 Counsellors, 1 Rehabilitation Officer, 1 Coordinator, 1 Psychiatrist & supported by Community Workers

Project Expenditure in 2015-16
 INR 5,208,677

Supported by
 Kolkata Municipal Corporation, Tata Trusts & Paul Hamlyn Foundation



A client support group meeting in progress

Project Activities in 2015 - 16:

Total number of new client registration	431	The community mental health committee in ward 78 headed by local councillor and other influential members of the locality gave patient hearing to the problem faced by the participants in their families, community due to their illness. Members have taken an active role in addressing domestic violence and other related issues.
Total number of awareness programmes	56	
Total people reached through awareness	5829	12 Participants were introduced to govt. health facilities to decrease dependence on the organization and ensure sustainability.
Number of home visits	628	
Number of door to door visits	7868	14 participants received certificate on completion of vocational training. 1 participant took admission in College and 2 participants opened bank account.
Total clients engaged in vocational training	50	
Total clients engaged in job	30	

About the Project: The Urban Mental Health Programme (UMHP), implemented since April 2012, is a partnership between Iswar Sankalpa and the Kolkata Municipal Corporation (KMC), the city’s civic administrative body. The UMHP is a pilot initiative that strives to integrate mental health services into primary health care settings in two low-income municipal wards in Kolkata – Wards 78 & 82. Iswar Sankalpa’s vision is that the mental health services provided in these wards will serve as models for providing integrated mental health care in urban primary care settings, and will be replicated in all wards of the city. The goals of the UMHP are- **1. Increasing the quality and accessibility of mental health care services in urban communities from disadvantaged socio-economic background, by integrating mental health into the existing health service delivery systems in KMC Ward Health Units.** **2. Improving mental health awareness in the community thereby creating an informed demand and increased acceptability of such services.**

Mental health service delivery under the UMHP entails a menu of services, with each client being provided a treatment plan depending on his or her needs. While psychiatric diagnosis, medical care and counselling form the core of the services delivered, the UMHP model also addresses the need for social and economic rehabilitation. The project has tried to provide these through vocational therapy, economic rehabilitation efforts, formation of client-caregiver support groups and providing referral services. Free mental health services are provided at each ward health unit from Mondays to Fridays.

The UMHP provides services to people over the age of 15, and caters mainly to Common Mental Disorders, Severe Mental Disorders and Epilepsy.

Story of Strength



Case Study: Anjuman Ara

Anjuman Ara was married at an early age to an orthodox Muslim family. The groom's demand for dowry was met and an amount of Rs.50,000 along with ornaments was presented to him at the time of wedding.

A year and a half into the marriage, a child was born who passed away in an accident three years later. Anjuman was shattered as she had to cope with the trauma of losing her child and deal with physical and emotional abuse by her husband every single day. Her husband sold off her ornaments and she was locked in a room with no access to any kind of help. "I have had countless sleepless nights longing for my son and a better life," she says, teary eyed. After a year her husband's sisters got him married to someone else and she came back to her parents' home. There were mixed feelings of guilt, depression, betrayal and a strong urge to avenge herself for all the wrong doings done to her. She stopped eating for a while and suffered from acute depression.

When she visited the medical officer at the health unit of Kolkata Municipal Corporation in ward 78 in Ekbalpore, she was referred to Iswar Sankalpa. Cornered by all in this complex social structure, she came to the Mental Health Clinic, where she was provided with treatment and care for her severe Depression. The psychosocial interventions helped her to gain strength. She then became a regular at the counselling sessions and the vocational training classes. The counselling helped her to gain some confidence and she thought of standing up for herself. With the help of a neighbour, she went to the police station and filed an FIR against her husband. As a result, he was imprisoned for 5 days and that boosted her self confidence. She started trusting herself.

Anjuman is currently being trained in tailoring and stitching at the vocational unit of Iswar Sankalpa. This has been a ray of positivity in her life. Just when she was coming out of the bad phase in her life, her mother passed away in 2014 and that came as a huge blow to her. After her mother's demise, she started living with her brother and sister-in-law but soon her sister-in-law sent her away. "Now that I glance back, I think it was good step because had that not happened, I would never become self dependent", she said. The vocational training unit opened a new avenue in her otherwise dark world and today she is a permanent staff of the vocational team of Iswar Sankalpa! Her interest and expertise have helped her earn her position today. Besides working, she also learns yoga and participates in warm up sessions with residents at Sarbari. "I am content with the work I do and I am ever grateful to IS for transforming me into a self dependent woman", she says flaunting two of the bags which she made.

– Case study contributed by Ipsita Bhattacharya, Intern from Manipal University

Reintegration

Team Strength

4 Trainers, 1 Assistant Coordinator, 1 Coordinator, 3 Reintegration Officers

Project Expenditure in 2015-16

INR 6,37,957

Restoration Expenditure in 2015-16

INR 3,25,114

One significant goal of Iswar Sankalpa's intervention in the lives of these 'nowhere' people is the eventual re-integration of the person back into the community – and if there is one – the family. The philosophy behind the reintegration process is to facilitate and foster independent community living of our clients, so that they may live a productive, dignified life in society, and are able to become contributing members of the society. To be able to cater to the different situations which arise as part of the reintegration process, the organization developed a 2-way approach –

- Vocational Training and Employment Support
- Restoration back home

Supported by

Collinsson Trust, Seahorse Trust, Tractor's India Ltd, Azim Premji Philanthropy Initiatives, Paul Hamlyn Foundation, Tata Trusts, Oak Foundation

Vocational Training



Iswar Sankalpa has created a functional model of vocational training (VT), which can be linked to providing sustainable benefits – both economically and also by adding to the clients' sense of self-worth and dignity. The vocational skills building activities are carried out at the Shelters, the Urban Mental Health Programme and the Drop-in Rehabilitation Centre. The activities include Beading sessions, Jewellery making sessions, Cooking sessions, Sewing and Stitching, Art & Craft sessions and making products for particular festivals. Block printing was introduced as an activity November onwards.

Two of our trainers attended a workshop of a well-known retail studio that sells high quality Indian handcrafted wearable textiles. On an average 15 clients are engaged in block printing on paper. Gift bags were made with colourful printed handmade paper. We will soon start making gift envelopes too. In the cooking sessions, various kinds of snacks which could be preserved for a long time were taught. We not only make snacks from Bengal like 'nimki', 'elojhelo', 'goja', 'naru' but also snacks from other states like the recently introduced 'suhali' from Rajasthan. In art and craft classes, we have recently introduced paper maché products.

Preceding Diwali, the girls at the shelter made colourful diyas (earthen lamps) and candles, which were sold at exhibitions. Our 146 diya boxes sold like hot cakes in a fundraiser arranged by students of Calcutta International School in the school premises.

The by-products of most of these activities are marketed and sold at various exhibitions throughout the year. This helps to bring to notice this forgotten section of society and the possible skills they can develop when provided support. Additionally, it also provides the women and men with some source of income – they are given incentive for participating in vocational activities and a part of the sales price when a product they have made is sold. Beyond the shelter, when restored to home or resettled into the community, they can later independently pursue the earning opportunity by applying the newly developed skills or find related employment in the community with assistance from Iswar Sankalpa.

The women in residents engaged in household chores earned an incentive of Rs. 3 per day. Many women received stipend of Rs. 150, Rs. 330, or Rs. 550 per month depending on the work they did. In addition, the women who participated in vocational sessions, received 30% of the sale value of the products sold. On an average they received Rs. 350.

In 2015-16, a total of 77 women were involved in VT unit and 26 women were involved in production unit. Maximum stipend earned by an individual participant was Rs. 5209.

As **LIVELIHOOD SUPPORT**, the items produced by the vocational training unit were marketed by Iswar Sankalpa to help the women earn while learning. The vocational unit of Iswar Sankalpa has participated in various exhibitions at leading corporate houses, educational institutions, events and local fairs such as Capgemini, ATOS, Rani Birla College, Community Fair in Ekbalpur, Loreto College, Jogesh Chandra College, Calcutta International School, Oxford Bookstore and ITC. A large order of bags and cards was also delivered to OAK Foundation in Geneva in July. Total sale of the products made in the reporting period was worth Rs. 2,37,389.

Iswar Sankalpa recently facilitated the formation of two self-help groups. Each group has 10 residents of the shelter. Mousumi, the first group was started in December 2015 and is running a food catering business. The group has a bank account through which they had taken a seed money loan. The members have been able to pay off the loan from the profit they earned. Apart from delivering lunch to a shelter for men, and dinner to Outreach clients, they also run a canteen for Iswar Sankalpa staff. The group's monthly income is Rs. 10,000. After initial months of hand-holding, the women now require minimum or no supervision while purchasing the raw material or preparing the various food items. Their samosas, aloo paratha and noodles are a huge hit. Future plans includes home and office delivery of meals in the neighborhood.



Choyonika, the second Self-help Group is in its nascent stage. Iswar Sankalpa is supporting them by providing training in business operation and opening bank accounts. The group has already started producing packaged snacks and regularly supplies to the office canteen of the Corporate giant ITC Ltd. Talks are on with some of the heritage recreation clubs in the city for food supply.

Restoration

As the treatment progresses, the persons with mental illness start recovering their cognitive faculties and they remember their name and their homes. All efforts are made to locate their home and family members with the help of local police and reunite the clients with their families. During pre-restoration visit, the family members are counselled about the state of the client. Emphasis is given on the treatment plan and information is given about local hospitals where they will be able to continue with the treatment. Post-restoration, the reintegration officers conduct home-visits to follow-up.

Project Activities in 2015 - 16:

- o **32** clients were restored safely to their homes.
- o Out of those thirty-two, **19** clients were restored in different parts of West Bengal, 1 in Bihar, 3 in Odisha, 4 in Jharkhand, 4 in Uttarpradesh and 1 in Rajasthan.
- o Follow-up home visits were made to **20** clients' home.
- o **311** times phone follow-ups were done and **248** follow-up were done through OPD visits. **34** clients have reported for OPD visits and **77** clients were followed-up through phone calls.
- o **296** Psycho education sessions were conducted with families of the clients during OPD and Follow up visits.
- o **9** awareness camps in the clients' community where a total of 131 individuals attended the camps.



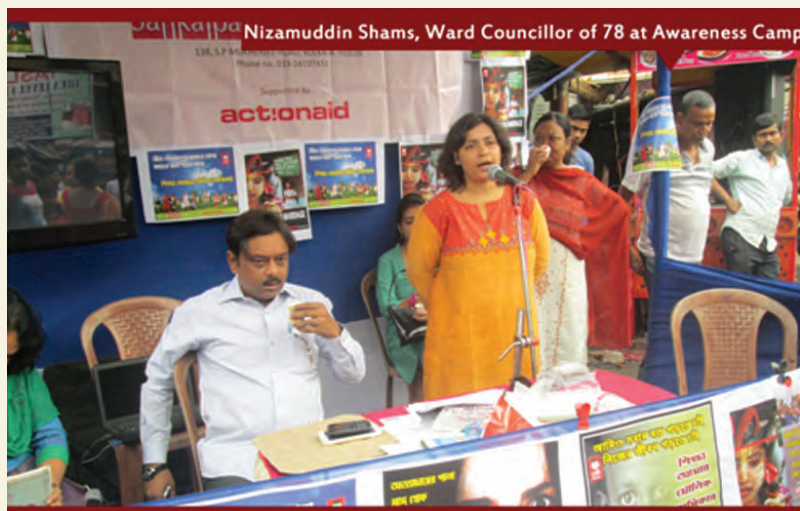
The Story of Barnali Biswas

'Pata' as she is known at the shelter- was focused on only one thing- the day she would go back home. A home she had foggy memories of- somewhere in a village surrounded by greenery. All she could give to the reintegration officers was a vague name of a nearby area. Pata was referred to the shelter in late 2012 by the Child Welfare Committee as she was found in a very vulnerable state on the streets. She seemed to be in her late teens. Her compromised intelligence and psychosis made her behaviour more childish. Her eagerness to go back home, motivated the restoration team to launch an arduous search. Finally they traced her family living in a village in Hooghly. Restoration officer Tapan and Pata's counsellor Shubholina contacted the local Police Station and with their help took Pata home. Her past unfolded. Pata is Barnali Biswas, third of 3 siblings, all with mental health disorders which they carried from their mother. Pata strayed from home after her parents' demise. Her uncle, aunt and cousin brother who now live in the house expressed inability to take responsibility of Pata, but

promised to stay in touch.

Her story reminds of the desperation of clutching on to a symbol of hope in O. Henry's The Last Leaf. Pata believed all would be okay if she could go back home. Pata- the Bengali word for leaf, had to give up that last hope. What answer do we have for Pata and so many like her who have been uprooted from home and floating in the universe? Iswar Sankalpa's strategic focus in the next 5 years would be prioritizing reintegration through setting up community spaces to facilitate independent living, especially for those who do not have a home to go back to.

Awariness & Advocacy



'LOVE OF DIFFERENT MINDS'

Iswar Sankalpa in collaboration with Oxford Bookstore organized a day-long programme to celebrate love of different minds on Valentine's Day. It aimed at raising important awareness in the society about the 'abilities' of persons with psychosocial disability and to advocate their inclusion in the mainstream society. The programme comprised of an Interactive Session with eminent persons from different walks of life, a session of Poetry and Music on Love and Madness and a special cultural performance by homeless persons with psychosocial disability. The panel included two eminent psychiatrists Dr. Reema Mukherjee and Dr. Shefali Moitro, actress-director Churni Ganguly, psychologist-academician Dr. Nilanjana Sanyal, journalist-critic Ratnottama Sengupta and author Devdan Chaudhuri.

- o **89** awareness camps were organized to sensitize and educate the community on mental health and persons affected by it
- o **14** advocacy meetings were held with community leaders and public officers
- o **2** self-advocate groups were formed under UMHP in wards 78 and 82
- o **1** community mental health committee was formed in ward 78 comprising of the local councillor and leaders in the locality
- o **3** advocacy campaigns were held to increase the visibility of the mental health cause
- o **1000** visitors attended the rehabilitation fair held in ward 78
- o Iswar Sankalpa is a member of the committee formed by the hon'ble Governor of West Bengal that is reviewing the Bengal Vagrancy Act
- o Secretary Sarbani Das Roy as a part of TCI-Asia participated in Trans Asia group strategic advocacy meetings on Community Based Inclusion of Persons with Psychosocial Disability. She also led a group that worked towards creating a Community Based Rehabilitation (CBR) framework towards inclusion of persons with psychosocial disabilities. The framework aims to realize Article 19 of UNCRPD

Special grant of INR 2,33,950 for Advocacy was received from Action Aid



New Initiative: Friends of Iswar Sankalpa

In 2015, a new advocacy initiative was launched which engaged students and professors of 4 leading colleges as community influencers who actively carried out dialogues on psychosocial disability with fellow citizens.

Beti Zindabad Campaign

On the 10th of December, 2015 Iswar Sankalpa organized a Women's Sports event as a part of the Beti Zindabad campaign at Nawab Ali Park, Ekbalpore. 108 participants in total registered for the event.

This was a strategic initiative to eliminate gender bias and discrimination which is one of the root causes of mental illness in women. Considered as a liability, women are subjected to limited access to education and other crucial opportunities to reach their fullest potential. They are often victimized by domestic violence and oppression. This makes them a socially vulnerable section and affects their mental health conditions. Tragically if they fall prey to depression and other mental illness due to social systems, this very society creates a double marginalization and they are further cornered in the society, being labelled as 'mad'. Abandoned by all, they feel condemned and lose their will to survive.

The event was designed to sensitize the community about the worth of a girl child. It was the first time the community saw an event being organized around women. Our social workers worked day and night to promote the event and ensure participation. On the sports day, many of the adolescent girls and young women were accompanied by their family members, including fathers and brothers who cheered for them. Their presence was itself a victory for Iswar Sankalpa. Our team of doctors, counsellors and social workers spread awareness about mental illness being a treatable condition, talked about stigma related issues and encouraged parents to seek help if a girl or woman in the family had mental health related issues.



Self-Advocates at the Global Mental Health Summit

Another significant initiative taken by Iswar Sankalpa was supporting the service-takers to become self-advocates. More and more clients who gained functional recovery are being motivated to voice their issues in the community and in different forums. One such opportunity was the Global Mental Health Summit.

Iswar Sankalpa was represented by two of its service-takers, Abdullah and Anju who shared their journey of recovery and reintegration. Abdullah's community caregiver Nihal was also present. They told their stories, much to the surprise of the audience, in English. Both were found on the streets, from where Anju has now gone back home and is continuing with higher studies, while Abdullah has a job as a store assistant. It was not the medicines alone that made their recovery possible, but all the support and care they received from the community, which catalyzed restoration of self-confidence and motivation for participating in the intervention process. Both Anju and Abdullah were clear in their message: The social recovery was much much more important than clinical recovery. Unless persons with mental illness find acceptance and engagement in the society, no medicine can be of real help.

Their voices will be echoed in the coming days in many corners of the world. Let this be a beginning of a movement for a more inclusive society which upholds equal opportunity and dignity for all.



Events

Events celebrated with the participants at Iswar Sankalpa in 2015-16:

- o Boshonto Utsab (Spring Festival)

- o Holi
- o Rabindra Jayanti
- o Rakshabandhan
- o Durga Puja Outings

- o Diwali
- o Christmas
- o Annual Programme
- o Annual Picnic



Annual Programme was held on 6th December 2015 at ICCR, Kolkata. The residents of Sarbari and Morudyan shelters presented a dance drama “Tasher Desh” (a land of cards) based on Rabindranath Tagore’s dance drama by the same name. Many of them performed on stage for the first time yet the programme surpassed all expectations. Celebrities, dignitaries and guests from all walks of life immensely appreciated the performances and were completely taken with the ability of the women and men who participated. Leading newspapers and television channels talked about their journey while covering the event. The programme was graced by Jayanta Mitra, Advocate General, Banibrata Basu (DG Law & Order), eminent actors and director Koel Mullick, Abir Chatterjee, Raj Chakroborty, Mimi Chakroborty, Parambrata Chattopadhyay, fashion designer Agnimitra Paul, journalist Suman Chattopadhyay and well regarded entrepreneur and philanthropist Rajendra Khandelwal.





Annual Picnic

The annual picnic with our shelter residents was held at a picturesque garden house in Baruipur in January 2015. It was an important day for the men and women as they experienced a space for social interaction outside the shelter. 120 residents had a fun day out in the sun.



Human Resource Development

Team Strength

1 Resource Development Assistant & 1 Resource Development Manager supported by 2 Assistant Directors

Employee Training Expenditure in 2015-16

INR 3,56,569

Supported by

Oak Foundation, Paul Hamlyn Foundation, Tata Trusts & Azim Premji Philanthropic Initiatives

14 workshops were organized for the employees during the reporting period. Apart from these, a core orientation programme for the new employees was held in November. Several informal team building sessions were held on last Saturdays of the months where Director Sarbani Das Roy conducted exercises and games on interpersonal relationships, managing stress, and positive communication. The staff thoroughly enjoyed these sessions as they got to deal with real life problems in a creative and participatory manner. There were also quite a few workshops that were facilitated by outside resource persons. These workshops were strategic interventions to upgrade skills of the project teams. Some of the OD sessions and workshops that took place are as follows:



Result-based Management Training (July 6-11)

Iswar Sankalpa organized participatory training for all its staff for the learning of RESULT BASED MANAGEMENT (RBM) which enabled them to come up with a clear result chain in context of 'Mental Health Program for homeless and urban poor'. At the end of training, which was imparted by ASK, a leading capacity building organization based in Delhi, the participants gained crucial exposure and learning on the need, process and methodology of Result Based Management. RBM will enable the organization to demonstrate to its stakeholders that it is making a difference in the lives and communities it caters to by placing an emphasis on clearly defined and evaluable results.

Workshop on Psychosocial Intervention (September 02-05)

Iswar Sankalpa partnered with NIMHANS to organize a 4-day training for the social workers and caregivers of the organization on practical knowledge and hands-on technique of Psychosocial intervention.

Care for the Caregivers (September 23-24)

The second phase of the workshop was on 'care for the caregivers' which aimed to help the caregivers and social workers to understand and address the daily stresses of their personal and professional lives. The learning which was provided through some very fun exercises had been a great development tool for IS employees. The project office now has more smiling faces who now feel confident to complete tasks without giving room to anxiety.





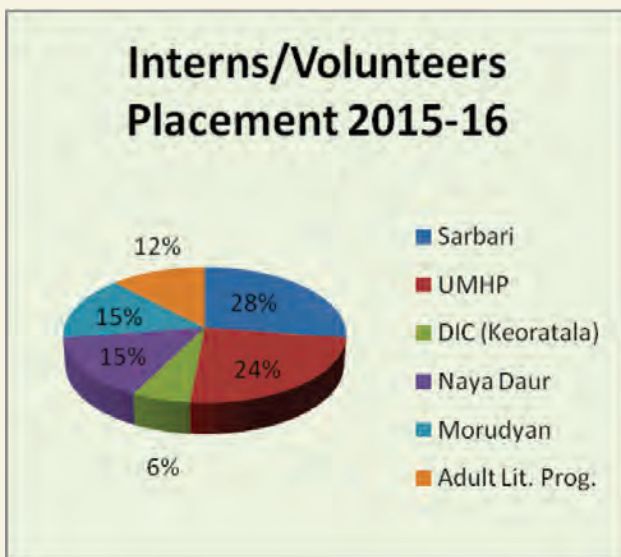
Team Building Workshop at the Victoria Memorial Ground (January 30)

The workshop was planned by Director Sarbani Das Roy to identify stressors in daily life and to enhance self-motivation. The venue itself was uplifting, the sprawling lush green garden surrounding the iconic monument under a warm winter sun. The exercises included energizers, creating charts on positive and negative influencers and games to boost motivation and feel good factors. The mood was that of a picnic, yet the team went home empowered.



Monitoring & Evaluation Workshop (March 29-31)

A 3-day workshop was organized on conceptual understanding of Monitoring & Evaluation framework, MIS, data analysis and data interpretation. The project teams then conducted exercises on preparing their individual project-based logframe matrix and setting indicators. This was an important step towards making annual work plans of each project. The workshop was facilitated by our MIS consultant Ms Sanchari Dutta who is a Post Graduate in Economics (University of Calcutta, India) and Post Graduate in Sustainable Development (University of Staffordshire, UK), having over 11 years of experience in the development sector.



Loreto College Interns at Functional Literacy class in Sarbari

34 interns/volunteers were enrolled in 2015-16 which is 125% more from previous year and were placed across different projects. Their contribution areas were documentation (UMHP), therapy sessions of clients (Sarbari & Morudyan), functional literacy, field work (outreach), awareness camps, and cultural programmes.

All interns received certificate for their work done in Iswar Sankalpa.



No day is ordinary at Iswar Sankalpa, nothing is routine. Being responsive to the complex needs of people doubly affected by mental illness and poverty demands dynamism and swiftness; and a well oiled machinery to sustain it. To keep our extraordinary machinery running, across several project sites spread over 141 wards of Kolkata is no mean feat. Yet the 50+ full time and part time employees supported by consultants and guided by the governing body make this possible because of their sheer grit and determination.

Our spontaneity and ability to respond to diverse needs of people we work is at the core of all that we do. This is possible thanks to the long standing associations of a few institutions, who have offered us flexible support that has translated into art, recreation, outings, travel to learn from other contexts , capital infrastructure and so on. Special thanks are due to Paul Hamlyn Foundation & Oak Foundation for their generous contributions towards the healthy growth of the organization.

Governance, Accountability & Transparency

Details of Governing Body Members along with remuneration paid in 2015-16:

	Name	Age	Gender	Occupation	Position	Total amount paid in 2015-16	Form of Payment
1	Dr. R R Ghosh Roy	60	Male	Psychiatrist	President	Nil	N.A.
2	Dr. Prabir Paul	63	Male	Psychiatrist	Vice-President	172083	Consultancy Fees
3	Ms. Sarbani Das Roy	51	Female	Director of Projects, Iswar Sankalpa	Secretary	646800	Salary
5.	Dr. Srikumar Mukherjee	58	Male	Psychiatrist	Treasurer	308004	Consultancy Fees
6.	Dr. Debashish Chatterjee	56	Male	Psychiatrist	Asst Secretary	Nil	N.A
6	Mr. Surajit Ray	68	Male	Corporate Trainer	Member	Nil	N.A
7	Ms. Kalpana Basu Mazumder	60	Female	Project Coordinator, Iswar Sankalpa	Member	198000	Salary
8	Ms. Jayati Saha	48	Female	Lawyer, Photographer	Member	Nil	N.A

Staff remuneration per month:

Slab of gross monthly salary (in Rs.) plus benefits paid to staff	Male Staff	Female Staff	Total Staff
< 2500			
< 7000	2		2
< 15000	11	25	36
< 30000	2	6	8
< 50000	1	2	3
>/ 50000		1	1
TOTAL	16	34	50

Gender Information:

Type of Personnel	Female	Male
Paid (Full Time)	34	16
Paid (Part Time)	5	5
Paid (Consultant)	1	3
Unpaid (Volunteer)	0	1

None of the governing body members are related to each other. Governing body members are selected through nomination. The governing body met 5 times in the financial year 2015-16 on 18-05-2015, 11-07-2015, 25-09-2015, 28-12-2015 and 25-03-2016. Minutes of the meetings were documented and circulated.

Details of national and international Travel by Staff/ Volunteers / Governing Body Members at the expense of the organization in 2015-16:

Name & Designation of Staff / Volunteer /Board Member	Designation	Purpose of Travel	Cost Incurred (Rs.)	Sponsored (Rs.)
SARBANI DAS ROY	PROJECT DIRECTOR	MEETING WITH TATA TRUST OFFICIALS AT MUMBAI	28032	NAVAJBAI RATAN TATA TRUST
SUPRIYO NASKAR	ACCOUNTANT	MEETING WITH TATA TRUST OFFICIAL AT MUMBAI	28031	NAVAJBAI RATAN TATA TRUST
SUKONNA ACHARYA	SHELTER SUPERVISOR	STAFF TRAINING ATTEND AT BHUBANESHR	5213	PAUL HAMLYN FOUNDATION
SUPRIYO NASKAR	ACCOUNTANT	STAFF TRAINING ATTEND AT BHUBANESHR	5212	PAUL HAMLYN FOUNDATION
ALOKEPARNA GHOSH	RESOURCE DEVELOPMENT MANAGER	STAFF TRAINING ATTEND AT BHUBANESHR	5163	PAUL HAMLYN FOUNDATION
KALPANA BASU MAZUMDER	PROJECT COORDINATOR	STAFF TRAINING ATTEND AT BHUBANESHR	5162	PAUL HAMLYN FOUNDATION
SARBANI DAS ROY	PROJECT DIRECTOR	RECEIVED HUDCO BEST PRACTICE AWARD FROM NEW DELHI	14237	GENERAL
SARBANI DAS ROY	PROJECT DIRECTOR	UNCRPD CONFERENANCE AT THAILAND	ONLY 5000 PAID BY ORG. OTHER WISE FULLY COST BOURNE BY SPONSORING ORGANISATION	OAK

Financial Reports

ISWAR SANKALPA 138 Shyamaprasad Mukherjee Road, Kolkata 700026 CONSOLIDATED BALANCE SHEET AS AT 31ST MARCH 2016

<u>LIABILITIES</u>	<u>Sch</u>	<u>AMOUNT</u>	<u>AMOUNT</u>	<u>ASSETS</u>	<u>Sch</u>	<u>AMOUNT</u>	<u>AMOUNT</u>
GENERAL FUND				FIXED ASSETS	Q		4713273.79
As per last A/c		1038317.03					
<i>Add: Excess of Income over Expenditure</i>		<u>1115446.70</u>	2153763.73	Advance for Land			
				- At Netra, Jibontala		<u>350000.00</u>	350000.00
CORPUS FUND				CASH AND BANK BALANCES			
As per Last A/C			952369.30	Cash at Bank			
FIXED ASSETS RESERVE	U		4615795.57	Synd.Bank A/C 95032010048521		12041274.7	
- Annexure - B				Synd.Bank A/C 95032010054251		31699.58	
				Synd.Bank A/C 95032010058129		1354736.98	
				Synd.Bank A/C 95032010058114		37564.72	
				Synd.Bank A/C 95032010054140		7637742.22	
				SBI A/C 35161193511		2073830.00	
				Axis Bank A/C 910010048707207		<u>1277177.00</u>	24454025.24
CURRENT LIABILITIES				Cash in hand			58744.55
Unutilized Grant in Aid	U		21734440.98				
- Annexure - B							
Profession Tax Payable	R		4200.00				
Tax Deducted at source	S		19713.00				
Social security for staff (ESI Payable)			24222.00				
Employees cont. to PF Payable	T		33853.00				
Employers cont. to PF Payable	T		37686.00				
Total			<u>29576043.58</u>	Total			<u>29576043.58</u>

This is the Consolidated Balance Sheet signed in terms of our Report of even date.

For De Subir Kumar & Co.
Chartered Accountants
FRN 317010E

CA. S. K. DE
MRN 053022
Proprietor
Kolkata, 14-07-2016

Financial Reports (contd.)

ISWAR SANKALPA

138 Shyamaprasad Mukherjee Road, Kolkata 700026

CONSOLIDATED INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED MARCH 31, 2016

EXPENDITURE	Sch	AMOUNT	AMOUNT		INCOME	Sch	AMOUNT.	AMOUNT.
		RS.	RS.				RS.	RS.
To Direct Expenses	A		1994002.00	By	Donation Received			
To Program Cost	B		1303916.00		- For Spl. Donation		54230.00	
To Direct Programme Cost	C		566265.00	By	- Foreign Donation		31198.00	
To Prog. Support Cost	D		223374.00	By	- Donation General		<u>504817.00</u>	590245.00
To Prog. Running Cost	E		703630.00		Award Received from Hudco			100000.00
To Other Direct Cost	F		592488.00	By	Grant in Aid Utilized	U		17530510.00
To Community Care	G		236550.00	By	- As per ANNEXURE B			
To Common Expenditure	H		2017011.00		Amount Transferred from	U		207984.87
To Pilot Urban Mental Health	I		173838.00		Fixed Assets Reserve			
To Reintegration for HPMI	J		65254.00	By	Bank Interest			
To Awareness Sensitisation Prog.	K		171924.00	By	Syndicate Bank		26233.94	
To Shelter Care for Women	L		305141.00		SBI		34166.18	
To Staff Salaries & Personnel	M		7923510.00		AXIS Bank		<u>38033.00</u>	98433.12
To Indirect Overhead Exps	N		423325.00		Sale of Vocational Material			166845.00
To Transfer to Actionaid for Unutilised grant			65262.00		Beneficiary contribution			1100.00
To Travel and Conference	O		90124.00					
To Kashipur land cost			2265.00					
To Consultant & other Services	P		7000.00					
To Innvation fund - Sambandhan			56063.00					
To Bank Charges			1837.38					
To Vehicle Maintaince - Sambandhan			23784.00					
To Provident Fund Difference			6259.00					
To Endline study - Sambandhan			323453.00					
To Social security for staff (Esi)			79593.00					
To Depreciation	Q		223802.91					
To Excess of Income over expenditure			<u>1115446.70</u>					
			<u>18695117.99</u>					<u>18695117.99</u>

This is the Consolidated Income and Expenditure Account signed in terms of our Report of even date.

Financial Reports (contd.)

ISWAR SANKALPA

138 Shyamaprasad Mukherjee Road, Kolkata 700026

CONSOLIDATED RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED MARCH 31, 2016

		<u>RECEIPTS</u>	<u>SCH</u>	<u>AMOUNT</u>	<u>AMOUNT</u>			<u>PAYMENTS</u>	<u>SCH</u>	<u>AMOUNT</u>	<u>AMOUNT</u>
To	Balance B/d					By	Direct Expenses		A		1994002.00
	Cash in hand			111959.55							
	Synd.Bank A/C 95032010048521			1781533.61		By	Program Cost		B		1303916.00
	Synd.Bank A/C 95032010054251			2695.76							
	Synd.Bank A/C 95032010054140			223924.37		By	Direct programme cost		C		566265.00
	SBI A/C 30169297950			1259469.82							
	Axis Bank A/C 910010048707207			929871.00	4309454.11	By	Prog. Support Cost		D		223374.00
To	Donation Received					By	Prog. Running Cost		E		703630.00
	- For Spl. Donation			54230.00							
	- Foreign Donation			31198.00		By	Other Direct Cost		F		592488.00
	- Donation General			504817.00	590245.00	By	Community Care		G		236550.00
To	Award Received				100000.00						
To	Grant in Aid Received					By	Common Expenditure		H		2017011.00
	- Actonaid				299000.00	By	Pilot Urban Mental Health		I		173838.00
	- Project Nayadaur (THF)			1878158.00							
	- Project Vocational (til & seahorse)			505000.00		By	Reintegration for HPMI		J		65254.00
	- Project Sarbari (APPI)			3437000.00							
	- Project Sarbari (Oak)			13023719.00		By	Awariness Sensitisation Prog.		K		171924.00
	- Project Sambandhan			13337000.00							
	- Shelter for Urban Homeless			1203000.00		By	Shelter Care for Women		L		305141.00
	- Project Sampoorna(PHF)			3000000.00	36682877.00	By	Staff Salaries & Personnel		M		7923510.00
To	Bank Interest										
	Syndicate Bank			284098.50		By	Indirect Overhead Exps		N		423325.00
	SBI			34166.18							
	AXIS Bank			38033.00	356297.68	By	Travel and Conference		O		90124.00
To	Beneficiary Contribution for hygiene				1100.00	By	Consultant & other Services		P		7000.00
To	Sale of Vocational Material				166845.00						
To	P.Tax received	R			46890.00	By	Bank Charges				4067.00
To	T.D.S. Deducted or Received	S			246786.00	By	P.Tax paid		R		45730.00

Financial Reports (contd.)

ISWAR SANKALPA

138 Shyamaprasad Mukherjee Road, Kolkata 700026

CONSOLIDATED RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED MARCH 31, 2016 (contd.)

<u>RECEIPTS</u>		<u>SCH</u>	<u>AMOUNT</u>	<u>AMOUNT</u>	<u>PAYMENTS</u>		<u>SCH</u>	<u>AMOUNT</u>	<u>AMOUNT</u>
To	Employee Contribution to PF	T		352296.00	By	T.D.S. paid	S		237637.00
To	Employer's Contribution to PF	T		392776.00	By	Employee's Cont. to PF	T		341190.00
To	Social security for staff (ESI)			264538.00	By	Employer's Cont. to PF	T		380895.00
To	Advance Received for Netra land			50000.00	By	Social security for staff (ESI)			319909.00
					By	Provident Fund Difference			6259.00
					By	By Fixed Assets	Q		445734.00
					By	Transfer to Actionaid for Unutilised grant			65262.00
					By	Innovation Fund - Sambandhan			56063.00
					By	Vehicle Maintaince - Sambandhan			23784.00
					By	Endline study - Sambandhan			323453.00
					By	Closing Balance C/d			
						Cash in hand			58744.55
						Synd.Bank A/C 95032010048521		12041274.74	
						Synd.Bank A/C 95032010054251		31699.58	
						Synd.Bank A/C 95032010058129		1354736.98	
						Synd.Bank A/C 95032010058114		37564.72	
						Synd.Bank A/C 95032010054140		7637742.22	
						SBI A/C 35161193511		2073830.00	
						Axis Bank A/C 910010048707207		1277177.00	24512769.79
	Total			<u>43560104.79</u>		Total		<u>43560104.79</u>	

This is the Receipts & Payments A/c signed in terms of our Report of even date.

For De Subir Kumar & Co.
Chartered Accountants
FRN 317010E

CA. S. K. DE
MRN 053022
Proprietor

Kolkata, 14-07-2016

Financial Reports (contd.)

ISWAR SANKALPA
138 Shyamaprasad Mukherjee Road, Kolkata 700026
CONSOLIDATED BALANCE SHEET AS AT 31ST MARCH 2016
(FOREIGN PORTION)

<u>LIABILITIES</u>	<u>Sch</u>	<u>AMOUNT</u>	<u>AMOUNT</u>	<u>ASSETS</u>	<u>Sch</u>	<u>AMOUNT</u>	<u>AMOUNT</u>
FCRA FUND				FIXED ASSETS	J		4168865.18
As per last A/c		171531.89					
Add: Excess of Income over Expenditure		<u>56320.85</u>	227852.74	Advance for Land			
				- At Netra, Jibontala		350000.00	350000.00
FIXED ASSETS RESERVE	N		4168865.18	CASH AND BANK BALANCES			
- Annexure - B				Cash at Bank			
				Synd. Bank A/C 95032010048521		12041274.7	
CURRENT LIABILITIES				Synd. Bank A/C 95032010054251		31699.58	12072974.32
				Cash in hand			4381.2
<u>Unutilized Grant in Aid</u>	N		12150709.78				
- Annexure - B							
Profession Tax Payable	K		2220.00				
Tax Deducted at source	L		4587.00				
Employees cont. to PF Payable	M		19867.00				
Employers cont. to PF Payable	M		22119.00				
Total			<u><u>16596220.70</u></u>	Total			<u><u>16596220.70</u></u>

This is the Consolidated Balance Sheet signed in terms of our Report of even date.

For **De Subir Kumar & Co.**
Chartered Accountants
FRN 317010E

CA. S. K. DE
MRN 053022
Proprietor
Kolkata, 14-07-2016

Financial Reports (contd.)

ISWAR SANKALPA

138 Shyamaprasad Mukherjee Road, Kolkata 700026

CONSOLIDATED INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED MARCH 31, 2016

(FOREIGN PORTION)

<u>EXPENDITURE</u>	<u>Sch.</u>	<u>AMOUNT</u>	<u>AMOUNT</u>	<u>INCOME</u>	<u>Sch.</u>	<u>AMOUNT.</u>	<u>AMOUNT</u>
		RS.	RS.			RS.	RS.
To Direct Expenses	A		565746.00	By Donation Received			
				- Foreign Donation			31198.00
To Program Cost	B		963199.00	By Grant in Aid Utilized			8063372.00
To Direct Programme Cost	C		566265.00	- As per ANNEXURE B	N		
To Prog. Support Cost	D		109449.00	By Amount Transferred from			
				Fixed Assets Reserve	N		127081.29
To Other Direct Cost	E		368319.00				
To Staff Salaries & Personnel	F		4956568.00	By Bank Interest			
				Syndicate Bank			26137.22
To Indirect Overhead Exps	G		418494.00				
To Transfer to Actionaid for Unutilised grant			65262.00				
To Travel and Conference	H		41567.00				
To Kashipur land cost			2265.00				
To Consultant & other Services	I		7000.00				
To Bank Charges			252.37				
To Depreciation	J		127081.29				
To Excess of Income over expenditure			56320.85				
			<u>8247788.51</u>				<u>8247788.51</u>

This is the Consolidated Income and Expenditure Account signed in terms of our Report of even date.

For De Subir Kumar & Co.
Chartered Accountants
FRN 317010E

CA. S. K. DE
MRN 053022
Proprietor
Kolkata, 14-07-2016

Financial Reports (contd.)

ISWAR SANKALPA

138 Shyamaprasad Mukherjee Road, Kolkata 700026

CONSOLIDATED RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED MARCH 31, 2016

(FOREIGN PORTION)

<u>RECEIPTS</u>				<u>PAYMENTS</u>			
	<u>SCH</u>	<u>AMOUNT</u>	<u>AMOUNT</u>		<u>SCH</u>	<u>AMOUNT</u>	<u>AMOUNT</u>
To Balance B/d				By Direct Expenses	A		565746.00
Cash in hand		80741.20					
Synd.Bank A/C 95032010048521		1781533.61		By Program Cost	B		963199.00
Synd.Bank A/C 95032010054251		2695.76	1864970.57	By Direct programme cost	C		566265.00
To Donation Received							
- Foreign Donation			31198.00	By Prog. Support Cost	D		109449.00
To Grant in Aid Received				By Other Direct Cost	E		368319.00
- Actonaid			299000.00				
- Project Nayadaur (THF)		1878158.00		By Staff Salaries & Personnel	F		4956568.00
- Project Sarbari (Oak)		13023719.00					
- Project Sampoorna(PHF)		3000000.00	18200877.00	By Indirect Overhead Exps	G		418494.00
To Bank Interest				By Travel and Conference	H		41567.00
Syndicate Bank			128207.95				
				By Consultant & other Services	I		7000.00
To P. Tax received			23950.00				
To T.D.S. Deducted or Received			57305.00	By By Fixed Assets	J		144475.00
To Employee Contribution to PF			226346.00				
To Employer's Contribution to PF			252380.00	By Bank Charges			1512.00
To Advance Received for Netra land			50000.00	By P. Tax paid	K		23360.00
				By T.D.S. paid	L		57852.00
				By Employee's Cont. to PF	M		221504.00
				By Employer's Cont. to PF	M		247307.00
				By Transfer to Actionaid for Unutilised grant			65262.00
				By Closing Balance C/d			
				Cash in hand		4381.20	
				Synd.Bank A/C 95032010054251)		31699.58	
				Synd.Bank A/C 95032010048521		12041274.74	
Total			<u>20835234.52</u>	Total			<u>12077355.52</u>

This is the Receipts & Payments A/c signed in terms of our Report of even date.

For De Subir Kumar & Co.

Chartered Accountants

FRN 317010E

CA. S. K. DE

MRN 053022

Proprietor

Kolkata,14-07-2016

We Wouldn't Exist Without You!
A big thank you to all our partners, donors, supporters and well-wishers.

Partners

Actionaid Association
Ashirvadam Trust
Oak Foundation
Tata Trusts
Azim Premji Philanthropic Initiatives
Paul Hamlyn Foundation
The Hope Foundation
The Collinsson Trust
Seahorse
Kolkata Municipal Corporation
Social Welfare Department, Government of West Bengal
Hastings Police Station

Donors (For donation in cash)

Anirban Roy	Anita Pieterse	Antra	Binita Basu
Camille Cuthill	Canara Bank Staff Recreation Club	Chandrabali Sen	Chandrani Biswas
Dhanwantary Medicare & Research Centre Pvt. Ltd.	Donna Kwan	Dr. Sangeeta Agrawal	DTRTI
Elizabeth Mathan	Ev Glasser	INC Jadavpur	Inner Wheel Club of Calcutta, Old City
Institute of Social Work	Jayanta Mitra	Jenn McGlashan	John Masters
K.P.Kapadia	Kakali Majumdar	Kate Chidester	Khela Ghar
Kuber Memorial Charitable Trust	Lilabati & Phanindranath Day Memorial Trust	Linda Murray	Mrinal Kumar Chatterjee & Aparna Chatterjee
Namita Basu	Navin Chakraborty	Pfizer Limited	Prochesta
Ramswaroop Bimala Kumari Dhoot Trust	Rashmi Dabriwal	Rotary Club of Calcutta, New Alipore	Rotary Club of Calcutta Inner City Trust
Rotary District Interact Rid 3291	S. B. Chowdhury	Saikat Mitra	Sailendra Kumar Bhattacharya
Samantha Berscht	Samreen Siddiqui	Sarbani Das Roy	Saswati Paul
Sheuli Sircar	Shree Hanuman Seva Trust	Shree Venkatesh Film Pvt. Ltd	South Calcutta Suchetan Udyog
Stephanie Cocci	Subarna Chakraborty	Syndicate Bank	Uttara Chakraborty
W.I.P.S	Women Christian College(NSS UNIT)	Zoe Feldman	

Donors (For donation in kind)

A. Das, Hope Foundation	Ipsita Basu	N.K. Shah	Sangita Jain
Angan Banerjee	Ishita Pushilal	Pammi Sahay	Santi Devi Agarwal
Anita Rashmi	Jamuna Roy	Parmadevi Jhunjhunwala	Shasi Khandelwal
Anokhee	Jasbir Kaur	Piyali Kar	Seema Hala
Arpita Pahari	Jitendra Nath Das	Poonam Singh	Semangi Rajaria
Ashok Nawal Paria	Jui Seal	Prabha Madan Lal Goenka Foundation	Shakuntala Kanoi
B.G. Kothari	Kalighat Morning Club	Pradip Dutta	Shila Dey
Bani Datta	Kalpna Basu Mazumdar	Prasenjit Chakraborty, Shine Pharmaceuticals	Shivangi Dalmiya
Bapi Chakraborty	Kalpna Dey	Presidency University Students Union	Nivedan Churiwal
Bhaswati Mitra	Kanchan Jajuria	Pritpal Singh	Skipper Furnishing Store
Biswanathji Nawalgaria	Karuna Banerjee	Priya Singhi	Smt. Prabhalaxmi Mehta Charitable Trust
Calcutta Medical College	Keshab Chakraborty	Priyanka Roy Choudhury	Soumen Poddar
Calcutta National Medical College Alumni Association	Khokon Chakraborty	Probin Singh	Sri Guru Singh Saba
Canara Bank Staff Recreation Club	Kiran Kayal Radha Krishna Seva Trust	Pulok Protite	Subrata Ghosh
Chetla Khaitan	Koel Mullick	Putul Devi	Sudha Churiwal
Deshbandhu College for girls	Krishna Shaw	R. S. Ulalia	Sukonna Acharya
Dhanwatary	Kuber Memorial Charitable Trust	Radha Krishna Trust	Sukumar Kundu
Dipankar Adhikary	Kumkum Rajangdia	Rajkumar Saraogi	Sunita Kakrani
Dr. Abhiruchi Chatterjee	Laboni Ray	Rajendra Khandelwal	Supriyo Naskar
Dr. Abir Mukherjee	M.L Bajaj	Rakhi Pal	Surinder Singh
Dr. Prabir Paul	Mahua Datta	Rinku Soni	Sushil Biswas
Dr. Srikumar Mukherjee	Malavika	Riya Naskar	Susuma Gary
Gunjan. C. Khemka	Manasi Agrawal	Robin Hood Army	Swapna Adhikari
Gurbinder Singh	Manav Jyot	Rotary Club of Calcutta- New Alipore	Tultul Gupta
I. K. K. S Marwah	Manjit Singh	Rotary Club of Calcutta Sunshine	Uma Bajaj
Inner Wheel Club of Calcutta, Eastland	Md. Ekbal Khan	S.K Pal	Vimla Goenka
Inner Wheel Club of Calcutta, Landsdowne	Medicare Environmental Management Pvt. Ltd.	Sabrina Mender	Women Christian College(NSS UNIT)
Inner Wheel Club of Calcutta, Old City	Meeta Sethia	Samima Khatoon	Yubak Brinda
Innerwheel Club, Jadavpur	Monami Basu	Sandhya Jalan	
	Mrinmoyee Bose		

Exhibitions of Vocational Training Products held at

Capgemini Pvt. Ltd.

ITC

Rani Birla College

Loreto College

Oxford Bookstore

Atos

Calcutta International School

Jogesh Chandra College

Government Officials, Community Partners, Well-wishers

Alipur Police Station

Anjuman Islamia Girl's High School

Banani Prodhan

Bapi Chakrabroty

Bilkis Begum (Councillor of ward 75)

Branch Manager of UBI Bank, Chetla

Community Mental Health Committee Members (CMHC)

Debashish Roy

Debolina Biswas (Councillor of ward 74)

Deshbandhu Girls High School

Dipankar Adhikari

Dr. Dhali (MO, ward 78)

Hastings Police Station

Hussain Saheb, Amiruddin (Councillor of ward 54)

Ittehad Welfare Society

Janab Firhad Hakim (Minister Dept of Municipal affairs and Urban Development)

Janab Yassir Haider (Member of Shelter Committee)

Jogesh Chandra College

Kajal Pal

Kalighat Police Station

Khiddirpore Bazar Committee

KMCP School

Kolkata Bibek

Maina Bhagat (Director Oxford Bookstore)

Mamata Neighbourhood Society

Md. Nizamuddin Shams (Councillor, ward 78)

Mithu Pramanick (Secretary of Bhagani Nibedita Group, SHG group)

Mr. Bobby Bhagat (Director, Apeejay)

Mrs. Sudha Churiwal

Ms. Joie Bose (Singer)

Ms. Ratnottama Sengupta (Journalist)

Muktodal Club

Napal Banerjee

Natun Sangha Club

NRS

Om Prakash Singh

Pandit Tanmoy Bose

Priya Singhi

Psychiatry Department- IOP

RG Kar

Rinku Soni

Sahid Smriti Sangha

Sakhar Chakrabroty

Santosh Kumar Das (Member of Shelter Committee)

Smt. Mala Roy (Chair Person 88 Ward)

St. John School

Subhanjan Bhattacharya

Surajit Marik

Swapan Ghosh

Tapan Kumar Kar

The staff of Oxford Bookstore

Tollygunj Bazaar Committee Secretary

Urban Health Unit of Chetla

West Bengal Welfare Society

Women's Christian Girl's College

Yubak Brinda

How you can help?

Every penny towards our work counts. Iswar Sankalpa's work over the last 9 years has developed thanks to unwavering support from countless individuals and key institutional donors who have partnered with us in our journey to transform lives. Some options to donate are:

Donation Options	Details
Support Medicines for a Client	INR 3,600 Covers medicines for one client for a year
Meals for Male Shelter Clients	INR 10,500 Covers breakfast, lunch and dinner for one week for 30 residents
Special Occasion Lunch (Non-vegetarian)	INR 18,000 Special lunch freshly cooked and served in our shelters for 120 clients in celebration or in memory of an occasion
Festival Dresses	INR 30,000 Covers new dresses for 120 clients
Supporting a Client towards Independent Living in the Community	INR 48,000 Covers salary for 12 months for one client working in organic farm land owned by Iswar Sankalpa
Group Home Initiative	INR 60,000 Covers house rent for 12 months for a group home in the community facilitating independent living of 4 clients
Corpus Fund	INR 50,000 to any amount Supports financial stability of the organization and sustainability of projects
No Strings Attached	Any amount of your choice donated for the cause of homeless persons with psychosocial disability

All donations are eligible for tax exemption under section 80G of IT Act, 1961

Intern or Volunteer

Iswar Sankalpa offers a wide range of opportunities for volunteers or interns to work as part of our programmes and be mentored by our exceptional team. People who would like to lend their skills and expertise to this cause are most welcome. Drop an email to priyanka.iswarsankalpa@gmail.com

FCRA Money Transfer Details:

Bank Name	Syndicate Bank
Branch Name	R. B. Avenue
Branch Address	134, Rashbehari Avenue, Deshapriya Park Crossing, Kolkata 700029

Non-FCRA Money Transfer Details:

Bank Name	State Bank of India
Branch Name	Gokhale Road, Branch Code-02062
Branch Address	Gokhale Court, 1st Floor, 1/2 Harish Mukherjee Road, Kolkata 700020

Send your contributions by Cheque in favour of ISWAR SANKALPA to 138 S. P. Mukherjee Road, Kolkata 700026 or through Bank Transfer. For more information write to gunjan.iswarsankalpa@gmail.com

Society Registration No.: S/1L/42976

Date of Registration: 06.03.2007

IT, Section 12A Registration: DIT(E)/S-27 8E/436/08-09

IT, 80G Registration: DIT(E)/2997/8E/436/08-09

FCRA Registration: 147120892 PAN: AAAAI1966N

Our Plans

Over the next year we will continue to work in the communities where Iswar Sankalpa currently has a presence to deepen our impact and make sure more and more people can access and afford mental health services. We aim to reach out to more persons with psychosocial disability and reduce the barriers for full and meaningful participation in community life. We also aim to make more 'choices' available for persons with psychosocial disability with respect to housing, treatment, livelihood. Two new projects that we plan to implement in the next year are:

Community housing for long-stay clients in Kashipur as an alternative form of reintegration

With the support of The Oak Foundation, Iswar Sankalpa has purchased a 50403 sq ft land in the outskirts of the city, in Kashipur. In the next 2 years, one of the primary focus will be setting up a long-stay housing facility for Iswar Sankalpa's programme participants who have no home or family to go back to or are unable to sustain themselves independently in the community. The vision is to build a sustainable model – a self-sufficient eco-village where community living will involve working together, earning together and sharing together leading to equality and a socially rewarding life. The main livelihood will be organic farming, animal breeding, pisciculture and handicrafts. The produce will be used for consumption and the excess will be sold outside for income generation. The centre will be a part of the inclusive development of the village of Kashipur.

LAND REGISTRATION IS COMPLETE.
ARCHITECTURAL DESIGN IS READY.

SUPPORT REQUIRED :
CONSTRUCTION COST : INR 3,00,00,000

The Different Minds Cafe

With more focus on livelihood training and economic independence of the persons with psychosocial disability, Iswar Sankalpa plans to open a cafeteria cum boutique which will be managed by the participants. The cafe will double up as a training unit in food and catering business and upon successful completion of the training, placement support will be provided in the hospitality industry. It will also house a selling outlet for vocational products so that steady income is generated for the clients all through the year. The café has been conceived as a space that will showcase the employability and skills of persons with psychosocial disability and break the stigma and myths surrounding the inclusion of such persons in mainstream society.

ALREADY RECEIVED:
FUND FOR PURCHASING CAFÉ SPACE
FUND FOR TRAINING COST FOR YEAR 1

SUPPORT REQUIRED:
SET UP COST : ESTIMATED INR 9,00,000

WE request support of institutions, companies, individuals who believe in the cause and wish to make a social investment that can change the way mental health is perceived by the society and create a life of opportunities for persons with psychosocial disability. To receive a proposal, please send a mail at gunjan.iswarsankalpa@gmail.com



Iswar Sankalpa

Registered Address:
24 A, Iswar Ganguly Street Kolkata - 700026

Administrative Office:
138 S.P. Mukherjee Road, Kolkata - 700026

Sarbari – Special Shelter for Urban Homeless Women with Psychosocial Disability
Address: 19B, Chetla Hat Road, Kolkata – 700027

Morudyan – Open Shelter for Urban Homeless Men with Psychosocial Disability
Address: 7 Justice Chandra Madhab Road,
Northern Park KMC
Building Kolkata 700020

Website: <http://isankalpa.org>

E-mail: isankalpa@gmail.com

Phone: Administrative Office 91-33-24197451

Reporting & Design: Alopeparna Ghosh,
Resource Development Manager, Iswar Sankalpa
Photographs: Iswar Sankalpa Staff, Sudharak Olwe
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মানসিক রোগীদের জন্য উদ্যোগ ঈশ্বর সংকল্পের, পাশে পুরসভাও

এই সময়: মানসিক রোগীদের স্বাবলম্বী করে তুলতে বিশেষ উদ্যোগ কলকাতা পুরসভার। ২০১২ সাল থেকে ঈশ্বর সংকল্প নামে একটি বেজাসেবী সংস্থার সঙ্গে বৌদ্ধ উদ্যোগে ওয়ার্ডভিত্তিক ভাবে মানসিক রোগগ্রস্ত মানুষের পাশে দাঁড়িয়েছে কলকাতা পুরসভা। সাধারণ কোনও রোগ হলে মানুষ যতটা সহজে চিকিৎসকের কাছে যেতে পারে, মানসিক রোগগ্রস্ত হলে কিংবা ততটা সহজে পারে না। চিকিৎসকের কাছে যেতে কষ্ট বোধ করে। এ ছাড়াও অনেক সময় সাধারণ কিছু উপসর্গ দেখেও একজন মানুষ বুকতে পারেন না যে, তিনি মানসিক রোগগ্রস্ত। এ জন্যই সাধারণ মানুষের মধ্যে সচেতনতা বৃদ্ধি করতে ও মানসিক রোগগ্রস্ত হলে চিকিৎসার সাহায্য নেওয়ার বিষয়ে এগিয়ে আসার জন্য ঈশ্বর সংকল্প পুরসভার কাছে একটি প্রস্তাব দেয়। সেই প্রস্তাবে রাজি হয়ে ২০১২ সাল থেকে ৮-২ ও ৭৮ নম্বর ওয়ার্ডে পরীক্ষামূলক প্রচার চালায় এই বৌদ্ধ উদ্যোগ।

ঈশ্বর সংকল্পের সভাপতি সর্বাণী দে রায় জানান, 'এই তিন বছর এই দু'টি ওয়ার্ডে এই কাজ করে যথেষ্ট সাড়া পাওয়া গিয়েছে। প্রথমে সচেতনতা বিষয়ে প্রচার চালাতে গিয়ে অনেক প্রতিবন্ধকতার সামনে পড়তে হয়েছে।



মানসিক রোগীদের চৈরি করা হস্তশিল্পের প্রদর্শনী। একবালপুরে

— শোভন কট্টাল

কিন্তু এখন এই দু'টি ওয়ার্ড মিলিয়ে মোট ২৯০০ জন মানসিক রোগগ্রস্ত এই উদ্যোগে সাড়া দিয়েছেন। তিনি আরও বলেন, 'আমরা প্রথমে এলাকায় এই রোগ সম্পর্কে সচেতনতা প্রচার চালাই। এর পর রোগীদের ওয়ার্ড স্বাস্থ্যকেন্দ্রেই চিকিৎসা করাই। এই সমস্ত গুরুত্ব আমাদের পুরসভা দেয়। এই উদ্যোগে প্রাথমিক সাক্ষর্য পাওয়ার আগামী তিন বছর ২০টি ওয়ার্ডে এই অভিযান চালানোর লক্ষ্যমাত্রা নিয়েছে এই বৌদ্ধ উদ্যোগ। শুধু

চিকিৎসাই নয়, এই সমস্ত মানসিক রোগীরা যাতে নিজেদের পায়ে দাঁড়াতে পারে তার জন্য বিভিন্ন প্রশিক্ষণ দেওয়ারও ব্যবস্থা করে এই ব্যবস্থা। বৃহস্পতিবার একবালপুরের নবাব আলি পার্কে সেই সমস্ত হস্তশিল্প সামগ্রী নিয়ে একটি প্রদর্শনীর আয়োজন করা হয়েছিল। এ দিন পুর স্বাস্থ্য আধিকারিক টিকে মুনোপাধ্যায় বলেন, 'এই উদ্যোগে আমরা অনেক ভালো ফলাফল পেয়েছি। এটি কলকাতা পুরসভাতেই প্রথম।'

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