



Schizophrenia Awareness Association (SAA)

कमलिली कृती भवन
SCHIZOPHRENIA AWARENESS ASSOCIATION

स्चिझोफ्रेनिया अवचेतनतेस असोसिएशन
(सा)
स्वी उपयुक्त पटलीत कुटुंबाच्या मनोरुग्णांकरिता
डॉ. जगन्नाथ वाणी पुनर्वसन
योजना
(सर्वोच्च सहाय्य युवती एडिफिस, पुणे)

ANNUAL REPORT 2019-2020

VISION & MISSION



**Visionary Founder
Dr. Jagannath Wani**

VISION

Persons living with Schizophrenia and related mental disorder will not suffer due to lack of awareness, on account of stigma and will be able to lead close to normal lives.

MISSION

To create public awareness and understanding about mental disorders in general and schizophrenia in particular. To inculcate confidence in and practice of self help amongst families with a member living with a mental disorder. To provide facilities for capacity building including vocational training and to achieve economic and social rehabilitation of persons living with mental disorders



Schizophrenia Awareness Association (SAA)

SAA Team



Amrit Kumr Bakhshy, Late Dr. Jagannath Wani, Yashwant Oak

SAA's former Presidents

SAA conducts social awareness and rehabilitation program under one roof. Such complimentary activities spread over two decades make SAA a premier mental health institute in India. SAA's main activities include awareness programs related to mental health, promotion of self help support groups for service users and their families, provision of rehabilitation facilities, protecting human rights, and active advocacy which is appreciated and acknowledged by families all over the country. The therapeutic mode is the unique feature of rehabilitation programs at SAA's Rehabilitation Center. SAA also plays a pivotal role in minimizing stigma and creating awareness about mental health in the society.

Managing Committee



Abhay Kele
President



Amrit Kumar Bakhshy
Managing Trustee Rehab Center



Neelima Bapat
Vice-President



Anil Vartak
Vice-President



Neeta Koparkar
Secretary



Anand Godse
Treasurer



Sarika Chandak
Joint-Secretary



Anuradha Patil
Trustee



Hari Athawale
Invitee



Smita Godse
Invitee

Staff Members



Volunteers



Service users



President's Address at the 22nd AGM



Abhay Kele

I feel proud to carry over the Presidentship legacy of SAA from the Founder Dr. Jagannath Wani, Mr. Yeshwant Oak and Mr. Amrit Kumar Bakhshy. Their works have been the light - house for me in my journey dedicated activities of SAA in the field of Mental health. SAA is completing its 23 years of services for the strengthening of the Mental health of the Public in Pune and around. It was a consistent and persistent journey by the Association for the last two decades. This has been achieved through and behind the scenes.

It is my pleasant task to lead the Institute forward in the coming years. In the year 2019-20, SAA's awareness program has been crossing horizons. With the dedicated work from our Awareness team under the experienced leadership of Dr. Anil Vartak, we were able to conduct various Awareness programs in different districts of Maharashtra such as Satara, Dhule, Jalgaon, and Nasik. Newspaper Column writing, Publishing book bulletins had helped a lot in achieving awareness. The usage of digital platforms for awareness and consultation is the highlight of the year. SAA has produced several short films, which have been widely spread among the Society through Social media. The workshops of STITCH, a SAA an iconic Stigma Removal campaign, has spread positivity among the young generations in various colleges. SAA's "Dr Jagannath Wani rehabilitation centre" was busy throughout the year, carrying out different therapeutic activities and programs under the able leadership of Shri Amrit Kumar Bakhshy. The innovation and evolution in the therapies reached its peak, by conducting almost 30 different therapeutic activities and various types of psychotherapies for the help of service users for their recovery process. SAA's "Reu Wani Auditorium" witnessed various events throughout the year. Association has conducted several Public meetings, awareness programs, workshops. Musical evenings organized by Mrs. Neeta Koparkar for the Service Users and caregivers; added the colours and flavours among the members. SAA's Kitchen activities have been doing well, producing various delicacies and food Products, being popular in the vicinity. The activity is now economically self sustained, and we hope to generate good revenues from the activity in the coming years. In current year, amid the long lockdowns due to fight against Corona Pandemic, Mental health of the public at large, needs early attention and awareness. SAA has been working on different platforms for awareness among the public regarding mental health, Stigma removal among the Society, and rehabilitation of the affected persons. These are challenging months for our cause, due to long Lock downs amid Pandemic. We need We as an Association are swiftly adopting digital platforms for awareness as well as Therapeutic treatments and consultations to the service users. On the financial front, we must acknowledge that our limited resources and donors, need to be extended beyond its present level. Although, our Committee members and staff were able to raise the just corpus which was necessary for the last annual activities. I take the opportunity to thank and appreciate the support by various Individuals as well as Institutions, in particular MSSO, KSWMT and MHI, in every step of our journey in the last year. On concluding note, we dedicate ourselves to service users, care givers and the nation, at the forefront of awareness, rehabilitation, therapeutic treatment in the fields of schizophrenia and mental health.

Secretary's Report

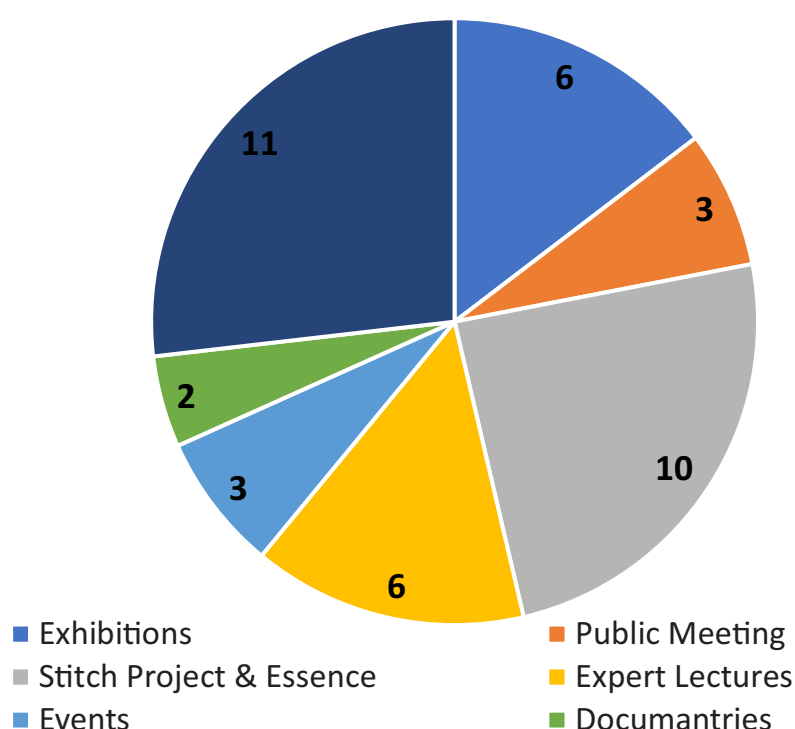
(A) Creating Awareness



Neeta Koparkar

Over the years, SAA has used, almost all available means to create awareness and understanding in the community about mental disorders in general and schizophrenia particular. SAA creates awareness by holding public meetings, participating in exhibitions, road shows, street plays, information counters at public places talks, competitions for college students, film shows, musical and cultural programs, individual and group counselling, publication of informative books and fiction, publishing articles in newspapers and journals, distributing pamphlets, brochures, production of films and documentaries etc. Awareness programs are also conducted in SAA's auditorium for care givers, volunteers, students and other stake holders.

Awareness Programs



Awareness Related Events

24th May, The World Schizophrenia Awareness Day was observed, to create public awareness about schizophrenia. The late Aditya Pendse Memorial Lecture was delivered by distinguished psychiatrist and Ramon Magsaysay award winner Dr. Bharat Watwani on 'The wandering mentally ill roadside destitute- A perspective'. Dr. R. Shrinivas Murthy (Former Professor of psychiatry NIMHANS) chaired the meeting. He spoke on 'Taking charge (Actions families/ caregivers can take in caring for persons diagnosed with schizophrenia)'

6th August, SAA was to hold a public meeting to observe Erwadi Day as a Human Rights Day for Persons with Mental Illness. Supreme Court advocate and Mental Health Crusader Gaurav Kumar Bansal was invited to address the meeting. The meeting arranged however had to be cancelled last minute due to heavy rains and floods the city.

6th to 12th October, Like every year this year also, SAA observed Mental Health week. SAA arranged different awareness programs such as awareness campaign, awareness through presentations and exhibitions in different societies. On 10th October, SAA organized a full day program in two sessions. In the morning session Dr. Ram Sathey spoke on "Manache Shlok and Mental Health and the second session was a Panel Discussions on Recovery, Care and Professional Help"

24th May - World Schizophrenia Day



10th Oct. - World Mental Health Week,



Visuals of Awareness Events



Panel Discussion



Book launch



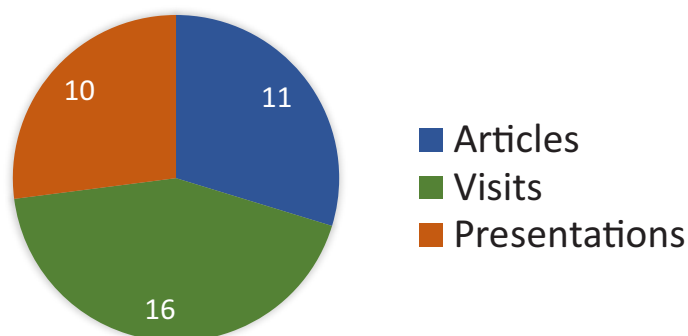
Exhibition

Stitch Project



SAA's Stitch Program aims to reduce stigma associated with mental illness. It's an acronym of Stigma Watch. The project aims to stitch the torn apart (sufferers & caregivers) with the mainstream so that there remains discrimination on the grounds of mental illness. The project aims to create stigma awareness and implement de-stigmatization programs in Pune and some adjoining districts, and gradually spread it in Maharashtra by conducting Train the Trainer (TTT) programs.

Persons Reached through
Awareness Program
Over 10000



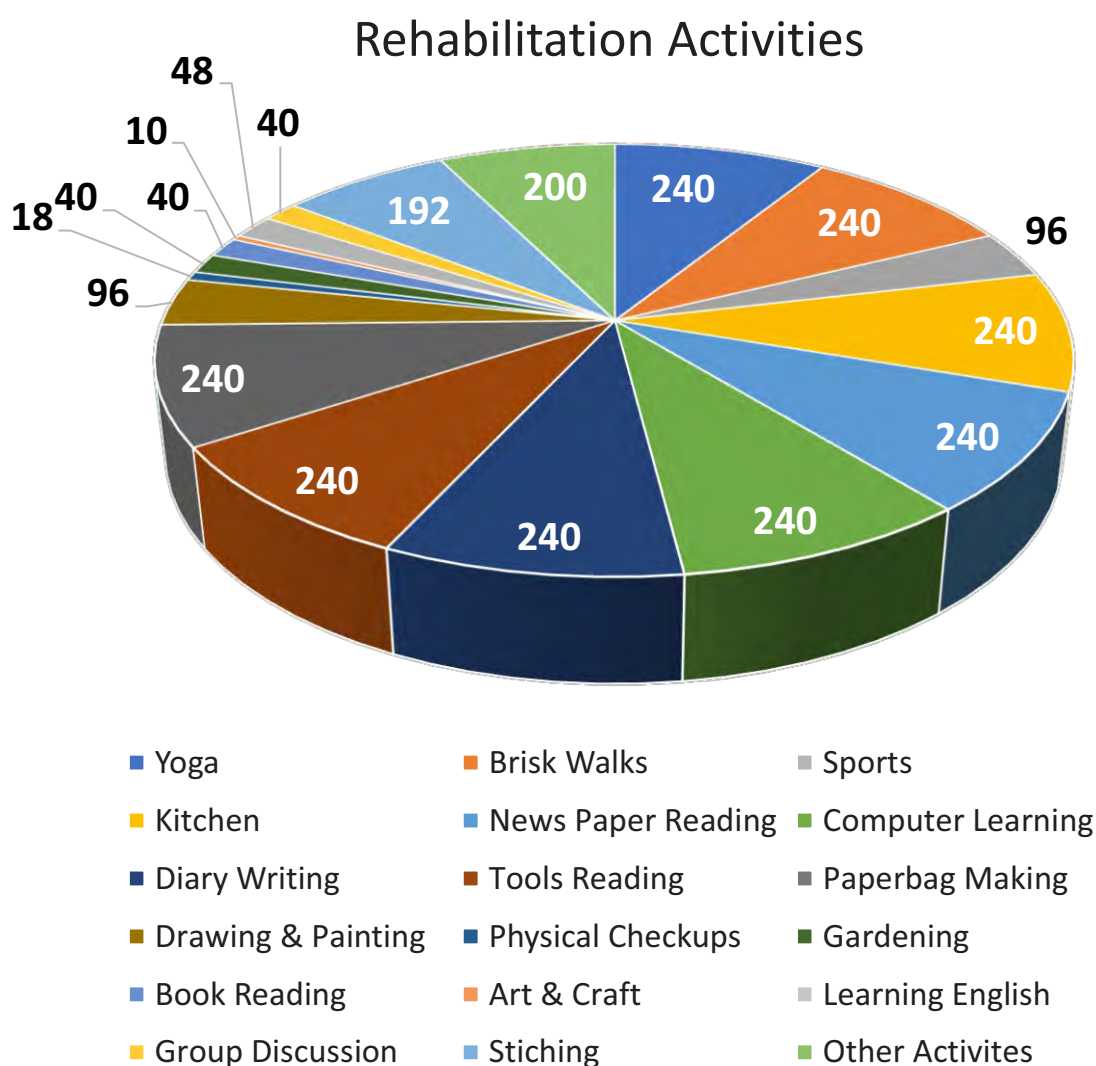
The objective of the project is

1. To help people understand that how do they contribute unconsciously in spreading stigma.
2. To help people understand that what steps can they take to reduce stigma.
3. Identifying operationalized stigma in daily life, shedding light on it, and insisting and pursuing corrective measures to stop the stigma from spreading further.
4. Supporting individuals and care givers directly and indirectly affected by stigma and fostering their agency.

(B) Rehabilitation

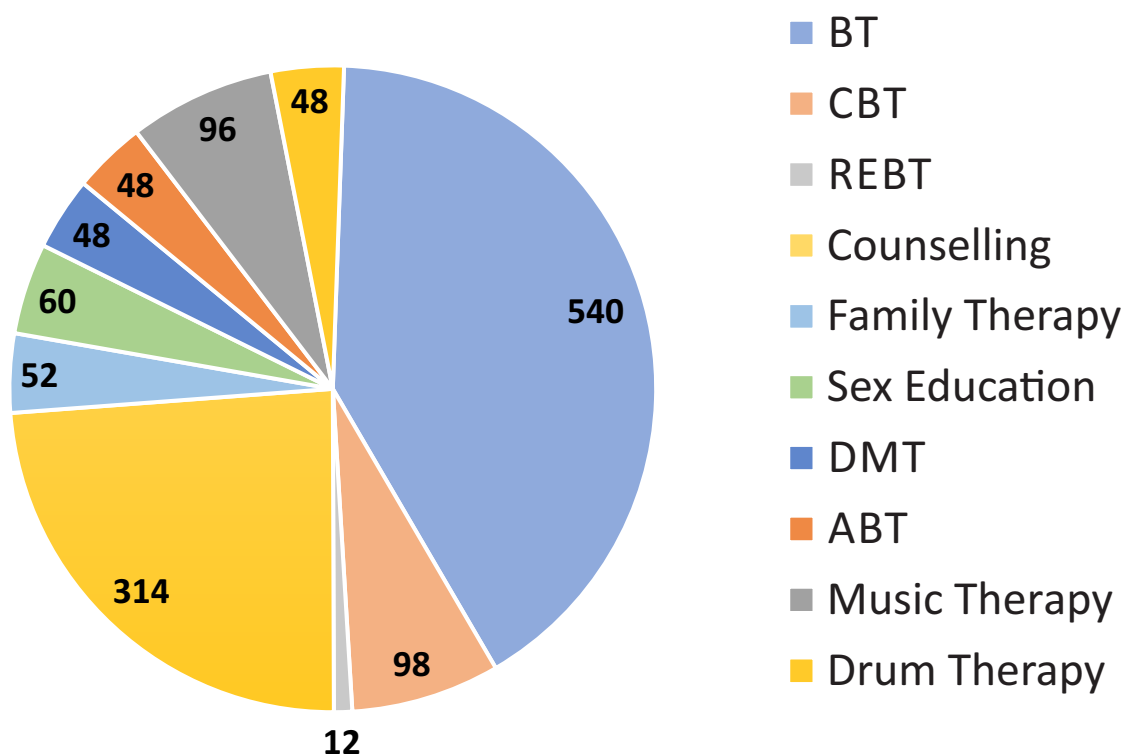
SAA runs Dr. Jagannath Wani day rehabilitation center for service users with client center approach. Rehab center conducts various activities mostly therapeutic such as yoga, money management, gardening, computer skill training, cooking art and craft etc. Service users regular in attendance are benefited by the therapeutic programs and show considerable improvement over a period. To regain cognitive, emotional, social, intellectual and physical skills needed to live, learn, work and function in the community with no or minimal symptoms. The ultimate goal is to make service users live independently or with a minimal support.

At SAA's Rehab Center, quarterly meetings were arranged with the family caregivers of service users to share with them the status of their family members and listen to them about their issues which need to be addressed by the rehabilitation staff.



- SAA provides rehabilitation facility for service users to enable them to regain their skills and reintegrate in the society. The therapeutic modality is main feature of rehabilitation facility. This facility collaborates to train mental health professionals, social workers and volunteers. The therapists, staff and volunteers encourage service users to express themselves and to make sense of what they have created in the context of their life experiences and their state of mind. Various therapies and activities help service users to build self-awareness, to express suppressed emotions and to give vent to anger, frustrations and unfulfilled desires. Those who attend regularly, show considerable improvement as observed by the Centre's staff and volunteers and confirmed by their caregivers. The Rehabilitation Centre has weekly activity schedule along with daily supportive therapies, Counselling and psychotherapies play a vital role to improve their day to day functioning. From the day, the self-lockdown was proposed, the Rehab Center was closed for service users and the staff started online activities for them including yoga practice

PSYCHO THERAPIES & SUPPORTIVE THERAPIES



Schizophrenia Awareness Association (SAA)

Boxing



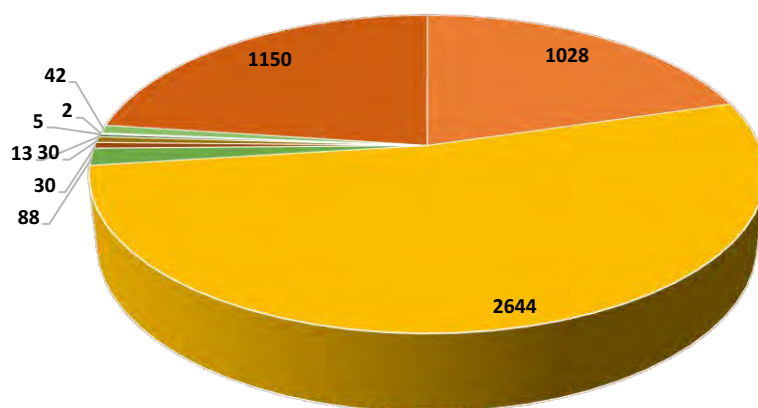
Table Tennis



Computer Learning



Rehabilitation

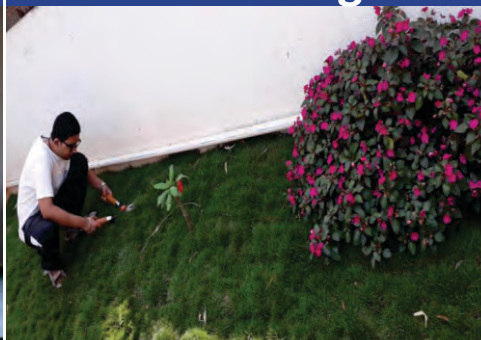


- Psycho Therapies & Counselling Sessions
- Activities
- Visitors to Rehab Center
- Workshops & Trainings
- Internship Enquires
- Numbers of Interns
- Swarsanwad
- Excursions
- Celebrations & B'days
- Telephonic enquires

Yoga



Gardening



Kitchen



Rehabilitation Activities

Apart from helping the service users in finding employment including self-employment, SAA also provided part time employment to three service users at its campus.



Incentives distributed among service users
₹ 1,20,358

Dance Movement Therapy



Emotional Management Therapy



Cultural Events



Schizophrenia Awareness Association (SAA)

Rehabilitation Activities

Excursions



Drum Therapy

Drum Display by Shubharthi's



Swarsanwad Performance by guest artists



Birthday Celebrations



Demonstration and Lecture on Yoga Day



Students' Visits

कमलिनी कुटी भवन

SCHIZOPHRENIA AWARENESS ASSOCIATION



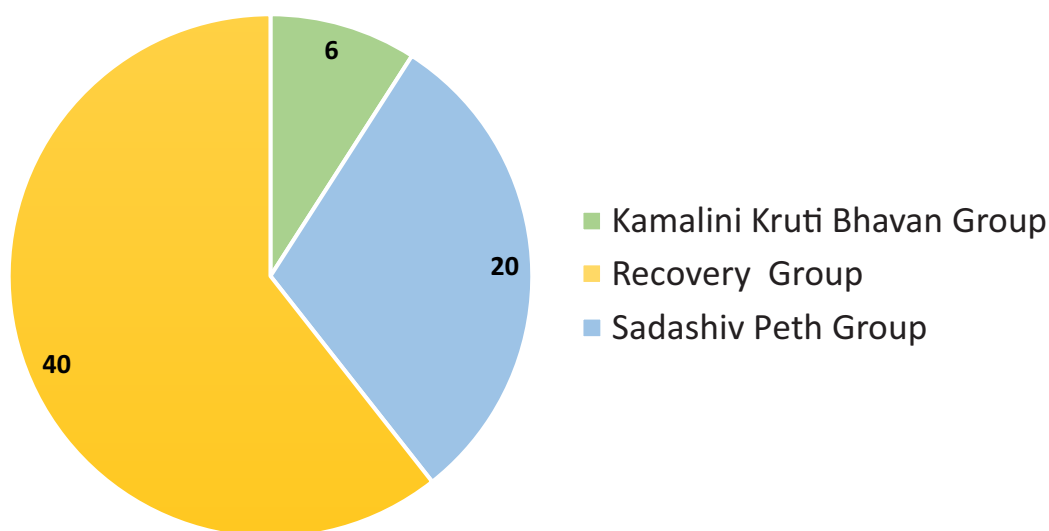
Prayer by service users



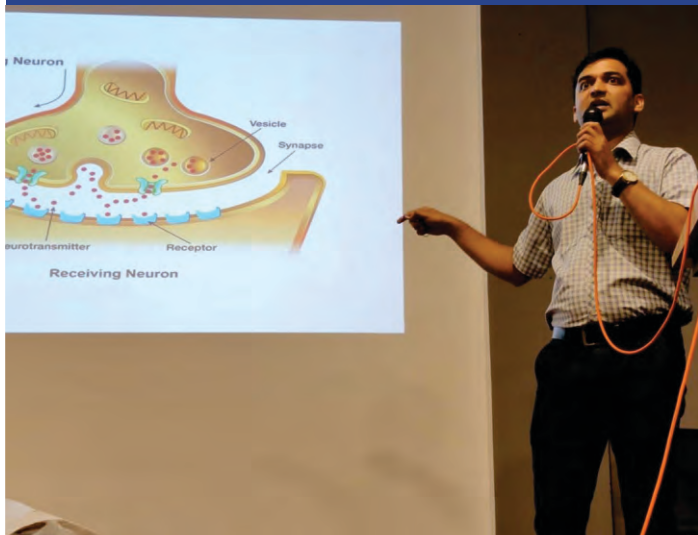
(C) Support Groups

SAA promotes self- help support groups of service users and caregivers for sharing and learning from each-others' experiences. Such groups promoted by SAA have one of the participants with a mental health disorder or a professional or an experienced parent volunteer as facilitator. Self Help Support Groups promoted by SAA provide support and education to the service users and are an invaluable resource for their recovery and empowerment. The self-help support groups of caregivers provide an important platform for exchange of views amongst caregivers who all face lots of problems at home managing family members with mental illness.

Support Group Meetings



Expert talk on medication compliance



Experience sharing and tools reading



(D) Other Events

Caregivers' Meet (10th September) it being the birth anniversary of Late Dr. Jagannath, SAA Observes it as a India Conference of Caregivers in three sessions.

- The first session was on “Disability Laws in India : A Boon or a Bane for Families”
- second session was on “Meeting Challenges of Caregiving for Families with a Family Mental Illness
- The third session was on “Organizations of Caregivers of Persons with Mental Illness: Failures and Remedies SAA also felicitated and provided token help to the needy caregivers.

SAA's Anniversary Day (18th December), SAA's Anniversary was celebrated like every year as 'Aapla Divas' (Our Day). On this day various stalls were put up by service users. Meals and snacks prepared by service users and their families were bought and enjoyed by the visitors. There was tremendous enthusiasm among service users, their willingness to participate in the Mela, which helped in developing their confidence, money handling, decision making, activeness. They enjoyed the day in good mood.

Caregivers' felicitation and financial help



Apala Divas – Inauguration and busy stalls in Anand Mela put up by Service Users



Panel discussion on Challenges of Caregiving



Panel discussion on Disability Laws in India



Schizophrenia Awareness Association (SAA)

Achievements and Honors

Anil Vartak receiving the SCARF Media Award for Mental Health



Trophies and awards received by SAA



Amrit Bakhshy felicitated by the Indian law Society for his contribution in Mental Health Law



Participation certificate awarded to SAA for short documentary on Mental Health in Aarogya film festival



Amrit Bakhshy Inaugurated the new building of OPD of NIMHANS Bangalore



Schizophrenia Awareness Association (SAA)

Maharashtra Public Trust Act, 1950

Schedule VIII

[Vide Rule 17(1)]

Name of the Public Trust : SCHIZOPHRENIA AWARENESS ASSOCIATION

Trust Registration No. F - 14439/Pune

BALANCE SHEET AS AT 31st MARCH 2020

Funds & Liabilities	Rs.	Rs.	Property & Assets	Rs.	Rs.
Corpus Fund (Schedule No. 1)		42,43,162.87	Immovable Property (at cost)	-	-
Other Earmarked Funds:			Investments (Schedule No. 3)		
For Vehicles	7,73,930.53		Fixed Deposits	36,97,511.00	
For Furniture, Fixture, & Equipment	24,27,500.00	32,01,430.53	Interest accrued on Fixed Deposits	28,565.00	37,26,076.00
			Movable Property (Schedule No. 2)		53,07,349.35
Depreciation Funds (Schedule No. 2)			Loans, Advances and Deposits:		
Opening Balance	16,84,121.62		To Others		
Add: Depreciation For the Year	4,57,240.752		MSEB Deposit	7,430.00	
Less: Depreciation Fund Reversed	24,196.32	21,17,166.06	Telephone Deposit	1,340.00	
			Cylinder Deposit	2,500.00	
			Mitali Service Station	15,000.00	
			Prepaid Insurance	27,968.00	
			TDS on Interest	27,575.00	81,813.00
Loans (Secured & Unsecured):			Cash & Bank Balance: (Schedule No. 5)		
Liabilities: (Schedule No. 4)			Cash in Hand	12,254.00	7,81,741.43
For Expenses	1,55,390.00		Bank Account	7,69,487.43	
For Advances	-				
For Rents & Other Deposits	-				
For Sundry Credit Balances	35,850.00	1,91,240.00			
Income and Expenditure Account					
Balance upto 31/03/2019	1,13,197.33				
ADD: Surplus For the Year	30,782.99	1,43,980.32			
Total		98,96,979.78			98,96,979.78

Date: 28 Aug 2020

Place : PUNE

For Schizophrenia Awareness Association

As per our Audit Report of even date

For S. V. Bapat & Co.

Chartered Accountants

Abhay Kele
Trustee

Neeta koparkar
Trustee

Anand Godse
Trustee

Aashay Hulyalkar
(Partner)
M.No. 129434
FRN:101005W
UDIN: 20129434AAAAAF4120

Schizophrenia Awareness Association (SAA)

Maharashtra Public Trust Act, 1950

Schedule VIII

[Vide Rule 17(1)]

Name of the Public Trust : SCHIZOPHRENIA AWARENESS ASSOCIATION

Trust Registration No. F - 14439/Pune

BALANCE SHEET AS AT 31st MARCH 2020

Expenditure	Rs.	Rs.	Income	Rs.	Rs.
To Expenditure in respect of Properties:			By Rent		-
Rates, taxes, cesses	-				
Repairs and maintenance	-				
Salaries	-		By Interest		
Insurance	-		On Fixed Deposit	2,08,145.00	
Depreciation	-		On Savings	33,632.00	2,41,777.00
Other Expenses	-				
To Establishments Expenses		-			
To Remuneration to Trustees		-	By Dividend		-
To Remuneration (in case of math) to the head of the math, including his house-hold expenditure, if any		-	By Donations in Cash or kind:		
To Legal expenses		-	a. From other Trusts	6,80,010.00	
To audit fees		51,330.00	b. From others	14,82,636.77	21,62,646.77
To Contribution and fees		-	By Grants		-
To Amounts written off-			By Income from Other Sources (Schedule No. 7)		25,55,003.00
(a) Bad debts	-		By Transfer from Reserves		55,259.00
(b) Loans Scholarships	-				
(c) Irrecoverable rents	-				
(d) Other Items	-	-			
To Miscellaneous expenses		-			
To Depreciation (Schedule No. 2)		4,57,240.75			
To Amounts Transferred to reserve or specific funds		-			
To Expenditure on the object of the trust					
a. Religious	-				
b. Educational	-				
c. medical relief (Schedule No. 6)	44,75,332.03				
d. Relief of poverty	-				
e. Other charitable object	-	44,75,332.03			
To surplus carried over to Balance sheet		30,782.99			
Total		50,14,685.77			50,14,685.77

Date: 28 Aug 2020

Place : PUNE

For Schizophrenia Awareness Association

As per our Audit Report of even date

For S. V. Bapat & Co.

Chartered Accountants

Abhay Kele
Trustee

Neeta koparkar
Trustee

Anand Godse
Trustee

Aashay Hulyalkar
(Partner)
M.No. 129434
FRN:101005W
UDIN: 20129434AAAAAF4120

Thanks & Appeal

SAA is grateful to all donors, volunteers, caregivers and service users who supported SAA and help made this happen. We extend heartfelt thanks to all of them. SAA invites friends and well-wishers to donate for the noble cause and help service users and their families.

Bank details for Indian Donors

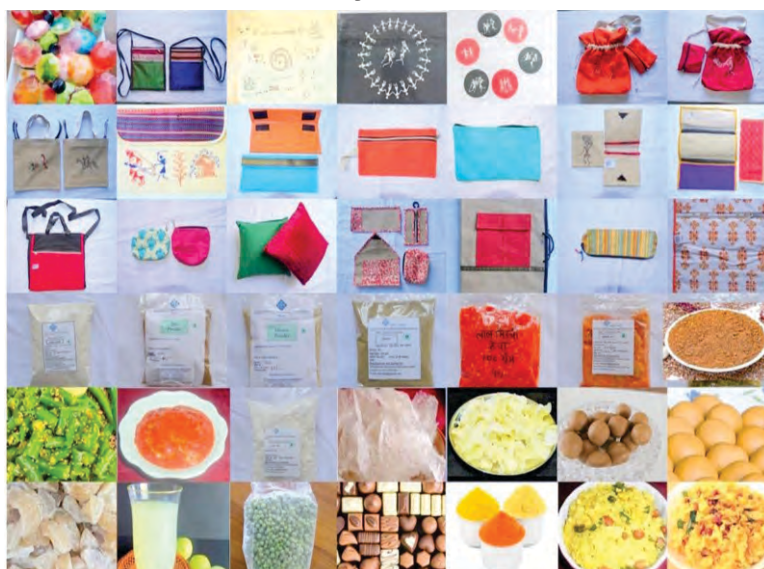
Name of the Account	Schizophrenia Awareness Association
Account Number	9712918313
Bank	Kotak Mahindra Bank Ltd
Branch	Singhgad Road Pune
IFSC Code	KKBK0001764

Donation are exempt from tax under section 80G.

Bank details for non Indian Donors

Name of Account	Schizophrenia Awareness Association
Bank Name	Bank of Maharashtra
Branch	Bajirao Road, Pune
Account Number	60165825278
Account Type	Saving Account
IFSC Code	MAHB0000001

Products by Service Users



- Mental Health is Wealth.
- Know Mental illness, No Stigma.
- Mental illness is as like physical illness, not a weakness
- There is no shame in taking medication for mental illness. Do whatever works for you.

Registrations

- Societies' Act: Maharashtra/1155 - 97/Pune
- Public Trust Act: F/14439/Pune
- PWD Act: 09 - 10/2871
- IT Act: Pn/CIT- III/Tech/80G/435/2012- 13/622
- FCRA Certificate: 083930633
- ISO Certification: 9001:2015

Contact :



schizpune@gmail.com



www.schizophrenia.org.in



www.facebook.com/SAA.Help



: @ SAAPune



<https://www.youtube.com/channel/UCMe8eG8UVdq5tM9I9zqRbaA>



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