



SCHIZOPHRENIA AWARENESS ASSOCIATION

**ANNUAL REPORT
2020 - 2021**



VISION

Persons living with Schizophrenia and related mental disorders 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 mental disorder.

To provide facilities for capacity building including vocational training and to achieve economic and social rehabilitation of persons living with mental disorders.



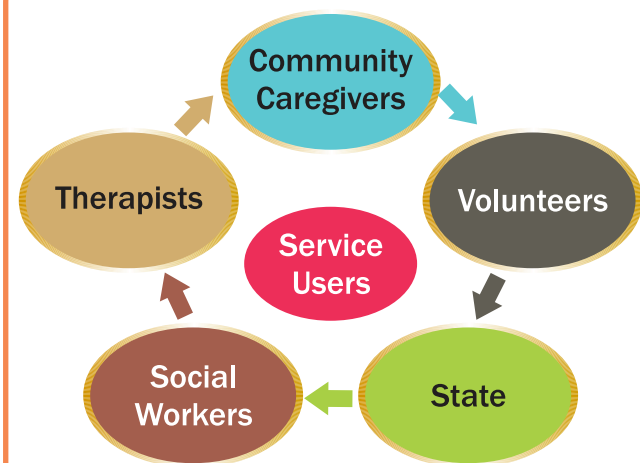
Visionary Founder & Past President
Late Dr. Jagannath Wani



SCHIZOPHRENIA AWARENESS ASSOCIATION

SAA conducts social awareness and rehabilitation programs under one roof. Such complementary activities spread over twenty four years make SAA a premier mental health institution 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.

SAA's TEAM



Late Dr. Jagannath Wani
Founder President

Amrit Kumar Bakhshy
Past President

Yashwant Oak
Past President



MANAGING COMMITTEE

As On 9th April 2021



Abhay Kele
President



Amitkumar Bakhshy
Managing Trustee Rehab Center



Neelima Bapat
Vice - President



Ravindranath C
Vice - President



Neeta Koparkar
Secretary



Sarika Chandak
Joint-Secretary



Pragathi Kaushal
Trustee



Anuradha Patil
Trustee



Hari Athawale
Permanent Invitee

VOLUNTEERS



Sushma Datar
Stitching & Music



Anand Chabukswar
Arts Based Therapist



Radhika Nagarkar
Stitching



Dhanashree Bicchu
Classical Music



Sucheta Joshi
Dance Moment Therapist



Sangeeta Kotak
Art & Craft

STAFF



Aarti Pandit
Center In Charge



Milinda Bhalekar
Office In Charge



Kadambari Kulkarni
Sr. Counselor



Komal Amale
Activity In-Charge



Ravindra Amale
Transport In-Charge



Prabhavati Giram
Kitchen Staff



Rajesh Singh
Multipurpose Staff



PRESIDENTIAL ADDRESS



ABHAY KELE

I am pleased to carry on as President of SAA and am indebted to and inspired by the memory of our Founder President Dr. Jagannath Wani.

We will be celebrating 2022 as our Silver Jubilee year of SAA's services towards the mental health of people in Pune and surrounding areas. It was a consistent and persistent journey by the association for the last two and a half decades. This has been achieved due to the efforts put in by many, both in leadership roles and behind the scenes. It is indeed an honour to take the institution forward through the upcoming special year.

The year 2020-21 was burden of the century for the whole of mankind due to the Covid-19 pandemic. The world almost came to a halt for an entire year and so did our institution. All our activities have been severely disrupted. These were some of the most challenging months due to the imposition of tedious lockdowns. We felt the need to look at our aims and objectives with a new perspective and implemented different tools and methods to deal with the situation.

The use of digital platforms for raising awareness and conducting consultation was the highlight of the year. Moreover, SAA produced several short films, which were widely disseminated among the masses through social media. SAA's rehabilitation unit was busy throughout the year, carrying out different therapeutic activities and programs on digital platforms under the leadership and guidance of Shri Amrit Kumar Bakhshy.

Although we couldn't run the institution during the lockdown periods, SAA kept service-users engaged by conducting individual sessions on week days and home-based activities on week-ends. Along with the counseling sessions, our service-users' enthusiasm in making various articles and food items saw a total sale of INR 1,63,103. This also helped us earn some revenue and provide incentives to service-users. To hasten the recovery of service-users, SAA conducted various therapeutic activities and psychotherapies, which were found very helpful.

SAA has been working on different platforms for raising awareness of mental health, removal of stigma and rehabilitation of affected persons. The workshops of STITCH, a concerted stigma removal campaign, have spread positivity among youth from various colleges. Several orientation programs were held for S.P. College students by Dr. Anil Vartak, Ms. Smita Godse, Ms. Sarika Chandak and Ms. Aarti Pandit. A workshop was conducted by WOW (Chennai) for SAA volunteers and S.P. college interns. On the occasion of 'World Suicide Prevention Day,' a report prepared by the students was released. The ESSENCE Service Users Involvement Course was launched.

On the occasion of 'World Schizophrenia Day,' SAA organized its first public Hybrid Webinar. Likewise, SAA observed World Mental Health Day, Erwadi day and Caregivers' Day through digital meetings. The 23rd anniversary of 'Aapla Divas' was celebrated in full enthusiasm after the re-opening of the centre. Reu Wani Sabhagruh witnessed a musical evening by Sarita Limaye and her team. The Swar Sanwad musical program 'EKATVA' was an entertainment bonanza for service users.

On the financial front, we must acknowledge the precious help we received from various donors. I take this opportunity to thank and appreciate various individuals as well as institutions, especially Mariwala Health Foundation, Shri Subhash Gaitonde, Persistent Foundation, the Mithani family, MSSO and all others for contributing in such tough times.

On a concluding note, we dedicate ourselves to our service-users, caregivers and the nation, and commit to continue our endeavours in the areas of awareness, rehabilitation and therapeutic help in the fields of schizophrenia and mental health.

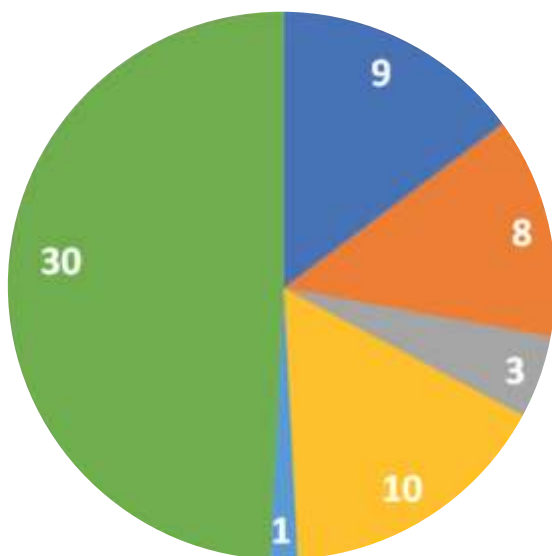


NEETA KOPARKAR

SECRETARY'S REPORT

SAA's work is mainly to create awareness and remove stigma about schizophrenia and other mental disorders in the community. There is huge ignorance in the community about mental illness. As a result, when mental illness strikes a person, the family is unaware of what is happening. By the time the seriousness of the condition is realized and treatment starts, it becomes late and aggravation sets in. The illness becomes chronic and recovery becomes difficult.

Due to the spread of COVID-19 pandemic, SAA has used all available means to create awareness and understanding in the community about mental disorders in general and schizophrenia in particular. SAA creates awareness by arranging and participating in online webinars conducting online orientation programs for college students, musical and cultural programs through social media for service users, individual and group tele counselling, publishing articles in newspapers and journals and distributing pamphlets, brochures etc. to create awareness in the society. SAA also regularly brings out informative books and booklets on various aspects of mental illnesses that have proven to be of great assistance to caregivers of persons with mental illness.



- Webinars
- Articles
- Online Orientation Programs For College Students
- Online Meetings with College Students
- Workshops
- Skill Enhancement Programs for Staff



AWARENESS RELATED WEBINARS

Schizophrenia Awareness Association organized webinars to create awareness on mental illness. The webinars enabled caregivers and mental health professionals to understand mental illness, identify steps towards recovery and the recent trend of teletherapy services.

24th May, Schizophrenia Awareness Day was observed to create public awareness about schizophrenia. Late Aditya Pendse Memorial Online Oration was delivered by a distinguished personality Mr. Manoj Kumar, MHAT, Kerala, on care of people with enduring mental disorders, new challenges and fresh solutions. Dr. Amar Shinde, Psychiatrist, Jagruti Rehabilitation Centre, spoke on treatment, rehabilitation and community care.





On 6th August, SAA arranged a webinar to observe *Erwadi Day* as a Human Rights Day for Persons with Mental Illness. Henery Viscard Achievement Award winner and Disability activist Dr. Satendra Singh shared his thoughts on rights of persons with disabilities. Dr. Bhargavi Davar lit first of the 28 candles to pay the homage to victims and gave her views on the human rights of persons with mental illness.



From October 6 to 12, like every year, SAA observed *World Mental Health week*. SAA arranged various awareness programs such as expert talk on emotions, emotional expressions through dance performance, showcasing talents of service users through digital media and awareness through pamphlet distribution in companies.





On 10th October, SAA organized an online panel discussion on Tele-therapy services: The future of mental health care. Panellists were Dr. Tejbhadur Sing - Ranchi, Dr. Honey Oberoi – Delhi, Ms. Zara Kamal Alam - Islamabad, Ms. Smiruti Joshi – Pune, Ms. Kamna Chibber and Mr. Amrit Kumar Bakhshy, anchor of the program



- 11th October: Mr. Amrit Kumar Bakhshy participated in a panel discussion on 'Mental health - the long and lonely road' organized by Sambandh Health Foundation – Gurugram.
- 7th November: Mr. Anil Vartak spoke on Mental Health Care Act 2017: Rights of persons with mental illness, organized by the Pune Branch of IPH Thane.
- 9th January: Mr. Amrit Kumar Bakhshy delivered a lecture on the implementation of Mental Health Care Act, 2017, organized by Sangath Bhopal Hub.



- 29th May: Patients Engage, NGO, invited Kadambari Kulkarni as a panelist in a webinar on 'Managing Chronic Mental Illness During Covid 19'.
- 12th August: SAA and 'With Love We care' (group from Delhi) conducted an interactive discussion on stigma.
- 20th August: Step Up Foundation interviewed Ms. Sarika Chandak on mental illness and sexuality.
- 6th September: On the occasion of World Suicide prevention Day (10th September), Mr. Anil Vartak gave a presentation on "Suicide and Stigma" in a conference organized by WOW, Chennai.
- 23rd October: Sit Fit Fan club interviewed Ms. Sarika Chandak regarding women's contribution and commitment in the field of mental health.
- 3rd November: Ms. Sarika Chandak delivered a lecture on the need of rehabilitation and management of mental illness, organized by the Mental Health Enhancement Group, Pune.
- January 15 to February 27: Awareness through poster and brochure distribution in psychiatric OPDs in Pune.



Poster & Brochure Distribution

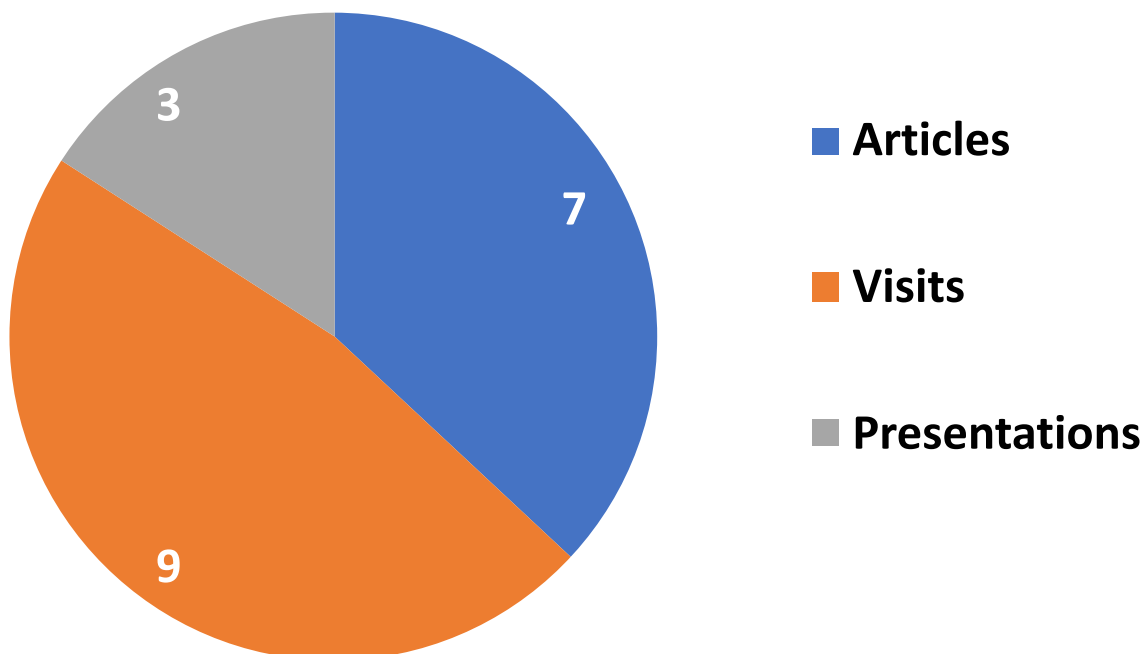


Webinar on 'Managing Chronic Mental Illness During Covid 19'



STITCH PROJECT

Schizophrenia Awareness Association has been creating awareness programs on mental illness with a view to remove stigma and ignorance connected with mental illness, due to which mentally ill persons avoid or delay seeking treatment. Stigma not only directly affects persons with mental illness but also their family members. A person who is mentally ill is often insulted and ridiculed. SAA believes that stigma can be reduced by providing scientific information and by educational interventions among people. SAA runs a de-stigmatization campaign through various activities such as publishing articles in newspapers, making presentations and conducting orientation programs for college students to help them change their beliefs and attitude towards persons with mental illness. Stitch seeks to reunite the sufferers and caregivers with the social mainstream so that there is no discrimination due to mental illness.





REHABILITATION

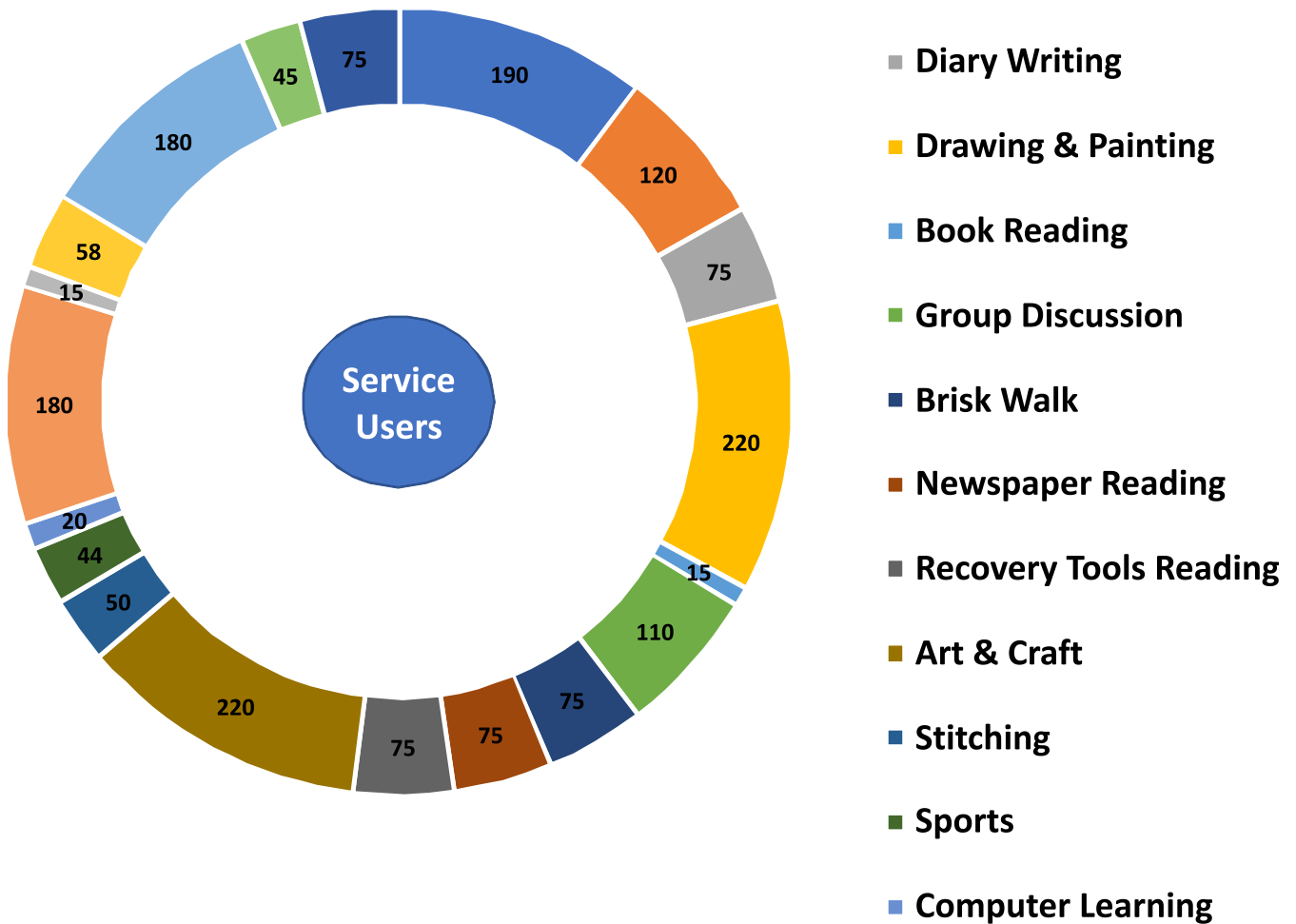
SAA runs Dr. Jagannath Wani Psycho-Social Rehabilitation Center for service users with a client-centric approach. The center conducts various therapeutic activities for service users to regain their skills and reintegrate in the society. This year, due to the COVID-19 pandemic, SAA has been conducting online activities for them. The pandemic and lockdown affects mental health adversely, leading to insecurity, fear, anxiety, stress and hopelessness among service users. Due to the unforeseen restrictions and fearful environment, service users have faced behavioral and emotional disturbances which have triggered symptoms such as temper tantrums and increased conflicts at home and these in turn, have led to aggravation of symptoms and impacted their psycho-social well-being.

SAA provides psycho-social support by tele-services, which help prevent relapse. SAA has developed online supportive therapies and activities which are scheduled to keep them busy for most of the day. It helps emotional management and maintenance of social connectivity through the electronic platform. The rehabilitation center conducts various online activities such as yoga, cooking, money management, art and craft, self-care etc. through group discussion, ABT etc. with the ultimate goal of enabling service users to cope with the situation and minimize their stress as well as take more responsibility at home.

At SAA's Rehabilitation Center, online meetings were arranged where service users and caregivers participated and shared their issues and experiences which helped them cope with the situation.



REHABILITATION ACTIVITIES



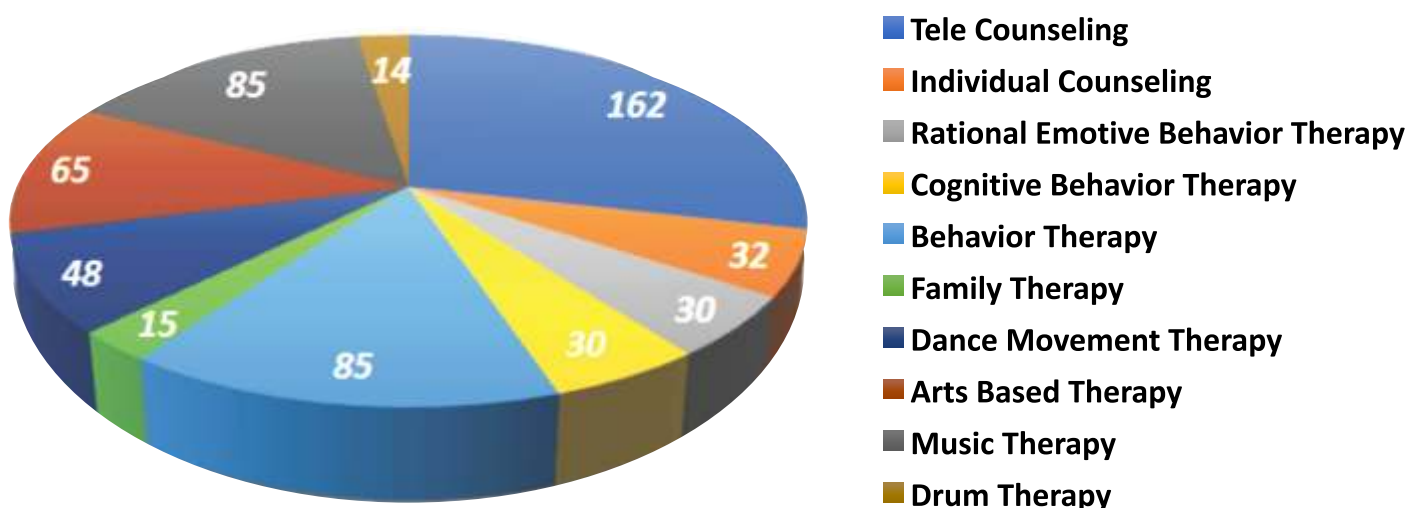
* Due to COVID-19 and lockdown, SAA's activities were restricted to online sessions and webinars.



SAA has been running a day rehabilitation center since 2006 and its focus is to improve the functional level and identify the strengths of service users and engage them in vocational training and help them build insight on mental illness. The therapeutic modality pervades all activities of the rehabilitation center. This facility also helps train mental health professionals, social workers and volunteers by familiarizing them with various therapies and activities of help to service users in self-care, planning, responsibility taking behavior, interpersonal relations and symptom management.

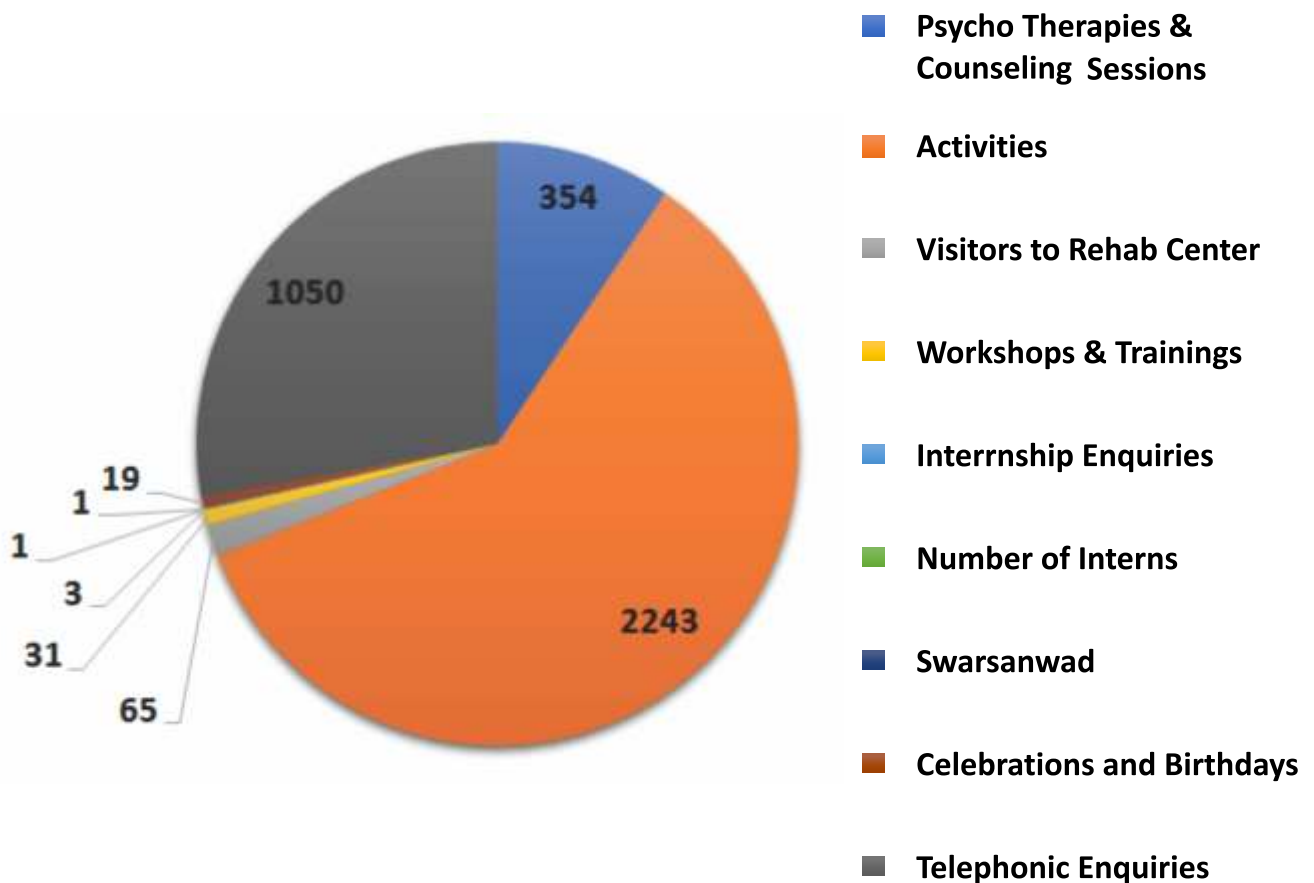
Due to COVID-19 pandemic, SAA will continue to provide online therapeutic support till the center opens again. Due to their mental illness, service users have faced relationship difficulties for which SAA provides online group sessions for interactions and conversations with friends and counselors. With the help of various psychotherapies, service users have found help in responding to the situation and in managing their symptoms and emotions.

Psycho Therapies & Supportive Therapies





REHABILITATION





SERVICE & FACILITIES PROVIDED AT SAA REHABILITATION CENTER





ACTIVITIES AT THE REHAB CENTER



International Yoga Day, 21st June



Christmas Celebration, 25th December



Sankranti Celebration, 14th January



“ Swarsanwad ”



ACTIVITIES THOUGH OUT THE YEAR



Online and Tele Counseling



Staff Skill Enhancement Program



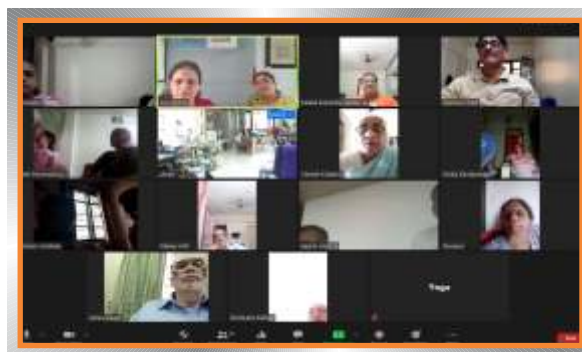
Home Plan for Service Users



Drum Session



Accomplishment of Orders



Parents Meeting



Diya Making Activity as a Part of Diwali Celebration



PEER SUPPORT GROUP MEETINGS

SAA promotes self help support groups of service users and caregivers for sharing and learning from one another's experiences. The self help support group promoted by SAA provides comfort and educates service users to cope with their situation while caregivers find an important platform for exchanging their views with other caregivers and manage their challenges better. Support group meetings help caregivers to set realistic goals about recovery and reduce loneliness and distress. Due to the COVID-19 pandemic, SAA conducts online group recovery sessions for service users and online meetings for caregivers. Recovery tools help service users to cope with distressing events and for emotional management.





OTHER EVENTS

6th May was SAA's founder Late Dr. Jagannath Wani's third death anniversary. As part of our remembrance, SAA paid him a floral tribute.



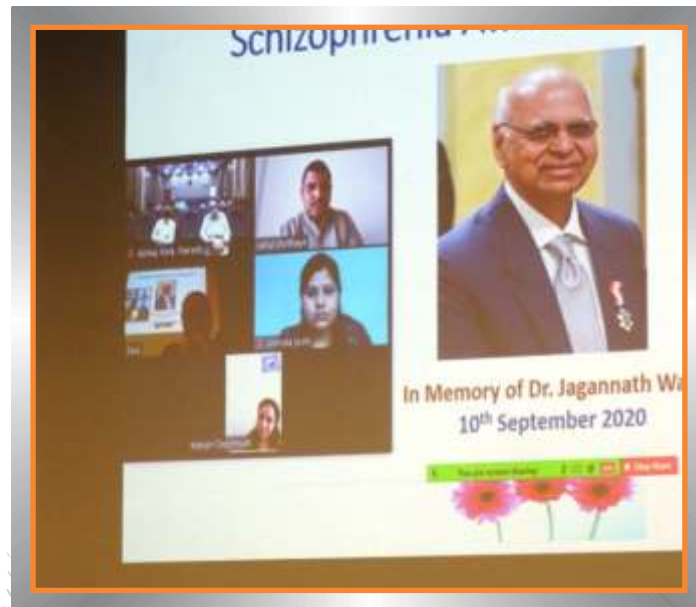


18th December: SAA celebrated its 23rd anniversary as 'Aapla Divas' (Our Day). SAA organized an entertainment program for service users. Ms. Renu Gavsakar, renowned story teller and social worker, shared a few stories with our service users. Nilesh Alone, who is a user survivor, shared the journey of his recovery from schizophrenia. Orchestra music was arranged by Sarita Limaye and team.



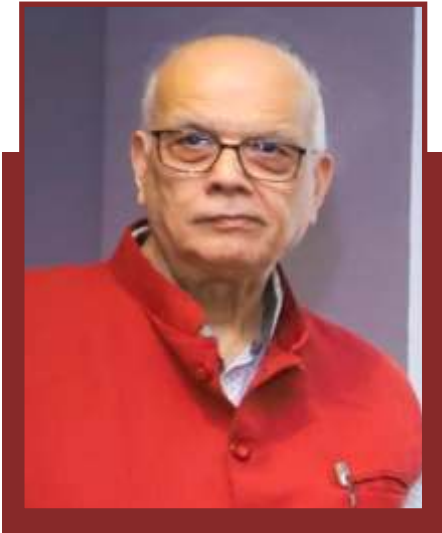


10th September being the birth anniversary of Dr. Jagannath Wani, SAA observed it as Caregivers' Day. This year, Dr. Rahul Sidhaye spoke on care to be taken by caregivers. Ms. Amruta Joshi spoke on her journey as a caregiver. In addition to various programs for caregivers. On this day SAA also felicitated and provided token financial help to needy caregivers.





ACHIEVEMENTS & HONORS



- Mr. Amrit Kumar Bakhshy was invited to the International Advisory Board by WHO Collaborating Center for Mental Health Service Development, Queen Mary University of London.

- One of SAA's service user, Ms. Mrunalini Kashelkar bagged a prize under the solo song category in Talent Hunt competition organized by Turning Point NGO, Kolkata.





APPEAL FOR SUPPORT



SAA is grateful to all donors, volunteers, caregivers and service users who supported SAA and helped sustain it. We extend our heartfelt thanks to all of them. SAA invites friends and well wishers to donate for the noble cause it espouses and help persons with mental illness and their families.

BANK DETAILS FOR INDIAN CITIZEN DONORS

Name of the Account	Schizophrenia Awareness Association
Account Number	9712918313
Bank	Kotak Mahindra Bank Ltd.
Branch	Sinhagad Road, Pune
Account Type	Savings Account
IFSC Code	KKBK0001764

BANK DETAILS FOR NON INDIAN CITIZEN DONORS

Name of the Account	Schizophrenia Awareness Association
Account Number	60165825278
Bank	State Bank of India
Branch	FCRA Cell, 4 th Floor, State Bank of India, New Delhi Main Branch, 11 Sansad Marg, New Delhi 110001
Account Type	FCRA Savings Account
Swift	SBININBB104
Branch Code	00691
IFSC Code	MAHB0000001



Maharashtra Public Trust Act, 1950
Schedule VIII

[Vide Rule 17(1)]

Name of the Public Trust: SCHIZOPHRENIA AWARENESS ASSOCIATION
Trust Registration No.: F-14439

BALANCE SHEET AS AT 31ST MARCH 2021

FUNDS & LIABILITIES	Sch No	Rs.	Rs.	PROPERTY & ASSETS	Sch No	Rs.	Rs.
CORPUS FUND	2			Immovable Property (at cost)			
Other Earmarked Funds: For Furniture, Fixture & Equipment		3,201,431	4,363,163	Investments	3		4,057,511
Depreciation Fund: Opening Balance		2,117,166	3,201,431	Movable Property	1		5,533,453
Add: Depreciation for the year		434,167		Loans, Advances and Deposits:			
Loans (Secured & Unsecured):			2,551,334	Accrued Interest		32,766	
Liabilities	4			TDS Receivable		33,606	
Provisions		32,148		Prepaid Expenses		64,199	130,571
TDS Payable		1,550		To Others			
For sundry credit balances		207,866	241,564	Cylinder Deposit		2,500	
Income and Expenditure Account				MSEDCL Deposit		7,430	
Balance upto 31.03.2020		143,980		Mitral Service Station		15,000	
Add: Surplus of this year		1,550,549	1,694,530	Telephone Deposit		1,340	26,270
				Cash & Bank Balance	5		
				Cash in hand		2,870	
				Bank Account		2,301,345	2,304,215
Total			12,052,021	Total			12,052,021

Date: 18 AUG 2021

Place: Pune

For Schizophrenia Awareness Association

Chaitanya
Trustee

Dhropakar
Trustee

As per our Audit Report of even date

For S. V. Bapat & Co.

Chartered Accountants



S. V. Bapat
Aashay Hulyalkar
(Partner)

M.No. 129434

FRN: 101005W

UDIN: 21129434AAACM6985



26

ANNUAL REPORT 2020 - 2021



SCHIZOPHRENIA AWARENESS ASSOCIATION

CONTACT

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- 🌐 www.schizophrenia.org.in
- 📘 www.facebook.com/SAA.Help
- 📺 <http://www.youtube.com/channel/UCMe8eG8UVdq5tM9I9zqRbaA>
- 🐦 @SAAPune

REGISTRATIONS

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

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