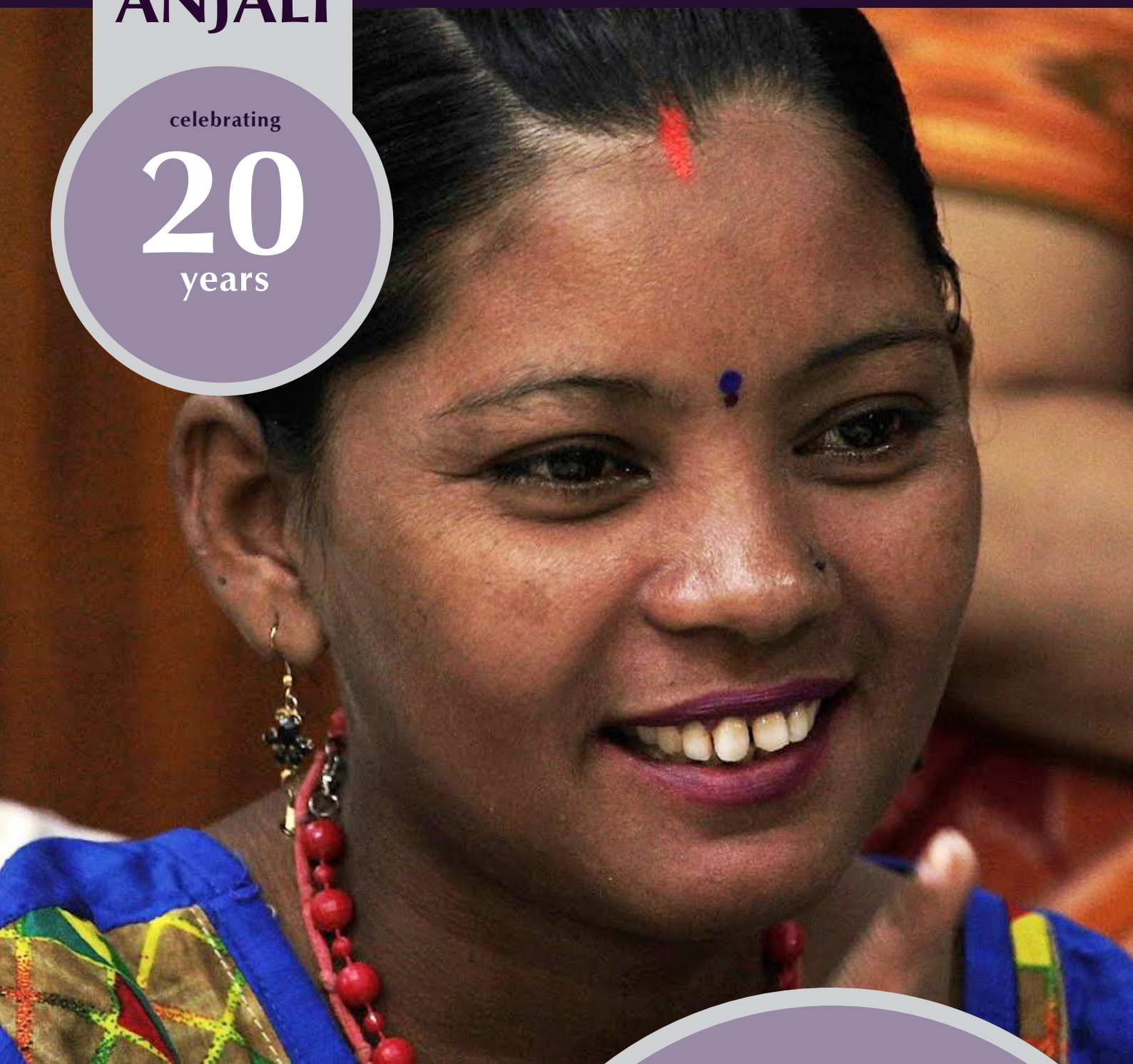


ANJALI

celebrating

20
years



ANNUAL

2021 - 2022

REPORT

Our Vision

A world where the right
to positive mental health
is secured for all

Our Mission

Make mental health institutions
and systems inclusive

Build community ecosystems
for mental health care and wellness

Secure progressive mental health
laws, policies, and practice

End stigma, violation, and
discrimination that is associated
with mental health

Founderspeak



Twenty years! What can I start with other than saying THANK YOU!! It has been such a wonderful journey fraught with its fair share of victories, losses, challenges and risks. It has also been a trajectory filled with invaluable lessons, people, relationships and dreams. I am overwhelmed and humbled by the unconditional support Anjali has received from its funders, collaborators, the state government and most importantly, our constituency all throughout these two decades. I would also like to take this opportunity to thank the media for understanding our stand and being a constant ally in our journey. All of you have helped us bring mental health to the forefront of discussion. Over the years, we have also been parts of strong networks and alliances in the spaces of disability and intersectional feminism, Disability Activist Forum and Maitree, which have been platforms of dissent and change. All the support that we have received over the years have only inspired and encouraged us to take on the difficult terrains of our work and keep pushing for systemic changes in the discourse of mental health in the country.

Twenty years ago, we had started with working in just one state-run mental hospital which then led to Anjali being gradually invited by three more state-run institutions to work in and bring about the paradigm shifts we always

wanted to; and now, we are gearing up to take up more challenges by expanding our Voices program to a neighbouring state. We have been able to bring about significant changes in the lives of people living in institutions while at the same time shifting the paradigms of mental institutions of West Bengal and the mental health sector, one step at a time. This year, we have also, in collaboration with Dr Vikram Gupta, mapped the pathways to systemic changes that Anjali's work has been able to bring about in the hospitals in the last two decades. The immersive exercise during the mapping took us all down the years and reminded us of how the tiniest change led to a significant transformation in the lives of the residents of the hospitals!

With Janamanas which we initiated a few years after our Voices program, we realised how crucial a step that was towards deinstitutionalisation and destigmatisation. With Voices, while we were reaching out to a handful, with Janamanas, we could reach out to so many who came from such deprived and marginalised backgrounds and were seeking support but had nowhere to go! Over the years, we have been able to foster and create safety nets in the communities we work in with support from the local governance and stakeholders, small but sure steps towards deinstitutionalisation and our vision of an inclusive world of accessible and available mental health care. Today, I can proudly say that we have been

able to develop a one-of-its-kind community mental health program which radically breaks away from a medicalised model of mental health care.

We have also been able to work alongside the state and the nation to amend the existing Mental Healthcare Act and bring in a policy that actually benefits people with mental health conditions and ensures a person-centric approach. A huge part of Anjali's strength lies in the advocacy and negotiations we have been able to and continue to do with the state which has enabled us to bridge the gaps in the field of mental health.

I am also thrilled to share with all of you that we have taken on yet another challenge, a step towards redefining the concept of family and independent living. The Assisted Living project, in collaboration with the Department of Social Welfare and the Department of Women and Child Development is a stride towards deinstitutionalisation and creating opportunities for recovered people with psychosocial disabilities to live their lives on their own terms, with agency and dignity.

The pandemic has been one of the biggest challenges faced by humankind and Anjali was definitely affected by it, no less. The pandemic not only revealed the disposability of people with mental health conditions but also played a pivotal role in perpetuating the mental health distress, structurally.

Our constituency, being one of the most marginalised and stigmatised at the same time, was the most likely to fall through the cracks during the pandemic.

With the support we received from our funders and team, we were, I would say, able to overcome its wrath and support our constituency, our world.

There has been so much to be grateful for. Looking at our trajectory of 20 years, I can proudly say how we have grown from being a toddler struggling to find its way to now becoming a young adult ready to take on the world! I would also like to thank all of Anjali's team who have contributed towards what it is today. We have had to let go of several of our fellow mates in this journey over the years but as they say, change is the only constant and moving forward is what keeps me stimulated.

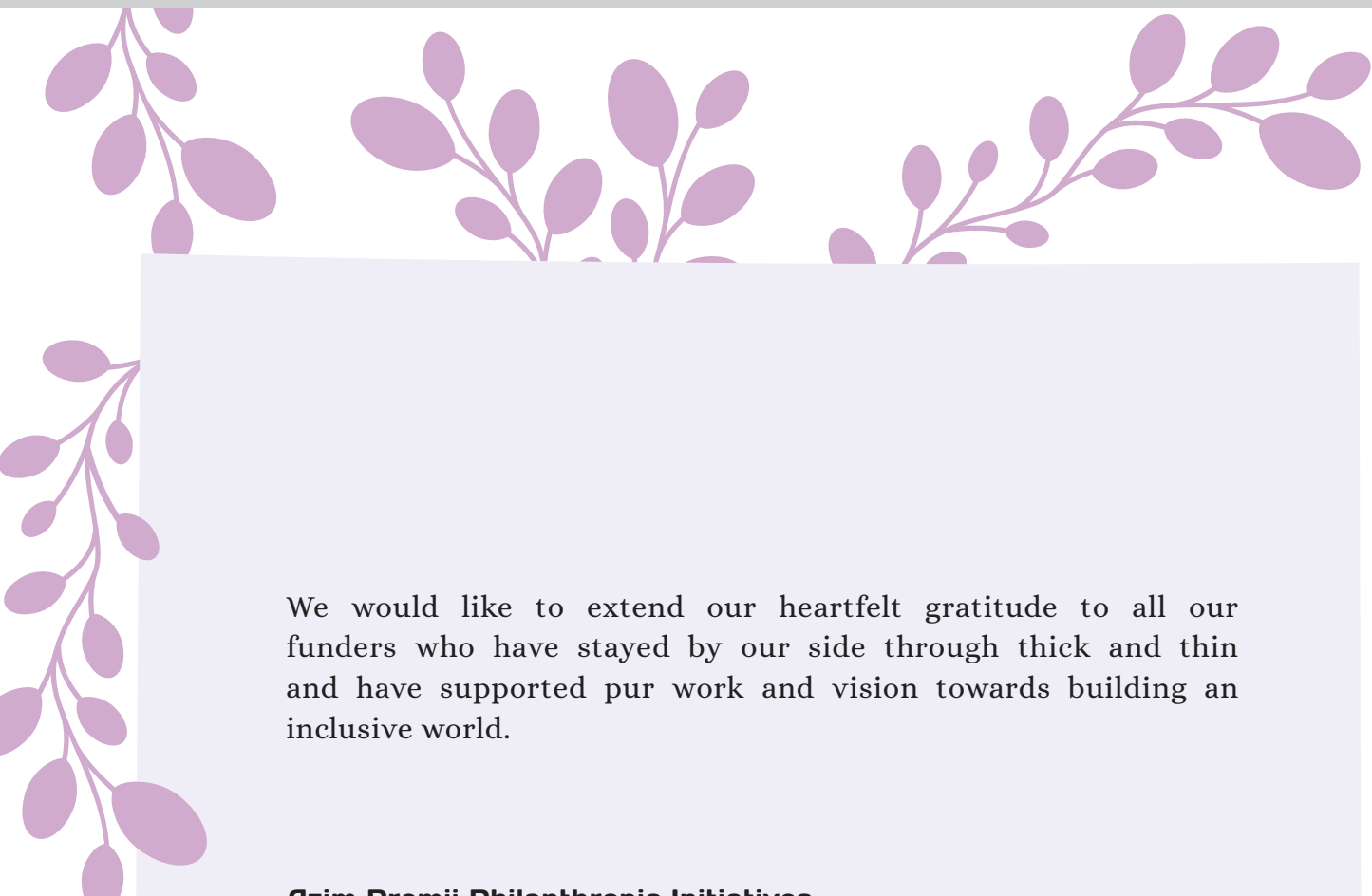
As I just said, Anjali is now a young adult and is looking both inward and retrospectively while at the same time navigating its way into a bigger and wider horizon with dreams in its eyes. Like all young adults, we will continue to question and take risks and even fail sometimes, but having said that, what energizes and pushes me to take on even more because of the support I have, we have... And as for me, having spearheaded the organisation for over two decades now, I look forward to donning the role of a mentor, a thought shaper and innovator.

I would like to end by thanking all my readers and reassuring you that we will keep doing what we do... strengthening our battle of centering the subjectivity of people with psychosocial disabilities, working towards ensuring their rights and voices and changing the politics and discourse of mental health in India.

Ratnaboli Ray

(Founder & Managing Trustee, Anjali)

We are also immensely thankful to the **Department of Health and Family Welfare, Department of Women & Child development and Social Welfare** and all our stakeholders including **the Hospital authorities and the Municipalities** we work with for recognising the significance of our work and supporting us.



We would like to extend our heartfelt gratitude to all our funders who have stayed by our side through thick and thin and have supported our work and vision towards building an inclusive world.

Azim Premji Philanthropic Initiatives

CRY America

Mariwala Health Initiatives

Paul Hamlyn Foundation

Human Capability Foundation

The Grow Fund



**THANK
YOU!**

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Learning amidst fun! Anjali's first Annual retreat after the pandemic

The thing about retreats at Anjali is that they're a roller coaster of emotions sandwiched in between unwinding on a relaxing deckchair and brainstorming during interactive sessions. Turns out Anjali's latest retreat was no different.

Yet, Anjali's core team taking time off from their office at the end of a fun-filled, 'happy-tired' three-day retreat at Mandarmani from 9th to 11th March,

2022 exclaimed: "This has been a very different retreat! And possibly the best so far." Two years in a pandemic-ridden world had put this outcome on a pause. Needless to say, at its joy of being organised this year, all pandemic fatigue was flung away in the waves of the ocean.

Communication was the keyword this year. The team walked through interactive exercises and activities





that not only were a test of their modes of communication within a team but also a reflection of their internal representation styles. The sessions began with an exercise on finding the teams' fundamental emotions of being in Anjali's core team, and journeyed through consequent collaborative exercises on virtual communication, representation and strategic networking – all directed towards fostering effective team bonding. The retreat, it was felt, was a success owing to learning amidst fun in an environment of meaningful exchange.

When the core team were asked to share that moment of magic that led to join Anjali, the narratives that came forth were evocative of gushing emotions. “We were in the middle of an argument with an official while trying to convince him that a participant had been mistreated. I realised that was the reason I am at Anjali, doing what am I doing and why I am doing it” said one of the staff members. Another colleague reflected how she joined Anjali when she saw that its work had been reflected in a popular newspaper one day in 2003, starry-eyed and enthused, she applied right away. it was as if the black and white pictures

on the newspaper stirred her soul, inviting her to apply as soon as she saw them.

An activity that was much loved from the retreat was one on mindfulness, where the participants were asked to pour a little bit of water in a glass and asked to focus on it, by observing the shape of the glass, to feel and touch the glass, and take a sip of water, all the while in a state of focused attention on the glass. The exercise reminded our colleagues of how little we engage with our immediate surroundings in daily life. The activity helped everyone to focus on the present so that the mind ceases to behave as the still surface of a calm body of water undisturbed, instead of behaving akin to a swaying pendulum, frenzied by overthinking and worry. It is true that the stresses of everyday life in this pathological society have a way of getting to us, but what one needs to do, is to break away and cultivate a sense of concentration in order to discipline the mind, thereby not letting these stresses affect one's sense of wellbeing and instead invite a sense of serene calm.

Reminiscing their journey of 15 years in Anjali



Sukla Das Baruah

My journey of fifteen years at Anjali has been one of change and growth. When we joined, the work force was smaller and several systems and processes were not in place. Gradually over time, during my tenure here, I have seen these systems and processes come into place. I am fieldworker born and bred. I have learnt my work only by constantly by keeping at it on the field. Books and theory have come and gone, but my exposure on the field is what helped me to grow.

আমি মাঠ চিনি – আর মাটি চিনি– ('I know my field, I know my land') has been a mantra that has guided me. From being an unhygienic place riddled with violence, my field-site, the mental hospitals, have transformed into a place which is relatively safer and more hygienic.

In the early days, much to our horror, open lathis were used to beat up participants in the mental hospitals. The premises were shabby. The women participants were not given sanitary



pads and instead had to make do with pieces of cloth or rags. The hospital superintendent, like a lord in a distant holdfast, rarely visited the wards with the visit being a once-in-blue-moon one. As Anjali began its work and we begin to build relationships with the hospital administrations, changes were slow to come but they surely came. Networking, liaising and relationship-building has been a day-to-day task which have become the three big pillars underlying my programmatic responsibilities. Something I look back to with pride was the Basanta Utsav festival that I started at Pavlov mental hospital.

Initially Rama di managed Pavlov, I began my work with Lumbini Park Mental Hospital. After Rama di, I was placed in charge of Pavlov, something I looked forward to. Through my work at Pavlov – running from the male ward to the female ward, interacting with the participants, liaising with the doctors and nurses, networking with the superintendent – I learnt that the key to successful change-making comes from making the field your foundation. The foundation of one's work must be stable, solid and trustworthy. I have been able to describe my field-site with these adjectives through my programmatic responsibilities. It is only by remaining persistent with my follow-ups with the host of people I work with, could I

create an ecosystem of relationships and wellbeing at my field-site. My biggest learning at Anjali has been the fact that I get to interact with my participants. These individuals, who live with life altering mental health conditions have been subjected to various life difficulties and complications. The way they keep themselves upbeat, despite facing life crises of various sorts, is a source of hope to me. I have learnt in the course of my duties as senior programme manager, that in the face of patriarchal societal assault and abuse, our participants' courage and resilience speak to how spaces of wellbeing can be created in the direst of circumstances. Ratna di has been at the centre of my convictions.

Santanu Saha

Fifteen years of my journey with Anjali have gone by in a flash. When I joined, the accounting system in place was a simplistic one. Gradually, once we had an accounting system in place, our funding organisations increased and came to fund us. We are indebted to the Dorabji Trust, Mamacash and Edelgive foundation who paved the way for funding to flow in and Anjali to begin its initial work. Anjali has become an organisation over time, which is known to keep its faith in the field-sites it operates in, be it in the hospitals or the communities. Over time, it has become a trustworthy organisation for funders to keep their faith in. Ratna di has been my guiding light throughout it all.



After being in Anjali for so long, I have experienced and embraced the positivity it has captured me in. I have experienced the organisation and my colleagues transform into members of my family. The meanings of words such as trust, dependence, accountability and ownership have become clearer. It has built my self confidence and had led me to put my trust and faith in the organisation akin to the bond that resides within kin. Anjali has developed an individuality of its own, one that helps propel itself forward. In this development, I ask myself: “How do I help my colleagues in creating a collaborative environment?” I believe this question has led me to create meaningful relationships with everyone in this organisation.

A fond memory I look back to was when Mamacash first paid us a visit. They said they really appreciated the way I implemented the accounting system which immensely boosted my self confidence. It was a time when Anjali was peaking and the warmth of that exchange returns to me on days of gloom to cheer me up. Work is an atmosphere of focused concentration. I am in front of a computer screen all day crunching numbers, not a very a imaginative workplace to be in. Yet numbers give me a sense of purpose; They are honest and I prefer the story they tell: plain and closed to interpretation. After work, I

love to joke around with my junior colleagues. If I were to speak about two fond memories, I would say one would be that trip we took to Taki in North Bengal, where we cruised along the banks of the Ichamati river and second would be that trip we took to Mandarmani, where I felt that our co-learning sessions were interspersed well with moments of relaxation.

In closing I would like to say that Anjali is a unique organisation because it reflects on mental health. To do this is radical in a society where mental health is stigmatised. It is feminist in many ways in its ethos. This is radical in a society where heteropatriarchy is the norm. My personal life is supported by Anjali. Since I am not stressed at work, I have received the faith and confidence to work. I am inspired by our organisations ability to work in teams and contribute to working well at the office. My work has contributed to how empathetic I am. The diversity at our workplace has opened my eyes and made me inclusive. Let me end with an anecdote which left me feeling enlightened and changed: At the end of this year’s annual retreat at Mandarmani we had to throw away a stone in the Bay of Bengal. My stone represented narrow-mindedness. Ever since I cast off the stone, a change has been elicited within me. I see around me that open minds are missing.





Aditi Ganguly



also create a cogent solution out of it.” These words have tided me through. The hospital when we initially started working was a hostile work environment. Over the years, it has transformed into a space of cooperation for Anjali to work in, yet elements of hostility and animosity remain. I have witnessed in these fifteen years, the abolition of seclusion cells, the change in living conditions, the change in health and hygiene.

A fond memory I look back to is when they broke down the seclusion cells. It was the winter of 2004 and we had gone through the legal proceedings that would allow us to break the cell. A few days ago, on a cold January morning, a female participant told me, “If I have done wrong, they will lock me up” shivering not only in the cold but also due to their fear. The happiness and elation on her face when she was told that the cell was broken is a memory I return to. Since, then during any celebration – be it the Basanta utsav celebrations or the Durga puja visits, there are several moments of togetherness. When I sit with the participants and share in their joy, I am inspired in new ways all over again. The story we tell of social inclusion, has a road filled with thorns and barriers, but is ultimately a journey of great happiness and courage.

I realise we have a long way to go to with mental health rights in this country. So many years on the field and many a times the stigma in 2022 is the same I encountered in 2003. The stigma comes to the fore while talking to members of the participants’ family and communities. “The participant will never get well. They will never grasp reality and stay in the land of the unreal” are rooted beliefs that we as psychologists

Fifteen years of being at Anjali has made me realise that as an organisation, Anjali thinks outside the box! We are not cowed down by conventional ideas of how to do things, instead we began with the thought process: how can we enter a bureaucratic, ponderous government system where it takes time to process things and as a non-governmental entity, make it faster? One of our key points of focus is to concentrate on the psychosocial aspects of care apart from the biomedical. This I would say is one of our biggest strengths. The hospitals perceived our participants as devoid of emotions, incapable of loving other people. The rights-based approach has proven this narrative to be false.

Ratna di, my mentor and inspiration, had told me in 2003, “Aditi, challenges will be hurtling our way. It is up to us to not only meet these challenges head on but

challenge and attempt to change. Something that I have seen change and transform the stigma is economic empowerment. The moment they see their family members, with serious mental health conditions, earn a living

for themselves, the image of being a burden dissolves into thin air. Their accusatory question, “How can this person be of help” dissolves into thin air. Inclusion in the workforce has allowed the stigma to change and fade.

Rajesh Chowhan

I believe that the presence of love in this organisation elicits transformation. The way colleagues have an ethic of compassion and love in this workplace is one the reasons this organisation has seen the kind of success that it has. The way Ratnadi loves people and moulds them through her love is also something to think about, a quality most people do not possess. The relationships that have been built in the organisation have been central to pushing the organisation forward. I have seen Ratnadi working very hard. Beside this, there has remained the support of those who have worked alongside Anjali. The collective organisational goodwill has been a focus point for the organisation to grow. Because of the company of select people, my journey has been very happy. At a Janamanas event, eight years ago in Rajarhat, I had dressed in my usual attire of a saree. Chandra had accompanied me to the event site. I went to event as an employee, with a carton on my head. People on the road were visibly confused but no one dare catcall. “Why is this trans person transporting cartons?” they



must've been thinking. A picture was taken, I look at it even today and chuckle about what had happened that day. The violence against people with mental health conditions is pervasive on the streets. In the locality I live in, I have known many a people living in dire straits. I was myself ignorant about the phenomenon at first, my experiences and observations at Anjali have helped me to learn better. When I worked alongside them in the block printing unit, I saw the kind of talent they are

capable of. When I get distress calls or attend to calls from help from people in the neighbourhood, I make sure to give a referral to Anjali. I understand the kind of abuse they face and the fact that the unpredictability of their life makes them prone to help.

Ratna di has been resolute in the readiness to work that she currently holds. Something that inspires me is

that alongside recognising my work, she recognises the marginalisation of the queer community and the need to work for them. In many ways, queer people and people living with mental health distress are the same – prone to the violence of stigma. I have realised that the way to counter the violence on an everyday level is to attempt to do humanitarian work.



Voices Quantitative Impact

**Reporting Period:
April 2021 - March 2022**

April 2021 - March 2022	Calcutta Pavlov Hospital	Lumbini Park Mental Hospital	Berhampore Mental Hospital	Institute of Mental Care, Purulia
Total number of participants	74	67	91	62
Total number of re-integrations	49	21	34	24
Total number of voluntary discharges	6	1	NA	6
Total number of absence	5	5	1	0
Total number of home visits	63	26	21	14
Total number of individual counselling sessions	318	129	16	10
Total number of group counselling sessions	31	15	6	0
Total number of tele-counselling ses- sions	200	118	7	20

(Acc. to VOICES data)

Janamanas Quantitative Impact

Reporting Period:
April 2021 - March 2022

April 2021 - March 2022	Direct Reach			Indirect Reach (multiplied by 4)
	Purulia Municipality	North Dum Dum Municipality	Total	
Talk Listen Talk (New client)	80	404	484	1936
Talk Listen Talk (Follow up client)	32	631	663	2652
Door-to-Door	10772	7401	18173	72692
Womens' Meet	110	172	282	1128
Awareness Camp	1933	847	2780	11120
Client Meet	19	38	57	228
Annual Event	2600	2100	4700	18800
People referred to mental hospitals and other hospitals	6	115	121	484
Covid Relief support (Dry ration, Disability Allowance, Sanitary Napkin, blanket, dress materials, medicine etc)	200	546	746	2984
TOTAL	15752	12254	28006	112024



Interactive Sessions with Caregivers of Hospitals

Gaps in mental healthcare services have been one of the biggest challenges that Anjali has been grappling with along with the whole nation, so to say. Hence, a strategy that Anjali decided on was to start conducting interactive sessions in the hospitals it works with. Although met with certain obstacles in the beginning, IMC Purulia invited Anjali to conduct interactive sessions with the hospital staff, namely, Nursing staff and Group D staff. The objective of this interactive session was to create this interactive platform to discuss various ensuing issues along with coming together on how we can provide the best care for our constituency in the hospital using existing resources.

We have conducted two interactive sessions in Purulia and one in Calcutta Pavlov hospital.

This sensitization workshop or interactive session as we have named it was facilitated by Ms Ratnaboli Ray in Kolkata and by Anjali's team in Purulia. The sessions engaged the caregiving staff in a series of interactive discussions on facets such as collaboration, stress and burnout, the connection between stress and mental disorders. The hospital faces an acute human resource shortage and therefore there is a need to foster increased collaboration between the hospitals and Anjali. The sessions also engaged with major ethical questions regarding patient care. Anjali's staff members conducted a

writing exercise among the caregiving staff to enable critical thinking on themes such as consent, violence, treatment and living conditions. The sessions then covered the challenges faced by the caregivers in the hospital system. Chief challenges encountered were a human resource crisis, infrastructural challenges and a slow patient discharge process.

We feel that these sessions will need to keep continuing in frequent intervals in order to keep the conversation and discourse alive and to actually help improve and bridge existing gaps in mental health care in the hospitals.



Janamanas collaborated with TYPF

The YP Foundation (TYPF), New Delhi, an intersectional feminist development organisation, hosted the 'Safe Institute: Sharing Meeting' from 21st to 23rd February, 2022, in collaboration with various other development organizations to deliberate and discuss the issue of abortion violence, contraception rights and safe abortion procedures for pregnant people belonging to intersectional marginalised social locations. Anjali was a partner in this collaboration.

Mahua Mukherjee, one of community mental health professionals from Janamanas, represented Anjali as the chief presenter in the meeting, aided by Aryaman Chatterjee, Research and documentation Manager.

The conference primarily revolved around the sharing of case stories of abortion rights violation in that had been collected and translated by various organisations. Anjali contributed via the three case studies that had been collected and

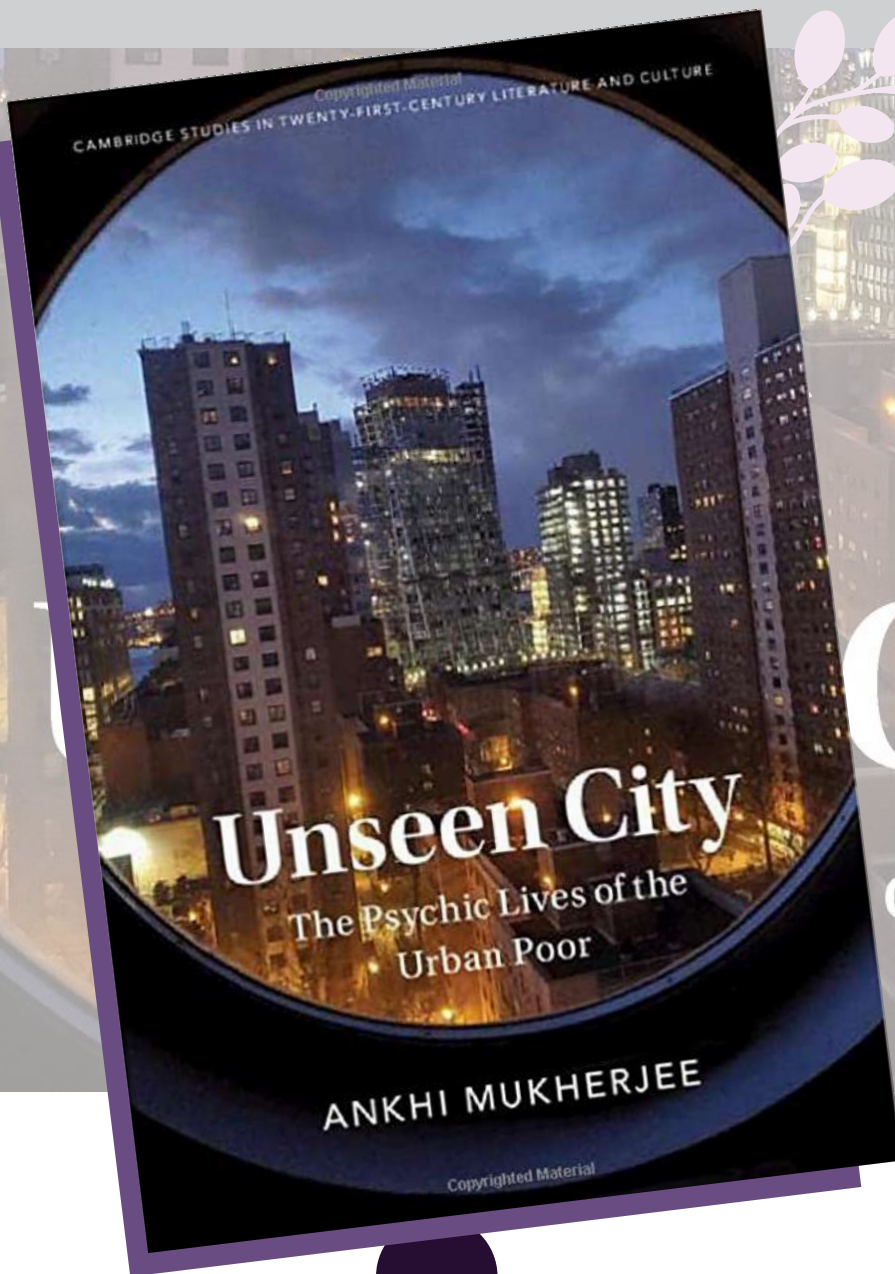




translated, throwing light on abortion rights violations and discriminations in select instances in West Bengal. Other sessions of the conference included intersectionality exercises, critical interactive sessions on abortion laws, abortion rights and sex-selective abortion in India.

This sharing meeting sought to undertake capacity building and values clarification of the participation present, aimed to facilitate reflection around all factors affecting abortion access for communities and sharing back as well as to strategize actions to address the barriers and integrate the lens of 'abortion access' in the work at hand. Sessions included thematic discussions around the politics of sex selection and abortion as a reproductive justice issue. A refresher session on the legal aspects of abortion was continued. Presentations on the findings of the literature review paved the way for the sharing of case stories, which were community contextualised and focused on access to abortion. Strategies shared on ways to integrate the abortion access lens was an important point of discussion.





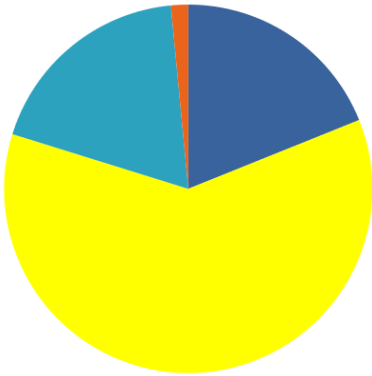
City of the

**Janamanas got
featured in
Unseen City!**

Anjali's community-based program, Janamanas got featured in Ms Ankhi Mukherjee's book, *Unseen City: The Psychic Lives of the Urban Poor*. The book is a work of literary and cultural criticism exploring the relationships between global cities, poverty and psychoanalysis. Ms Ankhi Mukherjee extensively collaborated and studied several community-based initiatives that work on mental health to examine and explore issues of identity, illness, and death at the intersections of class, race, globalisation, and migrancy. During her study, Ms Mukherjee met with the Community mental health professionals of Coochbehar Janamanas.

Finances

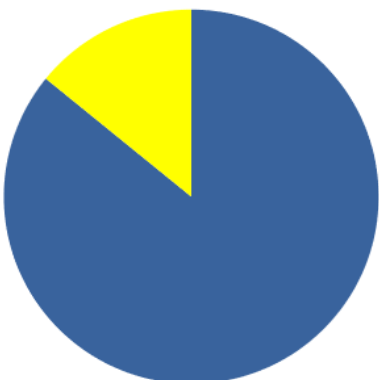
Unrestricted Incomes:



- Income from Printing Unit
- Interest Income
- Income from Dhobighar, Baruipur
- Miscellaneous Income

Sl No.	Unrestricted Incomes	Amount
1	Income from Printing Unit	₹ 367,576
2	Income from Dhobighar, Baruipur	₹ 1,183,405
3	Interest Income	₹ 363,167
4	Miscellaneous Income	₹ 29,405

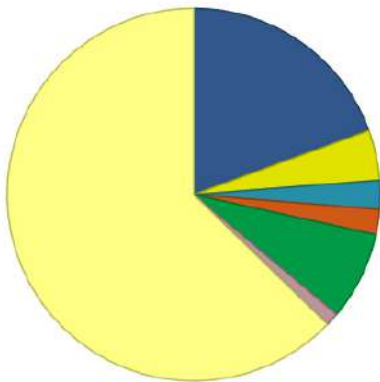
Towards Staff:



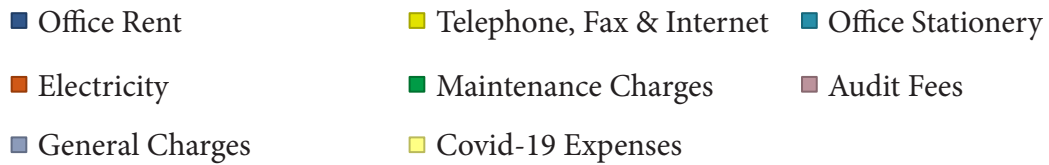
- Salaries and Allowances
- Welfare of Employees

Sl No.	Towards Staff	Amount
1	Salaries and Allowances	₹ 8,669,560
2	Welfare of Employees	₹ 1,427,420

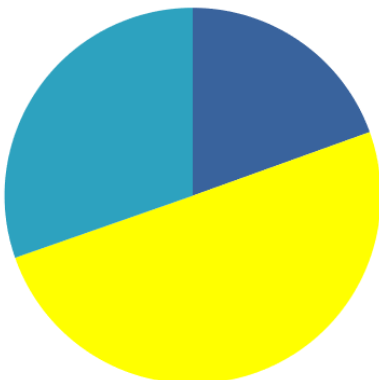
Overheads:



Sl No.	Overheads	Amount
1	Office Rent	₹ 927,625
2	Telephone, Fax & Internet	₹ 207,797
3	Office Stationery	₹ 119,415
4	Electricity	₹ 104,178
5	Maintenance Charges	₹ 365,780
6	Audit Fees	₹ 55,003
7	General Charges	₹ 9
8	Covid-19 Expenses	₹ 2,997,308



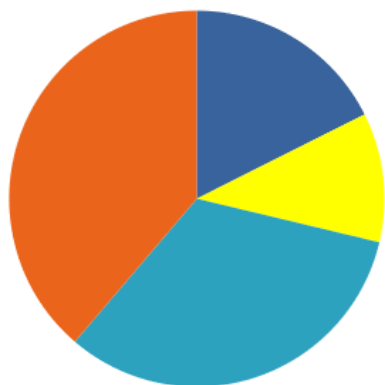
Institutional Funding:



Sl No.	Name of Donor	Donation Utilised in FY 2021-22
1	OAK FOUNDATION	₹ 1,618,384
2	HUMAN CAPABILITY FOUNDATION	₹ 4,161,861
3	CRY AMERICA	₹ 2,519,177



Programme Funding:

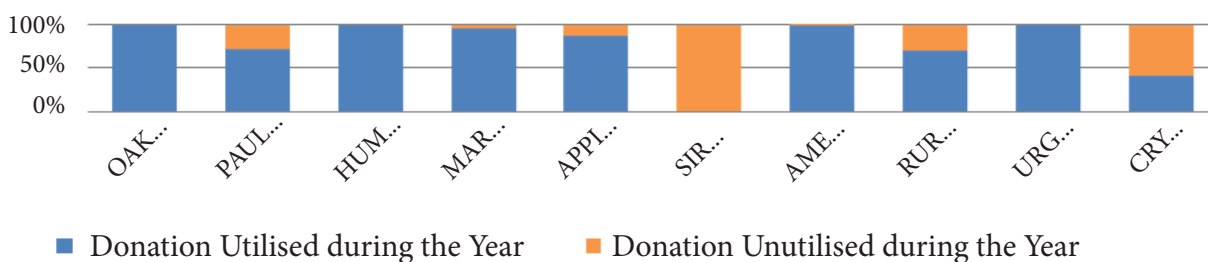


Sl No.	Name of Donor	Donation Utilised in FY 2021-22
1	PAUL HAMLYN FOUNDATION	₹ 3,573,122
2	RURAL INDIA SUPPORT TRUST	₹ 2,258,463
3	MARIWALA HEALTH FOUNDATION	₹ 6,603,385
4	AZIM PREMJI PHILANTHROPIC INITIATIVES	₹ 7,865,256
5	AMERICAN JEWISH WORLD SERVICE	₹ 1,065,843
6	URGENT ACTION FUND	₹ 360,075

- PAUL HAMLYN FOUNDATION
- RURAL INDIA SUPPORT TRUST
- MARIWALA HEALTH FOUNDATION
- AZIM PREMJI PHILANTHROPIC INITIATIVES

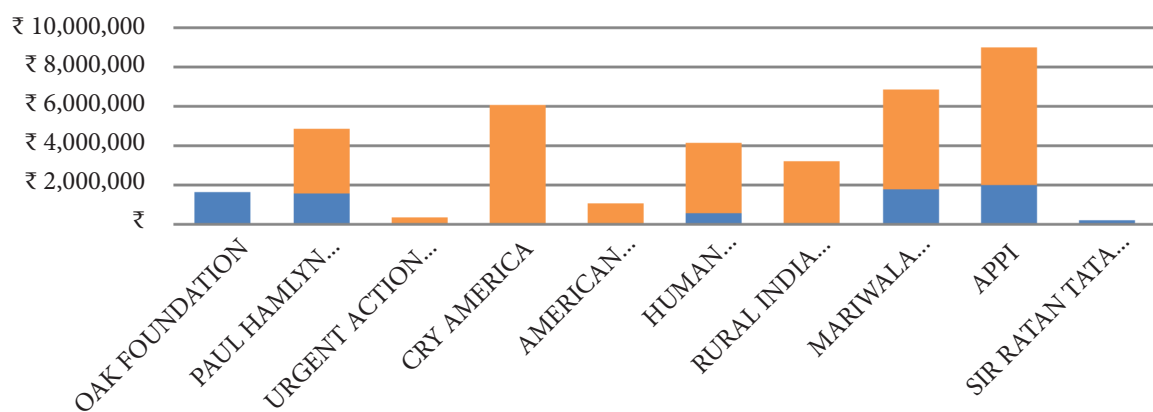
Donation Utilised:

Sl No.	Name of Donor	Donation Utilised during the Year	Donation Unutilised during the Year
1	OAK FOUNDATION	₹ 1,618,384	₹ –
2	PAUL HAMLYN FOUNDATION	₹ 3,573,122	₹ 1,316,786
3	HUMAN CAPABILITY FOUNDATION	₹ 4,161,861	₹ –
4	MARIWALA HEALTH FOUNDATION	₹ 6,603,385	₹ 232,917
5	APPI	₹ 7,865,256	₹ 1,160,151
6	SIR RATAN TATA TRUST	₹ –	₹ 179,255
7	AMERICAN JEWISH WORLD SERVICE	₹ 1,065,843	₹ 57
8	RURAL INDIA SUPPORT TRUST	₹ 2,258,463	₹ 943,257
9	URGENT ACTION FUND	₹ 366,075	₹ –
10	CRY AMERICA	₹ 2,519,177	₹ 3,521,581



Funds Available:


Sl No.	Name of Donor	Opening Balance of unutilised Fund of Donation	Donation Received in FY 2021-22
1	OAK FOUNDATION	₹ 1,618,384	₹ -
2	PAUL HAMLYN FOUNDATION	₹ 1,533,688	₹ 3,356,220
3	URGENT ACTION FUND	₹ -	₹ 366,075
4	CRY AMERICA	₹ -	₹ 6,040,758
5	AMERICAN JEWISH WORLD SERVICE	₹ -	₹ 1,065,900
6	HUMAN CAPABILITY FOUNDATION	₹ 558,144	₹ 3,603,717
7	RURAL INDIA SUPPORT TRUST	₹ -	₹ 3,201,720
8	MARIWALA HEALTH FOUNDATION	₹ 1,747,309	₹ 5,088,993
9	APPI	₹ 1,986,172	₹ 7,039,235
10	SIR RATAN TATA TRUST	₹ 179,255	₹ -



■ Opening Balance of Unutilised Fund of Donation ■ Donation Received in FY 2021-22

Board of Trustees

Name	Gender	Board Position	Country (where they are based)	Affiliated Organization & Designation	Number of years spent	Age
Ratnaboli Ray	Female	Founder & Managing Trustee	India	Anjali, Founder & Managing Trustee	21	61
Debashis Chatterjee	Male	Trustee Emeritus	India	Consultant Psychiatrist	21	63
Paromita Chakravarti	Female	Trustee	India	Associate Professor, Dept. of English, Jadavpur University	7	53
Kalpana Kaul	Female	Trustee	India	Development Consultant	7	62
Ruchira Goswami	Female	Trustee	India	Faculty Member, National University of Jurisprudial Sciences	7	50
Ranjini Mukherjee	Female	Trustee	India	Educator, Director, Reach	7	54
Aniruddha Deb	Male	Trustee	India	Consultant Psychiatrist	1	61



Ratnaboli Ray
Founder &
Managing Trustee

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Senior Operations
Officer

Sukla Das Barua
Senior Programme
Manager-Voices

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& Finance

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Anindita Chakraborty
Case manager
-Voices

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& Accounts

Aryaman Chatterjee
Documentation &
Research Associate



Team ANJALI

Biswajit Pati

Project Manager,
Voices (Purulia)

Sananda Gupta

Project Manager,
Voices (Behrampore)

Swarupendranath Roy

Project Manager,
Voices (District)

Satyajit Majumdar

Project Manager,
Voices (LPMH)

Tanushree Dasgupta

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Janamanas

Anuradha Sarkar

Project Manager,
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Junior Manager-
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Srijita Sen

Psychologist (District)

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Pampa Singha Roy

Project Assistant
(LPMH)

Bapi Dey

Project Assistant
(Dhobi Ghar)

Soma Chakraborty

Project Assistant
(Berhampore)

Tushi Majumdar

Project Assistant
(Pavlov)

Prasenjit Manna

Project Assistant
(Pavlov)

Team ANJALI



Monalisa Sen

Project Assistant
(Purulia)

Celebrating 20 years of Anjali!

Anjali's journey began in 2001 as a rights-based organisation working towards bringing about systemic changes in the mental health sector as well as towards reducing stigma and discrimination and making mental health care services affordable, available and accessible to the last mile community, those most likely to fall through the cracks.

The last 20 years have been a journey fraught with its own share of ups and downs, of trail and errors, of setbacks and successes. Anjali has been able to pave its way through several pioneering changes in the state-run mental institutions as well as in the communities it works in.

Anjali observed its celebration of the twentieth year on 27th February, 2022. The contribution of each one of Anjali's collaborators has been a precious addition. Anjali's collaborators – its trustees, allies and mentors - hold a place of gratitude on its 20th year, whose presence has been invaluable in creating and upholding the principles of virtue that Anjali stands for.

It was THE occasion to felicitate those who were significant in helping Anjali be where it is today. Dr Rabin Shankar Chowdhury, Dr Ranadip Ranjan Ghosh Roy, Ms Gitali Bose, and Dr Debashish

Chatterjee, Anjali's Trustee Emeritus have been invaluable in their contribution.

Mr Aniruddha Deb, Consultant Psychiatrist and Author and one of Anjali's trustees ruminated that Anjali's success is unparalleled, given the fact that it has gone from strength and strength by working on a wide variety of projects, from government hospitals to people in homes. This achievement is one that continues with great fervour. "One of the reasons behind Anjali's success story is the fact that it has brought mental health much closer to the public. Anjali has, one step at a time, broken down the walls which creates the stigma preventing an open and honest discussion around mental health. The onward task of de-tabooing mental health remains constant. This occasion is a celebration of the fact that Anjali has been able to reach out to the wider public with matters related to mental health" he reflected.

During the open house session, a guest shared her narrative on how Anjali has been working towards reducing the social and cultural isolation caused due to mental health crises. Another guest reflected on how Ratnaboli Ray's belief in the 'abundance of possibilities' created an opportunity, for the very first time, for a non-governmental organisation to work with governmental bodies such as hospitals and municipalities. Other notable reflections included narratives such as the ripples of wellbeing created societally due to organisational work and secondly, the socio-economic and cultural changes that are remediated when people rise out of mental health distress to create an economic livelihood for themselves.

Glancing through 20 years:





Cha ghar, in 2015, was initiated by Anjali with the dream to bring about a paradigm shift in how people with psychosocial disabilities are perceived. It was a step towards creating livelihood opportunities for people living in Calcutta Pavlov Hospital, a state run mental institution in West Bengal. People with mental health conditions are not just considered to be people without capabilities and potential, they are also thought of to be people who are disposable and expendable. Cha ghar, a quaint little cafe within the premises of a mental hospital which is run by recovered women of the hospital under the supervisors' guidance challenged these regressive norms and stereotypes. Today, as we stand in our 20th year, we have 3 women residents of Pavlov working in Cha ghar and its journey has been nothing short of overwhelming. From being an initiative not many people believed in to it becoming a space which welcomes people from all walks of life, Cha ghar has come a long way.

What started as a small canteen serving just tea and snacks to now serving full fledged meals catering to the varied needs of the hospital staff, people coming to the OPD or even residents looking for a change in taste from their mundane hospital food, Cha ghar has been able to capture the ethos that it aimed to. We are immensely grateful to all our supporters and our funders who believed in us and in our constituency and we hope that in days to come, we reach a stage where cha ghar will run on its own as a sustainable and replicable model.

“I have cooked at home but as is the reality for most women, it was never valued. Today, I work in Cha ghar, earn money every month, save it, buy things which I desire and I am valued! It has given me an identity and a zeal which I did not have earlier. I feel, Cha ghar has changed the perception people have of persons with mental illness or conditions living in mental hospitals. That I am capable as well... that I can be relied on...Anjali gave me that...”

[Transcribed and translated from conversations with a resident working in cha ghar]



DEPARTMENT OF HEALTH & FAMILY WELFARE
GOVERNMENT OF WEST BENGAL

Dhobi Ghar

the laundry project

ANJALI
Mental Health Rights Organization

A collaborative initiative of the Department of Health and Family Welfare, Govt. of West Bengal and Anjali



Dhobi ghar was initiated by Anjali in 2016. Though another livelihood initiative within the premises of a state run mental hospital, dhobi ghar did not just aim at economic empowerment of the residents trained and engaged in it but it was an initiative that directly challenged one of the most critical perceptions of people with psychosocial disabilities, living in mental institutions- hygiene. People with psychosocial disabilities are most often considered to be ‘dirty and unclean’ and dhobi ghar, a laundry unit run by the residents of a mental institution shatters this notion. Over the years, dhobi ghar has trained and employed over 65 men and women. Dhobi ghar has carved its own journey from being a funded project to an automated laundry unit running on its own. We started with washing the linen of Calcutta Pavlov hospital and now we have memorandums with Baruipur state general hospital, Lumbini Park mental hospital and we are underway to signing a contract with CNMC [Chittaranjan National Medical College]. Dhobi ghar ran as an essential service during the pandemic. At the juncture of Anjali’s 20th year, dhobi ghar employes 24 residents,

where 3 of them draw a salary of about Rs 10000 every month. This again, is just not incredible but speaks volume of the dedication and potential of these individuals who work 8 hours each day. Dhobi ghar has been yet another step towards destigmatising mental illness and we are again, immensely grateful to all our well wishers and funders who have supported us unconditionally and believed in our theories of change!

“I started with working for about 2 hours in dhobi ghar but I realised that I had the potential to do more. I learnt from the Supervisors, trained myself better and today I work 8 hours a day. Had I not got this opportunity, I would have never thought I could push myself this far. It has not only given me the confidence to keep striving for more but has enabled me to save money for my own future when I leave the hospital as I have no family. I feel I am a great example of how people with mental health conditions need to be seen and if given an opportunity, we can prove ourselves. I feel I don’t need to prove anyone but my own self and dhobi ghar has given me that!”

[Transcribed and translated from conversations with a resident working in dhobi ghar]





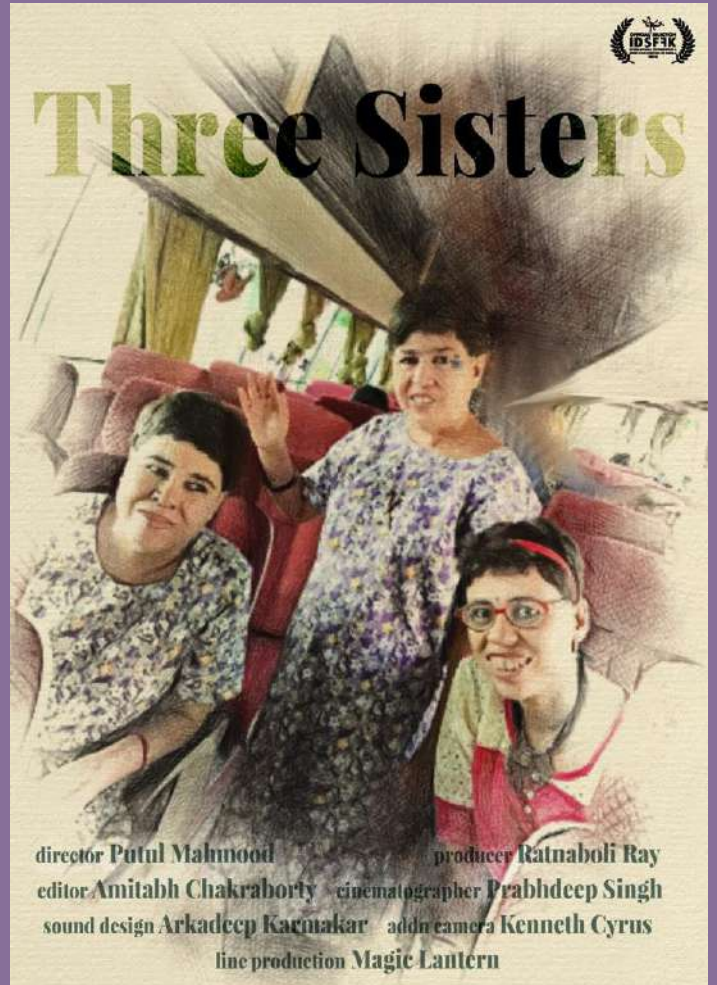








20
years

























Which way do we slice it?
Sex worker/non sex worker?
What if we slice it along
Sex/love
Can i fuck without the shadow of love?
Let alone sell sex
Can I support the right to sex work?
And not just the right of sex workers?

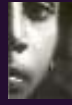
Which way should we slice it?
Lesbian/straight?
Allies from a safe distance?
But do those stirrings of desire
For her
Really leave you straight?
Which way do we slice it
Lesbian/straight?
What if we slice it at the very line of desire
For now_ same sex desire

Jaya Sharma is a queer, kinky feminist who is
She is part of the Kinky Collective

Which way do we want to slice it?
Delit/Non Delit?
No funning from it
Privilege
Violation
Hyper sexualization
But what if we slice it along desire
The desires of Delit women?
Which way do we want to slice it?
Kinky/vanilla?
But that love bite...
Right there on your neck?
And that time when your arse were plumped above?
How do you want to slice that?
So say, Which way do we slice it?
What if we slice it at the very line of desire
Pain/pleasure
Power/lessness

Which way do we want to slice it?
Disabled/Non disabled
What if we slice it along desire?
Slice the idea of the body beautiful
Revealing just that crazy need to be touched
For now
Nothing more nothing less
Just touch as





ANJALI

P-101, C.I.T. ROAD,
KOLKATA - 700014,
WEST BENGAL, INDIA

Contact -
+913335441751

info@anjalimhro.org

www.anjalimhro.org



The MIND Matters Anjali Mental Health Rights Organisation



@AnjaliMHR



anjali_mentalhealth



Anjali MHRO

Annual Report curated by :

Kathakali Biswas

Overall Supervision :

Ratnaboli Ray