

ANJALI



ANNUAL

2022 - 2023

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



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, the Municipalities and the Gram Panchayats** 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

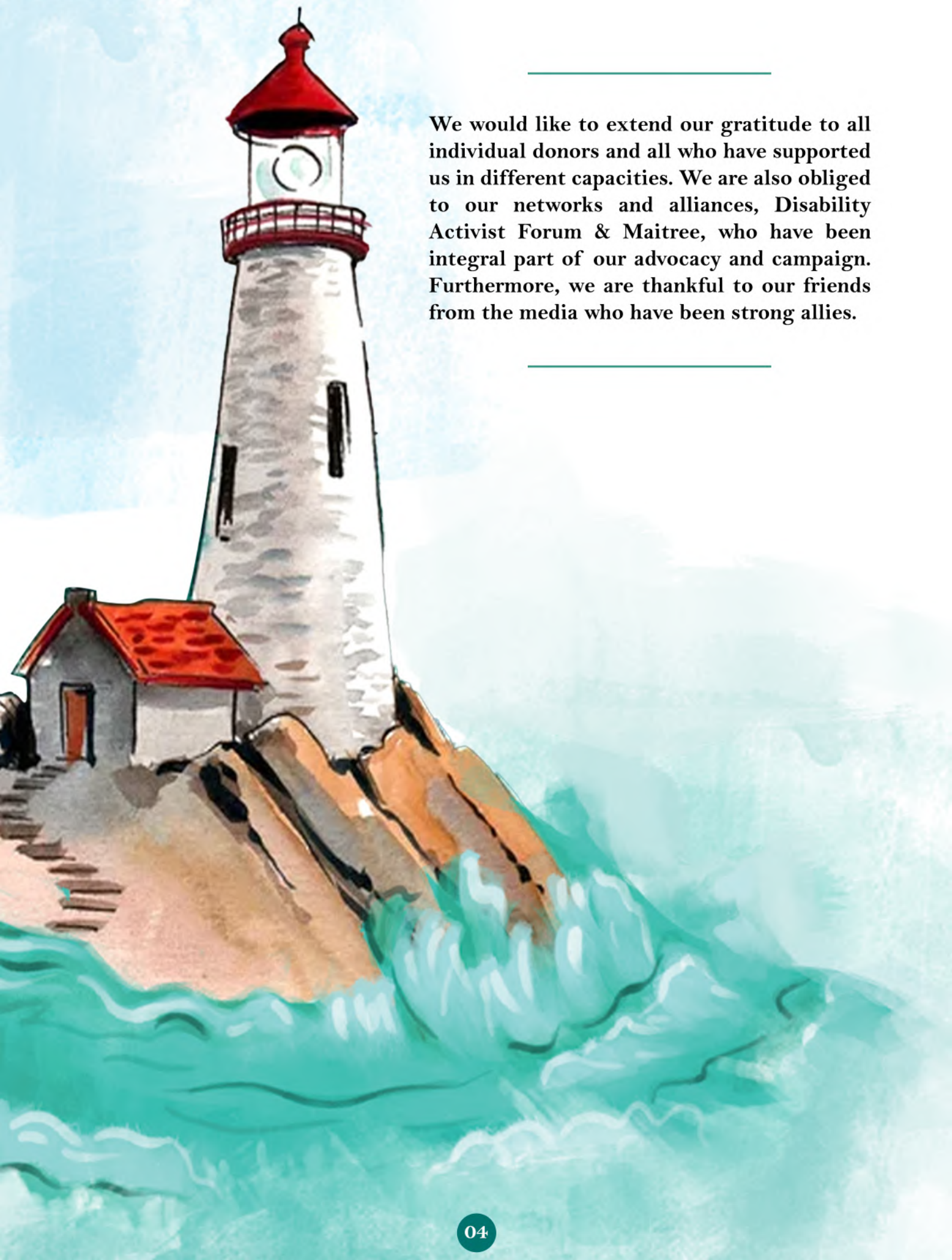
Human Capability Foundation

The Grow Fund

Department of
Women and Child Development
and Social Welfare, West Bengal



**THANK
YOU!**



We would like to extend our gratitude to all individual donors and all who have supported us in different capacities. We are also obliged to our networks and alliances, Disability Activist Forum & Maitree, who have been integral part of our advocacy and campaign. Furthermore, we are thankful to our friends from the media who have been strong allies.

CONTENTS

01 Our Vision
Our Mission



Acknowledgements 02

07 Let's Go!



Message from 09
Our Trustee



Strengthening 10
Organisational
Resilience and Chartering
Innovative Territories

11 Exploring
New Pathways



Pratyay 12
A Journey towards
Independent Living

14 Popularising
Discourses around
Mental Health and
Well Being



National 15
Recognition

16 Steering The Lens and
Establishing Mental Health
within The Larger
Framework of Rights



Chartering 21
International
Territories



22 Voyaging
New Landscapes



Strengthening 23
Alliances



24 Anjali's Creations Find A
Larger Audience



A Glance at Our 25
Quantitative Impact
2022-2023



26 A Glimpse of
Our Financial and
Audit Reports



Our Board 29
of Trustees



33 Media
Advocacy



Our Fellow 30
Travellers



Glimpses of 35
Our Journey This Year



I would like to begin by expressing my deep gratitude to all of you, our fellow travellers and voyagers who have been with us in this journey. This year has been all about exploring and voyaging through uncharted territories and what a pleasure it has been, embarking on new expeditions and finding our way through.

Assisted living had been a dream for several years. Article 19 of the UNCRPD clearly talks about the rights of persons with disabilities to live independently and be included in the community. Pratyay, mon er moto ghor, is that step towards building an ecosystem of care and striving towards creating spaces for people with psychosocial disabilities through an assisted living facility where recovered people from public mental health systems can move towards an independent life of dignity. Contrary to the government naming it as a halfway home, we have named it assisted living as here people live independently with agency with some sort of assistance from us. Pratyay, for us, is thus a hope of an inclusive world and a community that challenges the concept of normalcy and what a family is or can be. It is a space where independence dances seamlessly with interdependence.

This year has also been about re-evaluating our strategies and re-visioning our growth path. Our strategies, over the years, have been the main pillars of change and this year has been a lot about introspecting and looking inward along with investigating the landscape of the mental health sector at large. Distress and mental health conditions are growing and so is the mental health care gap. Our community mental health program has been able to cater to this mental health care gap while at the same time building a continuum of care in resource poor communities. Our emphasis, henceforth, will be on communities and scaling deep and wide towards deinstitutionalisation, which meant, re-visioning our institution based program as well. For us, deinstitutionalisation is not rehabilitation but that all individuals should be offered and gave access to a wide range of services beyond institutions.

In order to bring about paradigm shifts in the mental health discourse, it has also been crucial to build my team's resilience and capacities. We are a growing team with a big bunch of young individuals and, so, for the first time, we have taken up an organisational development process work

Let's Go!



RATNABOLI RAY

focusing on selves and the heroes in each one of us. The Senior Management team, in Anjali, has been operating for several years but proper coaching to build a robust SMT has also being initiated this year, and I am happy to share that it has been an extremely intensive yet exhilarating process.

It gives me immense pleasure to also share with you that our film, Three Sisters, won the National award for Best film on social issues at the 68th National Film Awards. This was unexpected but extremely overwhelming. The three sisters still remain at Lumbini Park mental hospital but the fact that their journey and grace in the face of rejection and discrimination found an audience means that the mind-set towards mental illness is changing and thus gives me hope, not just passive hope but hope that draws us on and keeps motivating us.

This year has also been exciting for me as I embarked on two extremely interesting international voyages for work. The first one was actually unexpected as I had not believed in the invitation being real as it had come to me on social media! But what an experience it was! Madnicity in Venice took me to an island which had a now abandoned mental institution and the exhibition opened my eyes to what art can do and how the magic of madness and celebrating our lived experiences of being 'mad' can transform spaces, discourses and perspectives. Madnicity challenged the very concept of what normalcy is, while at the same time, not romanticising it. It also gave me an opportunity to talk about my own journey and the paths I have traversed.

The well-being summit, on the other hand was more about meeting old friends and making new ones. It was definitely inspirational and what intrigued me was how the concept of well-being has become a global phenomenon! The creative mediums of art, music and installations were extremely powerful and further unpacked how wellbeing is not about treating a chemical imbalance but more than that—it is about the soul.

Taking on the kind of work that we do and building deep impact could have never been possible without the unconditional support from our funders. Having said that, the funding landscape in the country is also changing and this was also about working towards changing the course of philanthropy for mental health in the country. Mental health has been one of the most neglected areas not just within the framework of health but also when it comes to grants. Looking at mental health from an intersectional lens and establishing it as a development agenda and not just a health issue has been a priority for us and connecting with diverse philanthropists to build this knowledge will, I hope,

change the psyche and the whole course of funding in the sector.

It's been over 23 years of sailing, pivoting, shifting the rudders and exploring and it has enriched us with such rich repositories of stories, experiences and learnings. From working within public mental health systems to the community to the assisted living facility, I feel the cruise has been exceptional but as every young adult questing for more, we are just getting started! We are geared up to broaden our horizons, wander, take more varied and untraced paths and build ourselves and our ship to take on fresh and new expeditions and quests and I welcome you all to join us in this adventure and odyssey of life.

I cannot rest from travel: I will drink
Life to the lees: all times I have enjoy'd
Greatly, have suffer'd greatly, both with those
That loved me, and alone; on shore, and when
Thro' scudding drifts the rainy Hyades
Vext the dim sea:

-Ulysses

Ratnaboli Ray

Director & Managing Trustee, Anjali



Message from Our Trustee



Ranjini Mukherjee

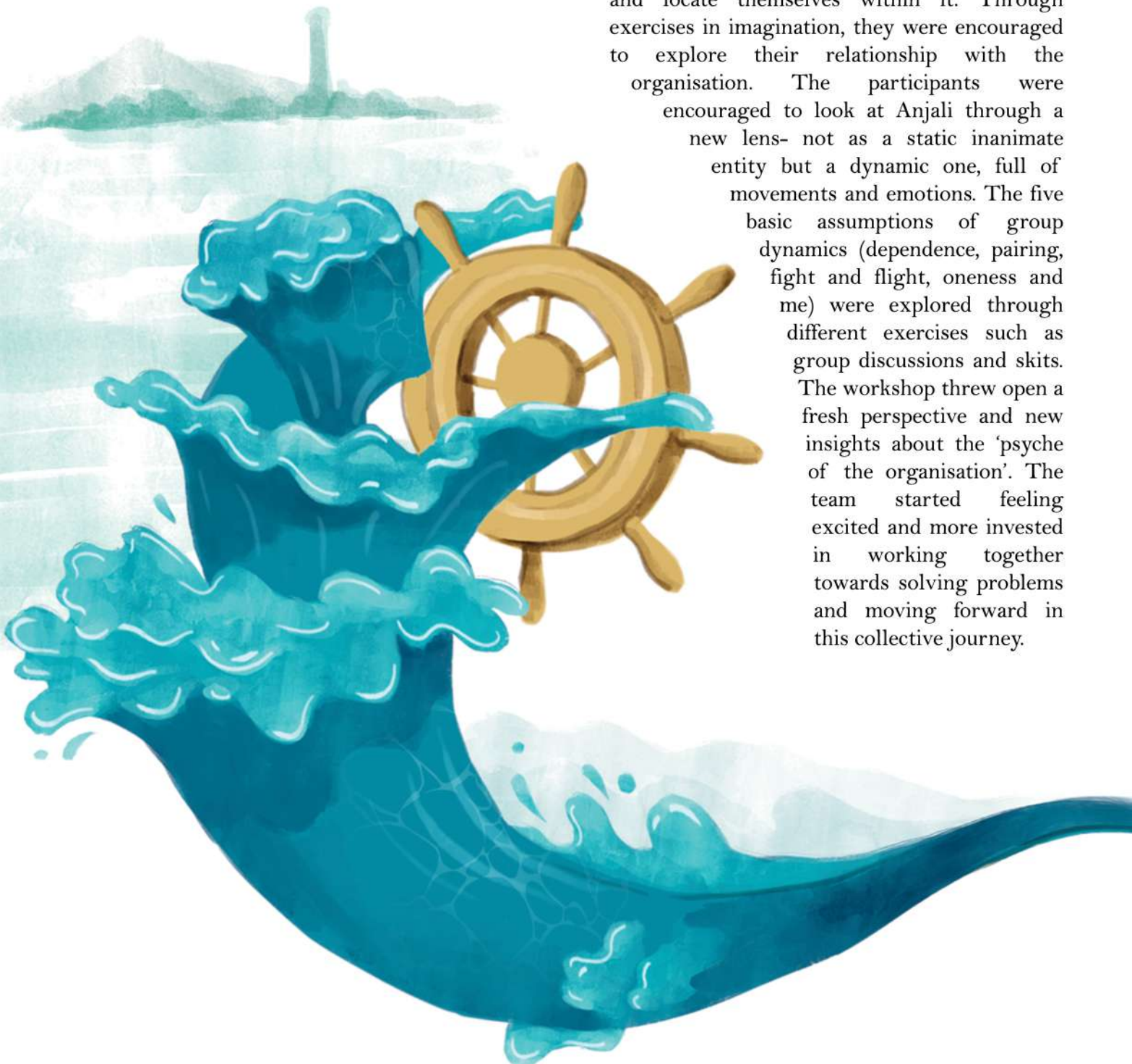
Trustee, ANJALI

“ The journey and its experience in the past years at Anjali have been enriching, meaningful and productive. Look forward to many more exciting years ahead!

”

Strengthening Organisational Resilience and Chartering Innovative Territories

An Organisational Development workshop was held in early 2023 aiming at strengthening the capacities of our staff and motivating them to combat the obstacles in the path of organisational growth and development. Conducted by an external facilitator, this was a deeply immersive process where the team spent two days in a retreat away from the city, engaged in introspection, dialogue and reflections. Through guided meditation, the participants were encouraged to become explorers in their internal pools of emotions. The workshop consisted of activities where they were encouraged to travel around the map of Anjali and locate themselves within it. Through exercises in imagination, they were encouraged to explore their relationship with the organisation. The participants were encouraged to look at Anjali through a new lens- not as a static inanimate entity but a dynamic one, full of movements and emotions. The five basic assumptions of group dynamics (dependence, pairing, fight and flight, oneness and me) were explored through different exercises such as group discussions and skits. The workshop threw open a fresh perspective and new insights about the 'psyche of the organisation'. The team started feeling excited and more invested in working together towards solving problems and moving forward in this collective journey.

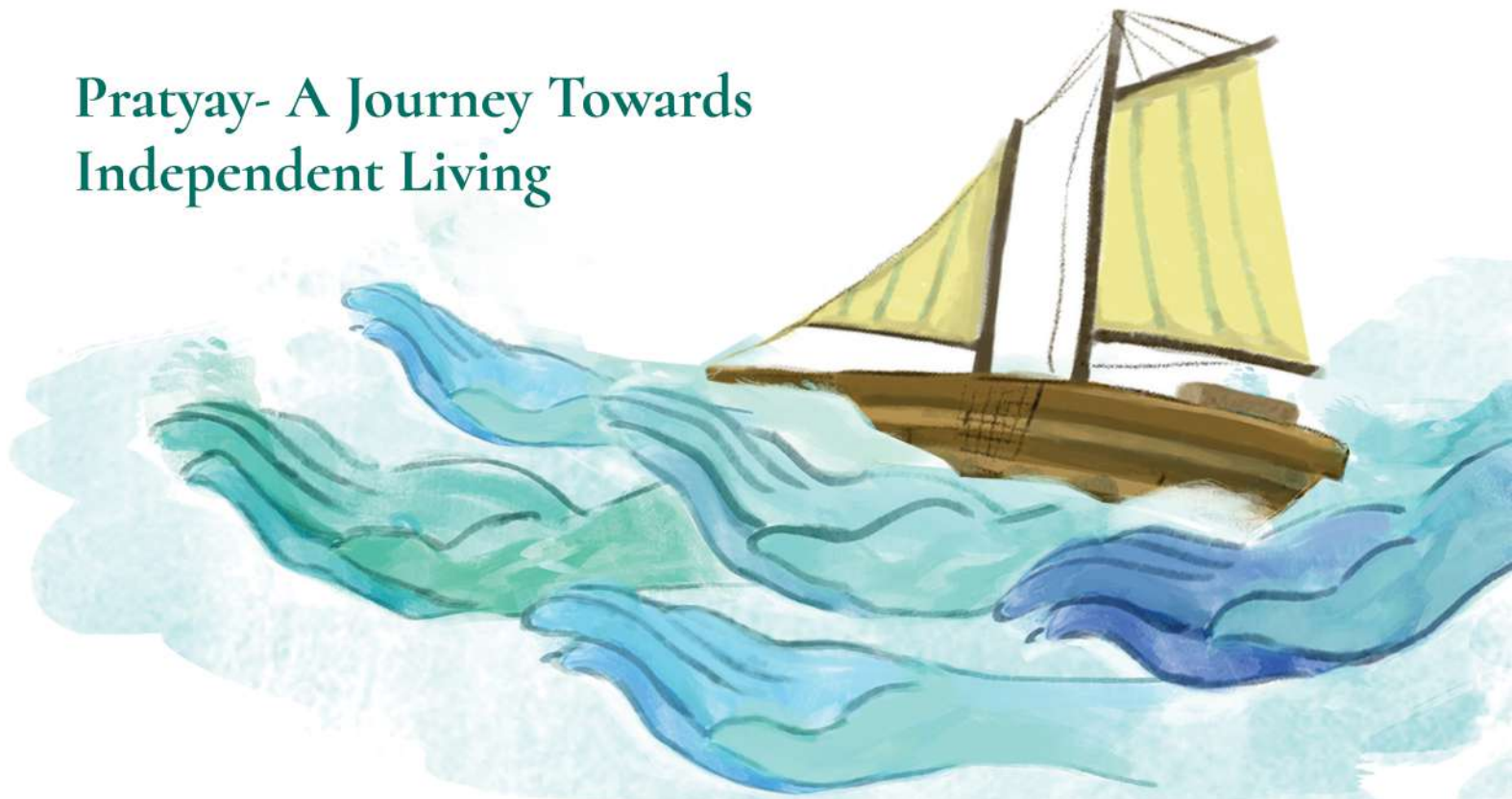


Exploring New Pathways

A strategic planning workshop was conducted to strengthen the internal systems and processes of the organisation. The objective of the workshop included devising a five-year organisational strategic plan as well as mapping Anjali's destination and pathways for future travel. The team spent two days engaged in analysis, creative goal setting and problem-solving. There was introspection and evaluation of the impact created by Anjali's voyage in the last five years. Based on that, the team members were encouraged to work collaboratively to envision the future and chart a growth map based on this imagination. A five-year strategic plan has been formulated, as a result, of this process which will push us towards not only challenging ourselves but also pushing the boundaries in the sector.



Pratyay- A Journey Towards Independent Living



Our assisted living facility, Pratyay, started its operations in July 2022. Set up by the West Bengal state government in a collaborative initiative with Anjali, Pratyay (meaning resolve) is built for people from vulnerable and marginalised socio-economic backgrounds who have psychosocial disabilities, and who have lived in state-run mental institutions. Individuals who have recovered from mental health conditions and who have no family or home to return to, and who have the capability to participate in the labour force and, most importantly, have consented to living in Pratyay, are selected following a systematised screening process set up by the state government in collaboration with Anjali. After the selected persons enter Pratyay, they are gradually engaged in a variety of engagement sessions and dialogues to further enhance their capacities, skills and to also nurture their ‘self’, their desires, hope, fears, pain, and love. They are also engaged in a variety of skill training sessions aimed at enterprise building.

Being in a mental institution often takes away an individual’s perception of well-being—the integration of the emotional, social, and the physical. The engagement sessions such as dance movement, hobby pottery, etc are aimed at encouraging the residents to look inward, to feel, to rediscover their voice, their agency, and self-expression. Sessions such as doll making, soap making, block printing and baking are aimed at training for skills to build enterprise. Soaps and dolls made at Pratyay have also been sold in the market, indicating that they can become useful mediums of livelihood in the future. These sessions are mediums used to tap into the inner subjectivities of the residents in order to encourage and motivate them to believe in themselves and reclaim their narratives. Pratyay is a space of hope, friendship and determination and here, independence and interdependence merge seamlessly with each other and these mediums enable the residents to gain that perception.



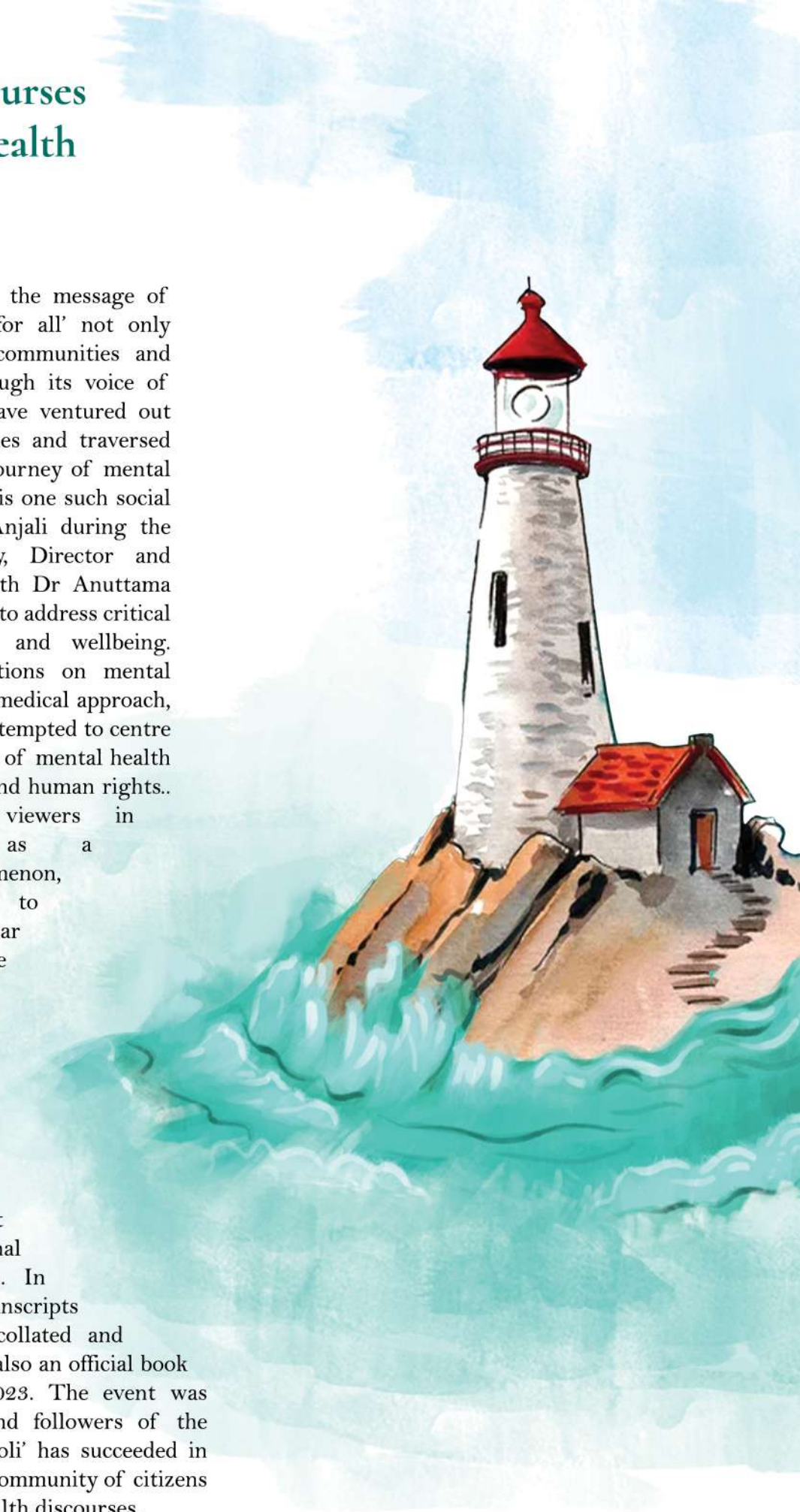
Thirty four residents are living in Pratyay as of March 2023. Since their entry into Pratyay, the residents have been going through a transitional journey. The pathway has its fair share of obstacles and challenges but they are battling all difficulties with unwavering courage. They are being groomed towards building skills required for employment and independent/community living. Seven of them have found employment across fields of nursing, caregiving, movers and packers, office attendants and the BPO sector. In a few months' time, they hope to make arrangements and move forward in their journey towards independent living.

Pratyay is steadily moving ahead on its mission to establish a counter narrative to societal norms, to demolish the dominant understanding about people with mental health conditions, to create opportunities for social inclusion, and thus, to end discrimination.



Popularising Discourses Around Mental Health and Well Being

Anjali has been spreading the message of 'positive mental health for all' not only through its interventions in communities and mental hospitals but also through its voice of advocacy. Anjali's campaigns have ventured out into several uncharted territories and traversed numerous intersections in the journey of mental health. 'Anu-shonge Ratnaboli' is one such social media campaign initiated by Anjali during the pandemic. Ms Ratnaboli Ray, Director and Managing trustee, together with Dr Anuttama Banerjee, psychologist, continue to address critical issues around mental health and wellbeing. Though most other conversations on mental health are dominated by the biomedical approach, this campaign has consciously attempted to centre the dialogue in the intersections of mental health with society, culture, economy and human rights.. This programme assists viewers in understanding distress as a multi-dimensional phenomenon, instead of reducing it only to pathological definitions. Popular themes explored here include those of loneliness, divorce, sexuality, trolling, jealousy, motherhood and so on. The campaign has achieved tremendous popularity and continues till date. The outreach of the programme has been such that people now consider this a safe space to put forth queries around personal issues without feeling judged. In Kolkata Book Fair 2023, the transcripts of the episode videos were collated and published as a book. There was also an official book launch event held in April 2023. The event was attended by many listeners and followers of the campaign. 'Anu Shonge Ratnaboli' has succeeded in creating a growing, empathetic community of citizens who are sensitised on mental health discourses.

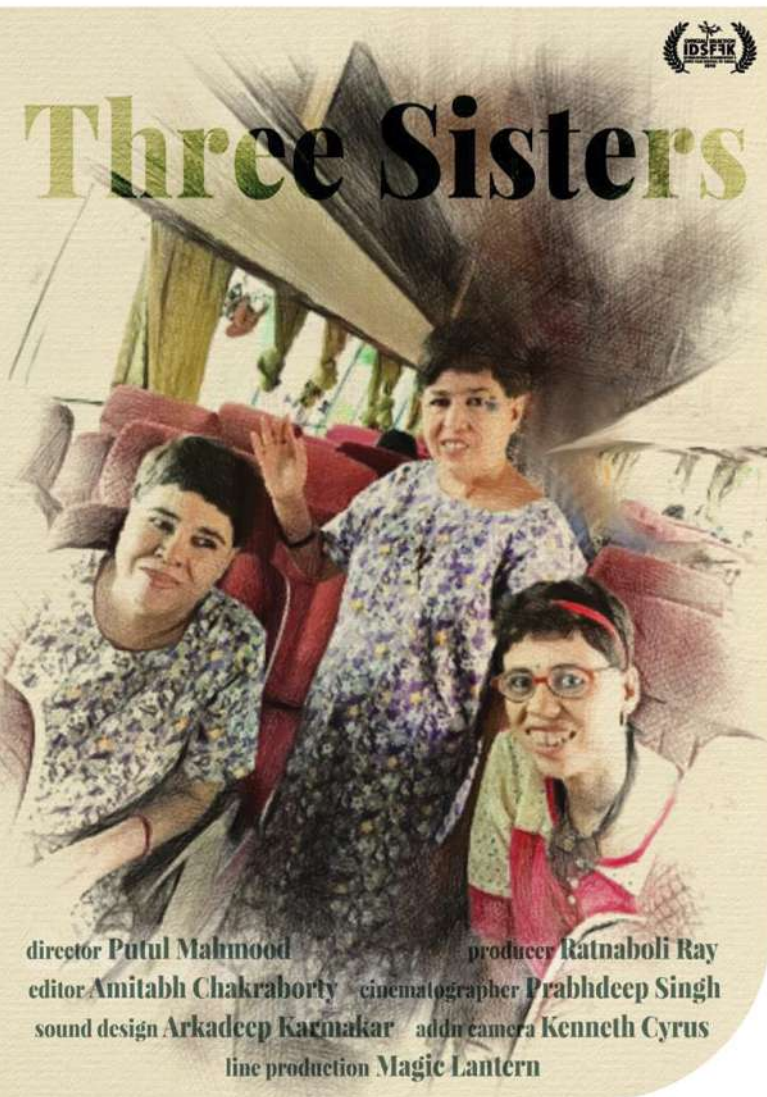


National Recognition

Three Sisters won the National Award for the Best Film on Social Issues at the 68th National Awards. This has been an extremely overwhelming moment for all of us as it was a big step towards opening a discourse about people with mental health conditions, their lived experiences, and the different kinds of struggles they deal and cope with on a daily basis. It was also a significant step towards visibilising psychosocial disability on a bigger platform and for a larger mass.

Three Sisters is the second film in the trilogy of films 'Love In the Time of Madness' directed by Putul Mahmood and produced by Ratnaboli Ray.

Three sisters— Shikha, Rupashi and Seema— were forcibly admitted by their family to the government run Lumbini Park Mental Hospital in Kolkata, twenty years ago. They have been living there ever since, separated from and neglected by their family who never visit them.



director Putul Mahmood producer Ratnaboli Ray
editor Amitabh Chakraborty cinematographer Prabhdeep Singh
sound design Arkadeep Karmakar additional camera Kenneth Cyrus
line production Magic Lantern

“

On a hot humid afternoon in August 2017, an attempt was made to persuade their family to take the three sisters back home. My film crew and I traveled with some social workers and the three sisters to their home near the border between Bangladesh and India. This is a story about the three sisters' madness, their longing for familial love and their tremendous grace and dignity in the face of the denial of that love.

”

— PUTUL MAHMOOD
Director, Three Sisters



Steering the Lens and Establishing Mental Health Within The Larger Framework of Rights

In the beginning of this year, Janamanas took upon efforts to showcase its vision towards deinstitutionalizing mental health care services and making it available, affordable and accessible to those belonging to the marginalized sections of the community by putting together a short film.

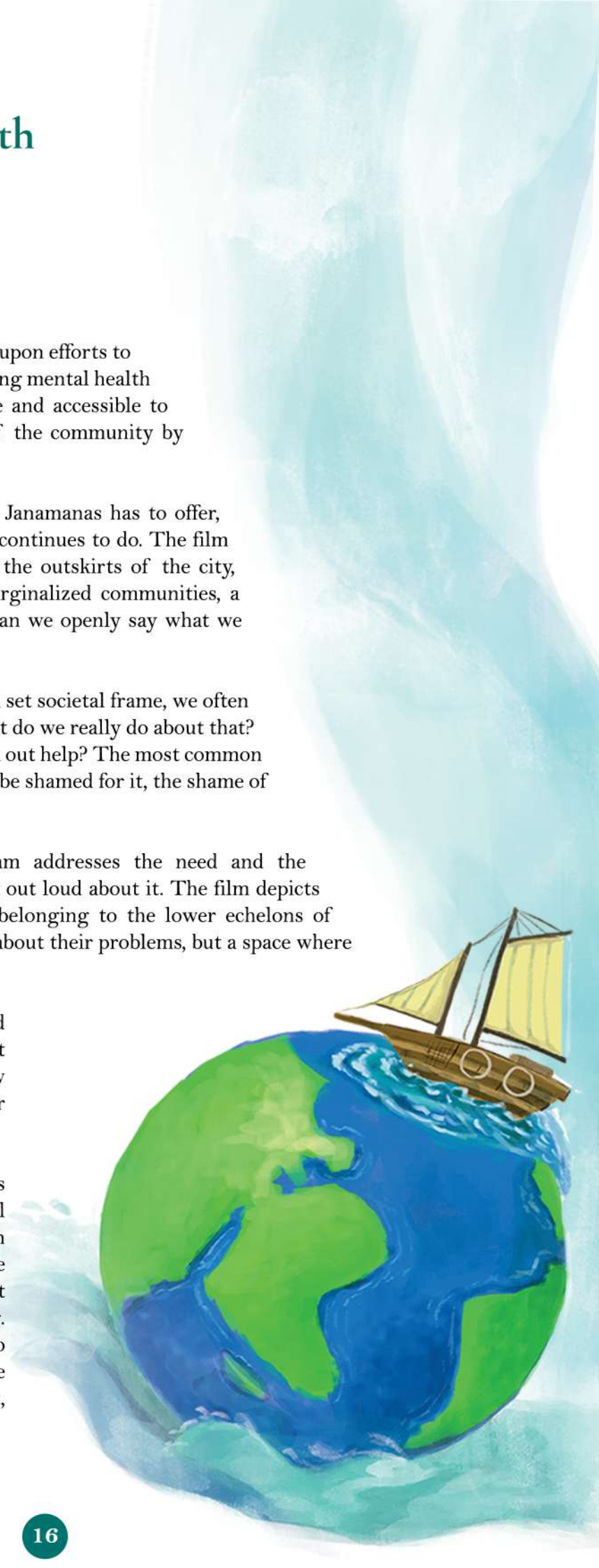
The film acts as a medium to put forth all that Janamanas has to offer, what effects it has had on its clients and what it continues to do. The film begins with a group of Janamanas workers, at the outskirts of the city, addressing a group of people belonging to marginalized communities, a very important and often neglected question, “can we openly say what we are feeling?”

In trying our best to always fit ourselves within a set societal frame, we often lose our way, and this has an effect on us. But what do we really do about that? Do we really talk about it to someone else, or seek out help? The most common answer would be “No”, because we fear we might be shamed for it, the shame of being called weak.

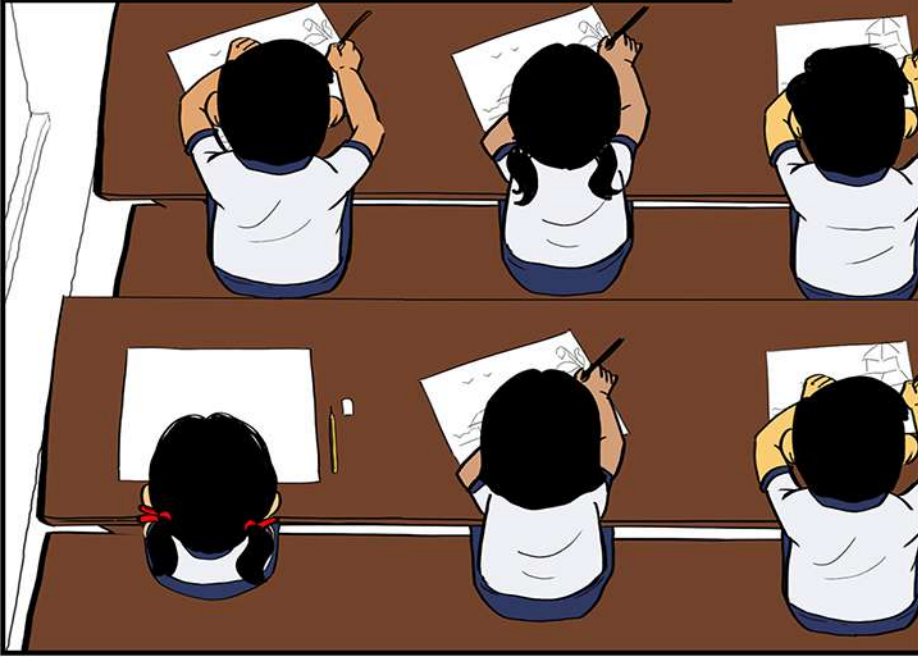
The film put together by the Janamanas team addresses the need and the importance of talking and the benefit of talking out loud about it. The film depicts how Janamanas offers people, especially those belonging to the lower echelons of society, a space where people can not only speak about their problems, but a space where they are not judged for it.

Stories of how Janamanas has positively affected people, are brought to light through the short film—how by simply talking to our fellow Janamanas “Didis”, people have regained their hopes of living, and finding a purpose.

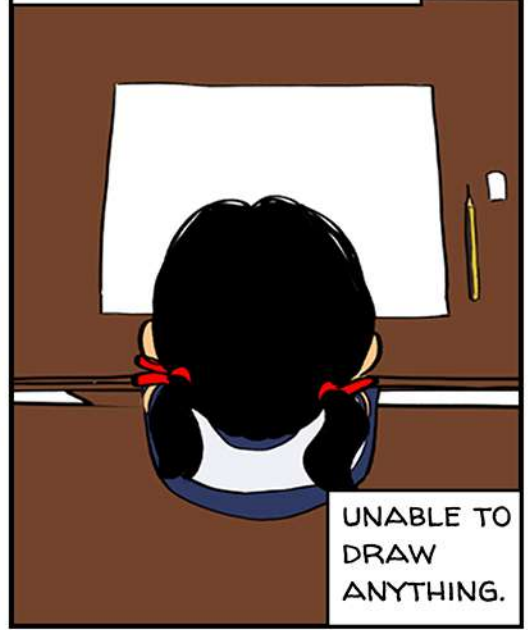
One of our workers illustrates her life struggles too, to show the audience that having mental troubles is normal, that everyone has their own sets of challenges, and there is no shame in it. The movie ends with a display of Janamanas’ most important initiative—door to door campaigning. It shows how Janamanas has taken upon itself to start from the root, make each household aware of mental health, and how it is equally important, if not more as compared with physical health.



IT IS DRAWING PERIOD IN SCHOOL, EVERYONE IS DEEPLY ENGROSSED IN THEIR SKETCHES...

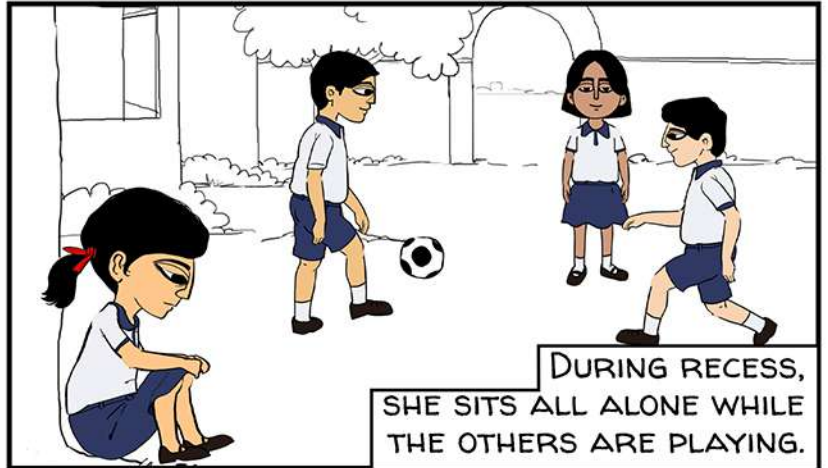


BUT, ONE LITTLE GIRL IS SITTING WITH AN EMPTY PAPER...



UNABLE TO DRAW ANYTHING.

SHE SEEMS DISTRACTED SOMEHOW.



DURING RECESS, SHE SITS ALL ALONE WHILE THE OTHERS ARE PLAYING.

HA! HA! HA!
HA! HA! HA!

AS THEY LEAVE AFTER SCHOOL, HER CLASSMATES MAKE FUN OF HER—TEASING HER FOR BEING 'ODD'.



BACK AT HOME, SHE SITS IDLE, FEELING EMPTY AND DEJECTED.

WHAT IS IT, DEAR?
WHY DO YOU SEEM
SO SAD?



SHE BREAKS INTO TEARS BUT SHE DOESN'T REALLY KNOW WHY...



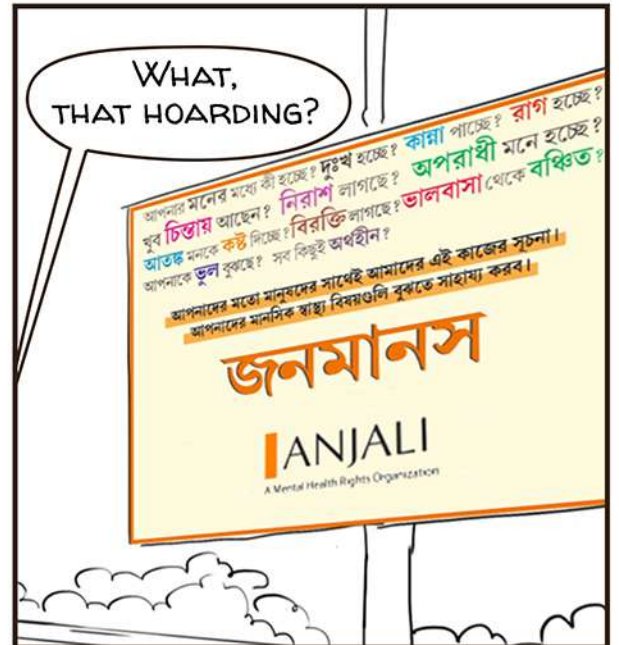
ANXIOUS ABOUT THEIR DAUGHTER, HER PARENTS DON'T KNOW WHAT TO DO.



HEY, DO YOU
SEE THAT?



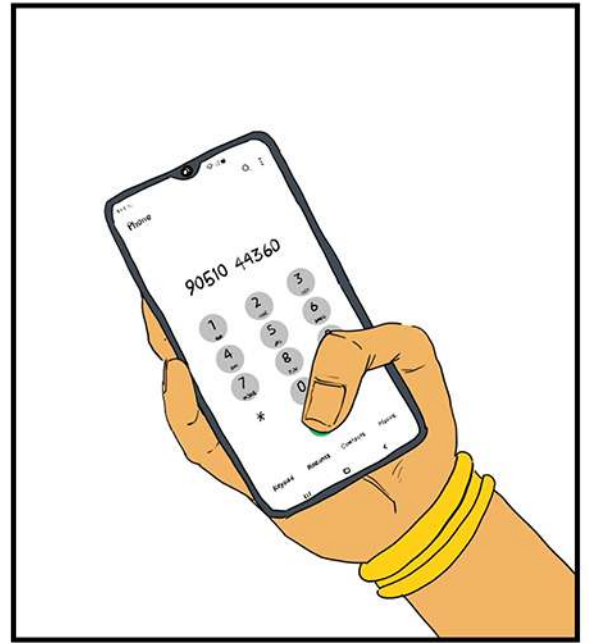
WHAT,
THAT HOARDING?





IT SEEMS LIKE THEY'RE TALKING ABOUT CHHOTI. DO YOU THINK THEY COULD HELP HER?

LET'S CALL THEM AND SEE...



ALL THREE OF THEM ARE SITTING IN THE WAITING ROOM AT THE JANAMANAS CENTRE.



THE FRIENDLY LADY SITTING INSIDE BEGINS CHATTING WITH CHHOTI. SHE IS A COMMUNITY MENTAL HEALTH WORKER.



OVER THE NEXT THREE MONTHS, THEY VISIT THE JANAMANAS CENTRE REGULARLY.



DURING THEIR SESSIONS, THEY PLAY AND TALK ABOUT CHHOTI'S LIFE, HER FEELINGS AND EMOTIONS.

THIS IS CALLED 'PLAY THERAPY'.

SLOWLY BUT STEADILY, THE LITTLE GIRL OPENS UP. SHE IS NO LONGER SILENT...

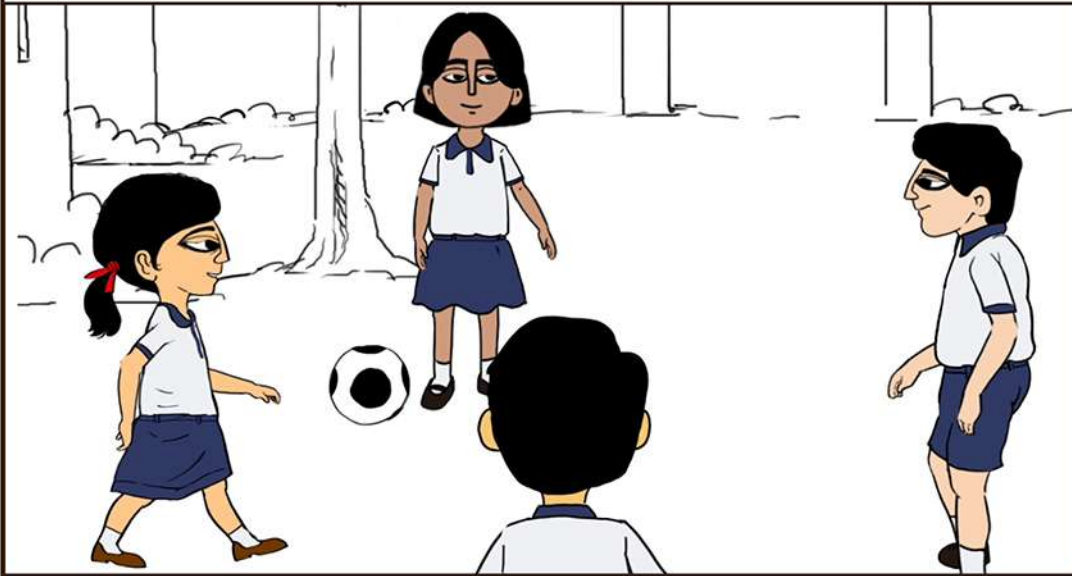


HER FEELINGS ARE NOT BOTTLED UP ANYMORE. GRADUALLY, SHE BECOMES MORE ACTIVE AND INVOLVED IN EVERYTHING.



IN DRAWING CLASS, SHE DRAWS FERVENTLY NOW, BRINGING HER IMAGINATION TO LIFE.

NOWADAYS DURING RECESS, SHE IS PROBABLY THE MOST ENERGETIC PERSON ON THE PLAYGROUND.



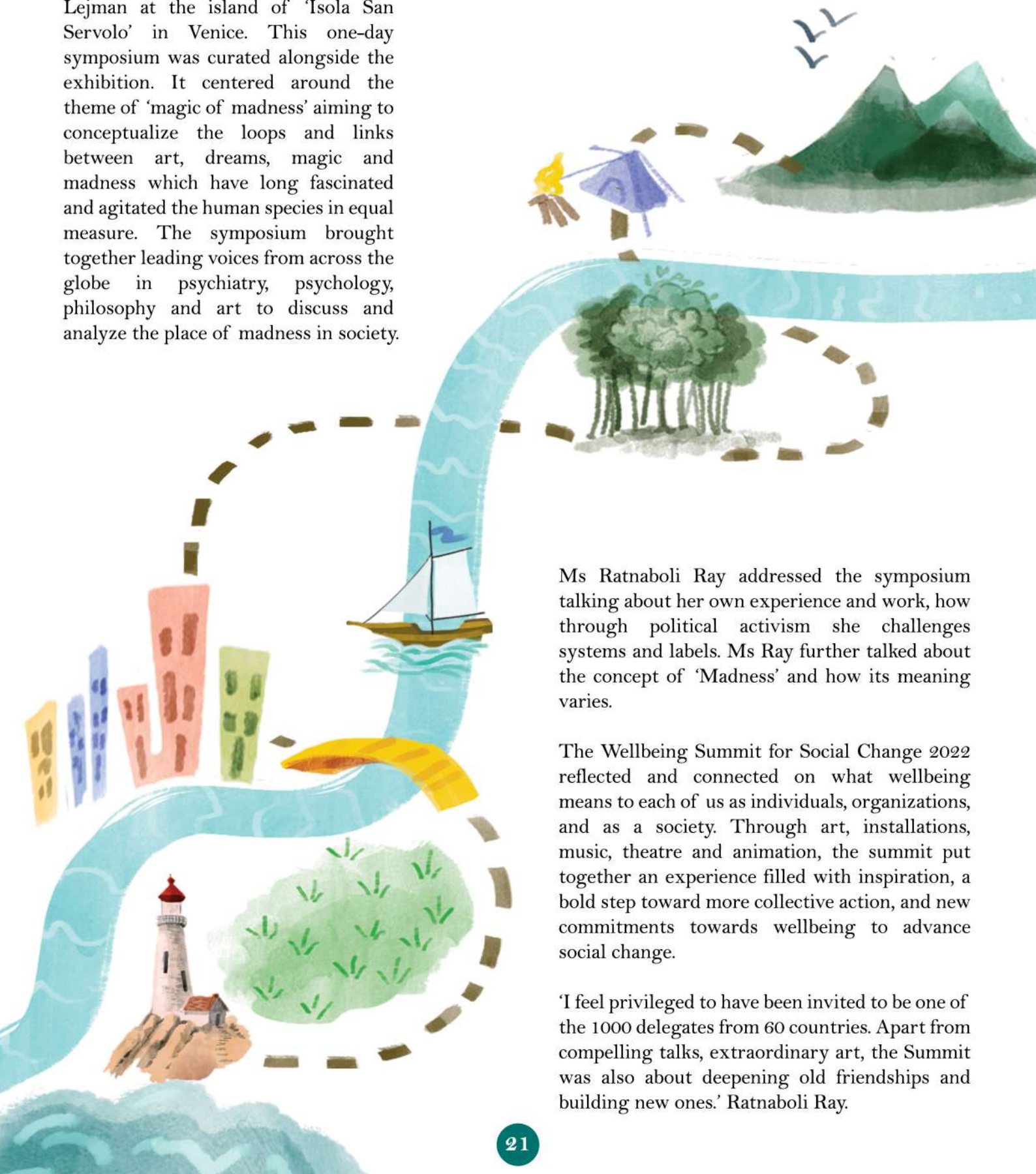
AND AT HOME, SHE IS HAPPY AND AT PEACE...



Ms Ratnaboli Ray embarked on some immersive international voyages this year.

The 'Madnicity Pavillion' was an off-Biennale collateral event showcasing an exhibition titled 'Lunatics' comprising eleven installations by the artist Dominik Lejman at the island of 'Isola San Servolo' in Venice. This one-day symposium was curated alongside the exhibition. It centered around the theme of 'magic of madness' aiming to conceptualize the loops and links between art, dreams, magic and madness which have long fascinated and agitated the human species in equal measure. The symposium brought together leading voices from across the globe in psychiatry, psychology, philosophy and art to discuss and analyze the place of madness in society.

Chartering International Territories



Ms Ratnaboli Ray addressed the symposium talking about her own experience and work, how through political activism she challenges systems and labels. Ms Ray further talked about the concept of 'Madness' and how its meaning varies.

The Wellbeing Summit for Social Change 2022 reflected and connected on what wellbeing means to each of us as individuals, organizations, and as a society. Through art, installations, music, theatre and animation, the summit put together an experience filled with inspiration, a bold step toward more collective action, and new commitments towards wellbeing to advance social change.

'I feel privileged to have been invited to be one of the 1000 delegates from 60 countries. Apart from compelling talks, extraordinary art, the Summit was also about deepening old friendships and building new ones.' Ratnaboli Ray.

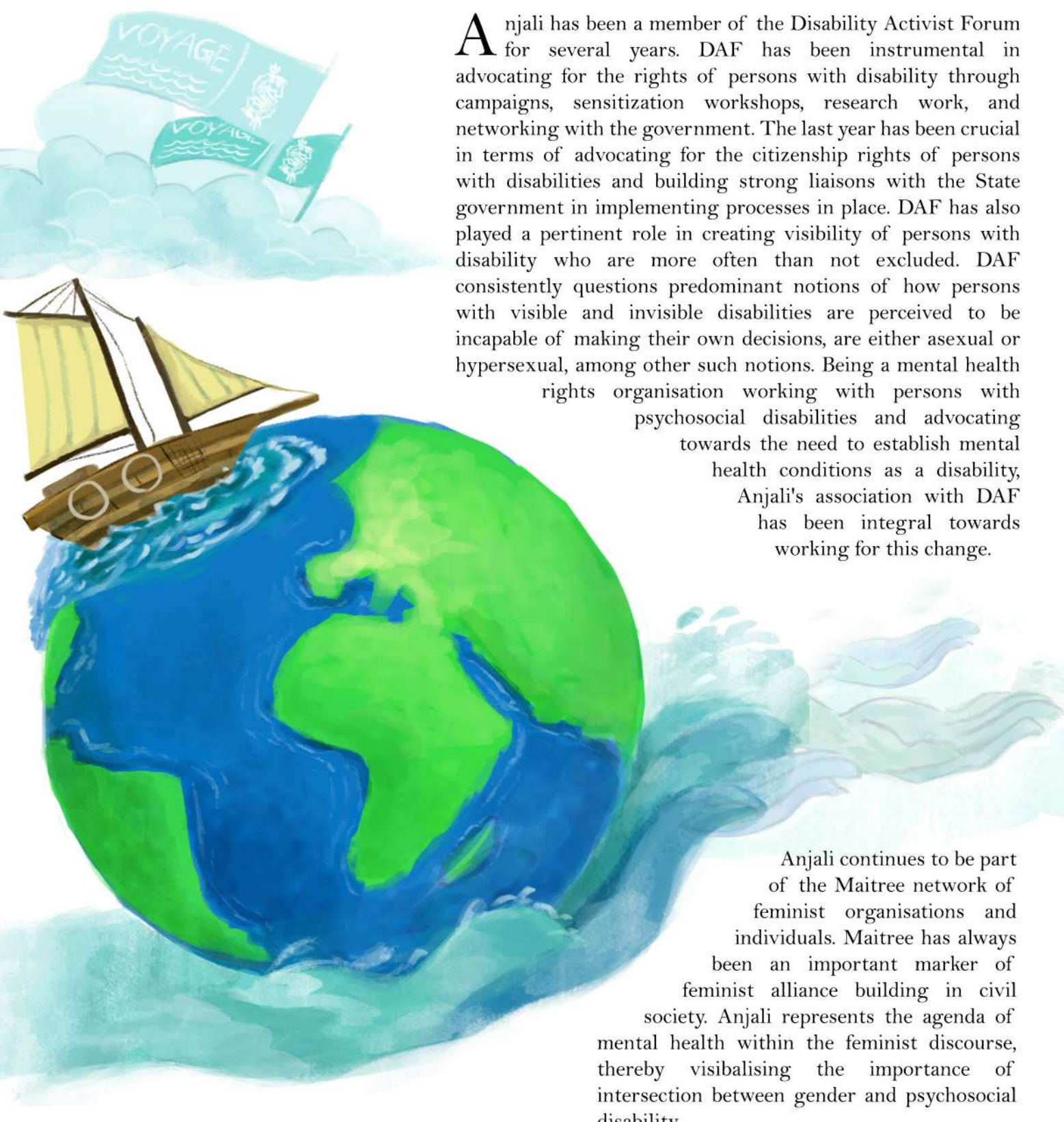
Voyaging New Landscapes

As Anjali tries to expand its boundaries beyond the borders of Bengal, it takes on the initiative to collaborate with MHI in a project in Koilwar Mental Hospital, Bihar.

Anjali's role here was to offer its knowledge, expertise and consultancy support in implementing the 'Miljul Project', which is a variant of the Anjali's Voices Project in West Bengal. The first phase of this consultancy period started officially in October and ended in April. During this period, teams from Anjali made monthly visits to Koilwar where they provided training in 'Social Recovery' to the MHI team implementing the project there. These included training the team to conduct home visits and reintegration, to conduct capacity building sessions with the residents of the hospital and to create a human rights friendly environment within the hospital premises. As part of the consultancy support, Anjali also made visits to halfway homes in Patna in order to train and psych educate the residents and the staff in these institutions.



Strengthening Alliances

An illustration featuring a wooden sailboat with yellow and white sails sailing on a stylized globe of the Earth. The globe is colored in shades of green and blue. Above the globe, there are stylized blue clouds and three flags. Two of the flags are light blue with the word 'VOYAGE' written on them, and one is a darker blue with a white emblem. The overall style is soft and artistic.

Anjali has been a member of the Disability Activist Forum for several years. DAF has been instrumental in advocating for the rights of persons with disability through campaigns, sensitization workshops, research work, and networking with the government. The last year has been crucial in terms of advocating for the citizenship rights of persons with disabilities and building strong liaisons with the State government in implementing processes in place. DAF has also played a pertinent role in creating visibility of persons with disability who are more often than not excluded. DAF consistently questions predominant notions of how persons with visible and invisible disabilities are perceived to be incapable of making their own decisions, are either asexual or hypersexual, among other such notions. Being a mental health rights organisation working with persons with psychosocial disabilities and advocating towards the need to establish mental health conditions as a disability, Anjali's association with DAF has been integral towards working for this change.

Anjali continues to be part of the Maitree network of feminist organisations and individuals. Maitree has always been an important marker of feminist alliance building in civil society. Anjali represents the agenda of mental health within the feminist discourse, thereby visibilising the importance of intersection between gender and psychosocial disability.

Anjali's Creations Find a Larger Audience



Anjali organized a three-day pop up exhibition under The Trunk, at Gallery Gold from 17th to 19th March, 2023.

The exhibition was a way to challenge common sentiments and notions of uselessness around residents of mental hospitals and about people with mental health conditions. Anjali's initiative of not only displaying but also selling the products made by these very residents in a public ableist domain is a showcase of their abilities, their talents, their creativity and most importantly their usefulness.

Anjali had put forth or rather flaunted an array of products, block prints, ceramics, Tuki dolls and soaps. A wide variety of block printed dupattas, scarfs, shawls, wrapping papers, cushion covers, curtains and bags which the recovered residents of Pavlov Mental Hospital had beautifully printed themselves, were put on display. The prints ranged from different sizes and colors of fishes to flowers and birds. Ceramics of small birds, vases and bowls, that were carefully hand moulded, baked and painted by the residents were also put on display. 'Tuki dolls' adorned the shelves on the day of the exhibition. Tuki dolls are hand stitched rag dolls made by the residents of the mental hospitals. The name is derived from a Bengali word 'tuki' which means 'hide and seek'. It is also a metaphor for people with psychosocial disabilities whose lives have been a constant struggle between being 'hidden' or invisibilised and 'seeking' as they strive to find and rediscover themselves every day.

Those living with mental health conditions are often portrayed to be unclean, dirty and filthy, but Anjali's initiative of soap making by the residents of the mental hospitals, thereby giving them the upper hand, is once again a challenge to the dominant ideas of sanitation. 'Sohag' is a Bengali word that translates to 'adore' in English. In Bengali, it means 'ador' and 'bhalobasha purno'. These soaps are a reminder of what touch means and can do to us. Soap making at Pratyay was not just an exploratory livelihood initiative but a deliberate step to challenge the skin hunger experienced by people with disabilities, for whom 'sporsho' or touch is very limited. Skin is the largest organ of the body, yet one that is often ignored. Anjali has given to these beautifully crafted soaps. Each of the items that were displayed served as markers of patience, intricacy, efficiency and hard work; from sewing to printing each textile with accuracy, love and passion.

Our team worked tirelessly, chalking out an effective selling strategy, displaying each product to all the customers with care and attention, talking to every customer, understanding their needs and demands. Their dedication and efforts were evident at the end of our three-day exhibition, as we were able to achieve our target and more. The success of the exhibition gave us hope, hope of people's acceptance, hope of inclusivity and hope of acceptance, hope that the coming exhibitions will be of greater success.

A Glance at Our Quantitative Impact

2022-2023

Total number of **participants**
Anjali is directly working with
in 4 state run hospitals

221

Total number of **residents** in
all the 4 state-run hospitals:

1566

(our universe in the hospitals)

We currently have
45
residents in Pratyay

Janamanas caters to about
440
people in North Dum Dum and Purulia
through **talk listen talk therapy**

Our **total outreach** in
the year has been about
45000
by **people in the communities**

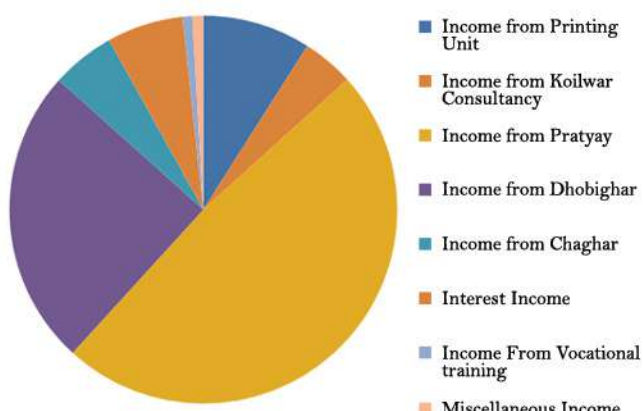
We have been **able to reintegrate**
154
people during this year

We have worked with about
100
stakeholder at different levels

10
post editorials on mental health
by the **Director**

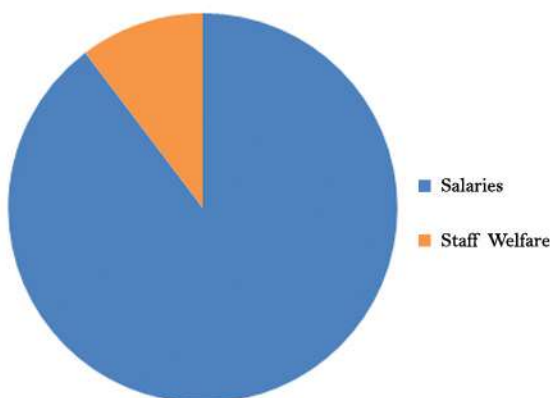
A Glimpse of Our Financial and Audit Reports

UNRESTRICTED INCOMES FY 2022-23 :



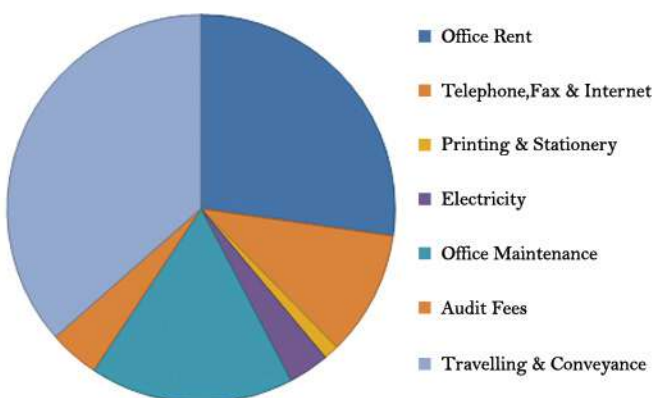
Sl. no	Unrestricted Incomes	Amount
1	Income from Printing Unit	₹ 771,132
2	Income from Koilwar Consultancy	₹ 368,000
3	Income from Pratyay	₹ 4,149,868
4	Income from Dhobighar	₹ 2,127,156
5	Income from Chaghar	₹ 452,942
6	Interest Income	₹ 546,518
7	Income From Vocational training	₹ 67,881
8	Miscellaneous Income	₹ 78,192

TOWARDS STAFF :



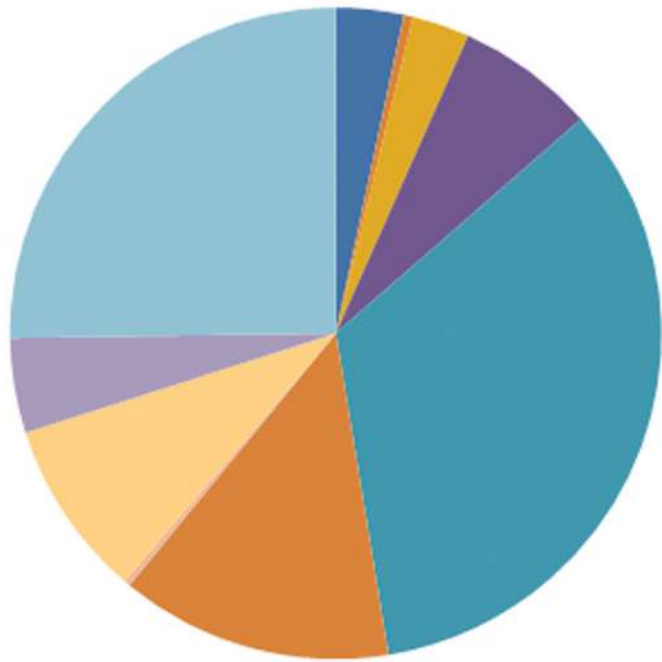
Sl. no	Towards Staff	Amount
1	Salaries	₹ 9,285,937
2	Staff Welfare	₹ 1,068,091

OVERHEADS :



Sl. no	Overheads	Amount
1	Office Rent	₹ 1,024,000
2	Telephone, Fax & Internet	₹ 392,384
3	Printing & Stationery	₹ 47,225
4	Electricity	₹ 127,892
5	Office Maintenance	₹ 640,073
6	Audit Fees	₹ 156,840
7	Travelling & Conveyance	₹ 1,372,172

PROGRAMME EXPENSES :



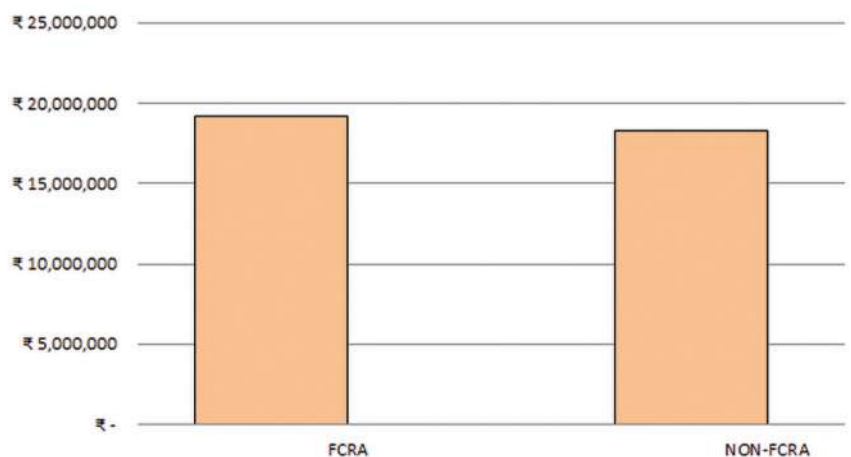
Sl. no	Programme Expenses	Amount
1	Honarium (Volunteers)	₹ 1,015,808
2	Fooding Expense	₹ 140,439
3	Advocacy Expense	₹ 862,074
4	Outreach Activities	₹ 2,093,485
5	Facilitators & Consultancy Fees	₹ 10,254,005
6	Programme Running Expense	₹ 4,092,795
7	Covid-19 Expenses	₹ 10,000
8	Training Expenses	₹ 85,306
9	Conference & Workshop	₹ 2,674,804
10	Documentation & Publication	₹ 1,425,671
11	Pratyay - Half Way Home	₹ 7,643,179

- Honarium (Volunteers) ■ Fooding Expense ■ Advocacy Expense
- Outreach Activities ■ Facilitators & Consultancy Fees ■ Programme Running Expense
- Covid-19 Expenses ■ Training Expenses ■ Conference & Workshop
- Documentation & Publication ■ Pratyay - Half Way Home

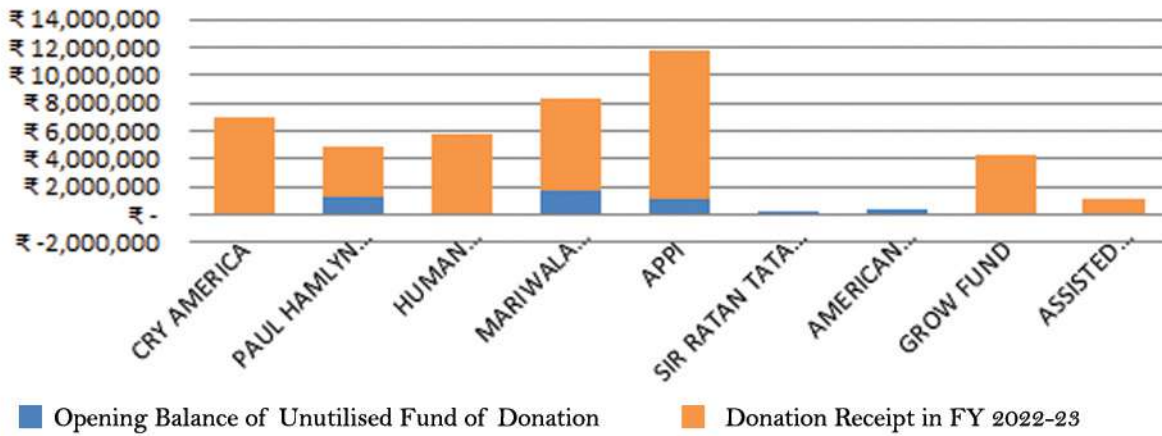


DONATION UTILISED :

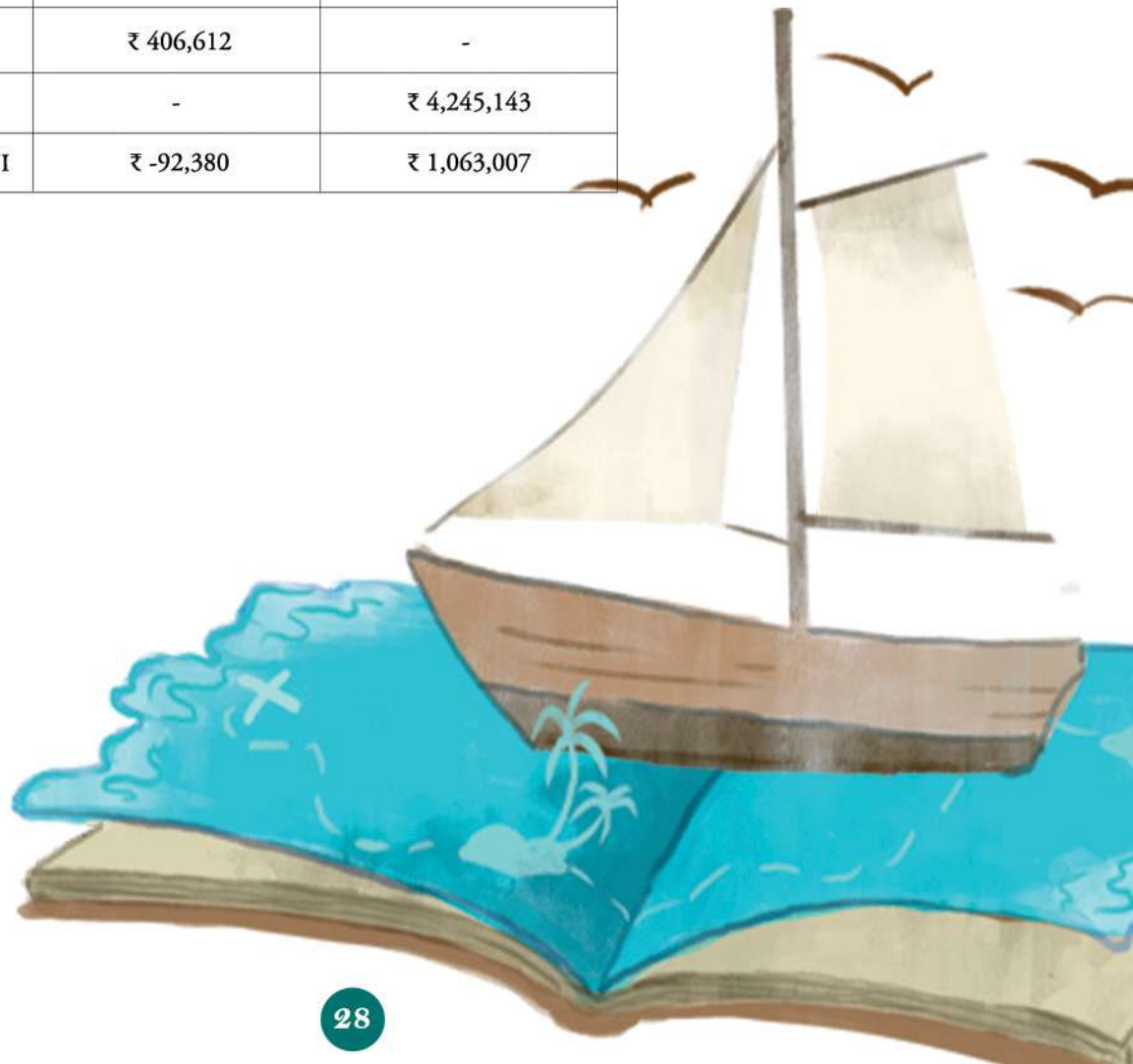
Sl. no	Name of Donors	Donation Utilised during the year
1	FCRA	₹ 11,908,682
2	NON-FCRA	₹ 18,255,355



FUNDS AVAILABLE :



Sl. no	Name of Donors	Opening Balance of Unutilised Fund of Donation	Donation Receipt in FY 2022-23
1	CRY AMERICA	-	₹ 6,958,472
2	PAUL HAMLYN FOUNDATION	₹ 1,316,789	₹ 3,531,414
3	HUMAN CAPABILITY FOUNDATION	-	₹ 5,776,700
4	MARIWALA HEALTH FOUNDATION	₹ 1,747,309	₹ 6,597,642
5	APPI	₹ 1,160,151	₹ 10,541,625
6	SIR RATAN TATA TRUST	₹ 179,255	-
7	AMERICAN JEWISH WORLD SERVICE	₹ 406,612	-
8	GROW FUND	-	₹ 4,245,143
9	ASSISTED LIVING-MHI	₹ -92,380	₹ 1,063,007



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ফিরব বললে ফেরা যায় না কি



রদ্রাবলী রায় (January 16, 2023)

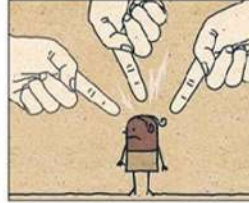


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যুথবদ্ধতা বনাম যৌথতা

রত্নাবলী রায়



যুথবদ্ধতার নির্দিষ্ট আফসান চার দিকেই দেখা যায়। এক সঙ্গে যেটি পাকানোর কিছু বাড়তি সময় কমতার একটা ছান দেয়া। সেটা টিক কমতা নয়, কমতার মতো অনুভব। পিতৃপিতৃমাতৃদের প্রাণে। যুথবদ্ধতা থেকে যৌথতার দূরত্ব অনেকখানি। সে যৌথতার ভেদ করে।

কঠোর, অসংবেদনশীল, বিয়াক্ত পৌকষ পরীক্ষা নেয়, কে কতটা 'পুঙ্খ' হয়ে উঠল। আর যে পৌকষ এখনও ততটা অশীল কমতার দাপট দেখাতে অস্বাভাবিক হতে পারেনি, সে লজ্জায় মুগ্ধ হয়ে। অতিযোগ্য করলে পৌকষের ভাগে আরও একটু কম পড়তে পারে যে ফলে, একটা ঘটনার সূত্রের পরে, আরও অন্য সমস্ত ঘটনার কথা বেরোতে থাকে। জানা যায়, এই ঘটনা হয়েই আসবে। এই 'অতিথ্য'-এর পাশাপাশি, বৃহত্তর সামাজিক-ব্যবহারিক আন্দোলনে যোগ দেওয়া ছিল, সাম্প্রদায়িকতা বিরোধিতা, মৌলবাদের বিরুদ্ধে দাঁড়ানো, গ্রাউন্ড সিক-মৌল পরিচিতির দাবির প্রতি সমর্থনে 'গাইড মর্ড' ছিল। কিন্তু তার সঙ্গে অনুজ সহযোগীদের উপর দলবদ্ধ আবে চড়াও হওয়াটাও ছিল। অমাকে যাট্টে দেখাতে তাকে গ্রাউন্ড মৌল পরিচিতির মধ্যে জোর করে ঢুকিয়ে দেওয়া ছিল। মফসসলের পরিচিতিতে বিয়াক্ত শহরপনার নিজের মতো গড়েপাঠিয়ে নিয়ে 'দুনিয়াবাসী'-র পাঠ দেওয়া—এগুলোও ছিল।

একটা থাকলে অন্যটা থাকবে না, এমন ভাবা ভুল। কারণ উভটো দিকে একটা জায়গা বৈধি হওয়ায় বিপদ থাকে যে, ওগুলো ছিল বৈধিই এগুলো আছে। তাই বৃহত্তর সামাজিক দাবিগোষ্ঠীর পরিপ্রেক্ষিতে বিশ্ববিদ্যালয়ের ছাত্রদের রাজনৈতিক সক্রিয়তা বাড়ানোর দাবিও তৈরি হতে পারে। আচরণের রাজনীতিবিদ্যুৎ সময়ে, অতিক্রান্ত পরিচিতির প্রতিষ্ঠানে তা সহজেই লেভা পায়ে, ছেড়ে শুকও বরফে অস্বাভাবিক। বিশ্ববিদ্যালয়ে ছাত্রদের যুথবদ্ধতাকে কেন যৌথতার উল্টো করা সম্ভব হচ্ছে না, কেন গ্রাউন্ডমৌলিকতার অনুকরণেই কমতা জর্পনের খবরজাগরণকে থেকে যাচ্ছে, কেন

বিরোধী রাজনৈতিক সংস্কৃতির অনুশীলনের মধ্যেও প্রচলিত রাজনৈতিক সংস্কৃতির গাধগুলো থেকে যাবে, পরিবার-প্রতিবেশ-আপশেব সমাজ কেন হয় দাপটের পৌকষ অথবা দাপুটে না হওয়ার লক্ষ্যকেই লালন করেছে— এই প্রশ্নগুলো তুলনার কম গুরুত্বপূর্ণ মনে হচ্ছে।

কমতা জর্পিত করাটা একটা রাজনৈতিক সংস্কৃতি। সব সময়ে সে কমতা যে সামাজিক কিছু ফলদায়ক হবে, এমনটা নাও হতে পারে। সমাজমাধ্যমে মতের নুনতম অমিল হলেও কাতিকে অপমান করার রেওয়াজ (খানিক তত্ত্বকথা শুনিতে দেওয়া, দুটো ভাঙ্গী বইয়ের নাম উল্লেখ করা) তো হঠাৎ করে তৈরি হয়নি। অফিস-কাছারি, সরকার, কর্পোরেট, পরিবার-পাড়া-গ্রাম-মফসসল—সবেরই আছে। তারই প্রতিফলন ঘটছে সমাজমাধ্যমে। মুখেমুখি কথা বলার দায়িত্ব নিতে হচ্ছে না বলেই, সেখানে অনেক বেশি প্রাণবদ্ধ হওয়ার সুযোগ থাকে।

কমতার আধিপত্যকে মেনে নেওয়া, তাকে বইতে বাধ্য করার অভ্যাস আমাদের মধ্যে তৈরি করা হয়। যোগ্য মেনে একটা কল্পিত নির্মাণ। কলেজ-বিশ্ববিদ্যালয়ের সার্টিফিকেটকে তা কুশলী জ্বরের উপরে স্থাপন করে। শহরকে গ্রামের উপরে, সম্প্রদায়কে দায়িত্বের উপরে, পুঙ্খকে নারী ও গ্রাউন্ড নিম্ন পরিচয়ের উপরে জায়গা করে দেয়।

কলকাতার একটি বিশ্ববিদ্যালয়ের ছাত্রছাত্রীরা সেই অভ্যাস-প্রস্তুতি গ্রহণকারে বাইরে থাকলে, এটা কতটা সম্ভব? বলা হবে, বহুরের পর বহুর বিশ্ববিদ্যালয় থেকে যাঁরা পাশ করে বেয়ে, তাঁদের অধিকাংশের পরবর্তী জীবনে কী করেন, কোথায় যান। যানবপুতে আঙুলে আঙুলের যোগদানকারীদের যারা বেশাসুরে তথ্যসমৃদ্ধি থেকে যোগ্য মেনে, তাঁদের বেশির ভাগ কি তথ্যসমৃদ্ধি থেকে ইউনিয়নের পক্ষে সওয়াল করেন? কর্মনির্ভুক্তি যে কোনও ক্ষেত্রেই, কমতার প্রতিষ্ঠানের বিরুদ্ধে যে মুষ্টিমেয় অংশ কথা বলেন, তাঁদের মধ্যে কত জন একটি বিশ্ববিদ্যালয় থেকে পাশ করে এসেছেন? বিশ্ববিদ্যালয়-পরবর্তী জীবনে, তাঁদের বেশির ভাগই কি কমতার, প্রতিষ্ঠানকে সেবা করেন না? তার জন্য তাঁদের ছাত্রবয়সের রাজনৈতিক সক্রিয়তাগুলোকেই বাতিল করে দেওয়াটা মুষ্টিমুগ্ধ নয়।

তবেই, যানবপু, কলকাতা, মেসিডেজের মতো বিশ্ববিদ্যালয়ের ছাত্রছাত্রীরা যে রাজনৈতিক সংস্কৃতির প্রতিনির্ভর করেন, তার মধ্যে দুর্ভাগের উপর কমতার রেওয়াজের অভ্যাস, অন্যের সমর্থিত হওয়াটা না-করার ঠোঁট থাকবে না, এমন প্রত্যাশারও কারণ নেই। বলা হচ্ছে যে রাজনৈতিক সক্রিয়তা এই বাণিজ্যের সাহায্যে সাহায্য করবে, এটা প্রত্যাশিত। প্রতিষ্ঠানের অতিক্রান্তের বড়ই ছাত্রদের উপর বাড়তি রাজনৈতিক দায়িত্ব বর্তায়। গণতান্ত্রিক আন্দোলনের অর্জনগুলো বজায় রাখতে ছাত্রদের থেকে বাড়তি দায়িত্ব গ্রহণ করা হবে সমাজ। দায়িত্ব নিতে না পারলে, সেসবের দিতে হবে।

ছাত্র-রাজনীতিতে কমতার প্রতিপত্তী অবস্থান হিসাবে না দেখে, স্থায়ী রাজনীতির প্রসারন হিসাবে দেখলে, কমতারকে চ্যালেঞ্জের বদলে শ্রেণীসের আড়াল করা হয় বেশি। শ্রেণীসের শ্রেণীসের প্রয়োজন। কিন্তু ডিজিটাল সংস্কৃতির মোহে আমরা মনে ছাত্রসমাজের সামাজিক-রাজনৈতিক সক্রিয়তার উপর ভরসা রাখতে পারছি না বই।

■ দুটি প্রবন্ধের বক্তব্য লেখকের নিজস্ব। প্রবন্ধ পর্যালোচনা ক্রিয়াক্রম: editpage@abp.in অনুগ্রহ করে সঠিক মেনে নথর জানাবেন।



পুনর্বাসনের দীর্ঘ পথ

রত্নাবলী রায়



জাতীয় মানবাধিকার কমিশন একটি গ্রেস বিজ্ঞপ্তিতে দেশের মানসিক স্বাস্থ্য পরিচর্যা নিয়ে, এবং মানসিক স্বাস্থ্য সমস্যার আক্রান্তদের অধিকার লক্ষ্যনের ঘটনা নিয়ে অসংখ্য প্রশ্ন করে। গ্রেস বিজ্ঞপ্তিতে বলা হয়েছে, মানসিক হাসপাতালে সুস্থ হয়ে-ওঠা মনোরোগীদের যে আইনি ভাবে হাসপাতালে আটকে রেখে তাঁদের স্বাধীনতার অধিকারকে খর্ব করা হচ্ছে।

বিষয়টি আরো জানা দাবি করে। সুস্থ মনোরোগীদের জন্য একটা আবাসন তৈরি হয়েছে এই রাজ্যে। একটা খেয়ালেই সংখ্যা এই জীবন সহায়তা প্রকল্প পরিচালনা করছে, এবং আবেদনিকদের সামাজিক পুনর্বাসনের দায়িত্ব পালন করছে। এই প্রকল্পের অতিক্রান্ত থেকে সুস্থ মনোরোগীদের সামাজিক পুনর্বাসন বিষয়ে কয়েকটি প্রশ্ন মনে হয়ে। আমরা যাকে বলা 'সুস্থ', চিকিৎসার পরিচর্যা যা হল 'ফিট ফর ডিসচার্জ'। তার মানে, ঘর আর হাসপাতাল থেকে চিকিৎসা করানোর প্রয়োজন নেই। তা বলা ঠাা সকলেই কর্মক্ষম, সম্পূর্ণ খনির্ভর, এমন নয়। কেউ কাঙ্ক্ষা যোগ্য দিতে পারেন, আবার অনেকের হাতের বাড়িতে সর্বক্ষণের সহায়তা লাগবে। এই সহায়কারী কার্যক্রমটি পরিবার হতে পারে, না-ও পারে। বাড়িতে শুধুই বৃদ্ধ, অসুস্থ, অশক্ত বাবা/মা থাকতে পারেন। এক ব্যক্তির মানসিক রোগের চিকিৎসা চলকালীন তার স্বামী বা স্ত্রী সম্মান-সহ নতুন করে সাধারণ করবেন, এমনটাও সম্ভব। অনেকের হাতের বাড়িতেই সেই ব্যক্তিকে না মেসারনের জন্য পরিবারের উপর ভরসা সৃষ্টি করেন। অনেক ক্ষেত্রে সম্পত্তির দোহে অধিষ্ঠাই মানসিক হাসপাতালে ভর্তি করে দিয়েছেন। আবার কারও হাতের পরিবার নেই, কেবল ঘিরে যাওয়ার একটা রিকশা আছে, যা আত্মীয়-প্রতিবেশীদের হেফাজতে ছিল। সে ক্ষেত্রে 'ফিট ফর ডিসচার্জ' মাসিটার সুস্থতার প্রমাণ চাইতে পারেন এই আত্মীয়-প্রতিবেশীরা। হাসপাতাল-বেরত সহায়-সমর্থনই মানবাধিকার হাতে তৈরি হতে হবে নিজের সম্পত্তি পুঙ্খকারে দীর্ঘ আইনি প্রক্রিয়ার জন্য।

সৈন্যনি জীবনযাত্রার দায়িত্ব নিতে পারেন, কিন্তু পরিবার অনুকূল নয়, তখন তার দু'ভাবে সহায়তা করা যায়। পরিবার, প্রতিবেশীকে বুঝিয়ে, পরামর্শ ও আশ্বাস দিয়ে পরিবারের সদস্যকে ভিত্তি দেওয়া যায়। যখন তা সম্ভব নয়, তখন তাঁদের জন্য তৈরি করা যায় আবাসিক কেন্দ্র। এ রাজ্যে নারী, শিশু ও সমাজকল্যাণ দফতর এই হোমের দায়িত্ব নিচ্ছে। এখানে পুনর্বাসনের জন্য নির্বাচিত ব্যক্তির একটি অনুকূল, আনন্দময় পরিবেশ পান। কিন্তু 'ফিট ফর ডিসচার্জ' হওয়া সত্ত্বেও যারা নিজের দায়িত্ব নিতে নিতে পারেন না, কর্মক্ষমও না, এমন মানুষদের তোলন ও আশ্রয়কেন্দ্র এখনও তৈরি হয়নি। তার জন্য পরিবার পরিচর্যা মরকর।

যারা কর্মক্ষম কিন্তু পরিবার-বিহীন, তাঁদের জন্য কাজের চোখাড়া করতে গিয়ে সমস্যা হয় এদের নাগরিক পরিচিতি, ব্যাঙ্ক অ্যাকাউন্টের অভাব। এদের অধিকাংশের আহার কার্ড, ছোট্ট কার্ড নেই, অথবা তা উদ্ধার করা সম্ভব নয়। মানসিক স্বাস্থ্য অধিকার কর্মীদের অনেকেই সকলের জন্য নাগরিকদের দায়িত্ব আন্দোলনে শামিল হয়েছিলেন। কিন্তু এই মানুষগুলোয় নাগরিক পরিচয়ের দাবি, কখনওই সেই আন্দোলনের মূল দাবি-সময়ে জায়গা করে নিতে পারেনি। দীর্ঘ আন্দোলনের মধ্য দিয়ে এই মানুষগুলোর জোঁটিকার আশায় করা গিয়েছে।

কিন্তু প্রায়োগিক ভাবে সকলের ছোট্ট কার্ড নেই। এই মানুষগুলোর জোঁটিকার সংখ্যা যে-কেন্দ্রে বেশি নয়, তাই রাজনৈতিক দল আর অধিকার আন্দোলন, দু'পক্ষই অমনোযোগী থাকতে পেরেছে।

আজ যখন 'ফিট ফর ডিসচার্জ' এবং কর্মক্ষম ব্যক্তিদের সামাজিক পুনর্বাসনের জন্য কর্মসূচির উন্নয়ন উপর জোর দেওয়া হচ্ছে, তখন কোথায় এই প্রকল্প উঠবে না যে, সরকারের আশ্বাস যোজনা, কর্মসূচি প্রকল্প বা সামাজিক সহায়তা প্রকল্পের কোন এদের অধিকার থাকবে না?

কর্মক্ষেত্রে ঘিরে যাওয়ার বাবা আসতে পারে ব্যক্তির সিক থেকে। নিয়ন্ত্রিত, আবেগ-বাহার পরিবেশে যিনি দীর্ঘ নিম্ন বাস করেছেন, তিনি কর্মক্ষম হলেও কাজ করার অভ্যাস হারিয়েছেন দীর্ঘ দিন। খনির্ভর জীবনের প্রতি তার আবেগ বিরুদ্ধ তবুই কাজ করা জরুরি মনে হবে। খনির্ভরতার প্রতি তার মনোভাব কিন্তু 'ফিট ফর ডিসচার্জ'-এর চিকিৎসা সংস্কার মতো আসে না। আবার খনির্ভরতার ইচ্ছা কারও মধ্যে এত বিরক্ত হতে পারে যে, তিনি নিয়ন্ত্রিত জীবনের প্রতি বিরক্ত হয়ে জীবন সহায়তা কেন্দ্র থেকে নিজেই বেড়িয়ে যেতে পারেন। কাজ না করা, অথবা কাজ করতে চেয়ে সহায়তা কেন্দ্র প্রত্যাখান করা, এ দুটাই গোষ্ঠীর অধিকারের মধ্যে পড়ে।

তাঁর মানসিক স্বাস্থ্য সমস্যার আক্রান্ত ব্যক্তিদের পুনর্বাসন কেন হল না, এ প্রশ্ন তোলা এক দিকে মেনে জরুরি, অন্য দিকে তেমনই সন্তর্ভর হতে হবে যে মানুষদের অধিকার রক্ষার জন্য কমিশন আছেই, সেই মানুষগুলোকে থাকানি করে যেনে তাঁদের অধিকারকে খর্ব করা হচ্ছে না তো। হাসপাতাল-বনি মনোরোগীকে সমাজ-সংসারে পুনরায় স্থাপনের যে দীর্ঘ প্রক্রিয়া, তাতে অনেক ফাঁক থেকে যাচ্ছে। অন্য দিকে, অধিকার আন্দোলন সংগঠনগুলি মেনে এই মানুষদের অধিকার রক্ষার প্রশ্নগুলোকে এড়িয়ে যাচ্ছেন। এই দুটো প্রশ্নই কাজ বড় হবে দেখা গিয়েছে।

■ দুটি প্রবন্ধের বক্তব্য লেখকের নিজস্ব। প্রবন্ধ পর্যালোচনা ক্রিয়াক্রম: editpage@abp.in অনুগ্রহ করে সঠিক মেনে নথর জানাবেন।

Glimpses of Our Journey This Year

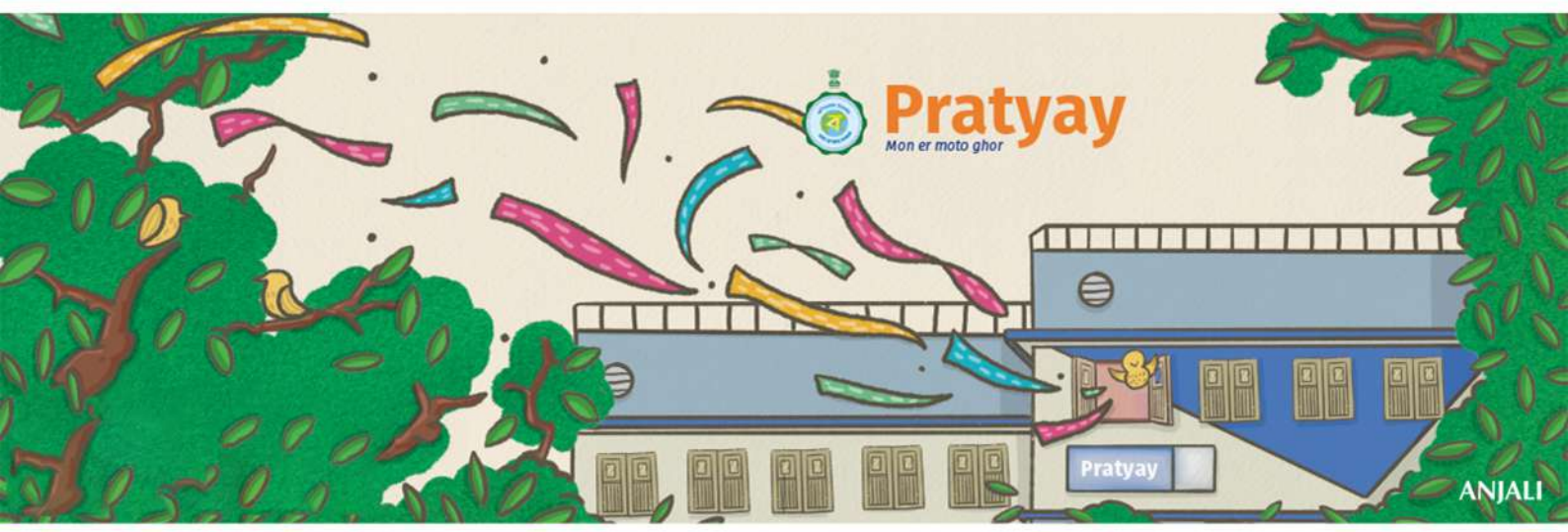
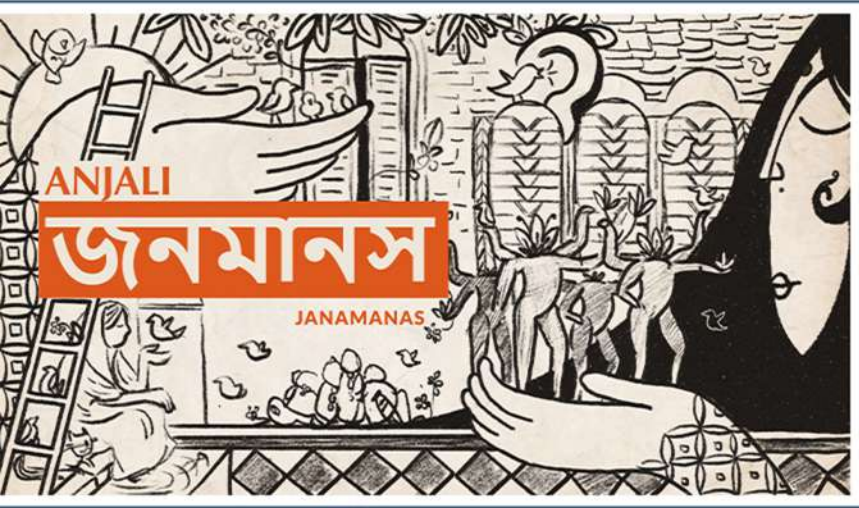

















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