



# ANNUAL PROGRAMME ACTIVITY REPORT

ANAYATTA FOUNDATION

2024 - 2025

➤ **PROGRAMME NAME: - REHABILITATION AND  
REINTEGRATION: FACILITATING EXIT  
PATHWAYS OUT OF PSYCHIATRIC  
INSTITUTIONS**

➤ **REPORTING PERIOD: - APRIL 2024 –  
MARCH 2025**

➤ **ADDRESS AND CONTACT DETAILS –  
UDAAN PROJECT OFFICE BEHIND OPD  
BUILDING REGIONAL MENTAL HOSPITAL  
MANKAPUR, NAGPUR  
9689227968**



Director and Team



Service Users Farewell Program

Our Field Team

**Funding Partners** – 1.RG Manudhane Foundation for Excellence Mumbai.  
2.Public Health Department of Maharashtra

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## 1.About Anayatta -

Anayatta Foundation is a not-for-profit company incorporated in December 2021 under the Companies Act, 2013.

The Foundation was established in

response to the urgent need for sustained rehabilitative care for individuals with severe mental illness living in institutional settings.

Our mandate is to enable access to personalized, recovery-oriented rehabilitation services that promote independent living and create exit pathways from psychiatric institutions.

The Anayatta team brings together psychiatrists and social workers with over two decades of combined experience across the mental health spectrum—spanning institutional care, community-based services, and specialist long-term support.

We are among the few mental health organizations in India actively engaged in mental hospital reform. Our core team has played a pivotal role in the TATA Trust–UDAAN programme at the Regional Mental Hospital, Nagpur (RMHN)—a pioneering initiative focused on recovery-oriented reforms in psychiatric institutions. From the programmer’s inception to its successful implementation, Anayatta has served as a technical expert and strategic partner.



Hon. Health Minister Maharashtra  
Visit at UDAAN office

Our strong linkages with government functionaries, coupled with our hands-on experience in public mental health systems, position us as key influencers and stakeholders in driving sustainable change.

### **Organization Vision -**

- To be an organization committed to core values such as legitimate rights, equity, justice, honesty, and social sensitivity, dedicated to the upliftment of underprivileged, marginalized, and vulnerable communities.



### **Organization Mission -**

- Enhance organizational capacity to address the needs of underprivileged and vulnerable people in the sectors of Health (Mental Health, Non-Communicable Diseases, General Medical Conditions), Education, Livelihood, Agriculture, Water, and Sanitation.
- Promote the improvement and facilitation of technology in the aforementioned sectors.
- Provide problem-solving services tailored to the challenges within these sectors.

## Key areas of work

- Rehabilitation and reintegration: Facilitating exit pathways out of psychiatric institutions
- The goal of the programme is to enable exit pathways out of institutional care for people with severe mental illness through sustained rehabilitation and livelihood facilitation.

## Executive summary



Day Care Center at UDAAN  
office Nagpur

The Anayatta Foundation is deeply committed to building a community where individuals can live free from the burden of mental illness and lead lives of dignity and well-being. Guided by the belief that young people are the backbone of our nation, Anayatta recognizes their immense potential to contribute to families, communities, and society at large.

At the same time, many adolescents and young adults continue to struggle with various mental health challenges brought on by difficult circumstances and life pressures. Recognizing this urgent need, Anayatta has focused its efforts on supporting youth through programs aimed at rejuvenating mental well-being, preventing the progression of mental illness, and fostering recovery.

During the reporting period, our initiatives emphasized social education, awareness-building, early detection, and timely intervention. We worked to equip young people with knowledge, resilience, and coping skills, while also offering counseling, community-based rehabilitation, and referral services for those requiring specialized care.

Through these collective efforts, Anayatta Foundation has sought not only to address mental health issues but also to create pathways for young people to reclaim their potential, reintegrate into society, and lead fulfilling lives.

### **Objectives for the Year**

- Enable readiness for discharge, and smooth community re-entry by offering tailormade rehabilitation services through step-down wards at RMHN.
- Create employment pathways for people with severe mental illness.
- Provide access to day-care services aimed at improving functional skills and offering outlets for recreation and leisure for people with severe mental illness.

### These service users provided the following services

- 210 service users transitioning into step-down wards
- System management,  
patient engagement,  
activities of daily living,  
emotional well- being,



Service users are cleaning the outside of their ward

Identify & financial inclusion,

Employment, Social relationship.

- The clinical Assessment has been done of the Half Way Home service users and Day Care Centre Service users.
- Total 8 service users' family were traced and reintegrated in family in this period.
- As per protocol Total 18 service users has been discharged and reintegrated into the community rehabilitation center

### Social and economic security



Service User AADHAAR Card has been issued

Total No of 63 Service users AADHAAR card created, many other service users from RMHN were helped to get the AADHAAR card.

### 10.3. Provide access to day-care services

- Total No of 39 service users given admission in Day Care center
- 37 service users are there in RHMN IPD and 2 service users in RMHN OPD.
- Successfully Discharge in IPD – 26 Service Users
- Successfully Discharge in OPD – 2 Service Users

#### 10.4 Employment Activities at the Day Care Centre

- Paper Plate and Bowl making
- Computer Training
- Handloom
- Doormat making
- House keeping
- Broom making
- Jewelry making
- Food Truck
- Tailoring unit
- Farming and Gardening



Diyas and other decorative items are being made to light up the home on the occasion of Dewali

#### 10.5 Patients Activity

- Dance movement therapy
- Film Club
- Personal care
- Library & Meditation
- Group Discussion
- Employment Pathway
- Menstrual Hygiene Session
- Sport



Movies are shown to the service user once a week

## Summary of Annual Activities

Total 191 service users are engaged in activities of daily living, emotional well-being, finance management, employment training, social relationship.

### Service Users Reintegration

- Multiple service users' addresses were traced, reunion of service user and family done.
- As per protocol total 84 service users have been discharged and reintegrated into the family and community rehabilitation.



The Service User received their remuneration amount when going home

### Social and economic security

- Total number of 197 service users' AADHAAR card created, many other service users from RMHN were helped to get the AADHAAR card.
- Total number of 50 service users' ration card were created.
- Total number of 27 service users were assisted in opening bank accounts.

### Provide access to day-care services

- Total No of 247 service users were given admission in Day Care center.

- 195 service users are there in RMHN IPD
- 47 service users in RMHN OPD.
- 4 service users are there in DMHP OPD
- Successfully Discharge in IPD: 26 Service Users
- Successfully Discharge in OPD: 2 Service Users



The Service user was reintegrated into Bangladesh

### **Provided Employment Activities at the Day Care Centre**

- ❖ Computer Training
- ❖ Tailoring unit
- ❖ House keeping
- ❖ Farming and Gardening
- ❖ Broom making
- ❖ Paper Plate and Bowl making
- ❖ Handloom
- ❖ Jewelry making
- ❖ Doormat making



Handloom Activities

### **Food Truck Employment Pathway Training**

Total no of 85 service users have been engaging in 11 different activities

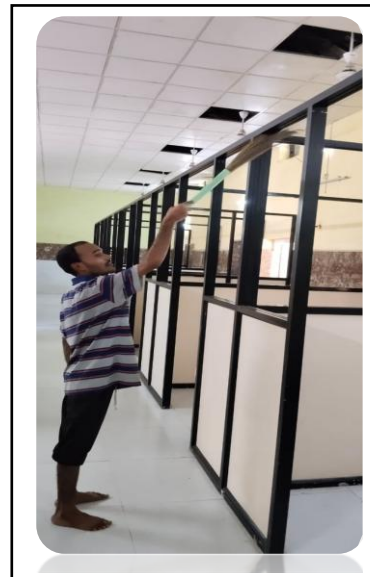
## Impact on Beneficiaries

- During the reporting year, Anayatta Foundation has made significant strides in supporting individuals with mental health conditions by enhancing daily living skills, enabling reintegration, securing social entitlements, and creating livelihood opportunities.



The service users are making broomsticks as part of the activity

- Activities of Daily Living & Well-being
- service users were engaged in structured programs focused on activities of daily living, emotional well-being, financial management, employment training, and building social relationships.



Service users are cleaning the inside of their ward

- Reintegration into Families and Communities
- Multiple service users' residential addresses were successfully traced.
- Family reunifications were facilitated as per protocol.
- Service users were discharged and reintegrated into family and community life with appropriate rehabilitation support.

- 197 service users were supported in obtaining Aadhaar cards (including many from RMHN).
- service users successfully obtained ration cards.
- service users were assisted in opening bank accounts, ensuring access to financial inclusion.
- Successful discharges:
  - 26 service users from IPD
  - 2 service users from OPD
- Livelihood and Employment Activities  
At the Day Care Centre, service users engaged in skill-building and vocational activities, including



Dance and Movement Therapy

### Key Achievements and Outputs

- 191 service users engaged in activities of daily living, emotional well-being, financial management, employment training, and social relationship-building
- 84 service users successfully discharged and reintegrated into their families and communities.
- 197 Aadhaar cards, 50 ration cards, and 27 bank accounts facilitated for service users, ensuring social and economic security.
- 247 service users admitted to the Day Care Centre; ongoing support extended to 195 IPD, 47 OPD (RMHN), and 4 OPD (DMHP) cases.



Dance and Movement Therapy

- 28 successful discharges (26 IPD + 2 OPD) after rehabilitation and support services.
- Vocational and employment activities introduced at the Day Care Centre, including computer training, tailoring, housekeeping, farming, broom making, handloom, jewelry making, and more.
- 85 service users trained under the Food Truck Employment Pathway initiative, engaging in 11 different livelihood activities.
- Strengthened family tracing and reunification mechanisms, leading to improved community-based rehabilitation outcomes.



The Chairmen of WCL Visited the Day Care Center

## Challenges and Actions Taken

### 1. Tracing Families and Reintegration

Challenge: Difficulty in locating the families of long-stay service users, many of whom had been institutionalized for years.

Action Taken: Strengthened coordination with local authorities, police, and community networks to trace addresses and establish communication with families. This enabled multiple reunifications and smooth reintegration.

### 2. Access to Social Entitlements

Challenge: Many service users lacked essential documents such as Aadhaar cards, ration cards, and bank accounts, creating barriers to social

and economic security.

Action Taken: Partnered with government departments and local officials to expedite documentation processes, resulting in successful creation of 197 Aadhaar cards, 50 ration cards, and 27 bank accounts.

### 3. Engagement in Rehabilitation Activities

Challenge: Motivating service users to consistently participate in daily living, vocational, and psychosocial activities was difficult due to varying levels of interest and mental health conditions.

Action Taken: Introduced activity-based and user-friendly approaches (gardening, art, group games), alongside individual counseling, which improved participation and sustained engagement.

### 4. Employment and Livelihood Opportunities

Challenge: Limited availability of structured employment pathways for rehabilitated service users.

Action Taken: Expanded vocational training at the Day Care Centre

(e.g., tailoring, handloom, jewelry making) and launched the Food Truck Employment Pathway, engaging 85 service users in diverse skill-based activities.



Presenting the activities of the Day care Center in front of the Chairmen of WCL

### 5. Community Stigma and Acceptance

Challenge: Persistent stigma and negative perceptions around mental illness created resistance in some communities toward reintegration of service

users.

Action Taken: Conducted awareness sessions, community meetings, and family counseling to reduce stigma, promote acceptance, and build supportive networks for rehabilitation.

### **Lessons Learned and Recommendations**

- Holistic care is essential: Service users show greater improvement when interventions combine medical treatment, psychosocial support, livelihood training, and family involvement.
- Family involvement is transformative: Early tracing and active engagement of families accelerates reintegration and reduces chances of relapse.
- Social entitlements strengthen recovery: Access to Aadhaar, ration cards, and bank accounts provides a sense of identity, stability, and independence, which are crucial for long-term rehabilitation.
- Vocational training builds confidence: Skill development through practical activities such as tailoring, gardening, and food services not only creates livelihood opportunities but also improves self-esteem and social integration.
- Community awareness reduces stigma: Direct community engagement helps dispel myths about mental illness and promotes acceptance of rehabilitated service users.

## **Recommendations**

- Scale up reintegration efforts by strengthening collaboration with local authorities, police, and panchayats to trace more families and ensure smooth community rehabilitation.
- Expand livelihood initiatives with market-linked vocational training, so service users can transition from training to income-generating opportunities.
- Enhance follow-up care through structured community-based monitoring systems to prevent relapse and ensure sustained well-being post-discharge.
- Strengthen partnerships with government departments for faster access to entitlements and inclusion in welfare schemes.
- Increase awareness programs targeting schools, colleges, and community groups to build long-term acceptance and reduce stigma around mental illness

## **Future Plans**

- **Expand Community-Based Rehabilitation:** Strengthen outreach programs to identify and support more adolescents and youth with mental health needs, ensuring timely intervention and family reintegration.
- **Scale Up Vocational Training and Livelihood Programs:** Introduce additional skill-building courses and create market-linked employment pathways to enhance financial independence and self-reliance of service users.
- **Strengthen Day Care and Residential Services:** Upgrade infrastructure, expand capacity, and enhance quality of care in Day

Care Centers and residential facilities for children, youth, and the elderly.

- Enhance Awareness and Advocacy: Conduct targeted awareness campaigns to reduce stigma, promote mental health literacy, and foster community acceptance of rehabilitated individuals.
- Digital and Documentation Support: Facilitate access to social entitlements such as Aadhaar, ration cards, bank accounts, and other government schemes to improve social and economic security for service users.
- Monitoring and Follow-up: Implement structured follow-up mechanisms to track progress post-rehabilitation, ensure continuity of care, and measure long-term impact of interventions.
- Research and Best Practices: Document and evaluate programs systematically to identify best practices, improve interventions, and inform policy advocacy in the field of mental health rehabilitation.

13. Sign-off



Pravin M. Kakde

Director





Participation of UDAAN staff in the State Mental Health Authority, Maharashtra