



ANNUAL REPORT

2022-2023



ANAYATTA FOUNDATION

Funding Partner



Implementing Partner



Written by Team Anayatta

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1. Introduction

MNS (Mental, Neurological and Substance Use) are a heterogenous range of disorders that owe their origin to complex array of genetic, biological, psychological and social factors. Social determinants play a large part in the ethology and symptom expression. They frequent tend to co-occur in the same individual and often take a chronic and relapsing course across the life span. These disorders tend to have a huge impact on the individual and their families and are characterized by stigma and discrimination. Mental disorders arise from complex interplay between individual the environment in which they live. Mental disorders influences thought, feeling and behavior and often arise in early childhood.

The Anayatta Foundation program has been designed with a view to provide services to Regional Mental hospital using non-specialist workforce. It is based on the principle of task shifting and task sharing.

The goal is to provide a robust community mental health intervention in the Regional Mental Hospitals through the healthcare system to improve individual outcomes for the people accessing care.

1.1 The objectives are to-

- Design and implement a collaborative community mental health programme for priority mental health conditions (SMD, CMD, AUD, Dementia, convulsive epilepsy and ID.
- Demonstrate key elements of the Anayatta such as a mental health helpline, day-care center and halfway home as important components of the programme to improve individual patient outcomes.
- Build capacity of the public health system to deliver mental health care services at all levels.

2. Programmes

2.1. School Mental Health Awareness Programme:

Implementing a mental health awareness program in schools offers numerous benefits for students, teachers, and the overall school environment.

The topics covered this year was

- Stress Management
- Suicide Prevention

These topics improved Student Well-being by Increasing knowledge about the risk factors, warning signs, and the prevalence of suicide helps people understand the seriousness of the issue. This can reduce stigma and encourage those in need to seek help. Reducing Stigma by openly discussing mental health and suicide, we can reduce the stigma associated with these topics. This makes it easier for individuals to talk about their struggles and seek support without feeling ashamed or judged.



Total Blocks	Blocks Covered	Schools Covered	Students Covered	Teacher Covered
13	8	76	1506	68

Table A. School Mental Health Awareness Program Status

2.2. Day Care Center

Day care centers for individuals with mental health needs, often referred to as adult day care centers or mental health day treatment centers, provide a supportive environment for adults who need assistance with mental health management and daily activities.



These centers offer a range of services aimed at improving the quality of life for individuals with mental health conditions

- **Social Interaction and Support:**

- Facilitating socialization opportunities to reduce isolation and build social skills.
- Creating peer support networks where

patients can share experiences and support each other.

- **Education and Vocational Training:**

- Providing educational programs to improve knowledge about mental health and wellness. Offering vocational training to develop job skills and enhance employability.

- In training it involves Broom Making, Handloom works, Deewali Items, Rakhi Making, Ornaments, Paper plates and Bowls making.

- **Recreational Activities:**

- Organizing recreational and leisure activities to promote physical and mental well-being.
- Encouraging participation in hobbies and interests to improve quality of life.



The Day Care Coordinator are taking care of all this works and once in a month the Anayatta foundation reviews of its works.

3 Activities

3.1 Hand wash activity



Handwashing, a seemingly simple and routine activity, Handwashing in a mental hospital setting has particular significance and benefits, both for the patients and the healthcare providers. Here are some of the key advantages:

1. Infection Control

- **Preventing Spread of Illness:** Proper hand hygiene is crucial in preventing the spread of infections within a hospital setting, where patients may have compromised immune systems or existing health issues.

2. Reducing Anxiety and Promoting Calmness

- **Routine and Structure:** Regular handwashing can provide a sense of routine and predictability, which can be soothing for patients experiencing anxiety or other mental health disorders.
- **Sensory Experience:** The tactile sensations involved in handwashing can have a calming effect, providing a moment of sensory engagement and mindfulness.

3. Enhancing Patient Participation in Self-Care

- **Empowerment and Independence:** Encouraging patients to engage in regular handwashing can promote a sense of autonomy and responsibility for their own health and hygiene.
- **Self-Esteem and Dignity:** Maintaining personal hygiene can contribute to a patient's self-esteem and sense of dignity, which is particularly important in a hospital setting where individuals may feel a loss of control.

4. Training and Habituation

- **Skill Building:** Teaching and reinforcing proper handwashing techniques can be part of broader life skills training, preparing patients for better integration into daily life outside the hospital.
- **Positive Habits:** Establishing good hand hygiene practices can lead to the development of other healthy habits and routines, contributing to overall well-being.

In conclusion, handwashing in mental hospitals is crucial not only for infection control but also for its psychological benefits, promoting routine, self-care, and a sense of calm. By fostering good hand hygiene practices, mental health facilities can enhance both the physical and mental well-being of their patients.

3.2 Saloon and Beauty Parlor

Introducing salons and beauty parlors in mental hospitals can provide numerous mental health benefits for patients. Here are some of the key advantages:

- **Enhancing Appearance:** Professional grooming services can help patients feel better about their appearance, which can significantly boost self-esteem and confidence.
- **Positive Self-Image:** Looking good can help patients develop a more positive self-image, which is particularly beneficial for those struggling with depression, low self-worth, or body image issues.
- **Relaxing Environment:** The soothing atmosphere of a salon or beauty parlor can provide a relaxing escape from the hospital environment, helping to reduce stress and anxiety.





- **Daily Care Integration:** Incorporating grooming into patients' daily or weekly routines can help create a sense of purpose and regularity
- **Social Opportunities:** Salons and beauty parlors provide opportunities for patients to interact with staff and other patients, fostering social connections and reducing feelings of isolation.

- **Life Skills Development:** Learning and practicing grooming techniques can be part of broader life skills training, preparing patients for greater independence outside the hospital.

This saloon and Beauty parlor activity supervised by our case managers

3.3. Movie Club

Showing movies in mental hospitals can serve as a form of entertainment, therapy, or both. It's important to choose films that are not only entertaining but also uplifting, insightful, and sensitive to the diverse needs of the patients.

1. **Distraction and Relaxation:** Watching movies can distract patients from their symptoms, worries, or negative thoughts, helping them to relax and reduce stress levels.
2. **Social Interaction:** Watching movies in a group setting encourages social interaction among patients. It provides an opportunity for them to bond over shared experiences and interests, which can help combat feelings of isolation.
3. **Emotional Expression:** Movies often evoke a wide range of emotions, allowing patients to explore and express their own feelings in a safe environment. This can facilitate emotional catharsis and promote self-awareness.
4. **Education and Insight:** Movies can educate patients about mental health issues, increase awareness, and provide insights into their own conditions or those of others. This can help reduce stigma and foster empathy and understanding.



5. **Non-verbal Communication:** For patients who may struggle with verbal communication, movies offer a non-verbal means of expression and communication, allowing them to connect with others and convey their thoughts and emotions.

Overall, incorporating movies into mental health treatment programs can complement traditional therapeutic approaches and enhance the overall well-being and recovery of patients in mental hospitals.

3.4. Half Way Home



A halfway home, also known as a transitional living facility or a group home, for mentally ill patients is a residential setting that provides a structured and supportive environment for individuals transitioning from more intensive psychiatric care, such as hospitalization, to more independent living in the community. These facilities are designed to help residents stabilize, develop life skills, and reintegrate into society while receiving ongoing mental

health support. The purpose of half way home:

- **Supportive Environment:**
 - Provides a safe and stable living space.
 - Reduces the stress associated with independent living by offering a structured environment.
- **Mental Health Services:**
 - Access to therapy, counseling, and psychiatric care.
 - Medication management and monitoring.
 - Crisis intervention services.



- **Life Skills Training:**
 - Assistance with daily living activities such as cooking, cleaning, and personal hygiene.
 - Financial management, including budgeting and paying bills.
 - Vocational training and employment assistance.
- **Social Support:**
 - Peer support groups and activities to encourage social interaction and reduce isolation.
 - Family counseling and involvement, when appropriate.
- **Gradual Independence:**
 - Encourages residents to gradually take on more responsibility.
 - Provides step-down levels of care to prepare for independent or semi-independent living.
- **24/7 Supervision:**
 - Personal Assistants and one nurse are available at all times to provide support and ensure safety.
 - Regular check-ins and monitoring of residents' well-being.

3.5. Farming



Farming in mental hospitals, often referred to as horticultural therapy or therapeutic gardening, is a practice that has gained recognition for its therapeutic benefits. It involves using gardening and farming activities as part of the treatment and rehabilitation process for individuals with mental health conditions. Engaging in farming activities involves physical exercise, which is known to have positive effects on mental health. Regular physical

activity can help alleviate symptoms of depression and anxiety, improve mood, and enhance overall well-being.

The farming Supervisor are helping the patients in farming. This year Anayatta foundation has taken production of Bananas, Brinjal, Papaya, coriander, spinach, sweet potato.

3.6. Bakery

Such an initiative could serve as a form of occupational therapy for the patients. Engaging in activities like baking can be therapeutic, providing a sense of purpose, routine, and

accomplishment. It could also help develop vocational skills that might be useful upon their release or as part of their ongoing treatment

Secondly, running a bakery are potentially generating revenue for the mental hospital, which directly deposited into the patients account.

The employment coordinator is taking care of this activity and managed transparently.

The bakery products are Bread, Toast and Pav which directly supply to Mental hospital kitchen which be use for breakfast for mental hospitals patients and the remaining products are being sell in the local market.



The idea of a bakery run by mental hospital patients presents both opportunities and challenges, with careful planning and implementation,

3.7. Food Truck

The idea of a food truck run by mental health patients in a mental hospital is quite innovative and could have several positive outcomes. Here are some considerations:



- **Empowerment and Dignity:** Involving mental health patients in running the food truck are providing them with a sense of purpose, responsibility, and empowerment. It allows them to contribute positively to their environment and fosters a sense of dignity.

- **Skill Development:** Operating a food truck involves various skills such as cooking, customer service, money handling, and organization. Engaging in these activities can help patients develop practical skills that can be valuable for their

future, both personally and professionally.

- **Therapeutic Benefits:** Cooking and serving food can be therapeutic activities. They can help patients focus their attention, improve their mood, and provide a sense of accomplishment. Additionally, interacting with customers can enhance social skills and reduce feelings of isolation.
- **Community Integration:** A food truck within a mental hospital can also serve as a bridge between patients and the wider community. It can attract visitors from outside the hospital, fostering interactions between patients and individuals from different backgrounds. This can help reduce stigma and promote understanding of mental health issues.
- **Revenue Generation:** Depending on the setup, the food truck could potentially generate revenue, which could be reinvested into mental health programs or used to improve facilities within the hospital.
- **Safety and Supervision:** The case manager always with the patients when patients engage in food truck and ensure safety

The food truck is an innovative approach to promoting empowerment, skill development, and community integration among individuals receiving mental health treatment.

4. Plan for the next year 2023-2024

To start the community Mental health literacy Program through Front line health workers in all 13 block of Nagpur district

Meet Our Director

A passionate and dedicated team of professionals committed to delivering the best for you.



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