



ANNUAL REPORT

2015-16

Manas Foundation

Caring.....For A Beautiful Mind.

S-62, Okhla Industrial Area Phase-II New Delhi- 110020

www.manas.org.in

Phone : 01141708517802023901





About us

Manas Foundation was setup to create accessibility to preventive, promotive and positive, mental healthcare. Founded in 2000 by a group of Mental Health professionals, we have transformed our fundamental clinical practice into a multi-faceted program. We build awareness and provide mental healthcare in de-institutionalized settings by implementing interventions to explain the linkage between mental and physical health, and de-stigmatize mental healthcare. We also address frequently unidentified and ignored mental health concerns such as anxiety, depression, substance abuse, gender-based violence, and abuse. We are creating accessibility to mental healthcare for the resource-poor communities, largely focusing on children and women. Through our Mental Health Plug-Ins programme, we extend mental healthcare to women and children who have undergone sexual, emotional, and physical abuse and violence, or trafficked for labour and sex work. Manas is also developing a task force of paraprofessionals to support the demand for mental healthcare by building capabilities of front line workers including health workers, social workers, students, parents and teachers. Manas Foundation is also engaged in creating safer spaces for women in public transport using the principles of psychology for behaviour change. Manas has brought multiple policy changes in the areas of mental healthcare and gender justice. Manas' interventions engage men from different sections of the society including public service providers like police personnel, auto-rickshaw and taxi drivers and DTC staff. Our trainings impart information on gender equality and related laws, and create behavioural activation that results in pro-gender behaviour from the outset. Apart from these, we also integrate gender-sensitization trainings into our work with disadvantaged youth, school and college students, juveniles in conflict with law and residents of Homes for custodial care.

Legal Registration Details

Registered: Trust, 4 Feb 2002

Registration No.: 469/4

Tax Exemption: 80 G

FCRA No.: 23165

Vision

To ensure mental healthcare is available to everyone so that diverse communities and individuals lead psychologically healthy lives.

Mission

We all have mental health needs. At Manas, we strive to mainstream mental health through research based therapeutic interventions and through creating awareness to enable diverse communities and individuals to live psychologically healthy lives.

Reach & Presence

Manas Foundation is a developmental organisation which has trained over 2, 50,000 commercial vehicle drivers using psychological techniques for behaviour modification, such as cognitive dissonance, social conformity, commitment, and assumption of personal responsibility through building bond for Gender Sensitisation Project in Delhi. The program has been replicated in Noida city from 1st of March 2016 with the first batch of 12000 auto drivers currently undergoing the Training at ARTO office, Noida.

The MHU at Nirmal Chhaya Complex has been providing mental health services to over 1200 destitute, homeless children and women every year, housed in the 9 homes of the complex. The MHU at Lajpat Nagar caters to approximately 200 residents in the boys' home divided equally among CH1 and CH2.

Good Governance

Credibility and accountability have always been the bench mark for Manas Foundation and are achieved through the promotion of principles of good governance in the processes and practices. Manas Foundation has an audit and evaluation mechanism to ensure impact of investment and complete transparency and accountability in utilisation of funds. This Audit mechanism reviews programmes and projects, internal operations, compliance of statutory norms and conducts an external evaluation for the impact and outcome of various development programmes.

From the Managing Trustee's Desk

The year 2015-16 was a time of growth and change at Manas. We have made significant strides in our mission of effective social change. Our work is starting to be recognized for its impact and change it's able to make. With every campaign/program our reach to different sector of the society is getting expanded both geographically as well as sections of the society.

This report highlights the significant work that Manas have done over the past one year. Manas have applied the principles of psychology to combat violence against women through its one-of-its-kind intervention with drivers of public transport vehicles. Building Bonds for Gender Sensitization is aiming to create safety for women in Delhi NCR by engaging men in gender justice and equity through interactive workshops. Partnership has been critical for Manas to make such strides. Existing supporters such as Indraprastha Gas Limited, IDTR Maruti, DTI Ashok Leyland, UNFPA, UN Women were joined by others including PREF and DTC.

On Behalf of Manas we would like to thank our all stakeholders for such passionate support and hope that many others will join us in our journey.

Monica Kumar
Managing Trustee and Clinical Psychologist



Our Journey So Far

**REGISTRATION
AS MANAS**



2000

**CRYSTALLISATION
OF MENTAL HEALTH
ILLNESS**



2009

**GENDER
& YOUTH**



2012

**MENTAL
AWARENESS
CAMPAIGN**



2006

**ESTABLISHMENT
OF MENTAL HEALTH
UNIT**



2010

**BUILDING BONDS FOR
GENDER
SENSITIZATION WITH TAXI
DRIVERS,DELHI**

**COLLABORATION WITH
PREF FOR CAREER
COUNSELING**

2014

2015

2016

**BUILDING BONDS
FOR GENDER
SENSITIZATION
WITH AUTO
DRIVERS,DELHI**

**BUILDING BONDS
FOR GENDER
SENSITIZATION
WITH DTC
MARSHALS**

**BUILDING BONDS
FOR GENDER
SENSITIZATION
WITH TAXI
DRIVERS,NOIDA**

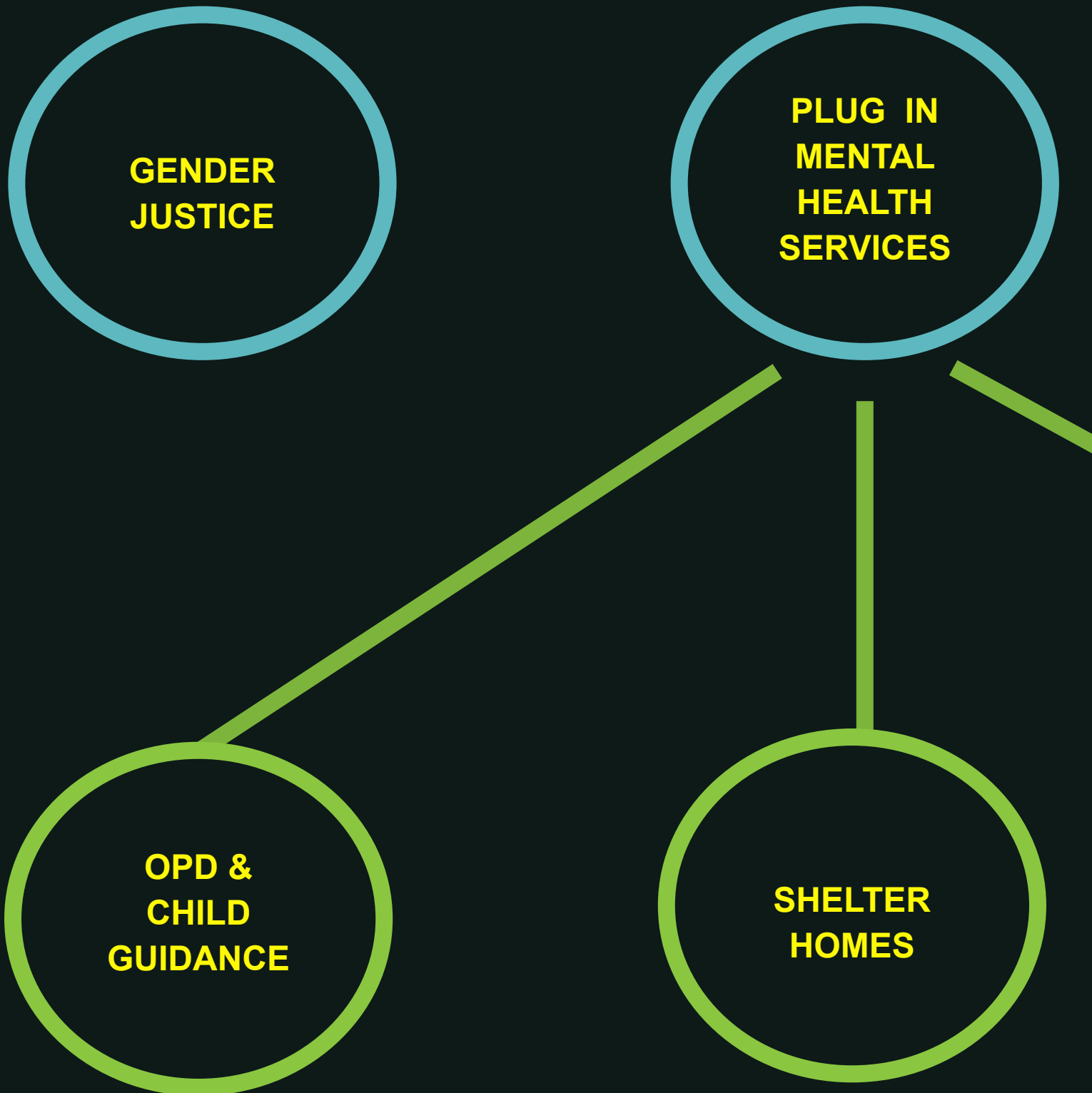
Our Services.....

**GENDER
JUSTICE**

**PLUG IN
MENTAL
HEALTH
SERVICES**

**OPD &
CHILD
GUIDANCE**

**SHELTER
HOMES**



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graph TD; A((CAPACITY BUILDING OF FELLOW NGO'S)) --- B((CAREER COUNSELING)); A --- C([SCHOOL AND COLLEGE BASED INTERVENTIONS]); B --- C;
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**CAPACITY
BUILDING OF
FELLOW
NGO'S**

**CAREER
COUNSELING**

**SCHOOL
AND
COLLEGE
BASED
INTERVENTIONS**



2015-2016
at a Glance



1. Building Bond for Gender Sensitization has trained over **2,50,000** commercial vehicle drivers to end violence against woman.

2. In 2015, Manas tied up with Delhi Transport Corporation (DTC) and UN Women to conduct gender sensitisation trainings for DTC Marshal.

3. In February 2016, the auto and taxi drivers along with team Manas participated in the New Delhi Marathon to end violence against women.

4. In March 2016, Manas expanded its outreach to Gender sensitise the Auto drivers in Noida, Uttar Pradesh.

5. Collaborated with **UNFPA** to conduct a research study for understanding school counselling services at Delhi Government schools.

6. Collaborated with **PREF** to conduct trainings of trainers and equip them for bare foot career counselling.

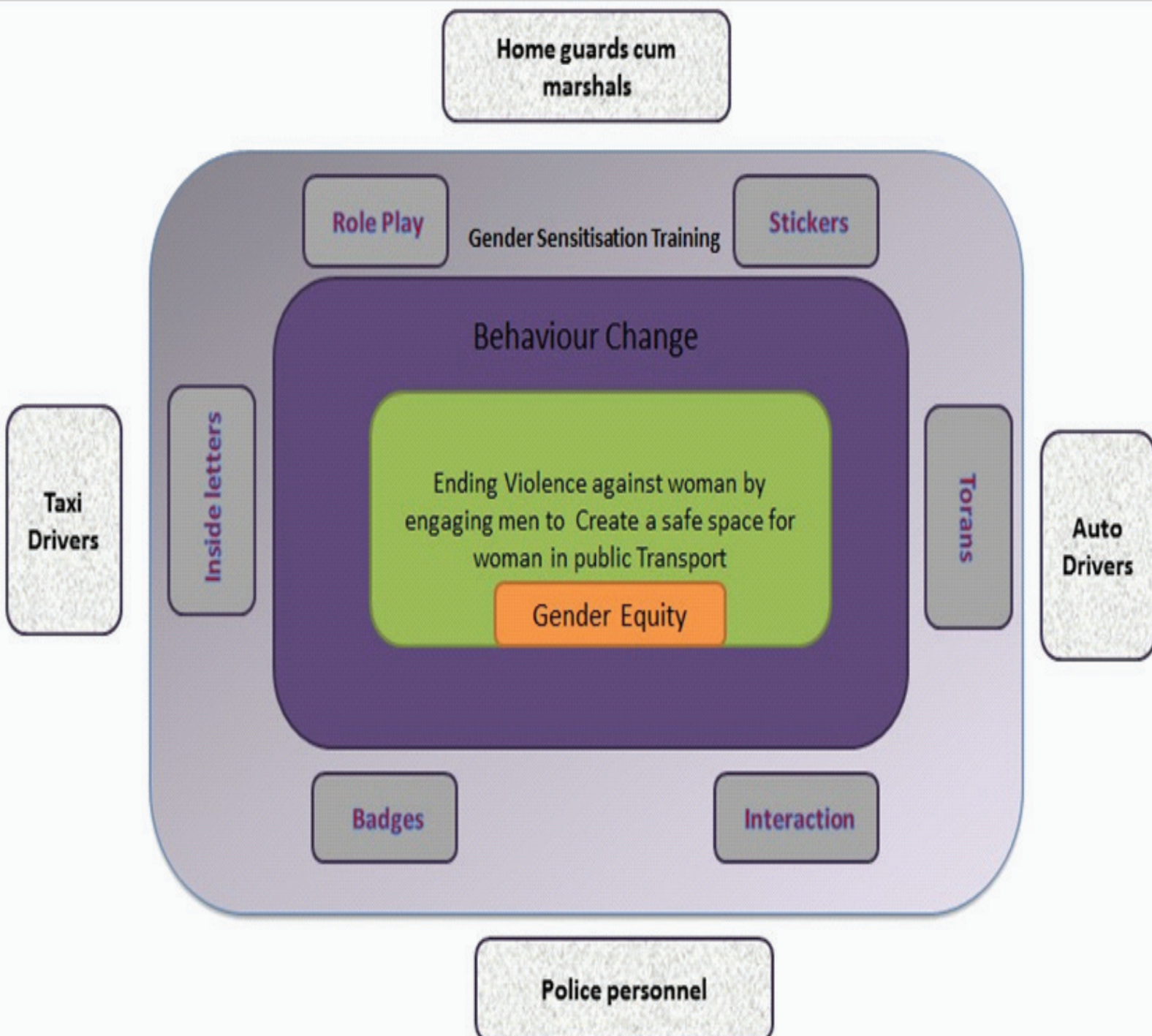
7. Implementation of Manas unique Mental Health Plug-In model at Nirmal Chhaya successfully since 2010 with the support of Delhi State Department of Women and Child Development.

8. Influenced and implemented new mandating policy at Mental Health Units for all state-run homes by the Delhi State Government.

9. Extended and replicated the Manas Mental Health Plug-In model to multiple state-run homes.

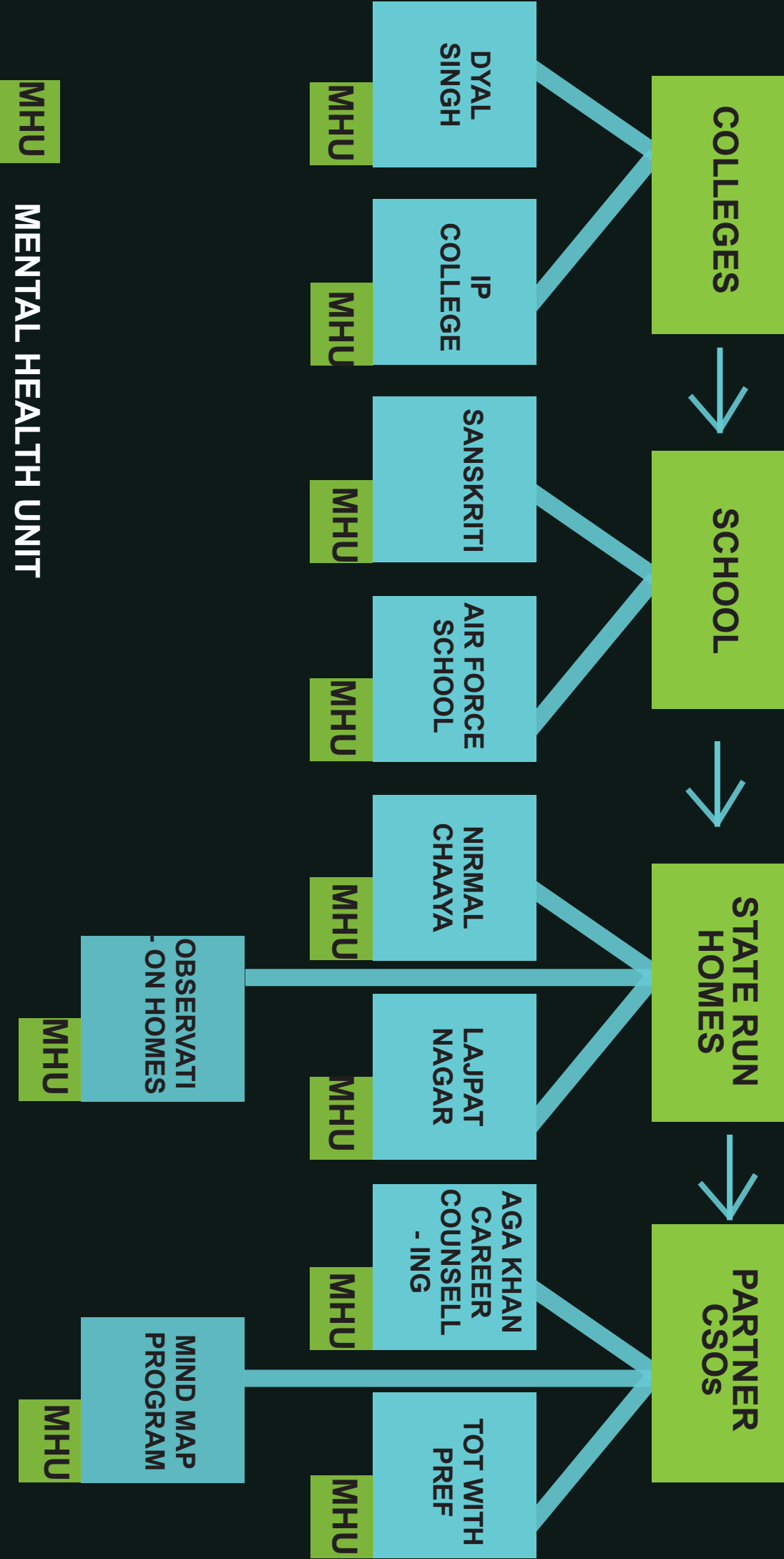
10. Developed linkages for mental healthcare delivery with primary healthcare (mainly Reproductive and Child Health), educational and skill developmental institutions.

11. Developed a growing taskforce of paraprofessionals for mental healthcare, currently with strength of **3000**.



MANAS PLUGIN MODEL OF MENTAL HEALTH

EXISTING SYSTEM FOR VULNERABLE POPULATION



MHU

MENTAL HEALTH UNIT



1. Our Work At Mental Health Unit, Nirmal Chaaya Complex

Objectives of MHU:

1. To **identify** and treat mental illness of women and children at Nirmal Chhaya Complex.
2. To **co-ordinate** with and facilitate the work of welfare officers in the rehabilitation of mentally ill women and children.
3. To **conduct** preventive counseling of women and children who have suffered violence and abuse at some stage in their lives.
4. To **Promote** positive mental health in order to make women and children at Nirmal Chhaya capable of independent existence

Manas Foundation runs a Mental Health Unit (MHU) at Nirmal Chaaya complex providing mental healthcare services to over 1,500 resident women and children every year since January, 2010.

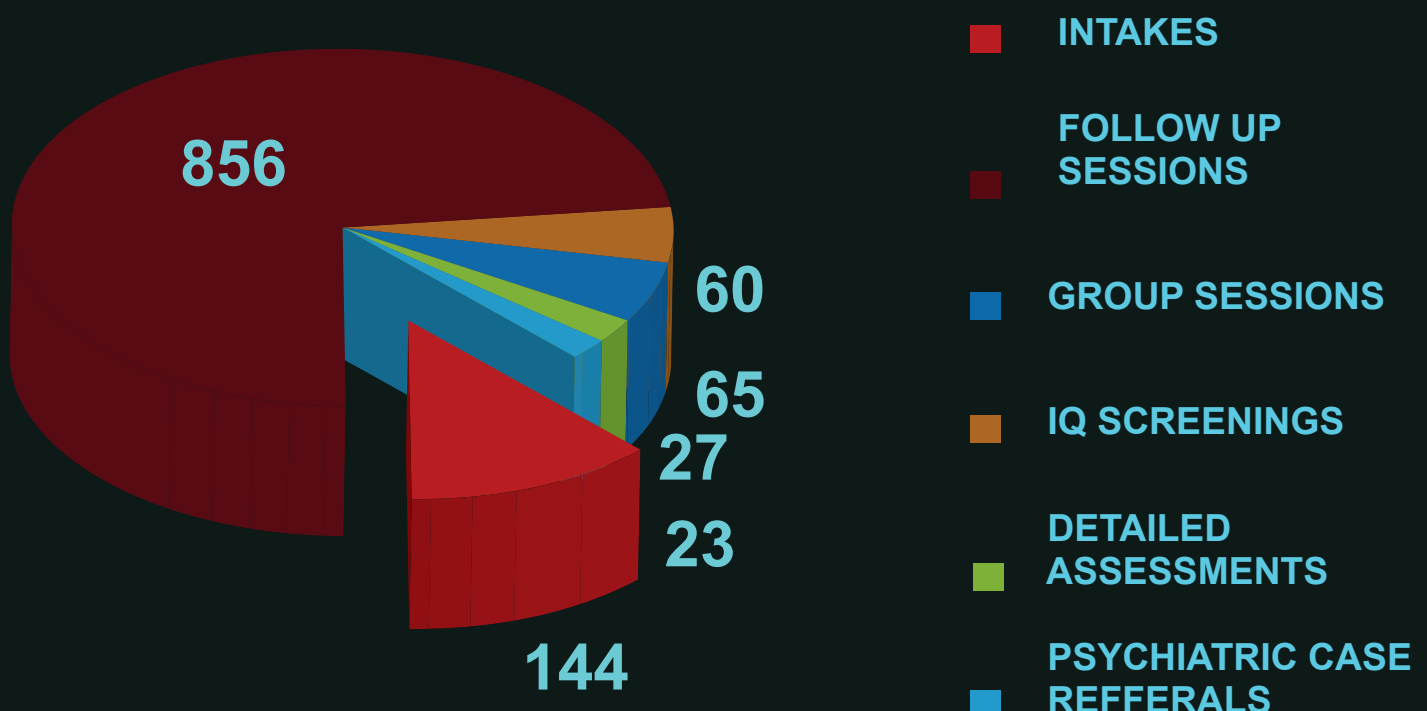
In collaboration with Delhi State Department of Women & Child Development, Manas has been working with 9 homes of the complex: Nari Niketan, Short Stay Home, Widow Home, After Care Home, Beggar Home, home for Healthy

children of Leprosy Patients, Observation Home for Girls, Children Home for Girls, and Foster Care Home. These institutions cater to the needs of children and women in the ages of 2-80 years who are destitute, neglected, abandoned, victims of atrocities, violence, sexual assault, family disputes or any other distress. Majority of them fall under the age group of 2-18 years.



2. Mental Health Unit, Lajpat Nagar

On 11th of September, 2011, Manas Foundation embarked upon a remarkable journey which began with the launch of an innovative project, a plug in model that is the provision of mental health services in one of the Delhi's residential home making mental health a part of care and protection system set up under Juvenile Justice Act, 2009. The journey yet in progress and now in its 5th year, is indeed a fulfilling one not only for the beneficiaries (children) and the service providers (team of Mental Health Professionals) but also for the home staff. Our unique plug in model continues to affect the lives of the children and the staff of the Children Home for Boys, Lajpat Nagar, where Manas Foundation's Mental Health Unit stands as an indispensable part of children's lives. We not only believed in diagnosing and pharmacology followed by psychotherapy but we work on the preventive model utilizing the aspects of Positive Psychology.



APPROACH

Facilitator and Supporter

Catering to the boys need after meticulous assessment

Re-parenting them

Reforming their personalities and attitudes

Helping to adjust well in the society

Success story

Hemant (name changed) is a **14 year** old boy who has been living in the home for past 2 years. He had been transferred from another home due to display of inappropriate behaviour in the premises of the institution. Life started afresh for the client at CHB where he made new friends and adjusted to the environment quickly. He had been motivated to going to school and attending school regularly initially. Soon, the client was observed to be irregular in going to school and disrespectful towards authority. The client was referred to the Mental Health Unit in light of the same. While exploring client's history, it came to be known that the client was facing difficulties in academics, was uncertain about the future and facing difficulty in communication with his mother along with pressure to 'fit in' triggering the presenting complaint. Using Cognitive Behaviour Therapy, his negative schemas were addressed and replaced by positive beliefs, building healthier coping mechanisms and Supportive psychotherapy and family counselling was used to help the client adjust in the present environment. The client now is motivated to go to school regularly, complete secondary education and join computer hardware course.

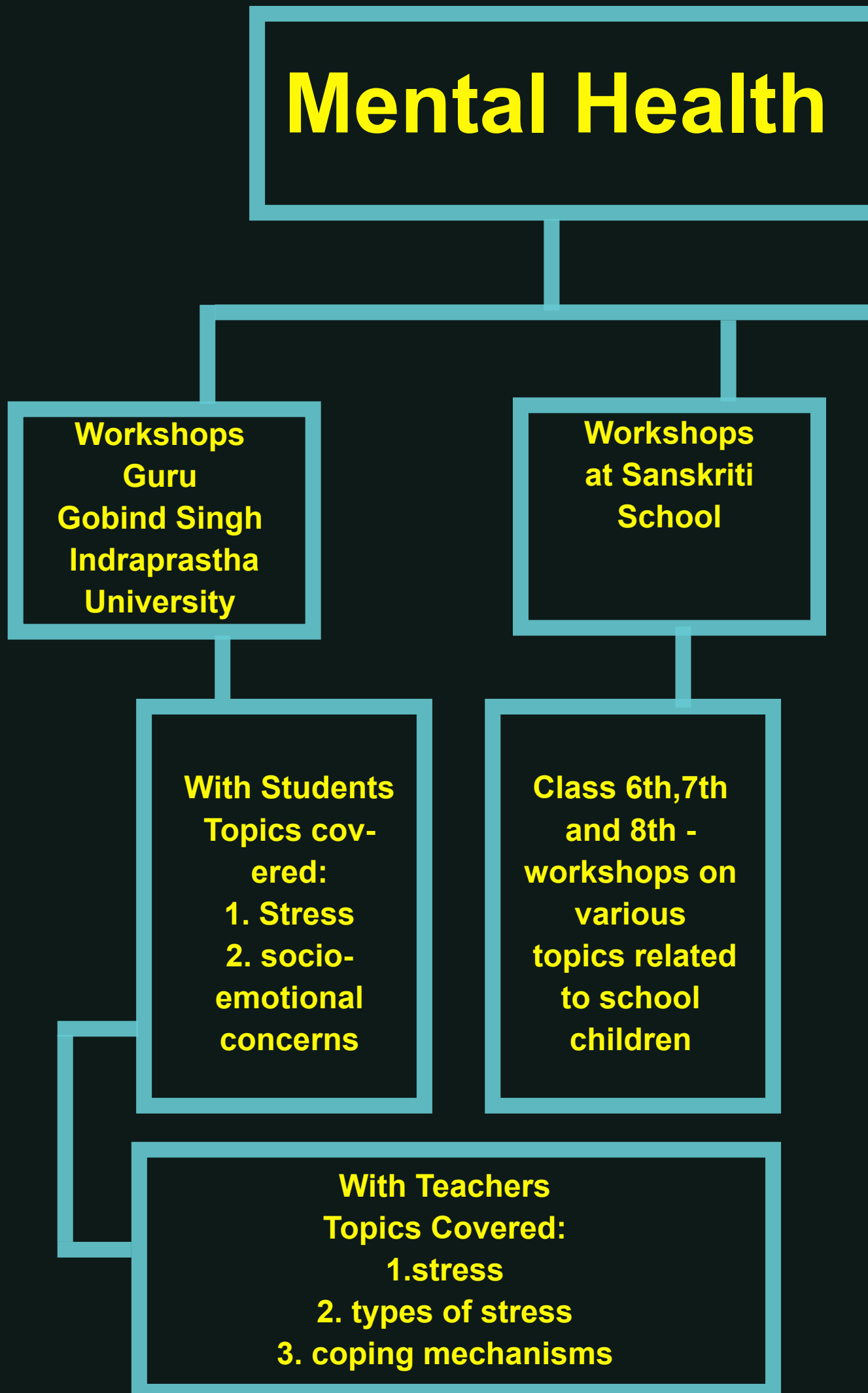
- The running away tendency of boys inside the institution has reduced to 2-3 in a year, over the years and the statistics of the boys who had multiple running away episodes previously

have reduced by **70%** after rehabilitation after inculcation to the MHU program.

- The boys have now come to accept and actively pursue their creative interests along with academics and in some cases, also pursue it as a future career option.
- The aggressive episodes remain 2 in 3 months like the previous year.
- The continuous access to the play therapy room has not only helped in mental and emotional expression of the boys but also in productive engagement and increasing creative potentials.

Progress So Far

3. Mental Health Services, Educational Set-up



Services

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graph TD; Services[Services] --> Counselling[Counselling services at Dyal Singh College, DU]; Services --> Workshop[Workshop at Kendriya Vidyalaya Sangathan, Delhi]; Counselling --> Youth[For college youth Counselling services on: 1. stress management 2. time management 3. relationship management 4. understanding self, etc.]; Workshop --> Training[Training of teachers to adopt the role of a counsellor in a school setting Ethical Responsibility & professionalism of a counsellor];
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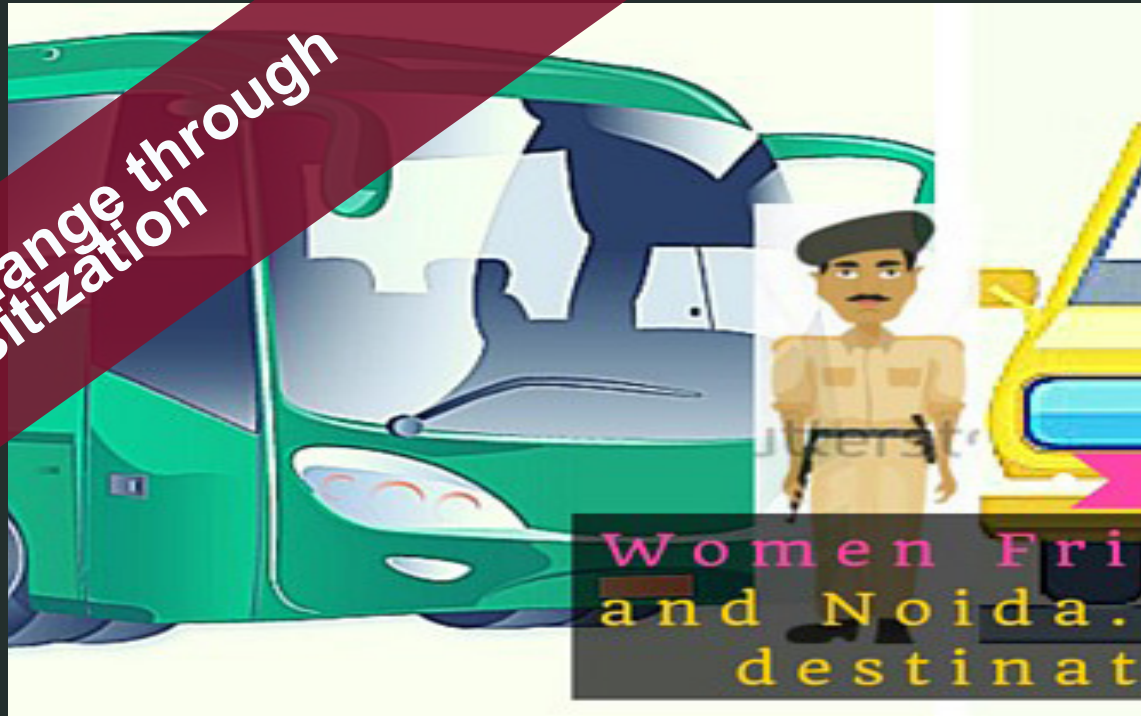
**Counselling
services at Dyal
Singh College,
DU**

**For college
youth
Counselling
services on:**
1. stress
management
2. time
management
3. relationship
management
4. understanding
self, etc.

**Workshop at
Kendriya
Vidyalaya
Sangathan, Delhi**

**Training of
teachers
to adopt the
role of a
counsellor in a
school setting
Ethical
Responsibility
&
professional-
ism of a
counsellor**

4. Behavioural Change through Gender sensitization



In our society women and men grow up to believe that women are fundamentally of less value than men, and this is constantly reinforced through various discriminatory social norms. This has huge bearing on the growth and development opportunities for women and girls because despite the access to opportunities, the control and decision to make choices for different available opportunities is very often determined by – how safe is the place for women to work and/or how safe is the travel and street for her on which she will commute and walk, consequently shrinking the available choices for her.

In response to this Manas Foundation has initiated 'Barabari ki dagar..surakshit safar'(En route to an Equal Society) campaign which aims to create safe public transportation for women with a vision to empower women. This intervention aims for behaviour change of men engaged in this profession. Taxi, Bus Drivers, DTC marshals and police personnel are covered under this training program. The trainings activate positive behaviour to promote pro-gender behaviour using psychological concepts of dissonance and social commitment resulting in attitudinal change in the long run. The program's intention is to highlight that when sensitized law enforcement officers and transport sector workers are motivated to influence their peers and start a movement that works collectively towards a positive change, a safe, secure and women-sensitive environment within Delhi as a prototype of gender-sensitized service sector community could be formed.ability and consciousness not only at work but at home as well. But most of all, a significant aspect of the training is also focused onto imbibe the participants with a gender sensitive skill while serving the public.



Objectives

The key objectives of the program are as follows:

1. To understand the socio-economic and educational background of the drivers.
2. To understand the perception of the drivers regarding the reason for crime against women.
3. Secondly, it delves in to understand their professional behavior in different situations and their corresponding response thereafter.
4. It looks into orienting the participants about various laws related to women safety provisioned under the constitution of India.
5. Overall one of the biggest goals of the training remains in to inculcate in the mind-set of the people about changes that can emerge from personal responsi

OUR APPROACH IN GENDER JUSTICE

Induce Cognitive Dissonance

1. Motivate participants to challenge their old standing cognitions, prejudices and attitudes on gender .
2. Ensure participant attention by introducing relevant illustrations

Activate Behavioural Change

1. Provide actionable behavior changes to the participants that create harmony between their thoughts and behavior.
2. Share IEC material and branding for the vehicle to foster a conscious social commitment from the participants

Affirm change

1. Branding motivates drivers to be open to dialog with people, prompting them to recall and practice the ideas and behaviors introduced during the training.
2. Social compliance is further enhanced as the drivers can now be corrected/questioned in situations that are not in tune with gender equality

OUR OUTREACH

Building Bonds programme

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graph TD; A[Building Bonds programme] --> B[Training for Auto Drivers]; A --> C[Training for Taxi & Bus Drivers]; A --> D[Training for DTC Marshals]; A --> E[Training for Police Personnel]; B --> F[64521 Auto Drivers covered]; C --> G[47311 Taxi & Bus Drivers covered]; D --> H[1472 Marshals covered]; E --> I[3000 Police Personnel Covered];
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**Training for
Auto
Drivers**

**64521
Auto
Drivers
covered**

**Training for
Taxi & Bus
Drivers**

**47311
Taxi & Bus
Drivers
covered**

**Training
for DTC
Marshals**

**1472
Marshals
covered**

**Training
for
Police
Personnel**

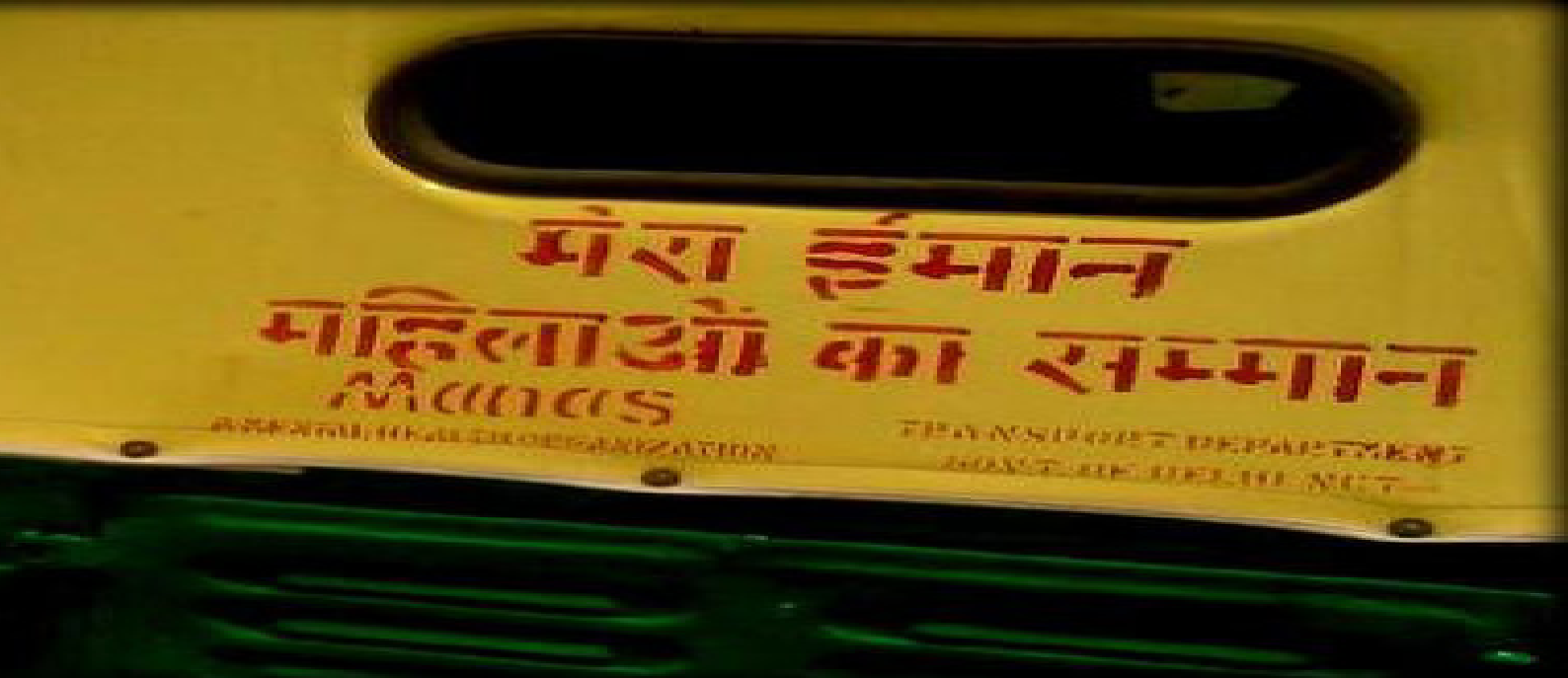
**3000 Police
Personnel
Covered**

Glimpse of the Gender Sensitisation Program with Commercial drivers



टैक्सी - सहारा हेल्पलाइन

**011-41708517
9716000215**



महिलाओं की
सुरक्षा व सम्मान के लिए
टैक्सी चालकों का अभियान

5. Gender Sensitization with the DTC Home-Guards

In order to prevent incidents of sexual harassment in DTC buses, the government has deployed in home-guards. Their key role is to take appropriate action in case of occurrence of any such incident. Manas Foundation has provided a half day training program that covers topics related to gender sensitization, sexual harassment: meaning and legal implications, roles and responsibilities and also helps to behaviourally equip the home-guards to address the gender-related issues commonly faced with regard to women commuters. This

program was launched on **17th** September 2015 and is being supported by Delhi Government, UN Women and Delhi Transport Corporation.

IEC Material for DTC Marshals

Another major activity of this project is to create social awareness of this initiative among public through IEC material. For this, stickers with messages regarding women safety and women respect have been pasted in DTC buses. Apart from this, the marshals are required to take an oath after the training session to fulfil their duties through a pledge card. Along with this, they are provided with a badge having tagline

**‘MERA IMAAN
MAHILAON KA**

SAMMAN’ as a means of social display of their responsibility.



Glimpse of the Gender Sensitisation Program with DTC Marshals



DTC हेल्पलाइन नं: 41400400



सुहाने सफर का इयादा है, सबकी इज़्ज़त और हिफाज़त का बादा है



Delhi Transport Corporation

6. Gender Sensitization with

The increase in violence against women calls for a prompt and proper response from the police on all such complaints. In order to make police officers act in a gender sensitive manner in cases of violence against women and in the discharge of their duties in general, there is an urgent need to conduct gender sensitization training courses for police

At present, the concept of gender is grossly misunderstood by a large majority of police officers. There is also a lack of proper awareness of the prevailing gender inequalities among police officers. Even if there is awareness, the cult of masculinity prevailing in the police organizations does not easily permit a change in the attitude and behaviour of male police personnel toward women. The stereotypes held by the police about sexual violence/harassment and domestic violence, as described above, clearly indicate the general attitude of police towards women.

Manas started trainings for police officials in 2014 to change the understanding and role of police personnel in violence against women.

Glimpse of the Gender Sensitisation



Police Personnel

Objectives

- To **create** conscious awareness about the specific gender stereotypes of the group and map the process of how these stereotypes are formed .
- To **generate** awareness on why it is important to rewire ourselves to become more gender-sensitive in the current context
- Participants should be able to **understand** the meaning and need for being gender-sensitive in their own lives and their professional practice
- To **teach** the police personnel skills required to conduct a fair and unbiased interview with women

Program with Police Personnel



✓ Events at Nirmal Chhaya



✓ Events at Lajpat Nagar



Boys Home, Lajpat Nagar provided mental healthcare and designed individual interventions apart from the interesting extra-curricular activities organised for the children. The career counselling program introduced in year 2014 has been continued in year 2015 and career map had been designed for 9 boys at the institution and the aim in the coming year would be on the communication skills and necessary life skills required to maintain one's career. The play therapy room continues to reinforce healthy and positive behaviour and helping in emotional expression of the boys.



Apart from this, extracurricular activities are important for the personality development of children and involvement in hobbies acts as a protector against mental health concerns in adolescents. The boys have developed a keen interest in performing arts and sports over the years which act as a protective factor against mental health concern in the adolescents.

To provide the boys with a creative medium of expression of

their ideas and thought, **tattoo making** competition promoting team work and cooperation was held for the senior boys. The themes emerged during the competition included understanding emotions, creative understanding of everyday objects, projection of fantasy and introspective understanding of life's journey. For the junior boys, productive utilisation of waste titled as



“Kabaad se Jugaad” was held to provide a medium to creatively express their thoughts and ideas promoting sharing, autonomy choice making.

Another 2 day origami workshop was also held for junior boys of age 10-14 years The workshop aimed at promoting cooperation, creativity, leadership and sharing.



3 workshops were undertaken in total with the home staff, particularly the caretakers, housefathers and security guards over a period of 3 days, on effective communication with the children, helping to increase their desired behaviour and reducing unwanted behaviour through positive communication style. The participants were encouraged to come up with feedback regarding implementation and non implementation of the techniques suggested.



The workshop focussed on helping the participants understand the perspective of the children, along with the impact of staff's positive and negative behaviour on the behaviour of the children. Techniques of increasing positive interaction along with importance of management of one's emotion were also taken in the workshop.

Keeping in mind the temperament of the boys, popularity of various sports amongst

them and on demand of the kids, **25** boys were being trained for cricket thrice a week with the help of a coach, teaching the various nuances of various aspects of the sport, along with daily fitness programme and diet plan.



Funder Visit and Signature campaign:

Manas Foundation was privileged to have Mr. Narendra Kumar, Managing Director of Indraprastha Gas Limited, Mr. V. Nagarajan, Director (Commercial), Mr. Amit Dixit, General Manager (H.R.) and Mr. Amandeep Singh, General Manager, Corporate Communication to visit one of the training centres in IDTR Sarai Kale Khan on 14th May 2015.

The entire IGL team attended the highly interactive training session which comprised of several activities and role play, structured for creating a lasting impression on the participants. Mr. Narendra also addressed the participants and acknowledged their enthusiasm and action towards the Gender Equality in India. The participants in the training also reciprocated his kind words as they acknowledged IGL support for this initiative.

✓ Some Events in



Figure 1 Attending the training session

Launch of Danglers, distribution of Pustika and Certificate to the graduating taxi drivers: Mr. Narendra Kumar, MD of IGL launched the danglers for taxi's (new IEC material). The danglers will be given to all the taxi drivers along with the other IEC material post gender sensitization training. The entire IGL team distributed certificates to the enthusiastic participants



Figure 4 Launch of Danglers for taxi's



Figure 6 Mr. Narendra Kumar putting stickers on Taxi's



Figure 5 Taxi drivers and IGL Team with Certificates and Pustika

Signature Campaign at IGL, CNG Station:

The IGL team along with Manas Foundation management and team proceeded to IGL, CNG Station for the signature campaign. The campaign was inspired by the thought of taking Building Bonds for Gender Sensitisation with Taxi Drivers to the masses. Creating awareness and pledge to respect women.



Nukkad Natak by Parivartan:

Nukkad Natak to showcase gender roles and bias prevailing in society and inspiring towards the need for change was played out by Parivartan team. The play got the attention of the crowd, creating emotions and empathy at the same time. The efforts and organization were identified and appreciated.



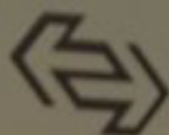
Launch of the training program for DTC Marshals:

The event was held to announce the commencement of our programme on the prevention of sexual harassment of women in public transport. The programme is being implemented in partnership with the Transport Department, Govt. of NCT of Delhi, and with the support of UN Women. This initiative entails gender sensitization of home-guards being deputed by the Delhi Transport Corporation in its buses. As part of the movement to make Delhi safe for women, the Delhi Transport Corporation has incepted the position of Home-Guards to be stationed on all DTC buses for enhanced vigilance against gender-based violence and sexual harassment on bus commutes. This programme aims to support DTC's Home-Guards in the execution of their duties with maximum effectiveness, responsibility and commitment.



of Gender Sensitisation Training with DTC's Marshals

Thursday, 17th September 2015
Silver Oak Hall, India Habitat Centre



Delhi Transport Corporation

UN WOMEN

Empowering Women, Transforming Society





Launch of Gender Sensitization

On 1st March 2016, Manas Foundation extended the reach of its 'Gender Sensitization' Training Programme

“Barabari Ki dagar Surakshit Safar” to auto drivers of Gautam Budh Nagar (Noida). The launch of the programme was held at Community Centre, Sector 33 by the auspicious presence of the District Magistrate, Gautam Budh Nagar and the Supretindent of Police. The Director (Commercial) Mr. V. Nagarajan, and General Manager, Corporate Communications Mr. Amandeep Singh of the Indraprastha Gas Limited were also present. The whole programme is supported by IGL Limited as its CSR Initiative to the community and is executed by Manas Foundation, Delhi.



Training for Noida (Delhi NCR)

The New Delhi Marathon





Manas along with Indraprastha Gas Limited and commercial drivers of Delhi participated in the 5K Swachh Bharat run, IDBI Federal Life Insurance New Delhi Marathon 2016 at JLN Stadium on 28th February under the banner

**“Barabari Ki dagar
Surakshit Safar”.**

In the first of-its-kind programme, Delhi commercial drivers rose and ran against social injustices, and to end violence against women and girls by volunteering to become partners and socially- sensitive men.

Advisory Board Members



Mr. Indrajit Gupta

Mr. Indrajit Gupta is the Founder Editor, Forbes India and has previously been on board with Network 18, Bennett, Coleman & Co. and the Times of India.

Mr. Amit Kaushik

Mr. Amit Kaushik is the consultant for UNICEF Yemen and Ab Initio Consulting and has previously been involved with Educomp Infrastructure and School Management Pvt. Ltd., Cisco Systems (India) and Pratham Education Foundation.



Dr. Sudhir Khandelwal

Dr. Sudhir Khandelwal is the Head of Department, Department of Psychiatry at the All India Institute of Medical Sciences. He is the past President of the Indian Psychiatric Society (North Zone) and the Delhi Psychiatric Society.



Mr.V. Nagarajan is currently the Director (Commercial) of Indraprastha Gas Ltd. (IGL). A post-graduate in Organic Chemistry, Mr. Nagarajan carries diverse experience of over 32 years in operations, retail, industrial and commercial sales and businesses. Prior to taking over as Director (Commercial) at IGL, he was serving as Senior Vice President in-charge of Bina dispatch terminal at Bharat Oman Refineries Limited in Bina.



Ms. Vijayluxmi Bose

Ms. Vijayluxmi Bose started her career as a lecturer in the AJK Mass Communication Research Centre, Jamia Millia Islamia, who has served as the Health Communication Specialist at the Public Health Foundation of India and is currently a consultant to the WHO Regional Office for South-East Asia.



Ms. Subhangi Sharma

Ms. Subhangi Sharma is the education advisor, DFID India who has previously been associated with UNESCO, New Delhi ,Oxfam India and foundation for education and development



Mr. Satish Singh

Mr. Satish Kumar Singh is currently Additional Director at The Centre for Health and Social Justice. He is been one of the pioneer in the thematic area of Men and Gender Equality. He has been working on social justice issues for more than 32 years and on the issue of gender equality, masculinity, sexuality and gender based violence since the past 15 years. He is a part of SAHAYOG, SUTRA, MASVAW, FEM and MenEngage.



Ms. Richa Anirudh



Richa Anirudh defines herself as a speaker, mentor, author, host and friend. She is a primetime news anchor with IBN7 Hindi News Channel. Richa started her career with Doordarshan and now hosts shows on social issues. She hosts 'Zindagi Live' on IBN7. She is also working as an RJ with Big FM. Richa has been in News Industry since 2002 when she started her career with Zee News in 2002 as a Reporter and News Anchor. In 2005, Richa joined Channel 7 which was later renamed as IBN 7. In 2007, she started hosting the Talk Show called Zindagi Live. It's the first of its kind on Indian News Television space. In the very first year, Zindagi Live won the Best Talk Show NT award given by Indian-television.com. Since then Zindagi Live has been winning this award every year for its episodes on relevant social issues, including student suicides, female foeticide, child sexual abuse, Gujarat riots etc.



Ms. Bijayalaxmi Nanda is an academician, feminist activist researcher and lecturer in political science and gender studies at Miranda House, Delhi University. She coordinates a self-funded initiative called Campaign against Pre-birth Elimination of females (CAPF) from 2002 which works with the youth to raise awareness and advocacy and to support women survivors and victims of gender violence and discrimination. Books written by her include co-authored human rights, gender and environment (Allied Publishers 2006) and co-edited understanding social inequality (Macmillan 2010). Well known articles by her include "Cinderella Goes to School: Girl-Child education in India" (Yojana 2013), "Does the Girl-Child Count?" and "Census and Other Stories" (Mainstream 2013).

Ms. Bijayalaxmi Nanda

Mr. Amandeep Singh

Mr. Amandeep Singh has been leading the Corporate Communication as well as CSR functions of Indraprastha Gas Limited (IGL) as the General Manager, Corporate Communications at IGL.

Mr Singh is a double post graduate in Management as well as Mass Communication backed by a specialized program in Trade Fair Management from Germany. He possesses over twenty three years' Communications, Marketing and CSR experience in reputed Trade Promotion, Media and Business organizations in public as well as private sector in India. Mr. Singh has also had a wide international exposure in the field of Trade Fairs having worked for a decade with leading Trade Fair organisers of the country like ITPO and CII.



A social scientist by training, she has worked on the issues of development, education, gender and media for over 35 years. She has worked on campaigns and interventions supporting the empowerment of marginalized people, especially women in South East Asia and South Asia through trainings, workshops and facilitation of networking between organizations working in this space. She has been conducting participatory, experiential, capacity-building workshops for women and men, focused on gender, sustainable development and human rights. She has written extensively on gender, women's empowerment, participatory and sustainable development, participatory training, media and communication and has also written a large number of songs and slogans for the women's movement, books for children, as well as innumerable posters and banners for different movements.



Ms. Kamla Bhasin



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