

2023-24 Annual Report



MANAS FOUNDATION

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About us

Through over 20 years of innovating, training and creating the space and receptivity of mental health in the communities, Manas has worked in creating a demand as well as supply of mental health services with a plethora of afflicted populations like children and women afflicted with sexual/emotional/physical abuse and violence, people with depression, anxiety and other common and severe mental health disorders, juveniles in conflict with the law, children trafficked for labor and sex work, reproductive and child healthcare clinics to provide slum-based mental health interventions as well as with the other NGO and GO stakeholders, to build capacity and enhance the mental health taskforces.

With such a diverse repertoire of skills and knowledge, since its inception, Manas has successfully created person-centric and system-centric change agents, by plugging-in approaches toward fostering positive and reformative mental health and well-being within existing infrastructures.



Our Innovations

Bridge IT

We recognize that each location where we operate has its own distinct social, cultural, and economic landscape. To effectively respond to these differences, we tailor our services to align with the local needs, values, and traditions. This involves engaging with community leaders, understanding regional economic conditions, and adapting our approach to ensure inclusivity and relevance.

Learn IT

We value **Learn It Innovation** as a mindset that drives continuous growth, curiosity, and adaptability. By embracing new knowledge, experimenting with ideas, and evolving with changing needs, we create impactful and sustainable solutions. Learning is not just a process for us—it's the foundation of how we innovate, improve, and make a difference.

Figure IT

Numbers can be more eloquent than words when they provide clear, measurable evidence of the impact of our interventions in mental health and gender justice.

Mental Health: "Over 10,000 individuals accessed our mental health counseling services last year, with a 75% reported improvement in emotional well-being."

Gender Justice: "Our legal aid program supported 5,000 survivors of gender-based violence, leading to a 60% increase in successful case resolutions."

Making an Impact, One Step at a Time !!

The Hans Foundation: CAMP Rajasthan



The Manas Foundation, through its *CAMP Rajasthan* initiative, aims to ensure accessible mental healthcare for underprivileged communities in Alwar and Bharatpur districts. With funding from RIST, the program focuses on integrating mental health services into public healthcare and education systems, creating community-based structures for localized mental.

Key Activities and Achievements

Mental Health Units (MHUs):

- MHUs in Alwar (established in March 2023) and Bharatpur (April 2023) are operational five days a week.
- Total beneficiaries in the reporting period:
 - Alwar: 78
 - Bharatpur: 93
- Services include counseling, psychometric testing, and awareness generation.

Capacity-Building Workshops:

- Training sessions conducted for health professionals, ASHA/ANM workers, and teachers to enhance mental health responsiveness.
 - Sessions included modules on identifying mental health issues, offering psychosocial support, and using screening tools.
1. **Awareness Camps:**
 - Conducted at key locations to break stigma, spread awareness, and connect communities with services.
 - Total participants:
 - Alwar: 323
 - Bharatpur: 470
 2. **Community Engagement:**
 - Collaboration with Apna Ghar to provide group and individual therapy for psychiatric populations.
 - Engagement with local schools to deliver psychoeducation and conduct individual sessions for children.

Challenges Faced

- **Recruitment Issues:** Difficulty in hiring clinical psychologists and psychiatrists due to location constraints. Efforts are underway to recruit qualified professionals.
- **Stigma Reduction:** Initial resistance to counseling and mental health services. Confidence-building measures, such as ensuring confidentiality, have gradually improved participation.
- **Resource Constraints:** Limited space at district hospitals for therapy sessions and testing. Proactive coordination with health officials is addressing this challenge.

Key Learnings

- Continuous engagement with secondary beneficiaries (e.g., teachers, PHC staff) is critical for sustained community impact.
- Simplifying training modules and assessments enhances effectiveness and participant retention.
- Community-based interventions, like awareness camps and psychoeducation, are instrumental in addressing deep-rooted stigma.

District	Common Mental Health Issues	Number of Cases
Alwar	Depression	17
	Psychosis	12
	Intellectual Disability	11
Bharatpur	Anxiety	23
	Depression	18
	Adjustment Disorder	10



Stories of Success

"15-year-old Arun (name changed) walked into Manas's Mental Health Unit (supported by THF) with his parents one day. Arun's parents were concerned about his increasing behavioural problems and lack of academic interest. Parents during the conversation shared that they have been struggling to get through to the child. Coincidentally they got acquainted with mental health services being offered under the project through the IEC material put up near the dental department in the district hospital, Alwar, Rajasthan. With a bit of apprehension and unfamiliarity about the effectiveness of talk therapy, they decided to seek support. Gradually after the first two sessions, rapport was formed and Arun started opening up to the psychologist. While the father was skeptical and shared repeatedly his concern over counselling not bringing about any significant changes, with the help of psychoeducation the parents were made to understand Arun's behavioral difficulties as a response to his parents' absence and emotional unavailability growing up. It took considerable time to build acceptance in the parents and to help them gauge the impact lack of parental care can have on a child's overall development. The psychologist made an effort to build an open channel of communication between the parents and the child as part of sessions and encouraged them to share with each other their thoughts, feelings and expectations. The psychologist also introduced aspects of parent management training like positive reinforcement for the parents' enhanced understanding. Career counselling was undertaken with the child to get a clearer insight into his aptitude, interest and personality"

Mental Health Units in Collaboration with government of Delhi

Since 2010, Manas Foundation has been addressing the mental health needs of residents in care and protection institutions under the Department of Women and Child Development (DWCD), Government of NCT Delhi. The residents, including vulnerable groups like women and children, often face challenges such as abuse, family discord, and exposure to trauma, which adversely impact their mental well-being. To address these needs, Manas Foundation conducts psychological evaluations, creates personalized management plans, and offers services like individual counseling, psychiatric consultations, group therapy, crisis intervention, and family counseling. Regular workshops for support staff further enhance their ability to cater to residents with empathy.

Home	New Intakes	Follow-ups	Crisis Intervention s	Family Counseling	Psychologic al Assessment s	Group Sessions/W orkshops	Psychiatric Consultation s
CHG 1	97	105	24	11	1	28	80
CHG 2	65	114	4	17	-	18	25
CHG 3	-	-	-	-	-	15	-
CHG 4	18	26	3	2	-	12	-
OHG	2	12	-	1	-	12	6
NN	2	36	3	2	-	22	20
SSH	23	75	4	4	-	30	89
ACH	2	43	4	-	-	15	10
BN	-	87	1	-	-	17	3
BG	-	94	2	-	-	19	2
CWC 1 & 7	32	6	-	11	-	-	-
Total	241	598	41	48	1	168	235

Major Themes of the Year

- **Mental Health & Well-being:** Conducted sessions on psychotherapy, stress management, and progressive muscle relaxation.

- **Gender Justice & Women Empowerment:** Workshops on women's rights, career guidance, and menstruation awareness.
- **Creative & Expressive Therapy:** Art-based therapy, music therapy, and dance movement therapy.
- **Crisis Interventions & Support Groups:** Self-harm support groups, anger management, and conflict resolution.

Workshop	Home	No. of Participants
Women's Day Poster Making	SSH, NN	20
Music Therapy	SSH	15
Emotional Charades	CHG 1 & 2	18
Teenage Pregnancy Awareness	CHG 4	7
Art-Based Mandala Therapy	NN	13
Support Group for Self-Harm	CHG	15
Career Guidance	BN & BG	7

Impact & Observations

- **Increase in participation:** Compared to previous years, there was a **20% rise in engagement** in group therapy sessions.
- **Positive feedback from residents:** Many reported improved emotional regulation, better self-esteem, and increased coping mechanisms.
- **Notable behavioral improvements:** Reduction in self-harming behaviors, increased teamwork in group activities, and improved interpersonal relationships.
- **Sustainability of interventions:** Many participants requested recurring sessions for yoga, career guidance, and emotional expression.



Mental health services at NCR Biotech Science Cluster, Regional Centre for Biotechnology



Overview

As part of our ongoing commitment to fostering mental health and well-being, this year marked a significant collaboration with the NCR Biotechnology Institute. Through this partnership, we provided comprehensive mental health support to the institute's staff and students, focusing on addressing their unique challenges and enhancing their overall resilience. The initiative was structured to include monthly workshops, regular individual therapy sessions, and continuous engagement to promote a culture of mental well-being.

Key Activities and Approach

1. Monthly Workshops:

We conducted 10 interactive workshops throughout the year on self-reflective topics that equip participants with essential skills. These workshops covered themes such as Fostering Resilience, Team Building, Setting Boundaries and Mindfulness. Designed to encourage introspection and skill development, these sessions received positive feedback and became a cornerstone of the initiative.

2. Individual Therapy Sessions:

A dedicated team visited the institute three days each month to offer one-on-one therapy sessions. Over the year, nearly 250 individual sessions were conducted, providing tailored support for diverse mental health needs.

3. Reduced Stigma:

Addressing stigma around mental health has shown significant progress over time. Initially, there was resistance as participants hesitated to seek therapy or share their concerns due to the associated stigma. However, through consistent efforts to ensure confidentiality, foster a non-judgmental environment, and build trust, the perception has shifted. As an independent third-party organization unaffiliated with the management, we have successfully gained the trust of

residents. Today, we observe a marked reduction in stigma, with individuals being more willing to approach us for support and actively engage in follow-up sessions.

Impact and Outcomes

By the end of the year, we observed a notable shift in attitudes toward mental health within the institute. The stigma around seeking help diminished significantly, and participation rates in both workshops and therapy sessions increased. The workshops provided participants with practical tools to manage stress, improve focus, and navigate challenges effectively. The individual therapy sessions offered a safe space for participants to address personal concerns, contributing to their emotional well-being and productivity.



Mental Health Curriculum with Sanskriti School



The year 2023-2024 marked a decade of implementing the Manas Mental Health Curriculum at Sanskriti School. Originally introduced in 2012 through one-time workshops on mental health and life skills for students, the program evolved into a comprehensive curriculum integrated within the school's academic framework. The curriculum addresses key psychosocial challenges that arise during different stages of development, including physical and emotional changes, identity formation, respect, discipline, communication, relationships, and peer pressure.

An expert panel annually monitors and evaluates these workshops, gathering feedback from students, faculty, and parents. Students have consistently provided positive feedback, highlighting the curriculum's relevance to both their personal and academic lives. This widespread acceptance and support from all stakeholders have contributed to the curriculum's continued success as it enters its 11th year.

Grade	No. of Sections	No. of Workshops per Section	Total Workshops	Students per Section	Total Students
Grade 6	6	4	24	30	180
Grade 7	7	4	28	30	210
Grade 8	7	4	24	30	210
TOTAL	20	12	76	90	600



CAMP Kumaon - Uttarakhand



Members of the Manas Team share a deep-rooted connection with Uttarakhand and its people. Through our time spent in the remote interiors, we have observed the significant challenges that arise from poverty, inadequate healthcare services, and the absence of mental health awareness. Many families have reached out to us, highlighting the urgent need for mental health support.

Recognizing this, we launched CAMP Kumaon in early 2020, a community-led mental health initiative. With the backing of local village pradhans, the program was set up in Ganoli village, Almora district. A passionate local youth was selected and underwent a four-month training program to provide mental health fieldwork services.

The program remains active and continues to make an impact through:

- A structured mental health service at the Community Health Centre, offering in-person and video-based counseling and psychiatric care.
- Community awareness campaigns to educate residents about mental health.
- Ongoing training sessions for doctors and paramedical staff to build capacity.
- Dedicated health camps focused on the mental well-being of women in the region.

CAMP Kumaon remains committed to expanding its reach and ensuring sustainable mental health support for the people of Kumaon.

Key Highlights

CAMP Rajasthan Initiative:

- Established Mental Health Units (MHUs) in Alwar and Bharatpur, providing counseling, psychometric testing, and awareness services to 171 beneficiaries.

Capacity-Building Workshops:

- Conducted training for health professionals, ASHA/ANM workers, and teachers to enhance mental health awareness and support, with a focus on identifying issues and offering psychosocial support.

Awareness Camps:

- Held camps in key locations in Alwar and Bharatpur, reaching a total of 793 participants, to break mental health stigma and connect communities to services.

Community Engagement:

- Collaborated with *Apna Ghar* for group therapy and partnered with local schools to deliver psychoeducation and conduct individual sessions for children.

NCR Biotechnology Institute Collaboration:

- Delivered 10 monthly workshops and 250 individual therapy sessions, leading to reduced stigma and increased participation in mental health initiatives.

Manas Mental Health Curriculum at Sanskriti School:

- Celebrated 11 years of integrating the curriculum into the school's academic framework, with ongoing positive feedback from students, parents, and faculty.

"The past year has been a journey of learning and achievement. With renewed energy and focus, we will continue to push boundaries, innovate, and make a lasting impact."