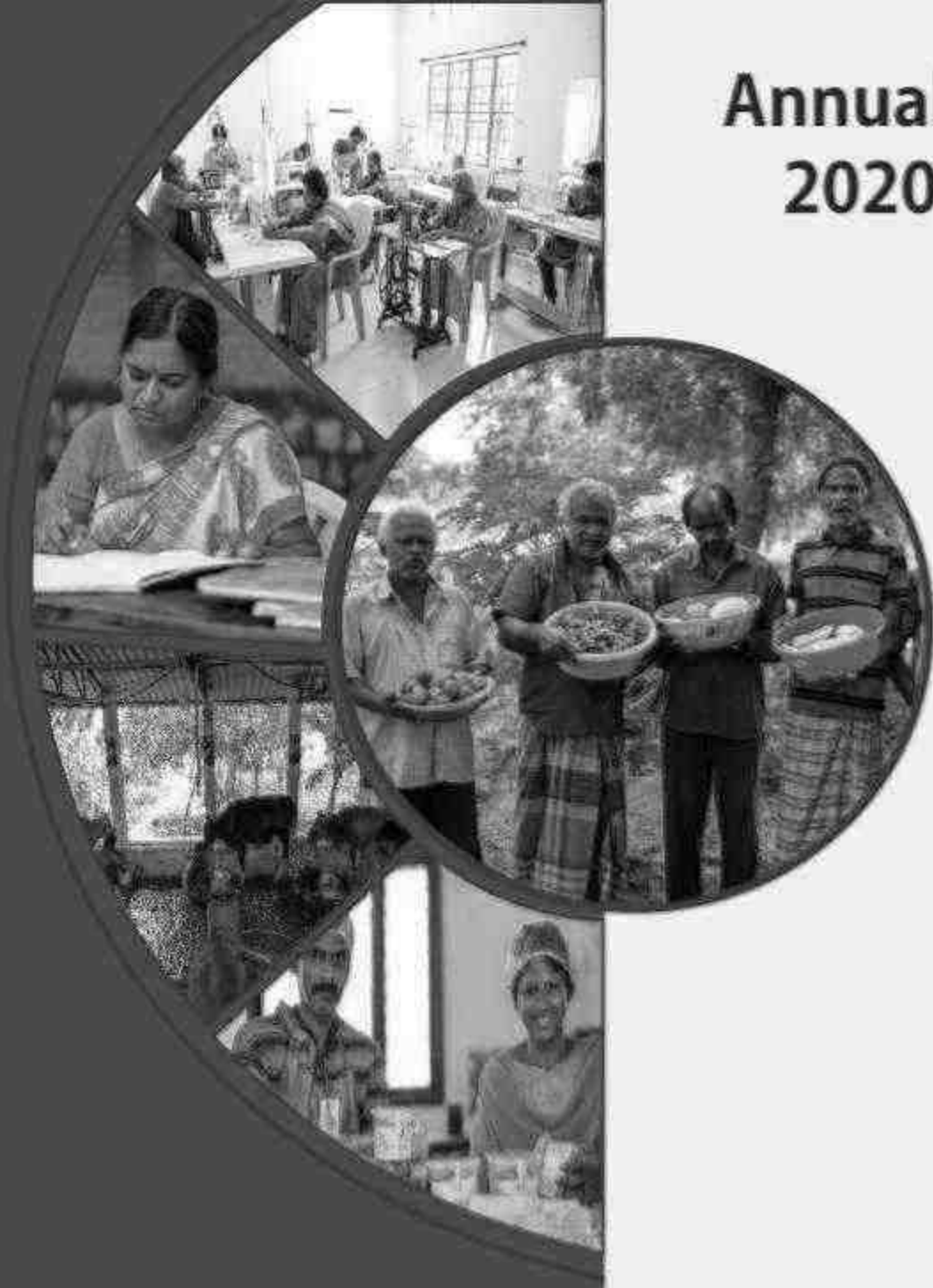


# Annual Report 2020-2021





A little care can change



Crafts Bakes Cleaners

BUYING ME HAS  
HELPED GIVE  
BETTER CARE  
FOR PERSONS WITH  
MENTAL ILLNESS  
Thank you!

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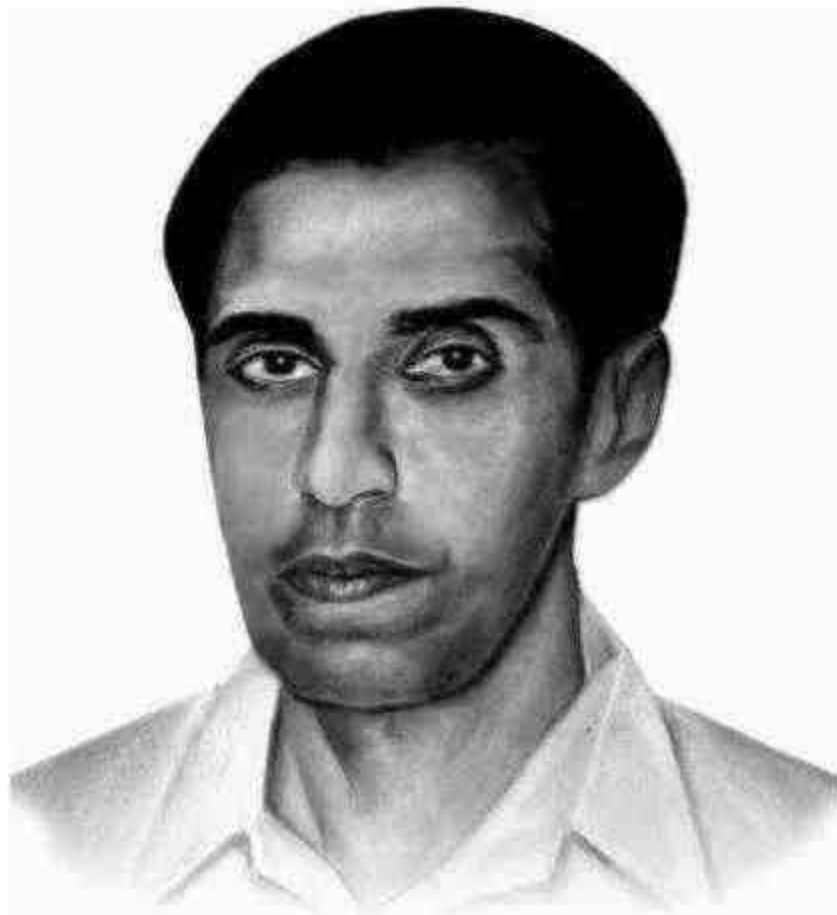
Aims to empower persons with mental disabilities through innovative and commercially sustainable models of livelihood promotion.



An initiative to support mental health causes of



**A Visionary and our Inspiration**



**Shri MS Chellamuthu**  
**1923 - 1982**

Although he is not physically with us, his words and deeds still  
inspire us in our mission

### A wish... transforms into a reality!

"No person with mental illness and their families should suffer for want of treatment."

This wish of Thiru MS Chellamuthu became the clarion call for his son Dr. C. Ramasubramanian (Dr. DRS), who took up psychiatry to translate his father's wish into reality.

Thiru MS Chellamuthu, an engineer in the Public Works Department of the Government of Tamil Nadu, was a widely respected and admired person. One of his younger sons was diagnosed with a mental health condition. The family faced multiple difficulties and challenges in managing a member of the family with mental health condition, at a time when mental health care service were scarce and limited to only those living in big cities. Hence Shri MS Chellamuthu requested his son Dr. CRS to specialize in psychiatry.

In his practice as a psychiatrist, Dr. CRS realized that there was a huge gap between mental health needs of the population and existing mental health services. To compound the problem, the worst impacted were people from low income groups.

As an informed response to the mental health realities and the felt needs of the community, Dr. CRS launched MS Chellamuthu Trust and Research Foundation (MSCT&RF) in memory of his late father to address the mental health needs of the community and thereby create a better quality of life for affected persons and their families. The trust was established on September 16, 1992, the birthday of late Shri MS Chellamuthu and registered under the Indian Trust Act.

Today, MSCT&RF is the single largest provider of mental health services in Tamil Nadu. Its range of comprehensive services include promotion of mental health care, early identification, treatment and rehabilitation. The trust is registered under the Indian Trust Act, Registration Number:400/92 dated 16.09.1992 and registered under the Foreign

Contribution Regulation Act (FCRA), Registration Number : 075940273

### Guiding Philosophy

I expect to pass through life but once. If therefore, there be any kindness I can show, or any good thing I can do to any fellow being, let me do it now, and not defer or neglect it, as I shall not pass this way again.

- William Penn

### Vision

Mental health for all.

### Mission

To promote mental health through holistic mental health care which is affordable and accessible to all.

### Our Values

- Respect
- Commitment
- Professionalism
- Passion
- Innovation
- Team spirit

**Objectives :**

- + To address mental health needs of people through culturally sensitive and contextually appropriate mental health services.
- + To mobilize resources both within and outside the community for the promotion of mental health.
- + To mobilize social support through mental health literacy and work towards eliminating stigma associated with mental health conditions in the community.
- + To contribute to knowledge building through evidence-based mental health research.
- + To network with similar organizations and lobby for the promotion of mental health.

**Recipients:**

**Direct Recipients**

- + Persons with psychiatric disability
- + Persons with mental retardation
- + Persons dependent on alcohol and drugs.

**Indirect Recipients**

- + Family members of the persons with mental disability
- + General public

**Institution Based Programmes :**

- + Centre for psychiatric rehabilitation.
- + Centre for persons with mental retardation.
- + Centre for research and development.
- + Centre for rehabilitation of persons dependent on alcohol and drugs.
- + Centre for Vocational Rehabilitation and Placement.

MS Chellamuthu Institute of Mental Health and Rehabilitation.

Mental Health Centre for Legal Assistance.

Community Based Programmes:

Community Mental Health Project, Madurai, Natham, West Block.

HP-Virtual Mental Healthcare Community Mental Health Project Kadaladi, Ramanathapuram.

Community Mental Health Camp : Sivakasi

Rotary Blossom - Mission Mental Health Projects in eight revenue districts.

**Supportive Programmes:**

Subitcham : Caregivers' Network

Synergy : Siblings' Network

SHARE : Mental Health volunteers' Network

Legal Aid Clinic : Legal Aid Services for persons with mental disabilities.

Livelihood (Udyog) : Imparts training and empowers persons with mental disability.

### Board of Management

**Mrs. R. Rajkumari, M.A.**

**Managing Trustee**

**Dr. M. K. Palaniappan**

**Trustee**

**Mrs. S. Premalatha, M.A.M.Ed.,**

**Trustee**

**Mrs. Vinothini Arun, B.Sc.,**

**Trustee**

**Dr. R. Selvi**

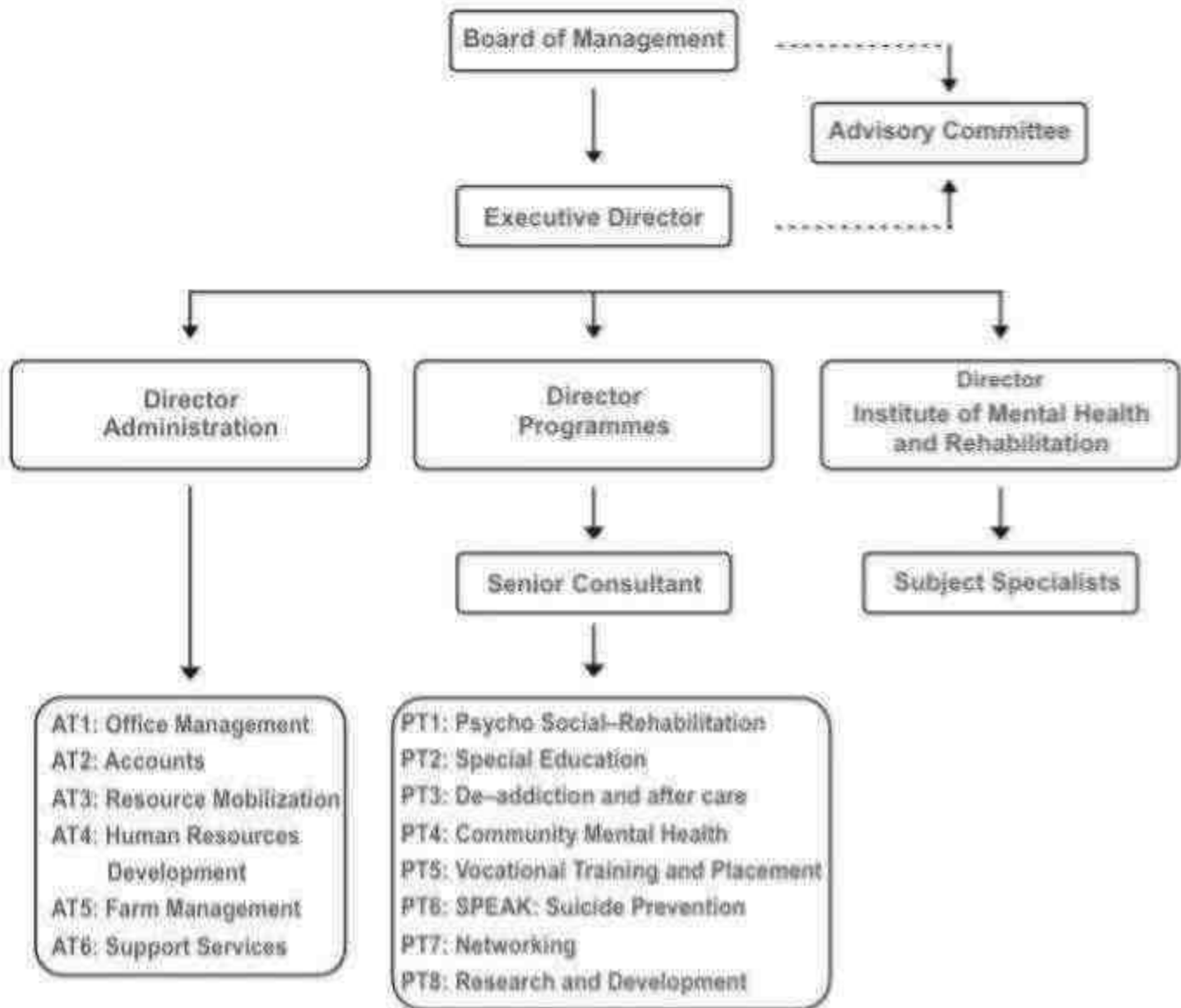
**Kumari Trustee**

**Dr. R. Selva Kumari**

**Trustee**

### Board of Advisors

- Dr. Justice S. Vimala, Madras High Court,  
Madurai Justice. Akbar Ali, Former Chief Justice,  
Madras High Court
- Mr. B. T. Bangera, Managing Director, Hi-Tech Arai Ltd, Madurai
- Dr. Rajaram Subbian, Psychosocial Advisor, Basic Needs India, Bengaluru
- Mr. T. Sathiyamoorthy, Managing Director, Kartya Constructions Pvt. Ltd, Madurai
- Dr S. Kannan, Professor and Head, Department of Environmental Studies,  
MKU, Madurai
- Dr. Subbalaiah, Former VC, Alagappa University, Karaikudi
- Dr. Palanisamy, Former VC, TNOU
- Dr. M. Ranganathan, Rehabilitation Consultant, Bengaluru
- Dr. G. Vasudevan, Managing Director, The Fortune Pandiyan Hotel, Madurai
- Shri R. Panneerselvam, Educationist, Mahatma. Schools, Madurai
- Dr. Belinda Bennet, HRD Consultant, Chennai
- Dr. T. V. Ashokan, Psychiatrist, Chennai
- Shri S. Ramgopal, Managing Director, ACME Enterprises, Madurai



**Note:**

AT : Administration Team

PT : Project Team

Each team is headed by Senior Consultant for Project Team (PT) and by a Manager for Administrative Team

## Centre for psychiatric rehabilitation : Shristi and Bodhi



**SHRISTI**

This centre for psycho social rehabilitation of people with mental disability was established in 1992 to enhance the quality of life of persons with mental disability through appropriate psycho social rehabilitation interventions. Depending on their degree of disability and rehabilitation needs, persons with mental disability are admitted in the different rehabilitation centres.

In each centre, a team of mental health professionals impart counselling, skill development training, meditation, yoga, occupational therapy and creative activities. The team also provides integrated, holistic rehabilitation services to enhance their quality of life of affected persons.

As part of recreation and social skill training, residents from the centres are periodically taken on a visit to temples, hotels, films, theatres, shopping malls and parks in Madurai. All important religious and days of national importance are celebrated with residents in the campus. The following vocational training activities are imparted to empower person with mental disability: Making paper basket, incense making (Agarbathi), bakery, tailoring, candle making and dairy farming. The surplus generated through these activities, are shared among the residents, depending on their performance.

### BODHI

As part of their psychosocial rehabilitation, Bodhi, a flagship rehabilitation centre of MSCT&RF, engages persons with mental disability in activities like gardening and animal husbandry. These activities not only help in their recovery but also make them empowered as they begin to reintegrate with society.



**BODHI**

Activities during the year :

- ✦ There were 85 new admissions and 92 persons with mental disability successfully completed their rehabilitation training and were discharged.
- ✦ World Mental Health Day was celebrated on October 10, 2020, in the campus. In order to empower caregivers with necessary skills and insights, the psycho social rehabilitation team provided psychosocial education for parents of persons with mental disability to empower them to become informed caregivers.
- ✦ Family sessions were organized via Zoom, which had an attendance of over 40 percent.
- ✦ Twelve residents underwent vocational training, of which five found placement in the unit with a monthly salary.
- ✦ Bio manure preparation was introduced to the residents. Ms. Vidhya Subburam, Consultant, Waste Management and Composting Activities, trained residents to prepare bio manure from vegetable waste.
- ✦ COVID-19 interventions: Doctors from the nearby Primary Health Centre (PHC) visited Bodhi on October 3, 2020, to collect PTPCR samples from residents. All residents of Bodhi were tested for COVID-19 during the pandemic.
- ✦ The newly constructed training centre at Bodhi, supported by BPCL (Bharat Petroleum Corporation Limited) was inaugurated on September 24, 2020. One hundred and twenty residents will be trained in livelihood activities at this centre.



### Skill Training Programme:

- ❖ Skill Training Programme for DTP and Mobile Service.
- ❖ DTP and Mobile service training started on August 6, 2021, the occasion of the Erwadi fire tragedy.
- ❖ DTP Course 17 members participated in the DTP course. (Men 11, Women, 6)
- ❖ Mobile service: Fourteen men participated
- ❖ Valedictory function on September 16, 2021, on the MSCT&RF Foundation Day (Birthday of Sri MS Chellamuthu)
- ❖ Ms. Soundarya and Mr. Ravi secured direct placement in Sai Shakthi Enterprises, Madurai.
- ❖ Our special appreciation to Mr. Alwin Stephen, Allwin TTI, Madurai and Ms.J. Keerthiraj, S.R.S Software, Madurai, who coordinated this training.
- ❖ Special guest Dr. M. Sivagurunathan, BHMS, Uma Rani Homoeo Clinic and Member, Local Level Committee (Madurai), National Trust, New Delhi and Thiru. Ulagasandrone, Founder, Royal Vision, Madurai, Member Local level Committee (Madurai), National Trust, New Delhi – who visited MSCT&RF for the first time



## BODHI A bountiful harvest

As part of their psychosocial rehabilitation Bodhi, a flagship rehabilitation centre of MSCT&RF, engages persons with mental disability in activities like gardening and animal husbandry. These activities not only help their recovery but also make them feel empowered as they begin to reintegrate with society.

Gardening began as a hobby to provide a suitable diversion to the persons with mental disability. Three months back, on seeing the enthusiasm of the residents in gardening, the rehabilitation team of MSCT&RF provided them an opportunity to cultivate crops in a portion of land which was uncultivated. What began as a small hobby has today scaled up to a farm full of harvest!

"Twenty-five homeless persons with mental illness, turned into a brigade of 'newly crowned farmers' as they marched holding the harvest of organic vegetables with pride and joy," says Mr. S. Loganathan, Project coordinator, MSCT&RF.

The rehabilitation team of MSCT&RF decided to initiate organic farming. According to them, they prepared the land, sowed seeds of tomato, white pumpkin, brinjal, ridge gourd and green chilies. The residents committed to take care of the crops every day. Their constant effort and continued commitment resulted in the impressive yield.

They harvested 140 kilograms of tomatoes, ninety kilograms of white pumpkin, 69 kilograms of brinjal, fifteen kilograms of green chilies and three kilograms of ridge gourd. The harvest had fulfilled the vegetable requirements at Bodhi. The harvest was also shared with 200 recovering homeless residents, in the other rehabilitation homes of MSCT&RF with joy and pride. In addition, all the 25 members who were involved in the activity were rewarded with incentives for their perseverance and persistence.

## Rising strong



Dhanam (extreme right) with her mother, Nallammal and elder sister Dhanalakshmi.

Dhanam, 40, grew up with her grandparents until she was 18 years old. Raised in a family of seven with five siblings, two sisters and two brothers, Dhanam however, did not spend much of her childhood with them. Due to financial constraints, Dhanam's parents sent her away to her grandparents' house where she grew up. She returned to her parents just before her eldest sister's marriage. When Dhanam was 19 years old, her two brothers were diagnosed with mental illness and mental retardation. They were referred to Dr. CRS for treatment. In a few years, her eldest sister passed away and the family found themselves in a challenging situation.

Broken by his daughter's death, Dhanam's father sunk into depression. In a couple of years, he passed away and the family was left behind with no financial support. Dhanalakshmi, 48, Dhanam's elder sister, supported the family financially by working at a textile factory. During an accident in the factory, Dhanalakshmi lost one of her legs.

In psychiatric medicine, treatment and rehab are two sides of the same coin. Dhanalakshmi recovered completely after treatment.

As a part of her vocational training, she was offered employment at Sakthi Press, a unit of MSCT&RF to empower persons with mental illness through appropriate employment opportunities. She also worked at the Shristi unit of MSCT&RF as a cook. Currently, she sells the products made by the residents of MR Home and other units of MSCT&RF at different public places in Madurai. Meanwhile,

Dhanalakshmi's sister Dhanam was diagnosed with severe depression and mood disorder. Following recovery, Dhanam showed considerable interest in the different rehab activities of the trust. Her interest in rehabilitation impressed the team of mental health professionals.

"I felt confident until my father was alive. After his death, we were left with no financial support and this pushed me into depression as I had the sole responsibility to take care of the family after my sister's accident," says Dhanam.

As part of her rehabilitation, Mr. KSPJ Babu, explored employment opportunities for Dhanam to support her family financially. She worked at a garment warehouse for several years. She also worked in the Madras High Court Madurai Bench canteen for four years. However, due to COVID-19 pandemic, she lost her job at the canteen. Dhanam's family is provided with food from MR Home, free of charge since the outbreak of the pandemic.

Currently, Dhanam works at a retail gift store in Madurai to support her family financially. Dhanam is the primary caregiver of her elderly mother and siblings.

In Srivilliputhur region of South Tamil Nadu, the legend of Nallathangal is well known. Her suffering as a mother of seven children and her inability to withstand severe famine because of barren land, insult and neglect from society, she died of suicide along with her seven daughters. Ever since, Nallathangal has become a part of Tamil folklore. It is widely believed that performing the story would bring rain during times of drought. Through the legend raises issues of suffering, mainly of women, in various forms. The Nallathangal temple is located in Arjunapuram, 8 km west of Watrap in Rajapalayam, Tamil Nadu.

Unlike Nallathangal's decision to kill herself, Dhanam is an icon of resilience who triumphed over her life challenges.

"If not for Babu Sir, our family would have been an example of Nallathangal's story. He supported us financially, gave us hope in life and showed us the way forward," says Nallammal, Dhanam's mother.

## Subitcham cafeteria: Of the people; for the people; by the people



Subitcham cafeteria at Bodhi campus

Subitcham Family fellowship for persons with mental retardation and mental health conditions, initiated a cafeteria as part of their livelihood activities in Bodhi, the psycho social rehabilitation centre of MSCT&RF. Subitcham invested Rs. 10,000 to start the cafeteria. The products sold here cater to the needs of the residents of Bodhi, particular understanding the special needs of the residents.

A daily record is maintained by persons recovered from mental health conditions which includes daily stock inventory, cash and expenses and the movement of products. The cafeteria is run entirely by five recovered residents of Bodhi. Due to the pandemic, family members of the residents send money to the cafeteria account and it is credited under each resident's monthly credits respectively. Similarly, the monthly incentive of the residents from their monthly activities is also deposited in the cafeteria account and credited to the respective resident's account at the cafeteria.

Residents buy essentials like toiletry, stationery and eatables from the cafeteria. Detailed accounts are maintained by the cafeteria team which includes the recovered residents. The five residents spend their week days by managing the cafeteria for which they get monthly incentives.

A beginning with a small investment has now become a successful activity in the campus. The monthly sales of the cafeteria is more than Rs. 46,000/- and the annual turnover is over Rs. 4,00,000. The cafeteria yields a profit of Rs. 6000 every month and the annual net profit for the year 2020 – 2021 was Rs. 75,091. Due to the efforts of the enthusiastic recovered persons, the cafeteria has become a self-sustainable activity which provides livelihood opportunities to residents who have recovered from mental illness. Such economic rehabilitation activities not only help the family but also

persons who have recovered from mental illness. This gives hope not only for recovered persons but also for people who are recovering from mental health conditions.



WE LOVE TO BE A PART OF YOUR BIG CELEBRATION!  
WILL YOU GIVE US A GLASS OF JUICE DURING YOUR CELEBRATION?  
SHIPPING AVAILABLE WORLDWIDE

THE CAREFACTORY SHOP  
401 E. 3rd Avenue, Miami Beach, Florida, USA  
Tel: 305.362.0200 Fax: 305.362.4944  
Email: [info@thecarefactory.com](mailto:info@thecarefactory.com)

## Centre for rehabilitation for persons with mental retardation

### Special School for children:

Aakaash is one of the very few special schools equipped with all infrastructural facilities required for children with mental retardation in the southern part of Tamilnadu. Sixty children with special needs (mental retardation with Autism and Down's syndrome) are the primary beneficiaries. They belong to low income families living in remote rural villages located in and around the school premises.

The school has well-furnished class rooms, therapy hall, assessment centre, meeting hall, play equipment and a play garden. The school is recognized by the Government of Tamil Nadu for Pre-Primary, Primary, Secondary, Pre-vocational and Custodial Classes.

A team of mental health professionals consisting of special educators, physiotherapists, speech therapists, social workers, and clinical psychologists impart the required education and skills. Special education is provided free of charge. Transportation, noon meals and health drinks along with uniforms also provided free of charge for all children. Parents and the care givers are also empowered through periodic counselling and gardening activities within the school premises.

### Activities during the year :

#### Activities during COVID-19.

- ❖ The staff team delivered groceries to Aakaash children every month to their doorstep.
- ❖ The staff team provided counselling to parents regarding strategies to handle the behavioural changes in children and advised them to engage them in household activities.
- ❖ They also suggested involving the children in certain therapeutic activities like yoga, dance and games.
- ❖ Aakaash parents were very thankful to MSCT&RF for the need based support.
- ❖ Number of family sessions conducted: 02
- ❖ Over all percentage of attendance: 69%
- ❖ Due to COVID -19 pandemic there is no admission and no student drop outs this academic year.



## Bonds that endure



Teachers from Aakaash distributed groceries to be the families during the pandemic

Aakaash is one of the very few special schools equipped with all infrastructure required for children with mental retardation in the southern part of Tamil Nadu. Fifty children with mental retardation with Autism and Down's syndrome are the primary beneficiaries. They belong to low income families living in remote rural villages located in and around the school premises.

Due to COVID-19 pandemic followed by lockdown, the students were sent to their homes. Special educators from Aakaash – Mrs. M. Sangeetha, Mrs. T. Meenakshi, Mrs. R. Dhivya and Mrs. T. Bhuvaneshwari telephoned the families and ensured the well-being of the children during the lockdown period. They even visited the families and insisted on personal hygiene of the children with special needs by demonstrating hand washing procedure. They also explained the importance of understanding the needs of the special children during these times as it would be difficult for them to stay in one place without being able to step outside. In case a parent finds their kid symptomatic to COVID-19 or other psychological issues, they were urged to visit the nearby Primary Health Care centre (PHC).

During those visits, parents of children with special needs explained their inability to support the family with adequate and appropriate food. Most of them were daily wagers who working in and around Madurai, lost their job due to the pandemic. Hence, they expressed their financial constraints and requested support from MSCT&RF.

To address the needs and concerns of the parents and children of Aakaash, Mrs. Latha Gurubharathy, Director Administration, MSCT&RF and Mrs. R. Rajkumari, Executive Director, MSCT&RF, have mobilized groceries for the families every month since June 2020. Since the lockdown, the families are being provided with groceries, free of charge.

"Parents were willing to send their children to Aakaash School even during the pandemic as they felt Aakaash is a safe place for children with special needs," said Mrs. T. Bhuvaneshwari, Principal, Aakaash Special School, Madurai.

The special educators visit the children once a month and ensure their well-being and distribute groceries to the families. Parents received the groceries with much joy and gratitude. During the visits, the children come running to the special educators and get onto MSCT&RF's vehicle and ask the driver to drive them to Aakaash School saying, "Anna, let's go to school."

"Nobody cared to look after us during the pandemic and MSCT&RF reduced our financial burden by giving us groceries. The trust is like our second home and we are gifted to be supported by MSCT&RF. Besides, the special instructors helped us understand our children better and ensured that we are not alone in this journey during the pandemic," said Mrs. Selvi, mother of Kavya Pavithra.

## Residential home for adult persons (inclusive of women and men) with mental retardation



MR Home for adults at Thirumohur, Madurai

This 40-bed residential care home established in 2008 for adults with mental retardation is located at Tirumohur, Madurai, and supported by the Government of Tamil Nadu. Currently, 28 men and 12 women benefit from the services of this home. Vocational training such as gardening, domestic skills, cooking, making computer Sambirani (frankincense), candles, packing lentils and tailoring are taught to the residents of this home.

### Activities during the year:

- On December 3, 2020, trainees participated in events to commemorate World Disability Day.
- Independence Day was celebrated on August 15, 2020, with the staff team of Fortune Pandiyan Hotel, Madurai.
- Six family members meet was organized during the year and more than 85 percent of parents/care givers attended the meet and expressed their unconditional love and support for the residents.
- Residents were trained in various activities to empower them.



Padikattukal Team 8th Annual Program Date: 19.01.2020  
 Venue: Asal Malabar Mahal, Avaniyapuram

District Differently Abled Sports Meet was held on February 2, 2020, at MGR Stadium, Madurai.

Family sessions were held periodically so as to enable them to meet their care givers/parents. During the year four family sessions were conducted, which had an attendance of more than 49 percent.

As part of psychosocial rehabilitation, trainees were periodically taken to visit nearby places of worship, park, railway station, malls. This year they visited Arokiya Annai Church at Vadipatti.



## Weaving a new tapestry of life

The following four residents of the MR Home, run by MSCT&RF are testimony to the saying, "In the rhythm of the needles there is music for the soul." They came together to learn and implement knitting at MR Home, Madurai, despite their challenges.

Suryanarayanan is extremely enthusiastic and learnt knitting with passion and ease.

Rajakumar with his persistent hard work has completed tenth standard. He is looking forward to get trained at the Vocational Training Centre (VTC) to empower himself and earn a living to support his family.

Mariammal is a great example of self-motivation. She managed to move past her challenges and learnt knitting to empower her financially. Currently, she is paid incentives for her knitting at MR Home.

Ramuthai is friendly and fosters team spirit among her peers. She motivates the residents of MR Home with her enthusiasm.

These residents, despite their mental illness, learnt how to knit with precision and passion. Their work

is phenomenal and they have produced some impeccable pieces of work like coasters, mufflers, etc. The finished masterpieces were taken to selected outlets. The sale proceeds were given as an incentive to the respective artisans.

MSCT&RF reiterates that such activities help persons with mental disability to rehabilitate and reintegrate with the society making them financially independent. MSCT&RF takes pride in their hard work and believes that with consistent efforts and the motivation, persons with mental disability can lead a meaningful and productive life.



Residents of MR Home were trained in knitting

## Emergency Care and Recovery Centre (ECRC), a new initiative of MSCT&RF launched!



ECRC Team along with Dr.R.Raguram, Dr.Ahalya Raguram, Dr.J.Sanguman and Dr.Gandhimathi Nathan

According to the 2011 census, about 1.7 million people in the country are homeless, and one-third of them suffer from some form of mental illness. They are either abandoned by their families or get lost and are therefore unable to contact their families.

To address such vulnerability, and provide better services



Residents in Meditation

to persons with mental disability, the National Health Mission, Tamil Nadu, Institute of Mental Health, Kilpauk, Chennai, and The Banyan, Chennai, under a Public Private Partnership (PPP) mode, jointly set up the Emergency Care and Recovery Centre (ECRC) in ten districts of Tamil Nadu.

Based on comprehensive bio psychosocial rehabilitation

## A life reinvented



Mr. Chandrasekar during the treatment phase



During the Rehabilitation Phase

model, the care centre was initiated to address the mental health needs of homeless persons with severe mental illness wandering in the streets across Tamil Nadu. As the implementing agency, MSCT&RF has set up the ECRC in Madurai to serve, rescue, rehabilitate and reintegrate homeless persons with severe mental illness abandoned in and around Madurai. ECRC, Madurai, functions at the Government Hospital of Thoracic Medicine, Thoppur.

Currently, we have rescued 23 homeless persons with mental illness who include 11 men and 12 women homeless persons with mental illness. The residents are screened medically, neurologically, psychologically, and customized treatment plans formulated to provide them with effective medical care.

The potential and capability of the residents are assessed by a team of mental health professionals. Based on the assessment, a person-centric rehabilitation plan is formulated, which in turn, enhances their social and vocational skills. This also helps them to live a life with several quality of life indicators, which focuses on reintegration with their family as well as the community.

One of our beneficiaries Mr. Chandrasekar, 45, who was wandering around Dindigul in muddied clothes, agitated the public by being abusive and aggressive with them. At the time of rescue, he was laughing senselessly, talking to himself and harboured suspicious ideas. The ECRC team approached him with compassion and professionalism. They offered him food which he loved to eat and initiated dialogue in order to elicit his mental health status. This provided the team with a broader spectrum of his pre morbid and current mental health condition. The team also explained to him about the

process of ECRC and the bio psycho social services which the initiative offers for the welfare of homeless persons with mental illness. The quality of the rapport the team established with him convinced him considerably and he gave informed consent to undergo mental health care services at ECRC.

On March 22, 2021, he was admitted at the ECRC and the professional team has screened his bio-psycho-neurological conditions thoroughly. His assessment report illustrated that he studied up to Class 5 and has been having prominent symptoms of schizophrenia especially bizarre delusions and auditory hallucinations for almost 15 years which caused him behave abnormally in the public.

The patient history also revealed that he has previous history of work experience as a daily wage earner, security personnel and catering assistant. Initially, he exhibited some reluctance in mingling with his fellow beneficiaries and was simply roaming in and around the premises, talking to himself and laughing.

Based on his condition, the ECRC team has developed and executed need based bio psycho social therapeutic intervention, counselling, training in activities of daily living (ADL) and vocational skills.

Meanwhile, the ECRC team also traced his family and took him home. It was quite a shock to his family members as they saw him after a long period.

His family members expressed their sense of happiness on the current mental health condition of Mr. Chandrasekar and thanked the ECRC team for their remarkable service towards his rescue and rehabilitation.



## Centre for rehabilitation of persons dependent on alcohol and drugs



Trishul rehabilitation centre at East Sandaipet, Madurai.

TRISHUL – IRCA Trishul – Integrated Rehabilitation Centre for Addicts, a project of M.S.Chellamuthu Trust and Research Foundation, started in 1995 supported by the Ministry of Social Justice and Empowerment, New Delhi. The centre provides de-addiction treatment and rehabilitation for people dependent on alcohol and other substances in Madurai City with a mission to enhance the quality of life of the persons dependent on Alcohol and Drugs through professional interventions.

Trishul works with a mission to enhance the quality of life of persons dependent on alcohol and drugs through professional intervention. A team of mental health professional provides comprehensive services for persons dependent on alcohol and drugs. These include treatment, individual counselling, group counselling, family counselling and psycho education for family members on addiction and its consequences.

### Activities during the year

- ❖ One hundred and ninety-eight patients were admitted during the year and 442 persons availed outpatient services.
- ❖ In 2020, participants from various target groups benefitted from the several awareness programmes.
- ❖ One hundred and one student trainees from various social work and nursing institutions attended an orientation training programme on addiction and its consequences.

- ❖ Three counsellors, an accountant, a programme co ordinator, two staff nurses, two ward boys and a peer educator attended an orientation training programme on orientation and de- addiction detoxification.
- ❖ As a Resource Centre, 69 trainees from juvenile home and 18 trainees from vigilance home have availed the services offered by Trishul.

## World Drug Abuse Day

Trishul celebrates the International Day against Drug Abuse and Illicit Trafficking (June 26) every year by organizing awareness and sensitization programmes for various target groups.



Mr. Bruno, Director, Narcotic Control Bureau, facilitated the session and Ms. Jaqueline Allenby David, Senior Counsellor and Trainer, TTK Hospital, Chennai, were the key speakers.

- ❖ This year, due to COVID-19 pandemic, to commemorate June 26, Trishul participated in a virtual state level webinar-- "Better Knowledge for Better Care"—organized by the South Regional Resource Training Centre – TTK Hospital, Chennai, on June 26, 2020. Around 32 participants from IRCA centres across various districts participated.

## Centre for vocational rehabilitation and placement



Participants of paper bag training at VTC

This centre was established in 1995 with support from the Ministry of social Justice and Empowerment, Government of India. The primary objectives of this centre is to enable persons with mental disabilities to acquire work and social skills and to prepare them for job placement.

Nearly 60 persons are being trained in the following vocational activities :

- Bookbinding
- Screenprinting
- Candles and soap based product
- Bakery
- Paper bags

An additional 70 more persons are engaged in tailoring, agriculture and dairy farming.

This Vocational training helps them to be economically independent thereby reducing their family burden.

### Activities during the year :

- ✦ Job work was undertaken to make envelopes, woolen gypsy bag (big size), and jute bags.
- ✦ Sixteen persons successfully completed training and were given placement as on-the-job training in various places which includes District Court



Participants were trained in concentration skills

Canteen, Madurai, Fusion Tech, Meharaj Textile, Legal Advisor Office and Ahana Hospitals.

- ✦ Job work was undertaken to make envelopes, woolen gypsy bag (big size), and jute bags. A "Customers' meet" was organized to recognize and honour valuable customers.
- ✦ The family sessions recorded 71 percent attendance by care givers.
- ✦ Eco-friendly carry bags are made of discarded newspaper and natural glue. These bags not only help to facilitate the trader/consumer to carry on the goods, but also to reduce plastic, which can pollute the earth for hundreds of years with just a single use. It also adds value to used newspapers. The trainees are given incentives based on their skill and performance.

## Rescue and rehabilitation home for homeless, wandering and destitute persons with mental disabilities



Home for the Persons with Mental Illness, Madurai



Home for the Persons with Mental Illness, Dindigul

MSCT&RF is an implementing agency for rescue and rehabilitation home of Government of Tamil Nadu for 150 homeless, wandering and destitute persons with mental illness in Ramanathapuram, Madurai and Dindigul districts.

The Madurai home was started in November 2010 to provide rehabilitation under the above scheme and covers Madurai district. During this year, nine new patients were admitted and seven recovered persons have been discharged. Fifty people, both men and women, are covered under the scheme. A rescue and rehabilitation home for orphans with mental disability, and homeless, wandering and destitute persons with mental illness for Dindigul District has been functioning from March 16, 2015. Presently it functions at Chinnamanaickan Kottai, Sevugam Patti post in Nilakottai Taluk. Fifty persons, both men and women, are covered under this scheme.

As part of their empowerment, residents are provided vocational training in making paper bags, paper basket, seashell ornaments, broom sticks making, incense sticks packing and other allied activities. This year, the units identified families of ten recovered

persons and reintegrated them with their families.



Residents of MI Home Dindigul engaged in animal rearing



Residents of MI Home Dindigul preparing Paper bags

## MI home Dindigul & Erwadi – rescue & rehabilitation



Rescued persons at MI Home, Dindigul

The home for the homeless persons with mental illness, is a programme supported by the Government of Tamil Nadu. The focus of the programme is to identify, rescue and rehabilitate homeless people affected with mental illness wandering in the streets.

MSCT&RF received a judicial order from the Government of Tamil Nadu on November 11, 2018, to carry out rescue operations for wandering persons with mental illness. MSCT&RF operates three such centres in Madurai, Ramnad and Dindigul districts. The trust has been in the process of rehabilitating such people since 2010. Most of these people have been treated, rehabilitated, trained and a few have been identified and reunited with their family members, based on the opinion of the doctor concerned. Currently, there are about 150 (Residents) rescued wandering persons affected with mental illness both male and female residing at our centres. They are being provided psychosocial rehabilitation and care as part of this programme.



Rescued persons at MI Home, Dindigul were engaged in agricultural activities.



Mr. Veera Ragava Rao District Collector Visited on 13.4.2020.

The Ramnad home at Erwadi was established in 2010. Fifty persons, both men and women, are covered under the scheme. During the year, the centre rescued three wandering persons with mental disability from Rameshwaram. Seven new patients were admitted and ten recovered persons were discharged.

### Activities during the year:

- ❖ MI Home Erwadi Eye camp for residents organized on October 1, 2010.
- ❖ Fourteen residents rescued and admitted during the month.
- ❖ District Legal Services Authority Department, Ramnad visited the centre on October 10, 2020.
- ❖ Mr. T. Jegadesan AO DDAWD and Ramnad DDAWD Mr. Jothilingam visited the centre on November 24, 2020.

### Vocational Training activities :

Residents of the home are taught to make wire bags, sea shell ornaments, paper basket and phonyl

## Community mental health

The inauguration of Nambikai Women Self Help Groups Nursery was held on October 3, 2020.



MMSCT&RF and AndheriHilfe, an independent development agency in Bonn, Germany, have been successfully implementing a collaborative Community Mental Health Programme (CMHP) in Madurai East and West Blocks and Natham Block, Dindigul district in a phased manner since 2000. Currently, the programme operates in 39 panchayats and 224 villages in east, 25 panchayat and 125 villages in the west and 19 panchayat and 162 villages in Natham, Dindigul district. Total

The main components of the CMHP programme include the following: early identification of mental disability, early childhood care, treatment camps, day care programmes, home visits, training for caregivers and other stake holders, awareness camps, organizing and strengthening SHGs of Care Givers, promoting income generation programmes and mainstreaming people with mental disabilities.

### Activities during the year:

- ◆ To identify and continue to provide medical treatment to people with mental health
- ◆ To make regular home visits to educate and to change the attitude and behaviour of the family members in the care of the disabled member in their families.
- ◆ To support micro income generative activities by providing economic loans.

- ◆ To work in collaboration with health and welfare departments to get government benefits to the mentally disabled and their families.
- ◆ To strengthen family associations of caregivers of people with mental disability and motivate them to work collectively to improve the status of the recovered persons.
- ◆ To discuss with beneficiary families to evolve strategies on the ways how to continue the treatment and rehabilitation activities after the project phase out period.
- ◆ Family Association Meet was organized along with Nambikkai Women Self Help Group and Federation meeting on October 2, 2020.

Four treatment camps are conducted monthly. Twenty- six treatment camps were conducted in the last six months for people with mental health conditions. This has ensured improved treatment compliance and decreased stigma associated with attending mental health camps.

Due to COVID-19 pandemic emergency, movements of people were restricted, business houses were partially closed, and life saving medical activities and essential items were only available in restricted quantities. During this period in the first two months of this six month project period, there were severe restrictions for people's movement. The public and private transport were stopped. People were allowed to move within the district in their own vehicle. For health emergency, people used their private vehicles to move. We conducted camps in the first three months by delivering medicines at their door steps. In the subsequent camps people reach camp site by their own vehicles, carrying their treatment details with them. The attendance to the camp was partial. For others who were unable to attend were given medicine at their door steps regularly.

## Nambikkai nursery – A garden of hope



Arunachalam works at Nambikkai Nursery as part of his rehabilitation programme

Nambikkai nursery, supported by Andheri Hillie as a part of its Community Mental Health Programme (CMHP), is run by Nambikkai Federation, a group of six SHGs run by the families of persons with mental disabilities. The nursery was started to empower the SHGs, initiate and create employment opportunities for persons with mental illness.

Mr. Prabakar, Project Director, Tamil Nadu State Urban Livelihood Mission (TNSULM) offered to help the federation by creating employment opportunities for the SHGs. He requested the women of Nambikkai Federation to utilize the space in TNSULM office campus, Madurai. The Nambikkai Nursery project was initiated under the scheme – National Urban Livelihood Mission – which creates opportunities for women SHGs to start a business, in association with MSCT&RF.

The nursery was inaugurated by Hon'ble Minister for Co-operative Society Thiru Seltur K. Raju in the presence of then Collector of Madurai, Dr. T. G. Vinay, IAS, Dr. CRS, Prof. M. Kudalingam and other members of the trust.

Members of the federation come together and invest Rs. 100 a month. The group also buys plants, saplings and pots from wholesale nurseries, cultivates plants at Srishti, a unit of MSCT&RF and in the nursery. The plants are repotted to avoid dryness and sold. The nursery also sells natural fertilizers, insecticide and pesticide. The most sought after items at the nursery are fruit saplings, herbal plants, ornamental plants,



Range of pots and Natural fertilisers available at Nambikkai Nursery

pots (clay, cement and plastic), organic manure, bio liquid manure, cow dung manure, goat manure, vegetable manure, vermicompost, coco peat, natural insecticide and pesticide and red soil to pot plants.

"The nursery is running very well. Feedback from customers are positive and motivate us to sell more plants. People buy a lot of rose plants and are happy about the quality of the plants," says Mrs. A. Muthulakshmi, Community Care Worker (CCW), CMHP.

The nursery provides appropriate employment opportunities for people who have recovered from mental illness and help them lead an independent life. Five percent of the profit from the nursery is paid as a rent to TNSULM. The profit is shared among the SHGs. The women in the group use the profit to support the treatment of the family member affected by mental illness.

"Economic rehabilitation activities like Nambikkai Nursery not only help the family but also persons who have recovered from mental illness. This gives them hope. This initiative supports around fifteen families every month. This can be a promising business in the near future as a lot of people show interest in growing plants at home," says Prof. M. Kudalingam, Project Director, CMHP.

**Nambikkai nursery offers a range of products.**

**To buy Nambikkai products, please contact:  
+91 96008 87555.**





Volunteers of Sri Satya Sai Samithi and staff of MSCT&RF distributed medicines to the beneficiaries of Sivakasi mental health camp at their doorstep.

Until recently, mental health facilities in Sivakasi, the well-known industrial city famous for its fireworks, match sticks, and printing press, were non-existent. Hence even for basic mental health care, persons with mental disability had to travel to Madurai, about 70 kms away. Many of them were often wandering in the streets, dressed in scanty clothes, dirty and foraging for food from the street side garbage.

In order to address this felt mental health care need, Sri Satya Sai Samithi volunteers of Sivakasi, in collaboration with MSCT&RF, launched a joint initiative to serve people with mental disabilities in Sivakasi, who were unable to access mental health care services because of stigma associated with mental illness, low levels of ignorance, non-availability of mental health services and the long commute involved in accessing such services.

The initiative was launched in May 2002, when the first free mental health camp was inaugurated. Since then, more than 200 camps have been consecutively organized at the Ganesan Arasan Kalyana Mandapam in Sivakasi on the third Sunday of every month. Initially there were around 45 beneficiaries from in and around Sivakasi. Currently, 275 patients avail the camp services every month. And in the last 18 years, more than a lakh of patients have accessed the services.

Sri Satya Sai Samithi volunteers, the backbone of the camp, work tirelessly to ensure smooth flow of camp activities including patient registration, assessment by social workers, psychiatric consultation, and availing medicines and food—both of which are supplied free of charge. In addition, they make regular home visits to ensure that patients are regular with medication and help care givers provide compassionate informed care. The people of Sivakasi have responded wholeheartedly to this initiative. The Arasan A.M.S Ganesan Kalyana Mandapam is offered free of charge to conduct the camps.

During COVID-19, the CMHP social workers visited camp attendees at their doorsteps to ensure their wellbeing. Psychiatrists, along with staff nurse and Sai volunteers, assembled at the camp site and addressed them on the importance of staying indoors during the pandemic.

During the pandemic, the camp services reached over 270 beneficiaries at their doorstep with the help of the CMHP team. The team ensured that the beneficiaries were regular with their medicines and treatment even during the pandemic.

Mr. Sriram Ashok of Sundaravel Group, Sivakasi, was the backbone of the camp.

## MS Chellamuthu Institute of mental health and rehabilitation (MSCIMHR)

MSCIMHR is a Human Resource Development (HRD) initiative of MSCT&RF founded in 2008 with a mission to develop leadership in mental health.

### Programmes Offered :

#### Post Graduate Diploma Programmes:

- PG Diploma in Mental Health
- PG Diploma in School Counselling

#### Post Graduate Degree Programmes:

- M.Sc. in Applied Psychology
- M.Sc. in Counselling and Psychotherapy
- MSW in Mental Health

#### Research Programs:

- Ph.D. in Psychology
- Ph.D. in Social Work

#### Certificate Programs:

- Basic Counselling Skills
- School Counselling
- Psychopathology
- Marital Happiness
- Diploma programmes
- Health Assistant

**Collaborating Universities: Madurai Kamaraj University, Madurai Alagappa University, Karaikudi Tamilnadu Open University, Chennai Indian Medical Association**



MS Chellamuthu Institute of Mental Health and Research, Madurai

### Certificate Courses :

The Institute offered Certificate Course in School Counselling, Basic Counselling Skills and Psychopathology. Sixty students enrolled in the course and the classes were facilitated by distinguished faculty in mental health from January to March 2021.

An exclusive certificate course was offered to students of ThassimBeevi Abdul Kader College for Women from January 18 to February 4, 2021, in which 20 students participated. A follow up residential internship from February 19 to 28, 2021, was offered at Bodhi campus, in which 34 students participated.

### Internships :

Students perusing Social work, Psychology, Counselling & psychotherapy and Applied Psychology underwent internship at the Institute. From April 2020 to March 2021, 56 students underwent and got benefitted through the internship program. Due to pandemic, for the first time Internship was offered virtually to Lady Doak College Students.



MS Chellamuthu Institute of Mental Health and Rehabilitation  
(The HRD initiative of M.S.Chellamuthu Trust and Research Foundation)  
Developing leadership in mental health care

Madurai Kamaraj University	<ul style="list-style-type: none"> <li>• Ph.D (Psychology)</li> <li>• M.Phil (Psychology)</li> </ul>
Alagappa University	<ul style="list-style-type: none"> <li>• Ph.D (Psychology) &amp; (Social Work)</li> <li>• M.Phil (Psychology) &amp; (Social Work)</li> <li>• M.Sc (Applied Psychology)</li> <li>• M.Sc. in (Mental Health)</li> <li>• PG Diploma (School Counselling)</li> <li>• PG Diploma (Mental Health)</li> </ul>
Chennai Open University	<ul style="list-style-type: none"> <li>• M.Sc (Counselling &amp; Psychotherapy)</li> <li>• PG Diploma (Psychological Counselling)</li> </ul>
Indian Medical Association	<ul style="list-style-type: none"> <li>• Diploma (Health Assistant)</li> </ul>

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Dr.M.P.M.Rajan, Director, MS Chellamuthu Institute of Mental Health and Rehabilitation, Madurai.  
Contact No. 9829013327. Email: mschellamuthu@gmail.com





## Creating a cadre of COVID-19 mental health first aid volunteers



Dr. M. Krishnan, Vice Chancellor, MKU, participated in the training.

Madurai Kamaraj University (MKU), in collaboration with MS Chellamuthu Trust and Research Foundation (MSCT&RF), Madurai, and the Centre for Psycho social support for Disaster Management, NIMHANS, Bengaluru, organized a three-day Training of Trainers (ToT) on psycho social support during the COVID-19 pandemic through video conferencing at the Mu Va Hall, MKU campus, on April 15-17, 2020.

The programme was launched to create a cadre of COVID-19 mental health first aid volunteers and through them sensitize the community about COVID-19 and address the psychosocial concerns of the community. The three collaborating institutions had well defined roles in their respective spheres of expertise. MKU identified student volunteers and provided logistics support; NIMHANS provided training support; and MSCT&RF, the implementing agency, provided technical support to the teams and psycho social support to those in need and if necessary medical support.

Participants included NSS student volunteers from colleges affiliated to MK University, NSS programme officers and teacher counselors from MKU who were trained as mental health first aid volunteers. The roles of volunteers include social network mapping; sensitize members in their social network about COVID-19 and the importance of psycho social care; vulnerability and risk assessment; promote



Prof. Jenefa receives the certificate from the guest of honour, Justice P. N. Prakash

healthier practices among members of their social network and identify members in distress and mobilize necessary support in managing the distress.

The programme was inaugurated on April 15, 2020, by Dr. M. Krishnan, Vice Chancellor, MK University; Dr. Sankar Natesan, Registrar I/C, MKU; Dr. J. Sangumani, Dean, Government Rajaji Medical College Hospital, Madurai; Mr. S. Visakan, IAS, Madurai Corporation Commissioner; and Mr. Kamaraj, IAS, officer assigned by the Government of Tamil Nadu in the initiative against COVID-19.

Shri P. N. Prakash, Hon'ble Justice of Madras High Court, Madurai Bench, was present on the final day of the training. He delivered the valedictory address on April 17, 2020, and handed the certificates to participants.

Since then, the team has trained more than 300 students (under graduate and post graduate) and teachers from colleges affiliated to MKU such as the American College, Lady Doak College and Mannar Tirumalai Nayak College in the city.

We hope that the trained mental health first aid volunteers will augment the efforts of the government and other stakeholders in creating community awareness to effectively address the pandemic.

## Building perspectives through web based trainings

MSCIMHR conducted a series of online trainings and webinars during the third quarter of 2020. These sessions were open to all through the institute's domain.

A web-based training in self-development was conducted on July 1, 3 & 6, 2020. Nine participants registered for the programme and participated. Prof.G. Gurubharathy, Principal, MSCIMHR, facilitated the session. The training enabled participants to differentiate the ideal self versus the real self. They were able to assess their strengths and understood their life positions. Participants also gained insights on how to manage their emotions.

An online training in anger management was conducted on July 11, 2020. Prof. G. Gurubharathy facilitated the training in which forty-four people participated. The training program provided participants with skills to manage their anger instead of displacing it.

A special two-hour session on love languages was conducted on July 18, 2020. Twenty-seven participants registered online and participated. The session was led by Prof. G. Gurubharathy. The participants gained knowledge on strengthening their relationship by understanding love languages.

**A special session on behaviour blind spots was conducted on July 25, 2020. Seventeen participants registered online and participated in the session. Prof. G. Gurubharathy facilitated the session.**

A webinar on acceptance commitment therapy was conducted on August 16, 2020, in which eighty-five participants took part. Dr. V. Veera Balaji Kumar, health psychologist and mindfulness therapist, facilitated the session.

Recovery is not one  
and done. It is a  
lifelong journey that  
takes place one day,  
one step at a time.



HealthyPlace.com

Suicide is a layered,  
complex issue.  
It's not simple,  
and we all need to  
work together.

- Johnathan Freccerl



## Supportive space for students wellness



Dr.CRS felicitates at the cross learning workshop.

Happy Schooling project, a joint initiative of Madurai Corporation, HCL Foundation and MSCTRF, has conducted several programmes for Students, Teachers and School Heads of 24 Schools run by Madurai Corporation.

Happy Schooling, in association with SPEAK, an initiative of MSCTRF launched SPEAK2us **Mental Health Helpline - 93754 93754**. Prize winners of the Mental Health Quiz Competition from Madurai Corporation schools were announced and honoured during the inauguration.

Online training sessions on **Basic Counselling Skills** for 77 teachers was conducted between October 19, 2020, and December 11, 2020. What were the thematic areas covered in the session?

On November 11, 2020, **Happiness Meet** was organized for school heads of Madurai Corporation Schools to strengthen network intelligence. Twenty-one school heads participated.

On November 19 & 28, 2020, a webinar on **career guidance** were organized for Higher Secondary students. The happy schooling team provided Career Assessment for 144 students and also gave

them individual reports.

An online orientation on **healthy boundaries** was organized for 250 high school students between November 3 and 27, 2020.

**Teacher Engagement** programmes were organized for 21 schools between November 23 & December 28, 2020. Around 360 teachers attended the programme.

A two-day **cross learning workshop** on mental health was organized on December 15 & 16, 2020, for the partner NGOs of HCL Foundation. Twenty-seven participants from ten partner NGOs participated.

**Internal Review meeting** was organized at schools on December 28, 2020. Feedback about Happy Schooling programme was received.

A one-day **refresher programme** was organized on December 30, 2020, for trained teacher -counsellors. Ninety-five teachers participated from 24 schools.

**Supportive Counselling** was offered to 728 students between October and December 2020. Happy Schooling Counsellors provided psycho social support to students in distress.

Special days were observed on October 15, 2020 (**World Students Day**); November 14, 2020, **Children's Day**; December 3, 2020, **World Disability day**. **Online** competitions for students from various schools were conducted. One hundred and eighty students participated in the competitions and winning students were given prizes. Wall journals were created to showcase the talent of students.

## Enhance... enable... empower



Mr. S. Visakan, IAS, Commissioner.

Madurai Corporation delivers key note address at the Valedictory program

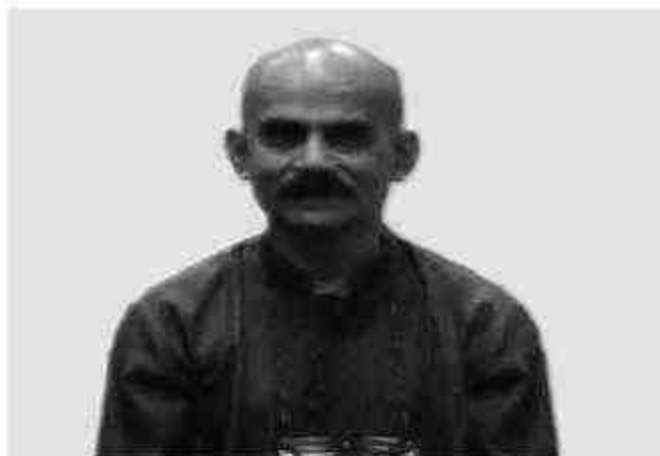
Happy Schooling, a joint initiative of Madurai Corporation, HCL Foundation and MSCT&RF, conducted several web based programmes and training sessions in July, August and September 2020.

Project Happy Schooling recruited four new counsellors in the last quarter. The newly appointed counsellors were provided project orientation from July 14, 2020 to August 4, 2020.

A web based training in Leadership in mental health for school heads was conducted on July 10, 2020. Over 50 heads from different schools participated in the session. The training was facilitated by Dr. Rajaram Subbian, International Trainer and Executive Director, Basic Needs India.

A web based refresher training for trained teacher counsellors was conducted on July 17, 2020. Around 12 teacher counsellors from different schools attended the training. Prof. G. Gurubharathy, Principal, MS Chellamuthu Institute of Mental Health and Rehabilitation (MSCIMHR) facilitated the session.

A web based training in basic counselling skills for teachers was conducted on nine alternate days between August 7, 2020, and August 26, 2020. Around 24 teachers participated in the training.



Dr. Rajaram Subbian facilitated basic counselling skills training for teachers of Madurai Corporation Schools

A web based training in tele-counselling skills for volunteers of SPEAK2us mental health helpline was organized in collaboration with SPEAK, the suicide prevention initiative of MSCT&RF. The training was conducted on six alternate days between September 14, 2020 and September 24, 2020. Counsellors from Happy Schooling, volunteers from HCL Foundation and volunteers from SPEAK, participated. The training was facilitated by Dr. Rajaram Subbian, International Trainer and Executive Director, Basic Needs India, Bangalore.

Besides the training programmes, counsellors of Happy Schooling provided online support and counselling session to 187 students from various schools.

Happy Schooling also conducted several competitions for the students during the pandemic. An elocution competition on COVID-19 and community responsibilities was conducted on August 8, 2020. Over 85 students participated enthusiastically. The names of the prize winners were announced by Prof. Poongothai, Assistant Professor, Tamil Sangam College, Madurai.

A talent hunt for students was conducted on August 29, 2020. Over 144 students showcased their talents. Seventeen different types of talents were exhibited by students in the competition.

## Beyond borders and boundaries: *"The value of a good deed"*



Mr. S. Narayanan, a well-wisher of MSCT&RF, has been associated with the trust for the past twenty-five years. His concern towards raising funds to care for homeless persons affected with mental illness has influenced his daughter Mrs. Mahalakshmi, who now lives in the US. Mrs. Mahalakshmi, closely associated with MSCT&RF since childhood, has been regularly supporting the activities of MSCT&RF.

Her passion to help people with mental disability has motivated her to move one step ahead beyond borders and boundaries in an attempt to initiate a chain of good deeds. Thanks to her extraordinary efforts, a meaningful bond has been established between MSCT&RF and the American Charitable Tamil Society – AmChaTS, USA, a non-profit organization with a mission to preserve and promote Tamil language, tradition and its values in the US.

Children of parents from Tamil Nadu living in the United States of America, enthusiastically participated in the online fundraising programme organized by the American Charitable Tamil Society (AmChaTS), USA, a non-profit organization with a mission to preserve and promote Tamil language, tradition and its values in the United States. The enthusiasm and willingness of the children to support a cause were exemplary.



Participants of the fundraiser campaign

The programme was streamed live in AmChaTS website [www.amchats.org](http://www.amchats.org) on July 25, 2020, to raise funds for MSCT&RF, Madurai, to support homeless persons affected with mental illness and rural children affected with mental retardation. Parents, children, well-wishers and members of AmChaTS participated and raised funds during the event. We especially thank all the wonderful children involved in hosting such a splendid show in Tamil. We were happy to see them in traditional Tamil outfits, and speak in Tamil about upholding our cultural values to help people in need.

We congratulate the AmChaTS team for this tremendous and innovative effort to raise funds to support persons with mental illness during this pandemic times. We also extend our thanks to parents and well-wishers for their support. A special thanks to the Board of Directors, AmChaTS, for their generous support. We are also happy that their effort to help us has also highlighted the importance of the values of good deeds to other children in the USA.

The greatest distance can be bridged when it comes to the love of helping people in need. The programme has overcome several barriers and limitations caused due to the COVID-19 pandemic, and has set an example for other institutions to follow. MSCT&RF received several calls from well-wishers and organizations who appreciated their innovative effort in fundraising.

## SPEAK2us mental health helpline launched: Conversations matter... Help is just a phone call away!



The galaxy of distinguished dignitaries on the dais

October 10, 2020, World Mental Health Day, was yet another milestone for MSCT&RF.

SPEAK2us (93754 93754), our mental health helpline, a joint initiative of two MSCTRF projects—Happy Schooling (the emotional well-being programme in 24 schools in Madurai Corporation supported by HCL Foundation and Madurai Corporation) and SPEAK (the suicide prevention initiative), was inaugurated by Thiru R.B. Udaya Kumar, Hon'ble Minister for Revenue and Disaster Management and Information Technology, Government of Tamil Nadu.

Happy Schooling and SPEAK have a deep engagement in the mental health promotion and suicide prevention space respectively. A large number of people with mental health conditions do not have access to appropriate treatment, thus contributing to the treatment gap. In addition, given the high incidence of mental health issues and psychological distress in the community, particularly after the COVID-19 pandemic, the SPEAK2us helpline emerged as a considered response to felt needs in the community. The helpline reaches out to all population segments such as students, children and adults.

The dignified launch of SPEAK2us that strictly followed the COVID-19 SOP (Standard Operating Procedures) was attended by a galaxy of



Thiru R.B. Udaya Kumar, Hon'ble Minister for Revenue, Disaster Management and Information Technology inaugurates SPEAK2us Mental health helpline

distinguished invitees that included Thiru T.G. Vinay, Madurai District Collector; Thiru S. Visakan, Madurai Corporation Commissioner; Thiru Swaminathan, Chief Educational Officer; Tmt. P. Vijaya, Corporation Educational Officer; Thiru B. Subbaraman, Associate Vice President and Centre Head, HCL Technologies; and Ms. Nidhi Pundhir, Director, CSR arm of HCL Foundation, who participated virtually.

Inaugurating the helpline, Thiru R.B. Udaya Kumar remarked that mental health needs to be given the same importance as physical health. Reiterating the WHO statement that there is no health without mental health, he stressed that people need to proactively build their capability and resilience to deal with life's multiple challenges. He urged people to access the helpline services when distressed, as often, all it takes to save a life (as in those who are suicidal) or in other forms of psychological distress is to talk to an empathetic caring person who can enable a shift in perspective.

SPEAK2us is a mental health helpline whose foundation rests on the principles of diversity, equity and inclusiveness. Our services are confidential, respect the privacy of callers and are free of charge. The mental health helpline, the first of its kind in southern Tamil Nadu, is a facility that offers non-judgmental listening services to people in crisis



A momentous occasion SPEAK2us mental health helpline launched.

situations or another form of psychological distress. This service is mostly offered through a call-in on a phone line. Currently, services are available seven days a week (9 am to 6 pm).

non-judgmental listening services to people in crisis situations or another form of psychological distress.

This service is mostly offered through a call-in on a phone line. Currently, services are available seven days a week (9 am to 6 pm).

The helpline is staffed by a team of 40 trained volunteers who underwent a 40-hour training on various aspects of providing mental health helpline services. They were trained by Dr. S. Rajaram, well-known mental health professional and Director, Basic Needs, Bengaluru. Volunteers will be mentored by a three-member team that includes Dr. S. Rajaram, Prof.G. Gurubharathy, Principal, MS Chellamuthu Institute of training and Development and Dr. Nandini Murali, Director, SPEAK.

### Why call SPEAK2us mental health helpline?

We all have challenges in our lives that we sometimes find difficult to cope adequately. Sometimes, we are able to share these challenges with friends and family. However, at other, we don't want to share them due to our fears of being judged, or because we are worried that people around us will begin to look at us differently, and define us by our problems.



Volunteers of SPEAK2us received their badges from Hon'ble Minister Thiru RB Udayakumar.

- ❖ In some cases, we are reluctant or hesitant to share extremely sensitive personal information with people who are closest to us.
- ❖ Sometimes, we may wish to share with someone but not be able to get in touch with them when we are in extreme distress.
- ❖ Or sometimes, we have no idea what to do and want to speak to someone and use them as a silent listener; just speaking about possible courses of action offers us clarity.
- ❖ Callers could choose to call a helpline in any of these situations.
- ❖ In many parts of the country, it is easier to call a helpline than it is to avail of mental health services.
- ❖ When you call **SPEAK2us helpline (93754 93754)**, you have nothing to lose and everything to gain! SPEAK2us empowers callers by creating safe supportive compassionate spaces that offer an opportunity to speak about their distress and be heard with empathy and respect.
- ❖ **SPEAK2us: 93754 93754:** Help is just a phone call away!

## MSCT&RF celebrates International Women's Day Celebration



Members of Sree Sai Vruksha Trust received the women's day award on behalf of Mrs. Usha Parthasarathy from Mrs. T.K. Lily Grace

MSCT&RF celebrated International Women's Day on March 8, 2021, at the Vocational Training Centre (VTC) campus of the trust, to recognise the social, economic and political achievements of women. Women of the world want and deserve an equal future, free from stigma, stereotypes and violence; a future that's sustainable, peaceful, with equal rights and opportunities for all. To get us there, the world needs women at every table where decisions are being made

The theme of this year's International Women's day was "Women in leadership: Achieving an equal future in a COVID-19 world." The programme was enlivened by the inspirational speech of the chief guests of honour: Mrs. T.K. Lily Grace, Asst. Commissioner (Law & Order), Anna Nagar, Madurai; Thiru Rajendra Babu, Managing Director, SNP Dairy, Madurai; Mrs. Vidhya, and Mrs. Parvathy, well-wishers of MSCT&RF.

The MSCT&RF Women's day award 2021 was conferred on Mrs. Usha Parthasarathy, Director, Sree Sai Vruksha Trust, Madurai, for her dedication and excellence in rehabilitating youngsters prone to delinquent behaviour and for her support towards caring for persons with mental illness. The space overflowed with sensitive and informed women capable of profound reflection. Splendid cultural performances added a touch of celebration and festivity to the occasion.

The space overflowed with sensitive and informed women capable of profound reflection. Splendid

cultural performances added a touch of celebration and festivity to the occasion

We, at MSCT&RF, recognise the incredible contribution women make all over the world to inspire change. Members especially women were motivated to reshape their own perceptions of how they view themselves, and the need to rise and speak up in an empowered voice of women for whom even the sky is not the limit.



# Stressed?



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Initiative of MS Chellamuthu Trust & Research  
Foundation



## Awards..... Proud Moments

A snapshot of the list of awards



**NATION'S BEST INSTITUTION AWARD  
FOR THE EMPOWERMENT OF PERSONS  
WITH DISABILITIES- 03. 12. 2007**  
Ministry of Social Justice and Empowerment,  
New Delhi.



**DISTRICT COLLECTORS AWARD,**  
Rannad to Dr.C.Ramasubramanian for  
his yeomen service to  
the disabled persons in 2003



**NATION'S BEST INDIVIDUAL (PWDS)  
AWARD 2008 to Mr.Bharathi**  
by the National Trust, New Delhi,  
on 12.09.2008



**NATION'S BEST EMPLOYEE  
AWARD – 2000**  
to Mr.Manoharan from Ministry of Social  
Justice and Empowerment, New Delhi



**STATE'S BEST DOCTOR AWARD -  
to Dr. C. Ramasubramanian 1999 – 2000  
Dated, 15th August 1999.**



**STATE'S BEST NGO – 1996 – 97  
Government of Tamilnadu,  
28.02.1997**



**BEST NON-GOVERNMENTAL  
ORGANIZATION – 1997  
Madurai District Administration, Madurai  
15.08.1997**



**FOR THE "SAKE OF HONOUR AWARD " to  
Mrs.R.Rajkumari, Executive Director by  
Rotary Club of Madurai Metro -2006  
22.02.2006**



**Outstanding Social Worker Award-2013** was awarded to **Dr.C.Ramasubramanian** by State Bank of India, Chennai. **01.07.2013**



**DISTRICT COLLECTOR'S AWARD** to **Dr.C.Ramasubramanian**, on **15.08.2007** for his outstanding services to the community.



**"FOR THE SAKE OF HONOUR AWARD"** from the Rotary Club of Madurai West **29.10.1999**



**"VOCATIONAL EXCELLENCE AWARD"** to **Mr.K.S.P.Janardhan Babu**, Director Programme by the Rotary Club of Madurai North West, Madurai on **01.07.2007**



On the Eve of 64<sup>th</sup> Independence Day celebration held on 15<sup>th</sup> August 2011 at Madurai Bench of Madras High Court, Dr.C.Ramasubramanian received this honor from the Hon'ble Justice Mr.Jyothimani.



Thiru.R.PERIASAMY M.Sc (Agri), Agri. Horti Consultant of M.S.Chellamuthu Trust Research & Foundation received the BEST EXTENSION WORKER AWARD from District Collector - Theni, on 26.01.2013, Republic Day.



BEST PSYCHIATRIC SOCIAL WORKER STATE AWARD to Mr K.S.P.Janardhan Babu, Director-Programmes by Anbalayam, Trichy on 08.07.06.



Fr.Triest Award was Presented by Brothers of Charity, the Indian NGO under the umbrella of Fracarita International for Outstanding work in fighting stigma associated with Mental Health 10.10.2014



**"1st Abdul Kalam Seva Ratna Award",**  
was presented by his  
Holiness Dalai Lama to  
Dr.C.Ramasubramanian on 09.11.2015.



**"Vocational Excellence Award"**  
Was presented to Dr. C. Ramasubramanian  
by PDG. Rtn. R. Ramakrishna Raja,  
Rotary District-3230 & Rtn.R.Theenachandran,  
Governor, Rotary District-3000 on 17.10.2015



**"V.R.Krishna Iyer Award" 2016** awarded to  
Dr. C. Ramasubramanian by SOCO Trust,  
Madurai on 26.01.2016.



**MS Chellamuthu Trust and Research Foundation (MSCT&RF), won the Parivartan Award for best practices in mental health. December 10, 2017**



**Mrs.Latha Gurubharathy, Director Administration received Sister Nivedita Award in recognition of her service for the Persons with Mental Disabilities January 28,2018**



Thiru. Vijaya Baskar, Hon'ble Minister for Health, TN, honouring Dr.C.Ramasubramanian for his outstanding performance on Doctor's Day, 1st July 2018.



Mes.R.Rajkumari, Executive Director of M.S.Chellamuthu Trust and Research Foundation received Woman achiever award for the year 2018 from Sroptmist - Madurai



Movie director Prabhu Solomon honours Dr. CRS. Also seen Prof. Balakrishnan (third from right) and Anbudyan Senthil Kumar (second from right)



Dr. CRS receives the Leader of Excellence award at WEF 2020. Also seen Dr. Harbeen Arora, Manta Fomes and other of bearers of WEF 2020

### List of Research Papers Presented

Every year research work is being carried out in the areas such as rehabilitation, addiction, yoga and mental health in our projects which helps us to improve our services and to introduce new activities. Research papers were presented at national and international conferences by our team of professionals. The papers presented and articles published year include the following:

S. No.	Name of the conference	Title	Venue	Date
1.	6th National Conference of world association of psychosocial rehabilitation Indian Chapter	The contributory role of Information Technology and Telemedicine in the various models for Rehabilitation	Chandigarh	May 17-18, 2019
2.	State level CME - Community Psychiatry	My Journey in community Psychiatry - Two decades experience.	Chengalpattu	August 4, 2018
3.	Asia Pacific Social work Conference	Implementation of Tamil Nadu Police well-being program: Field Experiences	Bangalore	September 18 - 20, 2020
4.	International Conference on scientific and social approaches to mental wellbeing	Stress Management / Mental health among Adolescent girls / Women	Virudhunagar	October 3-4, 2019
5.	Comprehensive Mental healthcare throughout life course Expert Group Consultation	Geriatric Mental Health Promotion	Raipur	November 13-14, 2019
6.	National CME on Rehabilitation Psychiatry	Community Based Rehabilitation in India - Past, Present and Future	Patna	November 24, 2019

### List of Publications

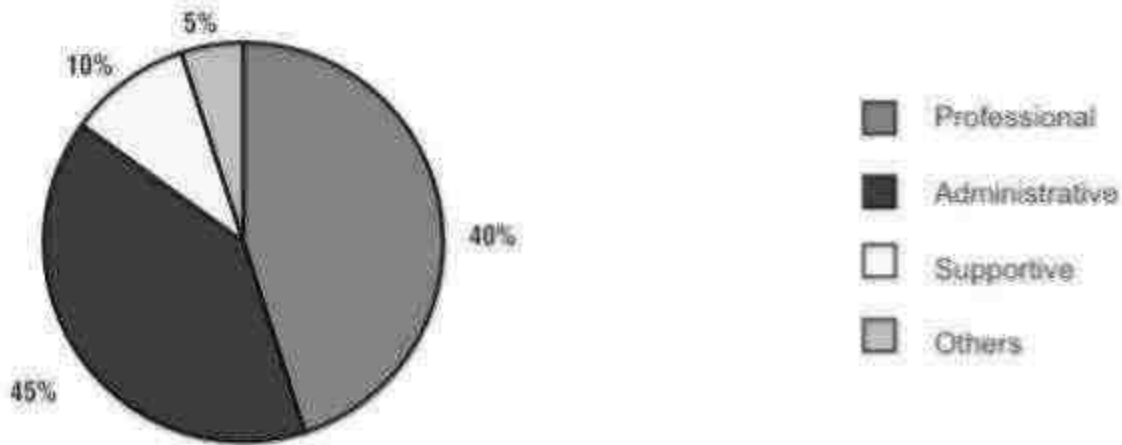
S. No.	Author Name	Research Article Title	Journal Name/ Book Name	Year Page No
1.	Kangkan Pathak, Raj Kumar Lenin Singh, Lokesh Kumar Singh, Pradeep Sharma, Pradeep Kumar Saha, <b>Chellamuthu</b> <b>Ramasubramanian</b> , Rilambhara Yeshwant Mehta, Theerthankara MeethalShibukumar	<b>A population-based analysis of suicidality and its correlates: findings from the National Mental Health Survey of India, 2015-16</b>	The Lancet Psychiatry DOI: <a href="https://doi.org/10.1016/S2215-0366(19)30404-3">https://doi.org/10.1016/S2215-0366(19)30404-3</a>	2019



### Staff Team

The Trust has a Staff Strength of 165 members who are well qualified in their respective fields and are committed to the cause of the Trust.

#### Categories of Staff:



#### ☆ Professional Staff

- ✦ Psychiatrist
- ✦ Medical Officer
- ✦ Clinical Psychologist
- ✦ Social Workers
- ✦ Psychiatric Nurses
- ✦ Occupational therapist
- ✦ Special educators
- ✦ Physiotherapist
- ✦ Yoga therapist
- ✦ Speech therapist
- ✦ Vocational instructors.

#### ☆ Administrative Staff

- ✦ General Administration
- ✦ Accounts
- ✦ Transport
- ✦ Management Information System

#### ☆ Supportive Staff

- ✦ Cook
- ✦ Gardener
- ✦ Caretakers
- ✦ House Keeper
- ✦ Watchman

#### ☆ Others

- ✦ Well wishers
- ✦ Volunteers

## Training offered to other institutions

Across the globe, people are experiencing some of the mental health repercussions of the COVID-19 pandemic. Immense work stress, unemployment, financial instability, chronic loneliness, relationship conflicts, and general uncertainty about the future causes widespread emotional distress. In fact, it's common for most people to experience a sense of "collective grief or sorrow" during this time.

To enable people address the situation, MS Chellamuthu Institute of Mental Health and Research (MSCIMHR), hosted a series of webinars to provide emotional guidance for people in psycho social distress during the second quarter of 2020. The list of webinars;

Type of Training	No. of Institutions	No. of Trainees
Observation visit (One day)	6	100
Nursing Clinical Training	13	153
Block Placement Training	10	51
<b>Total</b>	<b>29</b>	<b>304</b>

• Richmond Fellowship	• Nehru Nursing College
• Projects Abroad	• Urumu Dhanalakshmi College
• Lions Club	• BDUC, Perambalur
• Lady Doak College	• Alagappa University
• The American College	• Bharathidhasan University
• Fatima College	• RASS Academy
• Madrai Institute of Social Sciences	• KLN Polytechnic
• Periyar Maniammai College	• Bishop Heber
• Stella Maris	• Sara Nursing College
• Matha College of Nursing	• Basic Needs India
• Madurai Medical College	• Nehru Nursing College
• Sacred Heart College	• SBT College of special education
• Cauvery College for Women	• BANYAN
• Krishnammal College for Women	• Anbagam

### In House Training

S. No	Date	Topics	Facilitator	Participants
1	23 to 28 04.2020	Virtual Social Protection Against COVID - 19	Prof.G.Gurubharathy, Principal, MSCIMHR	56
2	02.05.2020	Managing Stress During COVID - 19	Prof.G.Gurubharathy, Principal, MSCIMHR Ms.Tharanya, Faculty, MSCIMHR	83
3	06.05.2020	Caring Relationship During COVID - 19	Ms.Tharanya, Faculty, MSCIMHR	71
4	08.05.2020	Technological Addiction during COVID - 19	P.Raghu, NIMHANS, Bangalore	63
5	12.05.2020	Emotional Wellbeing During COVID-19	Ms.B.Maheswari, faculty, MSCIMHR	28
6	24.05.2020	Fun in doing social research	Dr.M.Kannan, Director – Research, MSCIMHR	87
7	27.05.2020	Power of Self Compassion	Ms.Tharanya, Faculty, MSCIMHR	53
8	30.05.2020	Marital Happiness	Dr.J.Janet Vasantha Kumari	90
9	17.06.2020 4pm to 6 pm	Power of "PRAYER"	Mr.P.Gurusamy	43
10	22.06.2020	7 Magic Habits of Happiness	Prof.G.Gurubharathy, Principal, MSCIMHR Ms.Tharanya, Faculty, MSCIMHR	95
11	16.08.2020	Acceptance Commitment Therapy	Dr.V.VeeraBalaji Kumar, Faculty, MSCIMHR	84
12	11.12.2020	Post Covid People Practices – An Introductory Session	Dr.SamJebinManohar, Managing Partner of Talent Partner, A HR Consulting Firm, Bangalore Dr.M.Muthiah, HR Advisor, Murugappa Group, Chennai	35
13	13.05.2020	Psychological First Aid	Dr.S.Rajaram, Executive Director, Basic Needs India, Bangalore.	17

## In House Training

S. No	Date	Topics	Facilitator	Participants
14	22.05.2020	Healthy Boundaries for Happy Relationships	Prof.G.Gurubharathy, Principal, MSCIMHR	38
15	8, 10 & 12 .06.2020	Strengthening Resilience in Children	Dr.S.Rajaram, Executive Director, Basic Needs India, Bangalore.	22
16	11.06.2020	Power of "YES"	Prof.G.Gurubharathy, Principal, MSCIMHR	18
17	1, 3 & 6 .07.2020	Self Development	Prof.G.Gurubharathy, Principal, MSCIMHR	12
18	11.07.2020	Anger Management	Prof.G.Gurubharathy, Principal, MSCIMHR	30
19	18.07.2020	Love Languages	Prof.G.Gurubharathy, Principal, MSCIMHR	16
20	25.07.2020	Behaviour Blind Spots	Prof.G.Gurubharathy, Principal, MSCIMHR	17
21	27.01.2021	Professional Enrichment Program – Wellbeing Interventions for Adolescents with Psychiatric Disorders	Ms.N.Ahil, Research Scholar, NIMHANS	35
22	18.02.2021	Professional Enrichment Program– Anxiety as a trait and its Implication on Adolescents	Mrs.P.Bijulakshmi, Research Scholar, MSCIMHR	30
23	31.03.2021 6PM TO 7 PM	Anxiety & Depression among COVID 19 Patients in relation to emotional Intelligence	Mr.Gopi, Research Scholar, MSCIMHR	28

### OUR STAFF AS RESOURCE PERSONS

S. No	Date / Time	Name of the program	Participants	No. Of Participants	Facilitator
1	07.10.2020	Mental Health Promotion for World Mental Health Day	Employees of Madura Coats	230	Dr.S.JoyceJeyarani Mrs.SaadhviNirmal
2	28.11.2020	Parenting	Teachers and Parents	90	Mrs.SaadhviNirmal Ms.Amritha, Counselor – Happy Schooling
3	30.11.2020	The Unspoken Words – An Understanding into the Non-Verbal Cues for better social interaction	Teachers and Parents	36	Mrs.SaadhviNirmal, Faculty Ms.Kaveri, Counselor – Happy Schooling
4	29.01.2021	A session on "Resilience Building" for Arunachala College of Engineering for Women, Kanyakumari	Students		Dr.S.Joyce Jeyarani
5	13.02.2021	Complementary Therapies	Common for All	30	Ms.Amritha
6	21.02.2021	Anxiety Management	Common for All	50	Mr.Depan Meshack
7	08.03.2021 3.30PM	Women's Day Celebration	Staff of ESI Corporation – Regional Office	130	Dr.S.Joyce Jeyarani



**M.S.Chellamuthu**  
**Institute of Mental Health and Rehabilitation**

*promoting dignity in mental health care*

(The HRD wing of M.S.Chellamuthu Trust and Research Foundation, Madurai)

\* No. 34, TM Nagar, Behind Milan Market, Near Mathuravakkal, Madurai - 625 102

☎ : 96299 11207 / 94524210510

☎ : mchm@bharati.com / www.mchm.com / mchm@mscfr.com

## Our thanks to ...

### Supporting Organizations

#### Government

- ✦ Ministry of Social Justice and Empowerment,  
Government of India, New Delhi
- ✦ National Trust for the persons with Autism, Cerebral  
Palsy, Mental Retardation and Multiple  
Disabilities, New Delhi
- ✦ Directorate of Rehabilitation, Govt. of Tamilnadu
- ✦ Tamilnadu Veterinary and Animal Sciences  
University, Chennai
- ✦ Tamilnadu Power Finance Corporation, Chennai

#### Business Organizations

- ✦ Indian Overseas Bank
- ✦ Indian Overseas Bank Officers' Association
- ✦ State Bank of India
- ✦ Hi Tech Arai Pvt Ltd.
- ✦ Auro Lab- Aravind Eye Hospital, Madurai
- ✦ Canara Bank
- ✦ Oriental Insurance Company Ltd.
- ✦ Mahindra Consulting Engineer Ltd., Chennai.
- ✦ Bharath Petroleum Corporation Ltd.
- ✦ HCL Foundation
- ✦ Repco Home Finance Ltd.

#### Service Organizations

- ✦ Rotary International
- ✦ Lions Club International Foundation (LCIF)
- ✦ Rotary Club of Madurai West
- ✦ Sri Sathya Sai Seva Samithi, Sivakasi
- ✦ Rotary Club of Carmarthen , UK
- ✦ Om Charity India Foundation, Bengaluru

#### International Organizations

- ✦ The People and the Government of Japan
- ✦ Antheri - Hilfe, Bonn, Germany
- ✦ ReddBarna (Save the Children, Norway),  
Sri Lanka
- ✦ Association for India's Development (AID),  
USA
- ✦ SARI Foundation - Netherlands
- ✦ Capital for Good, USA
- ✦ Geneva Global - The Freedom Fund, USA

## VISITORS VOICES

Excellent initiative started by Dr.CRS and their parents. Real service to GOD ( The Great Architect of the universe. My wishes to Dr.CRS and his family members to continue the Project for generations to come.

**Mr.N.Vishwanathan & Mrs.Annapoorni**  
Chartered Accountant

Really happy to Visit the campus. Lot of activities and interventions happening here. Our wishes

**Mr.S.Nambirajan,**  
SELCO India.

Paradise for god's own children. God bless you

**Mrs.Uma reddy**  
Needs Foundations

Serene and most critical services rendered for the most marginalized. Our best wishes to all of you Namaskaram.

**Mr.Mahesh Chandrasekar**

Very impressive and effective programmes wish them well

**Justice R.Subramanian**  
Judge High court

I would like to place my appreciation and best wishes to MSC Trust for their commendable service to humanity. My best wishes to Dr.CRS for all his initiatives and commitment. I wish the Trust all the very best.

**Justice.M.S.Ramesh**  
Judge High court

Very Inspiring service. Keep it.

**Justice Baskaran**  
Judge High court

Excellent. Wishing all the very best to the Organization. Always Close to Very heart.

**Dr.Ranasri Kishore**  
Doctor

My Visit to Rehab centre at Alagarkovil has been very emotional. Outstanding service by Dr.CRS Am Moved by the kind gesture shown by inmates when they celebrated my Wedding anniversary ( 7th march ). I will cherish this forever My best wishes for greater success to this organization.

## VISITORS VOICES

**Mr.R.Ramachandran**

**Chartered Accountant**

An Outstanding initiative of community based rehabilitation for the mentally ill which has set an example and model to inspire

**Dr.Ahalya & Dr.Raghuram**  
**Professor**

Nice Experience we learned a lot about this Trust and its Service. We came to this first time and it was really a pleasant memory.

**Ms.Priya shalini**  
**Lecturer**  
**Anugraha Institute of social science**

The Best example and model of how an insitution should be. Humbled, Inspired and amazed by everything here. Happy to give and be of help to you all. Take care and stay blessed.

**Dr.Aproorva and Mr.Abinav**



### **"Choose to Challenge – Women's Day 2021"**

We are extremely honored and humbled to announce that Mrs. Latha Gurubharathy, Director - Administration of Chellamuthu Trust received the prestigious "Vocational excellence award" for her excellence of work to care for persons affected with mental illness from the Rotary club of Madurai Blossom on 4th march 2021.

In order to mark a call to action for accelerating women's equality, the Rotary Club of Madurai Blossom organized "vocational excellence award programme for Women" during which awards were distributed to 10 prominent women achievers from various fields.

Our hearty wishes and congratulations to Mrs. Latha Gurubharathy as well as other winners for their extraordinary effort and passion towards their dedicated work.

We thank Rotary club of Madurai Blossom, for organizing such a wonderful event to mark the oncoming International women's day and to celebrate the social, economic, cultural and political achievements of women.



# THE HINDU

MADURAI, June 21, 2020

## Counselling must to prevent suicides, expedite recovery, says expert



A majority of people infected with COVID-19 have developed psychological symptoms due to the sudden diagnosis; abrupt changes in routine life, absence of meaningful communication and hostile isolated environment resulting in lack of confidence to fight the disease, renowned psychiatrist Dr. C. Ramasubramanian has said.

He said mental healthcare for patients played a crucial role not only in instilling confidence among patients that they could easily recover from the infection, but also to ward off suicidal tendencies in the pandemic scenario. Psychological intervention by way of professional counselling should not only be for infected patients but also for the community to create awareness about the pandemic and its implications.

### Sleep disturbance

Quoting recent studies, Dr. Ramasubramanian, the nodal officer for police well-being programme, said that there was a steep rise in the suicide rate and 44% of people were suffering from sleep disturbances, irrespective of their age, gender and financial status.

"People should be educated about coronavirus and the prognosis. The lack of understanding has created some kind of panic in the community. This has also resulted in mounting aggression, which in many cases gets manifested in the form of anger towards the treating doctors/paramedical staff. Some of them (positive patients) are hostile towards the medical fraternity because of lack of knowledge about the COVID-19

pandemic and also with treatment modality," he said.

An attempt was made in the Government Rajaji Hospital, Madurai, where psychological first aid services/counselling to patients infected with coronavirus were provided by professionals of M.S. Chellamuthu Trust and Research Foundation.

### Completely curable

"Initially the patients were apprehensive, angry reluctant to undergo treatment since their understanding of the disease was limited to media reports that mostly highlighted deaths or life-threatening conditions among the infected people. However, we were able to create awareness that the condition was completely curable by early and effective medical intervention. The patients, who took counselling which included a short session on stress management, showed a positive attitude and recovered well," he said. Dr. Ramasubramanian said some patients who slipped into symptoms of depression had to be given anti-anxiolytic and anti-depressant drugs.

About 93 patients of all age groups were benefited by the counselling, which was a part of the comprehensive treatment protocol for COVID-19 cases, he said.

"We provided follow-up counselling sessions after they got discharged from the hospital and advised home quarantine. The family members are also benefiting through follow-up counselling sessions," he said, adding that the Trust provided tele-counselling for 102 police personnel, including 23 women police constables, who tested positive to coronavirus.

Dr. Ramasubramanian said about 1,000 student of Madurai Kamaraj University colleges were trained as 'Mental Health First Aid Volunteers' jointly by the Trust and the National Institute of Mental Health and Neuro Sciences (NIMHANS). They were trained to give counselling in a simple language to all their contacts in the village on the dos and don'ts to stay safe.

# THE HINDU

MADURAI, June 22, 2020

## 'Introduce free classes through TV, online platforms for special children'

As closure of special schools is expected to continue for some more months owing to the pandemic, educators and parents of children with special needs have urged the government to introduce free classes through television and online platforms to guide the parents on handling the children.

Some special schools and non-governmental organisations in the city have reached out to parents through phone and have sent videos to guide them on framing a routine for their children.

K.S.P. Janardhan Babu, Director, M.S. Chellamuthu Trust and Research Foundation, which runs Aakaash Special School, said that their special educators tell the parents on how to keep their children engaged with household chores. There are also webinars conducted on parenting of special children during the lockdown.

"However, there are still many students who do not have access to such options", says S. Vignesh, Correspondent of Gurukrupa Special School, which also conducts online classes for their children.

"Though some schools are conducting online classes, parents are unable to pay for them owing to their financial distress. Many parents from underprivileged families in rural areas also do not have access to such classes," said M. Sasi Rekha, a special educator.

Stressing upon the need to guide the parents, Mr. Vignesh said "with limited outdoor activities and change in their routine, the special children can become violent, unless they are engaged. Hence, parents must be sensitised on how to keep the children engaged by forming an activity-based schedule."

The lockdown has also made it difficult for parents to attend special therapy classes, said Saravanan Indravel, a parent.

"But, speech and occupational therapists can teach simple techniques that the parents can teach their children at homes," said Mr. Vignesh.

Hence, the government can introduce scheduled free online classes and television programmes for special children too, said A. Chandrasekar, another parent.

"They can even have experts give counseling for parents on their mental well being," according to Mr. Chandrasekar.

Johnny Tom Varghese, State Commissioner for Differently Abled, said that works are under way to conduct online classes for special children by the Department of Welfare of the Differently Abled.

"After formulating syllabus and necessary infrastructure, online classes will be introduced," Mr. Varghese said.

## Goat, sheep to be given with 90% financial aid

To promote goat and sheep rearing in the district, the Animal Husbandry department will distribute sheep and goats to farmers with 90% financial assistance.

Regional Joint Director of Animal Husbandry D. Suresh Christopher said this programme was implemented under the National Livestock Mission 2019-20. Madurai is among the 21 districts in Tamil Nadu selected for the scheme. Dr. Christopher said the idea was to motivate landless, small and marginal farmers to opt for sheep and goat rearing in their backyard or in common property, thereby improving their household income and their nutritional intake.

"In the past few years, there has been a great increase in demand for mutton and hence goat and sheep rearing has become a profitable business," he added. In Madurai, four blocks - Vadipatti, Sedapatti, T. Kallupatti and Kalikudi - had been chosen for the implementation of the scheme. From each block, 45 landless farmers would be selected.

While the financial assistance provided by the Central and State government were 60% and 30% respectively, the beneficiary had to bear the rest.

Each farmer would get 10 high-yielding adult female sheep or goats and one male sheep or goat. While the total cost was ₹66,000, a farmer had to pay ₹6,600.

### Clusters

A five-member group will be formed for each veterinary dispensary jurisdiction, which will select the beneficiaries from potential villages from each block to form a cluster. "We are focussing on forming a cluster as it will be useful for the beneficiaries to pool in resources and have collective livestock farming in the future. Our ultimate aim is to form a Livestock Producer Company so that the farmers can trade their produce for good prices and earn profits," he said.

Preference will be given to below poverty line women farmers, widows and differently abled people. A minimum of 30% of beneficiaries would belong to Scheduled Castes and Scheduled Tribes. Interested farmers can approach the nearest veterinary dispensary with necessary documents before June 25.

# THE HINDU

MADURAI, September 13, 2020

Focussing on suicide prevention, mental health professionals stress the need for parents and teachers to engage with students and provide emotional support to those who are undergoing a range of psycho-social distresses.

"Every suicide is a cry for help," says C. Ramasubramanian, a renowned psychologist and founder of M.S. Chellamuthu Trust and Research Foundation. "Suicide is a culmination of psychological turmoil. The victims often do not have anyone to listen to their grievances," he says.

He says teachers and parents are important stakeholders who must be sensitised to identify any behavioural change in their students at the earliest. "Suicide victims often display clear signs of unhappiness. Every suicide can be prevented if symptoms are identified and treatment is initiated at an early stage," he says.

G. Gurubharathy of M.S. Chellamuthu Trust, says parents must stop thrusting unrealistic expectations on their children, as it leads to anxiety among students. "It is important to understand that marks do not define the capability of any person. Parents must rather provide emotional support to their children," he adds.

Dr. Ramasubramanian says teachers must identify the strength of each student and help them to excel in them. "There must be a separate curriculum on stress management for students. Every school must have counsellors to provide mental support to those students who are suffering from psycho-social distress," he says.

Nandhini Murali, director of SPEAK and a survivor of suicide loss, says the media must refrain from sharing personal details of suicide victims and avoid sensationalism. The resilience of students must be improved to ensure that they can handle any failure in life.

It is important to undertake a psychological autopsy of every suicide, says Dr. Ramasubramanian. "It is crucial to understand the circumstances and sequences of events that led a person to take the extreme step," he adds.

Assistance for overcoming suicidal thoughts is available on the State's health helpline '104' and Sneha's suicide prevention helpline 044 24640050.

# THE HINDU

MADURAI, October 11, 2020

## Mental health helpline launched



Revenue Minister R.B. Udhayakumar launched a mental health helpline - 'SPEAK2us' - organised by M.S. Chellamuthu Trust and Research Foundation along with HCL Foundation and Madurai Corporation on the occasion of World Mental Health Day here on Saturday.

This helpline was launched as part of the 'Happy Schooling' programme, being implemented in 24 corporation schools in the city. Those who are undergoing a range of psycho-social distress can contact 93754 93754 for accessing assistance.

Nandhini Murali, director of SPEAK and a survivor of suicide loss, said the aim of the helpline was to provide a safe, supportive space to have informed conversations on mental health.

A total of 40 trained volunteers will be part of a team that provides emotional support to the callers and they will be supervised by mental health experts of M.S. Chellamuthu Trust and Research Foundation.

C. Ramasubramaniam, founder, M.S. Chellamuthu Trust and Research Foundation, said while depression was prevalent even before the pandemic, the prevalence has increased after the pandemic.

Collector T.G. Vinay said mental health was neglected by most of the people.

Nidhi Pundhir, Director, CSR, HCL Foundation, said that the 'Happy Schooling' programme's results were good.

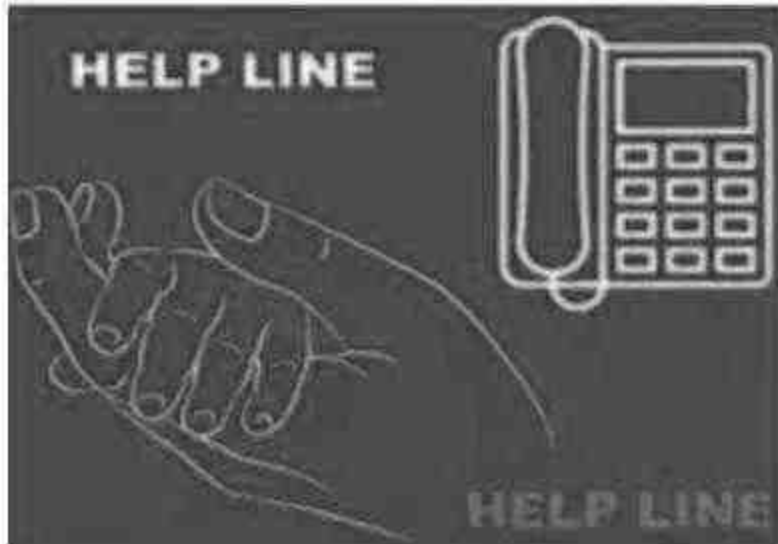
The admissions at Corporation schools have increased, mainly because of the holistic development of students through the 'Happy Schooling' programme, said Corporation Commissioner S. Visakan.

B. Subburaman, Associate Vice President and Centre Head, HCL Technologies, Madurai, said that following the success of the 'Happy Schooling' programme in Madurai district, there were similar requests from other districts too.



## THE TIMES OF INDIA

MADURAI October 11, 2020



**MADURAI:** A mental health helpline to deal with the increasing distress among people in and around Madurai district was launched jointly by MS Chellamuthu Trust and Research Foundation and HCL Foundation with the support of Madurai Corporation on Saturday.

Minister for revenue and disaster management R B Udayakumar inaugurated the 'Speak 2 Us' helpline (93754 93754), a first of its kind initiative for southern districts in the presence of Madurai district collector T G Vinay and corporation commissioner S Visakan.

Addressing corporation school teachers and students, Udayakumar said that people are not giving importance to mental health as much as the physical health. When mental health is not at its best, one cannot

concentrate on constructive work. Everyone has their own problems and problems are everywhere. One cannot escape from it hence it is better to deal with it, he said.

"People should make use of the helpline when they feel distressed. Suicidal tendency comes when the mind is at a weak point. A brief talk to someone can bring about change in the mindset. The helpline number will be very useful," he said.

Madurai Corporation commissioner said that HCL has been providing various support to schools run by the civic body. Happy schooling, a mental well-being program organized by MS Chellamuthu Trust and HCL foundation has made a remarkable difference among students. Robotic labs are functioning at five schools supported by the HCL foundation. He said that it would be implemented in 10 more schools with the support of the foundation.

Madurai district collector T G Vinay said that people should enjoy and appreciate every moment in life to keep away from getting stressed out. "When one becomes distressed, one should open it up to release the pent up emotions. Institutional support to 'Speak 2 Us' will help in addressing the emotional issues faced by people," he said.

As many as 40 trained counsellors have posted to attend calls. In the beginning, counsellors will be available between 9 am and 6 pm. The timing will be extended further and made available round-the-clock, authorities said.

Founder of MS Chellamuthu Trust Dr C Ramasubramanian, associate vice-president and centre head of HCL technologies, director of Speak Nandini Murali, chief educational officer R Swaminathan and corporation educational officer P Vijaya were present. Director of CSR arm of HCL foundation Nidhi Pundhir joined the function through video conferencing from Noida.

# THE HINDU



WEDNESDAY  
JANUARY 25, 2021  
33 pages - ₹200

## Now, focus on mental well-being of students

Counselling is given to them



De-stressing Students of Kasturba Gandhi Corporation Girls Higher Secondary School at Madurai have a counselling session as part of 'Happy Schooling' programme on Thursday.

**K.A. NARAYAN**  
MADRAS

With the reopening of schools for students of Classes 10 and 11 after a gap of over 10 months, the focus of Madurai Corporation schools has been to provide mental support for students. Financial distress caused by COVID-19 and long closure of schools have caused mental stress and anxiety to students, say teachers.

Through 'Happy Schooling' programme, a joint initiative of M.S. Chellamuthu Trust and Research Foundation, MCF Foundation and Madurai Corporation to promote mental well-being of students, counselling was provided on online platform for those students who had access to digital infrastructure when the schools were shut, said S. Subramani, project head.

After reopening of schools, teacher counsellors of the Corporation schools conducted counselling sessions for the students to provide them psycho-social support.

K. Marudheeran, Headmistress of Kasturba Gandhi Corporation Girls Higher Secondary School, said counsellors from 'Happy Schooling' programme gave

questionnaires to the students to assess their mental well-being. "The students are happy to attend the schools and meet their friends after a long time," she said.

S. Swathi Katty, a counsellor, said many students felt lonely during the lock-down. "Financial distress caused to the families because of COVID-19 has psychologically affected the students too," she said.

Although online platform has been announced for board examinations, some students were anxious regarding the examinations, said Ms. Swathi Katty. "We explained to them the importance of time management and the need to have a positive mental attitude in attending the examinations," she added.

Ms. Jisha and online classes were out of reach for many students, which was also a reason to cause anxiety. "We gave them psychological reassurance through the counselling sessions," he added. K. Krishnakumari, Headmistress of E.V.R. Nagarayer Corporation Girls High School, said students were instructed not to worry about board examinations, but focus on their well-being.

# THE HINDU

MADURAI, February 25, 2021

## Revolving fund distributed to caregivers



Chairperson of State Human Rights Commission Justice S. Baskaran distributed revolving fund to caregivers of persons with mental disabilities who are part of SUBITCHAM (a family fellowship for mentally retarded and mentally ill) and NAMMBIKKA (a self-help group of caregivers) - both functioning under M.S. Chellamuthu Trust and Research Foundation headed by C. Ramasubramanian, State Nodal Officer of Police Well Being Programme.

At a function here on Thursday, Justice Baskaran congratulated the efforts of Dr. Ramasubramanian in providing service to the community. He said that after visiting one of the de-addiction centres run by the Foundation he came to know how addiction to tobacco products and alcohol forced youngsters to commit crimes.

An awareness must be created among students about the ills of addiction to tobacco and alcohol products. The students must be engaged in providing counselling to those who suffer from addiction.

suggested Justice Baskaran.

If medical profession is termed noble, these services should be termed divine, said Justice M.S. Ramesh of Madurai Bench of Madras High Court. While doctors treated ailments, only a few like Dr. Ramasubramanian ensure that the larger community is also benefited, he said.

R. Subramanian, HC judge, congratulated the efforts of the Foundation in providing services to persons with mental disabilities.

K. Samidurai, secretary of Indian Association of Lawyers, High Court advocate Govindan, Dr. Ramasubramanian, Executive Director R. Rajkumari, and Director of programmes K.S.P. Janardhan Babu were present.

## M.S. CHELLAMUTHU TRUST AND RESEARCH FOUNDATION

### AUDITOR'S REPORT

To

The Members of M.S. CHELLAMUTHU TRUST AND RESEARCH FOUNDATION,  
Madurai

Sirs,

We have audited the attached Balance Sheet of M.S. CHELLAMUTHU TRUST AND RESEARCH FOUNDATION as on 31<sup>st</sup> March 2021 and also the Income and Expenditure account for the year ended on that dated annexed thereto. These financial statements are the responsibility of the Trust's Management. My responsibility is to express an opinion on these financial statements based on my audit.

we conducted my audit in accordance with auditing standards generally accepted in India. These standards require that I plan and perform the audit to obtain reasonable assurance about whether the financial statements are free of material misstatement. My audit includes examining, on test basis, evidence supporting the amount and disclosures in the financial statements. My audit also includes assessing the accounting principles used and significant estimates made by management, as well as evaluating the overall financial statement presentation. We believe that my audit provides a reasonable basis for my opinion.

We report that:

I have obtained all the information and explanations, which to the best of my knowledge and belief were necessary for the purposes of my audit.

In my opinion, proper books of account as required by law have been kept by the Trust so far as appears from my examination of those books.

The Balance Sheet and Income & Expenditure account dealt with the this report are in agreement with the books of account

In my opinion, the balance sheet, Income and Expenditure account dealt with by this report comply with the accounting standards.



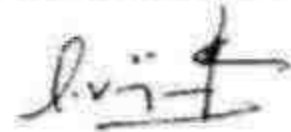
In my opinion and to the best of my information and according to the explanations given to us, the said accounts give the required information in the manner so required and give a true and fair view in conformity with the accounting principles generally accepted in India:

- a) In the case of the Balance Sheet, of the state of affairs of the M.S. CHELLAMUTHU TRUST AND RESEARCH FOUNDATION as on 31<sup>st</sup> March 2021, and
- b) In the case of the Income and Expenditure account, of the Excess of Income over Expenditure for the year ended on that date.

Place: Madurai

Date :

For N. SUDAKARAN & CO  
CHARTERED ACCOUNTANTS



CA.S. VJAYENDHARAN  
Partner

#### ANNEXURE TO THE AUDITOR REPORT

The Financial statements of the M.S. CHELLAMUTHU TRUST AND RESEARCH FOUNDATION, MADURAI, as at and for the ended on 31.3.2021.

#### FIXED ASSETS:

1. The M.S. CHELLAMUTHU TRUST AND RESEARCH FOUNDATION has maintained proper records showing full particulars including quantitative details and situation of the fixed assets. We are informed that these assets have been verified by the management and that no material discrepancies have been noticed. As I am informed that no substantial part of fixed assets have been disposed off during the year.

#### LOANS AND ADVANCES

In our opinion, the rate of interest and other terms and conditions of loans given or taken by the MS CHELLAMUTHU TRUST AND RESEARCH FOUNDATION, secured or unsecured are not prima facie prejudicial to the interest of the MS CHELLAMUTHU TRUST AND RESEARCH FOUNDATION.

**INTERNAL CONTROL AND INTERNAL AUDIT:**

In our opinion, the MS CHELLAMUTHU TRUST AND RESEARCH FOUNDATION is having an adequate Internal control procedure commensurate with the size of the MS CHELLAMUTHU TRUST AND RESEARCH FOUNDATION and the nature of its activities, for the purchase of inventories and fixed assets.

**STATUTORY DUES:**

- ii. In our opinion, the MS CHELLAMUTHU TRUST AND RESEARCH FOUNDATION is not having Income Tax, Sales Tax, Wealth tax, and any other statutory dues with the appropriate authorities and No. arrears of outstanding statutory dues as at the last day of the financial year concerned for a period of more than six months from the date they become payable.

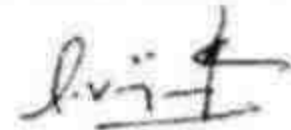
**LOANS FROM BANKS, FINANCIAL INSTITUTIONS :**

- IV. In our opinion, the MS CHELLAMUTHU TRUST AND RESEARCH FOUNDATION Has not defaulted in repayment of dues to a financial institution or bank.

Place: Madurai

Date :

For **N. SUDAKARAN & CO**  
CHARTERED ACCOUNTANTS



**CA.S. VIJAYENDHARAN**  
Partner

**M.S.CHELLAMUTHU TRUST AND RESEARCH FOUNDATION, MADURAI**

**FINANCIAL YEAR : 2020 - 2021**

**SIGNIFICANT OF ACCOUNTING POLICIES**

**SIGNIFICANT ACCOUNTING POLICIES**

a) Basis of Accounting -

- a. The Accounts of M.S.Chellamuthu Trust and Research Foundation are prepared under Historical cost convention method in accordance with the GAAP as adopted consistently by the M. S. Chellamuthu Trust and Research Foundation. All income and Expenditure having material bearing on the financial statements are recognized on the accruals basis.

b) Revenue Recognition :-

- a. Income and Expenditure are recognized on accrual basis. Collections and remittances affected under statutory obligation are treated as Income or Expenditure of the M.S. CHELLAMUTHU TRUST AND RESEARCH FOUNDATION.

c) Fixed Assets :-

- a. Fixed Assets are started at the cost of acquisition, no depreciation was charged.

d) Investment :-

- a. No Investments are found as per the books of accounts.

e) Retirement Benefits :-

- a. No Provisions for gratuity has been made and in the absence of actuarial valuation, it was unable to quantify the figure.

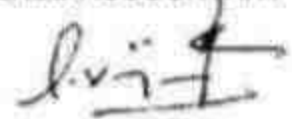
**FOREIGN CURRENCY TRANSACTIONS**

Contribution or grants from outside India in foreign currency valued at Rs.5854056.19/- and interest thereon Rs. 30069/- was received during the year.

**CONTINGENT LIABILITY**

No such liability was found reported.

For **N. SUDAKARAN & CO**  
CHARTERED ACCOUNTANT



**C.A.S. VIJAYENDHARAN**

Partner

Place: Madurai

Date : 31.12.2020





**M.S.CHELLAMUTHU TRUST AND RESEARCH FOUNDATION**

643, K. K. Nagar, Madurai - 625 020, Tamilnadu, India

Sources and Applications for the year 2019 - 2021

<b>M.S.CHELLAMUTHU TRUST AND RESEARCH FOUNDATION</b>		<b>M.S.CHELLAMUTHU TRUST AND RESEARCH FOUNDATION</b>	
<b>643, K. K. Nagar, Madurai - 625 020, Tamilnadu, India</b>		<b>643, K. K. Nagar, Madurai - 625 020, Tamilnadu, India</b>	
<b>Sources and Applications for the Financial year 2020-2021.</b>			
<b>31-03-2020</b>	<b>Sources of Funds</b>	<b>31-03-2021</b>	<b>31-03-2021</b>
			<b>Applications of Funds</b>
2455192.06	Builds - Mental Health Training & Research Centre	2344987.02	Builds - Mental Health Training & Research Centre
303640.00	De-Addiction Centre (30 Bedded Hospital)	3176502.60	De-Addiction Centre (30 Bedded Hospital)
	Foreign Contribution Account		Foreign Contribution Account
32023.00	Salus Income	36900.00	Happy Schooling Project
813245.00	Donations	2311800.10	Room for Adult MR
180000.00	Donations - Sri Church India Foundation	700000.00	M.S. Chellamuthu Institute of Mental Health
373050.00	Grants - Southern Trust Germany	2903400.00	M.S. Chellamuthu Trust Head Office Account
932000.00	Grants - The Prabhu Fund	-	VRIC for Mentally Ill
543287.00	Happy Schooling Project	180781.00	Rehabilitation Centre for Mentally Ill
114325.00	Room for Adult MR	1100000.00	Psychic Social Rehabilitation Centre for Mentally Ill
163700.00	M.S. Chellamuthu Institute of Mental Health	952578.11	Room for Mentally Ill - Madurai
2710205.10	M.S. Chellamuthu Trust Head Office Account	2327000.35	Room for Mentally Ill - Erwadi (Ramanathapuram)
-	Shukchi - VTC for Mentally Ill	-	Research Account
662000.00	Rehabilitation Centre for Mentally Ill	1307220.00	Subsidisation Home for Women with MR
812010.00	Psychic Social Rehabilitation Centre for Mentally Ill	852513.00	Research Centre
514000.00	Room for Mentally Ill - Madurai	1210000.00	Room for Mentally Ill - Dindigul
102000.00	Room for Mentally Ill - Erwadi (Ramanathapuram)	1040000.00	Room for Mentally Ill - Erwadi (Ramanathapuram)
-	Research Account	-	Research Project Dindigul District
251247.00	VRIC/SSMA - Subsidisation Home for Women with MR	272407.00	Research Project Dindigul District
31000.00	Research Centre	26000.00	Services of Doctors and Appointments
110000.00	Room for Mentally Ill - Dindigul	1170000.00	
800.00	Manjya Thiruvannamalai District	2000.00	
-	Manjya Thiruvannamalai District	21000.00	
81643551.00	<b>TOTAL</b>	73299460.07	<b>TOTAL</b>
		81643551.00	<b>TOTAL</b>
			76209460.07

S/d.

**MANAGING TRUSTEE**

S/d.

**CHARTERED ACCOUNTANT**

**M.S. CHELLAMUTHU TRUST AND RESEARCH FOUNDATION**

643, K.K.Nagar, Madurai - 625 020, Tamilnadu, India.

**BALANCE SHEET AS ON 31.03.2021**

Particulars		31-03-2020	31-03-2021
		Amount	Amount
<b><u>Sources of Funds</u></b>	GENERAL FUND	79317380.86	101388950.90
	CURRENT LIABILITIES	13043729.95	12032203.75
	TOTAL	9,23,61,110.81	11,34,21,154.65
<b><u>Application of Funds</u></b>	FIXED ASSETS	75882289.06	77186236.06
	CURRENT ASSETS	16478821.75	36234918.59
	TOTAL	9,23,61,110.81	11,34,21,154.65

S/d.  
**TRUSTEE**

S/d.  
**CHARTERED ACCOUNTANT**



"You love the unlovable,  
Give hope to the hopeless,  
Friendship to the friendless and  
Encouragement to the discouraged"

- Zig Ziglar

It is this gesture of kindness that makes the world livable and enjoyable.

The Trust is engaged in creating opportunities for the persons with mental disabilities to regain their life.

This journey of the Trust needs the support of one and all. Let us join together, work together in creating a mentally healthy society through our action of kindness and care.

## YOU TOO CAN HELP

- ✦ By donating a month's food expenses or medicine for the very poor residents.
- ✦ By celebrating your wedding anniversary, birthday and other festival days with our residents.
- ✦ By buying the products prepared by our residents.
- ✦ By sharing your talents on Art, Music, Dance with our residents.
- ✦ By providing work opportunities to our residents.
- ✦ By becoming a volunteer to associate with us in all our work.
- ✦ Rs. 1500/- per month towards the special education of a child with mental retardation.
- ✦ Rs. 1000/- per month towards meeting the medical expenses of a person with mental illness
- ✦ Rs. 2000/- per month towards meeting the food expenses of a person with mental illness

Donate Online Now : <http://www.msctrust.org/donations/>

DD / Cheque to be in favour of M.S. Chellamuthu Trust and Research Foundation

Donations given to our Trust are exempted from Income - Tax under section 80-G of the Income Tax Act.

## Key Contact Persons

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Mrs.R.Rajkumari, M.A.	Executive Director,	9629911341
Mrs.LathaGurubharathy, M.S.W.	Director - Administration,	9629911342
Mr.K.S.P.JanardhanBabu, M.S.W, M.Phil,	Director - Programmes,	9629911343

## Contact Address

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