

Annual Report

2014-15



Hank Nunn Institute

Reg. Office
P51, 7th Main, Sector 10,
Jeevan Bhima Nagar,
Bangalore 560075

Greetings!

It has been an exciting first year for Hank Nunn Institute. We were born on the 8th of July 2014 and with very little money in hand. All of it was donated by handful of well wishers who appreciated the idea of taking mental health outside the walls of a hospital or a clinic. The need in India is great, and in most of India the need is not even known. People recognise when someone is behaving oddly or in a way outside of the social norms, they do understand that something is different about this person. But then they quickly go on to give it a name and whether it is a psychiatric label from doctors or the name of a demon from the pir sahib, either way the implication is that there is something happening to the individual that is far beyond their control. Therefore, personal responsibility or even the thought that one needs to reflect on one's life to understand better the causes of one's own behaviour is neglected. Our journey has begun with questioning the current status of mental health and learning more and more about Therapeutic Communities (TCs) as they seem to address life holistically rather than from point of view of disorder. TCs being planned, structured and psychologically informed environments rely on the members who come there for good mental health to create an atmosphere in which basic human needs and wants are fostered, where relationships matter most and emotional disturbances are contained in the community as a whole with the help of supportive structures defined by the members themselves. It is a space designed by the members together, going through every little detail of what everyday life is all about.

Although we have dabbled in a variety of activities this last year, we have also built up energy in wanting to start TCs in India. Every TC has an evolution pattern of its own even though the principles remain the same and we are eager to see what grows from the seeds we sow in the years ahead.



Anando Chatterji
CEO

Activities 2014-15

1. **July 2014:** Brochure for the treatment service we intend to begin. This brochure is to be used to explain the treatment process in detail for prospective patients and their families.
2. **July 2014:** Acquired assessment tools with the help of our professional colleagues required and have a treatment plan formatted.
3. **28th – 30th July 2014:** Conducted a 3-day workshop on 'Understanding Child Abuse' at Ark of Rainbow, a school for under privileged children in Bangalore. The workshop was for the teachers to help them become aware about the various signs of abuse and develop a protocol for care to handle children with such experiences. It also involved training in how to address the family issues related to abuse and the impact it has on children and their psychological well-being.



4. **July to December 2014:** Ran a study group every Saturday for students interested in psychology. We have two Facebook pages – one for our study group – www.facebook.com/readabsorbthink and one for the organization – www.facebook.com/hankunninstitute
5. **From July 2014 to present:** Provide individual psychotherapy sessions as treatment for clients with a diagnosis of schizophrenia, depression, anxiety, affective disorders, and personality disorders. We have worked with over 20 clients till date, with a minimum duration of 1 month and a maximum of 6 months for each client. Each session is goal oriented and treatment is aimed at helping clients manage emotional and psychological disturbances, learn about their condition better, learn to advocate for themselves and participate in their treatment planning, learn decision making and take responsibility for the choices they make, and enhance their level of functioning across different areas of life in order to re-engage with their work and social life.
6. **From July 2014 to present:** We also provide counseling services for individuals facing difficulties in their daily functioning due to problems in relationships, academics, career, and/or in managing own thoughts, feelings, and behaviors. We have provided counseling services for over 50 individuals, with a minimum duration of 2 weeks and a maximum of 3 months for each individual.

7. August to December 2014: Conducted a personal reflection workshop once a month for teachers and parents of Snehadhara Foundation – a school for children and adults with special needs. This workshop intended to provide a safe and supportive space for reflection and personal growth by developing an understanding of the various relationships that influence us and how they influence us in the present. Personal sharing and art based activities were used with this group of 14 parents and teachers to enhance their reflective process and appreciation for each other.



8. 3rd September 2014: Conducted a 2 hour activity based talk on 'Group Analytic Psychotherapy and Therapeutic Community Methodology' at Mithibai College of Arts, Mumbai. This awareness talk aimed at introducing second and third year degree students primarily to the application of group based interventions with the clinical population (psychosis, affective disorders, neurotic disorders, and personality disorders). We also ran a 20 minute group to provide experiential learning of group processes and a basic understanding of group dynamics in play.



9. September 2014: Trained volunteers and developed an emotional awareness module for high school students. A group of 7 engineering students were interested in conducting emotional support program for high school students from a government school. We provided them with training in developmental psychology (once a week for 1 month) and facilitated the preparation of theme based modules for the high school students.

10. 10th October 2014 World Mental Health Day: Conducted a symposium of workshops on creative therapeutic methodologies. The global theme being "Living with Schizophrenia", HNI decided on a sub-theme for the year, "Manoyatra – A Journey through My World", which reflects our desire to respect each one's journey, listen to their stories and experiences, and be there for those in need. We had 40 participants, mostly postgraduate students of psychology. We chose this group because we wanted our future psychologists, those who will work in the mental health field, to have an experience of the value of gaining self-awareness. We, therefore, chose our workshops in such a way that they would learn concepts of psychotherapy from a "living-learning" experience of going through creative therapies themselves, namely art-based therapy, drama therapy, therapeutic community methodology, creative movement therapy, sexual medicine and relationship therapy, along with a debate and a movie screening.



11. 14th October 2014: Conducted a 2 hour workshop on 'Depression, Anxiety, and Stress in the workplace' at HCL, Bangalore. This workshop, attended by 30 HCL employees, was a part of our outreach programs during the world mental health week and primarily aimed at helping employees get a deeper understanding of themselves so that they may feel empowered. The secondary aim was to help them recognize various stressors and understand the impact of stress, resulting in frequent occurrence of conditions like depression and anxiety. In addition, we also helped the employees become aware of common signs and symptoms through the medium of personal sharing and discussion. We also taught them a few relaxation exercises and provided a space for them to reach out individually outside their work setting.

12. November 2014: Conducted individual counseling sessions for 42 employees in the HR department at Magna Soft, Bangalore. These 60 to 75 minute one time sessions were aimed at offering a safe and supportive personal sharing space to each of the employees, and helping them recognize their own potential and resources to work through difficulties at work as well as in relationships.

13. From December 2014 to present: Providing counseling services on a consultation basis for EnAble India, an NGO working in the disability sector for the last 15 years. We work with candidates with various degrees of visual impairment, as well as high functioning adults with autism. These counseling

sessions are aimed at helping each of the candidates work through their emotional disturbances along with developing their language and social skills in order to enhance their level of employability in a corporate setting. We have worked with 18 candidates with autism of the Autism At Work (AAW) program promoted by SAP Labs and trained at EnAble India. In addition, we are working with over 40 candidates with visual impairment and 9 candidates with profound disability enrolled in computer and employability training at EnAble India.

14. 25th - 26th January 2015: Conducted a 2 day activity based workshop on Transactional Analysis and Neuro Linguistic Programming for 25 undergraduate students of psychology. The workshop was to help students learn the importance of non-verbal cues in every day communication as well as understanding the various dynamics in play in interpersonal relationships. Role play activity enhanced their theoretical understanding by providing them with an experience of the interplay of TA as well as NLP concepts.



15. 6th – 8th February 2015: Conducted a workshop on 'Therapeutic Community as a low cost, long term, bio-psycho-social treatment model for persons with chronic psychiatric diagnosis' at the WAPR 5th Asia Pacific Conference. This 90 minute workshop was presented under the theme 'future of rehabilitation' with a primary aim of exploring the possibility of setting up a Therapeutic Community in the Indian context, especially Bangalore and Mysore. We presented the current mental health scene in India, history of therapeutic community and principles of a therapeutic environment, challenges in setting up a TC in the Indian context, TC as a micro-society, along with short proposals on setting up day care centers in Bangalore and Mysore. Part of the workshop was conducted by ex-clients who shared their experience of having been in a community setting. We also had Rex Haigh, a psychiatrist and Jan Lees, a psychotherapist, from the UK, share their opinion on TCs in an Indian context over Skype.



16. 13th February 2015: Conducted a 2 hour activity based guest lecture on Transactional Analysis for first year counseling psychology students at Christ University, Bangalore. The lecture was intended to give a basic understanding of TA methodology and its application in the field of psychotherapy today. The

activities used aimed at providing the students with an experiential learning of how TA concepts play into everyday relationships.

17. 27th – 28th February 2015: TA and TC workshops at Tata Institute of Social Sciences-Mental Health Action Trust, Calicut. Conducted 6 hours activity based workshop on Transactional Analysis for final year students of clinical psychology, and 2 hours discussion based workshop on 'Therapeutic Community Methodology' for students and teachers of clinical psychology. The TA workshop was for students to learn about the various concepts in TA and their application in everyday life and interactions with each other. The TC workshop was to introduce the concept of TC in an Indian context and explore the possibility of starting a pilot project in Calicut.



OFFICE OF THE
COMMISSIONER OF INCOME-TAX (EXEMPTIONS)
C.R. BUILDING, 3rd Floor, Queen's Road, BENGALURU - 560 001

Nº CIT(E)BLR/12A/J-517/AABTH2791Q/ITO(E)-1/Vol 2014-2015

Date : 05/05/2015

CERTIFICATE UNDER SECTION 12A R/w SECTION 12AA(1)(b)(i) OF THE INCOME TAX ACT, 1961

Name : HANK NUNN INSTITUTE
Address : NO. P.51, 7th MAIN, SECTOR-10,
JEEVAN BHIMA NAGAR,
BENGALURU-560075.

- The application in Form No.10A seeking Registration u/s.12AA was filed by the above applicant on 27/03/2015. The applicant Trust/Institution was constituted by a Deed of Trust/Memorandum of Association dated 08/07/2014 and amended vide Trust Deed date 27/04/2015.
- On a consideration of the above application, and documents etc submitted, Registration u/s 12AA (a) of the IT. Act 1961, is granted under the Umb "AGPU" w.e.f. AY. 2015-16 in the status of "Charitable Trust".
- The name of the applicant Trust/Institution has been entered at Nº CIT(E)BLR/12A/J-517/ AABTH2791Q / ITO(E)-1/Vol 2014-2015 in the Register of Trusts/Institutions u/s.12AA(1)(b)(i) of the Income Tax Act, 1961 maintained in this office.
- Registration u/s.12AA (1) (b) (i) of the Income Tax Act, 1961 does not by itself confer tax exemption on the Income of the Trust/Institution u/s.11 or 12 of the Income-tax Act 1961. The availability of tax exemption, if any, will be considered by the Assessing Officer and will be granted subject to the fulfilment of conditions laid down in sections 11 to 13 of the IT Act 1961.
- The Trust/Institution shall furnish a return of income every year as required by section 139(1) read with section 139(4A) of the IT Act 1961.
- The Trust/Institution should prominently display its full name on all the premises managed by it.
- No change in the Trust Deed / MOA shall be effected without the prior approval of the Commissioner of Income-tax.
- In terms of section 12AA(3), if the activities of trust/institution are found to be not genuine or not being carried out in accordance with the objects of the Trust/Institution, its registration granted by this order can become liable for revocation.

Copy to
1 The Applicant
2 The Assessing Officer

12-517



Sd/-
(K KRISHNA RAO)
Commissioner of Income-tax (Exemptions),
Bengaluru.

(P V NARAYANA SHARMA)
Income -tax Officer (Exemption)Ward-1,
For Commissioner of Income-tax (Exemptions),
Bengaluru.

STATEMENT OF INCOME FOR THE LT ASSESSMENT YEAR 2013-14	
Name	HANK NUNN INSTITUTE
Address	P 51, 7th Main, Sector 10, Jeevan Bhima Nagar Bangalore - 560 075
Status	Charitable Trust
Year ending	31/03/2013
Date of Incorporation	08/07/2004
Permanent Account Number	AAAB142791Q
12A Registration No	
	Am't in Rs.
Gross Income as per Income & Expenditure Account	712,938
Minimum amount to be spent as per Section 17 of the I.T. Act 1961 (85% of gross income)	605,348
Less: Actual Expenditure as per Income & Expenditure A/c Application of Income u/s 11(2)	476,192
Short Spent	126,176
Tax Payable	-
Less: 10% Receivables as per list enclosed	4,000
Total Payable / (Refund)	4,000
<p>For Hank Nunn Institute</p> <p><i>[Signature]</i> Trustee</p> <p>For Hank Nunn Institute <i>[Signature]</i> Secretary of the Institute</p>	

HANK NUNN INSTITUTE BALANCE SHEET AS AT 31/03/2013			
LIABILITIES	30/03/2013	ASSETS	31/03/2013
	Rs.		Rs.
Capital Fund		Current Assets	
Capital Fund	100,000	Cash and Cash Equivalents	22,508
Add: Surplus of Income	750,000	Cash at Hand	315,748
Closing Balance	850,000	Cash at Bank	9,000
Current Liability:		sundry Debtors	100,000
Expenses Payable	112,000	Other Receivables	4,000
	850,000	Tax Deducted at Source	-
	850,000		850,000
For Hank Nunn Institute		As per our report of even date For A. R. Viswanathan & Co.	
For Hank Nunn Institute	For Hank Nunn Institute	Chartered Accountant	
<i>[Signature]</i> Managing Trustee	<i>[Signature]</i> Trustee	<i>[Signature]</i> Partner	
		Member No: 227994	Form No: 04/2013
Place: Bangalore Date: 25/04/2013			

HANK NUNN INSTITUTE INCOME & EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31/03/2013			
EXPENDITURE	31/03/2013	INCOME	31/03/2013
	Rs.		Rs.
By Receipts		By Income	
Bank Charges	754	Grossing Income	66,800
Printing and Copying	27,360	Donations	605,007
Printing & Stationery	8,700	World Mental Health Day Conference	96,121
Sundry Expenses	12,800		
Rates and Taxes	1,500		
Salaries	90,000		
Facilities/Consulting for	15,720		
Audit & Accounting for	2,500		
Other Expenses	19,968		
Total Excess of Income over Expenditure	246,866		
	712,938		712,938
For Hank Nunn Institute		As per our report of even date For A. R. Viswanathan & Co.	
For Hank Nunn Institute	For Hank Nunn Institute	Chartered Accountant	
<i>[Signature]</i> Managing Trustee	<i>[Signature]</i> Trustee	<i>[Signature]</i> Partner	
		Member No: 227994	Form No: 04/2013
Place: Bangalore Date: 25/04/2013			

HANK NUNN INSTITUTE RECEIPTS & PAYMENTS ACCOUNT FOR THE YEAR ENDED 31/03/2013			
RECEIPTS	31/03/2013	PAYMENTS	31/03/2013
	Rs.		Rs.
By Receipts		By Payments	
Controlling Services	51,100	Bank Charges	754
Donations	605,007	Printing and Copying	27,360
World Mental Health Day Conference	96,121	Printing & Stationery	8,700
		Sundry Expenses	12,800
		Rates and Taxes	1,500
		Salaries	90,000
		Facilities/Consulting for	15,720
		Other Expenses	19,968
		Closing Balance	-
		Cash at Hand	22,508
		Cash at Bank	315,748
	850,000		850,000
For Hank Nunn Institute		As per our report of even date For A. R. Viswanathan & Co.	
For Hank Nunn Institute	For Hank Nunn Institute	Chartered Accountant	
<i>[Signature]</i> Managing Trustee	<i>[Signature]</i> Trustee	<i>[Signature]</i> Partner	
		Member No: 227994	Form No: 04/2013
Place: Bangalore Date: 25/04/2013			

HANK NUNN INSTITUTE	
Notes forming part of accounts for the year ending 31/03/2015	
<p>Trust Information</p> <p>The Public Trust was incorporated under Registered Trust (Deed) on 08th July 2014. The Trust has obtained 12A registration bearing reference no. 170965/12A/117/A/2014/2742/17284/1/1st 2014 (1st) on 08 May 2015 effective from financial year 2014-15 onwards.</p> <p>The Trust is in the process of applying under section 80C of the Income Tax act 1961. The Trust is intended to be charitable in nature in the area of mental health, rehabilitation, counselling, treatment and creating related programmes, services and institutions.</p> <p>Accounting Policy and General Disclosures: The accounts of the Trust has been prepared under Mercantile System of Accounting.</p>	
For HANK NUNN INSTITUTE	As per an Report of a Chartered Accountant
<p>For HANK NUNN Institute</p> <p><i>Charulokta</i> Managing Trustee</p> <p>Place: Bangalore Date: 25/06/2015</p>	<p>For A R Viswanathan & Co Chartered Accountants</p> <p><i>AVS</i> Partner Mem No: 22799 Firm No: 020205</p>

HANK NUNN INSTITUTE		
TRUSTEES LIST		
For the year ended 31/03/2015		
Sl. No.	Name of the trustees	Address
1	Shashikala M S	No.302, Prosper Lakshmi Apartments, 4th Main, 4th Cross, 2nd Stage BTM Layout Bangalore - 560 068.
2	Sub Comappa	Halasur Village, Bernal Post, H D Kote Taluka, Mysore - 571 121
3	Nyruval Banerj	0051, Windmills of Your Mind, No.331, Road No.58, EPW Zone, Whitefield, Bangalore - 560 066.

For HANK NUNN Institute
Sub Comappa
Trustee

For HANK NUNN Institute
Shashikala M S
Managing Trustee

HANK NUNN INSTITUTE
 P. 51, 7th Main, Section-12
 Jeevan Birma Nagar,
 Bangalore-560075
 Trial Balance
 1-Apr-2014 to 31-Mar-2015

Particulars	HANK NUNN INSTITUTE 1-Apr-2014 to 31-Mar-2015		
	Opening Balance	Transactions (Debit / Credit)	Closing Balance
Capital			
Capital Fund	0.00	100000.00	100000.00 Cr
Current Liabilities			
Expenses Payable	0.00	112397.00	112397.00 Cr
Current Assets			
Loans & Advances (Asset)	240203.00	240203.00	0
Arund's Loan	10000.00	10000.00	0
Bhima Charley	220000.00	220000.00	0
Shank	10000.00	10000.00	0
Sundry Debtors	100000.00	0.00	100000.00 Cr
Receivables	190000.00		190000.00 Cr
Cash-in-hand	79321.00	57213.00	27058.00 Cr
Cash	79321.00	57213.00	27058.00 Cr
Bank Accounts	467784.00	154038.00	621822.00 Cr
State Bank of India	467784.00	154038.00	621822.00 Cr
Tan Debitied at Source	4000.00		4000.00 Cr
Direct incomes			
Counselling Services	0.00	712198.00	712198.00 Cr
Donations		8000.00	8000.00 Cr
World Mental Health Day Receipts		30321.00	30321.00 Cr
Indirect Expenses			
Audit and Accounting Fees	750.00		750.00 Cr
Bank Charges	716.00		716.00 Cr
Other Expenses	10968.00		10968.00 Cr
Postage & Stamps	80.00		80.00 Cr
Professional Tax	1050.00		1050.00 Cr
Statutory Fees	2405.00		2405.00 Cr
Direct Expenses			
Charity/Relief Allowance	18742.00		18742.00 Cr
Facilities / Counselor Fee	8000.00		8000.00 Cr
Printing & Stationary	8200.00		8200.00 Cr
Professional Fees	7720.00		7720.00 Cr
Registration Fee	27500.00		27500.00 Cr
Salaries	360000.00		360000.00 Cr
General Expenses	5320.00		5320.00 Cr
Traveling Expenses	10840.00		10840.00 Cr
Grand Total	1381296.00	1381296.00	0

For HANK NUNN Institute
Sub Comappa
Trustee

For HANK NUNN Institute
Shashikala M S
Managing Trustee



A. R. Viswanathan & Co
Chartered Accountants

302, First Floor, 5th Main Road,
Channarayana, Bangalore-560 075
 T: 080-26420174, 26420175, 26420174
 E: charac@arvco.in, Web: info.arvco.in

AUDITOR'S REPORT

To
 The Trustees of HANK NUNN INSTITUTE

Report on the Financial Statement

We have audited the accompanying financial statements of HANK NUNN INSTITUTE, which comprise of the Balance Sheet as at March 31, 2015, and the Statement of Income and Expenditure for the year then ended.

Management's Responsibility for the Financial Statements

Trustee is responsible for the preparation of the financial statements that give a true and fair view of the financial position and financial performance of the Trust. This responsibility includes the design, implementation and maintenance of internal control relevant to the preparation and presentation of the financial statements that give a true and fair view and are free from material misstatement, whether due to fraud or error.

Opinion

In our opinion and to the best of our information and according to the explanations given to us the financial statements are prepared, in all material aspects, with conformity of the accounting principles generally accepted in India.

- a) In case of Balance Sheet, of the state of affairs of the Trust as at 31st March, 2015.
- b) In case of the Statement of Income and Expenditure, Surplus of the Trust for the year ended on that date.

For A R Viswanathan & Co.,
Chartered Accountants
Firm: 0647056



AVS
Shradha A V
Partner
Membership No: 22799

Place: Bangalore
 Date: 25/06/2015

Anando Chatterji – CEO

Therapeutic Community psychotherapist, worked for 14 years at Athma Shakti Vidyalaya Society, a residential therapeutic community for persons with chronic psychiatric disorders. Trained and practiced extensively using Transactional Analysis as a tool for recovery. Believes in the approach that everyone has the capacity to learn how to help themselves by become aware of their inner experiences and the expectations one has. Anando has worked in groups of various kinds including professionals, teachers, parents, students and a corporate. More recently interested in using group analytic psychotherapy and therapeutic community methodology as long term intervention in low income countries. He is also a special educator for children and adults with autism having worked for about 10 years with them. Associate staff at Living and Learning workshops, UK.

Shama Parkhe – Clinical Director

MSc in psychology (clinical) from Christ University

Shama is the clinical director of Hank Nunn Institute and has trained in TA 101, CBT, and Clinical Hypnosis. She is interested in helping people think about how various aspects of their past influence their present experiences. She has worked in groups as well as with individuals as a psychologist and a therapist and is trained in psychological assessments. She believes that people can help each other if they are willing to admit and accept the existence of mental health issues in their families and around them. She would like to help people learn talk openly about themselves without shame or fear no matter what their problems are. Shama also works as a psychologist and psychotherapist with Dr. Sandip Deshpande, psychiatrist specialised in sexual medicine and relationship therapy.

Founder and Managing Trustee

M.S. Shashikala : Journalist for the past 16 years and Special Educator trained in working with autistic children

Chairperson

Juli Cariappa : Founder KRAC-A-Dawna Organic Farm, with over 30 years experience in organic farming methods and standards

Secretary & Treasurer

Sham Banerji : Founder Chairman and CEO of i2i TeleSolutions a provider of innovative software solutions and services for Telemedicine