



Hank Nunn Institute

Annual Report 2015-16

# Title of contents

Overview

Our Work

Treatment  
Awareness  
Training

Finance

Our People

# OVERVIEW



Hank Nunn Institute is a not-for-profit registered charitable trust located in Bangalore, India. Named after Fr. Hank Nunn S.J., a Canadian Jesuit, who dedicated 35 years of his life towards working with those diagnosed with chronic psychiatric disorders. HNI was founded by Anando Chatterji and Shama Parkhe on 8th July 2014.

We are a group of highly passionate individuals who are making efforts to bring awareness and transform the therapeutic care in Mental Health by making it accessible and affordable through long and short term programs. These programs include Individual and Group psychotherapy, and Outreach Counselling.

Our Vision: To make mental health a priority in every community

Our mission: To design a personality disorder service in the country which is accessible, affordable and culturally congruent

Our focus area is to develop a service for those with personality disorder. Due to the lack of awareness and existing stigma around mental health, those with personality disorder go unnoticed under the justification that they don't have a "real psychological problem." Our efforts are to develop carefully designed treatment, awareness, and training programs to meet this challenge experienced by individuals with personality disorder.

Moreover, today there is a dire need to address the massive gap between those who need services and those providing them. The Institute intends to bridge this gap by providing various mental health services for persons with severe mental illnesses. HNI also intends to provide an opportunity for the community to be involved at various levels in supporting the recovery process. This approach is based on the Therapeutic Community (TC) methodology, where every activity is planned and has a healing intention within a structured environment.

# OUR WORK

EnAble India

128 days

90+ Group Sessions

Supportive Psychotherapy

4 people

400+ Individual Sessions

Certificate Course  
in personality disorders

45 hours

Internships

7 interns

Supervision

96 hours

# TREATMENT



Day  
Therapeutic  
Community

104 days

2-6 members

1 graduate

May 2015 – March 2016

# Individual and group psychotherapy

Hank Nunn Institute has been providing individual psychotherapy for people with a diagnosis of personality disorders, depression, affective disorders and we have also worked with a few people with schizophrenia. Each session is aimed at providing a safe, caring, and confidential space for the client's emotional needs to improve their wellbeing.

- Individual sessions – over 400

We have also been holding regular group psychotherapy sessions, with the students of Christ University, Nov - Dec 2015. Through group psychotherapy, we aim to help individuals better understand themselves and understand how they relate to one another and to oneself in healthier ways.

- Group sessions – over 90

## Outreach Counselling

We also provide counselling 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 to people with a minimum duration of 2 weeks and a maximum of 3 months for each individual

- Counselling sessions – over 400

# AWARENESS



## Kitchen Garden Community Lunch June 14, 2015

The kitchen garden was set up by the members of the community with help from the volunteers. The ground was cleared of stone, dug up and levelled, rows were made for the plants, seeds were planted and rows were labelled. Finally the kitchen garden was fenced.

To mark the setting up of the kitchen garden, a celebratory lunch was held.



## Volunteer Meet and Kitchen Garden Transplantation July 26, 2015

Hank Nunn Institute held a volunteer meet where the activities for volunteering were discussed. Another agenda of the meet was Kitchen Garden Transplantation. Members and volunteers participated in the same.

Educational  
Psychology  
Workshops at  
Madurai  
May to November 2015

30th May 2015 - School calendar, time management and performance – Resolving Teacher dilemmas

27th June 2015 - Trust Building in a class room and identifying and helping your student with their learning difficulties - Understanding Theories of Intelligence, and development milestones

18th July 2015 - Learning abilities, disabilities and chronic disorders

August 15, 2015 Professional Communication among teachers – Assessment tools for performance – potentials for identifying delayed developmental milestones. – Slow-normal-gifted children

September 25, 2015 Potentials for clinical conditions and disorders: Happiness quotient, Honesty versus dishonesty, Passivity, aggression and passive aggression

October 25, 2015 Classroom intervention processes – individual and group work.  
How to create academic and non-academic group tasks in the classrooms

November 14 2015 - Professional intervention - documenting best possible approaches to simple interventions; Teacher's attitudinal scales – learning to Learn, unlearn, and relearn; Developing case studies and solutions



## Makalidurga Trek 23rd May, 2015

HNI was invited to participate in a one-day trek to Makalidurga, which was one-hour train ride from Bangalore.

It was organized by EnAble India, an NGO working in the disability sector for the last 15 years, for people with visual impairment. We work with candidates by providing them with counselling services on a consultation basis.

There are candidates with various degrees of visual impairment, as well as high functioning adults with autism.

This event turned out to be a great day for us to be able to experience the beauty of nature together.



## Volunteer meet-up and debate August 20, 2015

“Does talking about your past help you move forward?”

## Art Exhibition October 8, 2015

HNI organized a fund-raising event with the support of Sumita Chatterji and her collection of artworks.





# World Mental Health Day

## Krac-a-dawna

October 10-11, 2015

HNI celebrated World Mental Health Day at an organic farm in H.D Kote near Mysore with a group of client members. There was a tour of the farm which was followed by cooking activities. There were interesting discussions on the importance of living organically and growing what we eat by ourselves.



Working with people with  
Personality Disorders

The Philosophy of Greencare  
- and why it matters for our  
mental health?

Social Evening  
November 25, 2015

# Symposium Christ University TCs and Greencare November 25, 2015

An interactive seminar was organized, that focused on addressing questions related to understanding and treating personality disorders, as well as therapeutic efficacy of contact with nature for people with complex emotional needs.



Venue:

*Highnotes*

#776, 100 ft road, Indiranagar,  
Above Kotak Bank

Time:

05:00 to 07:00 p.m.  
Interaction

07:00 to 09:00 p.m.  
Cocktails and Dinner

Hank Nunn Institute

invites you to

a *Social Evening*

On 25<sup>th</sup> November 2015

A space to meet

*Rex Haigh, Janine Lees, and Sandra Kelly,*

group analysts and pioneers in the field of Therapeutic  
Community in the UK

and

An evening to share ideas for the future of mental health

Fundraiser Ended!

The fundraiser ended on  
November, 30 2015

health

Help Setup Affordable  
Community-based Mental

by Hank Nunn Institute

Rural Affordable Therapeutic Community



Raised  
₹54,200

Supporters  
30

# Ketto Crowdfunding Campaign

November, 2015

In November, 2015, HNI started an online crowdfunding campaign through Ketto to raise money to match the estimated cost of repairs and restoration of the SST building, where the Living Learning Experience Residential Training Workshops are held and to establish a therapeutic community there.

The campaign was started after conducting a three day workshop on Therapeutic Communities at the farmhouse for psychology students from Christ University, Bangalore.

The cost estimate included the cost of travel and food for 20 volunteers for the three-day residential workshop who would get the TC experience and be involved in the repair and restoration work. This was estimated to be 16% of the total budget. The cost of hiring a plumber, electrician and carpenter for three days was calculated to be another 15% of the total budget. The remaining 70% of the budget was for fixtures and materials to be purchased.

The Campaign was aimed at raising 2,000,000 to meet the total cost estimate of 4,000,000 as 2,000,000 had been raised privately.

# Holi Celebration at HNI

23rd March 2016

Holi was celebrated a day before the official holiday as it was a day off for HNI. On the day of the celebration, there was one TC member, one client member, four staff members. The day started with a community meeting, followed by the holi celebration, full of colours, dance and music. A guest and a lot of children from the neighbourhood joined us. We got lunch and snacks from outside and then had the final community meeting.



# TRAINING



## Residential Training The Living Learning Experience (LLE) September 11-13, 2015

The LLE is a 2 and a half day intensive experiential residential training course offered by the Hank Nunn Institute. It takes place entirely in groups, and is run as a structured programme of activities in a democratic and non-hierarchical framework. Participants explore the experience of working closely with others, and learn how to use relationships effectively in clinical practice.

Students of psychology, psychiatry, psychiatric nursing, and social work participate in the Living Learning Experience (LLE), which provides them with a unique opportunity to experience belonging, social learning, and personal development.



# LLE

The Living Learning Experience

November 27-29, 2015

## Certificate Course

Nov- Dec 2015

Hank Nunn Institute offered a 16-hours Certificate Course on Understanding Personality Disorder (PD) & The Living Learning Experience. A successful conclusion to the Living Learning Experience Workshop at Penukonda conducted by Rex, Jan and Sandra. A brilliant and insightful experience to have.

Rex is an NHS Consultant Psychiatrist who has been fascinated by therapeutic communities since learning his psychiatry in one, as an Oxford medical student. He has been Chair of the Association of Therapeutic Communities, founder of the Community of Communities quality network at the Royal College of Psychiatrists Research Unit.

Janine Lees is a Group analyst (IGA London), TC Specialist with a particular interest in borderline personality disorder, have been running LLE workshops in the UK and abroad for many years.

Sandra has been the nursing lead at Francis Dixon Lodge, one of the last residential therapeutic communities in the NHS, in Leicester, for over twenty years. She has been a member of the LLE staff team since 2002, and has been involved in the UK and Italian workshops.

# Therapeutic Community Methodology

A Low-Cost, Long-Term,  
Bio-Psycho-Social  
Treatment Programme



Shama Parkhe  
Madhura Vittal  
Anando Chatterji



Neeraj Chatterji  
Ravi Singh  
Sankar



Hank Nunn Institute

## ICCP Workshop Jan 7, 2016

Proposal for a workshop of a healing modality ICCP  
2016, Bangalore

Conference theme: theories and techniques in  
counselling and psychotherapy

Title: Therapeutic Community methodology as a low  
cost, long term, bio-psycho-social treatment model for  
persons with chronic psychiatric diagnosis

We presented our experience in the areas of treatment  
and training in mental health – the existing day TC  
model in Bangalore, and the Living Learning Experience  
with students of psychology . We also aimed to  
describe how the TC methodology fills these gaps and  
paves a way towards an inclusive society.

# Brief Awareness Program

April, 2016



The Brief Awareness Program emerged from a need expressed by the VI candidates at Enable India as being unaware of how to answer job interviews and not knowing their strengths or weaknesses. The Brief Awareness Program is designed to facilitate deeper understanding of oneself over four sessions. It takes one through a journey of thought provoking questions and discussions which helps to build on one's knowledge and understanding about their personality, beliefs, values and patterns of behavior.

This focus gives them an insight into themselves and their interaction with others. This also helps them make changes in their communication, learning and working patterns.

# FINANCE



**A.R. Viswanathan & Co.**  
Chartered Accountants

# 22/2, First Floor, 5th Main Road,  
Chamarajpet, Bangalore-560 018.

☎ 080-26608874, 26602139, 22427014  
✉ reach\_us@arvco.in, Web : http://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, 2016, 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.

- In case of Balance Sheet, of the state of affairs of the Trust as at 31<sup>st</sup> March, 2016.
- 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  
FRN: 004765S



Shraddha A V  
Partner  
Membership No: 227999

Place: Bangalore  
Date: 17/09/2016

STATEMENT OF INCOME FOR THE I.T ASSESSMENT YEAR 2016-17	
Name	HANK NUNN INSTITUTE
Address	P.51, 7th Main, Sector 10, Jeevan Bhima Nagar Bangalore - 560 075.
Status	Charitable Trust
Year ending	31.03.2016
Date of Incorporation	08.07.2014
Permanent Account Number	AAABTH2791Q
12A Registration No.	CIT(E)BLR/12A/AAABTH2791Q/ITO(E)-1/Vol 2014-2015
80G Registration No.	CIT ( E ) BLR 80G/M/-117/AAABTH2791Q/ITO(E)-1/Vol 2015-2016
	<b>Amount(Rs)</b>
Gross Income as per Income & Expenditure Account	19,56,994
Minimum amount to be spent as per Section 11 of the I.T. Act 1961 (85% of gross income)	16,63,445
Less: Actual Expenditure as per Income & Expenditure A/c	18,36,814
Application of Income u/s 11(2)	
Excess Spent over 85% limit	1,73,369
Tax Payable	-
Excess Spent carried forward	
Less:TDS Receivables as per list enclosed	19,200
<b>Total Payable / (Refund)</b>	<b>- 19,200</b>
For Hank Nunn Institute <i>Shraddha A V</i> Signature of the Trustee Managing Trustee	



HANK NUNN INSTITUTE - 2015-2016						
F 5L 7th Main, Sector 10						
Jeevan Bhima Nagar, Bangalore						
Trial Balance						
1-Apr-2015 to 31-Mar-2016						
Particulars	Opening Balance	Debit	Credit	Closing Balance	Main Head	Sub Head
Capital Fund	1,00,000.00	-	-	1,00,000.00	Capital Account	Capital
Imanadhana C S Loan Received	-	50,000.00	50,000.00	-	Loans(Liability)	Loan
TDS Sundeepr AH7792913B	-	30,000.00	33,000.00	3,000.00	Current Liability	TDS Sundeepr
Professional Tax Payable	350.00	5,950.00	6,400.00	800.00	Current Liability	PT payable
Salaries & Wages Payable	1,05,000.00	7,57,000.00	6,55,000.00	3,000.00	Current Liability	Salary and wages payable
Audit Fees Payable	7,500.00	7,500.00	8,625.00	8,625.00	Current Liability	Audit Fees Payable
Rent Deposit	-	2,50,000.00	-	2,50,000.00	Current Assets	Deposit
TDS Recovered 2015-16	4,000.00	19,200.00	-	23,200.00	Current Assets	TDS received
Enable India, Bangalore	-	1,20,000.00	1,11,000.00	9,000.00	Current Assets	Sundry Debtors
Receivables	1,09,000.00	-	1,09,000.00	-	Current Assets	Receivables
Cash	22,108.00	2,40,900.00	2,27,999.00	35,009.00	Current Assets	cash in hand
SBI A/C No 3431794108	3,13,748.00	19,33,394.10	20,92,740.10	1,54,402.00	Current Assets	Cash at Bank
Counselling/Consultation Services Income	-	-	1,20,000.00	1,20,000.00	Direct Income	Counselling/Consultation Services Income
Donation Received	-	-	15,80,494.10	15,80,494.10	Direct Income	Donation Received
Work Shop Income	-	-	2,56,500.00	2,56,500.00	Direct Income	Work Shop Income
Foreign Travelling Expenses	-	2,30,475.00	-	2,30,475.00	Expenses	Foreign Travelling Expenses
Fuel / Conveyance Expenses	-	20,755.00	-	20,755.00	Expenses	Travelling Expenses
Groceries/Essential Items	-	63,875.00	-	63,875.00	Expenses	Training Expenses
Linen Expenses	-	1,600.00	-	1,600.00	Expenses	Other Expense
Office Expenses	-	35,326.00	-	35,326.00	Expenses	Office Expenses
Post & Courier	-	440.00	-	440.00	Expenses	Printing & Stationery
Printing & Stationery	-	21,415.00	-	21,415.00	Expenses	Printing & Stationery
Professional & Consultancy Charges	-	90,037.00	-	90,037.00	Expenses	Professional & Consultancy Charges

For Hank Nunn Institute

Shashikala P.S.  
Managing Trustee

For Hank Nunn Institute

S. Banay  
Trustee

Rates & Taxes	-	45,000.00	2,500.00	42,500.00	Expenses	Rates & Taxes
Rent Paid	-	3,30,000.00	-	3,30,000.00	Expenses	Rent Paid
Repairs & Maintenance	-	7,570.00	-	7,570.00	Expenses	Other Expense
Salaries & Wages	-	6,61,400.00	-	6,61,400.00	Expenses	Salaries & Wages
Staff Welfare Expenses	-	1,430.00	-	1,430.00	Expenses	Other Expense
Subscription Charges	-	1,520.00	-	1,520.00	Expenses	Other Expense
Telephone Expenses	-	4,900.00	-	4,900.00	Expenses	Other Expense
Training Expenses	-	1,67,684.00	-	1,67,684.00	Expenses	Training Expenses
Travelling Expenses	-	78,712.00	-	78,712.00	Expenses	Travelling Expenses
Audit fees	-	8,625.00	-	8,625.00	Expenses	Audit fees
Bank Charges	-	785.35	-	785.35	Expenses	Bank Charges
Books & Periodicals	-	3,810.00	-	3,810.00	Expenses	Other Expense
Electricity & Water	-	19,270.00	-	19,270.00	Expenses	Other Expense
Gardening Expenses	-	430.00	-	430.00	Expenses	Other Expense
Interest Paid	-	598.00	-	598.00	Expenses	Other Expense
Medical Expenses	-	431.00	-	431.00	Expenses	Other Expense
Meetings and Seminars	-	42,175.75	-	42,175.75	Expenses	Meetings and Seminars
Service Tax Paid on Audit Fees	-	1,050.00	-	1,050.00	Expenses	Other Expense
Profit & Loss A/c	-	2,36,006.00	-	2,36,006.00	Profit & Loss A/c	Profit & Loss A/c
<b>Grand Total</b>		<b>52,53,258.20</b>	<b>52,53,258.20</b>			

For Hank Nunn Institute

Shashikala P.S.  
Managing Trustee

For Hank Nunn Institute

S. Banay  
Trustee

# OUR PEOPLE

## **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.



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## **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

## **Advisory Committee**

Rex Haigh, Psychiatrist

Jan Lees, TC Researcher

Sandra Kelly, TC Psychotherapist

Malika Verma, Psychoanalyst

Sandip Deshpande, Psychiatrist

Jayashree Nadig,  
Clinical Psychologist



Maitreyi Kanjilal,  
XBX



Janak Sheth,  
Volunteer Manager



Puneet Kapoor,  
Volunteer Manager



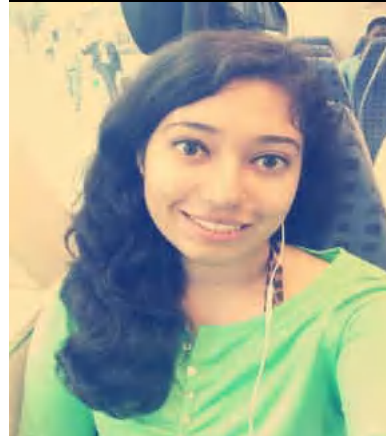
Azad Cariappa, Horticultural  
Psychotherapist



Ishani Badyal,  
Intern Psychologist



Komal Josan,  
Intern Psychologist



Swati Prabhu, Intern  
Research Psychologist





Hank Nunn Institute

P51, 7<sup>th</sup> Main, Sector 10. Jeevan Bhima Nagar, Bangalore 560 075 Karnataka, India

Ph: +91 8041161348 + 91 9980885814 Email: [anandochat@yahoo.com](mailto:anandochat@yahoo.com)

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