



Hank Nunn Institute

Annual Report  
2018-19

# Acknowledgements

To,

Our patients, for supporting our work and for engaging with us

Our staff team's tireless efforts at maintaining quality while pursuing the vision of accessible and affordable mental health services

Our advisory committee for their contributions in development of new avenues, helping us expand our work, and maintain and increase quality steadily

Our trustees for their unconditional support and mentorship

Our donors who have made big and small contributions in capital and in kind to help us sustain and grow

Our volunteers for their dedication and enthusiasm in supporting HNI in numerous ways and areas

We owe you the utmost gratitude.

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# Overview

Hank Nunn Institute is a not-for-profit registered charitable trust founded in Bangalore, India. In the last year, our services have been active in Bangalore, Delhi and Jaipur.

Our vision is to enable people to prioritize mental health in every community. Our mission is to develop a personality disorder service with robust, long-term, and low-cost treatment. Our aim is to develop carefully designed treatment, awareness and training programs to meet the challenges experienced by individuals. We intend to create an atmosphere which is significant to the service users' (patients') journey in discovering and empowering themselves.

HNI was founded by Anando Chatterji and Shama Parkhe on 8th July 2014. It is 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.

# T R E A T M E N T

## Assessments

The goal of an assessment is to understand a patient's current psychological needs and identify therapy services in the context of those needs

## Therapeutic Conversations

Therapeutic Conversations are designed for individuals who might be unsure of their need for therapy. The intention is to provide a space for a dialogue that helps a person clarify their needs and make a decision about seeking psychotherapy.

## Individual Psychotherapy

Individual psychotherapy is an approach which helps reinforce a person's healthy and adaptive patterns of thought and behavior to reduce intrapsychic conflicts and develop healthy defense mechanisms in the context of interpersonal relationships. An essential aspect of individual psychotherapy is building a trusting relationship with the therapist who contributes to this continuous process of self-discovery and personal growth

## Group Psychotherapy

Group psychotherapy offers a safe space for individuals to recognize relational difficulties that emerge in a social context. Our groups are based on group analytic principles with the understanding that many of our beliefs and actions are born outside our conscious awareness. Alongside the space to address individual difficulties, groups provide a space to explore the impact of social influences such as gender, class, race and culture

## Engagement Group

Activity-based groups for talking, reflecting, and engaging socially to form a relationship in a relatively informal space

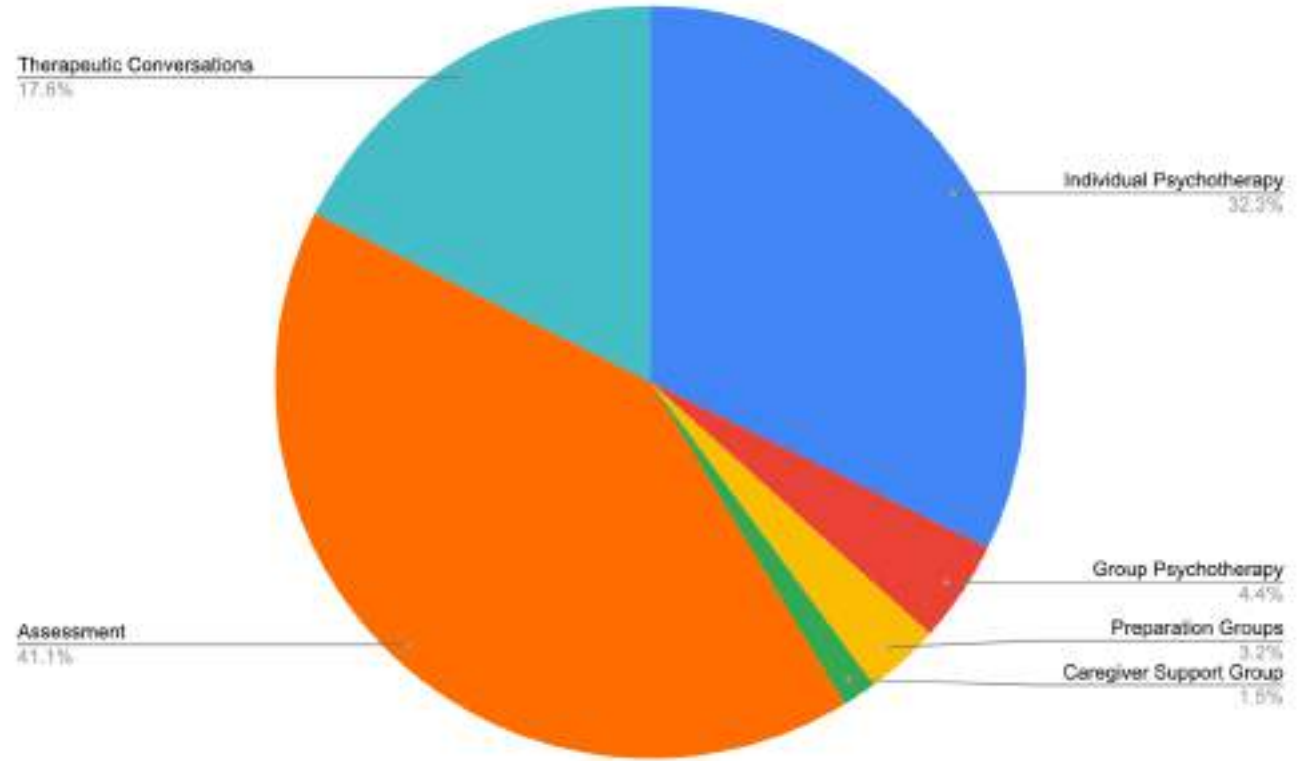
## Caregiver Support Group

A supportive and safe space for caregivers of mental health service users to engage and relate with other caregivers, to listen and share stories of their experiences as a caregiver, and find their own space to form relationships

# T R E A T M E N T

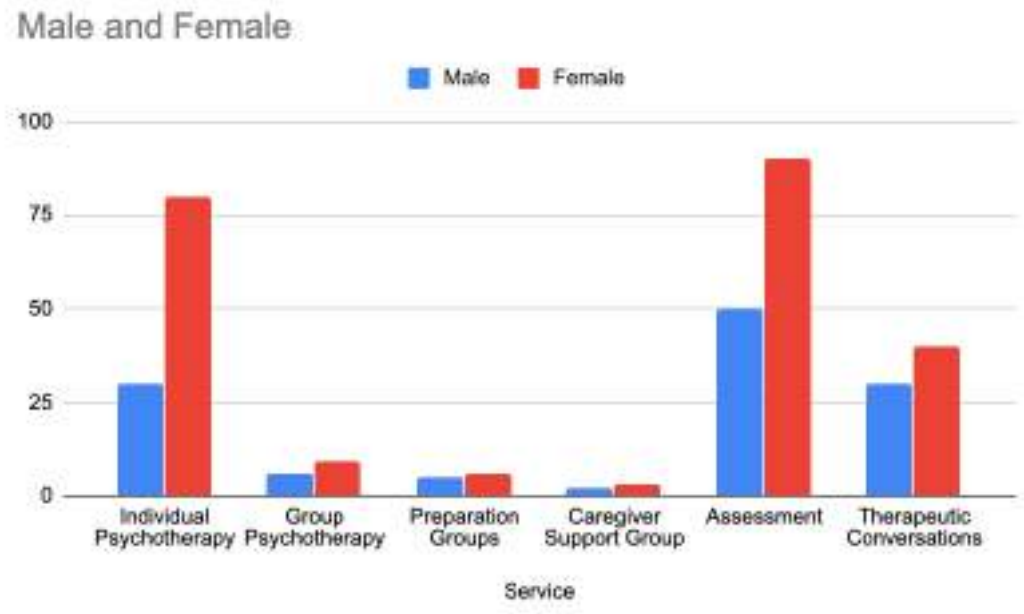
- No less than 100 patients in the system throughout the year using one or more services at any given time
- 140 assessments
- 110 patients in individual psychotherapy
- 15 patients in group psychotherapy and 11 being prepared to join groups
- 5 patients in caregiver support group

Patients vs. Service



Graph 1: Number of patients in each service

We received close to 400 enquiries this year out of which 350 engaged in one of our services and completed treatment, or are currently engaging in one or more of our services.



Graph 2: Gender distribution across services

Planned Termination on successful completion of treatment	Unplanned Terminations	Dropouts in the year
45	15	47

Table 1: Patient retention and engagement

Our Community awareness events are facilitated conversational group spaces. The spaces encourage thinking, challenging and discussions around psychosocial themes relevant in the community at a given time. We ran three ongoing awareness programs

### Chailogue, Delhi

At Little Anarky Films, Delhi, the conversations have stirred conversations on mental health and well being, formation of personalities, relationships, childhood, and the world around us, over country's favoured beverage –chai.

### Chaupal, Jaipur

Touring the pink city, Jaipur, the space has brought out conversations on mental health, discussed the idea of mental-well being and made an effort to break stigma associated with mental health.

### Nobody Reads the Fine Print, Bangalore

The space intends to engage the community in conversation about the ways in which we think, feel and respond to others. At Atta Galatta, Bangalore, we strive to create spaces within the community where difficult conversations can be had.





# Group Analytic Training

Building towards the goal of setting up the Indian Institute of Group Analysis, HNI organised the first foundation year training course in Group Analysis with 9 participants. The first of the three blocks were successfully delivered by two facilitators from IGA. The course is scheduled to end in August '19. Students who successfully complete the blocks will receive the IGA International Diploma in Group Analysis from the IGA (UK).



Group Analysis Foundation Year  
Block 1: Jan23-27, 2019  
Fireflies Intercultural Center, Bangalore, INDIA



## Basic Psychotherapy Training [YAKShip]

The third batch of YAKS (Young and Knowledgeable pSychologist/Social Worker) graduated in a six month course that covered basics of psychotherapy, understanding personality disorders, and methodology of therapeutic communities. The experiential training offers young professionals to engage in different projects at HNI and use their clinical work, supervision and their own personal therapy in their development.





## Manjhaa, Jaipur

HNI-Jaipur hosted a fun-filled mental health fundraiser in January, 2019. Organised a day before the grand festival of Makar Sankranti, the event witnessed many engagement spaces including a thrilling bike rally for Mental health awareness with a Chaupal session, kite-flying, poetry slam, cooking traditional snacks with locally available ingredients, story telling and non-competitive play spaces for children, and a music night.



## Psychaat, Delhi

The fun filled fundraiser hosted by HNI-Delhi in October 2018 at Antisocial, Delhi, was a day full of conversations around mental health, a psychodrama workshop conducted by Shama Parkhe aimed at reflecting on the various masks we wear, Ujhan-a poetry open mic, a sharing space to explore the experiences and opinions about the millennial mind in the context of the changing world, and a music jam to create awareness around mental health difficulties.





## Fluid Identity, Bangalore

Identity – an art exhibition by Indrani Chowdhury, a self-taught water colour artist, was organised on October 8, 2018 at Karnataka Chitrakala Parishath, Bangalore. Indrani kindly donated 40% of the show's proceeds to support HNI's work.



# Collaboration with Innovations J.P. Nagar April '18

As part of a pilot program working with Innovations, the outreach team offered an a set of eight workshops along with Individual therapy sessions for employees who wanted the space. The themes covered were developing a shared understanding on Mental Health, Stress Management, Social Isolation, Emotional & Physical Abuse, Conflict Management, Grief & Loss, Working with Addictions and Holistic Self Care.



# Mental Health Helpdesk

CREST, Kasturi Nagar  
May 2018

Our staff team participated in a community day and set up a mental health helpdesk. The goal of the helpdesk was to initiate conversations about mental health and engage the community. There were spaces created to address some Frequently asked questions about mental health and some fun know yourself paper pencil tests. There was also an open canvas.





## Swakshatra Project

The outreach team began engaging with the children and staff at Sakshatra (a rescue home for children) to build a three year comprehensive psychological well being program for the staff and children. In '18-'19, the focus was on conducting assessments with the children using Standard Progressive Matrices, Strengths and Difficulties Questionnaire and House Tree Person. They also conducted some need assessment groups. Along with the assessments, reflective groups were facilitated for the children to provide a talking spaces.

## HSBC – Workshop on Resilience

Two of our staff members conducted a workshop with HSBC with the aim:

- To create awareness on stress and its effects on personal and work life
- To facilitate an understanding about the concept of resilience and how to build it individually and in a team.

Most of the participants mentioned that they were now aware of different spheres of their life that they were neglecting because they did not feel the need to prioritize it.

The workshop also initiated a conversation around resilience and what it means to them. A brief mindfulness exercise was done and after the exercise the sequence was explained so that it would be easy for the participants to do it by themselves or in their respective teams



**HANK NUNN INSTITUTE  
NOTES TO ACCOUNTS**

**Background**

Hank Nunn Institute, a Public Trust was incorporated vide Registered Trust Deed dt 08th July 2014. The Trust has obtained 12A registration bearing reference no.CIT/BE/12A/2-517/AAS/10790/T/08Q-1/Vol 2014-15 on 04th May 2015, under the Category "AGPU" i.e. Any Other Object of General Public Utility. The Trust has also been granted registration u/s 80G bearing no.CIT/BE/80G/04-117/AAS/10790/T/08Q-1/Vol 2015-16 letter dated 22.01.2016.

The Trust is assisted in the charitable activities in the area of mental health, rehabilitation, counselling, treatment and conducting related programmes, seminars and conferences. The Trust receives funds in the form of Donations, Therapy Fees, Fee for Conducting Workshops, and Training Fees.

**1 SIGNIFICANT ACCOUNTING POLICIES**

The accounting policies set out below have been applied consistently to the periods presented in these financial statements.

**1.1 Basis of preparation of financial statements**

These financial statements have been prepared in accordance with the Indian Generally Accepted Accounting Principles (GAAP) under the historical cost convention on the accrual basis.

**1.2 Use of Estimates**

The preparation of financial statements in conformity with Generally Accepted Accounting Principles (GAAP) requires management to make judgments, estimates and assumptions that affect the application of accounting policies and reported amounts of assets and liabilities, income and expenses and the disclosure of contingent liabilities on the date of the financial statements. Actual results could differ from those estimates. Any revision to accounting estimates is recognized prospectively in current and future periods.

**1.3 Fixed Assets**

Tangible Fixed Assets are stated at cost net of recoverable taxes and includes amount added on revaluation, less accumulated depreciation and impairment loss, if any. All costs, including financial costs till commencement of commercial production, net charges on foreign exchange contracts and adjustments arising from exchange rate variations attributable to the fixed assets are capitalized.

**1.4 Depreciation and Amortisation**

Depreciation is provided on Written Down Value Method(WDV) based on the Rates specified under the Income Tax Act, 1962.

**1.5 Provision for Current Tax**

Provision for current tax is made only when the Income of the Trust is subjected to tax as per the provisions of the Income tax Act, 1961.

**1.6 Provisions, Contingent Liabilities and Contingent Assets**

Provisions involving substantial degree of estimation in measurement are recognized when there is a present obligation as a result of past events and it is probable that there will be an outflow of resources. Contingent liabilities are not recognized but are disclosed in the notes. Contingent assets are neither recognized nor disclosed in the financial statements.

**1.7 Cash and cash equivalents and bank balances**

Cash and cash equivalents comprise cash at bank and in hand, and short-term investments with original maturity of three months or less.

Other bank balances comprise of items such as balances with banks to the extent of held as margin money or security against borrowings etc, and bank deposits with more than three months maturity. The non-current portion of the bank balances are classified under the head 'Other non-current assets'.

**1.8 Leases**

Lease payments are charged to the Income and Expenditure Statement as per the terms of the contract with the lessor on due basis.

**1.9 Income**

1. Donations are accounted on receipt basis.
2. Any other Income the nature of Services rendered, is recognized as and when the right to receive is established and the collection is reasonably ascertained.



*Shashikala M S* *Shyamol Banerji*

HANK NUNN INSTITUTE			
BALANCE SHEET AS ON 31ST MARCH, 2019			
Particulars	Sch. No.	31-Mar-2019	31-Mar-2018
<b>(I) SOURCES OF FUNDS</b>			
(a) Capital Fund	1	1,00,000	1,00,000
(b) Reserves & Surplus	2	(6,25,472)	(5,16,005)
(c) Long Term Borrowings	3	7,50,000	7,50,000
(d) Current Liabilities	4	8,51,291	4,31,639
<b>TOTAL LIABILITIES</b>		<b>10,75,819</b>	<b>7,65,634</b>
<b>(II) APPLICATION OF FUNDS</b>			
(a) Fixed Assets	5	1,06,139	1,11,348
(b) Cash and Bank Balances	6	5,32,080	2,26,286
(c) Other Current Assets	7	4,37,600	4,28,000
<b>TOTAL ASSETS</b>		<b>10,75,819</b>	<b>7,65,634</b>

**NOTES TO ACCOUNTS & SIGNIFICANT ACCOUNTING POLICIES**  
Schedules referred to above and notes attached thereto form an integral part of Balance Sheet  
This is the Balance Sheet referred to in our Report of even date.

<p><b>FOR KALYANASUNDARAM &amp; ASSOCIATES</b> CHARTERED ACCOUNTANTS FRN NO:0054558</p> <p><i>M. Govind</i> <b>K.M RANJITH PARYNER</b> MEM. NO:219645</p>	<p><b>FOR HANK NUNN INSTITUTE</b></p> <p><i>Shashikala M S</i> <b>Shashikala M S</b> MANAGING TRUSTEE</p> <p><i>Shyamol Banerji</i> <b>Shyamol Banerji</b> TRUSTEE</p>	
<p>PLACE: BANGALORE DATED: 26-09-2019</p>	<p>PLACE: BANGALORE DATED: 26-09-2019</p>	<p>PLACE: BANGALORE DATED: 26-09-2019</p>

## HANK NUNN INSTITUTE

### INCOME & EXPENDITURE STATEMENT FOR THE YEAR ENDED ON 31ST MARCH, 2019

Sr. No	Particulars	Sch. No.	1st April 2018- 31st March 2019	1st April 2017- 31st March 2018
			Amount	Amount
<b>Income:</b>				
I	Donations Received	8	66,92,593	35,57,862
II	Other Receipts	9	9,66,966	4,86,420
<b>Total Income</b>			<b>76,59,559</b>	<b>40,44,282</b>
<b>Expenses:</b>				
III	Employee Benefit Expenses	10	49,02,769	25,75,691
IV	Administrative Expenses	11	28,49,051	16,21,025
V	Depreciation	5	17,206	13,642
<b>Total Expenses</b>			<b>77,69,026</b>	<b>42,10,357</b>
<b>Surplus/(Deficit) carried over to Balance Sheet</b>			<b>(1,09,467)</b>	<b>(1,66,075)</b>

Schedules referred to above and notes attached there to form an integral part of Income & Expenditure Statement  
This is the Income & Expenditure Statement referred to in our Report of even date.

FOR KALYANASUNDARAM & ASSOCIATES  
CHARTERED ACCOUNTANTS  
FRN NO:005455S

FOR HANK NUNN INSTITUTE

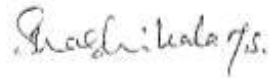
  
K.M. RANJITH  
PARTNER



MEM. NO:219645


PLACE: BANGALORE

DATED:26-09-2019

  
Shashikala M S  
MANAGING TRUSTEE

PLACE : BANGALORE

DATED:26-09-2019

  
Shyamol Banerji  
TRUSTEE

PLACE : BANGALORE

DATED:26-09-2019

## HANK NUNN INSTITUTE

### RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED ON 31ST MARCH, 2019

Receipts	2018-19	2017-18	Payments	2018-19	2017-18
	Rs.	Rs		Rs.	Rs
<b>Opening Balance:</b>			<b>Expenses:</b>		
Cash in Hand	1,823	14,096	Bank Charges	6,814	2,307
Cash at Bank	2,24,463	1,87,413	Audit Fee	21,600	10,850
			Travelling and Conveyance	4,12,294	1,94,960
			Meetings and Seminar Expenses	17,000	57,757
			Office Expenses	19,535	59,702
			Other Expenses	95,320	-
			Printing & Stationary	52,222	18,940
			Professional & Consultancy Charges	15,13,748	4,13,000
			Rates & Taxes	8,120	98
			Rent	4,31,530	4,81,400
			Salaries & Wages	43,73,182	22,29,400
			TDS Paid	3,90,543	38,500
			Training Expenses	1,800	4,650
			Rent Deposit	-	3,50,000
			L.L.E. Participation Fee	-	-
			Purchase of Fixed Assets	11,997	1,24,989
			Repairs & Maintenance	57,081	1,02,300
			Staff Welfare Expenses	76,013	52,291
			Telephone & Internet Expenses	20,134	19,762
			Books & Periodicals	1,960	-
			Electricity & water Charges	8,928	3,337
			Subscription Charges	12,710	9,311
			Website Charges	-	35,000
			Workshop Expenses	34,974	12,953
			<b>Closing Balance</b>		
			Cash in Hand	28,911	1,823.00
			Cash at Bank	5,03,169	2,24,463.41
	<b>78,99,795</b>	<b>44,49,790</b>		<b>78,99,795</b>	<b>44,49,790</b>

FOR KALYANASUNDARAM & ASSOCIATES  
CHARTERED ACCOUNTANTS  
FIRM REGN. NO. 005455S

  
K.M. RANJITH  
PARTNER  
MEM. NO. 219645



PLACE: BANGALORE  
DATED : 26-09-2019

FOR HANK NUNN INSTITUTE

  
Shashikala M S  
MANAGING TRUSTEE

PLACE: BANGALORE  
DATED : 26-09-2019

  
Shyamol Banerji  
TRUSTEE

PLACE: BANGALORE  
DATED : 26-09-2019

**HANK NUNN INSTITUTE**

Schedules forming part of the Balance Sheet as on 31st March, 2019

Schedule : 5 Fixed Assets

Block	WDV as on Rate 01-Apr-2018	Additions used >=180 days	Additions used <180 days	Deletions	Total	Depreciation	WDV as on 31- Mar-2019
Furniture, electrical fittings	10%	37,911	-	-	37,911	3,791	34,120
Plant, machinery, cars	15%	73,437	-	-	73,437	11,016	62,421
Computer, Energy Saving devices	40%	-	-	11,997	11,997	2,399	9,598
<b>Total</b>		<b>1,11,348</b>	<b>-</b>	<b>11,997</b>	<b>1,23,345</b>	<b>17,206</b>	<b>1,06,139</b>



*Shashi kate 7/1*

*S. Bandy*



Schedules forming part of the Balance Sheet as on 31st March, 2019

Sr. No	Particulars	31-Mar-2019	31-Mar-2018
<b>Schedule : 1 Capital Fund</b>			
1	Opening Balance	1,00,000	1,00,000
2	Add: Contributions during the Year	-	-
	<b>Total</b>	<b>1,00,000</b>	<b>1,00,000</b>
<b>Schedule : 2 Reserves &amp; Surplus</b>			
1	Opening balance	(5,16,005)	(3,49,930)
2	Add: Excess of Expenditure over Income	(1,09,467)	(1,66,075)
	<b>Closing balance</b>	<b>(6,25,472)</b>	<b>(5,16,005)</b>
<b>Schedule : 3 Long Term Borrowings</b>			
1	Loan A/c of Mr.Chandrachud	5,00,000	5,00,000
2	Loan A/c B.Chatterji	1,50,000	1,50,000
	<b>Total</b>	<b>7,50,000</b>	<b>7,50,000</b>
<b>Schedule : 4 Current Liabilities</b>			
1	Profession Tax Payable	2,200	1,800
2	TDS Payable	30,689	93,198
3	Salary Payable	6,17,592	2,50,102
4	Audit Fee Payables	30,000	27,139
5	Anand Chatterji	-	-
6	Provision for Expenses	-	45,000
7	Sowmya Krishna	-	14,400
8	Rent Payable	34,650	-
9	Professional fees Payable	1,36,160	-
	<b>Total</b>	<b>8,51,291</b>	<b>4,31,639</b>
<b>Schedule : 6 Cash &amp; Bank Balances</b>			
<b>1 Cash-in-Hand</b>			
	Cash Balance	28,911	1,823
	<b>Sub Total (A)</b>	<b>28,911</b>	<b>1,823</b>
<b>2 Balances with banks</b>			
	SBI Bank	5,03,169	2,24,463
	<b>Sub Total (B)</b>	<b>5,03,169</b>	<b>2,24,463</b>
	<b>Total [ A + B ]</b>	<b>5,32,080</b>	<b>2,26,286</b>
<b>Schedule :7 Other Current Assets</b>			
1	Rental Deposit	3,50,000	3,50,000
2	TDS Recovered -2016-17	57,000	57,000
3	TDS Recoverable 18-19	30,600	-
	Other Receivables	-	21,000
	<b>Total</b>	<b>4,37,600</b>	<b>4,28,000</b>



Shashikala fs S Banerjee

HANK NUNN INSTITUTE

Schedules forming part of the Income and Expenditure Account for the year ending 31st March, 2019			
Sr. No	Particulars	31-Mar-2019	31-Mar-2018
		Amount	Amount
<b>Schedule :8 Grants &amp; Donations</b>			
1	Donations Received during the Year	66,92,593	32,57,862
	<b>Total</b>	<b>66,92,593</b>	<b>32,57,862</b>
<b>Schedule :9 Other Receipts</b>			
1	Consulting /Consultation Services	1,67,250	15,000
2	Therapy Fees	3,04,326	3,22,830
3	Therapy Sessions	-	10,000
4	Coordination and Hosting Fees	-	17,550
5	Training fees	1,65,681	-
6	Workshop Fees	3,29,635	1,21,090
7	LLE Participation Fee	-	-
8	Interest on IT Refund	-	-
	<b>Total</b>	<b>9,66,966</b>	<b>4,86,420</b>
<b>Schedule :10 Employee Benefit Expenses</b>			
1	Salary & Wages	48,67,300	25,21,400
2	Staff Welfare Expenses	34,869	32,391
	<b>Total</b>	<b>49,02,769</b>	<b>25,75,691</b>
<b>Schedule :11 Administrative Expenses</b>			
Sr. No	Particulars	31-Mar-2019	31-Mar-2018
		Amount	Amount
1	Office Expenses	29,923	70,020
2	Travel & Conveyance	4,13,295	1,94,980
3	Telephone & Internet Expenses	38,134	29,762
4	Professional & Consultancy Charges	14,93,096	4,51,000
5	Audit Fees	26,461	28,550
6	Bank Charges	6,814	2,307
7	Electricity & Water Charges	8,926	3,337
8	Printing and Stationery	52,322	18,940
9	Repairs & Maintenance Exp	37,081	1,94,682
10	Meetings & Seminars	17,680	57,757
11	Subscriptions Charges	-	9,311
12	Training Programme	1,800	4,050
13	Workshop Expenses	1,41,093	12,053
14	Rent Paid	5,20,700	6,00,400
15	Rates & Taxes	8,520	96
16	Other expenses	5,971	-
17	LLE Participation fee	-	-
18	Books and periodicals	1,983	1,300
19	Membership fees	13,710	-
20	Website Charges	-	35,000
21	Stationery/Essential Items	41,244	-
	<b>Total</b>	<b>28,49,061</b>	<b>16,21,025</b>



Shashikala fs S Banerjee



# Advisory Committee

- Sham Banerji- Trustee
- Shashikala MS- Trustee
- Dr. Ajay Vijaykrishnan - External Supervisor
- Mallika Verma – External Supervisor
- Dr. Ashlesha Bagadia – External Supervisor
- Rex Haigh – Supervisor
- Janine Lees - Supervisor
- Sandra Kelly - Supervisor
- Andy – Supervisor
- Angelika Golz - Supervisor
- RV Raman-Consultant and Advisor for Startups
- SD Shibulal- Chief Mentor



P51, 7<sup>th</sup> Main, Sector 10, Jeevan Bhima Nagar, Bangalore 560 075 Karnataka, India  
Ph: +91 8041161348 + 91 9980885814 Email: [anando@hanknunninstitute.org](mailto:anando@hanknunninstitute.org)  
Reg No. BK IV 328/14-15 80G No:CIT(E)BLR/80G/M - 117/AABTH2791Q/ITO(E) - 1/Vol2015-16