



Annual Report 2019-2020



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Overview

Hank Nunn Institute is a registered not-for-profit charitable trust based out of Bengaluru. It was founded by Anando Chatterji and Shama Parkhe on the 8th of July, 2014.

We create therapeutic spaces for individuals to collaboratively reflect on long-standing intrapersonal, interpersonal, and prosocial difficulties. We implement carefully designed programs within the local community with a focus on distress over diagnosis for people to regain a sense of meaningful existence and independent living.

At HNI, we understand and explore mental health as a continuum between well-being and dysfunction that belongs to us all. Broadly, our work can be categorised into Treatment, Awareness and Training.

As we work relentlessly towards expanding our community mental health services and bridging the mental health gap, we hope to create an atmosphere that is significant to the service users' journey in discovering and empowering themselves.



Bangalore, Delhi & Jaipur

Our Vision

To make mental health a priority in every community

Our Mission

To develop and deliver carefully designed, robust, low cost, long term and culturally congruent mental health services

Our Aim

To make mental health accessible and affordable with a focus on distress over diagnosis

Our Core Values

Transparency, Creativity, Genuineness, Acceptance

Note from CEO

In the following pages of this report, you will find a summary of our programs, activities and experiments that have taken place in the last year. Looking back, I see stability, growth, resilience, and the power of community. It's thrilling to see what our small team is capable of creating together. We have tried to not only create a safe space for our service users, but also a nourishing and protected environment for our staff team and volunteers. The financial difficulties have brought the HNI community closer. work in the field of mental health.

We have arrived at a new business model that will decrease our dependence on donations over time, as our outreach services design and implement various community mental health programs.

The quality of our training programs has received acceptance in community of mental health professionals. The credibility that has built over such a short time is testimony to the need and demand of group work in the field of mental health.

In the coming year, we hope to develop our training programs further and offer containing spaces to many young therapists who feel isolated in the mental health system. With the onset of a global pandemic, and our seamless transition to an online work environment says much about our resilience and adaptability. We hope to face challenges together. We will. That's the power of community.

Anando Chatterji
CEO

Our Work



Treatment



Awareness



Training



Outreach



Fundraising



SAGE

REGANO

BASTI

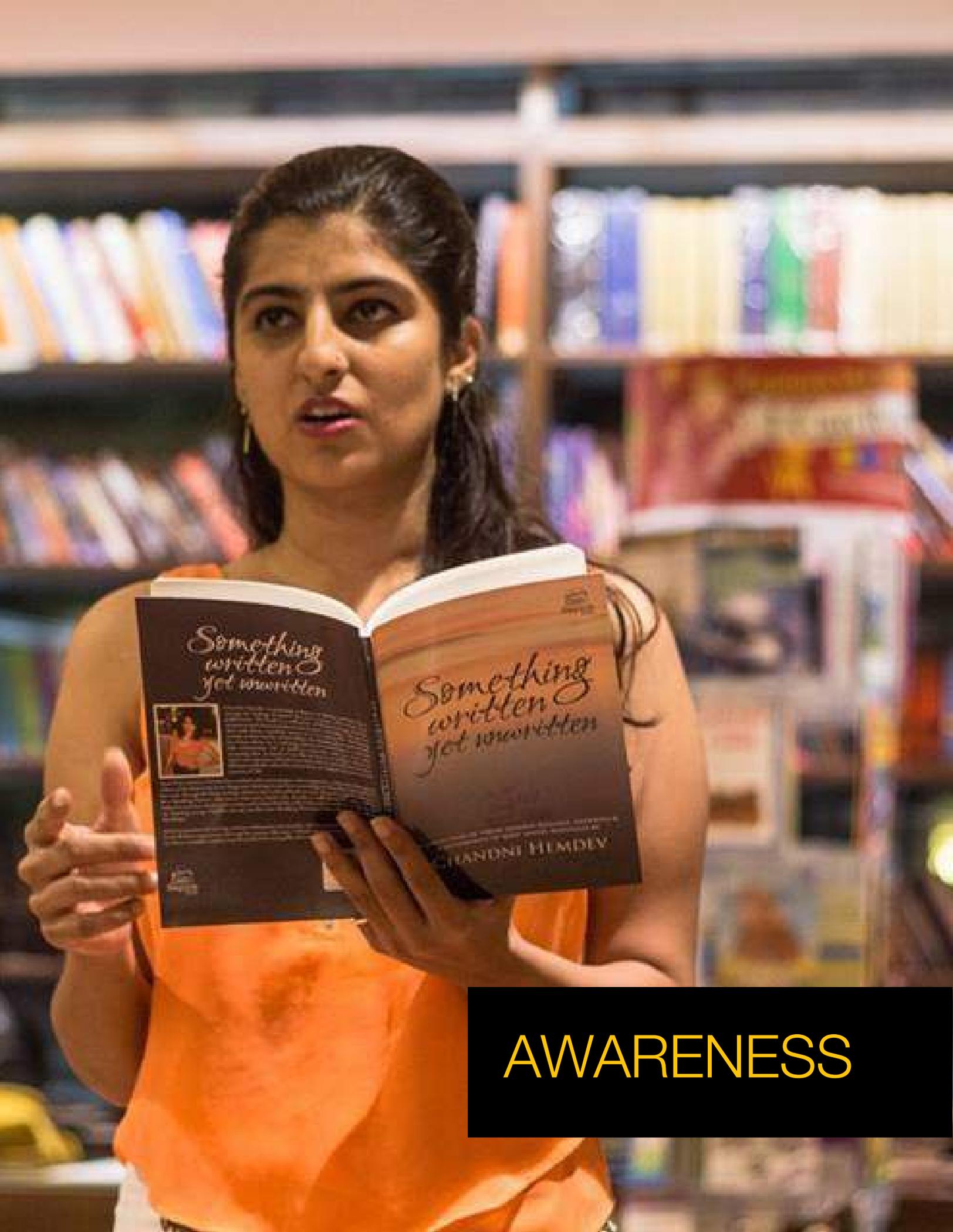
TREATMENT

Our treatment services expanded further this year. About 300 new individuals reached out to us for engaging in different treatment services, out of which about 250 engaged in at least one of our clinical services.

We offered 130 individual short-term counselling sessions, engaged with 65 individuals in weekly long term therapy , and 26 individuals in weekly group therapy sessions.

On average, 3 patients attended our weekly engagement group this year and participated in reflective activities together.

42 patients successfully completed their treatment, 39 had unplanned terminations, and 17 dropped out of services in this year.



AWARENESS

Community Awareness Programs

Our programs:

- Nobody Reads The Fine Print, Bangalore
- Chaupal, Jaipur
- Chailogue, Delhi

Our community awareness series continue to invite people from different walks of life. This year, we explored the following topics:

- Mental Health and Its Meaning, Construction Of “Mental Illness”
- Emotional Expression in Men
- Suicide and The Taboo Around It
- The Resistance in Society to Address Climate Change at A Personal Level
- Service User Involvement in Training Mental Health Professionals
- Supporting Someone Who Might Be Struggling with Their Mental Health Wellbeing

Community Awareness Programs

As part of Chaupal, in Jaipur, we organised a series of awareness groups, called Wellbeing in Children. inviting children of Jaipuria Vidyalaya to engage in conversations about elements of mental health and understanding emotional wellness.

On 1st December 2019, HNI Jaipur, in collaboration with Children's Film Society, Jaipur Mera Shehar and Indian Institute of Craft and Design screened the movie Gauru – Journey of Courage which was followed by a Chaupal session. This movie was particularly chosen as it reflects everyday struggles we might often overlook.

On 28th July 2019, HNI Jaipur organised Rang De! inviting the community to come together and paint a wall near a Government Hostel to create conversations about how mental health matters.



TRAINING

Practitioner Training: 15th Jul '19 to 15th Jan '20

We conducted the third batch of our six-month practitioner training with a focus on Therapeutic Community Methodology, Relational Practice, Understanding Complex Needs, Working with Groups, and Community Mental Health. We had two graduates from the training.

Lecture by Dr. Farhad Dalal, Cognitive Behavioural Tsunami: 1st May 2019

Dr. Dalal explored and presented a critique of the science, philosophy and psychology behind Cognitive Behaviour Therapy. The group discussion largely highlighted the need to shift from an expert-driven perspective to a user involved narrative in psychotherapy as well as the challenge and training needs involved in doing so. The lecture had 20 participants who were mental health practitioners and students of psychology.

Group Analytic Psychotherapy Introductory Weekend: 2nd-4th May '19

We organised a “taster” for anyone interested in pursuing the larger goal of working with groups. The weekend mirrored a structure similar to a block in the larger Group Analytic Training with seminar groups, small groups and large groups, convened by group analysts Farhad Dalal and Angelika Golz. Out of the 8 participants in the training, some chose to continue on and commit to the long term training in Group Analysis .

Group Analytic Psychotherapy Foundation Year Training: Jan '19 - August '19

The first batch of the Foundation Year in Group Analytic Therapy graduated in August. This group met thrice a year for 5-day block training sessions in January, April, and August. The foundation year was convened by group analysts Neil Palmer and Sandra Kelly.

RAT! Lecture Series: Nov '19

We re-introduced ReadAbsorbThink! (RAT!) as a space for students to begin their journey in understanding psychology beyond the four walls of the classroom. This year, the focus was towards understanding group psychotherapy and group work. Participants in these spaces often shared their personal and professional experiences in groups that added a rich dimension to learning.

Mosaic – Academic Therapeutic Community

Mosaic is a community of mental health practitioners and people interested in psychology and mental health. The structure and principles follow the therapeutic community model where meetings are sandwiched between a space to discuss therapy assessments, clinical and academic seminars, experiential trainings and social engagement.



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HOW IT WORKS

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OUTREACH

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Mental Health Training for Relief Workers

Two members of the outreach team conducted a workshop for disaster relief workers under the Tata Sustainability Group. The workshop aimed to create a reflective space for participants to explain their challenges and provided a framework for some techniques they could use in working with people. The feedback showed that there was a decrease in their comfort in providing basic psycho-social care perhaps because a workshop helped them identify that there is a lot to learn in providing mental health care. It also indicated a need to learn and know more so that they can feel comfortable in providing psycho-social care.

Bohemian House

We partnered with Bohemian House, Bangalore – a coworking and event space, to offer psychodrama and poetry workshop, and community awareness programme.

Swakshatra

Swakshatra is a shelter home aiming to develop a best practices model for post-trauma care and rehabilitation of young girls rescued from situations of physical and sexual abuse. This year we presented the detailed reports of our activities to the staff group at Swakshatra, and continued engaging in reflective activity and play-based groups for the girls. We have discussed and offered a plan to design and set up a residential therapeutic community at the shelter, and train the staff in therapeutic community practices. HNI's involvement in the project continues to be voluntary in the project.

Innovations

Innovations Investments works in the field of financial administration except insurance and pension funding. Our engagement with Innovations Investments began last year with workshops in mental health sensitisation and individual counselling services, and continued this year with workshops on communication and empathy-building in addition to individual counselling sessions.

Cividep

Cividep is a non-profit organisation working for the rights of workers and working communities. We began engaging with them offering support group sessions and individual counselling sessions. Both these services helped the employees from the organisation to explore themes of anxiety, self-discovery, familial stress, physical health and related stress. The group sessions received good responses from the employees, opening possibilities of exploring parenting, relationships in personal life and the workplace, in their conversations further.

Solis Health

We began our engagement with Sowparnika Healthcare Enterprises Private Limited in a psycho-oncology project. HNI's engagement with Solis Healthcare Enterprises Private Limited involved designing and developing processes for services provided at their treatment centres, recruitment, training and supervision of the teams working at the centres.



FUNDRAISING

Psychaat - Kairos Unit, New Delhi

HNI Delhi's Annual fundraiser took place at Bedlam, Hauz Khas Village in Delhi. The fundraiser had workshops, performances and activities to open up conversations about mental health in the community. Eshna Kutty and Malavika Goyal conducted a workshop on creative movements, and Deepti Ahuja offered a reflective writing workshop. An activity-based workshop on exploring how one forms relationships and communication without words was conducted by HNI staff team members.

Hansika: 15th Dec, 2019

Sharmila Mukhurjee and Troupe presented an adaptation of Swan Lake through a blend of music, ballet and Odia culture. This production was on stage for the third time after two full-house shows in 2018. A percentage of the funds generated were donated to HNI. As part of the fundraiser, Indrani Chowdary donated two of her paintings which were received by the winners of a lucky draw event.

The Year Ahead

In our attempt to create robust community mental health models, we hope to expand our training in group analysis and increase intake in our six months training programme for mental health practitioners. Our webinars have been well received in the community, and we hope to offer sessions on various skills and difficulties faced by the mental health practitioners' community. We hope to develop our fundraising model and strategy through various experiments with the community. We are looking forward to our work with Dentsu Webchutney, and YLAC (Oxfam) in the coming year. The hope of new collaborations has definitely filled us with a positive outlook and energy as we plan for the next year.

Finances

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 TIA registration bearing reference no CIT(E)CLP/12A/J-517/AABT32701Q/ITO(E)-1/Vol 9014-15 on 5th May 2015, under the Category "ADPU" i.e. Any Other Object of General Public Utility. The Trust has also been granted registration u/s 80G bearing no.CIT(E)DLR 80G/M/-117/AABT32791Q/ITO(E)-1/Vol 2015-16 letter dated 12.01.2016.

The Trust is involved 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 these estimates. Any revision to accounting estimates is recognised prospectively in current and future periods.

1.3 Fixed Assets

Tangible Fixed Assets are stated at cost net of reasonable 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 capitalised.

1.4 Depreciation and Amortisation

Depreciation is provided on Written Down Value Method(WDV) based on the Rates specified under the Income Tax Act, 1961.

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 (i.e. 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 hand 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 in 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 in the Nature of Services rendered, is recognized as and when the right to receive is established and the collectability of the same is ascertained.



Shalika 7.5
[Signature]

HANK NUNN INSTITUTE

BALANCE SHEET AS ON 31ST MARCH, 2020

Particulars	Sch. No.	31-Mar-2020	31-Mar-2019
(I) SOURCES OF FUNDS			
(a) Capital Fund	1	1,00,000	1,00,000
(b) Reserves & Surplus	2	(4,48,440)	(6,23,472)
(c) Long Term Borrowings	3	7,50,000	7,50,000
(d) Current Liabilities	4	5,57,210	8,51,291
TOTAL LIABILITIES		9,58,770	10,78,819
(II) APPLICATION OF FUNDS			
(a) Non Current Assets			
(1) Fixed Assets	5	91,444	1,05,139
(b) Current Assets			
(1) Cash and Bank Balances	6	2,87,770	3,32,080
(2) Receivables	7	72,000	-
(c) Other Current Assets	8	3,07,555	4,37,600
TOTAL ASSETS		9,58,770	10,78,819

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.

FOR KALYANASUNDARAM & ASSOCIATES
CHARTERED ACCOUNTANTS
FRN NO:0054558

FOR HANK NUNN INSTITUTE

Kamal Tulsian
PARTNER
MEM. NO:227667



PLACE: BANGALORE
DATED: 29th December 2020

Sushikala T.S.
Sushikala M S
MANAGING TRUSTEE

PLACE: BANGALORE
DATED: 29th December 2020

Ahmed Syed Ahmed
Ahmed Syed Ahmed
TRUSTEE

PLACE: BANGALORE
DATED: 29th December 2020

HANK NUNN INSTITUTE

Schedules forming part of the Balance Sheet as on 31st March, 2020

Sr. No	Particulars	31-Mar-2020	31-Mar-2019
Schedule : 1 Capital Fund			
1	Opening Balance	1,00,000	1,00,000
2	Add: Contributions during the Year	-	-
Total		1,00,000	1,00,000
Schedule : 2 Reserves & Surplus			
1	Opening balance	(6,25,472)	(5,16,005)
2	Add: Excess of Expenditure over Income/Income over Expenditure	1,77,032	(1,09,467)
Closing balance		(4,48,440)	(6,25,472)
Schedule : 3 Long Term Borrowings			
1	Loan A/c of Mr.Chandrachud	6,00,000	6,00,000
2	Loan A/c B.Chatterji	1,50,000	1,50,000
Total		7,50,000	7,50,000
Schedule : 4 Current Liabilities			
1	Profession Tax Payable	1,800	2,200
2	TDS Payable	18,595	30,689
3	Salary Payable	3,93,200	6,17,592
4	Audit Fee Payables	30,000	30,000
5	Rent Payable	38,115	34,650
6	Professional fees Payable	75,500	1,36,160
Total		5,57,210	8,51,291
Schedule : 6 Cash & Bank Balances			
1	Cash-in-Hand		
	Cash Balance	40,879	28,911
Sub Total (A)		40,879	28,911
2	Balances with banks		
	SBI Bank	2,46,891	5,03,169
Sub Total (B)		2,46,891	5,03,169
Total [A + B]		2,87,770	5,32,080
Schedule :7 Receivables			
1	(Considered good) Souparnika Health care Enterprises Pvt Ltd	72,000	-
Total		72,000	
Schedule :8 Other Current Assets			
1	Rental Deposit	3,68,000	3,50,000
2	TDS Recoverable -2016-17	-	57,000
3	TDS Recoverable 18-19	30,600	30,600
4	TDS Recoverable 19-20	1,04,525	-
5	Other Receivables	-	-
6	Prepaid Expense	4,430	-
Total		5,07,555	4,37,600



Shashikabha Tc *[Signature]*

HANK NUNN INSTITUTE

Schedules forming part of the Balance Sheet as on 31st March, 2020

Schedule : 5 Fixed Assets

Block	Rate	WDV as on 01-Apr-2019	Additions used >=180 days	Additions used <180 days	Deletions	Total	Depreciation	WDV as on 31-Mar-2020
Furniture, electrical fittings	10%	34,120	-	-	-	34,120	3,412	30,708
Plant, machinery, cars	15%	62,421	-	-	-	62,421	9,363	53,058
Computer, Energy Saving devices	40%	9,598	-	-	-	9,598	1,920	7,678
Total		1,06,139	-	-	-	1,06,139	14,695	91,444



Shashikala P.S.
Apul M.W.

HANK NUNN INSTITUTE			
Schedules forming part of the Income and Expenditure Account for the year ending 31st March, 2020			
Sr. No	Particulars	31-Mar-2020	31-Mar-2019
		Amount	Amount
Schedule :9 Grants & Donations			
1	Donations Received during the Year	68,46,915	66,92,593
	Total	68,46,915	66,92,593
Schedule :10 Other Receipts			
1	Counselling / Consultation Services	10,45,250	1,67,250
2	Therapy Fees	-	3,04,230
3	Training fees	-	1,65,851
4	Workshop Fees	-	3,29,635
5	LLE Participation Fee	-	-
6	Interest on IT Refund	3,140	-
7	Other Income	270	-
	Total	10,48,660	9,66,966
Schedule :11 Employee Benefit Expenses			
1	Salary & Wages	41,25,400	48,67,900
2	Staff Welfare Expenses	59,228	34,869
	Total	41,84,628	49,02,769
Schedule :12 Administrative Expenses			
Sr. No	Particulars	31-Mar-2020	31-Mar-2019
		Amount	Amount
1	Office Expenses	12,875	19,925
2	Travel & Conveyance	8,16,406	4,12,295
3	Telephone & Internet Expenses	3,048	20,134
4	Professional & Consultancy Charges	12,28,152	14,93,695
5	Audit Fees	35,400	26,461
6	Bank Charges	12,671	6,814
7	Electricity & Water Charges	9,906	8,928
8	Printing and Stationary	23,334	32,222
9	Repairs & Maintenance Exp	44,320	57,081
10	Meetings & Seminars	-	17,000
11	Subscriptions Charges	47,483	-
12	Training Programme	44,200	1,800
13	Workshop Expenses	5,56,629	1,41,693
14	Rent Paid	5,86,650	5,20,700
15	Rates & Taxes	5,575	8,520
16	Other expenses	-	5,971
18	Books and periodicals	-	1,960
19	Membership fees	14,316	12,710
20	Website Charges	6,674	-
21	Groceries/Essential Items	59,300	41,144
22	Internet Expense	12,281	-
	Total	35,19,220	28,49,051



Shashikala T.S. April 2020

HANK NUNN INSTITUTE

INCOME & EXPENDITURE STATEMENT FOR THE YEAR ENDED ON 31ST MARCH, 2020

Sr. No	Particulars	Sch. No.	1st April 2019-31st March 2020	1st April 2018- 31st March 2019
			Amount	Amount
	Income:			
I	Donations Received	9	68,46,915	66,92,593
II	Other Receipts	10	10,48,660	9,66,966
	Total Income		78,95,575	76,59,559
	Expenses:			
III	Employee Benefit Expenses	11	41,84,628	49,02,769
IV	Administrative Expenses	12	35,19,220	28,49,051
V	Depreciation	5	14,695	17,206
	Total Expenses		77,18,543	77,69,026
	Surplus/(Deficit) carried over to Balance Sheet		1,77,032	(1,09,467)

Schedules referred to above and notes attached thereto 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:0054558

FOR HANK NUNN INSTITUTE

Kunal Tulsian
 PARTNER
 MEM. NO:227667



Shashikala M S
Shashikala M S
MANAGING TRUSTEE

Afeef Syed Ahmed
Afeef Syed Ahmed
TRUSTEE

PLACE: BANGALORE
 DATED: 29th December 2020

PLACE : BANGALORE
 DATED: 29th December 2020

PLACE : BANGALORE
 DATED: 29th December 2020

HANK NUNN INSTITUTE					
RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED ON 31ST MARCH, 2020					
Receipts	2019-20	2018-19	Payments	2019-20	2018-19
	Rs.	Rs.		Rs.	Rs.
Opening Balance:			Expenses:		
Cash in Hand	28,911	1,823	Bank Charges	12,671	6,814
Cash at Bank	5,03,169	2,24,463	Audit Fee	32,400	21,600
Receipts:			Travelling and Conveyance	8,11,906	4,12,294
Counselling and Consultation	8,68,725	1,52,050	Meetings and Seminar Expenses	-	17,000
Donation	68,46,915	66,92,593	Office Expenses	10,362	19,525
LLE Participation Fee	-	-	Other Expenses	2,800	5,970
Therapy Fee	-	3,04,230	Printing & Stationary	23,534	52,222
Interest on IT refund	3,140	-	Professional & Consultancy Charges	11,43,118	13,13,748
Rent Deposits	-	-	Rates & Taxes	28,975	8,129
TDS received	57,000	-	Rent	4,43,520	4,31,550
Workshop Fees	-	3,14,235	Salaries & Wages	42,89,303	43,73,182
Training Programme Receipts	-	1,65,851	TDS Paid	2,22,142	3,90,543
Reimbursements	20,787	15,000	Training Expenses	44,200	1,800
Advance given	-	29,530	Purchase of Fixed Assets	-	11,997
			Staff Welfare Expenses	89,212	76,013
			Telephone & Internet Expenses	19,759	20,134
			Books & Periodicals	-	1,960
			Electricity & water Charges	9,906	6,928
			Subscription Charges	47,483	-
			Website Charges	6,674	-
			Event Expense	2,89,870	-
			Workshop Expenses	3,06,260	34,974
			Membership fees	-	12,710
			Reimbursements-Anand	-	15,000
			Provision For expenses	-	45,000
			Advance Given	-	29,530
			Mediclaim insurance	24,783	-
			Reimbursements	1,47,148	-
			* Closing Balance		
			Cash in Hand	40,879	28,911
			Cash at Bank	2,46,891	5,03,169
	83,28,917	78,99,795		83,28,917	78,99,795

<p>FOR KALYANASUNDARAM & ASSOCIATES CHARTERED ACCOUNTANTS FIRM REGN. NO. 0064888</p> <p>Kunal Tulsian PARTNER MEM. NO. 227667</p> <p>PLACE: BANGALORE DATED : 29th December 2020</p>	 <p style="font-size: 24px; font-family: cursive;">Shashikala H.S.</p> <p>Shashikala H S MANAGING TRUSTEE</p> <p>PLACE: BANGALORE DATED : 29th December 2020</p>	<p style="font-size: 24px; font-family: cursive;">Afzal Ahmed</p> <p>Afzal Ahmed TRUSTEE</p> <p>PLACE: BANGALORE DATED : 29th December 2020</p>
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Our Team

- Anando Chatterji, CEO
- Shama Parkhe, Clinical Director
- Ishani Badyal, Psychotherapist
- Swathi Prabhu, Manoyatra Manager
- Reshmi Sahadevan, Outreach Manager
- Tasneem Hararwala, Psychologist
- Kedar Rao, Counselor
- Hena Faqurudheen, Psychotherapist
- Mohit Sharma, Kairos Manager
- Arushi Bradu, Psychotherapist
- Pratiksha Tewari, Psychotherapist
- Gunjan Narang, Administrator

Our Team

Organisational Supervisors:

- Lukasz Dobromirski
- Rex Haigh
- Sandra Kelly
- Janine Lees
- Neelam Khawani-Connett

Clinical Supervisors:

- Angelika Golz
- Andrew Downie
- Lars Bo Jorgensen
- Sue Einhorn
- Chris Nicholson
- David Glyn

Corporate Donors

Sarojini Damodaran Foundation

PAMAS India Pvt. Ltd.



P51, 7th Main, Sector 10, Jeevan Bhima Nagar,
Bangalore 560 075 Karnataka, INDIA

Ph: +91 7338137182

Email: coordinator@hanknunninstitute.org

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117/AABTH2791Q/ITO(E)-1/Vol2015-16