

MANASA

(A home for the homeless mentally ill women)

ANNUAL REPORT 2019-20



Karuna Trust
35 years of Integrated Rural Development

81-82, Nanjangud Road,
Near JSS Arts College, Mysore -570025
Ph: 0821-2480077, Mob: 9449599562

MANASA

ANNUAL REPORT: April 2019 to March 2020

I. INTRODUCTION

Karuna Trust is a registered as a Public Charitable Trust established in the year 1986, affiliated to Vivekananda Girijana Kalyana Kendra (VGKK) having its head office at B.R. hills, Chamarajanagar District, Karnataka.

Karuna Trust started focusing on Mental Health issues after the initiation of a Primary Health Centre (PHC) level Epilepsy control program at Gumballi in 1991. The program began with DR. K. S. Mani, a renowned neurologist, assisting the local doctors at Gumballi. Health worker were taught to detect mental illness in the community and treatment was provided at PHCs. This program is successfully continuing to date with over 2500 registered cases. A similar community based comprehensive Mental Health project was initiated in 1995 by Dr. Kishore Kumar, and is still running successfully at Gumballi.

MANASA was started in the year 2006. The program caters to homeless mentally ill women in Mysore city and nearby towns.

OUR VISION

Our Vision is for a society in which, we strive to provide an equitable and integrated model of health care.

OUR MISSION

Our mission is to develop a dedicated service minded team that enables holistic development of marginalized people through innovative replicable models, with a passion for excellence.

II. OBJECTIVES OF THE PROJECT

- Maintenance of Transit Care Centre and Helpline for care, support and rehabilitation of homeless mentally ill women in Mysore.

III. ACTIVITIES DONE DURING THE REPORTING PERIOD

Transit Care Centre is located at Lalithadripura Main Road, K.C.Layout, Mysuru. The Administrative office of Manasa project for the coordination of all the activities is located on Nanjangud-Ooty road, Mysore.

TRANSIT CARE CENTRE

The Transit Care Centre is situated in one-acre land at C.A. Site No. 4, Lalithadripura Main Road, KC Layout, Mysore which is about 3 kms from Mysore Bus stand. The Centre consists of 6 wards with a capacity of 50 beds and consultation room, office room, kitchen, dining hall, staff quarters, occupational therapy room and big veranda for vocational training activities.

All the inmates have been provided with one cot and locker-space for personal belongings. Sufficient furniture and equipment for routine medical checkup has been provided at Transit Care Centre. A facility for the admission of 50 inmates has been established at TCC, K.C. Layout, Mysore

HUMAN RESOURCES

The present Human Resources available at Transit Care Centre, K.C Layout, Mysore are:

- a. Consultant Psychiatrist
- b. Consultant General Physician
- c. One Clinical psychologist

- d. Two resident staff Nurse
- e. Two Resident Health Care workers
- f. One Part-Time Cook
- g. House keeper

At the administrative office the following staff are present:

- a. Program Manager
- b. Accountant

LINKAGE WITH LOCAL HOSPITAL FOR MEDICAL CARE

Psychiatric and Medical Care for the inmates has been arranged with the Government Medical College Hospital (K.R.Hospital) at Mysore.

ADMISSION TO THE TRANSIT CARE CENTRE

As on 31st of March 2020 we had 27 inmates. The admission processes are through the helpline. In 2019-20, we have rescued 11 homeless mentally ill women reintegrated 05 of them with their families after being cured and are under regular follow up.

SKILL DEVELOPMENT ACTIVITIES

The skill development activity at TCC is planned such that all the inmates develop adequate capacity to perform basic chores and activities of daily living. It also focuses on self-care and maintenance. The staff of Transit Care Centre try to involve the inmates in all their activities at the centre – like helping in the kitchen, washing and cleaning the premises gardening and tailoring.

Making of Paper Bag, cloth file, Jewels and garland are examples of occupational income generative activities carried out at the Centre. In addition to these we have also introduced

chalk piece making, candle making and phenyl manufacturing activities and finished products are being used in our schools & hostels.

OTHER ACTIVITIES

Students of Master of Social Work (MSW) and Nursing students from various institutions visit Transit Care Centre, K.C. Layout, Mysore regularly and interact with the inmates and conduct group therapy (games, storytelling, counseling etc.).

MEDICAL AND PSYCHIATRIC CARE

The general health physician visits the center thrice in a week to attend non-psychiatric health problems. Psychiatric care is provided by in house psychologist and consultant specialists

ROLE OF CLINICAL PSYCHOLOGIST

Clinical psychologist conducts counseling and psychotherapy for all the inmates of Transit Care Centre. She is involved in recreational activities like games, storytelling, art therapy, art therapy, singing, dancing and role plays. Activities are conducted in individual, small and larger groups. She is also conducting psychosocial behavioral therapy. In addition, she assists resident social worker, staff nurse and visiting psychiatrist.

PATIENT RECORDS

A file with the photograph and details of each patient is maintained at Transit Care Centre, K.C. Layout, Mysore. Pre-printed case sheets are used for each inmate. Documenting psychiatric changes, level of participation in the group therapy, games, gardening and occupational therapies etc. are recorded once in a week by the resident social worker at Transit Care Centre. In addition, the social worker tries to gather information about their family history, address etc. Photography is done on the majority of the activities of the Transit Care Centre and kept in separate albums.

ESTABLISHING RELATIONSHIP WITH FAMILY MEMBERS & REHABILITATION VISITS

Rehabilitation process is initiated based on specific criteria. Continuous efforts are made to identify family members of inmates. During the reporting period we have reintegrated 05 members out of 21 inmates from TCC and we have identified relatives of 1 inmate who is under treatment.

CRITERIA FOR REHABILITATION

- a. Should have an insight into their own mental illness and be convinced that they have to take medications regularly.
- b. Should be capable of self-care.
- c. Should be willing and able to do at least some household chores so that they are not a total burden on the family.

STATISTICS:

Total No. of patients admitted	Total No. of Inmates Re-integrated	Total No. of Long Stay Inmates	Total No. of Rejected Patients	Total No. of Readmission
27	5	4	9	1

On 31st of March, 2019 our attendance 21 Patients
From April 1st, 2019 to 31st March 2020 Admitted 10 Patients
On 04/10/2018 -1 Readmission 1 Patient
32
Reintegrated (-) 05
27

At Present as on **01/04/2020** We have **27** members at Manasa TCC (9 Rejected patients were brought by their own family members)

PHOTOS





