

**Annual Report
2014 - 2015**

SAN-KER

“.....by Love Serve One Another...”

Special Activities during the year 2014 – 2015

- Inauguration of the Day Care Centre: SAN-KER provides day-time care services with a focus on teaching self-help skills besides vocational training for individuals who are mentally ill or mentally retarded and require constant supervision. Our Honourable Chief Minister, Dr. Mukul Sangma has shown his generosity by sanctioning a sum of Rs. 28,00,000 towards building a new Day Care Centre within SAN-KER's premises which he inaugurated on the 7th of June, 2014.
- Founder's Day Celebration: SAN-KER has been catering to the mental health needs of individuals throughout the lifespan since 1990. In order to give thanks to the Lord for his manifold blessings, a Thanksgiving Service was held on the 9th of June 2014, the Foundation Day. This was followed by a Variety Programme presented by the patients and their family members. The Silver Jubilee Celebrations were declared to have started on this day and a few close friends planted trees to mark the occasion.
- International Day Against Drug Abuse and Illicit Trafficking: In order to sensitize the community, especially the youth about substance abuse, SAN-KER along with the Dorbar Shnong Mission Compound together participated to commemorate this day on the 26th June 2014. Students from various Schools and Colleges participated in a Poster Competition on the theme “A message of hope: Drug use disorders are preventable and treatable”. Mrs. Jaya Kalra, herself a noted artist, was the judge. This was followed by an Awareness Program where issues relating to problems associated with substance abuse were discussed and testimonies were shared by Recovering Addicts. To further encourage sobriety, recovering addicts who have been clean and sober for more than 2000 days, were acknowledged and presented with a token of recognition. In our effort to further sensitize the community and fight against the distress caused by substance abuse to society, another awareness program was carried out at Lumparing Community Hall on the 11th of July 2014.
- Emotional Problems in Adolescents: To enable the teachers to recognise faulty coping behaviour in adolescents and intervene appropriately and at the right time, seminars on issues pertaining to mental health needs of adolescents were conducted at Amlarem on the 23rd April 2014, Khliehriat on the 13th August 2014 and Jowai on the 24th October 2014. Posters that provide information about mental illnesses have also been distributed to the participating schools.

- World Environment Day: Individuals of the Day Care Centre participated in the Tree Plantation Drive organised by the Bharat Special Olympics Team at Golf Links on the 5th of June 2014.
- World Suicide Prevention Day: To create awareness and help reduce the rate of suicide, SAN-KER participated in the “Cycle Around the Globe” campaign and organized a 14 km Cycle Rally on the 10th of September 2014. Participation was from various Schools and Colleges. This was followed by a Symposium on the theme “Suicide Prevention: One World Connected”. Dr. S. Shinde Tesia, Consultant Psychiatrist, Woodland Hospital, spoke on the ‘Psychological Perspective on Suicide’, Mr. S.S. Dey, Senior Advocate, Guwahati High Court, presented a talk on the ‘Legal Aspects of Suicide’ while Rev. V.T.S. Langstieh discussed ‘Suicide and Religion’. Participants of this Symposium included heads of institutions, doctors, and other mental health professionals.
- Dental Camp: The Bharat Special Olympics Team organized a Dental Camp at Dwar Jingkyrmen to encourage dental care and hygiene among differently abled individuals on the 25th September 2014. Our friends from the Day Care Centre participated in this special program.
- World Alzheimer’s Day: In order to raise awareness and learn more about Alzheimer’s and dementia, SAN-KER organized a “Purple Memory Walk” on the 20th of September 2014, from the city centre through the main market to end at the Dinam Hall, 2 kms away. A Public Discussion followed on the theme, “Dementia: Can we reduce the risk?” where caregivers shared their experiences on caring for individuals suffering from Dementia, after talks by psychiatrist on the theme.
- World Mental Health Day: A Panel Discussion was organized on the 10th of October 2014 to create awareness about mental health issues and accepting responsibility for the care and protection of such individuals. Most Rev. D. Jala, Archbishop, Shillong Arch Diocese, was the Chief Guest and this discussion had as its theme, “Living with Schizophrenia”. The Secretary of the Indian Psychiatric Society, Meghalaya Chapter, Dr. A. Nongpiur spoke about ‘Schizophrenia’ while Dr. B. Sohkhlet highlighted the ‘Mental Health Resources available in Meghalaya’. Mr. H.S. Thankhiew, Senior Advocate Meghalaya High Court discussed about the ‘Legal Aspects of Mental Illness’, and the ‘Community’s Response to Mental Illness’ was addressed by Dr. J. Mawthoh, Member of the Legislative Assembly, Meghalaya. Rev. (Dr.) M J. Hynniewta, Principal, John Roberts Theological Seminary, Mawklot also presented his views regarding ‘Mental Illness from a Christian Perspective’. Participants in the discussion included members of Legislative Assembly, Indian Psychiatric Society, Friends of the Mentally Ill (FOMI), religious leaders, lecturers and heads of Colleges and others. Residents of SAN-KER also made an effort to help sensitize the public and reduce stigma attached to Schizophrenia by making comic strips about the illness.

- Spreading Sunshine Program: To sensitize the community to individuals with Mental Illness and Mental Retardation, the program was organized to promote the engagement and involvement of the community in the activities of the Day Care Centre. Our Honourable Home Minister, Mrs. Roshan Warjri, graced the occasion and our friends from the Day Care Centre presented their talents to students and teachers from various schools and colleges, Executive members of the various Dorbar Shnong, Seng Kynthei and other supportive members of the community on the 15th of September 2014.
- Children's Day Celebration: As a reminder of our duty and responsibility to ensure that our children grow in a healthy environment with the right kind of knowledge, respect and freedom that they deserve, SAN-KER celebrated Children's Day by being part of a book release based on a Khasi folktale, 'Ka ĩew bad Ka Ngot' on the 14th of November 2014. The book has been retold by Dr. (Mrs.) E. Syiem and illustrated for children by a noted artist, Mr. Benedict Hynniewta. SAN-KER along with Reach Shillong Ministries together hosted a program for Street Children on the same day, where members of the XBHP also participated by performing stunts on their motorcycles and exhibited their skills. They then took these children for a joyride around the town on their bikes.
- Out-reach Programs: To further our objective of sensitizing communities to issues relating to mental health, various awareness programs have been carried out in various schools in Shillong. Further, to make mental health services more accessible, weekly individual sessions as well as weekly group sessions for recovering addicts are being held in the community itself.
- Mental Health Project for Meghalaya: Mental Health Clinics along with Awareness Programs were carried out at Jowai, Mawkyrwat, Mairang, Amlarem, Khliehriat, Nongstoin, and Pariong. Even though outside funding for the project has been discontinued in November 2014, we are still continuing care and follow-up of patients registered under the programme. A General Health Clinic with an Awareness Program on Mental Health issues was carried out at Bhoi Rymbong in December 2014.
- Follow-up of Community Based Rehabilitation (CBR) Workers: To further extend our services to the community, Community Based Rehabilitation (CBR) Workers have been identified from Jaintia Hills, West Khasi Hills and Ri Bhoi districts of Meghalaya. Follow up meetings were carried out where issues relating to the problems they face with regard to identification, sensitization and in creating awareness in the community. A training program was then held at SAN-KER on the 30th January 2015, where all CBR workers joined together to discuss how best they can tackle the problems they face.

- Toll-Free Helpline: The 24-hour helpline to provide distressed individuals access to mental health services was re-started in March 2014 and has been operational ever since. To reduce stigma and encourage help-seeking behaviours, posters have been circulated to various schools, colleges and other educational institutions in the state. The helpline number is also printed daily in the local newspapers.
- Christmas Celebration: To honour and celebrate the birth of our Saviour, Jesus Christ, various programs were carried out throughout the month of December. An Advance Christmas Program was organized for the street children and our friends from the Day Care Centre by the Reach Shillong Ministries at SAN-KER. This was followed by a combined Christmas Program where individuals from the Day Care Centre, Special Children, Recovering addicts along with their family members all joined together to celebrate Christmas along with the staff and inpatients on the 20th December 2014. To further spread the joy of Christmas, the inpatients along with the Day Care Centre went for a Christmas Carol Drive around the town on the 22nd December 2014.
- Annual Sports: A Sports Committee was set up which organized various tournaments for the inpatients and individuals of the Day Care Centre. Winners of the various tournaments were acknowledged and prizes were distributed to them.