



PARIPURNATA
HALFWAY HOME

Centre for Psychosocial Rehabilitation



Annual Report

2023 - 2024

32nd Anniversary Year

A few words from the Honorary Secretary

Ladies and gentlemen,

It gives me a great pleasure to welcome you all to the 32nd Annual General Meeting of Paripurnata. I pray for the good health of all of you and your family members.

To begin with, let me thank you for the confidence reposed and the support extended to Paripurnata.

The year under consideration was almost smooth sailing. We had a little hiccup on financial front but gradually smoothed out. The detail performance report has been given separately hereafter. We attained a new height in our performance. It is needless to say, without full support of the Managing Committee members, staff members, instructors and doctors, the same could not have been possible. I am personally very grateful to each of them.

Further, I convey my sincere gratitude to all well wishers who extended their whole hearted financial and mental support to run Paripurnata smoothly and effectively.

Let us all take an oath that we will, to best our ability, serve humanity by caring for the mentally ill women, promoting good health and alleviating pain and suffering.

Long Live Paripurnata!

Thanking you

31st August 2024

Bidhan Chandra Chakrabarti
Hony. Secretary & Chief Functionary

MANAGING COMMITTEE (2023-2024)

Office Bearers

Dr. Jayasree Maiti	Shri Prabir Kumar Basu	Shri Bidhan Chandra Chakrabarti	Shri Arunabha Das
Hony. President	Hony. Vice President	Hony. Secretary	Hony. Treasurer

Members

* Shri Asok Kumar Sil	* Shri Susanta Kumar Dutt	* Smt. Moumita Sil (Ray)	* Shri Sanjit Kumar Seal
* Mohammad Lutful Kabir	* Smt. Nilanjana Som	* Shri Somnath Sen	

STAFF & INSTRUCTORS

Programme Staff

Dr. Shyamal Chakraborty	: Psychiatrist (Part time)
Dr. Japasish Chakraborty	: General Physician (Part time)
Ms. Jhuma Bhatta (Mukhopadhyay)	: Programme-Coordinator-cum-Psychologist
Shri Briti Sundar Bhattacharjee	: Psychiatric Social Worker -cum-Asset Supervisor

Administrative Staff

Shri Prasanta Kumar Dey	: Admin. Asst. cum Accountant
Shri Sanjoy Biswas	: Senior Office Assistant
Shri Goutam Chatui	: Peon
Shri Trinath Sil	: Security
Shri Ratan Das	: Security
Shri Sudam Mondal	: Security -cum-Gardener

House Staff

Smt. Lakshmi Bag	: Deputy House Mother
Smt. Shyamali Acharya	: Asst. House Mother
Smt. Shila Mondal	: Asst. House Mother
Smt. Shikha Dey	: Asst. House Mother
Smt. Sandhya Chakraborty	: Asst. House Mother
Smt. Sushama Santuya	: Asst. House Mother

Activity Instructors (Part time)

Smt. Reba Sarkar	: Sewing
Dr. Subhra Naskar	: Art
Smt. Susmita Deb	: Music
Shri Swapan Dutta	: Music
Smt. Dipanwita Dawn (Laha)	: Dance
Smt. Swapna Nath	: Block Printing
Smt. Malobika Saha Bhowmick	: Yoga

Volunteers

Smt. Gouri Poddar	: Yoga Therapist
Smt. Ruchira Sen	: Communication Skill Developer
Shri Swapan Kumar Ghosh	: Librarian
Shri Naba Kumar Malik	: Network Advisor

The year that was

Key Results Achieved

- 1) Sixteen residents, inducted from Government Mental Hospital, Thirteen were rehabilitated with their families, residing in Bangladesh, Uttar Pradesh, Assam, Bihar, North 24 Parganas, South 24 Parganas, Birbhum and Howrah.
- 2) Six relapsed ex-residents were discharged after being treated for various durations.
- 3) Seven short stay patients, inducted and seven rehabilitated with their families.
- 4) **Repatriation** : Smt. Asma Morol aged about 25 years of age hails from Khulna district, Bangladesh. Asma came to India and police rescued her and admitted to Calcutta Pavlov Hospital on 1st June 2019.

Asma was brought to Paripurnata on 6th September 2022. With our treatment, Asma recovered a lot. We contacted Bangladesh Deputy High Commission. Asma was officially repatriated on 15th September 2023 with the cooperation of Deputy High Commission and Special Task Force of Directorate of Child Trafficking. She was officially handed over to Bangladesh High Commission on 15th September 2023 which was amply covered by print & TV Channel. Media coverage in 'News Eighteen' TV Channel.



(The average occupancy was 25 beds out of 30 functional beds)

Report on activities 2023-24

REHABILITATION

The ongoing residential programme of *Psycho-social Rehabilitation of Mentally ill Women* was conducted simultaneously in three streams :

- i) Rehabilitation programme of 9-12 months for women belonging to the marginalized sections, inducted from Calcutta Pavlov Hospital.
- ii) Rehabilitation months for our ex-residents, who have relapsed, due to factors like, not taking the prescribed medicines and negligence / ill treatment by family members.
- iii) Short stay programme of 4-6 months for women belonging to lower middle class families.

ACTIVITIES CARRIED OUT

Pharmaco – therapy : Psychiatric treatment with psychotropic medicines as required were regularly carried out by the psychiatrist.

Psychological counseling : Psychological counselling were rendered to all the residents, as applicable. Periodic group therapy sessions and mental state examinations were conducted periodically.

Physical check-up : A general physician regularly carried out check-ups of all the residents and if required prescribed diagnostic and clinical examinations.

Occupational therapy : Training in basic domestic skills like, cleaning, washing, personal hygiene & grooming were imparted every day. Training sessions on stitching, sewing and block printing were held as planned.

Socio-cultural therapy : Therapies in the form of music, dancing, painting & yoga were imparted as planned. To inculcate social skills like, receiving visitors, social interactions and shopping etc. were conducted regularly.

Non-formal education : Classes on general knowledge, current affairs, storytelling and basic human rights were held.

PARALLEL ACTIVITIES CARRIED OUT

Home Visits : The visits were carried out as required to the homes of the residents for exchanging information and sensitizing the family members. Visits were also made to the homes of the ex-residents as follow-up measures.

During this year, 38 such families were visited.

In quite a few cases, our Managing Committee members joined the Psychiatric Social Worker / Psychologist, in visiting these families located in the outlying parts of West Bengal.

Ex-residents Meets were held as scheduled to discuss about their health issues, compatibility with their families, along with their livelihood problems and sharing of experiences with their peers.

Two meets were held on 29th April and 8th October 2023 respectively, in which 30 & 29 ex-residents respectively and all M.C. Member of Paripurnata were invited, they interacted with them along with their family members.

Keeping in mind, the ensuing *Durga-puja* festivities, the ex-residents present, were given Gift of Hampers comprising stainless steel crockeries & utensils, cooking oil, blankets, sarees & accessories. They were also given ₹1000/- in cash

Family Meets were organized to exchange views on the mental health status of the residents and ex-residents for enhancement of skills of the family members as care givers.

OPDs were conducted weekly for the ex-residents and prescribed medicines were given free of cost. Psychiatric patients from the community were also given free consultation and prescriptions.



RELATED ACTIVITIES

Staff-Instructors Meets were periodically organized to discuss the feedbacks of the instructors. There were exchanges of ideas for making the occupational therapies more meaningful.



Two meets were held on 21st December 2023, in which 7 Instructors along with 2 Programme Staffs and 26th February 2024, in which 6 Instructors along with the Hony. Secretary & 2 Programme Staffs were present. Progress of various planned activities and their impact on the residents were discussed.

House-Staff Meetings were held at regular intervals to discuss about the problems they faced in their day to day work. The programme staff assessed the individual performance of each house staff and instructed them accordingly.

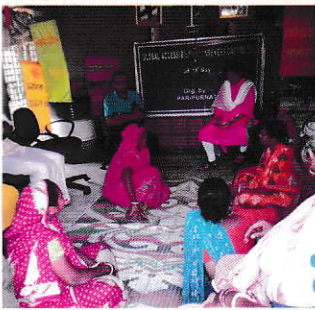
A meeting for house staff was held on 2nd June 2023, in which 6 House Staff members, Programme Staff and Accountant cum administrative Assistant attended the meeting. Our Hony. Secretary presided over the meet. Various issues and problem area which were thoroughly discussed and resolved in amicable manner.

Staff Meeting : A Staff meeting with Managing Committee (M.C.) was held on 16th February 2024, in which 13 staff members along with 5 M.C. members were present. Mr. Asok Kumar Sil, as M.C. Member presided over the meet and interacted with the individual staff member. Various issues were raised by staff which were thoroughly discussed and resolved in amicable manner.

OUTING, PICNIC & CELEBRATION

Rabindra Jayanti : 162nd Birth Anniversary of the poet Rabindranath Tagore was observed on 10th May 2023 in our Auditorium. The programme began with rendition of Rabindra Sangeet by the Residents. This was followed by a Cultural Programme. The residents paid homage to the poet by reciting poems, singing *Rabindra Sangeet* & performing dance numbers, composed by them.





Observing Global Accessibility Awareness Day (GAAD): An awareness programme was organized on 18th May 2023 at Majerhat Young Club, Halder Mandal Para, Mograhat, District - South 24 Parganas, State - West Bengal, Pin. - 743355, near the house of one Present Beneficiary. The programme was organized by Paripurnata and conducted by Smt. Jhuma Bhatta, Programme Coordinator cum Psychologist and Shri B.S. Bhattacharjee, Psychiatric Social Worker. During the 3 hour session attended by about 30 persons, the audience were made aware of the history of Paripurnata and its approach to the rehabilitation process. The idea of the programme was to sensitise people on mental illness and its early identification. Also the aim was to eradicate the myths prevailing in the community and also to minimise the stigma in regards to mental illness.

Observing World Schizophrenia Day : A seminar on Schizophrenia was organized on 24th May 2023 at Paripurnata. During the 2 hour session attended by about 50 persons, the speaker was Dr. Japasish Chakroborty. Introduction of the topic was made by Mr. Bidhan Chandra Chakrabarti, Hony Secretary. Discussion on Schizophrenia as a serious mental illness that affects how a person thinks, feels, and behaves, Signs & Symptoms and Treatment. Programme was conducted by Mr. Briti Sundar Bhattacharjee, Psychiatric Social Worker and vote of thanks given by Ms. Jhuma Bhatta, Programme Coordinator-cum-Psychologist. Programme ended with light refreshments.



Observing International Yoga Day : A Programme on Yoga was organized on 21st June 2023 at Paripurnata to observe the day. Ms. Malobika Saha Bhowmick, Yoga Therapist of Paripurnata conducted the programme along with the beneficiaries of Paripurnata. Mr. Bidhan Chandra Chakrabarti, Hony Secretary of Paripurnata gave a brief lecture on importance of Yoga. Mr. Briti Sundar Bhattacharjee, Psychiatric Social Worker anchored the Programme. Two types of Yoga were performed by the beneficiaries of Paripurnata, along with Ms. Malobika Saha Bhowmick. Vote of thanks was given by Ms. Jhuma Bhatta, Programme Coordinator-cum-Psychologist. The duration of the programme was 1 hour & nearly 40 persons attended the programme. Programme ended with light refreshment for all participants.

Observing World Drug Day: A Programme on Drug Abuse was organized on 26th June 2023 at Paripurnata in-collaboration with Neotia Academy of Nursing. This year theme was "People first: stop stigma and discrimination, strengthen prevention". It was attend by 70 persons. During 2 hours sessions the topic was thoroughly discussed.

Puppet Show : A Puppet show was organized by DANA on 29th July 2023 at Paripurnata. Introduction of the show was made by Mr. Bidhan Chandra Chakrabarti, Hony. Secretary. During 2 hour show our beneficiaries actively participated and enjoyed.

Celebration of Foundation Day of Paripurnata : 32nd Foundation Day of Paripurnata-held on 8th August 2023 was kicked off with the Cake Cutting Ceremony at our Sovarani Sil & Banamali Sil Memorial Hall in which the beneficiaries and staff members participated. Mr. Bidhan Chandra Chakrabarti and Mr. Prasanta Kumar Dey delivered short speeches on struggle and History of Paripurnata also Ms. Jhuma Bhatta gave a vote of thanks to the audience.



Independence Day : The 76th anniversary of our Independence was celebrated on 15th August 2023. The celebration commenced with hoisting of the national flag by Mr. Asok Kumar Sil, Managing Committee Member. The residents confidently rendered patriotic songs & recitations, dance drama. Mr. Bidhan Chandra Chakrabarti delivered a short speech on our freedom struggle and Mr. Asok Kumar Sil gave vote of thanks to the audience.

Swachh Bharat Mission. The following activities were carried out under the Mission "Swachhata Pledge" The pledge was taken by all the MC members on 23rd September 2023 and Staff members on 1st October 2023.

Cleanliness drives at office premises and adjacent areas : As a tribute to Mahatma Gandhi on the eve of his birth anniversary, the theme of 'Garbage Free India' was implemented by cleaning the office premises and surrounding areas during the period.



Specific activities and display of banners. Appropriate banners & posters were displayed for awareness of the local population and leaflets on the subject were distributed.



Mental Health Week Celebration : As declared by Govt (7th -12th Oct.), Mental Health Week was celebrated by displaying of posters and banners on mental health issues and illumination of the building. **On 10th October, (observed as the World Mental Health Day),** an awareness rally was organized in neighboring Panchasayar, Baghajatin and Hiland Park areas. The Residents, the staff members and Instructors of Paripurnata, took part in the rally, led by Shri Bidhan Ch. Chakrabarti, Hony. Secretary of Paripurnata who also delivered a short speech on mental illness at Hiland Park. Leaflets and brochures on mental illness were distributed.

As a part of the Mental Health Week Celebration, an awareness Camp was organised on 12th October 2023, at our office premises. Stalls, exhibiting and selling handicraft and food items made by our beneficiaries were in place. Display of posters and banners were arranged.

On 13th October 2023, Interact Club of Indus Valley World School conducted a cultural session comprising group singing and recitations in which our beneficiaries also actively participated, as part of Mental Health Week.

Inspection Visit : Director of Social Welfare, Smt. Mitali Bandopadhyay, Director and Shri Subhasish Mitra, Section Officer of Social Welfare, Govt of WB visited Paripurnata for inspection without prior notice on 18th October 2023. They thoroughly inspected our infrastructure, books and records of documents. She expressed her satisfaction after the inspection.



Durga Puja Celebration : The residents accompanied by staff and members of Paripurnata including the Secretary, visited some of the famous *puja pandals* in Narendrapur, Garia, Baisnabghata and Patuli area in a chartered bus on Maha Sasthi, 20th October 2023. Refreshment was served during the trip.

Baghajatin Park Puja Committee and Ms. Moushume Basu Roy, located in the neighbourhood of Paripurnata, invited our residents to the *Maha Bhog*.

Monthly Film show : Few Hindi & Bengali movies like "Namak Halaal" "Oh My God" etc. were shown to the residents. Light refreshment was served after the show.



Deepavali, the festival of lights was observed by the Residents with customary cheers and gaiety. Well wishers of Paripurnata and people from the neighboring community joined in the festivity, bearing gifts of decorative lamps, candles, fireworks, sweets etc on 12th November 2023. It was indeed a memorable evening for all.



Annual Get-together : The programme was held on 26th November 2023 at Paripurnata. A cultural programme was organised in which the talented residents along with a few staff, Members of Paripurnata and guest artists regaled the overflowing audience. A sumptuous lunch was served after the programme.

Before the cultural programme commenced, Dr. Ratna Sen, the senior-most founder member of Paripurnata, **inaugurated a plaque in our First-floor, in the name of our Founder Secretary, Late Dr. Joyce Siromoni.**

Eye Check-up Camp :

An Eye check-up camp was held at Paripurnata on 29th December 2023, in-collaboration with **SUKRITI**, a welfare association of women entrepreneurs.

Sri Briti Sundar Bhattacharjee (our Psychiatrist Social worker) welcomed and introduced Dr. Shreoshee Ghosh (Eye specialist) and Shri Anirban Sarkar (Ophthalmologist), to the participants, consisting of our residents, staff members and a few ladies from the community, totaling 43 beneficiaries, who were individually checked, advised and received prescriptions. Wholesome food packets were served.

Annual Picnic : Annual Picnic was held on 25th January 2024 for residents of Paripurnata at “**GREEN VALLEY**” Mirpur, Baruipur, Dist. – 24 Pgs. (S). A total of 50 persons, which included our residents, ex-residents, staff members, instructors and a few M.C. members participated. They enthusiastically took part in the various organized programmes. A whole-some Breakfast and Lunch were served.



Annual Sports : The Annual Sports was held on 19th February 2024 at 11.00 a.m. to 4 p.m. for residents of Paripurnata at office ground in which all Staffs, instructors & Hony. Secretary participated. Various new sports were added this year. The participants enjoyed the events. The sports ended with gift and light refreshment to every participant.

International Women’s Day : Paripurnata observed the day on 8th March 2024 at the Sovarani & Banamali Sil Memorial Hall at Paripurnata. Mr. Bidhan Ch. Chakrabarti, Hon Secretary of Paripurnata delivered an introductory short speech on International Women’s Day. Ms. Jhuma Bhatta, Programme Co-ordinator cum Psychologist also delivered short speech on the event. Our beneficiaries actively participated in the celebration, which included songs, recitations and dance performances by our residents. Mr. Briti Sundar Bhattacharjee- Psychiatric Social Worker-cum- Asset Supervisor gave vote of thanks to the audience.



ASSOCIATED ACTIVITIES

Programme for the Nursing Students

The Post Graduate / Graduate / GNM students from the almost all the nursing colleges attended the structured training sessions as a clinical experience of various durations. They interacted with the residents for orientation and exposure on psychosocial rehabilitation process. At the end of training programs, some of the groups had organized short cultural programs for our residents. During the period (2023-24), a total of 1951 students from the following colleges participated in the nursing training programme.

- Institute of Nursing, Sister Nivedita University • Institute of Nursing, Brainware University • Shova Rani Nursing College, KPC Medical College & Hospital • W.B. Govt. College of Nursing, S.S.K.M. Hospital
- Institute of Child Health – Faculty of Nursing • Priyamvada Birla Institute of Nursing, (Unit of Belle Vue Clinic) • W.B. Govt. College of Nursing, Calcutta National Medical College • W.B. Govt. College of Nursing, ID&BG Hospital • W.B. Govt. College of Nursing, Medical College & Hospital, Kolkata • Peerless Institute of Nursing (Peerless Hospital and B. K. Roy Research Centre • W.B. Govt., GNM Training School, College of Medicine & Sagar Dutta Hospital, Kamarhati • Charnock Health Care Institute, Kolkata • W.B. Govt. College of Nursing, Burdwan Medical College and Hospital (BMCH) • Jagannath Gupta Institute of Nursing Sciences, Budge Budge • Ma Sarada College of Nursing • W.B. Govt. College of Nursing, R. G Kar Medical College & Hospital • Westbank College & School of Nursing, Narayana Multispeciality Hospital, Andul Road, Howrah • College of Nursing R. N. Tagore Hospital • W.B. Govt College of Nursing, N.R.S. Medical College and Hospital • District Hospital Basirhat • Maheshtala Municipal Institute of Nursing Sciences • Apollo Gleneagles Nursing College • Neotia Academy of Nursing Training Institute • College of Nursing, Command Hospital, Eastern Command Kolkata • College of Nursing, Institute of Psychiatry - COE



Placement of Students

The students from different colleges and universities, located across the country attended the orientation programme at Paripurnata :

- **St. Joseph's University** : 24 MSW (Master of Social Work), 2nd year Students from St. Joseph's University, Bengaluru visited Paripurnata on 6th January 2024 for educational visit.
- **Jogamaya Devi College** : 15 students from Department of Psychology (5th Semistar), Jogamaya Devi College, Kolkata visited Paripurnata on 9th January 2024 for study tour.
- **Sahrdaya College of Advanced Studies, Kerala** : 14 MSW Fourth Semester Students from Sahrdaya College of Advanced Studies, Kerala visited Paripurnata on 5th March 2024 for the Psychosocial Rehabilitation process as part of their Curriculum.

Seminars & Webinars

a) Seminar on “Challenges in Rehabilitation”, organized by Paripurnata on 31st, August, 2023.

The prog. started with tying Rakhi to observe Raksha Bandhan. Then the speakers & the moderator were felicitated. A warm welcome address was delivered by Mr. Bidhan Chandra Chakrabarti: Hony. Secretary & Chief Functionary of Paripurnata.

Mr. Prabir Kumar Basu, Vice President of Paripurnata delivered a lecture focusing on the history & various activities of the organisation.

DR. Abhiruchi Chatterjee & Dr. Prasanta Kr. Roy spoke on various components of Rehabilitation. The main emphasis of both the speakers were Psychiatric Rehabilitation. Dr. Abhiruchi focused mainly on 5 types of challenges we face while rehabilitating a mentally ill person.

Dr. Prasanta Kumar Roy spoke on the types of rehabilitation. He emphasised on the ‘belief system of the society, professionals, and rehabilitation workers’.

Dr. Shyamal Chakraborty summarized both the speeches.

Finally Mr. Asok Kr. Sil- Managing committee member gave vote of thanks to the speakers, participants and the people present there. He also gave brief description about the advancement of ‘Mental Health Care Act’ prevalent in our country.

b) A seminar was organised by South Kolkata Sannidhya. Topic was “Dialogue between the Advocates and Survivors – Finding Solutions” on 22nd July 2023 which was attended by our Psychologist.



c) A webinar series titled ‘Mental Well Being and Mental Illness’ organized by Medico Pastoral Association (MPA), Bangalore as part of their Golden Jubilee Celebration attended by our Psychologist & Psychiatric Social Worker as topic are given detailed below :

- i. “Mental Health & Social Disadvantage” on 27th May, 2023.
- ii. “Mental Health and Continuum in Gen Z : Youth, Youthfulness and the Brain” on 30th July, 2023.
- iii. “Genes and Mental Disorders : Is inheritance the loss?” on 29th July 2023.
- iv. “Polar Journeys: The Highs & Lows, Lived Experience & Self-Help in Bipolar” on 26th August, 2023.
- v. **Observe the World Suicide Prevention Day.** A Panel Discussion in Observance of the “World Suicide Prevention Day 2023” on 9th September 2023
- vi. “Workplace Mental Health” on 25th November, 2023.
- vii. “Assisted Home Care for Mental Illness” on 16th December, 2023
- viii. “Let’s Play! – Says the Umpire” on 27th January 2024.
- ix. “The Second Dr. Joyce Siromoni Memorial Oration” on 10th February 2024, webinar was attended by Hony. Secretary, Psychologist cum Programme Coordinator, Psychiatric Social Worker and other staff members.

Building Renovation

After a long gap, the repair and painting of the entire building (inside and outside both) have been carried out smoothly and timely. The building now looks a new.



Expression of Gratitude

With all humility, we convey our sincere gratitude to all the individuals, for their thoughtful donations in cash or kind and their unstinting support to Paripurnata.

Government Departments

- Disability Division, Ministry of Social Justice & Empowerment, Gol
- Directorate of Social Welfare, Govt. WB
- Directorate of Health Services, Govt. WB
- Office of the Commissioner for Persons with Disabilities, Govt. WB
- Pavlov Hospital and Centre of Excellence, CNMCH, Kolkata
- Panchasayar Police Station
- Kolkata Municipal Corporation
- Pollution Control Board
- Ministry of Home Affairs, Foreigners Division (FCRA) , Gol
- Income Tax Department, Gol
- West Bengal Fire & Emergency Services, Govt. WB

Donor Agencies, Trusts & Corporates

- Give Foundation
- West Bengal Electronics Industry Development Corporation Ltd. (WBEIDCL)
- WEBEL Technology Limited
- Deltron Equipment & Systems Private Limited
- Shefali Batra Foundation, USA
- SJF Philanthropic Organisation, Bangalore
- Agarwal Charitable Trust, Kolkata
- ChemOrbit International, Hyderabad
- Sanderson and Morgans
- M/S Alteus Biogenics Pvt Ltd

Organisations & Groups

Inner Wheel Club Of Calcutta South City Tower
Inner Wheel Club Of Calcutta West
Inner Wheel Club Of Calcutta Mid-South
Rotary Club Of Calcutta Metropolitan East
Inner Wheel Club of Calcutta Mid West
South Point School Junior
Ekta Heights
Nk Bhavan
Durga Puja Committees Of Baghajatin Park / Commint Park
Women's Fellowship Christian Service (WFCS), St. Paul's Cathedral
Shirdi Sai Shraddha Seva Mission
Christ The King Church
Kolkata Assamese Women's Welfare Association

Indus Valley World School
MANAN
Bindass
Prabha Khaitan Foundation
Tollygunje Christian Fellowship
INNER WHEEL CLUB OF SOUTH SUBURBAN
JOSEPHS ALUMNI ASSOCIATION, Chandan Nagar
SPORSHO
COZMIK HARMONY Group
All India Women Constituent
Like Minded
Women and Infants In Need (WiiN)

Associates

India Cares / Credibility Alliance / Guide Star India / Help Your NGO /
Sukriti / Our Civil Society / Ankurkala / Women & Infants

**With all humility, we convey our sincere gratitude to all the individuals,
for their thoughtful donations in cash or kind above 1000/- and their
unstinting support to Paripurnata.**

Mr. Avijit Bhaumik	Ms. Keya Dutt	Ms. Soma Nath
Ms. Agamani Ghosh	Mr. Koushik Dutta	Mr. Somnath Sen
Mr. Alope Nath Mullick	Ms. Krishna Mondal	Ms. Sova Rani Basu
Mr. Alinda Guha Roy	Mr. Lokeshwar Sinha	Ms. Sreyashi Ray Chowdhury
Mr. Amit Biswas	Capt. (Ms.) Mahua Baidya	Mr. Srideep Mukherjee
Ms. Amita Siromoni Nair	Ms. Mala Nayar	Mr. Subrata Sarkar
Mr. Amitabha Bhattacharjee	Mr. Mayukh Ghosal	Mr. Sujit Chakraborty
Mr. Animesh Bhattacharya	Mr. Milan Kumar Das	Mr. Sukrit Chatterjee
Ms. Anindita Mullick	Ms. Minu Seal	Ms. Sumedha Gangopadhyay
Mr. Anir Bhuti Maiti	Ms. Mondira Ghose	Ms. Sumi Dutta
Ms. Annesha Dutt	Ms. Moushume Basu Roy	Mr. Supratim Gupta
Mr. Arindam Gupta	Ms. Moumita Sil (Ray)	Ms. Suranjana Das
Mr. Arun Kr. Ghosh	Mr. Murray Culshaw	Mr. Suresh Manual Rapheal
Mr. Arun Kumar Roy	Mr. Nagendra Nath Bhattacharya	Mr. Susanta Kumar Dutt
Mr. Arunabha Das	Ms. Namita Menon	Mr. Swapan Kumar Ghosh
Mr. Asit Kumar Dey	Ms. Neelam Nayar	Mr. Tarak Nath Basu
Mr. Asok Kumar Sil	Ms. Nilanjana Mukherjee	Ms. Trishna Guha
Mr. Asoke De	Ms. Nilanjana Som	Ms. Uditā Bhattacharya
Mr. Avijit Basu	Mr. Niloy Roy	Ms. Uma Sen
Mr. Basab Dasgupta	Dr. P. K. Nayak	Ms. Vinita Damani
Mr. Bidhan Chandra Chakrabarti	Ms. Parbati Dey	
Mr. Biswajit Chakraborty	Ms. Parbati Paul	
Mr. Biswajit Das	Mr. Partha Sarathi Chakraborty	
Mr. Chetan Agarwal	Mr. Prabir Chandra Ghose	
Mr. Christopher Godfrey	Ms. Pratima	
Ms. Cynthia Peacock	Mr. Prabir Kumar Basu	
Ms. Debapriya Bose	Mr. Probir Kumar Ghose	
Mr. Debasis Mullick	Mr. Raj Somani	
Mr. Debendra Nath Dhur	Mr. Ramendra Lal Auddy	
Ms. Deepa Banerjee	Mr. Rana Mukherjee	
Mr. Dhananjoy Ghosh	Mr. Ravi Singhal	
Mr. Dibakar Das	Ms. Reshma Jiwani	
Ms. Dipali Sarkar	Ms. Ruma Basu	
Ms. Dipanwita Dawn Laha	Ms. Ruma Roy (Chakraborty)	
Ms. Dolan Champa Chakraborty	Mr. Samar Jha	
Ms. Elizabeth Susan Paul	Mr. Sanjit Kumar Seal	
Ms. Farina Kapadia	Mr. Sanjoy Chatterjee	
Mr. Gour Sen	Mr. Sanjoy Nandi	
Mr. Goutam Kumar Das	Ms. Sanjukta Roy	
Mr. Guru Devan Mitra	Mr. Sarbajit Poddar	
Mrs. Indira Culshaw	Ms. Shakuntala Ganguly	
Ms. Indrani Dey	Mr. Shallu Advani	
Dr. Jayasree Maiti	Mr. Shekhar Seal	
Ms. Jdr Tandon	Mr. Shekhar Srivastav	
Ms. Jesmi Banerjee	Ms. Shivani Sahani	
Ms. Jharna Gupta	Mr. Sidhartha Ghosh	
Ms. Kaberi Chakrabarti	Ms. Sipra Basu	

V. Mehta & Co.

2A, "Devidarshan" 83, S.P. Mukherjee Road,
Kolkata - 700026



Tel:-33-35613250/9830039379

email:vmhehtaco@gmail.com

URL:

We have examined the records and documents of PARIPURNATA, a Registered Association of Persons (AOP) having Permanent Account Number (PAN) under the Income Tax Act, 1961 as AACAP6688A and having its Registered Office at 1912, Panchasayar Road, Panchasayar, Kolkata – 700 094 for the year ended 31st March, 2024 and the related Balance Sheet as at 31st March, 2024 and the related Balance Sheet as at 31st March, 2024, the Income and Expenditure Account and the Receipts and Payments Account of the said Association of Persons for the year ended on that date along with the Notes annexed to and forming a part of the said Financial Statements.

ASSOCIATION OF PERSONS RESPONSIBILITY FOR THE FINANCIAL STATEMENTS

PARIPURNATA is responsible for the preparation of these Financial Statements that give a true and fair view of the Financial Position, Financial Performance and the Receipts and Payments of the said Association of Persons. 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.

AUDITOR'S RESPONSIBILITY

Our responsibility is to express an opinion on these Financial Statements based on our audit. We conducted our audit in accordance with the Standards on Auditing generally accepted in India. Those Standards require that we comply with ethical requirements and plan and perform the audit to obtain reasonable assurance about whether the Financial Statements are free from material misstatement.

An Audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the Financial Statements. The Procedures selected depend on the Auditor's judgment, including the assessment of the risks of material misstatement in the Financial Statements, whether due to fraud or error. In making those risk assessments, the Auditor considers internal control relevant to the preparation and fair presentation of the Financial Statements in order to design audit procedures that are appropriate in the circumstances. An Audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of the accounting estimates made by the Association of Persons, as well as evaluating the overall presentation of the Financial Statements.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

**AUDITOR'S REPORT OF PARIPURNATA
For the Financial year ended 31st March, 2024**

Opinion

In our opinion and to the best of our information and according to the explanations given to us, the said Financial Statements, read with the Notes thereon, give a true and fair view in conformity with the accounting principles generally accepted in India:

- a. In the case of Balance Sheet, of the State of Affairs of the said Association of Persons as 31st March, 2024 and
- b. In the case of the Income and Expenditure Account, of the Surplus of the said Association of Persons for the year ended on that date.
- c. In the case of the Receipts and Payments Account, of the Receipts and Payments of the said Association of Persons for the year ended on that date.

REPORT ON OTHER LEGAL AND REGULATORY REQUIREMENTS

We report that :

- a. We have obtained all the information and explanations which to the best of our knowledge and belief were necessary for the purpose of our audit.
- b. In our opinion proper books of accounts as required by law have been kept by the said Association of persons so far as appears from our examination of those books and accounts.
- c. The Balance Sheet, Income and Expenditure Account and Receipt and Payments Account dealt with by this Report are in agreement with the books of accounts.

DATE : 19TH JULY, 2024

PLACE : KOLKATA



For V. MEHTA & CO
CHARTERED ACCOUNTANTS
FRN NO: 0318144E

Vivek Mehta

VIVEK MEHTA
(PROPRIETOR)
M. NO - 053872
UDIN: 24053872BKDQGU6226

ABRIDGED BALANCE SHEET AS AT 31 ST MARCH, 2024			
Particulars		Year Ended 31.03.2024	Year Ended 31.03.2023
I. SOURCES OF FUNDS :			
1. a) General Fund		10,978,203.26	10,107,807.56
b) Project Capital Fund		2,227,590.69	3,121,259.56
c) Building Fund		6,357,695.46	6,357,695.46
Total		19,563,489.41	19,586,762.58
II. APPLICATION OF FUNDS :			
Fixed Assets		4,502,645.00	4,656,468.00
Investments		12,802,118.70	11,633,110.70
Current Assets, Advance & Deposits :			
a) Cash & Bank Balances		2099,891.71	3,435,721.88
b) Advances & Deposits Fund		160,834.00	207,834.00
		2,260,725.71	3,643,555.88
Less: Current Liabilities		2,000.00	346,362.00
Net Current Assets		2,258,725.71	3,297,183.88
Total		19,563,489.41	19,586,762.58

ABRIDGED INCOME & EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 ST MARCH, 2024			
Particulars		Year Ended 31.03.2024	Year Ended 31.03.2023
I. INCOMES			
Donation :	From Foreign Sources	222,601.32	698,989
	From local Sources	4,784,355.06	5,823,159.00
Interest		287,738.00	712,961.01
Other Income		776,438.84	29,616.67
Total Income		6,071,133.22	7,264,725.68
II. EXPENDITURE			
Programme Expenses		3,655,097.80	3,427,272.00
Institutional Expenses		2,141,160.59	1,468,484.06
Depreciation & Amortization		278,148.00	273,524.00
Auditors' Remuneration		20,000.00	16,000.00
Total Expenses		6,094,406.39	5,185,280.06
Net Surplus or (Deficit) for the Year		(23,273.17)	2,079,445.62

ABRIDGED RECEIPTS & PAYMENTS FOR THE YEAR ENDED 31 ST MARCH, 2024			
Particulars		Year Ended 31.03.2024	Year Ended 31.03.2023
I. OPENING BALANCE			
Cash in hand and at Bank		3,435,721.88	1,174,051.27
II. RECEIPTS			
Donation Received			
From Foreign Sources		222,601.32	698,989.00
From Indigenous Sources		4,784,355.06	5,823,159.00
Interest Received		287,738.00	640,406.22
Maturity of FDRs		1,773,439.00	6,674,734.78
Other Receipts		553,846.84	128,466.67
Total (I + II)		11,057,702.10	15,139,806.94
III.			
IV. PAYMENTS			
Programme Expenses		3,655,097.80	3,427,272.00
Institutional Expenses		2,141,160.59	1,474,717.06
Addition to Fixed Assets		124,325.00	5,000.00
Investments in FDRs		2,942,447.00	6,618,996.00
Other Payments		94,780.00	178,100.00
V. CLOSING BALANCE			
Cash in hand and at Bank		2,099,891.71	3,435,721.88
Total (IV + V)		11,057,702.10	15,139,806.94
VI.			

Salary Distribution Table (2023-24)

STAFF REMUNERATION [Gross monthly salary + benefits] per month in Rupees

Gross salary	Amount
Head of the organisation (including honorarium) :	Zero
Highest paid Full Time regular staff :	₹ 30685/-
Lowest paid Full Time regular staff :	₹ 7121/-

**NO REMUNERATION HAS BEEN PAID TO ANY OF THE BOARD MEMBERS, THIS YEAR
NO PAYMENT HAS BEEN MADE TO ANY CONSULTANT, THIS YEAR**

Amount reimbursed to all Board members in the financial year 2023-2024		
Sl.No.	Particulars	Gross Reimbursement per annum
1.	International Travel	Zero
2.	Domestic Travel	Zero
3.	Local Conveyance	₹ 61,928/-

Salary Slab for Staff

Slab of gross salary (in Rs) plus benefits paid to staff (per month)	Male staff	Female staff	Total staff
Less than 5000	0	0	0
5,000 – 10,000	2	3	5
10,000 – 25,000	3	3	6
Greater than 25,000	2	1	3
International Travel	Zero		
Domestic Travel	Zero		
Local Conveyance	₹ 34,240/-		
It is stated that, the Accounts of Paripurnata have been prepared on cash basis & recognition of interest on investment in FDRs with the banks are prepared on accrued basis			

<p style="text-align: center;">PARIPURNATA</p> <p>1912, Panchasayar Road, Kolkata –700 094 Ph. : 91-33-2432-9339/8824 Website : www.paripurnata.org Email & @: paripurnata@gmail.com</p>	<p style="text-align: center;">Our Bankers :</p> <p style="text-align: center;">State Bank of India</p> <p>New Ballygunge (Kasba) Branch Non FC A/C No. : 10433834779 Swift Code : SBININBB106 IFSC NO. : SBIN0008277</p>	<p style="text-align: center;">State Bank of India</p> <p>New Delhi Main Branch FC A/C No. : 40187950121 Swift Code : SBININBB104 IFSC NO. : SBIN0000691</p>
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YOU CAN HELP US



By –

- ☞ *Adopting one or more of our Residents against a fixed donation.*
- ☞ *Meeting our Residents, interacting with them in a friendly manner with sensitive concern.*
- ☞ *Educating yourself on mental health and sharing this knowledge with others.*
- ☞ *Contributing in cash or kind.*
- ☞ *Buying products made by our Residents.*
- ☞ *Offering your voluntary service.*
- ☞ *Providing job opportunities to the Residents on recovery.*
- ☞ *Sponsoring any of the following items in part or whole :*
 - *Psychosocial Rehabilitation cost.*
 - *Celebrating family occasions / festivities / rites and ceremonies with our Residents*
 - *House maintenance cost*
 - *Gardening expenses.*
 - *Donations toward corpus fund.*

If I can stop one heart from breaking I shall not live in vain".

- Emily Dickinson

Residents being escorted to their society




PARIPURNATA

1912, Panchasayar Road, Kolkata –700 094

Ph. : 91-33-2432-9339/8824

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