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#### Prison Intervention

Arthur Road Jail, Mumbai - 400011.

#### Drop-in-Centres

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# Annual Report 2009-2010

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## Director's Note: Strengthening Our Clients & Connecting With Communities

During the last year, with our Sustainable Livelihood Project sponsored by ALF, we have provided one more avenue of hope to our clients. They now have an option and as we struggle to bring in paid work, we know that this too shall pass and it will become a regular source of livelihood.

The greatest strength of Sankalp Rehabilitation Trust has been the continuous interaction between the Outreach Workers, Peer Educators, and clients which has great value in terms of acceptance within the community. It is this dynamic that keeps the organization in touch with the 'pulse' of the drug user on the street. Our deep understanding of our clients is what gives us great confidence to be able to always understand the 'current' situation and respond swiftly and appropriately.

The lower number of admissions at our Community Care Center and the fact that only 4% of our Thane clients tested positive for HIV during the last year is a reflection of the situation gradually improving.

### Drop-in Centres

Sankalp's Drop-in Centres (DICs) are the prime contributors for reaching out to street-based and migrant injecting drug users (IDUs) in and around Mumbai.

During the year under report, Sankalp provided services to a total of 2,146 clients at its four DICs, 746 of which were new clients. The low number of new clients at Mumbai Central DIC, the most populated centre, can be

attributed to the fact that Sankalp's work has been going on there for 11 years.



The wide range of services provided at these centres:

- Medical consultations: 6,998
- Individual counseling services: 4,250
- Group counseling services: 1,339
- Provision of midday meals: 18,561

Counseling services included extensive support to clients who lacked community and family support, as well as counseling on critical issues such as HIV/AIDS prevention, relapse prevention strategies and the importance of motivation and sharing.

In addition, peer educators and outreach workers, as well as former injecting drug users, conducted daily outreach programmes. Their programming included safe-injecting practices, needle and syringe exchange, spreading awareness about HIV/AIDS and Hepatitis-C, condom demonstrations and abscess management. There were 464 intravenous drug users who joined the Needle Syringe Exchange Programme for the first time.

Opioid Substitution Therapy (OST) was another critical service offered to the 349

## Sankalp Chhaya DIC at Mumbai Central Supporting Migrants and Street-Based Users

The DIC's location continues to pose a challenge, especially because it serves the largest community of clients.

clients who were willing to adhere to the Directly Observed Therapy for between 6 months and a year. OST involves administration of a substitute drug called Buprenorphine which suppresses withdrawal symptoms from brown sugar for 48 hours. Brown sugar is a crude form of heroin, commonly used amongst the IDU community in Mumbai. The Buprenorphine has no risk of overdose or

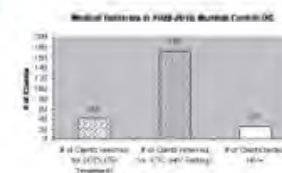
any euphoric affect. Sankalp is now one of only two accredited institutions conducting OST in Mumbai.

Clients are regularly referred to civil hospitals and private service providers for health problems, voluntary screenings, and to pursue patient follow up.

A report on activities carried out at individual DICs is presented below:

Sankalp Chhaya, the very first DIC started by Sankalp in 1999, provided services for a total of 1,405 injecting drug users during the year. The DIC is supported by the Mumbai District AIDS Control Society (MDACS) and continues to be a principal contributor to Sankalp's efforts in reaching out to street-based and migrant injecting drug users between the catchment area of Dadar and Churchgate. During the reporting period, over 200 clients participated in the Needles and Syringes Exchange Programme. Sankalp Chhaya collected 46,267 used needles in exchange for 48,561 clean needles, and 77,331 used syringes in exchange for 11,535 clean syringes.

Several clients were referred for TB treatment, as well as HIV/AIDS counseling and testing as displayed in the graph below:



Rallies and street plays were organized around Tulsiwadi and Tardeo on International Day Against Drug Abuse and Illicit Trafficking and for World AIDS Day. India's Independence Day was also celebrated by users, by singing of the

National anthem, organizing carrom competitions, participating in a quiz competition, and enjoying a special lunch. On 11th December, an advocacy meeting was held with the Nair Hospital surgical department to discuss discrimination issues experienced by Sankalp clients and to strengthen the foundation for a healthier partnership. As with each year, holidays such as Diwali and Gudi Padwa were celebrated with various programmes. The DIC maintains a strong relationship with Bombay Teen Challenge, an NGO that provides biweekly meals to clients, with special interactive programmes on days such as Christmas. On the 13th and 23rd February, the DIC organized community cleanups around hotspots near Marine Lines and Grant Road, encouraging clients to work and care for their communities.

However the DIC's location continues to pose a challenge, especially because it serves the largest community of clients. Despite regular monsoon-related inconveniences, an inadequate kitchen and limited space for individual counseling, the DIC staff maintains a positive attitude, as proximity to the drug using community is ultimately Sankalp's priority.

Sankalp Chhaya is accredited by the National Accreditation Board for Hospitals and Healthcare Providers as an OST Centre.

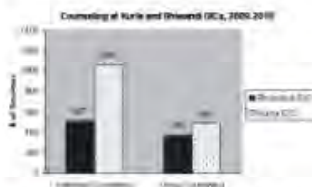
Sankalp provided services to a total of 2,146 clients at its four DICs.



Demonstration on safe injecting practices

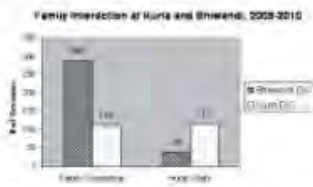
## Sankalp Saarthi: DIC at Kurla Fostering Relationships with the Community

Advocacy meetings  
were held at police  
stations in Sakinaka,  
Ghatkopar,  
Chandivali and Kurla.



Sankalp Saarthi provided services for 245 injecting drug users. This DIC was originally established in 2008 as a satellite centre to Mumbai Central, but now runs independently with funding from MDACS. Most of the injecting drug users are family based, and in the past year, 110 family counseling meetings and 113 home visits were organized to involve families in the recovery process.

This year, Kurla prioritized maintaining positive relationships with local police departments. Advocacy meetings were held at police stations in Sakinaka in September, at Ghatkopar in October, at Chandivali in February, and at Kurla in March, each time discussing the nature of the DIC's work and the rights of clients. In January, meetings were held with doctors and HIV counselors at K. B. Bhabha Hospital to discuss appropriate screening



and treatment services for HIV positive patients. The Kurla DIC regularly partners with the Mumbai Central DIC to observe special days and also to celebrate holidays such as Diwali, Independence Day and Gudi Padwa with special meals and other programmes. On 17th December, the DIC marked Jan-Jagruti Mela with an exhibition stall, a street play performance and a screening of the film Susee.

The DIC is committed to providing quality counseling to its clients and their families. A new counselor was appointed in November, and one outreach worker took a paraprofessional social work course with the Nirmala Niketan College of Social Work. Sankalp Saarthi is accredited by the National Accreditation Board for Hospitals and Healthcare Providers as an OST Centre.

Established in 2007, Disha is supported by UNESCO through DO International. It provided services to a total of 198 drug users during the year, including 75 new clients. Disha's staff works intentionally to involve families in the rehabilitation of clients, conducting 38 home visits and 296 joint family counseling sessions at the DIC. Two outreach workers have upgraded their skills by taking paraprofessional social work courses with the NGO Apanalaya.

In June, staff interacted with over 200 elders and youth around Nadi Naka, holding a street corner meeting, and exhibiting Information Education Communication (IEC) materials. In December, 13 clients cleaned the area around the Indira Gandhi Memorial Hospital. Ulrich Kohler, Director of DO International had this to say:

"Overall, it promotes Sankalp the Service Provider in the community. Sankalp is someone who is directly useful for the community besides the obvious indirect benefit of moving drug using individuals towards a functional lifestyle"

Depending on job availability with textile looms in the vicinity, many clients and their families may shift to Malegaon and Dhulia, towns about 80-100 km away, in

search of work. To our benefit, the migratory nature of the Bhiwandi community has led to the development of a strong NGO network and partnerships with organizations such as the Family Planning Association of India and Rashtriya Swastha Prabodhini, working together towards achieving stability. On February 14th, the DIC relocated to a new building, providing additional space for the new counselor to conduct individual, client and family counseling.

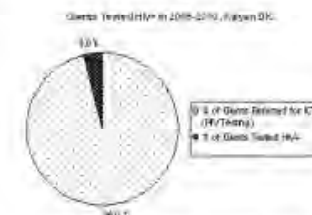
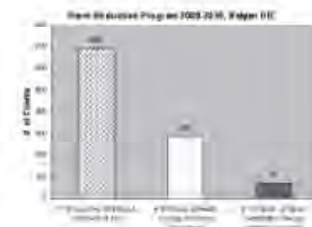


Clean up at Bhiwandi

## Sankalp Kiran: DIC at Kalyan/ Ulhasnagar New Location & New Funding Sources

The Project was initiated in 2007 using the UK Department for International Development's (DFID) Challenge Fund, with support from the National AIDS Control Organization and routed through "Sharan" in New Delhi. It is now funded by the Avert Society (USAID) and Maharashtra State AIDS Control Society (MSACS). This tripartite agreement was required as USAID continues to put conditions related to their drug policy, making intervention more complex than necessary. The outreach team reaches out to clients from Thane to Ambernath, with the centre now shifted to Ulhasnagar. It is conveniently located close to the railway station as well as the 5 hotspots in Thane District, where peer educators conduct daily condom distribution and needle syringe exchange. The Project has identified 425 IDUs, and provided services to 295 IDUs through outreach with Behavior Change Communication messages communicated through 26 sites. Under the harm reduction program, approximately 60-70 IDUs were given OST each month. Approximately 140 new and old clients were treated for abscesses every month, while every day 25-30 clients were provided mid-day meals. In addition, 12-14 clients were referred and supported for medical consultation and treatment.

On 21st December and 29th March, the DIC conducted community assistance cleanups around the Vegetable Market at Ambernath and Mumbra. On Independence Day, stable clients gave their testimonies and distributed HIV/AIDS prevention and drug abuse prevention messages to the local community. 40 clients and 15 community leaders participated in a rally, which was



followed by a cleaning project around Kalyan Station Railway Yard Road. On Raksha Bandhan, many clients who were away from their families had rakhis tied by women from the local community. Diwali was celebrated with sharing of sweets and New Year's Eve was 'cleanly' observed a first for many of our clients. Small competitive games were arranged and prizes were distributed among winners.

Sankalp Kiran is accredited by the National Accreditation Board for Hospitals and Healthcare Providers as an OST Centre. The nurse and outreach worker have taken paraprofessional social work courses with the Nirmala Niketan College of Social Work.

## Sankalp Disha: DIC in Bhiwandi Treating 'with' the Community

The DIC relocated to  
a new building,  
providing additional  
space for the new  
counselor to conduct  
individual, client and  
family counseling.



Outreach in Thane district

## Sankalp Arzoo: DIC at Govandi

The Centre was started in 2006 with funding from Caritas, Germany, and provided services to 450 clients. It had to be closed in July 2009 due to declining numbers of clients and the

lack of the necessary community support to continue with the project. About 95 injecting drug users that remained in the project were referred to other nearby centres.

Supported by the American Jewish World Service, Sankalp began its intervention with drug users incarcerated at Arthur Road Prison in Mahalaxmi in December 2004. In February 2007, a programme based on the 'Therapeutic Community' concept was started in which drug users are encouraged to embrace the values of a drug-free life with messages of relapse as well as HIV/AIDS and Hepatitis-C prevention. Regular medical care from Sankalp medical officers is also provided.

During the year, services were provided for approximately 168 incarcerated drug users.

Clients are picked up from public areas for using drugs, peddling brown sugar and, most often, for theft. In Sankalp's barrack, sessions on Yoga, Adult Education, Meditation, Narcotics Anonymous Meetings and individual counseling sessions were held for 15-35 inmates. Advocates from the Lawyer's Collective HIV/AIDS Unit extended legal aid to 12 inmates; 7 were provided legal advice, 5 of which were represented through litigation. Of the 5 cases, 1 has been acquitted, another pleaded guilty, and 3 cases are ongoing while 1 was granted bail. During the detention of 26/11 terrorist Kasab at Arthur Road Jail, Sankalp was the only outside group allowed into the jail from January- June 2009.

This year, barrack roles were assigned weekly and clients who had spent 3-6 months in our barrack were trained to live among the other inmates of the jail as peer educators, educating inmates about preventative health

measures, especially for HIV. Several Medical Officers visited regularly to discuss health issues and dispense medications, providing 422 such consultations in the past year. Since April 2007, Staff and Medical Officers visit the HIV Ward and 191 clients were given HIV/AIDS-related counseling. This year, Sankalp has successfully encouraged prison authorities to provide referrals for ART (antiretroviral therapy) for non drug using HIV+ prisoners. Their CD4 count has been regularly monitored by our Medical Officers.

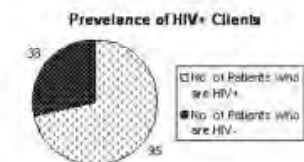
A new coordinator was hired and one of our outreach workers was appointed as a peer counselor. 9 clients participated in an 8-day Art of Living Prison Programme in April and October. For the International Day Against Drug Abuse and Illicit Trafficking, an educational programme about the NDPS Act was held for about 100 incarcerated men, as well as for prison authorities with the help of the Lawyer's Collective. Independence Day was also celebrated with jail officers and, in commemoration of Mahatma Gandhi's birthday, 2 inmates were selected for a written composition on Gandhi's life.

With the introduction of the new jail administration and ongoing renovations, there have been problems with gaining access to our barracks.

All jail clients are encouraged to be oriented at our Nivara community care centre for three days to experience the support system on the outside, such as the nearest DIC and Narcotics Anonymous Meetings.

## Sankalp Nivara Community Care Centre Advances Treatment

### Medical Care at Nivara



International Day Against Drug Abuse

Since 2005, Sankalp has established a 10 bed, 24 hour critical care shelter offered to drug users from any of Sankalp's centres who are in need of crisis care. At Nivara, now supported by the American Jewish World Service, clients are treated for fractures, abscesses, candidiasis, diarrhoea, pulmonary infections, sexually transmitted infections, and other opportunistic infections of HIV+ patients. Clients are also referred for TB testing, Hepatitis-C screening, and CD4 count monitoring services. ART follow up is also done on an ongoing basis.

Nivara maintains strong partnerships with local medical service providers including Nirmay Niketan, Nair, J.J., and Bombay Hospital, and has hired a second outreach worker, nurse, and psychiatrist to supplement follow up and service provision. During the past year, a new coordinator has been appointed and a doctor from Nair Hospital has been volunteering his services. A total of 131 admissions

were recorded during the reporting period, including readmissions.

On 26th June, Nivara hosted a DJ Dance Party with one of the world's youngest DJs in Mumbai, 8 year old Shalom D'Souza, to commemorate the International Day Against Drug Abuse and Illicit Trafficking, for stable clients from all of the DICs. The HIV/AIDS Unit of the Lawyer's Collective visited Nivara in March 2010 to conduct a discussion with Sankalp clients about bringing OST into government hospitals. Dr. Maya Parihar, Director of the Blood Bank at Bombay Hospital and coordinator of the NGO Sudhar Visited to discuss future partnerships. In March, students from SNDT Women's College delivered to clients a module on "Managing Self Destructive Behavior."

Overall, Nivara has made significant progress over the course of the year due to increased networking, adjustments made to internal reporting systems, and the addition of key staff.

## Project Hunar Sustainable Livelihoods for Unskilled Drug Users

Many of the  
participants went on  
to become peer  
educators.

In April 2009, Sankalp launched a partnership with a Bangalore-based NGO, AMBA CEEIC to create a revolutionary programme geared at providing sustainable livelihood training to a select group of recovering clients. Project Hunar offers its group members introductory computer instruction and helps in developing related professional skills, participation in a variety of educational sessions (English language, life skills, etc.) and assistance for finding group work in the data entry sector. In addition, the residential nature of the Project ensures the consistent availability of medical, psychological and peer support, thereby creating a holistic environment in which to grow and learn. The short-term goal of Project Hunar is to teach participants the skills they need in order to earn a small income; the long-term goal is to empower graduates to transition into mainstream society. At our 15th Anniversary Celebration, the 1st Batch of 15 trainees was given certificates of graduation from the programme. In March, the 1st Batch of trainees completed their first data entry job provided by our partner, Special Olympics Bharat Maharashtra. With a deadline of two weeks to complete 300 two-page forms, the 13 data entry operators finished the assignment within seven days.

On 17th March, ladies from the Inner Wheel Club of Bombay North attended a screening of Sankalp's film *Suee* and heard from several of the clients who told their stories on the subjects of family, migration and how they got

involved in injecting drug use. Several Hunar clients also presented a short play to depict how they arrived to participate in this programme.

Several clients have reconnected with their families, some returning to their villages, while others have invited their families to visit the centre. One client has enrolled in a HSC course in Commerce with Vidyananda, another is training to become a counselor with networking partner the Good Shepherd Recovery Home, while another has been accepted back into his home, to work in the family business.

### Detoxification Camp

#### A Peer-Led Strategy for Getting Clean

In November 2009, 18 clients attended a detoxification camp held at Aksa Beach. The detoxification camp was established because the DIC's cater, mainly, to IDUs and there are many chasers - those who inhale the fumes from the drug rather than inject it - who do not get service and also need detoxification. Therefore, some of those who are motivated to quit drugs or who have been undergoing OST for a year are given the opportunity to "clean out." The programme is based on the Peer Educator Training syllabus, so that even if some relapse, they are capable of spreading information about HIV/AIDS prevention. Many of the participants went on to become peer educators. The camp was supported by funding from MDACS.



Eldred Tellis with Project Hunar

## Income Generation Project Training and Marketing



Women building toy trains

Led by several appointed trainers, clients continued preparing lanterns, paper-bags and phenyl. These have been marketed and sold to partner NGOs such as the Comet Media Foundation at community gatherings such as Celebrate Bandra and the Bandra Gymkhana Christmas Festival. Additionally, Sankalp markets tube bags which are produced by a networking partner's income-generation project at

TTK Hospital in Chennai. Our female clients have been doing outsourced work for a local distributor, involved with the production of toy trains. These activities have provided opportunities for clients to learn work ethic, quality control and the value of creating and earning. At the same time, this spreads awareness of Sankalp's work within the Mumbai community.

## Other Activities

### 26th International Candle Light Memorial

On 17th May, the 26th International Candle Light Memorial was organized and 69 participants attended the MDACS/AVERT-sponsored programme at Shivaji Park. This followed a rally around Mumbai Central. One outreach worker shared his story. Bollywood Star Hritik Roshan was in attendance, along with several hundreds of people from NGOs and the community. The following day, a programme was held

at Sankalp's Charni Road centre. After an introduction about the significance of solidarity and our responsibility towards People Living with HIV/AIDS, Director Eldred Tellis spoke about Antiretroviral Treatment, and its interaction with the immune system. Beginning with meditation and prayer, the "Art of Living" team was invited to conduct a "shradhanjali" for departed souls.

The film *Suee* (The Needle) explores a number of areas in the lives of injecting drug users most importantly, stigma and discrimination.

## Sai Paranjpye's Film Release of Suee Showcases Sankalp's Work

Directed by Cannes Film Festival award winner Sai Paranjpye, the film *Suee* (The Needle) explores a number of areas in the lives of injecting drug users including treatment, care, peer and community support, rehabilitation and, most importantly, stigma and discrimination. The film was launched in August 2009 at the IX International Congress on AIDS in Asia and the Pacific. About 60% of the

people in *Suee* are Sankalp clients and staff, and many of the scenes were shot on Sankalp's premises. The 30 minute film was shown at the American Centre on July 2nd hosted by the Narcotics Control Bureau on the occasion of International Day against Drug Abuse and Illicit Trafficking and once again aired on Doordarshan on World AIDS Day 2009.

## Rallying for World AIDS Day

During the week of World AIDS Day, in December 2009, Sankalp held several programmes to raise awareness of the growing HIV/AIDS global epidemic. About 60 clients from the Bhiwandi and Kalyan Drop-in Centres convened with 15 other HIV-related NGOs in Thane district, while several hundred clients from the Mumbai Central & Kurla Drop-in

Centres staged a rally in Tulsiwadi. Our clients in Thane signed petitions and learned from our partner organizations and our clients in South Mumbai performed several street plays. We sold paper and jute bags from our income generation projects, and raised awareness about HIV/AIDS and Sankalp's response.

## Clients Celebrate A New Year of Hope

On 31st December, clients from Mumbai Central and Kurla Drop-in Centres were hosted at Sankalp's Community Care Centre for a New Year Celebration. The night can normally be a challenging time for many of our clients, and it is imperative to provide alternatives to celebration besides alcohol and drugs. At the Narcotics Anonymous meeting held that evening, several recovering drug

users shared their challenges and achievements. Following dinner and a dance party, the New Year began with a prayer followed by a New Years resolution session. 10 clients took the opportunity to share their regrets of the past year and their hopes for the next year. The night finished with a screening of a Bollywood film.

## Sankalp Commemorates 15 Years of Care

On 16th January, Sankalp celebrated its 15th anniversary at its Community Centre with a get-together of over 300 people who have been instrumental to Sankalp's work and its achievements. Rehabilitated clients, previous staff and our growing community of supporters celebrated our past, present and future

work. Representatives from each centre participated in singing, dance and skit entertainment, a drug and general knowledge quiz competition and watched an HIV-awareness magic show. A certificate ceremony finished the evening for our inaugural batch of Project Hunar trainees.

World AIDS Day



Sankalp Celebrates its 15th Anniversary



## Fellowships Awarded with Ashoka's Youth Venture

In March 2010, 3 clients were awarded one-year fellowships with Ashoka, innovators for the Public's Youth Venture (AYV). Over the course of the year, Ashoka provides mentoring, resources and seed funding to young people who desire to create real social impact. The recipients of the fellowships were:

- Zakir Ansari, a computer trainee in Project Hunar, interested in teaching English, group games and computers to poor children in Bhiwandi.
- Amit Rajput, a peer educator at the

Kalyan Drop-in Centre (DIC), engaged in expanding awareness of drugs and HIV/AIDS to areas which have not been reached.

- Abdul Shaikh, an associate trainer with Project Hunar, working to develop an income generation project (IGP) where handicapped Sankalp clients will learn to produce paper bags and lanterns, using handmade paper sourced from a government initiative from rural providers.

## College Awareness Programmes

On 15th February and 16th March, two college awareness programmes were conducted. One at St. Xavier's College for 60 students and another at Whistling Woods International College for over 300 students. Each programme began with a

screening of the film Susee, a testimony from a former client, followed by discussions led by Director Eldred Tellis about denial, marijuana use and Sankalp's services.

## HIV/AIDS Support Group: 'Jagrut'

Sankalp encouraged its clients living with HIV/AIDS to meet and interact monthly with various resource persons to be able to better understand their illness and strengthen their motivation to live a

fulfilling and positive life. PSI, an international NGO, presented a variety of life insurance policies to the group on one such occasion.

## Capacity Building Conferences & Staff Training

During the reporting year, Sankalp's staff participated in a number of training sessions and workshops as listed below, to upgrade their skills as well as to share their experiences.

- 13th April: Mumbai Central Coordinator Thomas George, Counselor Manju Ekka, and Nurse Asha Jadhav at the National AIDS Research Institute & MDACS refresher training for High Risk Groups, HIV Sentinel Surveillance
- 5th June: Mumbai Central Coordinator Thomas George, Counselor Manju Ekka, and Nurse Asha Jadhav at MDACS for Preferred Private Provider Model of STI/RTI Service

- 20th-27th July: Kalyan & Kurla DIC Counselors for Sankalp DIC Documentation and Recording Workshop
- 10th to 12th August: Director Eldred Tellis and Coordinator Thomas George, at the 9th International Congress on AIDS in Asia and the Pacific, Bali, Indonesia, for Empowering People, Strengthening Networks
- 23rd September: 10 Peer Educators and one Outreach Worker for Sankalp Client Interaction, Communication, and Role Modeling Workshop
- 16th November: Project Hunar trainees for Evaluation of Accuracy/Speed of Data Entry Training by Founder and Director of



Eldred leads a Panel discussion at the Bali Conference

AMBÁ CEEIC, Sugandha Suknitaraj

- 18th November: Admin Officer Sayed Rahim and Volunteer David Weinreb at American Jewish World Service orientation in Ahmedabad for World Partners Fellowship and Volunteering Preparation
- 17th to 18th November: Kalyan Staff at Hindustani Latex Family Planning

Promotion Trust for Condom Promotion And Social Marketing

- 23rd-24th December: Kalyan Staff at AVERT for HIV/AIDS and Communication Skills Workshop
- 8th to 12th February, 8th-12th March: Kalyan Staff at AVERT for Basics of HIV/AIDS

## Trainings, Workshops, Awareness Programmes Conducted by Sankalp

The following were undertaken to strengthen the capabilities of civil society organizations, and spread awareness about harm reduction, drug rehabilitation and HIV/AIDS prevention.

- 10th June: Trainees from the Lawyers Collective visited Mumbai Central DIC to understand closely the issues faced by IDUs.
- 22nd June: Awareness programme was held at Maharshi Dayanand College, Parel jointly with the Anti-Narcotic Cell.
- 26th June: An Awareness stall was put up at Dadar Railway Station in association with the Narcotics Control Bureau on the occasion of the International Day Against Drug Abuse and Illicit Trafficking.
- 10th July: Director Eldred Tellis was a Panel Speaker on Sexual and Reproductive Health needs of IDUs, organized by International Planned Parenthood Federation.
- 15th July: Coordinator Thomas George was a resource person for the training of Master Trainers held at TISS for the Global Fund, fighting AIDS, TB, and Malaria.
- 6th August: Director Eldred Tellis was a panel member for the video conference on Drug Treatment Intervention held at the American Centre.

18-19th August: Director Eldred Tellis was resource person in a workshop held at the National Institute for Research in Reproductive Health on Sexual Behaviour and Contraceptive use among HIV Positive people.

- 23rd & 24th October: Shelter Don Bosco held a Diwali Mela, where Sankalp had a stall to educate over 500 street children about the harmful effects of drug use.
- 23-28th November: Sankalp representatives gave out brochures and sold bags from our income generation projects at Celebrate Bandra.
- 18th December: Tata Institute of Social Sciences, Adherence Training Programme was given by Kurla Coordinator Tukaram Konale
- 18th-19th December: Sankalp representatives distributed brochures and sold bags from our income generation projects at Bandra Christmas Celebration.
- 22nd December: Kurla Coordinator Tukaram Konale conducted drug awareness programmes with children at CCD Trust in Dahisar
- 9-11th and 16-18th February: MDACS Peer Educators & Outreach Workers Training was conducted by Sankalp Staff

## Assessing the Needs of Drug Users in Malegaon and Nasik Prison

An initial site visit to assess drug-use hotspots and a situation assessment of Malegaon and Dhulia was undertaken from March 26th to March 28th. This was done with the recommendations of our Bhiwandi clients who informed us that the quality of brown sugar in these areas was very low and, therefore, many drug users had died. However in an initial mapping of Dhulia, we found that there were only problems with alcoholism, and thus further assessment was not required.

In Malegaon, a 41-question survey (demographics, drug history, sexual history, knowledge of HIV/AIDS) was carried out by Sankalp's Director, Outreach Worker and 2 Peer Educators through 37 interviews in October. Findings of the survey showed that there were few drug users in Malegaon probably due to violent community and police action against drug dealers and many drug users having been sent to Nasik Prison, even for small crimes.



In March 2010, Director, Coordinator and an Outreach Worker conducted a 3-day site assessment in Nasik Prison, with the permission from the Inspector General. Sankalp staff conducted group counselling sessions in 8 barracks on positive living, homosexuality and HIV/AIDS. At first, prisoners were hesitant to speak, but with an introduction from the jail staff, and the support of incarcerated Sankalp clients, the 42-question survey (demographics, drug using pattern, treatment, knowledge of HIV/AIDS, sexual history, prison experience) was conducted with 68 incarcerated men. In each barrack, staff motivated inmates to come to Sankalp centres upon release.

Age of Drug Use Initiation, Nasik Prison



## Volunteers

This year, Sankalp has seen a significant growth in our volunteer base, allowing us to expand our services, improve our internal reporting and documentation and increase public awareness about the challenges facing injecting drug users and those living with HIV/AIDS. Volunteers have provided valuable support for event planning, website redevelopment, counselling session's preparation and the implementation of Project Hunar. Volunteers listed below have come from the American Jewish World Service in New York,

St. Xavier's College, Mumbai, as well as from the local community.  
 David Weinreb  
 Kalyani Palkar  
 Madhura Padwal  
 Malsie D'Souza  
 Mrs. N. J. Modi  
 Rahul Lal  
 Renu Swamy  
 Dr. Saiprasad Bhavsar  
 Talva Gillman

## Trustees

Trustees extend expertise in all policy matters and provide guidance for thoughtful and effective implementation of Projects. Their participation and involvement is greatly appreciated by the staff and clients of Sankalp.

1. Mr. B.N. Bhagwat IAS (Rtd.) Secretary to Government of India; Chairman
2. Mr. A.V. Krishnan IPS (Rtd.) Director General of Police, Maharashtra

3. Dr. Saroj Jha, Community Health Consultant
4. Ms. Sujata Ganega, MSW and Executive Director of SUPPORT
5. Ms. Blossom Coutinho, Teacher and Parent Counselor
6. Mr. Eldred Tellis, Founder, Director, and Consultant on Drug Abuse and HIV/AIDS Programmes



## Donors

We would like to express our gratitude for the support of individual members, foundations and government funders, corporate partners and in-kind donors. As

we celebrate more than 15 years of accomplishments, we are especially grateful to our donors who have made our progress possible.



Andrea Barron  
 Andrew and Antoinette Fernandes  
 Angela Tellis  
 Atul K. Jasan  
 C. C. D. Trust  
 Charmaine Fritzsche  
 Christine Maria Saldanha  
 Colin Saldanha  
 Dominic Saldanha  
 Doris Saldanha  
 Eldred Tellis  
 Father Surin Abreo  
 Fatima Quha  
 Global Aid Committee  
 Indian Red Cross Society  
 Joanne Buckingham  
 Lan Saldanha  
 Latika Vieira  
 Leonor Robinson  
 Maharashtra State AIDS Control Society  
 Marie Khalakdina  
 MAIRS - Delhi  
 Malsie D'Souza  
 Mehraj Keki

Mehnaz Zarolia  
 Mery Patricia Soares  
 Mildred D Abreo  
 Narcotics Control Bureau  
 Nolasco Travels  
 Olive Saldanha  
 Patricia Sequeira  
 Prabhu Orlind Services  
 Priyanka Vieira  
 R. M. Patel  
 Rage Productions  
 Ramesh Kumar Jain  
 Randhir Vieira  
 Roshan Rumi Mulla  
 Sai Paranjyoti Film Pvt. Ltd.  
 Samir Vieira  
 Shanti Rangnathan  
 The Inner Wheel Club of Bombay (North)  
 Tata Institute of Social Sciences  
 Tushar Raj Bedi  
 Vernon Saldanha  
 Vijay Ghag  
 Winfred de Souza  
 Y. Baker



## Salary Transparency and Travel Expenditures

Monthly staff salary plus benefits	Male staff	Female staff	Total staff
Less than Rs. 5,000	16	2	18
Rs. 5,000 10,000	15	8	23
Rs. 10,000 25,000	3	0	3

- During the year the highest paid full-time regular staff earned Rs. 192,000 annually. The lowest paid full-time regular staff earned Rs. 42,000 annually, while the Head of the organization (including honorarium) earned Rs. 40,000 annually.
- Director Eldred Tellis and Project Coordinator Thomas George attended the IXth International Congress on AIDS in Asia and the Pacific (ICAAP) held from August 9th - 13th, 2009 in Bali, Indonesia. Total expenses for travel were Rs. 25,300 covered by DO International. The total expenses for national travel were Rs. 21,945.



Staff

THE BOMBAY PUBLIC TRUSTS ACT, 1950  
 SCHEDULE IV (Rule 17 (1))  
 Name of the Public Trust: SANKALP REHABILITATION TRUST  
 Income and Expenditure Account for the year ending 31 MARCH 2010

EXPENDITURE	Total		INCOME	Total	
	Am't. in Rs.	Am't. in Rs.		Am't. in Rs.	Am't. in Rs.
To Expenditure in respect of properties (1) (Plans, Taxes, Census, Repairs and Maintenance, Salaries, Insurance, Organization (in the way of projects in all India), Staff, Other expenses.			By Rent (received) (received)		
To Establishment Expenses (2a) (Executive etc.)	9,870	9,870	By Interest (accrued) (received)		
To Remuneration to Trustees (not less than Rs. 4000)			By Dividend		
To Remuneration (in the case of a trustee) to the head of the trust, including his household expenditure, if any			By Grants	8,008,441	8,008,441
To Legal Expenses (including Professional fees)			By Income from other sources (Profits on sale of Bonds, Other receipts - (See Annexure A))	1,078,330	1,078,330
To Audit Fees (Interest Audit Fees (including Service Tax), Statutory Audit Fees)	17,500	17,500			
To Contribution and Fees					
To Amount written off: (A) Bad debts (B) Loan scholarships (C) Inconvertible rents (D) Other Items - Fixed Assets Written Off					
To Miscellaneous Expenses					
To Depreciation	77,255	77,255			
To Amount transferred to Reserve or Specific Funds					
To Expenditure on objects of the trust: (A) Religious (B) Educational & Medical Relief (See Annexure C) (C) Medical Relief (D) Relief of poverty (E) Other Charitable Objects	8,295,439	8,295,439	By Transfer from Reserve		
Surplus carried over to Balance Sheet	750,199	750,199	By Deficit carried over to Balance Sheet		
<b>Total Rs.</b>	<b>7,165,262</b>	<b>7,165,262</b>	<b>Total Rs.</b>	<b>7,165,262</b>	<b>7,165,262</b>

Place: Mumbai  
 Date: 01-08-2010



TRUSTEE



As per our report of each date

For S.D. Modkar & Co.  
 Chartered Accountants  
 S.D. Modkar  
 Partner

THE BOMBAY PUBLIC TRUSTS ACT, 1950  
**SCHEDULE II** [Vide Rule 17 (1)]  
 Name of the Public Trust **SAHKALP REHABILITATION TRUST**  
 Balance Sheet as on 31 MARCH 2010

LIABILITIES	Rs.	Pk.	Rs.	Pk.	ASSETS	Rs.	Pk.	Rs.	Pk.
<b>Trust Funds or Corpus</b>					<b>Current</b>				
Balance as per last Balance Sheet	1,382,134.75				Balance as per last Balance Sheet	9,100.00			
Additions during the year	1,62,000.00		1,420,734.75		Add: Additions during the year	28,200.00			
					Less: Depreciation for the year	13,079.48		23,419.40	
<b>Income and Expenditure Account</b>					<b>Structural &amp; Other Statements</b>				
Balance as per last Balance Sheet	1,388,015.80				Balance as per last Balance Sheet	40,660.00			
Less: Fixed Assets worth	285,421				Add: Additions during the year	66,483.00			
Additions: Surplus/Deficit	759,159		1,762,759.84		Less: Deletions	2,184.00			
					Less: Depreciation for the year	56,304.34		59,441.78	
<b>Settlement Fund</b>					<b>Stocks &amp; Pictures</b>				
Balance as per last Balance Sheet	893,313.00		893,313.38		Balance as per last Balance Sheet	749,606.00			
Additions during the year					Add: Additions during the year	188,797.80			
					Less: Deletions	6,662.00			
					Less: Depreciation for the year	17,729.70		169,865.30	
<b>Current Liabilities &amp; Provisions</b>					<b>Motor Vehicle</b>				
Supplier Expenses Payable	1,200.00				Balance as per last Balance Sheet	479,866.61			
TDS Payable	4,980.00				Add: Additions during the year	78,059.33			
Outstanding Expenses (07-08)	12,500.00				Less: Deletions	254,739.95			
Liability for Project Expenses (07-08)	25,736.00		48,526.00		Less: Depreciation for the year	251,289.89		812,862.80	
<b>Unsettled Grant in A/c.</b>					<b>Investments</b>				
Cash:	46,433.88				5% Government of India Bonds (Compound)	200,000.00			
Awareness Project	16,203.00				Pradhan Mantri Pension India 40P	100,000.00			
DO (Investment)	83,806.30				Tata MF Pkua Fund	100,000.00			
Kajpan DIC (Grant)	6,848.00				Units of CRTS Schemes of UTI (Deposit)	200,000.00			
MICAS	74,954.20				Fixed Deposit with Axis Bank (Compound)	300,000.00			
A J W S. Project	694,075.81				Fixed Deposit with Citibank Bank (Compound)	177,915.00			
A/MS Dapodi Building	42,811.85		738,983.29		State Surety Equity Linked FMP Series	150,000.00			
					Fixed Deposit with Citibank Co-op. Bank (Compound)	150,000.00		1,868,844.81	
					Accrued Interest On Investment	87,888.31			
					<b>Grant to A/c Receivable</b>				
					Sharan SACO	187,388.33			
					AVERT CCC	37,749.71			
					OPD Project	58,000.00			
					FINANCE and STD Treatment	216,338.10		479,324.14	
					<b>Loans and Advances</b>				
					Tax Deductible at Source	6,726.00			
					Advance Held	109,336.00			
					Other Advances	(10,747.28)		105,185.72	
					<b>Debtors</b>			408.78	
					<b>Cash and Bank Balances:</b>				
					Cash-in-Hand	77,581.00			
					Cash at Bank	2,185,851.14		2,263,432.14	
<b>TOTAL</b>			<b>4,892,931.34</b>		<b>TOTAL</b>			<b>4,892,931.34</b>	

As per our attached report of even date

For S.D. Mehta & Co.  
Chartered Accountants

*S.D. Mehta*  
Sandeep S Shrivastava  
Partner

Date: 01-08-2010  
Place: Mumbai



Trustee

THE BOMBAY PUBLIC TRUSTS ACT, 1950  
**SCHEDULE II** [Vide Rule 17 (1)]  
 Name of the Public Trust **SAHKALP REHABILITATION TRUST**  
 Receipts & Payments Account for the year ending 31 MARCH 2010

RECEIPTS	Rs.		PAYMENTS	Rs.	
	Amtd. in Rs.	Total		Amtd. in Rs.	Total
To Opening Balance as on 1-4-2009			By Personnel Cost	3,080,891	3,080,891
Cash in Hand	40,899		By Operating Cost	1,183,893	1,183,893
Cash at Bank	1,827,241	1,827,241	By Program Cost	1,384,332	1,384,332
To Bank Interest Received	89,147	89,147	By Addition to Fixed Assets	119,088	119,088
To Grant Received	5,775,240	5,775,240	By Tax paid	52,417	52,417
To TDS Received	28,978	28,978			
To Interest on FD	54,419	54,419	By Cheque received as on 21-8-08	77,582	77,582
To Interest on Mutual Funds	10,461	10,461	Cash in Hand	2,154,847	2,154,847
To Interest on Units & Bonds	13,190	13,190	Cash at Bank		
To Maturity Proceeds of Bonds	270,290	270,290			
By Dividend Received	646,870	646,870			
To Corpus Donation Received	118,839	118,839			
To Other Receipts					
To Advances	44,072	44,072			
<b>Total Rs.</b>	<b>9,082,634</b>	<b>9,082,634</b>	<b>Total Rs.</b>	<b>9,082,634</b>	<b>9,082,634</b>

Place: Mumbai

Date: 01-08-2010



*S.D. Mehta*

Trustee

As per our report of even date

For S.D. Mehta & Co.  
Chartered Accountants

*S.D. Mehta*  
Sandeep S Shrivastava  
Partner

