

ANNUAL REPORT

– 2018-2019 –



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Directors Note



Dear Friends,

A relatively stable year gone by. Our Drop-in-Centre was demolished, but we were given space 100 meters away and were fortunate to have Shapoorji Pallonji build a new Drop-in-Centre within a few months. It was good that the Municipal authorities understood the need of the program and supported it. We have had a few proposals in the pipeline and hope to receive funding soon. This included a research project on HCV along with NARI and a project for Adolescent Solvent Users. In the meantime DHL have been also considering extending our Family Services Unit, for which we plan to utilize to reach individuals on the fringes of the city like Vasai-Virar and Navi Mumbai.

With prayers and blessings of all our well-wishers, we had a successful fundraiser – 'Country Road' with Bobby Cash and local country singers, which contributes to our support of Admin and Supervisory staff not included in the various projects.

Next year being our Silver Jubilee year, we plan hosting an Event along with a Workshop to Network with others in the Healthcare field and also a celebration for our successful clients.

Thank for your continued support.

For Sankalp Rehabilitation Trust



Eldred Tellis
Executive Director

A Snapshot of Sankalp

Website: www.sankalptrust.org

Headquarter: Mumbai

Year Founded: 1995

Organization Type	Non profit
Sectors	Health & Education
Geographical focus	Maharashtra
Organization Expenditure 18-19	INR 96,20,251/-
People reached till date	Sankalp has reached more than 22,000 drug users directly, and has impacted many more family members.
Legal Certification	Sankalp Rehabilitation Trust is registered as a Charitable Society under the Bombay Public Trust Act 1950 Registration Number E15459 (Mumbai), and is also registered under Sec 12A. Sankalp Rehabilitation Trust also has tax exemption under Section 80G of the Income Tax Act. Further, Sankalp Rehabilitation Trust has certified clearance to receive foreign funding under the Foreign Contributions Regulation Act Registration Number No.083780842 up to November 2021.

Organization Overview

Founded in 1995, Sankalp Rehabilitation Trust provides care and support to street-based drug users and seeks to prevent the spread of HIV/AIDS in Mumbai, India. These drug users, 70% of whom are migrants, mostly inject 'brown sugar', a crude form of heroin. Blood-borne infections constitute a major health issue for Injection Drug Users (IDUs), with major implications for the rest of society as well. From among Sankalp's own patients, approximately 9.5% of IDUs were HIV-positive and another 34% were infected with Hepatitis C.



Since most of the street-based drug using population uses brown sugar, and since it is often administered by injection, steps need to be taken to keep these users free from infection, healthy, and alive until they can find help and make the decision to quit drugs. That's where Sankalp's philosophy of Harm Reduction comes in, providing users with healthcare services to reduce rates of transmission and prevalence of HIV and Hepatitis C, monitoring other infections (especially TB), and lowering levels of crime. Finally, this work helps many drug users connect to a network of support and programs like detoxification and rehabilitation which are available when each person is ready.

Program Overview

Since its inception in 1995, Sankalp has been providing much needed and otherwise non-existent services. In early 1997, Sankalp began family therapy in New Bombay since there were many affected families unable to access help. Sankalp also assisted with setting up a halfway home and skill building units for stand-alone rehabilitation centres which were not previously offering any follow up.

After a 5-city Rapid Situation Assessment in 1999, Sankalp began its harm reduction activities in Mumbai and has till date engaged more than 80% of the IDU population in the city with its activities.

During early years of discrimination, Sankalp both successfully fought legal battles with government-run institutions for the right to healthcare, and has been instrumental in getting the ART program started in the country. The activism through legal battles with big pharma companies like Roche and Gilead helped make drugs accessible and affordable for those suffering from Hepatitis C.

Sankalp was also committed to supporting the non-injecting population and therefore provided treatment through models of abstinence, like detoxification, and rehabilitation centres. With the strong need to reintegrate into society, livelihood programs also took shape. Sankalp can boast of many of its support group members having benefited from these interventions and becoming productive citizens of the country.

Sankalp Rehabilitation Trust ran the following projects in Mumbai / Pune throughout the year

- Targeted Intervention for IDUs supported by MDACS
- Detoxification Centre supported by Inspirasia
- Rehabilitation Centre with T.C. Model in collaboration with Lords Ranch Trust
- Halfway Home supported by Inspirasia
- UN Drug Awareness Program supported by DHL
- Family Services Unit supported by DHL
- Community Care Centre through crowdfunding

Leadership

Since its beginnings, Sankalp has reached more than 22,000 drug users directly, and has impacted many more family members. From helping clients return to and support their families, to become productive members of society, or even to die with dignity, Sankalp has contributed to improvement in the quality of its clients' lives and the lives of their family members in numerous ways. Legal decisions achieved through Sankalp's activism and litigation have impacted millions, not only in India but around the world.

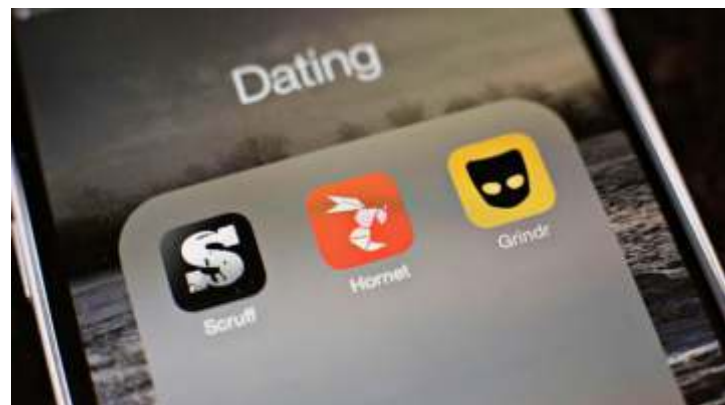
High Fun: A New Challenge

Open Grindr or any other gay dating and hook-up app in Mumbai today and at least five out of the hundred or so profiles of nearby app-users that Grindr shows you will mention 'hf'. Out the many acronyms used on the social media platform, hf may be the most euphemistic one: it's short for 'high fun', which refers to the use of drugs to enhance sexual pleasure. A high fun 'session' can last anywhere between a few hours and a few days and may involve just two people or multiple men. The drugs are usually administered intravenously and they tend to be Methamphetamine, Mephedrone, MDMA or a mixture known colloquially as 'Mket'. Called 'Chemsex' in the West, the phenomenon is now a full-fledged trend in India's metros, particularly in New Delhi, Mumbai and Bangalore and appears to be making inroads into tier II towns.



It's hard to understate the impact this emerging phenomena is having on individuals and the gay male community at large. The sharing of needles and the difficulty of negotiating safer sex in an altered state of mind course creates HIV risk. Although there are, of course, a million ways to have 'high fun', condom-usage tends to be limited and usually no questions are asked about serostatus or when participants last got tested. Some Peer outreach workers and NGO staff informally relate spikes in new infections among young 'MSM' to the entry of drugs into the scene, and in research with People Living with HIV (PLHIV) there have been a significant number of men who attribute their infection to having partaken in 'high fun'. NGOs carrying out Targeted Interventions among Men having Sex with Men (MSM) are trying to address these new forms of digitally-mediated cruising, but with limited success. The mainstreaming of Pre-exposure prophylaxis (or PrEP) - preferably with NACO's support - and including needle exchange in Targeted Intervention's geared towards MSM are crucial first steps.

But the problem is much larger than the potential of concentrated pockets of new HIV infections. People are dying – from suicide if not from overdose. Some community members even compare the loss of life to high fun and its comedowns to the AIDS epidemics of the 80s and 90s. Taboos around drug use, mental health, homosexuality, promiscuity and HIV conspire to make it very difficult for people who are seeking to reduce



or quit their high fun habit to find help. Many gay men consider Narcotics Anonymous 'too straight' and rehab 'too religious', and, even if they can afford it, many struggle to find a queer-affirmative therapist who is specialized in addiction. In lieu of specialized services, a handful of recovering gay men have initiated informal meetings to 'break the silence' around high fun and heal together. While this initiative for peer support is essential and applaudable, it can't be the only service for gay and bisexual men struggling with 'high fun'. There is a need to rise to the challenge.

Our Programmes

Targeted Intervention – Drop-In Centre

Sankalp's Drop-in Centre (DIC), spearheaded by outreach workers and peer educators, is at the heart of our harm reduction efforts in the community of injecting drug users (IDUs). The centre offers a multitude of low-threshold services including health education, counseling, and Opioid Substitution Therapy (OST), all designed to lower the negative consequences and risks associated with drug use. The environment of acceptance, peer support, and continued care is vital in motivating IDUs towards recovery and reintegration into society. Staff members follow up with clients to provide consistent support, offer guidance in managing illnesses like TB, HIV, and Hepatitis, and hold daily community meetings to facilitate reflection and sharing about users' experiences. The Drop-in Centre is a lifeline to Sankalp's holistic continuum of care that supports the health and rehabilitation of IDUs. This year, we had 38 new clients, taking the total number of IDUs who benefited from our Harm Reduction programme at the Drop-in Centre to 1574.

Key Outreach Services

Sankalp's initial point of contact with the IDU community is through our staff of Outreach Workers (ORWs) and Peer Educators (PEs), many of whom are former or current drug users, and who are themselves on the road to recovery. Through persistent follow up and daily field visits, they educate users about safe injecting practices and abscess management, and carry out needle and syringe exchange. The latter program, in which IDUs return used and dirty needles and syringes to Sankalp staff in exchange for new, sterile ones, is a cornerstone of our harm reduction strategy. It helps reduce the spread of blood-borne



viruses, decreases the risk of developing abscesses, and creates health awareness amongst the target population. Our outreach efforts also include bi-monthly community meetings in 'hot spots' frequented by IDUs, where staff raise awareness and encourage new clients to utilize Sankalp's key services. Throughout the year, a total of 6362 needles and 3792 syringes were exchanged with IDUs.

Counseling

The Drop-in Centre offers a range of counseling services that are integral to providing clients with holistic support. Each client is individually counseled to identify and examine the origin and patterns of their drug use, contributing environmental and psychosocial factors, and HIV status and Hepatitis C triggers. Group counseling sessions enable peers to motivate themselves and each other by sharing their life experiences, family relationships, and understanding of harm reduction strategies. Wherever feasible, clients' families are also counseled to bring about reconciliation, encourage healthy support, and thereby assist users' rehabilitation and reintegration into society.

Personal Health

Our Drop-in Centre is equipped with clinics that are attended daily by a doctor and nurse. The medical staff takes care of the various medical needs of our clients, ranging from diagnostics and distribution of medicine to abscess management. The doctor's main responsibility is to monitor each client's induction process and possible tapering off of Opioid Substitution Therapy (OST). Patients who need additional care and treatment for HIV or TB are referred to appropriate community care centres, critical care facilities, and local government hospitals. We make sure that those referred to public hospitals are given access to bathing

facilities and fresh clothing at the DIC, in order to minimize any discrimination they may face there and to help ensure they are not refused treatment.



Opiod Substitution Therapy

This therapy is the backbone of Sankalp's mission of Harm Reduction, as it helps reduce injecting drug use as well as its associated health risks. It enables IDUs to taper off their opioid use in a safe and effective manner, using an oral substitute that eliminates the use of needles and syringes, and thus eliminates the risk of spreading blood-borne infections and developing abscess. The effects of the oral substitute we dispense, known as Buprenorphine, are long-lasting, do not cause euphoria, and come with a lower risk of dependency and addiction. OST is a fundamental part of the process of helping clients move towards rehabilitation and re-entry into mainstream society. This year there were 22 new registrations on OST, taking the total count to 598 clients registered.

Referral Services

Various specialized medical referrals take place at the DIC. Before referring clients for HIV testing, our counselors perform a risk assessment and educate them on how to interpret test results. Clients are then directed to 'Integrated Counseling and Testing Centre' at Nair Hospital or Gaurabai Hospital. Those who test positive are then assisted by peer educators throughout the pre-registration process for antiretroviral therapy (ART), and are asked to repeat CD4 tests every six months. Until recently, only clients with CD4 levels below 350 were referred for ART, however recent UN recommendations have called for a "test and treat" protocol; Sankalp has been creating this awareness in the community.

Those with complaints of persistent cough are referred to nearby DOTS centres, where they undergo TB screenings. We are also grateful to our network partners, Médecins Sans Frontières (MSF), who helped us with Hepatitis C testing and treatment. This year, 521 STI screenings were conducted, out of which 7 individuals were found to be positive. 405 HIV tests were done, of which 4 people were reported positive and put on treatment.

Mumbai Central Drop-in-Centre Performance Indicator FY 17-18	
Outreach Services	
Total clients ever registered	1574
New registrations for the year	38
STI & ICTC	
Screened for STI	943
Tested for HIV	405
Condom Distribution	
Condoms Distributed	4094
OST	
Ever registered on OST	598
New registrations of OST	22
Average individuals regular on OST	61
NSEP	
Needles were distributed	6362
Syringes were distributed	3792

Detoxification Centre: Sankalp Disha



Sankalp Disha, inaugurated in March 2011 with the support of INSPIRASIA, is a twelve-bed residential detoxification centre. Originally located in Vithalwadi, it later moved to Vasai in 2013. Sankalp Disha's intensive 15-day programme aims to address clients' physical addiction in a supportive and non-judgmental environment, and is for individuals of all religious and cultural backgrounds.

During the 15-day in-patient detoxification program, clients are provided comprehensive medical and

psychological care by trained personnel. The use of Buprenorphine for OST is tapered off, and the on-site doctor treats and manages withdrawal symptoms such as tremors, insomnia, hallucinations and vomiting. All clients attend regular consultations with the psychiatrist.

The client's alcohol/drug use disorder history is fully recorded in an extensive format within a week of his admission, when he is physically and mentally stable. Sankalp Disha uses a cognitive therapy approach, and follows the '12-Step Recovery Programme' successfully used by Alcoholics Anonymous and Narcotics Anonymous. The clients are provided with individual and group counseling on daily basis on a variety of issues that affect their shattered lives. Rational Emotive Behavior Therapy (REBT), disease of addiction & relationship, addictive thinking & behavior, stress and anger management, financial management, sex- and relationship-related issues and spiritual bankruptcy are all common topics for daily group counseling sessions. Clients are also counseled on a one-to-one basis, where they delve into the circumstances surrounding them at the start of their drug use, family relationships, finances, and motivation for recovery. Since family support is a substantial driver of successful recovery, our staff conducts home visits, as well as joint client-family counseling sessions to strengthen relationships.

Many clients are referred for long-term residential rehabilitation at the 'Good Shepherd Recovery Home' provided by our networking partner, The Lord's Ranch Trust. Regardless of whether or not clients proceed to formal rehabilitation, various follow-up initiatives ensure continued treatment after our clients leave Sankalp Disha.

This year we had a total of 155 clients admitted to our detoxification centre. We were glad to see that out of these clients, only around 27% were relapse/repeat cases.

Sankalp Disha	
Total Admitted to Detox	155
New Clients Admitted	113
Clients Readmitted	42
Counselling	
Total Individual Counselling Sessions	893
Total Group Counselling Sessions	653
Total Family Counselling Sessions	361

Good Shepherd Recovery Home

Set up in January 2010, Good Shepherd Recovery Home (GSRH) is our rehabilitation centre located in the peaceful and scenic surroundings of Pune, near the Warasgaon Dam. Here, clients undergo a four-month long structured and comprehensive rehabilitation experience, where our well-trained, experienced, and dedicated staff introduces them to a range of therapeutic approaches to recovery. GSRH accepts clients from every strata of society and age group, from 18 to 70 years of age, but primarily aims to serve the most marginalized individuals, including HIV positive drug users.

The rehabilitation programme at GSRH is based on Evidence Based Programmes (EBPs). EBP tools and strategies are implemented in various sessions every week, and are designed to restore the self-image and self-respect that drug users or alcoholics tend to lose during their using period. This Sankalp-run residential programme on the premises of the Lords Ranch Trust includes individual and group counseling sessions, therapeutic listening and problem solving programmes, and tackles individuals' specific life situations with tailored strategies. The staff also organizes a range of therapies and tutorials for the mind, body, and soul through team games, physical exercises, meditation sessions, intensive group therapy, sharing experiences and stories with others in recovery, and exposure to the Narcotics Anonymous programme.

In addition to the psychological and social support that clients receive, work therapy is an important part of the rehabilitation process. Clients participate in vegetable gardening, poultry farming, cooking, maintenance, and cleaning. During these work therapy sessions, the supervisor or counselor's keen eye easily detects clients' hidden talents, aptitudes, and skills. This is essential for encouraging, training, and further equipping clients when they are ready to enter mainstream society.

In conjunction with clients' participation in GSRH, family involvement is highly recommended, since positive and healthy relationships are a vital source of support during an addict's recovery process. Therefore, a trained family counselor from Sankalp Rehabilitation Trust holds monthly meetings with families following a self-help model, with the counselor acting as a facilitator and encouraging family members to cooperate and help each other. These meetings are held at Sankalp's head office at Charni Rd, Mumbai, on the third Thursday of every month. Depending on a patient's progress, families are invited to the GSRH centre once they have completed three months of the programme. These activities help family members learn to address their own issues that may have contributed to the patients' drug use, and provide a positive environment for clients returning home from the rehabilitation centre.

This year, we had a total of 25 new clients enter the rehabilitation programme. A majority of those clients are still in touch with Sankalp, and are living clean, responsible and healthy lives.



Halfway Home

Many who are recovering from substance abuse issues find that in order to remain sober immediately following treatment, they must immerse themselves in a sober living environment. For many patients, living in a Halfway Home that offers a positive, drug and alcohol-free, group living environment can be a helpful and crucial step along the way to ultimate recovery. Whether referred to as a 'sober living home', a 'halfway home' or a 'sober house', all these names refer to a drug and alcohol-free, community living environment intended as a transitional living phase for those who have attended a residential rehab facility for drug or alcohol addiction.

Those in recovery who have lost a lot during active addiction benefit greatly from having a transitional period, to ensure that they are stable in their recovery before going home to deal with the stressful situation left behind. Most of those coming to Sankalp Rehabilitation Trust are street drug users and need to start life from scratch. Spending time at a Halfway Home can increase the chances of long-term recovery, because it further prepares a person for dealing with real-life situations once again.

With this need in mind, we decided to utilize additional space above our Detoxification Centre premises as a Halfway Home, to support those in treatment who are without a home in Mumbai. A top floor was constructed which houses 6 beds for these clients.

The objective is to offer a positive place for recovering addicts to find recovery support in their peer group, and allow residents to work on their unique recovery program towards becoming completely self-supportive and reintegrated into mainstream society. The services available at the Halfway Home are very similar to what is offered through treatment, but because the home allows the freedom to live a normal life, clients have the opportunity to take what they are learning and immediately apply it to real-life situations. Whether one is successful or not in their daily dealings, they can take their experiences back to a stable and positive environment where a counselor, doctor, or therapist can help analyze it.

This Halfway Home is yet another step closer to delivering a comprehensive and integrated continuum of services to our clients. During the year, we had a total of 31 individuals utilizing this service and greatly benefiting from it.



International Drug Day

In a resolution passed in December 1987, the UN General Assembly proclaimed 26th June as the "International Day Against Drug Abuse and Illicit Trafficking". In pursuance of this declaration, this day is observed all over the world to raise public awareness against the menace of drugs. During the month-long function, various events are organized worldwide to sensitize various sections of society to the consequences of drug abuse, prevention methods, as well as treatment services available.



Sankalp Rehabilitation Trust at the Western Harm Reduction Network, Sahara Pune Rally



Sensitization Program at Tardeo Police Station on issues relating to HIV/AIDS and drug users



Awareness programs for students at Campion English Medium School.



Interactive session with drug users at Arthur Road Jail.



Student from TISS taking a session on disclosure and other related issues with positive clients



Sensitizing and Educating the Community near Grant Rd Station

Family Services Unit

When recovering from addiction, family engagement is key. The family needs to heal from damages caused by addiction. At the same time, the family plays an integral role in their loved one's rehabilitation and recovery process. Studies show that treatment approaches that involve the family have better engagement, higher rates of success, and increased aftercare participation.

At Sankalp, we believe that to treat the addicted person, we need the knowledge, experience, and support of the entire family. We understand that families affected by drugs and alcohol need healing just as much as the addict. We firmly believe that dealing with family problems forms the basis for a lifelong recovery—for everyone.

What We Do

Help Families of Drug Users – Addiction to drugs or alcohol affects entire family systems. Every family member experiences pain and dysfunction that must be addressed and treated in order for the family to have a chance of healing and becoming whole. We will involve family members in an individual's drug and alcohol treatment to help them achieve a better understanding of addiction, family dynamics, relationships, the cycle of enabling, and other issues that affect recovery. As family members achieve a better understanding of why and how addiction occurs, they can begin to forgive the addicted family member and begin healing.

Help with the Drug User's Treatment – From the first inquiry through inpatient rehab and beyond, family members remain part of their loved one's treatment process. Through the intense involvement of family members, clinical staff can come to understand family dynamics and address dysfunction, which is essential to treating drug and alcohol problems.

Outcome of Family Services Unit	
Individual Drug Users Counselling	394
Families of Drug Users Counselling	252
Individuals who sought further treatment at our centers	141
Individuals referred to Nair Hospital for further check-up	105
Students reached through awareness programmes	1036
Individuals reached through public community awareness programmes	763



A Session with Parents of Students



Generating Awareness within the General Public



Family Counselling



Prevention Programs with Adolescents



Awareness Programs among Students



Group Counselling with Beneficiaries



Family visits at the Good Shepherd Recovery Home, Rehabilitation Centre



Awareness Program for Staff & Patients at G.T Hospital, Rehabilitation Ward

Community Care Centre

The Community Care Centre's Nivara Project is fundamental to providing clients a continuum of care. The Nivara Project provides individuals starting treatment for HIV, Hepatitis C and or Tuberculosis a place to stay until they can manage on their own back on the streets. Patients receive support for testing, registration, and coping with the initial and often uncomfortable side effects. At present, there is no external funding for Nivara, so Sankalp is only operating the centre for those who are in urgent need or are showing positive strides in their recovery.

The centre also hosts Support Group Meetings every month for individuals who are HIV positive. The aim of the support group is to provide a safe, non-judgmental environment where people can communicate freely and find the emotional support they need to better normalize HIV in their lives. Meeting other people who are HIV positive and share the same concerns, fears and medical issues can reduce the stigma and relieve stress from the daily challenges of living with HIV. For some, it's also the first place where they can acknowledge to another person that they are infected. The meetings help individuals to transition from being a person with HIV to a person truly living with HIV. To motivate and encourage more individuals to come, we also provide them with lunch before the meeting begins. Since most who attend are from the streets, this ensures that they at least get a nutritious meal – which is important to make one's body and immune system stronger. We thank Citizen Credit Co-operative Bank Ltd for their continued support, which goes towards this nutritious lunch for all attendees.



Networking and Advocacy

Sankalp puts great emphasis on networking with other NGOs. In fact, this is one of the strengths of the organization; that we do not aspire to do everything ourselves, but rather, go to those who have experience and strength in their primary field.

We are glad the BMC provides space wherever possible to be able to reach many more from this marginalized population. Also, through the Directly Observed Treatment Short (DOTS) program, we can make TB treatment available to those who need it among the drug using population. The specialized care provided by B.Y.L. Nair Hospital, L.T.M.G. Hospital, J.J. Hospital, Central Hospital (Ulhasnagar) and TB Hospital at Sewree is of immense help to our clients, as well.

Sankalp is also an active member of the Mumbai AIDS Forum; a network of more than 30 civil society organizations, including individual activists living with HIV in Mumbai. After a successful stint of over 2 years of being secretariat, Sankalp handed over the responsibility to Committed Communities Development Trust (CCDT).

Sankalp has been networking with Medicines Sans Frontiers (MSF) to access treatment for clients with Multi-Drug Resistant Tuberculosis (MDR-TB), and for those with HIV and HCV Co-infection. There is also a strong bond with MSF in their Access Campaign, where we work to get justice from multinational pharmaceutical companies such as Gilead and Roche. Lawyers Collective has helped us through our litigation with many pharma companies, to challenge patents or file pre-grant oppositions.

We will continue to strive for better treatment of our clients by actively extending our networking activities with a larger group of organizations.



Attending a meeting on India's Response to Viral Hepatitis - 24th Feb

Fundraising

Since all our services are primarily FREE, and the demands for supplementary services like nutrition, TB drugs and HIV/AIDS support are increasing, Sankalp Rehabilitation Trust is always looking out for donations from individuals and institutions to enable us to continue our mission and help improve countless lives.

As a part of our fundraising and awareness generation activities, Sankalp participated in this year's Tata Mumbai Marathon which was held on 20th January 2019. Apart from being Asia's premier distance running event, Tata Mumbai Marathon is also considered the frontrunner in charity. We had a total of 19 runners participating which included staff, trustees and well-wishers. The event gave a platform to spread various social messages; our runners wore specially designed Sankalp T-shirts and were seen holding banners printed with various slogans and messages. We managed to raise a little over 4 lakhs in donation from our supporters and well-wishers. In all, the event was a great success as we reached so many people in the community and among our partners.



Sankalp rehabilitation Trust also organised a fundraiser musical programme called 'Country Road on Fri 20th April 2018, at the St Andrews Auditorium, Bandra. The show featured India's top country artist "Bobby Cash" and a host of our local talents. The music had the audience swaying in their seats, clapping to the rhythm and cheering. It was a truly memorable experience with many asking us to organize more. We managed to raise over 7 lakhs



Demolition and Construction of New Drop-in-Centre

Our Drop-in-Centre at Bodyguard Lane almost went 'underground' four years ago due to the fact that the road had been raised by three feet to incorporate a new sewage line that had been laid out. The staff based there faced many challenges especially during monsoons when the rain water would overflow into the centre.

Permissions were sought and finally granted by the then Deputy Municipal Commissioner of BMC (A to E wards), Mr. S. Karvande to build a new structure not far from the present one, stating that they would demolish the present structure. The new structure would have to be built at our own cost and therefore time up till the monsoon was requested to collect funds for the same.



However, on 11th May 2018 the BMC suddenly demolished our centre. There was little choice but to adjust by shifting the DIC to our office premises at Charni Road. This did have an effect on the work as not all the 80 to 90 clients who come to our centre daily were willing to come to the new premises.



We owe a depth of gratitude to Mr. Allwyn Saldanha, who helped quickly bring in assistance from a reputed builder like Shapoorji Pallonji who built the centre for us from their CSR funds. We also owe a depth of gratitude Mr. Ravi Budhiraja who intervened with the Municipal authorities to get the necessary permissions and speed up the process of building the new centre.

The new Drop-in-Centre was inaugurated on 6th Oct 2018. Even with all the turmoil and disruptions, our staff and beneficiaries stood by us and helped the centre once again regain its momentum.

Events & Highlights



Observing World Hepatitis Day - 28 July 2018



Sensitizing of Police Personnel at Pydhone Police Station with MDACS - 20th Dec 2018



Awareness and Testing of Police Officers at Pydhone Police Station - 21st Dec 2018



Awareness and Testing of Police Officers at Tardeo Police Station - 26th Dec 2018



David Weinreb, our past volunteer from AJWS visits Sankap - 5th July 2018



Alcohol & ART Adherence among HIV + Men in India - 14th Feb 2019

Events & Highlights



Protesting the deadly drug war in Philippines – 24th Feb 2019



Exhibition cum Charity Sale at Govt. Law College, Mumbai – 20th-22th March 2018



2 day National Consultation with Police Training Academies in the context of Drug Use and HIV held in Delhi – 11th Jan 2018



Inspirasia Foundation visits our Detox Centre in Vasai - 9th April 2018



Saying Goodbye to outgoing Trustees
Ms. Saroj S. Jha & Mr. B.N Bhagwat
– 5th June 2018



Welcoming new Trustees, Ms. Geeta Sethi & Mr. Ravi Budhiraja - 5th June 2018

Our Staff & Management



Staff Details:

Gender	Paid (Part Time)	Paid (Full Time)
Male	9	15
Female	8	0
Total	17	15

Volunteer Details:

Gender	Paid	Unpaid
Male	0	1
Female	0	1

Distribution of staff according to payment levels (as on March 31, 2019)

	Male	Female	Total
<=5000	14	0	14
5001-10000	5	1	6
10001-25000	5	7	12
Total	24	8	32

* Except for Eldred Tellis(Founder Trustee and Executive Director) Rs. 14875/- towards travel costs for day to day monitoring of all centres (including railway pass and auto fares) Rs.8725/-for medicines.

* Total cost National Travel by Board Members/Staff/Volunteer on behalf of organisation Rs. 7632/-

Our Finance (Balance Sheet & I&E & R&P)

Balance Sheet as on 31 MARCH 2017

LIABILITIES	2018- 2019				ASSETS	2018 - 2019			
	Rs.	Ps.	Rs.	Ps.		Rs.	Ps.	Rs.	Ps.
Trust Funds or Corpus					Computer				
Balance as per last Balance Sheet	2,490,105.75				Balance as per last Balance Sheet	14,231.62			
Additions during the year	305,000.00		2,795,105.75		Add: Addition during the year	6,150.00			
						20,381.62			
Income and Expenditure Account					Less: Depreciation for the year	6,922.65		13,458.97	
Balance as per last Balance Sheet	4,860,697.84				Electrical & Other Equipments				
Add: Assets incorporated of Closed Projects	-				Balance as per last Balance Sheet	31,010.47			
Less : Unutilised Grant Returned	-				Add: Addition during the year	1,147.00			
Add/Less: Surplus /Deficit	(451,664.01)		4,409,033.83			32,157.47			
Endowment Fund					Less: Depreciation for the year	4,823.62		27,333.85	
Balance as per Balance Sheet	853,313.35				Furniture & Fixtures				
Additions during the year	-		853,313.35		Balance as per last Balance Sheet	99,824.40			
Current Liabilities					Add: Addition during the year	-			
Deposit for Electricity			3,000.00			99,824.40			
PT AY 19-20			2,150.00		Less: Depreciation for the year	9,982.44		89,841.96	
TDS Payable AY 19-20(94C)			750.00		Motor Vehicle				
Unutilised Grant - MDACS I			292,374.00		Balance as per last Balance Sheet	466,371.40			
Audit Fees Payable			29,500.00			-			
					Less: Depreciation for the year	69,955.72		396,415.68	
					Investments				
					Accrued Interest on Investment	164,178.53			
					Fixed Deposit with Syndicate Bank	976,995.04			
					Fixed Deposit with Axis Bank	1,848,493.00			
					Fixed Deposit with Citizen Cre. Co Op Bank Ltd.	828,676.00			
					Fixed Deposit with Deutsche Bank	270,000.00			
					Fixed Deposit with Kotak Mahindra Bank	302,619.00			
					Fixed Deposit with HDFC Bank	1,045,340.00		5,436,301.57	
					Current Asset				
					TDS Receivable AY 18-19			26,935.98	
					TDS Receivable AY 19-20			42,948.58	
					Recovery -TDS Niku Screen			750.00	
					Deposits				
					Deposits for Nutan Gas Agency	2,900.00			
					Deposit for Office Premises	100,000.00			
					Deposit for Bharat Gas	950.00		103,850.00	
					Cash and Bank Balances:				
					Cash-in-Hand	11,010.08			
					Cash at Bank	2,236,380.26		2,247,390.34	
TOTAL			8,385,226.93		TOTAL			8,385,226.93	

Income and Expenditure Account for the year ending 31 MARCH 2019

Income	Total Amt. in Rs.	Expenditure Amt. in Rs.	Total
To Establishment Expenses (See Annexure B)	4,249	By Interest (accrued) On Bank Accounts	371,394
To Depreciation	91,684	Fixed deposit with Banks	128,049
To Expenditure on objects of the trust		Bank accounts	
(a) Religious		By Grant Received	3,974,832
(b) Educational & Medical Relief (See Annexure C)	6,543,773	By Income from other sources	
(c) Relief of poverty		Profit on sale of Bonds	
(d) Other Charitable Objects		Other receipts- (See Annexure A)	1,713,766
To Surplus carried over to Balance Sheet	(451,664)		
TOTAL	6,188,042	TOTAL	6,188,042

Receipt & Payment Account for the year ending 31 MARCH 2019

Receipts	Total Amt. in Rs.	Payments	Total Amt. in Rs.
Opening Balance		Expenses for the object of the Trust	6,506,936
Cash	2,281	Purchase of Fixed Assets	7,297
Bank	2,686,971	Investment with Bank	300,000
Grants Received	3,997,124	Decrease in Current Liabilities	19,350
Other Receipts	200,910	Closing Balance	
Bank Interest	128,049	Cash	11,010
Interest on Investments	153,069	Bank	2,236,380
Donations	1,504,030		
Corpus Fund Received	305,000		
Increase in Current Liabilities	48,539		
Decrease in Assets	55,000		
TOTAL	9,080,973	TOTAL	9,080,973

Chartered Accountants:
S D Medadkar & Co.
 Mr. Sandeep S Shrikhande, Partner

Sankalp Rehabilitation Trust
 Eldred Tellis, Founder & Executive Director

Thank You



omprakash



PUBLIC HEALTH
FOUNDATION
OF INDIA



CITIZEN CREDIT
CO-OPERATIVE BANK LTD



Organisational Donors

Global Aid Committee
United Way of Mumbai
Mumbai District AIDS Control Society
DHL Express (India) Private Limited
Omprakash Foundation

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Eldred Tellis
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Naveen Chawla
Lisa D'souza
Ophelia D'souza
Neil D'souza
Karl D'souza
Candice D'souza
Sujata Ganega

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Indrani Banerjee
Firdaus Dadabhoy
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Bassein Catholic Co Op Bank Ltd
Techno Seal

Volunteers

Premnath Rajak



SANKALP

REHABILITATION TRUST

Never, never, give up

Contact US

Registered and Administrative Office

Project Nivara-Community Care Centre

1st Floor, S. S. Bengali School, Thakurdwar Road, Charni Road (E), Mumbai - 400 002. India

Tel.: +91 22 6525 2685 email : sankalp.trust@gmail.com

DROP-IN-CENTRES

Sankalp Chhaya

(I) Bodyguard Lane Near RTO,
Mumbai - 400 034.

(II) Gokuldham Co-Op. HSG. Soc. Ltd. (Walintine View),
Shop No. 22, Sane Guruji Marg, Tardeo, Mumbai - 400 034.
Contact No.: +91 22 6575 9545

Detoxification Centre

Sankalp Disha

Father Bobacha Ashram
Bamboo House, Near Huseini Colony, Babola Bangali Road,
Vasai (W), Thane. Contact No.: 0250-2021270