



ARTSCAPE
Positive Mind. Positive Life.

ANNUAL REPORT

April 2022–March 2023



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As I reflect back on the last year, I am most grateful for the generosity of supporters like you, our core team members, volunteers and interns, our partners and our generous donors who have supported this journey.

Each one of us, irrespective of age, gender and environment have experienced moments on various points on the mental health spectrum. At Artscape, our single-minded effort is directed towards normalising conversations on Mental Health with focus on Emotional wellbeing.



Emotional well-being is a vital component of a person's overall quality of life. It affects mental and physical health, relationships, resilience, decision-making, and overall life satisfaction. In order to take this conversation deep and expand into diverse communities, we have established valuable partnerships with organisations, corporations and individuals to implement our programs.

Our Care for Cancer Sessions have found new Partnerships. We are currently delivering Sessions in a Hybrid model with both Online and Offline implementation. This has allowed us to reach more numbers.

The Beyond Academics Program has extended to Remand homes, Rehabilitation Centres, Skill Development and Training Centres along with our existing presence in schools.

Feedback and impact studies have shown that our Sessions are valued, have top recall and the beneficiaries are able to use the learnings to **cultivate and maintain emotional well-being through self-care, therapy, and healthy coping strategies that lead them to a fulfilling and enjoyable life.**

We are encouraged and energised to strengthen our Programs, scale up our work and expand our reach. Hope to find you walking along with us.
With faith and goodwill

Kamalika Guha Thakurta
Founder - Director



ABOUT ARTSCAPE



Caring for Mind is as Important as Caring for the Mind”



We are a non-governmental organization established in 2015. United by our passion to nurture emotional wellbeing, we design and conduct sessions based on Expressive Arts Therapy.

With the belief that each individual has the ability to reach their highest potential if they are educated with tools and strategies to develop a Vision for the Self that helps to give an indicator of personal values, strengths and goals.

Artscape works towards contributing to the Sustainable Development Goal (SDG) 3- Good Health and Well Being.

Vision:

One day all individuals will be in a state of mental well being and lead a good quality of life under any circumstance.

Mission:

To enable a state of mental wellbeing in which individuals realize their own potential, recognize their everyday stressors and cope with them, work productively and are able to make fruitful connections with the community at large through Expressive Arts Therapy.

PURPOSE

In December 2017, India President Ram Nath Kovind warned of a potential “mental health epidemic” in India, with 10 per cent of its 1.3 billion-strong population having suffered from one or more mental health problems.

According to WHO, India accounted for nearly 15 per cent of the global mental, neurological and substance abuse disorder burden. A meta-analysis of community surveys estimate that the prevalence of depression and anxiety could be up to 33 per 1,000 persons. In India, the treatment gap (the number of people with an illness who need treatment but do not get it) is 70 to 92 per cent, depending on the state. It is estimated that nearly one-third of patients who seek help from healthcare facilities could have symptoms related to depression. But poor awareness of mental health symptoms, social stigma, and lack of adequate resources and facilities stop people from getting the help they need.

There are only 5,000 psychiatrists in India, or 0.3 for every 100,000 persons, and less than 2,000 clinical psychologists (0.07 per 100,000). To compare, the ratio of psychiatrists in developed countries is 6.6 per 100,000 and the average number of mental hospitals globally is 0.04 per 100,000 persons, compared to 0.004 in India.

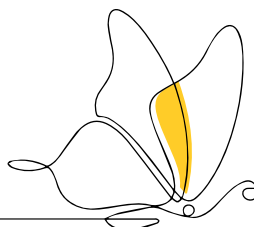
At Artscape, we are striving towards accessibility and affordability and to fill in this gap that exists in our country to achieve a just and equitable system for mental health and wellbeing.



WHY DOES MENTAL HEALTH MATTER

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. It is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health is a basic human right. And it is crucial to personal, community and socio-economic development. It is more than the absence of mental disorders. It exists on a complex continuum, which is experienced differently from one person to the next, with varying degrees of difficulty and distress and potentially very different social and clinical outcomes.

At Artscape we work towards preventive and promotive mental health and wellbeing using the tools of Expressive Arts Therapy which allows individuals of all age groups a space to express, engage and prioritize their own wellbeing.



EXPRESSIVE ARTS THERAPY AND MENTAL WELL BEING

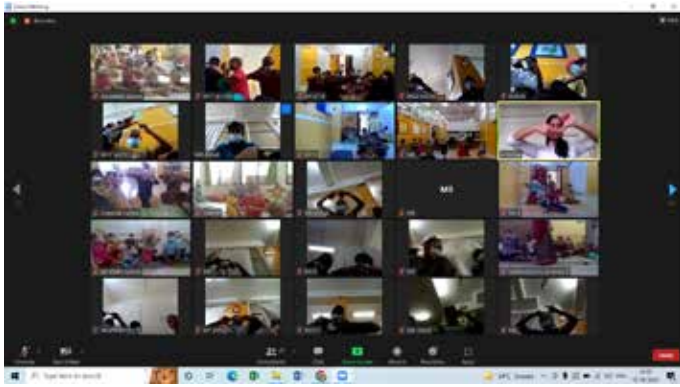
Expressive Arts Therapy is a form of therapy that utilizes and embraces the energy of the arts in its many forms. It provides an inroad to understanding ourselves from a subconscious and intuitive place. With the guidance and witnessing presence of a trained expressive arts therapist, clients tap into their senses, innate imagination and curiosity. Doors are opened to self-exploration, the processing of emotions, finding understanding and compassion for self and others and self-soothing. This form of therapy sensitively supports the treatment of complex mental health issues from a non-pathologizing and strength-based perspective.

OUR PROGRAMS

CARE FOR CANCER

The Program is designed to provide a diversional therapy to help ease the process of recovery and rehabilitation by emotionally empowering the participants. The anxiety and uncertainty of a Cancer diagnosis can create extreme disruption in the lives of patients under treatment, survivors of the disease, caregivers affecting their physical, psychological, social and financial environment. This disruption leads to feelings of distress which often remain unaddressed, and can over time lead to emotional outbursts, anger issues, anxiety, depression and slow recovery causing an increased burden on care facilities. Artscape designs Sessions with expressive arts therapy which is the use of creative art based tools like music, movement, art and meditation to build emotional awareness, encourage expression and identify coping mechanisms. The circle allows active participation, sharing of feelings and social integration. Currently the Program is delivered either virtually or in – person depending on the environment and need of the group. This program is implemented in collaboration with hospitals, hospices, NGOs like Tata Memorial Hospital, Tata Trust – Assam Cancer Care Foundation, Indian Cancer Society, St Jude's India Childcare Center, V Care Foundation, Dr Ernest Borges Memorial Home, OnCare – Masina Hospital, among others.





BEYOND ACADEMICS

This Program is designed to provide life skills and value education for responsible living among school going children and young adults. Learning about and through arts is fundamental to the development of the child, promoting creativity, critical thinking, problem-solving skills and social interactions. It encourages a deep dive into their inner resources, develops their personalities and prepares themselves to be confident and empathetic adults. An acquired sense of SELF helps better integration and performance both in the personal and professional spaces. Currently the Program is delivered either virtually or in – person depending on the environment and need of the group. This program is implemented in collaboration with Educational Institutions, Partner NGOs like United Way Mumbai, Project Mumbai, YMCA, Acorn Foundation among others.

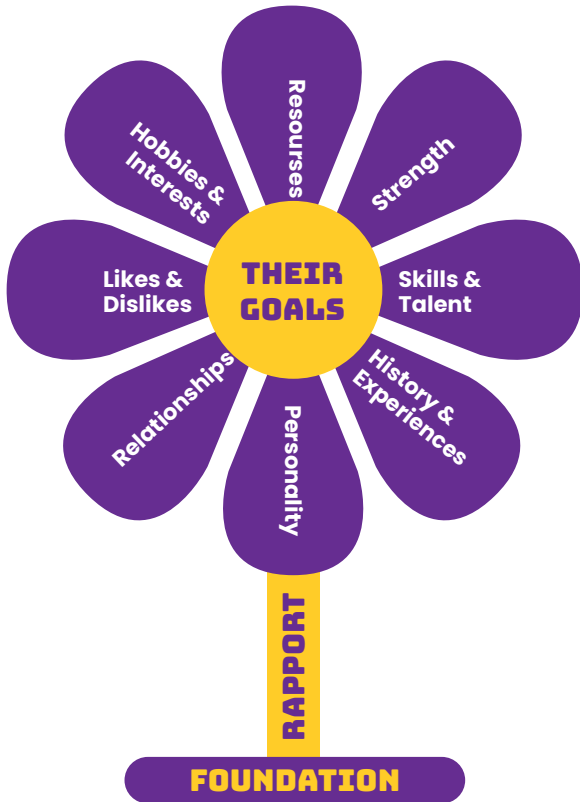


CORPORATE WELLNESS

Globally, more than 25% of mental illnesses arise due to workplace stress. Job stress has professional and personal consequences. It affects workplace performance, relationship with co-workers and peers, quality of work and their relationships with superiors which trickles into their personal lives too. This disruption leads to feelings of distress which remain unaddressed. These suppressed emotions over a long period of time lead to emotional outbursts, anxiety, and depression causing inefficiency and increases the burden on the organization. Artscape recognizes the dire need to intervene in this area through its Corporate Wellness programme to provide a platform to engage and express their emotions, help them relax and enable them to attain a state of mental well-being under any given circumstance through Expressive Art Therapy. Sessions are designed using Music, Movement, Meditation & Art. Our sessions ensure introspection, the deeper understanding of personal motives, changes in perspective to facilitate optimum communication, creativity, and efficiency in the workplace. Sessions are designed to ensure better connection with oneself resulting in better communication, enhanced social interaction and a sense of trust amongst the entire team. The participants leave the session relaxed, stress free, motivated and positive. The fee earned through this module is used entirely to fund the Care for Cancer programme. Our target population is the employees of corporate organization.



OUR PEDAGOGY



EXPRESSIVE ARTS THERAPY

We use tools like dance and movement, drama, art, music, journaling, storytelling in the context of psychotherapy. Our Program offers the participants a unique experience of intellectual and emotional exploration through the use of creative art techniques to deliver pre-determined objectives. The Sessions are unique and experiential wherein the facilitators encourage Self knowledge through a process of Engagement, Reflection and Expression.



RESPECTFUL OF CULTURE, GENDER, AND HISTORY

TRAUMA AWARENESS AND ACKNOWLEDGMENT

SAFETY AND TRUSTWORTHY

CHOICE, COLLABORATION AND CONTROL

STRENGTHS BASED AND SKILLS-BUILDING

STRENGTHS BASED APPROACH

Traditionally, the mental health arena is highly influenced by the medical model where severe mental illnesses are considered chronic with irreversible neuropathological brain changes and information-processing deficits. Mental health recovery seems like an impossible dream. As healthcare providers paint a gloomy picture of people with mental illnesses, they also view themselves in a negative light. They often realize that they are different from others. They may isolate themselves, which per se affects their self-esteem.

Instead of employing the traditional medical model which emphasizes on pathology, focusing on problems and failures in people with mental illnesses; the strength-based approach allows practitioners to acknowledge that every individual has a unique set of strengths and abilities so that he/she can rely on them to overcome problems. This helps them to become more resilient and achieve the state of overall well being.

OUR PEDAGOGY

TRAUMA INFORMED APPROACH

Trauma-informed practice is an approach to health and care interventions which is grounded in the understanding that trauma exposure can impact an individual's neurological, biological, psychological and social development. It aims to increase practitioners' awareness of how trauma can negatively impact individuals and communities, and their ability to feel safe or develop trusting relationships with health and care services and their staff.

It aims to improve the accessibility and quality of services by creating culturally sensitive, safe services that people trust and want to use. It seeks to prepare practitioners to work in collaboration and partnership with people and empower them to make choices about their health and wellbeing.

Trauma-informed practice acknowledges the need to see beyond an individual's presenting behaviors and to ask, 'What does this person need?' Rather than 'What is wrong with this person?'

OUR MODEL

- **Identify and collaborate with the NGOs/Organizations that can benefit through our process**
- **Understand their needs and prepare a proposal catering to the organization**
- **Do an initial baseline assessment to identify the objectives and goals for the program**
- **Design the sessions in collaboration with our trained expressive arts and creative arts therapy facilitators on the basis of the reports from the assessment**
- **Do a post assessment after every module and study the impact, feedback forms post each session for the records.**

COLLABORATIONS

BEYOND ACADEMICS



Acorn Foundation- Dharavi



United Way Mumbai



YMCA -Mumbai Central



Vedanya school - Gurugram



Project Mumbai-
The Smiling Schools Project



SUPPORT- Society Undertaking Poor
People's Owners for Rehabilitation



Doorstep Schools

COLLABORATIONS

CARE FOR CANCER



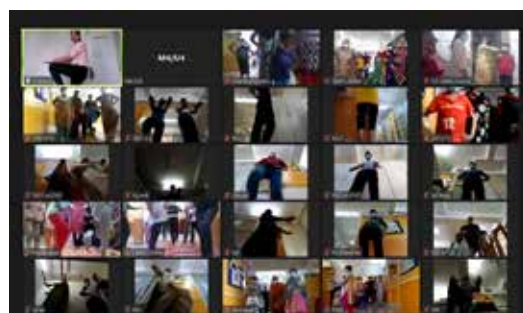
CPAA - Wadia Hospital



Karo Homes



VCare Foundation - Actrec



St Jude's - Virtual sessions with 12 centers pan India Pfizer

Post Covid, when physical sessions were not possible we created Self Care resource library for V Care foundation for their cancer patients

COLLABORATIONS

FUNDRAISING EVENTS

Tata Mumbai Marathon 2023



VOLUNTEER PROGRAMS

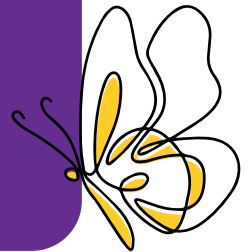


“

Maine aaj yeh sikha ki agar aaj mein 10 logon ke samne apne baare mein bol paati hun toh kal mein 100 logon ke samne bol paungi”.

”

Beyond Academics Program

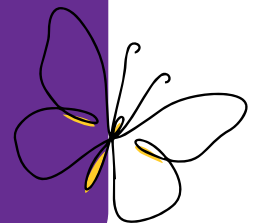


“

“Aaj maine apne baare mein yeh sikha ki mushkil mein bhi main apne aap ko kaise madad kar sakti hu”

”

Care for Cancer Program



OUR TEAM



Founder
Ms. Kamalika Guha Thakurta



Manager Admin
Mr. Ravikant Upadhyay



Consultant
Ms. Madhulika Dhindaw

Facilitators:



Ms Aishani Shah



Ms Atteet Bhandari

OUR TEAM



Ms Sejal Bhatt Paleja



Ms Sharmishtha Nasu



Mr Georit George



Ms Pallavi Deshmukh

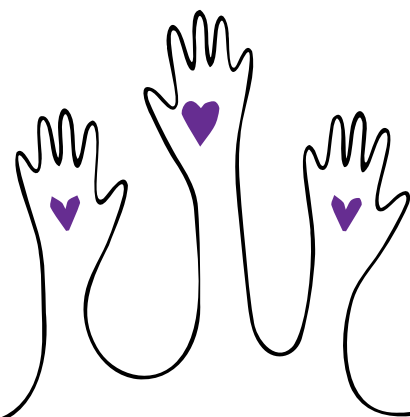


Ms Angira Chakraborty







Mr Aditya Garud

Volunteers and Interns-17



OUR PARTNERS

 V Care Faith and Hope for those touched by cancer	 St Jude India ChildCare Centres	 Nana Palhar Smrutli Samiti नाना पलहार स्मृति समिती	 INDIAN CANCER SOCIETY BSE BOARD LISTED
 Light of Life Trust	 FLOWERING TREE	 DR. ERNEST BORGES MEMORIAL HOME	 MAKE A WISH India
 CPAA	 TATA TRUSTS	 EUREKA FORBES	 RBL BANK
 TATA MEMORIAL CENTRE 1973 1975 1978 TATA MEMORIAL CENTRE	 N.K. DHABHAR CANCER FOUNDATION	 VATSALYA	 Healing Dove
 muktangan learning & growing together	 United Way United Way Mumbai	 KARO	 Hindustan Unilever Limited
 connect for	 ATG	 PROJECT MUMBAI.org People. Purpose. Positive Change.	 BOMBAY YMCA
 SUPPORT SM SOCIETY UNDERTAKING POOR PEOPLE'S ONUS FOR REHABILITATION	 onCare Powering Your Care	 Hiranandani	 DOOR STEP SCHOOL Transforming Education
 Dhanaji acorn FOUNDATION	 SPJIMR Abhyudaya	 Pfizer	

Report of an auditor to accounts audited under sub section (2) of section 33&34 and Rule 19 of the Bombay public Trust Act.
 Name of the public Trust: SRIJON FOUNDATION
 For the year ending: 31st MARCH 2023

Registration No. F-54605

(a)	Whether account are maintained regularly and in accordance with the provisions of the act and the rules,	YES
(b)	Whether receipts and disbursements are properly and correctly shown in the accounts,	YES
(c)	Whether the cash balance and vouchers in the custody of the manger or trustee on the date of audit were in agreement with the accounts,	YES
(d)	Whether all books, deeds, accounts, vouchers, or other documents or records required by the auditor were Produced before him except as reported in Annex. 1	YES
(e)	Whether a register of movable and immovable properties is properly maintained, charges therein are communicated from time to time to the regional office, and inaccuracies mentioned in the previous audit report have been duly complied with;	NO
(f)	Whether the manager or trustee or any other person required by the auditor or appear before him did so and furnished the necessary information required by him;	YES
(g)	Whether any property or funds of the trust were applied for any objects or purpose of the trust;	YES
(h)	The amount of outstanding for more than one year and the amounts written off, if any,	N.A
(i)	Whether tenders were invited for repairs, construction involving expenditure exceeding Rs.5000/-	N.A
(j)	Whether any money of the public trust has been invited contrary to provisions of sec.36, sec.35;	NO
(k)	Alienations if any of the immovable property contrary to the provisions of sec.36 which have come the notice of the auditor,	N.A
(l)	All cases of irregular, illegal, or improper expenditure, or failure or omission to recover monies or other property belonging to the public trust or the loss or waste of money or other property thereof, and whether such expenditure, failure, omission, loss or waste was caused in consequence of breach of trust or misapplication or any other misconduct on .	NO
(m)	Whether the budget has been field in the form provided by rule 16 A;	NO
(n)	Whether the maximum and minimum number of the trustees is maintained;	YES
(o)	Whether the meetings are held regularly as provided in such instrument;	YES
(p)	Whether the minute books of the proceedings of the meeting is maintained ;	YES
(q)	Whether any of the trustees has interest in the investment of the trust;	NO
(r)	Whether any of the trustees is a debtor or creditor of the trust;	NO
(s)	Whether the irregularities pointed out by the auditor in the accounts of previous year have been duly complied with by the trustees during the period of audit;	YES
(t)	Any special matter which the auditor may think fit or necessary to bring to the notice of the Deputy or Assistant Charity Commissioner.	NO

PLACE : MUMBAI

DATE : 04/01/23



The Bombay Public Trust Act, 1950
SCHEDULE - IX C
(Vide Rule 32)

Statement of income liable to contribution for the year ending :
Name of the Public Trust : **SRIJON FOUNDATION**
Registered No. : **F-54605**

31st March 2023

	Rs.	P.	Rs.	P.
I. Income as shown in the Income and Expenditure Account (Schedule IX)				
II. Items not chargeable to Contribution under Section 58 and Rules 32 :				
(i) Donations received from other Public Trusts and Dharmadas	NIL			
(ii) Grants received from Government & Local authorities	NIL			
(iii) Interest on Sinking or Depreciation Fund	NIL			
(iv) Amount spent for the purpose of secular education	NIL		43,02,306	
(v) Amount spent for the purpose of medical relief	NIL			
(vi) Amount spent for the purpose of veterinary treatment of animals	NIL			
(vii) Expenditure incurred from donations for relief of distress caused by scarcity, drought, flood, fire or other natural calamity	NIL			
(viii) Deductions out of income from lands used for agricultural purposes :-				
(a) Land Revenue and Local Fund Cess	NIL			
(b) Rent payable to superior landlord	NIL			
(c) Cost of production, if lands are cultivated by trust	NIL			
(ix) Deductions out of income from lands used for non-agricultural purposes :-				
(a) Assessment, cesses and other Government or Municipal Taxes	NIL			
(b) Ground rent payable to the superior landlord	NIL			
(c) Insurance Premia	NIL			
(d) Repairs at 10 per cent of gross rent of building	NIL			
(e) Cost of collection at 4 per cent of gross rent of building let out	NIL			
(x) Cost of collection of income or receipts from securities, stocks, etc. at 1 per cent of such income	NIL			
(xi) Deductions on account of repairs in respect of buildings non rented and yielding no income, at 10 per cent of the estimated gross annual rent	NIL			
Gross Annual Income chargeable to contribution		Rs.		-8,10,729

Certified that while claiming deductions admissible under the above Schedule, the Trust has not claimed any amount twice, either wholly or partly, against any of the items mentioned in the Schedule which have the effect of double-deduction.

Trust Address :
B 401-402, HIBISCUS
PANCH MARG OFF YARI ROAD
ANDHERI W, MUMBAI

Place Mumbai
Dated : 04/09/23

Place Mumbai
Dated : 06/09/23

For SRIJON FOUNDATION

[Signature]
President

For SRIJON FOUNDATION

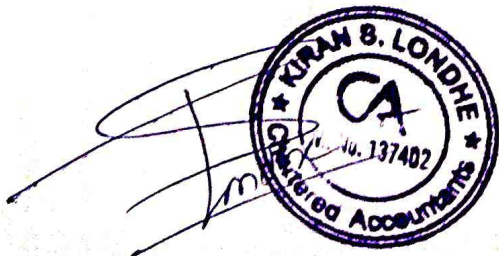
For SRIJON FOUNDATION

[Signature] **Secretary**

Trustee

For SRIJON FOUNDATION

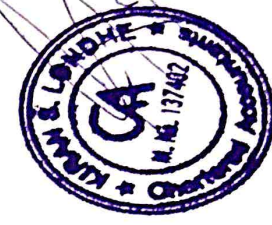
[Signature]
Trustee



EXPENDITURE		INCOME		AMOUNT		AMOUNT	
Rs.		Rs.		Rs.		Rs.	
To Opening Stock							
To Expenditure in respect of properties:-							
Rates, Taxes, Cesses	2,063.00						
Repairs and maintenance	14,48,395.00						
Salaries							
Insurance							
Depreciation (by way of provision of adjustments)		1450458.00			19,334.00		19,334.00
To Establishment expenses							
To Remuneration to trustees							
To Remuneration to Trustees							
To Remuneration (in the case of a math) to the head of the math, including his household expenditure, if any							
To Donation Expenses							
To Audit Fees							
To Legal Expenses							
To Contribution and Fees							
To Amount written off							
(a) Bad Debts							
(b) Loan Scholarship							
(c) Irrecoverable Rents							
(d) Other Items							
To Miscellaneous Expenses							
To Depreciation							
To Amount transferred to Reserve or Specific Funds							
To Expenditure Objects of the Trust							
(a) Religious							
(b) Educational	2798013.00						
(c) Medical Relief							
(d) Relief of Poverty							
(e) Other Charitable objects	0.00						
To Surplus carried over to Balance Sheet							
TOTAL							3491577.00

As per our Report of even date
For K S M Londhe & Associates
Chartered Accountants

CA. Kiran Londhe
M. No. 137402



1) For SRIJON FOUNDATION
K S M Londhe Secretary

2) For SRIJON FOUNDATION
President

Place: Mumbai

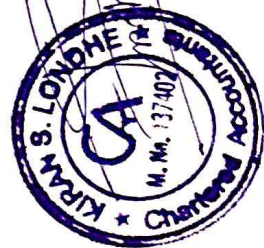
Date: 04/09/23

For SRIJON FOUNDATION
Trustee

FUNDS & LIABILITIES		PROPERTY AND ASSETS	
AMOUNT	AMOUNT	AMOUNT	AMOUNT
Trust Fund or Corpus:- Balance as per Balance Sheet Addition During the Year		Immovable Properties:- (At Cost)	
87,400.00	87,400.00	Office Premises	6,163.00
		Investments :-	924.45
		Furniture and fixtures - Balance as per last Balance Sheet	1,389.00
		Less : Sold	208.35
		Less : Depreciation	
		Camera	807/4.00
		Less : Depreciation	1,211.10
		Electric Tanpura	8,903.00
		Less : Depreciation	1,335.45
		Mobile	
		Less : Depreciation	
		Harddisk	28,034.00
		Less : Depreciation	4,205.10
		Harmonium	
		Less : Depreciation	
		Laptop	98,813.00
		Less : Depreciation	39,525.20
		Ornaments	13,331.00
		Less : Depreciation	1,999.65
		Scanner	2,231.00
		Less : Depreciation	334.65
		Speaker	12,515.00
		Less : Depreciation	1,877.25
		Tabla	3,706.00
		Less : Depreciation	555.90
		Tanpura	11,054.00
		Less : Depreciation	1,658.10
		TDS On Sundry Debtors	
		Loans (Secured or Unsecured) ; Goods/ doubtful	
		Cash and Bank Balances:-	
		HDFC Bank	6,64,667.00
		ICICI Bank	4,11,709.00
		State Bank Of India	6,975.00
		RBI Bank	2,08,834.00
		Cash In Hand	24,186.00
		Total	13,16,371.00
			18,71,990

The above Balance Sheet to the best of my belief contains a true account of the Fund and Liabilities and of the Property and Assets of the Trust.

Trustees 1) **For SRIJON FOUNDATION** For SRIJON FOUNDATION
 2) *Rajnish* **President**
Kanishka **Secretary**
For SRIJON FOUNDATION
Shriyasha **Trustee**



As per our Report of even date
 For K S M Londhe & Associates
 Chartered Accountants
 CA. Kiran Londhe
 M. No. 137402

04/19/23

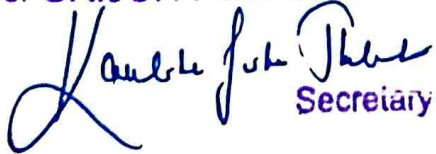
Schedule Of Expenses

<u>Particulars</u>	<u>Amt</u>
Rent	91366
Salary	1448395
Advertising	33933
Programme Expenses	333495
Musician Exp	123394
Professional Fee	1635211
Bank Charges	649
Courier Expenses	2458
Office Expenses	6652
Refreshment Expenses	37431
Printing & Stationery	19124
Cleaning Expenses	184985
Website Expenses	65996
Uniform Expense	62,576
Traveling Expenses	126739
Depreciation	53834
Staff Welfare	25005
Repairs And Maintance	2063
Other Expense	49000
TOTAL	4302306

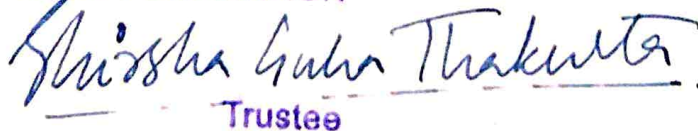
For SRIJON FOUNDATION

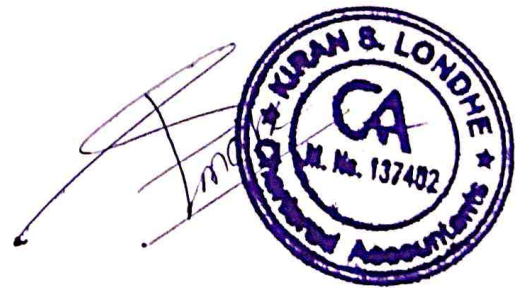

President

For SRIJON FOUNDATION


Secretary

For SRIJON FOUNDATION


Trustee





Art has the power to transform,
to illuminate, to educate,
inspire and motivate



Harvey Fierstein

For more details you can also visit

artscape.in



@artscapeofficial



@artscapeofficial



Artscape India



Artscape

Artscape is registered as SRIJON Foundation under the Societies Registration Act, 1860 holding a valid 80G certificate and is exempt from income tax u/s 12A of the Income Tax Act, 1961. It has valid GUIDESTARhas a FCRA and CSR 1 registrations.