

Samarth Annual Report 2017- 2018

List of Members: 2017-2018

Governing Body

- Dr. Saradha Suresh : Honorary President, Former Director, Institute of Child Health (ICH), Chennai
- Dr. Rani Mohanraj : Secretary, Psychologist, Samarth, Chennai
- Dr. Shuba Kumar : Treasurer, Social Scientist, Samarth, Chennai
- Dr. L. Jeyaseelan : Prof. & Head, Department of Biostatistics, Christian Medical College, Vellore
- Dr. R. Thara : Director, Schizophrenia Research Foundation, (SCARF), Chennai
- Dr. Lakshmi Vijayakumar : Psychiatrist, Founder Member Sneha, Chennai
- Dr. Krishnakumar : Principal, Elite School of Optometry, Sankara Nethralaya, Chennai
- Dr. Visalakshi Jeyaseelan : Lecturer, Department of Biostatistics, Christian Medical College, Vellore
- Dr. Suresh Kumar : Consultant Psychiatrist, Chennai

Members

- Ms. Aarthi Kandasamy : Psychologist, ISHA Foundation, Coimbatore
- Ms. Basilea Watson : Technical Assistant (Research), National Institute for Research in Tuberculosis (NIRT), Chennai
- Dr. B.R Desikachari : Senior Public Health Consultant, Chennai
- Dr. Keerthi Prabhu : Consultant Psychiatrist, Apollo Hospitals, Chennai
- Ms. C.D. Nandini : Nutritionist, Chennai
- Ms. Prasiddha Rama Rao : Public Health Specialist
- Ms. Premalatha : Data Manager, Schizophrenia Research Foundation (SCARF), Chennai
- Ms. Rama Murali : Public Health Consultant, USA
- Ms. Sylvia Jeyakumar : Consultant, Biostatistics, Chennai
- Ms. K.V. Sripriya : Nutritionist, Research Coordinator, Samarth, Chennai
- Mr. Veerapandian : Assistant Professor, he Banyan Academy of Leadership in Mental Health (BALM), Chennai

Advisory Body

- Dr. Lisa Manhart : Associate Prof. Epidemiology, Adjunct
Associate Prof. Global Health, University of
Washington, Center for AIDS & STD, Seattle, USA
- Dr. Usha Ramakrishnan : Associate Professor, Hubert Department of Global
Health, Emory University – USA

IRB Members

- Dr. B.W.C. Sathiasakaran : Chair, Prof. of Community Medicine, Sri Ramachandra
Medical College and Research Institute (SRMC&RI),
Chennai
- Ms. Savitha : : Community Representative, Chennai
- Dr. Padmavati : : Psychiatrist, Joint Director-SCARF, Chennai
- Dr. Visalakshi Jeyaseelan : : Biostatistician, Christian Medical College, CMC,
Vellore
- Dr .G. Srinivas : : Professor & HoD, Department of Epidemiology
The TN Dr MGR Medical University, Chennai
- Dr. TP. Jayanthi : : Associate Professor, Community Medicine , KMC,
Chennai
- Ms. Ranjini Murthy : : Consultant Social Scientist, Chennai
- Dr. Jagannathan : : Senior Assistant Professor of Pathology, Kilpauk
Medical College, Chennai
- Mr. Karthik Ram Mohan : : Advocate, Chennai
- Ms. Sumitra Gomadam : : Advocate, Chennai
- Ms. Neha Lamech : : Member Secretary, Chennai

Scientific Review Committee Members

- Dr. R.Thara : : Director, Schizophrenia Research Foundation,
(SCARF), Chennai
- Dr. Shaheed Jawahar : : Former Scientist “G” National Institute For Research in
Tuberculosis (NIRT), Chennai
- Dr.L.Jeyaseelan : : Professor & Head, Department of
Biostatistics, Christian Medical College, Vellore

- Auditors** : : Parameswaran & Associates Chartered Accountants.
Bankers : : Canara Bank, St. Mary’s Road, Chennai

SECRETARY'S MESSAGE

Dear All,

Greetings from Samarth!

I am very happy and proud to share that Samarth completed 10 years of existence in May 2017! No doubt this journey has had its share of challenges and disappointments but with it came good learning which both strengthened our skill sets and our abilities to deal with adversity. We are pleased with our progress and look forward to the next decade.

One of the most challenging and exciting research projects we carried out was the study titled, "Care seeking in Childhood Pneumonia Management: An Exploratory Study!" It was challenging because the field work was carried out in 3 districts each in the States of Uttar Pradesh, Madhya Pradesh and Tamilnadu. We visited households with children less than 5 years in 30 Health Sub Centers in each of these districts. Overall 17,442 children from 13,544 households were screened for probable pneumonia. Travelling to villages located in remote parts of districts like Satna, Panna in Madhya Pradesh and Faizabad in Uttar Pradesh was arduous but at the same time provided rich insights into difficulties and barriers faced by poor rural folk to seek health care for their children. It was thus, very rewarding for us to be a part of this huge research endeavour as it provided important insights regarding pneumonia management in our country. We are looking forward to analyzing the data and presenting the findings.

The final evaluations of the Delivering HOPE-Hepatitis B and C awareness programmes of the six NGO partners began during this period. The findings of the interim evaluations were well appreciated by the NGOs following which they made mid course corrections to their programmes. The NGOs whose programmes we evaluated during this period were, the "Conquer Hepatitis programme" by the All India Institute of Diabetes Research (Ahmedabad), "Prevention and Early Management of Hepatitis B and C among Injection Drug Users", by MAMTA, the Health Institute of Mother and Child in Manipur and Amritsar and the "Education and Sensitization programmes" conducted by United Way of Mumbai, in schools and among field health workers.

We continue to conduct our workshops on qualitative research which are now deeply appreciated and valued. We in turn derive great satisfaction in guiding and supporting workshop participants in their research work.

I would like to place on record my deepest appreciation to all our members, collaborators, and well wishers for their continued support in our growth.

Warm Regards,

Rani Mohanraj

ABOUT SAMARTH

We are a group of epidemiologists, social scientists, psychologists and biostatisticians who share a common vision in advocating for health research. We have extensive research experience in using both qualitative and quantitative methods in several national and international multicentric health projects. These have ranged from projects on domestic violence, adolescent mental health, community mental health to, care and support programmes for HIV positive persons.

Samarth was set up in January 2007 and registered as a society under the Tamilnadu Societies Registration Act, 1956 on 24th May 2007. Members of Samarth have been involved in conducting various research projects and social science training programmes.

OUR OBJECTIVES

- Conducting research to inform policy
- Building capacity in epidemiology, social science and biostatistics
- Building partnerships with government and private sectors in health promotion

OUR MISSION STATEMENT

Samarth is committed to creating healthier lives of communities through credible research and sustainable interventions

Research and Training Activities

ONGOING PROJECTS RESEARCH

1. Evaluation of the six 'Delivering HOPE- India' NGO partners programme. Supported by BMSF (November 2014 - December 2018)

The Bristol-Meyers Squibb (BMS FOUNDATION) Foundation has undertaken several programmes to implement strategies to reduce the incidence of Hepatitis (B and C) in India. The BMS Foundation has been working with several NGO partners in several states across India in implementing these programmes. These NGO partners have been involved in carrying out education and awareness programmes aimed at communities, schools and colleges, running vaccination camps and training health care providers on various prevention and treatment aspects of Hepatitis B and C. In an effort to improve the efficiency of programmes and to understand their effectiveness, BMSF recruited Samarth to monitor and evaluate the hepatitis reduction programmes being undertaken by 6 partner NGOs, namely Mamta, LFWB, AmeriCares, United Way, Hope and AIIDR. Samarth has been carrying out the evaluations on a periodic basis for the last three years. With funding for these projects now coming to a close, Samarth undertook one final evaluation of each of the projects during this period (2017-2018). Described below is a summary of activities undertaken under this project during this time period.

1. Workshop on Monitoring and Evaluation

On the request of United Way Mumbai, a two day workshop on monitoring and evaluation was carried out by Samarth team members in Mumbai on May 2nd and 3rd 2017. The topics covered included developing a monitoring and evaluation plan, developing programme indicators, methods of data collection, behaviour change theories and behaviour change communication, developing survey questionnaires, ethical issues and writing up a protocol. The workshop was attended by staff of United Way.

2. Evaluation Visit to Gujarat: AIIDR

A final evaluation of the work undertaken by AIIDR with health care providers was carried out to assess the sustainability of knowledge about Hepatitis B & C among health care providers and to assess understanding of Hepatitis B by ANC women in the selected intervention sites. The Samarth team visited Ahmedabad from 13th – 15th February 2018. The same field team who had worked with us on earlier evaluation were hired to undertake the data collection. The HCPs comprised doctors and field health workers (Nurses and ANMs). A total of 17 and 20 medical officers from the intervention and control sites participated in the evaluation. The FHWs comprised of 25 who had participated in the refresher training programme and 18 who had not. A total of 51 PNC mothers also participated in the survey.

3. Evaluation Visit to Mumbai – United Way

United Way, Mumbai have been undertaking education and sensitization of school and college children and community health workers (CHWS) on Hepatitis B and other health related topics like sanitation and hygiene, nutrition and health and mosquito borne diseases. Samarth carried out a final evaluation of this programme and made a site visit to Mumbai on Feb. 1st -2nd 2018. The same field team engaged in earlier evaluations were hired to carry out the data collection. The sample for evaluation comprised of, 444 school students studying in class VII aged between 11- 15 years; 160 college students aged between 17-20 years from different streams of education and 92 CHWs all of whom were female with a mean age of 43 years.

4. Evaluation Visit to Imphal - MNP+

The work undertaken by MAMTA in the states of Manipur and Punjab was with Injection Drug Users (IDUs). In the state of Manipur, MAMTA worked with an NGO called MNP+ based in Imphal while in Punjab they worked with the Abhivyakti Foundation. In both states the NGOs undertook programmes aimed at creating awareness about Hepatitis B and C among IDUs and assisted them in getting tested and vaccinated. The Samarth team carried out a final evaluation of the programme undertaken by MNP+ in Imphal during this period and visited the city during the period 19th to 22nd March 2018. The same field team who had worked on earlier evaluations were hired to carry out data collection. A total of 100 IDUs, 10 doctors, 50 nurses and 20 counsellors participated in the survey.



2. Care seeking in Childhood Pneumonia Management: An Exploratory Study (Nov 2015 – June 2017)

Samarth in collaboration with INCLIN Trust and the Bill and Melinda Gates Foundation (BMGF) had undertaken a study titled “Care seeking in Childhood Pneumonia Management: An Exploratory Study.” This study explored issues which enhance/impede access to care with respect to childhood pneumonia, in 3 states in India, namely Uttar Pradesh, Madhya Pradesh and Tamil Nadu. The data collection was completed in February 2017. The quantitative data was cleaned and made ready for analysis. Similarly all the qualitative interviews were transcribed verbatim, translated into English and entered into NVIVO a qualitative software

used for the purpose of analysis. The analysis of both the quantitative and qualitative data was completed and final report was prepared and submitted to INCLLEN in September 2017.

3. Evaluation of a Programme titled, “Engaging Pharmacists in the TB Control Programme” being undertaken by REACH (June 2017 - November 2017)

REACH is a Non - Governmental Organization that initiated the Public Private Mix (PPM) between the private health care providers and the government TB control programmes while functioning as an intermediary since 1998 in Chennai. They had earlier carried out a preliminary study wherein pharmacists were sensitized to the RNTCP programme. With pharmacies often serving as the first point of contact for many TB patients in the private sector, REACH had engaged pharmacists in Chennai city to participate in TB control efforts. These include facilitating referral of presumptive TB and TB patients; actively notifying the number of TB patients; promoting awareness and education on TB to patients and the community and engaging the pharmacists as community DOT providers. This programme has been underway for over five years. Samarth was entrusted with the task of undertaking an evaluation of this programme ongoing in three Zones in Chennai city, namely South Chennai, North Chennai and Central Chennai.

Using a mixed methods design involving a quantitative survey and qualitative methods of focus group discussions (FGD) and semi structured interviews (SSI) Samarth undertook the evaluation in the following areas: South Chennai: Adyar and Mylapore, Central Chennai: Annanagar and Aminjikarai and North Chennai: Royapuram and GT/P. The total sample size for the quantitative survey was 203 pharmacists. A structured questionnaire to assess knowledge and practice was developed, translated into Tamil and validated on a sample of pharmacists before it was used for the survey. A total of 14 semi structured interview (SSIs) and 3 FGDs were also conducted. Semi-structured interview guides and focus group guides were developed for the qualitative component of the evaluation. These guides sought to understand pharmacists perceptions on the intervention, what they liked or disliked about it and their mode of engagement in the TB programme. It also explored the range of factors that influenced their participation and non-participation in the initiative. The main survey commenced in September 2017 and completed during the 1st week of November 2017. The final report was submitted to REACH in December 2017.

Qualitative Consultants

A cross-cultural study of the experience of recovery by people with schizophrenia in Australia and India

PI : Dr Srinivasan Tirupati, Psychiatric Rehabilitation Service, Hunter New England Local Health District (2017 November – September 2018)

This study seeks to explore and describe the experience of recovery from schizophrenia. Persons with schizophrenia are faced with the experience of the illness and recovery from it, with the two experiences occurring simultaneously as well as sequentially. Knowledge about the experience of the illness is necessary to give a better understanding of the experience of recovery from it. The project also seeks to understand how culture influences the experience of recovery from schizophrenia in Australia and India. The project was a collaborative effort between Dr. TN Srinivasan the principal investigator working at the Psychiatric Rehabilitation Service in Hunter Hospital, the Schizophrenia Research Foundation (SCARF) and Samarth. Samarth team was involved to undertake the coding of the qualitative interviews using the Atlas TI qualitative software. A total of 100 interviews with patients and family members from Australia and India were planned to be carried out. The process of data collection and coding for interviews is underway.

PROJECT IN PIPELINE

1. Intervening with Pregnant Women in Depression in South India. A Collaborative Project with Dr. Deepa Rao, Department of Global Health & Department of Psychiatry, University of Washington, USA. Submitted to NIH as an R01

Suicide rates among Indian women are amongst the highest in the world and depressive symptoms have been linked to high rates of preterm births in India. Despite clear linkages between maternal depressive symptoms and negative consequences for birth outcomes, no published studies have examined the effectiveness of intervening on depressive symptoms experienced by pregnant women in India. The proposed intervention targets pregnant women in South India who have mild to moderate depressive symptoms and combines Motivational Interviewing (MI) and Interpersonal Counseling (IPC: a brief form of Interpersonal Therapy), using materials already adapted for the Indian context. We aim to determine the effectiveness of the combined intervention and identify mechanisms involved in reducing maternal depression in Karnataka and Tamil Nadu, India. We will also train research staff and junior investigators in conducting mental health intervention research through intensive mentorship of pilot projects and coursework. Our project will benefit from our long-standing collaborations with investigators in India and the United States. We expect that this study will demonstrate the effectiveness of the intervention in reducing rates of depressive symptoms in pregnant women and an improved understanding of mechanisms involved in achieving these outcomes. Furthermore, we will gather information on the intervention's impact on 12-month maternal depression, birth outcomes, and growth indicators.

SOCIAL SCIENCE TRAINING PROGRAMMES

Social Science training Programmes organized by Samarth and those for which Samarth faculty have been invited to as resource persons during the period 2017 – 2018 are listed below:

1. Research Methods Workshop 4th – 5th January 2018, conducted by Samarth in collaboration with SCARF (Schizophrenia Research Foundation)
2. Qualitative Research Methods Workshop 5th October 2017, D.G.Vaishnav College, Chennai
3. Research Methodology Workshop 23rd June 2017, ASTER – CMI Hospital, Bangalore
4. Qualitative Research Methods and Analysis workshop 15th – 17th May 2017, conducted by Samarth in collaboration with SCARF (Schizophrenia Research Foundation)
5. Guide to Journal Publications - May 18th 2017 by Samarth in collaboration with SCARF (Schizophrenia Research Foundation)

PUBLICATIONS

Srinivas G, Kumar S, Mohanraj R, Sekkizhar G, Muthuvel T, Lal V, et al. (2018) Development and validation of a scale to assess attitudes of health care providers towards persons affected by leprosy in southern India. *PLoS Negl Trop Dis* 12(9): e0006808: <https://doi.org/10.1371/journal.pntd.0006808>

Profile of **FOUNDER MEMBERS**

L. Jeyaseelan has a doctorate in Biostatistics and is currently the Professor at Department of Biostatistics at Christian Medical College (CMC), Vellore. He was trained in Epidemiology and Biostatistics at the University of Newcastle, Australia under the INCLEN (International Clinical Epidemiology Network). He has established a Biostatistics Research and Training Centre (BRTC) and a Clinical Data Management Centre (CDMC) at CMC for high quality data analyses and management.

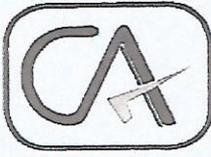
Shuba Kumar is a Social Scientist and holds a doctorate in Medical and Social Psychiatry. She received her training in Social Science and Epidemiology from the University of Newcastle, Australia under the INCLEN (International Clinical Epidemiology Network) programme. She has been a lead investigator on research projects on women's reproductive health, domestic violence, mental health and HIV care and support programmes. She is also the sitting member of ethical committees in institutions such as, the National Institute for Research in Tuberculosis (NIRT), Madras Diabetes Research Foundation (MDRF), and the Schizophrenia Research Foundation (SCARF).

Rani Mohanraj completed her doctorate in Psychology from the University of Madras and was trained under the Fogarty Fellowship Programme in Epidemiology and Biostatistics at the University of Washington, USA. She has been involved in research studies on mental health concerns, specifically depression in primary care and school mental health. She has also worked with HIV affected children and has consulted on the development of tools for counsellors in HIV care. She is also the sitting member of ethical committee in Voluntary Health Services(VHS),Adyar,Chennai.

Saradha Suresh is the Former Director of the Institute of Child Health (ICH), Chennai. She underwent training in Clinical Epidemiology, Biostatistics and Health Economics at the University of Pennsylvania, USA under the INCLEN programme. She has been the lead researcher on several neonatal and child health projects. She is currently Honorary President of Samarth.

Veerapandian was trained in Psychology from the Presidency College, Chennai and completed M.Phil from University of Madras. He is a visiting faculty in Psychology at various educational institutions. He is Associate Professor, The Banyan Academy of Leadership in Mental Health (BALM), Chennai

Financial Statement



PARAMESWARAN & ASSOCIATES
CHARTERED ACCOUNTANTS

FORM NO. 10B

[See rule 17B]
*Audit report under section 12A(b) of the Income-tax Act, 1961, in the case of
charitable or religious trusts or institutions*

We have examined the balance sheet of **SAMARTH** [name of the trust or institution] PAN **AAGTS9955G** as at **31/03/2018** and the Profit and loss account for the year ended on that date which are in agreement with the books of account maintained by the said Trust or institution. We have obtained all the information and explanations which to the best of our knowledge and belief were necessary for the purposes of the audit. In our opinion, proper books of account have been kept by the head office and the branches of the above named institution visited by us so far as appears from our examination of the books, and proper Returns adequate for the purposes of audit have been received from branches not visited by us, subject to the comments given below:

In our opinion and to the best of our information, and according to information given to us, the said accounts give a true and fair view-

- (i) in the case of the balance sheet, of the state of affairs of the above named institution as at **31/03/2018**
- (ii) the case of the profit and loss account, of the profit or loss of its accounting year ending on **31/03/2018**

The prescribed particulars are annexed hereto.

for **PARAMESWARAN AND ASSOCIATES**
Chartered Accountants


V. PARAMESWARAN
(PARTNER)
M. No. : 024939
FRN : 0013255S

Date : 24.10.2018
Place : Chennai

"KAMALALAYA"

E -7, III Floor, Gemini Parsn Apartments, Cathedral Garden Road, Chennai - 600 006.
Phone : 4302 4545, 2826 3636, E-mail : cavparam@gmail.com

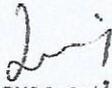
SAMARTH
No 100, Warren Road, Mylapore, Chennai-600 004.

INCOME & EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31ST MARCH 2018

INCOME	Amount	EXPENDITURE	Amount
To Project Expenses	6,26,027.61	By Project Income	10,76,938
To Audit Fees	29,500.00	By Interest Received	35,340
To Bank charges	1,639.26	By Donations	55,000
To Electricity Charges	26,079.00		
To Honararium	8,000.00		
To Interest on Late payment of TDS	1,682.00	By Excess of Expenses Over Income	2,40,829
To Meeting/Food Expenses	44,545.00		
To Pooja Expenses	55.00		
To Postage & Courier	1,528.00		
To Printing & Stationery	22,562.00		
To Professional Charges	19,426.00		
To Rent	60,000.00		
To Repairs & Maintenance	1,18,126.00		
To Salary & Wages	2,12,708.00		
To Supplies	5,982.00		
To Telephone Charges	41,051.27		
To Transcribing Charges	23,250.00		
To Travelling Expenses	21,116.37		
To Depreciation	59,004.57		
To Expenses pertaining to Roll over u/s 11(2)	85,825.00		
	14,08,107.08		14,08,107

Place : Chennai

Date : 24-10-2018


Samarth
Secretary

Vide Our Report of Even Date,
Parameswaran & Associates
Chartered Accountants
Firm regn. No 013255S


(V Parameswaran)
Partner
Memb. No. 24939

SAMARTH
 No 100, Warren Road, Mylapore, Chennai-600 004.
BALANCE SHEET AS ON 31ST MARCH 2018

LIABILITIES	Rs.	ASSETS	Rs.
Capital Account	12,65,504.17	Fixed Asset	2,56,922
Outstanding Expenses	98,704.00	Deposits	38,03,499
Project Balance- Unspent	47,46,802.65	Cash & Bank Balance	20,50,590
	61,11,011		61,11,011

Place : Chennai
 Date : 24-10-2018

[Signature]
 Samarth
 Secretary

Vide Our Report of Even Date,
 Parameswaran & Associates
 Chartered Accountants
 Firm regn. No 013255S
[Signature]
 (V Parameswaran)
 Partner
 Memb. No. 24939

Capital Account	Dr	Cr
Opening Balance		15,06,333
Excess of Income over Expenditure		(2,40,829)
Closing Balance	12,65,504	
	12,65,504	12,65,504
Outstanding Expenses		
TDS Payable		69,204
Audit Fees Payable		29,500
		98,704
Project Funds		
BMS - Balance	92,09,165	
Add: Receipts	3,66,774	
Less: Utilization	49,28,335	46,47,605
Pneumonia Project Fund	8,13,672	
Add: Receipts	12,358	
Less: Utilization	7,26,832	99,198
		47,46,803

Deposits		
Telephone Deposits		1,500
Salary Advance		25,000
Fixed Deposit		36,04,231
TDS Receivable		1,71,688
TDS Recoverable		1,080
		38,03,499
Cash & Bank Balance		
Cash -Samarth		23,966
Canara Bank-7996		3,84,921
Canara Bank - BMS		15,09,539
Canara Bank - FCRA		51,047
Canara Bank - Debit Card		81,117
		20,50,590

FIXED ASSETS

PARTICULARS	W D V as on 01.04.2017	Additions		Deletions	Total	Depreciation		W D V as on 31.03.2018
		Before Sep	After Sep.			Rate	Amount	
10% Furniture	1,24,236			-	1,24,236	10%	12,424	1,11,812
40% Computer	26,779	32,530.00	60,000.00	-	1,19,309	40%	35,724	83,586
15% Inverter Air conditioner Office Equipment	31,416 33,741 7,225	-	-	-	31,416 33,741 7,225	15% 15% 15%	4,712 5,061 1,084	26,703 28,680 6,141
Total	2,23,397	32,530	60,000	-	3,15,927		59,005	2,56,922