

**SAMARTH**  
**ANNUAL REPORT**  
**2006 –2007**

## **List of Members**

**2006-2007**

### **Governing Body Members**

Dr. L. Jeyaseelan – President

Dr. Shuba Kumar – Secretary

Dr.. Rani Mohanraj – Treasurer

Dr. Saradha Suresh

Mr. Veerapandian

Ms. Aarthi Kandasamy

Ms. Premalatha

Ms. C.D. Nandini

### **Advisory Body**

Dr. B.W.C. Sathiasekaran

Dr. R. Thara

Dr. Lakshmi Vijayakumar

Dr. Lisa Manhart

**AUDITORS :** K. Kishore & Co

CHARTERED ACCOUNTANTS

## **SECRETARY'S REPORT**

It gives me great pleasure to bring out this first annual report of Samarth (2006-2007) which is a Sanskrit word meaning "capable". For a long time now, a small group of us have been seriously working on setting up an NGO that would focus on strengthening the social science component of research in the field of health. The impetus for this rose from the fact that in India, to a large extent, the contributions that social science can make to better enhance research remains poorly understood and less valued. We strongly believe that along the continuum of research to policy and policy to practice there is much that social science has to offer in terms of; (i) improving our understanding of the impact of illness from the patients' perspective (ii) understanding better methods of measuring exposure and outcomes (iii) improving the chances that an intervention will work in the real world and (iv) helping us understand the political, social & economic environment in which research is taking place. All these factors are critical and particularly where interventions are concerned, play a significant role in determining how effective the intervention will be. In addition, issues such as determining the validity of the findings and their relevance to the populations being studied are other factors wherein social science can throw considerable light on.

Our NGO thus aims to promote social science research not only by engaging in research projects wherein these principles will be inculcated but also through running regular short courses aimed to promote its application across health disciplines. To this end we will now be working to developing a plan of action and chart out a course that our NGO will need to follow in order to fulfil our objectives.

## **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. Results from these studies have helped inform the development of health interventions.

Set up in January 2007 and registered as a society under the Tamilnadu Societies Registration Act 1956, (SL: 240/2007) on 24th May 2007, Samarth has been involved in conducting various research projects and social science training programmes. A brief report on the various activities carried out during this period follows.

### **Our Objectives are**

- Conducting research to inform policy
- Promoting healthy behaviour through counselling and community education
- 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.

## FOUNDING MEMBERS

**L. Jeyaseelan** has a doctorate in Biostatistics and is currently a Professor of Biostatistics at the Department of Biostatistics, 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 Resource and Training Centre (BRTC) and a Clinical Data Management Centre (CDMC) at CMC for high quality data analyses and management. In addition, to being the honorary president of Samarth he also provides his expertise as a Biostatistician for Samarth's research projects.

**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 Christian Medical College- Vellore, Madras Diabetes Research Foundation, Indian Institute of Technology and the Tuberculosis Research Foundation.

**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.

**Saradha Suresh** is an Associate Professor of Paediatrics and currently the Deputy Superintendent of 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 serves as a technical consultant on the research projects undertaken by Samarth

**Veerapandian** was trained in Psychology from the President College, Chennai and completed M.Phil from University of Madras. He is a visiting faculty member in Psychology at various educational institutions. His expertise lies in training and teaching and he has been involved in research studies on mental health concerns of adolescents and people living with HIV.

***C.D. Nandini*** is a post graduate in Nutrition and joined as a research assistant on the project on stigma and discrimination among HIV positive persons. She is well trained in qualitative research methods and her skills lie in conducting in-depth interviews.

***Aarthi Kandasamy*** holds a post graduate degree in Psychology from the Women's Christian College, Chennai. She joined Samarth as a research assistant for a research project that aimed to study stigma and discrimination among HIV positive persons. Her exposure to research from this project strengthened her desire to pursue her career in research. She has gained experience in data collection methods and in qualitative research techniques

***Premalatha*** has a post graduate degree in Sociology and is a life member of Samarth. Her expertise lies in data entry and data management and she does all the data entry for research projects of Samarth.

## ACTIVITIES CARRIED OUT

- Office space was identified for the purpose of carrying out the activities of Samarth. A small flat in a residential area in Adyar namely, No. 13A (Old No. 11), 4th Cross Street in Indira Nagar was identified and taken for rent.
- Internet and phone connections were obtained and we had a LAN (Local Area Network) system installed to enable all members' easy access to the internet at the same time. Basic furniture like tables, chairs and cupboards and other items like computers were also installed.
- We started the process of designing and developing a web site for Samarth as well as finalising the Samarth logo.
- During this time we also had meetings with some of our senior resource persons and mentors to help plan our research and training activities. The following meetings were held:
  - Meeting with Dr. Mark Nichter, Professor of Anthropology at the University of Arizona, Tucson, USA, in January 2007. Dr. Nichter guided us on a range of training and research activities that Samarth could engage in. He gave specific inputs on the development of the Samarth brochure.
  - Meetings with Dr. Jeyaseelan and Dr. Saradha to plan future research collaborations and formalise regular short courses on social science at the BRTC, CMC- Vellore. Following this meeting it was planned to conduct the social science short courses twice every year at the BRTC, CMC-Vellore, in the months of May and November.
  - We had several discussions over e-mail and over skype with Dr. Lisa Manhart, Assistant Professor of Epidemiology at the University of Washington, USA and with Dr. Jeyaseelan during which time we began developing a research proposal for a study on Effect of Stigma on HIV Care Seeking Behaviours and Mental Health in Tamil Nadu, India. Based on Dr. Manhart's advice we planned to submit the proposal to the Puget Sound Partners for Global Health (PSPGH).

# **FINANCIAL STATEMENT**



## **AUDIT REPORT**

We have examined the balance sheet of M/s Samarth, Chennai as on 31<sup>st</sup> March 2007 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 trust/institution 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 on 31<sup>st</sup> March 2007 and
- ii In the case of the profit and loss account, of the profit or loss for its accounting period ending 19<sup>th</sup> January 2007 to 31<sup>st</sup> March 2007

The prescribed particulars are annexed hereto.

**For K. Kishore & Co.,  
Chartered Accountants**

**Sd/-**

**(K. Kishore)**

**Proprietor**

**Membership No. : 18761**

**No. 7D, EGA Trade Centre,  
7<sup>th</sup> Floor, 318, Poonamalle High  
Road, Kilpauk,  
Chennai – 600 010**

**Place: - Chennai**

**Date: - 10/11/2007**

**Samarth**

No. 13A (Old No. 11), 4th Cross Street, Indira Nagar, Adyar, Chennai - 600020

**Receipts and Payment for the period 19/01/2007 to 31/03/2007**

Receipts	Amount	Payments	Amount
To Opening - Cash	0.00	By APAC Project Expenses	550.00
- Bank	0.00	By Closing - Cash	7450.00
To Corpus Donations Received	8000.00	- Bank	0.00
	<u>8000.00</u>		<u>8000.00</u>

For K. Kishore & Co.,  
Chartered Accountants

Sd/-

K. Kishore

Proprietor

Membership No. 18761

Sd/-

Secretary

Shuba Kumar

Sd/-

Treasurer

Rani Mohanraj

**Samarth**

No. 13A (Old No. 11), 4th Cross Street, Indira Nagar, Adyar, Chennai - 600020

**Income and Expenditure Account for the period ended 19/01/2007 to 31/03/2007**

Expenses	Amount	Income	Amount
To Registration Expenses	550.00	By Excess of Expenditure Over Income	550.00
	<u>550.00</u>		<u>550.00</u>

For K. Kishore & Co.,  
Chartered Accountants

Sd/-

K. Kishore

Proprietor

Membership No. 18761

Sd/-

Secretary

Shuba Kumar

Sd/-

Treasurer

Rani Mohanraj

**Samarth**

No. 13A (Old No. 11), 4th Cross Street, Indira Nagar, Adyar, Chennai - 600020

**Balance Sheet as at 31.03.2007**

Liabilities	Amount	Assets	Amount
<b>General Fund:</b>		<b>Current Assets:</b>	
Balance B/D	0.00	Cash in Hand	7450.00
Add: Corpus Donations	8000.00		
Add: Excess of Income Over Expenses	-550.00		
Balance C/F	7450.00		
	7450.00		7450.00

For K. Kishore & Co.,  
Chartered Accountants

Sd/-

K. Kishore

Proprietor

Membership No. 18761

Sd/-

Secretary

Shuba Kumar

Sd/-

Treasurer

Rani Mohanraj