Center for De-Addiction Rehabilitation since 2008....



## ANNUAL REPORT

Part A - April 2023 to December 2023 (CONCERN)

Part B – January 2024 to March 2024 DDAC - NAPDDR

www.concernrehab.com

concernrehab@gmail.com



## Letter from Bhanu Suresh Babu Founder President, CONCERN Trust

#### Dear friends

We at CONCERN in the field of De-addiction rehabilitation have been contributing to the affected community and empowered change in many families since 2008. Since inception we have adopted and followed simple, medical, psychological, holistic and ethical standards.

The journey was arduous. Many a time the tests and trials were difficult to cross over. It was more difficult since we didn't deviate or compromise on moral, legal and statutory obligations. We adopted only ethically prescribed practices of rehabilitation treatment.

It's fulfilling and rewarding to note that CONCERN is rated high in success and in quality by our clients who are in the path of recovery. We wish to remain We wish to remain grateful to all who worked in tandem with us to enable CONCERN to touch this mark.

This Year, we have entered a new venture. We have been recognized as "District De-Addiction Center (DDAC)" by the "Ministry of Social Justice and Empowerment (MJSE)" for the Scheme "Nation Plan for Drug Demand Reduction (NAPDDR)". We are happy to announce that we have launched the scheme from 1st of January 2024.

**Zonta Resource centre**, our landlord inducted me as a Trustee on 08.08.2023 to carry out the services for women empowerment.

I thank the Higher Power who had chosen me in this Mission and I thank all the donors, volunteers and specially MSJE. My special thanks all my dedicated staff who stand behind me to walk ahead to reach our Vision.

Regards
Bhanu Suresh Babu
Founder President
CONCERN Trust

#### Genesis



CONCERN is an NGO working in the field of addiction since 2008 **Bhanu Suresh** babu, M.A., (M.Phil.) in psychology is the president of the Trust. She underwent the perils of Addiction in her family and found a way out by Divine intervention and professional help for TTK Hospital.

**Suresh Babu, M.B.A., C.A.I.I.B., D.C.A.,** Co-founder of CONCERN joined and worked as Honorary Trustee till his tenure in his banking service. Now as a full time Working trustee and leads the team of CONCERN.

K. Subramani was the Treasurer from February 2008 –December 2020. He resigned from his post due to his personal commitments.

Later Ms. Pavitra Ramachandran, M,Sc., in Bio Medical Genetics joined as the Treasurer of the CONCERN Trust from 09.01.2021.

CONCERN started in a small Two-bedroom house in Valsaravakam with Ten beds is now a full-fledged Twenty bed addiction rehabilitation center. We have reached more than One Thousand five hundred clients. We also ran branches in Pondicherry, Chengleput and Nammakal for ADRA Project.

In 2015 **Zonta Resource center** leased us the present location to continue our services. CONCERN expanded since then. We Joined hands with **Dr. Thiruvikraman, M.B.B.S., D.P.M.** in psychiatry and started Diya Acute Care Psychiatric care for men and Women as a Service Provider from September 2019 till October 2023.

Dr. Mohamed Nidhal S., M.D., FNR., PGDHM joined us as Medical Officer from the 1<sup>st</sup> of January 2024 and from February 2024, Dr. Sathis Kumar, M.B.B.S. DPM., DNB., joined us as a consultant Psychiatrist.

COCNERN conducts training programme twice a year on "Social Entrepreneurship with De-Addiction treatment and counselling techniques". 18 batches of 25 participants each have successfully completed.

CONCERN is recognized as **District De-Addiction Center (DDAC)** by the "Ministry of Social Justice and Empowerment (MSJE)" for the scheme "National Plan for **Drug Demand Reduction (NAPDDR)**". Launched the scheme from 1<sup>st</sup> of January 2024.



#### Vision

CONCERN'S concern is to identify explore and guide to change

#### Mission

To Address the Perils of Addiction as a disease and not to Condemn.

Suggest Studied CHANGE Plan for sustained recovery.

Growing and expanding for wider reach of CONCERN'S concern in terms of

Quality and Quantity

#### Values

Transparency, Empathy, learning and listening, imparting Knowledge and Experience, Belonging and Eventual Change

#### **BOARD OF TRUSTEES**

Bhanu Suresh Babu, Founder President and Managing Trustee



P. Suresh Babu, Trustee - Secretary



Pavithra Ramachandran, Trustee -Treasurer





#### Message from Suresh Babu, Trustee – Secretary

It is my immense pleasure to share a few words with our esteemed clients, their families, volunteers, respectful donors and my dear staff.

The menace of addiction to various mood-altering substances is on the rise, today, there is a growing awareness and recognition of addiction as a disease – a change in attitude that releases the suffering ones from the fierce moral condemnation.

Substance use disorders are serious problem adversely affecting the social fabric of the country. Dependence to any substance not only affects the individual's health but also disrupts their families and the whole society. Regular consumption of various psychoactive substances leads to dependence of the individual. Therefore, substance use and dependence needs to be viewed as a psycho-social-medical problem.

It was not easy to meticulously follow our Mission, Vision and Values of CONCERN, particularly in this field of Addiction Rehabilitation. Unlike other ailments, slavery to addiction needs empathy, treatment and follow-ups. A long journey.

Personally, I have the distinction of imparting recovery mechanisms to the affected, for which I am truly grateful to Almighty. Due to vast experience acquired over the years, many changes took place in my approach towards recovery.

It's heartening to see the results, by being a tiny part. Believe you me, there is enormous amount of target, left to be done. Hopefully with the support from all the related sectors, CONCERN will grow in recovery stature.

My special thanks to Executives and members of "Ministry of Social Justice and Empowerment" (MSJE) for recognizing CONCERN as District De-Addiction Center (DDAC) for the scheme – "National Action Plan for Drug Demand Reduction" (NAPDDR).

Kindly accept my genuine gratitude.

Best wishes and Regards

Suresh Babu Trustee-Secretary

#### Facilities Offered



#### CONCERN is a Twenty bedded rehabilitation providing......

- ➤ Integrated Rehabilitation Center for Addicts (IRCA)
- Outreach Drop-in Center (ODIC)
- Community Peer Led Intervention (CPLI)
- ➤ In-Patient / Out Patient services
- ➤ De-Toxification and Psychotherapy
- Family and Child Counseling
- ➤ Life style modification
- Guide to various related references
- Guide to Alcoholics, Narcotics Anonymous and Al Anon
- ➤ Transit Facility during recovery
- ➤ In house Kitchen
- ➤ Home based Confidential treatment
- > Telephonic counseling
- Certificate Program in De-Addiction Treatment

#### Team CONCERN

#### DDAC Project Management Committee

Mrs. Bhanu Suresh Babu, M.A., (M.Phil.) (Psy) Founder President

Mr. Suresh Babu, M.B.A., C.A.I.I.B., D.C.A., Secretary

Mrs. Pavithira Ramachandran, M.A. (Bio-Med-Gen) Treasurer

Mrs. Asha Vinay, M.S.W., M.Phil., (Med Psy) Advisory member

#### NAPDDR staff

- 1. Dr. Mohamad Nidhal, M.D., FNR., PGDHM., Medical Officer
- 2. Dr. Satish Kumar, M.B.B.S., D.P.M., D.N.B., Psychiatrist
- 3. Mr. Rajesh, B.Com., M.S.W., Manager Cum In-charge
- 4. Ms. G. Manjari, B.D.S., M.P.H., Psychologist/Counselor
- 5. Ms. G. Kavitha, M.A., M.Ed., Phd(Acu) Psychologist /Counselor
- 6. Mr. Subramani, Outreach and Supervisor

- 7. Mr. Ethuraj, D.P.T., Project Coordinator
- 8. Mrs. Vedha V Kumar, B.A., Project Coordinator
- 9. Mr. Surya Kamesh, B.A., Outreach and Supervisor
- 10. Mr. Babu. D.M.E., Trainer cum Supervisor
- 11. Ms. Vijayarani, Dip Dodt., Nurse
- 12. Mr. Atharath, Dip in Nursing., Nurse
- 13. Ms. Nalani Venu, B.A., Yoga Therapist
- 14. Mr. Saravanan, Ward boy
- Mr. Kiran Kumar, Ward boy
- 16. Ms. Epsiba, Cook
- Ms. JagathaKumarai, Housekeeping
- 18. Ms. Malliga, Housekeeping
- 19. Mr. Ramachandran, Chowkidhar

#### And Peer Counselors

#### Our committee of supporters

- Ms. Latha Suresh, Director SAN INDIA Social Auditor
- Ms. Marie Banu, Director CSIM
- > Ar.Chamraj, Media designing Architect
- Mr. Sreeram Reddy, Charted Accountant
- Mr. Kumanan, Accounts Officer
- Mr. Madavan, Website Designer

#### Our Pillars of strength

- Ministry of Social Justice and Empowerment (MSJE)
- State Bank of India
- Centre for Social Initiative and Management (CSIM)
- Zonta Resource center
- Link up garments for CSR activities



#### Our credentials



Life time achievement award by Puthiya Vanigam Publication in January 2024.

Bhanu Suresh Babu is the Class A Trustee of Alcoholics Anonymous, General Service Office, India.

Outstanding performance award for Alcohol and Drugs treatment.

Awarded as unsung Hero of Tamil Nadu by VIT Vellore.

Trained more than three Hundred clients in 15 batches for "De-Addiction Treatment, Counselling Techniques and Social Entrepreneurship" 2008.

Our success is: Minimum of 2 to 3 participant start on their own.

Bharath Jothi (Global Peace University) award for tireless service.

Women Iconic award as Best Transformational Psychologist

Online resource person for Substance Abuse Care Center (SACC)

Event Judge on "Alcoholism as a culture in India" for Manorama Endowment student presentation, MOP Vaishnava College

Certificate of appreciation from DIG of CRPF, Avadi, Chennai for conducting 11 sessions of Psychotherapy for group of alcoholics undergoing treatment.

Letter of appreciation from New Prince, Sri Bhavani Arts & Science College, Medavakkam, Chennai – 600 100 for conducting a seminar on "Drug Prevention among youth"











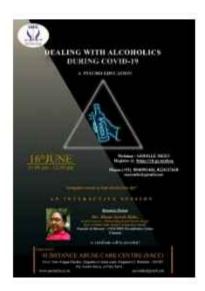




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#### EVENTS



#### April 2023

CONCERN conducted awareness on De addiction at Vastrakala and introduced Alcoholics Anonymous in Thiruvallur district.



#### May 2023

Women's day celebration in Tia Play school Program. Conducted a session on Parenting and communication skills.





# Training programme on "De-Addiction Treatment, Counselling Techniques and Social Entrepreneurship 18 Trainees attended.

Our faculties are highly qualified academically and professionally. Widely exposed to rehabilitation treatment, counselling and social issues.

Addiction Treatment Overview	Intake motivation and Intervention	Dry Drunk Manifested Syndrome
Metabolism	THIQ	Character Traits
Assessment and Client Profiling	Group Therapy and Case study	Prevention and Community approach
Tests 1 to 8	Assertive Training	Ego States
Physical and Mental complications of chemical dependency	Need Assessment and Maslow's Theory	Counselling and Communication skills
Documentation	Thinking Errors	Relapse Manifestation
Follow up care in addiction treatment	Responses of the family	Drugs effect on Abusers
Spirituality and Ethics	Challenges faced	CSIM – Social Entrepreneurship
Entertainment and special dinner	Convocation	Trophies for top three participants









#### July 2023



CONCERN conducted awareness on alcoholics and Sexual harassment in work place at Thirunelveli, Tamil Nadu



August 2023

CONCERN Program on Women self-help group to spread the message of Addiction is treatable and help available in the community.



## September 2023

CONCERN conducted Awareness on Sexual Abuse and Prevention among women workers 15 women at CGS Fashions in Thiruvallur women in the committee









#### November 2023

One-day workshop on "Addiction and its remedy" to the inmates of Jesuit college, Poonamalli, Chennai.

28 Brothers of the Jesuit in training participated.



Attended the General Service Conference of Alcoholics Anonymous as Class "A" Trustee. Highlighted and suggested various ways and means of recovery tools. How to tap the community at large.



#### December 2023



Training programme on "De-Addiction Treatment, Counselling Techniques and Social Entrepreneurship"5<sup>th</sup> of December to 10<sup>th</sup>. No of participants were 17 from Various De addiction centres.











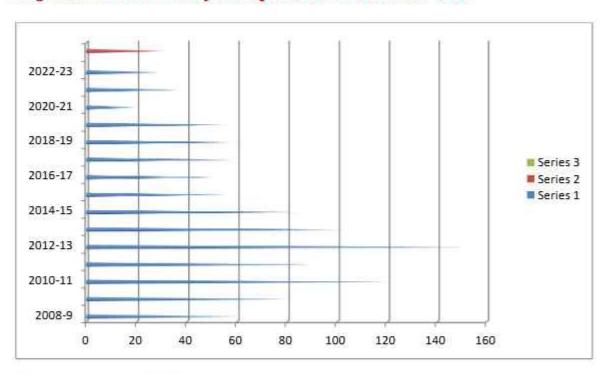


## Patient's details from April 2023 to December 2023



Month	Patients	M	F	RPP	Follow-up	Training	Transit	Events	Drop out
April	3		-	12	12			1	
May	2		-	12	6			1	2
June	3			10	12	18		1	
July	5		12	18	10			1	
Aug	3		22	21	11			1	(#)
Sep	2		i es	9	11			1	3±3
Oct	5		-	7	7			1	·
Nov	5		25	16	5			1	
Dec	3		-	5	8	17	3	1	
Total	31			110	71	35	3	10	2

## Organization Mile stone from April 2023 to December 2023



## Stake holder mapping

Patients	12
Bhanu Suresh Babu	5
Suresh babu	3
Community	4
AA	5
YouTube / Facebook/ Twitter/ Instagram / Google	2



## Part B - January 2024 to March 2024 **DDAC - NAPDDR**

de	// Perforn	nance Synopsis //	CONCERN - DDAC - NAPDDR - Upto 31st Mar 2024				
MSJE	Project Head of Scheme	Activity / Theme	Institution/ Organisation/ Company	Place of activity	Total No of participants	Outcome	Total no of Beneficiaries
Twice weekly	СРЦ	a) "Substance Abuse disorder" and co- occurring disorders." b) "Catch them young" c) "Prevention better than cure"	No of Schools - 6 No of Colleges - 4 No of companies - 5 All are documented with photographs	in and around our DDAC center, Madambakkam, Vengalvasal, Chennal	Schools - 800 Colleges - 450 companies - 700	Participants are not aware of treatment. Highlighted the Ill effects of SUD. Q & A session were productive	669 with initial assessment, KAPB and follow up forms
Every Fortnightly	Family and children	Singing, dancing, quiz, games, dramas etc Documented with photos	Community children around our DDAC	DDAC - CPLI center	180 Documented with photos	Age group of 10 to 18 showed keen Interest and partdpation	
Dally	ODIC	I) Highlight the purpose of ODIC II) Motivating to utilise ODIC III) Encourage to visit ODIC	PHC's - 250 Auto Drivers - 800 Door to door - 1500 Vuinerable areas - 150	Madambakkam, Tambaram, Vengalvasal, Cpakkam	2700 Documented with photos	Usage of ODIC is increasing day by day. Regular convertion into IRCA_ Message of MJSE	1290 with initial assessment, KAPB and follow up forms
	IRCA	in-Patient treatment	From ODIC,CPU and walk-in	DDAC Center	46	more than 50% come for follow-up	64
Jan-24	IEC	out of 200, 50 IEC materials were designed by us Used for schools, colleges and companies	Posted regularly on social media	Distributed regularly and placed in Notice Boards of schools, colleges and companies		28 IEC distributed for ODIC. 58 IEC distributer for CPLI	GRAND TOTAL of Beneficiaries 2023 upto 31st March 2024
Daily Social Media	Website, FB, Twitter, Instagram and LinkedIn	All activities are real time		www.concernre	ncernRehab	Instagram - sur Linkedin - Suresh	
Jan 2024	Medical Camp	Free Dental Car	mp for CPLI, ODIC, IRCA	documented with photos		47	
Feb-24		Free Dementia and Di	abetes camp CPU, ODI				70

(Admission, Complete Medical history, case history and treatment plan, Family history, childhood history, therapy, consent form, Indemnity, feedback etc.) of IRCA patients are uploaded case wise. Password protected and restricted access.

## January 2024

Ministry of Social Justice and Empowerment Project - National Plan for Drug Demand Reduction was formally inaugurated and orientation for the staff was given.







## Out-reach drop-in centre (ODIC)



We had 364 clients enrolled during the month of January and uploaded each day on real-time basis in e-anudaan portal.

## Community Based Peer Led Intervention (CPLI) 01.01.2024

Under the guidance of President Bhanu Suresh Babu, Project Manager T Rajesh, ORW Surya Kamesh and Project Coordinator Vedha V Kumar highlighted the importance of awareness among the community about the ill effects of Addiction and its dis-orders. Secretary coordinator Suresh Babu motivated the participants and the need for a leader among them.

- > Total no of participants 6 girls
- ➤ Class 6<sup>th</sup> to 2<sup>nd</sup> year college
- > Positive and encouraging response
- Distributed chocolates

















#### Primary Health Center, Noothancheri, Madambakkam, Chennai 600 126.

ORW Surya Kamesh and TCS Vedha V Kumar highlighted the importance of awareness of SUD among the community. The purpose of MSJE project was highlighted.

- > Total no of persons intervened 15
- > Response was not discouraging

















#### Ration shop at Madmbakkam, Chennai 600126

Distributed pamphlets. Community work at Vengaivasal Link street and **contacted 9 persons.** Photographs were avoided.

#### 04.01.2024

#### Vengaivasal waste management curing center Total no of participants – 16

Very encouraging to spread among their male counter-parts and family members. Attended very intently











The truck drivers of Sitlapakkam, Chennai were highlighted about the ill effects of Addiction. Though small in no, responded to our awareness.

#### Total no of persons interacted - 11

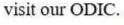






#### 10.01.2024

The Sitlapakkm Auto stand and its drivers were met and interacted, they showed interest to our awareness. Some of the assured to





Total no of persons – 6





Self Help Group from Noothancheri was given orientation about the NAPDDR and CPLI scheme. The need for a Peer educator and community approach. The need of "youth and community" and its impact on social issues were discussed in detail. There was very good response from the participants

#### Total no of participants - 16









23.01.2024

ORW Kamesh went door to door in the drug affected area of Tirvanmiyur, Chennai Total no persons met is 12.











Republic day was celebrated with the community children. Conducted mind and skill games covering communication, skill and memory. All the children participated very enthusiastically and enjoyed the gathering. Total no of children - 25











## Integrated Rehabilitation Centre for Addicts (IRCA)



22 clients were admitted as inmates

## Family Group Sessions

#### 27.01.2024

Families of nine patients attended the group session. Bhanu Suresh Babu gave orientation and G. Manjari explained about the treatment and the effects of addiction. How family should understand the disease and co-dependency. There was good response. The session ended with Q & A.









## Pongal celebrations







Bhanu Suresh Babu our Director was given Life time achievement award Puthiya Vanigam Publications





Mr.Rajesh our Manager in charge was given best Social worker award for his service in CONCERN



## February 2024



#### CPLI events detail and Photos

#### 03.02.2024

Weekly Saturday gathering for the children held. They were trained for street play drama on the ill effects of Addiction. Boys and girls were very participative. Games followed for them and snacks distributed.

#### Total no of children participated - 20









#### 10.02.2024



Dental camp was conducted for the families of CPLI, our IRCA patients and staff by Dr. Sathish, M.D.S., Dental Surgeon and Maxillofacial Pathologist of Sai Srinivas Dental Care Center, Chennai

Total no CPLI beneficiaries - 25, IRCA 12 and staff 15









Govt. Hr. Sec. School, Madambakkam, Chennai 600126













There were nearly 200 students assembled. The ill effects of substance abuse were highlighted in detail.

- > Awareness on substance quiz conducted
- > Anonymously chits were collected about substance use in their family
- > Students responded very well
- Good support was rendered by the Headmaster and staff

#### 16.02.2024



Addiction awareness programme conducted in CGS Fashions at Tiruvallur, Chennai. The workers and staff were motivated to avail the free facility for the affected people.

## Total no of participants - 230















#### Govt. Hr.Sec.School, Chithalapakkam

110 students of  $9^{th}$  std boys and girls were given the awareness programme on Addiction, ill effects and the way out. Students responded well.



#### ODIC events detail and Photos

# CONCERN

#### February 2024

#### 14.02.2024









Market survey and mapping is being done by the Project Coordinator, Trainer cum Supervisor and the Outreach worker. The facilities of IRCA, ODIC and CPLI were explained and informed about the free services.

#### Family Therapy and Group Session



#### February 2024

#### 03.02.2024

Families of thirteen patients attended the group session. Responses of the family was explained by Bhanu Suresh Babu. T. Rajesh and G Manjari detailed about the importance of counselling sessions for families. How family should understand the disease and co-dependency. There was good response. The session ended with Q & A.



#### 10.02.2024

Five families participated and were highlighted about the various methods they tried to help the clients and how it ended up. Later Bhanu Suresh Babu explained about the right method of approaching the patients for their recovery.



## Integrated Rehabilitation Centre for Addicts (IRCA)



19 clients were admitted as inmates

#### March 2024

## **CPLI** events detail and Photos

#### March 1st 2024

NSS Camp at Somangalam, Chengleput District, Chennai. Nearly 200 participants were present during our "Substance Abuse Disorder" awareness programme. Q&A was very responsive. Enacted drama about the ill effects of SUD.















Free Dementia and Diabetes screening camp for ODIC, CPLI, IRCA and staff.

Total no beneficiaries - 45















Prince Shree Venkateswara college of Arts and Sciences. The Correspondent and the Principal arranged the programme in a well-defined manner. Detailed programme on drug abuse was conducted by Bhanu Suresh babu, President of CONCERN, T.Rajesh Project Manager and Coordinator Veda V Kumar. The response was very good and the students were well aware of the subject and answered to a lot of queries.















Madambakkam Govt. High School boys participated in the drug abuse and its ill effects.

Total no of students - 30















Families of tailoring workers in **Punjab Association**. Awareness on addiction was conducted.

Total no of beneficiaries - 20











Campaign on Substance Abuse Disorder to students of **Asan Memorial College**, Medavakkam, Chennai. There was good response in the Q&A session.

Total no of beneficiaries - 80





















#### March 2024

8 family members of our clients participated. Since it has become a routine, there was good interaction









#### 09.03.2024



## ODIC events detail and Photos



March 2024.

Project Coordinator and ORW reaching out to public in Madambakkam, Chennai









#### Small vendors one to one interaction and awareness











## One to one and door to door campaign











## Street to street campaign







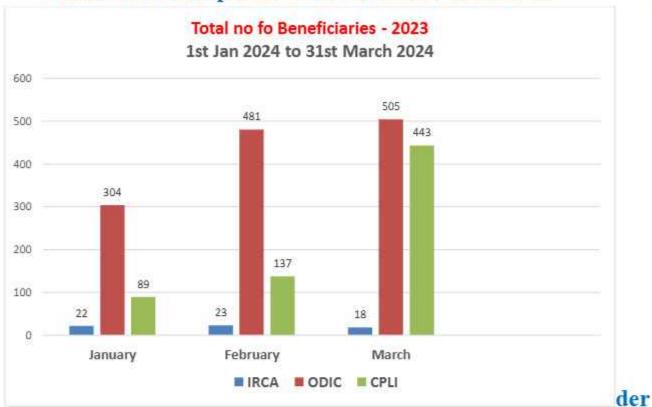




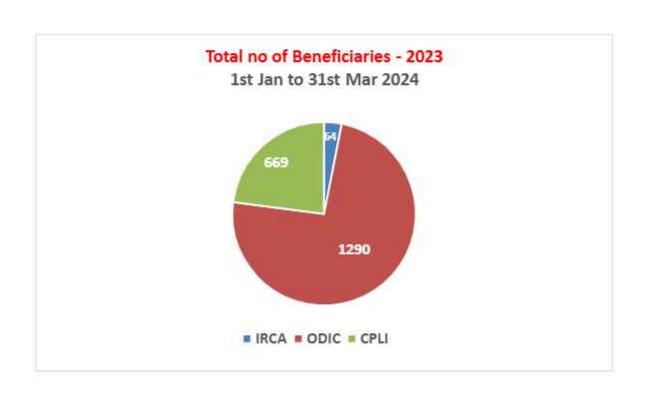




## Pictorial chart representation of clients treated un



IRCA, ODIC and CPLI



## Audited Financials FY - 2022-23 (AY 2023-2024)



#### CONCERN

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Associated Associated

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23-10-2023

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BILANU SURESH BABU FOLIOCA TILLIFO

P. TAUDITON DATE:

CONCERN

S.No.	Particular	s	Written Down Value as at		Deductions the year	Net Assets	Depreciation for the year	Written Down Value as at
			01/04/2022	> 180 days	< 186 days		The year	31/03/2023
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13(9)	be Cayneter		5,327		74	5,327	769	4,57
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22 W2	shing Hartine		3,571	12	- 5	9,900	1,466	8.47
71 Wa	rie Puriter		3,509			9,505	1,426	8,37
-016		Total (II)	2,5 2,725	35.490	3,45,033	5,36,048	69.171	5.54.87
(c) III	Brock & 10W	14001118					1000	
I fire	du	- 3	24,961	- 2	6.0	22,463	2,296	20,46
2.00	2		21,3,1	- 0	0.6	25,732	5,330	20,98
3 00	ricari		12,341	14	1	12,140	1,234	11.9
4 tel	15		34,404	7.5		14,624	1,482	12.34
584	1		.,943	(4)	4	1,50	134	339
6 Uf	icc Hittmas		15.241		- 4	35,24	3,524	37.70
	ble and Chairs		78.867			14,667	1,857	15,58
		Tabil(C)	1,39,090	-	- 1	1,39,090	13,905	1,25,183
	Grand Total	IfA+B+CI	4,30,674	59,490	2,45,633	8,34,997	1.07,023	7,27,17



FORCONCENT President



R. afragas

	- Klastovice		CERN II 34st Merch, 2023		
t.lestiffice	Amount	Amount (III) 73	Annutu	Ames: 110 (2)	Amount (in T)
Congress Faired  Constitute Indiana, a  Addit 17 Arent year Additions	7,79,063	7,72,061	Placed Assets Country W.C.V. Acht: Achteurs	1,01,621	
Several Fund Opening Colonia Losia Commit your Summit	2,03,855	0.00,247	Degraeths One Employe	1,998	-5/1/10
Audit Pas Provide	15,000	93.57	Rental Amonge	2,80,000	7.61,095
Lacar: Promis Statement States Workschir Lacar v	2,00,000	4,20,456	East and Book Belovens East-solved tild Ave No.27752 KVR Arc No.27752	3,28,911 2,850 53,735	3,65.157
		14,05,114	Other Current Assets L'Estelland		14,98,114
As per our Perpett of every shi for Saturnet erre and Americans Chartered Accountrates CAT fine the physical plans			+W CONCERN	•	
R. direction	100	-	P. SURESH SABU		
I was need .			Thurton		4.French



## Donations are IT exempted U/S 80G of IT ACT 1961 vide Approval AAATC9995QF20210 DT24/09/2021

Registered Trust No.628/08
Institute of Mental Health, Chennai
License No. RII -164 Dt.08/09/2023

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Thank You