

WHAT WE DO at MANAS

- 1) Manas houses **monthly club 'SRIJONI'** at the last Sunday of every month to bring together all young people around Manas. They sky-watch, they go fishing, they play various games, recite, sing, discuss various mental health and related social issues. Their bond results into long-term friendships. They take active part in PEOPLE SCIENCE & PEOPLES HEALTH MOVEMENT of Bengal.
- 2) **'Takdum' MANAS MUSIC BAND:** mentally suffering people along with their friends formed this music band. They enjoy singing, they compose new songs, they write poems and recite, they dance merrily.
- 3) **'Green Soil' project:** Manas has collaborated with 'RUDRA' in all organic cultivations, in its 7 acres of land. In doing so, it will help to transfer small, portable, effective, affordable, income -generating solar technology-run machines to farmers. Our aim is to make people eat "Suddho" food and enjoy "Bisuddho" environment.
- 4) Manas is going to **publish a quarterly magazine** on mental health and society in **Bengali** at regular intervals where social and community mental health issues will get priority. Health politics and health economics will be issues of discussion and debate. The first issue will be ready by March 2019.
- 5) Under **'SHILPA KENDRA'** banner, Manas is going to setup a small engineering workshop for welding. This will be an income generating project for people who have recovered from mental illness. This will be both a training and production centre.
- 6) We also run a **mental health Out Patient facility** where three young & experienced psychiatrists, along with a general physician trained in community psychiatry, volunteer their service to help 22,000 families suffering from mental disorders.
- 7) **100 days stay at KHANIKA programme** run by stressed family Solidarity (SFS) with the help and assistance from Manas. Khanika is a second home and extended family for mentally stressed people and their care givers.
- 8) Trained community mental health volunteers of Manas conduct **home visits** to help out the family in distress in the neighbouring districts of Manas.
- 9) **KNOWLEDGE CENTRE on COMMUNITY MENTAL HEALTH along with TETE-MEDICINE FACILITY** is the ultimate dream project of Manas. We have three initiatives under this banner: one to build an environment friendly, energy efficient, cost effective, reusable building with mud bricks to house the centre. Second is to computerise the database of 22,000 patients and the third is to initiate a research to find out who were the community mental health leaders in both the Bengals in the last 100 years.

Paban Mukherjee

Founder Executive Member, Manas

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Manas Mela 5th January, 2018