



## **DETAILED PROJECT REPORT**

# **SANTHI MEDICAL INFORMATION CENTRE MENTAL HEALTH & REHABILITATION CENTRE, ATTAPPADY.**

**SANTHI**  
Medical Information Centre



By

### **Santhi Medical Information Centre**

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**“No health without Mental Health” - WHO**



## **INTRODUCTION**

Attappady is a backward revenue block of Palakkad district of Kerala state. It has an area of 745 sq. km and encompasses three Panchayats. It has a population of 66,171(2001 Census). Tribes forms almost half of the population (27,121) and is represented in three sects called Irula, Muduga and Kurumba. They live in hamlets in and around the hills of Attappady. There are 188 such tribal hamlets.

The non-tribal population comprises of settlers from Kerala and Tamilnadu. Both the tribes and non tribes pursue agriculture as their means of living. They cultivate a wide variety of crops from spices to pulses and vegetables. The earnings from agriculture are inconsistent, due to the vagaries of nature like drought, flash floods, heavy winds and devastation by wild animals.

The tribes engage in paid labour because a bulk of their land holdings is not cultivable. Those living in the remote villages get very less work (about 10 man days per month) compared to those near the central areas. Government schemes like NREGS and a government project called Attappady Wasteland Comprehensive Environment Conservation Project implemented by Attappady Hills Area Development Society (AHADS) have marginally improved their employment opportunities and earnings.

The traditional tribal life is rich with a strong community bonding, family networks and sense of social responsibility. Dance, music and festivals are inherent components of tribal culture here. The interaction with the modern world has led to erosion of many of these virtues which have exposed the tribes to many hazards including mental illness.

Though Kerala has a high literacy and high standards of public health, people of Attappady remain very backward on both counts, especially the tribal population. The literacy rate is less than 50% and school dropout rates are high. Literacy and education among girls is also very low.

## HEALTH SCENARIO IN ATTAPPADY

The health indicators of Attappady remain backward compared to state and national averages. The maternal mortality rate (7/1000 compared to state 1.3/1000) and infant mortality rates (66/1000 compared to state 14.1/1000) are very high. Institutional deliveries have remained low resulting in poor maternal and neonatal outcomes. High incidence of severe maternal anemia, obstetric complications, deliveries by untrained persons all contribute heavily to this situation.

The poor living conditions, extremes of weather, poverty, lack of sanitation and poor awareness about illnesses, together present a bleak prospect for the health of the people of Attappady. Anemia, malnutrition, deficiency disorders, infections like tuberculosis, typhoid fever and diarrheal diseases are rampant in this area. About 30% of the tribal population is affected by a genetic disorder called sickle cell anemia, which has a devastating effect on their health and quality of life.

Infertility is a very common problem in the native population. Rheumatic heart disease has high incidence because of crowded living, poor prophylaxis and lack of follow up with specialty care.

## THE PROBLEM OF MENTAL ILLNESS

There is a very high prevalence of mental disorders among the tribes of Attappady. The problem has not been subjected to scientific study and analysis by any agency. A comprehensive survey conducted in 2010 in 165 hamlets of Attappady has brought out the high number of mentally ill people in each hamlet, as authentic information from Kottathara Tribal Specialty hospital Psychiatrist he himself treating **420 Patients** from Attappady. The survey also revealed the following.

1. The disorders range from frank psychosis to mood disorders. Schizophrenia is the most common condition.
2. A majority of the patients have not received any treatment at all.

3. Many of those who had their treatment started at Medical college hospitals at Thrissur or Calicut have discontinued it. All of the patients are from a poor socio-economic background and find it difficult to buy the costly psychiatric medicines on a regular basis.
4. Most of the patients are in their twenties and thirties. They were the bread winners for their families.
5. There is very poor awareness regarding mental illness among the tribal population. There is a large number of wandering and neglected patients. The scenario is worsened by the emergence of new patients every year. Consumption of liquor, widespread use of Ganja, insecurities in the family, all seem to play major roles in promoting the emergence of these disorders among the tribes of Attappady.
6. A large number of suicides are being reported in Attappady every month, especially from the tribal population. There has not been any scientific study regarding the size of the problem of mental illness or the reasons thereof. There is one CHC and four PHCs and one Tribal Specialty Hospital run by the government in Attappady, besides seven private hospitals (including ours) providing services at primary and secondary levels. None of these centers provide care for the mentally ill. The National Mental Health Programme has so far not been implemented in Palakkad district. As per survey, a majority of patients (65%) still have not received treatment even once.

## PROJECT GOALS

Santhi Medical Information Centre Mental Health and Rehabilitation center is **80 bedded**, Comprehensive treatment and care of tribal people with mental illness including untreated and neglected patients at the same time promoting positive mental health among the tribal people resulting in a reduction in suicides and alcohol dependence.



## **VISION, MISSION, AND OBJECTIVES**

### **VISION**

To generate best services, facilities and resources for the effective rehabilitation and empowerment of mentally ill persons by giving them opportunity to lead a life with minimized troubles and problems.

### **MISSION**

To provide state of art infrastructure by mobilizing and organizing the requisite best resources to translate the vision for developing knowledgeable, skilled and tuned temperament human resource for providing effective and productive facilities, resources and services to mentally ill persons for a livable life.

### **PROJECT OBJECTIVES**

- a) Make available a treatment facility for mentally ill patients in Attappady itself.
- b) Ensure early and uninterrupted treatment of all existing patients at the facility by a network of medical social workers and village health workers.
- c) Integrate psychiatric treatment with primary healthcare.
- d) Provision of monthly supply of free drugs to all the poor patients to ensure complete treatment.
- e) Systematic study of the mental diseases in the area for gaining an insight into the precipitating factors.
- f) Create awareness about mental illness and its treatment among the community and promote positive mental health.
- g) Create a network of Village Mental Health volunteers who can monitor treatment, provide emotional and social support to the tribal population to help them cope with stress.

## **BENEFICIARIES**

The direct beneficiaries of the project are mentally ill patients who live in Attappady block of Palakkad district. The indirect beneficiaries are their family members who suffer loss of income, mental trauma etc and the whole population of Attappady.

## **BACKGROUND OF THE ORGANISATION:**

Santhi Medical Information Centre is a charitable institution and resource center functioning in Kerala for those who seek medical information, treatment and financial assistance. The institution was founded by Mrs. Uma Preman in 1997, keeping in mind the common man's need of information on medical facilities, support and options. Head office is situated in Guruvayoor, Thrissur district, Kerala. It is now a full-fledged charitable trust, serving people with comprehensive medical information, availing treatment facilities especially for the kidney patients' dialysis support, community welfare programs, health awareness campaigns and financial assistance to the deprived people. SMIC has its humanitarian presence in the social sector of Kerala for the betterment of the needy sections of the society and tribal community welfare.

## **SMIC: ORGANIZATION INFO**

|                            |   |   |
|----------------------------|---|---|
| Project Title              | : | MENTAL HEALTH & REHABILITATIONCENTRE  |
| Applying Organization      | : | SANTHI MEDICAL INFORMATION  |
| CENTRE Address             | : | Punnathur Road,Kottapadi,Guruvayoor,<br>Thrissur District, Kerala, India-680505 |
| E-mail                     | : | santhimedicalinfo@gmail.com   |
| Website                    | : | www.santhimedicalinfo.org   |
| Phone                      | : | +91 4872556796  |
| Organization's LegalStatus | : | Registered under: Society Registration Act(1998)                                |



## PROJECT REPORT

### SANTHIMENTALHEALTHANDREHABILITATIONCENTER

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Bank Account Name : Santhi Medical Information Centre  
AccountNo. : 0838201000442  
Bank Name : Canara bank  
BranchName : Guruvayoor-680101  
RTGSCODE : CNRB0000838  
Project Location : Attappady, Kerala,India  
TargetGroups : Mentally ill Patients, Kerala  
Grant Requested : Rs. **484,64,225.00**

**(RUPEES FOUR CRORE EIGHT FOUR LAKHS SIXTY FOUR THOUSAND TWO HUNDRED AND TWENTY FIVE ONLY)**

**FCRAREg.No : 052900372**

**(SIMC possess FCRA registration Act 2010 under the Ministry of Home Affairs, Government of India)**

Bank Account Name : Santhi Medical Information Center Account No.  
: 0838201000500  
Bank Name : Canara bank  
BranchName : Guruvayoor-680101  
RTGSCODE : CNRB0000838



## Attappady Tribal Welfare Project

SMIC extended its services from medical care to a number of social welfare programs and ‘Attappadi Tribal Welfare Project’ is one among them. SMIC started welfare activities at Attappadi in June, 2014. The tribal population of the area is under privileged and follows an unhealthy way of life. They lack even the basic facilities of life like clean drinking water, proper sanitation and garbage disposal means. With the help of our well-wishers, SMIC initiated Attappadi Tribal Welfare Project for providing basic health care facilities and developing basic life structure to the *Adivasis* in the 192 hamlets of Attappadi. Padmashree Dr. T.A. Sundar Menon is the supporter and Goodwill ambassador of the project.

The successful implementation of the project welfare activities in one hamlet has inspired ‘Santhi’ text end similar activities to all other 191 hamlets where they lack most of the basic amenities like sanitation, drinking water, garbage disposal etc.

The core areas we focus on Attappadi are Education, our first & highest priority, followed by Hygiene & Sanitation, Health, and Self-sufficiency & Agriculture. A number of projects related to education sector are on process for attaining the aspired outcome. A.P.J AbdulKalam Residential School Project is initiated in the year 2016 with an aim to improve the educational services available to the Scheduled Tribes in Attappadi





**PROJECT REPORT****SANTHIMENTALHEALTHANDREHABILITATIONCENTER****BUDGET BREAKDOWN: -****A. Land and building**

| SI                | Item Description                          |                           |                    |                  | Cost                 |
|-------------------|---|---------------------------|--------------------|------------------|----------------------|
| I                 | Land Purchase                             |                           |                    |                  | Purchased            |
| II                | Infrastructure development & bore wells   |                           |                    |                  | 1,500,000.00         |
| III               | 20 KV solar System                        |                           |                    |                  | 1,250,000.00         |
| 4                 | <b>Building civil work</b>                |                           |                    |                  |                      |
| Sr.No             | Item                                      | Area                      | Civil working Cost | Fabrication Cost | Total Amount         |
| 1                 | Industrial unit Block 1,2 &3              | 9771 Sft                  | 2,931,300.00       | 2,387,000.00     | 5,318,300.00         |
| 2                 | Toilet block                              | 687 Sft                   | 1,099,200.00       | 350000           | 1,449,200.00         |
| 3                 | Kitchen and Dining                        | 4144 Sft                  | 1,243,200.00       | 2,298,262.00     | 3,541,462.00         |
| 4                 | Office Block                              | 2156 Sft                  | 3,449,600.00       | 1000000          | 4,449,600.00         |
| 5                 | Outpatient Block GF                       | 7258 Sft                  | 2,177,400.00       | 2,740,620.00     | 4,918,020.00         |
| 6                 | Physiotherapy In patient Block            | 6328 Sft                  | 1,898,400.00       | 2,538,793.00     | 4,437,193.00         |
| 7                 | Rehabilitation in patient ground floor    | 6213 Sft                  | 1,863,900.00       | 2,219,674.00     | 4,083,574.00         |
| 8                 | Rehabilitation in patient First floor     | 7080Sft                   | 2,124,000.00       | 2,219,674.00     | 4,343,674.00         |
| 9                 | Rehabilitation in patient Second Floor    | 4194 Sft                  | 1,258,200.00       | 1,121,401.00     | 2,379,601.00         |
| 10                | Staff Quarters                            | 2194Sft                   | 658,200.00         | 1,121,401.00     | 1,779,601.00         |
| 11                | Site clearing, leveling & other works     | L.S(Longitudinal Section) |                    |                  | 2,500,000.00         |
| 12                | Retaining wall (286 M3 RR work) one block | L.S(Longitudinal Section) |                    |                  | 672,000.00           |
| 13                | Sewage plant 4 nos                        | L.S(Longitudinal Section) |                    |                  | 700,000.00           |
| 14                | Rain water storage                        | L.S(Longitudinal Section) |                    |                  | 1,000,000.00         |
| <b>TOTAL COST</b> |   |                           |                    |                  | <b>41,572,225.00</b> |



**SANTHI**  
**MEDICAL INFORMATION CENTRE**  
(In Memory of Preman Thaikkad)

| <b>B. RUNNINGEXPENSE</b> |  |                      |                           |                          |
|--------------------------|--|----------------------|---------------------------|--------------------------|
| <b>I. Administrative</b> |  |                      |                           |                          |
| Sl. No.                  | Name of the Post   | No. of post & salary | Monthly expenditure (Rs.) | Yearly expenditure (Rs.) |
| 1                        | Project Director   | 1x Rs.20,000.00      | 20,000.00                 | 2,40,000.00              |
| 2                        | Accountant cum clerk (Part time)                         | 1x Rs.10,000.00      | 10,000.00                 | 1,20,000.00              |
| 3                        | Sweeper  | 6 x Rs.7500.00       | 45,000.00                 | 5,40,000.00              |
| <b>II. Medical</b>       |  |                      |                           |                          |
| 1                        | Medical officer(part time )                              | 1 x Rs.25,000.00     | 25,000.00                 | 3,00,000.00              |
| 2                        | Counselor / Community Worker / Psychiatric Social Worker | 3 x Rs.12,000.00     | 36,000.00                 | 4,32,000.00              |
| 3                        | Yoga Therapist (Part time)                               | 1 x Rs.10,000.00     | 10,000.00                 | 1,20,000.00              |
| 4                        | Senior nurse   | 3 x Rs. 20,000.00    | 60,000.00                 | 7,20,000.00              |
| 5                        | Junior nurse   | 3 x Rs. 15,000.00    | 45,000.00                 | 5,40,000.00              |
| 6                        | Trainee  | 6 x Rs. 7,500.00     | 45,000.00                 | 5,40,000.00              |
| 7                        | Ward boys/ Security                                      | 3 x Rs.10,000.00     | 30,000.00                 | 3,60,000.00              |
| 8                        | Receptionist/Office staff                                | 2 x Rs.10,000.00     | 20,000.00                 | 2,40,000.00              |
|                          |  |                      | 3,46,000.00               | <b>41,52,000.00</b>      |

**PROJECT REPORT****SANTHIMENTALHEALTHANDREHABILITATIONCENTER**

| <b>C. RECURRING EXPENDITURE (OTHER THAN ESTT.)</b> |  |                                  |                                 |
|--|--|----------------------------------|---------------------------------|
| <b>Sl. No.</b>                                     | <b>Item</b>  | <b>Monthly expenditure (Rs.)</b> | <b>Annual Expenditure (Rs.)</b> |
| 1  | Medicines  | 1,00,000.00                      | 12,00,000.00                    |
| 2  | Contingencies ( Stationary, water, electricity, postage, telephone, maintenance and replacement of bed, linen etc) | 25,000.00                        | 3,00,000.00                     |
| 3  | Transportation / petrol and Maintenance of vehicle.  | 20,000.00                        | 2,40,000.00                     |
|  | <b>Total</b>   | <b>1,45,000.00</b>               | <b>17,40,000.00</b>             |

| <b>D. NON-RECURRING EXPENDITURE</b><br>(Admissible once only during the setting- up of the Centre) |                     |
|--|---------------------|
| 80 beds, tables, 3 set of linen, Blankets/office blankets, other office equipments etc.            | <b>10,00,000.00</b> |

| <b>TOTAL BUDGET OF THE PROJECT</b>         |                      |
|--|----------------------|
| A) LAND ANDBUILDING                        | 415,72,225.00        |
| B) RUNNINGEXPENSE                          | 41,52,000.00         |
| C) RECURRING EXPENDITURE (OTHER THANESTT.) | 17,40,000.00         |
| D) NON-RECURRINGEXPENDITURE                | 10,00,000.00         |
| <b>TOTAL COST OF THE PROJECT</b>           | <b>484,64,225.00</b> |

**RUPEES FOUR CRORE EIGHT FOUR LAKHS SIXTY FOUR THOUSAND TWO HUNDRED AND TWENTY FIVE ONLY**

