

PRESIDENT'S MESSAGE

It is a great privilege to serve as President of 'Shanthiham' during the year 2020. As we look back on a year which is unforgettable for any organization all around the world; we happened to undergo a severe situation due to spreading of COVID-19 Pandemic. Our organization was not an exception and we too faced the challenges and I believe that we managed it well. We took all the efforts to bring our services to people through different delivery mechanisms. Apart from our regular programs on Psychosocial and Counselling, we also got the financial potentials of assisting the most vulnerable and needy people during the lockdown with the financial assistance from our friends and well-wishers. I am really proud to note that we were able to go to the door step of those people and assisted when they were in need for food and other basic needs.

We also found ways to bring our Psychosocial and Counselling services to the people through virtual means during lockdown and continued even after relaxing the restrictions. I am really thankful to our donors, especially USAID/SCORE, UNICEF and our individual sponsors for their financial assistance and contributions for us to deliver best services. We are expecting to continue the partnership with these donors for even better service delivery in the future.

I am also thankful to our staff who have worked hard during the lockdown and even after normalcy to bring our services to the door step of the most vulnerable. I am obliged to thank our former Director Mr. R. Thavaseelan & present Director Mr. S. Thileepan, former Finance Manager - Mr. Sabesan & present FM, Mr. Niroojan & HRM Mr. A. George. I feel it is my responsibility to thank our members of the Council of Management for assisting me to take decisions on time to direct the organization in the way to address the needs. I extend my sincere gratitude to Mr. R. Thavaseelan, former Director who brought systematic changes in the organization. We are badly disappointed with the sudden demise of our dearest Secretary Late Mr. T. Anpaanathan. He was a great pillar to 'Shanthiham' with his innovative ideas.

Finally, I thank God who has blessed all of us to be away from a huge disaster and to a successful end 2020.

Wish you all a successful year ahead.

Mr.D. Stephen Leonard, President

DIRECTOR'S MESSAGE

We are left with many good memories and some challenging ones from the year 2020. It created opportunities to experiment new innovations and at the same time turned our world upside down. I am pleased to say that despite all the challenges we have been able to accommodate the diversity around us. Shanthiham has been able to serve at a number of levels of society throughout this period. The COVID 19 outbreak opened a virtual platform which is new to the organization. We took the challenge and succeeded in meeting the psychosocial needs of people through using this platform.

New programs were started in collaboration with UNICEF and USAID to mitigate the adversity caused by COVID 19. This gave us opportunities to serve different kinds of people in society. Children, teachers, frontline government workers and youth benefited through the inputs of the programs. Initially we struggled to achieve targets under SCORE project due to lockdown; and as it was extended to February 2021, we were able to reach many and contribute to work for stability in our target community.

We initiated certain proposals to international and local donors. Some of them are still pending for evaluation and we received some important feedback from donors. We are currently working on proposals focusing on innovative ways of delivering our services in the current situation. The contracts of a number of staff members came to an end this last year. We are looking for more funding and projects to broaden our scope. In the meantime, we are focusing on managing an efficient program with small group of staff.

Despite the challenges mentioned above, we achieved a lot in 2020. We tried new ways of working and continued implementation of work which we agreed to deliver. We are looking at all the possible ways to reach the people and meet their needs. We hope that we shall obtain new programs and opportunities this year. We are confident that with the right intention, trustworthiness and positivity we will move forward with confidence ensuring the smooth functioning of the organization

Mr. Sypherion Thileepan - Director 1

SECRETARY'S MESSAGE

It is with great satisfaction that I write this message. Shanthiham has come through a very tough year overcoming exceptional challenges throughout 2020. The corona virus brought with it major restrictions that threatened to stifle our work. However, Shanthiham as usual has shown its resilience, and come up with renewed energy having faced considerable challenges. The most difficult among these was the fact that we had to curtail face to face counselling interactions and training programmes. Instead, we had to come up with alternatives to cater to the need of the hour. The way we work and even what we do had to change during the course of the year.

I take this opportunity to thank the two Directors who led the institution during this very difficult time, Mr. R. Thavaseelan and Mr. S. Thileepan for having done a wonderful job taking Shanthiham forward introducing creative ways of responding to the changing circumstances. We have started new programmes using new modes during this period catering to the urgent psychosocial needs of sections of the community. In these we have been very successful in our achievements. I hope that this experience will help us go into new avenues and modes of working to serve our community, living up to our tradition of always serving the current needs of our community.

Mr.S.Ravindran, Secretary

WE THANK OUR DONORS

There are many institutions and well-wishers who extended their support and contribution to our projects and new initiatives in 2020. The effort of well-wishers and their valuable donations filled the gaps of the financial requirement during the pandemic. Shanthiham was able to support many individuals in the emergency situation and the relief provided immense support for their urgent and immediate needs. SCORE project was extended up to February 2021. UNICEF supported our COVID 19 interventions in post-lockdown period; this program helped the evolution of the virtual platform of Shanthiham which is an innovative approach catering to changing needs of our society. Shanthiham is very grateful to all these donors and appreciates all those who had stood with us during this COVID 19 crisis, supporting us to reach the most needy in our society. A special word of thanks go to:

DONOR	AMOUNT
USAID/SCORE	7,676,927
UNICEF	3,348,071
GIZ	882,438
Mr.N.Pathmanathan	1,250,000
Mrs.Sabaratnam (Savia Muneetra Sangam (UK)	400,000
Mr.Jovan Titus (Tamil Engineers Foundation (Australia)	361,500
Mr.T.Neethirajah (Swiss)	300,960
Neil Marine Pvt Ltd	150,000
Mr.Sivakolunthu Family	111,418
Mrs.T.Baheerathy	95,000
Mr.P.Balamurali (Canada)	41,000
Mr.Thiyagarajahpathi	11,600
Fr.S.Damian	8,000
Mr.Osman Leonard	3,500
Lions Club of Jaffna (Mr.S.Chandran Canada & Mr.Akilan UK)	In Kind

OUR VISION

A healed and restored community that is able to celebrate life in all its wholeness.

OUR MISSION

To develop the capacity and fulfil the needs identified in relation to mental health and psychosocial well-being in Sri Lanka at the individual, family and community level.

OUR AIMS AND OBJECTIVES

- Support to all, particularly those in crisis and at risk of mental health problems.
- Training to a wide range of professionals, community-based organizations, national and international NGOs, and local volunteers to develop and enhance knowledge and practice in promoting well-being and positive mental health.
- Evidence research and publications on what works well to enhance well-being and positive mental health of our communities.
- Ensure well-being of individuals, families and communities and make them economically empowered.
- Create a strong civil society through active participation in decision-making processes based on participatory development approaches, promoting diversity, and building networks with government and nongovernmental stakeholders and partners.

SHANTHIHAM Association for Health and Counselling (AHC) is a Non-profit, Non-Governmental Organization, collaborate with the communities to improve their well-being, working over three decades in Sri Lanka since 1988. Shanthiham is a prominent organization which is recognized as the agent of bringing psychosocial well-being through its engagement with individuals and communities. It is cherished by the beneficiaries and witnessed their developments. There are lot of bestowing hands to seek out the essential need of an individual and these supports are placed among the needy.

Shanthiham is currently implementing two projects in Northern province. The SCORE (Social COhesion and REconciliation) project has been funded by USAID through GLOBAL COMMUNITIES and been implemented in four selected GN divisions in Thellipalai DS division. While the Unicef funded "Psychosocial support for Children affected by Locked down due to COVID-19" program has been implemented in Jaffna, Kilinochchi and Mullaitivu districts. Further, the organization has recently completed a GIZ funding VTSL program, which was implemented in Kaarainagar DS division in Jaffna district. The organization has been holding up different roles in each project, which dispersed the responsibilities on the donor requirements.

THE PROGRAMS

Social Cohesion and Reconciliation (SCORE)

Donor: USAID / Global Communities



USAID
FROM THE AMERICAN PEOPLE

Program Description: Develop the functional level of the war affected clients to their potential capacity in terms of Psychological, Socio-economic status and to become productive in the social environment.



Global Communities
Partners for Good

Location: Four Grama Niladari Divisions (Nallinakkapuram, Ilavalai North West, Palai Veemankaamam South & Vasavilan East) in Thellipalai Divisional Secretariat Division.

Target Group: Selected resettled families from the four divisions.

Duration: August 2017 to February 2021.

Key Achievement:

- Provided psychosocial services; befriending, counselling, on-going sessions, follow-ups as well as referrals. In total 111 people have received psychosocial and counselling service.
- Virtual platform has been created and in practice to handle client services virtually due to COVID – 19.
- 13 befrienders and Core Group members have been trained and capacitated to bridge the clients from the field with counsellors for psychosocial support.

- Paper articles and TV channel discussions had been done to raise awareness raising and for knowledge development.
- Psychosocial materials developed and disseminated through social media and e-platforms.
- 78 Pre-school teachers had been capacitated on best health and hygiene practices from 58 schools.
- Hand washing points had been established in 13 pre-schools in Thellipalai DS division.
- Infrared thermometers had been provided to 30 schools in Thellipalai DS division.
- Hygiene kits have been distributed to Vali North Pradesha sabha to cover 40 pre-schools and public places in Thellipalai DS division.
- COVID – 19 response; awareness banners have been placed in 13 common places; especially designed banners been placed at 19 pre-schools and 240 stickers have been placed at the Government and Private buses.
- School cleaning campaign have done in 15 schools.

Psychosocial support for Children affected by Locked down due to COVID-19

Donor: UNICEF



Program Description: Ensure that the most vulnerable children and their families impacted by the COVID – 19 crises have access to psychosocial support and can meet their hygiene needs.

Location: Jaffna, Kilinochchi & Mullaitivu districts.



Duration: May 2020 to December 2020.

Key Achievement:

- 1193 children and their parents/ care givers reached through psychosocial support services and referred to the additional services as required.
- Children have been encouraged through the competition to be engaged in several activities (art drawing, poem, storytelling, and innovation) during the locked down.
- A separate and specified Facebook page – “Sirakaddikum Siddukkal” has been created and useful materials and posts.
- Psychosocial materials developed and disseminated through social media and e-platforms.
- 300 Vulnerable families with three or more children in the target areas provided with hygiene kits to meet their basic and essential hygiene needs at the homes.
- 165 awareness creation sign boards related to COVID-19 have been distributed to 55 preschools.
- 1015 Pre and Primary Teachers capacitated in dealing with children in COVID 19. There were 2 trainings conducted on how to better handle the children and it was a mental health and psychosocial services introductory of virtual training on topics and an assessment took place at the end of training, best scorers received certificates.
- 24 video messages were recorded related COVID-19 awareness.
- 5 mobile phones purchased and were utilized by three counsellors who assigned to carry out the mobile psychosocial support.
- Drawing competitions conducted and 930 children participated and received participatory certificate while 30 Children awarded as best and received cash prizes.

Self-Motivated, Skilled, Engaged and Empowered Youths

Donor: GIZ



Program Description: Ensure well-being of trainees through quality psychosocial and counselling services.

Location: Karainagar Division in Jaffna district.

Duration: 13, November 2019 to .15, October 2020

Key achievement:

- Continuously followed up and motivate 26 NVQ students.
- Worked closely with dropout students to encourage them to rejoin their studies.
- Instructors had been capacitated to guide the students with their psychosocial aspects

Other Key Interventions

- Diploma in Counselling course, the participants getting classroom training in normal environment, but through Zoom platform while COVID-19 locked down situation.
- Capacity Building of New Graduates: New Graduate Trainees had 5 days training.
- Three groups of graduate/ Diploma holder trainees had been capacitated.
- Clerkship Programs: Zoom sessions have been held to the medical students of University of Jaffna to learn the community-based psychosocial interventions.
- Dry Food Distribution: Dry food items distributed among those who were affected by the COVID 19 lock down with the support of well wishers. Total number of 1158 families received dry food items, 665 families from Jaffna, 100 from Kilinochchi and 393 from Mullaitivu.

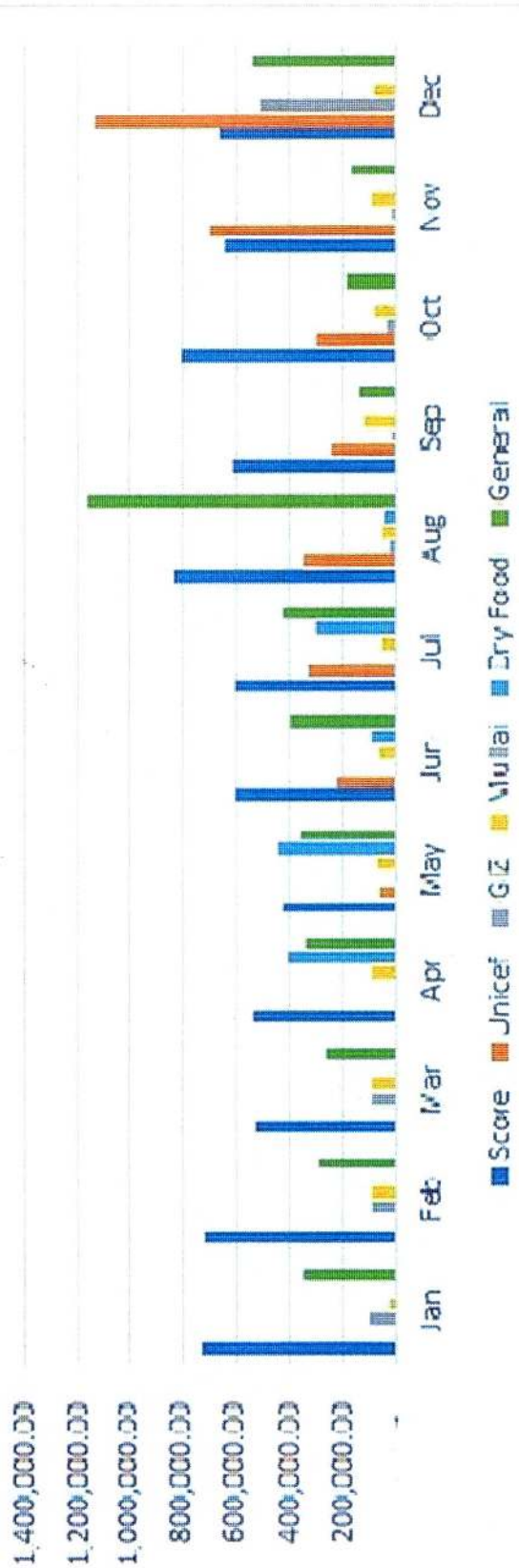
Consultancies:

- Training CBOs on Psychosocial and Self-confidence to members of Community Based Organizations in 3 DS Divisions in Jaffna. 187 CBO members trained selected divisions.
- Developing 10 different Psychosocial Awareness Flash messages to be published in TV and other local media. Developed and submitted 5 awareness messages and 5 Flash videos to EU Lanka

FINANCE REPORT

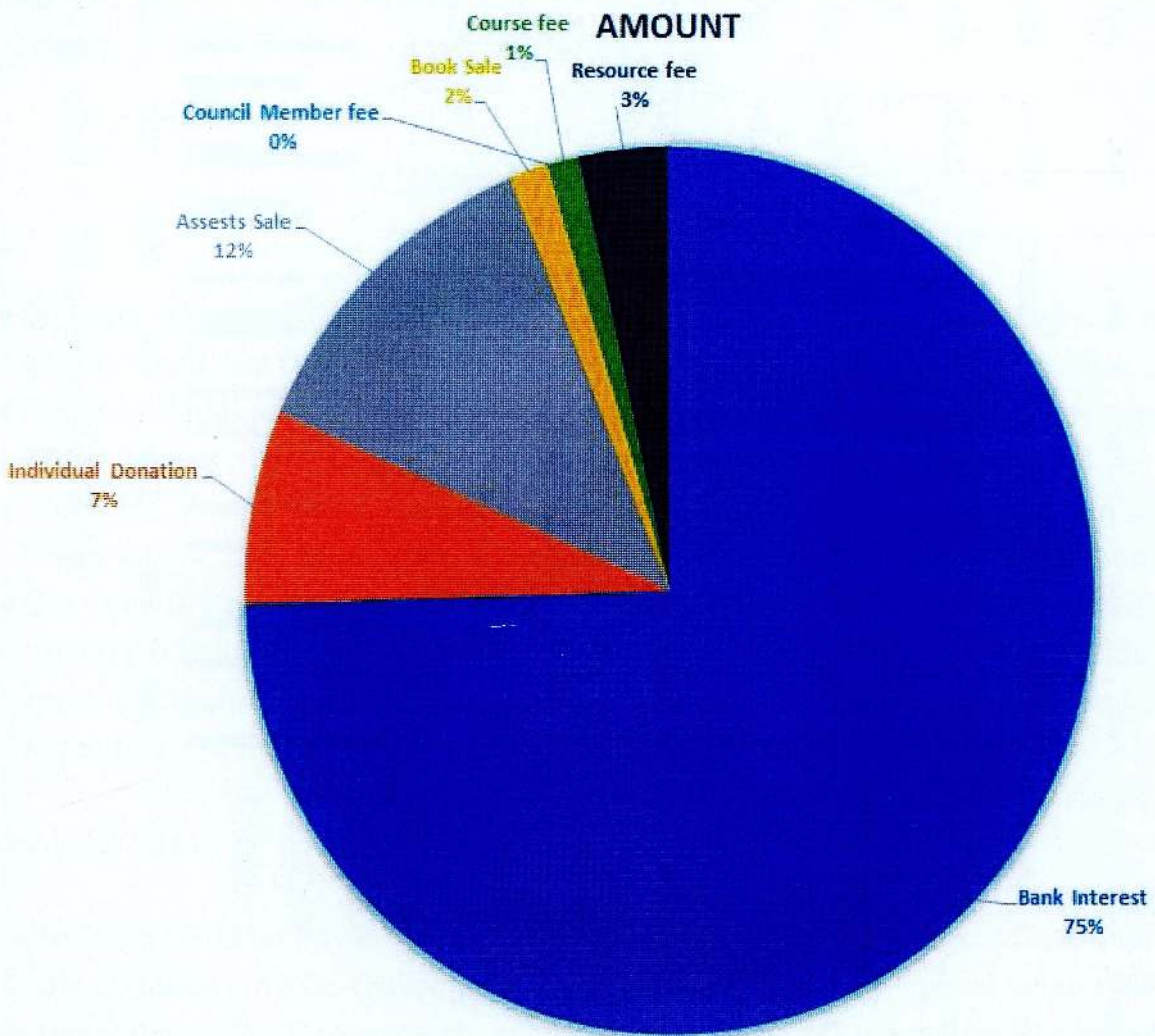
EXPENDITURE

Project	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Score	726,362	716,802	527,561	534,010	432,042	599,260	600,957	828,165	607,259	805,410	642,018	657,081
Unicef	0	0			64,602	226,911	327,505	351,508	241,672	305,345	695,466	1,135,062
GIZ	96,705	93,905	89,705	0	4,750	0	3,900	21,495	17,359	36,459	16,159	502,001
Mullai	27,169	94,917	89,770	93,300	70,140	60,407	54,768	51,434	121,610	77,750	93,732	86,976
Dry Food			409,510		446,590	95,100	300,960	40,393				
General	347,846	289,000	266,336	343,024	357,497	399,539	423,011	1,167,225	136,399	192,008	171,232	537,110



INCOME

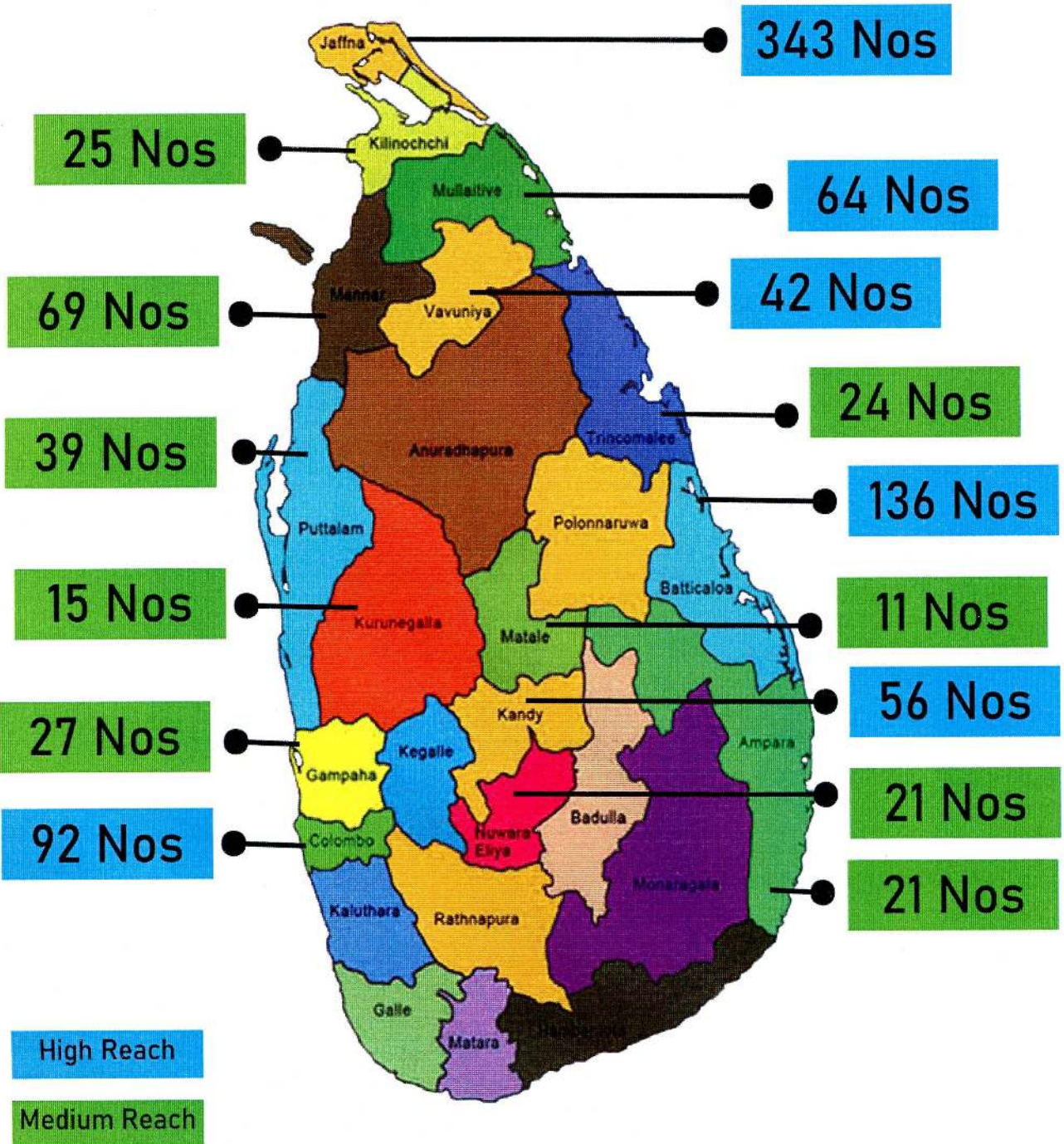
Category	Amount
Bank Interest	1,325,898
Individual Donation	125,055
Assets Sale	221,000
Book Sale	26,000
Council Member fee	1,500
Course fee	20,000
Resource fee	60,000



GEOGRAPHICAL REACH OF SHANTHIHAM ON VIRTUAL PS SUPPORT DURING COVID 19 OUTBREAK

VIRTUAL TRAINING OF PRESCHOOL & PRIMARY SCHOOL TEACHERS TO HANDLE CHILDREN WITH GREATER CARE WHEN SCHOOLS REOPENS DURING COVID 19 OUTBREAK

Shanthiham was able to reach the entire nation through a virtual training program to raise awareness about psychosocial and mental wellbeing among preschool and primary school teachers. The online activities spread positivity and strengthened people. Owing to the COVID 19 outbreak, people were increasingly engaged in the digital world and activities in the virtual media had evolved to another level during this period. Shanthiham promptly responded to this changing situation and utilized this medium as a prominent tool for creating awareness and assigned a particular human source to enable all the activities. This approach resulted in the engagement of teachers from different locations. Initially we had planned to implement this in the Northern Province only, but it was extended to other regions because of requests from teachers via social media from other regions



VIRTUAL PSYCHOSOCIAL SUPPORT & TELE-COUNSELLING

Districts	Children (Called)			Parents and Members (Called)			Total Called
	Female	Male	Total	Female	Male	Total	
Jaffna	122	131	253	242	124	366	619
Kilinochchi	58	48	106	121	48	169	275
Mullaitivu	68	22	90	147	62	209	299
Total	248	201	449	510	234	744	1193

FACEBOOK USER ENGAGEMENT FROM MAY TO DECEMBER 2020

Page Activity

Total Page Likes	Page Reach	Post Reach	Post Engagement
6,439	1,976,000	1,976,000	285,000

VIRTUAL PLATFORM OF SHANTHIHAM

SHANTHIHAM's social media platform is not just an outlet to connect people but it became an essential tool during the pandemic. The new normal life brought in a huge demand for communications through social media which Shanthiham quickly responded to. We have now established a technical team operating the virtual platform. The following data indicate the widespread use of the virtual platform to meet psychosocial needs.



218,635

Reaches



17,217

Likes



1607

Posts



37

followers



44

Posts



226

followers



110

Tweets



82

subscribers



27

Videos



Shanthiham initiated online classes when restrictions were placed on people gathering. A free online training program was conducted for preschool and primary teachers on dealing with children in the COVID 19

crisis. It was a trial attempt to absorb the condition of the users and their feedback. The entire training was conducted Successfully.

The counselling course too is being run via zoom now.



Counselling Center

Shanthiham AHC

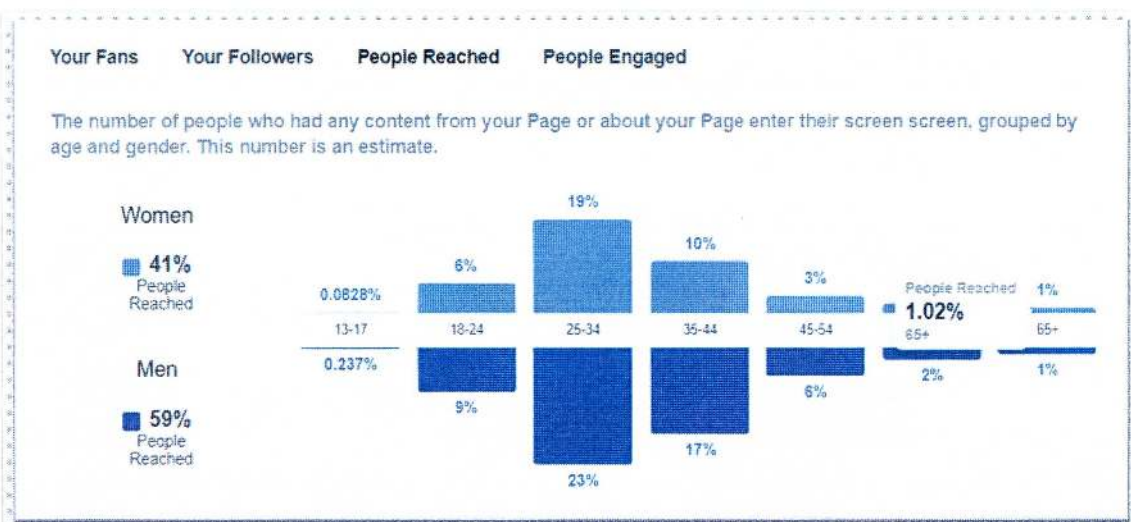
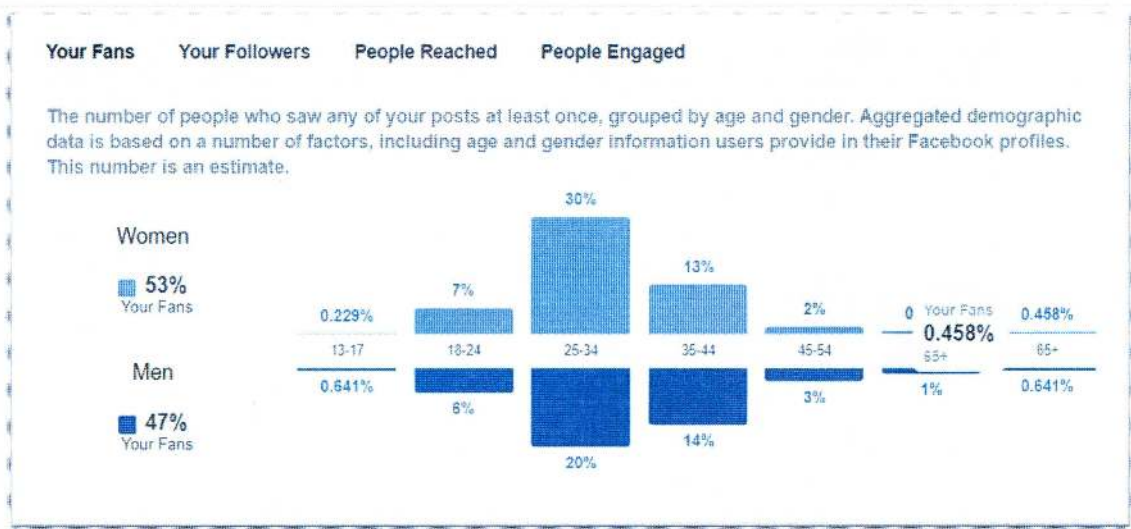
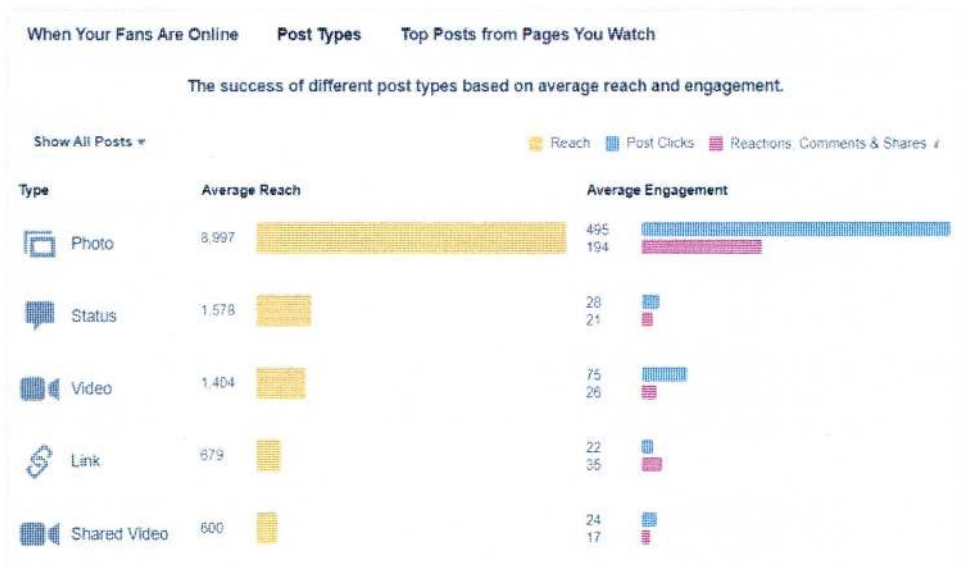
Shanthiham's official Facebook profile



Sirakkadikum Sittukal

Shanthiham's Facebook page and official platform for all the information sharing

INSIGHTS OF FACEBOOK PAGE



ADMIN/HR REPORT

- All task in relation to Admin, HRM, Procurement and Logistics were handled as per the Admin/HR/Finance policies and procedures of Shanthiham
- Support and guidance were given to all staff members on preparing the performance appraisal for the year 2020 cycle and maintained the records as hard copies and soft copies for future reference.
- Organized and carried out a sales of Used Items (Office furniture, equipment, worn out vehicle tyres, timber, and other scrape materials) according to bidding policies and procedures of Shanthiham.
- Organized and distributed dry food ration package for most needy and vulnerable people who affected during COVID-19 outbreak in the northern district.
- Office vehicle no.250-8542 fully repaired and changed with 04 brand new tyres and made it to roadworthy condition.

SHANTHIHAM LEADERSHIP

MANAGEMENT COUNCIL

President

Mr.D.Stephen Leonard

President Elect

Ms. Vasuki Rajasingham

Secretary

Mr.S.Ravindran

Treasurer

Mr.K.Sripathy

Vice President

Rev.Dr.Vincent Patrick

Vice Secretary

Mr.K.Gauthaman

Council Members

Mr.Satchithanathan

Ms.J.Shiromi Leonard

Mr.S.Rasendran

Mr.S.Ravi

Ms.Darshini Mahendran

Dr.K.Kajavinthan

Dr.S.Jeevasuthan

STAFFS

Director

Mr.Rajan Thavaseelan / Mr.Sypherion Thileepan

Program Manager

Mr.S.Radhakrishnan

Finance Manager

Mr.S.Sabesan /

Mr.T.Denin Niroojan

Admin/HR Manager

Mr.A.George Thayananthajothy

Center Counsellors

Ms.A.Shivani

Ms.R.Pushpalatha

Ms.S.Kayathiry

Finance Officer

Mr.A.Partheep

an

Office Assistants

Mr.K.Pavan

Mr.M.Ellalan

Ms.T.Jeyasutha

Monitoring & Evaluation cum

Documentation Officer

Mr.S.Paul Sugirthan / Mr.A.Kokulan

Logistic cum Fleet

Assistant

Mr.M.Prathap

Field Counsellor

Ms.N.Yogarani

Ms.S.Mayoorathy

Virtual Media Manager

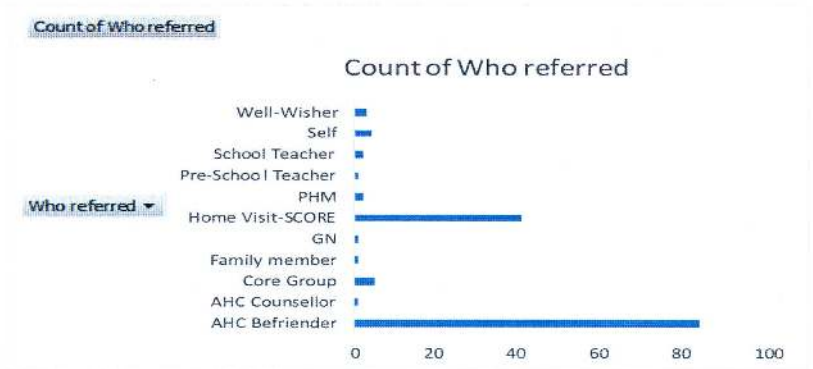
Mr.lambodharan k

Sharma

SHANTHIHAM COUNSELLING SERVICE

Shanthiham has its project based and center counselling services in Jaffna, Kilinochchi and Mullaitivu. Counsellors provided the services even in the COVID 19 crisis and they capacitated to carry out the services via virtual platform. All counsellors provided with mobile phones and hotline numbers designated to each district. The numbers were advertised in all the social media pages of Shanthiham. And there were food rations distributed to clients and other needy people. All counsellors went through regular supervision and participated in the psychosocial forum in order to maintain standards in the services we provide.

Location	Total Clients	District	In Percentage
Services in Jaffna Counselling Center	95	Jaffna Counselling Center	28 %
		Mullaithevu Sub Center	8 %
		Kilinochchi Mental Health Unit	30 %
Services in Jaffna SCORE Activities	112	USAID/SCORE Activities	33 %
Services in Kilinochchi Mental Health Unit	102		
Services in Mullaithevu Counselling Sub Center	28		



FUTURE STRATEGIES

- Counselling course
- Short training programs
- Consultancy assignments
- Publication

Training and development

- MHPSS & Health
- CBO empowerment
- Enhance economy
- Livelihood support

Community development program

- Counselling centres
- Counselling hotlines
- Virtual learning

Counselling and virtual psychosocial support program

GLIMPSES OF THE EVENTS



A beneficiary received the food ration pack in the COVID 19 outbreak



Befrienders at their refresher training



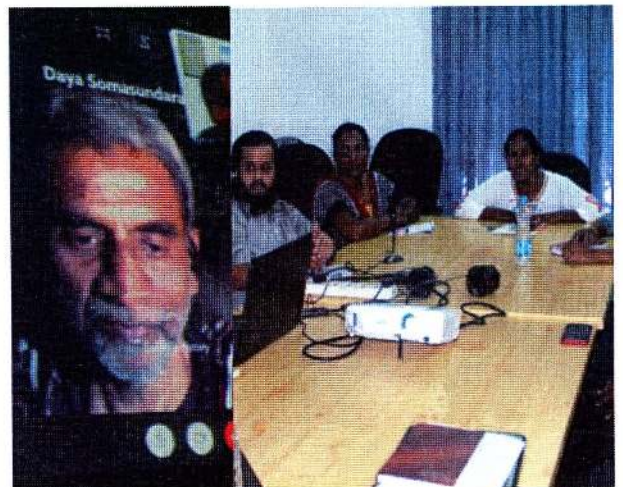
A drawing campaign organized among schools in Thellipalai educational zone on social cohesion and reconciliation



A drawing campaign organized among schools in Thellipalai educational zone on social cohesion and reconciliation



Befrienders participated in the bi-annual program review of SCORE at Shanthiham office



Psychosocial forum facilitated by Prof. Daya Somasunaram and staffs participated in the forum



Selected schools received cleaning items in COVID 19 response in SCORE



Selected schools received cleaning items in COVID 19 response in SCORE



A focused group discussion with parents of VTA students in GIZ project



Front line govt.officers trained on PM+



Core group members and befrienders visited the important service providers related to mental health and acknowledged the services



Drawing Competition Prize Giving for First Place at Shanthiham

The e-learning platform of Shanthiham





All preschools in Thellipalai received the COVID 19 awareness boards with safety health



Core group members received certificate as they completed the training



All preschools teachers in Thellipalai division trained on handling children during the COVID 19 outbreak, Dr.S.Sivathas facilitated the session



Graduate trainees' training at Shanthiham

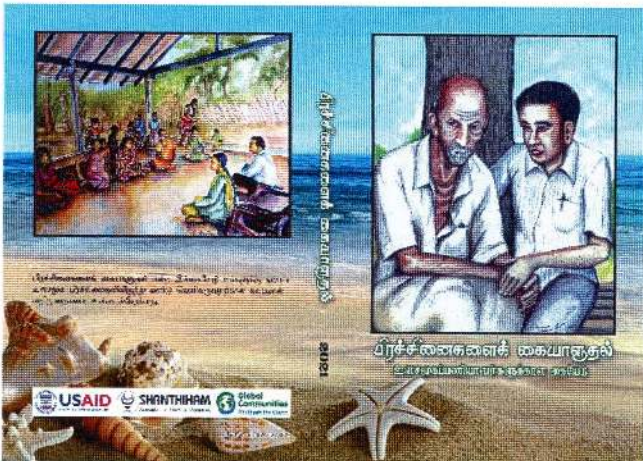


Management council 2020



Shanthiham Virtual Media

PUBLICATIONS



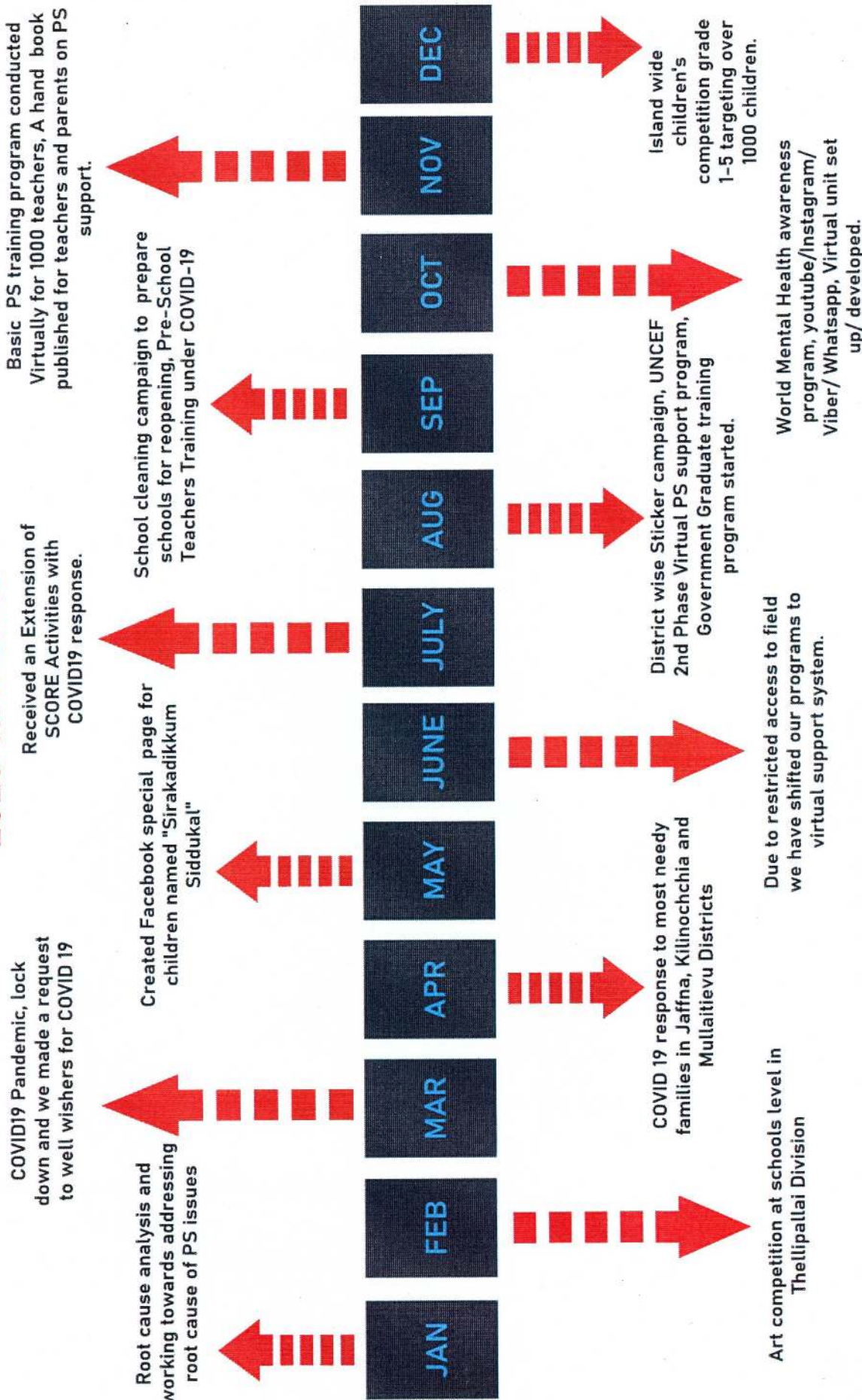
Problem management plus



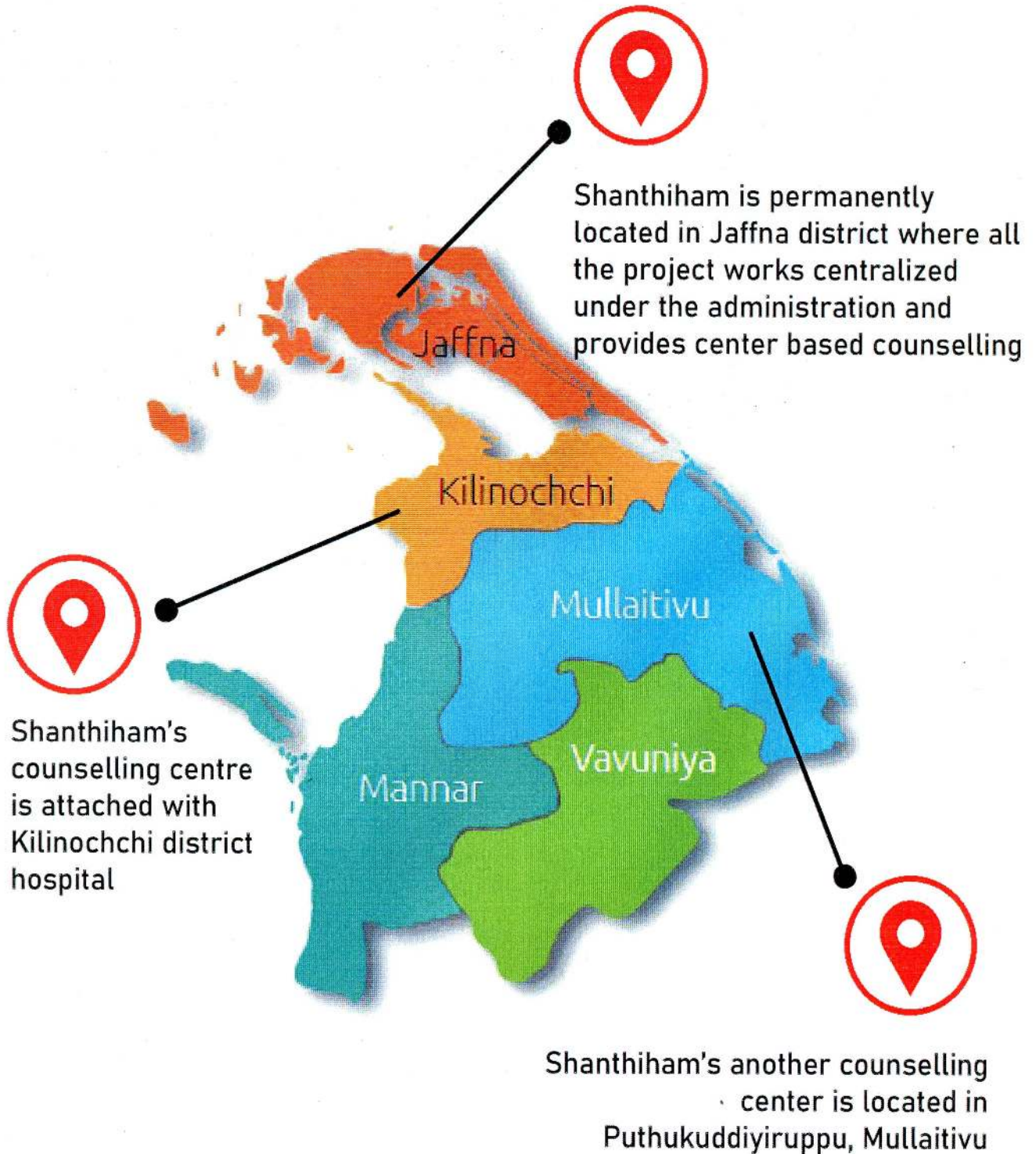
Psychiatric problems and mental

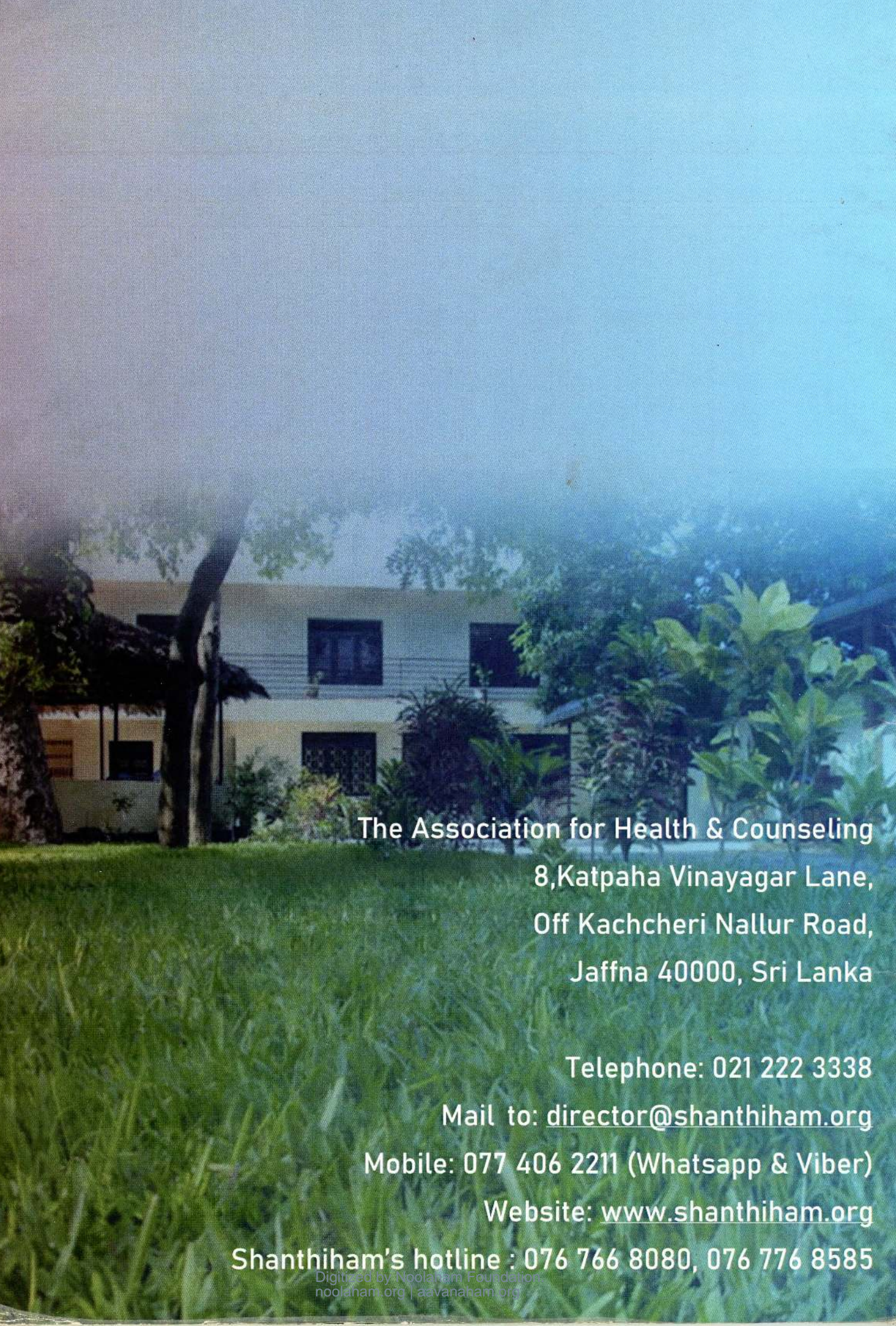


2020 TIMELINE



SHANTHIHAM'S TERRITORIAL EXPANSION





The Association for Health & Counseling
8, Katpaha Vinayagar Lane,
Off Kachcheri Nallur Road,
Jaffna 40000, Sri Lanka

Telephone: 021 222 3338

Mail to: director@shanthiham.org

Mobile: 077 406 2211 (Whatsapp & Viber)

Website: www.shanthiham.org

Shanthiham's hotline : 076 766 8080, 076 776 8585