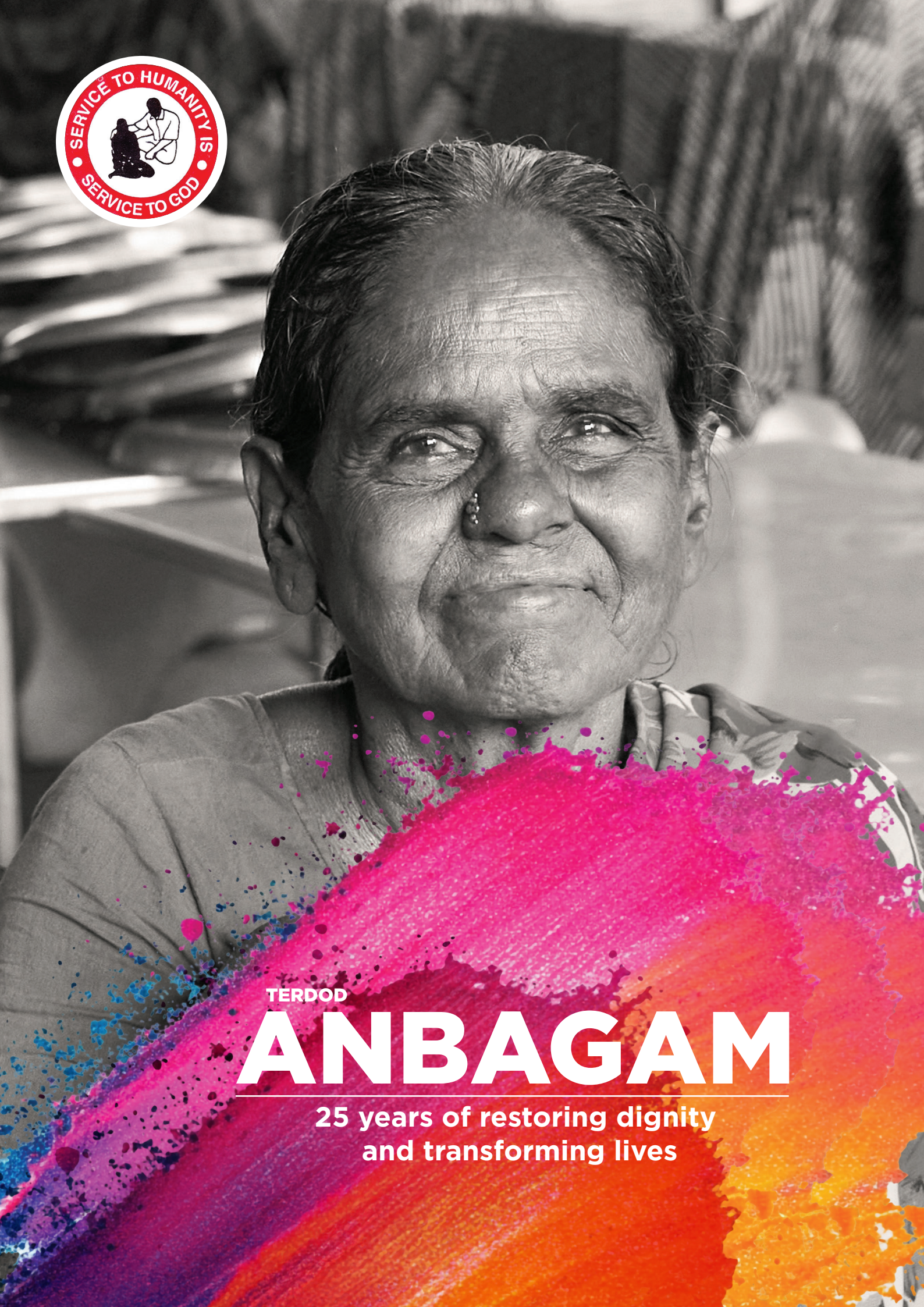


TERDOD

ANBAGAM

25 years of restoring dignity and transforming lives

Bringing light to the darkest corners of mental health

For the past 25 years, we, at Anbagam have strived to be a sanctuary for the homeless mentally ill, offering them a path to healing and reintegration. Through unwavering dedication, we have transformed thousands of lives, proving that compassion and consistent care can bring even the most vulnerable back from the depths of despair.

What began as a small initiative driven by compassion has grown into a structured movement, rescuing thousands of individuals from the streets and guiding them towards recovery

This report is not just a reflection of our achievements; it is a testament to the resilience of the individuals we have served, the dedication of our team, and the unwavering belief that every person, no matter how lost, deserves a second chance at life.



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We are a secular, non-government organization committed to the rescue, treatment, rehabilitation, and reunification of individuals struggling with mental health challenges.

Anbagam is an initiative of Trust for Education and Rehabilitation of Disabled Orphans & Destitutes (TERDOD) - a registered public charitable trust founded in 1999. Since its inception, Anbagam has been working diligently to support those suffering from mental health challenges.

We do not belong to anyone and yet, we belong to everyone.

THE STORY OF ANBAGAM

Embracing humanity – with compassion, care, and commitment

The story of Anbagam begins not in an institution, but in the heart of a single man. One day, while crossing the Gemini Bridge in Chennai, Mr. Mohammed Rafi saw a man sitting alone—dishevelled, mentally unstable, and clearly abandoned by society. Something about the man's condition moved him deeply. Unable to walk away, Mr. Rafi brought him home, offering shelter, food, and most importantly, dignity.

This one act marked the beginning of a lifelong mission. As Mr. Rafi continued to encounter more individuals facing similar circumstances—homeless and grappling with mental illness—his home slowly filled up. His determination to give them the care they deserved, was supported by Mr. Chandran, MD, Chennai Silks and led to the establishment of the first home in Vichur, a dedicated space for those in need. This modest beginning would later grow into Anbagam.

The name Anbagam was chosen with deep significance, reflecting the core values and mission of our organization. In Tamil, Anbagam translates to "Home of Love," symbolizing a place of warmth, care, and acceptance for those who have been abandoned or forgotten by society.

For homeless persons with mental illness, who often face neglect, abuse, and stigma, Anbagam stands as a sanctuary where they receive not only medical care but also the dignity, compassion, and support needed to rebuild their lives. The name embodies our unwavering belief that love, understanding, and human connection are vital to healing.

Our Trustees

Mr. M.P. Mohammed Rafi
Mr. Vinod Chakaravarthy Vittal
Mr. P. Subba Reddy
Ms. Charumathi Ethirajan
Mr. Sanjeev Jain
Mr. E.A. Wilson
Mr. G. Vinod Kumar
Mr. Thyagudurai Kannan
Mrs. Karthika Devi Sasidharan
Mr. M. Surendren
Dr. Jayakumar Menon



A guiding light:

Dr. Sarada Menon's enduring impact on Anbagam

As Anbagam slowly took shape, we found an extraordinary supporter and guide in Dr. Sarada Menon. A pioneer in psychosocial rehabilitation and founder of SCARF (Schizophrenia Research Foundation), Dr. Menon recognized the unique vision behind Anbagam. Her wisdom and unwavering belief in patient dignity helped shape the organization's approach to care. She reminded the team that kindness and compassion must always come first.

Dr. Menon's involvement went beyond moral support. She facilitated Anbagam's collaboration with SCARF and connected us with trained psychiatrists and mental health professionals. She held deep admiration for Mr. Rafi's model of reuniting patients with their loved ones—something few institutions attempted.

She was also instrumental in bridging efforts between Anbagam and Shraddha to help long-stay patients at the Institute of Mental Health reconnect with their families. As a member of the visitors committee, she ensured that patients who couldn't be reunited found a safe haven at Anbagam.

Through it all, Dr. Menon remained a guiding light for over 22 years. Even in her later years, she continued to support Anbagam, working closely with her nephew Dr. Jayakumar Menon, whose insights and advocacy help steer the organization forward.

KEY HIGHLIGHTS

Over the years, we have successfully supported thousands of lives, offering hope and healing to those who had nowhere else to turn. Today, across the three centres we operate, our impact continues to grow. These are the key highlights of our work.

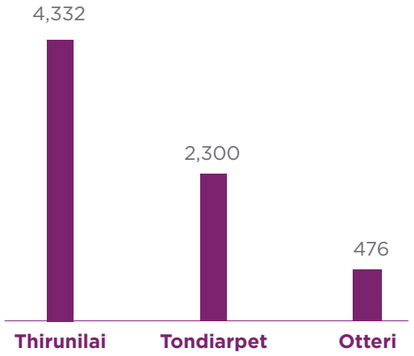
Program – wise reach

Total supported 7,108

Total reunited 3,000

Successfully reunited 42%

Centre – wise reach





Bridging the gap in mental health rehabilitation

Organizations like us exist to address the urgent and growing need for mental health rehabilitation, especially for those abandoned by their families. Mental health issues arise from various factors-biological, psychological and social, yet stigma remains a major barrier to seeking help. Families struggle to provide care due to financial constraints, lack of awareness, and deep-rooted societal beliefs. Today things are slowly changing and yet, there is a need to change this narrative. There is a need to help individuals recover while also encouraging society to view mental health with empathy rather than stigma.

We try to bridge this gap by offering treatment, shelter, and reintegration support, helping individuals regain their dignity and reconnect with society.

To address the issues we face, we have developed a unique rehabilitation model that blends evidence-based therapies with culturally relevant interventions. Our program includes pharmacotherapy, life-skills training, occupational therapy, vocational training, and social-skills development. We also integrate traditional activities such as horticulture, agriculture, and animal husbandry as part of our rehabilitation efforts. By encouraging patients to participate in community-based activities—such as local festivals, movie screenings, and social gatherings—we help them rebuild their confidence and reconnect them with society.

Dr. Jayakumar Menon,
Trustee



FRONTLINE HEALERS

Working at Anbagam has been a deeply emotional and fulfilling journey. Every day, we witness individuals struggling to reclaim their lives after battling mental illness. One of the biggest challenges is helping patients adapt—many arrive with no sense of hygiene, routine, or basic self-care. It takes weeks, sometimes months, of continuous effort to help them regain these fundamental life skills.

Reintegration into society is another hurdle. Families often reject their loved ones, despite their recovery, due to social stigma and misconceptions about mental health. I have personally seen patients break down when they realize they are not welcome back home. These moments are heartbreaking, but they also fuel my determination to continue this work.

One of the most rewarding experiences was reuniting a patient with his family after years of separation. Initially, his parents were hesitant, but after multiple counselling sessions, they agreed to take him back. The moment when they embraced one another was incredibly moving—it reminded me why I chose this path.

Mr. Madan, Staff

FROM ONE HOME TO MANY HEARTS



1999 to 2004: The journey of Anbagam

- **1999:** Started a public charitable trust under the name TERDOD, officially formalizing Anbagam's efforts.
- **2002:** Established the Anbagam Rehabilitation Centre at Thirunilai, near Redhills, Chennai.
- **2004:** Rotary International honored Mohammed Rafi and Anbagam with the prestigious "For the Sake of Honor" award, acknowledging our services.



2005 to 2010: Strengthening the mission

- **2009:** As Anbagam expanded, Mohammed Rafi involved his daughter, Rafiya, in the organization's work. She soon joined as a full-time social worker, bringing new energy and dedication.
- **2010:** The Tamil Nadu government formally recognized our work and began providing financial assistance.



2011 to 2015: Expanding services

- **2013:** Partnered with the Corporation of Chennai to establish and manage a night shelter in Tondiarpet, Chennai.
- **2014:** Began operating a home for destitute mentally ill women in partnership with the Guild of Service at Otteri, Chennai.



2015 to 2020: Reaching more lives

- **2015:** Secured land adjacent to existing facility at Anbagam – Vichur and started construction of a home for mentally ill senior citizens.
- **2016:** Won Tamil Nadu Government's Best Social Worker Award.
- **2017:** Won Tamil Nadu Government's Best Institution Award
- **2018:** Won Tamil Nadu Government's Appreciation Award for its efforts in reuniting individuals with their families.



2021 to 2025: Paving the way for the future

- **2020:** Set up an isolation ward for individuals suffering from infectious diseases.
- **2021:** Strengthened our collaboration with Kaval Karangal, enhancing rescue operations and expanding our support network.
- **2023:** Acquired 10 acres of land in Devedhavakkam village, Tiruvallur district to provide rehabilitation through farming, allowing self-sufficiency.
- **2024:** Construction of a new kitchen building, funded by the Azim Premji Foundation.



A model for compassion and service

During my first visit to Tamil Nadu at the invitation of Dr. Sarada Menon had a opportunity to visit Anbagam, an NGO dedicated to rehabilitating the wandering mentally ill.

At my first sight, it was evident that this organization was making a significant impact. I have also had the privilege of meeting Rafi Sir, whose dedication to this cause is truly commendable.

Over the years, Anbagam has grown into one of the leading NGOs in Tamil Nadu, working tirelessly to support those suffering from mental illness on the streets. Though I have not yet met his daughter, my staff speaks highly of her contributions to the organization.

I sincerely hope that Anbagam continues its remarkable journey and reaches the 100-year milestone, bringing hope and healing to countless lives.

Dr. Bharat Vatwani,
Shraddha Rehabilitation Foundation.
Raymond Magsasay Awardee 2018.



THE FOUR ‘R’ APPROACH

A complete circle of care

At Anbagam, we follow the 4 R’s —
Rescue, Refresh, Rehabilitation, and Reunion.

Through the 4 R’s, we work towards not only to rescue and rehabilitate but also restore hope, dignity, and the possibility of a better future.

Our work goes beyond treatment; we provide shelter, dignity, and a chance to rebuild shattered lives. We provide comprehensive rehabilitation for mentally ill destitutes, ensuring they receive the necessary medical care, food, and shelter and life skills training tailored to everyone’s strengths and needs. Dedicated efforts are also made to reunite our patients with their families. By bridging the gap between medical care, rehabilitation, and social reintegration, we ensure that no one is left to fight this battle alone.

Rescue:

The road to recovery starts with a safe place.
Our journey begins with identifying and rescuing individuals who are found wandering the streets, often in distressing conditions.

Those with serious mental illness are often abandoned by their families and find themselves homeless, with no access to shelter or medical care. They remain on the fringes of society, vulnerable to abuse, starvation, and exploitation. Many such individuals wander aimlessly, often traveling long distances by train, with Chennai Central becoming a common point where they arrive from different parts of India.

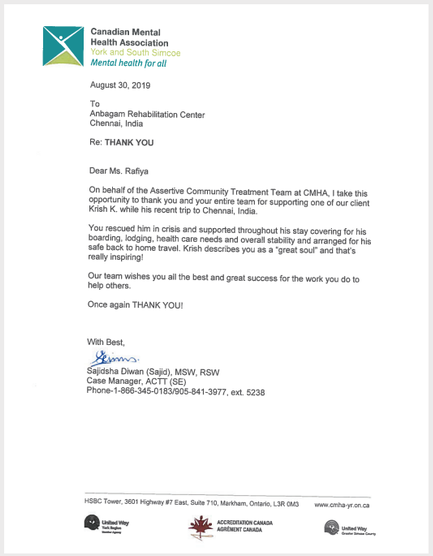
Some families have even deliberately abandoned their mentally ill relatives during pilgrimages, conveniently “forgetting” them along the way. In some cases, language barriers and unfamiliar behaviours lead to individuals being falsely labelled as criminals or thieves, further exacerbating their suffering. Our dedicated team ensures their safety, offering them a secure shelter at Anbagam.

A journey from despair to hope

In 2019, Krishnapillai was found outside Apollo Hospital, suffering from high fever and severe wounds on his hands, feet, and chest. Our team rescued him and discovered a return ticket to Canada along with his credentials in his bag. He appeared disoriented and seemed heavily medicated.

We took his case to the Canadian Embassy and informed them about his condition. He was provided with shelter and medical care for a month, during which his wounds healed, his health improved, and he received counselling. His psychiatric treatment plan was found in his bag, and the team ensured that he continued his prescribed course of medication. As he recovered, he began assisting with gardening and kitchen activities at the shelter.

After multiple counselling sessions with our team, he shared that his sister had admitted him to the rehabilitation centre in Canada and that his family lived in Toronto. With the assistance of the Canadian Embassy, Krishnapillai was finally able to board his flight back to Canada on July 16, 2019. Upon arrival, he was received by a friend and is now living safely in Toronto.



Canadian Mental Health Association
York and South Simcoe
Mental health for all

August 30, 2019

To
Anbagam Rehabilitation Center
Chennai, India

Re: **THANK YOU**

Dear Ms. Rafiya

On behalf of the Assertive Community Treatment Team at CMHA, I take this opportunity to thank you and your entire team for supporting one of our client Krish K. while his recent trip to Chennai, India.

You rescued him in crisis and supported throughout his stay covering for his boarding, lodging, health care needs and overall stability and arranged for his safe back to home travel. Krish describes you as a “great soul” and that’s really inspiring!

Our team wishes you all the best and great success for the work you do to help others.

Once again THANK YOU!

With Best,

Sajidsha Diwan (Sajid), MSW, RSW
Case Manager, ACTT (SE)
Phone-1-866-345-0183/905-841-3977, ext. 5238

HSBC Tower, 3601 Highway #7 East, Suite 710, Markham, Ontario, L3R 0M3 www.cmha-yr.on.ca



In its early years, Anbagam operated from a shelter in Ayanavaram, where a few rescued individuals were housed. Those days, I assisted Anbagam with medical examinations, diagnosing illnesses, and prescribing treatment. Today, Anbagam has established a structured process to rescue and rehabilitate mentally ill individuals found on the streets of Chennai, reuniting them with their families. As the organization completes 25 years of service, I extend my best wishes and hope it continues to grow, providing a safe haven for those in need across India.

Dr. Shantha Kamath, SCARF



Refresh:

Once the patients arrive, we focus on restoring their health and well-being. We provide immediate medical attention, nutritious meals, and personal hygiene care to help them regain their strength. Along with physical and medical care, we provide emotional support, creating a safe and nurturing environment where healing can begin.

Finding purpose through care and resilience

When I first joined Anbagam in 2017, I never imagined the journey ahead. Starting with just 40 members and limited staff, I found myself navigating challenges alone, especially when our nurse was on leave for six months. Those months taught me resilience—I learned to administer medicine, handle emergencies, and manage patients with diverse psychiatric needs. Anbagam has given me not just a career but a profound purpose—helping individuals heal gives me great joy.

Ms. Vineetha, Staff



One of our key strengths is the integration of culturally relevant activities. We incorporate activities such as horticulture, agriculture, animal husbandry, and community-based interactions. Patients are encouraged to participate in social events, including movie screenings, festival celebrations, and special programs involving local community groups.

Ms. Rafiya, Admin Director

Rehabilitation:

Where true transformation happens

Through structured psycho-social therapy, counselling, and medical treatment, we help individuals regain stability. We also believe that self-sufficiency is key to sustainability.

As part of our vocational training program, the inmates are trained in activities such as basket making, tailoring, organic farming, gardening, basic farming. In addition, residents engage in essential life skills like cleaning utensils, washing clothes, watering plants, cutting vegetables, making tea/coffee/juice and even basic construction work.

These skills keep them active and engaged and help them communicate with our team. By involving our patients in meaningful work, we empower them to reclaim their independence.

Our objectives are fourfold:

- **Keep them engaged** – Meaningful activities help structure their daily routine.
- **Build connections** – Engaging in tasks increases trust and breaks social barriers.
- **Develop independence** – Training equips them with skills for self-sufficiency.
- **Create livelihood opportunities** – The goal is to help them transition towards financial independence when they leave Anbagam.

Rehabilitation does not end at our centres. For those who show significant improvement, we collaborate with organizations like Banyan and Shraddha to transition them back into the community. However, some individuals require long-term care due to the severity of their condition. For them, we provide long-stay homes in our centres designed to offer a warm, home-like environment where they can live with dignity.





Rehabilitation is at the heart of our work. We do not believe in merely managing symptoms—we strive to restore individuals' independence and sense of purpose. Many of whom we care for suffer from cognitive impairments, making reintegration into society particularly challenging. Medication alone is often not enough.

Mr. Sanjeev Jain, Trustee

Asha's journey: From despair to empowerment

Asha's life took an unexpected turn after her marriage. Hailing from Tiruvarur and a trained physiotherapist from the Tamil Nadu Paramedical Institution she never imagined she would face such hardships. After years of neglect from her husband and a painful separation, she fell into deep depression. Without family support, she struggled alone until circumstances led her to Anbagam in 2016.

Asha stayed at Anbagam for three months as a patient. Initially scared and withdrawn, she slowly found comfort in the care and warmth of the elderly women at the shelter. She took her medication regularly and began to recover.

Now, Asha lives and works in Vichur, earning Rs. 12,000 plus benefits. She has created a new purpose for herself—helping other residents at the shelter regain their independence through vocational training and physiotherapy. Her daily responsibilities include conducting rounds to check on the health of inmates, administering physiotherapy, ensuring meals are distributed, and overseeing vocational training activities like tailoring, painting, and construction. She has personally provided physiotherapy for over 50 people at Anbagam, giving them hope for a better future.

Through her work at Vichur, Asha continues to inspire and uplift those who have been abandoned, proving that with the right support and determination, a new beginning is always possible. ***"Every day is different, but my focus remains the same—helping people stand on their own feet."*** Asha says.

Reunion:

Our ultimate goal is to reunite patients with their families. We put in tireless efforts to trace their loved ones, verify their identities, and facilitate emotional reunions. Seeing families embrace their lost ones after years of separation is the most rewarding part of our work. When family reintegration is not possible, we ensure they receive continued care through alternative support systems.



For those who show considerable improvement, Anbagam collaborates with other organizations to facilitate community reintegration. For individuals with high dependency needs, Anbagam provides long-term residential care in home-like environments where they are assigned responsibilities and daily tasks, encouraging a sense of routine and purpose. –

Ms. Charumathi, Trustee

Family reunited after 24 years

When the Kaval Karangal team found David wandering the streets, he was unkempt, disoriented, and without a home. They immediately rescued him and brought him to Anbagam where he received psycho-social care, medical attention.

As he regained stability, our team worked tirelessly to gather details about his past. Through patient conversations and careful tracing, we discovered his family, who had been searching for him for 24 years. Believing he had passed away; they had even been performing annual remembrance rituals for him.

The moment of reunion was deeply emotional. As he stepped forward, his family could hardly believe their eyes. Tears of joy flowed freely, and years of longing melted away in warm embraces. The reintegration process was completed smoothly, ensuring his transition back home was safe and secure.



STRUGGLES BEYOND OUR WALLS

Anbagam faced numerous challenges in our mission to care for the homeless and mentally ill. In the early days, with limited staff, the burden was even greater. One of the most heartbreaking difficulties is seeing individuals who have been treated and reunited with their families are later abandoned again, left to struggle on the streets.

"Here at our homes, constant supervision is provided to our inmates as they require continuous monitoring, structured care, and strict medication compliance. Unfortunately, when individuals are reunited with their families, who are often untrained may lack the necessary resources, struggle to provide proper supervision, leading to lapses in medication—a critical factor in preventing relapse.

Despite our sincere efforts in rehabilitation and pre-reunion support, some individuals end up back on the streets due to the lack of structured care at home. This remains a deeply distressing reality".

Mr. Mohammad Rafi, Founder-Trustee



One of the most fulfilling aspects of being part of Anbagam is the opportunity to be there for those who have been forgotten by society. To listen to their stories, to share in their pain, and to offer them a sense of belonging is a privilege. These moments remind me why this work is so important.

Mr. Vinod Chakaravarthy Vittal, Trustee

Finding hope and a new beginning at Anbagam

My name is Meena, and I was born in Salem. I lost my parents at a young age, and my relatives pressured me to get married and stop my studies. But I was determined to continue my education. In 2012, I moved to Chennai for college, staying in a hostel and working part-time in Triplicane.

Living in the hostel, I felt incredibly lonely and struggled with my mental health. In 2015, my hostel warden, Sumathi, introduced me to Anbagam. I got treated there for three months, where I received counselling, medication, and support. Slowly, I started to recover. What I loved most about Anbagam was the strong sense of togetherness, the warmth of the people, and the peaceful connection with nature. After my treatment, I decided to stay at Anbagam for a few more months while rejoining Domino's Pizza.

During this time, my (then) future husband was looking for a bride, and he reached out to Anbagam. The team looked out for me, and in 2016, I got married. My life changed completely—I could now focus on my personal life and happiness. Today, I am a housewife, and I have two children. I remain in touch with the Anbagam team, visiting them whenever I can to meet my friends. I will always be grateful to Anbagam for giving me the strength to rebuild my life.

COLLABORATIONS & PARTNERSHIPS

The journey of every individual supported by Anbagam is deeply intertwined with the legal system, police, courts, judiciary, healthcare institutions, psychologists, and government agencies, making collaboration essential at every step. When we rescue mentally unwell or abandoned individuals in distress—the police play a crucial role in ensuring their safety and initiating the legal procedures required for their rehabilitation.

Government Hospital

- **Stanley Hospital**
- **Rajiv Gandhi Government Hospital**
- **Kilpauk Medical College**
- **TB Hospital, Otteri**
- **Communicable Diseases Hospital, Tondiarpet**
- **Pudur Government Hospital**
- **Institute of Mental Health**

Private Hospital

- **Venkateshwara Med City, Sholavaram**
- **Vels Medical College and Hospital**
- **VS Hospital**
- **Billion Heart Foundation Hospital (run by Apollo Hospital)**
- **RYA Cosmo Hospital**



Anbagam is unique in its approach. It does not merely provide temporary refuge but strives to reunite individuals with their families whenever possible. I have personally witnessed the impact of its work, seeing how mentally ill and abandoned individuals are given a chance at rehabilitation and reintegration into society. This level of commitment requires immense dedication, and I have seen it firsthand through the efforts of Anbagam team all of whom have been tirelessly working for the past 25 years to serve humanity.

Ms. T. Mary Raju, Inspector of Police





Interview with
Thiru. S. Kandasamy, IAS
Commissioner, Avadi Corporation

Having worked closely with us since 2012, Mr. Kandhaswami shares his experiences in identifying and rehabilitating vulnerable individuals, the crucial role of community-driven mental health initiatives, and the impact of policy-driven collaborations.

- **Can you share a story or interaction from your work with Anbagam that truly reflects their impact?**

  As part of our collaboration with Anbagam, we established a rehabilitation centre at Periyakulam Government Hospital and conducted training programs for officials across various departments to familiarize them with the Act. This initiative played a crucial role in strengthening mental health rehabilitation efforts in the region.

- **Why are grassroots organizations like Anbagam crucial in addressing mental health issues, especially in India?**

  While the government can enact policies, allocate funds, and introduce welfare schemes, the emotional support and personalized care that individuals with mental illness require cannot always be delivered through institutional systems alone. Organizations like Anbagam provide the warmth, care, and consistent follow-up necessary for long-term rehabilitation.

- **If you had to highlight one major outcome of Anbagam's work, what would it be?**

  The most remarkable achievement of Anbagam has been its ability to successfully rehabilitate hundreds of individuals with mental illness, reconnecting them with their families and communities.

CHALLENGING MYTHS THROUGH LIVED EXPERIENCES

Over the years, our journey has been shaped by the stories of countless individuals battling mental illness. Each patient's struggle, resilience, and triumph have taught us invaluable lessons, deepening our understanding of these conditions. Along the way, we have also witnessed the heavy burden of myths and stigma that often overshadow their pain. With every encounter, we have seen how misconceptions isolate, discourage, and deny people the help they deserve. From these heartfelt experiences, we share and challenge some of the most common myths surrounding mental health, hoping to create a world with more understanding and compassion.

Category	Myth	The reality in India	Debunking the myth - The Anbagam experience
Superstition	Mental illness is a result of bad karma or supernatural forces.	A 2018 NIMHANS study found that 46% of Indians believe mental illnesses are caused by supernatural forces, leading many to seek faith-based treatments instead of medical care.	Mental illnesses are medical conditions caused by genetic, biological, and environmental factors. Seeking professional help ensures proper treatment and recovery.
Violence	People with mental illness are violent and dangerous.	A study by the Indian Journal of Psychiatry found that people with mental illness are more likely to be victims of violence and abuse rather than perpetrators.	Most individuals with mental illness are peaceful. Media misrepresentation often fuels this misconception.
Weakness	Mental illness is a sign of weakness.	Mental health disorders affect over 197 million Indians (as per WHO, 2019), proving that they are medical conditions, not a sign of weakness.	Mental illnesses are caused by chemical imbalances, trauma, and stress, not a lack of willpower. Just like physical illnesses, they require treatment.
Rarity	Mental illness is rare.	The National Mental Health Survey (2016) reported that nearly 14% of Indians suffer from mental disorders, including anxiety, depression, and schizophrenia.	Mental illness is common, affecting millions across India. Awareness and early intervention can improve outcomes.
Severity	Only extreme cases need treatment.	The Indian Journal of Psychiatry estimates that 75% of those with mental health issues in India do not receive treatment due to stigma and lack of awareness.	Even mild mental health issues like anxiety and depression require proper support and care for overall well-being.
Treatment	Medication is the only solution.	India has over 9,000 licensed clinical psychologists and mental health professionals who provide therapy, counselling, and alternative treatments beyond medication.	A combination of therapy, counselling, lifestyle changes, and medication provides the best treatment outcomes.
Productivity	People with mental illness cannot work or live normal lives.	Organizations like The Banyan and Anbagam in TN have successfully rehabilitated thousands of mentally ill individuals, helping them lead independent lives.	With proper treatment and support, individuals with mental illness can lead productive and fulfilling lives.
Recovery	Mental illness is not treatable.	With early intervention and proper treatment, over 80% of individuals with mental disorders in India can recover or significantly improve, according to the Ministry of Health & Family Welfare.	Many mental health conditions can be managed effectively with therapy, medication, and rehabilitation programs.
Children	Children cannot have mental health issues.	The NCERT survey (2022) found that over 30% of Indian school students experience anxiety or depression, proving that mental health issues affect children too.	Children and adolescents can experience mental health disorders and need early intervention for better outcomes.
Stigma	Seeking help for mental health issues is shameful.	The 2016 National Mental Health Survey revealed that 80% of Indians hesitate to seek mental health care due to stigma, despite growing awareness campaigns.	Mental health care is just as important as physical health care. Seeking help is a sign of strength, not weakness.

THE ANBAGAM EFFECT

At Anbagam, the impact of our work extends far beyond the individuals we directly care for. When a homeless person with mental illness is rehabilitated, it often transforms the lives of their families and communities as well.

We have seen families, once burdened by fear and stigma, reunite with their loved ones, learning to support them with understanding instead of rejection. In some cases, recovered patients have gone on to become advocates for mental health, educating their communities and reducing the stigma surrounding mental illness.

Local businesses, too, have shown compassion, offering employment opportunities to those in recovery, creating a cycle of inclusion and acceptance. This ripple effect proves that healing one person can uplift an entire network of people, creating a more compassionate society for all.

WORDS FROM OUR WELL-WISHERS



Mr. Subba Reddy,
Trustee

Many decades ago, I met Rafi Sir, the driving force behind Anbagam. That meeting left a profound impact on me. Unlike many institutions that simply provide medication and shelter, Rafi Sir believed in something far deeper—reuniting patients with their families and reintegrating them into society. The way Anbagam nurtures individuals, giving them a second chance at life, is nothing short of extraordinary. I firmly believe that the work done by the entire Anbagam team is not just a service to humanity but to God.



Mr. T. K. Chandran,
Managing Director,
Chennai Silks

Anbagam's journey over the past 25 years has been one of victory and success. This would not have been possible without the unwavering belief and dedication of Mr. Rafi. Wishing Anbagam continued growth and success



Dr. M. Malaiappan,
Director,
Institute of Mental Health (IMH)

For the past 25 years, Anbagam has been dedicated to rescuing and rehabilitating homeless individuals with mental illness. Through its collaborative efforts with government agencies, Anbagam stands as a model for other charitable organizations—providing not just relief and medical care, but also transformation through vocational training and the promise of a renewed life for the most vulnerable.



Dr. Poornachandrika,
Chief Professor,
Institute of Mental Health (IMH)

From my early days in IMH to my present role as chief professor, I have seen Anbagam establish itself as a credible and trustworthy organization. It provides vital support to those patients who have lost their way and have no place of their own, ensuring they receive care through dedicated social workers who communicate in multiple languages and strive to create a stable environment for these helpless individuals.

The unwavering passion and enthusiasm of the team is truly are truly commendable, as they approach each case with the same dedication as if it were their first. Their collaboration with our government home in Tondiarpet is remarkable, treating it as their own and offering unconditional support.



Mr. Joseph T. Ravi,
Retired District Differently Abled Welfare Officer

I have been associated with Anbagam for 25 years, ever since I met them as a junior officer. What sets Anbagam apart is its genuine compassion, treating everyone as equal. Whether in Chennai and Thiruvallur, I have seen Anbagam provide immediate assistance to those who face mental health challenges, making it a model organization. I vividly recall an instance where Mr.Rafi and his daughter personally cared for a mentally challenged man we rescued, a testament to their commitment

GRATITUDE

We are deeply grateful to every individual and institution that has stood by Anbagam through the years. To our trustees, your unwavering faith, tireless efforts, and heartfelt commitment have been the foundation on which we've built this home of healing.

To our dedicated staff and caregivers, your compassion and resilience in the face of daily challenges have transformed lives in ways words cannot fully capture. We also thank donors who have generously offered their money, time and energy, becoming a vital part of our journey. Your support has brought light and dignity to countless lives.

To the patients and their families, thank you for your trust and courage. Your journeys have inspired and taught us invaluable lessons in humanity, strength, and hope. We extend our sincere appreciation to the government and health departments, hospital teams, the police, the legal system, and the social security departments for their support and collaboration in making reintegration and recovery possible.

Each of you has played a key role in ensuring that no one is left behind. As we look ahead, we carry your partnership and encouragement with deep gratitude, knowing that together, we are creating a more compassionate and inclusive world.

Running Anbagam has been a journey filled with challenges, but also immense fulfilment. While financial struggles, infrastructure limitations, and difficulties in bringing donors to the home initially seemed daunting, the unwavering dedication of our trustees and team kept us moving forward. Each patient's recovery reinforced our purpose, and witnessing the transformation in the lives of those we served filled us with gratitude and determination.

Mr. Mohammad Rafi
Founder-Trustee



Anbagam

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