



ANJANA GOSWAMI

Striving for a Sound Mind

“Ashadeep—as the name implies is carrying the ray of hope for the weak and marginal section of the society especially for the mentally challenged women, by its wide range of welfare activities.”

Anjana Goswami was born in the year 1960 and brought up at Shillong. After her postgraduation from NEHU in Education, Anjana Goswami did her Ph.D on the subject titled *A Study on the effectiveness of Psycho-Education of Families in the Management of Persons with Major Mental Disorder*. Her working life started off with her teaching in different schools and colleges in Shillong. But the most significant step in her life was her decision to work with the children with intellectual and mental disabilities with utmost dedication. She held the position of the Director of 'Ashadeep' after leaving her teaching career in 1996. 'Ashadeep' project was initiated as a small Day Rehabilitation Centre at Guwahati with a group of people along with her husband. In the last 14 years, 'Ashadeep' has evolved into a full-fledged institution with a number of programmes for the vulnerable section of the society. Some of those programmes which have been successfully carried out so far may be mentioned here—
(i) The Day Rehabilitation Centre for the Mentally

Disabled has provided rehabilitation inputs including sheltered employment to 132 children and adults with mental disorders. 'Roshmi' is a half way home for women with mental illness serving mentally challenged women and girls by providing them with residential rehabilitation. 'Navyachetana', another rehabilitation project for homeless women with mental disorders which was started in 2005, has so far rescued 282 women from the streets and 238 of them have been re-integrated with their families in the different parts of the country. Dr. Anjana Goswami also started an 'Out Reach Programme' in 2006 to organize mental health camps in remote and conflict ridden districts of Assam. A Free Psychiatric outdoor clinic and a Resource Centre for sensitization, orientation and training, research and documentation on the issues of mental health have also been actively engaged in the project of reaching out to the mentally challenged women and girls in the different parts of the country.

For her contribution to the field of social welfare, Dr. Anjana Goswami has so far received a number of awards like the Radha Govinda Barua Memorial Award for social work, DY 365 Annual Award for social work to 'Ashadeep', Best Institution for Social work to Ashadeep by Socio-Cultural and Sports Association, Roshan Phukan memorial award by Eastern Women's Association, Outstanding Annual Report National Award to Ashadeep by CSO partners of New Delhi and the National Award for conducting maximum number of national coaching camps for the mentally challenged conferred by Special Olympics Bharat. 'Ashadeep'—as the name implies is carrying the ray of hope for the weak and marginal section of the society especially for the mentally challenged women, by its wide range of welfare activities. □□