



COOJ  
2013

Sessions involving role plays, discussions, mindfulness, dance, music, recreation, cooking, debates etc have been undertaken. Some competitions held were art, card making, bag making, rangoli and drama.

As part of the field trips, our clients were taken out to the Naval Museum in Dabolim, to Cansaulim and Bogmalo beach ,to the Saptah fair in Vasco and a luncheon at a starred hotel. These turned out to be both fun as well as educational. A Summer Camp was held which turned out to be a period wherein new abilities and talents were discovered in our clients.

With our primary goal of mainstreaming, several of our clients have started working and earning salaries thus giving us and them immense satisfaction. We continue looking into assisted employment, educational as well as assisted housing needs whenever needed.

This year our carer meetings were held less frequently than last year but the meetings that were held gave the carers an opportunity for sharing and catharsis as well as learning from each other. Discussions on self care and maintaining motivation were stressed.

The products of the Sheltered Workshop were sold through stalls put up at various places like supermarkets, fairs, events etc. The profits of the sale contribute towards stipends which creates a sense of pride in our clients on being able to earn. Any item made of paper be it bags, cards, cake boxes, picture frames etc or paintings may be ordered from the workshop.

The Friends club run by people disabled due to mental illness conducted their meetings monthly. The structure was formalised with the election of a committee and with targeted goals. The club has seen its members decide various activities like a visit to an Old Age Home, a movie to INOX as well as to a circus in Mapuca. The club has helped develop both leadership as well as administrative skills in the members.

This year saw us celebrating important days marked for mental health. On 25<sup>th</sup> of May being World Schizophrenia Day, a cricket tournament was organised by us at the St Anthony School ground in Duler wherein COOJ played against Chaitanya, Goa. Unfortunately we lost the match but thankfully not our spirits. This game helped raise awareness on the ability of people living with various types of mental illnesses.

Recognising the alarming rates of suicide in Goa, we have since last year been actively promoting its prevention. On World Suicide Prevention Day, 10<sup>th</sup> September, we witnessed the solidifying of our Suicide Prevention Program. We inaugurated the COOJ Suicide Prevention Listening helpline with the number 0832 2252525 which operates from Monday to Friday, 3pm to 7pm. We are aware of the need to increase the functioning hours hence are recruiting more volunteers.

As part of the program, we have partnered with several colleges and organisations to conduct Stress Buster programs and inter-collegiate competitions like

Dear Friends,

Its Christmas once again and a time to remember the goodwill of so many of our friends who have made COOJ stand tall during the year of 2013 and see us diversify into many more areas of mental health care and laying solid foundations to our suicide prevention program. It is with much gratitude that the entire COOJ team remains.

Work at our rehabilitation centres, Sahodaya in both Mapuca and Vasco were in full throttle seeing many more clients coming in for the program. We have had clients disabled due to various mental health illnesses like schizophrenia, mood disorders, etc. This year we opened our facility to the elderly with mental health issues like depression and dementia who need assistance during the day. Continuing with the basing of our programs on the cognitive model of rehabilitation, we concentrate on modifying cognition to bring about desired changes in behaviour through both individual and group therapeutic activities.



Coaj Stall



Street Skit



Inaugural of Helpline



Team Coaj



Picnic at Naval Museum



World Mental Health Day 2013



Worlds Schizophrenia Day T-10 Cricket Tournament



Shelter Workshop Products



Goa Marathon

Ad-film, Konkani One-Act Play and Street Skit besides educating various groups of people. We have also started e-counselling through our facebook page "You Matter by COOJ"

A workshop on Caregiving for the Elderly was organised in association with the Psychiatric Society of Goa and Help & Help Charitable Trust based on the WHO theme on World Mental Health Day 2013. A number of institutional caregivers attended the program.

As a persistence of our efforts to reach the community in Vasco, we continue the monthly mental health clinic as well as conducted a mental illness detection camp.

This year too, students from various streams, like psychology, social work as well as management and media have either interred or done their project work with us giving us an opportunity to expand our knowledge to budding professionals.

For the fourth year in a row, we have been a charity partner at the Goa River Marathon giving us a platform to raise awareness on mental health issues besides fundraising. Our gratefulness goes out to the Vasco Sporting Club for this opportunity.

It is with pride that Dr Peter Castelino received the Bagadia Award for 2013 conferred by the Indian Psychiatric Society, West Zonal Branch in recognition of the community work undertaken by COOJ.

Functioning with limited resources is challenging but with the support and kindness of our friends and well wishers we have been able to sustain our work and expand our services. A big thank you to you all. We especially remember our generous sponsors Mr Anthony Desouza from Corjuem, Aldona and Mr Adolf Dias from Mapuca who are no more with us. We pray for them and their families.

On behalf of the entire COOJ team, I wish you, your families and all our dear friends a blessed Christmas season and pray that 2014 will see us with good health, hope and wisdom.

Dr. Peter Castelino  
-Managing Trustee



To all our friends and donors thank you for standing by us  
and we hope your  
unrelenting support will be with us through  
the coming years...

We wish you a Merry Christmas  
& A Happy New Year 2014



COOJ TEAM (Standing from left to Right)

Aldela Fernandes, Donna Noronha, Liza Barboza, Romaldo Fernandes (Trustee), Mrs. Lakshmi Unny (Trustee), Dr. Peter Castelino (Managing Trustee), Theresa Trindade (Founder), Francisco D'Costa (Trustee), Rashmi Palav, Lata Desai, Martha Fernandes, Vincent D'sa, Pratisha Salgaonkar, Tanya D'souza



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SEASONS  
GREETINGS

From Cooj.