

BRITISH INDIAN PSYCHIATRIC ASSOCIATION



ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31st March 2021

Charity Commission for England and Wales
Registration Number 1169838

BRITISH INDIAN PSYCHIATRIC ASSOCIATION

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BRITISH INDIAN PSYCHIATRIC ASSOCIATION

REFERENCE AND ADMINISTRATIVE DETAILS

Board of Trustees

President	Dr Ananta Dave
Vice President	Dr Bhavana Chawda
Honorary Secretary	Dr Donna Arya
Treasurer	Dr Ashwani Kapila
Immediate Past President	Dr Santosh Mudholkar

Executive Committee 2020 – 2022

Dr Ananta Dave
Dr Donna Arya
Dr Harinder Bains
Prof Kam Bhui
Dr Bhavana Chawda
Dr Sri Kalidindi
Dr Ashwani Kapila
Dr Arun Kishore
Dr Trupti Koli
Dr Sridevi Sira Mahalingappa
Dr Venkatesh Malipathil
Dr Mano Manoharan
Dr Sweta Mittal
Dr Santosh Mudholkar
Dr Ramneesh Puri
Dr Ranga Rao
Dr Sita Ratna

BRITISH INDIAN PSYCHIATRIC ASSOCIATION

REFERENCE AND ADMINISTRATIVE DETAILS

Registered office	British Indian Psychiatric Association c/o Hallbrookes (Accountancy) Ltd 14 Elstow Road Bedford MK42 9LA
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Telephone	07954 170083
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Website	www.bipa.org.uk
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Charity Commission for England and Wales Registration Number	1169838
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Independent Examiner/Accountant	Hallbrookes (Accountancy) Limited 14 Elstow Road Bedford MK42 9LA Email: services@hallbrookes.com
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BRITISH INDIAN PSYCHIATRIC ASSOCIATION

TRUSTEES REPORT FOR THE YEAR ENDED 31 MARCH 2021

The Trustees present their report along with the financial statements for the year ended 31 March 2021.

Structure, Governance and Management

The British Indian Psychiatric Association (BIPA) was incorporated on 21 October 2016 as a Charitable Incorporated Organisation (CIO), at which date it took over the charitable activities of the British Indian Psychiatric Association, an unincorporated body, which was established in 1984.

The Board of Trustees is the governing body of the BIPA, which meets periodically to consider how income should be raised and how monies should be expended to further the BIPA's charitable objectives.

The Executive Committee is a sub-committee of the Board of Trustees, and has delegated powers regarding matters pertaining to education and training, but the Board of Trustees retains full decision-making powers.

The Trustees and the Members of the Executive Committee are required to attend regular training, where their responsibilities are explained and they receive a copy of the BIPA's constitution.

The Trustees and the Members of the Executive Committee who were in office at 31 March 2021 and who served throughout the year are shown on pages 1 to 2.

Principal activities and objects

The objects of the BIPA are to protect and promote good health amongst people with mental illness or intellectual disability, in particular those from the black and minority ethnic communities. This is achieved by:

- advancing education in mental health through training and research;
- working with statutory bodies, healthcare professionals and other organisation to assist in the improvement of mental healthcare provision.

The Trustees have referred to the Charity Commission's general guidance on public benefit when reviewing the BIPA's aims and objectives, and in planning its future activities. The Trustees are satisfied that all standards of the BIPA's activities come under the overarching goal of improving mental health for all, and contribute toward the benefit of the public as a whole.

BRITISH INDIAN PSYCHIATRIC ASSOCIATION

Highlights of the Year 2020/2021

Following the virtual Annual General Meeting held on 25 July 2020 and the new Executive Committee (EC) taking over, all of BIPA's EC and Trustee meetings and its educational and CPD activities have been held virtually due to the Covid-19 pandemic.

During this time, BIPA has been prolific in terms of its training and development activities and in working towards its strategic objectives except in the matter of community events and charitable activities which have been suspended due to the pandemic.

[BIPA strategy on a page 2020 22.01.pdf \(mcusercontent.com\)](#)

All our academic programmes and CPD events were based on our work towards our strategic priorities. Following an amendment to the BIPA Constitution at the AGM in July 2020, **two Trustees Dr Sheshagiri Rao Nimmagadda and Dr Manoj Rajgopal** were elected from among BIPA members, this is the first time Trustees were appointed following an election, and who were not members of the BIPA Executive Committee. I would like to extend a big thank you to Dr Anand Ramakrishnan for acting as the returning officer for the elections and conducting proceedings impeccably.

Dr Santosh Mudholkar, immediate Past President finished his term of four years as Trustee and stood down at the end of August 2020.

Dr Anand Ramakrishnan, ex-President of BIPA finished his term of four years as Trustee and stood down at the end of October 2020.

Following the stepping down of Dr Ramneesh Puri from the General Secretary's role in August 2020, **Dr Donna Arya who was Joint Secretary was appointed as interim General Secretary.**

We also appointed a Co-opted member to the EC, BIPA member **Dr Trupti Koli as a lead for SAS doctors' issues.**

Professor Mala Rao, Public Health Consultant was appointed as Specialist Advisor to BIPA in December 2020 to provide expertise in public mental health and to support BIPA in its work on health inequalities.

I would like to thank all my EC colleagues for the extra-ordinary support, camaraderie and patience they have given me over the last 18 months during the pandemic. Several of you have picked up specific roles at very short notice in the run up to the Conference due to colleagues having to step down temporarily.

BIPA continues to grow, albeit slowly, and has developed a good reputation for working in collaboration during the Covid-19 pandemic and playing its part in establishing anti-racist policies and supporting International Medical Graduates.

BIPA Secretary's report:

2020-2021 has been a traumatic and trying year for everyone due to the Covid-19 pandemic, notwithstanding this BIPA has had a productive year under the leadership of Dr Ananta Dave as President.

BIPA conducted multiple webinars, an online Spring conference and is gearing up for its Annual Conference which will be held face-to-face on 13th and 14th November 2021 in Birmingham.

BIPA also undertook various social responsibilities during the year including joining the campaign with other diaspora organisations to ask for a review of adult dependant visa rules, calling on the General Medical Council to look at findings of racism within its institution; and playing its part in addressing vaccine hesitancy; and supporting BAME colleagues and communities to take up Covid-19 vaccination (details below). BIPA members excelled during a devastating second Covid-19 wave in India, holding online session to support colleagues in the UK and in India and doing charitable activities to support fundraising efforts. BIPA issued monthly newsletters for the first year of the new Executive Committee's (EC) term, curated by

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various EC members including the President. These were emailed to member inboxes. Thanks to Dr Sita Ratna and Dr Sridevi Sira Mahalingappa for helping with the newsletters on some of the editions. This was undertaken by the President to give the members a chance to get to know their EC colleagues, and to keep them up to date on developments.

Following are the various programmes / events/ activities conducted by BIPA and its members during this eventful year.

These have been classed under 4 categories viz.

- Webinars
- Conferences
- Social Responsibility.
- BIPA Members' Special Appointments/ Nominations/ Achievements
- Honourable mentions
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WEBINARS:

- 1) BIPA webinar programme in July 2020 as part of a modified Annual Conference and AGM, on the role of BIPA in addressing racism and discrimination during Covid-19.
- 2) BIPA was a part of a world suicide prevention day webinar on **9th September 2020** on the issue of preventing doctor suicides in which BIPA members **Prof JS Bamrah, Prof Subodh Dave and Dr Ananta Dave gave presentations.**
- 3) BIPA webinar by the Academic Committee lead and organiser **Dr Ranga Rao** on **10th October 2020** as part of the World Mental health day celebrations. **Theme was on Mental Health of Doctors.** Talks on issues with mental health problems, suicide and stigma within the medical fraternity by **Prof Subodh Dave; Professor Linda Gask**- Emeritus Professor with the University of Manchester and author of the bestselling book "The other side of silence- A Psychiatrist's memoir of Depression"; **Dr Arun Kishore**, Consultant Psychiatrist in Worthing with the Sussex Partnership NHS trust and also the SAS tutor spoke on "Stress and Doctors- Where should we locate the disturbance?"; **Dr Nilima Kadambi** from India- Paediatric Surgeon and Indian Medical Association Chair and authored a book "My Ajji and I" a best seller in India which has Hindi and Marathi translations. Dr Kadambi's talk was on "Doctors 4 Doctors" and focussed on the emotional Health and wellbeing of Medical Students and Doctors in India.
- 4) BIPA webinar by the Academic Committee lead **Dr Ranga Rao** on **25th November 2020** - **"Are we doing enough to support IMGs in the NHS?"**. It was attended by more than 150 people to discuss how we could appreciate the contribution of International Medical Graduates and support them to do their best in the NHS. Huge thanks to **Prof Mala Rao, Prof Subodh Dave, Dr Shevonne Mathieken and Dr Pullical Ravindranath** for their talks and special thanks to **Drs Ishan Chaudhuri and Ferose Azeez** for their moving presentations so soon after arriving in the UK.
- 5) Webinar organized by Doctors in Distress, supported by AUTP, with a stellar panel of speakers- **Prof Wendy burns; Dr Sam Anthony; Prof Subodh Dave; Dr Sarah Wellerton** - **'Supporting Doctor's in Distress are we doing enough?'** on **15th December 2020.**
- 6) The Royal College of Psychiatrists' Volunteering and International Psychiatry Special Interest group hosted a webinar open for all health care professionals called **"Psychological first aid"** on **27th May 2021**. **Dr Bhavana Chawda**, Vice President of BIPA presented a well-received **"COVID in India-What we can do to help."** session.

CONFERENCES:

BIPA Spring Conference (Virtual) on 10th March 2021 titled **"Neuroscience, Arts and Culture"** had a veritable and excitingly diverse cornucopia of events, scintillating and informative speakers interspersed with a cultural Bollywood themed quiz. Received very good feedback.

- 1) **Janury2021 and took Office in June 2021.**
- 2) **Professor Alka Ahuja**, Consultant Child and Adolescent Psychiatrist, who has been honoured with an

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MBE for services to NHS Wales during the pandemic for instituting digital teleservices and rapidly ensuring the delivery of services. (February 2021)

- 3) **Prof Subodh Dave and Dr Ananta Dave contributed as workstream leads and chapter/article authors** for the Bridging the Gap series published by BAPIO to address differential attainment in the medical profession. – **November 2020-March 2021**
- 4) **Kudos to Dr Sridevi Sira Mahalingappa and BIPA members** for being responsive to 4th year Nottingham medical students who missed clinical placements due to Covid-19 and facilitating psychiatric OSCE's for them (February 2021)
- 5) **Dr Sridevi Sira Mahalingappa, Dr Roshelle Ramkissoon, Dr Shevonne Matheiken, Dr Anu Priya, Dr Raka Maitra, Dr Rupal Dave, Dr Bhargavi Chatterjee, and Dr Nandini Chakraborty** were among the 25 amazing women psychiatrists that The Royal College of Psychiatry Women and mental health SPIG highlighted at marked their 25th anniversary (March 2021)
- 6) **Dr Ananta Dave** appointed as honorary Assistant Professor at University of Nottingham – February 2021
- 7) **BIPA media engagement team** - BIPA had its **1000th twitter follower**- Well Done. (March 2021)
- 8) **Dr Ravindranath Pullical** appointed as Medical Director of Adult Directorate Black Country Healthcare NHS Foundation Trust. – February 2021
- 9) **Dr Madhav Rao**, appointed as Medical Director for CAMHS directorate Black Country Healthcare NHS Foundation Trust.- February 2021
- 10) **Prof Kam Bhui**, one of our co-opted members on the BIPA EC and his team at the Department of Psychiatry at Oxford University have won a prestigious £24 million UKRI research grant towards improving adolescent mental health and wellbeing – March 2021.

HONOURABLE MENTIONS:

- 1) BIPA fondly remembered **Prof Bhaumik** on his 1st death anniversary in November 2020. Prof Bhaumik was an ex-BIPA president, scholar, friend, philosopher, mentor and guide to so many of us, and who did so much to advance the case for diversity and helping IMGs achieve their potential. He passed away on 9th November 2019 and this anniversary is an occasion to celebrate and remember his enormous contributions with humility and gratitude.
- 2) **BIPA EC (Executive Committee)** has been busy in drafting the BIPA strategy and the IMG charter and ensuring that the core values are embedded in the strategy and inform the operational working of the charity as an organisation. **Dr Arun Kishore** who is the EC lead member for IMG work, has started a WhatsApp group to discuss and develop a BIPA strategy to support IMGs. People who are interested to join please contact us at: enquiries@bipa.org.uk - **November 2020**
- 3) BIPA welcomes the formation of **Association of Black Psychiatrists**, the latest diaspora organisation to be formed.- November 2020
- 4) A special shout out to **Jacqui Harris** for bearing up with BIPA EC and its various demands.
- 5) Last but not the least BIPA would like to appreciate all the efforts by **various unsung heroes** that form the BIPA family for their continued dedication towards this branch of Medicine – Psychiatry- that we call our own. Thank you all.

Secretary's report prepared by Dr Trupti Koli, acting as interim Secretary up to the Annual Conference due to Dr Donna Arya having to temporarily stepping back from duties due to unavoidable circumstances.

This report has been approved by the Trustees of BIPA, and it is requested that this be considered as providing the information required for a Trustee's report too.

Dr Ananta Dave
President, BIPA
March 2021

BRITISH INDIAN PSYCHIATRIC ASSOCIATION

Financial Review

These are the fifth accounts since our incorporation as a CIO. The CIO acquired the business, assets and liabilities of the previously unincorporated body on 21 October 2016.

The trustees' view is that the overall performance of the charity has improved this year. Income exceeded expenditure in the year resulting in a surplus of £1,814 (2020: £3,773 loss) which has been added to reserves brought forward from previous years.

Risk Management

The Board of Trustees is aware of the need to consider risks affecting the BIPA and its day-to-day operation. The Trustees were satisfied that systems and internal controls are in place to manage exposure to major risks.

Reserve Policy

The BIPA intends to maintain an adequate general reserve to meet its continuing charitable obligations and day to day working capital requirements. Reserves, in this context, are those funds that are freely available for the BIPA's general purposes. At 31 March 2021, the balance of the general reserve was £54,984 (2020: £53,170).

Trustees' Responsibilities

The Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with the applicable law and the Statement of Recommended Practice for charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland.

The Trustees have a general responsibility for taking such steps and are reasonably open to them to safeguard the assets of the BIPA and to prevent and detect fraud and other irregularities. They also have a general statutory responsibility to prepare annual accounts.

In preparing the attached accounts, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Statement of Recommended Practice (Accounting and Reporting by Charities) – the Charities' SORP (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the BIPA will continue in operation.

The Trustees also have responsibility for keeping adequate accounting records that are sufficient to show and explain the BIPA's transactions and disclose with reasonable accuracy at any time the financial position of the organisation and enable them to ensure that the financial statements comply with the Charities' SORP.

This report was approved by the trustees on 24 January 2022 and signed on their behalf.

(Chairperson)

Name Ananta Dave.

Date 24.01.2022

BRITISH INDIAN PSYCHIATRIC ASSOCIATION

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

FOR THE YEAR ENDED 31 MARCH 2021

I report on the accounts of the British Indian Psychiatric Association for the year ended 31st March 2021.

Respective responsibilities of Trustees and Examiners

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year (under section 144 of the Charities Act 2011) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts (under section 145 of the 2011 Act);
- to follow the procedures laid down in the general directions given by the Charity Commissioners (under section 145(5)(b) of the 2011 Act); and
- to state whether particular matters have come to my attention.

Basis of independent examiners' report

My examination was carried out in accordance with the general directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and the seeking of explanation from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not provide an audit opinion on the view given by the accounts.

Independent examiners' statement

In connection with my examination, no material matter has come to my attention which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulation 2008 other than any requirements that the accounts give a "true and fair view" which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

.....
Fomon Singh FFA, FIPA, FAIA, MAAT
Independent Examiners
Hallbrookes (Accountancy) Ltd
14 Elstow Road
Bedford
MK42 9LA

BRITISH INDIAN PSYCHIATRIC ASSOCIATION

Statement of Financial Activities For the year ended 31st March 2021

INCOME AND EXPENDITURE

		<u>Unrestricted</u> <u>Fund</u> <u>31st March</u> <u>2021</u> <u>£</u>	<u>Restricted</u> <u>Fund</u> <u>31st March</u> <u>2021</u> <u>£</u>	<u>Total</u> <u>Fund</u> <u>31st March</u> <u>2021</u> <u>£</u>	<u>Total</u> <u>Fund</u> <u>31st March</u> <u>2020</u> <u>£</u>
	<u>Notes</u>				
<u>Incoming Resources</u>					
Donations and legacies					
Income from donations and legacies	(2)	4,181	0	4,181	5,741
Investment Income	(3)	0	0	0	26
Total Incoming resources		4,181	0	4,181	5,767
Resources Expended					
Expenditure on raising funds		0	0	0	0
Charitable activities: (includes governance costs)		2,367	0	2,367	9,540
Total Resources Expended	(4)	2,367	0	2,367	9,540
Net movements in funds		1,814	0	1,814	(3,773)
Funds at 31st March 2020		53,170	0	53,170	56,943
Total Funds at 31st March 2021	(7)	54,984	0	54,984	53,170
.....					

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Balance Sheet as at 31st March 2021

	<u>Notes</u>	<u>31st March</u> <u>2021</u> £	<u>31st March</u> <u>2020</u> £
<u>Current Assets</u>			
Cash in Bank and in Hand		56,534	55,164
<u>Creditors: amounts due within one year</u>	(6)		
Accruals and other creditors		1,550	1,994
Net Current Assets		54,984	53,170
Net Assets		<u>54,984</u>	<u>53,170</u>
<u>Financed by:</u>			
General Funds		54,984	53,170
Restricted Funds		0	0
<u>Total Funds</u>	(7)	<u>54,984</u>	<u>53,170</u>

These Financial Statements were approved by the trustees on 24.01.2022 and were signed by:

(Chairperson)

Name Ananta Dave

(Treasurer)

Name Ashwani Kapila

NOTES to the Financial Statements for the year ended 31/03/2021

(1) ACCOUNTING POLICIES

Basis of preparation

These accounts (financial statements) have been prepared under the historical cost convention. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011. The accounts (financial statements) have been prepared to give a “true and fair” view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a “true and fair view”.

Incoming Resources

Incoming resources are recognised in the statement of financial activities when entitlement has passed to the charity and the amounts are certain and measurable. Any incoming resources received that relate exclusively to future periods are deferred on the Balance Sheet.

Resources Expended

Expenditure is recognised in the statement of financial activities when a liability is incurred or increased without a commensurate increase in recognised assets or a reduction in liabilities. All expenditure is accounted on an accruals basis.

Allocation of Costs

Direct Activity Costs comprise those costs that contribute directly to an activity and are allocated to the relevant activity.

Support Costs comprise those costs that are necessary to deliver an activity but in themselves do not produce or deliver an activity.

Governance Costs are those costs incurred to meet statutory and constitutional requirements.

Funds

- (a) Unrestricted funds, which are credited to the Income and Expenditure accounts are normally expendable at the discretion of the management.
- (b) Restricted funds, which are for specific purpose declared by the donors and are credited to the Income and Expenditure account when received and debited to the same account when paid.
- (c) Designated funds represent funds set aside by the trustees for specific purposes.

Taxation:

The organisation is exempt from tax on its charitable activities. The organisation is a charity and any surplus of incomes is ploughed back into the reserves for charitable purposes, so the activities are not subject to corporation tax.

BRITISH INDIAN PSYCHIATRIC ASSOCIATION

Notes to the Accounts

For the year ended 31st March 2021

	<u>2021</u>	<u>2020</u>
(2) <u>Donations</u>	£	£
Donations & Subscriptions	205	4,242
Sponsorship	2,960	1,000
Conference	<u>1,016</u>	<u>499</u>
	<u>4,181</u>	<u>5,741</u>
 (3) <u>Income from investments</u>		
Bank Interest Received	0	26
	<u>0</u>	<u>26</u>
 <u>TOTAL</u>	 <u><u>4,181</u></u>	 <u><u>5,767</u></u>

BRITISH INDIAN PSYCHIATRIC ASSOCIATION

Notes to the Accounts

For the year ended 31st March 2021

(4) TOTAL RESOURCES EXPENDED

<u>Costs directly allocated to activities</u>	<u>Basis of allocation</u>	<u>Charitable Activities</u>	<u>Governance</u>	<u>Total 2021</u>	<u>Total 2020</u>
		£	£	£	£
Hire of Venue	Direct	782		782	5,453
Speaker Expenses	Direct	0		0	0
Catering	Direct	0		0	0
Prizes/Entertainment	Direct	0		0	300
Donations	Direct	0		0	0
Secretarial Expenses	Direct	0		0	100
<u>Support Costs allocated to activities</u>					
General Administration		324		324	1,528
Website Costs		1,705		1,705	0
Accountancy fees			750	750	1,300
Trustees Expenses			0	0	0
Overprovisions		-1,194		-1,194	0
Management Fees		0		0	0
Travel		0		0	859
 <u>Total Resources Expended</u>		 <u>1,617</u>	 <u>750</u>	 <u>2,367</u>	 <u>9,540</u>

(5) STAFF COSTS

No staff costs were paid during the year and no trustees received any remuneration.

BRITISH INDIAN PSYCHIATRIC ASSOCIATION

Notes to the Accounts

For the year ended 31st March 2021

(6) CREDITORS AMOUNTS FALLING DUE WITHIN ONE YEAR

	<u>Year ended</u> <u>31st March</u> <u>2021</u> £	<u>Year ended</u> <u>31st March</u> <u>2020</u> £
Accruals	850	1,994
Other creditors	700	0
	<u>1,550</u>	<u>1,994</u>

(7) CAPITAL COMMITMENTS

Authorised but not contracted.

MOVEMENT IN FUNDS

	<u>Bal b/fwd</u> <u>1st April</u> <u>2020</u> £	<u>Income</u> <u>Resources</u> £	<u>Outgoing</u> <u>Resources</u> £	<u>Total</u> <u>31st</u> <u>March</u> <u>2021</u> £
Unrestricted Funds				
General Funds	53,170	4,181	2,367	54,984
Total Funds	53,170	4,181	2,367	54,984