

## ANTARA 2017

Keshari Nath Tripathi  
Governor of West Bengal



RAJ BHAVAN  
KOLKATA 700 062

1st November, 2017



### Message

I am glad to learn that ANTARA Psychiatric Centre is observing "Mental Health Month" from 10th October to 11th November, 2017 and a Mental Health Exhibition from 9th to 11th November, 2017.

I am sure that the Centre will continue to provide quality mental health care & treatment to the persons in need.

I wish the observation of Mental Health Month and the Exhibition all success.

Keshari Nath Tripathi

## ANTARA 2017

SHRI BIMAN BANERJEE  
SPEAKER  
LEGISLATIVE ASSEMBLY  
WEST BENGAL  
KOLKATA



Tel. No.  
Office : 2248 8069  
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2248 2911  
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Fax : 033 2248 8160  
Resi. : 2469 7797

18/10/2017



### Message

I am indeed glad to know that Antara Psychiatric Centre is going to observe Mental Health Month through various Programmes and also organizing a Mental Health Exhibition from 9th to 11th November, 2017.

I appreciate the endeavour of publishing a souvenir to commemorate the occasion.

I also convey my best wishes and greetings to all concerned for rendering their unstinted valuable services to the people.

( Biman Banerjee )

Dr. Mathew P. John  
Hon. Gen. Secretary,  
ANTARA  
Dakshin Gobindapur,  
Baruipur, South 24 Parganas, Kolkata-145.

## ANTARA 2017

ড. পার্থ চ্যাটার্জী

ভারপ্রাপ্ত মন্ত্রী

উচ্চশিক্ষা, বিজ্ঞান ও প্রযুক্তি এবং  
জৈব প্রযুক্তি বিভাগ, বিদ্যালয় শিক্ষা বিভাগ,  
পরিষদীয় বিভাগ

পশ্চিমবঙ্গ সরকার

বিকাশ ভবন, সস্টিলেক, কলকাতা-৭০০ ০৯১  
দূরভাষা : ২৩৩৪ ৬১৮১ / ২২৫৬, ২৩৩৭ ৬১৭২  
ফ্যাক্স : ২৩৩৭ ৬১৮৩ / ২৩৫৬ ৮৮৫৮



স্বাধীনতা স্তম্ভ

Dr. PARTHA CHATTERJEE

Minister-in-Charge

Departments of Higher Education, Science &  
Technology and Biotechnology, School Education,  
Parliamentary Affairs

GOVERNMENT OF WEST BENGAL

Bikash Bhavan, Salt Lake, Kolkata - 700 091

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No.-598/MIC/HED, S&T, BT, SED & PA/WB/17-18



### Message

I am happy to know that **Antara Psychiatric Centre** is going to organize **Mental Health Exhibition** as a part of **Mental Health Month** celebration from 9th November to 11th November, 2017. I am also very happy to learn that one souvenir is to be published to commemorate this occasion.

I extend my felicitations and congratulations to all the members of **Antara Psychiatric Centre** on the above occasion.

(Dr. Partha Chatterjee)

Dr. Mathew P. John  
General Secretary  
Antara Psychiatric Centre

Nabanna : 325, Sarat Chatterjee Road, Howrah-711 102, Room No. 101,  
Telex : 2250 1157

## ANTARA 2017

মলয় ঘটক

ভারপ্রাপ্ত মন্ত্রী

শ্রম ও ই.এস.আই এবং  
আইন ও বিচার বিভাগ  
পশ্চিমবঙ্গ সরকার



স্বাধীনতা স্তম্ভ

Moloy Ghatak

Minister- In-Charge

Department of Labour &  
E.S.I. (MB) Scheme  
and Department of Law & Judicial  
Government of West Bengal



### Message

I am much elated to learn that **ANTARA Hariharpur, Baruipur, Kolkata 123**, a Secular and non Profit Organization (Psychiatric Centre) is going to observe their '**Mental Health Month**' 10th October to 11th November 2017 and will bring out a colourful souvenir incorporating the activities of the health care organization.

I would congratulate the enthusiastic Members of the **Health Care Organization**.

Hope some innovative deliberations will come out from the participants of the occasion.

(Moloy Ghatak)

Dr. Mathew P. John  
Hon. Gen. Secretary,  
**ANTARA**  
Psychiatric Centre  
Hariharpur,  
Baruipur, West Bengal

Labour : New Secretariat Building, 12th Floor, 1, K. S. Roy Road, Kolkata - 700 001  
Tel. : (033) 2262 7189, Fax : (033) 2262 7141, Mobile : 9475639806  
Law & Judicial : Nabanna, 6th Floor (Room No. - 605), 325, Sarat Chatterjee Road, Shibpur,  
Howrah - 711 102, Tel. : (033) 2253 5176/5395, Fax : (033) 2214-3010  
Writers' Buildings, 1st Floor, Kolkata - 700 001,  
Tel. : (033) 2254-4490, 2214-5802, Fax : 2214 4036

## ANTARA 2017

### চন্দ্রিমা ভট্টাচার্য রাষ্ট্রমন্ত্রী

কর্মীবাণ ও প্রশাসনিক দপ্তরের ই-গভর্নেন্স শাখা ও ই-গভর্নেন্স  
(স্বাধীন দায়িত্বপ্রাপ্ত) এবং স্বাস্থ্য ও পরিবার কল্যাণ বিভাগ,  
ভূমি ও ভূমি সংস্থার এবং উচ্চশিক্ষা, জ্ঞান ও পুনর্বাসন বিভাগ  
পশ্চিমবঙ্গ সরকার



**Chandrima Bhattacharyya**  
Minister-of-State  
e-Governance Branch of Personnel &  
Administrative Reforms & e-Governance  
(Independent Charge)  
Department of Health & Family Welfare,  
Department of Land  
& Land Reforms and Refugee,  
Relief & Rehabilitation  
Government of West Bengal

No.126/MOS/H&FW/17

Date : 06.11.2017



### Message

It is indeed a great pleasure to note that "ANTARA", a Psychiatric Centre is going to organize a Mental Health Exhibition from 9th to 11th November, 2017 as a part of the celebration of its Mental Health Month.

I convey my heartfelt wishes to all the members of this organization and wish the programme a grand success.

Chandrima Bhattacharyya

**Dr. Mathew P. John**  
Hon. General Secretary

Swasthya Bhavan, GN-29, Sector - V, Bidhannagar, Kolkata - 700091.  
Tel. 033) 2333-0229/2357-3629/7929  
Nabanna, 6 th Floor (Room No. 605, 325 Sarat Chatterjee Road, Howrah.  
Tel : (033) 2253-5491/5492

## ANTARA 2017

### মন্টুরাম পাখিরা রাষ্ট্রমন্ত্রী

সুন্দরবন বিষয়ক দপ্তর, (স্বাধীন দায়িত্বপ্রাপ্ত)  
পশ্চিমবঙ্গ সরকার  
"ময়ূর", বিধান নগর, কলকাতা - ৯১  
দুরভায় ও দুরভায় - ২৩৩৭ ৩৪৪৪  
দুরভায় - ২৩২১ ৮২৩৮



**Manturam Pakhira**  
Minister-of-State  
Department of Sundarban Affairs  
(Independent Charge)  
Government of West Bengal  
"MAVUKH", (Top Floor), Bidhannagar  
Kolkata - 700 091, Phone : 2321 8238  
Telefax : 2337 3544



### Message

I feel immense pleasure to know that ANTARA (a non Govt. organization) is going to observe "Mental Health Month" from 10th October to 11th November 2017 and will also organize "Mental Health Exhibition" from 9th to 11th November 2017. A souvenir will be published to commemorate this occasion.

I congratulate all the members of staff of the organization and all the participants this programme & wish the programme all success.

(Manturam Pakhira)

**Dr. Mathew P. John**  
Hon. General Secretary  
ANTARA

## ANTARA 2017

### MISSIONARIES



"As long as you did it one of these My least brethren, You it to Me."

1st November, 2017



### Message

Dear Mr. Prakash, Dr. John, Members of the Board, Staff and Friends of Antara,

I am deeply grateful to God for all the good He accomplishes through Antara's Services to those suffering with mental illness, addiction and alcoholism, especially the poor and destitute. May Jesus who said, "Whatsoever you do to the least of my brethren, you did it to me", bless you abundantly.

I thank you for your dedicated commitment to the mental health field and for keeping abreast of the developments. Our Mother once said, "Our expanding knowledge does not dim our faith, it only shows the size of God's creation."

May our Mother, St. Teresa of Calcutta, intercede for and your patients and she continue to give you inspirations on how to reach out in love and compassion to those most in need. I assure you of our prayers.

God bless you,

*Sr. M. Prema M.C.*

Sr. M. Prema M.C.  
Superior General

## ANTARA 2017



### Malankara Mar Thoma Syrian Church

Apostolic See of St. Thomas

DR. JOSEPH MAR THOMA METROPOLITAN

Poolatheen, Tiruvalla P.O.  
Pathanamthitta Dist., Kerala - 689 101, India



### Message

I am extremely delighted to understand that the Antara Foundation Day Celebrations is going to be organized on 11th of November 2017. The social commitment of Antara is really noteworthy. Antara in the course of time has become an expression of ecumenical activity to care the less privileged and unfortunate brethren in the society. Now when we look back we can realize how God was gracious to us and also how He blessed the programme in spite of all adversities and constraints. I remember my association with this blessed Institution and thank God for Mr. P. M. John's leadership that has encouraged the growth of our Organization.

May God bless our programmes ahead and also may the benevolent public will supply the human as well as material resources.

07.11.2017

*Dr. Joseph Mar Thoma Metropolitan*



## ANTARA 2017



### DIOCESE OF CALCUTTA CHURCH OF NORTH INDIA

Phone : (033) 2282 5259  
Fax : (033) 2282 6340  
E-mail : ashoke.biswas@vsnl.net  
Website : <http://cnicalcutta.org>

Bishop's House  
51, Chowringhee Road  
Kolkata - 700 071, India

1st November, 2017



#### Message

Greetings in Jesus' name from the Diocese of Calcutta!

I praise and thank God for the continued work of **ANTARA** over the years. **ANTARA** continues to be a unique expression of Christian love to our society and is one of the few ministries that make Jesus' words "I have come that they may have life in all abundance" (John 10:10) come true.

I pray that this one of its kind, Mental Hospital continues to provide hope and healing to those suffering with mental health issue for many more years to come.

I wish ANTARA God's abundant blessings.

with prayers and blessing

Yours in His Service!

The Rt. Revd. Ashoke Biswas  
Bishop of Calcutta  
Diocese of Calcutta, CNI

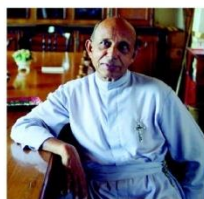
## ANTARA 2017

### Missionaries of Charity - Contemplative

"To do ordinary things with  
extraordinary love for the  
greater glory of God"



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00177 Rome - Italy  
Tel. 06/21707762  
Fax. 06/21707763  
E-mail: [MCCbrothers@libero.it](mailto:MCCbrothers@libero.it)



[Fr. Sebastian Vazhakala M. C. is  
Superior General and co-founder  
with Mother Teresa M. C. of the  
Missionaries of Charity Brothers  
Contemplative.]

LOVE NEVER DIES.

27 December, 2017

Mr. P. M. John went home to God on 23rd January, 2017

In simple words Mr. P. M. John died, but his love of God and of neighbour did not die. Love never dies. His love for the mentally sick people was passionate and ever growing. Like a little seed that falls into the ground and dies in order to bring much fruit, Mr. P. M. John sowed a little seed in the 1970s in the fertile soil of Kolkata after the example of St. Mother Teresa M. C.. He drew inspiration and nourishment from her and started to dedicate his life for one of the most difficult categories of the poorest of the poor to take care of. He, too, like the Missionaries of Charity, depended on divine providence.

I came to know Mr. P. M. John in the 1970s. I was invited to go to Mar Thoma Church in Kolkata on a Tuesday to help the mental patients who were brought there for shock treatment. Dr. Davis, who ran a mental hospital in Kanke, Ranchi, came on every Tuesday to Mar Thoma Church in Kolkata. Since then we had remained friends.

In May 1972, the Antaram was transferred to Picnic Garden Road, in the outskirts of Kolkata, where I stayed for about three weeks. Mr. and Mrs. P. M. John, with their son, Mathew, used to visit the home every Sunday, taking their time to see how the patients were doing, how the staff members were and what the existing challenges were!

Being a great friend of Bro. Andrew M. C., the then Superior General of the Missionary Brothers of Charity of Calcutta, Bro. Andrew M. C. agreed to have a small community of Brothers inside the home in Picnic Garden Road.

As years went by, the work of Antara also expanded. With the help of many benefactors and friends, Antara had their own property in the outskirts of Southern Kolkata, close to Baruipur. Finally, Antara can accommodate more than 200 inmates, with a big number of staff and workers. Mr. P. M. John remained the Honorary General Secretary until his last breath. After his retirement from his office he spent more time for Antara.

In the mid 1970s, while I was in Los Angeles, U.S.A., Mr. and Mrs. P.M. John visited me there. The main concern and subject of Mr. P. M. John's conversation was about the mental patients in Antara. The same thing he did when he came to visit me in Rome. Whenever I went to Kolkata, he wanted to speak about Antara.

He lived for Antara, he died for Antara, we could say. He lived to love and loved to help the poor, especially the mental patients. He used to say that the work of Antara is part of God's work and it is a real miracle of God's loving providence. We have to thank God, not feel proud or feel better than them. We must deal with them with respect. He used to say that the work with mental patients is not an easy task. They need a lot of patience, understanding, love and tender care. It is very demanding but rewarding at the same time.

Mr. P. M. John died, but his spirit and dedication will continue to produce fruit, as long as the staff and workers try to have the same spirit. The separation of the soul from the body is very natural, but the supernatural reality is that his immortal soul continues to help Antara, both the staff and the inmates, whom he loved perhaps more than himself.

I would be happy to see some memorial of Mr. P. M. John established, that he be honoured in Antaram with a stone to be placed inside the compound.

With much love, prayers and gratitude

God bless you.

## Philosophy of ANTARA

### God is Love

God Loves each and everyone of us

Let us love one another

Let ANTARA be an expression of

God's LOVE for us and

Our love for each other

\*\*\*\*\*

## The Vision

The ever increasing complexities of modern life are creating more problems for the human mind to cope with. Mental illness, including addiction and alcoholism, are assuming greater proportions as challenging social problems. ANTARA is a response to this challenge. We strive to extend a helping hand to the man in mental distress.

\*\*\*\*\*

## The Mission

*The Mission of ANTARA is to alleviate suffering of people afflicted with mental illness, addiction and alcoholism, especially destitute and poor.*

*ANTARA shall strive to do this with love, patience and compassion.*

\*\*\*\*\*

## Main Objectives of ANTARA

(as laid down in the Memorandum of Association)

1. To run a voluntary association of social workers and psychiatrists for the purpose of assisting, treating and rehabilitating the mentally disturbed indigent people.
2. To provide outdoor, indoor and domiciliary treatment to the mentally ill, including alcoholics and drug addicts.
3. To conduct research and training for the development of healing of the mentally ill.
4. To establish in Calcutta and elsewhere centres and branches for expansion of the activities of the Association.

\*\*\*\*\*

## Site Map of Antaragram



## CORPORATE MEMBERS

### **Missionaries of Charity**

The Indoor Hospital at Picnic Garden, Calcutta was run for ten years as a joint project of ANTARA and Missionaries of Charity. The net collections from lotteries conducted with luxury cars donated by Mother Teresa amounting to Rs. 2,73,756.73 was utilised for the construction of the Ground Floor of the Men's Block at Antaragram, which is very appropriately called the Missionaries of Charity Ward. The Brothers and Sisters continue their support to ANTARA by paying visits to Antaragram and by supplying materials for use of inmates. We count on their association of 'Love' for times to come to enrich the fellowship in the ANTARA Community.

### **Cathedral Relief Service of the St. Paul's Cathedral, Kolkata**

The Cathedral Relief Service has been actively associated with ANTARA from the very beginning. ANTARA owes a lot to the founder of C.R.S., the late Rev. Fr. Subir Biswas who guided and inspired ANTARA through the early days of difficulty. CRS sponsored the expenses for the construction of the First Floor of the Men's Block. The Cathedral Relief Service Ward is reserved for the treatment of acutely ill mental patients. The Rt. Rev. D. C. Gorai, Bishop of Calcutta, dedicated the building to "The Glory of God and for the Healing of Many" on 13<sup>th</sup> Dec., 1987.

### **Janata Medical Service of the Calcutta Mar Thoma Church**

The Outdoor Clinic of ANTARA in Kolkata functions as a joint project with Janata Medical Service of the Mar Thoma Church, Kolkata. The members of the church in Kolkata and elsewhere raised the money to meet the expenses incurred in the construction of the second floor of the Men's Block. The ward, known as the Mar Thoma Church Ward, was dedicated to the treatment and rehabilitation of alcoholics and other chemical dependent patients by Most Rev. Alexander Mar Thoma, Metropolitan of the Mar Thoma Church, on 9<sup>th</sup> Nov., 1991.

### **The Kolkata Armenian Church**

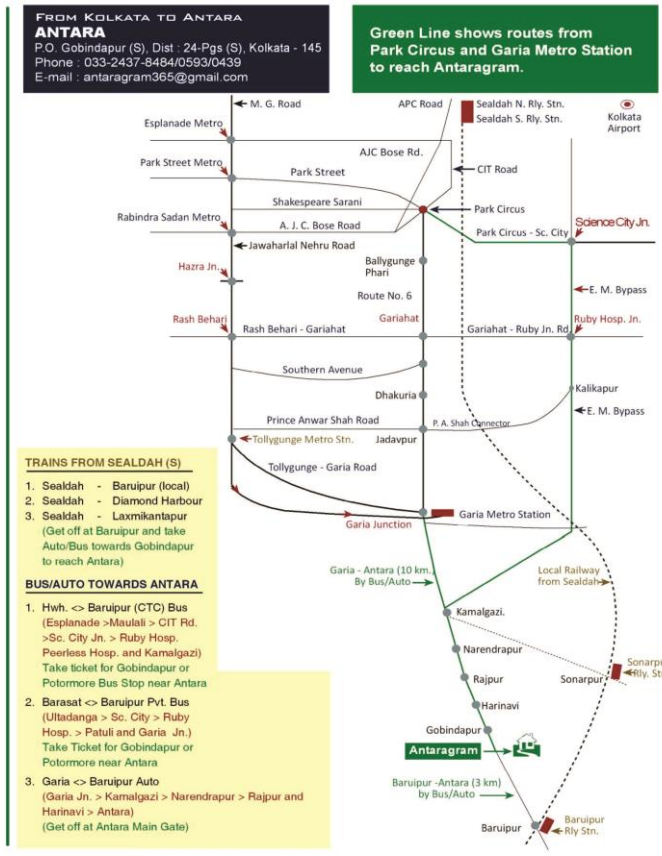
The Kolkata Armenian Church was incorporated into ANTARA as a Corporate Member in the year 1982. The Armenian Church of Kolkata has borne the expenses for building the Ground Floor of the Women's Block at Antaragram. The Armenian Church ward for women was inaugurated on 1<sup>st</sup> May, 1988 by Mr. Nefton A. Basil, Chairman of the Wardens Committee of the Kolkata Armenian Church.

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	Governor of West Bengal	
	Speaker, WB Legislative Assembly	
	Minister in Charge - Education & Parliamentary Affairs, Govt. of West Bengal	
	Minister in Charge - Labour, Law & Judicial, Govt. of West Bengal	
	Minister of State - Health & Family Welfare, Govt. of West Bengal	
	Minister of State - Dept. of Sundarban Affairs, Govt. of West Bengal	
	Superior General, Missionaries of Charity	
	Metropolitan, Mar Thoma Syrian Church of Malabar	
	Bishop of Calcutta, Church of North India	
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# How to reach Antara



**ANTARA 2017**

**ANTARA**

## ANTARA

**Registered Office & Main Centre**

**Psychiatric Treatment cum Rehabilitation Centre**

**ANTARAGRAM**  
 P.O: Dakshin Gobindapur  
 P.S: Baruiipur,  
 Kolkata - 700145, INDIA.

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 ✉: antaram365@gmail.com  
 mail@antaraglobal.org  
 Website : www.antaraglobal.org  
 FB: http://www.facebook.com/Antaraindia

**Contact address of Hony General Secretary :** Dr. Mathew P. John  
 8/6B, Alipore Park Road,  
 Kolkata - 700 027

ANTARA is a voluntary organisation registered under West Bengal Societies Registration Act, 1961, Licenced Under the Mental Health Act, 1987 & under the Foreign Contribution Regulation Act (FCRA).

Reg. No. : S/12398 of 1972-73  
 Licence No. : L/MHA-29/2002/R-02/17

All donations to Antara are Exempted  
 u/s 35CCA & u/s 80G of the I. T. Act 1961

**Patron :**  
**H.E. Shri Keshari Nath Tripathi**  
 Governor of West Bengal

**Advisory Committee :**  
**Sr. M. Prema M.C.**  
 Superior General, Missionaries of Charity  
**Fr. P. C. Mathew**  
 Ex Principal, St. Xavier's College, Kolkata  
**Thomas Mathew T**  
 Former M.D., LIC of India

**Executive Committee**

**President**  
 Kamal Prakash

**Hon'y. Gen. Secretary**  
 P. M. John (till 23.01.2017)  
 Dr. Mathew P. John (from 23.01.2017)

**Hon'y Joint Secretaries**  
 Dr. Mathew P. John (till 23.01.2017)  
 Dhiraj Mohindar (from 23.01.2017)  
 Molly Thambi

**Hon'y. Associate Secretaries**  
 Milan Dutta  
 George Kuruvilla

**Hon'y. Treasurer**  
 Jacob Thomas

**Members**  
 Thomas Koshy  
 Mrs. A. John  
 J. K. Mundhra  
 Sanjib Kr. Saha  
 Dr. Sharmistha Roy  
 S. Radhakrishnan  
 Vinay Mohindar  
 Saket Agarwal  
 Dr. John Abraham  
 Dr. M. T. Cherian

**Legal Advisors**  
 P. C. Ghosh  
 Sk. H. Quader

**Representatives of:**  
**Janata Medical Service:**  
 Abraham Zachariah  
**Missionaries of Charity**  
 Bro. Paul Eaton M.C.  
**Cathedral Relief Service**  
 Rig David  
**Armenian Church**  
 Michael Dutta  
**Chief Exec. Officer**  
 M. Thomas John 9836133250  
**Administrator**  
 Jayanth Mathew  
**Med. Superintendent**  
 Dr. Bijoy Jacob 9674541945

## ANTARA (its history in brief)

The seventies was a period of turbulence in the history of Calcutta City. The war between India and Pakistan, the Bangladesh Freedom Struggle, the influx of thousands of refugees from the erstwhile East Pakistan, the tension created by political movements, all these together made life quite a tormenting experience for many people in this city. A number of them lost their balance of mind and many could be found roaming on the streets.

### THE FOUNDERS

It was in response to this alarming situation that Dr. Satrujit Dasgupta, Dr. R. B. Davis, Mother Teresa, Mr. P. M. John, Bro. Andrew and a few others got together and founded Antara Society, with the primary objective of providing care, treatment and rehabilitation to the destitute and very poor persons suffering from mental disorders including drug addiction and alcoholism.

Antara is registered under the West Bengal Societies Registration Act, 1961 as a Non-governmental, Non-profit making, Secular and Charitable Society. As the first step towards achieving the objectives of Antara, a Psychiatric Outpatient Clinic was started at the Janata Medical Service at Mar Thoma Church Centre, Kolkata as a Joint venture. This Psychiatric Clinic still functions on Tuesdays & Fridays catering to the needs of the poor psychiatric patients in the city.

Soon there was the need to accommodate and treat some of the patients particularly the destitute ones. A building was rented at Picnic Garden and residential treatment and care was started. This was a joint project with Missionaries of Charity. Hand-in-hand with the Medical team of Antara, the Missionaries of Charity Brothers took loving care of the inmates. This Home continued to operate at Picnic Garden till 1982.

### ANTARAGRAM

On 17th Dec., 1979, a 2 acre plot of land was purchased at Hariharpur Village on the Calcutta-Port Canning Road. Mother Teresa laid the Foundation Stone for the 'ANTARAGRAM' Project on 4th May, 1980. The patients were shifted from Picnic Gardens Home to the new centre at Antaragram on 26th June, 1982.

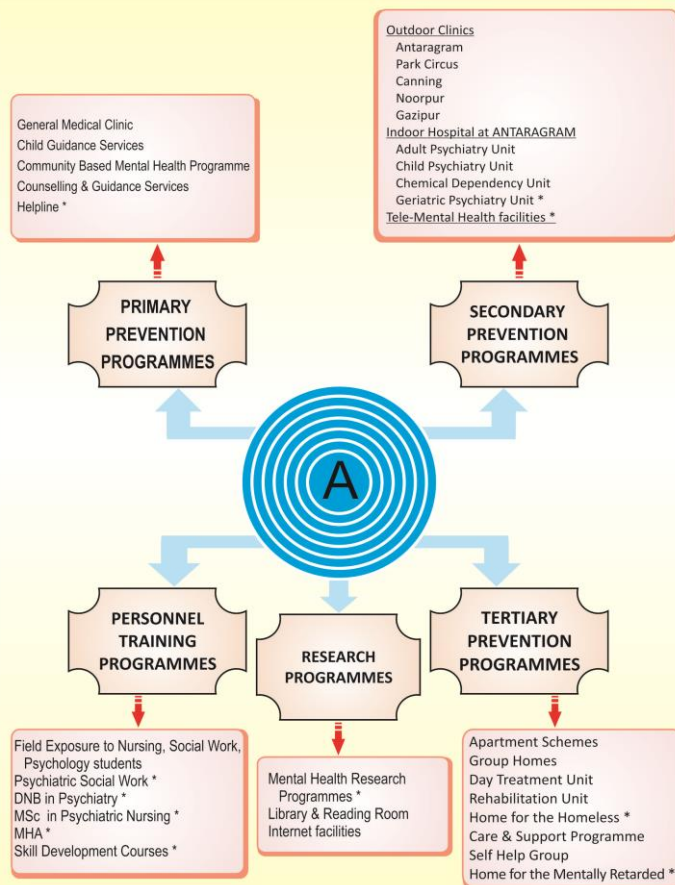
Antaragram has today blossomed into a well organised, scientific institution with necessary infrastructure facilities like Residential Treatment Centres, Occupational Therapy and Vocational Training Units, Out Patient Departments, Library & Reading Room, Quarters for Residential Staff, Recreation Centres, Community Kitchen, etc.

The Antara Community comprising of Staff, Trainees, Recovering Inmates and the families of residential staff is the uniqueness of Antaragram. Apart from giving the patients a family like atmosphere, the Community Members ensure 24-hour care to inmates. The members of the Community share a common mess, observe National Days and festivals. Annual Sports, Cultural Competitions, Get-togethers, Picnics etc. are organised by the Community.

### INDIVIDUAL MEMBERS OF ANTARA SOCIETY

Antara Society at present has 47 members. These members hail from the cosmopolitan cross section of people in Kolkata City regardless of any social or political barriers.

## SERVICES OFFERED BY ANTARA





## LIST OF ADVERTISER

<b>A</b>	
A. K. Hospitality Service	O - 1
ABA Associates	S - 1
Abraham George	ECS - 4
Adarsha Nursing Home	O - 25
Ajanta Choudhuri	O - 2
Alkem Laboratories Ltd (Pentacare Division)	O - 3
Ambarish Lahiri	O - 5
Ariyan Mollah	O - 13
<b>B</b>	
Baulmon Pvt. Ltd.	O - 4
<b>C</b>	
Chandi Mata Press	O - 21
Cipla Ltd	S - 4
<b>D</b>	
D. D. Pharmaceutical Pvt Ltd	O - 29
Dr Mathew P John	O - 6
DSS Integrated Facility Services	O - 27
<b>F</b>	
Farinni Leather Pvt. Ltd	O - 7
<b>G</b>	
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Indian Chain Pvt. Ltd	O - 10
Intas Astera Division	Behind FIFC
IPCA Laboratories Limited	Back Cover
<b>J</b>	
Jacob Mathew	O - 11
Jacob Thomas	O - 25
Jiwanram Sheoduttrai	ECS - 1
Joy Foam Pvt. Ltd	O - 12
Joy Maa Kali Timbers	O - 17
<b>K</b>	
K. S. Ghosal	Behind FIFC
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Linux Laboratories Pvt. Ltd	O - 5
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## FRIENDS OF ANTARA

Like any other organization, ANTARA too faces challenges posed by the competitive environment, staff retention and particularly in meeting the ever-escalating costs of operation.

While the first two challenges are being successfully countered by raising our own standards of service delivery, meeting the funds-deficit remains one of ANTARA's most serious issues. Our avowed policy of reaching out to those who need psychiatric services the most, yet have the least access to them, does not permit us to keep increasing service charges proportionate to the rise in running expenses. While a large number of patients receive treatment free-of-charge or at highly subsidized rates, we do not receive any government or regular funding support. We attempt to overcome this deficit by raising funds in the form of donations, sponsorships and endowments from socially conscious and caring individuals and corporate houses from all over the world, known as 'Friends of ANTARA'.

'Friends of ANTARA' has contributed to ANTARA not only by way of monetary donations, but with technical, social and moral support also.

We encourage everybody to become a 'Friend of ANTARA'. Visit our website [www.antaraglobal.org](http://www.antaraglobal.org) to know how you can associate yourself with ANTARA to make a meaningful difference to the underprivileged and the unfortunate.

All donations to ANTARA are exempt u/s 35CCA and u/s 80G of the Income Tax Act, 1961.

## WAYS TO HELP ANTARA:

1. Become a 'Friend of ANTARA' and encourage others to join.
2. Visit Antaram along with friends and family.
3. Buy products from the Work Therapy Units.
4. Donate in cash or in kind.
5. Sponsor meals: Breakfast – Rs. 3,000/-; Lunch/Dinner – Rs. 6,000/-; One day's meals – Rs. 15,000/-.
6. Sponsor one patient's treatment expenses for a month – Rs. 15,000/-.
7. Support one patient in the Community Care Unit – Rs. 500/- per month.
8. Support one patient in the Day Care Programme – Rs. 2,000/- per month.
9. Endow one bed in ANTARA Hospital by contributing Rs. 1,00,000/-.
10. Assist ANTARA in procuring CSR Funds for implementation of projects.

## Cheques to be drawn in favour of 'ANTARA'

- (i) Indian Donations by Cheque or Net banking to: A/c No.: 259010300000152, AXIS BANK, BARUIPUR BRANCH, IFS Code: UTIB0000259
- (ii) Foreign Donations by Net banking to: A/c No. 57027517674, State Bank of India, Calcutta Main Branch, IFS Code: SBIN0070248  
Swift Code : SBININBBT29
- (iii) For Payment through 'Payment Gateway' : visit [www.antaraglobal.org](http://www.antaraglobal.org)

# ANTARA 2017

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Dear Patrons

It gives me immense pleasure to greet you on the 47th Foundation Day of Antara and thank you for your patronage for a cause which is becoming more important with every passing day.

Antara continues to evolve itself to meet the society's need for Institutions with a holistic approach to Mental Health and Team Antara has been working diligently in this direction.

The rampant misuse of Information Technology and Artificial Intelligence in our day to day life is creating newer challenges faster than we are able to overcome those which already existed in the field of mental health, particularly in youngsters in the age group of 8 to 18.

I believe the answer also lies in proper usage of IT and AI to prevent and combat Mental illness. Antara is getting ready for these additional phenomena.

As a patron, my request to each one of you is continue to spread the awareness of the fact that there is "No Health without Mental Health", and be with us to enable us to fulfill our mission of making the world mentally healthy.

With Good wishes and Regards

**Kamal Prakash**  
President, Antara



## FROM THE HON'Y GENERAL SECRETARY'S DESK



Antara has completed 47 years of service to those persons who are suffering from various kinds of mental illness and substance abuse. Beginning from humble beginnings in a one-room clinic in one of the poorest areas of Kolkata, we have now become the largest private sector mental health institution in Eastern India.

I take this opportunity to remember all our founding fathers and their families whose relentless dedication to this noble cause helped us to reach where we are today. In this, Dr S Dasgupta, Mr P M John, Br Andrews and Fr Subir Biswas, who were inspired by St Teresa of Kolkata to take up this work, were joined by Mr Sailen Shaw, Mr K B Nair, Mr V G Cherian and others. This year, we were bereaved of the last of our founding fathers and long-time Hon'y General Secretary, Mr P M John, as well as a member of our Executive Committee, Mr. J. K. Mundhra. Antara has felt their loss keenly.

We stand now at a juncture where we face the responsibility to carry forward this great movement in the most trying of times. The number of people afflicted by mental health issues is growing by leaps and bounds. Trained personnel required to provide care and treatment to these clients are few and grossly inadequate in numbers. The situation, both in India and the world, is disrupting the normal lives of citizens, causing stress and mental illness in many. It is this mental health crisis that we battle every day at Antara.

At Antaragram, our main centre located in Hariharpur, we have indoor facilities for 200 patients, and an outdoor department which handles around 250 patients each day. We are, to the best of my knowledge, the only institution providing paediatric indoor psychiatric facilities in Eastern India, if not all of India. Our clients avail the personalized services of our 250 plus staff of doctors, nurses and support staff. We also have day care facilities for patients who can be taken care of at home, following the current consensus that "Home is the Best Place for Treatment". Clients undergo conventional work therapy programmes, in addition to which we also provide novel and path breaking methods of treatment such as aesthetic therapy. This year we held an exhibition of paintings done by our patients at the Academy of Fine Arts, which was widely appreciated.

Besides Antaragram, our services are extended through outreach clinics being run at Nurpur, Canning, Gazipur and Beckbagan. These clinics make access to treatment easier for patients from far-flung areas. As a result, our services are reaching patients from all parts of West Bengal, the adjoining states of Orissa and Bihar, and even the neighbouring country of Bangladesh. We have been able to achieve all this thanks to the support and cooperation of the Government of West Bengal, administrative departments, and our generous donors from all over the world.

In the next phase of our growth our aim is to consolidate the rapid progress made so far. We intend to update and upgrade our facilities for our clients and caregivers. We plan to start more counselling centres in urban areas staffed with expert psychologists, as soon as possible. As the lack of trained staff available to treat psychiatric patients is an acute problem all over the country, we plan to start the Antara Institute of Psychiatric Sciences, affiliated to recognised universities, to train and certify care providers. We also intend to increase our activities in schools, colleges and among rural caregivers to increase public awareness about mental health issues and enable early diagnosis and treatment.

To enable us to achieve these goals, we hope to have the continued help and support of our donors, the government and the gracious people of our state. We also look forward to dedicated young people joining us to work in the various departments of Antara and help in its future growth, infusing fresh ideas into our work among the suffering people. With the blessings of the Almighty, we hope Antara will grow to be a beacon of light in the darkness of the field of mental illness, providing exemplary service without any distinction of caste, creed or colour.

Mathew P John

## OUTPATIENT DEPARTMENTS



### ANTARA ROUNDTABLE MEDICARE CENTRE

The Out-Patient Department of Antara has been serving thousands of Psychiatric and General Patients daily through the ANTARA Roundtable Medicare Centre from 1987. Satellite Clinics are conducted in distant places of South 24-Parganas district and in the Mar Thoma Church, Kolkata, as part of the Out-Reach Programme.



**DEPARTMENTS :**

(Monday to Saturday: - 9:00 am to 5:00 pm)

Adult Psychiatric OPD  
 Child Psychiatric OPD  
 Chemical Dependency OPD  
 General Medical OPD  
 Psychology OPD  
 Low-Cost Medicine Store/Dispensary  
 Pathology Sample Collection

**SATELLITE CLINICS :**

(Timings: 10 am to 4 pm)

Nabo Jibon Missionaries of Charity, Noorpur  
 (on alternate Tuesdays)  
 St. Gabriel's Hostel, Canning  
 (on alternate Saturdays)  
 Antara White Cross Bari, Gazipur  
 (on alternate Thursdays)  
 Janata Medical Service, Mar Thoma Church, Kolkata  
 (on every Tuesday and Friday)

**STATISTICS**

	2016-17		2015-16	
A.R.T.M.C.	New Patients	Follow-up	New Patients	Follow-up
Adult Psychiatric OPD	4,290	35,187	4,547	34,884
Child Psychiatric OPD	346	1,601	345	1,780
Chemical Dependency OPD	415	1,225	457	1,164
General OPD	308	1,357	424	1,762
<b>Total</b>	<b>5,359</b>	<b>39,570</b>	<b>5,773</b>	<b>39,590</b>
<b>Satellite Clinics</b>				
Canning Clinic	11	1,052	40	1,147
Noorpur Clinic	79	2,079	87	2,082
AWCB Clinic	8	798	40	1,089
Kolkata Clinic	19	2,025	48	2,387
<b>TOTAL :</b>	<b>117</b>	<b>6,954</b>	<b>215</b>	<b>6,705</b>

A

**LOW-COST MEDICINE STORE/DISPENSARY :**

Low Cost Quality medicines are available at very affordable costs under one roof. Very poor patients attending the OPD are provided medicines at highly subsidized rates.

**Counseling & Guidance Clinic :**

Clients requiring only Psychological Counseling or Testing can attend this Clinic.

**Local Health Improvement Scheme :**

651 persons belonging to Below Poverty Line families in the nearby villages receive medical consultation and medicines on payment of Rs. 20/- per visit.

**Play Therapy :**

This Specialty service under Dr. Jolly Laha and the team of psychologists and Psychiatric Social Workers caters to the needs of Children below 10 years. Children like to play. Therefore, **PLAY** is the best medium to sort out their problems. Play finds a language for the child. Play is being used here as a therapy to have a greater understanding, identification and insight into the child's mind, their inner world, their problems. Treatment is provided without any medicines. This is useful for growing children to develop their inter-personal skills in addition to helping in diagnosis and therapy of Childhood Behavioural Problems.





## INPATIENT DEPARTMENTS

Separate Indoor Wards are available for adult and children, male and female patients. The patients stay for periods ranging from a few days to a few months depending on the severity and duration of the disease. Most of the patients are discharged after satisfactory improvement, with the advice to continue follow-up treatment through one of the OPDs or Satellite Clinics. Some refractory patients may require re-admission. Non-compliance of medication is one of the significant difficulties leading to relapse and re-admission.



	New Admissions	Re-admissions	Total
Cathedral Relief Service Ward	181	117	298
Kolkata Armenian Church Ward	210	114	324
Missionaries of Charity Ward	257	187	444
ICCO Ward	180	90	270
Mar Thoma Church Ward	186	90	276
Friends of Antara – U.K. Ward	41	17	58
LIC of India Ward	80	33	113
<b>TOTAL</b>	<b>1,135</b>	<b>648</b>	<b>1,783</b>

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### INPATIENT REHABILITATION FACILITIES FOR PSYCHIATRIC PATIENTS

Patients requiring long periods of stay for rehabilitation are accommodated in the separate Male and Female Rehabilitation Wards. This also serves as a Half-Way Home for patients requiring further counseling and training.

	New Admissions	Re-admissions	Total
Male Rehabilitation Ward	112	38	150
Female Rehabilitation Ward	105	30	135
<b>Total</b>	<b>117</b>	<b>68</b>	<b>285</b>

### ANTARA GROUP HOMES

Two Model Homes are maintained at Antaragram accommodating 23 Residents in the Group Home for Women and 21 Residents in the Group Home for Men. The residents have several programmes and activities during the day to keep them happy in a "Home-Away-from-Home".



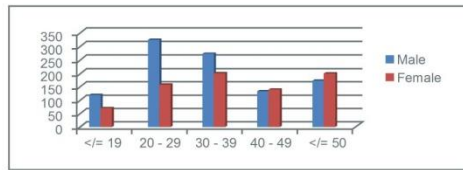
7



**Statistical Analysis of Patients Admitted in Psychiatry Wards  
during the period 2016 - 17**

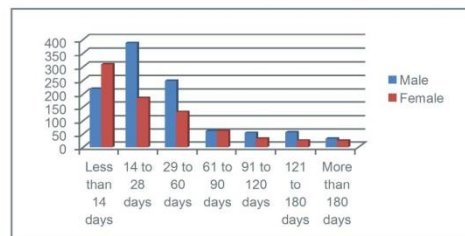
**According to Age**

Age Group	2016 - 17		2015 - 16	
	Male	Female	Male	Female
<= 19	116	70	95	46
20 - 29	321	152	318	151
30 - 39	266	180	261	161
40 - 49	134	138	150	111
>= 50	168	189	168	141
<b>TOTAL</b>	<b>1005</b>	<b>729</b>	<b>992</b>	<b>610</b>



**According to Duration of Stay**

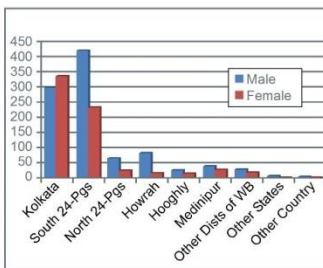
Duration of Stay	2016-17		2015-16	
	Male	Female	Male	Female
Less than 14 days	216	303	302	161
14 to 28 days	381	174	341	214
29 to 60 days	235	127	243	162
61 to 90 days	58	59	54	37
91 to 120 days	46	28	17	14
121 to 180 days	44	19	14	6
More than 180 days	25	19	21	16
<b>TOTAL</b>	<b>1005</b>	<b>729</b>	<b>992</b>	<b>610</b>



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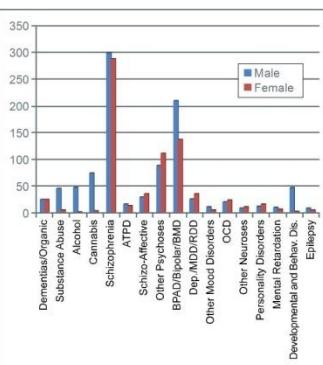
**According to Geographical Area**

Geographical Area	2016 - 17		2015 - 16	
	Male	Female	Male	Female
Kolkata	310	342	320	201
South 24-Pgs	420	242	453	272
North 24-Pgs	65	30	80	46
Howrah	84	24	45	22
Hooghly	34	20	18	12
Medinipur	50	40	47	33
Other Dists of WB	32	25	16	16
Other States	9	6	12	7
Other Country	1	0	1	1
<b>Total</b>	<b>1005</b>	<b>729</b>	<b>992</b>	<b>610</b>



**According to Diagnosis**

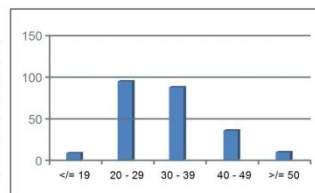
Diagnosis	2016 - 17		2015 - 16	
	Male	Female	Male	Female
Dementias/Organic	22	22	10	22
Substance Abuse	47	6	49	18
Alcohol	53	3	56	7
Cannabis	78	1	39	2
Schizophrenia	304	285	311	215
ATPD	21	18	41	29
Schizo-Affective	26	34	35	32
Other Psychoses	85	113	65	58
BPAD/Bipolar/BMD	216	133	223	142
Dep./MDD/RDD	20	32	28	21
Other Mood Disorders	13	6	8	1
OCD	22	26	19	34
Other Neuroses	10	13	6	0
Personality Disorders	15	19	23	10
Mental Retardation	14	10	26	8
Developmental and Behavioural Disorders	49	1	52	5
Epilepsy	10	7	1	6
<b>Total</b>	<b>1005</b>	<b>729</b>	<b>992</b>	<b>610</b>



**Statistical Analysis of Patients Admitted in Chemical Dependency Ward for Men during the period 2016 - 17**

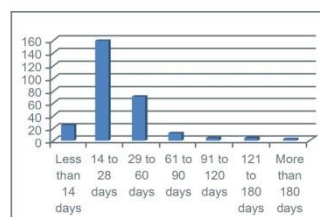
**According to Age**

Age Group	2016 - 17	2015 - 16
<= 19	20	10
20 - 29	102	69
30 - 39	93	85
40 - 49	37	63
>= 50	24	57
<b>TOTAL</b>	<b>276</b>	<b>284</b>



**According to Duration of Stay**

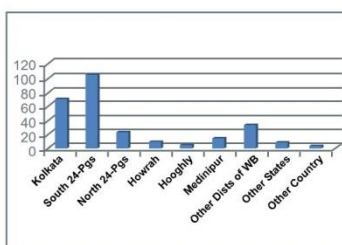
Duration of Stay	2016 - 17	2015 - 16
Less than 14 days	26	26
14 to 28 days	158	140
29 to 60 days	73	90
61 to 90 days	11	20
91 to 120 days	4	8
121 to 180 days	3	0
More than 180 days	1	0
<b>Total</b>	<b>276</b>	<b>284</b>



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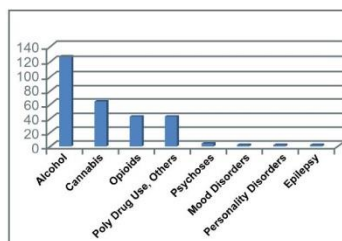
**According to Geographical Area**

Geographical Area	2016 - 17	2015 - 16
Kolkata	72	73
South 24-Pgs	106	130
North 24-Pgs	22	25
Howrah	11	16
Hooghly	6	18
Medinipur	15	15
Other Dists of WB	35	5
Other States	9	2
Other Country	0	0
<b>Total</b>	<b>276</b>	<b>284</b>



**According to Diagnosis**

Diagnosis	2016 - 17	2015 - 16
Alcohol	128	134
Cannabis	63	95
Opioids	41	30
Poly Drug Use, Others	42	0
Psychoses	2	15
Mood Disorders	0	4
Personality Disorders	0	4
Epilepsy	0	2
<b>Total</b>	<b>276</b>	<b>284</b>

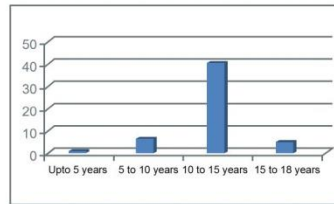


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**Statistical Analysis of Patients Admitted in Child Ward  
during the period 2016 - 17**

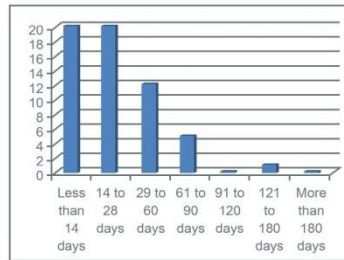
**According to Age**

Age Group	2016 - 17	2015 - 16
Upto 5 years	0	0
5 to 10 years	8	9
10 to 15 years	42	63
15 to 18 years	8	9
<b>TOTAL</b>	<b>58</b>	<b>81</b>



**According to Duration of Stay**

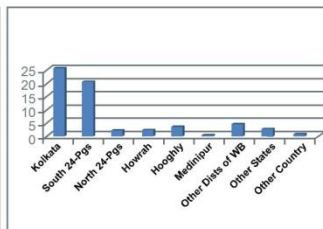
Duration of Stay	2016 - 17	2015 - 16
Less than 14 days	20	30
14 to 28 days	20	27
29 to 60 days	12	20
61 to 90 days	5	4
91 to 120 days	0	0
121 to 180 days	1	0
More than 180 days	0	0
<b>Total</b>	<b>58</b>	<b>81</b>



12

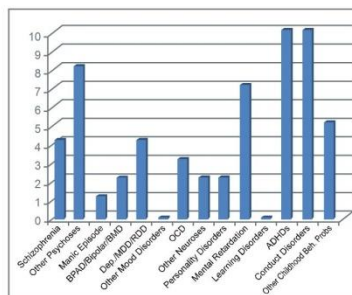
**According to Geographical Area**

Geographical Area	2016 - 17	2015 - 16
Kolkata	25	34
South 24-Pgs	20	35
North 24-Pgs	2	1
Howrah	2	2
Hooghly	3	3
Medinipur	0	1
Other Dists of WB	4	3
Other States	2	2
Other Country	0	0
<b>Total</b>	<b>58</b>	<b>81</b>



**According to Diagnosis**

According to Diagnosis	2016 - 17	2015 - 16
Schizophrenia	4	2
Other Psychoses	8	6
Manic Episode	1	1
BPAD/Bipolar/BMD	2	15
Dep./MDD/RDD	4	4
Other Mood Disorders	0	2
OCD	3	5
Other Neuroses	2	2
Personality Disorders	2	0
Mental Retardation	7	4
Learning Disorders	0	6
ADHDs	10	23
Conduct Disorders	10	5
Other Childhood Beh. Probs	5	6
<b>Total</b>	<b>58</b>	<b>81</b>



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## PATIENTS ADMITTED UNDER COURT ORDER

According to the Mental Health Act, 1987, mental patients found loitering on the roads are to be referred to the nearest Government Mental Health facility for admission and treatment. The local police have been instructed to take into custody such persons and produce them before the District Magistrate within 24 hours along with a medical certificate from the local/District hospital stating that the person is a mental patient and requires urgent inpatient treatment. Following this, the patient is sent to the nearest mental health facility for admission under 'Special Circumstances' by the order of the Court.

For the past few years, Antara has been receiving numerous such unfortunate mental patients who were found loitering in the streets of the adjoining districts. These persons were brought to the Hospital under Court Order by the police personnel of various Police Stations of South 24-Parganas district, which extends from Kolkata Leather Complex P.S., about 35 kms to the north of Antara, to Namkhana P. S. and Moipith Coastal P. S. (Sundarbans), 110 kms to the south of Antara.

During the period 1st April, 2016 to 31st March, 2017, 8 patients were admitted under Court Order, adding to the 6 such patients who were in the Hospital as on 1st April, 2016. Out of the total of 14 patients served during the report period, 8 patients have been relocated after treatment. Remaining 6 patients are still in the Hospital as on 31st March, 2017. Of these 8 patients, one patient is expected to be reached to her home in Bangladesh in the coming months as soon as her papers are made ready by the Bangladesh High Commission, while another 2 are in the process of being reached to their respective homes. Four clients will continue to stay on as their families are untraceable.

Tracing out the family and helping the patient return to their homes is one of the high points of the activities of Antara. Almost 60 patients have been reached back to their homes in the past six years – ANTARA is truly 'An Oasis for the Troubled Minds' where they can spend a few weeks getting back their health before returning to their own Homes. We look forward to continuing this remarkable service which we have been providing to these and many more needy patients and their families with the timely help and support of friends and well wishers.

### Statistical Study of Patients admitted under Court Order during the period:

#### According to Age (New Admissions) :

Age Group	Number
<20 years	0
20 – 29 years	2
30 – 39 years	4
40 – 49 years	1
50 – 59 years	0
> 60 years	1
<b>Total</b>	<b>8</b>

#### According to Gender (New Admissions) :

Male :	5
Female :	3
<b>Total :</b>	<b>8</b>

#### According to Sub-Division (New Admissions) :

Baruipur :	3
Diamond Harbour :	5
Kakdwipee :	0
<b>Total :</b>	<b>8</b>

#### According to period of stay (Total No.) :

< 1 month :	4
1 to 3 months :	4
3 to 6 months :	1
6 to 12 months :	0
> 12 months :	5
<b>Total :</b>	<b>14</b>



Jhumka M. surrounded by her family.



Santosh S. flanked by his mother and brother.

14

## AESTHETIC THERAPY UNIT

Therapy through Dance and Music is an effective method of promoting the mental health of our patients. Residents of the Group Homes and Rehabilitation Wards participate in this weekly therapy session. Under the tutelage of Dr. Mandar Mukherjee, and assisted by other expert musicians, around 20 to 25 clients learn song and dance sequences, mainly from Rabindra Sangeet. Programmes are put up by the Unit every 3 months in Antaragram and once a year in Saroj Gupta Memorial Cancer Centre & Research Institute, Thakurpukur. Therapy sessions are usually held on Saturdays, and the clients look forward to this day of fun and enjoyment with great expectation.



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## TARGETTED PERSONALITY GROWTH & DEVELOPMENT PROGRAMME

Psychiatric patients of all degrees are vulnerable to residual disabilities and maladjustments. Lack of self-confidence and inhibited and repressed emotions lead them to suffer from inferiority complexes and instabilities. This person requires a special, concentrated action to bring him/her out of this cocoon to grow and develop into the beautiful creature that he/she was meant to be. The Targeted Personality Growth & Development Programme is one the most important tools in the armament of ANTARA in helping this special person regain and develop his/her personality.

Previously known as the Day Care Unit, the clients, at present 40 in number, attend the programme on weekdays from 9:30 am to 4:30 pm, while staying in their respective homes, hostels or indoor wards during the rest of the day. After an initial assessment of the client by the Social Worker in Charge of the Unit, and after consultation with the treating Psychiatrist and the care-givers, a 'Target' is set for each individual and the total programme may extend for periods of 6 to 12 months.



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In addition to the medication and counseling which are given as required, the other main components of the TPG & D Programme are:

- \* Newspaper Reading & Discussion
- \* Yoga & Pranayam
- \* Meditation & Deep Meditation
- \* Activity Sessions
  - ^ Drama
  - ^ Mime
  - ^ Creative Acting
  - ^ Poetry Writing
  - ^ Drawing
  - ^ Story Telling
  - ^ Debates
  - ^ Group Games
- \* Study Tours & Outings to places of interest
- \* Public Cultural Shows
- \* Cultural and Sports Competitions
- \* Participation in National Days and Festivals
- \* Working in different units in ANTARA



17



# WORK THERAPY & VOCATIONAL TRAINING

From the inception of Antaragram in 1982, Work Therapy has been an integral part of the facilities at Antaragram. This Unit has been very effective during the past years to be a form of Therapy to the patients, as well as a Skill Developing system.



## Objectives :

- \* To restore, reinforce and enhance social performance
- \* To facilitate the learning of adaptive and productive skills
- \* To diminish or correct pathology
- \* To promote and maintain health

## Work Therapy Units :

- \* **Art & Craft Department:** Several patients participate in this unit where various kinds of handicraft items and greetings cards are made.
- \* **Tailoring & Knitting Department:** Woollen items like sweaters and scarves, Handicraft items and toys made of wool and cloth are the popular items produced here.
- \* **Incentive Canteen:** Various items for day-to-day life, including snacks and hot & cold drinks are available. Clients can exchange their Incentive Coupons at the Canteen after a day's activity.



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- \* **Horticultural Nursery:** Ornamental and decorative Indoor plants grown and maintained in Antaragram are sold or given on hire for Office and other decorative purposes.

- \* **Fruit and Vegetable Farming:** The open land in Antaragram is utilized for growing seasonal vegetables and fruits which are used for the consumption in the Hospital or sold in the open market.

- \* Other Units include Honey Processing Unit, Fishery, and Handicrafts Units.



**Exhibition at Narendrapur Ramakrishna Mission:** Antara participated in the Exhibition organized by Narendrapur Ramakrishna Mission Lokshiksha Parishad from 16th to 18th January 2017, at Narendrapur. Antara Products made by recovering inmates displayed at Antara Stall in the Fair made the stall colourful and drew the attraction of a huge number of visitors.

# COMMUNITY MENTAL HEALTH UNIT (CMHU)

Psychiatric Services with a Holistic Approach comprises:

- ❖ Promotive
- ❖ Preventive
- ❖ Therapeutic
- ❖ Rehabilitative

The goals of ANTARA's services are:

- ❖ To improve the mental health of the Individual and Community
- ❖ To diagnose and treat mental illness early
- ❖ To rehabilitate within society to lead a productive life



The Key Components of CHMU are

- ❖ Public Awareness Generation Programmes
- ❖ Early Detection & Treatment
- ❖ Training
- ❖ Psychosocial Rehabilitation



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To achieve these goals, Antara has been conducting the "Community Mental Health Programme" over the past few years, and the programme is being constantly upgraded. The components include :

## Awareness Generation Programmes

- ❖ School Mental Health Programme
- ❖ Workshops & Seminars
- ❖ Spreading awareness through Media
- ❖ Putting up Stalls in Exhibitions
- ❖ Training programmes for Anganwadi (Health) Workers, Teachers, Community Workers

## Early Detection Camps

- ❖ Detection Camps in Schools
- ❖ Camps to sensitize & identify Alcoholics and other Chemical Dependents
- ❖ Child Guidance Services and Play Therapy Programme
- ❖ Support programmes through Helpline (Internet, Telephone)

## Care & Support Programmes

- ❖ Home visits
- ❖ Individual counseling
- ❖ Family Counseling
- ❖ Subsidized OPD and Indoor Treatment
- ❖ Follow-up visits for Drug Compliance
- ❖ Socio-economic Support for client and family
- ❖ Monthly group meetings and workshops
- ❖ Networking and Referral services
- ❖ Assistance to procure Disability Certificates, Pension, etc.
- ❖ Self-Help Group for Financial assistance
- ❖ Skill Training
- ❖ Income Generation Programmes
- ❖ Advocacy
- ❖ Blankets distribution



Another Exciting Mile Stone!



Patients have been issued with a Passbook for their earnings through Work Therapy. [Departments@ANTARA](mailto:Departments@ANTARA)



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## NURSING TRAINING PROGRAMMES

Nursing students from several Schools and Colleges of Nursing in and around Kolkata come to Antara Hospital for Orientation and Training in Psychiatric Nursing. In batches of 20 to 40, GNM, Post Basic B.Sc. and B.Sc. (Nursing) students spend time in the wards for 4 to 6 hours a day for periods ranging from 2 weeks to 4 weeks, M.Sc. (Nursing) students specializing in Psychiatric nursing attend to the practical work in ANTARA's different units for 6 months.

### NAMES OF INSTITUTIONS :

- ❖ Asia Heart Foundation College of Nursing
- ❖ Asia Heart Foundation School of Nursing
- ❖ B M Birla College of Nursing
- ❖ Calcutta Medical Research Institute School of Nursing
- ❖ Calcutta Nursing Training Institute
- ❖ Command Hospital, Kolkata
- ❖ Haldia iCare School of Nursing
- ❖ IQ City College of Nursing, Durgapur
- ❖ Ma Sarada College of Nursing
- ❖ Mission of Mercy School of Nursing
- ❖ Neotia Academy of Nursing
- ❖ Rajabazar ESI School of Nursing
- ❖ Ramakrishna Mission School of Nursing
- ❖ Ruby General Hospital School of Nursing
- ❖ Shiksha O Anusandhan University College of Nursing, Bhubaneswar
- ❖ Tarakeswar Vidyay Pally Seva Kendra School of Nursing
- ❖ West Bengal Government College of Nursing, Burdwan Medical College & Hospital
- ❖ West Bengal Government College of Nursing, Midnapore Medical College & Hospital
- ❖ West Bengal Government College of Nursing, NRS Medical College & Hospital
- ❖ West Bengal Government College of Nursing, R G Kar Medical College & Hospital
- ❖ West Bengal Government College of Nursing, SSKM Hospital
- ❖ Woodlands College of Nursing
- ❖ Woodlands School of Nursing



The nursing students are able to learn about the complete spectrum of treatment and rehabilitation of psychiatric patients from the time of admission into the Hospital to discharge, including various therapies, and post discharge OPD follow-up. They attend practical work in the different departments and also attend theory classes conducted by their own faculty, and, occasionally, Antara's nursing staff. They also take part in Community Awareness Programmes and Case presentations.



## ANNUAL EVENTS (2016 - 17)

### APRIL 2016

09.04.2016 Seminar for Care & Support Clients on the occasion of Death Anniversary of late Dr. K. L. Narayanan.  
13.04.2016 "Borso Baran" – Bengali New Year Programme

### MAY 2016

09.05.2016 Rabindra Jayanti – Birth Anniversary of Rabindranath Tagore



24.05.2016 Mr. Thomas John, CEO, Antara, inaugurating the Essay Writing Competition on "World Schizophrenia Day"



31.05.2016 Poster Drawing Competition in progress on "World No Tobacco Day" in Antara Hospital

### JULY 2016



29.07.2016 Visit of Officials from LIC of India as part of CSR Program



30.07.2016 Exhibition Stall at B D Memorial School, Mahamayatala

### AUGUST 2016



02.08.2016 Seminar on "Terrorism and Brainwashing" at Antara



09.08.2016 Rabindranath Tagore Death Anniversary



15.08.2016 Independence Day

18.08.2016 Seminar on "Terrorism & Brainwashing" at Rotary Sadan

### SEPTEMBER 2016

13.09.2016 Foundation Day of Antara & Celebration of Sainthood of Mother Teresa

15.09.2016 Faculty Meeting of Antara Institute of Health Sciences (AIHS)

19.09.2016 89th Birthday of Mr. P. M. John

30.09.2016 Cultural Programme on Mahalaya 2016

### NOVEMBER 2016

24.11.2016 Blood Donation Camp

07.11.2016 Children's Day



# DECEMBER 2016



21.12.2016 TATA Marathon  
24.12.2016 Christmas Day Celebration  
31.12.2016 New Year Eve programme



12.01.2017 Vivekananda Birthday Anniversary –  
Elocution Competition for Clients

# JANUARY 2016



07.01.2017 Annual Cultural Function at Saroj Gupta Cancer Centre &  
Research Institute, Thakurpukur



23.01.2017 Netaji's Birthday Anniversary  
25.01.2017 Exhibition Stall at RKM, Narendrapur Mela  
26.01.2017 Republic Day  
22.02.2017 Annual sports Day

# MARCH 2016



04.03.2017 Cultural Programme by  
"Baul of Bengal"



11.03.2017 Visit by Rt. Rev. Dr. Euyakim Mar Coorilos,  
Bishop of Mar Thoma Church

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16.03.2017 Panel discussion on "Emerging Changes in Healthcare Administration" by AIHS



21.03.2017 Birthday of Mrs. Julia Chowdhury (Pat Aunty)



25.03.2017 Rt. Rev. Dr. Geevarghese Mar Theodosius, Bishop  
of Mar Thoma Church interacting with Inpatients



29.03.2017 Painting Exhibition at Academy  
of Fine Arts, Kolkata



31.03.2017 Seminar on Autism

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## MENTAL HEALTH MONTH 2016



Inauguration



Lighting the Lamp



Durga Puja Skit



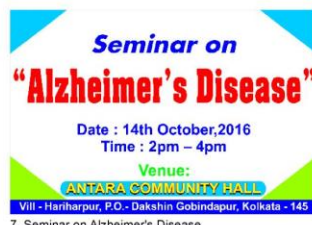
Skit by Inpatients



Dance by Inpatients



Friends of Antara Meeting at Bishop's College, Kolkata



7. Seminar on Alzheimer's Disease



Welcome by Mr. M. Thomas John, CEO, Antara during one of the Seminars



Seminar on Psychological First Aid



Anganwadi workers at the Seminar



Seminar on Play Therapy



Seminar on Prevention of Sexual Harassment at Workplace

A Special meeting of the Friends of Antara was organized on 17th Oct., 2016 to highlight the need for Mental Health Awareness and Health Promotion.

Seminars and Workshops were conducted on several days for patients, caregivers, NGOs, students of Psychology and Social Work, Anganwadi, ASHA and other governmental health workers, Panchayat members of the Barupur Block, School students, and Staff of Antara on a variety of Topics.

During the month, the Masters in Hospital Administration (MHA) Course was officially launched on 31st October, 2016 in the presence of dignitaries.



Workshop for Staff on Psychiatric Emergencies



Audience



GCN College of Nursing



Painting Competition



Peerless CON



Prize Winners of Exhibition



Pledge Taking



Antara Services



Antara Stall

The Annual Children's Day Get-together programme for children was conducted on 8th Nov., 2016. The 3-day Mental Health Exhibition also started on 8th Nov., 2016. Seminars and "Sit & Draw" competition for school children were also conducted during these days. Participants from 6 Nursing Schools and Colleges participated in the "Model Competition". A Seminar on "Adolescents and Stress Management" was conducted on 9th Nov., 2016, besides Audio-Visual Shows, Display & Sale of Antara Products, Food Stalls, and the very informative and Attractive Quiz Stall on all three days. The month long programme came to an end on 10th Nov., 2016 with prize distribution to the winners of the competitions.



Apollo Gleneagles CON



Exhibition 1



Exhibition



Govt. College of Nursing (ID & BG Hospital)



College of Nursing Asia Heart Foundation



College of Nursing, Calcutta Medical College



Exhibition Stall



Exhibition 2



Pledge Taking



Painters



Pledge



West Bengal Govt. CON



RN Tagore School of Nursing



Quiz Stall



Sit & Draw



Quiz Stall (2)



Sister Florence CON & Apollo Gleneagles CON



## ANNUAL SPORTS

The Annual Sports for the Patients and Staff of Antara were held on 22nd January, 2017. Prizes were distributed to the winners.



Inauguration of the Sports Day by Mr. M. Thomas John, CEO, Antara on 22.02.2017



Balance Race for Male Patients



Prize Winners of Balance Race for men



Filling the Bottle Race for Women Patients



Prize Winners Bottle Hockey Race for Women Patients



Shot Put for Staff (Men)



Bottle Hockey Race for Staff (Women)

### ANTARA 2017

**You don't have to be an expert to talk about mental health.**

-  **Talk, but listen too:** simply being there will mean a lot.
-  **Keep in touch:** meet up, phone, email or text.
-  **Don't just talk about mental health:** chat about everyday things as well.
-  **Remind them you care:** small things can make a big difference.
-  **Be patient:** ups and downs can happen.

Find out more about mental health and how to be there for someone at [time-to-change.org.uk](http://time-to-change.org.uk)

**Someone you know has a mental health problem.**

**Ready to start your conversation?**

**it's time to talk. it's time to change**

let's end mental health discrimination



Compliments from  
**"A Well Wisher"**



# BALANCE SHEET & STATEMENT OF ACCOUNTS 2016 - 2017

## SYNOPSIS OF BALANCE SHEET

	2017	2016
Corpus Fund	112,785,874	111,604,164
Reserve and Surplus	(6,729,929)	(12,398,002)
Secured Loan	2,866,259	5,916,670
	<u>108,922,204</u>	<u>105,122,832</u>
Fixed Assets	78,047,960	74,249,780
Investments	31,930,547	31,872,882
Current Assets	4,269,959	3,104,851
Less: Current Liabilities	<u>(5,326,262)</u>	<u>(4,104,681)</u>
	<u>(1,056,303)</u>	<u>(999,830)</u>
	<u>108,922,204</u>	<u>105,122,832</u>

### Independent Auditors' Report Report on the Financial Statements

We have audited the accompanying financial statements of Antara, Antaragram, Dakshin Gobindapur, Kolkata – 700145 which comprise the Balance Sheet as at 31st March 2017, the Statement of Income and Expenditure and the Receipts and Payments Account for the year ended on that date and a summary of significant accounting policies and other explanatory information.

#### Management's Responsibility for the Financial Statements

Management is responsible for preparation of these financial statements that give a true and fair view of the financial position and financial performance of the Society in accordance with the Accounting Standards issued by The Institute of Chartered Accountants of India. This responsibility includes the design, implementation and maintenance of internal control relevant to the preparation and presentation of the financial statements that give a true and fair view and are free from material misstatement, whether due to fraud or error.

#### Auditor's Responsibilities

Our responsibility is to express an opinion on these financial statements based on our audit. We conducted our audit in accordance with the standards on Auditing issued by The Institute of Chartered Accountants of India. Those standards require that we comply with ethical requirements and plan and perform the audit to obtain reasonable assurance about whether the financial statements are free from misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in financial statements. The procedures selected depend on the auditor's judgment, including the assessment of the risk of material misstatement of the financial statements, whether due to fraud or error. An audit includes evaluating the appropriateness of the accounting policies used and the reasonableness of the accounting estimates made by the management, as well as evaluating the overall presentation of the financial statements.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

#### Report

##### We report that :

1. We have obtained, subject to our observations, all the information and explanations, which to the best of our knowledge and belief were necessary for the purposes of our audit.
2. In our opinion, proper books of account as required by law have been kept by the organization so far as appears from our examination of those books.
3. The Balance Sheet, the statement of Income and Expenditure and the Receipts and Payments Account dealt with by this report are in agreement with the books of account.
4. In our opinion, the Balance Sheet and the statement of Income and Expenditure dealt with by this report comply with the Accounting Standards issued by The Institute of Chartered Accountants of India. However depreciation on fixed assets is not provided in the accounts and liability for gratuity and leave benefit, payable to employees are treated on cash basis
5. We have been informed by the management that Internal Control procedures are operating satisfactorily. These information have been accepted by us without any further review.
6. In our opinion and to the best of our information and according to the explanations given to us, the said accounts, subject to above observations give the information, in the manner so required and give a true and fair view in conformity with the accounting principles generally accepted in India.
  - i. In the case of Balance Sheet, of the state of affairs of the organization as at 31st March 2017 and
  - ii. In the case of the Statement of Income and Expenditure, of the excess of Income over Expenditure for the year ended on that date.
  - iii. In the case of Receipts and Payments Account the inflow and outflow of funds during the year.

For P. K. Sen & Associates  
Chartered Accountants  
Firm Registration No. 311112E

(S. K. Mitra)  
Partner  
Membership No 050902

Date : 2nd August 2017  
Place : Kolkata

**ANTARA 2017**

**Balance Sheet as at 31st March, 2017**

(Amount ₹)

Notes	As at 31st March, 2017	As at 31st March, 2016
<b>LIABILITIES</b>		
<b>Corpus Funds</b>		
General Contributions 2	4,299,000	4,299,000
Earmarked Funds 3	49,424,821	48,243,111
Endowment Funds 4	59,062,053	59,062,053
	112,785,874	111,604,164
Reserves 5	(6,729,929)	(12,398,002)
	106,055,945	99,206,162
<b>Loan Funds</b>		
Overdraft from Axis Bank Ltd (Secured by lien on Fixed Deposit Receipts of ₹ 111.00 lacs held as Investments - Previous Year ₹ 111.00 lacs )	2,866,259	5,916,670
<b>Current liabilities</b>		
Statutory Dues 6	599,868	491,892
Other Current Liabilities 7	4,726,394	3,612,789
	114,248,466	109,227,513
<b>ASSETS</b>		
<b>Non-Current Assets</b>		
Tangible Fixed Assets 8	78,047,960	74,198,076
Capital Work in Progress 8	-	51,704
Non Current Investments 9	19,025,990	13,499,557
Long Term Loans and Advances 10	474,557	317,357
<b>Current Assets</b>		
Current Investment 9	12,904,557	18,373,325
Inventories 11	1,111,766	874,108
Sundry Debtors 12	671,979	365,054
Cash and Bank Balances 13	1,309,869	814,624
Short Term Loans and Advances 10	549,914	526,771
Other Current Assets 14	151,874	206,937
	16,699,959	21,160,819
	114,248,466	109,227,513

Significant Accounting Policies and Notes to the Accounts : 1 to 21  
Notes to the Accounts referred to above form an integral part of the Balance Sheet

**For P. K. Sen & Associates**  
Chartered Accountants  
Firm Registration No. 311112E

Date : 16th August, 2017  
Place : Kolkata

**(S. K. Mitra)**  
Partner  
Membership No. 050902

**ANTARA 2017**

**Statement of Income and Expenditure for the year ended 31st March, 2017**

(Amount ₹)

Notes	Year ended 31st March, 2017	Year ended 31st March, 2016
<b>INCOME</b>		
Income from Operation 15	64,822,009	56,963,953
Other Income 16	71,505	42,508
	64,893,514	57,006,461
<b>EXPENDITURE</b>		
(Accretion) / Decretion to Stock 17	(237,658)	30,313
Employee Benefits Expense 18	31,044,276	30,922,228
Operational Expenses 19	33,846,523	29,552,282
Interest Paid on Overdraft from Bank	367,381	817,702
	65,020,522	61,322,525
Operating Deficit	(127,008)	(4,316,064)
Income from Endowment Funds and Special Drive 20	5,795,082	6,150,951
Excess of Income over Expenditure	5,668,074	1,834,887
Less:-Adjustment of prior year's Interest (refer note 4)	-	53,358
	5,668,074	1,781,529
Add: Surplus in valuation of donated assets disposed off - transferred from Capital Reserve	-	2,000
Balance (Deficit) brought forward	(13,480,268)	(15,263,797)
<b>(Deficit) Transferred to General Reserve</b>	<b>(7,812,194)</b>	<b>(13,480,268)</b>

Significant Accounting Policies and Notes to the Accounts : 1 to 21  
Notes to the Accounts referred to above form an integral part of the Statement of Income and Expenditure.

**For P. K. Sen & Associates**  
Chartered Accountants  
Firm Registration No. 311112E

Date : 16th August, 2017,  
Place : Kolkata

**(S. K. Mitra)**  
Partner  
Membership No. 050902

## Significant Accounting Policies and notes to the Accounts

**1. Significant Accounting Policies****1.1 General Information**

Antara was incorporated on 6th December 1972 as a registered society under West Bengal Societies Registration Act 1961. The primary objective of the Antara is to run a voluntary association of social workers and psychiatrists for the purpose of assisting, rehabilitating and treating the mentally disturbed indigent people of Calcutta irrespective of Caste, Colour or Creed and also to provide outdoor, indoor and domiciliary treatment of all mental sufferers including alcoholics and drug addicts.

**1.2 Basis of Preparation of Financial Statements**

The financial statements have been prepared as a going concern on an accrual basis and under historical cost convention except in cases of gratuity and leave encashment payable to employees, which are treated on cash basis. The accounting policies adopted in the preparation of financial statements are consistent with those followed in previous years.

**1.3 Use of Estimates**

The preparation of the financial statements in conformity with Generally Accepted Accounting Principle in India (Indian GAAP) requires the Management to make estimates and assumptions considered in the reported accounts of assets and liabilities (including contingent liabilities) and the reported income and expenses during the year. The Management believes that the estimates used in preparation of the financial statements are prudent and reasonable. Future results could differ due to these estimates and difference between the actual results and the estimates are recognized in the period in which results are known or materialised.

**1.4 Fixed Assets and Depreciation****Tangible**

- i) Fixed Assets are stated at cost. Cost includes all attributable expenses.
- ii) Costs of assets of immaterial value and having limited useful life are charged to revenue during the year of acquisition leaving item wise small value in the respective asset accounts for exercising control.
- iii) Capital Work in Progress: Tangible fixed assets which are not yet ready for their intended use are carried at cost, comprising of direct cost and related incidental expenses.
- iv) Depreciation on Fixed Assets is not provided in the accounts.

**Intangible**

Cost of Computer Software is charged to revenue in the year of acquisition irrespective of whether it brings future enduring additional economic benefits or not.

**1.5 Donation in Kind (Assets)**

- (i) Fixed Assets received as donation in kind from Institutions, Corporate Bodies and Well Wishers, where costs of acquisition are not ascertainable, are valued by a special Committee formed for the purpose. The values of such assets as declared by the Committee are incorporated in books by way of additions under the respective head of assets and the corresponding amount is added to Capital Reserve.  
The expenditure for transportation of these donated assets and costs of improvement are also capitalized.
- (ii) Fixed Assets received as donation in kind are utilized for operational activities of the organization.

**1.6 Donation in Kind (Food Items)**

Food items received as donation are valued at estimated market price and recognized as income in the Accounts and the corresponding values are charged to consumptions.

**1.7 Financial Assets Investment**

Investment are recorded as Long Term Investment unless they are expected to mature within one year. Long Term as well as Current Investments are stated at cost. All Investments are made in the forms and modes as specified in sub-section (5) of section 11 of the Income Tax Act 1961.

**1.8 Inventories**

Inventories are valued at cost. The cost is determined on weighted average basis.

**1.9 Cash and Cash Equivalent**

Cash comprises cash at bank and in hand and demand deposits with bank. Cash equivalences are short term balances highly liquid investments that are readily convertible into known amounts of cash and which are subject to insignificant risk of changes in values.

**1.10 Retirement Benefits.**

- i) Contributions are made to Provident and other Funds administered by Government Authorities. The contributions are recognized in the Statement of Income and Expenditure on an accrual basis.
- ii) Gratuity and Leave Encashments are paid to employees on retirement on a cash basis.

**1.11 Income from Investments**

Interest Income is recognised on a time proportion basis taking into account the amount outstanding and the applicable interest rate.

Income from Investment is included together with the related tax credit in the Statement of Income and Expenditure under the head "Income from Endowment Fund and Special Drive"

**1.12 Foreign Currency Transactions**

Transactions relating to Income in Foreign currency are recorded in books in rupees by applying the exchange rates prevailing on the respective dates of the transactions.



**ANTARA 2017**

(Amount ₹)

	As at 31st March, 2017	As at 31st March, 2016
<b>Note - 2</b>		
<b>General Contributions</b>		
TISCO	3,00,000	3,00,000
Brooke Bond India Limited	1,50,000	1,50,000
ITC Limited	1,50,000	1,50,000
Meteor Private Limited	12,47,000	12,47,000
Kothari Foundation	2,25,000	2,25,000
Well Wishers	2,50,000	2,50,000
Stiefel Undschum India Ltd	1,00,000	1,00,000
Tata Tea Limited	1,00,000	1,00,000
Jiwanram Sheodutrai	10,00,000	10,00,000
Viratech Solutions Software Ltd	1,27,000	1,27,000
Neeraj Jain	3,50,000	3,50,000
Uttam Saha	3,00,000	3,00,000
	<u>42,99,000</u>	<u>42,99,000</u>
<b>Note - 3</b>		
<b>Earmarked Funds</b>		
<b>Building Projects</b>		
Cathedral Relief Services	3,99,637	3,99,637
Marthoma Church	4,81,966	4,81,966
Trinity Cathedral	4,50,835	4,50,835
Armenian Church	4,66,838	4,66,838
Missionaries of Charity	2,73,757	2,73,757
I.C.C.O.	14,85,678	14,85,678
Calcutta South Round Table No 17	13,74,486	13,74,486
Calcutta Alipore Round Table No 12	79,400	79,400
German Consulate	3,74,240	3,74,240
Friends of Antara - U.S.A	30,42,796	30,42,796
Friends of Antara - U.K.	39,61,358	39,61,358
World Vision	22,10,000	22,10,000
Member of Parliament LAD Fund	2,00,000	2,00,000
International Tibet Support Network	1,46,410	1,46,410
Janpad Textiles Pvt Ltd	5,00,000	5,00,000
LIC Golden Jubilee Foundation	25,00,000	25,00,000
Bidhayak Elaka Unnayan Programme	4,00,000	4,00,000
Aditya Kashyap Memorial Building	33,10,000	33,10,000
S. Dasgupta Memorial Building	41,47,493	41,47,493
Apartment Building	50,00,000	50,00,000
Infrastructure Development Fund	32,05,000	32,05,000
Meditation Centre	13,02,389	13,02,389
Rotary Deutschland Gemeindensi	5,96,860	-
	<u>359,09,143</u>	<u>353,12,283</u>

**ANTARA 2017**

(Amount ₹)

	As at 31st March, 2017	As at 31st March, 2016
<b>Lift</b>		
Minicraft Enterprise Pvt Ltd	3,50,000	3,50,000
Late Shyam Sunder & Geeta Chowdhury - (in Kind)	<u>3,81,000</u>	<u>3,81,000</u>
	7,31,000	7,31,000
<b>Corporate Social Responsibilities Fund</b>		
HDFC Standard Life Insurance	6,06,900	6,06,900
Tata Steel Processing & Distribution Ltd	5,00,000	5,00,000
The Federal Bank Limited	2,60,000	2,60,000
Bank of Baroda	<u>19,76,462</u>	<u>19,76,462</u>
	33,43,362	33,43,362
<b>Herbal Garden</b>		
La Martiniere for Girls	20,000	20,000
<b>Jute Product</b>		
National Centre for Jute Diversification	1,32,660	1,32,660
<b>Transport</b>		
Indian Oil Corporation	3,90,000	3,90,000
Less: Adjustment due to disposal of Assets	<u>3,90,000</u>	
	-	
Viratech Software & Communication Ltd	7,65,787	7,00,787
As per last account		65,000
Addition during the year (in Kind)	<u>-</u>	<u>65,000</u>
	7,65,787	7,65,787
<b>Tube wells</b>		
Calcutta South Round Table No 17	16,000	16,000
Banshidhar Agarwal Charitable Trust	45,000	45,000
Friends of Antara - UK	<u>60,000</u>	<u>60,000</u>
	1,21,000	1,21,000
<b>Poultry</b>		
CIDA	1,67,448	1,67,448
Rotary RISCA	20,279	20,279
Calcutta Alipore Round Table No 12	<u>1,76,172</u>	<u>1,76,172</u>
	3,63,899	3,63,899
<b>Development Fund</b>		
Land & Land Development Fund	45,84,414	45,84,414
Research Projects	<u>50,000</u>	<u>50,000</u>
	46,34,414	46,34,414
<b>Electronic Equipment</b>		
Electronic Equipment		
State Bank of India	4,02,100	4,02,100
Equipment	<u>18,000</u>	<u>18,000</u>
	4,20,100	4,20,100

**ANTARA 2017**

(Amount ₹)

	As at 31st March, 2017	As at 31st March, 2016
<b>Furniture &amp; Fixtures</b>		
Rotary Club of Narendrapur	1,49,106	1,49,106
Reserve Bank of India	2,49,500	2,49,500
	3,98,606	3,98,606
<b>Computers &amp; Peripherals</b>		
Rotary Club of Narendrapur	2,44,950	2,44,950
Less: Written off	25,150	-
	2,19,800	2,44,950
KVK Corporation	10,00,000	-
	12,19,800	2,44,950
<b>Green House</b>		
Rotary Club of Narendrapur	2,10,770	2,10,770
<b>Machinery</b>		
Rotary Club of Narendrapur	29,400	29,400
<b>Library Fund</b>		
As per last account	4,73,262	4,73,262
<b>Rehabilitation Projects</b>	1,77,430	1,77,430
<b>Generator Fund</b>		
Friends of Antara UK	48,540	48,540
Industrial Associated - (in Kind)	4,25,648	4,25,648
	4,74,188	4,74,188
	4,94,24,821	4,82,43,111
<b>Note - 4</b>		
<b>Endowment Funds</b>		
General		
As per last account	1,43,16,778	1,16,16,778
Addition during the year	-	27,00,000
	1,43,16,778	1,43,16,778
Medical	1,16,098	1,16,098
Child Endowment	2,43,124	2,43,124
Group Home Fund		
As per last account	4,43,86,053	4,03,86,053
Addition during the year	-	40,00,000
	4,43,86,053	4,43,86,053
	5,90,62,053	5,90,62,053

**ANTARA 2017**

(Amount ₹)

	As at 31st March, 2017	As at 31st March, 2016
<b>Note - 5</b>		
<b>Reserves</b>		
<b>Capital Reserve</b>		
Value of Fixed Assets received - as donation in Kind		
Balance as per last account	6,51,927	6,68,345
Addition during the year	-	2
	6,51,927	6,68,347
Less: Value of assets sold / written off during the year	(1)	(14,420)
	6,51,926	6,53,927
Less: transferred to Statement Income & Expenditure Account	-	2,000
	6,51,926	6,51,927
<b>General Reserve</b>		
Income and Expenditure Adjustment Account		
As per last Account	4,30,339	4,30,339
Statement of Income and Expenditure		
Excess of Expenditure over Income	(78,12,194)	(1,34,82,268)
Add: transferred from Capital Reserve	-	2,000
	(78,12,194)	(1,34,80,268)
	(67,29,929)	(1,23,98,002)
<b>Note - 6</b>		
<b>Statutory Dues</b>		
Contribution to Provident Fund	3,30,445	3,18,953
Contribution to Employees' State Insurance Scheme	1,11,864	87,298
Tax Deducted at Source	1,24,897	61,248
Professional Tax Payable	7,320	7,960
Work Contract Tax Payable	25,342	16,433
	5,99,868	4,91,892
<b>Note - 7</b>		
<b>Other Current Liabilities</b>		
Advance from Patients	14,60,523	9,32,209
Advance from Nursing School	33,000	35,000
Interest Payable (refer note 4)	53,358	53,358
Sundry Creditors	31,79,513	25,92,222
	47,26,394	36,12,789

Note - 8

Tangible Fixed Assets

(Amount ₹)

Description of Assets	Gross Block at Cost/Valuation				
	As at 1st April, 2016	Acquisition/ Adjustments during the Year	Assets received as Donation - at Cost/Valuation	Sales/ Adjustments	As at 31st March, 2017
Land - General	52,10,505	7,86,836	-	-	59,97,341
	(52,10,505)	-	-	-	(52,10,505)
Land - Group Home	3,91,328	-	-	-	3,91,328
	(3,91,328)	-	-	-	(3,91,328)
Building - General	4,89,77,894	12,25,088	-	-	5,02,02,982
	(4,69,61,947)	(20,15,947)	-	-	(4,89,77,894)
Building - Group Home	27,23,664	-	-	-	27,23,664
	(27,23,664)	-	-	-	(27,23,664)
Fire Protection System	25,24,289	-	-	-	25,24,289
	(25,24,289)	-	-	-	(25,24,289)
Lift	15,88,136	-	-	-	15,88,136
	(10,74,154)	(1,32,982)	(3,81,000)	-	(15,88,136)
Herbal Garden	78,948	-	-	-	78,948
	(78,948)	-	-	-	(78,948)
Green House	2,89,160	-	-	-	2,89,160
	(2,89,160)	-	-	-	(2,89,160)
Tubewell	2,86,082	15,000	-	-	3,01,082
	(3,28,503)	-	-	(42,421)	(2,86,082)
Furniture & Fixtures - General	37,64,510	2,11,725	-	9	39,76,226
	(36,66,171)	(1,24,320)	-	(25,981)	(37,64,510)
Furniture & Fixtures - Group Home	49,717	-	-	-	49,717
	(49,717)	-	-	-	(49,717)
Hospital Equipment	5,84,587	-	-	-	5,84,587
	(1,59,018)	(4,25,569)	-	-	(5,84,587)
Typewriter	2,341	-	-	-	2,341
	(2,341)	-	-	-	(2,341)
Electrical and Electronic Equipment	8,88,324	58,592	-	6,135	9,40,781
	(8,21,412)	(1,31,830)	-	(64,918)	(8,88,324)
Electrical Installation	9,83,170	-	-	-	9,83,170
	(9,83,170)	-	-	-	(9,83,170)

Note - 8

Tangible Fixed Assets

(Amount ₹)

Description of Assets	Gross Block at Cost/Valuation				
	As at 1st April, 2016	Acquisition/ Adjustments during the Year	Assets received as Donation - at Cost/Valuation	Sales/ Adjustments	As at 31st March, 2017
Close Circuit Cable TV	1,11,090	3,015	-	-	1,14,105
	-	(1,11,090)	-	-	(1,11,090)
Generator	5,00,815	-	-	-	5,00,815
	(5,00,815)	-	-	-	(5,00,815)
Machinery	56,765	-	-	-	56,765
	(56,765)	-	-	-	(56,765)
Computer	7,64,622	11,31,292	-	25,151	18,70,763
	(8,61,554)	(9,748)	(2)	(1,06,682)	(7,64,622)
Vehicle	12,60,604	9,44,448	-	4,94,817	17,10,235
	(11,95,604)	-	(65,000)	-	(12,60,604)
Cycle and Van	9,800	-	-	-	9,800
	(9,800)	-	-	-	(9,800)
Library Books	1,63,837	-	-	-	1,63,837
	(1,58,873)	(4,964)	-	-	(1,63,837)
Public Address System	5,15,183	-	-	-	5,15,183
	(5,15,183)	-	-	-	(5,15,183)
Kitchen Equipment & Modernisation	24,72,705	-	-	-	24,72,705
	(4,96,243)	(19,76,462)	-	-	(24,72,705)
Total	7,41,98,076	43,75,996	-	5,26,112	7,80,47,960
Previous Year	(6,90,59,164)	(49,32,912)	(4,46,002)	(2,40,002)	(7,41,98,076)
Capital Work in Progress	51,704	(51,704)	-	-	-
	(10,57,704)	(30,57,047)	-	(40,63,047)	(51,704)

Capital Work in Progress

(Amount ₹)

	As at 1st April, 2016	Addition During the Year	Adjustments	As at 31st March, 2017
Stair Case - Kitchen Building	-	-	-	-
Stair Case - OPD	-	-	-	-
Advance - Building	-	-	-	-
Advance for ICU	-	-	-	-
Advance - Kitchen Equipments	-	-	-	-
Toilet - ACRC	51,704	(51,704)	-	-
	51,704	(51,704)	-	-



**ANTARA 2017**

(Amount ₹)

	As at 31st March, 2017		As at 31st March, 2016	
<b>Note - 9</b>				
<b>Investments</b>				
8% Savings (Taxable) Bond 2003	55,00,000		55,00,000	
Fixed Deposit with Banks	2,64,30,547		2,63,72,882	
	<u>3,19,30,547</u>		<u>3,18,72,882</u>	
The Receipt for Deposits with Bank given as security against overdraft from Axis Bank Limited ₹ 111 lacs				
	Non-Current (Long Term)	Current (Short Term)	Non-Current (Long Term)	Current (Short Term)
8% Savings (Taxable) Bond 2003	55,00,000	-	-	55,00,000
Fixed Deposit with Banks	1,35,25,990	1,29,04,557	1,34,99,557	1,28,73,325
	<u>1,90,25,990</u>	<u>1,29,04,557</u>	<u>1,34,99,557</u>	<u>1,83,73,325</u>
<b>Note - 10</b>				
<b>Loans and Advances</b>				
Advance Recoverable		84,156		65,913
Advance - Antara Institute of Health Science		1,41,565		1,93,000
Advance to Staff		3,72,350		1,71,350
Security Deposit		2,34,207		2,31,207
Income Tax Deducted at Source				
As per last Account	1,82,658		1,27,921	
Add Tax deducted during the year		31,961		1,42,147
	<u>2,14,619</u>		<u>2,70,068</u>	
Less:- Refund	21,852		84,636	
	<u>1,92,767</u>		<u>1,85,432</u>	
Less: Balance of TDS Written off	574		2,774	
		<u>1,92,193</u>		<u>1,82,658</u>
		<u>10,24,471</u>		<u>8,44,128</u>
	Non-Current (Long Term)	Current (Short Term)	Non-Current (Long Term)	Current (Short Term)
Advance Recoverable	-	84,156		65,913
Advance to Staff	2,40,350	1,32,000	86,150	85,200
Advance - Antara Institute of Health Science	-	1,41,565	-	1,93,000
Security Deposit	2,34,207		2,31,207	
Income Tax Deducted at Source	-	1,92,193	-	1,82,658
	<u>4,74,557</u>	<u>5,49,914</u>	<u>3,17,357</u>	<u>5,26,771</u>
<b>Note - 11</b>				
<b>Inventories - at Cost</b>				
Medicine		7,72,892		5,30,764
Kitchen Items		94,801		47,473
Hospital Supplies Item		1,07,772		1,34,904
Work Therapy Items		1,36,301		1,60,967
		<u>11,11,766</u>		<u>8,74,108</u>
<b>Note - 12</b>				
<b>Sundry Debtors</b>				
Receivable		<u>6,71,979</u>		<u>3,65,054</u>

**ANTARA 2017**

(Amount ₹)

	As at 31st March, 2017		As at 31st March, 2016	
<b>Note - 13</b>				
<b>Cash and Bank Balances</b>				
Cash in hand		4,738		2,041
Balances with Scheduled Banks in Savings Account	11,90,246		7,70,371	
in Current Account	<u>19,016</u>		<u>5,496</u>	
		<u>12,09,262</u>		<u>7,75,867</u>
Cash and Cash Equivalent		12,14,000		7,77,908
Short Term Deposit with Bank		95,869		36,716
		<u>13,09,869</u>		<u>8,14,624</u>
<b>Note - 14</b>				
<b>Other Current Assets</b>				
Accrued Interest on Investments and Deposits		1,51,874		2,06,937
		<u>1,51,874</u>		<u>2,06,937</u>
<b>Note - 15</b>				
<b>Income from Operations</b>				
Outdoor Patients				
Medicare Units		2,81,11,271		2,56,01,028
Indoor Patients				
Chemical Dependency	37,53,329		32,42,875	
Day Care Treatments	5,62,539		4,81,472	
Indoor Services	<u>3,00,24,417</u>		<u>2,57,93,388</u>	
		<u>3,43,40,285</u>		<u>2,95,17,735</u>
Work Therapy Units (net)		11,07,518		8,50,470
Training (Including Nursing Training)		12,62,935		9,94,720
		<u>6,48,22,009</u>		<u>5,69,63,953</u>
<b>Note - 16</b>				
<b>Other Income</b>				
Interest on Savings Account with Banks		69,867		32,784
Interest on Income Tax refund		1,638		9,724
		<u>71,505</u>		<u>42,508</u>
<b>Note - 17</b>				
<b>(Accretion) / Decretion to Stock</b>				
Opening Stock		8,74,108		9,04,421
Less:- Closing Stock		<u>11,11,766</u>		<u>8,74,108</u>
		<u>(2,37,658)</u>		<u>30,313</u>
<b>Note - 18</b>				
<b>Employee Benefits Expense</b>				
Salaries and Exgratia	2,76,14,594		2,76,15,950	
Gratuity Paid	4,09,240		2,69,481	
Leave Encashment	<u>17,618</u>		<u>35,690</u>	
		<u>2,80,41,452</u>		<u>2,79,21,121</u>
Staff Welfare Expenses		2,97,417		2,84,176
Employer's Contributions to Provident and other Funds	19,07,291		19,22,199	
Employer's Contributions to ESI	<u>7,98,116</u>		<u>7,94,732</u>	
		<u>27,05,407</u>		<u>27,16,931</u>
		<u>3,10,44,276</u>		<u>3,09,22,228</u>

# ANTARA 2017

(Amount ₹)

	As at 31st March, 2017	As at 31st March, 2016
<b>Note - 19</b>		
<b>Operational Expenses</b>		
Medicine	1,06,14,381	99,32,420
Food Expenses (Net)	48,82,096	44,95,076
Consultancy Fees	39,83,276	38,35,841
Electricity	21,30,498	18,77,637
Communication Charges	1,61,131	1,54,418
Rehabilitation	2,74,545	2,22,017
Group Home Charges	3,17,389	2,17,046
Hospital Supplies	7,04,771	6,45,704
Pollution Control Charges	3,06,768	3,63,460
House Keeping	1,69,355	1,50,242
Repairs and Renovations	19,69,303	15,08,133
Rates and Taxes	47,942	50,661
Audit Fees	20,000	20,000
<b>Other Expense</b>		
Bank Charges	18,964	21,906
Books and Periodicals	33,386	37,338
Conveyance	2,00,956	2,02,111
Games and Recreation	33,111	42,733
Generator Running Expenses	89,605	79,995
Legal Expenses	1,600	40,695
Meetings and Seminar	60,020	1,21,414
Miscellaneous Expenses	7,300	8,800
Mobile Health Clinic	46,576	44,253
Motor Car Upkeep	2,05,255	2,78,131
Postage	12,318	8,073
Printing & Stationery	7,87,970	9,00,305
Publicity and Advertisements	53,432	30,900
Security Services	10,08,560	8,46,510
Support Services	50,50,733	28,89,168
Software Charges	3,50,835	10,000
Staff Training	6,088	899
Subscription	19,989	16,758
Penal Interest & Damages	-	1,82,036
Aesthetic Therapy Programme (Net)	1,09,955	91,246
	80,96,653	58,53,271
Loss on Fixed Assets Discarded	39,663	2,23,582
Income Tax Deducted at Source Written off	574	2,774
Sundry Balance Written Off	1,28,178	-
	<u>3,38,46,523</u>	<u>2,95,52,282</u>

# ANTARA 2017

(Amount ₹)

	As at 31st March, 2017	As at 31st March, 2016
<b>Note - 20</b>		
<b>Income from Endowment and Special Drive</b>		
Income from Endowment Funds		
Interest on 8 % Savings (Taxable) Bond 2003	4,29,987	4,95,688
Interest on Fixed Deposits with Bank	<u>21,88,743</u>	<u>20,77,831</u>
	26,18,730	25,73,519
Special Financial Drive		
Advertisement	7,26,500	11,92,000
<b>Donations :</b>		
General (Net)	21,22,818	21,35,847
Donation in Kind	37,192	59,405
Food	1,56,074	14,000
Friends of Antara	1,24,200	1,47,166
CBM Health Programme	9,568	29,014
	<u>24,49,852</u>	<u>23,85,432</u>
	<u>57,95,082</u>	<u>61,50,951</u>

## **Note - 21**

### **General**

1. Book value of fixed assets which are not in existence or in un-usable condition as noticed during physical verification conducted in a phased manner, have been written off and charged to results for the year. Values of discarded assets appearing in the balances of various Earmarked Funds and Capital Reserve, to the extent their identifications are possible, have been transferred from the respective funds to Deficit Account of General Fund.
2. Land - General - ₹ 59,97,341 includes free hold land ₹ 57,72,374 and Lease hold land ₹ 2,25,000.
3. The ownership of certain plots of land measuring 4 decimal (approx) located in mouza Hariharpur, South 24 Parganas, presently in possession of Antara, had been challenged in court of law by parties claimed to be owner of these properties. The application for temporary Injunction filed by one of the parties has been rejected by Civil Judge (Junior Division), 1st Court Baruipur. The suit filed by another party is yet to be settled.
4. Axis Bank Limited claimed by way of lien the excess amount of TDS on Interest on Fixed Deposits for the year 2013-14 as refunded, amounting to ₹ 53,358 which has been disclosed in these accounts under Other Current Liabilities
5. Previous years figures have been re-arranged and re-grouped whenever necessary.

# ANTARA 2017

## Receipts and Payments Account for the year ended 31st March, 2017

Receipts		Payments	
	₹		₹
To Opening Balances:		By Opening Balance	59,16,670
Cash in Hand	2,041	Overdraft from Axis Bank Ltd	
Balances with Scheduled Banks		Land at Gazipore	7,86,836
in Savings Account	7,70,371	Buildings	
in Current Account	5,496	- Kitchen Building - Emergency Staircase	87,355
	7,77,908	- Boundary Wall	8,44,724
" Earmarked Fund		- Building at Gazipore	2,41,305
Boundary Wall			11,73,384
- Rotary Deutschland Gemeindiensi	5,96,860	" Paid to Contractor on a/c Building Constructed	2,03,232
Computer		" Close Circuit Cable TV	3,015
- KVK Corporation	10,00,000	" Furniture and Fixtures	2,11,725
" 8% Savings (Taxable) Bond 2003 matured	55,00,000	" Computer and Peripheral	11,31,292
" Fixed Deposit Matured	1,28,73,325	" Electrical and Electronic Equipment	58,592
" Short Term Deposit Matured	36,716	" Tube Well	15,000
" Sale of Old Utility Vehicle	71,298	" Utility Vehicle	9,44,448
" Medicare Units	2,81,11,271	" 8% Savings (Taxable) Bond 2003	55,00,000
" Chemical Dependency	36,56,519	" Fixed Deposits Made during the year	1,29,30,990
" Day Care Treatment (Net)	5,62,539	" Short Term Deposit Re-invested	95,869
" Indoor Service Charges	2,88,22,993	" Advance Recoverable	13,600
" Work Therapy (net)	11,16,049	" Salary & Exgratia, Leave Encashment, Gratuity	2,77,93,952
" Training (Including Nursing Training)	12,40,935	" Staff Welfare	90,632
	6,35,10,306	" Operational Expenses	3,33,03,536
" Interest on Savings Account with bank	70,894	" Interest Paid on Overdraft from Bank	3,67,381
" Interest on Income Tax Refund	1,638		
" Interest on Fixed Deposit	22,39,670		
" Interest on 8% Savings (Taxable) Bond 2003	4,29,987		
	26,69,657		
" Advertisements	6,52,000		
" Donations:			
General Donation	21,22,818		
Food Donation	1,56,074		
Friends of Antara	1,24,200		
CBM Health Programme	9,568		
	24,12,660		

# ANTARA 2017

## Receipts and Payments Account for the year ended 31st March, 2017

Receipts		Payments	
	₹		₹
Advance Received From Patients	14,60,523	" Employer's Contributions to Provident and other Funds	21,14,076
" Advance Nursing - Training	20,000	" Employer's Contributions to ESI	7,98,116
" Income Tax Deducted from Payments		" Income Tax Deducted at Source - from Income	31,961
Deducted during the year	8,86,844	" Professional Tax	
Less: Deposited during the year	8,23,195	Deposited during the year	93,950
	63,649	Less: Recovered during the year	93,310
" Advance - Antara Institute of Health Science	51,435		640
" TDS refunded	21,852	" Security Deposit - Academy of Fine Arts	3,000
" Employees Provident Funds Scheme ;		" Closing Balances:	
Contributions recovered during the year	19,07,291	Cash in Hand	4,738
Less: Deposited during the year	18,95,799	Balances with Scheduled Banks	
	11,492	in Savings Account	11,90,246
" Employees State Insurance Scheme ;		in Current Account	19,016
Contributions recovered during the year	2,95,803		12,14,000
Less: Deposited during the year	2,71,237		
	24,566		
" Work Contract Tax			
Recovered from Contractor during the year	25,342		
Deposited during the year	16,433		
	8,909		
" Closing Balances:			
Overdraft from Axis Bank Ltd	28,66,259		
	9,47,01,947		9,47,01,947

For P. K. Sen & Associates  
Chartered Accountants  
Firm Registration No. 311112E

(S.K. Mitra)  
Partner  
Membership No. 050902  
Date:  
Place : Kolkata

K. Prakash  
(President)

For Antara  
Dr. M. P. John  
(Hon. General Secretary)



## MILESTONES

March, 1971	A group of volunteers started relief work among refugees and Slums of Calcutta.
13th Sept., 1971	Foundation Day of ANTARA Society.
18th Oct., 1971	Antara Outdoor Clinic started in Janata Medical Service, Mar Thoma Church Centre, Calcutta.
18th Nov., 1971	Antara Indoor Hospital started in Picnic Garden, Calcutta.
1st Dec., 1972	Antara Society registered under W. B. Societies Registration Act, 1981.
17th Dec., 1979	Two acres of land purchased at Vill. Harinipur, Barulpur P.S., 24-Parganas (South).
4th May, 1980	Mother Teresa, M.C., laid the Foundation Stone for the Project "ANTARAGRAM".
28th June, 1982	Patients shifted from Picnic Garden Hospital to the new Hospital at ANTARAGRAM. Inauguration of Missionaries of Charity Ward for Men.
15th Oct., 1987	Antara Round Table Medicare Centre (Outpatient Department) commenced at ANTARAGRAM.
13th Dec., 1987	Dedication of Cathedral Relief Service Ward for Men.
1st May, 1988	Inauguration of Armenian Church Ward for Women.
14th April, 1989	Formal Inauguration of ANTARAGRAM by H. E. Sri. I. V. Rayaswar, Governor of West Bengal, in the presence of Mother Teresa, M. C.
30th Mar., 1991	Inauguration of Antara Round Table Medicare Centre by Mr. Russi Mody.
1st Nov., 1992	Commencement of Training Course in Basic Psychiatric Nursing.
31st Mar., 1993	Inauguration of ICCO Ward for Women.
5th Dec., 1993	Inaugural Mental Health Fair.
15th Feb., 1997	Silver Jubilee Celebration of Antara.
1st June, 1997	Commencement of Mobile Mental Health Clinic.
9th Aug., 1999	Inauguration of Post Graduate Diploma Course in Psychiatric Social Work under the ACE & EC, Jadavpur University by Prof. A.N.Basu, V.C. of Jadavpur University.

2nd Oct., 2000	Inauguration of Occupational Therapy Centre donated by the German Consulate, Calcutta.
19th Nov., 2001	Commencement of Computer Applications Training Course recognized by Dept. of ACE & CE, Jadavpur University.
28th May, 2005	Inauguration of Children's Ward by Dr. Surjya Kanta Mishra, Hon'ble Minister, Dept. of Health & Family Welfare, Govt. of West Bengal.
2nd April, 2006	Inauguration of ANTARA White Cross Bari – Home for the Homeless Patients, by Rev. Vinoy Daniel, Vicar, Kolkata Mar Thoma Church; Land and building donated by Mr. Wolfgang Ott.
2nd Feb., 2008	Launch of 'Care & Support' Programme for local Psychiatric patients; Launch of 'Local Health Improvement Scheme' for BPL families (Below Poverty Line) near Antaragram.
7th Dec., 2008	Child Guidance Clinic inaugurated by Sri. Kanti Ganguly, Minister of Sunderban Affairs, Govt. of West Bengal.
7th Dec., 2008	Inauguration of Geriatric Clinic by Mr. Rahul Ghosh, MLA.
7th Dec., 2008	Inauguration of Group Home for Men, 3 <sup>rd</sup> Floor of OPD Building by Mr. Sujan Chakraborty, MP.
6th Dec., 2009	Inauguration of 'Dr. Satrujit Dasgupta & Tripti Dasgupta Block' by Sr. Nicole, Mother Superior, Mother House, Missionaries of Charity.
6th Dec., 2009	Inauguration of 'Aditya Kashyap Block' by Mr. Russi Mody.
6th Dec., 2009	Inauguration of 'Chowdhury & Spring Floor' of Apartment Building by Rt. Rev. Brojen Malakar, Bishop of Barrackpore Diocese, Church of North India.
12th Nov., 2011	Inauguration of LIC of India Ward by H.E. Sri. M.K.Narayanan, Governor of West Bengal, in the presence of Mr. Thomas Mathew T, MD of LIC of India, and Sr. M. Prema, M.C., Superior General of Missionaries of Charity.
26th June, 2012	ANTARA HOSPITAL is accorded the status of a 200 bedded Psychiatric Hospital by Dept. of Health Services, Govt. of West Bengal.
14th Apr., 2013	Formal Commissioning of Fire Prevention & Safety Systems at Antara Hospital in the presence of Mr. Narayan Swarup Nigam, I.A.S., D.M., 24 Pgs. (S) & Mr. D.P. Tarenia, Director General, W.B. Fire & Emergency Services.

## Mr. P. M. John - The Dreamer



Foundation Day of ANTARA - 13th Sept., 1971 at Janata Medical Hall, Mar Thoma Church, Calcutta. Mr. P. M. John presented the dream of "Antara" in the first meeting of the ANTARA Society presided by Rev. M. C. George, Vicar



Mr. P. M. John along with other volunteers and staff at the Picnic Gardens Hospital of ANTARA.



Going forward with Mother Teresa to start Project Antaragram (4th May, 1980)



Meeting the school-children in the welcome group along with Miss H. E. Platts, Miss V.C. Subaiya and others



With Rev. Ed. McBurney, Trinity Cathedral, Iowa, USA, Foundational Donor of the Main Office Building (Inaugurated on 23rd Jan., 1983)



Showing the indoor wards to Most Rev. Dr. Alexander Mar Thoma, Metropolitan of Mar Thoma Church



At the foundation Stone laying ceremony for the Armenian Church Ward - along with some of the stalwarts - Mr. Sallen Shaw, Mr. Socklas, Mr. Nefton A. Basil, Mr. Charles Sarkies, Mr. J. K. Roy (Jnan Babu), Mr. K. B. Nair



With the three foundation pillars of Antara - Dr. Satrujit Dasgupta, Mother Teresa and Maj. Dr. R. B. Davis

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## Mr. P. M. John - The Missionary



Formal Inauguration of Antaragram by H. E. Shri T. V. Rajeswar, Governor of West Bengal on 15th April, 1989



Listening to Mother's words with intent



Felicitating Mr. C. Solomon in the presence of Mr. Milan Dutta, and Mr. P. C. Joseph among others



Along with Miss H. E. Platts, other representative of Cathedral Relief Service, Calcutta.



Sr. Nirmala, MC continued in the footsteps of Mother Teresa



Sr. Nirmala, Superior General of Missionaries of Charity, spending time in the Missionaries of Charity Ward



At the Inaugural Meeting of PGD Course in Psychiatric Social Work. Prof. Ajitha Chakraborty in the presence of Smt. Krishna Bose, MP, Prof. A. N. Basu, V. C. Jadavpur University, Dr. S. Dasgupta, and Prof. Pabitra Sarkar, WBSCHS



With Mrs. & Mr. Dhiraj Mohindar who motivated the Calcutta South Round Table No. 17 to sponsor construction of the Outdoor Building at Antaragram

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## Mr. P. M. John - The Visionary



Inauguration of the Occupational Therapy Centre, sponsored by the German Consulate General, Calcutta, by Mr. Axel Schummecker, Vice Consul (2nd Oct., 2000)



Along with Dr. Satrujit Dasgupta, Dr. K. L. Narayanan and Mr. J. K. Roy during the Antara Mental Health Fair



Every new venture flanked by Mr. P. M. John and Mrs. A. John



Commissioning of the Children's Ward, sponsored by "Friends of Antara - UK", by Shri Suriya Kanta Mishra



With Mr. Aditya Kashyap, TATA, and Rev. Vinoy Daniel, Vicar, Mar Thoma Church, Kolkata, at the handing over of the White Cross Bari to Antara (2nd April, 2006)



The visionary always ready to explain the map of Antaragram



Inauguration of Antaragram Mental Health Fair, 2008 and the Child Guidance Unit



With Rt. Rev. Brojen Malakar, Bishop of Barrackpore Diocese, CNI, inaugurating the ground floor of the Apartment Building on 6th Dec., 2008

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## Mr. P. M. John - The Motivator



With Rt. Rev. Joseph Mar Barnabas, Bishop of the Mar Thoma Syrian Church of Malabar at Antaragram.



Raising his hand for Freedom from Substance Abuse



Meeting the students of Baruipur High School



Motivational talk to the Aesthetic Therapy Unit, which was very close to his heart



Cheque Handing-over Ceremony by Mr. R. R. Dash, Zonal Manager, LIC of India, for construction of Top Floor of Men's Block (22nd April, 2010)



Lighting the Path for the Antara Institute of Health Sciences



Welcome to Mr. P.M. John always....



Visit by Antara Staff on 19th September 2016, birthday of Mr. P. M. John

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## YOUR RESPONSE

It was indeed a great experience and all the good work shows everywhere!! God Bless!!!

26th June, 2016

Anirudha Gupta, Kolkata – 700053

Really appreciate the great work that ANTARA is doing. In a nation where mental health is not a priority, you are leading by setting a great example. Thank you and keep doing the great work.

11th May, 2016

Shuja-Bin-Mehdi,  
Head of Consular Operations  
British High Commission, New Delhi

I am very happy to visit this organization "ANTARA". Very new things I learned from the authority/ organization. Work Therapy appears a novel idea. Fishery resources are available plenty. Many fishery works can be done. Some works can be taken for recovery of the mental patients which may be new. I wish all success to the organisation.

1st July, 2016

Dr. B.K. Mahapatra,  
ICAR – Central Institute of Fisheries  
Education, Kolkata – 700 091

The students of Don Bosco School, Park Circus (Class XI-C) came to Antaragram Psychiatric Centre on 2nd of August as a part of their SUPW Project. This was an enriching experience for us, as we learned about what goes behind in treating mentally ill patients. We will cherish these moments for all our lives. We thank "ANTARA" for taking this noble initiative.

2nd Aug., 2016

Mrs. Sunita Nair  
SUPW Co-ordinator,  
Don Bosco Park Circus

Visited the ANTARA today. I was absolutely stunned seeing the atmosphere and the work these people have been doing for over 45 years. Thank you Mr. P.M. John and thanks a lot to Mr. M. Thomas John for giving the people this wonderful gift called Antara with the blessing from Mother Teresa. It seems Mother still bestows her blessing to them even today.

29th Aug., 2016

Rabi Banerjee,  
Malayala Manorama/The WEEK,  
Kolkata

Words are totally inadequate to express my and my family's gratitude to this wonderful, unique organization, ANTARA. The love, care, dedication and selfless attention my maternal aunt received in the last one month of her life at this place is much more than she or we could expect. The Medical Superintendent Dr. Jacob and his dedicated staff left no stone unturned to give her succor. I shall look forward to ANTARA rising to greater heights. We have been fortunate to have connected with ANTARA. I wish the organisation all the best.

Sept., 2016

Brig. Ujjal Dasgupta,  
Indian Army Veteran,  
New Delhi

I am very much inspired by the activities of Antara. In 1989 I got the privilege to serve in this institute while I was studying in Bishop's College, Calcutta. At present this Mental Health Institute has grown into a unique one. I wish and pray that this institute may remove the darkness and bring light to many who come here for treatment. I too thank Mr. P.M. John and his leadership. I also congratulate all those who are striving for bringing their life in wholeness. May God bless us all.

7th Nov., 2016

Rt. Rev. Gregorios Mar Stephanos,  
Episcopal Bishop of Delhi Diocese,  
Mar Thoma Syrian Church, New Delhi

It was a wonderful experience coming to Antara. The kind of work each and every one of you is doing here is remarkable. The hospital, kitchen, corridors, rooms are so clean; this is something you will not find in any other hospital. Wishing you all the very best for all your future endeavors. Thank you.

13th Dec., 2016

Zoya Sarfaraz  
Belani Group of Companies

We have been Blessed to be part of this great institution, Antara. Antara has been transformational in mental health service delivery for patients in North East India. Wish ANTARA all the very best in future.

7th Jan., 2017

Dr. Saibal Guha,  
Brisbane, Australia

We as a group consisting of 24 people from St. Thomas Mar Thoma Church, Karol Bagh, New Delhi visited ANTARA today. We all consider it as a God-given opportunity to visit this place. We are marveled by the activities here and really thank God for the vision and commitment of the founders as well as the present team. Helping hands are blessed hands. May the good Lord continue to bless and guide this institution to throw light and hope to many who are in the bondage of darkness. Best wishes and prayers.

25th Jan., 2017

Rev. Eapen Abraham  
Vicar, St. Thomas Mar Thoma Church,  
New Delhi

Generally happy to visit Antara once again and see all the good work being done here. And really happy to meet old friends like Thomas John, Mathew and Dr. Bijoy, etc. I also miss the late P.M. John Uncle. But I could feel his spirit and presence enveloping me and Antara. My hope is that all the present persons managing/guiding remember the beginning and the beginners and pioneers. My heartfelt prayers for Antara's growth and everyone's wellbeing.

3rd Mar., 2017

Br. Premanand, MC  
Shanti Daan Community, Mumbai

Visited this institution today and I am really impressed. The compound is clean and the ministry is according to the mind of Lord Jesus. I pray, may the Mighty Master shower all the Blessings upon this institution.

11th May, 2017

Euyakim Mar Coorilos, Episcopa,  
Mar thoma Syrian Church.

### ANTARA - Vision 2020

With the superfast pace of technological advances and the associated social upheavals, the human mind is challenged with unprecedented demands for adapting appropriate coping mechanisms. Many a person fails. The Government's own estimates are that by the year 2020, about 20% of the population in India may be affected with some form of mental disorders that requires active mental healthcare support. The emerging scenario calls for urgent and adequate steps for mental health promotion, prevention of mental disorders, cure and rehabilitation services.

Antara always believed in 'Lighting a candle rather than cursing the darkness'.

Today, Antara is the largest Non profit, Non Governmental Organization in India extending holistic mental healthcare facilities to people from every socio-economic category, including the lost, wandering and destitute persons.

We are happy but not satisfied. The words of Swami Vivekananda challenges us "I hold every person a traitor who, having been educated at their expense, pays not the least heed to them!" The teachings of Jesus "Go and search for the one lost sheep till you find it and restore it to the herd" compels us, and the compassion to the suffering soul shown by Mother Teresa and other founding fathers of Antara guides us. Our vision is to reach out to every person in mental distress in this part of the world. Our mission is to build up and establish a model Organization, the best in the world, which extends the best form of mental healthcare with compassion and without any motive of monetary profit.

Hence we keep dreaming, planning and implementing new ideas and initiatives that will help to remove the stigma of mental illness, promote the dignity of persons and families affected by mental illness, programs that will improve the mental health of the people and projects that will help to provide the best form of mental healthcare in terms of facilities and quality of care.

We invite all Individuals, Trusts & Foundations, Companies and Corporate Houses to come forward and participate in this great endeavor.

### LIST OF PROJECTS & REQUIREMENTS as on 20.12.2017

Category A – Infrastructure Projects		
Sl. No.	Name of the Requirements/ Project	Estimated Cost [Rs.]
<b>Priority-1</b>		
1.	Psychometric Assessment Tools	4,51,208
2.	Solar Power Generation System	14,30,000
3.	CCTV Surveillance System	17,41,058
4.	LAUNDRY – [Washer, Extractor and Dryer – IFB]	18,37,000
5.	Construction of Safety Railing for pond	3,00,000
6.	Solar Street lights	3,00,000
7.	Construction of Second Floor 'Apartment Building' (Assisted Living Facility)	70,00,000

8.	Construction of 2nd Floor with Lift Facility for AIHS in Training Centre Block	1,20,00,000
9.	Construction & Development of Roads	20,00,000
10.	Purchase of Land	8,00,00,000
<b>Priority – II</b>		
1.	Psychiatric Emergency Care Unit	3,00,000
2.	Bio waste recovery project	4,65,000
3.	Eco park for the patients	5,00,000
4.	Guest House	90,00,000
5.	Work Therapy Building	2,00,00,000
<b>Priority – III</b>		
1.	Research Infrastructure	1,00,000
2.	Construction of Boundary Wall [East]	14,43,200
3.	Construction of Guard Wall for Pond	10,00,000
4.	Prayer & Meditation Centre	60,00,000
<b>Category B – Endowment Fund Schemes</b>		
1.	General Endowment Fund [ To endow 1 bed for needy patients]	1,00,000
2.	Children's Endowment Fund	Any Amount
3.	Medical Endowment Fund	Any Amount
4.	Scholarship Fund (to support needy students in courses offered by Antara)	Any Amount
<b>Category C – List of Items/ Programmes that needs SPONSORSHIP support</b>		
1.	One Day's Breakfast	3,000
2.	One Day's Dinner	6,000
3.	One Day's Lunch	6,000
4.	One Day's Meals [Breakfast, Lunch, Tea & Dinner] Rs. 100 x 150 needy patients]	15,000
5.	Hospitalized Treatment of a Homeless, Mentally ill patient for one month	18,000
6.	Hospitalized Treatment of a poor child for 1 month	12,000
7.	Care & Support Programme for community-based rehabilitation (for one month)	Rs. 500 per head
8.	Detection & Referral Camps – [12 Camps in a year] @ Rs. 8000/- per camp x 12	96,000
9.	Stress Management Programme [12 programmes in a year] @ Rs. 9000/- per session x 12	1,08,000
10.	Community Awareness Generation Activities @ Rs. 5000/- x 24 programmes	1,20,000
11.	Aesthetic Therapy Programme [for one year] One session per week x 52 sessions	1,30,000
12.	Staff Capacity Building Programmes [for one year]	2,00,000
13.	School Mental Health Programmes @ Rs. 2000/- per session x 50 sessions	1,00,000

14.	Epidemiological Survey of Baruipur Block	4,00,000
<b>Category D – Urgent Requirements for improving Facilities for patients</b>		
1.	To support kitchen Garden for soil, pots, manure, saplings, etc	1,00,000
2.	Color painting of walls, cost of a shelf and toys for children attending Child Guidance Clinic.	80,000
3.	Television for Child Guidance Clinic	30,000
4.	Camera for documentation purposes.	40,000
5.	Electronic Display for Out Patient Department	20,000
<b>Category E- Donations in kind/ towards running expenses</b>		
1.	Medicine	
2.	Food	
3.	Treatment of homeless/needy patients	
<b>PROJECTS UNDER 'VISION 2020' ALREADY ACCOMPLISHED</b>		
<b>Category 'A'</b>		<b>[Rs.]</b>
1.	Kitchen Modification [The project was sponsored by Bank of Baroda]	19,76,462
2.	Computerization Project – Hardware, Software, & Networking [Sponsored by M/s. KVK Corporation]	15,06,740
3.	Transport vehicle for Occupational Therapy & Vocational Training Unit	11,67,105
4.	Boundary Fencing Wall [West]: Sponsored by Rotary Club, West Germany	7,49,700
5.	Special Care Unit [Sponsored by HDFC Life]	6,06,900
6.	PA System [Sponsored by TATA SPDL]	5,00,000
7.	Kitchen Extension Work [Project sponsored by The Federal Bank, Kolkata]	2,60,000 8,00,000
8.	Vehicle for satellite Clinics	
9.	Toto vehicle for outreach work	95,000
<b>Category 'B'- General Endowment Fund</b>		
1.	The United Investment Co. Ltd	1,00,000
2.	S.K.S Capital & Research Pvt. Ltd.	1,00,000
3.	Dr. Arup Majumdar	1,00,000
<b>Category 'C'</b>		
1	Treatment of homeless/needy patients Donated by Kolkata Gives Foundation.	5,60,000
<b>Category 'D'</b>		
1.	Dining Water Purifier & Cooler	48,000
2.	Photocopying Machine	42,000

## Our Thanks to...

All patrons, friends and well-wishers in India and abroad who have liberally contributed for building up ANTARA and maintaining the same;  
 The doctors and staff for their dedicated service and loyalty to ANTARA;  
 The public at large and especially to the villagers surrounding ANTARA;  
 The Government and the local authorities for the encouraging help;  
 The Baruipur Police and Revenue Authorities;  
 Our Auditors, M/s P. K. Sen & Associates;  
 The Engineers, Contractors & Printers who have helped build up ANTARA;  
 The Press of Kolkata;  
 All other friends and volunteers who have contributed their service to ANTARA in many ways.

We are counting on the continued co-operation, assistance and guidance from all to make ANTARA an "Institution of Excellence" in the service of psychiatric patients.

Mrs. A. John  
 Chairperson,  
 Souvenir Committee



