

**2016-17**

## 1. INTRODUCTION

The Financial Year 2016-17 witnessed a period of further growth and consolidation of the achievements of Antara. The major highlight of the year was observation of Mental Health month and a three days exhibition on mental health from 10<sup>th</sup> October to 10<sup>th</sup> November 2016.

**Number of Beneficiaries served during the year:-**

	<u><b>2016-17:</b></u>	<u><b>2015-16:</b></u>
<u><b>OPD attendance</b></u>		
New patients -	5,359	5,773
Follow-up visits -	39,570	39,590
Total -	<b>44,929</b>	<b>45,363</b>
<u><b>In-patient admissions</b></u>		
New Admissions -	1361	1207
Re-Admissions -	795	717
Total for all Wards -	<b>2,156</b>	<b>1,924</b>

## 2. REPORT ON ON-GOING ACTIVITIES & SERVICES

## 2.1 OUT PATIENT SERVICES (1<sup>st</sup> April 2016 – 31<sup>st</sup> March 2017)

**ANTARA (O.P.D.)**

**NEW PATIENTS:**

<u>Patient Category</u>	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	Total
ADULT	341	385	368	345	392	392	353	310	289	310	420	385	4,290
GENERAL	14	25	23	23	22	34	32	25	23	27	28	32	308
MTC	20	39	39	36	48	32	35	25	32	34	35	40	415
CHILD	29	27	43	51	37	37	27	17	22	20	15	21	346
TOTAL													5,359

## **FOLLOWUP**

<b><u>Patient Category</u></b>	<b>APR</b>	<b>MAY</b>	<b>JUN</b>	<b>JUL</b>	<b>AUG</b>	<b>SEP</b>	<b>OCT</b>	<b>NOV</b>	<b>DEC</b>	<b>JAN</b>	<b>FEB</b>	<b>MAR</b>	<b>Total</b>
<b>ADULT</b>	<b>2714</b>	<b>3052</b>	<b>2814</b>	<b>2763</b>	<b>3117</b>	<b>2944</b>	<b>2894</b>	<b>2960</b>	<b>3010</b>	<b>2899</b>	<b>3000</b>	<b>3020</b>	<b>35,187</b>
<b>GENERAL</b>	<b>111</b>	<b>107</b>	<b>90</b>	<b>106</b>	<b>125</b>	<b>142</b>	<b>112</b>	<b>128</b>	<b>126</b>	<b>122</b>	<b>100</b>	<b>110</b>	<b>1,357</b>
<b>MTC</b>	<b>99</b>	<b>99</b>	<b>116</b>	<b>116</b>	<b>138</b>	<b>115</b>	<b>127</b>	<b>116</b>	<b>126</b>	<b>122</b>	<b>125</b>	<b>120</b>	<b>1,425</b>
<b>CHILD</b>	<b>119</b>	<b>127</b>	<b>158</b>	<b>142</b>	<b>166</b>	<b>134</b>	<b>152</b>	<b>117</b>	<b>104</b>	<b>132</b>	<b>138</b>	<b>112</b>	<b>1,601</b>
<b>TOTAL</b>													<b>39,570</b>

### **2.1.1 Child Guidance Clinic:**

This Clinic caters to the children below the age of 16 years suffering from childhood mental health problems. During the report year, the Child Guidance Clinic OPD Services were extended to 6 days per week. Total attendance of patients during the year 2016-17 is shown in the Table given above.

### **2.1.2 Adult Psychiatry OPD:**

The Adult Psychiatry OPD is open on weekdays from 9 am to 5 pm. Monthly attendance of patients in the Adult OPD Clinic is shown in the Table.

### **2.1.3 Chemical Dependency OPD:**

Clients dependent on various kinds of addictive substances attend this clinic for counseling and admission to the Indoor Chemical Dependency Ward.

### **2.1.4 General Medical OPD:**

Patients from far and near including psychiatric patients and their relatives suffering from various general (non-psychiatric) illnesses attend this clinic that is open on Mondays to Saturdays.

### **2.1.5 Local Health Improvement Scheme:**

This Scheme covers patients from Below Poverty Line Families in the villages around Antaragram. There are 651 persons covered under this Scheme. They receive medical consultation and medicines on payment of nominal charges per visit.

### **2.1.6 Counseling & Guidance Clinic:**

Clients requiring psychological counseling on an outpatient basis, attend this clinic. Individual Counseling, Family Counseling, IQ Tests, Relaxation Therapy, Cognitive Behaviour Therapy and various other psychological interventions are extended from this Clinic.

### **2.1.7 Dispensary:**

The Dispensary at Antaragram OPD distributes psychiatric drugs as well as General Medical drugs. The medicines are distributed at lower rates than MRP. Needy patients receive free/subsidized treatment and medicines through the OPD.

### **2.1.8 Pathology Sample Collection Centre:**

Antara has made an arrangement with M/s Suraksha Diagnostics Pvt. Ltd. for conducting pathology tests and investigations for the patients being treated at Antara. Pathology Samples are collected at Antara and sent to their Laboratory for necessary tests. This arrangement provides adequate support in the diagnosis and treatment of the hundreds of patients who come to Antara Out Patient Clinic regularly.

## **2.2 SATELLITE CLINICS**

It was found from Antara's experience in treating patients for the past several years that the distance and expenses incurred on transportation are causing a number of patients to drop out from follow-up treatment. Therefore, it was decided to reach out to the patients through Satellite Clinics.

### **2.2.1 Janata Medical Service (Mar Thoma Church):**

This Joint Project of Antara and Janata Medical Service of the Mar Thoma Church, Kolkata has been serving hundreds of psychiatric patients twice weekly on Tuesdays and Fridays since 1971. During the year 19 New Patients and 2025 Follow-up Patients attended the clinic. Antara is grateful to Janata Medical Service and the Mar Thoma Church for the support extended by them in this joint venture.

### **2.2.2 Nabojibon (Missionaries of Charity Centre – Noorpur):**

The Clinic is open every alternate Tuesday. During the year 79 New Patients and 2079 Follow-up Patients attended the clinic. The psychiatric medical Team from Antara uses the Ambulance donated by Indian Oil Corporation Ltd. to reach these Satellite Clinics. The psychiatric team from Antara also examines the destitute psychiatric patients accommodated and looked after by the Missionaries of Charity (Brothers) at the Nabojibon Centre.

### **2.2.3 St. Gabriel's Boys' Hostel (CNI Church – Port Canning):**

Another Satellite Clinic functions at the St. Gabriel's Boys Hostel Premises of the CNI Church at Canning on every alternate Tuesday. During the year 11 New Patients and 1052 Follow-up Patients attended the clinic.

### **2.2.4 Antara White Cross Bari (Gazipur):**

From 3rd June, 2006 a Psychiatric OPD Clinic is functioning at this Centre. Currently about 16 patients attend this Clinic on alternate Thursdays. During the year 8 New Patients and 798 Follow-up Patients attended the clinic.

### **3. INPATIENT TREATMENT FACILITIES AT ANTARAGRAM**

#### **3.1 Cathedral Relief Service Ward for the acutely ill Men:**

Number of New admissions during the year:	181
Number of re-admission cases:	117
Total Admissions -	<b>298</b>

#### **3.2 Armenian Church Ward for the acutely ill Women:**

Number of New admissions during the year:	210
Number of re-admission cases:	183
Total Admissions -	<b>393</b>

#### **3.3 Missionaries of Charity Ward for Sub-acute Patients (Men):**

Number of New admissions during the year:	257
Number of re-admission cases:	191
Total Admissions -	<b>448</b>

#### **3.4 ICCO Ward for Sub-acute Patients (Women):**

Number of New admissions during the year:	180
Number of re-admission cases:	96
Total Admissions -	<b>276</b>

#### **3.5 Mar Thoma Church Ward for Chemical Dependency Treatment:**

Number of New admissions during the year:	186
Number of re-admission cases:	90
Total Admissions -	<b>276</b>

#### **3.6 Friends of Antara – U.K. Ward for Children:**

Number of New admissions during the year:	41
Number of re-admission cases:	17
Total Admissions -	<b>58</b>

#### **3.7 LIC of India Ward for Men:**

Admission of Male Psychiatric patients started during the year. 3 Single Cabins and 6 Double bed cabins are available.

Number of New admissions during the year:	80
Number of re-admission cases:	33
Total Admissions -	<b>113</b>

### **4. REHABILITATION PROGRAMMES**

#### **4.1 RESIDENTIAL WARDS:**

Patients requiring long periods of stay for rehabilitation are accommodated in the Rehabilitation wards for Men (20 beds) and Women (10 beds).

##### **4.1.1 Male Rehabilitation Ward:**

Number of New admissions during the year:	104
Number of re-admission cases:	38
Total Admissions -	<b>142</b>



#### 4.1.2 Female Rehabilitation Ward:

Number of New admissions during the year:	105
Number of re-admission cases:	30
Total Admissions -	<b>135</b>

#### 4.2 ANTARA GROUP HOMES:

Two model Homes are maintained at Antaragram accommodating 21 Residents in the Group Home for Women and 23 Residents in the Group Home for Men.

#### 4.3. ANTARA WHITE CROSS BARI –

Out Patient treatment is provided from this centre to Psychiatric Patients from the nearby villages.

#### 4.4. NON-RESIDENTIAL PROGRAMMES:

##### 4.4.1. Personal Growth & Development Unit: (Day Treatment Unit)

Currently, 47 patients are participating in this programme. Most of these patients stay at their homes and attend the Programme from 9 a.m. to 4 p.m. Some of the patients attend the programme from the Indoor Hospital Wards and Group Homes.

Individual counseling, Group Counseling, Family Counseling & Education, Group Activities like Drama, Mime, Discussions, Debates, Cultural Programmes, and Social Outings etc: are arranged for the patients attending this Unit.



Day Treatment participants celebrating Independence day



Drama Therapy



Yoga Session

##### 4.4.2. Occupational Therapy Programmes:

Various Occupational Therapy programmes provide opportunities to resident and non-resident clients to improve their mental status, inter-personal relationships and skill training.

#### 5. TRAINING & ORIENTATION PROGRAMMES

### 5.1. Vocational Training Programmes:

This Unit is mainly meant for imparting computer and Information Technology Training to the recovering psychiatric patients and Chemical Dependency Patients. External students from the local community as well as the staff of Antara are also imparted training at this Unit. In addition to the Computer Training Programme, ANTARA offers Vocational Training in Tailoring & Handicrafts-making.



Computer Training in Progress



Sri. P.M. John, General Secretary awarding Certificates to Students who successfully completed Computer Training



Handicraft products made by Patients on sale at the Fair Organized by Narendrapur Ramkrishna Mission

### 5.2. Library & Reading Room:

More books on mental health, addiction, Psychiatry, Psychology, Social Work, Nursing and related topics have been added. Antara staff, patients, trainees and students placed at Antara from various Institutions are increasingly utilizing the library facilities.



**Antara**  
**Community mental Health Unit**  
**Annual Report ( 2016 – 2017)**



## Quarterly Break Up of Community Mental Health Unit Programme

**2016 -2017**

Programme	1 <sup>st</sup> Quarter (April, May, June )		2 <sup>nd</sup> Quarter (July , August , sept )		3 <sup>rd</sup> Quarter (Oct , Nov, Dec )		4 <sup>th</sup> Quarter (Jan, Feb , Mar)		Total	
	Planned	Achieved	Planned	Achieved	Planned	Achieved	Planned	Achieved	Planned	Achieved
School mental Health Programme	04	01	06	05	02	0	05	05	17	11
Awareness Programme ( Community Based )	03	05	03	01	03	00	03	05	12	11
Awareness programme( OPD based )	01	0	01	0	01	01	01	0	04	01
Orientation Visit from school/ institution	02	01	02	02	02	05	02	03	08	11
Early Detection Camp	01	0	01	01	01	01	01	0	04	02
Seminar /Workshop	01	0	01	0	05	07	02	02	09	09
Training programme	01	Nil	01	nil	01	nil	01	nil	04	Nil

### **Description Of Community Mental Health Unit**

The arrays of Community mental health services vary depending on the country through which the services are provided. It refers to a system of care in which the patient's community, not a specific facility such as hospital, is the primary provider of care for people with mental illness. The goal of community mental health services often includes much more than simply providing outpatient psychiatric treatment.

Community services include supported housing with full or partial supervision, local, primary care, medical services, day centers club houses ,Self Help Group for mental health.

The key components of Community Mental Health Services :

- Public Awareness generation programme : To organize awareness programme for patients and family as well as community.
- Early Detection & Treatment: To identify problems and diagnosis the needs of mentally ill patients in Community as a whole.

- Training: Imparting short term training for the health workers and other nodal staffs of the local agencies /institution.
- Psychosocial rehabilitation: to assist people who have major psychiatric disabilities. The focus is to improve a person's connections and participation within their community.

To conduct the School Mental Health Programme to raise awareness about mental illness.

## **Programmes conducted by ANTARA Community Mental Health Unit**

1. School Mental health Programme
2. Community Awareness Programme
3. Early Detection Camp & Referral Services
4. Care & Support Programme
5. Workshop & Seminar
6. Descriptive survey mostly conducted with help of Nursing Students
7. Income generational activities /Self Help Group
8. Satellites Clinics
9. Special Care Group

### **A) SCHOOL MENTAL HEALTH PROGRAMME**

Sl. No.	Date	Name of the School	Target Group	Block	No.of Participants	Resource Persons	Topic	Tools & Tech.
1	12/5/16	Taldi Diner Bandhu	Parents and students	Baruipur	100	Dr.Bijoy Jacob (Medical Superintendent )	Prevention of mental illness	PPT
2	18/7/16	Rana Beliaghata School	Students	Baruipur	50	Ankhi Sarkar (Programme Coordinator of CMHU )	Adolescence	Interaction session
3	6/8/16	Rajpur Vidyanidhi High School	Parents of class V	Sonarpur block	50	N.C Mukherjee (CGC Coordinator ) Ankhi Sarkar	Parental role in childhood psychology	Interaction session
4	10/8/16	Faridpur Primary School	Parents & teachers	Baruipur	25	N.C MUKherjee Coordinator of CGC Ankhi sarkar	Role of parents in childhood development	Lecture
5	13/8/ 16	Kamrabad boys High school	Students of class XI	Sonarpur	55	N.C.Mukherjee Coordinator of CGC Ankhi Sarkar	Adolescence	Interaction session
6	15/9/16	Rana Beliaghata High School	Students of X & XI	Baruipur	55	N.C.Mukherjee Ankhi Sarkar	Adolescence	Interaction
7	13/2/17	Subhashini Girls High School	Students of class X	Sonarpur	50	N.C.Mukherjee Ankhi Sarkar	Adolescence & Stress Management	Interaction session
8	25/2/17	Ramkrsihna institute of Padmapukur	Parents	Baruipur	100	N.C.Mukherjee Ankhi Sarkar	Soisab & Manasik Swastha	PPT & Interaction session

9	4/3/17	Ramkrsihna institute of Champahati	Parents	Baruipur	70	N.C.Mukherjee Ankhi Sarkar	Soisab & Manasik Swastha	PPT & Interaction Session
10	11/3/17	Ramkrsihna institute of Haroharitala	Parents of primary	Baruipur	70	N.C.Mukherjee Ankhi Sarkar	Soisab & Manasik Swastha	PPT & Interaction Session
11	11/3/17	Ramkrsihna institute of Haroharitala	Parents of Higher class	Baruipur	70	N.C.Mukherjee Ankhi Sarkar	Soisab & Manasik Swastha	PPT & Interaction Session

## **B) ONE DAY ORIENTATION/EXPOSURE FROM DIFFERENT SCHOOLS**

Sl.No.	Date	Name of the School	Total no. of students
1	6/5/16	Mahadevi World Academy	35
2	2/8/16	DONBOSCO	40
3	26/8/16	PGD in Counselling from RabindraBharati University	20
4	9/11/16	Sushila Birla Girls High School	40
5	8/11/16	National School for Girls	30
6	12/11/16	Ashok Hall	56
7	28/11/16	M.S.W 2 <sup>nd</sup> year students from Pune university	06
8	29/11/16	Gems Academia International School	60
9	18/1/16	Joypuria Collage	20
10	25/1/16	Joypuria collage	25
11	24/2/17	Visva Bharat University	01

## **C. EARLY DETECTION CAMP**

Date	Area	Target group	No. of students screened	No. of students detected	Resouece persons
12/8/16	Taldi diner Bandhu	I -V	31	28	N. C mukherjee, CGC Coordinator Joitri Mondol, Psychology interneer
15/12/16	Satkari Primary School	IV	25	10	Ankhi Sarkar N.C Mukherjee



## **PICTURE GALLERY OF SCHOOL MENTAL HEALTH**



Parents are attending the School Mental Health programme at St. Marry School



Parents are attending the School Mental Health programme at St. Marry School



Exposure visit from the students of South Point School



The students from Gyanadadevi high School visit to Antara for exposure

## **D) COMMUNITY AWARENESS PROGRAMME**

Sl. No	Date	Area	Topic	Total no.of participants	block	Resource person
1	9/4/17	Antara Community Hall	Chronic Mental Illness – Role of family & Clients	13 (Care & Support Members)	Baruipur	Prasenjit Samanta Programme (Coordinator of Addiction Unit) Dr. Soumya Chatterjee (Consultant Psychiatrist ) Thomas John (C.E.O of ANTARA )
2	9/4/17	Dakhshin Kumro Khali	Awareness on Prevention of mental Illness & Mental Health	30	Sonarpur	M.S.C nursing students of B.M.Birla College
3	5/4/17	Dakhshin kumro Khali	Prevention of mental illness	35	Sonarpur	M.S.C nursing students of B.M.Birla College
4	3/6/17	Rajpur – Banstala (Anganwadi center)	Parental role of Childhood psychology	25	Sonarpur	Ankhi sarkar & one intern student of Hyderabad University
5	16/6/16	Bkhrat clinic	Awareness programme on Disability certificates	30		Ankhi Sarkar & Sanjoy Sarkar
6	27/9/16	Gobindapur Mondal para	Prevention of mental illness	35	Baruipur	Ankhi sarkar & 4 M.S.W students of

						Durgapur Law College
7	10/1/17	Modarat Anganwari center	Role of parents to deal with their children	30	Baruipur	Ankhi Sarkar & 2 nursing students
8	3/12/17	OPD	International day of people with Disability	70	Antara	Dr. boral ( psychiatrist & Ankhi Sarkar
9	6/3/17	Mallickpur Habib para	Health talk Prevention of mental illness and its management	15	Baruipur	Ankhi sarkar & BSC Nursing students of Asia Heart Foundation
10	8/3/17	Mallickpur mandir para	Women & Stress management	25	Baruipur	BSC students of Asia Heart Foundation
11	14/3/17	Mallickpur Mandirpara	Stigma & mental Illness	40	Baruipur	MSC nursing students of B.M Birla
12	24/3/17	Moloy – Chandipur	Livelihood & empowerment of women	40	Baruipur	Ankhi Sarkar & Prasenjit Samanta ( Programme Coordinator of Addiction Unit

## PICTURE GALLERY OF COMMUNITY AWARENESS PROGRAMME



Awareness programme Mallickpur Village



Awareness programme at Mandirpara

## E.CARE & SUPPORT PROGRAMME

Sl. No.	Name	Age	Date of admission in Care & Support programme	Regularity of home visit (month wise )	Regularly taken medicines in a month	Maintenance of health & hygiene	OPD follow up	No. of clients admitted in hospital in a year
1	Anima Roy	31	2/2/08	Y	Y	Y	Y	
2	Rina Routh	52	4/3/08	Y	Y	Y	Y	
3	Ratan halder	50	10/4/10	Y	Y	Y	Y	
4	Bhupesh bhattachariya	62	28/6/12	Y	Y	Y	Y	1
5	Jharna Ghosh	44	14/10/12	Y	Y	Y	Y	
6	Tapati Bhattachariya	62	3/5/08	Y	Y	Y	Y	



7	Shampa Bhounik	25	10/10/13	Y	Y	Y	Y	
8	Shaharabanu	29	24/4/14	Y	Y	Y	Y	
9	Bablu Sk	30	24/4/14	Y	N	N	Y	
10	Sufia Khatoon	23	13/8/14	Y	Y	Y	N	
11	Kuddus Sapui	15	21/8/15	Y	Y	Y	Y	
12	Kubbat Ali	34	21/12/15	Y	Y	Y	Y	
13	Manashi Ghosh	28	23/2/16	Y	Y	Y	Y	
14	Molly Ghosh	44	23/2/16	Y	Y	Y	Y	
15	Dipankar Naskar	30	8/6/16	Y	Y	Y	Y	
16	Jhumpa Patra	28	6/6/16	Y	Y	Y	Y	1
17	Ashok GHosh	44	7/2/17	Y	Y	Y	Y	
18	Sanyashi Naskar	30	28/2/17	Y	No	Y	Y	Ward admitted
19	Pampa naskar	27	12/2/17	Y	Y	Y	Y	
20	Somnath Chowhan	26	7/3/17	Y	N	N	N	1
21	Soma Das	25	7/3/17	Y	N	N	N	
22	Meherali sardar	45	5/5/17(re – admission )	Y	No	Y	Y	Ward admitted

## Some pictures of Care & Support Programmes



Care & support member is working in bag manufacturing company



Figure 1 Home visit including nursing



Follow up home visit



Distribution of blankets by the students of Lakshimipath

### **Key activities of care & Support Programme conducted by CMHU**

- One contact in a week through home visit /telephonic conversation
- Individual Counselling session once in a month
- Family counseling Session as per requirement
- Referral Services and utilizing existing resources with respect to the medical issues
- Follow up and awareness generation regarding importance of medicine compliance.
- Occupational Therapy Guidance
- Helping /guidance regarding resolving minor domestic & Community issues.
- Helping Care Givers by providing emotional support as well as strengthening their ability of care giving
- Awareness generation about social protection schemes and helping in establishing linkages with respective Govt. Departments.
- Distribution of **blankets** to the care & Support members which are sponsored by the School of **Laksmipat Singhania**.

### **F) COMMUNITY PLACEMENT OF NURSING STUDENTS:**

Every year four to five batches from different hospitals come for Community Psychiatry placement under the department of Community Mental Health Unit. They have different types of assignments,given by their institutions, such as Survey in a particular area, case studies, home visit, Community awareness programmes, health talks related psycho education.

The batches assigned with Community placement this year

Sl No.	Date of Placement	Name of the Institutions	No. of students	No. of Days
1	25/4/16	SSKM	3 M.S.C II <sup>nd</sup> year Nursing students	7 days
2	7/12/16	NRS	5 MSC 1 <sup>st</sup> year	14days
3	6/2/17	Asia Heart Foundation	55 B.S.C 1 <sup>st</sup> year students	30 days
4	13.03.17	Asia Heart Foundation	54 B.S.C 3 <sup>rd</sup> year	30 days
5	13.03.17	B.M.Birla college of nursing	4 M.S.C 2 <sup>nd</sup> year	30 days

### **SURVEY DONE BY BSC 3 RD NURSING STUDENTS OF ASIA HEART FOUNDATION COLLEGE OF NURSING :**

Area : Chandipur Village under Baruipur Block

Population covered: Total number of families: 270

Total No. of population of 1095

Frequency	Problems	Problems identified during survey	Diagnosed previously	Under treatment
6	Somatoform disorder	6	-	-
5	OCD	5	-	-
7	Thought block ( Moderately )	7	-	-

2	Binge Eating (Moderately )	2	-	-
44	Anhedonia	44	-	-
5(Extreme ) + 20 (Moderate )	Depression	25	-	-
5	Delusion of Guilt	5	-	-
1 (Extreme)+ 5 (Moderate)	Tremor	-	-	-
1	Phobia	1	-	-
6	Anxiety Disorder	6	-	-
3	Insomnia	3	-	-
249	Substance Abuse	249	-	-
1	Schizo affective disorder		1	1
1	Dementia		1	1



### Survey of Mallickpur Village under Baruipur Block

**Population covered :** No. of families : 226

No. of population : 1019

### Findings after survey done

Problems	No. of persons	Problems identified during survey	Previously diagnosed	Under treatment
Mentally Retardation	03	03	01	
OCD	03	02	01	-
Depression	04	04	-	-
Substance Abuse	( Alcohol) (Gutkha) ( khaini) ( Bidri)	162 124 62 80	- - - -	No one are under treatment

## **G) ANTARA SWANIRBHAR DAL ( SHG)**

The Antara Self Help Group holds periodic meetings and they already started group stabilization through thrift and credit activity amongst the members and building due group corpus. The group takes up internal loaning to the members from their group corpus. This provides the members with opportunities

- i) to acquire the skill to priorities scarce resources
- ii) to assess the strength of each members to time the loans and
- iii) schedule the repayments and fix interest.
- The group leader arranges the daily meetings and records the attendance of the members.
- They collect money for monthly savings in the group meetings .
- Every month they conduct the group meeting.

Throughout the year they got exposure outside of Antara. In a year they organized five stalls in different schools, other institutions and Annual fair of Ramkrishna Mission, Narendrapur , Kolkata.

They had taken loan two times. At first they gave repayment of first loan and they got second time loan. That is 30, 000/-.

Through these activities they learned many things ,such as book keeping , stock maintaining, handling cash , dealing with bank , preparation for outside stall etc .



Antara SHG Stall at B.D.M international



## **H) SPECIAL CARE GROUP**

Antara launched a Special care Group for homeless where suffering from chronic mental illness.

### **Aims of the Special Care Group**

To carry out positive intervention with respect to this socially excluded group , offering them attention programme, psychosocial rehabilitation and institutional / community support. To help to increase their independence and quality of life and make possible their progressive social integration.

### **Activities of the group** (Total number of members are 14 )

- Total no. of meeting has done : 06
- Maintaining health hygiene properly
- Attending the different activities indoor/ward and as well as occupational activities.
- To increase the handicraft production to enhance their economic development



**Progress of the group:** This group is conducting the meeting in a quarterly basis and talk about their progress of activities.

The time of work is expanding for increase their motivation to earn more. They also earn more.

### **I) SEMINARS CONDUCTED BY COMMUNITY MENTAL HEALTH UNIT**

<b>Sl. NO.</b>	<b>Date</b>	<b>Topic</b>	<b>Total no. of participants</b>	<b>Resource persons</b>
1	20/10/16	Manashik Samasya prathamik samasya	Anganwadi workers ( 80)	N.C Mukherjee (Coordinator of CGC) Ankhi Sarkar (Programme Coordinatir of CMHU)
2	24/10/16	Esho gori Manasik Rog mukto Samaj	ASHA Workers ( 82)	Dr. Ranjeeta Biswas
3	2/11/16	Disability Certificates & Mental illness	70 (OPD patients)	Dr. Anjan Boral ( Psychiatrist Ankhi Sarkar ( PSW
4	2/11/16	Role of Panchayat members in mental health perspective	28 (Panchayat members of different Gram panchayat)	M. Thomas John ( C.E.O) Mr. Nitaichand Mukherjee (CGC coordinator )
5	8/11/16	Adolescence and Stress Management	55	Dr. Soumyo Chatterjee (Psychiatrist )
6	3/12/16	International day of person with Disability	50	N.C Mukherjee (C.G.C Coordinator) Ankhi sarkar (CMHU Coordinator)
7	15/12/16	Kajer Khonje	28	Ankhi Sarkar

				MSC nursing students
8	30/1/17	Common Behavioural problems Among children ( age 5 to 9 years & How to deal with them	74	Mr. N.C Mukherjee (C.G.C Coordinator ) Dr. Bijoy Jacob (Medical Superintendent ) Ankhi Sarkar coordinator of CMHU
9	31/1/17	Common Behavioural problems Among children ( age 10 to 18 years & How to deal with them	40	Mr. N.C Mukherjee (C.G.C Coordinator ) Ankhi Sarkar Coordinator of CMHU

### **Observation of Mental Health Month 10<sup>th</sup> October to 10<sup>th</sup> November 2016**

#### **Programme Schedule**

<b><u>DAY</u></b>	<b><u>Date</u></b>	<b><u>Programme</u></b>	<b><u>Time</u></b>	<b><u>Venue</u></b>
1	10 <sup>th</sup> Oct.	"Inauguration of World Mental Health Day"- Banner Display, Devotional Recital in PA system, Social Media Campaigning, Recreational Programme.	9 a.m. to 5 p.m.	ANTARA Premises
2	11 <sup>th</sup> Oct.	"Bijoya Sammiloni" at Indoor Hospital- For patients 'Victory over all forms of evil' Ignorance, Stigma, Discrimination	10 a.m. to 4 p.m.	Male Wards
3	12 <sup>th</sup> Oct.	Bijoya Sammiloni" at Indoor Hospital- For patients	10 a.m. to 4 p.m.	Female Wards and Child Ward
4	13 <sup>th</sup> Oct.	Bijoya Sammiloni" For Antara Staff	3.30 p.m. to 5 p.m.	ANTARA Community Hall
5	14 <sup>th</sup> Oct.	Seminar on "Alzheimer's Disease"- for students of Social Work, Care Givers & NGO Staff	2 p.m. to 4 p.m.	ANTARA Community Hall
6	15 <sup>th</sup> Oct.	Naru Festival"- for all In-patients and Staff	10 a.m. to 4 p.m.	All Units of ANTARA
7	16 <sup>th</sup> Oct.	Distribution of Awareness booklets, leaflets to the care givers of indoor patients	9 a.m. to 5 p.m.	Indoor Wards & Main Gate
8	17 <sup>th</sup> Oct.	Friends of Antara Meet	4 p.m. to 6 p.m.	Bishop's College, Kolkata.
9	18 <sup>th</sup> Oct.	Awareness Programme – "Usefulness of Play Therapy for the Development of Children"- For Mental Health Professionals, Parents.	3 p.m. to 5 p.m.	ANTARA Community Hall
10	19 <sup>th</sup> Oct.	"Prevention of Sexual Harassment at Work Place"- For ANTARA Staff.	3 p.m. to 5 p.m.	ANTARA Community Hall
11	20 <sup>th</sup> Oct.	Awareness programme- "Manosik Somosyay Prathomic Chikitsa"- For Anganwadi Workers.	2 p.m. to 4 p.m.	ANTARA Community Hall
12	21 <sup>st</sup> Oct.	Seminar on "Mental Health First Aid"- For Nursing Staff and Ward in charges	2 p.m. to 4 p.m.	ANTARA Community Hall

13	22 <sup>nd</sup> Oct.	“Mon o Rabindranath”- For Inmates of Group Homes, Indoor Patients, Parents/Guardians	2p.m. to 4 p.m.	ANTARA Community Hall
14	23 <sup>rd</sup> Oct.	Distribution of Awareness booklets, leaflets to the care givers of indoor patients	9 a.m. to 5 p.m.	Indoor Wards & Main Gate
15	24 <sup>th</sup> Oct.	Awareness programme- “Eso Gori Manosik Rog-Mukto Samaj” For ASHA Workers	2 p.m. to 4 p.m.	ANTARA Community Hall
16	25 <sup>th</sup> Oct.	“Cultural Programme”- For Family Members of Residents of Group Homes	3.30 p.m. to 5 p.m.	ANTARA Community Hall
17	26 <sup>th</sup> Oct.	Discussion with Care-givers of Personal Growth and Development Unit Participants followed with Cultural programme	2 p.m. to 5 p.m.	ANTARA Community Hall
18	27 <sup>th</sup> Oct.	Seminar on “Relapse Prevention”- For Care-givers of Addicted Clients	9.30 a.m. to 11.30 a.m.	ANTARA Community Hall
19	28 <sup>th</sup> Oct.	“Sports for Mental Health”- Cricket Tournament for Staff	2 p.m. to 5 p.m.	ANTARA Play Ground
20	29 <sup>th</sup> Oct.	“Diwali Celebration”- For Inmates, Residents and Staff	4 p.m. to 7 p.m.	Antara Premises
21	31 <sup>st</sup> Oct.	Official Launching of the Course “Masters in Hospital Administration” By Sri. Partha Chatterjee, Hon’ble Minister, School Education & Higher Education.	2 p.m. to 3.30 p.m.	ANTARA Community Hall
22	1 <sup>st</sup> Nov.	“Bhai Phonta”- Female Clients & Staff to Male Clients & Staff	10 a.m. to 11 a.m.	Male Wards
23	2 <sup>nd</sup> Nov.	“Manosik Swasthya Rakshay Panchayeter Bhumika” For Members of Gram Panchayet	2p.m. to 4 p.m.	ANTARA Community Hall
24	3 <sup>rd</sup> Nov.	Workshop on- ‘Mindfulness’- in the management of Stress & Pain Disorders	10 a.m. to 4 p.m.	ANTARA Community Hall
25	4 <sup>th</sup> Nov.	“Cultural Programme” – For ANTARA Staff and Patients	3.30 p.m. to 5 p.m.	ANTARA Community Hall
26	5 <sup>th</sup> Nov.	Seminar and interaction:- “Rights of Mentally Ill Patients”	3 p.m. to 5 p.m.	ANTARA Community Hall
27	7 <sup>th</sup> Nov.	Case Conference	2 p.m.	ANTARA Community Hall
28	8 <sup>th</sup> Nov.	Annual Get-together Programme of CGC	9 a.m. to 1 p.m.	ANTARA community Hall
		Mental Health Exhibition:- Audio Visual Show, Model Competition, Demonstrations, Display & Sale of ANTARA Products, Food Stall, Quiz Stall.	10 a.m. to 4 p.m.	ANTARA Premises
29	9 <sup>th</sup> Nov.	Seminar on “Adolescents and Stress Management”	1 p.m. to 4 p.m.	ANTARA Community Hall
		Mental Health Exhibition	10 a.m. to 4 p.m.	ANTARA Premises
30	10 <sup>th</sup> Nov.	Sit & Draw Competition for children	3 p.m. to 4p.m.	ANTARA Community Hall
		Mental Health Exhibition	10 a.m. to 4 p.m.	ANTARA Premises



## PROJECTS IN THE PIPELINE

### RESEARCH ACTIVITIES:

As per the declared objectives of Antara, it is high time we engage in research programmes in the field of mental health, addiction, alcoholism, rehabilitation, etc. During the F.Y. 2017-18, Antara intends to establish a Research Section and take up research projects.

### ACADEMIC PROGRAMMES:

West Bengal and India as a whole is in urgent need of more trained manpower in the field of mental health. Antara has launched ANTARA Institute of Health Sciences (AIHS) with the objective of starting Academic Programmes. Currently ANTARA is offering Master In Hospital Administration (MHA). We would like to launch a few more academic programmes as early as possible.



Monthly meeting with Students



Panel Discussion

### Other Projects

The following are the other Projects & Programms that require financial support:-

- Construction of Academic Wing on 2<sup>nd</sup> Floor of Hostel Building.
- Road Project inside Antaragram.
- Solar Electricity Generation Project.
- Laundry Project.
- Repair, Renovation & Painting Work of Hospital Block for Women.
- Scaling up of Community Mental Health Programms.
- g.

## ANTARA COMMUNITY RECREATION CLUB PROGRAMMES

**1<sup>st</sup> April to 31<sup>st</sup> March 2017**

S.I No	Date	PROGRAMMES
1	9-04-2016	Seminar for Care & Support Participants
2	12-04-2016	A.P.L (Antara Premier League )Cricket Tournament
3	13-04-2016	'Borso Baran' ( Bengali New Year Programme )
4	11-05-2016	'World Schizophrenia day' Celebration ( Essay Competition / Sit and draw
5	24-05-2016	Rabindra Jayanti ( Birth anniversary )
6	09-08-2016	Rabindranath Death anniversary



7	15-08-2016	Independence Day Celebration
8	24-11-2016	Blood Donation Camp
9	24-12-2016	Christmas Day Celebration
10	31-12-2016	Happy New Year Eve
11	12-01-2017	Vivekananda Birth Day Celebration
12	23-01-2017	Netaji Birth Day ' Celebration
13	26-01-2017	Republic Day Celebration
14	22-02-2017	Annual Sports ( client + staff )

#### OUR STAFF OUR STRENGTH

263 Staff are serving at Antara as on 31<sup>st</sup> March 2017. Number of staff under various categories is shown below:-

Doctors	-	12
Psychologists	-	03
Nursing Administration	-	03
Staff Nurses	-	27
Social Workers	-	07
General Administration	-	12
Ward-in-Charges	-	11
Ward Assistants	-	81
OPD Staff	-	19
Kitchen Staff	-	09
Work Therapy Staff	-	08
House Keeping Staff	-	10
Other Support Staff	-	12
Part-time Therapists – (Music, Yoga, Bratachari)	-	03
<b>TOTAL</b>	-	<b>217</b>
Job Out-sourced	-	46
<b>GRAND TOTAL</b>	-	<b>263</b>

#### EXECUTIVE COMMITTEE

We are ever grateful to the members of the Executive Committee for their selfless service, valuable guidance and leadership.

#### OUR THANKS

- We express deep gratitude to all Patrons, Friends and Well-wishers in India and abroad who have liberally contributed for building up ANTARA,
- The staff for their dedicated service and loyalty to ANTARA,
- The public at large and especially to the villagers surrounding ANTARA,
- The West Bengal Government and the Local Government Authorities,
- The Baruipur Police and Revenue Authorities,
- Our Auditors M/s. P. K. Sen & Associates,
- The Engineers & Contractors,
- The Press of Calcutta and
- All other friends and volunteers who have contributed their service to ANTARA

We are counting upon the continued cooperation, assistance and guidance from all to make Antara an **Institution of Excellence** in the service of the poor psychiatric patients.

(Dr. Mathew. P John)

Antaragram

Hon. General Secretary

23.08.2017