

ANTARA
ANNUAL REPORT
2018-19

1. INTRODUCTION

The Financial Year 2018-19 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 10th September to 10th October 2018.

Number of Beneficiaries served during the year:-

| | <u>2018-19:</u> | <u>2017-18:</u> |
|-------------------------------------|------------------------|------------------------|
| <u>OPD attendance</u> | | |
| New patients - | 5,161 | 5,754 |
| Follow-up visits - | 34,271 | 36,371 |
| Total - | 39,432 | 42,125 |
| <u>Satellite Clinics</u> | | |
| New patients - | 153 | 158 |
| Follow-up visits - | 6,422 | 6,198 |
| Total - | 6,575 | 6,356 |
| <u>In-patient admissions</u> | | |
| New Admissions - | 01,435 | 01,250 |
| Re-Admissions - | 00,522 | 00,849 |
| Total for all Wards - | 01,957 | 02,099 |

2. REPORT OF ON-GOING ACTIVITIES & SERVICES

2.1 OUT PATIENT SERVICES (1st April 2018 – 31st March 2019)

ANTARA (O.P.D.)

NEW PATIENTS:

| 2018 - 2019 | APRIL | MAY | JUNE | JULY | AUG | SEPT | OCT | NOV | DEC | JAN | FEB | MAR | TOTAL |
|--------------------|-------|-----|------|------|-----|------|-----|-----|-----|-----|-----|-----|--------------|
| ADULT (NEW) | 138 | 466 | 403 | 452 | 494 | 455 | 475 | 475 | 419 | 409 | 451 | 494 | 5,131 |
| GENERAL (NEW) | 1 | 5 | 3 | 6 | 2 | 4 | 3 | - | 1 | 2 | 2 | 1 | 30 |
| NEW PATIENTS TOTAL | 139 | 471 | 406 | 458 | 496 | 459 | 478 | 475 | 420 | 411 | 453 | 495 | 5,161 |

| FOLLOWUP PATIENT | 823 | 3,174 | 3,040 | 3,276 | 3,102 | 3,052 | 3,018 | 2,793 | 2,899 | 2,965 | 2,900 | 3,229 | 34,271 |
|------------------|-----|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|---------------|
|------------------|-----|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|---------------|

2.1.1 Child Guidance Clinic:

This Clinic caters to the children below the age of 18 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 2018-19 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. However, the Executive Committee has decided to discontinue the General Medical OPD except for arrangements to attend to emergency medical needs of Psychiatric patients attending OPD and patients admitted to various wards.

2.1.5 Local Health Improvement Scheme:

This Scheme covers patients from Below Poverty Line Families in the villages around Antaragram. There are 235 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 Behavior Therapy and various other psychological interventions are extended from this Clinic.

2.1.7 Dispensary:

The Dispensary at Antaragram OPD distributes mainly psychiatric drugs and a few 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 an external Diagnostic Laboratory 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 22 New Patients and 2021 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. Currently, the services of Clinical Psychologist are also made available through this Clinic.

2.2.2 Nabojibon (Missionaries of Charity Centre – Noorpur):

The Clinic is open every alternate Tuesday. During the year 80 New Patients and 2400 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 36 New Patients and 1173 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 26 patients attend this Clinic on alternate Thursdays. During the year 15 New Patients and 828 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: | 268 |
| Number of re-admission cases: | 57 |
| Total Admissions - | 325 |

3.2 Armenian Church Ward for the acutely ill Women:

| | |
|---|------------|
| Number of New admissions during the year: | 286 |
| Number of re-admission cases: | 96 |
| Total Admissions - | 382 |

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

| | |
|---|------------|
| Number of New admissions during the year: | 367 |
| Number of re-admission cases: | 146 |
| Total Admissions - | 513 |

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

| | |
|---|------------|
| Number of New admissions during the year: | 194 |
| Number of re-admission cases: | 64 |
| Total Admissions - | 258 |

3.5 Mar Thoma Church Ward for Chemical Dependency Treatment:

| | |
|---|------------|
| Number of New admissions during the year: | 191 |
| Number of re-admission cases: | 73 |
| Total Admissions - | 264 |

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

| | |
|---|-----------|
| Number of New admissions during the year: | 35 |
| Number of re-admission cases: | 08 |
| Total Admissions - | 43 |

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: 78

Number of re-admission cases: 42

Total Admissions - **120**

4. REHABILITATION PROGRAMMES

4.1 RESIDENTIAL WARDS:

Patients requiring long periods of stay for rehabilitation are accommodated in the Rehabilitation wards for Men (30 beds) and Women (18 beds).

4.1.1 Male Rehabilitation Ward:

Number of New admissions during the year: 121

Number of re-admission cases: 69

Total Admissions - **190**

4.1.2 Female Rehabilitation Ward:

Number of New admissions during the year: 89

Number of re-admission cases: 40

Total Admissions - **129**

4.2 ANTARA GROUP HOMES:

Two model Homes are maintained at Antaragram accommodating 25 Residents in the Group Home for Women and 23 Residents in the Group Home for Men.

4.3. ANTARA GAZIPUR CENTRE –

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, **39** 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 in the Talent Hunt Contest Organized by Turning Point, they got 1st, 2nd & 3rd position in various competitions.



Drama Competition between NGOs Organized by Turning Point and the Team from ANTARA secured 2nd position.



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



Handcraft products made by Patients

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 (2018 -2019)



Tentative Quarterly Break Up of Community Mental Health Unit Programme 2018 -2019

| Programme | 1 st Quarter (April, May, June) | | 2 nd Quarter (July, August, Sept) | | 3 rd Quarter (Oct, Nov, Dec) | | 4 th Quarter (Jan, Feb, Mar) | | Total | |
|--|---|----------|---|----------|--|----------|--|----------|---------|----------|
| | Planned | Achieved | Planned | Achieved | Planned | Achieved | Planned | Achieved | Planned | Achieved |
| School /institutional Mental Health Programme | 04 | 04 | 12 | 12 | 05 | 05 | 07 | 08 | 28 | 29 |
| Training Programmes Training of trainers (ToT) | 03 | 00 | 06 | 04 | 11 | 09 | 10 | 09 | 30 | 22 |
| Community Awareness Programme | 03 | 01 | 02 | 01 | 02 | 02 | 02 | 01 | 09 | 05 |
| Seminar /Workshop | 01 | 01 | 01 | 01 | 01 | 01 | 04 | 00 | 04 | 03 |

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.

Antara Community Mental Health Unit is pursuing the following objectives on the way to meet its vision regarding Mental illness.

- To create mass awareness about the causes ,mal effects, preventive measures and detection process of Mental illness.
- To create sensitization among the schools,college,students,teenagers and youths, adults regarding healthy lifestyle and healthy minds to prevent mental illness.
- To ensure professional advocacy for influencing policy regarding proper and affordable care and treatment process of Mental illness affected population especially for poor and marginalized section.
- To identify the mentally ill affected people and their families and help them towards psycho-social adjustment with the ill effects of mental illness.

Antara Community mental health unit has been able to organize Awareness Generation so far to create wide mass awareness and community sensitization about facts and myths related to mental illness , healthy lifestyle to prevent mental illness, the importance of early detection and treatment ,signs and symptoms of mental illness etc.

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 need 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 for the mental illness.

Programmes conducted by ANTARA Community Mental Health Unit

1. School Mental health Programme
2. Community Awareness Programme
3. Conducting the Training Programmes
4. Early Detection Camp & Referral Services
5. Care & Support Programme
6. Workshop & Seminar
7. Satellites Clinics
8. Self Help Groups
9. Special Care Group

Mental Health Mass Awareness Programme sponsored by BFIL (Bharat Financial Inclusion Limited):

Objective : The main objective of the project is to develop and evaluate a mode of mental illness prevention , promotion and rehabilitation programme suitable for rural, semi –urban areas in West Bengal.

The Main Components of the Project are:

1. Orientation & Training Programme of ASHA /Anganwadi Workers & Volunteers.
2. Community Awareness Generation Activities.
3. School Mental Health Programmes

Detailed objectives :

To implement a comprehensive model of awareness and community –

To ensure evidence based intervention process that will be useful to West Bengal .

To develop tools and materials for mental health promotion and mental illness prevention such as information brochure, visual aids, training aids etc. In the beginning 30 Gram Panchayats/and three Corporation Wards will be selected to conduct awareness and sensitization campaign against Mental Illness. Sensitization and awareness will be created about how to avoid stigma, addiction and adopt healthy life style to prevent mental illness. This will be achieved through TOT (Training of Trainers) of grass root level workers like ASHA , Anganwadi & Volunteers under this programme.

Training of Trainers : It is the Process to give new trainers the background knowledge , skills and practical experience to provide communities with basic knowledge and awareness on mental health.

Observation & Analysis :

- Most of the panchayat's staff are cooperated and helped to organize the Training Programme.
- Most of the volunteers are interested to do this work very sincerely and dedicatedly.
- They also identified few clients and gave them awareness about mental health scenario and tried to refer to Govt. Officials.

| Mental Health Mass Awareness Programme By BFIL | | | | | |
|--|---|---------------------|--|----------------------|---|
| | Period: 18.07.18 - 08.03.19 | | | | |
| Sl.No. | Particulars | Date | Resource Persons | Number of volunteers | Remarks |
| 1 | Baikunthapur TOT | 18.07.18-20.07.18 | Mr.Salil Moyra (Social Work Coordinator Mr. Prasenjit Samonto (Programme Coordinator MTC) | 34 | Mr. Thomas John CEO Mr.Nobin Samuyel (Assist to CEO) Mrs. Ankhi Sarkar(Programme Coordinator of CMHU) |
| 2 | Hariharpur GP &Mallickpur Gp ToT (ASHA) | 03.09.18-04.09.18 | Mr.Salil Moyra (Social Work Coordinator Mr. Prasenjit Samonto (Programme Coordinator MTC) | 44 | Mr.Sanjay Sarkar |
| 3 | Banimandir ToT | 16.08.18 -18.08.18 | Mr.Salil Moyra (Social Work Coordinator Mr. Prasenjit Samonto (Programme Coordinator MTC) | 27 | Mr.Nobin Samuyel (Assist to CEO) Mrs. Ankhi Sarkar(Programme Coordinator of CMHU) |
| 4 | KalyanpurGp & Shikharbali -2 GP | 07.09.18 &10.09.18 | Mr.Salil Moyra (Social Work Coordinator Mr. Prasenjit Samonto (Programme Coordinator MTC) | 38 | Mr.Sanjay Sarkar |
| 5 | Shankarpur GP ToT (ASHA) | 05.10.18- 06.10.18 | Mr.Salil Moyra (Social Work Coordinator Mrs. Ankhi Sarkar(Programme Coordinator of CMHU Mr. Prasenjit Samonto (Programme Coordinator MTC) | 25 | |
| 6 | Canning Swanirbhar ToT | 02.11.18-03.11.18 | Mrs. Ankhi Sarkar(Programme Coordinator of CMHU Mr. Prasenjit Samonto (Programme Coordinator MTC) | 29 | |
| 7 | Langalberia GP TOT | 13.11.18 & 14.11.18 | Mr.Sanjay Sarkar Mr.Salil Moyra (Social Work Coordinator | 20 | |
| 8 | Shankarpur GP ToT (Volunteers) | 28.11.18 -01.12.18 | Mr.Salil Moyra (Social Work Coordinator Mrs. Ankhi Sarkar(Programme Coordinator of CMHU Mr. Prasenjit Samonto (Programme Coordinator MTC) | 16 | |
| 9 | Hariharpur GP ToT (Volunteers) | 23.11.18 -24.11.18 | Mr.Salil Moyra (Social Work Coordinator Mrs. Ankhi Sarkar(Programme Coordinator of CMHU Mr. Prasenjit Samonto (Programme Coordinator MTC) & Ankhi Sarkar | 30 | |
| 10 | Kalyanpur GP ToT | 12.12.18-13.12.18 | Mr.Salil Moyra (Social Work Coordinator Mrs. Ankhi Sarkar(Programme Coordinator of CMHU Mr. Prasenjit Samonto (Programme Coordinator MTC) | 28 | Mr.Sanjay Sarkar |
| 11 | Bonhoogly I & II ToT | 05.12.18 -06.12.18 | Mrs. Ankhi Sarkar(Programme Coordinator of CMHU Mr. Prasenjit Samonto (Programme Coordinator MTC) | 30 | Mr.Sanjay Sarkar |

| | | | | | |
|----|--|---------------------|--|----|----------------------------|
| 12 | Begumpur GP ToT | 18.12.18 -19.12.18 | Mrs. Ankhi Sarkar(Programme Coordinator of CMHU Mr. Prasenjit Samonto (Programme Coordinator MTC) | 33 | |
| 13 | Modarat Gp ToT (ASHA) | 27.12.18 &28.12.18 | Mr.Salil Moyra (Social Work Coordinator Mrs. Ankhi Sarkar(Programme Coordinator of CMHU Mr. Prasenjit Samonto (Programme | 26 | |
| 14 | Mallickpur GP ToT | 02.01.19 &03.01.19 | Mr.Salil Moyra (Social Work Coordinator Mrs. Ankhi Sarkar(Programme Coordinator of CMHU Mr. Prasenjit Samonto (Programme | 27 | |
| 15 | Ramnagar II ToT | 09.01.19 &10.01.19 | Mr.Salil Moyra (Social Work Coordinator Mrs. Ankhi Sarkar(Programme Coordinator of CMHU Mr. Prasenjit Samonto (Programme Coordinator MTC) | 28 | |
| 16 | Shikharbali I &II ToT (Vivekanandanda Cultural &Research Center) | 21.01.19 -22.01.19 | Mr.Salil Moyra (Social Work Coordinator Mrs. Ankhi Sarkar(Programme Coordinator of CMHU Mr. Prasenjit Samonto (Programme Coordinator MTC) | 25 | |
| 17 | Ramnagar -1 GP ToT | 29.01.19 – 30.01.19 | Mr.Salil Moyra (Social Work Coordinator Mrs. Ankhi Sarkar(Programme Coordinator of CMHU Mr. Prasenjit Samonto (Programme Coordinator MTC) | 31 | |
| 18 | Dhapdhapi-1 GP ToT | 08.2.19 -09.2.19 | Mr.Salil Moyra (Social Work Coordinator Mrs. Ankhi Sarkar(Programme Coordinator of CMHU Mr. Prasenjit Samonto (Programme Coordinator MTC) | 27 | |
| 19 | Dhapdhapi II GP ToT | 15.02.19 -16.02.19 | Mr.Salil Moyra (Social Work Coordinator Mrs. Ankhi Sarkar(Programme Coordinator of CMHU Mr. Prasenjit Samonto (Programme Coordinator MTC) | 33 | |
| 20 | Modarat GP ToT | 19.02.19 -20.02.19 | Mrs. Ankhi Sarkar(Programme Coordinator of CMHU Mr. Prasenjit Samonto (Programme Coordinator MTC) | 44 | |
| 21 | Kalikapur I &II GP | 21.02.19 -22.02.19 | Mrs. Ankhi Sarkar(Programme Coordinator of CMHU Mr. Prasenjit Samonto (Programme Coordinator MTC) | 26 | |
| 22 | Nabagram GP | 07.03.19-08.03.19 | Mrs. Ankhi Sarkar(Programme Coordinator of CMHU Mr. Prasenjit Samonto (Programme Coordinator MTC) | 32 | Manashi Das (Data Analyst |

- Total number of household covered near about 65683 and number of volunteers trained 645 and 22 Gram Panchyats covered in Baruipur Block & Sonarpur Block under South 24 Parganas.
- Limitations:
 - There are some of the limitations are found during the ToT. Such as ASHA are not interested to do this work because of their high load of work.
 - Sometimes all volunteers are not in punctual to come timely during ToT.
 - Volunteers had faced problem to collect the survey details from household. Because the household are worried to give their personal data & phone numbers.

Mental Health Mass Awareness Programme By BFIL



**Training given to the
Volunteers of Bani Mandir NGO**



**ASHA Training at
Madarat GP**



**Role play during Training
session at Shankarpur GP**



**Training given to the
volunteers of langlberia
GP**

PICTURE GALLERY OF SCHOOL MENTAL HEALTH PROGRAMME



Ratneswar School



Abhinaba Bharati High School



**Interactive session by
CEO**



COMMUNITY AWARENESS PROGRAMME

| Sl.No | Date | Area | Topic | Total no.of participants | Target group | Resource person |
|-------|----------|--|---|--------------------------|------------------|---|
| 1 | 23/04/18 | Chakarberia | Awareness on Symptoms of mental illness | 40 | Community people | Ankhi Sarkar & two MSC nursing students |
| 2 | 18/05/18 | Janata Medical Service Aheripukur Anganwadi Center | Child behavior and Role of parents | 35 | Mother & Child | Ankhi Sarkar & one Social Work student |
| 3 | 18/07/18 | Jagriti Club , Langalberia | Awareness on prevention of mental illness | 20 | Community people | 3 M.S.C nursing students from Sishu o Anusandhan Collage. |
| 4 | 20/08/18 | Maliickpur ,Garima | Awareness programme on Mental Illness | 30 | Community people | Ankhi Sarkar & two MSC students |
| 5 | 04/01/19 | Khodar bazaar ,Baruipur | Awareness programme on Mental Illness & Addiction | 50 | Community people | Ankhi Sarkar & Prasenjit Samonto |

PICTURE GALLERY OF COMMUNITY AWARENESS PROGRAMME



Community



Some pictures of Care & Support Programmes



**Home visit to the care &
Support Member by
students**



**Annual day celebration of Care &
Support members**

COMMUNITY PLACEMENT OF NURSING STUDENTS:

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

The batches assigned with Community placement this year

| Sl No. | Date | Name of the Institutions | No. of students | No. of Days |
|---------------|---------------------|--|----------------------------|--------------------|
| 1 | 31/01/18- 22/02/18 | B.M. Birla College of Nursing | M.S.C 1 st year | 20 days |
| 2 | 29/01/18- 11/02/18 | B.M. Birla College of Nursing | M.S.C 1 st year | 10 days |
| 3 | 29/01/18 – 13/05/18 | B.M. Birla College of Nursing | M.S.C 2 nd year | 12 days |
| 4 | 03/05/18- 19/05/18 | West Bengal collage of nursing | M.S.C 2 nd year | 17days |
| 5 | 21/07/18- 26/7/18 | Siksha o Anusandhan College of Nursing | M.S.C 2 nd year | 06days |
| 6 | 10/03/19- 10/04/19 | B.M. Birla College of Nursing | M.S.C 2 nd year | 30 days |

ANTARA SWANIRBHAR DAL (SHG)

“We are together and we are not alone we can”

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 to acquire the skill to priorities scarce resources to assess the strength of each members to time the loans and 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.

In throughout the year they bought the products from Antara near about Rs.1,30000/-

And the group members saved their jointly near about Rs.10,000/-



SPECIAL CARE GROUP

Special care Group for homeless and suffering from chronic mental illness who are the guidance of Antara.

Aims :

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

Activities of the group:

Total number of members :24

Total no. of meeting has done : 03

Attending the different activities indoor/ward and as well as their rehabilitation purpose.



1) SEMINARS CONDUCTED BY COMMUNITY MENTAL HEALTH UNIT

| Sl.NO. | Date | Topic | Targer group | Total No. | Resource persons |
|---------------|-------------|---|---------------------|------------------|--|
| 1 | 12/05/18 | Behavioural problems among children | School Teachers | 50 | Mrs. Jolly Laha & Nitaichand Mukherjee |
| 2 | 09/07/18 | Workshop –on Mental Health Eastern Indi | NGO Volunteers | 10 | Ankhi Sarkar |

Picture Gallery of Seminars 2018 -19



Observation of Mental Health Month & Mental Health Exhibition 10th September to 10th October 2018



ANTARA

Observation of

Mental Health Month & Mental Health Exhibition

10th September to 10th October 2018

Theme for 2018: "Young People and Mental Health in a Changing World"

Programme Schedule

| DAY | DATE | PROGRAMME | TARGET GROUP | TIME | VENUE |
|-----|------------------------------------|---|---|------------------------------|--|
| 1. | Monday 10 th Sep. | Inauguration of Mental Health Month Programmes – Theme Unfolding : "Young People and Mental Health in a Changing World" | ANTARA Staff | 2 p.m. to 4 p.m. | Community Hall at ANTARAGRAM |
| | | Awareness on 'World Suicide Prevention Day' | OPD Patients & Family Members | 9 a.m. to 9.30 a.m. | OPD 1st Floor |
| 2. | Tuesday 11 th Sep. | Awareness Programme on Mental Health | Students of Class viii & ix | 2 p.m. to 3.30 p.m. | T. S Sanatan High School, Gocharan, South 24 Parganas |
| | | Meeting with Rotarians by Dr. Mathew P. John to speak about ANTARA | Rotary Club Members | 1.30p.m.to 2.30 p.m. | Rotary Sadan |
| 3. | Wednesday 12 th Sep. | Interactive Session with Special Care Group | Clients from Special Care Group | 3.30p.m. to 4.30 p.m. | Community Hall |
| 4. | Thursday 13 th Sep. | Awareness Programme on Mental Health | Students of Class xi & xii | 1.30 p.m. to 3.30 p.m. | T. S Sanatan High School, Gocharan, South 24 Parganas |
| 5. | Friday 14 th Sep. | Motivational Seminar for MH professionals- "Landmark of Life-How to handle life situations" | Antara Mental Health Professionals and Staff | 2 p.m. to 4 p.m. | Community Hall |
| 6. | Saturday 15 th Sep. | Seminar on "Personality Disorder- a global perspective" | Staff Nurses | 2 p.m. to 4 p.m. | Community Hall |
| 7. | Sunday 16 th Sep. | Awareness through IEC material distribution & Social Media | Visitors to Antara & General Public | 9 a.m. to 5 p.m. | ANTARAGRAM |
| 8. | Monday 17 th Sep. | Seminar on -'Family Therapy Technique' | Mental Health Professionals of Antara | 2 p.m. to 3.30 p.m. | Community Hall |
| 9. | Tuesday 18 th Sep. | Awareness Programme on- 'Mental Health & Mental Illness in Rural Sector' | Patients and Care givers of Noorpoor Satellite Clinic | 10 a.m. to 11 a.m. | Noorpoor Satellite Clinic |
| | | "Sports for Mental Health!" Carmen Competition for Clients | Clients from different wards of Antara | 2 p.m. to 4 p.m. | ANTARAGRAM |
| 10. | Wednesday 19 th Sep. | "Let's run for Mental Health" | ANTARA staff & clients | 2.30 p.m. to 4 p.m. | Community Hall |
| 11. | Thursday 20 th Sep. | Interactive Seminar by -India Cares Foundation | Patients & Caregivers | 2 p.m. to 4 p.m. | Community Hall |
| 12. | Friday 21 st Sep. | Seminar on-" Personality and Addiction" | Visitors to Antara & General Public | 9 a.m. to 5 p.m. | ANTARAGRAM |
| 13. | Saturday 22 nd Sep. | Awareness through IEC material distribution | Class xii Psychology Students | 9.30 a.m. to 12.30 p.m. | ANTARAGRAM |
| | | School Mental Health Programme (One-day Orientation) | Inmates of Antara | 2 p.m. to 5 p.m. | Community Hall |
| 14. | Sunday 23 rd Sep. | "Pratibhar Sandhane" | Visitors to Antara & General Public | 9 a.m. to 5 p.m. | ANTARAGRAM |
| 15. | Monday 24 th Sep. | Awareness through IEC Material distribution | Clinical Psychologists, Psychology Students & other Mental Health Professionals. | 1 a.m. to 5 p.m. | Community Hall |
| 16. | Tuesday 25 th Sep. | Seminar on "Romanticism-a new way of life" | Mental Health Professionals and Social Work & Psychology Interns | 2 p.m. to 3 p.m. | Community Hall |
| 17. | Wednesday 26 th Sep. | Psychiatric Case Conference | Inmates of Group Home | 3 p.m. to 5 p.m. | Community Hall |
| 18. | Thursday 27 th Sep. | Cultural Programme by Group Home Inmates, Staff and Caregivers | Visually Challenged Persons | 2 p.m. to 4 p.m. | Community Hall |
| 19. | Friday 28 th Sep. | Tips on Mental Health for Visually Challenged Persons | OPD Clients and caregivers | 9 a.m. to 10 a.m. | ANTARA OPD Waiting lobby |
| 20. | Saturday 29 th Sep. | Awareness Programme on- "Young People and Mental Health in a Changing World" | Representatives of various NGO's | 2 p.m. to 4 p.m. | Community Hall |
| 21. | Sunday 30 th Sep. | NGO Meet "Young People and Mental Health in a Changing World" | Social Work students | 2 p.m. to 4 p.m. | Community Hall |
| 22. | Monday 1 st Oct. | "In Search of Missing Millions" - Human Trafficking and it's Psychosocial Impact | Visitors to Antara & General Public | 9 a.m. to 5 p.m. | ANTARAGRAM |
| 23. | Tuesday 2 nd Oct. | Awareness through IEC material distribution & Social Media | Child and Parents of Child Guidance Clinic | 10 a.m. to 12 p.m. | Community Hall |
| 24. | Wednesday 3 rd Oct. | "Amra Sishu Amarai Rashtre Bhubishoy"- Cultural Programme by Child Guidance Clinic | Visitors to Antara & General Public | 9 a.m. to 5 p.m. | ANTARAGRAM |
| 25. | Thursday 4 th Oct. | Awareness through IEC material distribution & Social Media | Members of Personal Growth & Development Unit & their family members | 2 p.m. to 5 p.m. | Community Hall |
| 26. | Friday 5 th Oct. | Cultural Programme by Personal Growth & Development Unit | BDOs and BMOHs of South 24 parganas district | 2 p.m. to 4 p.m. | Community Hall |
| 27. | Saturday 6 th Oct. | Advocacy Session on Mental Health Mass Awareness | Students | 1.30 p.m. to 3.30 p.m. | Community Hall |
| 28. | Sunday 7 th Oct. | I. One-day Orientation Programme from DR BCC Hindu College | ASHA workers | 10 a.m. to 4 p.m. | Class Room |
| 29. | Monday 8 th Oct. | ii. Mental Health Mass Awareness Training Programme (TOT) Part-I | ASHA workers | 10 a.m. to 4 p.m. | Class Room |
| 30. | Tuesday 9 th Oct. | Mental Health Mass awareness Programme for TOT-Part-II | Class XII Students from M.D Biria School | 9.30 a.m. to 12 p.m. | Community Hall |
| 31. | Wednesday 10 th Oct. | One-day Orientation Programme | Visitors to Antara & General Public | 9 a.m. to 5 p.m. | ANTARAGRAM |
| | | Awareness through IEC material distribution & Social Media | Members of Antara Aesthetic Therapy Unit, Staff and Caregivers | 10 a.m. to 11.30 p.m. | Community Hall |
| | | "Cheye Ache Mor Pane"-Demonstration Lecture | Children from Local Schools | 2 p.m. to 4 p.m. | ANTARAGRAM |
| | | Sit & Draw Competition for Children | Students from Birla Bharati School | 9.30 a.m. to 12.00 p.m. | ANTARAGRAM |
| | | Mental Health Exhibition | | 10 a.m. to 5 p.m. | Antara Exhibition Ground |
| | | One-day Orientation Programme | | | |
| | | Mental Health Exhibition | | | |
| | | ANTARA FOUNDATION DAY | | | |
| | | WORLD MENTAL HEALTH DAY | | | |
| | | Formal launching of Mental Health Mass Awareness Programme | Friends and Well Wishers of Antara and Invited Guests | 2.00 p.m. to 3.00 p.m. | ANTARAGRAM |
| | | Announcing of Antara Hospital Empanelment with WBHS | | | |
| | | Closing Ceremony of Mental Health Month Programmes and Mental Health Exhibition | | | |

Programme Schedule

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. 2018-19, 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



Advertisement for MHA Course

OUR STAFF OUR STRENGTH

263 Staff are serving at Antara as on 31st March 2019. Number of staff under various categories is shown below:-

| | | |
|---|---|------------|
| Doctors | - | 12 |
| Psychologists | - | 03 |
| Nursing Administration | - | 03 |
| Staff Nurses | - | 28 |
| Social Workers | - | 09 |
| General Administration | - | 10 |
| Ward-in-Charges | - | 09 |
| Ward Assistants | - | 78 |
| OPD Staff | - | 20 |
| Kitchen Staff | - | 09 |
| Work Therapy Staff | - | 07 |
| Security staff | - | 02 |
| House Keeping Staff | - | 03 |
| Other Support Staff | - | 12 |
| Part-time Therapists – (Music, Yoga, Bratachari) | - | 03 |
| TOTAL | - | 221 |
| Job Out-sourced | - | 71 |
| GRAND TOTAL | - | 292 |

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

01.10.19