

**ANTARA**  
**ANNUAL REPORT**  
**2017-18**

**1. INTRODUCTION**

The Financial Year 2017-18 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 2017.

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

	<b><u>2017-18:</u></b>	<b><u>2016-17:</u></b>
<b><u>OPD attendance</u></b>		
New patients -	5,754	5,359
Follow-up visits -	36,371	39,570
Total -	<b>42,125</b>	<b>44,929</b>
<b><u>Satellite Clinics</u></b>		
New patients -	158	119
Follow-up visits -	6,198	5906
Total -	<b>6,356</b>	<b>6,025</b>
<b><u>In-patient admissions</u></b>		
New Admissions -	1250	1361
Re-Admissions -	849	795
Total for all Wards -	<b>2,099</b>	<b>2,156</b>

**2. REPORT OF ON-GOING ACTIVITIES & SERVICES**

**2.1 OUT PATIENT SERVICES (1<sup>st</sup> April 2017 – 31<sup>st</sup> March 2018)**

ANTARA (O.P.D.)

**NEW PATIENTS:2017-18**

Patient Category	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	Total
ADULT	385	385	340	351	365	315	300	320	295	359	440	435	4,290
GENERAL	19	15	14	18	16	15	8	18	17	15	10	15	180
MTC	25	28	25	30	32	32	34	31	34	41	32	41	385
CHILD	47	52	47	58	50	32	39	32	30	23	29	50	489
Geriatric	20	40	12	32	28	31	37	42	23	33	59	53	410
													<b>5,754</b>

**FOLLOWUP**

Patient Category	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	Total
ADULT	1,882	3,245	2,880	2,650	3,250	2,650	2,236	3,020	2,958	2,695	2,188	2,566	32,220
GENERAL	40	40	32	38	40	42	44	45	37	36	29	39	462
MTC	60	86	118	124	120	93	116	136	136	105	180	186	1,460
CHILD	66	89	96	88	127	109	115	115	106	100	115	146	1,272
Geriatric	19	53	65	81	91	85	83	90	89	93	107	101	957
													<b>36,371</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 2017-18 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 15 New Patients and 1856 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 103 New Patients and 2490 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 32 New Patients and 1054 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:	213
Number of re-admission cases:	149
Total Admissions -	<b>362</b>

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

Number of New admissions during the year:	244
Number of re-admission cases:	110
Total Admissions -	<b>354</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:	177
Total Admissions -	<b>434</b>

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

Number of New admissions during the year:	155
Number of re-admission cases:	71
Total Admissions -	<b>226</b>

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

Number of New admissions during the year:	143
Number of re-admission cases:	111
Total Admissions -	<b>254</b>

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

Number of New admissions during the year:	31
Number of re-admission cases:	41
Total Admissions -	<b>72</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:	88
Number of re-admission cases:	37
Total Admissions -	<b>125</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:	42
Number of re-admission cases:	44
Total Admissions -	<b>86</b>

#### **4.1.2 Female Rehabilitation Ward:**

Number of New admissions during the year:	77
Number of re-admission cases:	109
Total Admissions -	<b>186</b>

### **4.2 ANTARA GROUP HOMES:**

Two model Homes are maintained at Antaragram accommodating 23 Residents in the Group Home for Women and 22 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, 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 in the Talent Hunt Contest Organized by Turning Point, they got 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> position



Inter Drama Competition between NGOs Organized by Turning Point (Open the Door) and they secured 2<sup>nd</sup> 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



Handicraft 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.



Community Mental Health Unit

Report ( 2017 - 2018)



## Quarterly Break Up of Community Mental Health Unit Programme 2017 -2018

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	03	02	03	02	03	02	03	03	12	09
Awareness Programme ( Community Based )	04	04	04	00	04	04	04	09	16	17
Awareness Programme( OPD based )	04	01	04	00	04	04	04	09	16	14
Orientation Visit from school/ institution	02	02	03	05	03	04	03	03	11	14
Early Detection Camp	01	01	01	0	01	0	01	01	04	02
Seminar /Workshop	01	0	01	0	01	0	01	0	04	04
Training programme	01	Nil	01	01	01	01	01	01	04	03

### 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. Income generational activities /SHG
7. Satellites Clinics
8. Self Help Groups
9. Special Care Group

### SCHOOL MENTAL HEALTH PROGRAMME

Sl. No.	Date	Name of the School	Target Group	Block	No.of Participants	Resource Persons	Topic	Tools & Tech.
1	22/04/17	St. Marry School ,kalyanpur	Parents & Teachers	Kalyanpur	80	Mr. N.C Mukherjee ( C.G.C Coordinator) Ankhi Sarkar (Community Coordinator)	Role of parents regarding the common problems	Projector & laptop
2	15/6/17	Gyanadadevi High School	Class VIII students	Baruipur	70	Suhita ( clinical Pasychologist)	Stress management of	Interactive

							students	session
3	14/7/17	Rashmoni Balika vidyalaya	Students of class IX & X	Baruipur	70	Arpita Ghosh ( Clinical Psychologist)	Stress factors in relationship with parents & peer group	Interactive session
4	18/7/17	Rashmoni Balika Vidyalaya	Students of class IX & X	Baruipur	70	Arpita Ghosh ( Clinical Psychologist)	Stress factors in relationship with parents & peer group	Interactive session
5	18/8/17	Satkari Primary School	Parents	Sonarpur	50	N.C Mukhejee	Role of parents	Inetractive session
6	7/2/18	Chandipur primary School	Parents & teacher	Baruipur	40	Ankhi Sarkar (Community Coordinator) & Debjani Bannerjee ( Dietitian )	Common Behavioural problems among children	Interactive session
7	7/3/18	Mallickpur Girls High School	Students of class VIII	Baruipur	90	Prasenjit Samanto (programme Coordinator) & Ankhi Sarkar ( CMHU Coordinator)	Challenges faced by Adolescent (Freedom from Addiction)	Ineractive session
8	10/2/18	Satkari high School	Students of VIII	Sonarpur	60	Ankhi Sarkar & one student	Common Problems in adolescents group	
9	14/3/18	Boroda Prasad High School	Students of class VI,VII,VIII	Sonarpur	200	Prasenjit Samanto (programme Coordinator)	Use & misuse of internet addiction	
10	23/3/18	Swami Vivekananda engineering college	1 <sup>st</sup> year students of B.tech	Sonarpur	25	Dr. Bijoy Jacob( Medical Superintendent) & Prasenjit Samonto(programme Coordinator)	Awareness On Freedom from Addiction	

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

Sl.No.	Date	Name of the School	Total no. of students
1	28/4/17	South Point High School	60
2	29/4/17	South Point High School	60
3	29/6/17	Ballygunje Siksha Sadan	35
4	25/8/17	Lakshmi pat Singhania	42
5	28/8/17	National Institute of Locomotor Disability	09
6	08/09/17	Vidyasagar School of Social work	75 (M.S.W)
7	7/10/17	Center university of kerala	27 (M.S.W )
8	16/10/17	CINI	25 (PG Diploma in Counselling)
9	24/10/17	W.M.O art & science College deptt of Social Work, kerala	45 (M.S.W)
10	30/10/17	Lakshmi pat Singhania	50 (Psychology )
11	10/11/17	Ashok Hall	60(Psychology)
12	15/11/17	Techno India Group of Public School	12 (Psychology)
13	22/11/17	Asutosh college	57 (B.S.C psychology)
14	29/11/17	Abhinab Bharati School	16 ( psychology )
15	12/12/17	Assam Don Bosco University	20 (psychology)
16	16/12/17	Assam Don Bosco University	20 (M.S.W)



## EARLY DETECTION CAMP

Date	Area/Institution	Target group	No. of students screened	No. of students detected	Resource persons
16/8/17	Mallickpur Girls High School	VIII	22	12	N. C mukherjee CGC Coordinator & Ankhi Sarkar
26/2/18	Rashmoni Balika Vidyalaya	VIII & IX	25	04	Ankhi Sarkar N.C Mukherjee

## PICTURE GALLERY OF SCHOOL MENTAL HEALTH PROGRAMME



## COMMUNITY AWARENESS PROGRAMME

Sl. No.	Date	Area	Topic	Total no. of participants	Target group	Resource person
1	10/06/17	Moloypur	Prevention of Mental Illness	35	Community people	Ankhi Sarkar
2	2/12/17	Chandipur Naskar para	Prevention of Substance abuse	25	Mother & Child	Ankhi Sarkar & Prasenjit Samonto
3	2/12/17	OPD	Awareness on Disability Certificate	70	Clients & care Givers	Ankhi Sarkar & Dr. Boral
4	21/12/17	Chandipur Ghosh Para	Awareness programme on behavioral problems among children	50	Community	Ankhi Sarkar & two staffs of Social Work deptt.
5	23/12/17	Kalyanpur Bramhan para	Role of parents to raring the children	20	Parents	Ankhi Sarkar & B.S.C nursing students of Asia Heart Foundation
6	9/1/18	Chandipur	Awareness programme on mental health perspective	30	Youths	Ankhi Sarkar & Soma Shau ( S.W)
7	13/1/18	Chakarberia	Awareness programme on child Psychology	40	Parents & Anganwari workers	B.S.C III rd year students of Asia Heart Foundation
8	20/1/18	Moloy para	Well being of children	20	Parents & Anganwari workers	Ankhi Sarkar & Soma Shau ( S.W)

9	7/2/18	Chakarberia	Child Abuse & Mental disorder	40	Community people	M.S.C1st year students of B.M.Birla College
10	13/2/18	Khorigoda ( Sonarpur)	Awareness programme on behavioral problems among children	25	Mothers	Ankhi Sarkar & Sangeeta ( S.W)
11	12/3/18	Chandipur Sardar para	Freedom from Addiction	40	Community people	M.S.C1st year students of B.M.Birla College
12	16/3/18	Ward No 19 ( Rajpur Sonarpur Municipality)	Awareness on Freedom from Addiction	25	Health workers & Young people	Dr. Bijoy Jacob MS & Prasenjit Samonto( P.C)
13	16/3/18	Ward No 25 ( Rajpur Sonarpur Municipality)	Awareness on Freedom from Addiction	25	Health workers & Young people	Dr. Bijoy Jacob MS & Prasenjit Samonto( P.C)
14	22/3/18	Chandipur Dakshin Para	Awareness on Freedom from Addiction	40	Young people	M.S.C1st year students of B.M.Birla College & Ankhi Sarkar

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

- One contact in a week through home visit /telephonic
- Individual Counselling session once in a month
- Family counseling Session as per required
- Referral Services and utilizing existing resources with respect to 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 streanthening their ability of care giving
- Awareness creation of 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**.

### PICTURE GALLERY OF COMMUNITY AWARENESS PROGRAMME



## Some pictures of Care & Support Programmes



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

- One contact in a week through home visit /telephonic
- Individual Counselling session once in a month
- Family counseling Session as per required
- Referral Services and utilizing existing resources with respect to 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 streanthening their ability of care giving
- Awareness creation of 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**.

## 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.

## 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 to acquire the skill to priorities scare 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 got exposure outside of Antara. In a year they attended two stalls in different places. They had taken loan two times.





## **SPECIAL CARE GROUP**

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

Aims of the Special care Group

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 are 14

Total no. of meeting has done : 05

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



## **Picture Gallery of Seminars**



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

<b>Sl.NO.</b>	<b>Date</b>	<b>Topic</b>	<b>Targer group</b>	<b>Total No.</b>	<b>Resource persons</b>
1	14/10/17	Challenges in Management of Mentally ill person in rural sectors	RMP	50	Dr. Jacob ( Medical Superintendant
2	17/10/17	Workshop – Social work Practice in different settings ( Scope & Challenges in Social work )	Social Work Dept.& Students of Social work	80	S-Tripathi Regional Director (IGNOU)
3	18/10/17	Seminar for Alor Disha	Transgender	20	Dr. Ranjeta Biswas
4	24/10/17	Seminar – ‘Sustha mon Sustha Samaj ‘	ASHA workers	80	Mr. NitaichMukherje
5	25/10/17	Seminar – ‘Mile mishe kori kaaj ‘	NGO + Club members	35	Mr. Mrinal Biswas

6	28/10/17	Seminar on 'Strengthening coping mechanisms'	Disabled	30	Father Rev. Biju.Y
7	30/10/17	Awareness on –' Orientation programme on Faith healer '	Faith healers	25	Mr. Salil Moyra Mr. N.C.Mukherje
8	1/11/17.	Seminar on Panchayat Policies for Mental Health Services – Interactive Session	Panchayat members	20	Ankhi Sarkar
9	2/11/17	Seminar on ' Sanghat Noi Samadhan Chai '	Women Self Help Groups	50	Mrs. Anuradha Majumdar
10	4/11/17	Seminar " Positive mental health "	Teachers, Head Teachers, Principals	40	Dr.Subhangsu Aditya
11	6/11/17	Seminar on ' Sustha Mon sustha samaj '	Anganwari Workers	70	Mr. N.C.MUKherjee
12	9/11/17	Seminar on 'Effects on Social media on the mental health of adolescence '	Students	65	Indrani Chakraborty
13	10/11/17	Seminar on ' Youth & Addiction : challenges of being a youth in today's world '	College students & school students	80	Dr. Soumya Chatterjee

### Satellite Clinic

There are four satellite clinics in remote areas.

### Observation of Mental Health Month & Mental Health Exhibition 10<sup>th</sup> October to 11<sup>th</sup> November 2017

DAY	DATE	PROGRAMME/TOPIC	TARGET GROUP	TIME	VENUE
1	Tuesday 10 <sup>th</sup> Oct.	Inauguration – "Mental Health Month" – Theme Unfolding	Staff	2 p.m -4 p.m	Community Hall
2	Wednesday 11th Oct.	Talent Display by patients – " Nijeke Khuji"	Patients of indoor & Parents	2 p.m – 4.30 p.m	Community Hall
3	Thursday 12 <sup>th</sup> Oct.	Seminar on – "Home Care is Best Care"	Care Givers	3.30-4.30 p.m.	Community Hall
4	Friday 13 <sup>th</sup> Oct.	Workshop on–"Psychology – update on Current Relaxation Techniques "	Students & professionals	11am – 5 pm	Community Hall
5	Saturday 14 <sup>th</sup> Oct.	Seminar on "Challenges in Management of Mentally ill person in rural sectors "	RMPs	2 p.m. – 4 p.m.	Community Hall
6	Sunday 15 <sup>th</sup> Oct.	Awareness through IEC material distribution	Visitors to Antara & General Public through Social Media	9 a.m. – 5 p.m.	Antara Main Gate
7	Monday 16 <sup>th</sup> Oct.	Cultural Programme	Group Home Residents & & their family	3 p.m. – 5 p.m.	Community Hall
8	Tuesday	Workshop –"Scope &	Social Workers &	2 p.m. – 5 p.m.	Community Hall

	17 <sup>th</sup> Oct.	Challenges in Social work practice in modern times.”	Dept. & Students of Social work		
9	Wednesday 18 <sup>th</sup> Oct.	Seminar on –“Alor Disha ”.	Transgender Community	2 p.m. – 4 p.m.	Community Hall
10	Thursday 19 <sup>th</sup> Oct.	Dipawali Celebration	Antara Community	6 p.m. – 7 p.m.	AntaraGram
11	Friday 20 <sup>th</sup> Oct.	Interactive Seminar on– “Psychological hazards ”	Nursing staff	3pm -5pm	Community Hall
12	Saturday 21 <sup>st</sup> Oct.	“ Bhai Phota” & “ Aesthetic Therapy Programme”	Indoor Patients & staff	10am 11am 2 p.m. – 4 p.m.	Community Hall
13	Sunday 22 <sup>nd</sup> Oct.	Awareness through IEC material distribution	Visitors to Antara & General Public through Social Media	9 a.m. – 5 p.m.	Antara Main Gate
14	Monday 23 <sup>rd</sup> Oct.	Cultural Programme	Day Treatment Unit	2 p.m. – 4 p.m.	Community Hall
15	Tuesday 24 <sup>th</sup> Oct.	Seminar on – “Sustha mon Sustha Samaj”	ASHA workers	2 p.m. – 4 p.m.	Community Hall
16	Wednesday 25 <sup>th</sup> Oct.	Seminar – ‘Mile Mishe Kori Kaaj ‘	NGO staff & Club members	2 p.m. – 4 p.m.	Community Hall
17	Thursday 26 <sup>th</sup> Oct.	Seminar on Addiction - “Abar Nesha!”	Clients & their family	2 p.m. – 4 p.m.	Community Hall
18	Friday 27 <sup>th</sup> Oct.	Awareness Programme– “Manosik rog ki niramoy jogyo ?”	OPD patients & staff	9.00 a.m. to 10 a.m.	OPD
19	Saturday 28 <sup>th</sup> Oct.	Seminar on “Strengthening Coping Mechanisms”	Visually Challenged	2 p.m. – 4 p.m.	Community Hall
20	Sunday 29 <sup>th</sup> Oct.	Awareness through IEC material distribution	Visitors to Antara & General Public through Social Media	9 a.m. – 5 p.m.	Antara Main Gate
21	Monday	“Mental Health	Faith healers	2 p.m. – 4 p.m.	Community Hall

	<b>30<sup>th</sup> Oct.</b>	<b>Orientation programme”</b>			
<b>22</b>	<b>Tuesday 31<sup>st</sup> Oct.</b>	<b>Cultural Programme – “Let us celebrate Mental Health”</b>	<b>Recreation club</b>	<b>2 p.m. – 4 p.m.</b>	<b>Community Hall</b>
<b>23</b>	<b>Wednesday 1<sup>st</sup> Nov.</b>	<b>Interactive Session – “Manosik Swasthya Rakhshay Panchayater Bhumika”</b>	<b>Panchayat members</b>	<b>2 p.m. – 4 p.m.</b>	<b>Community Hall</b>
<b>24</b>	<b>Thursday 2<sup>nd</sup> Nov.</b>	<b>Seminar on – “Sanghat Noi Samadhan Chai ”</b>	<b>Women Self Help Groups</b>	<b>2 p.m. – 4 p.m.</b>	<b>Community Hall</b>
<b>25</b>	<b>Friday 3<sup>rd</sup> Nov.</b>	<b>Semina on – “Challenges &amp; scope in Psychiatric Nursing .”</b>	<b>Nursing Student</b>	<b>2 p.m. – 4 p.m.</b>	<b>Community Hall</b>
<b>26</b>	<b>Saturday 4<sup>th</sup> Nov.</b>	<b>Seminar on – “ Positive Mental Health “</b>	<b>Teachers, Head Teachers, Principals</b>	<b>2 p.m. – 4 p.m.</b>	<b>Community Hall</b>
<b>27</b>	<b>Sunday 5<sup>th</sup> Nov.</b>	<b>Awareness through IEC Material distribution</b>	<b>Visitors to Antara &amp; General Public through Social Media</b>	<b>9 a.m. – 5 p.m.</b>	<b>Antara Main Gate</b>
<b>28</b>	<b>Monday 6<sup>th</sup> Nov.</b>	<b>Seminar on– “Sustha Mon Sustha Samaj ”</b>	<b>Anganwari Workers</b>	<b>2 p.m. – 4 p.m.</b>	<b>Community Hall</b>
<b>29</b>	<b>Tuesday 7<sup>th</sup> Nov.</b>	<b>Sishu Milan Utsav</b>	<b>CGC Children &amp; parents</b>	<b>2 p.m. – 4 p.m.</b>	<b>Community Hall</b>
<b>30</b>	<b>Wednesday 8<sup>th</sup> Nov</b>	<b>Seminar on – “Stress Management ”</b>	<b>Trainees at Police Training School</b>	<b>2 p.m. – 4 p.m.</b>	<b>Community Hall</b>
<b>31</b>	<b>Thursday 9<sup>th</sup> Nov.</b>	<b>“Social Media, Mental Health of Adolescence ”</b>	<b>School Students</b>	<b>2 p.m. – 4 p.m.</b>	<b>Community Hall</b>
		<b>Mental Health Exhibition</b>		<b>10.00a.m – 4.30 p.m</b>	<b>Antaragram Exhibition Ground</b>
<b>32</b>	<b>Friday 10<sup>th</sup>Nov.</b>	<b>Seminar on “Youth &amp; Addiction: challenges of being a youth in today’s world”.</b>	<b>College students</b>	<b>2 p.m. – 4 p.m.</b>	

		<b>Mental Health Exhibition</b>		<b>10.00 a.m. - 4.30 p.m.</b>	<b>Antaragram Exhibition Ground</b>
<b>33</b>	<b>Saturday</b>	<b>Sit &amp; Draw Competition</b>	<b>Students</b>	<b>2.30 pm -4.00 p.m</b>	
	<b>11<sup>th</sup> Nov.</b>	<b>ANTARA FOUNDATION DAY, Mental Health Exhibition &amp; Closing Ceremony.</b>		<b>10.00 p.m. – 5 p.m.</b>	

## 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

### ANTARA COMMUNITY RECREATION CLUB PROGRAMMES

**1<sup>st</sup> April to 31<sup>st</sup> March 2018**

<b>S.I No</b>	<b>Date</b>	<b>PROGRAMMES</b>
1	7-4-2017	World Health Day
2	20-4-2017	Barsho Baron
3	9-5-2017	Rabindra Jayanti
4	24-5-2017	World Schizophrenia Day
5	31-5-2017	World No Tobacco Day
6	8-8-2017	Kobi Prayan
7	15-8-2017	Independence Day
8	31-10-2017	World Mental Health Day
9	24-11-2017	Blood Donation Camp
10	19-12-2017	Christmas



11	30-12-2017	New Year Celebration
12	12-1-2018	Vivekananda Birthday
13	23-1-2018	Netaji's Birthday
14	26-1-2018	Republic Day Celebration
15	30-1-2018	Annual sports

### 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	-	04
Nursing Administration	-	03
Staff Nurses	-	30
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>221</b>
Job Out-sourced	-	71
<b>GRAND TOTAL</b>	-	<b>292</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)

Hon. General Secretary

Antaragram

29.07.18