

**ANTARA**  
**ANNUAL REPORT**  
**2019-20**

**1. INTRODUCTION**

The Financial Year 2019-20 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 on mental health from 10<sup>th</sup> September to 10<sup>th</sup> October 2020.

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

|                                     | <b><u>2019-20:</u></b> | <b><u>2018-19:</u></b> |
|-------------------------------------|------------------------|------------------------|
| <b><u>OPD attendance</u></b>        |                        |                        |
| New patients -                      | 6,474                  | 5,161                  |
| Follow-up visits -                  | 38,046                 | 34,271                 |
| Total -                             | <b>44,520</b>          | <b>39,432</b>          |
| <b><u>Satellite Clinics</u></b>     |                        |                        |
| New patients -                      | 153                    | 153                    |
| Follow-up visits -                  | 6,422                  | 6,422                  |
| Total -                             | <b>6,575</b>           | <b>6,575</b>           |
| <b><u>In-patient admissions</u></b> |                        |                        |
| New Admissions -                    | 1,698                  | 01,435                 |
| Re-Admissions -                     | 594                    | 00,522                 |
| Total for all Wards -               | <b>2,292</b>           | <b>01,957</b>          |

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

**2.1 OUT PATIENT SERVICES (1<sup>st</sup> April 2019 – 31<sup>st</sup> March 2020)**

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

**NEW PATIENTS:**

| <u>New Patient Category</u> | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC | JAN | FEB | MAR | Total        |
|-----------------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|--------------|
| ADDICTION                   | 38  | 39  | 29  | 29  | 60  | 52  | 34  | 43  | 39  | 27  | 28  | 24  | 442          |
| ADULT                       | 468 | 363 | 423 | 478 | 398 | 402 | 403 | 371 | 291 | 362 | 397 | 315 | 4,671        |
| CHILD                       | 48  | 64  | 64  | 81  | 77  | 72  | 47  | 56  | 48  | 56  | 58  | 47  | 718          |
| GENERAL                     | 7   | 5   | 2   | 8   | 15  | 8   | 12  | 7   | 10  | 5   | 7   | 5   | 91           |
| GERIATRIC                   | 51  | 32  | 48  | 46  | 48  | 47  | 43  | 60  | 49  | 50  | 42  | 36  | 552          |
| <b>TOTAL</b>                |     |     |     |     |     |     |     |     |     |     |     |     | <b>6,474</b> |

|                        |             |             |             |             |             |             |             |             |             |             |             |             |               |
|------------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|---------------|
| <b><u>FOLLOWUP</u></b> | <b>3078</b> | <b>2992</b> | <b>2996</b> | <b>3546</b> | <b>3434</b> | <b>3326</b> | <b>3100</b> | <b>3336</b> | <b>3120</b> | <b>3157</b> | <b>3367</b> | <b>2594</b> | <b>38,046</b> |
|------------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|---------------|

**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 -                        | <b>325</b> |

### 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 -                        | <b>382</b> |

### 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 -                        | <b>513</b> |

### 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 -                        | <b>258</b> |

### 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 -                        | <b>264</b> |

### 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 -                        | <b>43</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: | 78         |
| Number of re-admission cases:             | 42         |
| Total Admissions -                        | <b>120</b> |

## 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 -                        | <b>190</b> |

#### 4.1.2 Female Rehabilitation Ward:

|   |            |
|---|------------|
| Number of New admissions during the year: | 89         |
| Number of re-admission cases:             | 40         |
| Total Admissions -                        | <b>129</b> |

### 4.2 ANTARA GROUP HOMES:

Two model Homes are maintained at Antaragram accommodating 28 Residents in the Group Home for Women and 24 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.

#### 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.

### **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 ( 2019 -2020)

#### Tentative Quarterly Break Up of Community Mental Health Unit Programme

| Programme   | 1 <sup>st</sup> Quarter<br>(April, May, June) |          | 2 <sup>nd</sup> Quarter<br>(July, August, Sept) |          | 3 <sup>rd</sup> Quarter<br>(Oct, Nov, Dec) |          | 4 <sup>th</sup> Quarter<br>(Jan, Feb, Mar) |          | Total   |          |
|---|---|----------|---|----------|--|----------|--|----------|---------|----------|
|   | Planned                                       | Achieved | Planned   | Achieved | Planned                                    | Achieved | Planned                                    | Achieved | Planned | Achieved |
| School /institutional Mental Health Programme                               | 6   | 5        | 12  | 13       | 6  | 5        | 6  | 4        | 30      | 27       |
| Training Programmes<br>Training of trainers (ToT) for Anganwadi workers /CV | 4   | 4        | 4   | 6        | 2  | 0        | 4  | 6        | 8       | 10       |
| Community Awareness Programme   | 2   | 2        | 2   | 1        | 2  | 2        | 2  | 1        | 8       | 6        |
| Follow up Community Volunteers Meetings                                     | 2   | 2        | 4   | 4        | Nil  | 0        | Nil  | 0        | 6       | 6        |
| Seminar /Workshop   | 1   | 0        | 1   | 9        | 1  | 2        | 1  | 2        | 4       | 4        |

#### 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.

### **School Mental Health Programme:**

| Sl.No. | Date    | Name of the schools               | Topic                              | Resource persons             | No.of Students |
|--------|---------|-----------------------------------|------------------------------------|------------------------------|----------------|
| 1      | 27/4/19 | Mallickpur Kholapota High School  | Adolescent crisis & its management | Salil Moyra                  | 300            |
| 2      | 30/4/19 | Adamas International              | Mental Health orientation          | Ankhi Sarkar & Nobin Samuyel | 30             |
| 3      | 19/6/19 | Madhya Gurguria Adarsha Vidyapith | To understand child psychology     | Salil Moyra<br>Ankhi Sarkar  | 30 teachers    |
| 4      | 27/6/19 | Rashmoni Balika Vidyalaya         | Adolescent crisis & its management | N.C Mukherjee & Ankhi Sarkar | 2000 students  |

|    |          |  |  |                                    |                  |
|----|----------|--|--|------------------------------------|------------------|
| 5  | 28/6/19  | Rashmoni Balika Vidyalaya                          | Adolescent crisis & its management       | N.C Mukherjee & Ankhi Sarkar       | 1000             |
| 6  | 5/7/19   | Nayabad High School                                | Effect of Substance Abuse in childhood   | Salil Moyra & Ankhi Sarkar         | 500              |
| 7  | 12/7/19  | ST.Zaviers MSW students                            | Mental Health orientation                | Ankhi Sarkar & Salil Moyra         | 35               |
| 8  | 18/7/19  | Kheyadaha High School                              | Adolescent crisis & its management       | Salil Moyra & Ankhi Sarkar         | 200              |
| 9  | 19/7/19  | Kheyadaha High School                              | Adolescent crisis & its management       | Salil Moyra & Ankhi Sarkar         | 1100             |
| 10 | 20/7/19  | Krishna Chandra High School                        | Adolescence and its relationships        | Salil Moyra & Ankhi Sarkar         | 500              |
| 11 | 23/7/19  | Durgapur Tilottoma High School                     | Depression & its coping mechanism        | N.C Mukherjee & Ankhi Sarkar       | 1000             |
| 12 | 2/8/19   | Rabindra Bharoti University                        | Mental Health orientation                | Salil Moyra & Ankhi Sarkar         | 47               |
| 13 | 9/8/19   | Vidyasagar School Of Social Work                   | Mental Health orientation                | Salil Moyra & Ankhi Sarkar         | 75               |
| 14 | 21/8/19  | National Institute of Locomotors Disability        | Mental Health orientation                | Ankhi Sarkar                       | 10               |
| 15 | 23/8/19  | Bharatiya Vidyabhavan                              | Mental Health orientation                | Dr. Bijoy Jacob                    | 29               |
| 16 | 4/9/19   | Vidyasagar School of Social Work                   | Mental Health orientation                | Salil Moyra & Ankhi Sarkar         | 70               |
| 17 | 20/9/19  | Lakshmiapat Singhaniya Academy                     | Mental Health orientation                | Sarah Bijoy                        | 50               |
| 18 | 23/9/19  | Abhinaba Bharati School                            | Mental Health orientation                | Nobin Samuyel & Ankhi Sarkar       | 15               |
| 19 | 16/10/19 | Ashok Hall   | Orientation to mental health in ANTARA   | Dr. Bijoy Jacob                    | 35               |
| 20 | 15/11/19 | Berchman Collage kerala                            | Practical experience in ANTARA           | Dr. Bijoy Jacob, Nobin samuyel     | 13               |
| 21 | 16/11/19 | Birla Bharati                                      | Mental Health orientation.               | Ankhi Sarkar                       | 32               |
| 22 | 6/12/19  | Joy Prakash Institute (PG diploma in Counselling ) | What are the basic counseling process    | Dr. Bijoy Jacob,                   | 12               |
| 23 | 7/12/19  | Assam Don Bosco University                         | Mental Health orientation.               | Ankhi Sarkar                       | 26               |
| 24 | 5/2/20   | Joynagar Sub Inspector Office                      | Role of teachers- to deal with students. | Dr. Sanmitra Dasgupta              | 56 Head teachers |
| 25 | 6/2/20   | Kholapota Primary School                           | Role of parents to deal with their child | Indrani Chakraborty & Ankhi sarkar | 120              |
| 26 | 14/2/20  |  |  |                                    |                  |
| 27 | 17/2/20  | Kholapota High School                              | Role of parents to deal with their child | Indrani Chakraborty & Ankhi sarkar | 110              |

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





## COMMUNITY AWARENESS PROGRAMME

| Sl. No | Date     | Area                           | Topic                                   | Total no. of participants | Target group                    | Resource person                            |
|--------|----------|--------------------------------|---|---------------------------|---------------------------------|--|
| 1      | 24/4/19  | Dhopagachi & Chakarberia       | Prevention of mental illness            | 30                        | Community people                | Ankhi Sarkar & B.M. Birla nursing students |
| 2      | 29/6/19  | Borgachiya Langolberia Village | Alcohol & Substance Abuse               | 25                        | Community people                | Prasenjit Samonto & Ankhi Sarkar           |
| 3      | 9/9/19   | Kheyadaha Village              | Prevention of mental illness            | 30                        | SHG members                     | Community Volunteers.                      |
| 4      | 19/11/19 | Natunhat Village               | Prevention of mental illness            | 35                        | Local people                    | Community Volunteers                       |
| 5      | 21/11/19 | Bonhoogly ,Boral village       | Prevention & promotion of Mental Health | 40                        | Community people                | Ankhi Sarakr & Community Volunteers.       |
| 6      | 24/2/19  | Champahat GP                   | Awareness on mental health              | 50                        | SHG members & Panchayat members | Ankhi Sarkar & Salil Moyra                 |

### Picture gallery of Community Awareness Programme

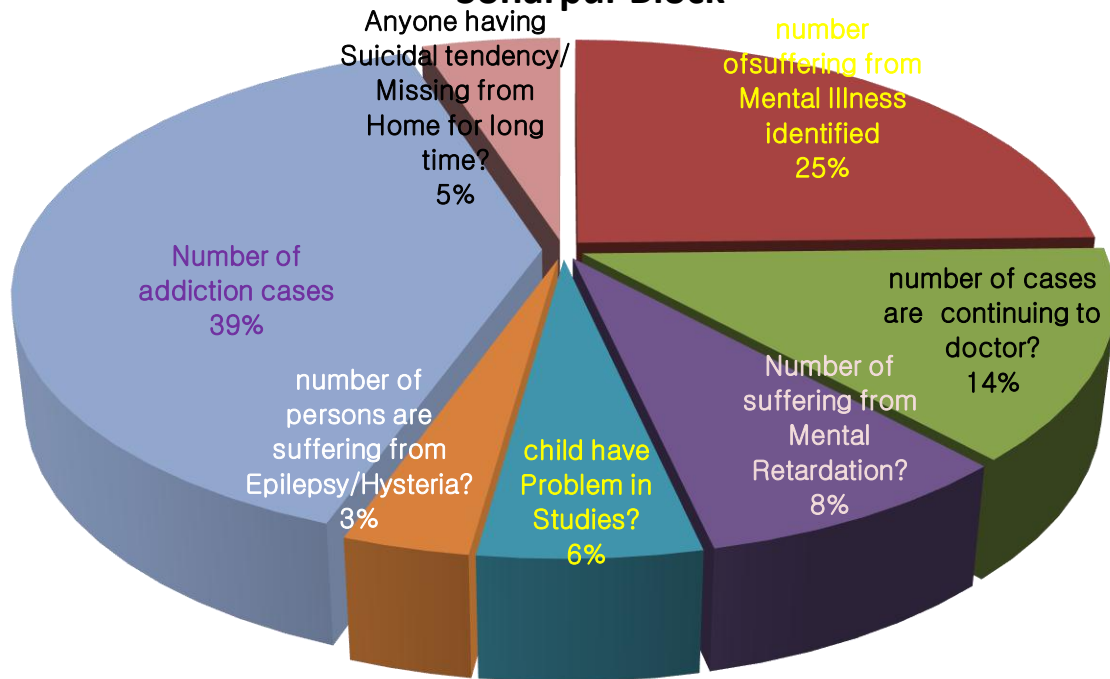


### **Follow up Training Programmes for Community Volunteers Training of trainers (ToT) Mental Health Mass awareness Programme:**

| Sl. No. | Dates       | Place          | No of Volunteers           | Resource persons                    |
|---------|-------------|----------------|----------------------------|-------------------------------------|
| 1       | 7/5 & 8/5   | Sonarpur Block | 47 ( Anganwadi Workers)    | Ankhi Sarkar & N.C Mukherjee        |
| 2       | 13/6 & 14/6 | Kamrabad GP    | 30 (Anganwadi Workers)     | Ankhi Sarkar & Prasenjit Samonto    |
| 3       | 17/6 & 18/6 | Pratapnagar    | 27 ( Anganwadi Workers )   | Ankhi Sarkar & Prasenjit Samonto    |
| 4       | 20/6 & 21/6 | Kamrabad Gp    | 25 ( Anganwadi Workers )   | Nitaichand Mukherjee & Ankhi Sarkar |
| 5       | 3/7 & 4/7   | Kheyadaha 1    | 35 (Community Volunteers)  | Ankhi sarkar & Prsaenjit Samonto    |
| 6       | 8/7 & 9/7   | Kheyadaha 2    | 40 ( community Volunteers) | Ankhi Sarkar & Prsaenjit Samonto    |
| 7       | 15/7 & 17/7 | Sonrpur GP     | 40 Community Volunteers )  | Ankhi Sarkar & Prsaenjit Samonto    |
| 8       | 19/7 & 20/7 | Sonarpur Block | 40 Anganwadi Workers       | Ankhi sarkar & Prsaenjit Samonto    |
| 9       | 22/7 & 23/7 | Sonarpur Block | 45 Anganwadi Workers       | Ankhi sarkar & Prsaenjit Samonto    |
| 10      | 26/7 & 27/7 | Sonarpur Block | 49 Anganwadi Workers       | Ankhi sarkar & Prsaenjit Samonto    |



## Status of 5 GP's findings of Mental Illness under Sonarpur Block



## Training Programmes for Community Volunteers Training of trainers (ToT) on Child Psychology :

| Date    | GP  | No. of participants | Activities taken during the session  | Resource person   |
|---------|---|---------------------|--|---|
| 3/1/20  | Kamrabad,<br>Sonarpur -2<br>Pratapnagar     | 22                  | Introduction of the ToT<br>Impact assessment took from Community volunteers.<br>Ice –breaking ( paper & flower) through group activities<br>Discussion on psychological problems among the children Interactive session. | Mr. Nitaichand Mukherjee ( Social worker CGC)<br>Co- facilitator:Ankhi Sarkar-Coordinator –CMHU |
| 9/1/20  | Kalikapur -1<br>Kalikapur -2<br>Kheyadaha 2 | 23                  | Introduction of the ToT<br>Ice –breaking (different types of Dolls)<br>Discussion on psychological problems among the children<br>Interactive session  | Mr. Nitaichand Mukherjee ( Social worker CGC)<br>Co- facilitator:Ankhi Sarkar-Coordinator -CMHU |
| 11/1/20 | Madarat<br>Dhopdhopi 2<br>Dhopdhopi 1       | 22                  | Introduction of the ToT<br>Focused on psychological problems & neurological aspect aspect of the children<br><br>Discussion on Manabik scheme for disabled child<br>Interactive session                                  | Mrs. Sumana Dutta Gupta ( Special Educator)<br>Co- facilitator:Ankhi Sarkar-Coordinator -CMHU   |
| 17/1/20 | Mullickpur<br>Nabagram<br>Sankarpur 1       | 22                  | Introduction of the ToT<br>Focused on psychological problems & neurological aspect aspect of the children<br><br>Discussion on Manabik scheme for disabled child<br>Interactive session                                  | Ms. Soma Shaw ( psychiatric Social Worker)<br>Co- facilitator:Ankhi Sarkar-Coordinator -CMHU    |

|         |  |    |  |  |
|---------|--|----|--|--|
| 22/1/20 | Ramnagar -1<br>Sankarpur 1<br>Shikharbali 1<br>Shikharbali 2 | 21 | Introduction of the ToT<br>Focused on psychological problems & neurological aspect of the children<br>Discussion on Manabik scheme for disabled child<br>Interactive session | Ankhi Sarkar (Coordinator<br>Community mental Health unit)   |
| 28/1/20 | Bonhoogly<br>1&2<br>Langalberia<br>Hariharpur                | 20 | Introduction of the ToT<br>Focused on psychological problems & neurological aspect of the children<br>Discussion on Manabik scheme for disabled child<br>Interactive session | Mr. Nitaichand Mukherjee ( Social<br>worker CGC)<br><br>Co- facilitator:Ankhi Sarkar-<br>Coordinator -CMHU |

## Picture Gallery of ToT ( Child Guidance Clinic)



### Observation & Analysis after ToT

**These are few questions are required from the community volunteers**

For examples:

1. How many cases are intervened?
2. How many cases referred by Community volunteers?
3. How many cases of mental illness?
4. How many cases of Child, adult, addiction & new & old cases are identified?
5. How many Awareness programme conducted by Community Volunteers?
6. Do you feel, people are talking freely about mental health? Y/N
7. How many cases they have in a regular contact?

In this seminar we focussed on psychological problems of children those are identified by community volunteers. So during interactive session raised lots of problems related to child those are suffering from mental illness. For example:

1. The child name is Shima. He is 8 years old. He has problem in drooling and self laughing. He is going to school but the family members are concerned regarding that problems & they anxious how their child will be treated?
2. A 3 years old child has lack of age appropriate communication and delay in walking. He is getting treatment from PG hospital. But still he has so far shown no improvement.
3. Child has empathy towards understanding of in any activities. He has problem in learning and doing any kind of work. He does not go to school. The parents have no idea about treatment.
4. The 10 years old child talks very irrelevant, forgetfulness in study, pain in headache, he was getting treatment from Antara. But he is now stopped medicine and problems are raised.
5. 11 years old child cannot talk properly, level of understanding low, cannot walk, he has self muttering.
6. 13 years old child has forgetfulness, phobia in study and incessant all time crying tendency.
7. 11 years old child has epileptic disorder, forgetfulness, not interest in study and seizure.
8. Purnima Halder is 4 years old child. She has speech problem and still she is not admitted in school. Parents seeking remedy.
9. Shila is 14 years old child. She has communication problem. She likes to stay alone. She does not interact with others. Shows delay in response to questions.
10. Rohit is a 5 years old. He has self muttering and he has tendency to withdrawn from society.



## CARE & SUPPORT PROGRAMME

| Sl. No. | Name                  | Age | Sex | Taking medicine regularly (Y/N) | Contact with Clients Home Visit/ Telephonic Conversation (Month wise ) | No. of O.P.D. Visits Month wise | REMARKS   |
|---------|-----------------------|-----|-----|---------------------------------|--|---------------------------------|---|
| 1       | Bhupesh Bhattachariya | 63  | M   |                                 | 3  | Regular                         |   |
| 2       | Tapati bhattachariya  | 63  | F   | Y                               | 2  | Monthly                         |   |
| 3       | Jhumpa patro          | 28  | F   | y                               | Irregular  | Monthly                         | She is not available at home                    |
| 4       | Manashi sardar        | 38  | F   | y                               | 1  | Monthly                         |   |
| 5       | Surojit karmokar      | 21  | M   | y                               | 1  | Monthly                         |   |
| 6       | Tinu Khatun           | 19  | F   | y                               | 1  | Monthly                         |   |
| 7       | Amirun Khatun         | 42  | F   | Y                               | 1  | Monthly                         |   |
| 8       | Putul Mondal          | 38  | F   | Y                               | 2  | Twice /month                    |   |
| 9       | Afrin Khatun          | 15  | F   | Y                               | irregular  | No                              | She is not continuing her medicines from ANTARA |
| 10      | Nasira Laskar         | 48  | F   | Y                               | 2  | No                              |   |
| 11      | Subrata Mondal        | 30  | M   | Y                               | 1  | Monthly                         |   |
| 12      | Rochona Das           | 25  | F   | Y                               | 1  | Monthly                         |   |
| 13      | Dipankar Naskar       | 30  | M   | Y                               | 2  | Monthly                         |   |
| 14      | Rajina Bibi           | 25  | F   | Y                               | 1  | Monthly                         |   |
| 15      | Sambhu Mondal         | 40  | M   | Y                               | 1  | Monthly                         |   |
| 16      | Rafique Gaji          | 40  | M   | Y                               | 1  | Twice /month                    |   |
| 17      | Biswajit Khara        | 32  | M   | Y                               | 1  | Monthly                         |   |
| 18      | Gopal sardar          | 32  | M   | Y                               | 2  | Monthly                         |   |
| 19      | Kabir Khan            | 40  | M   | Y                               | 2  | Monthly                         |   |
| 19      | Jamuna mondal         | 39  | F   | Y                               | 2  | Monthly                         |   |
| 20      | Yasmin Bibi           | 21  | F   | Y                               | 2  | Monthly                         |   |

1. **Regularity of medicine taken** : **20**
2. **Maintenance of health & Hygiene** : **18**
3. **Outdoor Follow up** : **18**
4. **No. of Clients Admitted in hospital in a Year** : **Nil**

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

- One contact in a week through home visit /telephonic
- Individual Counseling 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 strengthening their ability of care giving
- Awareness creation of social protection schemes and helping in establishing linkages with respective Govt. Departments.

## Some important activities for Care & Support Programme

- Annual Programme of Care & Support programme 2019:

Topic: Diabetes & Mental Health

Resource Person: Debjani Bannerjee

Purpose: Most of the common problem in a day that is diabetes. People are suffering from diabetes in all level. So spread awareness to the needy person those are economically and mentally ill.

Target Group: Care & Support members & their families

Number of participants: 17 out of 20

- VOROSA a non Government Organization: There some members of this organization distributed new clothes and interacted with care and support members.
- CASA (Church's Auxiliary for Social Action ) distributed new blankets for the needy patients of the community.



## 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

| SI No. | Date          | Name of the Institutions      | No. of students | No. of Days |
|--------|---------------|-------------------------------|-----------------|-------------|
| 1      | 23/3- 18/4/20 | B.M. Birla College of nursing | 4               | 30 days     |
| 2      | 14/2 -6/3/20  | Asia Heart Foundation         | 108             | 30 days     |
| 3      | 16/2- 28/2/20 | Siksha o Anusandhan           | 4               | 15 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.
- Number of meeting conducted yearly : 15
- In this year they getting loan up to 2,50,000/-
- 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.26,000/-



## 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 :22

Total no. of meeting has done : 04 ( per quarter)

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



## **1) 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             | 18/10/19    | “Manosik swastho rokhy panchayter abodan “   | Pradhans, Upo Pradhans & other members of GP of Baruipur & Sonarpur block | 30               | Ankhi Sarkar & M.Thomas John (CEO)       |
| 2             | 21/10/19    | “Parosporikota “                             | Care & Support members & their families                                   | 29               | Dr. Ranjita Biswas - Psychiatrist        |
| 3             | 7/11/19     | “Manosik swasthyo e amader bhumika “         | Anganwadi Workers   | 47               | Mr. Nitai chand Mukherjee & Salil Moyra  |
| 4             | 8/11/19     | “Positive Mental health – Role of teachers “ | Teachers  | 48               | Dr. Soumyo Chatterjee , MD- Psychiatrist |

## Picture Gallery of Seminars :



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## Satellite Clinic :

**T**hese clinics are all out door based treatment. All medical team members are handling these clinics. The team consists of one Psychiatrist, one medical officer, one Social worker, one trained nurse and other two or three staffs of medicine department.

- Janata Medical Service , Mar Thoma Church, Aheripukur , Kolkata
  - *Every Tuesday & Friday out door.*
- Nabojibon < Missionaries of Charity ,Nurpur
  - *This clinic runs every alternate Tuesday*
- St. Gabriel's Hostel ,canning
  - *This clinic also runs alternate Tuesday*
- White Cross Bari , Kanganberia ,
  - *This clinic runs alternate Thursday*



# ANTARA

## Observation of

### Mental Health Month & Mental Health Exhibition

13<sup>th</sup> September to 10<sup>th</sup> October 2020 Theme for 2020: **“Mental Health for All- “Greater Investment – Greater Access”**

## Programme Schedule

| Sl. No. | DATE                                 | PROGRAMME/TOPIC   | TARGET GROUP                         | Resource Person   | TIME          | Method                 | Conducting Staff                |
|---------|--------------------------------------|---|--------------------------------------|---|---------------|------------------------|---------------------------------|
| 1       | 13 <sup>th</sup> September Sunday    | Inauguration of Mental Health Month Programme – Theme Unfolding :             | ANTARA Staff                         |   |               |                        | Suvobroto & Nobin               |
| 2       | 14 <sup>th</sup> September Monday    | Topic : “Amar Path Chola” Drawing Competition &                               | Inmates of Antara                    | Dr.Sanmitra Dasgupta - (judge)<br>Dr. Bijoy Jacob – Judge | 10am–11am     | Offline Community Hall | Prasenjit Samonto & Lalan Sahoo |
|         |                                      | “Amara Path Chola “ Essay competition   |                                      |   | 2pm -3pm      |                        |                                 |
|         |                                      | Display of OPD Screen   | Patients                             |   | Whole day     | Antara OPD             | Mridul                          |
| 3       | 15 <sup>th</sup> September Tuesday   | Hum Honge Kamiyab – Grow up Physical Wellness – Beat Mental Illness           | Special children & their care Givers | Sumana Dutta Gupta  | 2pm-3pm       | Online                 | Sumana Dutta Gupta              |
| 4       | 16 <sup>th</sup> September Wednesday | Nutrition & Mental health   | Students & volunteers                | Mrs. Asha Sushan  | 3pm -4pm      | Online/offline         | Ankhi                           |
| 5       | 17 <sup>th</sup> September Thursday  | “Happiness” - Cultural programme by Group Home                                | Group Home Inmates                   |   | 2.30pm-3.30pm | Offline                | Mrs. Sarah Bijoy                |
| 6       | 18 <sup>th</sup> September Friday    | Positive Attitude towards patients & family members during COVID pandemic     | OPD staff                            | Dr. Sanmitra Dasgupta                                     | 3pm -4 pm     | Offline                | Mollydi                         |
| 7       | 19 <sup>th</sup> September Saturday  | “Tomar sure , sur melate “Aesthetic Therapy Programme                         | FB Audience                          | Mandar Mukherjee  | 11am -12pm    | Online                 | Ankhi Sarkar                    |
|         |                                      | “How to manage your child during this pandemic period”                        | Parents of schools                   | Dr. Soumyo Chakroborty                                    | 3pm -4pm      | Online                 | Ankhi Sarkar                    |
| 8       | 20 <sup>th</sup> September Sunday    | Interview of doctors+ Video of Antara   | General Population                   | Antara Video +Nandita Video +BPAD                         | 5pm -6pm      | FB Online              | Nobin                           |
| 9       | 21 <sup>st</sup> September Monday    | International Peace day – how it combined in mental health                    | Indoor Inmates                       | Staff   | 10am – 11am   | Offline                | Prasenjit Samonto & lalon Sahu  |
| 10      | 22 <sup>nd</sup> September Tuesday   | “Corona O Nesha “   | Care Givers                          | Dr. S. Chatterjee & Prasenjit Samonto                     | 3pm -4pm      | Online                 | Prasenjit Samonto               |
| 11      | 23 <sup>rd</sup> September Wednesday | Positive Psychology   | Nursing students                     | DR. Sanmitra Das Gupta                                    | 11am -12pm    | Online                 | Poulomi Dutta                   |
| 12      | 24 <sup>th</sup> September Thursday  | Seminar on- “ Immunity boosting food s during COVID Pandemic & Mental health” | Anganwadi workers                    | Ms Debjani Bannerjee                                      | 3pm -4pm      | Online                 | Ankhi Sarkar                    |
| 13      | 25 <sup>th</sup> September Friday    | “We will walk hand in hand someday “ Cultural Programme & Interactive Session | DTU members & their care givers      | Dr. Soumyo Chatterjee                                     | 1pm -3pm      | Online                 | Mrs Gargi Sing                  |

|    |  |   |                              |   |                     |           |                    |
|----|--|---|------------------------------|---|---------------------|-----------|--------------------|
| 14 | 26 <sup>th</sup><br>September<br>Saturday  | Psychological Hazards in work place   | Nursing Staff                | Mrs. Poulomi Dutta                        | 2pm -3pm            | Offline   | Mrs. Poulomi Dutta |
| 15 | 27 <sup>th</sup><br>September<br>Sunday    | 3 Videos of Interviews + videos of Antara   | General public               | Child psychology +Schizophrenia           | 5pm -6pm            | FB Online | Nobin Samuel       |
| 16 | 28 <sup>th</sup><br>September<br>Monday    | 'Corona &Mental Health' – Interactive Session   | Ward Staff                   | Dr. Bijoy Jacob                           | 2pm -3pm            | Offline   | Bibin Joseph       |
| 17 | 29 <sup>th</sup><br>September<br>Tuesday   | Psycho spirituality & Positive Living   | Psychology students          | Dr. Tinni Dutta                           | 4pm -5pm            | Online    | Ms. Arpita Ghosh   |
| 18 | 30 <sup>th</sup><br>September<br>Wednesday | Gender based mental health services   | Medical personnel            |   | 6pm                 | Online    | Nobin Samuel       |
| 19 | 1 <sup>st</sup> October<br>Thursday        | "How much effective Online Teaching?"   | Teachers                     | Dr. Soumyo Chatterjee                     | 3pm -4pm            | Online    | Ankhi Sarkar       |
| 20 | 2 <sup>nd</sup> October<br>Friday          | "We Can" - Display of Work Therapy Products "   | FB Audience                  |   | 11am - 11.30am      | Online    | Ankhi Sarkar       |
| 21 | 3 <sup>rd</sup> October<br>Saturday        | "Stigmatising Transgender People's Health: Myths and Misconceptions"  | Transgender Community        | Dr. Ranjita Biswas                        | 3pm -4pm            | Online    | Ankhi Sarkar       |
|    |  | "Arogyo laver path" – interactive session   | Inmates of addiction members | Dr. Soumyo Chatterjee                     | 3pm -4pm            | Offline   | Prasenjit Samonto  |
| 22 | 4 <sup>th</sup> October<br>Sunday          | Online Tele Mental Health Counselling & Guidance  | General Public               | Dr. Sanmitra Das Gupta                    | District Counsellor | online    | Nobin Samuel       |
| 23 | 5 <sup>th</sup> October<br>Monday          | "Rannar Koushal" – Video Presentation By Debjani  | General Public               | Mrs. Debjani Bannerjee                    | 3pm -4pm            | FB online | Debjani Bannerjee  |
| 24 | 6 <sup>th</sup> October<br>Tuesday         | "Role of Mental Health Professionals during the pandemic situation"   | Social work students         | Dr. S. Chatterjee                         | 3pm -4pm            | Online    | Salil Moyra        |
| 25 | 7 <sup>th</sup> October<br>Wednesday       | "uttoron" an awareness programme for Community Volunteers   | Community Volunteers         | Mrs. Poulomi Dutta                        | 3pm-4pm             | Online    | Nobin              |
|    |  | Quiz Competition  | Inmates of Antara            | Staff                                     | 10am- 11am          | Offline   | Lalan Shaw         |
| 26 | 8 <sup>th</sup> October<br>Thursday        | Carom Competition   | Inmates of Antara            | Staff                                     | 10am -11am          | Offline   | Nobin & Bibin      |
|    |  | Virtual Exhibition  | Antara FB                    |   | 4pm on wards        | Online    | Nobin , Suvobroto  |
| 27 | 9 <sup>th</sup> October<br>Friday          | Virtual Exhibition  | Antara FB                    |   | 2pm onwards         | Online    | Nobin              |
|    |  | Interschool debate competition – Topic " Covid 19 : We should promote Physical Distancing not Social Distancing | Students                     | Dr. Bijoy Jacob                           | 4pm- 5pm            | Online    | Ankhi & Nobin      |
|    |  | "The journey from conception to infancy : Direct & indirect effects of mental illness child                     | Mental Health professionals  |   | 6pm onwards         | Online    | Nobin              |
| 28 | 10 <sup>th</sup> October<br>Saturday       | "Mental Health for All : Greater Investment – Greater Access"   | NGO staff & Volunteers       | Mr. Sanjib Kundu State Consultant, UNICEF | 3pm -4pm            | Online    |                    |
|    |  | Virtual Exhibition  | Antara FB                    |   | 5pm onwards         | Online    | Nobin              |

## **List of Nursing Schools and Colleges affiliated to ANTARA**

1. COLLEGE OF NURSING, ASIA HEART FOUNDATION
2. WOODLAND COLLEGE OF NURSING
3. PEERLESS INSTITUTE OF NURSING SCIENCE (SCHOOL+COLLEGE)
4. NEOTIA INSTITUTE OF NURSING SCIENCE (SCHOOL+COLLEGE)
5. IQ CITY SCHOOL OF NURSING
6. IQ CITY COLLEGE OF NURSING
7. COLLEGE OF NURSING, MIDNAPORE MEDICAL COLLEGE AND HOSPITAL
8. COLLEGE OF NURSING, SSKM MEDICAL COLLEGE AND HOSPITAL
9. COLLEGE OF NURSING, CALCUTTA MEDICAL COLLEGE AND HOSPITAL
10. COLLEGE OF NURSING, NRS MEDICAL COLLEGE AND HOSPITAL
11. COLLEGE OF NURSING, R G KAR MEDICAL COLLEGE AND HOSPITAL
12. MA SARODA COLLEGE OF NURSING
13. COLLEGE OF NURSING, INSTITUTE OF PSYCHIATRY, KOLKATA
14. COLLEGE OF NURSING, COMMAND HOSPITAL, KOLKATA
15. COLLEGE OF NURSING, B M BIRLA, KOLKATA
16. APOLLO GLENEAGLES COLLEGE OF NURSING
17. TRIPURA NURSING COLLEGE
18. KALINGA INSTITUTE OF NURSING SCIENCE, BHUBANESWAR
19. SIKSHA O ANUSANDHAN NURSING COLLEGE, BHUBANESWAR
20. CMRI SCHOOL OF NURSING
21. SCHOOL OF NURSING, ASIA HEART FOUNDATION
22. SRI AUROBINDO SEVA KENDRA SCHOOL OF NURSING
23. TAREKESWAR VIVEKANANDA PALLY SEVA KENDRA SCHOOL OF NURSING
24. RUBY GENERAL HOSPITAL SCHOOL OF NURSING
25. MISSION OF MERCY SCHOOL OF NURSING
26. TAMLUK NURSING TRAINING SCHOOL
27. RAMAKRISHNA MISSION SCHOOL OF NURSING
28. CALCUTTA NURSING TRAINING SCHOOL
29. ESI SCHOOL OF NURSING, SEALDAH

## **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.

## OUR STAFF OUR STRENGTH

299 Staff are serving at Antara as on 31<sup>st</sup> March 2020. Number of staff under various categories is shown below:-

|   |   |            |
|---|---|------------|
| Doctors   | - | 12         |
| Psychologists                                     | - | 02         |
| Nursing Administration                            | - | 02         |
| Staff Nurses                                      | - | 28         |
| Social Workers                                    | - | 09         |
| General Administration                            | - | 11         |
| Ward-in-Charges                                   | - | 09         |
| Ward Assistants                                   | - | 79         |
| OPD Staff   | - | 20         |
| Kitchen Staff                                     | - | 09         |
| Work Therapy Staff                                | - | 07         |
| Security staff                                    | - | 02         |
| House Keeping Staff                               | - | 03         |
| Other Support Staff                               | - | 12         |
| Part-time Therapists<br>(Music, Yoga, Bratachari) | - | 03         |
| <b>TOTAL</b>                                      | - | <b>208</b> |
| Job Out-sourced                                   | - | 91         |
| <b>GRAND TOTAL</b>                                | - | <b>299</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  
20.11.20