

Mental Wellbeing Newsletter

REFLECTIONS

Issue No. 02/2022

Introduction

It brings us great joy to publish the April 2022 edition of Reflections, Antara's quarterly newsletter for our friends and well-wishers from across the globe. We are delighted to share the reports on the various programmes and valuable messages on mental health that have reached thousands of people globally through online and offline programmes. This would not have been possible without your support and prayers for Antara.

Out-patient & In-patient Department Service Update (January - March 2022)

<div>Out-Patient Department</div> <div>Patients Attended - 9925 New Patients - 1275 Follow-up Patients - 8650</div>	<div>In-Patient Department</div> <div>New Admissions - 157 Re-Admissions - 78 Total Admissions - 235</div>	<div>Child Guidance Clinic</div> <div>New Cases Registered - 148</div>	Out-Patient & In-Patient Department Service Update	01
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Programmes



Social worker, Mr. Asim Ghosh in action. Residents of the Group Home Assisted Living Facility at Antaragram driving away the blues of the COVID-19 pandemic!



The ANTARA Community Recreation Club (ACRC)
presents

Online Debate on the auspicious occasion of Swami Vivekananda's Birthday.

Date : 12th January 2022 (Wednesday)
Time : 3:30 pm

TOPIC: "RAISING WOMEN'S MARRIAGE AGE FROM 18 TO 21 IS MOVE TOWARDS EMPOWERMENT".

SPEAKERS

<p>FOR THE MOTION</p> <p>Ms .Sangita Kar Mr. Salil Mayra Ms. Susmita Roy Chowdhury Ms. Rashmi Rakshit</p>	<p>AGAINST THE MOTION</p> <p>Ms Riddihi Roy Mr Subhabrata Chakraborty Ms Aparna Rose De Mr Saibal Roy</p>
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Moderator
Dr Bijoy Jacob
Medical Superintendent , Antara

At the end of the Debate, the motion will be put to vote among the audience:

This House believes that:
"Raising women's marriage age from 18 to 21 is move towards empowerment".

We most cordially invite you to participate in this Debate.

Prasenjit Samanta
Secretary

Mr. Netai Chand Mukherjee
Literary Secretary

Antaragram
11.01.2022

Debate Competition

A debate on the topic of "Raising Women's Marriage age from 18 to 21 is a Move towards Empowerment" was organized by the Community Recreation Club of Antaragram. The programme was organised on 12 January 2022 on the auspicious occasion of Swami Vivekananda's birthday.

Netaji's Birthday Celebrations

Netaji Subhas Chandra Bose's Birthday was celebrated at Antaragram on 23 January 2022 by the staff of Antara.





**Remembering Late P.M. John,
Founder Secretary- ANTARA
on his Death Anniversary**

23RD JANUARY 2022



Remembering PM John



Newly-built garage at Antaragram

Group Home Picnic at Bob Pierce Home, Antara

The residents of Antara's Group Home - Assisted Living Facility had a long-awaited outing at Bob Pierce Home with innovative and fun-filled games & group activities. The contests included "Who is the fastest in neatly folding a cloth?", "Sorting out balls of different colours from a heap of colourful balls", "Balance race with bat & ball", "Antakshari", etc. The green and serene surroundings of Bob Pierce Home provided a perfect setting for the outing.





An Extra Mile

Mr Gautam, one of the security guards of Antara was found helping a visually impaired elderly gentleman. He held the gentleman by his hand and walked him to the ward when he came to visit his daughter admitted there.

This initiative by Mr Gautam to 'Walk the Extra Mile' on his initiative was recognised in the Leaders' Council Meeting, where he was presented a token of appreciation!



Leaders' Council Meeting

Leaders' Council Meeting was conducted on 17 February 2022 for reviewing the present scenario and discussing new developments at Antara.



Client Progress Assessment

Client Progress Assessment, "Santiniketan Style" with Dr Soumya Chatterjee, Chief Psychiatrist, Antara

Personal Growth and Development Project

One of the joyous moments of Antara is when the members of the Personal Growth and Development Programme bagged seven prizes from an all-India talent hunt competition for mentally challenged persons organised by Turning Point, Kolkata in collaboration with East Side Institute, New York and Global Play Brigade. There were around 275 participants in the event.



Internship Programme

As a part of the final completion of the Internship Program, MSW Students from Department of Social Work, Durgapur Law College did a presentation to the senior social workers of Antara.



One Day Visit Brainware University

The core administrative team of the Antara Institute of Health Sciences (AIHS) visited Brainware University at Barasat to build up a relationship between the two academic institutions. The team was welcomed and oriented about the courses and functioning's of the Institute. The discussion about placing the nursing students from the university to Antara as a part of the one month mental health nurses training programme was finalised for the month of May 2022. Other collaborations were discussed.





Howrah Railway Child Line organized a networking meeting of NGOs working in the field of childcare. Mr Nitai Chand Mukherjee represented Antara.

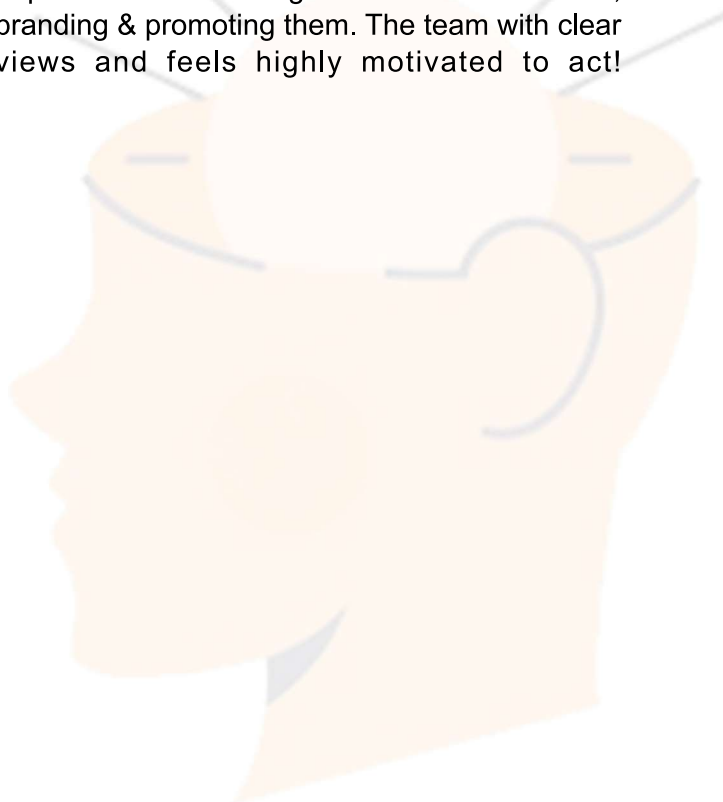


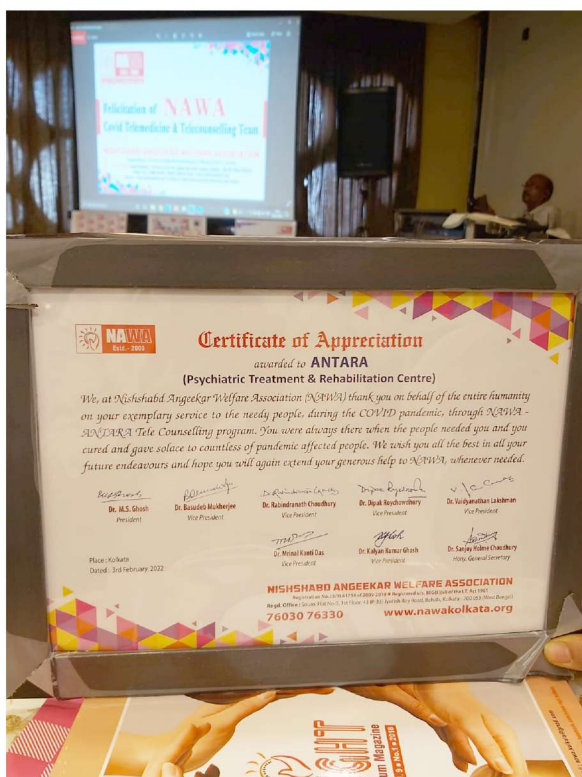
Route Map for Academic Plan

The AIHS team in discussion with Prof. Ashoke Kumar Dutta regarding a route map for the academic plans of Antara. We are grateful to Prof. Dutta for the insightful and inspiring interaction dotted with illustrations from his rich and wide experience in building academic institutions, branding & promoting them. The team with clear views and feels highly motivated to act!

The main takeaways from the meeting are:

1. Antara is a huge brand. Realize it and utilize it.
2. Start with special courses & training programs that are unique where Antara can excel.
3. Course that are recognised by universities should not be the primary aim, rather build courses and let universities approach Antara.
4. Develop the courses with the help of technological advancements.
5. The academic wing of Antara should grow beyond the physical infrastructure.
6. Continue the mechanism of inviting people and converting them to be ambassadors of Antara.
7. Pursue towards quality and the rest will follow.





Nishshabda Angeekar Welfare Association (NAWA), an organization of doctors and other socially-motivated individuals engaged in the promotion of education and welfare of needy students organised a felicitation ceremony at Silver Springs Club, Kolkata, on Sunday, 6 March 2022.

Antara was felicitated on this occasion for the excellent work it has done during the COVID-19 pandemic by extending mental healthcare to those in need. A citation was presented to Antara for 'Tele-mental Health Counselling' provided by Antara in association with NAWA to a wide section of people, including COVID-affected families living in remote villages. Two beneficiaries of this service shared their appreciation of the valuable support during the anxious and uncertain days.



Women's Day Celebration 2022

Women's Day started on a cheerful note at Antara with a medical check-up, red roses, and sweets for Antara's sweet and efficient women, who constitute the majority of the staff. Antara wishes them all a Happy Women's Day.



Fire safety and prevention management training and demonstration for staff at Antaragram



The eve of Basant Utsav (Holi/Doljatra) was celebrated at Antaragram with a grand programme organised by Antara Community Recreation Club on 17 March 2022.



School Mental Health Programme was conducted at Ramakrishna Institute Ashram on 27 March 2022. One hundred students participated.



Training for Mental Health Caregivers

Antara Institute of Health Sciences launched a basic mental health care course on 1 April 2022. We were privileged to have Swami Deveshwarananda, Sr. Assistant Secretary, Ramakrishna Mission, Narendrapur and Ms Madhushri Manna (Professor & Vice Principal, Asia Heart Foundation, Narendrapur as Chief Guest and Guest of Honour.



The course aims to teach participants how to provide basic care to mentally ill patients in the hospital wards and homes, work productively as support staff to the nurses and doctors to manage patients, and report effectively on the patient's progress to the mental health care team. Altogether 20 have enrolled in this programme.



Antara 2.0 at 50 Years

A think-tank session on Antara 2.0 at 50 years was conducted to discuss the future direction of Antara on 20 April 2022 at Antaragram.

Dr Saibal Guha, a long-time friend and well-wisher of Antara, who is also a renowned psychiatrist practicing in Australia, Mr Kamal Prakash (President, Antara), Mr Dhiraj Mohindar (Jt. Sec. Antara), Dr.Brinda Balakrishnan, and all mental health professionals of Antara were present.



Remembering Dr K.L. Narayanan

A programme, "Resolution of Emotional Crisis", was organised at Antara by Antara Community Mental Health Unit on 11 April 2022 in the memory of Late Dr K.L. Narayanan. Students from NRS Medical College and clients of Antara jointly prepared and presented a skit on mental health. Clients also shared their views and stories. As a token of appreciation, umbrellas were presented to all the beneficiaries of the Antara Care & Support Programme present.

Celebrating Bengali New Year

The Bengali New Year 1429 was celebrated with enthusiasm at Antaragram on 14 April 2022. The clients and staff made the day memorable by participating in songs, recitations, and dance and drama performances.



Orientation Programme

As part of a one-day orientation programme, 35 MSW students and two faculty members from Patrician College of Arts and Science visited Antara on 21 April 2022.



Mental Health Awareness Campaign

M.Sc. Nursing (2nd year) students from Apollo Gleneagles College of Nursing organized an awareness campaign under the guidance of Antara Community Mental Health Unit on 27 April 2022 at Madhya Sitakundu Primary School in Baruipur Block.



Impacts & Achievements

Care Brings in Change

This is a about a 14-year-old boy Sheikh Bapi (Name Changed) hailing from a Bengali Muslim family from Haridevpur, South 24 Parganas. Bapi was suffering from acute psychological issues. His father, Nambussa Molla, a daily wage earner, brought up Bapi at the best of his efforts, since Bapi's mother had died in his childhood. However Bapi's started to change during as he grew older; he got into bad company and started selling drugs. As expected he got caught by the police and was sent to undergo a rehabilitation process with the Missionaries of Charity. During the course of treatment he started developing anger issues and became aggressive. Since Bapi's acute behaviour persisted for more than two years, the sisters of MC referred him to Antara.

According to the Missionaries of Charity's psychologist, Bapi's anger issues grew gradually. He became disobedient and stubborn along with outbursts of acute anger and he began hitting others. He developed a destructive attitude, was argumentative, deliberately disturbed others, and displayed no interest in his studies.

After undergoing a thorough screening process at Antara, psychologist and psychiatrist Dr Sumana Bera took Bapi into her charge and started treating him. Bapi's psychological condition is now much better after undergoing therapy, counselling, and treatment. His condition improved so much that he was declared fit to be discharged from Antara.

Bapi now lives with his father. When Bapi visited Antara, the doctors and psychologists, found a great change in him for the better. Bapi now refrains from criminal or socially-unacceptable activities like drug peddling and now enjoys playing basketball at a local coaching centre. Even though his hyperactive behaviour has decreased a lot, the Missionaries of Charity have taken him back for continuing his rehabilitation, care, and support.

The Missionaries of Charity thanked Team Antara for bringing a change in the life of this precious soul.





Anil, (name changed) an 8-year-old child was presented at Antara on March 2017, after being observed to be having loss of appetite. According to reports, he had been crying incessantly and not wanting to go to school for the last couple of months. He was also prone to fits of anger when others did not listen to his demands.

Anil, along with his elder sister, lived with his paternal grandparents, who fulfilled all his demands. At home, Anil was in the habit of breaking things and making new things out of them. As a child, Anil was timid and not very social. He did not want to go to school because, according to him, the teachers hit the students and even detained them when they did not do their homework. Teachers also threatened children that they would be locked up in the school and not allowed to return home if they were naughty. Anil was so scared of going to school that he said he would rather not be alive if he had to go to school.

Anil's mother became extremely worried about his behavioural problems. Anil received treatment at Antara for anxiety with medication and counselling. Anil was also taught to monitor his behaviour with the help of a custom behaviour modification chart. Anil was persuaded to return to school, but suddenly he developed a fear that someone would harm his mother. As a result, he became paranoid and kept coming out of class to check on his mother, who the school authorities had allowed to be at the school gates during school hours.

However, Anil showed significant progress with his treatment and therapy and started going to school by himself. Within a year, he started attending school regularly, although his demanding behaviour at home continued. Anil remains under treatment by Antara, and his caregivers are hopeful that he will keep improving and become normal soon. They expressed their gratitude and gratefulness to Antara.

Guests & Visitors

Rev. Pramod Mathew Thomas, Vicar of Kolkata Mar Thoma Church and his family visited Antaragram on 10 March 2022 and spent time with the patients and staff.



H.G. Theodosius Mar Thoma Metropolitan, the Supreme Head of Mar Thoma Church visited Antaragram on 26 March 2022 and spent time with the patients and staff.



'Our Stories', a storybook was released by the Metropolitan. The stories in the book are written/adapted by the day treatment participants and compiled by Mrs. Sreela Bose, a storyteller who volunteers in the unit.

The other visitors of Antara were:

- Mr Rajaram Ghosal
- Mr T Padmanabhan, Coal India
- Mr G.V.N Prasad Rao, Coal India
- Ms Ashmita Nair
- Ms G. Sushma, Capgemini
- Mr Manasa Ganapuram
- Ms Madhushree Manna, Asia Heart Foundation
- Swami Deveshwarananda, Ramakrishna Mission



Antara strives to alleviate the suffering of people with mental illness through its team of trained and dedicated professionals. Antara is a non-profit organization and depends on the support of its patrons and well-wishers to continue with its mission. Help someone overcome the struggle of coping with mental illness and break its social stigma. Let them know that you are by their side and support their journey. We seek donations from socially responsible and generous people, because we are confident that together, we can transform lives.

To donate

	From Within India	From Outside India
Bank	Axis Bank	State Bank of India
Branch	Baruipur Branch	SME Park Street
Account Number	259010300000152	570227517674
ISFC	UTIB00000259	SBIN0070248
SWIFT Code	-	SBININBBT29

Meal	Sponsorship Amount/Day
Breakfast	Rs.4,000/-
Lunch	Rs.8,000/-
Dinner	Rs.8,000/-

Sponsorship Opportunities

If you would like to celebrate your birthday or wedding anniversary differently, or want to do something in the memory of your loved ones, you can sponsor meals for the residents of Antara.

For further details, contact
Mr Steve Lee at +91 7980714632



ANTARA

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