



Art work by
Gourab Roy,
Personal Growth &
Development Unit,
Antara

REFLECTIONS

**MIND MATTERS - EMPOWERING WELLNESS,
ONE STEP AT A TIME**

SEPTEMBER 2024

WELCOME NOTE

Welcome to the July-September 2024 edition of Reflections, the quarterly newsletter of Antara Psychiatric Hospital and Rehabilitation Centre. This edition captures the essence of our recent initiatives, including Mental Health Week, seminars, and community events aimed at promoting mental wellness and holistic care. As we reflect on these months of progress and engagement, we extend our gratitude to everyone who supported our mission of mental health advocacy and compassionate care. We hope you find inspiration and insight in this issue.

PATIENT UPDATE

JULY - SEPTEMBER 2024

OUT PATIENT DEPARTMENT

New Patients
1,426

Follow -up patients
9,822

Patients Attended
11,248

Child Guidance Clinic
803

IN PATIENT DEPARTMENT

New Patients
350

Re - Admission
65

Total Admissions
415



PROGRAMS



NATIONAL DOCTORS DAY!



Celebrating National Doctors Day on 3rd July 2024

LECTURE SERIES!



Lecture on "Enhancing Geriatric Care Homes: Addressing the Needs of Dementia Patients" featuring Ms. Supriya Chakraborty on 25th June 2024

VISITS!



On July 6th, 2024, we were privileged to welcome Rt. Rev. Zacharias Mar Aprem, Episcopa of the Mar Thoma Church, Delhi Diocese, Rev. Daniel Thomas, Secretary to the Bishop, and Rev. Roshen V. Mathews, Vicar of the Mar Thoma Church Kolkata, to Antaragram.

VITAL SESSIONS!



We were honored to have Dr. Prasenjit Chatterjee, esteemed Senior Clinical Oncologist of Manipal Hospital, lead a vital session on soft skill communication with our dedicated nursing staff and mental health professionals.

PROGRAMS

LECTURE!



"Challenges & Policies for Senior Citizens in India" by Advocate Abhik Kumar Das on 16th July 2024

AWARENESS!



On July 26, 2024, MSc Nursing Part II students from Nil Ratan Sircar Medical College and Hospital (NRSMC&H) organized an impactful awareness program at Antara. The event's theme was "Mental Health Awareness - Moving More For More Mental Health."

RECREATIONAL EVENT!



On 2nd August 2024, the 2nd Year GNM students of Woodlands Hospital organized a heartwarming recreational ceremony for the residents of Antara.

PROGRAMS

VISITS!



The dedicated nursing students from Command Hospital, Kolkata, visited Antara Psychiatric Hospital and Rehabilitation Centre for an insightful one-day orientation program on 2nd August 2024.

CULTURAL EVENT!



On the 8th of August 2024, Antara Recreational Club hosted a vibrant Cultural Programme in honor of Baishe Shrabon and Nazrul Jayanti.

EXHIBITION!



Antara Psychiatric Hospital showcased the transformative impact of our Occupational Therapy Unit at the Monsoon Charity Fair organized by the British Deputy High Commission Kolkata on 10th August 2024 at the British Club.

PROGRAMS

CELEBRATIONS!



The Independence Day celebrations
2024

PROGRAMS



RAKSHA BANDHAN !



On 19th August 2024, Antara gathered to celebrate the beautiful bond of love and protection during our Raksha Bandhan ceremony.

FELICITATION !



DONATION IN KIND !



The Inner Wheel Club of South West Calcutta felicitated Mrs. Gargee Singh, Coordinator of the Personal Growth and Development Unit, Antara for her outstanding service as an educationist and her significant contributions to the field of mental health.

This auspicious occasion on 4th September 2024 was also marked by the generous donation of two food trolleys by the esteemed members of the Inner Wheel Club of South West Calcutta, ensuring that the residents' food can be transported safely and smoothly to their respective wards.



PROGRAMS



CELEBRATION !

Teachers Day Celebration



OBSERVATION !



On 10th September 2024, Antara observed World Suicide Prevention Day with a commitment to raising awareness, providing support, and promoting hope for those struggling with suicidal thoughts.



PROGRAMS



MENTAL HEALTH WEEK 2024



Inauguration of Mental Health Week on 13th September 2024
Theme unfolding - "It is Time to Prioritize mental health in the Workplace"



Mr. Kamal Prakash, President, Antara



Dr. Andrew Fleming, British Deputy High Commissioner, Kolkata



Dr. Mathew P. John, Hon. General Secretary, Antara



Aesthetic Therapy Unit, Antara

Observation of Antara Foundation Day on 14th September 2024

PROGRAMS



MENTAL HEALTH WEEK 2024



Seminar on "Addiction and Mental Health in the Workplace" on 15th September 2024.



Seminar on "Self-care- Work life balance -Setting boundaries."

Coping with Visually Impairment: Helping the persons face the truth on 16th September 2024

Brahmachari Aseemo Chaitanya, Principal of RKM Blind Boys Academy, Narendrapur, was the chief guest at the program for the Visually impaired.



Talent Search – A Cultural Program for Residents of Antara conducted on 17th September 2024 as a part of Mental Health Week Observation.

PROGRAMS



MENTAL HEALTH WEEK 2024



Awareness program conducted on 18th September 2024 on Medication compliance among patient's care - "Managing flare-ups, selfcare for caregivers"



Symposium on "Communicating with Compassion: Enhancing Mental Health and Support through Effective Communication Strategies in Psychiatric Nursing" conducted on 19th September 2024 . It was our privilege to have Dr. Kasturi Mondal, Principal and Smt. Madhusri Manna, Vice Principal from College of Nursing, RN Tagore Hospital, Kolkata



Awareness program for college students of Neotia University was conducted at their university campus on 18th September 2024 on "Creating a culture of care: Enhancing Mental Health & Suicide prevention in work place & beyond"

PROGRAMS

MENTAL HEALTH WEEK 2024



Panel Discussion on Empowering future social workers: Strategies for advocating mental health and wellbeing in work place setting” conducted on 19th September 2024. It was a privilege to have Dr. Reshma Anjum Associate Professor (Left), Vidyasagar School of Social Work (Vidyasagar University), Facilitator of TISS–B.Voc, Guest Faculty of State level universities, Dr. Arunima Dhar, (Middle) Assistant Professor (Social Work) CDOE, Rabindra Bharati University and Dr. Jayanta Saha Roy, (Right) Asst. Professor Vidyasagar School of Social Work (Vidyasagar University), Facilitator at TISS (B-Voc) and Guest faculty of State level Universities.



The Department of Psychology hosted a seminar on Empowering Wellness on 20th September 2024. It was a privilege to have Dr. Prasanta Kumar Roy – Head and Assistant Professor, Department of Clinical Psychology, Institute of Psychiatry, COE, Kolkata and Dr. Soma Pramanik – Assistant Professor, Department of Psychology, St. Xaviers University, Kolkata as Guest Speakers.

PROGRAMS



MENTAL HEALTH WEEK 2024



Workshop on “Role of NGOs in promotion of Mental health” on 21st September 2024



The Closing Ceremony and Release of the Souvenir at Antaragram on 22nd September 2024, marking the conclusion of our Mental Health Week Observation.

It was an honour to have Shri Biman Banerjee, Speaker of the Legislative Assembly, West Bengal, Kolkata grace this auspicious occasion. We were also privileged by the presence of Shri Gautam Das, Vice Chairman, Baruipur Municipality, and Shri Jayanta Bhadra, Karmadhakshya, Zila Parishad, South 24 Parganas.

It was also a privilege to have our esteemed Governing Body Members, Executive Committee Members, and the dedicated staff of Antara Psychiatric Hospital and Rehabilitation Centre, Kolkata, for making this event a success.

SOLIDARITY



Antara Psychiatric Hospital stands united with the medical community in seeking justice at R.G Kar Medical College and Hospital incident. We support all doctors, nurses, and healthcare professionals."



CHANGE STORY

GLIMMER OF HOPE



Kamala Gayen, an 80-year-old woman from Basanti, South 24 Parganas, West Bengal, and her nearly 90-year-old husband, have endured immense hardship. Coming from a disadvantaged background and facing neglect from their children, who have largely abandoned them, their situation grew dire.

Before arriving at Antara, Kamala exhibited severe dementia symptoms, such as forgetfulness, disorientation, and an inability to recognize her family. For three months, she struggled with daily activities and self-care, going missing multiple times before locals traced her via social media. Despite her deteriorating condition, Kamala had no prior access to formal medical treatment.

Kamala and her husband arrived at Antara's Outreach Clinic in distress, without proper documentation or financial resources, only able to provide their village name. Understanding their vulnerable situation, Antara stepped in and offered them free treatment.

Kamala was diagnosed with dementia, a condition that impairs cognitive function and affects memory, thinking, and social abilities. Dementia is a growing concern among the elderly population in West Bengal.

A comprehensive treatment plan was developed, incorporating psychiatric interventions, medications to manage her symptoms, and social support. Antara's social workers provided psychoeducation to her family, advocating for Kamala's needs and conducting crisis interventions. The team also carried out regular home visits to monitor her condition and ensure continued support.

Despite initial setbacks missing follow-up appointments due to physical health issues Kamala's condition gradually improved. Antara's social workers intervened with additional home visits, ensuring the couple received the necessary assistance.

Today, Kamala's husband occasionally attends follow-ups on her behalf, and she accompanies him when she can. Her psychological condition has notably improved.

Kamala and her husband's journey is a testament to resilience, as they strive to recover from their sorrows in their twilight years. Their strength is a beacon of hope, reminding us all to stay positive even in the darkest of times.

Case Reported by: Ms. Asmita Gupta - Social Worker, Antara

TRAINING IN GERIATRIC MENTAL HEALTH & DEMENTIA CARE CERTIFICATE COURSE

*December 2024 to May
2025*



ANTARA

ANTARA INSTITUTE
OF
HEALTH SCIENCES

*A unit of Antara Society of Mental Health
Sciences*

Course highlights!

- Personalised guidance, lectures and certification by the experts.
- Multilingual medium of instruction, primarily English and Bengali.
- An opportunity to gain practical training at Antara Psychiatric Hospital.
- The provision of convenient class timings enables professionals to learn alongside their work.

**Register Now!
Few Seats Left**



Admission Prospectus

Link: <https://rb.gy/542vkn>



+91 8420700252



aihs.asmhs@gmail.com



P.O- Dakshin Gobindapur,
P.S- Baruipur,
Kolkata - 700145



www.antaraglobal.org

**DONATE
NOW!**



A N T A R A

**WE INVITE YOU TO DONATE YOUR USED BOOKS OR
SPONSOR BOOKS/JOURNALS FOR OUR**

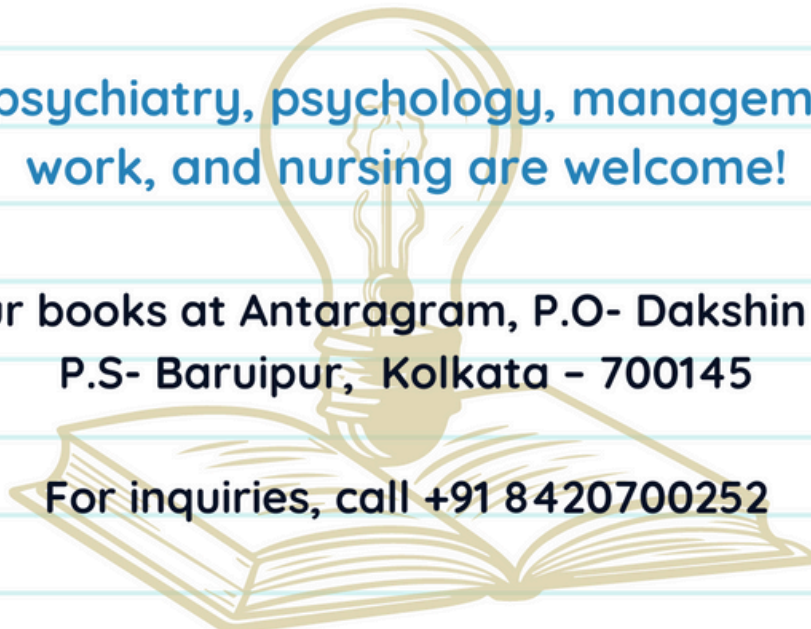
BUILD A LIBRARY PROJECT



**Books on psychiatry, psychology, management, social
work, and nursing are welcome!**

**Drop off your books at Antaragram, P.O- Dakshin Gobindapur,
P.S- Baruipur, Kolkata - 700145**

For inquiries, call +91 8420700252





ANTARA INSTITUTE OF HEALTH SCIENCES

A unit of Antara Society of Mental Health Sciences



BASIC MENTAL HEALTH CARE CERTIFICATE COURSE

December 2024 to February 2025



Discover mental wellness!
Join our 3-month Basic Mental Health Care Course at Antara Institute of Health Sciences! Perfect for exploring essentials or launching your wellness career. Enroll now!

Gain insights into:

- Fundamental principles of mental health
- Effective coping strategies
- Holistic approaches to self-care
- Practical skills for supporting others.



Course starts soon! Don't miss out on this opportunity to empower yourself and make a positive impact. Limited seats available – enroll today!

📎 Admission Prospectus Link:
<https://rb.gy/4acrih>
www.antaraglobal.org



More Information :

+91 8420700252
aih.sasmhs@gmail.com
P.O- Dakshin Gobindapur,
P.S- Baruipur,
Kolkata – 700145





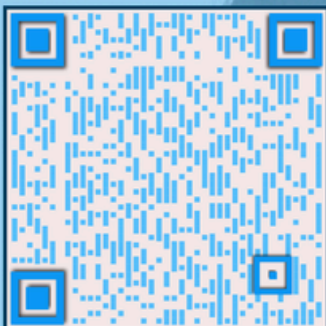
JOIN US IN MAKING A DIFFERENCE!

ANTARA is a non-profit mental health facility in Antaragram, Kolkata that offers a range of treatments for those facing mental health challenges. It was established in 1972 and is registered under the West Bengal Societies Registration Act of 1961.

How You Can Help?

- » Sponsor a patient's healing journey.
- » Donate essential items to enhance our hospital's infrastructure.
- » Sponsor nutritious meals to feed both bodies and spirits.
- » Donate journals and books for our mental health professionals.
- » Support a student's training in mental health.
- » Volunteer your time and skills to spread hope and make a difference.

Corporate Partnerships:
Collaborate with us to sponsor rehabilitation projects and transform lives.



Scan to know more
about our services.

At Antara, we believe in the power of compassion and community. Join us in nurturing those facing mental health challenges!

Ready to make a difference?

Contact us now:

+91 7980714632



antaragram365@gmail.com



www.antaraglobal.org

Antara strives to alleviate the suffering of people with mental illness through its team of trained and dedicated professionals . Antara is a non- profit organisation 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.

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

For further details contact
Steve Lee : +917980714632

To Donate

FOR INDIAN DONATION
AXIS BANK LIMITED BARUIPUR BRANCH
ACCOUNT NUMBER -: 259010300000152
IFSC CODE: UTIB0000259

FOR FOREIGN DONATION
STATE BANK OF INDIA
(NEW DELHI MAIN BRANCH)
ACCOUNT NUMBER -: 40235070993
(FCRA SAVINGS ACCOUNT)
BRANCH CODE -: 00691
IFSC CODE -: SBIN0000691
SWIFT CODE -: SBININBB104

Breakfast	Rs 5000 /-
Lunch	Rs 15,000/-
Dinner	Rs 15,000/-





ANTARA

Post Office - Dakshin Gobindapur , Police Station - Baruipur

Kolkata - 700145

antaragram365@gmail.com / donorrelations@antaraglobal.org

Website : www.antaraglobal.org



An Oasis for Troubled Minds