

# REFLECTIONS

DECEMBER 2024

*Artwork by  
Nandita Sarbadhikary,  
Assisted Living Facility, Antara*

**"TOGETHER, WE CAN CREATE A WORLD THAT  
SUPPORTS MENTAL WELLNESS FOR ALL."**

## WELCOME NOTE

**Warm greetings from Antara Psychiatric Hospital and Rehabilitation Centre, Kolkata!**

**It is with great joy and a deep sense of commitment that we present to you this edition of Reflections, our quarterly newsletter that encapsulates our journey of care, compassion, and community engagement over the past months.**

**In this edition, you will find inspiring stories of recovery, highlights from our recent community outreach programs, and updates on the initiatives undertaken by our dedicated team.**

**As we embrace the new year of 2025, let us remember the importance of empathy, self-care, and collective action. We encourage you to use this newsletter as a resource to deepen your understanding of mental health, draw strength from the stories shared, and inspire others to join hands in this vital cause.**

**Thank you for your continued support and trust in Antara. Together, we are building a world where every individual can thrive with dignity, hope, and resilience.**

# PATIENT UPDATE

OCTOBER 2024 - DECEMBER 2024

## OUT PATIENT DEPARTMENT

New Patients  
1332

Follow -up patients  
10154

Patients Attended  
11486

Child Guidance Clinic  
752

## IN PATIENT DEPARTMENT

New Patients  
386

Re - Admission  
60

Total Admissions  
446



# PROGRAMS



**MAHALAYA 2024!**



**Mahalaya Celebrations on 3rd October 2024**

# PROGRAMS



## FESTIVE OUTING !



Our Group Home residents had a wonderful time pandal hopping this Durga Puja! Filled with joy, excitement, and festive spirit, it was a day to remember for all.

## BIJOY SAMMILANI 2024



## DIWALI CELEBRATIONS 2024



# PROGRAMS



## CHILDREN'S DAY CELEBRATIONS 2024



## SCHOOL EXPOSURE VISIT



**We are delighted to share glimpses from an enriching and insightful exposure visit of students from Apeejay School, Kolkata, G. D. Goenka Public School, Dakshineswar, BDM International School, Kolkata, M. C. Kejriwal Vidyapeeth, Howrah, and Ashok Hall Girls' Higher Secondary School, Kolkata who participated in this meaningful initiative.**

# PROGRAMS



**Exposure Visit by Nursing Students of AIIMS Kalyani to Antara**



**Antara's Community Mental Health Unit conducted an impactful awareness program in the Diamond Harbour II region of West Bengal, reaching 107 participants from Sukdevpur village (Noorpur Gram Panchayat) and Chonna & Mankhand villages (Mathur and Kalatala Gram Panchayats). Key Highlights of the Program were, Identifying warning signs of mental health issues in children. Exploring strategies to address these challenges effectively. Comprehensive introduction to the services available at the Raichak Satellite Clinic of Antara.**



**B.Sc Nursing (6th Semester) students from the Institute of Nursing, Brainware University gained invaluable hands-on experience at Antara Psychiatric Hospital and Rehabilitation Centre, Kolkata. As part of their clinical practice, the students organized a role-play presentation on 28th November 2024 aiming at spreading awareness about childhood mental health and behavioral disorders.**

# PROGRAMS



**On 27th November 2024, the Antara Community Mental Health Unit conducted an insightful community awareness program at Sifalberia village under Noorpur Gram Panchayat, engaging 55 participants. The focus was on identifying the warning signs of mental health issues in children and exploring effective strategies to address them.**



**On 6th December 2024, the Recreational Club Members of Antara Psychiatric Hospital and Rehabilitation Centre, Kolkata, came together to organize a Blood Donation Camp at the Antaragram Community Hall.**

# PROGRAMS




**Antara Psychiatric Hospital and Rehabilitation Centre came alive with the soulful melodies of the Bauls of Bengal, as part of our ongoing efforts to promote mental well-being through cultural and community engagement.**



**On 23rd December 2024, the spirit of Christmas filled the air as we celebrated the season of love, joy, and togetherness**




# CHANGE STORY



## REAWAKENING



INSPIRATIONAL STORY - A TESTIMONIAL



**What was your life like before coming to Antara? When did you decide to come to Antara?**



I, Taniya Das, (name changed) am currently pursuing my Masters in English Literature at St. Xavier's College, Kolkata. I completed my graduation from the same institution in 2021, during the second wave of the COVID-19 pandemic. After graduation, I took a two-year gap to prepare for the UPSC Civil Services Examination, enrolling in coaching at the Satyendranath Tagore Centre for Civil Services in Salt Lake.

(1)




My family, including my parents, sibling, maternal grandfather, and my beloved pet dog, Tulip, have always been my pillars of strength. They have supported me in every decision and given me the freedom to exercise my choices. My parents, especially, have stood by me through every phase of my life, offering me a safe space filled with love and understanding.

(2)




However, recently, misunderstandings arose between me and my family, which left me feeling emotionally vulnerable and overwhelmed. One evening, after a heated argument with my parents and some extended family members, I found myself at a breaking point.

(3)




It was then that I decided, on my own, to enter Antara. I hoped that this place would help me regain my sense of dignity and balance, and over the course of the nine days I spent here, that hope was realized.




To every doctor, psychiatrist, psychologist, ward in-charge of the female rehab, and all the nursing staff and assistants at Antara—I am deeply grateful. You have not only helped save me, but also restored my sense of self and direction. Thank you, Antara, for showing me the way forward.

(4)





**What have you learned about yourself through this experience?**



Antara has taught me what it means to truly live, not just survive. Life, as they've shown me, is about embracing both joy and challenge, like a butterfly that flutters freely yet stays grounded, or a honeybee that works diligently while bringing sweetness to life.


(5)




The love, empathy, and kindness I received from the staff at Antara—especially the ward in-charge, nursing staff, and assistants—was unmatched.

Antara reinforced a universal truth: Where there is a will, there is a way. It helped me realize my strength and capacity to rise above the emotional turmoil, while remaining rooted in resilience.

(6)





**What strategies or coping mechanisms have you found most helpful? How do you find meaning in your experiences now?**



Antara has taught me how to manage my emotional outbursts and deal with difficult situations. The support of Chief Psychologist Indrani Ma'am, Chief Psychiatrist Dr. Soumya Chatterjee Sir, Ward In-charge Mampi Di, and the entire staff was invaluable. Their guidance helped me find a way to navigate my emotions in a healthier way.

(7)



One of the most profound lessons I've learned is the importance of responding, not just reacting. As the saying goes, "The mind is its own place, and in itself can make a Heaven of Hell, a Hell of Heaven." Antara has taught me how to harness this power of the mind.





Thank you, Antara, for teaching me how to swim through the vast ocean of life, with both grace and determination.


(8)

# Unlock Your Potential in Psychological Counselling!

Transform your passion for helping others into a rewarding career with our comprehensive **Diploma in Psychological Counselling**.

Graduates of our program are equipped with essential public-facing, soft skills, and life skills training, preparing them to thrive in diverse settings:

-  Healthcare Settings
-  Educational Institutions
-  Rehabilitation Centers & NGOs
-  Corporate Settings

 This course provides a solid practical foundation, giving students a strong start toward their career goals in psychological counselling.

## TRAINING

Hybrid (Online Distance Learning for Theory, Practical Sessions at Antara Psychiatric Hospital)

## DURATION

August 2025 to September 2026

## ELIGIBILITY

Graduation

## FEES

Registration Fees ₹8,300/-

Tuition Fees ₹24,000/-



## For more info contact:

-  +91 8420700252
-  P.O- Dakshin Gobindapur, P.S- Baruipur, Kolkata – 700145
-  aihs.asmhs@gmail.com
-  [www.antaraglobal.org](http://www.antaraglobal.org)

**HURRY! APPLICATION OPEN FOR AUGUST 2025.**

**Diploma in Psychological Counseling Course in hybrid mode. Student presentations moderated by Ms. Zeeyan Islam, Psychologist, Antara.**



# ANTARA INSTITUTE OF HEALTH SCIENCES

*A unit of Antara Society of Mental Health Sciences*



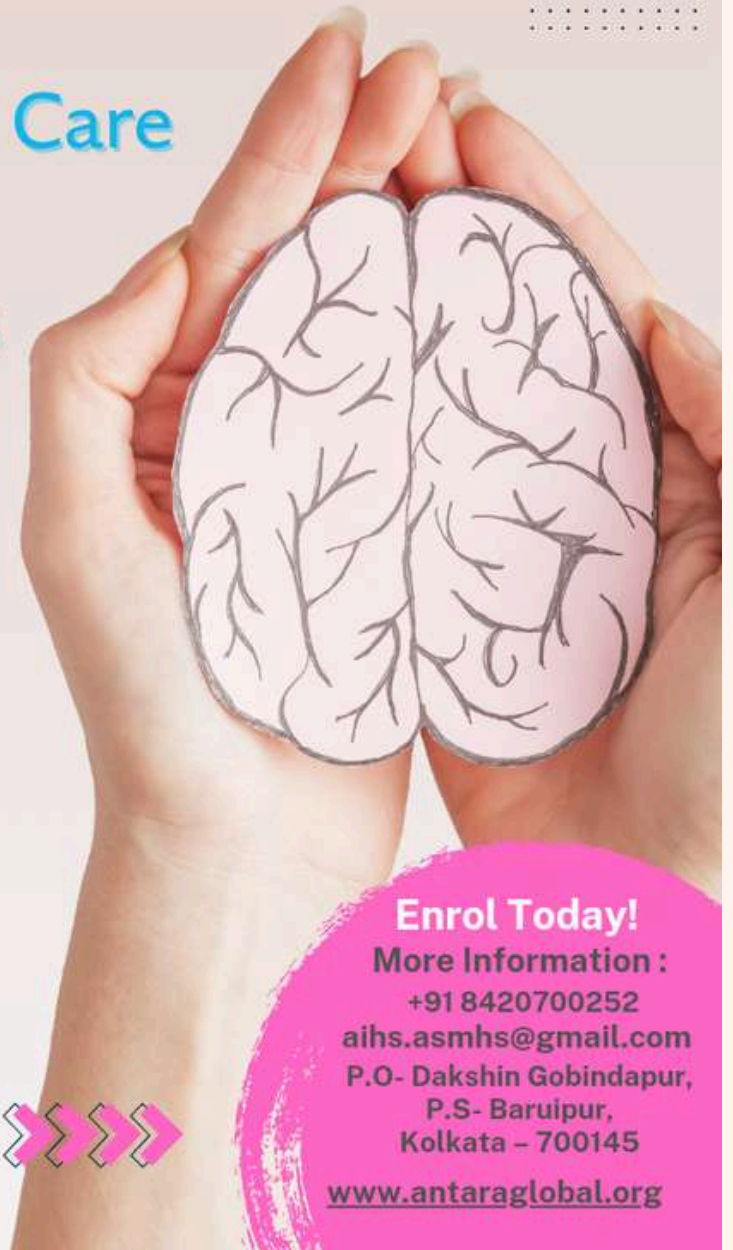
## Basic Mental Health Care Course

April to June 2025

Gain insights into:

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

Course Prospectus Link:  
<https://rb.gy/4acrih>



**Enrol Today!**

More Information :

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[aihs.asmhs@gmail.com](mailto:aihs.asmhs@gmail.com)

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Exploring Mental Illness and Disorders through research, students of Basic Mental Health Care Course



**ANTARA INSTITUTE  
OF HEALTH  
SCIENCES**

*A unit of Antara Society of  
Mental Health Sciences*

**7.4% of adults over  
the age of 60 in India  
have dementia.**



## Living well with Alzheimer's Disease

If you or your loved one has been diagnosed with Alzheimer's, you probably feel overwhelmed and unsure of what the future holds for you.

While there is no cure (yet), treatments are getting better and better, and there are many support services in your community.

### **Identify a support network and train yourself to become a caregiver!**

It's important to connect with a therapist, friends, or a partner for support. You might also consider training as a dementia caregiver to improve your skills and well-being.



**AIHS orientation for Social Work Interns from Law College, Durgapur.**

# TRAINING IN GERIATRIC MENTAL HEALTH & DEMENTIA CARE GIVING

July to December 2025



**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.

**BECOME AN  
EMPOWERED  
CAREGIVER.  
REGISTER TODAY!**



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Kolkata - 700145



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## Admission Prospectus

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



Lecture on Person Centred Approach by Mr. Karuna Sindhu, Clinical Psychologist, Antara - Dementia Care Course

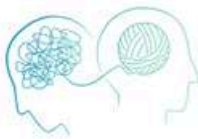


ANTARA

# Antara Institute of Health Sciences

*A unit of Antara Society  
of Mental Health Sciences*

Courses	Duration
• <b>Diploma in Psychological Counselling</b>	<b>1 Year Course</b> <b>Admissions open for August 2025.</b>
• <b>Masters in Hospital Administration</b>	<b>2 Years Course</b> <b>Admissions open for 2025!</b>
• <b>Training in Geriatric Mental Health and Dementia Care Certificate Course</b>	<b>6 Months Course</b> <b>Admissions Open for July 2025!</b>
• <b>Basic Mental Health Care Certificate Course</b>	<b>3 Months Course</b> <b>Admissions Open for April 2025!</b>



**Upcoming Courses:**  
**BBA in Hospital Management**  
**M.Sc. Clinical Psychology**  
**Diploma in ADHD Programme**



Antara Institute of Health Sciences, believes that mental health caregivers need to be trained in providing basic care to mentally ill patients in clinical and community setting. We are a non-profit institution that aims to promote education through rights-based approaches for all individuals.,

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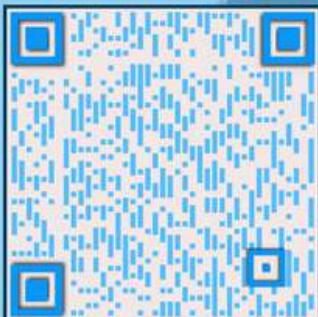
# JOIN US IN MAKING A DIFFERENCE!

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](mailto:antaragram365@gmail.com) / [donorrelations@antaraglobal.org](mailto:donorrelations@antaraglobal.org)

Website : [www.antaraglobal.org](http://www.antaraglobal.org)



*An Oasis for Troubled Minds*