



Artwork by
Lina Karmakar,
Personality Growth & Development Unit, Antara

**"UNITED FOR MENTAL WELLNESS, BECAUSE EVERYONE
DESERVES CARE, COMPASSION, AND SUPPORT."**

WELCOME NOTE

As we step into a new year filled with a purpose, it is with heartfelt joy and unwavering commitment that we bring you the April 2025 edition of Reflections, our newsletter that chronicles Antara's journey of healing, hope, and community connection.

This edition highlights powerful stories of recovery that remind us of the strength of the human spirit. You'll also find insights into our recent community outreach efforts, as well as updates on new initiatives driven by the dedication and compassion of our multidisciplinary team.

As we navigate the early months of 2025, we invite you to reflect on the importance of empathy, mental well-being, and collective responsibility. We hope this newsletter serves not only as an informative resource but also as a source of inspiration, encouraging all of us to be advocates for mental health and well-being.

Thank you for your continued trust and support. Together, we are creating a world that embraces mental wellness, where every individual has the opportunity to heal, grow, and live with dignity and resilience.

TEAM ANTARA

PATIENT UPDATE

JANUARY 2025 - APRIL 2025

OUT PATIENT DEPARTMENT

New Patients
1856

Follow -up patients
13988

Patients Attended
15844

Child Guidance Clinic
953

IN PATIENT DEPARTMENT

New Patients
509

Re - Admission
60

Total Admissions
569



PROGRAMS



Antara Community Mental Health Unit conducted an insightful awareness program with members of the Kamarpol Panchayat, Community Health Officers (C.H.O.), Auxiliary Nurse Midwives (A.N.M.), ASHA workers, and ICDS workers under Diamond Harbour Block-2, South 24 Parganas, West Bengal.



On January 10th, 2025, the LIC ward of Antara Psychiatric Hospital and Rehabilitation Centre, Kolkata enjoyed a wonderful picnic filled with laughter, games, and togetherness at The Bob Pierce Home, Baruipur.



The Antara Community Recreational Club held a seminar on 13th January 2025 to mark Swami Vivekananda's Birth Anniversary. Guest Speaker- Swami Ekachittyanaanda, Principal, Narendrapur College, Chief Guest- Shri Kusal Chowdhury, Trustee & Secretary, Dakhineswar Kali Temple, Special Guest- Shri Ashok Das, Trustee, Dakhineswar Kali Temple

PROGRAMS



Antara Psychiatric Hospital hosted a CME session on 16th January 2025 at Antaragram Community Hall, focusing on the new molecule Zonalta. Sponsored by Intas Pharmaceuticals, the event featured insights from Dr. Saibal Guha, visiting psychiatrist from Brisbane and long-time friend of Antara.



The Government College of Nursing, Kalimpong, organized a heartwarming Cultural Program for the residents of Antara Psychiatric Hospital and Rehabilitation Centre, Kolkata on 16th January 2025.



The Personal Growth & Development Unit and Assisted Living Facility residents came together for a day full of laughter, joy, and bonding at the Annual Picnic 2025!

PROGRAMS



We fondly remember our beloved Late PM John on his death anniversary on 23rd January 2025. As Antara's Founding General Secretary, his visionary leadership and unwavering dedication laid the groundwork for countless lives to be transformed. His legacy of compassion and service continues to inspire us daily.



Celebration of Netaji Subhas Chandra Bose's birth anniversary



76th Republic Day Celebrations

PROGRAMS



Antara Residents- Annual Sports 2025



On 23rd January 2025, Antara observed the death anniversary of Late Mr. P.M. John with a memorial at the Community Hall. Joined by residents, staff, and Mr. Milan Dutta his close friend and long time supporter, we honored the legacy of our Founding General Secretary with heartfelt remembrance and gratitude.



On 28th January 2025, an Identification Camp was successfully conducted by the Community Mental Health Unit at the Shanti Dham Mela in Sifalberia village under Noorpur Gram Panchayat.

PROGRAMS



Saraswati Puja Celebrations at Antara



Antara Community Mental Health Unit conducted mental health awareness programs at Nainan and Mathur Prathomik Vidyalayas in Diamond Harbour Block II, South 24 Parganas, promoting emotional well-being among students.



Antara Staff Sports Day 2025

PROGRAMS



On 21st February 2025, Antara's Community Mental Health Unit held a mental health awareness session with 60 students and their mothers at Chanda Junior Basic School, Diamond Harbour Block II.



Under the guidance of the Community Mental Health Unit of Antara, MSC students from Sister Nivedita College of Nursing conducted an impactful awareness program at Sanpui Para, near Gobindapur village, under Langalberia Gram Panchayat.



On 10th March 2025, the M.Sc. Nursing 2nd Year students of College of Nursing, RG Kar Medical College successfully organized an insightful Psychodrama on Drug Compliance

PROGRAMS



On March 12, 2025, the Antara Community Mental Health Unit conducted a Community Awareness Program with 52 participants from Mankhand village under Mathur Gram Panchayat, Diamond Harbour Block-2, South 24 Parganas.



Basanta Utsab at Antaragram - 13th March 2025



We sincerely thank the Universal Marwari Women's Forum Trust for generously sponsoring solar water heaters at our facility. The installation was inaugurated by members of the Trust's Ladies Wing on 27th March 2025 at Antaragram.

PROGRAMS



We were pleased to host a special lecture by Ms. Nilanjana Maulik, Secretary General of ARDSI Calcutta, on "Navigating Financial Challenges in Dementia Care: Costs, Planning, and Solutions." on 8th of April 2025. The session offered valuable insights into the economic aspects of dementia care, practical planning strategies, and available support systems. Participants found the discussion both informative and empowering.



On April 10th, 2025, Antara hosted a heartfelt program to honor the memory of Dr. K.L. Narayanan a visionary doctor whose compassion and dedication laid the foundation for our Community Mental Health Program. His legacy continues to inspire and guide us every day.



We're delighted to share that Dr. Bijoy Jacob, Medical Superintendent at Antara, was invited as Guest Speaker for a session on "Mental Wellbeing" at Ramakrishna Mission College, Narendrapur on 14th April 2025. Thirty-five undergraduate students attended the interactive session, gaining key insights from Dr. Jacob's impactful presentation.

PROGRAMS



Nababarsha Celebrations 2025 at Antaragram

CHANGE STORY

"ANJALI'S TRIUMPH: A JOURNEY FROM SILENCE TO SUCCESS"



Anjali (name changed) was around five years old when she first visited the Child Guidance Clinic at Antara with her mother. She was experiencing speech difficulties and social aloofness, and her school had recommended special education for her. A leading psychiatrist in Kolkata diagnosed her with Autism Spectrum Disorder.



Feeling utterly helpless, her parents her father, a scientist, and her mother, a homemaker turned to Antara for support. They were clear about their preference for non-pharmacological interventions. Following her registration, psychiatric social worker Mr. Nitai Chand Mukherjee initiated weekly play therapy sessions. By the 16th session, Anjali showed remarkable progress, her speech became clearer, and she overcame her social withdrawal and clumsiness.



With renewed hope, her parents approached her previous school, along with Antara's progress report. The school authorities convened a board meeting and, after reviewing her improvements, declared her fit to resume mainstream education. They even issued a verbal apology for their hasty and premature decision.



Today, Anjali is flourishing in her academic journey, successfully promoted to Class VII with an outstanding 85% score. Her family remains deeply grateful to Antara and continues to stay in touch, acknowledging the unwavering support they received during their most challenging times.



Testimony from Anjali's Family:





"Anjali's report card shows her successful promotion to Class VII with a total score of 85%. Thank you for always being there for us. We cannot express our gratitude enough—words fall short, but our hearts are full."

(আপনাকে ধন্যবাদ জানিয়ে ছোট করব না, কৃতজ্ঞতা জানাই – "We will not diminish our gratitude by simply saying thank you; we express our heartfelt appreciation.")

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/-





Antara Institute of Health Sciences

A unit of Antara Society of Mental Health Sciences

For more info contact:

 +91 8420700252

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

 aihs.asmhs@gmail.com

 www.antaraglobal.org

HURRY! APPLICATIONS OPEN FOR AUGUST 2025.





**Antara Institute of
Health Sciences**

MASTER OF HOSPITAL ADMINISTRATION

**Elevate Your Professional
Healthcare Career**

Course Details

The Antara Institute of Health Sciences is offering a 2-year Master of Hospital Administration course in affiliation with the West Bengal University of Health Sciences.

Eligibility

The candidate must be a graduate in any discipline and have cleared the common entrance test JEMAS (PG) -conducted by the West Bengal Joint Entrance Examinations Board (WBJEEB).



Enrol Today!

More Information :

+91 8420700252

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

aihhs.asmhs@gmail.com

www.antaraglobal.org



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!**



+91 8420700252



aihs.asmhs@gmail.com



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

www.antaraglobal.org

Admission Prospectus

Link: <https://rb.gy/lxnu3e>





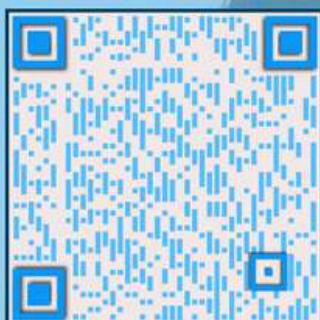
JOIN US IN MAKING A DIFFERENCE!

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