



REFLECTIONS

JANUARY 2026 EDITION

“MENTAL WELLNESS THROUGH CARE, COURAGE, AND COMMUNITY.”

WELCOME NOTE

As winter comes to a close, we are pleased to present this edition of Reflections, highlighting Antara’s continued commitment to healing, hope, and community empowerment.

This edition shares stories of resilience and recovery from recent months, alongside updates on key initiatives and community outreach efforts made possible through meaningful partnerships and sustained support. It reflects the collective impact achieved when care, collaboration, and purpose come together.

As we look back on the latter half of 2025 and move forward, we invite our donors, CSR partners, and community members to reaffirm the importance of shared responsibility in advancing mental well-being. Your trust and support enable us to expand access to compassionate care and create lasting change.

We extend our sincere gratitude for your continued partnership. Together, we are building a future where mental health care is accessible, dignified, and empowering for all.

TEAM ANTARA

PATIENT UPDATE

SEPTEMBER 2025 - JANUARY 2026

OUT PATIENT DEPARTMENT

New Patients
2408

Follow -up patients
12961

Patients Attended
15369

Child Guidance Clinic
1550

IN PATIENT DEPARTMENT

New Patients
604

Re - Admission
105

Total Admissions
709



PROGRAMS & EVENTS



On 22nd September 2025, Antara conducted a focused workshop on Managing Transference and Countertransference in Psychiatric Care at the Community Hall. The session was led by Dr. Pushpa Mishra, practicing psychoanalyst, member of the International Psychoanalytical Association Climate Committee, and former President of the Indian Psychoanalytical Society.

Attended by psychiatrists, psychologists, social workers, ward in-charges, and nursing staff, the workshop offered valuable insights into therapeutic relationships and compassionate clinical practice. We thank Dr. Mishra and all participants for making the session enriching and impactful.



Mahalaya Celebrations 2025

A Landmark Moment for Antara

On 9 October 2025, Antara marked a historic milestone with the Foundation Stone Laying Ceremony of the Axis-Antara Institute of Health Sciences at Antaragram. The foundation stone was graciously laid by Amitabh Chaudhry, Managing Director & CEO of Axis Bank.

We are deeply grateful to the Axis Bank leadership team for their presence and support, including Abhejit Agarwal, Head – Sustainability & CSR, and Reynold D'Souza, President & Head – Branch Banking (North & East) & TASC Business, along with other senior leaders.

This collaboration signifies a major step forward in strengthening mental health education and building a healthier future for all.



World Mental Health Day 2025 at Antara

Antara Psychiatric Hospital & Rehabilitation Centre, Kolkata, proudly celebrated World Mental Health Day on 10th October 2025 with immense enthusiasm and participation from guests, staff, students, and residents. We were deeply honoured by the gracious presence of Shri Biman Banerjee, Hon'ble Speaker, West Bengal Legislative Assembly; Dr. Andrew Fleming, British Deputy High Commissioner, Kolkata; Shri Sourabh Majhi, BDO, Baruipur; Shri Jayanta Bhadra, Karmadhyakya, Water Resource and Fisheries, South 24 Parganas Zilla Parishad; Shri Goutam Das, Vice Chairman, Baruipur Municipality; and Dr. Mathew P. John, Hon. General Secretary, Antara. The event also witnessed the release of the Antara Souvenir 2025, marking yet another milestone in our journey toward spreading awareness, compassion, and hope for better mental health for all.



Inauguration of the Mental Health Week 2025

On 11 October 2025, Antara inaugurated Mental Health Week with an inspiring programme bringing together leaders, staff, residents, and community members. We were honoured by the presence of Mr. Kevin Goh, Acting Consul-General of the Australian Consulate-General, Kolkata, who highlighted the value of international collaboration in promoting mental well-being.

The programme featured a welcome address by Mr. Biswa Behari Chatterjee and a presidential address delivered by Mr. Kamal Prakash. This was followed by the presentation of the annual report by Dr. Mathew P. John. To conclude the event, a moving play performed by Antara's Personal Growth & Development Unit beautifully underscored the role of art in healing and community connection.



Mental Health Week 2025

As part of the observance of World Mental Health Week, Antara Psychiatric Hospital & Rehabilitation Centre, Kolkata, was privileged to host a seminar on “Building Community-Based Mental Health – First Response in Emergencies” on 13th October 2025 at Antaragram.

The insightful session was led by Dr. Prasanta Kumar Roy, Assistant Professor, Department of Clinical Psychology, Institute of Psychiatry, Kolkata, who shared his expertise on the critical role of community-level intervention during mental health emergencies.



Mental Health Week 2025

Antara hosted a thought-provoking panel discussion on “Access to Services – Mental Health in Catastrophes and Emergencies” on 14th October at Antaragram.

The discussion brought together an eminent panel of speakers – Dr. Pushpa Misra, Practicing Psychoanalyst and Former Principal of Bethune College; Dr. Arunima Dhar, Assistant Professor, Department of Social Work (CDOE), Rabindra Bharati University; Dr. Jitamanyu Maity, Psychiatrist, Antara Psychiatric Hospital; and Mr. Alapan Ghosh, Disaster Management Professional, Government of West Bengal. It was also an honour to have Shri. Sabyasachi Guin, Child Development Project Officer, ICDS Project, Baruipur, South 24 Parganas.

The session was moderated by Dr. Bijoy Jacob, Medical Superintendent & HOD, Department of Social Work, Antara, who guided the conversation on how to strengthen access to mental health care during crises and disasters.



Mental Health Week 2025

Healing Amid the Storm: Mental Health in Emergencies

Antara successfully hosted a thought-provoking Panel Discussion on 15th October 2025 at Antaragram as part of our ongoing commitment to advancing mental health awareness and preparedness.

The session brought together distinguished experts who shared deep insights on access to mental health services during catastrophes and emergencies – a topic more relevant today than ever.

Guest of Honour: Mrs. Shikha Lahiri, Principal, Shova Rani Nursing College, KPC MCH

Moderator: Dr. Bijoy Jacob, Medical Superintendent & HOD (Department of Social Work), Antara Psychiatric Hospital, Kolkata

Panelists:

- 1) Mrs. Jhumpa Sarkar – Tutor, SON, IPGMER SSKM Hospital
- 2) Mrs. Priyanka Biswas – Assistant Professor, Ruby College of Nursing
- 3) Ms. Sayani Naskar – Assistant Professor, Antara Institute of Health Sciences
- 4) Mrs. Poulomy Dutta – Assistant Professor, Shova Rani Nursing College
- 5) Dr. Radhika M.S – Consultant Psychiatrist, Antara

Their deliberations on barriers to access, governance gaps, community resilience, and mental health preparedness inspired meaningful dialogue on how we can collectively strengthen our response in times of crisis.



Mental Health Week 2025

Transforming Lives Through Counselling

As part of World Mental Health Week 2025, the Department of Psychology, Antara, hosted an enriching session on “Transforming Lives Through Counselling” on 16th October 2025.

The event delved into how counselling serves as a powerful tool to navigate change, reshape personal narratives, and strengthen emotional resilience.

We were privileged to have two eminent speakers:

- Dr. Sreemoyee Tarafder, Assistant Professor, Department of Psychology, West Bengal State University, Barasat, who shared profound insights on “Counselling as a process of change and emerging narratives.”
- Ms. Ipsita Banik, Clinical and Rehabilitation Psychologist, who spoke on “Coping with emotional challenges and strengthening attachment.”

The session left participants inspired, reaffirming the transformative role of counselling in promoting mental well-being and human connection.



Mental Health Week 2025

Transforming Lives Through Counselling

Antara hosted a deeply insightful seminar on “Psychoeducation of Family Members in a Case of Substance Abuse Disorder” on 17th October 2025.

We were privileged to have Dr. Arundhati Biswas, Consultant Psychiatrist, Antara, deliver an exceptional and heartfelt presentation that truly resonated with the audience.

The session was further enriched by Shri Ranaji D, Antara Society Member, and a member of Alcoholics Anonymous (AA), whose personal insights and reflections highlighted the significance of family support in recovery.

Adding great depth to the discussion, Dr. Soumya Chatterjee, Chief Psychiatrist, Antara, shared valuable clinical perspectives and real-life experiences of individuals and families navigating the challenges of addiction.



PROGRAMS & EVENTS



We were honoured to be a part of the 5-day Bazaar/Mela hosted by HSBC, Gariahat, from 13th to 17th October, a wonderful celebration of creativity, compassion, and community spirit.

It was a privilege to have Shri. Mehtab Hossain, Indian former professional footballer and coach, and Shri. Amitabh Bhattacharya, actor, grace the event with their presence. Their encouragement and kind words added immense warmth to the occasion.



PROGRAMS & EVENTS



We At Antara Psychiatric Hospital & Rehabilitation Centre, Kolkata, we celebrated Bhai Phota, a day that beautifully honours the timeless bond between brothers and sisters.

The warmth, laughter, and loving gestures shared today reminded us that family isn't just about blood, it's about love, care, and the promise to stand by each other, always



PROGRAMS & EVENTS



On 27th October 2025, the Antara Community Mental Health Unit conducted a meaningful community awareness program at Mahisadal village, East Medinipur.

It was wonderful to have enthusiastic participation from students of Visva-Bharati, Dibrugarh University, and Bishop's College, Kolkata. The sessions focused on important topics such as dementia and child psychology, followed by an engaging street play highlighting the stigma surrounding mental illness.



PROGRAMS & EVENTS



At Antara , we had the joy of celebrating a beautiful combined programme, Children’s Day along with the donation of a Food Trolley by the Inner Wheel Club of South West Calcutta.

We extend our heartfelt gratitude to the Inner Wheel Club of South West Calcutta for their generous donation of the Food Trolley. This thoughtful contribution will support our daily services and enhance the care we provide to our patients.

We are equally grateful to the Club members for their presence, their warmth, and the wonderful gifts they shared with our children, bringing smiles and happiness throughout the ward.

We were also immensely honoured to have with us Mr. Kevin Goh, Acting Consul-General of the Australian Consulate-General, Kolkata, as our Chief Guest. His encouraging words and gracious presence added great value to the occasion.

The celebration continued with delightful dance performances, a lively art competition, cake cutting, and enthusiastic participation from the children of our Child Ward. It was truly a day filled with joy, laughter, and meaningful moments, a reminder of the importance of nurturing young minds with care and compassion.



PROGRAMS & EVENTS



Antara Raichak Satellite Clinic has shifted to a new address:

Antara Raichak Satellite Clinic has now been relocated to its new premises at Mukti Ananda Tirtha, Bhaduaara, Ramnagar, South 24 Parganas. This new space allows us to continue serving the entire Diamond Harbour Block II community with greater ease and accessibility.



PROGRAMS & EVENTS



Antara conducted an enriching ADHD Awareness Workshop at The Florence Institution on 25 Nov 2025 in collaboration with The Partha De Foundation, honouring the legacy of Partha De.

The programme began with an inspiring introduction by Ms. Dona Das, Director, The Florence Institution, Kolkata, followed by an impactful address and short film by Prof. Ashoke Kumar Dutta, Retired Director, Indian Institute of Management Shillong, Ms. Anita Brooks representing Antara, shared valuable insights into the ADHD initiative.

A special appreciation to Captain S. Das and Ms. Dona Das, Directors for their warm hospitality and visionary leadership that shaped the school's nurturing environment.

Engaging sessions were led by Ms. Anushree Das, Clinical Psychologist at Antara, Ms. Dipika Nandi, Senior Special Educator at Akshar and Ms. Ankhi Sarkar, Program Coordinator, Antara Community Mental Health Unit (CMHU) offering practical classroom strategies, awareness, and community mental health perspectives. The enthusiasm of participants made the workshop lively and meaningful.



PROGRAMS & EVENTS



Antara A special session on Overview of Autism Spectrum was held on 28th November 2025 from 2:00 PM onwards at Antara Community Hall, organized by the Psychology Department.

The session was moderated by Ms. Indrani Basu, President of the Autism Society West Bengal, and was attended by Psychiatrists, Psychologists, Social Workers, Staff Nurses, and Leaders Council Members of Antara.



Antara Self-Help Group members from our Work Therapy Unit proudly participated at the Purple Fair held at Ramakrishna Mission Blind Boys' Academy. The event was a wonderful celebration of inclusivity, empowerment, and creativity.



PROGRAMS & EVENTS



Antara Psychiatric Hospital & Rehabilitation Centre, Kolkata was delighted to be a part of Gloria '25 organized by the Kerala Christian Ecumenical Fellowship, Kolkata.

Our bakery unit proudly put up a stall featuring delicious bakery items — and the love and support we received was truly heartwarming.

It was also a moment of great pride for all of us at Antara to witness our Hon. General Secretary, Dr. Mathew P. John, being felicitated during the event.



SCHOOL EXPOSURE VISITS



We were delighted to host the students of Ashok Hall School, Kolkata and South Point School, Kolkata on 24th and 25th September 2025 at Antara Psychiatric Hospital & Rehabilitation Centre.

The students had a meaningful and enriching time learning about mental health awareness, emotional well-being, and the importance of compassionate care. They also had the opportunity to interact with our residents, making the experience even more memorable.



PROGRAMS & EVENTS



On 16 Dec 2025, a successful ADHD awareness & capacity-building workshop was held at the beautiful Techno India School, Bolpur, in collaboration with Antara Psychiatric Hospital, the Satyam Roychowdhury Foundation & Prof. Ashok Kumar Dutta.

Teachers actively engaged in sessions on understanding ADHD, practical classroom strategies, and inclusive teaching practices. The programme was expertly led by speakers Ms. Anita Brooks (Manager, Communications, Antara), Ms. Ankhi Sarkar (Program Coordinator, Community Mental Health Unit, Antara), and Ms. Shabana Yasmin (Clinical Psychologist, Antara).

Thanks to Principal Ms. Sukanya Biswas, Mr. Chinmoy Palit, Ms. Rakhi, and Mr. Ashes Ghosh for their support in making the workshop seamless. Together, we are fostering early identification, empathetic classrooms, and better learning outcomes for children with ADHD



PROGRAMS & EVENTS



Mental Health Exhibition 2026 at Antara — a day of community, creativity, and conversations that build hope and well-being together.



PROGRAMS & EVENTS



On 19th January 2026, Antara Community Mental Health Program successfully conducted a community awareness session engaging 52 elderly community members from six villages under Khorda, Kolatola, and Bhadura Panchayat.

The program focused on dementia care and common mental health concerns among older adults, while also exploring practical strategies for early identification, care, and support at the community level.



On Netaji Subhas Chandra Bose Jayanti, Antara salutes the spirit of courage, discipline, and self-belief that continues to inspire a stronger and compassionate nation.



Saraswati Puja 2026 at Antara Institute of Health Sciences (AIHS)



PROGRAMS & EVENTS



On 23rd January 2026, Antara came together at the Community Hall to solemnly commemorate the Death Anniversary of Late Mr. P. M. John, Founding General Secretary of Antara. The memorial programme was a heartfelt tribute, marked by quiet reflection and gratitude, as residents and staff honoured a life dedicated to compassion and mental health care. His vision continues to guide our work, inspiring us to serve with empathy, commitment, and hope



PROGRAMS & EVENTS



Celebrating the spirit of Republic Day at Antara—honouring unity, dignity, and hope for all.



Sports Day 2026 at Antara, where residents and nursing students came together in a joyful celebration of teamwork, resilience, and pure sporting spirit



PROGRAMS & EVENTS



Workshop on Common Childhood Disorders & ADHD

Antara conducted a awareness workshop on Common Childhood Disorders & ADHD on 30th January 2026 at Techno India Group Public School, Chinsurah, Hooghly, for teachers of TIGPS Hooghly, Nabadwip, and Krishnanagar.

The session was led by Ms. Molly Thambi, Joint Secretary, Antara, with Ms. Ankhi Sarkar, Program Cordinator, Community Mental Health Unit,(CMHU),Antara and Ms. Anita Brooks, Manager, Communications as resource persons. The workshop aimed to demystify ADHD beyond common stereotypes, highlight its comorbidities such as anxiety and depression, and equip teachers with evidence-based strategies for daily classroom and behavioural management.

Key discussions included understanding ADHD, its types, signs and symptoms, and the neurobiological basis of the condition enabling educators to better identify, support, and respond to children's mental health needs. A meaningful step toward strengthening child mental health awareness in schools.



SCHOOL EXPOSURE VISITS



Antara had the privilege of welcoming students from several reputed schools as part of their curriculum-based exposure visits. From 10th to 18th November 2025, students explored our campus, interacted with patients, and gained meaningful insights into mental health care, rehabilitation, and community service.

We were honoured to host:

- 1) DPS New Town
- 2) Adamas International School
- 3) South Point School
- 4) Lakshmiapat Singhania Academy
- 5) Techno India Group Public School
- 6) Mansur Habibullah Memorial School

The students engaged with compassion, respect, and curiosity—making the interactions enriching for both them and our residents. Their visit reflects a growing awareness and sensitivity towards mental health among young learners.



DIGNATARY VISITS



We were deeply honoured and blessed by the visit of Sr. M. Joseph MC, Superior General of the Missionaries of Charity, to Antara Psychiatric Hospital and Rehabilitation Centre, Kolkata on 15th December 2025.

Her gentle presence, prayers, and heartfelt blessings touched everyone, our patients, staff, and leadership alike. It was a truly grace-filled moment that filled our hearts with hope, compassion, and renewed strength. We will always remain profoundly grateful for her visit and the blessings she bestowed upon the entire Antara family.



DIGNATARY VISITS



On 1st January 2026, Antara had the pleasure of hosting the officials' team from Indian Oil Corporation Limited for a visit to our campus.

During the visit, the team was taken around various facilities at Antara and spent time interacting with our team members and residents, making the engagement both cordial and meaningful.

We were honoured to felicitate the distinguished guests:

- 1) Mr. Girish Jain – ED (Explosives)
- 2) Mr. Sandip Jain – GM (Explosives)
- 3) Mr. Ajay Jatlewar – GM (Marketing)
- 4) Mr. Debashish Basak – DGM (Finance)
- 5) Mr. H. Shullai – CM (HR)
- 6) Mr. Debashish Mandal – GM (Project)



From Loss to Healing: Krishna's Journey with Antara

Krishna Singh (name changed), a 16-year-old boy, had suffered an unimaginable loss: his father, mother, and two sisters were no longer alive. Left completely alone and engulfed by profound grief, he began showing clear signs of psychological distress. He would laugh to himself, speak incoherently, neglect personal hygiene, and wander away without informing anyone.

Recognising his fragile condition, a compassionate neighbour brought Krishna to the local Missionaries of Charity. Understanding the urgency of specialised mental health care, the Father there reached out to Antara, and Krishna was subsequently admitted to Antara's Child Department.

For over a year, Krishna received uninterrupted psychiatric treatment and structured psychosocial rehabilitation at Antara. Throughout this period, Antara bore the entire cost of his treatment, ensuring that financial hardship never became a barrier to care. Through consistent medical intervention, therapeutic support, and a nurturing environment, Krishna showed remarkable improvement and gradually regained emotional stability.

Today, following his discharge, Krishna is living with the same neighbour who first extended a helping hand. True to its values, Antara continues to stand by him, assuring lifelong medical guidance and support whenever required.

Antara's Child Department is widely recognised as a model institution, not only in West Bengal but across India. It upholds the highest standards of child mental health care, offering protection, treatment, and dignity to every child irrespective of caste, religion, or socio-economic background. The administration works in close collaboration with families and guardians, fostering trust, transparency, and continuity of care.

Children and their families are welcomed as part of the extended Antara family and actively included in both indoor and outdoor programmes. Their enthusiastic participation is a testament to Antara's holistic approach and reinforces a powerful truth: children's mental health is not optional—it is essential.

A Journey Toward Stability and Self-Reliance

Amalendu, 17, is the only child of a Bengali family whose parents live separately but remain deeply caring toward him. For the past two years, he has been under the care of Antara's Child Department.

Uninterested in conventional schooling, Amalendu finds meaning in creativity and nature. He lovingly makes and paints idols of deities, performs rituals, cycles around his neighbourhood, and closely observes people and their well-being. He shares a deep emotional bond with animals—especially street dogs—feeding and caring for them with devotion. One such bond was with a dog named Kalu, whose life he documented with great affection on a small YouTube channel.

Amalendu loves folk music and dancing, often performing spontaneously during programmes and delighting everyone present. Highly sensitive and conflict-averse, he struggles when emotionally upset, sometimes withdrawing completely and needing reassurance and affection to recover. His intense grief over the loss of Kalu reflects the depth of his emotional world.

When Amalendu first came to Antara, he was restless, impulsive, angry, inattentive, and prone to fantasy. Through sustained psychiatric care, play therapy, and rehabilitation, he has made steady progress. Today, he is calmer at home and continues his education through the National Open Schooling (NOS) system, which is better suited to his needs.

Though some developmental challenges remain, regular treatment is helping Amalendu move toward self-reliance. His family is encouraged by his progress—an outcome that reflects Antara's compassionate, individual-centred approach to child mental health care.

(The above real life changing stories were shared by Mr Nitai Chand, Psychiatric Social Worker, Child Guidance Clinic, Antara)



DEMENTIA & AI

"Bridging Technology and Care"
This session explores the intersection of
**Neuroscience and Artificial Intelligence
(AI) in dementia management.**

Dr. Subhrangshu Aditya
M.B.B.S. (N.R.S. Medical College),
Physician & Psychological Counsellor



Dr. Aditya is a distinguished JBNSTS scholar with over a decade of research in Cognitive Science and Biomedical Engineering. An expert in Brain-Computer Interfacing (BCI) and Stress Management, he has served as faculty at Jadavpur University and is an affiliate member of the Indian Psycho-analytical Society. He is a widely published author and researcher in international journals focusing on AI, neuroscience, and mental health.

19/02/2026

6:00 PM

**Online
Public Lecture**



Scan to Register
Register by
18th February 2026 to
receive your meeting link.

To know more:


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Guest Lecture Series | Antara Institute of Health Sciences
Organized by students of the Geriatric Mental Health and Dementia Care Course

MEMORY CLINIC

Support for Dementia Caregivers and Families

A portrait of Dr. P. Ninan Kurien, an elderly man with white hair and a mustache, wearing a white lab coat with a stethoscope around his neck.

Dr. P. Ninan Kurien

MEDICAL SUPERINTENDENT, MANDIRAM HOSPITAL
SPECIALIST IN GERIATRIC PSYCHIATRY
PRESIDENT, ARDSI – KOTTAYAM CHAPTER

20th February 2026
3:00PM

Online Public Lecture

TO KNOW MORE:

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Register by 19th February 2026 to
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A unit of Antara Society of Mental Health Sciences

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March to May 2026

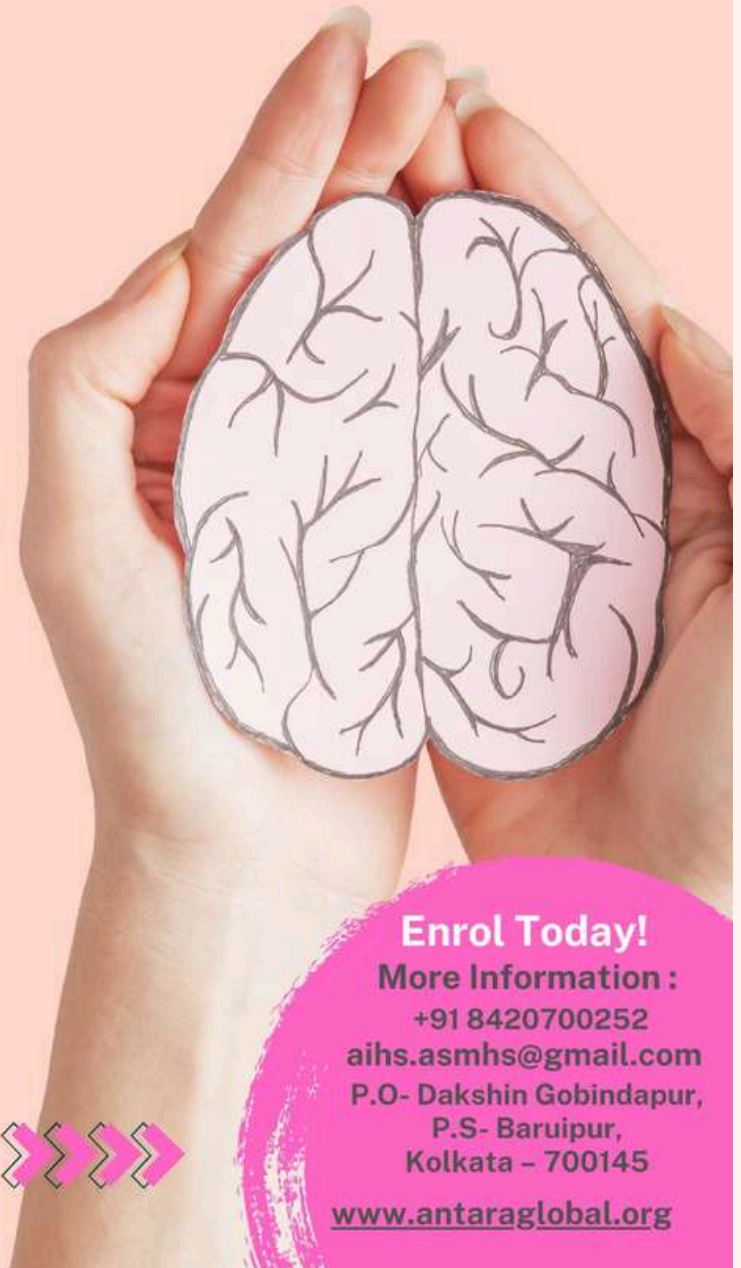


Gain insights into:

- 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>



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TRAINING IN GERIATRIC MENTAL HEALTH & DEMENTIA CARE GIVING

March to August 2026



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- Multilingual medium of instruction, primarily English and Bengali.
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- The provision of convenient class timings enables professionals to learn alongside their work.

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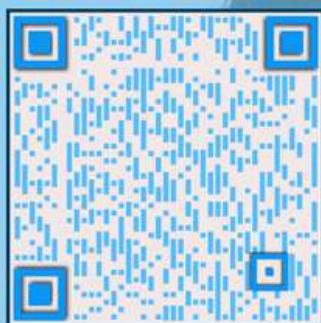
JOIN US IN MAKING A DIFFERENCE!

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:

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ANTARA PSYCHIATRIC HOSPITAL & REHABILITATION CENTRE




An Oasis for Troubled Minds



HELP HEAL MINDS. SUPPORT ANTARA.

ANTARA is a non-profit psychiatric hospital in India that has been serving the community for over 53 years. Established under the mentorship of St. Mother Teresa, ANTARA provides daily care to more than 300 individuals through a range of services, including inpatient and outpatient treatment, child guidance and rehabilitation programs, community outreach, and detoxification support. As we continue to grow, we are in the process of expanding with a new 50-bed facility—and your support can help make this vision a reality.

Your Donation Helps Us:

-  Provide free treatment for the underprivileged
-  Support rehabilitation & recovery
-  Care for children with mental health needs

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✉ Important: Please email mail@antaraglobal.org with your Name, Address, PAN, and purpose after any transfer.

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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

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An Oasis for Troubled Minds