

REFLECTIONS news letter.



"THE SPACE BETWEEN THOUGHTS."

WELCOME NOTE

As we present this edition of Reflections, we take pride in sharing the milestones, stories, and collective achievements that have shaped Antara's journey over the past six months.

Our efforts have continued to focus on delivering compassionate mental healthcare, strengthening rehabilitation services, and expanding community-based initiatives. This edition highlights inspiring stories of recovery, meaningful outreach programmes, capacity-building efforts, and collaborations that have enabled us to reach individuals and families across diverse communities.

Mental health is a shared responsibility, and every step forward is made possible through the commitment of our donors, CSR partners, volunteers, well-wishers, and the communities we serve. Your support empowers us to create opportunities for healing, inclusion, and hope while advancing access to quality mental healthcare for those who need it most.

As you explore these pages, we invite you to reflect on the impact of collective action and the difference that compassionate care can make in transforming lives. Together, we continue to build a future where mental health is understood, valued, and accessible to all.

With sincere gratitude,
TEAM ANTARA

OUT PATIENT DEPARTMENT

New Patients - 3052

Follow Up Patients - 23368

Patients Attended - 26420

Child Guidance Clinic- 1896

IN - PATIENT DEPARTMENT

New Patients - 859

Re-admissions - 171

Total admissions - 1030

**PATIENT
STATISTICS FOR
OPD AND IPD
(FEBRUARY-JULY
2026)**



Programs & Initiatives



WORKSHOP ON COMMON CHILDHOOD DISORDERS & ADHD



Antara conducted an awareness workshop on Common Childhood Disorders & ADHD at Techno India Group Public School, Chinsurah, Hooghly, for teachers from TIGPS Hooghly, Nabadwip, and Krishnanagar.

The session was led by Ms. Molly Thambi, Joint Secretary, Antara, with Ms. Ankhi Sarkar, Program Coordinator, Community Mental Health Unit (CMHU) and Ms. Anita Brooks, Manager – Communications, as resource persons. The workshop focused on understanding ADHD, its signs, types, associated mental health conditions, and practical classroom strategies, enabling teachers to better identify and support children with diverse mental health needs.

CHILD PSYCHOLOGICAL WELL-BEING AWARENESS PROGRAMME



On 26 February 2026, Antara's Community Mental Health Unit, in collaboration with the MSc & BSc Nursing students of Sister Nivedita University, conducted an awareness programme on Child Psychological Well-being in Contemporary Times at Kazipara Primary School, Baruipur. Attended by 40–50 parents and teachers, the session used skits and interactive presentations to promote early identification of childhood psychological issues and the importance of timely support.

Programs & Initiatives



CELEBRATING HOLI

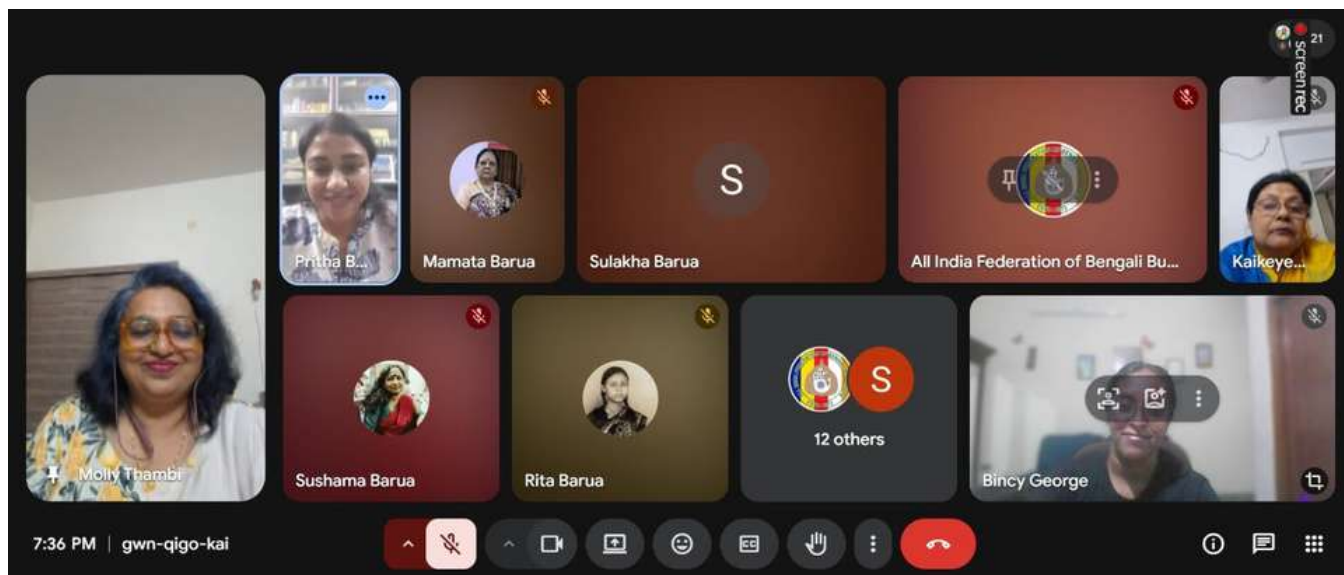


SWAYAM & SHAKTI: WOMEN & MENTAL HEALTH WORKSHOP



On the eve of International Women's Day, Antara's Community Mental Health Unit conducted the "Swayam & Shakti" workshop for the female staff of Muthoot FinCorp on 14 March 2026. Attended by 20 participants, the session focused on Mental Health First Aid, stress management, work-life balance, and the importance of communication and sisterhood in fostering workplace well-being.

Programs & Initiatives



On the occasion of International Women's Day, Antara conducted an online Women and Mental Health Awareness Session for the members of the All India Federation of Bengali Buddhists.

The session, titled "Nourishing Mind, Body & Soul: A Conversation on Women and Mental Health," was led by Ms. Molly Thambi, Psychologist & Counsellor and Joint Secretary, Antara Society, who shared valuable insights on emotional wellbeing, self-care, and the importance of nurturing mental health in women's lives.

We thank the All India Federation of Bengali Buddhists for the opportunity to engage in this meaningful conversation and all the participants who joined and contributed to the discussion.

Programs & Initiatives



ADHD AWARENESS & MANAGEMENT WORKSHOP



On 17 March 2026, Antara conducted an ADHD Awareness & Management Workshop at Techno India School, Krishnanagar, sponsored by the Satyam Roychowdhury Foundation. The session equipped 26 teachers with practical strategies to identify, understand, and effectively support students with ADHD.

DR. K. L. NARAYANAN MEMORIAL DAY & ANNUAL PROGRAMME



Antara's Community Mental Health Unit commemorated Dr. K. L. Narayanan Memorial Day & Annual Programme with warmth and community spirit, honouring the visionary pioneer whose belief in community-based mental healthcare laid the foundation for Antara's Care and Support Programme.

The celebration brought together Care and Support Members for engaging activities, shared moments of joy, and heartfelt testimonies of resilience and recovery. The event reaffirmed Dr. Narayanan's enduring legacy of compassion, inclusion, and community-centred care, which continues to inspire Antara's mission.

The programme also provided a meaningful platform for members to reconnect, encourage one another, and celebrate their recovery journeys. Through shared experiences and mutual support, the event reinforced the importance of hope, dignity, and belonging in mental healthcare. It served as a reminder that healing flourishes when communities come together with empathy and care.

Programs & Initiatives



NOBOBORSHO CELEBRATIONS



RABINDRA JAYANTI



Rabindra Jayanti was celebrated with warmth and enthusiasm at Antara through soulful recitations, melodious songs, and graceful dance performances by our residents and staff, honouring the timeless legacy of Kabi Rabindranath Tagore.

The occasion also featured the Certificate Distribution Ceremony of the Antara Institute of Health Sciences (AIHS) for participants of the Basic Mental Health and Geriatric Mental Health & Dementia Care courses. The celebration beautifully blended culture, learning, and achievement, reflecting Antara's commitment to holistic care and community.

Programs & Initiatives



CELEBRATING INTERNATIONAL NURSES DAY



COMMUNITY MENTAL HEALTH UNIT CONDUCTS COMMUNITY MENTAL HEALTH AWARENESS PROGRAMME



The Antara Community Mental Health Unit (CMHU) conducted an outreach programme under Canning-I Block for the geriatric community and parents of special children. The session focused on mental health awareness, reducing stigma, and recognising early warning signs of mental health concerns, encouraging timely support and greater community understanding.

Programs & Initiatives



CELEBRATING KAZI NAZRUL ISLAM JAYANTI



WORKPLACE STRESS MANAGEMENT SEMINAR AT CINI



The Antara Community Mental Health Unit conducted a seminar at CINI NGO, Diamond Harbour, on 29th May 2026 on "Coping with Workplace Stress and Balancing Work-Life Demands." Attended by 15 NGO staff members, the interactive session focused on stress management, work-life balance, and promoting mental well-being in the workplace.

Programs & Initiatives



CELEBRATING WORLD ENVIRONMENT DAY 2026



FIRE SAFETY TRAINING AT ANTARA



On 6th June 2026, Antara conducted a Fire Fighting Systems and Fire Safety Awareness training for its staff. Led by Mr. Kajal Sinha, CEO, Dexter Equipments Co. Pvt. Ltd., Kolkata, the session focused on fire prevention, emergency preparedness, and the proper use of firefighting equipment, reinforcing Antara's commitment to a safe and prepared workplace.

Programs & Initiatives



AWARENESS PROGRAMME ON PARENTING & CHILD PSYCHOLOGY



Organized by the Antara Community Mental Health Unit, an awareness program on "Parenting Role in Child Psychology" was conducted at Living Hope Organization, Taldi, Canning, South 24 Parganas, with the participation of over 80 parents and 6 teachers.

The session focused on understanding child psychology, recognizing early signs of emotional and behavioural concerns, and strengthening the role of parents and teachers in supporting children's healthy development. Emphasis was placed on early identification, effective communication, and timely intervention.

The program was highly interactive, with participants actively sharing their experiences and concerns related to child development and mental well-being.

INTERNATIONAL YOGA DAY



School Exposure Visits



SOUTH POINT HIGH SCHOOL, KOLKATA



On 13th June 2026, Antara welcomed the Class XII students of South Point High School, Kolkata, for an enriching exposure visit. The students learned about mental health, psychiatric care, and rehabilitation while gaining a deeper understanding of empathy and inclusion. We thank the students and faculty for their enthusiastic participation and look forward to inspiring more young minds to champion mental health awareness.

NATIONAL GEMS HIGH SCHOOL, KOLKATA



On 4th July 2026, Antara had the pleasure of welcoming the students and teachers of National Gems High School for an enriching exposure visit. The visit provided students with valuable insights into mental health, psychiatric care, and psychosocial rehabilitation, while fostering empathy, awareness, and a deeper understanding of the importance of compassionate mental healthcare. We thank the students and faculty for their enthusiastic participation and look forward to welcoming more young minds to Antara.

School Exposure Visits



SOUTH POINT HIGH SCHOOL, KOLKATA



On 11th June 2026, Antara welcomed the Class XII students of South Point High School, Kolkata, for an enriching exposure visit. The students learned about mental health, psychiatric care, and rehabilitation while gaining a deeper understanding of empathy and inclusion. We thank the students and faculty for their enthusiastic participation and look forward to inspiring more young minds to champion mental health awareness.

Global Minds Program



ACROSS BORDERS AND BELONGING: THE ANTARA GLOBAL MINDS JOURNEY



There is a quiet magic that happens on the Antaragram campus when people from different corners of the world gather with a shared heart for human dignity. This July, our community felt that warmth in full measure as we welcomed 17 international volunteers through the Antara Global Minds Program for a transformative two-week residential stay from July 16 to July 30, 2026.

Hailing from France and Switzerland, and ranging in age from 18 to 56, this vibrant group brought with them an extraordinary mosaic of life experiences. Among them were psychiatric nurses, midwives, biotechnology researchers, watchmakers, cabinetmakers, theologians, educators, farmers, and students. Though most spoke native French with threads of German, Italian, and Bengali woven in their time at Antara proved that compassion needs very little translation.

From their very first step onto our 7-acre campus in Kolkata, the cohort stepped into a carefully structured journey of learning, presence, and mutual growth. Designed with a gentle, observation-first approach, the program allowed volunteers to settle into ward protocols, understand Antara's care philosophy, and navigate the delicate ethics of mental healthcare with confidence.

Transforming days with music, live art, drawing, and storytelling that sparked joy and self-expression across the wards. Spending meaningful one-on-one time listening to residents, offering gentle companionship, and reinforcing a sense of inclusion and dignity. Bringing fresh energy to community outreach and daily interactive activities alongside our multidisciplinary team. Whether engaged in expressive art sessions or simply sitting together in quiet conversation, the volunteers left a gentle, lasting imprint on our residents and staff alike.

Though their two weeks on campus have concluded, the connections formed during the Global Minds Program do not end at the departure gate. We view every volunteer stay not as a brief encounter, but as the beginning of a lifelong partnership in mental health advocacy. To keep this bridge strong across the miles, Antara is maintaining an ongoing post-program initiative. Through regular written updates, personal postcards, and letters, our residents and volunteers will stay in touch. These tangible notes of encouragement ensure that the warmth of human connection continues long after their stay. As our alumni return home, they remain active partners in our mission. Through remote skill-sharing, targeted resource initiatives, and project-specific advocacy tailored to Antara's evolving clinical and community needs, the cohort continues to support our journey from afar.

We extend our deepest gratitude to all 17 Global Minds volunteers for lending their time, empathy, and open hearts to Antara. You remind us that healing knows no borders, and that true community is built wherever people choose to care.

Distinguished Visits



A VISIT OF GRACE AND BLESSINGS



His Grace Rt. Rev. Zacharias Mar Aprem Episcopa, accompanied by Rev. Ajit Alexander, Rev. Vineeth Easow Thomas, Rev. Jim Easow Thomas, and Jyothis Kochamma, visited Antara on 3rd March 2026. Their presence, prayers, and words of encouragement brought warmth and inspiration to the Antara family. We are deeply grateful for their visit and blessings.

AXIS BANK CSR TEAM VISITS ANTARA



Mr. Wilfred Barboza (Vice President – CSR) and Ms. Sanjana Pandey (CSR Program Management), Axis Bank, visited Antara Society for a progress and engagement review. We sincerely thank Axis Bank for their continued partnership and support in advancing mental healthcare initiatives.

Distinguished Visits



VISIT BY MEMBERS OF THE BANYAN TREE, CHENNAI



We were delighted to welcome Ms. Sharmana Roy and Mr. Sambhu Ramesh from The Banyan, Chennai, for an inter-organizational learning visit. The visit fostered valuable knowledge exchange on mental healthcare and rehabilitation, with a special focus on Antarashraya, Antara's home for homeless individuals living with mental illness.

VISIT BY MEMBERS OF THE CATHEDRAL FRIENDSHIP CENTRE



On 18th April 2026, Antara had the pleasure of welcoming members of The Cathedral Friendship Centre (CFC) for a day of meaningful interaction and fellowship. Their visit fostered warm connections with our patients and staff while offering an opportunity to learn about Antara's mission and work. We sincerely thank the CFC members for making the day truly special.

Gratitude



Antara extends its heartfelt gratitude to the Mar Thoma Sevika Sanghom, Kolkata, for their generous donation of six bedscreen stands to Antara Psychiatric Hospital. This thoughtful contribution will help enhance patient privacy, comfort, and dignity, while strengthening the quality of care and healing environment we strive to provide. As a non-profit organization committed to making mental healthcare accessible to all, we deeply value the support of community partners like the Mar Thoma Sevika Sanghom. We sincerely thank them for standing with us in our mission and look forward to a continued partnership in serving the community.



Lakshmipat Singhania Academy, Kolkata, generously donated two sewing machines to Antara's Occupational Therapy Unit. This thoughtful contribution will strengthen our vocational training programme, empowering our inmates through skill development, creativity, and rehabilitation. We sincerely thank the school community for their generosity and commitment to supporting holistic mental healthcare and community empowerment.

Looking Ahead



MAINTAINING GOOD MENTAL HEALTH SIMPLE STEPS FOR A BALANCED LIFE

In a fast-paced nation like India, where bustling cities, family responsibilities, and career pressures collide, mental health often takes a backseat. With over 150 million Indians facing mental health challenges (as per WHO estimates), prioritizing well-being isn't a luxury it's a necessity. The good news? Small, culturally rooted actions can lead to profound outcomes like reduced stress, better relationships, and sharper focus. Here's how to build resilience, one step at a time:

EMBRACE DAILY MINDFULNESS PRACTICES

Activity: Start with pranayama (breathing exercises) or a 10-minute meditation session each morning—think of it as your reset button. Apps like Calm or local ones like Art of Living offer guided sessions in Hindi.

Outcome: Lowers anxiety by 40% (studies from AIIMS), sharpens decision-making, and boosts emotional stability amid daily chaos like traffic jams or office deadlines.



STAY ACTIVE WITH JOYFUL MOVEMENT

Activity: Swap gym intimidation for yoga, brisk walks in your neighborhood park, or playing gully cricket. Aim for 30 minutes daily, aligning with India's love for community sports.

Outcome: Releases endorphins, combating urban loneliness; research from ICMR shows it cuts depression risk by 25%, enhancing stamina for long workdays and family duties.



NOURISH BODY AND MIND WITH BALANCED EATING

Activity: Incorporate sattvic foods like dal, fresh veggies, and turmeric-laden home-cooked meals. Limit chai/Coffee binges and processed snacks; hydrate with Water/ nimbu pani.

Outcome: Stabilizes mood swings via gut-brain connection; Harvard-linked studies note 30% fewer depressive episodes, fuelling energy for energy intensive activities/celebrations



FOSTER STRONG SOCIAL CONNECTIONS

Activity: Reconnect via meals with family/Friends, temple visits, or WhatsApp calls with distant relatives—our joint family ethos is a natural antidepressant. Join local support groups if needed.

Outcome: Builds a safety net, reducing isolation by 50% (NIMHANS data); leads to deeper bonds, resilience during life's ups and downs like job losses or exams.



PRIORITIZE REST AND PROFESSIONAL HELP

Activity: Aim for 7-8 hours of sleep; set phone-free "me time" after 9 PM. If stress overwhelms, consult counsellors at Antara, via Tele-MANAS (toll-free 14416) or apps like YourDOST.

Outcome: Improves cognitive function and immunity; early intervention prevents escalation, with 70% recovery rates for mild issues, empowering you to thrive.



By weaving these into your routine, you'll not only safeguard your mental health but also inspire your loved ones. India's spirit of jugaad applies here start small, stay consistent. Your mind deserves the same care as your festivals and ambitions.

By Kamal Prakash, President, ANTARA

IF AN AI COMPANION UNDERSTANDS YOUR PSYCHOLOGICAL TRIGGERS BETTER THAN ANY HUMAN, DOES RELYING ON IT ENHANCE YOUR AUTONOMY OR CREATE A DANGEROUS NEW FORM OF DIGITAL DEPENDENCY?



Dr. Arundhati Biswas
Consultant Psychiatrist, Antara

In this dynamic era, we human beings are continuously running - be it our physical body or our mind. Some are running for Survival, some behind a Better Life, some for Luxury. Amidst this where we are falling short is- The Time & Quality of Life!

Falling short of time for ownself or for our close people, either not being heard or not being emotionally available to our dear ones, not listening to our mental health needs due to shortage of time & overwhelming deadlines,- this is how we are slowly becoming entangled in the Web of Loneliness & Mental health issues! In this dynamic era, we human beings are continuously running - be it our physical body or our mind. Some are running for Survival, some behind a Better Life, some for Luxury. Amidst this where we are falling short is- The Time & Quality of Life!

Falling short of time for ownself or for our close people, either not being heard or not being emotionally available to our dear ones, not listening to our mental health needs due to shortage of time & overwhelming deadlines,- this is how we are slowly becoming entangled in the Web of Loneliness & Mental health issues!

At the end of a exhausting day, during late hours, when we finally relax with a cup of coffee & trying to overcome the tides of our minds, while scrolling our mobile phones and dealing with our inner sorrows an AI companion perfectly blends with our psychological queries - helping us to navigate intense emotional spikes, raw confessions, customising personalized coping strategies - without being judged and making us feel being heard even at 3AM in the morning.

While AI can evoke real feelings of companionship it merely simulates connection without true reciprocity. Most importantly it completely lacks the Human Emotions, Compassion, Intuitive abilities & very precious Healer's Magic-touch! An intense un-reciprocated attachment to a corporate owned entity - replaces messy challenging human interaction with friction free digital comfort - Atrophies our innate ability to address our daily mental health challenges without a device in hand.

An AI companion offers a private space for safe self reflection, commercial platforms often use manipulative ways like FOMO enforcing user engagement!

So relying on an AI, that perfectly understands our psychological triggers can both enhance our daily Autonomy besides creating a profound Digital Dependency. The dividing line between Autonomy & Dependency relies on if the AI is built for Growth Or Retention!

Therapeutic AI tools address immediate Mental health support -helps users to build Resilience, Reframing thought patterns, teaching us skills - so that App use is minimized & we can bounce back to Life stream and be the better version of ourselves - REINFORCING AUTONOMY!

Whereas commercial AI tools cultivate manipulative designs to retain users for long-term - culminating profit driven user models, maximizing screen time, intentionally fostering deep and profitable form of DIGITAL DEPENDENCY!

ANTARA INSTITUTE OF HEALTH SCIENCES (AIHS)

ANTARA SIGNS MOU WITH RAMAKRISHNA MISSION RESIDENTIAL COLLEGE, NARENDRAPUR



Antara is pleased to announce the signing of an MoU with Ramakrishna Mission Residential College, Narendrapur, marking a significant step towards academic collaboration in Mental Health Education on 19th June 2026.

We extend our warm congratulations to Swami Ekachittananda Maharaj, Principal, Ramakrishna Mission Residential College, Narendrapur, and the entire institution on this meaningful collaboration. The occasion was graced by: Dr. Mathew P. John, Honorary General Secretary, Antara, Ms. Molly Thambi, Joint Secretary, Antara.

We look forward to meaningful learning, collaboration, and knowledge exchange in the years ahead.

JADAVPUR UNIVERSITY STUDENTS AT ANTARA: LEARNING & IMPACT



A big thank you to the fantastic interns from Jadavpur University (Faculty of Arts)! In completing their 60-contact-hour UGC mandate with us, they showed incredible empathy and understanding toward mental health while contributing their time and energy to Antara's growth. We treasure this partnership and look forward to welcoming future cohorts!



**ANTARA INSTITUTE
OF HEALTH SCIENCES**
A unit of Antara Society



**RAMAKRISHNA MISSION
RESIDENTIAL COLLEGE
(AUTONOMOUS), NARENDRAPUR**
UGC Recognized | NIRF 2025 Rank: #24 | NAAC A+

— IN PARTNERSHIP FOR —

Excellence in Mental Health Education



— Launching Soon —

Jointly offering industry-relevant, practice-oriented certificate programs to build a healthier tomorrow.

UPCOMING CERTIFICATE PROGRAMS

SL. NO.	COURSE NAME	DURATION	
01	 Training in Geriatric Mental Health and Dementia Care Course	 6 Months	
02	 ADHD Management Training Certificate Course	 6 Months	
03	 School Mental Health Facilitator (SMHF) Certification	 6 Months	
04	 Certificate Program in Counselling Psychology	 1 Year	



STAY CONNECTED FOR MORE DETAILS

Course details, schedules, admission updates and more. Keep checking our website or contact us for the latest updates.



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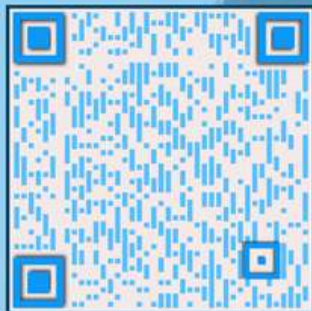
JOIN US IN MAKING A DIFFERENCE!

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 PSYCHIATRIC HOSPITAL

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

PAYMENT & DONATION DETAILS

PAYABLE TO: "ANTARA" | BANK: AXIS BANK LTD | A/C: 259010300000152

| IFSC: UTIB0000259 | MICR: 700211021 | BRANCH: BARUIPUR, KOLKATA - 700144

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

**Your Mind
Deserves Care!**
Scan to know more
about our services.



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antaragram365@gmail.com
Dakshin Gobindapur, Baruipur,
Kolkata, West Bengal, India – 700145
www.antaraglobal.org

Make Your Celebration Meaningful

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	INR 5000
Lunch	INR 15000
Dinner	INR 15000

ANTARA

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Kolkata - 700145

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Website : www.antaraglobal.org