

ANTARA
ANNUAL REPORT
2020-21

1. INTRODUCTION

The Financial Year 2020-21 was celebrated as the Golden Jubilee Year of ANTARA. It was also an year of great challenges paused by the Covid-19 Pandemic. When we look back at the year, we all should feel proud at the great resilience shown by the Organization in combating the scourge and coming out unscathed through the perils of the pandemic. Antara kept the OPD & Indoor Services unaffected throughout the year providing doctor consultation and medicines that are so vital for the mental stability and survival of psychiatric patients. Antara also kept the jobs secure for all its employees in spite of financial challenges.

The year was rather a period of further growth and consolidation of the achievements of Antara. The major highlights of the year were the funding support we received from M/s Indian Oil Corporation Ltd; for construction of the 2nd & 3rd Floors of Apartment Building with a capacity to accommodate 60 more patients in the Group Home Assisted Living Facility, M/s Tide Water Oil Company (India) Ltd for installation of Solar Roof-top Photovoltaic Electricity Generation Project with a capacity to generate 55 KVA of electricity, M/s Techno Engineering Co. Ltd. for Furniture & Medical Equipments and the donations and support received from people and Organizations across the Globe in the form of donations of cash & equipments to combat the covid pandemic. The entire Staff Team at Antara deserves deep appreciation for keeping all the services uninterrupted while dealing with their own safety issues in taking care of mentally ill persons infected with covid. ANTARA put together impressive Online Functions at the Grand Inauguration of the Golden Jubilee Year and a fitting Grand Finale Programme to mark the closing of the Year too. Mental Health Month was also observed from 13th September to 10th October 2020 with mostly Online Programmes.

Number of Beneficiaries served during the year:-

	<u>2020-21:</u>	<u>2019-20:</u>
<u>OPD attendance</u>		
New patients -	5,269	6,474
Follow-up visits -	26,161	38,046
Total -	31,430	44,520
<u>Satellite Clinics</u>		
New patients -	228	153
Follow-up visits -	5,597	6,422
Total -	5,825	6,575
<u>In-patient admissions</u>		
New Admissions -	2,019	1,698
Re-Admissions -	572	594
Total for all Wards -	2,591	2,292

2. REPORT OF ON-GOING ACTIVITIES & SERVICES

2.1 OUT PATIENT SERVICES (1st April 2020 – 31st March 2021)

ANTARA (O.P.D.)

NEW PATIENTS:

<u>New Patient Category</u>	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	Total
ADDICTION	3	10	7	16	31	12	24	25	21	17	9	24	199
ADULT	193	254	457	306	358	479	408	368	320	377	379	424	4,323
CHILD	5	2	12	21	12	30	29	39	34	23	47	65	319
GENERAL	0	1	0	0	0	0	0	1	3	2	1	1	9
GERIATRIC	6	7	23	18	19	39	30	31	48	54	66	78	419
TOTAL													5,269

<u>FOLLOWUP</u>	1213	1302	2127	1886	1909	2409	2232	2290	2584	2521	2611	3077	26,161
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2.1.1 Child Guidance Clinic:

This Clinic caters to the children below the age of 18 years suffering from childhood mental health problems. During the report year, the Child Guidance Clinic OPD Services were extended to 6 days per week. Total attendance of patients during the year 2020-2021 is shown in the Table given above.

2.1.2 Adult Psychiatry OPD:

The Adult Psychiatry OPD is open on weekdays from 9 am to 5 pm. Monthly attendance of patients in the Adult OPD Clinic is shown in the Table.

2.1.3 Chemical Dependency OPD:

Clients dependent on various kinds of addictive substances attend this clinic for counseling and admission to the Indoor Chemical Dependency Ward.

2.1.4 Local Health Improvement Scheme:

This Scheme covers patients from Below Poverty Line Families in the villages around Antaragram. There are 235 persons covered under this Scheme. They receive medical consultation and medicines on payment of nominal charges per visit.

2.1.5 Counseling & Guidance Clinic:

Clients requiring psychological counseling on an outpatient basis, attend this clinic. Individual Counseling, Family Counseling, IQ Tests, Relaxation Therapy, Cognitive Behavior Therapy and various other psychological interventions are extended from this Clinic.

2.1.6 Dispensary:

The Dispensary at Antaragram OPD distributes mainly psychiatric drugs and a few General Medical drugs. The medicines are distributed at lower rates than MRP. Needy patients receive free/subsidized treatment and medicines through the OPD.

2.1.7 Pathology Sample Collection Centre:

Antara has made an arrangement with an external Diagnostic Laboratory for conducting pathology tests and investigations for the patients being treated at Antara. Pathology Samples are collected at Antara and sent to their Laboratory for necessary tests. This arrangement provides adequate support in the diagnosis and treatment of the hundreds of patients who come to Antara Out Patient Clinic regularly.

2.2 SATELLITE CLINICS

It was found from Antara's experience in treating patients for the past several years that the distance and expenses incurred on transportation are causing a number of patients to drop out from follow-up treatment. Therefore, it was decided to reach out to the patients through Satellite Clinics. The Clinics at Noorpur, Diamond Harbour, Canning Town & White Cross Bari, Gazipur are temporarily discontinued due to the covid situation.

2.2.1 Janata Medical Service (Mar Thoma Church):

This Joint Project of Antara and Janata Medical Service of the Mar Thoma Church, Kolkata has been serving hundreds of psychiatric patients twice weekly on Tuesdays and Fridays since 1971. During the year 138 New Patients and 2492 Follow-up Patients attended the clinic. Antara is grateful to Janata Medical Service and the Mar Thoma Church for the support extended by them in this joint venture. Currently, the services of Clinical Psychologist are also made available through this Clinic.

3. INPATIENT TREATMENT FACILITIES AT ANTARAGRAM

3.1 Cathedral Relief Service Ward for the acutely ill Men:

Number of New admissions during the year:	330
Number of re-admission cases:	30
Total Admissions -	363

3.2 Armenian Church Ward for the acutely ill Women:

Number of New admissions during the year:	139
Number of re-admission cases:	08
Total Admissions -	147

3.3 Missionaries of Charity Ward for Sub-acute Patients (Men):

Number of New admissions during the year:	250
Number of re-admission cases:	05
Total Admissions -	255

3.4 ICCO Ward for Sub-acute Patients (Women):

Number of New admissions during the year:	89
Number of re-admission cases:	05
Total Admissions -	94

3.5 Mar Thoma Church Ward for Chemical Dependency Treatment:

Number of New admissions during the year:	208
Number of re-admission cases:	41
Total Admissions -	249

3.6 Friends of Antara – U.K. Ward for Children: Waiting Ward - Male & Female

Number of New admissions during the year:	520
Number of re-admission cases:	286
Total Admissions -	806

3.7 LIC of India Ward for Men:

Admission of Male Psychiatric patients started during the year. 3 Single Cabins and 6 Double bed cabins are available.

Number of New admissions during the year:	53
Number of re-admission cases:	12
Total Admissions -	65

4. REHABILITATION PROGRAMMES

4.1 RESIDENTIAL WARDS:

Patients requiring long periods of stay for rehabilitation are accommodated in the Rehabilitation wards for Men (30 beds) and Women (18 beds).

4.1.1 Male Rehabilitation Ward:

Number of New admissions during the year:	121
Number of re-admission cases:	69
Total Admissions -	190

4.1.2 Female Rehabilitation Ward:

Number of New admissions during the year:	89
Number of re-admission cases:	40
Total Admissions -	129

4.2 ANTARA GROUP HOMES:

Two model Homes are maintained at Antaragram accommodating 34 Residents in the Group Home for Women and 34 Residents in the Group Home for Men.

4.3. NON-RESIDENTIAL PROGRAMMES:

4.3.1. Personal Development Unit: (Day Treatment Unit)

Currently, 39 patients are participating in this programme. Most of these patients stay at their homes and attend the Programme from 9 a.m. to 4 p.m. Some of the patients attend the programme from the Indoor Hospital Wards and Group Homes. An Online Program has been launched with the objective of extending the Personal Development Services through Distance Mode. It is picking up well.

Individual counseling, Group Counseling, Family Counseling & Education, Group Activities like Drama, Mime, Discussions, Debates, Cultural Programmes, and Social Outings etc: are arranged for the patients attending this Unit.

4.3.2. Occupational Therapy Programmes:

Various Occupational Therapy programmes provide opportunities to resident and non-resident clients to improve their mental status, inter-personal relationships and skill training.

5. TRAINING & ORIENTATION PROGRAMMES

5.1. Vocational Training Programmes:

This Unit is mainly meant for imparting computer and Information Technology Training to the recovering psychiatric patients and Chemical Dependency Patients. External students from the local community as well as the staff of Antara are also imparted training at this Unit. In addition to the Computer Training Programme, ANTARA offers Vocational Training in Tailoring & Handicrafts-making.

5.2. Library & Reading Room:

More books on mental health, addiction, Psychiatry, Psychology, Social Work, Nursing and related topics have been added. Antara staff, patients, trainees and students placed at Antara from various Institutions are increasingly utilizing the library facilities.

Empanelment under Swasthya Sathi Scheme & Corporate Empanelment with WBPDCI

ANTARA got empanelled with Swasthya Sathi Scheme of Govt. of West Bengal. Needy patients will benefit from this Insurance coverage. Antara also got empanelled with WBPDCI being the first Corporate House empanelling ANTARA for mental health treatment of their staff.

Currently ANTARA is empanelled with West Bengal Health Services (WBHS) as a Class I Unispeciality Hospital, Employees State Insurance Scheme (ESIC), Swasthya Sathi Scheme of the Govt: and WBPDCI (Corporate).

TATA Pro-engagement : Antara has entered in to an Agreement with TATA group of Companies for providing volunteers from Staff of TATA Companies who will volunteer their time for Antara in various aspects of its work.

Fundraising Unit : Antara has been registered on various Donor Platforms like Benevity, Milaap, Give India & Global Giving. Campaigns like Donation Coupons, FoA, Appeal to Individuals/Trusts/Foundations, Meal Sponsorships, Endowment Funds & Project Support through CSR Funding are also going on.

125th Birth Anniversary of Netaji Subhas Chandra Bose (23rd January). PMJ Memorial Discourse : 'Falling in Love with a Dream' (23rd Jan.) Republic Day (26th Jan) were observed at Antaragram.

ANTARA
Observation of
Mental Health Month & Mental Health Exhibition
13th September to 10th October 2020 Theme for 2020:
“Mental Health for All- “Greater Investment – Greater Access”

Programme Schedule

Sl. No.	DATE	PROGRAMME/TOPIC	TARGET GROUP	Resource Person	TIME	Method	Conducting Staff
1	13 th September Sunday	Inauguration of Mental Health Month Programme – Theme Unfolding :	ANTARA Staff				Suvobroto & Nobin
2	14 th September Monday	Topic : “Amar Path Chola” Drawing Competition &	Inmates of Antara	Dr.Sanmitra Dasgupta - (judge) Dr. Bijoy Jacob – Judge	10am–11am	Offline Community Hall	Prasenjit Samonto & Lalan Sahoo
		“Amara Path Chola “ Essay competition			2pm -3pm		
		Display of OPD Screen	Patients		Whole day	Antara OPD	Mridul
3	15 th September Tuesday	Hum Honge Kamiyab – Grow up Physical Wellness – Beat Mental Illness	Special children & their care Givers	Sumana Dutta Gupta	2pm-3pm	Online	Sumana Dutta Gupta
4	16 th September Wednesday	Nutrition & Mental health	Students & volunteers	Mrs. Asha Sushan	3pm -4pm	Online/offline	Ankhi
5	17 th September Thursday	“Happiness” - Cultural programme by Group Home	Group Home Inmates		2.30pm-3.30pm	Offline	Mrs. Sarah Bijoy
6	18 th September Friday	Positive Attitude towards patients & family members during COVID pandemic	OPD staff	Dr. Sanmitra Dasgupta	3pm -4 pm	Offline	Mollydi
7	19 th September Saturday	“Tomar sure , sur melate “Aesthetic Therapy Programme	FB Audience	Mandar Mukherjee	11am -12pm	Online	Ankhi Sarkar
		“How to manage your child during this pandemic period”	Parents of schools	Dr. Soumyo Chakroborty	3pm -4pm	Online	Ankhi Sarkar
8	20 th September Sunday	Interview of doctors+ Video of Antara	General Population	Antara Video +Nandita Video +BPAD	5pm -6pm	FB Online	Nobin
9	21 st September Monday	International Peace day – how it combined in mental health	Indoor Inmates	Staff	10am – 11am	Offline	Prasenjit Samonto & lalon Sahu
10	22 nd September Tuesday	“Corona O Nesha “	Care Givers	Dr. S. Chatterjee & Prasenjit Samonto	3pm -4pm	Online	Prasenjit Samonto
11	23 rd September Wednesday	Positive Psychology	Nursing students	DR. Sanmitra Das Gupta	11am -12pm	Online	Poulomi Dutta
12	24 th September Thursday	Seminar on- “ Immunity boosting food s during COVID Pandemic & Mental health”	Anganwadi workers	Ms Debjani Bannerjee	3pm -4pm	Online	Ankhi Sarkar
13	25 th September Friday	“We will walk hand in hand someday “ Cultural Programme & Interactive Session	DTU members & their care givers	Dr. Soumyo Chatterjee	1pm -3pm	Online	Mrs Gargi Sing

14	26 th September Saturday	Psychological Hazards in work place	Nursing Staff	Mrs. Poulomi Dutta	2pm -3pm	Offline	Mrs. Poulomi Dutta
15	27 th September Sunday	3 Videos of Interviews + videos of Antara	General public	Child psychology +Schizophrenia	5pm -6pm	FB Online	Nobin Samuel
16	28 th September Monday	‘Corona &Mental Health’ – Interactive Session	Ward Staff	Dr. Bijoy Jacob	2pm -3pm	Offline	Bibin Joseph
17	29 th September Tuesday	Psycho spirituality & Positive Living	Psychology students	Dr. Tinni Dutta	4pm -5pm	Online	Ms. Arpita Ghosh
18	30 th September Wednesday	Gender based mental health services	Medical personnel		6pm	Online	Nobin Samuel
19	1 st October Thursday	“How much effective Online Teaching?”	Teachers	Dr. Soumyo Chatterjee	3pm -4pm	Online	Ankhi Sarkar
20	2 nd October Friday	“We Can” - Display of Work Therapy Products “	FB Audience		11am - 11.30am	Online	Ankhi Sarkar
21	3 rd October Saturday	“Stigmatising Transgender People’s Health: Myths and Misconceptions“	Transgender Community	Dr. Ranjita Biswas	3pm -4pm	Online	Ankhi Sarkar
		“Arogyo laver path” – interactive session	Inmates of addiction members	Dr. Soumyo Chatterjee	3pm -4pm	Offline	Prasenjit Samonto
22	4 th October Sunday	Online Tele Mental Health Counselling & Guidance	General Public	Dr. Sanmitra Das Gupta	District Counsellor	online	Nobin Samuel
23	5 th October Monday	“Rannar Koushal” – Video Presentation By Debjani	General Public	Mrs. Debjani Bannerjee	3pm -4pm	FB online	Debjani Bannerjee
24	6 th October Tuesday	“Role of Mental Health Professionals during the pandemic situation”	Social work students	Dr. S. Chatterjee	3pm -4pm	Online	Salil Moyra
25	7 th October Wednesday	“uttoron” an awareness programme for Community Volunteers	Community Volunteers	Mrs. Poulomi Dutta	3pm-4pm	Online	Nobin
		Quiz Competition	Inmates of Antara	Staff	10am- 11am	Offline	Lalan Shaw
26	8 th October Thursday	Carom Competition	Inmates of Antara	Staff	10am -11am	Offline	Nobin & Bibin
		Virtual Exhibition	Antara FB		4pm on wards	Online	Nobin , Suvobroto
27	9 th October Friday	Virtual Exhibition	Antara FB		2pm onwards	Online	Nobin
		Interschool debate competition – Topic “ Covid 19 : We should promote Physical Distancing not Social Distancing	Students	Dr. Bijoy Jacob	4pm- 5pm	Online	Ankhi & Nobin
		“The journey from conception to infancy : Direct & indirect effects of mental illness child	Mental Health professionals		6pm onwards	Online	Nobin
28	10 th October Saturday	“Mental Health for All : Greater Investment – Greater Access”	NGO staff & Volunteers	Mr. Sanjib Kundu State Consultant, UNICEF	3pm -4pm	Online	
		Virtual Exhibition	Antara FB		5pm onwards	Online	Nobin

ANTARA

Community Mental Health Unit

Annual Report (2020-2021)

The Community mental health services refer to a system of care in which the patient's community is the primary care giver for people with mental illness, and not a specific facility such as hospital. The aim of community mental health services includes much more than simply providing outpatient psychiatric treatment.

Antara Community Mental Health Unit is pursuing the following objectives on the way to meet its vision regarding Mental illness.

To create mass awareness about the causes, mal effects, preventive measures, and detection process of Mental illness.

To create sensitization among the schools, college, students, teenagers and youths, adults regarding healthy lifestyle and healthy minds to prevent mental illness.

To ensure professional advocacy for influencing policy regarding proper and affordable mental healthcare and treatment process of affected population especially for poor and marginalized section.

To identify the mentally ill affected people and their families and help them towards psycho-social adjustment.

Antara Community mental health unit has been able to organize various programs so far to create wide mass awareness and community sensitization about facts and myths related to mental illness , healthy lifestyle to prevent mental illness, the importance of early detection and treatment , signs and symptoms of mental illness etc.

The key components of Community mental Health services:

Public Awareness generation programme: To organize awareness programme for patients, families as well as community as whole.

Early Detection & Treatment: To identify problems and diagnose the need of mentally ill patients in Community with a treatment support approach.

Training: Imparting short term Mental Health training for the health workers and other nodal staffs of the local agencies /institution.

Psychosocial rehabilitation: To assist people who have major psychiatric disabilities. The focus is to improve a person's connections and participation within their community.

To conduct School Mental Health Programme.

Programmes conducted by ANTARA Community Mental Health Unit

1. School Mental health Programme
2. Community Awareness Programme
3. Conducting Training Programmes
4. Early Detection Camp & Referral Services

5. Care & Support Programme
6. Workshop & Seminar
7. Satellite Clinics
8. Self Help Groups
9. Special Care Group

THE IMPACT OF CORONA VIRUS HAS CAUSED DISTRESS TO ECONOMIES AND BUSINESSES AROUND THE GLOBE. WHILE THE TRUE EXTENT OF THE CORONA VIRUS CRISIS IS UNCERTAIN, THE EARLY IMPACT OF THE PANDEMIC ON THE FINANCIAL MARKETS HAS IMPACTED THE MENTAL HEALTH OF EVERY INDIVIDUAL.

THE COMMUNITY MENTAL HEALTH UNIT TRIED TO REACH OUT TO MANY THROUGH ONLINE OR VIRTUAL METHOD.

1. FOLLOW UP CARE & SUPPORT PROGRAMME
2. TELE COUNSELLING
3. SCHOOL MENTAL HEALTH PROGRAMME
4. FOLLOW UP VIRTUAL MEETING ON COVID 19 FOR COMMUNITY VOLUNTEERS.
5. VIRTUAL INTERNSHIP FROM JUNE, 2020.

The Community Support Programme

When the country was in the clutches of the pandemic, West Bengal was hit by a disastrous cyclone namely “Amphan”. With the contribution from various organizations and individual ANTARA Community Mental Health Unit could serve its community members through distribution of Ration Kits (5 kg Rice + 3 kg Dal + 2 kg Potato) each patient. Also we could distribute Sanitisers & Masks for protection from COVID-19.

We express our heartfelt gratitude to Jay Foundation, Kolkata Gives for their generous support in these troubled times for the benefit of the people in communities served by Antara.

We are grateful to Mr. R.N Mishra (Executive Committee Member, ANTARA) for his continued support to the Community Mental Health Program.

Providing Psycho Education to Care & Support Program Members

Health talk about mental health, addiction was given by the trainees with poster presentation to the parents of school-going children in several schools in Baruipur Block.

Progress of Care & Support Programme:

Two new cases were enrolled in this programme during the report year.

School Mental Health Programme :

Apart from the online school program, many offline school programs were conducted, the Community Coordinator and Ms. Nimisha Chandran (Clinical Psychologist) visited 7 schools and two Corporation Hospital at Bechbagan area and conducted the Programme at Bechbagan area through Community Mental Health unit. 130 students participated for the program.

The major problems that came to light during the course can be summarized in the following categories:

Various psychosocial challenges of the students face in day to day life.
Socioeconomic problems, domestic violence, and child trafficking.
Handling of special needs children inside regular classroom.

Most of them alluded to problems associated with depression, lack of motivation to study, internet addiction, loss of energy and appetite, social isolation, mood swings, anhedonia, thanatophobia, etc. The teachers also shared their views and problems with us.

Community Awareness Programme on COVID 19 for Community Volunteers:

As part of the community awareness programs community volunteers were trained and educated on Covid-19 and its ill effects on health in general and mental health in specific. Some of the observations that were recorded during the meetings are as follows:

- Involved to spread awareness on corona virus to their concerned area.
- Few of them are contacting the mental patients and their family members.
- Most of the volunteers have no android phone but they tried to access this facilities.
- Most of the Gram Panchayats are giving TOT to the Self Help Group Members about COVID 19 and
- The SHG members are also giving training to others groups.

Internship Programme :

We covered 7 batches From the Virtual Internship Programme last financial year. 43 students enrolled for virtual internship programme last yeyeafrom both the background of Psychology & Social Work. We also catered for the offline internship to the students as well.

Antara Swanirbhar Dal (SHG)

“We are together and we are not alone. Together, we can!”

The Antara Self Help Group holds periodic meetings and they already started group stabilization through thrift and credit activity amongst the members and building due group corpus. The group takes up internal loaning to the members from their group corpus. This provides the members with opportunities to acquire the skill to priorities scarce resources and to assess the strength of each members to time the loans and schedule the repayments and fix interest.

- The group leader arranges daily meetings and records the attendance of the members.
- They collect money for monthly savings in the Group Meetings.
- Number of meeting conducted yearly : 09
- In this year they are getting loan up to
Rs 2,50,000/-
- The Group Members saved jointly near about Rs.40,000/-

List of Nursing Schools and Colleges affiliated to ANTARA

1. COLLEGE OF NURSING, ASIA HEART FOUNDATION
2. WOODLAND COLLEGE OF NURSING
3. PEERLESS INSTITUTE OF NURSING SCIENCE (SCHOOL+COLLEGE)
4. NEOTIA INSTITUTE OF NURSING SCIENCE (SCHOOL+COLLEGE)
5. IQ CITY SCHOOL OF NURSING
6. IQ CITY COLLEGE OF NURSING
7. COLLEGE OF NURSING, MIDNAPORE MEDICAL COLLEGE AND HOSPITAL
8. COLLEGE OF NURSING, SSKM MEDICAL COLLEGE AND HOSPITAL
9. COLLEGE OF NURSING, CALCUTTA MEDICAL COLLEGE AND HOSPITAL
10. COLLEGE OF NURSING, NRS MEDICAL COLLEGE AND HOSPITAL
11. COLLEGE OF NURSING, R G KAR MEDICAL COLLEGE AND HOSPITAL
12. MA SARODA COLLEGE OF NURSING
13. COLLEGE OF NURSING, INSTITUTE OF PSYCHIATRY, KOLKATA
14. COLLEGE OF NURSING, COMMAND HOSPITAL, KOLKATA
15. COLLEGE OF NURSING, B M BIRLA, KOLKATA
16. APOLLO GLENEAGLES COLLEGE OF NURSING
17. TRIPURA NURSING COLLEGE
18. KALINGA INSTITUTE OF NURSING SCIENCE, BHUBANESWAR
19. SIKSHA O ANUSANDHAN NURSING COLLEGE, BHUBANESWAR
20. CMRI SCHOOL OF NURSING
21. SCHOOL OF NURSING, ASIA HEART FOUNDATION
22. SRI AUROBINDO SEVA KENDRA SCHOOL OF NURSING
23. TAREKESWAR VIVEKANANDA PALLY SEVA KENDRA SCHOOL OF NURSING
24. RUBY GENERAL HOSPITAL SCHOOL OF NURSING
25. MISSION OF MERCY SCHOOL OF NURSING
26. TAMLUK NURSING TRAINING SCHOOL
27. RAMAKRISHNA MISSION SCHOOL OF NURSING
28. CALCUTTA NURSING TRAINING SCHOOL
29. ESI SCHOOL OF NURSING, SEALDAH

Programme Schedule

PROJECTS IN THE PIPELINE

RESEARCH ACTIVITIES:

As per the declared objectives of Antara, it is high time we engage in research programmes in the field of mental health, addiction, alcoholism, rehabilitation, etc. During the F.Y. 2022-23, Antara intends to establish a Research Section and take up research projects.

ACADEMIC PROGRAMMES:

West Bengal and India as a whole is in urgent need of more trained manpower in the field of mental health. Antara has launched ANTARA Institute of Health Sciences (AIHS) with the objective of starting Academic Programmes. Currently ANTARA is offering Master In Hospital Administration (MHA). We would like to launch a few more academic programmes as early as possible.

OUR STAFF OUR STRENGTH

332 Staff are serving at Antara as on 31st March 2021. Number of staff under various categories is shown below:-

Doctors	-	15
Psychologists	-	04
Nursing Administration	-	02
Staff Nurses	-	41
Social Workers	-	09
General Administration	-	11
Ward-in-Charges	-	09
Ward Assistants	-	79
OPD Staff	-	20
Kitchen Staff	-	09
Work Therapy Staff	-	07
Security staff	-	02
House Keeping Staff	-	03
Other Support Staff	-	12
Part-time Therapists	—	
(Music, Yoga, Bratachari)	-	03
TOTAL	-	236
Job Out-sourced	-	106
GRAND TOTAL	-	332

EXECUTIVE COMMITTEE:- We are ever grateful to the members of the Executive Committee for their selfless service, valuable guidance and leadership.

AGM : The Annual General Meeting of ANTARA Society for the F.Y 2019-20 was held on 30th January 2021.

Advisory Board of ANTARA: We are grateful to the Advisory Board Members of Antara for their continued guidance in the affairs of the Organization. During the report year, Mrs. Anuradha Mitra I.A.S. accepted our invitation and joined the Advisory Board of ANTARA.

OUR THANKS

- We express deep gratitude to all Corporate Houses, Patrons, Friends and Well-wishers in India and abroad who have liberally contributed for building up ANTARA,
- The staff for their dedicated service and loyalty to ANTARA,
- The public at large and especially to the villagers surrounding ANTARA,
- The West Bengal Government and the Local Government Authorities,
- The Baruipur Police and Revenue Authorities,
- Our Auditors M/s. P. K. Sen & Associates,
- The Engineers & Contractors,
- The Press of Calcutta and
- All other friends and volunteers who have contributed their service to ANTARA

We are counting upon the continued cooperation, assistance and guidance from all to make Antara an **Institution of Excellence** in the service of the poor psychiatric patients.

(Dr. Mathew. P John)
Hon. General Secretary

Antaragram
13.11.2021