



ANNUAL REPORT

2021-22

1. FROM THE GENERAL SECRETARY'S DESK

The Financial Year 2021-22 was a year of learning and accomplishments. Antara has kept the OPD & Indoor Services at its best in rendering excellence in treatment throughout the year in providing doctors consultation, medicines and other mental health services that are vital for the mental stability and survival of psychiatric patients. The entire Staff Team at Antara deserves deep appreciation for keeping all the services to its highest standards in taking care of mentally ill persons. We sincerely appreciate our donors from across the globe, that have been bedrock to Antara during challenging times and we stand in accord as a family in delivering the vision of Antara. We are indeed delighted to share our Annual Report 2021-2022 with you.

During the year we had donations which had created a significant impact in the operations of the organization. State Bank of India Contributed towards 125KVA diesel operated Generator; that ANTARA may continue its services with the uninterrupted supply of Electricity. M/S DongFang Electric (India) Pvt. Ltd. for contributing toward Water coolers with filters that ANTARA may provide Safe Drinking water to all patients and staffs. Tide Water Oil India Pvt. Ltd. has been able to contribute towards an elevator for the long term patients of the Assisted Living Facility. Jay Foundation Contributed towards the Digitization of all the Medical Records of ANTARA. TATA Steel Down Streams Products Limited has contributed towards the Augmentation of Digital Surveillance System.

Dr Mathew P John

Number of Beneficiaries served during the year:-

	<u>2020-21:</u>	<u>2021-22:</u>
<u>OPD attendance</u>		
New patients -	5,269	5688
Follow-up visits -	26,161	31562
Total -	31,430	37250
<u>Satellite Clinics</u>		
New patients -	228	39
Follow-up visits -	5,597	1207
Total -	5,825	1246
<u>In-patient admissions</u>		
New Admissions -	2,019	1597
Re-Admissions -	572	380
Total for all Wards -	2,591	1,977

2. MONTHWISE PATIENT REACH

2.1 OUT PATIENT SERVICES (1st April 2021 – 31st March 2022)

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	5	10	21	29	40	26	27	22	23	6	5	5	219
ADULT	318	231	334	399	380	388	361	364	344	300	367	442	4228
CHILD	40	14	52	51	51	48	40	64	40	38	36	74	548
GENERAL	5	0	0	7	2	2	3	2	0	6	2	0	29
GERIATRIC	43	26	52	66	72	73	59	60	71	52	40	50	664
TOTAL													5688

<u>FOLLOWUP</u>	2622	1394	1974	2647	2730	2854	2628	2998	3065	2806	2775	3069	31562
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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 2021-2022 was 548 (refer to table above)

2.1.2 Adult Psychiatry OPD:

The Adult Psychiatry OPD is open on weekdays from 9 am to 5 pm. Overall attendance of patients in the Adult OPD Clinic was 4228 (refer to table above)

Chemical Dependency OPD:

Clients dependent on various kinds of addictive substances attend this clinic for counseling and admission to the Indoor Chemical Dependency Ward. We have reached to 219 Clients this year.

2.1.3 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.

2.1.4 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 Out Patient Department.

2.1.5 Pathology Sample Collection Centre:

Antara has a partnership with Neotia Mediplus Diagnostic Centre 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 ongoing treatment to a large number of patients who come to Antara Out Patient Clinic regularly.

2.2 SATELLITE CLINIC – City OPD , Kolkata

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 this year, 39 New Patients and 1207 Follow-up Patients attended the clinic. Antara is grateful to Janata Medical Service and the Mar Thoma Church authorities for the support extended by them in this joint venture over the past years and till date .

INPATIENT TREATMENT FACILITIES AT ANTARAGRAM – WARD DETAILS

3.1 Cathedral Relief Service Ward for the acutely ill Men:

Number of New admissions during the year: 637

Number of re-admission cases: 48

Total Admissions - 685

23.1 Armenian Church Ward for the acutely ill Women:

Number of New admissions during the year: 405

Number of re-admission cases: 54

Total Admissions - 459

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

Number of New admissions during the year: 310

Number of re-admission cases: 10

Total Admissions - 320

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

Number of New admissions during the year: 319

Number of Re-admission cases: 31

Total Admissions - 350

53.1 Mar Thoma Church Ward for Chemical Dependency Treatment:

Number of New admissions during the year: 1071

Number of re-admission cases: 95

Total Admissions - 1166

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

Number of New admissions during the year: 1229

Number of re-admission cases: 73

Total Admissions - 1302

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: 95

Number of re-admission cases: 46

Total Admissions - 141

3. REHABILITATION PROGRAMMES

3.1 RESIDENTIAL WARDS:

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

3.2 Female Rehabilitation Ward:

Number of New admissions during the year: 724

Number of re-admission cases: 36

Total Admissions - 760

3.3 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 NON-RESIDENTIAL PROGRAMMES:

4.1 Personal Growth and Development Program: (Day Treatment Unit)

Currently, 60 patients are participating in this programme which include In – patients, outdoor recovering patients and online patients staying far from Kolkata. Most of these patients attend a regular routine designed by the Unit and attend the Programme from 9 a.m. to 4 p.m from Monday to Saturday. 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. The response has been overwhelming and many

patients have been enrolled in this new platform of learning. We have encouraged out station patients to enroll them into the online program

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.

4.2 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. They are been trained under regular guidance by stitching and knitting professionals, handicraft making, Celebration cards and jewelry making. Patients have been having an improved behavioral change through this ongoing program.

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 updated at the Library. Antara staff, patients, trainees and students placed at Antara from various Institutions are increasingly utilizing the library facilities.

Patients under under Swasthya Sathi Scheme & Corporate Empanelment with WBPDC

Currently 459 patients are directly availing schemes under Swastha Sathi , PDCL and WBHS through Antara .

Donor Relations and Fundraising Department:

Antara has been registered on various Donor Platforms like Benevity, Milaap, GiveIndia & Global Giving. Campaigns like Donation Coupons, Friends of Antara, Appeals to Individuals/Trusts/Foundations, Meal Sponsorships, Endowment Funds & Project Support through CSR Funding are also going on. This year we have received overwhelming support from our Donors and Wellwishers from across the globe.

Observation of Mental Health Month & Mental Health Exhibition - 12th September 2021 to 10th October 2021

The Theme for 2021 was “**Mental Health in an unequal World**”. We were delighted to conduct our Golden Jubilee Inauguration Program 2021 and observe our Mental Health Month together. Different online/offline programs were conducted for in - patients, staffs, students, Communities and NGOs as per the theme. Due to the Covid Pandemic most of the Programmes were conducted online through Zoom Platform. We could reach to a larger number of people in spreading the awareness on Mental Health even beyond the City of Kolkata.

ANTARA GOLDEN JUBILEE

Observation of Mental Health Month & Mental Health Exhibition

12th September to 10th October 2021

Theme for 2021: **“MENTAL HEALTH IN AN UNEQUAL WORLD”**

Programme Schedule

Sl. No.	DATE	PROGRAMME/TOPIC	TARGET GROUP	Resource Person	TIME	Mode	Organising Staff & Lead
1	12-09-2021	Golden Jubilee Inauguration Programme:	Invited guest & staff	Chief Guest : Dr. Mathew P. John Speaker : Molly Thanmbi	05:00 PM	Zoom Web + FB & Onsite (Hybrid)	M. Thomas John C.E.O , ANTARA
2	13-09-2021	Antara Foundation Day – Theme for World Mental health Day: <u>Mental Health in an Unequal World</u> Theme unfolding session led by	Patients & staff of Antara	Dr. Bijoy Jacob	3:30pm-5:00pm	Onsite + fb live (Hybrid)	Mr. Nobin Samuel Asst. CEO
3	14-09-2021	Pratibhar Sandhane ” Talent Search among inpatients	Inmates of Antara	Chief Guest	3pm - 5pm	Onsite + fb live (Hybrid)	Lena Roy Chowdhury
4	15-09-2021	Mental Health & Wellbeing	School Students	Ms. Indrani Chakraborty	3pm-4pm	Google Meet	Ankhi Sarkar
5	16-09-2021	Total Quality Management		Dr.Jhilam Rudhra Prof.	2pm-3.30pm	Zoom M + FB	Subhobrato Chakraborty
6	17-09-2021	“Amader kotha” Cultural Programme by Personal Development Unit	Members of PDU	Dr. S.Chatterjee	3pm - 4.30pm	Zoom M + FB	Mrs. Gargi Singh Coordinator – PDU
7	18-09-2021	“Chuteche mon matir pane”-A cultural Programme by Aesthetic Unit	All interested persons.		10am - 12pm	Zoom M + FB	Dr. Mandar Mukherjee
8	19-09-2021	Mental Health Awareness	General Population				Main Gate
9	20-09-2021	“Fear of Uncertainty and Death Anxiety” Programme for psychology Deptt.	Psychology students	Dr. Pushpa Misra	2pm-4pm	Zoom Webinar	Indrani Chakraborty - Clinical Psychologist

10	21-09-2021	“Anonderi Sagor hote” Cultural Programme by Community Volunteers	Community Volunteers	Judge: Lena Roy Chowdhury Subhobroto	11pm - 12pm	Zoom M + FB	Ankhi Sarker
		Mental Health Care Act-2017 and Rights of Parsons with Mental Illness	Staff Nurse	Dr.Bijoy Jacob	2.30pm-4pm	Community Hall	Mrs. Poulomi Dutta
11	22-09-2021	Early identification of mental health issues among toddlers & Preschool children	Anganadi Workers	Mr. N.C Mukherjee	11am -12 pm	Zoom M + FB	Ankhi Sarker
12	23-09-2021	“Role of Teachers in Positive Mental Wellbeing of students	350 teachers from Govt School of Baurupuri bolck	Dr. S. Chatterjee	2.30-4pm	Zoom Web + FB	Ankhi Sarker
13	24-09-2021	Manosik Swasthye oshudher gurutwao o tar sathik Babhar (Importance of Compliance & follow up in Psychiatric Patients)	Patients & Care Givers	-	9:30 am-10:30am	Antara OPd Onsite + fb	Mrs. Anna kutty OPD In charge
		“Freedom from Drugs “	Clients & Care Givers	Dr.S.Chatterjee	3pm-4.30pm	Online+fb	Prasenjit Samonto
14	25-09-2021	Chonde Fera A Cultural Programme By Group Home	Group Home Residents & Family members		2:00pm-4:00pm	Onsite+fb	Mrs.Sarah Bijoy
15	26-09-2021	Mental Health Awareness					
16	27-09-2021	Alzheimer and related Disorders	Antara Staff ,Care Givers & Senior Citizens	Ms. Nilanjana Moulik Secretary Calcutta Chapter	4pm-5pm	Zoom Web + Fb live	Ankhi Sarker
17	28-09-2021	“Mental Health Counselling – Opportunities & Challenges in the post -COVID era “	Social work students	Dr. Bijoy Jacob, Dr.Udayan Bhoumik, Mr. Thomas John, Mr. Pratyush	2pm-4.pm	Zoom M + FB	Salil Moyra & Lena Roy Chowdhury
18	29-09-2021	Role of ASHA workers in Mental Health first Aid	ASHA Workers	Ankhi Sarker	2pm-3.30pm	Zoom M+FB	Ankhi Sarker Coordinator – CMHU
19	30-09-2021	Mental Health in an unequal World – India, UK, Australian perspective	Mental Health Professional	Dr. Sanmitra Dasgupta Dr. Saibal Guha Dr. Alka	3pm - 4.30Pm	Zoom Web+ FB	Dr. Bijoy Jacob (Medical Superintendant)

				Dr. S. Chatterjee Dr. Bijoy Jacob (M)			
20	01-10-2021	"Ami Parbo"- Programme by Child Guidance Clinic	Care Givers & Clients	N.C Mukherjee	3pm - 4.30 pm	Zoom M + FB	N.C Mukhrjee
21	02-10-2021	"Mental Health in an unequal world" – Essay Competition	Inmates of Antara	Ms. Poulami Dutta Dr. Bijoy Jacob	10 am- 11.30am	Community Hall	Mr. Lalan Saha
22	03-10-2021	Mental Health Awareness					
23	04-10-2021	Kishor kiroshider Manosik Swasthya	Counsellors of ANWESHA clinics, RCH etc.	Dr. Udayan Bhoumik Arpita Ghosh	2.30pm- 4pm	Zoom Meeting+ fb	Ankhi Sarkar Coordinator – CMHU
24	05-10-2021	Mental Health First Aids –and its uses	ANM Staff	Mrs Poulomi Dutta	2pm - 3.30pm	Zoom M + FB	Ankhi Sarkar Coordinator – CMHU
25	06-10-2021	"Learning for Happiness" Programme for Computer Training	Computer Students & Clients	Mrs. Supriya Roy	3pm-4pm	Zoom M +FB	Mrs. Supriya Roy
26	07-10-2021	Happiness	Staffs for ANTARA	Mr. Kamal Prakash	3:30pm- 5:00pm	Zoom M + FB	Ankhi Sarkar
27	08-10-2021	Promoting Mental Health in an Unequal World	Antara Staff	Dr. Ranjita Biswas	3pm - 4.30pm	Zoom M + FB	Ankhi Sarkar
28	09-10-2021	Virtual Mental Health Exhibition	-	NA	2pm - 4pm	Online	Poulami Dutta Ankhi Sarkar
29	10-10-2021	Panel Discussion on Divorce/Separation – Impact on Child (Ways to overcome)	Mental Health Professionals & Antara Staff	Dr. Shekhar Sheshadri	3pm-4.30 pm		
		Closing Ceremony		Dr. Gautam, Saha, Adv. Sourav Mukherjee Dr. Abir Mukherjee, Dr. Bijoy Jacob		Zoom M + FB	Dr. Bijoy

ANTARA

Community Mental Health Unit

Annual Report (2021-2022)

The arrays of Community mental health services vary depending on the country through which the services are provided. It refers to a system of care in which the patient's community, not a specific facility such as hospital, is the primary provider of care for people with mental illness. The goal of community mental health services often 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 care and treatment process of Mental illness 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 with the ill effects of mental illness.

Antara Community mental health unit has been able to organize Awareness Generation 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 and family as well as community.

Early Detection & Treatment: To identify problems and diagnosis the need of mentally ill patients in Community as a whole.

Training: Imparting short term 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.

School Mental Health Programmes are a necessity of today. Antara is already covering several schools in the vicinity of Antaragram by conducting awareness programmes for the students, parents, community and by conducting orientation and training programmes for the teachers.

Programmes conducted by ANTARA Community Mental Health Unit

1. School Mental health Programme
2. Community Awareness Programme
3. Conducting the Training Programmes
4. Early Detection Camp & Referral Services
5. Care & Support Programme
6. Workshop & Seminar
7. Satellites Clinics
8. Self Help Groups
9. Special Care Group

The Care & Support Programme :

Antara is already offering care and support to chronically ill persons and their families in the villages around Antara Psychiatric Hospital. The Care & Support Programme will extend survival support to the families by enhancing their social supports, compliance to medication and treatment. Material support like repair and renovation of housing, supply of winter clothes, medical care for patient/ family members, etc are arranged whenever necessary.

Antara Swanirbhar dal (SHG)

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 to assess the strength of each members to time the loans and schedule the repayments and fix interest.

- The group leader arranges the daily meetings and records the attendance of the members.
- They collect money for monthly savings in the Group Meetings.
- Number of meeting conducted yearly : 12
- In this year they getting loan up to 2,50,000/-
- In throughout the year they bought the products from Antara near about Rs.1,50,000/-
- And the group members saved their jointly near about Rs.52,000/-

Special Care Group

Special care Group for homeless and suffering from chronic mental illness those are the guidance of Antara.

Aims :

To carry out positive intervention with respect to their socially excluded group , offering them attention programme, psychosocial rehabilitation and institutional / community support. It would help to increase their independence and quality of life and make possible their progressive social integration.

Activities of the group:

Total number of members :24

Total no. of meeting has done : 04 (per quarter)

Attending the different activities indoor/ward and as well as their rehabilitation purpose.

They are participated various types of activities like in Occupational Therapy , Gardening , etc.

List of Nursing Schools and Colleges affiliated to ANTARA

1. Asia Heart Foundation School of Nursing
2. Tarakeshwar Vidhan Palli Seva Kendra School of Nursing
3. Midnapore Government College of Nursing
4. CMRI – Calcutta Medical Research Institute School
5. Ruby General Hospital , Kolkata
6. Neotia Academy of Nursing
7. Calcutta Nursing Training
8. Ramkrishna Mission Seva Prathisthan
9. Sri Aurobindo Seva Kendra
10. Mission of Mercy
11. Sister Nibedita University
12. Institute of Nursing

PROJECTS IN THE PIPELINE

As per the declared objectives of Antara, we plan to construct a 3 storied fully Vocational Training Unit for Recovering Patients and also a Fully equipped Day Care Centre under Personal Growth and Development Unit , with a Convention Centre for Capacity Building Programs for Students and NGOs from West Bengal .

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 in association with ANTARA Society of Mental Health Sciences is offering Master In Hospital Administration (MHA) und affiliated by West Bengal University of Health Sciences, Post Graduate Diploma in Psychological Counseling in collaboration with MAKAUT , West Bengal and 3 months course in Basic Mental Health Care. We would be launching a few more academic short term courses under future programmes as early as possible.

OUR STAFF OUR STRENGTH

358 Staff are serving at Antara as on 31st March 2022. Number of staff under various categories is shown below:-

Doctors	-	14
Psychologists	-	04
Nursing Administration	-	02
Staff Nurses	-	55
Social Workers	-	06
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	-	122
GRAND TOTAL	-	358

THE EXECUTIVE COMMITTEE MEMBERS :-

We are ever grateful to the members of the Executive Committee for their selfless service, valuable guidance and leadership in nurturing the organization. We are happy and delighted to have Ms Prerna Goenka as the Member to the Executive Committee.

AGM : The Annual General Meeting of ANTARA Society for the F.Y 2021-22 was held on 11th December 2021.

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 City of Kolkata and beyond to the service of the poor affected by Mental illness .

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

Antaragram
15th September 2022