

ANTARA
ANNUAL REPORT
2022-23

1. INTRODUCTION

The Financial Year 2022-23 was a year of learning and accomplishments. Antara kept the OPD & Indoor Services at its best and rendered outstanding services to its patients throughout the year. It provided such services by way of doctor's consultation, medicines, and other mental related health services that are vital for the mental stability and survival of psychiatric patients.

The entire Staff Team at Antara deserves deep appreciation for maintaining all its services at the highest standards in taking care of mentally ill persons. We sincerely appreciate the contribution made by our donors from across the globe and which is the bedrock of 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 2022-2023 with you.

Dr Mathew P John

Number of Beneficiaries served during the year:-

OPD attendance	<u>2021-22</u>	<u>2022-23</u>
New Patients -	5,688	5,787
Follow-up visits-	31562	36978
Total	37,250	42,765

Satellite Clinics	<u>2021-22</u>	<u>2022-23</u>
New patients	39	54
Follow-up visits	1204	1404
Total	1243	1458

In-patient admissions	<u>2021-22</u>	<u>2022-23</u>
New Admissions	1597	1437
Re-Admissions	380	63
Total for all Wards	1977	1500

2. REPORT OF ON-GOING ACTIVITIES & SERVICES

2.1 OUT PATIENT SERVICES (1st April 2022– 31st March 2023)

New Patient Category	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Total
Addiction	5	5	17	21	19	20	27	19	23	20	21	28	225
Adult	373	360	374	324	346	312	317	326	318	289	337	366	4042
Child	45	64	69	70	66	60	54	61	71	45	58	59	722
General	1	0	3	5	0	1	0	1	2	1	1	1	16
Geriatric	53	57	53	48	79	70	67	61	80	62	73	79	782
Total													5787

Follow up	2944	3019	3240	3096	3149	3158	2639	3204	3166	2976	2970	3417	36978
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2.1.1 Child Guidance Clinic

This clinic caters to children below the age of 18 years suffering from childhood mental health problems. During the reporting year, the Child Guidance Clinic OPD Services were extended to 6 days per week. The total no of patients attended to the CGC during the year 2022-23 was 722.

2.1.2 Adult Psychiatry OPD

The Adult Psychiatry OPD at Antaragram was open on weekdays from 9 am to 5 pm. The total no of patients attended in the Adult OPD Clinic was 4042.

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. We have reached out to 225 Clients the year 2022-23.

2.1.4 COUNSELLING AND 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 interventional services are extended from this Clinic.

2.1.5 Pharmacy- OPD

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

2.1.6 Pathology Sample Collection Centre:

Antara in partnership with Neotia Mediplus Diagnostic Centre conducted pathology tests and investigations for the patients treated at Antara. Pathology Samples are collected at Antara and sent to the centre for necessary tests. This arrangement provides adequate support in the diagnosis and ongoing treatment to a large number of patients who visit 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, 2022-2023 we have enrolled 54 New Patients and 1401 Follow-up Patients at 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.

3. In Patient Treatment Facilities at Antaragram

3.1 Cathedral Relief Service Ward for the acutely ill Men

Number of New admissions during the year: 30
Number of re-admission cases: 13
Total Admissions: 43

3.2 Armenian Church Ward for the acutely ill Women

Number of New admissions during the year: 59 Number of
re-admission cases: 12
Total Admissions: 71

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

Number of New admissions during the year: 15
Number of re-admission cases: 20
Total Admissions: 35

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

Number of New admissions during the year: 35
Number of re-admission cases: 2
Total Admissions: 37

3.5 Mar Thoma Church Ward for Chemical Dependency Treatment:

Number of New admissions during the year: 48
Number of re-admission cases: Nil
Total Admissions: 48

3.6 Emergency Male & Female Ward

Number of New admissions during the year: 1233
Number of re-admission cases: 1
Total Admissions: 1234

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: 07
Number of re-admission cases: 11
Total Admissions: 18

4 Rehabilitation Programs

4.1 Residential Wards

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

4.2 Female Rehabilitation Wards

Number of New admissions during the year: 10
Number of re-admission cases: 14
Total Admissions: 24

4.3 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.

5 NON-RESIDENTIAL PROGRAMMES:

5.1 Personal Growth and Development Program (Day Treatment Unit)

Currently, 60 patients are participating in this program which includes In – patients, outdoor recovering patients, and online patients participating from other districts in West Bengal. Most of these patients attend a regular routine designed by the Unit and attend the Programme from 9 a.m.

to 4 pm 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 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 outstation patients to enroll in online program.

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

5.2 Occupational Therapy Programmes:

Various Occupational Therapy programmes provide opportunities to resident and non-resident clients to improve their mental health, inter- personal relationships and skill training. They are being trained under regular guidance by stitching and knitting professionals, in the area of handicraft making, Celebration cards and jewelry making. Patients have experienced improved behavioral change through this ongoing program.

5.3 Dr. K.L Narayanan Memorial Neuro-Stimulation Centre

A unique Treatment system for Mental Wellness was formally inaugurated on 10th October 2022 – World Mental Health Day. From November 2022, 306 sessions on 17 patients were performed, out of which 2 were provided free.

6 TRAINING & ORIENTATION PROGRAMMES

6.1. 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 Program, ANTARA offers Vocational Training in Tailoring & Handicrafts-making.

6.2 Library & Reading Room:

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

Patients under Swasthya Sathi Scheme & Corporate Empanelment with WBPDCCL & WBHS

Currently 140 patients are directly availing schemes under Swasthya Sathi, WBPDCCL and WBHS through Antara.

Donor Relations and Fundraising Department:

Antara has been registered on various Donor Platforms like Benevity, Milaap, Give India & Global Giving Campaigns. Donation Coupons, Friends of Antara, Appeals to Individuals/ Trusts/ Foundations, Meal Sponsorships, Endowment Funds & Project Support through CSR Funding are also continuing. We have received overwhelming support from our Donors and Well-wishers from across the globe.

Observation of Mental Health Month & Mental Health Exhibition - 10th October 2022 to 12th November 2022

The Theme for 2022 was *“Make Mental Health & Well-Being for All a Global Priority”*. We were delighted to conduct the Mental Health Month with our Patients, staff, and other stakeholders and reach out to the people at large through awareness programs. Different programs were conducted for in - patients, staff, students, Communities, and NGOs as per the theme through song, dance drama, panel discussions, presentations, drawing competitions and many more.

ANTARA
Observation of
Mental Health Month & Mental Health Exhibition
 10th October to 12th November 2022 Theme for 2022 “Make Mental Health & Well-Being for
 all a Global Priority”
Programme Schedule

Sl. No.	DATE	PROGRAMME/TOPIC	TARGET GROUP	Resource Person / Chief Guest	TIME	Method	Conducting Staff
1	10.10.22 Monday	Inauguration of Mental Health Month Programme – Theme Unfolding :	ANTARA Staff, Executive Committee Members Friends of ANTARA , Schools, Colleges, Institutions etc.	Principal Secretary ,ADHS Mental Health Mr. Narayana Sarup Nigam , Jain Muni	4pm	Offline , FB Live	Nobin D. Samuel & Subhabrat Chakroborty
2	11.10.22 Tuesday	Vijaya Sammillani	Staff & Inmates	No Guest	3.30p m -	Hybrid	Antara Recreational Club
3	12.10.22 Wednesday	“Fire dekha “ A Essay Competition	Inmates	Mrs. Sumita Samaddar Judge	2.30p m - 3.30p m	Offline	Prasenjit Samonta & Bikas Nayek
4	13.10.22 Thursday	Child, Women, Elderly person –Mental Health Priority In our Society	Family & Care givers	Dr. Sudeshna Mukherjee & Dr. J. Maity (Resource Persons) Mr. Nobin Samuel & Mr. Biji Alexander	9.15 am	Offline	Nabonita & Sayan
5	14.10.22 Friday	School Awareness Programme	11&12 Class students from Our Lady Queen of the Missions School	Ms Agrima Chakroborty	12.30 Pm	Offline	
6	15.10.22 Saturday	Make Mental Health and well being for all a Global Priority – Role of NGOs	Members of NGOs	D. J. Maity (Psychiatrist) Mr. Sanjib Kundu – State Consultant – Child Protection Unit UNICEF Panchayat Pradhan – Chief Guest	2.30 Pm	Offline	Salil Moyra & Nitai Mukherjee
7	16.10.22 Sunday	Awareness through Social Media					
8	17.10.22 Monday	Seminar on “Stress Management”	Ward staff	Psychology Department	1pm -2pm	Offline	Nursing Superintendent
9	18.10.22 Tuesday	“Bandhu Chol” A Cultural programme	InfoTech students & their parents	Supriya Ganguly	3.30p m	Hybrid	Supria Ganguli
10	19.10.22 Wednesday	Addiction – Impact on Mental Health	Inmates	Dr. S Chatterjee Dr. Sudeshna Mukharjee Father Jagoddal Marthoma School (Chief Guest)	3.30p m	Offline	Prasenjit Samonta & Alan Sahu
11	20.10.22 Thursday	Seminar on Theme- “Make Mental Health and well being for all a Global Priority “	Nursing Staff	Mrs. Madhusree Manna Vice Principle of R.N.Tagore College of Nursing	2pm -3pm	Offline	Nursing Superintendent
12	21.10.22 Friday	Valo theko – valo rekho -	Family /Care givers	Dr.J . Maity Dr. Sudeshna Mukherjee Chief Guest –IC Sonarpur	2.30 Pm	Hybrid	Prasenjit Samonta
13	22.10.22 Saturday	Diabetes and Dementia in older adults	Alzheimer’s patients & their family members	Debjani Bannerjee	3pm	Hybrid	Debjani Bannerjee
14	23.10.22 Sunday	Awareness through Social Media					
15	24.10.22 Monday	Celebration of Kali Puja /Diwali Celebration	Antara Staff & Patients		6pm	Hybrid	Santanu Pradhan & Asrafur
16	25.10.22 Tuesday	“It’s Your Time to Shine “ – Talent Hunt Contest	inmates of Antara	Mrs. Alokanda Roy (Chif Guest)	2pm	Hybrid	Lena Roy Choudhury & Ankhi Sarkar
17	26.10.22 Wednesday	Film Show	Inmates		1.30 PM	Offline	Asrafur & Ankhi
18	27.10.22 Thursday	“Bhaier kopale dilam phonta”	All staff & patients		10am	Offline	Nandita Shau & Recreational Club
19	28.10.22 Friday	Paribarik manosik swastha o sishu moner bikash	Anganwadi Workers	Mr. N.C Mukherjee	2PM	Offline	Ankhi Sarkar

20	29.10.22 Saturday	Cultural Programme	Inmates of Group Home		2.30pm	Hybrid	Group Home Coordinator Indrani Chakraborty
21	30.10.22 Sunday	Awareness through Social Media					
22	31.10.22 Monday	Sports for Inmates	Inmates				Asrafur & Lalan
23	1.11.22 Tuesday	New Genre Addictive Behaviours : An Overview & Psychological underpinnings	Psychology students (60) 300/-X60 = 18,000	Dr. Ushri Banerjee	10am - 1pm	Hybrid	Indrani Chakraborty
24	2.11.22 Wednesday	Role of ANM in Mental Health First Aid	ANM (Rajpur Sonarpur Municipality)	Mrs. Poulomi Dutta	2pm	Offline	Ankhi Sarkar
25	3.11.22 Thursday	“ Aha ki anonda” A Drama on Gupi Gaain & Bagha Bain	Members of Personality Development Unit	Ms. Basabi Ghatak (Chief Guest)	2pm - 5pm	Hybrid	Coordinator of PDU
26	4.11.22 Friday	Mental Health Concerns among Students in Higher Education : Causes and way Forward	Social work Students	Mrs. Rupa Dutta H.O. D – St. Xaviers’ College	2pm	Hybrid	Salil Moyra & Prasenjit Samonta
27	5.11.22 Saturday	CME programme for doctors	Doctors	Dr. Soumya chatterjee	6Pm	Hybrid	Subhabrata Chakraborty & Nobin D. Samuel
28	6.11.22 Sunday	Awareness through Social Media					
29	7.11.22 Monday	Manosik swastha sakaler agradhikar- sechha sebider bhumika	Community Volunteers	Mr. Prasnjit Chakraborty (Resource Person)	2.30pm	Hybrid	Ankhi Sarkar
30	8.11.22 Tuesday	Programme for LGBTQ & Sex Workers	LGBTQ & Sex Workers	Psychology Dept.		Offline	
31	9.11.22	Programme for Kolkata Police	kolkata Police			Offline	Subhabrata Chakraborty
32	10.11.22 Thursday	“Virtual Affairs “ – Most common in Adolescent Groups	Students	Ms. SahanaJ Reja (Psychologist) Mrs. Sumita (Senior Teacher –B.D.I.M)	2.30pm	Hybrid	N.C.Mukherjee Salil Moyra Ankhi Sarkar
		Mental Health Exhibition					
33	11.11.22 Friday	Make Mental Health as a Positive Wellbeing ” - Role of Teachers	Teachers	Dr. Soumya Chatterjee	2.30 Pm	Hybrid	Ankhi Sarkar
		Mental Health Exhibition					
34	12.11.22 Saturday	Closing Ceremony Drawing competition	Students		2pm	Hybrid	Bikas Nayek
		Mental Health Exhibition					

Community Mental Health Unit Annual Report (2022-2023)

The Community mental health service refers to a system of care in which the patient's community, not a specific facility such as a 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 out-patient psychiatric treatment.

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

1. To create mass awareness about the causes, mal effects, preventive measures, and detection process of Mental illness.
2. To create sensitization among schools, colleges, students, teenagers and youths, and adults regarding healthy lifestyles and healthy minds prevent mental illness.
3. To ensure professional advocacy for influencing policy regarding proper and affordable care and treatment process of Mental illness affected populations, especially for the poor and marginalized section.
4. 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 in the communities various Awareness Generations programs, community sensitization about facts and myths related to mental illness, healthy lifestyles 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 Program:** To organize awareness programs for patients and families as well as the community.
- **Early Detection & Treatment:** To identify problems and diagnosis the need of mentally ill patients in the community as a whole.
- **Training:** Imparting short-term training for the health workers and other nodal staff 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 today. Antara is already covering several schools in the vicinity of Antaragram by conducting awareness programs for the students, parents, and Community and by conducting orientation and training programs for the teachers.



Programmes conducted by ANTARA Community Mental Health Unit

1.0	School Mental Health Programme
2.0	Community Awareness Programme
3.0	Conducting the Training Programmes
4.0	Early Detection Camp & Referral Services
5.0	Care & Support Programme
6.0	Workshop & Seminar
7.0	Satellites Clinics
8.0	Self Help Groups
9.0	Special Care Group

The Care & Support Programme:

Antara offers 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 prioritize scarce sources to assess the strength of each member to time the loans and schedule their payment 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 meetings conducted yearly: **15**
- This year, they have received a loan upto the limit of **Rs. 2,50,000/-**
- Throughout the year, they brought the products from Antara approximately **Rs.2,33,000/-**
- The group members jointly saved near about **Rs.70,000/-**

Special Care Group

Special care Group is a program for the homeless and those suffering from chronic mental illness under the guidance of Antara. Our aim is to carry out positive intervention with respect to their socially excluded group, offering them attention programs, psycho social 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 done: 04 (per quarter)

Attending the different activities indoor /ward and as well as their rehabilitation purpose. They have participated in various types of activities like 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 Institute
8	Ram Krishna Mission Seva Prathisthan School of Nursing
9	Sri Aurobindo Seva Kendra School of Nursing
10	Mission of Mercy School of Nursing
11	Sister Nibedita University Institute of Nursing
12	SSKM Government College of Nursing
13	R G Kar Government College of Nursing
14	Midnapore Government College of Nursing
15	St Pauls School of Nursing
16	ICare School of Nursing, Haldia
17	Christian College of Nursing
18	Brainware University
19	MCH College of Nursing- MSc
20	Tripura College of Nursing- Msc
21	Tripura Institute of Paramedical Science- Msc

PROJECTS IN THE PIPELINE

As per the declared objectives of Antara, we plan to construct:

1. 3 storied fully Vocational Training Unit for Recovering Patients.
2. Fully equipped Day Care Centre under Personal Growth and Development Unit.
3. Convention Centre for Capacity Building Programs for Students and NGOs from West Bengal.
4. Home for Homeless Mentally Ill Patients
5. A distinct Unit for De-Addiction.

ANTARA Institute of Health Sciences (AIHS)

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 programs. Currently ANTARA in association with ANTARA Institute of Mental Health Sciences is offering Master In Hospital Administration (MHA), 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 programs.

STAFF STRENGTH

357 Staff are serving at Antara as on 31st March 2023. Number of staff under various categories is shown below:-

Doctors	14
Psychologists	4
Nursing Administration	1
Staff Nurses	55
Social Workers	6
Ward-in-Charges	9
Ward Assistants	79
General Administration	11
OPD Staff	20
Kitchen Staff	9
Work Therapy Staff	7
Security staff	2
House Keeping Staff	3
Other Support Staff	12
Part-time Therapists (Music, Yoga, Bratachari)	3
TOTAL	235
Job Out-sourced	122
GRAND TOTAL	357

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.

ANNUAL GENERAL BODY MEETING: -

The Annual General Meeting of ANTARA Society for the F.Y 2022-23 was held on 26th November 2022.

OUR SINCERE 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
- 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
10th April 2023