

ANTARA

ANNUALREPORT

2023-2024

1. INTRODUCTION

After the successful completion of 53 years ,we present the Annual Report for Antara Psychiatric Hospital and Rehabilitation Centre, Kolkata, for the Financial Year 2023-2024. This year has been a transformative period for our institution as we continue to evolve and enhance the quality of mental health care in Kolkata and South 24 Parganas, West Bengal.

Our dedicated team of professionals has worked tirelessly to implement innovative treatment programs, expand our outreach services, and improve patient outcomes. We have also focused on integrating cutting-edge technology to better serve our patients and streamline our operations. Most importantly, we sincerely appreciate the contribution made by our donors from across the globe who have been a bedrock to Antara during challenging times.

As we reflect on our achievements, we remain committed to our mission of providing compassionate, high-quality psychiatric care. We extend our heartfelt gratitude to our staff, partners, and the community for their unwavering support. Together, we are making significant strides toward a healthier and more hopeful future for all.

Dr.Mathew P.John

Number of Beneficiaries served during the year: -

OPD attendance	<u>2022-23</u>	<u>2023-24</u>
New Patients-	5,787	5690
Follow-up visits-	36978	37007
Total	42,765	42697

Satellite Clinics	<u>2022-23</u>	<u>2023-24</u>
New patients	54	123
Follow-up visits	1404	2157
Total	1458	2280

In-patient admissions	<u>2022-23</u>	<u>2023-24</u>
New Admissions	1437	1535
Re-Admissions	63	89
Total for all Wards	1500	1624

2. REPORT OF ONGOING ACTIVITIES & SERVICES

OUTPATIENT SERVICES (1st April 2023–31st March 2024)

New Patient Category	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Total
Addiction	22	21	43	21	35	27	28	35	32	45	31	23	363
Adult	293	381	291	311	340	369	321	314	260	239	323	333	3775
Child	51	69	69	73	77	63	55	53	60	44	46	51	711
General	0	1	1	1	2	2	1	1	2	1	5	4	21
Geriatric	55	66	60	67	88	73	69	72	52	54	92	72	820
Total													5690

Followup	3225	3339	2999	3086	3360	3177	2914	3107	2815	2998	3027	2960	37007
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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 2023-24 was 711.

Adult Psychiatry OPD

The Adult Psychiatry OPD at Antaragram has been functional on weekdays from 9am to 5pm. The total no of patients attended in the Adult OPD Clinic was 3775.

Chemical Dependency OPD

Clients dependent on various kinds of addictive substances attended this clinic for counseling and admission to the Indoor Chemical Dependency Ward. We have reached out to 363 Clients the year 2023-24.

Counselling and Guidance Clinic – Department of Psychology

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

1	Out Patient Department	No of Cases
	Counselling	1613
	Therapies	149
	Investigations	401
	Total	2163

2	In- Patient Department	No of Cases
	Counselling	1876
	Therapies	106
	Investigations	110
	Total	2092

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.

Pathology Sample Collection Centre:

Antara in partnership with Neotia Mediplus Diagnostic Centre and Long-Life Diagnostic Centre conducted pathology tests and investigations for the patients treated at Antara. Pathology samples are collected at Antara and sent to the above pathologies 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.

SATELLITE CLINICS – URBAN

City OPD, Janata Medical Service, Mar Thoma Church, Kolkata

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, 2023-2024 we have enrolled 31 New Patients and 1529 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.

Antara Specialty Psychiatry – Sacred Heart Church, Dharamtala, Kolkata

We were also privileged to inaugurate the Antara Specialty Psychiatry at Sacred Heart Church, Dharamtala, Kolkata on 1st of July 2023, in collaboration with Seva Kendra Calcutta. The clinic functions as per appointments with Psychiatrist consultations and Counselling facilities for Adult and Child.

Satellite Clinics – Rural

The Satellite Clinics has also been functional in the following locations and days:

SI No	Satellite Clinics	Functional Days
1	Raichak Samaj Kalyan Sangha, Raichak, South 24 Parganas	1 st and 3 rd Thursdays of every Month
2	Catholic Church of Basanti, South 24 Parganas	1 st and 3 rd Fridays of every Month
3	Gazipur Quarters, South 24 Parganas	2 nd and 4 th Fridays of every Month

3. In Patient Treatment Facilities at Antaragram

Cathedral Relief Service Ward for the acutely ill Men

Number of New admissions during the year: 173

Number of re-admission cases: 19

Total Admissions: 192

Armenian Church Ward for the acutely ill Women

Number of New admissions during the year: 216

Number of re-admission cases: 18

Total Admissions: 234

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

Number of New admissions during the year: 204

Number of re-admission cases: 12

Total Admissions: 216

ICCOWard for Sub-acute Patients (Women):

Number of New admissions during the year: 169

Number of re-admission cases: 24

Total Admissions: 193

Mar Thoma Church Ward for Chemical Dependency Treatment:

Number of New admissions during the year: 235

Number of re-admission cases: 1

Total Admissions: 236

LICofIndiaWardforMen:

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: 71

Number of re-admission cases: 6

Total Admissions: 77

4 Rehabilitation Programs

Residential Wards

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

Male Rehabilitation Wards

Number of New admissions during the year: 264

Number of re-admission cases: 04

Total Admissions: 268

Female Rehabilitation Wards

Number of New admissions during the year: 203

Number of re-admission cases: 5

Total Admissions: 208

ANTARAGROUP HOMES:

Two model Homes are maintained at Antaragram accommodating 30 Residents in the Group Home for Women and 31 Residents in the Group Home for Men.

5. NON-RESIDENTIAL PROGRAMMES:

Personal Growth and Development Program (Day Treatment Unit)

Currently, 67 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 Program from 9 am to 4 pm from Monday to Saturday. Some of the patients attend the program 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 Counselling, Family Counseling & Education, Group Activities like Drama, Mime, Discussions, Debates, Cultural Program, Social Outings etc., are arranged for the patients attending this Unit.

Geriatric Care – A unit of Day Treatment

Currently, 7 patients are participating in this program which is conducted every Monday, Thursday and Friday for 2 hours involving different activities like music, memory game, storytelling etc. However, the central role of the Geriatric care is to provide multidisciplinary rehabilitation for patients, preserving their social, cognitive and physical function, thereby maintaining quality of life.

Occupational Therapy Program:

Various Occupational Therapy programs 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. Currently 23 patients are attending this program.

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

A unique Treatment system for Mental Wellness. Altogether, 171 sessions on 11 patients were performed.

6. TRAINING & ORIENTATION PROGRAMMES

Vocational Training Program:

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. Currently, 138 students are enrolled for the vocational training program.

6.1 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.

6.2 Patients under Swasthya Sathi Scheme & Corporate Empanelment with WBPDC & WBHS

Currently 147 patients are directly availing schemes under Swasthya Sathi, WBPDC and WBHS through Antara.

6.3 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 Week & Mental Health Exhibition – 1st October 2023 to 7th October 2023

The Theme for 2023 was “*Mental Health is a universal human right*”. We were delighted to conduct the Mental Health Week 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.

Program Calendar

Day	Date	Time	Venue	Program / Topic	Target Group
Day 1 – Sunday	1 st Oct	3:30pm	ICCR	Inaugural Ceremony of Mental Health Week Celebration	Invitees
Day 2 – Monday	2 nd Oct	9am – 5pm	Main Gate, Antara	ICE Distribution	Patient Family Members
		2pm – 4pm	Community Hall	Screen Show	Residents of Antara – Patients
Day 3 – Tuesday	3 rd Oct	11am – 12pm	Community Hall	Understanding Autism Symptoms, Treatment and Role of Parents / Caregivers	Anganwadi Workers
		2pm – 4pm	Community Hall	Mental Health is a Universal Human Right	Social Work Students
Day 4 – Wed	4 th Oct	10am -11:30am	Community Hall	Mental Health is a Universal Human Right	Nursing Personnel of Antara
		3pm – 4:30pm	Community Hall	Suicide Prevention (Identification, Management and Legal Aspect)	All Mental Health Professionals / Workers of Antara
Day 5 - Thursday	5 th Oct	11am – 12 pm	Community Hall	Relapse Prevention (Related to Addiction) Role of Family members.	Parents of Addicted Clients
		3pm – 4pm	Community Hall	History of Psychiatry	All Mental Health Professionals.
Day 6 – Friday	6 th Oct	10am – 1pm	Community Hall	Stress Management and Well Being	Psychology Students
Day 7 – Saturday	7 th Oct	10am -4pm	Play Ground	Mental Health Exhibition	Patient family members, Students, NGOs, Audience from outside
		2pm -3pm	Com. Hall	Drawing competition	School Students
		3:30pm –4:30pm	Play Ground	Souvenir Release Prize Distribution	

CommunityMentalHealthUnitAnnualReport(2023-2024)

The Antara Community Mental Health unit was started in the year of 2008. initially Antara CMHU started with few patients who suffering from chronic mental illness, lack of follow up in OPD, relapse and hospitalization rate was increasing among clients.

TheCommunity plays a fundamental role in the mental health landscape,some of the key attributes influenced by the involvement of the community in mental health programs are the following:

1. To implement Community Mental Health Programs for mental health awareness.
2. To improve the support system for MH patients in the community.
3. To integrate MH services in the fabric of society.
4. To work towards increasing the acceptance of MH patients by the society.
5. To improve Rehabilitation opportunities for MH patients.
6. To discover social root causes for mental illnesses.
7. To develop social remedies for social components of mental illnesses.

Objective

1. To Promote and improve the quality of life of individuals affected by mental health problems. .
2. To support community to provide Mental Healthcare to the patients.
3. To create sensitization among the schools, college, students, teenagers and youths, adults regarding healthy lifestyle and healthy minds to prevent mental illness.
4. 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

TheKeyComponentsofCommunityMentalHealthservices:

1. School Mental Health and Education Program
2. Community awareness among different stakeholders
3. Capacity building training programs to the community providers.
4. Educational exposure on mental health issues from schools and colleges.
5. Early identification camps and referral services.
6. Seminar and Workshops.
7. Additional community intervention as and when needed.
8. Care and Support Program, Follow up treatment and rehabilitation program.
9. Formation of SHGs for recovery patients and provide community led job placement and Rehabilitation.

Programs and Activities conducted:

1. School Mental Health Program: 34
2. No. of students covered: 3055
3. Community Awareness program: 28
4. People reached: 1308
5. No. of training Programs: 2 (Diamond Harbour Block -II)
6. No. of ASHA workers covered: 180
7. Educational Exposure to ANTARA: 20 schools
8. No of students came to Antara: 530
9. Early Identification Camp: 05
10. No. of students identified: 75
11. No.of students referred for counselling & treatment: 30
12. No. of Seminars attended: 06

The Care & Support Program:

Antara offers care and support to chronically ill persons and their families in the villages around Antara Psychiatric Hospital. The Care & Support Program 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.

Activities

- No. of beneficiaries enrolled: 26
- No. of beneficiaries are taking medicines free of cost: 80%
- No. of beneficiaries are taking free doctors' consultation: 60%
- No. of beneficiaries are getting Disability pension: 7
- No. of beneficiaries have SwasthaSathi card: 23
- No. of patients are maintaining regular follow up in OPD: 90%
- No. of patients are managing their own self-care: 90%
- No. of patients are involving their daily activities: 70%



Antara Swanirbhar Dal (SHG)

The Antara Self Help Group holds periodic meetings and they have started group stabilization through thrift and credit activity among the members and building the 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 resources 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 limit up to the limit of **RS. 3,50,000**
Availed loan of Rs - 2,50,000/-
- Throughout the year, they brought the products from Antara approximately **Rs. 2,20,000/-**
- The group members jointly saved near about **Rs. 90,000/-**
Stock item in hand: 30,000/-

List of Nursing Schools and Colleges affiliated to ANTARA

1. COLLEGE OF NURSING, ASIA HEART FOUNDATION
2. WOODLAND COLLEGE OF NURSING
3. WOODLAND SCHOOL OF NURSING
4. PEERLEES INSTITUTE OF NURSING SCIENCE(SCHOOL AND COLLEGE)
5. NEOTIA INSTITUTE OF NURSING(SCHOOL AND COLLEGE)
6. IQ CITY SCHOOL OF NURSING
7. IQ CITY COLLEGE OF NURSING
8. GOVT. COLLEGE OF NURSING, MIDNAPORE MEDICAL COLLEGE AND HOSPITAL
9. GOVT. COLLEGE OF NURSING, SSKM MEDICAL COLLEGE AND HOSPITAL (MSC NURSING)
10. GOVT. COLLEGE OF NURSING, CALCUTTA MEDICAL COLLEGE AND HOSPITAL (MSC NURSING)
11. GOVT. COLLEGE OF NURSING, NRS MEDICAL COLLEGE AND HOSPITAL (MSC NURSING)
12. GOVT. COLLEGE OF NURSING, R G KAR MEDICAL COLLEGE AND HOSPITAL (MSC NURSING)
13. GOVT. COLLEGE OF NURSING, BURDWAN MEDICAL COLLEGE AND HOSPITAL (MSC NURSING)
14. MA SARODA COLLEGE OF NURSING
15. COLLEGE OF NURSING, INSTITUTE OF PSYCHIATRY, KOLKATA
(MSC NURSING)
16. COLLEGE OF NURSING, COMMAND HOSPITAL, KOLKATA
(MSC NURSING)
17. COLLEGE OF NURSING, B M BIRLA, KOLKATA (MSC NURSING)
18. HALDIA INSTITUTE OF NURSING SCIENCES
19. TRIPURA NURSING COLLEGE (MSC NURSING)
20. KALINGA INSTITUTE OF NURSING SCIENCE, BHUBANESWAR
(MSC NURSING)
21. SIKSHA O ANUSANDHAN NURSING COLLEGE, BHUBANESWAR
(MSC NURSING)
22. CMRI SCHOOL OF NURSING
23. SCHOOL AND COLLEGE OF NURSING, ASIA HEART FOUNDATION
24. SRI AUROBINDO SEVA KENDRA SCHOOL OF NURSING
25. TAREKESWAR VIVEKANANDA PALLY SEVA KENDRA SCHOOL OF NURSING
26. RUBY GENERAL HOSPITAL SCHOOL OF NURSING
27. MISSION OF MERCY SCHOOL OF NURSING
28. TAMLUK NURSING TRAINING SCHOOL
29. RAMAKRISHNA MISSION SCHOOL OF NURSING
30. CALCUTTA NURSING TRAINING SCHOOL
31. ESI SCHOOL OF NURSING, SEALDAH
32. PRATIMA INSTITUTE OF NURSING AND HEALTH SCIENCES
33. COLLEGE OF MEDICINE & SAGOREDUTTA HOSPITAL
34. VIDYASAGAR ANM TRAINING SCHOOL
35. DIAMOND HARBOUR GOVT MEDICAL COLLEGE AND HOSPITAL
36. ROYAL INSTITUTE OF NURSING AND MEDICAL SCIENCES
37. SISTER NIVEDITA UNIVERSITY
38. VIVEKANANDA NURSING INSTITUTE
39. JAGANNATH GUPTA INSTITUTE OF NURSING SCIENCES
40. KOTHARI INSTITUTE OF NURSING (BSC AND GNM NURSING)

41. NURSING TRAINING SCHOOL, DISTRICT HOSPITAL HOWRAH
42. ALIAH UNIVERSITY
43. DISHARI INSTITUTE OF NURSING
44. GOVT COLLEGE OF NURSING, SURI SADAR HOSPITAL
45. KPC SCHOOL OF NURSING (SADHANA MEMORIAL)
46. KPC COLLEGE OF NURSING (SHOVA RANI)
47. SEVEN RANGERS INSTITUTE OF NURSING
48. BRAINWARE UNIVERSITY (BSC AND GNM NURSING)
49. BRIGHT INSTITUTE OF NURSING
50. ST PAUL'S SCHOOL OF NURSING
51. MANISHA NURSING INSTITUTE
52. SAMAJ KALYAN NURSING INSTITUTE
53. ANGEL DAY SCHOOL OF NURSING
54. SEBABRATA INSTITUTE OF NURSING

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. To overcome this bottleneck of finding manpower, Antara had decided to start an education vertical, Antara Institute of Health Sciences (AIHS). Our goal is to train staff, not just for Antara, but also for the needs of the community throughout the country. At present the courses offered are:

Our Courses	Duration
Post Graduate Diploma in Psychological Counselling in affiliation with MAKAUT	1 Year Course Admissions Open for the year 2024
Training in Geriatric Mental Health and Dementia Care Certificate Course	December 2024 to May 2025 'Admissions Open
Basic Mental Health Care Certificate Course	August to October 2024 'Admissions Open
Diploma in ADHD Program	1 Year Course Admissions Open for the year 2024
Masters in Hospital Administration (MHA) in affiliation with WBUHS	2 years Course Admissions Open for the year 2024

Upcoming Courses:

Bachelors in Hospital Administration
M. Sc. In Clinical Psychology

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.

STAFFSTRENGTH

328 Staff are serving at Antara as on 31st March 2024. Number of staff under various categories is shown below: -

Doctors	16
Psychologists	6
Nursing Administration	1
Staff Nurses	38
Social Workers	10
Ward-in-Charges	11
Ward Assistants	53
General Administration	14
OPD Staff	18
Kitchen Staff	5
Work Therapy Staff	8
Security staff	1
House Keeping Staff	3
Other Support Staff	15
Part-time Therapists (Music, Yoga, Bratachari)	2
TOTAL	201
Job Out-sourced	127
GRAND TOTAL	328

ANNUAL GENERAL BODY MEETING:-

The Annual General Meeting of ANTARA Society for the F.Y 2022-23 was held on 7th October 2023.

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 2024