



ANTARA

ANNUAL REPORT- 2025-2026

1. INTRODUCTION

We are honoured to present the Annual Report of Antara Psychiatric Hospital, Kolkata, for the Financial Year 2025–2026. This year has been marked by meaningful progress and significant milestones as we continue to strengthen our commitment to advancing mental health care in Kolkata and across West Bengal.

One of the most notable achievements of the year has been the grant of DNB (Diplomate of National Board) accreditation, a landmark recognition that positions Antara as a centre for academic excellence and professional training in psychiatry. This milestone will enable us to contribute to the development of future mental health professionals while further enhancing the quality of care we provide.

We have also made steady progress in the construction and development of the Axis–Antara Institute of Health Sciences, an important initiative that will expand opportunities for education, research, and innovation in the mental health sector.

We extend our heartfelt gratitude to our donors, friends, well-wishers, partners, staff members and government officials, whose continued support, encouragement, and collaboration have made these achievements possible. Their collective commitment strengthens our mission and inspires us to continue building a healthier, more compassionate future for the communities we serve.

Dr. Mathew P. John

Number of Beneficiaries served during the year: -

OPD attendance	2024-2025	2025-2026
New Patients -	5497	5904
Follow-up visits-	35,979	44527
Total	41,476	50431

Satellite Clinics	2024-2025	2025-2026
New patients	116	182
Follow-up visits	2909	3724
Total	3025	3906

In-patient admissions	2024-2025	2025-2026
New Admissions	1489	1546
Re-Admissions	80	232
Total for all Wards	1569	1778

2. REPORT OF ON-GOING ACTIVITIES & SERVICES OUT PATIENT SERVICES
(1st April 2025– 31st March 2026)

Patient Category	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Total
Addiction	48	58	48	37	51	44	50	35	33	42	52	51	549
Adult	333	321	301	315	305	346	334	290	271	267	290	308	3681
Child	50	73	46	63	60	71	54	51	47	44	45	51	655
General	1	1	1	3	0	0	1	1	1	0	1	0	10
Geriatric	81	75	90	95	93	93	92	87	71	83	80	69	1009
Total													5904

Patient Category	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Total
New Patients	513	528	486	513	509	554	531	464	423	436	468	479	5904
Follow up Patients	3815	3537	3487	3927	3634	3858	3793	3791	3691	3465	3808	3721	44527

2.1. Child Guidance Clinic

The Child Guidance Clinic primarily serves children under the age of 18 who are experiencing mental health challenges. During the reporting year, the clinic expanded its OPD services to operate six days a week. In the year 2025–26, a total of **655 patients** received care at the CGC.

2.2. Adult Psychiatry OPD

The Adult Psychiatry OPD at Antaragram operates on weekdays from 9 am to 5 pm. During the reporting period, the clinic provided care to a total of **3681** patients.

2.3. Chemical Dependency OPD

Clients struggling with dependency on various addictive substances attended this clinic for counseling and admission to the Indoor Chemical Dependency Ward. In the year 2025–26, we provided support to a total of **549** patients.

2.4. Counselling and Guidance Clinic – Department of Psychology

This clinic provides outpatient psychological counseling for clients in need of support. Services offered include individual counseling, family counseling, IQ assessments, relaxation therapy, cognitive behavior therapy, and a range of other psychological interventions.

Services	Out Patient Department		In- Patient Department	
	No of Cases 2024-2025	No of Cases 2025-2026	No of Cases 2024-2025	No of Cases 2025-2026
Counselling	1088	1422	1308	1717
Therapies	29	411	131	281
Investigations	307	5049	32	1302

2.5. Counselling – Department of Social Work

The **Department of Social Work** plays a vital role in supporting individuals struggling with mental health challenges. The team comprises trained psychiatric social workers and counsellors who provide compassionate, client-centered services. The primary aim is to help individuals understand their emotional struggles, develop coping skills, and rebuild a sense of self and purpose.

Services	Out Patient Department		In- Patient Department	
	No of Cases 2024-2025	No of Cases 2025-2026	No of Cases 2024-2025	No of Cases 2025-2026
Counselling	5417	172	113	755
Therapies	Nil	Nil	40	Nil
Investigations/Case History	106	5556	159	157

3. PHARMACY

The Pharmacy at Antaragram OPD primarily dispenses psychiatric medications along with a limited selection of general medical drugs. Medications are provided at prices lower than the MRP, and financially disadvantaged patients receive free or subsidized treatment and medicines through the Outpatient Department.

4. PATHOLOGY SAMPLE COLLECTION CENTRE:

In partnership with Neotia Mediplus Diagnostic Centre and Long-Life Diagnostic Centre, Antara facilitates pathology tests and investigations for its patients. Pathology samples are collected at Antara and sent to these diagnostic centers for testing. This collaboration ensures comprehensive diagnostic support, benefiting the numerous patients who regularly visit the Antara Outpatient Clinic for ongoing care.

5. SATELLITE CLINICS

Since 1971, this joint initiative between Antara and the Janata Medical Service of the Mar Thoma Church, Kolkata, has been providing essential psychiatric care to the community. During 2025–2026, the clinic continued to expand its outreach and serve a diverse patient population.

Antara sincerely expresses its gratitude to the Janata Medical Service, the Mar Thoma Church leadership, the Goethals Memorial Health Centre, Canning Church Welfare Trust, Mukti Ananda Tirtha, and the Catholic Church of Basanti for their continued support and partnership.

Details of patient services at the satellite clinics are presented below

Sl No	Satellite Clinics	Functional Days	New Patients	Old Patients
1.	Janata Medical Centre	Every Wednesdays	10	251
2.	Dharamtalla Satellite Clinic – Goethals Memorial Health Centre, Kolkata	2 nd Tuesday & 4 th Tuesday of every month	63	1574
3.	Canning – Canning Church Welfare Trust	2 nd & 4 th Fridays of every month	24	463
4.	Falta – Mukti Ananda Tirtha	1 st and 3 rd Thursdays of every month	48	530
5.	Catholic Church of Basanti, South 24 Parganas	1 st and 3 rd Fridays of every month	28	545
6.	Gazipur Quarters, South 24 Parganas	2 nd and 4 th Thursday of every month	9	361

6. IN- PATIENT TREATMENT FACILITIES AT ANTARAGRAM

SI No	Ward	New Patient	Re-Admission	Total
1	Cathedral Relief Service Ward for the acutely ill Men	145	30	175
2	Armenian Church Ward for the acutely ill Women	247	32	279
3	Missionaries of Charity Ward for Sub-acute Patients (Men):	182	30	212
4	ICCO Ward for Sub-acute Patients (Women):	190	30	220
5	Mar Thoma Church Ward for Chemical Dependency Treatment	283	35	318
6	LIC of India Ward for Men:	84	8	92
7	Child Ward	76	20	96

7. 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).

SI No	Ward	New Patient	Re- admission	Total
1	Male Rehabilitation Ward	222	22	244
2	Female Rehabilitation Ward	117	25	142

8. ANTARA GROUP HOMES

The Group Home facilities at Antaragram provide a supportive, structured, and community-based environment for individuals in recovery. These homes act as a bridge between institutional care and independent living, encouraging residents to build life skills, take part in daily routines, and develop confidence in a safe and caring setting.

With a focus on independence, social integration, and continued care, residents benefit from regular supervision, therapeutic support, and meaningful community interactions. At present, Antaragram maintains two model Group Homes accommodating 33 residents in the women's home and 32 residents in the men's home each supported by a dedicated team ensuring holistic and person-centered care.

9. ANTARASHRAY (HOME FOR THE HOMELESS):

Antarashray, a home for homeless individuals living with mental illness, is a compassionate initiative of Antara Psychiatric Hospital, Kolkata. Aptly described as "A Shelter for the Inner Self," it offers a safe, dignified, and nurturing environment for persons with severe mental illness who have been abandoned or lack family support. The infrastructure of Antarashray has been developed through the CSR initiative of Coal India Limited, while its rehabilitation and programme support is generously provided by the Azim Premji Philanthropic Initiatives (APPI).

More than just a place of care, it serves as a vital lifeline focused on restoring dignity, rebuilding lives, and instilling a renewed sense of identity, purpose, and hope. At present, 24 residents live at Antarashray (13 males and 11 females), while others in need of stabilization continue to receive care within the hospital before transitioning to the home.

10. NON-RESIDENTIAL PROGRAMMES:

10.1. Personal Growth and Development Program (Day Treatment Unit)

Currently, 50 patients are actively participating in this program, which includes in-patients, recovering out-patients, and online participants from various districts across West Bengal. Most patients follow a structured daily routine designed by the Unit and attend the program from 9 AM to 4 PM, Monday through Saturday. Some participants join from the Indoor Hospital Wards and Group Homes.

The program offers a range of therapeutic and developmental activities, including individual, group, and family counselling and education. Patients also engage in group activities such as drama, mime, discussions, debates, cultural events, and social outings, fostering holistic growth and recovery.

10.2. Geriatric Care – A unit of Day Treatment

Currently, 6 patients are enrolled in this program, which takes place every Tuesday, Wednesday, and Thursday for two hours. The sessions include a variety of engaging activities such as music, memory games, and storytelling. At the heart of geriatric care is the goal of providing multidisciplinary rehabilitation that supports patients in preserving their social, cognitive, and physical abilities ultimately enhancing and maintaining their overall quality of life.

10.3. Occupational Therapy Program

The Occupational Therapy program offers valuable opportunities for both resident and non-resident clients to enhance their mental well-being, interpersonal relationships, and practical skills. Under the regular guidance of skilled professionals, participants receive training in stitching, knitting, handicraft creation, celebration card design, and jewellery making.

Over the past year, clients have actively showcased and sold their creations at various charity fairs, receiving wide appreciation and acclaim. These include the Monsoon Charity Fair hosted by the British Consulate in Kolkata, the Christmas Fair organized by the German Embassy, and a fair conducted by Axis Bank. Their participation in these events has not only provided a platform for creative expression but has also contributed to building confidence and social engagement.

More recently, clients have been introduced to the traditional meditative art of mandala drawing. Selected artworks have been thoughtfully framed and presented to our honoured guests as memorable souvenirs of Antara and its residents, reflecting both creativity and inner calm.

With 23 patients currently participating, the program continues to drive noticeable improvements in behaviour and engagement, fostering a strong sense of agency and self-sufficiency through creative expression.

10.4. Aesthetic Therapy Program

The Aesthetic Therapy Program at Antara continued to flourish over the past year, offering residents a meaningful platform for creative expression, emotional healing, and social engagement. Through a thoughtfully curated range of activities including music, dance, and year-round cultural programmes, the initiative fostered active participation and encouraged clients to explore their artistic abilities with confidence. The consistent enthusiasm and involvement of the residents reflected the positive impact of the programme on their overall well-being, while the collaborative efforts of the team ensured smooth execution, regularity, and effective documentation. This year, the programme progressed exceptionally well, with visible growth in participation and sustained engagement,

making it an integral part of the therapeutic and rehabilitative environment at Antara. We are deeply grateful to Dr. Mandar Mukherjee, Creative Head of the Aesthetic Therapy Program at Antara, for her guidance, vision, and continued dedication in making the initiative a meaningful success.

Below is a brief report for the year: 2025-2026

SI No	No of Classes	Attendance of Clients	No of Songs	No of Dances	Remarks
1	45days- on an average (2hrs class once in a week)	Regular 99% (Male & Female)	23 Rabindrasangeet	4 (Round the year)	1) Client participation has increased. 2) Male & Female ration in dance participation is satisfactory 3) Regulatory factor and documentation procedures have much improved due to the regular guidance from Ms.Sukanya Paul & Ms. Sagarika Mondal from Antara.

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

Repetitive Transcranial Magnetic Stimulation (rTMS) is a safe, non-invasive treatment that uses magnetic pulses to stimulate areas of the brain involved in mood regulation, and is especially effective for conditions like depression, particularly in individuals who do not respond well to medication. At Antara, rTMS has become an important part of the therapeutic approach, offering clients an evidence-based, well-tolerated option that supports recovery, reduces symptoms, and enhances overall quality of life complementing the centre's holistic mental health care services. Altogether, 142 sessions on 9 patients were performed.

11. TRAINING & ORIENTATION PROGRAMMES

11.1. Vocational Training Program:

This unit is primarily dedicated to providing training in Computer and Information Technology to individuals recovering from psychiatric conditions and chemical dependency. Beyond supporting patients, the program also extends its training services to members of the local community as well as staff of Antara.

In addition to computer education, Antara offers vocational training in areas such as tailoring and handicraft-making, aiming to enhance skills and promote self-reliance. At present, a total of 43 students are enrolled in these vocational programs. Of these, 7 are patients of Antara, while 36 are students from outside the campus. The group includes 13 male and 20 female participants from the community.

11.2. One Day Orientation Programs

Antara's One Day Orientation Programs are thoughtfully designed to build awareness, enhance skills, and provide practical understanding of mental health care in a short, intensive format. These programs have proven to be

highly effective in sensitizing participants, improving confidence in handling mental health concerns, and promoting a more compassionate and informed approach to care.

Over the years, they have been particularly beneficial across the fields of nursing, counselling, and psychology by strengthening clinical knowledge, communication skills, and early identification of mental health issues. The programs have also been impactful for school communities, equipping teachers and staff with the tools to recognize and support the emotional and behavioral needs of students. Overall, these orientations have played a significant role in spreading mental health awareness and building stronger, more responsive support systems.

SI No	Department	Number of Orientations
1	Psychology	20
2	Social Work	811
3	Nursing	615

11.3. Internships

Antara Psychiatric Hospital Kolkata offers comprehensive internship programmes in Psychology, Social Work, Nursing, and Hospital Administration, designed to provide a rich blend of academic learning and practical exposure. These programmes are carefully structured to deliver end-to-end, hands-on experience across various facets of mental healthcare, enabling interns to develop both clinical competence and professional confidence.

Under the guidance of experienced multidisciplinary teams, interns actively engage in patient care, assessments, counselling processes, community outreach, and hospital operations. The training is tailored to meet the specific learning needs of each discipline, ensuring a holistic understanding of mental health services while fostering empathy, ethical practice, and a strong sense of responsibility.

Below are the Internship details for each department for the year 2025–2026.

SI No	Department	Number of Interns
1	Psychology	615
2	Social Work	38
3	Nursing	2228
4	Hospital Administration	20

12. LIBRARY & READING ROOM

The library has recently been enriched with new additions covering topics such as mental health, addiction, psychiatry, psychology, social work, nursing, and related fields. The facility is being increasingly utilized by Antara's staff, patients, trainees, and students placed at Antara from various institutions.

13. PATIENTS ADMITTED UNDER SCHEMES

Antara has been actively facilitating access to government and corporate-supported healthcare through the Swasthya Sathi Scheme and empanelment's with WBPDC (West Bengal Power Development Corporation Limited) and WBHS (West Bengal Health Scheme). These collaborations have significantly enhanced the

affordability and accessibility of quality mental healthcare services for beneficiaries. At present, 38 patients are directly availing these schemes through Antara, ensuring continuity of care and reducing financial burden for individuals and their families.

14. 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.

15. OBSERVATION OF MENTAL HEALTH WEEK – 9TH OCTOBER 2025 TO 17TH OCTOBER 2025

The theme for 2025, *“Access to Services: Mental Health in Catastrophes and Emergencies,”* provided a meaningful framework to reflect on the importance of timely, inclusive, and equitable mental healthcare, especially during times of crisis. In observance of Mental Health Week, Antara was delighted to bring together patients, staff, students, and key stakeholders in a series of thoughtfully curated programs that highlighted both awareness and action. The celebrations extended beyond the campus, reaching the broader community through various outreach and engagement initiatives.

A diverse range of activities was organized in alignment with the theme, creating platforms for participation, expression, and dialogue. In-patients actively engaged in cultural programs such as song and dance performances and drama, which not only showcased their talents but also promoted emotional healing and confidence-building. Interactive panel discussions and presentations were conducted by professionals and experts, shedding light on the challenges of accessing mental health services during emergencies and exploring practical solutions. Students, community members, and representatives from NGOs also contributed to the conversations, making the programs inclusive and multidimensional.

Overall, the week served as a vibrant and impactful initiative that fostered greater awareness, reduced stigma, and encouraged open conversations around mental health particularly in the context of workplaces and crisis situations. It reinforced the collective responsibility of institutions and communities to ensure that mental health services remain accessible, responsive, and compassionate in times of needs.

Programme Schedule

Day	Date	Program/Topic	Target Group	Time	Resource Person	Venue
1	9 th October 2025	Antara Foundation Day	Antara Staff	2pm - 5pm	Mr. Amitabh Choudhry, Managing Director/ CEO (Axis Bank Ltd.)	Antaragram Community Hall
2	10 th October 2025	Celebration of World Mental Health Day – Theme unfolding	Patients and Staff	3pm – 5 pm	Performance by Aesthetic Therapy	Antaragram Community Hall
3	11 th October 2025	Inauguration of Mental Health week Announcement of all courses of AIHS Performance of DTU	Antara Staff	5pm – 7pm	Mr. Kevin Goh, Acting Consulate, Australia.	ICCR Kolkata
4	12 th October 2025	Cultural Program & IEC materials distribution	Group Home Patients	3pm - 4pm	Mr. Nobin D. Samuel, Bincy Mary George, Sukanya Paul, Meghna Bhanja & Abhijit Kar	Antaragram Community Hall
5	13 th October 2025	Building Community - Based Mental Health First Response in Emergencies	Staff from different NGOs	2pm – 5pm	Mr. Prasanta Roy Block Disaster Management Officer – Baruipur	Antaragram Community Hall
6	14 th October 2025	Panel Discussion: “Access to Services – Mental Health in Catastrophes and Emergencies”	Social work students	2pm – 5pm	Dr. Pushpa Misra Psycho -analyst Dr. Arunima Dhar Asst. Prof (Social Work) CDOE, Rabindra Bharati University Dr. Jitumanyu Maity (Psychiatrist, ANTARA) Mr. Alapan Ghosh, Disaster Professional Govt, WB Department of Disaster management & Civil Defence	Antaragram Community Hall
7	15 th October 2025	Panel Discussion: “Healing Amid the Storm: Mental health in Emergencies	Nursing staff	11am – 1pm	Mrs. Jhumpa Sarkar, Tutor, SON, IPGJMER, SSKM; Mrs. Priyanka Biswas, Assistant Professor, Ruby College of Nursing	Antaragram Community Hall
8	16 th October 2025	Psycho – Education of family members in a case of Substance Abuse	Patients & Care givers	2.30pm -4pm	Dr. Soumya Chatterjee – Chief Psychiatric – Antara	Antaragram Community Hall
9	17 th October 2025	Counseling as a process of change and Emergency Narratives	Psychology students	10am – 4pm	Dr. Sremoyee Dhar – Clinical Psychologist Asst. Professor WB State University	Antaragram Community Hall

16. COMMUNITY MENTAL HEALTH UNIT

Established in 2008, the Antara Community Mental Health Unit (CMHU) was initiated in response to the growing need for consistent mental health support, especially for patients with chronic mental illnesses. In its early days,

CMHU served a small number of patients who were experiencing frequent relapses and hospitalizations due to irregular follow-up and limited access to outpatient care.

16.1. The Role of the Community in Mental Health

Community involvement is fundamental in shaping a robust mental health ecosystem. Key contributions of community engagement in mental health programs include:

1. Implementing mental health awareness initiatives at the community level.
2. Strengthening the support systems available to individuals with mental health conditions.
3. Integrating mental health services into the broader social framework.
4. Promoting societal acceptance of individuals living with mental illness.
5. Expanding rehabilitation opportunities for mental health patients.
6. Identifying the social root causes contributing to mental health issues.
7. Developing community-driven solutions to address these social determinants.

16.2. Objectives of the Community Mental Health Program

1. To promote and enhance the quality of life for individuals affected by mental health conditions.
2. To empower communities to provide mental healthcare and support to those in need.
3. To raise awareness among schools, colleges, youth, and the general population about healthy lifestyles and mental well-being to prevent the onset of mental illness.
4. To advocate for policy change, ensuring accessible and affordable mental health care, especially for marginalized and economically disadvantaged groups.

Sl No	Program Activity	Nos.
1	School Mental Health Programs	10
2	Number of students covered	482
3	Community Awareness Programs	16
4	People reached through awareness programs	765
5	ASHA workers trained	230
6	Educational Exposure Visits to Antara	30
7	Students participating in exposure visits	830
8	Early Identification Camps conducted	2
9	People identified with potential mental health issues	5
10	People referred for counselling and treatment	4
11	People getting treatment facilities from Clinics	190 (Bhadura Diamond Harbour II)
12	Seminars attended by CMHU representatives	5

16.3. 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.

SI No	Program Activity	Nos.
1	No. of beneficiaries enrolled	27
2	NO. of new beneficiaries enrolled during the year 2025-26	2
2	No. of beneficiaries provided with free medicines	27
3	No. of beneficiaries that availed free doctor's consultation	15
4	No. of beneficiaries that received Disability pension	3
5	No. of beneficiaries availing Swastha Sathi card	26
6	No. of beneficiaries maintaining regular follow up in OPD	27
7	No. of beneficiaries that are able to do self-care:	23
8	No. of beneficiaries engaged in income generation activities	12

17. ANTARA SWANIRBHAR DAL (SHG)

The Antara Swanirbhar Group, established in 2014 under Hariharpur Gram Panchayat, began with 12 members, each contributing a monthly saving of ₹20. Over the years, the group has grown into a well-organized and disciplined Self-Help Group with a structured leadership comprising a President, Secretary, and Cashier. Currently, the group has 10 active members, each contributing ₹100 per month, and has built a corpus of approximately ₹1.30 lakh.

The group has successfully undertaken four rounds of inter-lending and had availed a cash credit loan of ₹2.5 lakh, which is being repaid regularly and systematically. What sets this group apart is its strong spirit of collective work—rather than pursuing individual enterprises, the members prefer to work jointly towards shared goals.

The members maintain regular monthly meetings and diligently uphold all rules and documentation, including cash books, savings records, stock registers, and individual passbooks. Their strong coordination, mutual respect, and regular bank follow-up reflect remarkable discipline and commitment, making the group truly commendable.

SI No	Program Activity	Nos.
1	Number of meetings conducted yearly	13
2	Loan received this year	Nil
3	Group Members savings	INR 1,30,000

18. NURSING DEPARTMENT

The Nursing Department of Antara plays a vital role in delivering compassionate, holistic, and patient-centred care across all its services. With a strong emphasis on clinical excellence and mental health sensitivity, the department ensures that patients receive round-the-clock professional support tailored to their individual needs. In addition to its in-house services, the department has established affiliations with 10 hospitals, creating a robust network for training, exposure, and collaborative care. This not only enhances the practical skills and competencies of

nursing professionals but also strengthens the overall quality of healthcare delivery through shared knowledge and best practices.

Below are the details of students under Affiliation:

SI No	Course	No of students
1	GNM	690
2	B.Sc	632
3	M.Sc	87
4	PHD	04
5	Post Basic B.Sc	172

Students with one day orientation:

SI No	Course	No of students
1	GNM	111
2	B.Sc	305
3	ANM	58
4	P.P B.Sc	121
5	M.Sc	20

19. LIST OF NURSING SCHOOLS AND COLLEGES AFFILIATED TO ANTARA (2025-2026)

1. Neotia Institute of Nursing (School and College)
2. Govt. College of Nursing, SSK Medical College and Hospital (Msc Nursing)
3. Govt. College of Nursing, NRS Medical College and Hospital (Msc Nursing)
4. Haldia Institute of Nursing Sciences
5. Tarekeswar Vivekananda Pally Seva Kendra School of Nursing
6. Ramakrishna Mission School of Nursing
7. Pratima Institute of Nursing and Health Sciences
8. College of Medicine & Sagardutta Hospital
9. Diamond Harbour Govt Medical College and Hospital
10. Sister Nivedita University
11. Vivekananda Nursing Institute
12. Dishari Institute of Nursing
13. Kpc College of Nursing (Shova Rani)
14. St Paul's School of Nursing
15. Angel Day School of Nursing
16. Seababrata Institute of Nursing
17. Govt College of Nursing Howrah
18. Falta Jis Nursing Institute
19. Govt. College of Nursing ID & BG
20. Seven Rangers Institute of Nursing
21. College of Nursing – Medical College and Hospital
22. Sova Rani Nursing College

23. NRS College of Nursing
24. Woodland School of Nursing
25. RN Tagore Hospital – College of Nursing
26. SSKM College of Nursing
27. Command Hospital – College of Nursing
28. Dishari Institute of Nursing Science
29. Samaj Kalyan College of Nursing
30. College of Nursing – Asto Heart Foundation
31. Institute of Nursing – Brainware University
32. Kothari Institute of Nursing
33. Alex Institute of Nursing
34. Zenith Institute of Nursing Sciences
35. AIIMS – College of Nursing
36. Government College of Nursing, Kalingpong
37. College of Nursing – Mednipur Medical College
38. College of Nursing – RG Kar, Kolkata
39. College of Nursing – Howrah
40. College of Nursing Institute of Psychiatry
41. Govt. College of Nursing –BMCH
42. Healing Touch Institute of Nursing
43. Icare Haldia Institute of Nursing Science
44. ANM Training School, Vidyasagar SG Hospital
45. Durgapur School of Nursing
46. MRI School of Nursing
47. Kothari Institute of Nursing
48. Royal Institute of Nursing and Medical Sciences
49. Nawjan Nursing School
50. Nth Gandhi Memorial Hospital (Kalyani)
51. Kharagpur Sd College of Nursing
52. Durgapur City Hospital

20. ANTARA INSTITUTE OF HEALTH SCIENCES (AIHS)

West Bengal and India as a whole face a critical shortage of trained professionals in the field of mental health. To address this pressing need, Antara established its educational wing, the Antara Institute of Health Sciences (AIHS). The primary objective of AIHS is to develop a skilled workforce equipped to serve not only within Antara but also to meet the growing demands of communities across the country.

Over the past year, the Institute has significantly bolstered its community support network by training 40 caregivers in specialized care modules covering advanced geriatric and dementia health care while also training

12 general Psychology counselors from AIHS through a dedicated Diploma in Psychological Counselling Course. While the caregivers focused on the essential skills needed to manage the physical and psychological needs of the elderly, the diploma course provided the counselors with deeper clinical expertise. Together, these distinct educational pathways ensure a higher standard of person-centered care, effectively bridging the gap between professional psychological support and daily at-home care for those living with cognitive decline.

The Trainings in Geriatric Mental Health & Dementia Care Course are conducted on a bi-annual basis, while the Basic Mental Health Care Course is held quarterly, ensuring continuous learning and skill enhancement across different levels of care provision.

Currently, the institute offers the following courses:

SI No	Our Courses	Duration
1	Training in Geriatric Mental Health and Dementia Care Certificate Course	6-month course- Admissions - Bi-annual
2	Basic Mental Health Care Certificate Course	3-month course- Admissions - Quarterly
3	DNB IN Psychiatry	3 years Course-Admissions through NBE Counselling

Upcoming Courses:

Bachelors in Hospital Administration
M. Sc. In Clinical Psychology
M. Sc. In Nursing

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. A distinct Unit for De-Addiction.

Acknowledgements

1. Antara is proud to announce that on 4th May 2025, it was granted **DNB accreditation in Psychiatry** by the National Board of Examinations in Medical Sciences (NBEMS), becoming the first hospital in West Bengal to receive this recognition. We express our sincere gratitude to NBEMS and to our dedicated team whose commitment made this achievement possible. This milestone strengthens our role in advancing psychiatric education and care.
2. We extend our sincere gratitude to **Axis Bank Limited** for their continued support and partnership with Antara. Their generous commitment has been instrumental in supporting the development of the Axis–Antara Institute of Health Sciences, a visionary initiative aimed at strengthening education, research, and capacity building in the field of mental health. We deeply appreciate Axis Bank’s dedication to social responsibility and their belief in Antara’s mission. Their partnership and encouragement continue to inspire our efforts to expand knowledge, improve care, and build a stronger future for mental health.

3. We express our heartfelt gratitude to **Coal India Limited** for their generous support in establishing the Home for the Homeless at Antara under their CSR initiative. Their contribution has been instrumental in creating a safe and dignified space for individuals living with mental illness who have been abandoned or are without support. Their commitment to social responsibility has enabled us to reach some of the most vulnerable sections of society with compassion and care.
4. We also sincerely acknowledge the **Azim Premji Philanthropic Initiatives** for their invaluable support in sustaining the rehabilitation and programme components of Antarashray. Their continued partnership ensures that residents receive comprehensive care focused on recovery, reintegration, and long-term well-being. Together, these collaborations have strengthened our efforts to restore dignity, hope, and purpose in the lives of those we serve.
5. We sincerely acknowledge and thank **St. Xavier's University, Kolkata**, for partnering with Antara Society for Mental Health & Sciences (ASMHS) through the signing of a Memorandum of Understanding (MoU). We are especially grateful to Father Dr. John Felix Raj, Vice Chancellor, for his support and encouragement in fostering this collaboration, and to Dr. Mathew P. John, Honorary General Secretary of ASMHS, for his leadership in this initiative.

This partnership marks a significant step towards strengthening mental health education, training, and capacity building. We deeply appreciate this collaboration and look forward to a meaningful and impactful association.

STAFF STRENGTH

436 Staffs are serving at Antara as on 31st March 2026. Number of staff under various categories is shown below:

Doctors	16
Psychologists	3
Nursing Administration	2
Staff Nurses	39
Social Workers	9
Ward-in-Charges	9
Ward Assistants	137
General Administration	16
OPD Staff	19
Kitchen Staff	2
Work Therapy Staff	9
Security staff	1
House Keeping Staff	3
Other Support Staff	4
Part-time Therapists (Music, Yoga, Bratachari)	2
TOTAL	271
Job Out-sourced	165
GRAND TOTAL	436

21. ANNUAL GENERAL BODY MEETING: -

The Annual General Meeting of ANTARA Society for the F.Y 2024-25 was held on 09.10.2025

22. OUR SINCERE THANKS

We extend our sincere and heartfelt gratitude to all our Corporate Partners, Patrons, Friends, and Well-wishers both in India and abroad whose generous contributions have played a vital role in the growth and development of ANTARA.

We also express our deep appreciation to:

- Our dedicated staff, whose unwavering commitment and loyalty continue to uphold the mission of ANTARA.
- The general public, and especially the villagers in the surrounding communities, for their enduring support.
- The Government of West Bengal, local government authorities, the Baruipur Police, and Revenue Officials for their consistent cooperation.
- Our auditors, M/s. P.K. Sen Associates, and all engineers and contractors associated with our projects.
- The press and media in Kolkata for their valuable coverage and support.
- And all the friends, volunteers, and well-wishers who have generously offered their time, effort, and expertise to our cause.

We look forward to your continued support, cooperation, and guidance as we strive to make ANTARA a Centre of Excellence in Kolkata and beyond committed to serving the poor and marginalized affected by mental illness.

Dr. Mathew. P John
Hon. General Secretary

Antaragram
5th April 2026